

**LEAP n2u Fitness**

Movement for Mind & Body

# LOVING PLANT-BASED RECIPES

*Enjoy this delicious collection of plant-based recipes; including breakfast, lunch, dinner, treats and smoothie options.*

[www.leapintoyoufitness.com](http://www.leapintoyoufitness.com)



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## RECIPE KEY

Look for these helpful icons throughout the file.

-  Gluten Free
-  Dairy Free
-  Low Carb (under 20g serving)
-  Meal Prep/Freezer Friendly
-  High Protein (over 20g per serving)
-  Vegetarian
-  Quick (under 30 mins)
-  Contains Nuts

# EXAMPLE MEAL PLAN NO 1



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>BREAKFAST</b> Goats Cheese & Avocado on Toast	<b>BREAKFAST</b> Breakfast Salad Bowl	<b>BREAKFAST</b> Goats Cheese & Avocado on Toast	<b>BREAKFAST</b> Breakfast Salad Bowl	<b>BREAKFAST</b> Superfood Breakfast with Fried Eggs	<b>BREAKFAST</b> Peanut Butter & Jelly Smoothie	<b>BREAKFAST</b> Superfood Breakfast with Fried Eggs
<b>LUNCH</b> Zoodles with Quinoa & Poached Egg	<b>LUNCH</b> Leftover Slow Cooked Cauliflower Tikka Masala	<b>LUNCH</b> Zoodles with Quinoa & Poached Egg	<b>LUNCH</b> Chickpea & Tahini stuffed Aubergine	<b>LUNCH</b> Leftover Baked Sweet Potato with Feta, Pesto & Pomegranate	<b>LUNCH</b> Chickpea & Tahini stuffed Aubergine	<b>LUNCH</b> Peanut Butter & Jelly Smoothie
<b>SNACK</b> E.g. Peanut Butter & Jelly Smoothie, Easy Oat & Carrot Cookies	<b>SNACK</b> E.g. Peanut Butter & Jelly Smoothie, Easy Oat & Carrot Cookies	<b>SNACK</b> E.g. Peanut Butter & Jelly Smoothie, Easy Oat & Carrot Cookies	<b>SNACK</b> E.g. Peanut Butter & Jelly Smoothie, Easy Oat & Carrot Cookies	<b>SNACK</b> E.g. Peanut Butter & Jelly Smoothie, Easy Oat & Carrot Cookies	<b>SNACK</b> E.g. Peanut Butter & Jelly Smoothie, Easy Oat & Carrot Cookies	<b>SNACK</b> E.g. Peanut Butter & Jelly Smoothie, Easy Oat & Carrot Cookies
<b>DINNER</b> Slow Cooked Cauliflower Tikka Masala	<b>DINNER</b> Creamy Vegan Sundried Tomato Pasta	<b>DINNER</b> Leftover Creamy Vegan Sundried Tomato Pasta	<b>DINNER</b> Baked Sweet Potato with Feta, Pesto & Pomegranate	<b>DINNER</b> Creamy Leek Risotto	<b>DINNER</b> Meal Out – Enjoy!	<b>DINNER</b> Creamy Leek Risotto





# EXAMPLE MEAL PLAN NO 2

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>BREAKFAST</b> Asian Style Scrambled Eggs	<b>BREAKFAST</b> Protein Orange Pancakes	<b>BREAKFAST</b> Asian Style Scrambled Eggs	<b>BREAKFAST</b> Avocado, Feta & Pomegranate Toast	<b>BREAKFAST</b> Protein Orange Pancakes	<b>BREAKFAST</b> Tropical Breakfast Smoothie Bowl	<b>BREAKFAST</b> Avocado, Feta & Pomegranate Toast
<b>LUNCH</b> Goats Cheese, Pear & Walnut Salad	<b>LUNCH</b> Leftover Grilled Pumpkin, Tofu & Bulgar Salad	<b>LUNCH</b> Goats Cheese, Pear & Walnut Salad	<b>LUNCH</b> Kale & Broccoli Salad	<b>LUNCH</b> Leftover Veggie Throw Together Salad	<b>LUNCH</b> Kale & Broccoli Salad	<b>LUNCH</b> Tropical Breakfast Smoothie Bowl
<b>SNACK</b> E.g. Tropical Breakfast Smoothie Bowl, Vanilla & Coconut Truffles	<b>SNACK</b> E.g. Tropical Breakfast Smoothie Bowl, Vanilla & Coconut Truffles	<b>SNACK</b> E.g. Tropical Breakfast Smoothie Bowl, Vanilla & Coconut Truffles	<b>SNACK</b> E.g. Tropical Breakfast Smoothie Bowl, Vanilla & Coconut Truffles	<b>SNACK</b> E.g. Tropical Breakfast Smoothie Bowl, Vanilla & Coconut Truffles	<b>SNACK</b> E.g. Tropical Breakfast Smoothie Bowl, Vanilla & Coconut Truffles	<b>SNACK</b> E.g. Tropical Breakfast Smoothie Bowl, Vanilla & Coconut Truffles
<b>DINNER</b> Grilled Pumpkin, Tofu & Bulgar Salad	<b>DINNER</b> Sweet Potato Saag Aloo with rice	<b>DINNER</b> Leftover Sweet Potato Saag Aloo with rice	<b>DINNER</b> Veggie Throw Together Salad	<b>DINNER</b> Chickpea, Sweet Potato & Spinach Curry	<b>DINNER</b> Meal Out – Enjoy!	<b>DINNER</b> Chickpea, Sweet Potato & Spinach Curry





A top-down view of a white ceramic plate with a speckled pattern. Two slices of toast are arranged vertically. Each slice is topped with a layer of dark tapenade, followed by sliced avocado, a slice of hard-boiled egg, fresh green herbs, and a garnish of purple microgreens. The plate is decorated with a line of white bean sprouts on the left and a line of green microgreens on the right. A small portion of a brown beverage in a white cup is visible in the top left corner.

**AVOCADO, TAPENADE  
& EGG TOAST**

# AVOCADO, TAPENADE & EGG TOAST



Serves: 2  
Prep: 10 mins  
Cook: 0 mins



Nutrition per  
serving:  
386 kcal  
26g Fats  
25g Carbs  
12g Protein



## WHAT YOU NEED

- 2 eggs, boiled
- 1 ripe avocado
- 2 slices favourite bread
- 2 tbsp. tapenade
- coriander leaves, to serve
- microgreens, to serve (optional)

## WHAT YOU NEED TO DO

*Boil the eggs for 7 minutes. Toast the bread.*

*Remove the stone and flesh of the avocado and cut it into slices. Cut the eggs into quarters.*

*Spread the tapenade over the bread and top with the avocado and egg. Season with salt and pepper. Top with coriander and microgreens (optional).*





**ASIAN STYLE  
SCRAMBLED EGGS**

# ASIAN STYLE SCRAMBLED EGGS



Serves: 2  
Prep: 5 mins  
Cook: 10 mins



Nutrition per  
serving:  
206 kcal  
11g Fats  
6g Carbs  
15g Protein



## WHAT YOU NEED

- 3 eggs
- 2 egg whites
- 1 tbsp. soy sauce
- 2 tsp. sesame oil
- 1 ¼ cup (200g) mixed Asian vegetables
- 1 tsp. black sesame seeds
- coriander, to serve

## WHAT YOU NEED TO DO

*Whisk eggs and egg whites together in a bowl. Season with pepper and soy sauce.*

*Heat 1 tsp. of sesame oil in a pan over medium-low heat. Add the mixed veggies and 1 tbsp. of water. Season with salt and pepper and cook for 4-5 minutes until tender. Transfer onto a plate.*

*Add egg mixture to a pan and swirl to coat the base. Cook without stirring for 30 seconds. Using a wooden spoon, push the set eggs to the outer edge and the raw eggs to the centre.*

*Gently push the eggs around the pan every 15 seconds until set. Sprinkle with the sesame seeds.*

*Remove from heat and serve with the prepared vegetables – top with fresh coriander and additional sesame seeds, to serve.*





**GOATS CHEESE &  
AVOCADO ON TOAST**

# GOATS CHEESE & AVOCADO ON TOAST



Serves: 2  
Prep: 5 mins  
Cook: 0 mins



Nutrition per  
serving:  
370 kcal  
22g Fats  
35g Carbs  
11g Protein



## WHAT YOU NEED

- 4 small slices bread
- 1 ripe avocado
- ¼ cup (30g) goats' cheese
- 1 tbsp. black sesame seed
- ½ lime, juice
- hot chili pepper or flakes, to serve

## WHAT YOU NEED TO DO

*Toast the bread. In the meantime, smash the avocado with a fork and then divide among the bread slices.*

*Top with crumbled goat cheese. Season with salt and pepper, then drizzle with lime juice and sprinkle with sesame seeds, and chili to taste.*



# AVOCADO, FETA & POMEGRANATE TOAST



# AVOCADO, FETA & POMEGRANATE TOAST



Serves: 2  
Prep: 5 mins  
Cook: 0 mins



Nutrition per  
serving:  
322 kcal  
21g Fats  
27g Carbs  
9g Protein



## WHAT YOU NEED

- 2 slices wholemeal bread
- 1 avocado
- ¼ cup (50g) feta cheese, crumbled
- ¼ pomegranate, seeds
- mint leaves, to garnish

## WHAT YOU NEED TO DO

*Toast the bread to your liking. Remove the avocado flesh and mash it up with a fork, season with salt and pepper.*

*Divide the avocado between the 2 slices of toasted bread. Crumble the feta cheese on top and sprinkle with pomegranate seeds. Garnish with mint leaves and serve.*



**BREAKFAST  
SALAD BOWL**

# BREAKFAST SALAD BOWL



Serves: 2  
Prep: 10 mins  
Cook: 0 mins



Nutrition per  
serving:  
317 kcal  
17g Fats  
32g Carbs  
10g Protein



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## WHAT YOU NEED

- 2 slices bread of choice
- 2 handfuls salad leaves per bowl
- 2 baby cucumbers, sliced
- 2.6 oz. (75g) feta cheese, cubed
- 2.6 oz. (75g) blueberries
- 2 tbsp. pumpkin seeds
- 1 tbsp. olive oil
- 2 tsp. honey
- ½ lemon, juiced

## WHAT YOU NEED TO DO

*Toast the bread and tear into small pieces.*

*Assemble the salad in large bowls. Place two handfuls of salad leaves in each dish, top with sliced cucumber, feta cheese, and blueberries, then sprinkle with pumpkin seeds.*

*Lastly, drizzle with olive oil, honey, and lemon juice.*





**SUPERFOOD BREAKFAST  
WITH FRIED EGG**

# SUPERFOOD BREAKFAST WITH FRIED EGG



Serves: 2  
Prep: 5 mins  
Cook: 15 mins



Nutrition per  
serving:  
397 kcal  
26g Fats  
27g Carbs  
18g Protein



## WHAT YOU NEED

- 2 cups (300g) broccoli
- 2 tbsp. coconut oil
- 1 garlic clove, minced
- ¼ onion, chopped
- 2 tbsp. (20g) pumpkin seeds
- 1 tbsp. (20g) dried cranberry
- lemon juice
- 4 eggs

### Spices:

- ½ tsp. ground turmeric
- ½ tsp. chili flakes
- ½ tsp. paprika
- ½ tsp. oregano

## WHAT YOU NEED TO DO

*Divide the broccoli into smaller parts and chop into tiny pieces or use a food processor to make the broccoli rice.*

*Heat 1 tbsp. of oil in a pan on medium-high heat, add the minced garlic, chopped onion, pumpkin seeds and fry, stirring for about 5 minutes, until browned.*

*Next, add the cranberries, broccoli rice and all the spices, season with salt & pepper, mix and fry for another 5-7 minutes. If needed, add a little water to avoid burning. At the end of cooking, drizzle with lemon juice.*

*In a separate frying pan, heat the remaining 1 tbsp. of oil, and fry the eggs. Once ready serve on top of the broccoli rice, season with salt & pepper.*





**COTTAGE CHEESE,  
AVOCADO & SUNDRIED  
TOMATO BREAKFAST WRAP**

# COTTAGE CHEESE, AVOCADO & SUNDRIED TOMATO BREAKFAST WRAP



Serves: 4  
Prep: 10 mins  
Cook: 0 mins



Nutrition per  
serving:  
365 kcal  
21g Fats  
31g Carbs  
14g Protein



## WHAT YOU NEED

- 1  $\frac{3}{4}$  cups (400g) cottage cheese
- 2 avocados, stone removed
- 4 medium corn wraps
- $\frac{2}{3}$  cup (100g) sundried tomatoes
- 4 handfuls lettuce

## WHAT YOU NEED TO DO

*Heat the wraps according to the instructions. Mash the avocado with a fork and spread over the corn wraps. Season with salt and pepper.*

*Next, divide the cottage cheese, tomatoes and lettuce over the avocado. Roll the wraps and wrap them tightly in cling film. Keep the wraps in the refrigerator until required.*





**TROPICAL BREAKFAST  
SMOOTHIE BOWL**

# TROPICAL BREAKFAST SMOOTHIE BOWL



Serves: 2  
Prep: 10 mins  
Cook: 0 mins



Nutrition per  
serving:  
345 kcal  
8g Fats  
69g Carbs  
5g Protein



## WHAT YOU NEED

- 2 bananas, frozen slices
- 4.4 oz. (125g) mango, frozen cubes
- $\frac{2}{3}$  cup (160ml) coconut water
- $\frac{1}{3}$  cup (80ml) coconut milk
- handful blueberries, topping
- 1 kiwi, peeled and sliced, topping
- 2 tbsp. coconut chips, topping
- 2 tbsp. granola, topping

## WHAT YOU NEED TO DO

*Place the bananas, mango, coconut water and coconut milk in a blender or food processor and blend until smooth.*

*Divide the smoothie over 2 bowls and top with the kiwi, blueberries, coconut chips and granola. Serve immediately.*





**RASPBERRY & FLAXSEEDS  
SMOOTHIE BOWL**

# RASPBERRY & FLAXSEEDS SMOOTHIE BOWL



Serves: 1  
Prep: 10 mins  
Cook: 5 mins



Nutrition per  
serving:  
240 kcal  
13g Fats  
28g Carbs  
8g Protein



## WHAT YOU NEED

- 3 tbsp. flaxseeds
- ½ cup (100ml) water
- 1 cup raspberries, frozen
- 3 heaped tbsp. (50ml) beetroot juice
- 2 tbsp. natural yogurt (or plant based)
- 1 tsp. raw cacao nibs

## WHAT YOU NEED TO DO

*Boil the water in the kettle.*

*Place the flaxseeds in a small pot and add in the water, cook for around 5 minutes, until the water turns sticky. Then take off the heat and allow to cool slightly.*

*Place the raspberries and beetroot juice in a blender and blend until smooth. Next add in the flaxseeds and blend again.*

*Transfer the smoothie into a bowl and top with the yogurt and cocoa nibs. Serve straight away.*



A top-down photograph of a white ceramic bowl filled with oatmeal. The oatmeal is topped with dark chocolate shavings and small pieces of pink fruit. The bowl sits on a dark blue napkin with a white dotted pattern. A copper spoon is placed to the right of the bowl. A small white tag with the text "enjoy the simple things in life" is tucked under the napkin. A semi-transparent white box with black text is overlaid on the center of the bowl.

**BOUNTY OATS WITH  
DARK CHOCOLATE**

*enjoy the simple things in life*

# BOUNTY OATS WITH DARK CHOCOLATE



Serves: 3  
Prep: 5 mins  
Cook: 10 mins



Nutrition per  
serving:  
341 kcal  
18g Fats  
36g Carbs  
6g Protein



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## WHAT YOU NEED

- 1 cup oats (90g/3.17 oz.)
- 2 tbsp. desiccated coconut
- 6.7 fl. oz. (200ml) coconut milk
- 2 tbsp. coconut sugar or honey
- 1.7 oz. (50g) dark chocolate, chopped
- handful raspberries

## WHAT YOU NEED TO DO

*Place the oats in a saucepan and add 1 ½ glasses of water and the desiccated coconut. Bring to boil then reduce the heat, and cook covered for about 10 minutes. In the meantime, stir 2-3 times.*

*Remove the lid, add coconut milk and sugar. Mix and remove from the heat.*

*Divide between bowls, sprinkle with chopped chocolate and top raspberries to serve.*



# OVERNIGHT VANILLA YOGURT OATS



# OVERNIGHT VANILLA YOGURT OATS



Serves: 2  
Prep: 5 mins  
Cook: 0 mins



Nutrition per  
serving:  
249 kcal  
5g Fats  
41g Carbs  
9g Protein



## WHAT YOU NEED

- 1 ½ cup (350ml) vanilla yoghurt, soy or normal
- 5 tbsp. (30g) rolled oats
- 1 tbsp. honey
- 2-4 strawberries, sliced
- 1 kiwi, sliced

## WHAT YOU NEED TO DO

*In the evening, mix the yoghurt and rolled oats, then refrigerate overnight in a jar.*

*In the morning, add the honey and mix well. Transfer into serving bowls and serve topped with fresh strawberries and kiwi.*

A close-up photograph of a stack of banana protein pancakes on a white plate. The pancakes are golden-brown and topped with sliced bananas and chocolate chips. A silver fork is holding a piece of the stack on the left. The background is a light-colored surface with some scattered chocolate chips and banana slices.

# **BANANA PROTEIN PANCAKES**



# BANANA PROTEIN PANCAKES



Makes: 6  
Prep: 5 mins  
Cook: 10-15 mins



Nutrition per 3  
pancakes:  
424 kcal  
18g Fats  
52g Carbs  
12g Protein



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## WHAT YOU NEED

- 1 cup (90g) oats
- 1 ripe banana
- ½ cup (115g) cottage cheese
- ¼ cup egg whites (1-2 eggs)
- 4 tbsp. coconut milk, from a carton
- ½ tsp. cinnamon
- ½ tsp. baking powder
- ¼ cup (45g) dark chocolate chips (70%)

## WHAT YOU NEED TO DO

*Place all ingredients except the chocolate chips into a blender and blitz until smooth. Next, stir in the chocolate chips.*

*Fry the pancakes on a dry non-stick pan, over medium-high heat for 2-3 minutes each side.*

*The batter will allow to make around 6 small pancakes. To serve, top with your favourite toppings.*

### **NOTE:**

*Nutrition information is per 3 small pancakes. Toppings are not included in nutritional information.*



# FLUFFY BERRY PANCAKES



# FLUFFY BERRY PANCAKES



Makes: 8  
Prep: 10 mins  
Cook: 10 mins



Nutrition per serving:  
170 kcal  
7g Fats  
22g Carbs  
6g Protein



## WHAT YOU NEED

- 1 cup (200g) cottage cheese
- 2 eggs
- 2 tbsp. coconut sugar
- 2 tbsp. coconut oil, melted
- 1/3 cup (80ml) coconut milk, carton
- 1 1/3 cup (160g) wheat flour
- 2 tsp. baking powder
- around 24 raspberries
- around 32 blueberries

## WHAT YOU NEED TO DO

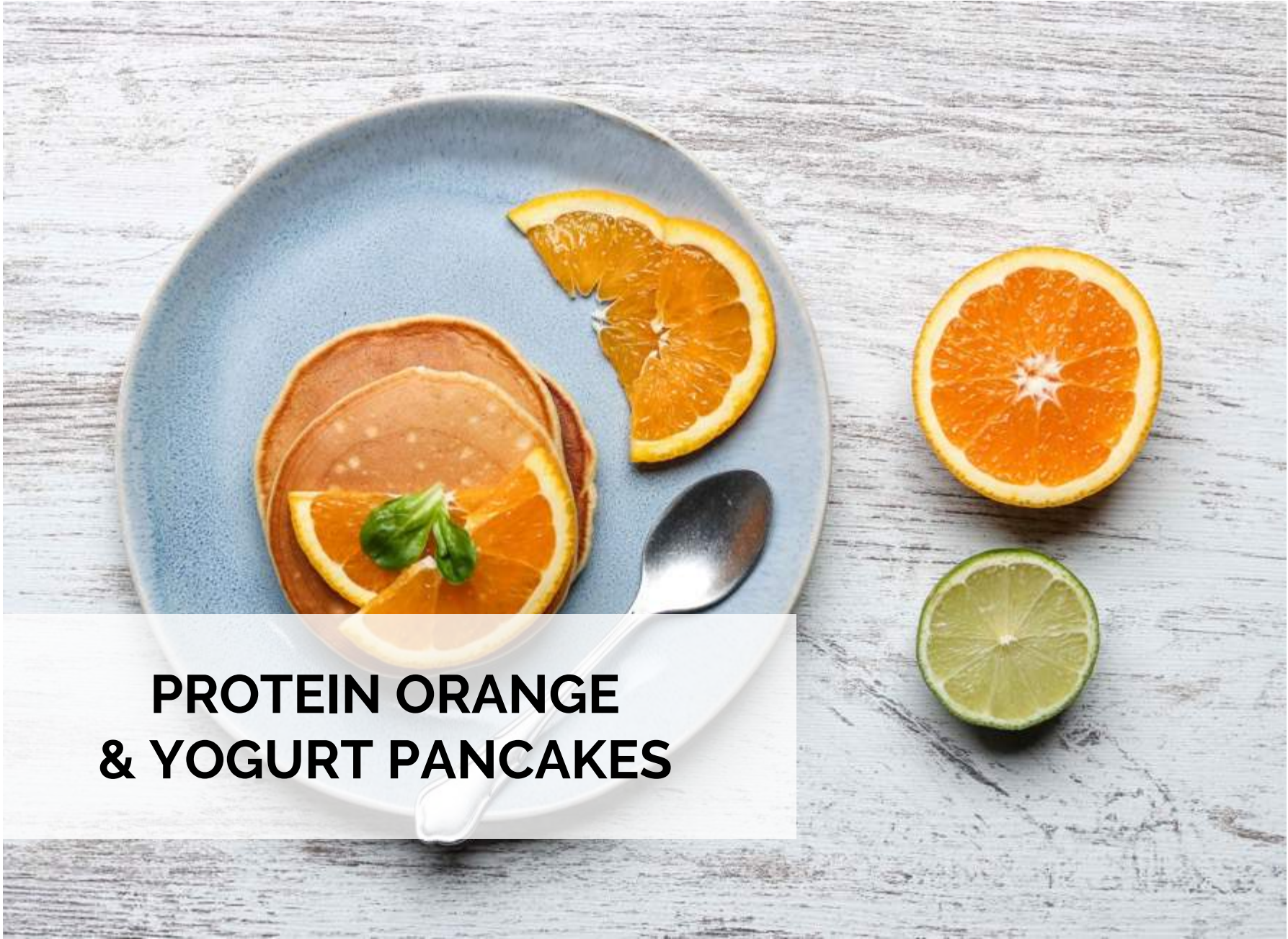
*Place the cottage cheese in a bowl and crush it with a fork. Add the eggs, sugar and whisk well, then pour in the oil and milk and mix again.*

*Mix in the flour and baking powder until smooth mass forms.*

*Heat a dry non-stick pan on medium heat, and place 2 tablespoons of the dough per one pancake onto the pan. Level the surface and arrange a few berries over the top. Fry for about 2.5 minutes over medium heat until grown slightly and browned.*

*Flip over and cook for another 2-2.5 minutes until browned on the other side. Serve hot or cold.*





**PROTEIN ORANGE  
& YOGURT PANCAKES**



# PROTEIN ORANGE & YOGURT PANCAKES



Serves: 2  
Prep: 5 mins  
Cook: 10 mins



Nutrition per  
serving:  
259 kcal  
12g Fats  
48g Carbs  
18g Protein



## WHAT YOU NEED

- 2 eggs
- 8 tbsp. (160g) natural yogurt
- 2 tsp. coconut sugar
- 2 tsp. orange peel
- 2 tsp. vanilla extract
- 8 tbsp. (120g) spelt flour
- 1 tsp. baking powder
- 1 tsp. coconut oil, melted
- orange slices, to serve

## WHAT YOU NEED TO DO

Mix the egg, yogurt, sugar and orange peel. Fold in the flour and baking powder and mix well until smooth. Lastly, add in the melted coconut oil and mix again.

Fry the pancakes on a dry non-stick pan over low-medium heat until golden brown.

Serve with slices of orange and fresh berries.

### PRO TIP:

- If avoiding dairy, swap natural yogurt for soy or coconut yogurt.
- Spice up your pancakes with cinnamon or cardamom for a fiery kick

A top-down photograph of almond banana pancakes. The pancakes are stacked on a white plate with a gold leopard print pattern. They are topped with a fresh fruit mixture of diced mango, passion fruit pulp, and mint leaves. To the right of the plate, there is a halved passion fruit and a sprig of fresh mint. The entire scene is set on a white marble background.

**ALMOND BANANA  
PANCAKES**

# ALMOND BANANA PANCAKES



Serves: 2  
Prep: 10 mins  
Cook: 15 mins



Nutrition per serving:  
346 kcal  
21g Fats  
28g Carbs  
13g Protein



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## WHAT YOU NEED

- $\frac{5}{8}$  cup (125g) mango, cubes
- 2 passion fruit
- 4 tbsp. water
- $\frac{1}{2}$  cup (60g) almond flour
- 1 ripe banana
- 1 medium egg
- 1 tsp. oil

## WHAT YOU NEED TO DO

*Put the mango pieces, and passion fruit flesh in a saucepan and add the water. Heat for 10 minutes on low heat until fruit is softened. Stir frequently. Put the fruit aside and let it cool.*

*In the meantime, mix the almond flour, the ripe banana and egg in the blender or food processor until smooth.*

*Heat the oil in a large non-stick pan scoop 6 pieces of batter into the pan with a tablespoon.*

*Fry the pancakes for about 3 minutes until browned and done on both sides. Turn them carefully, as the batter is not very firm.*

*Serve with the fruit spread made earlier.*



A close-up photograph of a bowl of food. The bowl is filled with a base of cooked quinoa. On top of the quinoa are several zucchini noodles (zoodles) that are spiralized. Interspersed among the zoodles are several halved cherry tomatoes. In the center of the bowl sits a perfectly poached egg, which is white and has a bright yellow yolk. The egg is topped with a dusting of red spices, likely paprika. The bowl is light-colored and sits on a patterned placemat. The background is slightly blurred, showing a wooden surface.

**ZOODLES WITH QUINOA  
& POACHED EGG**

# ZOODLES WITH QUINOA & POACHED EGG



Serves: 2  
Prep: 15 mins  
Cook: 10 mins



Nutrition per  
serving:  
347 kcal  
15g Fats  
38g Carbs  
15g Protein



## WHAT YOU NEED

- 1 ½ cup (280g) cooked quinoa
- 1 tbsp. coconut oil
- 2 garlic cloves, crushed
- 2 medium zucchinis, spiralized
- 12 cherry tomatoes, halved
- 1 tsp. oregano or mixed herbs
- 2 medium poached eggs
- chili flakes, to taste

## WHAT YOU NEED TO DO

*Divide the cooked quinoa onto 2 plates.*

*Heat half the oil in a pan on medium heat. Sauté the garlic for 1-2 minutes then add the zucchini noodles (zoodles), cook for another 3-4 minutes stirring often. Towards the end of cooking, season with salt and pepper and herbs. Add the zoodles onto the plates.*

*On the same pan, heat the other half of the oil and cook the cherry tomatoes for 2-3 minutes. Season with salt, pepper and oregano. Add to the quinoa and zoodles.*

*To serve, top the zoodles with a poached egg and season with chili flakes and freshly ground black pepper.*



**GOATS CHEESE, PEAR  
& WALNUT SALAD**





# GOATS CHEESE, PEAR & WALNUT SALAD



Serves: 2  
Prep: 10 mins  
Cook: 0 mins



Nutrition per  
serving:  
379 kcal  
28g Fats  
26g Carbs  
10g Protein



## WHAT YOU NEED

- 3.5 oz. (100g) mix salad leaves
- 1 ripe pear
- 2 tbsp. lemon juice
- 3.5 oz. (100g) goat's cheese
- 1.1 oz. (30g) walnuts
- 1 tbsp. honey
- 1 tbsp. olive oil

## WHAT YOU NEED TO DO

*Divide the salad leaves onto 2 plates.*

*Peel the pear, and cut into quarters, cut out the seed nests, cut the quarters into bite-size pieces. Transfer into a bowl and drizzle with lemon juice. Take the pears out of the lemon juice and add them to the salad leaves.*

*In the bowl with lemon juice, add honey, olive oil, and salt, to taste. Mix well and set aside.*

*Crumble the goat cheese over the salads and top with chopped walnuts. Drizzle with the earlier made dressing and serve.*

A top-down view of a light-colored ceramic bowl filled with a vibrant detox salad. The salad consists of finely chopped green leafy vegetables, including cilantro, and other ingredients like diced avocado, cucumber, tomatoes, and small seeds. The bowl is set on a white marble surface with grey veining. To the left of the bowl are two slices of fresh lemons and a bunch of fresh cilantro. To the right, a silver fork is placed on a yellow and white patterned napkin. In the bottom right corner, a portion of a halved avocado is visible.

**DETOX SALAD**

# DETOX SALAD



Serves: 2  
Prep: 10 mins  
Cook: 0 mins



Nutrition per  
serving:  
315 kcal  
24g Fats  
19g Carbs  
10g Protein



## WHAT YOU NEED

- 2 bunches parsley, roughly chopped, around 1 oz. (30g)
- ¼ cup (46g) cooked quinoa
- 1 avocado, peeled, stone removed, cut into cubes
- ½ cucumber, cut into cubes
- ½ zucchini, cut into cubes
- 1 small red onion, finely diced
- 1 tsp. olive oil
- juice of 1 lemon
- ¼ cup (30g) mixed seeds and nuts, to garnish

## WHAT YOU NEED TO DO

*In a medium bowl, add parsley, avocado, quinoa, cucumber, zucchini, and onion and toss to combine.*

*Drizzle with olive oil and lemon, season with salt and pepper, then mix to combine and serve sprinkled with nuts and seeds.*



**GRILLED PUMPKIN,  
TOFU & BULGUR SALAD**



# GRILLED PUMPKIN, TOFU & BULGUR SALAD



Serves: 2  
Prep: 10 mins  
Cook: 20 mins



Nutrition per  
serving:  
360 kcal  
22g Fats  
38g Carbs  
10g Protein



## WHAT YOU NEED

- 2 ¼ cup (500g) pumpkin, cubed
- 1 tsp. sweet paprika
- 1 tsp. chili powder
- 2 tsp. dried rosemary
- 1 tbsp. olive oil
- 1 tbsp. honey
- ⅓ cup (40g) walnuts, chopped
- ¼ cup (55g) of bulgur wheat
- few handfuls spinach
- ⅔ cup (80g) tofu, drained
- 1 tbsp. balsamic glaze

## WHAT YOU NEED TO DO

*Heat the oven to 400°F (200°C).*

*Season the pumpkin with salt and pepper, paprika powder and rosemary. Cover well with olive oil and honey.*

*Put the pumpkin on a baking tray lined with paper. Bake in the oven for about 20 minutes, halfway through cooking time add the walnuts and drained tofu.*

*Place the bulgur into a small pot, and add ¾ cup of water, season with salt and bring to boil. Simmer under cover for about 20 minutes until tender, and the liquid is absorbed.*

*Add the cooked bulgur to the roasted pumpkin on the baking tray and mix, collecting the whole flavour from the roasted pumpkin. Add the spinach and mix well.*

*Divide onto plates, season with freshly ground pepper and drizzle with balsamic glaze. This dish can be served warm or cold.*





**SUPERFOOD  
TAHINI SALAD**



# SUPERFOOD TAHINI SALAD



Serves: 2  
Prep: 10 mins  
Cook: 0 mins



Nutrition per  
serving:  
190 kcal  
10g Fats  
19g Carbs  
9g Protein



## WHAT YOU NEED

### **For the salad:**

- 2 cups (200g) baby kale
- 2 handfuls microgreens
- 2 carrots, shredded
- 8 radishes, thinly sliced

### **For the dressing:**

- ½ lemon, juice
- 2 tbsp. tahini
- 1 tsp. honey
- 2 tbsp. water
- salt
- 1 garlic clove, minced
- cayenne

## WHAT YOU NEED TO DO

*Make the dressing by blending all the dressing ingredients. Taste and adjust seasonings if necessary.*

*For the salad, toss all of the salad ingredients in a bowl and drizzle with the tahini dressing.*

*Top with microgreens or your favourite seeds (optional).*

A top-down view of a white ceramic bowl with blue polka dots, filled with a vibrant salad. The salad consists of fresh green arugula, roasted orange and yellow root vegetables, crumbled white feta cheese, and small dark seeds. The bowl sits on a piece of light-colored burlap fabric with dark stripes. To the right of the bowl are two wooden serving utensils: a large wooden spoon and a wooden fork. The entire scene is set on a light-colored, weathered wooden surface. A semi-transparent white box with black text is centered over the bowl.

**ROASTED ROOT VEG  
SALAD WITH FETA**

# ROASTED ROOT VEG SALAD WITH FETA



Serves: 4  
Prep: 10 mins  
Cook: 30 mins



Nutrition per  
serving:  
197 kcal  
11g Fats  
21g Carbs  
6g Protein



GF

MP

V



## WHAT YOU NEED

- 2 medium carrots, peeled
- 2 medium parsnips, peeled
- 1 lb. (450g) pumpkin, peeled
- 2 tbsp. olive oil
- 4 oz. (120g) rocket
- 2 oz. (50g) feta
- ¼ cup (30g) pumpkin seeds

## WHAT YOU NEED TO DO

*Pre-heat the oven to 400°F (200°C).*

*Wash and peel the carrots and parsnips. Cut them into small strips. Peel and cube the pumpkin.*

*Place all the vegetables into a roasting tray, and grease evenly with 1 tbsp. of olive oil. Season with salt and pepper, and roast in the oven for 20-30 minutes (depending on the thickness of the vegetables).*

*Once cooked add the roasted vegetables and rocket to a large bowl and drizzle with the remaining 1 tbsp. of olive oil.*

*Sprinkle with crumbled feta cheese and pumpkin seeds, and season with salt and pepper to serve.*



A top-down view of a white ceramic bowl filled with a vibrant salad. The salad consists of bright green broccoli florets, dark green kale leaves, and small pieces of red cranberries. It is garnished with sliced almonds and a light-colored dressing. The bowl sits on a white and black striped placemat over a light-colored wooden table. A silver fork is visible on the right side of the frame. A semi-transparent white box with black text is centered over the bowl.

# **KALE & BROCCOLI SALAD**

# KALE & BROCCOLI SALAD



Serves: 2  
Prep: 5 mins  
Cook: 20 mins



Nutrition per  
serving:  
370 kcal  
20g Fats  
42g Carbs  
17g Protein



## WHAT YOU NEED

### **For the salad:**

- ½ head broccoli
- 1 tbsp. olive oil
- 1 ¼ cup (125g) kale
- 1 ¼ cup (125g) mixed salad leaves
- scant ¼ cup (30g) raisins
- ¼ cup (30g) almonds, roasted, chopped

### **For the dressing:**

- 1 tbsp. honey
- 1 tbsp. balsamic vinegar
- 2 tbsp. lemon juice
- 1 tbsp. almond butter

## WHAT YOU NEED TO DO


Preheat oven to 400°F (200°C).

Place the broccoli florets on a baking tray, drizzle with olive oil and season with salt and pepper. Cook for 15-20 minutes until soft, add the kale in the last 10 minutes of cooking, then remove from the oven.

Place the broccoli, kale and salad leaves in a mixing bowl and add in the almonds and raisins. Mix gently.

Make the dressing by mixing all the dressing ingredients and drizzle the salad. Mix well before serving.



A close-up photograph of a white ceramic bowl filled with a colorful vegetable salad. The salad consists of chickpeas, asparagus spears, pieces of cooked salmon, and wilted spinach leaves. The bowl is placed on a light-colored wooden surface. A silver fork is visible in the bottom left corner. A semi-transparent white text box is overlaid on the right side of the bowl.

**VEGGIE 'THROW  
TOGETHER' SALAD**



# VEGGIE 'THROW TOGETHER' SALAD



Serves: 3  
Prep: 10 mins  
Cook: 30 mins



Nutrition per  
serving:  
343 kcal  
15g Fats  
40g Carbs  
13g Protein



GF

DF

MP

V



## WHAT YOU NEED

### **For the salad:**

- 1 medium sweet potato
- 5/8 cup (120g) chickpeas, drained
- 1 tbsp. olive oil
- 9 oz. (250g) asparagus
- 1 cup (30g) spinach
- 1 cup (30g) kale
- 1 cup (30g) rocket

### **For the dressing:**

- 1 tsp. mustard
- 1 tbsp. tahini
- 2 tbsp. lemon juice
- 1 tbsp. olive oil
- 1 tsp. honey

## WHAT YOU NEED TO DO

Preheat oven to 375°F (190°C).

Wash and chop the potato into bite size pieces, then place on a baking tray with the chickpeas. Drizzle with 1 tbsp. of olive oil and season with salt and pepper. Roast for 30 minutes. Add the asparagus in the last 10 minutes of roasting.

In the meantime, prepare the dressing by mixing all the dressing.

Place spinach, kale and rocket in a bowl and rub the dressing into the leaves.

Once the roasted veggies are ready, divide the salad between bowls and top with the baked potato, chickpeas and asparagus. Serve hot or cold.



**SUNDRIED TOMATO &  
TAHINI SALAD**

# SUNDRIED TOMATO & TAHINI SALAD



Serves: 2  
Prep: 5 mins  
Cook: 0 mins



Nutrition per  
serving:  
295 kcal  
20g Fats  
19g Carbs  
13g Protein



## WHAT YOU NEED

- 1  $\frac{3}{4}$  cup (130g) lentils, drained
- 1 cup (70g) sundried tomatoes, drained
- $\frac{1}{2}$  cup (80g) artichoke, drained
- 1 cup (225g) spinach
- $\frac{1}{2}$  cucumber, chopped
- 2 tbsp. tahini
- 2 tsp. apple cider vinegar
- 1 tbsp. tamari or soy sauce
- 1 tsp. honey

## WHAT YOU NEED TO DO

*Prepare the vegetables and place them in a large bowl.*

*Mix together the dressing ingredients (tahini, vinegar, tamari & honey), season with salt and pepper, and drizzle over the salad. Mix well, divide onto two plates and serve.*





**TOFU IN  
PEANUT SAUCE**

# TOFU IN PEANUT SAUCE



Serves: 4  
Prep: 30 mins  
Cook: 15 mins



Nutrition per  
serving:  
310 kcal  
18g Fats  
17g Carbs  
18g Protein



## WHAT YOU NEED

- 1 tbsp. coconut oil
- 2 ¼ cups (400g) tender stem broccoli
- 1 ⅔ cups (350g) firm tofu

### **For the sauce:**

- ¼ cup (65g) natural peanut butter
- 2 tbsp. tamari or soy sauce
- 2 tbsp. water
- 5 tbsp. honey
- 1 tsp. sesame oil
- ½ tsp. chili flakes
- 1 tbsp. ginger, grated

## WHAT YOU NEED TO DO

*Firstly, prepare the tofu. Drain all the water, and sandwich it between two paper towels and two plates. Place a heavy item like a can on the top plate. Press for at least 30 minutes.*

*Cut the tofu into ½ inch (1.25 cm) cubes.*

*Mix all the sauce ingredients and set aside. Steam or boil the tender stem broccoli until tender, set aside.*

*In the meantime, heat the coconut oil in the pan over medium heat and cook the tofu for around 10-15 minutes, occasionally turning, until browned. Add in the prepared sauce and stir well. Remove from heat and serve with the cooked broccoli.*



A top-down view of two stuffed aubergines on a white ceramic plate. The aubergines are cut lengthwise and filled with a vibrant yellow chickpea and tahini mixture, topped with fresh green herbs. The plate is set on a light-colored woven placemat. A semi-transparent white box with black text is centered over the image.

**CHICKPEA & TAHINI  
STUFFED AUBERGINE**



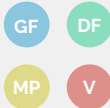
# CHICKPEA & TAHINI STUFFED AUBERGINE



Serves: 4  
Prep: 5 mins  
Cook: 40 mins



Nutrition per  
serving:  
360 kcal  
14g Fats  
50g Carbs  
14g Protein



## WHAT YOU NEED

- 2 large aubergines
- 2 tbsp. olive oil
- 1 small onion, chopped
- 2 cloves garlic, chopped
- 2 tbsp. chopped parsley, plus more to garnish
- 1 cup (200g) chickpeas, drained
- 2 tbsp. tahini
- juice of ½ lime
- salt, pepper, oil

### Spices:

- 1 tsp. turmeric
- 1 tsp. oregano
- 1 tsp. cumin
- 1 tbsp. coriander, fresh, chopped
- ⅓ tsp. hot paprika
- ⅓ tsp. sweet paprika

## WHAT YOU NEED TO DO

*Heat the oven to 400°F (200°C).*

*Cut the aubergines in half lengthwise, place them on a baking tray lined with baking paper, and bake in the oven for about 25-30 minutes. Once baked remove the flesh with a spoon, leaving about ¼ inch (½ cm) of the edges of the aubergine. Chop the aubergine flesh and set aside.*

*Heat a pan with 2 tbsp. of olive oil, add the chopped onion and finely chopped garlic, fry for 2-3 minutes. Then add the chopped flesh, and season with salt and pepper. Continue cooking for another 5 minutes stirring often.*

*Next, add the spices, and fry for another 2-3 minutes, adding water as needed to avoid burning.*

*Add the chopped parsley and take off the heat. Finally add the chickpeas, tahini and lime juice, mix, and season with salt and pepper to taste.*

*Transfer the stuffing into the halved cooked aubergines and serve with fresh chopped parsley.*

A top-down view of a white ceramic baking tray containing ten baked sweet potato halves. Each half is topped with a layer of green pesto, a dollop of white feta cheese, and a generous amount of bright red pomegranate seeds. Some seeds are scattered on the tray around the potatoes. The background is a light-colored, possibly marble, surface.

**BAKED SWEET POTATO  
WITH FETA, PESTO  
AND POMEGRANATE**

# BAKED SWEET POTATO WITH FETA, PESTO AND POMEGRANATE



Serves: 4  
Prep: 5 mins  
Cook: 30-45 mins



Nutrition per  
serving:  
283 kcal  
12g Fats  
42g Carbs  
7g Protein



GF

V



## WHAT YOU NEED

- 1.7 lbs. (800g) sweet potato
- 1 tbsp. olive oil
- 2.8 oz. (80g) feta cheese
- seeds of ½ pomegranate (50g)
- 1.7 oz. (50g) pesto (homemade or store bought)

## WHAT YOU NEED TO DO

*Heat the oven to 390°F (200°C). Wash the potatoes and cut them into 4 slices. Season with salt, pepper, and rub with olive oil.*

*Arrange on a baking tray and bake in the oven for about 30-45 minutes, until soft (the fork should smoothly enter the flesh). Thinner slices will be ready earlier.*

*Once cooked, spread the pesto over the potato slices, sprinkle with crumbled feta cheese and pomegranate seeds. If necessary, season with salt and pepper, to taste.*





**SATAY TEMPEH SKEWERS  
WITH ASIAN SLAW**

# SATAY TEMPEH SKEWERS WITH ASIAN SLAW



Serves: 4  
Prep: overnight  
Cook: 20 mins



Nutrition per  
serving:  
500 kcal  
30g Fats  
19g Carbs  
32g Protein



## WHAT YOU NEED

- 14 oz. (400g) natural tempeh

### **For the marinade:**

- ¼ cup (45g) crunchy peanut butter
- 3 tbsp. coconut milk (more if required)
- 1 tbsp. sesame oil
- 1 tbsp. lime juice
- 1 tbsp. tamari (or soy sauce)
- 1 tbsp. honey
- 1 tsp. chili paste (sambal oelek)
- 1 tsp. ginger, grated

### **For the slaw:**

- 300g red cabbage, shredded
- 1 tbsp. sesame oil
- 1 tsp. honey
- 1 tbsp. lime juice
- 2 tsp. ginger, grated
- sesame seeds, to serve

## WHAT YOU NEED TO DO

*Cut the tempeh into 32 even cubes.*

*Mix all of the marinade ingredients in a bowl. Add the tempeh to the marinade and stir until all cubes are covered. Cover the dish or place in an airtight container and store in the fridge overnight (or a least 1-2 hours).*

*Preheat the oven to 350°F (180°C).*

*Thread the marinated tempeh on skewers (4 cubes on each), then place on a baking sheet and bake for 20-25 minutes checking to prevent burning. Save the rest of the marinade for serving.*

*Mix all the slaw ingredients and season with salt and pepper, then mix well and set aside.*

*Once tempeh is ready, serve 2 skewers per person with a drizzle of the leftover sauce, alongside the Asian slaw. Sprinkle with sesame seeds to serve.*



A wooden cutting board with several sweet potato pancakes. Each pancake is topped with different ingredients: some have a dollop of white cream with cherry tomatoes, others have arugula, feta cheese, and tomatoes, and some have a drizzle of balsamic vinegar. The background is a light-colored wooden surface.

## **SWEET POTATO PANCAKES**



# SWEET POTATO PANCAKES



Serves: 4  
Prep: 10 mins  
Cook: 10-15 mins



Nutrition per  
serving:  
199 kcal  
9g Fats  
25g Carbs  
5g Protein



## WHAT YOU NEED

- 2 cups (300g) sweet potato, grated
- ½ small onion, grated
- 1 clove garlic, crushed
- 2 eggs
- 3 heaped tbsp. buckwheat flour
- 2 tbsp. coconut oil
- ½ tsp. sweet paprika

## WHAT YOU NEED TO DO

*Place the grated sweet potato and onion in a large bowl. Add in the crushed garlic, eggs, flour, season with salt and pepper, as well as the paprika. Mix thoroughly.*

*Heat the coconut oil in a pan and add a heaped tbsp. of the batter per 1 pancake (makes around 16). Fry for around 3 minutes on medium heat, then flip and fry for another 1-2 minutes.*

*Serve with your favourite toppings (see ideas below).*

### **Serving suggestions:**

- tomato / cream / lamb's lettuce or parsley / onion
- sliced cherry tomatoes / feta cheese / rocket / onion
- hummus / avocado / tomato / onion

A close-up photograph of a white ceramic bowl filled with a vibrant green pea soup. The soup is garnished with several fresh basil leaves, a dollop of white cheese, and a sprinkle of black pepper. The bowl is set on a dark wooden surface. In the background, another similar bowl is visible, and a small sprig of basil lies on the wood. A semi-transparent white box with black text is overlaid on the left side of the image.

**LEEK AND PEA  
SOUP WITH BASIL**

# LEEK AND PEA SOUP WITH BASIL



Serves: 4  
Prep: 5 mins  
Cook: 15 mins



Nutrition per  
serving:  
212 kcal  
5g Fats  
30g Carbs  
11g Protein



V Q



## WHAT YOU NEED

- 2 tsp. coconut oil
- 3 ¼ cups (400g) leek, chopped
- 4 cups (1L) water
- 2 vegetable stock cubes
- 3 cups (450g) garden peas
- ½ cup (15g) fresh basil, chopped
- 1 ¼ cup (150g) light feta, crumbled

## WHAT YOU NEED TO DO

*Heat the oil in a large saucepan and cook the leek for 2 minutes. Add the water and the stock cubes. Bring to the boil and cook for a further 5 minutes.*

*Add in the garden peas and cook for another 2 minutes. Put three-quarters of the basil into the soup, turn off the heat and puree with a hand blender until smooth.*

*Divide the soup over 4 bowls and sprinkle with the crumbled cheese and the rest of the basil to serve. Season with freshly ground pepper.*





**BROCCOLI AND  
GINGER SOUP**

# BROCCOLI AND GINGER SOUP



Serves: 6  
Prep: 5 mins  
Cook: 10 mins



Nutrition per  
serving:  
179 kcal  
7g Fats  
20g Carbs  
8g Protein



## WHAT YOU NEED

- 1 tbsp. coconut oil
- 7 oz. (200g) leeks, chopped
- 2 tbsp. ginger, chopped
- 2 broccoli heads, florets
- 1 large potato, peeled, chopped
- 1 tsp. turmeric
- 1 tsp. salt
- 1 tbsp. sesame oil
- 6 cups (3 litres) stock
- 6 tbsp. natural yogurt (or dairy free option)
- 6 tsp. sunflower seeds

## WHAT YOU NEED TO DO

*Heat the oil in a large pot over medium heat. Add the leeks and cook for around 5-6 minutes, until leeks are softened.*

*Add in the ginger, broccoli florets, chopped potato, turmeric, salt, sesame oil and stock.*

*Bring to a boil, reduce the heat and simmer for 10 minutes until the vegetables are soft.*

*Blend until creamy and smooth with a hand blender, then season to taste with salt and freshly ground black pepper.*

*Serve topped with yogurt and sunflower seeds.*

*The soup can be stored in the fridge for up to 5 days, or in the freezer for up to 3 months.*



A top-down view of a bowl of mushroom soup. The soup is a thick, light brown color. It is garnished with a dollop of white cream, several sliced mushrooms, and a fresh cilantro leaf. The bowl is blue with a speckled pattern. A copper spoon is visible in the bottom right corner. The background is a white marble surface.

# MUSHROOM SOUP



# MUSHROOM SOUP



Serves: 4  
Prep: 10 mins  
Cook: 35 mins



Nutrition per  
serving:  
204 kcal  
11g Fats  
23g Carbs  
6g Protein



GF

MP

V



## WHAT YOU NEED

- 2 tbsp. coconut oil
- 1 onion, sliced
- ½ leek, chopped
- 5 ⅓ cups (500g) mushrooms, sliced
- 1 small carrot, chopped
- 1 small parsnip, chopped
- 1 small potato, peeled, cubed
- 2 ½ cups (600ml) vegetable stock
- scant ½ cup (100ml) cream fraiche

## WHAT YOU NEED TO DO

*In a large pot, heat the oil, and sauté the chopped onion and sliced leek for about 3 minutes.*

*Next, add washed and sliced mushrooms and fry for another 10 minutes stirring now and then. Add the carrot, parsnip and potato. Mix well and cook for 3-4 minutes. Season with salt and pepper.*

*Pour in the hot vegetable stock and bring to the boil. Simmer, covered for about 15 minutes. until the vegetables are soft.*

*Mix with a hand blender until smooth, add cream at the end and serve.*



**SWEET POTATO  
PASTE**

# SWEET POTATO PASTE



Serves: 4  
Prep: 10 mins  
Cook: 10 mins



Nutrition per  
serving:  
140 kcal  
1g Fats  
27g Carbs  
5g Protein



GF DF  
V Q



## WHAT YOU NEED

- 2 large sweet potatoes
- ½ red chili pepper
- ¾ cup (150g) chickpeas, drained
- 1 tsp. garam masala

## WHAT YOU NEED TO DO

*Peel the sweet potatoes and cut into ¾ inch (2cm) cubes. Boil in water for about 10 minutes until done. Drain, and place in a tall cup, allowing to cool slightly.*

*Halve the pepper and remove the seed with a sharp knife, then chop into pieces and add in with the cooked potatoes. Next, add in the chickpeas and garam masala.*

*Puree everything with a hand blender (or food processor) until a smooth spread has formed. Season with salt and pepper to taste and serve as a spread or dip.*





**CRISPY TOFU**

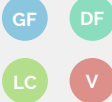
# CRISPY TOFU



Serves: 4  
Prep: 15 mins  
Cook: 30 mins



Nutrition per  
serving:  
151 kcal  
10g Fats  
4g Carbs  
11g Protein



## WHAT YOU NEED

- 2  $\frac{3}{4}$  cup (350g) firm tofu
- 1 tbsp. extra-virgin olive oil
- 1 tbsp. tamari
- 1 tsp. favourite seasoning
- 1 tbsp. corn-starch

## WHAT YOU NEED TO DO

*Preheat the oven to 200°C (400°F) and line a large baking tray with baking paper.*

*Drain the tofu and gently squeeze out the excess water. Wrap it around in a cloth and place something heavy over the top to further drain. Let it rest for 10 minutes.*

*Slice or cube the tofu into bite-size pieces and place in a bowl. Drizzle with the olive oil and tamari. Season with your favourite spices and toss to combine.*

*Sprinkle the starch over the tofu, and toss them again until evenly coated.*

*Transfer the tofu onto the prepared baking sheet and arrange in one layer. Bake for 25-30 minutes, turning halfway, until the tofu golden on the edges.*

*Use tofu in salads, or as a snack.*





# CREAMY LEEK RISOTTO



# CREAMY LEEK RISOTTO



Serves: 4  
Prep: 5 mins  
Cook: 30 mins



Nutrition per  
serving:  
438 kcal  
7g Fats  
81g Carbs  
13g Protein



GF

V



## WHAT YOU NEED

- 1 tbsp. coconut oil
- 2 leeks, chopped and washed
- 1 white onion, diced
- 1 ½ cup (350g) risotto rice
- 2 cups (500ml) vegetable stock
- 3 rosemary springs
- ½ cup (60g) Parmesan, grated
- 3 tbsp. cream

## WHAT YOU NEED TO DO

*Heat the oil in a frying pan and sauté the leeks and onion for about 5 minutes. Add in the rice and simmer for 1 minute.*

*Add about half of the stock and rosemary springs, gently stir. Bring to the boil and simmer until liquid has almost absorbed, only then add the remaining stock. Cook the risotto until al dente for about 25 minutes.*

*Remove the rosemary springs, and season the risotto with salt and pepper.*

*Add half of the Parmesan cheese and the soy crème to the risotto, plus some extra stock if desired to make it extra creamy. Mix well and serve with the remaining parmesan.*



**SWEET POTATO  
SAAG ALOO**

# SWEET POTATO SAAG ALOO



Serves: 4  
Prep: 15 mins  
Cook: 15 mins



Nutrition per  
serving:  
197 kcal  
7g Fats  
35g Carbs  
6g Protein



GF V



## WHAT YOU NEED

- 1 tbsp. coconut oil
- 3 onions, thinly sliced
- 4 garlic cloves, sliced
- 2 tbsp. ginger, grated
- 1 tbsp. mild curry powder
- 2  $\frac{2}{3}$  cups (400g) sweet potatoes, peeled and chopped
- 3 tomatoes, diced
- 1  $\frac{1}{4}$  cup (300ml) vegetable stock
- 1  $\frac{1}{4}$  cups (250g) spinach, roughly chopped
- 4 tbsp. natural yogurt
- 2 tbsp. desiccated coconut
- 1 tbsp. mint leaves, finely chopped
- juice of  $\frac{1}{2}$  lemon
- handful coriander, chopped

## WHAT YOU NEED TO DO

*Heat the coconut oil in a large pan over medium-high heat. Add the onion and cook for 2-3 minutes until soft.*

*Next, add the garlic, ginger, curry powder, and sweet potato, mix well until combined. Season with salt and pepper.*

*Add the tomatoes and vegetable stock. Bring to boil, and turn down the heat and cover the pan. Simmer gently for about 10 minutes.*

*In the meantime, prepare the yogurt by mixing together the natural yogurt, desiccated coconut, and mint. Set aside until needed.*

*Next, add the spinach to the pan and cover the pan. Wait until the spinach has wilted, this will take a few minutes. Finally, give everything a good stir, season with some more salt and pepper. If required and necessary, loosen the sauce with some water.*

*Serve with the earlier prepared yogurt, a squeeze lemon, and fresh coriander.*





**GREEN SUSHI SALAD  
WITH CRISPY TOFU**

# GREEN SUSHI SALAD WITH CRISPY TOFU



Serves: 4  
Prep: 20 mins  
Cook: 10 mins



Nutrition per  
serving:  
490 kcal  
17g Fats  
60g Carbs  
22g Protein



GF

DF

V



## WHAT YOU NEED

- 1 cup (250g) sushi rice
- 1 tbsp. rice vinegar
- 2 cups (375g) natural tofu
- 1 tbsp. sesame oil
- 1 inch (3 cm) ginger, grated
- 2 tbsp. soy sauce
- 4 baby cucumbers, sliced
- few slices nori
- 5/8 cup (125g) seaweed salad
- 1 1/4 cup (200g) edamame beans

## WHAT YOU NEED TO DO

*Boil the rice according to the instructions on the package. Stir in the rice vinegar and allow to cool to room temperature.*

*In the meantime, drain the tofu. Cover a bowl with a clean tea towel and crumble the tofu above it. Press out as much moisture as possible squeezing the tea towel.*

*Heat the sesame oil in a wok and stir fry the tofu for 5 minutes on a medium heat. Next, add in the ginger and soy sauce. Stir fry for 5-7 minutes. Season with salt and pepper.*

*Meanwhile, cut the cucumber into slices and cut the nori into pieces.*

*To serve, divide the rice between bowls and then the tofu, cucumber, nori, seaweed salad, and soybeans. Serve with extra soy sauce.*



A close-up photograph of a bowl of vegetarian nasi goreng. The dish consists of browned rice mixed with various vegetables like green onions, carrots, and bean sprouts. A perfectly fried egg with a bright yellow yolk is placed on top of the rice. The bowl is light green and sits on a white marble surface.

# **VEGETARIAN NASI GORENG**



# VEGETARIAN NASI GORENG



Serves: 4  
Prep: 15 mins  
Cook: 15 mins



Nutrition per  
serving:  
380 kcal  
10g Fats  
59g Carbs  
14g Protein



## WHAT YOU NEED

- 7. oz. (200g) brown rice
- 1 tbsp. coconut oil
- 2 garlic cloves, sliced
- 1-inch ginger, peeled and chopped
- 2 tsp. sambal oelek (chili paste)
- 10.5 oz. (300g) white cabbage, shredded
- 10.5 oz. (300g) leek, sliced
- 1 carrot, finely chopped
- 2 tbsp. ketjap manis
- 4 eggs
- 7 oz. (200g) green beans
- 3.5 oz. (100g) bean sprouts

## WHAT YOU NEED TO DO

*Boil the rice according to the instructions on the package.*

*Heat ½ tbsp. of oil in a large pan and add the garlic, ginger and sambal, cook for 3 minutes. Add the cabbage, leek, and carrot to the pan and stir fry for another 5 minutes. Next, add the cooked rice with the ketjap manis sauce and mix well, and allow to heat through for a few minutes.*

*Heat the remaining oil in a frying pan and fry the eggs. In the meantime, cook the green beans for 5 minutes. Drain in a colander, and mix with the bean sprouts.*

*Serve the rice in a bowl topped with an egg and green beans on the side.*

# SMOKED AUBERGINE GOULASH



# SMOKED AUBERGINE GOULASH



Serves: 4  
Prep: 20-30 mins  
Cook: 35 mins



Nutrition per serving:  
181 kcal  
10g Fats  
26g Carbs  
5g Protein



## WHAT YOU NEED

- 2 eggplants
- 2 tbsp. olive oil
- 1 onion, diced
- 2 garlic cloves, minced
- 1 red bell pepper, chopped
- 1 red chili pepper, finely chopped
- 1 tbsp. lemon juice
- 1 tsp. smoked paprika
- 1 tsp. sweet paprika
- 1 can chopped tomatoes
- 1 tbsp. tomato puree
- 2 tbsp. chopped parsley

## WHAT YOU NEED TO DO

Wash the aubergine and cut them into  $\frac{1}{4}$  inch slices. Season on both sides with salt and put aside for about 20-30 minutes, until the eggplant collects water.

In a large pot, heat 1 tbsp. of oil and fry the onion for 2 minutes, then add the minced garlic and cook together for another 1-2 minutes.

Add the chopped red pepper and finely chopped chili peppers. Fry for about 4 minutes stirring constantly.

Dry the eggplant with paper towels and cut into cubes. Add it to the pot and add another 1 tbsp. of oil. Fry for approx. 10 minutes, in the meantime mix now and then.

During the frying, add lemon juice, season with both paprika powder and freshly ground black pepper (you do not need to add salt anymore because the aubergine has already absorbed the salt).

Add in the chopped tomatoes and tomato concentrate, stir and bring to a boil.

Cover and cook for another 15 minutes until the eggplant is soft. If necessary, you can add a few tablespoons of water to reach a desired consistency of the sauce.

At the end, add the chopped parsley and check the seasoning for salt.

Serve with rice or pasta.



A top-down view of a bowl of Slow Cooker Cauliflower Tikka Masala. The dish features cauliflower florets in a rich, red tomato-based sauce, garnished with fresh green cilantro leaves and roasted cashew nuts. A portion of white rice is served on the right side of the bowl. The bowl is set on a light-colored marble surface, with a few scattered cashews and a piece of parchment paper visible in the background.

**SLOW COOKER CAULIFLOWER  
TIKKA MASALA**

# SLOW COOKER CAULIFLOWER TIKKA MASALA



Serves: 4  
Prep: 10 mins  
Cook: 3-4hrs



Nutrition per  
serving:  
226 kcal  
14g Fats  
22g Carbs  
7g Protein



GF

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## WHAT YOU NEED

- 1 tbsp. coconut oil
- 1 small cauliflower head, cut into florets (about 4 cups florets)
- 1 medium onion, diced
- 3 cloves garlic, crushed
- 1 tbsp. ginger, grated
- 3 tbsp. curry powder
- 3 ½ cups (800g) can diced tomatoes with their juice (about 3 cups)
- 1 tbsp. honey
- ½ cup (120ml) full-fat coconut milk (canned)
- handful fresh parsley
- ⅓ cup (50g) cashews roasted

## WHAT YOU NEED TO DO

*Add the coconut oil, cauliflower, onion, garlic, ginger, curry powder to the slow cooker. Season with salt and pepper.*

*Pour in the diced tomatoes and honey stir to mix everything.*

*Cook on high for about 3-4 hours or the cauliflower is tender.*

*Add the coconut milk, and stir well. Cook for another 3-5 minutes on low until warmed through.*

*Serve topped with chopped coriander and roasted cashews, accompanied by rice (not included in nutrition info).*



# CHICKPEA, SWEET POTATO & SPINACH CURRY





# CHICKPEA, SWEET POTATO & SPINACH CURRY



Serves: 4  
Prep: 10 mins  
Cook: 20 mins



Nutrition per serving:  
328 kcal  
16g Fats  
38g Carbs  
11g Protein



## WHAT YOU NEED

- 1 tbsp. oil
- 1 medium onion, chopped
- 1 inch (3cm) ginger, grated
- 2 cloves garlic, minced
- ½ chilli pepper, chopped
- 1 medium sweet potato, peeled, chopped
- ½ tsp of hot pepper
- ½ tsp sweet pepper
- ½ tsp turmeric
- 14 oz. (400g) can chickpeas
- ⅔ cup (150ml) vegetable broth
- 1 cup (250ml) coconut milk, canned
- 3 cups (100g) spinach, chopped

## WHAT YOU NEED TO DO

*Heat the oil in a frying pan, add the chopped ginger, garlic and chilli pepper. Fry often, stirring for about 3 minutes.*

*Add the peeled and chopped sweet potato, season with salt and fry for another 2 minutes, then add the spices and mix well.*

*Next, add the chickpeas along with the brine, broth and coconut milk. Mix everything and bring to a boil.*

*Cook for about 15 minutes without covering, stirring every now and again, until the sweet potatoes are soft.*

*Finally, add the spinach, mix and take off the heat, and wait until it is wilted. Serve with rice.*



**CREAMY VEGAN  
SUNDRIED TOMATO PASTA**

# CREAMY VEGAN SUNDRIED TOMATO PASTA



Serves: 4  
Prep: 5 mins  
Cook: 10 mins



Nutrition per  
serving:  
455 kcal  
16g Fats  
43g Carbs  
11g Protein



## WHAT YOU NEED

- 2 cups (200g) brown rice pasta

### **For the sauce:**

- 1 cup (100g) sundried tomatoes, drained
- $\frac{2}{3}$  cup (100g) roasted almonds
- 2 tbsp. tomato puree
- 1 tbsp. balsamic vinegar
- 2 garlic cloves
- 1  $\frac{1}{4}$  cup (300ml) almond milk, unsweetened
- 1 tsp. mixed herbs

## WHAT YOU NEED TO DO

*Cook the pasta according to instructions on the packaging.*

*Place all the sauce ingredients into a food processor and blend until smooth. Add more milk or water if needed to reach a sauce-like consistency.*

*Pour the sauce over the pasta and heat for about 4-5 minutes over medium-low heat.*

*Serve with freshly ground black pepper.*





**CHAKALAKA  
STYLE RISOTTO**

# CHAKALAKA STYLE RISOTTO



Serves: 4  
Prep: 10 mins  
Cook: 30 mins



Nutrition per serving:  
264 kcal  
8g Fats  
42g Carbs  
5g Protein



## WHAT YOU NEED

- 2 tbsp. coconut oil
- 1 large onion, chopped
- 2 cloves garlic, sliced
- $\frac{2}{3}$  cup (150g) risotto rice
- 1 tsp. dried thyme
- 1 tbsp. curry powder
- 2 tbsp. fresh ginger, grated
- $\frac{1}{2}$  tsp. chili flakes
- 1  $\frac{1}{4}$  cup (300ml) vegetable stock
- 1 carrot, grated
- 1 red pepper, chopped
- 1 can chopped tomatoes
- 1 cup (175g) sweetcorn

## WHAT YOU NEED TO DO

Heat the oil in a large deep pan and sauté the onions and garlic for 3-4 minutes until soft.

Add the risotto rice, thyme and curry powder and stir fry briefly. Next, add the grated ginger and chili, season with salt and pepper, to taste.

Pour in the hot stock, bring to a boil then reduce the heat and simmer under cover for approx. 20 minutes, checking periodically. If the liquid is absorbed before the end of cooking, add some more water.

Next, add the grated carrot, red pepper, chopped tomatoes and sweetcorn, mix well, cover and cook for another 5 minutes, stirring constantly.

## FUN FACT:

Chakalaka is a South African vegetable relish that may have originated in the townships of Johannesburg when Mozambican mine workers coming off shift cooked tinned produce with chili to produce a spicy relish.





**QUICK VEGETABLE  
CURRY**



# QUICK VEGETABLE CURRY



Serves: 4  
Prep: 10 mins  
Cook: 15 mins



Nutrition per serving:  
376 kcal  
17g Fats  
51g Carbs  
7g Protein



## WHAT YOU NEED

- 1 tbsp. olive oil
- 1 red onion, chopped into wedges
- 1 tbsp. peeled and finely chopped ginger
- 2 cloves garlic, finely chopped
- 2 tbsp. curry powder
- ½ cup (120ml) vegetable stock
- 1 tbsp. corn-starch
- 1 ½ cups (350ml) canned coconut milk, full-fat
- 1 eggplant, chopped
- 1 zucchini, sliced
- 1 ½ cups (115g) mushrooms, quartered
- 1 red bell pepper, chopped
- ½ tsp. lime zest
- 1 tbsp. lime juice
- ¼ cup (5g) fresh basil, chopped
- 3 cups (480g) cooked white rice

## WHAT YOU NEED TO DO

*Heat the oil in a large pan over medium-high heat. Add the onion, ginger, and garlic and cook, for 4 minutes or until soft. Stir in the curry powder and cook for another minute.*

*Prepare the vegetable stock and mix it well with the corn-starch. Add the vegetable stock mixture to the pan along with the coconut milk and chopped vegetables. Season with salt and pepper and mix well.*

*Simmer for 10-15 minutes or until vegetables are tender. Stir in the lime zest and lime juice just before serving.*

*Spoon rice onto plates and top with vegetable curry, garnish with fresh basil to serve.*

A top-down view of a white ceramic bowl filled with a thick, pinkish-red protein pudding. The pudding has a smooth, slightly textured surface. Three fresh raspberries are placed in the center of the pudding. The bowl is set on a light-colored, textured surface, possibly a wooden table or a piece of parchment paper. Several other raspberries are scattered around the bowl, some on the left and some on the right. A wooden spoon is visible in the bottom left corner of the frame.

**RASPBERRY MILLET  
PROTEIN PUDDING**

# RASPBERRY MILLET PROTEIN PUDDING



Serves: 2  
Prep: 5 mins  
Cook: 15 mins



Nutrition per  
serving:  
179 kcal  
3g Fats  
27g Carbs  
11g Protein



## WHAT YOU NEED

- ½ cup (100g) millet
- 2 cups (500ml) unsweetened almond milk
- ½ cup (65g) raspberries
- 1 scoop (25g) vanilla protein powder

## WHAT YOU NEED TO DO

*Place millet in a strainer and rinse under cold running water. Transfer into a pot, and pour in the milk. Bring to a boil. Reduce heat to low, cover with lid and simmer for 15 minutes.*

*Transfer the cooked millet into a high-speed blender or food processor. Add the raspberries and protein powder. Blitz until smooth and creamy. If the pudding is too thick, you can add more milk. Serve with additional raspberries and maple syrup (optional).*





**KIWI CHIA  
PROTEIN PUDDING**

# KIWI CHIA PROTEIN PUDDING



Serves: 2  
Prep: 10 mins  
Chill: 1 hr



Nutrition per serving:  
272 kcal  
11g Fats  
37g Carbs  
16g Protein



## WHAT YOU NEED

- ¼ cup (45g) chia seeds
- 1 cup (250ml) coconut milk
- 1 scoop (25g) vanilla protein powder
- 3 kiwis, peeled + 1 kiwi, peeled and sliced
- ¼ cup (25g) blueberries
- ¼ cup (30g) blackberries

## WHAT YOU NEED TO DO

*Combine chia seeds, milk, and protein powder in a jar or glass bowl. Chill in the fridge for at least one hour or for best results - overnight.*

*Once out of the fridge give it a good stir, making sure you have a thick gel-like consistency. Taste and sweeten, if needed.*

*Place three peeled kiwis in a blender or food processor and blitz until pureed.*

*Divide the chia seeds and kiwi puree evenly between 2 glasses. First, a layer of chia seeds, then kiwi slices, and top with another layer of chia seeds.*

*Top each pudding with fresh berries and sliced kiwi.*

A glass jar with an orange lid and a metal clasp is filled with a thick, brown chocolate chia pudding. The top of the pudding is garnished with several fresh raspberries. The jar sits on a piece of light-colored burlap fabric with a dark grey stripe. A silver spoon lies on the fabric to the right of the jar. In the background, another jar of the same pudding is visible, and several raspberries are scattered on a light-colored wooden surface.

**CHOCOLATE  
CHIA PUDDING**



# CHOCOLATE CHIA PUDDING



Serves: 4  
Prep: 10 mins  
Cook: 0 mins



Nutrition per  
cookie:  
307 kcal  
16g Fats  
34g Carbs  
14g Protein



## WHAT YOU NEED

- 1 cup (170g) chia seeds
- 3 cups (700ml) coconut milk
- 1 scoop (25g) vanilla protein powder (optional)
- 1 tsp. vanilla extract
- ½ tsp. cinnamon
- ¼ tsp. espresso powder
- 2 tbsp. cocoa powder
- 2 tbsp. xylitol
- 1 cup (125g) raspberries, frozen

## WHAT YOU NEED TO DO

*Blend all the ingredients in a high-speed blender or food processor until most chia seeds are broken down and the pudding is thick and creamy.*

*Portion out into jars or small bowls and top with frozen raspberries.*

*Store in airtight containers for up to 4 days. Serve cold.*

### **Note:**

*If not using protein powder add additional 2 tbsp. of xylitol*



**VEGAN ORANGE  
CHOCOLATE MOUSSE**

# VEGAN ORANGE CHOCOLATE MOUSSE



Serves: 4  
Prep: 10 mins  
Cook: 20 mins



Nutrition per serving:  
354 kcal  
17g Fats  
39g Carbs  
13g Protein



GF

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## WHAT YOU NEED

- 1 cup sweet potato, peeled and cooked (225g/0.5 lb sweet potato)
- ½ cup (125g) smooth peanut butter
- ½ cup (50g) natural cocoa powder
- 6 tbsp. maple syrup
- 1 tsp. orange zest
- ½ cup (120ml) chickpea brine
- ½ tsp. lemon juice

## WHAT YOU NEED TO DO

*Place the cooked sweet potato and peanut butter in a food processor. Process until smooth and, then add cacao powder, maple syrup, and orange zest, blend again until smooth.*

*Place the chickpea brine in a clean bowl. Add lemon juice and whip with a hand mixer until you achieve stiff peaks (this can take around 3-6 minutes) – you should be able to invert the bowl, and the whipped brine should not move an inch.*

*Fold whipped chickpea brine into the chocolate and mix until well combined. The mixture will deflate slightly. Spoon the mixture between 4 small serving glasses and place in the fridge for 8 hours (or overnight) for the mousse to set.*



A top-down view of a clear glass filled with a thick, pale yellow custard. The custard is topped with a generous amount of small, dark, oval-shaped chia seeds. In the center of the glass, there is a cluster of bright red, jewel-like pomegranate seeds. The background is a light-colored, slightly blurred surface with some faint patterns.

## **COCONUT-BANANA MILLET CUSTARD**

# COCONUT-BANANA MILLET CUSTARD



Serves: 2  
Prep: 5 mins  
Cook: 15 mins



Nutrition per  
serving:  
144 kcal  
2g Fats  
32g Carbs  
2g Protein



## WHAT YOU NEED

- 1/3 cup (75g) raw millet
- 1 cup (240ml) coconut milk
- 1 tbsp. honey
- 1 banana
- 1 tbsp. of lemon juice

## WHAT YOU NEED TO DO

*Before cooking the millet rinse it thoroughly in hot water, then bring to the boil with 1/2 cup of coconut milk and 1/4 cup of water. Simmer for about 15 minutes, until the liquids are completely absorbed.*

*Place the soft groats in the blender or food processor, add the remaining coconut milk, honey, peeled banana and lemon juice. Mix for a perfectly smooth mousse (about 1-2 minutes of high-speed mixing).*

*To obtain a very smooth consistency, you might need to mix it for a longer period of time, so be patient.*

*Serve warm or cold.*

### **Serving suggestions:**

- maple syrup, passion fruit, pomegranate seeds, mixed berries, jam.



**BANANA PROTEIN  
SOFT SERVE**



# BANANA PROTEIN SOFT SERVE



Serves: 2  
Prep: 5 mins  
Cook: 0 mins



Nutrition per  
serving:  
188 kcal  
3g Fats  
31g Carbs  
13g Protein



GF

V



## WHAT YOU NEED

- 2 medium bananas, sliced, frozen
- 4 tbsp. vanilla or natural yoghurt
- 1 scoop (25g) vanilla whey or pea protein
- ½ tsp. cinnamon
- berries, to serve

## WHAT YOU NEED TO DO

*Place all ingredients in a food processor or high-speed blender and blitz until smooth and creamy, about 2-3 minutes.*

*Divide between two bowls, top with berries and enjoy.*

A top-down photograph of two white ceramic bowls with black speckles, filled with a thick, reddish-brown chocolate millet pudding. Each bowl is garnished with fresh raspberries and blackberries. A silver spoon lies horizontally on a grey, textured cloth napkin above the bowls. The background is a dark grey surface.

**CHOCOLATE  
MILLET PUDDING**

# CHOCOLATE MILLET PUDDING



Serves: 3  
Prep: 5 mins  
Cook: 15 mins



Nutrition per  
serving:  
212 kcal  
3g Fats  
40g Carbs  
6g Protein



GF

V

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## WHAT YOU NEED

- ½ cup millet (3.5 oz./100g)
- 2 cups plant milk (475ml)  
+ more if necessary
- 2 tbsp. natural cocoa powder
- 2 tbsp. honey
- handful berries

## WHAT YOU NEED TO DO

*Put the millet in a saucepan, add the milk, cover and bring to boil. Reduce the heat and cook covered for about 15 minutes until the millet is soft and absorbs all the liquid.*

*Add in the cocoa powder and honey. Mix thoroughly until the cocoa dissolves.*

*Blend in a food processor or blender until smooth for about 2 minutes. At this point, you can add more milk to achieve the desired consistency.*

*Serve hot or cold, topped with berries.*



# **EASY OAT & CARROT COOKIES**



# EASY OAT & CARROT COOKIES



Makes: 8  
Prep: 15 mins  
Cook: 15 mins



Nutrition per  
cookie:  
181 kcal  
7g Fats  
26g Carbs  
3g Protein



DF

MP

V



## WHAT YOU NEED

- 1 medium carrot, grated
- 1 cup (100g) instant oats
- 2/3 cup (100g) whole-grain flour
- 1 tsp. baking powder
- 1 tsp. ground cinnamon
- 3 tbsp. coconut oil, melted
- 1 egg
- 1 tsp. vanilla extract
- 5 tbsp. (75ml) maple syrup

## WHAT YOU NEED TO DO

*Preheat the oven to 340°F (170°C). Mix the oats, flour, baking powder and cinnamon in a bowl.*

*In a separate bowl whisk together, the egg melted and cooled oil, vanilla extract and maple syrup. Fold in the dry ingredients and mix well.*

*Add in the finely grated carrot and mix again.*

*Spoon the mixture (1 heaped tbsp. per cookie) onto a baking tray lined with paper and shape into rounds, leaving space between each cookie as they will spread slightly while cooking.*

*Place in the preheated oven and bake for 12-15 minutes until slightly browned. Remove from the oven and allow to cool completely before serving.*

**QUARK WITH POMEGRANATE,  
COCONUT & DARK CHOCOLATE**





# QUARK WITH POMEGRANATE, COCONUT & DARK CHOCOLATE



Serves: 4  
Prep: 5 mins  
Cook: 0 mins



Nutrition per  
serving:  
128 kcal  
9g Fats  
6g Carbs  
6g Protein



## WHAT YOU NEED

- 5/8 cup (150g) quark
- 1/4 cup (25g) walnuts, chopped
- 1/4 cup (25g) dark chocolate (80%), chopped
- 2 tbsp. pomegranate seeds
- 1 tbsp. shredded coconut

## WHAT YOU NEED TO DO

*Divide the quark between bowls. Sprinkle with the chopped walnuts, chocolate, pomegranate seeds and coconut.*

*Serve straight away or store in the fridge until required.*



**VEGAN LEMON &  
COCONUT CAKE**

# VEGAN LEMON & COCONUT CAKE



Serves: 12  
Prep: 30 mins  
Cook: 45 mins



Nutrition per  
serving:  
207 kcal  
11g Fats  
24g Carbs  
2g Protein



## WHAT YOU NEED

### **Wet ingredients:**

- 1 cup (240ml) almond milk, at room temp.
- 1/3 cup (80g) coconut oil
- 2/3 (125g) coconut sugar
- 2 tbsp. lemon juice

### **Dry ingredients:**

- zest of 4 lemons
- 1 cup (80g) desiccated coconut
- 1 3/4 cups (210g) all-purpose white flour, sifted
- 1 tsp. baking powder
- 3/4 tsp. baking soda

## WHAT YOU NEED TO DO

Heat the oven to 355°F (180°C).

Line a 1 kg./2 lbs. tin with baking paper.

Whisk softened coconut oil and sugar together with an electric whisk. Add in the lemon zest, lemon juice and room temperature plant milk and mix well with a spatula. Next, add in the desiccated coconut.

In a small bowl, mix the flour with the baking powder and baking soda. Next, fold in the flour into the wet ingredients and mix well, then transfer the batter to the prepared baking tin.

Bake for about 45 minutes, until a toothpick comes out clean and the top is nicely browned. Allow to cool completely before serving.

Once cool you can sprinkle the cake with some icing sugar (optional).



A close-up photograph of several round, white truffles coated in shredded coconut, resting on a piece of brown parchment paper. The truffles are arranged in a cluster, with one in the foreground being the most prominent. The background is softly blurred, showing more truffles and the texture of the paper.

# **VANILLA & COCONUT TRUFFLES**

# VANILLA & COCONUT TRUFFLES



Makes: 10  
Prep: 10 mins  
Chill: 60 mins



Nutrition per  
truffle:  
222 kcal  
21g Fats  
6g Carbs  
1g Protein



## WHAT YOU NEED

- 2 cups (200g) desiccated coconut + 3 tbsp.
- ¼ cup (60ml) coconut milk, canned
- ¼ cup (50g) coconut oil
- ½ tsp vanilla extract
- 3 tbsp. maple syrup

## WHAT YOU NEED TO DO

*Slightly heat the oils and coconut milk in a pot over low heat. Add the 200g desiccated coconut, vanilla extract and maple syrup, then mix well. Transfer into a container and chill in the fridge for 1 hour.*

*Once the batter is firm, form around 10 balls and roll them in the extra coconut, eat straight away or store in the fridge until necessary.*

**Pro tip:** add more milk if the batter is too dry and does not want to roll into balls.



**STRAWBERRY PROTEIN  
CHIA PUDDING**



# STRAWBERRY PROTEIN CHIA PUDDING



Serves: 2  
Prep: 0 mins  
Cook: 10 mins



Nutrition per  
serving:  
243 kcal  
16g Fats  
22g Carbs  
7g Protein



GF

MP

Q



## WHAT YOU NEED

- ½ cup (100g) frozen strawberries
- scant ½ cup (100ml) milk, dairy or coconut
- 1 tbsp. vanilla whey
- 1 tbsp. maple syrup
- scant ⅓ cup (50g) chia seeds

## WHAT YOU NEED TO DO

*Blitz the strawberries, milk, whey and maple syrup in a speed blender or food processor.*

*Add the chia seeds and mix well. Leave to thicken in the fridge for 10 minutes, mixing 2-3 times, to ensure it thickens evenly. Serve straight away or store in a refrigerator.*

**Pro tip:** *if you leave the pudding in the fridge overnight, you might want to add some extra milk to it before serving as it will become thicker as the chia seeds absorb the liquid.*

# RAW BEET SMOOTHIE



# RAW BEET SMOOTHIE



Serves: 1  
Prep: 5 mins  
Cook: 0 mins



Nutrition per  
serving:  
243 kcal  
4g Fats  
54g Carbs  
4g Protein



GF

DF

V

Q



## WHAT YOU NEED

- 1 small apple, cored
- 1 raw red beet washed, peeled, chopped
- ½ cup (50g) berries, frozen
- ¼ cup (55g) pineapple, cubed
- ½ orange peeled
- ½ cup ice
- ½ cup (120ml) water
- 1 tbsp. flax seeds, ground

## WHAT YOU NEED TO DO

*Place all the ingredients into a high-speed blender and blitz until smooth.*





**PEANUT BUTTER &  
JELLY SMOOTHIE**

# PEANUT BUTTER & JELLY SMOOTHIE



Serves: 2  
Prep: 5 mins  
Cook: 0 mins



Nutrition per  
serving:  
263 kcal  
11g Fats  
38g Carbs  
6g Protein



## WHAT YOU NEED

- 1 small banana
- 1 tbsp. peanut butter
- $\frac{3}{4}$  cup (100g) frozen raspberries
- $\frac{7}{8}$  cup (200ml) almond milk, unsweetened

## WHAT YOU NEED TO DO

Place all ingredients into a high-speed blender and blitz until smooth.

### **Protein Boost Tip:**

- Add a scoop of vanilla whey or plant based protein
- Or add 2-4 tbsp. of Greek yogurt