

ORIGINAL



COOKBOOK



# RECIPES<sup>FOR</sup>



A small cookbook even for the one  
who didn't like vegan food before.

WE CAN  
VEGAN!

Copyright © 2021 by WEGAN

All rights reserved. No part of this publication may be reproduced or introduced into a retrieval system, or transmitted in any form or by any means without the prior written permission of the copyright owner and the publisher of this booklet.

**Cover Design by** Teemu Åke  
**Design and Layout by** Kiki Aly

**WEGAN original recipes  
and pictures by**

Carlota Olivera

Rachel Howlett

Sophie Viau @nobleveggies

Muj & Zahra @mujesticdining

Srdjan & Natasa @torteija

**Recipes of our community by**

@lumisvegan

@alexkseera

@keittionurkka

@foodbylingling

@tadkadesistyle

**Content Team**

Ilkka Hynninen

Salli Leikola

Asta Lindström

Steve Tsentsersensky

**Published by WEGAN**

@Joinwegan

wegan.com



WE CAN  
CHANGE  
THE WORLD.  
BITE BY BITE.





# WEGAN'S STORY

I guess most of us have dreams that are hard to put into action. WEGAN was that kind of a dream to me. As a storyteller and an audio-visual producer, I have seen the effects of climate change in the last 20 years, from Bangladesh to Tanzania. I wanted to act.

**Of course, I wrote stories and used my voice, but that didn't feel enough. I had an ambitious dream to try to make a more substantial impact. Even a bit boldly - I wanted to be a part of the solution to make the world a better place.**

As a cut to a family holiday trip a couple of years ago. My wife, Katri, and I are searching for a place where we could eat tasty and healthy food. It seems that the kids are getting tired and we should find a restaurant as soon as possible. We wonder why there isn't a fast-food chain like KFC offering climate-friendly food. This mix-eater family would go there right away.

It could be called We can vegan, she said. Yes! Let's build a digital community around it and make tasty food accessible to everyone, I said.

Think about KFC again. Not every KFC customer is eating only chicken day after day.

WEGAN wants to be the physical and digital place for everyone to make a change. Maybe once a week, maybe more. Every bite counts.

And finally, there it was. We can vegan. WEGAN.

One year after starting the journey of WEGAN, we have connected with talents all over the world, opened a restaurant and a food-bicycle, tested the amazing recipes by our amazing chefs in real life, and we have an amazing team.

WEGAN wants to make easy, tasty, and affordable vegan food accessible to anyone and everyone. We are proud to have professional chefs around the world on board creating tasty vegan dishes on WEGAN WEDNESDAYS straight from their kitchen to yours. But, we also want to hear about your recipes and see your creations in our challenges. And have fun while making all this happen!

Today, our start-up is operating in 8 different countries, and 99% remotely. Our team around WEGAN is a literal example of the "act local, think global" statement. That is the basis for our thinking. If we want to make a significant impact, we must think without any boundaries or limitations. We are all citizens of the world, and we face the same climate threats, and we all can solve them.

We know, and it is scientifically proven, that a vegetarian diet cuts carbon emission significantly and makes us healthier. We are happy that you are with us!

Only together can we make the change happen. And WEGAN community is here to make a change. We believe that there is a bright future ahead of us if we do this together. No one can change everything, but everyone can change something.

Thank you for being with WEGAN!



**Ilkka**

**The Founder of WEGAN**



# TABLE OF CONTENTS

- 01** Meet the Chefs
- 03** Meet Our Community Chefs
- 06** TOP3 Things about Vegan Breakfast & Brunch
- 07** Granola Clusters by @nobleveggies
- 09** Caprese Avocado Toast by @nobleveggies
- 12** TOP3 Replacements for Eggs
- 13** Tofu-Veggie Scramble by @torteija
- 15** Veggie Root Salad by @alexkseera
- 17** Noodle Salad by @foodbylingling
- 19** TOP3 Homemade Chips
- 21** Hummus Charcuterie by @torteija
- 24** TOP3 Ways to Replace Cheese
- 25** Mushroom Pizzas by Carlota
- 27** Cherry Tomato Galette by @keittionurkka
- 29** Veggie Wrap with Hummus & Cilantro Sauce  
by Carlota
- 31** Buckwheat & Sweet Potato Balls by Carlota
- 34** TOP3 Ways to Use Tofu
- 35** Baked Tofu Pasta by @torteija







- 37 Buffalo Cauliflower Wraps** by Rachel,  
@mujesticdining & @nobleveggies
- 39 Tofu Burger** by @mujesticdining
- 41 Carrot Hot Dogs** by @nobleveggies
- 44 TOP3 Hacks to Fight Climate Change**
- 45 Baked Falafels** by @nobleveggies
- 47 Veggie Noodle Wok** by Carlota
- 49 Aloo Paratha** by @mujesticdining
- 51 2-Ingredient Choc Chip Ice Cream**  
by @nobleveggies
- 53 Healthy Biscoff Cookies** by @lumisvegan
- 55 Upside-Down Cheesecake** by @keittionurkka
- 58 TOP3 Reasons to Try a Plant-Based Diet**
- 59 Choconut Cream** by @torteija
- 61 Mango Popsicles** by @tadkadesistyle
- 65 Red Berry Smoothie** @nobleveggies
- 67 Two-Color Smoothie** by @torteija
- 69 Strawberry-Banana Smoothie** by @nobleveggies
- 71 Tropical Cinnamon Smoothie** by Carlota
- 74 TOP3 Vegan Superfoods**
- 75 Pineapple-Ginger-Coconut Smoothie** by Rachel
- 77 Mango-Coconut Smoothie**  
by @mujesticdining & Rachel
- 79 Banana-Choco Smoothie**  
by @mujesticdining & Rachel

# MEET THE CHEFS



## SOPHIE

Passionate about cooking and photography and also a food blogger at [nobleveggies.com](https://nobleveggies.com). I believe food should be delicious, but should also be very nourishing to the body and soul. So this is why I specialize in balance, mouth-watering and easy-to-make recipes. Some of my favorite things i life are my camera, traveling, guacamole, sea salt chocolate, and the sunsets (the magic hour!)



## RACHEL

Hi! I'm Rachel and I live in Australia with my husband and 2-year-old son. I have trained and worked as a chef in a range of settings, including award-winning fine dining restaurants as well as cafes and organic bakeries. We are a predominantly plant-based family and our journey into this way of eating has been gradual over recent years. I am extremely passionate about developing easy, delicious recipes that also happen to be plant-based and might encourage others to eat more plants.



## CARLOTA

Born and raised on the shores of the Mediterranean. Passionate about traditional food culture, which makes us take root in our lands, and makes us remember the ecosystem we live in.

I'm interested in sharing everything that happens inside my kitchen, and also capturing all the beauty that we can find in our everyday tables. Will you join me?





## MUJ AND ZAHRA

Hi, we are Muj and Zahra. Born and raised in London we've been lucky enough to experience so many different cultures and traditions when it comes to food and lifestyles. We are always looking to explore different cuisines from around the world, while creating dishes with our own spin on it.

Recently we have been trying to make more sustainable choices with our meals, with easy and delicious plant-based recipes becoming a staple in our home. Hope you will join us on this journey at [@mujesticdining](#).



## NATASA AND SRDJAN

Nothing connects people like food, as food speaks more than any language in the world. And somewhere between these lines, our love for cooking was born. We are Natasa and Srdjan, a couple and parents living in Belgrade.

We develop recipes and prepare food from different cuisines in the world as well as make videos and take photos. Working with WEGAN enabled us to show our potential and talent for making awesome and healthy recipes. And to bring them to people all over the world! See you at [@torteija](#).

# MEET THE COMMUNITY CHEFS

## @LUMISVEGAN

I'm a 20-year-old young woman from Helsinki, Finland but currently living in Berlin, Germany. My Instagram account [@lumisvegan](#) is dedicated to my vegan food journey and mainly to my breakfast ideas that I share multiple times a week in my feed. I rarely have the same breakfast two days in a row because I love to come up with new ideas daily and show everyone how easy it is to make vegan breakfast tasty.

As a university student, my food budget isn't a major either, so I can promise that any of you can afford (or even find from the pantries) the ingredients used in my recipes! I hope you join my vegan food journey on Instagram for more tasty breakfast ideas!

## @KEITTIONURKKA

By following my account, you can cook with me in my kitchen, where I make plant-based recipes that please everyone's taste buds. The recipes are easy and even a novice chef will be able to make them. So feel free to just try them out. See you at my blog [keittionurkka.com](#).





## @ALEXKSEERA

My name is Aleksandra and I am 33 years old. My main passions are travel and photography. Whenever I get time I try to go away and enjoy new places, cuisine and culture. Healthy lifestyle including physical activity and eating well are a big parts of my life. I love walking, practising yoga and cooking lovely meals for me and my husband.

I introduced many vegan meals to our menus and we both absolutely love them!

I encourage everyone to try as you will be surprised how many amazing ingredients you can discover!

## @FOODBYLINGLING

My name is LingLing and I am a vegan food blogger and food photographer based in Vancouver, BC. I publish vegan recipes on my website and I share video content on Instagram.

On the business side, I work with brands that align with my business to help their products reach a wider audience.

If you ever make a recipe of mine, it would mean the world to me if you left a review on my website [foodbylingling.com](https://foodbylingling.com) and shared your creation on Instagram [@foodbylingling](https://www.instagram.com/foodbylingling) (don't forget to tag me)!





# TOP3 THINGS ABOUT VEGAN BREAKFAST & BRUNCH

---

The weather getting warmer and warmer can only mean one thing: brunch season is almost back upon us.

Sun's out, fun's out. What's better than whiling away those glorious Sunday hours with close friends? Kicking back with mimosas, great eats and even better conversations. Win, win, win.

All 3 of these are solid brunch and breakfast options, so without further ado.

## 1 PANCAKES

A staple of brunch and breakfast alike, pancakes are a go-to and easy to veganize. The options are endless; chocolate chip pancakes, pancakes made of coconut flour, buckwheat pancakes (gluten-free!), standard pancakes with your favorite fruit jam, and more!

## 2 BREAKFAST BOWLS

Talk about a rainbow of deliciousness, breakfast bowls are more than just tasty, they're usually visually stunning too. Acai bowls loaded with fruits are the classic but experiment a bit and try one with cacao or spirulina or even chia pudding instead.

## 3 TOFU SCRAMBLE

Nothing screams the first meal of the day more than eggs and just because you're trying out a more vegan (veganier?) lifestyle doesn't mean you have to miss out on that magic. Grab some firm tofu, mash it, toss it in the skillet and add your veggies of choice. Toast up some bread and you're on. Our team was actually blown away about the similar taste of this version of the traditional scramble!










# GRANOLA CLUSTERS

by @nobleveggies

Next up on the list of “Foods  
you didn’t realize were vegan”!

Everybody loves a good granola -the endless variations, combinations and flavours make it hard not to. Do you like yours with plant-based yoghurt or milk? Perhaps you like to add some fresh berries in for a twist?

Whatever your preference is, try this deliciously crunchy granola cluster recipe so you can always have your favorite brekky in stock.

 4	 15 MIN	 18 MIN
---	--	--

## INGREDIENTS

**½ cup** Maple syrup  
**½ cup** of Natural peanut butter  
**1 tsp** Cinnamon  
**2 cups** Oatmeal  
**1/2 cup** Coconut flakes  
**1/2 cup** Puffed quinoa  
**1/2 cup** Pumpkin seeds  
**1/3 cup** Flax seeds  
 (you can also use sesame seeds)

## INSTRUCTIONS

1. Preheat the oven to 325 ° F / 160 °C.
2. In a bowl, combine maple syrup, peanut butter, and cinnamon. Stir in the oatmeal, quinoa, coconut flakes, pumpkin seeds and flax seeds.
3. Spread the mixture on a baking sheet. Press it down a little with your spatula.
4. Bake for 16 to 20 minutes, until the granola is golden brown.
5. Remove from the oven and let cool on a rack. Once cool, break the granola in pieces.
6. Store the rest of the granola at room temperature in an air-tight container. Keeps for about two weeks.






# CAPRESE AVOCADO TOASTS

by @nobleveggies

Avocado toast aka the  
breakfast of champions  
really is just the best,  
plain and simple.

Need proof? Hit the Gram and punch in #avocadotoast and you'll get a feel for how deep this trend runs. Spoiler alert: there are over 1.6 million posts so it's gonna take you a while. Rather than sift through those pics though, how about making your own toast with a Caprese twist?

This light, easy recipe is next level healthy and nourishing since you already know avocados are chock full of good fats, vitamins, and essential minerals like potassium. Feel free to tuck into this at any time, not just breakfast.

 4	 15 MIN	 5 MIN
---	--	---

## INGREDIENTS

**4** Ripe avocados  
**2 tsp** Lime juice  
**1** French baguette, cut in half  
 and then in 8 slices  
**1 cup** Halved cherry tomatoes  
**4 tbsp** Balsamic vinegar  
**¼ cup** Fresh basil  
 Salt and pepper to taste

## INSTRUCTIONS

1. Cut the avocados in half, remove the pit and put the flesh in a small bowl.
2. Add the lime juice, salt and pepper. With a fork, mash the ingredients.
3. Cut the bread in 8 slices and place in the oven, on broil, for 5 to 8 minutes (optional).
4. Spread the mixture over the toast. Garnish with tomatoes and basil. Adjust the salt and pepper seasoning. Pour a small drizzle of balsamic vinaigrette.





# TOP3 REPLACEMENTS FOR EGGS

---

Eggs are tough to crack.

Not literally, of course.

Eggs are actually like  
really easy to crack.

What we mean is that  
replacing eggs in your  
diet could be a toughie.  
Why?

Because eggs go in  
soooo, so many of the  
things we all love to eat.

From cookies to quiche,  
mayo to moussaka eggs  
play a big role but they  
can be replaced.

## 1 FLAX OR CHIA SEEDS

Two for one! These workhorse seeds mimic the binding qualities of eggs. Replacing 1 egg is as easy as combining 1 tablespoon of the good stuff with 3 tablespoons of water and letting it sit for a few minutes.

## 2 AQUAFABA

You know that viscous, gooey liquid in cans of chickpeas and other legumes? That's aquafaba, meaning "bean water" in Latin, and it makes a perfect replacement for egg whites. You need to make a meringue, aquafaba is your sweetheart.

## 3 TOFU

What can't tofu do? Honestly, this chameleon seems to pop everywhere and makes a great great egg substitute. Looking for something to scramble up in the morning? Silken tofu and your favorite spices it is. Great in brownies and breads too. If quiche is more your speed, firm tofu works a treat.

**Bonus:** tofu is packed with protein.



# TOFU-VEGGIE SCRAMBLE

by @torteija

There are 2 types of people in this world: those who love a sweet breakfast, and those who love a salty breakfast.

If you identify with the latter, keep reading.

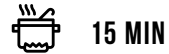
**This tofu scramble will surely rock your world. It has it all - the flavour, the texture and of course the nutritional benefits of tofu to get your day started right.**

If you're looking for a replacement for your breakfast scrambled eggs or simply want to try new things, this one's for you. You can add any veggies or garnishes of your liking to customize it, put it on a slice of bread, fry a vegan sausage to go with it... the possibilities are endless!

Psst... if you want a real pro tip, try this: some Indian black salt sprinkled on top of your tofu scramble. It'll add even more of that egg-y taste!







## INGREDIENTS

**250g** Tofu

**150 g** Broccoli

**150 g** Zucchini

**100g** Cherry tomatoes

**1** Small onion

**2** Garlic cloves

**1 tsp** Salt

**1 tbsp** Turmeric

**50ml** Olive oil

**100 ml** Water

Black pepper to taste

## INSTRUCTIONS

1. Chop the vegetables.
2. Put the baking pan on low heat, add olive oil, then onion and garlic and fry for a few minutes, until the onion gets a golden color, stirring occasionally.
3. Add the tofu and grind it in a pan, season the tofu, add the salt, black pepper, and turmeric, stir everything and fry for a few minutes.
4. Add broccoli and zucchini to the mixture, mix with the other ingredients, then add water and let it simmer for about 5 minutes.
5. Add the cherry tomatoes, cut in half. Fry the scramble for another 2-3 minutes and serve.
6. Enjoy as the perfect brunch or breakfast, a great substitute for scrambled eggs.







# VEGGIE ROOT SALAD

by @alexkseera

Looking for an easy, fresh,  
and healthy bowl of colours  
and flavours?

No need to look any further. This veggie  
root salad is a delicious and light lunch as  
well as a tasty and complementing side dish.



1-2



15 MIN



10 MIN

## INGREDIENTS

### THE SALAD

Watercress  
(enough to cover a full plate)

1/3 Cucumber

Colourful carrots  
(as many as you fancy)

1/2 Avocado

1 Apple

1/2 **cup** Black lentils

Vegan feta cheese  
(as much as you fancy)

### THE DRESSING

1 **tbsp** Olive oil

1/2 Lemon

1/3 **tsp** Sugar

## INSTRUCTIONS

1. Boil lentils and carrots. In the meantime, cover a plate with watercress, cut cucumber, apple (small pieces) and avocado.
2. For the dressing, squeeze half a lemon, mix with a spoon of olive oil and 1/3 teaspoon of sugar. Once everything is cooked, layer all the ingredients, sprinkle it with vegan feta and add the dressing.
3. Serve with cauliflower and potatoes seasoned with paprika and garlic after roasting them in the oven. Also tastes delicious when dipped in vegan mayonnaise.





# NOODLE SALAD

by @foodbylingling

Chinese style noodles cooled  
and tossed with vegetables  
and an easy flavourful sauce!

This recipe can be made in 20 mins or less,  
and can easily be added to your week's  
meal prep.



2



10 MIN



15 MIN

## INGREDIENTS

- 2 servings** Chinese noodles  
Water to cook the noodles  
**3 tsp** Sesame oil  
**1** Medium carrot, peeled and  
shedded  
**1** Small cucumber, sliced  
**1** Small bell pepper, sliced  
**2 tbsp** Green onion, chopped

### SAUCE

- 2 tbsp** Soy sauce  
**1 tbsp** Black vinegar  
**1 tsp** Sugar  
**¼ tsp** Garlic powder  
**½ tbsp** Chili oil

### TOPPINGS

- 2 tbsp** Mint leaves, for garnish  
Chopped nuts, such as peanut  
or walnut  
Sesame seeds

## INSTRUCTIONS

1. Cook the noodles according to package instructions. Drain and toss with the sesame oil. Refrigerate until cold.
2. Meanwhile, prepare all the vegetables and make the sauce by whisking together all the sauce ingredients.
3. Toss the cold noodles with the vegetables and sauce. Top with desired toppings and serve!



# TOP3 HOMEMADE CHIPS

---

Snacking hard is our right and we'll fight for that right as hard as we'd fight for our right to party.

It isn't that hard to whip up some chips that everyone will enjoy and, in most cases, not even realize those beauties are vegan.

Try out these quick recipes:

1

## TRADITIONAL POTATO CHIPS

Now listen, traditional chips are already vegan, we get it. This isn't about reinventing the wheel, it's about unreal flavors you can slap together at home. You can bake them, or fry them if you're all about getting little lava bombs of oil on your arms, with your favorite seasoning for a tasty vegan snack for the masses.

### Ingredients:

2 Potatoes

1 tbs Olive oil

Salt and seasoning to taste

### Instructions:

1. Preheat oven to 400°F / 200°C.
2. Use a mandolin (not the musical instrument!) to thinly slice potatoes.
3. Drizzle olive oil over the potatoes and season, spreading them out on a pan in a single layer.
4. Cook in the oven for 8 minutes, flip, and cook for an additional 10 minutes.





## 2

## VEGGIE CHIPS

This is just a slightly healthier version of the classic potato variety of chips. Just as easy and delicious. Just grab your favorite chippable veggie, i.e., zucchini, squash, beets or sweet potatoes and you're good to go.

**Ingredients:**

- 2** Beets (red or golden)
- 1** Large zucchini
- 1** Large yellow squash
- 1** Sweet potato
- 1 tsp** Seasoning salt

**Instructions:**

- 1.** Preheat oven to 400°F / 200°C.
- 2.** Slice veggies using a mandolin and spread them out on a parchment paper-lined baking sheet.
- 3.** Bake for 10 minutes, flip, then five minutes or until crispy.
- 4.** Cool for 5 minutes before eating.

## 3

## PLANTAIN CHIPS

For a unique way to enjoy delicious dips, plantain chips are superior. Like a banana, but not you know, one that tastes totally different, folks the world over – from Southeast Asia to West Africa to Central and South America – have been loving on these for ages. They're ahead of the curve on the plantain, catch up with this recipe:

**Ingredients:**

- 1** Green plantain, peeled
- 2 tsp** Avocado oil
- Salt to taste

**Instructions:**

- 1.** Preheat oven to 350°F / 175°C.
- 2.** Slice plantain using a mandolin.
- 3.** Spread the slices out in a single layer on a pan, drizzle avocado oil, and sprinkle salt.
- 4.** Bake for 15-20 minutes until crispy.





Watch  
step by  
step video

# HUMMUS CHARCUTERIE

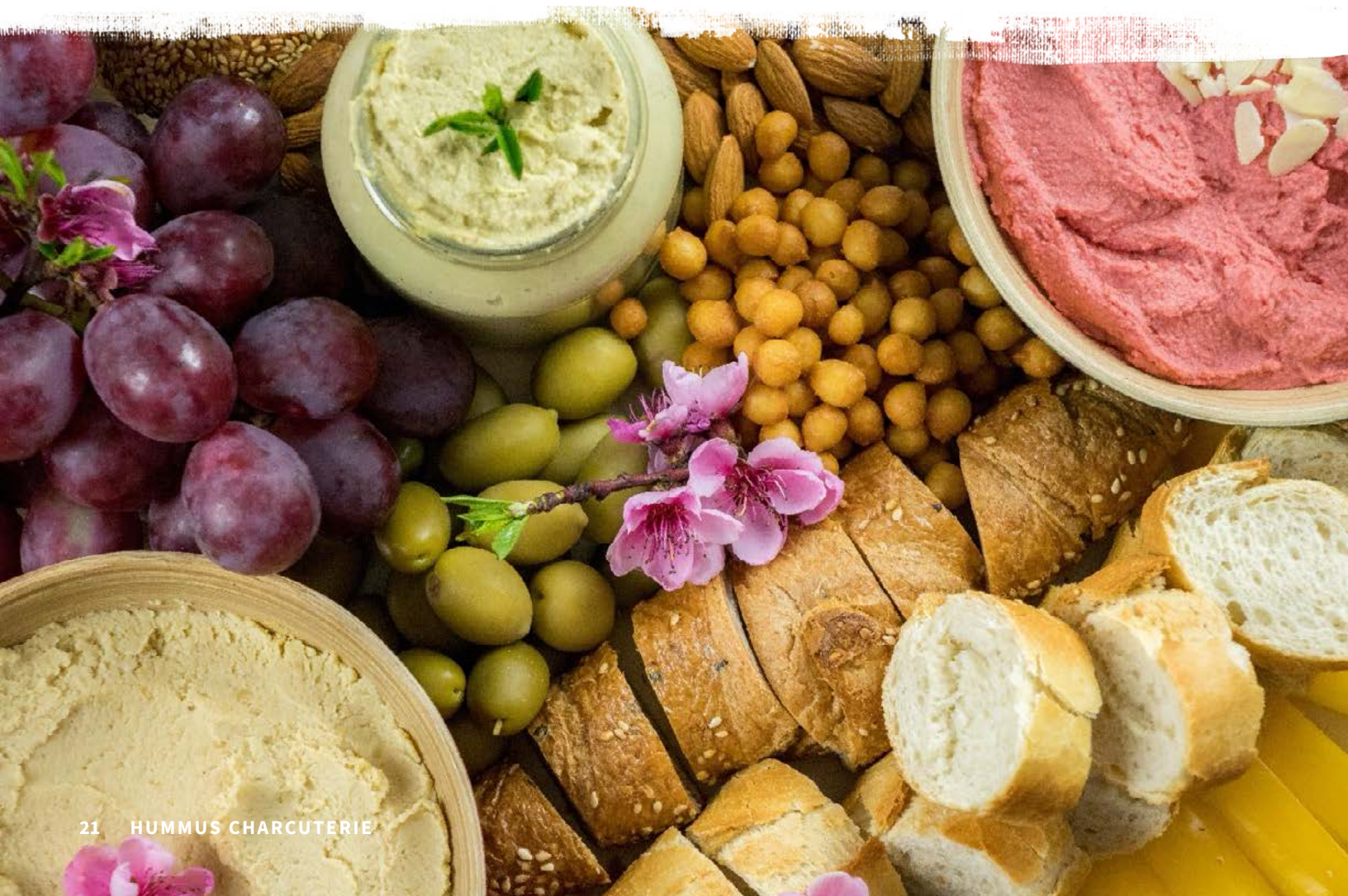
by @torteija

We know. You're probably thinking that you couldn't possibly whip up a vegan charcuterie board out at your next dinner party.

What would the neighbours think?!

Well, if you follow this recipe, we can guarantee that they will be nothing short of impressed.

With this gorgeous, hummus-filled charcuterie board, you will be the talk of the town - be ready to share this recipe with others when they eventually ask about it!



## INGREDIENTS

Red, yellow, and green paprika

**1** Cucumber, sliced

**500g** Red grapes

**200g** Almonds

**150g** Sliced baguette

**200g** Roasted chickpeas

**200g** Olives

### CHICKPEA HUMMUS

**220g** Chickpeas

**2 tsp** Tahini

**40ml** Water

**1 tsp** Garlic

**40ml** Lemon juice

**1 tsp** Cumin

Generous pinch of salt

### BEETROOT HUMMUS

**220g** Chickpeas

**100g** Cooked beetroot

**2 tsp** Tahini

**40ml** Water

**1 tsp** Garlic

**40ml** Lemon juice

**1 tsp** Cumin

Generous pinch of salt

### OLIVE HUMMUS

**220g** Chickpeas

**100g** Olives

**2 tsp** Tahini

**40ml** Water

**1 tsp** Garlic

**40ml** Lemon juice

**1 tsp** Cumin

Generous pinch of salt

## INSTRUCTIONS

To stack the vegan charcuterie board, prepare three types of hummus, vegetables, fruits, nuts, baguette, and pastries.

1. To prepare the traditional hummus, add chickpeas, tahini, water, lemon juice, garlic, cumin, salt, and blend everything. Pour the hummus into a bowl.
2. To prepare the olive hummus, use the traditional hummus as a base, add the olives and blend in a blender.
3. Also, to prepare beetroot hummus, use traditional hummus as a base, add the beetroot and blend everything again.
4. Serve the hummus in bowls or jars.
5. Chop the yellow, green and red paprika into sticks and the cucumber into rings. Cut slices of baguette and rustic pastry.
6. Prepare almonds, red grapes, olives, roasted chickpeas, as well as small flowers for decoration.
7. Arrange a vegan charcuterie board full of colors and flavors that match perfectly.





# TOP 3 WAYS TO REPLACE CHEESE

---

Melty, svelty, ooey,  
gooey goodness.  
Is svelty even a word?

Who cares, we're talking  
cheese here, words aren't  
important. But for those  
switching to the vegan,  
the cheese game is mega  
critical.

The masses will have  
you believe vegan cheese  
can't melt like the regular  
cheese. To that we say,  
we didn't use "melty" by  
accident. There's more  
than the melt factor though  
in replacing cheese, here  
are some go-to's to add  
to your fromage arsenal.

1

## NUTRITIONAL YEAST

Think parmesan here. Sprinkle this gingerly  
on whatever dish or snack needs a little  
sprinkle of salty love.

Pasta? Boom, hit it with nutritional yeast.

Popcorn? Bam, the yeast for the win.

Get wild with it and play around with baking  
it into crackers or bread or stir it up into  
some coconut cream for a decadent sauce  
situation.

2

## VEGAN CHEESE

This is the promised land of melt and  
honestly, it's the most obvious way to  
replace your standard, animal-based queso.  
You can find a vegan cheese for literally all  
purposes and we don't mean literally in an  
unliteral way, we mean literally.

Cheese for pizza (that melt!), almond cheese  
that can put the kibosh on your ricotta or  
other soft cheese and even options for your  
burgers or to crumble on some greens.

3

## TOASTED ALMOND MEAL

Salty and crumbly. No, it's not the name of our  
next album. It's toasted almond meal. Hit it with  
a pinch of salt, give it a little roast on low and  
what you're left with is what dreams are made  
of. Add it to sauces or toss on top of pasta, it's  
gold no matter how you use it.



# MUSHROOM PIZZAS

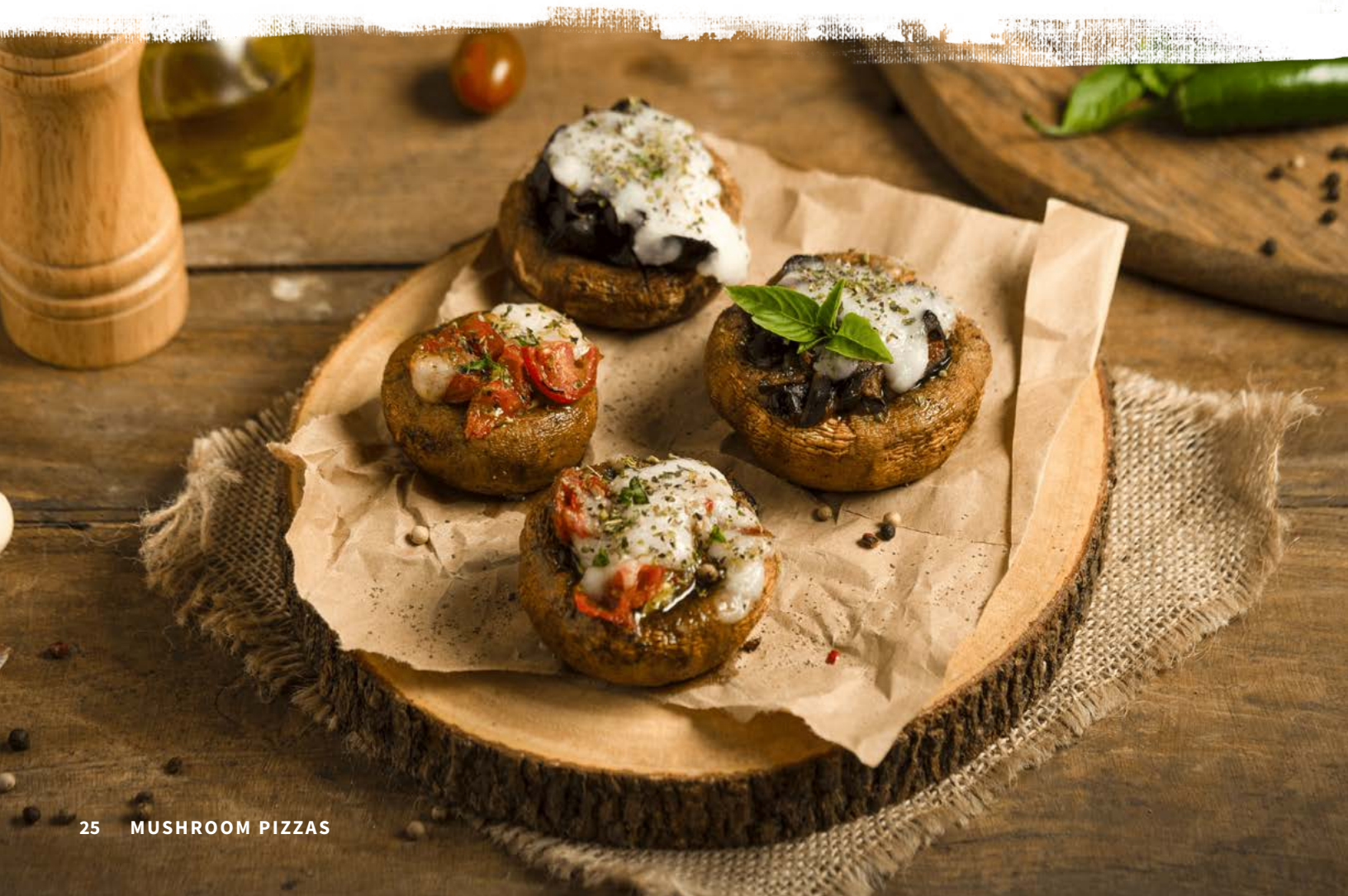
by Carlota

Classic pizza flavours  
and melted cheese  
but without that heavy  
feeling. Forget about  
the cauliflower or other  
demanding crust doughs.

When you're craving the pizza flavour but don't want that heavy feeling the dough and cheese bring – these mushroom pizzas are your go-to dish!

Want to knock your mother-in-law, that one anti-vegan friend or other meat-lover off their feet? These mushroom pizzas are the perfect salty finger food for your (covid note: small) party as well as for other gatherings. Looking for something more posh? Try the home-made vegan mozzarella recipe and a thank you note is a sure thing.

In these times of social distancing and no exercise, these healthy and easy little treats will take good care of your figure as well. Who would've thought pizzas could be this light?







1



20 MIN



35 MIN

## INGREDIENTS

**4** Large-sized mushrooms, stems removed

**4 tbsp** Olive oil

**1 tsp** Salt

**½ tsp** Black ground pepper

### BLACK OLIVES FILLING

**2 tbsp** Tomato sauce

**¾ cup** Black olives, pitted and mashed

**½ tbsp** Green chili, sliced

**2 tbsp** Shredded vegan mozzarella

**½ tsp** Dried oregano

### PESTO & CHERRY TOMATOES FILLING

**2 tbsp** Pesto sauce

**½ cup** Cherry tomatoes, chopped

**½** Garlic clove, finely chopped

**2 tbsp** Shredded vegan mozzarella

**½ tsp** Dried oregano

## INSTRUCTIONS

1. Preheat oven to 200°C / 400°F.
2. Cover a baking tray with parchment paper.
3. Remove stems from mushrooms.
4. Place mushrooms in a large bowl, then pour in olive oil, salt, and ground black pepper. Toss until slightly greased.
5. Place the mushrooms on the baking tray and bake for 15 minutes.
6. Meanwhile, prepare the fillings.
7. On a medium bowl, combine pesto sauce, chopped garlic, and chopped cherry tomatoes. Set aside.
8. On another medium bowl, mix together mashed black olives, sliced green chili, and tomato sauce.
9. Fill the half-baked mushrooms with the fillings, 2 per each flavor.
10. Top each mushroom with vegan mozzarella.
11. Grill for 8-10 minutes.
12. Garnish with dried oregano and basil leaves.

## VEGAN MOZZARELLA

**1 cup** Raw cashews

**1/4 cup** Plain unsweetened soy yogurt

**1 1/2 tbsp** Lemon juice

**1/2 cup** Unsweetened plain almond milk

**1/2 tsp** Sea salt

**2 1/2 tbsp** Nutritional yeast

**4 tbsp** Tapioca starch

1. Soak cashews in hot water for 2-3 hours. Drain thoroughly.
2. Place cashews in a high-speed blender, along with soy yogurt, lemon juice, almond milk, salt, nutritional yeast, and tapioca starch. Blend until smooth.
3. Transfer to a small saucepan, heat over low heat, and whisk. It should start to thicken and then come together in a ball-like shape. Let it cool down and use as regular mozzarella cheese.

## TIPS

- ✓ You can use either white mushrooms or Portobello mushrooms.
- ✓ You can sub vegan cheese for a teaspoon nutritional yeast per each mushroom, which will give you a cheesy flavor.
- ✓ You can also sub store-bought vegan mozzarella for home-made vegan mozzarella.







# CHERRY TOMATO GALETTE

by @keittionurkka

I support no food waste- prospect and try to challenge myself to cook (and eat) everything in my fridge before I shop again.

This recipe is a perfect way to eliminate your food waste, because you can use all the leftovers into this delicious pie and the ingredients are super simple.

Be adventurous and try out also fruits and berries (and in that case forget salt and pepper) instead of tomatoes. This cherry tomato version is my favourite so far!



1 - 2



20 MIN



25 MIN

## INGREDIENTS

### DOUGH

**200 ml** Wheat flour

**100 ml** Rye flour

**3 tbsp** Oil

**3/4 tsp** Salt

**100 ml** Water

### FILLING

**200 g** Cherry tomatoes

**200 ml** Soya yogurt

**2 tbsp** Lemon juice

**1 tbsp** Syrup

Salt and Pepper

Fresh thyme

Spring onion

## INSTRUCTIONS

1. For the dough, start mixing flours and salt in a bowl. Add oil and water. Mix the dough until smooth but do not knead the dough too much. Shape it into ball and roll your dough into a round plate over the baking sheet.
2. For the filling, mix yogurt, lemon juice, syrup and spices. Spread it over your dough. Chop cherry tomatoes and spring onion and place those over your yogurt filling.
3. Turn the edges slightly inward like in the picture. Decorate with some fresh thyme twigs.
4. Bake it in 200°C / 400°F oven for about 25 minutes.



# VEGGIE WRAPS WITH HUMMUS & CILANTRO SAUCE

by Carlota

Winner, winner, veggie wrap dinner. Or lunch. Or late-night snack. Or whenever else you wanna eat, you just can't go wrong with this taste sensation.

The secret here is surprising, know what it is? Texture.

Like, you already know the taste is gonna be great, we wouldn't share it otherwise, but the texture is a mega important, but often overlooked, component of a meal.

Sometimes you get hummus that's all runny and bordering on liquidy. The hand-mashed (use a fork, keep it classy) hummus really does change the game. And that cilantro sauce... match made in heaven, they may as well be married.





2



30 MIN



15 MIN

## INGREDIENTS

**1/4 cup** red pepper, diced  
**1/4 cup** green pepper, diced  
**1/4 cup** yellow pepper, diced  
**1/2 cup** cucumber, diced  
**1/2** avocado, sliced  
**1/4 cup** radish, thinly sliced  
**4** small lettuce leaves  
**2** wraps

### HANDMADE HUMMUS

**1 1/2 cups** cooked chickpeas  
**2 tbsp** tahini sauce  
**2 tbsp** vegetable oil  
**3 tsp** lemon juice  
**1/2 tsp** salt

### CILANTRO SAUCE

**1/3 cup** extra-virgin olive oil  
**2 tbsp** lime juice  
**1** garlic clove, peeled  
**3/4 tsp** salt  
**1 cup** cilantro, washed well

## INSTRUCTIONS

### FOR THE HUMMUS

1. Place the hummus ingredients in a medium bowl. With a fork, mash them all until roughly combined, then set aside. By mashing it with a fork instead of a food processor, we try to preserve the texture of the chickpeas, so the whole combination has a more interesting bite to it.

### FOR THE CILANTRO SAUCE

1. In a food processor, blend together all ingredients from the cilantro sauce. Set aside.

### FOR THE WRAPS

1. Prepare all the filling ingredients for the wraps. Place the tortillas on a working surface. Spread over the hummus, then top with the lettuce leaves and sliced vegetables. Season with cilantro sauce.
2. Gently fold the wrap and serve.







# BUCKWHEAT & SWEET POTATO BALLS

by Carlota

These tender balls of buckwheat and sweet potato with tomato sauce will be the star of your lunch box or your Friday night dinners.

They're low in fat, rich in prebiotic carbohydrates and very very succulent. Trust us, we don't toss that word around lightly. Besides, they are so easy to make that, if you want, you can eat them every week.

**A tip:** prepare the balls and freeze them directly after cooking them in the pan. Every time you want to eat this comfort recipe, take the balls out of the freezer and heat them directly with the sauce.



2



5 MIN



30 MIN

## INGREDIENTS

### VEGAN BALLS

- ½ Large sweet potato
- 1 cup** Buckwheat
- 1 tbsp** Ground flax seeds
- 2 tbsp** Soy sauce
- 2 tsp** Salt
- 1 tsp** Black ground pepper
- 1 tsp** Oregano
- 1 tsp** Ground turmeric
- 1 tsp** Garlic powder
- Olive oil (for frying)

### SAUCE

- Ready-made (store-bought) tomato soup
- Oregano

## INSTRUCTIONS

1. Boil buckwheat for about 15 minutes, until tender, then rinse.
2. In the oven or microwave, bake sweet potato until cooked through, then peel.
3. Put all the vegan balls' ingredients in a pot. With a hand-blender, blend until smooth.
4. Pour in a little bit of olive oil to the dough to make it easier to form the balls.
5. Scoop out medium-sized balls of dough and roll between your hands.
6. Heat a pan over medium heat and add olive oil. Fry the balls until browned on the outside.
7. Serve with ready-made (store-bought) tomato sauce and garnish with fresh basil leaves.



# TOP 3 WAYS TO USE TOFU

---

We get it, tofu gets a bad rap...but makes for a good wrap ingredient oddly enough.

Actually, scratch that, we don't get it. People that hate on tofu are no tofun (#SorryNotSorry for that awful pun) and they're on the wrong side of history on this one.

Tofu is as versatile as it gets, the stuff is a literal flavor sponge, it's so holey that it becomes damn near holy in whatever you put it.

## 1 MARINATE IT

The analogy to a sponge isn't the most appetizing but the fact is, tofu is mega porous so marinating it means that liquid gold can find its way to every nook and cranny.

## 2 STIR FRY

Classic use right here. Honestly, who doesn't love a good stir fry? Pick your marinade of choice, chop up some veggies, et voilà, magic.

## 3 SAUCE IT

No, this isn't a repeat of marinating. Believe it or not (believe it), you can whip up some drool-worthy sauces with silken tofu. We're talking pasta sauces that'll have you and your guest doing that trademark chef's kiss.







# BAKED TOFU PASTA

by @torteija

The vegan version of  
the famous feta pasta  
is here, and we can tell  
you: It's AMAZING!

Even though the recipe is formed  
of basic ingredients, they all mix  
up as a delicious, fresh, and light  
pasta meal.

We will definitely be cooking this  
one in our kitchen tonight.

	3-4
	5 MIN
	35 MIN

## INGREDIENTS

**250g** Dried cavatappi pasta  
or pasta of your choice  
**400g** Cherry tomatoes  
**250g** Block of firm tofu  
**1/3 cup** Extra virgin olive oil  
**1 ½ tsp** Salt  
**½ tsp** Black pepper  
**2** Garlic cloves, minced  
**¼ cup** Packed chopped fresh  
Basil plus more for serving

## INSTRUCTIONS

1. Preheat the oven to 400°F / 200°C. Place the cherry tomatoes in an oven-safe baking dish. Pour the olive oil on top, and season with salt and pepper. Mix until well combined.
2. Place the tofu block in the middle of the baking dish surrounded by the cherry tomatoes and flip a couple times to coat it with the olive oil and the seasoning.
3. Bake in the preheated oven for 35 minutes, until the cherry tomatoes burst. In the meanwhile, cook the pasta according to its instructions.
4. Immediately add the garlic and basil leaves to the cooked tomatoes and tofu, chop the tofu block to smaller pieces and mix everything to combine.
5. Add the cooked pasta to the baking dish and mix to combine. Garnish with more fresh basil and serve warm.





# BUFFALO CAULIFLOWER WRAPS

by @mujesticdining,  
Rachel & @nobleveggies

Wings in a wrap, Fridays are saved! These mildly spicy wraps are just mouthwatering. Make sure to leave some wings for a late-night snack.

 2 (4 WRAPS)	 25 MIN	 30 MIN
---	--	--

## INGREDIENTS

**1/2** Cauliflower head  
**1/2 cup** Plant-based milk  
**3/4 cup** Corn or rice flour  
**2 tsp** Garlic powder  
**2 tsp** Onion powder  
**1 tbsp** Nutritional yeast  
 Salt and pepper to taste  
**1/2 cup** Hot sauce  
**1 tbsp** Tahini  
**2 tbsp** Maple syrup  
**4** Wraps  
 Flesh of 1 avocado, sliced  
**1/2** Red onion, peeled and sliced  
**1** Small head lettuce of choice, chopped roughly (such as romaine, cos or butter)  
**1/2 cup** Vegan sour cream or mayo

## INSTRUCTIONS

1. Preheat the oven to 450° F / 230° C. Cover a baking tray with parchment paper.
2. Cut the cauliflower into bite-sized florets.
3. In a bowl, combine the milk, water, flour, yeast and spices. Mix until you get a smooth texture. If too runny, add a little more flour. If too thick, add a little more milk.
4. Dip the cauliflower florets in the flour mixture. Mix gently to coat.
5. Place on a baking sheet and place in the oven for 20 minutes until golden.
6. While the cauliflower cooks, prepare the sauce by combining the hot sauce, tahini and maple syrup in a large bowl.
7. Once golden brown, remove the cooked cauliflower from the oven and place into the bowl with the hot sauce. Mix gently to coat.
8. Put the wings back on the baking sheet and cook for another 10 minutes. Cool.
9. Lay out wraps. Assemble the wraps by layering the lettuce, avocado, onion, cauliflower and vegan sour cream. Wrap and serve immediately.





Watch  
step by  
step video

# TOFU BURGER

by @mujesticdining

**Yummy grilled tofu burgers, marinated in a sesame soy sauce, topped with a bright and crunchy pickled slaw.**

**This simple and easy burger recipe makes a great vegan alternative to a traditional beef burger. Packed full of flavour, with a satisfying bite and a rich, delicious centre!**





1



15 MIN



5 MIN

## INGREDIENTS

### BURGER PATTY

**150g** Extra firm / firm tofu,  
drained and dried

**3 tbsp** Dark soy

**1 tbsp** Sesame oil

**1 tsp** Black pepper

Salt to taste

### SAUCE

**2 tbsp** Vegan Mayo

**½ tbsp** Sriracha

### SLAW

**30g** Lettuce, shredded

**30g** Carrot, shredded

**1 tsp** Vinegar

Pinch of salt

Burger bun

## INSTRUCTIONS

### BURGER PATTY

1. Cut the tofu block in half and then cut out a circle using a cookie cutter. (Cut into squares if the tofu is a different size)
2. Combine dark soy, sesame oil, black pepper, and salt.
3. Marinate tofu in 2/3 of the sauce for a minimum of 10 mins.
4. Heat up a griddle / frying pan till very hot.
5. Place the marinated tofu pieces on a pan and cook for 2 minutes on each side. Brush cooked sides with remaining sauce.

### SAUCE

1. Combine sriracha and vegan mayo in a bowl to form burger sauce and leave aside.

### SLAW

1. Combine lettuce and carrots in a bowl with vinegar and leave aside.
2. Assemble burger with lettuce, carrot, burger sauce and tofu patty. Enjoy :)









# CARROT HOT DOGS

by @nobleveggies

Necessity is the mother of all invention as they say and sometimes we just straight up need a hot dog.

Enter the carrot hot dog. The marinade is the star here and these puppies will wow your socks off. You might think we're nuts but this is truly a case of don't knock it until you try it.

 8	 15 MIN
 2 HOURS	 1 HOUR

## INGREDIENTS

8 Carrots hot dog sausage sized  
**1 cup** Vegetable broth  
**2 tbsp** Apple cider vinegar  
**2 tbsp** Soy sauce  
**1 tbsp** Maple syrup  
**1 tsp** Liquid smoke flavouring seasoning  
**1 tsp** Sweet paprika powder  
**1 ½ tsp** Garlic powder  
 8 Hot dog buns

## INSTRUCTIONS

1. Using a peeler, peel the carrots, taking care to round the two ends and even make a few star-shaped notches (we want them to look like hot dogs / sausages as much as possible).
2. In an oven-safe bowl add the broth, cider, soy sauce, maple syrup, liquid smoke, paprika powder and garlic powder. Mix well and then add the carrot.
3. Marinate for 2 hours.
4. Preheat the oven to 400° F / 205° C. Place the bowl with carrots and marinade in the oven and cook covered for 40 minutes, uncover and cook for another 20 minutes.
5. Toast the buns. Put a carrot in each bun and the condiments of your choice.





# TOP3 HACKS TO FIGHT CLIMATE CHANGE

---

The climate is, well...um...  
in trouble, to put it lightly.

While changes in behavior  
on the individual level are  
incredible (and necessary!),  
what's needed to truly  
combat climate change  
is mass, collective action.

Fortunately, all it takes is  
one person to motivate  
another. So, why not you?

The effects of seeing  
someone you know do  
something proactive  
are contagious.

1

## GO VEGAN!

Or at least eat a more plant-based diet  
with less meat. Why?

Animal agriculture and factory farming  
are horrific for the planet (not to mention  
the animals themselves), creating a  
colossal amount of carbon emissions.

2

## CHANGE YOUR TRANSPORT

This is more location-dependent but if  
you live in a city, consider walking more.

If it's bikeable, bike more. Low- or  
no-emission options for the win.

If that's not doable, consider switching to  
mass transit or ridesharing. If you need  
a car, make it an eco-friendly one.

3

## RETHINK ENERGY

Recalibrate how your home gets and uses  
energy. From using more renewables like  
solar to upgrading to energy-efficient  
appliances, there's a lot you can do  
in the home.

Make sure your house is properly  
insulated and lower your electricity  
bill by heating your home efficiently.





# BAKED FALAFELS

by @nobleveggies

Goodness gracious,  
these baked falafels.  
You heard that right,  
these are baked.

**Sure, frying is all well and good but rest assured you can still get that crispy crunch factor you love from the oven and avoid those annoying and painful oil splatters.**

Best thing? From prep through to when you'll be devouring these delicacies is less than an hour. So, unless you're already in the Middle East, there's no quicker way to take a trip than through these scrumptious falafels.

 20+	 30 MIN	 25 MIN
--	---	---

## INGREDIENTS

**1 can** Chickpeas  
**1** Red onion, finely chopped  
**½ cup** Breadcrumbs  
**1 tbsp** Lemon juice  
**1 tbsp** Garlic, finely chopped  
**1 cup** Fresh coriander (cilantro)  
 Salt and pepper to taste

## INSTRUCTIONS

1. Preheat the oven to 400° F / 205° C.
2. Drain the chickpeas and let them dry (at least two hours) between two sheets of absorbent paper.
3. Put all the ingredients in your blender and mix until you have a smooth texture. Form patties of your preferred size.
4. Bake the falafels for 20-25 minutes, turning the falafels halfway through cooking so that they are golden on each side. Cooking time may vary depending on the size of the falafels and your oven.
5. Serve hot, enjoy lukewarm with plant-based yogurt, cucumber, tomatoes and good pita bread.





# VEGGIE NOODLE WOK

by Carlota

Inspired by the rich and bold tastes of Asia. These tender and crunchy noodles aren't specific to any one country but rather an homage to the incredible flavors found throughout the whole region.

The veggies provide the crunch and the sweet and sour sauce gives everything that irresistible pop. So whip out the wok, or kuo in Mandarin, and let's get going.



2



15 MIN



15 MIN

## INGREDIENTS

- 2 servings** of Noodles (100 gr)
- 4 tbsp** Vegetable oil
- 1** Garlic clove, sliced
- 1 cup** Sliced red bell pepper
- 1 cup** Sliced green pepper
- 1 cup** Sliced carrots
- 1 cup** Sliced mushrooms
- ½ cup** Sweet and sour sauce
- 1 tsp** Salt
- ½ tsp** Hot paprika
- ½ tsp** Ground black pepper

## TO SERVE

- Sesame seeds
- Chopped parsley

## INSTRUCTIONS

1. Peel and cut all veggies.
2. Boil noodles in salted water, following package instructions.
3. Heat a wok over medium-high heat. Add oil and vegetables.
4. Sauté 3-5 minutes until veggies are almost tender.
5. Pour in sweet and sour sauce, salt and hot paprika. Cook for 1-2 minutes.
6. Serve noodles with sprinkled sesame seeds and chopped parsley.





Watch  
step by  
step video

# ALOO PARATHA

by @mujesticdining

**Crispy and flaky aloo parathas filled with a delicious mix of potatoes and warm spices.**

**These traditional stuffed flatbreads originate from the north Indian state of Punjab, which can be enjoyed for breakfast, dinner or anytime in-between.**

After all what's not to love about crispy dough encasing a mouth-watering mixture of everyone's favourite veggie!

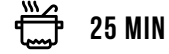




4



30 MIN



25 MIN

## INGREDIENTS

### THE DOUGH

**300g** Plain flour

**1 tsp** Salt

**2 tbsp** Olive oil

**150ml** Lukewarm water

### THE FILLING

**400g** Potatoes, boiled

**1-2 tsp** Salt

**1 tsp** Red chilli powder

**1 tsp** Cumin powder

**1/4 tsp** Turmeric

**4 tbsp** Lemon juice

**1 tbsp** Rice vinegar

**4 tbsp** Oil

**1 tsp** Chilli flakes (more to taste)

**5** Spring onions, chopped

**4 tbsp** Fresh Coriander, chopped

### FOR THE FILLING

1. Boil chopped potatoes in salted water till fork tender. Drain.
2. In a pan, heat 4 tbsp oil. To this add red chilli, cumin, turmeric and salt. Cook until aromatic.
3. Add lemon juice and rice vinegar to the pan and simmer for 1 minute.
4. In a bowl, add boiled potatoes. Sprinkle on chilli flakes, and then pour over hot spice paste.
5. Mash till smooth and fully incorporated.
6. Mix in spring onions and fresh coriander. Taste for salt.

### FOR THE PARATHAS

1. Scoop 2 tbsp of potato mixture onto a rolled-out circle of dough. Spread out evenly.
2. Top with a second sheet of dough and crimp the edges till sealed.
3. Gently roll the assembled paratha with a rolling pin to evenly spread filling inside.
4. Heat 1-2 tbsp oil in a pan and fry the paratha for 1-2 minutes on each side or until golden and crispy.
5. Serve with chutneys of choice, sliced red onions and coriander for garnish.

## INSTRUCTIONS

### FOR THE DOUGH

1. Add flour, salt and olive oil to a large mixing bowl.
2. Slowly pour in water in parts, while mixing together till no dry flour remains.
3. Tip onto the surface and knead into a semi-smooth dough ball.
4. Place in a greased bowl, cover and leave to rest for 15 minutes.
5. Once rested, split the dough ball into 8 equal parts, form into balls, and leave to rest for further 5 minutes.
6. On a lightly floured surface, roll out two evenly sized circles, ready for the filling.





# 2-INGREDIENT CHOC CHIP ICE CREAM

by @nobleveggies




Who doesn't love ice  
cream, right?

Here's the problem  
though, you've heard  
the vegan stuff can't  
possibly be tasty.  
We get it.

**How about this, let's forget about  
all the other stuff that goes into ice  
cream. Ditch it all and load it up  
with nothing but real ingredients.**

A quick, easy and delicious version of  
banana and chocolate chip ice cream  
with only those 2 ingredients. We're  
talking FULL ON flavor and good  
for you at the same time!

Forget the cream or eggs. A truly  
delicious, vegan alternative. Plus,  
you can keep this in the freezer  
for up to 2 weeks.

	1
	10 MIN
	MIN

## INGREDIENTS

4 Bananas

**1/2 cup** Vegan chocolate chips

## INSTRUCTIONS

1. Peel the bananas, slice them and place on a baking sheet in one layer. Place in the freezer for 1 hour.
2. After the hour, place the bananas in the food processor. Blend the bananas for 2-3 minutes, until the mixture becomes completely smooth and creamy. It may be necessary to scrape the edges of the food processor with a spatula after a minute, until all the pieces are well incorporated into the mixture. It's ready when the mix really looks like soft ice cream.
3. Once everything is well-combined place the ice cream in a bowl and add the chocolate chips, mix a little more.
4. You can enjoy the ice cream right away or transfer it to a resealable container and put in the freezer for later.





# HEALTHY BISCOFF COOKIES

by @lumisvegan

These twisty traditional  
treats are a must-try!

Bake some for the weekend or a quick,  
delicious snack. You cannot not fall  
in love with them.



4



15 MIN



15 MIN

## INGREDIENTS

**1 tbsp** Biscoff spread  
**3/5 cup** Oat flour  
**1** Banana  
**1 tbsp** Oat milk  
**1/2 tsp** Baking powder

## INSTRUCTIONS

1. Mix all the ingredients together.  
Then form round-shaped cookies  
with the help of a spoon.
2. Place on a baking tray. Bake at 190°C /  
375°F for 12-14 minutes, until golden  
brown.
3. Let the cookies cool down a little  
before serving.








# UPSIDE-DOWN CHEESECAKE

by @keittionurkka

Surprise your guests with  
this lovely, creamy and  
100% vegan cheesecake.

Who would have thought it's this  
easy to turn the classic version  
into a plant-based one?

Absolutely fantastic!

 5	 20 MIN	 25 MIN
---	--	--

## INGREDIENTS

**200 g** Digestive biscuits  
**50 g** Margarine  
**½ cup** Flour  
**⅓ cup** of Apple sauce  
**300 g** Fresh oat cheese  
**400 g** Vegan Greek yogurt  
**½ cup** Sugar  
**1 tsp** Lemon zest  
**1 tsp** Lemon juice  
**2 tsp** Vanilla extract  
**2 tbsp** Cornflour  
 Icing sugar and a few drops  
 of water for frosting  
 Nuts of your choice

## INSTRUCTIONS

1. Chop the biscuits in a plastic bag or use the food processor. Stir in the melted margarine, flour, and apple sauce.
2. Grease the edges lightly with margarine and press the mixture into the cake pan edges.
3. Soften the cream cheese in a bowl with an electric mixer. Add the other filling ingredients, cornflour last. Stir evenly and pour the mixture into a pan.
4. Bake the cake on the bottom stage of the oven at 175 °C / 350 °F for about 40 minutes. Allow cooling to room temperature.
5. Carefully remove the edges of the cake from the edges of the pan with a knife, but leave the cake in the pan.
6. Transfer to the refrigerator for a few hours or overnight. Do not remove the cake from the pan until completely cooled.
7. Serve refrigerated with some icing sugar frosting and chopped nuts.







# TOP3 REASONS TO TRY A PLANT-BASED DIET

---

You've no doubt thought about this if you're here and that's already grand. Sticker and bonus points for you.

There are, without question, a slew of dynamite reasons to go plant-based because what we eat has a profound touchpoint to just about every part of our lives as individuals and as a society.

Wild to think, isn't it?

## 1 IT'S GOOD FOR YOU

Like for real, for real, this should get by far the most weight. How you feel is what matters most and with so many folks suffering from obesity, diabetes and other diet-related issues, what you eat matters a lot. Plant-based can keep you healthier, more energetic and less prone to certain diseases.

## 2 IT'S GOOD FOR THE PLANET

Going vegan cuts carbon emissions significantly aka less bad stuff goes out aka we save the world (ok, maybe a little hyperbolic but you get it). Also, animal farming uses a ludicrous amount of water.

## 3 ANIMALS LIKE LIVING AS MUCH AS YOU DO

Speaking of animals, imagine how much you enjoy just sort of chilling out, maxing, relaxing all cool and all shooting some b-ball outside of the school...animals dig that too but replace all of that with like grazing and stuff.





# CHOCONUT CREAM

by @torteija


Is there anything better than a steaming hot pancake, straight from the pan, topped with chocolate cream and enjoyed immediately by hand?

We don't think so.

**You might think that you have to kiss your favourite hazelnutty chocolate spread goodbye to embrace a vegan lifestyle - however, we are delighted to tell you that you are mistaken!**

The only downside is that you might have trouble finding vegan chocolate creams in your local grocery store. That's why we are sharing this delicious homemade recipe with you, so that you can always have a fresh batch ready for those impromptu pancake nights.

Here is a vegan choconut cream, and it's a-ma-zing. Perfect for spreading on pancakes and waffles!

	520 GR
	35 MIN
	25 MIN

## INGREDIENTS

**400g** Roasted hazelnuts  
**1 tsp** Pure vanilla extract  
**1/2 tsp** Sea salt  
**120g** Dark chocolate with at least 70% of cocoa

## INSTRUCTIONS

1. Preheat the oven to 180°C / 355°F. Put a baking sheet in a single layer on a pan. Add hazelnuts and roast for 8-10 minutes.
2. After roasting let cool slightly. Put hazelnuts on a kitchen towel, roll the nuts around and remove most of the skins.
3. Add hazelnuts to a blender. Blend on low until a butter is formed, about 8-10 minutes.
4. Melt the chocolate on a steamer and set aside.
5. When hazelnut butter becomes creamy and smooth, add the vanilla and salt and blend everything. Add melted chocolate a little at a time and blend again until everything is united. Taste and add salt or vanilla if needed.
6. Transfer the choconut cream to a jar and store at room temperature for use for 2 weeks.



# MANGO POPSICLES




by @tadkadesistyle

These Mango-licious pops  
are just a little bite of heaven.

You get the tropical flavor in each bite  
with sweet, juicy, tangy mango and creamy  
coconut milk, loved by kids and adults alike.

Delicious and visually pleasing, these frozen  
popsicles are a perfect summer treat!



 2	 15 MIN	 15 MIN
---	--	--

## INGREDIENTS

**1 cup** Mango puree or pulp  
(2 ripe mangoes)

**1 cup** Full-fat canned coconut  
milk, chilled overnight  
in the fridge

### OPTIONAL

Sweetener

### YOU WILL ALSO NEED

Popsicle mold or a muffin tray  
(6 X 80 ml molds)

1/3 cup = 80 ml

## NOTE

Frozen treats taste less  
sweet as sweetness is  
dulled by cold.  
If you prefer it sweeter,  
feel free to add the  
sweetener of your choice.

## INSTRUCTIONS

1. Using a small knife, peel off the mango skin and dice the mangoes. Collect all the pulp.
2. In a blender or food processor, puree the mangoes until smooth. Transfer to a bowl and set aside.
3. In another bowl, whisk well-chilled coconut milk. Stir well to make it homogenous.
4. Line the muffin tray with cupcake liners, and fill the muffin tray halfway through.
5. Let this set-in freezer for half an hour and until almost solid.
6. Remove the muffin tray from the freezer and add the chilled coconut milk.
7. Add popsicle sticks and freeze for at least 6 hours or overnight to fully set.
8. Remove the cupcake liner carefully before eating. It peels off easily. Enjoy!





**SAVING  
THE WORLD  
HAS NEVER  
BEEN TASTIER.**



SMOOTHIES







# RED BERRY SMOOTHIE

by @nobleveggies

This smoothie takes  
you back to those hot  
summer days, that we  
all miss.

Or if it actually is summer, it will  
just make it that more amazing.  
You really don't need anything  
else for happiness.

	1
	10 MIN

## INGREDIENTS

- 1 cup** Frozen berry mix
- 1** Banana slices
- 3/4 cup** Plain plant base yogurt
- 1 tsp** Maple syrup
- 1 tbsp** Hempt seeds

## FOR GARNISH

- Banana slices
- Berries
- Hempt seeds
- Mint

## INSTRUCTIONS

1. In the blender container, place the frozen fruit, yogurt, maple syrup and hemp seeds. Emulsify to a smooth texture.
2. Pour the smoothie into a bowl. Garnish with berries, banana and hemp seeds.







# TWO-COLOR DESSERT SMOOTHIE

by @torteija

The simpler the better indeed! This two-color smoothie can be made with just 4 ingredients.

Whether you want to brighten up your own or your guest's day this dessert-type smoothie works like a charm.

Just be sure to make enough, though, because the charm might easily work too well... And don't forget to freeze that banana, it makes all the difference!

	1
	10 MIN

## INGREDIENTS

### RASPBERRY LAYER

150 ml of Coconut yogurt

125 g Raspberries

(80 g) 1 Frozen banana

### BLUEBERRY LAYER

150 ml of Coconut yogurt

125 g Blueberries

(80 g) 1 Frozen banana

## INSTRUCTIONS

1. Add the coconut yogurt, frozen banana, and raspberries to the smoothie blender. Blend the ingredients and set aside.
2. Repeat the same procedure with coconut yoghurt, frozen banana, and blueberries.
3. Pour the raspberry smoothie into a glass first, then a layer of blueberry smoothie and then raspberry smoothie again. Finish with pouring a small circle of blueberry smoothie on top. Garnish the smoothie with frozen raspberries, blueberries, and mint leaves.
4. Enjoy a delicious, creamy, healthy smoothie that will make your day.






# STRAWBERRY -AVOCADO SMOOTHIE

by @nobleveggies

This super simple smoothie is extra quick to make – just throw all of the ingredients into the blender.

The only thing you need to cut is the avocado, and even that is just in half!

Perfect for those with a sweet tooth looking for something yummy, but also healthy. This cute pink smoothie is also a feast for the eyes.

	1
	5 MIN

## INGREDIENTS

**1/2** Avocado, peeled, pitted  
**1/2 cup** Plant base milk  
**1 cup** Frozen strawberries  
**1 tbsp** Maple syrup

## INSTRUCTIONS

1. Combine everything in the electric mixer; grind until smooth.







# TROPICAL CINNAMON SMOOTHIE

by Carlota

This tropical smoothie is like a fresh blast from your dream beach!

So whether you're feeling tired, a bit unmotivated or just craving a little pick-me-up to your day, mix yourself up an energizing glass of this deliciousness.

With the sourness of ginger, lime and pineapple grooving with the sweetness of almond milk, banana and cinnamon, this smoothie is the perfect balance you need for a dose of sunshine.

	1
	15 MIN

## INGREDIENTS

- 1 cup** Freshly cut pineapple
- 1** Large banana
- ½ cup** Figs, peeled
- 1 tbsp** Lime juice
- ½ tsp** Lime zest
- 1 tsp** Cinnamon
- 1 tsp** Fresh ginger
- 1 cup** Almond milk

## TO SERVE

- ½ cup** Ice

## INSTRUCTIONS

1. Place all ingredients in a food processor and blend until smooth.
2. Serve immediately in a glass filled with ice cubes.
3. Garnish with sprinkled ground cinnamon and a lime slice.







# TOP3 VEGAN SUPERFOODS

---

Like superheroes  
but for your body.

Was that weird?  
It felt weird.  
Moving on.

What are superfoods  
anyway? In a word;  
marketing. There is  
nothing that technically  
or specifically actually  
defines these foods.

What they all have in  
common though is  
that they're incredibly  
dense in nutrients  
and great for you.

Pretty super, no?

## 1 CHIA

Omega 3s and 6s (them good fats!).  
Fiber. Protein. Vitamin B1, B2 and B3.  
Antioxidants. And more. It's ridiculous.  
These little seeds pack a massive punch  
and it'd be silly not to bring these  
into your diet.

## 2 BERRIES

Little nutrient nuggets is what berries  
are. Big antioxidant energy here too.  
Lots of fiber. Inflammation fighters as  
well. With an abundance of berry wonder  
to pick from, which should you go with?  
Blueberries, Goji, Açai are all great calls.  
You can't go wrong with berries.

*Also, did you know kiwi is technically a  
berry too? An amazing superfood as  
well we might add.*

## 3 DARK LEAFY GREENS

DLGs, as no one calls them, are loaded  
with iron, potassium, fiber and plenty  
of vitamins. Props to Popeye who was  
definitely on to something here with  
spinach very much being one of those  
dark leafy greens.







# PINEAPPLE-GINGER -COCONUT SMOOTHIE

by Rachel

This is a hydrating,  
tropical-inspired green  
smoothie recipe that will  
leave you feeling  
refreshed and nourished.

The addition of the fresh grated  
ginger is great for your immune  
system and is complimented well  
by the sweetness of the fruits and  
creaminess of the coconut milk.

Pour this smoothie into a big jar,  
throw on the lid and take it to work  
to enjoy on the go.

	2-3
	20 MIN

## INGREDIENTS

**2 cups** Spinach leaves, washed  
**1 cup** Pineapple, diced  
**1 cup** Ripe pear, diced  
**½ cup** Chopped cucumber  
**1.5 cups** Coconut milk (or other  
 plant-based milk of choice)  
**1 tbsp** Chopped mint  
**½ tsp** Grated fresh ginger  
**1 tbsp** Chia seeds (can also be  
 substituted with hemp seeds  
 or flax if preferred)  
**6** Ice cubes

## OPTIONAL

Chia seeds  
 Granola  
 Fresh mint to serve

## INSTRUCTIONS

1. Add all ingredients to a high-powered blender and blend for 1-2 minutes, or until completely smooth into a nice, creamy green smoothie.
2. Pour into glasses, sprinkle with optional toppings if desired and serve chilled.







# MANGO-COCONUT SMOOTHIE

by @mujesticdining & Rachel

Fruity, breezy, sweet and full of flavour. This refreshing smoothie doesn't really need any sales pitches:

Try it out as a dessert or breakfast, and enjoy!

	1
	7 MIN

## INGREDIENTS

- 1 cup** Roughly chopped mango pieces (can be frozen)
- 1** Ripe banana, peeled
- 1 cup** Coconut milk
- ½ cup** Ice cubes
- 1 tbsp** Chia or flax seeds

## INSTRUCTIONS

1. Add all ingredients to a high-powered blender and blend on high-speed for 1 minute, or until completely smooth. Serve immediately.









Watch  
step by  
step video

# BANANA-CHOCO SMOOTHIE

by @mujesticdining & Rachel

Fresh chocolate smoothie,  
could anything be more  
perfect?

Be it a sunny Summer day  
or a chilly Winter morning,  
this healthy-ish glass of  
awesomeness will fulfill  
your dreams!

	1
	5 MIN

## INGREDIENTS

- 1 Ripe banana, peeled
- 1 **tbsp** Unsweetened cacao powder
- 1 ½ **tbsp** Peanut butter
- ½ **tsp** Vanilla extract
- 1 **cup** Plant-based milk
- ½ **cup** Ice cubes

## INSTRUCTIONS

1. Add all ingredients to a high-powered blender and blend on high-speed for 1 minute, or until completely smooth. Serve immediately.





# Original Recipes

[www.wegan.com](http://www.wegan.com)

**Make this the year you get conscious with your eating with these 22 easy, affordable and tasty recipes from our global network of insanely talented chefs. The recipes you find in these pages will leave you wanting more, and trust us, there's plenty to come!**

Not sure what to think of vegan food or never tried it? Consider this your introduction and a warm welcome to the party!

Had vegan eats before and didn't love them? These recipes have the power to change your mind. Why? Because they're designed with everyone in mind and for anyone to love. Your mom, dad, sis, uncle, that overly friendly neighbor who always says hi.

Our goal at WEGAN is simple, to challenge people the world over to make better choices about what they eat. About what you eat. Be it occasionally or daily because every bite counts and every single choice matters for you and the planet.

Only together can we create change and the WEGAN community is here to inspire just that. No one can change everything, but everyone can change something.

So, here it is: 22 ways to eat the world to a better place in 2022. We can change the world bite by bite. And sip by sip.

THERE ARE  
SMOOTHIES  
TOO!

**THANK YOU FOR BEING WITH WEGAN.**