



# *Vegan* *with Friends*

*Leonie Botha*

# Thank You Very Much

My biggest thank you, goes to our Heavenly Father. Without Him I would not have been able to do this recipe book.

Thank you to my dear family for supporting me in everything I do. My lovely husband Leon, for helping with the photo shoots. My son, Dawid for doing all the photo shoots. My daughter Shalome for helping out with the recipes, and babysitting her little sister, Shira.

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Thank you to every single person who bought or used our first recipe book. You all inspired me to compile this second recipe book.



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## My story

At age 9, my whole life changed upside down, my first bladder infection and hundreds more to come. Having constant kidney and bladder infection (at least once a month) at age 11 they had to stretch my bladder tube. And again at age 18. At age 19 I was diagnosed with chronic kidney and bladder disease. I was told that I would never be able to have children and had to be on medication for the rest of my life. Age 20 a doctor found 5 lumps in my breast. An operation procedure was done to check from the tissue if these were malicious. I was scheduled for another operation in 7 weeks for all the lumps to be removed. It was during this time that my friend (now my husband) asked me: "Do you really want to be well and healthy?" "Well of course" was my reply. He suggested I change to a wholefood plantbased diet and lifestyle. I had nothing to lose so I tried it. He also introduced me to our Loving Saviour and Healer. Long story short; when the sonar was done, all the lumps were gone. I never had a single kidney or bladder infection again. Best of all, we have three beautiful kids. I never look back. I Praise God everyday for the miracle of a healthy life.

# Phenomenal Women

I would like to dedicate this page to these six Phenomenal Women, who made a huge impact on the Health Industry. Please support them in any way you can.



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GF stands for



GF stands for



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GF stands for



GF stands for



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# Breakfast



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# Banana Muffins

## INGREDIENTS

- \* 2 medium bananas - very ripe
- \* 1/4 cup non dairy milk
- \* 1 tsp vanilla extract
- \* 1 tsp lemon juice
- \* 2 Tbsps coconut oil
- \* 1/3 cup sweetner
- \* 3 Tbsps coconut flour
- \* 1/3 cup any nut flour
- \* 1/2 cup gf oat flour
- \* 2 Tbsps tapioca starch
- \* 2 Tbsps potato starch
- \* 1/2 tsp xanthan gum
- \* 1 1/2 tsps baking powder
- \* 1/2 tsp bicarbonate soda
- \* 1 tsp cinnamon

## DIRECTIONS:

1. Preheat the oven to 200°C.
2. In a bowl, mash the bananas.
3. Add the milk, vanilla, lemon juice, oil and sugar, mix until the sugar is well combined.
4. In another bowl, whisk the coconut flour, almond flour, oat flour, tapioca starch, potato starch, xanthan gum, baking powder, bicarbonate and cinnamon until well combined.
5. Mix the dry into the wet until well combined.
6. Drop the batter into oiled muffin pan.
7. Bake at 180°C for 35 minutes.
8. Let the muffins rest for 2 minutes then remove from the muffin pan.
9. Serve warm.

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Serves 8







# Vegan Buttermilk Pancakes

## INGREDIENTS

- \* vegan butter or coconut oil for frying
- \* 1 cup vegan buttermilk (soy milk with 1 Tbsp lemon juice)
- \* 1 1/2 cups all purpose flour
- \* 3 Tbsps sweetner
- \* 1 Tbsp baking powder
- \* 1/4 tsp salt
- \* 1/4 cup melted vegan butter
- \* 1/4 cup soy milk
- \* 1 tsp vanilla extract



Serves 12

## DIRECTIONS:

1. Prepare the buttermilk. Pour a cup soy milk into a jug, add 1 Tbsp lemon juice. Leave for 5 minutes to curdle.
2. In a mixing bowl, mix the flour, sweetner, salt and baking powder.
3. Add the buttermilk, melted butter, soymilk and vanilla to the flour.
4. Use a balloon whisk to mix batter until there's no lumps.
5. Heat up a frying pan on medium heat, add butter/oil swirl it around in pan.
6. Add 1/4 cup batter to pan, when bubbles starts to form flip it and cook other side until golden brown. (about 2 minutes)
7. Repeat with the rest of batter.
8. Serve warm!

## Serving suggestions:

- \* Whipped vegan cream, drizzle syrup, berries, figs or vegan cream cheese.

# Breakfast Parfait

## INGREDIENTS

### Chia dessert:

- \* 1/3 cup chia seed
- \* 3/4 cup coconut cream
- \* 1/4 cup water
- \* 1 pinch salt
- \* 1 tsp organic agave sweetener
- \* 1/4 tsp natural vanilla (alcohol free)

### Quick Yummy Strawberry Yoghurt:

- \* 1 tin coconut cream (Savoy our choice brand - 400ml)
- \* 500g frozen strawberries
- \* 1 Tbsp organic agave nectar

- \* Fresh strawberries



Serves 4

## DIRECTIONS:

### Chia Dessert:

1. Mix all ingredients together - ensuring no lumps form. (small hand whisk works well)
2. Chill in fridge to thicken for 5-10 min.
3. If your mix is too thick, just add some water or rice milk, or plant milk of choice to loosen it to a more yoghurt texture rather than a firm texture.

### Strawberry Yoghurt:

1. Blend together adding or removing fruit/cream to get desired consistency.
2. Best served immediately, but can keep in the fridge for 3 days.

### Breakfast Parfait:

#### LAYERING in beautiful wine glass:

1. Spoon in Strawberry coconut yogurt 3rd of the glass.
2. Thinly Sliced strawberries pressed against glass all the way around the glass.
3. Spoon in Chia layer to just above strawberries.
4. Top off with another strawberry yoghurt layer.
5. Garnish with fresh strawberries & a mint leaf if you would like.



## Notes:

- \* Works best when yoghurt is still fresh and thick from frozen strawberries
- \* chia dessert must not be too runny for this to work
- \* when strawberries sliced thinly - they easily stick to the side of the glass



Jeannie Vorster  
Fruitful Living - Hoedspruit



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# Chickpea Egg Mash

## INGREDIENTS

- \* 1 can of chickpeas drained
- \* 1/4 cup chopped red bell pepper
- \* 3 Tbsps chopped green onion
- \* 2 tsps nutritional yeast
- \* 1/4 cup vegan mayo
- \* 1/4 tsp turmeric
- \* 2 tsps onion powder
- \* 2 Tbsps lemon juice
- \* 1 tsp dijon mustard
- \* 1/4 cup of chopped basil
- \* 1/4 tsp cayenne pepper
- \* 1/2 tsp black salt

## DIRECTIONS:

1. In a bowl, add the chickpeas and mash until about 3/4 of the mixture is mashed.
2. Add in the rest of the ingredients and mix well.
3. Mash some more so that just a little bit of texture remains.
4. Chill in fridge for 30 minutes before you serve.



Serves 6

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## Serving suggestions:

- \* Serve on toast, buns or in a wrap with lettuce, tomato, and hash browns.



# Vegan Chickpea "Egg" Frittata

## INGREDIENTS

### Vegetables:

- \* 1 cup chopped mushrooms,
- \* 1/2 cup bell peppers (any color)
- \* 1 onion finely chopped
- \* 1 cup corn
- \* 1 zucchini chopped
- \* 1/2 tsp salt

### Batter:

- \* 1 1/2 cups chickpea flour
- \* 360ml water
- \* 1/4 cup thick coconut cream
- \* 1/2 tsp salt
- \* 1/4 tsp kala namak/black salt
- \* 1/2 tsp ground turmeric
- \* 1/4 tsp cayenne
- \* 1 Tbsp oil
- \* 1/2 cup fresh parsley
- \* 1/4 tsp dried thyme
- \* 1/2 tsp dried basil

## DIRECTIONS:

1. Preheat the oven to 180°C.
2. Grease a 23cm pie pan.

### Vegetables:

1. In a large bowl, combine all the vegetables and 1/2 tsp salt.

### Batter:

1. In a blender, combine the flour, water, cream, salt, kala namak, turmeric, cayenne, pepper and oil. Blend until smooth.
2. Add the veggie mixture to the batter. Add the parsley, thyme and basil and mix well.
3. Pour the frittata mixture into the prepared pie pan and bake for 45 to 50 minutes, or until a toothpick inserted in the center comes out almost clean. The top will crack and get golden.
4. Serve warm or cold.

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Serves 8



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# Chickpea Omelette

## INGREDIENTS

- \* coconut oil to coat pan
- \* 2 cups chickpea flour
- \* 1 tsp baking powder
- \* 1 tsp dried oregano
- \* 1/4 cup nutritional yeast
- \* 1 tsp Garlic powder
- \* 2 Tbsps onion powder
- \* 1 1/2 tsps black salt
- \* 1/2 tsp turmeric
- \* 3 cups non dairy milk or water

## DIRECTIONS:

1. In a mixing bowl, combine all the dry ingredients.
2. Make a well in the center and pour in the non dairy milk or water. Mix with a balloon whisk until smooth.  
*(It is a very runny consistency like pancake batter, its not thick batter)*
3. Heat a frying pan with little bit coconut oil.
4. Pour in the batter to cover the pan.
5. On very low heat, cook the omelette until it firms up and are light brown on one side, flip over to other side. *(Do not overcook, it will make the omelette to crack).*
6. Fill the omelette with filling of choice

## Notes:

- \* You can add mushrooms sauce, corn, peppers or vegan cheese.

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Serves 6



*Destre Nagel*  
From Gluten Freedom  
Pretoria

# Chickpea Pancake

## INGREDIENTS

- \* 2 1/2 cups water
- \* 2 cups chickpea flour
- \* 1 cup tapioca starch
- \* 2 Tbsps olive oil
- \* 1 tsp salt
- \* 1 Tbsp cumin (optional)

## DIRECTIONS:

1. Mix all the ingredients together until smooth and runny.
2. Pour mixture in a pan like you would normally do with pancakes.
3. It will flip very easily once cooked properly, 1-2 min per side.

  
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## Notes:

- \* Fill with your favourite sweet or savoury filling



Serves 10

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# Chickpea Savoury Waffles

## INGREDIENTS

- \* 2 cups chickpea flour
- \* 1 medium onion finely chopped
- \* 1 spring onion finely chopped
- \* 1 tsp crushed garlic
- \* 1 bell pepper chopped
- \* 1 handfull fresh basil chopped
- \* 1 tsp turmeric
- \* 3 Tbsps nutritional yeast
- \* 1 Tbsp onion powder
- \* 1/4 tsp cayenne pepper
- \* 1 tsp salt
- \* 4 Tbsps rice flour
- \* 1 1/2 tpsps baking powder
- \* 1 1/2 to 2 cups water
- \* oil as needed



Serves 6

## DIRECTIONS:

1. Add the onions, spring onion, garlic, bell peper and basil to a bowl.
2. Add the rice flour, chickpea flour, salt, turmeric, nutritional yeast, onion powder, cayenne pepper and baking powder to a bowl and mix everything well.
3. Add in 1 1/2 cup of water to the mixture, stir well until combined and thick batter. Add more water if needed.
4. Add in your veggies and let the mixture rest for 10 minutes before you start making the waffles.
5. Oil and preheat your waffle maker. Drizzle a few drops of oil on the top as well before closing the lid.
6. Pour and spread the thick batter on your waffle maker, spread evenly with a spatula. Keep the batter amount to a medium thick layer for crispy waffles.
7. Remove the waffle from the waffle maker, repeat for all of the batter.
8. Best when served warm and crispy.

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# Chickpea Scramble

## INGREDIENTS

- \* 1 can of chickpeas (drained in a bowl)
- \* 2 Tbsps olive oil
- \* 1 cup corn
- \* 3 Tbsps nutritional yeast
- \* 3/4 tsp turmeric
- \* 1 Tbsp onion powder
- \* 1 tsp dijon mustard
- \* 1/2 tsp smoked paprika
- \* 1/4 tsp garlic powder
- \* 1/4 tsp cayenne pepper
- \* 1/2 tsp black salt



## DIRECTIONS:

1. To a bowl, add the chickpeas and 1/4 cup of the chickpea liquid, the nutritional yeast, turmeric, onion powder, mustard, smoked paprika, garlic powder, cayenne pepper and salt and mash with a fork until slightly lumpy. Set aside.
2. Heat the olive oil and saute the corn in a non stick pan until light brown.
3. Add the chickpea mix into the pan with corn and saute until mixture is scrambled and lightly browned. About 6 minutes.
4. Serve warm.

## Serving suggestions:

- \* Serve on toast, buns or in a wrap with hash browns.



Serves 6







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# Date Caramel Granola

## INGREDIENTS

- \* 12 dates, soaked in warm water for 1 hour
- \* 4 Tbsps sweetener
- \* 1/2 tsp salt + extra for sprinkle
- \* 1 Tbsp coconut oil
- \* 1/3 cup plantbased milk
- \* 1 tsp vanilla extract
- \* 1 tsp cinnamon
- \* 1/3 cup shredded coconut
- \* 1 1/2 cups oats
- \* 1/2 cup pecans halved
- \* 1/4 cup pumpkin seeds
- \* 2 Tbsps flax seed meal
- \* 2 Tbsps chia seeds
- \* 3/4 cup dried cranberries

## DIRECTIONS:

1. Preheat the oven to 180°C.
2. Line a baking dish with baking paper.
3. Drain the dates and blend with the sweetener, oil, milk, salt, cinnamon and 1 Tbsp shredded coconut, until smooth.
4. In a large bowl, combine the oats, coconut, pecans, pumpkin seeds, flax and chia.
5. Add the blended date mixture and mix well until all the dry ingredients are coated. Sprinkle a good pinch of salt on the mix.
6. Transfer to baking dish.
7. Bake at 160°C for 80 minutes. Mix with wooden spoon every 20 minutes until crisp.
8. Cool for 5 minutes, then mix in cranberries.
9. Cool completely before storing.

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## Notes:

- \* You can add in extra nuts and seeds of choice.



Serves 12



# Flap Jacks

*Sweet or Savoury*

## INGREDIENTS

- \* 2 1/2 cups brown bread flour
- \* 1/2 tsp salt
- \* 2 tsps liquid sweetner
- \* 3 tsps healthy baking powder
- \* 2 1/2 cups plantbased milk
- \* 1 tsp lemon juice

## DIRECTIONS:

1. Mix milk and lemon juice, leave for 10 minutes.
2. Add all the ingredients into a bowl and mix into a smooth batter, with a balloon whisk.
3. Spray a stove top pan with non stick spray.
4. Pour 1/2 cup batter into the hot pan. Bake until bubbles appear on top.
5. Turn and bake other side till golden brown.



*Abigail Pretorius*  
Geluksburg - KZN

I love cooking and making different things in the kitchen.  
This is one of my first Recipes.

## Serving Suggestions:

- \* Savoury: tomato, basil, vegan cheese
- \* Sweet: fruit, non dairy cream, fruit sauce.



Serves 3



Vegan

# Granola Bars

## INGREDIENTS

- \* 2 1/2 cups rolled oats
- \* 1/2 cup raw almonds coarsely chopped
- \* 1/2 cup raw brown sugar
- \* 1/2 cup vegan butter or coconut oil
- \* 80 ml maple syrup
- \* 1/4 tsp salt
- \* 1 tsp vanilla extract
- \* 1/2 cup dried cranberries chopped

## DIRECTIONS:

1. Preheat oven to 180°C. Line baking tray with baking paper.
2. Spread out the oats and almonds on the tray and bake for 8 minutes. Stir and bake for another 8 minutes until lightly toasted. Transfer to a mixing bowl.
3. Spray a 20cm x 20cm square dish with non stick spray and line with baking paper, so there is overhang on each side.
4. Melt the butter, sugar and syrup together in a saucepan. Cook for 5 minutes, stir constantly. Do a soft ball test. (1 drop into cold water. It should be soft/sticky not too hard)
5. Pour this over the toasted oats and almonds in the mixing bowl.
6. Add the vanilla, salt and cranberries and mix everything together.
7. Transfer to your prepared dish, press and smooth down.
8. Place in refrigerator for about 3 hours until set.
9. When set, remove from dish, using the baking paper overhang and cut them into 10 bars.

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Serves 10



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# Mashed Potato Pancakes

## INGREDIENTS

- \* 3 cups cold leftover mashed potatoes
- \* 1/2 cup all-purpose flour
- \* 3 Tbsps nutritional yeast
- \* 1 Tbsp onion powder
- \* 3 Tbsps chopped green onions (optional)
- \* 1 tsp salt
- \* 1/4 tsp cayenne pepper
- \* 2 Tbsps plantbased milk
- \* 3 Tbsps melted vegan butter or coconut oil
- \* Coconut oil for frying

## DIRECTIONS:

1. In a bowl, mix the potato, flour, nutritional yeast, onion powder, green onions, salt, pepper, milk and butter.
2. Mash until the mixture is relatively smooth with minimal chunks.
3. Use about 1/4 cup worth of dough, form into a ball. Flatten into a round disc.
4. Heat a pan on medium heat.
5. Add about 1-2 teaspoons of vegan butter or oil to the pan. Once the butter is hot, place the pancakes into the pan.
6. Fry until the bottom is golden brown, about 3-4 minutes.
7. Flip the pancakes and then cook again until that side is golden brown.
8. Continue until all pancakes are cooked.
9. Serve warm with your favourite toppings.



Serves 6

### Cooking Tip:

Clean out the pan after each pancake batch and add new butter. This will help prevent the butter from burning.



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# Mushroom Quiche

## INGREDIENTS

### Pie Crust:

- \* 1 cup all purpose flour
- \* 1/2 tsp salt
- \* 1/4 cup solid coconut oil or vegan butter
- \* 4 Tbsps ice water

### Mushroom filling:

- \* 400 g firm tofu
- \* 1 Tbsp cornstarch
- \* 2 Tbsps nutritional yeast
- \* 1/4 tsp turmeric powder
- \* 1/2 tsp garlic powder
- \* 1 tsp onion powder
- \* 1 tsp black salt (Kala namak)
- \* 60 ml soy milk
- \* 1 Tbsp olive oil
- \* 1 medium onion chopped
- \* 250 g mushrooms
- \* 2 Tbsps coriander powder
- \* 1/4 tsp clove powder
- \* 1/2 tsp salt

## DIRECTIONS:

### Pie Crust:

1. Add the flour, salt and solid coconut oil to a food processor.
2. Pulse until crumbly, add the ice water and process into a dough.
3. Place the ball of dough in cling film and refrigerated for 2 hours.
4. Roll dough out on floured surface.
5. Carefully lift and place over your pie dish and tuck it in.
6. Cut off any excess dough hanging over the sides with a sharp knife.
7. Place pie crust in fridge while you work on filling.

### Mushroom Filling:

1. Preheat the oven to 180°C.
2. Saute onion in the oil until soft.
3. Add the mushrooms and saute until soft.
4. Add the salt, coriander powder and clove powder.
5. Saute for a further 3 minutes.
6. Let it cool.
7. Add the tofu, cornstarch, nutritional yeast, turmeric, soy milk, garlic and onion powder into a blender and blend until smooth.
8. Add the mushrooms and tofu mix into a bowl and mix.
9. Add to the pie crust and smooth out evenly.
10. Bake at 180°C uncovered until firm. About 40 minutes.
11. Allow to cool before slicing.



Serves 8



# Oats Waffles



Serves 3

## INGREDIENTS

- \* 3 cups rolled oats
- \* 1 Tbsp sweetner
- \* 1/2 t salt
- \* 1 t vanilla essence
- \* 3 cups water

## Fruit Sauce:

1. Cut any fruit into small pieces.
2. Put them in a pot with a little water or juice.
3. Simmer till fruit is soft.
4. Thicken your sauce by adding some maizena, mixed with a bit of water.
5. Add sweetner. (optional)



## DIRECTIONS:

1. Blend all ingredients together to form a smooth batter, not too runny.
2. Pour batter into a pre-heated waffle iron and cook till golden brown on both sides.
3. Serve with peanut butter, fruit, nut cream, fruit sauce.

## Notes:

Add a banana, seeds apple, Cinnamon or nuts in when blending.  
By adding other grains you can make a multi grain waffle.



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Juanita Pretorius  
Geluksburg - KZN

Alcohol free

# Pina Colada

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Serves 4

## INGREDIENTS

- \* 3 cups frozen pineapple pieces
- \* 1/2 cup ice
- \* 1 1/2 cups pineapple juice
- \* 1 tin coconut milk
- \* Sweetner to taste (optional)



## DIRECTIONS:

1. Place all the ingredients into a blender.
2. Blend until smooth.
3. Pour into beautiful glass, add a mint leaf or a cherry.
4. Enjoy.



Stefan Labuschagne  
Geluksburg - KZN





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# Potato Frittata

## INGREDIENTS

- \* 2 large potatoes, thinly sliced
- \* 1 large onion finely chopped
- \* 2 cloves garlic minced
- \* 1/2 green, red, yellow pepper chopped.
- \* Salt in a grinder

### Egg Layer:

- \* 500 g firm tofu, drained
- \* 3 Tbsps plant milk
- \* 2 Tbsps chickpea flour
- \* 1 tsp black salt
- \* 1 tsp Ina Paarman "chicken stock"
- \* 1/4 tsp turmeric powder
  
- \* Sprinkle with crumbled tofu
- \* Sprinkle dried oregano

## DIRECTIONS:

1. Preheat oven. Prepare a round quiche dish with vegan butter.
2. Pre-cook potato slices in salt water until tender. (not soft)
3. Blend all the "egg" ingredients until smooth.
4. Saute the onion and garlic until golden brown. Grind salt to taste.
5. Layer potato, little bit onion and pepper mix. Spread egg mix to cover, do this until all the ingredients are finished.
6. Sprinkle top with smoked paprika and oregano.
7. Cover dish with lid.
8. Bake for 30 minutes, remove lid and bake for 20 minutes more on 180°C.
9. Serve warm.

Gluten  
FREE



Serves 8





Andre Kruger  
Orapa - Botswana

# MO Power Smoothie

## INGREDIENTS

- \* 2 cups coconut milk
- \* 2 bananas
- \* 2 Tbsps peanut butter
- \* 4 dates

## DIRECTIONS:

1. Blend all the ingredients in a high power blender until smooth.
2. Enjoy chilled.

## Notes:

- \* Mix in some of your favourite fruit, seeds or nuts.

Gluten  
FREE



Serves 2

Vegan

# Sweet or Savoury Scones

## INGREDIENTS

For Sweet Scones:

- \* 500 g all purpose flour
- \* 1 tsp salt
- \* 4 tsps baking powder
- \* 75 g vegan butter (cold cut into blocks)
- \* 270 ml plantbased milk + extra for brushing
- \* 2 tsps sugar

For Savoury Scones:

- \* 500 g all purpose flour
- \* 1 1/2 tsps salt
- \* 4 tsps baking powder
- \* 75 g vegan butter (cold cut into blocks)
- \* 270 ml plantbased milk + extra for brushing
- \* 1 Tbsp dried oregano
- \* 4 Tbsps nutritional yeast
- \* 1/4 tsp cayenne pepper
- \* 2 tsps smoked paprika
- \* 1 Tbsp onion powder
- \* 1 tsp garlic powder

## DIRECTIONS:

For the savoury just omit the sugar and add the rest of savoury ingredients.

1. Pre-heat the oven to 180°C.
2. Mix the flour, salt, baking powder and sugar together.
3. Add the butter to the flour and use your finger tips to rub the butter into the flour. It will resemble sand like texture.
4. Add the milk and mix gently with wooden spoon to combine all the ingredients. Do not overwork the dough.
5. Tip bowl over to a floured surface and press the dough flat with your hands, about 3 cm thick.
6. Use a cookie cutter to cut out the scones.
7. Place the scones on a baking tray lined with baking paper.
8. Brush the top with plantbased milk.
9. Bake until golden brown at 180°C (About 10-15 minutes).
10. Serve with vegan cream or cheese.



Serves 12



# Sorghum Oats Porridge

## INGREDIENTS

- \* 1 cup milled sorghum
- \* 3/4 cup oats
- \* 1/2 cup coconut milk
- \* 2 Tbsps baobab powder
- \* 2 Tbsps nut butter
- \* 3 cups water
- \* 1 Tbsp coconut oil
- \* 2 dates / 1 Tbsp sweetener
- \* 2 Tbsps coconut flour (optional)

## DIRECTIONS:

1. Mix oats, sorghum and water in a pot and bring it to a boil.
2. Stir using a whisk to avoid lumps, until the mix starts to simmer.
3. Simmer for 15 minutes.
4. Add the Coconut milk, baobab powder, nut butter, coconut flour and simmer for 3 minutes.
5. Add sweetener and coconut oil.
6. Serve with love.



Michelle Onidembo  
Johannesburg

## Notes:

- \* Ground seeds can be added to the porridge.



Serves 4





# Smoothie Bowl

## INGREDIENTS

- \* Quick yummy yoghurt recipe on page 8
- \* 1-2 frozen bananas  
(peel, slice, freeze for easy use)

### Toppings:

- \* Chia pudding on Page 8
- \* Nuts - chopped or whole Seeds
- \* Fruit - sliced or berries
- \* Creams (coconut, nut, soy)
- \* Superfoods eg: dry chia, bee pollen

## DIRECTIONS:

### Yummy Yoghurt:

1. Blend all together till thick & smooth. (the banana will give it a thicker, ice cream type thick consistency to be able to spoon into the bowl)

### Decorating:

1. Spoon / pour into bowl of choice.  
(wide surface area gives room to play/ decorate)
2. Play with colour & texture contrasts.
3. Slice fruit, make balls (mellon, dragon fruit), slice and then stencil out shapes. (cookie cutters)
4. Creams can be piped on & then form patterns. (colour contrast)
5. Layer in lines or contour of bowl, or squiggles.
6. Remember to keep part of the smoothie visible.



Jeannie Vorster  
Fruitful Living - Hoedspruit

### Colours of smoothies:

blueberries, blackberries - shades of purple  
 strawberries, raspberries, red dragon fruit, acai - shades of pink  
 mango, pineapple, paw paw - shades of orange & yellow  
 carob, cacao - brown  
 bananas - cream  
 spirulina, kiwi, kale, spinach, avocado - green  
 coconut cream - white  
 blue spirulina - bright blue

# Cheese and Cream



Vegan

# "Biltong" Cheese Spread

## INGREDIENTS

- \* 1 cup cashews soaked for 4 hours
- \* 185 ml water
- \* 1/3 cup coconut oil
- \* 1 tsp salt
- \* 1/4 cup nutritional yeast
- \* 1/2 Tbsp onion powder
- \* 1/4 tsp garlic powder
- \* 3 tsps lemon juice
- \* 3 tsps smoked paprika
- \* 2 Tbsps coriander powder
- \* 1/4 tsp clove powder

## DIRECTIONS:

1. Drain the cashew nuts.
2. Place all the ingredients into a high speed blender.
3. Blend until smooth.
4. Pour into a airtight container.
5. Refrigerate for 1 hour.
6. Serve as a spread or dip.

  
Gluten  
FREE



Serves 8



Vegan

# Smoky Cheese Block

## INGREDIENTS

### For Cheese:

- \* 1 1/2 cups cashews (soaked for 4 hours)
- \* 250 ml water
- \* 1/3 cup coconut oil
- \* 3 Tbsps lemon juice
- \* 1 1/2 tsp salt
- \* 80ml nutritional Yeast
- \* 1 Tbsp onion powder
- \* 1/4 tsp garlic powder
- \* 1 1/2 Tbsps smoked paprika
- \* 1/4 tsp turmeric

### For setting the Cheese:

- \* 4 Tbsps agar agar powder (also called china grass)
- \* 1 cup water

## DIRECTIONS:

1. Drain the cashew nuts.
2. Add the cashews, 250 ml water, coconut oil, lemon juice, salt, nutritional yeast, onion powder, garlic powder, smoked paprika and turmeric to a high speed blender.
3. Blend until smooth and creamy. Keep in blender. Set aside.
4. Mix the agar powder and the water with a whisk and transfer to a small pot.
5. On medium to high heat, bring agar water to a boil.
6. Lower heat and simmer for 8 minutes, stir continually.
7. Add the agar agar to the cashew mix in the blender and quickly blend for a few seconds.
8. Pour into your moulds and refrigerate for 2 hours.
9. Grate or slice the cheese.



Gluten  
FREE



Serves 8





*Vegan*

# Cream Cheese

## INGREDIENTS

- \* 1 1/2 cups raw cashews soaked in hot water for 1 hour
- \* 2 Tbsps Lemon Juice
- \* 1/2 cup coconut cream
- \* 1/2 cup solid coconut oil
- \* 1 tsp salt

## DIRECTIONS:

1. Drain the cashews.
2. Add all the ingredients including the cashews to a blender.
3. Blend until smooth. (If you have a stick attachment for your blender then use this to push the mixture down onto the blades as you blend, for easier blending. If you don't have this attachment, then stop regularly and scrape down the sides, give it a stir and carry on until you have a smooth texture.)
4. Transfer the cream cheese from the blender to a storage container.
5. Refrigerate over night before you use it.



Serves  
2 1/2 cups

*Gluten*  
**FREE**

## Serving suggestions:

- \* Use in any recipe that calls for cream cheese. Add chives or garlic and use as a spread.



Vegan

# Basil Ricotta

## INGREDIENTS

- \* 1 cup raw cashews (soaked for 4 hours)
- \* 10 large basil leaves (optional)
- \* 3 Tbsps nutritional yeast
- \* 2 garlic cloves
- \* 1 tsp salt
- \* 90 ml plantbased milk
- \* 3 Tbsps lemon juice
- \* Zest of 1 lemon (optional)

## DIRECTIONS:

1. Drain the nuts and place them in the blender.
2. Add all the remaining ingredients.
3. Blend until gritty or add 30ml extra milk for smooth consistency. (You can use the ricotta as is or you can do the following step)
4. Transfer the mixture to a cheese cloth-lined sieve, tie the cloth on top of the cheese bundle. Put the sieve over a bowl and place in the fridge overnight for the cheese to firm.
5. Unmould into a bowl and drizzle with olive oil.
6. Serve as a dip or fill cannelloni pasta.

  
**Gluten  
FREE**



Serves 8





Vegan

# Sour Cream

## INGREDIENTS

- \* 1 cup raw cashews  
(soaked for at least 4 hours)
- \* 3/4 cup water
- \* 3 Tbsps lemon juice
- \* 1 tsp fine salt
- \* 1/4 tsp dijon mustard (optional)

## DIRECTIONS:

1. Drain and rinse cashews until the water runs clear.
2. In a blender, place the cashews, water, lemon juice, salt and mustard. Blend until the mixture is smooth and creamy, stopping to scrape down the sides as necessary.
3. Chill the sour cream for 1 hour in the fridge before you serve.

Gluten  
**FREE**

## Notes:

- \* Add chopped chives, dill or other herbs to make it a show stopper.



Serves 1 Cup



Vegan

# Sweet Cashew Cream

## INGREDIENTS

- \* 1 cup cashews soaked for 4 hours
- \* 3 Tbsp maple syrup or 8 Dates
- \* 1/2 cup Plantbased milk
- \* 2 Tbsp lemon juice
- \* 1/2 tsp salt
- \* 1 tsp vanilla extract

## DIRECTIONS:

1. Drain and rinse the cashews.
2. Add them into a blender along with the rest of the ingredients. Blend until smooth and creamy.
3. Pour into a glass jar and store in the fridge for 3-4 days.

**Gluten FREE**



Serves 1 Cup

## Notes:

\* If you want a savoury cream leave out the sweetener and add 1 tsp salt

# Spreads and Sauces



Vegan

# Baba Ganoush

## INGREDIENTS

- \* 2 medium eggplants (halved lengthwise)
- \* olive oil for brushing
- \* 2 Tbsps lemon juice
- \* 2 cloves garlic crushed
- \* 1/4 cup tahini or peanut butter
- \* 1 tsp salt
- \* 1/4 tsp ground cumin
- \* pinch clove powder
- \* 1 Tbsp coriander powder
- \* 1/3 cup olive oil

## DIRECTIONS:

1. Brush the eggplants with olive oil.
2. Place the eggplants flat (skinside up) on a baking paper lined tray.
3. Bake for 40 minutes until soft on 200°C.
4. Let it cool. Scoop out all the eggplant flesh from the skin.
5. Place the flesh into a strainer to get rid of most moisture.
6. Place all the baba ganoush ingredients, including the roasted eggplant into a food processor. Process until smooth.
7. Serve as a dip or spread.

Gluten  
FREE



Serves 8





*Vegan*

# Brown Gravy

## INGREDIENTS

- \* 1 medium onion sliced finely
- \* 1/4 cup vegan butter or coconut oil
- \* 2 cloves garlic crushed
- \* 4 Tbsps all purpose flour
- \* 1 can coconut milk
- \* 2 cups vegetable stock
- \* 2 Tbsps soy sauce
- \* 1 tsp coriander powder
- \* Pinch clove powder
- \* 1/2 tsp salt

## DIRECTIONS:

1. Saute the onions in the butter until translucent.
2. Add the garlic and saute for 3 minutes, stir often.
3. Mix the flour and a little bit of the coconut milk into a paste.
4. Slowly add the rest of the coconut milk while whisking with a balloon whisk until there is no lumps.
5. Add the coconut milk mix to the onions and mix.
6. Add the vegetable stock, soy sauce, coriander powder, clove powder and salt.
7. Bring to a boil.
8. Lower the heat and simmer until the sauce becomes a thick pourable consistency. Stir often.
9. Serve on rice or potatoes.



Serves 8



Vegan

# Hollandaise Sauce

or Mayo

## INGREDIENTS

- \* 1 cup raw cashews soaked in hot water for 3 hours
- \* 1/4 cup nutritional yeast
- \* 3 Tbsps lemon juice
- \* 1 cup water
- \* 1 Tbsp dijon mustard
- \* 1/2 tsp turmeric
- \* 1 tsp garlic powder
- \* 1 tsp onion powder
- \* 1/2 tsp black salt (Kala namak)

## DIRECTIONS:

1. Drain the soaked cashew nuts.
2. Add all the ingredients into a blender jug.
3. Blend until smooth.
4. Transfer the sauce to a double boiler.
5. Heat for 5 minutes until the sauce is warmed through.
6. Serve warm.



Serves 6

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## Notes:

- \* To make this in a mayo, leave out the turmeric and reduce the mustard to 1/4 tsp.



Vegan

# Ketchup

## INGREDIENTS

- \* 1/2 cup tomato paste
- \* 1/2 cup water
- \* 25 ml lemon juice
- \* 2 Tbsps sweetner
- \* 1/2 tsp garlic powder
- \* 1/2 tsp onion powder
- \* 1 Tbsp sweet basil
- \* 1/2 tsp salt

## DIRECTIONS:

1. To a medium bowl, add all of the ingredients and whisk very well for 1-2 minutes.
2. Pour the sauce into a small pot over medium heat. As soon as it starts to bubble around the edges, cook for 4 minutes and whisk constantly.
3. Pour the ketchup into a glass container and chill a few hours or overnight to let the flavours develop fully.
4. Serve on chips.

Gluten  
FREE



Serves 1 Cup



Vegan

# Nut free Mayo

## INGREDIENTS

- \* 1/2 cup soy milk
- \* 2 tsps lemon juice
- \* 1/2 tsp garlic powder
- \* 1/2 tsp sea salt
- \* 1/4 tsp xanthan gum (optional for thickness)
- \* 1/2 tsp dijon mustard
- \* 1 cup neutral oil (don't use coconut oil)



Serves  
1 1/2 cup

## DIRECTIONS:

1. Make sure all your ingredients are room temperature.
2. Add the soy milk, lemon juice, garlic powder, xanthan gum, salt and mustard in the immersion blender jar and stir together. (Immersion blender works best, because it emulsifies the ingredients easier as would a high speed blender).
3. Pour the oil over the soy milk mixture. Let it rest for about a minute.
4. Place your immersion blender into the bottom of the jar. Blend and keep it firmly pressed against the bottom for about 15 seconds while the mixture emulsifies. Slowly move the blender up and down to properly blend and incorporate all the ingredients until thick and fully combined.
5. Taste and add/adjust any ingredients if needed.
6. Place in a sealed jar in the fridge. It will thicken up in the fridge even more.

Gluten  
**FREE**



Vegan

# Roasted Butternut Hummus

## INGREDIENTS

For Roasted butternut:

- \* 2 cups butternut peeled and cube
- \* 3 tps olive oil
- \* 1/2 tsp salt
- \* 1 tsp smoked paprika
- \* 1/4 tsp turmeric (optional)
- \* sprinkle of rosemary

For Hummus:

- \* 3 Tbsps olive oil for hummus
- \* 1 can chickpeas  
(With the chickpea water)
- \* 1/4 cup peanut butter or tahini
- \* 2 cloves crushed garlic
- \* 3 Tbsps lemon juice
- \* 1 tsp onion powder
- \* 1/2 tsp salt
- \* 1/2 tsp cumin

  
**Gluten  
FREE**



Serves 8

## DIRECTIONS:

For the Butternuts

1. Preheat oven to 200°C.
2. Add the butternut cubes, olive oil, salt, smoked paprika, turmeric and rosemary to a mixing bowl and mix until the cubes are well coated.
3. Place on a baking tray and bake for 30 minutes on 200°C.
4. Remove from oven and let it cool.

For the hummus:

1. Add all the ingredients including the roasted butternut to a food processor.
2. Process until smooth and creamy.
3. Use as a spread or a dip.

## Notes:

- \* Sprinkle with black sesame seeds or drizzle with olive oil before you serve hummus





Vegan

# Roasted Garlic Hummus

## INGREDIENTS

- \* 2 whole heads garlic
- \* 2 tsps olive oil for garlic
- \* 3 Tbsps olive oil for hummus
- \* 1 can chickpeas drained in bowl
- \* 1/4 cup peanut butter or tahini
- \* 3 Tbsps lemon juice
- \* 1/2 tsp salt
- \* 1 tsp garlic powder
- \* 2 tsps onion powder
- \* 1/2 tsp cumin
- \* 4 Tbsps chickpea water

## DIRECTIONS:

### For the roasted Garlic:

1. Preheat oven to 200°C.
2. Cut the top of the garlic heads off.
3. Place on baking paper.
4. Drizzle the olive oil over the garlic heads, wrap up and cover with foil. (P.S. Never place any food item directly on foil, aluminium is poisonous)
5. Place in oven for 40 minutes.
6. Remove from baking paper and allow to cool, when cooled enough, pop the cloves out, into a bowl.

### For the hummus:

1. Add all the ingredients including the roasted garlic to a food processor.
2. Process until smooth and creamy.
3. Use as a spread or a dip.

Gluten  
FREE



Serves 8

## Notes:

- \* Drizzle with olive oil or sprinkle with smoked paprika before you serve hummus

Vegan

# Sweet Chili Sauce



## INGREDIENTS

- \* 1 cup sugar
- \* 1 1/3 cup water
- \* 45 ml lemon juice
- \* 2 tsps crushed garlic
- \* 1 cup cayenne peppers  
(finely chopped with seeds included)
- \* 1 Tbsp tomato puree
- \* 1 Tbsp corn starch + 2 Tbsp cold water  
to mix the corn starch



## DIRECTIONS:

1. In a small saucepan, place the sugar, water, lemon juice, garlic and chillies. Over medium heat, bring the mixture to a boil, stirring to dissolve the sugar, then simmer on medium to high heat for 12 minutes.
2. Mix the cornflour with the cold water.
3. Lower the heat. Add the cornflour water and the tomato puree to the chillies, stir well and simmer for 3 minutes.
4. Allow the mixture to cool for a few minutes before serving or bottling. (This helps to evenly distribute the chillies through the mixture.)

## Notes:

- \* When chopping the chillies its best to wear disposable gloves.

Gluten  
**FREE**



Serves 2 Cups

Vegan

# Tamato Basil Sauce

## INGREDIENTS

- \* 2 Tbsps olive oil
- \* 1 small onion finely diced
- \* 4 cloves garlic finely minced
- \* 1/4 tsp cayenne pepper
- \* 1 can diced tomatoes with sauce
- \* 1 packet tomato paste
- \* 1 tsp onion powder
- \* 2 tsps smoked paprika
- \* 2 tsps dried oregano
- \* 1 tsp salt
- \* 1 tsp sweetner
- \* 1 cup fresh basil, chopped

## DIRECTIONS:

1. Saute onion and garlic in olive oil until golden brown.
2. Add in the can of tomatoes, tomato paste, salt, onion powder, smoked paprika, cayenne pepper, oregano and sweetner.
3. Simmer on low heat for 30 minutes.
4. Add the fresh basil and cook for 5 minutes.
5. Serve in pasta or on a pizza.



Gluten  
FREE



Serves  
2 Cups



# Bakery





# Boer Rye Bread

## INGREDIENTS

- \* 5 cups fine rye flour
- \* 1 1/2 cups gluten free flour
- \* 2 1/2 - 3 cups lukewarm water
- \* 2 Tbsps dry yeast
- \* 1 1/2 Tbsps salt
- \* 2 Tbsps olive oil
- \* 2 Tbsps brown sugar

### All purpose Gluten free flour:

- \* 2 cups brown rice flour
- \* 2 cups white rice flour
- \* 2 cups potato starch
- \* 2 cups tapioca starch
- \* 1 tsp guar gum (buy at Dischem)

Add all flours to container and shake properly to mix.



Serves  
15 - 20 Slices

## DIRECTIONS:

1. Mix all the dry ingredients together, forming a well in the middle, add wet ingredients and mix together.
2. Add extra water at small increments if necessary, until a wet sticky dough is formed, wet your hands with lukewarm water as you knead the dough for uniformity.
3. Knead for at least 5 min, keep hands wet as needed for the dough not to stick.
4. Place dough into baking paper lined (Boer brood) pan, cover with cling wrap (rub with oil so that it won't stick to the rising dough) and leave to rise for 20-30 minutes in a warm place.
5. Bake at 170°C for 40-45 min. Test with skewer, bake for 10 min more if wet.
6. Remove from oven, turn out onto dish cloth and wrap so heat can stay in, leave until entirely cooled off before slicing.

## Notes:

- \* Boer means very Big



*Desire Nagel*  
From Gluten Freedom  
Pretoria



Vegan

# Chocolate Rolls



## INGREDIENTS

For the Dough:

- \* 3 cups all purpose flour
- \* 2 Tbsps sweetener
- \* 1 Tbsp instant yeast
- \* 1 tsp salt
- \* 1 cup plantbased milk
- \* 3 Tbsps vegan butter

For Filling:

- \* 3/4 cup coconut sugar
- \* 2 Tbsps cocoa or carob
- \* 4 tbsps vegan butter melted

For Bushing:

- \* 2 Tbsps vegan butter melted

For the frosting:

- \* 1 1/2 Tbsps soy milk
- \* 1 cup powdered sweetener

## DIRECTIONS:

Dough:

1. Add the instant yeast and sugar to a mixing bowl.
2. In a pot, melt the butter and add the milk until luke warm.
3. Add the milk to the yeast and let it foam up.
4. In a bigger bowl, mix the flour and salt.
5. Add the yeast mix to the flour and combine with a wooden spoon.
6. Knead the dough until pliable and no longer sticking to your hands.
7. Cover with tea towel, place in warm spot and let it rise for 1 hour.
8. After 1 hour flour surface and roll dough out into a large rectangle.

Filling:

1. Brush with melted butter.
2. Mix the sugar and cocoa in a container and sprinkle all over.
3. Roll up the dough and cut into 12 equal pieces.
4. Place into a pre-oiled pan.
5. Preheat the oven to 180°C.
6. Cover with tea towel and let it rise for another hour.
7. Brush with the melted butter and bake uncovered at 180°C for 25 minutes until browned on top.

Frosting:

1. Add the sweetener and milk into a bowl and mix until smooth.
2. Drizzle over the chocolate rolls while still warm but not hot.

Serves 12





# Vegan Cinnamon Roll Bread

## INGREDIENTS

### Dry ingredients:

- \* 365 ml chickpea flour
- \* 4 Tbsps cornstarch
- \* 4 Tbsps almond flour
- \* 1 1/2 tpsps cinnamon
- \* 1 cup sweetner
- \* 2 tpsps baking powder
- \* 1 tsp Bicarbonate soda
- \* 1 tsp citric acid powder
- \* 1 tsp salt

### Wet:

- \* 3 Tbsps lemon juice
- \* 2 tpsps vanilla extract
- \* 1 cup water
- \* 6 Tbsps vegan butter melted

### Filling:

- \* 1 cup sugar
- \* 2 tpsps cinnamon
- \* 2 Tbsps vegan butter melted

### For the Icing:

- \* 1 1/2 Tbsps soy milk
- \* 1 cup powdered sweetner

## DIRECTIONS:

1. Preheat the oven to 180°C.
2. Grease a deep casserole dish.
3. In a bowl, whisk in all the dry ingredients to combine well.
4. In another bowl, mix the lemon juice, vanilla and water, mix well.
5. Add the mixture and oil to the dry bowl and whisk with a balloon whisk to combine very well. Set aside for 3 minutes.
6. In another bowl, mix the sugar and cinnamon for the filling and set aside.
7. Pour half of the batter into the prepared dish.
8. Sprinkle half of the sugar cinnamon mixture and swirl it around. Pour other half of the batter and more of the sugar cinnamon mixture. Drizzle Melted butter on top in the end.
9. Cover the casserole with baking paper and foil to seal.
10. Bake for 25 minutes at 180°C.
11. Take the casserole out and let it rest covered for another 5 minutes.
12. Add the sweetner and milk into a bowl and mix until smooth.
13. Drizzle over the cinnamon bread while still warm but not hot.

  
Gluten  
FREE



Serves 8

# Vegan Cinnamon Rolls

## INGREDIENTS

For the Dough:

- \* 3 cups all purpose flour
- \* 2 Tbsps sweetner
- \* 1 Tbsp instant yeast
- \* 1 tsp salt
- \* 1 cup plantbased milk
- \* 3 Tbsps vegan butter

For Filling:

- \* 3/4 cup coconut sugar
- \* 1 Tbsp ground cinnamon
- \* 4 Tbsps vegan butter melted

For Brushing:

- \* 2 Tbsps vegan butter melted

For the Frosting:

- \* 1 1/2 Tbsps soy milk
- \* 1 cup powdered sweetner

## DIRECTIONS:

Dough:

1. Add the instant yeast and sugar to a mixing bowl.
2. In a pot melt the butter and add the milk until luke warm.
3. Add the milk to the yeast and let it foam up.
4. In a bigger bowl mix the flour and salt.
5. Add the yeast mix to the flour and combine with a wooden spoon.
6. Knead the dough until pliable and no longer sticking to your hands.
7. Cover with tea towel, place in warm spot and let it rise for 1 hour.
8. After 1 hour, flour surface and roll dough out into a large rectangle.

Filling:

1. Brush the melted butter onto the dough.
2. Mix the sugar and cinnamon and sprinkle over the dough.
3. Roll the dough tightly lengthways, into a tube shape.
4. Cut the tube into 12 even pieces.
5. Place into a pre-oiled baking dish, spread out evenly. Preheat oven.
6. Cover with tea towel and let it rise for another hour.
7. Brush with the melted butter and bake uncovered at 180°C for 25 minutes until browned on top.

Frosting:

1. Add the sweetner and milk into a bowl and mix until smooth.
2. Drizzle over the cinnamon rolls while still warm but not hot.



Serves 12



Vegan

# Fennel Rye Bread

## INGREDIENTS

- \* 400 g rye flour
- \* 320 g luke warm water
- \* 1 packet dry active yeast
- \* 1 Tbsp sugar / molasses
- \* 2 tsps salt
- \* 2 Tbsps fennel seeds



Serves  
1 Loaf

## DIRECTIONS:

1. Mix the water, yeast and sugar, let it foam for 10 minutes.
2. In a large bowl mix the flour, seeds and salt.
3. Add the yeast mixture to the flour and mix with a wooden spoon.
4. The dough is a very wet and sticky dough almost like potters clay  
**DO NOT ADD MORE FLOUR.**
5. Keep a bowl of water next to you, wet your hands, stretch and fold over the dough a few times. When you feel the dough starts sticking to your hands, wet hands again.
6. Cover the dough with cling film or moist cloth and let it rise for 30 minutes.
7. Wet your hands stretch and fold over the dough again.
8. Cover and let it rise for another 30 minutes.
9. Repeat step 7.
10. Add baking paper to your loaf pan.
11. Place the dough into your loaf pan, place in a warm spot and let it rise for 2 hours. Preheat the oven to 200°C when there's 30 minutes left.
12. Place the pan into the oven, be carefull when you pick it up not to bump the pan causing the dough to deflate.
13. Bake for 60 minutes.
14. Remove from oven and pan.
15. If you want a soft crust add some coconut oil on top and cover with a cloth. For a hard crust keep it open.

### Tip:

\* The secret to a soft and fluffy rye bread is: **MOISTURE.**



Vegan

# Garlic Flat Bread

## INGREDIENTS

For the Bread:

- \* 2 cups warm plantbased milk
- \* 1 packet active dry yeast
- \* 1 Tbsp sugar
- \* 1 Tbsp salt
- \* 3 3/4 cups all-purpose flour
- \* 2 Tbsps olive oil

For the Garlic & Parsley Butter:

- \* 1/2 cup vegan butter melted
- \* 5 cloves garlic,  
(finely minced garlic)
- \* 2 Tbsps fresh parsley,  
(finely chopped)
- \* 1 tsp salt



Serves 8

## DIRECTIONS:

Garlic, Parsley butter:

1. In a small saucepan over medium heat, melt the vegan butter.
2. Add the minced garlic and allow to cook for a minute or two.
3. Add the parsley and salt.

Bread dough:

1. Combine the yeast, sugar and milk, stir well. Allow to rest in a warm place for 5-10 minutes to foam up.
2. Mix the flour and salt in a large bowl.
3. Add olive oil and yeast mixture to the flour, stir with a wooden spoon until the dough comes together.
4. Turn dough out onto a well-floured counter.
5. Knead for 8 minutes or until dough is no longer sticky and springs back when lightly pressed.
6. Cover with cling film or moist tea towel and move to a warm spot for about 1 hour.
7. Divide dough into 10 equal pieces, sprinkle lightly with flour, then cover with a clean kitchen towel. Allow to rest for 15 minutes.
8. Roll the dough portions into an approximately 15 cm circle.
9. Brush the top surface lightly with olive oil.
10. Preheat a medium frying pan to a medium-low heat.
11. When the pan is hot, place round dough in pan, oiled side down.
12. Lightly brush the top surface with oil.
13. Allow the flatbread to cook for about 90 seconds, until top surface is covered with bubbles.
14. Flip flatbread and cook for another 90 seconds until a few small golden spots appear.
15. Repeat rolling, oiling and cooking with remaining portions of dough.
16. Brush with garlic parsley butter after flatbread is cooked.





Vegan

# Garlic, Basil, Tomato Bread

## INGREDIENTS

### Garlic Dough:

- \* 1 cup all purpose flour
- \* 1 tsp instant dry yeast
- \* 1 Tbsp olive oil
- \* 3/4 tsp salt
- \* 1 Tbsp sugar
- \* 100 ml warm water
- \* 5 Tbsps crushed garlic
- \* 1 tsp turmeric (for colour)

### Tomato Dough:

- \* 1 cup + 60ml all purpose flour
- \* 1 tsp instant dry yeast
- \* 1 Tbsp olive oil
- \* 3/4 tsp salt
- \* 1 Tbsp sugar
- \* 100 ml warm water
- \* 1/2 cup tomato paste
- \* 1 Tbsp red food colouring

### Basil Dough:

- \* 1 cup all purpose flour
- \* 1 tsp instant dry yeast
- \* 1 Tbsp olive oil
- \* 3/4 tsp salt
- \* 1 Tbsp sugar
- \* 100 ml warm water
- \* 1 cup chopped basil
- \* 1 Tbsp green food colouring

## DIRECTIONS:

These few steps will be exactly the same for all three breads. But will be done in 3 different bowls.

1. Preheat oven to 180°C.
2. Add the sugar and yeast to the warm water, mix and let it foam. (10 minutes)
3. Add the flour and salt to a big bowl and mix.
4. Add the oil.
5. Add the yeast mixture to the flour.
6. Add your flavour and colour for each bread.
7. Mix roughly with a wooden spoon.
8. Tip bowl over on a floured work surface and start kneading.
9. You need to knead the dough for about 10 minutes until elastic.
10. Cover bowl with cling film and keep in a warm place for 1 hour to rise (or till doubled).
11. Knead them again for 5 to 6 minutes.
12. On the working counter sprinkle some flour and roll each dough out into a rectangle.
13. Place them one over the other in this order- yellow, red, green. Spatter some water between each layer.
14. Beginning at short end, roll up tightly.
15. Pinch seams and ends to seal. Place the loaf in the greased loaf tin, with seam sides down.
16. Cover and leave to rise in warm place for an hour or till doubled in size.
17. Bake in a pre-heated oven at 180°C for 30 minutes.



# Vegan Garlic Knots Bread

## INGREDIENTS

### For the Bread:

- \* 360 g all purpose flour
- \* 230 ml warm plantbased milk
- \* 2 Tbsps sugar
- \* 1 1/2 tsps instant dry yeast
- \* 1 1/2 tsps salt
- \* 30 ml olive oil
- \* 1/4 cup freshly chopped parsley
- \* 2 tsps garlic powder + 2 Tbsps flour
- \* 1 Tbsp olive oil for brushing

### For the Garlic & Parsley Butter:

- \* 1/2 cup vegan butter melted
- \* 5 cloves garlic, (finely minced garlic)
- \* 2 Tbsps fresh parsley, (finely chopped)
- \* 1 tsp salt



Serves 16

## DIRECTIONS:

1. Pour the luke warm milk into a small bowl. Add the sugar and yeast and mix well. Set aside and leave the yeast to foam for around 8 minutes.
  2. In a large bowl, mix together the flour and salt.
  3. Add the milk mix and olive oil to the flour mixture and mix together until you have a sticky messy dough. Cover with a damp towel and leave to hydrate fully for 10 minutes.
  4. After 10 minutes, add the fresh parsley.
  5. Remove the dough from the bowl and knead well on a floured surface for around 10 - 12 minutes.
  6. Return the dough to the bowl, cover and leave for 1 hour.
  7. After an hour the dough should've doubled in size. Tip the dough from the bowl onto a clean, lightly floured surface and knead for 2 minutes.
  8. Using a sharp knife, slice the dough in half. Form each half into a ball.
  9. Roll out into a square. Slice the square into 10 strips.
  10. Mix together the 2 Tbsps flour and the garlic powder. Sprinkle over the sliced dough, then one-by-one, tie each strip into a loose knot and place on a baking tray, lined with baking paper.
  11. Pre-heat the oven to 180°C.
  12. Brush the knots with olive oil. Cover with cling film or a damp tea towel and leave to prove on the counter for 40 minutes.
  13. Place into preheated oven and bake until golden brown about 15 minutes.
- Garlic, Parsley butter:**
1. In a small saucepan over medium heat, melt the vegan butter.
  2. Add the minced garlic and allow to cook for a minute or two.
  3. Add the parsley and salt.
  4. Add the baked knots to a large bowl. Pour the garlic butter over, toss to cover all the knots with the butter.



*Vegan*

# GF Seed Bread

## INGREDIENTS

- \* 2 1/4 cups warm water
- \* 1 packet dry active yeast
- \* 2 Tbsps brown sugar
- \* 1/4 cup ground chia seeds
- \* 1 cup rice flour
- \* 1 cup potato starch
- \* 3/4 cup oats flour
- \* 3/4 sorghum flour
- \* 2 tsps salt
- \* 1 cup mixed seeds (sunflower, flaxseed, sesame seeds etc.)

## DIRECTIONS:

1. Mix the warm water, sugar and yeast, let it rest for 10 minutes to foam.
2. After 10 minutes add the chia seeds to the yeast and leave for another 10 minutes to gel.
3. In a medium bowl, mix all the flours, salt and seeds.
4. Add the yeast mixture to the flours and mix with a wooden spoon. (This is a very wet and sticky dough, DO NOT ADD MORE FLOUR.)
5. Prepare a bread pan with baking paper. Add the sticky dough to the pan.
6. Let it rise for 1 hour.
7. Place the pan in a pre-heated oven for 90 minutes at 180°C.
8. Let the bread cool completely before you slice it.
9. Bread is always best the next day.

  
**Gluten  
FREE**



Serves 1 Loaf

# Homemade Bread

## INGREDIENTS

- \* 2 cups brown bread flour
- \* 3 1/2 cups cake flour
- \* 3/4 cup ground flaxseed
- \* 1 1/2 tsps sea salt
- \* 1 Tbsp soy milk powder
- \* 2 tsps sugar
- \* 100 ml whole sunflower seed
- \* 1 Tbsp coconut oil
- \* 1 Tbsp olive oil
- \* 2 1/2 tsps dry instant yeast
- \* 350 ml lukewarm water.



Anita Botha  
Newcastle - Kzn

## DIRECTIONS:

1. Mix all of the ingredients thoroughly together, making sure that the salt and yeast only come into contact when mixing starts.
2. It will be a very sticky substance, but that's the secret of the bread soft inside with a firm brown crust.
3. Knead the dough very well. (About 10 minutes)
4. Put in a warm place to rise for 1 hour.
5. Pre-heat oven to 180°C and spray a bread pan with Spray & Cook.
6. After 1 hour, knead again a little bit and put in the bread pan.
7. Let it rise until the dough is double its original size.
8. Bake at 160°C - 180°C for 1 hour.
9. Gradually bring the heat down after half an hour to ensure a well baked bread.

### Notes:

I use an electric bread maker and use option 8 for kneading dough and raising. The dough is being transferred to a breadpan because to me the form of a bread maker's bread is not ideal.



Serves 1 Loaf







# Vegan Nut Caramel Bread

## INGREDIENTS

### Bread dough:

- \* 345 g all purpose plain flour
- \* 1/2 cup plantbased warm milk
- \* 1/2 cup vegan butter (melted)
- \* 3 Tbsps sugar
- \* 1 Tbsp instant dry yeast
- \* 1/4 tsp ground cinnamon
- \* 1 tsp salt

### Macadamia filling:

- \* 2 1/4 cups roasted macadamia nuts roughly chopped
- \* 3/4 cup vegan butter room temperature
- \* 1 1/2 cups packed dark brown sugar
- \* 3 tps cinnamon



Serves 1 Loaf

## DIRECTIONS:

### The dough:

1. Combine the yeast, warm milk and sugar. Let it foam up for 10 minutes.
2. In a medium bowl mix the salt, flour and cinnamon.
3. Add the melted butter and the yeast mixture to the flour and mix with a wooden spoon until roughly combined.
4. Tip bowl over onto a floured surface and knead the dough for 10 minutes.
5. Put it back into bowl, cover with cling film or moist tea towel, place in a warm spot and let it rise to double the size. About 1 hour.

### The filling:

1. Mix the butter, cinnamon and the sugar together. (use a fork to mash)
2. Add the nuts and mix through, make sure mixture is soft enough to spread.

### Assemble:

1. Line an 30 cm loaf tin with baking paper.
2. Sprinkle your work surface generously with flour and scrape the dough out on top. Roll the dough out into a rectangle shape. (the thinner you roll, the more layers you'll make)
3. Scatter the filling over the surface of the dough, then use the back of a spoon to spread and press the filling into an even layer.
4. Starting with the short end closest to you, carefully roll the dough into a log.
5. Pinch the dough to seal it closed. Dip a very sharp knife in water and gently, slice the log down its entire length, creating two halves with lots of layers.
6. Turn the halves so that the layers are facing up. Press the two halves together at the top, then twist the halves around each other, creating a spiral. Press the halves together again at the bottom.
7. Place it into the loaf tin and let it rise for 30 minutes. Brush with plant milk.
8. Bake for 30 minutes at 180°C.



Vegan

# Olive Bread

## INGREDIENTS

- \* 580 g white bread flour
- \* 380 ml luke warm water
- \* 1 packet dry active yeast
- \* 1 Tbsp sugar
- \* 2 tsps salt
- \* 60 ml olive oil
- \* 1 tsp dried rosemary
- \* 20 black/green olives chopped
- \* 2 Tbsps crushed garlic



Shalome Botha  
Tzaneen - Limpopo

## DIRECTIONS:

1. Mix the water, yeast and sugar, let it foam for 10 minutes.
2. In a large bowl mix the flour and salt.
3. Add half of the chopped olives, rosemary and olive oil.
4. Add the yeast mixture to the flour and mix with a wooden spoon.
5. Knead the dough until stretchy. About 10 minutes.
6. Cover the dough with cling film or moist cloth and let it rise for 60 minutes.
7. Lightly knead and form into a ball.
8. Add baking paper to your baking tray.
9. Place the dough onto your baking tray.
10. Press the other half olives on top of dough.
11. Spoon the garlic on top.
12. Place in a warm spot and let it rise for 1 hour.
13. Preheat the oven to 180°C.
14. Place the tray into the oven.
15. Bake for 40 minutes.
16. Remove from oven and pan.
17. If you want a soft crust add some coconut oil on top and cover with a cloth. For a hard crust keep it open.



Serves 1 Loaf



## Vegan Soft Roti's

### INGREDIENTS

- \* 2 cups cake flour
- \* 6 Tbsps melted vegan butter or coconut oil
- \* 1/2 tsp salt
- \* 1 cup boiling hot water



Shalome Botha  
Tzaneen - Limpopo

### DIRECTIONS:

1. Sift the flour. Add the salt.
2. Add the melted butter/oil.
3. Pour the boiling water into the flour.
4. Mix it into the flour with fork. (It will be a wet, lumpy mixture)
5. When mix is cool enough to touch start kneading into a soft ball. (The dough will feel sticky, but as you knead the dough will become silky smooth.)
6. Divide into 6 equal pieces, roll into a ball.
7. Flatten the dough with palm. Roll the dough on a lightly floured surface.
8. Roll out into 20 cm circle.
9. Place roti in warm pan brushed with oil.
10. Cook until it bubbles a little.
11. Flip to the other side and cook until golden brown.
12. Serve warm with curry.



Serves 6

Vegan

# Short Crust

## INGREDIENTS

### Pie Dough:

- \* 210 g all purpose flour
- \* 125 g cold vegan butter
- \* 2 Tbsps sweetener (optional)
- \* 1/2 tsp salt
- \* 3-4 Tbsps ice water

## DIRECTIONS:

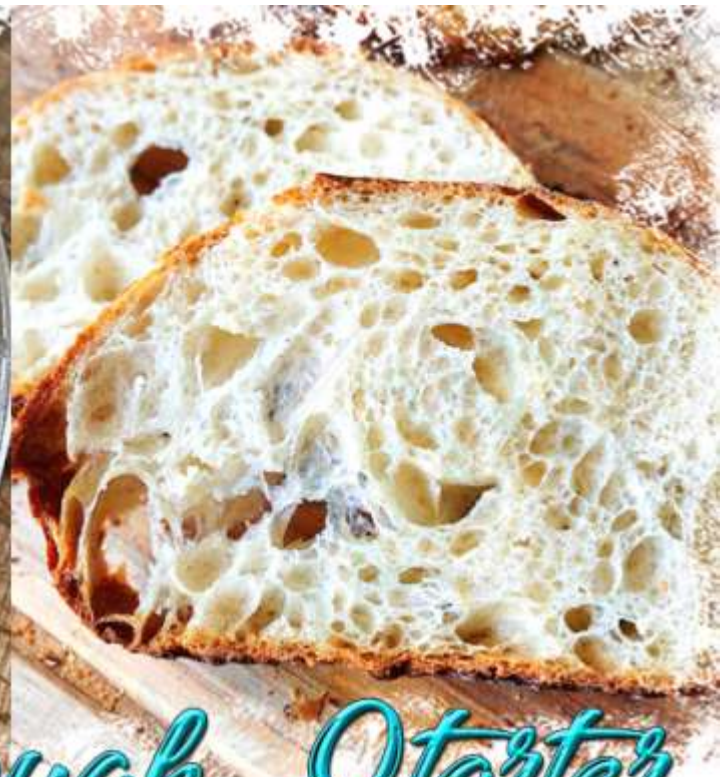
### Short crust:

1. Preheat oven to 180°C.
2. In a food processor, combine flour, sugar, salt and butter. Process until crumbs form.
3. Add the ice water, tablespoons at a time until a dough forms. (Sometimes not all the water is needed. At times a little extra water is needed.)
4. Make dough into a ball, cover with cling film and refrigerate for 1 hour.
5. Roll out the dough (and cut with a cookie cutter if making small tarts).
6. Press the dough into the greased tart pan and up the sides until firmly packed. Freeze for about 10 minutes. Use the left over dough to make something nice for on the top of your pie filling.
7. Prick bottom of dough all over with a fork.
8. Blind bake for 12-15 minutes.



Serves  
1 x 23 cm





# Vegan Sourdough Starter

## INGREDIENTS

- \* 600 ml flour
- \* 600 ml water
- \* Glass jar

\* If using every day, after you use your sourdough, measure the leftover sourdough in the jar. Then add the same amount of water and flour.

For example:

If you have 250 g of sourdough left, then add 250 g of flour and 250 g of water.

Then use it the next day.

If you for example bake only once a week then keep the left over starter in the fridge.

Take it out of the fridge the day before and let it rest at room temperature over night.

Feed it 250 g of flour and 250 g of water, let it rest for at least 12 hours before you use it.

## DIRECTIONS:

\* Add the flour and water measurements of each day into the glass jar and mix.

\* Keep it in a warm place.

\* Close the lid slightly, not tight.

Day 1

50 ml flour and 50 ml water

Day 2

50 ml flour and 50 ml water

Day 3

50 ml flour and 50 ml water

Day 4

100 ml flour and 100 ml water

Day 5

100 ml flour and 100 ml water

Day 6

50 ml flour and 50 ml water

Day 7

50 ml flour and 50 ml water

Day 8

50 ml flour and 50 ml water

Day 9

50 ml flour and 50 ml water

Day 10

50 ml flour and 50 ml water



Serves  
1.2 Litres

Vegan

# Sourdough Bread

## INGREDIENTS

- \* 400 g white bread flour
- \* 230 ml luke warm water
- \* 3/4 cup sourdough
- \* 2 tsps salt

## DIRECTIONS:

1. Mix the water and starter.
2. In a large bowl mix the flour and salt.
3. Add the starter mixture to the flour and roughly mix with a wooden spoon.
4. Tip bowl over to a floured work space.  
**DO NOT ADD MORE FLOUR.**
5. Start to knead the dough, knead for about 12 minutes until the dough is stretchy.
6. Cover the dough with cling film or moist cloth and let it rise for 1 hour.
7. Knead the dough again for 5 to 6 minutes.
8. Use a bread basket or a Pyrex round oven proof bowl. Place a kitchen towel inside the bowl, dust with lots of flour so that it doesn't stick to the towel.
9. Place the dough into the bowl, dust with flour on top and fold the towel over the dough, and put lid on. Place in a warm spot and let it rise for 6 hours.  
**Preheat the oven to 220°C when there's 30 minutes left.**
10. Remove the lid, dust it with flour, tip the bread over onto the lid.
11. Carefully remove the kitchen towel.
12. Score your bread on top. Place the bowl over the lid. (This will create steam.)
13. Bake for 25 minutes on 220°C with bowl over the lid.
14. Remove the bowl and bake another 50 minutes on 180°C.
15. Remove from oven and Pyrex lid.
16. Bread is always best the next day.



Serves 1 Loaf





Vegan

# Sourdough Rye Bread

## INGREDIENTS

- \* 400 g rye flour
- \* 320 g luke warm water
- \* 3/4 cup rye sourdough
- \* 1 Tbsp sugar / molasses
- \* 2 tsps salt
- \* 2 Tbsps fennel seeds (optional)

## DIRECTIONS:

1. Mix the water, starter and sugar.
2. In a large bowl mix the flour, seeds and salt.
3. Add the starter mixture to the flour and mix with a wooden spoon.
4. The dough is a very wet and sticky dough almost like potters clay.  
**DO NOT ADD MORE FLOUR.**
5. Keep a bowl of water next to you, wet your hands, stretch and fold over the dough a few times. When you feel the dough starts sticking to your hands, wet hands again.
6. Cover the dough with cling film or moist cloth and let it rise for 30 minutes.
7. Wet your hands stretch and fold over the dough again.
8. Cover and let it rise for another 30 minutes.
9. Repeat step 7.
10. Use a bread basket or a Pyrex round oven proof bowl. Place a kitchen towel inside the bowl, dust with lots of flour so that it doesn't stick to the towel.
11. Place the dough into the bowl, dust with flour on top and fold the towel over the dough, and put lid on. Place in a warm spot and let it rise for 6 hours.  
**Preheat the oven to 220°C when there's 30 minutes left.**
12. Remove the lid, dust it with flour, tip the bread over onto the lid.
13. Carefully remove the kitchen towel.
14. Score your bread on top. Place the bowl over the lid. (This will create steam).
15. Bake for 25 minutes on 220°C with bowl over the lid.
16. Remove the bowl and bake another 50 minutes on 180°C.
17. Remove from oven and Pyrex lid.
18. Rye bread is always best the next day.



Serves 1 Loaf

Vegan

# Spelt Buns

## INGREDIENTS

- \* 580 g spelt flour
- \* 380 ml luke warm water
- \* 1 packet dry active yeast
- \* 1 Tbsp sugar / molasses
- \* 2 tsps salt

## DIRECTIONS:

1. Mix the water, yeast and sugar, let it foam for 10 minutes.
2. In a large bowl mix the flour and salt.
3. Add the yeast mixture to the flour and mix with a wooden spoon.
4. Lightly knead the dough. (There's very little gluten in spelt, so there's no need to knead as normal bread.)
5. Cover the dough with cling film or moist cloth and let it rise for 60 minutes.
6. Lightly knead and divide into 10 equal parts. Form balls.
7. Add baking paper to your baking tray.
8. Place the dough onto your baking tray.
9. Place in a warm spot and let it rise for 2 hours.
10. Preheat the oven to 200°C when there's 30 minutes left.
11. Place the pan into the oven, be careful when picking up the pan, not to bump causing the dough to deflate.
12. Bake for 40 minutes.
13. Remove from oven and pan.
14. If you want a soft crust add some coconut oil on top and cover with a cloth. For a hard crust keep it open.



Serves 10

### Note:

\* Spelt is an ancient grain. It contains very low amounts of gluten.







# Vegan Sweet Onion Bread

## INGREDIENTS

### For the Bread:

- \* 360 g all purpose flour
- \* 230 ml warm plantbased milk
- \* 2 Tbsps sugar
- \* 1 1/2 tsps instant dry yeast
- \* 1 1/2 tsps salt
- \* 30 ml olive oil

### For the Filling:

- \* 3 onions finely chopped
- \* coconut oil for frying
- \* 1/2 tsp salt
- \* 2 Tbsps sugar



Serves 1 Loaf

## DIRECTIONS:

1. Pour the luke warm milk into a small bowl. Add the sugar and yeast and mix well. Set aside and leave the yeast to foam for around 8 minutes.
2. In a large bowl, mix together the flour and salt.
3. Add the milk mix and olive oil to the flour mixture and mix together until you have a sticky messy dough. Cover with a damp towel and leave to hydrate fully for 10 minutes.
4. After 10 minutes, remove the dough from the bowl and knead well on a floured surface for around 10 - 12 minutes.
5. Return the dough to the bowl, cover and leave for 1 hour.
6. After an hour the dough should've doubled in size. Tip the dough from the bowl onto a clean, lightly floured surface and knead for 2 minutes.
7. Using a sharp knife, slice the dough in half. Form each half into a ball.
8. Roll out into a square. Cut circles out with a cookie cutter.
9. Place filling in the centre of each circle, fold over and bend as in picture.
10. Place into a greased round cake tin.
11. Pre-heat the oven to 180°C.
12. Leave to prove on the counter for 40 minutes.
13. Place into preheated oven and bake until golden brown about 15 minutes.



# Sweet potato Wraps

## INGREDIENTS

- \* 2 cups mashed sweet potato
- \* 3 cups whole wheat flour
- \* pinch of salt
- \* 1/2 tsp dried origanum

## DIRECTIONS:

1. Place mashed sweet potato in a mixing bowl.
2. Add salt, origanum and flour.
3. Mix together with a fork until it forms a dough.
4. You can add flour as needed until dough no longer sticks to your fingers.
5. Divide into 12 equal balls.
6. In a separate bowl, add a little flour.
7. Dip each ball into the bowl with flour - this will make it easier to roll out.
8. Warm a pan with a little coconut oil for frying.
9. Roll out wraps and fry.
10. Serve with your favourite topping.



*Louise van Rensburg*  
From El is Healing  
Misgund - Eastern Cape



Serves 12



Vegan

# Wonton Wrappers

## INGREDIENTS

- \* 1 1/2 cups cake flour
- \* 1/2 cup just boiled water
- \* Cornstarch, for dusting

## DIRECTIONS:

1. Put the flour in a bowl and slowly pour in the water while stirring with a spoon.
2. When the dough comes together and it has cooled slightly, press it into a ball with your hands.
3. Turn it out onto your work surface and knead for about 2 minutes until a soft ball is formed.
4. Cover dough with plastic wrap. Let it rest for 30 minutes.
5. Cut a manageable piece of dough and cover the remaining dough to prevent it from drying out.
6. Lightly dust the work table with cornstarch and roll out your piece of dough about 2mm thick. (You can also use a pasta machine).
7. Cut dough into 8 cm diameter circles.
8. Dust dough both sides with cornstarch to prevent sticking when you stack the wrappers.
9. Continue until you used all the dough.
10. You can use immediately or store them in a container in the fridge.



Makes 20

# Mains





Vegan

# Asian Stir Fry *With banana blossoms*

## INGREDIENTS

- \* 1 Tbsp olive oil
- \* 1 green bell pepper sliced
- \* 1 yellow bell pepper sliced
- \* 1 radish finely sliced
- \* 1 cup sugar snap peas
- \* 1 cup mushrooms sliced
- \* 2 cups broccoli
- \* 1 cup baby corn
- \* 1/2 cup banana blossoms (optional)
- \* 1/4 cup soy sauce
- \* 3 garlic cloves minced
- \* 3 Tbsps sweetner
- \* 1 tsp sesame oil

**Gluten  
FREE**

## DIRECTIONS:

1. In a large skillet add 1 Tablespoon olive oil over medium high heat.
2. Add bell peppers, radish, peas, mushrooms, broccoli, baby corn and blossoms if using.
3. Saute 2-3 minutes until veggies are almost tender.
4. In a small bowl whisk together soy sauce, garlic, sweetner and sesame oil.
5. Pour over veggies and cook for 5 minutes.
6. Serve over rice.

### If using fresh banana blossoms:

1. Use instructions of blossom fish on page 72
2. Put flowers in a bowl, add cold water, lemon juice to avoid discolouring.
3. Take a flower, open, observe the inside.
4. Pull the feathery plastic like petal back, observe the matchstick like stem inside the flower. You have to remove both, otherwise your banana flowers will be hard and bitter. See picture on top.
5. Keep the flower, discard the rest.
6. Start chopping your flowers.
7. After chopping them small, they are ready to cook.



Serves 4

Vegan

# Baked Melazane

## INGREDIENTS

For Eggplant and batter:

- \* 2 large eggplants cut into slices
- \* 3/4 cup all purpose flour
- \* 1 cup plantbased milk
- \* 2 Tbsps cornstarch
- \* 1 Tbsp onion powder
- \* 1 tsp garlic powder
- \* 1 tsp dried basil
- \* 1/2 tsp salt

For the Breading:

- \* 3 Cups breadcrumbs
- \* 1/4 tsp salt

For the cheese sauce:

- \* 75ml all purpose flour
- \* 75ml vegan butter or coconut oil
- \* 3 cups plantbased milk
- \* 1/4 cup nutritional yeast
- \* 1 tsp garlic powder
- \* 2 tsps onion powder
- \* 1 tsp salt
- \* 1/4 tsp cayenne pepper

Breadcrumb Topping

- \* 1 cup breadcrumbs
- \* 2 Tbsps melted vegan butter

Tomato Basil sauce on page 43

## DIRECTIONS:

For the Eggplants:

1. Preheat oven to 200°C
2. In a mixing bowl add the milk, flour, cornstarch, garlic and onion powder, basil and salt. Mix into a smooth batter.
3. In a second bowl add the breadcrumbs and salt.
4. Dip each eggplant slice into the batter to coat it completely and then into the breadcrumbs.
5. Place the eggplants onto a baking paper lined tray and bake in the oven for 20 minutes on 200°C.

For the cheese sauce:

1. Heat the butter in a pot, add the flour and stir vigorously with a balloon whisk.
2. Add the plantbased milk, continue to stir until there's no lumps.
3. Add the Nutritional yeast, salt, pepper, garlic and onion powder.
4. Cook on medium heat until it thickens up.

Make the Tomato basil sauce.

Assemble:

1. Roughly add a third of tomato sauce on the bottom of a oven safe dish.
2. Top it with half of the eggplant.
3. Add another third of tomato sauce over the eggplant.
4. Top it with half of the cheese sauce.
5. Add the rest of the eggplant.
6. Top it with the remaining tomato sauce.
7. Top that with all the remaining cheese sauce.
8. Add breadcrumbs in a bowl, melt butter and mix. Add on top.
9. Bake for 30 Minutes at 180°C.



Serves 8



Vegan

# BBQ Pulled "Meat"

## INGREDIENTS

### BBQ Sauce:

- \* 1/2 cup ketchup on page 38
- \* 1/2 cup water
- \* 2 Tbsps lemon juice
- \* 2 Tbsps soy sauce
- \* 1 Tbsp tomato paste
- \* 4 Tbsps sweetner
- \* 1 Tbsp smoked paprika
- \* 1/2 tsp garlic powder
- \* 1 tsp onion powder
- \* 1/4 tsp cayenne pepper
- \* 1/2 tsp salt

### For Pulled Jackfruit:

- \* 2 cans young green jackfruit
- \* 1 medium onion finely chopped
- \* 2 Tbsps olive oil
- \* 1 tsp crushed garlic
- \* 1/4 cup water

## DIRECTIONS:

### For BBQ sauce:

1. Add all ingredients to a saucepan on medium heat and bring to a simmer.
2. Simmer for 8 minutes, whisking regularly.
3. Remove it from the heat and allow it to cool completely.

### For Pulled "Meat":

1. Drain and rinse the jackfruit.
2. Use two forks to shred the jackfruit.
3. Sauté onions in olive oil until soft.
4. Add crushed garlic and sauté with the onions for a minute.
5. Add jackfruit. Let it cook for 3 minutes.
6. Add BBQ sauce and water. Stir it on low heat, cover the pan and leave it to simmer for 30 minutes.
7. Serve on steamed buns or in Taco's.

  
**Gluten  
FREE**



Serves 8





## Vegan Biryani

### INGREDIENTS

#### Rice:

- \* 2 cups basmati rice
- \* 3 small pieces cinnamon sticks
- \* 4 cloves \* 2 cardamom pods
- \* 1 1/2 tsp Salt

#### Biryani:

- \* 1 cup dried brown lentils
- \* 3 large potatoes cut into 8 cubes
- \* 60 ml vegan butter/coconut oil
- \* 2 medium onions finely chopped
- \* 4 cloves garlic finely chopped
- \* 1 tsp fresh grated ginger
- \* 1 tsp salt
- \* 1 packet tomato paste
- \* 3 tsps ground cumin
- \* 2 Tbsps ground coriander
- \* 1 tsp turmeric
- \* 1 tsp ground fennel
- \* 1 Tbsp garam masala
- \* 2 star aniseed
- \* 3 bay leaves
- \* 1 tin coconut cream

### DIRECTIONS:

#### Rice, Potatoes, Lentils:

1. Wash rice, add cinnamon, cardamom, cloves and salt. Follow instructions on packet and cook.
2. Sprinkle little bit turmeric over rice, use fork to fluff up the rice. Set aside.
3. Steam/boil potatoes until slightly tender. Season with salt, and shallow fry in a little bit oil until golden brown. Set aside
4. Cook lentils until tender (not mushy). Follow instructions on packet.

#### Biryani:

1. Saute the onion until golden brown.
2. Add cumin, coriander, turmeric, fennel, masala, aniseed, bay leaves. Fry until fragrant
3. Stir in the ginger, garlic, salt tomato paste and coconut cream.
4. In a ovenproof dish layer, rice, potatoes, lentils then pour over the sauce.
5. Place in preheated oven at 180°C for 30 minutes.
6. Mix through and bake for an extra 30 minutes until potatoes are fully cooked.

Gluten  
FREE



Serves 8



Vegan

# Black Bean Patties

## INGREDIENTS

- \* 1 medium onion finely sliced
- \* 1 cup walnuts
- \* 1 Tbsp olive oil
- \* 2 cloves garlic crushed
- \* 1 can black beans drained
- \* 1 Tbsp fine coriander powder
- \* 1 tsp smoked paprika
- \* 1/2 tsp cumin
- \* 1/4 tsp clove powder
- \* 1/2 tsp onion powder
- \* 1/2 tsp garlic powder
- \* 1/2 tsp salt
- \* 2 Tbsps tomato paste
- \* 1/2 cup all purpose flour
- \* 3 Tbsps olive oil for frying

## DIRECTIONS:

1. Add the walnuts to a food processor and process until crumbly. Add to a bowl and set aside.
2. Saute the onion until soft.
3. Add the garlic and saute for another 2 minutes.
4. Add the onions, drained black beans, coriander powder, smoked paprika, cumin, clove powder, onion powder, garlic powder, tomato paste and salt to a food processor and process until smooth. Add to the bowl with the walnuts and mix.
5. Add the flour into bean mix and mix. (Add a bit more flour if the mix is to sticky)
6. Divide into 4 equal parts and form patties.
7. Place the patties on a baking paper lined tray and place in the freezer to firm up for 1 hour.
8. Add olive oil to a pan and place patties in when oil is warm.
9. Fry on each side for 6 minutes (until cooked).
10. Serve as is or on a burger bun.



Serves 4



Vegan

# Blossom "Fish"

## INGREDIENTS

### Fish:

- \* 1 can banana blossoms in brine (or 2 fresh banana blossoms)
- \* Oil for frying

### Flour Mixture:

- \* 1 cup all purpose flour
- \* 1/2 tsp salt
- \* 1 tsp dill
- \* 1 1/2 Tbsps crushed nori sheet

### Batter:

- \* 1 cup flour
- \* 1/2 tsp salt
- \* 1 pinch turmeric
- \* 1 Tbsp lemon juice
- \* 1/2 cup sparkling water



Serves 4

## DIRECTIONS:

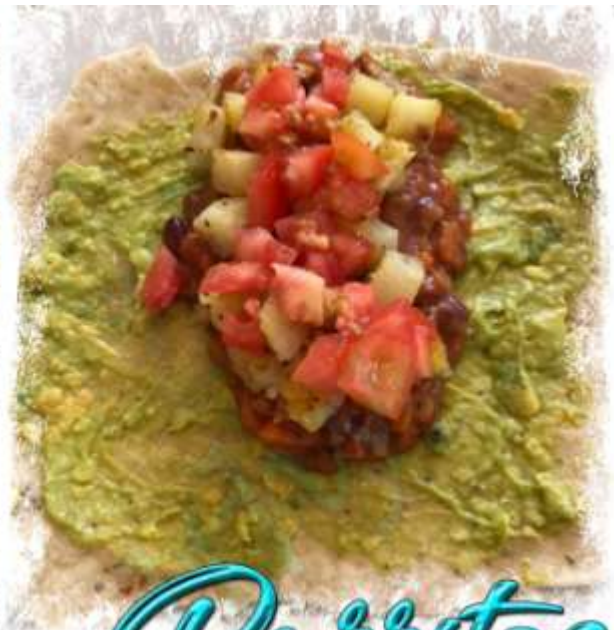
1. Rinse and drain the banana blossoms.
2. In a bowl combine the ingredients for the flour mixture.
3. In another bowl whisk together the ingredients for the batter.
4. In a pot, heat the frying oil. You'll want enough so that the battered banana blossoms can swim in the oil but make sure you leave enough space in the pot so that it doesn't spill over.
5. Coat the banana blossoms in the flour mixture.
6. Then dip them in the batter.
7. Carefully lower them in the oil. Let them fry for about 4-5 minutes until golden brown, flipping them once.
8. Transfer the fried banana blossoms onto a kitchen paper to remove excess oil.

### If using fresh banana blossom:

1. Start opening the outer leaves one by one. Under each leaf you will find a group of long pale yellow flowers. You can use these in a stir fry.
2. Keep repeating: open the leaf, collect flowers, discard leaf.
3. Keep peeling until you reach the white yellow flower heart.
4. Have a bowl ready with 3 cups cold water and 3/4 cup lemon juice.
5. Chop the heart into fish-like shapes. (Remember to dap your knife and cutting board with lemon juice before each cut to prevent discolor.)
6. After you cut the "fish" soak it in the lemon juice water for at least 2 hours.

(Tip: you can also add finely cut nori sheets and 2 tsp salt to your water.)





# Burritos

## INGREDIENTS

### Roast potatoes:

- \* 4 - 6 medium Potatoes
- \* Ina Paarman's potato spice
- \* Himalayan Salt

### Wraps:

- \* 3 cups of flour of choice
- \* 1 cup warm water
- \* 1/3 Oil
- \* Himalayan Salt
- \* Herbs and spices of choice

### Beans:

- \* Beans of choice (pre-cooked beans, or canned beans.)
- \* 1 large Onion
- \* 1 tbs Extra special garum masala
- \* 1 tbs Honey or sweetener of choice
- \* 1 x knorr Veg stock pot
- \* 1 x tin Tomatoes
- \* Himalayan salt
- \* Optional - Vegan mayo



Serves 8

## INGREDIENTS

### Basic mashed Avo (or make own guacamole)

- \* A couple or few Avo's
- \* Lemon juice
- \* Ina Paarman's garlic & herb spice
- \* Salt
- \* Optional - Dash of Cayenne pepper  
(for a bit of zing for those who can handle it)

### Salsa:

- \* 4 - 6 tomatoes
- \* 1/2 Red onion
- \* Optional: jalapenos
- \* 1 Lime
- \* Fresh coriander leaves
- \* Himalayan Salt
- \* Ground black pepper
- \* Optional - vinegar



Zara Kruger  
Orapa - Botswana



# Burritos

Continued...

## DIRECTIONS

### Roast potatoes:

1. Pre-heat oven to 180°
2. Cut potatoes into small cubes
3. Pre-cook potatoes
4. Place potatoes on slightly oiled oven pan
5. Sprinkle Ina Paarman's potato spice over
6. Salt to taste
7. Drizzle olive oil
8. Grill in oven turning once or twice until slightly brown and crispy.

### Wraps:

1. Sieve flour into mixing bowl.
2. Add all other ingredients.
3. Mix ingredients well with spoon then, use hands to thoroughly combine all ingredients. Dough should be soft and shapeable
4. Separate into smaller balls and set aside.
5. Roll out each and smear one side slightly with oil.
6. Fry in pan, oil side down first, for a minute or two.
7. Turn once, fry other side for minute or two.
8. Place in between dish towel or on plate with lid to keep warm

### Beans:

1. Chop and fry onion in a bit of oil.
2. Before onion browns, add 1 tbs extra special garam masala to onions
3. Fry swiftly, do not let garam masala burn, add a bit of oil or water if need be.
4. Add Beans of choice.
5. Add 1 tbs of honey or sweetener of choice.
6. Add veg stock pot.
7. Add can diced tomatoes, or finely chopped tomatoes.
8. Optional - add 1 tbs vegan mayo.
9. Simmer on stove, or cook for longer for more flavour.

## DIRECTIONS

### Basic mashed Avo (or make own guacamole)

1. Mash Avo
2. Add other ingredients
3. Mix well

### Salsa:

1. Dice the tomatoes.
2. Chop red onion.
3. Optional - chop jalapenos.
4. Chop fresh coriander leaves, small bunch or to taste.
5. Combine all ingredients.
6. Mix well.

### Building Burrito:

1. Take wrap.
  2. Smear avo down the middle or all over the wrap.
  3. Scoop beans down the middle, not all the way down, leaving two or three fingers of wrap open.
  4. Scoop roasted potatoes on top of beans down the middle.
  5. Lastly, Scoop tomato salsa on top.
  6. Fold bottom two or three fingers of wrap left open up and over, fold one side over, then other side over
- And, enjoy!



Zara Kruger  
Orapa - Botswana



Tammy Moolman  
From Palatable Plants  
Port Elizabeth

# Cashew Korma

## INGREDIENTS

### Sauce:

- \* 3/4 cup cashews, presoaked
- \* 1 cup coconut milk
- \* 2 garlic cloves
- \* 1 tsp turmeric
- \* 1/2 tsp cumin powder
- \* 1/2 tsp ginger powder
  
- \* coconut oil
- \* 1 onion, chopped
- \* 4 cups chopped veg of choice
- \* 2 tps curry powder
- \* 1 tsp liquid sweetner ( optional)
- \* salt to taste

## DIRECTIONS:

1. Place all sauce ingredients into blender & blend until smooth.
2. Saute onions until translucent.
3. Add veg, saute a bit (can add water if it starts sticking)
4. Add curry powder & cook on low to medium for 30 seconds.
5. Add sauce, cook on low to medium heat until veg is cooked, (add water if sauce start sticking or if sauce is too thick)
6. Add sweetner & salt.
7. Serve with rice & Enjoy.

## Notes:

- \* Use frozen or fresh veg.
- \* Cook 1 cup of rice for a good sauce to rice ratio.



Serves 4-6



Vegan

# Cauliflower Fried Rice

## INGREDIENTS

- \* 1 Tbsp coconut oil
- \* 1 onion finely chopped
- \* 1 tsp crushed garlic
- \* 1 tsp minced ginger
- \* 1 cups peas
- \* 1 cup carrots
- \* 1 cup corn
- \* 1 cup chopped bell pepper
- \* 1 head of medium cauliflower
- \* 40 ml soy sauce
- \* 2 tsps sweet and sour sauce
- \* 1 tsp salt
- \* 2 tsps onion powder
- \* a generous dash of cayenne pepper

## DIRECTIONS:

1. Use a food processor with S blade for making shredded cauliflower rice. Chop and pulse until evenly shredded.
2. Saute onion and garlic in oil over medium heat until golden brown.
3. Add ginger, bell pepper, corn, peas and carrots.
4. Mix, cover and cook for 3 to 4 minutes.
5. Add the shredded cauliflower, soy, sweet and sour sauce, onion powder, salt and pepper and mix.
6. Cover and cook for 5 minutes.
7. Quickly mix with fork. Cover and steam for another 2 minutes. You want the cauliflower to be cooked to a bit more than al dente, but still just a slight bite.
8. Serve hot as is or with baked tofu..

Gluten  
FREE



Serves 6



Vegan

# Cauliflower Walnut Meat

## INGREDIENTS

- \* 1 small head of cauliflower chopped into florets
- \* 8 chopped mushrooms
- \* 1/3 cup walnuts
- \* 3 Tbsps soy sauce
- \* 1 Tbsp fine coriander powder
- \* 1/4 tsp cayenne pepper
- \* 1/2 tsp salt
- \* 1 Tbsp smoked paprika
- \* 2 tsps cumin powder
- \* 1 tsp onion powder
- \* 1 tsp garlic powder
- \* 1/4 tsp clove powder
- \* 2 tsps tomato puree

## DIRECTIONS:

1. Preheat large nonstick skillet on medium heat.
2. Put all the ingredients in a food processor and pulse until you get a "ground beef" consistency and everything is well combined.
3. Pour mixture into skillet and cook for 10 minutes, stirring occasionally. Reduce heat to low-medium and cook for another 10-12 minutes, stirring occasionally.
4. Taste and season as you go in order to fit your taste.



Serves 6

Gluten  
**FREE**



# Cheesy Veg Lasagna

## INGREDIENTS

\* 1 Packet of Noodles

### Filling:

- \* 1 Tbsp Olive oil
- \* 1 medium onion chopped
- \* 1 medium carrot cut into 4 cm julienne strips
- \* 4 baby marrows sliced
- \* 1/4 red bell pepper chopped
- \* 1/4 green pepper chopped
- \* 1 cup sliced mushrooms
- \* 1 cup sliced cauliflower
- \* 1 medium eggplant cubed
- \* 2 cups cooked soya mince granules
- \* 2 cups cherry tomatoes
- \* 2 large gloves garlic minced
- \* 1 tsp salt
- \* 1 Tbsp soya sauce
- \* 200 ml boiling water

### Cheesy Sauce:

- \* 2 cups cubed potatoes
- \* 1 cup cubed carrot
- \* 1 small onion chopped
- \* 2 cloves garlic
- \* 2 tsps salt
- \* 1/2 cup nutritional yeast
- \* 1 Tbsp lemon juice
- \* 1/3 cup olive oil
- \* 1/2 cup soy milk
- \* 1/2 cup water (use the water in which the potato and carrot were cooked)

## DIRECTIONS:

1. Stir fry all vegetables except the tomatoes for about 10 minutes.
2. Add soya mince, water, tomato and salt. Simmer for 20 minutes, stirring frequently. (Add water if necessary - must not be too soggy)
3. Add soya sauce and taste for salt - add more salt if necessary.
4. Prepare noodles as according to instructions on pack.
5. Drain noodles and lay flat in a flat dish or on a cloth.
6. Grease a flat ovenproof dish 25 cm x 25 cm.

### Cheesy Sauce:

1. Boil potatoes, carrot, onion and garlic till soft. (add garlic lastly do not over cook)
2. Liquidize the above with the rest of the ingredients until creamy.
3. Can be kept in the fridge for at least one week.

### Assembly:

1. Place alternative layers of noodles, filling and cheesy sauce in the dish. (Ending with the cheesy sauce)
2. Bake uncovered at 180°C for about 20 minutes.
3. Serve hot with a mixed or greek salad.

### Cheesy sauce:

- \* If sauce is too thick when cold gently reheat and use with pasta, hay stacks, nachos etc.
- \* Replace fresh onion and garlic with 1/2 tsp garlic and onion powder. Add that to the liquidizer and do not boil with the potatoes and carrot.



Serves 8



Susan Pheffer  
Ellisras - Limpopo





# Vegan "Chicken Strips"

## INGREDIENTS

\* 12 oyster mushrooms

### For the buttermilk:

- \* 3/4 cup soy milk
- \* 1 tsp lemon juice
- \* 1 tsp corn starch

### Dry ingredients and spices:

- \* 1/3 cup all purpose flour
- \* 1/4 cup breadcrumbs
- \* 1 tsp oregano
- \* 1/4 tsp cayenne pepper
- \* 1/2 tsp garlic powder
- \* 1 tsp onion powder
- \* 1/2 tsp paprika or smoked paprika
- \* 1 tsp coriander powder
- \* Dash of clove powder

### For frying:

- \* Enough to allow mushrooms to float in the oil.

## DIRECTIONS:

1. Remove the stems of mushrooms, cut mushrooms in strips.

### Make vegan buttermilk:

1. Put milk in a shallow bowl with 1 teaspoon of lemon juice, add corn starch and give it a stir let it sit for at least 5 minutes to thicken up.

### Prepare your breading:

1. In a separate bowl, mix flour, breadcrumbs, oregano, cayenne pepper, garlic powder, onion powder, paprika, coriander and clove powder.

### Bread the mushrooms:

1. Dip the mushroom strips and stems into the milk solution and then into the flour mixture and coat it well. Then quickly dip the mushrooms back into the milk solution and coat a second time with the dry flour mixture.
2. Set aside until you have about 5-6 mushrooms ready to fry.
3. Place the mushrooms in the hot oil and cook for about 2-3 minutes until they become golden brown.
4. Place on paper towel to remove excess oil, while cooling down.
5. Repeat until all of the mushrooms are cooked.
6. Serve with chips or in pasta.



Serves 6

Vegan

# Cream Spinach Pie

## INGREDIENTS

1 Roll puff pastry

Spinach filling:

\* 2 potatoes peeled and cooked

\* 500 g chopped spinach

\* 1 onion finely chopped

\* 2 Tbsps coconut oil for frying onion

\* 1/2 cup coconut oil or vegan butter

\* 1/2 cup all purpose flour

\* 1 can coconut milk

\* 600 ml plantbased milk

\* 1 1/2 tps salt

\* 1/4 tsp cayenne pepper

## DIRECTIONS:

Pie dish:

1. Preheat oven to 180°C.

2. Lightly oil a pie dish.

3. Roll the puff pastry over pie dish. Do not trim edges.

For the filling:

1. Boil the potatoes until cooked. Mash the potatoes.

2. Cook the spinach until soft. Drain water. Set aside.

3. Saute the onion in coconut oil until light brown.

4. Melt the butter with the onions and add the flour. Mix with a whisk until there's no lumps.

5. Add the coconut milk and plant milk. Mix through.

6. Add the spinach, mashed potatoes, salt and pepper to the milk and mix.

7. Pour mixture into pie dish.

8. Fold pastry edges over to the inside and bake for 40 minutes.

9. Let it cool down before you slice it.



Serves 8





Vegan

# Cream Potatoes Bake

## INGREDIENTS

- \* 3 big potatoes peeled
- \* 1 can coconut milk
- \* 1/3 cup all purpose flour
- \* 1/3 cup coconut oil/vegan butter
- \* 1 tsp salt
- \* 1/4 tsp cayenne pepper
- \* 1 onion finely chopped
- \* Coconut oil to saute onions
- \* Oregano and salt to sprinkle

## DIRECTIONS:

1. Saute the onion in coconut oil until light brown.
2. Melt the coconut oil/butter.
3. Add the flour to the melted butter and whisk until there's no lumps.
4. Add the milk, salt and pepper.
5. Add the sauted onions to the milk mixture.
6. Slice the potatoes very thin or use food processor to slice.
7. Pre-heat oven to 180°C.
8. In a oven proof dish, layer the potatoes, add some milk mixture, add layer potatoes, add some milk mixture. Repeat until everything is used up.
9. Sprinkle some salt and oregano on top.
10. Bake in the oven until golden brown at 180°C (About 30 minutes).



Serves 6



Vegan

# Creamy Pasta

## INGREDIENTS

- \* 1 packet of pasta - 500 g
  - \* 200 g cherry tomatoes, halved
  - \* 1 red bell pepper diced
  - \* 1 onion finely chopped
  - \* 200 g kalamata olives drained & halved
  - \* 1 tsp salt
  - \* 1/4 tsp cayenne pepper
- For creamy Italian sauce:**
- \* 1 cup raw cashews (soaked for 2 hours)
  - \* 1 cup water
  - \* 1 roasted red pepper
  - \* 1/2 lemon, juiced
  - \* 2 cloves garlic
  - \* 1 Tbsp onion powder
  - \* 60 ml nutritional yeast
  - \* 2 tsps dried basil
  - \* 1 1/2 tsps salt

## DIRECTIONS:

1. Boil pasta according to package directions. Cook to al dente. Drain the pasta.
- For creamy Italian Sauce:**
1. Cut the bell pepper into strips.
  2. Place bell pepper and garlic onto a baking tray, drizzle with olive oil.
  3. Bake in pre-heated oven for 15 minutes at 180°C.
  4. Drain the cashews.
  5. Add all the ingredients for creamy sauce into a blender, including the peppers.
  6. Blend until smooth and creamy.
  7. Warm the sauce in a pot for about 5 minutes.
- Assemble the creamy Italian pasta:**
1. Mix the sauce into the pasta.
  2. Saute the onions until soft.
  3. Add salt and pepper.
  4. Add the tomatoes and olives. Flash fry for about 3 minutes.
  5. Mix into the pasta and serve warm.



Serves 6



David Botha  
Tzaneen - Limpopo



Vegan

# Empanadas

## INGREDIENTS

### Dough:

- \* 2 1/2 cups all purpose flour
- \* 2 Tbsps sugar
- \* 3/4 cup cold vegan butter
- \* 1/2 cup cold water
- \* 1 tsp baking powder
- \* 1/4 tsp salt

### Filling:

- \* 2 potatoes cut in small cubes
- \* 400g finely chopped mushrooms
- \* 1 onion finely chopped
- \* 1 carrot grated
- \* 3 cloves minced garlic
- \* 1 tsp salt
- \* 1 Tbsp coriander powder
- \* 1/4 tsp clove powder
- \* 1 Tbsp onion powder
- \* 2 Tbsps sweetner
- \* 1/4 cup tomato Puree
- \* 2 Tbsps soy sauce
- \* 1 Tbsp lemon juice

## DIRECTIONS:

### Dough:

1. Preheat oven to 180°C.
2. In a food processor, combine flour, baking powder, sugar, salt, and butter, process until crumbs form.
3. Add the ice water tablespoons at a time until a dough forms. (Sometime not all the water is needed. At times a little extra water is needed.)
4. Make dough into a ball, cover with cling film and refrigerate for 1 hour.
5. Roll out the dough and cut with a large round cookie cutter.

### For the filling:

1. Cook the potato cubes in salt water until soft but musn't fall apart.
2. Heat oil in a pan over meduim heat. Saute onions till golden brown.
3. Add carrots, garlic and mushrooms. Saute for 5 minutes.
4. Add salt, coriander and cloves.
5. Saute for 1 minute.
6. Add tomato puree, onion powder, sweetner, soy sauce and lemon juice.
7. Cook on meduim heat for 10 minutes.
8. Set aside and let it cool down.

### Assemble:

1. Place enough filling in the middle of the circle dough.
2. Fold over and pinch the sides close. Press with a fork.
3. You can also twist the dough on the sides.
4. Brush with plantbased milk.
5. Bake on 180°C until golden brown (15-20 minutes).



Serves 18

# Enchiladas



Juanita Pretorius  
From Arukah Living  
Geluksburg - KZN

## Flavoured Beans

- \* 4 cups soaked cooked beans
- \* 1/2 cup onion chopped
- \* 2 cloves minced garlic
- \* 2 tsp curry paste
- \* 1 chopped green pepper
- \* 3 cups chopped tomatoes/canned
- \* 1 Tbsp smoked paprika
- \* 1 1/2 tsps onion powder
- \* 3/4 tsp dried basil or hand full fresh
- \* 1 tsp oregano
- \* 1 tsp vegan beef stock (Ina Parman)
- \* 1 1/2 tsps liquid sweetner
- \* 1 packet tomato paste

## DIRECTIONS:

1. Saute onion in a bit of oil.
2. Add garlic and seasoning till mixed in.
3. Add tomato & tomato paste & simmer till well blended.
4. Add everything else and simmer for 45 minutes.

## Cashew Cheese:

- \* 1 cup water
- \* 3/4 cup cashews
- \* 1 Tbsp tahini / 2 Tbsps sesame seeds
- \* 3 Tbsps yeast flakes
- \* 1/4 tsp salt
- \* 2 tsps onion powder
- \* 1/4 tsp garlic powder
- \* 1/2 cup sweet red pepper
- \* 2 Tbsps lemon juice
- \* 5 peppadews

## DIRECTIONS:

Blend all together till smooth and Creamy.  
Store in fridge to use as a cheese sauce.



Serves 6



# Enchiladas



Continued...

Juanita Pretorius  
From Arukah Living  
Geluksburg - KZN

## INGREDIENTS

### Assemble:

- \* Wraps (Buy at shop)
- \* Flavoured beans (Page 84)
- \* Vegan cheese (Page 84)
- \* Tin onion tomato sauce
- \* Olives

## DIRECTIONS:

1. Spray a baking dish.
2. Put some onion tomato sauce in the bottom.
3. Take some of your flavoured beans and put it in a wrap.
4. Roll the bean wrap and put it in the baking dish.
5. Continue till dish is full.
6. Pour over remaining onion tomato sauce, enough to cover.
7. Slice Black olives all over the dish.
8. End with a layer of cashew cheese.
9. Bake in the oven for 45 minutes at 190°C



Serves 6





# Vegan Fried "Chicken"

## INGREDIENTS

- \* 10 oyster mushrooms
- \* 1 tsp salt

### For the buttermilk:

- \* 3/4 cup soy milk
- \* 1 tsp lemon juice

### Dry ingredients and spices:

- \* 1/3 cup all purpose flour
- \* 1/4 cup corn starch
- \* 1/4 cup breadcrumbs
- \* 1 tsp oregano
- \* 1/4 tsp cayenne pepper
- \* 1/2 tsp garlic powder
- \* 1/2 tsp onion powder
- \* 1/2 tsp paprika or smoked paprika
- \* Dash of clove powder

### For frying:

- \* Enough oil to allow mushrooms to float in the oil.

## DIRECTIONS:

1. Lay clean oyster mushrooms on a paper towel and sprinkle them with salt. Turn them over and sprinkle the other side with salt as well.

2. Let the mushrooms rest for 30 minutes to draw out some of the moisture.

### Make vegan buttermilk:

1. Put milk in a shallow bowl with 1 teaspoon of lemon juice. Give it a stir and let it rest for at least 5 minutes to thicken up.

### Prepare your breading:

1. In a separate bowl, mix flour, corn starch, breadcrumbs, oregano, cayenne pepper, garlic powder, onion powder, paprika and clove powder.
2. Once the mushrooms have sat for about 1/2 hour, place them in a colander and rinse the salt off of them, then pat them dry with a paper towel.

### Bread the mushrooms:

1. Dip the mushrooms into the milk solution and then into the flour mixture and coat it well. Then quickly dip the mushrooms back into the milk solution and coat a second time with the dry flour mixture.
2. Set aside until you have about 5-6 mushrooms ready to fry.
3. Place the mushrooms in the hot oil and cook for about 2-3 minutes until they become golden brown.
4. Place on paper towel to remove excess oil, while cooling down.
5. Repeat until all of the mushrooms are cooked.
6. Serve hot with your favourite dipping sauce.



Serves 10 Pieces





# Fried Okra

## INGREDIENTS

- \* 1 finely chopped onion
- \* 1 clove crushed garlic
- \* 2 tomatoes chopped
- \* 250 g okra chopped
- \* 2 handfuls chopped spinach
- \* 1/2 tsp cayenne pepper
- \* 1 Tbsp of coconut oil

## DIRECTIONS:

1. Heat up a pan with oil.
2. Saute onion and garlic for 2 minutes over medium heat.
3. Add tomatoes and salt, cook till they are soft.
4. Add okra, stir for 4 minutes.
5. Close lid for 3 minutes to allow heat to cook okra.
6. Add 3 Tbsp of water if the mixture is a little dry.
7. Add spinach, close lid for 2 minutes so it shrinks.
8. Add cayenne pepper.
9. Stir for 2 minutes.
10. Serve with love.



Michelle Chidembo  
Johannesburg

## Notes:

- \* Serve with sorghum or millet pap.



Serves 3



# Fried Potato Cakes

## INGREDIENTS

- \* 800 grams of potatoes - peeled and cut into cubes
  - \* 60 ml all purpose flour
  - \* 1 teaspoon salt
  - \* 1 bunch of green onion - chopped
  - \* 1 carrot - grated
  - \* 1 Tbsp vegan butter
  - \* 1 cup grated vegan cheese
- Batter:
- \* 1 cup Cake flour
  - \* 1 tsp baking powder
  - \* 1/2 tsp salt
  - \* 1 tsp lemon juice
  - \* 350 ml Plantbased milk
  - \* 60 ml coconut oil for frying

## DIRECTIONS:

1. Cook the potatoes until just soft (Not mushy)
  2. Mash the potatoes and let cool.
  3. Saute the grated carrot in the 1 Tbsp butter for 5 minutes. Let it cool.
  4. Mix the carrot into the mash.
  5. Add the flour, salt, green onion and cheese.
  6. Mix and form into patties, place patties on a tray.
  7. Refrigerate or freeze for at least 2 hours.
- For the batter:
1. Mix the milk and lemon juice, let it rest for 5 minutes.
  2. Mix all the dry ingredient together.
  3. Add the milk to the dry ingredients. Whisk with a balloon whisk until there is no lumps. It should be a "flap jack" like consistency. Add more milk if to thick.
  4. Heat a non-stick pan on medium heat, add coconut oil.
  5. Dip the potato cakes into the batter and fry on each side until brown.
  6. Serve warm.



Reinet Thornhill  
Tzaneen - Limpopo



Makes 8



Vegan

# Hash Browns

## INGREDIENTS

- \* 3 large potatoes
- \* 1/2 cup all purpose flour
- \* 2 Tbsps coconut oil
- \* 1 tsp salt
- \* 1 tsp smoked paprika
- \* 1/4 tsp cayenne pepper
- \* 1 tsp onion powder

For Frying:

- \* 2 Tbsps coconut oil

## DIRECTIONS:

1. Peel the potatoes and grate.
2. Add the potatoes to a bowl and pour cold water over them.
3. Leave for about a minute. (Water will get cloudy).
4. Rinse off the water and add fresh water.
5. Leave for another minute rinse again and add water for a third time.
6. Rinse and drain.
7. Using your hands, squeeze out the excess water from the potatoes.
8. Add to a mixing bowl with the flour, salt, oil, paprika, pepper and onion powder and mix together.
9. Divide into 6 portions.
10. Press down into a cookie cutter to form patty shape.
11. Heat oil in a pan and fry hash brown until golden brown for about 5 minutes.
12. Flip and fry other side.

## Notes:

- \* You can add spring onions or corn to jazz it up.



Serves 6

Vegan

# Lentil Curry

## INGREDIENTS

- \* 250 g packet lentils cooked
- \* 3 medium potatoes (cut in cubes and pre-cooked)
- \* 6 Tbsps coconut oil
- \* 2 tsps salt
- \* 3 onions chopped
- \* 3 tomatoes chopped
- \* 1 Tbsp garlic
- \* 1 tsp ginger powder
- \* 4 tsps curry powder
- \* 2 tsps paprika
- \* 2 Tbsps coriander powder
- \* 1 Tbsp tumeric powder
- \* 1 tsp clove powder
- \* 1 can tomato puree
- \* 4 Tbsps sweetner
- \* 1 Tbsp lemon juice
- \* 2 cups vegetable stock or water
- \* 1 can coconut milk



## DIRECTIONS:

1. Saute onions in oil until light brown.
2. Add garlic, ginger, curry powder, paprika, coriander, tumeric, salt and clove powder to onions and saute for another minute or two.
3. Add the tomatoes and fry for 5 minutes.
4. Add pre-cooked potatoes, cooked lentils, water, tomato puree, sweetner and lemon juice.
5. Cook covered on low heat for 30 minutes.
6. Add coconut milk, stir and serve on rice.

  
**Gluten  
FREE**



Serves 8





Heidi Steyn  
Vryheid - Kzn

# Lentil Patties

## INGREDIENTS

- \* 4 cups of cooked brown lentils.
- \* 4 wheat-bix
- \* 3 Tbsps flour
- \* 2 tsps sweetner
- \* 2 tsps salt
- \* 4 Tbsps onion powder
- \* 4 Tbsps coriander powder
- \* 1 tsp cloves powder
- \* 4 Tbsps veggie stock powder
- \* 1 Tbsp soya sauce

## DIRECTIONS:

1. Mix everything well. (If too dry, add little bit of water).
2. Let it rest for 10 minutes.
3. Make patties, fry till golden brown.
4. Serve warm.



Serves 16



Vegan

# Meaty Lasagne

## INGREDIENTS

\* 1 box lasagne sheets

**For the Meat:**

\* 2 1/2 cups mushrooms

\* 1 cup walnuts

\* 3 cups lentils (cooked till tender)

\* 2 Tbsps olive oil

\* 1 small onion finely diced

\* 4 cloves garlic finely minced

\* 1/4 tsp cayenne pepper

\* 1 can diced tomatoes with sauce

\* 1 packet tomato paste

\* 1 Tbsp fine coriander powder

\* 1 tsp onion powder

\* 2 tsps smoked paprika

\* 2 tsps dried oregano

\* 1 tsp salt

\* 1 tsp sweetner

\* 2 tsps dried basil

**For the cheese sauce:**

\* 75 ml all purpose flour

\* 75 ml vegan butter or coconut oil

\* 3 cups plantbased milk

\* 1/2 cup nutritional yeast

\* 1 tsp garlic powder

\* 2 tsps onion powder

\* 1 tsp salt

\* 1/4 tsp cayenne pepper

## DIRECTIONS:

1. Slice the mushrooms and add it to a food processor. Process until fine, add to a mixing bowl.
2. Add the walnuts to a food processor and process into crumbs, add to mushrooms.
3. Saute onion and garlic in olive oil until soft.
4. Add the mushrooms, walnuts and cooked lentils to the onion mix and saute for 5 minutes.
5. Add in the can of tomatoes, tomato paste, coriander powder, salt, onion powder, smoked paprika, cayenne pepper, basil, oregano and sweetner.
6. Simmer on low heat for 20 minutes.

### For the cheese sauce:

1. Heat the butter in a pot, add the flour and stir vigorously with a balloon whisk
2. Add the plantbased milk, continue to stir until there's no lumps.
3. Add the nutritional yeast, salt, pepper, garlic and onion powder.
4. Cook on medium heat until it thickens up.

### Assemble:

1. Roughly add a third of meat sauce on the bottom of a small oven safe dish.
2. Top it with lasagne sheets.
3. Top it with third of the cheese sauce.
4. Add another third of meat sauce.
5. Top it with lasagne sheets.
6. Top it with third of the cheese sauce.
7. Repeat again ending with the cheese sauce.
8. Sprinkle some dried oregano on top.
9. Bake in pre-heated oven for 30 minutes at 180°C.



Serves 8



Vegan

# Melted Cheese Patty

## INGREDIENTS

- \* 250 g mushrooms finely chopped
- \* 2 onions finely chopped
- \* 1 tsp crushed garlic
- \* 3 Tbsps coconut oil
- \* 1 cup cooked quinoa
- \* 1 1/2 cups cooked red lentils
- \* 1/2 cup dry oats
- \* 1 grated potato
- \* 1/4 cup tomato puree
- \* 1/2 cup soy milk
- \* 1 tsp salt
- \* 1 1/2 Tbsps fine coriander powder
- \* 1/4 tsp clove powder
- \* 1 cup bread crumbs
- \* 1 tsp dried rosemary

## DIRECTIONS:

1. Pre-heat the oven on 180°C.
2. Saute the onions in coconut oil, until soft.
3. Add chopped mushrooms to the onions and saute until soft.
4. Add the garlic, salt, coriander powder, clove powder and rosemary to the onion mushroom mix and saute for 1 minute.
5. Add all the ingredients including the cooked mushrooms and onions into a big mixing bowl. Mix through.
6. In a lightly greased oven pan. Use a oiled cookie cutter, place half the mixture at the bottom, add grated cheese (I used Violife from Checkers or Pick 'n Pay) then add more mixture on top.
7. Bake for 15 min at 180°C. Turn around and bake for another 15 minutes.
8. Enjoy as is or on a burger.

Gluten  
FREE



Serves 8



*Vegan*

# Mushroom Fettuccine

## INGREDIENTS

- \* 500 g cooked fettuccine
- For Mushrooms:**
- \* 2 Tbsps coconut oil
- \* 400 g mushrooms chopped
- \* 2 Tbsps coriander powder
- \* 1/4 tsp clove powder
- \* 1 tsp salt
- For Sauce:**
- \* 600 ml plantbased milk
- \* 400 ml coconut cream
- \* 6 Tbsps all purpose flour
- \* 6 Tbsps vegan butter
- \* 1 tsp salt
- \* dash cayenne pepper

## DIRECTIONS:

### For the Mushrooms:

1. Heat 2 tablespoons oil in a pot over medium heat.
2. Saute mushrooms until golden brown.
3. Add 1 tsp salt, pepper, coriander and clove powder into the mushrooms, and saute for another minute.
4. Set aside.

### For the sauce:

1. Heat vegan butter in a pot over medium heat.
2. Add 1 tsp salt, flour and whisk with a balloon whisk.
3. Add milk, keep on whisking.
4. Cook for 10 minutes.
5. Continue whisking during the 10 minutes.
6. Mix mushrooms into sauce.
7. Pour over cooked fettuccine.



Serves 6



Vegan

# Mushroom Risotto with Parmesan

## INGREDIENTS

### The Parmesan:

- \* 3/4 cup raw cashews (not soaked)
- \* 4 Tbsps nutritional yeast
- \* 1 tsp salt
- \* 1/4 tsp garlic powder

### The Risotto:

- \* 1 medium onion finely chopped
- \* 1 Tbsp olive oil
- \* 480 g mixed mushrooms sliced
- \* 2 cloves garlic crushed
- \* 1 1/2 cups risotto rice
- \* 1 tsp fine coriander powder
- \* 2 Tbsps vegan butter
- \* 6 cups vegetable stock
- \* 1 1/2 tps salt



Serves 4

## DIRECTIONS:

### For the Parmesan:

1. Place all the ingredients in a food processor.
2. Blitz until it becomes powder.
3. Transfer to an airtight container, store in cupboard for 1 week.

### For the Risotto:

1. Saute the onion in the olive oil until soft.
2. Add the garlic and mushrooms and saute until soft.
3. Add the rice and coriander powder, saute with the onion and mushrooms.
4. Add 3 cups of the vegetable stock, stir well, cover with a lid and simmer for about 20 minutes until the broth is mostly absorbed.
5. Add 1 1/2 cups stock, stir well. Cover and simmer for 10 minutes.
6. Add the final 1 1/2 cups of stock, stir well, cover and simmer for 8 minutes.
7. You will know when its ready, if all the stock has been mostly absorbed.
8. Turn off the heat and stir in 2 Tbsps of vegan butter.
9. Taste and add salt to taste.
10. Sprinkle with vegan parmesan.

Gluten  
FREE



Vegan

# Mushroom Stroganoff

## INGREDIENTS

- \* 1 medium onion, thinly sliced
- \* 250 g white button mushrooms thinly sliced
- \* 250 g brown mushrooms, thinly sliced
- \* 1 tsp salt
- \* 4 cloves garlic, minced
- \* 1/4 cup vegan butter
- \* 1/4 cup GF all-purpose flour
- \* 1/4 tsp cayenne pepper
- \* 1/4 tsp thyme
- \* 1/4 tsp clove powder
- \* 1 tsp smoked paprika
- \* 1 Tbsp fine coriander powder
- \* 400 ml plantbased milk
- \* 400 ml sour cream (mix 1 tin coconut cream + 2 Tbsps lemon juice)
- \* 1 Tbsp soya sauce
- \* 3 Tbsps Ina Paarman's vegan beef stock powder

## DIRECTIONS:

1. Heat a large pan over medium heat.
2. Add vegan butter and melt.
3. Add onions and saute for 4-5 minutes, stirring often.
4. Add mushrooms and salt. Saute for 5-7 minutes.
5. Add in garlic and pepper and saute for 1 minute.
6. Add in thyme, smoked paprika, clove powder and coriander powder.
7. Mix the flour and beefstock powder in 1/2 cup plant milk.
8. Add the beefstock liquid, other remaining milk, sour cream and soy sauce to the mushrooms. Simmer for 8-10 minutes until thick.
9. Serve over pasta or rice.

**Gluten  
FREE**



Serves 8





Vegan

# Mushroom Roast

## INGREDIENTS

- \* 400 g mushrooms finely chopped
- \* 3 onions finely chopped
- \* 1 tsp crushed garlic
- \* 3 Tbsps coconut oil
- \* 2 cups cooked quinoa
- \* 3 cups cooked red lentils
- \* 1 cup dry oats
- \* 1 grated potato
- \* 1/2 cup tomato puree
- \* 1 cup soy milk
- \* 2 tsps salt
- \* 3 Tbsps fine coriander powder
- \* 1/3 tsp clove powder
- \* 1 cup bread crumbs
- \* 1 Tbsp dried rosemary

## DIRECTIONS:

1. Pre-heat the oven on 180°C.
2. Saute 2 of the finely chopped onions (the other onion will stay raw) in coconut oil, until soft.
3. Add only half (200g) chopped mushrooms (other 200g mushroom will stay raw) to the onions and saute until soft.
4. Add the garlic, salt, coriander powder, clove powder and rosemary to the onion mushroom mix and saute for 1 minute.
5. Add all the ingredients including the cooked mushrooms and onions into a big mixing bowl. Mix through.
6. Place the mixture into a greased bread pan.
7. Bake for 60 min at 180°C.
8. When cooked remove pan from oven and let it cool down completely before you remove it from the bread pan.
9. Enjoy as is or add a glaze on top.

  
Gluten  
FREE



Serves 8



# Pap Tert

## INGREDIENTS

- \* 1 x 410g can of sweetcorn

### Sauce:

- \* 200 g button mushrooms
- \* 1 can 400 g tomato & onion relish
- \* 1 Tbsp fine coriander powder
- \* 1/4 tsp clove powder
- \* 1/2 tsp smoked paprika
- \* 2-3 drops liquid smoke (optional)
- \* 2 tsps soy sauce
- \* 3 garlic cloves minced
- \* 1/4 tsp cumin powder
- \* 70 g can tomato paste
- \* 1/2 tsp sweetner
- \* salt and pepper to taste

### Polenta Porridge:

- \* 1 1/2 cups Polenta
- \* 4 cups warm water
- \* 2 tsps pink salt
- \* 1 tsp Italian herb
- \* 1/2 tsp thyme

## DIRECTIONS:

### Sauce:

1. Fry mushrooms until brown.
2. Add tomato and onion relish all spices and cook together for 5 minutes.

### Polenta Porridge:

1. Bring water to a boil.
2. Add herbs, salt and polenta while you constantly stir, to prevent lumps.
3. Stir until it starts to thicken, close lid and cook for 10 - 15 minutes on medium heat, stir often to prevent it from burning.

### Assemble:

1. Use polenta porridge while it is hot, it makes it easier.
2. Add a layer of polenta in a greased oven dish, then add a layer of sauce, then the sweetcorn, repeat until everything is finished.
3. Top off with store bought vegan cheese or make your own cheese sauce.
4. Bake in Pre-heated oven for 30 minutes and grill for 5-10 minutes for a nice browned effect.



Serves 6-8

Gluten  
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Desire Nagel  
From Gluten Freedom  
Pretoria

# Peanut Cauliflower Florets

## INGREDIENTS

- \* 1 large cauliflower head
- \* 2 cups finely chopped peanuts
- \* 1/2 tsp garlic powder
- \* 1 tsp onion powder
- \* 1 tsp parsley
- \* 1 tsp origanum
- \* 1/2 tsp salt
- \* 1 Tbsp coconut oil
- \* 3 Tbsps date jam

### Date Jam:

- \* 250 g dates
  - \* 1 1/2 cups boiling water
- Soak dates in boiling water for 5 minutes add dates and water to a blender, blend until smooth. Can be stored in glass container in fridge for up to 1 week

## DIRECTIONS:

1. Cut cauliflower head into smaller florets.
2. Warm up a little coconut oil in a sauce pan and add cauliflower to pan.
3. Fry till slightly cooked.
4. In the meantime, mix together all the dry ingredients in a bowl.
5. Add date jam and coconut oil to dry mixture.
6. Add mixture to cauliflower and mix thoroughly making sure all florets are covered.
7. Add a little water to moisten - I added roughly 1/2 cup
8. Serve when cooked.



Louise van Rensburg  
From El is Healing  
Misgund - Eastern Cape

Serves 6



# Pepper "Steak"

## INGREDIENTS

- \* 4 portobello mushrooms stems removed
- \* 250 g white button mushrooms grated
- \* 250 ml Orley whip
- \* 1/4 cup non alcoholic brandy (optional)
- \* 3 Tbsps olive oil
- \* 3 Tbsps vegan butter
- \* ground black pepper or papaya seeds
- \* salt to taste

## DIRECTIONS:

For the sauce:

1. Coat the portobello mushrooms on both sides, with olive oil and thin layer ground black pepper or papaya seeds.
2. In a heavy bottom pan, melt the butter.
3. Fry the portobello mushrooms on both sides.
4. Add the brandy and flambe mushrooms.
5. Remove portobello mushrooms from pan.
6. Add the grated mushrooms to the same pan and fry.
7. Add the salt and Orley wip, cook until thick.
8. Place the portobello mushrooms back in sauce pan, and cook for about 4 minutes.
9. Serve warm.



Hannes Hartman  
Tzaneen - Limpopo



Serves 4

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# Vegan Pizza

## INGREDIENTS

### No Knead Crust:

- \* 1 tsp active dry yeast
- \* 1/2 cup warm water
- \* 1 tsp sugar
- \* 1 1/4 cup white bread flour
- \* 1/2 tsp salt
- \* 1 tsp olive oil
- \* 1/2 tsp dried oregano
- \* 1/4 tsp garlic powder

### Toppings:

- \* tomato basil sauce on page 43
- \* biltong cheese on page 28
- \* 1 tsp crushed garlic
- \* 1/4 red bell pepper diced
- \* 1/4 yellow bell pepper diced
- \* 1 small onion finely chopped
- \* 12 black olives sliced
- \* 12 cherry tomatoes sliced
- \* 3 tsps olive oil
- \* 1 tsp oregano
- \* salt grinder

## DIRECTIONS:

1. In a bowl, mix warm water, yeast and sugar.
2. Let it rest for a few minutes to foam.
3. Add flour, salt, herbs, garlic and olive oil and mix in.
4. Mix with wooden spoon or hands.
5. Gather the dough into a ball and let it rest for 15 minutes in a warm place.
6. Add a 1/2 tsp oil over the dough and spread with your hands.
7. Use a bit of flour to spread the dough into a oval or round shape.
8. Spread it depending on how thick or thin you want the crust to be.
9. Keep the edges thicker than the center.
10. Let it rest for a few minutes.
11. Preheat the oven to 220°C.
12. Spread the sauce with the crushed garlic on the crust.
13. Distribute the peppers, onions, olives and tomato evenly.
14. Drizzle the olive oil over.
15. Pour the biltong cheese into a squeeze bottle, and pour over pizza.
16. Sprinkle oregano and grind salt over.
17. Bake the pizza until golden on the edges.  
About 20 minutes.



David Botha  
Tzaneen - Limpopo



Serves 8

Vegan

# Phyllo Pastry Parcels

## INGREDIENTS

\* Phyllo Pastry sheets

For the mushroom onion filling:

\* 250 g mixed mushrooms sliced

\* 2 medium onions fine slices

\* 1 tsp crushed garlic

\* 1/2 tsp grated ginger

\* 1 tsp salt

\* 1 Tbsp fine coriander powder

\* 1/4 tsp clove powder

\* 2 tsps soy sauce

\* 2 Tbsps water

\* dash cayenne pepper

\* coconut oil for frying



Serves 12

## DIRECTIONS:

1. Saute the onions in coconut oil until soft.
2. Add the mushrooms, garlic and ginger, saute until soft.
3. Add the salt, coriander powder, clove powder and cayenne pepper, stir for 1 minute.
4. Add the soy sauce and water.
5. Cook until there is no water left. Let it cool.
6. Pre-heat the oven to 180°C.
7. Spray a muffin pan with oil.
8. Lay 6 phyllo sheets down and cut 12cm square blocks.  
You will need 12 blocks. (do not take the 6 sheets apart)
9. Place the 6 sheet square block into muffin pan.
10. Scoop the mushroom onion filling into each block.  
You can close the parcel or keep it open.
11. Bake in the oven until golden brown at 180°C (about 10 minutes).





Vegan

# Pot stickers

## INGREDIENTS

- \* 20 Wonton wrappers - Page 65
- \* 3/4 cup chopped oyster mushrooms
- \* 1 small onion finely chopped
- \* 2 cloves minced garlic
- \* 1 tsp minced ginger
- \* 2 Tbsps coconut oil
- \* 1 small carrot grated
- \* 1 cup shredded cabbage
- \* 2 spring onions chopped
- \* 1 tsp sesame oil (optional)
- \* salt and pepper to taste
- \* water for steaming

### Dipping sauce:

- \* 1/4 cup soy sauce
- \* 1 Tbsp lemon juice
- \* 1 Tbsp sweetener



Serves 20

## DIRECTIONS:

1. Saute the onion and half the spring onion (use a pan with a lid).
2. Add the garlic and ginger, fry about 2 minutes.
3. Add mushrooms and fry for a further 5 minutes.
4. Add the carrot, cabbage, salt and pepper. Fry together, stirring until the cabbage is soft but not limp. About 3 minutes.
5. Add the sesame oil. Allow to cool.
6. Once cool, assemble your potstickers.
7. Place a small teaspoon of the filling in the centre of a wonton wrapper. Wet the edges of the wrapper with water. Fold the wrapper over the filling and pinch the edges together to seal. Place them upright on a plate, being careful not to let them touch or else they will stick together.
8. Heat 1 tablespoon of oil over medium-high heat in a large pan. Add the potstickers and fry until browned on the bottom about 1 to 2 minutes.
9. Add 1/4 cup of water, cover the pan and reduce heat to medium. Allow to steam until the tops are tender and the water has evaporated - about 2 to 3 minutes.
10. Remove to a serving dish.
11. In a bowl combine the soy sauce and lemon juice to make a dipping sauce and serve alongside the potstickers.





## INGREDIENTS

- \* 5 medium potatoes cubed
- \* 1 medium butternut squash cubed
- \* 3 large carrots (cut in rings)
- \* 2 ears of corn (cut into 3 pieces each)
- \* 12 baby marrows (cut into rings)
- \* 8 patty pans (cut into smaller pieces)
- \* 1/2 cup coconut oil
- \* 3 onions (finely chopped)
- \* 3 tomatoes (chopped)
- \* 6 cloves garlic (minced)
- \* 2 tsps salt
- \* 1/2 tsp cayenne pepper
- \* 2 Tbsps fine coriander powder
- \* 2 tsps dried basil
- \* 1/4 tsp clove powder
- \* 2 tsps smoked paprika
- \* 1 cup vegetable stock or non alcoholic red wine

## DIRECTIONS:

1. Heat the potjie over coals until a little bit warm, then add oil.
2. When oil is hot, lightly cook onions and garlic.
3. Arrange vegetables in layers on top of onion and garlic mixture.  
The ones with the longest cooking times go on the bottom of the pot.
4. Sprinkle on the seasonings and herbs.
5. Pour stock over the final layer.
6. Cover the pot with it's lid and simmer over campfire coals for 1 and a half to 2 hours.
7. Leave the lid on until the cooking time is finished.

### Serving suggestions:

- \* You can add vegan chicken or vegan beef strips to the potjiekos

Gluten  
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Serves 6

# Red Cabbage



## INGREDIENTS

- \* 900 g red cabbage cut into thin strips
- \* 1 big red onion finely chopped
- \* 2 Tbsps sweetner
- \* 2 tsp cinamon
- \* 1/4 tsp clove powder
- \* 400g dried cranberries
- \* 4 tsp salt
- \* 750 ml apple juice



Serves 4



## DIRECTIONS:

1. Add all the ingredients into a pot with a thick base.
2. Cook over medium heat for 10 minutes.
3. Cover with lid and simmer until soft. (about 1 hour and 30 minutes)

## Notes:

This recipe tastes best if you use 100% apple juice.



Wessel du Toit  
Tzaneen - Limpopo



Vegan

# Red Lentil Dahl

## INGREDIENTS

- \* 2 cups dry split red lentils
- \* 2 Tbsps coconut oil
- \* 1 large onion finely chopped
- \* 2 tsps fresh ginger grated
- \* 4 cloves garlic finely chopped
- \* 1/2 tsp ground cinnamon
- \* 1 tsp curry powder (healthy)
- \* 2 tsps turmeric powder
- \* 1 tsp cumin powder
- \* 1 tsp fennel seeds
- \* 2 Tbsps coriander powder
- \* 1/4 tsp clove powder
- \* 1/2 tsp cayenne pepper
- \* 2 tsps salt
- \* 4 tomatoes chopped
- \* 1 carrot peeled and grated
- \* 3 1/2 cups water
- \* 1 can full fat coconut milk

## DIRECTIONS:

1. Saute the onions in coconut oil until translucent.
2. Add the carrot, garlic and ginger and cook for about 1 minute.
3. Add the cinnamon, curry powder, turmeric, cumin, fennel seeds, coriander, clove powder, cayenne and salt. Stir for a minute.
4. Lower the heat, add the dry lentils and toast for 4 minutes.
5. Add the tomatoes, cook for 5 minutes, stir often.
6. Add the water and coconut milk, stir well and gently simmer for 25-30 minutes until the lentils are soft, but not mushy. Remember to stir every 5 minutes.
7. Serve on a bed of basmati rice.

## Notes:

- \* You can keep this dahl for up to 5 days in the fridge, it reheats beautifully.

Gluten  
FREE



Serves 6

Vegan

# Roast Wellington

## INGREDIENTS

### Roast:

- \* Use the roast on page 97 (you only need a small roast so divide the ingredients in half)

### Duxcelle:

- \* 400g finely chopped mushrooms
- \* 2 cloves of crushed garlic
- \* 1 tsp dried thyme
- \* 1 Tbsp coconut oil
- \* 1/4 cup walnuts finely chopped
- \* 1/2 tsp salt

### Crepe:

- \* 400 ml plantbased milk
- \* 1 cup all purpose flour
- \* 1/2 tsp salt

### Pastry:

- \* vegan puff pastry
- \* chickpea water

## DIRECTIONS:

### Make the duxcelles:

1. Caramelize the mushrooms in a heavy based pan with the crushed garlic, thyme and oil.
2. Add the chopped walnuts and cook for 4 minutes.
3. Season with salt.
4. Place the mixture in a blender, blend to a spreadable texture.

### Make the crepes:

1. Combine the ingredients and whisk to remove any lumps.
2. Heat a non stick pan and cook the crepe until golden brown on both sides. You will need at least four crepes.

### To construct the wellington:

1. On a layer of clingfilm place 4 of the crepes. Spread a layer of mushroom duxcelles on top of the crepe.
2. Place the Roast on top. Wrap it up tightly in cling film and rest in the fridge for an hour.
3. Remove cling film and wrap tightly in vegan puff pastry. Rest in the fridge for another hour.
4. Glaze the wellington with chickpea water and score.
5. Cook at 200°C for 20 minutes.
6. Serve with a gravy.



Serves 8





# Vegan Roasted Potato Lentils

## INGREDIENTS

- \* 3 cups al dente cooked brown lentils
  - \* 4 Tbsps olive oil
  - \* 2 medium onions finely chopped
  - \* 1 tsp crushed garlic
  - \* 250 g mushrooms sliced
  - \* 1 large carrot, peeled and chopped
  - \* 2 Tbsps soy sauce
  - \* 1/4 tsp cayenne pepper
  - \* 1/2 tsp dried thyme
  - \* 1/4 tsp clove powder
  - \* 2 Tbsps fine coriander powder
  - \* 1 tsp smoked paprika
  - \* 1 Tbsp onion powder
  - \* 1 tsp salt
  - \* 120 ml non alcoholic wine or veg. stock
  - \* 1 cup vegetable stock or water
  - \* 2 tsps cornflour dissolved in 1 Tbsp water
- Topping:**
- \* 4 medium potatoes peeled
  - \* drizzle olive oil
  - \* sprinkle of thyme
  - \* grinded salt and pepper

## DIRECTIONS:

1. Preheat the oven to 180°C.
2. Slice potatoes into 2-3 mm slices and parboil them for 4 minutes. Allow them to cool.
3. Heat up oil in a cast iron skillet, you can also use a frying pan and transfer the mixture to an oven-proof dish for baking.
4. Saute the onion until almost translucent.
5. Add the mushrooms and garlic, saute them until lightly caramelised.
6. Add in chopped carrot, cooked lentils, soy sauce, cayenne pepper, thyme, clove powder, coriander powder, smoked paprika, onion powder, salt, wine and veg. stock.
7. Dissolve the cornflour into 1 Tbsp water.
8. Stir cornflour slurry into Lentil mushroom mix.
9. Arrange cooled potato slices on top of the lentil-mushroom mixture so that the slices overlap.
10. Cover the top of the dish with a fitting lid or a piece of kitchen foil and bake for 20 minutes.
11. Remove the casserole from the oven and increase the oven temperature to 220°C.
12. Brush the tops of the potatoes with olive oil, sprinkle them with thyme, salt and pepper.
13. Return the uncovered dish to the oven and bake for about 30 minutes, until the potatoes are nicely browned.

Gluten  
FREE



Serves 6



Vegan

# Roasted Stuffed Butternut

## INGREDIENTS

### For Roasted butternut:

- \* 2 butternuts peeled (halved lengthwise)
- \* 60 ml olive oil
- \* 1 tsp salt
- \* 2 tsp smoked paprika
- \* 1/4 tsp turmeric (optional)
- \* sprinkle of rosemary

### For Baba Ganoush:

- \* 2 medium eggplants (halved lengthwise)
- \* olive oil for brushing
- \* 2 Tbsps lemon juice
- \* 2 cloves garlic crushed
- \* 1/4 cup tahini or peanut butter
- \* 1 tsp salt
- \* 1/4 tsp ground cumin
- \* pinch clove powder
- \* 1 Tbsp coriander powder
- \* 1/3 cup olive oil

## DIRECTIONS:

### For the butternuts:

1. Preheat oven to 200°C for the butternuts and baba ganoush.
2. Add the butternut, olive oil, salt, smoked paprika, turmeric and rosemary to a mixing bowl and mix until well coated.
3. Place butternuts flat on a lined baking tray and bake for 40 minutes until soft on 200°C.

### For the Baba Ganoush:

1. Brush the eggplants with olive oil.
2. Place the eggplants flat (skinside up) on a baking paper lined tray.
3. Bake for 40 minutes until soft on 200°C.
4. Let it cool. Scoop out all the eggplant flesh from the skin.
5. Place the flesh into a strainer to get rid of most moisture.
6. Place all the baba ganoush ingredients, including the roasted eggplant into a food processor. Process until smooth.
7. Fill the butternut holes with the baba Ganoush.
8. Serve warm.

Gluten  
FREE



Serves 4



# Vegan Roasted Veg or Soup

## INGREDIENTS

- \* 1 sweet potato peeled and cut
  - \* 4 small carrots sliced
  - \* 3 potatoes cut into small chunks
  - \* 1 butternut cut into small chunks
  - \* 2 red peppers cut into large chunks
  - \* 2 onions chopped
  - \* 4 cloves of garlic cut in half
  - \* 3 Tbsps olive oil
  - \* 3/4 tsp salt
  - \* 3/4 tsp cumin
  - \* 1/2 tsp coriander powder
  - \* 1/2 tsp turmeric
  - \* 1/4 tsp cayenne pepper
  - \* 1 tsp dried rosemary
- To make soup:**
- \* 6 cups vegetable stock

## DIRECTIONS:

1. Pre heat oven to 200°C.
2. Space out all the vegetables on a large baking tray.
3. Drizzle with olive oil.
4. In a small bowl combine the salt, cumin, coriander, turmeric, cayenne pepper and rosemary.
5. Sprinkle over the vegetables.
6. Place in the oven until soft. About 40 minutes. (Take tray out after 20 minutes and flip the vegetables)

### To make soup:

1. Add all the vegetables to a large pot.
2. Add 4 cups vegetable stock, or enough to cover the vegetables.
3. Simmer for 10 minutes to marry the flavours together.
4. Use a hand blender to blitz everything, pouring in more stock to thin out as needed.
5. Sprinkle an extra pinch of coriander powder over and serve.

**Gluten  
FREE**



Serves 6



Vegan

# Rolled Zucchini Bake

## INGREDIENTS

- \* Basil Ricotta Pg 31
- \* 6 Big zucchini's
- \* 2 Tbsps breadcrumbs (optional)
- \* 2 Tbsps pine nuts
- Tomato Sauce:**
- \* 750 g ripe tomatoes chopped
- \* 3 Tbsps olive oil
- \* 1 small onion finely chopped
- \* 2 garlic cloves crushed
- \* 1 tsp salt, more to taste
- \* 1/4 tsp cayenne pepper
- \* 1 Tbsp tomato paste
- \* 1 Tbsp smoked paprika
- \* 2 Tbsps sweetner
- \* 15 large basil leaves chopped
- \* 1 cup water



Serves 8

**Gluten  
FREE**

## DIRECTIONS:

### Tomato Sauce:

1. Saute the onion in olive oil until caramelised.
2. Add the tomato and garlic and fry until the tomatoes are cooked.
3. Add the salt, cayenne pepper, tomato paste, smoked paprika, and sweetner, saute for 2 minutes.
4. Add the tomatoes into a blender with the cup of water.
5. Blend until smooth.
6. Add the chopped basil and mix in.
7. Pour at the bottom of a baking dish that you'll be arranging your zucchini roll-ups in.

### Assemble:

1. Preheat the oven to 200°C.
2. Cut your zucchini lengthwise into thin slices, (thin enough to be able to roll them up easily.)
3. Sprinkle zucchini slices with a little salt. Allow them to rest for 10 minutes to soften them and make them more pliable.
4. Place about a teaspoon of the ricotta mixture on the wider end of each slice and roll the slice up gently.
5. Place the roll in the sauce, rolled-up side facing up. Proceed until you fill up the entire dish.
6. Sprinkle the roll-ups with breadcrumbs (if using) and raw pine nuts and bake for about 25 minutes or browned on top.



Vegan

# Spaghetti Lentil Balls

## INGREDIENTS

Lentil balls

- \* 1 cup dry brown lentils
  - \* 250 g mushrooms sliced
  - \* 3 cloves garlic crushed
  - \* 1 medium onion finely chopped
  - \* 1/4 cup whole wheat flour
  - \* 1 Tbsp nutritional yeast
  - \* 2 tsps onion powder
  - \* 3 Tbsps soy sauce
  - \* 2 Tbsps tomato paste
  - \* 1/2 tsp salt
  - \* pinch clove powder
  - \* 1 Tbsp coriander powder
- \* Make a double batch of the Tomato basil sauce on page 43
- \* 1 packet spaghetti (follow cooking instructions on packet)

## DIRECTIONS:

1. In a pot, combine lentils and 1 cup water. Bring to boil, reduce the heat, cover and simmer until lentils are cooked. About 30 minutes.
2. Saute the onions in a little bit coconut oil until golden brown.
3. Add the garlic and mushrooms. Saute until cooked.
4. Let the onion mushroom mixture and lentils cool down.
5. Combine all the ingredients, onion mix and lentils included in a food processor.
6. Line a baking tray with parchment/baking paper.
7. Shape mixture into balls. (If mix is too wet add little bit flour, if it's too dry add little bit water.)
8. Place the balls on the paper. (no oil needed)
9. Bake in a preheated oven at 180°C for 20 minutes, turn balls, and bake another 20 minutes until lightly browned or crispy.
10. Add the balls into tomato sauce and cook for 10 minutes.
11. Serve on top of cooked spaghetti.



Serves 6





Michelle Onidembo  
Johannesburg

# Spicy Tofu in Veg

## INGREDIENTS

### Marinade:

- \* 450 g Tofu
- \* 1 Tbsp black molasses
- \* 1 1/2 Tbsp cayenne pepper
- \* Pinch of salt
- \* 3 tsp sweetner
- \* 1 sachet tomato paste
- \* 1 tsp black pepper
- \* 1/2 cup luke warm water

### Vegetables:

- \* 200 g green pepper chopped
- \* 2 carrots grated
- \* 2 onions finely chopped
- \* 1 yellow & red pepper cut in strips
- \* 2 cloves crushed garlic
- \* 1 tsp dried corriander
- \* 2 medium tomatoes chopped

## DIRECTIONS:

1. Chop Tofu into 2 cm cubes.
2. Mix the marinade ingredients together in a bowl (if mixture is very bitter add a little sweetner.)
3. Pour the mixture over the tofu. (Leave to marinate for about 15 min)
4. Heat up pan with a Tbsp oil.
5. Carefully place the tofu in the pan, avoid breaking it, leave some of the marinade in the bowl.
6. Flip the tofu to cook on other side after 3-5 minutes.
7. Remove tofu from heat.

### Vegetables:

1. Saute onion and garlic for 2 minutes, add salt and corriander
2. Add rest of the vegetables. (excluding the tomatoes)
3. Stir for 7 minutes, add the tomatoes till they are partially cooked.
4. Add the marinade which was not used in cooking of tofu.
5. Stir for 3 minutes.
6. Add Tofu to vegetables and gently mix.
7. Serve with love.

\* You can use cayenne pepper instead of black pepper.

\* Serve with rice or pasta



Serves 4

Vegan

# Spinach Pastry Sun

## INGREDIENTS

\* 2 sheet / 250 g puff pastry

### Filling:

- \* 2 Tbsps coconut oil
- \* 1 onion finely chopped
- \* 4 cloves of garlic crushed
- \* 200 g destalked spinach
- \* 1/2 cup coconut cream
- \* 100 g tofu (optional)
- \* 2 Tbsps all purpose flour
- \* 1/4 cup nutritional yeast
- \* 1/2 tsp salt
- \* a pinch of cayenne pepper
- \* 1 tsp garlic powder
- \* 1 Tbsp onion powder



Serves 12

## DIRECTIONS:

1. Steam / Boil spinach until cooked.
2. Saute the onions until golden brown.
3. Add the garlic and tofu blocks (if using). Saute for 3 minutes.
4. Add the spinach, coconut cream, salt, flour, nutritional yeast, pepper, garlic powder and onion powder.
5. Cook for 8 minutes.
6. Allow to cool, then place in a blender and blend.
7. Using a plate, cut a circle out of each sheet.
8. Use a small bowl to gently score your bottom layer of puff pastry directly in the center. (See pictures)
9. Leaving about 4 cm in from the outside of the pastry circle, add a thick 5 cm rope of filling, keeping enough to pile within the marked area in the center of the pastry.
10. Once filled, lightly brush the exposed bits of dough with water.
11. Lay the second sheet of puff pastry over the first. Use the small bowl to help seal the center filling in place. Use a fork to crimp and seal the outer edges of the spinach pastry.
12. Transfer to the fridge to chill for 20 minutes.
13. Place it on a baking tray for the next steps.
14. Preheat the oven to 180°C.
15. Brush with chickpea water or soy milk.
16. Cutting just short of the center circle of the pastry, make slices every 5 cm or so to cut out the pastry sun's rays.
17. Twist each "ray" 90-degrees so the filling is facing upwards.
18. Bake at 180°C until the pastry is golden brown. (30-40 minutes)





Vegan

# Sticky Lemon Cauliflower

## INGREDIENTS

- \* 1 cup whole wheat flour
- \* 1 cup plantbased milk
- \* 1 tsp salt
- \* 1 medium cauliflower, broken into florets
- \* 1 1/2 cups breadcrumbs or GMO free cornflakes
- \* coconut spray and cook

For the Sauce:

- \* 60 ml lemon juice
- \* 100 ml maple syrup
- \* 1 tsp lemon zest
- \* 3 garlic cloves, minced
- \* 1/4 tsp freshly grated ginger
- \* Pinch turmeric
- \* 80 ml cold water
- \* 4 tsps cornstarch

## DIRECTIONS:

1. Preheat the oven to 180°C and lightly oil an oven safe baking dish.
2. Stir the flour, milk and salt together in a small bowl.
3. Place the breadcrumbs into a separate bowl.
4. Drop a floret into the flour mixture and roll to lightly coat it with batter. Transfer the cauliflower to the crumbs and roll to coat. Place the cauliflower into the prepared baking dish. Repeat until all of the cauliflower is used, leaving some space between the florets when you place them in the dish. Lightly spritz the cauliflower with oil.
5. Bake the cauliflower 20-25 minutes, (until it begins to brown)
6. While the cauliflower bakes, combine the lemon juice, maple syrup, zest, garlic, ginger and turmeric in a small saucepan. Place it over medium heat and bring the mixture to a simmer. Lower the heat and allow the mixture to simmer for about 10 minutes, stirring occasionally, until it reduces by almost half.
7. Stir the cold water and cornstarch together in a small cup. Add it to the lemon mixture, and allow it to simmer for 7 minutes more, until it thickens up a bit.
8. Pour the sauce over the baked cauliflower, tossing to coat.
9. Serve warm.



Serves 4



Vegan

# Stuffed Mushrooms

## INGREDIENTS

- \* 4 braai mushrooms, cleaned and stems removed.
- \* 1 medium onion finely chopped
- \* chop the mushroom stems finely
- \* 3 Tbsps all purpose flour
- \* 125 ml coconut milk
- \* 2 tsp crushed garlic
- \* 1/2 tsp onion powder
- \* 1 Tbsp olive oil
- \* 2 tsp dried oregano
- \* 1 tsp dried basil
- \* 1/4 tsp cayenne pepper
- \* 1/2 tsp salt
- \* 1/2 cup breadcrumbs
- \* 1 Tbsp parmesan cheese on pg 95

## DIRECTIONS:

1. Preheat the oven to 180°C.
2. Clean the mushrooms and remove stems.
3. Place the mushrooms on a baking tray, drizzle with olive oil and bake in the oven for 10 minutes.
4. Saute the onion until translucent.
5. Add the garlic and mushroom stems, saute for 4 minutes.
6. Mix the flour with a little bit of the milk.
7. Add the flour mix and milk to the onions. Stir well.
8. Add the onion powder, oregano, basil, salt and pepper. Cook until thick.
9. Spoon the mixture into the mushrooms.
10. Mix the breadcrumbs and parmesan in a small bowl.
11. Sprinkle breadcrumbs over filling.
12. Grill in the oven for 5 minutes.



Serves 4



Vegan

# Sticky Mushroom Buns



Serves 12

## INGREDIENTS

### Buns:

#### Dry Ingredients:

- \* 2 cups + 1 Tbsp cake flour
- \* 1 Tbsp corn starch
- \* 1 tsp baking powder
- \* 1/2 tsp salt

#### Yeast Mixture:

- \* 1 cup warm plantbased milk
- \* 3 tps sugar
- \* 1 tsp instant dry yeast
- \* 1 Tbsp oil

#### Filling:

- \* 400 g oyster mushrooms shredded/chopped
- \* 2 Tbsps coconut oil, for frying
- \* 1 small onion, finely chopped
- \* 2 garlic cloves, minced
- \* 3 Tbsps sweet 'n sour soy sauce
- \* 2 Tbsps tomato paste
- \* 1 tsp molasses
- \* 2 Tbsps sugar
- \* 1/2 tsp salt
- \* 1 tsp fine coriander
- \* 1/4 tsp clove powder
- \* 1 tsp smoked paprika
- \* 1 tsp lemon juice

- \* 2 tps cornstarch mix with 1 Tbsp water.

## DIRECTIONS:

1. Cut twelve 8 cm squares from a piece of baking paper. Set aside.
2. In a mixing bowl, mix the sugar and yeast into the warm milk. Leave to rest for 10 minutes until it foams up. When it's foamy, mix in the oil.
3. In another mixing bowl combine all the dry ingredients.
4. Add the dry ingredients to the yeast mixture and roughly mix with a wooden spoon, then start combining the dough with your hands.
5. Knead the dough for 10 minutes with your hands until it is elastic and smooth.
6. Form the dough into a ball and place it in a clean bowl covered with a damp kitchen towel. Allow it to rest for 1 hour.

### Mushroom filling:

1. Saute the onions in the coconut oil until soft.
2. Add the garlic and shredded mushrooms and saute a further 4 minutes.
3. Add all the rest of the ingredients except the cornstarch slurry.
4. Fry until nice and sticky.
5. Add the cornstarch slurry and cook until thick (about 4 minutes).
6. Let the mixture cool down.

### Assemble:

1. After the dough has rested, knock the air out with your hands and divide the dough into 12 equal portions.
2. Knead each ball briefly before rolling it out into a 10 cm diameter circle.
3. Place each dough circle in the palm of your hand, put about 1 tablespoon of filling in the middle of the circle and then pinch the edges above the filling. Fold the opposite edges of the circle together making sure the top is nicely sealed. You don't want the bun to burst open during steaming.
4. While filling the bun, warm up water in a pot that your steamer will fit onto. You don't need the water to boil, you simply want the water to be warm enough to generate some steam so that the bun can prove in the steaming basket before getting steamed.
5. Once all 12 buns are ready, place the steamer over warm (the heat should be off) water and allow the buns to prove for 20-30 minutes until they get about 1/3 bigger.
6. After the proofing time, bring the water under the steamer to a gentle simmer and steam the buns for about 15-20 minutes.
7. Take the steamer off the water, but do not peak inside yet. Allow the buns to rest for 5-10 minutes before taking them out of the steamer.



# Stuffed Potato Cakes

## INGREDIENTS

### Dough:

- \* 1 kg potatoes
- \* 80 g rice flour
- \* 40 g corn starch
- \* Salt, pepper & nutmeg to taste

### Filling:

- \* 1 cup cooked lentils
- \* 1 large onion finely chopped
- \* 1 large grated carrot
- \* 1 med green pepper, diced
- \* 1/2 head broccoli small dice
- \* 1 tsp crushed garlic
- \* 50 g tomato paste
- \* 1 tsp coriander
- \* 1 tsp ginger
- \* 1/2 tsp smoked paprika
- \* 1/5 tsp cloves
- \* Dash cayenne pepper
- \* 1 tsp Ina parmans meat spice
- \* 1 Knorr veggie stock pot

## DIRECTIONS:

### Dough:

1. Peel potatoes, cut into small pieces and cook in salt water for 20 minutes.
2. Season with salt, pepper and nutmeg.
3. Mash with a potato masher.
4. Allow the mashed potatoes to cool.
5. After its cooled, add flour and cornstarch.
6. Mix well with a spoon.

### Filling:

1. Saute the onion in little bit of oil, until soft.
2. Add the carrot, green pepper, broccoli and garlic. Fry until the carrots are tender (not completely soft)
3. Add the tomato paste, coriander, ginger, smoked paprika, cloves, cayenne pepper, Ina parmans spice, veggie stock and the cooked lentil.
4. Add a dash of water and cook for a further 5 minutes. Let it cool.

### Assemble:

1. Form the dough into 8 Balls.
2. Make a well in the middle and add some filling inside.
3. Carefully seal the balls with little bit more dough and flatten them slightly.
4. Heat little bit of oil in a pan and fry both sides until golden brown.



Serves 8

Gluten  
FREE



Andre Kruger  
Orapa - Botswana



# Stuffed Zucchini

## INGREDIENTS

- \* 1 large zucchini
- \* 1 large green pepper chopped
- \* 1 large onion chopped
- \* 2 tomatoes chopped
- \* 1 Tbsp crushed garlic
- \* 1 punnet mushrooms chopped
- \* 1 Tbsp onion powder
- \* himalayan salt
- \* italian herbs
- \* cayenne pepper (optional)
- \* nutritional yeast flakes (optional)
- \* coconut oil for frying and greasing baking pan.



Serves 4



*Carol du Plessis*  
From Life Health Wellness  
Langkloof - Eastern Cape

## DIRECTIONS:

1. Cut zucchini in half, then cut halves down in middle.
2. Scoop out pips in the middle.
3. Place in a greased oven tray.
4. Sprinkle with salt and herbs.
5. Bake in pre-heated oven for 30-40 minutes at 200°C turning every 8 minutes.
6. In sauce pan, fry onions, garlic, green peppers, tomatoes and mushrooms.
7. Add the onion powder, herbs and dash of cayenne pepper.
8. Once Zucchini is ready place on plates and spoon veggie filling in the middle.
9. Serve with a green salad and half avocado sprinkled with olive oil and salt.



**Gluten  
FREE**

## Notes:

- \* Use frozen or fresh veg.
- \* Cook 1 cup of rice for a good sauce to rice ratio.





Vegan

# Sweet Potato Bake

## INGREDIENTS

- \* 1.25 kg sweet potatoes
- \* 2 Tbsps unsalted butter, melted
- \* 2 garlic cloves, finely minced
- \* 2 Tbsps olive oil, plus a little extra for brushing
- \* 3/4 tsp salt
- \* 1/4 tsp cayenne pepper
- \* 1 Tbsp dried rosemary

## DIRECTIONS:

1. Preheat oven to 180°C. Brush skillet base and sides with a little olive oil.
2. Slice sweet potatoes 3-4mm thick.
3. Place potato in large bowl, pour in all butter plus 1 Tbsp olive oil, rosemary, salt and pepper. Toss well with hands, separating the slices so they are all coated with oil.
4. Layer potato in skillet in a circular pattern, overlapping the slices.
5. Cover with lid, bake for 30 minutes until potato is quite soft (almost fully cooked).
6. Remove from oven, turn up to 220°C. Remove lid, brush potato with remaining 1 Tbsp oil.
7. Bake uncovered for 20 minutes until tops are golden and slightly crisp.
8. Scatter with more rosemary leaves and pinch of salt. Serve immediately.

Gluten  
FREE



Serves 6

# Veggie Casserole



Serves 6

Zelna Schmedt  
Tzaneen - Limpopo

## INGREDIENTS

For the rice:

- \* 1 1/2 cups of rice
- \* 3 Tbsps veggie stock powder
- \* Salt to taste

Stirfry veggies:

- \* 2 Tbsps coconut oil
- \* 2 onions chopped
- \* 1 cup tomatoes cut into blocks
- \* 4 potatoes cut into small cubes
- \* 1 cup mixed veggies of your choice
- \* 1 tsp Ina Paarman's potato spice
- \* 1 tsp Ina Paarman's braai & grill spice

For the sauce:

- \* 250 g of mushrooms chopped
- \* 2 tsp maizena
- \* 2 tsp Ina Paarman's potato spice
- \* 200 ml coconut milk

## DIRECTIONS:

For the rice:

1. Cook the rice, veggie stock and salt in water until nearly soft.

For the vegetables:

1. Stirfry the onions in coconut oil, until soft.
2. Add the tomatoes and fry for 4 minutes.
3. Add the potatoes, mixed vegetables, potato spice and braai spice.
4. Add a little bit of water and cook until veggies are soft.

For the sauce:

1. Fry some mushrooms in oil.
2. In a small bowl mix maizena and a little bit of coconut milk.
3. Add the rest of the coconut milk and add the potato spice.
4. Mix together and add to the mushrooms.
5. Cook until it thickens.
6. Add cooked rice to sauce, add veggies over rice.
7. Bake in an ovenproof dish for ± 30minutes at 200°C





# Veg Lasagna

## INGREDIENTS

- \* 1 x 500 g box lasagna Sheets
- \* 2 onions chopped
- \* 2 green peppers chopped
- \* 1 large zucchini sliced
- \* punnet mushrooms sliced
- \* 8 tomatoes chopped
- \* 1 tsp himalayan salt
- \* 1 tsp garlic salt
- \* 1 Tbsp onion powder
- \* 1 Tbsp garlic powder
- \* 1 Tbsp basil
- \* 1 Tbsp oregano

### White Sauce:

- \* 1 Litre ricemilk
  - \* 4 heaped Tbsps wheat flour
  - \* 1 Tbsp himalayan salt
- (Cook all white sauce ingredients together till thick)

## DIRECTIONS:

1. Sauté Onions, peppers, zucchini and Mushrooms in coconut oil.
2. Add chopped tomatoes to the mix when veggies are tender.
3. Add garlic, salt, onion powder, garlic powder, basil, oregano and garlic salt.
4. Cook for 8 minutes. Set aside.
5. Mix white sauce ingredients, cook till thick.
6. Preheat oven to 200°C layer the lasagna.
7. White sauce, vegetables, pasta sheet, repeat layers till finished.
8. Grate vegan Cheese. (optional)
9. Bake for 30 minutes till lasagna is cooked through.
10. Serve and enjoy.



Serves 8



*Carol du Plessis*  
From Life Health Wellness  
Langkloof - Eastern Cape



Vegan

# Veg Stew and Dumplings

## INGREDIENTS

- \* 2 Tbsps olive oil
- \* 1 onion finely chopped
- \* 2 stalks of celery roughly chopped
- \* 250 g mushrooms cut in half
- \* 3 medium carrots peeled and sliced
- \* 3 potatoes  
(peeled and cut in big blocks)
- \* 1 medium butternut  
(peeled and cut in big blocks)
- \* 1/2 Tbsp dried rosemary
- \* 1/2 tsp dried thyme
- \* 2 dried bay leaves
- \* 2 tsps salt
- \* 1 Tbsp fine coriander powder
- \* 1/4 tsp cayenne pepper
- \* 2 tsps crushed garlic
- \* 2 Tbsps tomato paste
- \* 2 Tbsps soy sauce
- \* 1/3 cup all purpose flour
- \* 160 ml non alcohol free red wine  
or vegetable stock
- \* 800 ml vegetable stock or water

### Dumplings:

- \* 1 cup all purpose flour
- \* 60 ml vegan butter
- \* 2 tsps baking powder
- \* 1/2 tsp salt
- \* 60 ml plantbased milk

## DIRECTIONS:

1. Heat 2 tablespoons of olive oil in a large pressure cooker.
2. Saute the onion and chopped celery until soft.
3. Add the salt and mushrooms and saute until soft.
4. Add the carrots, potatoes, butternuts and cook for 10 minutes. Stir often.
5. Add the rosemary, thyme, bay leaves, coriander powder, cayenne pepper, garlic, soy sauce and tomato paste.
6. Mix the flour with a little bit of the stock to form a paste, add a little bit more to form liquid.
7. Add the flour mix, the vegetable stock and wine (or more stock) to the vegetables. Stir around.
8. Close the lid and cook for about 15 minutes.

### For the dumplings:

1. Mix all the dry ingredients.
2. Add the butter and work into the flour with your fingertips.
3. Add in the milk and mix.
4. After 20 minutes release the steam from the pressure cooker.
5. Add spoonful of dumplings on top of the stew.
6. Close the lid and cook for another 15 minutes.
7. Serve over rice.



Serves 8

Vegan

# Walnut Beet Burger

## INGREDIENTS

- \* 2 cups walnut halves
- \* 250g portobello mushrooms, stems removed, roughly chopped
- \* 80 ml chilled vegan butter, cubed
- \* 2 cups cooked quinoa wheat
- \* 1/2 cup uncooked rolled oats
- \* 2 Tbsps grated red beet
- \* 1 Tbsp soy sauce
- \* 2 tsp salt
- \* 1/4 tsp cayenne pepper
- \* 1 Tbsp fine coriander powder
- \* 1/4 tsp clove powder
- \* 1 tsp crushed garlic
- \* 1 tsp cornstarch

## DIRECTIONS:

1. Process walnuts in a food processor until finely ground. Place in a bowl.
2. Process portobellos in a food processor until chopped.
3. Add butter; process just until combined.
4. Add mushroom mixture, quinoa, oats, beet, soy sauce, salt, pepper, coriander powder, clove powder and garlic to ground walnuts, mix thoroughly to combine.
5. Chill for 1 hour.
6. Shape mixture into patties.
7. Heat a grill pan and coat with cooking spray.
8. Cook patties until heated through and lightly charred, about 3 minutes per side.
9. Remove from pan, and serve on buns with your favorite burger toppings.

Gluten  
FREE



Serves 4





Lika du Plessis  
Nelspruit

# Wraps

## INGREDIENTS

- \* Wraps (Store bought or home made)
- \* Protein of choice
- \* Lettuce
- \* Tomato
- \* Purple cabbage
- \* Nuts of choice
- \* Liquid sweetener
- \* Rocket
- \* Sauce of choice

## DIRECTIONS:

1. Prepare protein of choice. (Not too saucy)
2. Mix nuts and some liquid sweetener together, spread out on baking pan and grill in the oven until crispy. (5-10 minutes)
3. Dice up all raw salad ingredients.
4. Add protein in to the wrap.
5. Add nuts.
6. Add glazed nuts.
7. Add raw salad ingredients.
8. Add rocket leaves.
9. Add sauce and salt to taste.
- 10 Roll wrap and enjoy.



Serves 4



Vegan

# Zucchini Fritters

## INGREDIENTS

- \* 3 1/2 cups grated zucchini's
- \* 1 cup all purpose flour
- \* 1 tsp salt
- \* 2 tsps baking powder
- \* 1/4 cup nutritional yeast
- \* 1/2 tsp crushed garlic
- \* 1/2 tsp cumin powder
- \* 1/4 cup vegan butter melted
- \* 2 spring onions chopped
- \* Drizzle olive oil for frying

## DIRECTIONS:

1. Grate the zucchini and add it to a mixing bowl.
2. Sprinkle the salt over, mix and leave for 10 minutes.
3. Use your hands to squeeze the zucchini and drain off excess water.
4. Add the squeezed out zucchini to a clean bowl, add the flour, baking powder, nutritional yeast, garlic, cumin and spring onion and mix.
5. Add the melted butter and mix into a thick batter.
6. Drizzle some olive oil into a frying pan, once it's warm add spoonfulls of the batter. Cook on medium heat.
7. Cook until brown then flip over. (About 3 minutes)
8. Serve warm.



Serves 8

## Serving suggestions:

- \* Vegan sour cream or sweet chillie sauce





## Vegan *Butternut Soup*

### INGREDIENTS

- \* 8 cups diced butternut squash
- \* 1/2 tsp salt
- \* 5 cups vegetable stock/water
- \* 4 Tbsps olive oil
- \* 2 Tbsps vegan butter
- \* 3 onions finely chopped
- \* 3 cloves garlic finely chopped
- \* 1 stalk celery finely chopped
- \* 1 tsp salt
- \* 1/4 tsp cayenne pepper
- \* 2 tsps smoked paprika
- \* 1 can coconut cream

### DIRECTIONS:

1. In a large pot, add the butternut, salt and vegetable stock.
2. Bring to a boil, then reduce the heat to low and simmer until the butternuts are tender, about 30 minutes.
3. Saute the onions in the olive oil until caramelised.
4. Add the butter, garlic and celery and saute until soft.
5. Add the salt, cayenne pepper and smoked paprika and fry for 3 minutes.
6. Pour the onions into the pot with butternut.
7. Add the coconut cream.
8. Blend with a hand blender, until smooth.
9. Place the pot back on stove and simmer for 12 minutes.
10. Serve warm.

*Gluten*  
**FREE**



Serves 8

# Potato Soup

## INGREDIENTS

- \* 6 medium potatoes
- \* 150 g shredded cabbage
- \* 2 grated carrots
- \* 1 chopped onion
- \* 1 litre plantbased milk
- \* 30 ml cake flour
- \* 50 ml chopped parsley
- \* Salt and pepper to taste

## DIRECTIONS:

1. Cook all vegetables until soft.
2. Add plantbased milk and flour.
3. Blend with stick blender.
4. Add parsley, salt and pepper to taste.
5. Cook for 10 minutes and Serve.

## Notes:

- \* Serve with your favourite bread.



Anneline Stadler  
Sutherland - North Cape



Serves 6



Vegan

# Tamato Basil Soup

## INGREDIENTS

### For Roasted Tomatoes:

- \* 2kg tomatoes, cut in half
- \* 8 cloves garlic, peeled
- \* 4 Tbsps olive oil
- \* Freshly ground salt

### For Caramelized onions:

- \* 2 medium onions thinly sliced
- \* 3 Tbsps vegan butter/coconut oil
- \* 1 Tbsp sweetner

### Other soup ingredients:

- \* 1 cup basil leaves
- \* 2 tsps dried oregano
- \* 1 tsp salt
- \* 1/4 tsp cayenne pepper
- \* 2 tsps smoked paprika
- \* 1 cup vegetable broth
- \* 1 tin coconut cream

## DIRECTIONS:

1. Preheat oven to 200°C. In an oven proof dish, place halved tomatoes and garlic cloves on baking sheet. Drizzle with olive oil, generously season with salt. Roast in the oven for 40 minutes.
2. Caramelised onions: Saute onions in vegan butter until golden brown, add sweetner and stir for 5 minutes.
3. Once tomatoes and garlic are done roasting, allow to cool.
4. Add tomatoes, garlic, onions and basil into a high powered blender, blend until smooth. Add vegetable broth, salt, pepper and smoked paprika. Quickly blend just to mix.
5. Pour mixture into a pot, add the coconut cream and smoked paprika. Simmer for 10 minutes.
6. Garnish and serve.

Gluten  
FREE



Serves 4



# Desserts





# Apple Tart

## INGREDIENTS

- \* 1 roll puff pastry
- \* 10 apples
- \* 1 cup sweetner
- \* 1/2 cup cinnamon
- \* 1 cup water
- \* 1 cup raisins (optional)

## DIRECTIONS:

1. Cut apples into small blocks, remove pips.
2. Pour the sweetner over the apples and leave for 4 hours.
3. Pour 2 cups water into a pot and cook apples for 45 minutes.
4. Add cinnamon and raisins and cook for a futher 15 minutes.
5. Roll out puff pastry dough.
6. Grease a 15 cm cake tin.
7. Add the dough.
8. After the cooked apples are cooled pour into dough.
9. Add dough on top.
10. Place in a pre heated oven for 20 minutes on 180°C
11. Remove from tin, cool and cut.
12. Enjoy.



Serves 8



Heinrich Veljoen  
Tzaneen - Limpopo



# Baklava

## INGREDIENTS

- \* 500 g thin phyllo pastry
- \* 130 g vegan butter
- \* 500 g sugar
- \* 150 g finely chopped pecan nuts
- \* 3 Tbsps lemon juice
- \* 1/2 cup vegetable oil



Reinet Thornhill  
Tzaneen - Limpopo

## DIRECTIONS:

1. Transfer 1 1/2 cups of water into a pot.
2. Add sugar. When it boils, add the lemon juice and turn off the heat.  
The syrup is ready.
3. Melt the butter in a small pan add the vegetable oil.
4. Cut the phyllo according to your size of your tray.
5. Grease the tray. Brush some oil between every 2 layers of phyllo.
6. When you are done placing half of the phyllo, spread a layer of pecan nuts.
7. Place rest of the phyllos.
8. Slice your baklava into rectangles.
9. Pour the leftover oil after you slice the baklava.
10. On 180°C pre-heated oven, bake for around 25 to 30 minutes.
11. When both tray and the syrup warms down, pour the syrup on the baklava.



Makes 20

Vegan

# Blueberry Pie

## INGREDIENTS

### Pie Dough:

- \* 2 1/2 cups all-purpose flour
- \* 1 Tbsp sugar
- \* 1 tsp salt
- \* 1 cup cold vegan butter cut into pieces
- \* 1/4 cup ice water

### Cooked Blueberry Filling:

- \* 4 cups frozen blueberries
- \* 1 cup sugar
- \* 1 Tbsp lemon juice
- \* 1 tsp lemon zest
- \* 1/4 tsp ground cinnamon
- \* 2 Tbsps cornstarch
- \* Plantbased milk for brushing
- \* sugar for sprinkling



Serves  
1 x 23 cm

## DIRECTIONS:

### Short crust:

1. Preheat oven to 180°C.
2. In a food processor, combine flour, sugar, salt and butter; process until crumbs form.
3. Add the ice water tablespoon at a time until a dough forms. (Sometimes not all the water is needed. At times a little extra water is needed.)
4. Make dough into a ball, cover with cling film and refrigerate for 1 hour.
5. Roll out the dough (and cut with a cookie cutter if making small tarts)
6. Press the dough into the greased tart pan and up the sides until firmly packed. Freeze for about 10 minutes. Use the left over dough to make something nice for on the top of your pie filling.
7. Prick bottom of dough all over with a fork.
8. Blind bake for 12-15 minutes.

### Blueberry filling:

1. Bring frozen berries, sugar and lemon juice, lemon zest to a boil over high heat. Reduce heat and simmer. Stir often, until berries start to break down slightly (about 5 minutes).
2. Mix the cornstarch with a little bit of water to form a paste.
3. Add the cornstarch paste and cinnamon to the berries and simmer until the filling has thickened and is glossy.
4. Set aside to cool at room temperature.

### Assemble:

1. Fill the tart shell or small tarts with the blueberry filling.
2. Use your left over dough to make something nice on the top.
3. Brush top of pastry with Plantbased milk and sprinkle a little bit of sugar.
4. Bake the pie until the pastry is golden brown at 180°C, about 20 minutes.
5. Cool the pie to room temperature and then chill until ready to serve.



Vegan

# Blueberry Pearls

## INGREDIENTS

- \* 300 ml olive oil
- \* 1/4 cup blueberry syrup
- \* 1/4 cup water
- \* 1 tsp lemon juice
- \* 2 grams agar agar powder

## DIRECTIONS:

1. Put the oil in a long tube, and store it in the freezer for 1 hour.
2. On medium heat, mix the water, lemon juice and blueberry syrup.
3. Add agar agar and bring to a boil.
4. Fill a syringe (without needle) with the mixture.
5. Remove the oil from the freezer and gradually drop mixture in the oil.
6. When the desired quantity of beads has been obtained, strain the oil with a fine mesh strainer.
7. Rinse pearls very well under water, so that no oil residue remains.
8. Use as a garnish on sweet or savoury dishes.

  
Gluten  
FREE



Serves 1/2 cup







Vegan

# Blueberry Vanilla Slices

## INGREDIENTS

### Base:

- \* 1 cup cookie crumbles of choice
- \* 1/2 cup melted vegan butter

### Vanilla layer:

- \* 2 cups coconut milk
- \* 1/4 cup sweetener
- \* 2 tsps vanilla extract
- \* 1 tsp agar agar powder

### Blueberry layer:

- \* 2 cups frozen blueberries
- \* 1/4 cup sweetener
- \* 2 cups coconut milk
- \* 1 tsp agar agar powder



Serves 6

## DIRECTIONS:

### Base:

1. Line a 15cm square baking pan with baking paper. Set aside.
2. Combine base ingredients in a bowl and firmly press mixture into the prepared pan. Refrigerate until firm.

### Vanilla Layer:

1. In a saucepan, bring coconut milk to a boil.
2. Add in agar powder stirring constantly until dissolved.
3. Lower the heat, whisk in vanilla and sweetener.
4. Let it simmer for 1 minute. Pour mixture over the base.
5. Transfer to the fridge to set.

### Blueberry Layer:

1. Combine berries and sweetener in a saucepan, bring mixture to a boil.
2. Turn the heat down and continue to simmer for few minutes.
3. Strain mixture through a fine mesh sieve. Use the back of a spoon to press out the juice.
4. In a saucepan, bring coconut milk and berry syrup to a boil.
5. Add in agar powder, stirring constantly until dissolved.
6. Lower the heat and let simmer for 1 min.
7. Pour mixture over the vanilla layer and refrigerate until set.
8. Remove from pan and cut into 8 equal size blocks.

Gluten  
FREE



Vegan

# Caramel Apple Pancakes

## INGREDIENTS

Caramel sauce on Page 157

### Apple Filling:

- \* 6 cups apples  
(peeled, cored and cut into blocks)
- \* 1/4 cup vegan butter
- \* 1 cup brown sugar
- \* 1 Tbsp cinnamon

### Pancakes:

- \* 2 cups cake flour
- \* 2 tsps baking powder
- \* 1 tsp salt
- \* 2 tsp cornstarch
- \* 400 ml plantbased milk
- \* 350 ml water
- \* 2 tsps lemon juice
- \* 125 ml liquid Coconut oil

## DIRECTIONS:

### For the Apples:

1. Heat a pan and add the butter.
2. Once butter is melted add apples and sugar.
3. Cook over medium-high heat, stirring occasionally for 8 minutes.
4. Sprinkle the cinnamon over the apples.
5. Stir constantly until apples are soft about 2 minutes.
6. Remove from heat and let sit for 5 minutes.

### For the Pancakes:

1. Combine milk, oil, water and lemon juice in a bowl.
2. In a separate bowl combine flour, salt, baking powder and cornstarch.
3. With a balloon whisk, whisk the milk mixture into the flour mixture.
4. Cover and set aside in fridge for at least 3 hours (overnight is best).
5. Heat a nonstick pan, brush with oil.
6. Add 1/4 cup batter to pan, when bubbles starts to form flip it and cook other side until golden brown. (about 2 minutes)
7. Repeat with the rest of batter.

### Assemble:

1. Fill each pancake with the apples and roll the pancake.
2. Drizzle caramel sauce over pancakes.



Serves 8



Vegan

# Caramel Cheese Cake

## INGREDIENTS

### Crust:

- \* 2 cups raw nuts
- \* 10 pitted dates
- \* 2 Tbsps coconut oil
- \* pinch of salt

### Caramel Layer:

- \* 1 1/2 cups raw cashews (soaked for 4 hours)
- \* 1 cup coconut milk
- \* 1/2 cup caramel sauce page 157
- \* 1/2 tsp salt
- \* 1/2 cup sweetner
- \* 1/2 cup coconut oil
- \* 1 tsp caramel extract
- \* 2 Tbsps lemon juice

### Vanilla Layer:

- \* 1 1/2 cups raw cashews (soaked for 4 hours)
- \* 1 cup coconut milk
- \* 1/2 cup coconut oil
- \* 1/2 cup sweetner
- \* 1/2 tsp salt
- \* 1 tsp vanilla extract
- \* 3 Tbsps lemon juice

## DIRECTIONS:

### Crust:

1. Pulse the nuts, dates, coconut oil and salt, in a food processor, until well combined.
2. Press the crust on the bottom of a 20 cm spring form pan.

### Caramel filling:

1. Drain the cashews for the caramel and vanilla layer.
2. Blend all the ingredients for the caramel layer, until very smooth.
3. Pour over the crust and freeze for at least 1 hour, until firm.

### Vanilla filling:

1. Blend all the ingredients for the vanilla layer, until very smooth.
2. Pour over the caramel layer and freeze over night.
3. Remove cake from the freezer and the pan.
4. While frozen, place cake on a serving plate.
5. Decorate with the rest of the caramel sauce.
6. Defrost cake in the fridge. (about 1 hour)
7. Slice and serve.
8. Store in fridge.

Gluten  
FREE



Serves 12



# Caramel Date Balls

## INGREDIENTS

- \* 1 block of dates (250g)
- \* 300 g Rice Krispies
- \* 1 Tbsp caramel essence
- \* 1/2 cup of boiling water
- \* 1 cup shredded coconut



Serves 30

## DIRECTIONS:

1. Cut dates in small pieces.
2. Mash dates while adding boiling water in a pot.
3. Cook until sticky consistency.
4. Add caramel essence.
5. Add Rice Krispies.
6. Mix well.
7. Roll into balls.
8. Roll in shredded coconut.
9. Refrigerate for half an hour.
10. Serve with ice-cream and ENJOY!



*Niquita Steyn*  
Vryheid - KZN



# Carob Treats

## INGREDIENTS

- \* 75 ml liquid sweetener
- \* 75 ml peanut butter
- \* 1 cup soy milk powder
- \* 15 ml carob powder
- \* 15 ml water
- \* 5 ml vanilla essence

## DIRECTIONS:

1. Mix all the ingredients together with a wooden spoon.
2. Roll into desired bite size balls.
3. Roll into coconut.
4. Enjoy.



Anneline Stadler  
Sutherland - North Cape



Makes 24 Balls

Raw

# Carob Brownies



## INGREDIENTS

- \* 1 1/2 cups dates, pitted
- \* 60 g almonds, roasted
- \* 2 Tbsps coconut oil, melted
- \* 1/2 cup coconut, desiccated
- \* 1/4 cup carob powder
- \* 1 tsp vanilla extract
- \* 1 1/2 Tbsps coconut flour
- \* 1/8 cup water
- \* 1/8 cup liquid sweetener

### Icing:

- \* 3 Tbsps carob powder
- \* 1/4 cups liquid sweetener
- \* 1 Tbsp coconut oil, melted
- \* 1 tsp vanilla extract

## DIRECTIONS:

Serves 4-6

1. Place all the brownie ingredients into a food processor & process with S-Blade until a thick dough starts forming & the mixture starts forming a ball. Stop & scrape down the sides if necessary. (It must not stick to your fingers too much, add more water or coconut flour if too dry or too wet)
2. Lightly grease a container (I used 2x 1 L ice cream containers). Firmly press your dough into the container.
3. Mix all your icing ingredients together in a bowl & then spread it evenly over your Brownies.
4. Place in the fridge or freezer to harden & once it is at desired "hardness", remove it from freezer & from container & cut into desired portion sizes.  
Serve and enjoy.



Tammy Moolman  
From Palatable Plants  
Port Elizabeth

## Notes:

- \* You can also use cling wrap in container.
- \* Keep it stored in fridge or freezer.





Vegan

# Cheesecake Brownies

## INGREDIENTS

### Cheesecake Layer:

- \* 2 cups cream cheese Page 30
- \* 1/3 cup sugar
- \* 2 Tbsps cornstarch
- \* 2 Tbsps lemon juice
- \* 2 tsps vanilla extract
- \* 1/4 tsp salt

### Brownie Layer:

- \* 1/2 cup hot vegan butter
- \* 1 1/4 cups sugar
- \* 1/3 cup plantbased milk
- \* 3 tsps vanilla extract
- \* 1 cup all purpose flour
- \* 2/3 cup carob/cocoa powder
- \* 1 tsp baking powder
- \* 1/4 tsp salt

## DIRECTIONS:

1. Preheat oven to 180°C. Line an 20x20 cm pan with baking paper.

### Cheesecake Layer:

1. Mix all cheesecake ingredients together in a bowl. Set aside.

### Brownie Layer:

1. In a large bowl, whisk together the hot butter and sugar.
2. Mix in the milk and vanilla extract.
3. In a separate bowl, mix together the flour, cocoa powder, baking powder and salt.
4. Add the dry ingredients into the bowl with the butter until well mixed.
5. Reserve 1/4 cup of the brownie batter and set aside for now.
6. Spread the brownie batter evenly into the baking pan, then spread the cheesecake layer on top.
7. Mix the reserved brownie batter with 2 tablespoons of water.
8. Dollop and drizzle on top of the cheesecake layer. Using a toothpick to create swirls with the batter.
9. Bake for about 30-35 minutes, or until a toothpick comes out "clean" when inserted in the middle.
10. Let cool completely before cutting.



Serves 8

# Chickpea Carob Tart

## INGREDIENTS

For the crust:

- \* 3 cups of mixed nuts
- \* 6 Tbsps of water or plantbased milk

For the filling:

- \* 2 cups cooked chickpeas
- \* 3 Tbsps carob / cocoa powder
- \* 1/2 cup dates  
(soaked in warm water for ± 20min)
- \* 2 tsps vanilla essence
- \* 1 tsp cinnamon powder
- \* 2 Tbsps sweetner
- \* 1/4 cup of water or plantbased milk

## DIRECTIONS:

For the crust:

1. Place all the ingredients in a blender and blend well.
2. Press onto the base of a tart pan.

For the filling:

1. Place all the ingredients into a blender.
2. Blend everything together until smooth.
3. Scoop into tart base and place in fridge over night.
4. Slice and serve with Orley whip.



Serves 8

Gluten  
FREE



Zelna Schmitt  
Tzaneen - Limpopo





# Chocolate Beet Cake

## INGREDIENTS

- \* 1 cup beet puree (cooked beet)
- \* 1/4 cup liquid sweetner
- \* 180 ml fructose
- \* 1/4 tsp salt
- \* 1 1/2 tps baking powder
- \* 60 ml melted coconut oil
- \* 60 ml plant milk
- \* 125 ml cocoa powder
- \* nutty wheat flour
- \* 2 flax eggs - 2 Tbsps flaxseed ground, mixed with 5 Tbsps water. Let rest for 5 minutes

### Sauce:

- \* 1 tin coconut milk or Orley wip
- \* 1/2 cup fructose
- \* 5 ml Vanilla or caramel essence

## DIRECTIONS:

1. Preheat oven to 190°C.
2. Cook beets until soft and mash them.
3. Prepare flax "eggs"
4. Whisk together beet puree, melted oil, salt, sweetner, fructose and baking powder.
5. Add milk and flax eggs to the batter and mix.
6. Add flour and cocoa to the batter and mix all. (Do not over mix.) Mixture must have scoopable consistency not runny.
7. Pour mixture into a cake tray.
8. Bake for 45 min or until set. Cool cake.
9. Make sauce: Bring milk to boil, add fructose and essence.
10. Boil until fructose dissolves.
11. Pour over cake and let it soak in.



Serves 8



Lika du Plessis  
Nelspruit



Vegan

# Chocolate Cake

## INGREDIENTS

- \* 2 cups all purpose flour
  - \* 3/4 cup carob/cocoa powder
  - \* 2 cups Sugar
  - \* 2 tsps baking powder
  - \* 1 tsp bicarbonate of soda
  - \* 1 tsp Salt
  - \* 1 tsp chicory powder (optional)
  - \* 1 cup vegan buttermilk  
(1 Tbsp lemon juice in 1 cup soy milk)
  - \* 2 flax eggs  
(2 Tbsps ground flax + 6 Tbsp hot water)
  - \* 1/2 cup liquid coconut oil
  - \* 2 tsps vanilla extract
  - \* 1 cup boiling hot water
- Frosting:**
- \* 160 g vegan dark chocolate
  - \* 1 bottle Orley whip
  - \* 1 Tbsp sweetner



Serves 12

## DIRECTIONS:

1. Preheat the oven to 180°C and spray two 20 cm cake pans non-stick spray.
2. Sift all purpose flour and cocoa powder into a mixing bowl and add sugar, bicarb, baking powder, salt and chicory powder. Mix together.
3. Prepare your vegan buttermilk. Add lemon juice to a cup soy milk. Let it curdle into vegan buttermilk. (5-10 minutes)
4. Prepare the flax eggs. Add 2 tablespoons of ground flaxseed to a bowl and add 6 tablespoons of hot water. Let it rest for a minute to thicken.
5. Add the vegan buttermilk to the mixing bowl along with the flax eggs, oil and vanilla extract. Stir into a thick batter.
6. Add hot water and whisk it in with a balloon whisk.
7. Divide the batter evenly between the two prepared cake pans.
8. Bake for 35 minutes or until a toothpick inserted into the center of one of the cakes comes out clean.
9. Let the cakes cool in the cake pans for a few minutes before removing from the cake pans and transferring to a wire cooling rack to cool completely before frosting.

### Frosting:

1. In a double boiler, melt the chocolate or carob.
2. In a mixing bowl, add the sweetner and Orley.
3. Whip until stiff peaks form.
4. Fold in the melted chocolate/carob.
5. Refrigerated for 4 hours before use.





Vegan

# Chocolate Tart

## DIRECTIONS:

### Crust Pastry:

- \* 210g All Purpose Flour
- \* 125 g Vegan Butter
- \* 2 Tbsps Sweetner (optional)
- \* 1/2 tsp salt
- \* 3-4 Tbsps ice water

### Chocolate Filling:

- \* 300 g Dairy free Dark Chocolate or Carob (Chopped into small pieces)
- \* 1 Can Coconut Cream
- \* 1 Drop peppermint essence or any flavour you like.

### Pastry:

1. In a food processor pulse all the ingredients except the Ice water.
2. Once its combined add ice water Tbsp at a time until a soft ball forms.
3. Cover in cling film and let it rest in fridge for 1 hour.
4. On a floured surface roll dough out to 3mm thick, place inside a greased Tart pan.
5. Press with a fork all over dough
6. Bake for 12 - 15 minutes (until golden brown), set aside to cool

### Filling:

1. In a Sauce pan, heat the coconut cream until very warm but not Boiling.
2. Pour over the chopped Chocolate.
3. Add the mint essence
4. Mix well.
5. Pour into tart shell.
6. Place in fridge for 3 hours until set.

## Notes:

- \* Serve with Vegan Ice cream.



Serves 8



# Vegan Creamy Custard

## INGREDIENTS

- \* 360 ml plantbased milk
- \* 1 can full fat coconut milk
- \* 4 Tbsps vegan butter
- \* 1/3 cup cornstarch
- \* 1/2 cup sweetner
- \* 1/4 tsp turmeric
- \* 1 tsp vanilla extract



Serves 12

Gluten  
FREE

## DIRECTIONS:

1. Mix the cornstarch with a little bit of the plant milk until smooth.
2. Add the coconut milk and rest of the plant milk to a pot.
3. With a balloon whisk, add in the cornstarch mix.
4. Add the sugar and turmeric. Mix everything.
5. On medium heat, cook the mixture, stirring often until it thickens up.
6. Add the vegan butter and whisk until well combined.
7. Remove from stove top and add the vanilla.
8. Serve warm or cold.

## Serving suggestions:

- \* Use as a dessert topping for cakes or over warm puddings.

# Date Balls

## INGREDIENTS

- \* 1/2 cup coconut oil
- \* 3/4 cup coconut sugar or other sugar
- \* 1 cup dates chopped
- \* 1/2 cup pecan or walnuts chopped
- \* 2 1/2 cups puffed brown rice
- \* 15 ml tapioca flour mixed into 15 ml of water to a paste
- \* desiccated coconut to roll balls in

## DIRECTIONS:

1. Melt oil, add dates, nuts, sugar and tapioca mixture.
2. Boil for 10 minutes and stir continuously.
3. Cool the mixture for a while and add the puffed rice.
4. Mix thoroughly.
5. Shape into balls (size of walnut) and roll into coconut.
6. Keep in airtight container.

**Gluten  
FREE**



Serves 25 Balls



*Susan Pheifer*  
Ellisras - Limpopo





*Vegan*

# Ferrero Dessert

## INGREDIENTS

- \* Chocolate cake on Page 144
- \* Caramel sauce on page 157
- For the Chocolate mousse:**
- \* 320 g vegan dark chocolate or carob slab
- \* 1 bottle Orley whip
- \* 2 Tbsps sweetner
- For the chocolate coating:**
- \* 320 g vegan dark chocolate or carob slab
- \* 1 tsp coconut oil
- \* 1 1/2 cups finely chopped toasted hazelnuts

## DIRECTIONS:

1. Follow instructions of chocolate cake and pour batter into a flat oven tray.
2. Follow instructions of caramel sauce.
- For the chocolate mousse:**
1. Melt the chocolate in a double boiler.
2. Add the sweetner to the orley and whip until stiff peaks.
3. Fold the melted chocolate into the orley whip.
4. Spoon into moulds (only half full).
5. Pour the caramel over.
6. Slice the cake to the perfect size of your mould and softly press into the caramel sauce.
7. Freeze mould over night.
- For the coating:**
1. Melt the chocolate in a double boiler.
2. Remove from heat and mix in the oil and the hazelnuts.
3. Demould the mousse and dip into coating.
4. Serve as is or with whipped cream.



Serves 8

# Halva Balls

## INGREDIENTS

- \* 1 cup raisins
- \* 1 cup sesame seed
- \* 1/2 cup carob powder
- \* pinch salt

## DIRECTIONS:

1. Add all the ingredients into a blender.
2. Blend until well combined.
3. Form balls.
4. Enjoy.



## Notes:

- \* You can roll them in coconut or ground nuts.



Jandré en Luané Nagel  
Pretoria

Gluten  
**FREE**



Serves 20 Balls





# Vegan Hertloggies

## INGREDIENTS

### For the short crust:

- \* 210 g all purpose flour
- \* 125 g vegan butter
- \* 2 Tbsps sweetner (optional)
- \* 1/2 tsp salt
- \* 3-4 Tbsps ice water

### For the filling:

- \* 1/2 cup aquafaba refrigerated overnight (Water from a can of chickpeas)
- \* 1/4 tsp cream of tartar
- \* 1/2 cup sweetner
- \* 1 tsp vanilla essence
- \* pinch of salt
- \* 1 cup coconut flakes
- \* 1/2 cup apricot jam

## DIRECTIONS:

### Short crust:

1. Preheat oven to 180°C.
2. In a food processor, combine flour, sugar, salt and butter. Process until crumbs form.
3. Add the ice water tablespoon at a time until a dough forms. (Sometimes not all the water is needed. At times a little extra water is needed.)
4. Make dough into a ball, cover with cling film and refrigerate for 1 hour.
5. Roll out the dough and cut with a cookie cutter.
6. Press the dough into a greased muffin pan and up the sides until firmly packed.
7. Prick bottom of dough all over with a fork.
8. Blind bake until golden brown about 12-15 minutes.
9. Very important: turn the oven down to 100°C.

### Filling:

1. Place the chilled aquafaba and cream of tartar into the mixing bowl of your stand mixer.
2. Beat on medium speed until soft peaks form. (3 - 4 minutes).
3. With mixer still running, add in the sweetner bit by bit.
4. Mix until stiff peaks form.
5. Add in the vanilla, beat for another minute.
6. Lightly fold the coconut in.

### Assemble:

1. Spoon 1 tsp jam into each tart shell.
2. Spoon the "Egg White" mixture over.
3. Place in the oven at 100°C for 15 minutes.



Serves 12



Vegan

# Lemon Tarts

## INGREDIENTS

### Pie Dough:

- \* 2 1/2 cups all purpose flour
- \* 1 Tbsp sugar
- \* 1 tsp salt
- \* 1 cup cold vegan butter (cut into pieces)
- \* 1/4 cup ice water

### For the Filling:

- \* 2 cups coconut milk (full fat)
- \* 60 ml fresh lemon juice
- \* zest of 1 lemon
- \* 1/3 cup sweetner
- \* 3 Tbsps cornstarch mixed into 5 Tbsps plantbased milk)
- \* 1/2 tsp agar agar
- \* 1/2 tsp turmeric for colour

## DIRECTIONS:

### Short crust:

1. Preheat oven to 180°C.
2. In a food processor, combine flour, sugar, salt and butter. Process until crumbs form.
3. Add the ice water tablespoon at a time until a dough forms. (Sometimes not all the water is needed. At times a little extra water is needed.)
4. Make dough into a ball, cover with cling film and refrigerate for 1 hour.
5. Roll out the dough (and cut with a cookie cutter if making small tarts)
6. Press the dough into the greased tart pan and up the sides until firmly packed. Freeze for about 10 minutes. Use the left over dough to make something nice for on the top of your pie filling.
7. Prick bottom of dough all over with a fork.
8. Blind bake for 12-15 minutes.

### For the Filling:

1. Mix the cornstarch into the milk. Whisk until cornstarch is dissolved.
2. Place all the filling ingredients including the cornstarch into a saucepan.
3. Bring to a boil, stirring constantly.
4. Reduce the heat and simmer until slightly thickened (about 3 minutes).
5. Pour mixture into tart shell.
6. Spread out evenly with a spoon.
7. Allow to cool at room temperature for at least 1 hour.
8. Transfer to fridge to set overnight.
9. Decorate and serve.



Serves 12





Vegan

Gluten  
FREE

# Malva Pudding

## INGREDIENTS

Gluten free All purpose flour:

- \* 4 cups white rice flour
- \* 1 and 1/3 cups potato starch
- \* 2/3 cup tapioca starch
- \* 2 tsps xanthan gum

Dry ingredients:

- \* 2 cups gluten-free all-purpose flour
- \* 1 cup sugar
- \* 1 1/2 tsps bicarbonate of soda
- \* 2 tsps baking powder
- \* 1/2 tsp salt

Wet ingredients:

- \* 1/2 cup plantbased milk
- \* 2 Tbsps lemon juice
- \* 3 Tbsps apricot jam
- \* 3 Tbsps coconut oil melted
- \* 2 Tbsps flax seed flour + 6 Tbsps water

Sauce ingredients:

- \* 1/2 cup vegan butter
- \* 1 1/2 cups sugar
- \* 1 can coconut cream
- \* 1/2 cup boiling water
- \* 1 tsp vanilla extract

## DIRECTIONS:

Gluten free flour mix:

1. Measure each ingredient and pour into a large bowl.
2. Whisk the ingredients to evenly distribute.
3. Pour into a airtight container until you want to use it.
4. This can be swapped 1:1 with regular flour in any recipe.

Malva Pudding:

1. Preheat the oven to 180°C.
2. In a large mixing bowl whisk all the dry ingredients together.
3. In a separate bowl mix lemon juice into the milk and leave it for 5 min (Buttermilk).
4. Combine the flax seed flour with water and let it stand for 5 min to thicken up.
5. Melt the coconut oil and apricot jam together.
6. Combine all the wet ingredients together and add into dry ingredients. Mix until just combined, don't overmix.
7. Scoop the batter into a lined baking dish.
8. Bake for 30 - 45 minutes or until golden brown and a fork comes out clean.

For the sauce:

1. In a small saucepan over a medium heat combine all the sauce ingredients, except the vanilla extract.
2. Bring to a simmer and continue to stir until the sugar has caramelised and the sauce starts to thicken up, this will take approximately 5 minutes.
3. Once the pudding comes out of the oven, poke the surface with a fork to form holes. Pour the sauce over the malva pudding and allow sauce to be soaked up.
4. Serve hot with vegan ice cream or custard.



Serves 8



Vegan

# Molten Lava Cake

## INGREDIENTS

### Ganache Filling:

- \* 3/4 cup vegan-friendly chocolate chips or chopped chocolate
- \* 2/3 cup full fat coconut milk

### Chocolate Cake:

- \* 3/4 cup plant milk
- \* 1/2 Tbsp lemon juice
- \* 1 cup all-purpose flour
- \* 1 cup sweetener
- \* 1/3 cup cocoa powder
- \* 1 tsp chicory coffee powder (optional)
- \* 1 tsp baking powder
- \* 1/4 tsp bicarbonate of soda
- \* 1/2 tsp salt
- \* 1/4 cup coconut oil, melted
- \* 1 tsp vanilla extract

## DIRECTIONS:

### Ganache filling:

1. Make your chocolate ganache at least 2 hours in advance because it will need time to chill and harden.
2. Add your coconut milk to a small saucepan over medium-high heat. Stir regularly until it just begins to simmer. Remove from heat.
3. Immediately add your chocolate to the hot coconut milk and allow it to rest for 3 minutes to start melting. Then whisk until the mixture is smooth and evenly combined.
4. Transfer your ganache to a heat-safe container and place it in the fridge for 2 hours to harden completely.

### Molten Lava Cakes:

1. Preheat oven to 180°C.
2. Line 4 ramekins with a circle of baking paper and grease them.
3. Whisk together milk and vinegar and set aside to curdle. This will act as your vegan "buttermilk."
4. In a large bowl, sift together flour, sugar, cocoa, chicory baking powder, bicarbonate and salt.
5. Pour in the coconut oil, vanilla extract, and milk mixture. Mix with a balloon whisk until smooth.
6. Pour into prepared ramekins until they're 3/4 of the way full, reserving a few tablespoons of the batter.
7. Remove your ganache from the fridge. For each cake, scoop a heaped tablespoon of ganache. Place in the center of each cake and press down gently to slightly submerge.
8. Use the remaining batter to spread on top and seal in the ganache.
9. Bake in preheated oven for 12-13 minutes.
10. Allow to cool for 5 minutes so the ramekins are not too hot to the touch.
11. Invert them carefully onto a plate.
12. Add favorite toppings and serve warm.



Serves 4

Vegan

# Passion Fruit Dessert

## INGREDIENTS

### Pie Dough:

- \* 2 1/2 cups all purpose flour
- \* 1 Tbsp sugar
- \* 1 tsp salt
- \* 1 cup cold vegan butter (cut into pieces)
- \* 1/4 cup ice water

### Passion fruit Filling:

- \* juice of 4 freshly squeezed lemons
- \* pulp of 5 passion fruits
- \* 1/2 cup water
- \* 1 can coconut milk
- \* 3/4 cup sweetner
- \* 2 Tbsps cornstarch (dissolved in 5 Tbsps water)
- \* 3/4 tsp agar agar powder
- \* pinch turmeric powder
- \* pinch salt



Serves  
1 x 23 cm

## DIRECTIONS:

### Short crust:

1. Preheat oven to 180°C.
2. In a food processor, combine flour, sugar, salt and butter. Process until crumbs form.
3. Add the ice water tablespoon at a time until a dough forms. (Sometimes not all the water is needed. At times a little extra water is needed.)
4. Make dough into a ball, cover with cling film and refrigerate for 1 hour.
5. Roll out the dough (and cut with a cookie cutter if making small tarts).
6. Press the dough into the greased tart pan and up the sides until firmly packed. Freeze for about 10 minutes. Use the left over dough to make something nice for on the top of your pie filling.
7. Prick bottom of dough all over with a fork.
8. Blind bake for 12-15 minutes.

### Passion fruit filling:

1. Add passion fruit pulp, lemon juice and water into a blender.
2. Pulse the blender about 6 times.
3. Rest a fine mesh sieve over a small bowl and pour the passion fruit into the sieve. Use the back of a spoon to press out the juice.
4. In a saucepan, combine the coconut milk, juice, sugar, turmeric and salt.
5. Cook on a medium heat, with constant stirring for 1 minute.
6. Add agar agar and mix until completely dissolved.
7. Whisk in cornstarch. Let simmer for 1 minute.

### Assemble:

1. Fill the tart shell or small tarts with the passion fruit filling.
2. Cool the pie to room temperature and then chill until ready to serve.





Vegan

# Peanut Butter Cups

## INGREDIENTS

- \* Caramel sauce on page 157
- \* 2 cups vegan chocolate chips
- \* 2 tsps refined coconut oil
- \* 1/3 cup smooth peanut butter
- \* 1 Tbsp liquid sweetener
- \* 2-3 Tbsps oat flour
- \* 1/4 cup roasted peanuts

## DIRECTIONS:

**Make the peanut butter nougat:**

1. Warm the peanut butter in a double boiler, if it's too stiff.
2. Mix in the liquid sweetener and oat flour until the mixture is slightly stiff then set aside.

**The chocolate:**

1. Add the chocolate and coconut oil to a double boiler and heat over medium heat. Start whisking when the chocolate is starting to melt and whisk until the chocolate is melted evenly. Take off heat.
2. Prep a muffin tin by adding cupcake liners.
3. Add about 1 Tablespoon of melted chocolate to the liner and swirl the liner to spread around at the bottom so that the chocolate goes up a bit on the edges.
4. Take about 3 teaspoons of the peanut butter nougat mixture then make it into a ball, flatten it so that it's almost the size of the muffin hole and place it on the melted chocolate.
5. Add the thick caramel sauce.
6. Spread some peanuts on top. Add a tablespoon of the melted chocolate all over and spread it so that it covers all of the peanuts and also drips on the side.
7. Repeat to finish all the peanut nougat and chocolate. Place the muffin pan in the fridge so that the chocolate can harden.
8. Remove from the cupcake liners after an hour and serve.



Serves 12

Gluten  
**FREE**



Vegan

# Tiramisu Fudge

## INGREDIENTS

### Cream filling:

- \* 1 cup raw cashews (soaked for 4 hours)
- \* 1 cup water
- \* 2 Tbsps lemon juice
- \* 1 tsp salt
- \* 1/2 cup sugar
- \* 1/2 cup coconut oil
- \* 1 tsp vanilla extract

### Coffee Cocoa Layer:

- \* 1 cup raw cashews (soaked for 4 hours)
- \* 90 ml cocoa powder
- \* 1/2 cup oat flour
- \* 6 Tbsps coconut oil
- \* 1 cup water
- \* 1/2 cup sugar
- \* 1/2 tsp salt
- \* 2 Tbsps chickory coffee
- \* 1 tsp vanilla extract

## DIRECTIONS:

1. Drain the cashews for the cream and coffee layer.

### Cream filling:

1. Blend all the ingredients for the cream filling layer, until very smooth.
2. Transfer to a bowl.

### Coffee Cocoa layer:

1. In the same blender (no need to wash), blend all the ingredients for the cocoa coffee layer filling until smooth.
2. Line a loaf pan with baking paper.
3. Pour the coffee cocoa mixture in and even it out.
4. Freeze for 20 to 30 minutes.
5. Pour the cream mixture on top and even it out.
6. Sprinkle shaved chocolate or cocoa powder on top and freeze for 4 hours.
7. Then slice and serve.
8. Store in fridge.

  
Gluten  
FREE



Serves 8

Vegan

# Thick Caramel Sauce

## INGREDIENTS

- \* 1 cup sugar
- \* 85 g vegan butter room temperature, cut into cubes
- \* 125 ml coconut cream
- \* 1/2 tsp salt



Serves 200ml

Gluten  
**FREE**

## DIRECTIONS:

1. In a deep saucepan over medium heat, melt the sugar, stirring gently while it melts. It will first clump together, then gradually melt into an amber brown liquid. Ensure all the sugar has dissolved but don't let it burn.
2. Once it has all melted, add in the cubes of butter. It will form a thick caramel.
3. Once the butter has completely melted into the sugar, pour in the cream and keep whisking. Take extra care here as the cream will make the caramel bubble and rise. It may also split the caramel as the cream hits the hot sugar. Keep on whisking and cooking it until it forms a smooth and runny deep brown caramel sauce.
4. Take off the heat and stir in the salt.
5. Leave the sauce to cool for 5 minutes, then pour it into a clean jar. It will thicken up as it cools down.





*Vegan*

# Vanilla Ice Cream

## INGREDIENTS

- \* 400 ml full fat coconut milk
- \* 1/2 cup raw cashews (soaked for 4 hours)
- \* 1 tsp vanilla extract
- \* 1/4 tsp salt
- \* 1/4 cup sugar



Serves 6

## DIRECTIONS:

1. Drain the cashews and add them and the rest of the ingredients to the blender and blend until the mixture is really smooth.
2. Add this mixture to a saucepan over medium heat and bring to a gentle simmer. Stir frequently to avoid lumps and sticking to the bottom. Heating helps to thicken the mixture a bit and also remove any water content which might make the ice cream icy when it freezes.
3. Take off heat when evenly thickened after about 8 minutes.
4. Let it cool for 10-15 minutes then add into a loaf pan and even it out.
5. Place in freezer until frozen.
6. When you want to serve take out of the freezer 20 minutes before the time to scoop the ice cream easier.



**Gluten  
FREE**



Raw

# Watermelon Cake

## INGREDIENTS

- \* 1 large Watermelon
- \* toothpicks
- \* fruits to decorate (grapes, strawberries, blueberries, goosberries, mulberries, kiwi, apples naartjie wedges... possibilities are endless!)

## DIRECTIONS:

1. Cut the watermelon sides away, and then cut the middle part in half.
2. This part is tricky. Slide a long sharp knife along the inside to cut away the fleshy part from the rind.
3. Once you have both parts of the watermelon cut, you can place one on top of the other to make it a "two tier cake"
4. Decorate with your choice of cut up/sliced fruits and berries using toothpicks to help hold the fruits to the watermelon.
5. Serve and enjoy! So refreshing on a hot day!



Carol du Plessis  
From Life Health Wellness  
Langkloof - Eastern Cape

## Notes:

- \* You can also pour a vegan cream of your choice over it.



Serves 8 - 10





# Sanctified Life Ministries

In 2017, we left our Business life behind, for a life of freely giving as volunteer medical missionaries.

We moved to Politsi. (25 Km from Tzaneen Limpopo)

Where we dedicate our lives in helping people with over all health problems. We also do cooking classes, health seminars and health expo's. We have two recipe books and one natural remedy - detox book. The pdf versions are available free of charge. We are currently busy recording and producing health and recipe video's, which will soon be available on youtube.

**Our Ministry is based on**

**Mathew 10:8 "Freely you have received , freely you shall give."**



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