

VEGAN BLISS: NUTRITIOUS & FLAVORFUL CREATORS

KAIZEN



WELCOME TO VEGAN BLISS, A COLLECTION OF 21 WHOLESOME, PLANT-BASED RECIPES CRAFTED TO NOURISH YOUR BODY AND DELIGHT YOUR TASTE BUDS. EACH DISH IS DESIGNED TO BE SIMPLE, BALANCED, AND FLAVORFUL — WHETHER YOU'RE STARTING YOUR DAY WITH A HEARTY BREAKFAST, ENJOYING A SATISFYING LUNCH, OR WINDING DOWN WITH A COMFORTING DINNER.

THESE RECIPES REFLECT A COMMITMENT TO HEALTH AND WELLNESS, EMBRACING THE BEAUTY OF VEGAN COOKING WITH ACCESSIBLE INGREDIENTS AND STRAIGHTFORWARD INSTRUCTIONS. LET THIS GUIDE INSPIRE YOU TO EXPLORE NEW FLAVORS AND ADOPT A SUSTAINABLE, NUTRITIOUS WAY OF EATING.

BY YULIA DANTES

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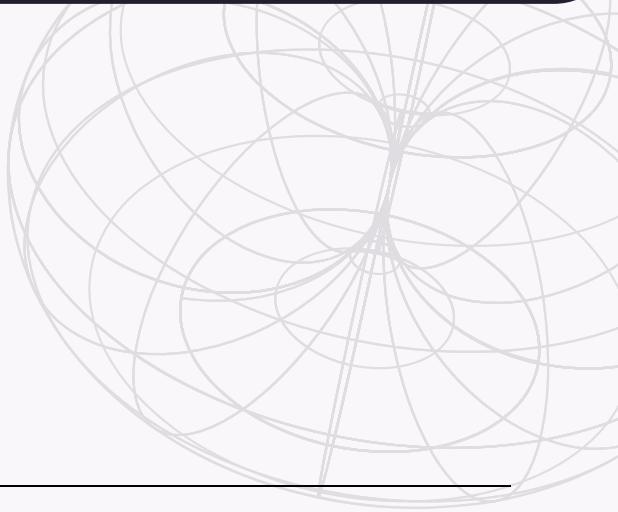
VEGAN BLISS: NUTRITIOUS & FLAVORFUL CREATORS

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BREAKFAST RECIPES

- OATS WITH MUSHROOMS AND TOFU
- BANANA MUFFINS
- TOAST WITH BAKED TOMATOES
- CHOCOLATE CHIA PUDDING
- LENTIL BUNS
- ASAI BREAKFAST BOWL
- SPINACH PANCAKES



LUNCH RECIPES

- CREAMY PASTA WITH BROCCOLI
- BAKED QUINOA WITH VEGETABLES
- BULGUR AND SWEET POTATO BOWL
- PASTA WITH GREEN SAUCE
- GREEN BOWL
- HEARBY ROASTED VEGETABLE GRAIN BOWL
- PASTA WITH MUSHROOMS AND SPINACH

DINNER RECIPES

- TOFY PATTIES WITH VEGETABLE PUREE
- KALE SALAD WITH SPICY CHICKPEAS
- CREAM SOUP WITH ROASTED EGGPLANTS
- VEGETABLE STEAKS WITH LENTIL MINCE
- ROASTED VEGETABLES WITH CHICKPEAS
- SWEET POTATO SALAD
- ZUCCHINI FLITTERS



BREAKFAST

PROTEIN OATMEAL WITH PEANUTBUTTER AND BERRIES

CALORIES : 420
PROTEIN : 36.0
FATS : 11.0
CARBS : 47.0

INGRIDIENTS :

- 40G OATS
- 10G PEANUT BUTTER
- 150G RASPBERRIES AND BLUEBERRIES (MIXED)
- 30G PROTEIN POWDER
- 50ML MILK

INSTRUCTIONS :

COOK THE OATS WITH MILK OVER MEDIUM HEAT UNTIL SOFT AND CREAMY. ONCE COOKED, MIX IN THE PROTEIN POWDER UNTIL WELL COMBINED. TRANSFER THE OATMEAL TO A BOWL. TOP WITH PEANUT BUTTER, RASPBERRIES, AND BLUEBERRIES.



BREAKFAST

BANANA MAFFINS

CALORIES : **567**
PROTEIN : **17.9**
FATS : **21.0**
CARBS : **75.8**

INGRIDIENTS :

- 50G WHOLE GRAIN FLOUR
- 1 RIPE BANANA
- 50ML PLANT BASED MILK
- 40G ALMOND OR PEANUT BUTTER
- ½TSP BAKING POWDER
- 1TSP GROUND CINNAMON
- 1TSP LEMON JUICE
- SWEETENER OF CHOICE (OPTIONAL, TO TASTE, E.G., MAPLE SYRUP OR STEVIA)

INSTRUCTIONS :

MIX ALL INGREDIENTS UNTIL SMOOTH. GREASE OR LINE THE MUFFIN MOLDS, THEN POUR THE BATTER INTO THE MOLDS, FILLING EACH ABOUT 3/4 FULL. BAKE FOR 30 MINUTES AT 180°C (350°F), OR UNTIL A TOOTHPICK INSERTED INTO THE CENTER COMES OUT CLEAN. SERVE WARM.



BREAKFAST TOAST WITH BAKED TOMATOES

CALORIES : 510
PROTEIN : 29.9
FATS : 29.0
CARBS : 36.6

INGREDIENTS :

- 200G CHERRY TOMATOES
- 1 CLOVE OF GARLIC
- 20G PARSLEY / CILANTRO
- 180G TOFU
- 70G AVOCADO
- 50G WHOLE GRAIN OR RYE BREAD
- SALT & SPICES TO TASTE

INSTRUCTIONS :

PREHEAT THE OVEN TO 180°C (350°F). PLACE THE CHERRY TOMATOES, FINELY CHOPPED GARLIC, AND TOFU ON A BAKING SHEET. BAKE FOR 20 MINUTES UNTIL TENDER. ONCE BAKED, MASH THE INGREDIENTS WITH A FORK UNTIL SMOOTH. SPREAD A LAYER OF MASHED AVOCADO ON THE BREAD, THEN TOP WITH THE TOMATO-TOFU MIXTURE. GARNISH WITH FRESH PARSLEY/CILANTRO AND SERVE IMMEDIATELY.



BREAKFAST CHOCOLATE CHIA PUDDING

CALORIES : 636
PROTEIN : 22.9
FATS : 30.0
CARBS : 50.1

INGREDIENTS :

- 80G WHOLE GRAIN FLOUR
- 50G CHIA SEEDS
- 1TSP COCOA
- 1 BANANA
- 30G COCONUT CHIPS
- SWEETENER OF CHOICE (OPTIONAL, TO TASTE, E.G., MAPLE SYRUP OR STEVIA)

INSTRUCTIONS :

SOAK THE CHIA SEEDS OVERNIGHT IN YOGURT MIXED WITH COCOA POWDER. IN THE MORNING, ADD THE SLICED BANANA AND COCONUT CHIPS. STIR EVERYTHING TOGETHER AND SERVE.



BREAKFAST

LENTIL BUNS

CALORIES : **721**
PROTEIN : **35.3**
FATS : **29.5**
CARBS : **75.3**

INGREDIENTS :

- 100G LENTILS
- 30G WHOLE GRAIN FLOUR
- 30G PUMPKIN SEEDS
- 1TSP LEMON JUICE
- 1TSP BAKING POWDER
- 10ML VEGETABLE OIL
- $\frac{1}{2}$ AVOCADO
- 1 TOMATO
- SALT & SPICES TO TASTE

INSTRUCTIONS :

RINSE THE PRE-SOAKED LENTILS AND DRAIN THE WATER, THEN BLEND THEM UNTIL SMOOTH. ADD THE PUMPKIN SEEDS, FLOUR, LEMON JUICE, WATER, SALT, BAKING POWDER, AND VEGETABLE OIL TO THE LENTILS. MIX EVERYTHING UNTIL THE DOUGH COMES TOGETHER. IF THE DOUGH IS TOO THICK, GRADUALLY ADD MORE WATER UNTIL YOU REACH THE DESIRED CONSISTENCY. SHAPE THE DOUGH INTO BUNS AND PLACE THEM ON A BAKING SHEET. BAKE FOR 40-45 MINUTES AT 180°C (350°F) UNTIL GOLDEN AND FIRM. ONCE BAKED, CUT THE BUNS IN HALF, AND FILL THEM WITH SLICED AVOCADO AND TOMATO. SERVE IMMEDIATELY.



BREAKFAST

ACAI

BREAKFAST BOWL

CALORIES : 561
PROTEIN : 11.0
FATS : 13.0
CARBS : 95.0

INGREDIENTS :

- 3 BANANAS
- 1 KIWI
- 30G ALMONDS
- 200G ACAI PUREE
- 1TSP MARPLE SYRUP
- 100G ALMOND MILK
- 20G BLUEBERRIES
- 1TSP CHIA SEEDS

INSTRUCTIONS :

CUT THE BANANA INTO CHUNKS AND THE KIWI INTO BITE-SIZED PIECES. ROUGHLY CHOP THE ALMONDS. IN A BLENDER, COMBINE THE ACAI PURÉE, REMAINING BANANA CHUNKS, MAPLE SYRUP, AND ALMOND MILK. BLEND ON HIGH FOR 1–2 MINUTES UNTIL THE MIXTURE REACHES A SMOOTH, PUDDING-LIKE CONSISTENCY. TRANSFER THE ACAI BLEND TO A BOWL AND TOP WITH BANANA SLICES, KIWI PIECES, BLUEBERRIES, CHOPPED ALMONDS, AND CHIA SEEDS FOR GARNISH.



BREAKFAST

SPINACH PANCAKES

CALORIES : **426**
PROTEIN : **23.3**
FATS : **15.2**
CARBS : **45.0**

INGREDIENTS :

- 100G SPINACH
- 100ML PLANT BASED YOGURT
- 2TSP FLAXSEEDS
- 50G WHOLE GRAIN FLOUR
- ½TSP BAKING POWDER
- 100G VEGETABLES FOR SERVING
- SALT & SPICES TO TASTE

INSTRUCTIONS :

COMBINE THE SPINACH AND YOGURT IN A BOWL. ADD FLAXSEEDS THAT HAVE BEEN GROUND AND SOAKED FOR 5–7 MINUTES (OR SIMPLY ADD 1 EGG IF YOU CONSUME EGGS), FOLLOWED BY THE FLOUR, BAKING POWDER, AND SPICES. BLEND THE MIXTURE UNTIL SMOOTH USING A BLENDER. COOK THE PANCAKES IN A PAN, FRYING ON BOTH SIDES UNTIL GOLDEN. SERVE WITH FRESH VEGETABLES.



LUNCH

CREAMY PASTA WITH BROCCOLI

CALORIES : 620
PROTEIN : 20.0
FATS : 27.0
CARBS : 60.0

INGREDIENTS :

- 50G BROCCOLI
- 25G MUSHROOMS
- 3G PARSLEY
- 1 CLOVE GARLIC
- 1/4 ONION
- 65G PASTA
- 10G PINE NUTS
- 35G CASHEW BUTTER
- 10ML LEMON JUICE
- 1TSP MUSTARD
- 1TSP OLIVE OIL
- 1TSP VINEGAR
- SALT & SPICES TO TASTE

INSTRUCTIONS :

CUT THE BROCCOLI INTO FLORETS, HALVE THE MUSHROOMS, ROUGHLY CHOP THE PARSLEY, MINCE THE GARLIC, AND DICE THE ONION. COOK THE PASTA IN SALTED BOILING WATER ACCORDING TO THE PACKAGE INSTRUCTIONS (ABOUT 6–8 MINUTES). DRAIN AND SET ASIDE. IN A LARGE SAUCEPAN, BLANCH THE BROCCOLI FLORETS IN SALTED BOILING WATER FOR 1–2 MINUTES UNTIL CRISP-TENDER. IMMEDIATELY TRANSFER THEM TO A BOWL OF COLD WATER TO COOL FOR 1–2 MINUTES. DRAIN AND SET ASIDE. TOAST THE PINE NUTS IN A DRY FRYING PAN OVER MEDIUM HEAT, STIRRING FREQUENTLY, FOR 2–3 MINUTES UNTIL GOLDEN AND FRAGRANT. IN A FOOD PROCESSOR, COMBINE THE CASHEW BUTTER, WATER, LEMON JUICE, MUSTARD, OLIVE OIL, VINEGAR, AND A PINCH OF SALT. BLEND UNTIL SMOOTH, ADDING MORE WATER IF NEEDED TO REACH THE DESIRED CONSISTENCY. HEAT SOME VEGETABLE OIL IN A FRYING PAN OVER MEDIUM HEAT. SAUTÉ THE MUSHROOMS, BROCCOLI, ONION, AND GARLIC FOR 3–5 MINUTES UNTIL SOFTENED. ADD THE PASTA TO THE PAN AND SAUTÉ FOR ANOTHER 1–2 MINUTES, STIRRING OCCASIONALLY. POUR THE SAUCE INTO THE PAN, MIX WELL, AND CONTINUE COOKING FOR 1–2 MINUTES UNTIL HEATED THROUGH. STIR IN THE PARSLEY AND TOASTED PINE NUTS. MIX UNTIL EVENLY INCORPORATED.



LUNCH

BAKED QUINOA WITH VEGETABLES

CALORIES : 456
PROTEIN : 17.7
FATS : 14.3
CARBS : 64.4

INGREDIENTS :

- 60G QUINOA
- 20G TAHINI
- 1TSBP SOY SAUCE
- 80G GREEN PEAS
- 50G RED BELL PEPPER
- 50G GREEN BELL PEPPER
- 100G ONION
- 100G FRESH VEGETABLES FOR SERVING (E.G., CUCUMBER, TOMATO, OR LETTUCE)

INSTRUCTIONS :

RINSE THE QUINOA AND POUR BOILING WATER OVER IT. LET IT SIT FOR A FEW MINUTES TO ABSORB THE WATER, THEN DRAIN ANY EXCESS LIQUID. ADD SOY SAUCE AND TAHINI (SESAME PASTE) TO THE QUINOA. FINELY CHOP THE ONION AND SLICE THE RED AND GREEN BELL PEPPERS INTO STRIPS. ADD THESE TO THE QUINOA ALONG WITH THE GREEN PEAS. SEASON WITH YOUR CHOICE OF SPICES, THEN MIX EVERYTHING WELL. TRANSFER THE MIXTURE INTO A BAKING DISH AND BAKE FOR 20–30 MINUTES. SERVE WITH FRESH VEGETABLES ON THE SIDE.



LUNCH

BULGUR AND SWEET POTATO BOWL

CALORIES : 598
PROTEIN : 22.3
FATS : 20.5
CARBS : 75.0

INGREDIENTS :

- 40G BULGUR
- 130G SWEET POTATO
- 1 CUCUMBER
- 30G ARUGILA
- 100G AVOCADO
- 100G CANNED CHICKEN
- SALT & SPICES TO TASTE

INSTRUCTIONS :

ROAST THE SWEET POTATO UNTIL TENDER. COOK THE BULGUR ACCORDING TO PACKAGE INSTRUCTIONS, THEN PLACE IT ON A PLATE. ADD THE ROASTED SWEET POTATO, ARUGULA, AVOCADO, CANNED CHICKPEAS, AND CUCUMBER TO THE PLATE. SEASON WITH SALT AND YOUR CHOICE OF SPICES, THEN SERVE.



LUNCH

PASTA WITH GREEN SAUCE

CALORIES : 710
PROTEIN : 20.9
FATS : 41.3
CARBS : 60.7

INGREDIENTS :

- 60G WHOLE WHEAT PASTA
- 50G HUMMUS
- 80G AVOCADO
- 50G SPINACH
- 30G CASHEWS
- 150G FRESH VEGETABLES
- SALT & SPICES TO TASTE

INSTRUCTIONS :

BLEND THE AVOCADO, HUMMUS, AND SPINACH UNTIL SMOOTH. COOK THE PASTA, THEN TOSS IT WITH THE GREEN SAUCE. SEASON TO TASTE, SPRINKLE WITH CRUSHED CASHEWS, AND SERVE WITH FRESH VEGETABLES.



LUNCH

GREEN BOWL

CALORIES : 593
PROTEIN : 26.5
FATS : 29.0
CARBS : 50.3

INGREDIENTS :

- 50G BROWN RICE
- 150G ZUCCHINI
- 80G AVOCADO
- 1 CUCUMBER
- 120G GREEN BEANS
- 100G BROCCOLI
- GREEN ONIONS
- 10G VEGETABLE OIL
- SALT, LEMON & SPICES TO TASTE

INSTRUCTIONS :

COOK THE RICE AND GREEN BEANS ACCORDING TO PACKAGE INSTRUCTIONS. ROAST OR GRILL THE ZUCCHINI AND BROCCOLI UNTIL TENDER. SLICE THE CUCUMBER, GREEN ONIONS, AND AVOCADO. IN A DEEP BOWL, LAYER THE COOKED RICE, ZUCCHINI, AND BROCCOLI. TOP WITH THE CUCUMBER AND AVOCADO. SPRINKLE WITH GREEN ONIONS, DRIZZLE WITH VEGETABLE OIL AND LEMON JUICE, AND SEASON WITH SALT AND SPICES TO TASTE.



LUNCH

HEARBY ROASTED VEGETABLE GRAIN BOWL

CALORIES : 524.2
PROTEIN : 8.6
FATS : 40.4
CARBS : 38.7

INGREDIENTS :

- 2 CARROTS
- ½ RED ONION
- ½ HEAD OF BROCCOLI
- 10G ALMONDS
- 45G QUINOA
- ½ LEMON
- OLIVE OIL
- SALT & SPICES TO TASTE

INSTRUCTIONS :

PREHEAT THE OVEN TO 215°C (415°F). TOAST ALMONDS ON A BAKING SHEET FOR 5 MINUTES, THEN ROUGHLY CHOP AND SET ASIDE. PEEL AND CHOP CARROTS AND RED ONION INTO CHUNKS; CUT BROCCOLI INTO FLORETS. PLACE THE VEGETABLES ON THE SAME BAKING SHEET, DRIZZLE WITH OLIVE OIL, SEASON WITH SALT AND SPICES, AND TOSS TO COAT EVENLY. ROAST FOR 25 MINUTES OR UNTIL TENDER. RINSE QUINOA UNDER COLD WATER AND COOK FOR 15 MINUTES, OR UNTIL TENDER. TO SERVE, DISTRIBUTE THE QUINOA ONTO PLATES, TOP WITH ROASTED VEGETABLES, AND SPRINKLE WITH TOASTED ALMONDS.



LUNCH

PASTA WITH MUSHROOMS AND SPINACH

CALORIES : 472
PROTEIN : 26.8
FATS : 17.4
CARBS : 49.7

INGREDIENTS :

- 60G WHOLE WHEAT PASTA
- 180G MUSHROOMS
- 50G SPINACH
- ½ ONION
- 1 GARLIC CLOVE
- 30G PEANUTS
- SALT & SPICES TO TASTE

INSTRUCTIONS :

IN A PAN, SAUTÉ THE GRATED GARLIC AND FINELY CHOPPED ONION UNTIL FRAGRANT. ADD THE SLICED MUSHROOMS AND SPINACH AND COOK FOR 10–15 MINUTES UNTIL TENDER. MEANWHILE, COOK THE PASTA ACCORDING TO PACKAGE INSTRUCTIONS. ADD THE COOKED PASTA TO THE PAN WITH THE VEGETABLES AND STIR TO COMBINE. SERVE, GARNISHED WITH FINELY CHOPPED PEANUTS.



DINNER

TOFY PATTIES WITH VEGETABLE PUREE

CALORIES : 409
PROTEIN : 25.0
FATS : 12.0
CARBS : 51.3

INGRIDIENTS :

- 100G TOFU
- 50G MUSHROOMS
- 1 GARLIC CLOVE
- PARSLEY & DILL
- 1TBSP WHOLE WHEAT FLOUR
- ½ ONION
- 1 CARROT
- 100G POTATOES
- 100G CAULIFLOWER
- SALT & SPICES TO TASTE

INSTRUCTIONS :

MASH THE TOFU WITH A FORK, THEN ADD THE CHOPPED MUSHROOMS, FLOUR, GRATED GARLIC, AND CHOPPED HERBS. MIX WELL AND SHAPE INTO PATTIES. BAKE THE PATTIES FOR 30-40 MINUTES AT 180°C (350°F). WHILE THE PATTIES ARE BAKING, BOIL THE CAULIFLOWER, CARROT, AND POTATOES. SAUTÉ THE ONION IN A PAN. ONCE THE VEGETABLES ARE COOKED, BLEND THEM UNTIL SMOOTH. SEASON TO TASTE AND SIMMER WITH THE PATTIES UNTIL READY TO SERVE.



DINNER

KALE SALAD WITH SPICY CHICKPEAS

CALORIES : 651
PROTEIN : 20.0
FATS : 48.0
CARBS : 34.0

INGREDIENTS :

- 150G KALE
- 100G CANNED CHICKPEAS
- ½TSP PAPRIKA POWDER
- ½TSP GROUND CORIANDER
- ¼TSP CAYENNE PEPPER
- ¼TSP RED ONION
- 2TBSP OLIVE OIL (DIVIDED)
- 2TBSP LEMON JUICE (DIVIDED)
- ½ GARLIC CLOVE
- 40G TAHINI
- 50ML WATER
- SALT & SPICES TO TASTE

INSTRUCTIONS :

REMOVE KALE STEMS, CHOP LEAVES, AND PLACE IN A BOWL WITH LEMON JUICE AND OLIVE OIL. MASSAGE TO SOFTEN; SET ASIDE. HEAT OLIVE OIL IN A SKILLET AND FRY DRAINED CHICKPEAS UNTIL GOLDEN (APPROX. 15 MINS). DRAIN ON PAPER TOWELS, THEN TOSS WITH PAPRIKA, CAYENNE, CORIANDER, AND SALT. MINCE GARLIC, SLICE ONION, AND ADD TO THE KALE. WHISK TAHINI, GARLIC, OLIVE OIL, LEMON JUICE, AND WATER UNTIL SMOOTH. ADJUST CONSISTENCY WITH WATER, AND SEASON WITH SALT AND PEPPER. TOSS KALE WITH DRESSING, TOP WITH FRIED CHICKPEAS, AND SERVE.



DINNER
CREAM SOUP
WITH ROASTED EGGPLANTS

CALORIES : 368
PROTEIN : 16.9
FATS : 9.7
CARBS : 67.1

INGREDIENTS :

- 80G CANNED CHICKPEAS
- 150G EGGPLANTS
- 120G POTATOES
- 1 GARLIC CLOVE
- 50G ONION
- HERBS FOR SERVING
- SALT & SPICES TO TASTE

INSTRUCTIONS :

COOK THE CHICKPEAS, AND ROAST THE EGGPLANT, POTATOES, ONION, AND GARLIC. BLEND EVERYTHING TOGETHER UNTIL SMOOTH. SEASON TO TASTE, SPRINKLE WITH SESAME SEEDS AND HERBS, AND SERVE.



DINNER

VEGETABLE STEAKS WITH LENTIL MINCE

CALORIES : 548
PROTEIN : 41.6
FATS : 3.1
CARBS : 87.8

INGREDIENTS :

- 350G CABBAGE
- 120G LENTILS
- 2 GARLIC CLOVES
- 30G GREEN ONIONS
- 1TBSP SOY SAUCE
- 2TSP TOMATO PASTE
- FRESH HERBS FOR SERVING
- SALT & SPICES TO TASTE

INSTRUCTIONS :

SLICE THE CABBAGE INTO THICK WEDGES AND RUB WITH GARLIC ON BOTH SIDES. ROAST FOR 10 MINUTES AT 180°C. BLEND THE LENTILS, GARLIC, AND GREEN ONIONS TOGETHER TO MAKE A "MINCE." FRY THE MIXTURE IN A PAN. SPREAD TOMATO PASTE OVER THE ROASTED CABBAGE, TOP WITH THE LENTIL "MINCE," DRIZZLE WITH SOY SAUCE, AND BAKE FOR ANOTHER 15 MINUTES AT 180°C.



DINNER

ROASTED VEGETABLES WITH CHICKPEAS

CALORIES : 394
PROTEIN : 22.5
FATS : 8.4
CARBS : 55.9

INGREDIENTS :

- 150G CHICKPEAS
- 250G VEGETABLE MIX FOR ROASTING
- 1TBSP SOY SAUCE
- PARSLEY FOR SERVING
- 5G SMOKED PAPRIKA
- SALT & SPICES TO TASTE

INSTRUCTIONS :

SOAK THE CHICKPEAS OVERNIGHT, THEN DRAIN AND SEASON WITH SMOKED PAPRIKA AND CHOPPED PARSLEY. TOSS THE VEGETABLES WITH SOY SAUCE, SALT, AND YOUR PREFERRED SPICES. ARRANGE THE CHICKPEAS AND VEGETABLES ON A BAKING TRAY AND ROAST UNTIL GOLDEN AND TENDER.



DINNER

SWEET POTATO SALAD

CALORIES : 655
PROTEIN : 23.2
FATS : 42.6
CARBS : 45.1

INGREDIENTS :

- 200G SWEET POTATO
- ½ AVOCADO
- 1 TOMATO
- 50G SPINACH
- 50G TOFU
- 5G OLIVE OIL
- SALT & SPICES TO TASTE

INSTRUCTIONS :

ROAST THE SWEET POTATO UNTIL TENDER, THEN CUT IT INTO CUBES. SIMILARLY, CHOP THE AVOCADO, TOMATO, AND TOFU. PLACE SPINACH AND THE CHOPPED VEGETABLES ON A PLATE. MIX OLIVE OIL WITH HUMMUS AND DRESS THE SALAD WITH IT.



DINNER

ZUCCHINI FLITTERS

CALORIES : 324
PROTEIN : 14.9
FATS : 7.3
CARBS : 44.7

INGREDIENTS :

- 1 ZUCCHINI OR COURGETTE
- 100G GREEN PEAS
- 2TBSP WHOLE WHEAT FLOUR
- 1TBSP GROUND FLAXSEEDS
- 1 TOMATO
- 2TBSP PLANT BASED YOGURT
- 1 GARLIC CLOVE
- FRESH HERBS TO TASTE (PARSLEY, DILL)
- SALT & SPICES TO TASTE

INSTRUCTIONS :

COOK THE GREEN PEAS. IN THE MEANTIME, GRATE THE ZUCCHINI, SEASON WITH SALT, AND LET IT SIT TO RELEASE EXCESS WATER. AFTERWARD, SQUEEZE OUT ANY REMAINING LIQUID. ADD FLOUR, SOAKED FLAXSEEDS (STEEPED IN HOT WATER), COOKED PEAS, AND HERBS TO THE ZUCCHINI. SEASON WITH SALT AND SPICES, MIX WELL. SHAPE THE MIXTURE INTO PATTIES AND FRY ON BOTH SIDES UNTIL GOLDEN AND COOKED THROUGH. FOR THE TOPPING, MIX THE YOGURT AND MINCED GARLIC. SPREAD IT OVER THE COOKED PATTIES AND TOP WITH TOMATO RINGS. SERVE THE PATTIES WARM.

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KAIZEN



**THANK YOU FOR EXPLORING VEGAN BLISS:
NUTRITIOUS & FLAVORFUL CREATORS! IF YOU
ENJOYED THESE RECIPES, LET'S STAY CONNECTED!**

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TOGETHER!