



THE

Caring Kitchen



COMPILED BY THE NORTHERN CONFERENCE
HEALTH MINISTRIES DEPARTMENT A SPECIAL
THANK YOU TO EVERYONE WHO PARTICIPATED
TO MAKE THIS PROJECT A REALITY!

Diet is the most significant factor in lifestyle and has a direct impact on our health and quality of life

Poor diet and its consequences such as obesity, diabetes, cardiovascular disease, hypertension, and cancer lead to common health problems globally and more significantly in urban cities where there is easy access to fast-foods.

Non-communicable diseases are preventable, yet more than three in five people die from it globally. Eating plant-based foods helps reduce non-communicable diseases. There is scientific evidence suggesting that consuming a whole food plant-based diet can even reverse chronic, diet-related conditions, including advanced heart disease. This diet eliminates animal products such as meat, dairy and eggs and includes whole foods such as vegetables, whole grains, legumes and fruits.

This recipe book will show that cooking without animal products is possible, easy and enjoyable! God's original diet for man is found in Genesis 1:29

"Then God said, "I give you every seed-bearing plant on the face of the whole earth and every tree that has fruit with seed in it. They will be yours for food" "

Connie Pennipen

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A top-down view of two glass bowls filled with a vibrant pink smoothie. Each bowl is garnished with fresh raspberries and a sprig of green mint leaves. A light blue and white striped straw is placed in each bowl. The bowls are set on a light-colored wooden surface. Several more raspberries and a larger sprig of mint are scattered around the bowls. The overall aesthetic is clean, fresh, and healthy.

Juices & Smoothies

Juices & Smoothies

Banana Smoothie

Ingredients:

- 6 Bananas sliced and frozen
- ½ Cup coconut milk
- 3 Heaped Tablespoons soya / rice milk powder
- 1 Cup water
- ¼ Cup almonds
- 1 Teaspoon vanilla essence

Method:

Add liquids into the blender first, then add the rest of the ingredients and blend until smooth.

Pineapple Smoothie

Ingredients:

- ½ Cup pineapple juice
- 1 Cup frozen pineapple
- ¼ Cup coconut milk
- 2 Heaped Tablespoons soya / rice milk

Method:

Place liquids in blender, add all other ingredients and blend until smooth.

Carob Almond Butter Smoothie

Ingredients:

- 450 ml Almond milk
- 4 Tablespoons almond butter
- ¼ Cup almonds
- 4-6 Frozen bananas
- 6-8 Pitted dates
- 4-6 Tablespoons carob or cacao powder

Method:

Place milk and all other ingredients on the blender and blend until smooth.

Avocado & Date Smoothie

Ingredients:

- 1 Ripe avocado
- 6-8 Dates
- ½ - 1 Cup almond milk (depending on the consistency your prefer)
- ¼ Cup almonds

Method:

Place milk and all other ingredients in blender and blend until smooth.

Super Breakfast Smoothie

Ingredients:

- 1 Cup soya / rice milk
- ½ Cup breakfast punch juice
- ½ Cup oats
- ¼ Cup dates
- ¼ Cup almonds
- 1 Cup frozen bananas (can also use other frozen fruit such as mangoes, paw paw)

Method:

Place liquids in blender first, add all other ingredients and blend until smooth.

Green Smoothie

Ingredients:

- 1 Cup coconut water / soya milk
- 1 Cup kale / spinach
- ¼ Cup cucumber
- ½ Cup frozen mango / banana

Method:

Blend all ingredients together until smooth.

Avocado & Naartjie Green Smoothie

Ingredients:

- 1 Cup orange juice
- 1 Cup spinach / kale
- 2 Naartjies
- ½ Avocado

Method:

Blend all ingredients together until smooth.

Carob Almond Butter Smoothie

Ingredients

- 4 Tablespoons Carob pieces
- 4 Tablespoons Carob powder
- 450 ml Rice / almond milk
- 4 Tablespoons almond/ peanut butter
- 4 Frozen bananas
- 6 – 8 Pitted dates

Method:

1. Add all the ingredients to the blender and blend for 1 - 2 minutes or until smooth.
2. Pour into glasses.
3. Garnish with flaked carob or ground nuts.

Green Juice

Ingredients:

- 1 Cup kale / spinach
- Thumb size fresh ginger
- 1 Lemon
- 1 Pineapple (peeled & chopped)
- 1 Cucumber
- ½ Cup mint leaves

Method:

Put all ingredients through a juicer. Serve with ice.

Red Juice

Ingredients:

- 1 Beetroot
- 1 Thumb size fresh ginger
- 1 Lemon
- 2 Green apples
- 1 Stalk celery

Method:

Put all ingredients through a juicer. Serve with ice.

Yellow Juice

Ingredients:

- 6 Carrots
- 1 Thumb size fresh ginger
- 2 Lemons
- 1 Pineapple
- 1 Thumb size fresh turmeric

Method:

Put all ingredients through a juicer. Serve with ice.

Immune Boosting Juice

Ingredients:

- 4-5 Oranges / 1-2 pineapples
- 2 Lemons
- 2 Thumb size ginger
- 1 Thumb size fresh turmeric (can use powder if you do not have fresh turmeric)
- 3 Cloves garlic (Optional)

Method:

Put all ingredients through a juicer. Serve with ice.



Plant Milks

Plant Milks

Cashew / Almond Nut Milk

Ingredients:

- 1 Cup raw cashew / almond nuts soaked overnight
- 3 Teaspoons honey / 2 soaked dates
- 1/8 Teaspoon salt
- 1 Teaspoon vanilla extract
- 4 Cups water

Method:

1. Soak nuts overnight.
2. Strain and rinse.
3. Blend nuts and water until smooth.
4. Add all other ingredients and blend until smooth.
5. Strain through a nut milk bag / cheesecloth into a bowl.
6. Pour milk into airtight container and store in fridge.

Milk lasts for 3-4 days

Oat Milk

Ingredients

- 1 Cup rolled oats
- 4 Cups ice-cold water (prevents milk from getting slimy)
- 1/8 Teaspoon salt
- 1 Teaspoon vanilla extract
- 1 Tablespoon honey

Method:

1. Blend everything, but do not over blend.
2. Strain through a nut bag, do not press as hard as for nut milks as it will become slimy.
3. Place milk in airtight glass container and store in fridge.

Milk lasts 4-5 days





Breakfast
By breakfast

Oat Bake

Ingredients:

- 2 Cups oats
- ½ Cup coconut
- 3 Medium bananas
- 3 Medium apples
- ¾ Cup raisins or dates
- ¼ Cup pecan nuts
- ½ Teaspoon salt
- 2 Cups water
- 1 Cup soy / rice milk powder
- 1 Teaspoon vanilla essence

(You can use the same recipe with millet and brown rice)

Method:

1. Blend water, milk, salt, vanilla essence, bananas together.
2. In a bowl add all the other ingredients to the liquid mixture.
3. Pour mixture in a dish that has been sprayed with “Spray & Cook “
4. Bake for 30 minutes at 180°C in a pre-heated oven.

Serves 4-6 people

Cashew or Almond Cream

Ingredients:

- 2 Cup cashew or almond nuts (add more nuts to thicken)
- 1 Cup water
- 2ml salt
- 8 Tablespoons honey (or 8 large dates)
- 5ml Vanilla essence
- 2 Tablespoons soya milk powder (optional)

Method:

1. Add water in blender first, then add all other ingredients and blend till smooth



Sunday Sarmies

Ingredients:

- Toasted bread (sandwich press work the best)
- Hummus
- Ripe avocado
- Thinly sliced tomatoes
- Sliced onion
- Sprouts

Method:

1. Spread the toasted bread generously with hummus.
2. Slice avocado (or mash) and place on toast, sprinkle with Himalayan salt.
3. Cover with tomato slices and a little salt.
4. Put a few onion rings on top.
5. Top with sprouts.

Breakfast Scramble

Ingredients

- 6 Blocks tofu
- 2-3 Cloves of garlic (optional)
- ¼ Cup canola oil / oil of choice
- 2 Medium onions, cubed
- 1 Cup peppers (yellow, red & green), cubed
- 1½ Tablespoons Ina Paarman's Chicken Stock
- 1½ Teaspoons black salt or according to taste
- 7,5 ml Turmeric powder
- ¼ Cup Nutritional Yeast flakes
- Parsley

Method:

1. Braise onions in pan with oil until translucent.
2. Add peppers and garlic and braise further with onions.
3. Add tofu to pan and break with a masher until it crumbles and resembles scrambled eggs.
4. Add all other ingredients except for the parsley and allow it to simmer.
5. Add parsley when nearly done

"All in one breakfast"

(Prepare the evening before)

Ingredients:

- 1 ½ Cup rolled oats
- 2 Tablespoon raisins
- ¼ Cup almonds/cashews
- 1 Tablespoon sunflower seed
- 1 Tablespoon sesame seed
- 1 Tablespoon pumpkin seed
- 1 Cup boiling water
- A generous dash Himalayan salt
- 1 Apple, washed and grated
- 1 Cup orange juice (fresh is the best) or other
- 1 Teaspoon ground linseed (for serving)

Method

1. Blend nuts, seeds and salt with the hot water.
2. Place oats and raisins in a glass bowl and pour over.
3. Leave to cool a bit and add grated apple and orange juice.
4. Place in the fridge overnight, ready for the next morning's breakfast.
5. Sprinkle one teaspoon linseed over
6. Other fruits like banana can also now be added

Tofu With Tomato

Ingredients:

- 2 – 4 Blocks tofu
- 1 Tablespoon vegetarian chicken stock powder
- 1 Tablespoon onion powder
- ½ Tablespoon garlic powder
- ¼ Tablespoon turmeric
- Himalayan salt to taste
- 1 Tin (400g) onion and tomato mix
- Olive/macadamia/grapeseed oil

Method:

1. Place a little oil in a heated pan, add tofu and mash it with a fork.
2. Add all the seasonings and mix through, until hot.
3. Add onion & tomato mix and bring to a simmer.
4. Taste for enough salt.
5. Can be served on bread or with mealie porridge.

French toast

Ingredients:

- 4 – 6 Slices bread cut in triangles

Batter:

- ¼ Cup cashew nuts
- 1 ¼ Cup water
- A generous dash turmeric powder
- ¼ Tablespoon Himalayan salt
- 1 Tablespoon Nutritional Yeast flakes
- Olive/macadamia/grapeseed oil

Method:

1. Blend all the batter ingredients until smooth.
2. Heat a non-stick pan and add a little oil.
3. Dip the bread in the batter and fry on each side until golden brown.
1. Can be served with fruit.

Chickpea Crumpets

Ingredients:

- 1 Heaped cup chickpea flour
- 1 Cup soya / almond milk (any plant-based milk may be used)
- 1 Ripe banana
- 6 Pitted dates
- 1 Teaspoon vanilla essence
- 1 Teaspoon ground cinnamon (optional)
- 1 Teaspoon Himalayan salt
- ¼ Cup blueberries (optional)
- 1 Teaspoon baking powder (healthy option provided with oat crumpet recipe)
- 1 Tablespoon apple cider vinegar

Method:

1. Place all ingredients in a high-speed blender until well mixed.
2. Cook in a non-stick pan on medium heat until cooked on both sides.
3. A small amount of coconut oil may be added if you do not have a good non-stick pan.

Note: This batter can be made and refrigerated ahead of time

Once cooked it needs to be eaten immediately or warmed up (in a toaster) before eating it the next day.

Hotbox Porridge

Ingredients:

- ½ Cup millet
- 1 Cup barley
- 1 Cup oats
- ¾ Cup dates
- ¾ Cup raisins
- 1 Cup chopped apples
- 1 Cup coconut
- 2 Teaspoon vanilla essence

Method:

1. Measure out all your ingredients into a pot.
2. Bring to the boil and boil for 15 minutes while stirring.
3. Put the lid on after 15 minutes and switch the stove off.
4. Leave the pot on the switched-off stove for another 30 seconds.
5. Without opening the lid, place the pot in the cooking bag (Hotbox) and close tightly.
6. Leave overnight.

Seed Mix

Ingredients:

- 3 Cups linseeds
- 1 Cup sunflower seeds
- 1 Cup pumpkin seeds
- 1 Cup sesame seeds

Method:

1. Measure out your seeds into a container and give them a mix.
2. Add about 2 cups at a time to a blender and blend for a few seconds until the seeds break . Take care not to grind the seeds into powder, just break them.
3. Store the ground seeds in an airtight container in the refrigerator.
4. Use 2 tablespoons over your porridge or fruit every morning.

Delicious Granola

Ingredients:

Mix the following in a bowl:

- 1kg Rolled oats
- 500g Coconut
- 1 Cup sunflower seeds
- 1 Cup nuts (pecans, almonds or nuts of choice)
- 1 Cup linseed

Blend in a blender:

- 2 Ripe bananas
- Salt
- 400g dates softened in 1 cup hot water
- Vanilla essence

Method:

1. Stir both mixtures together.
2. Spread the mixture onto a baking sheet.
3. Bake at 120°C for 1 ½ hours stirring every 30 minutes until the mixture is dry
4. Serve with soy milk or rice milk , add raisins or fruit and enjoy!

Chickpea Waffles

Ingredients:

- 1 Cup chickpeas (soaked overnight)
- 2 ¼ Cups filtered water
- 1 Tablespoon grapeseed oil
- 1 Tablespoon honey
- ½ Teaspoon Himalayan salt

Method:

1. Pour all ingredients into a blender and blend until smooth.
2. Pour batter onto a heated waffle maker and cook until light brown.

Note: Waffles can be used with sweet or savory toppings. Recipe makes about four waffles. Double the ingredients to make more. Once the batter is mixed and stands, it thickens. Add water to get the desired consistency.

Healthy waffles

Ingredients

- 2 Cups water
- ½ Cup grapeseed oil
- 2 Cups oats
- ¼ Cup sunflower seeds
- 2 Tablespoons sesame seeds
- 10 Dates
- 1 Teaspoon Himalayan salt
- 1 Teaspoon vanilla essence

Method:

Blend all ingredients until smooth and bake in a heated waffle maker until golden brown.

Serving suggestions: Add fruit salad, vegan cream and nuts or carob, banana, and cashew cream. (On warm waffle)

Note: Recipe makes about four waffles. Double the ingredients to make more. Once the batter is mixed and stands, it thickens. Add water to get the desired consistency.

Quick Cereal

Ingredients:

- ½ Cup brown rice
- ½ Cup rolled oats
- ½ Cup millet
- ⅓ Cup pitted dates
- 4 Cups water
- 1 Teaspoon cinnamon

Method:

1. Cut the dates in to halves.
2. Add all the ingredients into a pot.
3. Bring to a boil and let simmer until cooked.
4. Stir frequently as the millet tends to stick and burn.
5. Serve hot with your preferred milk substitute.

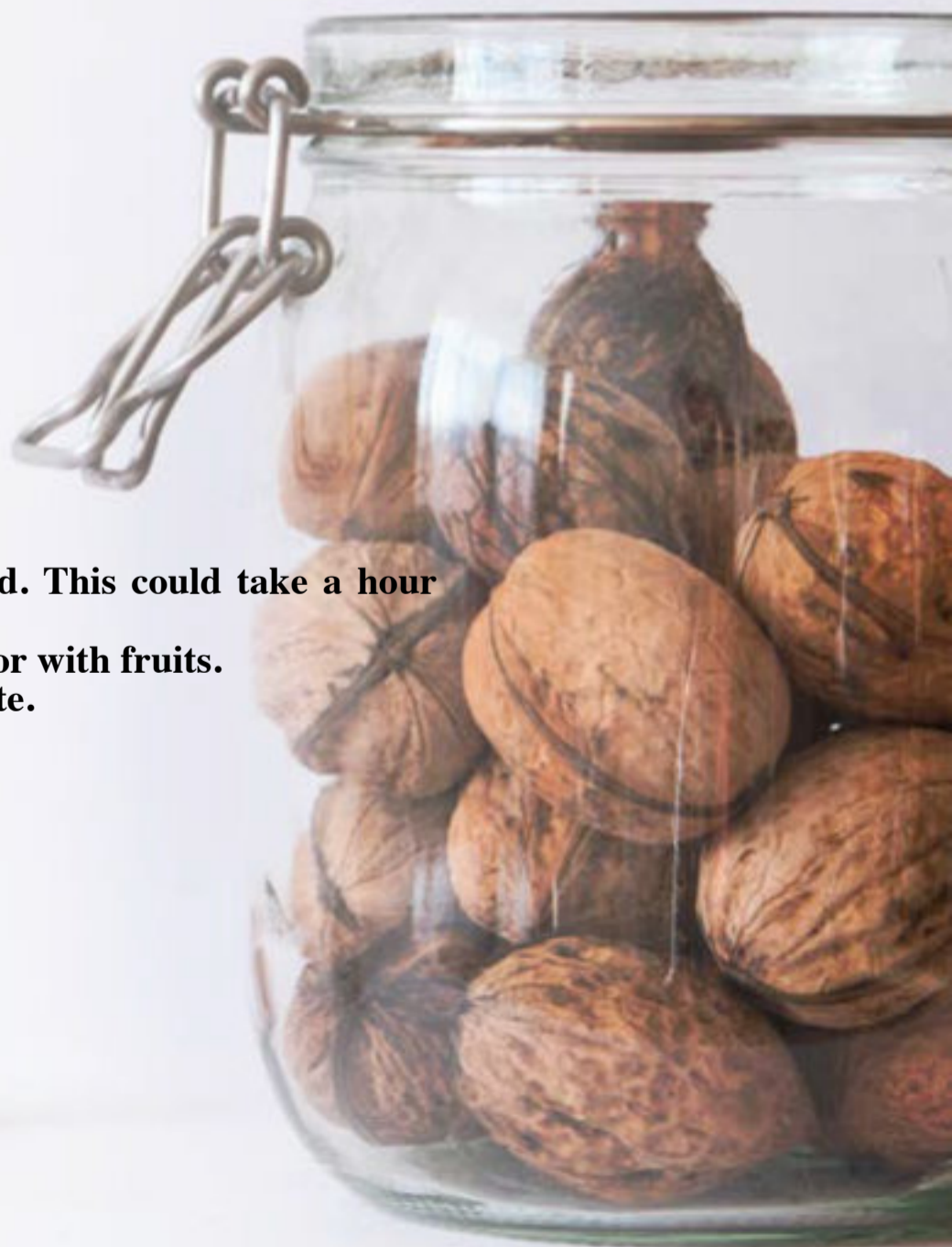
Hot Cereal

Ingredients:

- ½ Cup rolled oats
- ½ Cup barley
- ½ Cup buckwheat
- 1 ½ Teaspoon Himalayan salt
- ⅓ Cup pitted dates
- 4 Cups water

Method:

1. Cut the dates in to halves.
2. Add all the ingredients into a pot.
3. Bring to a boil and let simmer until cooked. This could take a hour or more depending on the grains.
4. You could flavor the cereal with an essence or with fruits.
5. Serve hot with your preferred milk substitute.



Mabele Porridge

Ingredients:

- ½ Cup fine sorghum meal
- ½ Cup yellow maize meal
- 1 Teaspoon Himalayan salt
- 4 Cups water
- ⅓ Cup pitted dates
- 1 Tablespoon carob powder

Method:

1. Cut the dates in to halves,
2. Place the dates, carob powder and a cup of water in the blender and blend until smooth.
3. Bring the remaining 3 cups of water to a boil in a medium-sized pot.
4. Add the sorghum, maize meal and salt to the boiling water while stirring with a whisk.
5. Cook slowly for 30 minutes while frequently stirring.
6. Add the carob and date mix to the porridge and let cook for a few minutes.
7. Serve hot with your preferred milk substitute.

Tofu Scramble

Ingredients:

- 2 Blocks tofu
- 1 Teaspoon Himalayan salt
- ½ Teaspoon black salt
- 1 Teaspoon turmeric

Method:

1. Place the tofu blocks on a drying try and allow them to drain for about 5 minutes.
2. Lightly squeeze the blocks between your hands to drain excess moisture.
3. Lightly oil a frying pan and allow to heat up on a medium heat, place the tofu blocks in the pan and break them apart with the edge of your spatula.
4. Add the salt and turmeric to the tofu and fry until most of the water has evaporated.

Note: The black salt quantity could vary depending on the strength/quality of the salt.

Roast Tomatoes

Ingredients:

- Tomatoes
- Himalayan salt
- Mixed herbs
- Crushed garlic
- Olive oil

Method:

1. Preheat the oven to 180°C
2. Spray a baking sheet with “Spray & Cook”.
3. Cut the tomatoes in half and place on the baking sheet with the cut side facing up.
4. Sprinkle the salt and mixed herbs onto the tomatoes.
5. With a spoon, place some garlic on the tomatoes.
6. Lightly drizzle some olive oil over each tomato.
7. Bake for 10– 15 minutes in the oven.

Oven Bake

Ingredients:

- 1 Cup rolled oats
- ½ Cup millet
- ½ Cup buckwheat
- 1 Teaspoon Himalayan salt
- 6 Cups water
- 1 Cup dates
- 1 Teaspoon cinnamon

Method:

1. On a stovetop, bring 5 cups of water to a boil and add the oats, millet, buckwheat and salt to the water.
2. Allow cooking for 30 minutes while stirring every 10 minutes to prevent the millet from sticking to the pot.
3. Preheat the oven to 180°C, spray an oven dish with “Spray & Cook”
4. Cut the dates and blend with the water and cinnamon until smooth.
5. Scoop the cooked porridge into the oven dish, spread the date mix over the porridge and sprinkle with coconut.
6. Cover with foil and bake for 30 minutes.
7. Remove foil and let it bake for another 30 minutes.
8. Serve immediately with your preferred milk substitute.

Pineapple Yoghurt

Ingredients:

- 1 Cup raw cashew, soaked minimum of 12 hours
- ½ Cup fresh pineapple juice
- 1 Tablespoon fresh lemon or lime juice
- 1 Teaspoon vanilla extract (or 2-4 drops of vanilla stevia for slightly sweeter mixture)
- 2 Medjool dates, soaked, peeled, and pitted
- ½ Teaspoon psyllium husk powder
- ⅓ Cup water
- Salt (to taste)
- Fresh pineapple, coconut flake for garnish (optional)

Method:

1. Add psyllium husk powder with water and whisk well, until mixture is thickened and smooth, and set aside.
2. In a Vitamix or high-speed blender add cashews, pineapple juice, lemon juice, vanilla (or stevia), dates and sea salt and blend until completely smooth. This could take a minute or two of blending.
3. Pour yogurt mixture into storage container, and add a tablespoon of the psyllium husk mixture.
4. Stir well, this should give the yogurt a creamy consistency.
5. If desired slowly add another spoonful of the psyllium gel mixture.
6. Place in the fridge and allow to chill, serve with fresh pineapple or fruit of your choice or enjoy on its own.

Mixture is good for up to five days in refrigerator.

Chia Seeds Breakfast Cereal

Ingredients

- 4 Tablespoons chia seeds
- 1 – 1¼ Cups almond milk (it's great made with homemade almond milk)
- 2 Small bananas, chopped small
- ½ Teaspoon pure vanilla extract
- Two pinches cinnamon

Toppings:

- 2 Tablespoons raw buckwheat groats, soaked
- 2 Tablespoons raisins, soaked
- 2 Tablespoons whole raw almonds, chopped and soaked

Method:

1. Mash bananas in a medium-sized bowl.
2. Stir in chia seeds.
3. Whisk in the almond milk, vanilla, and cinnamon until combined.
4. Place in fridge overnight to thicken.
5. Add buckwheat groats, raisins, and chopped almonds into another bowl.
6. Cover in water and soak overnight in the fridge or on the counter.
7. In the morning, place your desired amount of chia pudding into a bowl. (Note: at this point, you can blend your chia pudding if a smooth texture is desired).
8. You can add more almond milk if you want to thin it out in the morning or, if it's too thin, add more chia seeds to thicken it up.
9. Drain and rinse the buckwheat/almond/raisin mixture.
10. Sprinkle on top of chia mixture along with a pinch of cinnamon and a tablespoon of hemp seeds. Serve with a drizzle of maple syrup, if desired. Store leftovers in the fridge for 1-2 days.

Spinach & Mushroom Chickpea Bake

Ingredients:

- 2 Cups chickpea flour
- 2 Cups water
- Fresh herbs (basil, spring onion, etc)
- 1 Tomato, cut into small cubes.
- 1 Onion finely sliced
- ± 1 Teaspoon salt
- 2 Cups spinach (chopped)

Method:

1. Mix water and chickpea flour well and leave to stand for 10 minutes.
2. Then add the salt to the mixture and pour thinly into 2 ovenproof dishes about 7mm thick.
3. Steam the spinach and add the sliced onion, herbs and tomato and bake in the oven for about 15-20 minutes at 200°C.
4. After it's cooked, sprinkle lightly with salt and drizzle with olive oil.
5. Cut and serve.

Oat & Coconut Crunchies

Ingredients:

- 1 Cup Oats
- 1 Cup desiccated coconut
- ½ Cup brown sugar
- 4 Tablespoons water
- 1 Teaspoon bicarbonate of soda
- 1 Cup whole wheat flour
- 3 Tablespoons honey
- ½ Cup Coconut Oil
- ¼ Teaspoon salt
- 1 Teaspoon ground cinnamon
- 1 Tablespoon sunflower seeds

Method:

1. Preheat oven to 180°C.
2. Toast oats and coconut and set aside.
3. In a pot dissolve water and sugar.
4. Add the bicarbonate of soda.
5. Add all dry ingredients, along with the flour, salt, oil and honey.
6. Mix and press into a greased dish, bake for 35-40 minutes or until golden brown.
7. Let it cool 10 minutes before slicing.

Veggie & Avocado Quinoa Frittatas

Ingredients:

- 1 Cup cooked quinoa, prepared in veggie broth
- 2 Tablespoons ground flax seeds
- ½ Cup water
- 2 Tablespoons gluten-free rolled oats, ground in a coffee grinder to make flour (or you're welcome to substitute for any gluten-free or wheat flour)
- 1 Teaspoon sea salt
- ½ Tablespoon salt-free herb blend

Method:

1. Combine ground flax seeds with 2 ½ tablespoons water and leave to sit for around 5 minutes to form flax seed gel.
2. In the meantime mix cooked quinoa, seasonings and oat flour
3. Add flax seed gel and stir well to combine
4. Scoop mixture into a well-greased muffin tin – approximately 1 heaped tablespoon per quiche, and make sure to press quinoa firmly to create a solid base.

Filling:

- 1 Package of extra firm tofu, drained and pressed
- 2 Cloves garlic, minced
- ½ Teaspoon turmeric
- ½ Teaspoon sea salt
- ½ Teaspoon nutmeg
- ¼ Cup nutritional yeast
- 1 Heaped Tablespoon chicken stock (Ina Paarman's)
- Juice of 1 lemon
- 300g Frozen spinach, thawed and squeezed of liquid / Fresh baby spinach

Method:

1. In a food processor or blender, puree all ingredients except spinach until smooth and creamy.
2. Add spinach last and pulse a few times until well combined.
3. Scoop quiche mixture into each base – just shy of ¼ cup per quiche.
4. Bake 30-40 minutes at 180°C.

Overnight Oats

Ingredients:

- 2 Cups rolled oats
- ½ Cup raisins
- ¼ Cup chopped dates
- Pinch of salt
- 4 Cups soy milk
- ¼ Cup honey / to taste

Method:

Mix and store in container overnight. Serve with milk of choice the next morning.

Flap Jacks with Cream & Strawberries

Ingredients:

- 2 Cups flour
- 2 Teaspoon baking powder
- Pinch salt
- 2 Cups water
- 2 Tablespoon oil
- 2 Teaspoon apple cider vinegar


Method:

1. Mix liquids together and add dry ingredients.
2. Blend well.
3. Let stand for 10 minutes.
4. Bake tablespoonsful of batter in a warm non-stick pan with coconut oil.
5. Decorate with strawberries and cream.

Came from a
plant, eat it; was
made in a plant,
don't

–

Michael Pollan



Lunches & Dinners

Lunches & Dinners

Chickpea Quiche

Ingredients:

- 1½ Cups chickpea flour
- 1½ Cups water
- ½ Onion finely chopped
- ½ Cup coriander / cilantro chopped
- ½ Cup finely chopped parsley
- ½ Cup cut up mushrooms
- 2 Tablespoons olive oil
- 2 Tablespoons tapioca starch
- 1 Tablespoon pesto/smoked paprika
- 2 Tablespoons nutritional yeast flakes
- ½ Teaspoon black salt & Himalayan salt to taste
- 1 Clove garlic crushed
- 1 Teaspoon baking powder (optional)
- 1 Teaspoon lemon juice (optional)

Method:

1. Mix water and chickpea flour until well combined.
2. Add all other ingredients and let it sit for 30 minutes.
3. Place in muffin pans and sprinkle with smoked paprika / pesto.
4. Bake in preheated oven at 200°C for 12-15 minutes until cooked.

Pink Lentil Curry

Ingredients:

- 2 Tablespoons grapeseed oil
- 1½ Medium onion (finely chopped)
- 1 Tablespoon crushed garlic
- 1 Teaspoon crushed ginger
- 2 Teaspoons turmeric powder
- 1 Teaspoon coriander powder
- ½ Teaspoon cumin powder
- ½ Teaspoon cardamom powder
- ½ Teaspoon cinnamon
- 2 Tablespoons curry leaves
- 1 Teaspoon chilli powder (or 1 red or green fresh chilli finely chopped)
- 1 Teaspoon curry powder
- 2 Cups pink lentils (soaked)
- 1 Can(400g) chopped tomato (can use 2 fresh tomatoes finely chopped and braised with onions)
- 1 Can (400ml) coconut milk
- 3 Tablespoons coconut sugar
- Salt to taste
- ½ Cup fresh coriander once cooked

Method:

1. Add the grapeseed oil to a pot and the chopped onions, crushed garlic and minced ginger and sauté until the onions are softened.
2. Add the turmeric, coriander, cumin, cinnamon, cardamom, chilli, curry powder and red lentils. Sauté the lentils in the spices briefly and then add the canned chopped tomato and three cups of water as well as the curry leaves.
3. Bring it to a simmer and then turn down the heat and cover the pot and leave to simmer, checking it and stirring regularly, until the lentils are cooked. (Lentils must be soft).
4. Add in some coconut sugar (for flavour balance) and salt to taste.
5. Once cooked add coconut milk and fresh coriander.

Can be served with rice or rotis.

Nori & Rice Rolls

For rice:

- 1½ Cups sushi rice
- 3 Cups water
- 3 Tablespoons lemon juice
- Sesame seed oil
- 1 Teaspoon salt
- 1 Teaspoon Ina Paarman's Chicken stock powder

Other ingredients:

- Nori sheets (dried seaweed)
- Strips of carrots, cucumber, vegetarian sausages
- Mashed or thinly sliced avocado
- Vegan mayonnaise
- Soy sauce, pickled ginger, wasabi for serving

Instructions:

1. Rinse rice until water runs clear, add to a saucepan with water and boil.

2. Reduce heat and cover until water is absorbed, add lemon, sesame oil and chicken stock. Mix through and leave to cool.
3. Rice should be sticky.
4. Place rice on nori sheet, press with fingers, dip fingers in water if it gets too sticky.
5. Add strips of cucumber, carrots, avocado, vegetarian sausage & vegan mayonnaise.
6. Roll the nori and rice over the vegetables and roll until rolled up.
7. Press lightly with sushi mat.
8. Slice with a sharp knife and serve with soy sauce, pickled ginger, & wasabi.

Spinach & Mushroom Pie

Pastry

Ingredients:

- One roll puff pastry 400g (vegan)

Method:

1. Thaw and roll out with whole wheat flour.
2. Place in oven proof dish that is sprayed with non-stick spray.
3. Prick holes into pastry with fork and set aside while preparing the filling.

Filling

Ingredients:

- 2 Onions finely chopped
- ½ Red pepper
- ½ Yellow pepper
- 1 Bunch spinach finely chopped
- 1 Punnet mushrooms chopped
- 2 Tablespoons Ina Paarman's Chicken Stock
- 1 Teaspoon garlic & parsley salt
- ¼ Cup nutritional yeast flakes
- 1 Tablespoon lemon juice

Sauce

- 1 Cup cashew nuts
- 1 Cup water

Method:

1. Braise onions and peppers until onions are translucent.
2. Add mushrooms and braise until nearly cooked (5 minutes).
3. Add spinach and cook another 5-10 minutes.
4. Add chicken stock, salt and nutritional yeast flakes and lemon juice.
5. For the sauce add cashews nuts and water in a blender and blend until smooth.
6. Add sauce to spinach mixture in pan and rinse blender with water to get out the rest of the nut mixture.
7. Cook until the mixture thickens.
8. Pour filling into pastry. Folding edges over filling.
9. Bake in an oven preheated to 200°C for 20-30 minutes depending on oven.
10. Pastry should be crispy and golden brown.

Easy Stir-Fry

Ingredients:

Buy one pack pre-cut stir-fry or cut up your own -

- 1 Medium onion
- 100g mushrooms
- 2 Cups cabbage shredded
- 4 Leaves spinach
- 2 Carrots
- ¼ Cup pickled ginger
- Variety peppers (optional)
- Baby corn (optional)

Method:

1. Warm up a pan and braise onions and mushrooms in a little bit of oil before adding the rest of the vegetables
2. Let it fry until cooked but still crispy then add:
 - 2 Tablespoons chicken stock (Ina Paarman's)
 - 4 Tablespoons sweet chilli sauce
 - 80ml Soy sauce

Mix well and serve with rice or noodles of your choice.

Baked Melanzane

Ingredients:

- 2-3 Brinjals (aubergine/ egg plant)
- Flour
- Corn flour
- 2 Tablespoons onion powder
- 1½ Tablespoon garlic powder
- Water
- Himalayan salt
- 2 Onions (finely chopped)
- 2 Cloves garlic
- 2 Fresh red/green chillies (optional)
- 6 Tomatoes (finely chopped)
- Tomato paste
- 2 Tablespoons chicken stock (Ina Paarman's)
- 2 Tablespoons honey
- 1 Punnet mushrooms
- 1 Punnet baby marrows
- Herbal salt
- 1 Melty "cheese" recipe (page 62)

Method:

1. Cut ends off aubergines and slice thinly, about 6mm thick.
2. Lay slices on a cooling rack and season with Himalayan salt .
3. Let sit for 20 minutes. Flip, season again, and let sit for another 20 minutes. Pat dry with paper towels.
4. Make a batter with the flour, herbal salt and water and corn flour, onion powder and garlic powder.
5. Dip the brinjal slices into the batter and fry in a non-stick pan till golden brown. Set aside.
6. Braise the chopped onions, garlic & chillies then add the tomatoes and the tomato paste and enough water to make a tomato stew. Flavour with herbal salt , onion powder, chicken stock and garlic powder. Also add honey (tomatoes give a sour taste) Set aside.
7. Next stir-fry the mushrooms and baby marrows.
8. Add half tomato stew to an oven pan and arrange all the brinjals on top.
9. Cover the brinjals with mushrooms and baby marrows.
10. Add the rest of the tomato stew to the dish.
11. Finally cover everything with melty "cheese" (see recipe) and sprinkle with smoked paprika.
12. Bake in a pre-heated oven for approximately 60 minutes until golden brown and bubbling at 180°C-200°C (depending on your oven)

Oat Patties

Ingredients:

- 2 Cups water
- 2 Heaped Teaspoon marmite/healthy soy sauce
- 4 Cups rolled oats
- 2 Finely chopped onions
- 1 Grated pepper
- ½ Teaspoon garlic powder
- 1 Cup ground sunflower seeds
- ½ Teaspoon mixed herbs
- 1 Tablespoon salt
- 2 Teaspoons coriander

Chickpea Patties

Ingredients:

- 1½ Cup chickpea flour
- ¾ -1 Cup water
- ¼ Cup grated carrots
- ¼ Cup grated zucchini
- ½ Cup chopped mushrooms
- 1 Tablespoon chopped fresh green chilies (optional)
- 1 Clove garlic finely chopped
- ¼ Cup chopped coriander
- ¼ Cup chopped parsley
- ¼ Cup chopped peppers
- ¼ Cup chopped onions
- 1 Teaspoon garlic and parsley salt / Himalayan salt
- 1 Teaspoon cumin seeds
- 1 Teaspoon ground cumin
- 1 Teaspoon ground coriander
- 1 Teaspoon ground paprika
- 1 Teaspoon turmeric powder

Red Lentil Patties

Ingredients:

- 2 Cups water
- 1 Cup pink lentils
- 1 Teaspoon Ina Paarman's Chicken Stock Powder
- 1 Teaspoon Rosemary & Olive Seasoning (Ina Paarman's)
- 1 Teaspoon garlic powder

Method:

1. Soak the oats in the water and marmite for 30 minutes.
2. Sauté the onions while the oats are soaking.
3. After 30 minutes add the rest of the ingredients and let it stand for another 30 minutes.
4. Form into patties and cook on either side in a non-stick pan with a dash of coconut oil. (Can also be made into balls and baked in the oven)

Method:

1. Mix the chickpea flour and all dry ingredients.
2. Add water to make a batter.
3. Add the rest of the ingredients.
4. Let it stand for about 10 minutes for flavours to combine.
5. Warm up a non-stick pan or use "Spray & Cook" and cook the patties on both sides until cooked.
6. A small amount of grapeseed or coconut oil can be added whilst cooking the patties.

- 2 Teaspoon onion powder
- ½ Teaspoon garlic and parsley salt / Himalayan salt
- ¼ Cup onion finely chopped
- 1 Clove garlic finely chopped

Method:

1. Soak pink lentils in water overnight or for 2-3 hours in hot water.
2. Blend the mixture in a high-speed blender.
3. Add all other ingredients and cook on medium heat in a non-stick pan until cooked on both sides.
4. Add a small amount of grapeseed / coconut oil whilst cooking the patties.

Split Pea Soup

Ingredients:

- 500g Dried split peas
- 2 Medium carrots
- 1 Turnip
- 1 Stick celery
- 1 Large potato
- 1 Large onion
- 50 ml Olive oil
- 2 Teaspoon salt
- 1 Tablespoon vegetable stock
- 1 litre water

Method:

1. Sauté the onion in the olive oil in a big pot.
2. Add the soaked split peas and all the vegetables (grated) and the stock and salt.
3. Add the water and bring to the boil.
4. Lower the heat and let it simmer for 20 minutes.
5. Put the pot lid on for 10 seconds to allow steam to build in the pot.
6. Place the pot in the cooking bag and leave for 4-5 hours.

Take out and enjoy

Note: (If you don't have a cooking bag "hotbox" you can wrap your pot in old towels and place the bundle inside a cloth "cooler bag" - available from Pick n Pay. Zip the bag closed and leave from the time indicated.)

Potato Wedges

Ingredients:

- Potatoes
- Garlic powder
- Onion powder
- Sea salt
- Olive oil

Method:

1. Parboil the potatoes.
2. Cut into wedges and lay on a greased baking tray.
3. Drizzle olive oil and salt.
4. Make a mixture of onion and garlic powder (a ratio of 3:1) and sprinkle on the potatoes.
5. Place in the oven at 180 °C till golden brown. Enjoy warm

Mushroom Sauce

Ingredients:

- 500g Mushrooms
- 1/8 Cup chana flour
- 1/8 Cup soy milk powder
- 1 Teaspoon Himalayan salt
- 1 Tablespoon crushed garlic
- 3 Cups water
- 3 Onions (chopped)
- ½ Teaspoon paprika

Method:

1. Braise the chopped onions over a medium heat, add the salt, paprika, coriander and garlic, allow the flavours to combine.
2. Slice the mushrooms as desired, add it to the pot and braise until brown and soft.
3. Add 2 cups of water and allow to cook.
4. In a measuring jug, add the remaining cup of water with the chana and soy milk powder.
5. Mix thoroughly before adding it to the pot to ensure there are no lumps.
6. Let it cook for 20 minutes.

Red Lentil Dahl

Ingredients:

- 250g rinsed and drained red lentils
- 2 Onions
- 3 Tomatoes
- ½ Teaspoon coriander seeds
- 2 Teaspoon turmeric powder
- 1 Teaspoon curry powder
- 3 Cloves garlic
- 1 Tablespoon coconut oil
- 500ml water
- 1 Tin coconut milk
- Salt and pepper
- 1 Tablespoon lemon juice

Method:

1. Brown in a medium size pot the onions, add the tomatoes and allow to simmer for a few minutes. Add the coriander, turmeric, curry, sliced garlic and coconut oil, simmer and fry for a few minutes.
2. Add the water and lentils, allow to cook until lentils are soft.
3. Add the lemon juice and season with salt, cook on a low heat until lentils are soft and thick.

Potato Soup

Ingredients:

- 2-3 Tablespoon olive oil
- 1 Large onion
- 1 Tablespoon Himalayan salt
- 2 Cloves garlic
- 4 Large potatoes
- 1 Small butternut
- 500ml water
- 1 Tin coconut milk
- 2 Tablespoon nutritional yeast
- 2-3 Stalks spring onions

Method:

1. In a large saucepan brown the onions with some oil, add the sliced garlic and salt. Allow to simmer for a few minutes.
2. Peel the butternut and dice with the potatoes, add to the onions with the water.
3. Allow to cook until the potatoes and butternut is soft.
4. Place half of the contents in a jug and stick blend until smooth.
5. Combine the creamy soup with the soup in the saucepan.
6. Add the coconut milk and the nutritional yeast.
7. Allow to simmer for a few minutes. Serve immediately

Roasted Butternut

Ingredients:

- 1 Large butternut
- 2 Tablespoons olive oil
- ½ Teaspoon ground cinnamon
- 1 Teaspoon Himalayan salt

Method:

1. Preheat oven to 180°C.
2. Peel the butternut and cut in half, remove the seeds.
3. Cut into wedges and place in a bowl, toss with the olive oil, cinnamon and salt.
4. Place in an oven and bake for 30 minutes. Check with fork to see if it is soft.
5. Bake an additional 10 minutes or until soft.

Eggplant Parmesan

Ingredients:

- 1 Medium eggplant
- ¼ Cup unbleached white flour
- 1 Cup bread crumbs
- 2 Tablespoons nutritional yeast
- 1 Teaspoon dried oregano
- ¼ Teaspoon Himalayan salt
- ½ Cup coconut milk

Method:

1. Slice eggplant into thin round slices sprinkle each side liberally with sea salt.
2. Place in a colander and let it rest for 15 minutes.
3. Rinse them well and arrange on a clean absorbent kitchen towel. Top with another clean dish towel for 10 minutes.
4. Preheat oven to 200°C.
5. Lightly cover a baking tray with olive oil.
6. Combine the coconut milk and cornstarch in one bowl; flour in another bowl; and bread crumbs, sea salt, oregano and nutritional yeast in another bowl.
7. Dip eggplant slices in flour, then milk mixture, then breadcrumbs.
8. Arrange on the baking tray place in oven for 20-30 minutes.
9. While the eggplant is in the oven, bring a frying pan to medium heat.
10. Cover with olive oil and take a few eggplant rounds out of the oven at a time and sauté to give them extra crisp and texture.
11. Cook for +2 minutes on each side and return to oven to keep them warm.

Bean Goulash

Ingredients:

- 2 Chopped onions
- 4 Tomatoes
- 2 Clove garlic minced
- 2 Teaspoon curry powder
- 4 Butternuts cubed
- 2 Cinnamon sticks
- 2 Tins beans
- 1 Tin coconut milk
- 1 Liter water
- 2 Tablespoons chicken stock
- Fresh coriander

Method:

1. Braise onions until golden, add garlic, cinnamon, curry and chicken stock.
2. Simmer a few minutes and add the diced tomatoes to the mix, fry for 10 minutes.
3. Add the coconut milk, water and the cubed butternut.
4. Drain the water from the beans, add the beans when butternut is almost cooked.
5. Add the salt once the beans are soft.
6. Cook until the butternut is soft.
7. Chop up the fresh coriander and sprinkle over the goulash.

Chickpea Pesto Pasta

Pesto:

- 1 Tin chickpeas
- ¼ Cup fresh basil
- 2 Tablespoon sunflower seeds
- 4 Tablespoon olive oil
- 2 Tablespoon lemon juice
- 1 Clove garlic
- Pinch salt

Pasta:

- 300g pasta

Method:

1. Combine the ingredients for the pesto in your food processor.
2. Pulse until it reaches your desired consistency.
3. Cook the pasta as directed by the packaging, drain the water and pour a tablespoon of olive oil over pasta and mix with a fork.
4. Pour as much of the pesto as desired over the pasta and serve immediately.

Tahini Green Beans

Ingredients:

- 500g green beans
- 3 Tablespoon tahini
- 1 Teaspoon Himalayan salt
- ⅓ Cup sesame seeds

Method:

1. Preheat the oven to 180°C and spray an oven dish with “Spray & Cook”.
2. Wash the green beans, gently dry them with a paper towel.
3. Cut off the ends and discard them.
4. Place the green beans in the oven dish, drizzle the tahini, salt and sesame seeds over the beans.
5. Cover the dish with foil and allow them to bake until the beans are tender.
6. Remove the foil and bake them for 15 minutes.

Raw Green Soup

Ingredients:

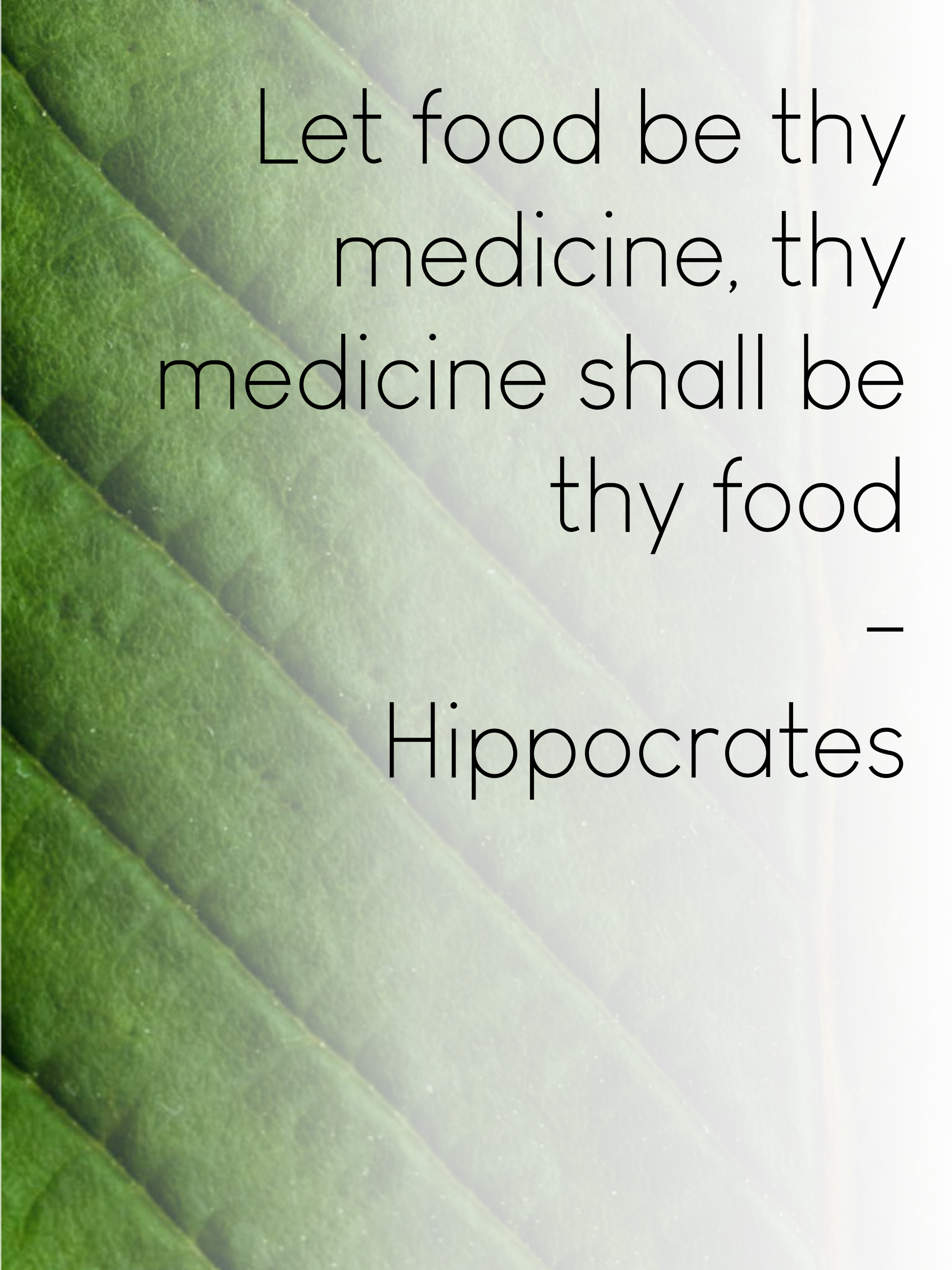
- 1 Zucchini
- 1 Small celery stalk
- 1 Small tomato
- 1 Cup spinach or kale
- Water (depending on desired consistency)
- ½ Cup coconut milk
- Small piece of green onion
- Avo

Seasoning:

- Garlic & Parsley salt (Natures' Choice)
- 3 - 4 Tablespoons lemon juice
- Salt to taste

Method:

1. Mix everything in a blender.
2. Add 1 ripe avocado last – serve and enjoy!

A close-up photograph of several layers of vibrant green leaves, likely from a plant like basil or parsley, showing the texture of the leaf surfaces and the veins. The leaves are arranged in a fan-like pattern, creating a sense of depth and natural beauty. The lighting is soft, highlighting the freshness of the foliage.

Let food be thy
medicine, thy
medicine shall be
thy food

—
Hippocrates

A close-up photograph of bread. In the foreground, several slices of bread are stacked. Behind them, a whole loaf of bread is visible. A metal sifter is positioned in the lower-left corner, pouring a fine stream of white flour over the bread. The background is dark, making the white flour stand out. The overall mood is warm and rustic.

Breads

Byeads

Chickpea Flatbread

Ingredients:

- 1½Cups chickpea flour
- ½ Teaspoon Himalayan salt
- 1 Teaspoon chilli flakes (optional)
- 1 Cup warm water
- 2 Tablespoons extra virgin olive oil / grapeseed oil

Method:

1. Preheat the oven to 200°C.
2. Place the chickpea flour and salt in a large bowl.
3. Add half of the warm water, and whisk to combine.
4. Once it gets too thick to whisk, add the remaining water and whisk until smooth.
5. Add olive oil and whisk to combine.
6. Spread onto a parchment lined baking sheet.
7. Place in oven, and cook for 15-20 minutes, until set, and browned around the edges.
8. Let cool slightly before putting on toppings.

Note: Can be used as a pizza based for those who are gluten intolerant.

Tomato & Onion Chickpea Flatbread

Ingredients:

- 1 Cup chickpea flour
- 1 Cup water
- 1 Chopped onion
- 1 Chopped tomato
- 1 Tablespoon toasted sesame oil
- 1 Teaspoon black salt
- 1 Teaspoon dried herbs of your choice

Method:

1. Preheat oven to 200°C.
2. Mix chickpea flour and water and let it rest for 30 minutes.
3. Sauté onions until soft.
4. Add onions, tomato, sesame seed oil, black salt and herbs of choice to the chickpea mixture.
5. Add mixture to well-greased pan, and bake in oven for 35 minutes or until golden brown.
6. Let it cool slightly and enjoy with toppings of choice.

Herby Flatbread

Ingredients:

- 1 Tablespoon dry yeast
- 1 Tablespoon crushed garlic,
- 1 Tablespoon mixed herbs
- 3/4 Teaspoon Himalayan salt
- 1/2 Teaspoon raw sugar
- 2 Cups white or brown wheat flour
- 1 Tablespoon olive oil

Method:

1. Mix the yeast, garlic, herbs, salt, sugar and the flour.
2. Add the olive oil and water to the flour mix.
3. Knead the dough until it has become elastic. Lightly cover the dough with olive oil and let rise until double in size.
4. Cut dough into 6 pieces and let rest for a few minutes.
5. Warm up a pan to a medium-high heat, roll each ball of dough in to a flat circle about half a cm thick. Lightly coat the pan with oil, fry the flat bread for about 3 minutes on each side or until golden brown.

Focaccia Bread

Ingredients:

- 2 Cups stone ground bread flour
- 2 Cups stone ground cake flour
- 50ml Honey / organic brown sugar / sweet molasses (dissolve in lukewarm water)
- 5ml Himalayan salt
- 1 Packet instant yeast
- 2 Tablespoons grape seed oil
- 600-700ml Lukewarm water

Method:

1. Mix all ingredients and slowly add 600 – 700ml lukewarm water to form soft dough, mix very well until it is smooth (the wetter the mixture, the softer the bread will be) .
2. Spread on a well sprayed baking tray, cover and leave in a warm place to rise for approximately 20 minutes.
3. Once ready, garnish with some of the following toppings: onion and tomato relish, black olives, fresh garlic, rosemary, baby tomatoes, sliced red or white onions rings, green peppers, sun-dried tomatoes, fresh herbs, a drizzle of olive oil and some coarse sea salt.
4. Bake for 20 minutes in preheated oven at 180°C.

Farm Style Bread

Ingredients:

- 1kg white stone-ground bread wheat flour
- 2 Tablespoons grapeseed oil
- 3 Tablespoons organic brown sugar / Honey dissolved in lukewarm water
- 1 Packet dry instant yeast (10g)
- 1 Tablespoon Himalayan salt
- 2 Cups lukewarm water

Method:

1. Mix all dry ingredients.
2. Add the water slowly and mix until it is well blended.
3. Add the oil once the flour is wet.
4. Knead well for about 7 minutes; add a little more water if necessary.
5. Place the dough in a lightly oiled container, cover with plastic and allow to rise for about 1 hour in a warm place.
6. Now remove the dough from the bowl and punch it down, shape and place on greased baking tray, cover and leave to rise until almost double in size.
7. If you would like to top your bread with seeds lightly brush some olive oil on top and sprinkle the seeds - sunflower, poppy, sesame & pumpkin seeds are good options.
8. Bake in preheated oven at 200°C for approximately 25 minutes or until golden brown.
9. Remove your bread from the pan and place on a cooling rack.

Basic Pizza Dough

Ingredients:

- 500 gram (4 cups) bread or wholewheat flour
- 1 Tablespoon instant dried yeast
- 1 Teaspoon Himalayan salt
- 1 Tablespoon honey (dissolve in lukewarm water)
- 300ml lukewarm water
- 2 Tablespoons grapeseed oil

Method:

1. Mix flour, yeast and salt.
2. Make a well in centre and add water and oil.
3. Hand mix thoroughly until dough leaves sides of bowl clean (may need more lukewarm water when using wholewheat flour).
4. Place dough on a lightly floured surface and knead for about 10 minutes, or until dough smooth and elastic.
5. Roll out and place on a baking sheet.
6. Season and drizzle with olive oil and allow to stand in a warm place for 20-30 minutes or until dough looks puffy around edges.
7. Put on toppings of choice and bake at 200°C for 15 minutes.

Orange Muffin

Blend:

- 1 Whole peeled orange
- ¼ Cup honey
- 1 Tablespoon corn starch
- ½ Cup soy milk

Dry Mix:

- 2 Cups flour
- 2 Teaspoon baking powder
- ½ Teaspoon bicarb
- ½ Teaspoon salt
- 1 Cup pitted dates (cut into small pieces)

Method:

1. Pre-heat oven to 200 °C.
2. Cut the orange in to ¼ pieces and place in blender with the blending ingredients, blend until smooth.
3. Mix the dry and blended ingredients in a bowl until just combined, (do not over-mix).
4. Place spoonfuls in a sprayed muffin pan.
5. Bake for 15-20 minutes.
6. Makes ± 12.

Dairy & Sugar - Free Muffins

Ingredients:

- 2 Cups all-purpose flour
- 2 Teaspoons bicarbonate of soda
- 1 Teaspoon cinnamon / ground mix spice
- 1 Cup honey
- 2 ½ Cups grated carrots
- ½ Cup raisins / cut up dates (do not use date paste)
- 1 ½ Cups mashed banana
- 1 Cup grapeseed oil
- 1/2 Cup pecan nuts

Method:

1. Mix Oil, Honey & Banana in a bowl.
2. Add all dry ingredients and mix to moisten.
3. Add carrots, dates and nuts.
4. Three quarter fill greased, deep muffin pans.
5. Bake in a preheated oven at 200°C for 20 minutes or until cooked.
6. Serve warm or cold.

Note: Muffins freeze well.

Vetkoek

Ingredients:

- 4 Cups flour
- 1 Tablespoon yeast
- 1 Teaspoon Himalayan salt
- 1 Tablespoon sweet molasses
- Lukewarm water to knead

Method:

1. In a measuring cup, mix the yeast and molasses into one cup of lukewarm water and let it stand for a few minutes until bubbly.
2. Add the yeast water mix to your flour and salt, knead well and add water as needed. A soft firm dough is needed.
3. Let the dough rise until double in size.
4. Pinch off and shape dough into balls.
5. Place on an oiled surface and let rise until doubled in size.
6. Fry in a lightly oiled covered frying pan.
7. Turn the vetkoek when the bottom starts to brown.

Bread Rolls

Ingredients:

- 6 Cups brown wheat flour
- 4 Cups white wheat flour
- 3 Tablespoon yeast
- 2 Tablespoon Himalayan salt
- 4 Tablespoon sweet molasses
- 4 Tablespoon raw sugar
- 5 Cups lukewarm water

Method:

1. Preheat oven to 180°C.
2. In a measuring cup, mix the yeast and molasses and sugar into one cup of lukewarm water and let it stand for a few minutes until bubbly.
3. Combine the rest of your ingredients and add the yeast water mix to it, knead well.
4. Let the dough rise until double in size.
5. Pinch off and shape dough as desired.
6. Place on an oiled baking sheet, lightly brush with oil, let rise until doubled in size.
7. Bake in the oven for 35 minutes.

Raisin Bread

Ingredients:

- 10 Cups flour
- 3 Tablespoons yeast
- 4 Teaspoon salt
- 2 Tablespoon honey
- 2 Cups raisins
- 5 Cups lukewarm water
- ¼ Cup coconut oil

Method:

1. Spray two bread tins.
2. Preheat the oven to 180°C.
3. Mix water and honey.
4. Combine the all the ingredients.
5. Knead well, place in tins and let rise until double in size.
6. Bake in oven for 60 minutes.

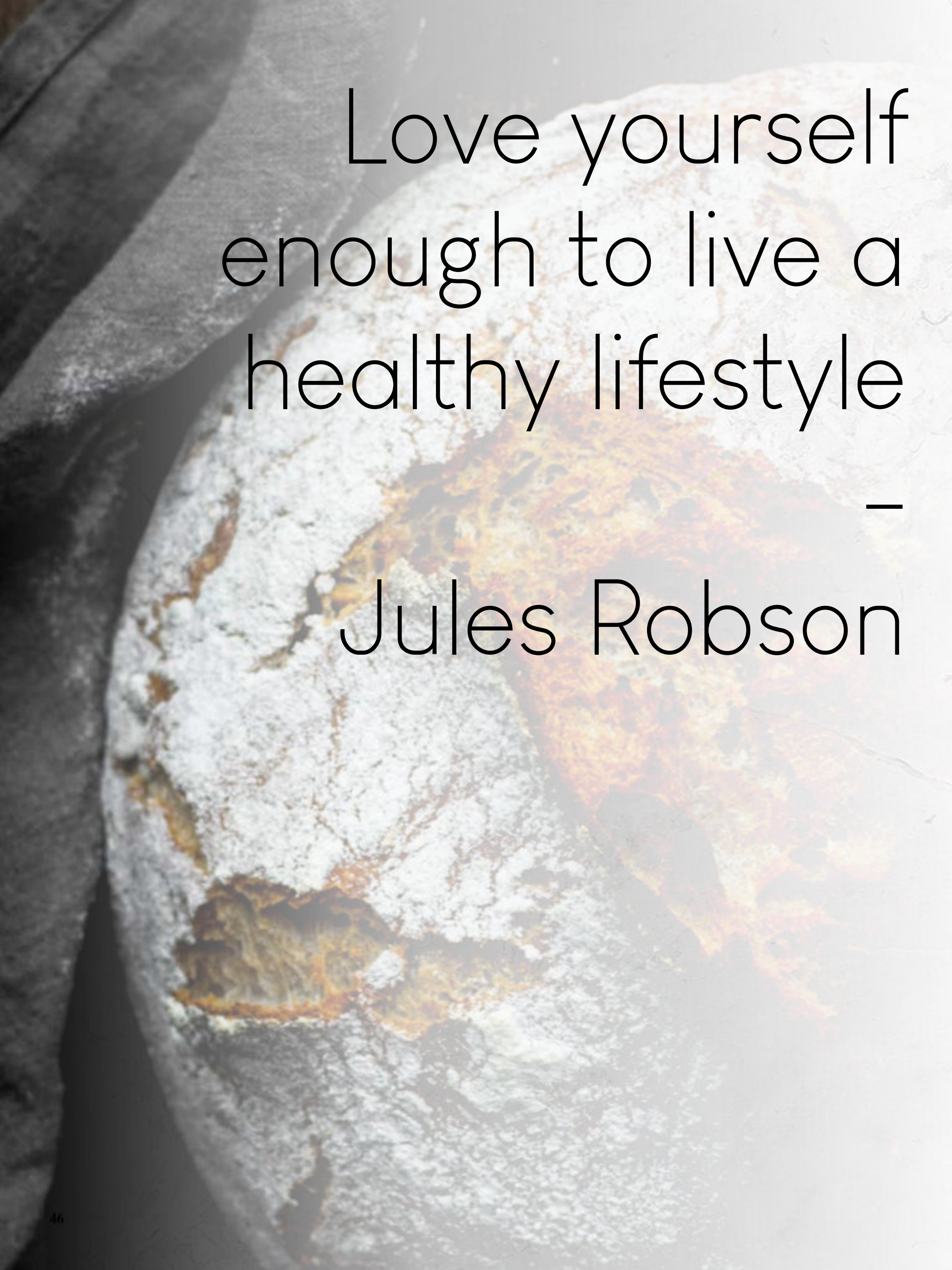
Roosterkoeke

Ingredients:

- 4 Cups flour
- 1 Tablespoon yeast
- 1 Teaspoon Himalayan salt
- 1 Tablespoon sweet molasses
- ¼ Cup olive oil
- Lukewarm water to knead

Method:

1. In a measuring cup, mix the yeast and molasses into one cups of lukewarm water and let it stand for a few minutes.
2. Add the yeast water mix to your flour, salt and oil, knead well and add water as needed.
3. Let the dough rise until double in size.
4. Pinch off and shape dough into balls.
5. Place on an oiled surface, lightly brush the tops with oil and let rise until doubled in size.
6. When the coals have reached a warm but not too hot heat place your roosterkoeke on the grid, allow them to slowly cook until golden, only once they are golden brown do you turn them over.



Love yourself
enough to live a
healthy lifestyle

—
Jules Robson

A wooden cutting board is the central focus, featuring a small bunch of fresh rosemary on the left and a pile of finely chopped rosemary leaves on the right. The background is softly blurred, showing a white ceramic bowl. The overall lighting is bright and natural, creating a clean and fresh aesthetic.

Crackers

Crackers

Oat Chickpea Crackers

Ingredients

- 400g Can chickpeas (drained)
- 1 Cup rolled oats
- 2 Cloves garlic
- 1 Tablespoon lemon juice
- ½ Teaspoon salt
- 1 Tablespoon nutritional yeast flakes
- ¼ Cup olive oil

Method:

1. Rinse the drained chickpeas.
2. Place in a food processor until fine.
3. Add rolled oats and continue to blend.
4. Add salt, garlic, lemon juice and nutritional yeast flakes.
5. Blend until everything comes together as a ball.
6. Roll out between baking paper and cut into squares with knife.
7. Prick each centre with a fork as it helps the crackers to bake evenly.
8. Bake at 180°C until golden brown (about 40 – 50 minutes).
9. Leave to cool and enjoy with toppings of your choice.

Cracker Bread

Ingredients:

- 1 Cup oat flour
- 2 Cups all-purpose flour
- 2 Teaspoon Himalayan salt
- 2 Teaspoon honey dissolved in hot water
- 4 Tablespoon grapeseed oil
- 1 Cup hot water (or more)

Method:

1. Mix everything, roll out and bake for at 200°C for 7 minutes.
2. Remove from oven and spray with oil and salt.
3. You can add toppings at this point (variety of seeds).
4. Put in the oven at another 7 minutes.
5. Check frequently until desired crunchiness is obtained.

Seed Crackers

Ingredients:

- ½ Cup chia seeds
- ½ Cup flax seeds
- 1 Cup sesame seeds
- 1 Cup flax seed meal
- 2 Tablespoon soy sauce
- 1 Tablespoon onion powder
- 1 Teaspoon garlic powder
- 2 Cups water
- 1 Tablespoon caraway seeds (optional)

Method:

1. Place all ingredients in bowl and mix well.
2. Let it stand for one hour at room temperature and until mixture turns to a paste.
3. Pre-heat oven to 200°C.
4. Dump the cracker mixture onto a baking sheet covered with baking paper.
5. Smooth or roll it out evenly so that it is thin.
6. Cut into squares or other shapes with a pizza cutter.
7. Bake for 35 minutes or until it is dry and crispy.

Plain Crackers

Ingredients:

- 2 Cups all-purpose flour
- 1 Teaspoon baking powder
- 1 Teaspoon Himalaya salt
- ⅓ Cup chia seeds
- ⅓ Cup sesame seeds
- ½ Cup nutritional yeast flakes
- ¾ Cup warm water
- 3 Tablespoon grapeseed oil
- Sprinkle with sesame seed & flax seed

Method:

1. Mix all the dry ingredients in a mixing bowl and add the water bit by bit, mixing with a fork. Add the vegetable oil tablespoon at a time, and knead the dough for two minutes until it is all well combined and dough is nice and soft.
2. Cut the dough in two.
3. Roll out the dough on baking paper and top with seeds.
4. Preheat oven to 200°C and bake for 20 minutes.
5. Remove from the oven and cut the large sheet in small squares.
6. Place back in the oven for 6 minutes to get nice and crispy!

Chickpea Crackers

Ingredients:

- 3 Tablespoons ground flaxseed
- 1 Cup chickpea flour
- ½ Cup water
- 1 Teaspoon baking powder
- ½ Teaspoon garlic powder
- 1 Tablespoon minced rosemary
- Pinch salt
- 1 Tablespoon olive oil
- 6 Tablespoon ground almonds

Garnish on top:

- Sesame seeds
- Sunflower seeds
- Sea salt

Method:

1. Preheat the oven to 180°C and line a large baking sheet with baking paper.
2. Stir the flax into the water and let it stand to thicken for a few minutes.
3. In a bowl add in sequence and mix the flour, the almonds, the garlic, the salt, the rosemary, the oil, the baking powder and the flaxseed mix.
4. Scrape the sticky mix onto the pan and spread it as thinly and evenly as you can.
5. Sprinkle on top with sesame seeds, sunflower seeds and a pinch of sea salt.
6. Bake for 20 minutes.
7. Remove from the oven and cut the large sheet in small squares.
8. Place back in the oven for 6 minutes to get nice and crispy!


Oat Meal Crackers

Ingredients:

- 1 ½ Cups rolled oats
- 1 Cup whole wheat flour
- ½ Teaspoon Himalayan salt
- 1 Tablespoon sugar
- 1 Teaspoon ground cinnamon
- ½ Cup water
- 5 Tablespoon grapeseed oil


Method:

1. Preheat oven to 180°C. Grease a baking sheet.
2. Place rolled oats in a food processor or blender and pulse a few times until you get a coarse flour.
3. Stir the oat flour together with whole wheat flour, salt, sugar and cinnamon in a bowl.
4. Pour in water and oil and mix to form a dough.
5. Place on a prepared baking sheet and roll out until thin.
6. Using a knife partially slice through the dough in desired shapes.
7. Bake in the preheated oven 10-15 minutes.
8. Allow to cool entirely on baking sheet before breaking along cut lines.



Your diet is a bank
account. Good
food choices are
good investments.

—
Bethenny Frankel



Spreads & Cheeses

Spreads & Cheeses

Sundried Tomato & Olive Spread

Ingredients:

- ½ Packet sundried tomatoes
- 3 Cups black olives
- 1 Clove garlic
- 50-100ml Olive oil
- Salt to taste
- 2 Tablespoons lemon juice
- Origanum/Mixed Herbs to taste (optional)

Method:

1. Soak the sundried tomatoes in boiling water for 10 minutes.
2. Drain the water off the tomatoes and add all the other ingredients.
3. Blend everything until a spread consistency is achieved.
4. Add salt and lemon to taste.
5. Use on bread or crackers.

Onion Spread

Ingredients:

- 3 Onions finely chopped
- ¾ Cup cashew nuts
- 3 Cloves garlic (crushed)
- 2 Teaspoons dried rosemary
- 2 Teaspoon grapeseed oil
- ½ Teaspoon smoked paprika
- 2 Tablespoons soy sauce
- ½ Teaspoon liquid smoke
- ¾ Cup vegan mayonnaise
- 3 Tablespoons honey
- 3 Tablespoons nutritional yeast flakes
- 3 Tablespoons lemon juice

Method:

1. Add the onions, garlic and rosemary to a pan with the grapeseed oil and fry until softened.
2. Then add the paprika, liquid smoke, honey and soy sauce and continue to fry until the onions are golden brown, sticky and fragrant.
3. Add roughly two-thirds of the cooked onions to the blender jug along with the cashews, vegan mayonnaise and lemon juice and blend until smooth.
4. Transfer to a serving dish.
5. Stir in the remaining cooked onions, reserving a few pieces for decorating the top.

Hummus

Ingredients:

- 1 Cup cooked/ tin chickpeas
- ¼ Cup tahini
- 3 Tablespoons lemon juice
- 1 Teaspoon herbal salt
- ⅓ Cup water/ olive oil
- 2 Cloves garlic

Method:

1. Place all ingredients in a blender,
2. Blend until smooth.
3. Serve immediately.
4. Can be stored in a fridge for a few up to 5 days.

Sunflower Seed Spread

Ingredients:

- 1 Cup sunflower seeds
- 1 Tablespoon onion powder
- Mixed herbs to taste
- 1 Teaspoon salt
- 1 Tablespoon coriander
- ¾ Cup water

Method:

1. Lightly break the seeds in a blender.
2. Toast the sunflower seeds in a frying pan until golden brown.
3. Add the dry ingredients and toast for a few seconds longer.
4. Add water and let cook until thick, while stirring continually.
5. Serve immediately.
6. Can be stored in a fridge for up to 5 days.

Basil Pesto

Ingredients:

- 3 Cups fresh basil leaves tightly packed
- 2 Cloves fresh garlic
- $\frac{3}{4}$ Cup cashew nuts
- 1 Cup cold pressed olive oil
- 2 Tablespoons lemon juice
- $\frac{1}{4}$ Cup nutritional yeast flakes
- 1 Teaspoon Himalayan / garlic and parsley salt
- $\frac{1}{4}$ Cup sundried tomatoes
- 5 Pitted dried dates

Method:

1. Place olive oil, lemon juice and all other ingredients in the blender.
2. Blend until everything is well mixed.
3. Store in fridge in an airtight container.

Nutty Tomato

Ingredients:

- 1 Cup sunflower seeds
- 1 Tablespoon tomato paste
- 2 Tablespoons nutritional yeast
- 1 Teaspoon salt
- $\frac{1}{2}$ Teaspoon garlic
- $\frac{1}{2}$ Teaspoon paprika

Method:

1. Place all ingredients in a blender,
2. Blend until smooth.
3. Serve immediately.
4. Can be stored in a fridge for up to 5 days.

Coconut Butter

Ingredients:

- 1 Cup desiccated coconut
- 2 Tablespoons coconut oil
- 1 Pinch salt

Method:

1. Place all ingredients in a food processor, scrape the sides down every 5 minutes.
2. Process until smooth.
3. Depending on the strength of your processor this could take up to 30 minutes.
4. Serve immediately.
5. Can be stored in a fridge for 5 days.

Date Jam

Ingredients:

- 2 Cups dates (pitted)
- 1 Pinch salt
- Water/ fruit juice

Method:

1. Place dates in a pot and cover with boiling water or the juice of your choice, (pineapple or orange works well).
2. Let simmer until all the water is almost absorbed.
3. Blend with a stick blender or in a blender until smooth.
4. Serve immediately.
5. Can be stored in a fridge for 5 days.

Avocado Pesto

Ingredients:

- 1 Cup fresh basil
- 1 Cup baby kale
- 1/3 Cup fresh thyme
- 1 Ripe avocado
- 2 Cloves garlic
- 1 Cup water
- 1/4 Cup lemon juice
- Herbal salt to taste

Method:

1. Place all ingredients in a blender.
2. Blend until smooth.
3. Serve immediately.

Avocado Spread

Ingredients:

- 1 Ripe avocado
- 1 Teaspoon herbal salt
- Little lemon juice

Method:

Blend.

Creamy Mushroom Spread

Ingredients:

- 250g Punnet mushrooms (sliced)
- ½ Cup bread crumbs
- ¼ Cup coconut oil
- 1 Clove garlic
- 1 Teaspoon salt
- 1 Tablespoon coriander

Method:

1. Lightly oil a frying pan and fry the mushrooms until golden brown.
2. Place all ingredients in a blender.
3. Blend until smooth.
4. Serve immediately.
5. Can be stored in a fridge for up to 5 days.

Cream Cheese and Chives Spread

Ingredients:

- 2 Cups cashews, soaked overnight, rinsed and drained
- ¼ to ½ Cup water
- 3 Tablespoons lemon juice
- 1 Small clove garlic
- 1 Teaspoon raw apple cider vinegar
- ½ Teaspoon Himalayan salt
- 5 Tablespoons chopped chives

Method:

1. Place all ingredients except chives in high-speed blender and blend until smooth.
2. You can add more chives, or let it sit overnight for a more robust flavour.

Chickpea Cheese

Ingredients:

- ½ Cup chickpea flour
- ½ Teaspoon Himalayan salt
- ½ Teaspoon Cumin / smoked paprika (optional)
- 3 Tablespoons nutritional yeast flakes
- 1 Tablespoon Chicken Stock (Ina Paarman's)
- 1 Teaspoon turmeric powder
- ½ Cup water for sauce pan (the less water the firmer the cheese will be)
- ½ Cup water to mix with dry ingredients

Method:

1. Mix all the dry ingredients with ½ cup of water until well combined.
2. Warm up the other ½ cup water in a sauce pan and add the liquid mixture.
3. Stir all the time until cooked and thick (chickpea flour has a raw taste if not cooked properly).
4. Pour into a greased mold immediately and leave to cool to room temperature.
5. Place in fridge and can be used in place of cheese.

Almond Chive Cheese

Ingredients:

- 40g Ground almonds (5 tablespoon + 2 teaspoon) also known as "almond meal"
- 1 Tablespoon nutritional yeast flakes, ground to a powder
- ¼ Teaspoon garlic powder
- ¼ Teaspoon onion powder
- ¼ Teaspoon salt
- 100ml Unsweetened almond or soy milk
- 1 Tablespoon extra virgin olive oil
- 1 Tablespoon agar flakes
- ½ Teaspoon lemon juice
- 2 Tablespoon finely chopped fresh chives

Method:

1. In a small mixing bowl whisk together the ground almonds, nutritional yeast, garlic and onion powder and salt. Set aside.
2. In a small saucepan whisk together the milk and oil. Sprinkle on the agar flakes and let it sit for 5 minutes (off the heat). Give it a good whisk now and turn the heat on to high. Bring the mixture to a boil, whisking all the while, then reduce to a simmer and switch to a wooden spoon to stir. Simmer the mixture for 5 minutes on low heat, stirring often
3. Turn off the heat then quickly pour it over the almond mixture. Add the chopped chives and lemon juice then mix well. You should have a fairly thick mixture. Scrape it all into the prepared ramekin dish then gently press it in using a sheet of cling film until it is nice and smooth on top. Wrap the whole dish in cling film and chill until set.
4. It sets quickly, about 1-2 hours.

Sundried Tomato and Basil Cheese

Ingredients:

- 40g ground almonds (5 tablespoons + 2 teaspoons)
- 2 Tablespoons nutritional yeast flakes, ground to a powder
- ½ Teaspoon garlic powder
- ¼ Teaspoon salt
- 100ml Unsweetened almond or soy milk
- 1 Tablespoon extra virgin olive oil
- ½ Tablespoon tomato paste
- 1 Tablespoon agar flakes
- 2 Tablespoons finely chopped sun-dried tomatoes (the type packed in oil)
- 1 Tablespoon finely chopped fresh basil

Method:

1. In a small mixing bowl whisk together the ground almonds, nutritional yeast, garlic powder and salt. Set aside.
2. In a small saucepan whisk together the milk, tomato paste and oil. Sprinkle on the agar flakes and let it sit for 5 minutes (off the heat). Give it a good whisk now and turn the heat on to high. Bring the mixture to a boil, whisking all the while, then reduce to a simmer and switch to a wooden spoon to stir. Simmer the mixture for 5 minutes on low heat, stirring often.
3. Turn off the heat then quickly add the almond mixture. Add the chopped sun-dried tomatoes and basil then mix well. You should have a fairly thick mixture. Scrape it all into the prepared bowl then gently press it in using a sheet of cling film until it is nice and smooth on top. Wrap the whole dish in cling film and chill until set. It sets quickly, about 1-2 hours.

Chilli and Rosemary Cheese

Ingredients:

- 40g Ground almonds (5 tablespoon + 2 teaspoon)
- 3 Tablespoon nutritional yeast flakes, ground to a powder
- ½ Teaspoon garlic powder
- ¼ Teaspoon salt
- 100ml Unsweetened almond or soy milk
- 1 Tablespoon extra virgin olive oil
- ½ Teaspoon dried rosemary
- ¼ Teaspoon dried chili flakes (also known as red pepper flakes)
- 1½ Teaspoon onion powder
- 1 Tablespoon agar flakes

Method:

1. In a small mixing bowl whisk together the ground almonds, nutritional yeast, garlic & onion powder and salt. Set aside.
2. In a small saucepan whisk together the milk, oil, chili flakes, rosemary. Sprinkle on the agar flakes and let it sit for 5 minutes (off the heat). Then give it a good whisk and turn the heat on to high. Bring the mixture to a boil, whisking all the while, then reduce to a simmer and switch to a wooden spoon to stir. Simmer the mixture for 5 minutes on low heat, stirring often.
3. Turn off the heat then quickly add the almond mixture and stir well, you should have a fairly thick mixture. Scrape it all into the prepared bowl then gently press it in using a sheet of cling film until it is nice and smooth on top. Wrap the whole dish in cling film and chill until set. It sets quickly, about 1-2 hours.

Pepper Cheese

Ingredients

- ½ Cup raw cashews
- ½ Cup almond milk
- 3 Tablespoons lemon juice
- 2 Tablespoons tahini
- ¼ Cup nutritional yeast
- 1 Teaspoon Himalayan salt
- 1½ Teaspoon onion powder
- ½ Teaspoon garlic powder
- 1 Cup water
- 2 Tablespoons agar powder
- 1 Cup peppers, diced – can be different kinds. (Bell pepper and a jalapeno was used in this recipe)

Method:

1. Set aside a loaf pan or square baking pan for pouring the cheese.
2. Soak cashews in water for 2-4 hours / or overnight. Drain and rinse thoroughly.
3. Combine cashews, almond milk, lemon juice, tahini, nutritional yeast, salt, onion powder, and garlic powder in a blender or food processor. Blend until combined and creamy. Leave mixture in blender.
4. Combine water and agar powder on in a small sauce pot and bring to a boil. Lower heat and simmer for 5 minutes, stirring frequently. Remove from heat.
5. Start the blender on medium-high speed. With the blender running, slowly drizzle in the agar mixture.
6. Add diced peppers and blend for another 10-20 seconds. You want the blender to process the peppers into smaller pieces, but not puree them.
7. Turn off blender and immediately pour the mixture into the pan and allow to cool. Refrigerate, uncovered, until firm (30-60 minutes). Slice and serve.

Metty "Cheese"

Ingredients:

- 2 Cups potatoes, diced into chunky blocks
- 1 Cup carrots, diced into chunky blocks
- ½ Cup water
- ⅓ Cup olive oil
- 2 Teaspoons Himalayan / garlic & parsley salt
- 1 Tablespoon fresh lemon juice
- ½ Cup nutritional yeast flakes
- ½ Teaspoon onion powder
- ¼ Teaspoon garlic powder
- ¼ Teaspoon cayenne pepper (optional)
- 1 Tablespoon Chicken Stock (Ina Paarman's)

Method:

1. Boil the potatoes and carrots until soft.
2. Blend along with all other ingredients until smooth.

Note: Can be refrigerated for up to a week . Can also be used as a pasta sauce.

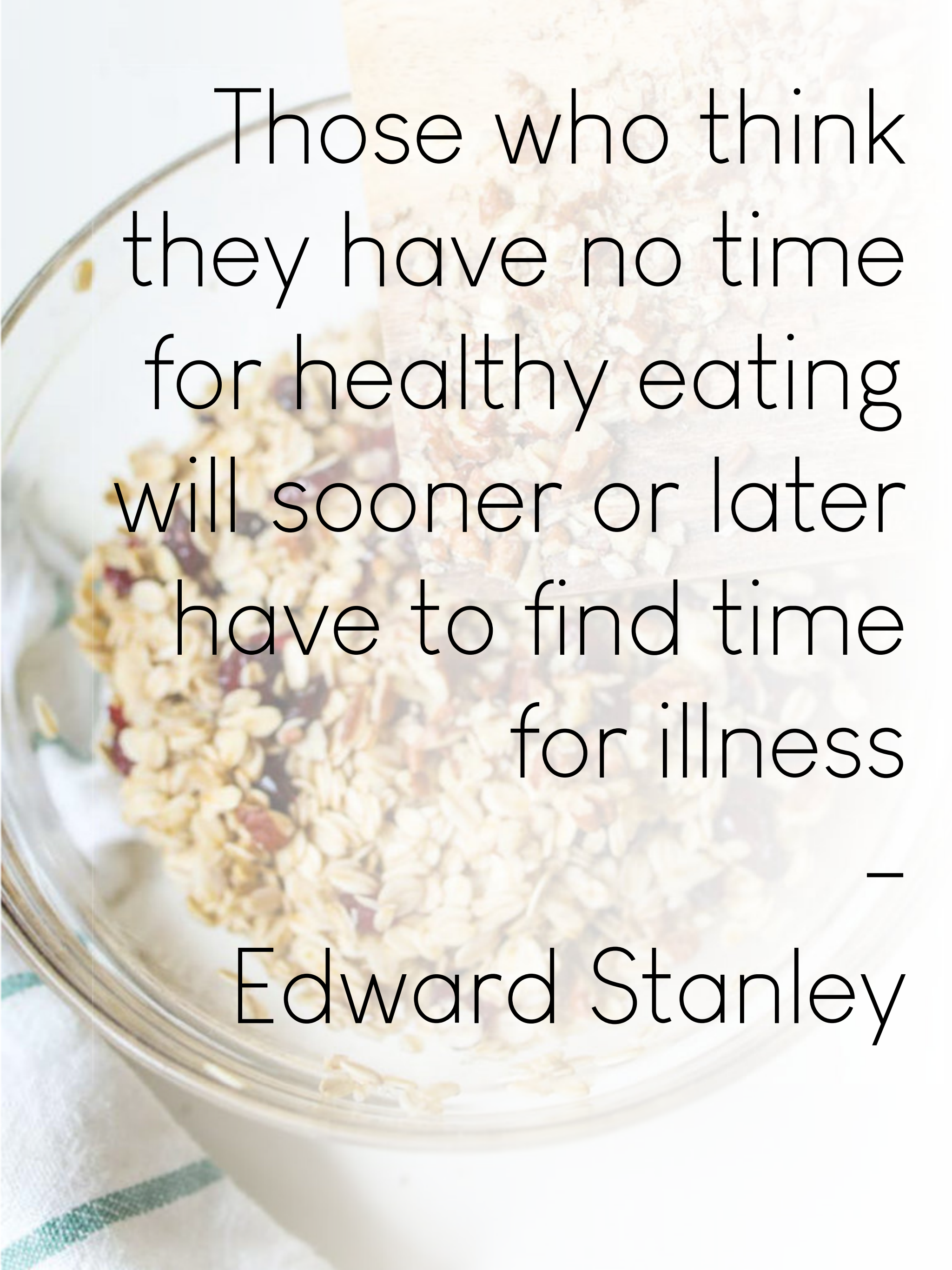
Olive Tapenade

Ingredients:

- 1 Clove garlic
- 2 Cups pitted olives
- 2 Tablespoons lemon juice
- ½ Cup olive oil
- ½ Teaspoon garlic & parsley salt
- ½ green / red chilli (optional)

Method:

1. Pour olive oil in blender first and add all other ingredients.
2. Blend until smooth.
3. Pour into container and chill in the fridge.

A close-up photograph of a glass bowl filled with white oatmeal. The oatmeal is topped with a generous amount of golden-brown granola and small pieces of red fruit, possibly raspberries. The bowl is set on a light-colored surface with a green and white striped pattern visible at the bottom left corner. The text is overlaid on the image in a clean, black, sans-serif font.

Those who think
they have no time
for healthy eating
will sooner or later
have to find time
for illness

—
Edward Stanley



Salads & Salad Dressings

*Salads & Salad
Dressings*

Barley Salad

Ingredients:

- $\frac{3}{4}$ Cup pearl barley
- 2 $\frac{1}{2}$ Cup water
- 3 Cups cooked corn kernels
- $\frac{1}{2}$ Cup green peas
- 1 Large celery stalk
- $\frac{1}{2}$ Cup cherry tomatoes
- 3 Teaspoons dill
- 2 Spring onions
- 1 Tablespoon lemon juice
- 3 Tablespoons olive oil
- Salt

Method:

1. In a saucepan bring the water to a boil, add the barley and $\frac{1}{2}$ teaspoon salt, allow to cook for about 40 minutes.
2. Transfer the barley to a bowl and allow it to cool to room temperature.
3. Cut the celery and spring onion in to slices and halve the tomatoes.
4. Soak the peas in boiling water until water is cool.
5. Combine all the above-prepared ingredients.
6. Stir the olive oil, lemon juice and dill in to the barley mix.
7. Line a dish with the baby greens and dish the barley on to the greens.

Carrot & Coconut Salad

Ingredients:

- 3 Cups finely grated carrots
- 1 Cup coconut
- $\frac{1}{4}$ Cup tofu/vegan mayonnaise

Method:

1. Mix carrots and coconut.
2. Add mayonnaise and salt to taste.

Coleslaw

- 1 small cabbage finely cut
- $\frac{1}{2}$ Cup diced celery
- 1 Cup shredded carrot
- 1 Cup tofu mayonnaise
- Add salt to taste

Method:

Mix all ingredients and add salt and mayonnaise. Chill and serve.

Italian Salad Dressing

Ingredients:

- 1/3 Cup olive oil
- 2 Tablespoons lemon juice
- 1 Garlic clove crushed
- 1 Tablespoon fresh parsley, chopped
- 1/2 Teaspoon salt

Method:

Mix all ingredients and serve.

Fresh Tomato Dressing

Ingredients:

- 1/2 Cup chopped Roma tomatoes
- 2 Tablespoons lemon juice
- 1 Tablespoon chopped onion
- 1/4 Teaspoon paprika
- 1 Small clove garlic, chopped
- 1/2 Teaspoon chopped parsley

Method:

1. Place all ingredients, except parsley, in a blender.
2. Blend until smooth. Add chopped parsley and serve on salad.

Tofu Mayonnaise

Ingredients:

- 350g Silken Tofu
- 1/4 Cup Water
- 2 Tablespoons fresh lemon juice
- 1/4 Teaspoon Himalayan salt
- 1 Teaspoon Dijon mustard
- 1/2 Teaspoon agave, honey or pure maple syrup

Method:

Blend tofu with water until liquified. Add remaining ingredients and blend until creamy.

Tahini Dressing

Ingredients

- 1 Cup tahini (sesame seed butter)
- ½ Cup lemon juice
- 2 Cloves garlic
- ½ Cup water
- Salt to taste

Method:

1. Combine all ingredients in a blender.
2. Add water until you reach desired consistency.
3. Store in a glass container for up to 8 days.


Asian Gingery Dressing

Ingredients:

- ¼ Cup olive oil
- 1 Teaspoons tahini
- 1 Tablespoon sesame seed oil / olive oil
- 1 Tablespoon lemon juice
- 1 Tablespoon soy sauce
- 1 Date / honey to taste
- ½ inch ginger
- Pinch of cayenne pepper
- 2 Tablespoons of water
- Salt to taste

Method:

1. Combine all ingredients in a blender.
2. Store in a glass container for up to 8 days.



It takes five
minutes to
consume 500
calories. It takes
two hours to burn
them off

—
Anonymous

Desserts

Desserts



Strawberry Cheesecake

Ingredients:

Crust:

- 1 Cup dates (soaked)
- 1 Cup almonds (can use cashews, walnuts, sunflower seeds, pumpkin seeds)
- ¼ Cup coconut
- Pinch salt

Filling:

- 1 Cup cashew nuts (soaked)
- 1 Cup canned coconut cream
- 3 -5 Tablespoons honey
- 1 Tablespoon agar powder
- Juice of 1 lemon
- ¾ Cup fresh strawberries

Method:

Crust

1. Place all ingredients in a food processor until it sticks together, then press into a container and place in the fridge.

Filling:

1. Blend cashews, honey, lemon juice, ½ tin coconut cream and strawberries until smooth.
2. Mix agar powder with the rest of the coconut cream and boil in a pan for 2 minutes.
3. Blend it with the strawberry mixture and pour it on the base and refrigerate for 2 hours.
4. Can use a springform cake tin or a glass dish.

Caramelized Nuts

Ingredients:

- 1 cup nuts*
- ¼ cup brown sugar
- 1 Tablespoon coconut butter
- ¼ Teaspoon cinnamon (optional)

Method:

1. Heat a medium non-stick skillet over medium heat and add nuts, sugar, butter and cinnamon. Stir constantly with a rubber heat-proof spatula for approximately 5 minutes (less time if your nuts are chopped) until the nuts are evenly coated in the melted sugar/butter.
2. Immediately transfer nuts to parchment paper and immediately separate using 2 forks, or let the nuts harden together and break them apart with your fingers once cooled. The nuts and coating will harden in 5-7 minutes.

Note:

*If using chopped nuts, don't chop them too small or they will burn.

Grape Poppers

Ingredients:

- 48 fresh grapes
- ½ package plant based white chocolate
- 1 cup chopped pecans (may substitute with any nuts)
- Toothpicks

Method:

1. Wash grapes and pat completely dry. Spear each grape with a toothpick.
2. Melt white chocolate in tray according to package directions.
3. Holding the end of the toothpick, dip each grape in the white chocolate; allow excess coating to drip off.
4. Immediately dip the end of the grape in the chopped pecans; place on wax paper to dry.

Avo Pie

Ingredients:

Crust:

- 2 Cups dates (soaked)
- 1 Cup almond / pecan nuts (can use half of each)
- 1 Cup coconut
- Pinch Himalayan salt

Method:

1. Mix all ingredients until well mixed in a food processor.
2. Press into 2 pie dishes (18cm).
3. Refrigerate.

Filling:

- 3 Ripe avocados
- 2 Cups coconut cream
- ¾ Cup honey
- ⅓ Cup lime and lemon juice (half of each or lime only)
- 1 lime zest & 1 lemon zest (or use lime only)
- 1 ½ Tablespoon lecithin granules
- 1 Teaspoon vanilla essence
- Pinch of Himalayan salt

Method:

1. Mix all ingredients until smooth, fill the pie crusts and freeze for about 3- 4 hours.
2. Leave frozen and take out 2-3 hours before serving.

Healthy Honey Tahini Treats

Ingredients:

- 400g Jar tahini (sesame seed butter)
- 500g Jar honey
- 2½ - 3 Cups lightly roasted almond nuts (cut into pieces)
- 1 Cup coconut

Method:

1. Add Tahini and honey in a bowl and mix.
2. Add Roasted almonds.
3. Shape into small balls and roll in coconut.
4. Store in airtight container and refrigerate to set.

Carob Clusters

Ingredients

- 1 Cup carob chips / plant-based chocolate
- ⅓ Cup peanut / almond butter
- ½ Cup chopped walnuts / pecans / cashews / coconut (or a mixture of all nuts)

Method:

1. Place carob chips and peanut butter in a small bowl and melt in microwave (or in a double boiler).
2. Stir until evenly combined.
3. Stir in nuts and quickly drop teaspoons full onto waxed paper.
4. Let set until hard.
5. Store in refrigerator.

Cashew Cheese Cake

Ingredients:

Crust

- 1 Cup slivered almonds
- 1 Cup shredded coconut
- Pinch salt
- 1 Tablespoon lemon juice
- 1 Tablespoon honey
- 6 Pitted dates
- 1 Tablespoon ground flaxseed

Method:

1. Mix all the ingredients in a blender and press in a pie dish.
2. Refrigerate while preparing the filling.

Filling

- 3 Cups raw cashews (soak cashew nuts overnight)
- 1 ½ Cups rice / almond milk (can use coconut cream instead of milk)
- ½ Cup lemon juice
- 1 Cup coconut oil
- 2 Tablespoon soy lecithin
- 1 Teaspoon vanilla flavor
- ¼ Teaspoon salt
- ½ Cup honey
- Pinch turmeric
- 1 Teaspoon lemon zest

Method:

1. Put liquids in the blender first and add all other ingredients.
2. Blend until smooth.
3. Pour into the prepared crust and refrigerate for 8 hours or place in a freezer for 1 hour.

Coconut Cream Tart

Crust

- 1 ½ Cups almonds / cashews, coarsely ground
- 2 Tablespoons tahini (sesame butter) / coconut oil
- 2 Tablespoons honey / maple syrup
- ¼ Cup dates, soaked & blended

Topping

- ½ Cup raw cashews, soaked and rinsed
- 1 ½ Cups desiccated coconut
- ½ Cup corn starch
- ½ Cup soy / rice milk powder
- ½ Cup xylitol / sweetener of your choice
- ¼ Teaspoon fine Himalayan salt
- 2 Teaspoon vanilla extract
- 2 Cups water
- 2 Tablespoons coconut oil
- ½ Cup coconut cream (without water)

Method:

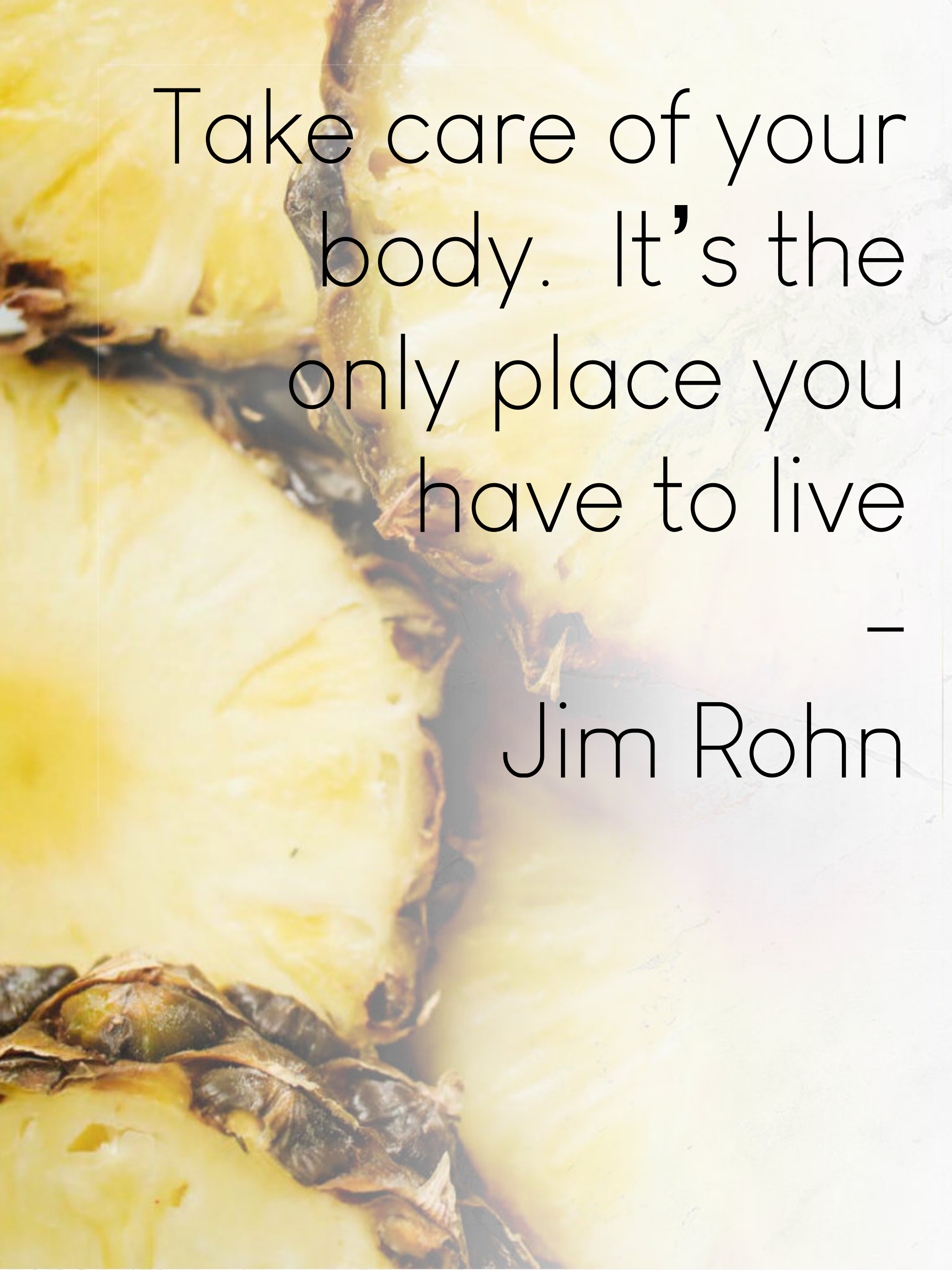
Crust

1. In a mixing bowl, mix nuts, tahini, honey / maple syrup and dates very well to form a sticky ball
2. Press into pie dish

Topping:

1. In a high-speed blender, blend together cashews, coconut, corn starch, soy milk powder, sugar, salt and vanilla with 1 cup water.
2. With blender running, keep adding water slowly until all is used up and mixture is smooth.
3. Add completely smooth mixture to a saucepan, and heat gently, stirring constantly, until mixture thickens.
4. Stir coconut oil, and add coconut cream, making sure mixture does not get too watery.
5. Allow to cool completely before blending again for extra smoothness if so desired.
6. Pour over crust and place in refrigerator to set for a few hours.
7. Serve with frozen berries or frozen mango cubes.

Note: Any water that cannot fit into the blender can be added to the mixture once poured into the saucepan for heating.



Take care of your
body. It's the
only place you
have to live

—
Jim Rohn

Why is it important to eat raw food?

- **It makes our bodies more alkaline and prevents the disease process.**
- **When we cook foods, we inevitably destroy some of the enzymes, vitamins and minerals necessary for good health.**
- **If we eat too much overly-cooked, microwaved and processed foods, it can clog our colon, which may lead to a whole host of problems, including, cancer, heart-disease, diabetes and many other degenerative diseases.**
- **If you slowly begin to eat in this fashion, you will be amazed at your increased energy levels, youthful appearance and decreased visits to the doctors office.**
- **Increasing raw food intake has also been linked to a decreased need for sleep, with many reporting that they have more energy when they wake up in the morning, and that they find it easier to get out of bed!**
- **Other benefits of following a raw food diet include improved skin appearance, excess weight loss, improved digestion, the reduction of many diseases such as heart disease, diabetes, and cancer, as well as many other health debilitating ailments.**
- **Raw foods typically do not have as many trans and saturated fats, as compared to most cooked foods, especially fast food, junk food and any other processed foods.**
- **Raw foods are also extremely high in nutrients such as potassium, magnesium, fiber and plant phytochemicals.**
- **A report from the Journal of Nutrition stated that increased use of raw foods in our diet lowers both cholesterol and triglyceride levels in the body, some of the main indicators for heart disease, obesity & high blood pressure.**
- **Furthermore, a raw food diet usually involves less packaging and less use of energy sources for cooking, thus making them the near perfect solution for eco-friendly eating.**