

VEGAN DIET FOR BEGINNERS

35 Delicious and Easy Recipes for a New Healthy Vegan Lifestyle

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Smashwords Edition

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INTRODUCTION



Veganism is a widely misunderstood concept. I constantly find myself defending my food habits and when I tell people I'm a vegan, it is usually received with skepticism and mockery. Some even call it a "phase", while others worry about my health, thinking I lack the proper nutrients and vitamins to be healthy. But they could not be more wrong.

Understanding veganism requires understanding the connection between our bodies, the foods we consume, and the long term effects our actions have on our environment. Indeed, many of the mass-produced and popular foods that surround us are very detrimental to both our health and our planet. It is easier to understand veganism when you are aware of the horrendous treatment millions of animals endure every day in order for people to be able to barbecue on sunny days. Moreover, studies have proven red meats to be a potential cause of cancer. Other meats such as poultry can also negatively affect our health, due to the various antibiotics and growth hormones used to increase their production.

Adopting a vegan diet helps provide a better life for animals, people, and the beautiful planet we all call home. By doing so, you will join hands with like-minded people, and work towards creating a more humane society with a more sustainable environment. But veganism is not

just about animal rights and environmental friendliness. It also comes with numerous proven health benefits. These include the boosting of your immune system, the reduction of toxins in your body, better hair and skin health, and last but not least, weight loss.

So if you're ready to reap all the life altering health benefits of the Vegan diet, then congratulations! You are about to learn exactly how. This book contains 35 recipes for clean and healthy nutrient-rich dishes. These recipes comprise every-day easy-to-find ingredients that you can easily get from the nearest grocery store. Whether you are a talented cook or a novice, you can easily recreate these vegan dishes at home. So welcome to the wonderful world of natural plant foods!

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THE VEGAN MANIFESTO



Veganism covers dietary, ethical, and environmental aspects. Vegans care for animals and would rather see them grazing in pastures than sliced up on their dinner table. There are many good reasons for going vegan. You may be a vegetarian wanting to go completely dairy-free. You may be a very empathetic person concerned about the maltreatment of animals and extinction of certain species. You may be looking to combat certain chronic diseases. Or, you may just want to lose weight and adopt a cleaner lifestyle. All of the above are excellent reasons for becoming vegan and eating clean.

Veganism is a multi-layered system. At the diet level, vegans refrain from eating animal or animal-based foods. This taboo list includes regular milk, milk derivatives, honey, animal fat, gelatine, eggs, meat, and seafood. Indeed, becoming a vegan requires staying away from derivative products as well. Any food containing animal fat and enzymes (chocolates, cheeses, salad dressings, sauces, and bread) should from now on be left out of your shopping list. Some vegans even refrain from consuming chemically processed foods such as oils, margarine, and mock meats. Other more “hardcore” vegans extend these restrictions to clothing, accessories, cosmetics, grooming products, and any products that are tested on animals. But this is not required to adopt the vegan lifestyle and reap all the health and world changing benefits that

come with it.

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WHAT IS CLEAN EATING?



Visit any food market and you'll find a plethora of plant-based foods. Some are non-native species that didn't even grow in your area 400 or 500 years ago. Overtime, travel has helped improve agricultural techniques, and trades have helped provide more natural food choices all around the world.

Ironically, our reliance on processed foods remains unabated. Junk, nutrient-deficient, and chemically enhanced foods are still being dumped in your bodies on a regular basis. The mass-produced meals we consume so frequently have fewer nutrients, more toxins, and contain hidden animal derivatives. What if you called your best friend right now and told them you have decided to only eat clean food? They might respond saying something like, *"Everyone does. Who likes dirt in their food?"*

Indeed, most people are unaware of what constitutes clean eating. So what is it? Clean eating is the consumption of foods in their raw natural state. In other words, it means avoiding processed foods which account for most of the dietary options available everywhere today. Eating clean means creating lunches and dinners with real foods (unrefined or minimally processed).

Is the vegan diet healthy enough?

The vegan diet makes you [healthier](#), fitter, and stronger. But similarly to any diet, it is only as good as its follower. If you only consume meals full of trans fats, preservatives, or sodium, and regularly drink sugary beverages, then your diet is unhealthy. However, forgoing all the unhealthy options above and applying the clean eating techniques in this book guarantees health improvements.

Nutritional benefits of vegan food

- 1.Low saturated fats:** are excellent for your heart.
- 2.High fibers:** provide better digestive health, lower sugar cravings, and protect against certain cancers.
- 3.Increased magnesium:** aids calcium absorption thus improving bone health.
- 4.High antioxidant levels:** remove free radicals and protects against cellular damage.
- 5.Increased potassium:** maintains PH levels, lowers acidity, and stimulates kidney function.

Disease Prevention

- 6.Whole grains and nuts:** reduce the risk of Type-2 diabetes, gallstones, hypertension, and certain cancers.
- 7.Vegetables and fruits:** prevent macular degeneration.

Physical Benefits

- 8.Healthy fats:** help lose weight and boost energy levels.
- 9.Vitamins in vegetables and nuts:** improve skin and hair health.

Eliminating animal foods can also reduce body odor and bad breath.

Tips for Cooking and Eating Clean

- Include whole foods such as fruits, vegetables, legumes, nuts, and seeds in your diet.
- Reduce your consumption of processed foods like whole grains (bread and pasta), steel-cut oats, pseudo-grains, white rice, or frozen fruits.
- Buy organic foods and organic oils like olive, coconut, and avocado oils.
- Avoid refined sugars, refined flours, processed oils, and artificial sweeteners.
- Avoid any food with chemicals and artificial preservatives.
- Eat raw foods and use healthier cooking techniques (as described in this book).
- Ditch ready-to-eat meals and cook your own.

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WHAT GOES INTO YOUR COOKING POT?



It is important for you to create balanced meals with an assortment of natural and clean foods. Nourish your body with fibers, proteins, healthy fats, healthy carbs, minerals, antioxidants, and vitamins.

Nutrients to watch out for

Proteins: they're essential for immunity and muscle mass, and help prevent unhealthy snacking. Protein-rich plant foods include soybeans, tofu, tempeh, quinoa, amaranth, beans, lentils, legumes, grains, seeds, and nuts. You should eat 2-3 servings of protein-rich foods every day. For example, a serving can consist of ½ cup of cooked beans, 1½-2 tablespoons of nut butter, or one ounce of nuts.

Omega-3 fatty acids: they reduce inflammation, triglyceride levels, and depression. Flaxseeds, oil, chia seeds, walnuts, and tofu are excellent sources of Omega-3.

Vitamin B12: is crucial to your health. Vitamin B12 deficiency can cause physical weakness, poor memory, a weaker nervous system, and depression. Vitamin B12 is mostly found in

animal foods. As a substitute, you can take vitamin B12 supplements.

Calcium: is very important for your bone health. It also improves the functioning of your heart, nerves, and muscles. Add calcium-fortified tofu, soy milk, roots, legumes, and citrus fruits to your diet.

Iron: is another crucial nutrient. Iron deficiency causes anemia, fatigue, and low immunity. Iron from plant foods isn't easily absorbed by the body. To increase absorption, combine foods containing both iron and vitamin C.

Before you can start cooking, it is important that you clean out your pantry and refill it with plant foods. Get rid of all the animal foods you have, or donate them to relatives, friends, neighbors, or community kitchens.

Foods to remove from your pantry

Enriched bread, tortillas, pancakes, commercial juices, dairy, lard, honey, cottage cheese, paneer, frozen meals, ice-cream, jelly, candy, marshmallows, pop tarts, meat-based sauces, dips, salad dressings, milk, white chocolate, egg-based noodles, pasta, mayonnaise, refried beans, and refined sugar (brown and white).

Foods to add to your grocery list

Vegetables, whole grains, fruits, legumes, nuts, seeds, plant milk, whole grain bread, pasta, pseudo-grains, rice noodles, vegetable broth, vegan pasta sauces, dips, dressings, tofu, tempeh, nut butters, coconut sugar, date sugar, molasses, fruit sorbets, dates, raisins, cornstarch, dark chocolate, vegan vinegars, vegan cheese.

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EATING CLEAN AND VEGAN WHILE DINING OUT

Dining out can be a struggle for vegans, particularly in places where options are limited, and people are unaware of vegan concepts.

However, it is still possible to eat vegan while dining out. With the growing popularity of veganism, cafes and restaurants are becoming increasingly aware of different dietary patterns. Moreover, the need for allergen and gluten-free menus have made more chefs open to cooking separate meals on individual requests.

So how do you stick to your diet when eating out?

- 1.Vegan food directories:** this is the fastest way to find vegan restaurants in your area. Use [Yelp.com](https://www.yelp.com), [HappyCow.net](https://www.happycow.net), or [VegGuide.org](https://www.vegguide.org). In addition, there are numerous sites dedicated to veganism that offer useful information such as <http://urbantastebud.com/43-vegan-chain-restaurant-menus-every-vegan-needs-know/>
- 2.Vegetarian restaurants:** usually have varied menus with good vegan options. Carefully read the menu or check with the waiting staff. Ask for your meals to be prepared without butter, ghee, cream, cottage cheese, or other cheeses. Avoid foods that contain soy or non-vegan sauces.
- 3.Ethnic restaurants:** South-east Asian, French, and South American cuisines are not very vegan-friendly. Japanese and Chinese cuisines have suitable vegetarian options like noodles, rice, steamed or stir-fry vegetables, soups, and tofu. Beware of the fact that some seemingly vegetarian restaurants are likely to use fish/oyster sauce or animal fats.

Indian, Thai, and Mexican cuisines comprise numerous vegan dishes including appetizers, stews, gravies, and flatbreads. You can also find vegan dishes in Italian, Ethiopian, and Middle Eastern restaurants. Make sure they prepare your meals without cream, yogurt, chicken broth, or egg based pasta.
- 4.Fast food chains:** have limited food choices. Furthermore, they usually use the same grill to make your burgers, sandwiches, and tacos. Some veggie dishes on their menu may contain eggs or lard. Some Mexican fast food joints have a small vegan food list that includes veggie wraps and bean burritos.
- 5.Chain restaurants:** may simply serve packaged and pre-cooked meals. Check their menu online before ordering food from these casual dining spots.

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INGREDIENT COOKING CHEAT SHEET

If you feel like the raw vegan lifestyle is not for you, it might be a good idea to invest in a slow cooker. Steamers help retain nutrients in foods while grains and legumes cook faster in pressure cookers. The following section will show you how to cook various vegan ingredients to use in your recipes.

Measurement Abbreviations

oz = ounce

fl oz = fluid ounce

L = liter

tsp = teaspoon

tbsp = tablespoon

pt = pint

c = cup

qt = quart

ml = milliliter

gal = gallon

Cooking Tips For Beans, Legumes, and Grains

1. Soak beans for at least 8 to 10 hours (preferably overnight) to remove any anti-nutrients. This reduces the chances of stomach cramps, gas, and bloating.
2. If you're pressed for time, you can also use a quick **Soak Method**. Just boil enough water to cover the beans, add in the beans, let simmer for 10 minutes, and set aside for an hour.
3. Soak quinoa and brown rice for a couple of hours. Lentils and other grains don't require any prior soaking.

1. Cooking in a pressure cooker

- Drain the water from one cup of previously soaked beans, grains, or lentils. Rinse the vegetables well and add them to a 6-to 8-quart cooker.
- Add 2-4 cups of water. Close the lid and cook on high heat.
- When the cooker reaches a high pressure, lower the heat, and cook for an extra 7-10 minutes. Turn off the heat, let everything cool, and open the lid.

2. Cooking in a slow cooker

- Drain the water from one cup of previously soaked beans/quinoa/brown rice, rinse well, and add to a smaller slow cooker.
- Pour in 2-4 cups of water. Add other ingredients except for salt (for stews, soups, and one pot meals). Cover the slow cooker with a lid and cook on high heat for 3-4 hours, or 7-8 hours on low heat. Add in salt in the last 10 minutes of cooking.

3. Cooking Grains and Lentils on a Stovetop

Respect the following quantities when cooking on a stove top. Water and Yield are measured in cups, and time in minutes.

Food	Cups	Water	Time	Yield
Red Lentils	1	3	25-30	2 1/2
Other Lentils	1	3	15- 20	2 1/2
Amaranth	1	2	25-30	2 1/2
Brown Rice	1/2	1 1/2	40-45	2 1/2
Barley	1	3	40	1 3/4
Quinoa	1	2	10-15	2

4. Cooking Beans on a Stovetop

Food	Cups	Water	Time	Yield
Garbanzo	1	4	35-40	2 1/2
Cannellini	1	3	60-75	2 1/2
Pinto/Black	1	3	45-50	2 1/2
Lima	1	3	50-60	2 1/2
Split Peas	1	3	25-30	2 1/2

Recipes for Vegan Grease Alternatives

Most of the greasers we commonly use such as butter and oils are not vegan. In order to replace them, you can create your own grease alternatives.

Hazelnut Butter (Makes about 1 1/2 cups)

Ingredients:

- 2 cups unsalted, shelled hazelnuts
- 1 1/2 teaspoons sea salt
- 2 tablespoons mild-flavored honey
- 3-4 tablespoons coconut oil

Method:

- 1.Shell hazelnuts and dry roast them in a pan for 7-10 mins. Cool and grind them in a food processor with salt for 3 minutes.
- 2.Let the processor cool for 5 minutes. Add in honey and your choice of organic oil. Scrape the mixture from the sides and grind for another 5 minutes. The mixture should become a soft ball.
- 3.Let the processor cool for another 5 minutes and process for 5 more minutes, until you get a smooth buttery paste.
- 4.Pour the mixture into a shallow container. Keep it uncovered in a freezer to solidify (for at least an hour).

You can use your hazelnut butter in any recipe after an hour. When you're done, cover it with a lid and store it in your fridge for no longer than one month, or in your freezer.

Almond Cheese (Ricotta style - Makes about 2 cups)**Ingredients:**

- 2 cups raw almonds, soaked in water for 2- 4 hours
- 1/4-1/2 cup water
- 1/4 cup fresh lemon juice
- 1/2 cup nutritional yeast
- 1 teaspoon sea salt

Optional:

- 2 cloves of garlic, minced
- 1 tablespoon chopped sage

Method:

- 1.Add the almonds, nutritional yeast, water, sea salt, and garlic (if desired) to a food processor and blend.
- 2.Slowly add the lemon juice and blend well (this should take around 10-12 minutes in a regular processor).
- 3.Transfer the cheese to a bowl and add sage (if desired).

Tip: Almond cheese has a ricotta-like consistency. Reduce the amount of water to make a harder or thicker cheese. Add different herbs, spices, and nuts to create varied flavors.

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Breakfast

SORGHUM & TEFF PANCAKES



Yield: Serves 4

Prep Time: 5 mins

Cook Time: 10 mins

Ingredients:

- 1/2 cup sorghum flour
- 1/2 cup teff flour
- 1/2 cup mashed berries
- 1 tablespoon flax seeds
- 1 cup water

- 1/2 teaspoon mace
- 1 teaspoon raw honey/molasses
- 1 tablespoon coconut oil

Garnish:

- 1/4 cup nut cheese
- 1/2 cup coconut flakes

Method:

1. Create a flax-egg by combining one tablespoon of ground flax seeds with 2-3 tablespoons of water. Mix well.
2. Mix the flax egg with all the remaining ingredients in a bowl, except for the coconut oil. Combine well.
3. Heat the coconut oil in a frying pan over medium heat. Scoop a ladle of batter, pour it in the center of the pan, and spread it in a circular fashion. Let the pancake cook for 3-4 minutes. When you see bubbles, flip the pancake and cook the other side for 3-4 more minutes.
4. Cook all the pancakes. Serve them hot with nut cheese or coconut flakes garnish.

Nutritional Value Per Serving (1 pancake):

- Calories: 283
- Fat (g): 4.7
- Carbs (g): 49.4
- Dietary Fiber (g): 2.8
- Sugars (g): 3.4
- Protein (g): 6.9

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GLUTEN-FREE BREAD



Yield: Serves 4

Prep Time: 10 mins

Cook Time: 30-45 mins

Ingredients:

- 1 medium banana
- ½ cup coconut milk
- 1 tablespoon liquid stevia or honey
- 1 teaspoon baking soda
- 1 cup almond flour
- A pinch of salt
- ¼ teaspoon cinnamon

Method:

Tip: Use a flax-egg or potato starch instead of the banana. Add 2-3 tablespoons of extra liquid.

1. Peel the banana, mash it with a fork, and add mash to a bowl. Add in the honey and coconut milk. Mix well to combine.
2. Preheat your oven to 350°F (177°C). In another bowl, add all the dry ingredients - baking soda, flour, cinnamon and salt. Mix well to combine.
3. Slowly pour the wet mixture into the dry mixture and stir the combination with a spatula to make a fluffy dough batter.
4. Pour this batter into a greased bread pan and bake for 30-45 mins. Bake until the top of the loaf is nicely browned.

Alternative:

- Substitute the almond flour with whole wheat, whole grain, or tuber flours like tapioca, sweet potato, taro, or yucca.
- Add herbs, lemon, fruits, or berries.

Nutritional Value Per Serving (1 small loaf):

- Calories: 225
- Fat (g): 7.7
- Carbs (g): 35.7
- Dietary Fiber (g): 4.2
- Sugars (g): 9
- Protein (g): 4.3

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SAVORY PORRIDGE



Yield: Serves 4

Prep Time: 10 mins

Cook Time: 20-25 mins

Ingredients:

- 1 medium cauliflower head
- 1 cup cooked white beans
- 1 cup soy milk
- Salt to taste
- Juice of 1 lemon
- 2 tablespoons olive oil

Additional toppings:

- Chopped nuts
- Nut or seed butter

Method:

- 1.Clean the cauliflower well and cut it into florets. Add florets to a saucepan along with the soy milk, and cover the pan with a lid. Cook on medium-low heat for 15-20 minutes.
- 2.Cook the white beans with your preferred [method](#).
- 3.Add the cooked cauliflower florets to the beans and let it all cool. Add everything to a blender or food processor along with salt, and puree the mixture into a semi-smooth consistency.
- 4.Add toppings and serve.

Nutritional Value Per Serving:

- Calories: 278
- Fat (g): 8.4
- Carbs (g): 35.4
- Dietary Fiber (g): 9.7
- Sugars (g): 5.1
- Protein (g): 15.1

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NUTTY GRANOLA



Yield: Serves 4

Prep Time: 5 mins

Cook Time: 10 mins

Ingredients:

- 1/2 cup chopped walnuts
- 1/2 cup chopped hazelnuts
- 2 cup blueberries
- 1 cup rolled oats
- 1/4 cup sultanas/raisins
- 1 teaspoon pumpkin seeds
- A pinch of nutmeg and salt

- 1 tablespoon raw honey

Method:

- 1.Place a non-stick pan on medium-high heat. When the pan heats up, add the chopped nuts to it and turn down the heat to medium-low. Stir the nuts frequently dry roasting them for 5-7 minutes.
- 2.Add in the sultanas, seeds, nutmeg, blueberries, and salt. Mix well to combine, and sauté for 5 minutes.
- 3.Add in honey and remove the pan from the heat. Mix everything well to make your granola.
- 4.Cool the mixture and serve it with almond or soy milk. You can add fruit slices as toppings. Store the remaining granola in an air-tight container and keep it in your fridge.

Nutritional Value Per Serving:

- Calories: 294
- Fat (g): 14.8
- Carbs (g): 29.9
- Dietary Fiber (g): 5.8
- Sugars (g): 11.3
- Protein (g): 8.6

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QUINOA SANDWICH



Yield: Serves 4

Prep Time: 10 mins

Cook Time: 20-25 mins

Ingredients:

- 1 cup quinoa, cooked
- ½ cup ground, rolled oats
- 1 medium onion, finely chopped
- 1 zucchini, thinly sliced
- 1 cup spinach, finely chopped
- 2 teaspoons ground flax seeds
- ½ teaspoon black pepper

- 1/4 teaspoon paprika
- A dash of salt
- 8 slices Ezekiel bread, toasted

Method:

Tip: On a stove top, quinoa takes 15-20 mins to cook. You can also cook it as described [here](#), or use leftover quinoa.

1. In a food processor, blend the ground oats and quinoa into a smooth paste. Add in the chopped vegetables, onions, salt, seeds, and spices. Mix well to combine.
2. Heat a skillet on medium low and add to it 1/4 of the above mixture. Cook it like an omelet and repeat the process 3 times.
3. You can also scramble the oats and quinoa together with salt and spices. Cook the vegetables separately as described [here](#).
4. When the omelets are ready, top them with finely chopped spring onions or cilantro. Serve with toasted Ezekiel bread or with a taco.

Nutritional Value Per Serving:

- Calories: 184
- Fat (g): 3.1
- Carbs (g): 38.3
- Dietary Fiber (g): 4.9
- Sugars (g): 2.5
- Protein (g): 8.9

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BEETS & GREEN PATTIES



Yield: Serves 4

Prep Time: 15 mins

Cook Time: 40 mins

Ingredients:

Burgers:

- 2 cups beets
- 1 cup spinach
- 2 tablespoons arrowroot powder
- 1 teaspoon coconut oil
- 1 tablespoon ground flax seeds

- 1 red onion, finely diced
- 1 tsp coconut oil
- 1 tablespoon lemon juice
- 1/2 teaspoon chili flakes
- 1 teaspoon salt
- 1 tablespoon coconut oil

For dressing:

- 1 yellow zucchini
- 3 tablespoons sesame seeds
- 1/4 teaspoon cumin powder
- 2 tablespoons lime juice
- A pinch of salt

Method:

Tip: Serve with green salad or as a burger meal with sweet potato chips and wholegrain buns.

1. Peel the zucchini and beet. Place them in a saucepan and steam for 10 minutes until they are semi-soft. Leave to cool.
2. Preheat your oven at 357°F (180°C). Prepare a flax egg by mixing the ground flax seeds with 2-3 tablespoons of water.
3. Place the steamed beets, zucchini, and flax egg in a food processor, and pulse to get the required coarse texture.
4. Transfer the mixture into a bowl. Add in the other patty ingredients, except for the coconut oil. If the mixture is too mushy, add in wheat flour. Grease your hands with the oil and shape the patties to your preference.
5. Place patties on a baking sheet lined with parchment paper. Bake one side for 15 minutes, then flip the patties over and bake the other side for 15 more minutes.
6. **Prepare the dressing** while your patties are baking. Process all the dressing ingredients in a food processor and blend everything to a creamy sauce.

Nutritional Value Per Serving:

- Calories: 159
- Fat (g): 9.4
- Carbs (g): 15.7
- Dietary Fiber (g): 4.4
- Sugars (g): 9
- Protein (g): 4.3

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LUNCH

JAVANESE CURRY WITH NOODLES



Yield: Serves 4

Prep Time: 10 mins

Cook Time: 30-40 mins

Ingredients:

- 1/2 pound sweet potato
- 1 cup cooked beans
- 1 tablespoon nut butter
- 3-4 fresh mint leaves, chopped
- 4 dash of salt

- 2-3 cups water
- 1-pound rice noodles

Curry Paste:

- 3-4 dried red chilies, soaked in water for 5 minutes
- 2-inch ginger root, minced
- 1 stalk lemongrass, chopped
- 2 teaspoons turmeric powder
- 1/4 teaspoon cloves, ground
- 2 red onions, finely chopped
- 3-4 cloves of garlic, minced

Method:

- 1.To make the curry paste, Blend all its ingredients with a little water in a food processor. Make a smooth paste and set it aside.
- 2.Peel the sweet potato, slice it into chunks, and steam for 7-8 minutes.
- 3.Cook beans using your preferred [method](#).
- 4.Heat the butter in a saucepan on medium heat. Add in the curry paste and mint leaves. Sauté for 3-4minutes until the mixture thickens and you can smell the curry.
- 5.Add in the potato chunks and sauté until they turn golden-brown.
- 6.Add salt and 1 or 2 cups of water into the pan. Cover it with a lid and let the curry simmer for 15-20 minutes. The curry should be thick and saucy.
- 7.Cook the noodles as per package instructions. Serve the curry hot with sweet basil leaf garnishing.

Nutritional Value Per Serving:

- Calories: 238
- Fat (g): 2.8
- Carbs (g): 46.3
- Dietary Fiber (g): 5.6
- Sugars (g): 6.4
- Protein (g): 4.6

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VEGGIE COUSCOUS BOWL



Yield: Serves 4

Prep Time: 10 mins

Cook Time: 20-25 mins

Ingredients:

- 1 cup couscous
- 1 cup water
- 1/2 cup shelled green peas
- 1/2 cup sweet corn kernels
- 3-4 grape tomatoes, halved
- 1 cup baby spinach leaves
- 1 small carrot cubed

- 1 cup pumpkin cubed
- 2 tablespoons lemon juice
- 1 teaspoon salt
- 1/4 teaspoon black pepper
- 1/4 teaspoon cumin
- 2 tablespoons olive oil

Method:

1. Bring the water to boil in a small saucepan. Remove it from the heat, add in the couscous, and stir to combine. Cover the pan with a lid and let it steep for 10-15 minutes, until all the water is absorbed.
2. In the meantime, cook the vegetables. Add one tablespoon of olive oil to a skillet over medium heat. Add all the vegetables, except for the spinach, and stir fry for 5-7 minutes.
3. Add in spices, spinach, and salt. Toss and combine well.
4. Fluff the cooked couscous with a fork, add it to the vegetables, and stir gently to combine.
5. Top the couscous with chopped nuts or seeds, if desired. Serve warm with tahini sauce or a light stew.

Nutritional Value Per Serving:

- Calories: 300
- Fat (g): 7.9
- Carbs (g): 48.2
- Dietary Fiber (g): 7.1
- Sugars (g): 6.4
- Protein (g): 8.9

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GREEN LASAGNE



Yield: Serves 4

Prep Time: 10 mins

Cook Time: 40 mins

Ingredients:

- 2 cups spinach, torn by hand
- 2 cups kale, torn by hand
- 2 cups spaghetti squash, thinly sliced
- 8 dry lasagne sheets
- 1 cup vegan ricotta cheese

Pesto Sauce:

- 1 tablespoons olive oil
- 1/2 cup fresh basil
- 2 cloves of garlic
- Pinch of salt and black pepper
- Water to blend

Method:

- 1.Preheat your oven to 375°F (210°C).
- 2.Peel the squash and chop it into thin slices. Tear all the greens by hand.
- 3.Divide the cheese, greens, and squash into 3 equal portions. Take a greased baking dish and add a layer of squash, greens, and a lasagne sheet in this order. Top it with ricotta cheese. Repeat this process with a second and a third layer of lasagne. Cover everything with foil and bake for 30-40 minutes.
- 4.If you want a lasagne with a browned top, remove the foil, increase the heat to 400°F (205°C), and bake for 5-10 more minutes.
- 5.While the lasagne bakes, prepare the **pesto sauce**. Blend all the sauce ingredients in a food processor or use a mortar-pestle. Add in water to make a thick paste. Add extra seasonings, if needed.
- 6.Top lasagne with pesto sauce, herbs, or other ingredients of your choice.

Nutritional Value Per Serving:

- Calories: 322
- Fat (g): 10.3
- Carbs (g): 12.8
- Dietary Fiber (g): 1.2
- Sugars (g): 0
- Protein (g): 8.9

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CHICKPEA GRAVY WITH BULGUR



Yield: Serves 4

Prep Time: 10 mins

Cook Time: 40-45 mins

Ingredients:

- 2-3 cloves of garlic, minced
- 2-inch ginger root, minced
- 2 tablespoons olive oil
- 2 tomatoes, chopped
- 1/2 cup dry chickpeas
- 1 yellow pepper, finely chopped
- 1 red pepper, finely chopped

- 2 red onions, finely chopped
- 1/2 teaspoon cumin powder
- 1 teaspoon red chili powder
- 3 cups water
- A dash of salt

Bulgur:

- 1 cup uncooked bulgur wheat
- 2 cups water
- A pinch of salt

Optional garnish:

- 2 tablespoons walnut-cheese

Method:

Tip: Soak the dry chickpeas in water for 8-10 hours or overnight.

1. Rinse the chickpeas and add them to a pot with three cups of water. Cover the pot with a lid and simmer for 40-45 minutes. For quick cooking, use a pressure cooker.
2. Boil two cups of water in another pot. Add in the bulgur and salt. Cover the pot with a lid and simmer for 7-10 minutes. Remove the pot from the heat and let it sit for 5 minutes.
3. Heat the olive oil in a saucepan and sauté the onions for 3-4 minutes. Add in the garlic and sauté for another minute. Add spices and stir the mixture well. Add all the remaining vegetables, some salt, and cook on low heat for 5 minutes.
4. Add in the cooked chickpeas and combine well. Remove the pot from the heat and garnish with nut cheese. Serve with the cooked bulgur.

Nutritional Value Per Serving:

- Calories: 326
- Fat (g): 8.4
- Carbs (g): 46
- Dietary Fiber (g): 13.7
- Sugars (g): 8
- Protein (g): 12

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THIN CRUST PIZZA



Yield: Serves 4 (Two 9-Inch Crusts)

Prep Time: 10 mins

Cook Time: 30-60 mins

Ingredients:

Crust:

- 1/2 cup millet flour
- 1/2 cup sorghum flour
- 1/2 cup sprouts
- 1/2 cup water
- 2 teaspoons baking powder

- 1/2 teaspoon salt
- 1 tablespoon olive oil to grease pan

Filling:

- 1 cup pesto or Alfredo sauce
- 2 medium tomatoes, sliced
- 2 onions, sliced
- 1/4 cup ricotta cheese
- 1/4 cup kale leaves, chopped

Method:

1. Place flours and sprouts in a food processor. Add in the water, baking powder, and salt. Process everything to form a smooth but sticky dough. Cut the dough in half.
2. Preheat your oven to 425°F (218°C). Line an 8-inch or 9-inch round baking pan with parchment paper. Grease it with half a tablespoon of olive oil. Add in half of the dough and spread it with a spatula.
3. Bake this crust for 10 minutes. Remove the parchment paper, flip the crust and bake the other side for 10 minutes. Repeat steps 2 and 3 for the other half of dough.
4. Remove the crusts from the baking pan and spread sauce on them. Slice the tomatoes and onions into rings and spread them equally on both crusts. Add the chopped kale and sprinkle ricotta cheese evenly.
5. Bake one pizza for 10 minutes until the cheese melts. Then do the same for the second pizza. If your oven is big enough, you can bake both pizzas at the same time.

Nutritional Value Per Serving:

- Calories: 225
- Fat (g): 4.5
- Carbs (g): 25.2
- Dietary Fiber (g): 3.4
- Sugars (g): 4
- Protein (g): 5.1

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BLACK BEAN BURRITO



Yield: Serves 4

Prep Time: 10 mins

Cook Time: 30 mins

Ingredients:

Filling:

- 1 tablespoon olive oil
- 2 small onions, chopped
- 1 red bell pepper, chopped
- 1 cup cooked black beans
- 2 jalapeno peppers, diced and deseed

- 2 cups corn kernels
- 1 teaspoon salt
- 1 sprig cilantro leaves, chopped

Tortillas:

- 1 cup whole wheat flour
- A pinch of salt
- 1/2 cup water
- 1 tablespoon olive oil

Method:

- 1.Mix the flour and salt in a large bowl. Add in the oil and water, and knead the mixture into a smooth dough. Let it rest for 10 minutes.
- 2.Divide the dough into 4 portions. Sprinkle flour on a rolling surface, and roll each dough ball into a big, thin circle.
- 3.Cook each quarter of dough in a non-stick skillet for 1-2 minutes on each side until they become fully cooked tortillas. Keep them warm.
- 4.Drain the beans and cook them with your preferred [method](#). Steam the corn for 5 minutes.
- 5.Add the oil to a pan on medium heat, then add in the chopped onions and sauté for 3-4 minutes. Add the remaining vegetables, salt, and beans. Sauté for 5 more minutes.
- 6.Add in the crushed cilantro leaves and remove the pan from the heat. Spoon equal amounts of filling over each tortilla. Roll the tortillas and serve them warm with salsa or dips.

Nutritional Value Per Serving:

- Calories: 432
- Fat (g): 8.7
- Carbs (g): 54.5
- Dietary Fiber (g): 12.7
- Sugars (g): 6.5
- Protein (g): 16.5

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DINNER

JAMAICAN CURRY WITH BROWN RICE



Yield: Serves 4

Prep Time: 10 mins

Cook Time: 20-25 mins

Ingredients:

- 1 tablespoon Allspice powder
- 2 cups tomatoes, finely chopped
- 1 cup red bell pepper, finely chopped
- 2 onions, finely chopped
- 3 cloves of garlic, minced

- 2-inch ginger root, minced
- 1½ tablespoon olive oil
- 1 teaspoon curry powder
- 1 sprig of thyme or basil leaves
- Salt to taste
- 1 cup brown rice

Pumpkin seasoning:

- ½ pound pumpkin, chunks
- A pinch of salt, mustard powder and paprika

Method:

1. Cook the brown rice using your preferred [method](#).
2. Peel the pumpkin and cut it into smaller chunks. Add the chunks to a bowl and season them with salt, mustard and paprika. Set the bowl aside.
3. Heat the olive oil in a skillet on medium heat then reduce the heat to medium-low. Sauté the onions for 3-4 minutes. Add in the ginger, allspice, and garlic, and sauté for 2 minutes.
4. Add in all the chopped vegetables, salt, and seasoned pumpkin chunks. Cook the mixture for 12-15 minutes, stirring frequently. Add in a little water if the gravy is too dry.
5. Add in the basil or thyme leaves, and remove the skillet from the heat. Serve hot with brown rice, vegetable noodles, or bread.

Nutritional Value Per Serving:

- Calorie: 287
- Fat (g): 7.1
- Carbs (g): 49.4
- Fiber (g): 7.2
- Sugar (g): 6.2
- Protein (g): 7.2

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RAW NUT QUICHE



Yield: Serves 4-6

Prep Time: 2.15 hours

Ingredients:

Crust:

- 1/2 cup raw walnuts
- 1/2 cup almonds
- 1/2 cup rolled oats
- 2 cups spinach
- 2 cups sprouts
- 1/4 cup ground flax seeds

- Pinch of sea salt
- 1 tablespoon coconut oil

Filling:

- 1 cup tomatoes, chopped
- 1 yellow bell pepper, chopped,
- 2 carrots. chopped
- 2 red onions, chopped
- 3 cloves of garlic, minced
- 1 teaspoon curry powder
- 1 teaspoon turmeric powder
- 1 sprig basil leaves
- 1 tablespoon lemon juice
- 1 teaspoon nutritional yeast
- Salt to taste
- 1/4 cup water

Method:

1. **To make the crust**, blend all the crust ingredients in a food processor. The crust should have a slightly coarse texture.
2. Scrape the sides and place the mixture in a bowl. Shape crusts by pressing them into holes in a greased muffin tray. You can also line them up on a pie plate.
3. **Prepare the filling** by adding all the filling ingredients to a food processor and blending well until the mixture is thick and smooth.
4. Divide up the filling and place equal portions over each crust. Refrigerate the quiches for 1-2 hours.
5. To warm up the quiches, place them in an oven at 140-160° F (60-70° C) for 15-20 minutes. Remove the quiches from the tray, garnish them with chopped vegetables, and serve them with dips or sauces.

Nutritional Value Per Serving:

- Calories: 341
- Fat (g): 18.4
- Carbs (g): 30.5
- Dietary Fiber (g): 9.5
- Sugars (g): 6
- Protein (g): 15.3

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ROOTS CASSEROLE



Yield: Serves 4

Prep Time: 15 mins

Cook Time: 30-35 mins

Ingredients:

- 2 medium turnips, grated
- 1 sweet potato, grated
- 2 cups spinach, chopped
- 2 cups kale, chopped
- 3 tomatoes, sliced
- 1 leek, finely sliced
- 5-6 pitted green olives

- 2 red onions, thinly sliced
- 1 teaspoon coconut oil
- 1 teaspoon Cajun spice mix
- 1 teaspoon turmeric
- 2 teaspoons almond butter
- Pinch of salt

Method:

1. Preheat your oven at 400 °F (204 °C).
2. Heat the oil in a skillet at medium heat, and add in the onions. Sauté for 3-4 minutes then add leeks and turnips. Add spices, salt, and a little water. Let the vegetables cook for 5-7 minutes.
3. In a greased baking pan, add the cooked vegetables. Add a layer of greens, spread some nut butter, and top everything with round slices of tomatoes and olives. Bake for 15 minutes, or until golden brown.

Nutritional value per serving:

- Calories: 165
- Fat (g): 4.5
- Carbs (g): 26.9
- Dietary Fiber (g): 6.4
- Sugars (g): 9.7
- Protein (g): 5.5

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PASTA ALFREDO



Yield: Serves 4

Prep Time: 10 mins

Cook Time: 15 mins

Ingredients:

- 1/2 cup fresh basil leaves, torn
- 6-8 pecans, chopped
- 4 cups plum tomatoes, chopped
- 1 teaspoon sea salt
- 1 teaspoon freshly ground black pepper
- 1 teaspoon cane sugar
- 8-oz penne pasta

- 2 tablespoons olive oil

Method:

- 1.Combine the nuts, tomatoes, basil leaves, sugar, pepper, and salt in a blender or food processor. Blend everything into a smooth sauce.
- 2.Cook the pasta as per packet instructions. Once cooked, drain the pasta and transfer it to serving bowls. Toss in the sauce and drizzle olive oil on top. Combine everything and garnish with parsley or thyme. Serve with toasted bread.

Nutritional Value Per Serving:

- Calories: 302
- Fat (g): 11.3
- Carbs (g): 37.9
- Dietary Fiber (g): 2.7
- Sugars (g): 6.4
- Protein (g): 9.3

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RED LENTIL DHAL WITH FLATBREAD



Yield: Serves 4

Prep Time: 15 mins

Cook Time: 30-35 mins

Ingredients:

For Dhal:

- 1 cup dry red lentils
- 2 red onions, finely chopped
- 1 tablespoon coconut oil
- 3 cloves of garlic, minced
- 1 cup carrot, chopped

- 1 teaspoon turmeric
- 2 teaspoons red chili powder
- 1 tablespoon garam masala
- 1-2 teaspoons salt
- 2 cups water
- Cilantro or mint leaves for garnish

For chapatis:

- 1½ cups durum wheat flour
- ½ teaspoon salt (optional)
- 1 tablespoon coconut or sesame oil
- ¾-1 cup warm water

Method:

Tip: For homemade garam masala, grind equal amounts of coriander seeds, green cardamom (with skin), garlic cloves, and black pepper. Add a pinch of cumin powder or cinnamon/mace for extra taste.

1. Rinse lentils well. Boil water in a saucepan, add in the lentils, cover with a lid, and cook for 15-20 minutes.
2. In the meantime, **prepare the dough.** Add the flour and salt to a pan. Make a well in the center and add in the oil and water. Slowly mix the flour with the water and oil to create a soft dough. If the dough is sticky, add a little flour to it. Knead the dough for 7-10 minutes, cover it with a damp piece of cloth, and set aside.
3. Heat the coconut oil in another pan on medium heat. Sauté the finely chopped onions for 3-4 minutes, until they turn translucent. Add in the garlic and sauté for 1 minute.
4. Add in the finely chopped sweet potatoes and carrots. Sprinkle the water from the lentil pot on the vegetables, sauté for 7-10 minutes, and stir frequently.
5. Add in the spices, salt, and cooked lentils. Mash the dhal (lentils) with a potato masher. Simmer for 5 minutes until the gravy thickens a bit.
6. Divide the dough into 12-15 portions. Dust a rolling surface with wheat flour, take a portion of dough, and roll it out into a thin circle (like a tortilla).
7. Warm up a non-stick frying pan or a cast-iron girdle at medium heat. Place the uncooked chapatti(dough) on it and reduce the heat. Lightly press on the chapati with your hand, spreading it around the pan. Flip it over when the dough circle starts to puff up. Repeat this process 2-3 times until you have a chapati with nice brown spots. Each chapati takes 1-2 minutes to cook.

Variation:

- Use any other spice mix of your choice.
- Add other tubers or squash.

- Serve the dhal with tortillas, pita bread, rice, or other cooked grains.
- Use buckwheat, teff, sorghum, barley or millet flour to make chapattis. Add or reduce water depending on the flour used.

Nutritional Value Per Serving:

- Calories: 4516
- Fat (g): 5.1
- Carbs (g): 68.2
- Dietary Fiber (g): 19.7
- Sugars (g): 5
- Protein (g): 18.5

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TURMERIC RISOTTO



Yield: Serves 4

Prep Time: 10 mins

Cook Time: 35-40 mins

Ingredients:

- 3 cups water or vegetable broth
- 1 tablespoon nut butter
- 1 cup finely chopped onion
- 2 cloves of garlic, minced
- 1 cup raw Arborio rice (or Jasmine)
- 1 teaspoon turmeric
- 1 teaspoon paprika

- 1 teaspoon salt
- 1 cup green peas
- 2 tomatoes, coarsely chopped
- 1/4 cup fresh marjoram, chopped

Method:

1. Melt the nut butter in a saucepan over medium heat. Add in the finely chopped onion and sauté for 3-4 minutes. Add in the garlic and sauté for 1 minute.
2. Add in the raw rice and stir well for 1 minute.
3. Add in the tomatoes, peas, carrots, spices, and salt. Stir well to combine everything. Add in water or broth and cook the risotto, until all the liquid is absorbed.
4. Add in the marjoram in the last 5 minutes of cooking and stir once more.
5. Serve the risotto in bowls and garnish it with basil or sage leaves.

Nutritional Value Per Serving:

- Calories: 259
- Fat (g): 3.1
- Carbs (g): 48.2
- Dietary Fiber (g): 6.4
- Sugars (g): 5.1
- Protein (g): 7.3

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SOUPS AND SALADS

THREE GREENS SOUP



Yield: Serves 4

Prep Time: 10 mins

Cook Time: 10 mins

Ingredients:

- 1 head Romaine lettuce, torn by hand
- 2 cups cabbage, shredded
- 1 spring onion, chopped
- 1 cup spinach, coarsely chopped
- 1 teaspoon Cajun spice

- 1 teaspoon paprika
- A pinch of salt
- 3-4 cups water or broth

Method:

1. Bring 4 cups of water to a boil in a large saucepan on high heat. Reduce the heat to medium-low. Add all the vegetables, spices and salt to the saucepan.
2. Cover the saucepan and simmer the soup for 10 minutes. Top it with cilantro or parsley leaves. Serve the soup hot with toasted bread.

Nutritional Value Per Serving:

- Calories: 24
- Fat (g): 0.3
- Carbs (g): 5.3
- Dietary Fiber (g): 2.1
- Sugars (g): 1.9
- Protein (g): 1.2

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APPLE & GREENS SALAD



Yield: Serves 4

Prep Time: 10 mins

Ingredients:

- 2 cups Bok Choy, torn
- 2 cups lettuce, torn
- 1 apple, cubed
- 2 cups squash, cubed
- 2 cups collard greens, torn
- 5-6 black olives
- 2 stalks celery, chopped

Mustard Dill Sauce:

- 2 tablespoons Dijon mustard
- 1/4 cup lemon juice
- 2 tablespoons squash puree
- 3 tablespoons thyme leaves, finely chopped
- Pinch of salt and pepper
- 1 teaspoon olive oil
- 1/2 cup water

Toppings:

- Pomegranate seeds
- Sunflower seeds
- Onions rings

Method:

1. **To make the dill and mustard sauce**, blend all the proper ingredients listed above (except for the olive oil) into a smooth paste in a food processor or blender.
2. Add in the olive oil, combine well, and set aside.
3. Add the leafy greens, celery, olives, and squash to a bowl. Drizzle the sauce over the salad and toss well. Serve with seeds, onions rings, or pomegranate seeds.

Nutritional Value Per Serving:

- Calories: 80
- Fat (g): 2.8
- Carbs (g): 12.7
- Dietary Fiber (g): 4.4
- Sugars (g): 5.9
- Protein (g): 2.8

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SQUASH SOUP WITH PEPPERS



Yield: Serves 4

Prep Time: 10 mins

Cook Time: 15 mins

Ingredients:

- 1/2 pound butternut squash, chunks
- 1 cup lettuce, torn
- 1 red bell pepper, chopped
- 1 cups yellow bell pepper, chopped
- 2-3 green pitted olives
- 2 stalks celery, chopped
- 4 cups water

- 1 teaspoon Dijon mustard
- Pinch of salt and white pepper

Toppings:

- 1 sprig parsley
- 1 spring onion chopped

Method:

1. Boil 4 cups of water in a large saucepan on medium-high heat. Turn down the heat to medium. Add in the cubed squash, chopped bell peppers, lettuce, celery, olives, salt, and spices.
2. Cover the saucepan with a lid and let the soup simmer for 15 minutes. Cool it and blend everything to a smooth paste. Top the soup with chopped parsley leaves, spring onion, seeds, or nuts. Serve it hot with toasted bread or tortillas.

Nutritional Value Per Serving:

- Calories: 46
- Fat (g): 0.3
- Carbs (g): 9.7
- Dietary Fiber (g): 2.5
- Sugars (g): 3.6
- Protein (g): 1.3

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RED CABBAGE SALAD



Yield: Serves 4

Prep Time: 10 mins

Ingredients:

- 4 cups red cabbage julienned
- 1 leek, chopped
- 2 daikon radish, julienned
- 2 carrots julienned
- 1 bunch spring onions, chopped

Toppings:

- Pumpkin seeds

- Chopped berries
- Onion rings

Method:

1. Julienne the cabbage, radish, and carrots. Chop up the remaining vegetables.
2. Add everything to a bowl and toss well. Drizzle olive oil over the salad, and top it with seeds, berries or onions rings.

Nutritional Value Per Serving:

- Calories: 40
- Fat (g): 0.3
- Carbs (g): 7.3
- Dietary Fiber (g): 1.7
- Sugars (g): 3.4
- Protein (g): 1.9

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BEET & CARROT GAZPACHO



Yield: Serves 4

Prep Time: 15 mins

Chill Time: 1-2 hours

Ingredients:

- 2 cups beet, chunks
- 1 carrot, chunks
- 2 tomatoes, chunks
- 1 cup Swiss chard, chopped
- 1/2 teaspoon cumin powder
- 1/2 teaspoon tarragon (or anise seeds)
- 1-2 cups water

- 1 tablespoon olive oil
- Pinch of salt and white pepper
- 1 tablespoon flax seeds

Toppings:

- 1/2 cup radish, cubed
- 1/2 cup zucchini, cubed
- 3-4 Swiss chard leaves

Method:

1. Peel the beets and carrots and cut them into big chunks. Add them to a steamer bowl. Place the bowl in a saucepan filled with 1 inch of water, cover it with a lid, and steam for 12-15 minutes. Leave the bowl to cool.
2. Place the cubed tomatoes, spices, salt, and chopped Swiss chard in a blender or food processor. Blend it all into a smooth paste.
3. Pour the paste into a large bowl. Process the steamed vegetables into the paste adding in enough water to make it as smooth as possible. Pour the mixture into a soup bowl and add in the olive oil. Combine well.
3. Pour the mixture into glasses or Mason jars. Top each glass with the chard leaves, radish, and zucchini. Chill the gazpacho in the fridge for an hour or two. Serve cold as an appetizer.

Nutritional Value Per Serving:

- Calories: 97
- Fat (g): 4.2
- Carbs (g): 13.4
- Dietary Fiber (g): 3.5
- Sugars (g): 9.2
- Protein (g): 2.6

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GREEN BERRY MEDLEY



Yield: Serves 4

Prep Time: 10 mins

Ingredients:

- 1 cup spinach leaves
- 1 cup arugula leaves
- 1 cup kale leaves
- 1 cup romaine lettuce
- 1 cup collard greens
- 1/2 cup blueberries
- 1/2 cup strawberries, halved
- 1/4 cup slivered almond

- A pinch of salt and paprika
- 1 tablespoon pumpkin seeds

Method:

1. Rinse the leaves well and steam them for 1-2 minutes.
2. Sliver the almonds and halve the strawberries.
3. Add the steamed greens, berries, seeds, and almonds to a large bowl. Sprinkle the salt and paprika. Toss well to combine and serve.

Nutritional Value Per Serving:

- Calories: 78
- Fat (g): 4.2
- Carbs (g): 8.9
- Dietary Fiber (g): 2.6
- Sugars (g): 3.2
- Protein (g): 3.2

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STEWES AND SIDES

VEGETABLE GRAVY



Yield: Serves 4

Prep Time: 10 mins

Cook Time: 12-15 mins

Ingredients:

- 1 teaspoon salt
- 3-4 tomatoes, cubed
- 1 teaspoon chilli powder
- 1 tablespoon coconut oil
- 2 onions, chopped

- 2 cups cubed carrots
- *Garnish -*
- Spring onion chopped

Paste:

- 3 garlic cloves, minced
- 1-inch ginger root, minced
- 2 teaspoons coriander powder
- 1 teaspoon cumin powder
- Salt to taste
- Enough water

Method:

1. **Prepare the paste** by blending all the water and paste ingredients in a food processor. Set aside.
2. Heat the oil in a skillet at medium. Add in the onions and sauté for 3-4 minutes. Add in the paste, tomatoes, and carrots, and stir fry for 6-7 minutes.
3. Garnish everything with spring onions or scallions, and serve with rice, vegan bread, or noodles.

Nutritional Value Per Serving:

- Calories: 77
- Fat (g): 3.6
- Carbs (g): 10.2
- Dietary Fiber (g): 2.7
- Sugars (g): 4.8
- Protein (g): 1.8

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BRUSSELS SPROUT & TATERS



Yield: Serves 4

Prep Time: 10 mins

Cook Time: 5 mins

Ingredients:

- 1 medium sweet potato
- 1 daikon radish
- 1 cup pumpkin
- 1 cup sprouts
- 1 teaspoon turmeric
- 1 teaspoon paprika
- 2 cups Brussels sprout, halved

Salmoriglio sauce:

- 2 sprigs rosemary (1 teaspoon dried)
- 2 sprigs basil (1 teaspoon dried)
- 2 sprigs parsley
- 1/4 cup lemon juice
- 2 cloves of garlic, minced
- 1 tablespoon olive oil
- A pinch of salt and tarragon
- Water as needed

Method:

1. Rinse the vegetables and peel the radish and sweet potato. Slice the radish and sweet potato into small chunks. Cut all the Brussels sprouts in half and steam them along with the radish and sweet potato chunks for 4-5 minutes.
2. **Prepare the sauce** by adding all the sauce ingredients to a processor. Blend everything to a smooth paste by adding in water. Drizzle in the olive oil and set aside.
3. Place the steamed vegetables on a plate. Dab them with a clean kitchen towel to remove excess water. Add the vegetables to a large bowl and pour the sauce on top. Sprinkle the spices and toss well. Serve with rice or noodles.

Nutritional Value Per Serving:

- Calories: 105
- Fat (g): 4.1
- Carbs (g): 14.4
- Dietary Fiber (g): 4.8
- Sugars (g): 5.1
- Protein (g): 3.2

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SWEET POTATO CHIPS



Yield: Serves 4

Prep Time: 10-15 mins

Cook Time: 40-60 mins (3 Batches)

Ingredients:

- 2 large sweet potatoes, peeled
- 4-5 drops of olive or coconut oil
- 1 teaspoon paprika
- 1 teaspoon salt

Method:

Tip: Depending on the size of your oven and baking sheet, you may have to bake chips in 2-4

batches.

- 1.Preheat the oven to 375°F(190°C). Peel the sweet potatoes and make thin round slices with a knife or a slicer. Add the slices to a bowl and combine them with salt, paprika, and oil.
- 2.Line a baking sheet with parchment paper. Arrange the potato slices on the sheet leaving enough space between them.
- 3.Each batch takes 20 minutes to bake. Flip the potato slices after the first 10 minutes and bake for 10 more minutes. Check frequently after 15 minutes to ensure the chips don't burn.
- 4.Take the chips out of the oven and let them cool for 2-3 minutes, while you bake the next batch. Serve immediately with vegan cheese, salsa, or dips.
- 5.Store the remaining chips in a paper bag or an airtight container.

Alternatives:

Make the chips with spinach, kale, apple, peach, pumpkin, raw banana, or squash.

Nutritional Value Per Serving:

- Calories: 80
- Fat (g): 1.2
- Carbs (g): 13.2
- Dietary Fiber (g): 2.2
- Sugars (g): 0
- Protein (g): 0.8

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RED BEAN CHILI



Yield: Serves 4

Prep Time: 10 mins

Cook Time: 40 mins

Ingredients:

- 2 teaspoons olive oil
- 1 onion, chopped
- 1 tablespoon red chili powder
- 1 teaspoon paprika
- 4 tomatoes, pureed
- 1/2 cup dry red beans
- 2 cups water

Method:

- 1.Heat the olive oil in a saucepan at medium heat. Add in the chopped onion and sauté for 3-4 minutes, or until glassy. Add in the spices and salt.
- 2.Puree the chopped tomatoes in a blender and add them to the pot along with the water and beans. Cover the pot and simmer for 35-40 minutes.
- 3.Remove the pot from the heat and garnish the chili with almond milk.

Nutritional Value Per Serving:

- Calories: 273
- Fat (g): 3.7
- Carbs (g): 48.3
- Dietary Fiber (g): 13.4
- Sugars (g): 5.5
- Protein (g): 16.2

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BROWN LENTIL RAGOUT



Yield: Serves 4

Prep Time: 10-15 mins

Cook Time: 20-25 mins

Ingredients:

- 2 teaspoons olive oil
- 1 onion, chopped
- 1 tablespoon red chili powder
- 1/2 teaspoon Cajun spice
- 1 tsp. ground cumin
- 2 tomatoes, pureed
- 1 carrot, cubed

- 1/2 dry brown lentils
- 2 cups water

Method:

- 1.Heat the olive oil in a saucepan over medium heat. Add in the chopped onion and sauté for 3-4 minutes, or until glassy. Add in the carrots, spices, and salt.
- 2.Puree the chopped tomatoes in a blender and add them to the saucepan along with water, cubed carrots, and lentils. Cover the saucepan with a lid and simmer for 20 minutes.
- 3.Remove the saucepan from the heat and garnish the ragout with parsley or thyme leaves.

Nutritional Value Per Serving:

- Calories: 280
- Fat (g): 3.7
- Carbs (g): 47.2
- Dietary Fiber (g): 25.6
- Sugars (g): 5.2
- Protein (g): 18.9

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RATATOUILLE



Yield: Serves 4

Prep Time: 10 mins

Cook Time: 15 mins

Ingredients:

- 1 tablespoon olive oil
- 2 cloves of garlic, minced
- 1 cup red onion, chopped
- 1 cup zucchini, chopped
- 1 cup yellow zucchini, sliced
- 1 cup eggplant, sliced
- 2 turnips, sliced

- 1 red bell pepper, sliced
- 1 tomato, sliced
- 1 tablespoon dill
- 1 tablespoon spice mix
- Salt and white pepper to taste

Method:

- 1.Heat the oil in a skillet and sauté the chopped onion for 3-4 minutes on low heat. Add in the garlic and sauté for a minute while stirring frequently.
- 2.Slice the zucchini, eggplant, tomato, turnip, and red pepper, and add all the sliced vegetables to the skillet. Season the vegetables with salt and spices, and cook them for 7-10 minutes.
- 3.Add in the dill and white pepper and cook everything for 5 more minutes. The vegetables should be firm but tender.
- 4.Serve the ratatouille with a baguette, rice, couscous, quinoa, or flatbreads.

Nutritional Value Per Serving:

- Calories: 98
- Fat (g): 3.8
- Carbs (g): 12.1
- Dietary Fiber (g): 3.9
- Sugars (g): 6.5
- Protein (g): 2.4

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DESSERTS

ORANGE-BERRY PUDDING



Yield: Serves 4

Prep Time: 10 mins

Cook Time: 15 mins

Ingredients:

For Pudding:

- 1 cup unsweetened almond or coconut milk
- 2-2¹/₄ cups water
- 2 tablespoons ground flax seeds

- 1 tablespoon arrowroot powder
- A pinch of salt
- 2 oranges (slices without seeds)
- 1 pear, thinly sliced
- 1 cup strawberry

Optional Toppings:

- 2-3 tablespoons chopped nuts
- A pinch of cardamom or cinnamon

Method:

- 1.Mix the water with the flax seeds, arrowroot powder, almond milk, and salt, in a large bowl. Combine it all into a smooth batter.
- 2.Remove the pear core and slice it into thin rings. Peel the oranges, separate them into slices, and remove all the seeds. Halve the strawberries.
- 3.Place a saucepan on medium heat and add batter to it. Turn down the heat to medium-low. Add in the sliced fruits and berries.
- 4.Cover the pan with a lid and cook for 15 minutes. Check frequently, and add water to prevent the pudding from sticking to the bottom of the pan. Stir gently to avoid mashing fruit slices.
- 5.Cool the pudding and serve it with additional toppings like seeds, dried berries, coconut flakes, chocolate shavings, or nut butter.

Nutritional Value Per Serving:

- Calories: 231
- Fat (g): 12.7
- Carbs (g): 21.3
- Dietary Fiber (g): 6.3
- Sugars (g): 13.6
- Protein (g): 3.2

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FROZEN CHOCOLATE BROWNIE



Yield: 8-10

Prep Time: 10 mins

Freeze Time: 3 hours

Ingredients:

- 1 cup pecans
- 1 cup almonds
- 3 tablespoons natural cocoa powder
- 12 pitted dates, soaked in warm water
- 2 tablespoons avocado oil

Icing:

- 1/2 cup coconut flakes
- 1 teaspoon vanilla extract
- 1/2 teaspoon maple syrup

Method:

1. Add the nuts, flour, and cocoa in a food processor and blend it all into a smooth paste for 3 minutes. Add in the dates and oil, and blend again for 2 minutes.
2. Pour the brownie mixture on a tray and chill it in the fridge for 3 hours.
3. **Prepare the icing** by mixing the icing ingredients well. Spread it on top of the brownie mixture and chill for three hours in the fridge.
4. Cut the brownies into squares and serve them with other toppings, if desired. Store remaining pieces in the fridge.

Nutritional Value Per Serving:

- Calories: 159
- Fat (g): 10.1
- Carbs (g): 13.8
- Dietary Fiber (g): 4.1
- Sugars (g): 9.2
- Protein (g): 3.8

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TRICOLOR ICE POP



Yield: Serves 4 (1 ice pop)

Prep Time: 10 mins

Freeze Time: 4-5 hours

Ingredients:

- 2 tablespoons honey or maple syrup
- 2 cups watermelon, chopped
- 1/2 cup strawberry
- 1/2 cup kiwi
- 1/2 teaspoon lime juice

Method:

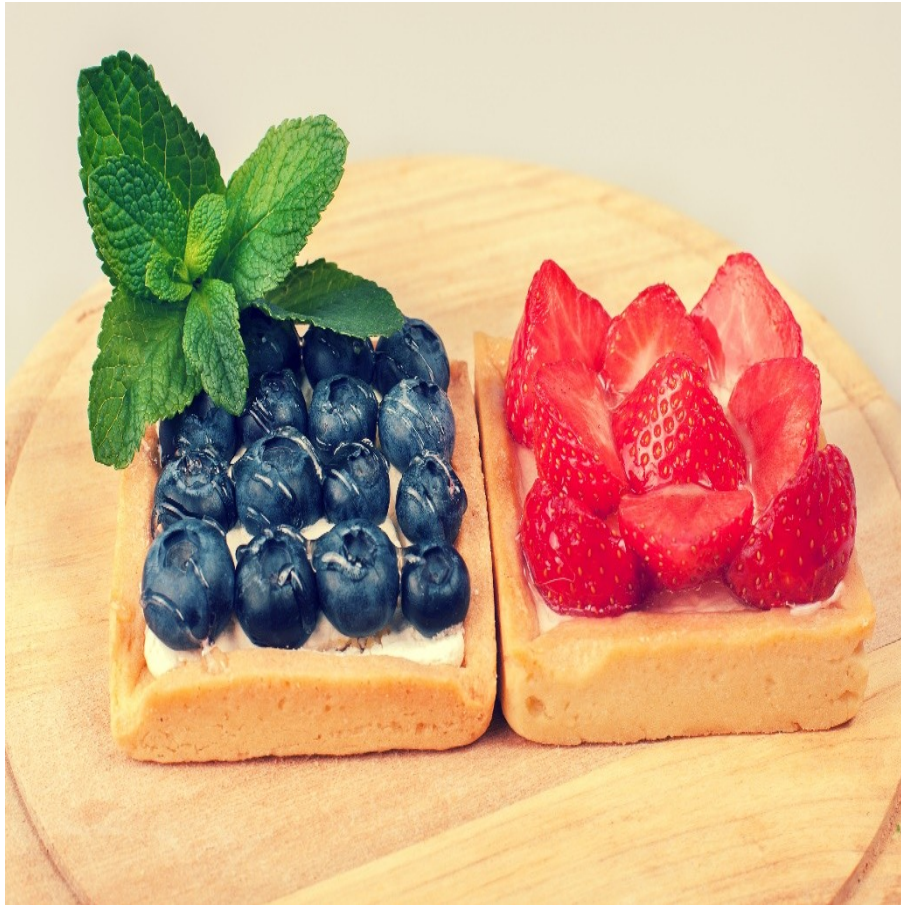
1. Puree the watermelon in a blender or food processor. Pour the puree in a container.
2. Peel the kiwi, chop all fruits in half, and add them to the empty blender/food processor. Add in the lime juice and honey. Puree the mixture. Pour this second puree in a second container.
3. Chop the strawberries and puree them in the empty blender/food processor.
4. Take an ice pop mold and fill half of it with watermelon puree. In the remaining space, fill in equal quantities of strawberry and kiwi purees.
5. Repeat the process with the remaining molds and cover them with a lid. If your pop mold doesn't have a lid, wrap some foil around the open top. Make a tiny hole in the center of the foil and insert a stick.
6. Freeze molds for 4-5 hours or until popsicles are frozen solid.

Nutritional Value Per Serving:

- Calories: 76
- Fat (g): 0.3
- Carbs (g): 16
- Dietary Fiber (g): 1.2
- Sugars (g): 15.2
- Protein (g): 0.8

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NO-BAKE SLICE



Yield: Serves 8-10 slices

Prep Time: 10 mins

Freeze Time: 2-3 hours

Ingredients:

- 1/2 cup almond flour
- 1/4 cup coconut milk
- 1/4 cup Brazil nuts
- 1/2 cup unsalted hazelnut butter
- A pinch of nutmeg
- 2-3 tablespoons maple sugar or coconut sugar

Icing:

- 1/4 cup almond paste
- 1/2 cup blueberries
- 1/2 cup strawberries

Method:

1. Add the sugar, flour, brazil nuts, and nutmeg in a blender and blend for 2-3 minutes. Add in the coconut milk and nut butter. Blend again to make a smooth and thick batter.
2. Pour the batter into a greased tray.
3. **Prepare the icing** by blending the almond paste with a little water, and spread it on top of the almond-coconut mixture. Set it all in the fridge for 2-3 hours.
4. Top the icing with blueberries and strawberries. Cut the paste into slices and serve. Store the remaining slices in the fridge for 2-3 days.

Nutritional Value Per Serving:

- Calories: 136
- Fat (g): 7.3
- Carbs (g): 14.6
- Dietary Fiber (g): 2.3
- Sugars (g): 2.5
- Protein (g): 3.2

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BUCKWHEAT & APPLE COOKIES



Yield: 8-10

Prep Time: 5 mins

Bake Time: 25-35 mins

Ingredients:

- 1 cup buckwheat flour
- 1 cup rolled oats
- 1 green apple, cored and grated
- 1 frozen banana, mashed
- 4-6 dates, pitted
- 1 pinch nutmeg
- 1 tablespoon maple syrup

Method:

- 1.Preheat your oven to 175°F(80°C).
- 2.Combine the flour with the oats and nutmeg. Mix well with a spatula.
- 3.Chop the dates, mash the banana, and grate the apple. Add it all to the flour mix along with the maple syrup. Combine everything until you get a soft sticky dough.
- 4.Shape the dough with your hands into round cookies and place them on a baking tray lined with parchment paper.
- 5.Bake them for 25 to 35 minutes, until they turn golden brown.

Nutritional Value Per Serving:

- Calories: 136
- Fat (g): 7.3
- Carbs (g): 14.6
- Dietary Fiber (g): 2.3
- Sugars (g): 2.5
- Protein (g): 3.2

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CONCLUSION

Your body and mind are very special. They deserve much better than toxic junk. Say goodbye to the SAD (Standard American Diet), and adopt a new vegan clean eating lifestyle. Embrace a better and healthier way of living.

Use this book as a guide to understanding veganism and mastering clean eating techniques. Embark on your journey to better health, weight loss, protection of animal rights, promotion of sustainable farming, and preservation of our planet. Take one step at a time and enjoy each one. Bookmark the sections on vegan fat alternatives and food quantity tips. Tweak the recipes to create your own new versions. Experiment with different ingredients, herbs, and spices. But most importantly, reduce your dependence on processed foods, and always make sure that your bowl is filled with fresh and natural ingredients.

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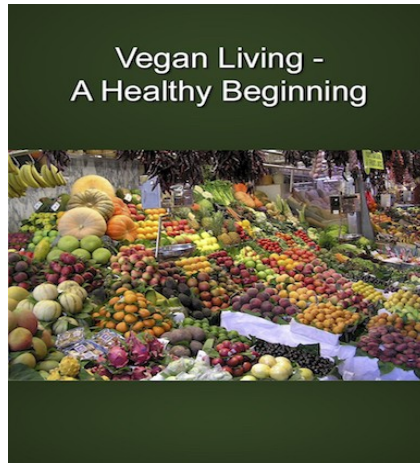
AUTHOR'S NOTE

Thank you for downloading this book and exploring veganism. I hope you enjoyed reading it and are ready to start cooking your own vegan meals. I would love for you to try out some of the recipes as soon as possible, and share your experience with me and other readers by leaving a short review on the site from which you purchased this book.

Remember, veganism is more than a way of life, it's a mission. The mission to save the lives of millions of animals, preserve our beautiful planet, and improve our own health. You can do your part and help spread the word by sharing the link to this book with friends, family members, and coworkers interested in plant food and clean diets.

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