FABULOUS HEALTH:

A Simple Plan To Get Well And Stay Well

Terri Chrisman

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CHAPTER 26: Recipes

"Everything you see I owe to spaghetti." Sophia Loren

Breakfast

Veggies For Breakfast



Prep Time 1 minute
Cook time 3-5 minutes
Serves 1

The simplest breakfast ever. Just make sure you have all your prepared veggies ready to go in the fridge first (or use frozen ones). Just choose your faves, dump and go. You can either microwave or stir fry in a little vegetable stock. Top with some marinara sauce, balsamic vinegar or chili-lime seasoning.

Granola



Prep Time 15 minutes
Cook time 60—90 minutes
Serves 16+

I have adapted this recipe from Dr Joel Fuhrman's Nutritarian Granola recipe. For the original, head to drfuhrman.com

It is absolutely delicious and contains no oil or added refined sugar. Go easy though, as it is high in calories. This granola works as a great topping for berries and home-made soy yogurt.

Ingredients:

1 banana

1 small cup unsweetened apple sauce

½ cup unsweetened soy milk

1 tbsp cinnamon or pumpkin pie spice

½ tsp vanilla powder or 1tsp vanilla extract

4 cups wholegrain rolled oats (not quick oats)

½ cup chopped walnuts or pecans

½ cup pepitas (shelled pumpkin seeds)

¼ cup sesame seeds

1 cup chopped mixed dried Fruit

Method:

1. Blend together the banana, apple sauce, soy milk, and vanilla.
2. In a large bowl, mix the oats, nuts, seeds and spices (do not add the dried fruit).
3. Add the wet ingredients to the dry and mix till combined.
4. Line 2 baking trays with parchment and spread mixture evenly. Do not press into the tray.
5. Bake at 220-250 ˚F (105-120 ˚C) for 30 minutes. You can also use the airfry setting if you have a Breville smart oven (just make sure to lower the temperature or it will burn).
6. Remove trays and toss granola with a spatula. Bake for another 30 minutes.
7. Repeat until the granola is dry and crunchy but not too browned.
8. Let cool. Add the dried fruit.
9. Store in an airtight jar in the pantry. This will last a couple of months (unless you eat it first).

Fruit Salad



Prep Time 5 minutes
Cook time 0 minutes
Serves 1—many

Like veggies for breakfast, this is not really a recipe. Just chop up some fruit and eat it. I buy pre-chopped melons and pineapple from the supermarket and add berries. It takes thirty seconds. This is very low calorie, so you may get hungry in an hour after eating it. To add some calories, top it with home-made soy yogurt and a handful of home-made granola.

Soy Yogurt

Prep Time 5 minutes
Cook time 10- 12 hours
Serves 2-4



The brand of soy milk you use is crucial. Look for an organic soy milk with water and whole soybeans as the only ingredients. Avoid milks with added sugars, emulsifiers, flavors, and thickeners. Milks fortified with calcium are fine as long as they contain nothing else. I use Trader Joe's Organic Soy Beverage. If you can't source that, Edensoy is a good brand too. In Australia, try Vitasoy Protein Plus.

Ingredients:

- 1 quart (liter) soy milk—room temperature
- 3 tbsp organic sugar-free plant-based yogurt
- Or 2 capsules of probiotics

Kitchen Equipment:

Yogurt Maker or Instant Pot

3 x 500ml wide mouth glass jars (such as Ball)—sterilized

Or use the container supplied by the yogurt maker

Method:

1. Make sure your jars are clean. Run them through the dishwasher or boil them in water for a few minutes.
2. Add yogurt or probiotic powder (crack open the capsules) to about ½-⅔ cup of soy milk. Mix well, or shake in a jar.
3. Distribute mixture evenly amongst the three jars, (or the one container) and top with soy milk.
4. Shake or stir well.
5. Place jars in the Instant Pot—set it to yogurt for 11 hours.
6. Fill the tabletop yogurt maker with boiling water. Screw the lid on the mixture container and place it in the water. Leave for 11-12 hours.
7. Remove jars from Instant Pot or yogurt maker and refrigerate.
8. To turn your yogurt into cream cheese, strain chilled yogurt in a yogurt strainer or cheesecloth for 1-3 days.

Scrambled Tofu

Prep Time 10 mins
Cook Time 15 mins
Serves 4



This recipe is my go-to Saturday breakfast. I really like making it because it is a nutritional powerhouse! It consists of protein-packed tofu, nutrient-dense greens, tasty veggies, and yummy spices. You can alter the heat and the extras to suit your own taste.

Ingredients:

- 1 packet firm tofu—drained
- ½ red onion—diced
- 1 tsp vegetable stock powder mixed with ½ cup water
- 2 cloves garlic—minced
- 6-8 button mushrooms (I like Swiss brown)
- ½ red capsicum (bell pepper)—diced
- 2 cups baby spinach or baby kale
- 1 tsp turmeric
- 2 tbsp nutritional yeast
- 1 tsp sriracha—to taste
- 1 tsp mixed dried herbs
- 1/4 cup fresh coriander (cilantro)

Method:

1. Open tofu, pour out water and cut into ½ inch (1cm) slabs.
2. Wrap in paper towel and squish out all the water (or use a tofu press)
3. Mix the stock powder with water and place in a pan
4. Add garlic and vegetables (except greens) and cook till tender (about 5 mins)
5. Squish the tofu through your fingers till it resembles scrambled eggs consistency and add to the veg.
6. Add turmeric and dried herbs
7. Add kale, sriracha and nutritional yeast—and stir.
8. Add more water if necessary- but keep it quite dry.
9. Stir through coriander and serve with pico de gallo and chili-lime seasoning or Tajin.

Green Smoothie



Prep Time 5 minutes
Cook Time 1 minute
Serves 1

Ingredients:

- ½ avocado
- 2 cups mixed greens—spinach, baby kale, Swiss chard
- 1-2 cups coconut water
- 1 frozen banana
- ½ cup frozen mango
- ½ small cucumber
- 1 tbsp flaxmeal
- 1 cup ice

Purple Smoothie



Prep Time 5 minutes
Cook Time 1 minute
Serves 1

Ingredients:

- 1 cup frozen blackberries
- 1 cup mixed greens—spinach, baby kale, Swiss chard
- 1 cup water
- 1 cup unsweetened soy milk
- ½ frozen banana
- 1 tbsp flaxmeal
- Optional—1 scoop of whole food vanilla protein
- 1 cup ice

Method (for both smoothies):

1. Add everything to a blender. Blend for 30-60 seconds
2. Enjoy

Pancakes



Prep Time 10 mins
Cook Time 10 mins
Serves 4

Ingredients:

- 1 cup whole wheat lour (I like einkorn)
- 1 cup soy milk (or plant milk of choice)
- 1 tsp apple cider vinegar
- 1 tsp aluminium free baking powder
- 1 tbsp date powder (optional)
- 1 tsp cinnamon
- 1 cup mixed berries
- 2 bananas
- maple syrup (to serve)

Method:

1. Heat the soy milk for 30 seconds in the microwave to luke warm. Add the apple cider vinegar and set aside to curdle.

2. Sift the flour with the baking soda and date powder.

3. Add the curdled milk and gently mix to combine. Do not overmix. If the batter is too thick, add a little water.

4. Use a cookie scoop to scoop pancakes onto a heated griddle.

5. Cook for 3-5 minutes on each side till golden brown.

6. Slice the bananas lengthways in half and place on griddle with pancakes. Cook till caramelized.

7. Heat the berries in the microwave for a minute. Squish with a fork to make a compote.

8. Serve pancakes with fried banana, berry sauce and some home-made soy yoghurt.

Lunch and Dinner

Basic Pasta Sauce (Marinara)



Prep Time 10 mins
Cook Time 30 mins
Serves 4

This is an amazingly versatile recipe. You can use it as a base for any kind of tomato-based pasta, bean chili or minestrone soup. Pimp it up, change the herbs and spices and create a whole new dish.

Ingredients:

- ½ red onion—diced
- 1 tbsp garlic—minced
- 1 tsp vegetable stock mixed in ½ cup water
- 1tbsp herbs of choice (I like Italian mix)
- 1 can NAS chopped tomatoes (I like fire roasted)
- 1 can NAS tomato sauce (passata)

*NAS—No added salt

Method:

1. Sauté the onion and garlic in the stock.
2. Add the tomatoes, tomato sauce and herbs.
3. Simmer for 5-10 minutes.
4. Serve over pasta, veggies or baked potato.

Arrabiata

Just add a ton of chili flakes or minced chilis to the basic sauce above to make it *Angry*! Double up the garlic for extra garlicy goodness. Yumm.

Puttanesca

This is my favorite pasta sauce of all time. The flavors explode in your mouth. Keep it spicy or dial it down—whatever you want. Note to those who need to limit their sodium: This sauce contains capers and olives, which are traditionally salty.

Ingredients:

- 1 recipe Arrabiata Pasta Sauce (see above)
- Handful button mushrooms—chopped
- ½ red bell pepper—diced
- 1 tsp capers—chopped and drained
- 1 tbsp kalamata olives—chopped

Method:

1. Prepare as per Basic Pasta Sauce.
2. Add the vegetables to the pan during the sautè stage. Note that the olives and capers will be salty—rinse them to remove most of the salt.
3. Serve with lentil pasta

Minestrone



Prep Time 20 mins
Cook Time 30 mins
Serves 4

This is my favorite soup ever. You can make a big batch and freeze it or eat it every meal for a few days. Delish!

Ingredients:

- 1 recipe Basic Pasta Sauce (see above)
- 4 cups NAS vegetable stock (*NAS—No added salt)
- 1 cup button mushrooms—sliced
- 1 cup carrots—diced
- ½ cup celery—sliced
- 1 cup zucchini—diced
- 1 can NAS canelli (or navy) beans—drained
- ½ cup lentil or chickpea pasta shells
- 1 small handful of fresh basil—chopped

Method:

1. Sauté the vegetables in a little vegetable stock for 3-5 minutes
2. Add all ingredients (except basil) and simmer for 30 minutes
3. Add basil just before serving.

Bean Chili

Prep Time 20 mins
Cook Time 40 mins
Serves 4



I like my chili spicy, but you don't need to use chili peppers if you don't like hot food. Make it mild or blow your head off—it's your choice. This chili recipe won a chili cookoff in my neighborhood. Nobody even knew it was plant-based.

Kitchen Equipment:

Food processor (optional)

Ingredients:

- 1 recipe Basic Pasta Sauce
- 1 cup soy curls soaked in 1 cup vegetable stock
- 1 can NAS* pinto beans—drained
- 1 can NAS* red kidney beans **(NAS—No added salt)*
- 1 cup red bell pepper—diced
- 2 tbsp NAS Mexican seasoning (use in place of the Italian seasoning)
- 1 tbsp sriracha or minced chilis (optional)
- 3-4 sprigs cilantro (corriander)—chopped
- 5-6 pickled jalapeño slices and some juice—diced (optional)

Toppings:

- Cubed avocado
- Pico de gallo
- Chili-lime seasoning (Tajin)
- Shredded cabbage
- Lime juice
- Toasted tortillas

Method:

1. Soak the soy curls in the vegetable stock until soft (I use boiling water to speed things up).
2. Drain soy curls—save the liquid
3. Process soy curls till they resemble crumbles.
4. Cook the pasta sauce as per the recipe above and add the soy curls and all remaining ingredients.
5. Simmer for 30 minutes.
6. Serve with toppings of choice.

Risotto



Prep Time 20 mins
Cook Time 20 mins
Serves 4

Just like basic pasta sauce, risotto can be a base recipe for whatever flavors you desire. Try the classic risotto alla Milanese, pumpkin risotto, spring vegetable risotto or mushroom risotto. Traditional risotto uses arborio rice which is not a whole grain. Try using brown rice, barley or farro for different flavor varieties. Your imagination with risotto is your only limit.

Basic Risotto ingredients:

- 1 ½ cups brown rice—or wholegrain of choice
- 1 onion—minced
- 2 tsp minced garlic
- 1 tbsp mixed Italian dried herbs
- 3-4 sprigs fresh basil
- 4 tbsp nutritional yeast

Variations:

- Milanese—2 pinches saffron, 1-2 tbsp cashew butter
- Pumpkin—roasted pumpkin, toasted almonds
- Mushroom—sautéed mushrooms, green peas, shallots
- Spring vegetable—sugar snap peas, asparagus, broccoli, zucchini

Method:

1. Prepare your flavor ingredients—set aside.

2. Sauté the onion and garlic in a little stock.
3. Add the rice and stir, adding more liquid as the grain absorbs it.
4. Continue to add more liquid as the rice cooks.
5. When the rice is al dente, add the flavor ingredients
6. Serve with fresh basil and a side salad.

Shepherd's Pie



Oven to 350°F (180°C)
Prep Time 20 mins
Cook Time 30-40 mins
Serves 6

The base of this dish can be used for many different recipes. Use it between pasta sheets, and it becomes lasagna. Have it on wholegrain toast for breakfast or an easy lunch. You can even put it in a bun and call it a Sloppy Joe.

Ingredients:

- 2 cans NAS brown lentils (or 1 cup raw soaked and cooked)
- 2 cloves (or more) garlic—crushed
- ½ large onion—minced
- 5-6 cups mixed veggies (mushrooms, zucchini, carrot)—grated or pulverized in the food processor
- 300ml NAS passata (tomato sauce)
- 2 tbsp tomato paste
- 1 tbsp mixed Italian herbs
- 1 cup NAS vegetable stock (**NAS—No added salt)*
- 1 Tbsp vegan Worcestershire sauce
- ½ tsp liquid smoke

Mash Topping

- 2 large potatoes
- ¼ cauliflower
- 2 cups NAS vegetable stock
- 1tsp garlic powder
- 1 tsp onion powder
- 2 tbsp nutritional yeast

DIY Parmesan Cheese



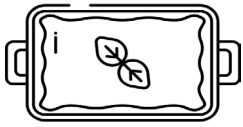
- 2 tbsp nutritional yeast
- 2 tbsp slivered almonds (lightly roasted)
- 1 tsp onion powder
- 1 tsp garlic powder

Method

1. Peel and chop potatoes, floret cauliflower and boil in stock till tender.
2. Drain, add garlic powder, onion powder and nutritional yeast.
3. Mash or mix with an electric beater until fluffy. If needed, use some of the cooking water to loosen. Set aside.
4. Meanwhile: Sauté onion and garlic in a little stock.
5. Add all other ingredients. Simmer for 30 minutes uncovered to soak up most of the liquid.
6. Ladle filling into a Pyrex baking dish.
7. Top with mashed potato and cauliflower mix. Sprinkle on DIY Parmesan
8. Bake for 20-30 mins or until brown on top.

Lasagna

Prep Time 40 mins
Cook Time 30-40 mins
Serves 6



With two easy base recipes and a very simple bechamel cheese sauce, this lasagna is a cinch to whip up. Even on a weeknight.

Kitchen Equipment:

Oven

Blender
9x13 inch Pyrex baking dish

Ingredients:

- 1 batch Shepherds Pie Filling
- ¼ cup NAS tomato sauce
- 1 bag organic baby spinach

- 1 packet whole grain lasagna sheets
- 1 batch DIY parmesan cheese

Cheesy Tofu Bechamel



Ingredients:

- 1 packet silken tofu
- ½ cup soy milk (or plant milk of choice)
- ½ cup nutritional yeast
- Juice of ½ lemon
- 1 tsp miso paste

Method

1. Make the Shepherd's Pie Filling (method above)
2. Soak the lasagna sheets in a single layer in a baking dish filled with hot water to soften.
3. Make the bechemel: Blend the tofu, nutritional yeast, miso and lemon juice. Set aside.
4. Make the Lasagna: Add 2 tbsp tomato sauce to the bottom of a 9x13 Pyrex lasagne dish and event spread to cover.
5. Place 3-4 lasagne sheets in the dish to form a pasta layer.
6. Top with a layer of Shepherd's Pie filling and then a layer of baby spinach.
7. Add another layer of lasagna sheets, Pie filling and spinach.
8. If there is room in the dish, add another layer.
9. Top with a layer of lasagna sheets.
10. Smother the whole dish in cheesy tofu bechamel and top with DIY parmesan.
11. Bake at 350˚F (180˚C) for 30-40 minutes or until golden brown.
12. Allow to cool for 10 minutes before slicing into 6 portions.
13. Serve with side salad.

Black Bean and Tempeh Casserole

Prep Time 40 mins
Cook Time 15 mins
Serves 4



This is an easy dish that will quickly become a staple. Swap out the black beans for any firm-skinned beans you like. Kidney beans or black-eyed peas work equally well.

Ingredients:

- 1 packet tempeh, cubed
- 150g sugar snap peas
- 200g broccoli—cut into florets
- 1 red capsicum (bell pepper)—cubed or sliced
- ½ spanish (red) onion—chopped
- 1 large carrot—sliced
- 1 zucchini—sliced
- 100g button mushrooms—sliced
- 1 can NAS black beans, drained
- 1 corn cob (or ½ cup frozen corn)
- 1 can NAS tomato sauce
- 1 can NAS chopped tomatoes
- Herbs of choice

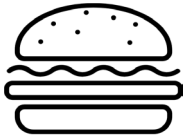
Tempeh Marinade:

- 2 tbsp liquid aminos (or tamari or low sodium soy sauce)
- 2 tbsp lime juice
- 2 tbsp maple syrup
- 1 tsp minced ginger
- 1 tsp minced garlic
- 1 small minced chili or 1 tsp sriracha
- 1 tbsp liquid smoke

Method:

1. Cut tempeh into small ½ in (1cm) cubes.
2. Mix all marinade ingredients and soak tempeh in marinade for 30 mins.
3. Cook tempeh in an iron skillet till all marinade is absorbed.
4. Stir continuously.
5. At the same time, blacken the corn on a grill, then remove kernels.
6. Add everything (except beans and tempeh) to a wok with a little vegetable stock.
7. Stir fry for 5-10 mins or until cooked to the preferred texture.
8. Add beans and tempeh and cook further 3-4 mins until heated.
9. Serve with quinoa or other grain if desired.

Bean Burgers



Prep Time 10 mins
Cook Time 10 mins
Serves 8

Burgers are one of the most versatile foods to make. You can swap any of the ingredients to suit your taste or occasion. This is more of a formula than a recipe. Make it your own. This works best if you have prepared ingredients. If not, add the cooking time.

Ingredients:

- 1 cup cooked starchy vegetable (potato, sweet potato, yam, pumpkin)
- 1 cup cooked whole grain (brown rice, quinoa, farro, millet)
- 1 cup cooked or canned legumes (lentils, black beans, chickpeas)
- ½ cup whole rolled oats
- 1 cup shredded vegetable (carrot, zucchini, butternut squash)
- 2 or more tbsp herbs and spices of choice (Italian blend, Mexican blend, Indian blend)
- 2 tbsp ground flax mixed with 6 tbsp warm water

Method:

1. Place everything in a large food processor and pulse until combined. If you don't have a food processor, you can mash each ingredient separately and stir together.
2. If the mixture is too wet, add some more oats.

3. Shape into burger sized patties.
4. Cook on a griddle plate for 5 minutes each side or until brown.
5. Can be frozen.

Mike's Butter Beans



Prep Time 10 mins
Cook Time 5 mins
Serves 4

This recipe was first introduced to me by my friend Mike, who probably didn't invent it. It's the world's quickest instant dinner recipe. I hope you will try it.

Ingredients:

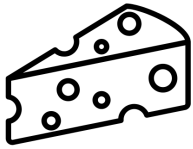
- 2 cans NAS butter beans (keep the liquid)
- 1 punnet cherry tomatoes
- 2 huge handfuls of baby spinach
- 1 tbsp apple cider vinegar
- 2 tbsp sun dried tomato paste
- 1-2 tsp roasted garlic puree
- 1 small chili pepper (optional)

Method:

- Put 1½ cans of butter beans (including liquid) in a pan.
- Use a stick blender to puree the remaining 1/2 can of beans. Add to the mixture
- Add everything else and simmer for 5 mins.
- Serve with side salad.

Extras

Cheezy Sauce



Prep Time 10 mins
Cook Time 5 mins
Serves 4

Ingredients:

- 1 carrot
- 1 potato
- ½ a large onion
- 1 tsp garlic, crushed
- 2 cup NAS vegetable stock
- ½ cup raw cashews
- 2 tbsp nutritional yeast
- 1 tsp miso paste
- ½ tsp cayenne pepper or paprika to taste
- 1 tsp apple cider vinegar
- 1 tbsp Dijon mustard
- 1 packet lentil pasta macaroni
- 1 head steamed broccoli to serve (optional)
- pepper to taste
- 3-4 tbsp toasted whole wheat breadcrumbs (optional)

Method:

1. Chop carrot, potato, onion into 2 inch chunks
2. Add veggies, cashews, stock and garlic to a saucepan and simmer till tender.
3. Once the veggies are cooked, transfer them, including the cooking water, to a high speed blender. NOTE: If your blender is not rated for boiling liquids, please wait for the mixture to cool down before blending.
4. Add mustard, spices, nutritional yeast and miso—blend until smooth.
5. Taste and adjust spices as necessary
6. Use immediately or refrigerate for up to 5 days.

Mac'n'Cheeze

1. Pour sauce over cooked pasta and top with steamed broccoli.
2. Place pasta and broccoli in ovenproof dish and top with sauce. Stir to combine.
3. Sprinkle with breadcrumbs.
4. Bake in oven at 350˚F (180˚C) for 20 minutes or until browned.
5. Serve with green salad.

Tofu Ricotta



Prep Time 5 mins
Cook Time 0 mins
Serves Lots

Making lasagna? Stuffed pasta shells? Or maybe you are hankering for some sweet potato toast. This tofu ricotta fits the bill. It's creamy and delicious and you will never miss dairy-based ricotta again.

Ingredients:

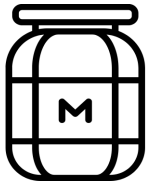
- 1 block firm tofu
- 1 tsp miso paste
- 2 tsp lemon juice
- 2-3 tbsp nutritional yeast

Method:

1. Drain the water from the tofu—no need to press.
2. Place into blender with all ingredients.
3. Blend till smooth.
4. Store in a mason jar with an airtight lid for up to 4 days. Or use immediately.

Tofu Mayo

Prep Time 5 mins
Cook Time 0 mins
Serves Lots



I have a confession to make. I never liked mayonnaise before I found this recipe from Jill McKeever on YouTube. For me, mayo was always gloops of fat and eggs. Yuk! This mayo is a game changer. It's high protein, oil free and delicious! You can also use it as a base to make remoulade and thousand island dressing. For more awesome recipes from Jill, check out her YouTube channel

youtube.com/@JillMcKeever or her website jillmckeever.com.

Thanks very much Jill for allowing me to reprint this recipe.

Ingredients:

- 6-ounces firm tofu
- 1/2 cup water
- 2 tbsp chia seeds
- 2 1/2 tbsp lemon juice
- 2 tbsp apple cider vinegar
- 2 tsp rice vinegar
- 1/2 tsp Dijon mustard
- 1/2 tsp salt (optional)
- 1/2 large pitted date

Method:

- Blend until smooth. Be patient, it takes several minutes to get there.
- Store in an airtight glass jar in the fridge for up to 2 weeks.

Mushroom Gravy



Prep Time 5 mins
Cook Time 10 mins
Serves 4

Ingredients:

- 1 punnet brown button mushrooms (sliced)
- 2 tbsp wholemeal flour (or garbanzo bean flour)
- 1/2 red onion (minced)
- 1.5 cups vegetable stock
- 1 tsp Italian seasoning
- 1/2 tsp minced garlic
- 2 tbsp nutritional yeast
- 1 tsp miso paste

Method:

1. Brown the onions, garlic and mushrooms in a saucepan. Splash with a little stock to prevent them from sticking.
2. Add the cooked veggies and all other ingredients to a blender and blend.
3. Return mixture o the pan and cook for 5 minutes to thicken.

Hummus



Prep Time 10 mins
Cook Time 0 mins
Serves Lots

Ingredients:

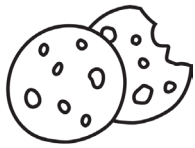
- 1 can NAS garbanzo beans (chickpeas)—liquid removed but not rinsed. Keep the liquid.
- 2 tbsp tahini
- 1 tsp miso paste
- 2 tbsp lemon juice
- 1 tsp garlic (minced)
- 1/2 tsp Smoked Paprika

Method:

1. Add everything to a blender and blend.
2. Slowly add some of the bean liquid (aquafaba) to reach the desired consistency.
3. Will keep in the refrigerator for up to a week.

Snacks

Oat Cookies



Prep Time 10 mins
Cook Time 15 mins
Serves 24-30

These cookies are my go-to recipe for a healthy afternoon snack with a cup of English Breakfast tea. Recently I pimped them up so that not only are they delicious, but they are also a good source of protein. Keep them on hand in the freezer so you are never without a crunchy snack.

Kitchen equipment:

Food processor or high-speed blender
Oven or toaster oven
Small cookie scoop

Basic Recipe Ingredients:

- 2 ripe bananas
- 1 can NAS garbanzo beans (chickpeas)—liquid removed but not rinsed.
- 2 cups whole rolled oats
- 1 tsp vanilla extract
- 1 tsp cinnamon

Options

The sky is the limit with the variations you can make with these cookies. Here are just a few of my favorite additions. Pick one or two to give you endless flavor combinations:

Vegan chocolate chips
Walnuts
Dried cranberries
Dried cherries
Raisins
Grated ginger
Peanut powder
Dried Apricots

Method:

1. Process the banana till smooth.
2. Add the chickpeas and blend until smooth. You want a little bean juice still on the beans.
3. Add the vanilla and oats. Process until smooth for a smoother cookie. For a chunkier cookie, pulse until combined.
4. Stir in additives (don't blend).
5. Line a baking sheet with baking paper. Use the cookie scoop to form cookie balls. Then use a fork dipped in the bean juice to squash each cookie.
6. Bake at 350˚F (180˚C) for 13-15 minutes or until brown.
7. Allow to cool and store in an airtight container in the freezer. They will remain crunchy. They will last up to 5 days in the fridge but go soggy.

Tofu Chocolate Mousse



Prep Time 10 mins
Refrigerator Time 30-60 minutes
Serves 4

If you are looking for a high-protein snack or dessert, you can't go past tofu chocolate mousse. It satisfies a sweet craving and stops you from reaching for the ice cream.

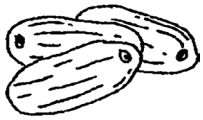
Ingredients:

- 1 block silken tofu
- 4 tbsp pure cocoa (cacao) powder
- 4 tbsp date powder or 2-3 tbsp maple syrup
- ½ tsp vanilla extract
- 1 shot of espresso (optional)

Method:

1. Blend everything together (make sure your espresso is cold)
2. Separate into four individual serving containers with airtight lids and refrigerate for up to a week.
3. Serve with fresh raspberries and homemade soy yogurt.

Date Snickers



Prep Time 1 min
Cook Time 0 mins
Serves 1

My favorite chocolate bar of all time was the Snickers. I can't recreate the nougat filling, but I can get a sweet caramel, nutty chocolate fix with these 1-minute Snickers wannabes. I urge you to only make one at a time or store them in the freezer if you make more. They are hard to resist.

Ingredients:

- 1 big juicy medjool date
- ½ tsp peanut butter (use PB2 powder for less fat)
- 3-4 mini vegan chocolate Chips
- 3-4 dry-roasted peanuts

Method:

1. Cut the date in half on one side and open it up flat. Take the pit out and discard.
2. Slather on the peanut butter (or PB2)
3. Add a row of chocolate chips and a row of peanuts.
4. Close the two sides back together.
5. Try not to eat it all in one bite!

Chia and Banana Pudding



Prep Time 5 mins
Fridge Time 30—60 mins
Serves 2

Chia seeds are packed with protein and fiber. When hydrated, they swell nine times their size. Chia pudding has a gelatinous texture that some people love and others hate. I'll let you be the judge.

Ingredients:

- 2 tbsp chia seeds
- 1 cup soy milk
- 1 ripe banana

- ½ tsp ground cinnamon
- ½ tsp vanilla extract
- Handful of blueberries, for topping

Method:

1. Blend everything (except blueberries) until smooth
2. Separate into two servings. Parfait glasses if you are eating them the same day or airtight jars if not.
3. Top with blueberries prior to serving.

Gelato



Prep Time 10 mins
Freeze Time 60 mins plus
Serves—lots

Traditional Italian gelato, like ice cream, is made with milk. Here, we skip the milk and use fruit. Remember to allocate freeze time.

Kitchen equipment:

High speed blender, Yonanas machine, Ninja Creamy or Omega Cold Press Juicer

Ingredients:

- Frozen fruit of choice: banana, mango, strawberry, cantaloupe, cherry etc
- lime juice
- soy milk (optional)
- vanilla (optional)

Method:

1. Using your equipment of choice, blend the fruit till smooth. NOTE: fruit MUST be frozen first.
2. Add a splash soy milk for a creamier gelato (not too much).
3. Or add lime juice to brighten the flavor to taste (but not if you add the soy).
4. Re-freeze for at least 1 hour or use in the Ninja Creamy as per instructions.