



# FIT GREEN COMFORT Food



NOURISHING SOUL FOOD

BY MAYA  
LEINENBACH

# Welcome!



Hello and welcome to FitGreenComfortfood!

This book is made for everyone, no matter whether you are vegan or not!

This is not the average eBook!

You won't find any boring recipes like porridge or other meals everyone knows how to make.

I have put my favorite lunch, dinner and dessert recipes in this book. You'll also find some vegan basics and you can be sure that all of them are family approved! 😊



I can't really tell you a favorite out of all of my recipes, but if you could only try one of them, I'd highly recommend my 'epic vegan steak' (p.38). But I and my family also love the vegan lasagna, the Spag Bo and the BBQ pizza.

To make working with this eBook more convenient for you, I added the preparation time, servings and calories for every single one of recipe.

Lastly, I hope you'll have a lot of fun and joy with my healthy comfort food recipes.

Let's go!👉



# WHAT'S IN HERE?

SWEET AND SAVORY, EVENT COOKING AND SUPER QUICK MEALS, YOU'LL GET EVERYTHING!



## KITCHEN ESSENTIALS

HERE YOU'LL FIND EVERY PIECE OF KITCHEN EQUIPMENT I NORMALLY USE TO MAKE DELICIOUS VEGAN FOOD AS WELL AS BASIC INGREDIENTS YOU SHOULD ALWAYS HAVE AT HOME.

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VEGAN SOUR CREAM

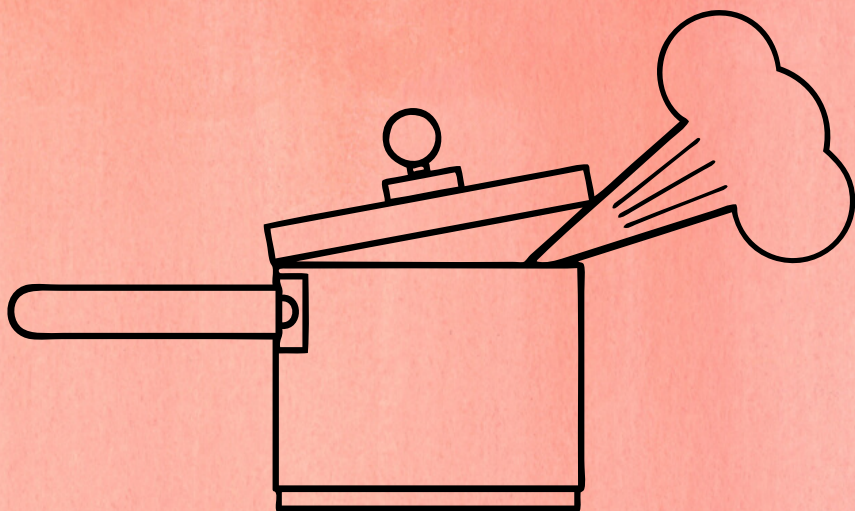
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**IF LIFE GIVES YOU  
BANANAS,  
MAKE  
NICECREAM!**

*Maya Leinenbach*

# Kitchen essentials

EVERYTHING YOU NEED TO MAKE  
DELICIOUS FOOD.



# Equipment

THESE GADGETS WILL BRING YOUR COOKING TO THE NEXT LEVEL



## High speed blender

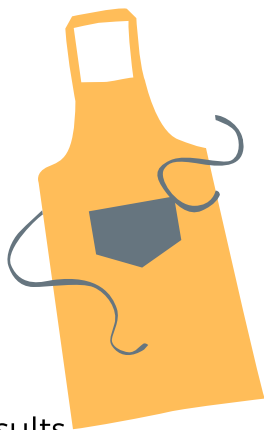
Good for sauces, smoothies etc.

## Food processor

Good for nut butters, dips, batters etc.

## Knives, oven, pan & pots

The basic kitchen equipment for the best results



# Food staples

DIFFERENT PRODUCTS YOU'LL NEED FOR MY RECIPES



## Vital wheat gluten

Great meat replacement, found in most well equipped supermarket

## Nut butters

Good for baking or as a topping

## Miso paste & soy sauce

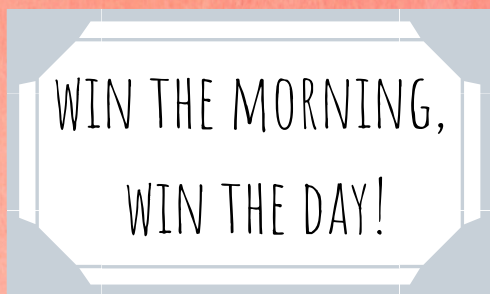
An awesome umami flavor to make aromatic dishes

## Textured soy protein

Also a great meat replacement for e.g. vegan bolognese



# Breakfast







CHOCOLATE CHIP PANCAKES



# CHOCOLATE CHIP PANCAKES



485 calories



15 minutes



serves 1

## Ingredients:

### Wet:

- 50g apple sauce
- 220ml plant milk
- 1 TSP vanilla extract



### Dry:

- 1/2 TBSP baking powder
- 90g spelt flour
- a pinch of salt
- 15g chocolate chips

## Instructions:

1. Mix the wet and the dry ingredients in two different bowls.
2. Pour the mixed wet ingredients over the dry ones and stir them until they are well combined.
3. Heat up a non-stick frying pan and fry the pancakes until they are golden brown (each side takes 2-3 minutes).
4. Serve with fresh fruit and a drizzle of maple syrup. Enjoy!





BAKED OATMEAL



# BAKED OATMEAL



215 calories



50 minutes



serves 5

## Ingredients:

### Wet:

- 2 mashed bananas
- 1 3/4 cup/440ml plant milk
- 1 TSP vanilla extract



### Dry:

- 2 cups/150g rolled oats
- 2 TBSP ground flax seeds
- 1 TSP cinnamon
- a pinch of salt
- 150g raspberries

## Instructions:

1. Preheat the oven to 175/350 degrees mash up the banana and add the other wet ingredients.
2. Fill the dry ingredients in a baking tray and stir them.
3. Pour the wet mixture over the dry ingredients and mix until well combined.
4. Bake for 40-45 minutes and serve with fresh fruits and plant based yogurt. Enjoy!

**Tip: Make it in the evening and heat it up the next morning .**





# EASY GRANOLA



# EASY GRANOLA



220 calories



25 minutes



10 servings

## Ingredients:

### Wet:

- 1/2 cup/125g peanut butter
- 1/3 cup/110g maple syrup
- 1 TSP vanilla extract

### Dry:

- 2 3/4 cups/300g oats
- a pinch of salt



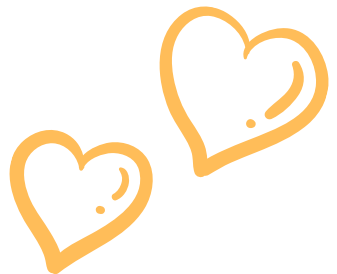
## Instructions:

1. Preheat the oven to 175/350 degrees and mix the wet ingredients.
2. Add the oats and the salt and stir.
3. Spread on a lined baking tray and bake for 15-20 minutes.
4. Store in an air tight container. Enjoy!

Serving suggestion: Have it with milk and fresh fruit or as a topping on a smoothie or yogurt bowl.



HEALTHY COCOA PUFFS



# HEALTHY COCOA PUFFS



330 calories



50 minute



serves 3

## Ingredients:

### Wet:

- 3 TBSP coconut oil, melted
- 3 TBSP maple syrup

### Dry:

- 3 cups/160g puffed spelt/quinoa
- 3 TBSP cocoa powder



## Instructions:

1. Preheat the oven to 175/350 degrees and mix the coconut oil, the maple syrup and the cocoa powder up.
2. Add the puffed spelt/quinoa and stir until everything is well combined.
3. Spread on a lined baking tray and bake for 5-10 minutes.
4. Let cool down completely and break larger pieces apart.
5. Enjoy with fresh oat milk .

**Tip: These puffs are also perfect as a little, crunchy snack, eaten straight out of the jar.**





HEALTHY FRENCH TOAST



# HEALTHY FRENCH TOAST



425 calories



15 minutes



serves 2

## Ingredients:

### Wet:

- 1 cup/250ml plant milk
- 1 TBSP maple syrup
- 2 TBSP peanut butter
- 1 TBSP ground flax seeds
- 1 TSP vanilla extract
- 1 TSP cinnamon (optional)



### Else:

- 4 slices of bread
- 1 TSP coconut oil (for frying)

## Instructions:

1. Add all the wet ingredients into a big bowl and whisk it up.
2. Dunk the slices of bread into the mixture.
3. Heat up a bit of coconut oil in a frying pan and fry the french toast on both sides until it is golden brown.
4. Serve with a spoon of creamy peanut butter and fresh fruit. Enjoy!

**Tip: Try an extra drizzle of maple syrup on your french toast or serve it with warm berries.**



EASY CREPES



# EASY CREPES



390 calories



50 minute



serves 2

## Ingredients:

- 1 cup/120g whole wheat flour
- 1 TBSP maple syrup
- 1 cup/250ml plant milk
- 1 TSP vanilla extract
- 1 TBSP coconut oil

## Toppings:

- 2 TBSP peanut butter
- 200g mashed berries



## Instructions:

1. Add all the ingredients into a big bowl and whisk it up (there shouldn't be lumps anymore).
2. Let the batter sit for 5-10 minutes and heat up a little bit of oil in a flat frying pan.
3. Pour a 1/4 cup of the batter into the pan and spread it thinly.
4. Fry on both sides until the crepes are golden brown and fill them with notella and berries. Enjoy!

**Tip:** You can easily prepare them a day before, store in the fridge and heat them up when you'll eat them.





# EPIC BREAKFAST BURRITO



# BREAKFAST BURRITOS



450 calories



10 minutes



serves 2

## Ingredients:

### Scrambled tofu:

- 1 block/400g firm tofu
- 1 clove garlic
- 1 onion
- 1/2 TSP turmeric
- 3/4 TSP kala namak (black salt)
- 1 TBSP nutritional yeast
- black pepper to taste

## Else:

- 2 whole wheat tortillas
- 2 TBSP ketchup
- Tomatoes, lettuce for filling
- 1/2 cup/50g black beans



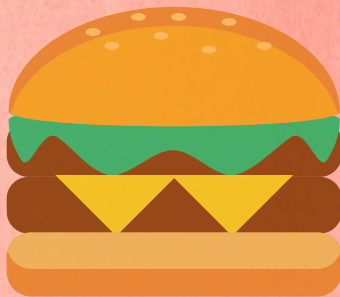
## Instructions:

1. First prepare the scrambled tofu by sweating off the onion, the garlic and the spices with a touch of oil in a frying pan.
2. Crumble your tofu, add a splash of water/plant milk if necessary and keep stir frying it on medium heat.
3. While frying the tofu, heat up the tortillas and cut the vegetables.
4. Spread 1 Tbsp of ketchup on each tortilla, add the vegetables, the beans and lastly the scrambled tofu.
5. Roll the burritos and enjoy!

Tip: Grill the rolled up burritos for a couple minutes per side in a pan for an extra crunch.

# LUNCH&DINNER

FOOD THAT MAKES YOU FEEL LIKE  
A CHEF







MAC 'N' CHEEZE



# MAC 'N' CHEEZE



525 calories



20 minutes



serves 5

## Ingredients:

### Cheeze sauce:

- 200g carrots
- 200g potatoes
- 75g cashews
- 1 onion
- 3 cloves garlic
- 1/4 TSP turmeric
- 4 TBSP nutritional yeast
- black pepper to taste
- 2 TBSP tapioca starch (optional)
- 1 TBSP salt
- 1 TBSP lemon juice
- 1/2 cup/125ml plant milk
- 1/3 cup/80ml veggie broth



### Else:

- 500g/17,3 oz pasta

## Instructions:

1. First cook the potatoes, carrots, cashews and the onion for about 15 minutes.
2. Prepare the pasta according to the package instructions and fill the cooked potatoes, carrots, onion and cashew in a blender.
3. Add the remaining ingredients, blend until it is smooth, pour the cheeze sauce in a sauce pan and heat it up.
4. Serve the pasta with a good serving of the sauce. Enjoy!

**Tip: For extra protein, serve the pasta with smoked tofu or use chickpea pasta.**





NACHO PLATE

# NACHO PLATE



575 calories



30 minutes



serves 5

## Ingredients:

### 'Beef':

- 185g textured soy protein  
(or 500 extra firm tofu)
- 1 onion
- 2 cloves  
garlic
- 2 TBSP soy  
sauce
- 1 TBSP tomato puree
- salt to taste
- pepper to taste
- 2 TSP paprika
- 2 TSP cumin



### Else:

- 8 corn tortillas
- cheeze sauce (see p.24)
- Tomatoes, lettuce, beans  
to garnish

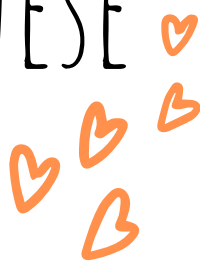
## Instructions:

1. First prepare the cheeze sauce and cook the textured soy protein for about 10 minutes.
2. Preheat the oven to 200/400 degrees and fry the onions and garlic until they are slightly caramelized.
3. Add the tomato puree, fry a few more minutes and lastly add the textured soy protein and the remaining ingredients. Fry on medium heat.
4. Cut the tortillas into triangles, bake them for 15 minutes and prepare the vegetables and beans.
5. Serve the baked nachos with the 'beef', beans, vegetables and a drizzle of cheeze.

**Tip: serve with vegan sour  
cream (p.70)**



SPAGHETTI BOLOGNESE



# SPAGHETTI BOLOGNESE



570 calories



30 minutes



serves 5

## Ingredients:

### Sauce:

- 185g textured soy protein  
(or 500 extra firm tofu)
- 1 onion
- 2 cloves  
garlic
- 2 TBSP soy  
sauce
- 3 TBSP tomato puree
- salt to taste
- pepper to taste
- 1/2 TBSP dried basil
- 1 TSP paprika
- 1/2 TBSP dried oregano
- 3 medium carrots
- 2 sticks celery
- 850ml tomato passata
- 1/4 cup/60ml red wine



## Else:

- 500g Spaghetti

THE VERY BEST VEGAN SPAG BO

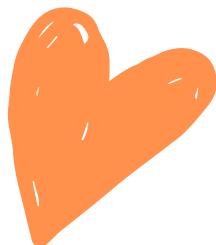
## Instructions:

1. First cook the textured soy protein until it softens (squeeze out excess water afterwards) and heat up a sauce pan with a bit of oil.
2. Fry the onion and the garlic until they are slightly caramelized, then add the tomato puree, carrots and celery and fry for a few more minutes.
3. Add the textured soy protein to the frying pan, add the soy sauce and the seasoning and fry for another few minutes.
4. Deglaze the pan with the red wine, then add the tomato passata, about 200ml water and more seasoning if necessary.
5. Let the sauce simmer for at least 15 minutes and prepare the pasta.
6. Serve the pasta with a good serving of bolognese sauce and optionally a spoon of vegan parmesan (p.68)





VEGAN LASAGNA



# VEGAN LASAGNA



545 calories



60 minutes



serves 6

## Ingredients:

### Cheeze:

- 1/2 cup/65g cashews
- juice of 1/2 lemon
- 1 TSP salt
- 1/2 TSP garlic powder
- 2 TBSP nutritional yeast
- 1 1/3 cups/330ml water
- 25g tapioca starch



### Else:

- 500g/17,3 oz lasagna plates
- Bolognese sauce (see p.28)
- 1 tomato, sliced

## Instructions:

1. First preheat the oven to 200/400 degrees and prepare the bolognese sauce according to p.26.
2. While the sauce is simmering, boil the cashews and blend them with the other cheeze ingredients.
3. Pour the liquid mixture into a sauce pan and bring it to a boil while stirring.
4. Keep stirring on medium low heat until the cheeze becomes stretchy .
5. Layer the bolognese sauce and the lasagna plates and spread the cheese on top along with a couple of tomato slices.
6. Bake for 30 minutes. Enjoy!

**Tip: You can also put a couple of spoons of vegan ricotta (p.66) on top of the lasagna before baking it.**



PESTO PASTA 2.0



# PESTO PASTA 2.0



565 calories



50 minute



serves 5

## Ingredients:

### Sauce:

- 1 onion
- 2 cloves
- garlic
- 500g tomato passata
- 1/2/95g jar vegan pesto verde
- Salt to taste
- Pepper
- to taste
- 1 Tsp paprika
- 1 can lentils
- 1/2 TBSP dried basil
- 4 TBSP balsamic vinegar
- 1 TBSP olive oil



### Else:

- 500g/17,3 oz pasta

## Instructions:

1. Heat up the olive oil in a sauce pan and fry the onion and the garlic until they are slightly caramelized.
2. Then add the spices, fry for another couple of minutes and deglaze the pot with the balsamic vinegar.
3. Stir in the pesto, then add the remaining ingredients plus 150ml water and let the sauce simmer for about 15 minutes.
4. Prepare the pasta according to the package instructions and add put them in the sauce.
5. Stir and enjoy!

**Tip: Serve the pasta with some vegan parmesan (p.68) or pine nuts.**





BBQ PIZZA



# BBQ PIZZA



565 calories



80 minutes



serves 6

## Ingredients:

### Dough:

- 600g spelt flour
- 1 TBSP salt
- 390ml luke warm water
- 1 Package dry active yeast
- 1 TBSP olive oil

### BBQ topping:

- 1 TBSP paprika
- Pepper to taste
- 365g smoked tofu
- 1 can chickpeas
- 1/2 cup/125ml BBQ sauce
- 1/2 TBSP olive oil
- 1 1/2 TBSP dried oregano

### Else:

- 150g sweet corn
- vegan parmesan (p.68) to taste
- 1 bell pepper

## Instructions:

1. Prepare the dough by adding the yeast to the luke warm warm, fill the other ingredients in a bowl, pour the yeast mixture over it and knead until it's a solid dough.
2. Let it rise for at least 1 hour.
3. Preheat the oven to 220/440 degrees and prepare the BBQ topping and sauce by simply mixing everything up.
4. Roll the dough on a floured surface, spread the sauce on it, add the BBQ mix and finish off with the sweetcorn, the bell pepper and vegan parmesan.
5. Bake for 12 minutes, enjoy!



### Pizza sauce:

- 200g tomato passata
- 4 TBSP BBQ sauce
- salt&pepper to taste
- 1 TSP paprika
- 1 TBSP oregano



BBQ CAULIFLOWER WINGS





# BBQ CAULIFLOWER WINGS



300 calories



60 minutes



serves 4



ER WINGS

## Ingredients:

### Batter:

- 3/4 cup/130g all purpose flour
- 3/4 cup/180ml plant milk
- 1/4 cup/60ml water
- 2 TSP garlic powder
- 1 1/2 TSP paprika
- black pepper to taste
- salt to taste

### Crust:

- 1 cup/85g breadcrumbs

**Tip: Dip the wings in vegan sour cream (p.70)**

### Coating:

- 1 cup/ BBQ sauce
- 1 TSP sriracha

## Instructions:

1. Preheat the oven to 350/175 degrees and mix up the ingredients for the batter
2. Cut the cauliflower in florets and coat them with the batter.
3. Then roll them in the breadcrumbs and put them on a lined baking sheet.
4. Bake for 25 minutes, meanwhile prepare the coating by simply mixing it up.
5. Transfer the baked wings to a bowl, coat them with the prepared sauce and bake for another 20 minutes.
6. Enjoy!





THE BURGER

# THE BURGER



450 calories



30 minutes



serves 6

PER WINGS

## Ingredients:

### Wet:

- 1 can kidney beans
- 1 can chickpeas
- 1 onion
- 4 cloves garlic
- 50g celery
- 1/2 bell pepper
- 3 mushrooms

### Dry:

- 1 TSP cumin
- 1/2 TBSP paprika
- 1 TSP hot sauce
- salt&pepper to taste
- 1 TBSP nutritional yeast
- 100g vital wheat gluten



### Else:

- 6 burger buns
- Lettuce, tomatoes, onion, pickles
- Ketchup&mustard

## Instructions:

1. Blizz up the wet ingredients in a blender until it's a wet, chunky mixture and preheat the oven to 175/350 degrees.
2. Transfer the mixture to a mixing bowl, add the dry ingredients and knead 5-10 minutes.
3. Shape the dough into 12 equal sized patties and fry them on each side for 2-3 minutes.
4. Place the patties on a baking tray and bake for about 10-15 minutes whilst preparing the toppings and buns.
5. Build your favorite burger and enjoy!

No one will miss the meat!



# EPIC VEGAN STEAK



# EPIC VEGAN STEAK



260 calories



90 minutes



serves 6

PER WING

## Ingredients:

### Wet:

- 1 onion, finely chopped
- 2 cloves garlic, finely chopped
- 2/3 cup/160ml vegetable broth
- 1/2 cup/120ml red wine
- 3/4 cup/75g kidney beans
- 3 TBSP tomato purée
- 1 TBSP soy sauce
- 1 TBSP balsamic vinegar
- 1 TBSP miso paste
- 1 TSP dried oregano
- 1 TSP dried thyme
- 1/2 TSP dried rosemary
- salt&pepper to taste

### Dry:

- 2 3/4 cup/300g vital wheat gluten
- 1/2 cup/50g chickpea flour



### Broth:

- 1 L vegetable broth
- 1 cup/240ml red wine
- 1 TBSP miso paste
- 1 onion, quartered
- 3 cloves garlic
- 2 springs rosemary (dried works as well)

I served them with homemade fries and a simple salad.

## Instructions:

1. Sweat down the garlic and onion in a frying pan with a touch of olive oil and give it and the other wet ingredients into a blender.
2. Blend until it's a liquid flavorsome mixture.
3. Prepare the dry ingredients and pour the mixture over them.
4. Knead and punch the dough for 10 minutes, so the steaks will have a great texture.
5. Cut the dough in 6 equal sized rectangles whilst bringing the broth ingredients to a simmer.
6. Put the steak in the broth and let them simmer for 1 hour but check on them every 15 minutes.
7. Heat up a frying pan with a touch of oil and grill the steaks, each side about 5 minutes. Enjoy!





STEAK SANDWICH



# STEAK SANDWICH



520 calories



5 minutes



serves 2

ER WINGS

## Ingredients:

- 2 vegan steaks (p.38)
- 1 rustic baguette
- 2 TBSP vegan ricotta (p.66)
- 2 TBSP ketchup
- Lettuce, cucumber, pickles



## Instructions:

1. Toast up the rustic baguette and cut it in 2 equal sized pieces.
2. Cut it open, spread the vegan ricotta on one side and ketchup on the other side.
3. Place your steaks on the baguettes and garnish with lettuce, tomatoes and pickles.
4. Enjoy!



This is perfect if you've got a leftover steak from the night before and wanna have a quick delicious lunch.



THE BEST TLT 

# THE BEST TLT



225 calories



70 minutes



serves 2

ER WINGS

## Ingredients:

### Tofu:

- 200g smoked tofu
- 1/2 TBSP nutritional yeast
- 2 TBSP soy sauce
- 1/2 TBSP sesame oil
- 1 TBSP maple syrup
- 1/2 TSP garlic powder
- a pinch of salt&pepper

### Else:

- 4 slices bread
- 2 TBSP ketchup
- 2 TBSP vegan sour cream (p.66)
- lettuce, tomatoes, pickles



## Instructions:

1. Cut the tofu into rectangles, mix up the marinade and marinate the tofu for 1 hour.
2. Heat up a frying pan with a touch of oil and fry the tofu until it's crispy.
3. Whilst frying, toast up the bread, spread the ketchup and vegan sour cream on the toast and build your sandwich.
4. Enjoy!

**Tip: You can also use tempeh instead of tofu.**





GRILLED CHEEZE



# GRILLED CHEEZE



450 calories



20 minutes



serves 2

ER WINGS

## Ingredients:

### Cheeze:

- 3/4 cup/60g cashews
- 2 TBSP nutritional yeast
- 25g tapioca starch
- 1 TSP lemon juice
- 1/2 TSP salt
- 1/2 TSP garlic powder



### Else:

- 4 slices of bread

## Instructions:

1. Boil the cashews for 15 minutes.
2. Give them into a blender along with the other ingredients and blend until it's a liquid mixture.
3. Pour the cheese mix into a pot and bring it to a simmer on medium heat while stirring.
4. Simmer and stir until it's a stretchy cheese sauce and spread it on the bread.
5. Grill the sandwiches until they are golden brown on both sides.
6. Enjoy!

**Tip: You can also use the cheeze for pizzas or casseroles.**

# **Snack & Desserts**

THERE'S ALWAYS ROOM FOR DESSERT!





COOKIE NICE CREAM





# COOKIE NICE CREAM



185 calories/100g



2 hours 15 minutes

PER WINGS

## Ingredients:

### Cookie dough:

- 1/4 cup/65g peanut butter
- 1/4 cup/30g oat flour
- 1/8 cup/45g maple syrup
- 1/2 TSP vanilla extract
- a handful chocolate chips

### Nicecream:

- 4 frozen bananas
- 1 TSP vanilla extract
- 1/2 cup/125ml plant milk
- a handful chocolate chips



## Instructions:

1. Prepare the cookies by mixing up all the ingredients and shaping little droplets.
2. Put them into the freezer and give the nicecream ingredients into a food processor.
3. Blend until it's smooth, then add the chocolate chips and the cookie dough bites.
4. Stir them in and fill the nicecream in a loaf pan.
5. Freeze for at least for 2 hours. Enjoy!

**Tip: I love to have this nicecream with a drizzle of peanut butter on top!**



CREAMY CHOCOLATE MOUSSE



# CREAMY CHOCOLATE MOUSSE

🔥 205 calories    ⌚ 70 minutes    🍴 serves 5

ER WINGS

## Ingredients:

- 400g silken tofu
- 150g/5,2 oz melted vegan chocolate
- 1 TBSP cocoa powder
- 1 TSP vanilla extract
- a pinch of salt



## Instructions:

1. Melt the chocolate and give the rest of the ingredients into a blender.
2. Add the melted chocolate and blend it until it's smooth.
3. Fill the mousse into jars and refrigerate at least 1 hour.
4. Enjoy!

This mousse doesn't take long and you can also use a hand mixer.






CRAZY CHEEZECAKE





# CRAZY CHEEZECAKE

 450 calories  70 minutes  serves 8

## Ingredients:

### Crust:

- 260g spelt flour
- 80g coconut sugar
- 140g vegan butter
- 2 TSP baking powder

### Batter:

- 800g silken tofu
- 65g corn starch
- 70ml rapeseed oil
- 150g coconut sugar
- 1 lemon, juice + zest
- 1 TSP vanilla extract



## Instructions:

1. Prepare the crust by combining all its ingredients and kneading until it's a solid dough.
2. Refrigerate whilst preparing the filling and preheat the oven to 180/360 degrees.
3. Add the ingredients of the batter to a blender and blend until smooth
4. Fill the dough in a lined baking tin and press it in the desired shape.
5. Pour the cheezecake batter into the baking tin and bake for 45-50 minutes.
7. Let it cool down completely and enjoy!

**You won't believe it's vegan!**



FUDGY BROWNIES



# FUDGY BROWNIES



205 calories



45 minutes



serves 9

PER WING

## Ingredients:

- 1 can/220g chickpeas
- 3/4 cup/150g coconut sugar
- 25g cocoa powder
- 15g flour
- 1/4 cup/75g peanut butter
- 1 TSP vanilla extract
- 1 TBSP baking powder
- a pinch of salt
- 1/4 cup/35g chocolate chips



## Instructions:

1. Pour all the ingredients except the chocolate chips into a food processor and preheat your oven to 175/350 degrees.
2. Blend the batter until it's smooth, then stir in the chocolate chips.
3. Fill the brownie batter in a lined baking tray and bake for 35 minutes.
4. Let it cool down completely and enjoy!

e

**Tip: Serve the brownies with a scoop of my cookie dough nice cream (p.47)**



FLUFFY CINNAMON BUNS





# FLUFFY CINNAMON BUNS



250 calories



100 minutes



12 servings

PER WING

## Ingredients:

### Dough:

- 500g/ spelt flour
- 1 cup/250ml plant milk
- 18g dry active yeast
- 4 TBSP coconut sugar
- 100g vegan butter

### Filling:

- 3 TBSP melted vegan butter
- 5 TBSP coconut sugar
- 2 TBSP cinnamon



## Instructions:

1. Heat the milk up until it's lukewarm and stir in the yeast.
2. Combine the remaining ingredients in a bowl and add the yeast milk.
3. Knead until it's a solid, soft dough and let it rise for 1 hour.
4. Preheat your oven to 180/360 degrees, mix the sugar and the cinnamon and melt the vegan butter.
5. Roll out the dough on a floured surface, spread the vegan butter on it and sprinkle the cinnamon-sugar-mix on top.
6. Roll it up, cut it into pieces and place it in a round baking tray.
7. Bake for 20-25 minutes. Enjoy!

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For the glaze, simply mix 3 TBSP powdered sugar with 1 TSP lemon juice.



VEGAN MILKI WAY



# VEGAN MILKI WAY

🔥 225 calories    ⌚ 40 minutes    🍴 6 servings

## Ingredients:

### Nougat layer:

- 1/2 cup/70g oat flour
- 1/4 cup/40g melted coconut oil
- 3 TBSP maple syrup
- 1 TSP vanilla extract
- a pinch of salt

### Caramel:

- 1/4 cup/65g peanut butter
- 1/8 cup/40g maple syrup
- a pinch of salt

### Else:

- 100 vegan melted chocolate



## Instructions:

1. Pour the ingredients of the nougat into a bowl and mix/knead until it's a solid dough
2. Fill the mixture in a lined baking tray and prepare the caramel by mixing all of its ingredients.
3. Spread the caramel on the nougat and freeze it for at least 30 minutes.
4. Cut it into 6 rectangles and cover it with melted chocolate.
5. Refrigerate until set and enjoy!

**This brings back all the childhood memories and tastes even better than the original!**



THE BEST CHOCOLATE CAKE





# THE BEST CHOCOLATE CAKE



235 calories



70 minutes



12 servings

ER WINGS

## Ingredients:

### Wet:

- 1/3 cup/100ml rapeseed oil
- 1/4 cup/60ml plant milk
- 1 TSP vanilla extract
- 1 TSP apple cider vinegar
- 3/4 cup/150g coconut sugar
- 1 mashed banana

### Dry:

- 1 1/3 cup/160g spelt flour
- 1 TBSP corn starch
- 1/2 cup/50g cocoa powder
- 2 TBSP baking powder
- a pinch of salt
- 250g shredded zucchini
- 100g chocolate chips

## Instructions:

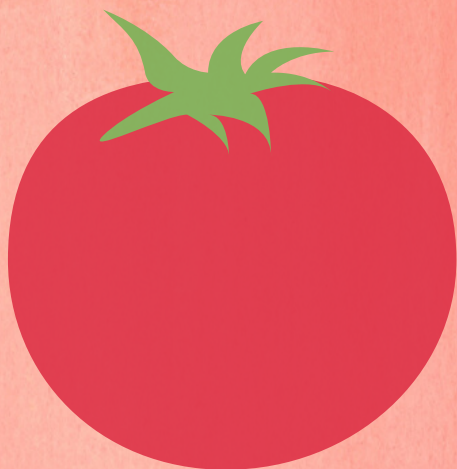
1. Preheat the oven to 175/350 degrees and mix the wet ingredients in a big bowl.
2. Press the water out of the zucchini and add the zucchini shreds and the remaining ingredients into the bowl.
3. Mix it until it's well combined and fill the batter into a lined baking tray.
4. Bake for 50-60 minutes and enjoy!



No one will guess that  
this cake is vegan!

# Basics

QUICK AND EASY RECIPES  
TO MAKE EVERY MEAL GREAT!





NOTELLA



# NOTELLA

🔥 585 calories/100g ⌚ 20 minutes 🍴 450g

ER WINGS

## Ingredients:

- 300g hazelnuts
- 150g melted vegan chocolate
- a pinch of salt



## Instructions:

1. Preheat the oven to 175/350 degrees and roast the hazelnuts for 15 minutes.
2. Let them cool down completely and peel them.
3. Fill them in a food processor, add a pinch of salt and blend until it's a smooth hazelnut butter.
4. Then add the melted chocolate and blend until it's well combined.
5. Fill the notella in an air tight container and enjoy!

**Tip: You can also replace the hazelnuts with hazelnut butter for an even easier version.**





VEGAN RICOTTA



# VEGAN RICOTTA

🔥 290 calories/100g 🕒 20 minutes 🍴 200g

PER WINGS

## Ingredients:

- 1/2 cup/85g cashews
- 1/2 cup/50g cubed tofu
- 2 TBSP lemon juice
- 1 TBSP dried basil
- 60ml plant milk
- 3/4 TSP salt



## Instructions:

1. First, boil the cashews for 15 minutes.
2. Get rid of the excess water and pour the cashews and the remaining ingredients into a high speed blender.
3. Blend until it's smooth and store in an air tight container in the fridge.
4. Enjoy!

This spread is very versatile, it's perfect as a spread, dip or on top of pasta ec.



VEGAN PARMESAN



# VEGAN PARMESAN

🔥 575 calories/100g ⌚ 5 minutes 🍴 135g

PER WINGS

## Ingredients:

- 3/4 cup/125g cashews
- 3 TBSP nutritional yeast
- 1/4 TSP garlic powder
- 3/4T BSP salt



## Instructions:

1. Pour all the ingredients into a food processor.
2. Blend for about 1 minute.
3. Fill it in a an air tight container and enjoy!

This parmesan is perfect on pasta and pizza and adds a tasty twist to almost every meal!





VEGAN SOUR CREAM



# VEGAN SOUR CREAM

🔥 285 calories/100g ⌚ 20 minutes 🍴 350g

ER WINGS

## Ingredients:

- 1 cup/165g cashews
- 1/2 cup water
- 1/2 TSP salt
- 1/4 TSP garlic powder



## Instructions:

1. First boil the cashews for 15 minutes.
2. Put them and the other ingredients into a high speed blender.
3. Blend until smooth and fill it in an air tight container, store in fridge.
4. Enjoy!

I love this sour cream on bread, in bowls or simply  
as a dip, get creative!

# Thank you!



Thanks for purchasing this eBook.

I hope you enjoyed reading it as much as I did  
creating it.

If you try any of my recipes, I would be thrilled to see  
your creations!

Simply send it to @fitgreenmind or post it with  
#fitgreenrecipes.

You'll find more of such easy, vegan recipes on  
my Instagram page @fitgreenmind or my blog  
fitgreenmind.com

Thanks for sticking with me  
and so much love

maya 