

VEGAN COOKBOOK

A DIABETES.CO.UK COOKBOOK

Vegan Cookbook

Introduction

Welcome to the Diabetes.co.uk Vegan Cookbook.

I have got a fantastic selection of dishes in store for you!

There's a healthy range of breakfasts including Fruity Nutty Yoghurt, Strawberry Oat Granola and Coconut, Blueberry and Banana Porridge.

We also offer a varied soup selection, with Sweetcorn Soup, Zesty Lentil Soup and Butternut Squash Soup on the menu. For tasty salads, look no further as we have an assortment of salads, such as, Chickpea and Red Cabbage, Tangy Veg and Bulgur Wheat and Lentil and Quinoa!

For your lunches, we have some delicious dishes, including Vegetable and Cashew Stir Fry, Scrambled Tofu with Tortilla and Falafel Burgers.

Cooking with diabetes can seem a bit limited, especially if you are not an experienced cook. So for dinner, we have some fantastic meal choices, such as, Vietnamese Rice Noodle Bowl with Tofu, Ratatouille and Nutty Potato Stew.

We also a great range of sides and snacks for you, including Roasted Celeriac, Sweet Potato Mash, Chapattis and Cauliflower Rice! Our snacks include mouth-watering wontons and spring rolls, which will ensure you do not go hungry!

And you don't have to go without dessert! We have ensured that our delicious desserts fit your dietary needs too. We have a selection of ten desserts, such as, Vanilla Ice Cream, Peach Crumble and Raspberry Dairy Free Chocolate Mousse.

We want you to have the healthiest year ever! I hope you enjoy the dishes as much as I did!

Love,

Shanta



Don't forget to share a picture of your own dishes on our [Facebook page](#) and on the [Diabetes Forum](#)!

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BREAKFASTS

Fruity, Nutty Yoghurt

Prep Time | 5 mins

Chilling Time | 30 mins

SERVES 4

400g unsweetened soya yoghurt

50g almonds and cashews

25g sultanas

100g rolled oats

4 dates

NUTRITIONAL VALUE (PER SERVING)

Calories 261

Total Fat 11g

Saturated Fat 1.1g

Carbohydrates 33g

Fibre 7.2g

Protein 11g

Pop the yoghurt into a large bowl and mix in two thirds of the nuts as well as most of the sultanas.

Place in the fridge for 30 minutes.

Remove from the fridge, throw the rolled oats into the mixture and stir thoroughly.

Serve with a sprinkle of almonds, sultanas and dates!

Hmmn, a really refreshing breakfast!



Strawberry Oat Granola

Prep Time | 10 mins

Cooking Time | 25 mins

SERVES 6

120g rolled oats
40g unsalted cashews
40g pecans
3 tbsp. sunflower seeds
2 tbsp. agave nectar
4 tbsp. olive oil
150g strawberries

NUTRITIONAL VALUE (PER SERVING)

Calories 305
Total fat 21g
Saturated Fat 3g
Carbohydrates 27g
Fibre 4g
Protein 6g

Preheat the oven to Gas Mark 3 of 160°C and line a baking tray with baking parchment.

Throw the rolled oats, cashews, pecans and sunflower seeds into a large bowl and mix well.

Pour in the agave nectar and the olive oil and combine thoroughly.

Spread the mixture more or less evenly on the baking tray and cook for 20-25 minutes until a golden brown in colour, stirring regularly.

Remove from the oven, pop onto a cooling tray and let it cool completely.

You can store this granola for up to 2 weeks in an airtight container.

Great served layered with soya yoghurt and strawberries.

Top with sliced strawberries for a delicious breakfast!



Merry Berry Breakfast

Prep Time | 10 mins

Cooking Time | 20 mins

SERVES 4

150g quinoa

600ml almond milk, unsweetened

200ml water

2 tbsp. desiccated coconut

100g blueberries

100g strawberries

NUTRITIONAL VALUE (PER SERVING)

Calories 222

Total Fat 6.4g

Saturated Fat 2.5g

Carbohydrates 36g

Fibre 5g

Protein 6.2g

Chop the nuts roughly.

Boil the milk, quinoa, and water in a saucepan. Then lower to a medium heat and simmer for 15 minutes.

Add in the desiccated coconut and mix well.

To plate up, divide the mixture into 4 bowls and top with blueberries and strawberries.

Truly delectable!



Coconut, Blueberry & Banana Porrdige

Prep Time | 10 mins

Cooking Time | 20 mins

SERVES 4

100g quinoa
350g unsweetened almond milk
150ml water
100g blueberries
25g dried cranberries
1 tsp. ground cinnamon
50g pistachio kernels, unsalted
1 tbsp. coconut shavings
1 medium banana sliced

Boil the milk, quinoa, and water in a saucepan. Then lower to a medium heat and simmer for 15 minutes.

Pop in the blueberries and cranberries. Sprinkle with the ground cinnamon and mix thoroughly.

Divide the mixture into 4 breakfast bowls and scatter with pistachios kernels, coconut shavings and slices of banana.

What a healthy breakfast!

NUTRITIONAL VALUE (PER SERVING)

Calories 227
Total Fat 5.5g
Saturated Fat 1g
Carbohydrates 38g
Fibre 5g
Protein 6g



Chia Wonder

Prep Time | 5 mins

Cooking Time | 25 mins

SERVES 2

50g chia seeds

200ml unsweetened almond milk

100ml water

100g quinoa

½ tbsp. raw cocoa powder

Stevia to sweeten

Put the milk, quinoa, and water in a pan, and bring to the boil.

Allow the mixture to simmer for 15 minutes.

Mix the cooked quinoa, chia seeds, cocoa powder, and Stevia.

Serve this mixture in breakfast bowls, with a garnish of fruit and nuts of your choice.

NUTRITIONAL VALUE (PER SERVING)

Calories 238

Total fat 6g

Saturated Fat 0.5g

Carbohydrates 36g

Fibre 6.4g

Protein 9g



Cinnamon & Raspberry Porridge

Prep Time | 10 mins

Cooking Time | 20 mins

SERVES 4

150g quinoa, rinsed

600g unsweetened almond milk

½ tsp. vanilla extract

1 tsp. Setvia sweetener

1 tsp. cinnamon

100g raisins

100g raspberries

A medium apple, finely chopped;
keep some aside for garnish

30g raw walnuts, chopped

200g cup fresh organic blueberries

NUTRITIONAL VALUE (PER SERVING)

Calories 348

Total Fat 9g

Saturated Fat 0.8g

Carbohydrates 61g

Fibre 9.4g

Protein 8.6g

Mix the quinoa, almond milk, vanilla extract, cinnamon and raisins in a medium sized sauce pan.

Bring to the boil. Then put the lid on the pan and turn down to a low heat.

After the mixture has simmered for 7 minutes add the chopped apple and simmer for another 5 minutes. If the mixture contains too much liquid, cook some more.

Then remove from the cooker. Leave the lid on the pan and let the mixture rest for 5 minutes.

You may wish to add some sweetener.

However, this is optional; you may not need to add any sweetener due to the raisins and apple adding a natural sweetness of their own.

Top each serving with walnuts, blueberries and the rest of the chopped apple.



Fruity Quinoa Porridge

Prep Time | 10 mins

Cooking Time | 20 mins

SERVES 4

150g quinoa, rinsed

300ml unsweetened almond milk

120ml water

120ml plain soya yoghurt

2 tsp. sweetener

100g strawberries

1 green pear

1 red apple, peeled

¼ tsp. cinnamon powder

1 tsp. vanilla extract

NUTRITIONAL VALUE (PER SERVING)

Calories 217

Total fat 4g

Saturated Fat 0.4g

Carbohydrates 40g

Fibre 6.3g

Protein 7.2g

Put the almond milk, quinoa, and water in a pan, and bring it to the boil.

Add the cinnamon powder and vanilla extract.

Lower the pan to a medium heat, put the lid on, and simmer for around 15 minutes. Stir constantly.

If, after 15 minutes, you think the mixture is too watery, let it simmer for a little while longer.

If the mixture is too thick, thin it with water.

Mix the cooked quinoa with the yoghurt and the sweetener.

Grate the pear and apple, juice included, into a medium-sized bowl. Combine this with the quinoa mixture.

Place in serving bowls.

Top with sliced strawberries and serve.



Barley Porridge

Prep Time | 10 mins

Cooking Time | 25 mins

SERVES 4

475ml unsweetened almond milk

21g agave nectar

80g barley flakes

1 tsp. ground cinnamon

A vanilla bean or 1 tsp. vanilla essence

28g sultanas

2 tbsp. sunflower seeds

1 tbsp. flaked almonds

1 tbsp. pumpkin seeds

NUTRITIONAL VALUE (PER SERVING)

Calories 189

Total fat 7.3g

Saturated Fat 1.3g

Carbohydrates 26.3g

Fibre 5.3g

Protein 7g

In a saucepan, heat the milk, along with the sweetener, cinnamon, nutmeg, and vanilla bean/essence.

Place the barley flakes and sultanas in the pan and leave to simmer on a low heat for 10 minutes. Stir the mixture until it thickens and the barley softens.

Toast the sunflower seeds, flaked almonds, and pumpkin seeds in a non-stick frying pan until they are slightly browned.

Put the seeds and almonds with the milk, ensuring everything is fully combined and cook for a further 2 minutes.

Remove from the heat and allow to stand for 2 minutes.



Berry & Nut Chia Porridge

Prep Time | 45 mins

SERVES 1

½ tbsp. chia seeds
300ml unsweetened cold almond milk
½ tbsp. dried cranberries
Seeds of cardamom pods
¼ tsp. vanilla extract
3 drops liquid Stevia (optional)
Chopped strawberries, raspberries, and blueberries (for the topping)
1 tbsp. flaked almonds

Put the almond milk in a bowl (doesn't have to be very large) and sprinkle the chia seeds on top.

Stir vigorously to get rid of any clumps. Drop the cranberries, cinnamon, cardamom, Stevia, and vanilla extract into the milk mixture and stir well.

Allow this mixture to stand for 30-40 minutes to thicken. Finally, add the berries and flaked almonds.

NUTRITIONAL VALUE (PER SERVING)

Calories 210
Total fat 14.5g
Saturated Fat 2g
Carbohydrates 10g
Fibre 6.5g
Protein 6g



Barley Muesli with Nuts & Berries

Prep Time | 10 mins

Cooking Time | 20 mins

SERVES 4

100g barley flakes

100g bran flakes

50g almonds, roughly chopped

50g pecans, roughly chopped

50ml water

2 tbsp. agave nectar

1 tbsp. olive oil

Milk and blueberries to garnish

NUTRITIONAL VALUE (PER SERVING)

Calories 318

Total Fat 19.7g

Saturated Fat 2.1g

Carbohydrates 49.1g

Fibre 10.9g

Protein 8.3g

Preheat the oven to Gas Mark 3 or 160°C. Crush the bran flakes up and mix with the barley flakes, almonds, and pecans in a big bowl.

Combine the agave nectar with the olive oil and water in a small saucepan. Bring this mixture to the boil and boil for 3 minutes, stirring throughout. Then pour this syrup onto the muesli and mix well.

Line a baking tray with baking parchment and pour the mixture onto it.

Bake in the pre-heated oven for 15 minutes, stirring every 5 minutes.

If the muesli seems to be drying out, remove it from the oven, or it will harden when it cools.

Serve with a dash of milk and blueberries.



A close-up photograph of a bowl of green soup. The soup is a vibrant green color and has a smooth, creamy texture. A dollop of white cream is placed on the surface of the soup. A silver spoon is resting in the bowl, with its handle extending towards the bottom right. The bowl is white and has a simple, elegant design. The background is dark, which makes the green soup and white cream stand out. The word "SOUPS" is written in a light green, serif font across the middle of the image.

SOUPS

Sweetcorn Soup

Prep Time | 10 mins

Cooking Time | 10 mins

SERVES 4

30g butter

2 tbsp olive oil

1 onion, finely sliced

2 garlic cloves, finely chopped

180g celeriac, diced

800ml vegetable stock, made from 2 vegetable stock cubes

Salt and freshly ground black pepper

220g tinned sweetcorn

Coriander to garnish

NUTRITIONAL VALUE (PER SERVING)

Calories 214

Total Fat 15.4g

Saturated Fat 6.6g

Carbohydrates 19.9g

Fibre 1.9g

Protein 2.4g

In a medium-sized saucepan, heat the butter and olive oil over a medium heat until the butter's melted and the pan is hot.

Put in the onion, garlic and celeriac and sauté for 3 minutes, ensuring that they're soft.

Pour in the vegetable stock and bring the mixture to the boil.

Lower the heat and simmer the stock for 6 minutes, making sure that the celeriac is cooked through (celeriac darkens when cooked).

Season with salt and pepper and blend in a food processor until smooth.

Place back in the saucepan, add the sweetcorn and cook for a further two minutes.

Divide the soup across 4 bowls and garnish with coriander.



Sweet & Sour Tofu Soup

Prep Time | 10 mins

Cooking Time | 10 mins

SERVES 4

1.2L vegetable stock
½ tbsp. red Thai curry paste
2 tsp. sweetener
1.5 tbsp. soy sauce/coconut aminos
A carrot, cut into juliennes
Juice of half a lime
175g tofu, diced
30g baby spinach

NUTRITIONAL VALUE (PER SERVING)

Calories 66.3
Total Fat 2.1g
Saturated Fat 0.4g
Carbohydrates 6.9g
Fibre 1.1g
Protein 4.3g

Heat up the vegetable stock in a large pan and scoop in the red curry paste. Stir thoroughly over a medium heat until the paste has fully dissolved.
Add in the sweetener, soy sauce/coconut aminos, carrots, and lime juice.
Allow to simmer for 5 minutes.
Divide the tofu into four bowls and top with hot soup.
Garnish with spinach and enjoy!



Zesty Lentil Soup

Prep Time | 10 mins

Cooking Time | 25 mins

SERVES 2

1 onion, roughly chopped
1 large carrot, peeled and grated
1 tbsp. olive oil
A pinch of chilli flakes (optional)
1 tsp. cumin seeds
3 tbsp. red lentils (or puy)
1 x 400g tin chopped tomatoes
300ml vegetable stock
1 lime, juice and zest

Cook the onion and carrot in a little oil for 4 minutes until softened. Add the chilli flakes (if you want to include them) and cumin seeds. Cook for a minute and pop in the lentils, tomato and stock.

Simmer for 15-20 minutes until the lentils are soft.

Blitz briefly with a stick blender so you have a smooth texture.

Stir in the lime juice and zest before serving.

NUTRITIONAL VALUE (PER SERVING)

Calories 174

Total fat 3g

Saturated fat 0.3g

Carbohydrates 28.3g

Fibre 5.6g

Protein 9.3g



Tomato Soup

Prep Time | 10 mins

Cooking Time | 50 mins

SERVES 2

1-1.25kg ripe tomatoes
1 medium onion
2 garlic cloves
1 large carrot
2 celery sticks
2 tbsp. olive oil
2 tsp. tomato purée
2 bay leaves
1.2 litres hot vegetable stock
Fresh basil to garnish

NUTRITIONAL VALUE (PER SERVING)

Calories 312.5
Total fat 17.1g
Saturated fat 3.4g
Carbohydrates 35g
Fibre 9.1g
Protein 6.2g

Firstly, wash the tomatoes and cut each one into quarters slicing off any hard cores. Peel the onion, garlic and carrot and chop them into small pieces.

Chop the celery into roughly the same size pieces.

Add the olive oil into a large pan and heat it over a low heat.

Add the onion, garlic, carrot and celery.

Gently cook for approximately 10 minutes until the vegetables are softened.

To the vegetables, add the tomato purée, tomatoes and black pepper.

Add the bay leaves and leave to simmer on a low heat for approximately 10 minutes until everything shrinks down in the pan and the juices are flowing.

Stir frequently until the vegetables are thoroughly mixed together. Slowly pour in the hot stock.

Turn up the heat and let the mixture bubble, then turn the heat down to low. Replace the lid and cook gently for a further 25-30 minutes, stirring regularly.

When cooked, turn the heat off, give the soup a good stir and remove all of the bay leaves.

Slowly pour the mixture into a blender and blitz until smooth. Serve with a sprinkling of torn basil leaves.



Black Bean & Kidney Soup

Prep Time | 10 mins

Cooking Time | 25 mins

SERVES 2

175g tinned black beans, rinsed and drained

1.2l vegetable stock

1 tbsp. olive oil

An onion, finely chopped

3 garlic cloves, finely chopped

A stalk of celery, finely chopped

A carrot, finely chopped

2 tsp. oregano

1 tsp. freshly ground pepper

1 tsp. sea salt

Boil the two types of beans in fresh water.

Then simmer for ten minutes and drain.

Heat the olive oil on medium heat and fry the onions for around 5 minutes. Add the vegetables, oregano, salt and pepper.

Mix in the beans and vegetable stock. Cover and cook for a further 10 minutes. You can eat the soup as it is or you can blend the soup so it is half pureed.

Garnish with parsley and tuck in!

NUTRITIONAL VALUE (PER SERVING)

Calories 201

Total fat 6.3g

Saturated Fat 0.5g

Carbohydrates 28.3g

Fibre 5.8g

Protein 5.4g



Thai Green Soup

Prep Time | 10 mins

Cooking Time | 25 mins

SERVES 4

50ml olive oil

An onion, finely chopped

3 garlic cloves, finely chopped

1 celery stick, finely chopped

1 courgette, roughly chopped

1 broccoli head, chopped

1.5 l vegetable stock

120g green beans, chopped

120g green peas

120g asparagus, trimmed and sliced
into inch long pieces

100g spinach leaves

NUTRITIONAL VALUE (PER SERVING)

Calories 205

Total fat 12g

Saturated Fat 1.7g

Carbohydrates 19g

Fibre 6.3g

Protein 5.9g

Heat up the olive oil in a medium size
saucepan.

Fry the onion, garlic and celery for 4 minutes.

Pop in the courgette and broccoli and cook
for 5 minutes.

Pour the stock in and bring the entire mixture
to the boil.

Simmer for a few minutes and stir in the
green

beans, peas, asparagus and spinach.

Simmer for another 5 minutes until the
vegetables are cooked through.

Season with salt and freshly ground black
pepper.

Whizz in a blender and serve!



Mushroom Soup

Prep Time | 10 mins

Cooking Time | 25 mins

SERVES 2

200g dried porcini mushrooms
200g Portobello mushrooms
200g chestnut mushrooms
3 tbsp. olive oil
3 garlic cloves
1 medium onion
1l vegetable or chicken stock
Juice of a lemon
Bunch of fresh thyme
Sea salt
10g freshly ground black pepper
Freshly chopped parsley

NUTRITIONAL VALUE (PER SERVING)

Calories 314
Total fat 46g
Saturated fat 12g
Carbohydrates 29.5g
Fibre 32g
Protein 16.5g

Soak the dried porcini mushrooms in water for 30 minutes or according to packet instructions.

Chop the mushrooms and onion into small pieces. Put 1 tablespoon of olive oil into a large pan. Mix in the chopped onion and crushed garlic.

Allow to cook down for approximately 10 minutes. Pop the mushrooms into the pan and cover with the remaining olive oil, cook for a further 10 minutes until the mushrooms release their juices.

Remove the fresh thyme from the stalks and add with the freshly ground black pepper and chicken stock, cover and cook for 20 minutes.

Blitz with a stick blender so you have a smooth texture.

Add a squeeze of lemon juice.

Check for seasoning and add extra salt and pepper if it is needed.

Serve and dress with fresh chopped parsley.



Thai Coconut & Mixed Veg Soup

Prep Time | 10 mins

Cooking Time | 10 mins

SERVES 4

1 tbsp. vegetable oil
600g stir-fry vegetables
2 tbsp. ginger, finely chopped
2 garlic cloves, minced
1 red chilli
800ml half fat coconut milk
2 tsp. of vegetarian green Thai paste
300ml water
Fresh coriander to garnish

NUTRITIONAL VALUE (PER SERVING)

Calories 215
Total Fat 15.8g
Saturated Fat 10.2g
Carbohydrates 13g
Fibre 2.3g
Protein 3.6g

Heat the vegetable oil in a wok over a medium heat. Stir-fry the vegetables in the wok for 3 minutes. Add in the ginger, garlic, and chilli, and cook them for a minute. Mix the coconut milk, green Thai paste, and water in a bowl, and then pour the liquid mixture onto the vegetables in the wok. Cover the wok and bring the mixture to the boil. Cook for 2 minutes, then divide the soup into four bowls. Garnish with coriander and enjoy!



Spicy Asparagus Soup

Prep Time | 10 mins

Cooking Time | 15 mins

SERVES 2

300g asparagus
400ml slightly salted water
1 tbsp. sesame oil
2 garlic cloves, finely chopped
1 shallot, diced
¼ tsp. ground white pepper
400ml half fat coconut milk
1 tbsp. light soy sauce or coconut aminos
Pinch of salt

NUTRITIONAL VALUE (PER SERVING)

Calories 254
Total Fat 19.2g
Saturated fat 10.9g
Carbohydrates 14g
Fibre 3g
Protein 6g

Place the asparagus in a saucepan and cover it with slightly salted water. Bring to the boil, then lower the heat and cook the asparagus spears for 3 minutes. Drain the asparagus and liquidize it with 400ml of the same water used to cook the asparagus.

Heat the sesame oil in a medium-sized saucepan over a medium heat. Add in the garlic, shallot and pepper and sauté for 1 minute.

Pour in the liquidized asparagus and bring the entire mixture to the boil. Next add the coconut milk, boil for 2 minutes and mix in the soy sauce.

The dish is now ready to serve. Season with the salt to taste, and garnish with watercress.



Butternut Squash Soup

Prep Time | 15 mins

Cooking Time | 1 hour 10 mins

SERVES 4

400g butternut squash, peeled diced
1 carrot, peeled and diced
1 small onion, finely chopped
1 celery stalk, finely chopped
750ml vegetable stock
2 garlic cloves, finely chopped
100ml soya milk
Salt and freshly ground pepper

Combine the butternut squash, carrot, celery, onion, garlic and vegetable stock in a big saucepan and bring to the boil.

Lower the heat and simmer for about 40 minutes, until the squash softens. Pour in the soya milk into the mixture and puree the soup in a blender.

Season with salt and pepper to taste and relish!

NUTRITIONAL VALUE (PER SERVING)

Calories 73

Total fat 0.1g

Saturated Fat 0g

Carbohydrates 16.3g

Fibre 0.8g

Protein 2.2g



A close-up, top-down view of a dark grey bowl filled with a vibrant quinoa salad. The salad consists of cooked quinoa, diced mango, cherry tomatoes, fresh green herbs like cilantro, and a light dressing. The bowl is set on a dark wooden surface. A semi-transparent horizontal band is overlaid across the middle of the image, containing the word "SALADS" in a green, serif font.

SALADS

Avocado Salad

Prep Time | 10 mins

SERVES 4

200g mixed salad, finely chopped
2 medium avocados, in small chunks
1 medium red onion, finely chopped
4 medium tomatoes on the vine, chopped
50g fresh parsley, finely chopped
2 tsp. dried oregano
2 tsp. extra virgin olive oil
Salt and ground black pepper to taste

Place all the ingredients together and mix thoroughly without mashing the avocados. Quite delicious and very quick!

NUTRITIONAL VALUE (PER SERVING)

Calories 201
Total Fat 16g
Saturated Fat 3.2g
Carbohydrates 14.2g
Fibre 10.2g
Protein 5.3g



Chickpea & Red Cabbage Salad

Prep Time | 10 mins

SERVES 4

400g tinned chickpeas, drained & rinsed

50g red cabbage, finely shredded

50g fresh garden peas

½ red onion, grated

2 cloves of garlic, finely chopped

1 tsp. dried oregano

2 tbsp. lemon juice

1 tbsp. red wine vinegar

2 tbsp. olive oil

Salt and freshly ground pepper to taste

Combine all the ingredients together and mix well.

Then season to taste.

NUTRITIONAL VALUE (PER SERVING)

Calories 192

Total Fat 8.7g

Saturated Fat 0.9g

Carbohydrates 18.5g

Fibre 6.1g

Protein 8.7g



Bell Pepper & Chicory Salad

Prep Time | 10 mins

SERVES 4

3 chicory heads, finely sliced
1 yellow bell pepper, finely sliced
1 red bell pepper, finely sliced
2 new potatoes, cooked and finely sliced
2 tbsp. of coriander, finely chopped
2 tsp. grainy mustard
1 tbsp. balsamic vinegar
2 tbsp. lemon juice
3 tbsp. extra virgin olive oil
Salt and freshly ground black pepper to season

Combine the lemon juice, balsamic vinegar and mustard. Then slowly stir in the olive oil. Season to taste.

Combine all the dry ingredients in a bowl. Add the vinaigrette and enjoy!

NUTRITIONAL VALUE (PER SERVING)

Calories 179
Total Fat 14.5g
Saturated Fat 3.4g
Carbohydrates 10.9g
Fibre 3.2g
Protein 2.3g



Tomato & Celeriac Salad

Prep Time | 10 mins

Cooking Time | 15 mins

SERVES 4

200g celeriac, peeled and cut into juliennes

200g small tomatoes, sliced thinly

200g fennel, chopped finely

Parsley to garnish

DRESSING:

2 tbsp. balsamic vinegar

2 tbsp. olive oil

2 tbsp. Dijon mustard

½ tbsp. lemon juice

Firstly, you need to cook the celeriac in boiling water for 10 minutes.

For the dressing, combine the lemon juice, balsamic vinegar and mustard.

Slowly stir in the olive oil and season to taste with salt and pepper.

In a big bowl, mix the celeriac, tomatoes and fennel together and add in the oil.

Garnish with some parsley and the salad is ready to serve.

NUTRITIONAL VALUE (PER SERVING)

Calories 101

Total Fat 6.3g

Saturated Fat 0.5g

Carbohydrates 9.2g

Fibre 2.2g

Protein 1.5g



Bean Salad

Prep Time | 10 mins

Cooking Time | 10 mins

SERVES 4

100g black eyed beans, drained and rinsed

50g kidney beans, drained and rinsed

175g green beans, sliced

2 small onions, finely sliced

4 garlic cloves, minced

Salt and freshly ground pepper to season

Finely chopped fresh coriander to garnish

½ tsp. green chilli

Gently fry the onions in oil for 2 minutes. Add in the garlic and chilli and cook for a minute or so.

Blanch the green beans for 2 minutes in boiling water.

Then, drain and mix all the beans together in a big serving bowl. Place the onion mixture on top, mix together and season.

Garnish with coriander before serving!

NUTRITIONAL VALUE (PER SERVING)

Calories 78

Total Fat 0.3g

Saturated Fat 0.2g

Carbohydrates 10.7g

Fibre 5g

Protein 4.1g



Three Pepper Salad

Prep Time | 10 mins

Cooking Time | 10 mins

SERVES 2

FOR THE VINAIGRETTE:

1 tbsp. rice wine

1 tbsp. sesame oil

1 tbsp. of lemon juice

FOR THE SALAD:

1 green bell pepper, finely sliced

1 red bell pepper, finely sliced

1 orange bell pepper, finely sliced

1 small red onion

1 tbsp. parsley, finely chopped

Salt and freshly ground black pepper

to season

FOR THE VINAIGRETTE:

Combine the rice wine, sesame oil, and lemon juice.

FOR THE SALAD:

Mix the green bell pepper, red bell pepper, orange bell pepper, red onion, and parsley.

Add the vinaigrette you made earlier.

Season to taste with salt and pepper.

The salad is now ready to serve!

NUTRITIONAL VALUE (PER SERVING)

Calories 87

Total Fat 4.4g

Saturated Fat 0.6g

Carbohydrates 12.2g

Fibre 3.1g

Protein 1.6g



Chickpea & Tomato Salsa

Prep Time | 10 mins

Cooking Time | 30 mins

SERVES 2

120g cooked chickpeas

200g vine cherry tomatoes

Fresh basil

60g bulgur wheat

2 tbsp. olive oil

Salt and freshly ground black pepper

NUTRITIONAL VALUE (PER SERVING)

Calories 393

Total fat 17.8g

Saturated fat 2g

Carbohydrate 40.5g

Fibre 21.5g

Protein 14.3g

Put the bulgur wheat in a bowl and cover with hot water, not too much, just enough to cover it. Cover the bowl and leave for 30 minutes.

Chop the cherry tomatoes into quarters and mix in with the cooked chickpeas.

If you are buying the canned chickpeas, rinse the contents of the can thoroughly before use.

Finely chop the basil and add to the chickpea and tomato mix.

Add half of the olive oil. Mix in the salt and pepper to taste.

Fluff the bulgur wheat and add the other half of the basil and olive oil and season to taste.



Tangy Veg & Bulgur Wheat Salad

Prep Time | 10 mins

Cooking Time | 15 mins

SERVES 4

250ml water
250g cracked bulgur wheat
1.5 tbsp. extra virgin olive oil
1 small red onion, finely chopped
100g cherry tomatoes, halved
200g yellow summer squash
200g courgette
1 lemon and its zest
100g fresh mint, chopped
100g fresh parsley, chopped
Salt and freshly ground black pepper

NUTRITIONAL VALUE (PER SERVING)

Calories 326
Total Fat 6.1g
Saturated Fat 0.7g
Carbohydrates 56.5g
Fibre 14.4g
Protein 11.8g

Put the water in a saucepan and bring it to the boil.

Stir the bulgur and the boiling water together in a large bowl. Cover, and let stand until the liquid is absorbed. This should take around 30 minutes.

Pour the oil into a pan and place over a medium heat. When the oil is hot, fry the onion for 3 minutes.

Add the tomatoes, squash, and courgette. Cook the vegetables for 7 minutes, ensuring that they're softened.

Mix the vegetables into the bulgur along with the lemon juice, lemon zest, mint, parsley, and salt and pepper to taste.

Your salad is ready to serve!



Lentil & Quinoa Salad

Prep Time | 10 mins

Cooking Time | 30 mins

SERVES 4

FOR THE DRESSING:

2 tsp. Dijon mustard
1.5 tbsp. red wine vinegar
3 tbsp. extra virgin olive oil
2 garlic cloves, minced
Zest of a lime
Salt and pepper

FOR THE SALAD:

400ml water
120g quinoa
120g tinned lentils
2 spring onions, chopped
100g cherry tomatoes, halved
A handful of fresh coriander, chopped

NUTRITIONAL VALUE (PER SERVING)

Calories 247
Total Fat 13g
Saturated Fat 1.7g
Carbohydrates 26.8g
Fibre 5g
Protein 7.6g

FOR THE DRESSING:

Mix the Dijon mustard, red wine vinegar, and olive oil in a small bowl. Add in the garlic, lime zest, salt, and pepper, to finish the dressing.

FOR THE SALAD:

Place 400ml of water in a medium-size saucepan along with the uncooked quinoa. Bring the water to the boil, then lower the heat, and allow to simmer for 15 minutes. Then, place the lentils in a saucepan of water, bring to the boil, lower the heat, and simmer for 5 minutes. Drain the lentils and place to one side to cool.

Combine the quinoa, lentils, spring onions, cherry tomatoes, and coriander in a salad bowl.

Drizzle on the dressing, toss the salad in the dressing and serve.



Summer Green Special

Prep Time | 10 mins

SERVES 4

120g kale, washed and chopped
120g spinach, washed and chopped
120g watercress, washed and chopped
120g shelled pistachios
½ cucumber, chopped in to small pieces
2 tbsp. fresh mint, chopped finely
2 tbsp. parsley, finely chopped
1 large avocado, chopped into small pieces
1 tsp. ginger, finely chopped

DRESSING:

Juice and rind of a lemon
2 tbsp. olive oil

Mix together the lemon juice, the rind and the olive oil.

Place all the salad ingredients into a bowl and toss well.

Drizzle the dressing over the salad.

Your dish is now ready to serve, yummy!

NUTRITIONAL VALUE (PER SERVING)

Calories 267
Total Fat 20.7g
Saturated Fat 2.7g
Carbohydrates 15g
Fibre 4.6g
Protein 9.5g





LUNCHES

Vegetable & Cashew Stir Fry

Prep Time | 15 mins

Cooking Time | 10 mins

SERVES 2

2 tbsp. vegetable oil
1 leek, chopped
3 tsp. ginger, minced
4 garlic cloves, finely chopped
1 tbsp. light soy sauce
2 celery stalks, chopped
2 medium carrots, chopped
150g broccoli florets, chopped
75g peas
2 medium tomatoes, sliced
150g greens, finely sliced
50g cashew nuts, unsalted
Salt to taste

Pour the vegetable oil into a wok on high heat and fry the chopped leek for 3 minutes. Add in the ginger, garlic and soy sauce and stir fry for 2 more minutes.

Then, throw in the celery, carrots, broccoli, peas and tomatoes and cook for another 2 minutes.

Next, add the greens and cashew nuts and cook for a further minute.

Serve hot and straight away.

Tuck in and enjoy! Hmnn delicious!

NUTRITIONAL VALUE (PER SERVING)

Calories 420

Total fat 28g

Saturated fat 3.2g

Carbohydrates 39g

Fibre 9g

Protein 12g



Scrambled Tofu with Tortilla

Prep Time | 10 mins

Cooking Time | 10 mins

SERVES 6

200g firm tofu

2 tbsp. vegetable oil

1 small onion, chopped

1 small green bell pepper, finely chopped

1 small red bell pepper, finely chopped

¼ tsp. ground coriander

¼ tsp. ground cumin

½ tsp. ground turmeric

400g tin black beans, rinsed and drained

Salt and freshly ground pepper to taste

4 tortillas toasted on a griddle

Put the firm tofu on a kitchen towel to soak up the liquid, and then mash it with a fork. Heat the oil in a large frying pan over a medium heat, and then fry the onion and the bell peppers for 3 minutes.

Mix in the ground coriander and ground cumin, and cook for another minute.

Stir in the tofu, turmeric, and black beans, and then cook for 2-3 minutes.

Finally, sprinkle with salt and pepper to taste. Fill a tortilla with the scrambled tofu, roll it up and tuck in!

NUTRITIONAL VALUE (PER SERVING)

Calories 260

Total Fat 7.8g

Saturated Fat 0.3g

Carbohydrates 37.5g

Fibre 5.4g

Protein 9.5g



Mung Daal with Brown Basmati Rice

Prep Time | 10 mins

Cooking Time | 90 mins/25 mins*

SERVES 4

1.4L water
800g cooked brown basmati rice
200g mung daal
2 tbsp. vegetable oil
1 small onion, finely chopped
200g tinned chopped tomatoes, finely chopped
4 tsp. ginger, finely chopped
1. tbsp. garlic cloves, finely chopped
2 tsp. fresh coriander, finely chopped
1 tsp. turmeric powder
Salt to taste

NUTRITIONAL VALUE (PER SERVING)

Calories 486
Total fat 10.4g
Saturated fat 1g
Carbohydrates 79g
Fibre 12.2g
Protein 19.3g

Pour water into a saucepan until it's about two-thirds of the way full and bring to the boil.

Pop the uncooked rice in a pan with two thirds of the pan full of boiling water. Lower heat and cook for 35 minutes. Then drain and set aside.

Meanwhile, wash the mung daal (lentils) thoroughly, and place them in a medium-size saucepan. Pour in the water, and bring it to the boil. Ensure you discard any froth and scum that forms at the top.

Pour the oil into a frying pan and fry the onion for 3-4 minutes until golden brown.

Mix in the tomatoes, ginger, garlic, coriander, and turmeric. Combine the tomato mixture with the liquid daal, and add salt to taste.

Leaving the lid ajar, simmer the mixture over a low heat for 90 minutes, stirring now and again. If you have a pressure cooker, cook the mixture for 25 minutes once the pressure cooker starts to hiss.

Serve the mung daal on a bed of brown basmati!



Aubergine & Cashew

Bake

Prep Time | 10 mins

Cooking Time | 35 mins

SERVES 4

2 aubergines

6 tbsp. olive oil

100g raw cashews

50g fresh coriander, finely chopped

2 cloves of garlic, minced

NUTRITIONAL VALUE (PER SERVING)

Calories 344.3

Total Fat 33.5g

Saturated Fat 5.5g

Carbohydrates 6.3g

Fibre 1.2g

Protein 6.3g

Preheat the oven to Gas Mark 3 or 170°C. Cut the aubergines in half and place them, with the sliced side facing up, on a baking tray. Then drizzle with one tablespoon of olive oil and bake until tender. This should take around 25 minutes.

Using a food processor, blend the cashews, coriander, garlic, and 5 tablespoons of olive oil, until you have a chunky paste. Add a little water to thin the mixture out if necessary.

Spread the cashew paste generously on top of the aubergines and cook under a grill for a further 10 minutes.

Serve with a salad of your choice.



Red Lentils with Chapattis

Prep Time | 10 mins

Cooking Time | 40 mins

SERVES 4

2 tbsp. vegetable oil
1 medium onion, finely chopped
2 tsp. ginger, finely chopped
1 tbsp. garlic cloves, finely chopped
200g tinned chopped tomatoes, finely chopped
2 tsp. coriander, finely chopped
1/2 tsp. turmeric powder
Salt to taste
200g red lentils, rinsed
1.2l boiling water
8 whole wheat ready to eat chapattis

NUTRITIONAL VALUE (PER SERVING)

Calories 602
Total fat 17g
Saturated fat 4.5g
Carbohydrates 86g
Fibre 15g
Protein 25g

Pour the vegetable oil in a saucepan and place over a medium heat. Once it's hot, add your onion, ginger, and garlic. Stirring frequently, fry until the onions are brown: this should take around 5 minutes.

Throw in the finely chopped tomatoes, coriander, turmeric, and salt. Cook for 3 minutes.

Pop your washed, rinsed lentils in a large saucepan with the boiling water. Bring this mixture to the boil.

Lower the heat, and stir the tomato mixture into the lentils and water. Keep the lid slightly ajar, and allow the lentils to simmer for 30 minutes until tender.



Spinach & Mushrooms

Prep Time | 10 mins

Cooking Time | 15 mins

SERVES 4

2 tbsp. vegetable oil
1 red onion, finely chopped
1 tsp. ginger, finely chopped
4 garlic cloves, finely chopped
1 green chilli, finely chopped
1 tsp. cumin powder
1 tsp. mustard seeds
300g spinach, finely chopped
200g button mushrooms, sliced
Salt to taste
½ tsp. coriander powder
1 tsp. cumin seeds
1 tsp. amchoor powder (unripe green mango powder available in Indian food shops)
8 ready to eat whole wheat chapattis

Pour the oil into a medium-size pan and place over a medium heat. Throw in the onion, ginger, and garlic, then sauté for 3 minutes.

Pop in the green chilli, cumin and mustard seeds and fry for 2 minutes.

Mix in the spinach and cook for 4 minutes.

Add the mushrooms, salt to taste, and cook for a further 3 minutes.

Stir in the coriander powder, cumin seeds and amchoor powder, then cook for another 2 minutes.

Serve with the chapattis.

NUTRITIONAL VALUE (PER SERVING)

Calories 402

Total fat 54g

Saturated fat 11.7g

Carbohydrates 37.6g

Fibre 3.2g

Protein 9.4g



Cauliflower, Carrot & Pea Chilli

Prep Time | 10 mins

Cooking Time | 25 mins

SERVES 4

250g cauliflower

120g peas, frozen or fresh

2 small carrots, peeled and chopped
into inch long thins

100g canned tomatoes, finely
chopped

2 tsp. coriander, finely chopped

5 cloves of garlic, finely chopped

3 tsp. ginger, finely chopped

1 medium onion, sliced

2 green chillies, finely chopped

2 tsp. garam masala

300ml of water

1 tbsp. vegetable oil

Salt to taste

NUTRITIONAL VALUE (PER SERVING)

Calories 116

Total fat 4g

Saturated Fat 0.2g

Carbohydrates 14g

Fibre 4.7g

Protein 3.6g

Place the cauliflower and carrots in a medium size pan. Pour in 300ml water and bring to the boil.

Add the peas, cover and lower the heat.

Cook for 4 minutes, then drain all the vegetables and place to one side.

Put a tablespoon of oil in a saucepan on a medium heat and fry the onion for 3 minutes.

Add in the ginger and garlic and cook for 2 minutes. Next add the tomatoes, garam masala, coriander and chillies and cook for five minutes.

Place the parboiled vegetables into the tomato mixture and cook for a couple of minutes, adding some water if the mixture sticks.

The dish is now ready to serve with a garnish of fresh coriander.



Falafel Burgers

Prep Time | 15 mins

Cooking Time | 15 mins

SERVES 4

200g tinned chickpeas, rinsed and drained

1 red onion, finely chopped

2 garlic cloves, finely chopped

10g flat leaf parsley

2 tsp. ground cumin

1 tsp. ground coriander

2.5 tbsp. plain flour

Salt to taste

2.5 tbsp. olive oil

4 toasted pitta breads

200g tub tomato salsa, to serve

Drain the chickpeas thoroughly.

Place the chick peas, red onion, garlic, parsley, ground cumin, ground coriander, flour and salt to taste in a food processor, and whizz the mixture until it is smooth.

Shape the mixture into four patties with your hands.

Pour the olive oil into a non-stick frying pan and place over a medium heat. When it's warm, fry the burgers for 3 minutes on each side, ensuring that they are golden brown.

Serve on a toasted pitta, with tomato salsa and/or a green salad and savour!

NUTRITIONAL VALUE (PER SERVING)

Calories 240

Total Fat 10.7g

Saturated Fat 1.3g

Carbohydrates 27.8g

Fibre 5.4g

Protein 7.4g



Chilli Bean Stew

Prep Time | 10 mins

Cooking Time | 20 mins

SERVES 2

2.5 tbsp. olive oil
1 medium onion, finely chopped
100g chestnut mushrooms
3 garlic cloves, finely chopped
2 tsp. ground cumin
400ml vegetable stock
400g tinned chickpeas, drained
400g tinned black-eyed beans

NUTRITIONAL VALUE (PER SERVING)

Calories 633
Total fat 18.7g
Saturated Fat 2.4g
Carbohydrates 88g
Fibre 24.9g
Protein 33.5g

Pour the olive oil into a large saucepan and place over a medium heat. Once it's warm, sauté the onions for 4 minutes.

Pop in the mushrooms, garlic, and ground cumin, then cook for a further 4 minutes. Mix in the vegetable stock, chickpeas, and black-eyed beans.

Bring the mixture to the boil, and allow it simmer for 7 minutes.

Serve with steaming hot brown rice and enjoy!



Spicy Moroccan Veg

Prep Time | 10 mins

Cooking Time | 25 mins

SERVES 4

2 courgettes, cut into chunks
1 red pepper, chopped
1 green pepper, chopped
200g aubergine, diced
2.5 tbsp. olive oil
1 tbsp. Harissa paste
Salt and freshly ground pepper to taste
200g couscous

NUTRITIONAL VALUE (PER SERVING)

Calories 164
Total Fat 6.6g
Saturated Fat 0.6g
Carbohydrates 20.4g
Fibre 3.1g
Protein 4.3g

Preheat the oven on Gas Mark 6 or 200°C. Place the courgettes, peppers, and aubergine on a baking tray.

Mix the vegetables with the olive oil and Harissa paste; add salt and pepper to taste. Toss all the vegetables and roast in the preheated oven for 25 minutes.

Place the couscous in a bowl, and pour 400ml boiling water over the top. Leave it to rest for 10 minutes.

Serve the vegetables on a bed of the couscous and enjoy!





DINNERS

Vietnamese Rice Noodle Bowl with Tofu

Prep Time | 15 mins

Cooking Time | 20 mins

SERVES 4

2 tbsp. sesame oil
150g firm tofu, diced
4 spring onions, chopped
2 small red chillies
4 garlic cloves, finely chopped
2 medium carrots, grated
150g bean sprouts (steamed for 2 minutes)
150g greens, sliced
50g salted peanuts
Salt to taste
500g cooked rice noodles, soaked in hot water for 10 minutes

Heat the sesame oil in a wok on a high heat and sauté the tofu, spring onions, red chillies and garlic for 3 minutes.

Stir in the grated carrots, bean sprouts and greens and cook for 3-4 minutes.

Season the veggies to taste with the salt.

Plate the noodles onto a large plate and cover with the stir fried veg.

Scatter with the salted peanuts and serve immediately.

Delicious!

NUTRITIONAL VALUE (PER SERVING)

Calories 346

Total Fat 15g

Saturated Fat 2g

Carbohydrates 40g

Fibre 4.4g

Protein 9g



Ratatouille

Prep Time | 15 mins

Cooking Time | 45 mins

SERVES 4

4 medium, ripe tomatoes
4 tbsp. olive oil
4 small aubergines, sliced in half and then in 1 inch chunks
2 medium courgettes, sliced into 1 inch pieces
1 red bell pepper, chopped
1 orange bell pepper, chopped
8 okra (ladyfinger), whole
1 medium onion, finely sliced
4 garlic cloves, peeled and crushed
1 tbsp. red wine vinegar
2 tsp. Stevia
Salt and freshly ground pepper to taste
800g cooked brown long grain rice

NUTRITIONAL VALUE (PER SERVING)

Calories 314
Total Fat 3g
Saturated Fat 0.6g
Carbohydrates 63g
Fibre 8g
Protein 13g

Pour water into a saucepan until it's about two-thirds of the way full and bring to the boil. Pop the uncooked rice in a pan with two thirds of the pan full of boiling water. Lower heat and cook for 35 minutes. Then drain and set aside.

In the meantime, pop the tomatoes in a bowl of boiling water containing enough water to cover the tomatoes.

Then, wait for a minute and remove the skin of the tomato.

Cut the tomatoes into quarters and chop the flesh roughly.

Pour 2 tablespoons of the olive oil into a frying pan on medium heat.

Cook the aubergines until they are brown for 4 mins on each side.

Remove them from the pan with a slotted spoon to remove any excess oil and set aside on some kitchen roll.

Next, fry the courgettes, bell peppers, okra, onion and garlic in the remaining olive oil, until they too are a golden brown. This takes 3 minutes. Mix in the red wine vinegar, Stevia, chopped tomatoes, salt and freshly ground pepper to taste. Cook for another 3 minutes and your ratatouille is now ready to serve. Delicious with a side of long grain brown rice!



Chickpea & Carrot Stew

Prep Time | 10 mins

Cooking Time | 45 mins

SERVES 2

1 tbsp. olive oil
1 red onion, sliced
2 garlic cloves, chopped
100g spinach
400g chickpeas
140g carrots, chopped
2 celery sticks, chopped
400g chopped tomatoes
1 tbsp. tomato purée
½ tsp. turmeric
½ tsp. ground ginger
½ tsp. cayenne pepper
1 tsp. ground cumin
1 bay leaf
1 tsp. ground coriander
1 tbsp. crème fraîche
Ground paprika

Heat the olive oil in a frying pan, adding the onions, garlic and celery. Cook for 5 minutes. Transfer to a large saucepan and the rest of the ingredients (apart from the crème fraîche and paprika).

Leave to infuse over a low to medium heat for 30-40 minutes, check that the carrots are cooked.

Serve with a dollop of crème fraîche with a sprinkle of paprika.

NUTRITIONAL VALUE (PER SERVING)

Calories 356
Total fat 6.7g
Saturated fat 0g
Carbohydrates 16g
Fibre 10.6g
Protein 51g



Winter Vegetable Stew

Prep Time | 15 mins

Cooking Time | 1 hour

SERVES 2

400g chopped tomatoes
1 tbsp. tomato purée
2 tbsp. olive oil
2 cloves of garlic, crushed
1 leek, sliced
70g carrots, chopped
75g celeriac, diced
1 red onion, sliced
80g swede, diced
60g celery, chopped
1 bay leaf
1 tsp. ground cumin
400g kidney beans or mixed beans

NUTRITIONAL VALUE (PER SERVING)

Calories 489
Total fat 30.8g
Saturated fat 4g
Carbohydrates 29.9g
Fibre 7.2g
Protein 4.9g

Boil the carrots, celeriac and swede in salted water for 10 minutes to soften the vegetables.

To a frying pan over a medium heat, add the onion, garlic, leek and celery and fry for 4 minutes. Transfer the parboiled vegetables and onion mix into a saucepan.

Add the tomato purée, can of tomatoes, bay leaf and cumin.

Allow to simmer for approximately 30 minutes.

To the casserole dish add the tin of drained and rinsed beans leave to simmer for a further 15 minutes.

Serve immediately to warmed bowls.



Kidney Bean Curry

Prep Time | 10 mins

Cooking Time | 15 mins

SERVES 4

2 tbsp. olive oil

1 onion, finely chopped

6 garlic cloves, finely chopped

4 tsp. ginger, minced

400g tinned tomatoes

800g tinned kidney beans

NUTRITIONAL VALUE (PER SERVING)

Calories 274

Total fat 7.8g

Saturated fat 1.1g

Carbohydrates 35.5g

Fibre 11.5g

Protein 11.2g

Pour the oil into a frying pan and place over a medium heat. Once the oil's warmed up, fry the onions, garlic, and ginger for 4 minutes. Add the tinned tomatoes and cook for another 2 minutes.

Pop in the kidney beans, including the liquid from the can, and allow to simmer for 5-7 minutes.

Season to taste and serve in a bowl with a garnish of coriander!



Nutty Potato Stew

Prep Time | 15 mins

Cooking Time | 35 mins

SERVES 4

2 tbsp. vegetable oil
1 onion, finely chopped
1 tsp. cumin seeds
350g sweet potatoes, cut into medium chunks
1 tsp. red chilli, finely chopped
400g tin chopped tomatoes
800ml water
150g salted, roasted peanuts
100g spinach, washed and roughly chopped
50g green beans, chopped
Salt and freshly ground pepper to taste

NUTRITIONAL VALUE (PER SERVING)

Calories 391
Total Fat 25.6g
Saturated Fat 3.6g
Carbohydrates 33.1g
Fibre 8.9g
Protein 14.4g

Pour the vegetable oil into a large saucepan and place over a medium heat. When it's hot, add the onion and fry for 2-3 minutes, until softened. Throw in the cumin seeds, and cook for another minute.

Put in the sweet potatoes, red chilli, tinned tomatoes and 800ml water.

Stir the mixture, bring it to the boil, then cover it and simmer for 10 minutes.

Grind the peanuts in a food processor until softened. Mix the ground peanuts into the stew, and simmer for a further 10 minutes, stirring often.

Finally, bring the stew to the boil, mix in the spinach and green beans, and simmer for another 5 minutes.

Season with salt and freshly ground pepper and serve very hot!



Sweet & Sour Tofu

Prep Time | 10 mins

Cooking Time | 10 mins

SERVES 2

2 garlic cloves, minced

2 tsp. ginger, minced

450g extra-firm tofu, drained and diced

1 red pepper, cut into 16 squares

400g tinned pineapple chunks, with 200ml juice set aside

1 tbsp. soy sauce or coconut aminos

Put the sesame oil in a wok on medium heat.

Fry the garlic and ginger for 2 minutes.

Mix in the tofu, red pepper, pineapple chunks and soy sauce/coconut aminos.

Stir-fry for 3-5 minutes.

The dish is now ready to be served!

NUTRITIONAL VALUE (PER SERVING)

Calories 463

Total Fat 18.9g

Saturated Fat 2.2g

Carbohydrates 36.5g

Fibre 2.5g

Protein 30.2g



Okra Curry with Chapattis

Prep Time | 10 mins

Cooking Time | 10 mins

SERVES 4

500g okra, chopped into ½ inch slices
2 tbsp. oil
½ tsp. mustard seeds
1 tsp. cumin seeds
½ tsp. turmeric powder
1 medium onion, finely chopped
2 tsp. ginger, finely chopped
4 garlic cloves, finely chopped
100g canned tomatoes, finely chopped
Salt to taste
8 ready to eat whole wheat chapattis

NUTRITIONAL VALUE (PER SERVING)

Calories 320
Total Fat 13.2g
Saturated Fat 2.9g
Carbohydrates 42.3g
Fibre 3.9g
Protein 8.8g

Cut the okra into finger-sized pieces. Pour one tablespoon of oil into a frying pan, and place the pan over a medium heat. Once the oil is hot add the mustard seeds. When the seeds pop, add the cumin seeds and turmeric powder. Cook for 30 seconds then remove. Heat the other tablespoon of oil in a frying pan. Throw in the chopped onions and fry for 4 minutes, then pop in the ginger and garlic and fry for another minute. Whizz the thinned tomatoes in a food processor. Combine the okra, mustard seed mixture and onion mixture in a large saucepan. Add the tomatoes to the saucepan and salt to taste. Cook for 5 minutes and the dish is ready to serve with whole wheat chapattis!



Stir Fried Veg with Cashews

Prep Time | 15 mins

Cooking Time | 10 mins

SERVES 2

60g cashew nuts
200g Chinese green leaves
200g cauliflower florets
200g broccoli
150g white cabbage, finely chopped
6 baby corn, sliced across
1 large tomato, sliced into 8 pieces
2 tbsp. sesame seed oil
4 garlic cloves, minced
1.5 tbsp. soy sauce or coconut aminos
120ml water

NUTRITIONAL VALUE (PER SERVING)

Calories 356
Total Fat 17.5g
Saturated fat 3g
Carbohydrates 31g
Fibre 12g
Protein 15.3g

Roast the cashew nuts by dry-frying them in a frying pan until they turn a golden colour. This should take 3-4 minutes.

Mix the Chinese green leaves, cauliflower florets, broccoli, white cabbage, baby corn, tomato, and cashews in a large bowl.

Pour the sesame seed oil into a wok and place over a high heat.

Add the garlic, the soy sauce/coconut aminos, and the water.

Place the contents of the bowl into the wok and cook over a high heat for 3-5 minutes, stirring throughout.

Divide the mixture among four bowls and tuck in!



Thai Fried Rice with Mixed Veg

Prep Time | 15 mins

Cooking Time | 10 mins

SERVES 4

2 tbsp. vegetable oil
2 stalks of lemongrass, finely chopped
1 onion, finely chopped
2 tsp. ginger, finely chopped
2 garlic cloves, finely chopped
2 red bell peppers, sliced
2 carrots, sliced into juliennes
100g mange tout
3 spring onions, finely chopped
1 tbsp. light soy sauce
Coriander to garnish
800g cooked brown long grain rice

NUTRITIONAL VALUE (PER SERVING)

Calories 391
Total Fat 10g
Saturated fat 1g
Carbohydrates 66g
Fibre 11g
Protein 12g

FOR THE RICE:

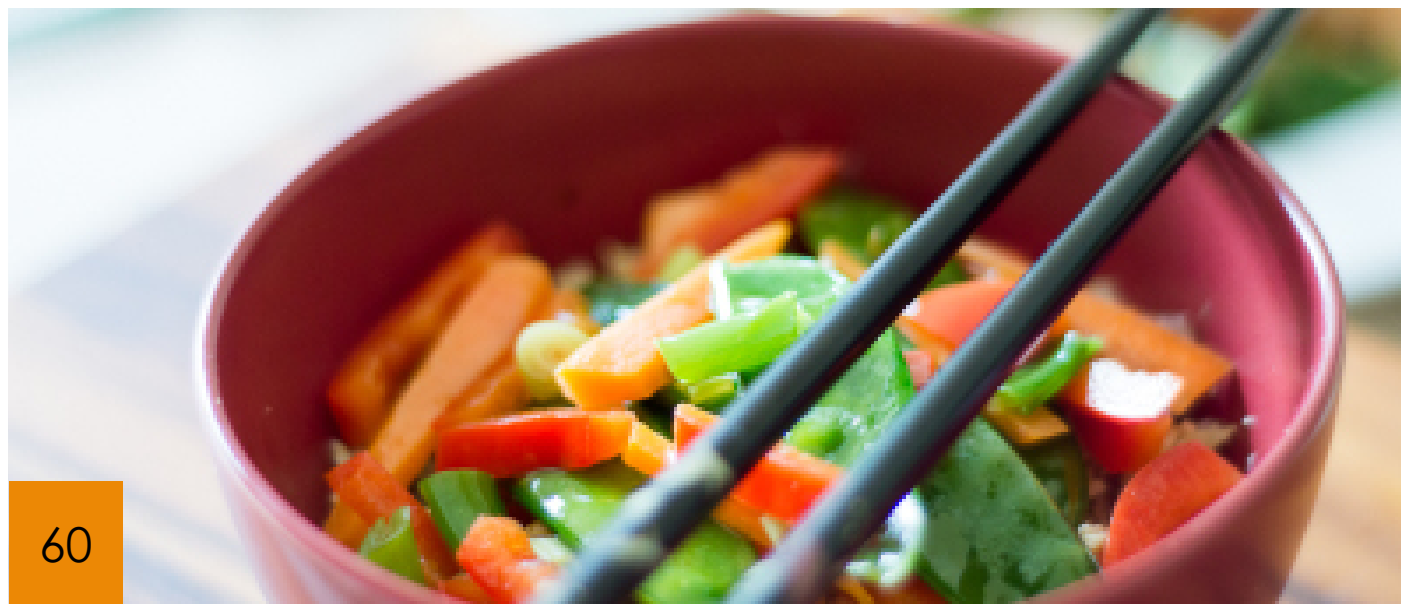
Pop the uncooked rice in a pan with two thirds of the pan full of boiling water. Lower heat and cook for 40 minutes. Then drain and set aside.

Place a tablespoon of vegetable oil in a wok and place over a high heat. When the oil is hot, lower the heat to medium, and stir-fry the lemongrass, onion, ginger, and garlic in a wok over a medium heat. Add the rice and cook for 2 minutes.

FOR THE MIXED VEG:

Heat the other tablespoon of oil in a frying pan, and fry the bell peppers, carrots, mange tout and spring onions for 3 minutes.

Mix in the soy sauce with rice and spoon into 4 bowls. Top with the veggies and coriander and serve up!



Szechuan Tofu with Cabbage

Prep Time | 15 mins

Cooking Time | 15 mins

SERVES 2

400g extra firm tofu
2 tbsp. vegetable oil
1 tbsp. black bean sauce
1tbsp. light soy sauce
1 tbsp. chilli sauce
1 tbsp. rice wine vinegar
200ml water
3 tsp. cornflour paste
2 spring onions
½ savoy cabbage, shredded
8 Szechuan peppercorns, ground
Drizzle of sesame oil

NUTRITIONAL VALUE (PER SERVING)

Calories 416
Total Fat 25.2g
Saturated fat 2.2g
Carbohydrates 13.8g
Fibre 3.1g
Protein 27.1g

Slice the tofu into ½ inch cubes.
Pour the vegetable oil into a wok and place over a high heat. When the oil is hot, stir-fry the tofu in the vegetable oil on a high heat for 3 minutes and drain onto some kitchen roll. Add the black bean sauce, soy sauce, chilli sauce, and rice wine vinegar into the wok and stir slowly.
Pour in the water and cook for 2 minutes. Mix in the cornflour paste and stir for a minute.
Put in the spring onions and savoy cabbage and cook for 2 minutes.
Return the fried tofu to the wok and cook for 2 minutes.
Season with the ground Szechuan pepper, drizzle with sesame oil and tuck in!



Chickpeas with Chapattis

Prep Time | 10 mins

Cooking Time | 15 mins

SERVES 4

240g tinned chickpeas, drained and rinsed

1 medium onion, finely chopped

6 garlic cloves, finely chopped

2 tsp. ginger, finely chopped

½ tsp. turmeric powder

2 tsp. ground coriander

200g canned tomatoes, finely chopped

1 tsp. garam masala

1 tsp. green chilli

1 tbsp. vegetable oil

250ml water

2 tsp. amchoor powder (powder of green unripe mangoes)

Salt to taste

4 ready to eat whole wheat chapattis

Pour the oil into a medium-size frying pan, and place the pan over a medium heat. Throw in the onions, and fry them for 4 minutes, making sure they turn golden brown.

Pop in the garlic and ginger and cook for 2 more minutes.

Mix in the tomatoes, garam masala, chilli, turmeric, ground coriander, amchoor powder and salt. Cook for 4 minutes.

Add the can of washed, drained chickpeas, then bring the water to the boil. Add both to the frying pan.

Stir and cover. Cook for ten minutes, then serve with whole wheat chapattis.

NUTRITIONAL VALUE (PER SERVING)

Calories 320

Total fat 9g

Saturated fat 2g

Carbohydrates 46g

Fibre 13.5g

Protein 13g





SIDES & SNACKS

Roasted Celeriac

Prep Time | 15 mins

Cooking Time | 30 mins

SERVES 6

1 kg celeriac, trimmed, peeled and diced
4 tbsp. butter
4 garlic cloves, peeled
Salt and freshly ground black pepper for seasoning
2 tsp. rosemary, finely chopped
Some sprigs of rosemary

NUTRITIONAL VALUE (PER SERVING)

Calories 113
Total Fat 8g
Saturated Fat 4.9g
Carbohydrates 9.7g
Fibre 0g
Protein 1.6g

Place the celeriac in a roasting pan. Melt the butter in a sauce pan, add in the rosemary and garlic and cook gently until fragrant, for about 2 minutes. Add the celeriac and coat it with the butter mixture. Then place the celeriac in the oven on 200°C or Gas Mark 6 and cook for up to 20 minutes until golden brown. Sprinkle salt, pepper and garnish with the sprigs of rosemary and your dish is ready to serve.



Sweet Potato Mash

Prep Time | 10 mins

Cooking Time | 15 mins

SERVES 8

800g sweet potato

Water to cover

NUTRITIONAL VALUE (PER SERVING)

Calories 76

Total Fat 0g

Saturated fat 0g

Carbohydrates 17g

Fibre 2.5g

Protein 1.3g

Peel the sweet potato and chop into even sized pieces.

Place the sweet potato in a saucepan with two thirds of the pan full of water. Bring to the boil. Lower the heat and simmer for 10-12 minutes.

Drain the sweet potato. Place it in a large bowl and mash it with a potato masher.

Your dish is now ready to serve!



Sweet Potato Fries

Prep Time | 10 mins

Cooking Time | 20 mins

SERVES 2

1 large sweet potato
Fine sea salt and freshly ground
black pepper for seasoning
2 tsp. extra virgin olive oil

NUTRITIONAL VALUE (PER SERVING)

Calories 235
Total Fat 14.2g
Saturated Fat 2g
Carbohydrates 26.8g
Fibre 3.8g
Protein 2.1g

Preheat oven to 230c or Gas Mark 7.

Gently peel the sweet potato and slice into
the shape of fries.

Lay the fries out onto a baking sheet.

Drizzle with olive oil and sprinkle with the salt
and pepper.

Shake the fries around on the baking sheet,
mixing them with the olive oil.

Then add the seasoning and place the fries
around the tray evenly.

Bake for 10 minutes on one side, flip them
over and bake for up to 10 minutes. If they
brown sooner, remove from the oven.

YUM!



Celeriac Fries

Prep Time | 10 mins

Cooking Time | 40 mins

SERVES 4

900g celeriac

3 tbsp. olive oil

Fine sea salt, for seasoning

NUTRITIONAL VALUE (PER SERVING)

Calories 151

Total Fat 10.9g

Saturated Fat 1.5g

Carbohydrates 26.3g

Fibre 0g

Protein 4.3g

Preheat the oven to 200C or Gas Mark 6.

Peel the celeriac, slicing off the top and bottom as well as down the sides with a heavy, sharp knife to remove the tough skin. Cut the celeriac into the shape of fries, then spread them evenly on a baking tray.

Drizzle with olive oil and season with salt and pepper.

Bake the chips for 30-40 minutes until brown and crispy, turning them halfway through and serve.

Alternatively, they can be eaten cold.



Wholewheat Chapattis

Cooking Time | 10 mins

SERVES 4

200g cup whole wheat flour

125ml water

NUTRITIONAL VALUE (PER SERVING)

Calories 240

Total Fat 6g

Saturated Fat 2g

Carbohydrates 40g

Fibre 1.5g

Protein 2g

These are readily available from supermarkets in the Asian aisle, but if you wish to make your own, look no further! Place the flour in a large bowl. Stir in the water.

Knead until firm and elastic.

Divide into 8 balls, and roll as flat as possible with a rolling pin.

Heat a frying pan over medium-high heat.

Cook each chapatti on both sides until golden brown, a minute per side.

Spread a bit of butter on each one, if desired, before serving.



Long Grain Brown Rice

Prep Time | 5 mins

Cooking Time | 50 mins

SERVES 4

550g uncooked brown long grain rice

Water to cover

NUTRITIONAL VALUE (PER SERVING)

Calories 222

Total Fat 1g

Saturated fat 0.4g

Carbohydrates 46g

Fibre 2.6g

Protein 5.2g

Pop the uncooked rice in a pan with two thirds of the pan full of boiling water. Lower heat and cook for 40 minutes. Drain in a colander.

Your rice is now ready to eat!

(Please note that according to packet instructions and the type of rice, the cooking method/nutritional value may change.)



Cauliflower Rice

Prep Time | 10 mins

Cooking Time | 2 mins

SERVES 4

1 large head of cauliflower

2 tbsp. vegetable oil

NUTRITIONAL VALUE (PER SERVING)

Calories 115

Total Fat 7.2g

Saturated fat 0.5g

Carbohydrates 11g

Fibre 5.2g

Protein 4g

Pour the oil in a large frying pan on a medium heat.

Sauté the grated cauliflower in the frying pan for 2-3 minutes.



Roasted Vegetables

Prep Time | 10 mins

Cooking Time | 45 mins

SERVES 6

2 leeks

150g carrots,

150g diced celeriac

2 red onions

150g swedes

4 cloves of crushed garlic

Garnish of dried rosemary or sprigs
of fresh rosemary

6 tbsp. olive oil

Salt and pepper to taste

Chop all of the vegetables (leeks, carrots, diced celeriac, red onions, and swedes) into small chunks, and place them in a large roasting tin along with the crushed garlic.

Garnish the vegetables with rosemary and cover with the olive oil and seasoning.

Roast in the oven on 180°C or Gas mark 4 for 45 minutes.

Serve hot and enjoy!

NUTRITIONAL VALUE (PER
SERVING)

Calories 175

Total fat 14.2g

Saturated Fat 2g

Carbohydrates 12.5g

Fibre 2.9g

Protein 1.6g



Vegetables & Tofu

Wontons

Prep Time | 15 mins

Cooking Time | 25 mins

SERVES 16

FOR THE FILLING:

1 egg, lightly beaten

¼ tsp. salt

Pinch of pepper

100g mashed firm tofu

Small white onion, sliced finely

3 water chestnuts, chopped finely

2 tsp. carrots grated

1 Pak Choi leaf, finely sliced

2 tsp. grated ginger

1 tsp. sesame oil

16 wonton wrappers, or as needed

3.5 cups of vegetable oil for deepfrying,
as needed

FOR THE EGG WASH:

1 egg

1 tsp. of water

NUTRITIONAL VALUE (PER SERVING)

Calories 113

Total fat 1.7g

Saturated Fat 0.4g

Carbohydrates 19.5g

Fibre 0.9g

Protein 4.1g

Lightly beat the egg, then season with salt and pepper. Combine the mashed tofu and vegetables (white onion, water chestnuts, carrots, Pak Choi, and ginger) into the egg mixture.

Pour the sesame oil into a frying pan and place over a gentle heat.

To fill the wontons, lay a wrapper in front of you so that it forms a diamond shape. Using your finger, place some egg wash or water on all sides. Place a teaspoon of filling in the middle.

Fold the wonton in half from corner to opposite corner so it forms a triangle. Then scrunch the longer two triangle points together to make the wonton shape.

Deep-fry the wontons for around 2 minutes, ensuring that they're golden and crispy.

They are now ready to serve!



Vegetable Spring Rolls

Prep Time | 15 mins

Cooking Time | 25 mins

SERVES 20

75g spring onions

75g carrots

75g bamboo shoots

75g button mushrooms

2 tsp. vegetable oil

120g bean sprouts

1 tsp. salt

1 tsp. light soy sauce

½ tbsp. mirin

10 frozen spring roll skins

½ tbsp. cornflour paste

Vegetable oil for deep frying

NUTRITIONAL VALUE (PER SERVING)

Calories 70

Total Fat 7.9g

Saturated fat 0.6g

Carbohydrates 1.2g

Fibre 0.3g

Protein 0.4g

Slice the spring onions, carrots, bamboo shoots and mushrooms into thin shreds, approximately the size and shape of the bean sprouts. Pour the vegetable oil into a wok and place over a high heat. Stir-fry all the vegetables (spring onions, carrots, bamboo shoots, mushrooms, and bean sprouts) for 2 minutes. Mix in the salt, light soy sauce and mirin and stir for another 2 minutes.

Remove the vegetables from the wok and drain off any excess liquid. Place the vegetables to one side to cool. To make the spring rolls, cut each skin diagonally in half. Put a level tablespoon of the vegetable mixture a third of the way down the skin, at the thicker end (the point should be facing away from you). Fold in both ends and roll again. Next, brush the upper edge with a bit of cornflour paste and roll neatly.

Lightly dust a plate with flour and put the spring rolls on it with the flap side facing downwards. Heat enough vegetable oil over a high heat to cover the spring rolls in a wok or frying pan. Once the oil is hot, reduce the heat to low and deep fry the spring rolls, about 7 at a time for 3 minutes until they are golden and crisp. Serve the vegetable spring rolls with a dipping sauce of your choice!





DIPS

Black Eyed Bean & Harissa Dip

SERVES 4

400g black eyed beans, drained and rinsed

2 cloves of garlic, finely chopped

1 small red onion

50g flat leaf parsley

½ tsp. Harissa paste

Juice of a lemon

1½ tbsp. of extra virgin olive oil

Put all black eyed beans, garlic, onion, parsley and Harissa paste in the food processor and whizz.

Add the olive oil and lemon juice and whizz some more.

Once the mixture is coarse, it is ready.

This dip is fabulous with cucumber, raw cauliflower and raw broccoli.

NUTRITIONAL VALUE (PER SERVING)

Calories 147

Total Fat 3.1g

Saturated Fat 1.2g

Carbohydrates 20.1g

Fibre 7.6g

Protein 8.7g



Satay Peanut Dip

SERVES 4

6 shallots, finely chopped
1 tsp. ginger, finely chopped
2 cloves of garlic, finely chopped
2 tbsp. crunchy peanut butter
2 tbsp. dark soy sauce
1 tbsp. light soy sauce
Juice of 1 lime
1 tsp. coriander, finely chopped
1 red chilli, finely chopped
1 tsp. sesame oil

NUTRITIONAL VALUE (PER SERVING)

Calories 72.3
Total Fat 4.9g
Saturated Fat 0.8g
Carbohydrates 5.1g
Fibre 0.6g
Protein 4.6g

Heat the oil on medium heat.
Cook the shallots until golden brown.
Lower the heat, and then add the ginger, garlic, peanut butter, soy sauces, chilli and sesame oil.
Cook for a couple of minutes until the mixture is smooth.
Should the mixture thicken too much, add a little water.
Once the mixture is cool, add the lime juice and coriander.
Once the oil is hot, reduce the heat to low and deep fry the spring rolls, about 7 at a time for 3 minutes until they are golden and crisp.
Serve the vegetable spring rolls with a dipping sauce of your choice!



Hummus

SERVES 4

250g tinned chickpeas, drained and rinsed

3 tbsp. tahini

2 cloves garlic, crushed

3 tbsp. sesame oil

2 tbsp. lemon juice

1 tsp. paprika

Salt to taste

Whizz all the ingredients in a food processor or blender.

Add a bit more oil or water if the mixture is too dry.

Serve with vegetable crudité's.

NUTRITIONAL VALUE (PER SERVING)

Calories 180.3

Total Fat 11.6g

Saturated Fat 2g

Carbohydrates 11.2g

Fibre 4.9g

Protein 6.8g



Mexican Tomato Salsa

SERVES 4

4 ripe vine tomatoes
1 red onion, finely chopped
1 tsp. garlic, finely chopped
1 tsp. coriander, finely chopped
Juice of half a lime
1 red chilli, finely chopped (optional)
Salt to taste

Finely chop the tomatoes.

Add the rest of the ingredients and mix thoroughly.

If you want a finer salsa, put all the ingredients in a food processor and whizz. Serve with barbecued or grilled meat or vegetables.

NUTRITIONAL VALUE (PER SERVING)

Calories 24

Total Fat 0g

Saturated Fat 0g

Carbohydrates 5g

Fibre 1.5g

Protein 3.8g



Tomato Ketchup

SERVES 4

250g tinned chickpeas, drained and rinsed

3 tbsp. tahini

2 cloves garlic, crushed

3 tbsp. sesame oil

2 tbsp. lemon juice

1 tsp. paprika

Salt to taste

NUTRITIONAL VALUE (PER TABLESPOON)

Calories 27

Total Fat 1.2g

Saturated Fat 0g

Carbohydrates 4.2g

Fibre 0.6g

Protein 0g

Whizz the onions and fennel in a food processor until they are finely chopped.

Put the olive oil in a large pan a low heat and add in the onion, fennel and celery into the pan.

Cook for around 5 minutes until soft.

Add the garlic and cook for another three minutes.

Then add the spices and cook for another minute.

Add all the remaining ingredients and cook on a low heat for 5 minutes or so until the liquid is reduced.

Once cool the tomato ketchup is ready to serve.

This will keep in the fridge for up to a month.



A close-up photograph of a glass filled with a dark chocolate dessert, likely a mousse or pudding. The dessert is topped with a swirl of white whipped cream and a small sprig of fresh green mint leaves. The glass is set on a white, textured surface, possibly a tablecloth or napkin. Several bright red raspberries are scattered around the glass, some in the foreground and some in the background, creating a vibrant and appetizing scene. The lighting is soft and natural, highlighting the textures of the chocolate, cream, and raspberries.

DESSERTS

Vanilla Ice Cream

Prep Time | 5 mins

Cooking Time | 40 minutes

Chilling Time | 2 hours

SERVES 4

1 tbsp. cornflour

175ml unsweetened soya milk

1 vanilla pod

100g soft pure vegetable margarine

2 tbsp. Stevia

4 drops pure vanilla essence

NUTRITIONAL VALUE (PER SERVING)

Calories 812

Total Fat 20g

Saturated Fat 4g

Carbohydrates 3g

Fibre 0.3g

Protein 1.6g

Mix the cornflour with 4 tablespoons of the soya milk in a small bowl.

Pop the rest of the milk into a saucepan with a vanilla pod and bring it to the boil.

Pour a little of the hot milk mixture on top of the cornflour mixture. Then, mix thoroughly and return to the rest of the milk.

Once the mixture has thickened, remove from the heat and allow it to become totally cold.

Beat the margarine until it is light and creamy in another bowl. Then, slowly mix in the cooled cornflour/milk mixture, removing the vanilla pod.

Add the Stevia gradually to ensure you attain the level of sweetness you require from the ice cream.

The light vanilla flavour is enhanced by the addition of the pure vanilla essence.

Place in an old ice cream tub and place in the freezer for 2 hours, stirring every 30 minutes. Scoop and enjoy!



Ginger Snaps

Prep Time | 25 mins

Cooking Time | 25 mins

SERVES 12

50g soft pure vegetable margarine

50g Stevia

2 tsp. pure vanilla extract

100g almond flour

75g plain flour

2 tbsp. stem ginger, finely chopped

½ tbsp. baking powder

½ tbsp. ginger minced

2 tsp. ground cinnamon

½ tsp grated nutmeg

4 tbsp. unsweetened soya milk

NUTRITIONAL VALUE (PER SERVING)

Calories 106

Total fat 8g

Saturated Fat 1g

Carbohydrates 7g

Fibre 0.8g

Protein 2.4g

Preheat the oven to Gas Mark 5 of 190°C and line a baking tray with baking parchment.

Pop the vegetable margarine and Stevia in a large bowl and mix until light and creamy. This takes 3-4 minutes.

Mix in the vanilla extract and beat some more.

Throw in the almond flour, plain flour, stem ginger, baking powder, ginger, cinnamon, nutmeg and salt and combine thoroughly.

Add enough soya milk to make soft dough and shape the dough into 12 balls.

Place the balls on the baking trays, spaced somewhat apart.

Flatten each ball slightly and bake for 10 minutes until the biscuits are golden brown.

Pop the cooked biscuits onto a cooling tray and cool for 5 minutes.

You can now tuck in with a hot drink and relish!



Peach Crumble

Prep Time | 20 mins

Cooking Time | 30 mins

SERVES 6

75g almond flour

50g rolled oats

75g Stevia

100g soft pure vegetable margarine

3 firm peaches

50g flaked almonds

NUTRITIONAL VALUE (PER SERVING)

Calories 300

Total Fat 25g

Saturated Fat 3.3g

Carbohydrates 13.3g

Fibre 3g

Protein 6.3g

Preheat the oven at of Gas Mark 4 or 180°C.

To make the crumble, mix the almond flour, rolled oats and Stevia in a large bowl.

Throw in the vegetable margarine and rub the mixture with your fingertips until the mixture looks like fine breadcrumbs.

Peel and slice the peaches and place at the bottom of 6 ovenproof ramekin dishes.

Sprinkle the crumble on top of the peaches and scatter with the flaked almonds.

Pop into the oven and bake for 30 minutes until your crumble has gone golden brown.

Ideally eaten hot!



Raspberry Dairy Free Chocolate Mousse

Prep Time | 15 mins

Cooking Time | 15 mins

Chilling Time | 15 mins

SERVES 6

100g dairy free chocolate, at least
70% cocoa solids, chopped roughly

100g soft silken tofu

50g Stevia

2 tbsp. vanilla bean paste

50g coconut cream

150g raspberries

NUTRITIONAL VALUE (PER
SERVING)

Calories 169

Total Fat 15g

Saturated Fat 7g

Carbohydrates 21g

Fibre 2g

Protein 3.3g

Put a medium sized sauce pan on a medium heat, half filled with boiling water.

Next, place a medium sized heatproof bowl on top, ensuring that the base touches the water.

Pop the roughly chopped chocolate into the bowl and let it melt, stirring throughout.

After squeezing excess water from the tofu with a clean tea towel, put it into the food processor along with the Stevia and vanilla bean paste.

Throw in the melted chocolate and coconut cream. Pulse until you have a wonderful, silky texture.

Pour into a large mixing bowl and mix in the raspberries, leaving a handful for garnishing. Divide the mixture between 6 individual bowls and place in the fridge for 30 minutes. Remove from the fridge.

Garnish with a sprigs of mint and raspberries, and tuck in!



Coconut Panacotta

Prep Time | 15 mins

Cooking Time | 10 mins

Resting Time | 1 hour

SERVES 2

1 tin of coconut milk

1 vanilla pod

1 tbsp. agar agar flakes or 1 tsp.

agar agar powder (vegetarian gelatine substitute, available at health food shops)

4 tbsp. pomegranate seeds

NUTRITIONAL VALUE (PER SERVING)

Calories 250

Total Fat 38g

Saturated Fat 33g

Carbohydrates 26g

Fibre 6g

Protein 2.5g

Put the coconut milk in a pan along with the agar agar and place to one side. Add the vanilla to the coconut milk mixture by slicing open the vanilla bean lengthways, and using the tip of a knife to remove the dark contents of the vanilla bean.

Gently heat the mixture over a medium heat, whisking thoroughly at the same time. Continue whisking until the agar agar has totally dissolved. If you are using agar agar flakes you will need to simmer the mixture for 10-15 minutes. If you are using the agar agar powder you will need to simmer it for up to five minutes.

Remove the mixture from the heat and pour the mixture into 4 serving bowls. Place them in the fridge to set: this will take approximately 1 hour.

Top your dish with pomegranate seeds and tuck in!



Pistachio Gelato

Prep Time | 4 hours

SERVES 4

400ml half-fat coconut milk
200ml unsweetened almond milk
30ml agave nectar
¼ tsp. Xanthan gum
150g unsalted pistachios (shelled & finely chopped)

NUTRITIONAL VALUE (PER SERVING)

Calories 300
Total Fat 18g
Saturated Fat 2g
Carbohydrates 30g
Fibre 11g
Protein 9.2g

Whizz the half-fat coconut milk, unsweetened almond milk, agave nectar, Xanthan gum and 100g of the shelled pistachios in a blender. Blend the mixture for a couple of minutes until totally smooth. Place the mixture in the fridge for 2 hours. Freeze the ice cream for 2 hours. When it is set add the rest of the chopped pistachios and allow the ice cream to freeze completely. The finished item will keep in the freezer for up to 3 weeks.



Flapjacks

Prep Time | 10 mins

Cooking Time | 25 mins

SERVES 9

150g butter

150g finely chopped hazelnuts

250g porridge oats

4 tbsp. unsweetened apple juice

3 tbsp. agave nectar

NUTRITIONAL VALUE (PER SERVING)

Calories 190

Total Fat 25.7g

Saturated Fat 9.7g

Carbohydrates 26g

Fibre 4.8

Protein 6.9g

Preheat the oven to 190°C/Gas Mark 5.

Grease a rectangular baking tin with butter and line with greaseproof paper.

Melt the butter on a low heat. Stir in the hazelnuts, oats, apple juice and agave nectar.

Press the mixture firmly into the tin with the back of a spoon and bake for 20-25 minutes, until it turns golden brown.

Remove from the oven and leave to cool for 10 minutes.

While it is still in the tin, cut into 9 even squares.

Once completely cool remove the slices and tuck in!



Rhubarb & Apple Crumble

Prep Time | 15 mins

Cooking Time | 35 mins

SERVES 4

400g apples, diced
400g red rhubarb, diced
2 tbsp. agave nectar
2 tbsp. corn flour
75ml apple juice
2 tsp. grated lemon zest
1 tbsp. lemon juice
150g oats
50g chopped nuts
2 tbsp. Triple Zero sweetener
2 tbsp. butter
1 tsp. ground cinnamon

NUTRITIONAL VALUE (PER SERVING)

Calories 300
Total Fat 23g
Saturated Fat 15g
Carbohydrates 42g
Fibre 5g
Protein 4g

Preheat oven at 200°C/Gas Mark 6.

Mix together the apples, rhubarb, agave nectar and corn flour and place in a Pyrex bowl.

Combine the apple juice, lemon zest and lemon juice and pour onto the fruit mixture in the Pyrex bowl.

Place in the preheated oven and bake for 25 minutes. While it's cooking, mix together the oats, chopped nuts, Triple Zero sweetener, butter and cinnamon.

Remove the baked fruit mixture from the oven.

Sprinkle the oat mixture on top, ensuring it is evenly covered. Return the fruit mixture to the oven and bake for another 10 minutes until the topping is crisp.

This dessert is delicious with crème fraîche, Greek yoghurt or custard!



Date & Carob Ice Cream

Prep Time | Overnight

Cooking Time | 5 mins

Chilling Time | 4 hours +

SERVES 4

150g stoned and pitted dates

400 ml water

2 tbsp. olive oil

30g carob pieces

2 tsp. vanilla essence

125g soya cream

NUTRITIONAL VALUE (PER SERVING)

Calories 233

Total fat 14.7g

Saturated Fat 3.8g

Carbohydrates 24.8g

Fibre 2.5g

Protein 1.8g

Soak your dates overnight. Place all the ingredients in a blender and whizz.

Place the mixture in the freezer compartment of a fridge for a minimum of 4 hours, stirring frequently.

Scoop out on to a platter and dress with passion fruit coulis and unsweetened chocolate shavings.

Your dessert is now ready to enjoy!



Pancakes

Prep Time | 10 mins

Cooking Time | 10 mins

SERVES 4

130g light spelt flour
230ml unsweetened almond milk
1 tbsp. agave nectar
1 tsp. vanilla essence
1tbsp. Stevia
2 tbsp. vegetable oil
Pinch of salt
1 lemon

NUTRITIONAL VALUE (PER SERVING)

Calories 206
Total Fat 8.2g
Saturated Fat 1g
Carbohydrates 31.6g
Fibre 3g
Protein 8g

Measure and sift the spelt flour into a large bowl, then add the salt.

Combine the almond milk, agave nectar, and vanilla essence in a smaller bowl.

Slowly add these wet ingredients into the bowl containing the sifted flour and the salt, being careful not to end up with a lumpy mixture. If the mixture is too lumpy, whisk it thoroughly.

Place the mixture in the fridge for 10 minutes so the mixture settles.

In a non-stick frying pan, over a medium heat, add ½ tablespoon of vegetable oil. Once the oil is hot, add a ladle of batter. Keep moving the pan so that the mixture spreads out.

Cook for around a minute, then flip the pancake and cook the other side for the same length of time.

Serve with a squeeze of lemon juice and a sprinkle of Stevia.



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