



Tofu à la egg salad

With egg flavor thanks to kala namak (Indian black salt)

Tofu salad ingredients

200 grams tofu
1 teaspoon onion powder
1 teaspoon kala namak
1 teaspoon fresh (chopped) celery leaves (or more to taste)
1/2 teaspoon garlic powder
1/4 teaspoon turmeric

Tofu salad preparation

Drain the tofu, briefly squeeze out any excess moisture if necessary, but not too long as you want the salad to be creamy. Crumble the tofu with your hands. Chop the celery leaves into small pieces and add them along with all the other herbs. Knead everything well until you have a crumbly salad. Serve on whole wheat bread or whole wheat toast, adding tomato and/or cucumber slices as desired. Store the salad in the refrigerator.

Vegan spread

vegan tartare

Ingredients vegan spread / vegan tartare

1 small onion (+/- 75 grams)
1/2 red bell pepper (+/- 100 grams)
1 clove garlic
2 tablespoons water
1/8 teaspoon herb salt
1/8 teaspoon bay leaf powder
1/8 teaspoon turmeric
1/2 teaspoon Italian herbs
60 grams sunflower seeds
60 grams pumpkin seeds
280 grams tomato puree (4 mini cans)

Preparation vegan spread / vegan tartare

Braise the finely chopped onion and bell pepper and the pressed garlic in the two tablespoons of water with the turmeric, bay leaf powder and the herb salt. Grind the sunflower seeds and pumpkin seeds in the food processor into crumbs. Put the crumbs in a bowl and add the tomato puree. Grind the braised vegetables in the food processor into a puree. Add the vegetable puree and Italian herbs to the bowl and stir well. Let it cool and develop its flavor in the refrigerator for a few hours. The spread will keep in the refrigerator for up to a week. Serve on whole-wheat toast or whole-wheat bread.



Cashew Spread

Healthy spread without sugars and flavor enhancers, but with healthy fats and certainly tasty.

Ingredients Cashew Spread

100 grams raw unsalted cashews
soaking water
4 tablespoons coconut milk
green of a spring onion (in thin strips)
fresh thyme to taste (1/2 or 1 teaspoon)
1 tablespoon noble yeast flakes
1/2 tablespoon lemon juice
2 pinches of herb sea salt
3 pinches of onion powder

Preparation cashew spread

Soak the cashews for 3 hours. Discard the water and blender all ingredients into a thick spread, delicious on toasted whole-wheat bread.

Cashew Dip Sauce

Double the number of spoons of coconut milk for a thinner sauce, serve with celery stalks, carrots, cucumber strips and anything else you want to dip.

Store the spread/dip sauce in the refrigerator.

Banana Carob Spread

Carob is a powder made from the pods of the carob tree. It's a brown powder with a flavor reminiscent of cocoa, but sweeter and milder.

Banana Carob Spread Ingredients

100 grams mixed nuts
1 banana
3 tablespoons agave syrup
2 tablespoons coconut oil
1 tablespoon walnut oil
20 grams carob powder

Preparation Banana Carob

Spread Grind the nuts into flour in a food processor. Puree the banana in a blender. Mix both together. Melt the coconut oil in a double boiler and stir the coconut oil, walnut oil, and agave syrup into the banana-nut mixture. Stir the carob powder into the mixture and transfer the paste to a clean glass jar (or a plastic container). Store the paste in the refrigerator. The coconut flavor will intensify after a few days. Delicious on whole-wheat bread or between two whole-wheat biscuits. The spread will keep in the refrigerator for up to a week.



Nut-Carob Balls

Carob is available at health food stores; it is made from the pods of the carob tree. This recipe yields +/- 35 balls with a diameter of +/- 2 ½ cm.

Ingredients:

150 grams mixed nuts
125 grams peanut butter (100% peanut butter)
65 grams agave syrup
65 grams maple syrup
40 grams corn flakes (unsweetened cornflakes, available at health food stores)
40 grams carob powder
Extra: 40 grams nut crumbs or coconut flakes for rolling into balls

Directions:

Blend the nuts into crumbs. Crumble the corn flakes between your hands. Knead all ingredients in a bowl until a sticky mass forms. Form balls and roll them in the nut crumbs or coconut flakes. Store the balls in the refrigerator. They are crispiest on the day they are made.

Fruit-Nut Balls

Vitamin and mineral bomb full of quick energy and healthy fats, this recipe yields 20 to 25 balls.

Ingredients

150 grams mixed nuts
100 grams dried, soaked apricots (unsulphured)
100 grams dried figs
100 grams pitted dates (unsweetened)
1/8 teaspoon sea salt

Directions

Grind the nuts into crumbs in a food processor, set 50 grams aside and put the other 100 grams in a bowl. Grind the remaining ingredients in the food processor and add them to the nut crumbs in the bowl, remembering to add the salt. Knead everything well and form balls the size of a walnut. Roll the balls in the reserved nut crumbs. Store the balls in a cool place (preferably in the refrigerator).



Zucchini Carrot Salad

What to do with a large zucchini harvest? Use one in a salad!

Salad ingredients

350 grams zucchini
300 grams carrots
240 grams cooked black beans
20 grams parsley
10 almonds pp

Dressing ingredients

3 tablespoons extra virgin olive oil
2 tablespoons lemon juice
1/4 teaspoon fine Himalayan salt
1/8 teaspoon turmeric

Directions

Wash the zucchini and carrot and grate them, including the skin. Rinse the cooked black beans well and mix them, together with the chopped parsley, through the raw vegetables. Mix the dressing ingredients and add them to the salad. Add the almonds when serving.

Raw Cauliflower Salad

Salad ingredients

250 grams raw cauliflower florets
100 grams carrots
50 grams hazelnuts
25 grams pumpkin seeds
5 grams fresh parsley

Dressing ingredients

2 tablespoons olive oil
1 tablespoon lemon juice
3/4 teaspoon kala namak (Indian black salt)

Directions Cauliflower Salad with Egg-flavored Dressing

Finely grind the cauliflower florets in a food processor (until they resemble couscous) and grate the carrots. Place the vegetables in a bowl and stir in the finely chopped parsley. Make a dressing with the olive oil and lemon juice, sprinkle the kala namak into the dressing, and stir well. Mix the dressing with the salad. Chop the hazelnuts into coarse crumbs. Toast the chopped nuts and seeds in a dry frying pan until they pop. Serve the nuts and seeds separately from the salad to prevent them from softening.



Red Cabbage/Coconut Salad

Delicious (simple) side dish with a Chinese meal.

Ingredients

350 grams red cabbage
50 grams shredded coconut (or more to taste)
100 grams vegan yogurt

Directions

Finely chop or grate the red cabbage. Add the vegan yogurt and shredded coconut and stir well. Keeps fresh for days in the refrigerator.

Chickpea Salad

Colorful salad, delicious as a side dish for a gourmet meal with friends, the family BBQ or the church potluck. Also delicious for lunch, serve it with whole wheat (spelt) bread/toast, legumes and whole grains complement each other well in terms of protein.

Salad ingredients

500 grams chickpeas (rinsed weight, from a can)
175 grams corn (rinsed weight, from a can)
1 stalk celery
1 red bell pepper
1 red onion
20 grams fresh curly parsley
10 grams fresh coriander leaves (if you like this flavor)

Dressing ingredients

1/2 juiced lemon
3 tablespoons virgin avocado oil (or extra virgin olive oil)
1/2 teaspoon herb sea salt
1 teaspoon savory (optional: finely ground in a coffee grinder)

Directions

Wash the vegetables and herbs. Finely chop the celery, red bell pepper and red onion. Finely chop the herbs, stir all ingredients well. Mix the dressing ingredients and add them to the salad.



Provençal ratatouille

A delicious mix of different colors and types of vegetables, with a Mediterranean touch. With this meal, 4 people will have (more than) met their minimum vegetable needs for a day. Do you have leftover vegetables? Feel free to try them in this dish, eggplant, for example, also works very well.

Ingredients

- 1 zucchini (300 grams)
- 3 large plum tomatoes (400 grams)
- 2 large onions (200 grams)
- 2 carrots (150 grams)
- 1/2 parsnip (150 grams)
- 1 green bell pepper (150 grams)
- 1 red bell pepper (150 grams)
- 2 cloves of garlic (10 grams)
- 100 ml. Water
- 3 teaspoons Herbes de Provence
- 1 teaspoon Himalayan salt
- 1 tablespoon strong tamari (sugar-free soy sauce, available at health food stores)
- 1 tablespoon arrowroot (or cornstarch or potato starch)

Preparation

Wash the zucchini, tomatoes, and bell peppers. Peel the carrots, parsnips, onions, and garlic cloves. Cut all the vegetables into pieces, and finely chop the garlic. Place all the vegetables in a casserole dish with the water, herbs, and tamari. Place the dish over medium heat. Once the vegetable mixture boils, simmer for another 10 minutes over a slightly lower heat. To thicken the hodgepodge juice at the end of the cooking time, add some arrowroot (or cornstarch or potato starch). To do this, first dilute one tablespoon of arrowroot with two tablespoons of water. Then, while stirring, add the mixture to the hodgepodge, stirring well to prevent lumps.

Serving suggestion

Serve the hodgepodge over boiled potatoes or grains.



Colorful vegetables on pasta

Broccoli is super healthy but a bit boring as the only vegetable with pasta. The yellow and red bell peppers make this meal a colorful whole.

Ingredients

- 500 grams broccoli florets
- 1 red bell pepper
- 1 yellow bell pepper
- 1 large plum tomato
- 1 large onion
- 2 cloves garlic
- 3 teaspoons chopped/snipped fresh Italian herbs (basil, oregano, thyme)
- 1/2 teaspoon herb sea salt
- 2 tablespoons olive oil

400 grams whole wheat pasta + cooking water + 1 tablespoon olive oil (to prevent sticking) + 2 teaspoons Himalayan salt

1 tablespoon nutritional yeast flakes per plate

Preparation

Wash the vegetables and cut the bell peppers, tomatoes, and onions into cubes. Divide the broccoli into bite-sized florets. Finely chop or press the garlic cloves. Heat the olive oil in a Dutch oven and add all the vegetables, garlic, and herb salt. Cook over medium heat for 10 to 12 minutes. Finally, add the fresh herbs to the vegetables. Serve on a hot plate with whole-wheat pasta, cooked according to package directions. Sprinkle a tablespoon of nutritional yeast flakes over each plate (or more, to taste).



Vegetable coconut wok (for 3 to 4 persons)

Ingredients

200 g carrots
200 g white cabbage
150 g leek (incl. green)
130 g canned black beans (or other beans)
100 g red onion
10 g garlic (2 large cloves)
50 g fine cut coconut flakes
30 g coconut oil
30 ml tamari (Japanese gluten-free sugar-free soy sauce)
1 tsp curry
1 tsp turmeric
½ tsp fine Himalayan salt
1 or 2 toasted (spelt) whole wheat bread slices per person

Preparation

Rinse the black beans well. Grate the carrot, finely chop the remaining vegetables, and finely chop the garlic. Heat the coconut oil and tamari in a wok. Add the vegetables, garlic, herbs, and salt. Stir-fry the vegetables for up to 10 minutes, stirring regularly. Just before serving, add the beans and coconut.

Serve with sliced toast. The combination of whole grains and beans provides easily absorbable proteins. Instead of bread, you can also serve whole-wheat rice or other whole grains.

Curry Sauce

Ingredients

270 ml coconut milk (can)
130 ml water
2 tbsp mild curry powder
1 tsp onion powder
1 tsp freeze-dried parsley
¼ tsp turmeric
¼ tsp fine Himalayan salt
1 ½ tbsp arrowroot or cornstarch + 1 ½ tbsp water

Directions

Put the coconut milk and water in a saucepan, add the rest except the 1 ½ tbsp arrowroot powder + 1 ½ tbsp water, mix well while stirring over low heat, let it boil for a while. Then mix 1 ½ tbsp water with 1 ½ tbsp arrowroot powder. Add this paste to the curry sauce bit by bit, while stirring. Delicious over wholegrain rice and over cauliflower/broccoli or carrots.



Italian Beetroot Burgers

Ingredients

125 g	peeled beetroot
100 g	peeled sweet potato
75 g	tasty tomato
50 g	peeled red onion
50 cl	carrot juice
3 g	garlic (small clove)
100 g	wholegrain oatmeal (fine flakes)
75 g	mixed nuts
½ tbsp	Italian herbs
½ tsp	fine Himalayan salt
½ tsp	onion powder
a bit of	olive oil

Preparation

Preheat the oven to 190-200 degrees Celsius (375-400 degrees Fahrenheit). Grease a baking sheet or parchment paper with olive oil. Grate all the vegetables in a food processor using the fine grater. Grind the nuts into crumbs. Combine everything, including the remaining ingredients. Knead everything well and let it sit for at least half an hour (the oats will absorb the liquid). Form 6 square, well-flattened burgers, approximately 8 by 8 cm, on the greased baking sheet or parchment paper. Place the burgers in the center of the oven and bake for 45 minutes, carefully turning them over after 25 minutes.



Buckwheat Oatmeal Porridge

Ingredients

30 grams buckwheat flakes
30 grams whole grain oats
350 milliliters rice drink
7 fresh dates
1 small apple (100 grams)
pinch of fine Himalayan salt
pinch of ground coriander seeds
15 to 20 anise seeds

Preparation

Soak the flakes and oats in the rice milk in a saucepan for 30 minutes.

Remove the pits from the dates and cut the dates into small pieces, remove the core of the apple and cut the apple into small pieces. Add the fruit to the saucepan and add the salt, coriander seeds, and anise seeds. Stir well and bring to a boil. Let the porridge simmer, stirring, for 10 minutes on low heat. This recipe is enough for two bowls.

Banana Buckwheat Pancake

Ingredients

400 ml soy milk (unsweetened)
100 grams of buckwheat flour
2 medium ripe bananas
2 tbsp coconut oil
¼ tsp fine Himalayan salt

Preparation

Melt the coconut oil in a bain-marie. Puree the bananas in a blender, together with half of the soy milk and a tablespoon of melted coconut oil. Take a mixing bowl and mix the buckwheat flour with the other half of the soy milk and the salt. Add the banana puree and mix everything into a lump-free batter. Grease a frying pan with a silicone brush dipped in melted coconut oil. Heat the frying pan and pour two ladles of batter into the hot pan, rotating the pan so that the entire bottom is coated with the batter. Cook the pancake over medium heat until the top is dry and the pancake starts to brown around the edges (probably about 4 minutes), flip it over and cook for another 3 minutes. Tastes good without toppings or serve with, for example, a teaspoon of agave syrup.