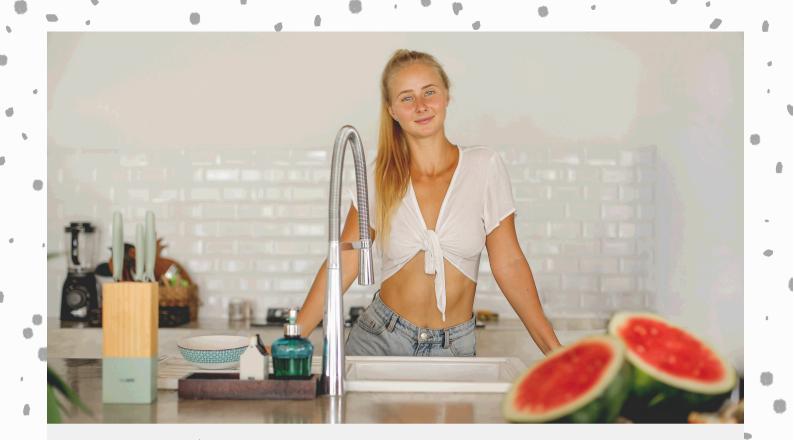
SET SENSATIONS by WIOLETTA TUSCHNIO

0000 66600

21 whole food plant based recipes that make your soul happy our ish your body



Hey sweet people,

My name is Wioletta and I am a highly passioned plant based foodie. On my very own journey to a healthy vegan diet, I had discovered not only a bunch of fruits and vegetables I had not heard of before, but also how easy, yet delicious cooking can be.

I see many people struggling to find either time, equipment or skills to prepare fresh and healthy food. What if I told you that you do not need any of that! My recipes are all about whole foods, which I realized is the easiest way to cook, as there are no long processes! Your body will thank you for that, as well as your wallet and time.

Before we get started, I want to share some key facts about this book. All recipes you will find in here are:

- Oil free
- Salt free
- Sugar free
- Refined carbs free
- Can be made nut & gluten free
- Mostly prepared in less than 15 minutes
- Serve one serving
- Easy to make and do not require any kitchen skills.

You will also see that I will give you some freedom to choose your own toppings for each meal. I want you to play around and see what you like best, what works for me, does not necessarily need to be working for you. So always feel free to adjust ingredients - see the recipe as an inspiration, rather than instruction. If you do not have flax seeds at home, use chia seeds! If you ran out of apples - pears or bananas will do it too! Maybe you will discover even tastier combinations, I would be happy if you share those with me, we are here to learn from one another.

Despite the fact that I am not counting any macros, I have included those for each recipe. The numbers are for the base (such as smoothie, porridge, batter) without the toppings included. This way you can choose yourself whether you would like to include more protein or fats to a meal and adjust the calories to your own needs.

You can, for example, be adding protein powder to almost all of the dishes, which I do myself. However this is optional, so it is not part of the recipes.

Lastly, this recipe book contains 21 sweet recipes. As I am a big fan of sweet breakfasts myself, I decided to create "SWEET SENSATIONS". I have also included some cookie or brownie recipes and the best part about them is: they are that healthy that they can be eaten guiltfree for breakfast.

Are you ready to get inspired on how to prepare healthy whole foods without using any refined and highly processed ingredients? Then you have come to the right spot!



Share your creations with me and most importantly - enjoy!

With sweet love,

Wioletta



@wiolettatuschnio

Wioletta Tuschnio



@wiolettatuschnio



YELLOW TROPICAL SMOOTHIE BOWL

INGREDIENTS:

<u>smoothie:</u>

- 2 frozen bananas
- 1/2 mango
- 1/3 pineapple
- 1 tbsp hempseeds
- 1 tsp cinnamon
- splash of plant milk

toppings:

- banana
- mango
- strawberries
- hempseeds
- grated coconut

INSTRUCTIONS:

- blend all ingredients together
- serve in a bowl
- top with fresh fruits and/or other toppings of your choice

NUTRITIONAL FACTS & NOTES:

-high in potassium, vitamin B6, C, E,
magnesium, antioxidants & healthy fats
add protein powder for more protein
add papaya seeds for fiber, anticarcinogenic, antifunger and antiparasites

C: 100 - P: 7 - F: 7 - kcal: 450

GREEN SMOOTHIE BOWL

INGREDIENTS:

smoothie:

- 2 frozen bananas
- 1 cup kale
- 1 cup spinach
- 1/3 pineapple
- 1 tbsp hempseeds
- 1 tsp cinnamon
- splash of plant milk

toppings:

- fresh fruits
- goji berries
- hempseeds
- grated coconut

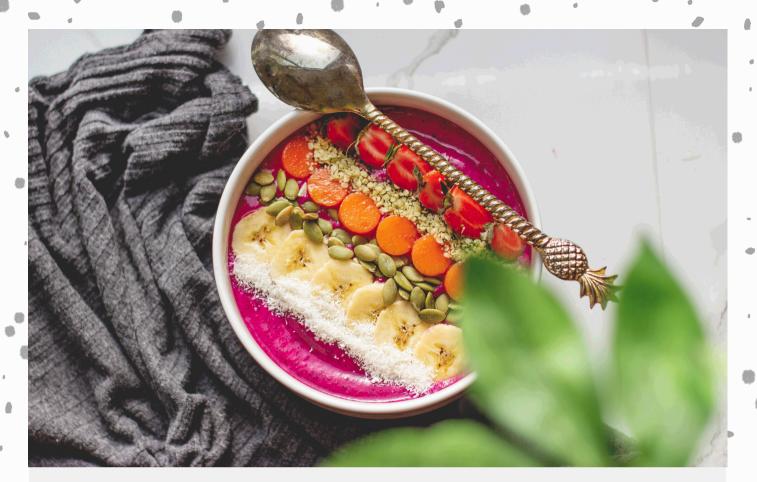
INSTRUCTIONS:

- blend all ingredients together
- serve in a bowl
- top with fresh fruits and/or other toppings of your choice

NUTRITIONAL FACT & NOTES:

high in potassium, vitamin A, C, K, B6,
manganese, antioxidants & healthy fats
add protein powder for more protein
add papaya seeds for fiber, anticarcinogenic, antifunger and antiparasites

C: 80 - P: 10 - F: 7 - kcal: 370



PINK SMOOTHIEBOWL

INGREDIENTS:

INSTRUCTIONS:

- blend all ingredients together
- serve in a bowl
- top with fresh fruits and/or other toppings of your choice

NUTRITIONAL FACTS & NOTES

-high in potassium, vitamin B6, C, antioxidants & healthy fats

- add protein powder for more protein
- add papaya seeds for fiber, anticarcino-
- genic, antifunger and antiparasites

C: 85 - P: 7 - F: 9 - kcal: 400

smoothie:

- 2 frozen bananas
- 1 1/2 cup frozen dragonfruit or/and berries
- 1 tbsp flax seeds
- 1 tsp cinnamon
- splash of plant milk

<u>toppings:</u>

- fresh fruits
- hempseeds
- pumpkin seeds
- grated coconut



NICECREAM & PORRIDGE

INGREDIENTS:

<u>smoothie:</u> -choose one of the three smoothie bases

porridge:

- 1/2 cup oats
- 1/2 cup water
- 1/2 cup plant milk
- 1 tbsp flaxseeds
- 1 tsp cinnamon

toppings:

- fresh fruits
- hemp seeds

INSTRUCTIONS:

- prepare smoothie as in smoothie recipe
- cook oats with all ingredients in a pot
- top with fresh fruits and/or other toppings of your choice

NUTRITIONAL FACTS & NOTES:

-high in potassium, vitamin B6, C, E,
magnesium, antioxidants & healthy fats
add protein powder for more protein
add papaya seeds for fiber, anticarcinogenic, antifunger and antiparasites

C: 115 - P: 15 - F: 15 - kcal: 740



OAT PORRIDGE

INGREDIENTS:

INSTRUCTIONS:

- porridge:
- 1 cup oats
- 1 cup water
- 1 cup plant milk
- 1 tbsp flax seeds
- 1 tsp cinnamon

toppings:

- banana
- strawberries
- cacao nibs
- peanut butter

- cook oats with all ingredients in a pot
- serve in a bowl
- top with fresh fruits and/or other toppings of your choice

NUTRITIONAL FACTS & NOTES:

-high in iron, calcium, manganese, zinc, phosphorus, magnesium, copper, B vitamins, D & E antioxidants & healthy fats
- add protein powder for more protein
- add cold plant milk when serving

C: 60 - P: 14 - F: 10 - kcal: 390

CHOC ZUCCHINI OAT PORRIDGE

INGREDIENTS:

INSTRUCTIONS:

porridge:

- 1 cup oats
- 1 cup water
- 1 cup plant milk
- 1 tbsp flax seeds
- 1 tsp cinnamon
- 3/4 cup grated zucchini
- 1 tbsp cacao powder
- toppings:
 - fresh fruits
 - cacao nibs
- -chocolate chunks

- cook oats with all ingredients in a pot
- serve in a bowl
- top with fresh fruits and/or other toppings of your choice

NUTRITIONAL FACTS & NOTES:

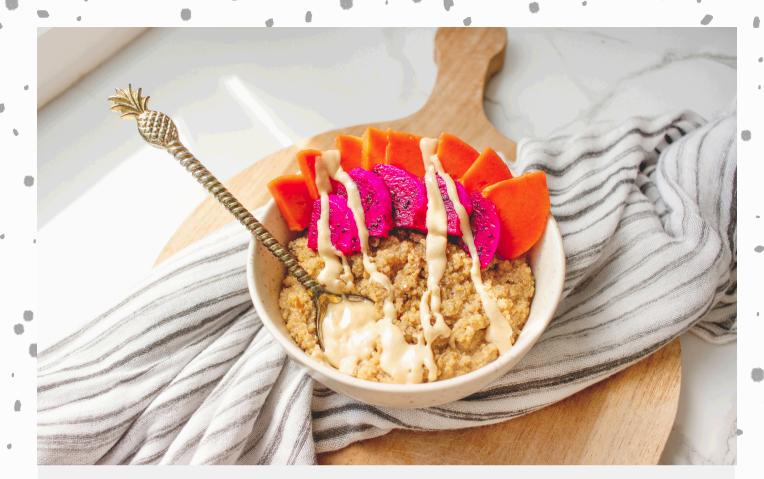
-high in iron, calcium, manganese, zinc, phosphorus, magnesium, copper, B vitamins, D & E antioxidants & healthy fats
- add protein powder for more protein
- add cold plant milk when serving

C: 70 - P: 18 - F: 13 - kcal: 465



RICE PORRIDGE

			-
	INGREDIENTS:	INSTRUCTIONS:	-
	<u>porridge:</u> - 1/2 cup rice (natural) - 1 cup plant milk - 2 chopped dates - 1 tsp cinnamon	 boil rice with dates & apple in plant milk (add more if needed) until very soft serve in a bowl top with toppings of your choice 	
	- 1 cup apple (chopped)	NUTRITIONAL FACTS & NOTES:	
	<u>toppings:</u> - almonds - drizzle of maple syrup - poached or panfried apple	 high in calcium, iron, antioxidants, fiber, magnesium, manganese, vitamin A, D & B you can use left over/already cooked rice makes a great dessert served with maple syrup 	
4		• •	
		C: 85 - P: 8 - F: 5 - kcal: 400	



QUINOA PORRIDGE

INGREDIENTS:

porridge:

- 1 cup quinoa
- 1 cup water
- 1 cup plant milk
- 1 tsp cinnamon
- 2 dates
- 1 tbsp flax seeds

toppings:

- papaya
- dragonfruit
- almond butter
- cold plant milk

INSTRUCTIONS:

- cook quinoa with all ingredients
- serve in a bowl
- top with fresh fruits and/or other toppings of your choice

NUTRITIONAL FACTS & NOTES:

-high in fiber, protein, manganese, magnesium, iron, calcium, copper, zinc, vitamin D, E & B, magnesium, antioxidants & healthy fats

- serve with cold plant milk on top

C: 125 - P: 25 - F: 16 - kcal: 745



SWEET POTATO PORRIDGE BOWL

INGREDIENTS: INSTRUCTIONS:

	- raisins	 combine sweet potato with all ingre- dients until mushy consisteny panfry soaked dates and pineapple until crispy serve with more nut butter on top NUTRITIONAL FACTS & NOTES:
		 vitamin A, C, D, E, calcium, iron, copper, magnesium, manganese, fiber, potassium makes a great desser or warming break- fast tastes best when warm
		C: 47 - P: 10 - F: 14 - kcal: 345

6

APPLE PIE OVERNIGHT OATS

8	porridge: - 1/2 cup oats - 3/4 cup plant milk - 1/2 cup chopped apple - 1 tbsp rasins - 1 tsp cinnamon - 1 tbsp hemp seeds - 1 tbsp cashewbutter toppings: - more apple - raisins	 combine all ingredients together place in fridge in closed container over night or at least 4 hours serve in a bowl or eat from container NUTRITIONAL FACTS & NOTES:
		 high in B vitamins, E, D, manganese, calcium, magnesium, phosphorus, copper, zinc, antioxidants & healthy fats add protein powder for more protein great as meal prep / to go
		C. 50 - P. 13 - F. 18 - kcol. 390

CARROT CAKE OVERNIGHT OATS

INGREDIENTS: INSTRUCTIONS:

porridge: - 1/2 cup oats - 3/4 cup plant milk - 1/4 cup grated carrot - 1 tsp flax seeds - 2 tsp coconut flakes	 combine all ingredients together place in fridge in closed container over night or at least 4 hours serve in a bowl or eat from container NUTRITIONAL FACTS & NOTES:
1	NUTHITIONAL FACTS & NOTES:
- 1 tsp cinnamon - 2 tsp cashews	-high in B vitamins, A, E, manganese, iron, calcium, magnesium, phosphorus, fiber
<u>toppings:</u> - carrot - coconut flakes - nut butter	copper, zinc, antioxidants & healthy fats - add protein powder for more protein - great as meal prep / to go
	C: 40 - P: 10 - F: 15 - kcal: 315

BERRY SWIRL OVERNIGHT OATS

	<u>porridge:</u> - 1/2 cup oats - 3/4 cup plant milk - 1/4 strawberries (fresh) - 1/4 cup frozen berries	 combine all ingredients together place in fridge in closed container over night or at least 4 hours serve in a bowl or eat from container NUTRITIONAL FACTS & NOTES:
	- vanilla extract	
	- 1 tsp cinnamon - 1 tsp hemp seeds	-high in B vitamins, C, E, manganese, cal- cium, magnesium, phosphorus, copper, zinc, antioxidants, fiber & healthy fats
	<u>toppings:</u>	- add protein powder for higher protein
	- more berries	- great as meal prep / to go
4	- hemp seeds	
		C: 50 - P: 13 - F: 18 - kcal: 270



PB BANANA OVERNIGHT OATS

INGREDIENTS:

porridge:

- 1/2 cup oats
- 3/4 cup plant milk
- 1 tbsp flax seeds
- 1/4 cup banana
- (mashed or chopped)
- 1 tbsp peanut butter
- 1 tsp cinnamon

toppings:

- banana
- peanut butter

INSTRUCTIONS:

- combine all ingredients together
- place in fridge in closed container over night or at least 4 hours
- serve in a bowl or eat from container

NUTRITIONAL FACTS & NOTES:

-high in B vitamins, E, D, manganese, calcium, magnesium, phosphorus, copper, zinc, antioxidants & healthy fats

- add protein powder for higher protein
- great as meal prep / to go

C: 50 - P: 13 - F: 15 - kcal: 370



BANANA OAT PANCAKES

INGREDIENTS:

INSTRUCTIONS:

pancakes:

- 1 cup oats
- 1/2 water
- 1/2 cup plant milk
- -1banana
- -1 tsp cinnamon
- 1 tbsp flax seeds
- optional: 1 scoop
- protein powder
- toppings:
 - fresh fruits
 - nut butter
 - maple syrup

- mix all ingredients together (in a bowl or blender) until dough consistency - fry in a pan until golden

- serve with toppings stacked or individual
- NUTRITIONAL FACTS & NOTES:

-high in B vitamins, E, manganese, calcium, magnesium, phosphorus, copper, zinc, potassium, antioxidants & healthy fats - add protein powder for more protein - best when served hot

C: 85 - P: 15 - F: 10 - kcal: 475



	INGREDIENTS:	INSTRUCTIONS:
	pancakes: - 1 cup plant milk - 1 cup flour or oats - 1/2 cup pumpkin puree - 1 tbsp pumpkin spice - 1 tbsp flaxseeds	 mix all ingredients together (in a bowl or blender) until smooth consistency fry in a pan until golden serve with toppings stacked or individual NUTRITIONAL FACTS & NOTES:
	<u>toppings:</u> - pumpkin puree - pumpkin seeds - cinnamon	 high in B vitamins, A, E, D, magnesium, calcium, phosphorus, copper, zinc, & healt- hy fats add protein powder for more protein best when served hot
		C: 75 - P: 15 - F: 12 - kcal: 485

CARGE In

FRUITY CREPES ROLLS

<u>crepes:</u> - 1 cup flour - 1 cup water - 1/2 cup plant milk - 1 tsp baking powder - vanilla extract	 mix all ingredients together (in a bowl or blender) until dough consistency fry in a pan until golden serve with fresh fruits and nut butter rolled in each crepe NUTRITIONAL FACTS & NOTES:
 1 tsp cinnamon filling/toppings: fresh fruits hemp seeds nut butter on each crepe 	 -high in vitamin B 1, E, D, calcium, zinc, magnesium, phosphorus, copper, antioxi- dants & healthy fats - use whole meal flour or oat flour - yummy with fruity sauce or maple syrup C: 60 - P: 12 - F: 8 - kcal: 350
T 4	

FRUITY SWEET POTATO TOAST

	toast: - 1 sweet potato (raw) <u>toppings:</u> - nut butter - fresh fruits - seeds - shredded coconut - cacao nibs	 cut sweet potato in thin slices toast in toaster, oven or pan spread nut butter on each slice top with fruits, seeds, shredded coco- nut or other toppings if desired NUTRITIONAL FACTS & NOTES:
		 -high in vitamin B6, A, D, manganese, potassium - sweet potato can be eaten raw! - macros are counted only for the sweet potato itself
		C: 40 - P: 3 - F: 0 - kcal: 175



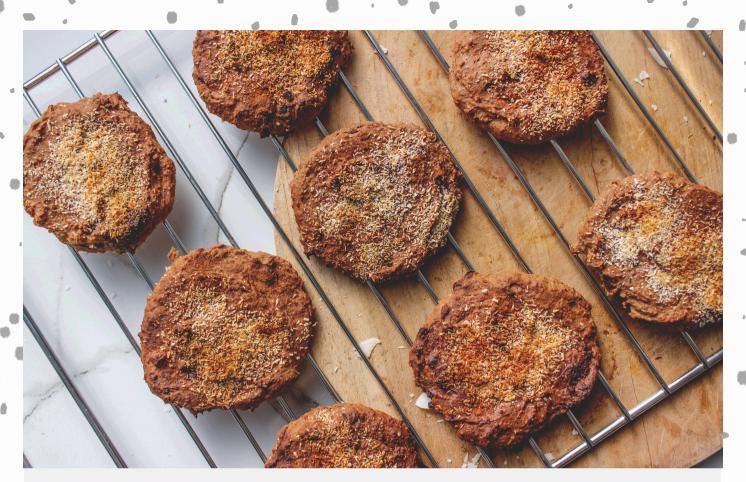
BANANA FRENCH TOAST

	INGREDIENTS:	INSTRUCTIONS:
	<u>toast:</u> - 1 banana (mashed) - 1 cup plant milk - 1 tsp cinnamon - bread or toast of	 whisk all ingredients together marinate toast in batter pan fry until golden and slighty crispy serve stacked with fresh fruits
	your choice	NUTRITIONAL FACTS & NOTES:
Ĵ	<u>toppings:</u> - fresh fruits - shredded coconut - drizzle of maple syrup	 high in pottasium, antioxidants, fiber choose a wholegrain or sourdough bread for more nutrients old breads works even better macros are counted without bread!
		C: 28 - P: 3 - F: 3 - kcal: 135



SWEET POTATO BROWNIE

INGREDIENTS:	INSTRUCTIONS:	
<u>batter:</u> - 1 cup sweet potato (baked & mashed) - 1 mashed banana - 1/2 cup cacao powder	 combine all ingredients in a bowl until smooth and gewy batter consistency place on baking tray or in baking tin bake for 40 minutes on 200 degrees 	•
- 1 tsp cinnamon	NUTRITIONAL FACTS & NOTES:	
 - 1/2 cup dates (soaked) - plant milk if needed - add oats or flour if batter is too liquid toppings: 	 high in vitamin A, C, B6, iron, calcium, po- tassium, magnesium, mangenese, copper great as dessert, but can be eaten as breakfast too! store in container up to 6 days 	
- sliced almonds	C: 170 - P: 38 - F: 17 - kcal: 935	
- optional: chocolate		



BANANA OAT COOKIES

INGREDIENTS:

INSTRUCTIONS:

- combine all ingredients together
- form around 12 cookies on baking tray
- bake for 15-20 minutes on 190 degrees until firm and golden

NUTRITIONAL FACTS & NOTES:

high in potassium, healthy fats, iron,
B vitamins, E, calcium, magnesium, phosphorus, copper, zinc & antioxidants
store in container for a couple days
make a great to go breakfast

C: 138 - P: 45 - F: 70 - kcal: 1275

<u>batter:</u>

- 2 bananas (mashed)
- -1 cup oats
- 1/2 cup nut butter
- 1 tsp cinnamon
- optional: chocolate
- chunks or blueberries

<u>toppings:</u>

- shredded coconut



CHICKPEA COOKIES

batter: - 1 1/2 cup chickpeas (mashed) - 1/2 cup flour/oats - 1/2 cup nut butter - 4 dates (soaked) - 1 tsp cinnamon - 1 tsp baking powder - vanilla extract toppings: - raisins - shredded coconut	 combine ingredients in a bowl or food processor until smooth batter form around 16 cookies on baking tray bake for 13 minutes on 190 degrees until firm and golden (don't overbake) NUTRITIONAL FACTS & NOTES: high in protein, fiber, iron, calcium, mag- nesium, manganese, phosphorus, potassi- um, folate, vitamin E & B vitamins delicious as dessert or breakfast! try out different toppings
- coconut flakes	C: 125 - P: 52 - F: 70 - kcal: 1265

I hope you get to try and enjoy some of the delicious and nourishing recipes that I created with a lof of passion and thought behind each ingredient. I would love to see you recreating them - let us get more people to know about how tasty and still healthy sweet sensations can be. Spread the word on your socials or share them with me!

Lots of sweet love,

Wioletta

PS: this is the small version of my "SWEET SENSATIONS" recipe ebook, the full version is still in creation. But it will be my pleasure to send you the upgrated version for free, just message me!

