



— THE
BOD

VEGAN

RECIPE COLLECTION

PANCAKES

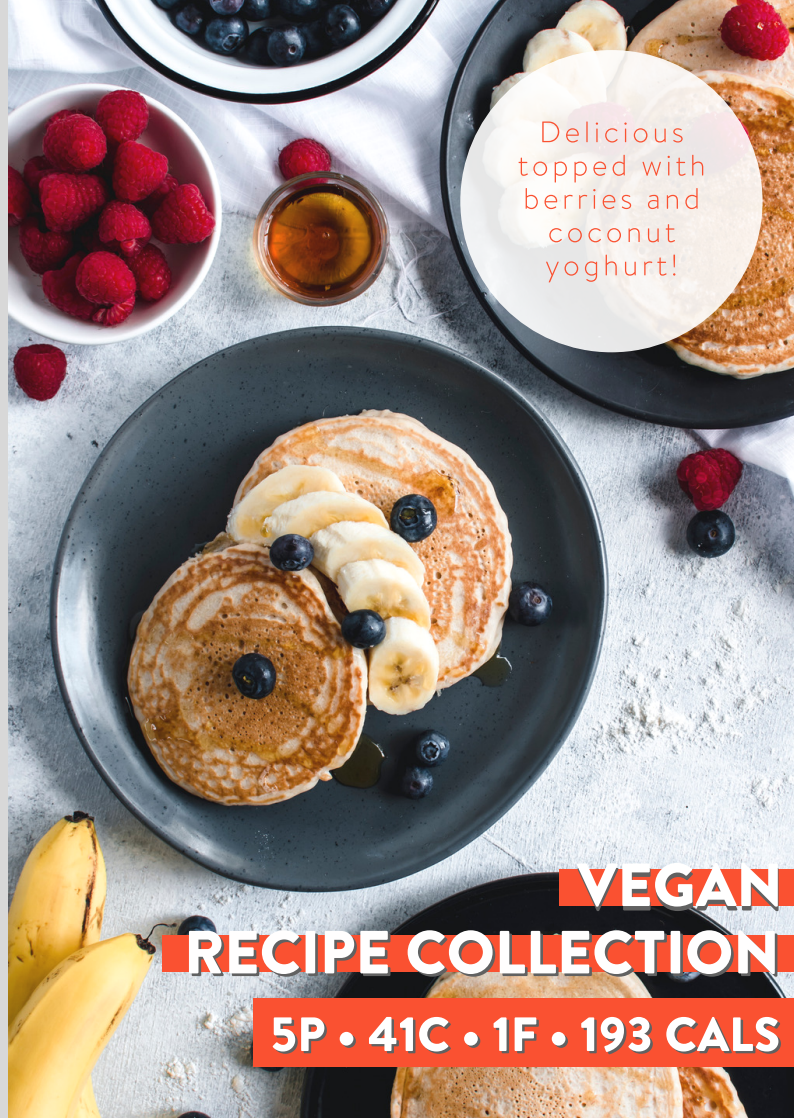
SERVES
5

Ingredients

- 1 cup plain flour
- 2 tbs organic sugar
- 1 tbs baking powder
- 1/2 tsp Himalayan salt
- 1 cup unsweetened almond milk
- 1 tbs apple cider vinegar
- 1 tsp vanilla extract

Method

1. In a medium bowl, add the flour, sugar, baking powder and salt and stir to combine.
2. In a separate bowl or liquid measuring cup, add the almond milk, apple cider vinegar and vanilla extract and stir to combine.
3. Pour the liquid mixture into the dry mixture and whisk until smooth.
4. Allow the batter to rest for 5 minutes.
5. Pour 1/2 cup serves of the batter onto a nonstick pan or griddle over medium heat.
6. When the tops begin to bubble, flip the pancakes and cook through until golden. Serve warm with maple syrup, if you like.



Delicious topped with berries and coconut yoghurt!

VEGAN
RECIPE COLLECTION

5P • 41C • 1F • 193 CALS



You can also pop this recipe in the oven for a baked version!

VANILLA CHIA OATS

SERVES
1

Ingredients

- 3/4 cup rolled oats
- 1 cup unsweetened almond milk
- 1/2 tsp cinnamon
- 1 medium banana
- 2 tsp tahini
- 1 tsp chia seeds
- 1 tsp vanilla extract
- 1 tbs walnuts
- 1 tb maple syrup

Method

1. Slice the banana and crush the walnuts and set aside.
2. In a small saucepan, mix all the ingredients together, except the walnuts and banana.
3. Slowly bring the oats to the boil, stirring continuously.
4. Serve in a bowl and top with walnuts, sliced banana and maple syrup.

VEGAN
RECIPE COLLECTION

15P • 83C • 22F • 590 CALS



EDAMAME QUINOA SALAD

SERVES
8

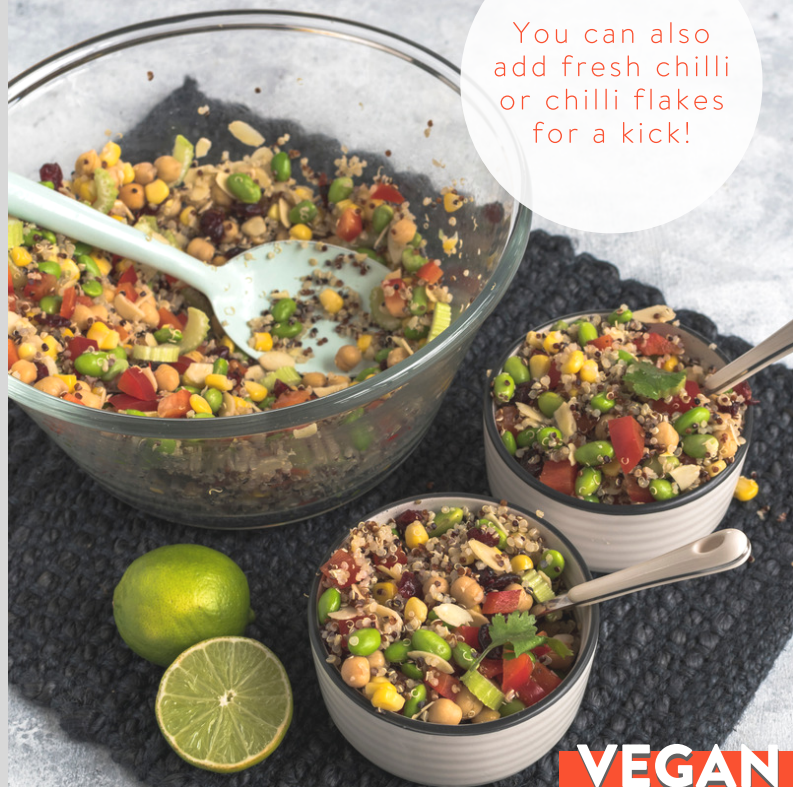
Ingredients

- 2 cups uncooked quinoa
- 4 cups water
- 1/2 tsp Himalayan salt
- 2 large stalks celery
- 425g can corn kernels
- 425g can chickpeas
- 3/4 cup coriander
- 1 cup dried cranberries
- 400g cooked edamame
- 2 medium red capsicum
- 1 cup almond flakes
- 3 tbs olive oil
- 5 tbs lime juice

Method

1. Shell the edamame, drain the corn, and rinse and drain the chickpeas.
2. Wash and finely chop the coriander and set aside.
3. Finely dice the celery and capsicum.
4. Using a rice cooker, add the quinoa, water and salt.
5. Cook until tender and transfer to a bowl to allow to cool.
6. Add the remaining ingredients to the bowl and stir to combine. Season with salt to taste.

You can also add fresh chilli or chilli flakes for a kick!



VEGAN
RECIPE COLLECTION

20P • 53C • 13F • 409 CALS



Use Tempeh instead of soy mince if you prefer.

CHILLI CARNE

SERVES
6

Ingredients

- 2 tbs olive oil
- 3 garlic cloves
- 1 large red onion
- 2 medium celery stalks
- 2 medium carrots
- 2 red capsicum
- 1 tsp ground cumin
- 1 tsp chilli powder
- 1 tsp Himalayan salt and pepper
- 800g canned diced tomatoes
- 400g can red kidney beans
- 100g split red lentils
- 400g frozen soy mince (Quorn)
- 250ml vegetable stock

Method

1. Mince the garlic, thinly slice the onion and peel the carrots.
2. Finely chop the celery and carrot and roughly chop the capsicum.
3. Using a frying pan, heat the olive oil and sauté the garlic, onion, celery, carrots and capsicum until softened.
4. Add the cumin, chilli powder, salt and pepper and stir.
5. Drain and rinse the kidney beans.
6. Add in the diced tomatoes, kidney beans, lentils, soy mince and vegetable stock. Allow to simmer for 20-25 minutes before serving. Serve the Chilli Carne with basmati rice, extra coriander and a squeeze of lime juice.

VEGAN
RECIPE COLLECTION

19P • 33C • 6F • 552 CALS

LENTIL LOAF

SERVES
8

Ingredients

- 1 cup dried brown lentils
- 2 1/2 cups water
- 3 tbs flaxseed meal
- 1/3 cup water
- 2 tbs olive oil
- 3 garlic cloves, minced
- 1 small brown onion, finely diced
- 1 small red capsicum, finely diced
- 1 medium carrot, grated
- 1 cup mushrooms, finely diced
- 1 large celery stalk
- 3/4 cup oats
- 1/2 cup oat flour
- 1 tsp dried thyme
- 1/2 tsp cumin
- 1/2 tsp nutritional yeast
- Himalayan salt and pepper

Method

1. Rinse the lentils well. In a large saucepan add in the water and lentils and bring to the boil. Allow to simmer for 30-35 minutes until a mushy texture is reached. Allow to cool without draining the water for 15 minutes.
2. Preheat the oven to 180°C. Line a loaf tin. In a small mixing bowl, combine the flaxseed meal and 1/3 cup of water, then set aside in the fridge for 10 minutes to allow to thicken.
3. In a large pan, sauté the vegetables and spices with 1 tablespoon of oil. Using a food processor, blend ¾ of the lentil mixture until smooth.
4. Combine the vegetables and remaining oil with the blended and unblended lentils, oats, oat flour and flaxseed. Mix the ingredients well.
5. Season to taste with Himalayan salt and pepper. Pour the mixture into the loaf tin. Bake for 40-45 minutes and allow to cool before slicing.

Serve with avocado, sweet potato mash or vegemite, dairy-free cheese and Nuttelex.



VEGAN
RECIPE COLLECTION

8P • 17C • 5F • 145 CALS



Mix up the
veggies
according to
season!

TEMPEH TERIYAKI

SERVES
2

Ingredients

- 250g Tempeh
- 1 tbs olive oil
- 1 medium zucchini
- 1 medium carrot
- 1 cup bok choy

Marinade

- 3 tbs water
- 1 tbs tamari
- 1/2 tsp crushed garlic
- 1/2 brown onion

Teriyaki Sauce

- 4 tbs tamari
- 1 tsp sesame oil
- 2 tbs maple syrup
- 1 tsp apple cider vinegar
- 1 tsp crushed garlic

Method

1. Slice the tempeh into 1cm-thick slices and finely dice the brown onion.
2. Mix the marinade ingredients together until forming a paste and coat the tempeh in the marinade. Store the tempeh in an airtight container and place in the fridge for a minimum of 3 hours.
3. Thinly slice the capsicum, zucchini, carrot and bok choy.
4. In the meantime, prepare the teriyaki sauce by combining the ingredients in a jar and shaking well.
5. Using a large frying pan, heat the olive oil and fry the marinated tempeh. Add in the teriyaki sauce and vegetables. Cook until the vegetables are softened. Serve with cauliflower or basmati rice.

VEGAN
RECIPE COLLECTION

32P • 40C • 22F • 486 CALS

ZOODLES

SERVES
2

Ingredients

Sauce

- 2 medium zucchini
- 2 large carrots
- 3/4 cup cashews
- 1 tbs coriander

Noodles

- 2 tbs low-fat smooth peanut butter
- 1/2 tbs hoisin sauce
- 1/2 tbs chilli sauce
- 1 tsp soy sauce
- 1 tbs lime juice
- 2 garlic cloves
- 2 tbs nutritional yeast
- 2 tbs tamari
- 2 tbs lemon juice

Method

1. Peel the carrots before spiralsing the carrot and zucchini.
2. Chop the coriander and set aside. Mince or finely dice the garlic.
3. Using a saucepan, combine the peanut butter, hoisin sauce, chilli sauce, soy sauce, lime juice and garlic, stirring constantly until the garlic is fragrant.
4. Add the cashews, nutritional yeast, tamari, zucchini and carrots.
5. Using tongs, gently toss up the pan contents every 10-20 seconds or so. Repeat for about 4-5 minutes until everything is lightly cooked and heated through, carefully, without breaking the zoodles.
6. Add in the coriander and lemon juice and serve immediately.



Use more chilli sauce if you prefer the extra spice.

VEGAN
RECIPE COLLECTION

21P • 45C • 32F • 552 CALS



Serve with
toasted bread
or mixed
berries!

CHOCOLATE SPREAD

SERVES
20

Ingredients

- 400g can chickpeas
- 8 Medjool dates
- 3 tbs hulled tahini
- 4 tbs cacao powder
- 2 tbs unsweetened almond milk
- 1/2 tsp Himalayan salt

Method

1. Drain and rinse the chickpeas and remove the pits from the dates.
2. Using a food processor, blend all the ingredients until smooth. If required, use olive oil for added moisture or more almond milk.

VEGAN
RECIPE COLLECTION
2P • 6C • 3F • 86 CALS



BANANA ICE CREAM

SERVES
2

Ingredients

- 3 medium bananas
- 3 tbs cacao powder

Method

1. Line a tray with baking paper.
2. Slice the bananas and place on the lined tray evenly spaced.
3. Freeze the bananas until frozen.
4. Using a food processor, blitz the cacao and frozen banana together until smooth.
5. Serve immediately.

Top with sliced
fruit, Chocolate
Spread and
granola.

A close-up photograph of a white ceramic bowl with a dark rim, filled with a thick, light brown chocolate spread. The spread is topped with a generous amount of golden-brown granola. Fresh fruit, including sliced strawberries, raspberries, and kiwi, is arranged on top. The bowl sits on a dark grey plate. In the background, a white cloth and a whole kiwi are visible.

**VEGAN
RECIPE COLLECTION**

5P • 23C • 5F • 157 CALS



User very ripe
bananas for
sweetness.

3-INGREDIENT BROWNIES

SERVES
3

Ingredients

- 3 bananas
- 1/2 cup cacao powder
- 1 tsp baking powder

Method

1. Preheat oven to 180°C.
2. Line a loaf tin with baking paper.
3. Using a blender, blend the ingredients until smooth.
4. Bake for 15 minutes. Serve brownies with berries and coconut yoghurt, if you like.

VEGAN
RECIPE COLLECTION

3P • 15C • 3F • 99 CALS