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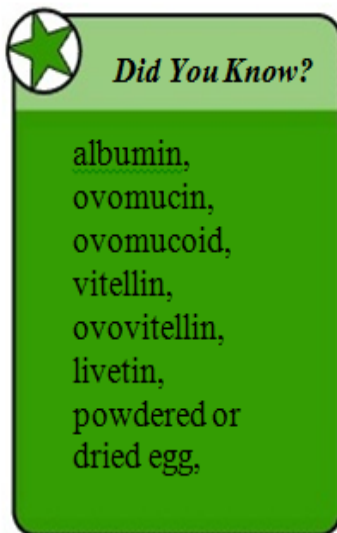
## **Table of Contents**

- 1. Basics of a Vegan Meal**
- 2. Chia Coconut French Toast**
- 3. High Protein Breakfast Berry Smoothie**
- 4. Refreshing Watercress and Walnut Salad**
- 5. Chilli Marinara Pachheri Pasta**
- 6. Char Grilled Broccoli with Misso Sesame Sauce**
- 7. Tofu Burger**
- 8. Vegan Banana Walnut Muffins**

## **Basics Of Vegan Meal Plan**

Vegan diets should consist mainly of vegetables and whole grains. This may seem obvious, but it takes some effort to accept and put into practice, when you're used to a meat-based diet. The tendency is to substitute soy protein for meat, and keep everything else the same, which isn't a real nutritional gain, and in fact, often quickly leads to malnutrition. When you're planning meals, think of vegetable, grain, and protein, in combination. Too much of everything isn't a good thing, so don't feel you have to eat all whole grains all the time. The following concepts kept in mind for any vegan meal plan will achieve healthy results.

### **Basic Nutritional Concepts**



- ☐ All nutrients needed by the body are available through food.
- ☐ Many kinds of food and food combinations can lead to a well-balanced diet.
- ☐ No food, by itself, has all the nutrients needed for full growth and health. Each nutrient has specific uses in the body.
- ☐ Most nutrients do their best work in the body when teamed with other nutrients.
- ☐ All persons need the same nutrients, but in varying amounts.
- ☐ The total nutrients needed by one's body are influenced by age, sex, size, activity, and the state of health.

## **Guidelines for a Well-Balanced Vegan Nutrition**

These AREN'T hard, fast rules, and are more like suggestions, based on the principle that food is to enjoy. If you follow these guidelines, even loosely, it will be a lot easier for you to have balanced and complete vegan nutrition.

1. Read the labels. Sad to say, both vegan fast food and processed food, even when labelled organic, aren't much better than non-vegan. Processed food, including 'natural food' generally has the life processed right out of it, and is often full of preservatives, artificial colouring and flavouring, hydrogenated oil, GE ingredients, etc.
2. Who can be good all the time? It is but human to want to eat things that are bad for one's health, once in a while. Deep fried potato scallops, chocolate, or ice cream (vegan of course!) is not considered staple diets. Whenever you feel the need to indulge, you have to discriminate and buy organic, or better yet, make your own.
3. Go for organic food as much as possible. They may cost more mainly due to the fact that farming for organic food is done on a much smaller scale and that farmers don't receive agricultural subsidies, nevertheless, the superior taste and nutrition less the pesticides and herbicides, will be worth the extra cost.
4. Buy locally grown, fresh picked vegetables and fruit, as much as you can. Remember that vegetables and fruits lose nutrients as they lose freshness. The lesser the time you eat them after picking, the more taste and nutrients you will get.
5. Consciousness, love, and pleasure in the making. These give subtle qualities to food, which nourish just as much or more than the quantifiable nutrients.
6. Cook your own food, from scratch, whenever possible. It's fresher and gives you comfort especially as you know what's in it. You can make it just as you like and even cost you less.
7. Use leftovers with caution. For most of us, eating leftovers is a fact of life, if not a way of life. The idea is to use fresh ingredients, eat immediately, and try not to have leftovers. Not always possible, but something to keep in mind.
8. Be aware of nutrient robbers. Heavy uses of refined sugar, salt and flour, hydrogenated fat, carbonated beverages, food preservatives, tobacco, alcohol, and recreational drugs – causes malnutrition. What you put in your body should count, nutritionally.

## Chia Coconut French Toast Recipe



### Ingredients:

- ☐ 4 slices crusty bread
- ☐ 1 can (375 ml) light coconut milk
- ☐ 2 tbsp chia seeds
- ☐ 1 tbsp maple syrup
- ☐ 2 tbsp vegetable oil for frying
- ☐ A pinch of cinnamon powder
- ☐ 1 tbsp shredded coconut

### **Berry compote**

- ☐ 1 cup berries (fresh or frozen)
  - ☐ 3 tbsp sugar
- Cashew cream to serve (optional)

### Directions:

1. Add chia seeds and coconut milk in a mixing bowl and mix with a spoon to prevent clumping. Let the mixture stand for 20-30 minutes until gelatinous.
2. Add maple syrup and cinnamon powder and whisk lightly.
3. Heat oil in a non-stick frying pan over medium heat.
4. Dip the bread slices in chia mixture one at a time until soaked lightly.
5. Cook each toast for 2-3 minutes on each side until golden brown. Cook all 4 slices simultaneously in the pan.
6. Serve with berry compote and cashew cream with a sprinkle of shredded coconut.

### **Berry compote recipe**

#### Directions:

1. Place two tablespoons of cold water, sugar and berries in a small saucepan over medium heat.
2. Bring mixture to the boil and cook for 3 minutes until mixture thickens slightly and set aside.

## **High Protein Breakfast Berry Smoothie**



### **Ingredients:**

- ☐ 200ml cranberry juice
- ☐ 175g frozen raspberries , defrosted
- ☐ 100ml vegan milk
- ☐ 2 tbsp vegan protein powder
- ☐ 1 tbsp caster sugar , or to taste
- ☐ mint sprigs, to serve

### **Method:**

1. Place all the ingredients into a blender and pulse until smooth. Pour into glasses and serve topped with fresh mint.



## **Refreshing Watercress and Walnut Salad**



### **Ingredients:**

- ☐ 4 cups watercress leaves with some stem
- ☐ 3/4 cup sliced grape tomatoes
- ☐ 1/2 cup julienned red capsicum bell pepper
- ☐ 1/4 cup mint leaves
- ☐ 1/4 cup raw walnut kernels

#### Raspberry vinaigrette

- ☐ 1 punnet (125g) fresh raspberries, washed
- ☐ 1 tablespoon Pompeian Wine Vinegar
- ☐ 4 tablespoon extra virgin olive oil
- ☐ Salt and pepper to taste
- ☐ 1 tsp sugar or to taste (optional)

### **Method:**

1. Push berries through a fine mesh strainer into a small bowl, first mash with a fork and then with the back of a spoon to push all the fruit pulp through. This should make about 1/2 cup of raspberry puree.
2. Whisk in Pompeian Red Wine, olive oil, salt, pepper and sugar if desired.
3. Store in fridge until ready to use or for up to one week.
4. Toss together all ingredients except walnuts in a large salad bowl.
5. Pour dressing over salad
6. Serve garnished with walnut kernels

Note: The oil hardens in the fridge, so make sure to leave the dressing out on the counter for about 30 minutes prior to use.

## Chilli Marinara Pachheri Pasta



### Ingredients:

- ☐ 2 cans Italian whole tomatoes
- ☐ 4 tbsp tomato paste
- ☐ 6 tbsp olive oil
- ☐ 1/3 cup finely diced onion
- ☐ 1/2 cup white wine
- ☐ 1/4 cup roasted red pepper
- ☐ 1/2 cup fresh or frozen peas
- ☐ 1/4 cup whole black olives
- ☐ 1 cup green beans, chopped into 3 pieces each
- ☐ 4 tbsp fresh parsley, chopped
- ☐ 3 medium cloves garlic, minced
- ☐ 1 tsp dried oregano
- ☐ 1 tsp salt
- ☐ 1/4 tsp chilli flakes or to taste
- ☐ 500 gms pasta

### Method:

1. In a food processor place Italian tomatoes, tomato paste, minced garlic, oregano, salt, and chilli flakes.
2. Blend until smooth.
3. In a large skillet over medium heat sauté the finely chopped onion in olive oil until translucent or 2-3 minutes.
4. Add the blended tomato sauce and white wine.
5. Simmer for 30 minutes, stirring occasionally.
6. Meanwhile boil the pasta until al dante. Add chopped beans and peas a minute before the pasta cooking time.
7. Drain and rinse under cold water to prevent the pasta from cooking further.
8. Add pasta, beans and peas to the hot sauce and stir in chopped parsley, chopped roasted capsicum and olives.
9. Transfer in a large shallow serving bowl.

Note: cook the pasta two minutes less than the instructed time on the packet for al dante finished dish.



## Char Grilled Broccoli with Misso Sesame Sauce



### Ingredients:

- ☐ 1 tbsp. sesame seeds
- ☐ 1tbsp yellow miso paste
- ☐ 2 tbsp. mirin
- ☐ ¼ cup (60 ml) vegetable stock
- ☐ 1 tsp. finely chopped ginger
- ☐ 1 tbsp. vegetable oil
- ☐ 500g broccoli, cut length ways to large florets

### Method:

#### Miso Sesame Sauce

1. Mix miso, mirin and stock in a bowl until miso paste dissolves.
2. Heat a non-stick frying pan over medium heat.
3. Add the sesame seeds and dry roast, stirring constantly with a wooden spoon for 3 minutes or until light brown.
4. Throw in ginger and stir for another 30 seconds.
5. Add miso mixture and cook for 2 minutes.
6. Brush broccoli with vegetable oil on both sides and char grill on barbecue or stove-top skillet for 3 minutes on each side until tender-crisp.
7. Place charred broccoli in a shallow bowl and pour miso sesame sauce.
8. Serve hot with stir-fried noodles or rice.

## Tofu Burger



### Ingredients:

- ☐ ¼ cup arame or other dark sea green, such as kombu or wakame
- ☐ 1 tbsp soy sauce
- ☐ 680g firm tofu, patted dry
- ☐ ¼ cup sesame seeds
- ☐ 1/2 cup panko crumbs or fresh breadcrumbs
- ☐ 1 bunch spring onions
- ☐ 2 tsp dark sesame oil salt and freshly ground black pepper
- ☐ 2 to 3 tbsp peanut or neutral oil, such as grapeseed or corn

### Method:

1. Pour boiling water over arame and soak for 2 minutes.
2. Drain well. Put onions in food processor and pulse a few times until minced. Transfer to large bowl.
3. Put arame and half the tofu into processor and pulse a couple of times until just crumbled. Add to bowl.
4. Put remaining tofu into processor and let it run until tofu is smooth.
5. Add to bowl with crumbs, sesame seeds, soy sauce, sesame oil, a little salt and lots of pepper.
6. Stir well to combine. Form into patties. Let rest a few minutes. (Burger mixture or shaped burgers can be covered tightly and refrigerated for up to a day. Bring back to room temperature before cooking.)
7. Put oil in large non-stick or well-seasoned heavy frying pan, turn heat to medium. When hot, slip burgers into pan with spatula.
8. Cook, undisturbed, until browned and easily moved, about 5 minutes. Carefully flip and cook until done, 3-4 minutes more.
9. Serve on buns with mustard, sauce, chutney or other toppings.

## Vegan Banana Walnut Muffins



### Dry Ingredients:

- 1 cup plain unbleached flour
- 1 cup of self-raising flour
- 1 1/2 tsp baking powder
- 1 cup of white sugar
- 1/2 cup chopped walnuts
- 1tbsp ground flaxseeds

### Liquid Ingredients:

- a few drops of almond essence
- 1 cup of soya milk (or other vegan milk of your choice)
- 1/3 cup of vegetable or sunflower oil
- 1 tbsp cider vinegar
- 2 Medium ripe mashed bananas ground almonds

### Method:

1. Place 12 muffin cups in a greaseproof muffin tin.
2. Preheat oven at 200 degrees Celsius.
3. In a medium to large-sized plastic bowl, mix all the dried ingredients.
4. In a separate medium to large-sized plastic bowl, mix all wet ingredients for half a minute or so.
5. Now slowly pour the wet ingredients into the dried ones, and mix slowly at the same time – just enough so that the ingredients are blended. DO NOT OVER PROCESS.
6. Pour batter into your muffin cups, and pop in the oven for around 20 minutes.
7. Bring them out when they look golden.
8. Insert a wooden skewer to check that they are ready – it should come out clean.

After removing the muffins from the oven, allow them to cool down before storing.

Be careful when removing paper. Enjoy! OoOoAhAh!

## **About the Author - Gayatri D.**

Gayatri is a nutritional therapist and an avid foodie. She has been a vegan majority of her life. Her passion is to find food treasures from around the world and experiment recipes to perfection. Through her passion evolved eVeganRecipes.com which houses scrumptious recipes from around the world to celebrate every meal deliciously. All recipes on the website are either created or tested in her own humble kitchen.