



## BREAKFAST RECIPES:

### Weetbix:

Put 2-4 weetbix in a bowl with your plant milk of choice topped with sliced banana. A quick and easy breakfast idea

### Oatmeal (serves 2):

• 1/2 cup rolled oats • 3/4-1 cup cold water - *don't put too much water or it'll be too runny—you can always add water* • handful nuts/seeds (sunflower/pumpkin/almonds/walnuts) • frozen fruit (optional) • vegan brown sugar for sweetening (to taste) • banana or other seasonal raw fruit • plant milk (oat/soy/almond/hemp) • cinnamon (optional)

Put oatmeal in a pot with cold water. Bring to low boil and stir for 3-4 minutes until oats are soft and cooked through (time will vary depending on if you use whole rolled oats or quick oats). Pour into bowls. Stir in brown sugar. Stir in some frozen berries into the hot oatmeal. Top with raw nuts/seeds and fresh fruit. Sprinkle with cinnamon and serve.

### Pancakes:

• 1 cup flour (whichever kind you prefer) • 1 tablespoon vegan cane sugar or vegan white sugar (chelsea sugar is vegan) • 2 tablespoons baking powder • 1/8 teaspoon salt • 1 cup soymilk • 2 tablespoons vegetable oil

Set out all your ingredients. Set a stove element with a pan to medium heat. Combine the 4 dry ingredients (flour, sugar, baking powder, salt) in a bowl. Add the soy milk and vegetable oil to your mixture. Mix until smooth. Now the pan should be ready for your batter, so spoon one pancake's worth of the mixture into the pan. Flip [carefully] when you see bubbles in the middle of the pancake, or if the edges are looking stiffened. Repeat until the batter is gone.

## Muesli

Make your own muesli out of: raw quick rolled oats • raisins • coconut shavings/shredded coconut • almonds • walnuts • sunflower seeds • pumpkin seeds • dried fruit such as berries/apricots/apple pieces – or any combination of these.

Mix together in a large bowl and store in an airtight container. *\*\*If you want toasted muesli spread everything except the dried fruit out on a baking tray and toast in oven before mixing together. [NOTE: most store-made toasted mueslis are not vegan -they often have honey in them]*

## Smoothie (you will need a blender for this)

- One or two bananas – the riper the better (but you can use all sorts of ripeness) • Fresh or frozen berries of your choice (about a handful to 1/4 a cup) • Orange juice/water/plant milk or combination of any of these – just enough to cover the fruit

Optional: • ground linseeds (you can grind whole linseeds in the blender first then add the other ingredients) • chia seeds (add right at the end) • some leafy green vegetables such as raw kale/spinach/silverbeet or wheatgrass.

Blend until smooth. Add more liquid if required and blend some more.

## Scrambled Tofu

- 1 tsp olive oil • 1 onion, diced • 3 cloves garlic, minced • 1 container firm or extra firm tofu, drained and crumbled (*if you want to press so it is less liquidy it you can – google “how to press tofu”*) • 1/2 tsp turmeric • 1/2 tsp cumin (optional) • 1/4 teaspoon dried Thyme or 1/2 teaspoon fresh thyme • salt and pepper to taste • 2 tomatoes, diced • 1 bunch fresh spinach

Sauté the garlic and onion in olive oil in a large skillet. Allow to cook for 3 to 5 minutes, or until onion turns soft. Add remaining ingredients except spinach and cook, stirring frequently for another 5 minutes or so, until tofu is hot and cooked, add little splashes of water if it sticks. Add spinach and cook a minute or two, just until wilted, stirring well.

**Note: you can change the herbs and spices to suit your taste and add any other vegetables such as mushrooms, broccoli, courgettes, grated carrot, diced potatoes (par boiled) etc.**

## **Easy Vegan Corn Fritters.**

- 1 can Select creamed corn kernels or corn kernels • 1 cup flour
- Oil for frying • Salt and pepper for sprinkling • Sweet chili sauce

Mix whole can including liquid with flour. Shape into flat patties and fry until golden brown on both sides and cooked. Sprinkle with salt, pepper and drizzle in sauce. Add side salad of your choice of: grated carrot, tomato, diced onion, lettuce, silverbeet, mesclun, etc. Enjoy!

## **LUNCH RECIPES:**

### **Barley Lentil Soup**

- Bring 8 cups of water to a boil (add some vegetable stock if you like for added flavour). • Add lots of garlic - 2-3 cloves finely minced • 1/3 cup barley • 1/3 cup red lentils • 1/3 cup brown lentils • 1/3 cup split peas • 1 can chopped tomatoes.

Bring back to a boil Add some fresh thyme and marjoram – about 1 teaspoon of each or 1/2 teaspoon if dried (you can substitute your favourite herbs and spices here if you like, such as basil). Add the tomatoes. Simmer for an hour or so until split peas have broken down. Serve with crusty bread and fresh salad.

### **Hummus and Avocado Sandwich**

- 2 slices of vegan bread • 1 small avocado • 1 small tomato • 1/4 cup of hummus • handful of sprouts (optional) • 1 lemon wedge • sea salt to taste (optional)

1. Spread both slices of bread liberally with hummus and set aside.
2. Cut the avocado in half and remove the pit.
3. Scoop out the avocado and cut into slices.
4. Slice the tomato and add the avocado and tomato to bread.
5. Drizzle fresh lemon onto the veggies.
6. Cut and serve. Enjoy!

### **Stir Fried Rice Noodles**

1 package rice noodles • 2 teaspoons vegetable oil – *best to use high-heat oils like rice bran/canola/grapeseed* • chopped vegetables of your choice - such as broccoli, cauliflower, sliced celery, grated carrot, courgettes, eggplant, scallions • handful of leafy green vegetables such as spinach, silverbeet, swiss chard, kale • chili

flakes or chopped chillies (optional) • 1 garlic glove – chopped • 1/4 cup soya sauce • sesame oil for drizzling (optional) • some water on the side • long handled tongs (*if you have them or else you can use two wooden spoons*)

Boil some water and soak the rice noodles until they are soft (about 5 minutes). Rinse under running water, drain well and set aside. Heat some oil in a wok or large frying pan on high heat. Throw in the garlic and chillies (if using). Stir quickly then add the vegetables minus the leafy greens. Stir fry on high heat for a couple of minutes until vegetables are nice and hot. Add half the soya sauce and stir rapidly. Add a splash of water if things seem like they are sticking. Throw in the noodles and the rest of the soy sauce. Stir the noodles into the vegetables. Splash some water in to prevent noodles from sticking. Add the leafy greens and toss everything until greens are just wilted. Drizzle some sesame oil (optional) and then toss one final time. Serve in large bowls. Garnish with raw thinly sliced scallions (optional)

## **Bean Salad**

• 1 can kidney beans drained and rinsed well • 1 can pinto beans drained and rinsed well • 1 can black or turtle beans drained and rinsed well • 1 small finely sliced red onion • two stalks of celery finely sliced • two fresh tomatoes seeded and chopped • bell peppers sliced • bunch of fresh parsley, chopped • 3 Tablespoons or so of italian dressing (*make this yourself by mixing half and half lemon juice and olive oil, with a glob of yellow mustard (optional) pinch of salt, pinch of black pepper and 1 teaspoon of sugar. Shake well*)

Put all the above into a bowl, pour on the dressing and stir well. Store in the fridge for up to 3 days.

## **Quinoa Salad**

• 1 cup cooked quinoa (follow directions on package or look up online) • 1 grated carrot • 1 grated courgette • 1 Tablespoon sundried tomatoes finely chopped • 1 Tablespoon sliced black olives • a couple of raw mushrooms chopped small (optional) • about 1/4 cup finely chopped raw broccoli florets • 2 Tablespoons or so of Italian Dressing (see above)

Put all the above into a bowl, pour on the dressing and stir well. Store in the fridge for up to 3 days.

## DINNER RECIPES:

### Green Lentils (Yeşil Mercimek)

1 cup dry green lentils • 3 tbsp olive oil • 1 big onion, chopped • 1 tbsp flour • 2 tbsp tomato paste • salt & pepper • 2 tbsp fresh dill, chopped

**Sauce:** 1/4 cup vinegar • 2 cloves of garlic, minced • 1 tsp rd pepper flakes

Cook lentils with 3 cups of water on medium until water is completely absorbed. In a different pot heat the oil and stir in onions. Cook until soft. Add flour and stir for a couple of minutes. Add tomato paste and stir for another couple of minutes. Add lentils with 2 1/2 cups more of water. Salt to your taste. Cook on medium low for 30 minutes. -Add dill after you turn it off.

**For the sauce,** in a little bowl mix vinegar, garlic, and crushed pepper. When you serve the lentils, put a couple of spoons of the sauce on lentils. Serve with bread or rice.

### Vegan kidney bean burger patties.

• 5 cups cooked kidney beans - *if using dried start with about 2.5 cups* • 1 cup flour – *don't put the whole thing in at once* • 1 onion finely diced • 3 – 4 cloves garlic, minced • 1/2 cup chopped parsley • 1 carrot finely grated • 2 courgettes finely grated • 2 stalks celery thinly sliced • 1 1/2 teaspoon of cajun seasoning • 1 tsp salt • Oil for pan – *use rice bran or grapeseed or other high-heat oil.*

Roughly mash kidney beans with a potato masher then mix all other ingredients thoroughly minus the flour. Add the flour in 1/4 cup at a time, until the mixture is still moist but forms a patty mash that sticks together well and doesn't crumble, but also is not too wet and gooeey. Use however much/little flour your mixture needs to make that consistency. Form into patties about 2 cm thick and fry for at least 6 minutes on each side on medium heat, or until nicely browned. Serve on a vegan bread bun with fresh sliced tomatoes, fresh lettuce and ketchup and mustard. Optional – top the burger with raw sliced red onions, or sautéed onions and mushrooms on the burger. Add a side of french fries for a decadent meal of burger and fries.

***These can store really well in the fridge or freezer wrapped in baking paper and stacked in a container.***

## **Easy Vegan Indian Coconut Curry.**

• 3 peeled and cubed potatoes • 1 peeled and cubed carrot • 1 cubed onion • 2 Tbsp curry powder • 1 tsp salt • 1 tsp turmeric/cumin/Indian spice of your choice/more curry powder • 2 cups water • 6 chopped silverbeet leaves • at least 1/2 can coconut milk/cream

Boil potato and carrot for 12 minutes. Add all other ingredients except coconut. Simmer until vegetables are cooked to your liking. Add coconut when nearly done. Serve with rice and enjoy! Variation: Add 3 Tbsp smooth peanut butter and/or 1/2 cup cooked chickpeas.

## **Pasta Primavera**

• 1/2 lb (8 oz) pasta of your choice • 1 1/2 tablespoons olive oil or vegan margarine • 2 tablespoons minced garlic • 1/3 cup chopped onion • 2 teaspoon fresh oregano (dried will also work) • 1/2 large zucchini sliced and halved • 4 large mushrooms, sliced • 1/4 cup red or orange bell pepper, chopped coarsely • 2 medium tomatoes chopped • 20 fresh basil leaves, torn into pieces (use 1 tsp dried if you have no fresh) • salt to taste

1. Put water to boil for pasta. 2. While pasta is cooking in a large pan, heat the olive oil or margarine over medium heat just until the bottom is coated. 3. For about 1 minute, sauté the garlic, onion, oregano and salt. 4. The large pot of water should be boiling about now. Add pasta. 5. While the pasta cooks, add the zucchini to the sautéing vegetables and cook for another minute. 6. Add in the mushrooms and continue to sauté until they are 1/2 cooked. 7. Add in the bell peppers and continue to sauté. 8. When pasta is almost done, add the basil and the tomatoes to the sauté and gently mix. The basil should be wilted before serving. 9. Drain the pasta and immediately serve with the mixed vegetables. Mix and serve with some fresh bread and salad.

## **DESERT RECIPES:**

### **Easy vegan oat cookies:**

• 1 cup self-raising flour (or 1 cup flour + 1 1/2 tsp baking powder and 1/2 tsp salt) • 1 cup margarine, preferably softened • 2 cups oats • 1 cup sugar • 1 tsp vanilla

Preheat oven to 180°C. Mix ingredients thoroughly and shape into 12 cookies and bake for 12 minutes and enjoy!

## Vanilla Vegan Cupcakes:

• 1 cup soymilk • 1 teaspoon apple cider vinegar • 1 ¼ cups flour • 2 tablespoons cornstarch • ¾ teaspoon baking powder • ½ teaspoon baking soda • ¼ teaspoon salt • ⅓ cup grapeseed/rice bran/canola oil • ¾ cup sugar • 2 teaspoons vanilla • ¼ teaspoon almond extract or more vanilla extract

1. Preheat oven to 350F and line muffin pan with paper liners. 2. Whisk the soy milk and the vinegar together and let sit a few minutes until curdled. 3. Beat together the soy milk mixture, oil, sugar, vanilla, and other extracts, if using, in a large bowl. 4. Sift in the flour, cornstarch, baking powder, baking soda and salt and mix until no large lumps remain. 5. Fill cupcake liners two-thirds of the way and bake for 20 to 22 minutes till done. 6. Transfer to a cooling rack and cool completely before frosting. **FOR LEMON:** just add 1 Tablespoon lemon zest and 1 ½ teaspoons of lemon extract or else use lemon juice (I prefer using lemon juice to curdle the soy milk – I use about ¾ cup soy milk and ¼ cup lemon juice, omit the vinegar, set aside to curdle. You can adjust the amount of soy milk/lemon juice to suit your tastes). **FOR COCONUT:** use coconut milk instead of soy milk. 1 teaspoon vanilla extract and 1 ½ teaspoons coconut extract. Right before putting them in the tins, quickly whisk in 1 ½—2 Tablespoons of desiccated coconut. **FOR CHOCOLATE:** use ⅓ cup cocoa powder, reduce flour to 1 cup, eliminate the cornstarch, the rest is the same as the vanilla recipe.

## Frosting

• ¼ cup non-hydrogenated vegan margarine (olivani) (softened)  
• ¼ cup kremelta (vegetable shortening), softened • 2 cups icing sugar, sifted • 2 Tablespoons soy milk (or a bit extra if needed) • 1 ½ teaspoon vanilla extract

Cream together margarine and kremelta until light and fluffy. Add icing sugar in ½ cup batches, with a splash of soy milk for each addition. Mix until light and fluffy then mix in the vanilla. Keep tightly covered and refrigerated until ready to use.

**FOR LEMON FROSTING:** add 1 Tablespoon freshly grated lemon zest. **FOR CHOCOLATE FROSTING:** use ¼ cup cocoa powder (use ¼ cup less icing sugar) **FOR COCONUT FROSTING:** use coconut milk instead of soy milk. **FOR STRAWBERRY FROSTING:** add one or two fresh strawberries and blend.

## **Raw Vegan Creamy Pistachio Ice Cream**

• 1 cup curly green kale leaves (about 3 large leaves) or 1 small avocado • 2 ripe bananas – fresh or frozen • 2 cups ice (a little less ice if using frozen bananas) • 1/2 cup cold water • 1/2 cup pistachios or cashew nuts • 3 Tablespoons raw Agave Nectar or 1/4 cup chopped pitted dates • 1 tsp pure vanilla extract (alcohol free if you can find it or else you can use vanilla powder or vanilla paste) • 1/2 pinch finely minced ginger • pinch of sea salt

Throw all of the ingredients into a high speed blender and puree until smooth and creamy

## **Raw Vegan Granola Bars**

• 2 1/2 cups rolled or quick oats • 1 cup raw pumpkin seeds (pepitas) • 1/2 cup raisins • 2/3 cups peanut or almond butter • 1/2 to 2/3 cup agave nectar or brown rice syrup (adjust based on how well things stick together) – *hint: brown rice syrup is less expensive than agave nectar, you can also use treacle or golden syrup* • 1/8 teaspoon sea salt (adjust based on which nut butter you use) • Mix oats, pumpkin seeds, and raisins in a large bowl.

Whisk together nut butter, sweetener, and sea salt. Pour into oat mixture, and mix well, till everything is sticky and combined. If it's too dry, add a bit more agave.

Press mixture into a shallow baking dish that you've lined with foil or saran wrap. Cover with more foil/saran, press well into the baking dish, and refrigerate for 4 hours. Cut into bar shapes, wrap, and keep refrigerated till ready to use. They will last two weeks in the fridge.

***Remember to eat plenty of fresh fruit as a compliment to your meals, also having fresh raw sliced cucumber and/or celery after your lunch makes a great, mouth- refreshing finish to your lunches.***

***I hope you enjoy these recipes and don't forget to google more vegan recipes!***

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