

NOBLECRUMPET'S BOOK OF GASTROMANCY



Recipes for food magic and culinary creatures
for the world's greatest roleplaying game

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GASTROMANCY SETTINGS

GASTROMANCY IS A FORM OF MAGIC that involves the use, creation, forms, and flavors of food. Its practitioners range from eccentric wizards that wanted to add some character to their spells to serious chefs that sought to use arcana to take their cooking to a whole new level.

Throughout this guide, you will find all sorts of ways to use gastronomy, including a new setting, new subclasses, new spells, new magic items, and new monsters. There is also a magical expansion to the uses for Cook's Utensils in the cooking profession to let your character create food that is a boon to the whole party.

In this first section are example methods to change your character, spells, and setting into one based on food and gastronomy. It provides the framework of a setting called the Foodgotten Realms with locations, deities, and planar theory.

REFLAVORED SPELLS

You can change the themes of existing spells to better suit the means of gastronomy. One way to do so is by looking at the

type of damage dealt by the spell.

Bludgeoning. Large, solid, heavy food or cooking utensils ram into the target. Examples: cheese wheels, hard-boiled eggs, gumdrops.

Piercing. Sharp, pointed food or cooking utensils pierce the target. Examples: carrots, candy canes, forks.

Slashing. Sharp, thin food or cooking utensils slice the target. Examples: sharp slices of cheddar, sheets of nori, shards of peanut brittle.

Acid. You conjure spicy or acidic food to corrode the target. Examples: hot sauce, citrus juice, soda, sour candy

Fire. Hot, melted or boiling food burns the target. Examples: melted cheese, boiling broth, molten sugar, hot oil

Cold. Glowing magical frozen food freezes targets it touches, or mint-flavored food. Examples: frozen vegetables, ice cream, peppermint ribbons.

Lightning. Electrified food, preferably from long cord-like food. There isn't any easy parallel from electricity to food, so it's best to have it be a visual representation than literal. Examples: noodles, licorice string, string cheese.

Necrotic. Turns flesh into food, instead of rotting it away. Alternatively, spoiled or fermented food could deal necrotic

damage.

Poison. You force spoiled food upon the target to poison them, or use fermented foods like alcohol.

Psychic. You force foods upon your target that are difficult to handle, like spicy foods, sour foods, or foul-tasting foods. Cold food could give the target an ice cream headache to deal psychic damage.

Radiant. You conjure magical food that emits bright light. It could take any appearance you choose.

Thunder. An explosion of food causes noise and also coats creatures in food. Hard foods like candy work best, like gumballs.

Otherwise, you can simply change the visuals of your spells. For instance, a ramen kisai casting *fly* could conjure wings made from bok choy, while a candy mage could summon a wall of gingerbread instead of a *wall of stone*. A cheese wizard could cast *web* with a net of melted sticky cheese. You can easily get creative with your spells without changing their overall mechanics.

REFLAVORED MONSTERS

Many monsters can remain mechanically the same while changing dramatically in appearance and theme. You can reimagine monsters as conglomerations or giant versions of food. Here are some examples based on creature types. You can also find unique food-based monsters in the final chapter of this guide.

Aberrations/Monstrosities. Alien creatures could simply be conglomerations of different foods. Perhaps what makes them alien to a food-based world is that their ingredients don't go together, like ice cream and marinara sauce.

Beasts. When creating a food-based beast, try to stay away from foods and ingredients that could deal damage that could have an elemental type based on the ideas in the previous Reflavored Spells section. For instance, spicy or hot foods that would deal fire damage or frozen foods that would deal cold damage. Your beasts, although they are living pieces of food, are not magical so you don't want them dealing magic damage.

Celestials/Fiends. It's hard to designate certain foods as evil or good, but you can find it easier to differentiate between healthy and unhealthy foods. Demons might be made of donuts, while angels are made of apples. Alternatively, you can focus on celestials as blandness or purity of flavor while fiends are the extremes of flavor, especially spiciness. This way it almost focuses on law versus chaos instead of evil versus good.

Constructs. Baked goods require a lot of chemistry and planning to create, and thus make good analogies for an artificial creature.

Dragons/Giants. Look to the damage types mentioned in the previous section on Reflavored Spells and change these creatures so their resistances and damage types make sense.

Elementals/Oozes. Oozes and elementals as food are similar in that they are made of one, amorphous thing. Use similarly amorphous foods and ingredients to create these creatures; like sauces, soups, or gelatin.

Fey. Fey are often mischievous and have a soft spot for sugary foods, so a food-based fey could be a childlike creature made of candy or other sweets.

Humanoids. Other than the unique races detailed in this

guide, you could make other existing humanoids into certain types of food. Try to ensure that a variety of different humanoids are possible within the chosen food, so you can create effective characters.

Plants. Fruits and vegetables can easily make up plant creatures.

Undead. Spoiled and rotten food given life could make up the undead in a food-based world.

THE FOODGOTTEN REALMS

Gastromancy can be practiced anywhere, but there are some places where it is the only form of magic known. This takes us to a fantastic world called the Foodgotten Realms, where food makes up the flora, fauna, terrain, as well as its deities and all forms of magic there. It is said that the world was once an experiment or a dream of a mad wizard, but perhaps it was created as a joke that got wildly out of hand, but now the world is devoid of non-food life.

No one remembers humans, elves, or dwarves, and only the races of the foodfolk persist, along with the many, many monsters that plague the realm.

NOTABLE LOCATIONS

Here are some unique locations in the Foodgotten Realms that can inspire you to create your own adventures and landscapes there.

THE BAGUETTE ACADEMY

A university run by crumpetfolk in the distant Panko Desert, the Baguette Academy teaches those who brave the journey there to master gastromancy. However, a high-ranking member of the academy has begun enforcing stranger and more restrictive rules. Their identity is actually that of a Wrapshasa (a **rakshasa**) that shrouds their form in wheat products but has a nefarious buffalo chicken interior. They intend to start teaching darker forms of magic at the academy until they can summon their fiendish allies.

BOURGUIGNON BOG

This great swamp is steaming with lumps of beef, potatoes, and carrots poking out of a thick dark stew. A Night Haggis (**night hag**) has begun drawing lost foodfolk here in their dreams in order to draw out their flavorful souls. She has enlisted the help of several Food Wraiths (**wraiths** made from the last scents of dying foodfolk) to help her in her wicked task.

GINGERDREAD KEEP

The great citadel of Gingerdread Keep is a bastion of evil run by an immortal ice cream Lick (**lich**) that seeks to turn the world into sweets. The keep rests hidden in a chocolate chip mountain range covered in snowcaps of frosting. The keep itself is made of gingerbread and dotted with gumdrops and other candies.

MOUNT CHEDDAR

A great mountain of shredded chicken with a caldera of molten cheese at its peak and a great triangular corn chip embedded half inside the cheesy lava. It periodically erupts, sending molten cheese hundreds of feet in the air and onto the surrounding landscape. An ancient Habañero Dragon

(red dragon) has taken roost there and started gathering minions for some nefarious purpose. The enchilombres in the surrounding nacho jungles have had to keep moving to avoid being swept up and devoured by the dragon.

NACHO JUNGLE

Trees made from corn chips and tortillas are densely packed in this jungle and held together with drapes of nacho cheese between them. Diced tomatoes, jalapeños, sour cream, and shredded lettuce drip from the trees onto the forest floor. Enchilombres live hidden in within the jungle in tortilla and corn chip shelters. Saltamanders (**salamanders**) hunt the poor foodfolk to sacrifice them upon Mount Cheddar, but not before desiccating them with their salty weaponry.

RAINBOW VALE

This vast forest has pine trees made of chocolate with rainbow sprinkle needles. The area often gets flurries of sugar that coat the forest during the winter. A Remorasberry (**remorhaz**) has begun attacking outlanders hunting here, burning them on their hot raspberry compote bodies.

RUBY LAKE

At the center of this miles-wide lake of marinara sauce is Soul Sauce City, a thriving pastakin metropolis. Towers of penne and ziti overlook the lake. Bridges of lasagna reach the outside of the lake and conchiglie boats can be seen fishing for diced pepper and onions in the sauces all day long. The city thrives on trade with other nations through its connecting tributaries. Recently, a cult of Amylum, the archdevil of starch, has gained traction here. The cult has garnered the service of several Starch Devils (**bone devils**).

SALAD STEPPES

This great plain is covered in vegetables rooted in dirt of breadcrumbs and dried ground beef. Great pillars of carrots and daikon radishes rise at half-mile intervals over the otherwise flat land. Veggibans live inside a few of the pillars, with halls and rooms magically formed within them. Recently a plague has emerged from one of the pillars and started to spread to the surrounding vegetables, leading rise to a new threat of spoiled undead veggiban **wights**.

SUSHI HEIGHTS

This region is comprised of sticky rice with terrain features formed by nori seaweed stuck to the rice. Soy sauce pools have various vegetation poking out of them, while gentle hills made of fish fillets roll over the countryside. Pillars of sushi rolls can be found between these hills, with cut medallions of sushi piled near them. A Salamia (**lamia**) has taken residence here and started entrancing the local Bugberries (**bugbears**) to do their bidding. It's only a matter of time before the Salamia tries to expand into the nearby monastery that trains wizards to become Ramen Kisai.

THE WHITE SEA

A sea of cream and milk that connects various coastal cities. Unfortunately, a Coconut Turtle (**dragon turtle**) has plagued the trade routes and is demanding tribute and worship as a god. The cities of foodkin are too wary of one another to work together. Only an independent group of heroes can rid them of the monster.

THE PLATES OF EXISTENCE

The Foodgotten Realms persists on a plane of existence known as the Material Plate, a flat plane with one primary layer.

The Material Plate is bordered metaphysically by the six Elemental Plates. The six elements are of course: sweet, salty, sour, bitter, savory, and spicy. These elements combine to form the foods and magic in the Foodgotten Realms.

Extraplatar travel to one of these bordering plates is possible, but unwise. Their elemental flavor can overwhelm you and leave a near-permanent taste in your mouth. They also share similar magical properties to different elements of magic. Creatures that spend too long on an elemental plate take 1d6 damage each minute, with the damage type based on which plate they are on (see the Extraplatar Hazards table to find out which damage type to use).

EXTRAPLATAR HAZARDS

Plate	Damage Type	Plate	Damage Type
Sweet	Cold	Bitter	Lightning
Salty	Necrotic	Savory	Radiant
Sour	Acid	Spicy	Fire

THE DIVINE PYRAMID

The Divine Pyramid is the supposed realm of the gods of the Foodgotten Realms. The major deities reflect big ideas as well as overarching food groups, while minor deities reflect more specific foods and ideas.

BOVINGHALLA

Bovinghalla is the goddess of dairy products that form many of the waterways and seas of the Foodgotten Realms. Many see her as a deity of life and healing. She takes the form of a white-haired minotaur with black spots.

CARNAY-NIKU

The great meatsmith Carnay-Niku is the god of all meat. They are also akin to a god of earth, stone, and metal as those materials are often made of beef, pork, and chicken in the Foodgotten Realms. They are also the patron deity of the enchilombre race.

COOKANDRAE

The god of gastronomy, Cookandrae allows the foodfolk of the Foodgotten Realms to cast their spells. The deity is also worshipped as the creator god of the realms. Anything that has to do with cooking or baking is under his sway.

GWAIL AND KARPOS

Gwail and Karpos are the sibling gods of fruit. Both represent the sweetness of fruits, but each embodies different types. Karpos embodies citrus fruits, while Gwail is the god of all others. The two gods are worshipped as deities of the home and family, as well as nature.

PAN

Pan is the god of grains and breads baked from them. He gave the world the ability to build structures with his blessings of gluten. Without him, the crumpetfolk would have

no towers of bread, the pastakin would have no cities of noodles, and the enchilombres would have no flour tortilla yurts. He is worshipped by craftsmen everywhere, and crumpetfolk consider him their patron deity.

SACCHARON

Saccharon is the tyrant god of artificial sugar and candy. The candylads willed the god into existence in order to have a leader and purpose. Saccharon rules his chaotic candylads with a candied fist, encouraging them to spread sugar throughout the otherwise natural food-landscape. Saccharon grants the candylads his eldritch power to this end, and will not stop until the world is perfectly coated in eternal sugar.

SAKANA

Sakana is the goddess of vegetables and nature and is worshipped by druids and rangers. The veggiban claim her as their patron goddess and implore her to spread the roots of the veggie crops far and deep. Those who follow her believe her roots connect all natural life on the planet.

WASTRIK

The god of rotten and spoiled food consumes the dead of the Foodgotten Realms. He, or rather "it," is a great sentient pile of rot and decay resting at the heart of the world. It is jealous of the living and employs necromancers to raise undead foodfolk and creatures, to participate in its mockery of life.

AMYLUM

The archdevil of starch that desires the rigid stillness of all life. They are worshipped by evil pastakin.

CHIOCOCO

The goddess of romance and chocolate. Unlike Saccharon, she uses natural sweeteners for her chocolate magic as it heightens romance without addiction.

MAJOR DEITIES

Deity	Alignment	Domains	Symbol
Bovinghalla, Mother of the Cream River	LG	Life, Light	A cowbell
Carnay-Niku, the Great Meatsmith	LN	Forge, Tempest, War	A meat tenderizer
Cookandrae, God of Gastromancy	N	Knowledge, Life	A fork and spoon
Gwail/Karpos, the Fruit Twins	CG	Light, Nature	A tree bearing an apple and an orange
Pan, the Father of Grains	NG	Knowledge, Light	A sun rising over a field of grain
Saccharon, the Sugar Tyrant	LE	Trickery, War	A white cube
Sakana, the World Root	CN	Life, Nature	A carrot with spreading roots and shoots
Wastrik, the Spoiled Heap	CE	Death, Grave	A mushroom with a cap shaped like a skull

MINOR DEITIES

Deity	Alignment	Domains	Symbol
Amylum, Archdevil of Starch	LE	Death, Grave	A potato
Chiococo, Goddess of Love	CN	Light, Trickery	A heart-shaped chocolate
Effdiay, God of Health and Technicality	LN	Knowledge, Trickery	A clipboard
Finvoila, Goddess of Spectacle and Presentation	CN	Trickery, Tempest	A covered silver platter
Glutanus the Spaghetti Lord	LG	Light, Life	Two meatballs in a mound of spaghetti
Kaysonak, Goddess of Cheese	CN	Forge, Trickery	A cheese wheel missing a triangular slice
Olfa, Archfey of Scents	CG	Nature, Trickery	Three wavy parallel lines
Vinsakiel, Goddess of Time	LN	Knowledge	An hourglass filled with wine
Neropenyo, Demon Prince of Spiciness	CE	Forge, War	A chili pepper wreathed in flame

EFFDIAY

The deity of technicalities and health codes. Worshippers offer him tribute to give them healthy lives.

FINVOILA

The goddess of presentation, including art and culture. She is worshipped by bards and rogues, as well as eccentric gastromancers.

GLUTANUS

The spaghetti deity and patron god of the Pastakin. The pastakin believe the Lord of Spaghetti has their pasta tentacles in all things and moves them to his will. In this way he is a sort of god of fate, as well.

KAYSONAK

The goddess of cheese and daughter of Bovinghalla. Cheese wizards worship her for her versatile medium that can be both a rubbery solid and a viscous liquid. She is also a goddess of temperance in this way.

OLFA

The archfey of smells and scents. She has few exclusive worshippers, but all know her influence. The winds and the sky of the Foodgotten Realms bow to her will.

VINSAKIEL

The goddess of alcohol, fermentation, and time. She briefly had an affair with Wastrik, but left him when she realized how time treated each of them differently.

NEROPENYO

The demon prince of peppers and spiciness controls the fires of the food hells and delights in the torment brought on by hot foods.

FOODFOLK RACES

THE RACES OF FOODFOLK ARE MAGICAL in nature and are native to the Foodgotten Realms. In other worlds, their origins are often the creations of gastromancers or spontaneous arcane accidents. The five races are candylads, crumpetfolk, enchilombres, pastakin, and veggiban. Other more monstrous races exist, but these are those most aligned to the magic of gastromancy and utilize it in their culture and everyday life.

CANDYLAD

APPEARANCE

Candylads vary greatly in appearance, but generally appear like a bunch of pieces of candy attached to a colorful base form with either chocolate or frosting. They are short and squat in stature, around 3'6" in height and 60 pounds. Their dense sugar body is heavier than it looks.

Their candy parts come in a myriad of vibrant colors. Their eyes are often two oblate spheres of colored sugar or candy-coated chocolate, and their hair is made with sticky gelatinous candy like licorice strands or a jiggling gummi perm.

Candylads have three subraces that are classified by what their main body is composed of: Chocolate, Sour, or Gummi.

DAWN OF CANDY

The foodkin did not used to include the candylads. One day, a wizard seeking immortality used a mixture of food-based alchemy and gastromancy to create the first candylad long ago. The candylad rebelled, stealing the secrets to its own creation and overthrowing the wizard. The candylad made new friends for themselves until they tired themselves out.

The secrets to create new candylads still lay hidden in the feared Gingerbread Keep, guarded by candylads bound in eternal servitude by strange new masters.

CANDYLAD MAGIC

The gastromancy of candylads is wild and colorful. However, many candylads lack the discipline to learn such things. Instead, candylads are either born with magic (as a sorcerer might be) or they turn to an eldritch patron to plea for power. There are many powerful beings that desire willing servants and are happy to oblige. Saccharon, the tempting deity of artificial sugar, is one such entity.

WORLD SHAPERS AND INDIVIDUALS

Candylads, despite their chaotic childlike nature, are able to create entire cities and shape landscapes using their candy-based magic. Candy terrain is unnatural on the Material Plane, and is universally created by candylads that desired a sweeter and more colorful environment.

Candylad cities are made from cake, cookies and gingerbread and decorated with frosting and rainbows of candy. The candylads that live there have a society that promotes a carefree lifestyle that advocates individuality.



Candylads will shape themselves to stand out and feel unique, swapping the candy they wear on their bodies into outlandish fashions.

CANDYLAD QUIRKS

d6 Quirk

- 1 When you find something, it is yours.
- 2 Despite your chaotic nature, your intentions are sweet.
- 3 You feel a constant need to run around and mess with stuff.
- 4 Sugar is the pinnacle of flavor and all other foods stand below it.
- 5 Everything should be colorful and it's your job to beautify the mundane.
- 6 You are always gathering candy you find to alter your appearance.

PERSONALITY

Candylads are hyperactive, wild, and mischievous creatures. They see the world through the eyes of a child that can live for hundreds of years thanks to their many added preservatives. A candylad is often impulsive and lives eternally in the present with little regard for future consequences or past grievances.

Other foodfolk have a hard time dealing with candylads and their troublesome nature, but some can find them charming in moderation.

TRAITS

Your candylad character has the following racial traits.

Ability Score Increase. Your Dexterity score increases by 2.

Age. Mature candylads are created almost instantaneously and can live for hundreds of years.

Alignment. Candylads are colorful and hyperactive, causing them to lean towards a chaotic alignment. Their selfish attitude causes many to become evil.

Size. Candylads are short and squat in stature, around 3'6" in height and 60 pounds. Your size is Small.

Speed. Your base walking speed is 30 feet.

Sugar Rush. You can move with a burst of speed. When you move on your turn in combat, you can double your speed until the end of the turn. Once you use this trait, you can't use it again until you move 0 feet on one of your turns.

Languages. Candylads speak, read, and write Common.

Subrace. Three subraces of candylads exist: chocolate, sour, and gummi. Choose one of these subraces.

CHOCOLATE

Chocolate candylads are made with colored chocolate, often with patterns carved or painted into their surface.

Ability Score Increase. Your Charisma score increases by 1.

Naturally Sweetened. You add your Constitution modifier to Charisma (Deception) and Charisma (Persuasion) checks.

GUMMI

Gummi candylads are made of rubbery, gelatinous gummi candy that is a vibrant, translucent color.

Ability Score Increase. Your Constitution score increases by 1.

Bounce. Your long jump is up to 30 feet and your high jump is up to 15 feet, with or without a running start.

SOUR

Sour candylads have a sticky and chewy body with an irritating, sour sugar coating. They would be mistaken for a gummi candylad if not for this frosted-looking coating.

Ability Score Increase. Your Intelligence score increases by 1.

Hard to Handle. You have advantage on saving throws to resist effects that would cause you to become charmed.

Sour Breath. You know the *poison spray* cantrip.

CRUMPETFOLK

APPEARANCE

Crumpetfolk are primarily made of baked grains, though this composition can vary widely. Some come with seeds or fruits pockmarking their surface, and others are made with different types of flour which can change their colors from pale white to dark pumpernickel.

These creatures have a bulbous round head of bread with a flattened and browned front and back. Their eyes are beady little seeds or grains while their mouth is a simple crack in their face. Their skin is dry and crusty and often coated in bits of corn meal, giving them a wizened appearance.

Their body is humanoid in shape. Their form is not that messy and they often take to wearing fine clothing.

HIERARCHICAL SOCIETY

Crumpetfolk have a detailed hierarchy that they adhere to in their society. Members of the upper crust hold sway over those below them, although there is rarely animosity between classes. Most are content in their place in life, taking comfort from the protections and amenities offered by their society.

The crumpetfolk that worship deities usually turn to Pan the grain-father or Effdiay.

PURSUIT OF KNOWLEDGE

Crumpetfolk have a formal education system in place to learn humanities as well as gastromancy. They rely on their intelligence when faced with decisions and carefully think things through before acting.

Most crumpets believe in the pursuit of knowledge as a moral ideal. This can come off as cool indifference to others, but it is rarely cruel.

TOWERS OF BREAD

The crumpetfolk create massive towers of bread to fill out their cities. They are simple in design, but mighty. Here the crumpets convene to contribute in scholarly and arcane pursuits. Even when crumpetfolk create distant settlements or towns, they usually revolve around a central bread tower and are ruled by a noble crumpetfolk that inhabits it.

PERSONALITY

Crumpets have a dry sense of humor that reflects their crusty form. They aren't too cynical but they do thrive on sarcasm and wordplay.

The crumpetfolk are quiet and good-natured. They get along with other races rather well and are overall pleasant to be around.



CRUMPETFOLK QUIRKS

d6 Quirk

- 1 You create jelly or marmalade on your head instead of butter.
- 2 You always take time to stop for tea when things get a little too intense.
- 3 You scratch your head when thinking, leaving a scattering of corn meal on the ground.
- 4 You are quick to remind people of your title, whether lofty or humble.
- 5 You enjoy the comforts of society, and are put off by the wilderness.
- 6 You abhor water and will do anything to avoid soggying your buns.

CRUMPETFOLK TRAITS

Your crumpetfolk character has the following racial traits.

Ability Score Increase. Your Intelligence score increases by 2, and your Constitution score increases by 1.

Age. Crumpetfolk age slowly, reaching adulthood around age 30 and reaching a maximum age of 180.

Alignment. Crumpetfolk come from all walks of life but tend towards law and goodness.

Size. Your size is Medium.

Speed. Your base walking speed is 30 feet.

Butter. You create a pat of butter on your head whenever you complete a short or long rest. You can use your action to spread the butter onto a 10-foot square on the ground, centered on a point within 60 feet of you. The ground becomes slippery and is treated as difficult terrain. Each creature standing in its area must succeed at a DC 12 Dexterity saving throw or fall prone. A creature that enters the area or ends its turn there must also succeed at a DC 12 Dexterity saving throw or fall prone.

Crust. You have tough crust for skin. When you aren't wearing armor, your AC is 13 + your Dexterity modifier. You can use your natural armor to determine your AC if the armor you wear would leave you with a lower AC. A shield's benefits apply as normal while you use your natural armor.

Bonus Proficiencies. You have proficiency in your choice of either Arcana or History.

Languages. Crumpetfolk speak, read, and write Common plus one other language of your choice.

ENCHILOMBRE

APPEARANCE

Enchilombres are a slimy and sticky combination of meat, cheese, salsa, and other veggies that are all bound by the cowl of a giant tortilla. The tortilla helps to give the enchilombre form, with their head, arms, and legs popping out from inside it. Their head is a lump of meat and cheese with two sliced jalapenos making up their eyes.

Enchilombres often trim or add to their tortillas to create unique shapes, much like a human might create stylish clothing. Their semi-formless nature makes this one of the few parts of their body they can control.

They can also unfurl their tortilla, revealing their steamy, cheesy interior. This gives them the ability to catch wind while falling and slow their descent.

NOMADIC LIFESTYLE

The enchilombres roam the wilds of the Salad Steppes, Mount Cheddar and the Nacho Jungle, finding themselves at home in many different environments. They use their food magic to adapt to any situation. They set up temporary shelters from tortillas and corn chips wherever they rest.

There are few permanent enchilombre settlements, but those that exist are testaments to their creativity and zeal. They create massive monuments and structures of food kept fresh with imbued gastromancy.

The patron deities that favor the enchilombres include Carnay-Niku the meatsmith and Kaysonak, the cheese goddess. Evil ones fall under the sway of Neropenyo, the demon prince of spiciness.

NATURAL SORCERERS

The enchilombres are created through gastromancy, with arcane foodstuffs bound within a tortilla shell. This magical origin makes them natural-born sorcerers with an innate source of gastromantic power to draw from.

Their power is tied to their emotions, so many enchilombres harbor strong feelings they are in tune with.

Some of the enchilombres hone and strengthen their powers while others instead use it as a boon to their other skills as rogues, barbarians, or rangers.



PERSONALITY

Enchilombres are known for their passion and creativity. They aren't tied down by anything other than the people they love most. The things that they believe in, they defend with zeal.

They create stunning, if not a bit mushy, artwork wherever they travel. They carve sculptures of cheese, make paintings of salsa, and create monuments of various foods. Enchilombre art reflects important moments in their history and their own emotions.

ENCHILOMBRE QUIRKS

d6 Quirk

- 1 You make a mess wherever you go in the name of "artistic expression."
- 2 You are very understanding of the emotions of others, and know when they are hungry or just hangry.
- 3 Your head catches fire when you are angry.
- 4 As long as people leave you alone, you will leave them alone.
- 5 Everything is better with cheese, even cheese.
- 6 When you're a mess, everyone's just gotta deal with it.

TRAITS

Your enchilombre character has the following racial traits.

Ability Score Increase. Your Charisma score increases by 2, and your Constitution score increases by 1.

Age. Enchilombres mature at a rate similar to that of humans, reaching maturity in their teens and adulthood in their twenties. Their lifespans last for about 100 years.

Alignment. Enchilombres have fiery passion that makes them lean towards a chaotic alignment.

Size. Your size is Medium.

Speed. Your base walking speed is 30 feet.

Tortilla Glide. You can unfurl your tortilla using a reaction when you fall to reduce the effective falling height by 20 feet (reducing bludgeoning damage taken from the fall by 2d6).

Spice Resistance. You have resistance to fire damage.

Enchilombre Magic. You have special abilities that act like spells. These effects are magical in nature. Charisma is your spellcasting ability for these spells.

- **Salsa Bolt.** You know the *fire bolt* cantrip.
- **Taco Spray.** Once you reach 3rd level, you can cast *color spray* once per day as a 2nd-level spell.
- **Cheese Web.** Once you reach 5th level, you can cast the *web* spell once per day, but the web is not flammable.

Languages. You speak, read, and write Common.

PASTAKIN

APPEARANCE

Pastakin look like a conglomeration of different-shaped pasta and are often lightly covered in red, green, or white sauce. Their head is a larger conchiglie or similar pasta. They then sport a bunch of smaller pieces of pasta on their head, such as macaroni, which are arranged into an animate face.

Prominent parts of their body, like their torso, shoulders,



and forearms, are made of rounded flat noodles, often with rigate patterning. This gives them the appearance of wearing a natural suit of pasta armor.

Meanwhile their limbs are made of long and flexible noodles like fettuccine or fusilli, which they can stretch and recoil easily.

SEMI-AQUATIC CITIES

Pastakin live in cities that are built in and around pools of various sauces, creams, and cheeses. Pastakin are natural swimmers that need a bit of soaking to stay limber, so their architecture and society is built to accommodate the occasional dip. Even their temples and workplaces are built into pools and baths.

Their structures are built from thick pasta dried into elaborate geometric shapes. A pastakin city sports colossal towers of penne and rigatoni dotted with macaroni and radiatore with streets and bridges of lasagna.

THEOCRACY

The pastakin live in a theocracy that adheres to the traditions of pasta-making. These gluten priests teach rigid discipline that reflects raw, dry pasta. As pastakin come of age, their bodies loosen but their core values remain the same. No matter how far they stretch or bend themselves, they return to the same shape, the one built on the discipline instilled by the gluten priests.

DIVINE GASTROMANCY

Pastakin magic is often divine in nature, coming from the patron gods of their race.

Good pastakin worship Glutanus, the Spaghetti Lord, whose pasta tendrils reach far and wide throughout the universe, touching us all. Glutanus preaches law and discipline, as well as the shared good that comes from order.

Those pastakin that turn to evil fall under the sway of Amylum, the archdemon of starch. Amylum desires the rigidity and immobility of all things, an imposed order lacking in joy in favor of absolute law.

PERSONALITY

Pastakin are taught discipline by the religious leaders in their society, but this discipline is merely a guide to living. Pastakin are in fact very flexible in their ways of thinking. Their discipline simply helps them see things through to the end and stick to the morals they believe in.

Many pastakin practice discipline in their everyday life as either religious clerics and paladins or monks and fighters that go through rigorous training. Pastakin craftsmen are among the best in the world as many strive for perfection in their work.

PASTAKIN QUIRKS

d6 Quirk

- 1 Everyone should just do what they are told.
- 2 You are an optimist, and always snap back when you get bent out of shape.
- 3 You like wriggling your way into places you haven't been before.
- 4 Your deity guides your winding path.
- 5 You enjoy warm dips in unusual sauces. It's probably good for your pores.
- 6 You fight with honor and always meet enemies on even ground.

PASTAKIN TRAITS

Your pastakin character has the following racial traits.

Ability Score Increase. Your Dexterity score increases by 2, and your Wisdom score increases by 1.

Age. Pastakin live long lives, reaching maturity around 18 years and adulthood at age 30. They then go on to live for around 300 years.

Alignment. Pastakin always return to the shapes and traditions they are used to. They tend towards lawful alignment.

Size. Your size is Medium.

Speed. Your base walking speed is 30 feet and you have a swimming speed of 30 feet.

Noodle Reach. During your turn, you can use a bonus action to cause your melee reach to increase by 5 feet until the end of your turn as your arms spring out on noodly tendrils.

Pastakin Weapon Training. Pastakin are trained in the use of forks of all shapes and sizes. You are proficient with tridents.

Loose Limbs. You have advantage on saving throws against effects that would cause you to become paralyzed.

Sauce. Whenever you complete a short or long rest, you can coat yourself in a magical sauce that protects you from certain elements. The sauce persists until you coat yourself in a new sauce. Choose from the following sauces:

- *Marinara.* You have resistance to fire damage.
- *Pesto.* You have resistance to poison damage.
- *Alfredo.* You have resistance to acid damage.

Languages. Pastakin speak, read, and write Common.

VEGGIBAN

APPEARANCE

Veggibans are plant creatures that take the appearance of giant root vegetables. They vary widely in shape and color, some like orange carrots, purple beets, white or red radishes, brown or red potatoes, or other such things. They each sport a leafy set of shoots on top of their head, which can sometimes be styled something like hair.

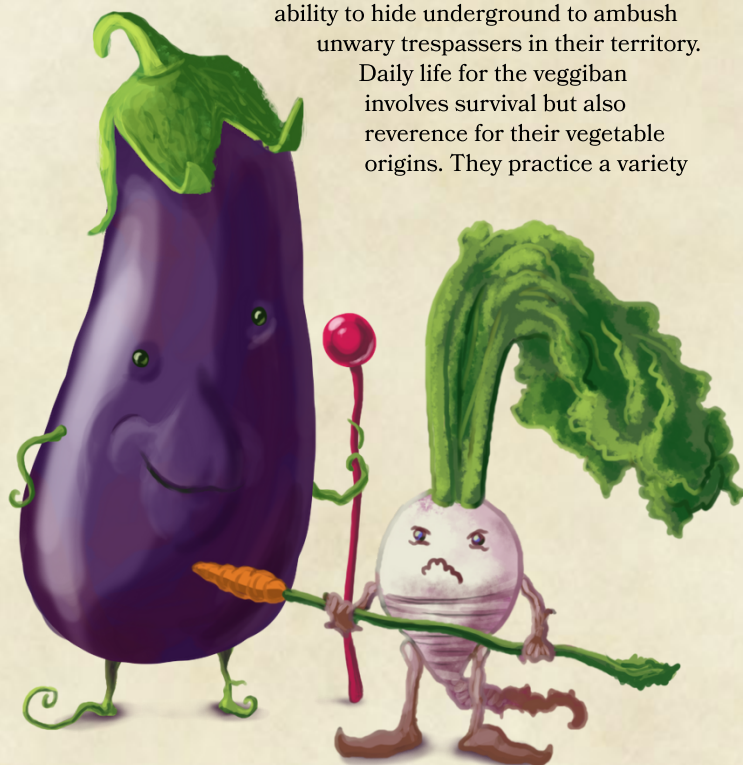
Their arms and legs form from roots from their vegetable torso. Their head is often flush with the rest of their body, with their face formed by natural contortions in the plant.

VEGETABLE TOWNS

The cities and towns of the veggiban are composed of giant fruit and vegetable plants shaped through gastromancy. They are grown into shapes that accomodate the veggibans living within them. These include rootborn veggies that reach deep within the earth as well as fruit trees and vegetable shoots that reach high above the ground. Their dwellings range from knotted vines to rootbound tunnels.

NATURAL ROOTS

The veggiban are a proud warrior race with ranks bolstered by their gastromantic druids. They are at home in their world of plantlife and giant vegetables. There, they can use their ability to hide underground to ambush unwary trespassers in their territory. Daily life for the veggiban involves survival but also reverence for their vegetable origins. They practice a variety



rituals to encourage growth of both their people and the land they live in.

They have an overstock of inanimate vegetables that they trade with their neighboring settlements.

Veggiban that believe in gods often worship Gwail and Karpos the fruit twins or Sakana the world root. Evil veggiban worship Wastrik, the spoiled heap.

GASTROMANCY PURISTS

The veggiban are beings that are born of nature, and this shapes their world view. They have a strong respect for the natural cycle of life. Most veggiban believe that in an ideal world, all food should be grown instead of manufactured. They are taught to create natural food with their gastronomy, and utilize the divine magic of the world to manifest their spells. Many become druids or rangers for this reason.

Great respect is also given to ingredients in a meal. The veggiban use few ingredients to let their natural flavors shine through without being distracted by too many spices. They tout the purity of their gastronomy over other forms.

PERSONALITY

The veggiban are prideful and cunning warriors, as well as wise sages of the natural world. They are deeply rooted in their traditions, and can in turn be quite stubborn. Never try to win in an argument with a veggiban, because once they have rooted themselves they will not budge.

VEGGIBAN QUIRKS

d6 Quirk

- 1 Artificial foods are an abomination that should be destroyed.
- 2 You are always willing to share a healthy meal with others.
- 3 You like to spend your spare time relaxing inside the calm earth.
- 4 You plant new vegetables wherever you go.
- 5 You have always been curious about the outside world and what other foodfolk are like.
- 6 You are eternally searching for a place to finally put down some roots and settle down.

VEGGIBAN TRAITS

Your veggiban character has the following racial traits.

Ability Score Increase. Your Constitution score increases by 2.

Age. Veggibans mature at a rate similar to that of humans, reaching maturity in their teens and adulthood in their twenties. However, their lifespans only last for about 50 years.

Alignment. Veggibans have an affinity for the wilderness and lean towards chaotic alignment.

Size. Your size is Medium.

Speed. Your base walking speed is 30 feet.

Plant Creature. You count as both a Plant and a Humanoid.

Take Root. While standing on soft earth like dirt or sand, you can use your action to withdraw into the ground. You immediately sink up to and above your head, leaving only the

vegetation on your head exposed. You have total cover from all attacks while underground but also become restrained, blinded, and cannot move, speak, or take actions except to burst free from the ground using a bonus action. You gain tremorsense out to 5 feet while underground.

While underground and motionless, you appear no different than an inanimate plant. Another creature can forcibly remove you from the earth but must succeed at a Strength (Athletics) contest against you to do so. You have a +2 bonus to this check.

Limited Regeneration. At the start of each of your turns, if you are conscious and have less than half of your total hit points, you regain 1 hit point. If you take fire damage, this trait does not function during your next turn.

One with Vegetation. You add your Wisdom modifier to Intelligence (Nature) checks you make.

Languages. Veggiban speak, read, and write Common.

Subrace. Three subraces of veggiban exist: leafmyn, gourdmyrn, and morsyls. Choose one of these subraces.

LEAFMYN

Leafmyn are made of cabbages, celery, spinach, or other green leafy vegetables. They make for sage nature magicians

Ability Score Increase. Your Wisdom score increases by 1.

Nature Magic. You learn the *druidcraft* cantrip. In addition, you learn one 1st-level spell of your choice from the druid spell list which you can cast without material components. Once you cast this spell, you cannot do so again until you complete a long rest.

GOURDMYRN

Rootmyn are made of carrots, potatoes, squashes, pumpkins, or other large vegetables. They are staunch and powerful warriors.

Ability Score Increase. Your Strength score increases by 1.

Sure-Footed. You have advantage on Strength and Dexterity saving throws made against effects that would knock you prone.

MORSYLS

Morsyls are made of small vegetables like radishes, peppers, peas, or sprouts. They make for agile skirmishers and scouts.

Ability Score Increase. Your Dexterity score increases by 1.

Size. Your size becomes Small.

Speed. Your walking speed becomes 25 feet.

Morsyl Nimbleness. You can move through the space of any creature that is at least one size larger than yours.

OTHER FOOD RACES

Other races of the Foodgotten Realms are similar to existing ones. Look to this list for their counterparts and what foods they are made of.

OTHER FOOD RACES

Base Race	Counterpart	Composition
Dragonborn	Fruitborn	Dragonfruit
Dwarf	Dorfito	Nachos
Elf	Bechamelf	White sauce
Gnome	Nom	Snack food
Human	Stewman	Stew
Half-Orc	Half-Porc	Pulled pork
Tiefling	Beefling	Ground beef



CULINARY SUBCLASSES

THERE ARE MANY WAYS TO FOCUS ONE'S talent for gastronomy. This section delves into six new subclasses that deal with food-based magic. These specialized spellcasters focus their powers in one food or food group and become masters of it. Their abilities reflect this mastery.

REFLAVORED CLASSES

Other classes can have abilities and features that become themed toward food, even if they do not have a specific subclass defined here that is tied to it. Consider the following for such classes.

BARBARIAN

A Foodgotten Realms barbarian may enter a rage when they drink alcohol or from a sugar rush after eating chocolate. Perhaps they down a can of powerfully healthy spinach causing their strength to surge.

A totem warrior barbarian might use certain foods as their totems.

BARD

A bardic gastronomer may distribute gourmet food to inspire their allies, who consume it to gain its benefits. They could create food during a rest to heal their allies in place of a Song of Rest. The College of Baking in this chapter is a bard subclass.

CLERIC

The deities listed in the Foodgotten Realms setting from this

guide can serve as the divine beings that a gastromantic cleric could draw power from. The deities have divine domains and alignments tied to them for clerics to choose from.

The Fruit Domain cleric presented in this chapter is also a cleric subclass.

DRUID

Druids could easily fit into the Foodgotten Realms setting as summoners of food-based animals and edible plants of fruits and vegetables.

A druid using their wild shape could turn into a standard beast but simply be reflavored as food, like a bat made from a tomato or an elk made from ginger.

FIGHTER

Although fighters don't normally use magic, they could wield weapons made from food, like a baguette sword or an apple-headed mace. Playing as one of the Foodfolk races from this guide also can help make your fighter uniquely culinary.

MONK

Monks are about purity of body and mind, and thus would likely be empowered by a diet of some sort to show their discipline. While the diet could be healthy, it could also just be unusual but strict. For instance, an evil monk might consume only candy to empower their ki energy.

A food-based monk could have attacks named after ingredients or dishes.

PALADIN

Another class based on discipline, the paladin could follow a

strict diet like the reflavored monk. They could also be tied to a specific deity much like the cleric.

A paladin could take a vow that pertains to a particular type of food or ingredient and then teach what lessons it has to offer.

RANGER

Much like a druid, the ranger could have ties to fruit and vegetable magic. If the setting is completely food-based, the ranger's favored enemies and terrains could reflect that, but in a regular setting they could simply wield food-based weaponry or play as one of the foodfolk races in this guide.

ROGUE

Rogues don't typically use magic and wouldn't have access to gastronomy, but could certainly become food-themed. A rogue could use ultra-sour or spicy food to deal their sneak attack damage, while wielding food-themed weaponry or playing as a foodfolk race from this guide.

SORCERERS, WARLOCKS, AND WIZARDS

These arcane classes are the traditional gastronomancers. Some have magic themed around one food or food group, while others focus on a variety of flavors. The candy mage, cheese wiz, ramen kisai are all wizard subclasses. This guide also has the spice sorcerer and the noble crumpet warlock patron.

COLLEGE OF BAKING

Bardic College

Baking is just as much an art as it is a science. In fact, it's also a form of magic! The bardic college of baking gives talented bakers a place to hone their skill as they learn how to imbue their bakes with enchantment.

Bardic bakers are often hired as royal chefs, as orchestrated by the college. Those that don't will often take up humble residence in taverns to bake for the tavern's patrons, while a malicious baker will try to enchant creatures into giving them what they want.

COLLEGE OF BAKING FEATURES

Bard Level Features

3rd	Bardic Gastronomy, Scent of Bakery
6th	Ensorcelled Sweets
14th	Aleuromancy

BARDIC GASTROMANCY

Starting at 3rd level when you choose this school, you gain the following.

- You gain proficiency in cook's utensils and may use cooking utensils as your arcane focus.
- Your spells that have visible effects take on the appearance of food. Even your spells that don't have visible effects tend to smell like food. This effect does not make your spells provide nourishment like regular food.
- You can enchant a baked food that you touch using your action. The next creature to eat the food must make a Wisdom saving throw against your spell save DC. On a failed save, the creature becomes charmed by you for 1

hour until it is attacked or damaged, or until it witnesses its allies being attacked or damaged. If the target succeeds at this saving throw, the target has no hint that you tried to charm it but becomes immune to this ability for 24 hours.

SCENT OF BAKERY

Starting at 3rd level, you can use a bonus action and expend a use of your Bardic Inspiration to conjure enchanted food at a space within 60 feet of you that tempts your foes.

When you do, choose a number of creatures you can see within 60 feet of the food up to your Charisma modifier (minimum 1). Each of those creatures must make a Wisdom saving throw against your spell save DC. Creatures that fail this save must use their movement to move as close as they can to the food at the start of their next turn. Those creatures cannot take any actions prior to this movement other than the Dodge or Disengage actions. The first creature that reaches the food must use their action to eat it if possible.

Creatures immune to the charmed condition automatically succeed at the saving throw.

ENSORCELLED SWEETS

Beginning at 6th level, whenever you complete a long rest, you can create a pastry that has magical qualities. The pastry has an effect of your choice from the list below, which triggers when a creature eats it using their action.

Cupcake. The eater regains a number of hit points equal to 2d4 + your Charisma modifier.

Mini Pie. The eater gains resistance to your choice of either acid, cold, fire, or lightning damage for the next 1 hour.

Pastry Puff. The eater gains a fly speed of 10 feet for 10 minutes.

Sweet Bun. The eater gains 1d6 temporary hit points at the start of each of their turns for 10 minutes after eating.

Once you create a pastry, you can't do so again until you complete a long rest. You can create additional pastries by expending a spell slot of 1st level or higher and using your action.

The pastries lose their magic after 24 hours or until you complete another long rest.

ALEUROMANCY

Starting at 14th level, you can weave the folds of fate into your pastries. Whenever a creature partakes of one of your pastries from your Ensorcelled Sweets feature, the creature gains a Bardic Inspiration die. This doesn't expend a use of your Bardic Inspiration and does not allow the creature to have more than one Bardic Inspiration at a time, but does have the same effect.

CANDY MAGIC

Wizard Arcane Tradition

Mages who delve into the forbidden art of candy magic wield the power of processed sugar. This type of magic is unhealthy in excess, but some believe the magical might is worth the sacrifice. A candy mage is difficult to pin down. A shell of candy protects them and snares weapons, while they surge

around the battlefield with a burst of speed. Attacks prove more harmful to the attacker as blasts of candy erupt out from their form.

Often, the spells of a candy mage take the shape of colorful glowing candies or of molten colored candy or chocolate.

CANDY MAGIC FEATURES

Wizard Level	Feature
2nd	Gastromancy, Sugar Rush
6th	Sweet Revenge
10th	Coat of Candy
14th	Death by Chocolate

GASTROMANCY

Starting at 2nd level when you choose this school, you gain the following.

- You gain proficiency in cook's utensils and may use cooking utensils as your arcane focus.
- Your spells that have visible effects take on the appearance of food. Even your spells that don't have visible effects tend to smell like food. This effect does not make your spells provide nourishment like regular food.
- You can use ingredients and your cook's utensils to prepare a meal for up to 4 people during a short or long rest. Creatures that eat the meal gain a number of temporary hit points equal to your wizard level that fade after 1 hour.

SUGAR RUSH

Starting at 2nd level, you can use a bonus action to touch a creature and fill them with the saccharine high of sweet sugar. The creature's movement speed is doubled and they gain advantage on Dexterity saving throws until the end of their next turn. Once this effect ends, their movement speed becomes halved until the end of their next turn.

You have a number of uses of this ability equal to 1 + your Intelligence modifier (minimum 1). You recover all of your spent uses when you complete a long rest.

SWEET REVENGE

Starting at 6th level, whenever a creature hits you with a melee weapon attack, you can use your reaction to cause an eruption of candy to burst into existence, assaulting the creature that attacked you. The creature must make a Dexterity saving throw against your spell save DC. On a failed save, the creature takes 2d8 force damage. This damage increases to 3d8 at 11th level, and again to 4d8 at 17th level.

COAT OF CANDY

Starting at 10th level, you can use your action to touch a friendly and willing creature. You magically coat them in protective candy. The candy grants the creature resistance to bludgeoning, piercing, and slashing damage.

The candy is soft and sticky. Creatures of Medium size or smaller who hit the candy-coated creature with a melee weapon must make a Strength or Dexterity saving throw (whichever is better) against your spell save DC. On a failed save, the creature's weapon becomes stuck to the candy.

If the weapon's wielder can't or won't let go of the weapon, the wielder is grappled while the weapon is stuck. While stuck, the weapon can't be used. A creature can pull the weapon free by taking an action to make a Strength check against your spell save DC and succeeding.

The candy hardens and breaks apart after 10 minutes, ending these benefits. Once you use this ability, it can't be used again until you complete a short or long rest.

DEATH BY CHOCOLATE

Starting at 14th level, you can cast *death by chocolate* once without expending a spell slot.

Once you use this ability, you must complete a long rest before you can do so again.



CHEESE WIZARDRY

Wizard Arcane Tradition

A spellcaster who practices cheese wizardry, known as cheese wiz, specializes in one type of food. They are experts at conjuring cheese and transmuting things into cheese, but not much else. Their spells always take the form of cheese. The cheese wiz prefers dealing burning fire or acid damage with molten cheese, which they squirt or pour onto their foes.

Despite their limitations, a cheese wiz is often highly creative in the applications of their craft.

CHEESE WIZARDRY FEATURES

Wizard Level	Feature
2nd	Gastromancy, Conjure Cheese
6th	Molten Queso
10th	Turn to Cheddar
14th	Parmesan Prison

GASTROMANCY

Starting at 2nd level when you choose this school, you gain the following.

- You gain proficiency in cook's utensils and may use cooking utensils as your arcane focus.
- Your spells that have visible effects take on the appearance of food. Even your spells that don't have visible effects tend to smell like food. This effect does not make your spells provide nourishment like regular food.
- You can use ingredients and your cook's utensils to prepare a meal for up to 4 people during a short or long rest. Creatures that eat the meal gain a number of temporary hit points equal to your wizard level that fade after 1 hour.

CONJURE CHEESE

At 2nd level, you can create an inanimate object of Medium or smaller size made entirely out of cheese. The object appears in your hand or an unoccupied space on the ground within 10 feet of you. It can be no larger than 3 feet on a side and must be an object that you have seen before. The object can have elaborate detail but fine mechanical engineering is impossible due to the material.

Cheese is very heavy, with each cubic foot weighing about 50 pounds. A 3-foot cube of solid cheese therefore is about 1,350 pounds and takes a number of Medium creatures with a combined Strength score of 45 to move.

The cheese disappears after 1 hour, when you use this ability again, or if it takes any damage. The magical cheese provides no sustenance when eaten.

MOLTEN QUESO

Starting at 6th level, whenever you cast a wizard spell of 1st level or higher that deals acid or fire damage, it manifests as molten cheese that sticks to your foes. Each creature that fails a saving throw against the spell becomes restrained by the cheese. Each of those creatures can make a Strength check against your spell save DC using their action, ending this effect on a success.

TURN TO CHEDDAR

Starting at 10th level, you can cause a Large or smaller nonmagical object you can see within 90 feet to turn into solid waxy cheese using your action. If the object is attended or held by a creature, that creature can make a Dexterity saving throw against your spell save DC. On a success, the object is not turned into cheese. A weapon turned into cheese becomes useless.

Objects turned to cheese lose their existing resistances, vulnerabilities, and immunities and gain immunity to poison and psychic damage. Cheese is considered a resilient object



of its size for the sake of determining hit points and loses its damage threshold if it had one. Cheese has an AC of 11. Cheese that is thicker than 6 inches has resistance to bludgeoning, piercing, and slashing damage.

Once you use this ability, you must complete a short or long rest before you can do so again. The change is permanent but can be reversed with a *dispel magic* or similar effect.

PARMESAN PRISON

Starting at 14th level, you can target a creature using your Turn to Cheddar feature instead of an object. The target must make a Constitution saving throw against your spell save DC, negating the effect on a success. A creature that fails this saving throw can attempt a new saving throw at the end of each of their turns, ending the effect for themselves on a success. While turned into cheese, a creature is considered petrified but as cheese instead of stone.

FRUIT DOMAIN

Cleric Domain

Clerics who enter the Fruit Domain often worship the Foodgotten Realms gods Gwail and Karpos, the Fruit Twins. Other nature deities could offer similar services as well.

The fruit domain cleric is a martial class that wields divine power over all fruit, and can summon or conjure gigantic or magical fruit for their purposes. Such clerics often tout the importance of a balanced meal and will offer fruit to those

FRUIT DOMAIN FEATURES

Cleric Level	Feature
1st	Fruit Magic, Rindskin
2nd	Channel Divinity: Surge of Juice
6th	Ambrosia
8th	Fruit Strike
17th	Storm of the Harvest

without it.

Some fruit clerics choose a specific fruit for the appearance of their spells, features, and even weaponry. For instance, one cleric might be a divine messenger of lemons and limes, while another might be a harbinger of bananas.

DOMAIN SPELLS

You gain domain spells at the cleric levels listed in the Fruit Domain Spells table. See the Divine Domain class feature for how domain spells work.

FRUIT DOMAIN SPELLS

Cleric Level	Spells
1st	<i>goodberry, lime light*</i>
3rd	<i>barkskin, enlarge food*</i>
5th	<i>citrus splash*, plant growth</i>
7th	<i>cherry bomb*, grasping vine</i>
9th	<i>grapes of wrath*, tree stride</i>

* A new spell detailed in this guide

FRUIT MAGIC

Starting at 1st level, your spells that have visible effects take on the appearance of fresh fruit. Even your spells that don't have visible effects tend to smell like fruit. This effect does not make your spells provide nourishment like regular food.

In addition, you gain proficiency with cook's utensils, herbalist kits, and the Nature skill.

RINDSKIN

Your skin takes on the consistency of fruit skin, rind, or peel. This tough skin resists damage and can be regrown by you once broken. Starting at 1st level, you can use your bonus action during each of your turns to gain a number of temporary hit points equal to your Wisdom modifier (minimum 1).

CHANNEL DIVINITY: SURGE OF JUICE

Starting at 2nd level, you can use your Channel Divinity and your reaction to summon a wave of fruit juice whenever you or a creature you can see within 60 feet of you becomes the target of a melee attack from another creature.

The attacker must make a Strength saving throw. On a failed save, the attack is negated and the attacker is pushed up to 15 feet away from the creature. If the attacker doesn't have all of their hit points, they also take 2d6 acid damage.

Alternatively, you can use your Channel Divinity to create 20 gallons of a fruit juice of your choice.

AMBROSIA

You become able to call forth divine fruit from the gods. Starting at 6th level, you can use your action to cause a living plant you touch to grow a metallic-looking fruit. A creature that eats the fruit using their action gains a boon based on its color. The metallic color of the fruit determines what it does, and the fruit yielded is determined at random. Roll a d8 to determine which fruit appears. The fruit lasts for 24 hours before it spoils.

Once you use this ability, you must complete a long rest before you can do so again.

1. Yellow Gold. The creature regains 20 hit points.

2. Rose Gold. The creature is cured of all deafness, blindness, paralysis, and poison.

3. Bronze. The creature can cast the *clairvoyance* spell without material components.

4. Silver. The creature gains a flying speed equal to their walking speed for 1 hour.

5. Brass. If the creature's Strength score is less than 23, it becomes 23 for 1 hour.

6. Cobalt. The creature gains 10 temporary hit points and they add a d4 to each of their attack rolls and saving throws for 1 hour.

7. Mithril. The creature gains resistance to all magic damage for 1 hour.

8. Copper. The creature can cast *animal friendship* at will (save DC 13) for 1 hour.

FRUIT STRIKE

At 8th level, you gain the ability to infuse your weapon strikes with the sweet and sour power of fruit. Once on each of your turns when you hit a creature with a weapon attack, you can cause the attack to deal an extra 1d8 acid damage to the target. When you reach 14th level, the extra damage increases to 2d8.

STORM OF THE HARVEST

Starting at 17th level, you can use your action to summon comets of giant divine fruit from the heavens to pummel your foes. You use your action to begin the storm, which lasts for 1 minute until you choose to end it or fall unconscious.

During each of your turns while the storm persists, you can use a bonus action to cause a fruit of your choice to slam down on a 10-foot square. Each creature in the area must make a Dexterity saving throw against your spell save DC. Each creature that fails their save takes 2d10 bludgeoning damage and 2d10 radiant or necrotic damage (your choice) and falls prone. Creatures that succeed at their save take half damage and are not knocked prone. The area becomes difficult terrain until the mess of fruit pulp is cleaned away.

Once you use this ability, you must complete a long rest before you can do so again.

NOBLE CRUMPET PATRON

Warlock Eldritch Patron

Some gastromancers seeking a quick and easy way to become masters of arcane cooking can forge a pact with a powerful crumpetfolk archmage of the upper crust, a noble crumpet. Crumpetfolk are not

often evil in nature, but their rank and class are highly important to them. Noble crumpets often take on warlocks as sort of apprentice gastronomancers tasked with doing their bidding when called upon.

Masters of a more general form of gastronomy, these obedient warlocks are adept at turning objects into any food and conjuring veritable feasts.

NOBLE CRUMPET PATRON FEATURES

Warlock Level	Feature
1st	Expanded Spell List, Gastronomy, Turn to Food
6th	Conjure Food
10th	Noble Presence
14th	Lord of the Feast, Master Gastronomancer

EXPANDED SPELL LIST

Your noble crumpet patron lets you choose from an expanded list of spells when you learn a warlock spell. The following spells are added to the warlock spell list for you.

NOBLE CRUMPET EXPANDED SPELLS

Spell Level	Spells
1st	<i>grease, purify food and drink</i>
2nd	<i>magic aura, spiritual weapon</i>
3rd	<i>clairvoyance, meld into stone</i>
4th	<i>fabricate, divination</i>
5th	<i>creation, geas</i>

GASTROMANCY

Starting at 1st level, you gain the following.

- You gain proficiency in cook's utensils and may use cooking utensils as your arcane focus.
- Your spells that have visible effects take on the appearance of food. Even your spells that don't have visible effects tend to smell like food. This effect does not make your spells provide nourishment like regular food.
- You can use ingredients and your cook's utensils to prepare a meal for up to 4 people during a short or long rest. Creatures that eat the meal gain a number of temporary hit points equal to your wizard level that fade after 1 hour.

TURN TO FOOD

Also starting at 1st level, you can temporarily change the physical properties of one nonmagical object, changing it from one substance into a food substance of your choice. You may do so using your action and by touching the object. If the object is attended or held by a creature, that creature can attempt a Dexterity saving throw against your spell save DC, negating the effect on a success.

The object, or up to a 5-foot cube of the object if it is larger than 5 feet on a side, transforms into whatever food you wish. Depending on the nature of the food, it may allow you to alter or destroy the object, or even eat it. After 1 hour, the object reverts to its regular substance but it sustains any damage or alterations to its form.

Once you use this feature, you must complete a short or long rest before you can do so again.

CONJURE FOOD

Starting at 6th level, you add *create food and water* to your list of spells known. In addition, you have a reserve of food points equal to five times your warlock level. You can use your action and spend any number of food points to conjure a number of pounds of food equal to the food points spent. The conjured food appears in an unoccupied space you choose within 30 feet of you. The food is edible and tasty and takes the form of your choice, but can be no greater than 5 feet long on its longest side. The food disappears after 1 hour unless eaten.

A creature can eat one pound of this food using their action to replenish one hit point.

Your spent food points replenish when you complete a long rest.

NOBLE PRESENCE

Starting at 10th level, creatures shrink from your distinguished aura. Whenever a creature chooses to attack you, it must make a Wisdom saving throw against your spell save DC. On a failed save, the creature must choose to attack a different target. A creature that succeeds at this save becomes immune to this effect for 8 hours.

LORD OF THE FEAST

Starting at 14th level, you can cast *heroes' feast* using any one of your arcanums from your Mystic Arcanum warlock feature. You do not need material components when you cast the spell this way. Once you do so, you must complete a long rest before you can do so again.

MASTER GASTROMANCER

Also starting at 14th level, you gain the ability to use your gastronomy to counter a spell. Whenever a creature within 60 feet of you casts a spell, if you can see the creature, you can use your reaction to turn the spell into harmless food. The creature must succeed at an Intelligence saving throw against your spell save DC. On a failed save, the spell's visible effects turn into food of your choice and the spell has no effect other than making a mess. Spells without visible effects still fail and emit a scent of your choice.

You may choose to have each creature targeted by the countered spell or each creature in the spell's area regain 1d6 hit points for each level of the spell countered this way.

Once you use this ability you must complete a long rest before you can do so again.



RAMEN KISAI

Wizard Arcane Tradition

Some wizards learn the way of ramen magic, eventually mastering the art and becoming a ramen kisai. Ramen is about purity and respect of one's ingredients, and finding the right flavor combination to complete your dish. Many kisai specialize in food that enchants foes with their charming aroma and taste. Those creatures they cannot sway are tugged by the ramen noodles that the kisai conjures from the ground to hinder their foes, slowly taking control over the battlefield.

RAMEN KISAI FEATURES

Wizard Level	Feature
2nd	Gastromancy, Scent of Umami
6th	Conjure Ramen
10th	Seasonal Ingredients
14th	Instant Ramen

GASTROMANCY

Starting at 2nd level when you choose this school, you gain the following.

- You gain proficiency in cook's utensils and may use cooking utensils as your arcane focus.
- Your spells that have visible effects take on the appearance of food. Even your spells that don't have visible effects tend to smell like food. This effect does not make your spells provide nourishment like regular food.
- You can use ingredients and your cook's utensils to prepare a meal for up to 4 people during a short or long rest. Creatures that eat the meal gain a number of temporary hit points equal to your wizard level that fade after 1 hour.

SCENT OF UMAMI

Starting at 2nd level when you choose this school, you can produce a bowl of broth that is so perfectly balanced and cooked that it magically entralls another creature. As an action, choose one creature that you can see within 5 feet of you. If the target can smell the broth, it must succeed on a Wisdom saving throw against your wizard spell save DC or be charmed by you until the end of your next turn. The charmed creature's speed drops to 0, and the creature is incapacitated and visibly dazed.

On subsequent turns, you can use your action to maintain this effect, extending its duration until the end of your next turn. However, the effect ends if you move more than 5 feet away from the creature, if the creature can no longer smell the broth, or if the creature takes damage.

Once the effect ends, or if the creature succeeds on its initial saving throw against this effect, you can't use this feature on that creature again until you finish a long rest to simmer more enchanting broth.

CONJURE RAMEN

Starting at 6th level, you are able to slowly bring the battlefield under your control with animated noodles. As a



bonus action during each of your turns, you can conjure writhing tendrils of ramen noodles in a 5-foot square space you can see on the ground within 60 feet of you. The noodles are tethered to the ground and have a reach of 5 feet.

At the end of each of your turns, you can direct each square of noodles under your command to hinder a creature of your choice within its reach. A hindered creature must spend an extra foot of movement for every foot moved within the ramen's reach. If not directed to hinder a creature, the noodles hinder the closest creature.

Noodles can be attacked and destroyed; each has an AC equal to your spell save DC and 10 hit points, and is immune to poison and psychic damage and all conditions.

The noodles are incapable of fine motor functions and cannot manipulate objects but they can push or pull objects weighing up to 50 pounds.

You can only have a number of ramen squares summoned at once equal to 1 + your Intelligence modifier. Summoning a new ramen square when you are at your maximum causes the oldest ramen square to disappear. All ramen squares disappear when you fall unconscious or when you dismiss them using a bonus action. A ramen square also disappears when you begin your turn more than 120 feet away from it.

SEASONAL INGREDIENTS

Starting at 10th level, you can change your ingredients to make them pair better with your prepared spells, based on seasonal ingredients. Whenever you complete a short or long rest, you can choose a season and gain its benefits until you complete another rest and choose a season again.

Spring. Add 1 to your spell save DC for your spells that require a Wisdom saving throw.

Summer. Add your Intelligence modifier to any fire damage dealt by your spells.

Autumn. Add 1 to your spell save DC for your spells that require a Constitution saving throw.

Winter. Add your Intelligence modifier to any cold damage dealt by your spells.

INSTANT RAMEN

Starting at 14th level, you can summon up to your maximum number of ramen squares using one bonus action when you use your Conjure Ramen class feature.



SPICE SORCERY

Sorcerous Origin

Some creatures are born or gifted with an innate power from elemental flavors. Much like the four elements, the five flavors have their own magic to them that is the raw stuff of gastronomy. A spice sorcerer is touched by this arcane spice and uses its power to fuel their own form of culinary magic.

SPICE SORCERY FEATURES

Sorcerer Level Features

1st	Bonus Proficiencies, Spice Gastronomy
6th	Spice Metamagic (2 known)
14th	Flavored Spell, Spice Metamagic (3 known)
18th	Greater Flavor, Spice Metamagic (4 known)

BONUS PROFICIENCIES

At 1st level, you gain proficiency with Herbalism Kits and Cook's Utensils.

SPICE GASTROMANCY

Starting at 1st level, you can use your Herbalism Kit as your arcane focus for your spells, and all of your spells take the form and scent of spices and herbs.

In addition, during a short rest, you can apply magical spices to a meal (you don't need to be the one that cooked it). One creature of your choice that eats the magically spiced meal gains one of the following benefits of your choice:

- The creature gains advantage on ability checks for the ability of your choice for 1 hour.
- The creature deals a bonus 1d4 fire damage with each of their melee weapon attacks for 1 hour.
- The creature gains a number of temporary hit points equal to your sorcerer level plus your Charisma modifier.

A creature can only benefit from one effect at a time, and only one creature can gain this benefit at a time. New meals eaten replace the old effect with the new one.

SPICE METAMAGIC

Starting at 6th level, you can apply spices to your damaging spells by spending sorcery points. If the spell has a single target, you must spend 1 sorcery point. If the spell has multiple targets or targets an area, you must spend 3 sorcery points.

Each creature that takes damage from the spell for the first time suffers the effects of one of the spices chosen from the options below. You may only choose one type of spice and only when you cast the spell.

You learn two types of spice metamagic at 6th level, and then an additional type at 14th and 18th levels. You can only apply a known type of spice metamagic to your spells.

Bitter Spices. Each target must make a Constitution saving throw against your spell save DC or become poisoned for 1 minute from the spell's intense bitterness. The creature makes a new saving throw at the end of each of its turns, ending the effect on a success.

Herbal Spices. Each target is soothed by flowery and leafy spices and must make a Wisdom saving throw against your spell save DC or fall asleep for 1 minute. A creature awakens if they take damage or if another creature within 5 feet of them uses their action to awaken them.

Hot Spices. Each target must make a Constitution saving throw against your spell save DC or suffer from the spiciness of the spell, taking 2d6 fire damage from the spell in addition to its other effects.

Savory Spices. Each target must make a Wisdom saving throw or be enamoured by the spice blend. On a failed save, a creature is charmed by you for 1 minute. A creature makes a new saving throw whenever it takes damage, ending the effect on a success. This effect immediately ends if you damage the creature or target them with another spell.

FLAVORED SPELL

Starting at 14th level, whenever you cast a spell that deals damage, you can change all of the spell's damage to your choice of either acid, cold, fire, lightning, or poison.

GREATER FLAVOR

Starting at 18th level, you can change the fundamentals of how a spell works. Whenever you cast a spell that requires a Constitution saving throw, you can cause the spell to require a Wisdom saving throw instead. Alternatively, if the spell requires a Wisdom saving throw, you can cause the spell to require a Constitution saving throw instead.

This ability affects all saving throws within the altered spell with the chosen saving throw type. Different saving throw types within the spell's effect are unchanged.

Once you use this ability, you must complete a short or long rest before you can use it again.

COOKING PROFESSION

AN INTEGRAL PART OF GASTROMANCY involves cooking, but even those who haven't mastered the cooking of magic can master the magic of cooking! This chapter details the uses of Cooking Utensils and the creation of magical meals using arcane or monstrous ingredients. Some recipes might grant healing, while others impart great boons. They often require rare monstrous ingredients to make their magic work.

COOKING TOOLS

The tools of the chef are just as important as the food they make.

Cooking Utensils. Contains a metal pot, knives, forks, stirring spoon, and ladle. Price: 1 gp.

Masterwork Cooking Utensils. Grants a +1 bonus to ability checks involving Cooking Utensils. In addition to a regular set of Cooking Utensils, it contains:

- Mortar and Pestle: For grinding ingredients.
- Sieve or Colander: For filtering liquid.
- Hook: For grabbing and hanging meat.
- Cast-iron pot: The all-purpose tool for any chef.
- Grill: A flat metal lattice that can be placed over a fire.
- Herbs and spices: For most situations.
- Cooking oil or fat: To make cleaning a breeze.

Price: 10 gp.

MUNDANE COOKING USES

Chefs that master cooking can use their tools for a variety of nonmagical uses.

History. You can use Cooking Utensils for advantage on History checks involving knowledge of cooking techniques and social patterns.

Medicine. You can use Cooking Utensils for advantage on Medicine checks by making ingested medicine more palatable.

Survival. You can use Cooking Utensils for advantage on Survival checks by making nourishing meals out of scavenged food. It probably doesn't hurt if you know how to properly clean and butcher animals.

Prepare Meals. As part of a short rest, you can prepare a tasty meal using your Cooking Utensils and sufficient food. You and up to five creatures regain +1 hit point per Hit Die spent during the rest.

Detect Poison. With a DC 15 Intelligence (Cooking Utensils) check, you can notice poison or impurities in food without bringing harm to yourself.

Hide Poison. With a DC 15 Intelligence (Cooking Utensils) check, you can disguise the taste of poison in a meal or drink.

MAGICAL COOKING

By utilizing ingredients of magical creatures, blessing divinely prepared dishes, or weaving arcane magic into the

recipe, you can cook and bake wonders. Magical meals act as consumable magic items that can provide a boon to a creature that partakes of it.

Following magic recipes requires proficiency in Cooking Utensils, but does not require the ability to cast spells. The ingredients provide most of the magic for the meal.

Each recipe has a cost in gold pieces associated with it which represents the cost of the rare ingredients. However, many recipes also call for monstrous ingredients in addition to these costs.

Monstrous ingredients are not usually available at the average market. In such cases, adventurers may need to find special exotic dealers or seek out the ingredients themselves. A chef can make an Intelligence (Cooking Utensils) or Charisma (Cooking Utensils) check to figure out where to find the closest source for a given monstrous ingredient. The DC for this check is equal to the recipe's cooking DC.

To create a magical meal, a creature must spend 1 hour of work, pay the recipe's cost, and provide additional monstrous ingredients if necessary. Then they make an Intelligence (Cooking Utensils) check with a DC unique to the recipe. On a success, one magical meal is created.

Each meal stays fresh for 1 day, and acts as 1 day's worth of rations for a Medium-sized creature unless stated otherwise.

MAGIC RECIPES

ABOLETH CALAMARI WITH DRIED OOZE

Rubbery aboleth flesh treated with powdered, dried ooze is an acquired taste, but done well it can be quite tasty (and not dangerous). Its flavor is similar to mushrooms and lime. A creature that eats this meal finds that they can breathe underwater for the next 4 hours and gains a swim speed equal to their movement speed.

- Intelligence (Cooking Utensils) DC: 15
- Price: 200 gp
- Ingredients: **aboleth** tentacles and slime from any ooze

AXE BEAK LEGS

The drumsticks made from axe beaks can be treated with magical chilis and a kick of lime juice to impart magical speed on the diner. Creatures that eat axe beak legs have their movement speed increased by 10 feet for 1 hour.

- Intelligence (Cooking Utensils) DC: 13
- Price: 100 gp
- Ingredients: **axe beak** legs

BARBECUED NALFESHNEE SHOULDER

Looks and tastes like pulled pork, with a hint of sulphur. A creature that eats this meal is warded against fiends for 8 hours as if by a *protection from evil and good* spell.

- Intelligence (Cooking Utensils) DC: 15
- Price: 300 gp
- Ingredients: **nalfeshnee** shoulder meat

BOILED DEVIL TONGUE

Proper preparation requires boiling in holy water to avoid accidentally cursing oneself. Serve with a cheese sauce to

MAGIC RECIPES

Name	Cost	DC	Effect
Aboleth Calamari with Dried Ooze	200 gp	15	Water breathing and swim speed
Axe Beak Legs	100 gp	13	+10 ft. move speed
Barbecued Nalfeshnee Shoulder	300 gp	15	Protection from fiends
Boiled Devil Tongue	400 gp	15	+2 to CHA (Deception) checks
Chicken Shrieker Marsala	100 gp	12	Darkvision and sunlight sensitivity
Chuul Claw with Bay Seasoning	100 gp	15	Magic sense
Cockatrice Cordon Bleu	75 gp	13	Proof against petrification
Dire Wasp Honey Baklava	50 gp	14	Advantage against charm
Dragon Turtle Soup	2,500 gp	18	Increase max hit points (2d10+10)
Dryad Maple Bread	150 gp	14	Heals 2d4+2
Dwarven Hardtack	3 gp	10	Feeds for a week
Elven Waybread	10 gp	12	Feeds for a month
Eladrin Berry Mille-Feuille	400 gp	16	Heals 4d4+4
Eye Tyrant Bourguignon	7,500 gp	21	Increase mental ability score
Faerie Dragon and Starfruit Teriyaki	300 gp	14	Protection from fey
Fermented Harpy Egg	100 gp	14	Protection from undead
Fried Brain Curry	50 gp	16	+4 to INT checks
Garlic Bread	1 gp	9	Useful against Vampires
Gelatinous Cube Aspic	450 gp	15	Acid breath (4d6 damage)
Ghost-Chilled Mint Ice Cream	500 gp	17	Cold resistance, fear immunity
Green Slaad and Salad Greens	550 gp	17	<i>alter self</i>
Heroes' Feast	5,000 gp	20	<i>heroes' feast</i>
Maple-Glazed Mandrake	300 gp	14	Immune to poisoned condition
Mimic Fritters	150 gp	15	Advantage on WIS checks
Myconid Foot Stew	350 gp	16	Necrotic damage resistance
Otis' Potatoes and Sausage	150 gp	17	Advantage on STR checks
Poached Basilisk Egg in Nothic Broth	4,500 gp	18	<i>true seeing</i>
Pommes Vrock	450 gp	17	Poison damage resistance
Pumpkin Spiced Spider Legs	50 gp	13	Advantage against fear effects
Purple Worm Cutlet	2,500 gp	18	Blindsight
Quipper Pie	150 gp	15	Advantage on INT checks
Red Dragon Tenderloin	700 gp	16	Fire damage immunity
Rosemary Hydra Brisket	200 gp	16	Advantage on CON checks
Scorpion Crostini Tapenade	500 gp	17	Poisonous bite attack (CON DC 13, 5d6 damage)
Spicy Roc Wings	500 gp	18	<i>levitation</i>
Spicy Troll Ribs	500 gp	17	Heal 2 hit points each round
Steeder Tart with Cave Fisher Glaze	150 gp	15	Advantage on DEX checks
Stink Kow Dumpling	50 gp	11	Heals 1d4+1
Tarrasque au Vin	10,000 gp	22	Increase all physical abilities
Three-Pepper Hellhound Chili	450 gp	15	Fire breath (4d6 damage)
Treant-Smoked Unicorn Sirloin	7,000 gp	19	+1 spell attacks and spell DC
Worg Steak with Grilled Muskmelon	75 gp	13	+5 on scent-based WIS (Perception) checks
Yeti Tartare	400 gp	15	Cold breath (4d6 damage)



counter its bitter bite. You gain a +2 bonus to Charisma (Deception) checks for 4 hours.

- Intelligence (Cooking Utensils) DC: 15
- Price: 400 gp
- Ingredients: tongue from any devil of CR 5 or greater

CHICKEN SHRIEKER MARSALA

Chicken cooked with the shrieker mushroom in a special gravy. You always know they are fresh when you can hear the shrieking from the kitchen as it is prepared. The meal makes the wearer very sensitive to even the smallest amount of light. A creature that eats it gains darkvision out to 120 feet but gains disadvantage on attack rolls and Wisdom (Perception) checks while in sunlight for the next 8 hours.

- Intelligence (Cooking Utensils) DC: 12
- Price: 100 gp
- Ingredients: **shrieker**

CHUUL CLAW WITH BAY SEASONING

Chuul can be very salty and otherwise bland on its own, but its magic is worth it. Mages developed a seasoning that makes the meat taste palatable, even good. It turns out that experienced chefs were already using a similar seasoning available in most dock districts. The dish grants a creature with the ability to see magical auras out to 120 feet as if with a *detect magic* spell for the next 8 hours.

- Intelligence (Cooking Utensils) DC: 15
- Price: 100 gp
- Ingredients: **chuul** claw meat

COCKATRICE CORDON BLEU

Ham, cheese, and cockatrice rolled together and cooked. The head is usually served with the dish but it is only decoration and extremely inedible. A creature that eats the cordon bleu becomes immune to the petrified condition for 24 hours.

- Intelligence (Cooking Utensils) DC: 13
- Price: 75 gp
- Ingredients: **cockatrice** meat

DIRE WASP HONEY BAKLAVA

Floral honey harvested from the beefolk known as the abeil is some of the best in the world. The honey between the many layers of this dessert makes anyone smile. Creatures that eat it gain advantage on saving throws against effects that would induce the charmed condition for 1 hour.

- Intelligence (Cooking Utensils) DC: 14
- Price: 50 gp
- Ingredients: **giant wasp** honey

DRAGON TURTLE SOUP

A delicacy that is as difficult to master as the ingredients are

difficult to acquire. It is cooked with hot spices and citrus fruit harvested from assassin vines, which only bear the stuff every few years. The eater's maximum hit points are increased by 2d10+10. This bonus decreases by 1 each day while the meal is slowly digested until the bonus reaches 0.

- Intelligence (Cooking Utensils) DC: 18
- Price: 2,500 gp
- Ingredients: **dragon turtle** meat and **assassin vine** fruit

DRYAD MAPLE BREAD

The sap from a maple tree inhabited by a dryad has innate healing properties that emerge when used for baking. Some dryads will give the sap willingly if taken in moderation, while others are insulted by the notion. A creature that eats this regains 2d4+2 hit points.

- Intelligence (Cooking Utensils) DC: 14
- Price: 150 gp
- Ingredients: sap from a **dryad** tree

DWARVEN HARDTACK

This ration requires fungi grown underground that is turned into a dense flour. Dwarves usually soak the tack in stout to add moisture and flavor. Dwarven hardtack does not spoil. One pound is enough to feed a person for a week.

- Intelligence (Cooking Utensils) DC: 10
- Price: 3 gp
- Ingredients: No monstrous ingredients

ELVEN WAYBREAD

This elven bread requires rare grains found only in elven settlements. One loaf provides sufficient food for a month for one person.

- Intelligence (Cooking Utensils) DC: 12
- Price: 10 gp
- Ingredients: No monstrous ingredients

EYE TYRANT BOURGUIGNON

Magic eyes slow-cooked with the eye tyrant's flesh creates a rainbow of flavors that crackle with arcane energy. A creature that eats this risky meal gains a permanent +2 bonus to either their Intelligence, Wisdom, or Charisma score (chosen at random). The dish is so potent that it interferes with spellcasting. For 1 week, all spells the creature casts have a 25% chance of failure.

Intelligence (Cooking Utensils) DC 21. Price: 7,500 gp.

- Intelligence (Cooking Utensils) DC: 21
- Price: 7,500 gp
- Ingredients: eyes and flesh from an eye tyrant

FAERIE DRAGON AND STARFRUIT TERIYAKI

Some hesitate to eat such an intelligent and good-natured creature, but most change their tune once they have a taste of its naturally sweet meat with a sour sauce. A creature that eats this meal is warded against fey creatures for 8 hours as

if by a *protection from evil and good* spell.

- Intelligence (Cooking Utensils) DC: 14
- Price: 300 gp
- Ingredients: **faerie dragon** meat

FERMENTED HARPY EGG

A harpy egg that is fermented underground for at least a month but sometimes as much as a year. Usually served with a strong garlic sauce which is the only thing making it palatable. A creature that eats the egg (yes the whole thing) is warded against undead for 8 hours as if by a *protection from evil and good* spell.

- Intelligence (Cooking Utensils) DC: 14
- Price: 100 gp
- Ingredients: egg of a **harpy**

FEY BERRY MILLE-FEUILLE

This dessert uses a variety of berries grown year-round in the realms of the fey. These particular berries almost always have sprites making their home nearby. A creature that eats this regains 4d4+4 hit points.

- Intelligence (Cooking Utensils) DC: 16
- Price: 400 gp
- Ingredients: no monstrous ingredients

FRIED BRAIN CURRY

A coconut curry that uses the brain-like body of an intellect devourer as its base. The meal can impart a creature with knowledge from the brains the creature has eaten. Desperate mages seeking knowledge turn to this dish. A creature that eats it gains a +4 bonus to Intelligence saving throws and ability checks during the next 1 hour.

- Intelligence (Cooking Utensils) DC: 12
- Price: 50 gp
- Ingredients: **intellect devourer** meat

GARLIC BREAD

Vampires and their spawn that use their bite attack on a creature that has eaten garlic bread within the last 4 hours regain no hit points from their attack.

- Intelligence (Cooking Utensils) DC: 9
- Price: 1 gp
- Ingredients: no monstrous ingredients

GELATINOUS CUBE ASPIC

A suspension of savory foods inside a specially-treated glob of gelatinous cube. The recipe requires that the aspic set over 4 hours. After eating the meal, you can use your action to expel a 30 foot long, 5 foot wide line of acid from your mouth. Creatures in the area must make a DC 13 Dexterity save. Creatures take 4d6 acid damage on a failed save or half as much damage on a successful save. You can use this ability up to 3 times within the next hour after eating the meal.

- Intelligence (Cooking Utensils) DC: 15
- Price: 450 gp
- Ingredients: slime from a **gelatinous cube**

GHOST-CHILLED MINT ICE CREAM

Ice cream is difficult to create without ice magic, but using a ghost's natural chill can impart various magical properties to the ice cream. The meal grants a creature resistance to cold

damage for the next 4 hours. The creature also becomes immune to the frightened condition for the duration.

- Intelligence (Cooking Utensils) DC: 17
- Price: 500 gp
- Ingredients: essence of a **ghost** or **specter**

GREEN SLAAD AND SALAD GREENS

Slaad meat has unique polymorphic qualities thanks to its chaotic nature. The meat constantly shifts and moves of its own volition. When denatured with lime juice, the meat allows a creature to change their appearance for 1 hour as if with the *alter self* spell.

- Intelligence (Cooking Utensils) DC: 17
- Price: 550 gp
- Ingredients: flesh from any **slaad** creature

HEROES' FEAST

You can spend 4 hours preparing a smorgasbord of arcane delights using magic ingredients, creating an effect identical to a *heroes' feast* spell.

- Intelligence (Cooking Utensils) DC: 20
- Price: 5,000 gp
- Ingredients: no monstrous ingredients

MAPLE-GLAZED MANDRAKE

This dish utilizes the mandrake's healing properties and tastes a bit like honeyed carrots. Careful when harvesting your own as mandrake roots have a deadly scream. The creature that eats it becomes immune to the poisoned condition for 2 hours and is cured of any other poisons currently affecting them.

- Intelligence (Cooking Utensils) DC: 14
- Price: 300 gp
- Ingredients: no monstrous ingredients

MIMIC FRITTERS

Battered and deep fried clumps of mimic body. Mimic Fritters seem to taste different to just about everyone, but they all agree the taste improves with thyme. The food makes creatures hyperaware of their surroundings to an almost paranoid degree. Grants advantage on Wisdom ability checks and saving throws for 1 hour.

- Intelligence (Cooking Utensils) DC: 15
- Price: 150 gp
- Ingredients: flesh from a **mimic**



MYCONID FOOT STEW

The core of a myconid is edible, as are their feet, which are packed with flavor. When cooked into a stew, it can grant a creature resistance to necrotic damage for 1 hour.

- Intelligence (Cooking Utensils) DC: 15
- Price: 350 gp
- Ingredients: flesh of a **myconid adult** or **myconid sovereign**

OTIS' POTATOES AND SAUSAGE

A secret family recipe. Grants advantage on Strength ability checks and saving throws for 1 hour.

- Intelligence (Cooking Utensils) DC: 17
- Price: 150 gp
- Ingredients: **giant boar** meat

POACHED BASILISK EGG IN NOTHIC BROTH

Basilisk eggs are a delicacy that grants special powers when cooked in a broth of spiced ciliary juices from a nothic. The meal grants a creature with the benefits of a *true seeing* spell for 1 hour.

- Intelligence (Cooking Utensils) DC: 18
- Price: 4,500 gp
- Ingredients: **basilisk** egg and a **nothic** eye

POMMES VROCK

These potatoes are dusted with specially treated vrock spores, which taste similar to truffles. The meal grants a creature resistance to poison damage for the next 8 hours.

- Intelligence (Cooking Utensils) DC: 17
- Price: 450 gp
- Ingredients: **vrock** spores

PUMPKIN SPICED SPIDER LEGS

The curious taste of phase spider goes surprisingly well with cinnamon and nutmeg. Creatures that eat it gain advantage on saving throws against effects that would induce the frightened condition for 1 hour.

- Intelligence (Cooking Utensils) DC: 13
- Price: 50 gp
- Ingredients: **phase spider** meat

PURPLE WORM CUTLET

A bit of purple worm marinated in its own venom can be a real treat, provided the cutlet is thoroughly cooked with added cream to negate the poison. A purple worm cutlet prepared in this way grants a creature blindsight out to 15 feet for 24 hours.

- Intelligence (Cooking Utensils) DC: 18
- Price: 2,500 gp
- Ingredients: **purple worm** meat and venom

QUIPPER PIE

Making a pie out of these small fish is a challenge, and making them palatable is a secret guarded by merrow. The spices involved are magical and give the diner insight on the minds of creatures the quippers have slain. Cooked well, it makes for amazing brain food. Grants advantage on Intelligence ability checks and saving throws for 1 hour.

- Intelligence (Cooking Utensils) DC: 15

- Price: 150 gp
- Ingredients: 5 pounds of fresh **quippers**

RED DRAGON TENDERLOIN

It's very difficult to place the spices that bring out the magic of a red dragon's flesh and chefs are strangely secretive of their recipes. Rosemary, oregano, and thyme are easy to spot in the mixture of spices. Thankfully almost all meat of a dragon is usable for this recipe. The meal grants a creature immunity to fire damage for the next 24 hours.

- Intelligence (Cooking Utensils) DC: 16
- Price: 700 gp
- Ingredients: any **red dragon** meat

ROSEMARY HYDRA BRISKET

A hydra's regenerating flesh does wonders for the immune system. It is roasted in rosemary and butter for flavor. Grants advantage on Constitution ability checks and saving throws for 1 hour.

- Intelligence (Cooking Utensils) DC: 16
- Price: 200 gp
- Ingredients: **hydra** meat

SCORPION CROSTINI TAPENADE

The innards of a giant scorpion are very bitter but work well mixed with capers and olives and spread on crusty bread. When aided with a bit of transmutation magic, this dish can give the eater a poisonous bite attack that can be used up to three times within the next 1 hour. The creature is proficient with the attack. If the attack hits a creature, that creature must make a DC 13 Constitution save. The creature takes 5d6 poison damage on a failed save and half as much damage on a successful save.

- Intelligence (Cooking Utensils) DC: 17.
- Price: 500 gp.
- Ingredients: **giant scorpion** meat

SPICY ROC WINGS

These wings are not unlike chicken wings, but their massive size means they have to be cut into smaller pieces before being fried. When a roc falls, it takes an entire town to clean it and preserve the meat before it spoils. Eating properly prepared roc wings grants the power to cast *levitate* on oneself for the next 4 hours.

- Intelligence (Cooking Utensils) DC: 18.
- Price: 500 gp.
- Ingredients: **roc** wing meat

SPICY TROLL RIBS

Although there is some danger to eating troll with their flesh constantly mutating, it does have its benefits. A creature that eats troll ribs regains 2 hit points at the start of each of their turns as long as they are below half their hit point maximum for the next 1 hour. There is a 1% chance after eating that the creature mutates and grows an additional (but useless) limb or head.

- Intelligence (Cooking Utensils) DC: 17.
- Price: 500 gp.
- Ingredients: **troll** rib meat

STEEDER TART WITH CAVE FISHER GLAZE

Eggs from a steeder combined with the alcoholic blood of a cave fisher makes for one of the most palatable sweets in the underground. A common dish among both dwarf and drow nobles, though they cannot agree who developed the recipe. Grants advantage on Dexterity ability checks and saving throws for 1 hour.

- Intelligence (Cooking Utensils) DC: 15
- Price: 150 gp
- Ingredients: **steeder** eggs and **cave fisher** blood

STINK KOW DUMPLING

Special dumplings made from meat of the subterranean stink kow, a staple of many civilized creatures in the underground. The smell is masked by different spices depending on who you ask. A creature that eats one of these regains 1d4+1 hit points.

- Intelligence (Cooking Utensils) DC: 11
- Price: 50 gp
- Ingredients: **stink kow** flesh

TARRASQUE AU VIN

Very little of a tarrasque is edible, and harvesting these prime cuts requires a legendary-tier magic weapon. The ancient recipe is found on an ancient scroll that was lost long ago. The recipe takes one week of prep work and one day of cooking. Eating the meal grants a creature a permanent +2 bonus to their Strength, Dexterity, and Constitution scores, to a maximum of 22. You also do not need to eat food for an entire year after eating the meal, as the tarrasque's hyperdense flesh takes so long to digest.

- Intelligence (Cooking Utensils) DC: 22.
- Price: 10,000 gp.
- Ingredients: freshly-slain **tarrasque** meat

THREE-PEPPER HELLHOUND CHILI

The hot peppers are actually there to balance the innate spiciness from the hellhound meat. A serving of the chili acts as a *potion of fire breath*.

- Intelligence (Cooking Utensils) DC: 15.
- Price: 450 gp.
- Ingredients: **hellhound** meat

TREANT-SMOKED UNICORN SIRLOIN

Only non-good creatures would ever consider making such a forbidden meal that involves the death of both a treant and a unicorn. The meat is smoked for 13 hours and served with a decadent black garlic butter. A creature that eats this gains a +1 bonus to their spell attack rolls and +1 to their spell save DCs for 1 week. However, the creature becomes cursed and cannot enter consecrated or hallowed ground for 7 months.

- Intelligence (Cooking Utensils) DC: 19.
- Price: 7,000 gp.
- Ingredients: **unicorn** meat and **treant** logs

WORG STEAK WITH GRILLED MUSKMELON

This dish is especially pungent but tastes delicious. It opens up the senses and with a bit of magic can even improve your sense of smell. The dish grants a creature a +5 bonus on Wisdom (Perception) checks involving scent for 1 hour.

- Intelligence (Cooking Utensils) DC: 13.
- Price: 75 gp.
- Ingredients: **worg** meat

YETI TARTARE

Raw yeti meat with very few but important spices and a sprig of mint that brings the dish together. A serving of the tartare acts as a *potion of fire breath*, but deals cold damage instead of fire damage.

- Intelligence (Cooking Utensils) DC: 15.
- Price: 400 gp.
- Ingredients: **yeti** meat

RECIPE FAILURE

Normally, getting a recipe wrong just makes for upset guests and customers. But when working with magical ingredients, there is potential for catastrophic arcane failure. When a creature fails an ability check to cook a magical recipe by 5 or more, roll on the Cooking Mishaps table to determine what happens to the food.

The creature is not aware how wrong their food is until someone eats it. Another creature can notice these imperfections in the food with a DC 15 Intelligence (Cooking Utensils) check.

COOKING MISHAPS

Roll (1d20)	Mishap
1	Animated Food
2-3	Cursed Food
4-5	Explosive Food
6	Illusory Food
7	Inverse Food
8	Polymorphic Food
9-15	Poisonous (mild)
16-17	Poisonous (strong)
18	Poisonous (deadly)
19-20	Summoning Sickness

Animated Food. The food animates, gets up from its dish, and either starts attacking or attempts to escape. The food has the same statistics as a **mud mephit**.

Cursed Food. Creatures that eat cursed food become cursed indefinitely. Choose one of the creature's ability scores at random. That creature gains disadvantage on ability checks and saving throws using that ability until the curse is lifted.

Explosive Food. Creatures that eat this food will find it explode in their mouth dealing 3d10 fire damage to them.

Illusory Food. The food becomes an illusion. The dish or vessel holding it remains real and can move the illusion with it, but the actual food becomes a Programmed Illusion mimicking steam and smell. Interacting with the food reveals it to be an illusion as matter passes through it. The illusion disappears after 1 hour.

Inverse Food. The food has the opposite of the intended effect. Food that heals instead harms, food that grants improved sight instead blinds, and food that grants advantage instead grants disadvantage, for example. For food that

grants a special attack such as Yeti Tartare, deal damage to the creature as if they had damaged themselves with the ability. For unique circumstances, the GM can make their own ruling.

Polymorphic Food. Creatures that eat polymorphic food must attempt a DC 13 Constitution saving throw or become polymorphed into a random tiny beast for 1 hour.

Poisonous (mild). Creatures that eat mildly poisonous food must attempt a DC 11 Constitution saving throw. On a failed save, the creature becomes poisoned for 1d4 hours.

Poisonous (strong). Creatures that eat mildly poisonous food must attempt a DC 13 Constitution saving throw. On a failed save, the creature takes 3d6 poison damage and becomes poisoned for 1d3 days.

Poisonous (deadly). Creatures that eat mildly poisonous food must attempt a DC 15 Constitution saving throw. On a failed save, the creature becomes poisoned and takes 1d6 damage at the start of each of their turns while poisoned in this way. The creature can attempt a new saving throw every ten rounds, ending the effect on a successful save.

Summoning Sickness. Creatures that eat this food become afflicted with magical sickness that causes them to periodically vomit harmless tiny objects from their mouth. The objects are random, anything from slugs to ball bearings. The creature has a 25% chance to do nothing at the start of each of its turns for the next 1 hour. All objects disappear at the end of this duration.

COOKING-SPECIFIC SPELLS

The following spells are unique to these rules for the Cooking Profession. They allow spellcasters to get a bit more out of cooking than others without magic. Each of these spells can be learned or prepared by any spellcaster as they normally would learn or prepare spells.

ANIMATE UTENSILS

2nd-level transmutation

Casting Time: 1 action

Range: Touch

Components: S, V

Duration: Concentration, up to 1 hour

You touch a set of Cook's Utensils as you cast this spell. The utensils spring to life and dance about on their own, following the will of whoever is using them. Creatures gain advantage to their ability checks using the affected Cook's Utensils. Creatures also can cook meals in half the normal time thanks to all of the time saved on preparation.

FRESHNESS

1st-level abjuration

Casting Time: 1 action

Range: Touch

Components: S, M (an airtight hollow glass sphere)

Duration: 24 hours

You protect mundane and magical foods from spoiling. Up to six meals you touch will not spoil for the duration of the spell. Magical food retains any magical properties it has while affected by this spell.

Any spell or magical effect that would cause the food to rot, such as necrotic damage, instead ends the duration of this spell on that food immediately.

Poison can be applied to the warded meals as normal.

SENSES OF THE CHEF

1st-level divination

Casting Time: 1 action

Range: Self

Components: S, V

Duration: Concentration, up to 10 minutes

You gain the innate senses of a master chef. For the duration of the spell, you can use your senses of smell, taste, and sight to determine properties of a meal within 5 feet of you using your action. You determine all ingredients that make up the meal and can detect whether the meal has any cooking mishaps or poisons applied to it. You determine precisely the effects of the poison as well as the effects of the cooking mishap.

You cannot sense poison outside of food in this way.

SKILL OF THE CHEF

4th-level transmutation

Casting Time: 1 action

Range: Self

Components: S, V, M (cook's utensils)

Duration: 4 hours

You enhance your cooking ability for a time. Ability checks you make using Cook's Utensils while affected by the spell are made with a +5 bonus. You are magically alerted when a meal you prepare has suffered a cooking mishap from recipe failure, but not the nature of the mishap.

COOKING FEAT

In place of an Ability Score Increase when you gain a new class level, you can instead gain the effects of the following feature. You must meet the prerequisite to gain this ability.

ARCANE CHEF

Prerequisite: Proficiency with Cook's Utensils

You have trained to become a master of cooking, especially with magical ingredients. You gain the following effects.

- Your Constitution score increases by 1.
- You add double your proficiency bonus to ability checks made using Cook's Utensils.
- When cooking magical food, the cost and cooking time is halved for you.
- When you gain this feature, choose one recipe from the Cooking Profession to become your speciality which has a DC of 15 or less. You are always considered to have the monstrous ingredients for your speciality. When you create your specialty, you create three meals instead of just one using the same cooking time, ingredients, and costs.



SUCCULENT SPELLS

THIS CHAPTER DETAILS GASTROMANTIC spells to add to your campaign setting, be it the Foodgotten Realms or something else entirely. These spells can be learned or prepared by any spellcaster in the same way that they might normally learn or prepare a spell. You can also add them to your game in the form of magic items or spell scrolls, or give them to NPCs or enemies that practice gastronomy.

Some of the monsters in the final chapter of this guide reference these spells as well.

SPELL LIST

CANTRIPS

Cheese String
Cookie Cutter
Fruit Wedge
Ice Cream Ripple
Soy Splash
Spice Cloud

1ST LEVEL

Arrowroot
Cinnamon Swirl
Cotton Candy Cloud
Egg Drop
Flay of Fish
Lime Light
Magic Miso

2ND LEVEL

Bundt Binding
Conjure Lasagna
Enlarge Food
Hypnotic Naruto
Pretzel Prison

3RD LEVEL

Baklava Flow
Bestow Hunger
Citrus Splash
Conjure Soup
Cordon of Carrots
Field of Noodles

4TH LEVEL

Cherry Bomb
Edibility
Eyes of Potato
Globe of Mayonnaise
Gumball Blast
Raclette

5TH LEVEL

Grapes of Wrath
Terrormisu
Volcano Roll
Wall of Cheese

6TH LEVEL

Bombe Glacier
Pasta Invocation
Pillar of Popcorn

7TH LEVEL

Cone of Nachos
Death by Chocolate
Pizzascape

8TH LEVEL

Curry Inferno

9TH LEVEL

Meateor Swarm

SPELL DESCRIPTIONS

ARROWROOT

1st-level conjuration

Casting Time: 1 action

Range: 90 feet

Components: S, V, M (a vegetable peeler)

Duration: Instantaneous

You launch a conjured root vegetable at a target within range. You make a ranged spell attack against the target. On a hit, the target takes 3d4 piercing damage and then the root grows around them as it takes hold. The creature's movement speed is reduced by 10 feet while the roots remain. The creature can use an action to make a Strength check against your spell save DC. On a success, it tears away all of the roots.

from this spell and ends the effect.

At Higher Levels. When you cast this spell with a spell slot of 2nd level or higher, you fire an additional vegetable for each slot above 1st.

BAKLAVA FLOW

3rd-level conjuration

Casting Time: 1 action

Range: 120 feet

Components: S, V, M (a honey dripper)

Duration: Concentration, up to 5 rounds

You conjure a wave of molten honey and nuts. The wave crashes down onto a 40-foot square centered on a point you designate within range. This area becomes difficult terrain for the duration of the spell.

Each creature in the area when you cast the spell must make a Dexterity saving throw. Every creature that fails this save takes 5d4 fire damage immediately and is restrained in the honey. A restrained creature takes 5d4 more fire damage at the start of each of their turns while restrained, but the damage decreases by 1 damage die each turn after the first until the honey has completely cooled and the spell ends.

A restrained creature can use its action to make a Strength check against your spell save DC, freeing itself on a success.

Creatures that succeed at their initial save take 5d4 damage and are not restrained.

At Higher Levels. When you cast this spell with a spell slot of 4th level or higher, the damage dice become one die type higher for each spell slot above 3rd, up to a d12 at 7th level.

BESTOW HUNGER

3rd-level enchantment

Casting Time: 1 action

Range: Touch

Components: S, V, M (pinch of salt)

Duration: Concentration, up to 1 minute

You touch a creature, who must succeed at a Wisdom saving throw. On a failed save, the creature becomes cursed with intense hunger. The cursed creature has disadvantage on attack rolls and ability checks for the spell's duration.

At the end of each round while the curse persists, if the cursed creature did not spend an action eating some sort of food, the creature must make a Constitution saving throw or take 2d10 psychic damage. A successful Constitution save negates this damage for that turn but not the other effects of the spell.

BOMBE GLACIER

6th-level conjuration

Casting Time: 1 action

Range: 120 ft.

Components: S, V, M (a vial of ice cream)

Duration: Concentration, up to 1 minute

You conjure a 40-foot radius hemisphere of ice cream coated in chocolate at a location you designate that you can see within range. Each creature in the spell's area must make a Dexterity saving throw. Each creature that succeeds at their saving throw is pushed to the outer edge of the ice cream's area and takes 6d8 cold damage.

Each creature that fails this save becomes restrained and

trapped inside the ice cream. At the start of each of their turns while trapped in this way, the creature takes 6d8 cold damage. A restrained creature can use its action to attempt a Strength check against your spell save DC. A creature that succeeds at this check is no longer restrained. Creatures moving through the dense ice cream move only 1 foot for every 2 feet of movement spent. Creatures that end their turn inside the ice cream become restrained again.

The ice cream disappears and frees all creatures trapped inside when the spell ends.

BUNDT BINDING

2nd-level abjuration

Casting Time: 1 action

Range: 120 ft.

Components: S, V

Duration: Concentration, up to 1 minute

You bind a creature in a 5-foot diameter, 4-foot tall cylinder of dense cake. The creature makes a Strength saving throw or becomes incapacitated and gain total cover from all attacks originating from outside the cake. Spells that affect an area affect both the creature and the cake. Attacks targeting the creature instead hit the cake, which can be destroyed (AC 12, 30 hit points and immunity to psychic and poison damage).

The incapacitated creature makes a new saving throw at the end of each of their turns, freeing themselves on a success.

CHEESE STRING

Conjuration cantrip

Casting Time: 1 action

Range: 30 ft.

Components: S, V

Duration: Instantaneous

You conjure a string of molten cheese to hinder your foe. Make a ranged spell attack against a creature or object in range. On a hit, the target takes 1d8 fire damage and has their movement speed reduced by 10 feet until the start of your next turn.

This spell deals an additional 1d8 damage when you reach 5th level (2d8), 11th level (3d8), and 17th level (4d8).

CHERRY BOMB

4th-level evocation

Casting Time: 1 action

Range: 120 ft.

Components: S, V, M (three cherry pits)

Duration: Instantaneous

Three cherries fly forth from your outstretched finger and land at three different points you choose within range. Each cherry then explodes. Each creature within 10 feet of a cherry must make a Dexterity saving throw. A creature that fails their save takes 4d8 thunder damage and 2d8 fire damage and is then pushed 10 feet away from the closest cherry. A creature that succeeds at their save takes half as much damage and is not pushed.

A creature within range of multiple cherries only takes this damage once but had disadvantage on their saving throw.

At Higher Levels. When you cast this spell using a spell slot of 5th level or higher, the thunder damage increases by

1d8 for each slot level above 4th.

CITRUS SPLASH

3rd-level conjuration

Casting Time: 1 action

Range: Self (30-ft. cone)

Components: S, V, M (a lemon wedge)

Duration: Instantaneous

You create a spray of lemon juice in a 30-foot cone emanating from you. Each creature within the spell's area must make a Constitution saving throw. Each creature that fails their save takes 3d6 acid damage plus an additional 4d6 acid damage if they don't have all their hit points. Creatures that succeed at their save take half as much damage.

At Higher Levels. When you cast this spell using a spell slot of 4th level or higher, the base acid damage increases by 1d6 for each spell slot above 3rd.

CINNAMON SWIRL

1st-level evocation

Casting Time: 1 action

Range: Self, 10-ft. radius

Components: S, V, M (stick of cinnamon)

Duration: Concentration, up to 1 minute

You create a vortex of sparkling, blinding cinnamon sugar that follows you around. Each creature other than you that starts its turn within a 10-foot radius of you while the spell persists must make a Constitution saving throw. On a failed saving throw, the creature becomes blinded until the end of its next turn.

COOKIE CUTTER

Conjuration cantrip

Casting Time: 1 action

Range: 90 ft.

Components: S, V

Duration: Instantaneous

You launch a crispy, razor-thin cookie at a creature or object within range. Make a ranged spell attack against the target. On a hit, the target takes an amount of slashing damage equal to 1d6 + your spellcasting ability modifier.

This spell deals an additional 1d6 damage when you reach 5th level (2d6 + modifier), 11th level (3d6 + modifier), and 17th level (4d6 + modifier).

CONE OF NACHOS

7th-level evocation

Casting Time: 1 action

Range: Self

Components: S, V

Duration: Instantaneous

You evoke the secrets of nachos to create a blast of power using a myriad of ingredients. Sharp nacho chips and six different nacho toppings sprout from your fingertips to bombard your foes. Each topping has a different power and purpose.

When you cast the spell, each creature in a 60-foot cone must make a Dexterity saving throw. All damage taken from the spell is halved on a successful save.

First, each of those creatures takes 3d6 slashing damage

from the sharp nacho chips.

Then each target is hit by up to 6 additional toppings. For each target, roll a d6 to determine how many toppings affect them, then resolve each topping up to and including the die's result from the list below. Each of the toppings' damage and effects are cumulative.

1. Meat. The target takes 2d6 bludgeoning damage and then must make a Strength saving throw. On a failed save, the creature is pushed 10 feet away from you and knocked prone.

2. Salsa. The target takes 2d6 acid damage, or half as much on a successful save. The target then must make a Constitution saving throw or become blinded for until the start of your next turn.

3. Cheese. The target takes 2d6 fire damage and their speed is halved until the start of your next turn.

4. Lettuce. The target becomes restrained. The creature can use its action on each of its turns to make a Strength check against your spell save DC, freeing itself on a success.

5. Sour Cream. The target takes 2d6 cold damage.

6. Beans. The target takes 2d6 thunder damage. Then each creature in a 5-foot radius of the target (including the target) must make a Constitution saving throw or become poisoned for 1 minute.

At Higher Levels. Guacamole costs extra. If you cast this spell using a spell slot of 8th or higher, you can add guacamole and deal an additional 2d6 force damage.

CONJURE LASAGNA

2nd-level conjuration

Casting Time: 1 action

Range: 60 ft.

Components: S, V, M (an ounce of ricotta)

Duration: Concentration, up to 10 minutes

You conjure a 5-foot cube of giant lasagna on the ground at a point you can see within range and persists for the duration of the spell. The lasagna is treated as a solid object that can be climbed on or used as cover. Creatures that fall from a height onto the lasagna have their fall damage halved as the lasagna softens their landing. The lasagna can be destroyed (AC 11, 20 hit points, immunity to poison and psychic damage). The lasagna weighs 500 pounds.

CONJURE SOUP

3rd-level conjuration

Casting Time: 1 action

Range: 90 ft.

Components: S, V, M (a bowl)

Duration: Concentration, up to 1 minute

A 15-foot high, 10-foot radius circular bowl of hot soup rises from the ground at a location you designate in range, trapping creatures inside its boiling broth. Each creature in the area must make a Dexterity saving throw. Each creature that fails this save becomes suspended in the bowl's liquid, and takes 4d6 fire damage at the start of each of their turns while in the soup's area. Creatures in the soup must swim and follow the rules for waterborne combat.

On a successful initial save, a creature can use its reaction to move up to its movement speed to the nearest space outside of the soup's area.

The soup bowl can be tipped over by a creature of Large

size or greater or by creatures with a combined Strength score of at least 35. Doing so requires an action on the part of all parties involved. When the bowl is tipped over, it spills its contents in a 15-foot square in the direction it was tipped. Open flames in that area are extinguished and creatures there take 4d6 fire damage immediately and creatures of Large or smaller size are swept 15 feet away from the bowl.

The spell ends if it is tipped over or if you choose to end it as a bonus action. When the spell ends, the bowl and the soup disappear.

CORDON OF CARROTS

3rd-level abjuration

Casting Time: 1 action

Range: Self

Components: S, V, M (carrots)

Duration: 1 hour

You enchant three carrots that orbit your body and form a magical ward. While the spell persists, you can use a reaction whenever a creature moves within 30 feet of you to cause one of the carrots to fly towards them, destroying the carrot. That creature must make a Dexterity saving throw. On a failed save, the creature takes 3d8 piercing damage and then, if the creature is standing on earth or dirt (not stone), the creature sinks into the ground up to their shoulders, becoming restrained.

While restrained in this way, the creature can take no actions or reactions other than to try and escape. Doing so requires an action to make a Strength check against your spell save DC. On a success, the creature is able to dig themselves free and emerge prone from the ground. Another creature can use their action to dig out the restrained creature, freeing them.

The spell ends when all of the carrots are expended or when the duration expires.

At Higher Levels. When you cast this spell using a spell slot of 4th level or higher, you can enchant an additional carrot for each slot level above 3rd.

COTTON CANDY CLOUD

1st-level conjuration

Casting Time: 1 action

Range: 120 ft.

Components: S, V, M (a spoonful of sugar)

Duration: Concentration, up to 1 hour

You create a 20-foot radius sphere of cotton candy centered on a point within range. The cotton candy's area is heavily obscured and blunts missiles. Creatures inside the cotton candy have resistance to piercing damage from ranged weapon attacks made by Medium or smaller creatures. A gallon of water splashed onto the cloud destroys it, and this spell cannot be cast if its area touches a body of water or is exposed to rain.

At Higher Levels. When you cast this spell using a spell slot of 2nd level or higher, the radius of the cotton candy increases by 20 feet for each slot level above 1st.

CURRY INFERNO

8th-level conjuration

Casting Time: 1 action

Range: 150 ft.

Components: S, V, M (a tablespoon of garam masala)

Duration: Instantaneous

You conjure a whirlwind of hot and spicy curry in a 30-foot radius, 40-foot tall cylinder at a point you designate within range. Creatures in the spell's area must make a Dexterity saving throw. Each creature that fails this save takes 9d6 fire damage and then becomes covered in curry. A creature covered in curry takes 3d6 acid damage at the start of each of their turns and is blinded. A creature can spend an action to wipe off the curry and get it out of their eyes, ending the acid damage and the blinded condition for that creature.

Creatures that succeed at their saving throw take half of the initial fire damage and are not covered in curry, at least not to a point where it blinds and harms them.

The curry persists after the spell is cast, causing the base of the area to become difficult terrain. It takes a creature an action to clear a 5-foot square area of the curry. The curry is edible and spoils after 1 day.

DEATH BY CHOCOLATE

7th-level necromancy

Casting Time: 1 action

Range: 150 ft.

Components: S, V, M (a cacao seed)

Duration: Instantaneous

You evoke dark chocolate energy to summon a wave of chocolate that splashes onto a 30-foot square centered on a point you designate within range. Each creature in the area must make a Dexterity saving throw. Those that fail this save are completely covered in dark chocolate and take 9d8 necrotic damage. Those that succeed at this save take half this damage and are not covered in the chocolate.

A creature completely covered in chocolate can use their action to wipe off the chocolate. However, if the creature ends its turn while covered in the chocolate, the chocolate hardens and the creature becomes incapacitated, blinded, and cannot breathe, move, or speak.

Another creature can attack and destroy the chocolate coating, which has an AC of 14, 15 hit points, and immunity to poison and psychic damage. Half of all slashing or piercing damage to the chocolate coating is dealt to the creature trapped inside. Once the chocolate is reduced to 0 hit points, the creature is freed and this effect ends for that creature.

EDIBILITY

4th-level transmutation

Casting Time: 1 action

Range: Touch

Components: S, V

Duration: Instantaneous

You touch a nonmagical object whose size cannot be greater than 10 feet on its longest side. The object magically becomes edible. The object retains its shape, weight, and structure but can now be ingested safely by most creatures. If the object has a damage threshold, it no longer has one. A Medium or smaller creature eating the object deals 1 hit point of damage to the object each round. Each size category greater than Medium quadruples this damage. Once the object reaches 0 hit points, enough of it has been eaten to destroy it or prevent it from functioning. You can choose how the object tastes when you cast this spell.

EGG DROP

1st-level conjuration

Casting Time: 1 action

Range: 90 ft.

Components: S, V, M (a chicken feather)

Duration: Instantaneous

One creature of your choice within range must make a Dexterity saving throw as a large conjured egg falls from the sky to land on them. On a failed save, the creature takes 2d6 bludgeoning damage and 2d6 psychic damage from the embarrassment. If the creature takes psychic damage in this way, the creature has disadvantage on the next attack roll it makes.

On a successful save, the creature is unaffected.

ENLARGE FOOD

2nd-level transmutation

Casting Time: 1 action

Range: Touch

Components: S, V

Duration: Concentration, up to 1 hour

One nonmagical, edible object of Tiny size or smaller that you touch increases in size for the duration of the spell. The object becomes a Medium object and its weight increases to 300 pounds. The object is still edible, and any sustenance it provides persists after the spell ends.

At Higher Levels. When you cast this spell using a spell slot of 3rd level or higher, the object's size difference increases by one size category for each spell slot above 2nd, up to Gargantuan. The object's weight increases by a factor of four for each size category above Medium.

EYES OF THE POTATO

4th-level divination

Casting Time: 1 action

Range: Touch

Components: S, V

Duration: 4 hours

One creature you touch sprouts eyes all over their body, enabling them to see in all directions at once. The spell also channels the powers of the potato to sense things underground. The creature gains the following benefits for the duration of the spell:

- The creature gains a +5 bonus to Wisdom (Perception) checks related to sight.
- The creature cannot be surprised.
- The creature gains tremorsense out to 60 feet and can sense objects, structures, and creatures buried in earth or dirt (but not in stone) in this radius.

FIELD OF NOODLES

2nd-level transmutation

Casting Time: 1 action

Range: Self, 15-ft. radius

Components: S, V, M (a stick of spaghetti)

Duration: Concentration, up to 1 minute

You transform the ground around you in a 15-foot radius circle into writhing, grasping noodles. This area is treated as difficult terrain for the duration of the spell. Each creature in

the area when the noodles appear or when they enter it for the first time during each of their turns must make a Dexterity saving throw or fall prone. You and other creatures of Huge size or greater automatically succeed at saving throws against this spell.

Prone creatures in the spell's area remain prone as the noodles constantly pull them downward. A prone creature can attempt a Strength check against your spell save DC using their action. On a success, the creature can rise from prone as normal.

A prone creature can crawl while in the area, but paired with the difficult terrain each foot of movement costs 3 feet of movement instead of 1.

FLAY OF FISH

1st-level evocation

Casting Time: 1 action

Range: Self, 15-ft. cone

Components: S, V, M (a fish scale)

Duration: Instantaneous

You unleash a cone of fish filets from your open palm. Each creature in the area must make a Dexterity saving throw, taking 3d6 cold damage on a failed save or half as much damage on a success.

Each creature in the area of this spell gains a fishy smell, regardless if they took damage or succeeded at the saving throw. Creatures gain a +2 bonus to ability check made to track those covered in the fishy smell.

At Higher Levels. When you cast this spell using a spell slot of 2nd level or higher, the damage increases by 1d6 for each slot level above 1st.

FRUIT WEDGE

Conjuration cantrip

Casting Time: 1 action

Range: 90 ft.

Components: S, V

Duration: Instantaneous

You splash a target with a conjured globule of fruit juice shaped like a fruit wedge. The wedge pushes the creature to the side and splashes them with acid. Make a ranged spell attack against a creature you can see within range. On a hit, the creature takes 1d8 acid damage and is pushed 5 feet in a direction of your choice.

This spell's damage increases by 1d8 when you reach 5th level (2d8), 11th level (3d8), and 17th level (4d8).

GRAPES OF WRATH

5th-level abjuration

Casting Time: 1 action

Range: 60 ft.

Components: S, V, M (a handful of raisins)

Duration: Concentration, up to 1 hour

You create spectral grapes that spin around up to 4 creatures of your choice within range. Each time a creature hits one of the chosen creatures with a melee attack, their grape flies toward the attacker, dealing 2d8 poison damage to them automatically. When a creature takes damage from this spell, they become slightly intoxicated and the taste of wine fills their mouth. Each affected creature must make a Constitution saving throw or become poisoned for 1 minute.

The target can repeat this save at the end of each of their turns, ending the effect on a success.

GUMBALL BLAST

4th-level conjuration

Casting Time: 1 action

Range: 90 ft.

Components: S, V, M (a single gumball)

Duration: Instantaneous

You throw a gumball at a point on the ground within range, which explodes. Each creature in a 20-foot radius of the gumball must make a Constitution saving throw, taking 7d6 thunder damage on a failed save or half as much on a success.

Each creature in the area also becomes restrained by sticky gum. A restrained creature can try to free themselves using their action to make a Strength check against your spell save DC. A successful saving throw ends the condition for that creature. The gum disappears after 1 hour.

HYPNOTIC NARUTO

2nd-level enchantment

Casting Time: 1 action

Range: 90 ft.

Components: S, M (lump of fish paste)

Duration: Concentration, up to 1 minute

You shape some fish paste into a white medallion with a pink spiral and send it to float in midair before the eyes of a creature within range. If the creature can see the fish paste, the creature must make a Wisdom saving throw. If they fail their save, they become charmed.

While charmed in this way, the creature's movement speed becomes 0 and the creature is incapacitated.

The spell ends for the affected creature if it takes any damage or if someone else uses an action to shake the creature out of its stupor. A successful initial saving throw ends the spell.

ICE CREAM RIPPLE

Evocation cantrip

Casting Time: 1 action

Range: 120 ft.

Components: S, V

Duration: Instantaneous

You send forth an undulating ripple of frigid ice cream and frozen fudge to chill a creature or object within range. Make a ranged spell attack against the target. On a hit, the target takes 1d10 cold damage.

This spell's damage increases by 1d10 when you reach 5th level (2d10), 11th level (3d10), and 17th level (4d10).

INVESTITURE OF PASTA

6th-level transmutation

Casting Time: 1 action

Range: Self

Components: S, V, M (a lump of pasta dough)

Duration: Concentration, up to 10 minutes

You invoke the essence of pasta, borrowing some of its ancient power for yourself like the pasta knights of yore. You gain the following benefits:

- Your hair transforms into long tendrils of spaghetti. You can use a bonus action during each of your turns to make a melee spell attack against a creature within 15 feet. On a hit, the creature is pulled up to 10 feet toward you.
- You grow wings of farfalle and gain a fly speed of 40 feet.
- You grow a shield of conchiglie on one of your arms. You can use your reaction when hit with a melee attack to increase your AC against that attack by 5, potentially negating the attack.
- One of your arms transforms into a spinning augur of fusilli. You can use your action on each of your turns to make a melee spell attack against a creature within 5 feet of you. On a hit, the creature takes 3d10 piercing damage.

LIME LIGHT

1st-level evocation

Casting Time: 1 action

Range: Touch

Components: S, V, M (a lime wedge)

Duration: Concentration, up to 1 minute

One object you touch sheds bright green light in a 20-foot radius and dim light for 20 feet beyond that. Invisible creatures and objects in the bright light are revealed while inside the lime light. Creatures of your choice that start their turn within the bright light or move into it for the first time each turn take 2d4 radiant damage if they don't have all of their hit points.

MAGIC MISO

1st-level evocation

Casting Time: 1 action

Range: 90 ft.

Components: S, V, M (three soybeans)

Duration: Instantaneous

You launch three magical arrows made of miso broth at creatures within range. Make a ranged spell attack against each target. Each creature you hit takes 2d6 fire damage from the hot broth.

The savory scent relaxes creatures. Each creature hit by at least one missile must succeed at a Wisdom saving throw or have their movement speed reduced by 10 feet until the start of your next turn. A successful save negates this effect, but not the damage from the spell.

At Higher Levels. When you cast this spell using a spell slot of 2nd level or higher, the damage of each missile increases by 1d6 for each spell slot above 1st.

MEATEOR SWARM

9th-level conjuration

Casting Time: 1 action

Range: 1 mile

Components: S, V, M (a plate of spaghetti and meatballs)

Duration: Instantaneous

Meatballs the size of houses plummet from the skies to the ground at four different points you can see within range. Each creature in a 40-foot-radius centered on each point you choose must make a Dexterity saving throw. The sphere spreads around corners. A creature takes 10d10 bludgeoning damage on a failed save, or half as much damage on a success. A creature in spaces where multiple spheres overlap takes this damage once but also takes an additional 1d10

bludgeoning damage for each sphere overlapping it.

Once the meatballs land, creatures that took damage become buried in meat. Buried creatures are restrained, blinded, and cannot breathe. A buried creature can use its action to attempt a Strength check against your spell save DC. A creature that succeeds at this check is no longer restrained. Creatures moving through the dense meat move only 1 foot for every 2 feet of movement spent. Creatures that end their turn inside the meat become restrained again.

The meatballs persist after the spell is cast. It is considered difficult terrain. It takes lots of effort and labor to clear the area of the meat, about 8 hours for 10 creatures to clean the mess of each meatball. The meat is edible and spoils after 3 days.

PILLAR OF POPCORN

6th-level conjuration

Casting Time: 1 action

Range: 120 ft.

Components: S, V, M (a corn husk)

Duration: Concentration, up to 1 minute

A 5-foot diameter, 30-foot tall cylinder of corn on a cob rises from the ground at a point you designate within range. The pillar cannot be moved or destroyed but disappears when the spell ends.

When the pillar first appears and again during each of your turns while the spell persists using your action, you can cause several kernels to pop and fly towards enemies. When you do, you can make up to four ranged spell attacks targeting different creatures within 80 feet of the pillar. Each creature hit takes 3d8 bludgeoning and 3d8 fire damage.

PIZZASCAPE

7th-level illusion

Casting Time: 10 minutes

Range: Sight

Components: S, V, M (a lump of pizza dough)

Duration: 10 days

You cause a 1-mile square area to appear to change into a landscape made of pizza. The terrain's general shape remains the same, however. You can similarly alter the appearance of structures, or add them where none are present. The spell doesn't disguise, conceal, or add creatures. Affected features appear to be made of dough and covered in sauce and cheese. Some may take the form of various pizza toppings at your discretion. The illusion looks, feels, sounds, smells, and even tastes like pizza.

Elements of the landscape that are taken out of the spell's area turn back to normal or disappear if they were created by the spell. Features that are eaten are most likely not normally edible, and may harm the creature or cause them discomfort later.

The cheese makes travel difficult and the heat feels like that of an oven. The entire area is treated as difficult terrain, and creatures are at risk of gaining exhaustion from extreme heat. Creatures must succeed on a Constitution saving throw at the end of each hour spent in the pizzascape, gaining one level of exhaustion on a failed save. Creatures wearing medium or heavy armor have disadvantage on this save and creatures with resistance or immunity to fire damage automatically succeed on the saving throw. A creature cannot

gain a sixth level of exhaustion from the illusory heat.

Creatures with truesight can see through the illusion to the terrain's true form, perceiving the illusion as a translucent image overlaid upon the land. However, even creatures that can see through the illusion are still subject to the heat.

PRETZEL PRISON

2nd-level abjuration

Casting Time: 1 action

Range: 90 ft.

Components: S, V, M (a pinch of yeast)

Duration: Concentration, up to 1 minute

Choose two creatures within range that are less than 20 feet apart. Each of those creatures must make a Dexterity saving throw. Each creature that fails this saving throw has their upper arms bound to their torso by knots of a pretzel. They cannot cast spells with somatic components and weapon attacks are made with disadvantage.

If both targets fail their saving throw, they are also dragged directly toward one another until they meet in the middle and become bound together in the pretzel rings. Each of the creatures' movement speeds are halved for the duration of the spell and when one moves, the other moves with it. A creature that doesn't wish to be moved can make a Strength (Athletics) check against the other's check. On a success, the other creature's movement is reduced to 0 until its next turn.

A creature affected by this spell can use its action to attempt a Strength check against your spell save DC, freeing themselves (and only themselves) on a success.

RACLETTE

4th-level conjuration

Casting Time: 1 action

Range: 90 ft

Components: S, V, M (a wheel of cheese worth 20 gp, consumed by the spell)

Duration: Concentration, up to 1 minute

You conjure molten cheese which flops onto a 40-foot square area you can see within range. Each creature in the area must make a Dexterity saving throw. Those that fail the save are covered in the sticky cheese and become restrained. A creature restrained in this way takes 4d8 fire damage from the cheese at the start of each of their turns and cannot make attacks other than unarmed attacks.

A creature can make a Strength check against your spell save DC using an action to try and free a creature from the cheese. A success ends the condition for that creature.

The cheese disappears when the spell ends, freeing all restrained creatures.

SOY SPLASH

Conjuration cantrip

Casting Time: 1 action

Range: 60 ft.

Components: S, V

Duration: Instantaneous

You splash a creature with pungent sauce from fermented soy beans. One creature of your choice within range must make a Dexterity saving throw. On a failed save, that creature's next attack is made with disadvantage and the next attack made against it is made with advantage.

SPHERE OF MAYONNAISE

4th-level conjuration

Casting Time: 1 action

Range: 90 ft.

Components: S, V, M (a vial of mayonnaise)

Duration: Concentration, up to 1 minute

You conjure up a sphere of mayonnaise with a 5-foot radius at a point you can see within range. The sphere can hover but no more than 10 feet off the ground. The sphere remains for the spell's duration.

Any creature in the sphere's space must make a Dexterity saving throw. On a successful save, a creature is ejected from that space to the nearest unoccupied space of the creature's choice outside the sphere. On a failed save, a creature becomes completely coated in mayonnaise and is knocked prone.

Creatures coated in mayonnaise must spend 2 feet of movement for every 1 foot they travel or risk slipping and falling. A creature that tries to move normally must make a Dexterity saving throw or fall prone and take 1d6 bludgeoning damage, then slide 5 feet in a random direction. The creature has disadvantage on Strength and Dexterity checks and attack rolls while coated in the mayonnaise.

Creatures can move through the sphere's space, but its space is treated as difficult terrain and will force the creature to make a saving throw.

As an action, you can move the sphere up to 30 feet in a straight line. If it moves over a pit, a cliff, or other drop-off, it descends until it is hovering 10 feet above the ground. You can ram the sphere into creatures, forcing them to make the saving throw.

When the spell ends, all the conjured mayonnaise disappears.

SPICE CLOUD

Conjuration cantrip

Casting Time: 1 action

Range: 30 ft.

Components: S, V

Duration: Instantaneous

You conjure a cloud of magical spices to sting a creature's senses. One creature you can see within range must make a Constitution saving throw or take 1d8 fire or poison damage (your choice). The creature then gains disadvantage on Wisdom (Perception) checks and its passive Perception gains a -5 penalty until it spends a bonus action wiping its eyes.

This spell's damage increases by 1d8 when you reach 5th level (2d8), 11th level (3d8), and 17th level (4d8).

TERRORMISU

5th-level enchantment

Casting Time: 1 action

Range: 120 ft.

Components: S, V, M (a pinch of coffee grounds)

Duration: Concentration, up to 1 minute

You create a giant phantasmal, intangible tiramisu in a 5-foot space at a point you designate within range. The dessert does not exist except in the minds of creatures that behold it. Each creature that starts their turn within a 10-foot radius of the tiramisu and each creature in that area when the tiramisu

appears must make a Wisdom saving throw. On a failed save, a creature drops whatever it is holding and becomes frightened of the tiramisu for the duration.

While frightened by this spell, a creature must take the Dash action and move away from the tiramisu by the safest possible route on each of its turns, unless there is nowhere to move.

At the end of each of their turns, a frightened creature makes a new Wisdom save. On a failed save, the creature takes 3d8 psychic damage. On a success, the effect ends for that creature and it takes no damage.

You can designate any number of creatures when the spell is cast to be immune to the spell's effects and render the tiramisu invisible to them.

VOLCANO ROLL

5th-level evocation

Casting Time: 1 action

Range: 120 ft.

Components: S, V, M (a bamboo mat)

Duration: Instantaneous

You create a giant uncut roll of sushi made of fiery elemental energy. The roll is a 20-foot long and 5-foot diameter cylinder that rolls horizontally from a point on the ground you designate within range. The sushi tumbles forward out to 60 feet in a direction you choose. Each creature it moves through must make a Dexterity saving throw or take 6d10 fire damage and pushed 15 feet in the direction of the sushi and then knocked prone. Creatures that succeed at their save take half this damage and are not pushed or knocked prone.

WALL OF LIMBURGER

5th-level conjuration

Casting Time: 1 action

Range: 120 ft.

Components: S, V, M (a wedge of stinky cheese)

Duration: Concentration, up to 10 minutes

You conjure a 1-foot thick, 40-foot long, 20-foot high wall of smelly cheese at a point within range. If the wall cuts through a creature's space when it appears, the creature is pushed to one side of the wall (your choice). The wall can't occupy the same space as a creature or object.

One side of the wall of your choice emits a horrendous stench. Creatures that start their turn within 30 feet of that side of the wall must make a Constitution saving throw. On a failed save, the creature becomes poisoned for the duration of the spell. On a successful save, the creature is not poisoned and becomes immune to the spell's smell until the spell ends.

The wall is an object made of cheese that can be damaged and breached. Every 5-foot square section of wall has 60 hit points and an AC of 12. The wall disappears when the spell ends.



EDIBLE ITEMS

THIS SECTION OF THE GUIDE ADDS MANY new food-based magic items to the game. They are presented in alphabetical order and list their type and rarity in each entry, as well as whether or not the item requires attunement. These magical treasures can be used as rewards or as craftable items within your setting. Typically, it takes a creature with proficiency in Cook's Utensils to create such items, as well as the experience of a creature that is practiced in gastronomy.

ASPARAGUS SPEAR

Weapon (spear), rare, requires attunement

The asparagus spear looks and feels like a 5 to 6 foot spear of asparagus.

The spear gives a +2 bonus to attack and damage rolls. The spear has 7 charges. When the wielder hits a creature with the spear, they can expend a charge using their bonus action. If they do, the target becomes affected as if they were the target of an *ensnaring strike* spell (DC 13).

Spent charges are replenished each day at dinner.

BLADENANA

Weapon (scimitar), uncommon

This scimitar looks like a banana with a bellguard formed from its peel and hilt made from its stem. The weapon has a +1 bonus to attack and damage rolls. In addition, the first time a creature hits an enemy with the scimitar during each of its turns, the target must make a DC 13 Dexterity saving throw or slip and fall prone.

BROCCOLI CROWN

Wondrous item, legendary, requires attunement by a spellcaster

This crown is made of several stalks of broccoli interspersed with leaves. It takes a powerful veggiban druid to create one of these items, and it usually takes the effort of their entire village.

While attuned to the crown, its wearer gains a +2 bonus to Wisdom (up to a maximum of 22).

The crown has 20 charges for the following properties. It regains 1d10+10 expended charges daily at lunch.

Spells. You can use an action to expend 1 or more of the staff's charges to cast one of the following spells from it, using your spell save DC: *barkskin* (2 charges), *entangle* (1 charges), *plant growth* (3 charges), *grasping vine* (4 charges), *tree stride* (5 charges), *transport via plants* (6 charges), *wall of thorns* (6 charges).

You can also cast *speak with plants* at will without expending a charge.

Create Broccoli. You can spend 1 charge using your action to create 45 pounds of broccoli in an empty space within 5 feet of you.

Create Giant Broccoli. You can use an action and expend 2 charges to grow a giant broccoli stalk that resembles a tree. The giant broccoli appears from the ground at a location you designate within 120 feet. It is 60 feet tall and has a 5-foot diameter trunk, and its branches at the top spread out in a 20-foot radius.

Awaken Broccoli. You can spend 1 charge to awaken broccoli created by the crown's Create Giant Broccoli feature. If the target is a giant broccoli stalk, it has the statistics of an **awakened tree**. It obeys your verbal commands which you can issue using a bonus action during each of your turns. It

persists until destroyed. You can only have a number of broccoli stalks under your command equal to your Wisdom modifier (minimum 1).

BURGER OF PARADISE

Wondrous item, very rare

A cheeseburger such as this is cooked on a good-aligned outer plane by celestials. It is said to have 57 different spices from around the multiverse to give it its distinctive flavor, and is kept magically warm in its take-out container. The burger is often served with fried potatoes and a large pickle.

A creature that partakes of this cheeseburger regains all of their lost hit points, and ends all blindness, deafness, exhaustion, fear, and poison affecting the creature, as well as all curses and diseases affecting them. The entire burger must be eaten to have this effect. Consuming the burger consumes the burger.

CITRUS SHIELD

Armor (shield), uncommon, requires attunement

This +1 shield appears to be a 3-foot diameter lemon round. You can use your action to unleash a cone of lemon juice in a 30-foot cone emanating from the shield by squeezing it. Each creature in the cone must make a Constitution saving throw (DC 13) or become blinded for 1 minute. Creatures that don't have all their hit points when they fail this save also take 2d6 acid damage. The shield can't be used this way again until lunchtime.

CLOAK OF PIZZA

Wondrous item, rare, requires attunement

A cloak of pizza is a drape of constantly oozing cheese topped with pepperoni slices about 1 foot in diameter. The cloak always steams and drips grease and is very hot to the touch. The cloak and its effects do not harm or impede you while you are attuned to it.

The cloak leaves a trail of slippery grease wherever you travel, up to 30 feet in a given round. Each grease trail dries at the start of each of your turns. Whenever another creature passes over the grease trail, it must make a DC 14 Dexterity saving throw or slip and fall prone.

You are also protected with a piping-hot aura. Whenever a creature makes a melee attack against you within 5 feet of you or touches you, that creature takes 1d8 fire damage.

The effects of the cloak can be suppressed or re-activated using a bonus action and by speaking a command word.

CLOAK OF PIZZA (SUPREME)

Wondrous item, very rare, requires attunement

A supreme cloak of pizza functions as a cloak of pizza but deals 2d8 fire damage with its aura instead of 1d8.

CLUB OF TURKEY

Weapon (club), rare, requires attunement

This magic club appears to be a turkey BLT on a long cocktail stick. The weapon grants its attuned wielder a +2

bonus to attack rolls. Each time the club hits a target, it has a different effect. The effects cycle regularly in order of Bacon, Lettuce, Tomato, and then back to Bacon as the series repeats. The weapon's effect does not progress on a missed attack. After 1 minute of inactivity, the cycle resets to Bacon.

Bacon. The target of the attack takes an additional 1d10 fire damage from the bacon's grease.

Lettuce. The target of the attack takes 1d8 cold damage and has their movement speed halved until the start of your next turn.

Tomato. The target of the attack takes 1d6 acid damage and must make a DC 14 Constitution saving throw or become blinded until the start of your next turn.

COAT OF CANDY

Wondrous item, rare

This translucent gambeson is made with amber-colored sugar. It is slightly flexible and sticky.

When a creature misses the coat's wearer with a melee weapon attack, the weapon gets caught on the sticky coat.

The attacker must succeed on a DC 13

Strength or Dexterity saving throw (whichever is higher), or the weapon becomes stuck. If the weapon's wielder can't or won't let go of the weapon, the wielder is grappled while the weapon is stuck. While stuck, the weapon can't be used. A creature can pull the weapon free by taking an action to make a DC 13 Strength check and succeeding.

If the creature is at least two sizes larger than the wearer, the wearer is instead grappled by the attacker (escape DC 13).

COCONUT BREASTPLATE

Armor (breastplate), very rare

The coconut breastplate appears to be made from layers of round coconut shell and rind. This set of breastplate provides a +1 bonus to Armor Class while worn. It once belonged to a paladin order dedicated to healthy alternatives known as the cocoknights.

A creature wearing the armor can speak a command word to cause a flurry of shredded coconut to spin in a 5-foot radius circle centered around them, obscuring their exact position from ranged attackers. The coconut whirlwind moves with them. Attackers beyond the radius treat them as heavily obscured.

Synergy. This item synergizes with the Coconut Helm and the Coconut Maul. If you are wearing one of these other items, armor's AC bonus increases to +2. If you are wearing both of these other items, the AC bonus increases to +3.

COCONUT HELM

Wondrous item, very rare, requires attunement

The coconut helm is shaped conspicuously like a large coconut with a hole cut for the neck and one for the face. It once belonged to a paladin order dedicated to healthy alternatives known as the cocoknights.

This helmet has three charges that replenish each day at dinner. You can expend a charge using your action to cause a stream of coconut milk to spray forth from your open palm in a five-foot wide, 60-foot long line. Each enemy in this area



must make a DC 15 Dexterity saving throw, taking 3d6 cold damage on a failed save or half as much on a success. Each ally in the area regains 3d6 hit points.

Synergy. This item synergizes with the Coconut Maul and the Coconut Breastplate. If you are wearing one of these other items, the damage and healing increases by 1d6. If you are wearing both of these other items, the damage and healing increases by 2d6 instead.

COCONUT MAUL

Weapon (maul), rare

The coconut maul has a haft that looks like a thin palm tree trunk and has the head of a giant coconut. It once belonged to a paladin order dedicated to healthy alternatives known as the cocoknights.

This maul gives a +2 bonus to attack rolls. It has 3 charges and replenishes used charges at dinner each day. You can use a bonus action and expend a charge to coat the weapon in blessed coconut oil for 1 minute. While coated in the oil, it deals a bonus 1d4 radiant damage with each of its attacks.

Synergy. This item synergizes with the Coconut Helm and the Coconut Breastplate. If you are wearing one of these other items, the maul's bonus radiant damage increases to 1d6. If you are wearing both of these other items, the bonus radiant damage is 1d8.

EXPLOSIVE PIE

Wondrous item, uncommon

An explosive pie can be thrown up to 40 feet where they explode on contact. Each creature within 15 feet of wherever the pie lands is subject to the pie's effects. The effect varies depending on the pie's flavor.

Acidic Apple. Each creature must make a DC 14 Dexterity saving throw, taking 6d6 acid damage on a failed save or half as much on a success.

Lightning Lemon. Each creature must make a DC 14 Dexterity saving throw, taking 6d6 lightning damage on a failed save or half as much on a success.

Charring Cherry. Each creature must make a DC 14 Dexterity saving throw, taking 6d6 fire damage on a failed save or half as much on a success.

Boreal Blueberry. Each creature must make a DC 14 Constitution saving throw, taking 6d6 cold damage on a failed save or half as much on a success.

Poison Pumpkin. Each creature must make a DC 14 Constitution saving throw, taking 6d6 poison damage on a failed save or half as much on a success.

FARFALLEN AXE

Weapon (axe), rare, requires attunement

This double-bladed axe has a head of serrated, bowtie-shaped pasta. It once belonged to a famed pasta warlord painted the battlefield red with tomato sauce. The weapon is a +2 greataxe. The axe has three charges that replenish daily at dinner.

You can spend a bonus action and expend a charge when you hit a creature with the axe. That creature must make a Dexterity saving throw (DC 15) or become restrained by spaghetti that springs forth from the axe head.

While restrained in this way, a creature cannot make attacks. A restrained creature can use its action to make a Strength check (DC 15), freeing itself and ending the effect on a success.

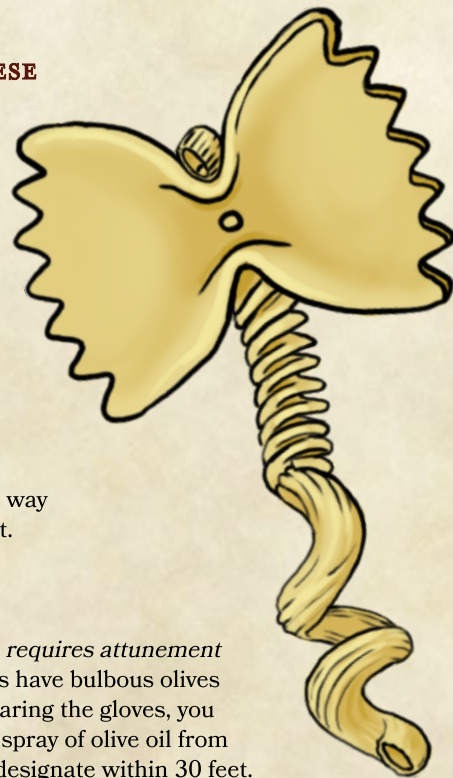
FONDUE POT OF CHEESE

ELEMENTALS

Wondrous item, uncommon

After melting 1 pound of cheese in this slightly oversized fondue pot, you can use an action to speak the pot's command word and summon a **cheese elemental** (a new monster detailed in the Monsters section of this guide), as if you had cast the *conjure elemental* spell. The fondue pot can't be used this way again until the next breakfast.

The pot weighs 5 pounds.



GLOVES OF EVOO

Wondrous item, uncommon, requires attunement

These dark, rubbery gloves have bulbous olives on their fingertips. While wearing the gloves, you can use an action to squirt a spray of olive oil from the fingertips to a point you designate within 30 feet. The gloves create up to 2 gallons of oil until they run out. This amount replenishes each morning at breakfast.

You expel as much of the olive oil as you want at once, up to 1 gallon each round. Each gallon you spend coats a 20-foot square space within 30 feet of you with slippery olive oil. A quart of oil covers a 10-foot square, and a pint of the oil covers a 5-foot square.

When the oil appears, each creature standing in its area must succeed on a DC 12 Dexterity saving throw or fall prone. A creature that enters the area or ends its turn there must also succeed on a DC 12 Dexterity saving throw or fall prone.

Each 5-foot space of olive oil takes about 6 minutes to clear using a rag, mop, or similar tool.

GREAVES OF RUNNY GRAVY

Wondrous item, rare, requires attunement

These greaves look like silver gravy boats resting upon the knees. While attuned to the greaves, the lower legs transmute into gravy. While attuned to the greaves, your movement speed is increased by 10 feet and difficult terrain caused by uneven or slippery surface beneath your feet does not impede your movement.

A creature attuned to the greaves leaves a slippery trail of gravy behind them while they move. Creatures that wish to travel through the last 20 feet that the wearer passed through must spend an extra foot of movement for each foot traveled. If they don't, they must make a DC 14 Dexterity (Acrobatics) check or else stop moving and fall prone.

HELM OF THE MELON

Wondrous item, uncommon, requires attunement

This helm appears to be a hollowed melon rind with eye slits and a hole cut for one's neck. While wearing the helm, you can use it to conjure a wave of melon juice to crash into your foes using your action. The wave is 15 feet wide and 10 feet high and travels for 60 feet in a straight line in a direction

you choose emanating from you. The wave moves around solid obstacles and loose objects are pushed along to the edge of its path.

Creatures of size Large or smaller that are caught in the wave's path must make a DC 14 Strength saving throw or be pushed to the end of the wave and knocked prone. Creatures that succeed at this save are instead pushed only 10 feet away and are not knocked prone.

Once you use this ability, the helm cannot be used again until lunch-time of the next day.

LOLLIPOP MACE

Weapon (mace), rare, requires attunement

This mace is topped with a sphere of colored sugar with a chocolate center. Every time you hit a creature with the lollipop mace, it accumulates a charge. When you hit a creature while the mace has two charges, it expends all its charges to cause chocolate spikes to emerge from its core to deal an additional 3d4 piercing damage to the creature.

MAIZING GLAIVE

Weapon (glaive), rare, requires attunement

The maizing glaive is a 7-foot long, leafy shoot with a 2-foot pointed head that looks like an ear of corn.

This glaive has a +1 bonus to attack rolls and embeds kernels of popcorn inside the creatures it hits. Each successful attack plants 1 kernel, or two kernels on a critical hit.

A creature attuned to the glaive can use their action to pop each kernel currently inside a creature, causing them to violently burst out of them. Each creature with a kernel embedded within them takes 2d6 piercing damage plus 1d6 for each embedded kernel beyond the first.

RECIPE FOR CHOCOLATE GOLEMS

Wondrous item, very rare

This recipe functions like a *manual of golems*, except that it produces a **chocolate golem** (a new monster detailed in the Monsters section of this guide). The golem takes 90 days to create and 80,000 gp worth of rare chocolates and arcane reagents.

OIL OF TEMPURA

Wondrous item, uncommon

This magical oil can be rubbed onto a Medium or Small creature over the course of 1 minute, consuming the item. Once you do, the creature's skin sizzles and bubbles until it becomes magically coated in fried batter armor. The creature gains 15 temporary hit points. Once the hit points are expended, the tempura batter cracks and falls apart.

POTION OF CAPPUCINO

Potion, uncommon

A light-brown potion with a thick foam resting atop the liquid. A creature can drink this potion and have all negative effects of exhaustion, excluding death, suppressed for 4 hours. The creature is treated as if they had no levels of exhaustion for the duration, although the exhaustion still

remains.

In addition, the creature becomes immune to effects that induce sleep and cannot fall asleep for the duration.

PRETZEL BRACERS

Wondrous item, uncommon, requires attunement

These bracers look like criss-crossing straps of soft pretzels sprinkled with salt. A creature attuned to the bracers can use their action to unleash a torrent of salt in a 30-foot cone before them. Each creature in the area must make a DC 15 Constitution saving throw or take 3d8 slashing damage and 2d8 necrotic damage as the salt scrapes and desiccates them. A successful save halves this damage.

Once this ability is used, it can't be used again until the next dinner. A creature can gain 1 level of exhaustion to use this ability again even if it is out of uses.

RING OF DONUT

Wondrous item, rare

This ring appears to be a glazed donut with strawberry frosting and rainbow sprinkles. It is sized to fit on one's finger. A creature wearing the ring can use it to launch donuts at enemies to bind them.

The ring has a half-dozen charges that replenish daily at breakfast. A creature wearing the ring can use their action to spend one of the ring's charges and target a Large or smaller creature they can see within 60 feet. That creature must make a DC 14 Dexterity saving throw or become bound by either their arms or feet (your choice). A creature whose feet are bound falls prone and has their movement speed reduced to 5 feet, while a creature whose arms are bound cannot cast spells with somatic components and makes weapon attacks with disadvantage.

A creature bound by a donut can attempt a DC 14 Strength (Athletics) or Dexterity (Acrobatics) check using their action, freeing themselves from all donuts binding them on a success.

ROD OF BREAD

Rod, rare, requires attunement

This item is easily mistaken for an ordinary baguette, but it radiates a magical aura. The rod has three charges that replenish each day at dinnertime. You can spend a charge using your action to touch a nonmagical, inanimate object no greater than 10 feet on its longest side with the rod. The object transforms into a bread of your choice. If the object is attended or held by a creature, you must succeed at a melee spell attack to successfully affect the object. A failed attempt does not expend a charge.

Objects made of bread lose their existing resistances, vulnerabilities, and immunities and gain immunity to poison and psychic damage. Bread has an AC of 10. Bread is considered a fragile object of its size for the sake of determining hit points and loses its damage threshold if it had one. Bread is flammable.

This change is permanent but can be reversed with a *dispel magic* or similar spell.

ROD OF POMANDER

Rod, uncommon, requires attunement

This rod has a head that looks like an orange pierced with cloves and it smells amazing out to a 5-foot radius. A



command word expands the rod's scent out to a 20-foot radius and strengthens it until the command word is spoken again.

Creatures that are within the rod's scent radius gain a +2 bonus to Constitution saving throws against airborne poisons and diseases.

Those in the radius that aren't attuned to the rod gain a -1 penalty to ability checks and saving throws made to resist effects that induce the charmed condition.

SCROLL OF PASTRY

Scroll, uncommon

This scroll is a rolled-up sheet of pastry on wax paper. Upon its surface is magical text scored by a wand.

Reading the scroll using an action summons a 20-foot square sheet of raw pastry at a location of your choice on the ground within 120 feet. The pastry begins to cook, becoming crisp and rising up to 20 feet high. Creatures on top of the pastry when it rises are lifted by it. If there is not enough room for the pastry to rise, it rises as far as it can before stopping.

Creatures risk getting crushed on the ceiling if there is not enough room for the pastry to rise. Creatures on top of the pastry can make a DC 15 Dexterity saving throw when it is created. On a success, a creature can move up to half its movement speed in any direction. If it is still on the pastry at the end of its movement or if a creature fails their save, it takes 4d8 bludgeoning damage and becomes restrained.

A restrained creature can attempt a DC 15 Strength check using its action, freeing itself on a success. Even if a creature is freed, it is prone and must crawl to the edge of the pastry to escape.

Huge or larger creatures are unaffected by the pastry.

SHIELD OF MEAT

Armor (shield), uncommon, requires attunement

This magical shield both looks and feels like a 2-foot wide T-bone steak. Whenever a creature deals damage to you with a weapon or spell attack, you can use your reaction to impose your meat shield in its path. When you do, choose a willing creature within 30 feet of you. That creature takes half of the damage from the attack.

STAFF OF PEPPERMINT

Staff, very rare, requires attunement by a spellcaster

This staff takes the form of a white and red striped crook. It emits a scent like peppermint and magically makes your breath smell fresh and cool. The staff tastes of peppermint and never wears down no matter how much it is licked.

While holding the staff, you have a +2 bonus to spell attack rolls and have resistance to cold damage.

The staff has 15 charges and regains 1d8+7 expended charges each night after finishing dinner.

Spells. You can cast the *ice cream ripple* cantrip while you hold the staff. You can use an action to expend 1 or more of the staff's charges to cast one of the following spells from it, using your spell save DC: *cone of cold* (5 charges), *ice knife* (1 charge), *ice storm* (4 charges), *snowball swarm* (2 charges), or *wall of ice* (6 charges). Each spell takes the appearance of either peppermint candy or mint chocolate.

Ice Cream Prison (2 Charges). You can use your action and expend 2 charges from the staff to conjure a 5-foot radius scoop of mint chocolate chip ice cream that falls from the

heavens onto a point you designate within 90 feet. Each creature within 5 feet of that point must make a Dexterity saving throw against your spell save DC. On a failed save, a creature takes 2d6 bludgeoning and 2d6 cold damage and becomes restrained inside the ice cream. A creature can use its action to make a Strength check against your spell save DC, freeing the restrained creature on a success. Dealing 5 or more fire damage to the ice cream also frees the creature.

A successful save halves this damage and the creature is not restrained.

You can spend additional charges to summon an extra scoop of ice cream for each charge spent. Creatures in the area of multiple scoops only need to make a saving throw against one of them. You can't spend more than 3 extra charges in this way.

Razor Mints (3 Charges). You can use your action and expend 3 charges to conjure a cone of razor-thin mints to assault your foes. Each creature in a 30-foot cone emanating from the head of the staff must make a Dexterity saving throw against your spell save DC. On a failed save, a creature takes 3d6 piercing and 3d6 cold damage. A successful save halves this damage.

SWORD OF SHARP CHEDDAR

Weapon (any sword that deals slashing damage), very rare, requires attunement

This weapon is a +2 sword. Weapon attacks with the sword score a critical hit on a roll of 18-20 (before modifiers are applied). A roll of 20 also has a chance to slice off a limb. The target of the attack must make a Dexterity saving throw (DC 17). On a failed save, the creature loses a limb, with the effects of such loss determined by the GM. If the creature has no limb to sever, you lop off a portion of the creature's body instead.

You can speak a command word to cover a plate of food the blade touches in up to a pound of cheddar cheese once every hour.

WAND OF HABANERO

Wand, rare

This wand is tipped with a tiny orange pepper. The wand has 7 charges and replenishes 1d6+1 expended charges each day at dinnertime. You can use your action and expend one of the wand's charges to cause a ray of habanero flavor to fire from the wand and hit a creature or object within 90 feet.

If you use the wand on a creature, it must make a DC 15 Constitution saving throw. On a failed save, the creature takes 2d6 fire damage and becomes incapacitated and blinded for 1 minute as the spicy heat grips them. The creature makes a new saving throw at the end of each of their turns, ending the conditions on a success.

If you use the wand on an object, the object becomes spicy. The next creature to taste the object is affected as if they were targeted by the wand's effect, making a similar saving throw to resist.

WHIP OF LICORICE

Weapon (whip), rare, requires attunement

This whip is made of a large string of black licorice. You have +2 to attack rolls using the whip. When a creature takes damage from the whip the creature must make a DC 14 Constitution saving throw or take an additional 3d6 poison damage.

MUNCHABLE MONSTERS



ANY FOOD-BASED CREATURES can be found throughout the Foodgotten Realms. This section details some, but not all, of the creatures that might be found there. Creatures in this world are made of food and have special abilities relating to such foods that make them up.

REFLAVORED MONSTERS

Here are some more creatures that might be roaming your setting, although they simply use the same statistics as existing monsters.

OTHER MONSTERS

Food Monster	Counterpart	Composition
Avocacra	Aarakocra	Avocado Toast
Eggsimar	Aasimar	Hard-boiled Egg
Appoleth	Aboleth	Apples
Ankegg	Ankheg	Eggs
Beanshee	Banshee	Beans
Basil-lisk	Basilisk	Basil
Besmear	Behir	Butter
Baguette	Bulette	Bread
Bugberry	Bugbear	Various Berries
Centaurmato	Centaur	Tomatoes
Fonduul	Chuul	Cheese
Doughatl	Couatl	Dough
Fryclops	Cyclops	Fries
Habañero Dragon	Dragon (Red)	Peppers
Peppermint Dragon	Dragon (White)	Mint Candy
Grinder	Drider	Meatball Sub
Ryad	Dryad	Rye Bread
Fruitbolg	Firbolg	Various Fruits
Ginasi	Genasi	Types of Alcohol
Gruel	Ghoul	Porridge
Goblin	Goblin	Turkey Meat
Burgoliath	Goliath	Cheeseburgers
Haggis	Hags	Haggis
Habgobleño	Hobgoblin	Habañero Peppers
Bakenku	Kenku	Bacon
Kebald	Kobold	Shish Kebab
Salamia	Lamia	Salami
Lick	Lich	Ice Cream
Licordfolk	Lizardfolk	Licorice Rope
Limecanthrope	Lycanthrope	Lime
Manticorn	Manticore	Corn

OTHER MONSTERS CNTD.

Food Monster	Counterpart	Composition
Mestewsa	Medusa	Stew
Mintotaur	Minotaur	Peppermint Candy
Buffalogre	Ogre	Hot Wings
Porc	Orc	Pulled Pork
Oatyugh	Otyugh	Oats
Wrapshasa	Rakshasa	Sandwich Wrap
Remorasberry	Remorhaz	Raspberries
Crust Monster	Rust Monster	Toast
Saltamander	Salamander	Pretzels
Skelonion	Skeleton	Onion
Tabasque	Tarrasque	Tabasco
Tabasci	Tabaxi	Tabasco Peppers
Cocortle	Tortle	Coconut
Fryton	Triton	Fried Food
Portrollbello	Troll	Mushrooms
Vinpire	Vampire	Wine
Zompeas	Zombie	Peas

NEW MONSTERS

The rest of this chapter is filled with new food monsters to add to your world. The monsters are organized alphabetically, though some are grouped based on their type. The following table lists the monsters based on their challenge rating.

ANGEL OF PASTA

In the elemental plate of savoriness, there is no more blessed form than that of pasta. Creatures made from this al dente divinity are the angels of pasta.

Beings of Purity. Angels of pasta are formed from holy essence on the elemental plate of savoriness. While there are parts of the plate that are decidedly not pure or holy, the flavor of law and good tends to stick together there in small motes. A deity can then will this into the being of a pasta angel.

Servants of Gods. Glutanus, the lord of spaghetti and pasta, commands a majority of the angels. He uses them as messengers to invoke his divine word and as warriors when times grow dire. Other deities that make use of pasta angels include Pan the father of grains and Effdiay the god of health and technicality. When any deity's needs are pure and just, an angel of pasta comes to offer their service.

Spoiled Angels. When an angel of pasta is formed, sometimes there is a hint of mold or waste within it. If the angel's creation is not enough to eradicate it, the mold will one day grow and overtake the creature turning it into a fiend. Good deities will have nothing to do with such creatures, but evil ones will take them into their service with pride.



ANGEL OF PASTA

Large celestial, lawful-good

Armor Class 17

Hit Points 136 (16d8 + 64)

Speed 30 ft., fly 90 ft.

STR	DEX	CON	INT	WIS	CHA
18 (+4)	18 (+4)	18 (+4)	17 (+3)	20 (+5)	20 (+5)

Saves Wis +9, Cha +9

Skills Insight +7, Perception +9

Damage Resistances radiant; bludgeoning, piercing, and slashing from nonmagical weapons

Condition Immunities charmed, exhaustion, frightened

Senses darkvision 120 ft., passive Perception 19

Languages all, telepathy 120 ft.

Challenge 10 (5,900 XP)

Innate Spellcasting. The angel's spellcasting ability is Charisma (spell save DC 17). The angel can innately cast the following spells, requiring only verbal components:

At will: *detect poison and disease*

3/day: *create food and water* (pasta only)

1/day: *commune*

Saucy Weapons. The angel's weapons are covered in blessed alfredo sauce. When the angel makes an attack

with a melee weapon, it deals an additional 2d8 radiant damage (included in the attack).

Magic Resistance. The angel has advantage on saving throws against spells and magical effects.

Actions

Multiattack. The angel makes two melee attacks and uses its angel hair.

Penne Blade. *Melee Weapon Attack:* +8 to hit, reach 5 ft., one target. *Hit* 13 (2d8 + 4) slashing plus 9 (2d8) radiant damage.

Angel Hair. *Melee Weapon Attack:* +8 to hit, reach 15 ft., one target. *Hit* The target becomes grappled (escape DC 16). A grappled creature moves with the angel and takes 9 (2d8) radiant damage at the start of each of their turns from the blessed alfredo sauce that starts to coat their body. The angel can grapple as many as 4 creatures at once before they run out of hair. A creature with a trident that succeeds at a melee attack against the angel can use a bonus action to make a grapple attempt against the angel and her hair becomes tangled in the trident.

Healing Meal (3/Day). The angel creates a pasta dish imbued with restorative magic. When a creature eats the meal using their action, they regain 20 (4d8+2) hit points and are freed from any curse, disease or poison, and are cured of blindness and deafness. The conjured pasta's magic fades once it cools (1 hour later).

BANANA CREAM PUDDING

Freed from its dish or pastry mold, this tasty pudding has developed a hunger of its own. The pudding is an opaque sunshine yellow with chunks and rounds of giant bananas suspended within it. The creature moves and behaves like an ooze, stalking dark and cool places until it can ambush a meal.

Curious Consistency. The pudding has a sticky form to cling to ceilings and the backs of spoons. This lets it grapple its foes and drag them into its vanilla goo to consume them. At the same time, the pudding leaves behind a creamy trail. The thin layer of pudding between a foot and the floor can be quite slippery, unlike its concentrated form.

Refrigerated. The pudding needs to be kept cool to survive, so dungeon lords should be wary to keep them in frigid parts of their domain. They naturally occur in regions that are cool or out of the sunlight. Bearing this in mind, adventurers should be keen to use fire to melt this congealed creature.

Strange Creation. A banana cream pudding does not arise naturally. They sometimes form when a malevolent spirit chooses to inhabit an inanimate pudding, but typically they are the result of gastromantic accidents or experimentation.



BANANA CREAM PUDDING

Large ooze, neutral

Armor Class 7

Hit Points 119 (14d10 + 41)

Speed 20 ft. climb 20 ft.

STR	DEX	CON	INT	WIS	CHA
18 (+4)	5 (-3)	16 (+3)	1 (-5)	6 (-2)	1 (-5)

Damage Vulnerabilities fire

Damage Immunities cold, poison

Condition Immunities blinded, charmed, deafened, exhaustion, frightened, poisoned, prone

Senses blindsight 60 ft. (blind beyond this radius), passive Perception 8

Languages None

Challenge 4 (1,100 XP)

Amorphous. The pudding can move through a space as narrow as 1 inch wide without squeezing.

Slippery Trail. The pudding coats surfaces it crawls on with a slippery trail of banana cream. Creatures that move through this trail for the first time each turn must make a DC 14 Dexterity (Acrobatics) check or stop moving and fall prone.

Refrigerated Form. A creature that touches the pudding or hits it with a melee attack while within 5 feet of it takes 4 (1d8) cold damage.

Spider Climb. The pudding can climb difficult surfaces, including upside down on ceilings, without needing to make an ability check.

Actions

Pseudopod. *Melee Weapon Attack:* +6, reach 10 ft., one target. *Hit:* 12 (2d8+3) bludgeoning plus 18 (4d8) cold damage. The target must then succeed at a DC 14 Strength saving throw or become grappled by the pudding (escape DC 14). A grappled creature is affected by the pudding's Refrigerated Form at the start of each of its turns. The pudding has advantage on attacks against creatures it is currently grappling.

Banana Chunk. *Ranged Weapon Attack:* +6, range 20/60 ft., one target. *Hit:* 12 (2d8+3) bludgeoning plus 18 (4d8) cold damage. Whether the attack hits or misses, the target must make a DC 14 Dexterity saving throw or slip and fall prone.

Banana Split. When a pudding that is Medium or larger is subjected to fire or slashing damage, it splits into two new puddings if it has at least 10 hit points. Each new pudding has hit points equal to half the original pudding's, rounded down. New puddings are one size smaller than the original pudding.

BROWNIE

The brownie is a mischievous fey that smells of baked chocolate which frequents pantries and kitchens of small-town bakers. While not physically imposing, a brownie can cause plenty of havoc all on its own.

Sugary Tribute. The brownie feeds on sugary and chocolaty sweets, but can only partake of those given to it freely. People who know that brownies might be living nearby are sure to always leave something out for them to eat. If not appeased, a brownie will take its vengeance by giving out some sweets of their own, laced with a magical curse.

Mischievous Bent. Even a well-fed brownie will get bored. The creatures will trick mortals into eating their desserts, then cause a whole load of mischief. They will send charmed creatures to perform embarrassing stunts in public.

Those they despise the most will be put to sleep, and their homes and belongings ransacked. Thankfully, brownies don't tend towards outright violence unless they have no other option.

Extraplantar Origin. Brownies come from the elemental plates of sweetness and bitterness, often blurring the lines between the two. Their innate curiosity often finds them winding up on the Material Plane. There, they gravitate towards gullible and skilled chefs who will feed them.



BROWNIE

Tiny fey, chaotic-neutral

Armor Class 15 (natural armor)
Hit Points 20 (8d4)
Speed 20 ft., fly 30 ft.

STR	DEX	CON	INT	WIS	CHA
4 (-3)	14 (+2)	11 (+0)	10 (+0)	14 (+2)	15 (+2)

Skills Perception +4, Stealth +8

Damage Resistances bludgeoning, piercing, and slashing damage from nonmagical weapons that aren't made of iron

Senses darkvision 60 ft., passive Perception 14

Languages Sylvan, Common

Challenge 2 (450 XP)

Magic Resistance. The brownie has advantage on saving throws against spells and magical effects.

Innate Spellcasting. The brownie's spellcasting ability is Charisma (spell save DC 12). The brownie can innately cast the following spells, requiring only verbal components:

At will: *invisibility* (self only)

1/day each: *dispel magic*, *grease*, *levitate*, *polymorph* (self only)

Actions

Poison Touch. The brownie touches a target within 5 feet of it and poisons it. If it touches a creature, the

creature must make a DC 12 Constitution saving throw. On a failed save, the creature takes 10 (3d6) poison damage and becomes poisoned for 1 minute. A creature that eats food that has been touched by the brownie in this way suffers a similar effect, but has disadvantage on the saving throw.

Conjure Dessert. The brownie creates a tiny magical dessert. This can take any form it chooses and it imparts a magical effect on a creature that eats it. The creature must make a DC 12 Wisdom saving throw to resist the effect. The brownie chooses the effect it causes when the dessert is created from the list below. The brownie can only have up to 3 desserts created at once. If it has too many when a new dessert is created, the oldest one disappears.

Laughter. The creature falls prone and becomes incapacitated as it laughs uncontrollably for 1 minute. The creature cannot stand up while laughing in this way. The creature makes a new saving throw at the end of each of its turns, ending the effect on a success.

Charm. The creature becomes charmed by the brownie for 1 hour or until the brownie deals damage to it. The charmed creature regards the brownie as their best and most trustworthy friend. The creature can see the brownie even while it is invisible.

Curse. The creature becomes cursed for 1 day. While cursed in this way, the creature can speak and understand Sylvan but cannot speak any other language.

Sleep. The creature falls unconscious indefinitely. The creature awakens if another creature uses their action to wake them or if they take any damage.

CAKE COLOSSUS

A cake colossus is a towering, 40-foot tall mindless construct made entirely of moist, delicious cake. Frosting traced into arcane shapes decorate its cylindrical torso and limbs to give it life, while several candles dot its head and shoulders.

The colossus is mostly mindless, save for the capability to follow the orders of its baker. It attacks by stomping its feet onto smaller creatures and slamming its buttercream-covered limbs into their enemies, often getting them stuck to their fist in the process. As long as its candles remain lit, it can also regrow any cake and frosting that has fallen from its form. When enraged, the colossus can toss chunks of cake in the air to fall from the heavens onto their foes.

The flavors of a cake colossus can vary greatly, and are largely up to the preference of its baker. Chocolate, lemon, carrot, and even fruit cake varieties of colossi have appeared in the history books.

The first cake colossus was baked in many different pieces using an obtusely large oven and the effort of many, many sous-chefs carefully overseeing the endeavor. Upon the completion of the cake colossus the arch-lick, Rok Irode, was able to celebrate their 2,030th birthday by ransacking the once-great pastakin city of Conchiglienople.



CAKE COLOSSUS

Gargantuan construct, neutral

Armor Class 15 (natural armor)

Hit Points 201 (13d20 + 65)

Speed 40 ft.

STR	DEX	CON	INT	WIS	CHA
23 (+6)	12 (+1)	20 (+5)	7 (-2)	10 (+0)	3 (-4)

Damage Immunities poison, psychic

Condition Immunities charmed, exhaustion, frightened, paralyzed, poisoned

Senses blindsight 10 ft., darkvision 60 ft., passive Perception 10

Languages understands all languages but cannot speak
Challenge 12 (8,400 XP)

Regeneration. The cake colossus regains 10 hit points at the start of its turn if it has at least 1 hit point.

Magic Resistance. The colossus has advantage on saving throws against spells and magical effects.

Magic Weapons. The colossus's weapon attacks are magical.

Candles. The colossus has 7 candles on its head. If the candles are blown out or smothered, the colossus loses its Regeneration trait until it can relight them with its Cake Storm action.

A creature can extinguish 1d4+3 of the candles using an action, but must be able to reach them (either by climbing the construct or by flying to them).

Actions

Multiattack. The cake colossus makes three melee attacks: one with each of its two fists and one stomp attack.

Frosted Fist. *Melee Weapon Attack:* +10 to hit, reach 10 ft., one target. *Hit* 20 (3d8 + 6) bludgeoning damage. Then, if the creature is Medium or smaller size, it becomes stuck to the colossus' fist and is restrained (escape DC 17). The colossus can restrain up to one creature on each of its two fists. Creatures stuck to the colossus' fists take damage whenever the colossus makes an attack with that fist as if they were hit by it.

Stomp. *Melee Weapon Attack:* +10 to hit, reach 5 ft., one target. *Hit* 28 (4d10 + 6) bludgeoning damage. The creature must make a DC 17 Strength saving throw or be knocked prone.

Cake Storm (Recharges 5-6). The colossus roars and relights its candles as it causes magical frosting and cake chunks to descend from the sky in a 20-foot tall, 40-foot radius cylinder centered on a point the colossus chooses within 150 feet of it. This has the same effect as a *sleet storm* spell with a spell save DC of 17 and does not require the colossus' concentration. The effect does not douse the colossus' candles.

CANDYLADS

Candylads are an artificial foodkin race made from sugar and chocolate. They are short and stout humanoids, only reaching little more than 3 feet tall. A candylad looks like bright candies cobbled together with chocolate, frosting, and gelatin.

Most candylads are chaotic, hyperactive, mischievous, and immature in spite of their long lives. Some think this is due to their fleeting nature and fickle emotional states.

Many lack the discipline to practice gastronomy, but some still wield food-based magic power thanks to arcane deals with eldritch patrons.

The Candylad Witchcane wields a candy cane infused with eldritch might from which it launches its magic. When in dire situations, they can use the candy cane to petrify their enemies in a peppermint candy shell.

CANDYLAD

Small humanoid (candylad), neutral-evil

Armor Class 14 (natural armor)
Hit Points 22 (4d6 + 8)
Speed 30 ft.

STR	DEX	CON	INT	WIS	CHA
11 (+0)	16 (+3)	14 (+2)	9 (-1)	10 (+0)	15 (+2)

Skills Acrobatics +5, Deception +4, Stealth +5
Senses darkvision 60 ft., passive Perception 10
Languages Common
Challenge 1 (200 XP)

Sugar Rush. The candylad can move with a burst of speed. When it moves on its turn in combat, it can double its speed until the end of the turn. Once the candylad uses this trait, it can't use it again until it moves 0 feet on one of their turns.

Bounce. The candylad's long jump is up to 30 feet and their high jump is up to 15 feet, with or without a running start.

Actions

Multiattack. The candylad makes two dagger attacks.

Dagger. *Melee or Ranged Weapon Attack:* +5 to hit, reach 5 ft. or range 20/60 ft., one target. *Hit* 5 (1d4 + 3) piercing damage.

Sour Breath. One creature within 10 feet of the Candylad must make a DC 13 Constitution saving throw or take 6 (1d12) poison damage.

CANDYLAD WITCHCANE

Small humanoid (candylad), neutral-evil

Armor Class 15 (studded candy)
Hit Points 82 (15d6 + 30)
Speed 30 ft.

STR	DEX	CON	INT	WIS	CHA
11 (+0)	16 (+3)	14 (+2)	9 (-1)	10 (+0)	16 (+3)

Saves Wis +3, Cha +6
Skills Acrobatics +6, Deception +6, Stealth +6
Condition Immunities charmed
Senses darkvision 60 ft., passive Perception 10
Languages Common
Challenge 5 (700 XP)

Sugar Rush. The candylad can move with a burst of speed. When it moves on its turn in combat, it can double its speed until the end of the turn. Once the candylad uses this trait, it can't use it again until it moves 0 feet on one of their turns.

Bounce. The candylad's long jump is up to 30 feet and their high jump is up to 15 feet, with or without a running start.

Spellcasting. The candylad is a 7th-level spellcaster. Their spellcasting ability is Charisma (spell save DC 14, +6 to hit with spell attacks). The candylad has two 4th-level spell slots and knows the following warlock spells.

Cantrips (at will): *eldritch blast*, *chill touch*, *minor illusion*

Spells (2 4th-level spell slots): *armor of agony*, *blink*, *blur*, *cotton candy cloud**, *enlarge food**, *fear*, *gumball blast**, *witch bolt*

* *This is a new spell detailed in this guide.*

Actions

Multiattack. The candylad makes one candy cane attack and uses its coat of candy.

Candy Cane. *Melee Weapon Attack:* +6 to hit, reach 5 ft., one target. *Hit* 7 (1d8 + 3) piercing or bludgeoning damage plus 18 (4d8) cold damage. If the candylad has less than half their maximum hit points remaining, the target must make a DC 14 Constitution saving throw or become petrified as candy for 1d4 rounds.

Coat of Candy. The candylad gains 10 temporary hit points.

CHEESE ELEMENTAL

Large elemental, neutral

Armor Class 14

Hit Points 114 (12d10 + 48)

Speed 30 ft., climb 30 ft.

STR	DEX	CON	INT	WIS	CHA
18 (+4)	14 (+2)	18 (+4)	5 (-3)	10 (+0)	8 (-1)

Damage Resistances fire; bludgeoning, piercing, and slashing from nonmagical attacks

Damage Immunities poison

Condition Immunities exhaustion, grappled, paralyzed, petrified, poisoned, prone, restrained, unconscious

Senses darkvision 60 ft., passive Perception 10

Languages Primordial

Challenge 5 (1,800 XP)

Cheese Form. The elemental can move through a space as narrow as 1 inch without squeezing. Creatures that touch the elemental or hit it with a melee attack within 5 feet of it take 4 (1d8) fire damage. In addition, the elemental can enter a hostile creature's space and stop there. The first time it enters a creature's space on a turn, that creature takes 4 (1d8) fire damage.

Cold Susceptibility. If the elemental is subjected to cold damage, its movement speed is halved until the end of its next turn.

Actions

Multiattack. The elemental makes two touch attacks.

Touch. *Melee Weapon Attack:* +7 to hit, reach 5 ft., one target. *Hit* 13 (2d8 + 4) fire damage. The creature becomes grappled by the elemental. The creature is subjected to the elemental's Cheese Form trait. The elemental makes melee attacks against a creature it's grappling with advantage.

Cone of Cheese (Recharge 5-6). The elemental spews forth a 30-foot cone of molten cheese from its form. Each creature in the area must make a DC 14 Dexterity saving throw or become restrained. Creatures restrained in this way take 9 (2d8) fire damage at the start of each of their turns. A creature can use its action to make a DC 14 Strength check, freeing itself on a success.



CHEESE ELEMENTAL

Deep in the primal plane of elemental savory flavor, the cheese elemental bubbles and shambles.

Living Cheese. A cheese elemental is made of one or more different cheeses, constantly in a molten state. Because of this, its form is kept scaldingly hot. It often grows a golden-brown skin if it sits in one place for too long, so it opts to drag its form along the ground, tirelessly seeking out tasty foods to spread itself over.

Weak to Cold. The cheese elemental's molten nature makes it susceptible to a decrease in temperature. Ice magic will cool down its cheesy form, slowing it down.

Conjured by Magic. Such an elemental is summoned by conjuration magic, to calling it from its native plane. A synthetic elemental can be created by transmutation magic infusing a large quantity of cheese, powered by a cheese-loving soul trapped within it.

OTHER ELEMENTALS

The list of food elementals can go on for as long as there is food. However, you can use the statistics of existing elementals to stand in for new food elementals. Use these

- **Air Elemental:** Scent Elemental, Spaghetti Elemental
- **Earth Elemental:** Beef Elemental, Bread Elemental
- **Fire Elemental:** Cinnamon Elemental, Cayenne Elemental
- **Water Elemental:** Soup Elemental, Juice Elemental
- **Cheese Elemental:** Change the fire damage to cold damage and cold susceptibility to fire to create an ice cream elemental.



CINNAMON SQUIRREL

Small beast, neutral

Armor Class 14 (natural armor)

Hit Points 49 (9d6 + 18)

Speed 40 ft., climb 30 ft.

STR	DEX	CON	INT	WIS	CHA
13 (+1)	16 (+3)	14 (+2)	2 (-4)	12 (+1)	3 (-4)

Skills Perception +3

Damage Resistances cold, fire

Condition Immunities blinded

Senses passive Perception 13

Languages -

Challenge 2 (450 XP)

Keen Scent. The squirrel has advantage on Wisdom (Perception) checks that rely on smell.

Cinnamon Aura. The squirrel has an aura of swirling cinnamon sugar spinning around it. Each creature that starts its turn within 10 feet of the squirrel or enters this radius for the first time each turn must make a DC 13 Constitution saving throw. On a failed save, the creature becomes blinded until the end of its next turn.

Icing. Whenever a creature hits the squirrel with a melee attack within 5 feet of it, that creature takes 3 (1d6) cold damage.

Actions

Bite. *Melee Weapon Attack:* +5 to hit, reach 5 ft., one target. *Hit* 6 (1d6 + 3) piercing damage.

CINNAMON SQUIRREL

The cinnamon squirrel has the general shape and movements of a squirrel, but is about 2 feet tall at standing height. They are made from folds of flaky pastry, the creases of which are filled with cinnamon sugar, butter, and raisins. Their bushy tail is a rather large cinnamon roll.

Natural Defenses. Cinnamon squirrels can emit a blinding cloud of cinnamon sugar to deter predators that wish to partake of it. Many are often covered in a magically cold icing to chill attackers.

Their almond teeth are small but can really sting if they manage to bite you. Even seasoned adventurers that get unlucky need to be careful dealing with the beasts.

Nuisances. Foodkin universally know the large rodent as a pest that gets into their food stores and crops. Cinnamon squirrels can weasel their way into homes and nest there, filling the home with a sweet scent but also their blinding dust.

It is a common practice during holidays to hunt the vermin and serve them as a festive meal.

CHOCOLATE GOLEM

A chocolate golem is a creation of a mad wizard or a mad chocolatier, or both. The golem can take any shape that its creator wishes, whether that be a chocolate rabbit, an owlbear, a dragon, or a humanoid.

Molten Core. A chocolate golem is molded with a basin of molten chocolate in its belly, kept hot by the infusion of a magmatic elemental spirit from the elemental plates of bitter sweetness.

A chocolate golem must be large enough to accommodate its molten chocolate core. Too small, and it would collapse under its own intense heat.

Heat Vulnerability. When subjected to intense heat, the golem tends to slow down. Thus, golem chocolatiers should take care to keep them in a temperate or cool place to make them last as long as possible.

Bitter Guardians. Their spellcasting creators will task chocolate golems with defending specific locations for long periods.

While chocolate golems are largely mindless, the souls trapped within them are never content with servitude. They take out their frustrations on trespassers but will also attempt to misinterpret their masters in whatever way they can.





CHOCOLATE GOLEM

Large construct, neutral

Armor Class 14 (natural armor)

Hit Points 133 (14d10 + 56)

Speed 30 ft.

STR	DEX	CON	INT	WIS	CHA
20 (+5)	9 (-1)	18 (+4)	3 (-4)	8 (-1)	1 (-5)

Damage Immunities poison, psychic; bludgeoning, piercing, and slashing from nonmagical weapons that aren't adamantite

Condition Immunities charmed, exhaustion, frightened, paralyzed, petrified, poisoned

Senses darkvision 60 ft., passive Perception 9

Languages understands the languages of its creator but can't speak

Challenge 9 (5,000 XP)

Immutable Form. The golem is immune to any spell or effect that would alter its form.

Magic Resistance. The golem has advantage on saving throws against spells and magical effects.

Magic Weapons. The golem's weapon attacks are magical.

Fire Susceptibility. If the elemental is subjected to fire damage its form partially melts, halving its movement speed until the end of its next turn.

Actions

Multiattack. The golem makes two slam attacks.

Slam. *Melee Weapon Attack:* +8 to hit, reach 5 ft., one target. *Hit* 16 (2d10 + 5) bludgeoning damage.

Chocolate Breath (Recharge 5-6). The golem exhales a 60-foot long, 5-foot wide line of melted chocolate from its mouth. Each creature in the chocolate's path must make a DC 17 Dexterity saving throw or become covered in hot chocolate and take 21 (6d6) fire damage. On a success, a creature takes half as much damage and is not covered.

A creature covered in chocolate must use their action to wipe off the chocolate before it hardens. If the creature ends its turn while covered in the chocolate, the chocolate hardens and the creature becomes incapacitated, blinded, and cannot breathe, move, or speak.

Another creature can attack and destroy the chocolate coating, which has an AC of 14, 15 hit points, and immunity to poison and psychic damage. Half of all slashing or piercing damage to the chocolate coating is dealt to the creature trapped inside. Once the chocolate is reduced to 0 hit points, the creature is freed and this effect ends for that creature.



CRUMPETFOLK

Crumpetfolk are one of the foodkin races. They are the most humanlike of the foodfolk, with the exception of their bulbous round heads. They come in many different flavors, but are always made from bakery.

A crumpetfolk's weaponry ranges from large butter knives to enchanted bread, although the latter is reserved for the upper crust of crumpet society.

The crumpetfolk are world-renowned gastromancers. Magic comes naturally to them as an ingrained talent. Great schools of gastromancy have been erected to teach ambitious foodkin about its arcane secrets.

Among the more powerful crumpetfolk are the noble crumpets. They are pinnacles of the crumpets' hierarchal society of revered magicians, and thus are powerful wizards in their own right. Noble crumpets can reflexively use magic to transmute the environment into food to hinder and harm their foes, but they usually have no need for it in their station.

CRUMPETFOLK

Medium humanoid (crumpetfolk), neutral

Armor Class 15

Hit Points 16 (3d8 + 3)

Speed 30 ft.

STR	DEX	CON	INT	WIS	CHA
12 (+1)	14 (+2)	13 (+1)	15 (+2)	12 (+1)	9 (-1)

Skills Arcana +4

Senses passive Perception 11

Languages Common

Challenge 1/4 (50 XP)

Natural Crust. The crumpetfolk has a base armor class of 13.

Gastromancy. The crumpetfolk can create a meal for

one creature using its action. A creature that eats this meal gains 3 temporary hit points that fade after 1 hour. The food's magic disappears after 1 hour if uneaten. It can use this ability four times. It recovers all spent uses of this ability when it completes a short or long rest.

Actions

Greater Butter Knife. *Melee Weapon Attack:* +4 to hit, reach 10 ft., one target. *Hit* 6 (1d10 + 1)

Spread Butter (Recharges After a Short or Long Rest). The crumpetfolk spreads the butter from its head on a 10-foot square on the ground, centered on a space within 60 feet of it. The ground becomes slippery and is treated as difficult terrain. Each creature standing in its area must succeed at a DC 12 Dexterity saving throw or fall prone. A creature that enters the area or ends its turn there must also succeed at a DC 12 Dexterity saving throw or fall prone.

NOBLE CRUMPET

Medium humanoid (crumpetfolk), neutral-good

Armor Class 16 (breadplate)

Hit Points 104 (16d8 + 32)

Speed 30 ft.

STR	DEX	CON	INT	WIS	CHA
13 (+1)	14 (+2)	15 (+2)	18 (+4)	13 (+1)	14 (+2)

Saves Int +7, Wis +4

Skills Arcana +7, History +7, Persuasion +5

Senses passive Perception 11

Languages Common

Challenge 8 (3,900 XP)

Magic Resistance. The crumpetfolk has advantage on saving throws against spells and magical effects.

Spellcasting. The crumpetfolk is an 11th-level spellcaster. Their spellcasting ability is Intelligence (spell save DC 15, +7 to hit with spell attacks). The crumpetfolk has the following Wizard spells prepared.

Cantrips (at will): *fire bolt*, *mage hand*, *mending*, *minor illusion*, *ray of frost*

1st-Level (4 slots): *charm person*, *detect magic*, *magic miso**, *unseen servant*

2nd-Level (3 slots): *acid arrow*, *enlarge food**, *hold person*, *misty step*

3rd-Level (3 slots): *citrus splash**, *dispel magic*

4th-Level (3 slots): *edibility**, *fire shield*

5th-Level (2 slots): *creation*, *wall of cheese**

6th-Level (1 slot): *bombe glacier**

* *This is a new spell detailed in this guide.*

Actions

Multiattack. The crumpetfolk makes one baguette attack and then casts one cantrip.

Baguette. *Melee Weapon Attack:* +6 to hit, reach 5 ft., one target. *Hit* 7 (1d8 + 3) bludgeoning damage and 7 (2d6) force damage. This weapon is magical.

Reactions

Gastromantic Transmutation. When a creature moves within 60 feet of the crumpetfolk, if it can see the creature, it can transmute the terrain beneath it into food. The effects can include one of the following.

Restrain: The creature must make a DC 15 Strength saving throw or end their movement and become restrained in the food for 1 minute (escape DC 15).

Trip: The creature must make a DC 15 Dexterity saving throw or end their movement, fall prone, and take 1d6 bludgeoning damage.

Harm: The creature must make a DC 15 Constitution saving throw or take 16 (3d10) acid, cold, or fire damage, or half this damage on a successful save.

ENCHILOBRES

The enchilombres are a nomadic race of the foodkin. They have a humanoid form made of meat, cheese, plus various bits of peppers, lettuce, olives, and beans. They often are adorned with salsa, guacamole, or sour cream and wear a tortilla that holds their form together.

Enchilombres have an innate connection to raw magical gastronomy, gifting each of them with some degree of arcane talent. Those with particularly strong connections to magic or those that foster their abilities often become sorcerers.

Some enchilombres learn to become one with the heat of their spices along their journey to becoming a sorcerer. These foodkin gain the title of Spicewaker. An enchilombre spicewaker has the power to lace their spells with hot spices to increase their intensity, blazing the palates of their foes.

Enchilombres are guided by their emotions, which burn passionately. They tend towards a life of freedom and of expression. Their free spirits and artistic aspirations inspire them to keep moving and see new places with each new dawn, leading most enchilombres to have a nomadic lifestyle. Those that do not become nomads will often yearn for the life of an adventurer instead.



ENCHILOBRE NACHOUND

The nachound is a dog-like beast made from chips and cheese dip, sometimes with bits of meat or beans mixed in. Enchilombres have tamed nachounds as companions. Nachounds hunt and play alongside enchilombres, who spend a majority of their time moving from place to place.

Some enchilombre rangers have nachounds as partners when hunting for food or fending off attackers. Their heightened perception and speed make them the ideal fighting partner.

ENCHILOBRE

Medium humanoid (enchilombre), chaotic-neutral

Armor Class 12

Hit Points 32 (5d8 + 10)

Speed 30 ft.

STR	DEX	CON	INT	WIS	CHA
12 (+1)	14 (+2)	14 (+2)	10 (+0)	11 (+0)	15 (+2)

Skills Arcana +4, Perception +2

Damage Resistances fire

Senses passive Perception 12

Languages Common

Challenge 1 (200 XP)

Tortilla Glide. The enchilombre can use a reaction to reduce the bludgeoning damage taken from a fall by 2d6.

Enchilombre Magic. The enchilombre can innately cast *color spray* and *web* as 2nd-level spells once per day each. The enchilombre's spellcasting ability is Charisma (spell save DC 14).

Actions

Chipaxe. *Melee Weapon Attack:* +4 to hit, reach 5 ft., one target. *Hit* 5 (1d6 + 2) slashing damage.

Salsa Bolt. *Ranged Spell Attack:* +4 to hit, range 120 ft., one target. *Hit* 5 (1d10) fire damage.

ENCHILOBRE NACHOUND

Medium beast, unaligned

Armor Class 13 (natural armor)

Hit Points 39 (6d8 + 12)

Speed 40 ft.

STR	DEX	CON	INT	WIS	CHA
14 (+2)	15 (+2)	12 (+1)	3 (-4)	12 (+1)	7 (-2)

Skills Perception +3

Damage Resistances fire

Senses passive Perception 13

Languages -

Challenge 1/2 (100 XP)

Keen Smell. The nachound has advantage on Wisdom (Perception) checks that rely on smell.

Actions

Cheesy Bite. *Melee Weapon Attack:* +4 to hit, reach 5 ft., one target. *Hit* 6 (1d8 + 2) piercing damage and the target's movement speed is halved until the start of the nachound's next turn.



ENCHILOBRE SPICEWAKER

Medium humanoid (enchilombre), chaotic-neutral

Armor Class 12 (15 with *mage armor*)

Hit Points 60 (8d8 + 24)

Speed 30 ft.

STR	DEX	CON	INT	WIS	CHA
12 (+1)	14 (+2)	16 (+3)	11 (+0)	13 (+1)	17 (+3)

Skills Arcana +4, Perception +2

Damage Resistances fire

Senses passive Perception 12

Languages Common

Challenge 5 (1,800 XP)

Tortilla Glide. The enchilombre can use a reaction to reduce the bludgeoning damage taken from a fall by 2d6.

Enchilombre Magic. The enchilombre can innately cast *color spray* and *web* as 2nd-level spells once per day each. The enchilombre's spellcasting ability is Charisma (spell save DC 14).

Spellcasting. The enchilombre is an 8th-level spellcaster. Their spellcasting ability is Charisma (spell save DC 14, +6 to hit with spell attacks). The enchilombre has the following Sorcerer spells prepared.

Cantrips (at will): *cheese string**, *mage hand*, *mending*, *minor illusion*, *spice cloud**
 1st-Level (4 slots): *burning hands*, *detect magic*, *mage armor*, *thunderwave*
 2nd-Level (3 slots): *conjure lasagna**, *invisibility*, *scorching ray*
 3rd-Level (3 slots): *fireball*, *fly*
 4th-Level (2 slots): *raclette**, *wall of fire*

* This is a new spell detailed in this guide.

Spice Sorcery (8/Day). The enchilombre can use this ability whenever it casts a damaging spell or uses its Salsa Bolt action to deal an additional 7 (2d6) fire damage to one creature damaged by the spell or ability this turn.

Actions

Flauta. *Melee or Ranged Weapon Attack:* +5 to hit, reach 5 ft. or range 20/60 ft., one target. *Hit* 4 (1d4 + 2) piercing damage.

Salsa Bolt. *Ranged Spell Attack:* +6 to hit, range 120 ft., one target. *Hit* 11 (2d10) fire damage.

GHOST PEPPER

A hot pepper that goes unused and unwanted can rise once more as a vengeful spirit: a ghost pepper. This picante poltergeist looks like a translucent orange pepper with a dull red glow that stings the eyes to behold. Its body has shriveled and twisted, and some can swear they see a shrieking skull upon its skin.

Haunted Kitchen. The pepper may have shriveled to a husk, but its spirit still lurks nearby. These spectral spices are bound to the kitchens, dining rooms, or larders in which they perished. Usually their forgotten bodies are stowed away in some unopened drawer or cabinet, behind some trash or old nonperishables.

Spicy Possessor. Ghost peppers seek out food to hide in and imbue with unholy heat. While hiding inside of food, they wait patiently for someone to take a bite out of it before using their spicy touch and then possessing the would-be diner.

Eternal Search. A ghost pepper will not rest until they have found someone that enjoys their taste.

The only way to ensure a ghost pepper never returns once slain is to plant the seeds of the discarded pepper.

GHOST PEPPER

Tiny undead, neutral-evil

Armor Class 15

Hit Points 30 (12d4)

Speed fly 30 ft. (hover)

STR	DEX	CON	INT	WIS	CHA
5 (-3)	16 (+3)	10 (+0)	10 (+0)	12 (+1)	17 (+3)

Damage Resistances acid, fire, lightning, thunder; bludgeoning, piercing, and slashing from nonmagical weapons

Damage Immunities cold, necrotic, poison

Condition Immunities blinded, charmed, exhaustion, frightened, grappled, paralyzed, petrified, poisoned, prone, restrained

Senses blindsight 60 ft., passive Perception 11

Languages None

Challenge 3 (700 XP)

Ethereal Sight. The ghost pepper can see 60 feet into the Ethereal Plane when it is on the Material Plane, and vice versa.

Incorporeal Movement. The ghost pepper can move through other creatures and objects as if they were difficult terrain. It takes 5 (1d10) force damage if it ends its turn inside an object that isn't edible.

Actions

Spicy Touch. *Melee Weapon Attack:* +4 to hit, reach 5 ft., one creature. *Hit* 17 (4d6 + 3) fire damage. If the target has taste buds, it must then make a DC 13 Constitution saving throw or become incapacitated with pain until the ghost pepper's next turn.

Etherealness. The ghost pepper enters the Ethereal Plane from the Material Plane, or vice versa. It is visible on the Material Plane while it is in the Border Ethereal, and vice versa, yet it can't affect or be affected by anything on the other plane.

Cone of Fire. The ghost pepper can only use this action while possessing a humanoid. The humanoid exhales a 15-foot cone of fire from its mouth. Each creature in the cone's area must make a DC 13 Dexterity saving throw. Each creature that fails this save takes 17 (5d6) fire damage, or half as much damage on a successful save.

Possession (Recharge 6). One humanoid that the ghost pepper can see within 5 feet of it must succeed on a DC 13 Charisma saving throw or become possessed by the ghost pepper. The ghost pepper disappears and the target is incapacitated and loses control of its body. The ghost pepper now controls the body but doesn't deprive the target of awareness. The ghost pepper can't be targeted by any attack, spell, or other effect, except ones that turn undead, and it retains its alignment, Intelligence, Wisdom, Charisma, and immunity to being charmed and frightened. It otherwise uses the possessed target's statistics, but doesn't gain access to the target's knowledge, class features, or proficiencies.

The possession lasts until the body drops to 0 hit points, the ghost pepper ends it as a bonus action, or the ghost pepper is turned or forced out by an effect like the *dispel evil and good* spell. When the possession ends, the ghost reappears in an unoccupied space within 5 feet of the body. The target is immune to this ghost pepper's Possession for 24 hours after succeeding on the saving throw or after the possession ends.



GINGERBREAD DRAGON

Gingerbread dragons are carefully crafted beings made of hard, spiced cookie bound by sugar icing. Their crisp, brown flesh is decorated with piped icing and candy arranged in patterned embellishments. While the first such dragon was created long ago by some ancient baker, it learned to create more of its kind and began to flourish, spreading chaos over the land.

Sweet Words. While gingerbread dragons are largely chaotic creatures, they are great at convincing lesser creatures to serve them. They shower their followers in praise and promises to gain and keep their loyalty. Most minions of gingerbread dragons don't serve out of fear, but believe it is in their own best interest to do so.

Sugar Daddies. Gingerbread dragons are conduits for gastromantic magic. Creatures in the service of a gingerbread dragon that prove their value can become warlocks, using a share of the dragon's magic as a source for their power.

Candy Hoarders. Multicolored sugary sweets are something the gingerbread dragon values highly. The dragons will go out of their way to acquire an overflowing hoard of candy.

Within their cold and distant lairs, gingerbread dragons use their baking skills to create large gingerbread cookie panels. Then, with their frosting breath, they will glue the panels together and paste their rainbow horde of candy to the outside of the panels, creating giant gingerbread structures. These walls help display their horde proudly and also aid in the defense of their lair.

LAIR ACTIONS

On initiative count 20 (losing initiative ties), the dragon takes a lair action to cause one of the following effects:

- The dragon causes a flurry of sugar to spiral forth. It heavily obscures a 20-foot radius sphere centered on a point the dragon can see within 120 feet of it. The sphere spreads around corners and lasts until initiative count 20 on the next round.
- The dragon causes the temperature to plummet nearby. Each creature in a 40-foot radius around the dragon must make a DC 15 Constitution saving throw. Creatures take 14 (4d6) cold damage on a failed save or half as much damage on a success.
- The dragon captivates a creature with tempting sweets shimmering on its gingerbread form. One creature the dragon can see must make a DC 13 Wisdom saving throw or become charmed by the dragon until initiative count 20 on the next turn. The charmed creature moves as close as it can to the dragon during its turn using the quickest and safest route possible. It can take no actions other than to Dash or Disengage during this time.

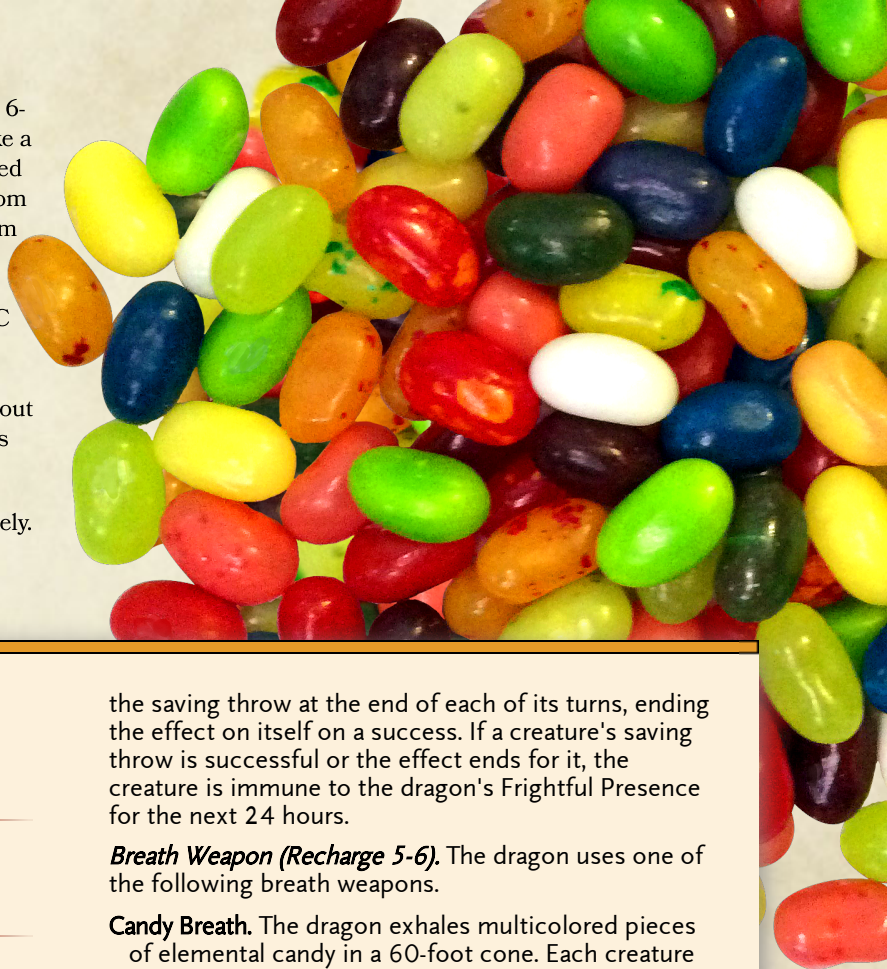
REGIONAL EFFECTS

The region containing a legendary gingerbread dragon's lair is warped by the dragon's magic.

- Plantlife within a 3-mile radius of the dragon's lair changes to vividly-colored candy. Trees look like candied ginger, chocolate, or peppermint canes with "leaves" of hard candy and gumdrops.

- Once per day, the dragon can alter the weather within a 6-mile radius centered on its lair. This ability functions like a *control weather* spell, except that the dragon doesn't need to be outdoors and any precipitation created is made from sugar. Rain is like a sugar glaze while snow is made from confectioner's sugar.
- Gingerbread walls block off areas in the dragon's lair. Each wall is 6 inches thick, and a 10-foot section has AC 10, 20 hit points, vulnerability to thunder damage, and immunity to fire, poison, and psychic damage. If the dragon wishes to move through a wall, it can do so without slowing down. The portion of the wall the dragon moves through is destroyed, however.

If the dragon dies, the weather reverts to normal immediately. The plantlife returns to normal and the gingerbread walls crumble in 1d10 days.



ANCIENT GINGERBREAD DRAGON

Gargantuan dragon, chaotic-neutral

Armor Class 21 (natural armor)
Hit Points 350 (20d20 + 140)
Speed 40 ft., fly 80 ft.

STR	DEX	CON	INT	WIS	CHA
27 (+8)	12 (+1)	25 (+7)	20 (+5)	17 (+3)	19 (+4)

Saves Dex +8, Con +14, Wis +10, Cha +11
Skills Perception +17, Persuasion +11
Damage Resistances acid, cold, fire, lightning
Damage Immunities poison
Senses blindsight 60 ft., darkvision 120 ft., passive Perception 27
Languages Common, Draconic
Challenge 21 (27,500 XP)

Legendary Resistance (3/Day). If the dragon fails a saving throw, it can choose to succeed instead.

Actions

Multiattack. The dragon can use its Frightful Presence. It then makes three attacks: one with its bite and two with its claws.

Bite. *Melee Weapon Attack:* +15 to hit, reach 15 ft., one target. *Hit* 19 (2d10 + 8) piercing damage plus 4 (1d8) acid damage.

Claw. *Melee Weapon Attack:* +15 to hit, reach 10 ft., one target. *Hit* 15 (2d6 + 8) slashing damage.

Tail. *Melee Weapon Attack:* +15 to hit, reach 20 ft., one target. *Hit* 17 (2d8 + 8) bludgeoning damage.

Frightful Presence. Each creature of the dragon's choice that is within 120 feet of the dragon and aware of it must succeed on a DC 19 Wisdom saving throw or become frightened for 1 minute. A creature can repeat

the saving throw at the end of each of its turns, ending the effect on itself on a success. If a creature's saving throw is successful or the effect ends for it, the creature is immune to the dragon's Frightful Presence for the next 24 hours.

Breath Weapon (Recharge 5-6). The dragon uses one of the following breath weapons.

Candy Breath. The dragon exhales multicolored pieces of elemental candy in a 60-foot cone. Each creature in that cone must make a DC 22 Dexterity saving throw. Each creature that fails this save takes 4d6 acid, 4d6 cold, 4d6 fire, and 4d6 lightning damage, or half as much damage on a successful save. The ground beneath the cone becomes difficult terrain until the loose candy is cleared.

Frosting Breath. The dragon exhales a line of frosting in a 60-foot line that slows the creatures it covers. Each creature in that line must make a DC 22 Constitution saving throw. On a failed save, the creature can't use reactions, its speed is halved, and it can't make more than one attack on its turn. In addition, the creature can use either an action or a bonus action on its turn, but not both. These effects last for 1 minute. The creature can repeat the saving throw at the end of each of its turns, ending the effect on itself with a successful save.

Legendary Actions

The dragon can take 3 legendary actions, choosing from the options below. Only one legendary action option can be used at a time and only at the end of another creature's turn. The dragon regains spent legendary actions at the start of its turn.

Detect. The dragon makes a Wisdom (Perception) check.

Tail Attack. The dragon makes a tail attack.

Wing Attack. The dragon beats its wings. Each creature within 15 feet of the dragon must succeed on a DC 23 Dexterity saving throw or take 15 (2d6 + 8) bludgeoning damage and be knocked prone. The dragon can then fly up to half its flying speed.



GINGERBREAD DRAGON

Huge dragon, chaotic-neutral

Armor Class 19 (natural armor)

Hit Points 195 (17d12 + 85)

Speed 40 ft., fly 80 ft.

STR	DEX	CON	INT	WIS	CHA
23 (+6)	14 (+2)	21 (+5)	14 (+2)	13 (+1)	17 (+3)

Saves Dex +7, Con +10, Wis +6, Cha +8

Skills Perception +11, Persuasion +8

Damage Resistances acid, cold, fire, lightning

Damage Immunities poison

Senses blindsight 60 ft., darkvision 120 ft., passive Perception 21

Languages Common, Draconic

Challenge 14 (11,500 XP)

Legendary Resistance (3/Day). If the dragon fails a saving throw, it can choose to succeed instead.

Actions

Multiattack. The dragon can use its Frightful Presence. It then makes three attacks: one with its bite and two with its claws.

Bite. *Melee Weapon Attack:* +11 to hit, reach 10 ft., one target. *Hit* 17 (2d10 + 6) piercing damage plus 4 (1d8) acid damage.

Claw. *Melee Weapon Attack:* +11 to hit, reach 5 ft., one target. *Hit* 13 (2d6 + 6) slashing damage.

Tail. *Melee Weapon Attack:* +11 to hit, reach 15 ft., one target. *Hit* 15 (2d8 + 6) bludgeoning damage.

Frightful Presence. Each creature of the dragon's choice that is within 120 feet of the dragon and aware of it must succeed on a DC 16 Wisdom saving throw or become frightened for 1 minute. A creature can repeat the saving throw at the end of each of its turns, ending

the effect on itself on a success. If a creature's saving throw is successful or the effect ends for it, the creature is immune to the dragon's Frightful Presence for the next 24 hours.

Breath Weapon (Recharge 5-6). The dragon uses one of the following breath weapons.

Candy Breath. The dragon exhales multicolored pieces of elemental candy in a 60-foot cone. Each creature in that cone must make a DC 18 Dexterity saving throw. Each creature that fails this save takes 3d8 acid, 3d8 cold, 3d8 fire, and 3d8 lightning damage, or half as much damage on a successful save. The ground beneath the cone becomes difficult terrain until the loose candy is cleared.

Frosting Breath. The dragon exhales a line of frosting in a 30-foot line that slows the creatures it covers. Each creature in that line must make a

DC 18 Constitution saving throw. On a failed save, the creature can't use reactions, its speed is halved, and it can't make more than one attack on its turn. In addition, the creature can use either an action or a bonus action on its turn, but not both. These effects last for 1 minute. The creature can repeat the saving throw at the end of each of its turns, ending the effect on itself with a successful save.

Legendary Actions

The dragon can take 3 legendary actions, choosing from the options below. Only one legendary action option can be used at a time and only at the end of another creature's turn. The dragon regains spent legendary actions at the start of its turn.

Detect. The dragon makes a Wisdom (Perception) check.

Tail Attack. The dragon makes a tail attack.

Wing Attack. The dragon beats its wings. Each creature within 10 feet of the dragon must succeed on a DC 19 Dexterity saving throw or take 13 (2d6 + 6) bludgeoning damage and be knocked prone. The dragon can then fly up to half its flying speed.



GINGERBREAD DRAGON (FUN-SIZE)

Large dragon, chaotic-neutral

Armor Class 17 (natural armor)
Hit Points 103 (12d10 + 36)
Speed 40 ft., fly 80 ft.

STR	DEX	CON	INT	WIS	CHA
19 (+4)	12 (+1)	17 (+3)	16 (+3)	13 (+1)	15 (+2)

Saves Dex +4, Con +6, Wis +4, Cha +5
Skills Perception +7, Stealth +4, Persuasion +5
Damage Resistances acid, cold, fire, lightning
Damage Immunities poison
Senses blindsight 30 ft., darkvision 120 ft., passive Perception 17
Languages Common, Draconic
Challenge 7 (2,900 XP)

Actions

Multiattack. The dragon makes three attacks: one with its bite and two with its claws.

Bite. *Melee Weapon Attack:* +7 to hit, reach 10 ft., one target. *Hit* 15 (2d10 + 4) piercing damage.

Claw. *Melee Weapon Attack:* +7 to hit, reach 5 ft., one target. *Hit* 11 (2d6 + 4) slashing damage.

Breath Weapon (Recharge 5-6). The dragon uses one of the following breath weapons.

Candy Breath. The dragon exhales multicolored pieces of elemental candy in a 30-foot cone. Each creature in that cone must make a DC 14 Dexterity saving throw. Each creature that fails this save takes 2d8 acid, 2d8 cold, 2d8 fire, and 2d8 lightning damage, or half as much damage on a successful save. The ground beneath the cone becomes difficult terrain until the loose candy is cleared.

Frosting Breath. The dragon exhales a line of frosting in a 30-foot line that slows the creatures it covers. Each creature in that line must make a DC 14 Constitution saving throw. On a failed save, the creature can't use reactions, its speed is halved, and it can't make more than one attack on its turn. In addition, the creature can use either an action or a bonus action on its turn, but not both. These effects last for 1 minute. The creature can repeat the saving throw at the end of each of its turns, ending the effect on itself with a successful save.

GINGERBREAD DRAGON (BITE-SIZE)

Medium dragon, chaotic-neutral

Armor Class 16 (natural armor)
Hit Points 22 (4d8 + 4)
Speed 30 ft., fly 60 ft.

STR	DEX	CON	INT	WIS	CHA
15 (+2)	12 (+1)	13 (+1)	14 (+2)	11 (+0)	13 (+1)

Saves Dex +3, Con +3, Wis +2, Cha +3
Skills Perception +4, Stealth +3, Persuasion +3
Damage Resistances acid, cold, fire, lightning
Damage Immunities poison
Senses blindsight 10 ft., darkvision 60 ft., passive Perception 14
Languages Common, Draconic
Challenge 1 (200 XP)

Actions

Bite. *Melee Weapon Attack:* +4 to hit, reach 5 ft., one target. *Hit* 7 (1d10 + 2) piercing damage.

Breath Weapon (Recharge 5-6). The dragon uses one of the following breath weapons.

Candy Breath. The dragon exhales multicolored pieces of elemental candy in a 15-foot cone. Each creature in that cone must make a DC 11 Dexterity saving throw. Each creature that fails this save takes 1d8 acid, 1d8 cold, 1d8 fire, and 1d8 lightning damage, or half as much damage on a successful save. The ground beneath the cone becomes difficult terrain until the loose candy is cleared.

Frosting Breath. The dragon exhales a line of frosting in a 20-foot line that slows the creatures it covers. Each creature in that line must make a DC 11 Constitution saving throw. On a failed save, the creature can't use reactions, its speed is halved, and it can't make more than one attack on its turn. In addition, the creature can use either an action or a bonus action on its turn, but not both. These effects last for 1 minute. The creature can repeat the saving throw at the end of each of its turns, ending the effect on itself with a successful save.

GUMMI CREATURE

Gummi creatures are constructs of sugar and gelatin infused with magic. The artificial creatures act like any creature normally would, but with a much bouncier form.

GUMMI TEMPLATE

Gummi creatures are created by magic and are only a simulacrum of the creature they represent. They look like the actual creature but are in fact made of living elemental gum candy, granting it unique resistances. Gummi creatures believe themselves to be real and try to act the part, miming things it can't normally do like eating food. You can create a Gummi creature using the following template. The creature retains its statistics except as described below.

Creature Type. The creature's type changes to construct.

Armor Class. The creature's natural armor changes. Its base AC becomes 13 + its Dexterity modifier when unarmored.

Resistances and Immunities. The gummi creature loses any existing damage resistances it has and gains resistance to bludgeoning, piercing, and slashing damage from nonmagical weapons. The creature also gains immunity to one damage type as determined by its color.

- Red: fire immunity
- Orange: acid immunity
- Yellow: lightning immunity
- Green: poison immunity
- Blue: cold immunity

Bounce. The gummi creature's long jump is up to 30 feet and its high jump is up to 15 feet, with or without a running start.

Gummi Weapons. The gummi creature's natural melee weapon attacks that deal piercing or slashing damage deal bludgeoning damage instead. A target that takes damage from one of these weapons is pushed 5 feet away from the creature.

Challenge Rating. The creature's challenge rating increases by 1.



VARIANT: SOUR GUMMI CREATURE

In addition to the traits applied by the Gummi Creature template, it gains the following:

Sour. The creature deals an additional 1d6 acid damage with each of its natural melee weapon attacks. Increase the creature's challenge rating by an additional 1.

RED GUMMI OWLBEAR

Large construct, unaligned

Armor Class 14 (natural armor)

Hit Points 59 (7d10 + 21)

Speed 40 ft.

STR	DEX	CON	INT	WIS	CHA
20 (+5)	12 (+1)	17 (+3)	3 (-4)	12 (+1)	7 (-2)

Skills Perception +3

Damage Resistances bludgeoning, piercing, and slashing damage from nonmagical weapons

Damage Immunities fire

Senses darkvision 60 ft., passive Perception 13

Languages None

Challenge 4 (1,100 XP)

Keen Sight and Smell. The gummi owlbear has advantage on Wisdom (Perception) checks that rely on sight or smell.

Bounce. The gummi owlbear's long jump is up to 30 feet and its high jump is up to 15 feet, with or without a running start.

Actions

Multiattack. The gummi owlbear makes two attacks: one with its beak and one with its claws.

Gummi Beak. *Melee Weapon Attack:* +7 to hit, reach 5 ft., one target. *Hit* 10 (1d10 + 5) bludgeoning damage. The target is pushed 5 feet away from the gummi owlbear.

Gummi Claws. *Melee Weapon Attack:* +7 to hit, reach 5 ft., one target. *Hit* 14 (2d8 + 5) bludgeoning damage. The target is pushed 5 feet away from the gummi owlbear.



HELLAPEÑO

The hellapeño is a fiend made with spicy infernal peppers wielding a scythe of blazing hot elemental spice. Its shiny skin ranges from bright crimson to forest green. Bundles of peppers hang from the hellapeño's vine-like tail and from its chest, while its wings are made from green leafy fibers. Its head and horns resemble peppers pointing upward.

Tongue Tormentor. Hellapeños are found all throughout the hells and in other evil-aligned planes, charged with the torture of souls. The hellapeño delights in causing pain through spiciness. Its wicked scythe burns creatures' tongues, as well as their skin, with the slightest touch. It is said the pain is worse than hellfire. When that fails, the hellapeño can use its burning cloven pepper hooves and spicy pepper spray exhaled from its prehensile tongue.

Carolina Reaper. These fiends are known as reapers, harvesting the souls of those they slay. Their hot spices burn away at their prey layer by layer until only their ripe and marinated soul remains. Once the hellapeño has thoroughly singed a forsaken soul, devils find the added spice quite delightful. Hags will seek out these reapers to spice up their inventory of souls to make them especially tempting in their dark deals.

Chefs of the Damned. Evil gastromancers and wizards summon and bind hellapeños to their service when trying to make hot and spicy dishes or spells. Some are aware of the fatal nature of the devil's spice, while others simply seek revenge on a rival and make a grave mistake. If a summoner can't take the heat, they should stay far from the kitchen.

HELLAPEÑO

Medium fiend (devil), lawful-evil

Armor Class 15 (natural armor)

Hit Points 75 (10d8 + 30)

Speed 30 ft., fly 40 ft.

STR	DEX	CON	INT	WIS	CHA
16 (+3)	17 (+3)	17 (+3)	12 (+1)	14 (+2)	17 (+3)

Saves Con +6, Wis +5

Damage Resistances cold; bludgeoning, piercing, and slashing from nonmagical weapons

Damage Immunities poison, fire

Condition Immunities poisoned

Senses darkvision 60 ft., passive Perception 12

Languages Infernal, telepathy 120 ft.

Challenge 6 (2,300 XP)

Carolina Reaper. Whenever the hellapeño reduces a creature to 0 hit points, it regains 20 hit points.

Devil's Sight. Magical darkness doesn't impede the hellapeño's darkvision.

Dancing Scythe. The hellapeño can cause its scythe to hover and attack of its own accord. The hellapeño can use a bonus action to make the scythe fly up to 30 feet in a straight line and then makes one scythe attack against one creature in the scythe's path. The scythe teleports to the fiend's hands if it moves further than 60 feet away from it.

Magic Resistance. The fiend has advantage on saving throws against spells and other magical effects.

Actions

Multiattack. The hellapeño makes two melee attacks, only one of which can be with its scythe, and only if the scythe is in its grasp.

Hot Foot. *Melee Weapon Attack:* +6 to hit, reach 5 ft., one target. *Hit* 10 (2d6 + 3) slashing plus 6 (1d12) fire damage.

Scythe. *Melee Weapon Attack:* +6 to hit, reach 5 ft., one target. *Hit* 9 (1d12 + 3) slashing damage plus 13 (2d12) fire damage. The target must make a DC 14 Constitution saving throw or become incapacitated as it writhes uncontrollably until the start of the hellapeño's next turn.

Pepper Spray (Recharge 5-6). The hellapeño exhales a cone of ultra-hot spice. Each creature in a 30-foot cone emanating from the fiend must make a DC 14 Constitution saving throw. Each creature that fails this save takes 39 (6d12) fire damage and becomes blinded. Each blinded creature makes a new saving throw at the end of each of their turns, ending the effect for themselves on a success. A successful initial save halves this damage and the creature is not blinded.

PASTAKIN

The pastakin are one of the foodkin races. With limbs of noodles and a pasta body, they are quite nimble. The modularity of their body makes it look as if they are wearing armor, although it does not act as such for their flesh is merely al dente.

Pastakin society promotes discipline through either combat training, religious study, or both. Through careful control, the pastakin learn to conjure different magical sauces on their bodies that ward them from harm.

Most pastakin worship Glutanus, the Spaghetti Lord. Great towering temples of rigid pasta are erected in his honor, where countless pastakin meditate each day to hone their wisdom.

The elite among the pastakin form an order of paladin-monks known as the Knights of Glutanus. These foodkin are masters of the blade and fist, using their flexible limbs to their full advantage in battle. They can shift their weight to deliver stunning blows and deftly dodge attacks by contorting their bodies.

PASTAKIN

Medium humanoid (pastakin), lawful-neutral

Armor Class 15 (shield)
Hit Points 22 (4d8 + 4)
Speed 30 ft., swim 30 ft.

STR	DEX	CON	INT	WIS	CHA
13 (+1)	16 (+3)	12 (+1)	10 (+0)	14 (+2)	12 (+0)

Skills Acrobatics +6, Religion +4
Senses passive Perception 12
Languages Common
Challenge 1 (200 XP)

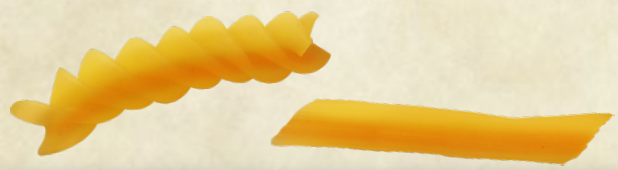
Noodle Reach. During their turn, the pastakin can use a bonus action to cause their melee reach to increase by 5 feet until the end of their turn as their arms spring out on noodly tendrils.

Loose Limbs. The pastakin has advantage on saving throws against effects that would cause them to become paralyzed.

Sauce. The pastakin is covered in a sauce that grants it resistance to a certain type of damage. Roll randomly to determine what type of sauce the pastakin is covered in. 1-2: marinara (fire resistance), 3-4: pesto (poison resistance), 5-6: alfredo (acid resistance).

Actions

Trident. *Melee or Ranged Weapon Attack:* +5 to hit, reach 5 ft. or range 20/60 ft., one target. *Hit* 6 (1d6 + 3) piercing damage, or 7 (1d8 + 3) piercing damage if used with two hands to make a melee attack.



KNIGHT OF GLUTANUS

Medium humanoid (pastakin), lawful-neutral

Armor Class 15
Hit Points 65 (10d8 + 20)
Speed 30 ft., swim 30 ft.

STR	DEX	CON	INT	WIS	CHA
14 (+2)	16 (+3)	14 (+2)	10 (+0)	15 (+2)	12 (+0)

Skills Acrobatics +6, Perception +4, Religion +4
Condition Immunities charmed, frightened, paralyzed
Senses passive Perception 14
Languages Common
Challenge 3 (700 XP)

Sauce. The pastakin is covered in a sauce that grants it resistance to a certain type of damage. Roll randomly to determine what type of sauce the pastakin is covered in. 1-2: marinara (fire resistance), 3-4: pesto (poison resistance), 5-6: alfredo (acid resistance).

Innate Spells. The pastakin can cast the following spells without material components. Wisdom is their spellcasting modifier for these spells (spell save DC 12, +4 to hit with spell attacks).

3/day each: *cure wounds*, *detect magic*
1/day each: *compelled duel*, *protection from evil and good*

Actions

Multiattack. The pastakin makes three melee attacks or three ranged attacks.

Unarmed Strike. *Melee Weapon Attack:* +5 to hit, reach 15 ft., one target. *Hit* 6 (1d6 + 3) bludgeoning damage. If the target has already been hit by a weapon attack at least once during this turn, the target must make a DC 14 Constitution saving throw or become stunned until the pastakin's next turn.

Fork. *Melee or Ranged Weapon Attack:* +5 to hit, reach 15 ft. or range 20/60 ft., one target. *Hit* 6 (1d6 + 3) piercing damage.

Reactions

Nimble Riposte. When a creature misses the pastakin with a melee attack, the pastakin can use its reaction to make an unarmed strike attack against it. If the pastakin hits with the attack, the pastakin can move to another space within 5 feet of the creature without provoking an attack of opportunity.



PIE TYRANT

From the dreams of insane gastromancers, the pie tyrants come. A pie tyrant looks generally like a floating, 6-7 foot diameter pie with a mouth and large central eye made from pastry crust, but each one looks unique in its own way.

Around their circumference are ten pastry braids tipped with various miniature pies. Each mini pie is capable of blasting a magical pie ray with a myriad of effects, each more terrible and tasty than the last.

Their lairs are lofty and built from the accumulation of slimy, fruity, and sweet pie fillings from their pie rays.

A pie tyrant is immeasurably insane. Each one believes it to be the best type of pie and tries to destroy nonbelievers and especially others of its kind that don't share a flavor with their central pie.

LAIR ACTIONS

On initiative count 20 (losing initiative ties), the pie tyrant takes a lair action to cause one of the following effects:

- A 50-foot square area of ground within 120 feet of the pie tyrant becomes slimy with pie filling; that area is difficult terrain until initiative count 20 on the next round.
- The pie tyrant causes a dollop of whipped cream to fall from the ceiling of its lair onto a 20-foot square it can see within 120 feet of it. Each creature in that square must make a DC 15 Dexterity saving throw, taking 5d8 cold damage on a failed save or half as much damage on a success.
- A small pie grows on a surface within 120 feet of the pie tyrant, then fires one of the pie tyrant's pie rays at a target within range of it. Then the pie disappears.

REGIONAL EFFECTS

The region containing a legendary pie tyrant's lair is warped by their magic.

- Creatures within a 1 mile radius of a pie tyrant's lair are inexplicably hungry for sugar and sweets at all times.
- Fruits within a 1 mile radius of a pie tyrant's lair become gelatinous and covered in a sugary syrup, turning slowly into something more like a pie filling. If there are no fruits nearby, a sticky sugar syrup begins to cover the landscape.

When the pie tyrant dies, these effects fade over the course of 1d10 days.

PIE TYRANT

Large aberration, lawful-evil

Armor Class 18 (natural armor)

Hit Points 180 (19d10 + 76)

Speed 0 ft., fly 20 ft. (hover)

STR	DEX	CON	INT	WIS	CHA
10 (+0)	14 (+2)	18 (+4)	17 (+3)	15 (+2)	17 (+3)

Saves Int +8, Wis +7, Cha +8

Skills Perception +12

Condition Immunities prone

Senses darkvision 120 ft., passive Perception 22

Languages Deep Speech, Undercommon

Challenge 13 (10,000 XP)

Ice Cream Cone. The pie tyrant's central eye creates an area filled with swirling ice cream in a 150-foot cone. At the start of each of its turns, the pie tyrant decides which way the cone faces and whether the cone is active. The area is heavily obscured and treated as difficult terrain. The ice cream is not persistent and disappears when the pie tyrant moves the cone or closes its central eye.

Actions

Bite. *Melee Weapon Attack:* +5 to hit, reach 5 ft., one target. *Hit* 14 (4d6) piercing damage.

Pie Rays. The pie tyrant shoots three of the following magical pie rays at random (reroll duplicates), choosing one to three targets it can see within 120 feet of it:

1. **Apple Ray.** The targeted creature must succeed on a DC 16 Wisdom saving throw or fall asleep and remain unconscious for 1 minute. The target awakens if it takes damage or another creature takes an action to wake it. This ray has no effect on constructs and undead.

2. **Banana Cream Ray.** The target is covered in slippery banana cream, and must make a DC 16 Dexterity saving throw immediately and again at the end of each of their turns. On a failed saving throw, the creature slips and falls prone, slides 15 feet in a random direction, and takes 3 (1d6) bludgeoning damage. A creature can use its action to wipe off

the mess, ending this effect.

3. *Blueberry Ray*. The target must make a DC 16 Constitution saving throw as they are pummeled with magical blueberries made from elemental cold. The target takes 36 (8d8) cold damage on a failed save or half as much on a success. 4. *Cherry Ray*. The targeted creature must succeed on a DC 16 Wisdom saving throw or be charmed by the pie tyrant for 1 hour, or until the pie tyrant harms the creature.

5. *Chocolate Ray*. The target must make a DC 16 Dexterity saving throw. On a failed save, the creature begins to turn to chocolate and is restrained. It must repeat the saving throw at the end of its next turn. On a success, the effect ends. On a failure, the creature is petrified as a chocolate statue until freed by magic.

6. *Lemon Meringue Ray*. The target must make a DC 16 Constitution saving throw as they are coated in acidic citrus curd. The target takes 36 (10d8) acid damage on a failed save or half as much on a success.

7. *Strawberry Ray*. The target must make a DC 16 Dexterity saving throw as they are battered with magical strawberries made from elemental fire. The target takes 36 (10d10) fire damage on a failed save or half as much on a success.

8. *Pumpkin Ray*. The targeted creature must make a DC 16 Strength saving throw. On a failed save, the creature becomes trapped inside of a giant pumpkin, just barely large enough to contain it. The creature becomes blinded and their speed becomes reduced by 20 feet (minimum 5 feet) and it cannot jump as the creature can only move by rolling around inside the pumpkin. The creature cannot target or be targeted by anything outside of the pumpkin. The pumpkin can be destroyed (AC 12, 20 hit points, immune to psychic and poison damage). The pie tyrant can use this ray to move a pumpkin (and a creature trapped inside it) up to 30 feet in any direction.

9. *Raspberry Ray*. The targeted creature must make a DC 16 Constitution saving throw or become poisoned for 1 minute.

10. *Toffee Ray*. The targeted creature must succeed on a DC 16 Dexterity saving throw. On a failed save, the target's speed is halved for 1 minute as it becomes encrusted with a sticky toffee. In addition, the creature can't take reactions, and it can take either an action or a bonus action on its turn, not both. The creature can repeat the saving throw at the end of each of its turns, ending the effect on itself on a success.

Legendary Actions

The pie tyrant can take 3 legendary actions, choosing from the option below. Only one legendary action option can be used at a time and only at the end of another creature's turn. The pie tyrant regains spent legendary actions at the start of its turn.

Pie Ray. The pie tyrant uses one random pie ray.

SALAADS

The salaads are extraplatar plant-beings that are native to the plates of sour, sweet, and bitter.

Natural Ingredients. Salaads are made from naturally grown foods, mainly fruits and vegetables, but sometimes with nuts and seeds. They look vaguely humanoid but their bodies are comprised of an amalgamation of ingredients. Such ingredients vary widely from leafy greens to juicy fruits and starchy tubers. You will likely never see the same salaad twice, as each one is made from such a variety of things.

Beings of Chaos. Salaads are beings spawned from raw flavor. This causes both their piecemeal appearance and their chaotic nature. All salaads rebel against artificial or fabricated foods, as they are an imposed order upon natural, raw, unspoiled ingredients.

Wild Brutes. Cunning tactics are not something Salaads are known for. They tend to charge into battle, hurling parts of their body at foes and slamming whatever appendages they have into anything they can reach. They rely on their naturally tough forms to defend themselves, as well as their innate regenerative abilities to undo any harm that befalls them.

FRUIT SALAAD

Large plant, chaotic-neutral

Armor Class 16 (natural armor)

Hit Points 136 (16d10 + 48)

Speed 40 ft., swim 20 ft.

STR	DEX	CON	INT	WIS	CHA
20 (+5)	8 (-1)	16 (+3)	11 (+0)	16 (+3)	5 (-3)

Skills Athletics +8

Damage Immunities acid

Condition Immunities blinded, deafened, exhaustion

Senses darkvision 60 ft., passive Perception 13

Languages None

Challenge 8 (3,900 XP)

Citrus Aura. The salaad constantly has citrus juice splashing around its bulbous form. Creatures that start their turn within 15 feet of the salaad must make a DC 15 Strength saving throw or take 9 (2d8) acid damage and be dragged by the current, moved clockwise around the salaad by 20 feet to the nearest open space.

Innate Spells. The salaad's spellcasting ability is Wisdom (spell save DC 14, +6 to hit with spell attacks). The salaad can innately cast the following spells, requiring only verbal components:

At will: *detect magic*, *entangle*, *lime light**

2/day each: *freedom of movement*, *grasping vine*, *citrus splash**

1/day each: *cherry bomb**, *dispel magic*

* A new spell appearing in this guide

Regeneration. The salaad regains 10 hit points at the start of its turn if it has at least 1 hit point.

Actions

Multiattack. The salaad makes two slam attacks and either one bite attack or one hurl fruit attack.

Bite. *Melee Weapon Attack:* +8 to hit, reach 5 ft., one target. *Hit* 9 (1d8 + 5) bludgeoning damage and 9 (2d8) acid damage.

Slam. *Melee Weapon Attack:* +8 to hit, reach 5 ft., one target. *Hit* 14 (2d8 + 5) bludgeoning damage. If this is the second time this attack has hit the same target this turn, the target must make a DC 15 Strength saving throw or be knocked 20 feet away from the salaad and take 7 (2d6) bludgeoning damage.

Hurl Fruit. *Ranged Weapon Attack:* +8 to hit, range 20/60 ft., one target. *Hit* 21 (3d10 + 5) bludgeoning damage.



GARDEN SALAAD

Large plant, chaotic-neutral

Armor Class 16 (natural armor)

Hit Points 127 (15d10 + 45)

Speed 20 ft., climb 20 ft.

STR	DEX	CON	INT	WIS	CHA
20 (+5)	8 (-1)	16 (+3)	10 (+0)	12 (+1)	5 (-3)

Skills Stealth +2

Damage Immunities poison

Condition Immunities blinded, deafened, exhaustion, poisoned

Senses darkvision 60 ft., passive Perception 11

Languages None

Challenge 6 (2,300 XP)

Entangling Aura. Creatures that start their turn within 15 feet of the salaad must make a DC 15 Dexterity saving throw. On a failed saving throw, the creature becomes restrained by vegetation. A restrained creature can use its action to make a DC 15 Strength check, freeing itself on a success.

Regeneration. The salaad regains 10 hit points at the start of its turn if it has at least 1 hit point.

Actions

Multiattack. The salaad makes two tendril attacks and then one bite attack against any creature it has grappled.

Bite. *Melee Weapon Attack:* +8 to hit, reach 5 ft., one target. *Hit* 10 (1d10 + 5) piercing damage.

Tendril. *Melee Weapon Attack:* +8 to hit, reach 10 ft., one target. *Hit* 14 (2d8 + 5) bludgeoning damage and the target becomes grappled by the salaad (escape DC 15).

Hurl Vegetable. *Ranged Weapon Attack:* +8 to hit, range 20/60 ft., one target. *Hit* 21 (3d10 + 5) bludgeoning damage.





SOUP KRAKEN

Among the most powerful of food monsters is the soup kraken. This delicious monstrosity can be found naturally on the elemental plate of savoriness, but can also form naturally on the Material Plate if rare circumstances align. A soup kraken can form near deep subaquatic vents that boil the water nearby, steeped with various gigantic ingredients or a magical gastromantic anomaly like a gateway to the savory elemental plate. Once the ingredients have stewed for 100 years, a full sized soup kraken is born.

A soup kraken is created with an innate chaotic instinct and appetite for destruction. They have a hatred for the inhabitants of dry land where it cannot comfortably dwell. To

sate its aggression, soup krakens will attack coastal settlements and claim territory to impede seafarers.

Ambitious soup krakens foster surface dwelling minions to enact grand schemes to create floods or destroy kingdoms. Some soup krakens are instead after wealth and power and will conquer the lands of lesser beings for their own gains.

The lair of a soup kraken is often deep under the water. When they can, they lair near volcanic vents in abyssal trenches, well beyond the reach of most creatures.

LAIR ACTIONS

On initiative count 20 (losing initiative ties), the kraken takes a lair action to cause one of the following magical effects:

- The kraken stirs the broth at a point it chooses up to 120 feet away, causing a whirlpool to form. Each creature within 60 feet of the point, if they are submerged in the broth, must make a DC 23 Strength saving throw. Those that fail are pulled up to 60 feet towards the point. Creatures that succeed at this save are pulled only 10 feet.
- The kraken emits broth to flavor the water near it. Creatures in the water within 60 feet of the kraken other than creatures it has swallowed have vulnerability to fire damage until initiative count 20 on the next round.
- The water in the kraken's lair boils. All creatures submerged in water within 120 feet of the kraken must succeed at a DC 23 Constitution saving throw, taking 10 (3d6) fire damage on a failed save, or half as much damage on a successful one.

REGIONAL EFFECTS

The region containing a legendary soup kraken's lair is affected by their magic.

- All water within 6 miles near a soup kraken's lair turns to a warm salty broth.
- **Water elementals** made of broth coalesce within 6 miles of the lair. These elementals can't leave the water and have Intelligence and Charisma scores of 1 (-5).
- Geysers and tidal waves occur at random within 1 mile of the soup kraken's lair, and the water feels noticeably hotter.

When the soup kraken dies, these effects fade immediately.

SOUP KRAKEN

Gargantuan monstrosity, chaotic-evil

Armor Class 18 (natural armor)

Hit Points 472 (27d20 + 189)

Speed 20 ft. swim 60 ft.

STR	DEX	CON	INT	WIS	CHA
30 (+10)	11 (+0)	25 (+7)	22 (+6)	18 (+4)	20 (+5)

Saves Str +17, Dex +8, Con +15, Int +14, Wis +12

Damage Immunities fire; bludgeoning, piercing, and slashing from nonmagical weapons

Condition Immunities frightened, paralyzed

Senses truesight 120 ft., passive Perception 14

Languages understands Abyssal, Celestial, Infernal, and Primordial but can't speak, telepathy 120 ft.

Challenge 23 (50,000 XP)

Amphibious. The kraken can breathe air and water.

Freedom of Movement. The kraken ignores difficult terrain, and magical effects can't reduce its speed or cause it to be restrained. It can spend 5 feet of movement to escape from nonmagical restraints or being grappled.

Siege Monster. The kraken deals double damage to objects and structures.

Actions

Multiattack. The kraken makes three noodle attacks, each of which it can replace with one use of Fling.

Bite. *Melee Weapon Attack:* +18 to hit, reach 5 ft., one target. *Hit* 23 (3d8 + 10) piercing damage. If the target is a Large or smaller creature grappled by the kraken, that creature is swallowed, and the grapple ends. While swallowed, the creature is blinded and restrained, it has total cover against attacks and other effects outside the kraken, and it takes 42 (12d6) fire damage at the start of each of the kraken's turns.

If the kraken takes 50 damage or more on a single turn from a creature inside it, the kraken must succeed on a DC 25 Constitution saving throw at the end of that turn or regurgitate all swallowed creatures, which

fall prone in a space within 10 feet of the kraken.

If the kraken dies, a swallowed creature is no longer restrained by it and can escape from the corpse using 15 feet of movement, exiting prone.

Noodle. *Melee Weapon Attack:* +18 to hit, reach 30 ft., one target. *Hit* 20 (3d6 + 10) bludgeoning damage, and the target is grappled (escape DC 18). Until this grapple ends, the target is restrained. The kraken has ten primary noodles, each of which can grapple one target.

Fling. One Large or smaller object held or creature grappled by the kraken is thrown up to 60 feet in a random direction and knocked prone. If a thrown target strikes a solid surface, the target takes 3 (1d6) bludgeoning damage for every 10 feet it was thrown. If the target is thrown at another creature, that creature must succeed on a DC 18 Dexterity saving throw or take the same damage and be knocked prone.

Broth Geysers. The kraken magically creates three geysers of boiling broth, which blast upward in a 30-foot tall, 5-foot wide pillar at a point in water that the kraken can see within 120 feet of it. Each creature in a pillar's space must make a DC 23 Dexterity saving throw, taking 18 (4d8) fire damage on a failed save, or half as much damage on a successful one.

Legendary Actions

The kraken can take 3 legendary actions, choosing from the options below. Only one legendary action option can be used at a time and only at the end of another creature's turn. The kraken regains spent legendary actions at the start of its turn.

Noodle or Fling. The kraken makes one noodle attack or uses its Fling.

Broth Geysers (Costs 2 Actions). The kraken uses its Broth Geysers.

Stupefying Gaze (Costs 3 Actions). The kraken focuses its gaze on a creature it can see that can also see it within 120 feet. That creature must make a DC 18 Wisdom saving throw. On a failed save, the creature becomes stunned for 10 minutes. The creature can make a new saving throw at the end of each of its turns, ending the effect for itself on a success.



SOUR WORM

Gargantuan monstrosity, unaligned

Armor Class 18 (natural armor)

Hit Points 231 (14d20 + 84)

Speed 50 ft., burrow 30 ft.

STR	DEX	CON	INT	WIS	CHA
28 (+9)	7 (-2)	22 (+6)	1 (-5)	8 (-1)	4 (-3)

Saves Con +11, Wis +4

Damage Resistances bludgeoning, piercing, and slashing from nonmagical weapons

Senses blindsight 30 ft., tremorsense 60 ft., passive Perception 9

Languages None

Challenge 13 (10,000 XP)

Tunneler. The worm can burrow through solid rock at half its burrow speed and leaves a 10-foot-diameter tunnel in its wake.

Colored Gummi. The front and back halves of the worm are made from two different colors of gummi. Each color reacts differently to certain damage types. If a creature doesn't specify where it is aiming a spell or attack, it hits a random half of the worm.

- **Blue:** Cold resistance, fire vulnerability
- **Purple:** Necrotic resistance, radiant vulnerability
- **Red:** Fire resistance, cold vulnerability
- **Yellow:** Radiant resistance, necrotic vulnerability

Sour Skin. The worm is coated in crusty sour dust that is a powerful corrosive. Creatures that touch or taste the worm must make a DC 18 Constitution saving throw or take 28 (8d6) acid damage, or half as much on a successful saving throw.

Actions

Multiattack. The worm makes two attacks: one with its bite and one constrict attack.

Bite. *Melee Weapon Attack:* +9 to hit, reach 10 ft., one target of Huge size or smaller. *Hit* 22 (3d8 + 9) bludgeoning damage. If the target is a Large or smaller creature, it must succeed on a DC 18 Dexterity saving throw or be swallowed by the worm. A swallowed creature is blinded and restrained, has total cover against attacks and other effects outside the worm, and takes 28 (8d6) acid damage immediately and again at the start of each of the worm's turns. A creature can hack its way out of the worm by dealing a total of 40 slashing damage to the inside of the worm.

If the worm dies, a swallowed creature is no longer restrained by it and can escape from the corpse by using 20 feet of movement, exiting prone.

Constrict. *Melee Weapon Attack:* +9 to hit, reach 10 ft., one target. *Hit* 19 (3d6 + 9) bludgeoning damage and the creature becomes grappled (escape DC 19). The creature is affected by the worm's Sour Skin trait immediately and again at the start of each of the worm's turns while it remains grappled. While the worm is grappling a creature, it cannot use its Constrict on another creature.

SOUR WORM

These humongous worms are made from gelatin and sugar, always with two different colors differentiating the head from the tail. They are also covered in a volatile acidic dust. The slightest touch of their acid-crust skin can melt flesh from bone.

Combat. Sour worms tend to swallow prey whole, but for larger, tenacious morsels they will constrict them tightly to let their acidic skin do the job. The creatures otherwise lack all form of tactics. Each is compelled entirely by its appetite.

Lairs. Sour worms tunnel out dens deep underground, usually in sugary environments where the earth is made from pie or cake. Their dens have countless tunnels that come and go from the lair. They will travel great distances to seek out prey. Once they eat their weight in food, they return to their dens to either spawn or hibernate.

Origins. Some believe that sour worms evolved from regular, small gummi worms. After gaining an acidic coating, they became unopposed in the food chain and quickly grew in size and appetite. Others think that the sour worms were created by evil gastromancers or else are harbingers of Saccharon, the sugar god.

The worms have no known age or size limitations, and no natural predators. Veggiban elders make it a point to cull the worms when they grow to large or numerous, lest they overtake the entire ecosystem.

MINI SOUR WORM

Large monstrosity, unaligned

Armor Class 16 (natural armor)

Hit Points 105 (10d10 + 50)

Speed 40 ft., burrow 30 ft.

STR	DEX	CON	INT	WIS	CHA
22 (+6)	10 (+0)	20 (+5)	1 (-5)	8 (-1)	4 (-3)

Saves Con +8, Wis +2

Damage Resistances bludgeoning, piercing, and slashing from nonmagical weapons

Senses blindsight 30 ft., tremorsense 60 ft., passive Perception 9

Languages None

Challenge 6 (2,300 XP)

Tunneler. The worm can burrow through solid rock at half its burrow speed and leaves a 5-foot-diameter tunnel in its wake.

Sour Skin. The worm is coated in crusty sour dust that is a powerful corrosive. Creatures that touch or

taste the worm must make a DC 16 Constitution saving throw or take 14 (4d6) acid damage, or half as much on a successful saving throw.

Colored Gummi. The front and back halves of the worm are made from two different colors of gummi. Each color reacts differently to certain damage types. If a creature doesn't specify where it is aiming a spell or attack, it hits a random half of the worm.

- *Blue:* Cold resistance, fire vulnerability
- *Purple:* Necrotic resistance, radiant vulnerability
- *Red:* Fire resistance, cold vulnerability
- *Yellow:* Radiant resistance, necrotic vulnerability

Actions

Multiattack. The worm makes two attacks: one with its bite and one constrict attack.

Bite. *Melee Weapon Attack:* +6 to hit, reach 5 ft., one target. *Hit* 15 (2d8 + 6) bludgeoning damage plus 14 (4d6) acid damage.

Constrict. *Melee Weapon Attack:* +6 to hit, reach 5 ft., one target of Medium size or smaller. *Hit* 16 (3d6 + 6) bludgeoning damage and the creature becomes grappled (escape DC 16). The creature is affected by the worm's Sour Skin trait immediately and again at the start of each of the worm's turns while it remains grappled. While the worm is grappling a creature, it cannot use its Constrict on another creature.

VEGGIBAN

Veggiban are one of the foodkin, and a proud clan of warriors that consider themselves one with the natural world.

A veggiban looks like a vegetable given life and limb. A given veggiban's appearance depends on what sort of vegetable they are made from, but three types of veggiban can be distinguished. Gourdmyn are made from large and tall vegetables like pumpkins and squash, and Morsyls are made with smaller veggies like radishes and peapods. Meanwhile, the Leafmyn veggiban are made from leafy vegetables.

Giant vegetables carved out by nature magic make up a veggiban settlement. Each vegetable building is grown and tended by veggiban druids, ensuring that their existence is always in symbiosis with the environment.

Most veggibans are able to practice gastromancy, but usually restrict their magic to that which they consider pure: the use of unaltered ingredients. They stay away from processed foods, believing them unclean. Often, the veggiban will just use their own two hands to accomplish a goal than use any form of magic.

Among the veggiban elite are their starchdruids. These spellcasters are masters of controlling the growth of the root vegetables that make up their homes and defenses. As such, they are some of the more important members of veggiban society. In combat, the starchdruids call upon these roots to grapple multiple foes and wield a magical shillelagh root which packs a wallop.

VEGGIBAN MORSYL

Small plant humanoid (veggiban), chaotic-neutral

Armor Class 13 (natural armor)

Hit Points 27 (5d6 + 10)

Speed 25 ft.

STR	DEX	CON	INT	WIS	CHA
14 (+2)	13 (+1)	15 (+2)	10 (+0)	13 (+1)	9 (-1)

Skills Athletics +4, Nature +3, Stealth +3

Senses passive Perception 11

Languages Common

Challenge 1/2 (100 XP)

Regeneration. At the start of each of the veggiban's turns, it regains 3 hit points if it is conscious and has less than half its original hit points. If the veggiban takes fire damage, this trait does not function during its next turn.

Morsyl Nimbleness. The veggiban can move through the space of any creature that is at least one size category larger than it.

Actions

Carrot. *Melee or Ranged Weapon Attack:* +4 to hit, reach 5 ft. or range 20/60 ft., one target. *Hit* 5 (1d6 + 2) piercing damage, or 6 (1d8 +) piercing damage if used with two hands to make a melee attack.

Take Root. While standing on soft earth like dirt or sand, the veggiban can use their action to withdraw into the ground. The veggiban gains total cover from all attacks while underground but also becomes restrained, blinded, and cannot move, speak, or take actions except to burst free from the ground using a bonus action. The veggiban has tremorsense out to 5 feet while underground.

While underground and motionless, the veggiban is indistinguishable from an inanimate plant. Another creature can use its action to try and yank the veggiban from the earth by making a Strength (Athletics) contest against the veggiban. On a success, the veggiban is pulled out of the ground.



VEGGIBAN GOURDMYN

Medium plant humanoid (veggiban), chaotic-neutral

Armor Class 13 (natural armor)
Hit Points 60 (8d8 + 24)
Speed 30 ft., burrow 20 ft.

STR	DEX	CON	INT	WIS	CHA
18 (+4)	14 (+2)	16 (+3)	10 (+0)	15 (+2)	11 (+0)

Skills Athletics +6, Nature +4, Perception +4
Senses passive Perception 14
Languages Common
Challenge 2 (450 XP)

Regeneration. At the start of each of the veggiban's turns, it regains 3 hit points if it is conscious and has less than half its original hit points. If the veggiban takes fire damage, this trait does not function during its next turn.

Sure-Footed. The veggiban has advantage on Strength and Dexterity saving throws made against effects that would knock them prone.

Plant. The veggiban can use a bonus action whenever it deals bludgeoning damage to a Medium or Small creature standing on sand, earth, mud or ice to bash them into the ground. That creature must make a DC 14 Strength saving throw. On a failed save, the creature becomes restrained and sinks up to 2 feet in the ground.

The creature can make a DC 14 Strength (Athletics) check using their action, freeing themselves and ending the effect on a success. Small creatures have disadvantage on this check, but not on the initial save.

Actions

Multiattack. The veggiban makes two gourdclub attacks.

Gourdclub. *Melee Weapon Attack:* +6 to hit, reach 5 ft., one target. *Hit* 8 (1d8 + 4) bludgeoning damage.

VEGGIBAN STARCHDRUID

Medium plant humanoid (veggiban), chaotic-neutral

Armor Class 13 (natural armor)
Hit Points 110 (13d8 + 52)
Speed 30 ft., burrow 20 ft.

STR	DEX	CON	INT	WIS	CHA
14 (+2)	13 (+1)	18 (+4)	11 (+0)	17 (+3)	10 (+0)

Skills Nature +5, Perception +5, Stealth +3
Senses passive Perception 15
Languages Common
Challenge 4 (1,100 XP)

Regeneration. At the start of each of the veggiban's turns, it regains 3 hit points if it is conscious and has less than half its original hit points. If the veggiban takes fire damage, this trait does not function during its next turn.

Sure-Footed. The veggiban has advantage on Strength and Dexterity saving throws made against effects that would knock them prone.

Innate Spellcasting. The veggiban can innately cast the following spells. Their spellcasting ability is Charisma (spell save DC 14, +6 to hit with spell attacks).

At will: *guidance*, *mending*, *shillelagh*, *thorn whip*
3/day each: *arrowroot**, *enlarge food**
2/day each: *dispel magic*, *speak with plants*, *tree stride*

* *This is a new spell detailed in this guide.*

Actions

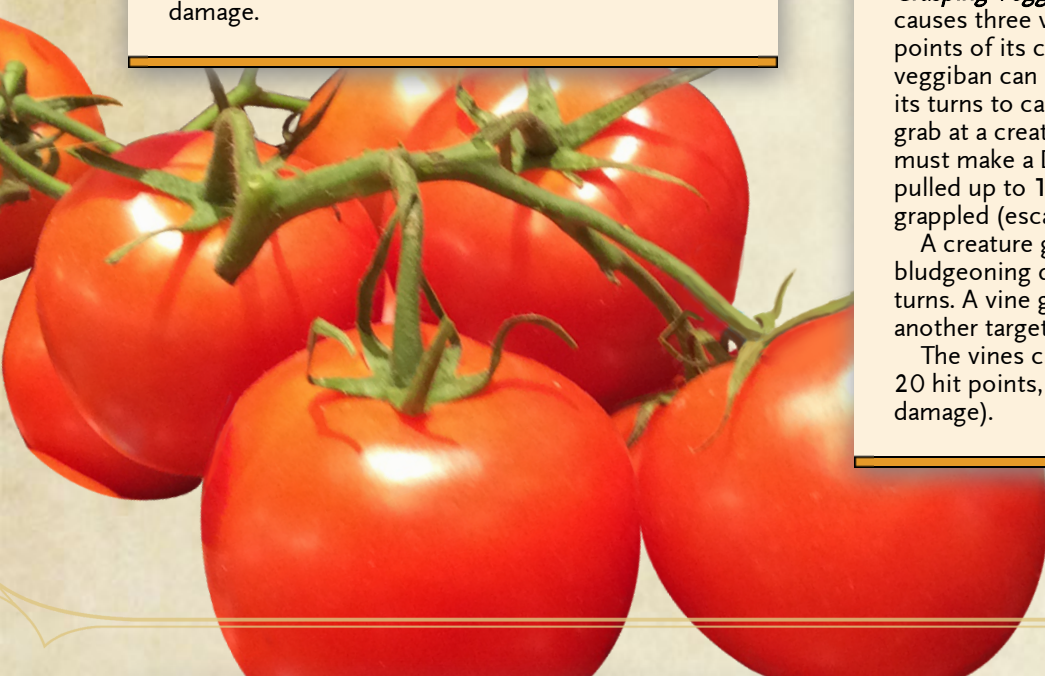
Multiattack. The veggiban makes two shillelagh attacks.

Shillelagh. *Melee Weapon Attack:* +5 to hit, reach 5 ft., one target. *Hit* 7 (1d8 + 3) bludgeoning damage.

Grasping Veggies (Recharge 5-6). The veggiban causes three vines to sprout from the ground at points of its choice within 60 feet of it. The veggiban can use its bonus action during each of its turns to cause up to three vines to reach out and grab at a creature within 15 feet of it. That creature must make a DC 13 Dexterity saving throw or be pulled up to 15 feet towards the vine and become grappled (escape DC 13).

A creature grappled by a vine takes 1d8 bludgeoning damage at the start of each of their turns. A vine grappling a creature cannot grapple another target.

The vines can be attacked and destroyed (AC 16, 20 hit points, immunity to poison and psychic damage).





WASABIMARU

Among the dark and wild planes is the demon spirit of wasabi, the wasabimaru. This fiend is made entirely from this vicious vegetable, with lateral roots seeming like spines covering its lumbering muscular humanoid form. The demon's horns are whole wasabi plants culminating in leafy boughs that hang over the fiend's face.

Body of Wasabi. The wasabimaru's outer skin is relatively harmless, but whenever it is struck, its outer layer scrapes away to reveal the wasabi beneath it and damning anyone nearby with its intense eye-watering heat. When the going gets rough, the wasabimaru can exhale a killing cloud of wasabi spice that can easily overwhelm even the stoutest of paletes.

Cruel Wanderer. As a demon, the wasabimaru is wild and un beholden to anyone except stronger fiends. It uses its bulk and power to intimidate lesser creatures it finds as it wanders evil planes and dark parts of the Material Plane.

While the wasabimaru delights in the pain and misery it

WASABIMARU

Large fiend (demon), chaotic-evil

Armor Class 16 (natural armor)

Hit Points 136 (13d10 + 65)

Speed 30 ft., fly 40 ft.

STR	DEX	CON	INT	WIS	CHA
19 (+4)	17 (+3)	20 (+5)	12 (+1)	14 (+2)	17 (+3)

Saves Str +7, Con +8, Wis +5

Damage Resistances cold, fire, lightning; bludgeoning, piercing, and slashing from nonmagical weapons

Damage Immunities poison

Condition Immunities poisoned

Senses darkvision 60 ft., passive Perception 11

Languages Abyssal, telepathy 120 ft.

Challenge 8 (3,900 XP)

Magic Resistance. The fiend has advantage on saving throws against spells and other magical effects.

Wasabi Haze. Whenever the fiend is dealt fire, bludgeoning, piercing, or slashing damage, it releases a cloud of irritating fumes. Each creature within a 5-foot radius of the fiend must make a DC 14 Constitution saving throw or take 3 (1d6) poison damage and become poisoned until the start of their next turn.

Innate Spells. The fiend's spellcasting ability is Charisma (spell save DC 17). The fiend can innately cast the following spells, requiring only verbal components:

At will: *arrowroot**, *entangle*

2/day each: *arrowroot (2nd level)**, *grasping vine*, *spike growth*

1/day each: *arrowroot (5th level)**, *cloudkill*, *tree stride*

* A new spell detailed in this guide

Actions

Multiattack. The fiend makes three attacks: one with its horns and two with its claws.

Horns. Melee Weapon Attack: +7 to hit, reach 5 ft., one target. *Hit* 9 (1d10 + 4) bludgeoning damage plus 3 (1d6) poison damage.

Claws. Melee Weapon Attack: +7 to hit, reach 5 ft., one target. *Hit* 11 (2d6 + 4) slashing damage and 7 (2d6) poison damage.

causes, it barely shows on its stoic face of stiff barky root. The fiend callously fills creatures' lungs with wasabi gas until they choke to death at its gnarled feet.

Command of Plants. Wasabimarus have control over plantlife near them, letting them animate vines and roots to ensnare their foes. Their primary tactic is to launch roots at enemies to hinder them, and then get in close to isolated targets and tear them apart with their claws.

MONSTER LISTS

Here are two tables listing the monsters by Challenge Rating and type.

NEW MONSTERS BY CHALLENGE RATING

CR Monsters

CR 1/4	Crumpetfolk
CR 1/2	Nachound, Veggiban Morsyl
CR 1	Candylad, Enchilombre, Gingerbread Dragon (Bite-size), Pastakin
CR 2	Brownie, Cinnamon Squirrel, Veggiban Gourdmyn
CR 3	Ghost Pepper, Knight of Glutanus
CR 4	Banana Cream Pudding, Red Gummi Owlbear, Veggiban Starchdruid
CR 5	Candylad Witchcane, Cheese Elemental, Enchilombre Spicewaker
CR 6	Garden Salaad, Hellapeño, Mini Sour Worm
CR 7	Gingerbread Dragon (Fun-size)
CR 8	Fruit Salaad, Noble Crumpet, Wasabimaru
CR 9	Chocolate Golem
CR 10	Angel of Pasta
CR 12	Cake Colossus
CR 13	Pie Tyrant, Sour Worm
CR 14	Gingerbread Dragon
CR 21	Ancient Gingerbread Dragon
CR 23	Soup Kraken

NEW MONSTERS BY TYPE

Type	Monsters
Aberrations	Pie Tyrant
Beasts	Cinnamon Squirrel, Enchilombre Nachound
Celestials	Angel of Pasta
Constructs	Cake Colossus, Chocolate Golem
Dragons	Gingerbread Dragon
Elementals	Cheese Elemental
Fey	Brownie
Fiends	Hellapeño, Wasabimaru
Humanoids	Candylad, Candylad Witchcane, Crumpetfolk, Enchilombre, Enchilombre Spicewaker, Knight of Glutanus, Noble Crumpet, Pastakin
Monstrosities	Red Gummi Owlbear, Soup Kraken, Sour Worm
Oozes	Banana Cream Pudding
Plants	Fruit Salaad, Garden Salaad, Veggiban Gourdmyn, Veggiban Morsyl, Veggiban Starchdruid
Undead	Ghost Pepper

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Welcome to the Foodgotten Realms, a fantasy setting that is entirely edible! Within this book lies the secrets of savory sorcery, scrumptious species, culinary classes, tasty treasures, and mouthwatering monsters.



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