



the

VEGAN RESET

Recipes





PAPAYA BANANA HEMP SMOOTHIE

Ingredients:

- 2 frozen bananas
- 1 small papaya (without the seeds)
- 1 cup cashew milk
- 1 tbsp hemp seed

Directions:

1. Blend all ingredients until smooth and top with some more hemp seed.



CHERRY CHOCOLATE CHIA PUDDING

Ingredients:

Note: Prepare this the night before

- 1/4 cup chia seeds
- 1 cup cashew milk
- 2 tbsp cacao powder
- 2 tsp maple syrup
- 1/2 tsp ground cinnamon
- 1/4 tsp vanilla extract
- 1 pinch of salt

Toppings: 1/2 cup (frozen and pitted) sweet cherries + a couple of fresh sweet cherries.

Directions:

1. Mix all the ingredients in jar and store in the fridge overnight.
2. The next morning, make a sweet cherry sauce by heating the frozen cherries in a small pot.
3. Top with the sauce and the fresh cherries.



YELLOW LENTIL STEW

Ingredients:

1/4 cup yellow split peas (dry)
1 cup baby potatoes
1 tbsp olive oil
1 garlic clove, minced
1 shallot, chopped
1 tsp veggie broth powder
2 tsp onion flakes
1 pinch smoked salt
1 pinch pepper
3 cups water
1/2 red bell pepper
2 green onions
1 pinch ground coriander seeds
1 tsp ground nutmeg
1 tsp smoked paprika
1/2 small, ripe avocado, diced
1/3 cup grape tomatoes, halved
Fresh herbs to garnish
1 tbsp vegan mayo (optional)

Directions:

1. In a pot, heat the olive oil, potatoes (thinly sliced) and rinsed split peas at medium heat for about 2-3 min.
2. Add the shallot, garlic, veggie broth powder and 2 cups of water and cook for 15 min (add a little more water if necessary).
3. Add the coconut milk, 1 cup of water, bell pepper (sliced) and all the spices and cook at low-medium heat for another 10 min. Stir well.
4. Add the baby spinach and let everything simmer for a few more minutes (total cooking time: 27-30 min).
5. Serve in a bowl topped with the avocado, tomatoes, and herbs + a dollop of vegan mayo (optional) and enjoy!



MAPLE GLAZED BRUSSELS SPROUTS

Ingredients:

- 2 tsp olive oil
- 2 cups brussels sprouts, halved and outer layer removed
- 2 cups frozen butternut squash
- 1 pinch of sea salt
- 1 cup cooked kidney beans
- 2 tbsp maple syrup

Dressing:

- 2 tbsp mustard

Directions:

1. In a pan over medium heat, sauté brussels sprouts in olive oil for five minutes. Then add butternut squash and cook for another five minutes. Sprinkle with salt.
2. Next, add kidney beans and maple syrup. Cook for another ten minutes on medium heat.
3. Transfer to a bowl and top with mustard.



CARROT COCONUT SOUP WITH AVOCADO TOAST

Ingredients:

Soup:

- 1/2 large onion, chopped
- 1 cup chopped carrots (= approx. 2 small to medium sized carrots)
- 1/2 red bell pepper
- 1/4 cup yellow lentils (measured dry)
- 1/2 small can of full fat coconut milk
- 1 1/2 cups of vegetable broth
- 1/2 stalk of celery
- 1/4 tsp ground nutmeg

Directions:

1. In a large pot, bring all soup ingredients except for the coconut milk and nutmeg to a boil and cook at medium heat for 20 min.
2. Add the coconut milk and nutmeg and let simmer for another 10 minutes.
3. Blend the soup in a blender or using an immersion stick blender. Tip: if you like it a little chunkier, only blend 1/2 or 2/3 of the soup then mix it with the rest.

Avocado toast:

- 2 slices of gluten free toast
- 1/2 avocado
- The juice of 1/2 lime
- Sea salt and pepper to taste
- 1/2 tsp smoked paprika
- 1 handful fresh cilantro

Directions:

mix the avocado, lime juice and sea salt and pepper in a small bowl using a fork. Top with smoked paprika.



SUPER SIMPLE STRAWBERRY SUMMER SALAD

Ingredients:

3 cups fresh baby spinach
1 cup/jar cooked chickpeas
1 1/2 cups fresh strawberries (halved)
1 pinch of sea salt
1 tbsp hemp seed
1 handful fresh cilantro

Dressing:

Creamy tahini lemon dressing:
mix 2 tbsp tahini with the juice of 1 lemon and
3-4 tbsp water.



FRUITY PORRIDGE BOWL

Ingredients:

- 1/4 cup gluten free oats
- 1 cup water
- 1/4 cup cashew milk
- 2 tsp maple syrup
- 1 tsp maple syrup
- 1 tbsp nut butter of choice
- 1 tbsp chopped almonds
- 1 small ripe banana
- 1 handful of fresh berries
- 1 tsp ground cinnamon

Directions:

1. In a small pot, cook the oats in the water until they've absorbed it (which only takes about 2-3 minutes on medium to high heat).
2. Transfer the porridge to a bowl and mix in all other ingredients.



RED VELVET COCONUT TRUFFLES

(Makes about 20 truffles)

Ingredients:

Truffles:

1/2 beet (peeled, make sure it's not too big)
1 tbsp beet root powder
1 cup finely shredded unsweetened coconut
3/4 cup ground almonds
2 tsp cacao powder
2 tbsp white almond butter
2 tbsp melted coconut butter
2 tbsp brown rice syrup

White Chocolate coconut coating:

1/2 cup melted cacao butter
1/4 cup coconut butter
2 tbsp brown rice syrup
1 cup finely shredded unsweetened coconut

