

# GREEN FOOD EXPERIENCE

# RECIPES





## TABLE OF CONTENTS

PICNIC FOODS - page 3 - 12  
 FINGER FOODS - page 13 - 26  
 LUNCH BREAK - page 27 - 37  
 SWEET TREATS - page 38 - 48  
 BUILD A . . . - page 49 - 52



## RECIPE LEGEND



**Air fryer** Usually, air fryers are smaller and cook quicker than an oven. Use one if you have one. If not, use an oven.



**Oven** For most recipes either an oven or air fryer can be used. Read the recipe first to see which appliance is best.



**Refrigerator** These recipes can be made ahead and then refrigerated.



**Freezer** These recipes can be made ahead and frozen.



**Stovetop** Alternatively, a pressure cooker such as an Instant Pot, may be used.



**Blender** Check the recipe. You may be able to use a food processor instead.



**Food Processor** Check the recipe. You may be able to use a blender instead.



**Microwave**



**Toaster**



**Make ahead** Can be prepared earlier and refrigerated or frozen.



**Contains nuts** Be sure to clearly mark these dishes for guests with nut allergies. Nut-free alternatives are suggested.



**Serve hot**

# PICNIC FOODS





This recipe is a healthier take on classic arancini, made without any animal products or deep frying. It's also rich in plant-based protein and fibre from lentils and brown rice. Serve with homemade Marinara tomato sauce.

## KITCHEN EQUIPMENT

Oven or air fryer  
Baking sheet  
Baking paper  
Large bowl  
Spoon  
Tongs  
¼ cup ice cream scoop or measuring cup



## INGREDIENTS

2 cups cooked brown rice  
½ cup cooked lentils  
¼ cup finely chopped sun-dried tomatoes or kalamata olives  
¼ cup finely chopped onion  
3 cloves garlic, minced  
1 tsp salt substitute seasoning  
¼ cup nutritional yeast flakes  
¼ cup chopped fresh parsley (basil or oregano is fine too)  
2 tbsp flour (masa, chickpea, oat)  
2 tbsp unsweetened plant-based milk  
2 cups whole wheat bread crumbs  
**Marinara sauce** - See recipe

## MARINARA SAUCE

½ white onion - chopped  
300 ml jar passata (crushed tomatoes)  
2-3 cloves garlic, minced  
1 tbsp mixed Italian dried herbs  
1 tbsp tomato paste  
¼ cup low-salt veggie stock  
Extras: 1 tsp vegan basil pesto or 1 tsp minced truffles

- Add onion and garlic to a pan and cook on medium heat till browned.
- Add a little veggie stock to stop the veggies from sticking.
- Add the rest of the ingredients and simmer for 10 minutes.





## METHOD

- Wash your hands.
- Precook rice and lentils according to the package instructions (do not add salt to the cooking water).
- Preheat the oven to 400 ° F (200 ° C) and line a baking sheet with parchment paper.
- In a large bowl, combine all ingredients except the bread crumbs. Mix well to combine.
- Use a ¼ cup measure or ice cream scoop, scoop portions of the mixture into your hands and shape them into balls. Place them on the prepared baking sheet.
- Roll each rice ball into the breadcrumbs to coat evenly. Return it to the prepared baking sheet. Repeat until all balls are coated.
- Bake for 20-25 minutes or until golden brown and crispy on the outside.
- Serve the arancini warm with marinara sauce for dipping.



# Cashew Cream Cheese Spread



## KITCHEN EQUIPMENT

High-speed blender or food processor  
Bowl for soaking  
Kettle or saucepan for boiling water  
Chopping board  
Sharp knife

## INGREDIENTS

250 g raw cashews  
2 tablespoons nutritional yeast  
Juice of 1 lemon  
2 cloves of garlic, coarsely chopped  
Salt and pepper to taste  
1 tablespoon water (more as needed)  
Fresh chopped chives



## METHOD

- Wash your hands.
- Let the cashews soak in plenty of water overnight (at least 8 hours).
- Shortcut: If you don't have that much time, pour boiling water over the cashews and soak them for about 2 hours.
- Pour off the water and rinse the cashews thoroughly.
- Set the chives aside and puree the cashews with all other ingredients in a blender. Use the pulse function or blend on high until you have a smooth mixture.
- Stop the blender a few times to scrape down the sides.
- Add lemon juice, salt, and pepper to the spread to taste.
- If it winds up too thick, try adding a little water. Be careful not to make it too runny.
- Put the spread into a bowl and mix in the chives.

Enjoy immediately or store in the refrigerator for up to 3 days.



# 'No Tuna' Sandwich Filling

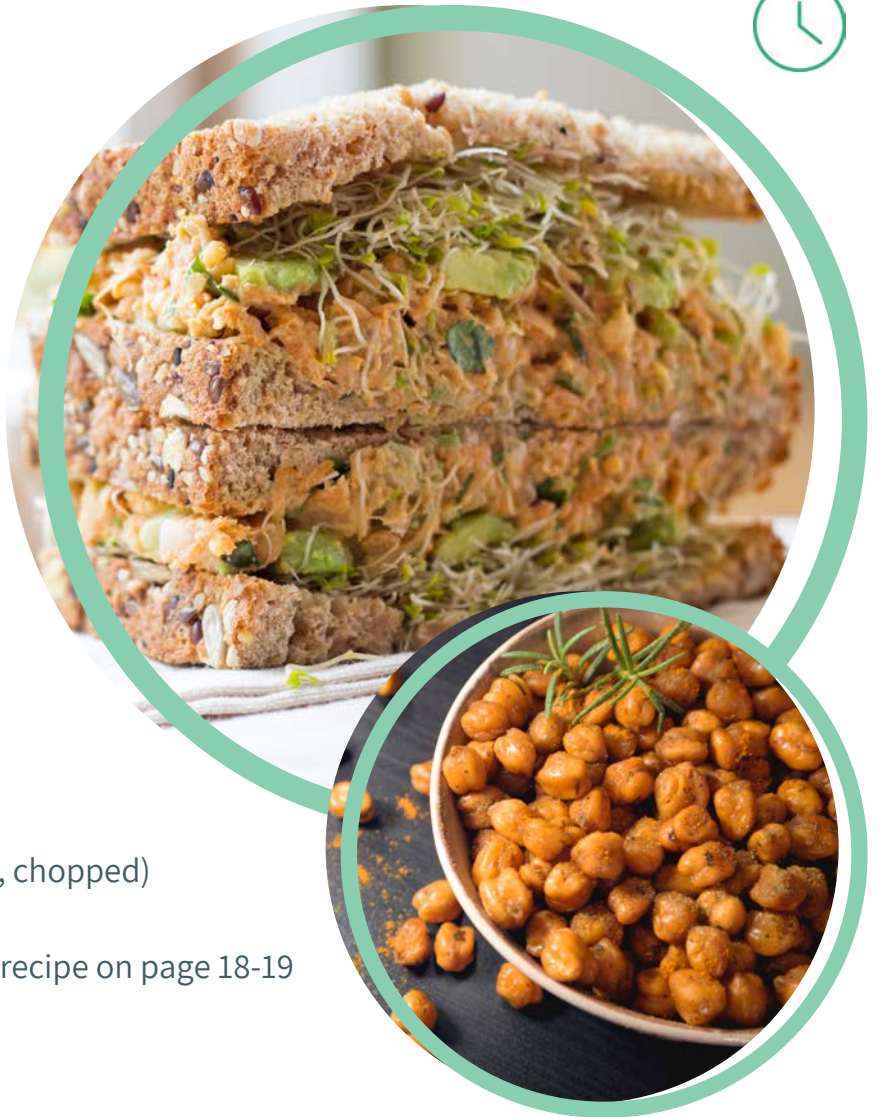


## KITCHEN EQUIPMENT

Large bowl  
Potato masher  
Spatula  
Sharp knife  
Cutting board  
Airtight container for storage

## INGREDIENTS

2 cans no added salt chickpeas (garbanzo beans)  
2 large sticks of celery  
½ red onion  
2 spring onions (scallions)  
1 tbsp capers  
2 tbsp lemon juice  
1 tsp kelp granules (Sub: nori sheets, chopped)  
1 tsp garlic powder  
2-3 tbsp tofu mayo - use our oil-free recipe on page 18-19  
¼ tsp black pepper  
1 tbsp fresh dill (or 1 tsp dried dill)



## METHOD

- Wash your hands.
- Drain chickpeas and rinse.
- Use the potato masher to mash the chickpeas. Leave a few lumps for texture.
- Chop the celery and onion finely. Slice the spring onion.
- Mince the capers. Finely chop the dill.
- Add the tofu mayo and all other ingredients and stir together.
- Keep in an airtight container in the refrigerator for up to 4 days.

Serve on bruschetta, whole grain crackers or in a sandwich.



## KITCHEN EQUIPMENT

Mixing bowl  
Large saucepan  
Stovetop (or Instant Pot)  
Strainer  
Sharp knife  
Cutting board  
Mixing spatula  
Airtight container

## INGREDIENTS

4 large potatoes  
2 tbsp apple cider vinegar  
2 sticks celery  
½ red onion  
½ large pickled cucumber  
2 tbsp fresh dill  
1 tsp no-salt seasoning  
3 cups low salt vegetable stock - or 1.5 low salt  
Vegetable stock cubes + 3 cups water  
½ cup tofu mayo - use our oil-free recipe on page 18-19

## METHOD

- Wash your hands.
- Peel the potatoes and dice into 1 cm cubes.
- Place the stock or water and stock cubes into the saucepan to boil.
- Once boiling, carefully add the potatoes.
- Cook for 10 minutes or until al dente. Do not overcook. They should still be firm in the middle.
- Remove from heat and place in strainer. Rinse with cold water.
- Place potatoes in the fridge to cool.

## DRESSING

- Finely dice the celery, onion, and pickle.
- Mince the dill leaves (discard the stems).
- In the bowl, mix the vinegar, mustard, lemon juice, herbs, spices and tofu mayo.
- When the potatoes are cool, add the dressing and stir.

Store in the refrigerator in an airtight container for up to 4 days. Do not freeze.







## KITCHEN EQUIPMENT

Chopping board  
Large bowl  
Sharp knife  
Salad tongs

## INGREDIENTS

2 cos (Romaine) lettuces  
½ purple cabbage  
1 green Chinese cabbage  
4 carrots  
2 beetroot (500 gm)  
1 cup green onion (scallion)  
1 tbsp sesame seeds - optional

## SLAW DRESSING

Use the tofu mayo recipe (see page 18-19) for a creamy slaw.  
For a calorie-free slaw use red wine vinegar.

## METHOD

- Wash your hands.
- Shred the lettuce and cabbage.
- Grate the carrots.
- Grate the beets and pat dry with paper towels. Do not skip this step.
- Slice the onions diagonally.
- Mix everything together.
- Top with your favourite dressing.



## CREAMY TOFU MAYO

1 block silken tofu  
2 tbsp chia seeds  
¼ cup apple cider vinegar (sub for brown rice vinegar)  
2 tbsp lemon juice  
½ tsp garlic powder  
½ tsp miso paste  
1 tsp Dijon mustard  
Few sprigs of fresh dill or herbs of choice

- Blend everything except for the fresh dill.
- Chop the fresh dill into small pieces.
- Stir the dill into the sauce.



## ALLERGEN INFORMATION: Nuts, Soy

This recipe can be made nut and soy free. See notes below.

**Nut allergies**, particularly peanut allergies, can be fatal to those affected. Remember to clearly state to your guests that this recipe has nuts and soy (if using). Keep food containing nuts separate from all other foods being prepared and served to avoid contamination. Use separate utensils and serving plates for preparing foods containing nuts. Wash all food preparation utensils immediately after use in hot soapy water.

## KITCHEN EQUIPMENT

Cutting board (non-absorbent)  
Sharp knife  
Mixing bowl  
Small containers to place individual cut vegetables - or a large chopping board  
12" bowl or deep plate for soaking rice paper rounds  
2 cups cold water for soaking  
Whisk or large fork  
Spoon  
Hand towel  
Serving plate

## ROLL INGREDIENTS

6 rice paper rounds (10" - 25cm)  
Lots of julienned vegetables such as:  
1 carrot  
1 cucumber  
1 red capsicum (bell pepper)  
1.4 small purple cabbage  
1 mango  
½ pack broccoli sprouts or other sprouts  
1 small pack smoked tofu (can use plain and marinate)  
½ pack vermicelli rice noodles - sub for zucchini noodles, konjac noodles  
Sesame seeds - optional







This recipe is totally customisable. Feel free to choose fruits, greens and vegetables in season or local to you. Tofu can be raw, soaked in your favourite oil-free marinade or air fried. For a nutty taste, try pan-fried tempeh instead.



## SATAY SAUCE Contains PEANUTS

1 cup peanut powder mixed in  $\frac{1}{4}$  cup water (makes up  $\frac{2}{3}$  cup peanut paste)  
 Substitute for:  $\frac{2}{3}$  cup no added salt/sugar peanut butter, sunflower butter if nut-free  
 $\frac{1}{2}$  cup filtered water  
 1 clove garlic or  $\frac{1}{4}$  tsp garlic powder  
 $\frac{1}{2}$  tsp sriracha (sub chilli powder) - optional  
 Juice of  $\frac{1}{2}$  small Lime (sub 1 tbsp pre-squeezed)  
 2 tbsp liquid aminos, coconut aminos or tamari



## METHOD

- Wash your hands.
- You may need to wash them multiple times throughout the process, so have clean water and towels available.
- Slice all vegetables/fruits into thin julienne strips about the length of your little finger.
- Place in individual containers or in piles on a large board/plate for ease of assembly.
- Fill the large bowl or deep plate with clean water.
- Soak one rice paper round at a time till pliable. Be careful it does not fold back on itself.
- If using a wooden chopping board, cover with greaseproof paper or cling film so as to not absorb moisture.
- Place the rice paper on the board and arrange ingredients in a small pile in the middle so all the slices are in the same direction.
- Fold the bottom of the rice paper closest to you over the ingredients.
- Then fold the left and right sides tightly.
- Finally, roll the entire roll away from you.
- The rice paper should stick to itself. If it doesn't, wet your fingers and run them around the paper to make it sticky.
- Place on the serving plate and repeat for the rest of the rolls.
- If the soaking water gets cloudy, replace it with fresh water.





# PAN

# Spanish Tortilla



## KITCHEN EQUIPMENT

Cooktop

Frying pan (preferably non-stick)

Plate - as big as the frying pan

Olive oil spray (optional)

Medium saucepan

Large bowl

Blender or food processor

Large spatula

Potato peeler

Chopping board

Sharp knife

Garlic press - optional

## INGREDIENTS

700 gm potatoes (approximately 2-3 large)

1 package silken tofu (180 gm)

½ small white onion - sliced finely

2 cloves garlic - minced

½ low salt veggie stock cube or ½ cup veggie stock

½ cup unsweetened soy milk

2 tbsp egg replacer powder (Sub: cornstarch, tapioca starch)

75gm chickpea flour (garbanzo bean flour)

¼ tsp black salt (Kala Namak)

⅛ tsp turmeric powder

⅛ tsp black pepper

1 tbsp nutritional yeast



## METHOD

- Wash your hands.
- Peel potatoes and slice into ½ cm (¼”) slices.
- Place in a medium saucepan and boil in enough water to just cover, with ½ veggie stock cube until just cooked. They should be firm and not fall apart. About 5-7 minutes.
- Add onion and garlic to the frying pan and cook on medium heat for about 5 minutes.
- Add a splash of the potato stock water to stop from sticking to the bottom of the pan. Remove from heat when lightly browned.
- Meanwhile blend together the tofu, soy milk, spices and flours.
- Add everything to a large bowl and gently stir.
- Clean the frying pan. If your frying pan is NOT nonstick, lightly spray with olive oil spray.
- Pour the mixture into the pan and cook, covered, for 10 minutes or until it looks set.
- Carefully use the spatula to lift the tortilla from the pan. Place a plate on top of the frying pan and flip over the tortilla. Be careful as the frying pan will be hot!
- Slide the tortilla back into the frying pan and cook on the other side for 3-5 minutes.

Can be made ahead and served hot, cold or room temperature. Do not freeze.



# FINGER FOODS







NOTE: This recipe requires preparation a day before. Please read the instructions thoroughly first.

## KITCHEN EQUIPMENT

Oven or air fryer  
Refrigerator  
Food processor  
2 large bowls  
Spatula  
Cookie scoop or large spoon  
Spatula  
Chopping board  
Sharp knife  
Baking sheet  
Baking paper or non-stick silicone mat



## FALAFEL INGREDIENTS

1 cup dried chickpeas (soaked overnight in fresh water)  
1 medium potato (cooked and mashed)  
1 cup roughly chopped onion  
½ cup chopped parsley leaves (curl leaf or Italian)  
½ cup chopped coriander (cilantro) leaves  
4 cloves garlic (if pre-roasted use 6 cloves)  
¼ tsp black pepper  
½ tsp miso paste (white or red - it doesn't matter)  
2 tbsp tahini  
½ tsp ground cumin  
¼ tsp cardamom  
1 tbsp flax meal mixed with 3 tbsp warm water



## SERVING INGREDIENTS

Whole grain pita pockets  
Pickled radish  
Grated carrot  
Sliced tomatoes  
Pickled or sliced red onions  
Cucumber slices  
Hummus or **garlic herb sauce** (see below)

## GARLIC HERB SAUCE

1 cup hummus  
2 tbsp tahini  
¼ cup water  
¼ cup lemon juice  
4 tbsp fresh dill (or herb of choice)  
2 cloves garlic

- Blend all ingredients except dill.
- Chop dill very finely and stir into sauce.



## METHOD

- Wash your hands.
- Rinse chickpeas. Soak overnight in fresh water in the refrigerator.
- Do not use canned chickpeas.
- Do not cook the chickpeas.
- Do not miss out on the soaking step or you will break your teeth when eating the falafel.
- Bake or pressure cook a medium-sized potato. Peel and mash. This can also be done the day before.
- Heat your oven to 375° F (190° C). If using an air fryer you do not need to pre-heat.
- Mix the flax meal and water and set aside.
- In a food processor add the chickpeas and pulse till roughly broken up (2-3 short pulses). Do not use a blender and do not over-pulse, or you will end up with hummus.
- Add the onion, herbs, miso, spices and garlic. Pulse 2-3 times.
- Add the mashed potato, tahini and flax mixture. Pulse till the mixture starts clumping together.
- Line a baking sheet with parchment or silicone mat, or prepare your air fryer according to manufacturer's instructions.
- Use a cookie scoop to scoop out even falafel balls. You can leave the balls round, or squash them into patties with a spatula.
- Bake for 15 minutes. Flip over and bake for a further 10-15 minutes or until golden brown.
- If using an air fryer, set to 400° F (200° C) for 10 minutes, flip and air fry for a further 5-7 minutes.
- Use immediately or store in the refrigerator in an airtight container for up to 4 days.
- Reheat in an air fryer for 5 minutes at 400° F (200° C).







Bruschetta is an Italian appetiser. Traditionally it is made with Roma tomatoes, basil, garlic and olive oil atop a toasted baguette slice.

Whilst it is very easy to make this dish plant-based, making it whole food plant-based takes a little thought.

Baguette bread is traditionally made with white flour. If you can find a whole grain baguette, that is a perfect swap. Alternatives are spelt crackers, seed crackers, whole grain pita, or even rye bread. Stay away from pumpnickel bread as the flavour is too strong for this dish.

Instead of the olive oil, we are using a trick you can use again and again, whenever a recipe calls for oil and you want to improve the nutritional value of the dish.

## KITCHEN EQUIPMENT

- Chopping board
- Sharp knife
- Large spoon
- Bread knife
- Mixing bowl
- Glass jar with airtight lid
- Refrigerator
- Toaster
- Serving tray

## INGREDIENTS

- 1 whole grain baguette, or any other whole grain bread or crackers
- 4 ripe Roma tomatoes
- 4 cloves fresh garlic
- 1 handful fresh basil
- ½ cup oil substitute (see recipe below)
- Salt and pepper to taste - or use salt substitute
- Balsamic vinegar glaze





## OIL SUBSTITUTE

½ cup aquafaba (liquid from a can of chickpeas - strained)  
¼ cup white balsamic vinegar (reduced if possible)  
½ tsp garlic powder  
½ tsp onion powder  
½ tsp dried Italian herbs



## METHOD

- Wash your hands.
- Make the oil substitute: Mix the aquafaba with the balsamic vinegar, onion powder, garlic powder and herbs together in a glass jar. Set aside. This can be done the night before.
- Dice the Roma tomatoes. Add to the mixing bowl.
- Slice a garlic clove in half. Set aside one half. Crush or dice the remaining 3.5 cloves of garlic and add to the tomatoes.
- Slice the basil leaves into shreds and add to the bowl.
- Add the oil substitute and place in the fridge to marinate.
- Slice the baguette into 1 cm (½”) thick slices at an angle for a bigger surface area.
- Toast till lightly golden. Place in an airtight container until ready to assemble. Do not assemble this in advance as your toast will go soggy.

## ASSEMBLING

- Place toast on a serving tray and spoon on some tomato mixture.
- Drizzle balsamic glaze on top.
- Serve immediately.

## OPTIONS

Instead of tomato bruschetta, try olive tapenade, mushroom pate, or **cashew cream cheese spread** (see our recipe on page 6).



# Cauliflower Buffalo Wings



## KITCHEN EQUIPMENT

Oven or air fryer  
Baking sheet  
Baking paper or silicone baking mat  
Chopping board  
Large sharp knife  
Large bowl  
Large spoon  
Measuring cup  
Tongs  
Pastry brush

## INGREDIENTS

1 large cauliflower  
1 cup chickpea flour (sub any wholegrain flour)  
1 tsp chilli powder  
1 tsp garlic powder  
1 tsp onion powder  
1 cup water or sugar-free plant milk

## BUFFALO SAUCE INGREDIENTS

1 cup sugar-free, oil-free hot sauce  
1 cup chopped fresh or frozen mango



## TOFU MAYO

1 block silken tofu  
2 tbsp chia seeds  
¼ cup apple cider vinegar (sub for brown rice vinegar)  
2 tbsp lemon juice  
½ tsp garlic powder  
½ tsp miso paste  
1 tsp Dijon mustard  
Few sprigs of fresh dill or any fresh herbs you like





# Cauliflower Buffalo Wings



## METHOD

- Wash your hands.
- Chop the cauliflower into small florets.
- In the large bowl, mix the flour and spices.
- Stir in the liquid (water or plant milk) slowly to make a batter. Use more if the batter is too thick.
- Mix in all the cauliflower and coat every floret with batter. If you prefer, you can dip each floret individually.
- Place the battered florets evenly on the baking tray in one layer. Make sure they are not touching each other.
- Bake for 10 minutes.

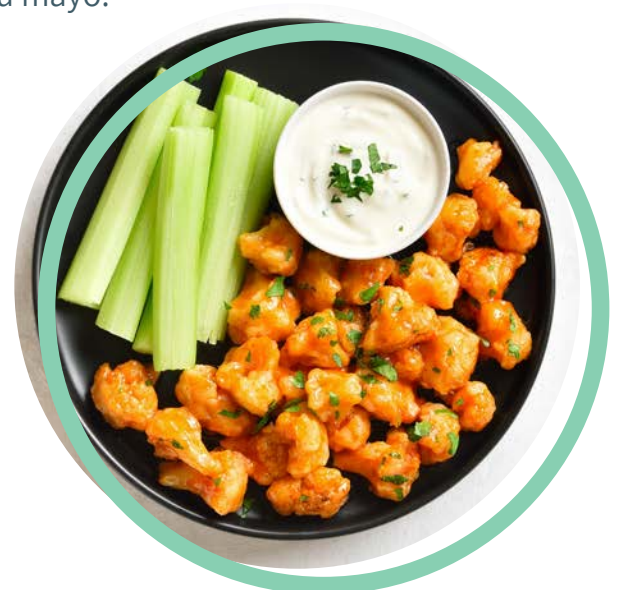
## BUFFALO SAUCE

Whilst baking, make the buffalo sauce. Blend the mango and hot sauce together.

- After 10 minutes, remove florets from the oven.
- Using tongs, dip each floret into the buffalo sauce and place back on the baking tray. Alternatively, use the pastry brush to paint them with the sauce.
- Bake again for 7-10 minutes. Watch them so they do not burn.
- Remove florets from the oven.
- Again, dip in the remaining sauce and serve with tofu mayo.

## TOFU MAYO

- Blend everything except for the fresh dill.
- Chop the fresh dill into small pieces.
- Stir the dill into the sauce.





# Futomaki Sushi Rolls



Making sushi rolls does require a little skill and some specialist equipment, but it is well worth the effort.

Once you make a few, you'll be an expert and never buy store-made sushi again.

## KITCHEN EQUIPMENT

Sushi rolling mat

Cutting board

Sharp knife

Large saucepan

Cooktop or stove (a microwave will suffice)

Hand towel for sticky fingers

## TO MAKE THE SUSHI RICE

3 cups cooked short-grain brown rice

2 tbsp maple syrup

1 tbsp brown rice vinegar

- Place the rice, vinegar and maple syrup in a pan and cook over medium heat till the liquid is absorbed and the rice gets sticky.
- Set aside to cool.
- Wait till it is cool before using.

## OTHER INGREDIENTS

Nori sheets - found at Asian grocery stores

Vegetables of choice cut into julienne sticks:

- carrot
- cucumber
- avocado
- pickled radish
- red capsicum
- squash
- roasted eggplant
- jicama
- cabbage

For serving (optional):

black sesame seeds, pickled ginger, wasabi paste, liquid aminos or low-salt tamari/soy sauce





Wrapping sushi rolls is a skill, so do not be disheartened if you don't get it perfect the first time. TIP: Wrap your bamboo sushi mat in cling film to keep it clean and stop the nori from sticking to it.



## ROLLING THE SUSHI ROLL

- Cover the sushi mat with a nori sheet, spread rice to form a  $\frac{1}{2}$  cm ( $\frac{1}{4}$ " ) thick layer, and leave a 2 cm (1") strip of nori without rice on the far edge. This strip will be used as a seal later.
- Lay the sticks of veggies lengthwise on the rice close together. When done, your veggie strip should be the entire width of the nori, but only about 5-6 cm (2-3") wide.
- Using both hands, tightly roll the sushi away from you by placing your thumbs under the bamboo mat. Keep all the veggies in place and moisten the far edge of the nori with a damp paper towel right before sealing.
- Holding the mat tightly, squish the roll together. Release the mat and your sushi roll is complete.
- With a very sharp knife, slice the roll into 8 even rounds.

Sushi is best eaten immediately. If refrigerated, allow 15-30 minutes to come to room temperature before serving.



# Tofu Larb Lettuce Cups



This recipe is great for picnics. You can make the larb ahead and assemble the lettuce cups at the picnic. It's great either warm or cold.

## KITCHEN EQUIPMENT

Food processor or mortar and pestle  
Chopping board  
Sharp knife  
Frying pan (cast iron or non-stick is best)  
Heat resistant spatula  
Airtight container for storage  
Serving plate

## INGREDIENTS

3 tbsp uncooked brown rice  
1 package extra-firm tofu, drained and patted dry  
1 stem lemongrass  
1 medium shallot  
4 kaffir lime leaves (optional)  
¼ cup fresh mint  
¼ cup fresh coriander (cilantro)  
¼ cup Thai basil (optional)  
1 spring onion (scallion)  
4 tbsp lime juice  
2 tbsp maple syrup  
2 tbsp liquid aminos, tamari or low-salt soy sauce  
4 tbsp water  
2 cloves garlic  
1 tsp dried mushroom powder (optional)  
½-1 tsp chopped chilli or sugar-free sriracha (optional to taste)  
Lime wedges for garnish  
1 head of lettuce: romaine, iceberg or butter lettuce. Any large leaf that can be used as a cup. Alternatively, for finger foods, endive leaves work well.



# Tofu Larb Lettuce Cups



## METHOD

- Wash your hands.
- Drain the tofu and place in a tofu press to remove excess water. Or wrap it in paper towel and place it under a few books.
- Leave for 10-15 minutes or longer whilst you prep the sauce.
- Carefully remove all leaves from lettuce - wash and dry. Set aside.
- Toast the brown rice in a skillet, constantly stirring so as not to burn. Once it is fragrant and browned, remove from heat and crush with a mortar and pestle - or pulse very gently in a food processor. Do not turn into powder. Keep it granular and crunchy. Set aside.
- In a small bowl mix lime juice, aminos/soy, water, maple syrup and mushroom powder (if using). Set aside.
- Slice the lemongrass, shallot, garlic, onion, herbs and lime leaves very finely into slivers.
- Heat the skillet to medium heat and crumble the tofu into small pieces. Continually stir the tofu so it does not stick.
- Add a few splashes of sauce and all the other ingredients. Keep stirring till the shallots are translucent. Add the rest of the sauce and stir.
- Once heated through, remove from heat.
- You can refrigerate the tofu for later or serve it warm.

To serve, place a spoonful of the larb into each lettuce leaf. Top with sliced shallots and/or chilli flakes and a squeeze of lime.





Nachos are so yummy - but corn chips are highly processed and high in oil and salt. To make a whole food version, swap out the chips for air-fried potato chips.

## KITCHEN EQUIPMENT

Air fryer or oven  
Microwave or cooktop and saucepan  
Sharp knife or thick slicing mandolin  
Chopping board  
Stovetop or microwave  
Refrigerator  
1 x small, 2 x medium bowls  
Fork or potato masher  
Serving platter

## INGREDIENTS

5 large potatoes  
Guacamole - see recipe below  
Refried beans - see note and recipe below  
Pico de gallo - see recipe below  
Lime juice  
1 jar store-bought tomato salsa (free from oil and salt if you can find it)  
Cilantro leaves for garnish



## GUACAMOLE

3 large ripe Hass avocados  
1 Roma tomato  
½ small white onion  
Small handful fresh coriander (cilantro)  
½ small jalapeño pepper (optional)  
Juice from ½ lime (1 tbsp)  
Pinch salt and black pepper to taste

- Scoop out flesh from avocados and mash in a medium-sized bowl.
- Cut the tomatoes and onions into very small pieces (not quite minced).
- Shred the cilantro.
- Juice the lime.
- Add all ingredients to the mashed avocado.
- Season with salt and pepper to taste.





## PICO DE GALLO

1 Roma tomato  
 ½ small white onion  
 1 fresh jalapeño pepper  
 Juice from ½ lime (1 tbsp)

- Chop all ingredients into small pieces.
- Add to small bowl.
- Add lime juice.
- Stir together.

## REFRIED BEANS

1 can low salt pinto or black beans  
 ½ tsp cumin powder  
 ½ tsp onion powder  
 ½ tsp garlic powder

- Drain and rinse the beans.
- Place in a medium-sized bowl (microwave friendly).
- Mash.
- Add spices and stir.
- Heat in microwave for 1 minute.
- Alternatively, use a saucepan and stove cooktop.
- Add a splash of water to loosen if necessary.



## METHOD

- Wash your hands.
- Wash and pat dry potatoes.
- If using a Mandolin, set it to ½ cm (¼") thickness. If not, slice potatoes sideways (short side) about ½ cm or ¼" thick.
- Pat dry.
- Air fry for 7 mins at 200 °C (400 °F). Flip and repeat for 5 mins. Using an oven may require a longer bake time.
- Whilst potatoes are cooking make the guacamole, pico and refried beans.

NOTE: If you can purchase pre-made guacamole, fresh pico and low salt vegan refried beans - go ahead. It will save prep time.

- When potato slices are browned and crispy, remove from the oven and top each with refried beans, guacamole, pico di gallo and tomato salsa.
- Garnish with coriander leaves and lime juice.

NOTE: Serve immediately. This dish does not reheat well and has a short shelf life.

# Stuffed Mushrooms



## KITCHEN EQUIPMENT

Oven/air fryer  
Baking tray  
Baking paper or silicone baking mat  
Chopping board  
Sharp knife  
Paper towel  
Cheese grater (optional)  
Medium bowl  
Blender/food processor  
(sub for fork or potato masher)  
Serving plate

## INGREDIENTS

1 kg (2 lbs) button mushrooms (such as cremini or Swiss brown)  
1 package firm tofu  
2 tbsp nutritional yeast  
1 tsp onion powder  
1 tsp garlic powder  
2 tbsp chopped fresh parsley (or 1 tbsp dry)  
1 tbsp chopped fresh basil (or ½ tbsp dry)  
½ tsp celery powder (or other salt substitute)  
2 tbsp vegan parmesan - see recipe below

## VEGAN PARMESAN

½ cup dry roasted unsalted cashews  
2 tbsp nutritional yeast  
1 tsp onion powder  
1 tsp garlic powder

- Place all ingredients in food processor and process till resembles parmesan cheese granules

## METHOD

- Wash your hands.
- Using a paper towel, clean each mushroom, removing debris.
- Carefully remove the stem from each mushroom cup.
- Grate the mushroom stems.
- Blend or process the tofu, nutritional yeast, onion, celery and garlic powder. If you do not have a blender or a food processor, use a fork or a potato masher.
- Add the herbs and stir to combine.
- Fill each mushroom cup with the mixture and top with a sprinkle of vegan parmesan.
- Bake at 375° F (180° C) for 10 - 15 mins or until golden brown.

Best served warm. Do not freeze.





# LUNCH BREAK



# Lentil Bolognese



## KITCHEN EQUIPMENT

Stovetop  
2 large saucepans  
2 stirring spoons  
Sharp knife  
Chopping board  
Serving bowls and utensils

## INGREDIENTS

2 large carrots  
½ celery root. Sub: 3 stalks celery  
1 onion  
3 cloves of garlic  
Handful of mushrooms  
2 tbsp tomato paste  
½ cup vegetable stock  
Splash of balsamic vinegar  
200 g brown lentils, cooked al dente. Sub: Use canned lentils  
2 cans of diced tomatoes or passata (tomato puree)  
2 bay leaves\*  
4 allspice berries\*  
½ tsp oregano\*  
½ tsp rosemary\*  
½ tsp thyme\*  
(\*Sub: 1 tbsp Italian herbs or Herbes de Provence blend)  
¼ tsp black pepper  
½ tsp smoked paprika  
Fresh basil (for garnish)  
1 packet whole grain pasta (chickpea, spelt, brown rice etc)







## METHOD

- Wash your hands.
- Sauté the celery, carrot, onion and garlic in a splash of stock.
- Keep stirring and add more stock if the vegetables stick to the pan, or to deglaze the pan.
- Add the herbs, tomato paste, tomatoes/sauce and the remainder of the veggie stock.
- Cook for 10-15 minutes on medium heat.
- Reduce heat to simmer.
- Drain the lentils and rinse to remove any added salt.
- Add lentils and balsamic vinegar to the sauce and simmer for 15-30 minutes.
- Whilst the sauce is simmering, cook pasta to the manufacturer's instructions.

Top pasta with sauce, or stir the sauce in and combine.  
Garnish with fresh basil leaves.





## KITCHEN EQUIPMENT

Large, heavy-based saucepan  
Cooktop/stove  
Spatula  
Sharp knife  
Cutting board  
Serving bowls and utensils

## INGREDIENTS

200 gm red lentils - washed  
1 tbsp mustard seeds  
¼ tsp turmeric  
½ tsp ground cumin  
½ tsp coriander seeds  
½ tsp ground cardamom  
1 carrot - chopped finely  
40 gm fresh ginger root - minced  
1 zucchini - chopped finely



## METHOD

- Wash your hands.
- Chop the vegetables.
- In a saucepan over low heat, sauté the lentils and spices in a little water.
- Add the carrot, zucchini and ginger, and sauté.
- After several minutes, when the lentils become glassy and almost shimmer, pour in enough water to slightly cover the lentils.
- Bring to the boil and reduce the heat again so the soup is just simmering.
- When the lentils fall apart, the soup is ready.



## KITCHEN EQUIPMENT

Large bowl  
Spoon  
Rolling pin  
Flat rolling surface  
Towel to wash hands

## INGREDIENTS

150 gm oat flour  
150 gm wholemeal spelt flour  
250 ml of water  
1 pinch of salt  
1 tbsp olive oil  
Flour for rolling out the dough



NOTE: You can make your own oat flour by blending up some wholegrain oats.

## METHOD

- Wash your hands.
- Mix the oat flour and spelt flour, working in the measured water and oil and lightly salt.
- Let the dough rest for 20 minutes. Then form six balls from the dough.
- Roll the balls in plenty of flour and press and pull into flat cakes with your fingers on a smooth surface. Then flatten them with a rolling pin.
- Fry the flatbreads one after the other in a pan for 2 minutes on each side. Occasionally press the chapati with a spatula.

Store the finished chapatis between two porcelain plates or cover them with aluminium foil to prevent them from drying out.



## **ALLERGEN INFORMATION: Contains NUTS (optional)**

This family favourite is warm and comforting, but without the saturated fat and chemicals associated with store bought mac'n'cheese packets.

### **KITCHEN EQUIPMENT**

Stovetop  
Microwave - optional  
Saucepan  
High-speed blender  
Food processor - optional  
Sharp knife  
Cutting board  
Spatula



### **SAUCE INGREDIENTS**

2 medium potatoes - peeled and roughly chopped  
1 medium carrot - chopped roughly  
½ medium onion - chopped roughly  
½ cup cashews (sub for ½ cup oats for nut-free)  
1 tsp crushed garlic  
½ tsp miso paste  
3 tbsp nutritional yeast  
pinch pepper to taste  
2 tsp vegetable stock powder + 3 cups water (sub for 3 cups prepared low-salt veggie stock)  
2 tsp apple cider vinegar or sauerkraut brine  
½ tsp wholegrain mustard

Can be made ahead and frozen or refrigerated for up to 4 days.

### **PASTA**

2 x 500 mg packets of whole grain macaroni pasta. Sub for chickpea elbows, lentil spirals, brown rice shells etc.

### **TOPPINGS:**

1 head broccoli (chopped into small florets)  
1 tub of cherry tomatoes  
½ bunch fresh basil  
Vegan parmesan (see recipe on page 26)





## METHOD

- Wash your hands.
- Place potatoes, onion, carrots, garlic, and cashews (or oats) in a saucepan with stock and cook on medium heat till the veggies are soft.
- Remove from heat.
- If your blender can take boiling liquid, place everything into the blender and add the remaining ingredients.
- If your blender is not rated for boiling liquids, allow to cool first.
- Blend till smooth (60-90 seconds).
- Cook pasta as per package instructions. Do not overcook.
- Drain pasta. Keep a little of the pasta water.
- Add sauce to the pasta, and stir together.
- If the sauce is too thick, stir in a little of the set-aside pasta water.
- Steam or microwave broccoli for 2 minutes until bright green but not soft.
- Slice cherry tomatoes in half. Slice basil leaves.

Serve mac'n'cheez topped with broccoli florets, cherry tomatoes, vegan parmesan and basil leaves.





Risotto is a traditional Italian dish made with Arborio rice, white wine, cream and parmesan cheese. We have adapted this recipe to a healthier version using wholegrain brown rice with some special adaptations to give a creamy, cheesy flavour. Make the risotto using any of the flavour combinations, or invent your own.

## KITCHEN EQUIPMENT

Large, heavy-based saucepan  
Cooktop/stove  
Spatula  
Sharp knife  
Cutting board  
Serving bowls and utensils

## BASIC INGREDIENTS

½ brown onion - chopped finely (Sub: shallots)  
2-3 garlic cloves - minced  
1 cup brown rice (Sub: arborio rice)  
4 cups low-sodium vegetable stock  
Extra water if needed  
1 tbsp mixed Italian dried herbs  
3 tbsp nutritional yeast  
1 tbsp cashew butter or cashew cream cheese (see our recipe on page 6)

## FLAVOUR COMBINATIONS

### TRUFFLE MUSHROOM RISOTTO

200 gm sliced mushrooms - dry fried in garlic  
1 tbsp dehydrated mushroom powder  
1 tsp minced truffles

### SPRING RISOTTO

½ cup green peas  
1 bunch fresh asparagus - sliced  
100 gm snow peas (mangetout) - sliced  
4-5 sprigs broccolini - sliced  
1 zucchini - sliced  
1 leek (instead of the onion) - washed well

### BUTTERNUT SQUASH RISOTTO

½ medium butternut squash - roasted and cubed  
50 gm toasted sliced almonds  
Handful fresh sage leaves



## METHOD

- Wash your hands.
- First, prepare the vegetables for your flavour combination choice. Set aside.
- Sauté the onion/shallots/leek and garlic in a little vegetable stock till translucent. Only use enough stock to stop the vegetables from sticking, don't boil them.
- Add the rice and stir constantly to roast the grains. They should look a little translucent too.
- Gradually add vegetable stock and continue stirring. Add more stock as the rice absorbs the moisture. Keep the mixture loose. If it starts to get too sticky, add water.
- Cook for about 15 - 20 minutes or until the rice is al dente. Do not leave the pot unattended. Add more water if needed. Don't add more stock as this will increase sodium content.
- Add the prepared vegetables and other flavours. Cover for 2-3 minutes to steam. This is especially important if you are making the spring risotto. Be very careful not to overcook the green vegetables. They should be crisp and vibrant.
- Add nutritional yeast and cashew butter or cashew cream cheese. Stir.

Serve warm, immediately.







# PAN

# Scrambled Tofu



## KITCHEN EQUIPMENT

Chopping board  
Large bowl  
Sharp knife  
Salad tongs

## INGREDIENTS

- 1 onion - diced
- 1 red pepper - diced
- 1 packet firm tofu (drained, sliced and water pressed out)
- ½ vegan stock cube or ½ cup vegetable stock
- 2 cloves garlic – crushed
- 1 tsp cumin
- 1 tbsp turmeric
- 3 tbsp nutritional yeast
- 1 tsp paprika
- 2 tbsp cilantro (coriander) leaves

Optional, but really tasty: add any vegetables you have on hand.

Try one or more of the following:

- A handful of button mushrooms – diced
- 1 bag of chopped spinach or baby kale
- Handful of cherry tomatoes, sliced in half

## METHOD

- Wash your hands.
- Sauté the onions, garlic, red pepper, and stock in a little water till soft.
- Crumble tofu into the mixture till it resembles scrambled eggs.
- Add spices and nutritional yeast.
- Add other vegetables if using.
- Cook out excess moisture.
- Serve on crusty wholegrain toast, in a wrap, or as a side.

Can be made ahead and refrigerated for 2 days.



# Tofu Mayo



## KITCHEN EQUIPMENT

High-speed blender or food processor  
Spatula  
Airtight container for storage  
Must be refrigerated



## INGREDIENTS

1 block silken tofu  
2 tbsp chia seeds  
¼ cup apple cider vinegar (sub for brown rice vinegar)  
2 tbsp lemon juice  
½ tsp garlic powder  
½ tsp miso paste  
1 tsp Dijon mustard  
Few sprigs of fresh dill or herbs of choice

## METHOD

- Wash your hands.
- Blend everything except for the fresh dill for 60-90 seconds or until the chia seeds are broken.
- Chop the fresh dill into small pieces.
- Stir the dill into the sauce.
- Store in an airtight container in the refrigerator for up to 5 days.

NOTE: The mayo will taste the best after 1 day in the refrigerator.





# SWEET TREATS







## ALLERGEN ADVICE: Contains Nuts

Bliss Balls make great high-energy snacks. You can make them any flavour you like, but the basic ingredients are nuts, oats and dates. For nut-free use sunflower seed butter, sunflower seeds or hemp seeds.

You can add vegan chocolate chips, dried fruit or matcha - it's completely up to you. Experiment and have fun.

## COCOA-ALMOND BLISS BALL

### INGREDIENTS

- 100 gm pitted Medjool dates soaked in ½ cup filtered water until soft
- ½ cup oats
- ¾ cup almond flour (or other nut flour) - sub for seeds
- 1.5 tbsp cocoa powder - optional
- 2 tbsp almond butter - sub for seed butter for nut-free
- 1 tsp vanilla extract
- 2 tbsp shredded desiccated coconut (for rolling)

### METHOD

- Wash your hands.
- Drain the dates and set the water aside.
- Place the coconut in the small bowl and set aside.
- Add everything except coconut and date water to the food processor. Pulse till just combined.
- You may need to use the spatula to scrape the sides. Add a tiny drizzle of date water if the mixture does not come together. Don't make the mixture too wet.
- Wearing gloves, scoop out a tablespoon of mixture and roll into a ball. Roll the ball in the coconut. Repeat for the entire batch.

## KITCHEN EQUIPMENT

- Food processor or high-speed blender
- Spatula
- Small plate or bowl
- Food handling gloves - you will use your hands
- Water and towels to keep hands clean



May be stored in a refrigerator for 5 days (if you don't eat them all first).

## CASHEW COOKIE DOUGH BLISS BALL INGREDIENTS

100 gm pitted Medjool dates soaked in  $\frac{1}{2}$  cup filtered water until soft

$\frac{1}{2}$  cup oats

$\frac{3}{4}$  cup almond flour (or any other nut flour)

2 tbsp low-sugar vegan dark chocolate chips (optional)

$\frac{1}{4}$  cup cashew butter

1 tsp vanilla extract



## METHOD

- Wash your hands.
- Drain the dates and set the water aside.
- Place the chocolate chips in the small bowl and set aside.
- Add everything except chocolate chips and the date water to the food processor. Pulse till just combined.
- You may need to use the spatula to scrape the sides. Add a tiny drizzle of date water if the mixture does not come together. Don't make the mixture too wet.
- Carefully remove the blade from the food processor. Add the chocolate chips and stir into the batter.
- Wearing gloves, scoop out a tablespoon of mixture and roll into a ball. Repeat for the entire batch.

May be stored in a refrigerator for 5 days (if you don't eat them all first).

# Coco-Almond Blondies



**ALLERGENS: May contain nuts - however nuts are optional**

NOTE: This recipe is best made 2 days in advance.

## KITCHEN EQUIPMENT

Oven  
High speed blender  
Cookie sheet 17 x 27 cm (7" x 11")  
Silicone mat or baking paper  
Large bowl  
Spatula or large spoon



## INGREDIENTS

350 gm cooked white beans (Sub: no added salt canned beans – drained)  
3 tbsp ground coconut  
50 gm almond butter (Sub: sun butter)  
110 gm Medjool dates – pitted  
1 tsp baking powder  
1 tsp vanilla extract  
Zest from 1 organic lemon\*  
2 tbsp lemon juice  
1 pinch salt  
½ cup walnut halves (or other nut of choice – optional)

\*Conventional lemons sprayed with pesticides store the chemicals in their skin.

## METHOD

- Wash your hands.
- Heat oven to 350 °F (180 °C).
- Place all ingredients (except for nuts) into a blender and blend till smooth.
- Line a cookie sheet with baking paper or a silicone baking mat.
- Spread out dough evenly to about 2 cm (1") thick.
- Top with walnut halves (optional, exclude for not-free version).
- Bake in oven for 20 minutes.
- Turn off oven and leave blondies inside for 10 minutes.

Allow to fully cool before slicing into pieces.  
Store in the refrigerator.



# Fruit Popsicles



This is a recipe where you don't really need a recipe. Just an idea of what flavours go well together. NOTE: Must be made at least a day before to give time to freeze.

## KITCHEN EQUIPMENT

Freezer  
Popsicle moulds  
Popsicle sticks  
Jug for pouring  
Blender/juicer

## INGREDIENTS

Fresh fruit: berries, melons, peaches, kiwis, oranges - whatever you like. Make sure you have a fruit that juices well and one for an accent flavour.

Apple juice - if you want clear ice.

## FLAVOUR COMBINATIONS

Watermelon, strawberry and mint  
Orange and mango  
Lime and coconut  
Tangerine and kiwi  
Fruit salad



## METHOD

- Wash your hands.
- Blend or juice your main fruit. For a whole-food popsicle, blend rather than juice.
- Slice your accent fruit.
- Place the accent fruit on the slides of the popsicle mould.
- Pour in the main fruit juice.
- Add a popsicle stick.
- Freeze for a minimum of 12 hours.

Keep frozen until serving. Use gloves when removing from the moulds and place in individual paper or plastic bags to dispense to patrons.





This is a recipe where you don't really need a recipe. Just an idea of what flavours go well together. NOTE: Must be made at least a day before to give time to freeze.

## KITCHEN EQUIPMENT

Refrigerator  
Sharp knife  
Cutting board  
Wooden skewers

## INGREDIENTS

Fresh fruit: berries, melons, peaches, oranges, melons, grapes, strawberries, bananas - whatever you like.

## METHOD

- Wash your hands.
- Cut fruit into even bite-sized chunks. Leave smaller fruit such as grapes or strawberries whole or halved, and chop up larger fruit into cubes or slices.
- Slide alternating fruit pieces onto the skewers to make colourful patterns.

Keep refrigerated until serving.







This is a basic recipe that can have ENDLESS flavour combinations. Let your imagination go wild! Nice cream can be made with any manner of kitchen gadgets. Use the one you have on hand. NOTE: Requires a freezer.

## KITCHEN EQUIPMENT

Freezer  
High-speed blender/juicer or an ice cream maker if you have it  
Spatula  
Airtight container for freezing  
Sharp knife  
Chopping board



## METHOD

- Wash your hands.
- Make sure all your fruit is frozen.
- Place ingredients in your machine of choice and watch the magic happen.



## BASIC INGREDIENTS FOR SORBET

Frozen very ripe bananas  
Frozen fruit: mango, berries, peaches, guava, pineapple - whatever you fancy  
Lime juice to taste

## BASIC INGREDIENTS FOR ICE CREAM

Frozen very ripe bananas  
Plant-based milk  
Flavour options below  
Vanilla extract - optional





**ADDITIONAL FLAVOURS** - For best results, add after blending

- **PEANUT BUTTER** - Add peanut powder or peanut butter. Note: peanut powder has a fraction of the fat content as peanut butter.
- **MINT CHOC CHIP**- Add a handful of vegan dark chocolate chips and 1 drop of fresh chopped mint.
- **CHOCOLATE DARK CHERRY** - Add 2 tbsp cocoa powder and 2 tbsp maple syrup to the blender. Stir in frozen pitted dark cherries.
- **BUTTER PECAN** - soak some Medjool dates in warm water and blend, add some pecans and blend - then add bananas and blend again.

**NOTE:** If using a high-speed blender, it may heat up the ingredients. It's a good idea to refrigerate your blended ingredients for 30 minutes in between blending if you want to keep your nice cream chilled.

If not serving immediately, freeze till ready to serve.



# Oaty Banana Cookies



These are the world's healthiest cookies. Free from added oil and sugar. They are completely customisable. Use the basic recipe and then spruce it up with your imagination. This recipe can be made ahead of time and frozen.

## KITCHEN EQUIPMENT

Oven  
Baking sheet  
Baking paper or silicone mat  
Blender or potato masher  
Large bowl  
Spatula  
Cookie scoop or large spoon

## BASIC INGREDIENTS

3-4 large ripe bananas  
3 cups wholegrain organic oats\*  
 $\frac{2}{3}$  cup unsweetened apple sauce  
1 tsp vanilla extract  
 $\frac{1}{2}$  cup unsweetened plant milk  
2 tbsp flax meal

\*Some conventional oats contain the pesticide glyphosate.

## METHOD

- Wash your hands.
- Preheat oven to 350 °F (180 °C).
- If using a blender: Blend the bananas, apple sauce, vanilla, plant milk and flax meal.
- If using a potato masher: Mash the bananas till very mushy. Add vanilla, plant milk, apple sauce and flax meal and stir to combine.
- Add oats and stir to combine.
- If the mixture is too wet, add more oats. If it is too dry, add more plant milk or banana.
- Bake at 350 °F (180 °C) for 12-15 minutes.

Allow to cool before serving. Can be stored in an air-tight container for 1-2 days or frozen for up to 2 months.





# Oaty Banana Cookies



## ALTERNATE FLAVOUR COMBINATIONS

### PB & J COOKIES (contains nuts)

3 tbsp powdered peanut butter mixed with 1 tbsp water

¼ cup dry roasted unsalted peanuts

Sugar-free 100% fruit spread (strawberry or raspberry) or fresh organic raspberries

- Add the peanut butter and peanuts to the batter.
- Scoop out the cookies onto the baking sheet.
- Using the back of a teaspoon, make a divot in the cookie.
- Fill the divot with fruit spread or fresh raspberries.
- Bake as per instructions.

### SALTED CARAMEL PECAN COOKIES (contains nuts)

½ cup chopped pecans

1 cup whole pecan halves

1 tsp granular sea salt

6 Medjool dates soaked in ¼ cup boiling water for 10 minutes

- Mix the chopped pecans into the batter.
- Scoop out the cookies onto the baking sheet.
- Using the back of a teaspoon, make a divot in the cookie.
- Blend the dates and soaking water into a paste.
- Fill the divot with date paste.
- Sprinkle a pinch of rock salt on top and place a pecan half in the centre.
- Bake as per instructions.

### CHOC CHIP COOKIES

- Add ½ cup vegan dark chocolate chips to the batter.

### RAISIN WALNUT COOKIES (contains nuts)

- Add ½ cup raisins (or dried apricots) and ½ cup chopped walnuts to the batter.





# Oaty Jammy Bars



This recipe is very similar to the Oaty Banana Cookies (see pages 46-47) but in a bar form. You can customise this to suit your taste preferences.  
This recipe can be made ahead of time and frozen.

## KITCHEN EQUIPMENT

Oven  
Baking sheet  
Baking paper or silicone mat  
Blender or potato masher  
Large bowl  
Spatula  
Cookie scoop or large spoon

## BASIC INGREDIENTS

3-4 large ripe bananas  
3 cups wholegrain organic oats\*  
 $\frac{2}{3}$  cup unsweetened apple sauce  
1 tsp vanilla extract  
 $\frac{1}{2}$  cup unsweetened plant milk  
2 tbsp flax meal  
200 gm jar of sugar-free 100% fruit spread

\*Some conventional oats contain the pesticide glyphosate.

## METHOD

- Wash your hands.
- Preheat oven to 350 ° F (180 ° C).
- If using a blender: Blend the bananas, apple sauce, vanilla, plant milk and flax meal.
- If using a potato masher: Mash the bananas till very mushy. Add vanilla, plant milk, apple sauce and flax meal and stir to combine.
- Add oats and stir to combine.
- If the mixture is too wet, add more oats. If it is too dry, add more plant milk or banana.
- Top with the entire jar of fruit spread.
- Bake at 350 ° F (180 ° C) for 15-20 minutes (don't let the jam burn).



Wait until the bars are cool before slicing into 16 equal squares. Can be frozen for up to 2 months.



# BUILD A...



This section lets your creativity run wild! Instead of recipes, we provide simple steps so you can create any flavours you like. Use these as a guide to make your own culinary inventions.

Host a "Build a . . ." party so your guests can make their own creations.



# Build a . . .



## BUILD a BURGER

### 1 PART LEGUMES

Kidney Beans, Black Beans, Chick Peas, Lentils

### 1 PART STARCH

Potato, Sweet Potato, Yam

### 1 PART WHOLE GRAINS

Quinoa, Brown Rice, Millet, Farro, Buckwheat, Oats

### 1 PART VEGGIES

Grated Carrot, Zucchini, Pumpkin, Eggplant, Squash

### NUTS AND SEEDS

Walnuts, Sesame Seeds, Pine Nuts, Pumpkin Seeds

### HERBS AND SPICES\*

Italian, Mexican, Thai, Mediterranean, Indian  
\*Opt for salt free

### PUT IT TOGETHER

Pre-cook legumes, starch, grains - mash. Mix all ingredients and add 2Tbs flax meal to bind. Shape into patties. Grill. Enjoy!

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## BUILD a SANDWICH

### BREAD\*

Wholegrain - Rye, Pumpernickel, Pita, Sourdough  
\*Check for added salt, sugar and dairy

### SPREAD

Hummus, Aoli, Mayo, Mustard, Pesto, Remoulade, Nut Butter, Jam

### GREENS

Arugula, Lettuce, Kale, Sprouts, Mustard Greens, Spinach

### VEGGIES

Grated Carrot, Sliced Cucumber, Radish, Tomato, Mushrooms, Avocado

### PROTEIN

Seitan, Grilled Tofu, Tempeh

### CONDIMENTS\*

Mustard, Pickles, Ketchup  
\*Check for added salt, sugar and oil

### PUT IT TOGETHER

Grill your proteins and some veggies if you like, toast your bread (or not), add your spreads, greens and condiments. Enjoy!

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**BUILD a SALAD**

**GREENS**  
Arugula, Lettuce, Kale, Sprouts, Mustard Greens, Spinach

**FRUIT & VEGGIES**  
Grated Carrot, Sliced Cucumber, Radish, Tomato, Mushrooms, Avocado, Strawberries, Mandarins

**LEGUMES**  
Kidney Beans, Black Beans, Chick Peas, Lentils

**STARCHES**  
Potato, Sweet Potato, Yam, Corn, Brown Rice, Quinoa

**PROTEIN**  
Seitan, Grilled Tofu, Tempeh

**DRESSING\***  
Balsamic Vinegar, Lemon Juice  
\*Check out our Build A Dressing infographic

**PUT IT TOGETHER**  
Pre-cook starches, beans and proteins and store in fridge. Mix leaves and veggies. Add toppings and dressing. Enjoy!

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**BUILD a DRESSING**

**OIL SUBSTITUTE**  
Aquafaba, Orange Juice, Water

**HERBS**  
Dill, Coriander, Basil, Oregano



**ACID**  
Lemon Juice, Balsamic Vinegar, Apple Cider Vinegar, Rice Vinegar

**SWEET**  
Maple Syrup, Dates, Mango


**CREAMINESS**  
Cashews, Tofu, Hummus

**PUT IT TOGETHER**  
Choose the base  
Add acid, balance with sweet  
Add herbs and spices  
Want it creamy? Blend it up  
Taste and Enjoy!

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## BUILD a POKE BOWL




### GRAINS

Brown Rice, Quinoa, Farro, Millet




### RAW VEGGIES

Grated Carrot, Avocado, Sliced Cucumber, Radish, Tomato,




### FERMENTED VEGGIES

Sauerkraut, Kimchi, Pickled Onions, Seaweed




### PROTEIN

Marinated Tofu, Tempeh, Edamame




### TOPPINGS

Black Sesame seeds, Pickled Ginger, Broccoli Sprouts



### DRESSING\*

Ginger, Garlic, Miso, Teriaki, Wasabi  
\*Check out our Build A Dressing infographic



### PUT IT TOGETHER

Start with the grains. Add your veggies, and protein. Add toppings and dressing. Enjoy!

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## BUILD a TACO



### SHELL

Soft or Crispy? Corn or Flour? Soft shells are healthier as they are not fried. Corn and whole wheat are healthy options.



### THE 'MEAT'

Beans, Lentils, Mushrooms, Walnuts, Buffalo Cauliflower.  
Check out our Taco Guts recipe



### PICO DI GALLO

Jalapeño, Roma Tomato, White Onion, Lime Juice, Coriander



### GREENS

Lettuce, Rocket (Arugula), Kale, Spinach, Romaine



### GUACAMOLE

Avocado, Pico di Gallo, Garlic, Salt



### CHEESE? OR NO CHEESE?

Plant-based cheeses are often highly processed. Use at your discretion



### PUT IT TOGETHER

A taco can be as individual as you are. Do you like it spicy? Don't forget the hot sauce!

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