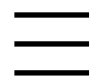


COOK PLANTS



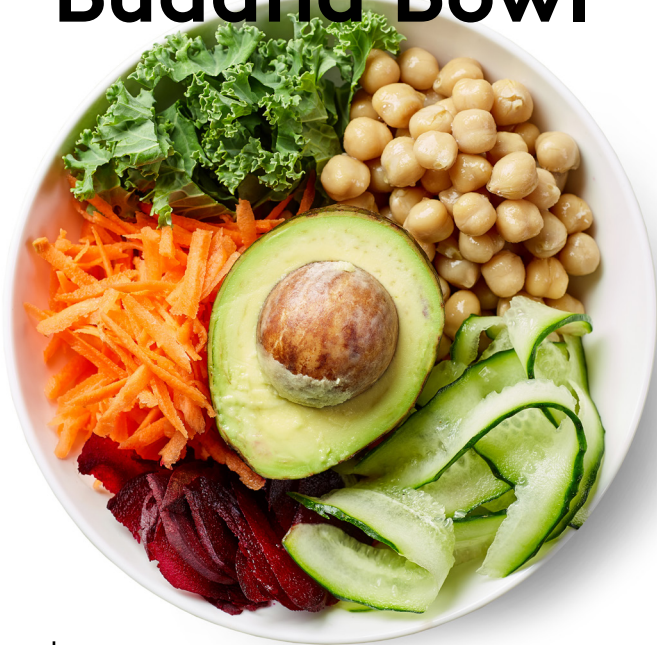
Breakfast

Lunch

Dinner

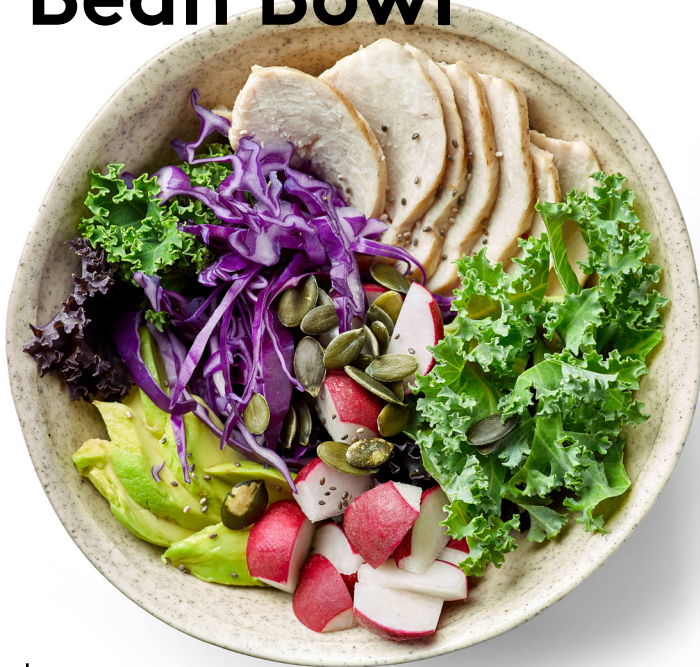
Dessert

Black Bean Buddha Bowl



Serves	4
Cost	\$15
Time	45min

Vegan BBQ Bean Bowl



Serves	4
Cost	\$20
Time	50min

Roasted Squash Bowl



Serves	4
Cost	\$30
Time	30min

Crisp Oatmeal Cookies



Video/Image

1 Ingredients

- ☐ 75 all-purpose flour
- ☐ 40 g rolled oats
- ☐ 1 tbsp baking powder
- ☐ 3 tbsp sugar
- ☐ 2 tbsp vegan butter
- ☐ 3 tbsp any plant-based milk

2 Method

- Step 1
Mix all dry ingredients in a large bowl together.
- Step 2
Heat butter and milk in a small pot until butter is melted and mix it into the dry ingredients and knead the dough about 4-5 minutes.
- Step 3
Preheat the oven with 170°/335°F.
- Step 4
Divide the dough in twenty little balls and press



Crisp Oatmeal Cookies

Recipe

WHITE SUGAR

LIGHT BROWN SUGAR

DARK BROWN SUGAR



1

Ingredients

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- ☐ 40 g rolled oats
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- ☐ 3 tbsp sugar
- ☐ 2 tbsp vegan butter
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2

Method

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Video/Image

Dessert



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