

CURRICULUM FOR A PLANT-BASED

SUMMER

BREAKFAST

1. Coco Crumble:

A super simple and tasty granola recipe. Make it and sprinkle it everywhere!

2. Ferrero Granola:

A dark chocolate & hazelnut granola.. yep its as good as it sounds!

3. Simple Scramble:

A super simple and super tasty breaky scramble

4. Omelette:

This omelette recipe looks and taste like the real deal.

5. Acai Bowl:

We give you the tips and tricks on how to perfect the smoothie bowls just like the ones in our cafe .

6. Smoked Salmon Bagel

This one is real crowd pleaser. Smoked Carrot Salmon and Cream cheese? Yes please.



LUNCH

7. Island Burger:

A summer burger with a recipe for a 'beef' burger pattie that has both texture and taste covered.

8. Caesar Salad:

A creamy caesar salad with mushroom schnitzel.

9. Sweet Potato Fries

Golden sweet potato fries that are crunchy and delicious.

DINNER

10. Taco Salad Bowl

Tortilla salad bowl, mexican 'chicken' & beans with a chipotle cashew dressing. YUM!

11. Seafood Paella

A spanish paella with vegan prawns and calamari

12. Kebab Meat

Marinated smokey BBQ seitan that you can use in loads of dishes!

13. Kebab Sticks

Smokey seitan and veggie kebab sticks that are ideal for your afternoon summer BBQ.

14. Banana Flower Fish

Fish and chips made with banana flower and served with a tartar sauce.

DESSERTS & DRINKS

15. Summer Trifle:

One of our favourite recipes from the course and the book made with a berry compote and passionfruit vanilla custard.

16. Summer Punch:

This recipe can be made into a mocktail or cocktail. We love both.



INDONESIAN RECIPES

17. Gado Gado

A traditional Indonesian Dish that's quick to make and also healthy!

18. Mushroom Satay

These are one of the best sellers at our sister cafe Give and you will soon find out why.

19. Peanut Sauce

A creamy peanut sauce that can be used in many dishes.



ESSENTIALS

20. Aioli

21. Teriyaki Sauce

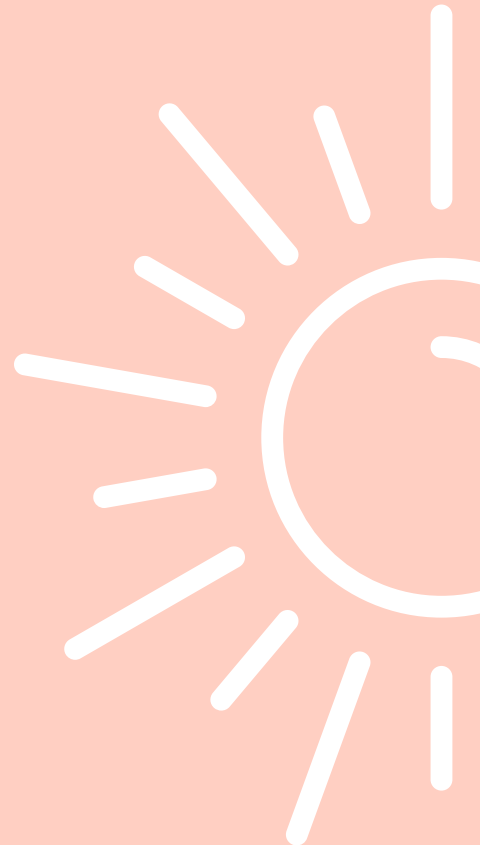
22. Caesar Dressing

23. Chipotle Cashew Dressing

24. Cashew Cream Cheese

25. Mushroom Schnitzels

26. Sugar Syrup



BONUS RECIPES

27. Herb & Chilli Bruschetta

A super simple and easy breakfast dish that you can whip together in minutes!

28. Summer Meringues

Learn how to make egg white free meringues & top these with your fave fruits!

29. Espresso Martini

The ultimate party starter cocktail!

30. Amaretto Sour

We share the recipe for our current fave cocktail!

MAJA

BONUS

MODULE

31. Breakfast: Chocolate Protein Smoothie Bowl

32. Lunch: Sushi made two ways

33. Dinner: Truffle Mushroom Pasta

