

THE GREEN BOWL

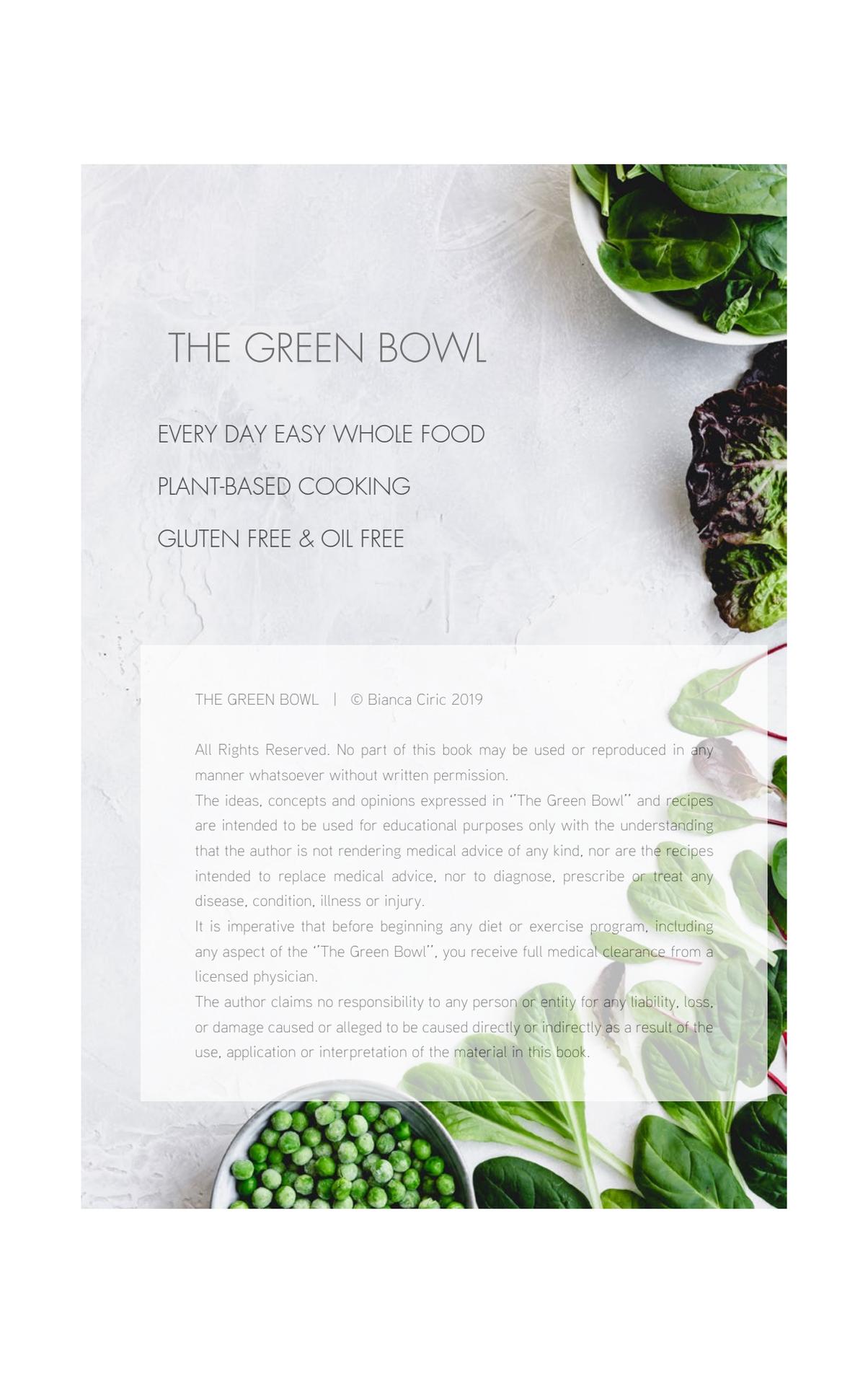
30+ EASY VEGAN WHOLE FOOD PLANT-BASED BOWLS

A MONTH OF SIMPLE & NOURISHING MEALS

THE GREEN CREATOR

recipes and photos by Bianca Ciric





THE GREEN BOWL

EVERY DAY EASY WHOLE FOOD

PLANT-BASED COOKING

GLUTEN FREE & OIL FREE

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It is imperative that before beginning any diet or exercise program, including any aspect of the “The Green Bowl”, you receive full medical clearance from a licensed physician.

The author claims no responsibility to any person or entity for any liability, loss, or damage caused or alleged to be caused directly or indirectly as a result of the use, application or interpretation of the material in this book.



I'd like to thank you for following me all these years and allowing me to share my passion for plant-based food with you.

And I like to write a special thank you for Chiara Rota. I have met Chiara on Instagram, where I connect with most of you. Her incredible sense for detail caught my eye. Not only is Chiara humble about her multiple talents, but she is also incredibly warm hearted, helpful, and passionate about cooking. She is a food photographer, stylist, videographer and graphic designer. Chiara gave this cookbook "a face" by designing it and I couldn't be more grateful. You can see Chiara's work [here](#).

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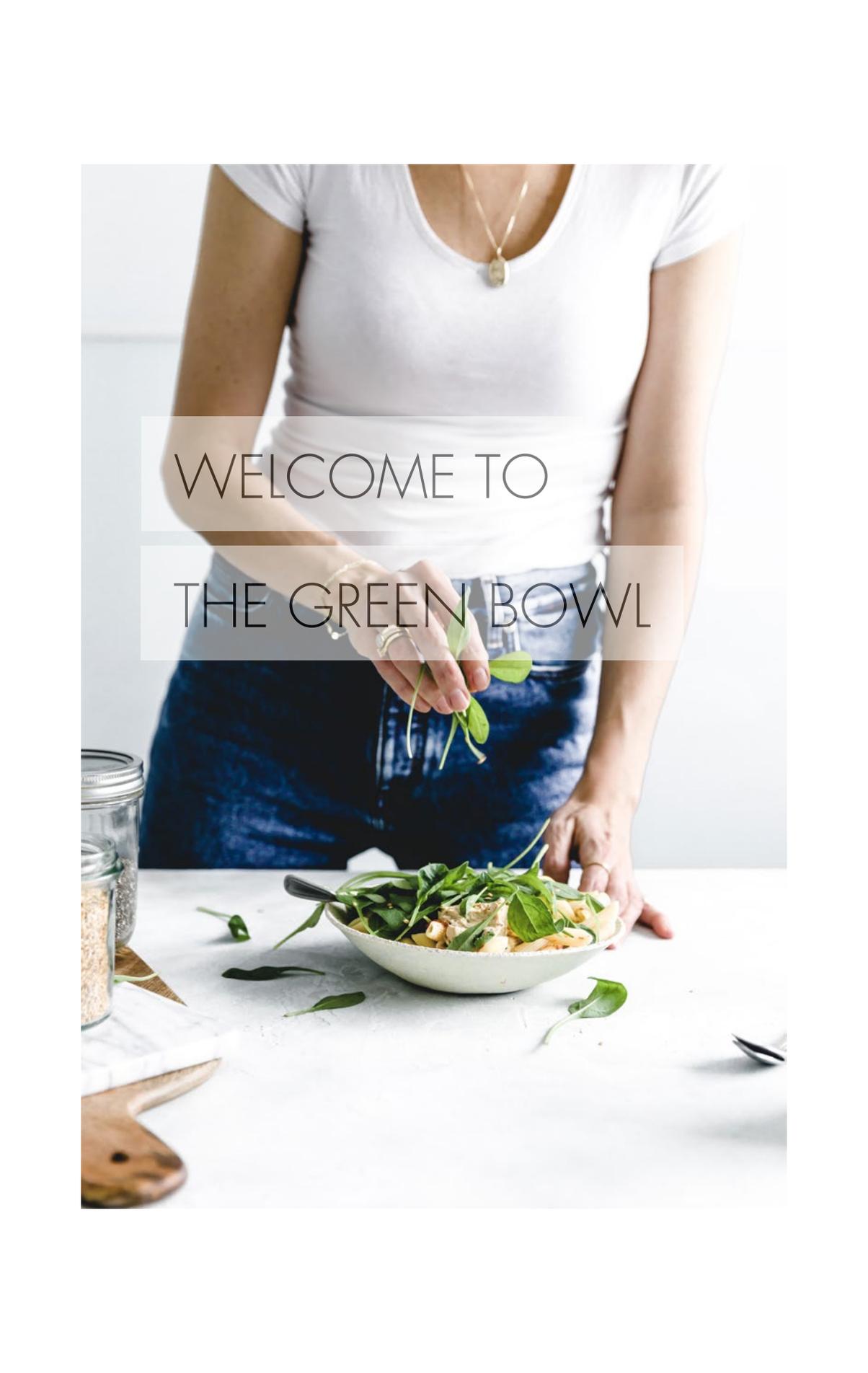


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A woman wearing a white t-shirt and blue jeans is standing at a white countertop, preparing a bowl of food. She is holding a bunch of fresh green leafy vegetables, likely basil, and is about to add them to a white bowl that already contains some ingredients. The countertop is clean and white, with a few scattered leaves and a wooden spoon visible. In the background, there are glass jars containing various grains or seeds. The overall scene is bright and clean, suggesting a healthy and fresh meal preparation.

WELCOME TO

THE GREEN BOWL

After being a vegetarian for many years, I started following a plant-based vegan diet about 7 years ago. This was the best decision ever for me. Not only do I get to eat delicious food, I also noticed health improvements plus there are a myriad of environmental benefits and ethical reasons to eat (more) plant-based. I follow a plant-based diet with a focus on beans, legumes, potatoes, corn, rice, grains and other starches. My diet is mostly gluten-free too, since that is what works for me. At home I also cook SOS-free. SOS stands for Salt, Oil and refined Sugar free.

This cookbook is all about giving you the recipes, tools and tips to get the bulk of your calories from unprocessed foods on a whole food plant-based diet with a focus on for example potatoes, lentils, buckwheat, rice, corn, oatmeal and quinoa. Add in some vegetables with a great dressing or dip and you've got a very delicious and nourishing bowl.

I always said that if I created a book of any sort it should add value to your daily life. How do I know what creates value to your life? By listening to you. Whether you are a long-time vegan or new to veganism I always get asked two questions:

but what do I eat for dinner?

how do I make a quick meal from scratch with whole foods?

This makes sense. Those dinners are the moment we are pressed in time and just want to have an easy recipe that we can rely on without spending hours in the kitchen or breaking the bank. Especially weeknight meals can be an issue. Most of us are tired and hungry at the end of the day and will not have the motivation or time to experiment in the kitchen or start preparing a complicated recipe. The more complicated recipes are for when we have time. A new breakfast or dessert recipe are also typical recipes for when we have more time to experiment in the kitchen.

As a result, we are more likely to make the same dinner or lunch over and over again, will order food or eat anything prepacked that's labeled as vegan.

If you are new to a vegan diet or want to follow a more plant-based diet, those weeknight meals are probably even more challenging. The solution for that is simple: a collection of easy plant-based recipes with some room for you to tweak to your desire. If you do not happen to have an ingredient in your pantry, feel free to substitute or experiment. That's how I often discover new flavor combinations. That's my wish with this cookbook for you. To get you out of that dinner rut and into plant-based cooking with a variety of healthy foods, each and every day.

This cookbook will do just that. For one month dinner is on me! And any leftovers are great for the next day as lunch. Therefore, you will see that most recipes are for more than 1 serving. If one month of recipes is not enough, just start all over again. With my pantry guide and oil-free cooking guide, you will have the tools to experiment and create your own nourishing bowl, each and every day.

I'VE NEVER MET A BOWL I DIDN'T LOVE, NOT A SINGLE ONE.

A NOURISHING BOWL SATISFY IN WAYS THAT ONLY BOWLS CAN.

Why Bowls

All recipes are served in a bowl. Through my travels and recipe experimenting I have noticed that the best food is always served in a bowl. There is something about bowls. Normally, the amount of food is bigger, the food is often warm, comforting, and allows you to sit wherever you want to eat. That is my idea of comfort food and that's how the idea for The Green Bowl was born. Not only did I want to create value with the recipes, but I also want to give you the comfort of being able to eat from a bowl. That's how I like to eat my food and I want to share that with you.

What's In My Pantry Guide

Since I don't want to make cooking too complicated for you or something that you need to plan too much, I didn't include a typical grocery list in this cookbook. I did include a [What's In My Pantry Guide](#) though, since that is the basic of my recipe creating and it might be helpful for you to create your own pantry essentials. Just like most recipes on my website The Green Creator, every bowl in this cookbook takes little time to prepare, will not require too many ingredients, and doesn't make too big of a mess. In this way, you can branch out of your usual meal rotation without it being a pain.

Guide To Oil-free Cooking

All recipes are entirely vegan and whole food plant-based, but they're also free from refined sugars, oils and gluten. Of course, you don't have to follow me along with the oil-free or gluten-free cooking. I sometimes do use gluten in my cooking and I something (rarely though) use vegan products from the store that do contain oil. Also, when I eat out or travel I will (need to) order vegan food with oil. But my aim is to cook with whole food plant-based products and this cookbook is all about that. You can read [here](#) what the difference is about a vegan diet and a whole food plant-based diet.

For this cookbook I have created [A Guide To Oil-Free Cooking](#) for you. If you want to know why I cook without refined oils, why that is not the same as a fat-free diet and how to create your own recipes without oil then this guide might be helpful.

I hope you enjoy each of these recipes as much as I do. Most of these recipes are my favorite and I can't wait to hear your feedback. I also genuinely hope that I somehow will inspire you to get in the kitchen more often and experiment. You'll learn yourself that a whole food plant-based diet is not boring or complicated.



Thank you so much for your support!

With love,

Bianca

HERE ARE SOME WAYS TO FOLLOW ME:

MY WEBSITE: [THE GREEN CREATOR](https://thegreencreator.com)

INSTAGRAM: [@THEGREENCREATOR](https://www.instagram.com/thegreencreator)

FACEBOOK: [THE GREEN CREATOR](https://www.facebook.com/thegreencreator)

YOUTUBE: [THE GREEN CREATOR](https://www.youtube.com/thegreencreator)

GUIDE TO

OIL-FREE COOKING



It can be confusing to understand what the difference is between a vegan diet and a whole food plant-based diet. The main difference is that a whole food plant-based diet is a vegan diet with whole foods. This means eating food in its most original state. Avoiding oils (not fats) is also a part of that. I choose to eat nuts, seeds, avocados and olives rather than their extracted oils.

I personally avoid the use of oil in my home cooking as I believe oil is a processed food (not a food in its whole) and therefore a "refined food". This doesn't mean I don't consume any fats. I consume fats from whole plant sources such as nuts, seeds, olives, and avocados. All of the recipes in this cookbook are oil-free. If you also like to cook without oils, I wanted to make it easy for you with this guide to oil-free cooking. It's easier than you think! I use the below also to modify recipes from other cookbooks that contain oil.

OIL-FREE COOKING TIPS

To **roast vegetables** I use for a tray of vegetables 2-3 tablespoons of (white) balsamic vinegar, lemon, apple cider vinegar, orange juice, water or stock.

To **sauté in a hot pan** I use 2-3 tablespoons of water or vegetable stock. If the liquid in the pan evaporates and things start to stick, add more water or stock. Quite often an extra 2 tablespoons will do.

For **crunchy potato** chips I normally don't do anything special and just bake the rinsed potatoes in the oven on a lined baking tray on the fan option or in the air fryer. However, if I have time I will first boil the potato wedges for 2 minutes before placing them in the oven. The fan option will dry out the outside of the potato, leaving them crunchy on the outside and cooked inside. You could also create "deep-fried" crunchiness with a batter of chickpeas flour, water and spices, rolled in desiccated coconut, ground almond flour and then baked in the oven.

What I normally do is rinse off the starch of the potatoes. But instead of making the potatoes wet (although I do recommend washing off the starch for crispiness), you could drizzle the potatoes (or vegetables) with vegetable stock, lemon juice, or balsamic vinegar. Toss to coat well and season with spices.

For baking recipes I use silicone molds, which is great for oil-free baking. I also like to use tins and will line those with parchment baking paper.

GENERAL OIL-FREE COOKING TIPS

I rinse anything with starch before I cook or bake it. So for example, I rinse my rice and potatoes with water before cooking or baking to reduce the starchy content.

Any pasta I will rinse after cooking to prevent sticking. If you are serving your pasta or rice with a sauce, lubricate it in a small amount of sauce before placing leftovers in the fridge.

Most of the dried herbs and spices I use will stick to my vegetables after I have given it a rinse with water. I

simply mix the vegetables with the herbs /spices in a bowl and then transfer to a baking tray.

When I think oil is used in a recipe for taste, I will use fruit purees such as mashed bananas or pure apple puree. I will also use nut butters such as cashew butter or almond butter as an oil substitute, especially in dressings. In sweet recipes tofu can also be used as an oil substitute. Generally, if a recipe calls for an oil, substitute it by equal parts of plant-based milk, apple sauce or nut butter.

OIL-FREE KITCHEN EQUIPMENT

A silicone mat for baking recipes in the oven will prevent sticking, but I also like to use a baking tray lined with non-bleached parchment paper. Also, a non-stick (toxic-free) pan is a great way to avoid having to use oil.

I have noticed that using a silicone mat, a baking tray lined with parchment paper or a smaller baking tin lined with parchment paper all have an effect on how the food gets baked/roasted and how it will taste. My advice is to experiment what you prefer.

For pancakes, grilling, or hash browns I like to use a non-stick griddle.

Non-stick pots and pans are a great addition to your kitchen, but I have managed to cook in any pan or pot with the above tips.

WHAT'S IN

MY PANTRY GUIDE



You can only create great tasting food with great ingredients. It's important to have a well-stocked pantry if you decide to cook every day, or if you would like to experiment with recipes. All of the ingredients in this cookbook are easy to find in your local supermarket or organic store. I hope this comprehensive guide will help you build a whole food plant-based kitchen pantry, and will encourage you with any changes you're looking to make.

BEANS & LEGUMES

These are the main proteins in a vegan diet. They are inexpensive and extremely versatile. Legumes are low in fat, high in protein and fiber.

I go back and forth to cooking my own beans and using beans from a glass jar. If I buy beans in a can I will go for the BPA-free cans. Any beans or legumes from a glass jar or canned I will rinse thoroughly under cold running water before I use it.

Chickpeas

French lentils- I love to buy these dried to cook myself

Red lentils- I also prefer to buy these dried to add to stews and curries as a way to thicken the recipe

Split peas

Brown lentils

Black beans

Red Kidney Beans

Butter beans

White beans

Pinto beans

Kidney beans

Mung beans

Frozen peas, green beans and broad beans

Tempeh and tofu (organic and non-GMO)



GRAINS & PASTA

Grains are just like beans a staple in any vegan or plant-based kitchen and make a meal come together. It's as simple as adding for example rice, millet, buckwheat or quinoa to complete any main meal. I love to pair them with vegetables and nuts or seeds. All grains need to be washed before cooking.

Brown rice
Quinoa
Buckwheat (although officially not a grain but a seed)
Rolled oats
Millet
Amaranth
Corn (for popcorn)

Lentil pasta
Chickpeas pasta
Black bean pasta
Quinoa pasta
100% soba noodles
Rice noodles

NUTS & SEEDS

Nuts and seeds are a true essential in my kitchen. I don't use a lot of nuts and seeds, but I do use a nut or seed every day (such as in my breakfast). You'll be amazed what you can make from nuts and seeds. Think of tahini, cheeses, nut butters and so on. I store most of them in a cool and dark place and some of them in my fridge.

Slivered almonds & crushed hazelnuts - just my personal addiction. I love adding those to my oat porridge
Whole almonds
Almond butter
Cashew nuts
Cashew butter - for dressing, sauces, and in a Medjool date as a snack
Chia seeds - I add this every day to my porridge

Flax seeds - in my oats, smoothies, and great as a binder in recipes. The best is to grind the flax seeds and keep it in the fridge
Sunflower seeds - I love those in my salads
Walnuts - I love walnuts in savory dishes and salads
Pumpkin seeds
Hemp hearts
Sesame seeds

SWEETENERS

At home, I never use refined white sugars. In a whole food plant-based diet there is place for sweet food in its whole and as natural as possible such as dates.

Medjool dates and pure date syrup
– hands down my favorite and the most whole food sweetener there is in my opinion
Blackstrap molasses (not a whole

food, but still amazing)
Apple puree
Banana puree

And let's not forget about other dried fruits that can serve as a sweetener or sweet snack. Make sure they are unsweetened and don't have any added oils or preservatives.

Dried apricots
Cranberries
Currants
Goji berries
Mango
Raisins

FLOURS & BAKING PRODUCTS

If you love baking and pancakes, you'll need a flour. But even if you don't like to bake, it's great to have some on hand for recipes that call for small amounts (like when thickening gravies or sauces). Here is when I sometimes don't use a gluten-free version, such as spelt flour. This flour bakes up beautifully when making pancakes, muffins, cookies and breads. However, more often I use almond, buckwheat and chickpea flour. I once was told by a vegan chef to mix flours to create a better taste. I usually have about 3 (gluten-free and non-gluten-free) flours on hand which I store in the refrigerator to maintain freshness.

I also have some other essentials for baking or for savory recipes.



All-purpose gluten-free flour
All-purpose flour
Almond flour
Buckwheat flour
Cornmeal, grits, polenta (coarse or fine grind)
Chickpea flour - great for vegan omelets, but also for Indian recipes
Oat flour - I make my own by

grinding up rolled oats. Great for in cookies and pancakes
Baking soda and (aluminum-free) baking powder
Arrowroot and apple puree, as a thickener and binder
Flaxseed meal and chia seeds, as an egg substitute/binder

CONDIMENTS & FLAVORINGS

Salt

A whole food plant-based diet is often described as SOS-free, which means free from Salt, Oil and white refined Sugars. I use little to no salt in my cooking. I buy a high quality salt that has been sun dried (not heated) with all the minerals still in the salt, such as Celtic sea salt. When I add salt I make sure to add it after I'm done cooking. If I add salt while I'm cooking, I'm often adding too much. Adding salt after cooking will ensure you only add the minimal necessary to create the taste you like. I do cook with plenty of (dried) herbs and spices, but also with miso and tamari, as such I almost never feel the need to add salt.

Miso

Miso has a rich umami flavor. It's salty, fermented and mostly made from rice, barley or soy beans. It's great to add to stocks, soups and sauces (also after cooking). The lighter the color of the miso is the milder the taste, and the darker the color the more deep and salty.

Tamari

A soy sauce without wheat. I love to add this to sauces or in stir-fries

Coconut aminos

A gluten-free alternative to soy sauce made from coconut sap

Apple cider vinegar

Raw unpasteurized apple cider vinegar is a true staple. I use this in salads, dressings, sauces, oven roasted vegetables (instead of oil) or as a substitute for lemon. I also love balsamic vinegar (white and dark).

Mustard

Great in dressings or as a dip for crispy baked potatoes. I also use mustard to bake vegetables and potatoes with

Nori/seaweed

Not just for sushi, but also as flakes for in a salad, soup or dressing to add a "salty" flavor

Tomato puree

Organic and made with only tomatoes are great for in stews

SPICES & HERBS

I could write a whole book about the spices and herbs I use.

With spices I can guide a recipe and give it for example a more Mexican or Indian flavor.

If you would like to consume less salt, spices and herbs are a great way to flavor any dish. I use a lot of cumin, curry powder, turmeric, onion and garlic. But I also use all of the other that I will mention below.

All of these spices and herbs are always in my kitchen and very well used.

Chili
Cinnamon
Ginger (fresh and dried)
Turmeric
Garlic (fresh and dried)
Onion
Dill (fresh and dried)
Parsley (fresh and dried)
Oregano
Smoked paprika
Sweet paprika
Cilantro
Vanilla
Marjoram
Rosemary
Thyme (fresh and dried)
Cloves (whole and ground)
Cumin (whole and ground)
Ground mustard seeds
Garam Masala (a blend of spices)
Cardamom
Mint (fresh and dried)
Black and white pepper
Basil (fresh and dried)
Caraway seeds
Lemongrass (fresh and dried)
Pumpkin spice (a blend of spices)
Curry powder (a blend spices)
Za'atar (a blend spices)



FRESH HERBS ARE ALSO A TRUE ROCK STAR IN

MY KITCHEN. SOME OF MY FAVORITES

ARE PARSLEY, DILL, AND MINT.

FRUITS & VEGETABLES

Fruits and vegetables can't really be a staple item in any kitchen since they perish, but maybe you find it interesting to know what I buy on a weekly basis.

The following products are always in my kitchen and I make sure to never run out of any:

Lemons: for my water, for salad dressings, to sauté vegetables
Bananas: for baking, snacking and smoothie purposes
Fresh leafy greens and parsley
Cucumber
Italian sweet peppers (my fav!)
Tomatoes
SunGold kiwis
Celery
Zucchini
Cauliflower

Broccoli
Potatoes
Sweet potatoes
Carrots
Onions (mostly red onions)
Frozen raspberries and frozen green peas are always in my freezer
And then any other fruit and vegetable that is in season

SAUCES

& DIPS





CHIMICHURRI SAUCE

INGREDIENTS

- * 1 cup (50gr) chopped cilantro
- * 1 tsp dried oregano
- * 1/4 cup (5 gr) chopped parsley
- * 2 cloves garlic
- * 1 tbsp hempseeds
- * 1/2 cup (120 ml) white (or red) wine vinegar
- * 1/2 avocado
- * 1 small jalapeño or dried chili flakes to taste (optional)
- * 1/4 - 1/2 cup (60 - 125 ml) water, as needed for the right consistency

Combine cilantro, oregano, parsley, garlic, vinegar, hempseeds, avocado and jalapeno in a blender or food processor. Pulse to combine, adding water as need until desired consistency is reached. Set aside until ready to use.

The chimichurri can be made a week ahead, so my advice is to make a big batch and toss it on everything. Any leftovers can be kept in the fridge for up to a week.



TZATZIKI SAUCE

INGREDIENTS

- * 1 1/8 cup (270 ml) naturel (unsweetened!) soy yoghurt (or coconut yogurt)
- * 2 tbsp (22 ml) lemon or lime juice
- * 2 garlic cloves, minced
- * 1 medium cucumber (unpeeled and finely grated will shrink after drained / organic when possible)
- * salt to taste (optional)
- * a pinch of ground black pepper or more to taste
- * 1/4 cup (15 g) finely chopped fresh dill (or 4 tsp dried dill)

Wash the cucumber. Finely grate cucumber with the skin on. Squeeze out excess moisture by either placing a fine-mesh strainer over a small mixing bowl or transfer to a clean, thin towel or cheese cloth and squeeze out excess moisture.

Add soy yogurt to a mixing bowl and add strained cucumber, garlic, dill, salt, pepper, and lemon juice. Stir to combine.

Taste and adjust flavors if needed. Add more garlic for zing, lemon juice for acidity, or dill for herbiness. Add salt if you feel like it needs overall more flavor.





CHEESY LIME DRESSING

INGREDIENTS

- * 1 garlic clove, minced
- * ½ cup (115 ml) fresh lime juice
- * 4 tbsp (60 gr) tahini
- * 3 tbsp (25 gr) nutritional yeast
- * 3 – 4 tbsp warm water (depending on thickness of tahini paste)
- * dash of freshly ground black pepper

To a small whisking bowl add in all the ingredients and stir to combine. Add 3 to 4 tablespoons of hot water, but depending on the tahini you are using you might need more or less to achieve the best consistency. Whisk gently until smooth. The dressing should be the consistency of a thick salad dressing, but should be pourable. When you don't like the taste of tahini you could use cashew butter instead.



CARROT GINGER DRESSING

INGREDIENTS

- * 4 medium carrots, diced
- * 1 garlic clove, minced (or 1 tsp granulated garlic powder)
- * 6 tbsp (90 ml) water
- * 2 tbsp (30 gr) tahini (with only one ingredient: sesame seeds)
- * 2 tbsp (30 ml) lemon juice or apple cider vinegar
- * 1 tbsp fresh ginger, diced (more if you like it tangy)
- * ¼ cup and 2 tbsp (90 ml) orange juice (juice of 1 fresh orange)
- * black pepper to taste
- * ½ tsp ground turmeric (optional)

Add all the ingredients into a blender and blend on high until smooth. You might have more dressing left for a third bowl. This dressing is one of my favorites! It's especially delicious over crunchier produce like carrots, fresh leafy greens and cucumbers. Leftover can be kept in the fridge for up to 4 days.



HEMP RANCH DRESSING

INGREDIENTS

- * ½ cup (30 gr) hemp seeds
- * ¼ cup (60 ml) water
- * 1 tbsp (15 ml) apple cider vinegar
- * juice of half a lemon
- * 1 garlic clove
- * 1 tsp dill
- * dash of salt (optional)
- * 1 tsp (5 gr) coconut sugar or 1 Medjool date (optional)

The hemp ranch is pretty simple to make. Add all the ranch ingredients in a blender and blend on high speed until creamy. Store in a container with a lid. The hemp ranch dressing can be kept in the fridge for about 4-5 days.



RICH & CREAMY HUMMUS

INGREDIENTS

- * 1 ½ cup (250 gr) cooked chickpeas
- * 1-2 cloves of garlic
- * 1 tbsp (15 gr) tahini
- * 1 tbsp (15 ml) acv or lemon juice
- * 4 tbsp (60 ml) almond milk
- * salt to taste (optional)
- * ground black pepper to taste

Combine all in a blender and blend until smooth. Add more milk if the hummus is too thick . Add more lemon juice if you like a more tangy taste.



MARINARA SAUCE

INGREDIENTS

- * 3 big tomatoes . cut in chunks
- * 2 tsp (12 gr) garlic powder
- * 2 tsp (6 gr) onion powder
- * ½ tsp marjoram
- * ½ tsp rosemary
- * ¼ tsp black pepper
- * 1 tbsp (15 gr) tomato paste
- * optional: salt to taste

In a (small blender) blend all ingredients. Add salt only once the sauce is ready to ensure you are using the right amount of salt.

Pour the blended sauce in a small pot and bring to a simmer on medium heat, then let the sauce simmer on low for 20 minutes, stirring frequently.

Add salt to taste. Or if you are not using salt, you can easily leave it out.



LENTIL "MAYO" DIP

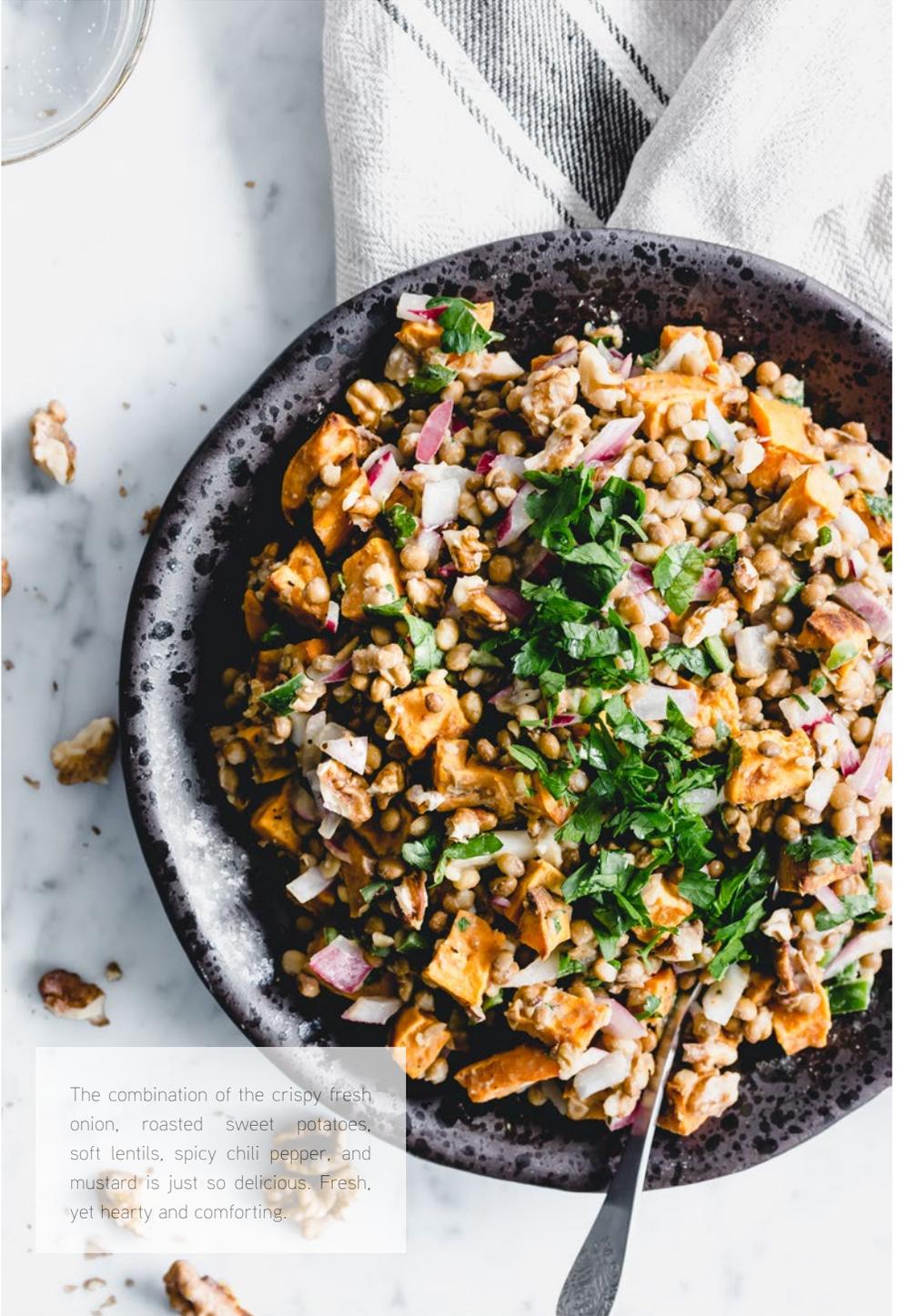
INGREDIENTS

- * 3 cups (250 gr) cooked brown lentils
- * ½ cup (110 ml) plant-milk (such as almond milk or oat milk)
- * 1-2 garlic clove(s)
- * 1 big tbsp (20 gr) (mild) mustard
- * 1 tsp (15 ml) apple cider vinegar
- * 1 tbsp (7 gr) onion powder
- * ground black pepper to taste
- * 1 tbsp (10 gr) nutritional yeast

Add all the ingredients into a blender and blend on high until smooth. Any leftovers can be kept in the fridge for up to 4 days.



RECIPES



The combination of the crispy fresh onion, roasted sweet potatoes, soft lentils, spicy chili pepper, and mustard is just so delicious. Fresh, yet hearty and comforting.



LENTIL SALAD WITH WALNUTS & ROASTED SWEET POTATOES



1-2



10'



20'

INGREDIENTS

- * 2 heaping cups (240 gr) brown or French lentils, cooked and cooled (or from a jar, rinsed and drained)
- * 4 tbsp fresh lemon juice
- * half (or one small) red onion, diced
- * 1 green chili pepper, seeded and diced
- * 2 tsp mustard (I like to use a mild one)
- * ½ tsp onion powder
- * freshly ground black pepper to taste (I normally add a few big dashes)
- * 12 walnuts (about 25 gr), crushed with a knife

- * 2 tbsp (about 12 gr) of fresh parsley, finely chopped
- * 1 medium sweet potato
- * 1 tsp garlic powder
- * optional: salt to taste

STEP 1

Preheat the oven to 375 °F/180 °C.

Rinse the lentils in a sieve under running water.

In a pot bring 4 cups of water to a boil and add the lentils. Cover tightly, reduce heat and simmer until they are tender for about 10-15 min.

STEP 2

When the lentils are cooked, run the lentils through a sieve and put aside in a bowl. You can also use French lentils for this recipe.

Instead of dried lentils you can also use brown lentils from a glass jar. You will not need to cook those, but make sure to rinse and drain them well.

STEP 3

Peel the sweet potato. Cut the sweet potato in small cubes. You can do so by cutting the potatoes as if you are going to make fries. Then cut the fries in cubes. Don't cut the sweet potato cubes too small, since they will burn more easily. Rinse the starch off the sweet potato and place (while still wet) on a lined baking sheet in the oven.

STEP 4

Mix the mustard with the lemon juice in a small glass and whisk well. Add this to the lentils. Add

the red onion, black pepper, green chili pepper, walnuts, parsley and onion powder.

STEP 5

The sweet potatoes should be done after about 20 minutes (depending on the oven and the size of the cubes). A few minutes before taking the sweet potatoes out of the oven, sprinkle the garlic powder on the sweet potatoes.

Take the sweet potatoes out of the oven and add these to the bowl with the lentils. Make sure to also add the lightly roasted garlic powder. Mix all well and serve.

NOTES:

You can use any other herb you like instead of parsley such as dill or coriander.

In the summer I like to make this salad more juicy and crispy by adding in 1-2 tomatoes, peeled and finely chopped. I also like to use then a little bit more red onion.

This is one of my favorite quick dinners. It's easy, contains a good amount of veggies (hello broccoli) and it's also warming and hearty.





GREEN SOBA NOODLE BOWL WITH CASHEWS



2



10'



10'

INGREDIENTS

- * 2 servings (about 190 gr) soba noodles aka buckwheat noodles
- * half a cup (70 gr) cashews
- * 1 cup (140 gr) (frozen) green peas
- * 1 green bell pepper, diced
- * 2 spring onions
- * 1 medium head of broccoli
- * 3 cups (about 80 gr) spinach, chopped
- * 2 medium carrots, peeled
- * 3-4 cloves of garlic, minced (ginger

- instead of garlic is also an option)
- * 2 tbsp (35 ml) tamari or coconut aminos
- * chili flakes to taste (I normally add ½ a teaspoon, but this might be too much/too little for some)
- * half a tbsp per bowl of sesame seeds
- * 1-2 tbsp fresh parsley or coriander, finely chopped
- * juice of 1 lemon or lime
- * Optional: salt to taste

STEP 1

If you're using frozen green peas, take the green peas out of the freezer before you start cooking.

STEP 2

Toast the cashews in a dry saucepan for a couple of minutes, until golden brown. In the meantime wash and chop the broccoli in smaller florets. Wash the spinach. I like it when the spinach is cut into small strings. Cut the broccoli into small florets. Slice the spring onion and green bell pepper into small bite size pieces too. Slice the carrot into long, thin strips with a julienne peeler, or with a vegetable peeler.

STEP 3

Remove the cashews from the pan and set aside in a small bowl for later. To the same warm pan add now the minced garlic, tamari or coconut aminos, juice of half a lemon, and chili flakes. Let this simmer for a minute or two on medium heat, and then add in all the veggies. Squeeze in the remaining lemon juice over the veggies (wait with the green peas and spinach). Let it simmer for 5-8 minutes on medium heat, stirring it frequently to ensure it cooks evenly and doesn't burn. If anything gets stuck to your pan add in more water (tablespoon by tablespoon). Add the green peas and spinach when the veggies are almost done. If you wish you can add some extra chopped

parsley while the veggies simmer or add parsley or coriander as a garnish for serving..

STEP 4

While the veggies simmer prepare the soba noodles. Fill a pan with 4 cups of water and let the soba noodles cook 5-8 minutes. Stir with a fork so the noodles will not stick to each other.

STEP 5

Once the soba noodles are done, drain the noodles. Stir the noodles through the cooked veggies with the toasted cashews and place in a bowl. Sprinkle with more lemon juice if you like a tangy taste. Top your bowl with sesame seeds and more fresh parsley or coriander.

Optional: add a dash of salt and pepper to taste when serving. Instead of salt you can also add a bit more tamari or coconut aminos if needed.

NOTES:

This bowl leaves room for experimentation or great to finish up any greens in your fridge. Don't have broccoli, use cauliflower or zucchini? Don't like soba noodles, use lentil pasta. Don't like lemon juice, use orange juice. Don't like carrots, use bok choy. You get my point I think.

This is a great recipe that is perfect to make ahead. It's warming and so filling.





JUMBO BUTTER BEANS VEGGIE STEW



4



15'



20-40'

INGREDIENTS

- * 1 ¼ cup (240 gr) dried white jumbo beans (lima beans)
- * 1 small zucchini, diced
- * 1 head of broccoli (medium size), cut into florets
- * 2 carrots (medium size), peeled and cubed
- * 1 white onion, finely chopped
- * 1 cup (140 gr) (frozen) green peas
- * 1 Italian red sweet pepper (or red bell pepper)
- * ½ cup (125 gr) tomato puree/paste
- * 1 parsnip, peeled
- * 2 tsp of ground cumin
- * 2 tbsp of nutritional yeast
- * 1-2 garlic cloves, minced
- * a few dashes black pepper
- * 1 tsp ground oregano
- * 2 tbsp (or more to taste) of fresh parsley
- * 2 cups (450 ml) stock, depending on the size of the veggies this may be more (or less) water.
- * For serving per person: half a cup (80 gr) cooked buckwheat

STEP 1

When cooking jumbo beans/lima beans I start the night before. Rinse the beans under running water and place in a bowl covered with fresh water. Be generous with the water. Let soak overnight. The next day, rinse well and place in a pan or the instant pot.

STEP 2

Wash and cut the zucchini, the broccoli, carrots, onion, the red sweet pepper, and parsnip. Add this to the beans in the pan or instant pot.

STEP 3

Also add the frozen green peas, tomato puree, cumin, nutritional yeast, garlic cloves, black pepper, ground oregano, and stock. The amount of water and stock depends on your pan. Just make sure to cover the veggies and beans well. Add more water if you prefer a stew with more of a soup consistency.

STEP 4

The cooking time will be different when you use an instant pot or when you cook the stew on the stove. If you use an instant pot cook on high pressure with a natural release for 40 minutes. If you use precooked lima beans from a jar, 10

minutes will do.

If I cook this on the stove I keep an eye on the beans, after about an hour on medium heat they should be cooked. Check every 10-13 minutes and add more water if needed. If you use precooked lima beans from a jar, 15-20 minutes will do.

STEP 5

Serve with buckwheat. I serve this with about half a cup of cooked buckwheat and fresh herbs such as parsley.

NOTES:

You could use any other beans in this recipe, but I highly recommend the jumbo butter beans. It totally makes this recipe so much more satiating. A big pot will last me for a few days. I love to serve it with rice or buckwheat.



The ultimate dinner comfort bowl that only takes about 15 minutes to make. It's so simple to make if you have a nice supply of herbs and spices, and precooked chickpeas.



BAKED CHICKPEAS IN TOMATO SAUCE



4



15'



15'

INGREDIENTS

- * 1 red onion
- * 1 tbsp balsamic of choice
- * 2 bay leaves
- * 1 allspice grain
- * 2 peppercorns
- * ½ cup (100 ml) water
- * 2 cups (360 gr) cooked chickpeas
(or cook the chickpeas the day before:
¾ cup (150 gr) dried chickpeas)
- * 1/2 tsp smoked paprika
- * 1/2 tsp (sweet) paprika powder
- * 1/4 tsp cayenne pepper
- * 1 tsp ground cumin
- * 1 tsp dried marjoram
- * 1 tsp dried parsley
- * 1 2/3 cup (375 gr) pure tomato paste

(no other ingredients)

- * 2 fresh tomatoes, diced
- * 1 cup (200 ml) water
- * 1 tbsp apple vinegar
- * salt and black pepper to taste when serving

STEP 1

Cut the onion in small chunks. Add the onion to a medium size pan with a few tablespoons of water over medium heat. Once the water starts to evaporate add the bay leaves, balsamic and a few more tablespoons of water. Also add the allspice grain and peppercorns. Cook for about 3-5 minutes until the onion is soft and translucent. Add more water if the onion starts to stick to the pan (tablespoon by tablespoon). All in all, you will need about ½ cup / 100 ml of water.

STEP 2

When the onion is soft, add the precooked chickpeas, mix well and add all the other remaining herbs; smoked paprika, paprika powder, cayenne pepper, ground cumin, dried marjoram, dried parsley.

STEP 3

Cook for a few more minutes and then add the tomato paste, diced tomatoes, 1 cup of water, and apple cider vinegar.

Cover the pan and cook for another 5-10 minutes. Season with salt and pepper once you are ready

to serve. Some serving options are quinoa, buckwheat, rice or your favorite pasta.

This bowl is quickly served, because these lentils don't need to be soaked and are fully cooked in 15 minutes, which is very fast compared to other beans and legumes. This soup has a deep rich flavor and is deliciously comforting, filling, creamy, crunchy, and beautiful to serve.





TURMERIC LENTIL SOUP WITH CRUNCHY ALMONDS



2



10'



20'

INGREDIENTS

- * 3 cups water (750 ml) to cook the lentils
- * 1 cup (200 gr) yellow lentils
- * ½ cup (60 gr) frozen peas
- * 1/3 cup (70 ml) almond milk (or coconut milk)
- * 1 tbsp of mixed herbs (such as herbs de Provence)
- * 1 tbsp nutritional yeast
- * ½ tbsp onion powder

- * a dash of ground black pepper

ALMOND HERB MIXTURE:

- * ½ cup (50 gr) slivered almonds
- * 2-3 cloves of fresh garlic, minced
- * salt and pepper to taste
- * 1 tsp of turmeric
- * 1 tsp of cumin
- * 1 tsp oregano
- * 1 tbsp water

STEP 1

Rinse the lentils under running water. Place the lentils in a pan with the water and allow to boil for about 10-15 minutes on high heat. On medium heat let the lentils simmer for about 5 more minutes until they're totally soft/mushy and most water is absorbed.

STEP 2

Take the frozen green peas out of the freezer. Heat a bit of water (just enough to cover the green peas) in a pan to warm them up. No need to boil them. Drain and set aside.

STEP 3

In a warm pan add the ingredients for the almond herb mixture, but add the garlic last. Start with the slivered almonds, turmeric, cumin, and oregano. Let this heat up with a 1 tablespoon of water. Sauté for about 1-2 minutes. When the slivered almond start to brown add the garlic, salt and pepper and sauté until the garlic is golden brown. Add little by little more water to prevent burning. Instead of the salt and pepper, I often use tamari or coconut aminos instead.

STEP 4

Place the cooked lentils in a blender with the milk (or blend with an immersion blender) until smooth

and creamy. Add slowly more milk if the soup is too thick (I like it thicker). Stir in the mixed herbs, nutritional yeast, onion powder and black pepper.

STEP 5

Serve with the drained green peas and the almond herb mixture as a topping.

NOTES:

When you are making a portion for later store the almond herb mixture in a separate container.

Mung beans are an amazing addition to almost any salad, but the combination of mung beans with cauliflower and spices, such as curry, is still the best.





CURRY CAULIFLOWER WITH MUNG BEANS



2



10'



20'

INGREDIENTS

- * 1 head cauliflower, cut into florets
- * 1 cup (220 ml) unsweetened plant-based milk, I use almond- or cashew milk
- * 1 cup (200 gr) dried mung beans
- * ½ cup (125 ml) water + more for sautéing
- * 1 tsp cumin powder
- * ½ tsp ginger powder
- * 1 tsp turmeric powder
- * 3 tsp curry powder
- * 1 tsp onion powder
- * freshly ground black pepper
- * ½ medium onion, diced
- * 1 tbsp lemon juice
- * 1 garlic clove, minced
- * 2 tbsp nutritional yeast
- * optional for serving: one Brazil nut per bowl

STEP 1

Wash the cauliflower and cut into smaller florets. Add the cauliflower to a food processor with a slicing disk to create cauliflower rice. You could also cut the cauliflowers florets into little pieces with a knife, just like I do for this recipe. Alternatively, you can use a box grater to shred the cauliflower into fine rice-sized pieces.

STEP 2

To a hot pan add 3 tablespoons of water and the onion. Add water if needed to prevent the onion sticking to the pan. If the onion is becoming translucent, add the cauliflower rice, cumin powder, turmeric powder, onion powder, curry powder, ginger powder, lemon juice, minced garlic and a dash of freshly ground black pepper.

STEP 3

Add the plant-based milk and let simmer on medium heat for about 10 minutes until all milk is absorbed. Add tablespoon by tablespoon more water if the mixture is becoming too dry.

STEP 4

Meanwhile, rinse the mung beans under cold running water and cook in twice the amount of water for about 20 min. The mung beans are ready when they are soft, but are not falling apart.

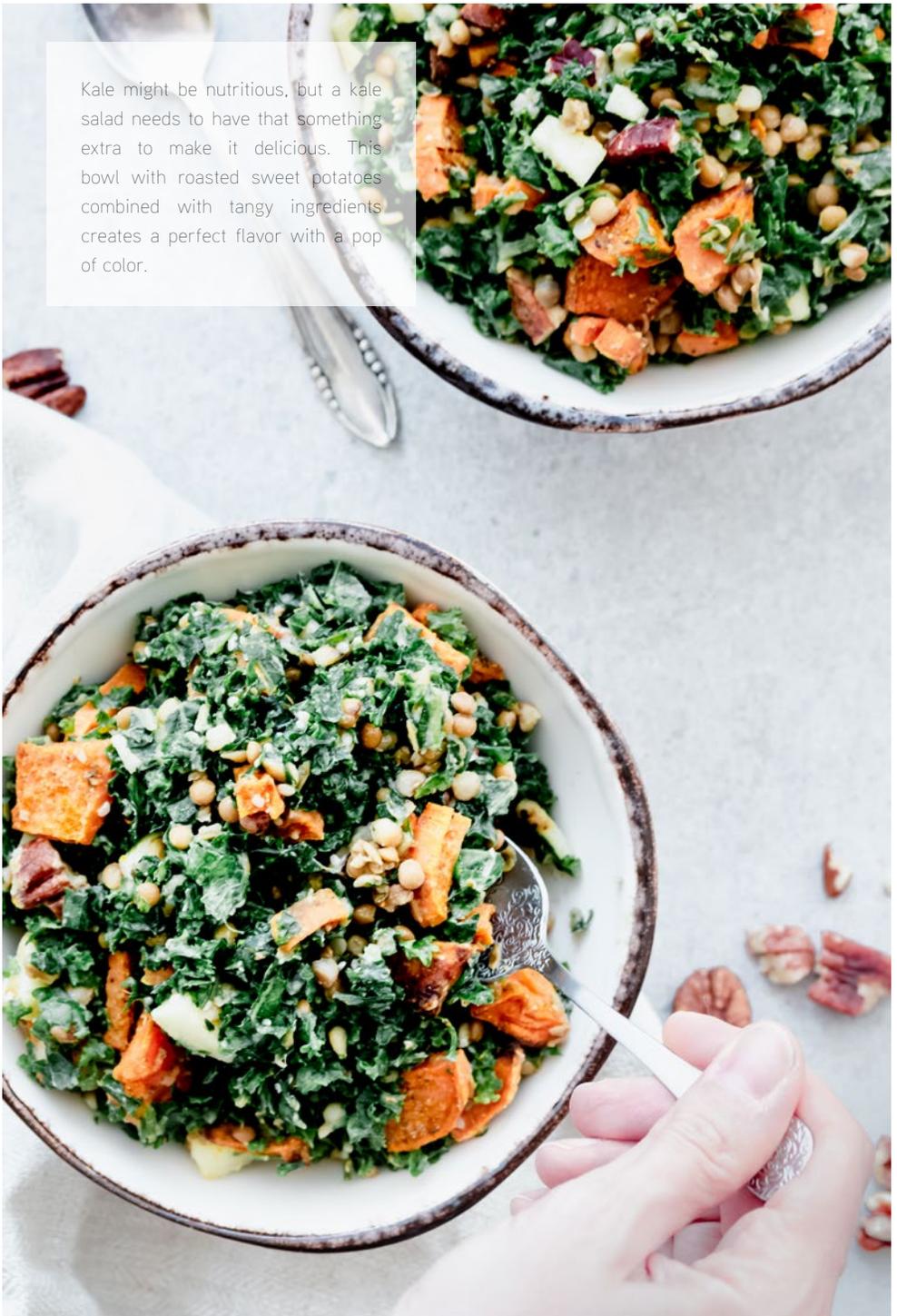
STEP 5

Once the mung beans are done add the mung beans to the cauliflower with nutritional yeast. Stir to incorporate everything and serve.

NOTES:

If you can't find dried mung beans look for names such as "green gram" or "maashi".

Kale might be nutritious, but a kale salad needs to have that something extra to make it delicious. This bowl with roasted sweet potatoes combined with tangy ingredients creates a perfect flavor with a pop of color.





KALE SALAD WITH PEAR AND BAKED SWEET POTATOES



1-2



15'



20'

INGREDIENTS

- * 1 ½ (150 gr) fresh kale
 - * juice of 1 lemon
 - * ½ tbsp apple cider vinegar
 - * 1 tbsp onion powder
 - * 4 tbsp mustard
 - * 1 ¼ cup (240 gr) cooked brown lentils
 - * 2 medium sweet potatoes
 - * 3 tbsp dark balsamic vinegar
 - * 1 tsp curry powder
 - * 1 tsp garlic powder
 - * a few dashes ground black pepper
 - * 1 tbsp hempseeds
- * 1 pear (or an apple), diced
 - * for serving: 4 pecan nuts, crushed (add more to taste)

STEP 1

For this recipe I use precooked brown lentils from a glass jar. Rinse the lentils with a sieve and make sure to drain them well. Set aside.

Preheat the oven to 375 °F/180 °C.

STEP 2

Peel the sweet potatoes and cut into cubes. Don't cut the sweet potatoes too small, since they will burn more easily. Rinse the starch off the sweet potatoes. Place the sweet potatoes while still wet on a lined baking sheet in the oven. After about 10 minutes add a splash of (dark) balsamic over the sweet potatoes together with the curry powder. Bake in total for about 20 minutes until soft and well baked (depending on the oven and the size of the cubes).

STEP 3

Rinse of the kale and massage with the juice of one lemon until the kale becomes softer. If the kale still seems to be chunky, cut (or tear) into smaller pieces. Take your time to massage the kale, it's worth the effort.

STEP 4

Add the baked sweet potatoes to a bowl together with the lentils and the kale. Stir in the garlic powder, onion powder, black pepper, mustard,

hempseeds, apple cider vinegar and the diced pear.

STEP 5

Mix all well and serve. I like to serve it with some crushed pecan nuts for that crunch.



Mac & cheese is the ultimate comfort food. This bowl is rich, ultra “cheesy”, made with whole plant-powered ingredients, and it comes together in a speedy 20 minutes flat.



SMOKY MAC & CHEESE



2



5'



15'

INGREDIENTS

* 7 oz (200 gr) pasta of choice (such as chickpea pasta, brown rice elbow pasta or any other pasta you like).

CHEESE SAUCE:

* 2 medium Russet potatoes, peeled and diced into cubes (280 gr)
 * 1 small sweet potato (200 gr)
 * 4 ½ tbsp (18 gr) nutritional yeast
 * ½ cup (90 ml) unsweetened plant-based milk (such as almond- or cashew milk)
 * 1 tbsp tahini
 * 1 tsp apple cider vinegar
 * 1 tsp garlic powder or one clove fresh garlic (fresh is a bit stronger)

* ½ tsp salt, plus more to taste

* 1 tsp smoked paprika
 * 2 ½ tsp onion powder
 * 1 tsp dried thyme
 * ground black pepper
 * 2 tsp garlic powder
 * 2 tsp Dijon mustard
 * optional: ½ tsp chili powder
 * optional for extra creaminess: half a cup (55 gr) of slivered almonds

TOPPINGS:

* a good sprinkle nutritional yeast
 * pinch of salt
 * a dash of smoked paprika

STEP 1

Bring a medium pot of water to a boil. Peel and chop the potatoes and carrot*. Place into the boiling water and cook for 10-12 minutes, or until the potatoes are easily pierced with a fork.

Drain the potatoes and set aside. Rinse out the pot, then re-fill with water and bring to a boil again.

Add in your pasta of choice and cook according to package instructions. If you are going to bake the pasta in the oven again, I recommend cooking the pasta for the minimum amount of time. Just so it's al dente. If so, you could preheat your oven to 375 °F/180 °C now.

STEP 2

Prepare the sauce by combining the potatoes and carrot* with the rest of the remaining ingredients in a food processor or high-speed blender and blend for 1-2 minutes, until it is a thick smooth texture with no chunk. Add extra salt to taste, if desired.

STEP 3

Drain your pasta, but do not rinse it. Serve the pasta in a bowl. Then, spoon all of that gooeey,

cheesy sauce over the warm pasta and top with nutritional yeast, salt and smoked paprika. The smoked paprika weaves a savory smoky flavor throughout, so if you want to up the smokiness even more, go on and get shaking. I usually add a few more dashes along with a bit more black pepper.

It will initially seem like there is way too much sauce, but the pasta will draw it in as you stir and trust me, you'll want every bit of it.

FOR THE OVEN VERSION:

Return the pasta to the pot and pour the cheese sauce over it, stirring to combine it well. Spread the pasta and sauce mixture evenly into either an 8x8" or pie pan. Bake for 8-10 minutes, then broil on for 2-5 minutes, until the top is golden brown and crispy. Be sure to watch carefully so it doesn't burn. Carefully remove from the oven and serve immediately.

NOTES:

You could use white potatoes only. If you do so, I would add one small carrot, chopped into chunks (about 60 gr) for the color. Boil the carrot together with the potatoes.



This crumbled "fried" tofu bowl with beans and loads of veggies is spiced to perfection with peppers, onions, and garlic for a perfect hearty satiating meal in 15 minutes.

This bowl makes an amazing lunch or dinner, and even breakfast if you wish to keep any leftovers.



SCRAMBLED "EGG" BEAN BOWL



2



5'



10'

INGREDIENTS

- * ¾ cup (200 gr)(7 ounces) firm tofu
- * 1 diced onion (60 gr)
- * 1 garlic clove, minced or /2 tsp garlic powder
- * 1 diced red bell pepper (120 gr)
- * 1 cup (130 gr) frozen green peas
- * 1 tbsp mustard
- * ½ tsp ground turmeric
- * 2 tbsp nutritional yeast
- * 200 gr black beans or kidney beans
- * ½ tsp ground paprika
- * 5 tbsp (70 ml) unsweetened plant-

based milk

- * 1 tsp apple cider vinegar
- * 1-2 tbsp chopped green onion/scallions (optional)
- * ½ tsp cumin powder
- * a few dashes ground (black) pepper
- * a sprinkle of sea salt
- * a few tbsp of water for cooking

STEP 1

For this recipe I usually go for black beans or kidney beans from a glass jar. These beans offer the highest concentration of lectin. If they're prepared incorrectly, you can get very sick. In order to prevent any foodborne illness you must boil these beans long enough to destroy the lectins and you'll be fine. Since this beans are not made quickly I use black beans or kidney beans from a glass jar. Rinse them very well and set aside.

STEP 2

Rinse and drain the water from the package of tofu. I like to use extra firm silken tofu, medium-firm tofu, or firm tofu. The extra firm silken tofu will give you the silkiest egg-like texture all the way to the firm tofu which will give you a bit more of a bite. So choose your tofu according to how firm you would like your scramble to be.

STEP 3

Pat the brick of tofu with a paper towel to absorb any excess water. In a non-stick pan on medium heat, add a few tablespoons of water and heat the diced onion and diced red bell pepper for about 2-3 minutes until soft. Next crumble the tofu with your hands into small pieces into the pan.

Add in the frozen green peas.

Heat and stir together for another 2-3 minutes, then start adding in ground paprika, cumin

powder, turmeric, sea salt, and nutritional yeast. Add a few more tablespoons of water.

Cook for another 5-6 minutes until most of the liquid is absorbed and you're starting to see some browning on the tofu. If the tofu is not browning and start to stick to the pan, add a few tablespoons of water.

STEP 4

Reconstitute the scramble by adding in a plant-based milk and cook for another 2 minutes. During these last couple of minutes add ground pepper, minced garlic, apple cider vinegar, and green onion if you like. Lastly stir in the black beans or red kidney beans. Mix in the mustard and stir to combine.

STEP 5

Serve with fresh greens and/or avocado. This recipe serves also very well with salsa or a hot sauce. You could also swap: leek, carrot, or eggplant instead of a bell pepper; fresh ginger instead or together with fresh garlic; brown rice vinegar instead of apple cider vinegar; sesame seeds instead or together with nutritional yeast. For extra saltiness add a splash of tamari when serving.





BURRITO BUCKWHEAT BOWL WITH UNFRIED BEANS



2



20'



30'

INGREDIENTS

UNFRIED BEANS:

- * 3 ½ cups (230 gr) cooked pinto beans (black beans would work too)
- * 1 tsp (6 gr) garlic powder
- * 1 tsp (3 gr) onion powder
- * 1 tsp chili powder or ½ tsp cayenne powder
- * 1 tsp salt (optional)
- * ¼ cup (60 ml) of water

BURRITO BOWL

- * 1 cup (170 gr) cooked buckwheat or brown rice
- * 1 cup (170 gr) corn (frozen or from a glass jar, rinse well)

- * 1 small tomato, diced
- * 1 small onion, diced
- * 2 small pickles, diced
- * 1 small red bell pepper, diced
- * ¼ small cucumber, diced
- * a few mint leaves, chopped or cilantro/parsley
- * ½ avocado
- * as a side: a good handful of mixed greens such as spinach or romaine
- * a batch of **Hemp Ranch Dressing**

STEP 1 | UNFRIED BEANS

I use cooked pinto beans from a glass jar for this recipe. Place the beans into a strainer and rinse them thoroughly under running water. Allow as much liquid to drain out of the strainer as possible. Transfer to your food processor along with the salt and all of the spices (garlic powder, chili powder and onion powder) and process until smooth. Add small amounts of water until the desired consistency is reached. Normally ¼ cup water will create a good consistency (not too runny). Taste and add more seasonings if desired. Store in the fridge in a container with a lid for up to a week.

STEP 2

To assemble the burrito bowl combine the ingredients for the burrito bowl in big bowl. Per bowl add ½ cup cooked buckwheat or rice on the bottom, then add ½ cup corn, tomato, onion, cucumber, red bell pepper and top with avocado, pickles, a few tablespoons unfried beans, herbs and some fresh greens on the side.

Drizzle the hemp ranch dressing on top, but make sure to leave some dressing also on the side, because you will for sure want to add more once you dig into this bowl.

NOTES:

Beans and unfried beans freeze very well. So you can make a bigger batch of unfried beans Then package into smaller serving sizes to freeze and use later.

This is a pretty fancy bowl, so feel free to make a more simple version. The unfried beans are perfect to make ahead, so you will always have a great dip to serve this bowl with. I usually make a bigger batch and use it for a lot of other recipes too.



This Moroccan inspired bowl can be eaten cold or warm. Don't skip the spicy tomato sauce: it adds so much spice and flavor to the roasted vegetables.



SPICY QUINOA BOWL WITH ROASTED VEGGIES



2-3



5'



30'

INGREDIENTS

- * 1 red pepper, diced
- * 1 zucchini, diced
- * 1 small eggplant, diced
- * 1 small head broccoli, cut into smaller florets
- * 2 tbsp spicy tomato paste (see recipe below)
- * 1 tsp garlic powder or finely chopped garlic
- * 3/4 cup (135 gr) uncooked quinoa, rinsed
- * 1 1/2 cups (360 ml) vegetable stock
- * to serve: fresh cilantro (or parsley), finely chopped

SPICY TOMATO SAUCE:

- * a few small dried chiles (chilies) of your choice (you can make this as spicy as you wish)*
- * 1/2 tsp ground coriander
- * 1 tsp ground cumin
- * 2-3 garlic cloves, peeled and minced
- * 1/2 cup (110 gr) pure 100% tomato paste
- * 1 tbsp fresh lemon juice or apple cider vinegar
- * optional additions: fresh cilantro and paprika powder

STEP 1

Preheat the oven to 180 °C / 350 °F.

In a bowl, mix the diced red pepper, zucchini, eggplant, and broccoli with the spicy tomato paste and garlic powder so the vegetables are coated. Roast for 20-30 minutes until browned.

STEP 2

Meanwhile, cook the rinsed quinoa by adding it to a saucepan with the vegetable stock. Cook on a simmer for approximately 10 minutes, until all the liquid is absorbed by the quinoa. Once cooked, add to a serving bowl and fluff with a fork.

STEP 3

When the vegetables are roasted, stir into the quinoa or place on top of the quinoa. Serve with fresh herbs such as chopped cilantro or parsley. You can serve straight away for a hot meal or keep it in the fridge for a cool salad for up to 5 days.

SPICY TOMATO SAUCE:

Soften the chiles by placing the chiles in a heatproof bowl and cover with boiling water. Let sit for 30 minutes.

Drain the chiles, but reserve the liquid for later.

Remove and discard the stems and (a few or all)

seeds from the chiles. You might want to use food gloves for this...

In a food processor combine the chiles with garlic, lemon juice, coriander, cumin and tomato paste. (You can also use a mortar and pestle.) Blend until well combined. Slowly drizzle in the liquid (tablespoon by tablespoon) from the chiles to make the paste a bit less thick. If you like an even thinner paste add more of the soaking liquid until the paste has reached your desired texture.

NOTES:

For this recipe I used dried chiles but you can use any chiles you like or have on hand, either a single kind or a combination, fresh or dried.

For moderately spicy, try a mix of guajillo and new Mexico chiles.

Add heat with arbol or puya chiles.

Add smokiness with chipotle or morita chiles.

Add richness with ancho, mulato, or pasilla chiles.

For a very mild paste, use roasted red bell peppers.

I like to make a bigger batch and will have a cold bowl the next day for lunch. This bowl is also great for when you are on the go, at a picnic or a vegan BBQ.



This purple risotto- like rice bowl is loaded with all the goodness: purple cabbage, sweet potatoes, parsnip, garlic, rosemary and carrots. It's super simple to prepare and so satisfying. Not to mention the gorgeous color purple.



PURPLE RICE BOWL WITH SWEET POTATO



3-4



15'



25'

INGREDIENTS

- * 2 large sweet potatoes, peeled and diced
- * half a small purple cabbage, washed and shredded (250 gr shredded)
- * 1 carrot, thinly sliced
- * 2 parsnips (200 gr), diced
- * 1 cup (200 gr) uncooked long grain brown rice or arborio risotto rice
- * 3 ½ cup (800 ml) vegetable stock, add more if the rice you are using is absorbing too much water
- * 1 tbsp ground cumin
- * juice of 1 lemon or lime
- * 2 tsp dried thyme
- * 1 medium (sweet white) onion, chopped
- * 2 garlic cloves, peeled and sliced
- * 1 tbsp coconut butter (not coconut oil)
- * 1 tbsp fresh rosemary leaves
- * 50 ml white wine vinegar
- * a pinch of salt
- * ½ tsp ground black pepper
- * optional: dried red chili flakes

STEP 1

Preheat oven to 425 °F/220 °C. Drizzle lemon juice over the diced sweet potatoes and parsnip and place on a baking tray lined with parchment paper. Bake for 10 minutes, then add dried thyme, a pinch of salt and ½ teaspoon black pepper. Roast for 10-15 more minutes or until the edges of the sweet potato start to brown. Take out of the oven and set aside to serve with the rice.

STEP 2

Heat vegetable stock in a medium pot to a gentle simmer. Wash and peel the outside of the purple cabbage, then quarter it, remove the core, and slice thinly. You can also buy ready to use shredded purple cabbage.

STEP 3

Heat a big pot on medium heat. Add a few tablespoons of water and gently sauté the cumin, sweet onion, purple cabbage, carrot, and garlic for 5-10 minutes until softened and fragrant. Add in 1 tablespoon of coconut butter followed by the uncooked rice and rosemary. Stir well until the rice is coated evenly with the coconut butter. Add in the white wine vinegar and stir until absorbed.

STEP 4

Cover the rice with stock. Stir well and simmer

until the almost all the liquid is absorbed. Add more stock as needed. Cook on medium heat and add ladles of vegetable broth, stirring almost constantly, giving the risotto little breaks to come back to a simmer. You want the mixture to be cooking but not boiling or it will get gummy and cook too fast.

STEP 5

Continue to add vegetable broth stirring to incorporate, until the rice is "al dente". The rice should be cooked through, but not mushy. This process should only take 15-20 minutes. Depending on the rice this will be about 3 ½ cups of stock. You want to create a risotto like texture (with a creamy coating) and not a soup or stew. Taste and add in more salt or black pepper if needed.

STEP 6

To serve, divide the purple rice between serving bowls and top with the roasted sweet potatoes and parsnip. If you wish you can add a few leaves of dried rosemary and dried chili flakes.

NOTES:

This purple rice recipe is best when fresh, but any leftovers will keep covered in the refrigerator for 2-3 days. Make sure to thoroughly reheat the rice when serving any leftovers.



There is really no better way than to describe this recipe as sunshine in a bowl. I could drink this orange ginger dressing with a straw. Combined with the flavored tofu, carrot ribbons, fresh greens and millet it seems like every bite is the perfect mixture of flavors and textures.



SUNSHINE TOFU BOWL



2



10'



15'

INGREDIENTS

- * 2 medium carrots, peeled
- * 9-ounce package (250 gr) extra firm (smoked) tofu, cut into cubes
- * 2 tsp mustard
- * 2 big handful spinach or mixed greens
- * $\frac{3}{4}$ cup (160 gr) uncooked millet or 1 cup (180 gr) quinoa
- * 2 cups (450 ml) water, to cook the millet or quinoa
- * a few dashes of ground black pepper
- * 3 tsp onion powder

- * 2 tsp sesame seeds (for serving)
- * optional for serving: $\frac{1}{3}$ cup (40 gr) chopped almonds
- * a batch of **Carrot Ginger Dressing**

STEP 1

Preheat the oven to 400 °F (200 °C)
Rinse the millet or quinoa under running water. In a pot add the millet or quinoa and toast in medium heat for 1 to 3 minutes. Stir to prevent burning. Add the water to cook the millet or quinoa on medium heat. Bring to a boil. Cover and reduce heat, and let simmer for about 5-10 minutes. Remove from the heat, fluff with a fork and let it sit, covered for 10 minutes.
Use a vegetable peeler to peel the 2 carrots into ribbons.

STEP 2

Cut the tofu in cubes and place in a small bowl with 1 teaspoon of mustard, the onion powder and black pepper. Make sure all the tofu is well covered.
Line a baking sheets with parchment paper and arrange the tofu on the baking sheet. Bake for 15 minutes or until golden brown around the edges. You can also use smoked tofu for a more intense flavor.

STEP 3

When the tofu is brown and slightly crispy remove from the oven, toss it lightly with another teaspoon of mustard, and return the tofu to the oven for 2 more minutes.

STEP 4

To serve, divide the millet/quinoa into two bowls. Add the carrot ribbons, tofu, greens, and sesame seeds. I like to add chopped almonds on top for an extra crunch. Serve with the carrot ginger dressing on the side. You'll definitely want to add more dressing as you dive into this bowl.



If you are following me with my oil-free cooking, you might wonder how I make crispy fries. Or anything crispy. This oven baked fries and veggies bowl is a delicious recipe that I make all the time. No need to flip, watch, or broil!



PERFECT OVEN BAKED FRIES & VEGGIES WITH LENTIL "MAYO" DIP



2



5'



35'

INGREDIENTS

- * 3 big organic Russet potatoes (for the most crispy result)
- * 1 big parsnip (optional)
- * 1 medium sweet potato
- * 1 small head cauliflower
- * 1 tsp garlic powder
- * 2 tsp onion powder
- * ½ tsp mustard powder
- * ½ tsp ginger
- * 1 tsp curry or smoked paprika
- * 1 tsp garam masala

- * ground black pepper to taste and a pinch of salt if you wish
- * a batch of **Lentil "Mayo" Dip**, to serve

STEP 1

Preheat your oven to 425 °F / 220 °C. Scrub the potatoes clean, and peel them if you like. You could keep the skin on your potatoes for some extra texture. I peel the skin. Wash and peel the parsnip. Cut into bite size chunks. Wash the cauliflower and cut into smaller florets.

Chop your fries into any shape of your choice; wedges that are between 1/2" (3 cm) are recommended. Too thin or too thick potatoes fries will affect the crispness.

STEP 2

Place the potatoes, sweet potato, parsnip, cauliflower in a colander and rinse. Rinse the veggies and potatoes so you can place them a bit wet in the oven. I cut all the veggies and potatoes, add them to a colander, rinse and drain shortly. As such the spices and herbs will also easily stick to the veggies and potatoes.

STEP 3

Place on a baking tray with a silicone mat or parchment paper. You could use a silicone mat to bake the veggies and potatoes on, but (non-bleached) parchment paper works great for me. Spread the fries and veggies evenly across the tray.

Don't stack them up and try to make the potatoes

not touch the veggies and other potatoes so they can get crispy.

Sprinkle with my go-to spices and herbs. I use a lot of herbs and spices, since I don't use salt. Toss the potatoes and veggies a few times so the spices are well distributed.

STEP 4

Bake for 35-50 minutes until golden brown and crispy. Serve with the Lentil "Mayo" Dip.

NOTES:

Try to go for organic potatoes as they are more dense and moist than non-organic potatoes. You can use whatever veggie you like for this recipe.

You don't always have to use all these spices. For a quick bake I will use garam masala only. Or garlic, onion powder and smoked paprika. Feel free to add a pinch of salt though. It will make these fries only better.



The chimichurri is the hero of this bowl as it combines so well with the greens and noodles. A good chimichurri can go with about everything, but this green bowl is my favorite.



THE GREEN BOWL WITH CHIMICHURRI



1



10'



10'

INGREDIENTS

- * 1 small head broccoli
- * 1 portion pack (80 gr) soba noodles
- * 1 spring onion, diced
- * herbs such as cilantro, to taste
- * ½ avocado sliced
- * 2 handfuls of fresh mixed greens such as spinach
- * 1 cup (100 gr) green peas
- * ½ small cucumber, ribboned
- * golden flax seeds or sesame seeds for garnishing

- * a batch of **Chimichurri sauce**

STEP 1

Wash and cut the broccoli in small florets. Steam for about 10 minutes until soft. You could also boil or roast the broccoli instead.

STEP 2

I use soba noodles for this bowl, but you can use whatever you have in your kitchen cupboards. Chickpeas spaghetti or lentil pasta would go well with this bowl too. Buckwheat, rice or quinoa are also a good option.

Cook the soba noodles according to the package instructions in plenty of water. Drain and rinse.

STEP 3

Use a potato peeler to ribbon the cucumber.

STEP 4

To serve add to a bowl the fresh mixed greens, broccoli, green peas, avocado, cilantro, cucumber, soba noodles, spring onion, and garnish with sesame seeds.

Serve with plenty of chimichurri.





Sweet potatoes combine so well with more tangy flavors, such as pickled red onions, but they are also a great match with fresh herbs, such as parsley. And a rich and creamy hummus is the perfect addition to these sweet potato bowls. The contrast in flavors is what makes this recipe so amazing.



SWEET POTATO BEAN BOWLS WITH HUMMUS & PICKLED ONIONS



2



15'



25'

INGREDIENTS

- * 2 sweet potatoes
- * 1 glass jar cooked kidney beans (this is about 1 1/2 cups /230 gr)
- * 1-2 cloves of garlic, minced
- * 1 tsp onion powder
- * 1 tbsp tamari
- * 1/2 tsp turmeric
- * 1 tbsp nutritional yeast
- * 1 tsp dried oregano
- * 5 walnuts, crushed
- * 1 tomato, cut in chunks
- * herbs to taste, such as cilantro or parsley (in this recipe I used cilantro)
- * juice of 1 lime
- * 2 big tbsps of **Rich & Creamy Hummus**

QUICK PICKLED ONIONS

- * 2 red onions or 1 large red onion, thinly sliced
- * 2 cups (470 ml) lukewarm water
- * 3/4 cup (175 ml) white wine vinegar or rice vinegar
- * 1/2 to 1 tsp of salt (optional)

STEP 1

Wash the sweet potatoes. With a fork punch the sweet potatoes on several spots. Place in a preheated oven at 425 °F / 220 C until soft (about 25 minutes).

STEP 2

Meanwhile, prepare the beans. I use cooked kidney beans from a glass jar and make sure to rinse them under running water. Drain well. Heat a pan on medium heat with 3 tablespoons of water and add the beans to the pan. Add the minced garlic, nutritional yeast, dried oregano, turmeric, tamari and onion powder too. Toss to combine. Add a few more tablespoons of water if needed.

STEP 3

When the sweet potatoes are done take them out of the oven. Cut each sweet potato length wise open in the middle and divide the hot beans from the pan in the middle.

STEP 4

Add a big tablespoon of hummus on top of the beans, add also the fresh tomato chunks and parsley. Finish by adding the pickled red onions

and walnuts on top and the lime juice.

QUICK PICKLED ONIONS:

Peel the red onion, cut into half and slice really thin to create half circle slices.

Place the sliced onion in a medium glass jar, such as a 32 oz (900 ml) Mason jar.

Then add in the salt, warm water and rice vinegar. Close the lid and shake.

Place the jar in the fridge for at least 3-4 hours, but it's better to keep the jar overnight in the fridge.

NOTES:

You can reuse the pickling liquid up to 4 times. If needed, you will only need to adjust vinegar and salt.

You can use this method to also pickle other ingredients, such as thinly sliced cucumber, radishes, ribboned carrots, or daikon rash.



Soft and tender on the inside and crispy on the outside. These cauliflower wings are so full of flavor! These wings are great as a snack or appetizer, but I enjoy them best in a big bowl as my main meal with some quinoa and with a simple tahini sauce. It's the bomb!



BAKED BUFFALO CAULIFLOWER WINGS



4



15'



15'

INGREDIENTS

- * 1 head cauliflower, washed and cut in bite size florets
- * 1 cup (140 gr) brown rice or oat flour
- * 2 tbsp (15 gr) coconut flour
- * 1 tbsp (6 gr) curry powder
- * 1 tbsp (6 gr) onion powder
- * 1 tbsp (3 gr) smoked paprika
- * 1 tsp (3 gr) ground turmeric
- * ½ (1 gr) tsp ground ginger
- * juice of 1 lime
- * 1 ¼ cup (300 ml) plant-based milk such as almond milk
- * optional : salt to taste when serving

TAHINI SAUCE

- * 3 ½ tbsp (55 gr) tahini
- * 2 tbsp (30 ml) lemon juice
- * 1 tsp (4 gr) garlic powder

- * 3 tbsp (40 ml) warm water, plus more if needed

JAPANESE SWEET POTATOES

- * 2 Japanese sweet potatoes
- * 1 tbsp (6 gr) curry powder
- * 1 tbsp (6 gr) mustard powder
- * 1 tbsp (6 gr) onion powder

QUINOA SALAD

- * ½ cup (90 gr) uncooked quinoa (I used two colored black and white quinoa)
- * a big handful of cilantro (or parsley), finely chopped
- * 2 stalks of spring onions
- * ground black pepper
- * juice of half an orange

STEP 1

Preheat your oven to 425 °F / 220 C.

Create the buffalo batter for the cauliflower. To a mixing bowl add the rice flour, coconut flour, curry powder, onion powder, smoked paprika, turmeric, ginger, lime juice and plant-based milk and mix well with a fork. The consistency should be like a thick smoothie.

STEP 2

Dip the cauliflower florets one by one into the batter. Place the cauliflower on a lined baked sheet with parchment paper, and bake in a preheated oven at 425 °F / 220 C for about 30 minutes until crispy and golden brown. Make sure the cauliflower wings are not stacked and are not placed too close to each other.

STEP 3

Serve the cauliflower wings as you wish, but make sure to drizzle them with a good amount of the Tahini Sauce.

TAHINI SAUCE

Mix all the ingredients in a glass and whisk with

a milk frother until smooth. Add more water if the sauce is too thick.

JAPANESE SWEET POTATOES

Preheat your oven to 425 °F / 220 °C. Scrub the Japanese sweet potatoes clean, and peel them if like. You could keep the skin on your potatoes for some extra texture. Cut into bite size chunks. Rinse the Japanese sweet potatoes under running water and place in the oven on a baking tray lined with parchment paper. Spread them evenly across the tray. Sprinkle spices and bake for 30-40 minutes until soft.

QUINOA SALAD

Rinse the quinoa under running water. Place in a pot with double the amount of water and cook for 15 minutes on medium to low heat until all water is absorbed. Fluff with a fork and place in a bowl. Wash and chop the cilantro and spring onions and add to the quinoa. Bring to taste with ground black pepper and orange juice. Stir to combine well.



I think buckwheat is a much underrated superfood. It's a grain-free seed with great nutritional value and it does wonders for our digestion. You can serve this with anything you like, but I love to serve this buckwheat risotto with a spinach chickpea salad.



BETROOT BUCKWHEAT RISOTTO



2



5'



45-60'

INGREDIENTS

- * 1 cup (170 gr) raw buckwheat
- * 2 cups (500 ml) water
- * 2 big raw beetroots
- * juice of 1 lemon or lime
- * 1 tbsp vegetable bouillon powder
- * 1/3 cup (80 ml) almond milk
- * ground black pepper to taste
- * salt to taste (optional)
- * 1-2 tsp dried dill

SPINACH CHICKPEAS SALAD

- * 2 big handfuls of spinach
- * 1 small red onion, diced

- * 3 medium pickles, diced
- * 1 1/2 cups (245 gr) cooked chickpeas
- * 2 garlic cloves, minced
- * 1/4 cup (25 gr) slivered almond
- * 1 tbsp curry powder
- * 1 tbsp ginger powder
- * a few dashes ground black pepper
- * 1 tsp turmeric
- * 1 tbsp apple cider vinegar
- * 1 tbsp hemp seed hearts

STEP 1

For this recipe you could use precooked beetroots, but I find roasting raw beetroots very delicious and easy.

Preheat your oven to 425°F / 220C. Scrub the beetroots (with the skin) under running water. Roast in the oven on a baking sheet lined with parchment paper for 45-60 minutes. Once the skin is crispy and the beetroots are soft inside, take out of the oven and set aside to let cool.

STEP 2

With a sieve rinse the buckwheat under running water until the water is clear. Add the rinsed buckwheat with double the amount of water in a pan. Add the bouillon powder, stir and let cook for about 5 minutes. Reduce heat and let simmer for another 15 minutes until all water is absorbed. The buckwheat should still be a little bit wet and not too crunchy or soggy.

STEP 3

Peel the beetroots and place in a blender or food processor with the lemon juice, black pepper, salt (if using) and almond milk. Blend until smooth. Add a tiny bit more almond milk if the beetroot puree is too thick. You want to create a thick puree like a frozen smoothie.

Stir in the beetroot puree in the buckwheat. Finish

off with dried dill as a topping.

SPINACH CHICKPEA SALAD

Wash the spinach and chop them up. Add the spinach to a medium sized bowl. Cut the red onion and pickles in small chunks and add to the spinach. If you are using chickpeas from a jar, rinse well. Otherwise cook the chickpeas according to package instructions.

I used chickpeas from a glass jar and rinsed them well. Still wet distribute the chickpeas on a baking sheet lined with parchment paper. Sprinkle over the spices: curry powder, ginger powder, turmeric, and black pepper. Bake in the oven at 425 °F / 220 °C.

After 10 minutes add the slivered almonds and minced garlic to the chickpeas. Bake for another 5 minutes.

To the spinach salad add the hempseeds, apple cider vinegar, and the spiced chickpeas with the garlicky almonds from the oven.

Serve with the beetroot buckwheat risotto.

NOTES:

For this delicious beetroot buckwheat risotto recipe, you only need to make sure to cook the buckwheat long enough and go for a good quality vegetable bouillon/stock.

The cooked risotto will last in an airtight container in the fridge for up to 4 days.



Tabbouleh with a twist. Miso tofu makes this bowl delicious. The tofu is prepared like crumbled tofu with delicious spices. With a little meal prep (cook the millet the day before) this bowl comes together in just 15 minutes. The next day this bowl is even better!



TABBOULEH MISO TOFU BOWL



1-2



10'



15'

INGREDIENTS

- * 8 oz / 200 g block firm tofu
- * ½ cup (100 gr) millet (or quinoa or extra fine bulgur wheat)
- * 4 firm Roma tomatoes or 6 cherry tomatoes, very finely chopped
- * ¼ cucumber, very finely chopped
- * 1 big bunch of parsley, part of the stems removed, washed and well-dried, very finely chopped (cilantro is also a good option if you don't like parsley)
- * 1 tsp ground cumin
- * ½ tsp smoked paprika
- * 1 tsp (dark) miso
- * 1 tsp dried oregano
- * 2 tsp onion powder
- * 1 tsp garlic powder
- * 2 small green onions, white and green parts, very finely chopped
- * 8-10 fresh mint leaves, stems removed, washed, well-dried, very finely chopped
- * juice of ½ lemon or lime
- * salt (optional)
- * a dash black pepper

STEP 1

In a fine mesh sieve rinse the millet under running water. Place in a medium pan with double the amount of water. Cook for about 10-15 minutes until fluffy. Drain and set aside to cool down. When in a hurry, give it a rinse with cold water. Cooked you should have about 340 grams millet.

STEP 2

In a small glass stir the miso with a few tablespoons of (warm) water. Stir until the miso is dissolved. Set aside.

STEP 3

Heat a non-stick skillet over high heat. With your fingers crumble the tofu in the skillet as if you are going to make a tofu scramble. Add a splash of water to prevent from sticking. Heat up until slightly browned, then add the miso mixture. Stir to combine. Add in the smoked paprika, onion powder, dried oregano, cumin, and garlic powder. Let simmer for 10-15 minutes on low heat. Add a few teaspoons of water if the tofu sticks to the skillet.

STEP 4

Very finely chop the cucumber, tomatoes, herbs and green onions.

In a large mixing bowl mix the tomatoes, cooked (cold) millet, chopped cucumbers, fresh parsley, fresh mint, green onions, lemon juice, black pepper and crumbled tofu.
Divide into bowls and enjoy.

NOTES:

You can serve the tabbouleh straight away or keep it in the fridge to serve later. Keep the tofu and the millet with fresh ingredients separate. Keep in the fridge for up to 2-3 days.



This vibrant turmeric curry rice bowl is a great one to make ahead. It's a fast and easy recipe, perfect for brightening up any weeknight bowl. I like to serve rice with lentils, since beans and legumes are my favorite food to combine rice with. So if you are looking for a simple and quick lentil tomato stir, then this recipe is the perfect one for you.



CURRY RICE WITH A TOMATO LENTIL STIR



2



10'



20'

INGREDIENTS

- * 1 cup (180 gr) uncooked brown or white rice
- * 2 cups (500 ml) water to cook the rice with
- * 1 vegetable low-salt bouillon cube
- * 3 (dried) curry leaves
- * 2 big or 3 small garlic cloves, minced
- * 1 tbsp (7 gr) fresh ginger, minced
- * 1 small red onion, diced
- * ½ tbsp (4 gr) ground turmeric
- * 1 tbsp (7 gr) ground cumin
- * ground black pepper, just a dash
- * 1 tsp (2 gr) fresh or dried thyme (optional)
- * handful fresh cilantro for serving, washed and finely chopped

TOMATO LENTIL STIR

- * 5 small (cherry) tomatoes
- * 1 small onion, diced
- * 1 cup (250 ml) water
- * 1 small zucchini, diced
- * 6 tbs (100 gr) tomato paste/puree (no ketchup)
- * 3 cups (225 gr) cooked brown lentils, rinse and drained if from a jar
- * ground black pepper to taste
- * 3 tsp (6 gr) ground cumin
- * 3 tsp (6 gr) dried basil
- * 3 tsp (6 gr) dried marjoram

STEP 1

Rinse the brown rice under running water until the water runs clear. Drain. In a medium sauce pan over medium heat.

STEP 2

Add in the curry leaves. Depending on how much you like the flavor of curry leaves come through your dish you could add more. Also add in the garlic, ginger and red onion. Once all is warmed up add in the turmeric, cumin, black pepper, thyme and rice. Stir until combined. Add water, bouillon cube and curry leaves and cover the pan. Reduce heat, allow to simmer 15-20 minutes, or until all liquid is absorbed. Remove from the heat and allow to sit for 5 minutes. Remove curry leaves, fluff with a fork and serve with fresh cilantro or parsley.

STEP 3

To make the tomato lentil stir, wash the tomatoes and cut into small chunks. Make sure to keep the juice of the tomatoes. Together with the chopped onion and zucchini add the tomatoes (plus juice) to a medium warm pan. Let simmer on medium

heat. After 5 minutes add water.

STEP 4

Meanwhile, cook the brown lentils according to package instructions or use rinsed and drained brown lentils from a (glass) jar. Add the lentils to the pan together with the tomato paste, black pepper, basil, marjoram and cumin. Cover the pan and let cook through for about 20 minutes on low heat until the tomatoes and zucchini are soft and all liquid is absorbed.

Serve with the turmeric curry rice and fresh lettuce or any other green you like such as spinach.

NOTES:

Any leftovers can be kept in the fridge for up to 5 days.

This salad is creamy, fresh and crunchy, because of the fresh fennel in combination with tzatziki.





FENNEL BEAN SALAD WITH TZATZIKI



2



10'



10'

INGREDIENTS

- * 1 fresh fennel bulb, trimmed, cored, and thinly sliced
- * ½ small red onion, diced
- * 1 cup (150 gr) cooked chickpeas (rinsed if from a jar)
- * 1 cup (150 gr) cooked red kidney beans
- * ⅓ cup (35 gr) slivered almonds
- * 1 tsp (3 gr) ground mustard
- * a pinch of ground powdered ginger
- * 2 tbsp (15 gr) fresh parsley, finely chopped
- * 1 tbsp (7 gr) fresh coriander, finely chopped
- * juice of 1 lemon
- * ½ teaspoon sea salt (optional)
- * fresh ground black pepper to taste
- * optional for serving: a handful of a green salad mixture such as arugula, lettuce and spinach
- * a batch of **Tzatziki Sauce**

STEP 1

Rinse the beans under cold running water and soak overnight under several inches of cold water. Drain and rinse the beans, then place in a medium saucepan and cover again with fresh cold water. Bring to a boil, then reduce the heat to low, cover, and simmer for 1 to 1 ½ hours, or until the beans are tender but still firm. Drain and set aside to cool.

Alternatively, you can use beans from a (glass) jar. Rinse and drain well before use.

STEP 2

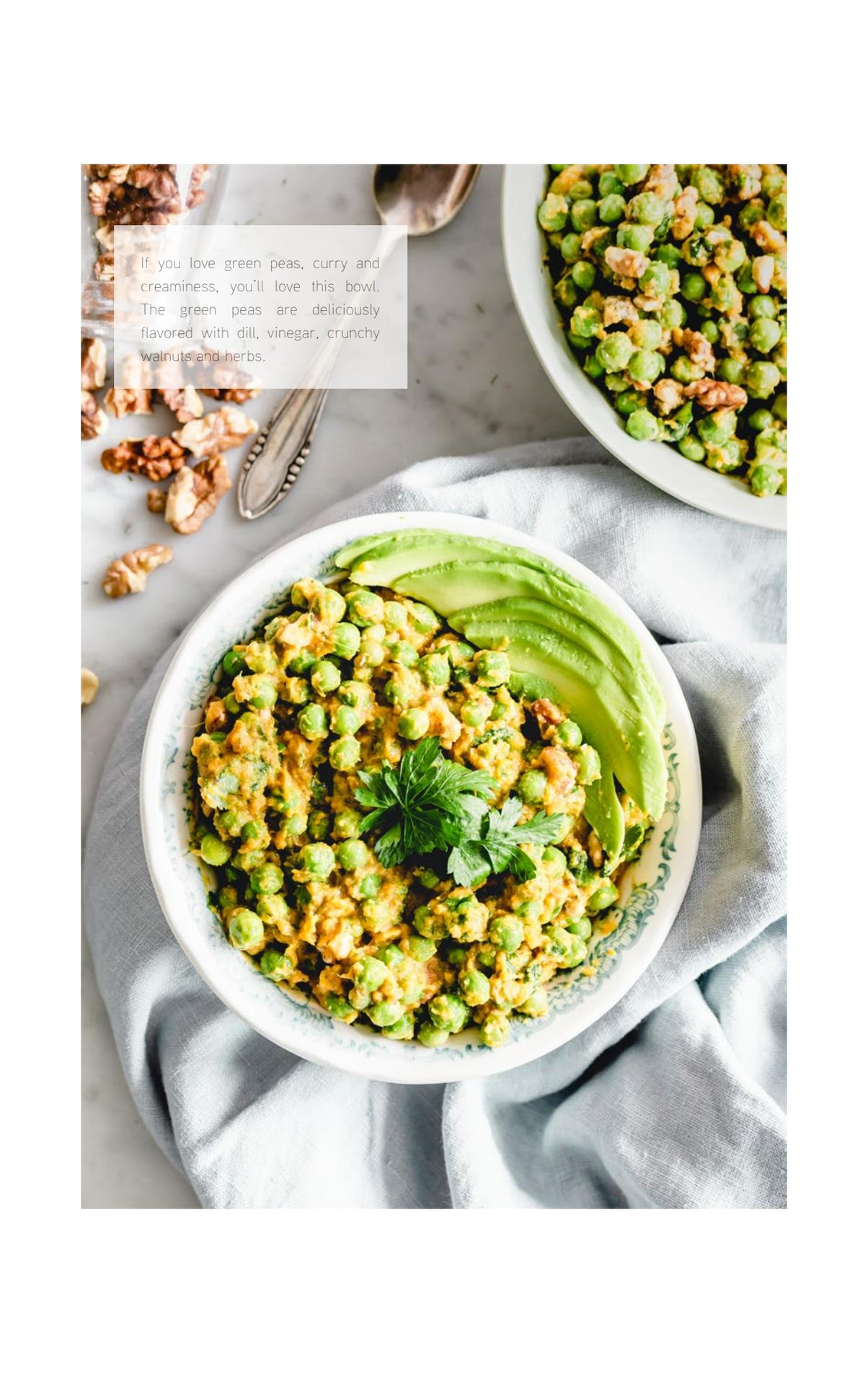
Slice the fennel bulb and place in a bowl. I prefer to cut fennel thinly and also in chunks of different sizes. Add beans to the bowl with all the other ingredients as well and stir to combine.

Keep the green salad mixture aside for serving.

STEP 3

Combine tzatziki and fennel bean salad in a bowl and serve with leafy greens. Keep some more tzatziki aside for drizzling and dipping or to save for later.



A top-down photograph of a white ceramic bowl with a blue floral pattern around the rim. The bowl is filled with a mixture of green peas, a yellowish-orange curry sauce, and small pieces of walnuts. Slices of avocado are arranged along the right side of the bowl, and a fresh green herb leaf is placed in the center. The bowl sits on a light blue linen cloth. In the background, another similar bowl is partially visible, and a silver spoon and fork are scattered on a white marble surface with some walnuts.

If you love green peas, curry and creaminess, you'll love this bowl. The green peas are deliciously flavored with dill, vinegar, crunchy walnuts and herbs.



GREEN PEAS CURRY BOWL



2



10'



20'

INGREDIENTS

- * 4 cups (600 gr) green peas (frozen)
- * juice of half a lemon
- * 2 tbsp (15 gr) fresh parsley or coriander, finely chopped
- * 1 tbsp white wine vinegar
- * 1 tbsp (7 gr) fresh or dried dill, finely chopped (adjust to taste)
- * ½ cup (50 gr) walnuts, chopped
- * 1 tbsp (15 ml) coconut aminos or tamarí
- * salt (optional) to taste
- * ground black pepper, to taste
- * ½ small avocado, cut in cubes

CREAMY SWEET POTATO CURRY

- * 1 medium sweet potato, washed with skin and cut in half
- * a dash of ground black pepper
- * 1 tsp onion powder
- * ¾ tsp curry powder
- * 1 tsp Dijon mustard
- * ¼ cup (50 ml) plant-based milk (almond milk)

STEP 1

Preheat oven to 375 °F/180 °C. Line a baking tray with parchment paper. Place the sweet potato (inside downwards) on the parchment paper and bake for about 20 minutes or until soft and the sweet potato starts to release juices. When the sweet potato is soft remove from the oven and set aside to cool.

STEP 2

Scoop the inside of the sweet potato in a bowl. With a fork mash sweet potato while adding all the other ingredients for the creamy sweet potato curry. Add more milk if the mash is too thick to your liking.

STEP 3

Bring a medium pot of water to a hard boil. Add frozen green peas to boiling water being sure not to overcrowd the pot. The water should be able to come back to a boil within 1 minute. Once the water and peas return to a hard boil, boil (blanch) your peas for only 1 ½ minutes.

STEP 4

Scoop out green peas and cool them instantly in cold or an ice water bath. The cold water will help ensure the peas don't continue to cook from their

own heat. Overcooking the peas will leave them too mushy. Once all the green peas are cooled off, drain the water well.

STEP 5

Add the green peas to a mixing bowl. Add all the other ingredients for the green peas salad in the bowl as well and stir to combine well.

STEP 6

In a large bowl, combine the green peas with the creamy sweet potato curry and serve (cold) with the avocado cubes.



This vibrant potato rainbow bowl is the perfect way to enjoy the benefits of a raw salad, combined with baked potatoes, corn, and sour cream.



CURLY RAINBOW POTATO BOWL



2



15'



20'

INGREDIENTS

- * 1 small sweet potato
- * 2 small white potatoes
- * 2 small purple potatoes
- * 2 tbsp dried oregano
- * 1 medium red beet
- * 2 medium carrots
- * 2 handfuls fresh spinach (about 80 gr)
- * 2 corn on the cob
- * 1 ½ cups (250 gr) cooked chickpeas (rinsed and drained if from a glass jar)
- * 2 small tomatoes, diced
- * juice of 1 lime

- * 1 tsp poppy seeds for serving

SOUR CREAM

- * 1 cup (150 gr) raw cashews
- * ½ cup (125 ml) water
- * 1 tbsp lemon juice
- * 1 tsp apple cider vinegar
- * pinch of salt

STEP 1

Wash and cut the potatoes in small cubes. Place on a baking sheet with parchment paper and dried oregano and bake for about 20 minutes at 425 °F/220 °C.

STEP 2

Use a spiralizer to create linguine-like strands (curly ribbons) with the carrots and red beet. Instead, you can use a potato peeler to make ribbons.

Wash the spinach and place in a large mixing bowl. Combine it together with the curly carrots and beets. Also add in the chopped tomatoes and cooked chickpeas. Top the salad with the potatoes once done they are nice golden brown.

STEP 3

Wash the corn and peel of the leaves. Break in half and place in a large pot with water and boil for about 10-15 minutes.

STEP 4

Meanwhile, make the sour cream by adding the cashews to a glass hot water (not boiling) and let soak for 10 minutes. Drain and place in a food

processor/high-speed blender together with the other ingredients and blend until thick and creamy. You may need to stop to scrap down the sides every now and then. Add a little bit more water as needed to create your desired consistency.

You will have about 1 ¼ cup sour cream.

STEP 5

Serve the bowls with a good drizzle of the cashew crème, lime juice and poppy seeds or black sesame seeds. Serve with corn on the cob.

NOTES:

Sour cream is best refrigerated for at least an hour before serving, but will do fine if served right away. Sour cream will thicken upon being chilled.

If you use less water it will result in a thicker sour cream while more water makes it thinner. If you feel you've put in too much liquid, add a few more cashews and blend until smooth, but keep in mind that refrigerating will also thicken your cream.

Any leftovers can be kept in the refrigerator for 5 days.



Homemade sushi bowls are the answer to sushi cravings. There's no rolling involved, which means it's quicker and much easier to make.



TOFU SUSHI BOWL



2



10'



20'

INGREDIENTS

- * 1 cup (160 gr) raw buckwheat (or white rice)
- * $\frac{3}{4}$ cup (170 gr / 6 oz) firm tofu, thinly sliced
- * $\frac{1}{2}$ small cucumber, spiralized or thinly sliced
- * 2 spring onions, chopped
- * 1 medium avocado, sliced
- * 1 nori sheet
- * 1 big carrot, spiralized or thinly sliced
- * 1 tsp sesame seeds for topping (optional)

SUSHI DRESSING

- * 1 tbsp fresh ginger, diced (more if you like it tangy)
- * 2 tbsp (30 gr) tamari, tamari or coconut aminos
- * 1 tbsp (10 gr) lemon juice
- * 2 tsp (10 gr) date syrup, maple syrup or coconut sugar

STEP 1

Start by cooking the buckwheat according to package instructions. After rinsing the buckwheat, I cook buckwheat in double the amount of water on low heat for about 15-20 minutes. Set aside.

STEP 2

Meanwhile, prepare the dressing. Add all of the dressing ingredients to a small bowl and whisk until well combined. Set aside.

STEP 3

Slice the tofu and drizzle with $\frac{1}{4}$ of the dressing. Place tofu in a preheated oven at 425 °F/220 °C and bake for about 10-15 minutes until browned.

STEP 4

With a potato peeler or spiralizer create carrot and cucumber ribbons. Cut the nori sheet in small bite-size squares.

STEP 5

When the buckwheat is cooked and the tofu is done, it's time to prepare the sushi bowls. Add the cooked buckwheat to the bowls and top each bowl with an equal portion of tofu, carrot and cucumber, avocado and nori. Serve with the remaining dressing, sesame seeds and spring onions.



This hearty lentil bowl filled with roasted carrots, radishes and tossed with a “cheese” lime dressing is my go-to bowl when I crave freshly cooked French lentils. And if you have never tried roasted radishes, you are up for a treat!



ROASTED VEGGIE LENTIL BOWL & CHEESY LIME DRESSING



2-3



15'



45'

INGREDIENTS

- * 1 cup (200 gr) uncooked French green lentils
- * 3 cups (750 ml) water to cook the lentils
- * 1 small white onion, cut into quarters
- * 2 garlic cloves, peeled and smashed
- * 1 dried bay leaf
- * pinch of salt (optional)
- * 8 small to medium size carrots, peeled
- * 8-9 red radishes, stems trimmed and scrubbed
- * 5-6 garlic cloves, skin on
- * ¼ tsp freshly ground black pepper
- * ½ small red onion, thinly sliced
- * a batch of **Cheesy Lime Dressing**

STEP 1

Rinse the French green lentils under running water. You can use any other lentil you like, but for this salad I highly recommend fresh uncooked French green lentils (referred to as Le Puy lentils). These are my go-to lentils for soups and salads, as they hold their shape very well when cooked.

Drain the lentils and place in a medium size saucepan. Add 3 cups water, the quartered white onion, smashed garlic, bay leaf, and salt. Bring the lentils to a boil, reduce the heat to simmer, and cook the lentils for 35- 45 minutes, or until tender. Drain the lentils in a fine-meshed sieve and discard the onion, garlic, and bay leaf. Place in a serving bowl to cool.

STEP 2

Meanwhile, preheat the oven to 425 °F / 220 °C. Slice the carrots into thin rounds (try to keep a consistent size) and cut the radishes into quarters. Place the carrots and radishes on a baking tray lined with parchment paper or a smaller baking tin lined with parchment paper, along with the garlic cloves (leave the skin on), and toss salt and freshly ground black pepper. Keep a few raw radishes for garnishing.

STEP 3

Roast for 20-30 minutes, tossing the vegetables

every 10 minutes or so, or until the carrots and radishes are caramelized and tender.

When the veggies are done they should be soft and brown. Remove the roasted garlic cloves from their skin and allow to cool to room temperature.

STEP 4

Add the roasted vegetables and roasted garlic to the cooked lentils, along with the thinly sliced red onion, and toss gently to combine. Season to taste with salt and pepper.

Slice the remaining radishes into thin slices. Garnish the salad with the sliced radishes.

Add a good drizzle of Cheesy Lime Dressing and serve at room temperature with more dressing on the side. This salad is great to serve later on as a cold salad from the fridge. Garnish with herbs such as parsley leaves (optional).

NOTES:

I make this salad often ahead and serve it cold during the warmer months of the year.

When radishes are not in season, I make this bowl with turnips.



This bowl with shredded Brussels sprouts, garlic and onion, and then cooked with nice umami flavors leaves all bitter memories of Brussels sprouts behind you. The slow cooking on low heat make these Brussel sprouts irresistible.



GARLICKY CRUMBLED BRUSSELS SPROUT BOWL



1-2



10'



15'

INGREDIENTS

- * 3 heaping cups (320 gr) Brussels sprouts
- * 2 small red onions, peeled
- * 2-3 garlic cloves, peeled
- * ½ cup (100 gr) uncooked quinoa
- * 2 tbsp tamari or coconut aminos
- * 1 tbsp (7 gr) onion powder
- * ½ tsp ground black pepper
- * ½ tbsp (3 gr) mustard powder
- * 1 tsp ginger powder (omit or use less if you don't like spicy flavors)
- * 1/3 cup (40 gr) pine nuts
- * 1 tsp dried oregano
- * to garnish: 1 stalk spring onion (scallions), chopped

STEP 1

Start with cleaning and trimming the Brussels sprouts.

Place the Brussels sprouts, peeled whole red onions and peeled garlic cloves in a food processor and pulse very shortly until crumbled. Just a few pulses will do.

STEP 2

Heat a skillet on high heat. Add a splash of water to check if the skillet is warm enough. The water should roll around. Add the crumbled Brussels sprouts, onion and garlic to the skillet. Add a splash of water and stir to combine.

STEP 3

Turn to medium/low heat and let simmer until soft. Add more water if needed (not too much). When the Brussels sprouts are soft add onion powder, black pepper, mustard powder, and ginger powder. Stir and let simmer for a few minutes. Add a splash of water if it starts to burn.

When the Brussels sprouts are soft and the onions translucent, add tamari or coconut aminos. Let simmer for a few more minutes. The total cooking time is about 15 minutes. The longer it cooks, the better the flavors will infuse with the Brussels sprouts.

STEP 4

Meanwhile cook the quinoa according to package instructions.

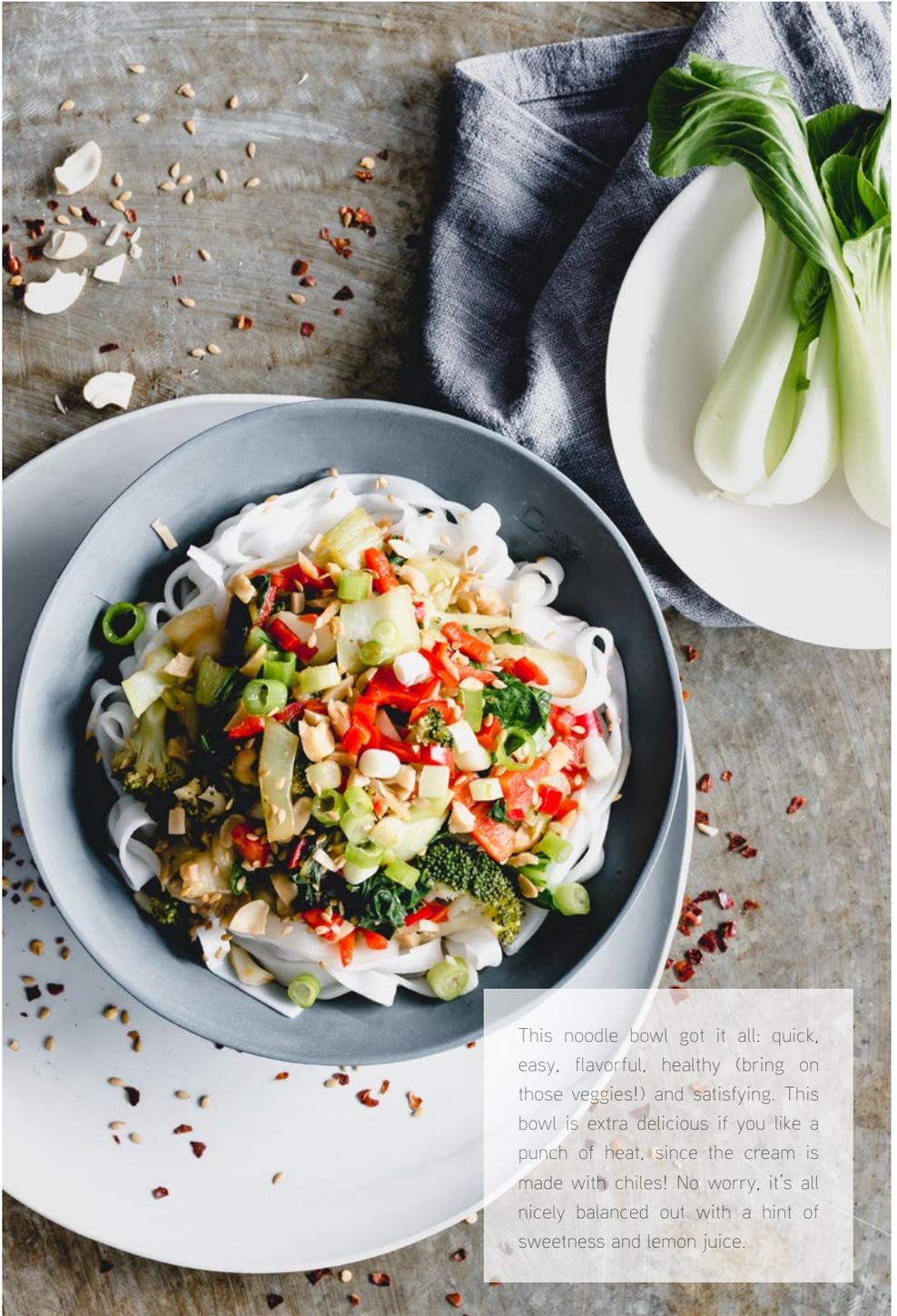
Toast the pine nuts in a dry pan for a few minutes with the oregano. Be careful, they burn quickly. Add the pine nuts to the crumbled Brussels sprouts. Keep a few teaspoons aside to use as a topping.

STEP 5

Serve in a bowl with cooked quinoa and top with pine nuts and chopped spring onions.

NOTES:

I use frozen Brussels sprouts when they are not in season. If so, cook them shortly in boiling water for 5 minutes, then rinse in cold water and drain very well. Once drained, proceed to continue as is written in the recipe.



This noodle bowl got it all: quick, easy, flavorful, healthy (bring on those veggies!) and satisfying. This bowl is extra delicious if you like a punch of heat, since the cream is made with chiles! No worry, it's all nicely balanced out with a hint of sweetness and lemon juice.



NOODLE BOWL WITH BOK CHOY & CHILI CASHEW CREAM



1-2



15'



20'

INGREDIENTS

- * about 1 1/3 cup (100 gr) brown rice noodles or regular rice noodles / ramen noodles (just make sure they are gluten-free and vegan)
- * 3 baby bok choy
- * 1 thinly sliced green onion (for garnish)
- * 2 small sweet red bell pepper
- * 1 small head broccoli
- * 1 tsp sesame seeds to top (optional)

CHILI CASHEW CREAM

- * 2 garlic cloves, finely chopped
- * 2 tbsp fresh ginger, finely chopped
- * 2 tbsp (35 ml) tamari sauce or coconut aminos
- * 2 tbsp (40 gr) date syrup or any other sweetener of choice
- * 1 tbsp (15 ml) lemon juice
- * 1 tsp finely chopped red chiles (without the seeds)
- * 1/4 cup (40 gr) cashews, finely chopped

STEP 1

Wash the bok choy and red bell pepper, and chop into bite size chunks. Set aside.

Wash broccoli and cut into florets, steam for a few minutes.

Boil the rice noodles according to package directions.

STEP 2

In a small bowl add the ingredients for the cream and whisk to combine well. Set aside.

STEP 3

In a skillet on low/medium heat, pour the sauce in and allow to begin to warm up. This will take about 1 minute. Add water if the pan becomes too dry or turn down the heat to low. Don't boil the cream, just heat it up.

STEP 4

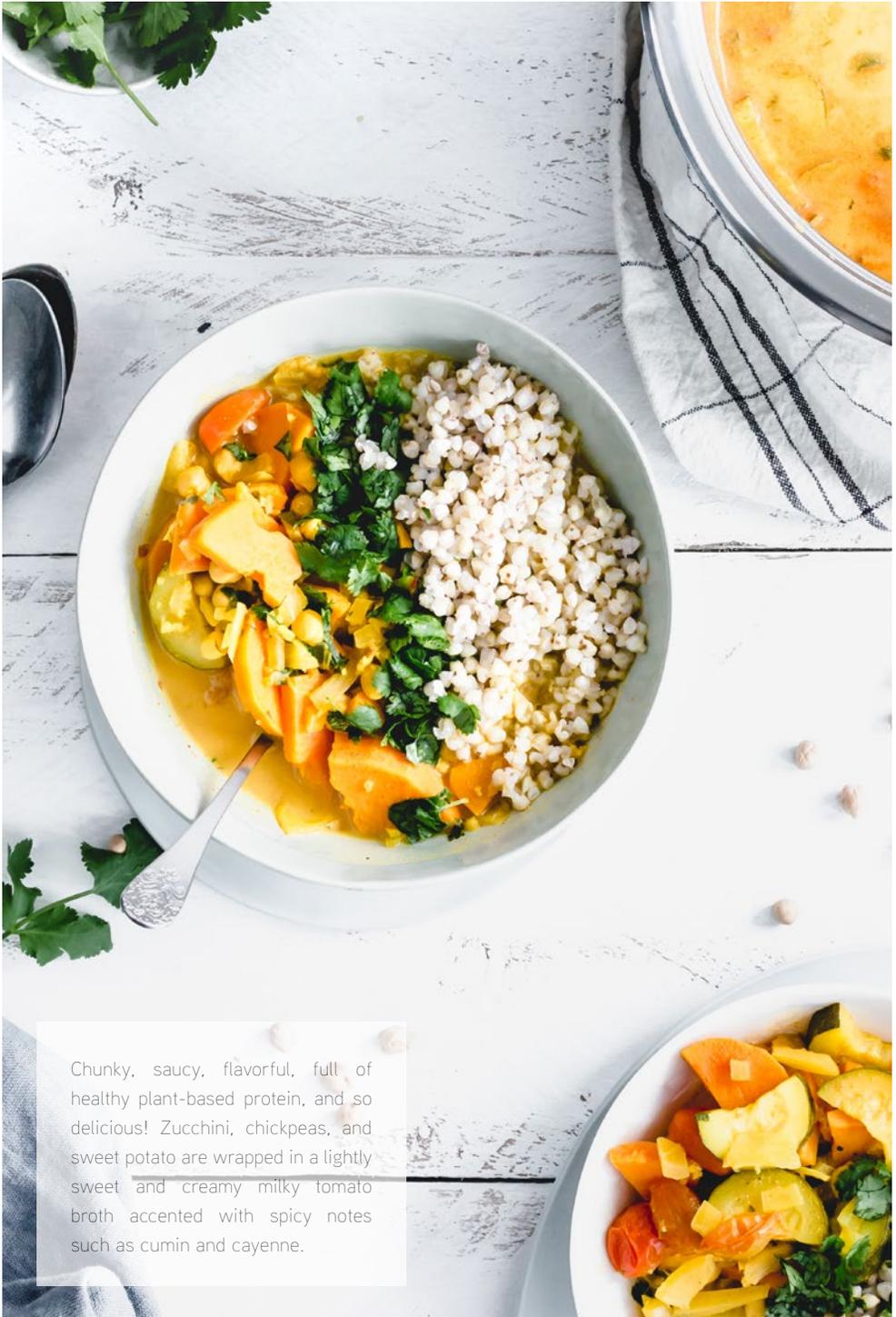
Next add in the bok choy and red bell pepper, stir to combine.

Reduce heat to low and add in the rice noodles and broccoli.

STEP 5

Place noodles in a bowl and top with the warm vegetables. Serve immediately. Garnish with green onions and sesame seeds.





Chunky, saucy, flavorful, full of healthy plant-based protein, and so delicious! Zucchini, chickpeas, and sweet potato are wrapped in a lightly sweet and creamy milky tomato broth accented with spicy notes such as cumin and cayenne.



SPICY SWEET POTATO CHICKPEA STEW



4-5



20'



20-30'

INGREDIENTS

- * 1 medium onion, diced
- * 1 large sweet potato (about 400 gr), peeled and cut in small (bite-size) chunks
- * 3 to 4 garlic cloves, minced
- * 1 medium zucchini (180 gr), cut in small (bite-size) chunks
- * 3 cups (750 ml) low or no-sodium vegetable broth
- * 10 cherry tomatoes, halved
- * 2 cups (475 ml) almond milk or coconut milk
- * 1 ½ cup (225 gr) cooked chickpeas, rinsed and drained if from a glass jar
- * 3 tbsp (45 gr) tomato paste/ puree (no ketchup)
- * 1 ½ tsp ground turmeric
- * 1 ½ tsp ground cumin
- * ½ tsp chili powder (omit or adjust to your taste)
- * ¼ tsp cayenne pepper (or more if you like some heat)
- * optional: sea salt, to taste (I don't use salt, but onion powder instead: for this recipe I use 1 tsp onion powder)
- * freshly ground black pepper, to taste
- * 3 tsp apple cider vinegar
- * small bunch fresh cilantro or parsley, finely chopped

OPTIONAL ACCOMPANIMENTS:

- * cooked brown rice, quinoa or buckwheat
- * garlic powder and chili powder

STEP 1

Heat a large pot on high heat, and add a splash of water. Add onion and garlic, and stir to combine. Lower the heat to medium and sauté for 3 to 5 minutes, or until the onion is translucent. Add the zucchini and sweet potato and stir to combine. Continue sautéing for a few minutes longer.

STEP 2

Add the broth, cherry tomatoes, almond milk, chickpeas, tomato paste, turmeric, cumin, chili powder, cayenne, and ground black pepper. If you don't like spicy food, feel free to add half the amount to start and increase from there to taste or omit. Stir well to combine.

STEP 3

Increase heat and bring to a boil. Reduce the heat to medium, stir again, and simmer uncovered for about 10-20 minutes, stirring occasionally, until the sweet potatoes and zucchini are soft and falling apart. Reduce the heat if necessary. Add the apple cider vinegar. Taste. Adjust the other seasonings if desired.

STEP 4, OPTIONAL

Using a handheld immersion blender, blend the stew for only 2 to 3 seconds to thicken the broth. If you blend it too long you will create a soup. If you don't have an immersion blender, scoop out a few cups and blend that in the blender. Then return the blended stew to the pot.

STEP 5

When almost done, stir in the herbs. Add salt if you wish. Add cooked buckwheat, rice or quinoa to a bowl and then ladle the stew on top. Garnish with more minced cilantro or parsley and a sprinkle of onion, garlic and chili powder, if you wish.

NOTES:

You can use red or green lentils instead of chickpeas. You can include more greens in this recipe, by adding baby spinach or a bunch of kale (stemmed). Chop the greens into small bite-size pieces.



SOME TIPS:

If the neatballs mixture is too goeey or sticky, add more potato flour and make your fingers wet when rolling the balls. Don't skip the fridge part, because this will make sure they can bind.

For the flavor it's important to rasp and not cut the onion.

These are neatballs, as in no meat balls. These are so good, you have to serve them in a bowl, so you can serve more than just a few. I can easily eat this multiple times a week



MINCED NEATBALLS WITH MARINARA SAUCE & HERBAL SPICE



21 pcs



20'



50'

INGREDIENTS

- * 1 cup of cauliflower rice (about ¼ whole big cauliflower / 525 gr)
- * half an onion, peeled
- * 1 garlic clove, peeled and minced
- * ¾ cup (140 gr) uncooked millet
- * 2 cups (500 ml) water to cook the millet
- * a little less than ½ cup (50 gr) sunflower seeds
- * ¼ cup (40 gr) of potato flour
- * 2 tbsp tamari / coconut aminos (or soy sauce)
- * 1 tsp date syrup or maple syrup

- * 2 tsp herbal spice (see below)
- * **Marinara sauce**, to serve

HERBAL SPICE

- * 2 tbsp dried coriander leaves
- * 2 tbsp ground coriander
- * 1 tbsp caraway seeds
- * 3 tbsp dried marjoram
- * ½ tsp Cayenne pepper or other chili powder (adjust amount to taste)
- * 2 tbsp mustard seeds
- * 12 bay leaves

STEP 1

Rinse the millet under running water and place in a medium size pot with 2 cups of water on high heat. Cook for about 5 minutes, then reduce heat to low and cook for 8 more minutes. Add a bit more water if the millet becomes too dry. You want to overcook the millet a bit so give it a few extra minutes to cook. Once done, drain and set aside. You should have about 1 ½ cups cooked millet.

STEP 2

Roast the sunflower seeds in a dry pan and chop or pulse in a blender or food processor. Set aside.

STEP 3

Wash the cauliflower and cut in 4 pieces. Rasp the cauliflower on the large side of your grater or in a food processor with a large grater to make "cauliflower rice". Rasp the onion on the large side of your grater too. Mince the garlic and place in a large mixing bowl with the cauliflower rice, onion, sunflower seeds, potato flour, tamari, date syrup and the herbal spice. Knead the mixture and place in the fridge for at least one hour.

STEP 4

Preheat oven to 375 °F/180 °C and line a baking

sheet with parchment paper. Take out the cooled mixture from the fridge and make 21 balls. You can decide on the size, but try to make them more or less the same size.

STEP 5

Place on the baking sheet and bake for 40-50 minutes until they are golden brown and don't stick to the parchment paper anymore. They will fall apart if they are not done. After 20-25 minutes, flip the balls to the other side. Once done, let cool off just for a few minutes before serving so they can set.

I like to serve this with buckwheat spaghetti and a lot of marinara sauce.

HERBAL SPICE:

Combine all ingredients and pound with a mortar and pestle until all ingredients are crushed and mixed well. You can use this blend for a lot of other savory recipes that require black pepper and could use some more flavor.

A mortar and pestle is the easiest to make this recipe, but I also managed to make this in a small blender/ food processor by pulsing a few times.

This cauliflower soup will absolutely satisfy your craving for a warm, creamy soup that's so creamy it feels like eating a puree.





SUPER CREAMY CAULIFLOWER SOUP



2-3



20'



20'

INGREDIENTS

- * 1 large head cauliflower (about 2 pounds), cut into bite-size florets
- * 2 medium potatoes, chopped
- * 1 medium (red) onion, chopped
- * 3 garlic cloves, minced
- * 2 cups (500 ml) low-salt or reduced salt vegetable broth
- * ½ cup (125 ml) plant-based milk (such as unsweetened oat- or almond milk)
- * ½ cup nutritional yeast
- * ½ cup sesame seeds
- * 1 tbsp Dijon mustard
- * 1 tsp smoked paprika
- * 1 tbsp fresh lemon juice, or more if needed
- * a pinch of ground nutmeg (be careful, only a pinch)
- * 1 tsp turmeric
- * 1 tsp fresh thyme

STEP 1

Preheat oven to 425 °F / 220 °C and line a baking sheet with parchment paper. On the baking sheet, toss the cauliflower with thyme. Bake until the cauliflower is soft (15-20 minutes) tossing halfway.

STEP 2

When the cauliflower is almost done, add a splash of water to a soup pot, and sauté onion until translucent. Add the garlic and cook, stirring constantly, until fragrant, then add the broth.

STEP 3

Add potatoes and baked cauliflower to the pot. Increase the heat to medium-high and bring the mixture to a simmer, then reduce the heat as necessary to maintain a gentle simmer. Add turmeric, nutmeg, smoked paprika, and sesame seeds. Cook for 15-20 minutes, to give the flavors time to combine.

STEP 4

Once done add lemon juice, mustard, nutritional yeast, and plant-based milk to the soup. Blend the soup. Either transfer the soup to a blender and blend in batches. Or use an immersion blender.

STEP 5

Top individual bowls of soup with thyme and sesame seeds. This soup keeps well in the refrigerator, covered for 3-4 days.

A top-down photograph of two bowls of rice with curry and roasted peanuts. The bowls are filled with white rice, a portion of which is coated in a light-colored curry sauce. The rice is topped with golden-brown, roasted peanuts. Fresh green herbs, likely parsley, are scattered on top of the rice. A silver spoon is placed in each bowl. The background is a light blue-grey textured surface. A small bowl of roasted peanuts is visible in the bottom left corner, and some peanuts are scattered on the surface between the two bowls.

You will only need one pot to make this delicious bowl of hearty curry with sweet potato and roasted peanuts. This is the most basic and delicious curry bowl that is ready in 30 minutes.



SPICY SWEET POTATO CURRY BOWL



3-4



10'



20'

INGREDIENTS

- * 1 small spring onion (minced)
- * 1 small red onion, chopped
- * 2 tbsp minced fresh ginger
- * 5 large garlic cloves, minced
- * 1 medium Thai red chili (stem removed and thinly sliced without the seeds)
- * 3 tbsp red curry paste (make sure it is a vegan paste)
- * 1 large (or 2 small) sweet potato, skin removed, diced
- * 2 cans light coconut milk (total 400 ml)
- * 3 tbsp date syrup
- * 1 tsp ground turmeric
- * salt to taste (optional)
- * ½ cup (60 gr) roasted and chopped

- peanuts (keep a bit aside for serving)
- * 1 medium lemon, juiced
- * cooked rice to serve, optional
- * herbs such as Thai (or regular) basil, or fresh cilantro/parsley, optional

STEP 1

Heat a large pot over medium heat. Once hot, add a splash of water, spring onion, red onion, ginger, garlic, and Thai red chili. Sauté for 4-5 minutes, stirring frequently.

Add red curry paste and sweet potato and stir to combine. Let cook for 2-3 more minutes.

Add coconut milk, date syrup, turmeric, and salt (if using). Stir to combine.

STEP 2

Let simmer on low heat for about 10 minutes, stirring occasionally so the potatoes will get soft and the curry flavor can develop.

STEP 3

Taste if you like the flavor and adjust as needed. I add water or unsweetened almond milk if the taste is too heavy for me, but this might be totally personal. For a more deep curry flavor add more turmeric and curry paste or more date syrup for sweetness.

Once the flavor is good and the potatoes are soft add peanuts and lemon juice. Cover and let

simmer on low heat for 4-5 minutes.

STEP 4

Serve over rice with herbs and chopped peanuts. I like to also add lemon juice on top when serving.

NOTES:

Add more greens if you wish. I love to add kale, zucchini or broccoli.

If coconut milk (of any kind) is a bit too heavy for you, try to use half coconut milk and half almond- or oat milk.

For more protein I sometimes like to add half a jar of chickpeas or black beans.



"ALL LARGE POPULATIONS OF TRIM, HEALTHY PEOPLE, THROUGHOUT VERIFIABLE HUMAN HISTORY,
HAVE OBTAINED THE BULK OF THEIR CALORIES FROM STARCH."

- DR. JOHN MCDUGALL

HOW TO CONNECT WITH ME

My main goal with The Green Creator and everything that was created around The Green Creator, such as my Instagram, Facebook and YouTube channel is to help people around the world inspire with my plant-based diet. To feel nourished by the food you prepare as an act of selfcare. With my photography and recipe creating I hope to show that a vegan diet is not bland and boring. That vegan food doesn't mean it needs to be smothered in oil or white refined sugars in order to taste good. But also, that a plant-based diet shouldn't be too complicated.

I personally eat 100% vegan and try to avoid oil, white refined sugars and salt, but that doesn't mean that works for everyone. We are all so different.

I hope you will find what works for you and your body and I hope this cookbook will help you to try to find that.

You can find me on **Instagram** (@thegreencreator), but also on **YouTube** and **Facebook**.

If you would like to stay updated, you can subscribe to my **newsletter**.

THANK YOU

I would like to take a moment to thank you for choosing to support me and The Green Creator. I feel so grateful for the ability to pursue something I am passionate about and be able to help others in the process of doing so.

More importantly, I want to thank you for choosing to eat (more) plants. We have a choice at least three times every day, and every bite does make a difference. For me, going vegan was the best decision ever. I hope these recipes can inspire you to take your own journey towards living a plant-based life and to thrive on a whole food plant-based vegan diet.

Love,

Bianca

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Imagine one month no worries about your whole food plant-based dinners.

This cookbook contains 31 delicious, easy, vegan, sos-free (salt, oil, refined sugar-free) every day meals. All recipes are served in a bowl and you will probably fall back on these bowls more than once.

The Green Bowl stands for vegan recipes served in a bowl. With The Green Bowl I hope to inspire you to create your own plant-based vegan cooking routine. In this cookbook I'm sharing my kitchen staples and also a guide on how to cook without oil, how to use herbs to lift a recipe, and how to make a simple quick sauce or dressing.

This cookbook is intended for longtime vegans, whole food plant-based foodies, but also new vegans who would like to incorporate more plant-based recipes into their diet. So even if you are not fully vegan, The Green Bowl will make it easy to cook at least one whole food plant-based meal every day. All recipes leave room to add whatever you like, but all recipes are also full recipes on their own.

Each recipe is served in a bowl, simply because everything tastes better in a bowl. A bowl is comforting, filling and beautiful. How amazing would it be if we all would eat just one green bowl every day_

IF YOU FEEL LIKE ALL YOUR VEGAN DINNERS LOOK THE SAME EACH AND EVERY DAY OR YOU ARE IN A COOKING RUT, THE GREEN BOWL IS FOR YOU. THIS BOOK IS ALSO FOR YOU IF YOU LIKE PLANT-BASED MEALS THAT ARE QUICK, NOURISHING AND SIMPLE.

This cookbook will provide you with 31 full meal recipes with a variety of foods without making things complicated. All while building a pantry that will serve you long after that month so you can be your own hero in the kitchen. I got you covered this month and every month, for that matter. Just start it all over again once you finish.

31 whole food plant-based meals. with sauces to make your own bowl and a photo to inspire you which recipe to choose on any given day

Gluten-free | Oil-free | Refined sugar-free
Salt-free or low in salt

Pantry guide to build a kitchen for success
Guide to oil-free cooking

All recipes are in grams (metric system) and United States customary units (cups)

Bianca Ciric has been a plant-based blogger since 2013. She is a recipe developer, food photographer and author of the food blog thegreencreator.com and thegreencreator.nl.

She continues to share her lifestyle and diet to inspire others to eat (more) plants. Bianca enjoys traveling in search for new recipe inspiration.

