

RECIPE EBOOK

The most delicious plant-based recipes



RECIPES

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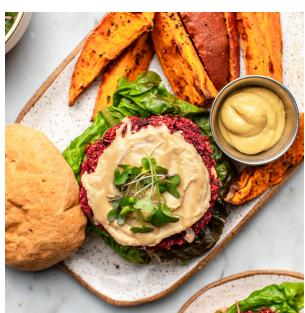
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RED LENTIL CURRY
(DAHL)



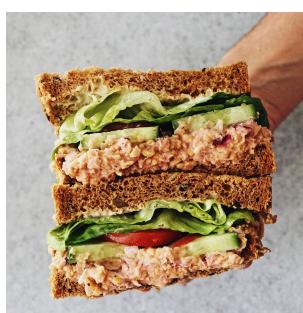
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QUINOA SALAD WITH ORANGE, CRANBERRY AND MINT

RECIPE SOURCE: THE SIMPLE VEGANISTA



INGREDIENTS

1 cup dried quinoa
1 3/4 cup water
1 can (15oz.) chickpeas, drained and rinsed
7 - 8 clementine, tangerine, mandarine or other small oranges
1/2 medium red onion, finely diced
1/2 cup dried organic cranberries
3 - 4 tablespoons fresh mint, chopped
3 - 4 tablespoons fresh parsley, chopped
handful arugula
handful slivered almonds (optional)

INSTRUCTIONS

Rinse the quinoa under cool running water using. Add the quinoa and water to a medium size pot, and bring to a boil, cover, reduce heat and simmer on low for 15 minutes. Remove from heat, uncover and let rest for 10 minutes. Fluff with fork.

Peel the oranges and thinly slice them 1/4 inch thick. Alternately, just peel the oranges into their natural wedges.

In a small bowl, combine the cider vinegar, orange juice, olive oil, minced garlic, and salt and pepper.

Using the pot the quinoa was cooked in, or a large mixing bowl, add the quinoa, chickpeas, oranges, cranberries, onion, arugula, mint and parsley, pour the dressing overtop and mix to combine. Season with more salt and pepper to taste.

Dressing:

1/4 cup apple cider vinegar
juice of 1 small orange
1 tablespoon olive oil (optional)
1 garlic clove, minced
mineral salt and pepper, to taste

VEGETARIAN HOMEMADE CHILI

RECIPE SOURCE: COOKIE AND KATE



INGREDIENTS

- | | |
|--------------------------------------|--|
| 2 tablespoons extra-virgin olive oil | 1 teaspoon dried oregano |
| 1 medium red onion, chopped | 1 large can diced tomatoes |
| 1 large red bell pepper, chopped | 2 cans black beans + 1 can pinto beans, rinsed and drained |
| 2 medium carrots, chopped | 2 cups vegetable broth or water |
| 2 ribs celery, chopped | 1 bay leaf |
| ½ teaspoon salt, divided | 2 tablespoons chopped fresh cilantro, plus more for garnishing |
| 4 cloves garlic, pressed or minced | 1 - 2 teaspoons vinegar or lime juice, to taste |
| 2 tablespoons chili powder | |
| 2 teaspoons ground cumin | |
| 1 ½ teaspoons smoked paprika | |

INSTRUCTIONS

In a large pot over medium heat, warm the olive oil until shimmering. Add the chopped onion, bell pepper, carrot, celery and $\frac{1}{4}$ teaspoon of the salt. Stir to combine and cook, stirring occasionally, until the vegetables are tender and the onion is translucent, about 7 to 10 minutes. Add the garlic, chili powder, cumin, smoked paprika and oregano. Cook until fragrant while stirring constantly, about 1 minute.

Add the diced tomatoes and their juices, the drained black beans and pinto beans, vegetable broth and bay leaf. Stir to combine and let the mixture come to a simmer. Continue cooking, stirring occasionally and reducing heat as necessary to maintain a gentle simmer, for 30 minutes. Remove the chili from the heat and discard the bay leaf. Add the chopped cilantro, stir to combine, and then mix in the vinegar, to taste. Add salt to taste. Divide the mixture into individual bowls and serve with garnishes of your choice.



RED LENTIL CURRY (DAHL)

RECIPE SOURCE: RAINBOW PLANT LIFE



"THIS VEGAN RED LENTIL CURRY IS A FAN FAVORITE AND THE BEST LENTIL CURRY YOU WILL EVER TRY! IT'S EASY AND QUICK, MAKING IT A PERFECT WEEKNIGHT DINNER!" (RAINBOW PLANT LIFE)

INGREDIENTS

1 tablespoon olive oil
4 cloves garlic, minced
2-inch piece of fresh ginger, peeled and grated
1 teaspoon ground turmeric
1-2 serrano peppers, diced (optional)
1 teaspoon ground cumin
1/2 teaspoon ground coriander
1/2 teaspoon Indian red chili powder (if you only have regular chili powder, which is a blend, use 1 teaspoon)
2 teaspoons curry powder
1 teaspoon garam masala
Kosher salt or sea salt to taste

Freshly cracked black pepper to taste
1 cup (180-190g) red lentils
2 cups (480 mL) vegetable broth or water
1 can (400-425g) crushed tomatoes
1 can (400 mL) full-fat coconut milk
3 tablespoons unsweetened almond butter
1/2 a small lemon, juiced
1/2 cup (~8g) fresh cilantro, roughly chopped

For serving: Basmati or Jasmine rice and Indian flatbread such as roti, paratha, or naan

RED LENTIL CURRY (DAHL)

RECIPE SOURCE: RAINBOW PLANT LIFE



INSTRUCTIONS

Rinse the lentils in cold water until the water runs clear. Heat a large, deep skillet over medium-high heat and add the olive oil. Once the oil is shimmering, add the garlic, ginger, fresh turmeric (if using), and Serrano pepper and cook for 2 minutes, stirring frequently to prevent garlic from burning.

Add the cumin, coriander, chili powder, curry powder, garam masala, salt, and black pepper to taste, and cook for 30 to 60 seconds until fragrant, tossing frequently to prevent burning (add water if needed to deglaze the pan). If using ground turmeric instead of fresh turmeric, add the ground turmeric now, along with the rest of the spices. Pour in the vegetable broth (or water), and use a spatula to scrape up any browned bits on the bottom of the pot. Add in the lentils and the crushed tomatoes and mix well. Reduce the heat to low and cover the pan with a lid. Simmer for 20 to 25 minutes, or until the lentils are cooked through and have mostly softened. If you find that the lentils are not quite soft after 25 minutes, add a few spoons more of broth or water and cook for another 5 minutes.

Remove the lid and stir in the coconut milk, almond butter, salt, and pepper to taste. Continue cooking on low heat, uncovered for 5 to 8 minutes, until the curry has thickened and is creamy. Finally, stir in the lemon juice and cilantro, and turn off the heat. If you want your lentils to even creamier and more on the puréed side, use an immersion blender to lightly purée the curry. Serve the curry with rice and/or Indian flatbread and garnish with additional cilantro.

VEGETABLE LASAGNA & CASHEW RICOTTA CHEESE

RECIPE SOURCE: THE SIMPLE VEGANISTA



INGREDIENTS

1 tablespoon olive oil
1 small onion, diced
2 carrots (2 cups), diced
1 zucchini (2 cups), diced
1 yellow squash (2 cups), diced
8 oz. mushrooms, chopped
1/2 teaspoon Italian seasoning (or thyme, basil or marjoram), optional
1 package frozen spinach, drained
1 jar pasta sauce, about 3 cups
Lasagna noodles
2 cups Cashew Ricotta Cheese
salt and pepper, to taste

INSTRUCTIONS

Cook noodles according to package directions, set aside. In a large skillet, heat oil over medium heat, add onion and garlic, saute for about 5 minutes. Add carrots, zucchini, squash, mushrooms, herbs/seasonings, and a good pinch of salt and pepper, continue to saute for another 5-7 minutes. We don't need to saute the zucchini, yellow squash, and mushrooms too much, we want their juices to fully release while baking. Remove from heat.

For the spinach ricotta, mix together the cashew ricotta and spinach.

Using a large rectangular baking dish place about 1/3 cup of sauce on the bottom of the dish spreading to coat, add a layer of pasta, top with 1/2 ricotta cheese and 1/2 vegetables. Add another layer of pasta, 1/2 of the remaining sauce, then the rest of the ricotta, then vegetables. Add one more layer of pasta and top with the remaining sauce. Cover with lid or foil.

Cover and bake on the center rack for 40 minutes. Let rest covered for 5 minutes, remove the cover and let cool 10 minutes. If not using no-boil noodles, you can remove the cover halfway through for a baked look.

VEGETABLE LASAGNA & CASHEW RICOTTA CHEESE

RECIPE SOURCE: THE SIMPLE VEGANISTA



INGREDIENTS

1 1/2 cups raw cashews, soaked
1/2 cup water
juice of 1 large lemon or 1 tablespoon apple cider vinegar
1-2 tablespoons nutritional yeast
1 small garlic clove
1/2 teaspoon onion powder
himalayan sea salt cracked and pepper, to taste

INSTRUCTIONS

First, it's best to soak your cashews in water before starting. Drain cashews and place all remaining ingredients into a blender or food processor, process until creamy stopping to scrape down the sides every few minutes.

Taste for flavors adding any additional ingredients. Some like a salty ricotta so feel free to add as much salt as you want.

Store in an airtight container in the refrigerator for an hour or two, this will stiffen the mixture a bit. You can also prepare your dish straight away without refrigeration if needed. Refrigeration will thicken the mixture a bit. If it becomes too thick, add a tad of water and mix well.

BEET BURGERS

RECIPE SOURCE: FROM MY BOWL



INGREDIENTS

- | | |
|--|-----------------------------------|
| 2 medium beets, peeled (2 cups or 300 g) | 1/4 teaspoon cayenne (optional) |
| 1 cup (95 g) walnuts | 1/2 teaspoon sea salt |
| 1/2 cup (45 g) rolled oats | 1 cup (170 g) white beans, rinsed |
| 1/4 cup (25 g) ground flax seeds | 1 tablespoon low-sodium tamari |
| 2 cloves of garlic | |
| 1 teaspoon dried rosemary | |
| 1/2 teaspoon dried thyme | |
| 1/4 teaspoon cinnamon | |



INSTRUCTIONS

Preheat the oven to 375F and line a baking sheet with parchment paper. Finely grate the beets. Set aside. Quickly clean out the processor, then re-attach it to the base with an S-blade attachment. Add the walnuts, oats, flax, garlic, all dry spices, and salt. Process until a slightly coarse flour forms.

Add the shredded beets, beans, and tamari to the food processor and blend until combined, scraping the sides of the device with a spatula as necessary. It's okay if there are still some pieces of beans or beets left – this will add texture! Scoop out the burger "batter" to form patties ($\frac{1}{2}$ cup measure to make 6 large patties).

Use slightly damp hands to flatten and shape the burgers, then place on a baking tray. Bake in the middle rack of the oven for 20 minutes, then flip the burgers and bake in the top rack of the oven for 15-20 minutes, until the edges are crispy and slightly browned. Serve as desired; leftovers will keep in the fridge for up to 5 days, or can be frozen for up to two months

CHICKPEA TUNA SANDWICH

RECIPE SOURCE: MADELEINE OLIVIA



INGREDIENTS

1 can chickpeas
2 tbsp vegan mayo (use olive oil if you don't have access to vegan mayo)
Juice of half a lemon
1 tbsp vinegar
1/2 red onion
1/2 tsp garlic powder
Salt and pepper

INSTRUCTIONS

Drain and rinse the chickpeas, and finely chop the onion.
Blend together all of the ingredients in a food processor, leaving some lumps in there for texture.
Spread in a sandwich (or wrap, or pita, or just go ahead and eat by itself on a spoon), and top with a classic mix of sliced cucumber, tomato and some crunchy lettuce. Top with some more mayo.

VEGAN 'CHICKEN' SOUP

RECIPE SOURCE: MADE BY CHOICES



INGREDIENTS

300 g Pleurotus mushrooms
1 medium onion
2 medium carrots
150 g pasta
1,5 L water
1 teaspoon miso paste
2 tablespoon olive oil
Salt to taste

INSTRUCTIONS

Boil the water in a kettle. Chop the onion and the carrots in small cubes. Clean the mushrooms with a kitchen cloth and thinly slice them.

Heat up the olive oil in a pan and cook the onions until golden. Add the carrots and the mushrooms and let it cook for a few minutes. Add the boiling water and let it cook for 5 minutes covered with the lid.

Add the pasta and the salt to taste. Let it cook for 10 minutes.

Take a small portion of the broth into a separate bowl and dissolve the miso paste.

Take the pan from the heat and mix the miso mixture. At this point, you might want to check all the flavours. Serve with fresh chopped coriander and fresh mint.

CHOCOLATE CHIP BANANA BREAD

RECIPE SOURCE: THE WHOLESOME EATS | MADDIE LYMBURNER

INGREDIENTS

3 medium ripe bananas
(1 1/2 cups mashed) + 1 for on top
1/2 tsp vanilla
1 flax egg (1 tbsp flax meal + 3 tbsp water)
1/2 cup packed brown sugar

3 1/2 tsp baking powder
1/2 tsp ground cinnamon
1/2 tsp salt
3/4 cup of plant milk
1 1/4 cups almond meal
1 1/4 cups rolled oats

1 1/4 cups wholemeal flour
handful of dairy-free dark chocolate chunks
handful of chopped walnuts



INSTRUCTIONS

Preheat oven to 350 °F.

In a small bowl, make the flax egg by combining the flax meal and water. Stir and set aside.

Mash 3 bananas in a large mixing bowl. Then add the above ingredients from vanilla through the plant milk and mix.

Add the almond meal, oats, and flour; mix. Then gently fold in extras (walnuts and chocolate).

Pour the batter into a loaf tin and top with a sliced banana. Bake for 45 minutes to 1 hour (or until it passes the toothpick test). Let banana bread cool completely before cutting and serving.

*TIP: If the top of the bread is getting too brown while the inside needs to cook more, cover the bread with aluminum foil and bake until done!