

PLANT-BASED RECIPES

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Avocado Toast



INGREDIENTS

- Bread, two slices
- Avocado, half
- Red pepper flakes, crushed, to taste
- Salt and pepper, to taste

Prep Time	Cook Time	Serving
5 min	5 min	1

DIRECTIONS

1. Firstly, toast the bread.
2. Then, cut the avocado in half and also remove the pit. After that, cut it into thin slices with a sharp knife.
3. Mash it well using a fork.
4. Spread it over toasted bread.
5. Season with pepper, salt, and red pepper flakes if using.
6. Enjoy!

Calories 321kcal, Carbohydrate 39g, Protein 10g, Fat 16g, Sugar 1g

Blueberry Pancakes



INGREDIENTS

- Soy milk, 1 ½ cups, unsweetened
- Apple cider vinegar, 2 tsp
- All-purpose flour, 1 ½ cups
- Baking powder, 1 tbsp
- Salt, ½ tsp
- Granulated sugar, 2 tbsp
- Olive oil, 2 tbsp
- Fresh blueberries, 2 cups

Prep Time	Cook Time	Serving
10 min	10 min	6

DIRECTIONS

1. Add soy milk to the bowl. Then, add vinegar and stir well. Keep it aside. It is called buttermilk.
2. Add sugar, salt, baking powder, and flour to the bowl and whisk to combine.
3. Add buttermilk and olive oil to the sugar mixture. Combine well. Fold into blueberries.
4. Add olive oil to the griddle pan. Heat it.
5. Pour the batter into the hot griddle pan. Cook for 1-2 minutes per side.
6. Enjoy!

Calories 207kcal, Carbohydrate 37g, Protein 5g, Fat 4g, Sugar 9g

Banana Bread



INGREDIENTS

- Ground flaxseed, 2 tbsp
- Water, 2 tbsp
- Bananas, about 1 cup mashed
- Olive oil, 1/3 cup
- Granulated sugar, 2/3 cup
- Almond milk, 1/4 cup
- All purpose flour, 2 cups
- Salt, 1/2 tsp
- Baking soda, 1 tsp
- Ground nutmeg, 1/4 tsp
- Walnuts, 3/4 cup, chopped

Prep Time	Cook Time	Serving
10 min	50 min	10

DIRECTIONS

1. Preheat the oven to 350 degrees F.
2. Grease the loaf pan.
3. Add water and ground flaxseed to the bowl and mix well. Keep it aside until thickened.
4. Add the banana to the bowl and mash it well.
5. Add olive oil and stir well. Add sugar, almond milk, and flaxseed mixture and combine well.
6. Add flour, baking soda, nutmeg, and salt to the wet ingredients.
7. Fold in walnuts.
8. Pour the mixture into the pan and bake for 50 to 60 minutes.
9. Allow it to cool for a few minutes.
10. Enjoy!

Calories 270kcal, Carbohydrate 39g, Protein 4g, Fat 12g, Sugar 16g

Potato Leek Soup



INGREDIENTS

- Olive oil, 2 tbsp
- Leeks, 4, white and green parts only, chopped
- Garlic, 3 cloves, minced
- Potatoes, 2lbs, peeled and chopped into 1/2 inch chunks
- Vegetable broth, 4 cups
- Dried thyme, 2 tsp
- Dried rosemary, 1/2 tsp
- Bay leaves, 2
- Salt, 1 tsp
- Ground black pepper, 1/4 tsp

Prep Time	Cook Time	Serving
10 min	30 min	8

DIRECTIONS

1. Add olive oil to the pot and heat it.
2. Add garlic and leeks and cook for 10 minutes until softened.
3. Add salt, pepper, bay leaves, rosemary, thyme, broth, and potatoes, and simmer for 15 minutes over low heat. Discard bay leaf. Turn off the heat.
4. Transfer it to the blender and blend until smooth.
5. Return to the pot and heat it.
6. Enjoy!

Calories 312kcal, Carbohydrate 31g, Protein 5g, Fat 20g, Sugar 4g

Curry Chickpea Salad



Prep Time

10 min

Cook Time

0 min

Serving

4

DIRECTIONS

1. Add chickpea to the bowl and mash it with a potato masher until mashed.
2. Add remaining ingredients and combine well.
3. Toss to combine.
4. Enjoy!

INGREDIENTS

- Chickpeas, 15 oz, drained and rinsed
- Curry powder, 1 tsp
- Mango chutney, 2 tbsp
- Salt, ¼ tsp
- Celery, 1 rib, diced
- Green onion, 1, diced
- Raisins, ¼ cup
- Cashews, ¼ cup, roasted and chopped
- Fresh cilantro, 2 tbsp, chopped

Calories 346kcal, Carbohydrate 33g, Protein 6g, Fat 21g, Sugar 5g

Lentil Salad



INGREDIENTS

Salad:

- Green lentils, 1 ½ cups
- Water, 5 cups
- Cucumber, 1, diced
- Red onion, 1 cup, diced
- Red bell pepper, 1, seeded and diced
- Fresh parsley, ¼ cup, chopped
- Arugula, 3-4 cups

Dressing:

- Olive oil, ¼ cup
- Fresh lemon juice, 3 tbsp
- Agave, 2 tsp
- Garlic, 1 clove, minced
- Salt, 1 tsp
- Ground black pepper, to taste

Prep Time

10 min

Cook Time

20 min

Serving

8

DIRECTIONS

1. Add lentils and water to the pot and boil for 15 to 20 minutes. Then, drain and rinse under cold water.
2. Add them to the big bowl. Add parsley, red pepper, red onion, and cucumber and chop it.
3. Add all dressing ingredients to the bowl and stir well.
4. Pour the dressing over the salad.
5. Enjoy!

Calories 235kcal, Carbohydrate 29g, Protein 10g, Fat 9g, Sugar 4g

Tomato Soup



INGREDIENTS

- Olive oil, 2 tbsp
- Sweet onion, 1 chopped
- Tomatoes, 8 oz, crushed
- Vegetable broth, 2 cups
- Raw cashews, ½ cup
- Salt, ½ tsp
- Granulated sugar, 1 tsp

Prep Time

5 min

Cook Time

25 min

Serving

4

DIRECTIONS

1. Add olive oil to the pot and heat it.
2. Add onion and cook for 4 to 5 minutes.
3. Add vegetable broth and crushed tomatoes and simmer for 20 minutes.
4. Add raw cashew and soup mixture to the blender and blend until crushed.
5. Return the soup to the pot and season it with salt and sugar.
6. Serve!

Calories 173kcal, Carbohydrate 24g, Protein 6g, Fat 8g, Sugar 13g

Corn Chowder



INGREDIENTS

- Olive oil, 1-2 tbsp
- Onion, 1 diced
- Red bell pepper, 1, chopped
- Vegetable broth, 5 cups
- Smoked paprika, ½ tsp
- Corn, 4 cups
- Potatoes, 2lbs, peeled and chopped
- Raw cashews, 1 cup
- Nutritional yeast, ½ cup
- Salt, ½ tsp

Prep Time	Cook Time	Serving
5 min	20 min	6

DIRECTIONS

1. Add olive oil to the pot and heat it.
2. Add onion and cook for 3 to 4 minutes.
3. Add red bell pepper and cook for 1 minute.
4. Add potatoes, corn, smoked paprika, and vegetable broth and simmer for 10 minutes.
5. Add cashew, nutritional yeast, and soup mixture to the blender and blend until smooth. Season with salt.
6. Enjoy!

Calories 363kcal, Carbohydrate 54g, Protein 14g, Fat 14g, Sugar 9g

White Chili



Prep Time

10 min

Cook Time

15 min

Serving

4

DIRECTIONS

1. Add olive oil to the pot and heat it.
2. Add garlic, onion, and bell pepper, and cook for 5 minutes.
3. Add jalapeno, white beans, white chili seasoning, and vegetable broth, and cook for 10 minutes.
4. Serve!

INGREDIENTS

- Vegetable broth, 2 cups
- Garlic, 4 cloves, peeled and minced
- White beans, 15 oz, drained
- Jalapeño slices, 7 oz, drained
- Bell pepper, 1 cup, chopped

White Chili Seasoning:

- Ground cloves, ¼ tsp
- Chili powder, 1 tbsp
- Cumin, 2 tbsp
- Garlic powder, 2 tsp
- Maple syrup, 2 tsp
- Salt and pepper, to taste

Calories 461kcal, Carbohydrate 58g, Protein 19g, Fat 16g, Sugar 3g

Apple Crumble



INGREDIENTS

Apple filling:

- Apples, 6-7 cups, peeled, cored, diced
- Brown sugar, ½ cup
- Lemon juice, 2 tbsp
- All-purpose flour, 2 tbsp
- Ground cinnamon, ½ tsp
- Salt, ¼ tsp

Crumble topping:

- All-purpose flour, 1 cup
- Brown sugar, ¾ cup
- Ground cinnamon, 1 tsp
- Baking powder, ½ tsp
- Salt, ½ tsp
- Olive oil, ½ cup

Prep Time	Cook Time	Serving
20 min	45 min	8

DIRECTIONS

1. Preheat the oven to 350 degrees F.
2. Spray a casserole dish with olive oil.
3. Prepare the apple filling: Add salt, cinnamon, flour, lemon juice, brown sugar, and apples to the bowl and stir well.
4. Transfer the apple mixture to the dish. Keep it aside.
5. Add salt, baking powder, cinnamon, brown sugar, and flour to the bowl and stir well. Add olive oil and stir well.
6. Sprinkle the topping over the apples. Bake for 45 minutes.
7. Enjoy!

Calories 352kcal, Carbohydrate 67g, Protein 2g, Fat 10g, Sugar 48g