

Plantbased

Recipe Book



Leonie Botha

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Book*

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DnS Delicate 'n Spicy
Healthy Recipes

Big Thank you list.

- * Thank you to our Heavenly Father for His help and Providence.
- * Thank you to my loving Husband (Leon Botha) and precious children Dawid & Shalome. You stood by me through everything.
- * Thanks to each and every one of you, for inspiring me to compile this book.
 - * Big thank you to my Daddy (Charles Strydom) & Late Mommy (Marianne Strydom) you taught me everything I know. Daddy is my inspiration in making food delicious. Whenever we did not like some food, daddy always found ways to make it taste great.
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My Story

At age 9, my whole life changed upside down, my first bladder infection and hundreds more to come. Having constant kidney and bladder infection (at least once a month) at Age 11 they had to stretch my bladder tube. And again at age 18. At age 19 I was diagnosed with Chronic Kidney and Badder disease.

I was told that I would never be able to have children and had to be on medication for the rest of my life. Age 20 a doctor found 5 Lumps in my breast

An operation procedure was done to check from the tissue if these were malicious. I was scheduled for another operation in 7 weeks for all the lumps to be removed. It was during this time that my friend (now my husband) asked me: "Do you really want to be well and healthy?" "Well of course" was my reply.

He suggested I change to a Wholefood Plantbased diet and lifestyle. I had nothing to lose so I tried it. He also introduced me to our Loving Saviour and Healer.. Long story short; when the Sonar was done, all the lumps were gone! I never had a single kidney or bladder infection. Best of all, I have two beautiful kids. I never look back. I Praise God everyday for the miracle of a healthy life.

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Sanctified Life Ministries



In 2017 We left our Business life behind, for a life of freely giving as Volunteer Medical Missionaries.

We moved to Politsi
(25 Km from Tzaneen Limpopo).

Where we dedicate our lives
in helping people with over
all health problems.

We also do Cooking Classes and
Health Seminars

Our Ministry is based on

Mathew 10:8 " Freely you have received , Freely you shall give."



Sanctified Life Ministries

If you would like to make a donation

Banking Details:
Sanctified Life Ministries
FNB (First National Bank)
Cheque Account
Acc. nr. 62530733626
Branch code: 270324

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Mathew 10:8 "Freely you have received , Freely you shall give."***

Naturally Healthy

Vigorous Health at any age

- * Cooking classes
- * Health Seminars
- * Nutrition
- * Advanced Herbalism
- * Ozone Therapy
- * Child Psychology
- * Counselling
- * Naturology
- * Holistic Massage
- * Reflexology
- * Aromatherapy
- * Accupressure

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About Sweeteners

Sweeteners to use from Healthy to Less Healthy:

- * Dates
- * Raisins
- * Fruits
- * Honey (If not Vegan) Maple Syrup
- * Molasses
- * Coconut Sugar
- * Stevia
- * Agave
- * Unrefined Raw Brown sugar
- * Fruit sugar (Fructose)

**Do not use white Sugar or Xylitol
It causes inflammation.**

About Plantbased Milk

In Most recipes any plantbased milk can be used.
Rice Milk closest resembles dairy milk.

* Rice Milk * Soy Milk

* Cashew Milk

* Almond Milk * Coconut Milk

* Millet Milk * Oats Milk

* Macadamia Milk

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About Flours

**Normal Refined Wheat flour
is not very Healthy.**

Where possible replace with Spelt flour.

About Oils

**Safest oils to use are Coconut oil, Cold
pressed Olive oil, Macadamia oil and Avo oil
Do not use Refined Sunflower and Canola oil.
These cause inflammation.**

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Clean your Fruit & Veg

Fruit and Vegetables may be full of insects, bugs, bacteria, pesticides etc.

Recipe

**Luke warm water in sink
3 Tbsp Bicarbonate of soda
Soak, Rinse and use!**

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Breakfast



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Vegan

Coconut & Cinnamon Millet

Directions:

1. In a large pot, bring Millet and water to a boil.
2. Lower the heat, add the dates, salt and coconut.
3. Simmer porridge on low heat for 1 hour.
4. Add the cinnamon, mix porridge through.
5. Serve warm.

Ingredients:

- * 3 Cups Millet
- * 8 cups water
- * 1 cup coconut flakes
- * 2 tsp salt
- * 8 Chopped dates
- * 2 tsp Cinnamon

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Vegan

Millet Apple Bake

Directions:

1. Preheat oven @ 180°C
2. Mix all the ingredients.
3. Add to a oven proof baking dish
4. Bake for 20 minutes @ 180°C
- 5 Sprinkle little bit of cinnamon on top.
6. Serve!

Ingredients:

- * 4 Cups Cooked millet
- * 1 cup coconut flakes
(Optional)
- * 6 Apples Shredded
- * 5 Tbsp sweetner
- * 2 tsp Cinnamon
- * 1 tsp vanilla
- * 1 Cup Apple sauce

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Vegan

Oats Apple Bake

Directions:

1. Preheat oven @ 180°C
2. Mix all the ingredients.
3. Add to a oven proof baking dish
4. Bake for 40 minutes @ 180°C
- 5 Sprinkle little bit of cinnamon on top.
6. Serve!

Ingredients:

- * 2 Cups rolled oats
- * 1 1/2 tsp salt
- * 4 Cups water
- * 6 Apples Shredded
- * 5 Tbsp sweetner
- * 2 tsp Cinnamon
- * 1 tsp vanilla
- * 1 Cup Apple sauce

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Vegan Coconut & Cinnamon Oats

Directions:

1. In a large pot, bring oats and water to a boil.
2. Lower the heat, add the dates, salt and coconut.
3. Simmer porridge on low heat for 1 hour.
4. Add the cinnamon, mix through porridge.
5. Serve warm.

- * 3 Cups Rolled oats
- * 8 cups water
- * 1 cup coconut flakes
- * 2 tsp salt
- * 8 Chopped dates
- * 2 tsp Cinnamon

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Vegan

Creamy Banana Oats

Directions:

1. In a large pot, bring oats and water to a boil.
2. Lower the heat, add the Banana, salt & Sweetner.
3. Simmer porridge on low heat for 40 minutes.
4. Add the Coconut cream, mix porridge through.
5. Serve warm.

Ingredients:

- * 2 Cups Rolled oats
- * 4 Ripe sliced bananas
- * 5 cups water
- * 1 Can Coconut cream
- * 1 tsp salt
- * 2 Tbsp sweetner

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Toasted Granola



Directions

Preheat oven 180°C
Mix Group 1 in a bowl.
Blend group 2 till Smooth
add Group 2 to group 1 and mix.
Spread on baking tray
Bake for 30min until golden brown
Stir occasionally
Add handfull Dried Cranberries
Store in airtight container

Ingredients

Group 1

4 Cups Rolled Oats
1 cup Chopped nuts
1/4 cup sesame seeds
1/4 cup sunflower seed
1/4 cup Chia seeds
1/4 cup Linseed

Group 2

2 Ripe banana
1/2 cup Chopped Dates
1 teaspoon salt
1/4 cup water
1 Tbsp. Vanilla

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Vegan Cinnamon French Toast

Directions:

1. In a bowl, whisk together the flax and milk. Let it stand for 10 minutes.
2. Mix all the ingredients except bread with the milk mixture.
3. Dip bread both sides in mixture.
4. Over medium heat, heat a pan.
5. Add little bit coconut oil.
6. Fry bread on both sides till Golden brown.

Ingredients:

- * 1 cup Plantbased Milk
- * 2 Tbsp flaxseed meal
- * 1 tsp cinnamon
- * 1 tsp vanilla
- * Pinch salt
- * 6 thick slices bread



Vegan *Banana* *French Toast*

French toast Ingredients:

- * 2 ripe Banana
- * 1 cup Plantbased milk
- * 4 Tbsp sweetner
- * 4 Tbsp Chickpea flour
- * 1 tsp vanilla
- * 1 Tbsp coconut oil
- * 1/2 tsp Cinnamon
- * 1/2 tsp salt
- * 8 Slices of bread

Caramelized Bananas:

- * 2 Ripe bananas sliced
- * 2 Tbsp Sweetner
- * 2 Tbsp soy milk

French toast Directions:

1. Blend all the french toast ingredients.
3. Dip bread both sides in mixture.
4. Over medium heat, heat a pan.
5. Add little bit coconut oil.
6. Fry bread on both sides till Golden brown.

Caramelized banana Directions:

1. Combine all ingredients.
2. Cook until mixture thickens.



Vegan

Savoury French Toast

French toast Directions:

1. Blend all the french toast ingredients. except the bread
3. Dip bread both sides in mixture.
4. Over medium heat, heat a pan.
5. Add little bit coconut oil.
6. Fry bread on both sides till Golden brown.

French toast Ingredients:

- * 2 cup Plantbased milk
- * 4 Tbsp Chickpea flour
 - * 1 Tbsp Flour
- * 2 Tbsp coconut oil
- * 1 tsp Black salt
- * 3 Tbsp Nutritional yeast
- * 2 tsp Onion powder
- * Pinch Turmeric
- * 6 Slices of bread

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Vegan Banana Crepes

Ingredients:

Directions:

1. Combine milk, oil, water, banana and lemon juice
2. In a separate bowl combine flour, salt and baking powder
3. With a balloon whisk, whisk the milk mixture into the flour mixture.
4. Cover and set aside for at least 3 hours
5. Heat a nonstick pan, brush with oil.
6. Pour in soup spoon full batter to coat the bottom.
7. Cook until top appears set, flip to other side.
8. Dust with Cinnamon sugar.

- * 500ml Cake flour / Spelt flour
- * 10 ml Healthy Baking powder
- * 1 tsp salt
- * 1 Mashed banana
- * 400 ml Plantbased milk
- * 350 ml water
- * 2 tsp lemon juice
- * 125 ml liquid Coconut oil
- * Cinnamon sugar for Dusting

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Vegan

Blueberry Pancakes

Ingredients:

Directions:

1. Combine milk, Oil, water and lemon juice
2. In a separate bowl combine flour, salt baking powder and maizena
3. With a balloon whisk, whisk the milk mixture into the flour mixture. Add berries
4. Cover and set aside for at least 3 hours
5. Heat a nonstick pan, brush with oil.
6. Pour small amounts of batter in the pan.
7. When it creates small bubbles on top Flip to the other side.

- * 500ml Cake flour / Spelt flour
- * 10 ml Healthy Baking powder
 - * 1 tsp salt
 - * 2 tsp Maizena
- * 400 ml Plantbased milk
 - * 350 ml water
 - * 2 tsp lemon juice
- * 125 ml liquid Coconut oil
 - * 1 cup blueberries

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Vegan Pancakes "Crepes"

Ingredients:

Directions:

1. Combine milk, Oil, water and lemon juice
2. In a separate bowl combine flour, salt baking powder and maizena
3. With a balloon whisk, whisk the milk mixture into the flour mixture.
4. Cover and set aside for at least 3 hours
5. Heat a nonstick pan, brush with oil.
6. Pour in soup spoon full batter to coat the bottom.
7. Cook until top appears set, flip to other side.
8. Dust with Cinnamon sugar.

- * 500ml Cake flour / Spelt flour
- * 10 ml Healthy Baking powder
 - * 1 tsp salt
 - * 2 tsp Maizena
- * 400 ml Plantbased milk
 - * 350 ml water
 - * 2 tsp lemon juice
- * 125 ml liquid Coconut oil
- * Cinnamon sugar for Dusting

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Vegan Flap Jacks "Plaatkoekies"

Ingredients:

Directions:

1. Combine milk, Oil, water and lemon juice
2. In a separate bowl combine flour, salt baking powder and maizena
3. With a balloon whisk, whisk the milk mixture into the flour mixture.
4. Cover and set aside for at least 3 hours
5. Heat a nonstick pan, brush with oil.
6. Pour small amounts of batter in the pan.
7. When it greates small bubbles on top
Flip to the other side.

- * 500ml Cake flour / Spelt flour
- * 10 ml Healthy Baking powder
 - * 1 tsp salt
 - * 2 tsp Maizena
- * 400 ml Plantbased milk
 - * 350 ml water
 - * 2 tsp lemon juice
- * 125 ml liquid Coconut oil

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Vegan

Crispy Waffles

Ingredients:

Directions:

1. Blend all the ingredients until smooth
2. Let it rest for 2 hours.
3. Pour into waffle pan.
4. Bake until Crispy

- * 2 2/3 Cups Plantbased milk
- * 1/2 cup Coconut oil
- * 2 tsp lemon juice
- * 1/2 Sweetner
- * 1 Cup rolled oats
- * 3 Cups Flour
- * 3 tsp Baking powder
- * 1 tsp salt

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Vegan Oats Waffles

Ingredients:

- * 2 Mashed bananas
- * 1 1/2 cups plantbased milk
- * 1 Tbsp lemon juice
- * 2 tsps vanilla
- * 4 Tbsps sweetner
- * 4 cups rolled oats
- * 2 tsps Baking powder
- * 1 tsp Bicarbonate of soda
- * 1 Tbsp Cinnamon
- * 1 tsp salt

Directions:

1. Blend all the ingredients until smooth
2. Let it rest for 2 hours.
3. Pour into waffle pan.
4. Bake until Crispy



Vegan Chickpea Omelette

Ingredients:

- * 2 Cups Chickpea flour
- * 1 tsp baking powder
- * 1 tsp dried oregano
- * 1/4 cup nutritional yeast
- * 1 tsp Garlic powder
- * 1 Tbsp onion powder
- * 1 1/2 tsp black salt
- * 1/2 tsp Turmeric
- * 3 Cups water

Directions:

1. Mix All the ingredients with a balloon whisk until smooth.
(It is a very runny batter not thick batter)
2. Heat a frying pan with little bit coconut oil.
3. Pour in the batter to cover the pan.
4. On very low heat, cook the omelette until light brown on one side, flip over to other side.
5. Fill the omelette with filling of choice



Vegan

Scrambled Egg

Ingredients:

- * 3 Blocks Tofu
- * 1 finely chopped onion
- * 250 g sliced Mushrooms
- * 2 tbsp garlic
- * dash of tumeric for colour
- * 1/2 tsp. dried basil
- * 1/2 tsp. garlic powder
- * 1 tsp onion powder
- * 1 tsp nutrition yeast (optional)
- * 1/2 tsp oregano
- * 1 tsp Black salt (taste and smell like egg)
- dash Cayenne pepper

Directions:

1. Saute the Onions until golden brown.
2. Add the garlic and mushrooms.
3. Saute for 5 minutes
4. Mash Tofu with a fork.
5. Saute the tofu with onion mix.
6. Add all the other ingredients.
7. Cook for 10 minutes.
8. Serve warm.

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Vegan Chickpea Pancakes

Directions:

1. Whisk all the ingredients together.
Make sure there is no lumps.
2. Warm a non stick pan.
3. Slightly grease the pan with oil.
4. Spoon 3 Tbsp batter in pan.
5. Cook until you see bubbles form
in the centre. (about 3 minutes)
6. Flip to the other side.
7. Cook until fluffy about 1 minute

Ingredients:

- * 1 Cup chickpea flour
- * 2 tsp baking powder
- * 3 Tbsp sweetener
- * 1/2 cup plantbased milk
- * 1 tsp vanilla extract
- * Pinch salt



Vegan Baked Tomato & Cheese Bread

Directions:

1. Spread bread with coconut oil.
2. Put the sliced tomato on.
3. Put the onions on top
4. Boil the potatoes and Carrots until soft.
5. Blend all the ingredients together until extremely smooth.
6. Pour sauce over bread.
7. Bake in oven for 10 minutes @ 180°C

Ingredients

- * 1 Cup diced Carrots
- * 2 Cups diced Potatoes
- * 1/2 Cup Soy milk
- * 1/3 Cup Coconut oil 2 tsp Salt
- * 1/2 Tbsp fresh lemon juice
- * 1/2 cup Nutritional Yeast
- * 1 tsp Onion Powder
- * 1/2 tsp Garlic powder
- * Dash of Cayenne Pepper
- * 100% Rye bread
- * Cut tomatoes
- * Sauted Onions

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Vegan Cashew Yoghurt

Ingredients:

- * 375 g Cashews
- * 310 ml water
- * 1 Probiotic capsule

Directions:

1. Blend the water and cashews until smooth.
2. Break capsule in half, add the powder into blender. Blend for 20 seconds
3. Pour into glass jar, cover with dish towel and rubber band.
4. Set aside in warm place for 17 hours.
5. It should have a dough like consistency with small air pockets after 17 hours.
6. If not ferment further checking every hour.
7. Add your flavourings and refrigerate.

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Vegan Coconut Yoghurt

Directions:

1. Blend the water and cashews until smooth.
2. Scoop out only the solid cream. Break capsule * 1 Probiotic capsule in half, add the powder to the cream. Mix
3. Place into glass jar, cover with dish towel and rubber band.
4. Set aside in warm place for 24 - 48 hours.
5. After 24 hours taste if it is tangy enough for you.
6. Add your flavourings and refrigerate.

Ingredients:

* 1 Can full fat
coconut milk

* 1 Probiotic capsule

Cheese



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Vegan

Cashew Cheese

Ingredients

- * 1 Cup Cashews soaked for 4 Hours
- * 125 ml Plantbased milk
- * 4 Tbsp Lemon Juice
- * 3 Tbsp Coconut oil
- * 1/2 Sweet red pepper
- * 2 tsp salt
- * 1/2 Cup Nutritional yeast
- * 1/2 tsp Garlic powder
- * 2 tsp Onion powder
- * 1 Tbsp Agar Agar powder
- * 1 cup water

Directions:

1. Add all the ingredients except the Agar Agar and 1 cup water to a blender.
2. Blend until very smooth, set aside.
3. Add 1 cup water and the agar agar to a saucepan and heat, stirring regularly until boiling
4. Boil for 1 minute, remove from heat and pour into blender with cashew mix.
5. Blend until smooth.
6. Pour into moulds and refrigerate

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Vegan

Cream Cheese & Chives

Directions:

1. Combine everything except the Chives in a Blender. Blend till smooth and creamy.
2. Add the Chives.
3. Refrigerate over night before use.

Ingredients:

- * 1 cup Macadamia nuts
(Soaked over night)
- * 1 Cup Water
- * 4 Tbsp Coconut oil
- * 2 Tbsp Lemon Juice
- * 1 tsp salt
- * 1 tsp onion powder
- * 1/2 cup Nutritional Yeast
- * Handfull chopped Chives

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Vegan Garlic & Chives Fermented Cheese

Directions:

1. Blend the water and cashews until smooth.
2. Break capsule in half, add the powder into blender. Blend for 20 seconds
3. Pour into glass jar, cover with dish towel and rubber band.
4. Set aside in warm place for 17 hours.
5. It should have a dough like consistency with small air pockets after 17 hours.
6. If not ferment further checking every hour.
7. Add all the ingredients to a food processor.
8. Process for 10 Seconds. Refrigerate 24 Hours

Fermented Cashew

- * 375 g Cashews
- * 310 ml water
- * 1 Probiotic capsule

Cheese flavour Ingredients

- 1/2 cup Coconut oil
- * 80 ml Lemon juice
- * 1 tsp salt
- * 1/3 cup nutritional yeast
- * 3 Cloves Minced garlic
- * Handfull chopped Chives

Vegan

Garlic & Chives Cheese

Directions:

1. Blend all the ingredients except the garlic and chives. Until smooth
2. Add the Garlic and Chives.
Mix it together by hand.
3. Pour into container.
4. Refrigerate overnight.

Ingredients

- * 375 g Cashews
- * 310 ml water
- 1/2 cup Coconut oil
- * 80 ml Lemon juice
- * 1 tsp salt
- * 1/3 cup nutritional yeast
- * 3 Cloves Minced garlic
- * Handfull chopped Chives

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Vegan Meltable Cheese

Ingredients

Directions:

1. Put the Agar in a pot.
2. Pour 1 cup cold water over and mix.
3. Bring to boil, reduce heat and simmer for 5 min.
4. Blend all the ingredients together (except Agar) until extremely smooth.
5. Pour mixture into Agar, mix on high heat till it starts to stretch.
6. Pour into moulds

- 1 cup soaked Cashews
- 2 Cups Soy milk
- 2 Tbsp fresh lemon juice
- 4 Tbsp Tapioca Starch (Make it stretch)
- 1/2 cup Coconut oil (Make it melt)
- 5 Tbsp Nutritional Yeast
- 2 tsp salt
- 1/2 tsp Garlic powder
- 1/2 Tbsp Onion Powder
- Pinch of Turmeric or Paprika
- 4 tsp Agar Agar (China Grass)

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Vegan Nacho Cheese

Directions:

1. Boil the potatoes and Carrots until soft.
2. Blend all the ingredients together until extremely smooth.
3. Pour in bowl and serve as a dip

Ingredients

- 1 Cup diced Carrots
- 2 Cups diced Potatoes
- 1/2 Cup Soy milk
- 1/3 Cup Coconut oil
- 2 tsp Salt
- 1/2 Tbsp fresh lemon juice
- 1/2 cup Nutritional Yeast
- 1 tsp Onion Powder
- 1/2 tsp Garlic powder
- Dash of Cayenne Pepper



Vegan Smoked Cashew Cheese

Ingredients

- * 1 Cup Cashews soaked for 4 Hours
- * 125 ml Plantbased milk
- * 4 Tbsp Lemon Juice
- * 3 Tbsp Coconut oil
- * 1 Carrot chopped small
 - * 2 tsp salt
- * 1/2 Cup Nutritional yeast
- * 1/2 tsp Garlic powder
- * 2 tsp Onion powder
- * 2 tsp Smoked paprika
- * 1 Tbsp Agar Agar powder
 - * 1 cup water

Directions:

1. Add all the ingredients except the Agar Agar and 1 cup water to a blender.
2. Blend until very smooth, set aside.
3. Add 1 cup water and the agar agar to a saucepan and heat, stirring regularly until boiling
4. Boil for 1 minute, remove from heat and pour into blender with cashew mix.
5. Blend until smooth.
6. Pour into moulds and refrigerate



Vegan Smoked Cheese

Ingredients

- * 2 Cups diced Potatoes
- * 1/2 Cup Soy milk
- * 1/3 Cup Coconut oil
- * 2 tsp Salt
- * 1/2 Tbsp fresh lemon juice
- * 1/2 cup Nutritional Yeast
- * 1 tsp Onion Powder
- * 1 tsp Smoked paprika powder
- * 1/3 tsp Turmeric
- * 1/2 tsp Garlic powder

Directions:

1. Boil the potatoes until soft.
2. Blend all the ingredients together until extremely smooth.
3. Use in Mac & Cheese dish

Vegan

Soy Cheese



Directions:

1. Put the Agar in a pot.
2. Pour 1 cup cold water over and mix.
3. Bring to boil, reduce heat and simmer for 5 min.
4. Blend all the ingredients together (except Agar) until extremely smooth.
5. Add the agar and give a quick blend.
6. Pour into moulds

Ingredients

- 3 Cups Soy milk
- 1 Tbsp fresh lemon juice
- 5 Tbsp Nutritional Yeast
- 2 tsp salt
- 1/2 tsp Garlic powder
- 1/2 Tbsp Onion Powder
- Pinch of Paprika (optional)
- 4 tsp Agar Agar (China Grass)

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Soup



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Vegan Butternut Soup

Directions:

1. Boil / Steam the Butternut with little bit salt. Drain
2. Saute the onions until golden brown.
3. Add the garlic, salt, Paprika, Turmeric, fry for 1 min.
4. Add the Butternut, Onions and Milks into a pot.
5. Blend with a immersion blender stick untill smooth.
6. Simmer on meduim heat for 10 Minutes
6. Add dash of Cayenne pepper.
7. Serve warm.

Ingredients:

- * 3 Big Butternuts Cut into cubes
- * 3 Onions finely chopped
 - * 2 Cloves Garlic
- * 1 Can Coconut milk
- 1 litre Rice/Soy milk
- * Coconut oil for frying
 - * 1 tsp Salt
- * 1/2 tsp Smoked paprika
 - * 1/2 tsp Turmeric
- * Pinch Cayenne pepper

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Vegan

Smoked Cauliflower soup

Directions:

1. Heat oil in a large pan. Saute onions till golden brown, add salt, garlic and Bell pepper, saute for 5 min.
2. Mix all the ingredients in a blender.
3. Blend till smooth.
4. Heat in a pot for 10 minutes
5. Serve !

Ingredients:

- * 1 Head Cauliflower steamed
- * 1 Onion Chopped
- * 4 Cloves Garlic chopped
- * 1/2 red bell pepper Diced
- * 1 can coconut milk
- * 2 cups water
- * 1 tsp smoked paprika
- * 2 Tbsps nutritional yeast
- * 1/3 tsp Cayenne pepper
- * 1/2 tsp Oregano
- * 1 tsp salt
- * 2 tsp onion powder

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Vegan Lentil Soup

Ingredients:

- * 500g Cooked Lentils
- * 4 Potatoes (Peeled, cut in cubes)
- * 2 Carrots (cut in small pieces)
- * 1 Celery stick finely chopped
- * 2 Onions chopped
- * 2 Cloves Garlic
- 2.5 litre Water
- * 3 Tbsp Coconut oil
- * 2 tsp Salt
- * 1/2 tsp Clove powder
- * 1 Tbsp Smoked paprika
- * 1/2 tsp Turmeric
- * 2 Tbsp Coriander Powder

Directions:

1. Steam the potatoes, Carrots, Salt, turmeric, garlic coconut oil, onions, Celery clove powder, coriander powder and water in a pressure cooker, until soft.
2. Add the Lentils and smoked paprika to the Potatoes.
3. Blend with a immersion blender stick until smooth.
4. Simmer on medium heat for 5 Minutes.
5. Serve warm.

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Mushroom Soup

Directions

1. Heat Coconut oil in a large pot over medium heat.
2. Saute Onions until golden brown.
Add mushrooms, salt, Coriander, clove Powder
3. Mix the flour with a little bit of milk
4. Add flour mixture, milk, and onion powder to the Mushroom mixture, whisk with a balloon whisk.
5. Cook for 10 minutes
6. Continue whisking during the 10 minutes.
7. With a stick blender, blend till smooth or chunky

Ingredients:

- * 2 Litre Plantbased milk
- * 5 Tbsp All purpose Flour
- * 8 Tbsp Coconut oil
- * 400g Mushrooms chopped
- * 1 Onion Finely chopped
- * 2 Tbsp Coriander powder
- * 2/4 tsp Clove powder
- * 2 tsp salt
- * 1 Tbsp onion powder

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Potato Soup

Directions:

1. Steam the potatoes, Salt, turmeric coconut oil and water in a pressure cooker, until soft.
2. Saute the onions until light brown, add the garlic and celery with sprinkle of salt. Saute for 5 minutes
3. Add the Onions, Coconut milk, Onion powder and smoked paprika to the Potatoes.
4. Blend with a immersion blender stick until smooth.
5. Simmer on medium heat for 5 Minutes.
6. Add dash of Cayenne pepper.

Ingredients:

- * 8 Potatoes (Peeled, cut in cubes)
- * 1 Celery stick finely chopped
- * 2 Onions chopped
- * 2 Cloves Garlic
- * 1 Can Coconut milk
- 2 litre Water
- * 3 Tbsp Coconut oil
- * 2 tsp Salt
- * 1 Tbsp Smoked paprika
- * 1/2 tsp Turmeric
- * 1 Tbsp onion Powder
- * Pinch Cayenne pepper

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Vegan Sweet potato Chickpea Soup

Ingredients:

- * 2 Cans Chickpeas
- * 2 Big sweet potatoes (Peeled and cut)
- * 400 g Green beans chopped
- * 1 Celery stalk
- * 2 Onions chopped
- * 2 Cloves Garlic
- * 1 Can Coconut milk
- 2 litre Water
- * 3 Tbsp Coconut oil
- * 1 tsp Salt
- * 1/2 tsp Smoked paprika
- * 1/2 tsp Turmeric
- * Pinch Cayenne pepper

Directions:

1. Steam the Chickpeas, Sweet potatoes, Green beans, Celery, onion, Salt, turmeric coconut oil, garlic and water in a pressure cooker, until soft.
2. Add the Coconut milk, and smoked paprika .
3. Blend with a immersion blender stick untill smooth.
4. Simmer on meduim heat for 5 Minutes
5. Add dash of Cayenne pepper.
6. Serve warm.

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Vegan

Turmeric Chickpea Soup

Ingredients:

- * 2 Cans Chickpeas
- * 2 potatoes (Peeled and cut)
- * 2 Carrots roughly chopped
- * 2 Onions chopped
- * 2 Cloves Garlic
- * 2 Cans Coconut Cream
- 2 litre Water
- * 3 Tbsp Coconut oil
- * 1 tsp Salt
- * 1/2 tsp Smoked paprika
- * 1 tsp Turmeric
- * Pinch Cayenne pepper

Directions:

1. Steam the Chickpeas, potatoes, Carrots, onions, Salt, turmeric coconut oil, garlic and water in a pressure cooker, until soft.
2. Add the Coconut milk, and smoked paprika .
3. Blend with a immersion blender stick untill smooth.
4. Simmer on meduim heat for 5 Minutes
5. Add dash of Cayenne pepper.
6. Serve warm.

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Entrees



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Vegan

Cottage Pie

Directions For Mash:

1. Mix all the mash ingredients, mash till very smooth

Directions For Lentils:

1. Heat oil in a pot over medium heat.
2. Saute Onions till Golden brown.
3. Add Carrots, Garlic & Salt Saute for 5 minutes
4. Add Coriander, Cloves. Saute for 1 minute
5. Add Tomato Puree, onion powder, Paprika, sweetner, and Lentils
6. Cook on medium heat for 10 minutes
7. Pour into baking dish, top with mash
8. Bake in preheated oven at 180 degrees for 20 minutes

Mash Ingredients:

- * 6 Cooked Potatoes
- * 2 tsp Salt
- 3 Tbsp Coconut oil
- * 1 Cup Plantbased milk
- * Dash Cayenne Pepper

Lentil Ingredients:

- * 250g Cooked Lentils
- * 1 can Tomato Puree
- * 2 Onions Chopped
- * 1 Carrot Grated
- * 3 Cloves Minced Garlic
- * 1 tsp salt
- * 1 Tbsp Coriander powder
- * 1/3 tsp Clove powder
- * 1 Tbsp Onion powder
- * 4 Tbsp sweetner
- * 1 tsp Smoked paprika

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Vegan

Curry Potato Pie

Directions:

Preheat oven to 180°C

1. Saute the onion until golden brown.
2. Add the salt, Curry and Turmeric, ginger.
3. Saute for 2 minutes.
4. Add the potatoes, Saute for 5 minutes
5. Mix all the ingredients and Mash.
6. Transfer to a baking dish.
7. Cover with pastry. Bake for 25 minutes.

Ingredients

- * 500g Puff pastry
- * 6 Cooked Potatoes
- * 2 tsp Salt
- 5 Tbsp Coconut oil
- * Dash Cayenne Pepper
- * 2 Onions finely chopped
- * 2 Tbsp Curry powder
- * 1 tsp Turmeric powder
- 1/2 tsp Ginger powder

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Vegan Garlic Pasta Shells

Directions:

1. Heat oil in a pot over medium heat.
2. Add salt, pepper and garlic
3. Add flour and whisk with a balloon whisk.
4. Add milk, keep on whisking.
5. Cook for 10 minutes
6. Continue whisking during the 10 minutes.
7. Mix the Cooked pasta and Sauce.
8. Serve warm.

Ingredients:

- * 500g Cooked Pasta Shells
- * 1 Litre ml Plantbased milk
- * 4 Tbsp All purpose Flour
 - * 6 Tbsp Coconut oil
- * 8 Cloves minced garlic
 - * 2 tsp salt
- * Dash Cayenne pepper



Vegan

Mac & Cheese

Ingredients:

- * 500g Cooked Macaroni
- * 1 Litre Plantbased milk
- * 4 Tbsp All purpose Flour
 - * 6 Tbsp Coconut oil
- * 8 Tbsp Nutritional yeast
- * 2 Tbsp Onion powder
- * 2 tsp smoked paprika
- * 2 tsp salt
- * Dash Cayenne pepper

Directions:

1. Heat oil in a pot over medium heat.
2. Add salt, pepper, yeast, onion powder, Paprika
3. Add flour and whisk with a balloon whisk.
4. Add milk, keep on whisking.
5. Cook for 10 minutes
6. Continue whisking during the 10 minutes.
7. Mix sauce and cooked Macaroni
8. Bake in preheated oven for 20 minutes. 180 Degree

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Vegan

Mushroom Bolognese

Directions:

1. Heat oil in a pot over medium heat.
2. Saute Onions till Golden brown.
3. Add Carrots, Garlic & Mushrooms Saute for 5 minutes
4. Add Salt, Coriander, Cloves & Basil,
5. Saute for 1 minute
6. Add Tomato Puree, onion powder, sweetner and Lemon juice.
7. Cook on medium heat for 10 minutes
8. Serve over Spaghetti

Ingredients:

- * 600g Finely Chopped Mushrooms
- * 2 cans Tomato Puree
- * 2 Onions Chopped
- * 1 Carrot Grated
- * 3 Cloves Minced Garlic
- * 2 tsp salt
- * 2 Tbsp Coriander powder
- * 1/3 tsp Clove powder
- * 2 Tbsp Onion powder
- * 6 Tbsp sweetner
- * 2 Tbsp Lemon juice
- * 1/2 Cup chopped fresh Basil

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Vegan Mushroom Fettuccine

Ingredients:

- * 500g Cooked Fettuccine
- * 1 Litre Plantbased milk
- * 5 Tbsp All purpose Flour
- * 8 Tbsp Coconut oil
- * 400g Mushrooms chopped
- * 2 Tbsp Coriander powder
- * 2/4 tsp Clove powder
- * 2 tsp salt
- * Dash Cayenne pepper

Directions For Mushrooms:

1. Heat 2 Tbsp oil in a pot over meduim heat.
2. Saute Mushrooms untill golden brown
Add 1 tsp salt, pepper, Coriander, clove Powder

Directions For Sauce:

1. Heat 6 Tbsp oil in a pot over meduim heat
2. Add 1 tsp salt, flour and whisk with a balloon whisk.
3. Add milk, keep on whisking.
4. Cook for 10 minutes
5. Continue whisking during the 10 minutes.
6. Mix Mushrooms into sauce
7. Pour over Cooked Fettuccine

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Vegan Mushroom Pot Pie

Ingredients:

- * 500g Pastry dough
- * 1 Litre Plantbased milk
- * 5 Tbsp All purpose Flour
- * 8 Tbsp Coconut oil
- * 400g Mushrooms chopped
- * 2 Tbsp Coriander powder
- * 2/4 tsp Clove powder
- * 2 tsp salt
- * Dash Cayenne pepper

Directions For Mushrooms:

1. Heat 2 Tbsp oil in a pot over meduim heat.
2. Saute Mushrooms untill golden brown
Add 1 tsp salt, pepper, Coriander, clove Powder

Directions For Sauce:

Preheat oven to 180°C

1. Heat 6 Tbsp oil in a pot over meduim heat
2. Add 1 tsp salt, flour and whisk with a balloon whisk.
3. Add milk, keep on whisking.
4. Cook for 10 minutes
5. Continue whisking during the 10 minutes.
6. Mix Mushrooms into sauce
7. Pour filling into greased ramekins
8. Cut big enough circle of dough to cover ramekins.
9. Bake at 180°C until golden brown (15 minutes)

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Vegan Sausage Rolls



Puff Pastry

Directions:

1. Preheat oven 180°C
2. Saute onions till golden brown, add garlic, salt
Clove, Coriander powder and herbs
3. Saute for 3 minutes.
4. Combine all ingredients in a pot and cook for
10 minutes. Let it cool.
5. Lay a sheet of pastry on a flat surface.
6. Place spoonfuls of mixture along the side.
7. Form into sausage shape. Cut to size.
8. Brush top with olive oil
9. Bake @ 180°C for 25 minutes or till golden brown.

Filling Ingredients:

- * 2 Medium Potatoes (Grated)
- * 2 Onions (Finely Chopped)
- * 2 tsp salt * 1 tsp mixed herbs
- 2 Tbsp Ina paarmans Beef stock
- * 1/2 t Clove powder
- * 2 Tbsp Coriander powder
- * 3 Cloves minced Garlic
- * 2 Tbsp Nutritional yeast
- * 4 Tbsp olive oil * 2 Tbsp tomato paste
- * 1 Tbsp onion powder * 1 cup water
- * 400 ml Oats

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Vegan

Lentil Bolognese

Ingredients:

- * 250g Cooked Lentils
- * 2 cans Tomato Puree
- * 2 Onions Chopped
 - * 1 Carrot Grated
- * 3 Cloves Minced Garlic
 - * 2 tsp salt
- * 2 Tbsp Coriander powder
 - * 1/3 tsp Clove powder
- * 2 Tbsp Onion powder
 - * 6 Tbsp sweetner
- * 2 Tbsp Lemon juice
- * 1/2 Cup chopped fresh Basil

Directions:

1. Heat oil in a pot over meduim heat.
2. Saute Onions till Golden brown.
3. Add Carrots, Garlic & Salt Saute for 5 minutes
4. Add Coriander, Cloves & Basil,
5. Saute for 1 minute
6. Add Tomato Puree, onion powder, sweetner
Lemon juice and Lentils
7. Cook on meduim heat for 10 minutes
8. Serve over Spaghetti

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Vegan

Spaghetti & "Meat balls"

Directions for Meat balls:

1. Preheat oven 180 degrees.
2. Heat oil in a large pan. Saute the onions till golden brown.
3. Add the Garlic, salt, coriander, clove powder.
4. Combine all the ingredients in a large bowl and mix.
5. Roll into balls.
6. Bake in oven for 25 minutes, turn once.

Directions For Sauce:

1. Heat oil in a pot over meduim heat.
2. Saute Onions till Golden brown.
3. Add Garlic, Salt, Coriander & Cloves, Saute for 2 minutes
6. Add Tomato Puree, onion powder, sweetner & Lemon juice
7. Cook on meduim heat for 10 minutes
8. Serve over Spaghetti, With "meat balls" on top.

Ingredients for sauce:

- * 500g Cooked Spaghetti
- * 2 cans Tomato Puree * 2 Onions Chopped
- * 3 Cloves Minced Garlic * 2 tsp salt
- * 2 Tbsp Coriander powder
- * 1/3 tsp Clove powder * 2 Tbsp Onion powder
- * 6 Tbsp sweetner * 2 Tbsp Lemon juice
- * 1/2 Cup chopped fresh Basil

Ingredients for meat balls:

- * 3 Onion Diced
- * 2 Cups toasted ground sunflowerseeds
- * 3 Crushed Garlic cloves
- * 1 Cup oats * 1 cup soy milk
- * 2 tsp salt * 3 Tbsp Coriander powder
- * 1/3 tsp clove powder,
- * 2 Tbsp onion powder * Fresh rosemary

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Vegan Sunflower seed Sausage Rolls

Directions:

1. Preheat oven 180 degrees.
2. Heat oil in a large pan. Saute the onions till golden brown.
3. Add the Garlic, salt, coriander, clove powder.
4. Combine all the ingredients in a large bowl and mix.
5. Lay a sheet of pastry on a flat surface.
6. Place spoonfuls of mixture along the side.
7. Form into sausage shape. Cut to size.
8. Brush top with olive oil
9. Bake @ 180°C for 25 minutes or till golden brown.

Filling Ingredients:

- * 3 Onion Diced
- * 2 Cups toasted ground sunflowerseeds
- * 3 Crushed Garlic cloves
 - * 1 Cup oats
 - * 1 cup soy milk
 - * 2 tsp salt
- * 3 Tbsp Coriander powder
 - * 1/3 tsp clove powder,
 - * 2 Tbsp onion powder
 - * Fresh rosemary

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Vegan *Sweet potato Bean Casserole*

Directions:

1. Pre-cook the Sweet potato in water until tender (not soft)
2. Saute the onions in 1 Tbsp oil until golden brown.
3. Add the salt and coriander powder. Saute
4. Add the tomatoes and Garlic. Cook for 5 minutes.
5. Add the Smoked paprika and onion powder.
6. Mix in the Beans and Sweet potatoes.
7. Transfer to baking dish.
8. Bake for 30 minutes @ 180°C

Ingredients:

- * 3 Sweet potatoes cut in cubes
- * 3 Cups Cooked beans
- * 2 Onions finely chopped
- * 6 Tomatoes diced
- * 3 Cloves Minced garlic
- * 1 Tbsp onion powder
- * 2 tsps Smoked paprika
- * 2 tsps salt
- * 1 Tbsp Coriander powder
- * 3 Tbsps coconut oil.



Vegan Lentil Bobotie

Group 3 Ingredients:

- * 1 Cup plantbased milk
- * 1/2 tsp black salt
- * 2 Blocks Tofu
- * Pinch turmeric

Directions Group 1:

1. Saute Onions until golden brown.
2. Add all group 1 ingredients and stir for 5 min.

Directions Group 2:

1. Press out most water in bread.
2. Combine all group 2 ingredients with group 1.
3. Cook for 10 minutes, pour into oven dish.

Directions Group 3:

1. Blend all group 3 ingredients pour over dish.
2. Bake in preheated oven 180 degrees for 40 minutes

Group 1 Ingredients:

- * 3 Chopped onions
- * 1 Tbsp Ginger
- * 2 Tbsp raw brown sugar
- * 2 tsp Curry powder
- * 2 tsp turmeric
- * 1 tsp salt
- * 3 Tbsp coconut oil
- * 1 Tbsp Coriander powder

Group 2 Ingredients:

- * 5 cups cooked lentils
- * 60 ml Chutney
- * 30 ml Jam
- * 30 ml Tomato paste
- * 2 slices bread soaked in water



Vegan Chick "pea" A la King

Sauce Directions:

1. Heat oil in a pot over medium heat.
2. Add salt and pepper
3. Add flour and whisk with a balloon whisk.
4. Add milk & Chicken stock keep on whisking.
5. Cook for 10 minutes
6. Continue whisking during the 10 minutes.

Sauce Directions:

1. Saute onions until golden brown.
2. Add Yellow pepper, garlic and Chickpeas, Saute for 5 minutes.
3. Add salt, coriander & clove powder
4. Add to Sauce, cook together for 10 minutes.
5. Serve on Basmati rice.

Sauce Ingredients:

- * 1 Litre Plantbased milk
- * 5 Tbsp All purpose Flour
- * 2 tsp Ina Paarman's Chicken Stock
- * 6 Tbsp Coconut oil
- * 1 1/2 tsp salt
- * Dash Cayenne pepper

Other Ingredients:

- * 2 Onions Chopped
- * 1 tsp garlic
- * 1 Yellow pepper (Finely Chopped)
- * 1 Tbsp Coriander powder
- * Pinch Clove powder
- * 1/2 tsp salt
- * 1 Can Chickpea Drained.

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Vegan Chickpea Patties

Ingredients:

- Directions:**
1. Saute the onion and garlic till golden brown.
 2. Stir in the salt, clove and Coriander powder.
 3. Drain Chickpeas (Keep the water for other recipes)
 4. In a food processor pulse the Chickpeas, Rice, Cillantro to combine.
 5. Add the Onion mixture, grated Potato and Chickpea flour to the chickpea mixture in the food processor.
 6. Process into a thick burger batter.
 7. Form into patties and bake in oven at 180 degrees Celsius till brown on both sides.
- * If mixture is to dry add Little bit Chickpea water.**
- * If mixture is to wet add little bit Chickpea flour.**
- * 2 Cans Chickpeas
 - * 1/2 cup cooked Brown rice
 - * 1 Raw grated potato
 - * 1 Onion finely chopped
 - * 3 Cloves Garlic
 - * 125ml Chickpea flour
 - * 2 Tbsps Coriander Powder
 - * 1/2 tsp Clove powder
 - * 1 1/2 tsps Salt
 - * 1/2 cup fresh Cilantro (optional)
 - * Coconut oil for Frying

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Vegan Chickpea Potato skins



Ingredients:

- * 4 Medium potatoes
- * 1 Clove garlic chopped
- * 1 onion Finely chopped
- * 2 Tblsps tomato puree
- * 2 Tomatoes chopped
- * 1 can Chickpeas (drained)
- * 1 Tblsp smoked paprika
- * 1/2 tsp salt * 1 tsp dried basil
- * 1 tsp ground Coriander
- * 1 tsp lemon juice
- * 1 Tblsp raw brown sugar

Directions:

1. Scrub the potatoes well and parboil for 15 min.
2. Cool potatoes, Preheat oven to 180 degrees.
3. Fry onions in coconut oil till golden brown.
4. Add Garlic Tomatoes and lemon juice.
5. Add all the spices, sugar and salt, fry for 3 minutes
6. Add tomato puree and drained chickpeas.
7. Simmer on low heat for 10 minutes.
8. Cut potatoes into halves lengthwise
9. Bake face down till golden brown.
9. Scoop out middle flesh.
10. Fill with Chickpea mixture.

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Vegan Chickpea Quiche

Ingredients:

- * 2 Cups Chickpea flour
- * 1 tsp baking powder
- * 1 tsp dried oregano
- * 1/4 cup nutritional yeast
- * 1 tsp Garlic powder
- * 2 tsp onion powder
- * 1 1/2 tsp black salt
- * 2 Cups water
- * 1 cup sweet corn
- * 1/2 Red bell pepper Chopped
- * 1 Onion finely Chopped

Directions:

1. Preheat oven to 180°C.
2. Mix all the ingredients except Corn, onions and Bell pepper.
3. Add the Corn, onion and Bell Pepper to the batter.
4. Spray muffin pan.
5. Pour the Batter into muffin pan.
6. Bake for 35 Minutes at 180°C

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Vegan

Falafels

Ingredients:

- * 1 Can Chickpeas, drained
- * 1 Onion finely chopped
- * 3 Cloves minced garlic
- * 1/2 cup fresh parsley
- * 2 Tbsp Coriander powder
- * 2 tsp Cumin
- * Pinch Clove powder
- * 1/4 tsp Cayenne Pepper
- * 1/2 cup bread crumbs
- * 1 tsp salt
- * 1 Tbsp Olive oil
- * 1/4 tsp bicarbonate of soda
- * 1 Tbsp lemon juice

Directions:

1. Preheat oven 180 degrees.
2. Place the drained Chickpeas and parsley in a food processor. Pulse to mince.
3. Add all other ingredients, pulse to combine.
4. Chill mixture for 30 minutes.
5. Shape into small balls.
6. Place in a slightly oiled oven tray.
7. Bake for 20 minutes, turn once.

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Vegan Grilled Garlic Mushroom

Directions:

1. Stem & Clean mushroom with paper towel.
2. In a shallow dish, mix all the Marinade Ingredients.
3. Place the mushrooms in the dish and Brush the marinade all over.
4. Let it marinate for 20 minutes
Make the sauce.
 1. Heat oil in a pot over medium heat. Add Garlic
 2. Add flour and whisk with a balloon whisk.
 3. Add milk and salt, keep on whisking till thick sauceHeat Grill or pan. Grill mushrooms turn 4 times brushing with marinade everytime. Drizzle sauce over.

Ingredients: Marinade

- * 2 Tbsp Lemon juice
- * 3 Cloves Minced Garlic
- * 1 Tbsp Extra virgin olive oil
- * 1 tsp smoked paprika
- * 1 tsp Molasses
- * 2 Tbsp red wine (optional)
- * 1/3 tsp salt * Dash Cayenne pepper

Ingredients: Garlic sauce

- * 500 ml Plantbased milk
- * 2 Tbsp All purpose Flour
- * 3 Tbsp Coconut oil
- * 4 Cloves Minced Garlic
- * 1 tsp salt

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Vegan Lentil Curry

Directions:

1. Heat oil in a pot over medium heat.
2. Saute Onions till Golden brown.
3. Add Garlic & Salt Saute for 5 minutes
4. Add Coriander, Cloves, curry powder and turmeric Saute for 1 minute
5. Add Tomato Puree, onion powder, Paprika, sweetner, and Lentils and pre-cooked potatoes
6. Cook on medium heat for 10 minutes

Ingredients:

- * 250g Cooked Lentils
- * 1 can Tomato Puree
- * 2 Onions Chopped
- * 3 diced potatoes pre-cooked
- * 3 Cloves Minced Garlic
- * 1 tsp salt *1 Tbsp turmeric
- * 2 Tbsp curry powder
- * 1 Tbsp Coriander powder
- * 1/3 tsp Clove powder
- * 1 Tbsp Onion powder
- * 4 Tbsp sweetner
- * 1 tsp Smoked paprika

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Vegan

Lentil "Mince"

Directions:

1. Heat oil in a pot over medium heat.
2. Saute Onions till Golden brown.
3. Add Carrots, Garlic & Salt Saute for 5 minutes
4. Add Coriander, Cloves. Saute for 1 minute
5. Add Tomato Puree, onion powder, Paprika, sweetner, and Lentils
6. Cook on medium heat for 10 minutes

"Mince" Ingredients:

- * 250g Cooked Lentils
- * 1 can Tomato Puree
- * 2 Onions Chopped
- * 1 Carrot Grated
- * 3 Cloves Minced Garlic
- * 1 tsp salt
- * 1 Tbsp Coriander powder
- * 1/3 tsp Clove powder
- * 1 Tbsp Onion powder
- * 4 Tbsp sweetner
- * 1 tsp Smoked paprika

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Healthy Recipes

Vegan

Lentil Balls



Ingredients:

- * 2 Cups cooked Lentils
- * 1 Cup cooked Grain (Rice, millet etc.)
- * 1 onion finely chopped
- * 250 g Mushrooms finely chopped
- * 3 TB Flour (Chickpea, cake Flour etc)
- * 1/2 tsp oregano
- * 2 Tbsp Coriander Powder
- * 1/2 tsp Cloves Powder
- * 1/2 tsp Paprika
- * 1/3 tsp Ginger
- * 1/2 tsp Salt .

Directions:

1. Saute the Onion till golden brown.
 2. Add mushrooms and Fry till soft.
 3. Add All the seasoning to onion mix.
 4. Mix all the ingredients
 5. Form into balls or Patties.
 6. Bake in oven at 180 degrees
5 minutes on each side
- Makes about 40 Balls

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Vegan Lentil Patties

Ingredients:

- * 2 Cups cooked Lentils
- * 1 Cup cooked Grain (Rice, millet etc.)
- * 1 onion finely chopped
- * 250 g Mushrooms finely chopped
- * 3 TB Flour (Chickpea, cake Flour etc)
- * 1/2 tsp oregano
- * 2 Tbsp Coriander Powder
- * 1/2 tsp Cloves Powder
- * 1/2 tsp Paprika
- * 1/3 tsp Ginger
- * 1/2 tsp Salt .

Directions:

1. Saute the Onion till golden brown.
2. Add mushrooms and Fry till soft.
3. Add All the seasoning to onion mix.
4. Mix all the ingredients
5. Form into Patties.
6. Bake in oven at 180 degrees
10 minutes on each side



Vegan BBQ Lentil Roast

Ingredients:

BBQ Glaze: Mix together

- * 1 can Tomato puree, 2 Tbsp molasses
- * 4 Tbsp sweetener, 1/2 tsp salt, 1 tbsp lemon juice

Directions:

1. Preheat oven 180 degrees, combine flax and water
2. Heat oil in a large pan. Saute the onions till golden brown, add the garlic, mushrooms and celery
3. After 5 minutes add the salt, coriander, clove and onion powder.
4. Combine all the ingredients in a large bowl and mix.
5. Transfer to a oiled bread pan. Bake for 40 min.
6. Let it rest for 10 minutes, Unmold
7. Pour over the glaze and bake for 15 min

- * 1 Cup Mushrooms diced
- * 1 Onion Diced
- * 1/2 Cup Celery finely diced
- * 1 Cup toasted ground sunflowerseeds
- * 3 Cups cooked brown lentils
- * 3 Crushed Garlic cloves
- * 2 Tbsp ground flaxseed + 5 Tbsp water
- * 1 cup tomato puree
- * 1 Cup oats
- * 2 tsp salt, 2 Tbsp Coriander powder
- 1/3 tsp clove powder, 1 Tbsp onion powder

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Vegan

Lentil Stew

Ingredients:

- * 3 Potatoes (Chopped and pre-cooked)
- * 1 Packet Lentils (500g)
- * 3 Tbsp Coconut oil
- * Salt to taste
- * 2 Onions (Chopped)
- * 3 Tomatoes Chopped
- * 1 Grated Carrot
- * 5 Tbsp Tomato Paste
- * 1 Tbsp Garlic
- * 1 tsp Ginger Powder
- * 1 tsp Paprika
- 2Tbsp Coriander Powder
- 1 Tbsp Tumeric powder
- 1 tsp Clove powder
- * 2 Cups Vegetable stock

Directions:

1. Cook Lentils in Water with Cloves and Coriander
2. In another pot, Fry onions in oil till light brown,
3. Add Garlic.
4. Add Ginger, Paprika, Tumeric, Salt to Onions and fry.
5. Add the tomatoes and fry for 5 minutes.
6. Add pre-cooked potatoes, Lentil and vegetable stock. Add Tomato Paste
7. Cook Covered on low heat for 30 minutes

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Vegan Sunflower seed "Meatballs"

Directions:

1. Preheat oven 180 degrees.
2. Heat oil in a large pan. Saute the onions till golden brown.
3. Add the Garlic, salt, coriander, clove powder.
4. Combine all the ingredients in a large bowl and mix.
5. Roll into balls.
6. Bake in oven for 25 minutes, turn once.

Enjoy with Spaghetti and tomato sauce!

Ingredients:

- * 3 Onion Diced
- * 2 Cups toasted ground sunflowerseeds
- * 3 Crushed Garlic cloves
 - * 1 Cup oats
 - * 1 cup soy milk
 - * 2 tsp salt
- * 3 Tbsp Coriander powder
 - * 1/3 tsp clove powder,
 - * 2 Tbsp onion powder
 - * Fresh rosemary

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Vegan Meaty Seed Roast

Ingredients:

- * 2 Cup Mushrooms diced
- * 3 Onion Diced
- * 2 Cup toasted ground sunflowerseeds
- * 3 Crushed Garlic cloves
- * 1 cup tomato puree
- * 1 Cup oats * 1 cup soy milk
- * 2 tsp salt, 3 Tbsp Coriander powder
- * 1/3 tsp clove powder,
- * 2 Tbsp onion powder
- * 1 cup Bread crumbs
- * Fresh rosemary

Directions:

1. Preheat oven 180 degrees.
2. Heat oil in a large pan. Saute the onions till golden brown, add the garlic, mushrooms and celery
3. After 5 minutes add the salt, coriander, clove and onion powder.
4. Combine all the ingredients in a large bowl and mix.
5. Transfer to a oiled bread pan. Bake for 60 min.
6. Let it rest before you cut.

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Vegan Mushroom & Bean Patties

Ingredients:

- * 1 cup cooked brown rice
- * 1 1/2 cups canned beans mashed
- * 1 Tbsp olive oil
- * 250 g button mushrooms finely chopped
- * 1 onion finely chopped
- * 1 Celery stalk finely chopped
- * 2 Garlic cloves finely minced
- * 1/2 t salt, 1Tbsp corriander powder
- * Pinch clove Powder
- * 2 Tbsp Soy sauce
- * 1 1.2 Cups breadcrumbs
- * 1 Tbsp ground Chia seeds

Directions:

1. Preheat oven 180 degree Celsius.
2. In little bit oil, saute onions till golden brown.
4. Add mushroom, Garlic and celery fry untill soft.
5. Add the salt, corriander, Cloves. Fry for 1 minute.
6. In a bowl mix onion mixture, brown rice, beans breadcrumbs, Soy sauce and Chia seeds.
7. Form Patties.
8. Place in oiled oven pan
9. Bake patties for 20 - 25 Minutes, flip once

* If mixture is to dry add Little bit water.

* If mixture is to wet add little bit breadcrumbs.

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Vegan Mushroom Patties

Ingredients:

- * 450 g Button Mushrooms sliced
- * 1 Onion finely chopped
- * 1/2 cup roasted sunflower seeds
- * 1/2 Cup rolled oats
- * 1/4 cup Breadcrumbs
- * 1/4 cup fresh Parsley
- * 1/2 tsp salt
- * 1 Tbsp Corriander powder
- * Pinch Clove powder
- * 1 Tbsp water
- * Coconut oil for frying

Directions:

1. Preheat oven 180 degree Celsius.
 2. Process sunflower seeds in food processor until chunky.
 3. In little bit oil, fry onions till golden brown.
 4. Add sliced mushroom and fry till soft.
 5. Add the sunflower chunks, salt, corriander, Cloves.
Fry for 1 minute.
 6. In a food processor add onion mixture, oats
breadcrumbs, parsley and water.
 7. Pulse to combine. Form 6-8 Patties.
 8. Place in oiled oven pan
 9. Bake patties for 20 - 25 Minutes, flip once
- * If mixture is to dry add Little bit water.
- * If mixture is to wet add little bit oats or breadcrumbs.

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Vegan

Vetkoek "Mince"

Directions:

1. Heat oil in a pot over medium heat.
2. Saute Onions till Golden brown.
3. Add Carrots, Garlic & Salt Saute for 5 minutes
4. Add Coriander, Cloves. Saute for 1 minute
5. Add Tomato Puree, onion powder, Paprika, sweetner, and Lentils
6. Cook on medium heat for 10 minutes
7. Serve on Freshly made "Vetkoek"

"Mince" Ingredients:

- * 250g Cooked Lentils
- * 1 can Tomato Puree
- * 2 Onions Chopped
- * 1 Carrot Grated
- * 3 Cloves Minced Garlic
- * 1 tsp salt
- * 1 Tbsp Coriander powder
- * 1/3 tsp Clove powder
- * 1 Tbsp Onion powder
- * 4 Tbsp sweetner
- * 1 tsp Smoked paprika

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Vegan Roasted Butternut

Directions:

1. Preheat oven 180'C.
2. Place the Butternut on baking sheet.
3. Drizzle with oil.
4. In a small container mix the salt, pepper
Rosemary, garlic and onion powder
5. Sprinkle spice mixture over butternut
6. Bake in oven for 15 minutes.
7. Turn and sprinkle the last spice mix
8. Bake until soft.

Ingredients:

- * 2 Large Butternuts
peeled and cut.
- * 1/2 Garlic powder
- * 4 Tbsp coconut oil
 - * 1 tsp salt
- 1/4 tsp Cayenne pepper
- * 1 Tbsp onion powder
- * 1 Tbsp fresh Rosemary

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Vegan Roasted Potato

Directions:

1. Preheat oven 180°C.
2. Boil the potatoes until cooked.
3. Place the potatoes on baking tray. Drizzle with oil.
4. In a small container mix the salt, pepper, Paprika Rosemary, turmeric, garlic and onion powder.
5. Sprinkle spice mixture over potatoes
6. Bake in oven for 15 minutes.
7. Turn and sprinkle the last spice mix
8. Bake until golden brown.

Ingredients:

- * 6 Potato peeled and cut in half.
- * 1/2 Garlic powder
- * 4 Tbsp coconut oil
 - * 1 tsp salt
- 1/4 tsp Cayenne pepper
- * 1 Tbsp onion powder
- * 1 Tbsp fresh Rosemary
 - * 1/2 tsp turmeric
- * 2 tsp Smoked paprika

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Vegan Roasted Sweet Potato

Directions:

1. Preheat oven 180'C.
2. Place the Sweet potato on baking sheet.
3. Drizzle with oil.
4. In a small container mix the salt, pepper Rosemary, garlic and onion powder
5. Sprinkle spice mixture over Sweet potatoes
6. Bake in oven for 15 minutes.
7. Turn and sprinkle the last spice mix
8. Bake until soft.

Ingredients:

- * 2 Large Sweetpotato peeled and cut.
- * 1/2 Garlic powder
- * 4 Tbsp coconut oil
 - * 1 tsp salt
- 1/4 tsp Cayenne pepper
- * 1 Tbsp onion powder
- * 1 Tbsp fresh Rosemary

Vegan *Roasted Potatoes With Basil pesto*

Directions Pesto:

1. Place the nuts in a food processor
Pulse until mixture is coarsely
2. Add Basil, garlic, pulse till combined.
3. While the motor is on, drizzle the oil
in a thin stream.
4. Add salt, nutritional yeast and Lemon Juice.
5. Taste add seasoning to taste

Directions Potatoes:

1. Preheat oven at 180°C
2. Combine potatoes, oil and salt.
3. Mix well.
4. Spread potatoes onto baking sheet.
5. Bake for 15 min, flip and bake another 15 min.
6. Mix potatoes with Pesto.
7. Serve warm.

Ingredients Pesto:

- * 1 Cup tightly packed fresh Basil
- * 1/2 cup Macadamia nuts
- * 1/3 cup extra-virgin olive oil
- * 2 Tbsps Nutritional yeast
- * 1 Clove Garlic
- * 1 Tbsp Lemon Juice
- * 1/3 tsp Salt
- * Pinch Cayenne Pepper

Ingredients Potatoes:

- * 1 kg baby potatoes
- * 2 Tbsp Olive oil
- * Salt for sprinkle



Vegan

Broccoli & Garlic Sauce

Directions:

1. Heat oil in a pot over medium heat.
2. Add salt, pepper and garlic
3. Add flour and whisk with a balloon whisk.
4. Add milk, keep on whisking.
5. Cook for 10 minutes
6. Continue whisking during the 10 minutes.
7. Serve over steamed broccoli

Ingredients:

- * 1 Head steamed Broccoli
- * 500 ml Plantbased milk
- * 3 Tbsp All purpose Flour
- * 3 Tbsp Coconut oil
- * 4 Cloves minced garlic
- * 1 tsp salt
- * Dash Cayenne pepper

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Vegan Baked Cauliflower

Directions:

1. Heat oil in a pot over medium heat.
2. Add salt, pepper.
3. Add flour and whisk with a balloon whisk.
4. Add milk, keep on whisking.
5. Cook for 10 minutes
6. Continue whisking during the 10 minutes.
7. Cut Cauliflower in pieces.
8. Place Cauliflower in baking dish.
9. Pour sauce over. Bake for 20 minutes 180'C

Ingredients:

- * Lightly steamed Cauliflower
- * 500 ml Plantbased milk
- * 3 Tbsp All purpose Flour
- * 3 Tbsp Coconut oil
- * 1 tsp salt
- * Dash Cayenne pepper

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Vegan Cheesy Broccoli & Potato Casserole

Directions Sauce:

1. Heat oil in a pot over medium heat.
2. Add salt
3. Add flour and whisk with a balloon whisk.
4. Add milk, Yeast, turmeric, paprika and onion powder keep on whisking.
5. Cook for 10 minutes
6. Continue whisking during the 10 minutes.

Directions Casserole:

1. Preheat oven to 180°C. Grease baking dish.
2. Cut Potatoes into thin Slices.
3. Cut the Broccoli in slices where possible
4. Layer potato, sauce, Broccoli, Sauce, potato, sauce.
5. Mix all the topping ingredients.
6. Add on top of dish.
3. Bake in preheated oven at 180 degrees for 50 min.

Ingredients:

- * 1 Litre Plantbased milk
- * 5 Tbsp All purpose Flour
- * 6 Tbsp Coconut oil
- * 2 tsp salt * 1/4 tsp turmeric
- * 1/3 cup Nutritional yeast
- * 2 tps Smoked paprika
- * 1 tsp onion powder
- * 1 Kg baby potatoes
- * 1 head broccoli

Ingredients Topping:

- * 1/2 Bread crumbs
- * 1 Tbsp coconut oil
- * Pinch salt * 1 tsp onion powder
- * 1 tsp oregano

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Vegan Cheesy Potato Bake

Directions For Cheese sauce:

1. Boil Potatoes and Carrots until soft
2. Blend all the ingredients until smooth.

Directions For Potato Bake:

1. Heat oil in a pot over medium heat.
2. Add salt and pepper
3. Add flour and whisk with a balloon whisk.
4. Add milk, keep on whisking.
5. Cook for 10 minutes
6. Continue whisking during the 10 minutes.
7. Cut Potatoes into thin Slices.
8. Layer potato, sauce, potato sauce into oiled baking dish.
9. Pour the cheese sauce on top
9. Bake in preheated oven at 180 degrees for 40 min.

Potato Bake Ingredients:

- * 7 Large Potatoes Peeled
- * 1 Litre Plantbased milk
- * 5 Tbsp Flour * 6 Tbsp Coconut oil
- * 2 tsp salt * Dash Cayenne pepper

Cheese Topping:

- * 1 Cup diced Carrots
- * 2 Cups diced Potatoes
- * 1/2 Cup Soy milk
- * 1/3 Cup Coconut oil * 2 tsp Salt
- * 1/2 Tbsp fresh lemon juice
- * 1/2 cup Nutritional Yeast
- * 1 tsp Onion Powder
- * 1/2 tsp Garlic powder
- Dash of Cayenne Pepper

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Vegan Creamed Spinach

Directions:

1. Saute the onions in 1 Tbsp oil until light brown. (Set aside)
2. In a little bit of water cook the Spinach until soft.
3. Heat 1 Tbsp oil in a pot.
4. Add the flour, salt, Pepper to make a paste.
5. Add the Coconut milk and heat for 5 minutes, constantly stirring.
6. Add onions, spinach and Milk mix together. And serve.

Ingredients:

- * 350 g Chopped spinach
- * 1 Big onion finely chopped
- * 2 Tbsps Coconut oil
- * 1 can Coconut Milk
- * 1 Tbsp Cake flour
- * 1 tsp onion powder
- * Pinch salt
- * Dash Cayenne Pepper

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Vegan Garlic Duchess Potatoes

Directions:

1. Boil the potatoes till fork tender. Drain potatoes.
2. Blend the soaked cashews, milk and cornstarch untill smooth and creamy.
3. Melt the coconut oil and add the garlic.
4. Add the Cashew mix, only half of the garlic oil, salt & pepper to the Potatoes. Mash untill smooth and lump free.
5. Spoon mashed potatoes into Piping bag with Large star tip.
6. Pipe swirly mashed potato mountains onto lightly greased baking sheet.
7. Dab the mountains with remaining garlic oil.
8. Bake in Preheat 180 degree oven for 40 min. untill golden brown

Ingredients:

- * 4 1/2 cup peeled, chopped potatoes
- * 1 Cup raw Cashews soaked (30 min.)
- * 1/2 cup plantbased milk
- * 2 tsp Cornstarch
- * 4 Tbsp coconut oil
- * 1 Clove minced garlic
- * 1 tsp Salt
- * Pinch cayenne pepper

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Healthy Recipes

Vegan

Eggplant

Fritters

Ingredients:

- * 2 Eggplants
- * 1 Tbsp salt
- * Water for soaking

Batter:

- * 3/4 cup Chickpea flour
- * 1/3 tsp Turmeric
- * Pinch of clove powder
- * 1/2 tsp Coriander powder
- * 1 tsp Mixed herbs
- * 1/2 tsp salt
- * 2/3 cup water
- * Coconut oil for frying

Directions:

1. Wash eggplants. Slice them into slanted discs
2. Place in a bowl and sprinkle with salt.
3. Fill the bowl with water enough to cover the eggplant.
4. Soak for 15 minutes.
5. Mix all the dry ingredients in a bowl.
6. Add water, whisk to remove all lumps
7. The consistency of the batter should be like a pancake batter
(Add more water if its to thick, and more flour if its to thin)
8. Drain the eggplants and rinse thoroughly.
9. Pat dry with a paper towel to remove excess water.
10. Heat a pan with little bit coconut oil.
11. Dip each eggplant slice into batter, and fry till golden brown on each side.

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Vegan Crispy Hash Browns

Ingredients:

- * 3 Large Potatoes
- * 1/2 Cup All purpose flour
- * 1 Spring Onion chopped
- * 1 Tbsp coconut oil
- * 1/2 tsp salt
- * 1 tsp smoked paprika
- * Dash Cayenne pepper

Directions:

1. Peel the potatoes and grate.
2. Pour cold water over them
3. Leave for 1 minute, drain.
4. Repeat 3 times.
5. Squeeze out excess water.
6. Add all the ingredients to bowl.
7. Form into patties
8. Add 2 Tbsp oil to frying pan.
9. Fry on each side until golden brown



Vegan

Mashed Potatoes

Directions:

1. *Mix all the ingredients*
2. *Mash till very smooth*

Ingredients:

- * 6 Cooked Potatoes
- * 2 tsp Salt
- 3 Tbsp Coconut oil
- * 1 Cup Plantbased milk
- * Dash Cayenne Pepper



Vegan

Potato Bake

Directions:

1. Heat oil in a pot over medium heat.
2. Add salt and pepper
3. Add flour and whisk with a balloon whisk.
4. Add milk, keep on whisking.
5. Cook for 10 minutes
6. Continue whisking during the 10 minutes.
7. Cut Potatoes into thin Slices.
8. Layer potato, sauce, potato sauce into oiled baking dish.
9. Bake in preheated oven at 180 degrees for 40 min.

Ingredients:

- * 7 Large Potatoes Peeled
- * 1 Litre Plantbased milk
- * 5 Tbsp All purpose Flour
 - * 6 Tbsp Coconut oil
 - * 2 tsp salt
- * Dash Cayenne pepper

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Vegan Potato Curry

Ingredients:

- * 6 Potatoes (Chopped and pre-cooked)
- * 6 Tbsp Coconut oil * Salt to taste
- * 4 Onions (Chopped)
- * 6 Tomatoes Chopped
- * 1 Tbsp Garlic
- * 1 tsp Ginger Powder
- * 4 tsp Curry powder * 1 tsp Paprika
- 2Tbsp Coriander Powder
- 1 Tbsp Tumeric powder
- 1 tsp Clove powder
- * 2 Cans Chickpeas (not drained)
- * 3 Cups Vegetable stock
- * 3 Tbsp Sweetner (optional)

Directions:

1. Fry onions in oil till light brown,
2. Add Garlic.
3. Add Ginger, Curry Powder, Paprika, Coriander, Tumeric, Salt and Clove Powder to Onions and fry.
4. Add the tomatoes and fry for 5 minutes.
5. Add pre-cooked potatoes, Chickpeas and vegetable stock.
6. Add Sweetner
7. Cook Covered on low heat for 30 minutes

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Vegan Potato Samosas

Directions:

1. Saute the onion until golden brown.
2. Add the salt, Curry and Turmeric, ginger.
3. Saute for 2 minutes.
4. Add the potatoes, Saute for 5 minutes
5. Mix all the ingredients and Mash.
6. Fold samoosa fill with potato filling.
7. Deep fry in Healthy oil like Macadamia oil.

Ingredients

- * Samoosa pastry
- * 6 Cooked Potatoes
- * 2 tsp Salt
- 5 Tbsp Coconut oil
- * Dash Cayenne Pepper
- * 2 Onions finely chopped
- * 2 Tbsp Curry powder
- * 1 tsp Turmeric powder
- 1/2 tsp Ginger powder



Vegan Pumpkin Fritters

Ingredients:

- * 1 cup pumpkin puree
- * 200 ml All purpose flour
- * 1/4 cup Coconut sugar
(or any other sugar Alternative)
- * 4 tsp Cornflour
- * 65 ml Plantbased milk
- * 1/2 tsp Cinnamon powder
- * 2 tsp Healthy Baking powder
- * Pinch of salt
- * Oil for Deep fry or in pan

Directions:

1. Add Flour, sugar, cornflour, salt, baking powder, cinnamon powder to the pumpkin puree and mix it.
 2. Add Milk and mix well to combine all and forms a batter. Batter should be a thick consistency.
- * Option 1. Heat a pan with little bit oil and drop in Big spoon full of batter, fry each side.
 - * Option 2. Or for deep fry. Heat oil drop spoon full Fry untill golden brown.

Sprinkle with Cinnamon and Sugar.

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Vegan Spinach Quiche

Pie crust Ingredients:

- * 1 Cup All purpose flour
- * 1/4 cup Coconut oil
- * 1/2 tsp Salt
- * 3 Tbsp Ice water

Directions Crust:

1. Add Flour, salt and oil to food processor.
2. Pulse until crumbly.
3. Add water. Pulse to form a dough.
4. Roll out the dough to cover pie tin.

Directions Spinach:

1. Saute onions until golden brown.
2. Add spinach and salt, cook for 3 minutes.

Directions Filling:

1. Blend all the ingredients. Add the spinach.
2. Pour mixture over pie crust. Bake for 40 min. 180°C

Spinach Ingredients:

- * 1 Onion finely chopped
- * 350 g Chopped Spinach
- * 2 Tbsps Coconut oil
- * 1/4 tsp salt

Filling Ingredients:

- * 350 g Tofu
- * 2 Tbsp Chickpea flour
- * 3 Tbsps Nutritional yeast
- * 1 tsp Black salt
- * 1/4 tsp Turmeric
- * 3/4 tsp garlic powder
- * 2 tsps Onion powder



Vegan Sweet Potato Bake

Directions:

1. Heat oil in a pot over medium heat.
2. Add salt and pepper
3. Add flour and whisk with a balloon whisk.
4. Add milk, rosemary, onion powder keep on whisking.
5. Cook for 10 minutes
6. Continue whisking during the 10 minutes.
7. Cut sweet Potatoes into thin Slices.
8. Layer potato, sauce, potato sauce into oiled baking dish.
9. Bake in preheated oven at 180 degrees for 40 min.

Ingredients:

- * 4 Sweet Potatoes Scrubbed
- * 1 Litre Plantbased milk
- * 5 Tbsp All purpose Flour
- * 6 Tbsp Coconut oil
- * 2 tsp salt
- * 1 Tbsp onion powder
- * 1/2 tsp Rosemary
- * Dash Cayenne pepper

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Vegan

Vegetable Croquettes

Directions Mash:

1. Mix all the ingredients. Mash until very smooth

Directions Veggies:

1. Heat 3 tsp coconut oil.
2. Saute onions until golden brown.
3. Add the garlic and mushrooms.
4. Cook for 3 minutes.
5. Add the spinach and Saute for 5 minutes.
6. Add 1/2 tsp salt and the Corn.
7. Mix veggies into mash.
8. Refrigerate until cool enough to handle.

Directions Patties:

1. Measure out approx. 5 heaped Tbsp potato mix.
2. Form into pattie, place all patties on parchment paper
3. Freeze till patties are firm before breading.
4. In 3 dishes fill 1 with milk, cornstarch and salt.
1 with 1/2 cup flour. 1 with bread crumbs.
5. Dip pattie in flour, milk then crumbs.
6. Fry patties in a slightly oiled pan till golden brown.

Ingredients Mash:

- * 6 Cooked Potatoes
- * 2 tsp Salt
- * 3 Tbsp Coconut oil

* Dash Cayenne Pepper

Ingredients Veggies:

- * 1 Cup Corn * 2 tsp garlic
- * 1 Onion finely chopped
- * 1 Cup chopped mushrooms
- * 1/3 cup spinach finely chopped

Ingredients Breading:

- * 1 Cup Plant milk
- * 1/2 cup flour
- * 2 Tbsp corn starch * 1/4 tsp salt
- * 1 1/2 cup bread crumbs

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Salads



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Vegan Spelt Salad

Ingredients:

- * 250 g Cooked spelt (or Barley)
 - * 1 Cup Cooked Lentils (firm not soft)
 - * 1 cup diced Peppers (green, yellow, red)
 - * 1 onion finely chopped
 - * 1 Cup Yellow mielies
- ## Sauce Ingredients:
- * 1 can Chickpeas with water
 - * 1/2 Lemon fresh juice
 - * 10 ml Health Curry powder
 - * 1 tsp salt
 - * 3 Tbsps olive oil
 - * 1/2 cup Basil (optional)

Directions:

1. Cook the spelt in salt water till firm.
2. Cook the lentils in salt water, with 5ml Corriander and pinch of cloves.
3. For the sauce, add all the sauce Ingredients to a blender and blend till smooth.
4. Mix the spelt, lentils, peppers, onion mielies and sauce.

Enjoy as is or chilled in fridge

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Vegan

Roasted Beetroot Salad

Directions:

1. Preheat the oven to 180°C
2. Cut the Cooked beetroot in Blocks.
3. Mix all the ingredients and add it to a baking dish.
4. Bake in oven for 20 minutes @ 180°C.
5. Serve warm or cold.

Ingredients:

- * 5 Cooked and peeled Beetroots.
- * 5 Cloves minced Garlic
- * 2 Onion finely Chopped
 - * 4 Tbsp Coconut oil
 - * 1 tsp salt
- * 1 Tbsp onion powder
- * 1/2 tsp Rosemary
- * 1Tbsp Lemon Juice

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Green Clean Salad

- * Handful Chopped Kale
- * Handful chopped baby Spinach
- * 2 Zucchini Sliced thinly
- * 1 Avocado cut into cubes
- * 1 Stalk Celery, very thinly sliced
- * Half green Pepper chopped
- * 5 leaves Cilantro chopped
- * Squeeze of Fresh lemon juice

Mix everything, top with sauerkraut and enjoy!

Broccoli & Avo Salad

- * 1/4 Broccoli finely chopped
- * 1 Zucchini sliced thinly
- * Small onion diced thinly
- * 1 Avocado cut into cubes
- * 5 Basil leaves chopped
- * Squeeze of Fresh lemon juice

Mix everything, top with sauerkraut and enjoy!

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Pumpkin and Carrot Salad

* 2 Carrots grated * 1/4 Butternut grated

* 1 Apple Grated * Handfull sprouts

Mix everything, Top with Sauerkraut and enjoy!




Carrot turns Red Salad

* 1 Raw beetroot grated * 2 Carrots grated

* 2 Radishes thinly sliced * 1 Celery stalk very thinly sliced

Mix everything, Top with sauerkraut and enjoy!

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Celery Crunch Salad

- * 7 Stalks Celery, very thinly sliced
- * 1 Radish, very thinly sliced
- * Small onion diced thinly
- * 1 Avocado cut into cubes
- * 5 Basil leaves chopped
- * Squeeze of Fresh lemon juice
- * Handfull of Sprouts

Mix everything, top with saurkraut and enjoy!



Cucumber meets Avo Salad

- * 1/2 Cucumber sliced
- * Handful chopped baby Spinach
- * Small onion diced thinly
- * 1 Avocado cut into cubes
- * 5 Parsley leaves chopped
- * Squeeze of Fresh lemon juice

Mix everything, top with sauerkraut and enjoy!

Vegan

Bulgar wheat Salad

Directions:

1. Mix all the salad ingredients.
2. For the sauce, add all the sauce Ingredients to a blender and blend till smooth.
- 3 Pour the sauce over just before Serving.

Enjoy as is or chilled in fridge

Ingredients:

- * 250 g Cooked Bulgar wheat)
- * 1 Cup Cooked Lentils (firm not soft)
- * 1 cup diced Peppers (green, yellow, red)

* 1 onion finely chopped

* 1 Cup Yellow mielies

Sauce Ingredients:

* 1 can Chickpeas with water

* 1/2 Lemon fresh juice

* 10 ml Health Curry powder

* 1 tsp salt * 1 Tbsp peanut butter

* 3 Tbsps olive oil

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Vegan

Avo Salad dressing

Directions:

1. Combine everything in a food processor or Blender till smooth and creamy.

Ingredients:

- * 2 Ripe Avocados
- * 2 Tbsp Lemon juice
- * 1 tsp salt
- * 1Tbsp Onion powder
- * 1/2 tsp Garlic Powder
- * 50 ml Olive oil
- * 200 ml Soya milk

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Vegan

Basil Salad dressing

Directions:

1. Combine everything in a food processor till smooth and creamy.
2. Taste and adjust accordingly

Ingredients:

- * 1 Can chickpeas with water
- * 60 ml lemon juice
- * 1/4 cup Peanut butter or tahini
- * 1 clove garlic
- * 2 Tblsp extra-virgin olive oil
- * 1/2 tsp salt
- * 1 Cup fresh Basil

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Vegan

Cashew Salad dressing

Directions:

1. Blend all the ingredients.
2. Refrigerate.

Ingredients:

- * 1/2 Cup raw Cashews
(Soaked for 4 hours)
- * 1 1/2 Cup Soy Milk
- * 5 Tbsp Lemon juice
- * 1 Tbsp Sweetner
- * 1 tsp salt
- * 1 tsp Onion powder
- * 1 Tbsp Coconut oil

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Vegan Chickpea Salad dressing

Directions:

1. Combine everything in a food processor till smooth and creamy.
2. Taste and adjust accordingly

Ingredients:

- * 1 Can chickpeas with water
- * 60 ml lemon juice
- * 1/4 cup Peanut butter or tahini
- * 1 clove garlic
- * 2 Tblsp extra-virgin olive oil
- * 1/2 tsp salt
- * 1/2 tsp ground cumin
- * 1 tsp smoked paprika (optional)

Vegan

Coconut Salad dressing

Directions:

1. Blend all the ingredients.
2. Serve!

Ingredients:

- * 1 can Coconut cream
- * 2 Tbsp Lemon juice
- * 4 Tbsp Nutritional yeast
- * 2 tsp onion powder
- * Pinch salt
- * 1 Tbsp dried herbs

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Vegan

Onion Salad dressing

Directions:

1. Saute the onion untill Golden brown.
2. Combine everything in a Blender.
Blend till smooth and creamy.
3. Serve!

Ingredients:

- * 1 Finely Chopped Onions
- * 1/2 cup Macadamia nuts
(Soaked over night)
- * 1 Cup Plant milk
- * 2 Tbsp Coconut oil
- * 1 Tbsp Lemon Juice
- * 1 tsp salt
- * 1 tsp onion powder
- * 4 Tbsp Nutritional Yeast

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Sauces & Spreads



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Basil Pesto

Ingredients:

- * 1 Cup tightly packed fresh Basil
- * 1/2 cup Macadamia nuts
- * 1/3 cup extra-virgin olive oil
- * 2 Tbsps Nutritional yeast
 - * 1 Clove Garlic
 - * 1 Tbsp Lemon Juice
 - * 1/3 tsp Salt
- * Pinch Cayenne Pepper

Directions:

1. Place the nuts in a food processor
Pulse until mixture is coarsely
2. Add Basil, garlic, pulse till combined.
3. While the motor is on, drizzle the oil
in a thin stream.
4. Add salt, nutritional yeast and Lemon Juice.
5. Taste add seasoning to taste
6. Store in fridge.

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Vegan

Barbecue Sauce

Ingredients:

- * 1 Can Tomato Puree
- * 4 Tbsp Molasses
- * 2 tsp salt
- * 2 Tbsp lemon juice
- * 1 tsp Smoked Paprika
- 1/3 cup Raw brown sugar
- * 1 Tbsp onion powder
- * 1 Clove minced garlic

Directions:

1. Bring to boil all the ingredients.
2. Reduce Heat and simmer for 20 minutes.

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Vegan

Cheese Sauce

Ingredients:

Directions:

1. Heat oil in a pot over medium heat.
2. Add salt, pepper, yeast, onion powder, Paprika
3. Add flour and whisk with a balloon whisk.
4. Add milk, keep on whisking.
5. Cook for 10 minutes
6. Continue whisking during the 10 minutes.

Serve on Vegetables in pasta or on Pizza !

- * 500 ml Plantbased milk
- * 3 Tbsp All purpose Flour
- * 3 Tbsp Coconut oil
- * 4 Tbsp Nutritional yeast
- * 1 Tbsp Onion powder
- * 1 tsp smoked paprika
- * 1 tsp salt
- * Dash Cayenne pepper

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Vegan

Chickpea Sauce

Directions:

1. Heat oil in a pot over medium heat.
2. Add salt, pepper .
3. Add flour and whisk with a balloon whisk.
4. Add milk, keep on whisking.
5. Cook for 10 minutes
6. Continue whisking during the 10 minutes.

Serve on Vegetables or in pasta!

Ingredients:

- * 500 ml Plantbased milk
- * 3 Tbsp Chickpea flour
- * 3 Tbsp Coconut oil
- * 1 tsp salt
- * Dash Cayenne pepper

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Vegan

Garlic Sauce

Directions:

1. Heat oil in a pot over meduim heat.
2. Add salt, pepper and garlic
3. Add flour and whisk with a balloon whisk.
4. Add milk, keep on whisking.
5. Cook for 10 minutes
6. Continue whisking during the 10 minutes.

Serve on Vegetables or in pasta!

Ingredients:

- * 500 ml Plantbased milk
- * 3 Tbsp All purpose Flour
- * 3 Tbsp Coconut oil
- * 4 Cloves minced garlic
- * 1 tsp salt
- * Dash Cayenne pepper

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Vegan

Tomato Sauce (Ketchup)

Directions:

1. Mix all the ingredients.
2. Refrigerate.

Ingredients:

- * 1 Can Tomato Puree
- * 2 Tbsp Lemon Juice
- * 1 tsp salt
- * 3 Tbsp sweetner
- * 1 tsp Onion powder
- * Dash cayenne pepper

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Vegan Mushroom Sauce

Ingredients:

- * 1 Litre Plantbased milk
- * 5 Tbsp All purpose Flour
- * 8 Tbsp Coconut oil
- * 400g Mushrooms chopped
- * 2 Tbsp Coriander powder
- * 2/4 tsp Clove powder
- * 2 tsp salt
- * Dash Cayenne pepper

Directions For Mushrooms:

1. Heat 2 Tbsp oil in a pot over meduim heat.
 2. Saute Mushrooms untill golden brown
- Add 1 tsp salt, pepper, Coriander, clove Powder

Directions For Sauce:

1. Heat 6 Tbsp oil in a pot over meduim heat
2. Add 1 tsp salt, flour and whisk with a balloon whisk.
3. Add milk, keep on whisking.
4. Cook for 10 minutes
5. Continue whisking during the 10 minutes.
6. Mix Mushrooms into sauce

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Vegan

Tomato Pesto

Ingredients:

- * 100 g sun-dried tomatoes
- * 1/4 cup macadamia nuts
- * 2 handfuls fresh basil leaves
- * 60 ml extra-virgin olive oil
- * 1 Tblsp Nutritional yeast
- * 1 Clove Garlic
- * 1/2 tsp salt
- * 1 tsp raw brown sugar

Directions:

1. Soak Tomatoes in Boiling water for 40 minutes
2. In a food processor, pulse the tomatoes, garlic nuts, basil and nutritional yeast till combined.
3. While motor is running add oil in a stream.
4. Add 1/2 cup of the water you soaked tomatoes in.
5. Season pesto with salt and sugar.

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Vegan

White Sauce

Directions:

1. Heat oil in a pot over medium heat.
2. Add salt, pepper.
3. Add flour and whisk with a balloon whisk.
4. Add milk, keep on whisking.
5. Cook for 10 minutes
6. Continue whisking during the 10 minutes.

Serve on Vegetables or in pasta!

Ingredients:

- * 500 ml Plantbased milk
- * 3 Tbsp All purpose Flour
- * 3 Tbsp Coconut oil
- * 1 tsp salt
- * Dash Cayenne pepper

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Vegan Sour Cream

Directions:

1. Open can of coconut cream, drain the water, use only the thick cream.
2. Add the milk and lemon juice, slowly mix.
3. Add salt and herbs.
4. Cover with cling wrap.
5. Refrigerate over night. Then use.

Ingredients:

- * 1 can Coconut cream
(Chilled over night in fridge)
- * 4 Tbsp soy milk
- * 4 Tbsp Lemon juice
- * Pinch salt
- * 1 Tbsp dried herbs



Vegan

Apple Sauce

Ingredients:

1. In a pot with closed lid simmer the Apples and water. Until Apples are soft. (about 10 minutes)
2. Let it cool, blend together with cinnamon till smooth.

** PS. Can be use as a egg replacer in Cakes and Muffins. 4 Tbsp = 1 egg.*

- * 1 kg Apples
(Take core out and roughly cut into small pieces)
- * 2 cups water
- * 1 tsp Cinnamon

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Vegan

Blueberry Sauce

Directions:

1. Bring to boil all the ingredients except for the cornstarch for 5 minutes.
2. Lower the heat.
3. Mix the cornstarch with little bit of water.
4. Add the liquid cornstarch to the berry mix.
5. Continue stirring for another 5 minutes.
6. Let it cool, Pour into blender.
7. Blend till smooth

Ingredients:

- * 2 cups Blueberries
- * 2 cups Apple Juice
- * 1 tsp lemon juice
- * 2 tsp sweetner
- * 1 Tbsp Cornstarch

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Vegan

Strawberry Sauce

Ingredients:

- Directions:**
1. Bring to boil the Strawberries, Juice and sweetner.
 2. Boil for 8 minutes, stirring often.
 3. Mix Maizena with a little bit water.
 4. Add to strawberry mix, stir for 5 minutes.
 5. Let it cool.

- * 2 cup Strawberries
- * 1 cup Apple Juice
- * 8 Tbsp sweetner
- * 1 tsp Maizena



Vegan Avocado Lemon Spread

Directions:

1. Mash all the ingredients until very smooth.

Ingredients:

- * 2 Ripe Avocado
- * 2 tsp Lemon juice
- * 1/2 tsp salt
- * Dash Cayenne pepper
- * Grate the skin of 1/3 of lemon
- * 1 tsp onion Powder



Vegan Avo Mayo

Directions:

1. Combine everything in a food processor or Blender till smooth and creamy.

Ingredients:

- * 2 Ripe Avocados
- * 2 Tbsp Lemon juice
- * 1 tsp salt
- * 1Tbsp Onion powder
- * 1/2 tsp Garlic Powder
- * 50 ml Olive oil
- * 60 ml Soya milk
- * 1/4 tsp Mustard powder



Vegan

Avo Hummus

Ingredients:

- * 1 Can chickpeas with water
- * 60 ml lemon juice
- * 1 clove garlic
- * 2 Tblsp extra-virgin olive oil
- * 1/2 tsp salt
- * 2 Avocados
- * 1 Tbsp onion powder
- * 1/2 tsp Garlic powder

Directions:

1. Combine everything in a food processor till smooth and creamy.
2. Taste and adjust accordingly

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Vegan

Basil Hummus

Ingredients:

- * 1 Can chickpeas with water
- * 60 ml lemon juice
- * 1/4 cup Peanut butter or tahini
- * 1 clove garlic
- * 2 Tblsp extra-virgin olive oil
- * 1/2 tsp salt
- * 1 Cup fresh Basil

Directions:

1. Combine everything in a food processor till smooth and creamy.
2. Taste and adjust accordingly

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Vegan Beetroot Sunflowerseed Spread

Directions:

1. Blend all the ingredients until very smooth

Ingredients:

- * 1 Cooked beetroot
- * 1/3 Cup Sunflower seeds
Soaked overnight
- * 2 Cloves Garlic
- * 1/2 tsp salt
- * 1 tsp onion powder
- * 30 ml water
- * 1 Tbls lemon juice



Vegan Butter

Directions Group 1:

Mix together and let it stand for 5 Minutes

Directions Group 2:

Blend everything together
& Pour into container

*** PS. Store in cool place or Fridge
Take out of fridge 30 min before use.**

Ingredients Group 1:

- * 90 ml Soy milk (or any Plantbased milk)
- * 1 tsp Lemon Juice
- * 1/2 tsp Salt

Ingredients Group 2:

- * 1 Cup soft Coconut oil
(Don't have to be liquid)
- * Pinch Tumeric (For Colour)



Vegan

Garlic Butter

Ingredients Group 1:

- * 90 ml Soy milk (or any Plantbased milk)
- * 1 tsp Lemon Juice
- * 1/2 tsp Salt

Directions Group 1:

Mix together and let it stand for 5 Minutes

Directions Group 2:

Blend everything together
& Pour into container

*** PS. Store in cool place or Fridge
Take out of fridge 30 min before use.**

Ingredients Group 2:

- * 1 Cup soft Coconut oil
(Don't have to be liquid)
- * Pinch Tumeric (For Colour)
- * 2 Cloves minced Garlic

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Vegan Cashew Mayo

Ingredients:

- * 1 tsp Onion powder
- * 1/4 Mustard powder
- * Pinch turmeric
- * 3 Tbsp Coconut oil

Directions:

1. Blend all the ingredients.
2. Refrigerate.

- * 1 Cup raw Cashews
(Soaked for 4 hours)
- 1 1/2 Cup Soy Milk
- * 5 Tbsp Lemon juice
- 1 Tbsp Sweetner

*1/2 Black salt (Optional)
1/2 tsp salt (1 if not using black)



Vegan

Guacamole

Directions:

1. Mash Avocado.
2. Add all other ingredients.
3. Mix and serve.

Ingredients:

- * 2 Ripe Avocados
- * 2 tsp lemon juice
- * 1/2 tsp salt
- * Dash Cayenne Pepper

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Vegan Hummus

Directions:

1. Combine everything in a food processor till smooth and creamy.
2. Taste and adjust accordingly

Ingredients:

- * 1 Can chickpeas with water
- * 60 ml lemon juice
- * 1/4 cup Peanut butter or tahini
- * 1 clove garlic
- * 2 Tblsp extra-virgin olive oil
- * 1/2 tsp salt
- * 1/2 tsp ground cumin
- * 1 tsp smoked paprika (optional)



Vegan Lentil Garlic Spread

Directions:

1. Preheat oven to 180°C.
2. Place the Garlic with skin on baking paper, drizzle with olive oil.
3. Wrap up. Wrap around with foil.
(Do not let the foil touch the garlic)
4. Bake for 20 minutes @ 180°C
5. Remove the skins.
6. Add all the ingredients except basil to blender.
7. Blend until smooth.
8. Mix in the basil by hand. Serve.

Ingredients:

- * 1 cup cooked red lentils
- * 6 Cloves Garlic still in skin
- * 2 Tbsp lemon juice
- * 1 tsp salt
- * 1/4 cup fresh basil Chopped
- * 1 tsp onion powder
- * 4 Tbsp olive oil
- * Dash cayenne pepper



Vegan

Lentil Spread

Ingredients:

- * 1 Cup cooked red lentils
- * Coconut oil for frying
- * 1 Onion
- * 1 tsp crushed garlic
- 1/2 tsp salt
- * 2 Tbsp Tomato puree
- * 2 tsp ground Coriander
- * 1/4 tsp ground Cloves
- * 1 tsp dried oregano
- * 1/2 tsp paprika
- * 1/4 Cup water

Directions:

1. Cut the Onions finely,
fry in oil till golden brown
2. Add garlic, salt, Coriander, cloves,
oregano and paprika fry for 1 minute
3. Add water and tomato puree.
4. Mash lentils, mix with onions
Serve warm on toast

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Vegan

Lentil Tomato Spread

Directions:

1. *Blend all the ingredients until very smooth.*

Ingredients:

- * 6 Sundried Tomatoes soaked overnight
- * 5 Tbsp of soaked tomato water
- * 1 Cup cooked Lentils
- * 1 Tbsp lemon juice
- * 1 tsp tomato paste
- * 1/3 tsp salt
- * 3 Tbsp sweetner

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Vegan

Mango Chutney

Ingredients:

1. Combine Sugar, water and lemon juice in a pot. Bring to boil stirring until sugar dissolves.
 2. Add all the other remaining ingredients.
 3. Simmer uncovered for 50 minutes.
 4. Stir occasionally during cooking.
 5. Pour into Canning jars.
 6. Keep in refrigerator
- * 6 Cups Mangoes
 - * 1/2 cup golden raisins
 - * 1 Onion Chopped
 - * 1 Clove minced garlic
 - * 1cm cube ginger grated
 - * 1 tsp mustard seeds
 - 1/4 tsp Cayenne pepper
 - * 1 Cup Raw Brown sugar
 - * 125 ml Lemon Juice
 - * 125 ml water

Directions:

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Vegan

Onion Dip

Directions:

1. Saute the onion until Golden brown.
2. Combine everything except the Onions in a Blender.
Blend till smooth and creamy.
2. Mix in the onions.
3. Serve!

Ingredients:

- * 2 Finely Chopped Onions
- * 1 cup Macadamia nuts
(Soaked over night)
- * 1 Cup Water
- * 4 Tbsp Coconut oil
- * 2 Tbsp Lemon Juice
- * 1 tsp salt
- * 1 tsp onion powder
- * 1/2 cup Nutritional Yeast

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Vegan Sweet Pumpkin Spread

Directions:

1. Add all the ingredients to a mixing bowl.
2. Mix until complete smooth.
3. Store in the fridge.

Ingredients:

- * 1/2 cup Macadamia nut butter
(or peanut butter)
- * 1 cup Pumpkin Puree
- * 4 Tbsp sweetener
- * 1 tsp Cinnamon



Vegan

Salsa

Ingredients:

- * 2 cups chopped Tomatoes
- * Finely chopped small onion
 - * 2 Cloves minced garlic
- * 1 Tbsp fresh fine Jalapeno
 - * 1 tsp salt
- * 1/2 cup fresh chopped Basil
 - * 1 Tbsp lemon juice
 - 1/2 tsp cumin

Directions:

1. Add all the ingredients to a food processor and process until chunky.
2. Enjoy

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Vegan

Sunflower seed Spread

Ingredients:

- * 1 Cup Roasted Gound Sunflower seeds
- * Coconut oil for frying
 - * 1 Onion
 - * 1 tsp crushed garlic
 - 1/2 tsp salt
- * 2 Tbsp Tomato puree
- * 2 tsp ground Coriander
- * 1/4 tsp ground Cloves
- * 1 tsp dried oregano
- * 1/2 tsp paprika
- * 1 Cup water

Directions:

1. Cut the Onions finely, saute in oil till golden brown
2. Add garlic, salt, Coriander, cloves, oregano and paprika fry for 1 minute
3. Add ground Sunflowerseed
3. Add water and tomato puree.
4. Cook for 10 minutes

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Vegan Sweet Potato Spread

Directions:

1. Preheat oven 180°C.
2. Place the Sweet potato on baking sheet.
3. Drizzle with oil, sprinkle with salt and top with the garlic.
4. Bake in oven until soft
5. Blend all the ingredients in a blender until smooth.

Ingredients:

- * 1 Large Sweetpotato peeled and cut.
- * 2 Tbsp lemon juice
- * 2 Cloves minced garlic
- * 2 Tbsp peanut butter
 - * 1 Tbsp sweetner
 - * 2 Tbsp coconut oil
- * 1/2 tsp smoked paprika
 - * 1/2 tsp salt
- 1/4 tsp Cayenne pepper



Vegan Tomato Chutney

Directions:

1. Combine all the ingredients in a large pot.
2. Bring to boil over high heat, then lower heat and cook at a low simmer for 2 hours until thickened. Stir often.
3. Pour into Canning jars.
4. Keep in refrigerator.

Ingredients:

- * 2 kg Tomatoes
- * 1/2 cup Lemon juice
- * 1 1/2 cup Raw brown sugar
- * 1 Onion Chopped
- * 2 Cloves minced garlic
- * 1 Tbsp salt
- * 1 Tbsp ginger powder
- * 1 tsp Cayenne Pepper
- * 1/2 cup raisins



Vegan Tomato & Onion relish

Directions:

1. Saute the Onion till golden brown.
2. Add the tomato and garlic.
3. Saute for 5 minutes.
4. Add all the other ingredients
5. Cook for 10 minutes.
Constantly stirring
6. Serve warm.

Ingredients:

- * 4 Onion Finely chopped.
- * 6 Tomatoes cut in blocks
 - * 4 Tbsp coconut oil
 - * 1 1/2 tsp salt
 - * 1 tsp dried oregano
- * 2 tsp smoked paprika
 - * Dash turmeric
- * 3 Tbsp sweetner
- * 1 Tbsp lemon juice



Vegan Turmeric Bean Spread

Directions:

1. Blend all the ingredients until very smooth

Ingredients:

- * 1 Cup Cooked white beans
- * 4 Tbsp water
- * 2 Tbsp Peanut butter
- * 2 Tbsp lemon juice
- * 1 Tbsp Turmeric
- * 1/2 tsp salt
- * 1 tsp onion powder
- * 2 Tbsp nutritional yeast



Vegan

Blueberry Jam

Directions:

1. Bring to boil all the ingredients except for the cornstarch for 5 minutes.
2. Lower the heat.
3. Mix the cornstarch with little bit of water.
4. Add the liquid cornstarch to the berry mix.
5. Continue stirring for another 5 minutes, until it resembles a thick jam.
6. Pour in container and chill.

Ingredients:

- * 2 cups Blueberries
- * 2 cups Apple Juice
- * 1 tsp lemon juice
- * 2 tsp sweetner
- * 2 Tbsp Cornstarch

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Vegan Chocolate Chickpea Spread

Directions:

1. Blend all the ingredients until very smooth.

Ingredients:

- * 1/2 cup Cooked Chickpeas
- * 1 Tbsp Peanut butter
- * 4 Tbsp Coconut oil
- * 1/2 cup Cocoa powder
- * 1/2 cup sweetner
- * 1 Tsp Vanilla extract
- * 1 Tsp Chickory coffee
- * 1/2 tsp salt
- * 4 Tbsp water



Vegan

Cinnamon Butter Spread

Directions:

1. Add all the ingredients to a jar.
2. Blend with a immersion Blender until emulsified
3. Store in refrigerator

Ingredients:

- * 1/2 cup Coconut oil (Liquid)
- * 45 ml Coconut milk
- * 4 Tbsp sweetner
- * 1/2 tsp vanilla extract
- * 1 tsp cinnamon
- * Pinch salt



Vegan

Hazelnut Chocolate Spread

Directions:

1. Blend all the ingredients until very smooth

Ingredients:

- * 1 Cup Toasted Hazelnuts
- * 1/3 cup Coconut cream
 - * 1 tsp vanilla
- * 1/4 cup Cocoa or carob
 - * 4 Tbsp sweetener
 - * Pinch salt



Vegan

Strawberry Jam

Directions:

1. Bring all the ingredients to boil.
2. Lower the heat and simmer for 15 minutes.
3. Blend Mixture.
4. Keep refrigerated.

Ingredients:

- * 2 1/2 Cups strawberries
- * 1/2 cup finely chopped dates
- * 1 cup Apple juice

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Vegan

Tomato Jam

Ingredients:

- * 2 kg Tomatoes
- * 3 Tbsp Lemon juice
- * 2 cup Raw brown sugar

Directions:

1. Combine all the ingredients in a large pot.
2. Bring to boil over high heat, then lower heat and cook at a low simmer for 2 hours until thickened. Stir often.
3. Pour into Canning jars.
4. Keep in refrigerator.

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Desserts



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Vegan Chocolate Cake

Directions:

1. Preheat oven to 180 degrees Celcius
2. Spray Cake tin with oil.
3. Combine dry ingredients in a meduim bowl.
4. Add wet ingredients to dry ingredients,
5. Wisk for a few minutes.
6. Pour batter into cake tin.
7. Bake for 20 minutes (Test with toothpick)
8. Cool cake before applying icing.

Wet Ingredients:

- * 1/2 Cup Coconut oil (liquid)
- * 1 cup Plantbased milk
- * 1 teaspoon Vanilla
- * 2 Tablespoons Lemon juice

Dry Ingredients:

- * 2 Cups Cake Flour or Spelt flour
- * 1 Cup Raw brown Sugar or Coconut sugar
- * 1/2 teaspoon Salt
- 2 1/2 teaspoons Healthy baking powder
- * 1 teaspoon Bicarbonate of soda
- 1/2 cup Cocoa or Carob powder

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Chocolate Vegan Cupcakes

Directions:

1. Preheat oven to 180 degrees Celcius
2. Prepare muffin tin with cupcake liners.
3. Combine dry ingredients in a medium bowl.
4. Add wet ingredients to dry ingredients,
5. Wisk for a few minutes.
6. Equally divide batter into cupcake liners
7. Bake for 20 minutes (Test with toothpick)
8. Cool cupcakes before applying icing.

Wet Ingredients:

- * 1/2 Cup Coconut oil (liquid)
- * 1 cup Plantbased milk
- * 1 teaspoon Vanilla
- * 2 Tablespoons Lemon juice

Dry Ingredients:

- * 2 Cups Cake Flour or Spelt flour
- * 1 Cup Raw brown Sugar or Coconut sugar
- * 1/2 teaspoon Salt
- 2 1/2 teaspoons Healthy baking powder
- * 1 teaspoon Bicarbonate of soda
- 1/2 cup Cocoa or Carob powder

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Vegan Cinnamon pudding

Directions Batter:

1. Preheat oven to 180 degrees Celcius
2. Spray baking dish with oil.
3. Combine all the dry ingredients.
4. Combine all the wet ingredients.
5. With a balloon whisk, whisk together the wet and dry.

Directions Sauce:

1. Pour the water over the sweetener until it dissolves.
2. Add cinnamon powder. Pour into baking dish.
3. Pour the Batter over the sauce. (Do not mix)
4. Bake for 40 minutes (Test with toothpick)
5. Serve with Custard.

Batter Ingredients:

- * 3 Cups All purpose flour
- * 4 tsp Baking powder
- * 1 tsp Bicarbonate of soda
- * 1 tsp salt
- * 1 1/2 Cups sweetener
- * 1/2 cup Applesauce
- * 4 Tbsp Coconut oil
- * 3 Tbsp Lemon Juice
- * 1 Cup plantbased milk
- * 1 tsp vanilla extract
- * 1 Tbsp Cinnamon powder

Sauce Ingredients:

- * 4 cups boiling water
- * 1 Cup sweetener
- * 2 tsp Cinnamon powder



Vegan Ginger Pudding

Directions Batter:

1. Preheat oven to 180 degrees Celcius
2. Spray baking dish with oil.
3. Combine all the dry ingredients.
4. Combine all the wet ingredients.
5. With a balloon whisk, whisk together the wet and dry.

Directions Sauce:

1. Pour the water over the sweetener until it dissolves.
2. Add ginger powder. Pour into baking dish.
3. Pour the Batter over the sauce. (Do not mix)
4. Bake for 40 minutes (Test with toothpick)
5. Serve with Custard.

Batter Ingredients:

- * 3 Cups All purpose flour
- * 4 tsp Baking powder
- * 1 tsp Bicarbonate of soda
- * 1 tsp salt
- * 1 1/2 Cups sweetner
- * 1/2 cup Applesauce
- * 4 Tbsp Coconut oil
- * 3 Tbsp Lemon Juice
- * 1 Cup plantbased milk
- * 1 tsp vanilla extract
- * 2 Tbsp Ginger powder

Sauce Ingredients:

- * 4 cups boiling water
- * 1 Cup sweetner
- * 2 tsp ginger powder

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Vegan Malva Pudding

Malva cake Ingredients:

- * 3 Cups All purpose flour
- * 4 tsp Baking powder
- * 1 tsp Bicarbonate of soda
- * 1 tsp salt
- * 1 1/2 Cups sweetner
- * 1/2 cup Applesauce
- * 4 Tbsp Apricot Jam
- * 4 Tbsp Coconut oil
- * 3 Tbsp Lemon Juice
- * 1 Cup plantbased milk
- * 1 tsp vanilla extract

Sauce Ingredients:

- * 1 Cup vegan butter
- * 2 Cups sweetner
- * 1 can coconut cream
- * 1 tsp vanilla extract

Directions Malva cake:

1. Preheat oven to 180 degrees Celcius
2. Spray baking dish with oil.
3. Combine all the dry ingredients.
4. Combine all the wet ingredients.
5. With a balloon whisk, whisk together the wet and dry.
6. Pour batter into Baking dish.
7. Bake for 40 minutes (Test with toothpick)

Directions Sauce:

1. Melt the butter in a pot. Add all other ingredients except vanilla
2. Bring to a boil, lower heat and simmer for 10 minutes. Add vanilla
3. When malva cake is removed from oven, poke lots of holes in it.
4. Pour over the sauce, distribute evenly. Serve with ice cream.

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Vegan Shalome's Milk tart Cake

Cake Directions:

1. Preheat oven to 180 degrees Celcius
2. Spray Cake tin with oil.
3. Combine dry ingredients in a meduim bowl.
4. Add wet ingredients to dry ingredients,
5. Wisk for a few minutes.
6. Pour batter into cake tin.
7. Bake for 25minutes (Test with toothpick)

Milk tart Directions:

1. Mix flour with little bit milk.
2. Add all the ingredients to a pot.
3. Bring to boil, stir until thick.

Icing Directions:

1. Melt Chocolate over double boiler
2. Whip Orley until stif. Mix Chocolate into Orley, Refrigerate

Icing Ingredients:

- * 1 Container Orley wip
- * 1 Dark chocolate slab

Cake Ingredients:

- * 2 cups Cake flour
- * 20 ml Healthy baking powder
- * 1 Cup Raw Brown sugar
- * 2 ml Salt
- * 220 ml water
- * 60 ml Olive oil
- * 1 Mashed bananas
- * 10 ml Vanilla

Milk tart Ingredients:

- * 500 ml Plantbased milk
- * 50 ml Cake flour
- * 50 ml Raw brown sugar
- * 2 ml Cinnamon

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The story behind Shalome's Cake

Once a week Dawid (12) & Shalome (9) take turns in preparing a complete meal for our family on their own. And everyday they are responsible for making a salad. Shalome asked me if she can bake a cake. I told her that I'm too busy, please can we do it another day. (When baking, I have to help Shalome, because we don't have a vegan recipe book.) I have a "Huisgenoot Wen Resepte" (Not vegan) which I got from my late Mommy. She took the book and asked to choose a cake, so I explained to her the recipe book uses eggs, milk, etc. so this book won't be of help.. 15 minutes later she came to me with a hand written recipe, asking me if her recipe will work. Sure it will, where did you get it, I replied. In the book, but I veganized it. Hehehe.... So she baked her version of the cake. When I had a look at the original recipe, I realised she had created a total new recipe on her own.

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Vegan

Lamingtons "Ystervarkies"

Directions Cake:

1. Preheat oven to 180 degrees Celcius
2. Spray oven pan with oil.
3. Combine dry ingredients in a meduim bowl.
4. Add wet ingredients to dry ingredients,
5. Wisk for a few minutes. Pour batter into Pan.
6. Bake for 20 minutes (Test with toothpick)
7. Cut into squares

Directions Sauce:

1. In a pot Bring sweetner, water and cacao to boil.
2. Cook for 7 minutes
3. Soak cake squares in warm sauce, roll in coconut.

Wet Ingredients:

- * 1/2 Cup Coconut oil (liquid)
- * 1 cup Plantbased milk
- * 1 teaspoon Vanilla
- * 2 Tablespoons Lemon juice

Dry Ingredients:

- * 2 Cups Cake Flour or Spelt flour
- * 1 Cup Raw brown Sugar or Coconut sugar
- * 1/2 teaspoon Salt
- 2 1/2 teaspoons Healthy baking powder
- * 1 teaspoon Bicarbonate of soda

Syrup Ingredients:

- * 2 Cup sweetner * 3/4 cup water
- * 4 tsp Cacao or carob powder
- * Desiccated coconut to roll in

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Vegan

Chocolate Date blocks

Ingredients

Directions:

1. Soak dates in hot water for 30 minutes.
Drain.
2. Blend all the ingredients except
Peanut butter.
3. Add the peanut butter.
pulse just to combine
4. Place on Grease parchment paper. Flatten.
5. Cut into blocks and Refrigerate

- * 1 Cup dates
- * 1 Cup coconut oil
(Liquid)
- * 1 cup Cocoa powder
- * 1 cup peanut butter
- * 1/4 tsp salt

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Vegan Cheese Cake

Directions:

1. Process the nuts, coconut oil and dates in a high power speed blender till smooth
2. Press on bottom of a 20 cm springform pan
3. For Filling blend all ingredients in blender till smooth.
Adjust to taste
4. Pour mixture over the crust
(If you want to use Berries, pour only half over Crust, put into freezer
Blend other half and pour over first layer.)
5. Place in freezer until firm,
remove whole cake from the pan
While frozen and place on a serving platter.
Defrost in the refrigerator

Crust Ingredients:

- * 2 cups raw nuts
- * 10 dates, pitted
- * pinch of salt
- * 2 Tb Coconut oil

Filling Ingredients:

- * 3 cups cashews (soaked over night)
- * 3/4 cup fresh lemon juice
- * 1 cup Sweetner (Honey / Fructose)
- * 1 cup coconut oil
- * 1/2 teaspoon salt
- * 2 cups Vegan Milk



Vegan Creme Brulee

Directions:

1. Mix the Maizena with a little bit of the milk, mix well.
2. Add the milk, maizena and sweetner to a sauce pan.
3. Slowly heat on medium stir constantly untill the mixture becomes thick (5 Minutes.)
4. Remove from heat ,add the turmeric in.
5. Add the vanilla. Pour into ramekins.
6. Cool down and refrigerate for 3 hours to set.
7. Top with sugar, and blow torch

Ingredients:

- * 250 ml Ccoconut milk
- * 2 Tbsp Maizena
- * 60 ml Powder Sweetner
(Grind sweetner in coffee grinder)
- * 2 tsp vanilla extract
- * Pinch turmeric

- * Coconut Sugar for top

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Vegan

Koeksisters



Directions for Syrup:

1. Mix all ingredients in a pot and cook till the Sugar has dissolved. Let it cool.
2. Put it in Fridge overnight.

Directions for Dough:

1. Mix all dry ingredients
2. Rub the Coconut oil into dry ingredients.
3. Gently mix Milk and water into dry ingredients.
4. Mix till it forms a soft dough.
5. Roll the dough out about 5mm thick.
6. Cut into 3 stripes and braid.
7. Fry in oil and immediately soak in Ice cold Syrup

Ingredients for Syrup:

- * 1 Kg Raw Brown sugar
- * 5 ml Cinnamon
- * 2.5 ml Ginger powder
- * 500 ml Water

Ingredients for Dough:

- * 500 ml Cake Flour
- * 25 ml Healthy Baking Powder
- * 30 ml Coconut oil
- * 100 ml Plantbased Milk
- * 100 ml Water
- * Pinch of salt
- * 500 ml Macadamia oil for Frying
(Healthier than other oils)

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Vegan Macadamia Tart

Directions:

1. Process the nuts, coconut oil and dates in a food processor till smooth
2. Press on bottom of a 20 cm springform pan
3. For Filling blend all ingredients in blender till smooth.
4. Pour mixture over the crust
5. Place in freezer until firm, remove whole cake from the pan
While frozen and place on a serving platter.
Defrost in the refrigerator

Crust Ingredients:

- * 2 cups raw nuts
- * 10 dates, pitted
- * pinch of salt
- * 2 Tb Coconut oil

Filling Ingredients:

- * 3 cups Macadamia nuts (soaked over night)
- * 1 Cup water
- * 3/4 cup fresh lemon juice
- * 3/4 cup Sweetner
- * 1 cup coconut oil
- * 1/2 teaspoon salt
- * 2 Tins Coconut Cream

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Mango Pudding

Ingredients:

- * 3 Big mangoes, peeled and
Roughly Chopped
Freeze over night.
- * 1 Can Coconut cream

Directions:

1. Blend all the ingredients in Blender
until smooth.
2. Ready to serve.

*Or if you want to let it set more, put
in Freezer for 4 hours.*



Vegan Milk Tart

Directions:

1. Mix Maizena and Custard Powder with milk in a pot.
2. Add Sweetner and 1/2 tsp Cinnamon.
3. Bring mixture to a boil, constantly whisk with a balloon Whisk. (Make sure no lumps)
4. Whisk until it's a very thick consistency (About 10 min.)
5. Add Vanilla
6. Pour into mould or pre-cooked tart shell.
7. Dust with Cinnamon, refrigerate for 36 Hours

Ingredients:

- * 1250 ml Plantbased Milk
- * 5 Tbsp Corn flour (Maizena)
- * 2 Tbsp Custard powder (Natures Choice)
- * 1/3 cup Raw unrefined brown Sugar
- * 1/2 tsp Cinnamon Plus extra for dusting
- * 5 ml Vanilla

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Vegan

Raspberry pudding

Ingredients:

- * 2 cups Macadamia nuts
(soaked over night)
- * 1 Cup water
- * 2 Tbsp fresh lemon juice
- * 6 Tbsp Sweetner
- * 1/2 cup coconut oil
- * 1/2 teaspoon salt
- * 1 Tins Coconut Cream
- * 1 Cup Raspberries

Directions:

1. Blend all ingredients in blender till smooth.
2. Pour mixture in Moulds
3. Place in freezer over night.
4. Unmould and Defrost in the refrigerator.

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Avo Chocolate Mousse

Directions:

1. Drain the water from the Coconut cream
2. Put all the ingredients in a Food Processor or blender.
3. Mix till smooth.
4. Pour into Mould.
5. Refrigerate for 5 hours

Ingredients:

- * 4 Avocados
- * 1/2 cup Coconut oil
- * 5 TB Cacao or Carob
- * 1/2 cup Honey
- * 1 Tin Coconut Cream
(Refrigerate overnight)
- * 5 ml Vanilla
- * Pinch of salt



Vegan

Chocolate Mousse

Directions:

1. In a double boiler, melt the Chocolate or Carob
2. Add the sweetener to the Orley and whip till stiff peaks.
3. Fold in the Chocolate.
4. Refrigerate for 4 hours.

Ingredients:

- * 320 g Vegan Dark Chocolate or Carob Slab
- * 2 Bottles Orley whip
- * 2 Tbsp sweetener

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Vegan Blueberry Ice cream

Directions:

1. Place the frozen banana and Blueberries in a food processor.
2. Pulse until completely smooth.
3. Bring to boil the sauce ingredients
4. Boil for 10 minutes, stirring often.
5. Let it cool.
6. Transfer ice cream into loaf pan lined with parchment paper, swirl in the sauce.
7. Freeze till hard.

Ice Cream Ingredients:

- * 4 Peeled, chopped bananas frozen overnight
- * 1 cup Frozen blueberries

Sauce Ingredients:

- * 1 cup Blueberries
- * 1/2 cup Apple juice
- * 4 Tbsp sweetner



Vegan Coconut Ice Cream

Directions:

1. Mix the Maizena with a little bit of the milk, mix well.
2. Add the milk, maizena, salt and sweetner to a sauce pan.
3. Slowly heat on medium stir constantly untill the mixture becomes thick (5 Minutes.)
4. Remove from heat ,add the vanilla & Flavour of choice
5. Pour into a freezer-safe container.
6. Freeze for 30 Minutes, take out, whisk briskly.
7. Return to freezer. Repeat step 6 every 30 minutes.
8. Until ice cream is creamy and frozen through

Ingredients:

- * 2 Cans Full fat coconut milk
- * 1/2 cup sweetner
- * 2 Tbsp Maizena
- * 1/4 tsp salt
- * 2 tsp vanilla extract

Flavouring of Choice

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Vegan Easy Coconut Ice Cream

Directions:

1. Add the milk, sweetner and Vanilla (other flavours if you want) in a blender.
2. Blend until smooth.
3. Pour into a Freezer-safe container.
4. Place in the freezer.
5. Take out **EVERY** 30 minutes, whisk briskly until Ice cream freeze through

Ingredients:

- * 2 Cans Full fat coconut milk
- * 1 cup sweetner
- * 2 tsp vanilla extract

Flavouring of Choice



Vegan Macadamia Ice cream

Directions:

1. Blend all ingredients in blender until smooth.
5. Freeze overnight

Ingredients:

- * 3 cups Macadamia nuts
(soaked over night)
- * 1 Cup water
- * 3/4 cup fresh lemon juice
- * 1/2 cup Sweetner
- * 1 cup coconut oil
- * 1/2 teaspoon salt
- * 2 Tins Coconut Cream



Vegan

Mango Ice cream

Ingredients:

- * 3 Big mangoes, peeled and
Roughly Chopped
Freeze over night.
- * 1 Can Coconut cream

Directions:

1. Blend all the ingredients in Blender
until smooth.
2. Freeze overnight



Vegan

Meringues "Skuimpies"

Ingredients:

3. Beat on medium speed until soft peaks. (3 - 4 minutes)
4. With mixer still running add in the fructose bit by bit. Mix until stiff peaks form (5 min)
5. Add in the vanilla beat for another minute.
6. Lightly oil parchment paper on baking tray.
7. Pipe or drop with spoon your mixture.
8. Make sure oven is not too hot, Add your trays.
9. Keep in oven for 2 hours.
Turn oven to 100°C for 5 minutes
leave in for another 2 hours. Repeat again.
10. Store in a airtight container.

- * 1/2 Cup Aquafaba
(Water from a can of Chickpeas)
refrigerated overnight
- * 1/4 tsp Cream of tartar
- * 1/2 cup Fructose
- * 1 tsp vanilla extract
- * Pinch salt

Directions:

1. Preheat oven to 100°C for 20 minutes.
2. Place the chilled Aquafaba and cream of tartar into the mixing bowl of your stand mixer.

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Vegan Peanut butter Ice cream

Directions:

1. Place the frozen banana salt and Peanut butter in a food processor.
2. Pulse until completely smooth. This may take a while, scrape down the sides a few times.
3. Transfer peanut butter ice cream into a loaf pan lined with parchment paper. Freeze till hard.

Ice Cream Ingredients:

- * 6 Peeled, chopped bananas frozen overnight
- * 3 Tbsp Peanut butter
- * 1/4 tsp salt



Vegan

Strawberry Ice cream

Directions:

1. Place the frozen banana and Strawberries in a food processor.
2. Pulse until completely smooth. This may take a while, scrape down the sides a few times.
3. Bring to boil the sauce ingredients
4. Boil for 10 minutes, stirring often.
5. Let it cool and Pour over your ice cream.

Ice Cream Ingredients:

- * 4 Peeled, chopped bananas frozen overnight
- * 2 Cups frozen Strawberries

Sauce Ingredients:

- * 1 cup Strawberries
- * 1/2 cup Apple Juice
- * 4 Tbsp sweetner

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Vegan Vanilla Cashew Cream

Directions:

1. Blend the water and cashews until smooth paste.
2. Add all the other ingredients.
3. Blend until very smooth.
4. Refrigerate overnight to set.

Ingredients:

- * 1 cup raw cashews
- * 4 Tbsp sweetener
- * 2 tsp vanilla
- * 1/2 t salt
- * 1/2 cup water
- * 1/2 cup coconut oil



Vegan

Marshmallow Fluff

Directions:

1. Place the chilled Aquafaba and cream of tartar into the mixing bowl of your stand mixer.
2. Beat on medium speed until soft peaks. (3 - 4 minutes)
3. With mixer still running add in the fructose bit by bit. Mix until stiff peaks form
4. Add in the vanilla beat for another minute.
5. Use within the same day.

Ingredients:

- * 1/2 Cup Aquafaba
(Water from a can of Chickpeas)
refrigerated overnight
- * 1/4 tsp Cream of tartar
- * 1/2 cup Fructose
- * 1 tsp vanilla extract
- * Pinch salt

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Vegan

Vanilla Icing

Directions:

1. Place all the ingredients in a food processor.
2. Process until smooth
3. Use immediately before it solidifies.

Ingredients

- * 2 Cups powdered sugar.
(Put your preferred sweetener in a Coffee grinder to make powder sugar)
- * 1/4 cup Coconut oil
- * 2 Tbsp non dairy milk
- * 1 tsp vanilla extract

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Vegan Avo Chocolate Icing

Ingredients:

- * 4 Avocados
- * 1/2 cup Coconut oil
- * 5 TB Cacao or Carob
- * 5 Tbsp sweetner
- * 1 Tin Coconut Cream
(Refrigerate overnight)
- * 5 ml Vanilla
- * Pinch of salt

Directions:

- * Drain the water from coconut cream
- * Put all the ingredients in a blender.
- * Mix till smooth.
- * Refrigerate for 5 hours

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Vegan

Chocolate Icing

Directions:

1. In a double boiler, melt the Chocolate or Carob
2. Add the sweetener to the Orley and whip till stiff peaks.
3. Fold in the Chocolate.
4. Refrigerate for 4 hours.

Ingredients:

- * 160 g Vegan Dark Chocolate or Carob Slab
- * 1 Bottles Orley whip
- * 1 Tbsp sweetner

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Vegan

Coconut Icing

Directions:

1. Scoop out only the solid cream into a bowl. Be careful not to let any liquid come out.
2. Add all the other ingredients.
3. Lightly whip with egg beater.
4. Refrigerate for 30 minutes.

Ingredients

- * 1 Can Coconut cream Refrigerated overnight
- 1/2 Cup sweetner
- * 1/4 cup Coconut oil
- * 1 tsp vanilla extract

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Cookies



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Vegan

Carob Coconut Cookies

Directions:

1. Put wax paper over a baking tray.
2. Heat the Sweetner, oil, carob powder and milk in a pot, until mixture starts to boil.
2. Add the Carob Chips
3. Lower the heat and stir for 4 minutes
4. Remove from heat and add the oats, vanilla and coconut.
5. Drop a spoonful of the mixture on the wax paper. Allow to cool.

Ingredients:

- * 3 Cups rolled oats
- * 2 Cups sweetner
- * 1/2 Cup plantbased milk
- * 1/2 Cup coconut oil
- * 1/2 Cup Carob or Chocolate Chips
- * 1/2 Cup Carob or Cocoa Powder
- * 1/2 Cup coconut flakes
- * 1 tsp vanilla extract

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Vegan

Carob Cookies

(No Bake)

Directions:

1. Put wax paper over a baking tray.
2. Heat the Sweetner, oil, carob powder and milk in a pot, until mixture starts to boil.
2. Add the Carob Chips
3. Lower the heat and stir for 4 minutes
4. Remove from heat and add the oats, vanilla and nuts.
5. Drop a spoonful of the mixture on the wax paper. Allow to cool.

Ingredients:

- * 3 Cups rolled oats
- * 2 Cups sweetner
- * 1/2 Cup plantbased milk
- * 1/2 Cup coconut oil
- * 1/2 Cup Carob or Chocolate Chips
- * 1/2 Cup Carob or Cocoa Powder
- * 1/2 Cup chopped nuts
- * 1 tsp vanilla extract

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Vegan Coconut Biscuits

Directions:

1. Preheat oven to 180 degrees Celcius
2. Combine dry ingredients in a medium bowl.
3. Add wet ingredients to dry ingredients,
4. Mix well.
5. Roll the Cookie dough 5mm thick
6. Cut with cookie cutter.
7. Bake for 10 minutes (until golden brown)
8. Cool on a cooling rack.

Wet Ingredients:

- * 1/2 Cup Coconut oil (liquid)
- * 1/4 cup Plantbased milk

Dry Ingredients:

- * 2 Cups Cake Flour or Spelt flour
- * 1 Cup Raw brown Sugar or Coconut sugar
- * 1/2 teaspoon Salt
- * 2 teaspoon Healthy baking powder
- * 1 teaspoon Bicarbonate of soda
- 1/2 cup Desiccated coconut



Vegan Coconut Ice

Directions:

1. Line a baking tray with parchment paper
2. In a saucepan over low heat, add the Coconut cream, coconut oil and sweetner.
3. Whisk until well combined.
4. Transfer to bowl and stir through Desiccated coconut.
5. Transfer half the mixture to baking tray.
6. Press down tightly with spoon. Place in freezer.
7. Add beetroot juice to remaining batch.
8. Cobine and layer on top of white base.
9. Freeze and cut.

Ingredients:

- * 4 Cups desiccated Coconut
- * 100 ml Coconut oil
- * 1 Cup coconut cream
- Solid part
- * 70 ml sweetner
- * 1 tsp vanilla extract
- * 2 Tbsp Beetroot juice
for the pink colour.



Vegan

Coffee Cookies

Directions:

1. Preheat oven to 180°C
2. Lightly grease a baking tray
3. Mix Oil, sweetner and Coffee
4. Add the flour and vanilla
5. Roll into small balls
6. Place on baking tray and press down with a fork
7. Bake until golden brown (12 minutes) on 180°C

Ingredients:

- * 150 ml Coconut oil
- * 100 ml Powdered sweetner
(Grind your sweetner in Coffee grinder untill powdered)
- * 1 Tbsp Chickory coffee powder
- * 1 cup all purpose flour
- * 1/4 tsp vanilla extract

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Vegan

Custard Cookies

Directions:

1. Preheat oven to 180°C
2. Lightly grease a baking tray
3. Mix Oil, sweetner and custard
4. Add the flour and vanilla
5. Roll into small balls
6. Place on baking tray and press down with a fork
7. Bake until golden brown (12 minutes) on 180°C

Ingredients:

- * 150 ml Coconut oil
- * 100 ml Powdered sweetner
(Grind your sweetner in Coffee grinder untill powdered)
- * 2 Tbsp vegan custard powder
- * 1 cup all purpose flour
- * 1/4 tsp vanilla extract

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Vegan Ginger Cookies

Directions:

1. Preheat oven to 180 degrees Celsius
2. Lightly grease Cookie sheets
3. In Large bowl cream together sugar and Oil until smooth. Stir in molasses.
4. Combine the baking soda, ginger and 3 3/4 cups of the flour. Mix with molasses mixture. Add rest of flour if necessary to make dough stiff enough to roll out.
5. Roll dough out to 6 mm thickness and cut with cookie cutters.
6. Bake for 5 to 7 minutes. Remove from baking sheet cool on wire rack.

Ingredients:

- * 1 Cup Coconut sugar
(or any other sugar alternative)
- * 2 tsp Baking soda
- * 1 Cup Coconut oil
- * 4 cups All purpose flour
- * 1 cup Molasses
- * 2 tsp Ginger powder

Vegan

Shortbread Cookies

Directions:

1. Preheat oven to 180°C
2. Line a baking tray with parchment paper.
3. Cream together the coconut oil and sugar, until light and fluffy.
4. Add the flour and maizena
5. Mix until dough comes together.
6. Dust counter with powdered sugar.
7. Gently roll the dough into a 5cm high log.
8. Wrap in plastic wrap, refrigerate for 30 minutes to firm up.
9. Cut the log in 2cm thick slices.
- 10 Bake until golden brown (16 minutes)

Ingredients:

- * 1/2 cup Maizena
- * 1 1/2 cup All purpose flour
- * 1 Cup Coconut oil
Room Temperature
- * 180 ml Powdered sweetner.
(In a coffee grinder, grind your sweetner to a powder.)

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Vegan

Soet Koekies

Directions:

1. Boil the sugar and milk together until sugar is dissolved. let it cool.
2. Mix the Flour and salt.
3. With finger tips rub the oil into the flour
4. Add the Bicarb to flour. Mix well.
5. Add the Cooled milk to the flour.
6. Mix and roll out.
7. Cut with cookie cutter.
8. Bake in preheated oven @ 180°C
For 15 minutes

Ingredients:

- * 1 1/2 cup Sweetner
- * 3 Cups All purpose flour
- * 1 1/2 tsp Bicarbonate of soda
- * 1/2 cup Coconut oil
Room temperature
- * 1/2 Cup plantbased milk
- * 1 tsp salt

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Vegan Buttermilk Anise Rusk

Ingredients:

Directions:

1. Preheat oven 180°C
2. Sift the flour, and salt together.
3. Rub the coconut oil in the flour with finger tips.
4. Add the sweetener, baking powder bicarb and bran flakes to the flour. Mix well.
5. Mix the milk and lemon juice, add to flour
6. Mix well. Add Anise seeds and vanilla.
7. Spread evenly on a greased baking tray
8. Bake @ 180°C for 40 minutes, Cool and Cut.
9. Arrange on baking tray and dry in oven for 3 hours @ 90°C

- * 6 Cups All purpose flour
- * 1 1/2 cups sweetener
- * 2 Tbsp Baking powder
- * 2 tsp Bicarbonate of soda
- * 1 tsp salt * 2 Tbsp lemon juice
- * 1 cup coconut oil
- * 1 cup bran flakes
- * 2 Cups plantbased milk
- * 1 tsp vanilla
- * 2 Tbsp Anise seeds

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Vegan

Cranberry Rusk

Directions:

1. Preheat oven 180°C
2. Sift the flour, and salt together.
3. Rub the coconut oil in the flour with finger tips.
4. Add the sweetner, baking powder bicarb and bran flakes to the flour. Mix well.
5. Mix the milk and lemon juice, add to flour
6. Mix well. Add the Cranberries, vanilla.
7. Spread evenly on a greased baking tray
8. Bake @ 180°C for 40 minutes, Cool and Cut.
9. Arrange on baking tray and dry in oven for 3 hours @ 90°C

Ingredients:

- * 6 Cups All purpose flour
- * 1 1/2 cups sweetner
- * 2 Tbsp Baking powder
- * 2 tsp Bicarbonate of soda
- * 1 tsp salt * 2 Tbsp lemon juice
- * 1 cup coconut oil
- * 1 cup bran flakes
- * 2 cups cranberries
- * 2 Cups plantbased milk

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Vegan Healthy Rusks

Ingredients:

Directions:

1. Preheat oven 180°C
2. Sift the flour, and salt together.
3. Rub the coconut oil in the flour with finger tips.
4. Add the sweetner, baking powder bicarb and bran flakes to the flour. Mix well.
5. Mix the milk and lemon juice, add to flour
6. Mix well. Add all the seeds, vanilla and muesli.
7. Spread evenly on a greased baking tray
8. Bake @ 180°C for 40 minutes, Cool and Cut.
9. Arrange on baking tray and dry in oven for 3 hours @ 90°C

- * 5 Cups All purpose flour
- * 1 1/2 cups sweetner
- * 2 Tbsp Baking powder
- * 2 tsp Bicarbonate of soda
- * 1 tsp salt * 2 Tbsp lemon juice
- * 1 cup coconut oil
- * 1 cup bran flakes
- * 1/2 cup sesame seeds
- * 2 Cups plantbased milk
- * 1/2 Cup sunflower seeds
- * 2 Cups Muesli * 1 tsp vanilla
- * 1/2 Cup Flaxseed

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Vegan Lemon & Poppy seed Rusk

Directions:

1. Preheat oven 180°C
2. Sift the flour, and salt together.
3. Rub the coconut oil in the flour with finger tips.
4. Add the sweetner, baking powder bicarb and bran flakes to the flour. Mix well.
5. Mix the milk and lemon juice, add to flour
6. Mix well. Add the lemon skin, seeds and vanilla.
7. Spread evenly on a greased baking tray
8. Bake @ 180°C for 40 minutes, Cool and Cut.
9. Arrange on baking tray and dry in oven for 3 hours @ 90°C

Ingredients:

- * 6 Cups All purpose flour
- * 1 1/2 cups sweetner
- * 2 Tbsp Baking powder
- * 2 tsp Bicarbonate of soda
- * 1 tsp salt
- * 3 Tbsp lemon juice
- * 1 cup coconut oil
- * 1 cup bran flakes
- * 2 Cups plantbased milk
- * 1 tsp vanilla
- * 1/3 cup poppy seeds
- * 2 Tbsp Grated lemon skin

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Bakery



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Vegan

Baked Apple Muffins

Directions:

1. Preheat oven to 180 degrees Celcius
2. Prepare muffin tin with oil..
3. Combine dry ingredients in a meduim bowl.
4. Add wet ingredients to dry ingredients,
5. Wisk for a few minutes.
6. Equally divide batter into muffin tin.
7. Bake for 20 minutes (Test with toothpick)
8. Spoon the apple topping over muffins.

Wet Ingredients:

- * 1/2 Cup Coconut oil (liquid)
- * 1 cup Plantbased milk
- * 1 teaspoon Vanilla
- * 2 Tablespoons Lemon juice
- 1/2 cup Apple Sauce

Dry Ingredients:

- * 2 Cups Cake Flour or Spelt flour
- * 1 Cup Raw brown Sugar or Coconut sugar
- * 1/2 teaspoon Salt * 1 Tbsp Cinnamon
- 2 1/2 teaspoons Healthy baking powder
- * 1 teaspoon Bicarbonate of soda

Topping:

- 2 Apples cut in small cubes
- fry in Coconut oil and cinnamon

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Vegan Banana Bread Muffins

Ingredients:

- * 2 Cups Spelt flour
- * 1/2 Cup Raw dark brown sugar
- * 1 tsp Baking powder
- * 1 tsp Bicarbonate of soda
- * 1 tsp salt
- * 1/2 Cup plantbased milk
- * 4 Large bananas mashed
- * 1 tsp vanilla extract
- * 100 ml coconut oil
- * 2 tsp lemon juice
- * 2 tsp Cinnamon
- * 1/2 cup Chopped pecan nuts

Directions:

1. Preheat oven to 180°C.
2. Lightly oil 2 muffin pans.
3. Sift together the flour, baking powder, salt Bicarb, cinnamon and sugar.
4. Mix the following together, Bananas, oil, vanilla, milk, lemon juice.
5. Add wet ingredients to dry ingredients, mix
6. Add the nuts if you are using it.
7. Pour the batter into pans. Bake for 25 minutes.

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Vegan Banana Orange Muffins

Directions:

1. Blend wet ingredients.
2. Sift the Dry ingredients except sugar.
3. Mix all ingredients with a balloon whisk.
4. Batter must be like thick cake batter.
5. Put mixture into muffin pans.
6. Bake in Preheated Oven at 180 C for 20 minutes

Wet Ingredients:

- * Juice of 2 Oranges
- * 1 1/2 Cup Plantbased Milk
- * 1/2 Cup Coconut oil
- * 2 Bananas
- * 10 ml Vanilla

Dry Ingredients:

- * 4 1/2 Cups Flour
- * 1 Cup Raw Brown Sugar
- * 5 tsp Baking powder
- * 1 tsp Bicarbonate of soda
- * 1 1/2 tsp Salt
- 2 tsp Cinnamon



Vegan *Banana Bread*

Ingredients:

- * 4 Cups Spelt flour
- * 1 Cup Raw dark brown sugar
- * 2 tsp Baking powder
- * 1 tsp Bicarbonate of soda
- * 1 1/2 tsp salt
- * 1 Cup plantbased milk
- * 8 Large bananas mashed
- * 2 tsp vanilla extract
- * 1/2 cup coconut oil
- * 2 tsp lemon juice
- * 2 tsp Cinnamon
- * 1/2 cup Chopped pecan nuts

Directions:

1. Preheat oven to 180°C.
2. Lightly oil 2 small bread loaf pans.
3. Sift together the flour, baking powder, salt Bicarb, cinnamon and sugar.
4. Mix the following together, Bananas, oil, vanilla, milk, lemon juice.
5. Add wet ingredients to dry ingredients, mix
6. Add the nuts if you are using it.
7. Pour the batter into pans. Bake for 1 hour.

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Brown Bread

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Directions:

1. Mix the yeast, sugar and luke warm water.
Let it stand for 5 minutes.
2. In a large Bowl, mix the flour, salt and seeds.
3. Mix the water mixture with flour.
4. Knead for 10 minutes.
5. Cover with blanket and keep in warm place for 30 minutes.
6. Preheat oven 180°C
7. Knead for 10 minutes
8. Place dough in pre-oiled bread pan.
9. Let it rise for 30 minutes
10. Bake @ 180°C for 40 minutes or until Golden Brown.

Ingredients:

- * 290 g Brown Bread Flour
- * 290 g White Bread Flour
- * 1 Packet Dried Active yeast
 - * 2 tsp salt
- * 2 Tblsp Brown sugar
- * 1/2 Cup of different seeds
- * 380 ml Luke warm water

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Garlic Bread

Ingredients:

- * 580 g Spelt / White or Whole wheat flour
- * 1 Packet Dried Active yeast
- * 2 tsp salt * 1 Tblsp Herbs
- * 2 Tblsp Brown sugar
- * 380 ml Luke warm water
- * 1/3 Cup Olive oil
- * 5 Tblsp Crushed Garlic

**Place all the Ingredients
in Bread Machine or
Follow Directions.**

Directions:

1. Mix the yeast, sugar and luke warm water.
Let it stand for 5 minutes.
2. In a large Bowl, mix the flour, salt and Herbs.
3. Mix the water mixture with flour.
4. Knead for 10 minutes.
5. Cover with blanket and keep in warm place for 30 minutes.
6. Preheat oven 180°C
7. Add oil and Garlic, Knead for 10 minutes
8. Place dough in pre-oiled bread pan.
9. Let it rise for 30 minutes. Brush with oil and Garlic
10. Bake @ 180°C for 40 minutes or until Golden Brown.

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Healthy Buns

Ingredients:

- * 580 g Spelt or Whole wheat bread flour
- * 1 Packet Dried Active yeast
- * 2 tsp salt
- * 2 Tblsp Brown sugar
- * 4 Tblsps Olive Oil
- * 380 ml Luke warm water

Directions:

1. Mix the yeast, sugar and luke warm water.
Let it stand for 5 minutes.
2. In a large Bowl, mix the flour, salt and oil.
3. Mix the water mixture with flour.
4. Knead for 10 minutes.
5. Cover with blanket and keep in warm place for 30 minutes.
6. Preheat oven 180°C
7. Knead for 10 minutes
8. Divide dough in 12 equal balls. Place in a oven pan
9. Let it rise for 30 minutes
10. Bake @ 180°C for 40 minutes or until Golden Brown.

**Place all the Ingredients
in Bread Machine or
Follow Directions.**

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Pizza Dough

Ingredients:

- * 580 g Spelt / White or Whole wheat flour
- * 1 Packet Dried Active yeast
- * 2 tsp salt
- * 1 Tblsp Herbs
- * 2 Tblsp Brown sugar
- * 380 ml Luke warm water
- * 3 Tblsps Olive oil

Directions:

1. Mix the yeast, sugar and luke warm water.
Let it stand for 5 minutes.
2. In a large Bowl, mix the flour, salt, oil and Herbs.
3. Mix the water mixture with flour.
4. Knead for 10 minutes.
5. Cover with blanket and keep in warm place for 30 minutes.
6. Preheat oven 180°C
7. Knead for 10 minutes
8. Divide dough in 4 parts and Roll out in Circle, place in pizza plate
9. Let it rise for 30 minutes. Add all your trimmings
10. Bake @ 180°C for 20 minutes.

**Place all the Ingredients
in Bread Machine or
Follow Directions.**

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Vegan Puff Pastry

Directions:

- * In a large bowl, sift the flours and salt. With your fingers crumble the coconut oil with the flour
 - * Add Cold water and stir together until the mixture comes together into a dough.
 - * Dust the top of dough with flour form into rectangle 20mm thick
 - * Roll the dough into a rectangle 300 mm long, 180 mm wide 15 mm thick.
 - * Keeping the dough in a portrate position.
 - * Fold the bottom third of dough up and the top third down to make a block
 - * Turn the dough so that its open edge is facing to the right, like a book.
- Roll out and fold again, repeat 4 times
- * Wrap in plastic, refrigerate for 4 hours before using in recipe

Ingredients:

- * 2 Cups all purpose flour
- * 1/2 teaspoon salt
- * 3/4 cup soft coconut oil
- * 1/4 cup ice cold water

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Vegan Roti's

Directions:

1. Sift the flour. Add the salt.
2. Add the melted coconut oil.
3. Pour the Boiling water into the flour.
4. Mix it into the flour with fork.
(It will be a wet, lumpy mixture)
5. When mix is cool enough to touch start Kneading into a soft ball. (The dough will feel sticky, but as you knead the dough will become silky smooth.
6. Divide into 8 equal pieces, roll into a ball.
7. Flatten the dough with palm. Roll the dough on a lightly floured surface.
8. Roll out into 20 cm Circle.
9. Place Roti in warm pan brushed with oil.
10. Cook until it bubble a little.

Ingredients:

- * 2 Cups Brown bread flour
- * 6 Tbsp Coconut oil
(Melted)
- * 1/2 tsp salt
- * 1 cup Boiling hot water

Vegan

Soft Roti's

Directions:

1. Sift the flour. Add the salt.
2. Add the melted coconut oil.
3. Pour the Boiling water into the flour.
4. Mix it into the flour with fork.
(It will be a wet, lumpy mixture)
5. When mix is cool enough to touch start Kneading into a soft ball. (The dough will feel sticky, but as you knead the dough will become silky smooth.
6. Divide into 8 equal pieces, roll into a ball.
7. Flatten the dough with palm. Roll the dough on a lightly floured surface.
8. Roll out into 20 cm Circle.
9. Place Roti in warm pan brushed with oil.
10. Cook until it bubble a little.

Ingredients:

- * 2 Cups Cake flour
- * 6 Tbsp Coconut oil
(Melted)
- * 1/2 tsp salt
- * 1 cup Boiling hot water

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100% Spelt Bread

Directions:

1. Mix the yeast, sugar and luke warm water.
Let it stand for 5 minutes.
2. In a large Bowl, mix the flour, salt and seeds.
3. Mix the water mixture with flour.
4. Knead for 10 minutes.
5. Cover with blanket and keep in warm place for 30 minutes.
6. Preheat oven 180°C
7. Knead for 10 minutes
8. Place dough in pre-oiled bread pan.
9. Let it rise for 30 minutes
10. Bake @ 180°C for 40 minutes or until Golden Brown.

Ingredients:

- * 580 g Spelt flour
- * 1 Packet Dried Active yeast
- * 2 tsp salt
- * 2 Tblsp Brown sugar
- * 1/2 Cup of different seeds
- * 380 ml Luke warm water

**Place all the Ingredients
in Bread Machine or
Follow Directions.**

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Vegan Vetkoek

Ingredients:

- * 580 g Spelt / White or Whole wheat flour
- * 1 Packet Dried Active yeast
- * 2 tsp salt
- * 2 Tbsp Brown sugar
- * 380 ml Luke warm water
- * 1/3 Cup Olive oil
- * 1 Litre Macadamia oil (For frying)

**Place all the Ingredients
in Bread Machine or
Follow Directions.**

Directions:

1. Mix the yeast, sugar and luke warm water.
Let it stand for 5 minutes.
2. In a large Bowl, mix the flour, salt and oil.
3. Mix the water mixture with flour.
4. Knead for 10 minutes.
5. Cover with blanket and keep in warm place for 60 minutes.
6. Knead for 10 minutes, Divide dough into 12 balls.
7. Cover with wet cloth.
8. Put in warm place let it rise for 30 minutes
9. Heat 1 litre Macadamia oil
10. Drop dough softly in oil, fry both sides till brown.

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Whole Wheat Bread



Directions:

1. Mix the yeast, sugar and luke warm water.
Let it stand for 5 minutes.
2. In a large Bowl, mix the flour, salt and seeds.
3. Mix the water mixture with flour.
4. Knead for 10 minutes.
5. Cover with blanket and keep in warm place for 30 minutes.
6. Preheat oven 180°C
7. Knead for 10 minutes
8. Place dough in pre-oiled bread pan.
9. Let it rise for 30 minutes
10. Bake @ 180°C for 40 minutes or until Golden Brown.

Ingredients:

- * 580 g Whole wheat bread flour
- * 1 Packet Dried Active yeast
- * 2 tsp salt
- * 2 Tblsp Brown sugar
- * 1/2 Cup of different seeds
- * 380 ml Luke warm water

**Place all the Ingredients
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Milk



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Vegan

Almond Milk

Directions:

1. Blend all the ingredients together, blend till very smooth.
2. Keep as is or Strain through cheese cloth for smoother texture.
2. Pour into container.
3. Will keep for 1 week in fridge.

Ingredients:

- * 1 cup Almonds
- * 6 Dates
- * 1 tsp vanilla
- * 1/2 t salt
- * 3 cups water

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Vegan

Almond & Coconut Milk

Directions:

1. Blend all the ingredients together, blend till very smooth.
2. Keep as is or Strain through cheese cloth for smoother texture.
2. Pour into container.
3. Will keep for 1 week in fridge.

Ingredients:

- * 1 Cup Almonds
- * 1 Cup Shredded Coconut
- * 1/2 cup Soaked dates
- * 5 ml Vanilla
- * 1300 ml water

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Vegan *Cashew Milk*

Directions:

1. Blend all the ingredients together, blend till very smooth.
2. Keep as is or Strain through cheese cloth for smoother texture.
2. Pour into container.
3. Will keep for 1 week in fridge.

Ingredients:

- * 1 cup raw cashews
- * 6 Dates
- * 1 tsp vanilla
- * 1/2 t salt
- * 3 cups water

Vegan Coconut Milk

Directions:

1. Blend all the ingredients together, blend till very smooth.
2. Keep as is or Strain through cheese cloth for smoother texture.
2. Pour into container.
3. Will keep for 1 week in fridge.

Ingredients:

- * 2 cup Shredded Coconut
- * 6 Dates
- * 1 tsp vanilla
- * 1/2 t salt
- * 3 cups water



Vegan Macadamia Milk

Directions:

1. Blend all the ingredients together, blend till very smooth.
2. Keep as is or Strain through cheese cloth for smoother texture.
2. Pour into container.
3. Will keep for 1 week in fridge.

Ingredients:

- * 1 cup Macadamia
- * 6 Dates
- * 1 tsp vanilla
- * 1/2 t salt
- * 3 cups water



Vegan

Rice Cashew Milk

Directions:

1. Blend all the ingredients together, blend till very smooth.
2. Keep as is or Strain through cheese cloth for smoother texture.
2. Pour into container.
3. Will keep for 1 week in fridge.

Ingredients:

- * 1 cup Cooked rice
- * 1/2 cup raw cashews
 - * 6 Dates
 - * 1 tsp vanilla
 - * 1/2 t salt
- * 3 cups water

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Smoothies



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Banana Berry Smoothie

**Bananas Promotes kidney health, are a great source of Potassium, promotes bone health
Almonds Contains Leatril (anti-cancer). They are also Rich in Vitamin E, its very Alkalisng.**

Strawberries acts as an Antioxidant, Boost the Immune System, Detoxify the body.

Rasberries are rich in Vitamins, anti-oxidants and Dietary fibre

Blueberries are rich in Vitamin C & B6, Protects your body against inflammation and free radicals.

Dates heal the digestive tract, its a natural energy booster and help maintain healthy weight

Chia seeds are good for digestion, Cleanses the colon, high in antioxidants



Recipe

- 1 Cup mixed Berries**
- 2 Frozen Bananas**
- 1 1/2 Cup Almond milk**
- 5 Dates**
- 2 Tablespoons Chia seeds**

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Berry Blast Smoothie

Almonds Contains Leatril (anti-cancer). They are also Rich in Vitamin E, its very Alkalisng.

Strawberries acts as an Antioxidant, Boost the Immune System, Detoxify the body.

Rasberries are rich in Vitamins, anti-oxidants and Dietary fibre

Blueberries are rich in Vitamin C & B6, Protects your body against inflammation and free radicals.

Dates heal the digestive tract, its a natural energy booster and help maintain healthy weight



Recipe

1/2 Cup Almonds

1 Cup Filtered water

1/2 Cup Fresh or Frozen Strawberries

1/2 Cup Fresh or Frozen Rasberries

1/2 Cup Fresh or Frozen Blueberries

5 Dates

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 Delicate 'n Spicy

 **Dr S Delicate 'n Spicy**
Healthy Recipes

Breakfast Treat Smoothie

Soak the oats and Dates (or Raisins) overnight in the Almond milk.
Blend till smooth. Sprinkle with Cinnamon and Enjoy!

Recipe

1/4 cup oats
1 1/2 cup Almond milk
1 Chopped Apple
3 Dates or Tablespoon Raisins
pinch of salt
Pinch of Cinnamon

Soak the oats and Dates (or Raisins) overnight in the Almond milk.
Blend till smooth. Sprinkle with Cinnamon and Enjoy!

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Avo Nice Smoothie

*Cucumber promotes Digestion, Good for Weight loss, Reduces Cholesterol, Relieves Joint pain.
Celery is Anti-inflammatory, Rids kidney & Gall stones, prevents calcium deposits.
Spinach remove toxins, improves metabolism, helps to lose weight, normalizes bowel function
Avocado aids in Digestion, Cancer protection, healthy for heart, brain and eyes.*

Recipe

1 Cucumber
1 Stalk of Celery
4 Leaves of Spinach (Stems removed)
1 Avocado
Dash of Lemon juice
1 Cup filtered water



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Green and leafy Smoothie

Cucumber Relieves joint pain, Reduces Cholesterol, Promotes Digestion, Fights Cancer, Aids in weight loss

Spinach removes toxins, strengthens blood vessels, improves metabolism, Prevents cellulite.

Celery is Anti-inflammatory, Lowers blood pressure, rids kidney & gall stones, prevents calcium deposits

Apples relieves constipation, reactivates Good Gut Bacteria, removes Toxins, Helps control weight



Recipe

1 Cucumber

1 Stalk of Celery

Handfull baby spinach

2 Apples

Dash of Lemon juice

1 Cup filtered water

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Green Cleanse Smoothie

Cucumber Relieves joint pain, Reduces Cholesterol, Promotes Digestion, Fights Cancer, Aids in weight loss

Kale is Anti-inflammatory, aid with digestion, boosts the immune system, help prevent cancer

Celery is Anti-inflammatory, Lowers blood pressure, rids kidney & gall stones, prevents calcium deposits

Apples relieves constipation, reactivates Good Gut Bacteria, removes Toxins, Helps control weight

Ginger lowers Cholestrol levels, Relieves joint pain, prevents Stomach ulcers



Recipe

1 Cucumber

1 Stalk of Celery

4 Leaves of Kale

2 Apples

1cm piece of ginger

Dash of Lemon juice

1/2 cup water

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Juice

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Good Morning Juice

Oranges are full of Minerals & Vitamins, Protects Kidneys, Purifies Blood, Fights infections
Apples relieves constipation, reactivates Good gut Bacteria, removes Toxins, helps control Weight.
Papaya is full of minerals and Vitamins, Anit-inflammatory, Aids in digestion, rich in Anti-oxidant

Do not use the skin of the Oranges or Papaya



Recipe

1/2 Papaya (Peeled, no seeds)
3 Oranges (Peeled)
2 Green Apples

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Goodbye Toxins Juice

Oranges are full of Minerals & Vitamins, Protects Kidneys, Purifies Blood, Fights infections
Apples relieves constipation, reactivates Good gut Bacteria, removes Toxins, helps control Weight.
Grapefruit helps break down fat, Loaded with Vitamin C, Extremely Alkalizing, reduce water retention

Do not use the skin of the Oranges or Grapefruit



Recipe

- 1 Grapefruit (Peeled)**
- 3 Oranges (Peeled)**
- 2 Green Apples**

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Anti-inflammatory Juice

Carrot Juice help to normalize the entire system. It is the richest source of Vitamin A, source of Vitamin B, C, D, E, G and K. Help prevent ulcers and Cancer, help prevent infections
Butternut is high in fibre, High in Anti-oxidant, Helps prevent cancer, good source of magnesium
Apples relieves constipation, reactivates Good gut Bacteria, removes Toxins, helps control Weight.
Turmeric is Anti-inflammatory, strong Anti-oxidant, Heals Wounds faster, natural painkiller
Boost Immunity, Great Anti-Allergic, Treats Asthma



Recipe

3 Carrots
1/4 butternut
2 Green Apples
1 cm raw turmeric cube

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Green Cleanse Juice

Cucumber Relieves joint pain, Reduces Cholesterol, Promotes Digestion, Fights Cancer, Aids in weight loss

Kale is Anti-inflammatory, aid with digestion, boosts the immune system, help prevent cancer

Celery is Anti-inflammatory, Lowers blood pressure, rids kidney & gall stones, prevents calcium deposits

Apples relieves constipation, reactivates Good Gut Bacteria, removes Toxins, Helps control weight

Ginger lowers Cholestrol levels, Relieves joint pain, prevents Stomach ulcers.

Lemons detoxify your body, Relieves Constipation, high in Ani-Oxidants, Anti-viral, High Alkalizing



Recipe

1 Cucumber

4 Stalk of Celery

7 Leaves of Kale

2 Apples

1cm piece of ginger

1/2 Lemon (With skin)

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Liver Cleanser Juice

Carrots help normalize the entire system, prevent infections, ulcers and Cancer, Rich in Vitamins.
Beetroot Strengthens the Gall bladder and liver, cleanses the colon and blood, Anti Cancer, Heals acne.
Spinach removes toxins, strengthens blood vessels, improves Metabolism, Prevents Cellulite
Cucumber relieves joint pain, reduces Cholesterol, Promotes Digestion, Fights cancer.
Apples relieves constipation, reactivates Good Gut Bacteria, removes Toxins, Helps control weight.
Cilantro and Parsley are Toxic metal Cleansers, Anti-bacterial and Anti-fungal, Natural internal deodorant



Recipe

1/2 Beetroot
2 Carrots
1/2 Cucumber
2 Apples
3 Spinach leaves
1/2 Lemon (With skin)
Handful of Cilantro or parsley

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Mean Green Juice

Cucumber Relieves joint pain, Reduces Cholesterol, Promotes Digestion, Fights Cancer, Aids in weight loss

Kale is Anti-inflammatory, aid with digestion, boosts the immune system, help prevent cancer

Celery is Anti-inflammatory, Lowers blood pressure, rids kidney & gall stones, prevents calcium deposits

Apples relieves constipation, reactivates Good Gut Bacteria, removes Toxins, Helps control weight

Spinach removes toxins, strengthens blood vessels, Improves metabolism, Prevents Cellulite

Lemons detoxify your body, Relieves Constipation, high in Ani-Oxidants, Anti-viral, High Alkalizing



Recipe

1 Cucumber

2 Stalk of Celery

3 Leaves of Kale

3 Spinach Leaves

2 Green Apples

1/2 Lemon (With skin)

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Red Detox Juice

Carrots help normalize the entire system, prevent infections, ulcers and Cancer, Rich in Vitamins.
Beetroot Strengthens the Gall bladder and liver, cleanses the colon and blood, Anti Cancer, Heals acne.
Celery is Anti-inflammatory, Lowers blood pressure, rids kidney & gall stones, prevents calcium deposits
Apples relieves constipation, reactivates Good Gut Bacteria, removes Toxins, Helps control weight.
Ginger lowers Cholesterol levels, Relieves joint pain, prevents Stomach ulcers.
Cilantro and Parsley are Toxic metal Cleansers, Anti-bacterial and Anti-fungal, Natural internal deodorant



Recipe

1 Beet
3 Carrots
3 Ribs of Celery
2 Apples
1 cm of Ginger
Handful of Cilantro or parsley

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Extras



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Egg Replacers

*** 1/2 Banana mashed = 1 Egg**

*** 1/4 cup Apple Sauce = 1 Egg**

*** 3 Tbsps Peanut butter = 1 Egg**

*** 1 Tbsp Ground flaxseed + 3 Tbsp warm water
= 1 Egg (Mix well)**

*** 1 Tbsp Chia seeds + 80ml warm water
= 1 Egg (Mix well)**



How to make Tofu

Soak 2 cups dried Soybeans (organic non GMO) over night.

For the Soy milk

In a high speed blender, blend

* 2 cups soybeans

* 2 cups hot water

* 1 cup cold water

(until the soaked soybean batch is finished)

1. Pour mixture into a large pot.
2. Bring mixture to boil, simmer for 15 min.
3. Strain the mixture through a cheese cloth or old pillow case.
4. Squeeze out all the liquid into a clean large pot.

Now you have soymilk.

The pulp is called okara, can be used in different recipes

For the Tofu

1. Bring the soymilk to almost boil.
2. Take pot off the heat, gently stir in a coagulant.
3. There are 4 options of coagulant you can choose from:
 - 4 tbsp freshly squeezed lemon juice or
 - 2 tsp. Epsom salt mixed in 1 cup water or
 - 3 tbsp Vinegar or
 - 2 tsp nigari & 1 cup water

* The water and protein will separate, pour into mold or old pillow case

4. Place a weight of about 2 kg let tofu stand in sink for about 15 min.

- And now you have healthy tofu !!!

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Vegan

Condensed Milk

Directions:

1. Add the sugar and milk to a sauce pan.
2. Turn on the heat to medium low heat.
3. Stirring constantly until the sugar dissolves
4. Turn heat down to simmer. (Not boiling)
5. Simmer until the mixture as reduces to half stirring every few minutes. (About 70 minutes)
6. Place in a Jar, and refrigerate

Ingredients:

- * 1 can Full fat
Coconut milk
- * 3/4 Cup sweetner

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Vegan Mushroom Biltong

Directions:

1. Slice mushrooms thick slices.
2. Combine all the ingredients
3. Add the mushroom to the marinade
Cover and leave overnight.

*(You can dehydrate mushroom before you
marinate them to draw more moisture.)*

4. Take out of Marinade and place on Dehydrater Sheets.
5. Dehydrate for 5-6 hours.

** If you dont have a dehydrater, place on oven tray.*

With oven Temp on 50'C. Place tray in oven. For 10 Hours

Leave door slightly open by inserting a wooden spoon.

Ingredients:

- * 8 Portobello mushrooms
- * 1 Tbsp soy sauce
- * 1 tsp Apple Cicer vinegar
- * 2 tsps Corriander Powder
- * 1/2 tsp smoked paprika
- * Pinch Clove powder
- * Pinch salt

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Vegan

Popcorn Seasoning

Directions:

1. Mix all the ingredients in a blender or coffee grinder.

Ingredients:

- * 1/4 Cup Nutritional yeast
- * 1 tsp onion powder
- * 1 tsp Smoked Paprika
- * 2 tsp salt
- * 1/2 tsp Garlic powder
- * 1 tsp Dried oregano / Basil
- 2 tsp Sweetner

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Vegan

Chicken-style Seasoning

- * 1 tsp Corriander powder
- * 1/2 tsp dried rosemary
- * 1/2 tsp Thyme

Directions:

1. Mix all the ingredients in a blender of coffee grinder.

Ingredients:

- * 1/2 Cup Nutritional yeast
- * 2 tsp onion powder
- * 1 tsp Paprika
- * 1 tsp salt
- * 1/2 tsp Garlic powder
- * 1 tsp oregano
- * 1/4 Clove powder

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Benefits of: **Sauerkraut**

- * **Boosts Immunity**
- * **Promotes a Healthy Gut**
- * **Combats infection**
- * **Reduces pain of joints and muscles**
- * **Reduces risk of heart diseases**
- * **Boosts energy**
- * **Heals Ulcers**

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Vegan Sauerkraut

Ingredients:

- * 1 Head green cabbage
- * 2 Tbsp salt

Directions:

4. Let it rest for 5 minutes and repeat step 3.
5. Pack the cabbage into a glass jar as tightly as you can, pressing with wooden spoon. Pour in the liquid.
6. Fold a big cabbage leaf and put on top of Cabbage mixture.
7. Put lid on but do not thighten lid to much.
8. Set aside in room-temperature location, out of direct sunlight. For 2 - 3 weeks.
9. Burp bottle every 3 days. (open & close lid)

1. Put the cabbage through the grater of the food processor or slice into thin strips.
2. Combine the salt and cabbage.
3. Massage and squeeze the cabbage and salt together with hands, kneading it thoroughly for 10 minutes. It will become watery.



Vegan Sauerkraut

Ingredients:

- * 1 Head Purple cabbage
- * 2 Tbsp salt

Directions:

4. Let it rest for 5 minutes and repeat step 3.
5. Pack the cabbage into a glass jar as tightly as you can, pressing with wooden spoon. Pour in the liquid.
6. Fold a big cabbage leaf and put on top of Cabbage mixture.
7. Put lid on but do not tighten lid to much.
8. Set aside in room-temperature location, out of direct sunlight. For 2 - 3 weeks.
9. Burp bottle every 3 days. (open & close lid)

1. Put the cabbage through the grater of the food processor or slice into thin strips.
2. Combine the salt and cabbage.
3. Massage and squeeze the cabbage and salt together with hands, kneading it thoroughly for 10 minutes. It will become watery.



Benefits of:

Kombucha

- * **Boosts Immunity**
- * **Promotes a Healthy Gut**
- * **Combats infection**
- * **Detoxifies the liver**
- * **Aids in weight loss**
- * **Boosts energy**
- * **Heals Ulcers**

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Vegan Kombucha

Ingredients:

* 1 Kombucha Scoby
(buy at health shops)

* 1 cup Starter

(Kombucha from previous batch)

* 1.5 Litre water

* 1/2 cup sugar

* 4 Rooibos tea bags

Directions:

1. Wash your glass container with hot water to clean.
2. Only use Wood and glass equipment not metal.
3. Add sugar to your container.
4. Boil the water and pour into container.
5. Mix well and add the teabags. Let it cool.
6. Remove teabags, add scoby and starter.
7. Cover with cloth & Rubber band.
8. Set aside for 7-10 days in a room temperature location. Out of direct sunlight,
9. Pour the Kombucha into another container.
Remember to leave 1 cup Kombucha for next batch.
10. Flavour with lemon or Ginger. Refrigerate.

**Going on Holiday?
You can make a fresh batch
and keep it in the fridge
for up to 3 weeks.**

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Benefits of: Water Kefir

- * **Boosts Immunity**
- * **Promotes a Healthy Gut**
- * **Combats infection**
- * **Lower the risk of Diabetes**
- * **Aids in weight loss**
- * **Helps fight Cancer**
- * **Heals IBS**

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Activating Water Kefir

Directions:

1. Dissolve sugar in little bit warm water.
2. Let it cool to room Temperature.
3. Add rest of water (room temperature)
4. Add the grains
5. Pour into a glass jar, covered with cloth.
6. Set aside for 72 hours in room-temperature location. Out of direct sunlight.
7. Discard the water, keep only the grains.
8. You are now ready to make water Kefir.

Ingredients:

- * 180 ml Brown sugar
- * 1 Litre water
- * 2 tsps dehydrated Kefir grains

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Vegan Water Kefir

Directions:

1. Dissolve sugar in little bit warm water.
2. Let it cool to room Temperature.
3. Add rest of water (room temperature)
4. Add the grains
5. Pour into a glass jar, covered with cloth.
6. Set aside for 72 hours in room-temperature location. Out of direct sunlight.
7. Pour the kefir water into another container, and Flavour. Refrigerate.
8. Repeat all the steps for next batch

Ingredients:

- * 1/4 cup Brown sugar
- * 1 Litre water
- * 4 Tbsp hydrated Kefir grains

Flavouring only after 4 days:

- * Grated Ginger or
- * Lemon juice or
- * Vanilla extract or
- * Pieces of Fruit

Going on Holiday?

You can make a fresh batch and keep it in the fridge for up to 3 weeks.

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*14 Day Balanced Menu
With Starch, Vegetables,
Raw, Protein, oils*

Always have something

Green on your plate

Dishing up your plate:

40% Raw salad

30% Vegetable

20% Starch

10% Protein

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*The best choice for your
Digestive system
is to have only 2 meals a day.*

Do not eat after sunset.

Do not Drink any liquid with your meals.

**Drink water half hour before a meal
and only 1 hour after meal.**

Most people's digestive systems get bloated if they mix
fruits (Except Apple and banana) with any other foods.

We suggest rather be safe than sorry; do not mix fruits with any other food.
In the morning eat fruit first then 1 hour later your porridge or bread.

This is considered 1 meal, because of quick digestion of fruit.

* Test yourself: if you have excess gas, eat your fruits on its own.

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Day 1

Breakfast * Fruit Salad * Creamy Banana oats

Late Lunch * Bean Casserole * Brown Rice

* Cheesy Broccoli * Carrot Pumpkin Salad.



Day 2

Breakfast * Banana berry smoothie* Toast & sunflower spread

Late Lunch * Chickpea patties * Basil potatoes

* Celery Crunch salad & Avo salad dressing

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Day 3

Breakfast * Fruit Salad * Millet Apple bake

Late Lunch * Mushroom Pot pie * Eggplant fritters
* Green clean salad & Cashew salad dressing



Day 4

Breakfast * Berry Blast smoothie * Banana french toast

Late Lunch * Chickpea a la king * Brown rice
* Creamed Spinach * Roasted Beetroot

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Day 5

Breakfast * Fruit Salad * Granola & Almond milk

Late Lunch * Grilled Mushrooms * Baked sweet potato
* Cucumber meets avo salad & cashew salad dressing



Day 6

Breakfast * Breakfast treat smoothie * Oats apple bake

Late Lunch * Lentil Bolognese * Broccoli & Garlic sauce
* Carrot turns red salad

Day 7

Breakfast * Fruit Salad * Toast and avo spread

Late Lunch * Mash * Falafels * Mushroom sauce
* Broccoli Avo salad & onion dressing



Day 8

Breakfast * Banana berry smoothie * Coconut Millet

Late Lunch * Bobotie * Cauliflower bake
* Celery Crunch salad & Basil Dressing

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Day 9

Breakfast * Fruit Salad * Baked tomato Cheese

Late Lunch * Mushroom & Bean patties * Baked potatoes
* Cucumber meets Avo & Chickpea salad dressing



Day 10

Breakfast * Berry blast smoothie * Granola & Coconut yogurt

Late Lunch * Lentil Curry * Brown Rice * Cheesy Broccoli
* Carrot Pumpkin salad

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Day 11

Breakfast * Fruit Salad * Cinnamon french toast

Late Lunch * Mushroom Fettuchini * Veggie Croquettes
* Green clean salad & basil dressing



Day 12

Breakfast * Breakfast treat smoothie * Creamy oats

Late Lunch * Lentil Roast * Cheesy potato bake

* Broccoli Avo salad & Coconut dressing

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Day 13

Breakfast * Fruit Salad * Toast with tomato & onion relish

Late Lunch * Lentil Patties * Spinach quiche
* Bulgar salad



Day 14

Breakfast * Banana berry smoothie * Millet bake & Coconut milk

Late Lunch * Potato curry * Brown rice
* Celery crunch & Avo dressing

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