

# SWEET SENSATIONS

by WIOLETTA TUSCHNIO

A smiling blonde woman with long hair is standing in a modern kitchen. She is wearing a white square-neck crop top and tan high-waisted pants with a black belt. She is holding a coconut with a wooden stick through it. The kitchen has white cabinets, a wooden countertop, and a marble backsplash. There are several potted plants, including a large Monstera, and various fruits like papaya, dragon fruit, and bananas on the counter. The text "21 whole food plant based recipes that make your soul happy & nourish your body" is overlaid on the bottom right of the image.

21 whole food  
plant based  
recipes that make  
your soul happy  
& nourish your body





Hey sweet people,

My name is Wioletta and I am a highly passionate 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



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## YELLOW TROPICAL SMOOTHIE BOWL

### INGREDIENTS:

#### smoothie:

- 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, antifungal 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:

#### smoothie:

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

#### toppings:

- fresh fruits
- hempseeds
- pumpkin seeds
- 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, antioxidants & healthy fats
- add protein powder for more protein
- add papaya seeds for fiber, anticarcinogenic, antifungal and antiparasites

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





## NICECREAM & PORRIDGE

### INGREDIENTS:

#### smoothie:

-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:

#### 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

### INSTRUCTIONS:

- 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:

#### 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

### INSTRUCTIONS:

- 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:

#### porridge:

- 1/2 cup rice (natural)
- 1 cup plant milk
- 2 chopped dates
- 1 tsp cinnamon
- 1 cup apple (chopped)

#### toppings:

- almonds
- drizzle of maple syrup
- poached or panfried apple

### INSTRUCTIONS:

- 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

### NUTRITIONAL FACTS & NOTES:

- 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

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:

#### porridge:

- sweet potato (baked & mashed)
- 1 cup warm plant milk
- 1 tsp cinnamon
- 1 tbsp raisins
- 1 tbsp nuts
- 1 tbsp almond butter

#### toppings:

- date glazed pineapple
- raisins
- cashew butter

### INSTRUCTIONS:

- combine sweet potato with all ingredients until mushy consistency
- 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 dessert or warming breakfast
- tastes best when warm

C: 47 - P: 10 - F: 14 - kcal: 345





## APPLE PIE OVERNIGHT OATS

### INGREDIENTS:

#### 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

### 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 more protein
- great as meal prep / to go

C: 50 - P: 13 - F: 18 - kcal: 390



## CARROT CAKE OVERNIGHT OATS

### INGREDIENTS:

#### porridge:

- 1/2 cup oats
- 3/4 cup plant milk
- 1/4 cup grated carrot
- 1 tsp flax seeds
- 2 tsp coconut flakes
- 1 tsp cinnamon
- 2 tsp cashews

#### toppings:

- carrot
- coconut flakes
- nut 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, A, E, manganese, iron, calcium, magnesium, phosphorus, fiber 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

### INGREDIENTS:

#### porridge:

- 1/2 cup oats
- 3/4 cup plant milk
- 1/4 strawberries (fresh)
- 1/4 cup frozen berries
- vanilla extract
- 1 tsp cinnamon
- 1 tsp hemp seeds

#### toppings:

- more berries
- hemp seeds

### 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, C, E, manganese, calcium, magnesium, phosphorus, copper, zinc, antioxidants, fiber & healthy fats
- add protein powder for higher protein
- great as meal prep / to go

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:

#### pancakes:

- 1 cup oats
- 1/2 water
- 1/2 cup plant milk
- 1 banana
- 1 tsp cinnamon
- 1 tbsp flax seeds
- optional: 1 scoop protein powder

#### toppings:

- fresh fruits
- nut butter
- maple syrup

### INSTRUCTIONS:

- 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





## PUMPKIN PIE PANCAKES

### INGREDIENTS:

#### pancakes:

- 1 cup plant milk
- 1 cup flour or oats
- 1/2 cup pumpkin puree
- 1 tbsp pumpkin spice
- 1 tbsp flaxseeds

#### toppings:

- pumpkin puree
- pumpkin seeds
- cinnamon

### INSTRUCTIONS:

- 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:

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

C: 75 - P: 15 - F: 12 - kcal: 485





## FRUITY CREPES ROLLS

### INGREDIENTS:

#### crepes:

- 1 cup flour
- 1 cup water
- 1/2 cup plant milk
- 1 tsp baking powder
- vanilla extract
- 1 tsp cinnamon

#### filling/toppings:

- fresh fruits
- hemp seeds
- nut butter on each crepe

### INSTRUCTIONS:

- 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:

- high in vitamin B 1, E, D, calcium, zinc, magnesium, phosphorus, copper, antioxidants & healthy fats
- use whole meal flour or oat flour
- yummy with fruity sauce or maple syrup

C: 60 - P: 12 - F: 8 - kcal: 350





## FRUITY SWEET POTATO TOAST

### INGREDIENTS:

#### toast:

- 1 sweet potato (raw)

#### toppings:

- nut butter
- fresh fruits
- seeds
- shredded coconut
- cacao nibs

### INSTRUCTIONS:

- cut sweet potato in thin slices
- toast in toaster, oven or pan
- spread nut butter on each slice
- top with fruits, seeds, shredded coconut 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:

#### toast:

- 1 banana (mashed)
- 1 cup plant milk
- 1 tsp cinnamon
- bread or toast of your choice

#### toppings:

- fresh fruits
- shredded coconut
- drizzle of maple syrup

### INSTRUCTIONS:

- whisk all ingredients together
- marinate toast in batter
- pan fry until golden and slightly crispy
- serve stacked with fresh fruits

### NUTRITIONAL FACTS & NOTES:

- high in potassium, antioxidants, fiber
- choose a wholegrain or sourdough bread for more nutrients
- old breads work even better
- macros are counted without bread!

C: 28 - P: 3 - F: 3 - kcal: 135





## SWEET POTATO BROWNIE

### INGREDIENTS:

#### batter:

- 1 cup sweet potato (baked & mashed)
- 1 mashed banana
- 1/2 cup cacao powder
- 1 tsp cinnamon
- 1/2 cup dates (soaked)
- plant milk if needed
- add oats or flour if batter is too liquid

#### toppings:

- sliced almonds
- optional: chocolate

### INSTRUCTIONS:

- combine all ingredients in a bowl until smooth and gowy batter consistency
- place on baking tray or in baking tin
- bake for 40 minutes on 200 degrees

### NUTRITIONAL FACTS & NOTES:

- high in vitamin A, C, B6, iron, calcium, potassium, magnesium, manganese, copper
- great as dessert, but can be eaten as breakfast too!
- store in container up to 6 days

C: 170 - P: 38 - F: 17 - kcal: 935





## BANANA OAT COOKIES

### INGREDIENTS:

#### batter:

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

#### toppings:

- shredded coconut

### 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





## CHICKPEA COOKIES

### INGREDIENTS:

#### 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
- coconut flakes

### INSTRUCTIONS:

- 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, magnesium, manganese, phosphorus, potassium, folate, vitamin E & B vitamins
- delicious as dessert or breakfast!
- try out different toppings

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 lot 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 upgraded version for free, just message me!

