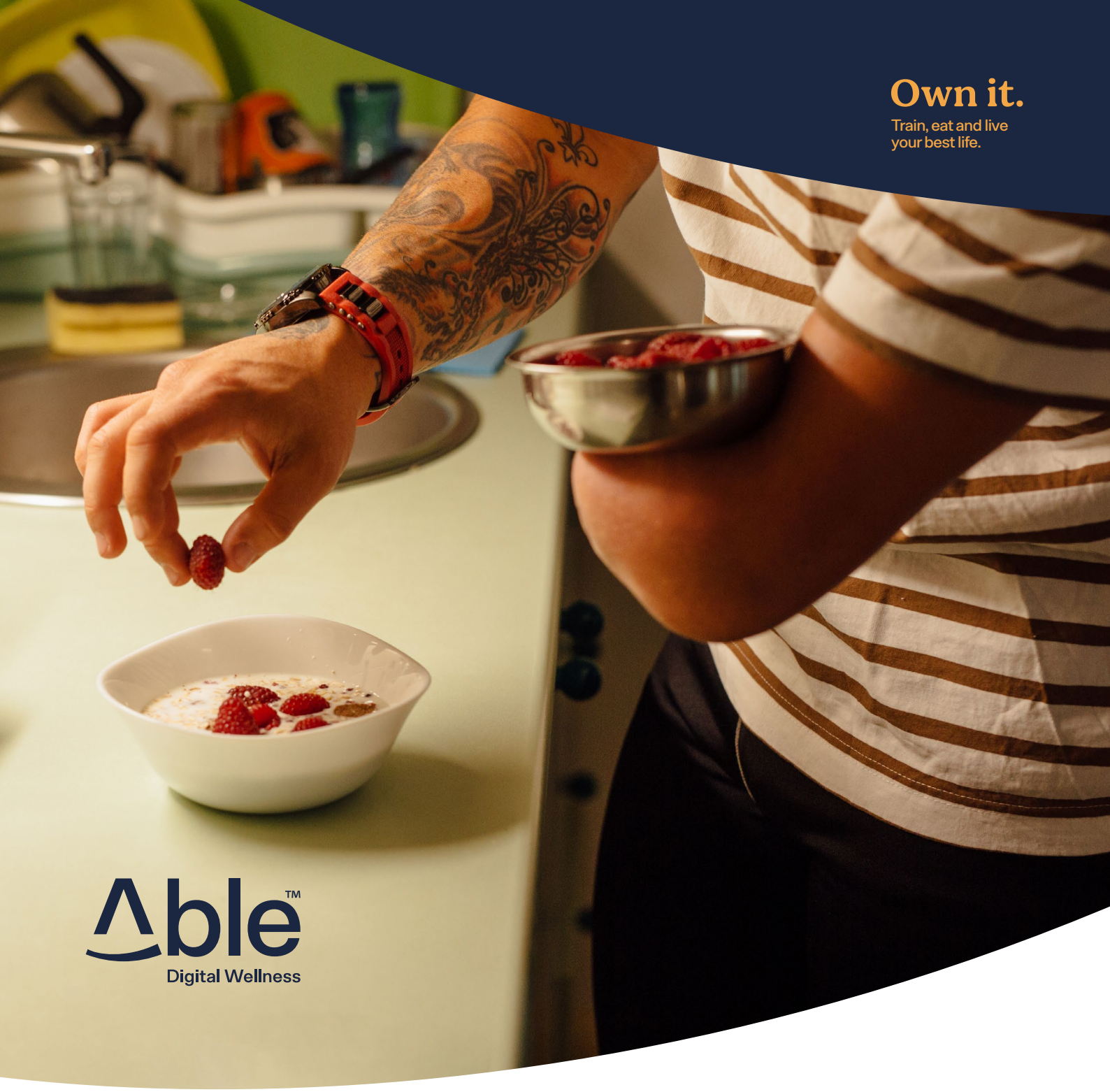

Vegan Recipes & shopping lists

NOTE: This cookbook has not been created by our dietician and it's suggested you carefully consider that the ingredients in any meal you prepare from withing are suitable for your personal circumstances.

Vegan Banana Chocolate Muffins

PREP TIME: 15 minutes
COOK TIME: 20 minutes
SERVES: 12

CALORIES PER SERVING: 186

INGREDIENTS

- ☐ 3/4 cups rolled oats
- ☐ 1 1/3 cup all-purpose flour
- ☐ 1/4 cup granulated sugar
- ☐ 2 1/2 teaspoons baking powder
- ☐ 1/4 teaspoon salt
- ☐ 1/2 cup unsweetened vanilla almond milk, or other non-dairy milk
- ☐ 1/4 cup canola oil
- ☐ 1/2 teaspoon vanilla extract
- ☐ 2 bananas, mashed
- ☐ 2 tablespoons unsweetened applesauce
- ☐ 1 small bar (roughly 1.5 oz) of vegan dark chocolate

INSTRUCTIONS

1: Preheat oven to 180 degrees.
2: In a large bowl, mix together the oats, flour, sugar, baking powder, and salt. In a separate bowl, combine the almond milk, canola oil, vanilla, bananas (once mashed), and applesauce. Once mixed well, stir the wet mixture into the dry ingredients. Stir in the chocolate.
3: Spoon into a greased muffin tin and bake for 20 minutes.
4: Carefully remove tray from oven and take the muffins out of the tray to let them cool
5: Enjoy!

NOTE: Allergies are not considered as part of these recipes, please consider the ingredients with your personal allergy requirements in mind.

Vegan Cauliflower Buffalo Wings

CALORIES PER SERVING: 206
PREP TIME: 25 minutes
COOK TIME: 30 minutes
SERVES: 8

INGREDIENTS

- [ ] Cooking spray
- [ ] 1 1/4 cups unsweetened plain almond milk
- [ ] 1 cup all-purpose flour
- [ ] 1/2 teaspoon cayenne pepper
- [ ] 2 tablespoons garlic powder, plus 1/2 teaspoon, (keep separate)
- [ ] 2 tablespoons onion powder, plus 1/2 teaspoon (keep separate)
- [ ] 1 1/4 teaspoons ground pepper
- [ ] 8 cups cauliflower florets (from 1 medium head)
- [ ] 2 cups panko breadcrumbs
- [ ] 1/4 cup vegan mayonnaise
- [ ] 2 tablespoons chopped fresh dill
- [ ] 1 tablespoon cider vinegar
- [ ] 3 1/2 tablespoons Buffalo-style hot sauce
- [ ] 1/4 cup celery leaves (optional)

INSTRUCTIONS

1: Preheat oven to 200 degrees. Line a baking sheet with parchment paper; coat with cooking spray. Whisk almond milk, flour, cayenne, 2 tablespoons garlic powder, 2 tablespoons onion powder and 1 teaspoon pepper in a large bowl to form a loose batter. Add cauliflower; toss well to coat.

2: Place panko in another large bowl. Using a slotted spoon, remove the cauliflower from the batter, letting excess drip off. Add the cauliflower to the panko; toss to coat. Arrange the breaded cauliflower on the prepared pan; coat the cauliflower liberally with cooking spray. Bake until golden brown, 35 to 40 minutes.

3: Meanwhile, whisk mayonnaise, dill, vinegar and the remaining 1/2 teaspoon garlic powder, 1/2 teaspoon onion powder and 1/4 teaspoon pepper in a small bowl.

4: Arrange the cauliflower on a platter; drizzle with hot sauce. Drizzle the dressing over the cauliflower. Sprinkle with celery leaves, if desired.

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Vegan Fry-Up

PREP TIME: 15 minutes
COOK TIME: 30 minutes
SERVES: 2
CALORIES PER SERVING: 644

INGREDIENTS

For the hash browns

- ☐ 1 large potato, unpeeled
- ☐ 1 1/2 tbsp peanut butter

For the tomatoes and mushrooms

- ☐ 14 cherry tomatoes
- ☐ sunflower oil
- ☐ 2 tsp maple syrup
- ☐ 1 tsp soy sauce
- ☐ 1/4 tsp smoked paprika
- ☐ 1 large Portobello mushroom, sliced

For the scrambled tofu

- ☐ 349g pack silken tofu
- ☐ 2 tbsp nutritional yeast
- ☐ 1/2 tsp turmeric
- ☐ 1 clove garlic, crushed

To serve

- ☐ 4 vegan sausages
- ☐ 1 x 200g can baked beans

INSTRUCTIONS

1: Cook the potato whole in a large pan of water, boil for 10 mins then drain and allow to cool. Peel the skin away then coarsely grate. Mix with the peanut butter and season well. Set aside in the fridge until needed.

2: Heat oven to 200C/180C fan/gas 6. Put the cherry tomatoes onto a baking tray, drizzle with 2 tsp sunflower oil, season and bake for 30 mins or until the skins have blistered and start to char. Cook the beans and sausages following the instructions on the pack so they're ready to serve at the same time as the scrambled tofu.

3: Meanwhile, mix the maple syrup, soy sauce and 1/4 tsp smoked paprika together in a large bowl, add the sliced mushroom and toss to coat in the mixture. Leave to stand while you pour 2 tsp sunflower oil into a non-stick frying pan and bring it up to a medium high heat. Fry the mushroom until just starting to turn golden but not charred. Scoop onto a plate and keep warm until serving.

4: Put 1 tbsp oil into the frying pan and add spoonfuls of the potato mixture – you should get about 4. Fry for 3-4 mins each side then drain onto kitchen paper.

5: Crumble the tofu into your frying pan and sprinkle over the remaining ingredients and a good pinch of salt and pepper. If the pan looks a little dry add a splash more oil. Fry for 3-4 mins or until the tofu is broken into pieces, well coated in the seasoning and hot through.

6: Divide everything between 2 plates and serve with a hot mug of tea made using soy milk.

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15 Minute Cauliflower Fried Rice

PREP TIME: 5 minutes
COOK TIME: 10 minutes
SERVES: 4

CALORIES PER SERVING: 183

INGREDIENTS

- ☐ 1 medium-sized head of cauliflower
- ☐ 2 tablespoons sesame oil
- ☐ 1 large carrot, cubed
- ☐ 2 garlic cloves, minced
- ☐ 1 cup frozen edamame
- ☐ 2 peices scrambled tofu
- ☐ 3 tablespoons low sodium soy sauce (use tamari for GF)
- ☐ 6 green onions, minced

INSTRUCTIONS

1: PREP CAULIFLOWER: Shred cauliflower using the largest side of a grater OR by just pulsing some rough cut pieces in a food processor; the end product should resemble smallish grains of rice.

2: STIR FRY: Heat 1 tablespoon sesame oil in a large skillet over medium low heat. Add the carrots and garlic and stir fry until fragrant, about 5 minutes. Add the cauliflower, edamame, and remaining sesame oil to the pan; stir fry quickly to cook the cauliflower to a soft (but not mushy) texture.

3: Make a well in the middle, turn the heat down, and add the eggs. Stir gently and continuously until the eggs are fully cooked. Stir in the soy sauce and green onions just before serving.

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Vegan Nachos

PREP TIME: 15 minutes
COOK TIME: 20 minutes
SERVES: 4
CALORIES PER SERVING: 689

INGREDIENTS

For the cashew nacho sauce

- ☐ 1 cup raw cashews
- ☐ 1/3 cup nutritional yeast
- ☐ 2 teaspoons canola oil
- ☐ 4 cloves garlic
- ☐ 1 1/4 teaspoon sea salt
- ☐ 1 teaspoon paprika
- ☐ 1/4 teaspoon dry mustard
- ☐ dash of onion powder
- ☐ 1 teaspoon turmeric
- ☐ dash of cayenne
- ☐ 4 jalapeños, chopped
- ☐ 100g jarred pimentos, drained and chopped
- ☐ Splash of rice or almond milk

For the nachos

- ☐ 100–150g tortilla chips, preferably organic
- ☐ 400g can black beans, drained and rinsed
- ☐ 1 cup fresh or frozen sweet corn, thawed
- ☐ 1/4 cup finely chopped red onion
- ☐ 2 fresh jalapeños, sliced
- ☐ 2 large heirloom tomatoes, cut into thick pieces
- ☐ 1 ripe avocado, pitted cut into thick pieces
- ☐ 1/4 cup coriander, chopped finely, for garnish
- ☐ 1/4 cup chopped schallot, for garnish
- ☐ Chilli sauce or salsa, for serving

INSTRUCTIONS

For the cashew nacho sauce

1: Place the cashews in a small mixing bowl and cover with water. Let soak for about 30 minutes. Then, combine all of the ingredients, including the cashew soaking water, in a food processor or blender and purée until smooth and creamy.

2: Transfer to a saucepan, and cook over medium-low heat, stirring frequently to prevent sticking and burning, until heated through.

For the nachos

1: Place a bed of chips on a serving platter. Cover with the black beans, corn, red onion, jalapeños, tomatoes, and avocado.

2: Pour a generous amount of hot cashew nacho sauce over the chips and toppings. Garnish with cilantro and scallion. Serve with green sauce, preferably El Yucateca.

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Best Ever Vegan Meatballs

PREP TIME: 10 minutes
COOK TIME: 45 minutes
SERVES: 4

CALORIES PER SERVING: 206

INGREDIENTS

- ☐ Cooking spray, for pan
- ☐ 2 cups canned chickpeas
- ☐ 2 1/2 tbsp. chia seeds
- ☐ 6 tbsp. water
- ☐ 1/2 cup rolled oats
- ☐ 1 1/2 tbsp. tomato paste
- ☐ 3 tbsp. chopped basil
- ☐ 1 clove garlic, minced
- ☐ 1/2 tsp. fennel seeds
- ☐ 1/4 tsp. red pepper flakes
- ☐ Kosher salt
- ☐ Freshly ground black pepper

INSTRUCTIONS

1: Preheat oven to 220°, then line a medium baking sheet with aluminum foil and grease with cooking spray.

2: Drain chickpeas, reserving liquid. Transfer chickpeas to a food processor and process until broken down.

3: Make chia egg: Combine chia seeds and water in a medium bowl and stir to combine. Let sit 5 minutes, until mixture gels and becomes thick.

4: Add chia egg, oats, tomato paste, basil, garlic, fennel seeds, and red pepper flakes into the food processor and blend until combined. If mixture is too dry, add liquid from chickpea can 1 tablespoon at a time until desired consistency is reached. Season with salt and pepper.

5: Form mixture into 16 meatballs and place on prepared baking sheet. Bake for 10 minutes, flip meatballs, and bake 8 to 10 minutes more, until golden and crisp. Serve with your favorite pasta and sauce.

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Raw Vegan Spag Bol

PREP TIME: 25 minutes
COOK TIME: soak overnight
SERVES: 6
CALORIES PER SERVING: 245

INGREDIENTS

- ☐ 25 g sun-dried tomatoes
- ☐ 2 dates
- ☐ 50 g walnuts
- ☐ 4 zucchini
- ☐ 4–5 cauliflower florets
- ☐ 1/2 a red onion
- ☐ 1 small clove of garlic
- ☐ 1 sprig of fresh rosemary
- ☐ 1/2a small red chilli
- ☐ 1/2 a carrot
- ☐ 1/2 a stick of celery
- ☐ 1/4 of a red pepper
- ☐ 1/2 a beetroot
- ☐ 225 g cherry tomatoes
- ☐ 1/2 lemon
- ☐ 1/2 a bunch of fresh flat-leaf parsley
- ☐ 1/2 a bunch of fresh basil

INSTRUCTIONS

1: The night before, put the sundried tomatoes and dates in a stainless steel, ceramic or glass bowl, pour over 200ml of water. In a separate bowl and cover the walnuts with water and place both bowls in the fridge to soak overnight.

2: For the 'spaghetti', use a spiraliser to cut the zucchinis into long curly strands or use a julienne peeler or fine knife to slice into thin strips. Set aside.

3: To make 'parmesan', blitz the cauliflower florets in a food processor until you have a grainy consistency. Place it on kitchen towel to soak up excess moisture while you prepare the rest of the dish.

4: Place the garlic, rosemary and chilli in a food processor and blitz until finely chopped. Add the carrot, celery, red pepper and onion and blitz again until chunky.

5: Drain and rinse the walnuts and add to the other ingredients in the processor with the beetroot, plum tomatoes, 150g of the cherry tomatoes, the lemon zest and juice, dates and sundried tomatoes (with their soaking liquid), parsley and half of the basil leaves. Quarter the remaining cherry tomatoes and set aside to garnish.

6: Process the mixture until it forms a thick sauce and the walnut pieces resemble a minced texture. Depending how juicy your tomatoes are, you might need to thin it with a little extra water. Season to taste.

7: To serve, divide the zucchini 'spaghetti' between plates, pour over the sauce, sprinkle with the quartered tomatoes and cauliflower 'parmesan', then top with the remaining basil.

Vegan Smoothy

PREP TIME: 5 minutes
COOK TIME: 2 minutes
SERVES: 2 (or 1 generously)

CALORIES PER SERVING: 186

INGREDIENTS

- ☐ 100ml cherry juice
- ☐ 200ml unsweetened soya milk
- ☐ 1 cherry soya yogurt
- ☐ 3 tbsp or 50g firm silken tofu
- ☐ 75g frozen cherry
- ☐ 2 tbsp porridge oat

INSTRUCTIONS

1: Measure all the ingredients exactly or use a tall glass and your empty yogurt pot for speed – they don't have to be exact. Put them into a blender and blitz until smooth.

2: Pour into 1 tall glass (you'll have enough for a top up) or two short tumblers.

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Vegan and Gluten-Free Fruit and Almond Shortbread Bars

PREP TIME: 15 minutes
COOK TIME: 10 minutes
SERVES: 16 bars

CALORIES PER SERVING: 275

INGREDIENTS

- ☐ 1 cup vegan butter or margarine
- ☐ 1/2 cup sugar
- ☐ 1/2 teaspoon pure vanilla extract
- ☐ 1/2 teaspoon almond extract
- ☐ 1 cup almond flour
- ☐ 1/2 cup white rice flour
- ☐ 1/2 cup potato starch
- ☐ 1/4 teaspoon kosher salt
- ☐ 1 cup fruit preserves
- ☐ Sliced almonds, for topping

INSTRUCTIONS

1: Preheat the oven to 180 degrees and grease a 20+cm baking dish with butter or cooking spray / oil.
2: With a hand or stand mixer, beat the vegan butter and sugar until light and fluffy. Add the vanilla and almond extracts.
3: In a medium bowl, mix the flours, starch, and salt.
4: Add the dry ingredients to the "butter" mixture and mix until just incorporated.
5: Press two-thirds of the dough into the pan and bake for about 10 minutes, or until the crust is pale light brown. Remove it from the oven.
6: When the pan has cooled enough to handle, spread the fruit preserves evenly over the crust.
7: Break the remaining dough into little tiny pieces and drop them evenly over the jam. Top with the almonds.
8: Bake for another 25 to 30 minutes, or until the top is a nice golden brown.
9: Cut into bars and serve immediately, or store them in the refrigerator.

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