

Tasty Eats for Tasty People

Recipe Guide #7

Plant-Based

*Discover 15 easy, healthy and tasty recipes, including:
breakfast, lunch, dinner, treat and smoothies*





Contents & Key

- 6 Rise & Shine Strawberry Smoothie
- 8 Pumpkin Spice Smoothie
- 10 Overnight Blueberry Lemon Oats
- 12 Avocado Smash Tomato Toasts
- 14 Greek Tofu Bowl
- 16 Berry Spinach Salad
- 18 Italian Lemon Orzo Soup
- 20 Stuffed Zucchini Boats
- 22 Moroccan Couscous Salad
- 24 Healthy Vegan Shepherd's Pie
- 26 Spicy Chorizo Soft Tacos
- 28 Jackfruit Sliders
- 30 Pesto Chickpea Pasta
- 32 Mango Raspberry Coconut Pops
- 34 Chocolate Coffee Pudding

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



Sample Weekly Meal Planner

| | Breakfast | Lunch | Snack | Dinner |
|------------|-------------------------------------|-------------------------|--|------------------------------|
| Mon | Rise & Shine Strawberry Smoothie | Berry Spinach Salad | Mango Raspberry Coconut Pops, Chocolate Coffee Pudding, Pumpkin Spice Smoothie, Overnight Blueberry Lemon Oats | Healthy Vegan Shepherd's Pie |
| Tue | Pumpkin Spice Smoothie | Berry Spinach Salad | Mango Raspberry Coconut Pops, Chocolate Coffee Pudding, Pumpkin Spice Smoothie, Overnight Blueberry Lemon Oats | Spicy Chorizo Soft Tacos |
| Wed | Rise & Shine Strawberry Smoothie | Italian Lemon Orzo Soup | Mango Raspberry Coconut Pops, Chocolate Coffee Pudding, Pumpkin Spice Smoothie, Overnight Blueberry Lemon Oats | Spicy Chorizo Soft Tacos |
| Thu | Overnight Blueberry Lemon Oats | Italian Lemon Orzo Soup | Mango Raspberry Coconut Pops, Chocolate Coffee Pudding, Pumpkin Spice Smoothie, Overnight Blueberry Lemon Oats | Jackfruit Sliders |
| Fri | Avocado Smash Tomato Toasts | Stuffed Zucchini Boats | Mango Raspberry Coconut Pops, Chocolate Coffee Pudding, Pumpkin Spice Smoothie, Overnight Blueberry Lemon Oats | Jackfruit Sliders |
| Sat | Avocado Smash Tomato Toasts | Stuffed Zucchini Boats | Mango Raspberry Coconut Pops, Chocolate Coffee Pudding, Pumpkin Spice Smoothie, Overnight Blueberry Lemon Oats | Meal Out - Enjoy! |
| Sun | Greek Tofu Bowl | Moroccan Couscous Salad | Mango Raspberry Coconut Pops, Chocolate Coffee Pudding, Pumpkin Spice Smoothie, Overnight Blueberry Lemon Oats | Pesto Chickpea Pasta |



Weekly Shopping List

| Fruits & Vegetables | Protein, Dairy, Herbs & Baking Goods | Seeds, Grains, Legumes & Spices | Cans, Condiments & Misc |
|--|--|---|--|
| Fruits <ul style="list-style-type: none">• 1 pack blueberries• 1 pack strawberries• 1 pack raspberries• 1 orange• 2 bananas• 7 lemons• 3 limes | Protein & Dairy <ul style="list-style-type: none">• soy milk• plant-based milk of choice (soy or almond)• 14 oz. (400g) pack of extra firm tofu• 10.5 oz. (300g) pack of silken tofu | Grains <ul style="list-style-type: none">• quinoa• orzo pasta• quick oats• whole rolled oats• couscous• dried chickpea spaghetti or pasta of choice• granola (optional) | Oils <ul style="list-style-type: none">• avocado oil• extra virgin coconut oil• olive oil |
| Vegetables <ul style="list-style-type: none">• 1 red onion small• 1 large container baby spinach• 1 mini cucumber• 7 medium yellow onions• 3 stalks celery• 5 carrots• 1 large avocado• 4 bulbs of garlic• 1 large vine ripened tomato• 20 sundried tomatoes• 4 red bell peppers• 1 yellow bell pepper• 2 medium zucchinis• 5 radishes• 3 cups (227g) mushrooms of choice• 1 large bag of shredded coleslaw mix• 5 medium white potatoes• 1 pack of mixed greens• 1 pack of kalamata olives | Baking Goods <ul style="list-style-type: none">• 1 small loaf whole grain sourdough bread• 8 medium corn or wheat tortillas• 8 whole wheat dinner buns• vanilla extract• monk fruit sweetened or sugar-free chocolate chips | Nuts, Seeds & Legumes <ul style="list-style-type: none">• small bag pecans• tahini• hemp seeds• ground flax seeds• almond butter• raw walnuts (1 cup)• dried green or brown lentils• raw cashews | Sweeteners <ul style="list-style-type: none">• liquid stevia extract• maple syrup• agave syrup |
| Frozen Foods <ul style="list-style-type: none">• frozen blueberries• frozen strawberries• frozen mango• frozen raspberries• frozen peas | Fresh Herbs <ul style="list-style-type: none">• large bunch parsley• 200g basil• mint• coriander• rosemary• thyme | Dried Spices <ul style="list-style-type: none">• Italian seasoning• bay leaf• black salt and pepper• pumpkin pie spice blend• Greek seasoning• nutritional yeast• Moroccan spice blend• ground cumin• mild chili powder• cayenne pepper• smoked paprika• ground cinnamon• onion powder• garlic powder | Boxed, Canned & Condiments <ul style="list-style-type: none">• 1 x 14 oz. (400g) can chickpeas• 3L vegetable stock or stock cubes• 1 can fave beans• 1 small jar tomato puree• 1 x 14 oz. (400g) young jackfruit in brine• coffee (to make 1 tbsp. of dark coffee)• lemon poppy seed dressing or store-bought dressing• salsa• balsamic vinegar• vegan BBQ sauce• apple cider vinegar• tomato ketchup• salt |
| Dried <ul style="list-style-type: none">• pack of dates (soft) | | | |





Rise & Shine Strawberry Smoothie

Serves 2

2 cups (470g) coconut yogurt
3 cups (300g) frozen or fresh strawberries
2 tbsp. almond butter
2 tsp. hemp seeds
1 cup (240ml) soy or almond milk
10 drops liquid stevia extract

What You Need To Do

1. Place all the ingredients into a blender and blend until smooth.
2. **Optional:** Serve with a sprinkle of hemp seeds and a sliced strawberry for garnish.

Tip: To increase protein, add protein powder.

GF DF V Q N

| Prep | Cook | Kcal | Fats(g) | Carbs(g) | Protein(g) |
|--------|--------|------|---------|----------|------------|
| 5 mins | 0 mins | 403 | 21 | 47 | 11 |

*Nutrition per serving





Pumpkin Spice Smoothie

Serves 2

2 ripe bananas (can freeze for a creamier smoothie)

2 ½ cups (360ml) soy milk

2 tbsp. hemp seeds

¾ tsp. pumpkin pie spice blend

2 soft dates

½ cup (45g) quick oats

What You Need To Do

1. Place all the ingredients into a blender and blend until smooth. Serve immediately.
2. **Optional:** Sprinkle with pumpkin pie spice blend before serving.

Tip: To increase protein, add protein powder.

GF V Q

| Prep | Cook | Kcal | Fats(g) | Carbs(g) | Protein(g) |
|--------|--------|------|---------|----------|------------|
| 5 mins | 0 mins | 368 | 12 | 54 | 16 |

*Nutrition per serving





Overnight Blueberry Lemon Oats

Serves 2

- 1 cup (190g) frozen blueberries
- 1 cup (90g) whole rolled oats
- 2 cups (480ml) plant-based milk of choice
- 1 lemon
- 12 drops liquid stevia extract
- 1 tbsp. hemp seeds
- 1 tbsp. flax meal (ground flax seeds)

Optional toppings:

- ¼ cup (45g) blueberries
- 2 tbsp granola of choice

What You Need To Do

1. Zest the lemon. Mix the frozen blueberries, whole rolled oats, plant-based milk, liquid stevia extract, hemp seeds, lemon zest, and flax meal together in a container with a lid. Place in the fridge overnight. In the morning, serve the oats into 2 bowls.
2. **Optional:** Top with fresh blueberries and granola.

GF DF V Q



| Prep | Cook | Kcal | Fats(g) | Carbs(g) | Protein(g) |
|--------|--------|------|---------|----------|------------|
| 5 mins | 0 mins | 319 | 14 | 56 | 13 |

*Nutrition per serving





Avocado Smash Tomato Toasts

Serves 2

3 slices whole grain sourdough bread
1 large avocado
½ lemon (juiced)
1 small clove garlic, crushed
1 large vine ripened tomato
9 fresh basil leaves
pinch of salt & pepper

What You Need To Do

1. Cut the avocado in half, remove the stone and scoop the flesh out into a small bowl. Add the salt, pepper, garlic and lemon juice into the bowl with the avocado. Mash the ingredients together with a fork until well combined and set aside.
2. Place the bread into a toaster and toast until browned. While the toast is toasting, slice the tomato into large slices and cut each of the slices in half.
3. To assemble the toast, place the avocado mixture onto the toasted bread, top with tomato and basil leaves. Cut one toast in half and serve 1½ slices per serving.

DF V Q



| Prep | Cook | Kcal | Fats(g) | Carbs(g) | Protein(g) |
|--------|--------|------|---------|----------|------------|
| 8 mins | 0 mins | 332 | 17 | 36 | 11 |

*Nutrition per serving





Greek Tofu Bowl

Serves 2

- ½ small onion
- ½ red bell pepper
- 5 sundried tomatoes (rehydrate in boiling water)
- 6 kalamata olives
- ½ tbsp. olive or avocado oil
- ¼ cup (12g) chopped parsley
- 1 x 14 oz. (400g) pack extra firm tofu, drained & pressed
- 1 ½ tbsp. Greek seasoning
- ½ lemon (juiced)
- 2 cups (60g) mixed greens
- pinch of salt & pepper to taste

What You Need To Do

1. Chop the pepper and onion and slice the olives and sundried tomatoes. Set aside.
2. Pour the oil into a frying pan and place over a medium heat. Crumble the tofu into the pan with your hands, then add in the Greek seasoning, parsley, red bell pepper, onion, olives, lemon juice, and sundried tomatoes. Stir well and cook for 3 minutes. Season to taste with salt and pepper and add more Greek seasoning if required.
3. Place a cup of mixed greens and half of the Greek tofu into each bowl. Serve immediately.



| | | | | |
|----|----|----|---|---|
| GF | DF | HP | V | Q |
|----|----|----|---|---|

| Prep | Cook | Kcal | Fats(g) | Carbs(g) | Protein(g) |
|--------|--------|------|---------|----------|------------|
| 7 mins | 5 mins | 307 | 7 | 24 | 29 |

*Nutrition per serving





Berry Spinach Salad

Serves 3

- 1 cup (185g) cooked quinoa
- 2 cups (400g) fresh mixed berries of choice
- 4 cups (120g) baby spinach
- ¼ red onion
- 1 mini cucumber or ⅓ large cucumber
- 4 tbsp. lemon poppyseed vinaigrette or dressing of choice

Spicy pecans:

- ½ cup (65g) whole pecans
- 1 tbsp. maple syrup
- ⅛ tsp. cayenne pepper (add less to make less spicy or omit)
- ½ tsp. ground cinnamon
- pinch of salt & pepper

What You Need To Do

1. Preheat the oven to 350°F (180°C). Mix the maple syrup, cayenne pepper, cinnamon, salt and pepper into a medium sized bowl. Add the pecans into the maple syrup mixture, stir until coated and place them onto a baking tray lined with baking parchment. Place the tray into the oven and bake for 8 minutes.
2. To make the salad, slice the cucumber and red onion into thin slices. If needed, slice the berries in half.
3. To serve, split the spinach between two large bowls. Top with equal amounts of cooked quinoa, berries, cooled spicy pecans, sliced cucumbers and sliced onions per bowl. Drizzle with dressing of choice. Serve immediately.

Note: Nutrition info with dressing

GF DF V Q N

| Prep | Cook | Kcal | Fats(g) | Carbs(g) | Protein(g) |
|--------|--------|------|---------|----------|------------|
| 8 mins | 8 mins | 412 | 22 | 48 | 13 |

*Nutrition per serving





Italian Lemon Orzo Soup

Serves 2

½ cup (100g) orzo pasta, dried
1 x 14 oz. (400g) can chickpeas, drained
3 carrots
3 stalks celery
1 medium cooking onion
2 handfuls baby spinach
8 cups (2ltr) vegetable stock
4 cloves garlic, crushed
1 tbsp. avocado oil
½ tsp. salt
⅛ tsp. pepper
¼ cup lemon juice
½ tsp. Italian seasoning
1 bay leaf
2 tbsp. tahini
¼ cup chopped parsley

Optional garnish:

⅓ cup (5g) chopped parsley
½ lemon

What You Need To Do

1. Dice the carrots, onion, and celery. Pour the avocado oil into a large soup pan and place over a medium-high heat. Add the onions and sauté for 1 minute. Next add in the celery, carrots and garlic, and continue to sauté for a further minute.
2. Pour in the vegetable stock, and add the chickpeas, bay leaf, tahini paste, lemon juice, orzo pasta, Italian seasoning, parsley, salt and pepper.
3. Bring the soup to the boil and then reduce the heat to a simmer. Allow the soup to simmer gently for 15-18 minutes, until the pasta and vegetables are soft. Just before serving add in the spinach and stir until wilted. Serve immediately.
4. **Optional:** Garnish with a squeeze of fresh lemon juice and sprinkle over some freshly chopped parsley.

GF DF V



| Prep | Cook | Kcal | Fats(g) | Carbs(g) | Protein(g) |
|---------|---------|------|---------|----------|------------|
| 10 mins | 25 mins | 331 | 16 | 45 | 13 |

*Nutrition per serving





Stuffed Zucchini Boats

Serves 2

- 1 cup (185g) cooked quinoa
- 2 medium zucchinis
- ½ small onion, diced
- ½ small red bell pepper, diced
- 2 cloves garlic, minced
- ½ cup (60g) raw walnuts
- ½ tbsp. nutritional yeast
- ⅛ tsp. salt & pepper
- 1 lemon (juiced)
- ¼ cup (12g) chopped fresh parsley

What You Need To Do

1. Preheat the oven to 350°F (180°C).
2. Pour the walnuts, half of the lemon juice, onions, garlic, bell pepper, salt, pepper, nutritional yeast, and parsley into a food processor. Pulse until the walnuts are broken into small pieces.
3. Add the cooked quinoa into the food processor with walnut mixture and pulse a few times to combine. Set aside.
4. Slice both the zucchinis in half, lengthwise and cut off the stem top. Scoop out the soft center of the zucchinis to make room for the filling.
5. Place the walnut quinoa mixture evenly into the zucchini boats and press down on the mixture slightly. Pour the leftover lemon juice over the boats (optional - omit if preferred). Place the boats onto a baking tray and bake in the oven for 25 minutes, or until the zucchinis are tender in the middle.
6. Serve hot or make the night before for a quick cold lunch.

Tip: For easy assembly, cook the quinoa the right before, cool and store in the fridge until ready to use.

GF DF MP V N

| Prep | Cook | Kcal | Fats(g) | Carbs(g) | Protein(g) |
|--------|---------|------|---------|----------|------------|
| 8 mins | 25 mins | 314 | 22 | 25 | 11 |

*Nutrition per serving





Moroccan Couscous Salad

Serves 2

½ cup (75g) dried couscous
½ tsp. extra virgin coconut oil
¾ cup water
¼ cup (45g) green or brown lentils
2 cups (480ml) water
½ red bell pepper, chopped
4 large mint leaves, chopped
pinch of salt & pepper
5 radishes, sliced
¼ cup raspberries
1 orange, peeled and chopped

Dressing:

1½ tsp. Moroccan spice blend
2 tbsp. olive oil
3 tbsp. lime juice (freshly squeezed)
1 tsp. maple syrup
1 clove garlic, minced
pinch of salt & pepper

What You Need To Do

1. Pour the lentils and 2 cups of water into a medium sized saucepan. Place the pan over a medium-high heat and bring the water to the boil. Reduce the heat to low, cover with a lid, and let the lentils simmer gently for 20 minutes.
2. In a separate saucepan, bring ¾ cup of water to the boil. Add in coconut oil and a pinch of salt and pepper. Pour in the couscous, cover the pan with a lid and remove the pan from the heat. Let the pan sit for 5 minutes, then fluff up the couscous with a fork.
3. To make the dressing, mix all ingredients together in a bowl and set aside.
4. When the lentils have cooked, drain and rinse with cold water. Place the couscous and lentils onto a platter or into a bowl. Top with the fruit, vegetables, mint, and salad dressing. Serve.

Tip: To save time, swap the dressing for a store-bought dressing of choice

GF DF MP V Q N

| Prep | Cook | Kcal | Fats(g) | Carbs(g) | Protein(g) |
|--------|---------|------|---------|----------|------------|
| 8 mins | 20 mins | 341 | 18 | 41 | 7 |

*Nutrition per serving





Healthy Vegan Shepherd's Pie

Serves 6

Filling:

- 2 small onions or 1 large, chopped
- 4 cloves garlic, crushed
- 2 large carrots, diced
- 2 tbsp. tomato puree
- 1 cup (135g) frozen peas
- ¾ cups (135g) dried green lentils
- 1 tbsp. olive oil
- ½-¾ tsp. salt
- ⅓ tsp. freshly ground pepper
- 1 tbsp. balsamic vinegar
- 1 tsp. fresh thyme
- 1 tsp. fresh rosemary
- 2 cups (480ml) vegetable stock

Potato topping:

- 5 medium white potatoes, diced
- 2 tbsp. olive oil
- 2 cloves fresh garlic, crushed
- ½ tsp. freshly thyme, chopped
- 3-4 tbsp. vegetable stock
- ½ tsp. salt & pinch of pepper

What You Need To Do

1. Preheat the oven to 350°F (180°C).
2. Meanwhile, prepare all the vegetables and herbs and set aside.
3. Pour 1 tablespoon of olive oil into an ovenproof frying pan. Place over a medium heat and sauté the onions for 2 minutes. Add in the rosemary, thyme, carrots, and garlic. Sauté for a further 30 seconds and add in the tomato puree and sauté for another 30 seconds. Deglaze the pan by adding in 2 tablespoons of vegetable stock and stir well.
4. Pour in the balsamic vinegar, 2 cups vegetable stock, and the green lentils (rinsed and drained) to the pan. Bring to the boil, cover, and allow to simmer for 15 minutes. Remove the lid, add in the garden peas and let simmer for further 10 minutes, uncovered, until mixture has thickened and the lentils are soft.
5. Meanwhile, place the potatoes into a large saucepan of boiling water and cook for 20 minutes or until the potatoes are soft. Drain the potatoes in a colander then place them back into the pan. Add in the oil, vegetable stock, salt, pepper, garlic, and fresh thyme. Mash the potatoes until smooth. Set aside.
6. Once the lentil and vegetable filling has thickened, top with the mashed potatoes. Spread the potatoes evenly over the lentils and place the pan into the oven on the top oven rack. Bake for 10 minutes, or until the top has turned golden brown.

Tip: To reduce carbohydrate, replace the potatoes with a large head of cauliflower.

GF DF MP V

| Prep | Cook | Kcal | Fats(g) | Carbs(g) | Protein(g) |
|---------|------------|------|---------|----------|------------|
| 25 mins | 30-35 mins | 328 | 8 | 55 | 12 |

*Nutrition per serving





Spicy Chorizo Soft Tacos

Serves 4

½ medium onion
3 cups (225g) sliced mushrooms of choice
1 tbsp. avocado oil
pinch of salt & pepper
1 cup (255g) canned fava beans, drained & rinsed
½ cup (55g) raw chopped walnuts
3 cloves garlic, bruised & peeled
2 tbsp. ground cumin
2 tbsp. mild chili powder
⅛ tsp. cayenne pepper
¼ tsp. smoked paprika powder
½ lime, juiced
pinch of salt & pepper
1 tbsp. agave syrup

Toppings:

8 medium corn or wheat tortillas
1 cup (260g) salsa
2 cups raw shredded coleslaw mix (e.g. cabbage, carrot, radish, apple)
1 cup (50g) fresh coriander

What You Need To Do

1. Preheat the oven to 350°F (180°C). Chop the onion and set aside.
2. Pour the avocado oil into a frying pan and place over a medium heat. Add in the mushrooms, chopped onions and a pinch of salt and pepper. Sauté for 4 minutes, stirring often. When mushrooms are starting to soften, remove from the heat and set aside.
3. Add in the fava beans, walnuts, garlic, mild chili powder, cayenne pepper, smoked paprika, ground cumin, lime juice, salt, pepper, agave syrup, cooked mushrooms and onions into a food processor. Pulse until the mixture clumps together (resembling a minced taco meat texture).
4. Pour the chorizo vegan taco mixture onto a lined baking sheet. Bake in the oven for 10 minutes stirring 3 times at 3 minute intervals. Warm up the taco tortillas of choice, for the last 5 minutes of chorizo cooking time, by wrapping them in foil and placing them into the oven.
5. To serve, place the shredded coleslaw mix, coriander and vegan chorizo taco filling onto a platter. Serve with a side bowl of salsa, and warmed tortillas. Everyone can add desired toppings to their chorizo filling.

Tip: To reduce carbohydrates, omit the tortillas and serve over a bed of greens like a taco salad.

Note: 2 tacos per person

GF DF MP V N

| Prep | Cook | Kcal | Fats(g) | Carbs(g) | Protein(g) |
|---------|---------|------|---------|----------|------------|
| 20 mins | 15 mins | 420 | 18 | 53 | 16 |

*Nutrition per serving





Jackfruit Sliders

Serves 4

8 whole wheat dinner buns

Jackfruit:

½ cup (225g) store-bought tomato ketchup or substitute for homemade ketchup

¼ tsp. onion powder

¼ tsp. garlic powder

1 tsp. balsamic vinegar

1 tsp. maple syrup

2 tbsp. vegan BBQ sauce

3 cloves garlic, crushed

1 ¼ tsp. mild chili powder

pinch of salt & pepper

1 x 14 oz. (400g) young jackfruit in brine (canned, boxed or fresh)

1 small onion

1 tsp. avocado oil

Coleslaw:

6 cups (600g) shredded coleslaw mix from store (e.g. grated green, red cabbage, grated carrots)

¼ cup (60ml) avocado oil

¼ cup (60ml) apple cider vinegar

2 cloves garlic, minced

1 tbsp. maple syrup

pinch of salt & pepper

Optional:

½ cup (25g) chopped coriander for garnish

What You Need To Do

1. Place the tomato ketchup, onion powder, garlic powder, balsamic vinegar, maple syrup, BBQ sauce, garlic, chili powder, salt and pepper into a small bowl. Mix well to combine and set aside.
2. Drain the jackfruit and shred with a fork into a medium sized bowl. Slice the onions and place into the bowl with the jackfruit. Set aside.
3. Blend the avocado oil, apple cider vinegar, crushed garlic, maple syrup, salt and pepper in a blender until smooth. Pour the store-bought coleslaw mixture into a large bowl. Pour the dressing over coleslaw and mix well. Set aside.
4. In a frying pan, heat 1 teaspoon of avocado oil over a medium heat. Sauté the onions and jackfruit for 1-2 minutes, until the onions start to soften. Pour in the ketchup and spice sauce. Continue to cook for 5 minutes, stirring often, until jackfruit is heated through.
5. Serve the hot jackfruit on a bun topped with a tablespoon of coleslaw. Serve 2 sliders per plate with a small bowl of coleslaw.
6. **Optional:** Garnish with some freshly chopped coriander leaves.

Tip: To reduce carbohydrate, replace the buns with large leaves of lettuce.

Note: 4 servings is equivalent to 8 small sandwiches

| | | | |
|----|----|---|---|
| GF | MP | V | Q |
|----|----|---|---|

| Prep | Cook | Kcal | Fats(g) | Carbs(g) | Protein(g) |
|---------|--------|------|---------|----------|------------|
| 15 mins | 8 mins | 478 | 16 | 59 | 10 |

*Nutrition per serving





Pesto Chickpea Pasta

Serves 6

8 ½ cups (2ltr) water
12 oz. (340g) dried chickpea spaghetti (spaghetti noodles of choice)
½ cup (70g) raw cashews
2 tbsp. nutritional yeast
5.5 oz. (160g) fresh basil (leave a few whole leaves for garnish)
3 cloves garlic, peeled & bruised
¼ tsp. salt
pinch of pepper
3 tbsp. lemon juice (freshly squeezed)
9 sundried tomatoes (rehydrated)
¼ cup (60ml) + 2 tbsp. olive oil
3 tbsp. water
2 small red bell peppers
1 yellow bell pepper
1 small yellow onion

What You Need To Do

1. Bring 2 liters of water to a boil in a large saucepan. Place the chickpea pasta into the water and cook over a medium heat as per instructions on the box.
2. While the pasta is cooking, place the basil leaves with stems removed (save a few basil leaves for garnish), cashews, sundried tomatoes, lemon juice, salt, pepper, olive oil, water, garlic and nutritional yeast into a food processor. Blend until smooth. If the pesto is too thick add in a little more oil or water to achieve desired consistency.
3. Slice the peppers and onion and place into a frying pan with 1 tablespoon of water and sauté until peppers and onions are slightly soft.
4. Once the pasta has cooked, drain the spaghetti and pour back into the same saucepan. Add in the pesto and on a low heat, toss to heat the pasta and pesto .
5. Serve in a pasta bowl topped with the sauteed peppers and onions. Garnish with a few fresh leaves of basil.

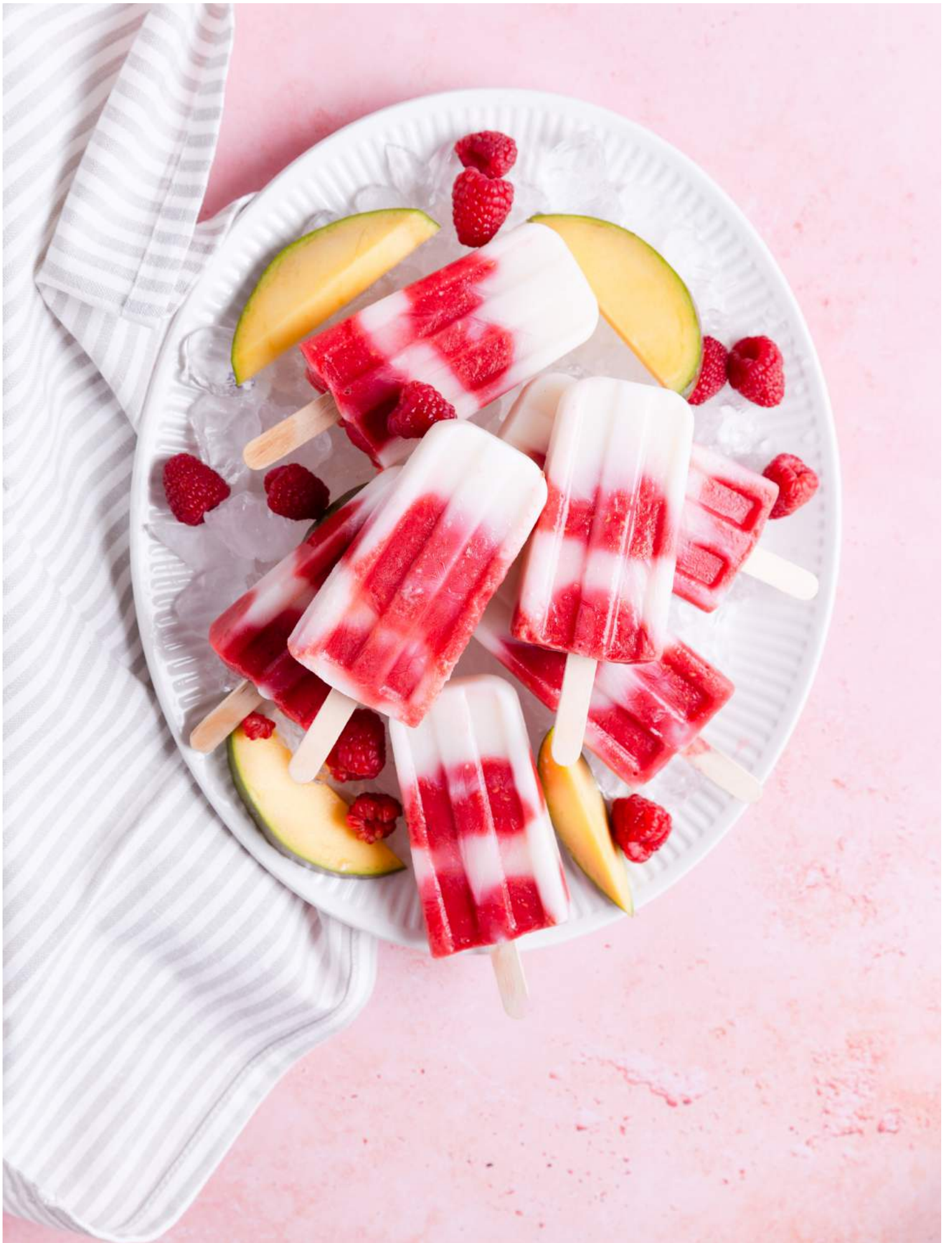
Tip: To reduce carbohydrates, replace the chickpea pasta with zucchini noodles.

GF DF MP V Q N

| Prep | Cook | Kcal | Fats(g) | Carbs(g) | Protein(g) |
|---------|---------|------|---------|----------|------------|
| 15 mins | 10 mins | 400 | 23 | 41 | 18 |

*Nutrition per serving





Mango Raspberry Coconut Pops

Serves 8 Popsicles

1 cup (250g) frozen raspberries

1 cup (140g) frozen mango

1 cup (235g) + 1 ½ cup (350g) coconut yogurt

2 tbsp. maple syrup

½ tsp. vanilla extract

2 tbsp. maple syrup

What You Need To Do

1. Blend the frozen mango, raspberries, maple syrup and 1 cup of coconut yogurt in a blender until smooth. Set aside.
2. In a separate bowl, mix the 1½ cups of coconut yogurt, maple syrup, and vanilla extract. Set aside.
3. Take the popsicle molds and layer the coconut yogurt and blended raspberry mango mixture into the molds. Place in the popsicle sticks and freeze for between 6 and 8 hours. Run warm water over the popsicle mold for easy removal.

Tip: To increase protein substitute the coconut yogurt for soy yogurt

| | | | | |
|----|----|----|----|---|
| GF | DF | LC | MP | V |
|----|----|----|----|---|

| Prep | Freeze | Kcal | Fats(g) | Carbs(g) | Protein(g) |
|---------|---------|------|---------|----------|------------|
| 10 mins | 6-8 hrs | 92 | 3 | 17 | 1 |

*Nutrition per serving





Chocolate Coffee Pudding

Serves 4

1 cup (170g) monk fruit sweetened or sugar-free chocolate chips

1 tsp. extra virgin coconut oil

10.5 oz. (300g) silken tofu (unsweetened)

1 tbsp. espresso or dark brewed coffee

½ tsp. vanilla extract

Optional garnish:

shaved chocolate

berries

What You Need To Do

1. Melt the coconut oil and chocolate chips in a small saucepan over a medium heat, stirring often. Once the chocolate chips have almost melted, remove the pan from the heat, and keep stirring until smooth.
2. Place the silken tofu, coffee, vanilla extract, and melted chocolate into a blender. Blend until smooth. You may have to scrape down sides and blend a few times to fully incorporate all the chocolate.
3. Pour the mixture into a container with a lid, place in the fridge for 1-2 hours to firm up and allow the flavours to meld together. When ready to eat, divide between 4 small bowls.
4. **Optional:** Place the chocolate pudding into a piping bag, using a flower tip to add in a pretty detail when serving. Top with the shaved chocolate and a berry garnish.
5. Keep in the fridge for up to 6 days.

| | | | |
|----|----|----|---|
| GF | DF | MP | V |
|----|----|----|---|

| Prep | Chill | Kcal | Fats(g) | Carbs(g) | Protein(g) |
|---------|-------|------|---------|----------|------------|
| 10 mins | 1 hr | 214 | 16 | 26 | 8 |

*Nutrition per serving

