VEGAN RECIPES

TIGHTEN



Delicious, Quick, Simple Breakfast, Lunch, Dinner and Treats options

VEGAN RECIPES



Delicious, Quick, Simple Breakfast, Lunch, Dinner and Treats options

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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**

Banana & Strawberry **Pancakes**

BREAKFAST

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.a. 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

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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 SHOPPING LIST 01

FRUIT & VEGETABLES

NON-DAIRY & CONDIMENTS

GRAINS, SEEDS & BAKING

SPICES & MISC.

Fresh	Non-Dairy
2x shallots	almond milk
1x bulb garlic	o coconut milk
5x bananas	O coconut yoghurt
2x lemons	
strawberries	O vegan parmesan
	O tempeh
1x avocado	Cans & Condiments
o 2x tomatoes	2x cans chopped tomatoes
1x cucumber	2x cans chickpeas
2x capsicums	black olives
1x red onion	maple syrup
1x white onion	vegan mayo
○ 3x limes	sweetcorn
2x sweet potatoes	onatural peanut butter
O 2x zucchinis	 almond butter
2x box cherry tomatoes	ococonut milk (light)
oginger og ginger	orice wine vinegar
o 2x carrots	○ tamari
1x broccoli	roasted peppers
O rocket	balsamic vinegar
Frozen	0
o red berries	0
O green peas	
Herbs	0
2x bunches parsley	
2x bunches mint	
1x bunch coriander	0
o chives	0

Grains
O quinoa
O white rice
○ wild rice mix
O brown rice
brown rice pasta
porridge oats
Nuts & Seeds
peanuts
○ sesame seeds
O chia seeds
○ walnuts
roasted almonds
O dates
Baking
spelt flour
oat flour
baking powder
O baking soda
almond meal
 desiccated coconut
0
0
0

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

WEEKLY SHOPPING LIST 02

FRUIT & VEGETABLES

NON-DAIRY & CONDIMENTS

GRAINS, SEEDS & BAKING

Grains

SPICES & MISC.

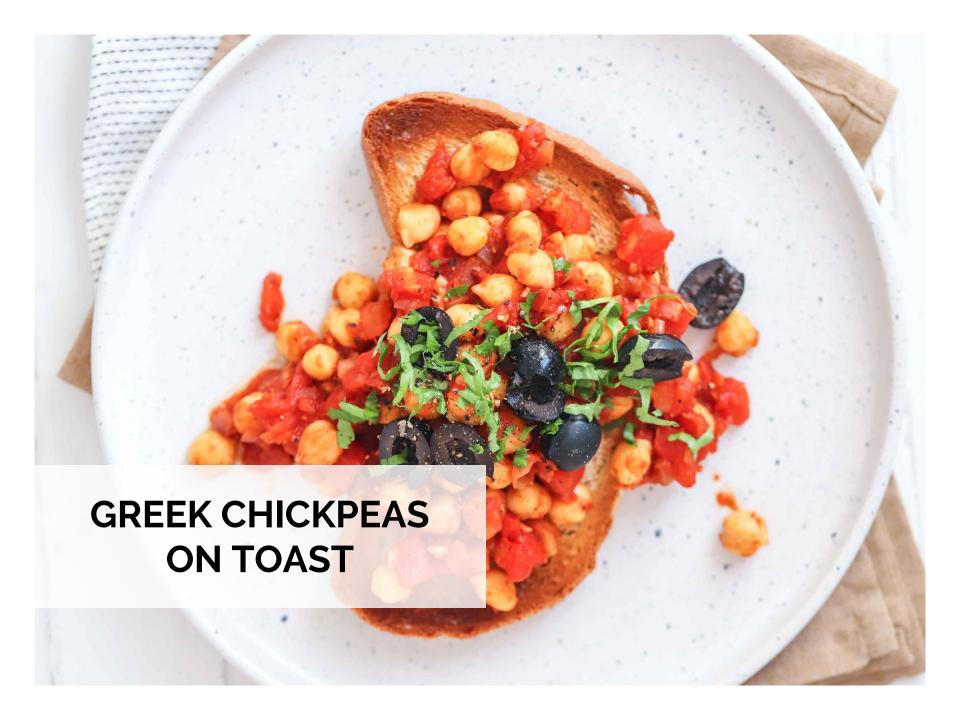
Spices

Fresh
5x onions
1x zucchini
2x aubergines
2x red capsicums
2x bulbs garlic
spinach
1x avocado
2x bananas
2x lemons
2x carrots
berries
green beans
cherry tomatoes
baby potatoes
3x sweet potatoes
1x avocado
Herbs
2x bunches coriander
chives
1x bunch basil
1x bunch parsley

Non-Dairy
oalmond milk
○ tempeh
O vegan cheese
ococonut yoghurt
Cans & Condiments
2x cans chickpeas
peanut butter
almond butter
ogreen olives
 sundried tomatoes
○ capers
wholegrain mustard
apple cider vinegar
1x can kidney bens
3x cans chickpeas
○ tahini
2x cans chopped tomatoes
○ tomato puree
2x cans black beans
0
0
0
0
0
O O

	rolled oats
	oat milk
	quinoa
	pasta
	Nuts & Seeds
	sesame seeds
	Baking
	oat flour
	coconut flour
	baking powder
	baking soda
	almond meal
	desiccated coconut
	raw cacao
00000000	
0000000000	

•
○ turmeric
○ paprika
○ cinnamon
O nutmeg
orosemary or rosemary
O chilli flakes
O mixed herbs
O cumin
O smoked paprika
Oils
O olive oil
O coconut oil
Sweeteners
○ maple syrup
O coconut sugar
Other
ovegan vanilla protein powder
O vegan chocolate protein powder
matcha powder
0
0
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GREEK CHICKPEAS ON TOAST







11q 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 (400g) chopped tomatoes
- 1 can (400g) chickpeas, drained
- 4 slices bread, toasted
- handful parsley, to garnish
- 1/3 cup (60g) olives, halved, to garnish

WHAT YOU NEED TO DO

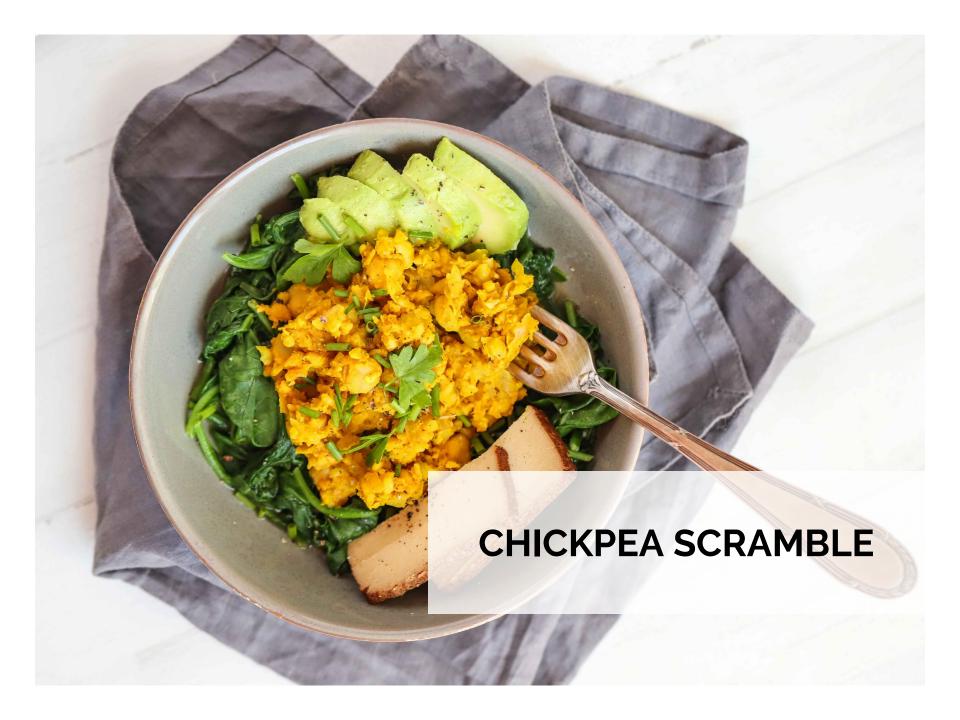
Heat the olive oil over medium-high heat on a medium pan. Add shallots and cook for 2-3 minutes, then add garlic and cook for another 1-2 minutes.

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





Nutrition per 435 kcal 15q Fats 56q Carbs 19q 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
- 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.





BANANA BREAKFAST OATS









WHAT YOU NEED

- 1 cup (90g) oats
- 2 ripe bananas, mashed
- 2 tbsp. peanut butter
- favourite 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









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
- ¾ cup (150g) strawberries, sliced
- 1 tbsp. coconut oil
- 4 tbsp. coconut yoghurt
- 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 ½ 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 yoghurt and maple syrup, and garnish with remaining strawberries.

Nutrition information is per 2 pancakes.





CARROT PANCAKES WITH ALMOND CARAMEL





Nutrition per 2 pancakes: 368 kcal 12q Fats 57q Carbs 8q Protein











WHAT YOU NEED

For pancakes:

- 1 rounded cup (140g) oat flour
- 1 tsp. cinnamon
- 1/4 tsp. ground ginger
- 1/4 tsp. ground nutmeg
- 1½ tsp. baking powder
- ½ tsp. baking soda
- 3/4 cup (180ml) oat milk
- 2 tbsp. almond butter
- 2 tsp. lemon juice
- 2 tbsp. maple syrup
- 1 cup (110q) carrots, grated
- 1 tbsp. coconut oil

For almond caramel:

- 1/4 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 2 tablespoons 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.

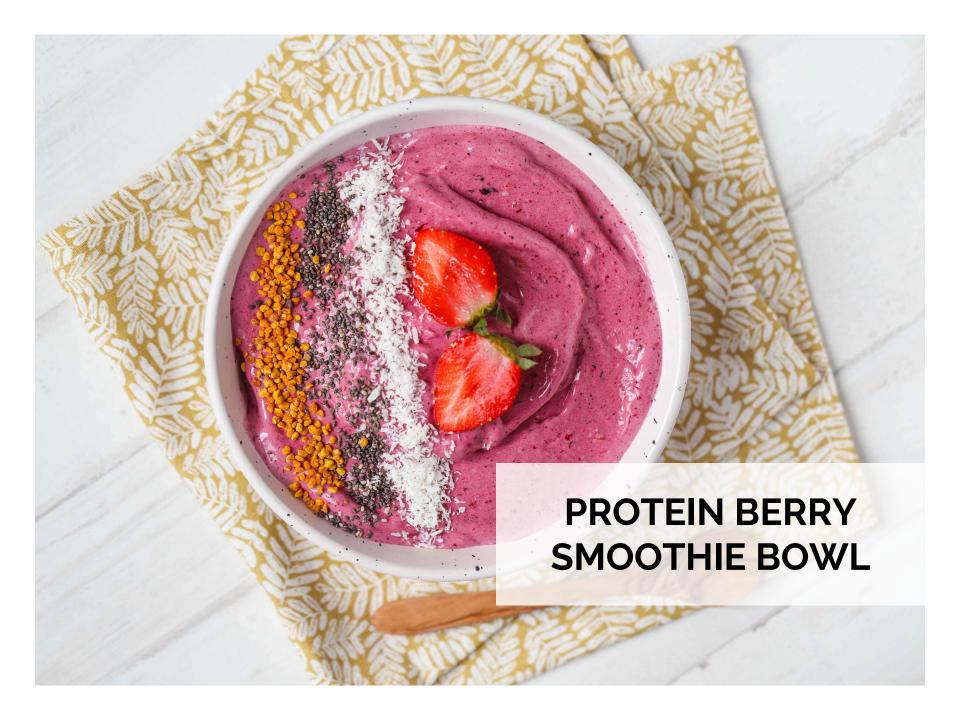
Serve with almond caramel sauce.

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





Nutrition per serving: 306 kcal 2g Fats 49g Carbs 23g Protein





WHAT YOU NEED

- 1 cup (150g) frozen red berries
- 1 small banana, frozen
- 1/4 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 favourite toppings.

NOTE: toppings are not included in nutrition information.





BREAKFAST OAT COOKIES









WHAT YOU NEED

- 1 cup (90g) rolled oats
- 1/3 cup (30g) almond meal
- 3 tbsp. desiccated coconut
- 1 tsp. cinnamon
- ¼ tsp. baking soda
- 3 tbsp. almond butter
- 3 tbsp. maple syrup
- 1 medium ripe banana, mashed
- handful fresh berries

WHAT YOU NEED TO DO

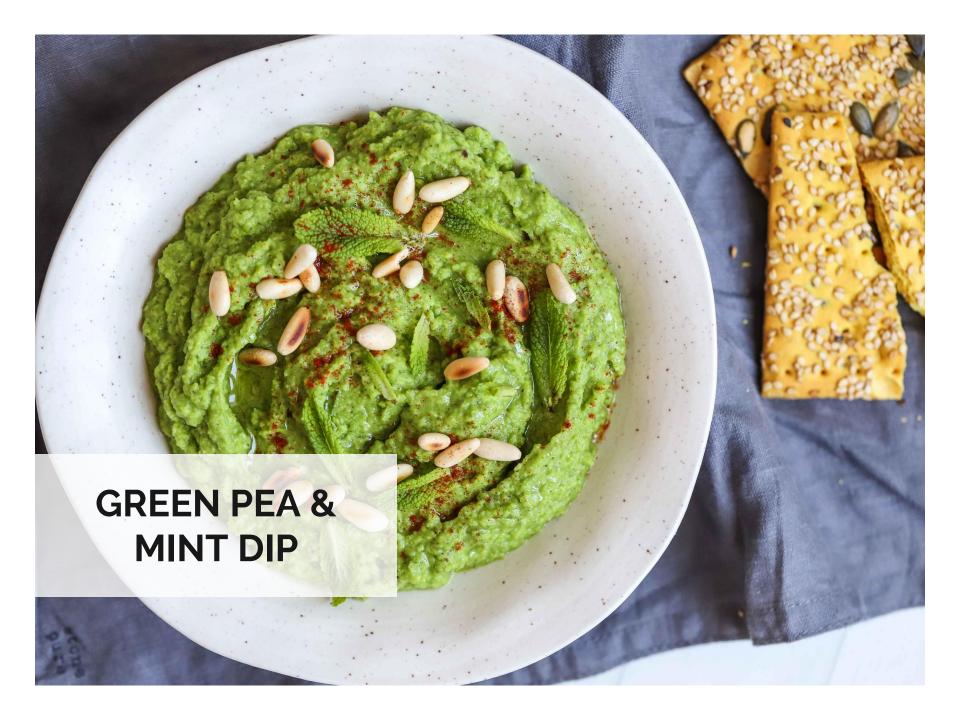
Preheat the oven to 160°C and line a baking tray with baking paper.

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.





GREEN PEA & MINT DIP



Prep: 15 mins Cook: 0 mins



serving: 96 kcal 4g Fats 11g Carbs 4g Protein





WHAT YOU NEED

- 1 % cups (250g) green peas, frozen
- 1 clove garlic
- 2 tbsp. lemon juice
- ½ 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.





SUNDRIED TOMATO HUMMUS





Nutrition per serving: 186 kcal 10g Fats 18g Carbs 6g Protein

WHAT YOU NEED

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



Prep: 20 mins Cook: 35 mins



Nutrition per serving: 158 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 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



Cook: 15 mins



42q Carbs

8g Protein





WHAT YOU NEED

- 1 cup (170g) quinoa
- 2 medium tomatoes, finely diced
- 1 small cucumber, finely diced
- 1 capsicum, finely diced
- 1 red onion, finely diced
- ¾ cup (15g) parsley, chopped
- 3/3 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



Serves: 4 Prep: 15 mins Cook: 5 mins



Nutrition per serving: 174 kcal 14g Fats 10g Carbs 2g Protein





WHAT YOU NEED

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

For the dressing:

- 1 clove garlic, minced
- ½ cup (15g) coriander, chopped
- 2 tbsp. lemon juice
- 1/4 cup (60ml) olive oil

WHAT YOU NEED TO DO

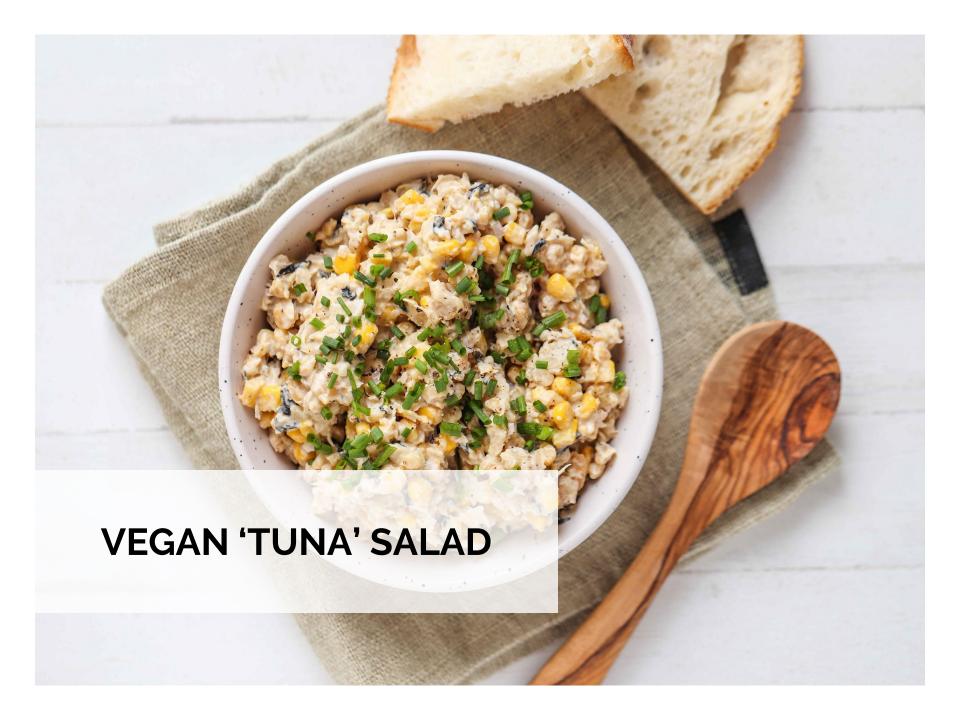
Trim the stem end of the green beans. Bring water to a boil in a large pot, and cook the beans for 3 minutes. Then drain and rinse with cold water, allowing them to cool completely.

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.





VEGAN 'TUNA' SALAD





Cook: o mins

serving: 261 kcal 9g Fats 35g Carbs 10g Protein





WHAT YOU NEED

- 2½ 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



Cook: 20 mins



17q Carbs

4q Protein





WHAT YOU NEED

- 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.





WILD RICE, TOMATO & ROCKET BALSAMIC SALAD





serving: 285 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
- 60g rocket
- 1 tbsp. balsamic vinegar
- 1 tbsp. olive oil
- ½ tsp. chilli 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 chilli flakes—season to taste with salt and pepper and mix until well combined, before serving.





SWEET POTATO, QUINOA & BEAN BURGER









WHAT YOU NEED

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

WHAT YOU NEED TO DO

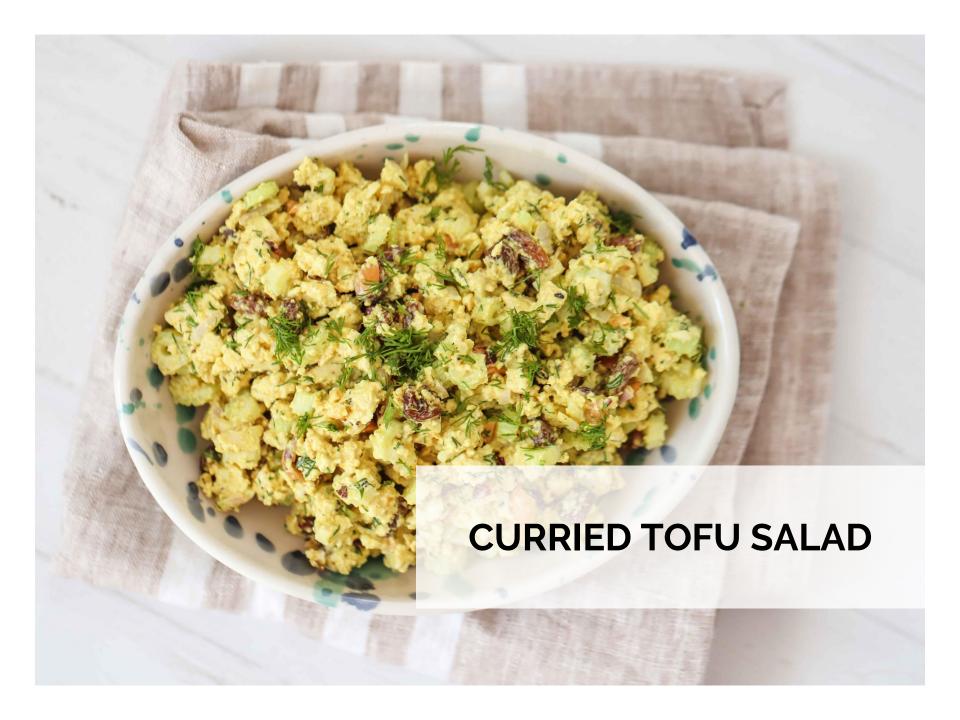
Preheat oven to 210°C and cut the sweet potato into ¾ inch (2cm) pieces. Place it in an ovenproof dish, drizzle with ½ tbsp. olive oil and season with salt & pepper, rosemary, and chilli flakes. Bake for 25-30 minutes.

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 210°C.





CURRIED TOFU SALAD



Serves: 4 Prep: 15 mins Cook: 0 mins



Nutrition per serving: 185 kcal 13g Fats 11g Carbs 6g Protein





WHAT YOU NEED

- 200g tofu, drained, crumbled
- 2 celery sticks, chopped
- 1 small onion, diced
- ½ cup (30g) almonds, chopped
- 1/4 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





4g Protein





WHAT YOU NEED

- 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 yoghurt

WHAT YOU NEED TO DO

Preheat oven to 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









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 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





Nutrition per serving: 462 kcal 18g Fats 62g Carbs 13g Protein





WHAT YOU NEED

- 2 tsp. coconut oil
- · 1 white onion, diced
- 2 cloves garlic, minced
- 4 tbsp. Thai red curry paste
- 2 sweet potatoes, peeled and diced
- 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
- ½ 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









WHAT YOU NEED

- 4 cups (220g) brown rice pasta, cooked
- 2 medium zucchini, spiralised
- 1 tbsp. olive oil
- 1 cup (150g) cherry tomatoes, halved
- 2 cloves garlic, crushed
- 1 tsp. smoked paprika
- chilli 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 chilli flakes.

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





SESAME TEMPEH STIR-FRY









WHAT YOU NEED

- 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 capsicum, 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









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
- 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 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



Serves: 4 Prep: 10 mins Cook: 35 mins



Nutrition per serving: 265 kcal 13q Fats 26q Carbs 11q Protein











WHAT YOU NEED

- 1 onion, sliced
- 1 zucchini, sliced
- 1 red capsicum, 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.

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





62q Carbs

19q Protein





WHAT YOU NEED

- 225g penne, uncooked
- 1 tbsp. olive oil
- 3 cloves garlic, minced
- 1 medium onion, chopped
- 1 red capsicum, chopped
- 200g tempeh, crumbled
- 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

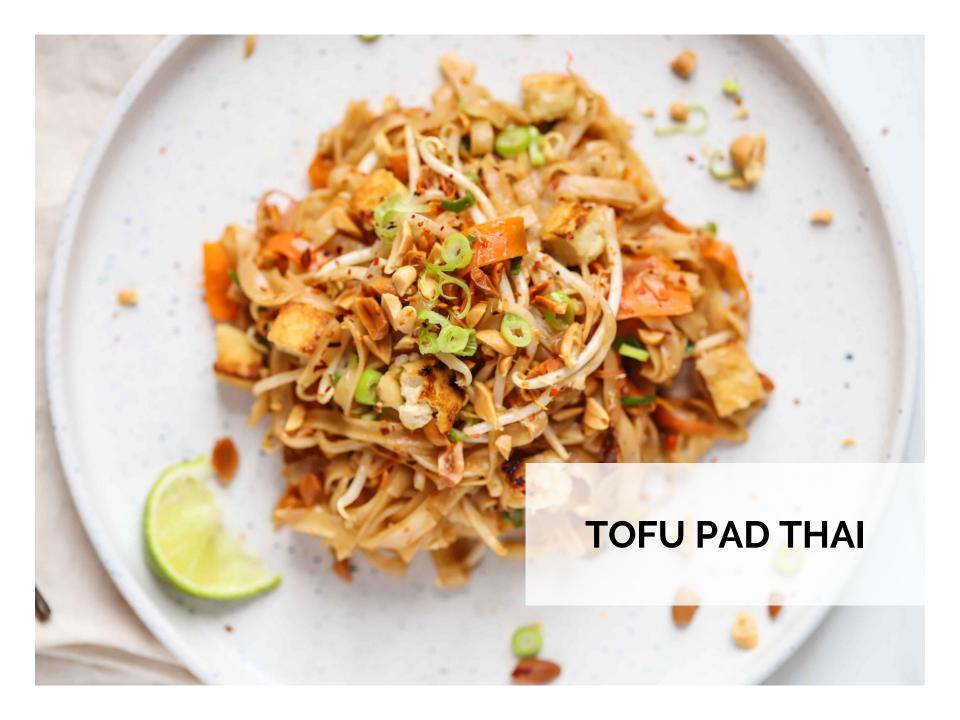
Cook pasta according to instructions on the packaging.

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 capsicum 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



Serves: 4 Prep: 15 mins Cook: 15 mins



Nutrition per serving: 494 kcal 18g Fats 68g Carbs 15g Protein











WHAT YOU NEED

For the sauce:

- 1/4 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:

- · 200g firm tofu, cubed
- 1 tbsp. flour
- 1 tbsp. coconut oil

For the Pad Thai:

- 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)
- ½ 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 mediumhigh heat. Add the prepared tofu cubes and cook for 1-2 minutes until brown. Remove from heat and set aside.

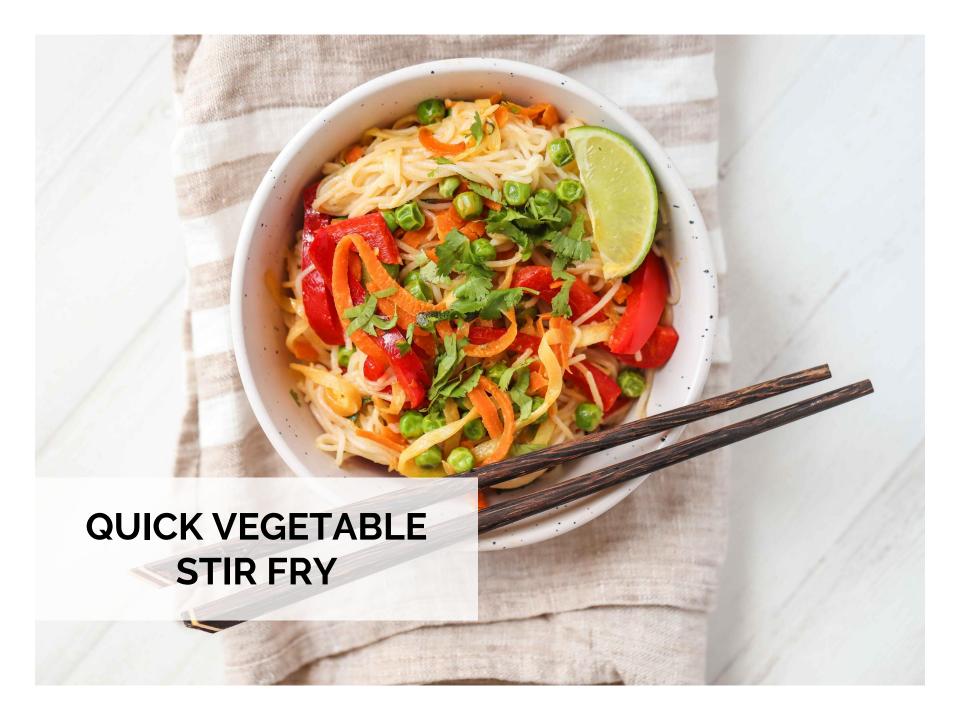
Now add the shallots, carrots, and garlic to the wok. Stir fry for 1-2 minutes until softened, add in the earlier prepared sauce and noodles, and cook for 1 minute.

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









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:

- 180g rice noodles
- 1 tsp. toasted sesame oil
- 1 large carrot, spiralised
- 1 zucchini, spiralised
- ½ 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.

spiralised 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





34q Carbs

10g Protein











WHAT YOU NEED

- 2 tbsp. olive oil
- 2 medium aubergines, cut into bite-size pieces
- 2 cups (330g) cherry tomatoes
- 400g can chopped tomatoes
- 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 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.

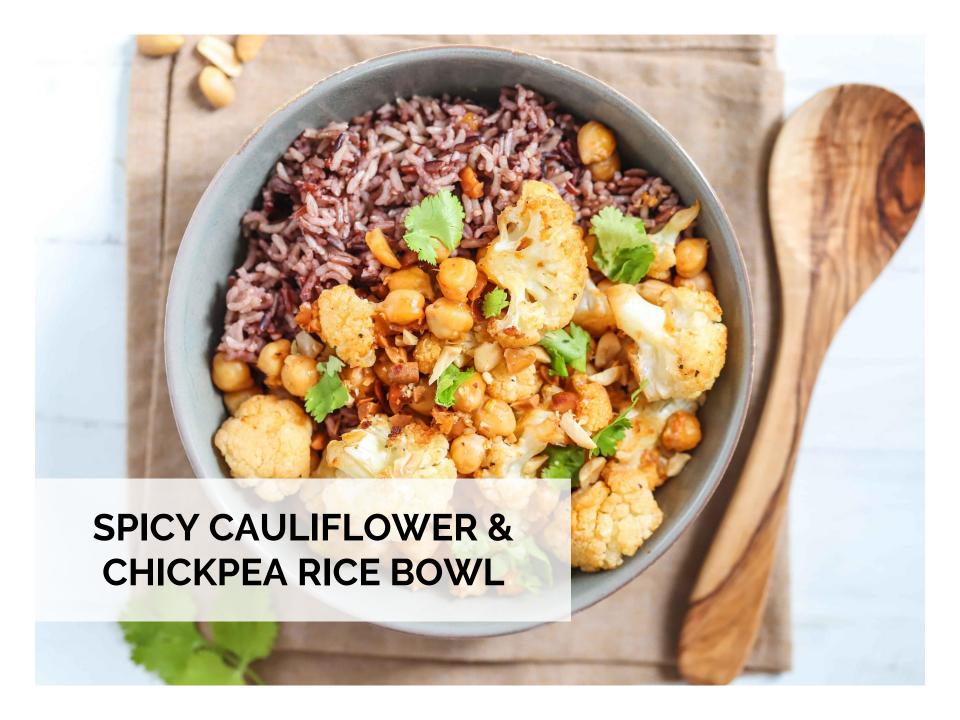
In the meantime, heat the remaining 1 tbsp. oil in a large skillet over medium heat.

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.





SPICY CAULIFLOWER & CHICKPEA RICE BOWL









WHAT YOU NEED

- 1 medium cauliflower, broken into florets
- 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
- ½ cup (30g) peanuts, chopped

WHAT YOU NEED TO DO

Preheat oven to 230°C 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.

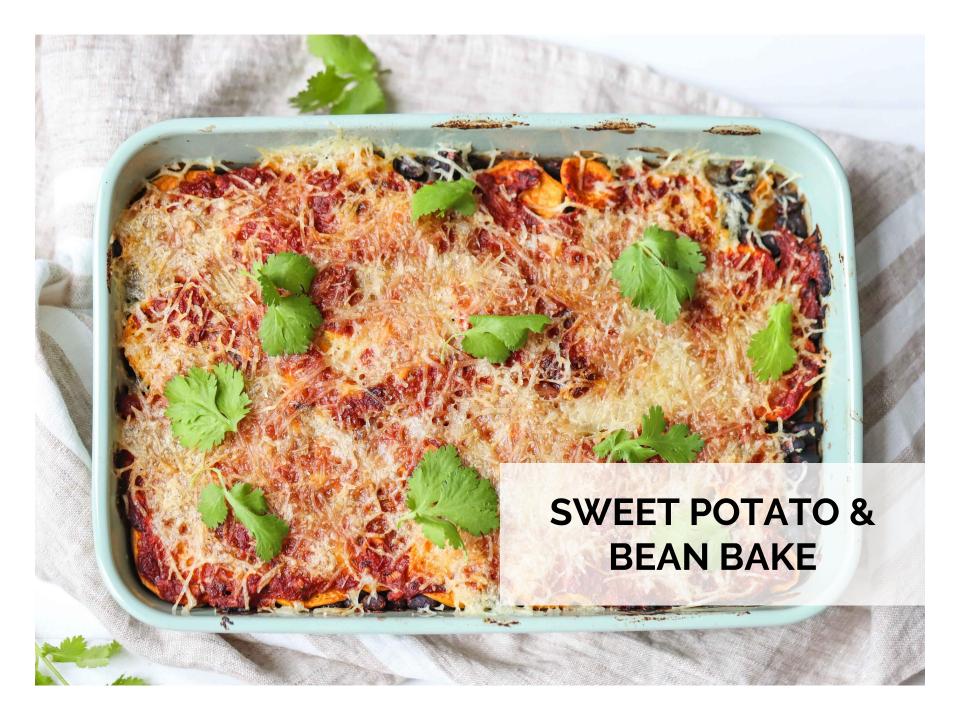
In the meantime, prepare the sauce by mixing all the sauce ingredients in a small bowl.

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



Prep: 30 mins Cook: 75 mins



Nutrition per serving: 365 kcal 17g Fats 44g Carbs 9g Protein





WHAT YOU NEED

- 2 large sweet potatoes, peeled
- 2x 400g cans black beans, drained
- 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
- 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 180°C. Spread half of the tomato at the bottom of a baking dish.

Slice the sweet potatoes into 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



Nutrition per serving: 303 kcal 7g Fats 54g Carbs 6g Protein





WHAT YOU NEED

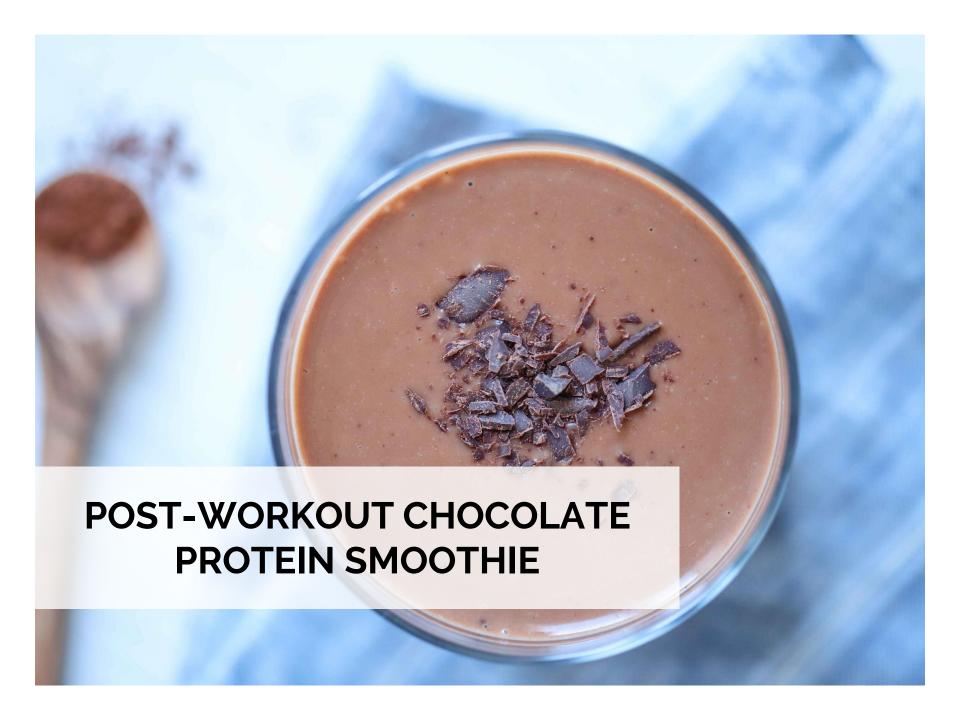
- 2 tbsp. rolled oats
- 3 tbsp. hot water
- 1 banana, sliced & frozen
- 1 tbsp. flaxseed meal
- 1 tbsp. maple syrup
- 1 cup (240ml) almond milk, unsweetened

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





serving: 428 kcal 20g Fats 38g Carbs 24g Protein





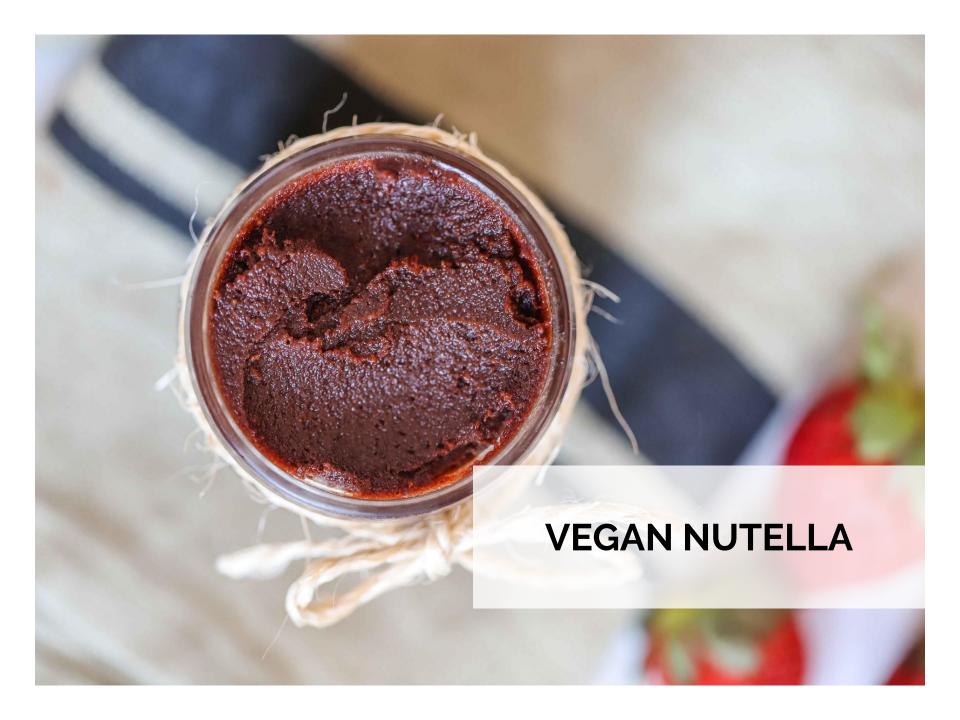
WHAT YOU NEED

- 1 banana
- ½ 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



Serves: 16 Prep: 10 mins Cook: 0 mins



Nutrition per serving: 130 kcal 10g Fats 7g Carbs 3g Protein





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



Makes: 10 Prep: 15 mins Cook: 0 mins



Nutrition per serving: 133 kcal 9g Fats 11g Carbs 2g Protein

WHAT YOU NEED

- 1 cup (120g) dates, without stone
- ¾ cup (60g) almond meal
- ½ 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



Cook: o mins



2g Protein





WHAT YOU NEED

- 1 tbsp. matcha powder
- 1 cup (80g) desiccated coconut
- 1/4 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





serving: 169 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 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.





BANANA & ALMOND MUFFINS





Nutrition per serving: 222 kcal 10g Fats 28g Carbs 5g Protein





WHAT YOU NEED

- 2 ripe bananas, mashed
- ½ cup (60ml) maple syrup
- ½ cup (60ml) almond butter
- ½ cup (55g) spelt flour
- 1 tsp. baking powder
- 1/4 tsp. baking soda
- 1/4 cup (30g) walnuts

WHAT YOU NEED TO DO

Heat the oven to 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



Chill: 2 hrs







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

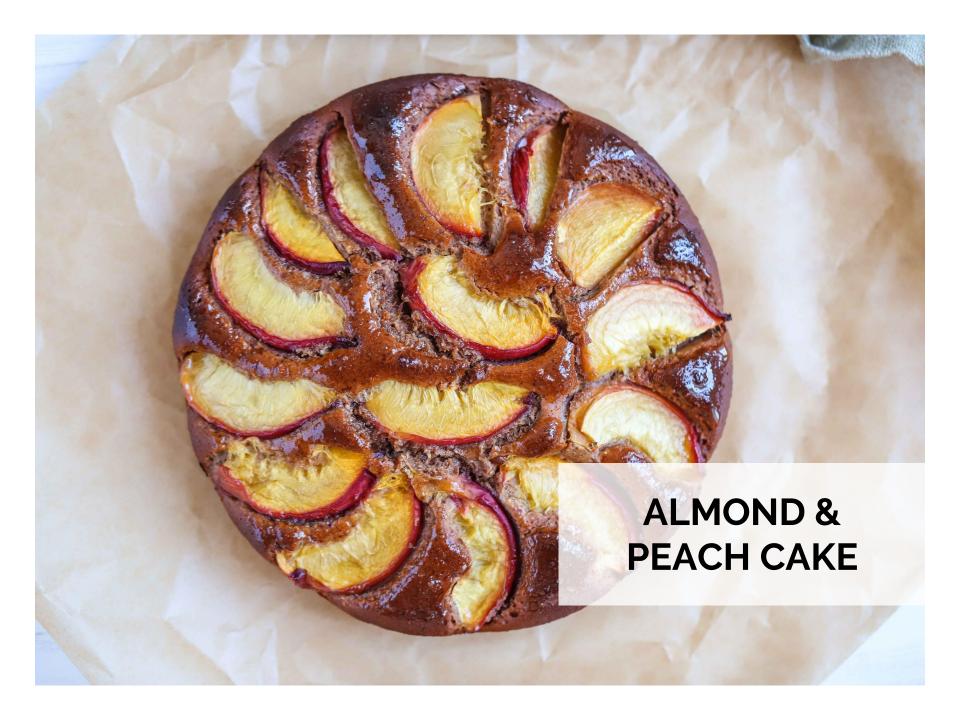
Place all the crust ingredients into a food processor and blitz until sticky paste forms. Transfer the crust into a cake tin or springform pan and press evenly to form the bottom layer. Place the tin in the freezer while you make the other layers.

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



Serves: 12 Prep: 10 mins Cook: 50 mins



serving: 194 kcal 6g Fats 30g Carbs 5g Protein













WHAT YOU NEED

- 4 tbsp. almond butter
- ½ cup (125g) peach vegan yoghurt (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) allpurpose 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 180°C and grease (length) round cake tin or line it with baking paper.

In a large bowl, whisk together the almond butter and yoghurt 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



Cook: 35 mins

Nutrition per serving: 231 kcal 15g Fats 21g Carbs 3g Protein





WHAT YOU NEED

- 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
- ¾ cup (75g) almond meal
- ¼ cup (30g) unsweetened cocoa powder
- ½ tsp. baking powder
- ½ teaspoon sea salt
- ½ cup (50g) walnuts, chopped

HOW TO MAKE A FLAX EGG:

To make one flax egg mix 1 tbsp. flaxseed meal and 2 ½ tbsp. water. Let it rest for 5 mins to thicken.

WHAT YOU NEED TO DO

Preheat oven to 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.

