

BRENDAN FAWN

VEGETARIAN •COOKBOOK• *for Beginners*



40 EASY MEATLESS RECIPES
FOR A HEALTHY LIFE

Vegetarian Cookbook for Beginners

40 Easy Meatless Recipes for a Healthy Life

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Introduction

The popularity of vegetarian and vegan lifestyle is growing every day around the world. People are choosing meatless lifestyle due to the various reasons such as: health, ethical, cultural, religious and other. In near future, we will most likely observe a growing demand for vegetarian, plant-based, meat free lifestyle and ideology.

I have decided to publish this vegetarian cookbook because I want to be the tiny part of this worldwide movement and lifestyle.

This book is written not only for vegetarians, but also for vegans and what is more for people who want choose a healthier lifestyle, or just want to try new tastes and experiences.

This cookbook includes different vegetarian recipes, such as soups, salads, pasta, hot dishes, and desserts. You can find interesting, and sometimes unusual vegetarian recipes that will inspire you to cook tasty and delicious dishes that could be easily transformed to vegan recipes. Often you should just use your imagination, because there is no limit what you can cook. This vegetarian cookbook for beginners hasn't all the recipes, because it was written to inspire you to discover a colorful world of vegetarian cooking!

Moreover you don't need to be a professional 28 Michelin Star chef to use vegetarian recipes from this vegetarian cookbook and to cook for yourself, your family or friends! I would like to encourage you to test those veggie recipes and to experiment with vegetables, not always strictly following the recipes given, but adding your own flavors and tastes!

Chapter I: Salads

Greek Salad

Eat this colorful salad with tomatoes, Feta cheese and black olives and feel the spirit of the sunny Greece. Feta cheese will add some more calories to the salad.



Prep Time: 15 min. | Servings: 4

Ingredients:

- 4 big tomatoes
- 4 fresh cucumbers, peeled
- 2 big onions
- 4 bell peppers, red or yellow
- 20-25 canned black olives, pitted
- 7 oz Feta cheese
- 5 tbsp. Olive oil
- 1 tsp. dried Oregano
- 2 tbsp. soy sauce

3 tbsp. squeezed lime juice
salt and pepper

How to Prepare:

1. Cut the tomatoes, cucumbers, onions and bell peppers into slices.
2. Place all the vegetables in a bowl and pour the Olive oil, soy sauce and lemon juice, and then sprinkle with the dried Oregano.
3. Cut the Feta cheese into cubes and combine with the vegetables.
4. Add the pitted black olives, salt and pepper and serve.

Tip: You can place this salad in the fridge for 1-2 hours before serving.

Nutritional Information:

Calories: 403

Total fat: 8 oz

Total carbohydrates: 12 oz

Protein: 6 oz

Cucumber, Tomatoes and Feta Cheese Salad

Would you like to try something unforgettable? Then a salad with cucumber, tomatoes and Feta cheese is a salad you need to taste! This mix of different tastes will be a new experience.



Prep Time: 15 min. | Servings: 2

Ingredients:

1 big cucumber
3 tomatoes
1 oz lettuce
1 big onion
chopped fresh greenery

Dressing:

5 oz cream
5 tbsp. soy sauce
salt and pepper

How to Prepare:

1. Peel and cube the cucumber and tomatoes.
2. Cut the lettuce, peel and chop the onion and combine all the vegetables in a bowl.
3. Let's get to the dressing now - whisk all the dressing ingredients in a food processor until they have a smooth and creamy consistency.
4. Place the dressing in the fridge for 1 hour.
5. Pour the dressing over the salad and mix well, and then you are free to serve!

Nutritional Information:

Calories: 149

Total fat: 7 oz

Total carbohydrates: 10 oz

Protein: 6 oz

Green Walnuts Salad

Healthy green and light salad for those who like roasted walnuts and cucumber freshness!



Prep Time: 25 min. | Servings: 4

Ingredients:

4 oz walnut halves
1 avocado
1 cucumber
4 oz spinach
1 broccoli
4 tbsp. canned peas
4 tbsp. lemon juice
2 oz Parmesan cheese, grated
salt and pepper

How to Prepare:

1. Roast the walnut halves in the oven for 10 minutes until lightly browned and crispy.
2. Now grind the walnut halves using a blender or a food processor.
3. Peel the avocado and cucumber and then slice them.
4. Boil the broccoli for 10 minutes and cool it.
5. Wash the spinach and combine it with the avocado, broccoli, canned peas and cucumber.
6. Add the salt, pepper and grated Parmesan cheese on top.
7. Squeeze the lemon juice and pour over the salad and serve.

Nutritional Information:

Calories: 155

Total fat: 5 oz

Total carbohydrates: 7 oz

Protein: 2 oz

Zucchini and Mango Salad

A bright, sunny treat for long-awaited friends. No need to stew, boil or fry! Just cut, chop, slice and your salad is ready.



Prep Time: 15 min. | Servings: 4

Ingredients:

1 young zucchini

1 oz peanuts

Dressing:

2 oz cranberries

half cup unflavored yogurt

2 cloves of garlic

salt

basil

How to Prepare:

1. Grate the zucchini in Korean style using a Korean carrot grater.
2. Roast the peanuts in the oven for 10 minutes until lightly browned and crispy and combine them with the zucchini stripes.
3. Let's get to the sauce now – cut up the mango and chop the garlic.
4. Add the cranberries, yogurt, garlic, salt and basil into a blender and smash all the ingredients.
5. Mix the sauce with the zucchini spaghetti and add some basil leaves on top!

Nutritional Information:

Calories: 129

Total fat: 7.5 oz

Total carbohydrates: 12 oz

Protein: 4 oz

Colorful Summer Mix Salad

Summer is the colorful time when everything comes to life. Colorful Summer Mix Salad is simple to make and packed with vitamins.



Prep Time: 15 min. | Servings: 5

Ingredients:

- 2 carrots
- 8 cherry tomatoes
- 1 red onion
- 1 seedless and fresh cucumber
- 5 fresh radishes
- 1 pomegranate seeds
- handful of toasted peanuts
- 2 oz Tatsoi plant
- 2 oz Mizuna mustard greens

Dressing:

- 4 tbsp. Olive oil

2 tbsp. white wine vinegar
2 tbsp. liquid honey
salt and pepper

How to Prepare:

1. Peel the carrots, onion and cucumber.
2. Then grate all the vegetables and halve the cherry tomatoes.
3. Combine all the vegetables with the pomegranate seeds, Tatsoi plant and Mizuna mustard greens and mix in a big bowl.
4. Now let's start the dressing by combining the Olive oil and white wine vinegar and whisking well.
5. Then add the liquid honey, salt and pepper and mix well.
6. Pour the dressing over the salad, mix well, cover the bowl and then place the salad in the fridge for few hours.
7. Add the toasted peanuts and you are free to serve!

Nutritional Information:

Calories: 160

Total fat: 5 oz

Total carbohydrates: 7 oz

Protein: 3 oz

Tomatoes and Mozzarella Salad

Light and fresh salad with cherry tomatoes and Mozzarella cheese. Your vegetarian friends will love it!



Prep Time: 15 min. | Servings: 4

Ingredients:

20 cherry tomatoes
1 young zucchini
4 oz Mozzarella, cubed
4 oz raisins
2 tbsp. soy sauce
chopped fresh parsley

Dressing:

5 tbsp. pumpkin seeds oil
4 tbsp. white wine vinegar
4 tbsp. lemon juice
15 fresh basil leaves
salt and pepper

How to Prepare:

1. Halve the cherry tomatoes and grate the zucchini in Korean style using a Korean carrot grater.
2. Combine the Mozzarella cheese, raisins, tomatoes and zucchini.
3. Pour the soy sauce and sprinkle the fresh parsley on top.
4. Now let's start the dressing by mixing all the dressing ingredients in a food processor until they have a smooth and creamy consistency.
5. Pour the dressing over the salad and serve.

Nutritional Information:

Calories: 145
Total fat: 6 oz
Total carbohydrates: 8 oz
Protein: 5 oz

Beets and Cheese Salad

If you like different tastes in one dish including sweet, sharp, spicy and crispy, then beet salad with spicy dressing, walnuts and garlic will be the best option for you! Beets will make your stomach feel perfect. Beet cleans the body and the blood.



Prep Time: 20 min. | **Servings:** 4

Ingredients:

1 large cooked beet
1 sour apple, green
half cup of walnuts
4 oz creamy goat cheese
salt and pepper
chopped fresh parsley

Dressing:

2 tbsp. sunflower oil

2 tbsp white wine vinegar
5 garlic cloves
2 tbsp. mustard
salt

How to Prepare:

1. Peel the apple and cooked beet, and then cut them into cubes.
2. Roast the walnut halves in the oven for 10 minutes until lightly browned and crispy.
3. In a bowl, combine beets, apples, walnuts and chopped parsley.
4. Cut the goat cheese into slices and combine with the vegetables.
5. Let's get to the dressing now - beat all the dressing ingredients in a food processor until they have a smooth and creamy consistency.
6. Pour the dressing over the salad and then serve.

Nutritional Information:

Calories: 180

Total fat: 7 oz

Total carbohydrates: 10 oz

Protein: 3 oz

Pumpkin and Parmesan Cheese Salad

Would you like to try something new? Then salad with pumpkin and beets is for you! This mix of different tastes and colors will be a wonderful new experience.



Prep Time: 10 min. | Servings: 4

Ingredients:

5 oz pumpkin
5 oz Parmesan cheese, grated
4 tbsp. of canned corn
1 cucumber
1 big onion
4 tbsp. Olive oil
2 tbsp. lemon juice
salt and pepper

How to Prepare:

1. Peel the pumpkin and the cucumber and then chop the onion.
2. Grate the pumpkin and cucumber in Korean style using a Korean carrot grater.
3. Combine the pumpkin with the cucumber, onion, canned corn, salt and pepper, pour the Olive oil and mix well.
4. Sprinkle the grated Parmesan cheese and pour some lemon juice on top and then serve!

Nutritional Information:

Calories: 205

Total fat: 9 oz

Total carbohydrates: 12 oz

Protein: 5 oz

Quinoa and Cheese Salad

If you would like something light, healthy and easy, then salad with quinoa and Feta cheese is for you!



Prep Time: 20 min. | **Servings:** 5

Ingredients:

1 cup quinoa, cooked
5 oz Feta cheese
1 cucumber
8 oz cherry tomatoes
salt and pepper
chopped chives

Dressing:

1 cup lime juice
4 cloves of garlic
2 tbsp. pumpkin seeds oil

2 tbsp. liquid honey
salt and pepper

How to Prepare:

1. Cut the cucumber into pieces, tomatoes into halves and Feta cheese into cubes.
2. In a bowl, combine the quinoa, cucumber and tomatoes with the Feta cheese and sprinkle with the salt, pepper and chopped chives.
3. Let's get to the dressing now - combine the lime juice, garlic, oil, honey, salt and pepper in a bowl and whisk well.
4. Pour the dressing over the salad and serve!

Nutritional Information:

Calories: 135

Total fat: 10 oz

Total carbohydrates: 12 oz

Protein: 7 oz

Bread and Beans Salad

Extremely tasty and high in carbs and proteins bread and beans salad is perfect for the cold winter days.



Prep Time: 20 min. | Servings: 4

Ingredients:

5 oz fresh bread
1 can of canned beans
5 cloves of garlic, chopped
7 tbsp. mayonnaise
4 tbsp. Sesame oil
4 tbsp. Olive oil
2 oz sesame seeds
salt and pepper
small bunch of chives, chopped

How to Prepare:

1. Cube the bread and then heat the oil and fry the bread in the Olive oil for 10 minutes.
2. Combine the bread with the beans and chopped garlic.
3. Spoon the mayonnaise and pour Sesame oil and mix well.
4. Add some sesame seeds, salt and pepper, sprinkle with the chopped chives and you are free to serve.

Nutritional Information:

Calories: 303

Total fat: 25 oz

Total carbohydrates: 34 oz

Protein: 12 oz

Fruits Sunny Salad

Sunny and colorful fruits salad could be made from any fruits you will find in your kitchen. To prepare such a dessert is very simple – collect all the fruits you have in your kitchen and make this incredible salad or use our ingredient suggestions below.



Prep Time: 10 min. | Servings: 2

Ingredients:

- 1 pear
- 1 mango
- 2 kiwis
- 1 banana
- 4 big strawberries
- 2 tbsp. cranberries

Dressing:

- 2 tbsp. liquid honey

1 cup cream
1 banana

How to Prepare:

1. Cut all the fruits into cubes and combine in a bowl.
2. Let's get to the dressing now - beat the liquid honey, cream and banana using a food processor until they have a smooth and creamy consistency.
3. Add the fruits into bowls or glasses.
4. Pour the sweet dressing over each serving and Bon Appetite!

Nutritional Information:

Calories: 171

Total fat: 6 oz

Total carbohydrates: 9 oz

Protein: 5 oz

Chapter II: Soups

Light veggie soups are the best option for everyday use if we want to hold our stomach in perfect condition for the long run.

Tomatoes Cream Soup

This delicious recipe of warming tomatoes soup with cream will be a remarkable addition to your daily menu. I'm sure you'll definitely add it to your favorite recipes!



Prep Time: 15 min. | **Cooking Time:** 25 min. | **Servings:** 6

Ingredients:

- 3 lbs of red tomatoes
- 2 oz unsalted butter
- 4 tbsp. white flour
- 1 cup cream
- 1 tbsp. lime juice
- 10 fresh basil leaves
- 5 tbsp. Olive oil
- 4 tbsp. chopped coriander
- 1 tbsp. brown sugar
- 1 tsp. red pepper
- salt and pepper

How to Cook:

1. Heat the Olive oil in a frying pan and fry the ground coriander for 5 minutes.
2. Whip up the tomatoes with a blender until they have a smooth and creamy consistency.
3. Place the smashed tomatoes in a large saucepan with water and boil over medium heat for 20 minutes.
4. Add the chopped coriander, brown sugar, salt, pepper and red pepper.
5. Melt the unsalted butter in a frying pan and fry with the flour until light dark color.
6. Pour the cream and stir over until thickened.
7. Blend the basil with the salt in a food processor until they have a smooth and creamy consistency.
8. Combine the cream sauce and basil with the tomatoes and add the lime juice and the soup is ready!

Nutritional Information:

Calories: 350

Total fat: 15 oz

Total carbohydrates: 23

Protein: 10

Spring Spinach Soup

There's more than one reason why many people love creamy soups. Each creamy soup is made of fresh vegetables which create a stunning combination of flavors, spices, and smells. This cheerful, spinach soup is rich in vitamins and microelements.



Prep Time: 10 min. | Cooking Time: 45 min. | Servings: 6

Ingredients:

- 15 oz fresh spinach
- 2 medium onions
- 4 cloves of garlic
- 2 potatoes
- 4 oz unsalted butter
- 5 tbsp. white flour
- 2 tbsp. Olive oil
- 3 cups milk
- 0.5 inches piece of ginger
- 1 tsp. powdered chili

salt and pepper

How to Cook:

1. Chop the spinach and garlic and then fry them in the Olive oil in a frying pan over medium heat until clear (5-10 minutes).
2. Pulse the mixture with some water using a food processor or blender until pureed.
3. In a large saucepan, fry the onions until golden brown and add the flour and stir well.
4. Pour the milk and continue stirring all the time for 5 minutes and then add the spices (ginger, chili, salt and pepper).
5. Cut the potatoes into cubes, add to a saucepan with the onions and fill with water or broth. If you want to get a thick soup, add less water.
6. First bring the soup to a boil and then reduce the heat to medium and cook until the potatoes are soft for around 20 minutes.
7. Pour in the spinach mixture and cook for 10 minutes and then serve warm!

Nutritional Information:

Calories: 340

Total fat: 9 oz

Total carbohydrates: 15 oz

Protein: 7 oz

Onion Soup

This delicious onion soup will help regain your strengths. You can add more herbs and aroma spices and serve it with the cream.



Prep Time: 10 min. | Cooking Time: 30 min. | Servings: 4

Ingredients:

5 onions, chopped
1 red onion, chopped
7 tbsp. white flour
2 celery stalks, chopped
4 cloves of garlic, chopped
5 cups of vegetable broth
7 tbsp. Olive oil
5 fresh basil leaves
lemon juice
salt and pepper
chopped chives

How to Cook:

1. Heat the Olive oil in a large kitchen saucepan and add the chopped onions and fry for about 15 minutes until light brown.
2. Spoon the white flour and mix well and then add the celery, garlic and vegetable broth and boil for 15 minutes.
3. Add the basil, squeezed lemon juice and spices.
4. Serve the tasty onions soup with the cream and wheat bread.

Nutritional Information:

Calories: 270

Total fat: 14 oz

Total carbohydrates: 17 oz

Proteins: 7 oz

Cabbage and Onions Soup

Simple to cook soup with simple ingredients. It is tasty and fast to prepare as well.



Prep Time: 10 min. | Cooking Time: 40 min. | Servings: 4

Ingredients:

- 1 cabbage
- 5 onions
- 3 potatoes
- 4 garlic cloves, chopped
- 2 carrots
- 5 tbsp. pumpkin seeds oil
- 5 tbsp. white flour
- lemon juice
- Herbes de Provence
- chopped parsley
- salt and pepper

How to Cook:

1. Peel and cut the potatoes into cubes and then boil them for 10 min.
2. Chop the onions and the cabbage, heat the oil in a large kitchen saucepan and fry the cabbage for 5 minutes, and then add the onions and spoon the white flour and fry for about 10 minutes until golden brown stirring all the time.
3. Peel and then cut the carrots into rings.
4. Add the water or vegetable broth, carrots, garlic and potatoes to a pan with the cabbage and boil for 15 min.
5. Squeeze the lemon juice and add salt, ground pepper, red pepper and Herbes de Provence.
6. Sprinkle with the fresh chopped parsley and you are free to serve.

Tip: You can serve it with the cream.

Nutritional Information:

Calories: 255

Total fat: 8 oz

Total carbohydrates: 10 oz

Protein: 5 oz

Tomato and Cheese Soup

Easy and fast to cook tomatoes soup with cheese. Number of vegetables in this soup could be changed easily, depending on what vegetables you have in your kitchen. There is only one ingredient that couldn't be changed - the famous Italian Pecorino Romano cheese.



Prep Time: 10 min. | Cooking Time: 25 min. | Servings: 4

Ingredients:

3 tomatoes
2 onions
2 oz Pecorino Romano cheese
1 bell pepper
2 potatoes
4 garlic cloves, chopped
5 tbsp. white flour
Olive oil
salt and pepper
red pepper

How to Cook:

1. Peel the onions, potatoes, bell pepper and cut them into cubes.
2. Add all the vegetables to a saucepan and fill with the water or vegetable broth. Boil for 10 minutes until soft.
3. Cut the tomatoes into cubes and fry with the flour for 5 minutes stirring all the time.
4. Add the tomatoes mixture, some salt, ground pepper and red pepper and boil for 10 minutes more.
5. 2 min before the soup is ready grate Pecorino Romano cheese and sprinkle on top of the soup and serve immediately.

Nutritional Information:

Calories: 289

Total fat: 12 oz

Total carbohydrates: 15 oz

Protein: 9 oz

Cauliflower Soup

Light soup with cauliflower, broccoli and butter is very delicious and fast to cook. It is rich in vitamins. The best choice for the family dinner.



Prep Time: 10 min. | **Cooking Time:** 35 min. | **Servings:** 4

Ingredients:

10 oz cauliflower
8 oz broccoli
4 potatoes
2 onions
4 chopped garlic cloves
4 oz unsalted butter
4 tbsp. white flour
2 carrots
2 tbsp. of soy sauce
sunflower oil
salt and pepper
Herbes de Provence

How to Cook:

1. Melt the unsalted butter in a frying pan and fry the onions until golden brown and then add the flour and cook until light dark color.
2. Cut the potatoes, cauliflower, broccoli, garlic and carrots into pieces.
3. Add the vegetables and the butter-onions mixture to a pan and boil for 25 min.
4. Add the salt, pepper, Herbes de Provence, soy sauce and fresh chopped parsley and serve!

Nutritional Information:

Calories: 216

Total fat: 9 oz

Total carbohydrates: 12 oz

Protein: 5 oz

Veggie Milk Soup

Each milk soup has it's own character. Milk soup is made of fresh vegetables which create a stunning combination of flavors, tastes and spices. This milk soup is rich in vitamins.



Prep Time: 10 min. | Cooking Time: 25 min. | Servings: 4

Ingredients:

4 cups milk
4 carrots
3 potatoes
3 oz unsalted butter
5 tbsp. white flour
salt

How to Cook:

1. Cut the carrots into rings and potatoes into cubes.
2. Melt the unsalted butter in a saucepan and fry the carrots until light brown and add the flour and stir well.
3. Pour the milk and continue stirring all the time for 5 minutes and then add the salt. If you want to get a thick soup, then add less milk and more flour.
4. First bring the soup to a boil and then reduce the heat to medium and cook until the potatoes and carrots are soft for around 20 minutes and serve warm.

Nutritional Information:

Calories: 340
Total fat: 12 oz
Total carbohydrates: 17 oz
Protein: 10 oz

Celery and Mushrooms Soup

This tasty autumn mushrooms soup with celery will help regain your strengths. It is perfect for starting a supper after a long day! You can add more herbs and aroma spices or even sprinkle with chili. Lime juice will add some liveliness. Serve it with the whole wheat bread and cream!



Prep Time: 10 min. | Cooking Time: 20 min. | Servings: 6

Ingredients:

- 10 oz white button mushrooms, chopped
- 5 oz champignons (mushrooms), chopped
- 1 red onion, chopped
- 3 celery stalks, chopped
- 4 cloves of garlic, chopped
- 5 cups of vegetable broth
- 4 tbsp. Olive oil
- 5 fresh basil leaves
- lemon juice

salt and pepper
chopped parsley

How to Cook:

5. Heat the oil in a large kitchen saucepan and add the onion, celery, garlic and fry the vegetables for about 10 minutes until soft and then pour the vegetable broth.
6. Heat the Olive oil in a frying pan and fry the mushrooms for 15 minutes and spoon them into a saucepan with the vegetables.
7. Add the basil and whip up the soup with a blender.
8. Squeeze the lemon juice and add it to the soup.
9. Add the salt and pepper and serve with the cream and wheat bread!

Nutritional Information:

Calories: 290

Total fat: 10 oz

Total carbohydrates: 15 oz

Proteins: 7 oz

Coconut and Pumpkin Soup

Exotic coconut milk soup with pumpkin has a very tender and pleasant soft taste. To cook this warming Asian taste soup with coconut milk, you will need a sweet pumpkin and very little time.



Prep Time: 10 min. | **Cooking Time:** 30 min. | **Servings:** 4

Ingredients:

2 lb pumpkin
1 large onion
1 cup coconut milk
3 cups vegetable broth
2 cloves of garlic
2 tbsp. sesame seeds oil
salt and pepper
fresh greens

How to Cook:

1. Peel the pumpkin, remove skin and seeds, and then cut into cubes

and put into a pan.

2. Pour the water or vegetable broth and boil for 20 minutes until the pumpkin is tender.
3. Cut the ginger into small pieces and send into a pan.
4. Chop the onions and garlic, fry them in oil, and then add into a pan with the pumpkin.
5. Add the coconut milk and cook for 5 minutes and then remove from heat and pulse using a stick blender until the smooth consistency.
6. Add the chopped greens, salt and pepper and serve!

Tip: Fans of hot chili could add a small piece of it.

Nutritional Information:

Calories: 120

Total fat: 10 oz

Total carbohydrates: 14 oz

Protein: 6 oz

Chapter III: Hot Dishes

Stewed Spicy Beans with Garlic

Stewed spicy beans recipe with tomato sauce, garlic and chili is a perfect high protein dish for the dinner. Serve them with the boiled rice.



Prep Time: 10 min. | Cooking Time: 1 h 30 min. | Servings: 2

Ingredients:

- 1 lb. dried red beans
- 8 garlic cloves, chopped
- 30 oz canned tomatoes with juice
- 2 onions, chopped
- 2 carrots
- 2 celery stalks, chopped
- 2 tbsp. garlic powder
- 6 tbsp. Olive oil
- half teaspoon chili pepper
- half teaspoon cayenne pepper

salt and pepper

How to Prepare:

1. Soak the red beans in water overnight and boil for about 40 minutes.
2. After 40 minutes add the celery and the carrots and boil for 20 minutes more.
3. Pulse the tomatoes with the salt, pepper, garlic cloves, garlic powder, chili and cayenne peppers using a food processor.
4. Heat the Olive oil in a frying pan or wok and fry the onions for 5 minutes on medium heat.
5. Add the red beans and tomato mixture to a frying pan and stew for 15 minutes and then serve warm.

Nutritional Information:

Calories: 265

Total fat: 18 oz

Total carbohydrates: 25 oz

Protein: 11 oz

Baked Potatoes with Sauce and Italian Cheese

To cook this delicious vegetable dish, you will need potatoes, carrots, asparagus, Brussels sprouts, Gorgonzola cheese and very little time. Thanks to Italian Gorgonzola cheese baked potatoes have salty and buttery taste.



Prep Time: 8 min. | **Cooking Time:** 45 min. | **Servings:** 4

Ingredients:

0.5 lb potatoes
4 carrots
10 oz asparagus
1 large onion
1 red onion
8 oz Gorgonzola cheese, cubed
4 oz Gorgonzola cheese, grated
fresh greens

Sauce:

4 tbsp. unsalted butter
5 oz cottage cheese
2 tbsp. white flour
1 cup milk
4 tsp. garlic powder
Herbes de Provence
salt and pepper

How to Cook:

1. Peel the potatoes, carrots and onions and cut them - potatoes into cubes, carrots and onions into rings.
2. Steam all the vegetables to half-cooked and set aside.
3. Let's get to the sauce now – melt the unsalted butter and the cottage cheese in a skillet and then add the white flour and cook for 5 minutes mixing all the time. Remember that it is crucial to avoid browning of the white flour.

4. Stirring constantly start slowly adding the milk and bring the milky mixture to a boil.
5. Mix in the garlic powder, Herbes de Provence, salt, pepper and cubed Gorgonzola cheese and wait until the cheese melts, and then close the lid and set aside.
6. Preheat the oven to 310°-330° Fahrenheit and bake all the vegetables with the sauce for 30 minutes until the potatoes are soft.
7. 10 minutes before the vegetables are ready open the oven and sprinkle with the grated Gorgonzola cheese on top.
8. Sprinkle the fresh greens over the salad and serve.

Tip: You can substitute the Gorgonzola cheese with the traditional American Blue Cheese or Stilton cheese, although Stilton cheese has more sweet accents in it.

Nutritional Information:

Calories: 520

Total fat: 45 oz

Total carbohydrates: 59 oz

Protein: 39 oz

Baked Pumpkin, Plums and Cheddar cheese

Would you like to try something new? Then baked pumpkin and beets are for you! Add some Cheddar cheese and this dish will melt in your mouth!



Prep Time: 10 min. | **Cooking Time:** 50 min. | **Servings:** 4

Ingredients:

5 oz pumpkin
5 oz Cheddar cheese, grated
4 plums
2 beets
2 potatoes
1 big onion
4 tsp. garlic powder
4 tbsp. Olive oil
2 tbsp. lemon juice
salt and pepper

How to Prepare:

1. Peel the pumpkin and cube it together with the beets and potatoes, and then chop the onion and slice the plums.
2. Preheat the oven to 310°-330° Fahrenheit and bake the pumpkin with the beets, potatoes, plums, onion, Olive oil, salt and pepper for 50 minutes until the pumpkin is golden brown and caramelized.
3. 10 minutes before the vegetables are ready open the oven and sprinkle the grated Cheddar cheese on top.
4. Pour the lemon juice over the salad and serve.

Nutritional Information:

Calories: 205

Total fat: 9 oz

Total carbohydrates: 12 oz

Protein: 5 oz

Fried Vegetable Mix

Colorful Vegetable Mix is simple to prepare and is packed with microelements and vitamins.



Prep Time: 9 min. | **Cooking Time:** 22 min. | **Servings:** 2

Ingredients:

- 1 big onion
- 1 red onion
- 3 carrots
- 5 oz green bean (waxpod)
- 1 squash
- 1 red bell pepper
- 1 yellow bell pepper
- 6 tbsp. sunflower oil
- 5 tbsp. soy sauce
- 1 tbsp. sesame seeds
- Oregano
- salt and pepper

How to Prepare:

1. Chop the onions and carrots and slice the squash, red and yellow bell peppers.
2. Heat the sunflower oil in a frying pan or wok for 5 minutes and fry the onions and carrots for 5 minutes on medium heat.
3. Then add all the vegetables and fry for 10 minutes more mixing well and then close the lid and stew for 2 minutes.
4. Add the soy sauce, oregano salt and pepper.
5. Sprinkle with the sesame seeds and serve with the buckwheat.

Nutritional Information:

Calories: 255

Total fat: 15 oz

Total carbohydrates: 22 oz

Protein: 9 oz

Baked Eggplant with Asiago cheese

Baked eggplant, champignons and Asiago cheese is a perfect dinner dish for the evening.



Prep Time: 10 min. | Cooking Time: 30 min. | Servings: 2

Ingredients:

2 eggplants
10 oz freshly chopped champignons (mushrooms)
1 onion, chopped
3 carrots
4 tomatoes, sliced
10 oz Asiago cheese, sliced
6 tbsp. Olive oil
10 fresh basil leaves
salt and pepper

How to Prepare:

1. Cut the eggplants into cubes and the carrots into rings.
2. Heat the sunflower oil in a frying pan or wok and fry the onions and carrots for 5 minutes on medium heat.
3. Preheat the oven to 310°-330° Fahrenheit and bake the eggplants with the carrots and onion, Olive oil, salt and pepper for 30 minutes until the vegetables are soft.
4. 5 minutes before the vegetables are ready open the oven and place the sliced tomatoes and the sliced Asiago cheese on top.
5. Add some basil leaves and serve with the tomatoes salad.

Nutritional Information:

Calories: 235
Total fat: 16 oz
Total carbohydrates: 24 oz
Protein: 10 oz

Baked Vegetables with Mozzarella

Baked Vegetable Mix recipe is fast and simple to cook, what is more it is very tasty. Your family will adore it!



Prep Time: 10 min. | **Cooking Time:** 25 min. | **Servings:** 4

Ingredients:

10 oz freshly chopped champignons (mushrooms)

1 big onion

1 broccoli

8 oz cherry tomatoes, halved

3 carrots

2 potatoes

5 oz Mozzarella cheese, sliced

7 tbsp. Olive oil

chopped parsley

chopped basil leaves

salt and pepper

How to Prepare:

1. Chop the onions and carrots and slice the broccoli and potatoes.
2. Preheat the oven to 310°-330° Fahrenheit.
3. Combine all the vegetables with the mushrooms and sprinkle Olive oil.
4. Add the chopped parsley, basil leaves, salt and pepper.
5. Place the vegetables mix into the oven and bake for 25 minutes.
6. 10 minutes before the vegetables are ready open the oven and place the sliced Mozzarella cheese on top.
7. Serve with the sauerkraut and chopped greenery.

Nutritional Information:

Calories: 195

Total fat: 13 oz

Total carbohydrates: 20 oz

Protein: 10 oz

Rice with Vegetables

Boiled basmati rice with vegetables and cheese is light and healthy food. Your vegetarian friends will love it.



Prep Time: 7 min. | Cooking Time: 40 min. | Servings: 4

Ingredients:

2 cups basmati rice
3 cups vegetable broth
1 big onion
4 cloves of garlic
1 cauliflower
5 oz cherry tomatoes, halved
3 carrots
5 oz Cheddar cheese, cubed
7 tbsp. sesame seeds oil
2 tsp. turmeric, ground
2 tsp. Cayenne pepper, ground
chopped chives
salt and pepper

How to Prepare:

1. Wash the basmati rice several times and then boil the vegetable broth and cook the rice for 20 minutes or follow the cooking time suggested on the packet. Add 1 tablespoon sesame seeds oil. In parallel, boil the cauliflower to half-cooked.
2. Chop the onions, garlic and carrots and slice the cauliflower.
3. Heat the oil in a frying pan or wok and fry the onions, carrots and garlic for 10 minutes on medium heat until golden brown and then add salt and pepper.
4. In a frying pan, combine the basmati rice with the vegetables, turmeric, Cayenne pepper and sprinkle sesame seeds oil with chopped chives on top.
5. Add the Cheddar cheese, close the lid and stew for 10 minutes to melt the cheese and then serve warm.

Nutritional Information:

Calories: 238

Total fat: 25 oz

Total carbohydrates: 19 oz

Protein: 14 oz

Rice with Parmesan cheese, Tomatoes and Basil

Rice with the tomatoes and Parmesan cheese is a perfect dish for those who value their time. This recipe is very simple to prepare, but gives a great dining experience.



Prep Time: 7 min. | **Cooking Time:** 35 min. | **Servings:** 4

Ingredients:

any type of rice (around 2 cups)
5 tomatoes
8 oz Parmesan cheese
2 onions
2 carrots
1 cup of cream
2 tbsp. white flour
5 fresh basil leaves, chopped
4 tbsp. Olive oil
salt and pepper

How to Cook:

1. Wash the rice several times and boil the water to cook the rice for 20 minutes or follow the cooking time suggested on the packet. Add 1 tablespoon oil.
2. Add 2 tablespoons olive oil when the rice is ready. Later we will use the water from the boiled rice.
3. Let's get to the sauce now - chop the onions and cube the carrots.
4. Heat the oil and fry the onions until golden brown.
5. Add the flour and pour the water from the boiled rice and stew for 10 min.
6. Pour the cream and cook for 5 min.
7. Add the salt and pepper then place the rice into the sauce and stir well.
8. Grate the Parmesan cheese on top.
9. Halve the tomatoes into pieces and put them on a plate with the rice.
10. Sprinkle the basil on top to garnish.

Nutritional Information:

Calories: 272

Total fat: 18 oz

Total carbohydrates: 28 oz

Protein: 15 oz

Dark Rice with Avocado and Cucumber

Mostly rice dishes are not expensive, easy to cook and can make a worthy alternative to every day vegetarian meals with lots of vital microelements.



Prep Time: 7 min. | Cooking Time: 30 min. | Servings: 4

Ingredients:

2 cups dark wild rice
1 avocado
1 fresh cucumber
4 garlic cloves, chopped
5 tbsp. Olive oil
2 tsp. chili powder
4 tbsp. lemon juice
Salt and pepper
Herbes de Provence
5 fresh basil leaves, chopped

How to Cook:

1. Wash the rice several times and boil the water to cook the rice for 25 minutes or follow the cooking time suggested on the packet.
2. Add 2 tablespoons Olive oil when the rice is ready.
3. Let's get to the sauce now – cut the avocado into pieces and blend it with the garlic cloves, chili powder, Herbes de Provence, salt and pepper using a blender.
4. Pour the squeezed lemon juice, mix well and the avocado sauce is ready!
5. Mix the rice with the avocado sauce and stir well.
6. Slice the cucumber and put it on a plate with the rice and then sprinkle the basil on top to garnish.

Nutritional Information:

Calories: 230

Total fat: 21 oz

Total carbohydrates: 28 oz

Protein: 9 oz

Buckwheat with Cream, Walnuts and Basil

Delicious buckwheat recipe with cream, peanuts, basil and Cheddar cheese is very tasty and simple to prepare. It has a rich taste due to basil pesto sauce.



Prep Time: 10 min. | **Cooking Time:** 30 min. | **Servings:** 6

Ingredients:

15 oz buckwheat
6 oz Cheddar cheese, grated
6 oz walnuts
6 cloves of garlic
10 oz fresh basil
4 tbsp. unsalted butter
half cup cream
Sunflower oil
salt and pepper
fresh parsley, chopped

How to Cook:

1. Boil the water and cook the buckwheat for 20 minutes or follow the cooking time suggested on the packet.
2. Add 3 tablespoons oil when the buckwheat is ready.
3. Place the basil, garlic, walnuts, Cheddar cheese, salt and pepper into a food processor and blend until smooth.
4. Add 3 tablespoons sunflower oil and then mix well.
5. Melt the unsalted butter and the cream in a skillet and add the pesto sauce.
6. Spoon the boiled buckwheat into the bowl and then add the butter -pesto sauce and chopped parsley and you are free to serve!

Nutritional Information:

Calories: 305

Total fat: 29 oz

Total carbohydrates: 35 oz

Protein: 23 oz

Chapter IV: Pasta

Nowadays Italian traditional dish – pasta is popular in every world corner. It is fast to prepare, moreover pasta has many variations. Pasta has no hard rules and you can cook various dishes every day. Often you don't need special ingredients, but you can use those, that you have in your kitchen. Besides, if you don't have pasta, you can always use macaroni instead.

Broccoli and Garlic Cream Pasta

If you are hungry then this delicious broccoli and garlic pasta dish will help you regain your strengths!



Prep Time: 10 min. | **Cooking Time:** 30 min. | **Servings:** 4

Ingredients:

any type of pasta (around 15 oz)
10 oz fresh broccoli
8 cloves of garlic, chopped
5 tbsp. cream
2 onions
4 fresh tomatoes
4 tbsp. white flour
2 tbsp. egg free vegan mayonnaise
Olive oil
salt and pepper
oregano

How to Cook:

1. Boil the water and cook the pasta for 15 min. or follow the cooking time suggested on the packet. Add 1 tablespoon Olive oil. In parallel, boil the broccoli to half-cooked.
2. Chop the onions, heat the oil and fry the onions for 5 min. until golden brown.
3. In the same oil with onions, fry the garlic for 1 min on a medium heat.
4. Add the white flour, cream, vegan mayonnaise and stir well.
5. Boil the sauce stirring over medium heat for 5 min.
6. Add the oregano, salt and the pepper and close the lid and leave for 5 min., so that the sauce absorbs the flour.
7. Put the pasta into a bowl and top with the sauce.
8. Half the tomatoes and put them on a plate with the pasta and you are free to serve!

Nutritional Information:

Calories: 285

Total fat: 8 oz

Total carbohydrates: 14 oz

Protein: 7 oz

Spinach and Croutons Pasta

Pasta with spinach and croutons is one of the simplest pasta dishes. It is not difficult to prepare and has a lot of calories. A simple set of ingredients makes it available for frequent use. The aroma of spices will make the usual evening a holiday for your family.



Prep Time: 10 min. | Cooking Time: 30 min. | Servings: 4

Ingredients:

any type of pasta (around 15 oz)
15 oz fresh or frozen spinach
7 oz whole grain bread
2 onions
1 garlic clove, chopped
2 tbsp. white flour
1 cup milk or cream
7 tbsp. sunflower oil
4 oz Parmesan cheese
5 tbsp. white wine

salt and pepper
Herbes de Provence

How to Cook:

1. Boil the water and cook the pasta (follow the cooking time suggested on the packet). Add 1 tablespoon oil.
2. When the pasta is ready add 2 tablespoons sunflower oil. Later we will use the water from the boiled pasta.
3. Let's get to the sauce now - chop the spinach and onions and cube the whole grain bread.
4. Heat the oil and fry the bread for 5 minutes, and then add the onions and spinach with the chopped garlic and fry for 10 minutes more.
5. Spoon the flour, pour the water from the boiled pasta and white wine and cook for 10 min.
6. Next pour the milk or cream and stew for 10 min with closed lid.
7. Put the pasta into the sauce and add Herbes de Provence, some salt and pepper and stir well.
8. Grate the Parmesan cheese on top and you are free to serve!

Nutritional Information:

Calories: 485

Total fat: 28 oz

Total carbohydrates: 35 oz

Protein: 23 oz

Cheddar cheese and Tomato Sauce Pasta

Pasta with the tomato sauce and Cheddar cheese is a perfect recipe for those who value their time. This pasta recipe is very simple to prepare, but gives a great dining experience. The main reason why the pasta is a perfect product is that it can be stored for a long period of time without a fridge.



Prep Time: 10 min. | Cooking Time: 25 min. | Servings: 4

Ingredients:

any type of pasta (around 15 oz)

5 tomatoes

8 oz Cheddar cheese

2 onions

1 cup of cream

4 tbsp. white flour

2 tbsp. garlic powder

Olive oil

salt and pepper

5 fresh basil leaves

How to Cook:

1. Boil the water and cook the pasta for 15 minutes or follow the cooking time suggested on the packet. Add 1 tablespoon oil.
2. Add 2 tablespoons Olive oil when the pasta is ready. Later we will use the water from the boiled pasta.
3. Let's get to the sauce now - chop the onions and cut the tomatoes into cubes.
4. Heat the oil and fry the onions until golden brown and then add the tomatoes.
5. Add the flour and pour the water from the boiled pasta and stew for 5 minutes.
6. Pour the cream and cook for 5 minutes more with the closed lid.
7. Add the garlic powder, salt and pepper and then place the pasta into the sauce and stir well.
8. Grate the Cheddar cheese and sprinkle the basil on top to garnish.

Nutritional Information:

Calories: 342

Total fat: 18 oz

Total carbohydrates: 25 oz

Protein: 10 oz

Eggplant and Pumpkin Pasta

Pasta with eggplant and pumpkin is an ideal recipe for the whole family. It is extremely delicious and fast to prepare!



Prep Time: 10 min. | **Cooking Time:** 25 min. | **Servings:** 4

Ingredients:

- any type of pasta (10 oz)
- 1 eggplant
- 10 oz pumpkin
- 1 onion, chopped
- 3 cloves of garlic, chopped
- 4 tbsp. marinara sauce

4 tbsp. Olive oil
1 cup of water
salt and pepper
Herbes de Provence
1 bunch fresh chopped parsley

How to Cook:

1. Boil the water and cook the pasta for 15 minutes or follow the cooking time suggested on the packet. Add 1 tablespoon oil.
2. Add 2 tablespoons Olive oil when the pasta is ready. Later we will use the water from the boiled pasta.
3. Let's get to the sauce now – cut the eggplant and pumpkin into cubes.
4. Put the eggplant into a colander and sprinkle with the salt. Leave it for 15 minutes.
5. Heat the oil and fry the onions and garlic until golden brown.
6. Add the eggplant and pumpkin and pour a bit of water from boiled pasta and stew for 5 minutes and then set aside and cover for 5 min.
7. Add Herbes de Provence, some salt and pepper and put the pasta into the sauce and stir well.
8. Add the fresh chopped parsley on top and serve.

Nutritional Information:

Calories: 275
Total fat: 14 oz
Total carbohydrates: 23 oz
Protein: 12 oz

Cheddar cheese and Parmesan cheese Pasta

This pasta recipe is very simple to prepare, moreover it has a lot of calories because it contains famous Italian cheeses – Cheddar cheese and Parmesan cheese.



Prep Time: 15 min. | Cooking Time: 30 min. | Servings: 5

Ingredients:

Short pasta (e.g. fusilli, macaroni, penne) or a selection of your choice
12 oz tomatoes
6 oz Cheddar cheese
6 oz Parmesan cheese
7 garlic cloves, chopped
7 tbsp. Olive oil
4 tbsp. lemon juice
Herbes de Provence
5 fresh basil leaves, chopped
salt and pepper

How to Cook:

1. Boil the water and cook the pasta for 15 minutes or follow the cooking time suggested on the packet. Add 1 tablespoon oil.
2. Add 2 tablespoons Olive oil when the pasta is ready. Later we will use the water from the boiled pasta.
3. Let's get to the sauce now – cut the tomatoes into cubes.
4. Heat the oil and fry the garlic in a frying pan for 5 minutes, and then add the tomatoes and stew for 10 minutes more with the closed lid.
5. Cube the Cheddar cheese and add it together with the Herbes de Provence, salt and pepper.
6. Add the pasta, stir well, but if the sauce is too thick, you should add some hot water.
7. Grate the Parmesan cheese and sprinkle with this cheese and chopped basil leaves on top, and then pour some lemon juice.

Nutritional Information:

Calories: 550

Total fat: 34 oz

Total carbohydrates: 43 oz

Protein: 28 oz

Chapter V: Desserts

Sweet and healthy? Yes, it is possible! Try these vegetarian light desserts! Use them as a base to invent your own recipes, enjoy!

Banana and Vanilla Mousse

Sweet banana breakfast. This simple recipe will take you around 5 to 10 minutes to prepare.



Prep Time: 10 min. | **Servings:** 1

Ingredients:

1 cup unflavored yogurt
4tbsp. milk
2 bananas
half cup of maple syrup
1 tbsp. vanilla
1 tbsp. cinnamon, ground
1 tbsp. liquid honey

How to Prepare:

1. Cut the banana into rings and pulse it with the yogurt and milk using a food processor. If the mousse is too thick, you should add more

milk.

2. Add the maple syrup, vanilla, cinnamon and liquid honey and blend for 5 minutes until the smooth and creamy consistency.
3. Pour the yogurt into glass or jar and cut the second banana into rings and place on top.

Nutritional Information:

Calories: 165

Total fat: 16 oz

Total carbohydrates: 23 oz

Protein: 13 oz

Orange Pecan Muffins

Orange gives these muffins unforgettable freshness! What is more they are rich in proteins due to pecans. You can chat for hours with your friends, eating those muffins and drinking coffee.



Prep Time: 15 min. | Cooking Time: 30 min. | Servings: 7

Ingredients:

- 7 oz pecans, ground
- 2 tbsp. orange zest, minced
- 2 eggs
- 4 oz coconut butter
- 20 drops of stevia
- 2 tbsp. baking powder
- cinnamon
- sugar-free spray cream

Instructions:

1. Place the coconut butter and stevia into a food processor and blend.
2. Then, add in the orange zest, pecans, eggs, baking powder and cinnamon and blend using a food processor until they have a smooth and creamy consistency.
3. Spoon the mixture into the silicone molds or baking cups and bake for 25 minutes at 320°- 330°Fahrenheit. Then cool, and serve with the sugar-free spray cream on top.

Nutritional Information:

Calories: 165

Total fat: 16 oz

Total carbohydrates: 23 oz

Protein: 13 oz

Rice Pudding with Raisins and Redcurrants

Rice pudding with raisins is delicious and tasty dessert for romantic dinner.



Prep Time: 10 min. | **Cooking Time:** 55 min. | **Servings:** 1

Ingredients:

1 cup raisins
1 cup of coconut milk
2 tbsp. redcurrant
1 cup almond milk
1 cup round-grained white rice
half cup of maple syrup
1 tbsp. vanilla
1 tbsp. Cinnamon, ground
2 tbsp. liquid honey

How to Prepare:

1. Wash the rice several times and then boil the water and cook the rice

- for 15 minutes or follow the cooking time suggested on the packet.
2. Pour the coconut milk into a saucepan with rice and boil for 5 minutes.
 3. At this stage, you can add the washed raisins.
 4. Stir occasionally for 5 minutes, reduce heat, cover with the lid and stew for 20 min.
 5. Add the maple syrup, vanilla, cinnamon, almond milk, liquid honey and mix well.
 6. Cook for another 10 minutes. Rice should absorb a lot of liquid.
 7. Stir often so that the rice does not stick to the bottom of the pan.
 8. Remove the pudding from the heat and let it cool for at least 5 minutes.
 9. Place the redcurrants on top and the pudding is ready! Now you can serve it both warm and cold.

Nutritional Information:

Calories: 127

Total fat: 9 oz

Total carbohydrates: 15 oz

Protein: 7 oz

Coconut and Vanilla Pudding

Thought you will never like the coconut in your pudding? Well, you will change your mind if you try this exotic coconut and vanilla taste pudding!



Prep Time: 5 min. | **Cooking Time:** 20 min. | **Servings:** 6

Ingredients:

- 8 oz shredded coconut
- 2 tbsp. vanilla
- 4 oz unsweetened creamed coconut milk
- 4 oz heavy cream
- 1 egg yolk
- 20 drops of stevia
- 1 tsp. xanthan gum

Instructions:

1. Melt together the heavy cream, creamed coconut milk, egg yolk and stevia in a double boiler for 15 minutes until they have a smooth and

- creamy consistency.
2. Add the xanthan gum and vanilla and keep stirring for around 5 minutes until thickened.
 3. Add in the shredded coconut and pour the mixture into glasses and place in the fridge for around 1 hour.

Tip: Stevia drops could be substituted by the erythritol.

Nutritional Information:

Calories: 187

Total fat: 15 oz

Total carbohydrates: 10 oz

Protein: 7 oz

Kiwi and Blueberries Yogurt

This blueberries yogurt is perfect for a light breakfast. Pump your body with the energy for the day ahead!



Prep Time: 10 min. | **Servings:** 2

Ingredients:

4 tbsp. blueberries
2 kiwis
4 oz walnuts, roasted
2 cups yogurt
2 tbsp. liquid honey

How to Prepare:

1. Peel and dice the kiwis and put the first level of kiwis into the bowl.
2. Then add the walnuts on top and pour the liquid honey.
3. Pour the yogurt on top and add the second slice of kiwis and put all ingredients on top as previous.
4. Add the blueberries and serve.

Nutritional Information:

Calories: 177

Total fat: 7 oz

Total carbohydrates: 10 oz

Protein: 6 oz

Conclusion

Thank you for buying this vegetarian cookbook. I Hope this cookbook was able to help you to cook your meat free dishes and eat more healthy vegetarian food.

If you've enjoyed this book, I'd greatly appreciate if you could leave an honest review on Amazon.

Reviews are very important to us authors, and it only takes a minute for you to post.

Your direct feedback could be used to help other readers to discover the advantages of veggie diet!

If you have anything you want me to know, any questions, suggestions or feedback, please don't hesitate to contact me: books777@gmx.com

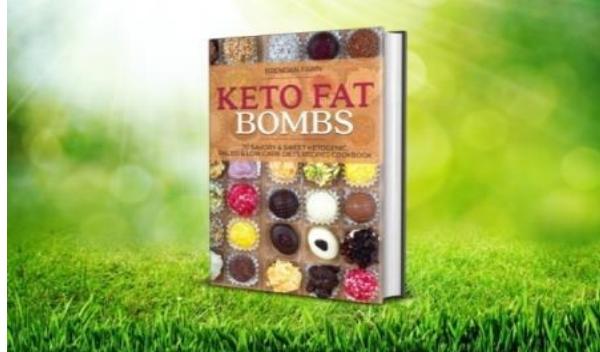
If you have success story, please send it to me! I'm always happy to hear about my reader's success!

Thank you again and I hope you have enjoyed this cookbook.

Other Cookbooks by Brendan Fawn

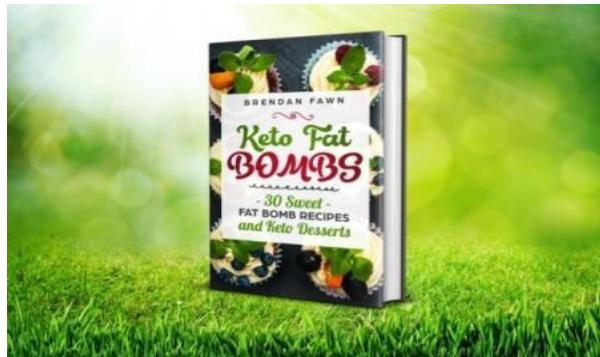
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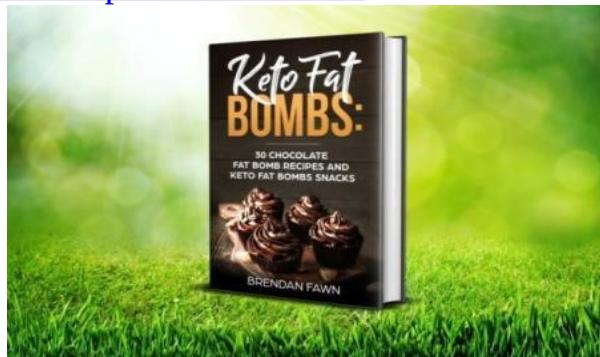
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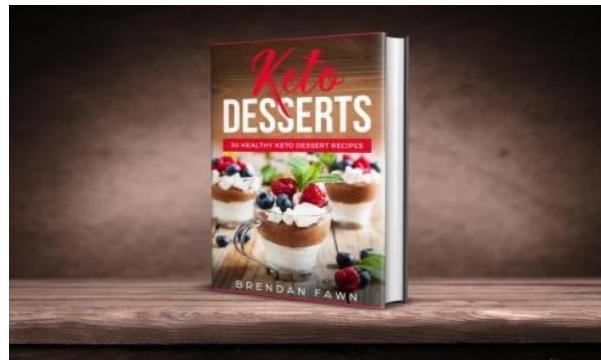
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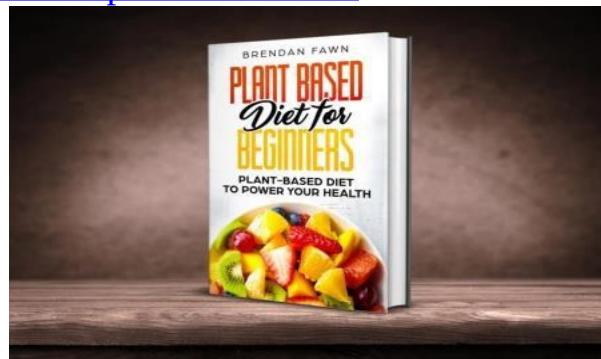
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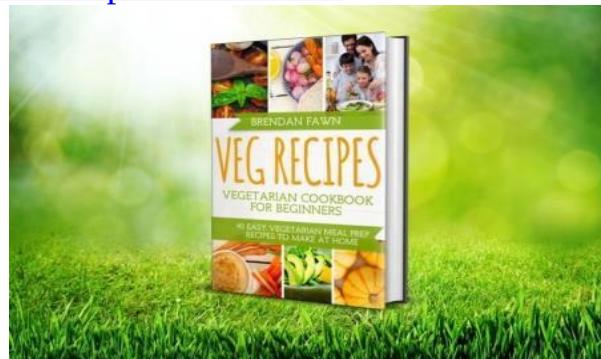
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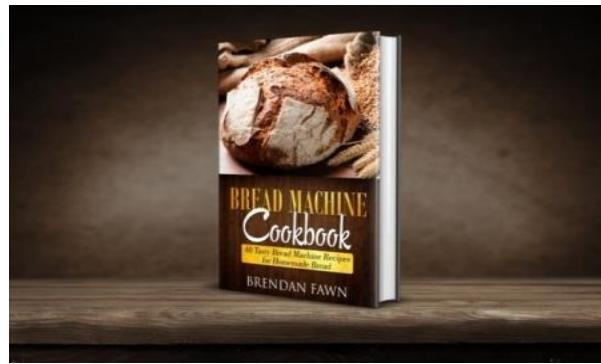
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