



# *Magic Cookbook*

EASY VEGAN RECIPES





# *Magic Cookbook*

HEALTHY EVERYDAY  
RECIPES

# Let the Magic happen

First of all, I want to say thank you. Thank you for supporting me and for taking another step towards a healthier you.

With this recipe-book I want to show how easy, healthy and delicious a vegan diet can be. I don't use oil or refined sugar and try to sneak in some goodness in every recipe. But don't you worry, it will still taste amazing.

My Name is Tanja, I am currently living in Berlin and if you got this recipe book you probably found me via Instagram. I am a vegan food photographer, loving to be creative and currently working with levitation food. The entire cook-book has the theme "magic", hence the title. So all the food will be floating.

For all you new-vegans out there I summarised some of the "good to knows" and useful tips so that the transition is easier and absent of doubts and worries.

I hope this is an inspiration to all of you, vegan or not, to think about what you put into your body and have fun cooking and experimenting with new ingredients and combinations.

The recipes are simple, easy to recreate and allow for changes. You can alter everything to your wishes and add your favourites or leave out what you currently don't have at home.

Have fun creating and keep up those vegan vibes!



# Being Vegan

## And what it actually means

Veganism is by definition, living without animal products. Vegans don't only go without meat but keep away from everything that comes from animals. It starts with dietary choices, such as not drinking milk, eating eggs or cheese and expands towards lifestyle choices.

Vegans don't wear leather and sheep wool or sleep on down pillows.

If you have something similar in your house you are not necessarily forced to throw it out once you decide to go vegan. Just don't buy new things containing animal products.

### **The conclusion would be that life as a vegan is really hard, right?**

You are not alone in the belief that vegans seemingly must struggle on a day to day basis. Yes, it is true that the world is still dominated by carnism, the belief that eating animals is right, but there is no reason not to go vegetarian

or vegan. Studies show, that vegans have better health conditions, e.g. lower the risk of suffering from heart disease, type 2 diabetes, high blood pressure, osteoporosis, lower the risk of cancer etc.

Eating animals that have been given hormones to speed growth (a common practice in the meat industry) means those hormones go into your body. Not only can this disrupt the natural balance of your hormones, but some of the hormones given to animals have shown to cause tumor growth in humans.

Often people state, that they have more energy, better skin, lose weight, and experience a better body odor.

In my personal experience, I can say that I feel much more grounded and at ease with myself and my surroundings. It may be a placebo but since I stopped eating animals and thus all of the stress hormones and fear that the animals suffered from while being mistreated and slaughtered, I feel so much more compassionate and I am able to have deeper relationships and clearer thoughts.

Other benefits are, that you don't only help yourself and your health but you are doing good in every aspect.

**By eating vegan for only one day you are saving:**

- 4200 liter of water
- 10kg CO2 equivalent
- 30 sq meters of forested land
- 20 kg grain
- 1 animals life

Just imagine what your impact on the world will be when you are vegan for a whole month or even a year!

Growing plants takes much fewer resources than growing animals. Many people will go hungry while that same food they could be eating is given to

animals raised for slaughter. By eating vegan, you can help reduce the hunger in the world and the destruction of the environment.

Many people decide to stay away from animal products out of concern for animals. They don't agree with how the animals are treated and that they have to suffer simply to be a short pleasure on the plate of a human.

Eat vegan and you are helping the world sustain itself.

It doesn't matter what the reason is for you. If you feel ready to go vegan, do it. It can be difficult at times, for example while figuring out what to eat and what not to eat, cope with the social obstacles and maybe even losing friends that can't deal with the decisions you take.

I suggest building yourself an environment that supports you and where you can feel safe and understood. If you have questions, don't be ashamed and ask other vegans. We are all very happy to help.

Lastly, inform yourself and get rid of the last doubt you have.

# Basic Foods

Eat healthy to stay healthy

The best foods out there for you to consume are basic, easy and quick to prepare. Not processed and full of sugar or salt.

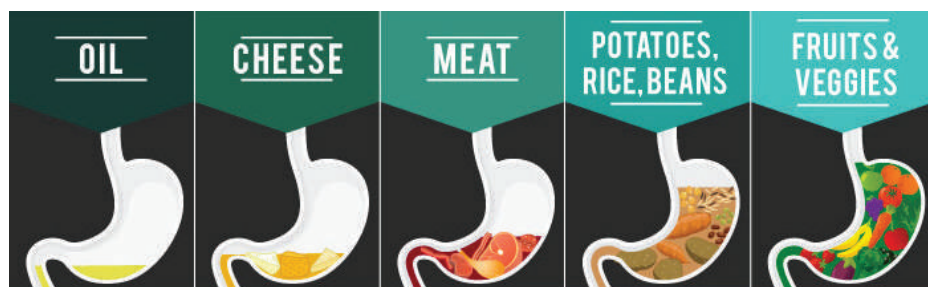
Look at what nature has to offer and eat the rainbow.

Eating a wholefood plantbased diet will give you everything you need in terms of nutrition. From protein to vitamins. And you know what? If you stick to

fruits and veggies you can eat so much more since you are leaving out all the fats and unnecessary sugars.

For example, 100g cheese has 400 calories and 33g of fat, whereas 100g berries have only 60 calories and 0,3g of fat. The calorie density is totally different, as you can see in this graph. 500 calories of cheese won't make you full. You are

## Calorie density - What 500 calories look like





thus more likely to overeat. Stick to plants, you will be satisfied, feel lighter and stay lean.

### **Now onto the food you should be eating.**

**Legumes** are a true health food. They can help lower your cholesterol and triglyceride levels, can prevent cancer due to their abundance of fiber and antioxidants, they are low in fat and they are packed with protein.

With a low glycemic index, beans contain a beautiful blend of complex carbohydrates and protein. Because of this, beans are digested slowly, which helps keep blood glucose stable.

**Fruits and especially Berries** are high in antioxidants, which help protect cells from damage. They can prevent certain diseases, keep you slim and can prevent cancer.

**Vegetables** are important sources of many nutrients, including potassium, dietary fiber, folate, vitamin A, and vitamin C. They are also naturally low in fat and calories.

**Flaxseeds** contain the Omega-3 essential fatty acid. This is a good fat that has been shown to have heart-healthy effects. Eat one tablespoon of ground flaxseeds for the best effects.

Moderate consumption of **nuts** can be a great tool for weight loss. Nuts are packed with nutrients, minerals and healthy fats that promote weight loss and have other health benefits.

The calcium in **green leafy vegetables** is more effectively absorbed by the body than that found in cow's milk. Potassium from greens may be anti-inflammatory and may prevent strokes and heart disease. Greens can also provide iron and zinc, antioxidants, and magnesium, a nutrient that may lower the risk of a range of health concerns including diabetes, heart disease, and sudden cardiac death.

People who eat **whole grains** as part of a healthy diet have a reduced risk of some chronic diseases. Grains are important sources of many nutrients, including fiber, B vitamins and minerals.

Eat all of these and you will thrive.



# What to eat

A little guideline that will lead your way through the day.

Previously I stated what foods are good for you and what brings the most value to your diet. But how do you actually combine these for a good and healthy meal?

First of all, I want to say that carbs are not the enemy. In fact, they are a really good energy source and will help you get through the day. Don't be afraid of them and eat all the pasta, fruit and veggies you want.

## **Throughout the day you will want to load up on your daily dozen (see Dr. Greger):**

- 3 servings of beans
- 1 serving of berries
- 3 servings of fruit
- 1 serving of cruciferous (Broccoli, Kale, Arugula,...)
- 2 servings of greens
- 2 servings of veggies
- 1 serving of flaxseeds
- 1 serving of nuts

- 1 serving of spices (turmeric)
- 2 servings of whole grains
- 5 servings of water
- exercise

This may sound like a lot but if you have a berry, kiwi, banana smoothie for breakfast, a Hummus sandwich with avocado and arugula for lunch and a veggie stir fry with pasta for dinner, you do have almost everything you need in there. Add some flaxseeds in your smoothie, get a workout in and you are good to go.

Don't worry too much about food. Your body will tell you what it needs and if you haven't had greens yesterday, get some in today.

Give yourself some time to adjust and use the daily dozens as a guideline if you know what you should eat.

# Are vegans deficient?

There is a myth out there about protein that seems to stick around.

No, vegans are not deficient in protein. Such a thing as protein deficiency does not exist. Except if you are chronically malnourished, but then you are deficient in almost everything.

The medical term for protein deficiency is "Kwashiorkor". If you have never heard of it before, it's probably because it's not really an issue.

If you eat enough calories, you are sure to have enough protein. Every food you eat has a full amino acid profile, so don't worry about protein and focus more on your fiber and nutrient intake.

It is also not true that vegans are bad at sport and can't build muscle. People like Patrik Baboumian, vegan strongman and Serena Williams, tennis player show the world that this is a stereotype.

A vegan nutrition speeds up recovery times. Some athletes were able to get in one more workout per week than before going vegan. Their energy levels were higher and some could even break their personal bests after switching diets.

As I am myself a passionate, although not a professional athlete, I can only say that I am feeling great, I am getting stronger with each training and I don't feel deficient at all.

You just got to eat enough in order to fuel your body, but this is not a vegan issue.

There is however one vitamin that vegans, and even meat eater should substitute. Or let's say two if you are living in countries with dark winters and barely any sun.

The first one would be vitamin B12.

Vitamin B12 is made by bacteria and has been sourced in the soil and dirt

where we planted our crops. These days the soils contain too little or no vitamin B12 anymore so that we need to get it from somewhere else.

It is true, that meat eaters get their B12 from meat and dairy but the animals on the other hand have to take supplements as well. So why not cut out the middleman and get your Vitamin in a healthier and more sustainable way?

I suggest taking a 500 µg supplement on a daily basis to be safe.

There are some fortified plant milks out there, which are awesome to fill up your vitamin storages as well.

Why do even omnivores need to substitute?

Heavy antibiotic use kills B12 producing bacteria in the guts of farm animals. Even if you only eat grass-fed organic meat you may not be able to absorb the B12 attached to animal protein. It may be more efficient to just skip the animals and get B12 directly from supplements.

The second Vitamin everyone should be taking when not being exposed to the sun on a daily basis is vitamin D.

Vitamin D is made in our skin when we

are in sunlight. Not having enough vitamin D can cause fatigue, depression (often referred to as "winter depression"), muscle pain and getting sick often.

I would recommend taking 2000 IU or 50µg per day.

So take these two supplements and enjoy your day. There is really nothing to worry about.

After switching to a vegan diet I experienced a boost in energy, I didn't get those heavy food babies anymore and I feel so much more grounded and compassionate towards animals and other people.

If you are vegan, what changes have you noticed? And if you are yet to make the change, you will be amazed at how good you will feel!

September

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# 30 day Challenge

Changing a lifestyle and in some terms, a belief can be really hard. And everybody copes differently with changes.

Some find it easier to step right into the new lifestyle without a transition phase. Others like to take their time. Both is fine and you need to figure out what works for you.

If you are that type of person that says, now or never and wants to step into the vegan lifestyle right away or simply wants to try something different, I want to challenge you.

I want you to be vegan for 30 days. No matter if your intention is to become vegan or not. This is more like a mental game, a fun way to test your barriers and will power.

It is known that a new habit is formed in three weeks, so once you get past the three week mark, your choices will get easier and you will be thinking less about

what you cannot eat and instead be focusing on what beautiful foods are out there for you to be enjoyed.

A lot of vegans started out with the 30 day challenge and discovered an amazing opportunity for them, their health and the planet.

I challenge you to live fully vegan for the next 30 days. No animal products for the next 30 days. If you want you can watch one video, read one article or talk to a vegan every day in order to make that one month as educational as it possibly can be.

I am there for you, if you need some motivation to start, have lost track or have questions whatsoever, I am there and am willing to help you.

Write me a mail or send me a message on instagram. You got this.

# Tips and Tricks

To help you stay on track

## **1 Ask Questions**

Every new beginning is difficult, we have all been there. Don't be afraid to ask questions. Ask yourself why you are doing this and find answers that convince yourself that you are doing the right thing. Ask others that may have more experience and seek help if you are helpless. We are all willing to help. Stay strong you got this!

## **2 Experiment**

There is nothing worse than being stuck in a neverending loophole of worries and boring food. You will not be happy if you eat rice and beans all day. Experiment with different food combos, go to the grocery store and buy something you have never had before and get to know other people. There is a whole other world out there waiting to be discovered.

## **3 You messed up, So what?**

It has happened to all of us. We ate that sauce and later we found out there was milk in it. Ok, it happened, we can't change it. Get over it, don't spend too much time thinking about it and most importantly: don't talk down on yourself. You are taking an awesome step towards being more conscious and helpful for the planet and the animals. That is what counts, not that silly little mistake.

## **4 Pack your own Food**

This one is a true life-saver. Wherever you go, pack your own food. If you have an abundance of vegan snacks with you, you won't even be tempted to get yourself that kebab or cheese sandwich.



## **5 Be prepared for Questions**

You are completely changing your lifestyle. It may be hard to figure out for yourself at first but just imagine how hard this change can be for others that barely know about veganism. It can sound strange to them and they will ask more or less productive questions. Listen to vegan speeches, read up on facts etc. If a discussion ever occurs, you'll know how to answer.

## **6 99% of Meals can be veganized**

Do you want that lasagne? Those burgers? That ice cream?

There is a great chance there is a vegan recipe for it. Just Google it!

## **7 Don't rely on Substitutes**

A vegan diet is only healthy if you eat a whole food diet. Incorporate a lot of fruit and veggies into your diet for a maximum boost in energy and health. Meat and cheese substitutes are often high in fat and sodium but they are good to transition if you ever crave something "meaty".

## **8 Frozen Veggies are a Life Saver**

Always keep a bag or two of frozen veggies and berries in your freezer. They are just as healthy as fresh produce and can be easily transformed into a vitaminrich dinner or smoothie.

## **9 Check the Menu**

Before going to a restaurant, check the menu for vegan options. When you get there you already know that you will have options. If you are unsure, just ask the waiter. After all its your body and your health and you are allowed to ask questions.

## **10 Enjoy the Journey**

Everyone starts small, enjoy the process. There will be hard times but there will be wonderful times as well and it feels so good to be able to contribute to the loving and compassionate lifestyle that a lot of us choose to live.

If you surround yourself with like-minded people you will become part of a community and the transition will become even easier.

# Vegan on a Budget

## Is veganism really expensive?

The answer is no! This myth is largely due to the belief, that vegans eat expensive processed soy products of what everyone else eats. For example vegan cheese, vegan sausage and vegan meat substitutes. In fact, vegans survive mainly on beans, rice, pasta, fruits, and vegetables—the cheapest ingredients on earth.

If you want to, you can try some of the veganised products from time to time or if they help you to transition, that's great. If your budget is tight however, try to stay clear of processed foods and go for the fresh veggies and fruits. The less processed a food is, the healthier and cheaper it will be.

A bag of lentils, rice, beans or pasta can be the base of so many more vegan meal than a frozen processed ready-made

meal. Similarly, fruits and vegetables are much more economical in terms of the number of meals that can be created from scratch not to mention the versatility of said meals, whereas the lifespan and versatility of that microwaveable vegan lasagne leaves much to be desired.

If you really care about your wallet, you can visit **local farmer markets**. You cut out the middleman and buy straight from the producer. Many farmers will offer you a discount if you buy in bulk. If you go for a shopping trip straight before closing time, many farmers want to sell their produce before heading home. Most often than not you will stike a bargain at times like that.

## Avoid unnecessary items

Just because you are eating vegan doesn't mean you need to indulge in expensive goji berries, fancy chocolates

or any other vegan luxury item.

You can enjoy fantastic and delicious meals by sticking to the basic foods and trying new combinations. In my recipe section you will find some inspiration. Go ahead, have a look and have fun trying and experimenting.

### **Eating out**

Yes, a vegan meal eaten out in a restaurant is going to cost more than a burger in a fast food joint, but then again almost every food will cost more than a burger from a fast food restaurant.

What is the price you are willing to pay? No one can place a price tag on compassion and health. It's not the vegan food that is expensive here. It is the healthy food that is more expensive than that burger with a low nutritional value.

Everything that has a better quality tends to be more costly, from lean cuts of organic meat and fish to products which the supermarkets label as their 'finest.' Alternatively, reconstituted animal carcasses in the shape of hot dogs, or other such questionably cheap supermarket meat products tend to be very easy on the wallet, but who knows what could be lurking in them?

In other words, a diet based on fresh produce such as vegetables, beans and fruit is much more affordable since vegetables are far cheaper by the kilogram than meat.

Here is a little challenge for you guys: Take your weekly budget you usually spend on a grocery haul and see how far it will get you if you stick to whole plant-based foods.

You may be surprised by how much you can actually get for your money.

# About my Recipes

The following 50 recipes have been designed to be easy to recreate, as tasty as they can be and healthy at the same time.

I don't like spending hours in the kitchen so whether you are a new vegan who wants to get into conscious cooking or rather someone who is looking for quick fixes in the kitchen, I got you!

I try to use as few ingredients as possible to keep it simple. Most recipes are made in one or two bowls. I am also paying attention to what ingredients I am using. The recipes are everyday meals so the ingredients should be easy and affordable.

In case you encounter a recipe with an ingredient you don't know or don't have, you can substitute it. In some recipes, I used peanut flour, which is awesome since it has the taste of peanuts but

without fat. You can either use regular flour or peanut butter to substitute the flour. Or of course get yourself some. It will last you quite a while.

As of plant-based milk you can choose freely whichever you prefer. My favourite is oat milk but again, take the one you prefer.

If there is anything I added to the recipe that you don't like: leave it out.

If you feel like there is something missing: add it to the recipe.

My recipes are more guidelines to guide you along the journey of cooking. I hardly ever stick to a recipe, so feel free to get creative and if you stumbled upon an awesome combination, let me know. I don't want to miss out on it!

I want cooking to be fun for you. Do whatever feels comfortable to you and most importantly what tastes good.

I never use salt in my creations but if you feel like it then hey, I am not gonna stop you.

Same with sugar, I love sweets but since I reduced my sugar intake and mostly rely on natural sweeteners, such as fruit, my tastebuds transformed and don't need that much sugar anymore. If you want it sweeter, go ahead, add some more sweet stuff!

Speaking of which, I love dates and date sugar to add sweetness to my meals since it is the best source of sugar out there.

Unlike typical refined sugar from cane or beets, Date Sugar is actually finely chopped dried dates. There is very little processing happening, so you get an unrefined natural sweetener that still has some fiber to it.

Feel free to use whatever kind of sugar you want, it is just a guideline, remember?

I often stated that the portion is for 1-2 people. If you know me, you probably know that I eat quite a lot, in this case

the portion would be for me alone.

I know that most people eat less, thus the amount of food stated in the recipe will be enough for two people.

Lastly, I am happy that you want to try out some of my recipes I created for you and I hope you will like them just as much as I do.

I kept the preparing method as easy as possible to cut your time in the kitchen down to a minimum while still having a maximum of taste and pleasure enjoying the meal.

In case you have questions about a recipe, a preparing method, something you want to know about how you can substitute a specific ingredient or just a general question, I am happy to help you out.

Write me a mail or message me on Instagram, either is fine.

**I would also like to see all of your amazing creations.**

**Tag me @scorpionmind on Instagram whenever you try one of my recipes. And let me know your feedback.**

I feel like you will have a lot of fun while cooking and eating all of this food.

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Sweet







# GREEN SMOOTHIE



serves: 1



5 minutes



easy

## Ingredients

- 1 banana
- juice of 1/2 a lemon
- 5 dates
- 1 kiwi
- 250g frozen mango
- 10g coconut shreds
- 30g zucchini
- 50g fresh spinach
- some mint
- 250ml plant milk

*the darker the  
green, the more  
densely packed it  
is with nutrients*

*This smoothie recipe is great for replenishing your system after a workout or simply if you need something fresh.*

This one couldn't be easier.

Take all the ingredients and put them in a blender. Blend them on high speed to fully incorporate the spinach and fill into a bowl or glass.

You can drink it like that or add some more fruit like kiwi and add raspberries to have something to chew on.





# RED SMOOTHIE



serves: 1



5 minutes



easy

## Ingredients

- 2 ripe bananas
- 150g frozen berries
- 10g coconut chips
- 20g cashews
- 1 teaspoon maca
- 1 teaspoon chia
- 150 ml plant milk

*Maca is high in  
antioxidants and  
balances hormones*

*I love to top my smoothies off with something to chew on, like nuts, cacao nibs or granola. You will have to spoon it rather than sip it of course.*

Place all the ingredients in a blender and mix until everything is well combined.

You can leave out the maca if you want as it is not necessary for the good taste of the smoothie. However, it has some benefits that you maybe haven't heard of yet.



# BERRY NUT BUTTER NICECREAM



serves: 1



10 minutes



easy

## Ingredients

- 1 ripe banana
- 100g frozen mango
- 300g frozen strawberries
- 25g cauliflower
- 2 tablespoons cashew butter
- 10g coconut shreds

*This is my all-time favourite, super easy, healthy and delicious. Especially on warm days. This is what will end your search for the perfect treat.*

Place everything in a blender and blend it up. Stay on low speed and stir occasionally. It will take a while until everything is combined and you don't have any fruit pieces left but it is so worth it in the end.

Top it off with your favourites, like berries and more nut butter and enjoy it by the spoonful.



# CARAMEL NICECREAM



serves: 2



10 minutes



easy

## Ingredients

- 3 frozen bananas
- 9 soaked dates
- 5g chia
- 20g cashews
- vanilla
- dark chocolate
- pistachios (optional)

*Tip!**Let the banana  
thaw for a bit  
before blending.*

*The one treat that will ease your cravings for something sweet, that is healthy at the same time.*

I suggest always having frozen bananas in your freezer because you never know when you will want some nicecream.

Start with soaking 9 dates in hot water for about 5 minutes. Slice the frozen bananas and place them into a blender.

Drain the dates and add them to the blender along with the chia, cashews and vanilla.

Blend the ingredients until it becomes an ice cream like consistency.

This one is optional but it will make your nice cream taste even better.

Melt some dark chocolate and drizzle it on top of your ready to serve caramel bowl, add pistachios or whatever you feel like and enjoy!







# APPLE PANCAKES



serves: 1-2



20 minutes



medium

## Ingredients

### pancakes

- 7 dates
- 150g barley flakes
- 1 large banana
- 1 tablespoon chia seeds
- 1 tablespoon flaxseeds
- 1 apple
- 350ml plant milk

### chocolate sauce

- 7 dates
- 2 tablespoons cacao
- 2 tablespoons coconut shreds
- some plant milk

*Who doesn't like to start the day with some super yum and fruity pancakes. This one gives a twist to your all-time favourite.*

Place all the ingredients for the pancakes, except for the apple, in a blender and blend until you get a smooth batter. Let it sit for 5 minutes. Cut the apple into little cubes and set aside.

Heat a non-stick pan to medium heat and pour in two tablespoons of batter at a time, making round shapes. Place some of the apple cubes on the pancake and let the batter harden. Flip your pancake and let it bake until firm and golden brown.

Repeat until all your batter is gone.

For the sauce, add everything into a blender or food processor and blend it up with as much plant milk as you like. More milk means a more fluid sauce. I suggest starting with less milk and adding to it gradually until you are happy with the consistency.

Build a little pancake tower, add your sauce and additions you like. I added more apple, banana, mint and coconut chips



# APPLE BERRY CRUMBLE



serves: 2



40 minutes



easy

## Ingredients

### filling

- 1 apple
- 100g frozen berries
- juice of 1/2 lemon
- cinnamon
- 1 teaspoon date sugar

### crumble

- 100g barley flakes
- 10g flaxseeds
- 1 tablespoon applesauce
- 100g dates
- 100ml water
- cinnamon
- ground vanilla

*Easy and fast dessert idea. Feel free to add whatever you fancy, like raisins or nuts. There are endless possibilities!*

Start with the filling. Dice the apples into small pieces, put them in a bowl and add the frozen berries. Add the lemon juice, cinnamon and date sugar. Stir until the cinnamon and lemon juice are well distributed. Pour the mixture into a heatproof bowl.

Continue with the crumble. Put the barley flakes in a blender and blend until you get a rough flour. In a bowl, combine the flour, cinnamon, vanilla, flaxseeds and apple-sauce. Give it a quick stir.

Add the dates and the water into the blender and blend it up until you get a liquid date paste. Don't worry if there are still date pieces left. Pour the water-date mixture to the rest of the crumble mix and stir. Use your hands to combine everything and crumble it over your filling.

At 180 degrees, let it bake in the oven for about 30 minutes or until the crumble turns golden brown and crunchy.

Serve with fresh raspberries, ice cream or just plain as is.

# CHOCOLATE MOUSSE



serves: 2



10 minutes



easy

## Ingredients

- 1 ripe avocado
- 50g dark chocolate
- 5 soaked dates
- 2 tablespoons cocoa powder
- 2 tablespoons plant milk

*Looking for a chocolate rich dessert you can whip up in just a couple of minutes?*

*Together these ingredients make a rich, totally delicious, chocoholic dessert.*

Soak the dates in hot water. Melt the chocolate over a water bath until smooth. Cut the avocado in half and remove the pit. Using a spoon, scoop out the flesh and put into a small blender or food processor.

Add in the dates, milk, cocoa powder and the molten chocolate. Blend until very smooth.

Distribute the mixture into two glasses and keep it stored in the fridge until set.

Top it off with some cacao nibs and berries.









# CHOCOLATE PORRIDGE



serves: 1-2



15 minutes



easy

## Ingredients

- 50g oat flour
- 50g oats
- 1 tablespoon flaxseeds
- 3 dates
- 1 small or 1/2 large banana
- 1 tablespoon cacao
- ground vanilla
- cinnamon
- 2 tablespoons date sugar
- 5g cacao nibs
- 300ml plant milk

*Perfect way for having chocolate for breakfast but still eating healthy. Oats will make you feel satisfied and full for a long time.*

If you don't have oat flour, just blend up oats until they become flour.

Then add everything to a blender, except for the 50g oats and the cacao nibs. Blend until you get a fairly smooth mixture.

In a pan pour in the chocolate mix, the oats and the cacao nibs and stir while heating everything up on low to medium heat.

Once you reached your desired consistency, remove from heat and pour into a bowl and serve with fresh fruit and chocolate chips.

Happy breakfast you guys!

# CREAMY BERRY PORRIDGE



serves: 1-2



15 minutes



easy

## Ingredients

- 100g oats
- 1 small or 1/2 large banana
- 250ml plant milk
- 1 teaspoon chia seeds
- 1 teaspoon shredded coconut
- 2 teaspoons date sugar
- 100g frozen berries
- lemon zest
- cinnamon
- vanilla

*A creamy twist on your well known classic breakfast porridge with the sweetness of fruit and the comforting creaminess.*

Start by placing the oats in a blender and mix them to a flour. Add in the banana, the milk, the date sugar, cinnamon and vanilla. Blend again.

Fill the mix in a small pan and bring to a simmer. Add in the remaining ingredients, chia, coconut, frozen berries and lemon zest.

Let it sit on low heat until you have reached your preferred consistency, add more milk or sweetener if you want.

That's it, I hope you will enjoy your breakfast.

*Berries are loaded with antioxidants that provide health protection.*





# BAKED CARROT CAKE PORRIDGE



serves: 1



30 minutes



easy

## Ingredients

- 1 carrot
- 50g oats
- 10g mulberries
- 15g walnuts
- 1 tablespoon cashew butter
- 10g flaxseeds
- 2 tablespoons date sugar
- 10g shredded coconut
- 10g cacao nibs
- 250ml chai tea
- vanilla
- cinnamon
- a little gingerbread spice

*If you love porridge, then this one will sweep you off your feet. It is creamy on the inside but has a cake like crust on which you want to dig in straight away.*

Grate the carrot and place it together with all the ingredients in a pan. Instead of plant-milk I used chai tea to give it that special flavour, feel free to use any other tea you like.

On low heat let it thicken up a bit before transferring the porridge into a heatproof bowl.

Add some more date sugar on top and put it in the oven for 20-30 minutes at 180 degrees.

After you take the carrot cake porridge out of the oven let it cool for a bit and enjoy it with some berries and soy yogurt.



# OVERNIGHT OATS



serves: 1



5 minutes



easy

## Ingredients

- 50g oats
- 60g frozen berries
- 1 tablespoon cashew butter
- 2 teaspoons date sugar
- 10g cashews
- 5g chia seeds
- 10g desiccated coconut
- 10g dried cranberries
- cinnamon
- water or plant milk

*Perfect if you are always in a hurry in the morning and need something fast you can grab and go. Or if you are travelling and want to pack a healthy snack.*

Put all the ingredients together in a jar that you can close.

Layer it directly in your jar, or prepare it in a bigger bowl, stir and add it to your jar. Whatever fits you best.

Fill up your container with water or milk until all the ingredients are covered, or approximately 140ml. Put the lid back on and store it in the fridge overnight.

Slide this breakfast in your backpack or enjoy at home with some soy yogurt. Give it a stir before enjoying and you are good to go.







# CINNAMON MUFFINS



6 rolls



30 minutes



medium

## Ingredients

### cinnamon paste

- 20 soaked dates
- 8 tablespoons water
- cinnamon

### dough

- 200g white flour
- 100g wholegrain flour
- 1/2 packet yeast
- cinnamon
- 120g sweet potato
- cinnamon paste
- 150ml warm water
- 2 teaspoons apple cider vinegar
- ground vanilla
- 20g date sugar

*Yeasty treats served in an easy to serve cup. The sweet potatoes give it a distinct taste and the dates hold it all together.*

Put the dates, the cinnamon and the water in a food processor and blend it until smooth. Set aside.

Boil the sweet potato. Once cooked, mix them up with 150ml of the water they have been cooking in and the apple cider vinegar. Let it cool for a bit.

In a bowl, mix together the flour, the yeast, cinnamon, 1/3 of the date paste, sugar, and vanilla. Stir and add the lukewarm sweet potato mix to it. With your hands, knead the dough until smooth and fluffy. Set aside for half an hour at a warm place, covered with a kitchen towel to rise.

Flour out a surface, spread out the dough with your hands into a rectangle and distribute the rest of the cinnamon paste onto your dough. Cut it into 6 stripes and roll them up, placing them into muffin forms. Bake them at 180 degrees for 20 minutes.

# HOMEMADE CHOCOLATE GRANOLA



serves: 2



40 minutes



medium

## Ingredients

- 100g barley flakes
- 100g dates
- 100ml water
- 20g oats
- 10g flaxseeds
- 5g chia seeds
- 5g cacao powder
- 10g cacao nibs
- 30g cashews
- 30g cashew butter
- cinnamon
- vanilla

*Who doesn't like granola, right? But the store-bought options are often loaded with sugar, salt and oil. This is a super fast and easy recipe to make at home.*

Mix the barley flakes to a flour by blending them in a blender. Barley flakes are thicker than oats and will thus give more texture to your granola. Transfer the barley flour into a mixing bowl.

In the blender, add the dates and the water and blend until the dates are broken down into little pieces, add this sweet mixture to your barley flour. Add in the remaining ingredients and stir until everything is well combined.

I like to use my hands for this since it will give you a better feel for the texture.

Once everything is mixed well, take the raw crumbles and distribute them onto a baking sheet. I like to take a part of the mix between my fingers and let it crumble down onto the baking sheet.

Place it in the oven at 160 degrees for about 30-40 minutes or until crunchy. Make sure to give your crumble a turn after 15-20 minutes of baking.

Serve with yogurt and fruit.





# RICE PUDDING



serves: 1



35 minutes



easy

## Ingredients

- 150g rice pudding rice or sushi rice
- 400ml plant milk
- 1 teaspoon maca
- 1 teaspoon chia seeds
- vanilla
- 3 teaspoons date sugar
- 70g blueberries

*Want a sweet rice fix in the morning? Rice pudding has been one of my favourites as a child. I am providing you with a healthier version, hope you love it as much as I do.*

Add the rice, the chia seeds, the vanilla, the maca and the milk into a pan, bring to a boil, then reduce the heat to a low temperature. Add the lid on top and let it simmer for about 30 minutes or until a creamy consistency has formed, stir occasionally.

Remove the pan from the heat, add in the date sugar and stir. Put the lid back on and let it sit there for an other 5 minutes.

If you want you can add a little splash of milk to make it extra creamy.

Serve your rice pudding with a blueberry coulis. Simply mash the blueberries until they form a jelly-like consistency.

I also made a chia pudding (1 tbsp chia plus 5 tbsp milk) but you can easily leave this out or add in other ingredients you like.

Enjoy your breakfast!

# COCONUT ALMOND BUTTER CREAM



serves: 5



20 minutes



easy

## Ingredients

### For the cream:

- 1 and 1/2 can coconut cream (hard part of canned coconut milk)
- 15 soaked dates
- 4-5 tablespoons almond butter
- cinnamon
- 1 organic lemon

### For the ganache:

- 50g dark chocolate
- coconut milk
- berries

*Play around with the amount of almond butter you want to use here.*

*Makes for a perfect dessert, but hey, this one is a filling indulgence.*

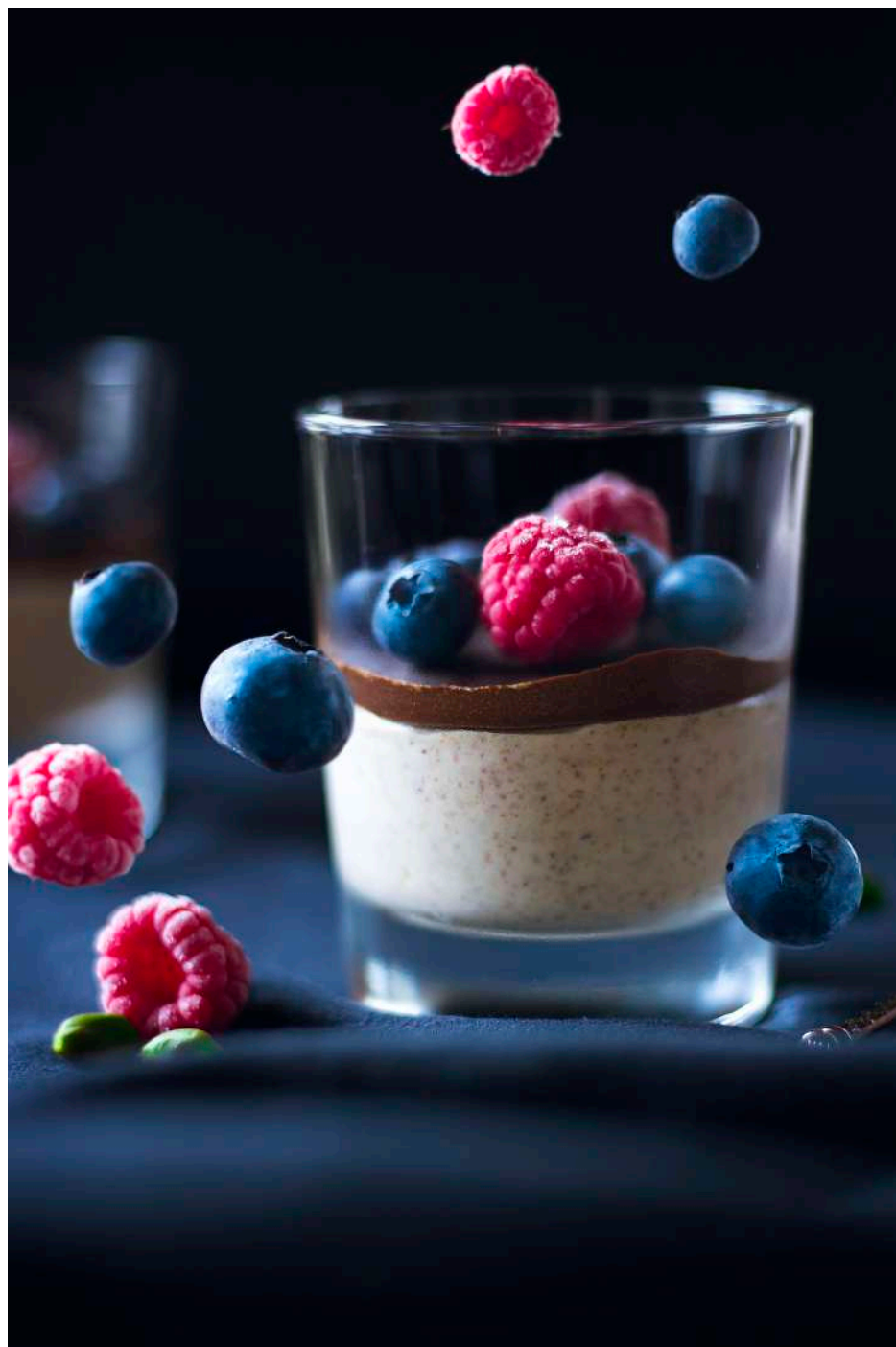
Place the canned coconut milk in the fridge, preferably overnight and allow for the cream to set on the top of the can.

When you are ready to start preparing the dessert, soak the dates in hot water for 5-10 minutes. Take out the coconut cans and scrape only the hard part off, put this in a blender or food processor. Add the dates and the almond butter to the blender and start mixing. You may have to stop several times and scrape down the mixture. If everything is well combined, add the cinnamon and a little bit of lemon zest (skin of the lemon) and mix again.

Fill into 5 little glasses and cool it for a couple of minutes.

In the meantime, melt the chocolate over a water bath and add in 5 tablespoons of coconut milk. Stir well until you get a creamy mixture. Pour the chocolate over your coconut cream and let it cool in the fridge.

Top it off with some berries and you are ready to go.









# LEMON BLONDIES



serves: 6



30 minutes



easy

## Ingredients

- 200g flour
- 2 heaped teaspoons baking powder
- zest of organic lemons
- 5 tablespoons lemon juice
- 100g almond butter
- 100g date syrup
- 240g plant milk

*This recipe was highly requested so here you go. The fluffiest lemon blondies you will have ever tried*

Preheat your oven to 180 degrees.

Add the flour and the baking powder to a bowl. Grate the lemon zest into the flour and stir. Add the lemon juice, the almond butter and the date syrup and stir again.

Gradually add in the milk while mixing with a hand mixer until you get a gooey batter.

Line a baking tray with parchment paper and spread the batter on there.

Bake for 20-25 minutes or until a toothpick comes out clean.

Once ready, let it cool on a cookie tray. If you want you can add a sugar coating consisting out of 2 teaspoons lemon juice and 4 tablespoons powdered sugar or xucker.

I hope you will like this one.

# TRUFFLES



about 10 balls



10 minutes



easy

## Ingredients

- 100g coconut milk
- 130g dark chocolate
- 1 teaspoon vanilla
- cocoa powder

### optional

- 1/4 teaspoon espresso powder
- 1 teaspoon of liquor

*This is literally the easiest, chocolate rich snack you could possibly think of. Minimum effort for a maximum of pleasure.*

Break Chocolate into pieces and place it in a bowl. In a small saucepan, heat coconut milk on low heat until it simmers. Do not let it boil.

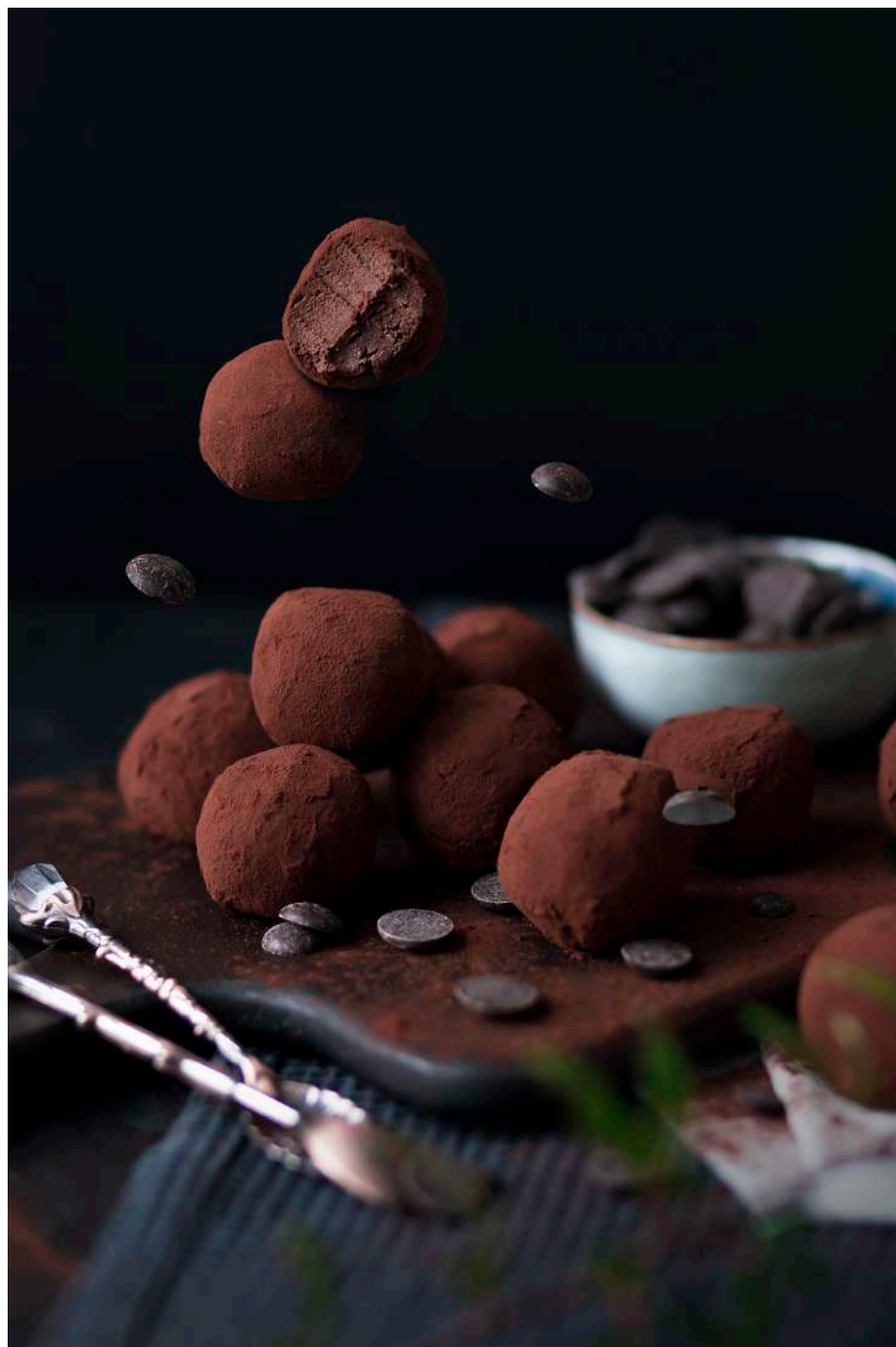
Take off the heat and pour hot coconut milk over broken chocolate. Let sit for a minute or two.

Stir until you get a smooth mixture, add the vanilla, espresso powder, liquor (if using) and stir again.

Let your ganache mixture sit in the fridge until it has cooled down and it scoopable, about 30 minutes to an hour.

Once firm, using a teaspoon, scoop out portions of ganache and roll into balls with clean, cool hands.

Roll the balls in cocoa powder and store in the fridge.





# BANANA CHOC CHIP COOKIES



4 large cookies



20 minutes



easy

## Ingredients

- 1 banana
- 100g oats
- 25g choc chips
- cinnamon
- vanilla

*Who doesn't like chocolate chip cookies, as a child they were my all time favourite. I am bringing you an easy and healthy alternative .*

The making of these cookies is as simple as it could be. Mash one large banana with a fork, then blend the oats in a blender until you get an oat flour.

Add the flour to the bananas, add in the cinnamon and vanilla and stir well. Add 15g of chocolate chips, stir again and divide the dough into 4 equal parts.

With your hands, roll the dough into balls and place them onto a baking sheet while pressing them down to form a flat, cookie shape.

Add the remaining chocolate chips on top and bake them at 180 degrees until firm and golden brown.

They will harden up a bit when cooled down.



# AVOCADO CHOCOLATE MUFFINS



6 muffins



50 minutes



easy

## Ingredients

- 50g ripe avocado
- 100g wholegrain flour
- 20g cocoa powder
- 1 teaspoon baking powder
- 1 tablespoon apple cider vinegar
- 50g chopped dark chocolate
- 50g hazelnut butter
- 50g date sugar
- 180ml plant milk

*The most decadent muffins I ever made. They resemble a fluffy brownie with a moist chocolatey inside. Absolutely perfect for all the chocolate lovers out there.*

Make sure your avocado is ripe enough. It should be very soft and easy to mash.

Place all the ingredients into a bowl and mix with a hand mixer until you get a creamy batter.

Preheat the oven to 170 degrees.

Fill the batter evenly into your muffin form. I use silicone molds, which makes it easy to remove the baked muffin from its form. If you want you can add more chocolate chunks on top of your muffins.

Let them bake until the outside is firm, or for about 40 minutes.

Let them cool down and serve with some blueberries or soy yogurt

# FRENCH TOAST



serves: 2



15 minutes



easy

## Ingredients

### For the batter

- 200ml plant milk
  - 10g flaxseeds
  - cinnamon
  - 1 organic lemon
  - vanilla
  - 1 teaspoon date sugar
  - a pinch turmeric
  - a pinch cardamom
- 
- 6 slices wholegrain toast
  - frozen berries
  - yogurt or coconut cream

*Are you looking for an easy, yet super delicious breakfast? I got you. The vegan version of this french toast will make your morning just a little bit sweeter.*

Take out the frozen berries and let them thaw.

Place all the ingredients for the batter into a blender and blend until everything is well combined.

Fill the batter into a dinner plate and soak the first toast in it, from both sides. Bake the slice in a non-stick pan until golden brown and the edges start to get crispy.

Repeat this for the remaining slices.

Distribute the toast onto two plates, cut in half and add berries and yogurt on top (or anything else you like).







# MARBLE CAKE



serves: 6



50 minutes



medium

## Ingredients

- 500g flour
- 400ml plant milk
- 100ml sparkling water
- 1 packet baking powder
- 2 tablespoon apple cider vinegar
- 2 flax or chia eggs  
(2 tbsp chia/flax + 4 tbsp water)
- 60g date sugar
- vanilla
- 20g hazelnut butter
- 2 tablespoons cocoa powder

*Craving cake? That is me basically constantly but I don't like the excess amount of sugar and fat i regular cakes. I tend to make my own so I have full control over the sweetness.*

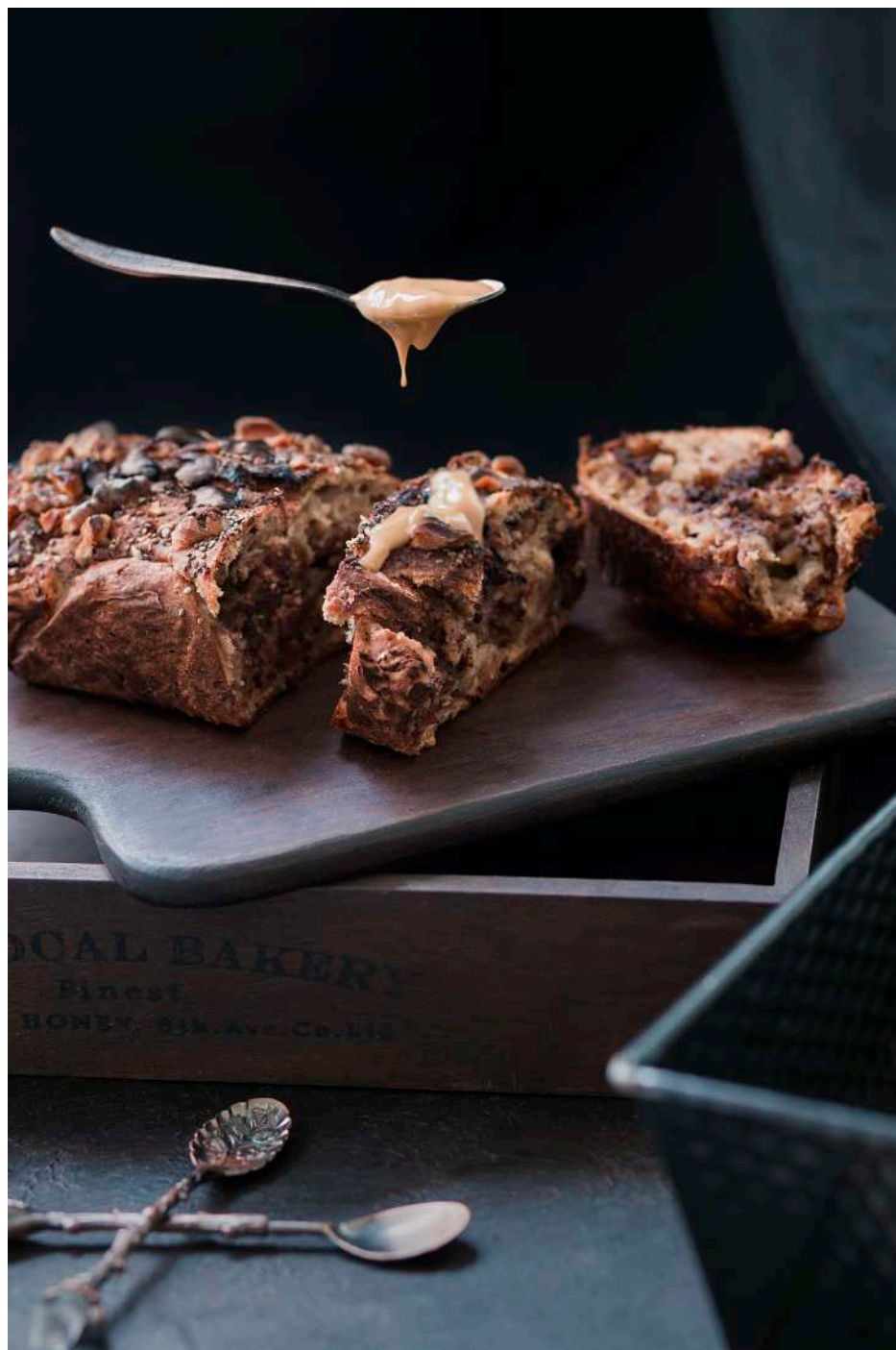
Preheat the oven to 180 degrees.

In a bowl, add the flour, the baking powder, the sugar and the vanilla and stir. Add the milk, the apple cider vinegar, the chia egg and the hazelnut butter. Mix until everything is combined.

Divide the batter in half. Add the cocoa powder to one half and knead it.

Line a loaf tin and add in a little of the vanilla dough. Then a little of the cocoa dough. Repeat until your dough is gone.

Bake for approximately 40 minutes, until the loaf cracks open and a skewer comes out clean.



# BANANA BREAD



serves: 5



60 minutes



medium

## Ingredients

- 2 large very ripe bananas
- 1 chia seed egg  
(1tbsp chia + 3 tbsp water)
- vanilla
- 60g applesauce
- 100g white flour
- 100g wholegrain flour
- 4 tablespoons water
- 1/2 pack yeast
- 30g chocolate chips
- 1 tablespoon apple cider vinegar
- squeeze of lemon juice
- 20g walnuts
- 1 tablespoon peanut butter

*Tip!**Toast your slices  
for that extra  
deliciousness.*

*A “cake” has never been more delicious and healthy than this banana bread. With a light flavour of banana and a subtle crunch due to the walnuts.*

Mash the bananas in a bowl and add in the flour, the applesauce, the chia egg, the yeast, the vanilla, the chocolate chips, the apple cider vinegar, the lemon juice, the walnuts and the peanut butter.

Make sure to break the walnuts in pieces before adding them to the bowl. Mix everything together and add 4 tablespoons of warm water or more until you get a smooth, not too wet dough. Line a loaf tin with parchment paper. Spoon the dough into the loaf tin and spread out evenly.

Add your desired toppings and gently press them into the dough. I used chocolate chips, walnuts and chia seeds.

Bake at 200 degrees for about an hour or until a toothpick comes out clean.

Take the loaf out of the oven, let it cool for 10 minutes. Then take it out of the form and place it on a cooling rack and let it cool down completely.

# APPLE CINNAMON MUG CAKE



serves: 2



5 minutes



easy

## Ingredients

- 1 tablespoon flaxseeds
- 50ml plant milk
- 8 dates, soaked
- 1/2 small apple
- 2 teaspoons baking soda
- 40g flour
- 30g coconut cream
- little lemon juice
- 15g hazelnut butter
- 10g rasped coconut
- 15 ml sparkling water
- cinnamon

*Mug cakes are so easy and fast to whip up if you got a little cake craving going on. Feel free to experiment a little with this one.*

Add the flaxseed, the plant milk and the dates to a blender and blend it up until the dates are totally mixed up.

Slice the apple to little cubes and add it in a bowl together with the milk mixture and all the other ingredients.

Give it a stir and fill the dough into two cups, not filling it more than 3/4 since the cake will rise.

Place your mugs in the microwave and let it rise for about 2 minutes. If it is still too liquid, give it an other 30 second turn.

I added some fresh apple and blueberries to my cakes.









# SNICKERS



8 Bars



20 minutes



medium

## Ingredients

### nougat

- 4 tablespoons coconut flour
- 2 tablespoons cashew butter
- 5 teaspoons date sugar

### caramel

- 150g dates
- 35g peanuts
- 1 tablespoon peanut butter
- vanilla

### coating

- 50g dark chocolate

*This vegan version of a snickers bar is sure to make yourself addicted to it. I wanted to eat only one and ended up indulging in three, so you get the point.*

In a small bowl, add the ingredients for the nougat and stir until well combined.

Spread it out on parchment paper and press it down with your fingers until you get an evenly thick layer. Put it in the freezer to set.

Continue with the caramel layer. Add everything except for the peanuts into a food processor and let it run until you get a smooth caramel like texture. spread it on top of the nougat layer. Crush the peanuts and press them down into the caramel layer. Put it back into the freezer.

Melt the chocolate and drizzle it on top of the cooled bars. Store it in the fridge and enjoy!

*You can use oat flour here but coconut flour gives an awesome taste.*

Savoury





# BREAKFAST BURRITO



serves: 2



10 minutes



easy

## Ingredients

### filling

- 2 flatbreads
- arugula
- strawberries
- corn
- fresh mint leaves
- cherry tomatoes
- cucumber

### sauce

- 120g white beans
- splash of lemon juice
- 10g coconut milk
- garlic powder
- pepper

*This hearty breakfast burrito is sure to please all your cravings in the morning, or at any time of the day really. The fruity aspect makes the taste combo perfect.*

Place all the ingredients for the sauce in a food processor until smooth.

Spread it out in a flatbread and add two handfuls of arugula, 3 strawberries, some corn, fresh mint leaves, 5 cherry tomatoes, and cucumber slices. Fold over the end of the flatbread and roll it up. Repeat with the second flatbread.

You can go crazy and add whatever you want but I found this combo to be fresh and delicious.

Enjoy your burrito.







# AVO SPINACH BREAD ROLL



serves: 2



10 minutes



easy

## Ingredients

- 2 bread rolls
- 1/2 avocado
- some cucumber slices
- fresh mint leaves
- hummus
- lemon juice
- 40g spinach
- 1 spring onion
- 5 tablespoons plant milk
- pine nuts
- condiments

*Hearty fix for a little hunger.*

*Get in your healthy fats, that will keep you satisfied for longer while also eating your leafy greens.*

Put the spinach, a tablespoon of hummus, some lemon juice, pine nuts, the sliced spring onion and condiments like pepper, paprika powder, cilantro, mustard, turmeric, rosemary and garlic powder in a pan and heat it up until the spinach starts to shrink.

While your spinach mix is cooking, cut your avocado in half and slice it.

Cut open your bread rolls, spread some hummus on one side and layer it with the cucumber slices. Add your warm spinach mix on top and finish it off with your avocado slices, some fresh mint, more pine nuts if desired and a squeeze of lemon juice.





# BRUSCHETTA



serves: 4



10 minutes



easy

## Ingredients

- one ciabatta baguette
- 1 clove garlic
- 1 red onion
- 1 large tomato
- fresh parsley
- condiments
- nutritional yeast

*The italian appetizer.*

*Perfect for an easy snack or a nice starter  
at your upcoming party.*

Cut the baguette into slices. Cut the garlic clove in half and rub it onto the baguette slices. Add a little lemon juice on top and put them in the oven at 180 degrees until they are crispy.

Continue with the topping.

Finely chop the garlic, the onion, the tomato and a handful of basil and mix them in a bowl. Add condiments like pepper, oregano, rosemary, chili and a little lemon juice. Stir again and let it sit for a couple of minutes.

Take the ciabatta out of the oven and top it off with your tomato mix. Sprinkle some nutritional yeast onto your bruschetta and enjoy.

# FILLED “KNIDDEL”



serves: 2



25 minutes



medium

## Ingredients

### kniddel

- 250g wholegrain flour
- 1 teaspoon veggie stock
- water

### filling

- 1/2 block tofu
- 30g grated zucchini
- 40g beans
- handful leafy greens
- 1 teaspoon veggie stock
- 1 tablespoon hummus

*If this sounds unfamiliar to you, no worries. I took this dish from a Luxemburgish recipe and tweaked it a bit to make it more interesting. It's usually enjoyed sweet though.*

Start with the filling of the kniddel. Dice the tofu and add it along with the zucchini and the beans to a pan. Stir fry them for a couple of minutes, add in the veggie stock, the hummus and the chopped leafy greens such as spinach, kale or lamb's lettuce. The choice is yours.

Let everything heat up and remove the pan from the heat.

Add the flour and the veggie stock to a bowl and gradually add water while stirring, until you get a fairly sticky and gooey dough.

Divide the dough into balls that easily fit into your hand. Take one ball in one hand and press it down with a spoon, making a little nest. Add one tablespoon of the filling and close the dough making a ball again.

Repeat with the remaining dough.

In a big pan, boil some water and cook the kniddel in small batches. Once they rise to the top they are done and you can fish them out.

Serve with your favorite sauce or some salad and enjoy!





# BASIC TOMATO PASTA



serves: 1-2



25 minutes



easy

## Ingredients

- 1/2 red onion
- 1/2 garlic clove
- 1 medium tomato
- 1/2 red bell pepper
- lemon juice
- 100g white beans
- 70g zucchini
- 30 frozen peas
- 100g carrot
- 30g cauliflower
- 120g pasta
- tomato sauce
- 30 g spinach
- nutritional yeast
- condiments

*This is my go to dinner whenever I am too lazy to cook anything special. The good thing is, that pasta is always an option and you will also get all the healthy things in.*

Start by finely chopping the onion and garlic. Add them with 3 tablespoons of water to a pan and steam them until the onions are translucent. Chop up the remaining veggies and add them to the pan as well.

Bring water to a boil and cook the pasta according to the directions on the packaging.

Once the veggies get warm, add the tomato sauce, as much as you like, and a squeeze of lemon juice. Also, add in condiments. I like to use basil, onion powder, garlic powder, oregano, rosemary, chili, and paprika powder.

Let the sauce simmer for a while. Once the pasta is ready, drain it and add it to the sauce. Sprinkle with a good handful of nutritional yeast and stir. Allow the sauce to be absorbed by the pasta. Add the spinach and remove from heat.

Plate your pasta up and enjoy your meal.

# HUMMUS PIZZA



serves: 1



30 minutes



easy

## Ingredients

### base

- 50g flour
- 1 tablespoon yeast
- curry powder
- warm water

### toppings

- hummus
- handful arugula
- 3 dried tomatoes
- 1/2 green bell pepper
- 1/2 avocado
- seeds

*If you are used to seeing a red pizza with tomato sauce, I got you. But I challenge you to try this green version. It is literally so good.*

Combine the flour, the yeast, and the curry powder, stir and gradually add warm water until you get a dough that is not sticky and flexible.

Set aside to a warm place and cover it with a towel. Let the dough rise for about 15 minutes. It's not gonna get very big but it doesn't have to. Take the dough, press it down until you get a fairly thin crust and spread some hummus on top. Add the bell pepper and put it in the oven until the bell pepper is soft and the crust is hard and crispy.

Take it out and top it off with dried tomatoes, arugula, avocado, and seeds.

Hope you will enjoy this one.





# AVOCADO LEMON PESTO



serves: 1



15 minutes



easy

## Ingredients

### avocado pasta

- 100g wholegrain pasta
- 1/2 avocado
- juice of 1/2 lemon
- handful of pine nuts
- pepper
- chili
- garlic powder

### veggie pan

- 50g yellow bell pepper
- 1 spring onion
- 50g corn
- 50g broccoli
- 100g beans
- fresh basil
- 5 tablespoons water
- condiments

*Avocados add a silky consistency and cheese-like richness to this dairy-free pesto recipe. Also good if you add some pomegranate seeds to it.*

Bring water to a boil and cook pasta according to instructions.

Cut the avocado in half, remove the pit and scoop out the inside. Add it to a bowl with the lemon, the pepper, chili and garlic powder, and mash it until you get a creamy sauce. Add the pine nuts.

In a pan, roast the chopped up veggies with a little water and condiments like paprika powder, garlic powder and pepper until heated up and still tender.

Add the avocado pesto to the pasta and give it a stir. Plate it up and enjoy.







# COCONUT RICE NOODLES



serves: 1



25 minutes



easy

## Ingredients

- 100g rice noodles
- 9 tablespoons tomato sauce
- 3 tablespoons coconut cream
- 2 tablespoons coconut milk
- 1 teaspoon curry paste
- 1 handful cashews
- 1/2 bell pepper
- 1 spring onion
- 80g corn
- curry powder
- paprika powder
- lemon juice
- crispy onions

*This creamy Asian style noodle recipe is the perfect meal if you are craving something hearty and filling. The cashews get soaked in the sauce and are a soft addition to this one.*

Soak the rice noodles in water for a couple of minutes, until soft.

Transfer to a pan and add the curry paste, the tomato sauce and the coconut milk and cream (canned). Let it heat up and stir so that the noodles can absorb the liquid. Add the cashews, the corn, the bell pepper, the lemon juice, and the spices.

Let it simmer until the liquid has been absorbed. Add in the spring onion and make the noodles ready to serve by sprinkling some crispy onions on top if desired.



# LASAGNA



serves: 4



60 minutes



medium

## Ingredients

- lasagna sheets
- 100g lentils
- 150g corn
- 1 pack smoked tofu
- 1 clove garlic
- 500g tomato sauce
- 1/2 bell pepper
- 1 teaspoon cocoa powder
- 1/4 zucchini
- 1 medium carrot
- 5 dried tomatoes
- 2 teaspoons date syrup
- condiments
- 500ml water
- 2 1/2 teaspoons veggie stock
- flour
- 3 tbsp nutritional yeast

*Who doesn't love lasagna? This vegan version is sure to be the hit on every dinner table. The smoked tofu gives it that extra flavor and the faux bechamel the creaminess.*

Heat a pan, dice the tofu and the garlic and cook them. Add the lentils, corn, grated zucchini and carrot. Add in condiments like paprika powder, basil, parsley, oregano, rosemary, and nutmeg. Stir along the way. Add the tomato sauce, the cocoa powder, the chopped dried tomatoes, date syrup and the bell pepper. Stir and put the lid on top of the pan. Let it simmer for 30 minutes on low heat.

For the faux bechamel, heat up the water with the veggie stock until boiling. Take it off the heat and gradually add a tablespoon of flour while whisking. As soon as you reached a smooth, thick mixture stop adding flour. Fold in the nutritional yeast.

In a casserole, start by layering a bit of the tomato sauce to the bottom. Then add lasagna sheets, tomato sauce, and bechamel. Repeat this until your casserole is full or you have run out of sauce.

Bake your lasagna at 180 degrees for about half an hour.





# CHICKPEA CARROT PANCAKES



4 pancakes



20 minutes



easy

## Ingredients

- 1 clove garlic
- 1 small onion
- 160g chickpeas
- 160g zucchini
- 160g carrot
- 4 chia eggs
- squeeze of lemon juice
- 2 tablespoons flour
- condiments
- bread crumbs

*Chickpeas can be used in a variety of ways. For example, they can be transformed into these healthy pancakes. You may as well call them burgers.*

Start by soaking the chia seeds, 4 tablespoons, with 8 tablespoons of water.

Next, grate the zucchini and the carrot and finely chop the onion and garlic.

Put the zucchini, the garlic, the onion, the carrot and the chickpeas into a bowl and mash everything up. Add the flour, the chia eggs, the lemon juice and condiments such as paprika powder, pepper and curry powder to your taste.

Mash it up again until you get a sticky mixture.

With your hands, form little balls and press them down until you get that burger like shape.

Cover them with breadcrumbs.

You can bake them out in a pan or even in your oven until golden brown.

Serve it with a salad, a sauce or even on its own, just be creative.

# ZUCCHINI POTATO FRITTERS



4 fritters



20 minutes



easy

## Ingredients

- 100g boiled potatoes
- 60g zucchini
- 1/2 small onion
- 1 chia egg
- squeeze of lemon juice
- 1 tablespoon breadcrumbs
- condiments

*How to eat your veggies in a fun way? Right with these fritters. Zucchini fritters are also great served as a side dish or for brekkie at the weekend.*

Boil the potatoes if you haven't, grate the zucchini and dice the onion. Soak 1 tablespoon of chia with 2 tablespoons of water.

Transfer everything to a bowl and mash it together. add some lemon juice, the breadcrumbs and, condiments like paprika powder, pepper, tomato powder, turmeric, caraway and nutmeg.

You can use your hands to really make it all stick together. Divide into 4 balls and form patties with them. Bake them out in a pan or in the oven until golden brown.

Serve when still hot.





# MAC'N'CHEESE



serves: 2



25 minutes



easy

## Ingredients

- 150g macaroni
- 50g soaked cashews
- 100g potatoes
- juice of 1 lemon
- 30g coconut milk
- 40ml water
- 1/2 onion
- 10g carrots
- 10g nutritional yeast
- 1/2 garlic clove
- cayenne pepper
- paprika powder

*There is no need to give up cheese on a vegan diet. There are plenty of alternatives out there if you really want. Or just make your own "cheese" style pasta.*

Cook the potatoes, the onion, and the carrots until soft. Transfer these to a blender or food processor.

Add in the remaining ingredients, except for the pasta and blend until smooth.

Cook the pasta according to the instructions. Once everything is ready, mix it together and stir.

Serve with some leafy greens and fresh tomatoes. Feel free to add any veggies you like.





# PASTA POTATO BALLS



8 balls



20 minutes



medium

## Ingredients

- 100g pasta
- 4 tablespoons pesto
- 60g cooked potatoes
- squeeze of lemon juice
- paprika powder
- breadcrumbs

*Looking for some balls to add to your sauce, add to your sandwich or just as a snack to take with you on a busy day? Well, here you go. They are perfectly soft and gooey.*

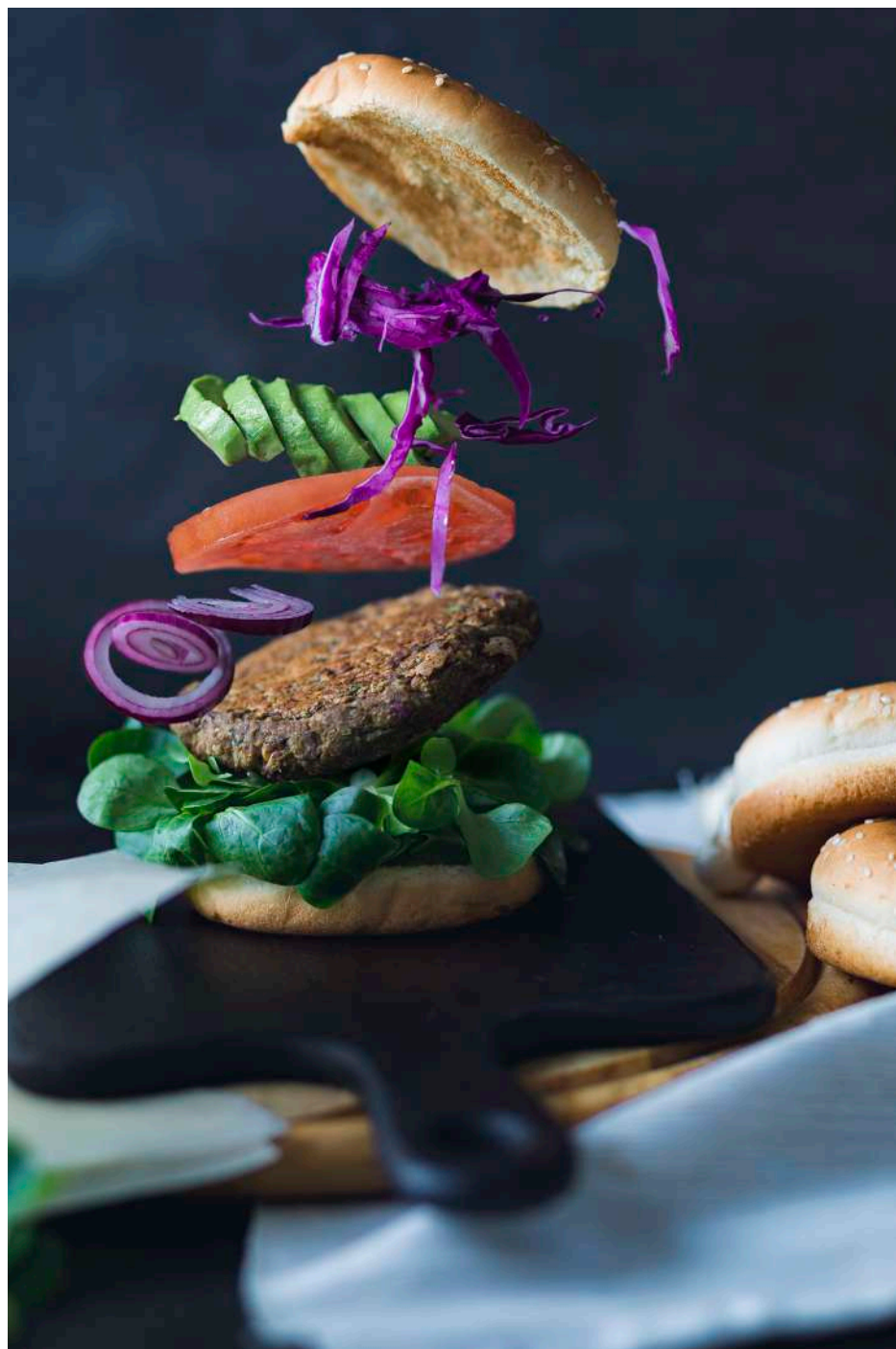
Cook the pasta and the potatoes. You can even boil them in one pan.

When ready, add them to a food processor or a bowl and mix it with a hand mixer for a little bit. Add in the pesto, the paprika powder, other spices if you like and the lemon juice. Mix again until you get a uniform, sticky dough.

Form little balls with your hands. If you wet your hands in advance, the dough won't stick as much.

When ready, roll the pasta balls in breadcrumbs and cook or bake them in the oven.

Add to whatever dish or side you want and enjoy.





# LENTIL BURGER



serves: 2



20 minutes



easy

## Ingredients

- 200g lentils (canned)
  - 1/2 teaspoon veggie stock
  - 1 small red onion
  - juice of 1/4 lemon
  - handful lamb's lettuce
  - 1 garlic clove
  - 25g walnuts
  - 20g breadcrumbs
  - pepper
- burger bread rolls, lamb's lettuce, tomato slices, avocado, red cabbage, tomato sauce, onion slices,...

*Freshly made burgers are the best aren't they? These lentil burger are sure to satisfy your craving. They come with some healthy greens as well.*

Add the lentils, the veggie stock, the diced onion and garlic, the lemon juice, the walnuts, the bread crumbs, the lettuce and the pepper into a food processor or blender.

Blend until you get a sticky dough. It doesn't have to be super smooth.

Divide the mix into 2 portions and form patties with it. In a pan, fry the burger patties with 1 tablespoon of water until golden brown and crispy on the outside.

Toast the bread rolls and top it off with whatever you fancy or the ingredients I suggested. Add tomato sauce and enjoy!



# SUSHI BOWL



serves: 1



20 minutes



easy

## Ingredients

### rice

- 50g sushi rice
- 1 teaspoon date sugar
- 4 teaspoons rice vinegar

### bowl

- 1 carrot
- 100g baked tofu
- cucumber
- 100g edamame
- 1/2 avocado
- sesame seeds
- wakame flakes

### dressing

- 2 teaspoons lemon juice
- 1 teaspoon soy yogurt
- 1 teaspoon date sugar
- 1 teaspoon peanut butter
- 2 teaspoons coconut milk
- garlic powder, chili, pepper

*If you are craving sushi but just don't want to put all the effort into rolling your own, this all in one bowl comes in pretty handy.*

Start by cooking the rice with triple the amount of water. Bring to a boil, reduce heat and put a lid on top. When all the liquid is gone, add the sugar and the vinegar and let it cool down for 5 minutes.

In a pan start to heat the tofu and add a marinade made out of 1/2 teaspoon date sugar, 1 teaspoon peanut butter, 3 teaspoons soy sauce and 1 teaspoon water. Stir well and add some sesame seeds.

Mix all the ingredients for the dressing together until well combined

Cut all the veggies and arrange them along with the rice and tofu in a bowl. Add the wakame flakes and the dressing.



# CRISPY TOFU TACOS



serves: 2



15 minutes



easy

## Ingredients

### filling

- 1 block tofu
- chili
- paprika powder
- garlic powder
- juice of 1/2 lemon
- bread crumbs
- red cabbage
- carrots
- soft tacos

### sauce

- juice of 1/2 lime
- chili
- pepper
- garlic powder
- cumin
- 3 tablespoons soy yoghurt

*Tofu may be boring. But prepared in an interesting way it will make such an incredible dish that you wish you tried tofu earlier. Crispy tofu is one of my favorites.*

Cut the tofu into little cubes. Add them to a bowl and season with chili, garlic powder, and paprika powder. Add the lemon juice and stir until the tofu is completely covered.

Add in breadcrumbs until the tofu is coated.

Place the tofu on a baking sheet and bake at 180 degrees for about 20 minutes or until crunchy but still soft on the inside.

Prepare the sauce in the meantime. Add all the ingredients and stir. It is as easy as that. Season according to taste.

Cut the cabbage and grate the carrot. Mix it with the sauce.

As soon the tofu is ready, fill the tacos with the veggies and the tofu, add some fresh parsley and you are good to go.

Feel free to add whatever ingredients you like to fill your taco.





# CHICKPEA CURRY



serves: 2



30 minutes



easy

## Ingredients

- 150g basmati rice
- 1 red onion
- 1 garlic clove
- 220g coconut milk
- 160g tomato sauce
- 200g chickpeas
- 100g cauliflower
- 1 and 1/2 teaspoon garam masala
- 2 teaspoons curry powder
- fresh cilantro

*Creamy curry with the all-time favorite in the kitchen: chickpeas. The color and texture of this one are just surreal so try making this comfort food asap.*

Cut the onion and garlic into little cubes and heat it up in a pan with a little water until the onion softens. Add the cauliflower, diced into little florets. Add the spices and the tomato sauce, let it simmer for a little while.

Add the chickpeas and the coconut milk, stir and put the lid on the pan. On low heat, let it simmer for about 10 minutes until the curry starts to thicken.

Cook the rice according to the package.

Make the dish ready to serve by adding some fresh cilantro.

Hope you enjoy this one as much as I do!

# OVEN POTATOES WITH DIP



serves: 1



40 minutes



easy

## Ingredients

- 200g potatoes

### coating

- 2 tablespoons flaxseeds
- 8 tablespoons water
- spices
- bread crumbs

### sweet and sour dip

- 80ml water
- 1 teaspoon soy sauce
- 4 tablespoons date sirup
- 2 tablespoons rice vinegar
- 1 tablespoon tomato sauce
- 2 teaspoons flour or cornstarch

*Everybody knows simple oven roasted potatoes but this recipe will take them to the next level - trust me.*

Slice the potatoes and soak them in water for 30 minutes, this will give them that extra crunch.

While the potatoes are soaking, start making the dip. Dissolve the flour or cornstarch in water, add the remaining ingredients and whisk until there are no more lumps. Bring the mix to a boil and reduce heat until the dip starts to thicken. Remove from heat and let it cool.

Continue with the coating for the potatoes. Add the flaxseeds, the water and spices like tomato powder, onion powder, turmeric, pepper, paprika powder and nutmeg into a small blender or food processor. Blend it up.

Drain the potatoes, add the coating and stir. Cover the whole lot in breadcrumbs and place the potatoes on a baking sheet. Bake in the oven at 200 degrees until golden brown, for about 30 minutes.





# COUS COUS SALAD



serves: 1



10 minutes



easy

## Ingredients

### salad

- 50g couscous
- vegetable broth powder
- 1 carrot
- 3 strawberries
- cucumber
- corn
- dried cranberries
- 1 spring onion
- mint leaves
- 4 cherry tomatoes

### yogurt mint dressing

- 4 large mint leaves
- juice 1/2 lemon
- 4 teaspoons soy yogurt
- black pepper
- little garlic

*Easy salad for the warm days if you feel like salad but don't want to miss out on some carbs - here in the form of some couscous.*

Add the couscous and 1/2 teaspoon of veggie broth to a pan and add 100ml hot water to it. Cover with a lid and let it soak.

Slice all the veggies, add a handful of dried cranberries and a few mint leaves to a bowl.

For the dressing, add everything to a blender or food processor and blend until everything is incorporated.

Add the couscous to your bowl, top it off with the dressing and you are good to go.



# PEANUT STIR FRY



serves: 1



20 minutes



easy

## Ingredients

- 100g rice noodles
- 50g zucchini
- 40g soy sprouts
- 20g corn
- 50g baked tofu
- 40g broccoli
- 60g pepper
- 5 pak choi leaves
- 30g chopped peanuts
- 1/2 teaspoon curry paste
- 10 tablespoons coconut milk
- 10 tablespoons water
- 1 tablespoon soy sauce
- squeeze of lemon juice
- spices

*Asian fusion kitchen is so simple and so yummy. If you are craving pasta but actually want to eat rice, these noodles are a good compromise.*

Soak the rice noodles in hot water. Once soft, transfer to a pan, add the curry paste, the soy sauce, a squeeze of lemon juice, the tofu and spices like garlic powder, chili, fennel, cilantro, cumin, and turmeric.

Let the pasta fry for a couple of minutes before adding the water and the coconut milk.

Chop up the veggies except for the pak choi and add them to your pan as well. Let it all simmer on low heat until the milk is absorbed. Add the peanuts and pak choi right before taking the pan off the heat and just let the leaves get soft. Dish it up and enjoy.







# ROASTED CHICKPEAS



serves: 1



25 minutes



easy

## Ingredients

- 200g chickpeas
- 30g flour
- spices
- 50-60ml chickpea brine

*These are perfect for a little snack or as an amazing add-on to salads or bread rolls. Try them yourself and you will be amazed*

Add the flour, spices like garlic powder, onion powder, chili, turmeric and mustard seed in a bowl. Pour in the chickpea brine and stir until you get a rather thick, creamy texture. Add the chickpeas and coat them well in the mix.

Place the coated chickpeas onto a baking tray and bake until crispy, about 20 minutes at 200 degrees.





# CHILI SIN CARNE



serves: 2



70 minutes



easy

## Ingredients

- 1 red onion
- 1 bell pepper
- 400g potatoes
- 150g corn
- 200g kidney beans
- 2 carrots
- juice 1/2 lemon
- basil
- 1 teaspoon cocoa powder
- condiments
- 200 ml tomato sauce
- 150 ml water
- yogurt
- tortillas

*The easiest all in one bowl chili you will ever make, fast to assemble, let it simmer and when the hunger strikes, get yourself a portion. You are welcome.*

Slice all the veggies and start by heating the onion with a little water until it gets soft. Add the rest of the veggies, the lemon juice, the tomato sauce, the water, the cocoa powder and the condiments. I used paprika powder, mustard seed, chili, cumin, garlic powder, and thyme.

Heat it up until the chili is boiling, then reduce heat to a low temperature and let it simmer for about an hour. Add in basil and serve it together with yogurt and tortillas.

Enjoy your meal!

# WALNUT CRUMBLE GNOCCHI



serves:2



35 minutes



medium

## Ingredients

### gnocchi

- 200g potatoes
- 100g flour

### walnut crumble

- 30g walnuts
- 2 chia eggs  
(2 tbsp chia seeds + 4 tbsp water)
- pepper
- 2 tablespoons nutritional yeast
- paprika powder

*For me the home made gnocchis tasted better than the store bought. By far! Make sure to try these and let me know your thoughts.*

Skin and boil the potatoes. Once soft, drain and mash them thoroughly. Gradually add the flour and continue kneading until all the flour is used up and you have a dough that isn't sticky but is still soft.

Cut the dough into 4 pieces and roll them into a sausage in the thickness of a finger.

Cut the sausage into chunks. If you want to, you can roll the gnocchi down the back of a fork to give it that nice texture but this is optional.

In a pot bring water to a boil and place the gnocchi in small batches in the water. As soon as they float to the top they are ready. Fish them out. Now you can add them to your favorite sauce or fry them in a pan.

For the crumble, combine all the ingredients, mash them together and crumble them onto a baking sheet. Let them bake in the oven for about 15 minutes at 160 degrees or until crunchy. Serve the gnocchi with the crumble, pesto, peas and dried tomatoes. Enjoy!





# PASTA SANDWICHES



serves: 1-2



15 minutes



easy

## Ingredients

- bread rolls
- 80g pasta
- 50g kidney beans
- 1 clove garlic
- 1 carrot
- juice of 1/2 lemon
- 30g corn
- 30g grated zucchini
- 5 tablespoons tomato sauce
- paprika powder
- 5 tablespoons water
- 2 tablespoons nutritional yeast
- lettuce
- cucumber

*This is more like a gimmick. When my brothers and me where children and went camping, we always used to put our pasta inside of a baguette. Try it and smile while eating it!*

Start by cooking the pasta according to the packaging.

Add the kidney beans, the garlic clove, the tomato sauce, the water, the lemon juice and the paprika powder to a food processor and mix until smooth.

Grate the zucchini, slice the carrot and add them to a pan. Add the corn, the bean sauce and the nutritional yeast. Heat it up and add the pasta to the sauce. Let it sit in the pan while stirring occasionally and make it ready to serve by adding the pasta to a baguette or bread roll.

Have fun with this little childhood memory, hope it will make you smile a bit.

# RICE AND WALNUT PANCAKES



serves: 1



30 minutes



medium

## Ingredients

### pancake

- 100g rice
- 50g walnuts
- 50g peanut flour
- condiments
- 3 teaspoons chia seeds
- fresh mint
- lemon juice
- 400ml water
- 80g oats

### filling

- spinach
- hummus
- bell pepper

*If you want pancakes but are not craving something sweet, this is right for you. Add hummus and you are good to go.*

Cook the rice according to instructions. Add all the ingredients for the pancakes, except for the oats in a blender. Add in condiments like paprika powder, mustard seed, chili, thyme, garlic powder, and pepper. Mix it and add oats once you are done. let it sit for about 10 minutes.

Heat up a nonstick pan and start by adding two tablespoons for one pancake to it.

These pancakes need to stay in the pan much longer than your breakfast pancakes, so be patient. Once the batter has hardened and is golden brown on the baking side, flip the pancake around and let it sit in the pan until fully baked through. Repeat until the batter is gone.

Serve with spinach, hummus, bell pepper and some more walnuts.







# RAINBOW SALAD



serves: 2



15 minutes



easy

## Ingredients

### salad

- 100g eby sun wheat
- 1 medium carrot
- 100g lentils
- 70g red cabbage
- 1/2 red bell pepper
- 40g corn
- raspberries
- 2 handful leafy greens

### dressing

- juice of 1/2 lemon
- 1/2 teaspoon mustard
- 1 teaspoon date sirup
- paprika powder
- 2 tablespoons water

*Beautiful colors that just scream to be indulged in. Eating the rainbow is not only fun but also really healthy because you get all the different nutrients.*

Cook the eby's according to the package. If you don't have eby's you can use other whole grains such as buckwheat, quinoa, and millet.

Grate the carrot, thinly slice the cabbage and the bell pepper.

Add all the ingredients for the salad in a bowl.

The dressing is super simple as well. Just combine everything, stir thoroughly and add it to your salad. Toss the salad, and you are good to go.

This one is perfect for a meal on hot days or as a side for example with the kniddel (p.82)

# I am a Scorpionmind



The name scorpionmind came to life after an intense yoga training. I was playing with the idea of opening an Instagram channel because my yoga teacher at the time had built a little community and I wanted to be a part of it all. Since then I have come a long way, in a bodily and mental way.

The thing is that if you want to be a scorpionmind, you have to start thinking outside of the box, think different and follow your highest excitement.

Cause only when you are happy and think happy, the best things will come to you. Cause a happy mind will attract happy vibes.

So go ahead, transform your thoughts and the rest will follow. Believe in your dreams and do everything to get to that point, even if it may seem hard. If you truly love something, it will not

seem like work. You will be working for your highest excitement and will make you happy and feel fulfilled.

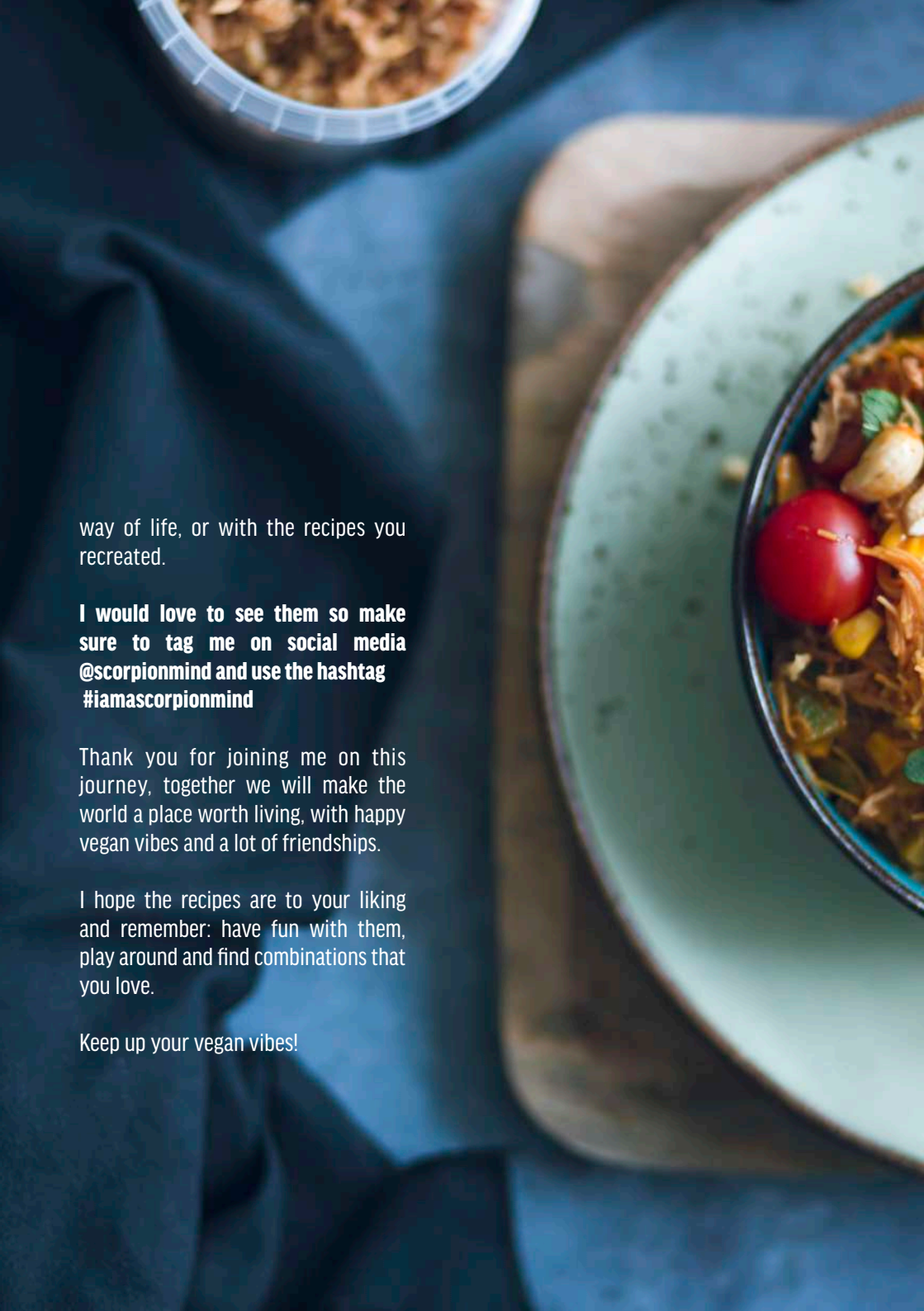
Start questioning the mainstream media, form your own beliefs and do what feels right.

I quit my bureau job to work for myself, cook delicious food and make photography and sharing my impressions with you guys my living.

It is not about how much money I make, that will follow, it is about what I love doing and if I feel good about myself.

Be a scorpionmind yourself, follow your highest bliss and share your journey with me. I would love to know how you are doing and what your thoughts are.

If you feel inspired by me, be it with my

A top-down view of a meal. On the right, a light green ceramic bowl with a dark rim contains a salad of shredded orange carrots, yellow corn, green herbs, and a single red cherry tomato. To the left of this bowl, a small clear plastic container holds brown, crumbly food. The background is a dark blue fabric.

way of life, or with the recipes you recreated.

**I would love to see them so make sure to tag me on social media @scorpionmind and use the hashtag #iamascorpionmind**

Thank you for joining me on this journey, together we will make the world a place worth living, with happy vegan vibes and a lot of friendships.

I hope the recipes are to your liking and remember: have fun with them, play around and find combinations that you love.

Keep up your vegan vibes!

# Discount Codes

So that you can experience the same I do every day.

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save 30% on all nu3 and beavita products with: **NU3TANJA30**  
(sports nutrition, nut butter, and powders)

## **korodrogerie.de**

save 5% on all koro products with: **scorpion**  
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save 10% on all sunwarrior products with: **scorpionmind**  
(protein powder & protein bars)





Love!



BY SCORPIONMIND

[tanjanoetschaele@gmail.com](mailto:tanjanoetschaele@gmail.com)