



# HermanBrot Vegan Eats



**Bethanie Castell**  
Vegan Fitness Model  
Herman Brot Ambassador





My name is Beth Castell and I'm from Adelaide in South Australia and I have a mega crush on Herman Brot. It can't be denied, and it's very obvious if you look at my socials or peek in my pantry. I'm stoked and lucky enough to be a Herman Brot ambassador!

I'm a fitness competitor – bodybuilding is one of my passions. I'm also a lawyer, working full time, and am also studying to become a personal trainer.

I'm also a vegan, and fortunately, so are Herman Brot products, and being full of protein and low in carb, makes their products perfect for my lifestyle.

Please enjoy a selection of recipes that I've created using Herman Brot products.

Beth



@bethanecastell

# REUBEN Sangas

Serves 4

## Ingredients

4 Herman Brot HermanBurger buns

Vegan cheese slices (a stronger variety works best) - enough for four sandwiches

1 cup of Sauerkraut

Vegan Corned Beef (recipe below) OR pre-made vegan beef or vegan ham

Vegan Russian Sauce (recipe below)

Pickles (optional, to serve)

## Method

Toast burger buns gently.

Smother inside bottom of bun with Russian sauce.

Top with vegan cheese, thinly sliced vegan corned beef and a good serve of sauerkraut.

Replace lid of burger bun.

Stab burgers with a skewer with a pickle or two on top (optional).

Can be eaten hot or cold.

## RECIPE FOR VEGAN CORNED BEEF

*Alternatively, skip this step and simply buy some vegan beef or even ham slices - eg. Tofurky*

## Ingredients - dry

2 TB equivalent of sugar of sweetener of choice

1 TB paprika

1 TB ground mustard seed

1 TB onion powder

1/2 TB ground coriander seed

1.5 tsp allspice

1 tsp ground ginger

1/2 tsp cinnamon

1/8 tsp ground cloves

1 tsp salt

1/4 tsp ground black pepper

140g gluten flour (aka vital wheat gluten)



## Ingredients - wet

2 TB vegan worcestershire sauce (eg. Coles homebrand or Spring Gully)

1 TB tamari sauce (or soy sauce)

1 TB oil

150-180ml water (enough to make a damp dough, but not soggy)

## Method

Prepare a large saucepan with boiling water.

Mix all dry ingredients in a large bowl.

In a separate bowl mix all wet ingredients.

Tip wet ingredients into dry and mix well.

Knead for 5 minutes. Dough should be damp but not soggy. If too soggy, add a little more gluten flour.

Wrap dough ("seitan") tightly with aluminium foil like a fat sausage and then gently place into pot of boiling water.

Turn the temperature of pot down to a gentle simmer and allow to simmer for approximately 1 to 2 hours or until it looks firm and not doughy when sliced.

Check halfway through, by unwrapping and chopping in half. Then rewrap and return to pot if required.

Slice thinly to make your corned beef.

## VEGAN RUSSIAN SAUCE

## Ingredients

8 TB Vegan mayonnaise (eg. Praise 99% fat free)

2 TB tomato sauce

2 TB vegan worcestershire sauce (eg. Coles homebrand or Spring Gully)

2 tsp dried or finely chopped fresh parsley

2 tsp onion powder

1/4 tsp cayenne pepper

1/2 tsp salt

1/2 tsp paprika

1/2 tsp mustard powder (or 1 tsp fresh mustard)

## Method

Mix all ingredients well in a small bowl.

Keep in fridge until ready to use.

# COFFEE & PECAN Bread & Butter Pudding

Serves 4

## Ingredients

400g Herman Brot Bread, cut into halves

1 can coconut milk

1 cup almond milk

3 TB cornflour

4 TB equivalent of sugar or sweetener of choice (divided into 3 TB and 1 TB)

1.5 TB vanilla essence (divided into 1 TB and 1/2 TB)

1/2 tsp ground nutmeg

Pinch salt

1 TB ground coffee powder (can be decaf, doesn't matter)

1/2 cup pecans, slightly crumbled, plus a few extras to put on top

## Optional extras:

1/3 cup sultanas (or raisins)

1 TB brown sugar

Sugar-free syrup (or syrup of choice)

## Method

Mix coconut milk, almond milk, 3 TB cornflour, 3 TB sweetener, 1 TB vanilla essence, 1/2 tsp nutmeg and pinch of salt in a large saucepan off of the heat until smooth and well mixed.

Place saucepan over medium to high heat, and bring to the boil, stirring gently.

Allow to boil for 1 to 2 minutes and then turn down to a gentle simmer, still stirring gently.

Simmer gently for 5 minutes, still stirring gently.

Get out another bowl or saucepan and tip approximately half of the mixture into that other bowl/saucepan.

In one saucepan/bowl, add in 1 TB ground coffee powder. Mix.

In the other saucepan/bowl, add in 1 extra TB equivalent of sugar or sweetener of choice plus another 1/2 TB vanilla. Mix.

Turn on oven to 180 degrees Celcius.

Allow mixtures to cool slightly.

Place approximately half of the Herman Brot bread into one bowl/saucepan, and then the remaining bread into the other bowl/saucepan.

Layer bread into a medium-sized oven-proof dish. Add a layer of vanilla bread, then scatter some pecans and optional sultanas, then add a layer of coffee bread, then scatter some pecans and optional sultanas and repeat until all bread and both sauces get fully used up.

You might need to tip in some of the sauces over the bread as you go.

Once all bread and sauces have been used up, scatter remaining pecans on top (optional: gently sprinkle over 1 TB brown sugar, if desired).

Place in pre-heated oven for approximately 45 minutes.

Serve hot. Add sugar-free syrup (or syrup of choice) if desired.



# TOFU

## Egz Benedict

Serves 4

### Ingredients

4 x Herman Brot HermanBurger buns

150 to 200g pack of vegan ham or vegan bacon

400g fresh spinach

1 TB water

Approx 750g firm tofu (not silken), separated into 300g and 450g

Finely chopped fresh chives or parsley

### Egz Mixture

2 TB cornflour

2 tsp onion powder

1/2 tsp ground turmeric

1/2 tsp kala namak (black salt)

1/4 tsp bicarb soda

### Hollandaise Sauce

300g firm tofu

1/3 cup lemon juice

1 to 1.5 cup almond milk

2 TB cornflour

1/2 tsp salt

60g vegan "butter" - eg. Nuttelex

### Method

Add all Egz Mixture into a medium flat-bottomed bowl.

Slice 450g block of tofu into four flat squares (like the size of regular post-it notes).

Generously rub and coat Egz Mixture over each slice of tofu, set aside.

Add all Hollandaise Sauce ingredients into a blender (or use a stick blender) and blitz until smooth. Start with 1 cup of almond milk. Add the second now or later once cooking if required.

Tip Hollandaise Sauce into a saucepan and bring to the boil, and then allow to simmer for two minutes, stirring. Turn down slightly, to allow it to keep cooking gently and keep warm.

Taste it, does it need more lemon? Salt? If so add it. If too thick, add a bit more almond milk. (You want a nice creamy, quite lemony flavour).

Prepare a large pan with a little oil to low to medium heat and add tofu egz.

Cook approximately 4 to 8 minutes each side.

Add in your vegan bacon or ham to warm up.

Pop your Herman Brot HermanBurger buns into the toaster.

In another pan, add your spinach with 1 TB water, and over low heat, gently wilt.

To serve, lay one half of your HermanBurger onto a plate, cut side facing upwards.

Add vegan ham/bacon, then wilted spinach, then vegan egz.

Top generously with Hollandaise Sauce.

Slice the top half of your HermanBurger in half and place to the side of the meal.

Sprinkle with freshly chopped chives or parsley.





# PESTO Pasta

Serves 4

## Ingredients

4 serves of cooked Herman Brot pasta

200g fresh or frozen (drained) spinach

1/2 cup nutritional yeast flakes

3 cloves of garlic, crushed

2 TB olive oil

1 tsp salt

1/2 cup Herman Brot Protein Muesli (I used chocolate)

## Optional extras to serve:

A drizzle of olive oil

A wedge of lemon

A sprinkle of vegan parmesan

## Method

Blitz all ingredients (except pasta and optional extras) in a food processor until pesto-like consistency.

Stir pesto through hot pasta and serve! Add optional extras, if desired.



# CREAMY MUSHROOM PASTA

## *with Vegan Bacon*

Serves 4

### Ingredients

4 serves of cooked Herman Brot  
Pasta

500g mushrooms, sliced

150g vegan bacon (or more!),  
sliced into little pieces

450 g firm tofu (not silken)

1.5 cups almond milk

1 TB cornflour

4 cloves garlic, crushed  
(separated into 2 cloves and 2  
cloves)

1 tsp salt (separated into 1/2 tsp  
and 1/2 tsp)

### Optional extras to serve:

Finely chopped parsley or chives

Drizzle of olive oil

### Method

Using a normal or stick blender,  
blitz tofu, almond milk, cornflour,  
2 cloves of garlic and 1/2 tsp salt  
until silky smooth.

Add mixture to a saucepan and  
bring to the boil, then immediately  
turn down to a gentle simmer for  
2 minutes, stirring.

Turn down heat slightly to keep  
warm, stirring occasionally.

Meanwhile, in a large pan, add  
mushrooms, bacon, 2 cloves of  
garlic and 1/2 tsp salt. Cook over  
medium heat until mushrooms  
are looking golden brown.

Add sauce and cooked pasta to  
the large pan and mix gently until  
pasta is completely covered and  
warm.

Serve immediately.

Optional - top with freshly finely  
chopped parsley or chives, and a  
drizzle of olive oil.



# VEGAN French Toast

Serves 4

## Ingredients

1 punnet of strawberries, thinly sliced (or berries of choice!)

12 slices of Herman Brot Bread, approximately

Sugar-free syrup (or syrup of choice)

1/4 cup Herman Brot muesli to serve

## Chia Mix

6 TB chia seeds

4 cups almond milk

1 TB vanilla essence

5 TB of sugar equivalent of sweetener

3 tsp ground cinnamon

2 tsp baking powder

pinch salt

## Method

Mix all Chia Mix ingredients into a large bowl and then place into fridge for at least half hour to thicken.

Once Chia Mix has thickened, heat up a large pan to medium heat with a little oil.

Dip and soak bread a slice at a time into the Chia Mix until well-soaked and then place into hot pan. Continue with each slice.

Cook each side for approximately 5 to 10 minutes. Before flipping, gently edge spatula under bread and see if cooked enough to lift off of the pan. Gently flip.

To serve, stack french toast slices and sliced strawberries. Top with extra strawberries, a sprinkle of Herman Brot Protein Muesli and syrup.





# BERRY PROTEIN Smoothie Bowl

Serves 1

## Ingredients

### Smoothie Mixture

150g blueberries  
1 small to medium banana  
20g vegan-friendly plain or vanilla protein powder  
1/2 TB vanilla essence  
1 TB chia seeds  
20g Herman Brot Protein Muesli  
1/2 to 1 cup plant milk of choice - eg almond. Add extra at the end if too thick.

### Topping

(2 to 4 tsp, approximately, of each, with the exception of strawberries, banana, etc)  
Herman Brot Protein Muesli  
Chia seeds  
Coconut shreds/flakes  
Dried berries - eg. cranberry or goji  
Sliced strawberries, banana, etc  
Nut butter (optional)

## Method

Add Smoothie Mixture ingredients to blender, starting with 1/2 cup of plant milk, and blend well. If mixture is too thick, add more plant milk.

Fill bowl with Smoothie Mixture.

Top with Herman Brot Protein Muesli, and other topping ingredients.

Tip: Use a flat object such as a small chopping board placed on top of the bowl and gently tip toppings against the flat object so that they fall in a straight line - otherwise decorate however you want!



# CHOC PB HB Protein Balls

Makes approximately 8

## Ingredients

150g peanut butter  
60g vegan-friendly dark chocolate  
50g Herman Brot Protein Muesli, plus extra for rolling balls in at the end  
1/2 tsp salt  
40g vegan-friendly protein powder (chocolate, vanilla or plain, ideally)  
1 TB sugar-free syrup

## Method

Put all ingredients into a food processor and blitz well until mixture starts to clump or form balls in the food processor.

If too dry, add in some water, start with 2 tsp, and increase by a tsp at a time. If too wet, add in more Herman Brot Protein Muesli. This will depend on what type of peanut butter and protein powders you use.

To serve, roll into balls about 3cm in diameter in the palm of your hands, and then press and roll balls in Protein Muesli.

Store in an airtight container in the fridge.



# THE HERMAN BROT Range



Discover the Herman Brot vegan-friendly range including lower carb bread, high protein wraps and buns, lower carb pasta and protein muesli.

Visit: [hermanbrot.com.au](http://hermanbrot.com.au)



*Your recipe for life<sup>®</sup>*

BAKERS SINCE 1850

**The Lowest Carb freshly baked bread on the market**

**The most nutritious Low Carb, High Protein, Low GI Burger Bun**

**Highest protein pasta in Australia to date**

**All products made from pure plant protein**

**Vegan and vegetarian friendly**

**All products boast the 5 star health rating**

**All products have lowest GI in their category**

**Tested by SUGiRS Sydney University and deemed suitable for people living with Type 2 Diabetes**



**Hermanbrot Pty Ltd**

3/7 Distribution Avenue, Molendinar, QLD 4214 | Phone: 07 5564 5158

Email: [info@hermanbrot.com.au](mailto:info@hermanbrot.com.au)

**[www.hermanbrot.com.au](http://www.hermanbrot.com.au)**