

The background is a light-colored marble pattern. In the top-left corner, there is a line drawing of a leafy plant branch. In the top-right corner, there is a line drawing of a spoon. In the bottom-left corner, there is a line drawing of a fork. In the bottom-right corner, there is a line drawing of a basil plant. A large green circle with a white border is centered on the page.

PALATABLE

PLANTS

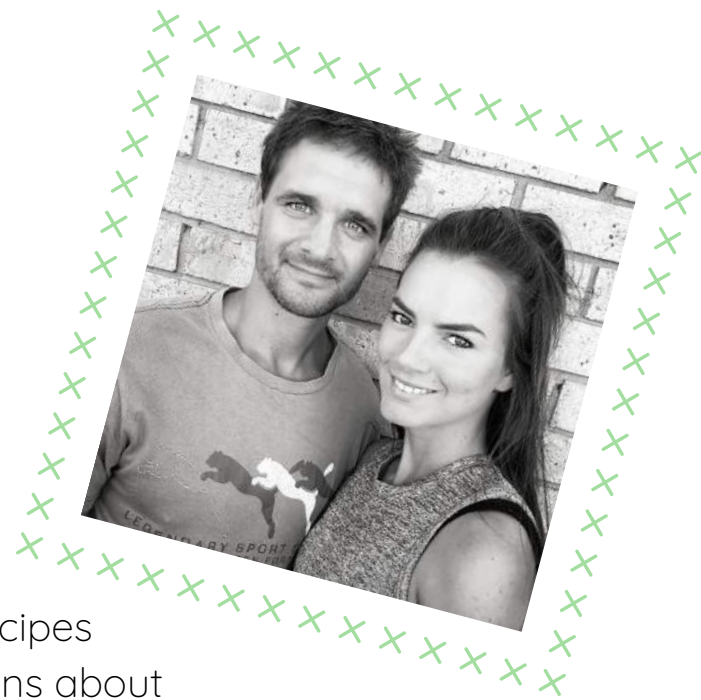
Plant based recipes



Dear Reader

Welcome to the Palatable Plants community!

I am so pleased to finally be sharing a recipe book with you. I have been creating & sharing recipes for free for a couple of years & often get questions about how I make money by doing that. Well, to put it simply - I don't. I see this as a ministry & it's a passion to create & share free recipes to help kick start your journey to a healthy, plant based lifestyle!



I share recipes that are healthy, easy & budget-friendly. I hope that this recipe book will serve as a blessing to you & your family & friends. I encourage you to share it as much as possible, so that we can build a healthier future together.

I feel honoured to be in a position to share food ideas with you & I give all glory to God for constantly impressing me with new recipe ideas & for keeping me encouraged to persevere despite time constraints after the birth of my gorgeous twin girls. I sincerely hope that you enjoy this book.

Happy, healthy cooking

love Tammy





BREAKFAST








Chia Jam Pudding

- 1 c plant milk of choice
- 3 tbsp chia seeds
- 1 tbsp sugar free jam of choice

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1. Place plant milk in a bowl or jar & stir in chia seeds, mix well
 2. Let stand for 10 minutes & stir again. Do this 3 times
 3. Place in the fridge overnight & serve in the morning
 4. Jam can be added in the morning or mixed in with the chia seeds
 5. Serve & enjoy!








Creamy Banana, Coconut Chia Pudding

SERVES 1-2

- 200ml coconut milk
- 1 banana, medium sized
- ½ tsp vanilla extract (optional)
- Sweetener as desired
- 3 tbsp chia seeds

*Liquid sweeteners: maple syrup, honey etc.

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1. Blend all ingredients except chia seeds
 2. Add blended mixture & chia seeds to a bowl & stir well with a fork. Let stand for 10 minutes, stir again (repeat three times)
 3. Place in the fridge & leave to thicken overnight
 4. Serve & enjoy!








Choc Nut Chia Pudding

SERVES 1-2

- ½ c chia seeds
- 1-2 tbsp carob powder
- 2 tbsp liquid sweetener*
- 2 tbsp nut butter of choice
- 1 ½ c banana milk (blend 1 banana with enough water to make 1 ½ c)
- ½ tsp vanilla (optional)
- Pinch salt

*Liquid sweeteners: maple syrup, honey etc.

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1. Blend all ingredients except chia seeds
 2. Add blended mixture & chia seeds to a bowl & stir well with a fork. Let stand for 10 minutes, stir again (repeat three times)
 3. Place in the fridge & leave to thicken overnight
 4. Serve & enjoy!







Berry Chia Pudding

SERVES 1-2

- 1 c berries
- 1 c plant milk
- 1 tbsp liquid sweetener*
- 4 tbsp chia seeds

*Liquid sweeteners: maple syrup, honey etc.

1. Place all ingredients except chia seeds into a blender & blend
2. Place mixture into a bowl or jar & stir in chia seeds, mix well
3. Let stand for 10 minutes & stir again, do this 3 times
4. Place in the fridge overnight, serve & enjoy!

NOTES

- * Any berries can be used in this recipe
- * This mixture can also be frozen in ice lolly moulds & enjoyed as a frozen lolly







Luxury Oats

SERVES 1

- ½ c rolled oats
- 5 dates, chopped
- ⅛ tsp salt
- ½ tsp vanilla extract (optional)
- 1 banana, chopped or mashed
- 1 tbsp almond butter (or any nut butter)
- ¼ c blueberries
- 1 ⅓ c water

1. Bring water to a boil in a pot
2. Add all the ingredients & stir to incorporate
3. Bring it back to a boil on medium heat, then reduce the heat to low
4. Simmer with the lid on until the oats are cooked and the water has absorbed and thickened the oats (about 7-10 minutes). Stir regularly
5. Serve with your favourite toppings & enjoy!

NOTES

- * You can use frozen blueberries
- * Sweetness can be adjusted by adding more or less dates
- * Feel free to add toppings such as ground nuts, seeds, fruit & plant milk







Carob Overnight Oats

DRY:

- ¼ c rolled oats, uncooked
- 1 tsp carob powder
- ½ tbsp teff grains (optional)
- 1 tbsp chia seeds
- ½ tbsp pumpkin seeds
- 1 tbsp shredded coconut


WET:

- ½ c to ¾ c water or plant milk
- 1 tbsp peanut butter
- 1 tbsp liquid sweetener*

*Liquid sweeteners: maple syrup, honey etc.

1. Mix dry ingredients.
2. Add wet ingredients & stir with a fork.
3. Place in fridge overnight (or at least an hour) & add sliced banana on top.
4. Serve & enjoy!

NOTES:

- * Great camping or hiking food. I pre-pack a whole bunch & store in the cupboard until I need it, and then just add wet ingredients.
 - * You are welcome to add extra seeds or nuts or omit some of the above, just keep in mind that chia seeds add to this recipes consistency so if you omit it, you may need less water.
 - * Double up for a man size portion.
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Plain Overnight Oats

- ¼ c rolled oats, uncooked
- ¾ c water or plant milk
- ½ tsp liquid sweetener*
- Pinch of salt
- Pinch of cinnamon (optional)

*Liquid sweeteners: maple syrup, honey etc.

1. Mix all ingredients together & soak overnight in the fridge
2. Serve & enjoy!

NOTES:

- * A great addition is some Goji Berries & fresh fruit
 - * Great camping or hiking food. I pre-pack a whole bunch & store in the cupboard until I need it, and then just add wet ingredients.
 - * You are welcome to add extra seeds or nuts or omit some of the above, just keep in mind that chia seeds add to this recipes consistency so if you omit it, you may need less water.
 - * Double up for a man size portion.
- 





Oat Porridge Cereal

SERVES 1

- ½ c oats
- 1 tbsp desiccated coconut
- Pinch salt

TO SERVE COLD

- 125 ml plant milk
- ½ tbsp liquid sweetener*

TO SERVE WARM

- 150 ml plant milk
- ½ tbsp liquid sweetener*

1. Grind oats into a flour in a blender or coffee grinder

2. **COLD:** Place ground oats, coconut, & salt in a bowl. Add plant milk & sweetener, stir well & enjoy!

3. **WARM:** Place ground oats, coconut, salt in a bowl. Add plant milk & sweetener, stir well. Heat in a microwave for 1 minute (or in a pot on the stove until heated - may require more plant milk). Serve & enjoy!

*Liquid sweeteners: maple syrup, honey etc.







Cinnamon Granola

- 2 c rolled oats, raw
- ½ tbsp cinnamon
- ¼ c chopped almonds, raw
- ¼ c sunflower seeds, raw
- ½ c desiccated OR flaked coconut
- Pinch of salt
- ⅛ c oil
- 3 tbsp liquid sweetener*

*Liquid sweeteners: maple syrup, honey etc.

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1. Mix all dry ingredients & stir to combine
 2. Add oil & mix to incorporate the oil
 3. Drizzle liquid sweetener over & mix it in (try to break up most of the clumps)
 4. Spread evenly on a baking tray
 5. Bake at 150°C until golden brown, stirring regularly to avoid burning
 6. Remove from oven & allow to cool in the tray
 7. Serve & enjoy!







Carob Granola

- 2 c oats
- ¼ c almonds, ground OR almond flour
- ⅛ c sesame seeds
- ⅛ c chia seeds
- ½ c desiccated OR flaked coconut
- ⅛ c carob powder
- Pinch of salt
- ⅛ c oil
- ¼ c liquid sweetener*

*Liquid sweeteners: maple syrup, honey etc.

1. Mix all dry ingredients & stir to combine
2. Add oil & mix to incorporate the oil
3. Drizzle liquid sweetener over & mix it in (try to break up most of the clumps but you can leave some)
4. Spread evenly on a baking tray
5. Bake at 150°C until golden brown, stirring regularly to avoid burning (it's tricky to see when it is cooked because of the dark colour, so keep a close eye. You can test some to see if it's crunchy enough)
6. Allow to cool in oven tray
7. Serve & enjoy!








Peanut Butter Granola

- 2 c oats
- ¼ c sesame seeds
- ⅛ c chia seeds
- ½ c desiccated OR flaked coconut
- ¼ tsp salt
- 1 tbsp oil
- ½ c peanut butter
- ⅛ c liquid sweetener*

*Liquid sweeteners: maple syrup, honey etc.

1. Mix all dry ingredients together in a larger bowl & stir to combine
 2. Add oil, peanut butter & liquid sweetener to a small pot on low heat. Stir until it melts
 3. Drizzle peanut butter mixture over the dry ingredients & mix it in, allowing some clumps to form
 4. Spread evenly on a baking tray
 5. Bake at 150°C until golden brown, stirring regularly to avoid burning
 6. Allow to cool in oven tray
 7. Serve & enjoy!
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Eggless Banana French Toast

- Bread slices
- 1 banana
- $\frac{3}{4}$ c plant milk
- Coconut oil

NOTES

- * The quantity is dependent on bread used
- * Thicker slices provide a spongier French toast
- * A great addition is to lightly sprinkle Black Rock Salt (if available) onto the French toast for a closer taste resemblance to egg
- * Topping ideas: tomato sauce OR maple syrup with fresh rocket OR maple syrup/liquid sweetener with fresh berries

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1. Blend banana & milk (alternatively mash banana by hand & mix with milk until you have a smooth mixture)
 2. Place mixture in a shallow & wide dish or bowl.
 3. Heat some oil in a non-stick pan on medium heat
 4. Dip slices of bread into the mixture. Do not let the bread soak or you may end up with soggy toast. Place in the pan & cook until the French toast is golden brown & flip & cook the other side
 5. Serve immediately with toppings of choice & enjoy!
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Eggless Flour French Toast

- Bread slices
- ½ c plant milk
- 1 tbsp oat flour
- 1 tbsp chickpea flour
- 1 tsp flax, ground
- ½ tsp nutritional yeast
- Salt
- Coconut oil

NOTES

- * The quantity is dependent on bread used
- * Thicker slices provide a spongier French toast
- * A great addition is to lightly sprinkle Black Rock Salt (if available) onto the French toast for a closer taste resemblance to egg
- * Topping ideas: tomato sauce OR maple syrup with fresh rocket OR maple syrup/liquid sweetener with fresh berries

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1. In a large flat bowl, whisk flax into milk
 2. Whisk in both flours, yeast & a pinch of salt. Mix properly & allow to stand a minute or 2 to thicken slightly
 3. Heat some oil in a non-stick pan on medium heat
 4. Dip slices of bread into the mixture. Do not let the bread soak or you may end up with soggy toast. Place in the pan & cook until the French toast is golden brown & flip & cook the other side
 5. Serve immediately with toppings of choice & enjoy!







Chickpea Scramble

SERVES 2

- 2 tbsp olive oil
- 1 can chickpeas or 2 c cooked chickpeas
- 125 g mushrooms, chopped (optional)
- Herbs & spices of choice (optional)

SPICE COMBINATION:

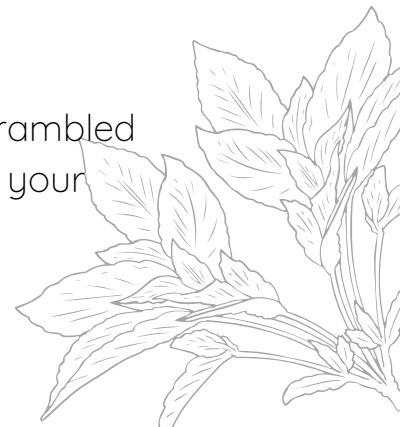
(Very versatile, experiment with different flavours)

- Dash of turmeric for colour
- Dash of garlic powder
- Dash of onion powder
- Black rock salt (aka egg salt) to taste
- Salt to taste (add this last)

1. Slice or chop mushrooms & cook them in a pot
2. Mash the chickpeas with a fork or potato masher leaving some texture
3. Heat olive oil in a large pan on medium heat & add the mashed chickpeas
4. Add your choice of herbs & spices & mix thoroughly
5. Cook for a bit so that flavours can mingle
6. Add cooked mushrooms to the scramble & mix well
7. Serve as you please & enjoy!

NOTES

* Can be used instead of scrambled tofu e.g. serve on toast with your choice of sauce or plain



MEALS








Creamy Zucchini Soup

- 1 pack zucchini, chopped (roughly 600g)
- 3 medium potatoes, peeled & chopped
- 1 can coconut cream
- Salt

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1. Place zucchini & potatoes in a pot & cover with water (just enough to cover the veg). Boil until soft
 2. Use an immersion blender to blend the boiled veg & remaining water until smooth
 3. Add coconut cream & blend again
 4. Season with salt, serve & enjoy!







Red Lentil Soup

SERVES 3-4

- 1 onion, chopped
- 2 tomatoes, chopped
- 2 c red lentils, rinsed
- 1-2 c spinach, chopped
- 6 c water + extra for consistency
- Oil
- 6 tbsp lemon juice

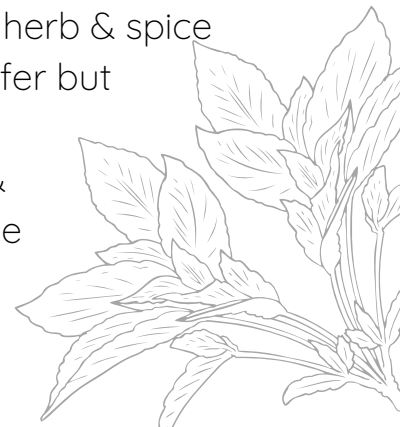
SPICES:

- 4 tsp chicken flavoured stock powder
- 1-2 tsp turmeric
- 1 tsp garlic powder
- 1 tsp mixed herbs
- 1 tsp sage
- 1-2 tsp salt

1. Sauté onion in a large pot
2. Add all other ingredients except spinach
3. Cook on medium until the lentils are soft, add more water if you prefer a more watery soup
4. Stir in spinach & cook for a few more minutes
5. Turn the heat off & stir in the lemon juice
6. Serve & enjoy!

NOTES

- * Lemon juice is not essential but adds a great flavour
- * You can have fun with the herb & spice mix, add whichever you prefer but don't omit the turmeric
- * You could use less water & make a stew to serve on rice







Mushroom Soup

SERVES 1-2

- Olive oil
- 1 large onion, chopped
- 250g mushrooms, chopped
- 400ml coconut milk
- ½ tsp garlic powder
- 1-2 tbsp onion powder
- 2 tbsp corn starch
- 1-2 tsp dried thyme
- 1 tbsp lemon juice
- 1 tsp veg stock powder
- 1 c water
- Salt to taste

1. Sauté onions until translucent. Add mushrooms & cook until soft
2. Add coconut milk, garlic powder, onion powder & thyme
3. Mix corn starch & veg stock powder into water & add to the pot. Corn starch can be adjusted if you prefer a thicker or thinner soup
4. Cook on medium heat until it starts to thicken
5. Partially blend with an immersion blender (optional)
6. Stir in lemon juice (optional) & salt
7. Serve & enjoy!







Quick Bean Soup

SERVES 2


- 2 cans mixed beans, partially drained
- 70g tomato paste
- ½ can coconut milk
- 2 tbsp liquid sweetener*
- ½ tsp curry powder
- 1 small lemon, juice of
- Salt to taste

*Liquid sweeteners: maple syrup, honey etc.

1. Add all ingredients to a medium pot & cook on low to medium until it's heated through
2. Partially blend with an immersion blender
3. Heat again until soup thickens
4. Add salt to taste, serve & enjoy!

NOTES

* I used mixed beans but you can use whichever beans you prefer, leave some of the liquid so that it can create a saucy soup







Creamy Butternut Soup

SERVES 2-3

- 1kg butternut, peeled, chopped
- 400ml coconut milk OR cream
- 1 ½ tsp salt
- Juice of 1 small orange (optional)

1. Steam the butternut until soft
2. Add butternut, coconut milk & orange juice to a large pot
3. Using an immersion blender, blend it until smooth. You may add water here if you prefer a thinner soup
4. Add salt to taste
5. Heat on low when you are ready to serve
6. Serve & enjoy!







Quick 'n Creamy Tomato Soup

- 4-5 medium tomatoes
- 1 can coconut milk
- 200ml water
- 75g tomato paste
- 1 tbsp corn starch
- ½ tsp garlic powder
- 1 tsp onion powder
- ½ tsp dried basil
- ½ tsp dried oregano
- Salt to taste

1. Place all the above ingredients into a blender & blend well

2. Pour into a pot & cook on medium-low until the soup thickens & colour is a slightly darker red

3. Serve & enjoy!

NOTES

* This recipe serves 2, double up for a bigger family.

* This recipe can be frozen for future use.

* I serve with home baked bread & vegan butter







Arrabiatta Sauce

- ¼ c dates, soaked
- ¼ onion, chopped
- 1 c canned tomatoes
- 1 c sun dried tomatoes
- ½ c oil
- Water

1. Place everything except water in a blender. Blend & gradually add water until desired consistency is achieved

2. Serve on zoodles (spiralised zucchini), sautéed zucchini rounds or on pasta & enjoy!

NOTES

* Can be heated in a pot but for a raw sauce do not heat

* You can increase the amount of onion if you prefer a hotter or "spicier" sauce





MAY 24/10/2016

BE 25/04/2018



Napolitana Tomato Pasta Sauce

- 2 tbsp oil
- 1 onion, chopped
- 2 garlic cloves, chopped
- 2 cans whole tomatoes
- 70g tomato paste
- 2 tsp herbs of choice (mixed Italian works well)
- 1 tbsp liquid sweetener* (optional)
- ½ tsp salt or more

*Liquid sweeteners: maple syrup, honey etc.

1. Sauté onion & garlic in a large pot
2. Add canned tomatoes & partially mash with a wooden spoon
3. Add tomato paste, herbs & liquid sweetener if using. Cook on medium until it thickens slightly
4. Take it off the heat & use an immersion blender to partially blend the sauce to thicken it
5. Add salt to taste, serve with pasta & enjoy!

NOTES

- * Can store in the freezer
- * 1 batch of sauce is roughly enough for 500g bag of pasta depending on how saucy you like your pasta







Lentil & Mushroom Bolognese

SERVES 2-3

- Olive oil
- 1 large onion, chopped
- 1-2 garlic cloves, chopped
- 250g mushrooms, chopped
- 1 tsp ground coriander
- 1 tsp smoked paprika
- 1 ½ tsp onion powder
- ½ tsp garlic powder
- 1 ½ tsp mixed herbs or dried herbs of choice
- 1 tsp beef flavoured veg stock powder
- 1 tbsp nutritional yeast (optional)
- ½ c dry brown lentils, precooked (1 can drained lentils)
- 70g tomato paste
- 1 can tomatoes
- ½ c dry red lentils
- 1 ½ - 2 c water
- Salt to taste

1. Ensure your brown lentils are cooked
2. In a large pot, sauté onion in oil until they start turning light brown (low to medium heat), add mushrooms & sauté until they start turning light brown. Add garlic & cook a further 30 seconds or so
3. Add all spices & herbs except salt & stir through
4. Add canned tomatoes, tomato paste & dry red lentils & mix well. Add cooked brown lentils
5. Add water & stir. Cook on low until red lentils become soft. Water can be adjusted to your preference
6. Cook your spaghetti according to package instructions
7. Add salt to your lentil mix
8. Serve & enjoy!







One Pot Creamy Tomato Pasta

- 350g pasta
- 1 onion, chopped
- 4 garlic cloves, chopped
- 200g baby spinach, chopped
- 1 can chopped tomatoes
- 4 ¼ c plant milk
- 4 tsp stock powder
- 1 ½ c frozen veg of choice

1. Add all the ingredients except spinach to a large pot & cook on medium heat until the pasta is cooked (add more plant milk if it's not done yet & the liquid has been absorbed but this hasn't ever been necessary for me)

2. Turn the heat down to low, add the spinach & stir until it wilts. Add salt to taste.

3. Serve & enjoy!







Cauli Pasta Sauce

- 1 head cauliflower, chopped
- 1 c water
- ¼ c nutritional yeast
- 1 tsp stock powder
- 1 tsp onion powder
- ½ tsp garlic powder
- 1 tsp salt
- 1-2 c frozen veg of choice
- 250g pasta of choice

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1. Steam or boil cauliflower & frozen veg separately until soft
 2. Add cooked cauliflower & all the other ingredients (except frozen veg & pasta) to a blender
 3. Blend until smooth
 4. Place cauliflower sauce, cooked frozen veg & your favourite pasta to a pot & heat on medium. Mix well
 5. Serve immediately & enjoy!
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Cashew Mushroom Pasta

SERVES 2

- ½ c raw cashews, soaked overnight
- 1½ c water
- 1 tbsp oil
- 1 onion, chopped
- 3 garlic cloves, chopped
- 250g mushrooms, chopped
- 1-2 tsp dry herbs of choice (or use fresh)
- Salt to taste

1. Drain the soaked cashews & add it to a blender with the fresh water. Blend until creamy & smooth
2. Sauté onion, garlic & mushrooms on medium-low in a large pan or medium pot until tender
3. Add blended cashews & herbs to the pan & cook on medium-low until the sauce thickens to desired consistency
4. Serve on cooked pasta with salt & lemon juice & enjoy!







Butternut Mac n "Cheese"

SERVES 2-3

- 3 c butternut, steamed
- ¼ c nutritional yeast
- ¼ to ½ c water
- ⅛ to ¼ c olive oil
- ½ tsp garlic powder
- ½ tsp onion powder
- 1 tsp to 1 tbsp lemon juice
- 1 tsp salt

1. Place everything into a blender & blend until smooth (Or place into a pot & use an immersion blender). The ingredients can be adjusted to your preference.

2. Place into a pot & cook to reduced it slightly (this is optional depending on how thick you would like your sauce)

3. Serve over pasta & enjoy!

NOTES

* I served it on 250g gluten free macaroni to serve 2 with a very saucy consistency







Tuna Alternative Pasta Bake

SERVES 2-3

- 250g macaroni pasta
- 2 c chickpeas
- $\frac{1}{3}$ c vegan mayo
- $\frac{1}{4}$ c tomato sauce
- $1\frac{1}{2}$ c frozen veg (peas & sweetcorn)
- 1 nori sheet cut up finely
- $\frac{1}{4}$ c nutritional yeast

1. Cook pasta as per package instructions
2. Mash chickpeas, add mayo & tomato sauce & mix
3. Add frozen veg, nori sheet flakes (cut with a knife or scissors) & nutritional yeast & mix
4. Place in a greased oven safe dish & bake at 180°C until top crisps slightly
5. Serve & enjoy!

NOTES

* The nori sheet cut up into fine little flakes adds a "fishy" flavour to the dish, it is not essential & can be omitted







Lentil Stew

SERVES 2-3

- 1 tbsp oil
- 1 large onion, chopped
- 1-2 garlic cloves, chopped
- 1 tsp turmeric
- ½ tbsp mild curry powder (can be adjusted)
- 2 tbsp liquid sweetener*
- 70g tomato paste
- 1 slice bread soaked in water (optional)
- 1 c lentils, precooked
- ¼- ½ c water
- Salt to taste

*Liquid sweeteners: maple syrup, honey etc.

1. In a medium to large pot, sauté onion & garlic
2. Add turmeric & curry powder, stir
3. Add liquid sweetener & tomato paste & mix
4. Add soaked bread & mash it up with your spoon
5. Add cooked lentils & add water (depending on your preferred consistency) & mix
6. Cook on medium until stew thickens slightly, stirring regularly to avoid it sticking to the bottom
7. Add salt to preference, serve with rice & enjoy!







Red Lentil Dahl

SERVES 2-3

- Coconut OR olive oil to sauté
- ½ tsp ground cumin
- 1 chopped onion
- 2 chopped garlic cloves
- 1 tsp turmeric
- 1 c red lentils
- 70g tomato paste
- 5 c water
- 4 tsp stock powder
- Salt

1. Add coconut oil & cumin to a pot on medium heat, stir for a bit until the cumin becomes fragrant
2. Add the onion & sauté
3. Add the garlic & sauté
4. Add turmeric, tomato paste, lentils, water & stock powder
5. Mix & cook on medium until lentils are soft, stirring occasionally. Add salt for flavour (I used ¼ tsp salt)
6. Serve as is or on brown rice & enjoy!








Tomato Chickpea Stew

SERVES 2

- 1 tbsp olive oil
- 1 onion, chopped
- 2 cloves garlic, chopped
- 1 tomato, chopped
- 1 carrot, grated (optional)
- 70g tomato paste
- 1 c dry chickpeas, cooked OR 2 cans chickpeas
- 250g mushrooms, chopped (optional)
- 2 c water
- 2 tsp stock powder
- 1 tsp mixed dry herbs
- 1 tsp dry parsley
- Salt to taste (roughly ½ to 1 tsp)

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1. Sauté onion in olive oil (or water) until soft & translucent
 2. Add garlic & sauté another 30 seconds
 3. Add all the other ingredients & mix well
 4. Cook on medium until some of the liquid is absorbed, stirring occasionally to avoid burning at the bottom
 5. Switch off & use a stick blender to partly blend the mixture to thicken it. Add salt to taste
 6. Serve with brown rice & enjoy!

NOTES

* If you don't have a stick blender you could leave it as is or partly mash using a potato masher

*Adapted from:

<https://healthiersteps.com/recipe/chickpea-stew-gluten-free-vegan/>







Cashew Korma

SAUCE:

- $\frac{3}{4}$ c cashews, pre-soaked
- 1 c coconut milk
- 2 garlic cloves
- 1 tsp turmeric
- $\frac{1}{2}$ tsp cumin powder
- $\frac{1}{2}$ tsp ginger powder

- Oil
- 1 onion, chopped
- 4 c (heaped) of chopped veg of choice
- 2 tsp curry powder
- 1 tbsp liquid sweetener* (optional)
- $\frac{1}{2}$ - 1 tsp salt (or as desired)

*Liquid sweeteners: maple syrup, honey etc.

1. Blend all the sauce ingredients
2. Sauté onions until translucent
3. Add veg & sauté (add water if it's sticking)
4. Add curry powder & cook on low to medium for roughly 30 seconds
5. Add sauce, cook on low to medium until veg is cooked (add water if it starts sticking or the sauce is too thick). Remove from heat
6. Add liquid sweetener & salt, mix well
7. Serve with rice & enjoy!

NOTES

- * You can use mixed frozen veg
- * Cook 1 c rice for a good sauce to rice ratio







Zucchini Korma

SERVES 2-4

- Oil for sauteing
- 1kg zucchini, chopped
- Salt to taste

SAUCE:

- $\frac{3}{4}$ c sunflower seeds
- 2 c coconut milk
- 2 garlic cloves
- 1 tbsp liquid sweetener*
(optional)
- 2 tsp curry powder
- 1 tsp turmeric
- $\frac{1}{2}$ tsp cumin powder
- $\frac{1}{2}$ tsp ginger powder

*Liquid sweeteners: maple syrup, honey etc.

1. Place all sauce ingredients into blender & blend until smooth & creamy
2. Sauté zucchini in a large pan on medium-low heat until slightly browned
3. Add sauce to the pan & cook on medium-low until sauce starts to thicken (add water if it starts sticking or the sauce is too thick)
4. Add salt to taste
5. Serve with rice & enjoy!








Sweet Red Lentil Stew

SERVES 2

- 1 tbsp olive oil
- 1 onion, chopped
- 1 clove garlic, chopped
- 1 tsp turmeric
- 2 tsp curry powder (I used very mild)
- 2 tbsp liquid sweetener*
- 2 tbsp tomato sauce (optional)
- Precooked red lentils (1 c dry)
- 2 small steamed & mashed sweet potatoes
- 1 slice bread, soaked in hot water
- (optional)
- Salt to taste
- Water for consistency

1. Sauté onion in olive oil or water until soft & translucent
2. Add garlic & sauté another 30 seconds
3. Add turmeric, curry powder & mix well
4. Add sweetener (adjust to your preference), tomato sauce, soaked bread, lentils & mashed sweet potato, mix well
5. Add water to your preferred consistency & mix (I prefer a stew consistency but not too runny). Add salt to taste
6. Serve on brown rice & enjoy!

NOTES

- * You can adjust the curry powder & turmeric to suit your preference
 - * The soaked bread can be omitted, it just adds thickness to the stew
- 





Cottage Pie

SERVES 2-3

- Olive oil
- 1 onion, chopped
- 1 garlic clove, chopped
- ½ c dry lentils, cooked
- 1 c frozen veg, heaped
- 70g tomato paste
- ½ tsp garlic powder
- 1 tsp onion powder
- 1 ½ tsp ground coriander
- ½ tsp mixed herbs
- Salt to taste

MASHED POTATOES:

- 6-7 small-med potatoes (see notes)
- ½ c plant milk of choice
- 2 tbsp nutritional yeast
- Dash garlic powder
- Dash dried parsley
- Salt to taste

1. Precook lentils

2. Sauté onion & garlic in a medium to large pot

3. Add garlic powder, onion powder, ground coriander, mixed herbs. Stir to incorporate

4. Add tomato paste, lentils & frozen veg. Mix well & cook on medium until veg is tender (add water if necessary to prevent sticking/burning - you want a semi-saucy consistency but not too sloppy). Once cooked, remove from heat

5. Peel potatoes & boil or steam them until soft. Preheat oven to 180°C





Cottage Pie cont.

6. Add potatoes to a bowl & mash until smooth. Add plant milk, nutritional yeast, garlic powder, dried parsley & salt to the bowl & mix everything together

7. Place lentil mixture to an oven safe dish & top with mashed potatoes (I used 2x 560ml foil containers so use any oven safe dish that can easily accommodate 1.2L)

8. Bake in the oven at 180°C until potato starts turning golden brown

9. Serve & enjoy!

NOTES

* You can use more potatoes depending on how much mash you would like on top









Bobotie

SERVES 2-3

- 1 tbsp oil
- 1 large onion, chopped
- 1-2 garlic cloves, chopped
- 1 tsp turmeric
- ½ tbsp mild curry powder (can be adjusted)
- 2 tbsp liquid sweetener*
- 70g tomato paste
- 1 slice bread soaked in water (optional)
- 1 c lentils, precooked
- ¼ - ½ c water
- Salt

TOPPING:

- ¾ - 1 c soya milk
- 2 tbsp corn starch
- Dash of turmeric for yellow colour

- 
1. In a medium to large pot, sauté onion & garlic in olive oil
 2. Add turmeric & curry powder, stir
 3. Add liquid sweetener & tomato paste & mix
 4. Add soaked bread & mash it up with your spoon
 5. Add cooked lentils & add water (depending on your preferred consistency) & mix well
 6. Cook on medium until stew thickens slightly, stirring regularly to avoid it sticking to the bottom
 7. Add salt to your preference
- 



Bobotie cont.

8. Place in greased oven safe dish, mix topping together in a shaker (or stir together with a fork) pour topping over slowly so that it sits on top

9. Bake in the oven at 180°C until top solidifies slightly & forms a "skin". Then remove from the oven.

10. Serve with rice & enjoy!

NOTES

* Can omit oil & sauté in water

* Can use healthy curry powder option or your own mix if you prefer (flavour may be altered)







Potato Bake à la Tammy

- 4-6 potatoes, boiled & sliced (med - large)
- 1 onion, sliced (may not use all of the sliced onion)
- Smoked paprika (optional)
- Thyme, dried (optional)

SAUCE:

- 2 potatoes, boiled (soft)
- 1 c plant milk
- Water for consistency
- 1 tsp garlic powder
- 1 tsp onion powder
- 1 tsp salt (adjust as necessary)
- ½ c nutritional yeast
- ¼ c oil (canola/olive/melted coconut oil)


Pyrex dish used: +- 34cm x 23cm

1. Heat oven to 180°C

2. BLEND TOGETHER:

Sauce ingredients & add water to thin the sauce a bit. It should be the consistency of a thick white sauce. Taste the sauce flavour & check consistency & adjust as necessary. If you accidentally made it too runny, mix 1 tbsp corn starch/maizena with 3 tbsp water & add it to the sauce & it will thicken as it bakes in the oven.

3. In a greased oven dish, pour a thin layer of sauce & spread over the bottom of the dish. Layer some sliced potatoes. Follow by a layer of sliced onion. Repeat until potatoes are finished or dish is $\frac{3}{4}$ full (or less). Make sure to end with potatoes.





Potato Bake à la Tammy cont.

NOTES

- * If you want to make it extra special, sprinkle some grated vegan cheese over the dish before baking.
- * If you're avoiding oil you can omit it from the recipe & add a bit more plant milk if necessary
- * Make half the recipe for a small portion to serve 1-2.
- * You could use this sauce over pasta too.

4. Sprinkle dried thyme on top of last potato layer. Pour the sauce on top. Lightly sprinkle smoked paprika on top of sauce.

5. Bake in the oven covered with foil for roughly 15 mins on 180°C. Take foil off & bake another 15 mins roughly or until sauce appears nice & thick.

OPTIONAL: grill for a few more minutes to create browning (watch carefully to avoid burning)







Creamy Mushroom Pie

8 PIES

PASTRY:

- 3 c whole wheat flour
- $\frac{2}{3}$ c olive oil
- 1 c water
- Salt

FILLING:

- 1 c cashews, soaked overnight
- 250g mushrooms, chopped
- 1 onion, chopped
- 1 tbsp fresh thyme leaves (or sub $\frac{1}{2}$ tbsp dry thyme)
- 2-3 tbsp lemon juice
- Water for consistency

1. Make pastry & set aside. Mix all pastry ingredients together in a bowl until a dough is formed, knead for a short time & place back into the bowl & cover with a cloth

2. Sauté onions & mushrooms in lemon juice until soft. Add thyme & sauté for an extra minute

3. Drain cashews. Add half the sautéed mixture to a blender with the cashews & blend until smooth (add water if necessary to create a creamy consistency)

4. Add blended mixture back to the pot or pan with the sautéed mixture & cook on low for a minute or 2 for flavours to mix. Remove from heat & set aside






Creamy Mushroom Pie cont.

5. Divide the pastry into 16 equal balls. Roll each ball out with a rolling pin to fit the size of a disposable metal pie dish. Place 1 layer of pastry into each pie dish
6. Once filling is cool, spoon it into pie dishes lined with pastry
7. Cover the pies with remaining rolled out pastry, seal edges by pressing a fork into the pastry
8. Bake in oven at 200°C until golden brown & pastry is cooked both top & bottom
9. Serve & enjoy!

NOTES

* Can be frozen before being cooked. To cook from frozen, place in oven at 120°C until it thaws, increase heat to 200°C & cook until golden brown (otherwise just let it thaw out naturally before cooking at 200°C)







Pizza From Scratch

MAKES 2 CRISPY CRUST PIZZAS

PIZZA DOUGH:

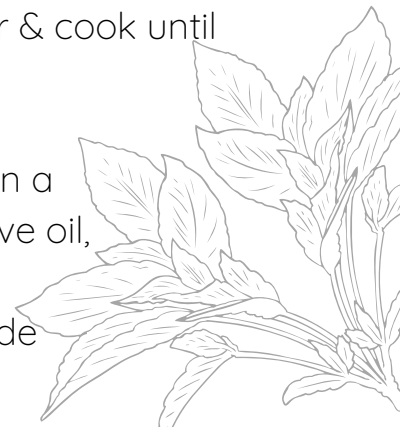
- 200g stone ground white flour
- $\frac{1}{8}$ tsp salt
- 125ml water
- 1 $\frac{1}{4}$ tsp yeast
- Dash liquid sweetener*

TOPPINGS:

(To be divided for 2 pizzas)

- 3 tbsp sun dried tomato pesto mixed with 4 tbsp
- tomato sauce
- 1 onion, sliced
- Olive oil
- 1 tsp liquid sweetener*
- 250g mushrooms, sliced
- 2 tomatoes, sliced
- Avo
- Rocket

1. Mix water, yeast, sweetener in a glass & set aside until dissolved
2. Stir salt into flour & mix
3. Slowly pour yeast water into flour (while stirring) until a dough ball is formed
4. Knead for 10 min (dust surface with extra flour if dough is sticky)
5. Cover & set aside for 1 hour
6. Once dough has settled for almost an hour. Preheat oven to 230°C
7. Caramelize sliced onions by sautéing in olive oil on low to medium heat until golden brown, add liquid sweetener & cook until sticky. Set aside
8. Place sliced mushrooms in a container, add a dash of olive oil, close container & shake to coat them in the oil. Set aside





Pizza From Scratch cont.

CHEESE SAUCE:

- $\frac{3}{4}$ c soya milk
- 2 tbsp tapioca flour
- 3 tbsp nutritional yeast
- $\frac{1}{2}$ tsp salt
- $\frac{1}{4}$ tsp onion powder
- $\frac{1}{4}$ tsp garlic powder
- $\frac{1}{2}$ tsp turmeric powder
- $\frac{1}{8}$ tsp smoked paprika


*Liquid sweeteners: maple syrup, honey etc.

9. Place your oven tray into the oven to get heated while you make the base. Divide dough ball into 2. Flour your work surface & roll the dough into a thin pizza base. Ensuring the middle is thinner than the outer edges

10. Remove the oven tray, pour some olive oil into the hot tray (enough to coat the entire tray). Place your base onto the tray. Par bake @ 230°C for 5 min

11. Mix all cheese sauce ingredients together in a glass using a fork. Pour into a small pot & cook on low to medium heat until it starts to thicken. Remove from heat & stir until it becomes as smooth as possible. Set aside

12. Remove the tray with the base from the oven. Add your sun dried tomato base, caramelized onions, mushrooms, tomato & blobs of cheese sauce





Pizza From Scratch cont.

13. Place back into the oven. Bake @ 230°C for 12 min

14. Remove from oven, check underneath the base to ensure it has cooked properly.

15. Serve with fresh avo & rocket & enjoy!







Nachos

SERVES 2-3

- 1 bag corn chips 250g
- Tomatoes, chopped
- Cucumber, chopped

MASHED BEANS

- 1 can red kidney beans, drained
- ½ tsp onion powder
- ½ tsp garlic powder
- ½ tsp cumin
- ½ teaspoon dried green herb of choice
- 1 tbsp lemon juice
- Salt to taste
- Cayenne pepper to taste (optional)

GUACAMOLE

- Avos, mashed
- Garlic powder to taste
- Lemon juice to taste
- Salt to taste

1. Add all the cheese sauce ingredients into a blender & blend until a smooth sauce is formed (add more water if necessary). Set aside

2. Mash the drained kidney beans & add the rest of the bean ingredients, mix well. Set aside

3. Make as much guacamole as you would like to serve with your nachos by mixing all the ingredients together.

4. Start layering your nachos on a plate. This is the order I usually use: first lay corn chips on a plate, add blobs of mashed beans, add blobs of guacamole, add as much tomato & cucumber as you like, top off with "cheese" sauce

5. Serve immediately & enjoy!






Nachos cont.

CHEESE SAUCE

- 1 medium to large potato, steamed
- 1 ½ carrots, steamed
- 1 c water
- ¼ olive oil
- ½ tsp garlic powder
- ½ tsp onion powder
- 1 tsp salt
- ¼ - ½ c nutritional yeast
- 1-3 tbsp lemon juice

NOTES

- * To simplify this recipe you don't need to mash the beans you can just use them whole from the can
 - * To simplify this recipe omit the guacamole & use fresh avo
 - * Guacamole can be frozen
- 





Wild Blueberry Mushies

- 300g (4 large) mushrooms
- 3 tbsp coconut oil plus extra
- Mixed herbs, dried
- Coriander, ground
- Onion powder
- Salt
- Wild blueberry jam (no added sugar)

NOTES

* Any flavour of jam (no added sugar) can be used if you prefer not to use wild blueberry

1. Using a basting brush, brush coconut oil all over your mushrooms. Heat 3 tbsp coconut oil in a non-stick pan on medium-low heat
2. Place your mushrooms face down in the pan & cover. Cook until tender. Add more coconut oil if needed, the pan must not be dry
3. Flip the mushrooms over, add mixed herbs, coriander, onion powder & salt to your preference. A sprinkle of each should suffice
4. Spoon the jam into the mushrooms, filling the back of them. Cover & cook until mushrooms soften
5. Remove from pan & dish onto prepared mashed potatoes
6. Serve & enjoy!







Stuffed Butternut

- 1 medium butternut
- Olive oil
- ¼ c quinoa, dry
- ½ c veg stock
- ⅓ c cranberries, dried
- ½ lemon, juice of
- ⅛ c nutritional yeast
- ½ tbsp liquid sweetener
- ½ tsp smoked paprika
- Cayenne pepper
- Spring onion
- Cashews, roasted (optional)
- Salt

1. Preheat oven to 200°C

2. Wash your butternut & cut it down the middle lengthwise. Scoop out the seeds & then rub oil on both halves, on both sides. Sprinkle some salt on the halves & then roast at 200°C until it is soft & slightly golden brown

3. While your butternut is roasting, cook your quinoa with veg stock

4. Once your quinoa is cooked, place it in a bowl & add cranberries, lemon juice, nutritional yeast, liquid sweetener, paprika, dash of cayenne pepper & some salt. Mix it well & adjust if necessary





Stuffed Butternut cont.

5. Once butternut is done, remove from the oven & carefully scoop out some of the butternut flesh & add it to the quinoa mixture. Spoon the mixture into the hollowed out butternut
6. Place the stuffed butternut back into the oven at 160° c & bake for another 10 minutes or so
7. Remove from the oven, top with chopped spring onion & cashew nuts
8. Serve & enjoy!







Red Lentil Patties

- 1 ½ c red lentils, dry
- ½ onion, chopped
- 2 garlic cloves, chopped
- 1 tbsp flax meal
- 1 ½ tsp salt
- ½ tsp psyllium powder
- 1 tsp mixed herbs
- ½ tsp onion powder
- ¼ tsp garlic powder
- ¼ tsp coriander, ground
- ¼ tsp smoked paprika
- Olive oil



1. Place dry red lentils in a bowl & cover with water. Allow to soak for 2 hours. Drain & rinse the red lentils

2. Add all the above ingredients except oil into a food processor with an S Blade & pulse, scraping down sides, until you're left with a crumbly mixture (not too smooth, not too clumpy). You could possibly get away with using a blender just don't make it too smooth

3. Heat 2 tablespoons of olive oil in a non-stick pan on medium heat, use a spoon to place blobs into the pan & smooth it out with the back of the spoon or a spatula. Form patties or little nugget shapes

4. Cook until one side is slightly brown & you're able to flip it over easily, cook the other side

5. Serve & enjoy!







Oat Burger Patties

MAKES 4 PATTIES

- 1 c oats
- ¼ c plant milk
- 3 tbsp canned baked beans (mashed with a fork)
- 1 tbsp olive oil
- ½ tsp salt
- 1 tsp oregano
- 1 tsp thyme
- 1 tsp basil
- 1 tsp smoked paprika (optional)
- 1 tsp ground coriander (optional)
- 1 tsp onion powder
- ½ tsp garlic powder
- Oil for cooking

1. Place oats in a bowl, add milk & mix

2. Add oil & mix

3. Add mashed baked beans & mix

4. Add all herbs, spices & salt & mix

5. Heat some olive oil in a pan on medium heat. Form into balls & press flat into the pan with a spatula & cook until cooked & golden brown

NOTES

* Can be frozen separately & reheated in pan when needed







Hot Carrot Dogs

MAKES 4

- 4 medium to large carrots
- $\frac{3}{4}$ c water
- $\frac{1}{4}$ c soya sauce OR liquid aminos
- 2 tbsp apple cider vinegar
- 2 tsp olive oil
- 2 tsp liquid smoke (optional)
- 2 tsp liquid sweetener*
- 1 tsp smoked paprika
- 1 tsp onion powder
- 1 tsp garlic powder
- $\frac{1}{2}$ tsp ground coriander

*Liquid sweeteners: maple syrup, honey etc.

1. Peel the carrots & cut them to the length of a hot dog bun (you are welcome to use the peeler to shape the carrot into a sausage shape by rounding the ends)
2. Steam or boil the carrots until they are as soft as a hot dog Vienna would be but not too soft that it breaks apart (test by inserting a fork - it should insert quite easily into the carrot but not break the carrot in half)
3. Mix all the other ingredients in a container that is just big enough to hold the 4 carrots (I used a 2L ice cream container). This will be the marinade
4. Place the carrots in the marinade & seal it. Store it in the fridge overnight
5. Heat a non-stick pan on medium-low heat. Remove the marinating carrots from the fridge





Hot Carrot Dogs cont.

6. Place the carrots in the pan with a reasonable amount of the marinade. Cook the carrots until the sauce starts to get thick & stick to the carrots. Keep rolling the carrots around to absorb all the marinade, be careful not to burn them

7. Serve on a hot dog bun with your favourite condiments & enjoy!

NOTES

* Liquid smoke is not mandatory but it does add a very smoky, meaty flavour

* If you have leftover marinade, use it in another dish - it tastes great if used to sauté cabbage



SIDES




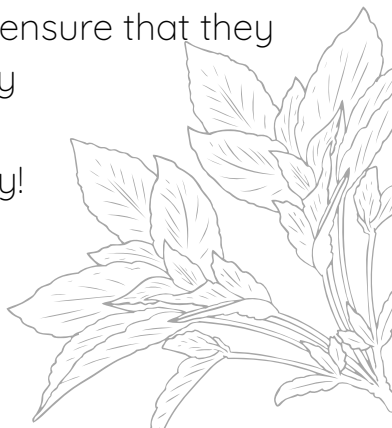




Seasoned Oven Chips

SERVES 1

- 300g potatoes
- 1 tsp olive oil
- 1 tsp mixed herbs
- ¼ tsp garlic powder
- ¼ tsp onion powder
- ½ tsp smoked paprika
- ¼ tsp herbal OR Himalayan salt

- 
1. Heat oven to 180°C & cut potatoes into narrow finger sized pieces (try to cut them all evenly sized)
 2. Add potatoes & all other ingredients to a large bowl & mix thoroughly so that the paprika & olive oil combine to add a red tinge to the potatoes
 3. Lay the potato fingers on a baking tray in a single layer
 4. Bake for 10 minutes. Remove from oven, flip them over individually & bake for another 10 to 15 minutes (timing may differ depending on individual ovens so keep an eye on it)
 5. Remove from the oven & ensure that they are cooked through properly
 6. Serve immediately & enjoy!
- 





Potato Salad

SERVES 1-2

- 4 potatoes, small to medium sized
- 3 tbsp vegan mayo
- Spring onion
- Salt to taste

1. Peel, chop & boil potatoes in salt water until soft enough to be penetrated by a fork but not too soft that it crumbles when you handle it. I cut my potatoes into eighths or smaller. Size will depend on how you prefer it & size of your potatoes

2. After draining the potatoes allow them to cool fully. Take a small handful of blocks & mash them in a bowl. Add the rest of the potatoes, mayo & spring onion. Add salt if needed & mix well. Refrigerate until ready to serve.

3. Serve & enjoy!

NOTES

* You can experiment by adding other flavours such as smoked paprika, chopped onion etc.







Easy Raw Butternut Salad

SERVES 2-3

- 400g butternut, raw & grated
- 1 small queen pineapple, chopped
- Squeeze of 100% pineapple juice (optional)

1. Once you've chopped & grated, add everything to a bowl & mix. You can chill the salad in the refrigerator until you are ready to serve it

2. Serve & enjoy!

NOTES

- * The pineapple juice is an optional extra if you want a juicier salad
- * Experiment by adding raw, grated carrots as well







Creamed Spinach

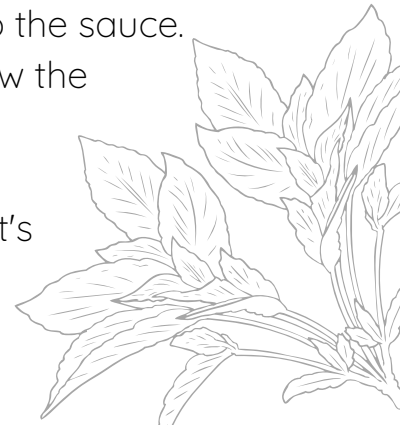
SERVES 2-3

- Flour for white sauce
- Coconut oil for white sauce
- 5-6 cups spinach (+- 12 medium leaves), chopped
- 400ml coconut milk
- 2 tbsp nutritional yeast
- Salt to taste

NOTES

* You can include or exclude spinach stems (I usually include some stems)

1. Start your roux (white sauce) in a pot as you normally would using coconut oil & flour (1 -2 tbsp of each)
2. Once you have the roux, slowly add the coconut milk bit by bit & stir regularly (adding more coconut milk when the sauce thickens, do this until you have used all the coconut milk & you have a nice white sauce)
3. If you have trouble getting your sauce to thicken, add 1 tsp tapioca or corn starch to 2 tbsp water & add it to the sauce
4. Once you have a nice thick sauce, add salt & nutritional yeast & mix well
5. Turn the heat down to low & add all your chopped spinach, mix it into the sauce. Place a lid on the pot & allow the spinach to cook & wilt
6. Once spinach is cooked, it's ready to serve & enjoy!







No-Fish Cakes

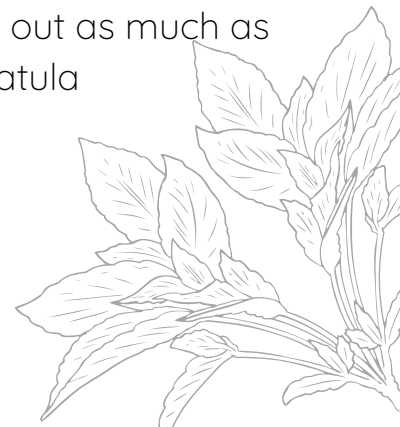
- 2 c water
- 1 c chickpea flour
- 1 tsp salt
- 2-3 tbsp spring onion, finely chopped
- 3 nori seaweed sheets, finely chopped OR cut with scissors

1. Prepare a glass oven dish with cooking spray or oil (I used a 25x16cm dish). Bring 1 cup water to a boil in a medium pot while you prepare the batter

2. In a bowl whisk chickpea flour & salt with 1 cup of water to create a smooth batter (a few small lumps are fine)

3. Once the water in the pot is boiling, turn the heat down to low & add in chopped nori & spring onion. Then quickly whisk in your batter

4. Whisk continuously until the mixture becomes very thick & hard to whisk. It must almost look dry but not burnt. Remove from the heat & pour into your prepared oven dish immediately. Smooth it out as much as possible with a spoon or spatula





No-Fish Cakes cont.

5. Allow to cool completely at room temperature, then slice into desired size blocks

6. Heat some olive oil in a pan on medium & cook your blocks until golden brown on each side

7. Serve with lemon juice & vegan mayo & enjoy!

NOTES

* You can place nori sheets in a bullet blender to chop it up quickly









Roasted Chickpeas

- 1 can OR 1 ½ c chickpeas
- 2-3 tsp olive oil
- ½ tsp smoked paprika
- ½ tsp onion powder
- 1-2 tsp nutritional yeast
- Salt

- 
1. Preheat oven to 180°C
 2. Drain & rinse chickpeas
 3. Place chickpeas on a baking sheet & bake at 180°C until dry (roughly 10 min)
 4. Remove from oven & add chickpeas to a bowl & add all other ingredients, mix well
 5. Place back on baking sheet & bake for another 10 min or until crispy
 6. Serve & enjoy!
- 





Sweet Spinach Side Dish

SERVES 1

- 1 tbsp olive oil
- 1 clove garlic, chopped
- 4 c spinach, chopped
- $\frac{1}{4}$ c raisins, chopped
- $\frac{1}{3}$ c cashews, chopped
& roasted
- Salt to taste

1. Sauté chopped garlic in olive oil on low temp for a minute
2. Add chopped raisins & sauté another minute
3. Add spinach & cook on low until it wilts, stirring regularly
4. Add oven roasted cashews & mix
5. Add salt to taste, serve immediately & enjoy!

NOTES

- * You're welcome to leave the raisins whole or add more
- * Roast cashews beforehand in the oven until they are golden brown







Quinoa & Nut Salad

- ½ c dry quinoa, pre-cooked
- 1-2 tbsp lemon juice
- 2 tsp olive oil
- ¼ c cranberries, dried
- ½ c cashews, oven roasted
- ½ c pecans, oven roasted
- 30g coriander, chopped
- 2 long stems spring onion, chopped
- 2 tsp poppy seeds
- Salt to taste

1. Add all ingredients into a bowl & mix well

2. Serve & enjoy!

NOTES

* To roast nuts, lay them flat on a baking tray & dry roast in oven at 160-180°C until golden brown







Sausage Rolls

- 2 tbsp oil
- 1 onion, chopped
- 2 garlic cloves, chopped
- 2 cans whole tomatoes
- 70g tomato paste
- 2 tsp herbs of choice (mixed Italian works well)
- 1 tbsp liquid sweetener* (optional)
- ½ tsp salt or more

1. Place everything in a food processor or blender & blend until smooth (should not be runny). It is a thick texture so you may need to stop processing & scrape the sides down as you go
2. Unroll the pastry but do not roll out with a rolling pin or your sausage roll pastry will be too thin
3. Lay the pastry with short side facing you. Make 3 evenly spaced horizontal cuts to cut the pastry equally into 4 parts
4. Divide blended mixture into 4 equal parts, spoon into the 4 pastry pieces & smooth out using the back of a wet spoon. Make sure the mixture is laid in the middle (horizontally) of the pastry





Sausage Rolls cont.

5. Fold the pastry over with the 2 edges meeting over the blended sausage mixture. Seal the edges by pressing a fork into the pastry
6. Cut into any size you prefer. I prefer to cut each roll into 8 small bite size pieces
7. Brush with oil & bake at 200°C until golden brown
8. Remove from the oven, serve & enjoy!

NOTES

- * You can stick sesame seeds to the oil on top of each roll
- * You can freeze uncooked sausage rolls but wrap them individually with cling wrap first



SPREADS







Carob Bread Spread

- ¼ c nut butter
- 1 tbsp liquid sweetener*
- 1 tbsp carob

*Liquid sweeteners: maple syrup, honey etc.

1. Add nut butter of choice to a bowl & add liquid sweetener of choice to it. Stir until it is incorporated

2. Add carob powder & mix well

3. Serve & enjoy on bread, waffles, pancakes etc. Or store in the fridge in an airtight container

NOTES

- * Sweetener can be adjusted to preference
- * If the consistency is too thick for your liking you can add a smidge of neutral tasting oil to thin it out slightly (not coconut oil as it will solidify)








Chickpea Cheese

- 1 c chickpeas, cooked OR canned
- 1 c butternut OR carrots, chopped & cooked
- $\frac{3}{4}$ c water
- $\frac{1}{4}$ c nutritional yeast
- $\frac{1}{4}$ c olive oil
- Juice of $\frac{1}{2}$ lemon
- 1 $\frac{1}{2}$ tbsp tapioca starch
- 1 tsp salt
- 1 tsp onion powder
- $\frac{1}{2}$ tsp garlic powder
- $\frac{1}{2}$ tsp smoked paprika (optional)
- $\frac{1}{4}$ tsp turmeric powder (optional)

- 
1. Place everything into a blender & blend until smooth
 2. Transfer into a non-stick pan & cook on low stirring continuously to avoid burning. Cook until it becomes stretchy
 3. Place blobs on top of pizza/pasta etc. Bake in the oven until slightly brown (can also be used on toasted sandwiches)
 4. Serve & enjoy!







Sun Dried Tomato Pesto

YIELDS ROUGHLY 500ML

- 2 c soft sun dried tomatoes (soak if hard)
- 1 c sunflower seeds
- 1 c olive oil
- 4-6 tbsp nutritional yeast
- ¼ tsp garlic powder
- 2 tbsp lemon juice
- ¼ c water (more if needed)
- Salt to taste

1. Blend all the ingredients to desired consistency (add water if necessary & scrape down sides if necessary)

2. Serve & enjoy!

NOTES

* Freezer friendly







Freezer Friendly Coriander Pesto

- 1 bunch OR 100g of coriander
- 4 garlic cloves
- 1 c sunflower seeds
- 1 c oil (I used olive oil, see notes below)
- 5 tbsp lemon juice (adjust as desired)
- 6 tbsp nutritional yeast
- 1 ½ tbsp salt (adjust as desired)

1. Place in a blender & blend until you reach desired consistency

2. Separate into 6 portions (roughly 100g each) & store in the freezer

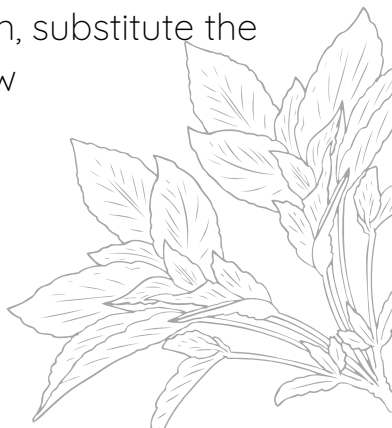
3. Defrost when ready to use & enjoy!

NOTES

* To use less oil, substitute with this ratio: ½ c olive oil & ¼ c water. Add more water little by little until you reach the desired consistency. The pesto may have a slightly different texture, taste & consistency

* This recipe can be halved or quartered but I make it in big batches to save time & money as I use the entire coriander bunch at once

* For a more luxurious option, substitute the sunflower seeds with cashew nuts





CONDIMENTS








"Cheesy" Sprinkles

- ½ c sesame seeds, lightly toasted
- ¼ tsp salt
- 2 tbsp nutritional yeast
- 1 tbsp chicken stock powder (or any flavour)
- 1 tsp onion powder
- ½ tsp garlic powder

1. Allow sesame seeds to cool after toasting
2. Place all the ingredients in a coffee grinder & grind
3. Serve on pastas, pizzas, popcorn, or anything really. Enjoy!

NOTES

- * Store in an airtight container in the fridge
 - * Raw sesame seeds can also be used (flavour might be altered slightly)
- 





Jam Dressing

- ¼ c olive oil
- ⅛ c lemon juice
- 1 tsp sugar free jam
- Dash of mustard powder
- Dash of garlic powder

1. Mix all ingredients together & stir well to combine

2. Serve over salad or anything you'd like & enjoy!

NOTES

* Different flavours of jams will create different effects, so experiment








Quick Easy Gravy

- 1 tsp stock powder
- 4 tsp flour
- $\frac{1}{3}$ tsp garlic powder
- $\frac{1}{3}$ tsp onion powder
- $\frac{1}{8}$ tsp salt
- 1 cup water

- 
1. Place all ingredients except water into a small pot
 2. Mix the dry ingredients with a fork
 3. Add water & cook on medium heat until it starts to thicken. If it gets too thick, just add a bit more water
 4. Serve as desired & enjoy!





DESSERT





Trail Mix Snack

- 1 c coconut flakes (not desiccated) - toasted
- 1 c sunflower seeds - toasted
- ½ c cashews - toasted (unsalted)
- ¼ c raisins
- ¼ c cranberries
- Dash salt (optional)

1. Mix everything together & enjoy!

NOTES

* You do not need to toast any of the seeds or nuts if you prefer a raw trail mix

* I toasted my coconut in a pan (1 flat layer) on low to medium heat, stirring constantly

* I toasted my sunflower seeds in a pan (1 flat layer) on low to medium heat, stirring constantly

* You can toast the nuts in an oven or air fryer at about 150-160°C, keep checking & stirring to avoid burning them

* You can substitute the cranberries with raisins if you prefer







Snack Balls or Bars

- 1 c raisins
- ½ c dates
- ½ c dried cranberries
- ¼ c sesame seeds
- ¼ c desiccated coconut
- ½ c oats
- ½ c sunflower seeds
- ½ c pumpkin seeds

1. Place all ingredients into a food processor & process using S blade until everything is chopped up fine & incorporated well (texture will be gritty & sticky)

2. Press firmly into an appropriately sized container lined with cling wrap & freeze for 15-30 min & cut into bars OR roll into balls & roll the balls in desiccated coconut

3. Serve & enjoy! Store in airtight container in the fridge







Oat Balls

- 1 c dates
- $\frac{1}{4}$ c reserved date water
- 1 c oats
- 1 c desiccated coconut + extra

1. Cover the dates with boiling water & soak for 5-10 minutes
2. Blend oats to make a flour
3. Drain dates & reserve $\frac{1}{4}$ c of the water
4. Add dates, oat flour & coconut into a food processor (or blender) & process (add some date water if needed), you want a slightly sticky consistency
5. Test the mixture by squeezing some in your hands, if it sticks together then it's ready to roll into balls. Form balls with the mixture & roll the balls in some desiccated coconut. Store in an airtight container in the fridge
6. Serve & enjoy!








"Cookie" Dough Dessert

- 1 can chickpeas
- ½ c smooth peanut butter
- 2-3 tbsp liquid sweetener of choice*
- 1 tsp vanilla extract
- 1 tsp psyllium powder or 1 tbsp ground chia/flax seeds
- ⅓ c roasted nuts of choice, chopped (optional)

*Liquid sweeteners: maple syrup, honey etc.

- 
1. Place all ingredients except roasted nuts into a food processor & process until smooth
 2. Add to a bowl, mix in nuts
 3. Serve immediately or chilled & enjoy!







Carob Muffins

- 3 ripe bananas, mashed
- ½ c liquid sweetener*
- 3 tbsp olive oil
- 1 ½ c sieved whole-wheat flour
OR unbleached white flour
- ¼ c carob powder
- 1 ½ tsp bicarb
- ¼ tsp salt
- ⅓ c carob chips (optional - I didn't include them) OR ⅓ c chopped nuts (optional - I didn't include them)

*Liquid sweeteners: maple syrup, honey etc.

1. Mix all wet ingredients
2. Mix all dry ingredients
3. Mix wet & dry together
4. Place in muffin cups (I find silicone works best but you can just grease a normal muffin pan too)
5. Bake at 180°C for 20-25 minutes depending on your oven
6. Remove from oven & allow to cool (Use a sosatie stick or cake tester stick to check if it's cooked inside before removing from the oven)
7. Serve & enjoy!







Banana Muffins

- 3 ripe bananas, mashed
- $\frac{1}{3}$ - $\frac{1}{2}$ c liquid sweetener*
- 3 tbsp olive oil
- 1 $\frac{1}{2}$ c whole-wheat flour
- 1 $\frac{1}{2}$ tsp bicarb
- $\frac{1}{4}$ tsp salt
- $\frac{1}{2}$ c shredded coconut
- $\frac{1}{4}$ - $\frac{1}{3}$ c sunflower seeds

*Liquid sweeteners: maple syrup, honey etc.

1. Mix all wet ingredients
2. Mix all dry ingredients
3. Mix wet & dry together
4. Place in muffin cups (I find silicone works best but you can just grease a normal muffin pan too)
5. Bake at 180°C for 20-25 minutes depending on your oven
6. Remove from oven & allow to cool (Use a sositie stick or cake tester stick to check if it's cooked inside before removing from the oven)
7. Serve & enjoy!








Sugar Free Cupcakes/Cake

- 1 ½ c stone ground white or whole wheat flour
- 1 tsp bicarb
- ½ tsp salt
- 3 tbsp carob powder
- ⅓ c liquid sweetener*
- 200ml water
- ⅓ c coconut oil, melted
- 3 tbsp olive oil
- 1 tsp vanilla extract
- 1 tsp apple cider vinegar

ICING:

- ¼ c coconut oil
- ¼ c peanut butter
- ¼ c liquid sweetener*
- 4 tsp carob powder (can omit for a mock caramel icing)

*Liquid sweeteners: maple syrup, honey etc.



1. Preheat oven to 180°C, prep relevant dish with oil or cooking spray (this is a small cake or 12 cupcakes, you can use a small Pyrex dish for cake & silicone muffin tray for cupcakes)

2. Place all dry ingredients into a mixing bowl & mix

3. Make a hole in the dry ingredients & pour in oil, vanilla, liquid sweetener, apple cider vinegar & water (in that order) & mix

4. Place in relevant dish & bake for 20 min in the oven at 180°C for cake & roughly 15 min for cupcakes (always check to see if it's cooked properly as ovens may vary)





Sugar Free Cupcakes/Cake cont.

5. Once the cupcakes/cake is done, remove it from the oven & allow it to cool (do not try to remove this cake from the Pyrex dish but you can remove cupcakes)
6. Place all icing ingredients in a small pot on low heat & stir until everything has melted & is well incorporated. Leave it to stand & cool for a bit so that it can solidify slightly
7. Ice your cake/cupcakes (this is enough for a thin layer of icing)
8. Serve & enjoy!








Sugar Free Lamingtons

- $\frac{1}{3}$ c coconut oil, melted
- $\frac{1}{3}$ c liquid sweetener*
- 1 tsp vanilla extract
- Pinch salt
- 135ml plant milk
- 1 c + 1 tbsp stone ground white flour
- $\frac{1}{2}$ tsp cream of tartar, slightly heaped
- $\frac{1}{4}$ tsp corn starch, slightly heaped
- $\frac{1}{4}$ tsp bicarb, slightly heaped
- Desiccated coconut for rolling

DIPPING SAUCE:

- 2 tbsp liquid sweetener*
- $\frac{1}{3}$ c carob powder
- 1 tbsp coconut oil
- $\frac{1}{4}$ c boiling water
- $\frac{1}{4}$ c plant milk

*Liquid sweeteners: maple syrup, honey etc.

1. Preheat oven to 160°C. Line a bread tin with baking paper
 2. Place flour, salt, cream of tartar, corn starch, bicarb in a large mixing bowl & whisk to combine
 3. Mix coconut oil, liquid sweetener, vanilla & plant milk in a separate bowl. Add it slowly to the dry mix & whisk to incorporate
 4. Pour mixture into baking tin & place in the oven to cook slowly until it's lightly golden & cooked all the way through (just keep checking on it & test with a cake tester stick or sosatie stick)
 5. Once cooked, remove from oven & allow to stand for 5-10 minutes & then remove from the tin. Allow to cool thoroughly
- 



Sugar Free Lamingtons cont.

6. Carefully cut the cake into desired size blocks, place the blocks in the fridge while you prepare the dipping sauce

7. Place all the sauce ingredients in a bowl & mix well. Carefully take the cake blocks & dip them in the sauce & then roll them in coconut. There may be extra sauce at the end, so try double dipping some for extra saucy lamingtons

8. Serve & enjoy!

NOTES

- * These lamingtons are quite dense
- * Cook the cake on low heat to avoid a thick crust forming which will hinder the absorption of the dipping sauce








Sugar Free Carrot Cake

- 2 c stone ground white flour
- 1 tsp bicarb
- ½ tsp corn starch
- 1 tsp cream of tartar
- 1 tsp cinnamon (optional)
- ½ c coconut, desiccated
- ½ c pecans, chopped (optional)
- ½ c raisins
- ¾ c oil
- ⅓ c liquid sweetener*
- 3 c carrots, grated
- ½ c orange juice

GLAZE:

- ⅓ c liquid sweetener*
- 2 tsp lemon juice
- 1 tbsp corn starch

*Liquid sweeteners: maple syrup, honey etc.

1. Preheat oven to 180° C, prep a cake dish or muffin trays
 2. Mix bicarb, corn starch, cream of tartar & cinnamon together with a fork in a bowl
 3. Add flour to a large mixing bowl, add the above bicarb mixture & coconut & mix together
 4. Add pecans & raisins & mix together
 5. Add oil, liquid sweetener & carrots to the bowl & mix together
 6. Add orange juice & mix well
 7. Place batter into relevant cake dish & press down firmly with a spatula to make sure it's evenly distributed
- 



Sugar Free Carrot Cake cont.

8. Bake in the oven at 180°C for 45 minutes or until golden brown (test with a cake tester/kebab stick - it must come out clean)

9. Allow to cool before removing from the cake dish

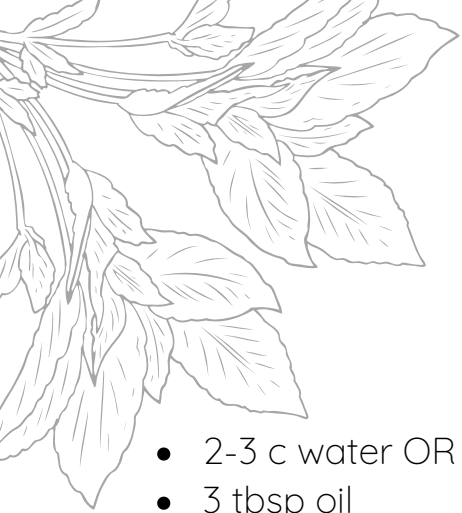
10. To make the glaze, add the ingredients to a small pot on low heat. Stir until everything is well incorporated & cook for another minute or two while stirring. Remove it from the heat & allow it to cool slightly so that it can thicken a bit more

11. Once the cake is cool & you're ready to serve, stir your glaze again & then drizzle it over the cake

12. Serve & enjoy!







Soft Pancakes

- 2-3 c water OR plant milk
- 3 tbsp oil
- 2 ½ c sieved whole-wheat flour
- Pinch salt

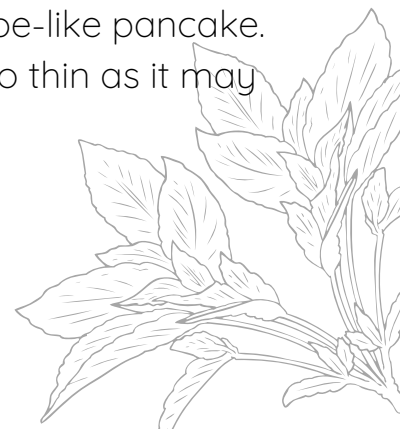
EGG REPLACER:

- 3 tbsp tapioca starch OR 5 tbsp corn starch
- ½ c water

1. Mix egg replacer in a tall glass using a fork
2. Add egg replacer & all other ingredients except water into a mixing bowl
3. Add 2 cups water & mix. Check consistency & add more water as necessary
4. Heat a non-stick pan on medium heat
5. Cook as you normally would.

NOTES

- * White, unbleached flour can be used instead
- * You can add or subtract water depending on the desired thickness of your pancake. I prefer a thin crepe-like pancake. Be careful not to make it too thin as it may be difficult to flip







Quickest Crumpets

- 1 ripe banana
- 1 c plant milk
- 1 c oats

TOPPING IDEAS

- Nut butter
- Liquid sweetener
- Whipped coconut cream
- Shredded coconut
- Crushed nuts
- Sliced fruit
- Carob sauce

1. Place all the above ingredients into a blender & blend well

2. Cook as you normal would. Medium heat. Non-stick pan. Wait for crumpet to lose its sheen before flipping

3. Serve & enjoy!

NOTES

* This recipe serves 2, double up for a bigger family.

* Next time add more or less milk if the consistency wasn't right







Easy Waffles

- 1 banana,
- mashed
- 1 tsp olive oil
- 1 c water
- 2 tbsp coconut, desiccated
- ¼ c oats
- 1 c brown bread flour
- Pinch of salt

1. Mash a banana in a large bowl & add olive oil & water & mix
2. Add coconut, oats, flour & salt & mix thoroughly
3. Allow to thicken slightly as you heat up your waffle pan
4. Spray non-stick spray onto your waffle pan & cook as normal
5. Serve & enjoy!

NOTES

* The amount of waffles it makes will depend on the size of your waffle iron







Banana Nice Cream

SERVES 1-2

- 6 frozen bananas
- 4-5 tbsp peanut butter
- 1-3 tbsp liquid sweetener*
(optional)
- ½ tbsp carob powder
- 1 tsp vanilla extract (optional)
- Water

*Liquid sweeteners: maple syrup, honey etc.

1. Place all ingredients listed, except water, in a high speed blender & start blending. Add small amounts of water as you go to help it blend. Stop every now & then to scrape down the sides if necessary. Blend until smooth

2. Serve & enjoy!







Creamy Pear Pudding

SERVES 2

- 1/3 c cashews
- 1 tsp vanilla extract
- 1 1/2 c poached pears (3 Rosemarie pears)
- 1 1/2 tbsp liquid sweetener*

*Liquid sweeteners: maple syrup, honey etc.

1. To poach the pears just boil them in water until very soft. Drain the pears but reserve the liquid

2. Blend pears, vanilla, liquid sweetener & cashews until smooth (you can add some of the reserved pear water if you prefer a thinner consistency)

3. You can serve immediately or refrigerate until ready to serve. Enjoy!

NOTES

* Can be used as a dessert by itself or served in the place of yogurt or enjoyed as a fruit dip







Easy Poached Pears

SERVES 2-3

- 3 small pears (I used the Rosemarie variety)
- 1 c water
- $\frac{1}{4}$ to $\frac{1}{3}$ c liquid sweetener*
- 1 tbsp lemon juice
- $\frac{1}{2}$ tsp cinnamon (optional)
- $\frac{1}{2}$ tsp vanilla extract (optional)

*Liquid sweeteners: maple syrup, honey etc.

1. Cut pears in half & remove pips & stems
2. Bring all the other ingredients to a boil in a small or medium sized pot (pot should be big enough to lay the pears in a single layer)
3. Add the pears, simmer for 10-12 minutes or until pears have absorbed some sauce & are soft
4. Serve with the sauce & enjoy!

NOTES

- * Can be served with whipped vegan cream








Easy Thai Banana Pudding

SERVES 2-3

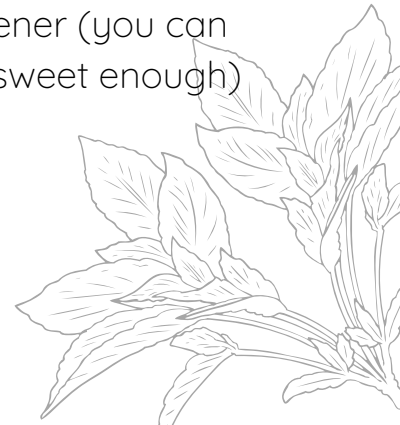
- 4 bananas, small & firm
- 400ml coconut milk
- 2-3 tbsp liquid sweetener*
- ½ tsp vanilla extract (optional)
- Pinch salt

*Liquid sweeteners: maple syrup, honey etc.

- 
1. Slice bananas lengthwise or slice it up, whichever you prefer
 2. Bring coconut milk to a gentle boil in a medium sized pot
 3. Reduce to a simmer & add salt, vanilla & sweetener
 4. Add bananas & simmer until bananas are tender but not falling apart
 5. Serve warm & enjoy!

NOTES

* Using very ripe/soft bananas will result in them disintegrating while cooking. If you choose to use soft bananas cook for a very short time & use less sweetener (you can always add more if it's not sweet enough)







Peanut Butter Sauce

SERVES 1

- 1 tbsp peanut butter
- 3 tbsp water OR plant milk (can be adjusted)
- ½ tsp liquid sweetener* (optional)

*Liquid sweeteners: maple syrup, honey etc.

1. Place peanut butter in a bowl, add 1 tbsp water or plant milk at a time & mix thoroughly. Add water or milk until you get the right consistency. Stir in sweetener if using any

2. Serve as desired & enjoy!

NOTES

* Can be used on waffles, pancakes, crumpets, over a sliced banana etc.

* I used sugar free, salt free peanut butter

* Adjust batch size to your preference









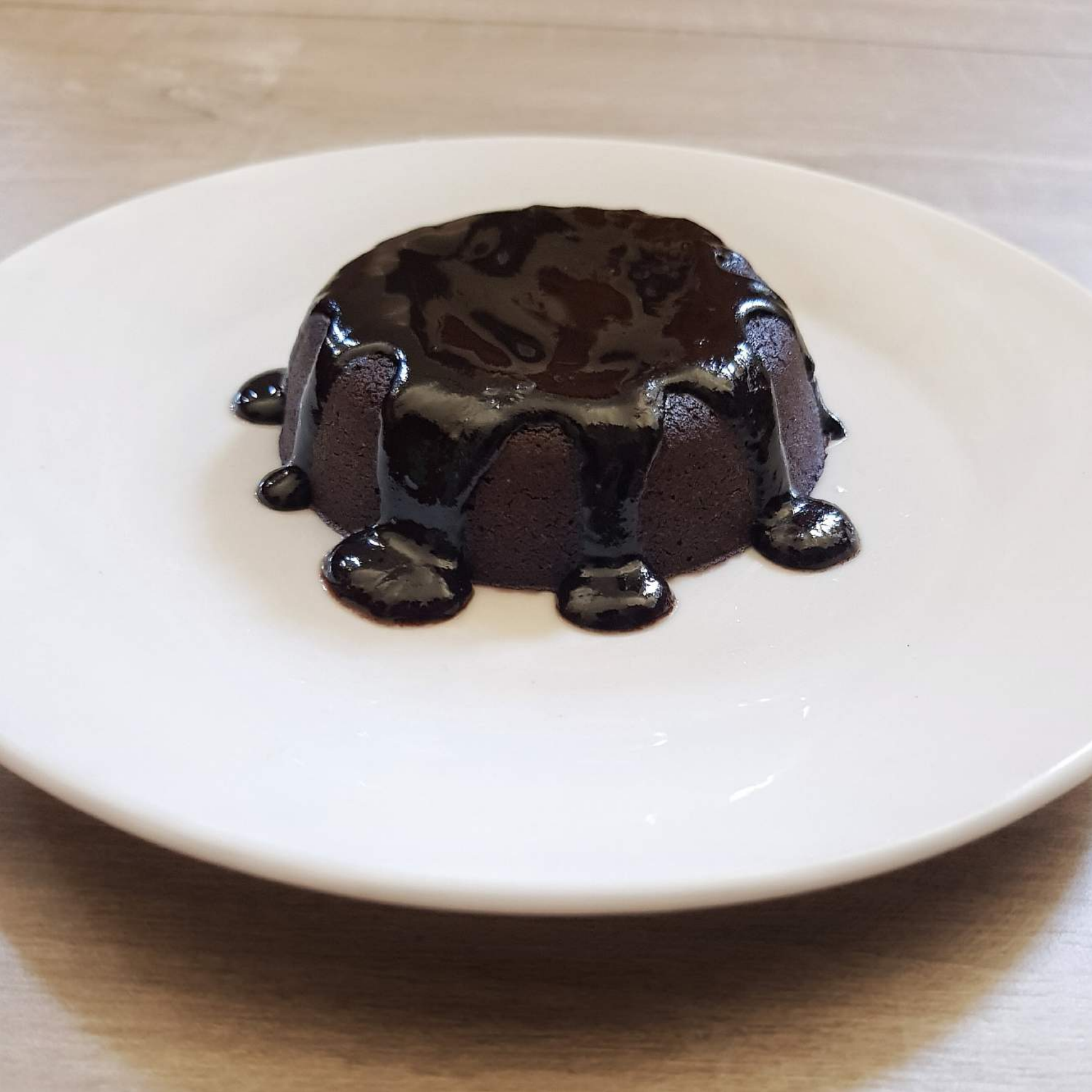
Rice Pudding

SERVES 2

- ½ c white basmati rice
- 8 dates, soaked in hot water for 10 minutes
- 1 tsp vanilla extract
- 1 c coconut milk OR cream
- 1 tbsp corn starch
- 2 tbsp liquid sweetener* (optional)
- Dash cinnamon (optional)
- Roasted almonds

*Liquid sweeteners: maple syrup, honey etc.

- 
1. Cook your rice according to the package instructions
 2. Drain the dates & add it to a blender with coconut milk, vanilla & corn starch. Blend until smooth
 3. Place rice in a medium sized pot & add blended ingredients, cook on medium low stirring continuously until the liquid thickens to desired consistency. Remove from heat
 4. Stir in a sprinkle of cinnamon & liquid sweetener
 5. Serve with chopped roasted almonds & enjoy!
- 





Sticky Buckwheat Pudding



SERVES 1

- 2 tbsp buckwheat flour
- 1 tbsp carob powder
- ½ tbsp coconut oil, soft
- 1 ½ tbsp liquid sweetener*
- 2 tbsp plant milk
- ¼ tsp psyllium powder
- Pinch salt

ICING:

- ½ tsp liquid sweetener*
- ½ tsp carob powder
- ¼ tsp coconut oil, soft

*Liquid sweeteners: maple syrup, honey etc.

- 
1. Preheat oven to 180°C
 2. In a small mixing bowl add all the dry ingredients, & mix well. Then add all the wet ingredients & mix well
 3. Transfer into a greased ramekin dish
 4. Bake for roughly 15 minutes (may vary depending on oven)
 5. Mix all icing ingredients together. Once pudding is done, remove it from the oven & ramekin & spread the icing over while it's still warm
 6. Serve warm or allow to cool & enjoy!
- 





Raw Carob Brownies

- 1 ½ c dates, pitted
- 60g almonds, roasted
- 2 tbsp coconut oil, melted
- ½ c coconut, desiccated
- ¼ c carob powder
- 1 tsp vanilla extract
- 1 ½ tbsp coconut flour
- ⅛ c water
- ⅛ c liquid sweetener*

ICING:

- 3 tbsp carob powder
- ¼ c liquid sweetener*
- 1 tbsp coconut oil, melted
- 1 tsp vanilla extract

*Liquid sweeteners: maple syrup, honey etc.

1. Place all the brownie ingredients into a food processor & process with S-blade until a thick dough starts forming & the mixture starts forming a ball. Stop & scrape down the sides if necessary (it must not stick to your fingers too much, add more water or coconut flour if too dry or too wet)
2. Find an appropriate sized container & lightly grease (I used 2x 1L ice cream containers with cooking oil spray). Firmly press your dough into the container (I separated mine into the 2 containers & used a 3rd 1L container to press it down)
3. Mix all your icing ingredients together in a bowl & then spread it evenly over your brownies





Raw Carob Brownies cont.

4. Place in the fridge or freezer to harden & once it is at desired "hardness", remove it from the freezer & from the container & cut it up into desired portion sizes

5. Serve & enjoy!

NOTES

* You can use cling wrap or wax paper in the container if you're afraid you won't get it out, the plastic container I used is very pliable

* Keep stored in fridge or freezer







Breakfast Pudding


BASE:

- 1 c dates
- ½ c flaxseeds, ground
- 1 tbsp coconut oil
- 1 tbsp water
- ¼ c coconut, desiccated
- ⅜ sunflower seeds
- Pinch salt

ICING:

- 1 c millet (soaked overnight)
- 2 cans coconut milk
- 400ml water
- 3 tbsp lemon juice
- ½ c liquid sweetener*
- 2 tsp vanilla extract
- ⅛ tsp salt

*Liquid sweeteners: maple syrup, honey etc.



1. Process all the base ingredients in a food processor with an S blade. Then press into a lightly greased tart dish & store in the fridge while you prepare the filling

2. To make the filling, place drained millet, coconut milk, water & salt in a large pot. Bring it to boil, then simmer for 30-60min or until it is cooked properly, make sure it doesn't burn & stir regularly

2. Place millet & other ingredients in blender & blend until smooth or use an immersion blender

3. Pour it into the base, refrigerate for a couple hours until it cools & thickens

4. Serve plain or with fruit jam or homemade chia jam

5. Serve & enjoy!





PLANT MILK







Flax Milk

1L

- $\frac{1}{3}$ c flax seeds
- 4 c water
- $\frac{1}{2}$ tsp vanilla (optional)
- Liquid sweetener* (optional)

*Liquid sweeteners: maple syrup, honey etc.

1. Add seeds & water to a blender
2. Blend on high for 1 minute
Let rest for 2 minutes
Blend on high for 1 minute
Let rest for 5 minutes
Blend on high for 30 seconds
3. Remove & strain using nut milk bag or muslin cloth, cheesecloth, new clean pantyhose
4. Add extra water if you prefer a more watery consistency
5. Add vanilla & sweetener to taste if you would like sweeter milk (I added roughly 2-3 tbsp liquid sweetener) & use a stick blender to mix it or in a bottle & shake it up to mix
6. Chill, serve as normal & enjoy!







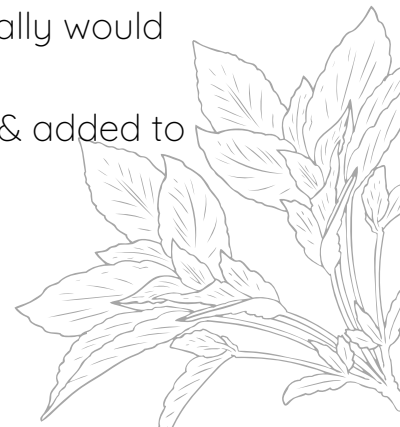
Hemp Milk

- 1 c whole hemp seeds
- 4 c water
- Sweetener of choice (optional)
- Vanilla (optional)
- Other flavourings of choice (optional)

1. Place water & hemp seeds into a high-speed blender & blend on high for 1 minute
2. Allow it to settle a bit & blend for another minute
3. Strain using a nut bag/cheesecloth/muslin cloth
4. Add whichever flavours you prefer (I prefer to keep it completely plain) & mix well or blend if you need to
5. Serve & enjoy your protein milk!

NOTES

- * Roughly 2-3g protein per cup of milk & more calcium than cow's milk
- * Can be used as you normally would
- * Store in a fridge
- * Can be frozen into blocks & added to smoothies







Almond Milk

MAKES 1L

- ½ c raw almonds
- 1 L filtered water
- Pinch salt
- 1 tsp vanilla extract (optional)
- Extra filtered water for soaking

NOTES

- * Stores for 2-3 days in the fridge in a sealed container
- * The longer you soak the almonds, the shorter you can store it
- * The longer you soak the almonds, the creamier the milk (soak up to 2 days)
- * A high-speed blender is a necessity for smooth, creamy milk
- * Sweeten the milk as desired
- * If you don't mind gritty nut milk, you can skip the straining process
- * Use the almond pulp in other recipes, such as smoothies, cookies, cake muffins etc.

1. Place almonds in a jar & cover with filtered water. Replace the jar lid (lightly screwed on) & place in the fridge overnight
2. Drain almonds & rinse
3. Place almonds & all other ingredients into a high-speed blender & blend on high for 60 seconds. Let it settle & blend again for another 60 seconds (do not over blend)
4. Using a nut milk bag or similar, strain your nut milk
5. Serve & enjoy! Shake before serving. Best served fresh







Vanilla Milkshake

+500ML

- 1 c plant milk
- 1-2 big handfuls ice
- 1-2 tbsp liquid sweetener*
- 1 tsp vanilla extract (or sub vanilla powder)

*Liquid sweeteners: maple syrup, honey etc.

1. Place everything in a high-speed blender & blend.

2. Serve immediately & enjoy!

NOTES

* Ratios of ice & sweetener can be adjusted





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Special Thanks

My husband, Christopher Moolman for being the taste tester (including flops)

Sandra Moolman for ingredient donations & the use of appliances

Chantell Horn for recipe ideas & for spreading the recipe ministry far & wide
through The Preparation Ministry

www.facebook.com/preparationministry

The Bible Diet for help in the creation of this recipe book

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