

Volume 1 Recipes

Cacao Berry Overnight Oats



Serves 2

1 cup unsweetened non-dairy milk (rice, oat, soy, almond, hemp)
2-3 pitted dates
1 tbsp raisins
1 large banana
1 tbsp cacao or cocoa powder
1 cup rolled oats
1 cup frozen or fresh berries

Blend the milk with the dates, raisins, banana and cacao or cocoa.

Combine blended milk with oats in a medium bowl.

Add berries and stir well.

Cover and refrigerate for at least 1 hour or overnight.

Fruit Salad Bowl

Serves 1

1 apple or pear
½ banana
1 x handful of berries (any sort is fine)
1 drizzle of coconut milk

Cut the fruit and place into a bowl. Drizzle the coconut milk over and enjoy.

Banana, Mango & Spinach Smoothie



Start with one cup of water and add more if needed. You can use plant-based milk instead of water if you want something a little more filling.

For just a banana mango smoothie, leave out the spinach.

Serves 1

1 handful of mango
1 banana

1 handful of spinach
1 cup water (optional) or plant-based milk

Choosing either frozen banana or mango will make the smoothie creamier.

Combine ingredients and blend until smooth. Makes an ideal breakfast, but can be used as a sweet fix later in the day if needed. You won't be able to taste the spinach!

Raw Blueberry Pie

1 serve is 1 palm size

1/3 cup cashews
1/3 cup unsweetened shredded coconut
4 cups dates, pitted
570g frozen wild blueberries, thawed
1 mango, diced (can use frozen mango)

For the crust, process the cashews, coconut and 3 cups of date in a food processor until thoroughly combined and smooth. Press the crust into a 22cm pie dish. Cover and refrigerate.

For the filling, process half of the wild blueberries, the remaining cup of dates, and the mango in a food processor until smooth. Stir in the other half of the blueberries. Pour the filling into the pie crust and allow to set in the refrigerator for at least 40 minutes.

Serve the pie cold and enjoy!

Pear, Mint & Lime Bowl

Add extra fruit if needed.

Serves 1

1 pear, cut into slices
Lime juice from 1 lime
Small palmful of finely chopped mint leaves

Place the pear in a serving bowl, squeeze over the lime juice and sprinkle the finely chopped mint.

Lentil Moussaka

Eggplant Layer

1 medium eggplant

Lentil Layer

1 tbsp olive oil

1 onion, chopped

4 garlic cloves, finely chopped

1 carrot, chopped

1 celery stalk, chopped

1 bay leaf

1 tsp thyme

½ tsp cinnamon

1 can lentils

1 can crushed tomatoes

½ cup vegetable broth

Salt and pepper to taste

Potato Layer

2 large, or 4 medium potatoes, peeled and cut into chunks

1 tbsp coconut oil

Splash of non-dairy milk (rice, oat etc)

Salt and pepper to taste

Bechamel Sauce

5 tbsp olive oil

5 tbsp gluten free flour

1 litre nut / rice milk (you may not need a whole litre. Add milk slowly until you reach desired consistency. You want to be able to pour the sauce but not have it too runny).

Pinch black pepper

4 tbsp nutritional yeast

Pinch nutmeg

2 bay leaves

Method

Roast the Eggplant

Preheat oven to 200 degrees Celsius. Cut eggplant into slices 1 cm thick. Place on baking sheet and bake 20 minutes until tender.

Cook the Lentils

Heat oil in a skillet. Add onion and garlic and cook 2 minutes on medium heat. Next add carrot, celery, bay leaf, thyme and cinnamon and let cook for 5 minutes until veges are tender. Add lentils, tomatoes, vege broth, salt and pepper. Lower heat and simmer 30 minutes.

Potato Layer

Boil potatoes until tender. Drain water, add coconut oil, milk, salt and pepper. Mash until smooth.

Bechamel Sauce

Bring all ingredients to the boil, stirring. Take off heat and allow to thicken. Season with salt.

Putting it all together

Preheat oven to 180 degrees Celsius. Layer eggplant, lentils and mashed potatoes in baking dish.

Pour over béchamel sauce. Bake 30-40 minutes.

Lime and Turmeric Coconut Curry (with Tofu)



- 1 onion
- 1 tsp turmeric
- 1 tsp lemongrass
- 1 tbsp vegetable stock
- ¼ inch ginger, sliced
- Red curry paste, to taste
- 2 cups water
- Coconut milk (a splash or more to taste)
- 8-10 mushrooms
- Roasted veges (about 2 potatoes / 2 kumaras / 1 cup pumpkin / 2 carrots)
- Splash of lime juice
- 1 block tofu

Saute onion, add turmeric and lemongrass.

Add vegetable stock, 1 tbsp water and ginger and cook together.

Add curry paste and water.

Add coconut milk, roasted veges and mushrooms

Add lime juice and tofu.

Cook until well mixed and tofu is cooked.

Serve with rice, avocado and fresh herbs.

Roast Capsicum Burrito Bowl



Spicy Black Beans

1 tsp ground cumin
1 tsp garlic
1 tsp ground coriander
½ tsp chipotle pepper powder (optional)
½ tsp dried oregano
2 tbsp chopped coriander
Dash of black pepper
Dash of cayenne (optional)
1 tbsp tomato sauce
1 can black beans, drained
Salt to taste.

Roasted Vegetables

1 red capsicum, thinly sliced
1 green capsicum, thinly sliced
½ red onion, sliced

Guacamole

1 ripe avocado
1 tbsp finely chopped red onion
1 small tomato, finely chopped
½ tsp ground cumin
¼ cup chopped coriander
Dash black pepper and salt
1 tsp lime / lemon juice

Prepare each component separately then add together in a bowl. Serve with salsa and a cooked grain such as rice or quinoa.

Mexican Beans with Brown Rice

This is a super easy dish to prepare for the family. It's tasty, inexpensive, filling, and can be used for dinner or lunch.



½ can Mexican beans
1 serving uncle toby's brown rice single serves
¼ - ½ avocado or hummus

Heat the Mexican beans in the microwave and cook the rice as per microwave instructions.

Serve with avocado or hummus and a sprinkle of sea salt. Optional additions include adding a fresh side of salad to your bowl.

*Note that portions of rice for females may be better suited to ½ serve of brown rice. Try it and see. If you have this meal at lunch time, you may find that an

afternoon snack is not needed, and a smaller dinner is suffice.

Easy!

Bun-less Plant Burgers

Pattie Recipe

1 x 400g chickpeas
1 ½ cups frozen corn (defrosted)
½ bunch fresh coriander
½ tsp paprika
½ tsp fresh coriander
½ tsp ground coriander
½ tsp ground cumin
1 lemon
3 heaped tsp gluten-free flour (extra for dusting)
1-2 tbsp oil for cooking

Drain chickpeas and add to food processor with sweetcorn, and if you are using it, fresh coriander or parsley. Add spices, flour and grate in lemon zest. Pulse until combined but not entirely smooth.

Dust surface with flour and shape mixture into patties of desired size (around 2cm thick). Leave in fridge for about 30 minutes for the patties to firm up.

Heat oil in fry pan over medium heat. Cook the patties for around 10 minutes or until golden and cooked through.

Create your bunless burger with the remaining ingredients:

Iceberg lettuce leaves (whole)

Optional fillings – vegan aioli, tomato sauce, carrot, tomato, onions, beetroot

Apple, Celery & Walnut Salad



Serves 3 to 4

1 large Apple unpeeled

2 Sticks of celery

½ cup of crushed walnuts (can be toasted)

1 bag of rocket lettuce, spinach

Olive Oil

Lemon juice

Place salad greens into a bowl. Thinly slice apple and celery, and place into the bowl. Toss with olive oil and lemon juice making sure salad ingredients are evenly coated. Sprinkle walnuts over the top. Serve and season well.

*Feel free to add other salad ingredients like avocado, carrots, cucumber, tomato, coriander etc.

Orange, Mint & Apple Salad



1 orange

1 large apple

Fresh mint, parsley or coriander

1 bunch of rocket lettuce / spinach

Olive Oil

Lemon juice

Place salad greens and mint into a bowl. Thinly slice apple and orange, and place into the bowl. Toss with olive oil and lemon juice making sure salad ingredients are evenly coated. Serve and season well.

*Feel free to add other salad ingredients like avocado, carrots, cucumber, tomato, coriander etc.

Baked Falafel & Roast Vege Salad

This is a nice easy dish to prepare. Use the ingredients that you have at home to bulk this up, add some colourful salad vegetables that are handy and add some rotisserie chicken to the family's plate if they want some meat. We use pre-made falafels at home for convenience. If your goal is weightloss, I suggest you focus more on pumpkin and falafels for your dish.



Serves one

1 handful of Baked falafels

1 handful of roast mix vegetables (potato, pumpkin, kumara & onion)

A bed of lettuce or other salad greens (we used red pepper as pictured)

1 generous tbsp of avocado

Green salad ingredients of your choice

1 generous tbsp of Hummus

Lemon juice & Olive oil as a dressing

Chop your chosen roast vegetables into small chunks, and coat in olive oil. Place in roasting pan and add the pre made falafels. Bake

on 200 degrees for about 15 minutes – 20 minutes. Cooking time can depend on frozen falafels and vegetable size.

While the vegetables are roasting, set up a bed of lettuce on a plate, and cut up any other raw vegetables of your choice. Place the roasted veges & falafels on the lettuce and top with raw vegetables, season with kelp sea salt and hummus.

Snacks

Apple Slices & Celery Sticks

Slice up to one whole apple and one celery stick and enjoy.

Avocado & Carrot Sticks

Mash up to ½ avocado and sprinkle with lemon juice, and seasoning.

Use as many carrot sticks as you like. Or you can use other optional vegetables.

Vegetable Sticks & Hummus

Use any vegetable sticks you like (like red peppers, carrots, cucumber etc) and use the hummus as a dairy free dip.

Walnuts & Apricots

Have 5 walnuts and 5 or so dried apricots as an easy snack to keep you going.

General Snacks like Fruit. Just have one piece of fruit that you can fit in your palm and see how you feel. Any seasonal fruit is fine.