



BIRCH & WILDE

Easter Treats Vegan Recipe Pack

Discover our scrumptious collection of healthy vegan Easter Treats! Simple, quick and easy to follow recipes with the nutritional values included. From energy balls and muffins to pancakes, cookies and cakes, there is something for everyone to enjoy!

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Recipe Key



GLUTEN FREE



PLANT BASED



DAIRY FREE



CONTAINS NUTS



LOW CARB
Less than 30g per serving



QUICK
Under 30 minutes to prepare



HIGH PROTEIN
More than 20g per serving



Banana Breakfast Oats



Serves 2

1 cup (90g) rolled oats

2 ripe bananas, mashed

2 tbsp. peanut butter (crunchy or smooth)

Your favourite nuts and seeds, to garnish

Your favourite seasonal fruit, to garnish

What you need to do

Divide oats between two bowls and add 3 tbsp. of water into each bowl.

Add in one mashed up banana into each bowl and mix well to combine.

Set aside for 10 minutes for the oats to soften.

Drizzle the oats with peanut butter and serve with the nuts and seeds and chopped fruit.

Nutrition per serving

Note: Garnishes (nuts, seeds, fruit) are not included in the nutrition information.

Prep Time	Cooking Time	kCal	Fats (g)	Carbs (g)	Protein (g)
5 mins	0 Mins	381	12	60	10



Strawberry & Banana Pancakes



Serves 4

2 ripe bananas, mashed

1 cup (110g) spelt flour

1 tsp. baking powder

½ tsp. baking soda

1 tsp. lemon juice

¾ cup (180ml) almond milk

¾ cup (150g) strawberries, sliced

1 tbsp. coconut oil

4 tbsp. coconut yogurt

4 tbsp. maple syrup

What you need to do

Mash the bananas with a fork and combine them with the flour, baking powder, baking soda, and lemon juice.

Next, slowly add in almond milk until you get a thick batter. Finally, fold in the sliced strawberries, leaving some for garnish.

Heat some of the oil in a non-stick pan over medium heat, *not too hot as then the pancakes will burn*. Spoon a little less than ¼ cup of the batter per pancake (this will make around 8 pancakes).

Cook the pancakes for about 3 minutes on one side, then when bubbles start to appear flip and cook for another minute.

Serve the pancakes with a tablespoon of coconut yogurt and maple syrup, and garnish with remaining strawberries.

Nutrition per serving
Serving size - 2 pancakes

Prep Time	Cooking Time	kCal	Fats (g)	Carbs (g)	Protein (g)
15 mins	15 mins	282	7	53	5



Carrot Pancakes With Almond Caramel



Serves 9

For pancakes:

1 rounded cup (140g) oat flour
1 tsp. cinnamon
¼ tsp. ground ginger
¼ tsp. ground nutmeg
1¼ tsp. baking powder
½ tsp. baking soda
¾ cup (180ml) oat milk
2 tbsp. almond butter
2 tsp. lemon juice
2 tbsp. maple syrup
1 cup (110g) carrots, grated
1 tbsp. coconut oil

For almond caramel:

¼ cup (60ml) maple syrup
2 tbsp. almond butter
pinch salt

What you need to do

For pancakes:

In a bowl, combine flour, spices, baking powder and baking soda. Whisk in the almond milk, almond butter, lemon juice, maple syrup. Add the grated carrots and mix well.

Heat up a non-stick frying pan over medium heat and grease it lightly with some of the coconut oil.

Ladle 2 tablespoons of mix per pancake into the pan. Cook each pancake for about 2 minutes on one side, then flip and another 1-2 minutes on the other side.

For the almond caramel:

Heat up the maple syrup in a small pot over low heat. When it starts to boil gently, take it off the heat and stir in the almond butter with a pinch of salt.

Return the pan to the heat and simmer, stirring the caramel for another minute until thickened. Serve as a pancake topping.

Nutrition per serving

Prep Time	Cooking Time	kCal	Fats (g)	Carbs (g)	Protein (g)
20 mins	30 mins	363	12	57	8



Protein Berry Smoothie Bowl



Serves 1

- 1 cup (150g) frozen red berries
- 1 small banana, frozen
- ¼ cup (60ml) coconut milk
- 1 scoop vanilla vegan protein powder

What you need to do

- Place frozen berries and banana in a high-speed blender or food processor and blitz on low for about 30 seconds.
- Add the milk and protein powder, and blend on low again, until the mixture reaches a soft-serve consistency.
- Scrape down the side and blitz again as needed.
- Add more milk if necessary, to reach desired consistency.
- Transfer into a serving bowl and garnish on top with favourite toppings - fruits, seeds ,nuts.

Nutrition per serving

Note: Toppings are not included in the nutrition information.

Prep Time	Cooking Time	kCal	Fats (g)	Carbs (g)	Protein (g)
5 mins	0 Mins	297	2	49	23



Coconut & Almond Breakfast Oat Cookies



Serves 9

- 1 cup (90g) rolled oats
- 1/3 cup (30g) almond flour
- 3 tbsp. desiccated coconut
- 1 tsp. cinnamon
- 1/4 tsp. baking soda
- 3 tbsp. almond butter
- 3 tbsp. maple syrup
- 1 medium ripe banana, mashed
- handful fresh berries

What you need to do

Preheat the oven to 320°F (160°C) and line a baking tray with baking paper.

Place all the ingredients (apart from the berries) in a medium bowl and mix well. Then place the mixture into the freezer for 10-15 minutes.

Remove the chilled mix from the freezer.

Using slightly wet hands, create 9 balls out of the mixture and place them on the baking tray.

Push them down to create cookie shapes.

Gently press a few berries onto each cookie.

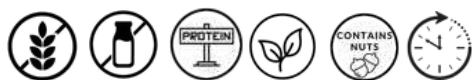
Bake for 20 minutes until golden and allow to cool completely before eating.

Nutrition per serving

Prep Time	Cooking Time	kCal	Fats (g)	Carbs (g)	Protein (g)
10 mins	20 mins	137	6	17	3



Vegan Nutella Style Spread



Serves 16

What you need to do

2 cups (240g) roasted hazelnuts

Place the roasted hazelnuts in a high-speed blender and blitz until ground to tiny pieces.

1 tbsp. vanilla extract

Add in the rest of the ingredients and blitz again until smooth.

4 tbsp. cocoa powder

You will need to scrape down the edges a few times during this process.

4 tbsp. maple syrup

Add in additional milk if required to reach a butter-like texture.

¼ tsp. salt

2 tsp. coconut oil

Store in the fridge and use as a spread, topping or filling.

½ cup (120ml) hazelnut milk (or almond)

Nutrition per serving

Prep Time	Cooking Time	kCal	Fats (g)	Carbs (g)	Protein (g)
10 mins	0 Mins	119	10	7	3



Date & Chia Energy Balls



Serves 10

What you need to do

- 1 cup (120g) dates, without stones Place all ingredients in a high-speed blender or food processor and blitz until everything is well combined and chopped to small pieces.
- $\frac{3}{4}$ cup (60g) almond flour
- $\frac{1}{2}$ cup (30g) desiccated coconut Using your hands, form 10 balls about the size of a walnut.
- 2 tbsp. chia seeds
- 2 tbsp. coconut oil, melted Place them in the fridge to chill for at least 1 hour so that they become more solid.
- 1 tbsp. natural peanut butter Store in the fridge in an airtight container for up to 2 weeks.

Nutrition per serving

Prep Time	Cooking Time	kCal	Fats (g)	Carbs (g)	Protein (g)
15 mins	0 Mins	137	9	11	2



Matcha Energy Balls



Serves 12

- 1 tbsp. matcha powder
- 1 cup (80g) desiccated coconut
- ¼ cup (50g) coconut flour
- 1 scoop (25g) vanilla protein powder (vegan mix)
- 2 tbsp. coconut oil
- 3 tbsp. maple syrup

What you need to do

Add all ingredients into a food processor and pulse until well combined.

Form into 12 balls with your hands and store in the fridge for up to 7 days (using an airtight container).

Nutrition per serving

Prep Time	Cooking Time	kCal	Fats (g)	Carbs (g)	Protein (g)
10 mins	0 Mins	94	6	7	2



Simple Vegan Oat Cookies



Serves 12

2 cups (180g) rolled oats

1 cup (100g) oat flour/plain flour

5/8 cup (70g) almond flour

6 tbsp. maple syrup

4 tbsp. coconut oil, melted

1 tsp. baking powder

What you need to do

Preheat oven to 360°F (180°C) and line a baking tray with baking paper.

In a bowl, mix the oats, oat/plain flour, almond flour, baking powder, and a pinch of salt.

Add in the maple syrup and coconut oil, then mix well until combined.

Using slightly wet hands, create 12 balls out of the mixture and place them on the baking tray.

Push them down to create cookies shapes.

Bake for 20 minutes until golden and allow to cool before eating.

Nutrition per serving

Prep Time	Cooking Time	kCal	Fats (g)	Carbs (g)	Protein (g)
15 mins	20 mins	166	9	18	4



Banana & Almond Muffins



Serves 6

2 ripe bananas, mashed

¼ cup (60ml) maple syrup

¼ cup (60ml) almond butter

½ cup (55g) spelt flour

1 tsp. baking powder

¼ tsp. baking soda

¼ cup (30g) walnuts, roughly chopped

What you need to do

Heat the oven to 355°F (180°C) and line a muffin tray with paper muffin cups.

Mash the bananas with a fork and combine with the maple syrup and almond butter.

Fold in the flour, baking powder, and baking soda and mix well.

Divide the batter between the 6 muffin cups. Top each one with a sprinkling of the walnuts.

Bake for about 18-20 minutes in the middle of the oven, or until a skewer/toothpick comes out clean.

Remove the muffins from the oven and cool completely before serving.

Nutrition per serving

Prep Time	Cooking Time	kCal	Fats (g)	Carbs (g)	Protein (g)
10 mins	20 mins	210	10	28	26



Lemon & Berry Cheesecake



Serves 16

For the crust:

½ cup (40g) desiccated coconut
1 cup (100g) walnuts, chopped
12 Medjool dates (stoneless)
pinch of salt

For the lemon layer:

2 cups (230g) cashews, soaked for 4 hours or overnight
1 cup (240ml) coconut cream
4 tbsp. coconut oil, soft
½ cup (120ml) maple syrup
zest of 1 lemon
juice of 1 lemon
pinch of salt

For the berry layer:

1 cup (150g) frozen red berries
2 tbsp. chia seeds
2 tbsp. lemon juice
2 tbsp. maple syrup

What you need to do

Place all the **crust ingredients** into a blender or food processor and blitz until sticky paste forms.

Transfer the crust into a cake tin or springform pan and press evenly to form the bottom layer. Place the tin in the freezer while you make the other layers.

Drain the cashews and pat dry with a kitchen towel.

Place the cashews and all the **lemon layer ingredients** in a food processor and puree until smooth. Spread over the crust and return to the freezer to set.

To prepare the **berry layer**, put all these ingredients in the food processor and puree until smooth. Spread over the top of the cheesecake only when the lemon layer has set completely. Garnish with additional berries (optional).

Return to the freezer and freeze until set. Remove the cheesecake from the freezer for about 20 minutes before serving.

Nutrition per serving

Prep Time	Cooking Time	kCal	Fats (g)	Carbs (g)	Protein (g)
30 mins	2 hours	297	19	30	5



Almond & Peach Cake



Serves 12

4 tbsp. almond butter
½ cup (125g) peach vegan yogurt
½ cup (120ml) almond milk
½ cup (120ml) + 2 tbsp.
maple syrup (separate measures)
1 tbsp. lemon juice
2 tsp. vanilla extract
2 peaches (de-stoned and cut
into 8 segments each)
2 cups (240g) plain flour
¾ cup (80g) ground almonds
1 tsp. baking powder
½ tsp. baking soda
2 tsp. cinnamon
3 tsp. ground ginger

What you need to do

Preheat the oven to 355°F (180°C) and grease (length) round cake tin or line it with baking paper.

In a large bowl, whisk together the almond butter and yogurt until smooth. Then gradually add in the almond milk and maple syrup. Finally, mix in the lemon juice and vanilla.

In another bowl, sift flour and add ground almonds, baking powder, baking soda, and spices. Mix well.

Fold the dry ingredients into the wet ones, mixing it well with a spatula. Transfer the batter into the cake tin, and place the peach segments on top.

Bake for about 50 minutes or until a toothpick comes out clean.

Glaze the top with the remaining 2 tbsp. of maple syrup. **Allow to cool down completely before serving.**

Nutrition per serving

Prep Time	Cooking Time	kCal	Fats (g)	Carbs (g)	Protein (g)
10 mins	50 mins	199	6	30	5



Vegan Chocolate Brownies



Serves 16

8 oz. (220g) +70% dark chocolate, chopped
3 tbsp. coconut oil
2 ripe avocados
1 cup (200g) coconut sugar
2 flax eggs (see below)
1 tsp. vanilla extract
¾ cup (75g) ground almond
¼ cup (30g) unsweetened cocoa powder
½ tsp. baking powder
½ teaspoon sea salt
½ cup (50g) chopped walnuts

To make a flax egg:

Mix together 1 tbsp ground flax seed and 3 tbsp of water.
Put in the fridge to thicken for 15-30 mins - simple!

What you need to do

Preheat oven to 350°F (175°C) and line an 8x8 inch baking pan / cake tray with baking paper.

Place the coconut oil and chopped chocolate in a medium size heatproof bowl. Place the bowl over a pot of lightly simmering water. Stir the chocolate and coconut oil until they are completely melted.

In a large bowl, mash avocado and then stir in the chocolate mixture. Whisk in the sugar, then add in the flax eggs and vanilla extract, mix well.

Next add in the cocoa powder, ground almonds, baking powder and salt, mixing until just combined (do not overmix). Finally, stir in the chopped walnuts.

Spread the batter into the prepared baking tin and place it in the middle of the oven. Bake for about 25 to 30 minutes until the middle is set.

Let completely cool on a rack and cut into 12 squares.

Nutrition per serving

Prep Time	Cooking Time	kCal	Fats (g)	Carbs (g)	Protein (g)
20 mins	35 mins	223	15	21	3