

Vegan for Workaholics

**** Delicious, fast, and healthy vegan and raw vegan recipes ****

Ally Moreau

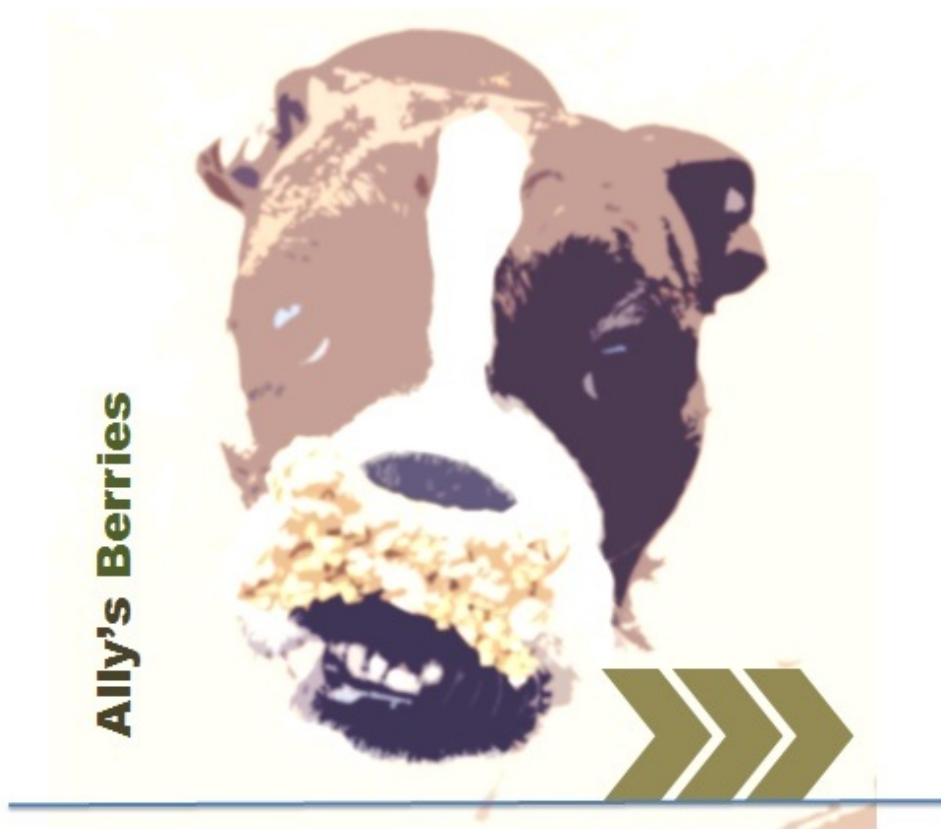
2015

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Quick Banana Bread Bites
Roast vegetables
Winter lasagna

Raw Artichoke Bean Dip
Coconut Asparagus Risotto
Fat free baked potatoes
Truffle-Mushroom Risotto
Simply The best salad ever
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Vegan Chili with Cashew Cream
Garlic-Olive Flatbread
Cashew cheese
Portobello mushroom burgers
My favorite Salad Topping Mix
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The best Tahini dressing
Oil-free Walnut Cranberry Dressing
Old school vinaigrette
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Dog cookies
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Dog ice cream
Banana strawberry
Dog treats - frozen berries
Frozen Berries
Melon Bites

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Find me on social media!

I encourage you to go and get in contact with me in case you have any questions while going through this book. I'm always happy to help, find references and get you motivated. So don't be shy!

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Search: Ally's Berries

 Instagram: @Allysberreries

Intro

Hi, my name is Ally and I'm a vegan.

Phew, now that this is off my chest I'd like to invite you into my world.

A world full of color, nutrition, taste, and fun.

I am not here to change your opinion, your diet or anything about you.

I am here to share my recipes and show you how easy it can be to create delicious vegan and raw vegan recipes in no time.

Now let's embark on this journey, shall we?

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About Me

Vegan Me. That was something that came upon my life a bit promptly and yet not unexpected.

I had been a vegetarian for quite some time, and had been struggling with the deed of eating dairy products and the harm it causes. But I never dared to make that last step and change my diet completely. At least until I started developing problems digesting lactose. It was my wake up call. I knew instantly I didn't just want to supplement my once beloved dairy cheese with lactose free products so I decided to cut it out completely. Cold turkey.

It was just too obvious. My body was telling me very clearly that it did not tolerate dairy products anymore and instead of popping pills I wanted to take a natural approach.

*The only thing you'll regret
about going vegan,
is that you didn't do it sooner*

Ignatz Ziller

I have always admired the vegan lifestyle, but I guess

I was just too scared to take the step. Because looking back at it now I simply have no clue why I did not do it earlier. It was the easiest and most straightforward transition of my life. And above all, it was **fun!** I had the best time trying out new recipes and finding my way around new products. It is an experience that enriched my life in so many ways. I am blessed to have chosen a vegan lifestyle. And I hope that with this book you will see for yourself, that veganism doesn't mean the fun ends – in contrary – the fun is only about to begin ...

These days I follow a whole food, mostly raw vegan diet. I say mostly raw, because I still consume cooked meals. I have to be honest with you – I don't like labels! I don't like boxes, and I am sure not going to put myself into one. I live my own truth and everyone should know what is best for their own selves.

I for my part have noticed that my body thrives on a mostly raw vegan diet. However sometimes I want to eat a cooked meal. And I am not going to let anything stop me from that. If I have taken one lesson from my past year it is to

*listen to my body and to **trust** that my body knows what's right for me.*

Once you change to a whole food, plant based diet it will get easier to listen to your body, because its signals become stronger and are less damped by chemicals and toxins. And trust me this is the most thrilling experience. I have never been so in touch with myself and have enjoyed and respected my own body this much.

However, I am not here to tell you what to do. The purpose of this book is to show you how much fun a vegan diet can be and how easy it is to eat vegan while following a busy schedule.

I spend most of my day at work or commuting to and from work. Apart from work my husband and I have a big house to take care of and a doggie to look after. This leaves me with about an hour each night to prepare our lunches (I will talk about this later in the book again) and supper.

My husband is a self-proclaimed 'meat-a-tarian'. He loves his meat and is not ready to let go of it, and I respect him. However he consumes whole foods with me and oftentimes takes a vegan time-out here and there. In this book I will not talk about merging these two lifestyles (I save that for a later project ☺) but rather put the spotlight on my vegan recipes only.

And because I LOVE my dog I have decided to include a few canine friendly recipes that you can find under the section 'Furrcipes'.

A few Basics

There are a few basic kitchen items that make your life easier when picking up a vegan diet:

Food processor

To me, a food processor is an absolute must. There are many things you can do with a food processor that not all mixers can do. However, I am not saying you need to invest a ton of money. Obviously there are differences in the price classes, but my little food processor/mixer combination that I bought for about \$45 (€40) does just fine for everything I need. It might have problems making smooth, raw nut butters, but I am currently ok with buying these.

Mixer

A mixer is essential for creating your own delicious smoothies. Like I said above I am using a combination Mixer/food processor that does the job for me. I am using the Russell Hobbs Desire mixer that I bought from Amazon.

Juicer

A juicer is essential for all your juice bots out there. I enjoy juicing but I do consume more smoothies than juices. You can find good juicers in all price classes. I have the Torrex 30197 and I am very happy with it. However, in this book the focus is not on juices and smoothies. So a juicer is not a must, it is just an amazing way to get a ton of nutrients in your body in no time.

Big bowl

You will need a big bowl to mix together all the amazing ingredients for Banana Bread, Quinoa Krisp Treats, Biscuits, Salads, and so on. Any bowl is fine.

Good knife

You will chop a lot of vegetables and fruits from now on so I advise you do invest in a good sharp knife and a knife sharpener.

Inventory

There are a few food items I religiously keep on stock. This doesn't mean you need to do the same, but when I embarked on my vegan journey a while ago I wish I would've been a bit more informed. Because there is nothing worse than dying to try out a new recipe and not having everything for it at home, being forced to wait a day – a FULL day!

Here is my (non-comprehensive) list of goodies I shall never run out of (fingers crossed):

Raw Nut butters

They deserve the first place because I simply cannot live without them. When I am talking Nut butters I am thinking 100% nuts of your choice, blended into a creamy consistency. No preservatives, no added sugars or salts. Just nuts blended into their most beautiful form – butter.

I keep them in all forms – almond, peanut, cashew, and hazelnut. You name it, I probably have it. My favourites are peanut and almond butters and I use them in my recipes all the time.

Bananas

Because you can dip them into nut butter at any time and feel better about life.

Frozen Bananas

Bananas are one of my essential food pillars. Because they are perfect. For many of my recipes you will need frozen bananas. There are a few things you should pay attention to:

- *Wait until the bananas are ripe with brown spots on them. That's the kind of banana you want to freeze, trust me. That's also the kind of banana you want to eat!*
- *Cut the banana in chunks. Unless you have the world's best super mixer this*

will save you a lot of time when preparing ice creams and smoothies. It also makes it easier to portion.

Raw Organic Coconut Oil

As unrefined as you may possibly find it. You can tell that a coconut oil is mostly unrefined when it is dense and creamy white when cold, and liquid with no yellow spots when warm. Apart from giving your food that amazing coconut taste, coconut oil is also said to be beneficial in many other areas of daily life:

- As a moisturizer for skin – hello summer breeze smell on my skin!*
- A conditioner for your hair,*
- Added to your dog's food it is said to benefit the canine digestion¹,*
- It is also said to help carb hunger attacks! Yay for coconuts!*

Desiccated Coconut

Because I go nuts for coconuts. Desiccated coconut can be added to many of my dishes, sweet and savory. It gives it that extra crunch and makes everything look amazing!

Chopped and whole nuts and seeds

On any given day I will have almonds, pecans, cashews, walnuts, sunflower kernels, and pine nuts on stock. These are my most favourite. I usually prepare a salad nut mix in a mason jar that I can toss over salads whenever I feel like it. One of my all-time favourite mixes here is roasted sunflower kernels with pine nuts and a dash of salt.

Chia and flax seed

Chia seeds are tiny nanobots of health. There are various nutritional benefits to consuming chia seeds and don't let their size fool you, they are packed with Fiber, Protein, Calcium, and Omega 3 fats. I usually toss them over salads on a daily basis, or use them as egg replacement for baking and in jams and puddings.

Flax seeds go right along with their nutritional super brother chia. These little brown bosses are even said to reduce the risk of heart disease, stroke, and

diabetes. I consume my flax seeds as ground flax seed meal.

Agave and pure organic maple syrup

These are my essential sweeteners for my treats and desserts. But don't go overboard with them, even though healthy they are still considered sugar, and should be consumed with moderately.

Legumes and Chickpeas

I usually keep a lot of beans and chickpeas in cans on stock. Ideally you would buy fresh ones but I don't always have the time to soak my own beans, so I take the next best thing. I try to include a portion of legumes into my daily diet.

Raw cocoa powder

Raw cocoa powder is an absolute essential for my chocolate based recipes. The cacao bean contains a natural antioxidant, called flavonoid that promotes general health and binds and destroys free radicals in our blood cells. Hello superpowers!

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Recipes

The Liquids

Banana Mint Strawberry Smoothie



*½ frozen banana in chunks
1 cup frozen strawberries
3-4 leaves of fresh mint
About 500ml of fresh water*

Combine it all in a Mixer and pulse until creamy!

Watermelon Lemonade



½ watermelon

¼ cup of fresh mint leaves

1 small piece of fresh ginger (about 0.5 inch long (1.5cm))

Juice of ½ lemon

Juice the watermelon, mint and ginger into a jug with ice cubes. Then add the lemon juice. Drink and enjoy right away. Leftovers can be stored in the fridge in a dark container for about a day, but this juice is best fresh.

Ginger'ana smoothie

Your Daily little Detox



1 frozen banana in chunks

1 cup fresh or frozen pineapple chunks

1 small piece of fresh ginger

1 cup water

2 tbsp. lemon juice

2 tbsp. ground flaxseed (optional)

A dash of cayenne pepper (yes! Cayenne pepper for the little extra mmmppf)

Combine it all in a Mixer and pulse until creamy!

Red Cabbage Juice



½ of a medium sized head of fresh red cabbage

1 cucumber

1 orange

1 lemon

3 small apples

1 inch (2.5cm) piece of fresh ginger

Press everything through a Juicer and serve right away.

Green Juice



1 (organic) cucumber

2 apples of choice

2-3 sticks celery

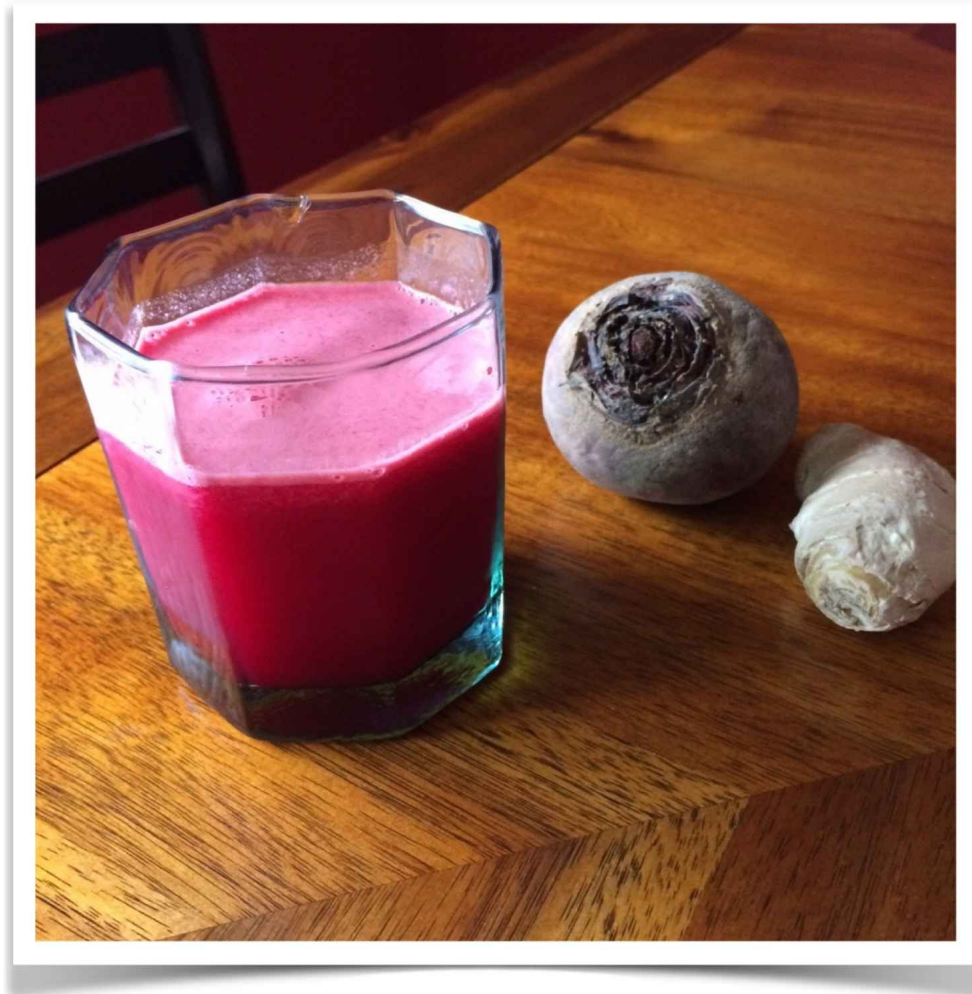
A few leaves of kale or spinach – or both!!

A stalk of fresh mint leaves

Juice of half a fresh lemon

Process everything through your juicer then add lemon juice to taste. I juice directly in a jug with some ice cubes, as this juice is best when consumed icy cold.

Ginger-Beet-Melon Juice



1 medium sized fresh beetroot

1 small piece fresh ginger

3 cups fresh watermelon

1 apple

Dash of lemon juice

Juice the beet root, and ginger, then the apple and watermelon.

Add lemon juice at the end after taste. I juice directly in a container with some ice cubes, as this juice is best when consumed icy cold.

Hulk Smoothie

My secret weapon



1 frozen banana in chunks

½ cup frozen Mango cubes

½ cup frozen Watermelon cubes (optional)

Half a Handful of fresh mint leaves

approximately 16 ounces (500ml) of Water

Combine it all in a Mixer and pulse until spinach is broken down and everything gets a nice green color. Add more or less water depending on how thick you like it.

Recipes

The Essentials

Almond-Pecan Banana Bread



5 over-ripe bananas

½ cup almonds

2 cups pecans

1 cup buckwheat flour

½ cup oats (or ½ cup almonds)

½ cup maple syrup

3 tbsp. chia seeds, 2 tbsp. ground flaxseeds

2 tbsp. cinnamon

Pre-heat oven 300F (150C).

Mash the bananas until smooth in a small bowl.

Blend almonds, oats and pecans in a food processor for up to 30 seconds. In a large bowl, combine almond-pecan mix, flour, maple syrup, cinnamon and seeds. Then add the banana mash to it. The mixture should be sticky now. Pour into a coconut oil greased loaf pan and bake at 300F (150C) for about an hour.

Claire's Cauliflower Curry Soup



*1 cauliflower head, broken into florets
1 onion, chopped, 1 clove garlic, chopped
1 tbsp. coconut oil
1 tbsp. turmeric, 1 tbsp. coriander, 1 tbsp. cumin
2 tbsp. nutritional yeast, Black pepper to taste
1.5 liters vegetable stock*

In a big pot, on medium heat, combine coconut oil, onion, garlic, and cauliflower florets and cook for about 2 minutes.

Add the turmeric, coriander, nutritional yeast, black pepper, and cumin to the mix and cook for another 2-5 minutes. Now add the vegetable stock and bring to a boil. Reduce heat to medium and continue to simmer for another 20-30 Minutes.

Use your immersion blender to blend everything to a creamy (or chunky) consistency and serve immediately.

Chili Quinoa Falafel

1 cup Quinoa
2 cups vegetable broth
1 tbsp. Olive oil
1 cup cooked kidney beans
½ cup cooked white beans
¼ cup cooked sweet corn
1 tbsp. Paprika
1 tbsp. fresh (or 1.5 tbsp. dried) oregano
½ tbsp. Chili powder
2 tbsp. nutritional yeast
1 clove garlic, chopped

Cook the Quinoa in the 2 cups vegetable broth until tender and it has soaked up the broth.

Preheat oven at 350F (180C).

Add the beans to a large bowl and mash them together. Now add the cooked quinoa and all the remaining ingredients and combine to a mass. If the mass seems too moist add some flaxseed meal. If it is too dry add some water.

Now form into little balls and bake for about 20 Minutes until brown and crispy.

Enjoy on a wrap with lettuce or spinach and mashed sweet potatoes or just enjoy as they are.

Chili Quinoa Tomato Sauce



Leftover from Chili Quinoa falafel (about 1 ½ - 2 cups)

1 tbsp. olive oil

1 clove garlic, chopped

1 cup black olives, chopped in halves

1 tbsp. nutritional yeast

2 tbsp. fresh coriander, chopped

About 1 cup freshly chopped tomatoes

1 can tomatoes in chunks

In a pan heat the olive oil and add the garlic. Let cook for about a minute, and then add the fresh tomato chunks, olives, and nutritional yeast. Remove heat to medium and let simmer for about 5 Minutes. Add the chopped fresh coriander. Now crumble up the leftover Quinoa Falafels and add to the pan. Cook for about 2 Minutes then add the can of tomato chunks. Bring to a boil until the sauce is warm. Serve with pasta or on rice.

Healthy Banana Crunch Breakfast Bars



1 ripe banana

½ cup steel cut oats

½ cup rolled oats

1 cup frozen blueberries, rinsed under hot water for a few seconds

¼ cup cranberries

2 dates, chopped

¼ cup walnuts, chopped

1 tbsp. ground flaxseeds

2 tbsp. coconut flakes

¼ cup almond milk

Pre-heat your oven 350F (180C). Chop up the walnuts and dates, and thaw the blueberries. Mash the banana until smooth in a big bowl. Then add all the other ingredients and mix well until it forms a thick, slightly gooey mass. Wipe a loaf pan with some coconut oil (not more than ½ tbsp.) and pour in the mixture. Bake for about 15 Minutes and cool in the pan. I like to put mine into the fridge after it has cooled off for another 20 Minutes, that makes it easier to get the mixture out of the pan afterwards. Cut into bars and keep leftovers in the fridge.

I like to re-heat the bars in the microwave for 50 seconds on high before eating.

Quick Banana Bread Bites



2 ripe bananas

¼ cup steel cut oats

1 ½ cup rolled oats

½ cup walnuts and pecan nuts, chopped

1 tbsp. cinnamon

¼ cup dairy free dark chocolate chips

Pre-heat your oven 350F (180C). Chop up the walnuts and pecans, and mash the banana until smooth in a separate bowl. Then add all the other ingredients and mix well until it forms a thick, slightly gooey mass.

Drop the mixture spoonful-wise on a baking tray (layered with parchment paper). You don't need to leave too much space in between the bites, as they don't grow when baking. Bake for about 10-12 Minutes, and enjoy right away or refrigerate.

Roast Vegetables



1 pack of brown mushrooms, quartered

1 eggplant, chopped into chunks (about 1 inch long each)

1 bell pepper, chopped into chunks

1 head of broccoli, broken into smaller florets

1 Zucchini, chopped into chunks

¼ cup olive oil

2 tbsp. nutritional yeast

Chili powder and black pepper to taste

Pre-heat your oven 350F (180C). Chop up the vegetables and place on a baking tray lined with parchment paper. Mix up the ingredients for the sauce and spread over the vegetable mix. Bake in the oven for about 30 minutes.

Winter Lasagna



For the White sauce:

3 tbsp. vegan butter

2 tbsp. buckwheat flour

2 cups almond milk

For the lasagne (in a brownie pan):

About 6 pieces vegan lasagne pasta

1 jar vegan Tomato Pasta sauce or any homemade sauce

1 head broccoli, broken into florets

½ cup sweet corn

1 green onion, chopped

2 cloves garlic

1 cup fresh spinach, roughly chopped

1 tbsp. nutritional yeast

¼ cup vegan cheese

Melt the vegan butter in a pot, add the flour and whisk well. Slowly add the almond milk until it forms a creamy sauce. Season to taste with black pepper and chili.

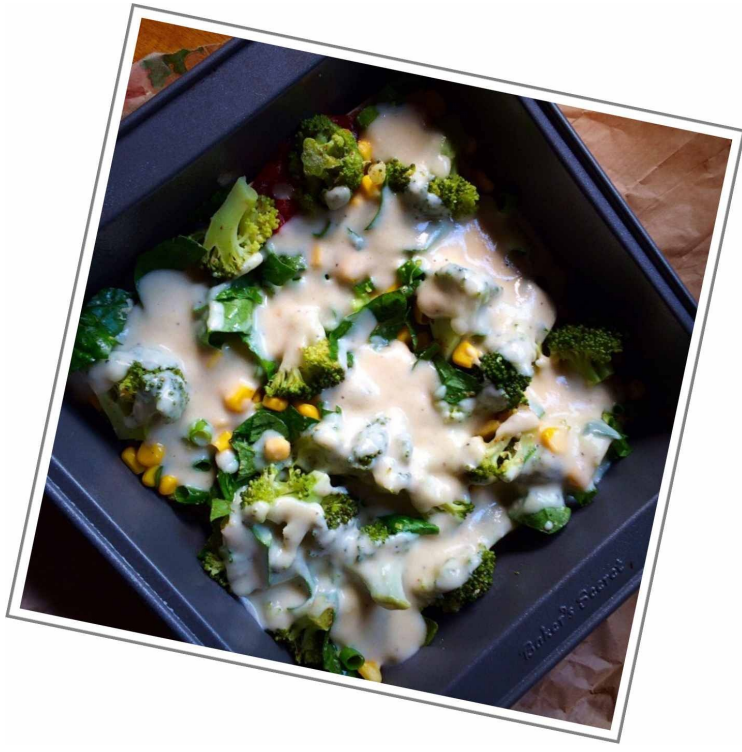
Steam the Broccoli until slightly tender. Mix with chopped green onions, chopped garlic, chopped spinach, nutritional yeast and corn.

Preheat oven at 400F (200C).

In a brownie pan spread about 2 tbsp. of pasta sauce, add 2 sheets of Lasagne on top. Add more pasta sauce, layer the vegetable mix on it and now cover with 3-4 tbsp. white sauce. Layer again with 2 sheets Lasagne and repeat. For the top layer add leftover sauces and the vegan cheese.

Bake at 400F (200C) for about 25 Minutes.





Raw Artichoke Bean Dip



One 15 ounce (445ml) can white beans, drained and rinsed

One 14 ounce (425ml) can artichoke hearts, drained

2 cloves garlic, finely chopped

¼ cup olive oil

A dash of lemon juice

2 tbsp. nutritional yeast

Black pepper to taste

Combine all ingredients in a food processor and pulse until it reaches a creamy consistency. Dip in chips or bread and enjoy!

Coconut Asparagus Risotto



2 cups risotto rice (makes enough for two people)

About 4 cups vegetable broth (make some more just in case)

2 tbsp. coconut oil

3 tbsp. desiccated coconut

1 bunch green asparagus, chopped into pieces about 1 inch (2cm) long

1 clove garlic

½ cup yellow onion, chopped

Black pepper to taste

In a large enough pot (use a big one so that the risotto can spread out nicely), heat the coconut oil and add the onions. After 2-3 minutes on high flame they should be nicely golden. Add the garlic and risotto and fry them for about a minute – still on high flame. Make sure to stir regularly at this point.

Wash and chop the asparagus and set aside.

Now add enough vegetable broth to the rice to soak it up. Reduce the heat to medium and let it simmer for about 10 Minutes.

The key to risotto is to never add too much liquid, but to also make sure it doesn't dry out. So go a little bit after your own feeling. During these 10 Minutes you can add more broth if needed. There is no need to stir it all the time. Just make sure you have a look after it every few minutes. In the meantime you can clean the kitchen or nibble on some banana ...

The rice should now be half cooked. If not, add some more broth and simmer for another 3-5 Minutes. Add some black pepper to taste.

Now add the asparagus chunks and a little more broth if needed. Simmer for another 10-15 Minutes until both the rice and the asparagus are cooked. Add the desiccated coconut and serve right away.

If you have some left overs add some extra broth to it and keep in the fridge. The extra broth will make sure that the risotto doesn't get too ride when re heated.



Fat Free Baked Potatoes



1 pound (approx. 500g) of potatoes (your choice, I love little yellow ones)

Baking tray and parchment paper

Black pepper, Chili, Paprika powder, Garlic powder to taste

Preheat the oven at 400F (200C).

Cut the potatoes in wedges or chunks and layer on the parchment paper. Sprinkle black pepper, paprika powder, garlic powder and chili over after taste. I love my potatoes spicy, but you can easily replace the spices or leave some out.

Bake at 400F (200C) for 30-40 minutes, flip the potatoes around half time.

Truffle-Mushroom Risotto



2 cups risotto rice (makes enough for two people)

About 4 cups vegetable broth (make some more just in case)

1 tbsp. coconut oil

1 red onion, finely chopped

1 pack brown mushrooms (I use champignons), sliced into bite size chunks

1 clove garlic

1 tbsp. Coriander, 1 tbsp. nutritional yeast

1 tbsp. truffle oil

Black pepper to taste

In a large enough pot (use a big one so that the risotto can spread out nicely), heat the coconut oil and add the onion. After 2-3 minutes on high flame they should be nicely golden. Add the garlic and risotto and fry them for about a minute – still on high flame. Make sure to stir regularly.

Add enough vegetable broth to the rice to soak it up. Reduce the heat to medium and let it simmer for about 15 Minutes.

The key to risotto is to never add too much liquid, but to also make sure it doesn't dry out. So go a little bit after your own feeling. During these 15 Minutes you can add more broth

if needed. There is no need to stir it all the time. Just make sure you have a look after it every few minutes.

The rice should now be nearly fully cooked. If not, add some more broth and simmer for another 2-3 Minutes. Add some black pepper to taste.

Now add the mushrooms, coriander, truffle oil, and a little more broth if needed. Simmer for another 5-10 Minutes until both the rice and the mushrooms are cooked.

Simply the Best Salad Ever



2 handfuls of mixed greens

1 handful of spinach

1 cup canned or bottled beetroot

1-2 large tomatos

½ cup corn

½ cup kidney beans

½ Bell Pepper

1 tbsp. chia seeds, 1 tbsp. ground flaxseeds

2 tbsp. Of my favourite nut mix (in this book)

As Woody Harrelson put it - when you consider following a plant based diet you will need a good salad recipe and a great dressing. And he is so RIGHT!

This is my favourite salad that I like to switch up, depending on how I feel, what the weather brings or depending on if I feel like loading on carbs or taking it lean.

Wash all ingredients (or rinse). Then chop the vegetables up and place everything together in a bowl or on a plate.

You can easily substitute the ingredients and spice things up. Serve it with my tahini dressing, with baked potatoes (also in this book), and/or with my falafels.



Coconut Asparagus



1 bunch green asparagus

2 tbsp. coconut oil

1 clove garlic, chopped

2 tbsp. desiccated coconut

1 tbsp. lemon juice

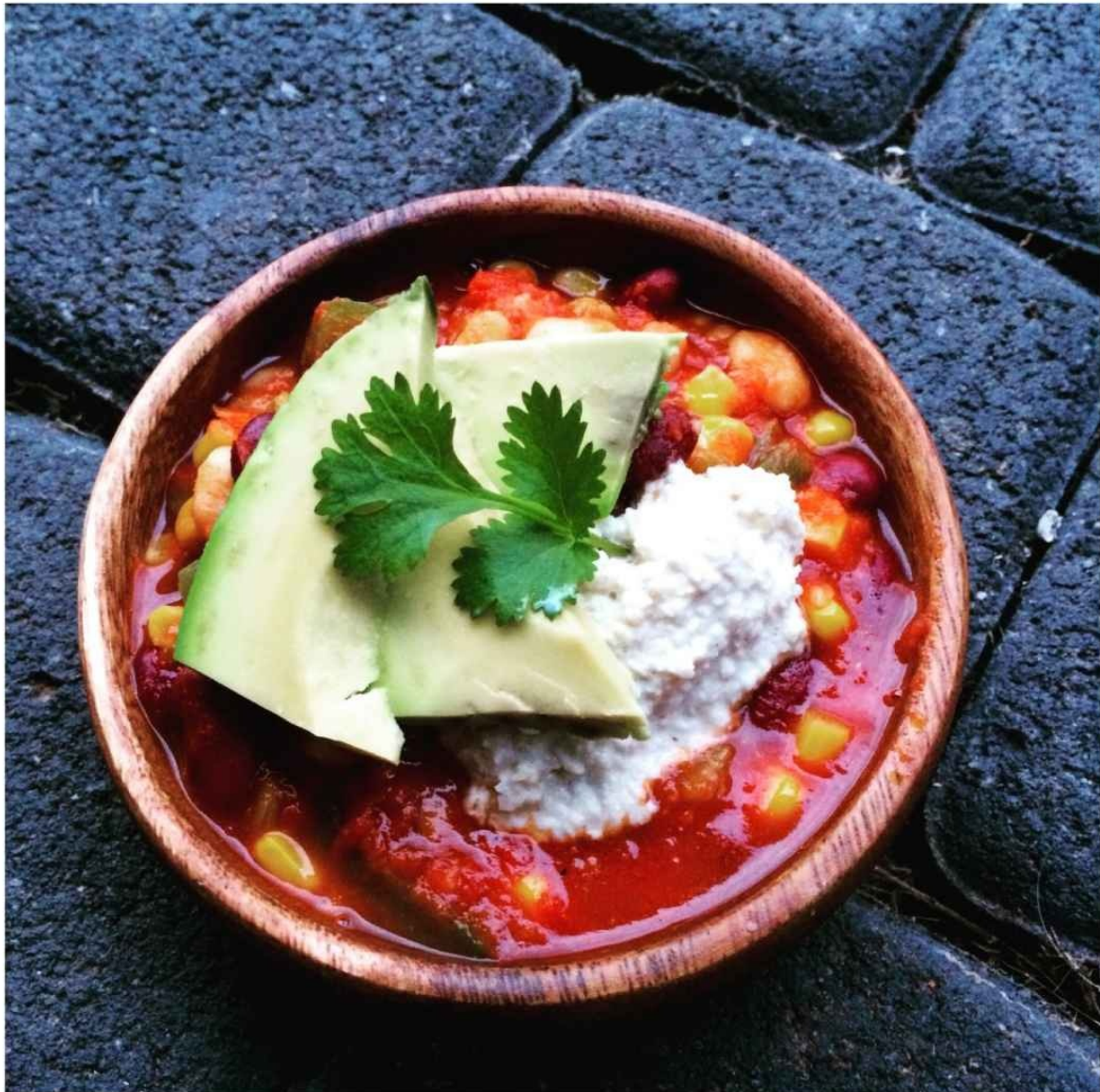
1 tbsp. agave syrup

Chili and black pepper to taste

3 tbsp. of my favorite salad topping mix (see recipe in this book)

Cut the asparagus in chunks and pan fry in the coconut oil for about 2 minutes on a high flame. Add the garlic clove, chili and pepper, and fry for another 2 minutes on medium heat. Add the lemon juice and agave together with the desiccated coconut. When the coconut turns golden brown your asparagus should be al dente cooked. Turn off the heat and add the nut mix. Leave in the pan for another 2 minutes and serve.

Vegan Chili with Cashew Cream



For the Cashew Cream:

1 cup cashew nuts, soaked in water for at least 2 hours

A dash of salt

Juice of ½ squeezed lemon

2 tbsp. nutritional yeast

½ cup almond milk

For the chili:

½ cup brown uncooked lentils
1 bell pepper, chopped into pieces
2 green onions, chopped
1 cup vegetable broth

2 tbsp. nutritional yeast
2 tbsp. cumin
1 tbsp. cayenne pepper
1 tbsp. black pepper
¼ cup fresh coriander

1 cup cooked kidney beans
1 cup cooked white beans
½ cup cooked yellow corn
1 can mash tomatoes

½ avocado sliced

For the cashew cream:

Combine the rinsed cashew nuts with all the other ingredients in a food processor and pulse until broken down and creamy (approximately 2 minutes).

For the Chili:

Combine lentils, bell pepper, and green onions in a non-stick pot and fry on high heat for about 3 minutes. Add the vegetable broth and continue to simmer for another 10 Minutes on lower heat. Combine the other ingredients and simmer for another 15 Minutes.

Top with cashew cream and sliced avocado. Enjoy!

Garlic-Olive Flatbread



4 cups buckwheat flour

1 tbsp. coconut sugar

1 pack active dry yeast

A dash of salt

1 cup warm water + more if needed

Add the dry ingredients then slowly add the warm water. Form to a ball and let sit and grow for about 1 hour or more if needed

Roll or spread with your fingers, add olives and garlic and sprinkle with olive oil. Bake at 200C (400F) for about 20 minutes

Raw Cashew Cheese



1 cup cashew nuts, soaked in water for 2 hours

1/2 cup water or almond milk

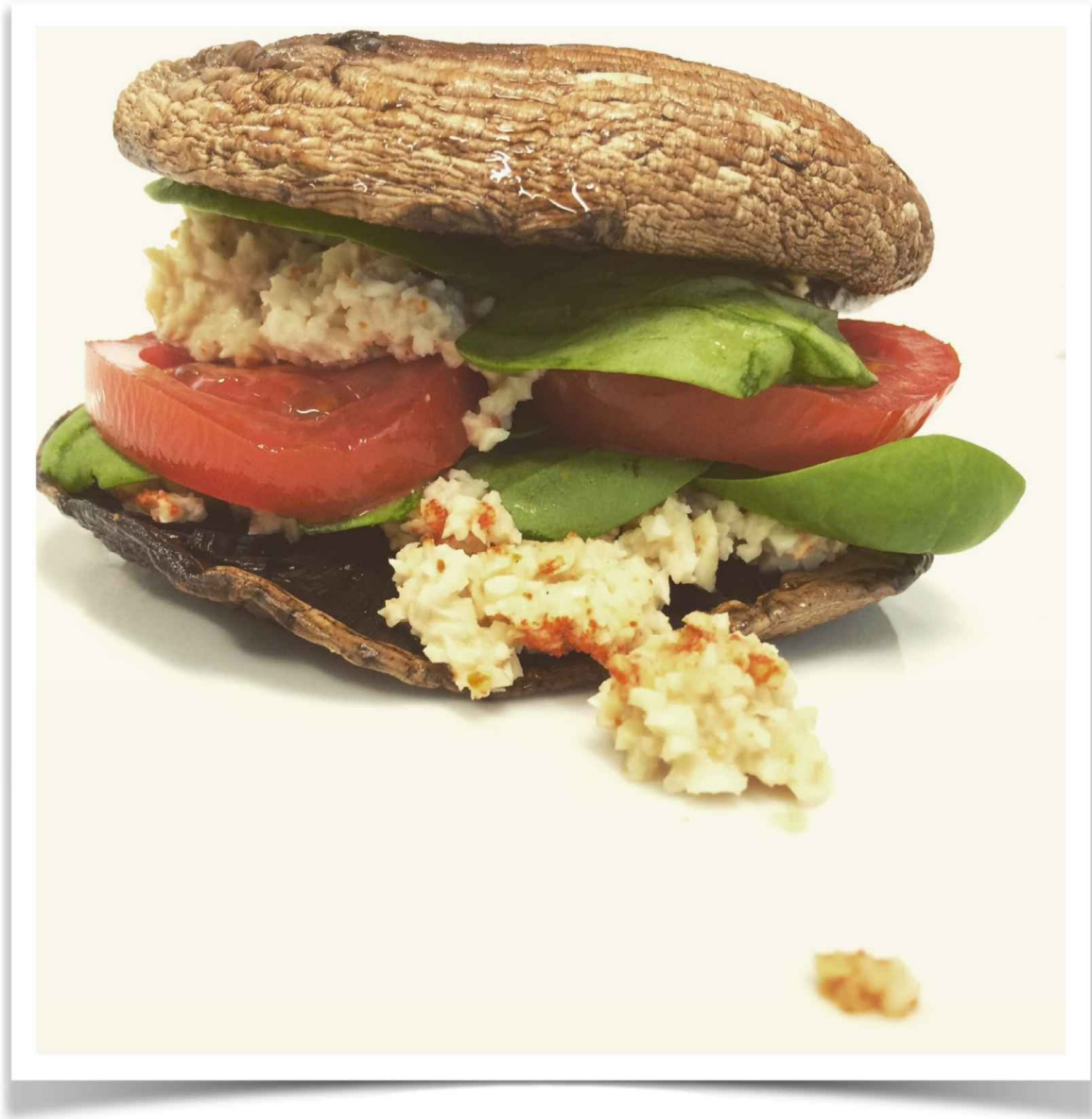
1 clove garlic, chopped

1 tbsp. red pepper flakes, 1 tbsp. Nutritional yeast

Black pepper and chili to taste

Once the cashews have soaked for 2 hours add all ingredients into a food processor and pulse for a few seconds until it makes a creamy-crumbly mass. That's all ☺

Portobello Mushroom Burgers



4 Portobello mushrooms

A dash of olive oil

Black pepper to taste

3 sticks of fresh rosemary

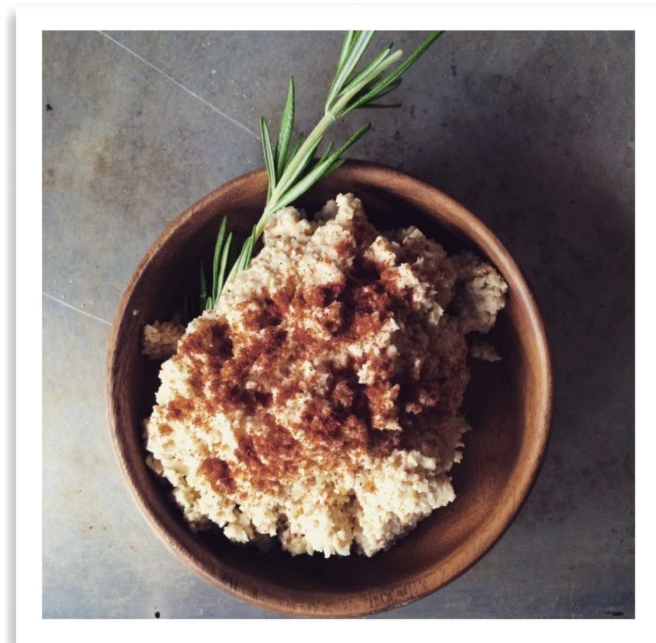
Cashew cheeze (see recipe in the book)

Clean the Portobello mushrooms, then rub them with olive oil and sprinkle on black

pepper, add them to a baking sheet and place rosemary next to them.

Dehydrate in the oven at 240F (115C) for about 2 hours, if you can't wait bake at 400F (200C) for about 30mins

Top with cashew cheeze, fresh spinach, tomato and whatever else you like. Enjoy!



My favorite Salad Topping Mix



1 pack of sunflower seeds

1 pack of pine nuts

Salt

Add the sunflower seeds to a large non-stick pan (no oil) and roast for a few minutes. Be sure that they don't turn too brown. A nice golden colour is all you want.

Add salt to taste. Mix with the pine nuts and store in a dry place.

I love adding these over all my salads, fry them with vegetables in a stir fry, or simply just to snack! Yumm!

Falafel'icious



One 15 ounce (425ml) can of chickpeas, rinsed and drained

4 cups of spinach

2 cloves garlic, peeled and chopped

2 tbsp. buckwheat flour or any flour of your choice

A dash of lemon juice

A dash of olive oil

Cumin, nutritional yeast, and black pepper to taste

If you like your falafels spicy, also add some chili



Combine all ingredients in a food processor and pulse for a few seconds until it forms a sticky mass.

Use a little extra buckwheat flour to form little falafel balls or patties and pan fry for a few minutes (3-4mins should be sufficient) until golden brown from both sides. You can also bake the falafels in the oven at 400F (200C) for about 15-20 Minutes (flip half way through).

I like my falafels over salad or in wraps.

Almond-nade

THE Tofu coating



½ cup of ground almonds

Red pepper flakes and chili to taste

I use this as my go to 'breeding' for vegetables, tofu.

Artichoke Hummus



- 1 can of chickpeas (with the juice)*
- 1 can of artichoke hearts (drained)*
- 1 medium sized glove garlic*
- 2 tbsp. lemon juice*
- 2 tbsp. nutritional yeast*
- 3 tbsp. fresh ground coriander*
- 1 tbsp. paprika and a dash of chili*
- Black pepper to taste*

Simply combine everything in a food processor and pulse for 30-60 seconds or until well combined.

The best Tahini dressing

This creamy dressing will get you addicted in no time



3 tbsp. tahini

1 tbsp. olive oil

3 tbsp. cold water

1 tbsp. soy sauce

A dash of lemon juice

1 clove garlic, roughly chopped

Black pepper to taste

Combine everything and blend. I usually use my immersion blender for that.

Pour over salads, use as sauce for wraps or as a dip.

Just play around with the added water and the tahini amount to create different thickness.

Oil-free Walnut Cranberry Dressing



¼ cup dried cranberries

¼ cup walnuts

1 cup water

2 tbsp. mustard

¼ cup rice vinegar

About 3 tbsp. green onion, chopped

1/3 fresh avocado, chopped (optional)

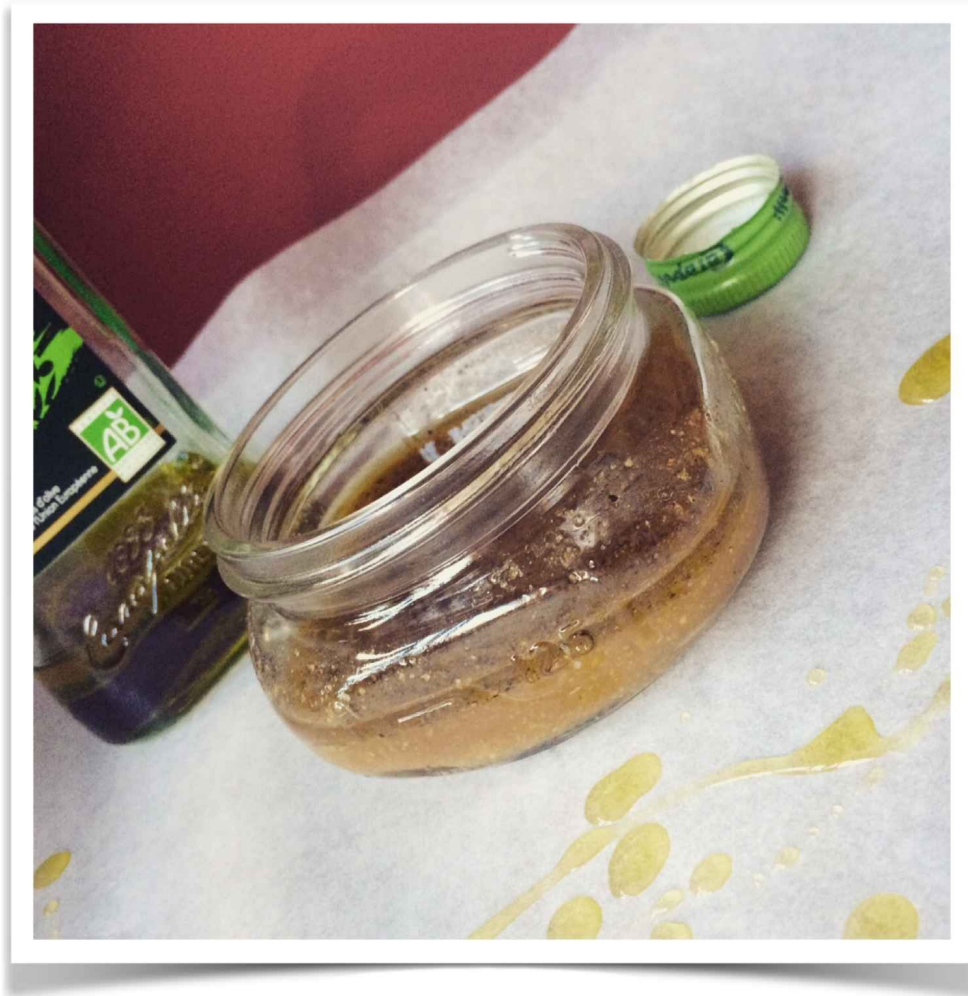
2 tbsp. nutritional yeast, Black pepper to taste

Soak the walnuts and cranberries in 1 cup water for about 10 Minutes. Rinse, but keep the water they were in.

Combine the mustard, vinegar, green onion, avocado, nutritional yeast and black pepper in a cup or small bowl. Add the walnuts and cranberries and approximately half the water they were soaked in. Blend with an immersion blender until creamy.

Depending on how thick you like it add some more of the walnut-cranberry soak water.

Old School Vinaigrette



¼ cup olive oil

1/3 cup white wine vinegar or rice vinegar

3 tbsp. cold water

1 tbsp. spicy mustard

½ tbsp. agave syrup

½ tbsp. lemon juice

½ tbsp. salt

Black pepper to taste

Combine everything and whisk using a fork. Taste.

Add vinegar in case it is not sour enough, or water in case you like it less sour.

For a sweeter version use Balsamic reduction instead of white wine vinegar.

Oil free Spinach Pesto



In a food processor mix the following:

4 cloves garlic, chopped

½ cup pine nuts

½ cup cashew nuts

A dash of lemon juice

A dash of chili powder

½ tbsp. Turmeric

2 tbsp. Nutritional yeast

Juice of 1 can of chick peas

Black pepper to taste

Pulse until combined. Then add 4.5 ounces of spinach (about 6 handfuls) and pulse again

until combined.

Keep the pesto in the fridge.



Need a recipe idea to combine this with?

Chop 1 package of white mushrooms

Add the chickpeas from the can

Mix the vegetables with about 4 tbsp. of the pesto. Roast in the oven for 15 minutes at 400F (200C) and enjoy ☺

Quinoa Mac'n'Cheeze

This is the new classic



For the Cashew Cream:

1 cup cashew nuts, soaked in water for at least 2 hours

1/3 of a fresh cauliflower head, broken into florets

A dash of salt

Juice of ½ squeezed lemon

2 tbsp. nutritional yeast

1 clove garlic, minced

1 cup almond milk

For the Pasta:

1 pack Quinoa pasta (I used elbow macaroni)

½ head of a Broccoli, broken into florets

5-6 dried tomatoes, chopped (optional)

3 tbsp. fresh basil leaves, minced

2 tbsp. fresh rosemary

Steam the cauliflower until tender.

Combine the rinsed cashew nuts with all the other ingredients in a food processor and pulse until broken down and creamy (approximately 2 minutes). If the sauce is too thick add more almond milk. Set aside.

Steam the Broccoli until tender and chop the tomato, basil and rosemary. Mix the tomato, basil and rosemary under the cashew cream.

Cook the pasta according to instructions. Rinse and put back into the pot.

Add the broccoli and the cashew cream. Voilà!

The use of the dried tomato is optional. I sometimes do it without (picture above), sometimes with (picture below) and love both options.



Avocado-Cucumber Sushi



This recipe is for one Nori big roll. Multiply according to how many rolls you want. If you want to find out how to roll Nori rolls I advise to google some videos on YouTube, that explain it much better than I ever could. It took me a few practice runs to make a nice looking roll – but all the other ‘accidents’ tasted just as delicious ☺

For the suhi su (sushi rice):

½ cup sushi rice cooked after instructions

2 tbsp. rice vinegar

1 tbsp. coconut sugar

For the sushi roll:

1 ½ Nori sheets

¼ avocado sliced

¼ cucumbers sliced into small strips

½ cup sushi rice

For the sushi su:

Cook the rice according to instructions.

Combine the rice vinegar and sugar in a pot and heat until the sugar melts, without cooking the vinegar. Add to the cold rice and let sit for a few minutes.

For the sushi roll:

Place one Nori sheet on a sushi mat (shiny side down) add rice approx. 0.1 inch or 0.5cm thick. Leave about 1 inch (2.5cm) free on the top. Cut another Nori sheet in half and place on the lower part of the Nori with the rice on it. Again shiny side down. Now add sliced avocado and cucumber. Roll. Done ☺

Serve with soy sauce or mix 2tbsp. tahini with 2 tbsp. water and a dash of Sriracha sauce.

Roasted Eggplant Hummus



1 eggplant

1 can of chickpeas, drained

1 clove garlic, chopped

¼ cup olive oil

1 tbsp. cilantro

1 tbsp. chili powder

2 tbsp. red pepper flakes

1 tbsp. paprika powder

1 tbsp. lemon juice

2 tbsp. ground tahini

Black pepper to taste

Chop the eggplant into pieces and roast on a baking tray for about 30 Minutes at 400F (200C) in the oven. Combine all the ingredients in a food processor and pulse until it forms a creamy mass (about 1 minute)

Recipes

The Sweets

Coco-Rice Pudding



2 cups cooked brown rice, cold

3 cups almond milk

Cream of 1 can of coconut milk

¼ cup agave syrup or maple syrup

2 tbs. chia seeds

Cinnamon

The night before place the can of coconut milk in the fridge – I usually keep one in the fridge all the time in order to be ready to go.

In a large saucepan combine the cold rice with the almond milk, chia seeds and agave or maple syrup. Spoon out the cream of the coconut milk, like show in recipe for whipped Coco cream in this book and add to the pot.

Bring to a boil, then reduce to low heat and simmer for about 30 Minutes. Sprinkle on cinnamon and serve with fruit or enjoy as it is. Store the leftovers in the fridge. You can reheat the pudding in the microwave or enjoy it cold the next following days.

Rich Dessert Banana Bread



3 ripe bananas

1 vanilla bean or vanilla extract

1 tbsp. chia seed mixed with 2 tbsp. of cold water

½ cup coconut sugar

3 tbsp. baking powder

A dash of salt

1 tbsp. cinnamon

¾ cup almond milk

1 ½ cup almond meal

1 ½ cup rolled oats

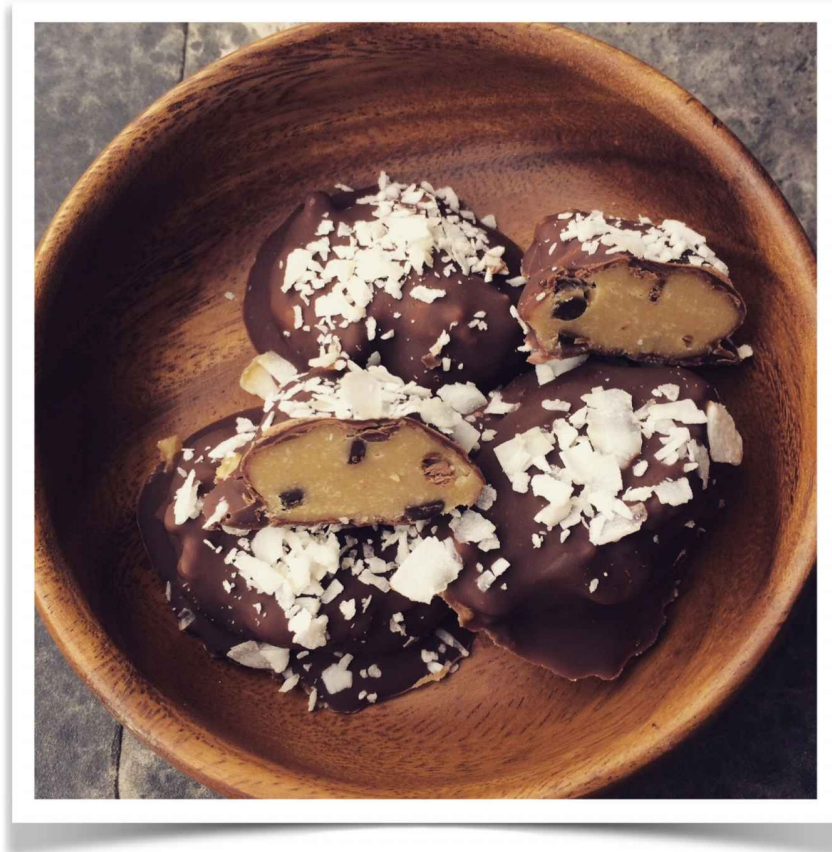
1 cup buckwheat flour

In a large bowl mash the bananas and pre heat the oven at 350F (180C). Now add the chia, coconut sugar, baking powder, salt and cinnamon and mix well. Use a hand mixer or stand mixer. Now add the almond meal, oats, flour and almond milk and combine everything to a nice thick mass. If the dough is too liquid add some more almond meal or flour, if it is too dry add some more almond milk. Bake for about 45 minutes until the top is

golden brown.

Lightning quick Cookie Dough Bites

COOKIE DOUGH BITES!!!



¾ cup buckwheat flour

¼ cups melted coconut oil

¼ cup maple syrup

1 vanilla bean or vanilla extract

Pinch of salt

¼ cup dairy free chocolate chips

1/2 bar vegan mylk chocolate (for example MILKLESS) or ½ cup dairy free chocolate chips, melted

Combine the buckwheat flour, melted coconut oil, maple syrup, salt and vanilla bean or extract in a bowl and mix together until it forms a thick and creamy mass.

Add the ¼ cup dairy free chocolate chips and mix.

Now form little balls or gnocchi with a fork and cool in the fridge for about 30 minutes.

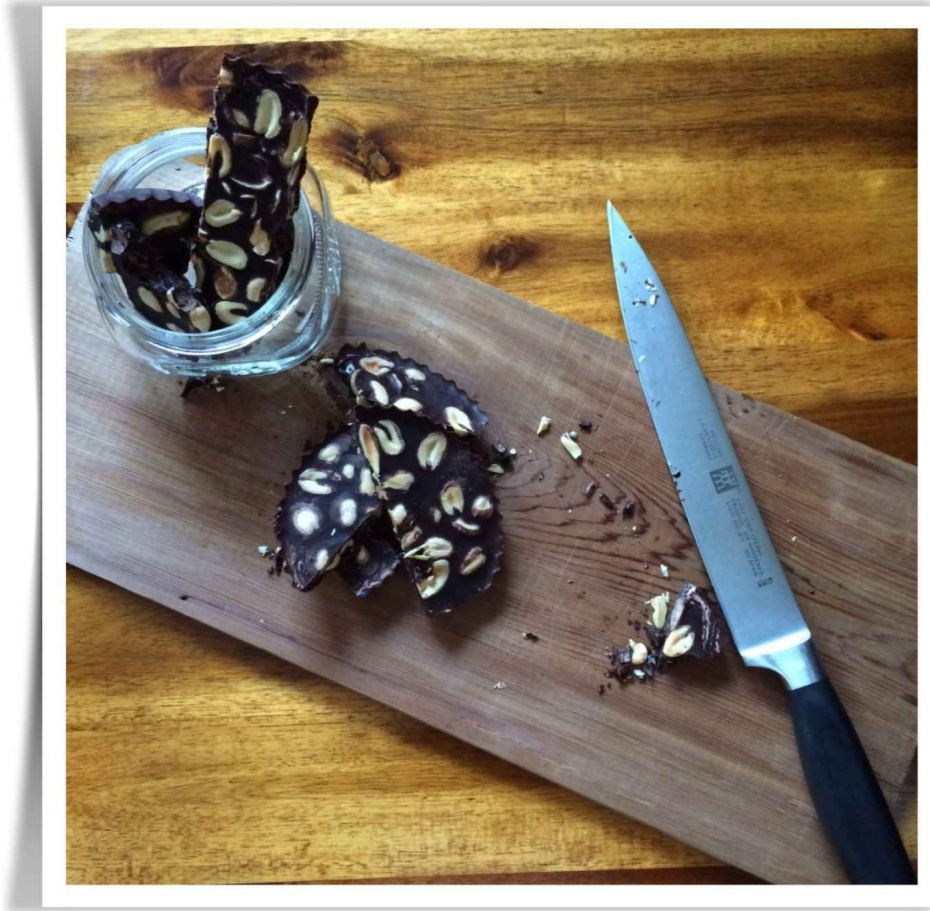
Melt the chocolate in a bowl over a water bath or in your microwave (be sure not to let it get too hot!). After the cookie bites have cooled, dip them into chocolate and sprinkle coconut flakes or pecan pieces on top and cool again for another 30 minutes.

Ready to be munched up!



Raw chocolate

Peanut



3 tbsp. coconut sugar

2 tbsp. nut butter

1 tbsp. coconut butter

2 tbsp. raw cocoa powder

Vanilla extract or vanilla bean

2 tbsp. coconut oil

A dash of salt

Add all ingredients to a food processor and pulse until combined. Pour into a chocolate form, ice mould or muffin form and drop in peanuts.

Refrigerate for about 1 hour.

Raw chocolate

Salty Pecan Swirl



*3 tbsp. coconut sugar
2 tbsp. pecan butter
1 tbsp. coconut butter
2 tbsp. raw cocoa powder
Vanilla extract or vanilla bean
2 tbsp. coconut oil
½ tbsp. salt*

Add all ingredients to a food processor and pulse until combined. Pour into a chocolate form, ice mould or muffin form and drop in whole pecans.

Refrigerate for about 1 hour.

Quinoa Crisp Treats



2 cups popped Quinoa

½ cup non-dairy chocolate chips

Sauce:

2 tbsp. raw cocoa

2 tbsp. raw peanut butter

2 tbsp. raw coconut butter

2 tbsp. coconut oil

2 tbsp. agave

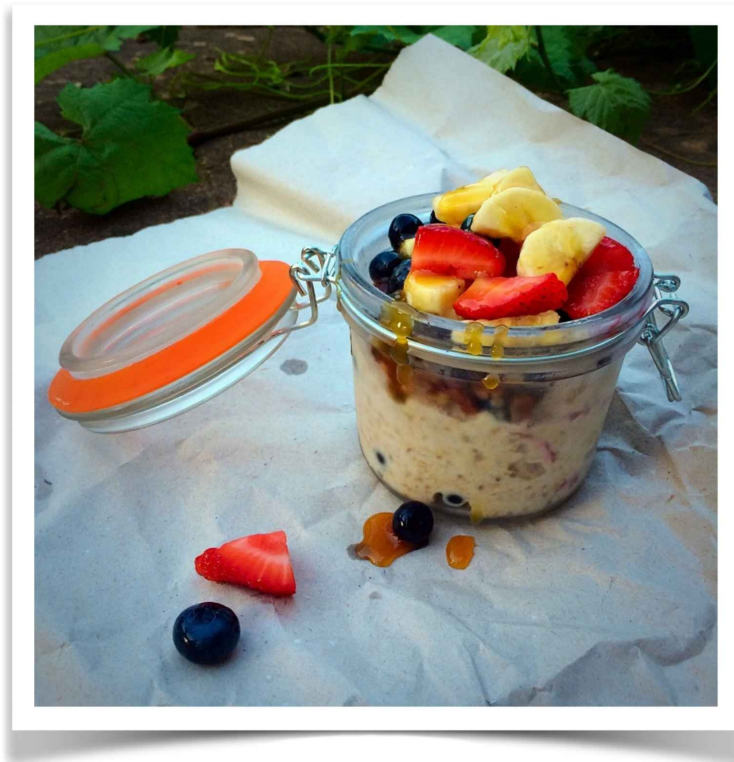
Combine the popped Quinoa and chocolate chips in a large bowl.

Line a 9x5 loaf pan with clear wrap and set aside.

Mix the sauce ingredients in a small saucepan and heat until everything combines and makes a thick chocolate sauce, pour over the Quinoa mix and mix up immediately, as it gets sticky fast.

Pour into the lined loaf pan and refrigerate for an hour.

My favorite Oatmeal



1 cup rolled oats

½ cup steel cut oats

¼ cup coconut milk

2 tbsp. desiccated coconut

2 cups almond milk

½ cup fresh blueberries

½ cup fresh strawberries, chopped

½ fresh banana, chopped

2 tbsp. pecan chunks

2 tbsp. Whiskey Caramel Sauce (see Grown-Up Peanut Butter Cup recipe)

In a bowl combine the oats with the coconut milk, desiccated coconut, and almond milk and mix until combined. Add half of the strawberries and blueberries and fill into a jar or plastic box. Keep in the refrigerator overnight.

In the morning add the pecan chunks, the rest of the strawberries and blueberries and half a banana in chunks. Combine and top with the caramel sauce.

I usually bring the oatmeal to work and reheat it in the microwave for about 1 minute. I

just love when the berries turn mushy and warm.

Grown-Up Peanut & Almond Butter Cups



For the Whiskey Caramel Sauce:

1 cup sugar

½ cup cold coconut cream (refrigerate 1 can of full fat coconut milk overnight and carefully spoon out the thick part that builds on top)

2 tbsp. Whiskey (ANY whiskey)

A dash of salt

For the Peanut and Almond Butter Cups:

1 cup non-dairy dark chocolate chips

2 tbsp. raw almond butter

2 tbsp. raw peanut butter

For the sauce add sugar to a non-stick pan and heat on high. Stay with the pan because the sugar turns into caramel super quickly. Once the caramel gets an amber color remove the pan from the heat and add salt, coconut cream, and whiskey. Stir until combined.

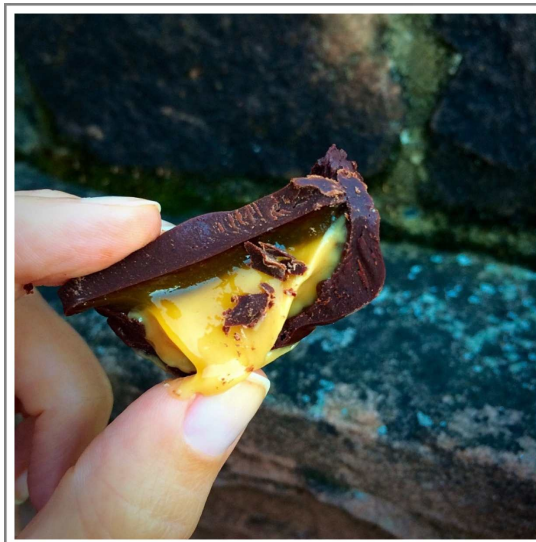
*Melt half of the chocolate chips and add a spoonful each to a paper muffin form. Try to build up the edges a bit. It should make about 4 big muffin forms or 6-8 small ones -
Freeze for 5 Minutes.*

Remove from the freezer and spoon 1 tbsp. peanut butter in half of the forms each, the other fill with 1 tbsp. each of almond butter. Top all forms with 1 tbsp. each of the caramel sauce. Put back into the freezer for 15 Minutes.

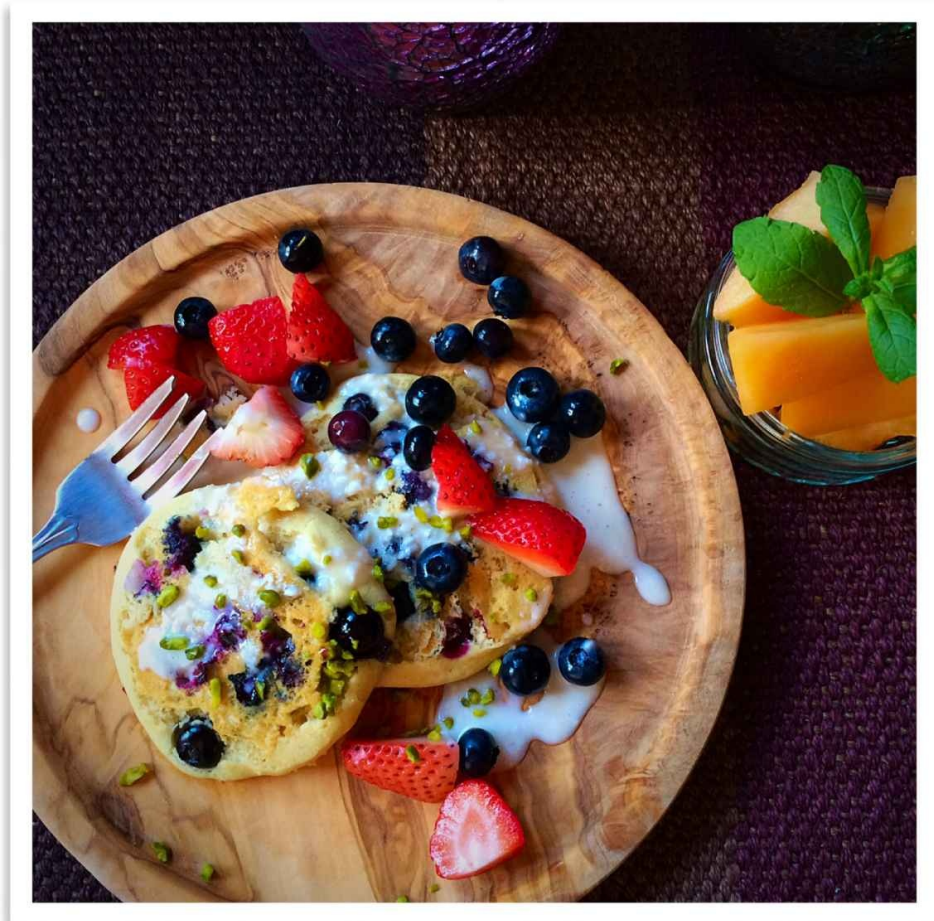
Now cover the cups with the melted chocolate and sprinkle pistachio pieces on top or add a peanut

Freeze for 5 Minutes then move to the fridge – or eat right away :)

Left over chocolate? *No problem. Just dip in some blueberries and enjoy as a treat later on.*



Coconut Pancakes with Coconut Cashew Cream



For Coconut Cashew Cream:

¼ cup desiccated coconut

¼ cup coconut sugar

2 heaping tbsp. raw cashew butter

½ cup cold coconut cream (refrigerate 1 can of full fat coconut milk overnight and carefully spoon out the thick part that builds on top)

For the Pancakes:

1 cup coconut flour

¼ cup desiccated coconut

2 tbsp. coconut sugar

½ vanilla bean or vanilla extract

*A dash of salt
2 tbsp. baking powder
1 tbsp. chia seeds*

*2 tbsp. coconut oil, melted
1 cup almond milk*

For the sauce add all ingredients together and stir until it forms a creamy mass. If you like it sweeter you can add more sugar.

For the pancakes soak chia seeds in 2tbsp. of water for 2 minutes. Then add all the dry ingredients, followed by the liquid ones.

Heat a non-stick pan on high and add about ¼ cup of the pancake dough. Drop a few blueberries into the dough, and let bake for a few minutes, until you can flip them (TIP: once the border of the pancake starts to dry up it's the right time to flip ☺).

Do not flip more than once.

Serve with the coconut cream, fresh fruit, and chopped pistachios.



Vegan Buttermilk



1 cup almond milk

1 tbsp. lemon juice

Whisk 1 cup of almond milk with 1 tbsp. of lemon juice, let sit for 10 minutes.

Rawberry Jam

Red Edition



1 cup fresh strawberries

1 cup frozen raspberries

1 cup frozen blueberries

2 tbsp. chia seeds, soaked in 5 tbsp. water for 10 minutes

1 vanilla bean or vanilla extract

3 tbsp. organic raw maple syrup

Mix the berries, maple syrup and vanilla in a food processor or strong mixer until they get a creamy consistency. Add the soaked chia seeds and pulse a few times. Done.

Add more or less berries depending on how thick you like it or if you want to eat it as a sauce - banana ice cream anyone?

Rawberry Jam

Tropical Edition



1 cup frozen mango cubes

1 cup frozen peach chunks

1 fresh passion fruit

3 tbsp. chia seeds, soaked in 7 tbsp. water for 10 minutes

1 vanilla bean or vanilla extract

3 tbsp. organic raw maple syrup

3 tbsp. coconut milk

Add the peaches, mango, maple syrup, coconut milk and vanilla to a food processor or strong mixer and pulse until they get a creamy consistency. Spoon out the core of a fresh passion fruit (TIP: You know a passion fruit is perfectly ripe when it gets wrinkly) and add to the mass, mixing for a second or two.

Now add the soaked chia seeds and pulse a few times. Done.

Add more or less fruit depending on how thick you like it.

Chocolate Spread

Nutella is so yesterday



2 cups ground almonds

½ cup maple syrup or agave

3 tbsp. raw cocoa powder

½ cup of water

Combine ground almonds, maple syrup and cocoa in a bowl.

Only when needed add some of the water.

Keep refrigerated

Vegan Meringue

Hello Key Lime Pie!



Juice of 1 can of chickpeas

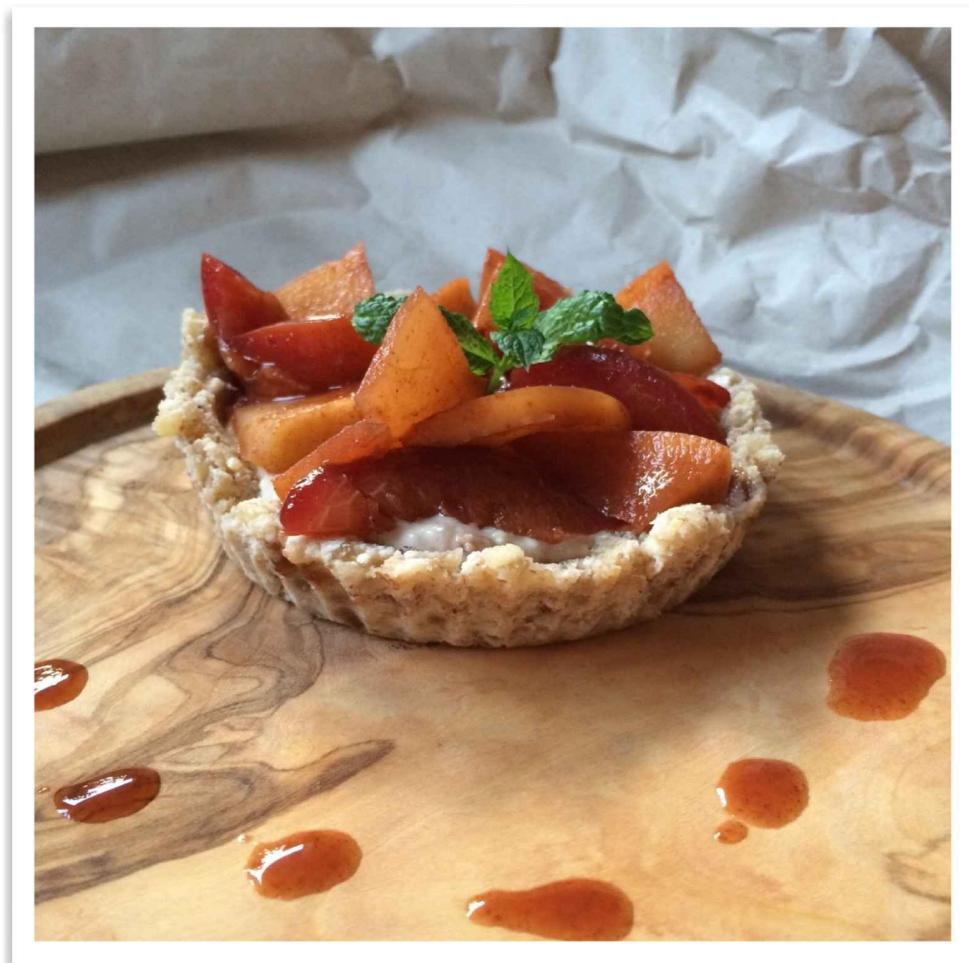
1/2 cup coconut sugar or powdered sugar

A dash of lemon juice

Whisk up the chickpea juice in a bowl until stiff, and then slowly add lemon juice and sugar. Works well with coconut sugar but best with powdered sugar. It is normal that it gets a bit liquid again, so just mix it up until it is stiff.

Top on cupcakes or just dip in crackers.

Raw Cashew-Walnut Pie with Apples and Plums



½ cup walnuts

1 cup almond meal

½ cup desiccated coconut

4 pitted dates

4 tbsp. water

2 tbsp. raw cashew butter

2 tbsp. almond milk

4 pitted dates

½ Apple

1 small plum

1 tbsp. cinnamon

¼ cup water

For the crust mix the walnuts in a food processor for a few seconds until they start to crumble down. Add the almond meal, desiccated coconut, dates and mix until everything combines. It should stick together when pressed between your fingers. If not add the water and mix up again.

Press the mixture into small pie forms and cool in the freezer for about 15 Minutes.

Combine the cashew butter, almond milk and dates in a food processor and pulse until it forms a creamy mass, refrigerate for approximately. 10 minutes.

Cut the apple and plum into small slices and combine in a saucepan with the cinnamon and water. Bring to a boil and then simmer at low temperature for about 20 minutes.

Take the pie base out of the freezer, fill with the cashew cream and top with the warm apple-plum mixture. Serve right away. Store any leftovers in a sealed container in the fridge.



Nana Ice Cream

Double Chocolate Chip edition



1 frozen banana in chunks

1/2 bar vegan mylk chocolate (for example MILKLESS) or 1/2 cup dairy free chocolate chips, melted

Handful of non-dairy chocolate chips

1/2 cup almond milk

Melt the chocolate in a bowl over a water bath or in your microwave (be sure not to let it get too hot!). Add the frozen banana chunks to your food processor and blend for a few seconds to break the bananas down.

Now, add the melted chocolate and pulse immediately. Afterwards, add the almond milk until it reaches a creaminess you like.

In a last step add the handful of chocolate chips and pulse for 3 seconds.

Nana Ice Cream

Peach cobbler edition



1 frozen banana in chunks

1 cup frozen peach chunks

1 vanilla bean or vanilla extract

½ cup almond milk

Combine frozen bananas, vanilla bean, and peach chunks in a food processor and blend for a few seconds to break the bananas down.

Add almond milk until it reaches a creaminess you like.

Nana Ice Cream

Raspberry Coconut edition



1 frozen banana in chunks

1 cup frozen raspberries

1 vanilla bean or vanilla extract

½ cup coconut flakes

½ cup almond milk

Combine frozen bananas, raspberries, vanilla bean, and coconut flakes in a food processor and blend for a few seconds to break the bananas down.

Add almond milk until it reaches a creaminess you like

Nana Ice Cream

Cherry edition



1 frozen banana in chunks

1 cup frozen cherries

1 vanilla bean or vanilla extract

½ cup almond milk

Combine frozen bananas, cherries, and vanilla bean in a food processor and blend for a few seconds to break the bananas down.

Add almond milk until it reaches a creaminess you like.

Nana Ice Cream

Chocolate Chip Mint edition



1 frozen banana in chunks

½ can coconut milk

1 bunch mint leaves, chopped

1 vanilla bean or vanilla extract

¼ cup coconut sugar

2 tbsp. coconut oil

½ cup almond milk

½ cup dark un-sweetened chocolate chunks

Combine frozen bananas, coconut milk, chopped mint leaves, coconut oil, coconut sugar, and vanilla bean in a food processor and blend for a few seconds until everything starts forming a mass.

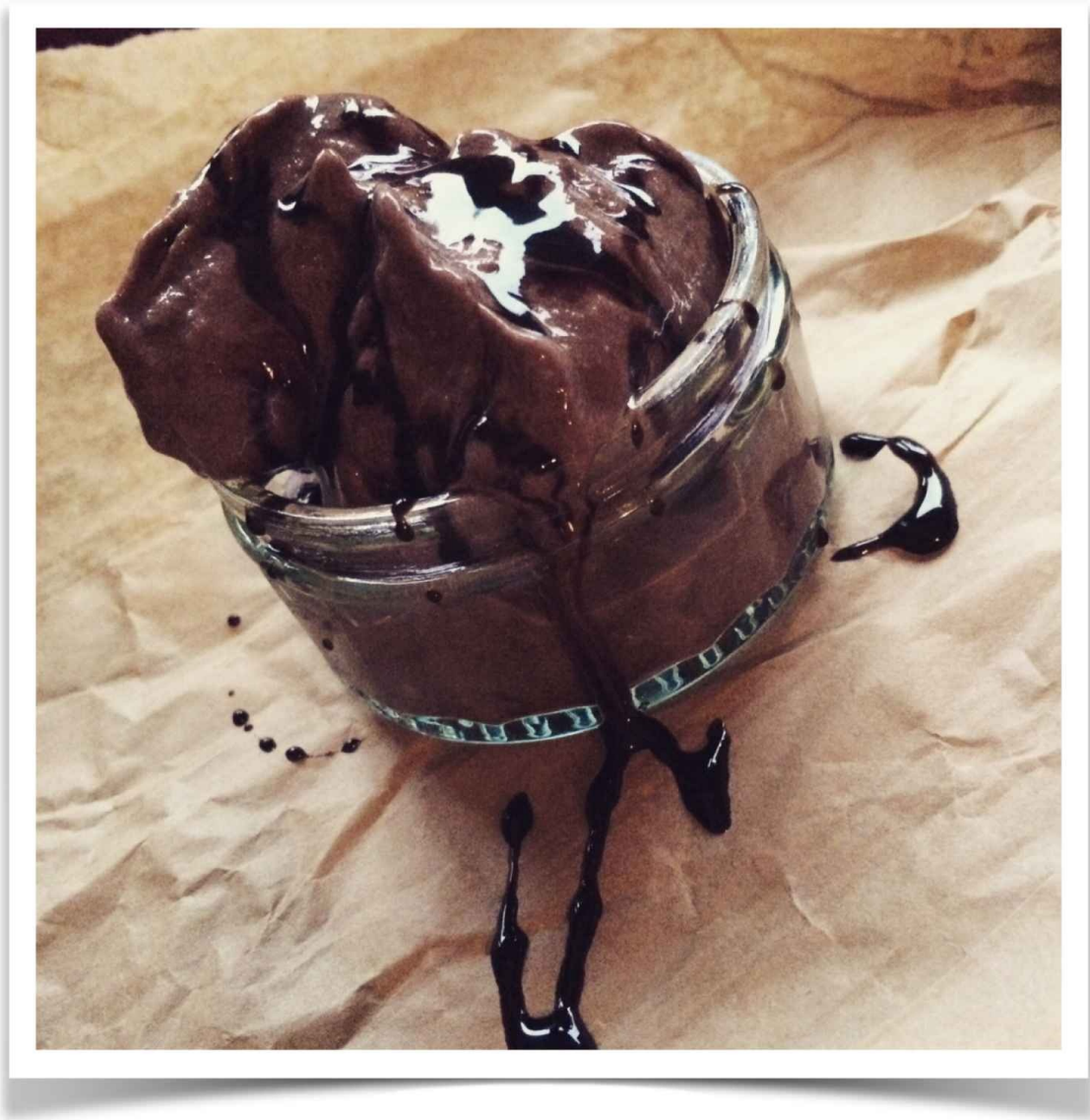
Add almond milk until it reaches a creaminess you like.

Afterwards stir in dark chocolate chunks, but do not mix anymore.

Freeze for at least 1 hour.

Nana Ice Cream

Banana Chocolate edition



- 1 ½ frozen bananas in chunks*
- 2 tbsp. raw cocoa powder*
- 1 vanilla bean or vanilla extract*
- ½ cup almond milk*
- ¼ cup non-dairy chocolate chips*

Combine frozen bananas, cocoa powder, and vanilla bean with about half of the almond milk in a food processor and blend for a few seconds to break the bananas down.

Add almond milk until it reaches a creaminess you like.

Stir in the dark chocolate chips and pulse for 1-2 seconds until everything is combined but do not pulse for too long.

Raw Chocolate Sauce



2 tbsp. raw cocoa powder

2 tbsp. agave syrup

Water as needed

It's so simple you will want to make this every day!

Mix the cacao powder with the agave and add water until it reaches a creaminess you like.

That's all that jazz!

Vegan Biscuits



2 cups buckwheat flour

1 tbsp. baking powder

1 tbsp. coconut sugar

½ tbsp. salt

¼ cup coconut oil, mixed with 2 tbsp. of water

1 cup of vegan buttermilk (recipe in this book)

Combine the dry ingredients.

Add the buttermilk bit by bit to make sure the dough doesn't get too wet.

Roll - or spread with your fingers (that's what I do) and cut with a biscuit cutter or a glass.

Bake at 450F (200C) for about 10 minutes

Top with savoury or sweet toppings. They taste amazing with rawberry jam.

Add powdered sugar on top and enjoy them just as they are – yummm!



Banana Nut + Coco



2 ripe bananas

2 tbsp. raw almond butter

2 tbsp. raw cashew butter

1 vanilla bean

2 tbsp. Desiccated coconut

Cut the bananas in chunks and set aside. Combine the nut butters and the vanilla bean in a food processor and pulse for a few seconds. Add on top of the bananas and sprinkle the desiccated coconut on top.

If your sweet tooth hits you hard, also add non-dairy chocolate chips and enjoy your

banana nut butter feast.

Raw Pecan Bad Boys



1 cup raw pecan halves

1 cup walnuts

½ cup gluten-free oats

A dash of salt

3 tbsp. Maple or Agave syrup

1 vanilla bean or vanilla extract

¼ cups dairy-free chocolate chips

Add the pecans, walnuts, oats, and salt to a food processor and process just until powdery, but still with some pieces, about 5 seconds.

Add the syrup, vanilla and chocolate chips and pulse until large clumps form. If the mixture is not moist enough, add a little bit of water (if it's too moist add more oats)

Line a brownie pan with clear wrap. Press the mixture into the pan, spreading out evenly.

Place in the freezer for one hour.

Enjoy together with raw chocolate sauce, and/ or coconut whipped cream frosting.

Coconut Whipped Cream Frosting Cookie Madness



1 can of coconut milk, cooled in the freezer overnight

¼ cup coconut sugar

2 tbsp. raw cashew butter

2 cups desiccated coconut

¼ cup cocoa powder

1 tbsp. vanilla extract

½ cup raw nut butter

¼ cup agave syrup

A dash of salt

Open the can of coconut milk carefully and spoon out the thick layer on top – make sure not to scratch out too much. It should yield about one cup.

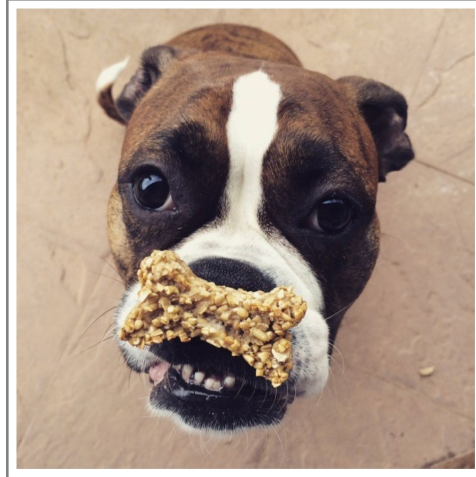
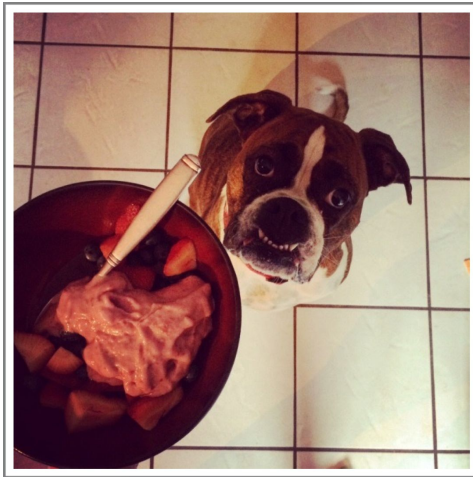
Now add the coconut sugar and whip until creamy. Add the cashew butter and combine.

Cool in the fridge for about 1 hour until the frosting is thicker.

Combine all the other cookie ingredients in a bowl, form little cookies and bake at 400F (200C) for about 8 minutes.

Spread the coconut whipped in between two cookies, or spoon out and eat like it is.

Furrecipes



Puppies and People Food

When it comes to my doggie I like to keep things as natural as possible for her. You can feed your dog vegan dog food, however I believe that dogs cannot express their needs like we can and feeding them a more natural meat-based diet is being advocated by most veterinarians. However, that doesn't mean you can't supplement with some plant based food from time to time.

We have a wonderful rambunctious rescue Boxer dog lady, called Molly. She is prone to the usual Boxer dog issues (upset stomach, diarrhea, etc.). Due to her sensitive tummy I do not like experimenting with her food. Over the course of having her, and a lot of online research I have found plant foods that work for her. So the following is not a comprehensive list rather than a case study for our puppy. Please also note that this doesn't mean you should add plant foods to your dog's daily menu. Once or twice a week for a special treat is enough. Smaller treats, like a strawberry can be given daily if your dog loves it.

Vegetables

Green beans

Green beans are full of healthy omega-3 fatty acids, potassium, and Vitamin C. Molly likes them slightly steamed over her regular dog food.

Pumpkins & Sweet Potatoes

Pumpkins are full of fiber which will help your dog's digestion and well-being. They are also simply delicious and a little mashed up pumpkin on the regular dog food will make for one happy puppy. Sweet potatoes are full of calcium, iron, folate and potassium and are a great addition to your dog's diet, however Boxer dogs do tend to have very sensitive stomachs and can't always digest large amounts of carbohydrates, so this should never be a day-to-day addition.

Carrots, Asparagus, Broccoli, and Spinach

Carrots are not only a great diet food for the slightly overweight puppy, they also help with the daily hygiene. Molly does not care much for carrots in their raw form she only likes the slightly steamed version. The dental function is lost in that case but they still make for a healthy addition. Green asparagus is full of vitamins A, K, C, and more, as well as fiber and iron, so is Broccoli. Steam them slightly to make them more attractive for your puppy. Molly likes spinach in form of banana-spinach-water smoothies.



Fruits

Bananas

Molly loves bananas, doesn't matter in which form. In general treat sizes should be around 1 inch (2.5cm), in ice cream you can combine two one inch pieces and some other frozen fruit to make a special weekend/birthday treat.

Watermelon and Cantaloupe

These two melon fruits help your doggy with their eyesight and are full of vitamin A and lycopene. In the summer time freeze them and serve as a frozen treat.

Strawberries, Blackberries and Blueberries

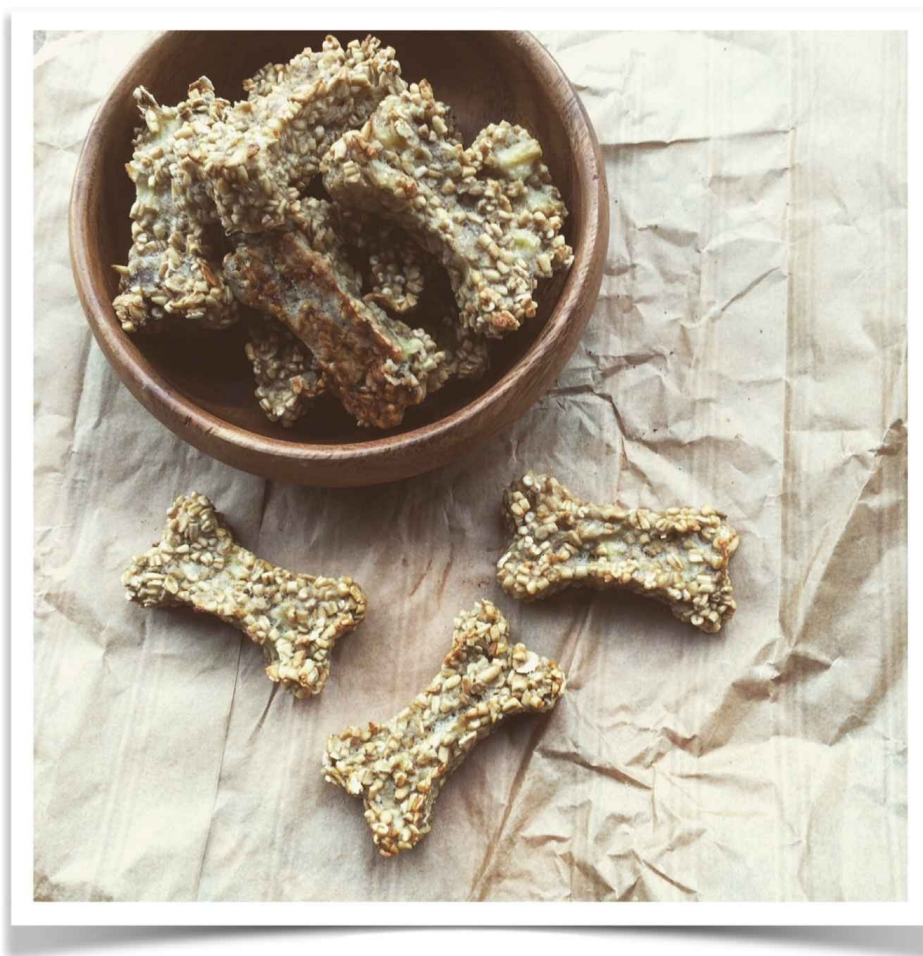
Berries are full of vitamin C, and help with urinary tract infections and other diseases. Molly is not a fan of sour berries so she usually prefers blueberries and strawberries over blackberries.

Apples

Some dogs love them – some don't. Molly only likes sweet apples, when peeled – such a sweet tooth doggy. Just make sure to leave out the cores, as these are toxic for canines.

Now that we have handled some basics, let's get to some delicious vegan dog recipes, shall we?

Banana – Oat Cookies



1 ripe banana

½ cup steel cut oats

½ cup rolled oats

Pre-heat your oven 350F (180C). Mash the banana until smooth in a bowl. Then add the other ingredients and mix well until it forms a thick, slightly gooey mass.

Drop the mixture spoonful-wise on a baking tray (layered with parchment paper) – or into a cookie form. Bake for about 10-12 Minutes, and let cool before treating your puppy with them.

Banana–Carrot-Oat-Cranberry Cookies



1 ripe banana

1 small carrot, finely chopped

¼ cup dried cranberries, chopped

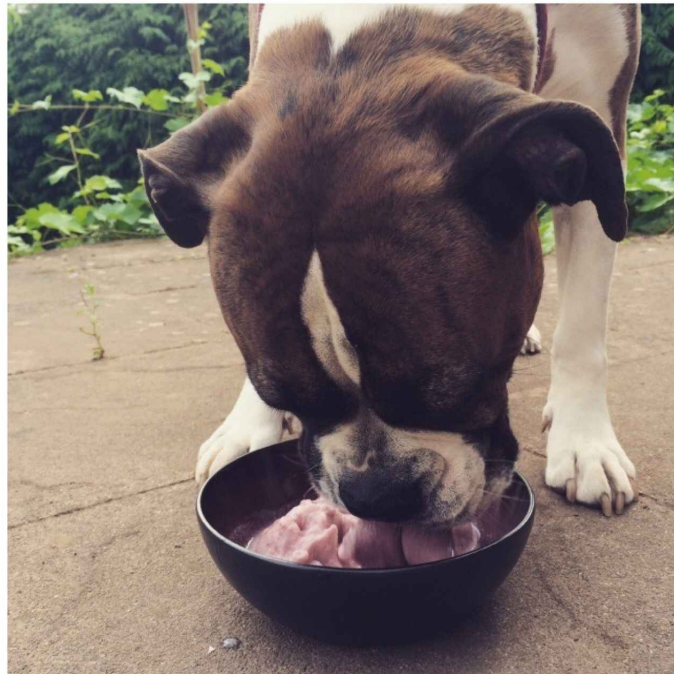
½ cup rolled oats

Pre-heat your oven 350F (180C). Mash the banana until smooth in a bowl. Then add the other ingredients and mix well until it forms a thick, slightly gooey mass.

Drop the mixture spoonful-wise on a baking tray (layered with parchment paper) – or into a cookie form. Bake for about 10-12 Minutes, and let cool before treating your puppy with them.

Frozen Doggy Ice Cream

Banana-Strawberry



½ small frozen banana in chunks

¼ cup frozen strawberries

½ cup fresh water

Combine frozen bananas, frozen strawberries, and water in a food processor and blend for a few seconds until it reaches a creamy consistency.

Serve to your lucky puppy right away.

Doggy Treats

Frozen Berries



¼ cup strawberry-blueberry mix

Freeze the berries for at least an hour in a small box and serve right away.

Melon Bites



½ cup fresh watermelon or cantaloupe

Chop the melons into bite size chunks and eat half yourself – because – why not? – and share the other half!

Lunchprep Survival Guide

One of the most challenging parts about being vegan and working a full time office job is to keep on track with your nutrition while away from home.

Lunch prep is the answer. In order to help you find your way I have combined here a few essential tips as to how survive the day.

Breakfast to Go

If you are like me and have your breakfast at work you can relax. Most vegan food and breakfast options are perfect for taking to go. Take my oatmeal recipe for example. You can prepare it the night before, just add the oatmeal to a plastic box and pack some fresh cut fruit mixed with ½ tbsp. of lemon juice in another. The next morning heat up your oatmeal in the microwave for about 30 seconds (on high) and combine with the fruit - makes for an amazing, healthy breakfast.

Fruit on the Go Tip

Whenever prepping food for breakfast make sure to eat melon fruits early in the day, where they are best digested. With all other fruit, when prepping, add ½ to 1 tbsp. of lemon juice, depending on how big the amount of fruit is. This will keep it from turning brown and give it an extra juicy kick.

Snacking for the win

If there is one thing that my colleagues will remember me for, it is the fact that I always eat. I have found out that for me in order to lead a happy, healthy life, snacking or eating every 3-4 hours is essential, in the morning hours I eat even more frequently. I work out in the mornings so that is where my body craves the most nutrients. But often I have very small dinners because then my metabolism comes to a rest. For you – do whatever is best for you. If you need to snack go ahead and bring some raw nuts with you, fruit, or things like my banana bread bites or quinoa crisp treats if you like it sweet. You can also snack on some raw vegetables with eggplant hummus. Yum! Whatever works for your body best!

Salad, salad, and more Salads

As a vegan you will often hear the verse – one salad a day. It seems a lot but it actually is a great and delicious way to get your leafy greens in. I love my daily salads and preparing

them is my daily evening fun. Yes, I prepare my salads in the evening for the next workday. The only thing you have to keep in mind is to pack the dressing separately and only mix together when you are ready to eat. I find that the salad even gets more delicious when all of the vegetables can soak in each other's flavours during night. Keep everything refrigerated – that is a must.

In order to spice things up mix the ingredients. I personally don't get bored of my usual beetroot-chickpea-bean-nut mix (example salad in this book) but sometimes I crave more carbs so I add baked potatoes or leftover rice on top.

Now go and get your Tupperware on

One important aspect in my life is environmentally conscious living. Thus I heavily rely on my Rubbermaid boxes for my lunches and food to go. I bring my salad dressings in a cleaned out former jam glass (I re-use a bunch of my recycling glass – like nut butter glasses – just clean them thoroughly in the dish washer and remove the paper wrapping.) This way I can save on plastic bags and throw-away things and can re-use my boxes and glasses as often as I wish.





Eating Out

I am not going to sugar coat it. Eating out can be quite a challenge as a vegan. Especially in more rural areas – where I live – vegan alternatives are often scarce. However, with a little creativity and the ability to openly confront a ton of waiters and waitresses you can make it work.

This is not meant to be a comprehensive How to, but more a glimpse of how easy it can be to choose and order vegan options.

Taco bell & Fast Food chains

You won't believe me now, but Taco Bell turns out to be a vegan heaven. Order the bean burrito for example and simply say 'al fresco' or 'fresco style' and the cheese will be replaced by salsa. You can change nearly all burritos for beans instead of beef and you can order them al fresco to make sure no sour cream is added. How about a few nachos with corn salsa or guacamole?

At most other fast food chains you can order salads and ask them to leave the meat off (in case there is no veggie salad) and to give you extra veggies instead. It is not impossible and most road trips will be saved.

Other restaurants

Many restaurants nowadays offer a vegetarian menu. And it is often possible to make these dishes vegan by asking them to leave out any dairy products. You don't have to feel awkward as many people nowadays are lactose intolerant and need to ask for the same. Another save version is to order a non-dairy salad, which you can find in most places. If you are unsure about the dressings, ask them to give you some oil and vinegar and make your own. Just remember to ask what kind of dressing they use to begin with. Some restaurants will serve you a yoghurt based dressing without you asking for it. From my experience I have to tell you that some of the best salads I had turned out to be at steakhouses or places where I would have never expected to get a good salad.

Pasta dishes can often be vegan too – but it is harder to get around the cheese so you will have to do a lot of communicating with the waiter/waitress. I sometimes just go on telling people that I am allergic to certain things because I don't always feel like opening Pandora's Box about discussing my vegan diet.

Road trips

Whenever we go for a road trip, which happens quite a lot, I try to pack a few snacks and enough to maybe also make it on the way back. I am ok making my way around fast food places, but oftentimes I simply prefer my bananas, nut butters, and nut mixes. You can even prepare a few smoothies – just beware the many toilet breaks you will need in that case ☺!

In general you will have to learn to be outspoken about your wishes. Don't be shy to ask for what's inside or to supplement certain ingredients for vegan friendly ones.

No harm is done if you do and you will feel much better sticking to your diet that way.

*Thank you for your attention,
I hope to see you again soon...*

*In the meantime go and check out my Facebook page, where I regularly post more
delicious recipes and tips.*



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¹ Whenever I talk about food that can be used for our canine friends I ask you to be moderate. Dogs are not meant to eat people food. Their bellies are not like ours. There are a few goodies and treats they can eat and some natural ingredients that benefit their health, but before adding anything to your dog's diet I suggest you check in with your Vet. I am not a veterinarian, nor an expert on dog nutrition. My knowledge is mainly based on personal research and watching my dog Molly's behavior.