



FITNESS

THE PLANT-BASED EDITION

THE HEALTHY COOKBOOK

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**THE
HEALTHY
COOKBOOK**



Welcome to your very own food bible.

When we think of starting a health regime or a new diet, plain and boring foods often spring to mind. Well I want to show you how your plate can be so much more than just chicken and broccoli, so you enjoy what you eat and most of all enjoy your new healthy lifestyle.

Inside are some of my favourite and most delicious, mouth watering meals and treats I can conjure up in the kitchen.

I hope after trying a few of these, it will give you the inspiration you need to experiment with new recipes while getting into the best shape of your life!



DISCLAIMER

The recipes and information in this book have been created for the ingredients and techniques indicated. The publisher/author is not responsible for any specific health or allergy needs that require supervision nor any adverse reactions you may have to the recipes in this book - whether you have followed them as written or have modified them to suit your dietary requirements. Any nutritional advice and information provided in this book is based on the author's own experiences, research and knowledge. The information provided is not to be used in place of proper medical advice.

CONTENTS

BREAKFASTS

- Choc Cherry Overnight Oats 8
- Breakfast Cookies 10
- Tofu Scrambled Eggs 12
- Vegan Power Waffles 14
- Blueberry Hemp Pear Porridge 16

SIDES & SMALL PLATES

- Sauteed Kale 20
- Lentil, Tomato and Kale Soup 22
- Vegan Coleslaw 24
- Chickpea and Broccoli Salad 26
- Beetroot Chips 28
- Cuban Black Beans 30

MAINS

- Mediterranean Spiced Tofu Kebabs 36
- Vegan Macro Bowl 38
- Thai Red Curry 40
- Vegan Spaghetti and Meatballs 42
- Vegan Kebabs 44
- Spicy Carrot Burgers 46
- Power Protein Salad 48
- Baked Gnocchi with Spinach 50
- Corn Salad with Avocado 52
- Mushroom Risotto with Baby Spinach and Peas 54
- Aubergine Dhansak 56
- Courgette Crab Cakes 58
- Avocado Pesto Pasta with Peas, Asparagus and Roasted Tomatoes 60
- Quinoa and Black Bean Chilli 62

DESSERTS

- Creamy Vegan Chocolate Pudding 66
- Mini Sweet Potato Pie Tartlets 68
- Vegan Peanut Butter Blossoms 70
- Vegan Lemon Bars 72









The average cherry tree has 7,000 cherries.



CHOC CHERRY OVERNIGHT OATS

SERVES: 2

TOTAL TIME: 5 HOURS 10 MINUTES

INGREDIENTS

375ml unsweetened, plain **almond milk** or your favorite **non-dairy milk**

90g **rolled oats**

3 tbsp **raw cacao** or **cocoa powder**

2 tbsp **maple syrup**

1 teaspoon **vanilla extract**

230g **cherries**, pitted, plus a few extra for serving
(optional)

1 tbsp cacao nibs or dairy-free **chocolate chips** for serving

INSTRUCTIONS

Place the almond milk, oats, cacao powder, maple syrup, and vanilla extract in a jar or container with a lid.

Shake until everything is mixed together.

Place in your fridge for at least 5 hours.

Just before serving, fold in the pitted cherries.

Spoon into two bowls and top with the cacao nibs or chocolate chips and extra cherries, if using.

MACROS PER PORTION

CALORIES	467	PROTEIN	17
CARBS	75	FATS	11
FIBRE	18		



BREAKFAST COOKIES

SERVES: 12

TOTAL TIME: 25 MINUTES

INGREDIENTS

1 **ripe banana**
125ml **sunflower oil**
165ml **unrefined sugar** or 78ml agave
1 tsp **vanilla**
113g **plain flour**
½ tsp **baking soda**
¼ tsp **salt**
½ tsp **cinnamon and nutmeg** (to your taste, optional)
180g **rolled oats**
60g **mixed nuts**
35g mixed seeds
70g **dried fruit**

INSTRUCTIONS

Begin by preheating your oven to 200°C/400°F/Gas 6.

Add your banana to a large mixing bowl and mash it really well with a fork.

Add the oil and sugar and continue to mix well.

Next, throw in the flour, baking soda and salt. Feel free to add ½ tsp cinnamon, nutmeg or any spices you desire.

Mix these ingredients together until the mixture is quite moist

Now it's time to add the oats, nuts, dried fruit, seeds and protein chunks you have chosen to include. Mix really well with your hands to make sure it is all well distributed and stuck together.

Make small balls with the dough and place on an oiled baking tray. Flatten the balls with the palm of your hand, making sure there is a reasonable gap between each disc shape.

Bake for 10-15 minutes (depending on how browned you like your cookies). Remove from the oven and leave to cool on the baking tray. Once they have slightly hardened, twist and lift to remove them from the tray and place on a cooling tray for a further 10 minutes.

MACROS PER PORTION

CALORIES	376	PROTEIN	7
CARBS	60	FATS	12
FIBRE	3		



Sprouted tofu contains more protein than regular tofu.



TOFU SCRAMBLED EGGS

SERVES: 2

TOTAL TIME: 10 MINUTES

INGREDIENTS

425g organic **sprouted tofu**, firm

1 tsp **non dairy butter**

½ tsp **onion powder**

½ tsp **garlic powder**

¼ tsp **sea salt**

¼ tsp **turmeric powder**

3 tbsp **vegetable broth**

INSTRUCTIONS

Start by draining the tofu from the water.

Heat a medium nonstick skillet (if you don't have a nonstick skillet, make sure your pan is well-greased) over medium-high heat. Add a tsp of non dairy butter, either way, for an even creamier taste.

Add tofu and all spices together. Using a spatula, cut up the tofu in the pan to look like scrambled eggs.

Add the vegetable broth (1 tbsp at a time). Bring the broth to a boil and allow each tbsp of water to fully absorb into the tofu before adding the next.

Remove from heat and season with sea salt and pepper, as desired.

MACROS PER PORTION

CALORIES	112	PROTEIN	12
CARBS	3	FATS	6
FIBRE	1		

A close-up photograph of a golden-brown waffle on a white plate. The waffle is topped with a thick, dark red berry sauce. Fresh berries, including strawberries, blueberries, and raspberries, are scattered on top of the sauce. A silver fork is visible to the left of the plate, and a blue cloth napkin is partially visible in the bottom right corner.

Millet porridge
is a traditional
food in Russian,
German, and
Chinese cuisines.



VEGAN POWER WAFFLES

SERVES: 2

TOTAL TIME: 25 MINUTES

INGREDIENTS

500ml **water**
90g **oats**
31g **millet**
28g **flax meal**
65g cup whole **pecans** or **walnuts** (or a mixture of both)
½ tsp **salt**
¼ **apple**

INSTRUCTIONS

Blend all ingredients in a high speed blender until smooth.

Bring your waffle iron to high heat. If you are going for a completely oil-free waffle (and you don't have a brand new non-stick waffle iron), sprinkle a few sesame seeds on the lower portion of the iron before pouring the batter.

Cook waffles according to your waffle iron's instructions, but it should take about 8-10 minutes. Remember, with all the oats and flax in there, you'll need to cook it a little bit longer to prevent "goopiness".

Divide waffles onto two plates and serve hot.

MACROS PER PORTION

CALORIES	578	PROTEIN	15
CARBS	62	FATS	30
FIBRE	6		



BLUEBERRY HEMP PEAR PORRIDGE

SERVES: 1

TOTAL TIME: 10 MINUTES

INGREDIENTS

250ml **almond milk**

45g **porridge oats**

50g **blueberries**

½ medium **pear**, sliced

½ tbsp **hemp seeds**

INSTRUCTIONS

Add the almond milk and porridge oats to a saucepan, bring to the boil and simmer for 5 minutes.

Add the porridge to a bowl, garnish with the remaining ingredients and serve hot.

MACROS PER PORTION

CALORIES	479	PROTEIN	17
CARBS	78	FATS	11
FIBRE	13		







Kale is among
the most
nutrient-dense
foods on the
planet.



SAUTEED KALE

SERVES: 4

TOTAL TIME: 11 MINUTES

INGREDIENTS

1 bunch **kale**
1 tbsp **olive oil** or 60ml **water** or **vegetable broth**
2 tbsp **nutritional yeast**
1 tsp **garlic powder**
Mineral **salt & pepper**, to taste

INSTRUCTIONS

Start by washing and drying the kale leaves.

The kale might need to be trimmed based on personal preferences. You can either keep the thick central ribs intact or remove them if you prefer.

Next, stack the leaves on top of each other. Using a sharp knife, cut the leaves widthwise into thin strips across the leaves. Once done, give it a quick rough chop.

Heat oil, water or vegetable broth in a large, heavy-bottomed skillet or wok over medium-low heat. Add kale and saute for 3-4 minutes, stirring frequently.

Stir through the nutritional yeast, garlic powder, salt and pepper. Continue to cook until kale is wilted and turns bright dark green (about 4-5) minutes.

Serve immediately.

MACROS PER PORTION

CALORIES	57	PROTEIN	4
CARBS	8	FATS	1
FIBRE	3		



LENTIL, TOMATO AND KALE SOUP

SERVES: 6

TOTAL TIME: 20 MINUTES

INGREDIENTS

- 1 tbsp **extra virgin olive oil**
- 1 **sweet onion**, diced
- 2 large **garlic cloves**, minced
- 3 **celery stalks**, diced
- 1 **bay leaf**
- 1 ½ tsp **ground cumin**
- 2 tsp **chili powder**
- ½ tsp **ground coriander**
- ½ tsp **smoked sweet paprika**, to taste
- ⅛ tsp **cayenne pepper**, to taste
- 1 can (400ml) **diced tomatoes**, with juices
- 1.25 to 1.5L **low-sodium vegetable broth**, as needed
- 190g **dried red lentils**, rinsed and drained
- Fine grain sea salt and pepper**, to taste
- 3 handfuls **kale leaves** or **baby spinach**, destemmed and chopped

INSTRUCTIONS

In a large pot, sauté the onion and garlic in the olive oil for about 4-5 minutes over medium heat. Add the celery, then sauté for a few minutes more.

Stir in the bay leaf and all the spices.

Next, add the can of tomatoes (including the juice), broth, and lentils. Bring to a boil, reduce heat, and then simmer, uncovered, for about 20-25 minutes, until lentils are tender and fluffy.

Stir through the kale or spinach and cook until just wilted.

Divide into 6 bowls.

The cooled soup can be stored in an airtight container in the fridge for 3-5 days, or you can freeze it in a freezer-safe container (leave 1-inch at the top for expansion) for up to 1-2 months.

MACROS PER PORTION

CALORIES	196	PROTEIN	31
CARBS	10	FATS	4
FIBRE	8		



Coleslaw
is from the
Dutch word
for cabbage
salad.



VEGAN COLESLAW

SERVES: 4

TOTAL TIME: 20 MINUTES

INGREDIENTS

For the mayonnaise:

1 clove **garlic**

¾ tbsp **Dijon mustard**

Pinch of **black pepper**

150ml **soya milk**

Pinch **salt**

150ml **olive oil**

For the slaw:

250g **red cabbage**, grated

250g **white cabbage**, grated

75g **carrot**, grated

½ **onion**, diced

INSTRUCTIONS

Begin by preheating oven to 180°C/350°F/Gas 4. Put the whole garlic clove into a small roasting tin and cook for 10 minutes, until it starts to smell fantastic, then remove from the oven and peel.

To make the mayonnaise, blend the roasted garlic, mustard, pepper, and soya milk with a pinch of salt until smooth.

Next, slowly and gently pour in the oil, with the blender running. Continue to blend until it starts to emulsify into a mayonnaise-like texture.

Mix together grated red cabbage, white cabbage, carrot and diced onion in a large bowl.

Thoroughly mix the mayonnaise through, and your coleslaw is ready to go!

MACROS PER PORTION

CALORIES	389	PROTEIN	4
CARBS	10	FATS	37
FIBRE	6		

Tahini is a
paste or
butter made
from ground
sesame seeds.



CHICKPEA AND BROCCOLI SALAD

SERVES: 4

TOTAL TIME: 20 MINUTES

INGREDIENTS

1 head **broccoli**, very finely chopped
1 can (400g) **chickpeas**, rinsed and drained
70g **carrots**, shredded
50g **dried cranberries**
1 bunch **green onions**, chopped
40g **fresh coriander**, chopped
For the dressing:
62ml **tahini**
½ large **lemon**, juiced
3-5 tbsp warm **water**, to thin dressing
1 clove **garlic**, finely minced
1-2 tsp **pure maple syrup**, to sweeten
1 tsp **yellow curry powder**
½ tbsp freshly grated **ginger**
½ tsp **ground turmeric**
½ tsp **salt**
Freshly **ground black pepper**
To serve:
70g **toasted sliced almonds** (can also use chopped roasted **almonds**)

INSTRUCTIONS

Grab a large bowl and add finely chopped broccoli, chickpeas, carrot, cranberries, green onion, and coriander. Set aside.

Next up, you need to make the dressing. Whisk together the tahini, lemon juice, water, garlic, maple syrup, curry powder, grated ginger, turmeric, salt and pepper. Drizzle over the salad and toss to combine.

Sprinkle almonds on top and toss a few more times.

You can serve immediately with a fresh squeeze of lemon or place in the fridge for later. The salad will keep well for up to 5 days.

MACROS PER PORTION

CALORIES	446	PROTEIN	16
CARBS	56	FATS	18
FIBRE	15		

You can use
beetroot juice
to measure
acidity



BEETROOT CHIPS

SERVES: 2

TOTAL TIME: 1 HOUR

INGREDIENTS

5 **beetroot**

2 tbsp **olive oil**

1 dash **sea salt**

INSTRUCTIONS

Begin by preheating the oven to 150°C/300°F /Gas 2.

Cut the beetroot into 2mm thick circles. Put them into a big bowl with the olive oil and sea salt.

Mix everything well before you put it on a baking tray, covered with baking paper.

Roast the chips for about 40-50 minutes, but make sure you check them regularly.

Serve hot with an extra sprinkle of sea salt.

MACROS PER PORTION

CALORIES	143	PROTEIN	2
CARBS	9	FATS	11
FIBRE	2		



CUBAN BLACK BEANS

SERVES: 4

TOTAL TIME: 25 MINUTES

INGREDIENTS

225g white or brown **long grain rice**, to serve
2 cans (400g) **black beans**
2 tbsp **salted butter** (substitute additional **olive oil** for vegan)
1 tbsp **olive oil**
1 large **onion**, minced
½ **green bell pepper**, minced
¼ **jalapeño pepper**, minced
6 **cloves garlic**, minced
1 tsp **cumin**
2 tsp **oregano**
1 ¼ tsp **kosher salt**
Fresh coriander, to garnish

INSTRUCTIONS

Bring a pot of water to boil and cook rice according to the packet instructions.

Meanwhile, use a strainer to drain the black beans over a glass measuring cup, reserving the can liquid (no need to rinse).

In a large skillet, heat the butter and olive oil over medium high heat. Once melted, add the onion, bell pepper, jalapeño pepper, and garlic. Cook for 10 minutes, stirring occasionally until the onions are translucent and lightly browned. Add the beans, cumin, oregano, and kosher salt and stir to combine.

Next, add 1/2 cup of the liquid from the black beans and simmer for 15 minutes until beans are tender.

Divide the black beans and rice into four bowls and serve with a handful of chopped coriander leaves, to garnish.

MACROS PER PORTION

CALORIES	471	PROTEIN	16
CARBS	77	FATS	11
FIBRE	15		







Lentils have been eaten by humans since Neolithic times.



AUBERGINE

SERVES: 2

TOTAL TIME: 55 MINUTES

INGREDIENTS

1/4 **dried red lentils**, rinsed and drained
3 **onions**, finely sliced
1 tsp **sunflower oil**
4 large **garlic cloves**, whole
1 large **aubergine** or 2 small ones, diced
1 tsp **cumin** (seeds or ground)
1/2 tsp **ground cinnamon**
1/4 tsp **star anise**, or 1/8 tsp **fennel seeds**
Ground black pepper
1–2 tsp **chilli flakes**
2 tbsp **tomato purée**
2 tbsp **vinegar** or **lemon juice**
30g **spinach**

INSTRUCTIONS

Firstly, thoroughly rinse and drain the lentils and place in a pan. Cover with water and bring to the boil. Reduce to a simmer for around 12 minutes until soft and swollen. Drain, rinse well and set aside.

Meanwhile, soften the onions in a large pan with a little oil over medium heat. After about 10 minutes, add the garlic cloves (peeled, but whole) and aubergine, stirring often. Cook for 15 minutes, adding more oil, if needed.

Add the cumin, cinnamon, star anise or fennel seeds, and pepper, as well as half of your chosen quantity of chilli, leaving half to garnish. Stir well to combine, then add 200ml water to the pan, and turn up the heat to medium-high.

Add the reserved lentils, tomato purée and vinegar, or lemon juice, and stir well. Bring to the boil, then reduce to a simmer and cover for around 30 minutes, stirring slowly every now and then.

If it still looks too watery, bring it back to the boil, then reduce the heat and cook a little more. Stir through the spinach a few minutes before serving, taste and add the extra chilli, if you like.

Divide into two bowls and serve hot with rice, if you desire.

MACROS PER PORTION

CALORIES	244	PROTEIN	12
CARBS	40	FATS	4
FIBRE	12		



MEDITERRANEAN SPICED TOFU KEBABS

SERVES: 4

TOTAL TIME: 55 MINUTES

INGREDIENTS

250ml **coconut milk**
3 tbsp **lemon juice**
2 tbsp **tomato paste**
3 **garlic cloves**, minced
2 tsp **paprika**
2 tsp **ground cumin**
½ tsp **turmeric**
¼ tsp **cayenne pepper**, or more to taste
¾ tsp **salt**, or to taste
¼ tsp **black pepper**
1 package (400g) **extra firm tofu**, drained, pressed and cut into 1-inch pieces
1 small **courgette**, cut into large chunks
1 medium **red bell pepper**, cut into large chunks
Fresh coriander, to garnish
Drizzle **tahini**, to garnish

INSTRUCTIONS

In a medium bowl stir together the coconut milk, lemon juice, tomato paste, garlic, paprika, cumin, turmeric, cayenne pepper, salt and pepper. Add the tofu, courgette and pepper and gently stir to coat. Allow to marinate at room temperature for at least 1 hour.

Arrange the tofu, courgette, and pepper pieces on skewers.

Next, we have two cooking options - grill or bake.

To grill: Lightly oil the grate and place the skewers on the grill. Grill over a medium flame until lightly charred and the vegetables are tender (about 10 minutes), brushing with excess marinade while grilling and turning halfway through.

To bake: Preheat the oven to 200°C/400°F/Gas 6 and line a baking sheet with baking paper. Arrange the skewers on the baking sheet and bake until lightly browned in spots or until vegetables are tender (about 35 minutes) turning halfway through.

Divide the skewers onto plates, sprinkle with coriander and a drizzle of tahini.

MACROS PER PORTION

CALORIES	263	PROTEIN	11
CARBS	12	FATS	19
FIBRE	1		



VEGAN MACRO BOWL

SERVES: 2

TOTAL TIME: 35 MINUTES

INGREDIENTS

- 1 tsp **olive oil**
- ½ **sweet potato**, diced
- 225g **extra-firm tofu**, drained, pressed, and cubed
- 1 tbsp **olive oil**
- 1 tbsp **soy sauce**
- Pinch **basil**
- Pinch **oregano**
- 200g **brown rice**, cooked
- 1 tbsp **miso paste**
- ½ bunch **broccoli**, cut into florets and steamed
- 1 large **carrot**, shredded
- 1 tsp **sauerkraut**
- 1 tsp **pickled ginger** (optional)

INSTRUCTIONS

Preheat your oven to 200°C/400°F/Gas 6, lightly drizzle sweet potato with olive oil and cook for about 35-40 minutes.

At the same time, bring a pot of water to boil and cook rice according to packet instructions. Place a steamer basket on top and steam broccoli for about 6-8 minutes.

Meanwhile, combine the tofu, olive oil, soy sauce, basil, and oregano in a pan and cook on medium heat until the tofu is browned.

Once the rice is cooked, mix together with miso paste in a two medium-sized bowls. Add the tofu mixture, sweet potato, broccoli, carrot, sauerkraut, and pickled ginger, if you desire.

MACROS PER PORTION

CALORIES	261	PROTEIN	13
CARBS	23	FATS	13
FIBRE	2		

Lychee is a member of the soapberry family.



THAI RED CURRY

SERVES: 4

TOTAL TIME: 30 MINUTES

INGREDIENTS

- 2 tbsp **vegetable oil**
 - 1 can (400ml) reduced-fat **coconut milk**
 - 150ml reduced-**salt vegetable stock**
 - 1 tbsp **palm sugar** (or regular **sugar**)
 - 2 tbsp **agave syrup**
 - 4 tbsp **soy sauce**
 - 2 **peppers** (1 red, 1 green), deseeded and cut into 2cm chunks
 - 1 **red chilli**, sliced
 - 200g **mushrooms**, sliced
 - 160g **baby plum tomatoes**
 - 60g **baby corn**, halved
 - 50g **mangetout**, trimmed
 - ½ x (425g) can **lychees**, drained (optional)
 - Coriander leaves**, to garnish
- For the Thai **red curry paste**:
- 1 tsp **cumin seeds**
 - 2 tbsp **coriander seeds**
 - 2cm **fresh ginger**, peeled and roughly chopped
 - 5 **shallots**, peeled and roughly chopped
 - 5 **garlic cloves**
 - 2 **lemongrass stalks**, trimmed and roughly chopped
 - 3 **red chillies**, chopped
 - 1 **red bird's eye chilli**, chopped (optional)
 - 1 tsp **black peppercorns**

- ½ **roasted red pepper** from a jar, sliced
- 2 tbsp **tomato purée**

- 3 **kaffir lime leaves**

Calories	340	Protein	7
Carbs	42	Fats	16
Fibre	8		

INSTRUCTIONS

Start by making the curry paste. Toast the cumin and coriander seeds in a pan for 2 minutes. Put the toasted seeds into a liquidiser or blender with the ginger, shallots, garlic and lemongrass. Add the chillies, bird's eye chilli, if using, peppercorns, roasted red pepper, tomato purée, lime leaves and lime juice. Add the coriander and a splash of water, then whiz until really smooth, adding up to 50ml water to loosen the paste, if necessary. Spoon 1/3 (100g) of the paste into a bowl and freeze the rest in two 100g batches to use another time.

To make the curry, heat the oil in a pan over a high heat. Add the 100g curry paste and fry for 2 minutes until it deepens in colour. Pour in the coconut milk and stock and stir to mix well. Add the sugar, agave syrup, soy sauce, peppers, chilli, mushrooms, tomatoes, baby corn and mangetout. Add the lychees, if using, and bring to the boil. Simmer for 7–10 minutes until the vegetables are cooked through. Taste the curry and add more black pepper if required.

To serve, spoon into 4 bowls and garnish with the coriander leaves.



Marinara
simply means
"sailors style"



VEGAN SPAGHETTI AND MEATBALLS

SERVES: 4

TOTAL TIME: 40 MINUTES

INGREDIENTS

1 packet **Red Lentil Spaghetti**

Marinara sauce, to taste

For the meatballs:

1 can (400g) **kidney beans**, drained and rinsed

6 tbsp **gluten-free quick oats**

1 tbsp **onion powder**

1 tbsp **garlic powder**

1 tbsp **oregano**

1 tbsp **chili powder**

1 tbsp **soy sauce** or tamari

2 tbsp **mustard**

3 tbsp **marinara sauce** (or **tomato sauce**)

INSTRUCTIONS

Preheat oven to 180°C/350°F/Gas 4. Line baking tray with baking paper (or spray with nonstick cooking spray), and set aside.

Add kidney beans to large bowl and mash until no whole-bean pieces remain. Add all remaining meatball ingredients, and stir to combine.

Scoop out about 1 tbsp of the mixture, and use your hands to form meatball shapes (kind of like flattened balls).

Place on the baking sheet and bake for 20 to 22 minutes, until outside is slightly crispy.

While meatballs are baking, prepare pasta according to packet instructions.

When pasta has 5 minutes left, place marinara sauce in small saucepan, and warm on medium heat, stirring occasionally to prevent sticking.

When pasta is finished, strain pasta, add marinara, top with meatballs and divide into 4 bowls.

MACROS PER PORTION

CALORIES	326	PROTEIN	19
CARBS	58	FATS	2
FIBRE	8		



VEGAN KEBABS

SERVES: 4

TOTAL TIME: 40 MINUTES

INGREDIENTS

- 3 ½ tbsp **olive oil**
- 2 **garlic cloves**, crushed
- 1 tsp **chilli flakes**
- 3 **rosemary sprigs**, finely chopped
- 4 **Portobello mushrooms**, cut into quarters
- 4 **peaches**, destoned, cut into quarters
- 2 large **courgettes**, cut into 8 chunks
- 2 large **red onions**, cut into 8 wedges (leave the root on)
- 1 **avocado**
- 1 **lemon**, juiced
- ½ tsp **wholegrain mustard**
- Large bag **rocket, watercress and spinach salad mix**
- 2 tbsp **toasted mixed seeds**
- 8 metal skewers

INSTRUCTIONS

Begin by mixing 3 tbsp olive oil with the crushed garlic, chilli flakes and rosemary.

Next, thread alternating pieces of mushroom, peach, courgette and red onion onto each skewer – you can get two pieces of everything on each. Brush the kebabs with the flavoured olive oil, season with salt and pepper, then set aside. (The kebabs can also be made the day before and kept in the fridge).

Now, heat the barbecue or a grill to its highest setting.

While it's heating up, blitz the avocado, half the lemon juice and 50ml water to a smooth dressing and season to taste. Whisk the remaining lemon juice, remaining ½ tbsp olive oil and mustard together, then toss with the mixed rocket salad and toasted seeds.

Barbecue or grill the skewers for 4-5 mins on each side or until cooked through and nicely charred.

Pile onto a platter and serve with the avocado dressing and salad on the side.

MACROS PER PORTION

CALORIES	276	PROTEIN	9
CARBS	15	FATS	20
FIBRE	8		



SPICY CARROT BURGERS

SERVES: 8

TOTAL TIME: 30 MINUTES

INGREDIENTS

2 tbsp **vegetable oil** (divided)
4 medium **carrots**, peeled and grated
1 can (400g) **beans**, rinsed and drained
1 large **onion**, peeled and grated
2 **eggs**
1 tsp **curry powder** (**garam masala** or **chilli powder**)
32g **fresh breadcrumbs**

INSTRUCTIONS

Begin by frying the onions and carrots in 1/2 tbsp olive oil until soft.

Drain, rinse and mash the beans, and add them to a mixing bowl with the carrot and onion. Add the spices and one of the eggs and mix well with your hands.

Crack the remaining egg into a bowl and whisk it to break it up. Place a plate next to the bowl and empty breadcrumbs onto it.

Shape the burger mixture into eight patties and dip each one into the egg first, then cover with breadcrumbs.

Fry gently in the remaining oil until crisp and golden on both sides.

Can be eaten hot or cold.

MACROS PER PORTION

CALORIES	266	PROTEIN	9
CARBS	35	FATS	10
FIBRE	6		



POWER PROTEIN SALAD

SERVES: 2

TOTAL TIME: 15 MINUTES

INGREDIENTS

For the chili roasted **almonds**:

140g **whole raw almonds**

Drizzle **extra virgin olive oil**

½ tsp **smoked paprika**

½ tsp **chili powder**

½ tsp **salt**

For the rest of the **salad**:

4-5 handfuls **mixed greens**

100g **quinoa**, cooked

60g **edamame**, cooked and shelled

90g **kidney beans**, cooked

100g **chickpeas**, cooked

¼ **red onion**, sliced

To Serve:

Your favourite **salad dressing**

INSTRUCTIONS

Start by preparing the chili roasted almonds. Bring a cast-iron skillet or other skillet to medium-high heat.

While the skillet is heating, combine almonds, olive oil, and spices in a bowl. Just use enough olive oil to lightly coat the almonds, not any more. Mix well until almonds are evenly coated with the oil and spices.

Once skillet is hot, add spiced almonds to the pan and sauté for 3-5 minutes, or until the almonds start to brown and become fragrant. Be sure to stir frequently so they don't burn. You may hear a popping noise - it's just the almonds cracking.

Once almonds are done cooking, remove from the skillet and let cool for a few minutes.

Now for the rest of the salad.

To assemble your salad, toss mixed greens, quinoa, beans, chickpeas and onion with your favorite salad dressing until evenly combined. Divide into 2 bowls.

This salad is really versatile - feel free to sub quinoa with any other grain, or sub any type of hardy beans for the beans listed in the recipe. It will all taste great!

MACROS PER PORTION

CALORIES	498	PROTEIN	31
CARBS	44	FATS	22
FIBRE	5		

Gnocchi is
Italian for
dumplings.



BAKED GNOCCHI WITH SPINACH

SERVES: 4

TOTAL TIME: 30 MINUTES

INGREDIENTS

1 tbsp **olive oil**
450g **potato gnocchi**
1 medium **onion**, thinly sliced
4 **cloves garlic**, minced
½ tsp **ground black pepper**
450g **crushed tomato**
1 tbsp **italian herb mix**
20g **nutritional yeast**
½ tsp **sea salt**
400g **spinach**
8 pieces **sun-dried tomatoes**, thinly sliced
250ml **vegetable broth**

INSTRUCTIONS

Begin by preheating your oven to 180°C/360°F/Gas 4.

In a skillet heat up ¾ of the olive oil and roast the gnocchi on low heat until golden brown for about 10 minutes. Once cooked, set aside.

Using the same skillet, add the leftover oil and saute onion and garlic for about 3 minutes, until fragrant. Add all other ingredients, give it a good stir and simmer until the spinach is wilted.

Transfer the sauce and the gnocchi to a baking dish and give it another good stir before you bake it for 20 minutes.

Let the gnocchi cool down a little bit before serving, season with salt & pepper if you desire.

MACROS PER PORTION

CALORIES	504	PROTEIN	23
CARBS	76	FATS	12
FIBRE	14		



CORN SALAD WITH AVOCADO

SERVES: 4

TOTAL TIME: 20 MINUTES

INGREDIENTS

346g frozen **sweet corn kernels**
2 **avocados**, chopped
210g **cherry tomatoes**, cut in half
120g **edamame**, thawed and unshelled
1 medium **shallot**, thinly sliced
For the seasoning:
1 dash **chili powder**
1 tsp **extra virgin olive oil**
15g **fresh coriander**, thinly sliced
1 **lime**, juiced
1 tsp **sea salt**
Serve with:
4 slices whole grain **bread**, toasted

INSTRUCTIONS

Firstly, boil the corn in lightly salted water for about 5-8 minutes.

Add the corn to a large salad bowl and let it cool down while you prepare the rest of the ingredients.

Mix all the seasoning ingredients in a small bowl, then add the rest of the salad ingredients to the bowl and mix well all together.

Serve with a slice of bread.

MACROS PER PORTION

CALORIES	408	PROTEIN	14
CARBS	43	FATS	20
FIBRE	14		



MUSHROOM RISOTTO WITH BABY SPINACH AND PEAS

SERVES: 4

TOTAL TIME: 60 MINUTES

INGREDIENTS

1 tbsp **olive oil**
1 medium **onion**, thinly chopped
280g frozen **green peas**, defrosted
152g **wild mushroom**, chopped
2 tbsp **dried thyme**
1 tbsp **sea salt**
255g **risotto rice**
1.4L **vegetable broth**
2 tbsp **nutritional yeast**
1 tsp **garlic powder**
1 tsp **black pepper**, ground
158g **baby spinach**

INSTRUCTIONS

Preheat the olive oil in a large skillet or a medium size pot.

Add the onions, peas, mushrooms, thyme and salt and saute for about 5 minutes.

Next, add the risotto rice and start adding 1/4 of the vegetable broth in small amounts while stirring.

Add the nutritional yeast, garlic powder, pepper and baby spinach.

Finally, add the rest of the vegetable broth in stages until the risotto rice has absorbed all the liquid and tastes al dente.

Divide into four bowls and serve immediately.

MACROS PER PORTION

CALORIES	522	PROTEIN	16
CARBS	101	FATS	6
FIBRE	10		



Botanically,
aubergine
is a berry.



AUBERGINE DHANSAK

SERVES: 4

TOTAL TIME: 55 MINUTES

INGREDIENTS

100g **red lentils**
1 large **onion**, grated
1 can (400g) **cherry tomatoes**
1 tsp **ground turmeric**
2 large **aubergines**, cut into 3cm chunks
2 tbs **groundnut oil**
2 tsp **cumin seeds**
2 tsp **ground coriander**
4 **cardamom pods**, split
4 **cloves garlic**, crushed
1 small bunch **coriander**, chopped
1 tsp **garam masala**
Rice and naans to serve

INSTRUCTIONS

Put the lentils, onion, tomatoes, turmeric and 1 tsp of salt in a pan with one tomato tin full of water, and bring to a boil. Turn down the heat and simmer gently for 20 minutes or until the lentils are tender.

Meanwhile, put the aubergines in a bowl, and toss with the oil and a little salt and pepper. Heat a large frying pan, cook half the aubergines until golden brown and softened. Tip out on a plate and cook the next batch.

Tip all the aubergines back into the pan and cook for one more minute. Add all the spices, except the garam masala, and cook for 2 minutes.

Next, stir through the garlic and cook for a few minutes, before adding the tomato and lentil mix, plus 200ml of water. Simmer for 20 minutes, stirring regularly. Lastly, add the coriander and garam masala and cook for another 2 minutes.

Serve with rice and naans, if you like.

MACROS PER PORTION

CALORIES	232	PROTEIN	12
CARBS	28	FATS	8
FIBRE	12		



COURGETTE CRAB CAKES

SERVES: 5

TOTAL TIME: 30 MINUTES

INGREDIENTS

280g **courgette**, grated
1 **egg**, beaten
2 tbsp **butter**, melted
114g **bread crumbs**
25g **onion**, minced
1 tsp **Paprika and celery salt**
80g **all-purpose flour**
125ml **vegetable oil** for frying

INSTRUCTIONS

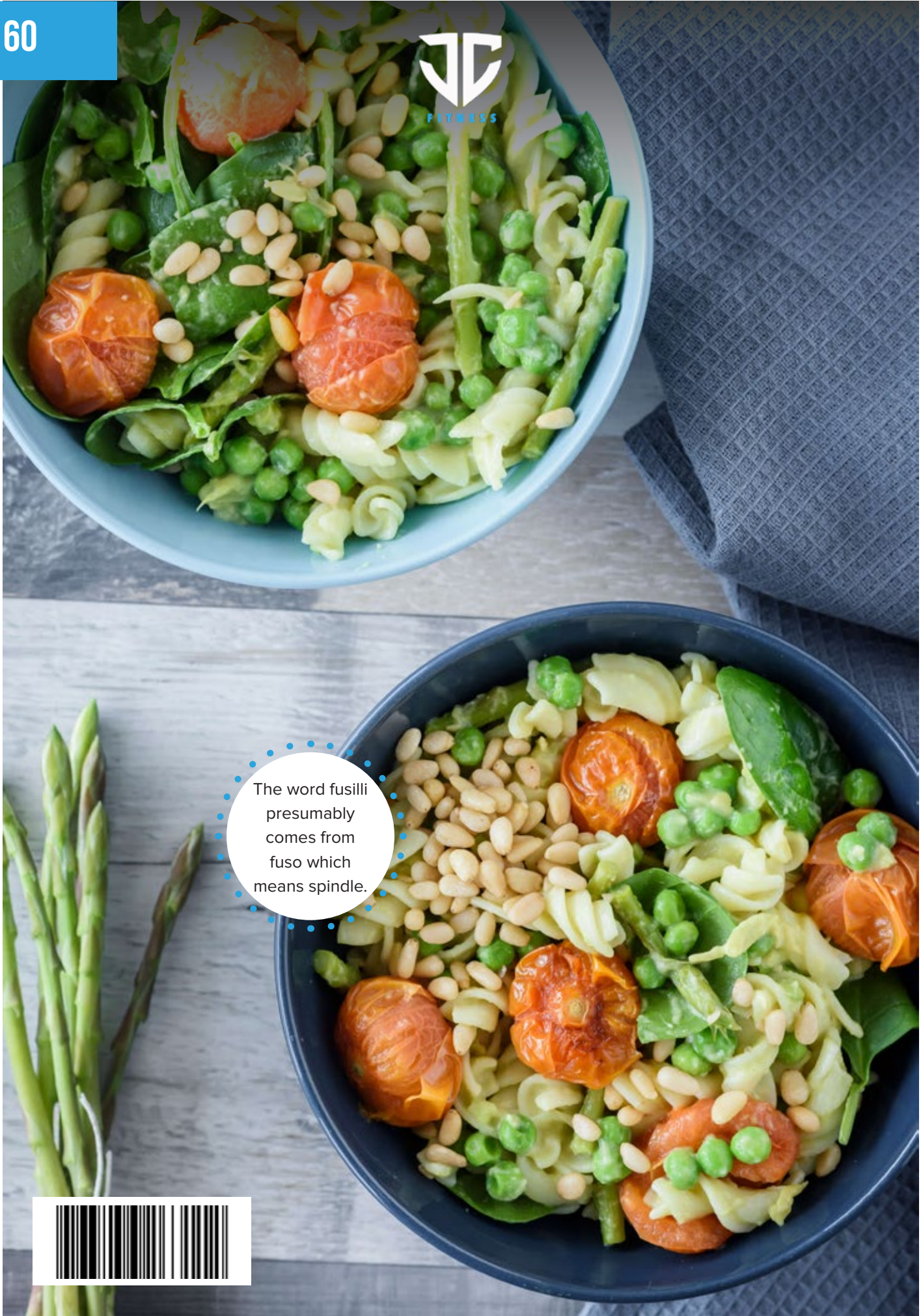
In a large bowl, combine courgette, egg, and melted butter. Add the breadcrumbs, minced onion, and seasoning and mix well with your hands..

Shape mixture into patties and dredge in flour.

In a medium skillet, heat oil over medium high heat until hot. Fry patties in oil until golden brown on both sides.

MACROS PER PORTION

CALORIES	197	PROTEIN	6
CARBS	23	FATS	9
FIBRE	4		



The word fusilli
presumably
comes from
fuso which
means spindle.



AVOCADO PESTO PASTA WITH PEAS, ASPARAGUS AND ROASTED TOMATOES

SERVES: 4

TOTAL TIME: 35 MINUTES

INGREDIENTS

250g **cherry tomatoes**, halved

Olive oil spray

200g **wholewheat fusilli**

250g **asparagus**, cut into 2cm lengths

175g **frozen peas**

4 tbsp **fresh basil leaves**, plus extra to garnish

4 tbsp chopped **fresh flat leaf parsley**

2 tbsp **toasted pine nuts**

1 **ripe avocado**, chopped

Zest and juice 1 **lemon**

INSTRUCTIONS

Start by preheating your oven to 140°C/240°F/gas 2. Line a large baking tray with non-stick baking paper, add the cherry tomatoes and spray with olive oil. Roast for 20 min.

Meanwhile, cook the pasta according to the packet instructions. Add the asparagus and peas for the last 2 minutes of the cooking time. Drain and return everything to the pan.

Blitz the basil, parsley, pine nuts and lemon zest in a food processor until finely chopped. Add the avocado, lemon juice and 3-4 tbsp water and whiz until smooth. Season generously with freshly ground black pepper.

Stir the pesto through the pasta.

Divide among 4 bowls and serve topped with the tomatoes and extra basil.

MACROS PER PORTION

CALORIES	311	PROTEIN	13
CARBS	40	FATS	11
FIBRE	12		



QUINOA AND BLACK BEAN CHILLI

SERVES: 4

TOTAL TIME: 50 MINUTES

INGREDIENTS

1 **onion**, chopped
2 **cloves garlic**, crushed
1 **red chilli**, chopped
Olive oil spray
2 tsp **ground cumin**
1 tsp **hot smoked paprika**
½ tsp **chilli powder** (optional)
200g **quinoa**, rinsed and drained
625ml **vegetable stock**
1 tin (400g) **chopped tomatoes**
1 tin (400g) **black beans**, rinsed and drained
1 small **avocado**, sliced
Coriander leaves, to serve

INSTRUCTIONS

Fry the onion, garlic and red chilli in a spray of olive oil until soft, then add all the spices. Add extra chilli powder if you like it spicy.

Add the quinoa, stock, tomatoes and black beans, and season well. Cover and simmer for 30 minutes until the quinoa is tender and the sauce has thickened.

Divide into 4 bowls and top with avocado slices and coriander leaves, to serve.

MACROS PER PORTION

CALORIES	317	PROTEIN	15
CARBS	44	FATS	9
FIBRE	13		







CREAMY VEGAN CHOCOLATE PUDDING

SERVES: 4

TOTAL TIME: 10 MINUTE + 2 HOURS CHILING

INGREDIENTS

115g **vegan chocolate chips**
1 packet (340g) **silken tofu**
3 tbsp **cocoa powder**
1 tbsp **maple syrup**, plus more to taste
¼ tsp **salt**, plus more to taste

INSTRUCTIONS

Melt the chocolate chips in a bowl by microwaving in 30 second increments, stirring well between each increment. Place the tofu, melted chocolate chips, cocoa powder, maple syrup, and salt into the bowl of a food processor fitted with an s-blade.

Blend until smooth, stopping to scrape down the sides of the bowl as needed.

Taste-test and add more maple syrup and/or salt, if desired.

Transfer the pudding to a sealable container and chill until ready to serve.

MACROS PER PORTION

CALORIES	304	PROTEIN	9
CARBS	31	FATS	16
FIBRE	4		



MINI SWEET POTATO PIE TARTLETS

SERVES: 6

TOTAL TIME: 60 MINUTES

INGREDIENTS

225g **sweet potato**, peeled and chopped

2 medium **bananas**

3 tbsp **vanilla extract**

1 tsp **ground cinnamon**

55g **pecan nuts**, chopped (keep 6 for garnish)

For the **crust**:

255g **almond flour**

75g **date**, pitted

3 tsp **extra virgin coconut oil**

60ml **lukewarm water**

INSTRUCTIONS

Begin by boiling the sweet potato for about 20 minutes or until soft and set aside. Also, preheat the oven to 180°C/350°F/Gas 4. .

To make the crust, add the dates and water to a blender and blend until you get a smooth mixture. Add the blended dates, along with all the other ingredients for the crust to a medium size bowl and mix everything together really well.

Divide the dough and add it to the pie tartlets, bake for 10 minutes, until slightly golden brown.

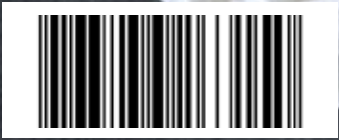
Add banana and vanilla extract to a blender and blend until smooth. Add to a bowl and mix through the chopped pecans, ground cinnamon and boiled sweet potato. Fill the tartlets with the mixture and top with the pecan nuts you kept for garnish.

Bake the tartlets on 160°C/320°F/Gas 3, for 20 more minutes.

Let them cool down completely before you serve it.

MACROS PER PORTION

CALORIES	442	PROTEIN	11
CARBS	32	FATS	30
FIBRE	9		



VEGAN PEANUT BUTTER BLOSSOMS

SERVES: 36

TOTAL TIME: 30 MINUTES

INGREDIENTS

3 tbsp **water**
1 tbsp **ground flaxseed**
158g **organic granulated sugar**, divided
105g **organic brown sugar**
135g **creamy natural peanut butter**
120g **butter**, softened
1 tsp **vanilla extract**
180g **all-purpose flour**
 $\frac{3}{4}$ tsp **baking soda**
 $\frac{1}{2}$ tsp **baking powder**
 $\frac{1}{2}$ tsp **salt**
For the ganache:
175g **vegan chocolate chips**
250ml **coconut cream**

INSTRUCTIONS

Preheat the oven to 190°C/375°F/Gas 5 and line a couple of baking trays with baking paper.

Whisk the water and flaxseed together in a small bowl. Allow the mixture to sit for a few minutes to gel while you gather the rest of your ingredients.

Place 1/2 cup of sugar, brown sugar, peanut butter, butter, and vanilla into a large mixing bowl. Add the flax mixture, and beat everything together with an electric mixer on high-speed for about 1 minute, until creamy. Add the flour to the bowl, and sprinkle the baking powder, baking soda, and salt on top of the flour. Stir everything together until blended well.

Place the remaining 1/4 cup of sugar into a small bowl. Roll the dough into 1-inch balls, then roll the balls in the sugar. Place them on the baking sheets, separated by about 2-inches.

Bake for 10 minutes, remove the baking sheets from the oven, and transfer them to a cooling rack. When the cookies have cooled, melt the chocolate chips in a double boiler or by placing them into a bowl and microwaving in 30 second increments, stirring in between.

Stir the coconut cream into the melted chips. Allow the mixture to cool down a bit, to thicken.

MACROS PER PORTION

CALORIES	123	PROTEIN	2
CARBS	13	FATS	7
FIBRE	1		



VEGAN LEMON BARS

SERVES: 24

TOTAL TIME: 50 MINUTES

INGREDIENTS

180g **vegan butter**, at room temperature

105g **organic granulated sugar**

60ml **unflavored non-dairy milk**

240g **all-purpose flour**

½ tsp **salt**

For the **Filling**:

180ml **lemon juice**, chilled

60g **cornstarch**

1 can (400ml) **coconut cream**

150g **organic granulated sugar**

2 tbsp **lemon zest**

1 tsp **lemon extract**

½ tsp **salt**

Pinch **turmeric**, optional, for color

INSTRUCTIONS

Preheat the oven to 180°C/350°F/Gas 4.

Begin by making the crust. Place the vegan butter and sugar in a large mixing bowl and beat at high-speed with an electric mixer, until creamy. Start beating in the flour, adding about 1/2 cup at a time and beating until fully blended before adding more.

Sprinkle the salt over the last addition of flour before mixing it in. At this point, the mixture will be very thick. Set aside the mixer and stir the dough together with a spoon.

Spread the dough in an even layer into the bottom of a 9 x 13 inch baking pan. Bake for about 20 minutes, just until the edges of the crust begin to pull away from the sides of the pan.

While the crust bakes, make the filling. Whisk the lemon juice and cornstarch together in a small bowl or large liquid measuring cup. Place the coconut cream, sugar, lemon zest, lemon extract, salt and turmeric, if using, into a medium saucepan and place it over medium-heat.

Slowly heat the mixture up, stirring frequently. After a few minutes the sugar should dissolve and the coconut cream should liquefy. When the coconut cream mixture comes to a simmer, stir in the lemon juice mixture. It should begin to thicken up very quickly.

Continue cooking the mixture for about 1 minute, stirring frequently, until it becomes thick and glossy. When the crust comes out of the oven, spread the filling over it, using a spatula to smooth out the top surface.

Return the pan to the oven and bake for 15 minutes more, until the filling becomes bubbly around the edges. Remove the pan from the oven and transfer it to a cooling rack. Allow the bars to cool completely. The filling will continue to thicken up as it cools.

Slice and serve or store at room temperature in a sealed container for 2-3 days or in the refrigerator for up to 1 week.

MACROS PER PORTION

CALORIES	202	PROTEIN	1
CARBS	36	FATS	6
FIBRE	1		



FITNESS

THE PLANT-BASED EDITION

THE HEALTHY COOKBOOK