

Volume 3 Recipes

Blueberry Banana Spinach Smoothie

Serves 1

1 banana

½ cup frozen blueberries

Handful spinach

1 cup plant-based milk of choice

Blend all ingredients together. Done!

Wild Rice, Tomato & Rocket Balsamic Salad

Serves 2



1 cup rice

2 capsicums, chopped and roasted (or have raw if preferred)

¼ cup roasted almonds, chopped

1 cup cherry tomatoes, halved

2 large handfuls rocket

1 tbsp balsamic vinegar

1 tbsp olive oil

1 tsp chilli flakes (optional)

Cook the rice according to packet instructions. Once cooked, place in a large bowl.

Add the capsicums, almonds, tomatoes and rocket.

Drizzle with balsamic vinegar and oil and add chilli flakes if using. Season to taste with salt and pepper.

Baked Potato Nachos



Serves 4

- 6 medium potatoes
- 2 tsp coconut oil
- ½ tsp sea salt, divided
- 1 cup diced tomato
- 1 avocado, diced
- 1 cup diced red onion
- ½ cup coriander, chopped
- ½ jalapeno, minced (optional)
- 2 lime
- ½ cup Garlic Cashew Aioli (see recipe below)

Preheat the oven to 180 degrees Celsius.. Peel and slice potatoes in rounds that are 1-2cm thick. Toss them with the coconut oil and ¼ teaspoon of the sea salt. Arrange the potatoes on a baking tray lined with parchment paper. Leave space so they are not touching or overlapping. Bake the potatoes for 20 minutes, flip and then bake for 10 more minutes.

While the potatoes bake, combine the avocado, tomato, onion, coriander, jalapeno and juice of both limes in a small mixing bowl. Arrange the potato slices in a pile on a serving plate. Top with the avocado salsa and drizzle the garlic cashew aioli over the top if desired. Sprinkle with remaining sea salt.

Garlic Cashew Aioli

- 1 cup cashews
- 2 tbsp olive oil
- 3 garlic cloves (or 1 tsp minced garlic)
- Juice of 2 lemons
- ¼ tsp sea salt
- ½ - 1 cup water

Place all ingredients into a blender and mix together. Add water slowly – you want a consistency that is easy to pour but not too runny.

Banana Breakfast Oats

Serves 2

- 1 cup oats
- 2 ripe bananas, mashed
- 2 tbsp peanut butter (Optional)
- Nuts and seeds, to garnish

Seasonal fruit, to garnish

Divide oats between two bowls and add 3 tbsp water into each bowl.

Add one mashed banana into each bowl and mix well to combine.

Set aside for 30 minutes for the oats to soften.

Drizzle the oats with peanut butter and serve with nuts and seeds and seasonal fruit.

Berries & Cream

I've adjusted this recipe to reduce food wastage, so the cream may be a little runny.

Serves 2 to 3

Up to 4 cups of assorted berries

½ cup of coconut cream

¼ teaspoon grated ginger

1 teaspoon maple syrup

2-3 tbsp Lemon juice

Few drops of vanilla essence (optional)

1 tsp lemon zest

4 leaves of fresh mint (as a garnish)

Divide the berries into two bowls. Place the coconut cream into a mixing bowl. Add the vanilla, maple syrup, ginger and the lemon juice. Whisk until the mixture is smooth. Top with lemon zest & mint.

Pear & Walnut Salad

Serves 2

100g mixed salad leaves

1-2 ripe pears

2 tbsp lemon juice

30g walnuts

1 tbsp honey

1 tbsp olive oil

Divide the salad leaves onto two plates.

Cut pear into quarters, cut out the seeds, then cut the quarters into bite-sized pieces.

Transfer into a bowl and drizzle with lemon juice. Take the pears out of the lemon juice and add them to the salad leaves.

In the bowl with lemon juice, add honey, olive oil and salt to taste. Mix well and set aside.
Sprinkle walnuts over the salad leaves and drizzle with dressing.

Falafel and Roast Veges



I haven't written out a recipe here – this is just your choice of roasted vegetables (such as potatoes, kumara, pumpkin, carrot) served with roasted or fried falafel and gravy. You can buy falafel pre-made at the supermarket or you can buy the pre-made mix which you shape into balls yourself and then fry or bake. You can also include any cooked greens with this meal too to bulk it up and make it extra nutritious! Examples include spinach, silverbeet, peas, beans.

Lentil Pumpkin Soup

Makes 8 x 1 cup serves

1 ½ cups onion, diced
2 stalks celery, diced
1 tbsp chopped ginger or puree
1 tbsp oil
1 tsp turmeric
2 tsp mild curry powder
5 cups boiling water
1 cup red lentils (dried)
3 cups chopped pumpkin
1 ½ tsp salt
200ml coconut cream or milk
Juice of 2 limes
Garnish: parsley

Saute onion, celery, ginger and oil in a pot until onion is clear.
Add spices and mix for around 30 seconds.
Add water, lentils and pumpkin and simmer for around 15 minutes or until lentils are soft and pumpkin is cooked.
Blend soup in a blender.
Mix in remaining ingredients and serve garnished with parsley.

Chocolate Chia Pudding

Makes 4-8 servings

1 ½ cups rice milk
1 cup coconut milk
½ cup cacao powder
2-3 tbsp maple syrup
1 tsp ground cinnamon
1 tsp vanilla extract
½ cup chia seeds

Add all ingredients except maple syrup to a bowl and mix vigorously to combine. Sweeten to taste with maple syrup.

Cover and let rest in fridge overnight or at least 3-5 hours until it has achieved a pudding-like consistency.

Serve chilled with desired toppings – fruit, granola etc.

Creamy Mushroom and Broccoli Pasta



Serves 4

2 red onions
2 cloves garlic
200g mushrooms (e.g. oyster, button, shiitake)
100g broccoli
3 tbsp tamari / gluten-free soy sauce
100ml vegetable stock or water
250g gluten-free penne pasta

Creamy Sauce

80g cashew nuts (roughly 10 nuts per person)
450ml non-dairy milk of choice (rice / oat / almond)
Juice of ½ lemon
1 tsp salt
1 tsp garlic powder

You can roast the cashew nuts if you choose, or use them raw. To roast, cook 5-8 minutes in a non-stick pan on medium heat. Be careful not to burn.

Peel and finely chop onions and garlic. Chop mushrooms and broccoli into bite-sized pieces.

Cook pasta as per instructions on the packet. Add broccoli so it cooks at the same time.

Drain and rinse pasta and broccoli once cooked to prevent further cooking.

Put a non-stick pan on high heat and allow pan to get hot. Then add onions and garlic and fry until they start to brown. Once they start to brown and stick, add 1 tsp of vegetable stock or water to clean the pan and incorporate browned flavour to the dish.

Add mushrooms and fry 2-3 minutes, adding a little water or stock if they start to stick.

Add 3 tbsp tamari / soy sauce and fry for a further 2 minutes. Turn off heat.

Creamy Sauce

Blend all ingredients in a blender until smooth.

Add pasta and broccoli to the mushrooms. Pour over creamy sauce (gradually so mixture doesn't end up too runny).

Banana & Strawberry Pancakes



Serves 4

2 ripe bananas, mashed
1 cup gluten free flour
1 tsp baking powder
½ tsp baking soda
1 tsp lemon juice
¾ cup almond milk
¾ cup strawberries, sliced (can use frozen and thawed)
1 tbsp coconut oil
4 tbsp coconut yoghurt
4 tbsp maple syrup

Mash the bananas with a fork and combine them with the flour, baking powder, baking soda and lemon juice. Next, slowly add in almond milk until you get a thick batter. Finally, fold in the sliced strawberries, leaving some for garnish.

Heat some of the oil in a non-stick pan over medium heat, not too hot to burn the pancakes. Spoon a little less than ¼ cup of the batter per pancake (this will make around 8 pancakes).

Cook for about 3 minutes on one side, then when bubbles start to appear flip and cook for another minute.

Serve the pancakes with a tablespoon of coconut yoghurt and maple syrup, and garnish with remaining strawberries.

Chocolate Chai Milkshake

Makes 2 or more servings!

5 dates
¼ cup cashew nuts
3 frozen bananas
1 tbsp cacao powder
1 ½ cups almond milk
½ tsp pure vanilla extract

Chai blend

½ tsp cinnamon
1/8 tsp ground nutmeg
1/8 tsp ground cloves
1/8 tsp ground cardamom
¼ tsp ground ginger

Blend all ingredients together and enjoy!

Detox Salad



Serves 2

2 bunches parsley, roughly chopped
¼ cup cooked quinoa
1 avocado, peeled, stone removed, cut into cubes
¼ cucumber, cut into cubes
½ zucchini, cut into cubes
1 small red onion, finely diced
1 tsp olive oil
Juice of 1 lemon
¼ cup mixed nuts and seeds, to garnish

In a medium bowl add parsley, avocado, quinoa, cucumber, zucchini and onion and toss to combine.

Drizzle with olive oil and lemon, season with salt and pepper, then mix to combine and serve sprinkled with nuts and seeds.

Roasted Eggplant and Tomato Stew



Note: You can easily bulk up this recipe to make it go further by adding additional cans of legumes such as lentils, black beans, red kidney beans etc.

Serves 4

2 tbsp olive oil
2 medium eggplants, cut into bite sized pieces
2 cups cherry tomatoes
1 x 400g can chopped tomatoes
1 x 400g can chickpeas, drained
1 medium onion, chopped
2 cloves garlic, chopped
4 tbsp tomato puree
1 tbsp apple cider vinegar
2 tsp mixed herbs
Handful parsley, chopped

Preheat oven to 200 degrees Celsius. Place the cut eggplant into a baking dish and drizzle with 1 tbsp olive oil and season with salt. Cook in the oven for 40 minutes or until soft.

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

Add the onion and garlic, season with salt and pepper, and cook for 5-6 minutes until soft – then add in the mixed herbs, tomato puree and cook for another 2 minutes.

Next add in the chopped tomatoes, vinegar, chickpeas and cherry tomatoes. Bring to the boil, then reduce heat and continue simmering until the eggplant is ready. .

Once the eggplant is soft, add into the tomato sauce and mix well. Serve with rice and chopped parsley.

Strawberry Banana Smoothie

Serves 1

1 banana
½ cup frozen strawberries
1 cup plant-based milk or water

Blend together, easy!

Chickpea Scramble



Serves 2

2 cups canned chickpeas, drained
½ tsp turmeric
½ tsp paprika
2 tsp olive oil
1 small onion, finely diced
2 cloves garlic, minced
230g spinach
½ avocado

Mash the chickpeas with a fork, leaving some whole. Mix in the turmeric and paprika, and season with salt and pepper.

Heat the oil in a pan over medium-high heat and saute the onion and garlic for 2-3 minutes until fragrant.

Next, add in the mashed chickpeas and cook for another 5 minutes then transfer to a bowl, cover with tin foil and set aside. Using the same pan, wilt the spinach, adding a tablespoon of water.

Once ready, divide the spinach between 2 bowls, top with the chickpeas and serve with ¼ avocado.

Red Sweet Potato Curry



Serves 4

2 tsp coconut oil
1 white onion, diced
2 cloves garlic, minced
4 tbsp Thai red curry paste
2 sweet potatoes, peeled and diced
1 x 400g can chopped tomatoes

1 cup vegetable stock
¼ cup smooth natural peanut butter
½ cup canned coconut milk
Juice of 1 lime
3 cups cooked brown rice
¼ cup peanuts, chopped
Handful coriander, chopped

Heat the coconut oil over medium heat in a large pan. Add the onion and cook for around 5 minutes until soft.

Next add the garlic and red curry paste and stir well. Add the sweet potatoes, chopped tomatoes, vegetable broth and season with salt and pepper. Bring to a boil, then reduce the heat to medium-low and simmer for 30-35 minutes until the sweet potatoes are tender.

In a small bowl, whisk together the peanut butter and coconut milk. Pour into the pan and stir well to combine.

Remove from the heat. Squeeze in lime juice and serve with the cooked rice. Garnish with the chopped peanuts and coriander.