

# LogsDay Brings Top Vegan Sources of Copper and Easy Plant-Based Recipes for Daily Nutrition

LogsDay unveils top vegan sources of copper with easy recipes, expert tips, and nutrition insights for better energy, immunity, and wellness.

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EINPresswire.com/ -- LogsDay, a leading lifestyle publication, has just released a new in-depth guide that uncovers the top vegan sources of copper and provides easy plant-based recipes to help people meet their daily nutritional needs. The article, "[10 Copper-Rich Vegan Foods + Easy Recipes for Nutrient Boost](#)," simplifies how to include copper-rich foods in everyday meals and explains why this essential mineral is so important for long-term health.



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Copper-rich foods like quinoa, lentils, and shiitake mushrooms can help vegans meet daily needs with ease.”

*Prof. Alka Khanna*

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Copper is a trace mineral that often gets overshadowed by iron, calcium, or zinc. Yet, as the article highlights, copper is essential for energy production, red blood cell formation, collagen synthesis, and immune defense. Adults require about 900 micrograms per day to maintain optimal health. A vegan or plant-based diet can supply enough copper if people know which foods to prioritize and how to prepare

them.

[Recent research](#) shows that many individuals unknowingly risk falling short, especially if they rely on heavily processed plant-based foods. This is similar to how people search for quick health fixes online—questions like “[How to get more copper from plant-based foods](#)” are common, yet the reality is

that sustainable growth and wellness always come from consistent nutrition, including natural, copper-rich vegan foods. That is why highlighting copper-focused, whole food options is so important.

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The guide outlines ten powerful plant-based sources of copper, along with simple recipe ideas.

Cashews are among the richest options, with just a small handful providing most of the daily requirement. The article suggests making a cashew-tahini dressing that can be used on grain bowls or salads.

Sunflower seeds are another easy choice, offering nearly one-third of the daily need in a single serving. LogsDay recommends including them in a copper-boost trail mix that combines seeds, dried fruit, and a bit of dark chocolate.

Quinoa stands out not just for its protein content but also for its high copper levels. A cup of cooked quinoa delivers nearly half the daily requirement, and the guide features a refreshing quinoa-lentil salad.

Lentils themselves are rich in copper too, providing more than 50 percent of the daily value in one cooked cup. The article includes a comforting recipe for spiced lentil soup, which also pairs well with quinoa to maximize nutritional benefits.

Chickpeas are another copper powerhouse, supplying over two-thirds of the daily need per cup. They can be enjoyed in classic dishes such as hummus or in more creative wraps and bowls.

Shiitake mushrooms are particularly impressive, with a single cooked cup providing the entire daily copper requirement. LogsDay highlights a simple stir-fry bowl featuring shiitakes and seasonal vegetables.

Almonds, though often associated with vitamin E, are also a strong copper source. An ounce of almonds covers about one-third of daily needs. The guide includes a recipe for copper-rich energy bites made with almonds, oats, and dates.

Dark chocolate, particularly those with 70 to 85 percent cacao, can contribute around half of the daily requirement per ounce. A vegan copper smoothie using cacao powder and banana is among the suggested treats.

Sesame seeds and their paste form, tahini, offer nearly half the requirement in just two tablespoons. The guide recommends using tahini in Buddha bowls or as a creamy dressing.

Finally, avocados provide around 45 percent of daily copper in a medium fruit. LogsDay suggests



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LogsDay is a leading lifestyle and wellness publication focused on health, nutrition, sustainable living, and personal development. The platform is known for publishing actionable, science-backed guides that make wellness practical and accessible. The author of this article, Rosy Behera, specializes in plant-based nutrition and sustainable living insights.

Vegans, vegetarians, and health-conscious readers are encouraged to explore the full article on LogsDay.com to learn more about the top vegan sources of copper and try the easy copper-rich recipes included. Wellness bloggers and nutrition coaches are invited to share this resource to help others adopt healthier eating patterns.

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