

Quick & Healthy Gluten-Free Recipes

25+ DELICIOUS HEALTHY
PLANT-BASED RECIPES



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Asian Style Scrambled Eggs

Serves: 2 **Prep:** 5 mins **Cook:** 10 mins

Nutrition per serving: 206 kcal | 11g Fats | 6g Carbs | 15g Protein



INGREDIENTS

3 eggs

2 egg whites

1 tbsp. soy sauce

2 tsp. sesame oil

1 ½ cup (200g) mixed Asian vegetables

1 tsp. black sesame seeds

Coriander, to serve

METHOD

Whisk eggs and egg whites together in a bowl. Season with pepper and soy sauce.

Heat 1 tsp. of sesame oil in a pan over medium-low heat. Add the mixed veggies and 1 tbsp. of water. Season with salt and pepper and cook for 4-5 minutes until tender. Transfer onto a plate.

Add egg mixture to a pan and swirl to coat the base. Cook without stirring for 30 seconds. Using a wooden spoon, push the set eggs to the outer edge and the raw eggs to the centre

Gently push the eggs around the pan every 15 seconds until set. Sprinkle with the sesame seeds.

Remove from heat and serve with the prepared vegetables – top with fresh coriander and additional sesame seeds, to serve.

Superfood Breakfast with Fried Egg

Serves: 2 **Prep:** 5 mins **Cook:** 15 mins

Nutrition per serving: 397 kcal | 26g Fats | 27g Carbs | 18g Protein



INGREDIENTS

2 cups (300g) broccoli

2 tbsp. coconut oil

1 garlic clove, minced

¼ onion, chopped

2 tbsp. (20g) pumpkin seeds

1 tbsp. (20g) dried cranberry

Lemon juice

4 eggs

For the dressing:

½ tsp. ground turmeric

½ tsp. chili flakes

½ tsp. paprika

½ tsp. oregano

METHOD

Divide the broccoli into smaller parts and chop into tiny pieces or use a food processor to make the broccoli rice.

Heat 1 tbsp. of oil in a pan on medium-high heat, add the minced garlic, chopped onion, pumpkin seeds, and fry, stirring for about 5 minutes, until browned.

Next, add the cranberries, broccoli rice and all the spices, season with salt & pepper, mix and fry for another 5-7 minutes. If needed, add a little water to avoid burning. At the end of cooking, drizzle with lemon juice.

In a separate frying pan, heat the remaining 1 tbsp. of oil, and fry the eggs. Once ready serve on top of the broccoli rice, season with salt & pepper.

Tropical Breakfast Smoothie Bowl

Serves: 2 **Prep:** 10 mins **Cook:** 0 mins

Nutrition per serving: 345 kcal | 8g Fats | 69g Carbs | 5g Protein



INGREDIENTS

2 bananas, frozen slices

125g mango, frozen cubes

⅔ cup (160ml) coconut water

⅓ cup (80ml) coconut milk

Handful blueberries, topping

1 kiwi, peeled and sliced, topping

2 tbsp. coconut chips, topping

2 tbsp. granola, topping

METHOD

Place the bananas, mango, coconut water and coconut milk in a blender or food processor and blend until smooth.

Divide the smoothie over 2 bowls and top with the kiwi, blueberries, coconut chips and granola. Serve immediately.

Raspberry & Flaxseeds Smoothie Bowl

Serves: 1 **Prep:** 10 mins **Cook:** 5 mins

Nutrition per serving: 240 kcal | 13g Fats | 28g Carbs | 8g Protein



INGREDIENTS

3 tbsp. flaxseeds

½ cup (100ml) water

1 cup frozen raspberries

3 heaped tbsp. (50ml) beetroot juice

2 tbsp. natural yoghurt (or plant based)

1 tsp. raw cacao nibs

METHOD

Boil the water in the kettle.

Place the flaxseeds in a small pot and add in the water, cook for around 5 minutes, until the water turns sticky. Then take off the heat and allow to cool slightly.

Place the raspberries and beetroot juice in a blender and blend until smooth. Next add in the flaxseeds and blend again.

Transfer the smoothie into a bowl and top with the yoghurt and cacao nibs. Serve straight away.

Almond Banana Pancakes

Serves: 2 **Prep:** 10 mins **Cook:** 15 mins

Nutrition per serving: 346 kcal | 21g Fats | 28g Carbs | 13g Protein



INGREDIENTS

5/8 cup (125g) mango, cut into cubes

2 passion fruit

4 tbsp. water

1/2 cup (60g) almond flour

1 ripe banana

1 medium egg

1 tsp. oil

METHOD

Put the mango pieces, and passion fruit flesh in a saucepan and add the water. Heat for 10 minutes on low heat until fruit is softened. Stir frequently. Put the fruit aside and let it cool

In the meantime, mix the almond flour, the ripe banana and egg in the blender or food processor until smooth.

Heat the oil in a large non-stick pan scoop 6 pieces of batter into the pan with a tablespoon.

Fry the pancakes for about 3 minutes until browned and done on both sides. Turn them carefully, as the batter is not very firm.

Serve with the fruit spread made earlier

Detox Salad

Serves: 2 **Prep:** 10 mins **Cook:** 0 mins

Nutrition per serving: 315 kcal | 24g Fats | 19tg Carbs | 10g Protein



INGREDIENTS

**1 bunches parsley (± 30g),
roughly chopped**

¼ cup (46g) cooked quinoa

**1 avocado, peeled, stone removed,
cut into cubes**

½ 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 (30g) mixed seeds and nuts,
to garnish**

METHOD

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.

Superfood Tahini Salad

Serves: 2 **Prep:** 10 mins **Cook:** 0 mins

Nutrition per serving: 190 kcal | 10g Fats | 19g Carbs | 9g Protein



INGREDIENTS

For the salad:

2 cups (200g) baby kale

2 handfuls microgreens

2 carrots, shredded

8 radishes, thinly sliced

For the dressing:

½ lemon juice

2 tbsp. tahini

1 tsp. honey

2 tbsp. water salt

1 garlic clove, minced

Cayenne pepper to taste

METHOD

Make the dressing by blending all the dressing ingredients. Taste and adjust seasonings if necessary.

For the salad, toss all the salad ingredients in a bowl and drizzle with the tahini dressing.

Top with microgreens or your favourite seeds (optional).

Kale & Broccoli Salad

Serves: 2 **Prep:** 5 mins **Cook:** 20 mins

Nutrition per serving: 370 kcal | 20g Fats | 42g Carbs | 17g Protein



INGREDIENTS

For the salad:

½ head broccoli 1 tbsp. olive oil

1 ¼ cup (125g) kale

1 ¼ cup (125g) mixed salad leaves

Scant ¼ cup (30g) raisins

¼ cup (30g) almonds, roasted, chopped

For the dressing:

1 tbsp. honey

1 tbsp. balsamic vinegar

2 tbsp. lemon juice

1 tbsp. almond butter

METHOD

Preheat oven to 200°C.

Place the broccoli florets on a baking tray, drizzle with olive oil and season with salt and pepper. Cook for 15– 20 minutes until soft, add the kale in the last 10 minutes of cooking, then remove from the oven.

Place the broccoli, kale and salad leaves in a mixing bowl and add in the almonds and raisins. Mix gently.

Make the dressing by mixing all the dressing ingredients and drizzle the salad. Mix well before serving.

Veggie 'Throw Together' Salad

Serves: 3 **Prep:** 10 mins **Cook:** 30 mins

Nutrition per serving: 343 kcal | 15g Fats | 40g Carbs | 13g Protein



INGREDIENTS

For the salad:

- 1 medium sweet potato**
- ½ cup (120g) chickpeas, drained**
- 1 tbsp. olive oil**
- 250g asparagus**
- 1 cup (30g) spinach**
- 1 cup (30g) kale**
- 1 cup (30g) rocket**

For the dressing:

- 1 tsp. mustard**
- 1 tbsp. tahini**
- 2 tbsp. lemon juice**
- 1 tbsp. olive oil**
- 1 tsp. honey**

METHOD

Preheat oven to 190°C.

Wash and chop the potato into bite size pieces, then place on a baking tray with the chickpeas. Drizzle with 1 tbsp. of olive oil and season with salt and pepper. Roast for 30 minutes. Add the asparagus in the last 10 minutes of roasting.

In the meantime, prepare the dressing by mixing all the dressing.

Place spinach, kale and rocket in a bowl and rub the dressing into the leaves.

Once the roasted veggies are ready, divide the salad between bowls and top with the baked potato, chickpeas, and asparagus. Serve hot or cold.

Tofu in Peanut Sauce

Serves: 4 **Prep:** 30 mins **Cook:** 15 mins

Nutrition per serving: 310 kcal | 18g Fats | 17g Carbs | 18g Protein



INGREDIENTS

- 1 tbsp. coconut oil**
- 2 ¼ cups (400g) tender stem broccoli**
- 1 ¾ cups (350g) firm tofu**

For the sauce:

- ¼ cup (65g) natural peanut butter**
- 2 tbsp. tamari or soy sauce**
- 2 tbsp. water**
- 5 tbsp. honey**
- 1 tsp. sesame oil**
- ½ tsp. chili flakes**
- 1 tbsp. ginger, grated**

METHOD

Firstly, prepare the tofu. Drain all the water, and sandwich it between two paper towels and two plates. Place a heavy item like a can on the top plate. Press for at least 30 minutes.

Cut the tofu into 1 ½ cm cubes.

Mix all the sauce ingredients and set aside. Steam or boil the tender stem broccoli until tender, set aside.

In the meantime, heat the coconut oil in the pan over medium heat and cook the tofu for around 10-15 minutes, occasionally turning, until browned. Add in the prepared sauce and stir well. Remove from heat and serve with the cooked broccoli.

Chickpea & Tahini Stuffed Aubergine

Serves: 4 **Prep:** 5 mins **Cook:** 40 mins

Nutrition per serving: 360 kcal | 14g Fats | 50g Carbs | 14g Protein



INGREDIENTS

2 large aubergines

2 tbsp. olive oil

1 small onion, chopped

2 cloves garlic, chopped

2 tbsp. chopped parsley, plus more to garnish

1 cup (200g) chickpeas, drained

2 tbsp. tahini

Juice of ½ lime

Salt, pepper, oil

Spices:

1 tsp. turmeric

1 tsp. oregano

1 tsp. cumin

1 tbsp. coriander, fresh, chopped

½ tsp. hot paprika

½ tsp. sweet paprika

METHOD

Heat the oven to 200°C.

Cut the aubergines in half lengthwise, place them on a baking tray lined with baking paper, and bake in the oven for about 25-30 minutes. Once baked remove the flesh with a spoon, leaving about ½ cm of the edges of the aubergine. Chop the aubergine flesh and set aside.

Heat a pan with 2 tbsp. of olive oil, add the chopped onion and finely chopped garlic, fry for 2-3 minutes. Then add the chopped flesh, and season with salt and pepper. Continue cooking for another 5 minutes stirring often.

Next, add the spices, and fry for another 2-3 minutes, adding water as needed to avoid burning.

Add the chopped parsley and take off the heat. Finally add the chickpeas, tahini and lime juice, mix, and season with salt and pepper to taste.

Transfer the stuffing into the halved cooked aubergines and serve with fresh chopped parsley.

Satay Tempeh Skewers with Asian Slaw

Serves: 4 **Prep:** overnight **Cook:** 20 mins

Nutrition per serving: 500 kcal | 30g Fats | 19g Carbs | 32g Protein



INGREDIENTS

400g natural tempeh

For the marinade:

¼ cup (45g) crunchy peanut butter

3 tbsp. coconut milk (more if required)

1 tbsp. sesame oil

1 tbsp. lime juice

1 tbsp. tamari (or soy sauce)

1 tbsp. honey

1 tsp. chili paste (sambal oelek)

1 tsp. ginger, grated

For the slaw:

300g red cabbage, shredded

1 tbsp. sesame oil

1 tsp. honey

1 tbsp. lime juice

2 tsp. ginger, grated

Sesame seeds, to serve

METHOD

Cut the tempeh into 32 even cubes.

Mix all the marinade ingredients in a bowl. Add the tempeh to the marinade and stir until all cubes are covered. Cover the dish or place in an airtight container and store in the fridge overnight (or at least 1-2 hours).

Preheat the oven to 180°C.

Thread the marinated tempeh on skewers (4 cubes on each), then place on a baking sheet and bake for 20- 25 minutes checking to prevent burning. Save the rest of the marinade for serving.

Mix all the slaw ingredients and season with salt and pepper, then mix well and set aside

Once tempeh is ready, serve 2 skewers per person with a drizzle of the leftover sauce, alongside the Asian slaw. Sprinkle with sesame seeds to serve.

Broccoli & Ginger Soup

Serves: 6 **Prep:** 5 mins **Cook:** 10 mins

Nutrition per serving: 179 kcal | 7g Fats | 20g Carbs | 8g Protein



INGREDIENTS

1 tbsp. coconut oil
200g leeks, chopped
2 tbsp. ginger, chopped
2 broccoli heads, florets
1 large potato, peeled, chopped
1 tsp. turmeric
1 tsp. salt
1 tbsp. sesame oil
6 cups (3 litres) stock
6 tbsp. natural yoghurt (or dairy free option)
6 tsp. sunflower seeds

METHOD

Heat the oil in a large pot over medium heat. Add the leeks and cook for around 5-6 minutes, until leeks are softened.

Add in the ginger, broccoli florets, chopped potato, turmeric, salt, sesame oil and stock

Bring to a boil, reduce the heat and simmer for 10 minutes until the vegetables are soft.

Blend until creamy and smooth with a hand blender, then season to taste with salt and freshly ground black pepper.

Serve topped with yoghurt and sunflower seeds.

The soup can be stored in the fridge for up to 5 days, or in the freezer for up to 3 months.

Mushroom Soup

Serves: 4 **Prep:** 10 mins **Cook:** 35 mins

Nutrition per serving: 204 kcal | 11g Fats | 23g Carbs | 6g Protein



INGREDIENTS

2 tbsp. coconut oil **1 onion, sliced**
½ leek, chopped
5 ⅓ cups (500g) mushrooms, sliced
1 small carrot, chopped
1 small parsnip, chopped
1 small potato, peeled & cubed
2 ½ cups (600ml) vegetable stock
Scant ½ cup (100ml) cream fraiche

METHOD

In a large pot, heat the oil, and sauté the chopped onion and sliced leek for about 3 minutes.

Next, add washed and sliced mushrooms and fry for another 10 minutes stirring now and then. Add the carrot, parsnip, and potato. Mix well and cook for 3-4 minutes. Season with salt and pepper.

Pour in the hot vegetable stock and bring to the boil. Simmer, covered for about 15 minutes. until the vegetables are soft.

Mix with a hand blender until smooth, add cream at the end and serve.

Creamy Leek Risotto

Serves: 4 **Prep:** 5 mins **Cook:** 30 mins

Nutrition per serving: 438 kcal | 7g Fats | 81g Carbs | 13g Protein



INGREDIENTS

- 1 tbsp. coconut oil**
- 2 leeks, chopped and washed**
- 1 white onion, diced**
- 1 ½ cup (350g) risotto rice**
- 2 cups (500ml) vegetable stock**
- 3 rosemary springs**
- ½ cup (60g) Parmesan, grated**
- 3 tbsp. cream**

METHOD

Heat the oil in a frying pan and sauté the leeks and onion for about 5 minutes. Add in the rice and simmer for 1 minute.

Add about half of the stock and rosemary springs, gently stir. Bring to the boil and simmer until liquid has almost absorbed, only then add the remaining stock. Cook the risotto until al dente for about 25 minutes.

Remove the rosemary springs and season the risotto with salt and pepper.

Add half of the Parmesan cheese and the soy crème to the risotto, plus some extra stock if desired to make it extra creamy. Mix well and serve with the remaining parmesan.

Sweet Potato Saag Aloo

Serves: 4 **Prep:** 15 mins **Cook:** 15 mins

Nutrition per serving: 197 kcal | 7g Fats | 35g Carbs | 6g Protein



INGREDIENTS

1 tbsp. coconut oil
3 onions, thinly sliced
4 garlic cloves, sliced
2 tbsp. ginger, grated
1 tbsp. mild curry powder
2 $\frac{2}{3}$ cups (400g) sweet potatoes, peeled & chopped
3 tomatoes, diced
1 $\frac{1}{4}$ cup (300ml) vegetable stock
1 $\frac{1}{4}$ cups (250g) spinach, roughly chopped
4 tbsp. natural yoghurt
2 tbsp. desiccated coconut
1 tbsp. mint leaves, finely chopped
Juice of $\frac{1}{2}$ lemon
Handful coriander, chopped

METHOD

Heat the coconut oil in a large pan over medium-high heat. Add the onion and cook for 2-3 minutes until soft.

Next, add the garlic, ginger, curry powder, and sweet potato, mix well until combined. Season with salt and pepper.

Add the tomatoes and vegetable stock. Bring to boil and turn down the heat and cover the pan. Simmer gently for about 10 minutes.

In the meantime, prepare the yoghurt by mixing the natural yoghurt, desiccated coconut, and mint. Set aside until needed.

Next, add the spinach to the pan and cover the pan. Wait until the spinach has wilted, this will take a few minutes. Finally, give everything a good stir, season with some more salt and pepper. If required and necessary, loosen the sauce with some water.

Serve with the earlier prepared yoghurt, a squeeze lemon, and fresh coriander.

Green Sushi Salad with Crispy Tofu

Serves: 4 **Prep:** 20 mins **Cook:** 10 mins

Nutrition per serving: 490 kcal | 17g Fats | 60g Carbs | 22g Protein



INGREDIENTS

1 cup (250g) sushi rice

1 tbsp. rice vinegar

2 cups (375g) natural tofu

1 tbsp. sesame oil

3 cm ginger, grated

2 tbsp. soy sauce

4 baby cucumbers, sliced

Few slices of nori

5/8 cup (125g) seaweed salad

1 1/4 cup (200g) edamame beans

METHOD

Boil the rice according to the instructions on the package. Stir in the rice vinegar and allow to cool to room temperature.

In the meantime, drain the tofu. Cover a bowl with a clean tea towel and crumble the tofu above it. Press out as much moisture as possible squeezing the tea towel.

Heat the sesame oil in a wok and stir fry the tofu for 5 minutes on a medium heat. Next, add in the ginger and soy sauce. Stir fry for 5-7 minutes. Season with salt and pepper.

Meanwhile, cut the cucumber into slices and cut the nori into pieces.

To serve, divide the rice between bowls and then the tofu, cucumber, nori, seaweed salad, and soybeans. Serve with extra soy sauce.

Vegetarian Nasi Goreng

Serves: 4 **Prep:** 15 mins **Cook:** 15 mins

Nutrition per serving: 380 kcal | 10g Fats | 59g Carbs | 14g Protein



INGREDIENTS

- 200g brown rice**
- 1 tbsp. coconut oil**
- 2 garlic cloves, sliced**
- 3 cm ginger, peeled & chopped**
- 2 tsp. sambal oelek (chili paste)**
- 300g white cabbage, shredded**
- 300g leek, sliced**
- 1 carrot, finely chopped**
- 2 tbsp. ketjap manis (sweet soy sauce)**
- 4 eggs**
- 200g green beans**
- 100g bean sprouts**

METHOD

Boil the rice according to the instructions on the package.

Heat ½ tbsp. of oil in a large pan and add the garlic, ginger, and sambal, cook for 3 minutes. Add the cabbage, leek, and carrot to the pan and stir fry for another 5 minutes. Next, add the cooked rice with the ketjap manis sauce and mix well, and allow to heat through for a few minutes.

Heat the remaining oil in a frying pan and fry the eggs. In the meantime, cook the green beans for 5 minutes. Drain in a colander and mix with the bean sprouts.

Serve the rice in a bowl topped with an egg and green beans on the side.

Smoked Aubergine Goulash

Serves: 4 **Prep:** 30 mins **Cook:** 35 mins

Nutrition per serving: 181 kcal | 10g Fats | 26g Carbs | 5g Protein



INGREDIENTS

- 2 eggplants**
- 2 tbsp. olive oil**
- 1 onion, diced**
- 2 garlic cloves, minced**
- 1 red capsicum, chopped**
- 1 red chili pepper, finely chopped**
- 1 tbsp. lemon juice**
- 1 tsp. smoked paprika**
- 1 tsp. sweet paprika**
- 1 can chopped tomatoes**
- 1 tbsp. tomato puree**
- 2 tbsp. chopped parsley**

METHOD

Wash the aubergine and cut them into ½ cm. slices. Season on both sides with salt and put aside for about 20-30 minutes, until the eggplant collects water.

In a large pot, heat 1 tbsp. of oil and fry the onion for 2 minutes, then add the minced garlic and cook together for another 1-2 minutes.

Add the chopped red pepper and finely chopped chili peppers. Fry for about 4 minutes stirring constantly.

Dry the eggplant with paper towels and cut into cubes. Add it to the pot and add another 1 tbsp. of oil. Fry for approx. 10 minutes, in the meantime mix now and then.

During the frying, add lemon juice, season with both paprika powder and freshly ground black pepper (you do not need to add salt anymore because the aubergine has already absorbed the salt).

Add in the chopped tomatoes and tomato concentrate, stir and bring to a boil.

Cover and cook for another 15 minutes until the eggplant is soft. If necessary, you can add a few tablespoons of water to reach a desired consistency of the sauce.

At the end, add the chopped parsley and check the seasoning for salt. Serve with rice or pasta.

Slow Cooker Cauliflower Tikka Masala

Serves: 4 **Prep:** 10 mins **Cook:** 3-4 hrs

Nutrition per serving: 226 kcal | 14g Fats | 22g Carbs | 7g Protein



INGREDIENTS

- 1 tbsp. coconut oil**
- 1 small cauliflower head, cut into florets (about 4 cups florets)**
- 1 medium onion, diced**
- 3 cloves garlic, crushed**
- 1 tbsp. ginger, grated**
- 3 tbsp. curry powder**
- 3 ½ cups (800g) can diced tomatoes with their juice (about 3 cups)**
- 1 tbsp. honey**
- ½ cup (120ml) full-fat coconut milk (canned)**
- Handful fresh parsley**
- ⅓ cup (50g) cashews roasted**

METHOD

Add the coconut oil, cauliflower, onion, garlic, ginger, curry powder to the slow cooker. Season with salt and pepper.

Pour in the diced tomatoes and honey stir to mix everything.

Cook on high for about 3-4 hours or the cauliflower is tender.

Add the coconut milk and stir well. Cook for another 3-5 minutes on low until warmed through.

Serve topped with chopped coriander and roasted cashews, accompanied by rice (not included in nutrition info).

Chickpea, Sweet Potato & Spinach Curry

Serves: 4 **Prep:** 10 mins **Cook:** 20 mins

Nutrition per serving: 328 kcal | 16g Fats | 38g Carbs | 11g Protein



INGREDIENTS

- 1 tbsp. oil
- 1 medium onion, chopped
- 3 cm ginger, grated
- 2 cloves garlic, minced
- ½ chilli pepper, chopped
- 1 medium sweet potato, peeled & chopped
- ½ tsp of hot pepper
- ½ tsp sweet pepper
- ½ tsp turmeric
- 1 (400g) can chickpeas
- 2/3 cup (150ml) vegetable broth
- 1 cup (250ml) coconut milk
- 3 cups (100g) spinach, chopped

METHOD

Heat the oil in a frying pan, add the chopped ginger, garlic, and chilli pepper. Fry often, stirring for about 3 minutes.

Add the peeled and chopped sweet potato, season with salt and fry for another 2 minutes, then add the spices and mix well.

Next, add the chickpeas along with the brine, broth and coconut milk. Mix everything and bring to a boil.

Cook for about 15 minutes without covering, stirring every now and again, until the sweet potatoes are soft.

Finally, add the spinach, mix and take off the heat, and wait until it is wilted. Serve with rice.

Chakalaka Style Risotto

Serves: 4 **Prep:** 10 mins **Cook:** 30 mins

Nutrition per serving: 264 kcal | 8g Fats | 42g Carbs | 5g Protein



INGREDIENTS

- 2 tbsp. coconut oil
- 1 large onion, chopped
- 2 cloves garlic, sliced
- $\frac{2}{3}$ cup (150g) risotto rice
- 1 tsp. dried thyme
- 1 tbsp. curry powder
- 2 tbsp. fresh ginger, grated
- $\frac{1}{2}$ tsp. chili flakes
- 1 $\frac{1}{4}$ cup (300ml) vegetable stock
- 1 carrot, grated
- 1 red pepper, chopped
- 1 can chopped tomatoes
- 1 cup (175g) sweetcorn

Fun Fact:

Chakalaka is a South African vegetable relish that may have originated in the townships of Johannesburg when Mozambican mine workers coming off shift cooked tinned produce with chili to produce a spicy relish.

METHOD

Heat the oil in a large deep pan and sauté the onions and garlic for 3-4 minutes until soft.

Add the risotto rice, thyme and curry powder and stir fry briefly. Next, add the grated ginger and chili, season with salt and pepper, to taste.

Pour in the hot stock, bring to a boil then reduce the heat and simmer under cover for approx. 20 minutes, checking periodically. If the liquid is absorbed before the end of cooking, add some more water.

Next, add the grated carrot, red pepper, chopped tomatoes and sweetcorn, mix well, cover and cook for another 5 minutes, stirring constantly.

Raspberry Millet Protein Pudding

Serves: 2 **Prep:** 5 mins **Cook:** 15 mins

Nutrition per serving: 179 kcal | 3g Fats | 27g Carbs | 11g Protein



INGREDIENTS

½ cup (100g) millet
2 cups (500ml) unsweetened almond milk
½ cup (65g) raspberries
1 scoop (25g) vanilla protein powder

METHOD

Place millet in a strainer and rinse under cold running water. Transfer into a pot and pour in the milk. Bring to a boil. Reduce heat to low, cover with lid and simmer for 15 minutes.

Transfer the cooked millet into a high-speed blender or food processor. Add the raspberries and protein powder. Blitz until smooth and creamy. If the pudding is too thick, you can add more milk. Serve with additional raspberries and maple syrup (optional).

Kiwi Chia Protein Pudding

Serves: 2 **Prep:** 10 mins **Cook:** 1 hr

Nutrition per serving: 272 kcal | 11g Fats | 37g Carbs | 16g Protein



INGREDIENTS

- ¼ cup (45g) chia seeds**
- 1 cup (250ml) coconut milk**
- 1 scoop (25g) vanilla protein powder**
- 3 kiwis, peeled + 1 kiwi, peeled and sliced**
- ¼ cup (25g) blueberries**
- ¼ cup (30g) blackberries**

METHOD

Combine chia seeds, milk, and protein powder in a jar or glass bowl. Chill in the fridge for at least one hour or for best results - overnight.

Once out of the fridge give it a good stir, making sure you have a thick gel-like consistency. Taste and sweeten, if needed.

Place three peeled kiwis in a blender or food processor and blitz until pureed.

Divide the chia seeds and kiwi puree evenly between 2 glasses. First, a layer of chia seeds, then kiwi slices, and top with another layer of chia seeds.

Top each pudding with fresh berries and sliced kiwi.

Chocolate Chia Pudding

Serves: 4 **Prep:** 10 mins **Cook:** 0 mins

Nutrition per serving: 307 kcal | 16g Fats | 34g Carbs | 14g Protein



INGREDIENTS

- 1 cup (170g) chia seeds**
- 3 cups (700ml) coconut milk**
- 1 scoop (25g) vanilla protein powder (optional)**
- 1 tsp. vanilla extract**
- ½ tsp. cinnamon**
- ¼ tsp. espresso powder**
- 2 tbsp. cocoa powder**
- 2 tbsp. xylitol**
- 1 cup (125g) frozen raspberries**

Note:

If not using protein powder add additional 2 tbsp. of xylitol

METHOD

Blend all the ingredients in a high-speed blender or food processor until most chia seeds are broken down and the pudding is thick and creamy.

Portion out into jars or small bowls and top with frozen raspberries.

Store in airtight containers for up to 4 days.

Serve cold.

Coconut-Banana Millet Custard

Serves: 2 **Prep:** 5 mins **Cook:** 15 mins

Nutrition per serving: 144 kcal | 2g Fats | 32g Carbs | 2g Protein



INGREDIENTS

⅓ cup (75g) raw millet
1 cup (240ml) coconut milk
1 tbsp. honey
1 banana
1 tbsp. of lemon juice

Serving suggestions:

Maple syrup, passion fruit, pomegranate seeds, mixed berries, jam.

METHOD

Before cooking the millet rinse it thoroughly in hot water, then bring to the boil with ½ cup of coconut milk and ¼ cup of water. Simmer for about 15 minutes, until the liquids are completely absorbed.

Place the soft groats in the blender or food processor, add the remaining coconut milk, honey, peeled banana, and lemon juice. Mix for a perfectly smooth mousse (about 1-2 minutes of high-speed mixing).

To obtain a very smooth consistency, you might need to mix it for a longer period, so be patient.

Serve warm or cold.

Banana Protein Soft Serve

Serves: 2 **Prep:** 5 mins **Cook:** 0 mins

Nutrition per serving: 188 kcal | 3g Fats | 31g Carbs | 13g Protein



INGREDIENTS

2 medium bananas, sliced & frozen

4 tbsp. vanilla or natural yoghurt

**1 scoop (25g) vanilla whey
or pea protein**

½ tsp. cinnamon

Berries, to serve

METHOD

Place all ingredients in a food processor or high-speed blender and blitz until smooth and creamy, about 2-3 minutes.

Divide between two bowls, top with berries and enjoy.

Vanilla & Coconut Truffles

Serves: 10 **Prep:** 10 mins **Cook:** 60 mins

Nutrition per serving: 222 kcal | 21g Fats | 6g Carbs | 1g Protein



INGREDIENTS

2 cups (200g) desiccated coconut + 3 tbsp for garnish

¼ cup (60ml) coconut milk, canned

¼ cup (50g) coconut oil

½ tsp vanilla extract

3 tbsp. maple syrup

Pro tip:

Add more coconut milk if the batter is too dry and does not want to roll into balls.

METHOD

Slightly heat the oils and coconut milk in a pot over low heat. Add the 200g desiccated coconut, vanilla extract, and maple syrup, then mix well. Transfer into a container and chill in the fridge for 1 hour.

Once the batter is firm, form around 10 balls and roll them in the extra coconut, eat straight away or store in the fridge until necessary.