

VEGAN RECIPE PACK

Discover the collection of simple vegan recipes, including breakfast, lunch, dinner, treats and smoothie options.

www.andrewcainept.com



TABLE OF CONTENTS

1	GREEK CHICKPEAS ON TOAST	13	VEGAN 'TUNA' SALAD
2	CHICKPEA SCRAMBLE	14	POTATO & SUNDRIED TOMATO SALAD
3	BANANA BREAKFAST OATS	15	WILD RICE, TOMATO & ROCKET BALSAMIC SALAD
4	BANANA & STRAWBERRY PANCAKES	16	SWEET POTATO, QUINOA AND BEAN BURGER
5	CARROT PANCAKES WITH ALMOND CARAMEL	17	CURRIED TOFU SALAD
6	PROTEIN BERRY SMOOTHIE BOWL	18	ROASTED MISO POTATOES
7	BREAKFAST OAT COOKIES	19	ROASTED SWEET POTATO, KALE & QUINOA SALAD
8	GREEN PEA & MINT DIP	20	RED SWEET POTATO CURRY
9	SUNDRIED TOMATO HUMMUS	21	GARLIC ZUCCHINI & TOMATO PASTA
10	BABA GHANOUSH	22	SESAME TEMPEH STIR-FRY
11	QUINOA TABBOULEH	23	AUBERGINE & TOMATO PASTA
12	GREEN BEANS & CHERRY TOMATO SALAD	24	VEG & TAHINI TRAY BAKE

TABLE OF CONTENTS

25 TEMPEH WHEAT BOLOGNESE

26 TOFU PAD THAI

27 QUICK VEGETABLE STIR FRY

28 ROASTED AUBERGINE & TOMATO STEW

29 SPICY CAULIFLOWER &
CHICKPEA RICE BOWL

30 SWEET POTATO & BEAN BAKE

31 PRE-WORKOUT OAT & BANANA SMOOTHIE

32 POST-WORKOUT CHOCOLATE
PROTEIN SMOOTHIE

33 VEGAN NUTELLA

34 ENERGY BALLS

35 MATCHA ENERGY BALLS

36 SIMPLE VEGAN OAT COOKIES

37 BANANA & ALMOND MUFFINS

38 LEMON & BERRY CHEESECAKE

39 YOU NEED TO DO ALMOND & PEACH CAKE

40 VEGAN CHOCOLATE BROWNIES



RECIPE KEY

Look for these helpful icons throughout the file.

- GF Gluten Free
- DF Dairy Free
- LC Low Carb (under 20g serving)
- MP Meal Prep/Freezer Friendly
- HP High Protein (over 20g per serving)
- HP Vegetarian
- V Quick (under 30 mins)
- Q Contains Nuts
- N

WEEKLY MEAL PLANNER 01

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST Greek Chickpeas on Toast	BREAKFAST Greek Chickpeas on Toast	BREAKFAST Green Pea & Mint Dip	BREAKFAST Banana & Almond Muffins	BREAKFAST T Banana & Strawberry Pancakes	BREAKFAST T Banana & Strawberry Pancakes	BREAKFAST Protein Berry Smoothie Bowl
LUNCH Quinoa Tabbouleh	LUNCH Quinoa Tabbouleh	LUNCH Leftover Red Sweet Potato Curry	LUNCH Vegan 'Tuna' Salad	LUNCH Vegan 'Tuna' Salad	LUNCH Wild Rice, Tomato & Rocket Balsamic Salad	LUNCH Wild Rice, Tomato & Rocket Balsamic Salad
SNACK E.g. Energy Balls, Simple Vegan Oat Cookies, Banana & Almond Muffins, Green Pea & Mint Dip	SNACK E.g. Energy Balls, Simple Vegan Oat Cookies, Banana & Almond Muffins, Green Pea & Mint Dip	SNACK E.g. Energy Balls, Simple Vegan Oat Cookies, Banana & Almond Muffins, Green Pea & Mint Dip	SNACK E.g. Energy Balls, Simple Vegan Oat Cookies, Banana & Almond Muffins, Green Pea & Mint Dip	SNACK E.g. Energy Balls, Simple Vegan Oat Cookies, Banana & Almond Muffins, Green Pea & Mint Dip	SNACK E.g. Energy Balls, Simple Vegan Oat Cookies, Banana & Almond Muffins, Green Pea & Mint Dip	SNACK E.g. Energy Balls, Simple Vegan Oat Cookies, Banana & Almond Muffins, Green Pea & Mint Dip
DINNER Wild Rice, Tomato & Rocket Balsamic Salad	DINNER Red Sweet Potato Curry	DINNER Garlic Zucchini & Tomato Pasta	DINNER Garlic Zucchini & Tomato Pasta	DINNER Sesame Tempeh Stir-Fry	DINNER Meal Out – Enjoy!	DINNER Sesame Tempeh Stir-Fry

WEEKLY MEAL PLANNER 02

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST Chickpea Scramble	BREAKFAST Chickpea Scramble	BREAKFAST Carrot Pancakes with Almond Caramel	BREAKFAST Carrot Pancakes with Almond Caramel	BREAKFAST Banana Breakfast Oats	BREAKFAST Banana Breakfast Oats	BREAKFAST Breakfast Oat Cookies
LUNCH Green Beans & Cherry Tomato Salad	LUNCH Green Beans & Cherry Tomato Salad	LUNCH Leftover Sweet Potato & Bean Bake	LUNCH Potato & Sundried Tomato Salad	LUNCH Potato & Sundried Tomato Salad	LUNCH Sweet Potato, Quinoa & Bean Burger	LUNCH Sweet Potato, Quinoa & Bean Burger
SNACK E.g. Post Workout Chocolate Protein Smoothie, Matcha Energy Balls, Breakfast Oat Cookies	SNACK E.g. Post Workout Chocolate Protein Smoothie, Matcha Energy Balls, Breakfast Oat Cookies	SNACK E.g. Post Workout Chocolate Protein Smoothie, Matcha Energy Balls, Breakfast Oat Cookies	SNACK E.g. Post Workout Chocolate Protein Smoothie, Matcha Energy Balls, Breakfast Oat Cookies	SNACK E.g. Post Workout Chocolate Protein Smoothie, Matcha Energy Balls, Breakfast Oat Cookies	SNACK E.g. Post Workout Chocolate Protein Smoothie, Matcha Energy Balls, Breakfast Oat Cookies	SNACK E.g. Post Workout Chocolate Protein Smoothie, Matcha Energy Balls, Breakfast Oat Cookies
DINNER Veg & Tahini Tray Bake	DINNER Sweet Potato & Bean Bake	DINNER Aubergine & Tomato Pasta	DINNER Aubergine & Tomato Pasta	DINNER Tempeh Bolognese	DINNER Meal Out – Enjoy!	DINNER Tempeh Bolognese



**GREEK CHICKPEAS
ON TOAST**

GREEK CHICKPEAS ON TOAST



Serves: 4
Prep: 5 mins
Cook: 20 mins



Nutrition per
serving:
253 kcal
8g Fats
33g Carbs
11g Protein



WHAT YOU NEED

- 2 tsp. olive oil
- 2 shallots, diced
- 2 cloves garlic, minced
- ½ tsp. smoked paprika
- ½ tsp. sweet paprika
- ½ tsp. brown sugar
- 1 can (14oz./400g) chopped tomatoes
- 1 can (14oz./400g) chickpeas, drained
- 4 slices bread, toasted
- handful parsley, to garnish
- ⅓ cup (60g) olives, halved, to garnish

WHAT YOU NEED TO DO

Heat the olive oil over medium-high heat on a medium pan. Add shallots and cook for 2-3 minutes, then add garlic and cook for another 1-2 minutes.

Add all the spices to the pan and mix well. Next add in the chopped tomatoes and 2 tbsp. of water. Simmer on low-medium heat until the sauce has reduced, around 10 minutes.

Mix in the drained chickpeas, season with salt, sugar and black pepper and cook for another 5 minutes until warmed through.

Serve on the toasted bread with parsley and black olives.



CHICKPEA SCRAMBLE

CHICKPEA SCRAMBLE



Serves: 2
Prep: 10 mins
Cook: 10 mins



Nutrition per
serving:
417 kcal
15g Fats
56g Carbs
19g Protein



WHAT YOU NEED

- 2 cups (330g) canned chickpeas, drained
- ½ tsp. turmeric
- ½ tsp. paprika
- 2 tsp. olive oil
- 1 small onion, finely diced
- 2 cloves garlic, minced
- 8 oz. (230g) spinach
- ½ avocado

WHAT YOU NEED TO DO

Mash the chickpeas with a fork, leaving some whole. Mix in the turmeric and paprika, and season with salt and pepper.

Heat the oil in a pan over medium-high heat and sauté the onion and garlic for 2-3 minutes, until fragrant.

Next, add in the mashed chickpeas and cook for another 5 minutes, then transfer to a bowl, cover with tin foil and set aside. Using the same pan wilt the spinach, adding a tablespoon of water.

Once ready, divide the spinach between 2 bowls, top with the chickpeas and serve with ¼ avocado.

A top-down view of a light-colored ceramic bowl filled with cooked oatmeal. The oatmeal is topped with a variety of fresh fruits: sliced bananas, halved strawberries, blueberries, kiwi slices, and small red goji berries. A dollop of peanut butter is visible on the right side of the bowl. The bowl sits on a light-colored, striped fabric placemat. A copper-colored spoon is placed to the right of the bowl. The background is a light-colored wooden surface.

**BANANA
BREAKFAST OATS**

BANANA BREAKFAST OATS



Serves: 2
Prep: 5 mins
Cook: 0 mins



Nutrition per
serving:
381 kcal
12g Fats
60g Carbs
10g Protein



WHAT YOU NEED

- 1 cup (90g) oats
- 2 ripe bananas, mashed
- 2 tbsp. peanut butter
- favorite nuts and seeds, to garnish
- seasonal fruit, to garnish

WHAT YOU NEED TO DO

Divide oats between two bowls and add 3 tbsp. of water into each bowl.

Add in one mashed up banana into each bowl and mix well to combine. Set aside for 10 minutes for the oats to soften.

Drizzle the oats with peanut butter and serve with the nuts and seeds and chopped fruit.

NOTE: *garnishes (nuts, seeds, fruit) are not included in the nutrition information.*



**BANANA &
STRAWBERRY PANCAKES**

BANANA & STRAWBERRY PANCAKES



Serves: 4
Prep: 15 mins
Cook: 15 mins



Nutrition per serving:
282 kcal
7g Fats
53g Carbs
5g Protein



DF

N

MP

V



WHAT YOU NEED

- 2 ripe bananas,
- mashed 1 cup (110g)
- spelt flour 1 tsp.
- baking powder
- ½ tsp. baking soda
- 1 tsp. lemon juice
- ¾ cup (180ml) almond milk
- strawberries, sliced
- 1 tbsp. coconut oil
- 4 tbsp. coconut yogurt
- 4 tbsp. maple syrup

WHAT YOU NEED TO DO

Mash the banana with a fork and combine them with the flour, baking powder, baking soda, and lemon juice. Next, slowly add in almond milk until you get a thick batter.

Finally, fold in the sliced strawberries, leaving some for garnish.

Heat some of the oil in a non-stick pan over medium heat, not too hot as then the pancakes will burn. Spoon a little less than ¼ cup of the batter per pancake (this will make around 8 pancakes).

Cook the pancakes for about 3 minutes on one side, then when bubbles start to appear flip and cook for another minute.

Serve the pancakes with a tablespoon of coconut yogurt and maple syrup, and garnish with remaining strawberries.

Nutrition information is per 2 pancakes.



**CARROT PANCAKES
WITH ALMOND Caramel**

CARROT PANCAKES WITH ALMOND CARAMEL



Makes: 9
Prep: 20 mins
Cook: 30 mins



Nutrition per 2
pancakes:
363 kcal
12g Fats
57g Carbs
8g Protein



WHAT YOU NEED

For pancakes:

- 1 rounded cup (140g) oat flour
- 1 tsp. cinnamon
- ¼tsp. ground ginger
- ¼tsp. ground nutmeg
- 1¼tsp. baking powder
- ½tsp. bakingsoda
- ¾ cup (180ml) oat milk
- 2 tbsp. almond butter
- 2 tsp. lemon juice
- 2 tbsp.maple syrup
- 1 cup (110g) carrots, grated
- 1 tbsp.coconut oil

For almond caramel:

- ¼ cup (60ml)maple syrup
- 2 tbsp. almond butter
- pinch salt

WHAT YOU NEED TO DO

In a bowl, combine flour, spices, baking powder and baking soda. Whisk in the almond milk, almond butter, lemon juice and maple syrup. Then add in the grated carrots and mix well.

Heat up a non-stick frying pan over medium heat and grease it lightly with some of the coconut oil.

Ladle 2tablespoons of the pancake mix per pancake. Cook each pancake for about 2 minutes on one side, then flip and another 1-2 minutes on the other side.

Serve with almond caramel sauce.

To make the almond caramel:

Heat up the maple syrup in a small pot over low heat. When it starts to boil gently, take it off the heat and stir in the almond butter with a pinch of salt.

Return the pan on the heat and simmer, stirring the caramel for another minute until thickened. Serves as a pancake topping.



**PROTEIN BERRY
SMOOTHIE BOWL**

PROTEIN BERRY SMOOTHIE BOWL



Serves: 1
Prep: 5 mins
Cook: 0 mins



Nutrition per
serving:
297 kcal
2g Fats
49g Carbs
23g Protein



WHAT YOU NEED

- 1 cup (150g) frozen red berries
- 1 small banana, frozen
- ¼ cup (60ml) coconut milk
- 1 scoop vanilla vegan protein powder

WHAT YOU NEED TO DO

Place frozen berries and banana in a high-speed blender or food processor and blitz on low for about 30 seconds.

Add the milk and protein powder, and blend on low again, scraping down sides as needed, until the mixture reaches a soft-serve consistency. Add more milk if necessary, to reach desired consistency.

Transfer into a serving bowl and top with favorite toppings.

NOTE: toppings are not included in nutrition information.



**BREAKFAST
OAT
COOKIES**

BREAKFAST OAT COOKIES



Makes: 9
Prep: 10 mins
Cook: 20 mins



Nutrition per
serving:
137 kcal
6g Fats
17g Carbs
3g Protein



WHAT YOU NEED

- 1 cup (90g) rolled oats
- $\frac{1}{3}$ cup (30g) almond meal
- 3 tbsp. desiccated coconut
- 1 tsp. cinnamon
- $\frac{1}{4}$ tsp. baking soda
- 3 tbsp. almond butter
- 3 tbsp. maple syrup
- 1 medium ripe banana, mashed
- handful fresh berries

WHAT YOU NEED TO DO

Preheat the oven to 320°F (160°C) and line a baking tray with baking paper.

Place all the ingredients (apart from the berries) in a medium bowl and mix well, then place the mixture in the freezer for 10-15 minutes.

Using slightly wet hands, create 9 balls out of the mixture and place them on the baking tray and push them down to create cookie shapes. Gently press a few berries onto each cookie.

Bake for 20 minutes until golden and allow to cool completely before eating.

A top-down view of a white ceramic bowl filled with a vibrant green pea and mint dip. The dip is garnished with several slivered almonds, fresh mint leaves, and a dusting of red paprika. To the right of the bowl, several rectangular, golden-brown crackers topped with sesame seeds and pumpkin seeds are visible. The entire dish is set against a dark blue background.

**GREEN PEA &
MINT DIP**

GREEN PEA & MINT DIP



Serves: 4
Prep: 15 mins
Cook: 0 mins



Nutrition per
serving:
92 kcal
4g Fats
11g Carbs
4g Protein



GF

DF

LC

V

Q

WHAT YOU NEED

- 1 2/3 cups (250g) green peas, frozen
- 1 clove garlic
- 2 tbsp. lemon juice
- 1/2 avocado
- 2-3 sprigs fresh mint, leaves only

WHAT YOU NEED TO DO

Place frozen peas in a bowl and cover with boiling water. Let them stand for a few minutes until defrosted, then drain and transfer to a food processor or high speed blender.

Add in the garlic, lemon juice, avocado, mint leaves, and season with salt and pepper. Blend until smooth. Add 1-2 tbsp. of cold water if the dip is too thick. Taste and adjust seasoning to your taste.

Serve as a dip with fresh vegetables, crisps, crackers or pita.



A top-down view of a glass bowl filled with a thick, light-colored hummus. The hummus is garnished with several pieces of sundried tomatoes in the center. To the right of the bowl, on a dark grey slate surface, are several pieces of pita bread. The background is a light-colored surface.

**SUNDRIED TOMATO
HUMMUS**

SUNDRIED TOMATO HUMMUS



Serves: 4
Prep: 5 mins
Cook: 0 mins



Nutrition per
serving:
181 kcal
10g Fats
18g Carbs
6g Protein



WHAT YOU NEED

- 1½ cups (250g) chickpeas, drained
- ¼ cup (45g) sundried tomatoes in oil
- 1 clove garlic
- ½ lemon, juiced
- 2 tbsp. olive oil
- ½ teaspoon salt
- ¼ cup (60ml) water

WHAT YOU NEED TO DO

Add all the ingredients, except for the water, into a food processor and blend until creamy, stopping once to scrape down the sides.

Check for texture and consistency and add water as necessary. Serve with raw veggies, crackers, or chips.



BABA GHANOUSH

BABA GHANOUSH



Serves: 6
Prep: 20 mins
Cook: 35 mins



Nutrition per
serving:
154 kcal
10g Fats
12g Carbs
5g Protein



WHAT YOU NEED

- 2 medium aubergine
- 2 cloves garlic, crushed
- 1 lemon, juiced
- 4 tbsp. tahini
- 2 tbsp. olive oil
- ½ tsp. ground cumin
- smoked paprika
- 1 tbsp. parsley, chopped

WHAT YOU NEED TO DO

Preheat the oven to 450°F (230°C). Line a large baking tray with baking paper.

Halve the aubergines lengthwise and brush the cut sides lightly with olive oil. Place them in the prepared tray with the halved sides down, roasting them for 35-40 minutes until the flesh is very tender.

Once aubergines are cooked, set them aside to cool, then scoop out the flesh with a spoon, discarding the skin.

Place the flesh on a sieve and leave for a bit (the longer, the better) to allow all the excess liquid to drain away.

Place the flesh in a bowl, add the garlic, lemon juice, tahini, olive oil, and cumin. Mash everything with a fork, and continue stirring and mashing until the mixture is creamy—season to taste with salt.

Transfer to a serving bowl and sprinkle with smoked paprika and chopped parsley to garnish.

QUINOA TABBOULEH



QUINOA TABBOULEH



Serves: 4
Prep: 10 mins
Cook: 15 mins



Nutrition per serving:
272 kcal
10g Fats
42g Carbs
8g Protein



WHAT YOU NEED

- 1 cup (170g) quinoa
- 2 medium tomatoes, finely diced
- 1 small cucumber, finely diced
- 1 bell pepper, finely diced
- 1 red onion, finely diced
- $\frac{2}{3}$ cup (15g) parsley, chopped
- $\frac{2}{3}$ cup (15g) mint, chopped
- juice of 2 limes
- 2 tbsp. olive oil

WHAT YOU NEED TO DO

Cook the quinoa according to instructions on the packaging. Once cooked, place in a large salad bowl.

Finely dice the vegetables and chop the fresh herbs, then add to the salad bowl.

Squeeze in the lime juice, drizzle with olive oil and season to taste with salt and pepper. Mix everything well until combined.

Serves as a salad or side dish. Store covered and refrigerated for up to 3 days.



**GREEN BEANS &
CHERRY TOMATO SALAD**

GREEN BEANS & CHERRY TOMATO SALAD



Serves: 4
Prep: 15 mins
Cook: 5 mins



Nutrition per
serving:
163 kcal
14g Fats
10g Carbs
2g Protein



WHAT YOU NEED

- 1 lb. (450g) green beans
- 1 cup (150g) cherry tomatoes

For the dressing:

- 1 clove garlic, minced
- $\frac{1}{3}$ cup (15g) coriander, chopped
- 2 tbsp. lemon juice
- $\frac{1}{4}$ cup (60ml) olive oil

WHAT YOU NEED TO DO

Trim the stem end of the green beans. Bring water to a boil in a large pot, and cook the beans for 3 minutes. Then drain and rinse with cold water, allowing them to cool completely.

Half the cherry tomatoes and place in a salad bowl. Once beans are cool cut them in 1-2 inch pieces and add to the salad bowl. Make the dressing by placing the dressing ingredients in a food processor. Pulse until a smooth sauce has formed. Season to taste with salt and pepper.

Add the sauce to the green beans and tomatoes and mix well until coated. Serve immediately as a salad or side dish. Store covered in the fridge for 2-3 days.

A top-down photograph of a white ceramic bowl filled with a creamy, chunky salad. The salad is topped with bright yellow corn kernels and finely chopped green chives. The bowl sits on a folded piece of light brown burlap fabric. To the right of the bowl is a wooden spoon with a natural grain. In the upper right corner, a slice of rustic, golden-brown bread is visible. The entire scene is set against a light-colored, horizontally-grained wooden background.

VEGAN 'TUNA' SALAD

VEGAN 'TUNA' SALAD



Serves: 4
Prep: 10 mins
Cook: 0 mins



Nutrition per
serving:
255 kcal
9g Fats
35g Carbs
10g Protein



WHAT YOU NEED

- 2 ½ cups (400g) chickpeas, drained
- 2 nori sheets
- 2 tbsp. vegan mayo (or tahini)
- 2 tbsp. lemon juice
- 1 cup (175g) sweetcorn, drained
- 1 small onion, finely diced

WHAT YOU NEED TO DO

Place chickpeas in a bowl and mash them with a fork, leaving some bigger parts for more texture.

Blend the nori sheet in a high-speed blender until you get nori flakes. And add it to the chickpeas. Add the rest of the ingredients and stir until well combined.

Serve on its own, or a filling for sandwiches and jacket potatoes. Store in the fridge for up to 4-5 days.



**POTATO & SUNDRIED
TOMATO SALAD**

POTATO & SUNDRIED TOMATO SALAD



Serves: 4
Prep: 10 mins
Cook: 20 mins



Nutrition per
serving:
161 kcal
9g Fats
17g Carbs
4g Protein



WHAT YOU NEED

- 1 lb. (450g) baby potatoes
- ½ cup (90g) green olives, halved
- ½ cup (70g) sundried tomatoes, drained, roughly chopped
- 2 tbsp. capers, drained
- handful chives, chopped
- 1 tbsp. oil from sundried tomatoes
- 1 tbsp. wholegrain mustard
- 1 tbsp. apple cider vinegar

WHAT YOU NEED TO DO

Place the potatoes in a pot of salted water and bring to a boil, lower the heat and simmer for about 20 minutes. Once cooked, drain and rinse in cold water. Once slightly cooled, peel, halve and place them in a bowl.

Add in the olives, sundried tomatoes, capers, and chives. Next, mix the oil for the tomatoes, mustard, and apple cider vinegar and drizzle over the salad. Season to taste with salt and pepper, mix well and serve.

A top-down view of a terracotta bowl filled with a vibrant salad. The salad consists of wild rice, halved cherry tomatoes, fresh rocket leaves, and small yellow and red peppers. The bowl sits on a striped cloth on a white surface. A wooden spoon with a dark handle is placed to the right of the bowl. A semi-transparent white box with black text is overlaid on the bottom left of the bowl.

**WILD RICE, TOMATO &
ROCKET BALSAMIC SALAD**

WILD RICE, TOMATO & ROCKET BALSAMIC SALAD



Serves: 4
Prep: 10 mins
Cook: 20 mins



Nutrition per
serving:
288 kcal
9g Fats
44g Carbs
7g Protein



WHAT YOU NEED

- 1 cup (185g) rice
- 160g roasted peppers, drained, chopped
- ¼ cup (30g) roasted almonds, chopped
- 1 cup (150g) cherry tomatoes, halved
- 2 oz. (60g) rocket
- 1 tbsp. balsamic vinegar
- 1 tbsp. olive oil
- ½ tsp. chili flakes

WHAT YOU NEED TO DO

Cook the rice according to instructions on the packaging. Once cooked, place in a large bowl.

Add in the peppers, almonds, tomatoes, and rocket. Drizzle with vinegar and oil, add chili flakes—season to taste with salt and pepper and mix until well combined, before serving.



**SWEET POTATO,
QUINOA & BEAN BURGER**

SWEET POTATO, QUINOA & BEAN BURGER



Makes: 4
Prep: 10 mins
Cook: 55 mins



Nutrition per
serving:
171 kcal
6g Fats
22g Carbs
5g Protein



WHAT YOU NEED

- 1 sweet potato
- ⅓ cup (60g) quinoa, raw
- 14 oz. (400g) can kidney beans, drained
- 1 tsp. rosemary
- ½ tsp. chili flakes
- 1 ½ tbsp. olive oil

WHAT YOU NEED TO DO

Preheat oven to 410°F (210°C) and cut the sweet potato into ¾ inch (2cm) pieces. Place it in an ovenproof dish, drizzle with ½ tbsp. olive oil and season with salt & pepper, rosemary, and chili flakes. Bake for 25-30 minutes.

Once potatoes are cooked, allow them to cool slightly.

Then peel off the skin, place in a bowl, and mash the flesh with a fork. Add in the drained beans and also mash with a fork.

Cook quinoa according to instructions on the packaging. Once cooked, transfer to the mashed beans and potato, season with salt & pepper, and mix well.

Using slightly wet hands, form 4 burgers and grease each one with the remaining olive oil. Place on a baking tray lined with tin foil and bake for 20-25 minutes in 410°F (210°C).



CURRIED TOFU SALAD

CURRIED TOFU SALAD



Serves: 4
Prep: 15 mins
Cook: 0 mins



Nutrition per
serving:
178 kcal
13g Fats
11g Carbs
6g Protein



WHAT YOU NEED

- 7 oz. (200g) tofu, drained, crumbled
- 2 celery sticks, chopped
- 1 small onion, diced
- ¼ cup (30g) almonds, chopped
- ¼ cup (30g) raisins
- 3 tbsp. vegan mayonnaise
- 1 tsp. curry powder
- 1 tbsp. dill, chopped

WHAT YOU NEED TO DO

Crumble the tofu into a bowl. Add in the rest of the ingredients, season with salt & pepper, and stir well to combine.

Store in the fridge for up to 4-5 days.



**ROASTED MISO
POTATOES**

ROASTED MISO POTATOES



Serves: 4
Prep: 10 mins
Cook: 30 mins



Nutrition per
serving:
220 kcal
6g Fats
38g Carbs
4g Protein



WHAT YOU NEED

- 21 oz. (600g) sweet potato
- 1 tbsp. olive oil
- handful coriander,
- chopped 2 tbsp. almonds,
chopped

For the sauce:

- 2 tbsp. white miso
- paste 1 tbsp. rice
- vinegar
- 1 tbsp. maple syrup
- 2 tsp. sriracha
- 1 tbsp. soy yogurt

WHAT YOU NEED TO DO

Preheat oven to 425°F (220°C).

Wash the potatoes and cut them into wedges. Place them on a baking tray and drizzle with olive oil. Season with salt & pepper. Cook for 30 minutes or until soft and charred.

In the meantime, combine all the sauce ingredients in a small bowl.

Once potatoes are cooked, arrange them on a serving dish, drizzle with the sauce and top with chopped almonds and coriander.



**ROASTED SWEET POTATO,
KALE & QUINOA SALAD**

ROASTED SWEET POTATO, KALE & QUINOA SALAD



Serves: 4
Prep: 20 mins
Cook: 40 mins



Nutrition per
serving:
224 kcal
8g Fats
33g Carbs
6g Protein



WHAT YOU NEED

- 2 medium sweet potatoes, chopped into cubes
- 2 tbsp. olive oil
- ½ cup (85g) quinoa, uncooked
- 1 red onion, cut into wedges
- 2 cloves garlic, minced
- 1 bunch curly kale, destemmed and torn into pieces
- 2 tbsp. balsamic vinegar
- 1 tsp. thyme

WHAT YOU NEED TO DO

Preheat oven to 400°F (200°C).

Place sweet potatoes in baking dish and drizzle with 1 tbsp. oil. Season to taste with salt and pepper. Bake in the oven for 25-30 minutes until tender. Then set aside to cool.

In the meantime, cook quinoa according to instructions on the packaging. Once cooked, set aside to cool.

Meanwhile, heat the remaining 1 tbsp. of oil in a large skillet over medium heat. Cook the onion and garlic, for about 10 minutes, until golden brown.

Stir in the kale and continue cooking until wilted. Transfer the kale mixture to a large bowl and set aside to cool.

Once all the ingredients have cooled, add in the sweet potatoes and quinoa to the large bowl. Drizzle with balsamic vinegar and season to taste with salt and ground pepper. Stir to combine and serve.



**RED SWEET
POTATO CURRY**

RED SWEET POTATO CURRY



Serves: 4
Prep: 10 mins
Cook: 35 mins



Nutrition per
serving:
459 kcal
18g Fats
62g Carbs
13g Protein



WHAT YOU NEED

- 2 tsp. coconut oil
- 1 white onion, diced
- 2 cloves garlic, minced
- 4 tbs. Thai red curry paste
- 2 sweet potatoes, peeled and diced
- 14 oz. (400g) can chopped tomatoes
- 1 cup (240ml) vegetable stock
- ¼ cup (65g) smooth natural peanut butter
- ½ cup (120ml) canned coconut milk, light
- juice of 1 lime
- 3 cups (480g) cooked white rice
- ¼ cup (30g) peanuts, chopped
- handful coriander, chopped

WHAT YOU NEED TO DO

Heat the coconut oil over medium heat in large pan. Add the onion and cook for around 5 minutes until soft.

Next add the garlic and red curry paste and stir well. Add the sweet potatoes, chopped tomatoes, vegetable broth, and season with salt and pepper. Bring to a boil, then reduce the heat to medium-low and simmer for 30 to 35 minutes until the sweet potatoes are tender.

In a small bowl, whisk together the peanut butter and coconut milk. Pour into the pan and stir well to combine.

Remove from the heat, squeeze in lime juice, mix well and serve with the cooked rice. Garnish with the chopped peanuts and coriander.



**GARLIC ZUCCHINI &
TOMATO PASTA**

GARLIC ZUCCHINI & TOMATO PASTA



Serves: 4
Prep: 5 mins
Cook: 10 mins



Nutrition per serving:
276 kcal
7g Fats
48g Carbs
8g Protein



GF

DF

MP

V

Q

WHAT YOU NEED

- 4 cups (220g) brown rice pasta, cooked
- 2 medium zucchini, spiralized
- 1 tbsp. olive oil
- 1 cup (150g) cherry tomatoes, halved
- 2 cloves garlic, crushed
- 1 tsp. smoked paprika
- chili flakes, to taste
- 2 tsp. parsley dried
- 4 tbsp. vegan parmesan, grated (optional)

WHAT YOU NEED TO DO

Cook the pasta according to instructions on the packaging.

Heat olive oil over medium heat in a pan and sauté the zucchini and cherry tomatoes for 2-3 minutes. Season with salt and pepper, add in the crushed garlic and cook for another 2 minutes.

Add in the cooked pasta and mix well—season with smoked paprika and chili flakes.

Divide between bowls and top with vegan parmesan cheese and dried parsley.





**SESAME TEMPEH
STIR-FRY**

SESAME TEMPEH STIR-FRY



Serves: 4
Prep: 10 mins
Cook: 20 mins



Nutrition per serving:
507 kcal
13g Fats
54g Carbs
17g Protein



WHAT YOU NEED

- 7 oz. (200g) tempeh, cut into cubes
- 1 tbsp. olive oil
- 1 tbsp. ginger, grated
- 2 cloves garlic, crushed
- 1 tbsp. sesame oil
- 1 tbsp. rice wine vinegar
- 3 tbsp. tamari (or soy sauce)
- 2 tbsp. maple syrup
- 2 carrots, chopped or cut into thin strips
- ½ broccoli head, florets
- 1 bell pepper, sliced
- 1 tbsp. sesame seeds, to garnish
- spring onion or chives, to garnish
- 3 cups (585g), brown rice, cooked

WHAT YOU NEED TO DO

Heat the olive oil in a pan over medium-high heat and cook the tempeh for about 6 minutes, occasionally stirring until browned on each side.

In the meantime, prepare the sauce by mixing ginger, garlic, sesame oil, rice wine vinegar, soy sauce, and maple syrup in a bowl.

Add half the sauce to the pan with the tempeh, mix until coated, then remove it from the pan and set it aside.

Add the carrots, broccoli and pepper, and remaining sauce to the pan and cook for about 5 minutes, or until veggies are tender.

Next, add in the tempeh and cook for another 3-5 minutes or until the vegetables are cooked through.

Once ready, serve with ¾ cup cooked brown rice, sesame seeds, and sliced spring onion or chives.



**AUBERGINE &
TOMATO PASTA**

AUBERGINE & TOMATO PASTA



Serves: 4
Prep: 10 mins
Cook: 30 mins



Nutrition per serving:
459 kcal
11g Fats
76g Carbs
14g Protein



DF

MP

V



WHAT YOU NEED

- 3 cups (300g) pasta, uncooked
- 2 aubergines, cut into bite-size pieces
- 1 tbsp. olive oil
- 1 tbsp. oil from sundried tomatoes
- 14 oz. (400g) can chopped tomatoes
- 10 sundried tomatoes, drained
- 3 cloves garlic, minced
- 1 onion, diced
- 2 tbsp. tomato puree
- 1 tsp. coconut sugar
- 2 tsp. mixed herbs

WHAT YOU NEED TO DO

Preheat the oven to 375°F (190°C). Cook pasta according to instructions on the packaging.

Place the cut aubergine on a baking tray lined with baking paper and drizzle with 1 tbsp. of oil. Season with salt and cook in the oven for 35 minutes, until soft.

While the aubergine is cooking, heat 1 tbsp. of the sundried tomato oil in a pan over medium heat. Sauté the onion and garlic for around 5 minutes.

Next, add in the tomato puree, mixed herbs, and sundried tomatoes. Mix well and continue cooking for 2 minutes. Then add the chopped tomatoes and sugar. Reduce the heat and simmer until the aubergine is ready.

Once pasta and aubergine are ready, mix everything, and serve.



**VEG & TAHINI
TRAY BAKE**

VEG & TAHINI TRAY BAKE



Serves: 4
Prep: 10 mins
Cook: 35 mins



Nutrition per
serving:
260 kcal
13g Fats
26g Carbs
11g Protein



WHAT YOU NEED

- 1 onion, sliced
- 1 zucchini, sliced
- 1 red bell pepper, sliced
- 1 cup (265g) chickpeas, drained
- 1 tbsp. olive oil
- 3 tbsp. tahini
- 1 lemon, juice only
- 3 tbsp. almond milk
- 1 tbsp. sesame seeds
- handful coriander, chopped

WHAT YOU NEED TO DO

Preheat oven to 190°C (375°F).

Place the chopped vegetables in a baking tray, drizzle with olive oil and season with salt and pepper. Mix well and cook in the oven for 35 minutes or until vegetables are cooked.

In a small bowl, mix the tahini, lemon juice, milk, and sesame seeds, then set aside.

Once vegetables are cooked, mix them with the tahini sauce and serve with fresh coriander.



TEMPEH BOLOGNESE

TEMPEH BOLOGNESE



Serves: 4
Prep: 10 mins
Cook: 45 mins



Nutrition per
serving:
413 kcal
10g Fats
62g Carbs
19g Protein



DF

MP

V



WHAT YOU NEED

- 8 oz. (225g) penne, uncooked
- 1 tbsp. olive oil
- 3 cloves garlic, minced
- 1 medium onion, chopped
- 1 red bell pepper, chopped
- 7 oz. (200g) tempeh, crumbled
- 14 oz. (400g) can chopped tomatoes
- 2 tbsp. tomato puree
- 1 tbsp. apple vinegar
- 1 tsp. mixed herbs
- fresh basil, for serving

WHAT YOU NEED TO DO

Cook pasta according to instructions on the packaging.

Heat olive oil over medium-high heat in a large pan. Add garlic and onion and sauté until fragrant, for about 3-4 minutes. Add in bell pepper and crumbled tempeh and sauté for another 5 minutes.

Reduce heat to medium-low and add chopped tomatoes, tomato puree, vinegar and mixed herbs –season with salt and pepper. Bring to boil and let it simmer for 5-6 minutes or until heated through.

To serve, divide pasta and Bolognese between plates and garnish with basil.



TOFU PAD THAI

TOFU PAD THAI



Serves: 4
Prep: 15 mins
Cook: 15 mins



Nutrition per serving:
469 kcal
18g Fats
68g Carbs
15g Protein



WHAT YOU NEED

For the sauce:

- ¼ cup (60ml) tamari
- ¼ cup (60ml) maple syrup
- 3 tbsp. water
- 2 tbsp. rice vinegar
- 2 tbsp. peanut butter
- 1 tbsp. sriracha

For the tofu:

- 7 oz. (200g) firm tofu, cubed
- 1 tbsp. flour
- 1 tbsp. coconut oil

For the Pad Thai:

- 8 oz. (225g) thick rice noodles
- 1 tbsp. coconut oil
- 2 shallots, chopped
- 2 large carrots, sliced into ribbons or matchsticks
- 3 cloves garlic, minced
- 2 handfuls bean sprouts
- 3 spring onions, sliced (green part)
- ¼ cup (30g) peanuts, chopped, to serve
- 1 lime, cut into wedges

WHAT YOU NEED TO DO

Mix all the sauce ingredients in a bowl and set aside.

In a large bowl, toss the tofu with flour and season with salt making sure all sides are coated and set aside.

Cook the noodles according to instructions on the packaging.

Heat the coconut oil in a wok or large skillet over medium-high heat. Add the prepared tofu cubes and cook for 1-2 minutes until brown. Remove from heat and set aside.

Now add the shallots, carrots, and garlic to the wok. Stir fry for 1-2 minutes until softened, add in the earlier prepared sauce and noodles, and cook for 1 minute.

Next, add in the tofu and bean sprouts, and gently mix until well combined. Remove from heat and top with the green part of the spring onions. Serve with peanuts and lime wedges.

PRESSING TOFU:

Wrap a block of tofu in a few paper towels and place it on a plate. Place a cast-iron skillet on top (or something heavy) and let it drain for about 15 minutes or more. Pat dry to remove excess moisture on the surface.



**QUICK VEGETABLE
STIR FRY**

QUICK VEGETABLE STIR FRY



Serves: 4
Prep: 10 mins
Cook: 15 mins



Nutrition per
serving:
273 kcal
8g Fats
45g Carbs
6g Protein



WHAT YOU NEED

For the sauce:

- 1 tbsp. tahini
- 1 tbsp. toasted sesame oil
- 1 tsp. white miso paste
- 1 lime, juiced

For the stir-fry:

- $\frac{1}{3}$ 6 oz. (180g) rice noodles
- 1 tsp. toasted sesame oil
- 1 large carrot, spiralized
- 1 zucchini, spiralized
- $\frac{1}{2}$ cup green peas, frozen
- 1 tbsp. sesame seeds
- coriander, to serve

WHAT YOU NEED TO DO

Mix all the sauce ingredients.

Cook noodles according to instructions on the packaging, then set aside.

Spiralized the carrot and zucchini. However, if you don't have a spiraliser, then just grate them using the large holes.

Heat 1 tsp. of sesame oil in a large skillet over medium heat. Add in the carrot and zucchini noodles and cook for 3-4 minutes. Next, add in the green peas, sesame seeds, and cooked noodles. Mix well and cook for another 3-4 minutes.

Finally, add in the sauce and cook for a final 2-3 minutes until warmed through. Serve with fresh coriander.



**ROASTED AUBERGINE
AND TOMATO STEW**

ROASTED AUBERGINE AND TOMATO STEW



Serves: 4
Prep: 5 mins
Cook: 50 mins



Nutrition per serving:
260 kcal
9g Fats
34g Carbs
10g Protein



WHAT YOU NEED

- 2 tbsp. olive oil
- 2 medium aubergines, cut into bite-size pieces
- 2 cups (330g) cherry tomatoes
- 14oz. (400g) can chopped tomatoes
- 14oz. (400g) can chickpeas, drained
- 1 medium onion, chopped
- 2 cloves garlic, chopped
- 4 tbsp. tomato puree
- 1 tbsp. apple cider vinegar
- 2 tsp. mixed herbs
- handful parsley, chopped

WHAT YOU NEED TO DO

Pre-heat the oven to 400°F (200°C). Place the cut aubergine into a baking dish and drizzle with 1 tbsp. olive oil and season with salt. Cook in the oven for 40 minutes until soft.

In the meantime, heat the remaining 1 tbsp. oil in a large skillet over medium heat.

Add the onion and garlic, season with salt and pepper, and cook for 5-6 minutes until soft—then add in the mixed herbs, tomato puree, and cook for another 2 minutes.

Next, add in the chopped tomatoes, vinegar, chickpeas, and cherry tomatoes. Bring to boil, then reduce heat and continue simmering until the aubergine is ready.

Once the aubergine is soft, add into the tomato sauce and mix well. Serve with rice and chopped parsley.

A top-down view of a grey ceramic bowl filled with a rice bowl. The bowl contains brown rice, chickpeas, cauliflower florets, and fresh cilantro leaves. The bowl is placed on a wooden surface with a wooden spoon to the right. The background is a light blue and white patterned surface.

**SPICY CAULIFLOWER &
CHICKPEA RICE BOWL**

SPICY CAULIFLOWER & CHICKPEA RICE BOWL



Serves: 4
Prep: 10 mins
Cook: 25 mins



Nutrition per serving:
380 kcal
11g Fats
57g Carbs
13g Protein



WHAT YOU NEED

- 1 medium cauliflower, broken into florets
- 14 oz. (400g) can chickpeas, drained
- 1 tbsp. olive oil
- 3 cups cooked rice

For the sauce:

- 2 tbsp. sriracha
- 2 tbsp. tamari
- 1 tbsp. maple syrup
- 2 tsp. apple cider vinegar
- 2 tsp. fresh ginger, minced
- 2 cloves garlic, minced
- 1 tsp. sesame oil
- 2 green onions, chopped
- ¼ cup (30g) peanuts, chopped

WHAT YOU NEED TO DO

Preheat oven to 230°C (450°F) and prepare a baking dish or tray.

Break the cauliflower into bite-size florets and place them on the tray along with drained chickpeas. Drizzle with olive oil and season to taste with sea salt and pepper—bake in the oven for 20 minutes.

In the meantime, prepare the sauce by mixing all the sauce ingredients in a small bowl.

Once cauliflower and chickpeas are roasted, remove from oven and mix with the earlier prepared sauce.

Increase the oven temperature to broil, return the tray into the oven and cook for about another 5 minutes.

Remove from the oven divide between bowls and serve with a portion of rice.



**SWEET POTATO &
BEAN BAKE**

SWEET POTATO & BEAN BAKE



Serves: 4
Prep: 30 mins
Cook: 75 mins



Nutrition per serving:
361 kcal
17g Fats
44g Carbs
9g Protein



WHAT YOU NEED

- 2 large sweet potatoes, peeled
- 2x 14 oz. (400g) cans black beans, drained
- 7 oz. (200g) vegan cheese, grated
- handful parsley, chopped

For the sauce:

- 1 tbsp. olive oil,
- 1 onion, diced
- 3 cloves garlic, minced
- 1 tsp. ground cumin, more to season layers
- 2 tsp. smoked paprika, more to season layers
- 1 tsp. mixed herbs, more to season layers
- 14 oz. (400g) can chopped tomatoes
- ¼ cup (60ml) tomato puree

WHAT YOU NEED TO DO

Firstly, prepare the tomato sauce. Heat the olive oil in a large pan over medium-high heat.

Add the diced onion and garlic and fry until fragrant, 3-4 minutes. Next, add in the spices and herbs and cook for another minute, stirring.

Add in the chopped tomatoes and tomato puree, and season with salt and pepper to taste. Bring to boil and then reduce heat to low and simmer for 15-20 minutes until the sauce is reduced and thickens.

Preheat the oven to 355°F (180°C). Spread half of the tomato at the bottom of a baking dish.

Slice the sweet potatoes into 0.1" (3mm) thin slices and try to make each slice the same thickness.

Place a layer of sweet potato on the tomato sauce overlapping slightly—season with salt, herbs, and smoked paprika.

Next, spread 1 can of black beans on top of the potato. Follow with another layer of sweet potato, and season with salt, herbs, and smoked paprika. Spread the second can of black beans followed with a third layer of sweet potato. Again season with salt, herbs, and smoked paprika.

Finally, top with the remaining tomato sauce. Cover with a piece of tin foil and bake for about 40-50 minutes, until the sweet potato is cooked through.

Sprinkle with grated vegan cheese and bake without cover for another 10-15 minutes, until the cheese has melted.



**PRE-WORKOUT OAT &
BANANA SMOOTHIE**

PRE-WORKOUT OAT & BANANA SMOOTHIE



Serves: 1
Prep: 5 mins
Cook: 0 mins



Nutrition per
serving:
291 kcal
7g Fats
54g Carbs
6g Protein



WHAT YOU NEED

- 2 tbsp. rolled oats
- 3 tbsp. hot water
- 1 banana, sliced & frozen
- 1 tbsp. flaxseed meal
- 1 tbsp. maple syrup
- 1 cup (240ml) almond milk, unsweetened

WHAT YOU NEED TO DO

Soak the oats in the water for a few minutes until softened.

Then place all the ingredients in a blender and blitz until smooth. Serve immediately.



**POST-WORKOUT CHOCOLATE
PROTEIN SMOOTHIE**

POST-WORKOUT CHOCOLATE PROTEIN SMOOTHIE



Serves: 1
Prep: 5 mins
Cook: 0 mins



Nutrition per
serving:
401 kcal
20g Fats
38g Carbs
24g Protein



WHAT YOU NEED

- 1 banana
- ¼ avocado
- 1 tbsp. almond butter
- 1 tbsp. raw cacao powder
- 2 tbsp. vegan chocolate protein powder
- 1 cup (240ml) almond milk, unsweetened

WHAT YOU NEED TO DO

Place all the ingredients in a blender and blitz until smooth. Serve immediately.



VEGAN NUTELLA

VEGAN NUTELLA



Serves: 16
Prep: 10 mins
Cook: 0 mins



Nutrition per
serving:
119 kcal
10g Fats
7g Carbs
3g Protein



GF

DF

LC

MP

V

Q

N

WHAT YOU NEED

- 2 cups (240g) roasted hazelnuts
- 1 tbsp. vanilla extract
- 4 tbsp. cocoa powder
- 4 tbsp. maple syrup
- ¼ tsp. salt
- 2 tsp. coconut oil
- ½ cup (120ml) hazelnut milk (or almond)

WHAT YOU NEED TO DO

Place the roasted hazelnuts in a high-speed blender and blend until ground to tiny pieces.

Add in the rest of the ingredients and blitz again until smooth. You will need to scrape down the edges a few times during this process. Add in additional milk if required to reach a butter-like texture.





ENERGY BALLS

ENERGY BALLS



Makes: 10
Prep: 15 mins
Cook: 0 mins



Nutrition per
serving:
137 kcal
9g Fats
11g Carbs
2g Protein



WHAT YOU NEED

- 1 cup (120g) dates, without stone
- $\frac{3}{4}$ cup (60g) almond meal
- $\frac{1}{2}$ cup (30g) desiccated coconut
- 2 tbsp. chia seeds
- 2 tbsp. coconut oil, melted
- 1 tbsp. natural peanut butter

WHAT YOU NEED TO DO

Place all ingredients in a high-speed blender or food processor and blitz until everything is well combined and chopped to small pieces.

Using your hands, form 10 balls about the size of a walnut. Place them in the fridge to chill for at least 1 hour so that they become more solid.

Store in the fridge in an airtight container for up to 2 weeks.



**MATCHA
ENERGY BALLS**

MATCHA ENERGY BALLS



Makes: 12
Prep: 10 mins
Cook: 0 mins



Nutrition per
serving:
94 kcal
6g Fats
7g Carbs
2g Protein



WHAT YOU NEED

- 1 tbsp. matcha powder
- 1 cup (80g) desiccated coconut
- ¼ cup (50g) coconut flour
- 1 scoop (25g) vanilla protein powder (vegan mix)
- 2 tbsp. coconut oil
- 3 tbsp. maple syrup

WHAT YOU NEED TO DO

Add all ingredients into a food processor and pulse until well combined.

Form into 12 balls with your hands and store in the fridge for up to 7 days.



**SIMPLE VEGAN
OAT COOKIES**

SIMPLE VEGAN OAT COOKIES



Makes: 12
Prep: 15 mins
Cook: 20 mins



Nutrition per
serving:
166 kcal
9g Fats
18g Carbs
4g Protein



WHAT YOU NEED

- 2 cups (180g) oats
- 1 cup (100g) oat flour
- 5/8 cup (70g) almond meal
- 6 tbsp. maple syrup
- 4 tbsp. coconut oil, melted
- 1 tsp. baking powder

WHAT YOU NEED TO DO

Preheat oven to 360°F (180°C) and line a baking tray with baking paper.

In a bowl, mix the oats, flour, almond meal, baking powder, and a pinch of salt. Add in maple syrup and coconut oil, mix well until combined.

Using slightly wet hands, create 12 balls out of the mixture and place them on the baking tray and push them down to create cookies shapes.

Bake for 20 minutes until golden and allow to cool before eating.

A top-down view of several banana and almond muffins. Each muffin is baked in a bright pink, scalloped-edge silicone mold. The muffins are a rich golden-brown color and are topped with several pieces of sliced almonds. They are arranged on a black metal wire cooling rack. The background is a white surface with a repeating pattern of stylized, light-colored leaves or flowers. The entire image is framed by a solid yellow border.

**BANANA &
ALMOND MUFFINS**

BANANA & ALMOND MUFFINS



Makes: 6
Prep: 10 mins
Cook: 20 mins



Nutrition per serving:
210 kcal
10g Fats
28g Carbs
5g Protein



WHAT YOU NEED

- 2 ripe bananas, mashed
- ¼ cup (60ml) maple syrup
- ¼ cup (60ml) almond butter
- ½ cup (55g) spelt flour
- 1 tsp. baking powder
- ¼ tsp. baking soda
- ¼ cup (30g) walnuts

WHAT YOU NEED TO DO

Heat the oven to 355°F (180°C) and line a muffin tray with paper muffin cups.

Mash the bananas with a fork and combine with the maple syrup and almond butter. Fold in the flour, baking powder, and baking soda and mix well.

Divide the batter between the 6 muffin cups. Top each one with the walnuts.

Bake for about 18-20 minutes in the middle of the oven, or until a toothpick comes out clean.

Remove the muffins from the oven and cool completely before serving.



**LEMON & BERRY
CHEESECAKE**

LEMON & BERRY CHEESECAKE



Serves: 16
Prep: 30 mins
Chill: 2 hrs



Nutrition per serving:
297 kcal
19g Fats
30g Carbs
5g Protein



WHAT YOU NEED

For the crust:

- ½ cup (40g) desiccated coconut
- 1 cup (100g) walnuts, chopped
- 12 medjool dates
- pinch of salt

For the lemon layer:

- 2 cups (230g) cashews, soaked for 4 hours or overnight
- 1 cup (240ml) coconut cream
- 4 tbsp. coconut oil, soft
- ½ cup (120ml) maple syrup
- zest of 1 lemon
- juice of 1 lemon juice
- pinch of salt

For the berry layer:

- 1 cup (150g) frozen red berries
- 2 tbsp. chia seeds
- 2 tbsp. lemon juice
- 2 tbsp. maple syrup

WHAT YOU NEED TO DO

Place all the crust ingredients into a food processor and blitz until sticky paste forms. Transfer the crust into a cake tin or springform pan and press evenly to form the bottom layer. Place the tin in the freezer while you make the other layers.

Drain the cashews and pat dry with a kitchen towel. Place all the lemon layer ingredients in a food processor and puree until smooth. Spread over the crust and return into the freezer.

Prepare the last berry layer. Place all ingredients in the food processor and puree until smooth. Spread over the top of the cheesecake only when the lemon layer has set completely. Garnish with additional berries (optional). Return to the freezer and freeze until set.

Remove the cheesecake from the freezer for about 20 minutes before serving.



**ALMOND &
PEACH CAKE**

ALMOND & PEACH CAKE



Serves: 12
Prep: 10 mins
Cook: 50 mins



Nutrition per
serving:
199 kcal
6g Fats
30g Carbs
5g Protein



WHAT YOU NEED

- 4 tbsp. almond butter
- ½ cup (125g) peach vegan yogurt (like Alpro)
- ½ cup (120ml) almond milk
- ½ cup (120ml) + 2 tbsp. maple syrup
- 1 tbsp. lemon juice
- 2 tsp. vanilla extract
- 2 peaches, cut into 8 segments each
- scant 2 cups (240g) all-purpose flour
- ¾ cup (80g) almond meal
- 1 tsp. baking powder
- ½ tsp. baking soda
- 2 tsp. cinnamon
- 3 tsp. ground ginger

WHAT YOU NEED TO DO

Preheat the oven to 355°F (180°C) and grease (length) round cake tin or line it with baking paper.

In a large bowl, whisk together the almond butter and yogurt until smooth, then gradually add in the almond milk and maple syrup. Finally, mix in the lemon juice and vanilla.

In another bowl, sift flour and add ground almonds, baking powder, baking soda, and spices. Mix well. Fold the dry ingredients into the wet ones, mixing it well with a spatula.

Transfer the batter into the cake tin, and place the peach segments on top. Bake for about 50 minutes or until a toothpick comes out clean.

Glaze the top with the remaining 2 tbsp. of maple syrup and let it cool down completely before serving.



**VEGAN CHOCOLATE
BROWNIES**

VEGAN CHOCOLATE BROWNIES



Makes: 16
Prep: 20 mins
Cook: 35 mins



Nutrition per serving:
223 kcal
15g Fats
21g Carbs
3g Protein



WHAT YOU NEED

- 8 oz. (220g) +70% dark chocolate, chopped
- 3 tbsp. coconut oil
- 2 ripe avocados
- 1 cup (200g) coconut palm sugar
- 2 flax eggs
- 1 tsp. vanilla extract
- $\frac{3}{4}$ cup (75g) almond meal
- $\frac{1}{4}$ cup (30g) unsweetened cocoa powder
- $\frac{1}{2}$ tsp. baking powder
- $\frac{1}{2}$ teaspoon sea salt
- $\frac{1}{2}$ cup (50g) walnuts, chopped

HOW TO MAKE A FLAX EGG:

To make one flax egg mix 1 tbsp. flaxseed meal and 2 $\frac{1}{2}$ tbsp. water. Let it rest for 5 mins to thicken.

WHAT YOU NEED TO DO

Preheat oven to 350°F (175°C).

Line a 8x8-inch baking pan with baking paper.

Place the coconut oil and chopped chocolate in a medium size heatproof bowl. Place the bowl over a pot of lightly simmering water. Stir the chocolate and coconut oil until they are completely melted.

In a large bowl, mash avocado and then stir in the chocolate mixture. Whisk in the sugar, then add in the flax eggs and vanilla extract, mix well.

Next add in the cocoa powder, almond meal, baking powder and salt, mixing until just combined (do not overmix). Finally, stir in chopped walnuts.

Spread the batter into the prepared baking tin and place it in the middle of the oven. Bake for about 25 to 30 minutes until the middle is set.

Let completely cool on a rack and cut into 12 squares.



www.andrewcainept.com