

Menu

Green Smoothie

Cucumber Salad with Peanuts and Coconut

Indian Carrot Salad

Green Salad with Tahini Dressing

Vegan Mayonnaise

Better Than Tuna Salad

Better Than Egg Salad

Vegan Cheese

Baked Mushrooms Stuffed with Cheese

Grilled bananas with Tahini & Date Syrup

Green Smoothies

Green smoothies are great energizing way to start the morning and can be simple or complex but incorporate the goodness of greens with the sweetness of fruit. Green leaves broken down in a blender (or chewed well) release all the goodness that is normally enclosed in cellulose.

It’s best not to use the same greens everyday but to alternate between different kinds of spinach, mint, coriander, celery greens, spring onion greens, beetroot greens, etc

Bananas, and other pulpy fruits make good smoothies but watery fruits like watermelon and oranges can also be used.

Mix about 1/3 or less greens and 2/3 fruit and a bit of water to make a great smoothie. Flavourings can be added as needed.

Nut milks or coconut milk can also be added. Smoothies should not be strained.

Here is one of my favourites –

Ingredients

* 1/3 cup mint leaves
* 1 juice of ½ lime
* 2 -3 frozen large bananas, slightly defrosted
* 1 tsp orange zest
* 1/2 tsp grated ginger
* 1 tbsp soaked raisins

Method

Place the mint leaves and lime juice in the blender. Add some of the bananas and blend to crush the mint leaves well. Add rest of the ingredients and blend well. Add water as needed. Pour into glasses and serve immediately.

Serves 2

**Cucumber Salad with Peanuts and Coconut**

**Ingredients**

* 4 unpeeled cucumbers chopped into tiny cubes
* ¼ cup grated coconut
* ¼ cup roasted crushed peanuts
* juice of 1 lime
* salt to taste
* green chillies, finely chopped
* dash of jaggery
* chopped fresh coriander for garnishing

**Method**

Mix all the ingredients together. Adjust the salt, jaggery and lime juice to taste. Garnish with coriander and serve.

**Serves 8-10.**

**Indian Carrot Salad**

**Ingredients**

* 5 carrots washed and grated
* ½ tsp mustard seeds
* dash asafoetida
* 8 - 10 curry leaves
* ½ green chilly, split longitudinally and seeds removed
* ½ tsp salt,
* juice of ½ a lime
* finely chopped coriander for garnishing
* optional - grated coconut

**Method**

Heat the pan on a medium flame. When it is hot put in the mustard seeds. When they start to sputter lower the flame to the minimum and add the asafoetida and curry leaves and chilly. Turn off the flame within seconds. Add the carrots, salt, lime juice and coriander. A dash of unrefined sugar/jaggery may be added. Mix and serve.

**Serves 4 -6**

**Green Salad with tahini dressing**

**Ingredients**

**For the dressing**

* 1/3 cup well stirred sesame butter
* 1/3 cup water
* ¼ cup lemon juice
* ¾ tsp salt
* garlic to taste

Method

Blend altogether till smooth.

**For the Salad**

* Mix in your salad leaves – different lettuces and spinach if you like
* Add your colors – carrots, red bell peppers, purple cabbage
* Add the (fillers) – boiled potatoes, cooked chickpeas
* Add any other vegetables you specially like – cucumbers, celery, French beans, cauliflower or broccoli florets.

**Method**

Vegetables can be chopped or grated (in the case of carrots) as you desire.

Mix dressing ingredients and salad ingredients as per taste.

**Raw Vegan Mayonnaise**

**Ingredients**

* 1/2 cup soaked cashews
* 2 tbsp onion chopped
* juice of ½ lime
* mustard to taste
* 1 small clove garlic
* salt to taste
* pepper to taste
* water (about /1/4 cup)

**Method**

Blend the dressing ingredients except the water. Add water a little at a time to make a smooth paste like a mayonnaise.

**Serves 6**

Better-than-Tuna Salad

Ingredients

* 1 cup boiled garbanzo beans

(chickpeas) or 1 cup tinned chickpeas

* ¼ medium sized onion chopped
* 2 tbsp finely chopped capsicum – red or green
* 2 tbsp finely chopped celery
* 5 - 6 tbsp [vegan mayonnaise](http://sharan-india.org/recipes/bread-and-spreads/spreads-and-pates/raw-vegan-mayonnaise-2/)
* lemon juice to taste
* salt and pepper to taste
* parsley for garnish (optional)

Method

Smash the garbanzo beans with a fork and add the other ingredients. Mix well. Garnish with parsely and serve.

Serves 6 - 8

Raw Sour Cream Cheese

This cheese is easy to make and makes a wonderful spreadIngredients

* 1 cup soaked raw cashews
* 1/3 tsp salt

MethodPour out the water from the cashews and place them in a blender. Make this into a smooth paste adding a little water. Now leave this to ferment in a glass or plastic container for 24 – 72 hours until it begins to smell sour. Add salt. Mix well and serve. Refrigerate to store. This can keep for 10 days or more. Ideal for making cheesy sauces, dips and spreads, or even just directly on bread. It can even be used on baked dishes and will brown slightly when baked.

Serves 4 – 6.

Grilled Bananas with Tahini & Date Syrup

Ingredients

* ripe bananas (large variety)
* black sesame seeds (roasted)
* date syrup
* tahini

Method

Peel the bananas. Slice the bananas lengthwise in 2 oř 3 slices and cut these in half and put on a hot frying pan. When you can smell the burnt smell of caramelising sugar, turn over and cook on the other side. Garnish with roasted black sesame seeds or with date syrup and tahini. You will need one banana per person.