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50+ Good Gut Recipes

DELICIOUS & HEALTHY
PLANT-BASED RECIPES



GF Gluten Free

LC Low Carb
(under 20g serving)

HP High Protein
(over 20g per serving)

Q Quick
(under 30 mins)

DF Dairy Free

MP Meal Prep/
Freezer Friendly

V Vegetarian

N Contains Nuts

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Plant-based cheese, avocado & sundried tomato breakfast wrap

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

Nutrition per serving: 365 kcal | 21g Fats | 31g Carbs | 14g Protein



INGREDIENTS

1 ¾ cups (400g) plant-based cream cheese

2 avocados, stone removed

4 medium corn wraps

⅔ cup (100g) sundried tomatoes

4 handfuls lettuce

METHOD

Heat the wraps according to instructions. Mash the avocado with a fork and spread over the corn wraps. Season with salt & pepper.

Next divide the plant-based cheese, tomatoes and lettuce over the avocado. Roll the wraps and wrap them tightly in cling film. Keep the wraps in the refrigerator until required.

Roasted Balsamic Tomatoes & Hummus Toast

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

Nutrition per serving: 408 kcal | 19g Fats | 49g Carbs | 12g Protein



INGREDIENTS

- 2 vines cherry tomatoes
- 2 garlic cloves, minced
- 2 tbsp. balsamic vinegar
- 2 tbsp. olive oil
- 4 tbsp. hummus
- 2 slices sourdough bread (or gluten-free)
- 2 tbsp. nuts or seeds (sunflower, pumpkin, almonds)

METHOD

Preheat the oven 170C.

Mix the garlic, balsamic vinegar, and olive oil in a small bowl. Place the vines into an ovenproof dish and drizzle with the balsamic mixture. Season with salt and black pepper. Roast in the preheated oven for 20 minutes, or until soft.

Toast the bread and spread the hummus over it. Top with the roasted tomatoes and a spoonful of the balsamic mixture from the bottom of the baking dish.

Finally, sprinkle with your favourite nuts or seeds and season with black pepper.

You can use store-bought hummus or make your own, using the Classic Hummus recipe on the next page.

Classic Hummus

Serves: 6 **Prep:** 10 mins **Cook:** 0 mins

Nutrition per serving: 100 kcal | 7g Fats | 6g Carbs | 3g Protein



INGREDIENTS

400g can chickpeas, drained

1 clove garlic

1 tbsp. tahini

½ tsp. cumin

Juice of ½ lemon

2 tbsp. olive oil

METHOD

Add all the ingredients into a food processor along with 1 tsp of salt and a pinch of black pepper. Blend until smooth, adding more olive oil or water if required to reach desired consistency.

Taste and adjust the seasoning as preferred. Transfer the hummus into a bowl/airtight container and serve chilled.

Avocado, Tapenade & Egg Toast

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

Nutrition per serving: 386 kcal | 26g Fats | 25g Carbs | 125g Protein

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INGREDIENTS

2 eggs, boiled

1 ripe avocado

2 slices favourite bread

2 tbsp. tapenade

Coriander leaves, to serve

Microgreens, to serve (optional)

METHOD

Boil the egg for 7 mins. Toast the bread.

Remove the stone and flesh of the avocado and cut it into slices. Cut the eggs into quarters.

Spread the tapenade over the bread and top with the avocado and egg. Season with salt and pepper. Top with coriander and microgreens (optional).

Tropical Breakfast Smoothie Bowl

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

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

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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 imminently

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. linseeds**
- ½ cup (100ml) water**
- 1 cup raspberries, frozen**
- 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 linseeds in a small pot and add in the water, cook for around 5 mins, 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 cocoa nibs. Serve straight away.

Overnight Vanilla Yoghurt Oats

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

Nutrition per serving: 249 kcal | 5g Fats | 41g Carbs | 9g Protein

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INGREDIENTS

1 ½ cup (350ml) vanilla yoghurt, soy or normal

- **5 tbsp. (30g) rolled oats**
- **1 tbsp. honey**
- **2-4 strawberries, sliced**
- **1 kiwi, sliced**

METHOD

In the evening mix the yoghurt and rolled oats, then refrigerate overnight in a jar.

In the morning add the honey and mix well. Transfer into serving bowls and serve topped with fresh strawberries and kiwi.

Protein Orange & Yoghurt Pancakes

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

Nutrition per serving: 259 kcal | 12g Fats | 48g Carbs | 18g Protein



INGREDIENTS

2 eggs
8 tbsp. (160g) natural yogurt
(or plant-based)
2 tsp. coconut sugar
2 tsp. orange peel
2 tsp. vanilla extract
8 tbsp. (120g) spelt
Flour
1 tsp. baking powder
1 tsp. coconut oil, melted
Orange slices, to serve

METHOD

Mix the egg, yogurt, sugar and orange peel. Fold in the flour and baking powder and mix well until smooth. Lastly, add in the melted coconut oil and mix again.

Fry the pancakes on a dry non-stick pan over low-medium heat until golden brown.

Serve with slices of orange and fresh berries.

PRO TIP

If avoiding dairy, swap natural yoghurt for soy or coconut yogurt.
Spice up your pancakes with cinnamon or cardamom for a fiery kick.

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, 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 mins. until browned and done on both sides. Turn them carefully, as the batter is not very firm.

Serve with the fruit spread made earlier.

Bounty Oats With Dark Chocolate

Serves: 3 **Prep:** 5 mins **Cook:** 10 mins

Nutrition per serving: 341 kcal | 18g Fats | 36g Carbs | 6g Protein

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INGREDIENTS

1 cup oats
2 tbsp. desiccated coconut
200ml coconut milk
2 tbsp. coconut sugar or honey
50g dark chocolate, chopped
handful raspberries

METHOD

Place the oats in a saucepan and add 1 ½ glasses of water and the desiccated coconut. Bring to boil then reduce heat, and cook covered for about 10 minutes, in the meantime stir 2 - 3 times.

Remove the lid, add coconut milk and sugar. Mix and remove from the heat.

Divide between bowls, sprinkle with chopped chocolate and top raspberries to serve.

Zoodles With Quinoa & Poached Egg

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

Nutrition per serving: 347 kcal | 15g Fats | 38g Carbs | 15g Protein



INGREDIENTS

1 ½ cup (280g) cooked quinoa
1 tbsp. coconut oil
2 garlic cloves, crushed
2 medium zucchinis, spiralized
12 cherry tomatoes, halved
1 tsp. oregano or mixed herbs
2 medium poached eggs
Chilli flakes, to taste

METHOD

Divide the cooked quinoa onto 2 plates.

Heat half the oil in a pan on medium heat. Sauté the garlic for 1-2 mins then add the zucchini noodles (zoodles), cook for another 3-4 mins stirring often. Towards the end of cooking, season with salt and pepper and herbs. Add the zoodles onto the plates.

On the same pan, heat the other half of the oil and cook the cherry tomatoes for 2-3 mins. Season with salt, pepper and oregano. Add to the quinoa and zoodles.

To serve, top the zoodles with a poached egg and season with chilli flakes and freshly ground black pepper.

Detox Salad

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

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

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INGREDIENTS

2 bunches parsley, roughly chopped, around 30g

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.

Grilled Pumpkin, Tofu & Bulgur Salad

Serves: 2 **Prep:** 10 mins **Cook:** 20 mins

Nutrition per serving: 360 kcal | 22g Fats | 38g Carbs | 10g Protein



INGREDIENTS

- 2 ¼ cup (500g) pumpkin, cubed
- 1 tsp. sweet paprika
- 1 tsp. chili powder
- 2 tsp. dried rosemary 1 tbsp. olive oil
- 1 tbsp. honey
- ½ cup (40g) walnuts, chopped
- ¼ cup (55g) of bulgur wheat few handfuls spinach
- ¾ cup (80g) tofu, drained
- 1 tbsp. balsamic glaze

METHOD

Heat the oven to 200C.

Season the pumpkin with salt and pepper, paprika powder and rosemary. Cover well with olive oil and honey.

Put the pumpkin on a baking tray lined with paper. Bake in the oven for about 20 minutes, halfway through cooking time add the walnuts and drained tofu.

Place the bulgur into a small pot, and add ¾ cup of water, season with salt and bring to boil. Simmer under cover for about 20 minutes until tender, and the liquid is absorbed.

Add the cooked bulgur to the roasted pumpkin on the baking tray and mix, collecting the whole flavour from the roasted pumpkin. Add the spinach and mix well.

Divide onto plates, season with freshly ground pepper and drizzle with balsamic glaze. This dish can be served warm or cold.

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 micro greens
- 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

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 micro greens or your favourite seeds (optional).

Roasted Root Veg Salad

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

Nutrition per serving: 197 kcal | 11g Fats | 21g Carbs | 6g Protein



INGREDIENTS

2 medium carrots, peeled
2 medium parsnips, peeled
450g pumpkin, peeled
2 tbsp. olive oil
120g rocket
50g feta
¼ cup (30g) pumpkin seeds

METHOD

Pre-heat the oven to 200C.

Wash and peel the carrots and parsnips. Cut them into small strips. Peel and cube the pumpkin.

Place all the vegetables into a roasting tray, and grease evenly with 1 tbsp. of olive oil. Season with salt and pepper, and roast in the oven for 20-30 mins (depending on the thickness of the vegetables).

Once cooked add the roasted vegetables and rocket to a large bowl and drizzle with the remaining 1 tbsp. of olive oil.

Sprinkle with plant-based feta cheese and pumpkin seeds, and season with salt and pepper to serve.

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:

1/2 head broccoli

1 tbsp. olive oil

1 1/4 cup (125g) kale

1 1/4 cup (125g) mixed salad leaves

1/4 cup (30g) raisins

1/4 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 200C.

Place the broccoli florets on a baking tray, drizzle with olive oil and season with salt and pepper. Cook for 15-20 mins until soft, add the kale in the last 10 mins 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 190C.

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

Sundried Tomato & Tahini Salad

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

Nutrition per serving: 295 kcal | 20g Fats | 19g Carbs | 13g Protein



INGREDIENTS

- 1 $\frac{3}{4}$ cup (130g) lentils, drained
- 1 cup (70g) sundried tomatoes, drained
- $\frac{1}{2}$ cup (80g) artichoke, drained
- 1 cup (225g) spinach
- $\frac{1}{2}$ cucumber, chopped
- 2 tbsp. tahini
- 2 tsp. apple cider vinegar
- 1 tbsp. tamari or soy sauce
- 1 tsp. honey

METHOD

Prepare the vegetables and place them in a large bowl.

Mix the dressing ingredients (tahini, vinegar, tamari & honey), season with salt and pepper, and drizzle over the salad. Mix well, divide onto two plates and serve.

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 ⅔ 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 1.25 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 mins, occasionally turning, until browned. Add in the earlier 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
⅓ tsp. hot paprika
⅓ tsp. sweet paprika

METHOD

Heat the oven to 200C..

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 1/2 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: 365 kcal | 24g Fats | 22g Carbs | 23g 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
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 a least 1-2 hours).

Preheat the oven 180C.

Thread the marinated tempeh on skewers (4 cubes on each), then place on a baking sheet and bake for 20-25 mins 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.

Sweet Potato Pancakes

Serves: 4 **Prep:** 10 mins **Cook:** 10–15 mins

Nutrition per serving: 199 kcal | 9g Fats | 25g Carbs | 5g Protein



INGREDIENTS

2 cups (300g) sweet potato, grated
½ small onion, grated
1 clove garlic, crushed
2 eggs
3 heaped tbsp. buckwheat flour
2 tbsp. coconut oil
½ tsp. sweet paprika

METHOD

Place the grated sweet potato and onion in a large bowl. Add in the crushed garlic, eggs, flour, season with salt and pepper, as well as the paprika. Mix thoroughly.

Heat the coconut oil in a pan and add a heaped tbsp. of the batter per 1 pancake (makes around 16). Fry for around 3 minutes on medium heat, then flip and fry for another 1–2 mins.

Serve with your favourite toppings (see ideas below).

SERVING SUGGESTIONS:

- Tomato / lettuce or parsley / onion
- Sliced cherry tomatoes / rocket / onion
- Hummus / avocado / tomato / onion

Leek And Pea Soup With Basil

Serves: 4 **Prep:** 5 mins **Cook:** 15 mins

Nutrition per serving: 212 kcal | 5g Fats | 30g Carbs | 11g Protein



INGREDIENTS

2 tsp. coconut oil
3 ¼ cups (400g) leek, chopped
4 cups (1L) water
2 vegetable stock cubes
3 cups (450g) garden peas
½ cup (15g) fresh basil, chopped
Cashew cheese (optional)

METHOD

Heat the oil in a large saucepan and cook the leek for 2 minutes. Add the water and the stock cubes. Bring to the boil and cook for a further 5 minutes.

Add in the garden peas and cook for another 2 minutes. Put three-quarters of the basil into the soup, turn off the heat and puree with a hand blender until smooth.

Divide the soup over 4 bowls and sprinkle with the crumbled cashew cheese and the rest of the basil to serve. Season with freshly ground pepper.

Broccoli And 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
- 1 ¾ cups (200) 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 (3L) 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 mins 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

METHOD

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

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 mins. Season with salt and pepper.

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

Mix with a hand blender until smooth and serve.

Sweet Potato Paste

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

Nutrition per serving: 140 kcal | 1g Fats | 27g Carbs | 5g Protein



INGREDIENTS

2 large sweet potatoes
½ red chili pepper
¾ cup (150g) chickpeas, drained
1 tsp. garam masala

METHOD

Peel the sweet potatoes and cut into ¾ inch (2cm) cubes. Boil in water for about 10 minutes until done. Drain, and place in a tall cup, allowing to cool slightly.

Halve the pepper and remove the seed with a sharp knife, then chop into pieces and add in with the cooked potatoes. Next, add in the chickpeas and garam masala.

Puree everything with a hand blender (or food processor) until a smooth spread has formed. Season with salt and pepper to taste and serve as a spread or dip.

Crispy Tofu

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

Nutrition per serving: 151 kcal | 10g Fats | 4g Carbs | 5g Protein



INGREDIENTS

- 2 ¾ cup (350g) firm tofu**
- 1 tbsp. extra-virgin olive oil**
- 1 tbsp. tamari**
- 1 tsp. favourite seasoning**
- 1 tbsp. corn-starch**

METHOD

Preheat the oven to 200°C and line a large baking tray with baking paper.

Drain the tofu and gently squeeze out the excess water. Wrap it around in a cloth and place something heavy over the top to further drain. Let rest for 10 mins.

Slice or cube the tofu into bite-size pieces and place in a bowl. Drizzle with the olive oil and tamari. Season with your favourite spices and toss to combine.

Sprinkle the starch over the tofu and toss them again until evenly coated.

Transfer the tofu onto the earlier prepared baking sheet and arrange in one layer. Bake for 25-30 mins, turning halfway, until the tofu golden on the edges.

Use tofu in salads, or as a snack.

Creamy Leek Risotto

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

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

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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) nutritional yeast
- 3 tbsp. soy cream

METHOD

Heat the oil in a frying pan and sauté the leeks and onion for about 5 mins. 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 nutritional yeast 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 nutritional yeast.

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 ⅔ cups (400g) sweet potatoes, peeled and chopped
3 tomatoes, diced
1 ¼ cup (300ml) vegetable stock
1 ½ cups (250g) spinach, roughly chopped
4 tbsp. natural yoghurt (or plant-based)
2 tbsp. desiccated coconut
1 tbsp. mint leaves, finely chopped
Juice of ½ 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 mins 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 yogurt, 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 if necessary, loosen the sauce with some water.

Serve with the earlier prepared yogurt, 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 nori
⅝ cup (125g) seaweed salad
1 ¼ 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 medium heat. Next, add in the ginger and soy sauce. Stir-fry for 5-7 minutes. Season with salt and salt.

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

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INGREDIENTS

- 200g brown rice
- 1 tbsp. coconut oil
- 2 garlic cloves, sliced
- 1-inch ginger, peeled and chopped
- 2 tsp. sambal oelek (chili paste)
- 300g white cabbage, shredded
- 300g leek, sliced
- 1 carrot, finely chopped
- 2 tbsp. ketjap manis
- 4 eggs
- 7 200g green beans
- 100g bean sprouts

METHOD

Boil the rice according to the instructions on the package.

Heat ½ tbsp. oil in a large pan and add the garlic, ginger and sambal, cook for 3 mins. Add the cabbage, leek, and carrot to the pan and stir-fry for another 5 min. 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:** 20-30 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 mins, then add the minced garlic and cook together for another 1-2 mins.

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 mins 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
- 3cm 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
- 400g can chickpeas
- ⅔ cup (150ml) vegetable broth
- 1 cup (250ml) coconut milk, canned
- 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.

Creamy Vegan Sundried Tomato Pasta

Serves: 4 **Prep:** 5 mins **Cook:** 10 mins

Nutrition per serving: 455 kcal | 16g Fats | 43g Carbs | 11g Protein



INGREDIENTS

2 cups (200g) brown rice pasta

FOR THE SAUCE:

1 cup (100g) sundried tomatoes, drained

⅔ cup (100g) roasted almonds

2 tbsp. tomato puree

1 tbsp. balsamic vinegar

2 garlic cloves

1 ¼ cup (300ml) almond milk, unsweetened

1 tsp. mixed herbs

METHOD

Cook the pasta according to instructions on the packaging.

Place all the sauce ingredients into a food processor and blend until smooth. Add more milk or water if needed to reach a sauce-like consistency.

Pour the sauce over the pasta and heat for about 4-5 mins over medium-low heat.

Serve with freshly ground black pepper.

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. chilli flakes
- 1 $\frac{1}{4}$ cup (300ml) vegetable stock
- 1 carrot, grated
- 1 red capsicum, chopped
- 1 can chopped tomatoes
- 1 cup (175g) sweetcorn

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 chilli, 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.

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.

Quick Vegetable Curry

Serves: 4 **Prep:** 10 mins **Cook:** 15 mins

Nutrition per serving: 376 kcal | 17g Fats | 51g Carbs | 7g Protein



INGREDIENTS

- 1 tbsp. olive oil
- 1 red onion, chopped into wedges
- 1 tbsp. peeled and finely chopped ginger
- 2 cloves garlic, finely chopped
- 2 tbsp. curry powder
- ½ cup (120ml) vegetable stock
- 1 tbsp. corn-starch
- 1 ½ cups (350ml) canned coconut milk, full-fat
- 1 eggplant, chopped
- 1 zucchini, sliced
- 1 ½ cups (115g) mushrooms, quartered
- 1 red capsicum, chopped
- ½ tsp. lime zest
- 1 tbsp. lime juice
- ¼ cup (5g) fresh basil, chopped
- 3 cups (480g) cooked white rice

METHOD

Heat the oil in a large pan over medium-high heat. Add the onion, ginger, and garlic and cook, for 4 minutes or until soft. Stir in the curry powder and cook for another minute.

Prepare the vegetable stock and mix it well with the corn-starch. Add the vegetable stock mixture to the pan along with the coconut milk and chopped vegetables. Season with salt & pepper and mix well.

Simmer for 10-15 minutes or until vegetables are tender. Stir in the lime zest and lime juice just before serving.

Spoon rice onto plates and top with vegetable curry, garnish with fresh basil to serve.

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) plant-based vanilla protein powder

METHOD

Place millet in a strainer and rinse under cold running water. Transfer into a pot and pour in the almond 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 almond milk. Serve with additional raspberries and maple syrup (optional).

Kiwi Chia Protein Pudding

Serves: 2 **Prep:** 10 mins **Chill:** 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) plant-based
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) plant-based vanilla protein powder (optional)
- 1 tsp. vanilla extract
- ½ tsp. cinnamon
- ¼ tsp. espresso powder (optional)
- 2 tbsp. cocoa powder
- 2 tbsp. xylitol
- 1 cup (125g) raspberries, frozen

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.

NOTE

If not using protein powder add additional 2 tbsp of xylitol

Vegan Orange Chocolate Mousse

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

Nutrition per serving: 354 kcal | 17g Fats | 39g Carbs | 13g Protein

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INGREDIENTS

1 cup sweet potato, peeled and cooked (225g) sweet potato
½ cup (125g) smooth peanut butter
½ cup (50g) natural cocoa powder
6 tbsp. maple syrup
1 tsp. orange zest
½ cup (120ml) chickpea brine
½ tsp. lemon juice

METHOD

Place cooked sweet potato and peanut butter in a food processor. Process until smooth and, then add cacao powder, maple syrup, and orange zest, blend again until smooth.

Place chickpea brine in a clean bowl. Add lemon juice and whip with a hand mixer until you achieve stiff peaks (this can take around 3–6 mins) – you should be able to invert the bowl, and the whipped brine should not move at all..

Fold whipped chickpea brine into the chocolate and mix until well combined. The mixture will deflate slightly. Spoon the mixture between 4 small serving glasses and place in the fridge for 8 hours (or overnight) for the mousse to set.

Coconut-Banana Millet Custard

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

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



INGREDIENTS

1/3 cup (75g) raw millet
1 cup (240ml) coconut milk
1 tbsp. honey
1 banana
1 tbsp. of lemon juice

METHOD

Before cooking the millet rinse it thoroughly in hot water, then bring to the boil with 1/2 cup of coconut milk and 1/4 a cup of water. Simmer for about 15 mins, 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 of time, so be patient.

Serve warm or cold.

SERVING SUGGESTIONS

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

Banana Protein Soft Serve

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

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

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INGREDIENTS

2 medium bananas, sliced, frozen

**4 tbsp. plant-based vanilla
natural yoghurt (or plant- based)**

1 scoop (25g) 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 mins.

Divide between two bowls, top with berries and enjoy.

Chocolate Millet Pudding

Serves: 3 **Prep:** 5 mins **Cook:** 15 mins

Nutrition per serving: 212 kcal | 3g Fats | 40g Carbs | 6g Protein



INGREDIENTS

1/2 cup millet (100g)
2 cups plant milk (475ml)
+ more if necessary
2 tbsp. natural cocoa powder
2 tbsp. honey
Handful berries

METHOD

Put the millet in a saucepan, add the milk, cover and bring to boil. Reduce the heat and cook covered for about 15 minutes until the millet is soft and absorbs all the liquid.

Add in the cocoa powder and honey. Mix thoroughly until the cocoa dissolves.

Blend in a feed processor or blender until smooth for about 2 minutes. At this point, you can add more milk to achieve the desired consistency.

Serve hot or cold, topped with berries.

Easy Oat & Carrot Cookies

Serves: 8 **Prep:** 15 mins **Cook:** 15 mins

Nutrition per serving: 181 kcal | 7g Fats | 26g Carbs | 3g Protein



INGREDIENTS

- 1 medium carrot, grated
- 1 cup (100g) instant oats
- $\frac{2}{3}$ cup (100g) whole- grain flour (or gluten free)
- 1 tsp. baking powder
- 1 tsp. ground cinnamon
- 3 tbsp. coconut oil, melted
- 1 egg
- 1 tsp. vanilla extract
- 5 tbsp. (75ml) maple syrup

METHOD

Preheat oven to 170C. Mix the oats, flour, baking powder and cinnamon in a bowl.

In a separate bowl whisk together, the egg melted and cooled oil, vanilla extract and maple syrup. Fold in the dry ingredients and mix well.

Add in the finely grated carrot and mix again.

Spoon the mixture (1 heaped tbsp. per cookie) onto a baking tray lined with paper and shape into rounds, leaving space between each cookie as they will spread slightly while cooking.

Place in the preheated oven and bake for 12-15 minutes until slightly browned. Remove from the oven and allow to cool completely before serving.

Coconut Yoghurt With Pomegranate, Coconut & Dark Chocolate

Serves: 4 **Prep:** 5 mins **Cook:** 0 mins

Nutrition per serving: 128 kcal | 9g Fats | 6g Carbs | 6g Protein



INGREDIENTS

⅔ cup (150g) coconut yoghurt
¼ cup (25g) walnuts, chopped
**¼ cup (25g) dark chocolate (80%),
chopped**
2 tbsp. pomegranate seeds
1 tbsp. shredded coconut

METHOD

Divide the yoghurt between bowls. Sprinkle with the chopped walnuts, chocolate, pomegranate seeds and coconut.

Serve straight away or store in the fridge until required.

Vegan Lemon & Coconut Cake

Serves: 12 **Prep:** 30 mins **Cook:** 45 mins

Nutrition per serving: 207 kcal | 11g Fats | 24g Carbs | 2g Protein



INGREDIENTS

WET INGREDIENTS:

1 cup (240ml) almond milk,
at room temp.

⅓ cup (80g) coconut oil

⅔ (125g) coconut sugar

2 tbsp. lemon juice

DRY INGREDIENTS:

Zest of 4 lemons

1 cup (80g) desiccated coconut

1 ¾ cups (210g) all-purpose white
flour, sifted

1 tsp. baking powder

¾ tsp. baking soda

METHOD

Heat the oven to 180°C.

Line a baking tin with baking paper.

Whisk softened coconut oil and sugar together with an electric whisk. Add in the lemon zest, lemon juice and room temperature plant milk and mix well with a spatula. Next, add in the desiccated coconut.

In a small bowl, mix the flour with the baking powder and baking soda. Next, fold in the flour into the wet ingredients and mix well, then transfer the batter to the prepared baking tin.

Bake for about 45 minutes, until a toothpick comes out clean and the top is nicely browned. Allow to cool completely before serving.

Once cool you can sprinkle the cake with some icing sugar (optional).

Vanilla & Coconut Truffles

Serves: 10 **Prep:** 10 mins **Chill:** 60 mins

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



INGREDIENTS

2 cups (200g) desiccated coconut + 3 tbsp.

¼ cup (60ml) coconut milk, canned

¼ cup (50g) coconut oil

½ tsp vanilla extract

3 tbsp. maple syrup

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.

PRO TIP

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

Strawberry Protein Chia Pudding

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

Nutrition per serving: 243 kcal | 16g Fats | 22g Carbs | 7g Protein



INGREDIENTS

½ cup (100g) frozen strawberries

½ cup (100ml) coconut milk

1 tbsp. plant-based vanilla protein powder

1 tbsp. maple syrup

⅓ cup (50g) chia seeds

METHOD

Blitz the strawberries, coconut milk, whey and maple syrup in a speed blender or food processor.

Add the chia seeds and mix well. Leave to thicken in the fridge for 10 mins, mixing 2-3 times, to ensure it thickens evenly. Serve straight away or store in a refrigerator.

PRO TIP

If you leave the pudding in the fridge overnight, you might want to add some extra fluid to it before serving as it will become thicker as the chia seeds absorb the liquid.

Raw Beetroot Smoothie

Serves: 1 **Prep:** 5 mins **Cook:** 0 mins

Nutrition per serving: 243 kcal | 4g Fats | 54g Carbs | 4g Protein



INGREDIENTS

- 1 small apple, cored
- 1 raw red beetroot washed, peeled, chopped
- ½ cup (50g) berries, frozen
- ¼ cup (55g) pineapple, cubed
- ½ orange peeled
- ½ cup ice
- ½ cup (120ml) water
- 1 tbsp. flax seeds, ground

METHOD

Place all the ingredients into a high-speed blender and blitz until smooth.