



# VEGAN RECIPE PACK

*Discover the collection of simple vegan recipes, including breakfast, lunch, dinner, treats and smoothie option*



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## RECIPE KEY

Look for these helpful icons throughout the file.

- GF Gluten Free
- DF Dairy Free
- LC Low Carb (under 20g serving)
- MP Meal Prep/Freezer Friendly
- HP High Protein (over 20g per serving)
- V Vegetarian
- Q Quick (under 30 mins)
- N Contains Nuts



**CARROT PANCAKES  
WITH ALMOND CARAMEL**



# CARROT PANCAKES WITH ALMOND CARAMEL



Makes: 9  
Prep: 20 mins  
Cook: 30 mins



Nutrition per 2  
pancakes:  
363 kcal  
12g Fats  
57g Carbs  
8g Protein



## WHAT YOU NEED

### **For pancakes:**

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

### **For almond caramel:**

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

## WHAT YOU NEED TO DO

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

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

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

*Serve with almond caramel sauce.*

### **To make the almond caramel:**

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

*Return the pan on the heat and simmer, stirring the caramel for another minute until thickened. Serves as a pancake topping.*



# QUINOA TABBOULEH



# QUINOA TABBOULEH



Serves: 4  
Prep: 10 mins  
Cook: 15 mins



Nutrition per  
serving:  
272 kcal  
10g Fats  
42g Carbs  
8g Protein



## WHAT YOU NEED

- 1 cup (170g) quinoa
- 2 medium tomatoes, finely diced
- 1 small cucumber, finely diced
- 1 bell pepper, finely diced
- 1 red onion, finely diced
- $\frac{2}{3}$  cup (15g) parsley, chopped
- $\frac{2}{3}$  cup (15g) mint, chopped
- juice of 2 limes
- 2 tbs. olive oil

## WHAT YOU NEED TO DO

*Cook the quinoa according to instructions on the packaging. Once cooked, place in a large salad bowl.*

*Finely dice the vegetables and chop the fresh herbs, then add to the salad bowl.*

*Squeeze in the lime juice, drizzle with olive oil and season to taste with salt and pepper. Mix everything well until combined.*

*Serves as a salad or side dish. Store covered and refrigerated for up to 3 days.*





# SPICY CAULIFLOWER & CHICKPEA RICE BOWL



# SPICY CAULIFLOWER & CHICKPEA RICE BOWL



Serves: 4  
Prep: 10 mins  
Cook: 25 mins



Nutrition per  
serving:  
380 kcal  
11g Fats  
57g Carbs  
13g Protein



## WHAT YOU NEED

- 1 medium cauliflower, broken into florets
- 14 oz. (400g) can chickpeas, drained
- 1 tbsp. olive oil
- 3 cups cooked rice

### For the sauce:

- 2 tbsp. sriracha
- 2 tbsp. tamari
- 1 tbsp. maple syrup
- 2 tsp. apple cider vinegar
- 2 tsp. fresh ginger, minced
- 2 cloves garlic, minced
- 1 tsp. sesame oil
- 2 green onions, chopped
- ¼ cup (30g) peanuts, chopped

## WHAT YOU NEED TO DO

Preheat oven to 230°C (450°F) and prepare a baking dish or tray.

Break the cauliflower into bite-size florets and place them on the tray along with drained chickpeas. Drizzle with olive oil and season to taste with sea salt and pepper—bake in the oven for 20 minutes.

In the meantime, prepare the sauce by mixing all the sauce ingredients in a small bowl.

Once cauliflower and chickpeas are roasted, remove from oven and mix with the earlier prepared sauce.

Increase the oven temperature to broil, return the tray into the oven and cook for about another 5 minutes.

Remove from the oven divide between bowls and serve with a portion of rice.







# MATCHA ENERGY BALLS



# MATCHA ENERGY BALLS



Makes: 12  
Prep: 10 mins  
Cook: 0 mins



Nutrition per  
serving:  
94 kcal  
6g Fats  
7g Carbs  
2g Protein



## WHAT YOU NEED

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

## WHAT YOU NEED TO DO

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

*Form into 12 balls with your hands and store in the fridge for up to 7 days.*





# LEMON & BERRY CHEESECAKE



# LEMON & BERRY CHEESECAKE



Serves: 16  
Prep: 30 mins  
Chill: 2 hrs



Nutrition per  
serving:  
297 kcal  
19g Fats  
30g Carbs  
5g Protein



## WHAT YOU NEED

### For the crust:

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

### For the lemon layer:

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

### For the berry layer:

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

## WHAT YOU NEED TO DO

Place all the crust ingredients into a food processor and blitz until sticky paste forms. Transfer the crust into a cake tin or springform pan and press evenly to form the bottom layer. Place the tin in the freezer while you make the other layers.

Drain the cashews and pat dry with a kitchen towel. Place all the lemon layer ingredients in a food processor and puree until smooth. Spread over the crust and return into the freezer.

Prepare the last berry layer. Place all ingredients in the food processor and puree until smooth. Spread over the top of the cheesecake only when the lemon layer has set completely. Garnish with additional berries (optional). Return to the freezer and freeze until set.

Remove the cheesecake from the freezer for about 20 minutes before serving.

