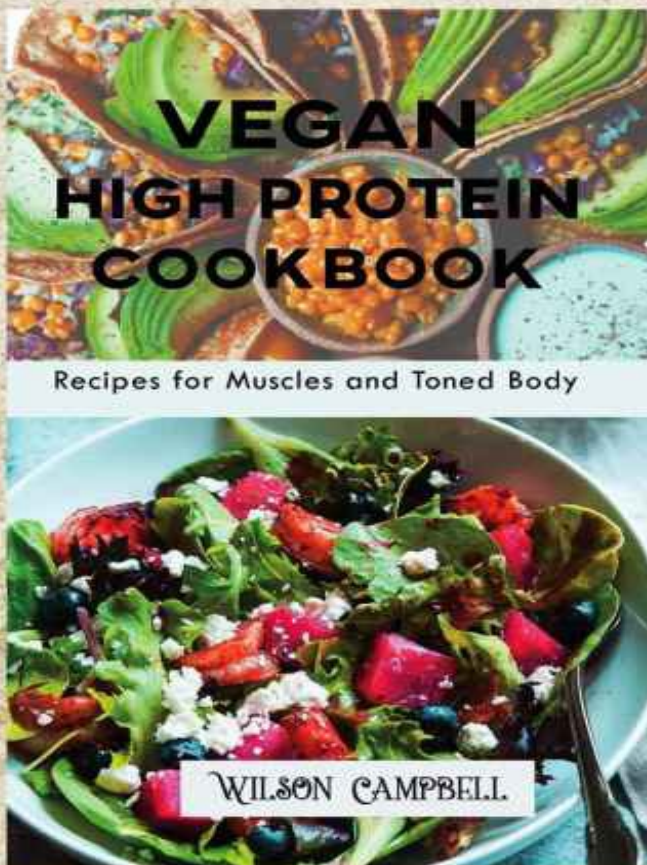


VEGAN HIGH PROTEIN MADE USING PLANT BASED INGREDIENTS

Wilson Campbell



**RECIPES FOR MUSCLES AND TONED BODY THAT
YOU CAN MAKE IN 30 MINUTES OR LESS THIS SUMMER**

VEGAN HIGH PROTEIN MADE USING PLANT BASED INGREDIENTS

Recipes for Muscles and Toned Body that you can make in 30 Minutes or Less this Summer

By

Wilson Campbell

Copyright © 2021 Wilson Campbell

All rights reserved.

COPYRIGHTS

Orders: Please contact www.allaboutguthealth.com

You can also order via the email address allaboutguthealth@gmail.com

First published 2021

Copyright © 2021 and Wilson Campbell. All rights reserved.

All rights reserved. Apart from any permitted use under UK copyright law, no part of this publication may be reproduced or transmitted in any form or by any means, electronic or mechanical, including photocopying, recording, or any information, storage or retrieval system, without permission in writing from the publisher or under license from the Copyright Licensing Agency Limited. Further details of such licenses (for reprographic reproduction) may be obtained from the Copyright Licensing Agency Ltd, Saffron House, 6-10 Kirby Street, London EC1N 8TS.

Printed in Great Britain by Amazon Prints Ltd.

Table Of Contents

VEGAN HIGH PROTEIN MADE USING PLANT BASED INGREDIENTS

COPYRIGHTS

Table Of Contents

Disclaimer

BOOK #1

Cayenne Chicken Skewers with Black Bean Salsa

Bavette Steak with Pickled Golden Beetroot

Christine Man Fields Chicken Turmeric Soup

T Bone Steaks with Smoky Barbecue Sauce and Corn Salad

Steak with Mustard Sauce and Chili Pumpkin Mash

Chopped Chili Chicken Stir Fry

Skirt Steak with Corn Salsa and Roasted Capsicum Relish

Rye chicken parmigiana with sweet potato fries

Almond Butter Chicken Satay with Asian Slaw

Rum and Maple Steak with 2 Minute Fries

Mixed Pepper Crusted Steak with Mushroom Salad

Ras El Hanout Yoghurt and Lime Grilled Chicken

Moroccan Steak with Eggplant and Tomato Salad

Minute Steaks with Romesco Salad

Steak Frites with Green Pepper Corn Sauce

Sumac Steaks with Carrots and Avocado Salad

BOOK #2

Spring vegetable Lo Mein

[Spicy Jack fruit Tacos](#)

[Smoky Harrisa Eggplant Dip](#)

[Smoky BBQ Black Bean Burger](#)

[Shiitake Nigiri](#)

[Roasted Vegetable Salad with Magic Green Sauce](#)

[Rhubarb Strawberry Margaritas](#)

[Cauliflower Sweet potato and Herb Salad](#)

[Vegan Greek Chickpea Lettuce Wraps](#)

[Vegan Rainbow Bowl with Maple Almond Butter Dressing](#)

[Quinoa Salad with Roasted Sweet potato, Pesto Vinaigrette, and kale](#)

[Orange Infused Whiskey Ginger](#)

[One Skillet Vegan Hamburger Helper](#)

[No Bake Vanilla Cake Bites](#)

[Mushroom Bruschetta Recipe](#)

[ABOUT THE AUTHOR](#)

Disclaimer

This book does not intend to give you any medical advice whatsoever. I am not a medical doctor by profession. I'm someone who struggled with this problem for over 5 years. So I can actually relate to you as you're going through this problem. I share some of my stories, symptoms, and the various negative experiences that I had while going through this problem and then how to restore your gut health.

This book is meant to show you if you're someone with gut or digestive issues, that there is light at the end of the tunnel. You can actually recover from these gut issues, if only you're willing to follow everything that has been laid out in this book step-by-step.

BOOK #1

VEGAN HIGH PROTEIN COOKBOOK

Recipes for Muscles and Toned Body

By

Wilson Campbell

Cayenne Chicken Skewers with Black Bean Salsa

Servings: 4

Prep time: 1 hr. 10 mins

Cook time: 8 minutes



Ingredients

1 teaspoon of cayenne pepper
2 teaspoon of smoked paprika
1 teaspoon of ground cumin
2 crushed cloves of garlic
2 tablespoons of olive oil
chicken thighs that have been cut into pieces
2 limes that have been cut into half
1 cup of thick style yoghurt
2 tablespoons of sriracha

for the black bean salsa

1 bunch of coriander leaves that have been chopped into pieces
400g can of black beans that have been rinsed and drained
1 ½ cups of finely shredded kale
1 jalapeno that have been thinly sliced
1 red onion that have been finely chopped into pieces
¼ cup of extra virgin olive oil

Directions

First of all, you will combine the garlic, cumin, paprika, the cayenne and the oil together in a bowl.

Then you will add the chicken to the bowl and turn it to a coat.

Next, you will thread the chicken into 8 skewers, and chill it for 1 hr. for it to marinate.

Next, you will heat a barbecue on high heat. Then you will cook the skewers while turning it for about 4 min, then you will add the limes that have been cut side down.

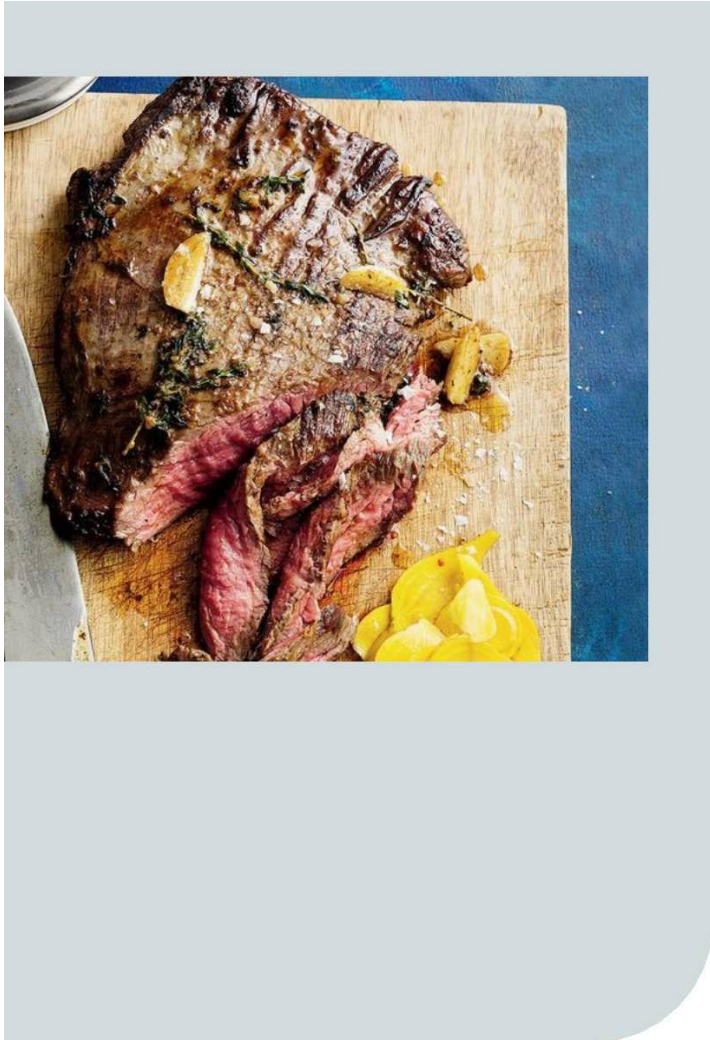
Then you will cook it for another 4 minutes until the limes become charred and the chicken cooks through.

Then keep the mixture aside slightly covered with a foil to rest for about 5 min.

Now for the salsa, you will take all its ingredients, combine it in a medium bowl, and then season the mixture with the juice of one lime.

Once everything is done, you will serve the chicken with the salsa, the yoghurt swirled with the hot sauce and extra charred lime.

Bavette Steak with Pickled Golden Beetroot



Ingredients

2 cloves of garlic that have been sliced

4 thyme sprigs

1/3 cup of extra virgin olive oil

1.4kg of bavette that have been cut into pieces

50g of unsalted butter that have been cut into half

for the pickled golden beet root

1 cup of apple cider vinegar

1 cup of white wine vinegar

½ cup of caster sugar

1 teaspoon of mixed peppercorns

5 thyme sprigs

3 cloves of garlic that have been sliced

golden beetroots that have been scrubbed.

Directions

For the pickled beetroots, you will place the thyme, peppercorns, the sugars, the vinegars and the water in a sauce pan.

Now take the mixture and allow it to simmer over medium heat, and then cook it while stirring it occasionally, for about 4 minutes until the sugar in it dissolves.

Now take out the mixture from the heat, add into the sliced garlic, stir it, then set it aside to cool and infuse.

Now take the beetroots, trim some tops from it and leave a 3cm attached to it.

Use a mandolin and thinly shave the beetroot through the top.

Place about 1/3 of the beetroot in a sterilized jar and pour in about 1/3 of the pickling liquid.

Now repeat the same process with the remaining pickling liquid and the beetroot.

Then seal the jar and set it aside overnight at room temp for it to pickle.

Now preheat your oven to about 180 degrees. Then place 2 oven proof fry pans on medium high heat.

Now divide the thyme, garlic and the oil between the fry pans.

Then season the steak and add it to the pan.

Then cook it for about 2 minutes on each side until it turns brown.

Add the butter and transfer the pans to the oven.

Cook it again for about 4minutes until it cooks to your liking.

Take it out from the oven and baste it with some melted butter.

Rest it and cover it with a foil for about 5 minutes

To serve it all you need to do is to slice steak it against the grain and serve it with the pickle beetroot.

Christine Man Fields Chicken Turmeric Soup



Ingredients

2 chicken breasts

1 tablespoons of sunflower oil with some extra to brush

200g of noodle's that have been cooked

Thinly sliced long red chilli

Sliced spring onions

Sliced chives

Mint leaves

For the turmeric spice paste

1 Tablespoon of finely grated galangal

1 ½ Tablespoons of finely grated turmeric

2 Small red chillies that have been chopped

6 Candlenuts or 12 macadamias

3 Lemongrass stalks that have been finely grated

6 Red eschalots that have been chopped

6 Lime leaves that have been shredded

4 Garlic cloves that have been chopped

2 Tablespoons of sunflower oil

Directions

For the spice paste, you will put all the ingredients in a food processor and whiz them until they turn into a paste.

Next, you will cut the chicken into half ways. Then run about 2 tablespoons of the spice paste into the chicken and chill it for about 1 hr.

Then you will heat the oil in a pan and place it over medium heat. Then add the remaining spice paste and cook it while stirring it from time to time until it becomes fragrant.

Now you will add all the broth ingredients excluding the pepper and allow it to boil.

Then reduce the heat and allow it to simmer for about 10 minutes.

Next you will strain the discarding solids. Then when you are ready to serve all you need to do is to reheat the broth in a clean saucepan and stir in the pepper.

Then brush a chargrill pan with some oil and place it over high heat. Then you will grill the chicken for about 2 minutes on each side or until the chicken cooks properly.

Then you will cut the chicken into thin strips.

Next, you will divide the noodles and the broth almond the bowls. Then you will top them with chives, mint, spring onion, chilli, and chicken to serve.

T Bone Steaks with Smoky Barbecue Sauce and Corn Salad

Servings: 4

Prep Time: 5 mins

Cook Time: 40 mins

Ingredients: 14



Ingredients

About 4 thick T bone steaks

4 Corn cobs with their husks on

2 Tbsp. of olive oil

Finely grated zest with the juice of 1 lemon

150g of cream feta that have been crumbled

2 Tbsp. of chopped tarragon

80g of wild rocket leaves

Now for the smoky barbecue sauce

½ Firmly packed cup of brown sugar

2 Tomatoes that have been finely chopped

1 Onion that have been finely chopped

3 Garlic cloves that have been finely chopped

2 Tbsp. of balsamic vinegar

5 Thyme sprigs

½ Tsp. of smoked paprika

Directions

For the barbecue sauce, you will place the saucepan over high heat for about 1 minute, and then you will reduce the heat to medium high heat.

Then you will add the sugar and stir the sauce for about 3 minutes until it has melted and caramelised.

Then you will add the onion, garlic, and the tomatoes to the sauce, and cook for about 7 minutes until the onions softens.

Then you will add the thyme, the paprika and the vinegar and then simmer it while stirring it occasionally until the sauce thickens.

Then you will season the sauce with some pepper and salt.

Next, you will preheat the barbecue to medium high heat and then cook the corn for about 10 minutes until it becomes tender.

Then you will season the steaks and then cook it for about 5 minutes on each side for medium rare, and then you will rest it for about 5 minutes.

Next you will take out the corn husks and the silks and then curb the kernels and transfer it to a large bowl, then add the oil, the zest, the juice, the tarragon, and the feta and toss for it to combine.

Next, you will divide the rocket leaves and the steaks among the serving plates and then spoon the corn salad over the rocket.

Then you will drizzle some of the smoky barbecue sauce on the steaks and serve it like that.

Steak with Mustard Sauce and Chili Pumpkin Mash

Servings: 4

Prep time: 10 mins

Cook time: 30 minutes

Ingredients: 8



Ingredients

2 Cups of baby spinach leaves

1 Cup of no salt beef stock

1 Teaspoons of wholegrain mustard

4 Rump steaks that have been trimmed

20g of unsalted butter

1 Long red chilli with the seeds removed that have been finely chopped
500g of butternut pumpkin that have been peeled and chopped of

Directions

First of all, you will steam the potato and the pumpkin in a steamer set over a pan of simmering water for about 15 minutes until it turns tender.

Then you will now drain the water away from the sauce pan and wipe it dry.

Now you will return the pumpkin and the potato to the pan and then shake it gently over low heat for about 30 seconds for the mixture to dry a bit.

Next, you will add the butter and the chilli together with some sea salt, and some freshly ground black pepper and then mash it until it becomes smooth. Then you will keep it warm.

Now you will season the steaks with some pepper and some salt.

Then you will heat a large non-stick fry pan on medium high heat, and then add steaks to it and cook it for about 3 minutes on each side.

then you will take out the steaks from the pan, then cover it with a foil and set it aside while you go ahead and make the sauce.

Now you will return the fry pan to medium high heat and then you will add the mustard and the stock and then simmer the mixture for about 3 minutes until the liquid reduces by half.

Then you will serve the beef and the mash with the mustard sauce and the baby spinach.

Chopped Chili Chicken Stir Fry

Servings: 4

Cook time: 20 mins

Ingredients: 10



Ingredients

¼ cup of sunflower or peanut oil
250g of purple eggplants that have been chopped
100g of pea egg plants that have been blanched
1 bunch of spring onion that have been sliced
¼ cup of gluten free chilli sauce or paste

2 Red chillies that have been thinly sliced
1 Bunch of Thai basil leaves that have been picked
Steamed rice
Fried eggs
Lily dale free range chicken mince

Directions

First of all, you will heat about 2 tablespoons of oil in a fry pan over medium heat.

Then you will add the egg plants to the fry pan and season it and then cook it while stirring it for about 4 minutes until it turns golden.

Then you will take it out from the pan and then set it aside. Then you will return the pan to medium heat with the remaining 1 teaspoon of oil.

Then you will cook the chilli paste, onion, basil and half of the chilli while stirring it until it becomes soft.

Then you will add the chicken and cook it while breaking it up with a spoon for about 10 minutes until it becomes brown.

Then you will return the eggplant to the pan and then toss it until it becomes warm.

Now you will divide the chicken, rice and the eggs among the plates and then top the plates with the remaining chilli and basil.

Skirt Steak with Corn Salsa and Roasted Capsicum Relish

Servings: 6

Prep time: 3 hours and 10 minutes

Cook time: 45 minutes

Ingredients: 26



Ingredients

1 cup of flat leaves parsley leaves
½ cup of coriander leaves with some extra to serve
3 garlic cloves
2 teaspoon of chopped oregano leaves
1 spring onion that have been chopped
½ cup of olive oil
1 ½ tablespoons of red wine vinegar
The juice of ½ lemons
1.2 kg of skirt steak

Corn Salsa

2 tomatoes that have been chopped and the seeds have been removed
1 large Lebanese that the seeds have been removed and it has been chopped
1 corn cob that have been chargrilled
½ onions that have been finely chopped.
1 garlic clove that has been finely chopped.
½ can of black beans that have been rinsed and drained.
¼ cup of chopped coriander
½ teaspoon of pimento paprika
1/3 cup of olive oil

Directions

first of all, you will preheat the oven to about 220. Then for the marinade, you will place the spring onion, oregano, coriander, garlic, parsley, the vinegar, and the lemon juice in a small food processor, and whiz everything until they have combined together.

Now you will coat the meat and then place it in the marinade, then you will

cover the mixture and place it in the fridge overnight.

Now for the relish, you will place the garlic, chilli, tomatoes and the capsicum in a baking paper that have been lined with a roasting pan and roast it for about 15 min or until it is well charred.

Now transfer the capsicum to the bowl and cover it with a plastic wrap and then set it aside for about 15 min to sweat and peel it.

Then you will peel the tomatoes, the garlic cloves and the chilli. then you will chop all the vegetables and combine them in a bowl with the vinegar and the oil, then season them and set the relish aside.

Now for the salsa, all you need to do is to combine all the ingredients in one bowl, season it and set it aside.

Now you will preheat a chargrill or a barbecue on high. Then you will brush the excess marinade off the meat and then cook it for about 5 minutes on each side until it cooks to your liking.

Then transfer the mixture to a plate and then cover it loosely with a foil and then set it aside for about 10 min for it to rest.

Then you will slice the steak and serve it with the salsa and relish it with the extra coriander leaves.

Rye chicken parmigiana with sweet potato fries



Ingredients

3 teaspoons of corn flour

some sweet potato that have been peeled and cut into fries

1 ½ teaspoon of chilli powder

1 tablespoon of maple syrup

2 tablespoons of extra virgin olive oil
4 lily dale free range chicken breasts
2 cups of rye breadcrumbs
½ cup of grated parmesan
2 tablespoons of chopped thyme leaves
2 eggs whites that have been lightly beaten.
1 tablespoons of mild English mustard
2 mozzarella balls that have been torn

For the tomatoes and the eggplant relish

2 tablespoons of extra virgin olive oil
2 garlic cloves that have been crushed
2 tablespoons of red wine vinegar
2 anchovies in oil that have been drained and finely chopped.
1 large eggplant that have been cut into pieces
500g of tomatoes on the vine.

Directions

Preheat the oven to about 200C. Then toss the sweet potatoes fries and the corn flour in a bowl.

Then add about 2 teaspoons of salt, maple oil, and chilli and then toss it for it to combine.

Now divide the fries between 2 paper lined baking trays.

Then roast the fries while turning it halfway for about 35 minutes until it becomes Cripsy.

Next cover the foil and set it aside.

Now return to the oven about 5 minutes before serving it so it will warm.

Now use a flatten chicken and a rolling pin between 2 sheets of baking paper.

Then combine the thyme, parmesan and crumbs in a bowl, and season it.

Now take a separate bowl and whisk in the mustard and the egg white.

Dip the chicken in the egg and then coat it in crumbs. Then place it on a baking paper lined baking tray.

Then top the chicken with chilli and mozzarella until it is needed.

Then for the relish, you will combine the anchovy, vinegar, the oil and the garlic in a bowl. Then you will season the bowl with some pepper, then add the tomato, the eggplant and toss for them to coat together.

Now you will transfer the mixture to a baking paper that has been lined with baking tray.

Then roast it on the bottom shelf of the oven for about 10 min, and then add the chicken to the top shelf.

Now roast the chicken for about 15 min, or until the cheese melts and the chicken and the vegetables gets cooked.

Then set the mixture aside for about 5 min for it to rest.

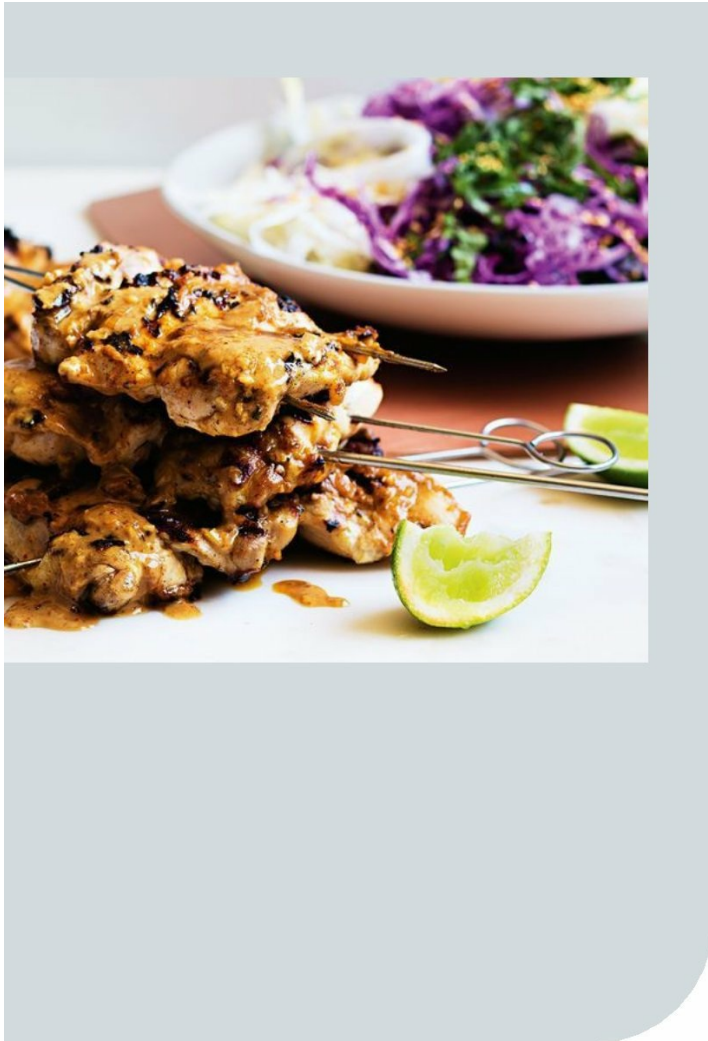
Now top the chicken with the eggplant, tomatoes and the roasting juices and then serve it with the fries.

Almond Butter Chicken Satay with Asian Slaw

Servings: 4

Ingredients: 17

Cook Time: 20 min



Ingredients

2 tablespoons of coconut oil
1 lemon grass that been finely chopped
2 garlic cloves that have been finely grated
Ginger that been finely grated
Red onion that have been finely chopped
½ Teaspoon of dried chilli flakes
2 teaspoons of coconut sugar
2 teaspoon of tamarind paste
2 tablespoons of tamari
½ cup of almond butter
The juice of 3 limes
½ Chinese cabbages that have been finely shredded
¼ red cabbages that have been finely shredded
2 kale leaves that have finely shredded
¼ cup of sesame seeds that have been toasted.
2 teaspoon of sesame oil
Lily dale free range chicken thigh that have been cut into half.

Directions

Now to make the satay all you need to do is to melt the coconut oil in a fry pan over medium heat.

Then add the chilli flakes, onion, ginger, garlic, lemon grass, and then cook it while stirring it until it becomes soft.

Then add the coconut sugar, the almond butter, juice of one lime, tamarind paste, tamari, and 1 cup of water.

Now cook it while stirring it for about 2 minutes until it combines, then season it to taste and then set it aside to cool slightly.

Now place the sesame seeds, kale, and cabbage in a bowl and toss it for it combine.

Now whisk the juice of the remaining limes and the sesame oil in a separate bowl and then toss with the slaw.

Now preheat a chargrill pan or a barbecue to high. Then thread the chicken onto the skewers and lightly brush it with about 1/3 cup of satay sauce.

Then cook it while turning it for about 10 minutes until it has cooked.

Now serve the chicken with the remaining satay sauce and the slaw.

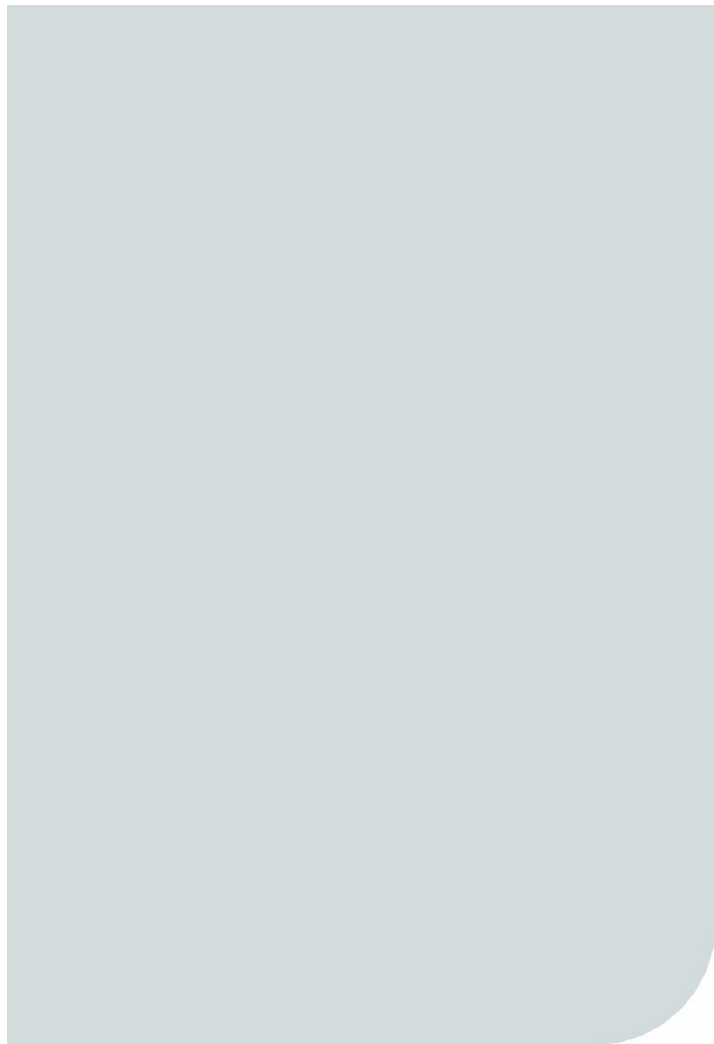
Rum and Maple Steak with 2 Minute Fries

Servings: 4

Prep time: 10 minutes

Cook time: 15 minutes

Ingredients: 7



Ingredients

1 tablespoon each of apple cider vinegar and whole grain mustard

¼ cup of maple syrup

¼ cup of dark rum

2 teaspoons of extra virgin olive oil

beef flank steak

Sunflower oil

3 large potatoes that have been peeled.

Directions

First to make the fried potatoes, you will grate the potatoes into long strips using the coarse side of a box grater.

Then you will place in a clean tea towel and squeeze in order to extract the excess liquid.

Then heat about 2 cm of sunflower oil in a heavy based fry pan on medium high heat.

Then fry the potato in batches until they become crispy. then drain them on paper towel in order to keep them warm.

Now you will drizzle the steak with olive oil and some seasoning.

Then you will heat a fry pan over high heat and then add the steak and cook it for about 4 minutes on each side until it slightly charred.

Now you will combine the mustard, vinegar, maple syrup and the rum in a bowl and you will add it to the pan and cook the steak while basting with the sauce for about 1 min on each side until it glazes.

Now you will remove it from the pan and allow it to rest. And then loosely cover it with a foil for about 5 minutes.

Then you will cook the sauce for another 1 min until it thickens and reduces.

Now you will thinly slice the steak and then drizzle it with the sauce and serve it with the fries.

Mixed Pepper Crusted Steak with Mushroom Salad

Servings: 4

Prep time: 25 minutes

Cook time: 15 minutes



Ingredients

2 Tbsp. of whole black pepper corns
2 Tbsp. of dried green pepper corns
1 Tbsp. of Szechuan peppercorns
200g of sirloin steaks that have been trimmed
1 egg white that have been beaten
8 Portobello mushrooms that have been sliced
1 garlic clove that have been halved
1/3 cup of extra virgin olive oil
4 spring onions that have been shredded
200g of baby spinach leaves
1 tsp. of Dijon mustard
1 tbsp. of balsamic vinegar.

Directions

First of all, you will preheat the chargrill pan to medium high heat.

Then you will coarsely crush all the pepper corns in a mortar and pestle and transfer it to a plate.

Then you will lightly brush each side of the steak with the egg white and press it into the peppercorn mixture for it to coat. And then season it and set it aside.

Then you will rub the mushrooms with the garlic. And then you will place it in a bowl and toss it with about 2 tbsp. of oil and then season it.

Then chargrill it for about 3 minutes on each side until it has charred, and

then set it aside to cool.

Now you will chargrill steaks for 8 minutes while turning it once. Then rest it and loosely cover it with the foil for about 5 minutes.

Now you will toss the mushroom, the spinach, and the spring onion together.

Now you will whisk the Dijon, the remainder 2 tbsp. of oil, and the balsamic and then toss it with the salad.

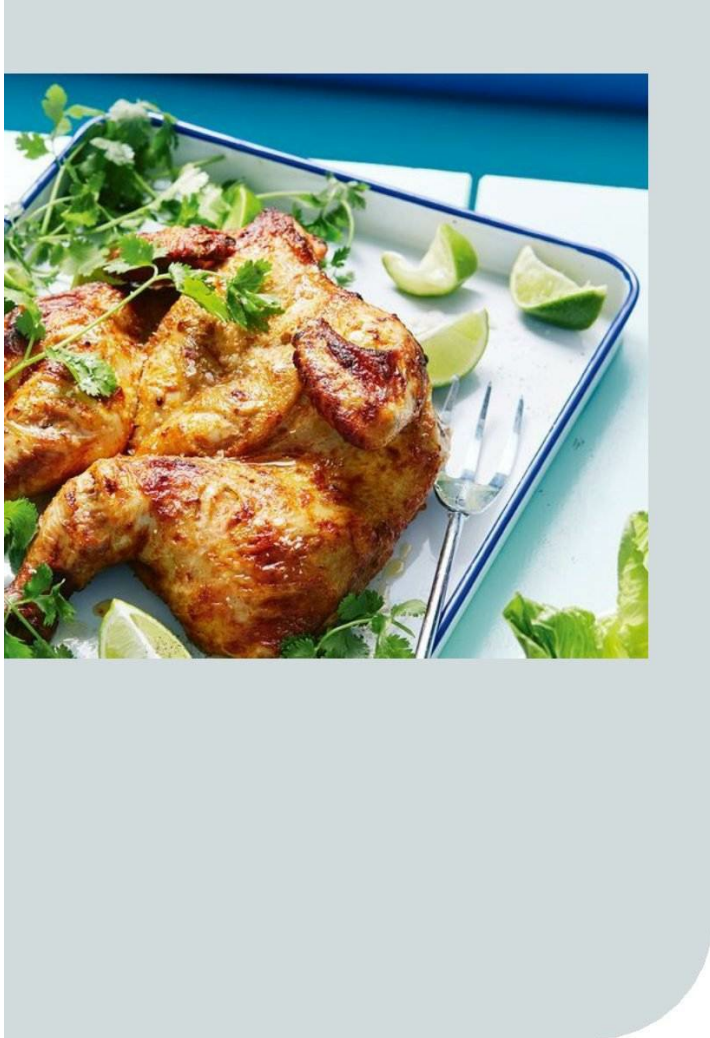
Then you will divide the mushroom salad and the steaks among the 4 plates and serve it.

Ras El Hanout Yoghurt and Lime Grilled Chicken

Servings: 4

Cook time: 40 minutes

Ingredients: 6



Ingredients

Lime wedges

2 tablespoons of extra virgin olive oil

The juice of 1 lemon

1 cup of thick Greek style yoghurt

¼ cup of ras el hanout

1.6kg free range whole chicken

Directions

First of all, you will cut 2 shallow slits in each of the leg and the breast of the chicken and then you will rub salt flakes on it.

Now you will combine the lemon juice, yoghurt, and the rasel han out, and about 1 teaspoon of salt in a bowl.

Now you will add the chicken and coat it well.

Then you will chill it for overnight for it marinate.

Then you will preheat a chargrill pan to medium high heat and the oven to about 180C.

Then you will take out the chicken from the fridge 30 minutes before cooking it.

Then you will remove the chicken from the marinade and then allow the excess to drip off.

Now you will drizzle it with oil and cook the chicken with the breast side

down until it turns golden.

Then you will turn the chicken and cook it for about 5 minutes. Then you will transfer the breast side of the chicken to a baking tray and then roast it in an oven for about 40 min until the juices run clear.

Then you will loosely cover it with a foil for about 10 min. then season it with grilled chicken and salt and serve it with lime.

Moroccan Steak with Eggplant and Tomato Salad

Servings: 4

Prep Time: 55 minutes

Cook Time: 30 minutes



Ingredients

1 tablespoons of ras el hanout
2 tablespoons of olive oil with extra to allow for shallow fry
1 kg of flank steak that have been trimmed
2 eggplants that have been cut into pieces.
2 tbsp. of red wine vinegar
1 garlic clove that have been crushed
3 vine ripe tomatoes that have been chopped
¼ cup of mint leaves that have been finely chopped.

Directions

combine the ras el hanout with about 1 tbsp. of oil and coat beef and marinate it for about 30 min.

Then preheat the oven to about 200C. Then you will heat the remaining 1 tbsp. oil in a large oven proof fry pan over medium high heat.

Then season it with the beef and cook it for about 3 minutes until each side becomes brown.

Now you will transfer the fry pan to the oven and roast the beef for about 20 minutes.

Then rest and loosely cover it for about 10 minutes before slicing it.

Now heat about 5mm oil in a fry pan on medium high heat and use it to cook the eggplants while stirring it for about 12 minutes until they become tender

Then drain it on a paper towel and slightly cool it and season it.

Now combine the garlic and the vinegar in a bowl and season it.

Then toss the eggplant, mint and the tomato and then serve it with beef.

Minute Steaks with Romesco Salad

Servings: 4

Prep time: 10 minutes

Cook time: 18 minutes

Ingredients: 10



Ingredients

4 beef minute steaks

½ tsp. of smoked paprika

¼ cup of olive oil

1 chat potatoes

200g of green beans that have been trimmed

3 chargrilled capsicums

A pinch of chilli flakes

1 tbsp. of red wine vinegar

3 vine ripened tomatoes that the seeds have been removed and it has been sliced

50g of roasted almonds that have been chopped

Directions

First, you will rub the steaks with paprika and add about 1 tbsp. of oil, season it and set it aside.

Now you will place the potatoes into a sauce pan and cover it with cold water.

Then you will bring the water to boil over medium high heat and then reduce the heat and cook it for about 15 min until it has become tender, and then add the beans to the pot in the final 2 minutes.

Now drain the quarter potatoes and set it aside.

Now place the vinegar, 1/3 of the tomato, chilli and the capsicums, 30g of almonds and the remaining 2 tbsp. of oil in a small food processor and whiz it until a loose paste is formed.

Then season it to taste and set the dressing aside.

Now you will preheat a fry pan or chargrill on medium heat and then cook the steaks for about 30 seconds on each side until it cooks through.

Now take it out from the pan, rest it and then cover it with the foil for about 2 minutes.

Then toss the potatoes beans and the remaining almonds and tomatoes with the dressing and season it.

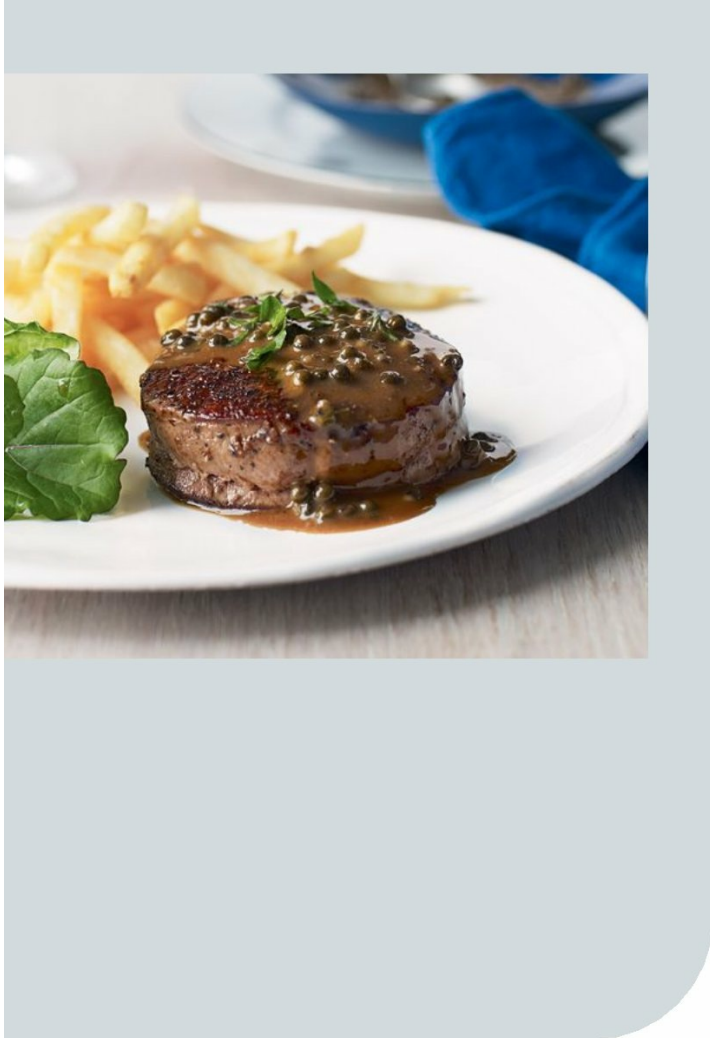
Now divide the romesco salad among the serving plates and serve it with the steaks.

Steak Frites with Green Pepper Corn Sauce

Servings: 4

Prep time: 15 minutes

Cook time: 15 minutes



Ingredients

A can of green pepper corns in the brine that has been rinsed and drained

¼ cup of red wine

4 beef eye fillet steaks

2 tbsp. of olive oil

½ cup of beef consommé or stock

½ cup of crème farcie

Fresh fries rocket and finely chopped flat leaf parsley.

Directions

First, you will place the wine and the peppercorns in a bowl and stand for 5 minutes.

Then you will season the steak with some pepper and salt.

Now you will heat the oil in a fry pan on medium high heat.

Now you will add the steaks and cook it for about 3 minutes on each side until it cooks to your liking.

Now you will transfer it to a warm plate and set it aside in a warm spot for it to rest

Now reduce the heat to medium low. and then add the pepper corn and the wine to the pan and simmer it for about 2 minutes until the wine starts to evaporate.

Then you will add the crème farcie and the consommé while stirring occasionally for about 5 minutes until it thickens and reduces. then you will

season it to taste.

Now you will place the steaks on a serving plate with the rocket and the fries.
Then you will drizzle the sauce on the steaks and sprinkle it with the parsley.

Sumac Steaks with Carrots and Avocado Salad

Servings: 4

Prep time: 5 minutes

Cook time: 13 minutes



Ingredients

¼ cup of olive oil
4 beef eye fillet steaks
1 tbsp. of sumac plus some extra to sprinkle
1 tbsp. of grated ginger
1 garlic clove that have been crushed
1/3 Cup of thick Greek style yoghurt
2 carrots that have been grated
¼ cup of sultanas
½ cup of pine nuts that have been toasted
1 avocado that have been sliced
½ bunch of coriander leaves that have pickled
½ bunch of mint leaves that have been pickled.

Directions

First, you will preheat a chargrill or barbecue to high.

Then you will brush the steak with about 1 tablespoons of oil and sprinkle it over the sumac then you will season it and cook it for about 4 minutes on each side until it has cooked to your liking.

Now you will set it aside to rest and loosely cover it with a foil for about 5 minutes.

Now you will make the dressing. To do that you will combine the yoghurt, garlic and ginger and the remaining 2 tablespoons of oil in a bowl and season them.

Then you will combine the remaining salad ingredients in a bowl, serve it with the dressings and the steaks, and then sprinkle it with some extra sumac.

BOOK #2

Table of Contents

[Spring vegetable Lo Mein](#)

[Spicy Jack fruit Tacos](#)

[Smoky Harrisa Eggplant Dip](#)

[Smoky BBQ Black Bean Burger](#)

[Shiitake Nigiri](#)

[Roasted Vegetable Salad with Magic Green Sauce](#)

[Rhubarb Strawberry Margaritas](#)

[Vegan Greek Chickpea Lettuce Wraps](#)

[Quinoa Salad with Roasted Sweet potato, Pesto Vinaigrette, and kale](#)

[Orange Infused Whiskey Ginger](#)

[One Skillet Vegan Hamburger Helper](#)

[No Bake Vanilla Cake Bites](#)

[Mushroom Bruschetta Recipe](#)

Spring vegetable Lo Mein

Servings: 4 to 5

Prep time: 15 mins

Cook time: 15 mins

Total time: 30 mins



Ingredients

For the sauce

1/4 cup low-sodium soy sauce or tamari
3 tbsp. hoisin sauce
1 1/2 tsp. of grated fresh ginger
2 large clove garlic that have been minced
1/4 to 1/2 tsp. of red pepper flakes

For the Lo Mein:

12 ounces uncooked whole wheat spaghetti
2 tbsp. of olive oil
1 red onion that have been sliced
1/2 pound of asparagus
2 cups of broccoli florets
1 pound of stems and leaves
Chopped cashews or peanuts
Chopped fresh basil

Instructions

For the sauce:

Take a small bowl, and in it you will whisk all the ingredients for the sauce, then set it aside.

Now take a large pot that contains salty water and use it to cook the pasta, after that drain the pasta and set it aside

Now take a large non-stick and place it over medium heat and then add in some olive oil and leave it to get hot. Once it gets hot, add in the onions and cook it for about 3 minutes until it has become soft.

Now add in the bok choy stems, broccoli and the asparagus, and cook it for about 6 minutes until the veggies become tender.

Now add in the bok choy leaves and cook for another 2 minutes until the entire mixture becomes tender and the leaves wilt down.

Now take it out from the heat, drain the pasta and the sauce and then toss it

until it combines well

Garnish the dish with some basil and chopped nuts and serve it.

Spicy Jack fruit Tacos

Prep time: 10 mins

Cook time: 30 mins

Total time: 40 mins

Servings: 4

Cuisine: Mexican

Freezer friendly: 30 days

Storage: 4 to 5 days



Ingredients

For the jackfruit

20 ounces of jackfruit in water (about 2)

2 tablespoons of coconut oil or avocado

½ onions that has been thinly sliced

4 minced cloves garlic

½ teaspoon of sea salt

1 tablespoon of ground smoked paprika
1 tablespoon of ground cumin
1 tablespoon of chilli powder
3 tablespoons of coconut sugar or maple syrup
2 small chipotle peppers that have been roughly chopped
3 teaspoons of adobo sauce
¼ cup of coconut amino
2/3 cup of water
3 tablespoons of lime juice

For servings

Flour or corn tortillas
Red cabbage that has been shredded
Lime wedges
Cilantro
15 ounces can black beans
Chimichurri
Salsa
Extra hot habanero sauce

Instructions

Rinse and drain the jackfruit. Then start sorting them out. The pieces do come in triangle or in chunk shapes. So you will cut the centre of the portion of the jackfruit that is tough in nature and then separate it from the remaining fruit. Then you will chop them into smaller pieces.

Then for the remaining part of the jackfruit, you will use your hands to shred it into smaller pieces. Then rinse the jackfruit once more.

Now you will take a large skillet and heat it over medium heat. Once the skillet gets hot, you will then add in some garlic, onion and oil to it. And then sauté everything for about 5 mins until the onions become soft and golden brown.

Then you will add in the paprika, salt, jackfruit, coconut sugar, chilli powder, cumin, adobo sauce, chipotle peppers, lime juice, water and coconut aminos.

Then you will stir everything until they coat together. Then you will leave the heat on and cover the skillet for about 20 minutes while stirring it occasionally.

Now in order to get a finer texture, while the jackfruit is cooking, use your spoon to mash them into smaller pieces or use 2 forks to shred them as they are cooking to create a more realistic meat-like texture.

Once the jackfruit has been simmered, and the flavour and taste has been adjusted as needed, you can then add more chilli powder for heat, more paprika or cumin for smokiness, more adobo sauce, or chipotle pepper for spice, then more maple syrup or coconut sugar for sweetness, more lime for acidity, and more coconut aminos for saltiness.

Then you will turn up the heat to medium high and cook the mixture for about 3 more minutes in order to get a little bit of texture, after that you will remove it from the heat.

You will enjoy it as it's on top of tacos, burritos, enchiladas, nachos or salads.

Store the remaining leftover for up to 5 days in the refrigerator or for up to 1 month in the freezer.

To reheat the jackfruit, all you need to do is to put the skillet on the heat until it becomes soft and then add the jackfruit to it and heat it until it becomes hot in the skillet. You can also add in water if it appears dry.

Smoky Harrisa Eggplant Dip

Prep time: 40 mins

Cook time: 30 mins

Total time: 1 hour 10 mins

Servings: 4

Freezer friendly: No

Storage: best when fresh



Ingredients

DIP

1 large egg plant
4 cloves of garlic
2 tablespoons of olive oil
1/2 cup of raw walnuts
1 juiced lemon
1 pinch of black pepper and salt
3 teaspoons of harissa paste
2 teaspoons of smoked paprika
1 tablespoon of coconut sugar or maple syrup

For the serving

Chopped walnuts
Fresh min
Toasted pita chips
Vegetables like cucumbers or carrots

Instructions

First of, you will preheat your oven to about 375 degrees Fahrenheit. Then you will take the eggplant and slice it into ¼ inch round and then sprinkle both sides of it with some sea salt.

Then you will place it in a colander in the sink so as to drain it of any excess liquid and draw out the bitterness from it.

Now you will take garlic and place it on a baking sheet and then drizzle it with about 1 teaspoon of olive oil. Then you will bake it for about 20 minutes, then you will take out the pan from the oven and then add the walnuts' in the baking sheet and then bake everything for about 8 more minutes or until the garlic turns golden brown and the walnuts become fragrant. Then you will remove the pan from the oven and set it aside

Then you will drain the eggplant for about 30 minutes and lightly rinse it with cool water and then place it between 2 absorbent towels and keep it on

something heavy to help to draw out any excess water from it.

Now you will heat the oven and then position a rack at the top of it.

Then you will arrange the eggplant on a baking sheet and then you will drizzle it with a pinch of sea salt and some olive oil. Then you will roast it for about 5 minutes on each side until the eggplant becomes golden brown.

Then you will take it out from the pan, stack it and then wrap it loosely on a foil to lock in the moisture and then wait for about 5 minutes.

Then you will peel the skin of the eggplant and add it to a food processor or a blender.

Then you will peel your roasted garlic and then add it to the blender or food processor and then add some toasted walnuts, a pinch of pepper and salt, lemon juice, smoked paprika, harissa paste, maple syrup or coconut sugar, and 1 tablespoon of olive oil and then you will mix everything until they become creamy and smooth.

Then you will taste the mixture and adjust the seasonings in it as needed, you will add in a bit more salt and harissa paste for heat.

Then add in about 1 tablespoon of olive oil and adjust it for extra creaminess. Then you will mix it and pulse it again

Now you will garnish it with more paprika, some walnuts, and some fresh mints

This dip is best served with whole grain bread or toasted pita chips to help offset the creaminess. Although it's best to serve them while they are still fresh

Smoky BBQ Black Bean Burger

Prep time: 1 hour

Cook time: 45 mins

Total time: 1 hour 45 mins

Servings: 4

Storage: 4days

Freezer friendly: for up to 30 days



Ingredients

For the burgers

3 tablespoons of vegan friendly BBQ sauce
2 ½ teaspoons of cumin powder
2 ½ teaspoons of chilli powder
½ teaspoon of sea salt
2 tablespoons of coconut aminos
2 button mushrooms or heaping cups that have been thinly sliced
1 sweet potato that have been peeled and heaping cup sliced
1 tablespoon of avocado oil or coconut oil
2/3 cup of raw pecans
15 ounce can of black beans
1 cup of cooked quinoa

For the servings:

Any vegetables of your choice
Lettuce wraps

Instructions

first of, you will cook the quinoa and then set it aside for it to cool down

Now you will preheat an oven to about 350 F and then spread the black beans onto a parchment baking sheet.

Then you will bake the beans for about 6 minutes and then add the pecans to the baking sheet and bake it for another 10 minutes.

The nuts will be golden brown and fragrant and the beans will be appear dried and cracked open. Now you will set it aside for it to cool and then increase the temperature of the oven to about 375 F

Then you will heat a large cast iron or metal skillet over medium heat. Then once that is hot, you will add in some sweet potato and some oil to it. Then you will cover it and cook it for about 4 minutes, and then turn down the heat if the potatoes start browning too quickly.

Once they're browned, you will flip it over on the underside and cook it for

about 3 minutes until it becomes golden brown and tender. Then you will take it out from the pan.

Now in the same hot pan, you will add in some coconut aminos, and sliced mushrooms and cook it on medium heat for about 5 minutes while stirring it from time to time. continue to stir it until they turn brown, and fragrant and then you will set it aside.

now you will take a food processor and in it, you will add in the pecans, and the beans and pulse it into a loose meal.

then you will add in the BBQ sauce, cumin, chilli powder, sea salt, half of the quinoa, mushrooms, and the cooked sweet potatoes and pulse them for a few more times until they combine together.

then you will transfer the mixture to a mixing bowl and add in the rest of the quinoa by stirring that in. taste it and adjust the flavour as need be, you can add in more BBQ sauce for sweetness, more salt for saltiness, more chilli powder for heat, more cumin for smokiness.

if the mixture is too wet, simply add more quinoa to it, but if it looks too dry, then add more BBQ sauce to it.

Now divide the mixture into 4 even balls and use it to form patties with your hands. then refrigerate the burgers for about 30 minutes.

Once the burgers have chilled down, you will heat a metal pan or a cast iron over medium heat. then you will add a little bit of oil to it and dip the burgers in it. Then you will cook it for about 4 minutes. Then flip it over and cook it for about 5 more minutes. then you turn off the heat and then brush a bit more of it with some BBQ sauce and transfer the pan to the oven. You will then bake the mixture for about 15 more minutes until the burgers appears brown.

You will serve the burger with some toppings, such as butter lettuce, shredded cabbage, shredded red pepper, radish, pickles and BBQ sauce.

You will store the leftovers in the refrigerator for about 4 days, or in the freezer for about 1 month.

Shiitake Nigiri

Cook time: 20 minutes

Total time: 1 hour 20 minutes

Servings: 6 to 8 pieces



Ingredients

For the rice

½ teaspoon of salt
1 teaspoon of sugar
1 teaspoon of rice vinegar
1 tablespoon of sesame seeds
2/3 cup of cold water
1/3 cup of sushi rice that has been soaked in cold water for about 30 minutes

For the Shiitake

½ teaspoon of corn starch that has been dissolved in cold water
1/3 cup of sauce
1 tablespoon of water
8 shiitake caps that has been distilled and washed
1 teaspoon of sesame oil

For the servings

Soy sauce
Black and white sesame seeds
8 toasted nori that has been cut into thin strips

Instructions

first of, you will place the rice and water into a rice cooker and set the cooker to sushi rice settings.

Once the rice is done, you will stir in the salt, sugar, rice vinegar, sesame seeds and allow it to cool off.

then you will place the sesame oil into a small pan and heat it over medium heat. then you will trim a little off the edges of the shiitake caps and then add in the shiitake caps, gill the side down, and then flip them over and drizzle about 1 tablespoons of water over their top and allow them for soften for about 1 minute. then you will dab off the remaining moisture using a paper towel

Now you will add the sauce over the shiitake, and then flip it again, then you

will drizzle the water/corn starch mixture over the top while stirring it. Once it becomes thick, you will take it out the pan from the heat and keep it to cool.

Then you will separate the cooled rice into equal sized football shaped pieces, and then you will drag the shiitake through the sauce and place it on top of the rice.

Sprinkle it with some extra sesame seeds and serve it with soy sauce.

Roasted Vegetable Salad with Magic Green Sauce

Prep time: 5 mins

Cook time: 25 mins

Total time: 30 mins

Servings: 4

Cuisine: Argentinian and Indian inspired

Storage: 3 days

Freezer friendly: No



Ingredients

For the roasted vegetables

- 1 red bell pepper that have been sliced
- 2 cups of chopped red cabbage
- 1 cup of chopped broccoli
- 1/2 teaspoon of sea salt that has been divided

2 teaspoons of curry powder that has been divided
2 tablespoons of melted coconut oil that has been divided
2 whole carrots that have been halved and chopped
7 red potatoes that has been quartered
1 sweet potato

For the Magic Green Sauce

5 cloves of garlic that has been peeled and crushed
1 jalapeno pepper and Serrano
1 cup of packed cilantro
Water about 3 tablespoons
1 tablespoons of maple syrup
3 tablespoon of lime juice
1/4 teaspoon of salt
3 tablespoon of ripe avocado

For the salad

¼ cup of Macadamia nut cheese
7 medium sliced radishes
Fresh herbs
3 tablespoons of hemp seeds
1 ripe avocado that has been chopped
4 cups of hearty greens

Instructions

Preheat your oven to about 375 degrees, and line 2 baking sheets with some parchment paper.

Now add the carrots, potato and sweet potatoes, the baking sheet, and toss it with half of the oil, half of the sea salt, and half of the curry powder.

Then you will bake the mixture for about 25 minutes or until they turn tender and golden brown.

Now you will take a separate baking sheet and in it, you will add the bell

peppers, cabbage, and broccoli and toss it with remaining half of the oil, half of the sea salt, half of the curry powder, and then bake it for about 20 minutes or until they turn tender and golden brown.

Then next you will make the magic green sauce. To do that, you will place the pepper and the garlic in a food processor alongside with the maple syrup, lime juice, salt, avocado, parsley, and cilantro.

Then you will mix then until they become smooth. You will thin the mixture with some water until it turns to a semi-thick sauce

Now you will taste and adjust the flavour as needed, while adding in maple syrup for sweetness, lime for acidity, salt for more saltiness, and avocado for creaminess, garlic for spice and pepper for heat.

Then you will transfer it to a serving container and cover the left overs in the refrigerator for up to 5 days. Ensure to seal the container to prevent the sauce from losing its vibrant green rich colour

Now you will make the salad by mixing the greens to a serving platter and top it up with some roasted vegetables.

Then you will arrange the avocado along the edges, alongside with the macadamia nut cheese and the radishes.

Then you will sprinkle the top with some hemp seeds and serve it with the dressing by the side. You can choose to garnish it with some herbs if you so desire.

Now you will keep the undressed leftover salad in the refrigerator for up to 3 days and then reheat it on the stove top at room temperature.

Rhubarb Strawberry Margaritas

Prep time: 1 hour 45 mins

Cook time: 10 mins

Total time: 1 hour 55 mins

Servings: 4



Ingredients

STRAWBERRY RHUBARB SYRUP

- 1 tablespoon of orange juice
- $\frac{3}{4}$ cup of water
- 3 tablespoons of organic cane sugar
- 1 $\frac{1}{2}$ cups of sliced strawberries
- 1 $\frac{1}{2}$ cups of chopped rhubarb

MARGARITA

- 2 teaspoons of agave nectar
- 1 ounce or about 2 tablespoons of silver tequila
- 1 tablespoon of lime juice
- $\frac{1}{3}$ cup of strawberry rhubarb syrup

Instructions

1. Take a medium sauce pan and in it, you will add the orange juice, water, organic cane sugar, strawberries and rhubarb and bring them to simmer over medium heat.
2. Once they are done simmering, you will reduce the heat and continue to cook them until they form a soft mixture that looks like a pie filling. Use a wooden spoon to turn and stir the mixture.
3. After sometime, you will remove the mixture from the heat and allow it to cool slightly. Then take a fine mesh strainer and add it over the mixture and with it, pour the mixture into it. Then take a spoon and use it to sweep the motions across the bottom of the mesh strainer to allow the liquid to strain. Continue doing so, until you've been able to extract out all the liquid syrup.
4. Once that is done, transfer the syrup to a glass jar, then transfer the jar to the refrigerator and allow it to cool for some hours. Place it in the freezer for about 45 mins to 1 hour.

Now take a lime wedge and run it around the desired number of serving glasses. And then dip it in organic cane sugar or in salt.

Put some ice in the glass and set it aside in the freezer to make a chill margarita

to make one margarita, you will add about 75ml of strawberry rhubarb syrup in a cocktail shaker along with a handful of ice, agave nectar, lime juice and cocktail shaker.

Shake the entire mixture for them to combine together. Then pour out a small sample and try to adjust the flavours of the juice as needed.

You can add in strawberry rhubarb syrup for more fruitiness, lime juice for more acidity, and agave nectar for more sweetness.

Pour the juice in a serving glass and enjoy it.

You can store the juice in the refrigerator for up to 1 week.

Cauliflower Sweet potato and Herb Salad

Prep time: 5 minutes

Cook time: 15 minutes

Servings: 4



Ingredients

For the salad

Heaping cup herbs that has been roughly chopped
¼ cup of chopped pistachios
½ cup of lentils that has been cooked
3 large minced cloves of garlic
3 cups of rice cauliflower
1 sweet potato that has been diced into small pieces
1 tablespoon of olive oil

Directions

Take a skillet, place it over medium heat and add some olive oil to it. Once the oil has become hot, add some sweet potato to it and season it with some pepper and salt.

Then sauté the mixture until it turns tender for about 10 minutes. Then add garlic and cauliflower to the oil and season it with some pepper and salt and then sauté it again for about 5 minutes.

After that remove it from the heat

Now take a large bowl and add the mixture inside it. Then add the pistachios and the cooked lentils to it and allow it to cool. You can decide to stick the bowl in the freezer so as to speed up the cooling process

Once the mixture has fairly cooked, you will add your herbs and dressings to it, and then toss it well for it combine.

Now serve the mixture at room temperature.

Vegan Greek Chickpea Lettuce Wraps

Prep time: 20 minutes

Servings: 3



Ingredients

For the Chickpeas

15 oz. of a can chickpeas that has been rinsed and drained

Salt and pepper

¼ teaspoon of garlic powder

1 tablespoon of maple syrup

2 tablespoons of olive oil

¼ cup of lemon juice

For the Wraps

Sliced avocado

Sliced kalamata olives and olive tapenade

Sliced tomatoes

Diced cucumber

Lettuce leaves

Directions

Take a mason jar or a medium bowl, and add the salt, pepper, garlic powder, maple syrup, olive oil and lemon juice to it.

Now add the chickpeas to it and toss it for it to combine and then set it aside.

Now to assemble the lettuce wraps, you will take a leaf of lettuce and top it with the marinate chickpeas, lemon tahini sauce, avocado, olive tapenade, cucumbers, and tomatoes.

Then you will drizzle over the mixture the leftover chickpeas marinating liquid.

Vegan Rainbow Bowl with Maple Almond Butter Dressing

Prep time: 10 minutes

Cook time: 20 minutes

Servings: 3



Ingredients

For the dressing

Water to thin

Pepper and salt

1 minced cloves of garlic

3 tablespoon of olive oil

1 tablespoon of pure maple syrup

2 tablespoons of natural almond butter

For the salad

Grains of any choice

White and black sesame seeds

3 radishes that has been sliced into matchsticks

Diced, thin and sliced 4 oz. of purple cabbage

6 oz. of blueberries

1 sliced avocado

2 medium carrots that has been diced or peeled into ribbons

Sliced 20 grapes of tomatoes

1 head of romaine lettuce that has been thinly chopped

Pepper and salt

1 tablespoon of olive oil

3 small gold potatoes that has been diced and chopped into bite sizes.

Directions

Preheat your oven to about 425 degrees

Then make the dressing. For the dressing, you will mix pepper, salt, olive oil, maple syrup, and almond butter in a small container.

Mix the ingredients very well for them to combine, also add hot water to the mixture if needed. Continue to do so, until the mixture becomes a thick and pourable mixture.

Then next, you are going to make the salad. For this, you will take the diced potatoes and put in a baking sheet.

Then you will drizzle some pepper, salt, and olive oil over the top of the potatoes and roast them for about 20 minutes, or until the potatoes become fork tender and golden.

Now you will add the remaining ingredients in a large bowl and then add the roasted potatoes on top on them.

Then you will pour the dressing over the top and mix them well for them to combine.

Quinoa Salad with Roasted Sweet potato, Pesto Vinaigrette, and kale

Prep time: 10 minutes

Cook time: 30 minutes

Servings: 4

Total time: 40 minutes



Ingredients

For the salad

1/3 cup of thinly sliced basil
1/2 cup of salted and roasted sunflower seeds
2 cups of finely and stemmed chopped curly kale
3/4 cups of vegetable broth
1 cup of rinsed quinoa
Pepper and salt
2 tbsp. of olive oil
2 sweet potatoes peeled and diced into pieces.

For the pesto dressings

Pepper
1/4 teaspoon of salt
1 tsp. of agave nectar or maple syrup
1 chopped clove of garlic
1/4 cup of lemon juice
1/2 cup of olive oil
1/4 cup of fresh parsley leaves
1/2 cup of fresh basil leaves

Directions

Preheat your oven to about 425 degrees
Then take a large baking sheet and line it with parchment paper

Now for the sweet potatoes, you will transfer them to the prepared baking sheet and then toss them with about 2 tbsp. of olive oil.

Sprinkle the mixture with some pepper and salt and arrange them in a single layer. Then bake them for about 10 mins and toss them again and bake them for another 10 to 15 minutes until they are brown and tender. Then set the pan aside for it to cool.

Now in the meantime, combine the rinsed broth and the quinoa in a medium

sauce pan. And then allow the mixture to boil over medium heat, and then you will decrease the heat to maintain a simmer. Next you will cover the mixture and cook it until the quinoa absorbs all the liquid.

Then you will fluff the quinoa using a fork and then set it aside for it to cool

Next, you will combine the ingredients in a food processor or a blender and blend it until it becomes smooth

Now you will transfer the chopped kale to a large serving bowl, and then sprinkle it with some salt. Then use your hands to massage the kale while grabbing big handfuls of them at a time. And then squeeze them gently in your fist until the kale becomes dark in colour and more fragrant

Now you will add the sliced basils, sunflower seeds, kale, quinoa, and sweet potatoes to a bowl, and then drizzle the bowl with about 1/3 cup of dressing.

Now gently toss the mixture until all the ingredients gets evenly coated.

Taste the mixture and add more dressing as desired.

Serve the salad when cooled.

Store the leftovers in the refrigerator.

Orange Infused Whiskey Ginger

Prep time: 8 min

Total time: 8 min

Servings: 1

Freezer friendly: no

Storage: 24 hours



Ingredients

For the cocktail

Ice

2 ounces of bourbon whiskey

2 dashes of bitters

½ ounce of lemon juice

1 tablespoon of maple syrup

½ ounce of ginger juice
3 inch long piece of orange peel

For the serving

Any fresh fruit such as raspberries, lemon, cranberries, or pomegranate
1 spring fresh mint
1 dash of champagne or sparkling water
3 large ice cubes

Directions

Take orange peel and run it around the rim of your serving glass

Now add the peel to a cocktail shaker or a small pitcher with bitters, lemon juice, maple syrup, and ginger juice

Now use a spoon or a muddler to meld the orange peel and the other ingredients

Now add the ice and the bourbon and stir the mixture vigorously for them to combine

Now pour the mixture in a serving glass and add about 4 ice cubes to it to dilute the mixture slightly, and then top the glass with a dash of sparkling water.

For a more festive touch, you can top the juice with some champagne; you can also choose to garnish it with cranberries and fresh mint.

Now to multiply the recipe, all you need to do is to prepare a large pitcher and then multiply the ingredients according to the number of servings that you desire to make.

Store the juice in the refrigerator for up to 24 hours.

One Skillet Vegan Hamburger Helper

Prep time: 25 mins

Cook time: 15 mins

Total time: 40 mins

Servings: 6 servings



Ingredients

1 cup of diced green onions
½ diced yellow onion
1 diced red bell pepper
Pepper and salt
2 teaspoons of parsley
1 teaspoon of cumin
1 teaspoon of paprika
½ cup of vegan cheese sauce
1 cup of marinara sauce
1 tablespoon of extra virgin olive oil
8 oz. of organic tempeh
2 cups of organic elbow macaroni

Directions

Prepare the vegan cheese sauce ahead of time and set it aside

Now chop the tempeh into small pieces and then place them in a skillet and add some extra virgin olive oil to it.

Once the tempeh has broken down into small pieces, you will add in the marinara sauce and the remaining spices

Then next, you will cook the elbow macaroni

Then once the pasta has done, you will add in about 2 cups of tempeh mixture alongside with ½ cups of the vegan cheese sauce, red bell pepper, green onions, and yellow onions.

Mix everything well and adjust the seasonings according to your taste.

After that put the mixture on low to medium heat for about 5 minutes

Serve the cheese and enjoy

No Bake Vanilla Cake Bites

Prep time: 10 mins

Total time: 10 mins

Servings: 16

Freezer friendly: can store in the freezer for up to 1 month

Storage: 1 week



Ingredients

Shredded unsweetened coconut

2 teaspoons of vanilla extract

A pinch of sea salt

1/3 cup of coconut flour

1 cup of almond flour

¼ cups of raw walnuts

¼ cups of pitted medjool dates

Directions

Add the pitted dates inside a food processor and mix them until they form a ball shape.

Remove the mixture from the food processor and then set them aside.

Now in the food processor, add the sea salt, coconut flour, almond flour, and the walnuts, and then blend everything until a fine meal is achieved.

Now add in the dates back as well as the vanilla extract and then you will pulse the mixture until loose dough is form.

Now you will scoop out about 2 tbsp. with a cookie scooper and then roll them into balls with your hands.

Then you will place them directly on a parchment lined baking sheet and continue to do so until you have used all the remaining dough.

Now you will roll in some shredded coconut into the mixture and then store it in the freezer for up to 1 month.

Mushroom Bruschetta Recipe



Ingredients

- 2 tbsp. of extra virgin olive oil
- 1 clove of garlic
- 1 small baguette about 24 slices

1 tsp. of minced flat leaf parsley
1 tbsp. of balsamic vinegar
Pepper
Salt
1 tsp. of fresh thyme leaves
100 g of Himeji mushrooms that the end has been trimmed and separated
100 g of shitake mushrooms that the stems have been removed and sliced
100 g of maitake mushrooms that has been cleaned and shredded
2 scallions that has been minced

Directions

Put the oven rack in the middle position and preheat it to about 350 degrees.

now put about 1 tbsp. of olive oil into a small bowl, and then use a pastry brush to coat the top of each bread slice with oil

Now place the bread on a baking sheet and bake it until the crostini turns golden brown and crisp.

Once the crostini is done, remove the pan from the oven and then use a clove of garlic to give each piece a swipe.

Then you will take a medium sized sauté pan and in it, you will add the minced scallions and about 2 tbsp. of olive oil and then sauté the scallions until they become caramelized and golden brown.

now you will add the thyme and the mushrooms and sauté the mixture until the moisture evaporates from the mushroom and become golden brown

Now you will season the mixture with some pepper and salt and then you will add the balsamic vinegar and toss the mushrooms to glaze evenly.

Then you will turn off the heat when there is no liquid remaining and you will add the parsley, and stir to distribute it evenly.

After that you will keep the mushrooms and allow it to cool to room

temperature

Then you will serve the bruschetta with the slice of the crostini with the mushroom mixture.

I hope you enjoy reading this book. Please don't forget to leave us a review on kindle, or wherever you downloaded this book if you enjoy reading it.

Go to <http://bitly.ws/8SfT> to leave us a review!

I hope you enjoy reading this book. Please don't forget to leave us a review on kindle, or wherever you downloaded this book if you enjoy reading it.

Go to <http://bitly.ws/8SfT> to leave us a review

ABOUT THE AUTHOR

After struggling with depression, anxiety, acne, bloating, stomach cramp, extreme fatigue, joint pains, and knocking at the door of numerous medical experts spending thousands of dollars in pills and diet without finding an answer, he finally went into research. He spent day and night researching and connecting the dots of all his symptoms together.

He wanted to know what was behind all the numerous symptoms that he was passing through. Finally, he found the answer. Gut health was the answer. Today, he has been able to cure his gut issues, and he no longer has to deal with numerous stomach cramps, extreme fatigue, joint pains, depression, and anxiety.

Right now, he now teaches others how they can overcome their gut issues and be able to live a healthy, happy life. If you're suffering from any of the above stomach cramps, joint pains, extreme fatigue, acne, depression, and anxiety all the time, then he's ready to help you.

Email the author at allaboutguthealth@gmail.com