

Vegan Vibes

Vegan Recipe eBook

40 VEGAN RECIPES



ECO CENTRAL WEST



Vegan Recipes for Vegan Souls

#veganvibes



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- Vegan Nutella
- Energy Balls
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- Vegan Oat Cookies
- Banana & Almond Muffins
- Lemon & Berry Cheesecake
- Almond & Peach Cake
- Chocolate Brownies



Recipe Key

GF

Gluten Free

DF

Dairy Free

LC

Low Carb

MP

Meal Prep Friendly

HP

High Protein- Over 20g per serve

V

Vegan of course

N

Contains Nuts



Look for these icons in every recipe

Monday

BREAKFAST
Chickpea
Scramble

LUNCH
Green Beans
& Cherry Tomato
Salad

SNACK
Matcha Energy
Balls

DINNER
Vegetable &
Tahini
Bake

Tuesday

BREAKFAST
Banana &
Almond Muffin

LUNCH
Vegan "Tuna"
Salad

SNACK
Vegan
Energy Balls

DINNER
Red Sweet
Potato Curry

Wednesday

BREAKFAST
Protein Berry
Smoothie
Bowl

LUNCH
Quinoa
Tabbouleh

SNACK
Roasted Miso
Potato

DINNER
Garlic Zucchini
& Tomato
Pasta

Thursday

BREAKFAST
Carrot Pancakes
w/ Almond
Caramel

LUNCH
Vegan "Tuna"
Salad

SNACK
Matcha
Energy Balls

DINNER
Garlic Zucchini
& Tomato
Pasta

Friday

BREAKFAST
Oat & Banana
Smoothie

LUNCH
Green Bean &
Tomato Salad

SNACK
Vegan Oat
Cookie

DINNER
Sesame Tempeh
Stir-fry

Saturday

BREAKFAST
Chickpea
Scramble

LUNCH
Vegan "Tuna"
Salad

SNACK
Vegan Oat
Cookie

 DINNER
Go out!
ENJOY!

Sunday

BREAKFAST
Banana
Breakfast Oats

LUNCH
Potato &
Sundried Tomato
Salad

SNACK
Green Pea &
Mint Dip

DINNER
Roasted Sweet
Potato, Quinoa &
Bean Burger

Fruits & Vegetables

- 2 Shallots
- 1 Bulb Garlic
- 5 Bananas
- 2 Lemons
- Punnet Strawberries
- 1 Avocado
- 2 Tomatoes
- 1 Cucumber
- 2 Bell Peppers
- 1 Red Onion
- 3 Limes
- 2 Sweet Potatoes
- 2 Zucchini
- 2 Boxes Cherry Tomatoes
- 2 Carrots
- 1 Broccoli
- Bunch Rocket
- Sweet Corn

Frozen

- Red Berries
- Green Peas

Non Dairy / Condiments

- Almond Milk
- Coconut Milk
- Coconut Milk (Light)
- Coconut Yoghurt
- Vegan Parmesan
- Tempeh
- 2 Cans Diced Tomatoes
- 2 Cans Chickpeas
- Jar Black Olives
- Maple Syrup
- Vegan Mayo
- Natural Peanut Butter
- Natural Almond Butter
- Rice Wine Vinegar
- Tamari
- Jar Roasted Peppers
- Balsamic Vinegar

Grains Seeds & Baking

- Quinoa
- White Rice
- Wild Rice Mix
- Brown Rice
- Brown Rice Pasta
- Porridge Oats
- Peanuts
- Sesame Seeds
- Chia Seeds
- Walnuts
- Roasted Almonds
- Dates

Baking

- Spelt Flour
- Oat Flour
- Baking Powder
- Baking Soda
- Almond Meal
- Dessicated Coconut

Spices & Misc

- Ginger
- Smoked Paprika
- Chilli Flakes
- Dried Parsley
- Olive Oil
- Coconut Oil
- Sesame Oil
- Brown Sugar
- Seed Bread
- Vegan Vanilla Protein Powder
- Nori
- Thai Red Curry Paste
- Vegetable Stock Cubes

HERBS

- 2 Bunches Parsley
- 2 Bunches Mint
- 1 Bunch Coriander
- 1 Bunch Chives



Monday

BREAKFAST
Banana
Breakfast Oats

LUNCH
Green Beans &
Cherry Tomato
Salad

SNACK
Vegan
Matcha Energy
Balls

DINNER
Wild Rice,
Tomato & Rocket
Balsamic Salad

Tuesday

BREAKFAST
Chickpeas on
Toast

LUNCH
Potato &
Sundried Tomato
Salad

SNACK
Vegan
Energy Balls

DINNER
Sweet Potato &
Bean Bake

Wednesday

BREAKFAST
Carrot Pancakes
w/ Almond
Caramel

LUNCH
Leftover Sweet
Potato & Bean
Bake

SNACK
Green Pea &
Mint Dip

DINNER
Sesame Tempeh
Stir-fry

Thursday

BREAKFAST
Chickpea
Scramble

LUNCH
Vegan "Tuna"
Salad

SNACK
Matcha
Energy Balls

DINNER
Tempeh
Bolognese

Friday

BREAKFAST
Oat & Banana
Smoothie

LUNCH
Leftover Tempeh
Bolognese

SNACK
Vegan Oat
Cookie

DINNER
Aubergine &
Tomato Pasta

Saturday

BREAKFAST
Carrot Pancakes
w/ Almond
Caramel

LUNCH
Vegan "Tuna"
Salad

SNACK
Vegan Oat
Cookie

DINNER
Garlic Zucchini
& Tomato
Pasta

Sunday

 BREAKFAST
Enjoy a Sunday
Breakfast out at
your fav cafe

LUNCH
Potato &
Sundried Tomato
Salad

SNACK
Roasted Miso
Potato

DINNER
Roasted Sweet
Potato, Quinoa &
Bean Burger

Fruits & Vegetables

- 5 Onions
- 1 Zucchini
- 2 Aubergines
- 2 Red Bell Peppers
- 2 Bulbs Garlic
- Spinach
- 1 Avocado
- 2 Bananas
- 2 Lemons
- 2 Carrots
- Punnet Berries
- 4 oz Green Beans
- Punnet Cherry Tomatoes
- 1 bag Baby Potatoes

Non Dairy / Condiments

- Almond Milk
- Tempeh
- Vegan Cheese
- Coconut Yoghurt
- 2 Cans Chickpeas
- Peanut Butter
- Almond Butter
- 1 Jar Green Olives
- 1 Jar Sundried Tomatoes
- 1 small Jar Capers
- Wholegrain Mustard
- 3oz Apple Cider Vinegar
- 1 Can Kidney Beans
- 3 Cans Chickpeas
- Tahini
- 2 Cans Diced Tomatoes
- 1 Can Tomato Puree
- 2 Cans Black Beans

Grains Seeds & Baking

- Quinoa
- Rolled Oats
- Oat Milk
- Pasta
- Sesame Seeds
- Oat Flour
- Coconut Flour
- Baking Soda
- Almond Meal
- Desiccated Coconut
- Raw Cacao

Spices & Misc

- Tumeric
- Paprika
- Smoked Paprika
- Cinnamon
- Nutmeg
- Dried Rosemary
- Chilli Flakes
- Mixed Herbs
- Cumin
- Olive Oil
- Coconut Oil
- Maple Syrup
- Coconut Sugar
- Vegan Vanilla Protein Powder
- Vegan Chocolate Protein Powder
- Matcha Powder

HERBS

- 2 Bunches Parsley
- 1 Bunch Coriander
- 1 Bunch Basil





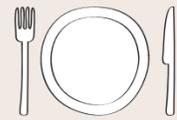
Baked
Blueberry
Oatmeal

Nutrition & Prep Info

Baked Blueberry Oatmeal



Prep Time 15 Mins
Serves 4
Cook Time 35 Mins
Tastes Delicious



Nutrition Per Serving
473 cal
16g Protein
25g Fats
54g Carbs

WHAT YOU NEED

- 2 Bananas
- 2 cups rolled oats
- 1/2 cup unsweetened plant milk
- 1/2 cup almond butter
- 2 tsp ground cinnamon
- 1 tsp cardamom
- 1 tsp vanilla extract
- 4 tbsp pumpkin seeds -
- 1/2 cup frozen blueberries

HOW TO PREPARE YOUR BAKED BLUEBERRY OATMEAL

1. Preheat the oven to 356F
2. In a bowl, mash the banana with a fork until puréed.
3. Add the rest of the ingredients except the blueberries. Stir to combine, then pour in the blueberries (saving some to add on top)
4. Transfer the mixture to a baking dish lined with parchment paper (or greased). Add some blueberries on top and then bake in the oven for 25 minutes until the top is golden. Remove the baked oatmeal from the oven and let cool for a few minutes.
5. Serve warm with plant milk or other optional toppings.



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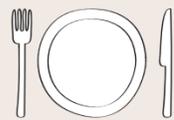


*Chick Pea
Scramble*

Nutrition & Prep Info



Prep Time 10 Mins
Serves 2
Cook Time 10 Mins
Great for Breakfast



Nutrition Per Serving
417 kcal
19g Protein
15g Fats
56g Carbs

Chickpea Scramble

WHAT YOU NEED

2 cups (330g) canned chickpeas, drained
½ tsp. turmeric
½ tsp. paprika
2 tsp. olive oil
1 small onion, finely diced
2 cloves garlic, minced
½ tsp. paprika
8 oz. (230g) spinach
½ avocado

HOW TO PREPARE YOUR CHICKPEA SCRAMBLE

Mash the chickpeas with a fork, leaving some whole. Mix in the turmeric and paprika, and season with salt and pepper.

Heat the oil in a pan over medium-high heat and sauté the onion and garlic for 2-3 minutes, until fragrant.

Next, add in the mashed chickpeas and cook for another 5 minutes, then transfer to a bowl, cover with tin foil and set aside. Using the same pan wilt the spinach, adding a tablespoon of water.

Once ready, divide the spinach between 2 bowls, top with the chickpeas and serve with ¼ avocado.





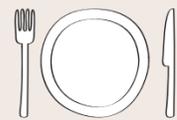
Banana
Breakfast
Oats

Nutrition & Prep Info

Banana Breakfast Oats



Prep Time 5 Mins
Serves 2
Cook Time 0 Mins
Quick & Easy



Nutrition Per Serving
381 kcal
10g Protein
12g Fats
60g Carbs

WHAT YOU NEED

1 cup (90g) oats
2 ripe bananas, mashed
2 tbsp. peanut butter
Your favorite nuts and seeds, to garnish
Your fav seasonal fruit, to garnish

Enjoy!

HOW TO PREPARE YOUR BANANA BREAKFAST OATS

Divide oats between two bowls and add 3 tbsp. of water into each bowl.

Add one mashed-up banana into each bowl and mix well to combine. Set aside for 10 minutes for the oats to soften.

Drizzle the oats with peanut butter and serve with the nuts and seeds and chopped fruit.

NOTE: garnishes (nuts, seeds, fruit) are not included in the nutrition information.



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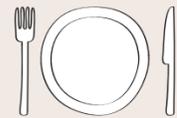
Banana &
Strawberry
Pancakes

Nutrition & Prep Info

Banana & Strawberry Pancakes



Prep Time 15 Mins
Serves 4
Cook Time 15 Mins
So Good!



Nutrition Per Serving
282 kcal
5g Protein
7g Fats
53g Carbs

WHAT YOU NEED

2 ripe bananas, mashed
1 cup (110g) spelt flour
1 tsp. baking powder
½ tsp. baking soda
1 tsp. lemon juice
¾ cup (180ml) almond milk
¾ cup (150g) strawberries, sliced
1 tbsp. coconut oil
4 tbsp. coconut yogurt
4 tbsp. maple syrup

HOW TO PREPARE YOUR BANANA & STRAWBERRY PANCAKES

Mash the banana with a fork and combine them with flour, baking powder, baking soda, and lemon juice. Next, slowly add in almond milk until you get a thick batter.

Finally, fold in the sliced strawberries, leaving some for garnish.

Heat some of the oil in a non-stick pan over medium heat, not too hot as then the pancakes will burn. Spoon a little less than ¼ cup of the batter per pancake (this will make around 8 pancakes).

Cook the pancakes for about 3 minutes on one side, then when bubbles start to appear flip and cook for another minute.

Serve the pancakes with a tablespoon of coconut yogurt and maple syrup, and garnish with remaining strawberries.

** Nutrition information is per 2 pancakes.





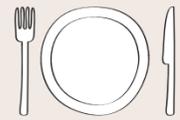
Carrot
Pancakes w/
Almond
Caramel

Nutrition & Prep Info

Coconut Pancakes w/ Almond Caramel



Prep Time 20 Mins
Serves 9
Cook Time 30 Mins
So Good!



Nutrition Per Serving
363 kcal
8g Protein
12g Fats
57g Carbs



WHAT YOU NEED

For pancakes:

1 rounded cup (140g) oat flour
1 tsp. cinnamon
¼ tsp. ground ginger
¼ tsp. ground nutmeg
1¼ tsp. baking powder
½ tsp. baking soda
¾ cup (180ml) oat milk
2 tbsp. almond butter
2 tsp. lemon juice
2 tbsp. maple syrup
1 cup (110g) carrots, grated
1 tbsp. coconut oil

For almond caramel:

¼ cup (60ml) maple syrup
2 tbsp. almond butter
pinch salt

HOW TO PREPARE YOUR COCONUT PANCAKES W/ ALMOND CARAMEL

In a bowl, combine flour, spices, baking powder and baking soda. Whisk in the almond milk, almond butter, lemon juice and maple syrup. Then add in the grated carrots and mix well.

Heat up a non-stick frying pan over medium heat and grease it lightly with some of the coconut oil.

Ladle 2 tablespoons of the pancake mix per pancake. Cook each pancake for about 2 minutes on one side, then flip and another 1-2 minutes on the other side.

Serve with almond caramel sauce.

To make the almond caramel:

Heat up the maple syrup in a small pot over low heat. When it starts to boil gently, take it off the heat and stir in the almond butter with a pinch of salt.

Return the pan on the heat and simmer, stirring the caramel for another minute until thickened. Serves as a pancake topping.



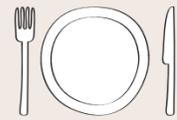
Protein
Berry
Smoothie
Bowl

Nutrition & Prep Info

Protein Berry Smoothie Bowl



Prep Time 5 Mins
Serves 1
Cook Time 0 Mins
Quick & Easy



Nutrition Per Serving
297 kcal
23g Protein
2g Fats
49g Carbs

WHAT YOU NEED

1 cup (150g) frozen red berries
1 small banana, frozen
¼ cup (60ml) coconut milk
1 scoop vanilla vegan protein powder

HOW TO PREPARE YOUR PROTEIN BERRY SMOOTHIE BOWL

Place frozen berries and banana in a high-speed blender or food processor and blitz on low for about 30 seconds.

Add the milk and protein powder, and blend on low again, scraping down sides as needed, until the mixture reaches a soft-serve consistency. Add more milk if necessary, to reach desired consistency.

Transfer into a serving bowl and top with favorite toppings.

** Toppings are not included in nutrition information.





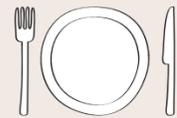
*Breakfast
Oat Cookies*

Nutrition & Prep Info

Breakfast Oat Cookies



Prep Time 10 Mins
Serves 9
Cook Time 20 Mins
Grab & Go



Nutrition Per Serving
137 kcal
3g Protein
6g Fats
17g Carbs

WHAT YOU NEED

1 cup (90g) rolled oats
1/3 cup (30g) almond meal
3 tbsp. desiccated coconut
1 tsp. cinnamon
1/4 tsp. baking soda
3 tbsp. almond butter
3 tbsp. maple syrup
1 medium ripe banana, mashed
handful fresh berries

HOW TO PREPARE YOUR BREAKFAST OAT COOKIES

Preheat the oven to 320°F (160°C) and line a baking tray with baking paper.

Place all the ingredients (apart from the berries) in a medium bowl and mix well, then place the mixture in the freezer for 10-15 minutes.

Using slightly wet hands, create 9 balls out of the mixture and place them on the baking tray and push them down to create cookie shapes. Gently press a few berries onto each cookie.

Bake for 20 minutes until golden and allow to cool completely before eating.



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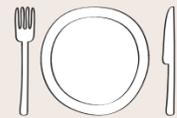
*Green Pea
&
Mint Dip*

Nutrition & Prep Info

Green Pea & Mint Dip



Prep Time 15 Mins
Serves 4
Cook Time 0 Mins



Nutrition Per Serving
92 kcal
4g Protein
4g Fats
11g Carbs

WHAT YOU NEED

1 $\frac{2}{3}$ cups (250g) green peas, frozen
1 clove garlic
2 tbsp. lemon juice
 $\frac{1}{2}$ avocado
2-3 sprigs fresh mint, leaves only

HOW TO PREPARE YOUR GREEN PEA & MINT DIP

Place frozen peas in a bowl and cover with boiling water. Let them stand for a few minutes until defrosted, then drain and transfer to a food processor or high speed blender.

Add in the garlic, lemon juice, avocado, mint leaves, and season with salt and pepper. Blend until smooth. Add 1-2 tbsp. of cold water if the dip is too thick. Taste and adjust seasoning to your taste.

** Serving Suggestion, not included in nutrition info
Serve as a dip with fresh vegetables, crisps, crackers or pita.





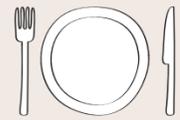
Sundried
Tomato
Hummus

Nutrition & Prep Info

Sundried Tomato Hummus



Prep Time 5 Mins
Serves 4
Cook Time 0 Mins



Nutrition Per Serving
181 kcal
6g Protein
10g Fats
18g Carbs

WHAT YOU NEED

1½ cups (250g) chickpeas,
drained
¼ cup (45g) sun-dried
tomatoes in oil
1 clove garlic
½ lemon, juiced
2 tbsp. olive oil
½ teaspoon salt
¼ cup (60ml) water

HOW TO PREPARE YOUR SUNDRIED TOMATO HUMMUS

Add all the ingredients, except for the water, into a food processor and blend until creamy, stopping once to scrape down the sides.

Check for texture and consistency and add water as necessary. Serve with raw veggies, crackers, or chips.



DF V GF



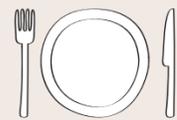
Very
Yummy
Babaghanoush

Nutrition & Prep Info

Very Yummy Babaghanoush



Prep Time 20 Mins
Serves 6
Cook Time 35 Mins



Nutrition Per Serving
154 kcal
5g Protein
10g Fats
12g Carbs

WHAT YOU NEED

2 medium eggplant
2 cloves garlic, crushed
1 lemon, juiced
4 tbsp. tahini
2 tbsp. olive oil
½ tsp. ground cumin
smoked paprika
1 tbsp. parsley, chopped

HOW TO PREPARE YOUR VERY YUMMY BABAGHANOUSH

Preheat the oven to 450°F (230°C). Line a large baking tray with baking paper.

Halve the eggplant lengthwise and brush the cut sides lightly with olive oil. Place them in the prepared tray with the halved sides down, roasting them for 35-40 minutes until the flesh is very tender. (Eggplant/Aubergine) Once eggplants are cooked, set them aside to cool, then scoop out the flesh with a spoon, discarding the skin.

Place the flesh on a sieve and leave for a bit (the longer, the better) to allow all the excess liquid to drain away.

Place the flesh in a bowl, add the garlic, lemon juice, tahini, olive oil, and cumin. Mash everything with a fork, and continue stirring and mashing until the mixture is creamy—season to taste with salt.

Garnish with smoked paprika & chopped parsley



DF V GF

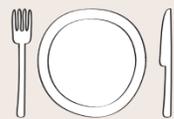


Quinoa
Tabbouleh

Nutrition & Prep Info



Prep Time 10 Mins
Serves 4
Cook Time 15 Mins



Nutrition Per Serving
272 kcal
8g Protein
10g Fats
42g Carbs

Quinoa Tabbouleh

WHAT YOU NEED

1 cup (170g) quinoa
2 medium tomatoes,
finely diced
1 small cucumber, finely
diced
1 bell pepper, finely diced
1 red onion, finely diced
 $\frac{2}{3}$ cup (15g) parsley,
chopped
 $\frac{2}{3}$ cup (15g) mint,
chopped
juice of 2 limes
2 tbsp. olive oil

HOW TO PREPARE YOUR QUINOA TABBOULEH

Cook the quinoa according to instructions on the packaging. Once cooked, place in a large salad bowl.

Finely dice the vegetables and chop the fresh herbs, then add to the salad bowl.

Squeeze in the lime juice, drizzle with olive oil and season to taste with salt and pepper. Mix everything well until combined.

Serves as a salad or side dish. Store covered and refrigerated for up to 3 days.





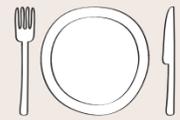
Green Beans
& Cherry
Tomato Salad

Nutrition & Prep Info

Green Beans & Cherry Tomato Salad



Prep Time 15 Mins
Serves 4
Cook Time 5 Mins



Nutrition Per Serving
163 kcal
2g Protein
14g Fats
10g Carbs

WHAT YOU NEED

1 lb. (450g) green beans
1 cup (150g) cherry tomatoes

For the dressing:

1 clove garlic, minced
 $\frac{1}{3}$ cup (15g) coriander, chopped
2 tbsp. lemon juice
 $\frac{1}{4}$ cup (60ml) olive oil

HOW TO PREPARE YOUR GREEN BEANS & CHERRY TOMATO SALAD

Trim the stem end of the green beans. Bring water to a boil in a large pot, and cook the beans for 3 minutes. Then drain and rinse with cold water, allowing them to cool completely.

Half the cherry tomatoes and place in a salad bowl. Once beans are cool cut them into 1-2 inch pieces and add to the salad bowl.

Make the dressing by placing the dressing ingredients in a food processor. Pulse until a smooth sauce has formed. Season to taste with salt and pepper.

Add the sauce to the green beans and tomatoes and mix well until coated. Serve immediately as a salad or side dish. Store covered in the fridge for 2-3 days.



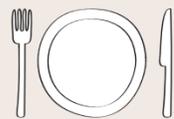


*Vegan "Tuna"
Salad*

Nutrition & Prep Info



Prep Time 10 Mins
Serves 1
Cook Time 0 Mins



Nutrition Per Serving
255 kcal
10g Protein
9g Fats
35g Carbs

Vegan "Tuna" Salad

WHAT YOU NEED

2 ½ cups (400g)
chickpeas, drained
2 nori sheets
2 tbsp. vegan mayo (or
tahini)
2 tbsp. lemon juice
1 cup (175g) sweetcorn,
drained
1 small onion, finely diced

HOW TO PREPARE YOUR VEGAN "TUNA" SALAD

Place chickpeas in a bowl and mash them with a fork, leaving some bigger parts for more texture.

Blend the nori sheet in a high-speed blender until you get nori flakes. And add it to the chickpeas. Add the rest of the ingredients and stir until well combined.

Serve on its own, or a filling for sandwiches and jacket potatoes. Store in the fridge for up to 4-5 days.





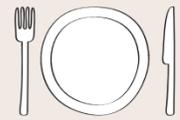
Potato &
Sun-dried Tomato
Salad

Nutrition & Prep Info

Potato & Sundried Tomato Salad



Prep Time 10 Mins
Serves 4
Cook Time 20 Mins



Nutrition Per Serving
161 kcal
4g Protein
9g Fats
17g Carbs

WHAT YOU NEED

1 lb. (450g) baby potatoes
½ cup (90g) green olives,
halved
½ cup (70g) sun-dried
tomatoes, drained,
roughly chopped
2 tbsp. capers, drained
handful chives, chopped
1 tbsp. oil from sun-dried
tomatoes
1 tbsp. wholegrain
mustard
1 tbsp. apple cider
vinegar

HOW TO PREPARE YOUR POTATO & SUNDRIED TOMATO SALAD

Place the potatoes in a pot of salted water and bring to a boil, lower the heat and simmer for about 20 minutes. Once cooked, drain and rinse in cold water. Once slightly cooled, peel, halve and place them in a bowl.

Add in the olives, sun-dried tomatoes, capers, and chives. Next, mix the oil for the tomatoes, mustard, and apple cider vinegar and drizzle over the salad. Season to taste with salt and pepper, mix well and serve.



DF V GF LC



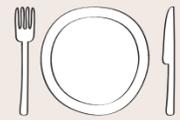
Wild Rice,
Tomato & Rocket
Balsamic
Salad

Nutrition & Prep Info

Wild Rice, Tomato & Rocket Balsamic Salad



Prep Time 10 Mins
Serves 4
Cook Time 20 Mins



Nutrition Per Serving
288 kcal
7g Protein
9g Fats
44g Carbs

WHAT YOU NEED

1 cup (185g) wild rice
160g roasted peppers,
drained, chopped
¼ cup (30g) roasted
almonds, chopped
1 cup (150g) cherry
tomatoes, halved
2 oz. (60g) rocket
1 tbsp. balsamic vinegar
1 tbsp. olive oil
½ tsp. chilli flakes

HOW TO PREPARE YOUR WILD RICE, TOMATO & ROCKET BALSAMIC SALAD

Cook the rice according to instructions on the packaging.
Once cooked, place in a large bowl.

Add in the peppers, almonds, tomatoes, and rocket. Drizzle with vinegar and oil, add chili flakes—season to taste with salt and pepper and mix until well combined, before serving.



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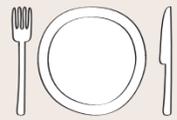
*Sweet Potato,
Quinoa & Bean
Burger*

Nutrition & Prep Info

Sweet Potato, Quinoa & Bean Burger



Prep Time 10 Mins
Serves 4
Cook Time 55 Mins



Nutrition Per Serving
171 kcal
5g Protein
6g Fats
22g Carbs

WHAT YOU NEED

1 sweet potato
1/3 cup (60g) quinoa, raw
14 oz. (400g) can kidney beans, drained
1 tsp. rosemary
1/2 tsp. chili flakes
1 1/2 tbsp. olive oil

HOW TO PREPARE YOUR SWEET POTATO, QUINOA & BEAN BURGER

Preheat oven to 410°F (210°C) peel & cut the sweet potato into 3/4 inch (2cm) pieces. Place it in an ovenproof dish, drizzle with 1/2 tbsp. olive oil and season with salt & pepper, rosemary, and chili flakes. Bake for 25-30 minutes.

Once potatoes are cooked, allow them to cool slightly. Place in a bowl, and mash the flesh with a fork. Add in the drained beans and also mash with a fork.

Cook quinoa according to instructions on the packaging. Once cooked, transfer to the mashed beans and potato, season with salt & pepper, and mix well.

Using slightly wet hands, form 4 burgers and grease each one with the remaining olive oil. Place on a baking tray lined with tin foil and bake for 20-25 minutes in 410°F (210°C).



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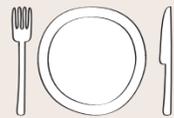


*Curried Tofu
Salad*

Nutrition & Prep Info



Prep Time 15 Mins
Serves 4
Cook Time 0 Mins



Nutrition Per Serving
178 kcal
6g Protein
13g Fats
11g Carbs

Curried Tofu Salad

WHAT YOU NEED

7 oz. (200g) tofu, drained, crumbled
2 celery sticks, chopped
1 small onion, diced
¼ cup (30g) almonds, chopped
¼ cup (30g) raisins
3 tbsp. vegan mayonnaise
1 tsp. curry powder
1 tbsp. dill, chopped

HOW TO PREPARE YOUR CURRIED TOFU SALAD

Crumble the tofu into a bowl. Add in the rest of the ingredients, season with salt & pepper, and stir well to combine.

Store in the fridge for up to 4-5 days.



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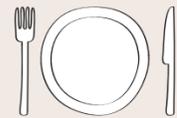
*Roasted Miso
Potatoes*

Nutrition & Prep Info

Roasted Miso Potatoes



Prep Time 10 Mins
Serves 4
Cook Time 30 Mins



Nutrition Per Serving
220 kcal
4g Protein
6g Fats
38g Carbs

WHAT YOU NEED

21 oz. (600g) sweet potato
1 tbsp. olive oil
handful coriander, chopped
2 tbsp. almonds, chopped

For the sauce:

2 tbsp. white miso paste
1 tbsp. rice vinegar
1 tbsp. maple syrup
2 tsp. sriracha
1 tbsp. soy yogurt

HOW TO PREPARE YOUR ROASTED MISO POTATOES

Wash the potatoes and cut them into wedges. Place them on a baking tray and drizzle with olive oil. Season with salt & pepper. Cook for 30 minutes or until soft and charred.

In the meantime, combine all the sauce ingredients in a small bowl.

Once potatoes are cooked, arrange them on a serving dish, drizzle with the sauce and top with chopped almonds and coriander.



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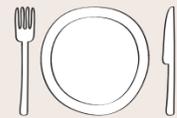
Roasted Sweet
Potato, Kale &
Quinoa Superfood
Bowl

Nutrition & Prep Info

Roasted Sweet Potato, Kale & Quinoa Superfood Bowl



Prep Time 20 Mins
Serves 4
Cook Time 40 Mins



Nutrition Per Serving
224 kcal
6g Protein
8g Fats
33g Carbs

WHAT YOU NEED

2 medium sweet potatoes, chopped into cubes
2 tbsp. olive oil
½ cup (85g) quinoa, uncooked
1 red onion, cut into wedges
2 cloves garlic, minced
1 bunch curly kale, de-stemmed and torn into pieces
2 tbsp. balsamic vinegar
1 tsp. thyme

HOW TO PREPARE YOUR SUPERFOOD BOWL

Preheat oven to 400°F (200°C).

Place sweet potatoes in baking dish and drizzle with 1 tbsp. oil. Season to taste with salt and pepper. Bake in the oven for 25-30 minutes until tender. Then set aside to cool.

In the meantime, cook quinoa according to instructions on the packaging. Once cooked, set aside to cool.

Meanwhile, heat the remaining 1 tbsp. of oil in a large skillet over medium heat. Cook the onion and garlic, for about 10 minutes, until golden brown. Stir in the kale and continue cooking until wilted. Transfer the kale mixture to a large bowl and set aside to cool.

Once all the ingredients have cooled, add in the sweet potatoes and quinoa to the large bowl. Drizzle with balsamic vinegar and season to taste with salt and ground pepper. Stir to combine and serve.



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*Red Sweet
Potato Curry*

Nutrition & Prep Info



Prep Time 10 Mins
Serves 4
Cook Time 35 Mins



Nutrition Per Serving
459 kcal
13g Protein
18g Fats
62g Carbs



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Red Sweet Potato Curry

WHAT YOU NEED

2 tsp. coconut oil
1 white onion, diced
2 cloves garlic, minced
4 tbsp. Thai red curry paste
2 sweet potatoes, peeled and diced
14oz. (400g) can chopped tomatoes
1 cup (240ml) vegetable stock
¼ cup (65g) smooth natural peanut butter
½ cup (120ml) canned coconut milk, light
juice of 1 lime
3 cups (480g) cooked white rice
¼ cup (30g) peanuts, chopped
handful coriander, chopped

HOW TO PREPARE YOUR RED SWEET POTATO CURRY

Heat the coconut oil over medium heat in large pan. Add the onion and cook for around 5 minutes until soft.

Next add the garlic and red curry paste and stir well. Add the sweet potatoes, chopped tomatoes, vegetable broth, and season with salt and pepper. Bring to a boil, then reduce the heat to medium-low and simmer for 30 to 35 minutes until the sweet potatoes are tender.

In a small bowl, whisk together the peanut butter and coconut milk. Pour into the pan and stir well to combine.

Remove from the heat, squeeze in lime juice, mix well and serve with the cooked rice. Garnish with the chopped peanuts and coriander.



*Garlic Zucchini
& Tomato Pasta*

Nutrition & Prep Info

Garlic Zucchini & Tomato Pasta



Prep Time 5 Mins
Serves 4
Cook Time 10 Mins



Nutrition Per Serving
276 kcal
8g Protein
7g Fats
48g Carbs

WHAT YOU NEED

4 cups (220g) brown rice pasta, cooked
2 medium zucchini, spiralled
1 tbsp. olive oil
1 cup (150g) cherry tomatoes, halved
2 cloves garlic, crushed
1 tsp. smoked paprika
chilli flakes, to taste
2 tsp. parsley dried
4 tbsp. vegan parmesan, grated (optional)

HOW TO PREPARE YOUR GARLIC ZUCCHINI & TOMATO PASTA

Cook the pasta according to instructions on the packaging.

Heat olive oil over medium heat in a pan and sauté the zucchini and cherry tomatoes for 2-3 minutes. Season with salt and pepper, add in the crushed garlic and cook for another 2 minutes.

Add in the cooked pasta and mix well—season with smoked paprika and chili flakes.

Divide between bowls and top with vegan parmesan cheese and dried parsley.



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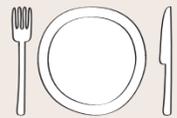


*Sesame Temppeh
Stir-Fry*

Nutrition & Prep Info



Prep Time 10 Mins
Serves 4
Cook Time 20 Mins



Nutrition Per Serving
507 kcal
17g Protein
13g Fats
54g Carbs



Sesame Tempeh Stir-Fry

WHAT YOU NEED

7 oz. (200g) tempeh, cut into cubes

1 tbsp. olive oil

1 tbsp. ginger, grated

2 cloves garlic, crushed

1 tbsp. sesame oil

1 tbsp. rice wine vinegar

3 tbsp. tamari (or soy sauce)

2 tbsp. maple syrup

2 carrots, chopped or cut into thin strips

½ broccoli head, florets

1 bell pepper, sliced

1 tbsp. sesame seeds, to garnish

spring onion or chives, to garnish

3 cups (585g), brown rice, cooked

HOW TO PREPARE YOUR SESAME TEMPEH STIR-FRY

Heat the olive oil in a pan over medium-high heat and cook the tempeh for about 6 minutes, occasionally stirring until browned on each side.

In the meantime, prepare the sauce by mixing ginger, garlic, sesame oil, rice wine vinegar, soy sauce, and maple syrup in a bowl.

Add half the sauce to the pan with the tempeh, mix until coated, then remove it from the pan and set it aside.

Add the carrots, broccoli and pepper, and remaining sauce to the pan and cook for about 5 minutes, or until veggies are tender.

Next, add in the tempeh and cook for another 3-5 minutes or until the vegetables are cooked through.

Once ready, serve with $\frac{3}{4}$ cup cooked brown rice, sesame seeds, and sliced spring onion or chives.

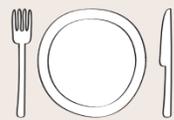


*Aubergine &
Tomato Pasta*

Nutrition & Prep Info



Prep Time 10 Mins
Serves 4
Cook Time 30 Mins



Nutrition Per Serving
459 kcal
14g Protein
11g Fats
76g Carbs



Aubergine & Tomato Pasta

WHAT YOU NEED

3 cups (300g) pasta,
uncooked
2 eggplant, cut into bite-
size pieces
1 tbsp. olive oil
1 tbsp. oil from sun-dried
tomatoes
14 oz. (400g) can
chopped tomatoes
10 sun-dried tomatoes,
drained
3 cloves garlic, minced
1 onion, diced
2 tbsp. tomato puree
1 tsp. coconut sugar
2 tsp. mixed herbs

HOW TO PREPARE YOUR AUBERGINE & TOMATO PASTA

Preheat the oven to 375°F (190°C). Cook pasta according to instructions on the packaging.

Place the cut eggplant on a baking tray lined with baking paper and drizzle with 1 tbsp. of oil. Season with salt and cook in the oven for 35 minutes, until soft. (Eggplant/Aubergine)

While the eggplant is cooking, heat 1 tbsp. of the sun-dried tomato oil in a pan over medium heat. Sauté the onion and garlic for around 5 minutes.

Next, add in the tomato puree, mixed herbs, and sun-dried tomatoes. Mix well and continue cooking for 2 minutes. Then add the chopped tomatoes and sugar. Reduce the heat and simmer until the eggplant is ready.

Once pasta and eggplant are ready, mix everything, and serve.



*Vegetable &
Tahini Bake*

Nutrition & Prep Info

Vegetable & Tahini Bake



Prep Time 10 Mins
Serves 4
Cook Time 35 Mins



Nutrition Per Serving
260 kcal
11g Protein
13g Fats
26g Carbs

WHAT YOU NEED

1 onion, sliced
1 zucchini, sliced
1 red bell pepper, sliced
1 cup (265g) chickpeas,
drained
1 tbsp. olive oil
3 tbsp. tahini
1 lemon, juice only
3 tbsp. almond milk
1 tbsp. sesame seeds
handful coriander,
chopped

HOW TO PREPARE YOUR VEGETABLE & TAHINI BAKE

Preheat oven to 190°C (375°F).

Place the chopped vegetables in a baking tray, drizzle with olive oil and season with salt and pepper. Mix well and cook in the oven for 35 minutes or until vegetables are cooked.

In a small bowl, mix the tahini, lemon juice, milk, and sesame seeds, then set aside.

Once vegetables are cooked, mix them with the tahini sauce and serve with fresh coriander.



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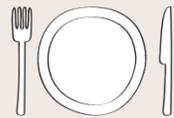


*Tempah
Bolognese*

Nutrition & Prep Info



Prep Time 10 Mins
Serves 4
Cook Time 45 Mins



Nutrition Per Serving
413 kcal
19g Protein
10g Fats
62g Carbs

Tempeh Bolognese

WHAT YOU NEED

8 oz. (225g) linguine
1 tbsp. olive oil
3 cloves garlic, minced
1 medium onion, chopped
1 red bell pepper, chopped
7 oz. (200g) tempeh,
crumbled
14 oz. (400g) can chopped
tomatoes
2 tbsp. tomato puree
1 tbsp. apple vinegar
1 tsp. mixed herbs
fresh basil, for serving

HOW TO PREPARE YOUR TEMPEH BOLOGNESE

Cook pasta according to instructions on the packaging.

Heat olive oil over medium-high heat in a large pan. Add garlic and onion and sauté until fragrant, for about 3-4 minutes. Add in bell pepper and crumbled tempeh and sauté for another 5 minutes.

Reduce heat to medium-low and add chopped tomatoes, tomato puree, vinegar and mixed herbs – season with salt and pepper. Bring to boil and let it simmer for 5-6 minutes or until heated through.

To serve, divide pasta and Bolognese between plates and garnish with basil.



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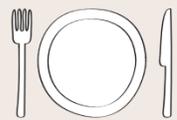


Tofu Pad Thai

Nutrition & Prep Info



Prep Time 15 Mins
Serves 4
Cook Time 15 Mins



Nutrition Per Serving
469 kcal
15g Protein
18g Fats
68g Carbs



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Tofu Pad Thai

WHAT YOU NEED

For the sauce:

¼ cup (60ml) tamari
¼ cup (60ml) maple syrup
3 tbsp. water
2 tbsp. rice vinegar
2 tbsp. peanut butter
1 tbsp. sriracha

For the tofu:

7 oz. (200g) firm tofu, cubed
1 tbsp. flour
1 tbsp. coconut oil

For the Pad Thai:

8 oz. (225g) thick rice noodles
1 tbsp. coconut oil
2 shallots, chopped
2 large carrots, sliced into ribbons or matchsticks
3 cloves garlic, minced
2 handfuls bean sprouts
3 spring onions, sliced (green part)
¼ cup (30g) peanuts, chopped, to serve
1 lime, cut into wedges

HOW TO PREPARE YOUR TOFU PAD THAI

Mix all the sauce ingredients in a bowl and set aside. In a large bowl, toss the tofu with flour and season with salt making sure all sides are coated and set aside.

Cook the noodles according to instructions on the packaging.

Heat the coconut oil in a wok or large skillet over medium-high heat. Add the prepared tofu cubes and cook for 1-2 minutes until brown. Remove from heat and set aside.

Now add the shallots, carrots, and garlic to the wok. Stir fry for 1-2 minutes until softened, add in the earlier prepared sauce and noodles, and cook for 1 minute.

Next, add in the tofu and bean sprouts, and gently mix until well combined. Remove from heat and top with the green part of the spring onions. Serve with peanuts and lime wedges.

PRESSING TOFU:

Wrap a block of tofu in a few paper towels and place it on a plate. Place a cast-iron skillet on top (or something heavy) and let it drain for about 15 minutes or more. Pat dry to remove excess moisture on the surface.



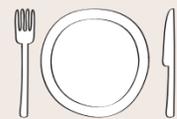
Quick Vegetable
Stir-Fry

Nutrition & Prep Info

Quick Vegetable Stir-Fry



Prep Time 10 Mins
Serves 4
Cook Time 15 Mins



Nutrition Per Serving
273 kcal
6g Protein
8g Fats
45g Carbs

WHAT YOU NEED

1 tbsp. tahini
1 tbsp. toasted sesame oil
1 tsp. white miso paste
1 lime, juiced

For the stir-fry:

6 $\frac{1}{3}$ oz. (180g) rice noodles
1 tsp. toasted sesame oil
1 large carrot, spiralled
1 zucchini, spiralled
 $\frac{1}{2}$ cup green peas, frozen
1 tbsp. sesame seeds
coriander, to serve

HOW TO PREPARE YOUR QUICK VEGETABLE STIR-FRY

Mix all the sauce ingredients.

Cook noodles according to instructions on the packaging, then set aside.

Spiral the carrot and zucchini. However, if you don't have a spiraliser, then just grate them using the large holes.

Heat 1 tsp. of sesame oil in a large skillet over medium heat. Add in the carrot and zucchini noodles and cook for 3-4 minutes. Next, add in the green peas, sesame seeds, and cooked noodles. Mix well and cook for another 3-4 minutes.

Finally, add in the sauce and cook for a final 2-3 minutes until warmed through. Serve with fresh coriander.



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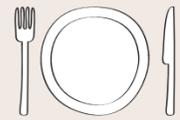
Roasted
Aubergine &
Tomato Stew

Nutrition & Prep Info

Roasted Aubergine & Tomato Stew



Prep Time 5 Mins
Serves 4
Cook Time 50 Mins



Nutrition Per Serving
260 kcal
10g Protein
9g Fats
34g Carbs

WHAT YOU NEED

2 tbsp. olive oil
2 medium eggplant, cut into bite-size pieces
2 cups (330g) cherry tomatoes
14oz. (400g) can chopped tomatoes
14oz. (400g) can chickpeas, drained
1 medium onion, chopped
2 cloves garlic, chopped
4 tbsp. tomato puree
1 tbsp. apple cider vinegar
2 tsp. mixed herbs
handful parsley, chopped

HOW TO PREPARE YOUR ROASTED AUBERGINE & TOMATO STEW

Pre-heat the oven to 400°F (200°C). Place the cut eggplant into a baking dish and drizzle with 1 tbsp. olive oil and season with salt. Cook in the oven for 40 minutes until soft. In the meantime, heat the remaining 1 tbsp. oil in a large skillet over medium heat. (Eggplant/Aubergine)
Add the onion and garlic, season with salt and pepper, and cook for 5-6 minutes until soft—then add in the mixed herbs, tomato puree, and cook for another 2 minutes.

Next, add in the chopped tomatoes, vinegar, chickpeas, and cherry tomatoes. Bring to boil, then reduce heat and continue simmering until the eggplant is ready.

Once the eggplant is soft, add into the tomato sauce and mix well. Serve with rice and chopped parsley.



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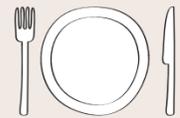
Spicy
Cauliflower &
Chickpea Rice
Bowl

Nutrition & Prep Info

Spicy Cauliflower & Chickpea Rice Bowl



Prep Time 10 Mins
Serves 4
Cook Time 25 Mins



Nutrition Per Serving
380 kcal
13g Protein
11g Fats
57g Carbs



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WHAT YOU NEED

1 medium cauliflower,
broken into florets
14 oz. (400g) can chickpeas,
drained
1 tbsp. olive oil
3 cups cooked rice

For the sauce:

2 tbsp. sriracha
2 tbsp. tamari
1 tbsp. maple syrup
2 tsp. apple cider vinegar
2 tsp. fresh ginger, minced
2 cloves garlic, minced
1 tsp. sesame oil
2 green onions, chopped
¼ cup (30g) peanuts,
chopped

HOW TO PREPARE YOUR SPICY CAULIFLOWER & CHICKPEA RICE BOWL

Preheat oven to 230°C (450°F) and prepare a baking dish or tray.

Break the cauliflower into bite-size florets and place them on the tray along with drained chickpeas. Drizzle with olive oil and season to taste with sea salt and pepper—bake in the oven for 20 minutes.

In the meantime, prepare the sauce by mixing all the sauce ingredients in a small bowl.

Once cauliflower and chickpeas are roasted, remove from oven and mix with the earlier prepared sauce.

Increase the oven temperature to broil, return the tray into the oven and cook for about another 5 minutes.

Remove from the oven, divide between bowls and serve with a portion of rice.



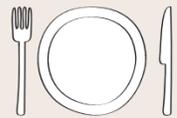
*Sweet Potato &
Bean bake*

Nutrition & Prep Info

Sweet Potato & Bean Bake



Prep Time 30 Mins
Serves 6
Cook Time 75 Mins



Nutrition Per Serving
361 kcal
9g Protein
17g Fats
44g Carbs



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WHAT YOU NEED

2 large sweet potatoes,
peeled
2x 14 oz. (400g) cans black
beans, drained
7 oz. (200g) vegan cheese,
grated
handful parsley, chopped

For the sauce:

1 tbsp. olive oil,
1 onion, diced
3 cloves garlic, minced
1 tsp. ground cumin, more
to season layers
2 tsp. smoked paprika, more
to season layers
1 tsp. mixed herbs, more to
season layers
14 oz. (400g) can chopped
tomatoes
¼ cup (60ml) tomato puree

HOW TO PREPARE YOUR SWEET POTATO & BEAN BAKE

Firstly, prepare the tomato sauce. Heat the olive oil in a large pan over medium-high heat.

Add the diced onion and garlic and fry until fragrant, 3-4 minutes. Next, add in the spices and herbs and cook for another minute, stirring.

Add in the chopped tomatoes and tomato puree, and season with salt and pepper to taste. Bring to boil and then reduce heat to low and simmer for 15-20 minutes until the sauce is reduced and thickens.

Preheat the oven to 355°F (180°C). Spread half of the tomato at the bottom of a baking dish.

Slice the sweet potatoes into 0.1" (3mm) thin slices and try to make each slice the same thickness.

Place a layer of sweet potato on the tomato sauce overlapping slightly—season with salt, herbs, and smoked paprika.

Next, spread 1 can of black beans on top of the potato. Follow with another layer of sweet potato, and season with salt, herbs, and smoked paprika.

Spread the second can of black beans followed with a third layer of sweet potato. Again season with salt, herbs, and smoked paprika.

Finally, top with the remaining tomato sauce. Cover with a piece of tin foil and bake for about 40-50 minutes, until the sweet potato is cooked through.

Sprinkle with grated vegan cheese and bake without cover for another 10-15 minutes, until the cheese has melted.



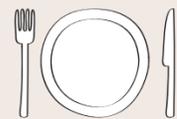
*Oat & Banana
Smoothie*

Nutrition & Prep Info

Oat & Banana Smoothie



Prep Time 5 Mins
Serves 1
Cook Time 0 Mins



Nutrition Per Serving
291 kcal
6g Protein
7g Fats
54g Carbs

WHAT YOU NEED

2 tbsp. rolled oats
3 tbsp. hot water
1 banana, sliced & frozen
1 tbsp. flaxseed meal
1 tbsp. maple syrup
1 cup (240ml) almond milk,
unsweetened

HOW TO PREPARE YOUR OAT & BANANA SMOOTHIE

Soak the oats in the water for a few minutes until softened.

Then place all the ingredients in a blender and blitz until smooth. Serve immediately.

** Great as a Pre-Workout Smoothie



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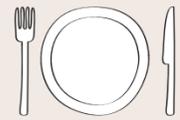
*Chocolate
Protein
Smoothie*

Nutrition & Prep Info

Chocolate Protein Smoothie



Prep Time 5 Mins
Serves 1
Cook Time 0 Mins
Quick & Easy



Nutrition Per Serving
401 kcal
24g Protein
20g Fats
38g Carbs

WHAT YOU NEED

1 banana
¼ avocado
1 tbsp. almond butter
1 tbsp. raw cacao powder
2 tbsp. vegan chocolate protein powder
1 cup (240ml) almond milk, unsweetened

HOW TO PREPARE YOUR CHOCOLATE PROTEIN SMOOTHIE

Throw it all in a blender & blitz until smooth

Serve immediately



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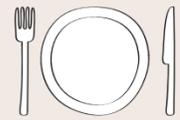


Vegan Nutella

Nutrition & Prep Info



Prep Time 10 Mins
Serves 16
Cook Time 0 Mins



Nutrition Per Serving
119 kcal
3g Protein
10g Fats
7g Carbs

WHAT YOU NEED

2 cups (240g) roasted hazelnuts
1 tbsp. vanilla extract
4 tbsp. cocoa powder
4 tbsp. maple syrup
¼ tsp. salt
2 tsp. coconut oil
½ cup (120ml) hazelnut milk (or almond)

Vegan Nutella

HOW TO PREPARE YOUR VEGAN NUTELLA



Place the roasted hazelnuts in a high-speed blender and blend until ground to tiny pieces.

Add in the rest of the ingredients and blitz again until smooth. You will need to scrape down the edges a few times during this process. Add in additional milk if required to reach a butter-like texture.



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*Vegan Vibes
Energy Balls*

Nutrition & Prep Info

Vegan Vibes Energy Balls



Prep Time 15 Mins
Serves 10
Cook Time 0 Mins



Nutrition Per Serving
137 kcal
2g Protein
9g Fats
11g Carbs

WHAT YOU NEED

1 cup (120g) dates, without stone
¾ cup (60g) almond meal
½ cup (30g) desiccated coconut
2 tbsp. chia seeds
2 tbsp. coconut oil, melted
1 tbsp. natural peanut butter

HOW TO PREPARE YOUR VEGAN VIBES ENERGY BALLS

Place all ingredients in a high-speed blender or food processor and blitz until everything is well combined and chopped to small pieces.

Using your hands, form 10 balls about the size of a walnut. Place them in the fridge to chill for at least 1 hour so that they become more solid.

Store in the fridge in an airtight container for up to 2 weeks.



GF

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Vegan
Matcha Energy
Balls

Nutrition & Prep Info

Vegan Matcha Energy Balls



Prep Time 10 Mins
Serves 12
Cook Time 0 Mins

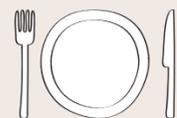
WHAT YOU NEED

1 tbsp. matcha powder
1 cup (80g) desiccated coconut
¼ cup (50g) coconut flour
1 scoop (25g) vanilla protein powder (vegan mix)
2 tbsp. coconut oil
3 tbsp. maple syrup

HOW TO PREPARE YOUR VEGAN MATCHA ENERGY BALLS

Add all ingredients into a food processor and pulse until well combined.

Form into 12 balls with your hands and store in the fridge for up to 7 days.



Nutrition Per Serving
94 kcal
2g Protein
6g Fats
7g Carbs



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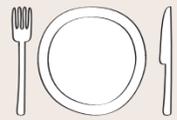


Vegan
Oat Cookies

Nutrition & Prep Info



Prep Time 15 Mins
Serves 12
Cook Time 20 Mins



Nutrition Per Serving
166 kcal
4g Protein
9g Fats
18g Carbs

Vegan Oat Cookies

WHAT YOU NEED

2 cups (180g) oats
1 cup (100g) oat flour
5/8 cup (70g) almond meal
6 tbsp. maple syrup
4 tbsp. coconut oil, melted
1 tsp. baking powder

HOW TO PREPARE YOUR VEGAN OAT COOKIES

Preheat oven to 360°F (180°C) and line a baking tray with baking paper.

In a bowl, mix the oats, flour, almond meal, baking powder, and a pinch of salt. Add in maple syrup and coconut oil, mix well until combined.

Using slightly wet hands, create 12 balls out of the mixture and place them on the baking tray and push them down to create cookies shapes.

Bake for 20 minutes until golden and allow to cool before eating.



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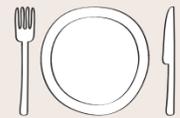
Banana &
Almond
Muffins

Nutrition & Prep Info

Banana & Almond Muffins



Prep Time 10 Mins
Serves 6
Cook Time 20 Mins



Nutrition Per Serving
210 kcal
5g Protein
10g Fats
28g Carbs

WHAT YOU NEED

2 ripe bananas, mashed
¼ cup (60ml) maple syrup
¼ cup (60ml) almond butter
½ cup (55g) spelt flour
1 tsp. baking powder
¼ tsp. baking soda
¼ cup (30g) walnuts

HOW TO PREPARE YOUR BANANA & ALMOND MUFFINS

Heat the oven to 355°F (180°C) and line a muffin tray with paper muffin cups.

Mash the bananas with a fork and combine with the maple syrup and almond butter. Fold in the flour, baking powder, and baking soda and mix well.

Divide the batter between the 6 muffin cups. Top each one with the walnuts.

Bake for about 18-20 minutes in the middle of the oven, or until a toothpick comes out clean.

Remove the muffins from the oven and cool completely before serving.



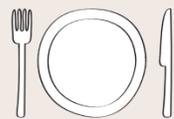


*Lemon & Berry
Cheesecake*

Nutrition & Prep Info



Prep Time 30 Mins
Serves 16
Chill Time 2 Hours



Nutrition Per Serving
297 kcal
5g Protein
19g Fats
30g Carbs



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Lemon & Berry Cheesecake

WHAT YOU NEED

For the crust:

½ cup (40g) desiccated coconut
1 cup (100g) walnuts, chopped
12 medjool dates
pinch of salt

For the lemon layer:

2 cups (230g) raw cashews, soaked for 4 hours or overnight
1 cup (240ml) coconut cream
4 tbsp. coconut oil, soft
½ cup (120ml) maple syrup
zest of 1 lemon
juice of 1 lemon
pinch of salt

For the berry layer:

1 cup (150g) frozen red berries
2 tbsp. chia seeds
2 tbsp. lemon juice
2 tbsp. maple syrup

HOW TO PREPARE YOUR LEMON & BERRY CHEESECAKE

Place all the crust ingredients into a food processor and blitz until sticky paste forms. Transfer the crust into a cake tin or springform pan and press evenly to form the bottom layer. Place the tin in the freezer while you make the other layers.

Drain the cashews and pat dry with a kitchen towel. Place all the lemon layer ingredients in a food processor and puree until smooth. Spread over the crust and return into the freezer.

Prepare the last berry layer. Place all ingredients in the food processor and puree until smooth. Spread over the top of the cheesecake only when the lemon layer has set completely. Garnish with additional berries (optional). Return to the freezer and freeze until set.

Remove the cheesecake from the freezer for about 20 minutes before serving.

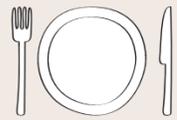


*Almond & Peach
Cake*

Nutrition & Prep Info



Prep Time 10 Mins
Serves 12
Cook time 50 mins



Nutrition Per Serving
199 kcal
5g Protein
6g Fats
30g Carbs



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MP

Almond & Peach Cake

WHAT YOU NEED

4 tbsp. almond butter
½ cup (125g) peach vegan yogurt (like Nakula)
½ cup (120ml) almond milk
½ cup (120ml) + 2 tbsp. maple syrup
1 tbsp. lemon juice
2 tsp. vanilla extract
2 peaches, cut into 8 segments each
2 cups (240g) all-purpose flour
¾ cup (80g) almond meal
1 tsp. baking powder
½ tsp. baking soda
2 tsp. cinnamon
3 tsp. ground ginger

HOW TO PREPARE YOUR ALMOND & PEACH CAKE

Preheat the oven to 355°F (180°C) and grease round cake tin or line it with baking paper.

In a large bowl, whisk together the almond butter and yogurt until smooth, then gradually add in the almond milk and maple syrup. Finally, mix in the lemon juice and vanilla.

In another bowl, sift flour and add ground almonds, baking powder, baking soda, and spices. Mix well. Fold the dry ingredients into the wet ones, mixing it well with a spatula.

Transfer the batter into the cake tin, and place the peach segments on top. Bake for about 50 minutes or until a toothpick comes out clean.

Glaze the top with the remaining 2 tbsp. of maple syrup and let it cool down completely before serving.



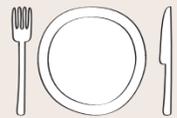
*Vegan
Chocolate
Brownies*

Nutrition & Prep Info

Vegan Chocolate Brownies



Prep Time 20 Mins
Serves 16
Cook Time 35 Mins



Nutrition Per Serving
223 kcal
3g Protein
15g Fats
21g Carbs

WHAT YOU NEED

8 oz. (220g) +70% dark chocolate, chopped
3 tbsp. coconut oil
2 ripe avocados
1 cup (200g) coconut palm sugar
2 flax eggs
1 tsp. vanilla extract
¾ cup (75g) almond meal
¼ cup (30g) unsweetened cocoa powder
½ tsp. baking powder
½ teaspoon sea salt
½ cup (50g) walnuts, chopped

HOW TO PREPARE YOUR VEGAN CHOCOLATE BROWNIES

Preheat oven to 350°F (175°C).

Line a 8x8-inch baking pan with baking paper.

Place the coconut oil and chopped chocolate in a medium size heatproof bowl. Place the bowl over a pot of lightly simmering water. Stir the chocolate and coconut oil until they are completely melted.

In a large bowl, mash avocado and then stir in the chocolate mixture. Whisk in the sugar, then add in the flax eggs and vanilla extract, mix well.

Next add in the cocoa powder, almond meal, baking powder and salt, mixing until just combined (do not overmix). Finally, stir in chopped walnuts.

Spread the batter into the prepared baking tin and place it in the middle of the oven. Bake for about 25 to 30 minutes until the middle is set.

Let completely cool on a rack and cut into 12 squares.



Tip:

HOW TO MAKE A FLAX EGG:
To make one flax egg mix 1 tbsp. flaxseed meal and 2 ½ tbsp. water. Let it rest for 5 mins to thicken.

GF

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Thank you for purchasing the

#VeganVibes
eBook