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Hi ,

When I sent my very first newsletter a year ago, I thought this would just be a place to share recipes.

I wasn't even sure I'd be able to keep going. Twice a month felt like a big commitment, and honestly, I wasn't sure anyone would be reading.

But somewhere along the way, it became something more.

And here we are — 24 newsletters later.

The 5 Pillars of PLANTifull Fare

If you've been reading along, you've probably noticed a pattern. These are the themes that show up again and again in my kitchen:

- Oil-free Italian cooking techniques that actually work.
- Simple, flavorful sauces and dressings.
- Vegetable-forward comfort meals.
- Pairing the right pasta with the right sauce.
- A little something sweet at the end.

[View the 5 Pillars](#)

What I've learned (and what I hope you've felt too)

Over this past year, something unexpected happened.

Between grandbaby days, everyday life, and moments of self-doubt, this space became something more than just recipes.

It became a place where I could play in the kitchen, keep growing in retirement, and step into opportunities I once only dreamed of—while really focusing on what I love most: **helping you make plant-based cooking feel simple, doable, genuinely delicious—and something you actually crave.**

But that learning curve has been rewarding and has shaped how I show up here—for myself, and for you.



Favorites to Start With

If you want to cook more like this at home, start here:

For a simple, flavorful pasta night

👉 [Plant-Based Pasta e Piselli | Easy Italian Pasta and Peas](#)

For a sauce that transforms everything

👉 [Healthy Pumpkin Vodka Sauce](#)

For a veggie-forward comfort meal

👉 [Caponata \(Oil-Free\)](#)

For an easy, reliable go-to

👉 [Healthy Tuscan Bread Soup \(Pancotto or Ribollita\)](#)

For a little something sweet (without the fuss)

👉 [Vegan Apple Cake \(Torta di Mele\)](#)

(If you've made one of these, I'd love to know!)




What's coming next

In the year ahead, I want to go deeper into the why behind plant-based recipes, make things even simpler and more approachable, and create resources you can return to again and again.

I'd really love to hear from you. Hit reply and **tell me where you're feeling stuck in the kitchen.**

Would more classes help, more recipes, or more techniques?



If you've been here from the beginning, **thank you.**

And if you've joined along the way, **I'm so glad you're here.**

It truly means more than you know.

With gratitude,

~ Donna

P.S. If you enjoyed this recipe, feel free to share the newsletter with a friend who loves comforting plant-based food. Your support means the world to me!

P.P.S. New here? You can [view past issues here](#), and [subscribe](#) so you never miss a recipe.



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Ready to start?

My goal is to inspire **you** to embrace a plant-fueled lifestyle for a healthier, more vibrant life.

Tell me what classes interest you, or grab a few helpful freebies—and don't forget a little flavor boost with my favorite kitchen ingredient, California Balsamic vinegars!

 **Cooking Class Interest**

Tell me what classes you'd like to see

 **Free Salad Dressing Recipes**

Oil- & dairy-free inspiration

 **Shop My Favorite California Balsamics**

Add rich, tangy flavor to salads, roasted veggies, and desserts



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