

Volume 5 Recipes

Carrot Cake Overnight Oats



Note: This recipe requires refrigeration for at least 2 hours or overnight

Serves 2

Dry Ingredients

- 1 cup rolled oats
- ½ cup carrot, finely grated
- 1 tsp ground cinnamon
- ¼ tsp allspice
- 1 tbsp chia seeds
- 1 tbsp raisins

Wet Ingredients

- 1 tsp vanilla extract
- 3 tbsp maple syrup
- 1 ¼ cups almond milk, unsweetened

Firstly mix all dry ingredients together in a large bowl.
Add wet ingredients and mix again.
Place in the fridge, covered, for at least 2 hours or overnight
Top with coconut yoghurt.

Broccoli, Brown Rice & Cashew Salad

Serves 4

- 1 large head broccoli
- 2 spring onions, finely chopped
- 1 cup cherry tomatoes, cut in half
- 3 cups mixed salad leaves
- ¼ cup mint leaves, sliced
- ¼ cup fresh coriander, sliced
- 2 tsp sesame oil
- 2 tbsp soy or tamari sauce
- 2 tbsp Mirin
- 1 tsp ginger, finely grated
- 1 tbsp tahini
- ½ cup toasted cashew nuts
- 2 tbsp toasted sesame seeds

Cook brown rice according to packet instructions, drain, rinse under cold water and set aside.

Cut broccoli into small florets and blanch for a couple of minutes until just tender then cool under cold water and leave to drain well.

Trim the tough outer parts from the stem of the broccoli and cut into small pieces and place in a large bowl.

Add the spring onion, lettuce leaves (broken into small pieces if large), tomatoes, mint, coriander, cooked rice and broccoli to the bowl.

Mix the sesame oil, soy sauce or tamari, mirin and grated ginger together in a jug. Place the tahini in a bowl and slowly add the soy mixture, whisking to incorporate.

Pour over the salad and toss lightly to combine.

Sprinkle with cashew nuts and sesame seeds before serving.

Apricot Bars



These are a quick, easy snack to grab as you go about your day!

Makes 2-4 servings

1 cup dried apricots
½ cup dates, pitted
½ cup almonds
¼ cup coconut

Place all ingredients in a food processor and process until well combined.

Line a baking tray with parchment paper and press the mixture into a large, flat rectangle about 2cm thick.

Chill in the freezer for at least 30 minutes before cutting into bars.

Store the bars in the fridge for up to 1 week or in an airtight container in the freezer for up to 1 month.

Potato Salad



Serves 2

4 cups mixed salad leaves
2 potatoes, boiled and cut into chunks
1 small sweet potato, roasted and cut into chunks
1 cucumber, chopped
1 celery stick, finely chopped
¼ red onion, thinly sliced
4 tbsp maple mustard dressing (see recipe below)
4 tbsp hummus
2 tsp sambal oelek (optional)

Commented [HJ1]:

Maple Mustard Dressing

1 cup balsamic vinegar
2 tbsp Dijon mustard
2 tbsp wholegrain mustard
4 tbsp maple syrup

Hummus

2-3 tbsp store-bought hummus

Boil the potato and roast the sweet potato, until cooked. Set aside to cool, then cut into chunks.

To make the dressing, place all ingredients into a jar with a lid. Seal and shake well to combine. Store in the fridge until required.

To assemble, place all of the salad ingredients into a bowl except for the dressing, hummus and sambal oelek. Mix well.

To serve, divide the salad into 2 bowls. Top with the dressing, hummus, sambal oelek, and a few extra salad leaves.

Fruit Salad Bowl

Serves 1

2-3 pieces of fruit of choice, such as apples, bananas, pears, oranges, pineapple chunks etc.
Dollop of coconut yoghurt (optional)

Chop each piece of fruit into bite sized pieces and serve with a tablespoon or two of coconut yoghurt. Easy!

Banana Strawberry Smoothie

Serves 1

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

Blend together.

Walnut & Lentil Tacos



Serves 4

2 ½ cups cooked lentils (canned)
2 cups water
1 cup walnuts, toasted
2 tbsp tomato paste
3 garlic cloves, finely chopped
1 tsp smoked paprika
½ tsp tarragon
½ tsp salt
¼ cup water
Soft corn tortillas, to serve

Cheesy Sauce

1 ½ cups potato, peeled and chopped
1 cup carrot, chopped
½ cup brown onion, diced
1 tsp ground turmeric
3 garlic cloves, peeled and left whole
2 ½ cups water, divided
½ cup raw cashews, soaked for 10 minutes
½ cup nutritional yeast
1 tsp apple cider vinegar
1 tsp sea salt

Kale Salad Mix

2 cups kale, thinly chopped

A few shakes of coconut aminos (or soy sauce)
1 cup cherry tomatoes, quartered
½ red onion, finely chopped

Firstly make the cheesy sauce. Place the potato, carrot, onion, turmeric and garlic in a pot and cover with 2 cups of water. Simmer for 20 minutes, with the lid on. After 20 minutes, add the veges (and the remaining liquid in the pot) to a blender.

Drain the cashews and add to the blender, along with the nutritional yeast, apple cider vinegar, sea salt, and the remaining ½ cup of water. Blend until the sauce is creamy and smooth, about 2 minutes.

To make the walnut and lentil taco mix, add the lentils, toasted walnuts, tomato paste, garlic, paprika, tarragon, sea salt and water to a food processor and pulse until everything is just combined. Don't process the mixture so much that it turns into a mushy paste. You want it to have plenty of texture.

To make the kale salad, add the kale to a bowl with the aminos or soy sauce, and massage with your hands until the kale shrinks down a bit. Add the tomatoes and onions and stir through.

To serve, heat the tortillas, then drizzle a little cheesy sauce on each one, add lentil and walnut taco mix, and top with the kale and salad mix.

Nutty Buckwheat Granola



Serves 6-8

2 ½ cups buckwheat
1 ½ cups desiccated coconut
½ tsp ground cinnamon
½ cup nut butter of choice (preferably runny, such as coconut cashew butter)
½ cup maple syrup
1 tbsp coconut oil, melted

Preheat oven to 180 degrees Celsius. Line a tray with baking paper.

In a bowl, combine the buckwheat, desiccated coconut, cinnamon, nut butter, maple syrup and melted coconut oil. Mix together or use your fingers to ensure the buckwheat is well covered in nut butter.

Spread the granola out on the tray, trying to leave some chunky pieces. Bake in the oven for 15 minutes.

When done, remove and leave to cool before storing in an airtight jar or container.

Creamy Cheesy Soup

Makes several servings

1 onion, chopped finely
1 spoon minced garlic and / or ginger (optional)
6 cups vegetable stock (more if you want a larger quantity of soup)
Sprinkle of dried or fresh herbs of choice (optional)
1 leek, sliced into small pieces
5-6 potatoes, peeled and chopped into cubes
2 carrots, peeled and sliced thinly
Few stalks of celery, sliced thinly
(you can also use any other vegetables you have sitting in the fridge!)
½ cup cashew nuts
½ cup nutritional yeast

Heat a large soup pot over a medium-high heat. Add onion and cook for 5 minutes. Add the garlic and/or ginger if using and cook for a couple more minutes.

Add all other vegetables and vegetable stock and bring to the boil. Turn down heat and leave to simmer with the lid on the pot until veges are tender.

Once veges are soft, pour half of the soup into a blender and add the cashew nuts and nutritional yeast. Blend until well combined.

Pour this mixture back into the soup pot and mix well.

Cinnamon Baked Pears with Toasted Walnuts



Makes 2-4 servings

4 pears, any variety
2 tbsp maple syrup
¼ cup chopped walnuts
½ tsp cinnamon

Preheat the oven to 175 degrees Celsius. Slice the pears in half lengthwise and remove the seeds. Arrange the pear halves face up on a baking tray. Drizzle each pear half with maple syrup, brushing over the face of the pear and leaving some inside the centre.

Divide the walnuts evenly into the centres of the pears and sprinkle cinnamon over the top of each. Bake for 20-30 minutes, until the pears are tender and cooked through. Serve warm from the oven.

Mango Lassi

Makes 1-2 servings

4 cups diced mango (or frozen – you can use less if you want to)
½ cup coconut milk
2 mint leaves
1 frozen banana

Place all the ingredients in a blender and blend until smooth.

Rainbow Salad Bowl with Coriander Lime Hummus



Serves 1

- 1 head of your choice of lettuce – e.g. romaine, kale, mixed greens, spinach
- ¼ pickled red onion (soak sliced red onion in 1 tbsp apple cider vinegar for 10 mins)
- ½ - 1 cup cooked quinoa
- ½ peeled, pitted and sliced avocado
- ½ cup diced cucumber
- 1 tbsp hemp seeds (optional)
- ½ lime
- ½ cup coriander lime hummus (recipe below), or store bought hummus

Prepare the pickled onions and while they are soaking create the rest of the bowl.

Add the lettuce to a large bowl.

Add the quinoa, avocado and cucumber to the top of the lettuce in sections around the outside of the bowl.

Add the pickled onions to another section.

Add the scoop of hummus to the middle of the salad.

Sprinkle the salad with hemp seeds if using.

Squeeze the juice from the lime over the salad.

Roasted Veggie Pasta



Makes 2-4 servings

- 3 cups cherry tomatoes
- 1 cup sliced red onion
- 1 cup diced zucchini
- 1 cup diced carrot
- 1 cup diced asparagus
- 10 garlic cloves, skin on
- ½ tsp lemon juice
- ¼ tsp sea salt
- ¼ tsp red pepper flakes (optional)
- 1 packet gluten-free pasta
- 4 cups rocket (optional)
- Additional sea salt, black pepper or dulse flakes to taste

Preheat the oven to 200 degrees Celsius.

Spread out the tomatoes, red onion, zucchini, carrot, asparagus, and garlic on two baking trays lined with parchment paper and roast the vegetables for 15-20 minutes until tender.

Peel all the roasted garlic cloves (being careful not to burn your fingers) and place 4 of them in a blender along with 1 cup of the roasted tomatoes, the lemon juice, sea salt and the optional red pepper flakes. Blend the ingredients until a light, smooth tomato sauce forms.

Prepare the pasta according to the instructions. Drain and transfer to a mixing bowl.
Toss the pasta in the tomato sauce. There should be just enough sauce to lightly coat the pasta. Add the remaining roasted tomatoes, red onion, zucchini, asparagus and garlic cloves. Toss gently to combine.

Serve the pasta over a bed of rocket if desired, and add an extra sprinkle of sea salt, dulse and/or black pepper to taste.

Sweet Potato and Black Bean Salad with Spicy Lime Vinaigrette

Makes 2-4 servings

2 sweet potatoes
6 garlic cloves, unpeeled
½ red onion, finely diced
1 capsicum, diced
2 cups cooked black beans (canned is fine)
¼ cup chopped coriander
8 cups leafy greens (optional)
Salt to taste

Spicy Lime Vinaigrette

1/2 cup loosely packed coriander
2 tbsp lime juice
2 tbsp raw honey
¼ tsp sea salt
2 garlic cloves
½ ripe jalapeno (optional)
½ cup water

Preheat the oven to 220 degrees Celsius.

Spread out the sweet potatoes and the garlic cloves on a baking tray lined with parchment paper and place in the oven. Roast the sweet potatoes and garlic for 20-30 minutes, until the sweet potatoes are fork-tender.

Peel and mince the roasted garlic cloves (taking care not to burn your fingers).

Place the roasted sweet potatoes, red onion, capsicum, minced roasted garlic and black beans into a mixing bowl. Stir to combine.

To make the Spicy Lime Vinaigrette, place all the dressing ingredients in the blender and blend until a smooth thin sauce forms.

This salad can be eaten warm or chilled. Immediately prior to serving, toss the sweet potato and black bean mixture in the Spicy Lime Vinaigrette. Serve garnished with chopped coriander and over a bed of leafy greens. Add extra sea salt to taste.

Plant-Based Platter



This one is yours to do whatever you like with! The idea is to create a yummy platter of plant-based nibbles. You can make it as simple or as elaborate as you like! This is a good option when you're perhaps not really hungry but want something light to nibble on – say if you've had a big lunch and want a lighter dinner. It's also a really great one to practice with so next time you're in charge of bringing a plate of nibbles to an event, you know what to do! If you put together this platter for a light dinner, you can use any leftovers as snacks for the next couple of days.

Here's some ideas of what you can include:

- Celery sticks
- Carrot sticks
- Cucumber sticks
- Roasted cashews
- Pistachio nuts
- Mixed olives
- Red or green grapes
- Baguette bread or crackers (aim for gluten free where you can)
- Cherry tomatoes
- Radish halves
- Sliced capsicum
- Falafel
- Plant-Based 'chicken' nuggets

- Rice crackers
- Vegan cheese slices
- Dried apricots / prunes / dates
- Hummus
- Candied ginger
- Roasted chickpeas

Berries & Cream

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.

Fresh Tomato Risotto with Grilled Greens



Serves 4

Risotto

½ white onion, diced

1 clove garlic, minced

¼ cup dry white wine (or vegetable stock with a few drops of lime juice)

4 cups vegetable stock

1 cup risotto rice (such as Arborio)

6 tomatoes

Green Vegetables

Choose 2 or more from:

Broccoli, chopped

Zucchini, sliced

Peas

Green Beans

Spinach

Heat the vegetable stock in a saucepan and keep just below a simmer. Blend 4 of the tomatoes in a blender until purified, then add to the vegetable stock.

Heat a large, deep skillet with 1 tbsp olive oil on a medium heat and add the onion and saute for 2-3 minutes until translucent. Add the garlic and saute for a further 1 minute.

Add the rice to the pan and stir with the onion and garlic. Cook for 1 minute so the rice is coated. Then add the wine and stir until the wine is completely absorbed.

Begin to add the stock and tomato mixture into the rice dish, stirring each time and making sure each ladle is absorbed before adding the next. Keep going until all the stock is used up – this should take 35-45 minutes.

Dice the other two tomatoes and add in at the end to warm through.

Grill (or stir fry) your green vegetables until they are cooked but still have some bite.

Serve immediately.

Note: When I cooked this recipe I found there was quite a lot of liquid so I added another cup of rice. This makes a hefty risotto and will double the portions for the rice component.

Kale Power Salad with Lemon Tahini Dressing



Serves 4-6

2 medium sweet potatoes, peeled and diced
2 tsp + 1 tbsp olive oil, divided
 $\frac{3}{4}$ tsp salt, divided
 $\frac{1}{4}$ tsp black pepper
1 bunch curly kale, washed, stem removed and chopped
Juice of $\frac{1}{2}$ large lemon
1 can chickpeas, drained and rinsed
1 large avocado, pitted and diced
 $\frac{1}{3}$ cup diced cranberries
 $\frac{1}{3}$ cup chopped almonds
 $\frac{1}{4}$ cup chopped red onions

Lemon Tahini Dressing

$\frac{1}{2}$ cup tahini
Juice of 1 large lemon
 $\frac{1}{4}$ tsp salt
3-6 tbsp warm water, depending on how thick you want the dressing

Preheat oven to 180 degrees Celsius. On a large sheet pan, toss together the diced sweet potato with 2 tsp olive oil, $\frac{1}{2}$ tsp salt and $\frac{1}{4}$ tsp pepper. Bake sweet potato until fork tender – 35-40 minutes, flipping once.

Prepare the kale while the sweet potatoes are baking. Add the chopped kale to a large bowl with 1 tbsp olive oil, juice of $\frac{1}{2}$ a large lemon and a heaping $\frac{1}{4}$ tsp salt. Use your hands to massage the kale and make sure everything is mixed together, about 1 minute. Set kale aside until sweet potatoes are finished baking.

Make the dressing by adding all ingredients to a bowl and whisking until a creamy dressing is formed. Add the water slowly until desired consistency is reached.

There are two ways you can assemble the salad:

You can add all the ingredients to the bowl and the kale and mix until combined. Add desired amount of dressing to each individual serving. OR, you can add the kale mixture to separate bowls and evenly top with remaining ingredients.

I recommend leaving the dressing separate and adding it on just before eating.

Baked Bananas Foster



Makes 3 servings

3 bananas
2 ½ tbsp maple syrup, divided
½ tsp
2 tsp sugar
1/8 tsp sea salt (optional)

Preheat the oven to 200 degrees Celsius.

Slice the bananas in half lengthwise and arrange them in a baking dish lined with parchment paper.

In a small bowl, stir together ½ tbsp of the maple syrup with the cinnamon, sugar and sea salt until well combined.

Brush the banana slices with the remaining 2 tbsp of maple syrup, making sure to coat both sides.

Spread the cinnamon mixture evenly along the top of the banana slices and bake them in the oven for 15 – 18 minutes, until the bananas are soft and golden brown.