

AWARD WINNING AMAZON
BESTSELLING AUTHOR



70+ BEST RECIPES

FOR HEALTH & WEIGHT LOSS
THE GUERRILLA DIET WAY



DR. GALIT GOLDFARB BSC, MSC, PHD

**BEST RECIPES
FOR HEALTH
AND WEIGHT
LOSS
THE GUERRILLA
DIET WAY**

By Dr. Galit Goldfarb

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Lunch & Dinner

1. Lentil Soup



*Great as a winter appetizer that will keep
you feeling full and satisfied for hours*

Serves: 4

Preparation time: 15 minutes

Cooking time: 1 hour 40 minutes

Ingredients

2 cups brown lentils
1 cup cut carrots
1/2 cup cut potatoes
12 cups water
1/2 tsp himalayan salt
1/2 tsp ground cumin
1/4 tsp all spice
1 medium onion, finely chopped
1 tsp coconut oil
1/4 cup finely chopped fresh parsley

Instructions:

1. Wash lentils, peel and cut potatoes and carrots.
2. Place in a pot with water. Bring to boil. Cover and gently simmer for about 1.5 hours
3. If you wish: transfer soup to a food processor or blender while adding 1 cup of water. Blend well. Put mixture back in pot
4. Simmer over a low heat while adding all spice, cumin and salt.
5. Fry chopped onion till soft or use raw onion.
6. Add onion to lentil mixture. Bring to boil for 10 minutes. Add chopped parsley
7. Serve soup with a lemon wedge and fresh whole wheat bread or whole grain brown Basmati rice.
8. Enjoy!

2. Carrot and Celery Soup



Great for your skin and eyesight

Serves: 6

Preparation time: 15 minutes

Cooking time: 1 hour 10 minutes

Ingredients

4 carrots
2 small parsley roots
1 celeriac
1 leek
1 small onion
12 cups of water
3 cloves garlic chopped
2 celery sticks
2 tbsp coconut oil
a dash of pepper
1 tsp himalayan salt
1/2 cup orange lentils
1 tbsp black sesame seeds

Instructions:

1. Wash carrots, parsley root and celeriac and cut into cubes.
2. Cut leeks and onions into circles and fry in coconut oil.
3. Add carrots, parsley root and celeriac. Add spices.
4. Place in a pot with water. Bring to boil. Cover and gently simmer for about 20 minutes hour.
5. Add lentils and cook 20 minutes
6. If you wish: transfer soup to a food processor or blender while adding 1 cup of water. Blend well.
7. Serve soup into individual dishes and sprinkle with black sesame seeds on top.

8. Serve soup with whole grain brown rice with lentils.
9. Enjoy!

3. Stir Fry Tofu, Mushroom Combination and Vegetables



*Rich in so many vitamins and minerals and
a real boost to your immune system with low
fat and calorie content!*

Serves: 4

Preparation time: 20 minutes

Cooking time: 10 minutes

Ingredients

1 pack tofu

1/2 tbs coconut oil

1 onions

4 Shiitake mushrooms

2 forest mushrooms

1 Portobello mushroom (or any other mushrooms you desire)

1 tsp chopped ginger

1 tsp curry

1/2 tsp himalayan salt

1/4 cup black sesame seeds

2 garlic cloves

2 tbs soya sauce

Instructions:

1. Slice tofu into cubes and stir fry in wok with coconut oil and curry until it takes on the color. Place on the side
2. Slice onions and chop garlic, stir fry in remaining oil in wok.
3. Add to onion and garlic in the wok for a quick stir fry.

4. Cut mushrooms into 4 parts. Add to wok and stir fry for a few more minutes.
5. Add tofu to the wok.
6. Sprinkle with sesame seeds
7. Serve soup with round whole grain brown rice.
8. Enjoy!

4. Brown Rice and Lentil Stuffed Tomato Cups



*An elegant, healthy, satisfying meal - great
for special occasions!*

Serves: 4

Preparation time: 10 minutes

Cooking time: 1 hour

Ingredients

Filling:

6 ripe peppers (any color you prefer)

3 tbs pine nuts

1/2 tbs coconut oil

1 large onion

2 tbs water

1/2 tbs chopped garlic

2 chopped tomatoes

1 cup quinoa

1/2 cup parsley

1/2 tsp black pepper

1/2 tsp himalayan salt

Sauce:

1.3 Liters water (enough water to cover 3/4 of the peppers)

2 small tubs of tomato paste (280 grams)

Instructions:

1. Arrange peppers on chopping board. Cut tops off from peppers. Scoop out the seeds from inside the peppers so as to form pepper cups.

2. Heat pine nuts over medium fire in pot and remove from heat when toasted.
3. Chop tomatoes. Chop onions. Crush garlic.
4. In pot, heat coconut oil and fry onions over low heat, pour into mixing bowl.
5. In the pot boil the water, add tomato paste and seasoning to make red sauce.
6. In bowl, add garlic. tomatoes, parsley and quinoa to mixing bowl. Stir together.
7. Spoon filling mixture from bowl into peppers to the top but not too densely.
8. Arrange filled peppers in pot with red sauce.
9. Cover pot and cook for 45-70 minutes.
10. Serve dish with leafy green salad.
11. Enjoy!

5. Couscous With Chick Pea and Vegetable Soup



Serves: 4

Preparation time: 12 hours when soaking of the chickpeas is required

Cooking time: 2.5 hours or 45 minutes if frozen cooked chickpeas are used.

Ingredients

1 cup chick peas (to save time I use the frozen cooked version)

1/2 cup pumpkin

1 courgette

5 carrots

1 parsley root

1 celery root *if you do not like these vegetables,

5 celery sticks you may replace them with ones

1/4 cabbage you do like.

1 leek

2 garlic cloves

1 onion

1/2 cup parsley chopped

2 tsp curry

2 tsp turmeric

1 tbs miso

Pinch of Himalayan salt

Pinch of black pepper

3 Chopped tomatoes or 1/2 jar chopped tomatoes

8 cups water

For the couscous:

1/2 cup couscous

1 tbs coconut oil

2 cups boiling water

1 tsp turmeric

Instructions:

1. For the soup: Soak the chick peas in water overnight. Wash chickpeas and cover in paper towel to allow to sprout.
2. Place chickpeas in a pot and cover with 8 cups of water. Bring to boil for 10 minutes and reduce heat to simmer for 2 hours.
3. Wash Vegetables and cut to cubes.
4. Fry onions in a pot until shiny.
5. Place vegetables at the bottom of a pot. Add spices, and chick peas and continue to stir fry for a few minutes.
6. Add water and bring to boil for 1 minute. Reduce to a simmer for 1 more hour
7. Add parsley and coriander during the last 10 minutes of cooking
8. For the couscous: Place all ingredients in a bowl and allow to stand for 5 minutes.
9. Fork the couscous until there are no chunks.
10. Place in a fine stainless steel colander above the soup.
11. Steam for 20 minutes.
12. Serve the couscous on the bottom of a serving bowl, cover with soup.
13. Enjoy!

6. Vegan Soup Stock



*Rich in nutrients and flavor, a must for every
vegan or vegetarian soup!*

Serves: 6-8

Preparation time: 15 minutes

Cooking time: 45 minutes

Ingredients

1 large carrot

1 onion

3 stalks celery,

2 leeks

3 garlic cloves

1 parsley stem and 2 parsley leaves,

3 bay leaves

1 tsp fennel seeds

1 tsp coriander seeds

1 tbs miso or 1 8-inch (20 cm) sheet of Kombu seaweed

2 cups of dried oyster, shiitake, wood ear and porcini mushrooms

Instructions:

1. Place all of the ingredients together in a large pot.
2. Cover and bring to boil.
3. Reduce heat and allow to simmer for 45 minutes or until all vegetables are soft, stirring occasionally.
4. Strain soup through a fine strainer.

5. Allow stock to cool for 1 hour at room temperature.
6. Use for soup immediately or refrigerate and use throughout the week for other dishes.
7. Enjoy!



7. Vegan Bean Soup



Serves: 6-8

Preparation time: 12 hours

Cooking time: 30 minutes

Ingredients

1 Onion
2 tbs coconut oil
2 cups of vegan stock (see recipe)
2 cups beans soaked overnight
1/2 cup tomato paste
3 garlic cloves
1/4 cup parsley
1 tbsp peppercorns
1/2 tsp black pepper
1/2 tsp himalayan salt
4 cups of water

Instructions:

1. Soak the beans for a day refreshing the water after 12 hours.
2. Chop the flesh from the tomatoes. Chop onions.
3. Heat coconut oil and fry onions over low heat in a large pot. Stir for 3 minutes. Add vegan soup stock, beans, tomato paste, garlic, pepper, salt and parsley. Add 2 cups of water.
4. Bring to boil. Reduce heat, and cook for 20 minutes.
5. Serve dish with whole wheat pita bread.
6. Enjoy!

8. Brown Lentil Stew



Great smell and great taste! Rich in insoluble fiber which helps balance blood sugar levels by providing a slow and steady energy source!

Serves: 6-8

Preparation time: 20 minutes

Cooking time: 1 hour 30 minutes

Ingredients

1 cup brown lentils

2 tbs whole grain cooked barley or rice (see recipe # 50)

1/2 cup soaked wood ear mushrooms

1 onion

1/4 cup chopped parsley

1 tbsp peppercorns

1/2 tsp all spice

1/2 tsp cumin

1/2 tsp himalayan salt

6 cups of water

Instructions:

1. Soak lentils and mushrooms for 15 minutes, wash and rinse.
2. Place in a pot with 6 cups water. Bring to boil
3. Cover and simmer for 1 hour and 20 minutes.
4. Transfer soup to a blender, add 1 cup water and blend.
5. Return the mixture to the pot, add spices, salt .
6. Chop onion and fry in coconut oil. Add to lentil mixture. Bring to second boil for 10 minutes.

7. Add parsley to stew.
8. Serve dish with whole grain cooked barley or rice.
9. Enjoy!

9. Special Green Lentils with Chard or Bok Choy



A nutritious soup rich in protein, vitamins A, C, and K, as well as magnesium, potassium, and iron with a special flavour!

Serves: 6-8

Preparation time: 15 minutes

Cooking time: 1 hour 10 minutes

Ingredients

1 cup green lentils
1/2 kg (16 oz) Swiss chard or Pak choy, chopped
3 potatoes
2 garlic cloves
1/2 cup finely chopped coriander
1/4 cup squeezed lemon juice
4 cups water
2 small onions
1 stalk celery
1/4 cup chopped parsley
1 tbsp peppercorns
1/2 tsp cumin
1/2 tsp himalayan salt

Instructions:

1. Soak lentils for 20 minutes, wash and rinse.
2. Place in a pot with water. Bring to boil
3. Cover and simmer for 25 minutes.
4. Add green leaves (Swiss chard or Bok choy), celery and diced potatoes. Continue to cook for 15 minutes

5. Chop onion and fry with garlic and cumin in coconut oil for a minute. Add to lentil mixture along with lemon juice. Bring to second boil and cook for 10 more minutes.
6. Serve dish with brown Basmati rice.
7. Enjoy!

10. Mediterranean Fava Bean Dish



A nutritious dish with a special and surprising flavour!

Serves: 6

Preparation time: 24 hours

Cooking time: 1 hour 30 minutes

Ingredients

1 1/2 cups fava beans

1/2 cup squeezed lemon juice

3 garlic cloves

1/2 cup finely chopped coriander

3 cups water

1/4 cup finely chopped parsley

1/2 tsp cumin

Instructions:

1. Soak fava beans for 24 hours, replacing the water after 12 hours.
2. Place fresh fava beans in a heat proof sieve and place sieve with beans in a pot with water. Bring to boil for 1 minute. Remove sieve from water, and place beans in a bowl with ice. This will help you discard tough skins.
3. Place peeled fava beans in a pot with water. Bring to boil and lower the heat. Simmer for 1 hour and 30 minutes. Allow to cool.
4. Mix garlic, lemon juice, cumin, cayenne pepper, chopped parsley and a table spoon of olive oil.
5. Lightly mash cooked fava beans.

6. Serve with fresh onion, tomato and a whole grain pita bread.
7. Enjoy!

11. Home-made Hummus



A healthy, satisfying, tasty and nutritious dish!

Serves: 6-8

Preparation time: 24 hours

Cooking time: 1 hour 30 minutes

Ingredients

1 1/2 cups fava beans
1/2 cup squeezed lemon juice
3 garlic cloves
1/2 cup finely chopped coriander
3 cups water
1/4 cup finely chopped parsley
1/2 tsp cumin

Instructions:

1. Soak chick beans for 24 hours, replacing the water after 12 hours.
2. Place chick peas in a pot with water. Bring to boil for 1 minute lower the heat. Simmer for 1 hour and 30 minutes. Allow to cool.
3. Once soft, drain warm chickpeas. Set 2 tsp of whole cooked chick peas aside to decorate dish.
4. Blend chick peas with whole seed sesame paste, lemon juice, garlic and salt.
5. Place in individual bowls garnish with red pepper, a parsley twig and whole chick peas.
6. Serve with fresh onion and a whole grain pita.
7. Enjoy!

12. Red Lentil Soup



A simple, quick, healthy soup!

Serves: 4

Preparation time: 2 minutes

Cooking time: 30 minutes

Ingredients

1 1/2 cups red lentils
3 bay leaves
1 tsp turmeric
1 tsp cumin
1/2 tsp cayenne pepper
1/2 squeezed lemon juice
2 garlic cloves
1/2 cup finely chopped coriander
6 cups vegan soup stock - (see recipe # 6)
1/4 cup finely chopped parsley
2 tbs coconut oil or ghee
2 tsp mustard seeds
Himalayan salt and a dash of pepper

Instructions:

1. Rinse lentils in a sieve under running water.
2. Place in a pot with vegan stock, turmeric, Cayenne, cumin and bay leaves.
3. Bring to boil and then reduce the heat and allow to simmer until the lentils are very soft (ca 25 min).
4. Remove bay leaves.
5. Mash the lentils with a ladle).
6. Sauté the onion, garlic and mustard seeds for 2 minutes in the coconut oil and add to the soup.
7. Let simmer for another 5 minutes.
8. Add salt, pepper and squeezed lemon.
9. Serve with fresh onion and a whole grain pita.
10. Enjoy!

13. Luscious Tomato Sauce with Peas and Spinach



*A healthy, satisfying, tasty and nutritious
dish!*

Serves: 4

Preparation time: 20 minutes

Cooking time: 2 hours 20 minutes

Ingredients

10 small tomatoes

4 spinach leaves

1/2 cup peas

2 stalks celery

1 onion

2 carrots

4 garlic cloves

1/4 cup tomato paste

2 tbs olive oil

1 tbs coconut oil

1/4 cup chopped fresh basil

1/4 cup red wine

1 bay leaf

Himalayan salt and a dash of pepper

Instructions:

1. Bring a pot of water to a boil. Place whole tomatoes in boiling water until skin starts to peel. Since under cold water and remove the peels.
2. Chop 8 tomatoes and keep their seeds. Place the 8 in a blender and blend. Chop the two remaining tomatoes and set aside.

3. Chop onion and carrot. Mince garlic. Sauté all three in pot with oil for 2 minutes.
4. Pour into the pot pureed tomatoes. Stir in chopped tomato, basil and wine. Place bay leaf and whole celery stalks in pot. Bring to a boil, then reduce heat.
5. Simmer 2 hours.
6. Stir in tomato paste and simmer for another 1 1/2 hours. Add spinach and peas. Simmer for 30 minutes longer. Discard bay leaf and celery.
7. Serve with whole durum wheat pasta.
8. Enjoy!

This sauce can be frozen in separate portions to be used when needed.

14. Sprouted Black Lentil Soup



A perfectly balanced vegan meal!

Serves: 4

Preparation time: 12 hours

Cooking time: 2 hours

Ingredients

2 cups black lentils

1 tomato

1 tbs coconut oil

1 tbs fresh ginger

6 garlic cloves

3 cups water

2 tsp curry powder

1 tsp cumin

1 tsp black pepper

enough water to cover all ingredients

Instructions:

1. Soak black lentils for 12 hours. Drain and wash the lentils
2. Wrap in a paper towel and place on a plate in a dark corner for 12 hours and allow to sprout (wash every few hours)
3. Grind the tomato and ginger, and mince the garlic. Place them in a stock pot with the cumin, curry powder, black pepper and oil. Sauté for 2 minutes.

4. Add the lentils and water to the pot and bring to boil for 1 minute.
5. Lower the heat. Simmer for 2 hours.
6. For those who prefer a smoother soup, you can place the soup in the blender.
7. Serve with a mixture of long grain brown and wild rice or accompany with mashed potatoes.
8. Enjoy!

15. Mediterranean Salad



A Nutritious compliment to any meal!

Serves: 4

Preparation time: 15 minutes

Ingredients

2 cucumbers
3 tomato
1 red pepper
4 radishes
1/5 purple cabbage
2 tbs chopped parsley
1 tbs natural balsamic vinegar
1 tsp Himalayan salt
1/4 tsp ground pepper

Instructions:

1. Wash and dry all vegetables
2. You may wish to peel the cucumbers
3. Remove seeds and stem of pepper
4. Dice/cut all vegetables or use a hand powered salad chopper making sure you chop each vegetable separately.
5. Place in a bowl
6. Sprinkle with natural balsamic vinegar.
7. Add salt and pepper. Toss salad.
8. Serve with tahini spread. See recipe # 16
9. Enjoy!

16. Tahini Spread



Another Nutritious compliment to any meal!

Serves: 4-6

Preparation time: 15 minutes

Ingredients

1 1/2 cups whole grain sprouted sesame seed paste
1 cup water
1/2 cup fresh lemon juice
2 cloves garlic
1/2 tsp paprika
1 tsp ground pepper
1 parsley twig
1/2 tsp Himalayan salt

Instructions:

1. Pour sesame seed paste into a deep bowl and add the water slowly stirring the mixture consistently with a fork.
2. Add lemon juice and keep stirring until the paste become smooth and creamy.
3. Add salt, garlic, paprika, and pepper. Keep stirring.
4. Decorate with some paprika and chopped parsley.
5. Serve as a salad dressing or as a vegetable dip.
6. Enjoy!

17. Mung Beans and Spinach Stew



Serves: 4-6

Preparation time: 2 hours

Cooking time: 1 hour 15 minutes

Ingredients

- 1 ½ cups dried mung beans
- 1 large onion
- ½ tbs coconut oil
- 1 tbs freshly minced ginger
- 1 tsp paprika
- 1 tsp black pepper
- 5 garlic cloves
- 150 g coconut milk
- 1 tbs soy sauce
- 2 cups chopped spinach leaves
- 1/2 tsp Himalayan salt

Instructions:

1. Place beans in a pot, cover with water and bring to boil for 2 minutes.
2. Reduce heat and simmer for 1 hour. Drain and rinse.
3. In a wok or large pan, sauté onions in the coconut oil with salt.
4. Add ginger, paprika, black pepper, and garlic. Simmer on low heat for 2 minutes.
5. Add the coconut milk and simmer for 5 more minutes.
6. Add the mung beans to onion and spice mix.
7. Add soy sauce and spinach and cook for 10 minutes
8. Serve with whole grain rice.
9. Enjoy!

18. Brown Rice With Asparagus



A colourful and hearty vegan meal!

Serves: 4

Preparation time: 10 minutes

Cooking time: 40 minutes

Ingredients

1 cup whole grain rice of your choice
1 onion
1 tbs coconut oil
3 cloves of garlic
5 asparagus spears
1 cup frozen baby broccoli florets
1 cup tofu or peas
1/2 tsp Himalayan salt
1/2 tbs sesame oil

Instructions:

1. Cook rice according to instructions.
2. In the meantime, chop onion, mince garlic and cut asparagus
3. Sauté onions until brown. Add garlic.
4. Add asparagus and broccoli florets and sauté for 8 minutes (add water if necessary). Set aside.
5. Cut tofu into cubes and sauté tofu. If using peas just add them to asparagus mixture.
6. Add tofu and rice to asparagus mixture.
7. Add soy sauce and spices and sesame oil.
8. Serve and Enjoy!

19. Oven Baked Cauliflower and Tofu On Noodles

*A creamy, tasty cholesterol free super tasty
pasta sauce!*



Serves: 4-6

Preparation time: 20 minutes

Cooking time: 50 minutes

Ingredients

1 cauliflower head split into florets
300 g tofu
1 tbs coconut oil
2 cloves of garlic
1 onion, chopped
1tsp grated giner or ginger powder
½ cup whole grain sesame paste
1 tbs ground curry powder
1 tsp turmeric
1 tsp coriander
1 tsp Himalayan salt
½ tsp black pepper
1 cup coconut creme
1 cup chopped tomatoes in sauce (in jar sugar free)

Instructions:

1. Preheat oven to 350 degrees F (180 degrees C)
2. Spread cauliflower florets, tofu and chopped onion on baking tray and hand mix with spices and coconut oil
3. Bke for 25 minutes in oven stirring once in the middle
4. Take baking tray out, min the coconut creme and tomatoes into the cauliflower and tofu mixture
5. Place in oven and cook for 10 more minutes.
6. Serve on brown basmati rice or whole grain noodles.
7. Enjoy!

20. Quinoa, Red Lentil and Wheat Groat Mix



Serves: 4-6

Preparation time: 12 hours

Cooking time: 35 minutes

Ingredients

1/2 cup Quinoa
1/2 cup red lentils
1/2 cup wheat groats
1 onion
2 garlic cloves
2 tbs coconut oil
1/4 lemon grind
1/4 tsp spicy paprika
Pinch of Himalayan salt
Pinch black pepper

Instructions:

1. Soak wheat groats overnight. Drain and rinse.
2. Chop onion. In a pot, heat coconut oil, add chopped onion and sauté for 3 minutes. Add garlic and sauté for 1 more minute.
3. Add all other ingredients to pot. Stir.
4. Add 3 cups of water. Cover and bring to boil for 3 minutes
5. Reduce heat and simmer for 30 minutes stirring occasionally.
6. Sprinkle on top some garlic pepper seasoning if desired and serve.
7. Enjoy!

21. Buckwheat Noodles with Snow Peas and Asparagus



Serves: 4

Preparation time: 15 minutes

Cooking time: 25 minutes

Ingredients

1 pack buckwheat (Udon) noodles
1 onion
8 oz snow peas
8 oz asparagus
4 oz chopped mushrooms
2 tbs sesame seed oil
3 cloves garlic
6 tbs soy sauce or Tamari
1 tbs grated ginger
Pinch of Himalayan salt
Pinch black pepper
1 tbs sesame seeds

Instructions:

1. Cook noodles according to package instructions.
Rinse in water to remove stickiness.
2. Cut asparagus into pieces same size as snow peas.
3. Heat sesame oil in a walk or large pan. Add onion, snow peas, asparagus, mushrooms, and ginger.
4. Stir fry 7-10 minutes.
5. Add soy sauce, sesame seeds and the noodles.
6. Toss and cook for 5 more minutes.
7. Serve and enjoy!

22. Whole wheat Rice Noodles with Bean Sprouts and Shelled Edamame



Serves: 4

Preparation time: 10 minutes

Cooking time: 25 minutes

Ingredients

1 pack wholewheat rice noodles
8 oz mushrooms sliced
8 oz cut spring onion
5 oz bean sprouts
5 oz shelled edamame
1 oz fresh ginger, minced
2 garlic cloves, minced
1/3 cup water
1/3 cup soy sauce or Tamari
1/3 cup rice wine vinegar
Pinch of Himalayan salt

Instructions:

1. Cook noodles according to package instructions. Rinse in water to remove stickiness.
2. Heat sesame oil in a wok or large frying pan.
3. Add spring onion, mushrooms, bean sprouts, shelled edamame, ginger, garlic and salt.
4. Stir fry for 7 minutes
5. Stir in the water, soy sauce and vinegar. Bring to a boil.
6. Add the noodles.
7. Toss and cook for 5 more minutes.
8. Serve and enjoy!

23. Tofu and Vegetable Bake



Serves: 4

Preparation time: 20 minutes

Cooking time: 1 hour 10 minutes

Ingredients

300g organic tofu, drained
1 tbs coconut oil
1/4 cup chopped parsley
1 carrot cut into coins
1 1/2 cups broccoli florets
1 1/2 cups green peas
2 garlic cloves minced
1/4 cup soy or tamari sauce.
1 pack wholewheat rice pasta
Pinch of Himalayan salt
Pinch of black pepper

Instructions:

1. Preheat oven to 350 degrees F (180 degrees C)
2. In a bowl, crumble the tofu to look like shredded cheese.
3. Add 1/2 tbs coconut oil, parsley salt and pepper.
Mix
4. In a pot, boil water. Cook noodles according to instructions
5. Spread half of the tofu mixture on a baking dish (23X33 cm)
6. In another mixing bowl toss together all vegetables with minced garlic, soy sauce, 1 tbs coconut oil, salt and pepper to taste.
7. Spread vegetables on the tofu in the baking dish.
8. Sprinkle remaining tofu on top of the vegetables.

9. Bake for 35 minutes until top begins to brown and carrots are tender.
10. Serve and enjoy!

24. Cannellini Beans With Olives



Serves: 4

Preparation time: 20 minutes

Cooking time: 50 minutes

Ingredients

15 oz fresh cannellini beans (no need to use canned versions, fresh ones are easy to prepare.)

2 red onions

2 tbs coconut oil

4 garlic cloves

1/2 cup green or black olives

Tomato paste

2 tsp dried oregano

1/2 cup water

Pinch of Himalayan salt

Pinch of black pepper

Instructions:

1. No soaking required. Place water in a pot to cover the beans. Bring beans to boil for 10 minutes.
2. Reduce to medium heat and cook for about 20 to 30 minutes or until the beans are soft. Drain and rinse.
3. In a pan, heat oil and sauté onion and garlic.
4. Add the beans, olives, tomato paste, water, salt and pepper

5. Bring to boil, lower heat and simmer for 20 minutes. Stir occasionally.
6. Serve and enjoy!

25. Vegan Sushi With Whole Grain Rice



Serves: 4

Preparation time: 12 hours

Cooking time: 45 minutes

Ingredients

2 cups whole grain round rice

4 sheets of sushi nori paper

1 tbs sesame oil

1 tsp black sesame seeds

1 tbs mustard

2 spring onions cut into strips

1 cucumber cut into sticks

1 carrots cut into sticks

1 avocado cut into sticks

1 handful sunflower seed sprouts

1 cup tofu marinated in soy sauce and steamed in the oven for 10 minutes

For serving: Wasabi, ginger slices and soy sauce.

Instructions:

1. The rice: Soak the rice overnight. Drain and wash.
2. Place the rice in a pot, with 5 cups of water
3. Bring to boil for 5 minutes and reduce heat to a simmer for 40 minutes when all water is absorbed.
4. Remove from heat. Add sesame oil and sesame seeds to the rice and allow to stand.
5. The sushi: On a sushi rolling mat place a nori sheet with the rough side up

6. Spread the rice on the nori sheet evenly.
7. Place the vegetables and sprouts on the rice.
8. Scatter the sunflower seeds on the vegetables
9. Roll the sushi and pat it. Remove the rolling mat.
10. Slice the roll into 4 or 6 pieces
11. Serve with wasabi sauce, ginger slices and soy sauce.
12. Enjoy!

26. Aubergine Salad



Serves: 4-6

Preparation time: 12 hours

Cooking time: 45 minutes

Ingredients

2 eggplants
1/4 cup lemon juice
1 tomato
1 bell pepper
1/4 cup parsley
2 spring onions
1 tsp garlic powder
Pinch of Himalayan salt
Pinch of black pepper
3 tbs whole sesame seed paste

Instructions:

1. Preheat the oven to 400 degree F (200 degrees C)
2. Rinse and pat dry aubergines. Do not peel.
3. Place on a backing dish in the oven for 40 minutes, turning occasionally.
4. Remove from oven and place whole aubergine under running cold water.
5. Scoop out the flesh and immediately pour freshly squeezed lemon juice over it.
6. Mash the flesh with a fork.
7. Add chopped onion, pepper, spring onion, sesame seed paste and all seasonings. Mix.
8. Serve with Whole grain Pita bread.
9. Enjoy!

27. Broad Beans with Artichokes



Serves: 4-6

Preparation time: 12 hours

Cooking time: 1 hour 15 minutes

Ingredients

1 cup broad beans (fresh or frozen)
2 1/2 cups water
2 onions
2 tbs dill
2 tbs coconut oil
2 tbs lemon juice
1 cup frozen peas
2 cups frozen artichoke bottoms (or drained artichoke hearts from a jar)
4 spring onions, chopped
Pinch of Himalayan salt
Pinch of black pepper

Instructions:

1. Soak broad beans in water for 12 hours. Drain and rinse.
2. Place broad beans in a pot and cover with water. Cover pot. Bring to boil for 2 minutes. Rinse under cold water and peel beans.
3. Return to pot and add 2 1/2 cups of water. Bring to boil.
4. Reduce heat and simmer for 50 minutes until broad beans are soft.
5. Slice onions into rings. Chop dill.
6. Heat oil in large pan. Add onions. Sauté for 5 minutes.

7. Add broad beans, water and lemon juice to pan. Cover and bring to boil for 1 minute.
8. Reduce heat and simmer for 5 minutes.
9. Add frozen peas, artichokes and seasoning.
10. Simmer mixture (covered) for 5 minutes until peas are tender.
11. Remove from heat. Add spring onions, salt and pepper.
12. Garnish with dill.
13. Serve on mashed potatoes.
14. Enjoy!

28. White Beans with Zucchini



Serves: 4-6

Preparation time: 12 hours

Cooking time: 55 minutes

Ingredients

1 cup white beans (fresh or frozen)
3 cups water
2 small pickling onions
1 tbs coconut oil
2 cloves garlic, minced
4 tomatoes
1 tbs lemon juice
1 1/2 cups tomato juice
2 tbs red wine
18 oz zucchini
1 tbs fresh ground oregano
Pinch of Himalayan salt
Pinch of black pepper
4 rocket leaves
4 cherry tomatoes

Instructions:

1. Soak beans in water overnight. Drain and rinse.
2. Heat oil in a pan. Add onions and garlic. Sauté for 5 minutes.
3. Add tomatoes, beans, tomato juice, lemon juice and wine.
4. Simmer covered for 40 minutes.
5. Add zucchini and simmer for another 10 minutes.
6. Stir in oregano, and pepper.
7. Serve on brown rice.

8. Garnish with rocket leaves and sliced cherry tomatoes
9. Enjoy!

29. Green Beans and New Potatoes



Serves: 4

Preparation time: 15 minutes

Cooking time: 25 minutes

Ingredients

18 oz baby new potatoes
9 oz green beans
3 kale leaves
2 tbs olive oil
2 red chillies
1 clove garlic
1/4 cup fresh coriander
1 tbs red wine vinegar
1/2 tsp caraway seeds
Pinch of Himalayan salt
Pinch of black pepper

Instructions:

1. Cut potatoes into four.
2. Place potatoes in large pan. Cover with water. Bring to boil for 1 minute.
3. Simmer for 20 minutes. Remove from heat.
4. Blanch beans and kale in boiling water for 2 minutes. Drain and set aside.
5. In a bowl mix together olive oil, chillies, garlic, coriander, red wine vinegar and caraway seeds.
6. Place all ingredients in a bowl and mix together 5 minutes before serving.
7. Garnish with parsley.
8. Enjoy!

30. Black Beans and Pasta



Serves: 4

Preparation time: 15 minutes

Cooking time: 2 hours

Ingredients

2 cups black beans
10 oz pasta of your choice
2 tbs coconut oil
1 onion
1 red onion
1/2 cup spinach
6 tomatoes, chopped
3 cloves garlic, minced
9 cups water
2 bay leaves
1 tbs paprika
1 tbs cumin
1 tbs coriander
Pinch of Himalayan salt
1 tbs black pepper

Instructions:

1. Soak beans overnight.
2. Drain and rinse.
3. In a large pot, heat oil. Add onions and garlic. Sauté for 5-10 minutes
4. Add water, bay leaves, paprika, black pepper, cumin, coriander, beans, spinach, tomatoes with their juice. Stir

5. Bring to boil for 1 minute and reduce heat to a simmer for 1 1/2-2 hours, stirring occasionally.
6. Remove bay leaves.
7. Cook pasta according to package instructions. Drain and rinse.
8. Add pasta to bean soup and mix.
9. Garnish with parsley and avocado.
10. Enjoy!

31. Cannellini, Aubergine and Sweet Potato Ragout



Serves: 4

Preparation time: 20 minutes

Cooking time: 2 hours

Ingredients

1 cup cannellini beans
1 aubergine cubed
2 tbs coconut oil
4 sweet potatoes cubed
2 onions
2 cloves garlic, minced
2 tbs ginger, grated
1 tbs cumin
1/4 tsp black pepper
5 tomatoes cubed
Pinch of Himalayan salt

Instructions:

1. Preheat oven to 400 degrees F (200 degree C)
2. Place cannellini beans in a pot and cover with water. Bring beans to boil for 10 minutes. Reduce to medium heat and cook for about 30 minutes. Drain and rinse.
3. At the same time place cubed aubergine and sweet potatoes on a baking dish, sprinkled with olive oil.
4. Roast aubergine and sweet potatoes in oven for 30 minutes. Remove from oven and place to cool.

5. In a pan, heat oil and sauté onion and garlic ginger and potatoes for 5 minutes.
6. Stir in cumin, salt and pepper.
7. Add aubergine cubes and the tomatoes and their juice. Bring to boil for 1 minute.
8. Reduce heat and simmer for 5 minutes.
9. Add the beans. Cover and simmer for 10 more minutes.
10. Serve and enjoy!

32. White Wine Roasted Potatoes, Peas and Kale



Serves: 4

Preparation time: 10 minutes

Cooking time: 50 minutes

Ingredients

1 1/4 pound baby potatoes
1 red onion
6 leaves kale
2/3 cup frozen peas
1/4 cup dry white wine
1 tbs white wine vinegar
2 tbs Dijon mustard
2 cloves garlic
Pinch of Himalayan salt
1 spring onions cut for garnish

Instructions:

1. Preheat oven to 400 degrees F (200 degree C)
2. Cut kale, chop onions and halve potatoes.
3. Combine all seasonings, garlic, mustard, wine and vinegar in a bowl. Add potatoes, kale and onion.
4. Place in a deep baking dish with cover.
5. Place in oven covered for 30 minutes. Remove cover, stir potatoes, add peas and kale. Bake for 20 more minutes.
6. Serve and enjoy!

33. Potatoes with Asparagus Au Gratin



Serves: 4

Preparation time: 15 minutes

Cooking time: 1 hour 15 minutes

Ingredients

1 3/4 pound potatoes
12 oz tofu, extra firm
2 tbs sesame seed oil
1/2 cup soy or rice creamer
2 tbs miso soup powder
1 tbs garlic powder
1 tbs paprika
1/2 tsp turmeric
7 oz asparagus spears
1 red onion
Pinch of Himalayan salt
1 spring onions cut for garnish

Instructions:

1. Preheat oven to 350 degrees F (180 degree C)
2. Slice potatoes and rinse.
3. In a blender, add tofu, oil, creamer, miso, garlic powder, paprika, onion, turmeric, salt and pepper. Blend until smooth.
4. In a bowl, combine potatoes and sauce from blender. Spread mixture on a deep baking dish with lid (8 X 8-inch, 20 X 20-cm).
5. Bake, covered for 45 minutes. Remove lid, add asparagus and bake for an additional 30 minutes.

6. Remove from heat for 10 minutes before serving.
7. Serve and enjoy!

34. Mashed Potatoes with Spinach Served with Corn on the Cob



Serves: 4

Preparation time: 15 minutes

Cooking time: 60 minutes

Ingredients

2 1/2 pound potatoes
4 ears fresh corn on the cob
1 pound spinach fresh or frozen
3 tbs mustard
2 tbs coconut oil
Pinch pepper to taste
Pinch of Himalayan salt

Instructions:

1. Cut potatoes (leaving the peel)
2. Boil in salted water until tender (approximately 40 minutes)
3. Cut spinach into small pieces and place in a pot. (if you use frozen spinach, prepare according to instructions), add a dash of lemon juice and cook for 7 minutes.
4. Clean corn and place in a pot. Cover with water and bring to boil for 5 minutes. Reduce heat and simmer for 10 more minutes. Remove from heat and drain water.
5. Drain potatoes and return to pot. Add spinach, oil, salt, pepper and mustard to potatoes. Mash all together.

6. Serve with corn on the cob.
7. Enjoy!

35. Red Bean Jambalaya



Serves: 4

Preparation time: 12 hours

Cooking time: 3 hours

Ingredients

2 cups red beans
1 cup brown long grain rice
1/2 cup wild rice
2 tbs coconut oil
1 green or orange bell pepper
2 onions
3 stalks celery
3 cups vegan stock - see recipe # 6)
1/4 cup soy sauce
1 cup water
Pinch pepper to taste
Pinch of Himalayan salt

Instructions:

1. Soak red beans in water for 12 hours. Drain and rinse.
2. Soak both types of rice together for 2 hours. Drain and rinse.
3. Place beans in a pot and cover with water. Cover pot. Bring to boil for 2 minutes. Reduce heat and simmer for 2 hours until beans are soft.
4. Chop pepper, onions and celery.
5. In a pan, heat oil over medium heat. Add pepper, onions and celery. Cover and cook for 15 minutes.

6. Add stock and soy sauce. Bring to boil for 1 minute and reduce heat to a simmer for 20 minutes, covered.
7. Add rice. Cover and bring to boil. Reduce heat to a simmer for 30 minutes.
8. Add beans, stir for 5 minutes.
9. Serve and enjoy!

36. Tri Colored Rice Paella



Serves: 4

Preparation time: 1 hour

Cooking time: 50 minutes

Ingredients

2 1/2 cups brown Basmati rice
2 leeks
4 celery stalks
4 garlic cloves
1 red bell pepper
1 tomato
1/2 cup tofu
10 shiitake mushrooms
4 forest mushrooms
2 tbs coconut oil
2 tbs soya sauce
1/2 tsp curry powder
2 tbs ginger
1/2 tsp chilli powder
3 cups vegan stock (see recipe # 6)
1 cup coriander
Pinch pepper to taste
Pinch of Himalayan salt

Instructions:

1. Cube tofu and mushrooms. Place in a bowl. Marinate with soy sauce, ginger, and curry powder for 1 hour
2. Place rice in a bowl. Cover with water and soak for 1 hour. Drain and rinse.

3. Preheat oven to 350 degree F (180 degrees C).
4. In an oven proof pan with lid, heat oil and sauté onion, leek and garlic until golden.
5. Add the rice, vegetables and seasonings. Stir.
6. Add vegan stock and bring to boil. Reduce heat and simmer for 10 minutes.
7. Remove from heat and place in oven, covered, for 30 minutes.
8. Remove cover, stir, add tofu cubes and mushrooms. Bake for 10 more minutes.
9. Serve and enjoy!

37. Quinoa, Mexican Style



Serves: 4

Preparation time: 12 hours

Cooking time: 2 hours

Ingredients

2 cups tri color quinoa (or normal quinoa)
4 corn stalks
2 cups black beans
6 tomatoes
2 tbs olive oil
1 tbs lemon juice
1/2 tsp cumin
1 tsp garlic powder
1 tsp chilli flakes
Pinch pepper to taste
Pinch of Himalayan salt
1 red onion diced
1 spring onion chopped

Instructions:

1. Soak red beans in water for 12 hours. Drain and rinse.
2. Place beans in a pot and cover with 5 cups water. Cover pot. Bring to boil for 2 minutes. Reduce heat and simmer for 2 hours until beans are soft.
3. Clean corn and place in a pot. Cover with water and bring to boil for 5 minutes. Reduce heat and simmer for 15 more minutes. Remove from heat and drain water. Cut off corn kernels from the cob using a sharp knife and set aside.

4. In pot bring 4 cups water to boil. Add quinoa and bring to boil. Reduce heat and simmer for 12 minutes.
5. Remove from heat and fluff quinoa with a fork. Allow to cool.
6. Mix all ingredients except quinoa in a pot. When quinoa cools add it to the pot. Mix.
7. Garnish with onions.
8. Serve and enjoy!

38. Spaghetti and Tofu Sauce



Serves: 4

Preparation time: 15 minutes

Cooking time: 1 hour 10 minutes

Ingredients

1 Pack wholewheat spelt penne pasta
1 cup tofu, cubed
2 tbs coconut oil
1 onion
2 cloves garlic
1 stalk celery
1 carrot
10 tomatoes
6 kale leaves
2 bay leaves
Pinch pepper to taste
Pinch of Himalayan salt

Instructions:

1. Prepare penne according to package instructions.
2. In a pot, heat oil over medium heat. Add onion and garlic and sauté for 2 minutes.
3. Add celery, carrots, tofu, kale leaves, salt and pepper.
4. Sauté for 5 minutes. Add tomatoes and bay leaves. Simmer covered on low heat for 1 hour or until thick.
5. Remove from heat and remove bay leaves.
6. Place sauce into blender. Blend until right consistency for you.

7. Place back in pan. Add penne pasta. Heat for 10 minutes or until well mixed and heated.
8. Serve and enjoy!

39. Penne with Pine Kernel Cream Sauce



Serves: 4

Preparation time: 20 minutes

Cooking time: 20 minutes

Ingredients

1 Pack wholewheat spelt spaghetti
10 oz cherry tomatoes, halved
1/2 cup pine kernels
1 tbs coconut oil
2 onions
6 cloves garlic
2 tbs any bean flour
2 cups almond milk (Blue VitaRiz or unsweetened
Almond Breeze)
Pinch of Himalayan salt

Instructions:

1. Prepare spaghetti according to package instructions. Drain, cover and set aside.
2. Preheat oven to 400 degrees F (200 degree C).
3. Place in a small pyrex the pine kernels. Allow to roast for 10 minutes. Remove from heat and set aside.
4. Place halved cherry tomatoes on a separate baking dish in oven. Allow to roast for 15 minutes. Remove from heat and set aside.
5. In a large pan add the coconut oil, sauté onions and garlic for 3-4 minutes. Add a pinch of salt and black pepper and stir.

6. Add flour and using a hand whisk, mix. Slowly add the almond milk a little at a time.
7. Add a pinch of salt and black pepper, bring to a simmer and cook for 5 minutes, until thick.
8. Transfer sauce to a blender and blend until smooth.
9. Place back in pan and simmer until thick.
10. Add pasta, pine kernels and roasted tomatoes and stir. Remove from heat.
11. Serve and enjoy!

40. Spaghetti and “Meat” Balls



Serves: 4

Preparation time: 20 minutes

Cooking time: 1 hour 10 minutes

Ingredients

- 1 Pack wholewheat spelt spaghetti
- 2 cups lentils
- 2 tbs coconut oil
- 1 red onion
- 1 zucchini
- 1 carrot
- 2 stalks celery
- 2 tbs parsley, chopped
- 2 tbs flax seeds
- 1 can organic chopped tomatoes
- 5 garlic cloves, sliced
- 1 pinch chilli flakes
- 1 fresh basil sprig
- Pinch of Himalayan salt
- 1 tbs sugar free balsamic vinegar
- 1 tbs soy sauce
- 1 tsp paprika
- 1 tsp garlic powder
- 1 cup whole wheat bread crumbs or any gluten free crumbs
- 1 tbs chopped fresh parsley

Instructions:

1. Prepare spaghetti according to package instructions. Drain, cover and set aside.
2. Rinse and drain lentils.

3. In a pot, bring 4 cups of water to a boil. Add the lentils and return to a boil. Lower the heat, cover and allow to simmer for 20 minutes. Let cool.
4. Heat 1 tbs oil in a pan. Add onions and sauté them for 4 minutes.
5. Add the carrots, celery, garlic, salt and pepper. Sauté about 5 minutes until tender. Allow to cool.
6. Preheat oven to 400 degree F (200 degree C)
7. In the meantime prepare the flax seed gel: Place the flax seeds in a bowl. Cover with a few tbs warm water in a bowl. Mix and let stand for 10 minutes until it becomes a gel.
8. Prepare the marinara sauce: Pour canned tomatoes into a large bowl and crush with your hands. Add 1 cup water into can, slosh around and add to the bowl. In a large pan, heat 1 tbs coconut oil. When it is hot, add garlic. Sauté for 1 minute.
9. Add the tomato and water mixture, add chilli, basil sprig and salt. Stir and simmer while preparing the rest of the recipe.
10. Place the cooled lentils and vegetables in a blender. Add parsley, spices and sauces and blend until smooth.
11. Slowly add flax seed gel to the lentil and vegetable mixture and blend until smooth. Transfer the mixture to a large bowl.
12. Slowly, with wet hands, stir in the bread crumbs, $\frac{1}{4}$ cup at a time, to the lentil mixture and mix with your hand until firm.

13. Place mixture in the refrigerator for about 30 minutes.
14. After 30 minutes, take the mixture and make small balls. Place each ball in a baking dish until you have used up all of the mixture.
15. Sprinkle with 1 tbs oil. Place in the oven for 20 minutes covered and then another 20 minutes uncovered.
16. Remove from oven
17. When they are browned, transfer the meatballs to the pan with marinara sauce and dip for a few minutes.
18. Serve on whole wheat spaghetti, garnish with chopped parsley.
19. Enjoy!

41. Millet Burger



Serves: 4

Preparation time: 10 minutes

Cooking time: 30 minutes

Ingredients

1 cup millet
4 cups water
2 tbs coconut oil
2 onions
1 clove garlic, peeled and minced
1 cup carrots
1 tsp Himalayan salt
1 tsp dill
1/4 cup parsley
1/4 cup sunflower seeds
1/2 cup rice, cooked (see recipe # 50)
1 tbs mustard

Instructions:

1. Preheat oven to 350 degrees F (180 degree C)
2. On a pan, toast sunflower seeds
3. Rinse millet.
4. Place millet in a pot with 4 cups water. Bring to a boil for 1 minute. Reduce heat and simmer until all water is absorbed. Cover and set aside.
5. In a pan, sauté onions and garlic for 3 minutes.
6. Grate carrots and add to onions and garlic
7. In a separate bowl, mix salt, dill, parsley, toasted sunflower seeds, cooked rice.
8. Add vegetables and millet to bowl Continue mixing.

9. Make patties and place on baking paper in oven for 20-30 minutes.
10. Serve on whole wheat bun with mustard.
11. Enjoy!

42. Mediterranean Burger



Serves: 4

Preparation time: 24 hours

Cooking time: 20 minutes

Ingredients

1 cup sprouted green lentils
1 cup almonds
1 cup cashews
1/2 cup flax seeds
1/4 cups sesame seeds
1 cup parsley
1 tbs lemon juice
3 garlic cloves, minced
1 tsp cumin
1 tsp Himalayan salt
2 tbs coconut oil

Instructions:

1. Soak lentils in water for 8 hours. Wash and drain.
2. Wrap lentils in a damp paper towel, allow to sprout for 24 hours.
3. Soak almonds and cashews in water overnight.
4. Preheat oven to 350 degrees F (180 degree C)
5. Grind flax seeds
6. Place sprouted lentils, cashews, almonds, flax seeds, sesame seeds, parsley, lemon juice, garlic, cumin, salt and oil in the blender. Blend to smooth consistency.
7. Create patties with damp hands.
8. Place on baking paper on a baking sheet in oven for 20 minutes.

9. Serve on whole wheat bun with avocado or tahini
(see recipe # 16).
10. Enjoy!

43. Lady Fingers and Tofu



Serves: 4

Preparation time: 5 minutes

Cooking time: 7 minutes

Ingredients

2 cups lady fingers
1 onion
1 cup firm tofu
6 garlic cloves
6 tomatoes
1 tsp black pepper
1 tbs cumin
1 tsp turmeric
1 tsp Himalayan salt
1 tbs coconut oil

Instructions:

1. Wash lady fingers and remove stems. Allow to dry in the sun.
2. Chop onion, mince garlic, dice tofu and chop tomatoes.
3. Heat oil in a wok or pan. Add onion, garlic tomatoes, spices and tofu.
4. Stir fry for 5 minutes.
5. Add lady fingers and bring to boil for 2 minutes. Lower heat and simmer partially covered for 1 hour.
6. Serve on brown rice (see recipe # 50).
7. Enjoy!

Bonus 1. Quinoa and Corn



Serves: 4

Preparation time: 5 minutes

Cooking time: 20 minutes

Ingredients

1 cup quinoa
2 cups water
1 garlic clove
2 cups organic corn
2 small onions thinly chopped
1 tsp black pepper
1 tbs flax seeds
1 tbs chia seeds
1 tsp Himalayan salt
1 tbs coconut oil
juice from half a lemon

Instructions:

1. Place quinoa and water in pot and bring to boil. Cover and simmer for 20 minutes. Then transfer to big bowl and allow to cool
2. Chop onion, mince garlic.
3. Heat oil in a pan. Add onion, garlic and corn.
4. Stir fry for 3 minutes.
5. Add corn mixture to quinoa bowl.
6. Add chia and flax seeds, lemon, salt and pepper to quinoa
7. Enjoy!

Bonus 2. Gluten Free Buckwheat Crepe



Serves: 4

Preparation time: 10 minutes

Cooking time: 5 minutes

Ingredients

300 g buckwheat
700 ml water
1 pinch Himalayan salt

Instructions:

1. Soak buckwheat overnight or for a minimum of 2 hours. Drain
2. Place all ingredients into a blender. Mix together for 50 seconds until runny smooth consistency.
3. Heat pan for 7 minutes.
4. Pour batter onto pan to cover. Spread batter with back of spoon to make crepe round and thin.
5. Cook for 4 minutes on medium heat. Turn over. Remove when ready onto a paper towel and allow to cool.
6. Go over the step above until batter is finished.
7. Serve with avocado, hummus or tahini or another spread of your choice with cut vegetables.
8. Enjoy!

Breakfast

44. Healthy Pancakes



Serves: 4

Preparation time: 5 minutes

Cooking time: 5 minutes

Ingredients

1 cup spelt flour
1/2 cup bean flour
2 tbs wheat germ
2 tbs baking powder
1 pinch Himalayan salt
1/2 tsp cinnamon
1 - 1 1/2 cups almond milk
1 tbs coconut oil
1/4 cup raisins

Instructions:

1. Place flours, wheat germ, baking powder, salt and cinnamon in a bowl. Mix together.
2. In another bowl combine milk and oil together.
3. Gently pour the wet ingredients onto the dry ingredients. Add raisins.
4. Heat pan lightly brushed with coconut oil.
5. Pour batter onto pan. Spread batter with back of spoon to make pancake round and thin.
6. Cook until bubbling. Turn over. Remove when ready onto a paper towel and allow to cool.
7. Brush the pan with a little oil and go over the step above for each pancake.
8. Serve with sugar free organic jam of your choice.
9. Enjoy!

45. Tofu Shakshuka



Serves: 4

Preparation time: 5 minutes

Cooking time: 20 minutes

Ingredients

16 oz firm tofu
1 tbs coconut oil
1 clove garlic
1 onion
1 bell pepper
4 cups tomatoes, chopped
2 tbsp tomato paste
1 tsp chilli powder
1 tsp cumin
1 tsp paprika
1/2 tsp black pepper
1 pinch Himalayan salt

Instructions:

1. Chop onion, bell pepper, tomatoes, dice tofu and mince garlic. Heat oil in pan. Add chopped onion, sauté for a minute. Add garlic and continue to sauté for 1 minute.
2. Add the bell pepper, sauté for 5 minutes over medium heat.
3. Add tomatoes, tofu and tomato paste to mixture. Stir. Reduce heat to a simmer.
4. Add spices and stir for minutes.
5. Add salt and pepper and cayenne pepper if used (spicy).

6. Cover the pan. Allow mixture to simmer for 10-15 minutes.
7. Serve with toasted whole wheat pita bread.
8. Enjoy!

46. Tofu Scramble



Serves: 4

Preparation time: 5 minutes

Cooking time: 10 minutes

Ingredients

250g soft tofu
1 tbs coconut oil
1 clove garlic or 1/4 tsp garlic powder
1/2 onion
2 tbs nutritional yeast
1/4 tsp turmeric
1/4 tsp Himalayan salt
2 tbs soy milk, unsweetened and unflavored

Instructions:

9. Add a tablespoon of coconut oil to a pan and warm it over medium heat.
10. Sauté chopped onion and garlic
11. Crumble the tofu with a fork.
12. Cook it in its own water, stirring frequently for 3-4 minutes
13. Add the nutritional yeast, salt, turmeric and garlic powder
14. Cook for about 5 minutes, stirring.
15. Pour in the non-dairy milk and stir.
16. Serve and Enjoy!

46. Porridge



Serves: 4

Preparation time: 5 minutes

Cooking time: 5-7 minutes

Ingredients

1/2 cup oat groats
1/2 cup barley groats
2 cups almond milk

Instructions:

1. Place groats in a coffee bean blender.
2. Blend until semi smooth.
3. Add almond milk
4. Place in a pan and cook for 5 minutes.
5. Serve and enjoy!

47. Oat and Seed Breakfast



Serves: 2

Preparation time: 5 minutes

Ingredients

1 cup oat meal
1 tbs chia seeds
1 tbs sunflower seeds
1 tbs pumpkin seeds
1 tbs flax seeds
2 cups almond milk

Instructions:

1. Add all ingredients into a bowl.
2. Serve and enjoy!

48. Green Smoothie



Serves: 2

Preparation time: 5 minutes

Ingredients

1 pear
1 green apple
3 dates (seeded)
2 stalks celery
2 kale leaves
3 spinach leaves
4 twigs parsley
5 almonds
1 tbs clorella
1 tbs freshly squeezed lemon juice
2 tbs oat meal
1 cup ice cubes

Instructions:

1. Add all ingredients into a blender.
2. Blend until smooth. You may wish to add some water to make juice more fluid.
3. Serve and enjoy!

49. “Milk” Shake



Serves: 2

Preparation time: 5 minutes

Ingredients

1 red apple
1 banana
3 tbs oats
3 tbs sesame seed paste
1 cup almond milk
4 cubes ice

Instructions:

1. Place all ingredients in a blender.
2. Blend until smooth
3. Serve and enjoy!

Bonus 3: Chickpea Crepe



Serves: 4

Preparation time: 10 minutes

Cooking time: 5 minutes

Ingredients

1 cup chickpea flour
1 cup water
1/2 tsp baking powder
1/2 tsp garlic powder
1/2 tsp onion powder
1 pinch Himalayan salt
2 tbs nutritional yeast
Sprinkle of turmeric

Instructions:

1. Place all ingredients into a blender. Mix together for 50 seconds.
2. Heat pan for 7 minutes.
3. Pour 1/3 batter onto pan. Spread batter with back of spoon to make crepe round and thin.
4. Cook for 1-2 minutes on medium heat. Turn over. Remove when ready onto a paper towel and allow to cool.
5. Brush the pan with a little oil and go over the step above until batter is finished.
6. Serve with avocado or tahini or another spread of your choice.
7. Enjoy!

Basics

50. Brown Rice/Barley



Serves: 4

Preparation time: 2 hours

Cooking time: 45 minutes

Ingredients

- 1 cup brown Basmati rice or whole grain barley
- 1 pinch Himalayan salt (optional)

Instructions:

1. Take a cup of grains (barley or rice). Thoroughly rinse and cover with water to soak for 2 hours.
2. After soaking, drain the water.
3. Place rice in a pot and cover with three cups of water (for every one cup of rice) and salt.
4. Cover and bring to boil for 5 minutes. Reduce heat to a simmer until all the water is absorbed (approximately 40 minutes). Remove from heat, still covered and allow to stand for 15 minutes.
5. Enjoy!

51. Brown Rice with Black Lentils



Serves: 4

Preparation time: 2 hours

Cooking time: 45 minutes

Ingredients

- 1 cup brown Basmati rice
- 1 pinch Himalayan salt (optional)
- 1 cup Black lentils

Instructions:

1. Rinse lentils.
2. Take a cup of brown rice. Thoroughly rinse and cover with water to soak for 2 hours.
3. After soaking, drain the water.
4. Place rice and lentils in a pot and cover with four cups of water (for every one cup of rice and lentils) and salt.
5. Cover and bring to boil for 5 minutes. Reduce heat to a simmer until all the water is absorbed (approximately 40 minutes). Remove from heat, still covered and allow to stand for 15 minutes.
6. Enjoy!

Deserts

52. Healthy Vegan Winter Carrot Cake



*Carrots are an exceptionally healthy vegetable. They have been proven to reduce cholesterol, and reduce the risk of a heart attack. Carrots are rich in potassium and thus reduce blood pressure, they are rich in antioxidants and support a healthy immune system - which is great for the winter. They are also great for weight loss due to their high fiber and low energy content and they reduce blood sugar levels as well. They are also super tasty and even improve eyesight!
Carrots are truly a great vegetable!*

Preparation time: 15 minutes

Cooking time: 50 minutes

Ingredients

3 1/2 cups grated carrots
1 1/2 cups whole wheat flour
1 1/2 tsp baking powder
1/2 tsp baking soda
1/2 tsp Himalayan salt

2 tsp cinnamon
1/2 tsp nutmeg
3 tbs freshly ground flax seeds mixed with 9 tbs water
1/2 cup coconut oil
1 1/2 tsp of liquid stevia extract
1 cup raisins
1/2 cup chopped walnuts

Instructions:

1. Preheat oven to 350 degree F (180 degree C)
2. Lightly spread some coconut oil on baking tray
3. In a small bowl, mix ground flaxseeds with 9 tbs water and allow to stand
4. In a large mixing bowl, mix flour, baking powder, baking soda, salt, cinnamon and nutmeg
5. Using an electric mixer, mix together flaxseed solution, coconut oil and stevia for 1 minute and then add flour mixture.
6. Mix together until smooth
7. Stir carrots, raisins, and walnuts into the mixture with a wooden spoon
8. Pour mixture into baking tray and bake for 50 minutes, or until a toothpick will come out clean if stayed in the cake centre.
9. Remove cake from oven and allow to cool for 1 hour
10. Serve and Enjoy!

53. Raw Tasty Vegan Apple Pie



Preparation time: 15 minutes

Apples are great for weight loss since they are rich in phytonutrients and in fiber that help regulate blood sugar levels and keep you feeling full for longer. This is a healthy apple pie. You can make it sugar free by exchanging the maple syrup with stevia.

Ingredients - Base

1 tbs freshly ground flax seeds mixed with 3 tbs water
3 cups walnuts
2 tbs coconut oil
1 1/2 tsp baking powder
5 dates, seeded
1 cup natural sugar free jam of your choice

Ingredients - Filling

3 cups Granny Smith apples
3 tbs coconut butter
4 tbs maple syrup
1 tbs lemon juice
2 tsp cinnamon

Instructions:

1. Grind flaxseeds and place them in a small bowl, add 3 tbs water to the flaxseeds and allow to stand
2. Grind walnuts in a food processor, add the coconut oil and dates and grind again until smooth.
3. With a spoon, slowly mix in flaxseed solution
4. Press the nut, date and flaxseed mixture on the base of a round baking tray.
5. Smoothly top nut mixture with jam
6. Peel and thinly slice apples in a crescent shape. Place in a bowl.
7. Add maple syrup, lemon juice and cinnamon into bowl and gently stir together not breaking apples. Allow mixture to stand until apples become softer (about 5 minutes).
8. Neatly place apples on jam in the shape of a fan until whole cake is covered.
9. Place in refrigerator for 20 minutes before serving.
10. Serve and Enjoy!

Bread

54. Yeast Free Wholemeal Spelt & Walnut Bread



Serves: 4

Preparation time: 10 minutes

Baking time: 50-60 minutes

A healthy, yeast free wholemeal bread that's easy and simple to make. Spelt is one of the oldest cultivated crops in human history and is believed to have first been used 9,000 years ago. Spelt is closely related to wheat but is more nutritious than other forms of wheat don't have. Spelt is rich in B vitamins, zinc, magnesium, copper, phosphorous, selenium, copper as well as protein and fiber making it a great health promoting food.

Ingredients

1 cup walnuts
1 tbs coconut oil to oil baking tray
4 cups whole grain spelt flour
1 1/2 tsp Himalayan salt
2 cups warm water or warmed almond milk
1 tsp baking powder
1 1/4 tsp baking soda
2 tbs molasses
1 tbs sunflower seeds
1 tbs pumpkin seeds
1 tsp black sesame seeds
1 tsp chia seeds

Instructions:

1. Preheat oven to 370 degrees F (190 degree C)
2. Spread walnuts on an English cake baking tray (preferably made from pyrex or stainless steel) and place in the oven to roast for 7-10 minutes. Remove from oven and allow walnuts to cool. Chop into medium sized pieces.
3. Lightly spread coconut oil on baking tray
4. In a bowl, tip the flour, roasted chopped walnuts, salt, and baking soda. Mix
5. Slowly add the water and molasses to the dry mixture and mix together with your hands.
6. Place the mixture into oiled baking dish.
7. In a small bowl mix all seeds together and spread evenly on the bread dough mixture in baking dish
8. Place in oven and bake for 50-60 minutes
9. Remove bread from baking tray and allow to cool on a rack.
10. While cooling, brush bread with olive oil to make it softer.
11. Makes an excellent breakfast topped with almond seed paste.
12. Enjoy!

Bonus Recipes

55. Jerusalem Artichoke



A great tasting quick meal that supports a healthy gut bacteria allowing easier weight loss and optimal health.

Serves: 4

Preparation time: 15 minutes

Cooking time: 30 minutes

Ingredients

2 cups whole wheat pasta of your choice.

2 onions

1 tbs almond butter

2 tbs pine kernels

3 garlic cloves sliced

2 garlic cloves minced

2.2 pounds Jerusalem artichoke

1 tbs coconut oil

1 tbs turmeric

1 tsp ground rye

1 pinch Himalayan salt (optional)

1 pinch black pepper

3 tbs chopped parsley

Instructions:

1. Prepare pasta according to package instructions. Drain and rinse. Set aside.
2. Roast pine kernels for 2 minutes in a pan until lightly roasted. Set aside
3. Peel, wash and slice Jerusalem artichoke.
4. Place in a pot and cover with water. Add garlic to pot. Bring to boil for 1 minute.

5. Reduce heat and simmer for 20-30 minutes (until tender). Drain water. Remove from pot and set aside to cool.
6. Chop onions.
7. Heat oil in the pot. Add onions and minced garlic. Sauté for 2 minutes. Add artichokes and sauté for 1 minute. Add pasta, parsley, pine kernels and seasonings to mixture. Heat for 3 minutes.
8. Enjoy!

56. Miso Soup



Serves: 4

Preparation time: 20 minutes

Cooking time: 60 minutes

Miso is a wonderful source of phytonutrient antioxidants and a very good source of manganese, copper, zinc and phosphorus as well as a good source of protein and dietary fiber. This makes miso have powerful anti cancer and heart protecting attributes. Miso also supports a healthy gut microbiota due to its fermentation process promoting optimal health and easier weight loss.

Ingredients

1 parsley root
1 celery root
1 stalk celery
3 carrots
1 onion
12 cups water
1/2 cup wakame seaweed
4 shiitake mushrooms
3 garlic cloves, sliced
1 handful bean sprouts
1/2 cup brown miso paste
1/2 cup cold water
1/2 pack firm tofu

Instructions:

1. Soak seaweed and mushrooms in water for 15 minutes. Wash, drain and set aside.
2. Wash and dice all vegetables.
3. Place all vegetables in a pot and add the water. Bring to boil for one minute.
4. reduce heat and cook for 30 minutes on medium heat.
5. Add garlic, mushrooms and seaweed. Cook for 30 more minutes and remove from heat.
6. In a separate bowl blend the miso paste with the cold water. Add to the pot.
7. Place some bean sprouts and cubed tofu pieces in each serving bowl. Top with the soup.
8. Enjoy!

57. Healthy Vegan Cholent Stew



Serves: 6

Preparation time: 12 hours

Cooking time: 8 hours

A healthy, celebrational winter dish to serve when family and friends come together. This popular comfort dish was first mentioned in 1180 in Vienna, Austria. There are many recipes for cholent and ingredients vary according to the geographic regions.

Ingredients

2 cups of white beans (with some red kidney beans if you like)
1 1/2 cups wholegrain barley (or wholegrain rice)
2 cups small black lentils
4 onions cut into 4
8 potatoes peeled and cut into chunks
Water or for more flavour use my vegan soup stock
(see recipe [HERE](#))
1 tbs paprika
1 tbs turmeric
3 dates or 2 tbs of molasses
Pinch of Himalayan salt
Pinch of black pepper

Instructions:

1. Soak the white beans and barley seeds in water overnight. Wash beans and seeds and place them in an ovenproof pot.
2. Add to the pot the lentils, onions, potatoes, and spices.
3. Preheat oven to 200 degree F (100 degree C)
4. Cover the ingredients with water or vegan stock. Bring to boil and remove from heat. Stir.
5. Remove seeds from dates and add whole dates into the pot.
6. Cover pot and place in oven for 6-8 hours (the longer, the better), making sure there are enough liquids in the pot.
7. Serve and Enjoy!

58. Mushrooms Stuffed With Macadamia Creme



Serves: 4

Preparation time: 15 minutes

Cooking time: 20 minutes

Ingredients

- 12 big forest mushrooms of any kind
- 3 cups macadamia nuts
- 6 dried tomatoes
- 1/2 cup spinach leaves, washed
- 4 garlic cloves
- 2 tbs olive oil
- 1 tsp Himalayan salt
- 1 pinch of black pepper

Instructions:

1. Preheat oven to 350 degree F (180 degree C)
2. Gently wipe mushrooms clean with kitchen paper
3. Remove the mushroom leg from the base of the mushroom
4. Place macadamia nuts in food processor and grind. Add tomatoes, spinach leaves, garlic, olive oil, salt and pepper. Grind and mix until smooth.
5. Fill mushrooms with macadamia mixture.
6. Place mushrooms on a baking tray and bake for 20 minutes in oven.
7. Serve and Enjoy!

59. Quinoa Patties



Serves: 4

Preparation time: 10 minutes

Cooking time: 40 minutes

Ingredients

1/2 cup quinoa
1/2 cup yellow or green lentils
1 small pumpkin or squash
1 tbs coconut oil
1 tbs sesame seed paste
1 tsp cumin
1/2 tsp paprika
Pinch of Himalayan salt
Pinch of pepper

Instructions:

1. Preheat oven to 350 degree F (180 degree C)
2. Cube the pumpkin and place in then oven on a baking tray. Bake for 20 minutes.
3. Cook the lentils in 2 cups of boiling water for 10 minutes covered. After 10 minutes, add quinoa to the pot and cook the lentils and quinoa together for 10 minutes more. Remove from heat and leave to stand covered.
4. When the pumpkin is baked, remove from oven and mash with a fork.
5. Add the mashed pumpkin to the quinoa and lentil pot along with all of the other ingredients.
6. Allow mixture to cool enough to make patties.
7. Place patties on baking paper in the oven.

8. Bake for 10 minutes and turn over. Bake for another 10 minutes.
9. Serve and Enjoy!

60. Vegan Banana Muffins



Serves: 4

Preparation time: 15 minutes

Cooking time: 20 minutes

Ingredients

3 bananas
1 1/2 cups whole wheat flour
1/2 cup oatmeal
1/2 cup raisins or any other dried fruit of your choice
 cut up the size of raisins
1 1/2 tsp baking powder
1/2 tsp baking soda
1/4 cup ground almonds
1 tsp ground cinnamon
1/4 teaspoon nutmeg
1/3 cup maple syrup/ agave or use 1/3 tsp stevia
 extract
1 tsp natural vanilla extract
1/2 cup coconut milk
4 tbs coconut oil

Instructions:

1. Preheat oven to 350 degree F (180 degree C)
2. Line 12 cup muffin pan with natural paper liners
(If You Care Baking Cups)
3. Place the raisins in a cup and cover with hot water.
Let to stand for a few minutes to plump and then
drain excess water from raisins.
4. Chop bananas into small pieces.

5. In a bowl, stir together the whole wheat flour, oatmeal, baking powder, baking soda, cinnamon, nutmeg and ground almond flour.
6. Add oil, vanilla extract, coconut milk, maple syrup or stevia and raisins. Mix together using a wooden spoon.
7. Spoon mixture into muffin cups so they are about 2/3 full
8. Place in oven and bake for 20-25 minutes until the muffins have browned and a toothpick comes out clean when inserted into the middle.
9. Remove from oven and allow to cool in the pan before removing from cups.
10. Serve and Enjoy!

61. Tomato Soup



Serves: 4

Preparation time: 10 minutes

Cooking time: 40 minutes

Tomatoes are a treasure box of antioxidant nutrients and have a unique phytonutrient composition. As a result, they provide critical protection against cancer and support a healthy cardiovascular system. The lycopene even protects our bones. Go for natural tomatoes rather than canned varieties which may have BPA.

Ingredients

1 tbs coconut oil
1 onion
1 fennel
3 tbs uncooked brown rice
1 kg tomatoes
3 cups water
1 cup Shiitake mushrooms
3 tbs tomato paste
3 tbs tarragon
1 tsp fennel seeds
1/2 tsp stevia
Pinch of Himalayan salt
Pinch of pepper
1/4 cup red wine

Instructions:

1. Place the tomatoes in a pot and cover with water. Bring to boil and remove from heat. Peel tomatoes and cube them.
2. In the pot, heat coconut oil. Add onions and fennel. Stir fry for 5-8 minutes. Add the rice and continue to stir fry for 2 more minutes.
3. Mix in the chopped tomatoes to the pot.
4. Add the water with the whole Shiitake mushrooms to the pot. Add the tomato paste, tarragon, fennel seeds, stevia, Himalayan salt and pepper.
5. Bring to boil for 2 minutes. Lower the heat and cover. Cook for 25 minutes.
6. Remove mushrooms from pot. Add wine and cook for 5-8 minutes longer.
7. Serve and Enjoy!

62. Healthy Vegan Birthday Chocolate Cake



Serves: 15

Preparation time: 15 minutes

Cooking time: 40 minutes

Birthdays can be very exciting occasions especially for children. It provides them with pleasant memories and makes them the center of attention for the day highlighting the importance of self-love. Therefore, it is important to celebrate in a special way without compromising their health. This cake is one I have been using for years for each of my children (with slightly different toppings for each). Enjoy!

Ingredients For The Cake

1/4 cup natural pecans
9 dried organic apricots
9 organic dates
3 cups whole meal rye flour
1/2 cup organic cocoa powder
1/2 cup coconut oil
1 tsp baking powder
1/2 tsp baking soda
2 cups water
1/2 cup maple syrup
2 tbs freshly squeezed lemon juice
pinch of salt

2 tsp natural vanilla extract
1/2 cup coconut milk
1/3 tsp stevia extract
100% chocolate bits

Ingredients For The Topping

3 cups whole cocoa powder
2 tbs coconut oil
6 tbs maple syrup
6 tbs organic peanut butter
1 tsp vanilla extract
1/4 cup sugar free almond milk
1/3 tsp stevia extract
100% chocolate bits

Instructions:

1. Preheat oven to 350 degree F (180 degree C)
2. Place pecans in a blender and blend until they form a smooth consistency similar to flour. Place in a large mixing bowl.
3. Remove pits from dates. Chop apricots and dates into small pieces and place in a blender. Blend until the dried fruit are finely chopped. Add to the large mixing bowl.
4. Add the flour, cocoa, baking powder, baking soda and coconut oil to the mixing bowl and mix.
5. Add water, lemon juice, maple syrup, vanilla extract, chocolate chips and stevia. Mix until you

have a smooth consistency. You may use a hand mixer for this.

6. Lightly spread some coconut oil inside your desired cake pan.
7. Pour mixture into the baking pan and bake for 40 minutes, or until a toothpick will come out clean if stuck in the cake centre.
8. In the meantime prepare the cake topping: In the mixing bowl mix all topping ingredients except chocolate bits together using the hand mixer creating a smooth mixture. Add chocolate bits.
9. Remove cake from oven after 40 minutes and spread topping mixture on the cake.
10. To keep the cake healthy you may decorate it with strawberries, flowers and special candles. You can also add a printed edible photo to make your cake special and remove it before the cake is consumed.
11. Allow the cake to cool for at least one hour before serving, overnight is also fine.
12. Serve and Enjoy!

63. Healthy Wholegrain Vegan Pizza



*A great way to transform an unhealthy food
into a healthy alternative. Enjoy!*

Serves: 4

Preparation time: 25 minutes

Baking time: 40 minutes

Ingredients For The Pizza

1 tbs dried yeast

1 1/2 cups whole grain flour of your choice

1/3 cup cornflour

1/2 cup hot water

Pinch of Himalayan salt

Dash of pepper

Ingredients For The Cheese

1/4 cup natural raw cashews or macadamia nuts

1 cup hot water

3 tbs tapioca

1 tbs dry yeast

1 tsp freshly squeezed lemon juice

1/2 tsp garlic powder

Pinch of Himalayan salt

Dash of pepper

Ingredients For The Pizza Topping

3/4 cup organic tomato sauce

1 small red onion thinly sliced

5 button mushrooms thinly sliced

1/4 cup seeded olives

1 1/2 tsp dried oregano

1/4 cup baby basil leaves

Instructions:

1. Soak cashews in water overnight. Drain. (you can also boil them until soft)
2. In a large mixing bowl, place the dried yeast, the whole grain flour, cornflour and mix together with a spoon. Add water and spices and mix together with your hands
3. Brush the dough with olive oil and leave in mixing bowl. Cover bowl with a towel and leave to rest for 20 minutes.
4. Preheat oven to 480 degree F (250 degree C)
5. In a blender, grind tapioca until it forms flour. Add cashews, hot water, yeast, lemon juice, garlic powder, salt and pepper and blend until smooth.
6. Pour into a sauce pan and cook for 10 minutes, while stirring make sure there are no nut pieces and the texture is smooth. You may need to use a hand blender to reach this consistency.
7. Slowly, while cooking, the mixture will become cheesy like. Stir for 2 more minutes until firm.
8. Place nut cheese in the refrigerator until pizza dough is ready.
9. Take dough and hit it so that all air from its centre is removed.

10. Spread the dough out to form a thin circular shape with rolled up borders. Brush borders with olive oil.
11. Spread tomato sauce on thin dough, cover with nut cheese, and spread thinly sliced vegetables over the pizza evenly.
12. Bake pizza n the lowest place in the oven for 15-20 minutes
13. Cover with spices and basil leaves
14. Serve and Enjoy!

64. Healthy Vegan Apple Crumble



Such a great, easy and healthy desert to make and also a great healthy desert. Enjoy!

Serves: 15

Preparation time: 15 minutes

Cooking time: 60 minutes

Ingredients For The Cake

5 Apples peeled and sliced into thin slices (I recommend using 3 McIntosh apples with 2 Granny Smith apples)

1 1/2 tsp cinnamon

2 tbs maple syrup

1/2 cup raisins

Juice from 1 freshly squeezed lemon

Ingredients For The Crumble

1 cup wholegrain spelt flour

1/2 cup coconut butter

6 tbs maple syrup

1/3 tsp stevia extract

Instructions:

1. Preheat oven to 350 degree F (180 degree C)
2. In a mixing bowl mix together apples, cinnamon, raisins and lemon juice.
3. Transfer apple mixture into an oiled baking dish
4. Mix the crumble materials together with your hands until forms a crumble.
5. Spread the crumble on top of the apple mixture.

6. Place in oven for 1 hour.
7. Serve hot with scoop of vegan banana ice cream which can be made with just one ingredient - bananas, frozen and then blended to form a smooth texture!
8. Enjoy!

65. Healthy Vegan Energy Roll



Serves: 6

Preparation time: 15 minutes

When you need some energy during the day, here is a great nutritious snack to pick you up quickly. Great for adults and children alike! Enjoy!

Ingredients

3 tbs freshly ground flaxseeds
1 pack dates
1/2 cup coconut oil
1/4 cup maple syrup
1/4 cup pumpkin seeds
1/4 cup sunflower seeds
1/4 cup pistachios hulled and chopped
1/4 cup chopped walnuts
1 tbs freshly squeezed lemon juice

Instructions:

1. In a small bowl, mix ground flaxseeds with 3 tbs water and allow to stand.
2. Deseed the dates and chop roughly. Place on the side.
3. In a pan, mix coconut oil with the maple syrup. Add the dates.

4. Cook until the mixture becomes mushy. Remove from heat.
5. Add flaxseed mixture to the pan and stir quickly.
6. Add the seeds and chopped walnuts, pistachios and lemon juice to the pan. Mix together.
7. Remove from pan to a sheet of baking paper. Create a roll the size of a sushi roll, you can use a sushi roller for this.
8. Once rolled, sprinkle some coconut flakes on top and place in the refrigerator for 10 minutes.
9. When roll is hard, slice it into pieces.
10. Serve as an energy snack, great for kids and adults alike.
11. Enjoy!

66. Lady Fingers and Chickpea Stew



Serves: 6

Preparation time: 35 minutes

Cooking time: 50 minutes

Ladyfingers are the best solution for constipation. They are rich in fiber, make you feel full for longer and are packed with antioxidants, vitamins and minerals!

Ingredients

1 cup chickpeas
3 cups water
1 tbs coconut oil
5 small onions
2 cloves garlic
4 medium tomatoes
1 tbs freshly squeezed lemon juice
1 1/2 cups tomato juice
2 cups lady fingers (or zucchini)
1 tbs chopped oregano
Pinch of salt
pinch of black pepper

Instructions:

1. Soak chickpeas in water overnight, drain.
2. Toss ladyfingers in 1/2 cup vinegar and set aside for 30 minutes (to prevent it from becoming slimy)

3. Heat coconut oil in pan. Add onions (whole if they are small enough), and garlic. Fry for 5 minutes.
4. Peel and chop tomatoes.
5. Add tomatoes, chickpeas, lemon juice and tomato juice to pan. Cover and simmer for 30 minutes.
6. Rinse ladyfingers thoroughly from vinegar.
7. Add lady fingers to pan and cook for 20 more minutes (if using zucchini, cook for 10 minutes)
8. Add oregano, salt and pepper.
9. Serve with wholegrain brown Basmati rice.
10. Serve and Enjoy!

67. Orange Soup With Amaranth



Serves: 8

Preparation time: 10 minutes

Cooking time: 45 minutes

Amaranth is an excellent source of protein, and dietary fiber, as well as minerals: manganese, magnesium, iron, calcium and selenium, and B vitamins. This soup is like a whole meal, both filling and very nutritious. What could be better?

Ingredients

2 cup pumpkin
1 tsp olive oil
1 onion
3 garlic cloves
1 cup amaranth
1/2 cup red lentils
1 sweet potato
1 carrot
1 tsp turmeric
8 cups water
pinch of Himalayan salt
pinch of black pepper

Instructions:

1. Place all ingredients into a soup pot.

2. Cook on medium heat for 45 minutes and remove from heat.
3. Add spices
4. Place in a blender and blend until the soup has a smooth consistency.
5. Serve and Enjoy!

68. Healthy Vegan Rice Paper Spring Rolls



Serves: 6

Preparation time: 10 minutes

Cooking time: 25 minutes

Easy to prepare spring rolls, excellent as an appetiser for any stir fried vegetable dish.

Ingredients

- 1 pack round brown rice spring roll rice papers
- 1 cup tofu
- 1 tsp soya sauce
- 1 pack bean noodles (non GMO)
- 1 pack bean sprouts
- 2 spring onions
- 1 carrot
- 1/2 avocado
- 1 tsp olive oil

Instructions:

1. Preheat oven to 360 degrees F (180 degrees C)
2. Cut tofu and carrots into thin sticks.
3. In a bowl, mix the tofu with the soya sauce and place in oven in an oven proof baking dish. Bake for 20 minutes in preheated oven.
4. Place bean noodles in a bowl and soak in boiling water for a minute.
5. Place the rice papers in lukewarm water until they are clear and soft (try not over soak) - (see video below)

6. Spread the soaked rice papers on a towel to dry.
7. To produce the rolls: In the middle of the rice paper, place a handful of bean noodles, topped by the tofu and then a carrot stick, avocado slice and a few bean sprouts.
8. Fold both sides of the roll to cover the contents and then fold the bottom part up and then the top side down. (See video below)
9. Sprinkle the roll with soya sauce and place in preheated oven for 5 minutes.
10. Serve alongside soya sauce.
11. Enjoy!

69. Healthy Vegan Indonesian Tofu Balls



Serves: 6, 24 balls

Preparation time: 10 minutes

Cooking time: 25 minutes

Easy to prepare spring rolls, excellent as an appetiser for any stir fried vegetable dish.

Ingredients for Balls

1 1/2 cups tofu
2 cloves garlic
1 tsp fresh ginger (grated)
1 tsp stevia
2 tbs soya sauce
4 tbs wholewheat flour
2 tbs flax seeds (ground)
1/2 cup spring onion (chopped)
2 tbs coconut oil
Himalayan salt

Ingredients for Peanut Sauce

3 cloves garlic
1 tbs fresh ginger (grated)
1/2 spicy red chilli pepper (optional)
1 tbs coconut oil
1 onion (chopped)
1/2 cup peanut butter
3/4 cup coconut milk
3 tbs soya sauce
1/2 tsp apple vinegar

Instructions:

1. Preheat oven to 360 degrees F (180 degrees C)
2. Grind flax seeds and place in 2 tbs water. Leave to stand for 5 minutes.
3. Cut tofu into small cubes and pat dry.
4. Place tofu, garlic and ginger into blender. Pulse blend several times until tofu is in small chunks. Add stevia, soya sauce, wholewheat flour and flax seed mix into blender. Blend till smooth consistency. Transfer into bowl.
5. Add spring onion into the bowl, add coconut oil and salt. Stir.
6. Make 24 balls out of the mixture and place them on baking paper on baking dish. Place in oven for 10-15 minutes.
7. Serve alongside peanut sauce.
8. To prepare peanut sauce place garlic, ginger and spicy pepper (optional) into blender.
9. Stir fry onion in coconut oil for 2 minutes. Add garlic mixture and fry for 2 more minutes.
10. Add coconut milk followed by peanut butter into mixture slowly spoonful after spoonful. Stir until smooth consistency. Bring to boil. Add soya sauce. If the consistency is too thick, add some water. Add vinegar and remove from heat. Allow to cool before serving.
11. Enjoy!

70. Stuffed Zucchini with Walnut Sauce



Serves: 4

Preparation time: 10 minutes

Cooking time: 25 minutes

*A Fancy Filling And Nutritious Meal! Great
For Any Special Occasion.*

Ingredients for Walnut Sauce

1/2 cup walnuts, shelled
4 garlic cloves, crushed
2 tbs wholewheat bread crumbs
1 tsp Himalayan salt
1 tbs olive oil
juice from 1 lemon
1/2 cup water or more

Ingredients for Stuffed Zucchini

4 large size zucchinis
2 tbs coconut oil
1 chopped onion
2 garlic cloves, grated
1 cup whole wheat
2 bell peppers, chopped
1 tsp black pepper
5 shittake mushrooms
dash of Himalayan salt

Instructions:

1. Wash and soak the wheat for 2 hours.
2. To prepare the sauce, place all sauce ingredients into blender. Add water as necessary to make a smooth consistency. Allow to stand for 1 hour. In the meantime prepare the stuffed zucchini.
3. Preheat oven to 360 degrees F (180 degrees C)
4. Soak unpeeled zucchini in boiling water for 4 minutes and cut into halves. Scoop out the zucchini content with a spoon and dice into small pieces leaving the shells to be filled.
5. Heat 1 tbs oil in pan and fry onion until translucent.
6. Add wheat, the chopped bell peppers, the scooped and chopped zucchini content and the black pepper. Cook for 10 minutes, constantly stirring
7. Fill the mixture into the zucchini shells and place them on an oven baking tray. Cover and bake for 25 minutes.
8. Serve with walnut sauce
9. Enjoy!

Bonus 4: Healthy Vegan Spinach Pie



Serves: 4

Preparation time: 40 minutes

Cooking and baking time: 60 minutes

A great, nutritious and healthy pie using no eggs. Rich in potassium required for our body to function properly. A diet deficient in potassium can lead to many chronic diseases and is not uncommon in the Western world. Pure tasty goodness which can be a great use of leftovers.

Ingredients for Pie Base

1/2 cup whole wheat flour
1/2 tsp baking powder
Pinch of Himalayan salt
3 1/2 tbs coconut butter or oil
1 tsp stevia
3 tbs water

Ingredients for Pie Filling

1 tbs coconut oil
3/4 cup chopped onion
1 tbs coriander
1 tsp cumin
3/4 cup brown lentils
1 1/2 cups boiling water
1 1/2 cups chopped spinach leaves

1 tbs lemon juice
Pinch of Himalayan salt

Ingredients for Pie Topping

1 tbs natural sesame seeds

Instructions:

1. Mix in a bowl the flour, baking powder and the pinch of salt. Add the coconut butter and mix with your hands.
2. In a small glass, mix the water with the stevia together and mix. Add this solution to the flour mixture. Add more water if necessary to make the dough damp.
3. Allow dough to stand for 30 minutes.
4. Preheat oven to 360 degrees F (180 degrees C)
5. Roll dough into the shape of a 9 1/2-inch tart pan with a removable bottom. Press the dough into the pie base. Trim any excess length. Prick bottom all over with a fork and bake until crust is golden brown and crisp, about 35 minutes. Let cool on a wire rack.
6. Using a fork, prick the dough. Bake in the oven for 5 minutes.
7. Heat oil in pan and fry spices with onion until translucent.
8. Add the lentils and boiling water. Bring to boil again and reduce the heat. Cover and cook for 15 minutes.

9. Wash the spinach leaves and chop. Place in a small pan and cook covered for without any additional water for 5 minutes.
10. Add spinach into lentil mixture with lemon juice and spices
11. Pour mixture into pie base and cover pie. Place in the preheated oven for 30 minutes of baking
12. Sprinkle with sesame seeds and serve.
13. Enjoy!

Bonus 5: Healthy Vegan Chestnut and Kale Pie



Serves: 4-6

Preparation time: 40 minutes

Cooking and baking time: 60 minutes

A very nutritious and fancy recipe, great for special occasions.

Ingredients

1/2 cup chestnuts
1 kale
2 tbs coconut oil
1 garlic clove, diced
1/2 cup sliced leeks
1/2 cup mushrooms, chopped
2 tsp freshly squeezed juice from lemon
2 tsp paprika, sweet
1 tsp cumin
1 tbs flax seeds, grounded
2 tbs water
Pinch of Himalayan salt and pepper

Instructions:

1. Soak chestnuts in hot water for one hour and then cook them in soaking water for 40 minutes on medium heat until they are soft.
2. Remove 8 big leaves from kale and remove their hard spine parts. Blanch the leaves in boiling water for 2 minutes. Finely chop the rest of the kale.
3. Preheat oven to 360 degrees F (180 degrees C)

4. Heat coconut oil on pan and add the leeks, garlic and mushrooms. Stir fry for 8 minutes until soft. Add the chestnuts, lemon juice, paprika, cumin, salt and pepper.
5. In an empty cup add grounded flax seeds with water and stir. Allow mixture to stand for 2 minutes before adding into the frying pan.
6. Oil and then line a baking dish with 4 kale leaves (make sure there are no empty spaces between leaves). Top with chestnut mixture and cover with remaining kale leaves.
7. Cover baking dish and bake for one hour.
8. Remove pie from baking dish before serving and serve topped with tomato sauce.
9. Enjoy!

Bonus 6: Cashew Cheese



Serves: 4-6

Preparation time: 40 minutes

Cooking and baking time: 60 minutes

*A great dairy alternative that is also tasty
and also nutritious.*

Ingredients

1 cup cashews
1 clove of garlic
Pinch of Himalayan salt and pepper
Juice from 1 lemon
2 tbs extra virgin olive oil
1 tsp beer yeast

Instructions:

1. Cover cashews with water and soak for at least 6 hours
2. Blend cashews to a smooth consistency (add 1/2 cup water if required) and add garlic and spices. You may also add different spices to create different tastes depending on the use you plan for the cheese. For example, you can add basil for Italian dishes, olives, chilli, or even dried tomatoes are a few more ideas.

Now that the cheese is ready. To make it into a variety of different cheeses follow these instructions:

1. To make into a feta or other harder cheese, simply place the cheese into a round oven proof dish and bake in a low heated oven for 25 minutes
2. To make into a soft cheese, allow cheese to strain overnight and add some olive oil to it if you enjoy the taste.
3. Enjoy!

Bonus 7: Oat Milk



Serves: 4-6

Preparation time: 10 minutes

Cooking and baking time: 60 minutes

A very cheap and healthy milk alternative that can be flavoured as you wish. Enjoy.

Ingredients

1 cup rolled oats
3 cups filtered water

Optional Ingredients

2 tsp vanilla extract
or 2 tsp stevia liquid
or 1-2 tbs silan (pure date honey)

Instructions:

1. Pour all ingredients and chosen optional ingredients into a blender and blend until consistency is very smooth.
2. Sieve the milk through a cheese cloth directly into a pitcher. Squeeze the milk through the cloth as much as possible until no more milk comes out. Discard the remaining oat pulp.
3. Refrigerate and enjoy!

Bonus 8: Vegan Zucchini, Carrot & Sesame Patties



Serves: 6, 20 balls

Preparation time: 40 minutes

Cooking time: 7 minutes

Using very little coconut oil, this dish is extremely tasty and provides us with important nutrients from the vegetables and sesame seeds used in the recipe.

Ingredients for Patties

3 cups zucchinis (grated)
1/2 tsp Himalayan salt
2 cups carrots (grated)
1/2 tsp maple syrup
2 tbs dill (finely chopped)
3 tbs flax seeds (ground)
1/2 cup spring onion (chopped)
4 tbs wholewheat flour
3 tbs sesame seeds
1/2 tsp turmeric
2 tbs coconut oil
Pinch black pepper

Instructions:

1. Place grated zucchini in a colander (strainer) sprinkle salt on grated zucchini and allow fluids to come out over a period of 30 minutes
2. Stir maple syrup onto grated carrots and let stand for 30 minutes

3. Wring out any excess fluids from zucchini and carrots and place in a mixing bowl.
4. Add dill, spring onion, flour, pepper, turmeric and sesame seeds. Mix
5. Grind flax seeds and place in 2 tbs water. Leave to stand for 5 minutes. Add mixture to mixing bowl.
6. Heat up 1 tbs coconut oil in a pan over medium heat.
7. Scoop a tablespoon of mixture from mixing bowl and pour into oil. Add as many as possible to each round on the pan. For every round use no more than 1 tbs of coconut oil.
8. Turn over patties when they become slightly brown. Remove from heat and place on soaking paper towels when patties are slightly brown on both sides.
9. Enjoy!

Bonus 9: Crust-less Asparagus Bake



Serves: 4

Preparation time: 15 minutes

Cooking time: 45 minutes

Asparagus is an excellent source of anti-inflammatory phytonutrients and antioxidant nutrients. It is also an excellent source of prebiotics which help maintain a healthy gut microbiome, making this an exceptionally healthy dish.

Ingredients

10 asparagus spears
2 leeks
1/4 cup coconut oil
10 Kalamate olives
10 cherry tomatoes
5 basil leaves
3 garlic cloves (diced)
2 cups of macadamia creme (as in recipe # 58 -
Mushrooms Stuffed With Macadamia Creme - page
195)
dash of Himalayan salt
dash of pepper
Whole sesame seeds

Instructions:

1. Preheat oven to 350 degree F (180 degree C)

2. Pour boiling water over asparagus and leave to stand in water for 2 minutes
3. Cut asparagus spears into 1.5 inch (4 cm) pieces and add to mixing bowl.
4. Slice leeks into thin circles and simmer in oil for 3 minutes and add to mixing bowl.
5. Chop Kalamata olives, cherry tomatoes and basil. Add to mixing bowl.
6. Add grated garlic to mixing bowl.
7. Add macadamia creme and oil to mixing bowl with salt.
8. Stir mixture together and pour into a cupcake cups or into a 10 inch (26 cm) pie mold.
9. Sprinkle with sesame seeds and place in the oven for 20 minutes. After 20 minutes, lower the heat to 280 degree F (140 degree C) and bake for 20 minutes more.
10. Serve and Enjoy!

Bonus 10: Spinach and Zucchini Patties



Serves: 4

Preparation time: 10 minutes

Baking time: 30 minutes

Ingredients

2 Zucchini
1 cup of spinach leaves
1 Tbs coconut oil
1 onion
1/2 cup almond flour
2 Tbs sesame seed paste
1/2 cup whole spelt flour (or buckwheat flour for a no
gluten recipe)
1/2 tsp cumin
dash of Himalayan salt
dash of pepper

Instructions:

1. Preheat oven to 350 degree F (180 degree C)
2. Grate the zucchini with hand grater (squeeze excess water out) and place in a mixing bowl.
3. Soak spinach leaves in hot water for 2 minutes and drain.
4. Finely chop onion. Simmer in oil for 3 minutes and add to mixing bowl.
5. Add all other ingredients into mixing bowl
6. With wet hands create patties
7. Place patties on baking paper
8. Place in the oven for 30 minutes.
9. Serve and Enjoy!

I hope you have enjoyed the recipes in this book, some are easier than others and some are also more expensive than others.

Feel free to use your own creativity in the recipes and change part you don't like for healthy foods you do like.

If you are interested in learning more about the ideal diet for humans, check out my international bestseller “The Guerrilla Diet” [HERE](#):

<http://amzn.to/1L735ZX>

If you would like to lose weight, try my program: ***Best Way To Lose Weight - A Step By Step Guide To Lose Weight In a Month The Guerrilla Diet Way***

Complete with menus, a mindset program, weight loss supplements and an easy to follow exercise program

Check it out here:

<http://www.theguerrilladiet.com/lose-weight-in-a-month-book.html>

or

<http://amzn.to/1L72vvp>

Remember, you are Amazing!

With Love, Dr. Galit

Notes

Notes

All Books By Galit Goldfarb

1. The Guerrilla Diet & Lifestyle Program - Wage War On Weight and Poor Health and Learn To Thrive In The Modern Jungle.
2. How to Achieve Success and Happiness series:
 1. The 6 Principle Strategy for Creating a Successful & Happy Life: Book # 1: The Basics Everyone Needs to Know
 2. The 6 Principle Strategy for Creating a Successful & Happy Life: Book # 2: How to Create Peace of Mind
 3. The 6 Principle Strategy for Creating a Successful & Happy Life: Book # 3: How to Create Optimum Health
 4. The 6 Principle Strategy for Creating a Successful & Happy Life: Book # 4: How to Create Great Relationships
 5. The 6 Principle Strategy for Creating a Successful & Happy Life: Book # 5: How to Create Wealth
3. Best Way To Lose Weight - A Step-By-Step Guide to Lose Weight In A Month The Guerrilla Diet Way
4. 50 Best Recipes For Health and Weight Loss - The Guerrilla Diet Way