



9ROUND[®]
KICKBOXING FITNESS

ECHO Plant-Based Recipe Pack

Discover 15 easy, healthy and tasty recipes, including:
breakfast, lunch, dinner, treat and smoothies.

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Contents & Key

6	Tropical Smoothie Bowl	GF	Gluten Free
8	Savory Pesto Breakfast Muffins	DF	Dairy Free
10	Mushroom, Artichoke & Grilled Cheese Toast	LC	Low Carb (20g- serve)
12	Raspberry Chia Oats Pudding	MP	Meal Prep/Freezer Friendly
14	Chinese Eggplant with Garlic Sauce	HP	High Protein (20g+ per serve)
16	Thai Peanut Cauliflower Wings	V	Vegetarian
18	White Bean Summer Salad	Q	Quick (under 30 mins)
20	Potato & Bean Salad with Avocado & Jalapeño Dressing	N	Contains Nuts
22	Vegan Carbonara with Oyster Mushroom 'Bacon'		
24	Sugar Snap Pea & Carrot Soba Noodles		
26	Thai Pineapple Fried Rice		
28	Mango Tofu Curry		
30	Rice Krispies		
32	Vegan Carrot Cake		
34	Melon Protein Smoothie		

Sample Weekly Meal Planner

	Breakfast	Lunch	Snack	Dinner
Mon	Savory Pesto Breakfast Muffins	Potato & Bean Salad with Avocado & Jalapeño Dressing	E.g. Rice Krispy Bars, Vegan Carrot Cake, Melon Protein Smoothie, Raspberry Chia Oats Pudding	Vegan Carbonara with Oyster Mushroom 'Bacon'
Tue	Raspberry Chia Oats Pudding	Potato & Bean Salad with Avocado & Jalapeño Dressing	E.g. Rice Krispy Bars, Vegan Carrot Cake, Melon Protein Smoothie, Raspberry Chia Oats Pudding	Vegan Carbonara with Oyster Mushroom 'Bacon'
Wed	Raspberry Chia Oats Pudding	White Bean Summer Salad	E.g. Rice Krispy Bars, Vegan Carrot Cake, Melon Protein Smoothie, Raspberry Chia Oats Pudding	Sugar Snap Pea & Carrot Soba Noodles
Thu	Mushroom, Artichoke & Grilled Cheese Toast	White Bean Summer Salad	E.g. Rice Krispy Bars, Vegan Carrot Cake, Melon Protein Smoothie, Raspberry Chia Oats Pudding	Thai Pineapple Fried Rice
Fri	Mushroom, Artichoke & Grilled Cheese Toast	Thai Pineapple Fried Rice	E.g. Rice Krispy Bars, Vegan Carrot Cake, Melon Protein Smoothie, Raspberry Chia Oats Pudding	Mango Tofu Curry
Sat	Tropical Smoothie Bowl	Thai Peanut Cauliflower Wings & Chinese Eggplant with Garlic Sauce	E.g. Rice Krispy Bars, Vegan Carrot Cake, Melon Protein Smoothie, Raspberry Chia Oats Pudding	Meal Out - Enjoy!
Sun	Savory Pesto Breakfast Muffins	Thai Peanut Cauliflower Wings & Chinese Eggplant with Garlic Sauce	E.g. Rice Krispy Bars, Vegan Carrot Cake, Melon Protein Smoothie, Raspberry Chia Oats Pudding	Mango Tofu Curry

Weekly Shopping List

Fruits, Vegetables	Plant-Based Produce	Seeds, Baking, Spices	Cans, Condiments, Misc
<p>Fruits</p> <ul style="list-style-type: none"> • 2 mangoes • 2 bananas • pineapple • strawberries • raspberries • 6 limes • 2 lemons • 2 avocados • honeydew melon <p>Vegetables</p> <ul style="list-style-type: none"> • 3 onions • 2 bunches green onion • 2 bulbs of garlic • large piece of root ginger • mushrooms • 10 oz. (300g) long eggplant (aubergine) • zucchini (courgette) • cauliflower • asparagus • 8 carrots • 2 lbs. (900g) baby potatoes • 1 lbs. (450g) green beans • jalapeño pepper • 8.8 oz. (250g) oyster mushrooms • 2 shallots • sugar snap peas • 2 red bell peppers • green bell pepper <p>Dried</p> <ul style="list-style-type: none"> • dates • raisins <p>Frozen</p> <ul style="list-style-type: none"> • green peas • edamame 	<p>Cold</p> <ul style="list-style-type: none"> • soy yogurt • vegan butter • vegan cream cheese • vegan cheese • vegan Parmesan • almond milk • coconut milk • oat milk • oat cream • 2x 14 oz. (400g) tofu 	<p>Grains</p> <ul style="list-style-type: none"> • all-purpose flour (plain flour) • polenta • chickpea flour • rolled oats • cornstarch (corn flour) • brown rice • almond flour <p>Nuts & Seeds</p> <ul style="list-style-type: none"> • coconut flakes • pine nuts • ground flaxseeds • chia seeds • sesame seeds • slivered almonds (flaked almonds) • cashews • pecans <p>Baking</p> <ul style="list-style-type: none"> • baking powder • baking soda • dark chocolate chips • vanilla extract <p>Dried Herbs & Spices</p> <ul style="list-style-type: none"> • black pepper • garlic powder • red pepper flakes (chili flakes) • dried oregano • smoked paprika • ground cinnamon • ground nutmeg • ground ginger <p>Fresh Herbs</p> <ul style="list-style-type: none"> • basil • parsley • chives • dill • cilantro (coriander) 	<p>Oils</p> <ul style="list-style-type: none"> • olive oil • sesame oil • coconut oil <p>Sweeteners</p> <ul style="list-style-type: none"> • coconut sugar • agave syrup • powdered sugar (icing sugar) • soft brown sugar • maple syrup <p>Boxed, Canned & Condiments</p> <ul style="list-style-type: none"> • vegan pesto • apple cider vinegar • sun dried tomatoes • artichokes • tamari • peanut butter • 1x 14 oz. (400g) can butter beans • 1x 14 oz. (400g) can cannellini beans • 1x 14 oz. (400ml) can coconut milk • dijon mustard • vegan mayonnaise • whole-wheat spaghetti • nutritional yeast • white miso • sriracha • soba noodles • Thai red curry paste • vegetable broth (stock) • puffed rice cereal <p>Misc/Other</p> <ul style="list-style-type: none"> • sea salt • sliced whole wheat bread • vegan vanilla protein powder



Tropical Smoothie Bowl

Serves 2

2 cups (500g) natural soy yogurt
1 cup (165g) mango, diced,
frozen
2 bananas, sliced, frozen
 $\frac{3}{4}$ cup (125g) pineapple, diced
6 strawberries, sliced
2 tbsp. coconut flakes

What you need to do

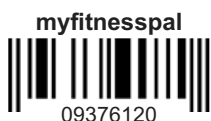
1. Combine the yogurt, frozen mango and banana together in a blender and blend until smooth.
2. Transfer the smoothie into serving bowls and garnish with the pineapple, strawberries and coconut, and serve immediately.

TIP: Prepare the mango and banana the night before and place into the freezer ready for the morning.

GF	DF	V	Q
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Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
10 mins	0 min	235	4	53	3	7

*Nutrition per serving.





Savory Pesto Breakfast Muffins

Serves 8

1 tbsp. olive oil
 1 onion, diced
 2 cloves garlic, minced
 4 tbsp. basil, leaves chopped
 4 tbsp. parsley, chopped
 4 tbsp. chives, chopped
 ½ cup (60g) all-purpose flour
 ½ cup (60g) polenta
 ½ cup (45g) chickpea flour
 2 tsp. baking powder
 salt & pepper
 3 tbsp. vegan pesto
 ½ cup (110ml) vegan cream
 cheese
 ¾ cup (180ml) water
 1 tsp. apple cider vinegar
 4 tbsp. sun dried tomatoes,
 chopped

What you need to do

1. Preheat the oven to 370°F (190°C). Line a muffin tin with muffin liners, or use silicone muffin cases.
2. Heat the olive oil in a skillet and sauté the onion, garlic and herbs for 5 minutes then take off the heat and set aside.
3. In a large bowl, mix together the all purpose flour, polenta, chickpea flour, baking powder, and season with salt and pepper.
4. Meanwhile, add the pesto, cream cheese, water, apple cider vinegar and sun dried tomatoes to the onion and garlic in the skillet and mix well. Add this mixture to the dry ingredients and mix until well combined to form a batter.
5. Divide the batter equally between the muffin cases, filling each case around ¾ full. Place the muffin tray into the hot oven and bake for 20-25 minutes until golden brown.
6. Once baked remove the tray from the oven and place the muffins onto a wire rack to cool before serving.

DF MP V

Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
15 mins	30 mins	181	9	21	5	3

*Nutrition per serving.





Mushroom, Artichoke & Grilled Cheese Toast

Serves 2

2 slices whole wheat bread
¼ cup (20g) vegan cheese, grated
1 tbsp. vegan butter
1 clove garlic minced
1 cup mushrooms, sliced
¼ cup (25g) artichokes, drained & chopped
2 tbsp. pine nuts, toasted

What you need to do

1. Heat the oven to 350°F (180°C). Line a baking sheet with baking paper.
2. Place the slices of bread onto a baking tray, top with the cheese and toast in the oven for 8-10 minutes.
3. Meanwhile, heat the butter in a pot over a medium-high heat and cook the garlic for 1 minute until fragrant. Add the mushrooms to the pot and continue to cook for 5-6 minutes. 1-2 minutes towards the end of the cook, add the artichokes and cook until heated through.
4. Check the toast and once the cheese has melted and is slightly golden, take the tray out of the oven and divide the toast between 2 plates. Top each slice of toast with the mushroom mixture and sprinkle over some toasted pine nuts. Serve immediately.

DF LC V Q N

Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
10 mins	10 mnis	264	19	17	9	3

*Nutrition per serving.





Raspberry Chia Oats Pudding

Serves 2

1 cup (240ml) oat milk
1 cup (125g) raspberries
4 dates, pitted
1 tsp. ground flaxseeds
½ cup (40g) rolled oats
1 tbsp. chia seeds
4 tbsp. natural soy yogurt

What you need to do

1. Place the oat milk, raspberries, dates and ground flaxseeds into a blender and blitz until smooth. Mix in the rolled oats and chia seeds and divide the mixture equally between 2 serving glasses or jars.
2. Top each pudding with the yogurt and set aside in the refrigerator to chill for 1 hour before serving.

DF	MP	V
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Prep	Chill	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
10 mins	60 mins	247	7	43	7	10

*Nutrition per serving.





Chinese Eggplant with Garlic Sauce

Serves 2

For the eggplant:

10 oz. (280g) long eggplant, chopped to bite-size pieces
1 tsp. salt
1 tbsp. cornstarch

For the sauce:

1½ tbsp. tamari
1 tbsp. water
2 tsp. coconut sugar
1 tbsp. cornstarch

For the stir-fry:

1 tbsp. + ½ tsp olive oil
1 tsp. ginger, minced
3 cloves garlic, chopped

What you need to do

1. Place the eggplant into a large bowl and cover with water. Add the salt and mix well and soak for 15 minutes. Now drain off the water and pat the eggplant dry with some kitchen paper before sprinkling with cornstarch.
2. In a small bowl, combine all the sauce ingredients together and mix well to form a smooth sauce.
3. Heat 1 tablespoon of the olive oil in a large skillet over a medium/high heat. Add the eggplant, facing skinside down and cook for 6-7 minutes without moving, until the skin becomes charred and the flesh softens. Then flip the eggplant over and cook for a further 5-6 minutes. Once soft, transfer the eggplant to a plate and set aside.
4. Add the remaining ½ teaspoon of olive oil, the ginger and garlic into the same skillet and cook for a minute until fragrant. Return the eggplant to the skillet, give the sauce a good stir and pour it over the eggplant. Mix immediately, until the eggplant is evenly coated and the sauce starts to thicken, this will happen quickly.
5. Serve the eggplant and sauce hot as a side dish or as a main course over steamed rice or noodles (not included in nutritional breakdown).

GF	DF	LC	MP	V
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Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
25 mins	15 mins	174	11	19	4	5

*Nutrition per serving.





Thai Peanut Cauliflower Wings

Serves 6

For the cauliflower:

1 cup (120g) all-purpose flour
1 cup (240ml) almond milk
½ tsp. salt
½ tsp. black pepper
½ tsp. garlic powder
1 cauliflower, cut into florets

For the sauce:

½ cup (85g) peanut butter
1 tbsp. tamari
1 tsp. sesame oil
1 tbsp. lime juice
2 tsp. coconut sugar
1 garlic clove, minced
1 tsp. root ginger, grated
4 tbsp. water

To garnish:

1 tsp. sesame seeds
2 green onions, sliced

What you need to do

1. Preheat the oven to 425°F (220°C). Line a baking sheet with baking paper.
2. Mix the flour, almond milk, salt, pepper and garlic powder together in a bowl to form a smooth batter.
3. Dip each piece of cauliflower into the batter. Allow any excess batter drip off, then place the cauliflower onto the baking tray. Place the tray into the hot oven and bake for 25-30 minutes, until golden brown. Turn the cauliflower over halfway through the cooking time.
4. Mix all the sauce ingredients together in a small bowl until smooth and creamy.
5. Place the cauliflower in a serving dish and drizzle with some of the sauce. Top with sliced green onions and sesame seeds and serve with the remaining sauce on the side.

DF V N

Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
10 mins	30 mins	202	9	26	7	6

*Nutrition per serving.





White Bean Summer Salad

Serves 6

3 tbsp. vegan butter, unsalted
1 zucchini, sliced into semicircles
8 oz. (225g) asparagus
2 carrots, peeled, then shaved into strips with a peeler
3 garlic cloves, finely chopped
1 cup (140g) frozen peas
2 green onions, sliced
½ tsp. red pepper flakes
½ tsp. dried oregano
salt & pepper
1x 14 oz. (400g) cans butter beans, drained
¾ cup (180ml) oat cream
½ lemon juiced
2 oz. (60g) vegan Parmesan, grated
1 tbsp. dijon mustard
½ cup slivered almonds
4 tbsp. fresh basil leaves, for garnish

What you need to do

1. Heat the vegan butter in a large pot over a medium/high heat. Add the zucchini and season with salt. Stir and cook until golden, about 6 minutes. Now add in the asparagus, carrot and garlic, and cook, stirring occasionally for a further 4 minutes.
2. Stir in the peas, green onions, the red pepper flakes, oregano and season with salt and black pepper. Cook, stirring constantly, until the peas are warmed through, around 2 minutes.
3. Lower the heat, add the white beans and oat cream, bring to a simmer, continue to cook for a minute and then turn off the heat.
4. Drizzle with lemon juice, mix in the Parmesan and dijon mustard, then season to taste with salt and pepper. If necessary, add 1 or 2 tablespoons of warm water to loosen the sauce.
5. Serve the bean salad in bowls garnished with almonds and basil leaves.

GF	DF	MP	V	Q	N
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Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
10 mins	15 mins	296	19	21	12	7

*Nutrition per serving.





Potato & Bean Salad with Avocado & Jalapeño Dressing

Serves 4

For the salad:

2 lbs. (900g) baby potatoes, cut into 2-inch pieces
2 tbsp. olive oil
1 tsp. garlic powder
salt & pepper
1 lb. (450g) green beans, trimmed & cut into 2-inch pieces
14 oz. (400g) can cannellini beans, drained
1 lime, cut into wedges, to serve

For the dressing:

1 avocado
½ cup (115g) vegan mayonnaise
½ cup (4g) chopped dill
2 tbsp. olive oil
2 tbsp. lime juice
1 clove garlic, chopped
1 jalapeño pepper, chopped
salt & pepper

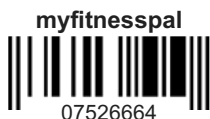
What you need to do

1. Heat oven to 425°F (220°C). Place the potatoes onto a baking sheet lined with baking paper. Drizzle with 1 tablespoon of olive oil and season with garlic powder, salt and pepper. Place the sheet into the oven and roast for 25 minutes.
2. Meanwhile, make the dressing by adding the avocado, mayonnaise, dill, olive oil, lime juice, garlic and jalapeño pepper into a blender or food processor, and blitzing to smooth. Season to taste with salt and pepper.
3. After 25 minutes of roasting, remove the sheet from the oven, push the potatoes to one side of the tray and add the green beans. Drizzle the beans with the remaining olive oil then return the sheet to the oven and roast for a further 10 to 15 minutes, until the beans are tender and the potatoes golden.
4. Transfer the potatoes and green beans to a large bowl and allow to cool for 5 minutes. Add the cannellini beans and toss with half of the dressing.
5. Serve in the bowl with lime wedges and the remaining dressing on the side.



Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
10 mins	40 mins	588	35	67	10	10

*Nutrition per serving.





Vegan Carbonara with Oyster Mushroom 'Bacon'

Serves 4

7 oz. (200g) whole-wheat spaghetti
 1 cup cashews
 1 tbsp. olive oil
 8.8 oz. (250g) oyster mushrooms, chopped like bacon bits
 1 tsp. smoked paprika
 2 shallots, diced
 2 cloves garlic, minced
 2 tbsp. lemon juice
 2 tbsp. nutritional yeast
 ⅔ cup (160ml) water
 salt & pepper
 ½ cup (70g) frozen peas

What you need to do

1. Place a large pot of salted boiling water on the stove and cook the pasta to al dente, according to instructions on the packing.
2. Place the cashews into a small pot of boiling water and boil the cashews for 5 minutes, then drain and set aside.
3. Heat the olive oil in a skillet over a medium/high heat and sauté the mushrooms with the smoked paprika for 5-7 minutes until browned. Remove the mushrooms from the skillet and set aside.
4. In the same skillet, sauté the shallots and garlic for about 3-4 minutes, then transfer into a food processor or high-speed blender. Add the boiled cashews, lemon juice, nutritional yeast and water to the blender and blitz until smooth. If the mixture is too thick add a little more water to thin it down. Season to taste with salt and pepper.
5. Place the cooked pasta into the pot, add the sauce and gently heat. Then add the peas, half of the mushrooms and toss together to coat the pasta.
6. Divide the pasta between 4 bowls, garnish with the remaining mushrooms and season with a little more salt and pepper. Serve immediately.

DF MP V

Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
10 mins	25 mins	464	21	58	16	10

*Nutrition per serving.





Sugar Snap Pea & Carrot Soba Noodles

Serves 4

For the sauce:

4 tbsp. tamari
2 tbsp. olive oil
1 lime, juiced
1 tbsp. toasted sesame oil
1 tbsp. agave syrup
1 tbsp. white miso
2 tsp. root ginger, grated
1 tsp. sriracha

For the noodles:

6 oz. (170g) soba noodles
2 cups (320g) frozen edamame
3 cups (300g) sugar snap peas
4 carrots, sliced into ribbons with vegetable peeler
½ cup (7g) cilantro, chopped
4 tbsp. sesame seeds

What you need to do

1. To make the sauce, place all the sauce ingredients into a small bowl, whisk until well combined, then set aside.
2. Bring two big pots of water to a boil. In one pot, cook the soba noodles just until al dente, according to instructions on packaging.
3. In the second pot, cook the frozen edamame until warmed through, about 4- 6 minutes. Before draining, toss the sugar snap peas into the boiling water and cook for an additional 20 seconds, then drain.
4. Combine the soba noodles, edamame, sugar snap peas and carrots in a large serving bowl. Pour over the sauce and toss to combine. To serve, sprinkle over the chopped cilantro and toasted sesame seeds.

GF	DF	MP	HP	V
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Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
25 mins	5 mins	518	20	57	20	10

*Nutrition per serving.





Thai Pineapple Fried Rice

Serves 4

2 tbsp. coconut oil, divided
14 oz. (400g) tofu, crumbled
1 ½ cups (250g) pineapple, chopped
1 red bell pepper, diced
5 green onions, sliced
2 cloves garlic, minced
½ cup cashews
2 cups (400g) brown rice, cooked & chilled
1 tbsp. tamari
1-2 tsp. sriracha
salt & pepper
1 lime, halved
2 tbsp. cilantro, to garnish

What you need to do

1. Heat 1 teaspoon of coconut oil in a large wok or non-stick skillet, over a medium-high heat. Add the crumbled tofu and sauté, stirring frequently, until lightly browned, around 2-3 minutes. Then transfer the tofu to a large bowl and set aside.
2. Next, add 1 tablespoon of the coconut oil to the wok, along with the pineapple and red bell pepper. Cook, stirring constantly, until the pineapple has caramelized around the edges, about 3-5 minutes. Then add the green onions and garlic, cook for a further 30 seconds, then transfer to the bowl with the tofu.
3. Reduce the heat to medium and add the remaining coconut oil to the wok. Add in the cashews and cook for about 30 seconds. Next, add the cooked brown rice, stir to combine and cook until heated through, about 3 minutes.
4. Transfer the contents of the bowl back into the pan and stir to combine, then remove from the heat and stir in the tamari and sriracha sauces. Squeeze in the juice of ½ lime season to taste with salt and stir well.
5. Slice the remaining ½ lime into 4 wedges. Serve the rice with the lime wedges and cilantro.

GF DF MP V

Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
15 mins	15 mins	387	21	38	17	3

*Nutrition per serving.





Mango Tofu Curry

Serves 6

1 tbsp. coconut oil
3 garlic cloves, minced
1 tsp. root ginger, grated
2 onions, diced
½ tsp. red pepper flakes
14 oz. (400g) firm tofu, cubed
4 tbsp. Thai red curry paste
14 oz. (400ml) can coconut milk
¾ cup (180ml) vegetable broth
1 mango, peeled, pureed
3 tbsp. tamari
1 lime, juiced
1 red bell pepper, chopped
1 green bell pepper, chopped
2 tbsp. cilantro, chopped

What you need to do

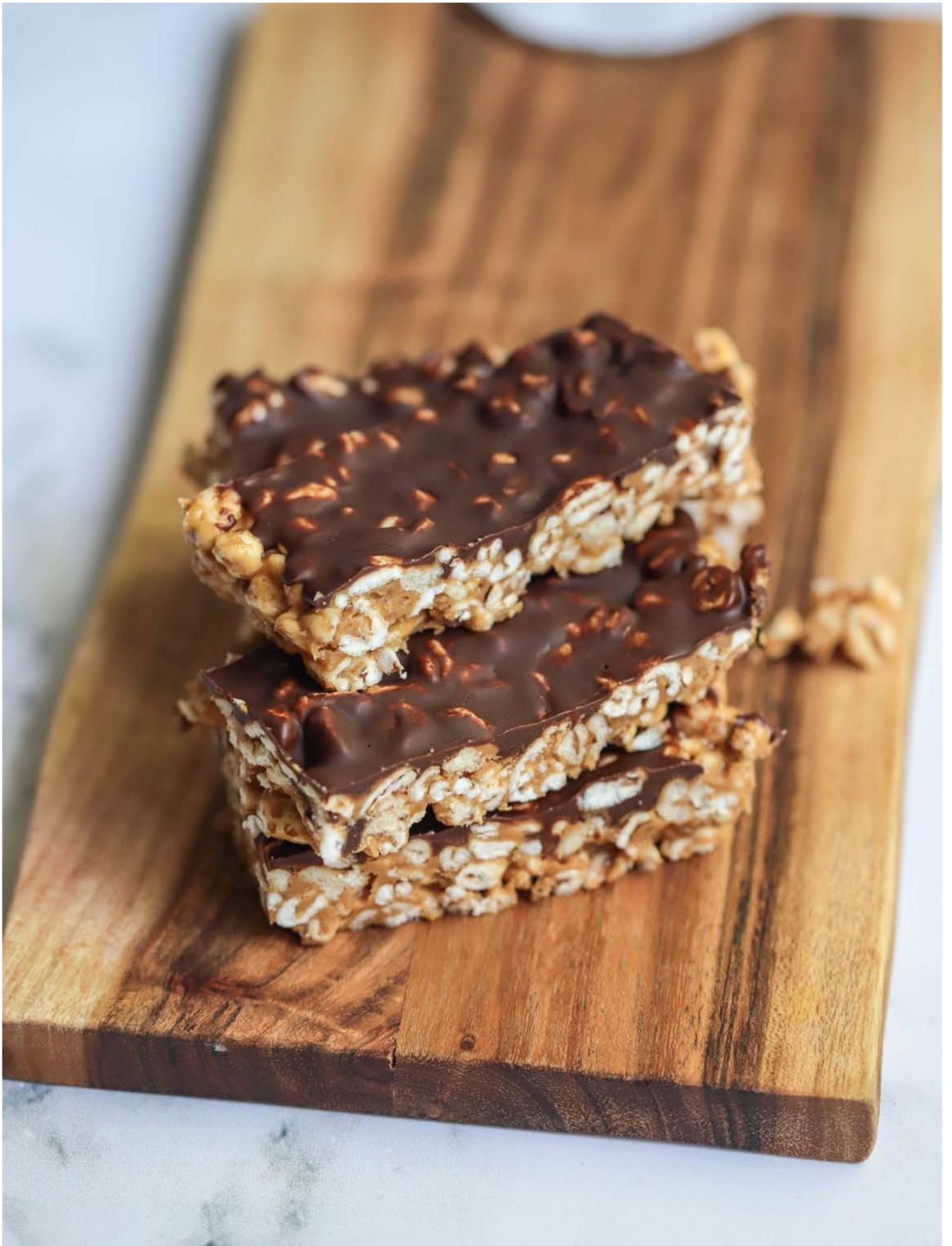
1. Heat the coconut oil in a large pot over a medium/high heat and sauté the garlic, ginger, onions and red pepper flakes until fragrant, around 3-4 minutes. Add in the tofu and sauté for a further 5 minutes. Next, add in the red curry paste and cook for 2 minutes, stirring well until combined.
2. Add in the coconut milk and vegetable broth, stir well, and bring to a simmer. Add in the mango puree, tamari, lime juice and bell peppers. Turn the heat down to medium and simmer gently for 15 minutes.
3. Taste the curry and adjust the seasoning by adding in more tamari, lime juice and red pepper flakes. Serve with the chopped cilantro, additional lime wedges and jasmine rice (not included in nutrition information).

GF DF LC MP V

Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
10 mins	30 mins	272	18	20	10	4

*Nutrition per serving.





Rice Krispies

Serves 9

4 tbsp. maple syrup
¾ cup (190g) peanut butter
2 tbsp. + 1 tsp. coconut oil
2 ½ cups (35g) puffed rice cereal
⅓ cup (55g) dark chocolate chips

What you need to do

1. Line an 8x8 inch baking tray with baking paper.
2. Add the maple syrup, peanut butter and 2 tablespoons of coconut oil to a pot. Cook for 1-2 minutes on a medium/low heat mixing until well combined. Remove from the heat, add the puffed rice and stir gently to coat the puffed rice in the mixture.
3. Now gently press the puffed rice mixture into the baking tray and place in the refrigerator to chill.
4. Meanwhile, melt the chocolate chips and the remaining 1 teaspoon of coconut oil together in a small bowl placed over a pot of gently boiling hot water. Alternatively, melt together in the microwave.
5. Drizzle the chocolate over the puffed rice mixture and place the tray into the freezer for about one hour to set.
6. Remove the tray from the freezer, allow it to stand for 5-10 minutes and slice into bars. Store the bars in an airtight container, in the refrigerator for up to 4 days.

GF	DF	LC	MP	V	N
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Prep	Chill	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
10 mins	60 mins	237	17	17	6	2

*Nutrition per serving.





Vegan Carrot Cake

Serves 12

For the cake:

2 large carrots, peeled
5 tbsp. natural soy yogurt
½ cup (100g) soft brown sugar
4 tbsp. + 2 tsp. olive oil
1 tsp. vanilla extract
¾ tsp. ground cinnamon
¼ tsp. ground nutmeg
¼ tsp. ground ginger
⅓ cup (40g) pecans, chopped
3 tbsp. raisins
1 cup + 1 tbsp. (120g) all-purpose flour
1 tsp. baking powder
½ tsp. baking soda
½ tsp. salt
2 tbsp. almond flour

For the frosting:

½ cup (110g) vegan cream cheese
4 tbsp. vegan butter, room temperature
1 tsp. lemon juice, optional
1 tsp. vanilla extract
6 tbsp. powdered sugar

What you need to do

1. Preheat the oven to 375°F (190°C). Line a square baking tin with baking paper.
2. Grate one carrot using a standard grater and the other using a fine grater.
3. Place the yogurt and brown sugar in a bowl and whisk to combine. Add in the olive oil, vanilla extract, and ground spices, and whisk together. Now add in the grated carrots, chopped pecans and raisins, and stir to combine.
4. Sift in the flour, baking powder, baking soda and salt. Add the almond flour and fold until just combined. Transfer the cake batter into the earlier prepared cake tin. Bake in the hot oven for 35-40 minutes or until a skewer inserted into the center of the cake comes out clean.
5. Remove the cake from the oven and let it cool in the pan for 5 minutes, then remove the cake from the tin and set aside on a wire rack to cool completely.
6. In the meantime, make the cream cheese frosting. Add the cream cheese, butter, lemon juice, and vanilla extract to a bowl and whip until smooth and well combined. Add the powdered sugar and whip again. Chill the frosting in the fridge until ready to ice the cake.
7. Once the cake has cooled, spread the cream cheese frosting on top and garnish with additional chopped pecans (optional and not included within nutritional breakdown).

DF	MP	V	N
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Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
15 mins	40 mins	195	9	27	2	3

*Nutrition per serving.





Melon Protein Smoothie

Serves 1

1 cup (160g) honeydew melon,
chopped
½ lime, juiced
6 basil leaves
¼ avocado
1 cup (240ml) coconut milk from
carton
handful of ice
1 scoop (25g) vegan vanilla
protein powder

What you need to do

1. Place all ingredients into a high-speed blender and blitz until smooth. Pour into a glass and serve immediately.

GF	DF	V	Q
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Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
5 mins	0 min	320	13	29	25	5

*Nutrition per serving.

