



# VEGAN BODYBUILDING COOKBOOK

50 PLANT-BASED  
VEGETARIAN RECIPES  
FOR BODYBUILDERS

FITNESS COOK



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## INTRODUCTION

### What is bodybuilding?

Strength training is also called "strength training" and requires controlled movements for each of the main muscle groups. Does training with loads risk turning us into body-builders? Not necessarily, the enlarged muscles are the result of particularly intense and difficult workouts. One of the benefits of training regularly is that you continue to burn fat, even at rest.

### Strength training has huge health benefits

If you want to strengthen your muscles and have a toned, healthy and efficient body, bodybuilding can only bring you considerable benefits. At first you will notice a very rapid increase in strength; this improvement is not synonymous with an increase in muscle mass but means that your muscles are able to better use the "fibers" that constitute them.

### Strength training improves your appearance

Strength training not only makes your muscles effective, but it also helps improve your appearance, making you feel more alive and more confident. In addition, increasing muscle mass, however slight, contributes to the control of body fat.

### Benefits for your bones

A less visible but yet considerable effect of bodybuilding is manifested in bone tissue. Over the years, a series of changes, including hormonal, occur and slow the formation of minerals in the bones. Strength training exercises use structures that positively stimulate bone tissue, thereby greatly improving the biomechanical properties of bones.

### There is no point in overdoing it

You must be careful to perform the movements correctly, without using excessive loads, as it can be counterproductive to want to do too much and you risk injuring yourself.

### Vegan and bodybuilding: mass gain for vegan

A mass gain for a vegan is possible, certainly a little more difficult than a mass gain for a person consuming everything, but achievable without the slightest problem.

### What is a vegan?

A vegan is a person who follows a very specific diet, he will not consume any animal product. This type of diet comes above all from a choice, from a commitment not to consume any product from animal exploitation.

A vegan person, also called vegan (e), will therefore not consume animal pulp, but also not dairy, egg or honey, anything that may come from an animal will not be consumed.

# 1. ROASTED PUMPKIN AND QUINOA SALAD



Let's say it, quinoa is not a very tasty food. It is rather interesting for its texture which I find pleasant.

But this vegetarian protein recipe, with tasty roasted vegetables and lots of aromatic herbs, is a brilliant way to brighten it up while increasing your protein intake.

Quantities for 2 to 4 people

## INGREDIENTS

- 1 kg of pumpkin
- 1 tablespoon finely grated fresh ginger
- 2 green or red peppers, finely chopped
- 2 finely chopped garlic cloves
- 2 tablespoons olive oil
- 2 teaspoons of pure maple syrup
- 1 handful of finely chopped coriander roots and stems (optional)
- Salt and freshly ground black pepper

- 185 g quinoa
- 375 ml water
- The juice of 2 lemons
- 1 good handful of fresh mint leaves and coriander
- Pumpkin seeds previously roasted (see note below)

## PREPARATION

- Preheat the oven to 200 ° C.
- Peel the pumpkin, remove the seeds and cut into equal pieces about 2 to 3 cm wide.
- Mix the pumpkin with ginger, chili, garlic, olive oil, maple and coriander roots. Season enough with salt and pepper.
- Place everything on a baking sheet.
- Put the baking sheet in the oven for 25 to 30 minutes, turning its content once or twice until the pumpkin has a nice golden color.
- Remove from the oven and let cool slightly.
- Meanwhile, place the quinoa in a fine mesh screen and rinse well. Bring the water to a boil in a small saucepan before adding the quinoa, covering with a lid and reducing the heat. Cook for 10 to 12 minutes until the water is absorbed and the quinoa is tender.
- Remove from the heat, leave the lid on and set aside for another 5 minutes before separating the seeds with a fork.
- When the pumpkin and quinoa are cooked, combine them in a large bowl, collecting all the pieces of ginger hanging on the plate.
- Squeeze the lemons on the mixture, decorate with the herbs, add salt and pepper if necessary.
- Add the roasted pumpkin seeds on top before serving.

## 2. Bowl of quinoa with eggs, avocado and tofu bites



There are so many good things in this bowl!

Okay, tofu is even more bland than quinoa (it's possible). But support will make the difference.

Quinoa, tofu and eggs provide a high dose of protein, not to mention avocado and seaweed. It is ultimately a super protein and super delicious dish.

Quantities for 2 people

### INGREDIENTS

#### Quinoa

- 1 to 2 eggs
- 250 g cooked quinoa
- 1 ripe avocado, sliced
- 8 to 12 bites of tofu
- Mustard and miso vinaigrette
- Sliced green onions (as much as you like)

## Seasoning

- 1 tablespoon white miso
- 1 tablespoon Dijon mustard
- 2 tablespoons neutral oil
- 2 teaspoons of sesame oil
- The juice of a lemon
- Pepper (according to your taste)

## PREPARATION

- Before boiling the eggs, reserve a large bowl of cold water and ice.
- Boil a pan of water. Reduce the heat and gently immerse your eggs in water using a spoon.
- Cook for 6 minutes for soft-boiled eggs and 6 minutes and 30 seconds for a slightly more cooked yolk.
- When the time is up, use a slotted spoon to remove the eggs and immediately immerse them in the bowl of ice water.
- Gently peel.

## Implementation:

- Mix the seasoning. Taste and adjust if necessary.
- Divide the quinoa into 2 bowls.
- Place an egg cut in half on top, the avocado, the tofu bites and the green onions.
- Add the seasoning.

### 3. Grilled harissa roots with chickpeas and millet



Quantities for 4 people

#### INGREDIENTS

- 4 medium beets, peeled and diced
- 8 to 10 large carrots, peeled and halved lengthwise
- 1 ½ tablespoon harissa paste
- 2 teaspoons ground cinnamon
- 1 teaspoon ground cumin
- ½ teaspoon ground ginger
- 2 tablespoons extra virgin olive oil
- Salt and pepper
- 225 g cooked chickpeas
- 150 g millet
- 50 g raisins or dried currants
- 75 g raw almonds, coarsely chopped
- 50 g fresh coriander and parsley

- The juice of a lemon

## PREPARATION

- Preheat the oven to 220 ° C.
- Whisk together the harissa, cinnamon, cumin, ginger and olive oil in a small bowl. Place the beets and carrots on a baking sheet. Season with salt and pepper and roast in the oven until caramelized and tender, about 35 to 40 minutes, depending on the size. Beets would require a little more cooking, but I like very tender carrots and slightly crunchy beets.
- While the roots are roasting, cook the millet. Toast it in a skillet over medium heat for 3 to 5 minutes, then add 450 ml of water and a pinch of salt. Bring to a boil, then cover. Simmer for about 15 minutes or until all the water has been absorbed. Remove from heat and let stand for a few minutes, then separate the beans with a fork.
- About 15 minutes before the beets and carrots are ready, mix the chickpeas in the rest of the harissa dressing so that they are well coated, then place on the baking sheet with the vegetables.
- Add the almonds, raisins, parsley and cilantro to the cooked millet. Add the juice of a lemon and a few tablespoons of extra virgin olive oil.
- Put the millet along the roasted roots and crispy chickpeas. Garnish with fresh herbs.
- 4. Swiss chard and garlic yogurt quinoa patties
- 6-8 pancakes for 2 to 3 people
- If it is not chard season or if you do not like it, do not hesitate to replace it with cabbage (curly or not).

## 4. Swiss chard and garlic yogurt quinoa patties



### INGREDIENTS

- 75 g white quinoa
- 400 g chard (or Swiss chard), chopped, leaves and stems separate
- 2 cloves of garlic, minced
- 1 tablespoon of oil
- 2 large eggs (or 3 small)
- 50 g grated parmesan
- ½ teaspoon ground cumin
- ½ teaspoon salt
- Pepper according to your taste
- Frying oil

### Support

- 1 plain Greek yogurt
- 1 clove garlic, minced or mashed

## PREPARATION

- To cook the quinoa: first, rinse the quinoa in a fine metal sieve to reduce the bitterness. Bring 220 ml of water to a boil in a small saucepan. Add the quinoa, then reduce the heat, cover, and simmer gently for about 12 minutes, or until all the water is absorbed. Detach the seeds with a fork, remove from the heat and let stand, covered, for 15 minutes.
- Meanwhile, sauté the garlic in the oil in a large wok or saucepan over medium heat until the garlic begins to crack. Add the chard leaves at this time, reserving the stems, and brown them until they soften and take on a dark green color. Season to taste with salt and pepper. Remove the leaves and cook the stems with a little water over medium heat until they are tender. Set aside and let cool.
- Once all the ingredients are cold, place the cooked quinoa, chard, parmesan and cumin in a large bowl and mix well. Make sure it's enough salt and pepper, then add the eggs after you beat them. Mix well and put in the refrigerator for 30 minutes.
- Make pancakes with a handful of the quinoa mixture per pancake (see photo). Heat a few teaspoons of oil in a non-stick skillet over medium heat. Fry your patties for about 2-3 minutes on each side or until golden brown. Reduce the heat if necessary to avoid burning them.
- To make the garlic yogurt, mix the mashed garlic with the yogurt and serve. Or lightly fry the chopped garlic before mixing it with the yogurt.
- You can also fry a little more garlic to garnish your plates.
- Vegetarian protein recipe: Garlic and pepper soba noodles with roasted tofu

Combining tofu and soba noodles (based on buckwheat), this vegan recipe is a good source of protein.

In case of gluten intolerance, check the label of your noodles to make sure they do not contain wheat (like the ones I have linked).

## 5. Garlic and pepper soba noodles with roasted tofu



Quantities for 2 people

### INGREDIENTS

- 1 tablespoon olive oil
- 2 medium onions, coarsely diced (with the skin)
- 2 medium carrots, peeled and diced
- 2 celery stalks, well cleaned and diced
- 1 large leek, cut lengthwise in half
- 3 to 4 garlic cloves, lightly crushed
- 5 to 6 sprigs of thyme
- 3 to 4 parsley stems
- 3 bay leaves
- 6 to 7 whole grains of black pepper
- 2 liters of filtered water

Soba + tofu:

- ½ block of extra firm tofu, dried with a paper towel
- 2 teaspoons of olive oil
- 1 teaspoon chili powder
- zest of half a lemon
- 1 teaspoon lemon juice
- Salt and pepper
- 2 servings of dry buckwheat soba noodles
- 700 ml vegetable broth
- 2 garlic cloves, peeled
- 2 shallots, thinly sliced
- 4 to 5 kale leaves, thinly sliced
- Salt with lots of black pepper
- Lemon slices
- Chili petals

#### PREPARATION

- Heat the oil in a large saucepan over medium heat. Add the diced onions and sauté until a dark brown color is obtained in certain places (about 7 to 8 minutes of cooking). Add the carrots and leave on the heat for another 4 to 5 minutes. Add the diced celery and mix.
- Wash the split leek well under water, then chop it coarsely.
- Then add it to the mixture with the crushed garlic cloves.
- Add the vegetables until the leeks are translucent and softened (about 4 minutes).
- Add the thyme, parsley, bay leaf and black pepper, then mix.
- Add a good dose of water and loosen the pieces with your spoon.
- Slowly pour the filtered water over the vegetables. Increase the heat a little and cover.
- Bring the broth to a boil, remove the lid, then simmer for about an hour.
- Let cool slightly before filtering.

The broth will keep in a tightly closed container for 5 to 6 days in the refrigerator and 6 months in the freezer.

For the soba with the baked tofu with chili:

- Preheat the oven to 220 ° C. Put sulfur paper on the baking sheet.

- Once you have dried the tofu, cut it into 1 cm cubes, and place the cubes on the baking sheet. Sprinkle the tofu with the 2 teaspoons of olive oil, the chili powder, the lemon zest, the salt, the pepper and the lemon juice. Mix and put in the oven. Roast the tofu until the brown edges appear and it looks crisp (about 25 minutes). Then turn them over to brown the other half.
- Meanwhile, cook the soba noodles according to the package directions. Then drain them and set them aside.
- Heat 675 ml of vegetable broth in a small saucepan over medium heat. Add a big pinch of salt to the broth and bring to a boil. Simmer until you are ready to serve it hot.
- Mash the garlic cloves well in 2 soup bowls. Add thin strips of shallot and ground black pepper to taste.
- Put the same amount of soba noodles and tofu in the bowls then pour the broth.
- Garnish the soup with the remaining chopped shallots and check the seasoning.
- Serve with lime slices.

## 6. Spaghetti squash with chickpeas and cabbage



Quantities for 2 to 3 people

### INGREDIENTS

- 1 spaghetti squash
- 1 to 2 tablespoons olive oil
- 1 shallot, thinly sliced
- 1 garlic clove
- ½ tablespoon chopped fresh rosemary
- 1 pinch of chili petals
- 100 g chickpeas, drained and rinsed
- 200 g kale leaves, cut into strips
- Half a lemon juice
- 40 g chopped sun-dried tomatoes (or capers or olives)
- 40 g toasted pine nuts
- Salt and pepper
- Optional: a little freshly grated Parmesan cheese

### PREPARATION

- Preheat the oven to 200 ° C.
- Slice your squash in half lengthwise. Collect the seeds and pulp from the middle. Place the squash on a baking sheet, cut side up. Drizzle with olive oil, salt and pepper. Roast for about 1 hour or until the flesh is tender.

- Remove the squash from the oven, let it cool slightly, and use a fork to scrape the squash out to make strands (spaghetti). Book.
- In a large skillet over medium heat, add enough olive oil to lightly line the bottom, then add the shallot, garlic, rosemary, chilli, salt and pepper. You can add a whole clove of garlic that you can remove later.
- Once the shallot begins to soften, add the chickpeas and cook for a few minutes until they turn slightly golden. Remove the garlic clove, and add the kale leaves, lemon juice. Stir everything well.
- When the cabbage has softened a little, add the sprigs of squash, a little grated cheese, the dried tomatoes, and salt and pepper if necessary. Stir to incorporate the new ingredients.
- Remove from the heat and decorate with the grilled pine nuts and grated cheese.

## 7. Black beans and red rice with coconut and mango sauce



Quantities for 4 people

### INGREDIENTS

- ½ cup unsweetened coconut flakes
- 200 g red rice
- 450 ml of vegetable broth that you make yourself or in cubes like those of Jardin Bio
- 900 ml of water
- ¼ teaspoon salt
- ¼ teaspoon ground black pepper
- 2 tablespoons olive oil
- 2 teaspoons classic ground chilli
- ¼ teaspoon chipotle pepper powder
- 1 medium yellow onion, diced
- 60 g canned black beans, drained and rinsed
- 225 ml of water
- 1 lime juice

- 10 g chopped cilantro
- 50 ml mango sauce

## PREPARATION

- Preheat the oven to 180 ° C.
- Spread the coconut flakes on a baking sheet and bake for 5 minutes. Make sure they don't burn. When they are light brown, remove them from the oven and set aside.
- In a large saucepan, put the rice, vegetable broth, water, a tablespoon of olive oil, salt and pepper and bring to a boil over high heat. Stir well, then when it is boiling, cover and simmer for about 45 minutes or until all the water is gone. The rice should be soft.
- Towards the end of the cooking, stir it a little to prevent the rice from sticking to the bottom of the pan. Add water as needed since red rice requires a lot. If you are using another rice, adjust the amount of water accordingly.
- Meanwhile, in a large skillet, heat 1 tablespoon olive oil over medium heat. Add the chili and chipotle powders. Let warm a little before adding the chopped onion, stirring for about 5 minutes. Then add the beans and 225 ml of water. Simmer over low heat, uncovered, for about 20 minutes. Stir from time to time.
- Remove the beans from the heat and add the coconut flakes, lemon juice and cilantro. Mix well.
- Serve the beans over the rice and pour over 50 ml of the mango sauce.

## 8. Black bean and tempeh tacos



6-8 tacos for 3 to 4 people

### INGREDIENTS

- 225 g tempeh
- 425 g canned black beans
- ½ onion
- 2 cloves garlic
- 2 tablespoons ready-made or do-it-yourself taco seasoning (easy)
- 8 corn tortillas

Choice of garnishes: lettuce, tomato, baking powder, coriander, avocado, guacamole, etc.

### PREPARATION

- Crumble the tempeh and put it in a bowl. Mix the taco seasoning with 2 or 3 teaspoons of water and add the mixture to the tempeh. Stir well and let marinate.
- Slice the onion and chop the garlic. In a saucepan over medium heat, sauté the onion and tempeh for about 8 to 10 minutes.

- Meanwhile, prepare your toppings. (Chop the lettuce, mash the avocado, etc.)
- When the onions have softened, add the chopped garlic and cook for 30 seconds.
- Add the black beans and cook for about 3 minutes, or until heated through.
- Finalize the tacos: heat the corn tortillas if desired, add the tempeh mixture, and all the toppings.

## 9. Hemp protein bars



### INGREDIENTS

Dry ingredients:

- 190 g hemp protein powder
- 60 g hemp seeds, shelled
- 70 g cocoa powder (or more depending on your taste)
- 70 g ground nuts in coarse flour
- 50 g whole pumpkin seeds
- 30 g ground chia seeds

- 50 g dried blackberries
- 2 tablespoons of spirulina powder
- ¼ teaspoon pink Himalayan salt (if possible, otherwise use another high-quality sea salt)
- 1 pinch of ground cinnamon

Wet ingredients:

- about 20 dates
- 100 g dried cherries
- 5 tablespoons of coconut oil
- 1 tablespoon almond butter
- 110 ml water (start with half and add gradually)
- 1 teaspoon vanilla extract

## PREPARATION

With the dry ingredients:

- Coarsely crush the nuts and chia seeds.
- Pour them into a large bowl and mix all the remaining dry ingredients (hemp powder, seeds, cocoa, blackberries, spirulina, salt and cinnamon). Set aside.

With the wet ingredients:

- Mix all the ingredients in a blender at high speed. CAUTION: This mixture is very thick and sticky you will need a powerful kitchen appliance. Otherwise, mix in small quantities. Start by adding half the water to this mixture.
- Add the dry ingredients. Add a little more water if necessary.
- Using your hands, mix until you can form a large ball.
- If the mixture gets too wet, just add more cocoa or hemp protein powder. If the mixture is not moist enough, try adding more coconut oil or a few dates. Your dough should be thick, soft and sticky.
- Spread the mixture evenly in a square mold (at least 20 cm side) with sulfur paper. Using your hands and the tips of your fingers, press firmly so that the thickness of the dough is uniform and smooth.
- Put in the fridge for at least 2 hours.

- Cut into 12 bars. Call a friend good enough in geometry if you can't do it
- You can keep them in the freezer by wrapping them individually, or in the fridge for a week

## 10. Vegan Protein Pancakes



### Ingredients

- For 4 pancakes, a total of 453 kcal and 31 g of protein.
- 90 g Mixed oats or Instant Oats from food spring
- 30 g e037
- 1 tsp Baking powder
- 1 pinch Salt
- 230 ml Sparkling water
- Optional Toppings: blueberries, maple syrup, etc.

### PREPARATION

- In a salad bowl, mix all the dry ingredients.
- Gently add the water while mixing with a whisk, until a viscous paste is obtained.
- Heat a pan with a little oil, then bake the pancakes.
- Serve with the desired garnish.
- Enjoy your meal!

## 11. One pot with Rice and Tomato



### Ingredients

- 1 half onion
- 1 tsp Coconut oil
- 60 g whole rice (basmati)
- 150 ml vegetables soup
- 80 g Red beans
- 100 g canned crushed tomatoes
- 1 tbsp tomato puree
- salt, pepper, cumin
- 1 handle green olives

### PREPARATION

- Cut the onions and brown them in the pan with a little oil.
- Add the rice, then the vegetable broth and sauté everything until boiling.

- After 5 min, add the red beans, the crushed tomatoes and the tomato puree. Add the cumin, salt and pepper.
- Cook for another 10 min, and stir occasionally until the rice is cooked. Add water if necessary.
- Serve and add as desired olives and parsley.

Enjoy your meal!

## 12. Pho Vegan Soup



Ingredients for 2

For the broth:

- 1 onion cut in half
- 1-piece ginger (one inch size)
- 1 stick cinnamon
- 2-star anise flowers
- 1 L vegetables soup
- 1 tbsp Coconut oil
- For the soup:
- 180 g rice noodles

- 200 g Choi Pack
- 60 g Sliced smoked tofu
- 20 g dried shiitake mushrooms
- 1 new onion
- coriander, lime, sesame, soy sauce

#### PREPARATION

- In a saucepan, pour the spices and onion and cook over very low heat, without oil. Brown slightly.
- Add the vegetable broth and coconut oil and simmer for 35 to 40 min.
- Meanwhile, cook the rice noodles al dente and set aside. Tenderize the shiitake mushrooms in a pan with hot water and set aside once they are softened.
- Filter the Pho broth through a sieve, so that there are no more pieces. Return to the pan.
- Pour the rice noodles into two large bowls. Add the Pak Choi, tofu, mushrooms and new onion to each bowl. Add the broth and let soak for a few minutes.
- Garnish with cilantro, lime and sesame. Season with soy sauce.

Enjoy your meal!

### 13. Vegan tofu nuggets



#### Ingredients for 3

- 400 g solid tofu
- 2 tbsp Oats Instant
- 2 tsp paprika powder
- 1 tsp garlic powder
- 1 tsp salt
- 1 tsp pepper
- 100 ml unsweetened almond milk
- 100 g Protein flakes
- cooking oil spray
- sauce of your choice

#### PREPARATION

- Preheat the oven to 200 ° C.

- Let the tofu slices dry on baking paper. Cut them into pieces of equal size.
- In a bowl, combine the Instant Oats, paprika powder, garlic powder, salt and pepper. Add the almond milk and mix with a whisk until there are no more lumps.
- On a plate, pour the Protein Flakes and mix them with a little powdered paprika.
- Dip each piece of tofu in the liquid mixture, then bread them with the plate of Protein Flakes.
- Place each piece on baking paper, and add a drizzle of oil on top.
- Cook for 30 min to make them crisp. After 15 minutes of cooking, turn them over.

Enjoy your meal!

## 14. Irish parmentier mince



Ingredients for 1

- 0.17 kg potatoes
- 0.17 onion
- 0.33 carrots
- 25 g mushrooms

- 0.17 branch celery
- 0.17 tbsp Coconut oil
- 0.33 tbsp balsamic vinegar
- 33.33 ml vegetables soup
- 0.33 branches thyme
- 0.33 branches rosemary
- 0.5 tbsp tomato puree
- 23.33 g small weights (canned)
- 8.33 g Protein flakes
- salt, pepper, nutmeg
- 0.33 tbsp margarine
- 16.67 ml oat milk

#### PREPARATION

- Peel the potatoes and cook them in a pot of boiling water.
- Meanwhile, dice the onion, carrots, mushrooms and celery.
- Heat the Coconut Oil in a saucepan and sauté the vegetables until they are lightly browned.
- Deglaze with balsamic vinegar and add the vegetable broth. Add the thyme, rosemary and tomato puree to the pan and simmer for 10 minutes.
- Season with salt and pepper. Add the peas and protein flakes
- In a bowl, mash the potatoes with the margarine and oat milk to make the mash. Season with salt, pepper and nutmeg.
- Transfer the vegetables to a gratin dish and spread the mash over them.
- Place in the oven at 200 ° C for 15 minutes or until the mince is golden brown.

Enjoy your meal!

## 15. Wraps of millet cabbage leaves & peanut butter



Ingredient for 2

- For wraps:
- 60 g millet, dried
- 150 ml vegetables soup
- 4 large cabbage leaves
- 0.5 carrot
- 50 g cucumber
- a little of Red cabbage
- For the sauce:
- 2 tbsp Peanut butter
- Tax included plus Shipping
- 1 tbsp hot sauce of your choice (e.g. sriracha)
- 1 tbsp soya sauce
- 0.5 lime, juice
- 3 tbsp water

PREPARATION

- Wash the millet. Put it in a saucepan with the vegetable broth and simmer covered for 15 minutes. Then leave to swell for 10 minutes.
- For the sauce, combine all the ingredients in a bowl.

- Cut the carrot, cucumber and red cabbage into julienne strips (in small thin sticks).
- Briefly blanch the 4 large cabbage leaves in hot water.
- Garnish each cabbage leaf with millet and vegetables. Pour a little sauce over it. Roll in wraps and cut in half.
- Serve the wraps with the rest of the sauce for dipping.

Enjoy your meal!

## 16. Jackfruit tacos



Ingredients 2 people

- Recipe for 6 tacos. 1 taco contains 184 kcal and 5 g of protein.
- For the jackfruit:
  - 400 g Brine jackfruit fruit (boxed)
  - 1 tbsp Coconut oil
  - 1 tsp paprika, 1/2 tsp cumin
  - 1 tbsp tomato puree

- 1 tbsp soya sauce
- 1 tbsp Maple syrup
- For the dressing:
- 2 tbsp Peanut butter
- 2 tbsp hot sauce of your choice (e.g. sriracha)
- 2 tbsp soya sauce
- lime, juice
- For the tacos:
- 6 pieces corn pancakes, small (tortillas)
- a little of red cabbage, cut into strips
- coriander, soy yogurt, lime

#### PREPARATION

- Drain the jackfruit and make small pieces with your hands. Throw the hard part forward at the tip.
- Heat the coconut oil in a pan and sauté the jackfruit until it turns golden.
- Season the jackfruit with paprika and cumin. Add the tomato puree, soy sauce and maple syrup and continue to cook a little more.
- Mix all the ingredients for the vinaigrette together.
- Heat the tortillas in the oven or in a pan for a short time.
- Garnish the tortillas with the jackfruit, red cabbage and coriander. Add with the peanut sauce, a little soy yogurt and lime juice.

Enjoy your meal!

## 17. Lentil soup



### Ingredients for 1

- 1 shallot
- 70 g green lentils
- 150 g potatoes
- 1 small carrot
- 1 branch celery
- 400 ml vegetables soup
- salt, pepper, thyme, rosemary, parsley, white wine vinegar
- 1 Vienna sausage (or its vegan version)
- Optional Protein bread

### PREPARATION

- Cut all the vegetables into pieces.
- Prepare the vegetable broth in a saucepan. Add the pieces of vegetables, the lentils and simmer for 25 to 30 min. Stir from time to time.
- Add the spices: salt, pepper, thyme and rosemary.

- Cut the sausages into small pieces and add them to the preparation.
- Add a teaspoon of vinegar and add parsley.

Enjoy your meal!

## 18. Stuffed sweet potatoes



### Ingredients

- 300 g Sweet potatoes
- 1 tomato
- 0.25 Red onion
- 0.5 lawyer
- 60 g Red beans
- 1 tbsp choice of plain yogurt
- salt, pepper, coriander, lime, chili flakes

### PREPARATION

- Preheat the oven to 180 ° C.
- Wash the sweet potatoes. Place on a baking sheet with a baking sheet, pierce them with a fork and put in the oven for 45 minutes. Cook them until they are tender.
- Meanwhile cut the onion and the tomato into small pieces. Combine with half the avocado in a bowl. Add the spices.
- Take the sweet potatoes out of the oven and cut them in half. Add the cooked red beans and the avocado mixture. Add the coriander.
- Optionally, pour a little plain yogurt and lime juice.

Enjoy your meal!

## 19. Avocado sweet potato salad



### Ingredients

- 200 g Sweet potatoes
- 0.25 piece grenade
- 0.5 lawyer
- 1 tbsp olive oil

- 2 tbsp Apple vinegar
- 1 tbsp sweet mustard
- 80 g green salad
- 10 g nuts
- salt, pepper, parsley
- optional: Vegan protein bread

#### PREPARATION

- Dice the sweet potatoes, salt, pepper and bake for 25-30 min.
- Meanwhile, remove the seeds from the pomegranate and dice the avocado.
- For the dressing, vigorously mix olive oil, apple vinegar, mustard, salt and pepper.
- Put the salad in a salad bowl, add all the ingredients and pour the vinaigrette. Mix the salad.
- Garnish with parsley as desired.

Enjoy your meal!

## 20. Chickpea curry (vegan)



## Ingredients for 1

- 1 small onion
- 1 tsp Coconut oil
- 1 tsp Red curry paste
- 100 g potatoes
- 150 ml water (or more if needed)
- 100 g Chickpeas
- 150 g crushed tomatoes (canned)
- 120 ml light coconut milk
- salt, pepper, 1/2 tsp Garam Masala, 1/2 tsp curry, fresh coriander, lime

## PREPARATION

- Dice the onions and brown over low heat in a saucepan with the coconut oil. Add the curry paste and mix.
- Dice the potatoes and cook in the same pan for one minute. Then add the water and cook over low heat for 10 minutes.
- Add the chickpeas, crushed tomatoes and coconut milk. Simmer for 5 to 7 minutes.
- Add the spices: salt, pepper, Garam Masala and curry.
- The dish is ready as soon as the potatoes are tender enough. Serve with fresh cilantro and lime.

Enjoy your meal!

## 21. Exotic fruit bowl smoothie



### Ingredients for 1

- 1 piece Yellow Balls Smoothie
- 20 g Banana Vegetable Protein
- 1 banana, frozen
- 100 g mango, frozen
- 100 ml almond milk, unsweetened
- 0.5-piece Protein Bar Vegan Chocolate-Almond
- Toppings: mango, banana, coconut chips, chia seeds white

### PREPARATION

- Mix all the ingredients until you get a smooth mixture.
- Pour the preparation into a bowl and garnish with the toppings.

Enjoy your meal!

## 22. Protein smoothie with matcha



### Ingredients for 1

- 150 ml almond milk, unsweetened
- 30 g Banana Vegetable Protein
- 1 banana, frozen
- 1 tbsp Oats Instant
- 0.5 tsp matcha tea powder
- 1 handle spinach on branch
- 0.5 piece Protein Bar Vegan Hazelnut-Amaranth
- Optional crushed hazelnuts

### PREPARATION

- Mix all the ingredients until you get a smooth mixture.
- Pour the preparation into a glass and garnish with pieces of vegan protein bar and hazelnuts.

Enjoy your meal!

## 23. Vegan yogurt with exotic fruits



### Ingredient for 1

- 150 g Vegetable milk yogurt (e.g. soy yogurt)
- 20 g e037
- 50 g apple, diced
- 50 g mango, diced
- 1 piece passion fruit
- 0.5 piece Protein Bar Vegan Chocolate-Almond
- 10 g sliced almonds, toasted
- 5 g White Chia seeds

### PREPARATION

- Combine protein with soy yogurt in a bowl.
- Garnish with the remaining ingredients and enjoy.

Enjoy your meal!

## 24. Chocolate vegan protein muesli



### Ingredients

- 60 g Chocolate Protein Muesli
- 125 ml vegetable milk (e.g. unsweetened almond milk)
- 0.5 handle blueberries
- 0.5 handle raspberries
- 0.5 piece Protein Bar Vegan Chocolate-Almond

### PREPARATION

- Pour the muesli in a bowl, then the milk.
- Garnish with the remaining ingredients and enjoy.

Enjoy your meal!

## 25. Protein beet smoothie



### Ingredients for 1

- 150 ml almond milk, unsweetened
- 30 g Strawberry vegetable protein
- 1 piece beetroot, vacuum packed
- 100 g red berries, frozen
- 1 tsp White Chia seeds
- optional: 1 tsp of creatine

### PREPARATION

- Mix all the ingredients until you get a smooth mixture.
- Pour the smoothie into a glass. Enjoy immediately.

Enjoy your meal!

## 26. Soft & vegan pancakes



### Ingredients for 2

- Recipe for 6 pancakes. 1 pancake contains 153 kcal including 4 g of protein.
- For the pancakes:
- 190 g Oats Instant
- 2 tsp baking powder
- 1 tsp Flavor Kick Vanilla
- 1 pinch salt
- 300 ml oat milk (or other)
- 1 tbsp Apple vinegar
- 1 tbsp Psyllium bark or White chia seeds
- For the topping:
- forest fruits, maple syrup, Fruit Jam

### PREPARATION

- In a bowl, mix Instant Oats, baking powder and Flavor Kick.
- In another bowl, combine the milk, apple vinegar and Chia seeds. Let sit for a few moments. Heat a lightly oiled pan during this time

- Add the bowl containing the liquids to the bowl containing the dry ingredients. Mix until you get a pancake batter (quite thick).
- Tip: the thicker the dough, the fluffier your pancakes will be. So, choose what you prefer, and add milk accordingly.
- Place a ladle of dough in the pan and allow to heat for a few moments before turning the dough.

Enjoy your meal!

## 27. Party mini burgers



Ingredients for 1

Recipe planned for 1 mini burgers. 1 mini burger contains about 136 kcal including 8 g of protein.

For the breads:

- 0.1 package Protein bread

- 23 ml water
- For garnish:
- 10 g basil pesto
- 5 g mozzarella
- 10 g grilled eggplant
- 5 g grilled zucchini
- 5 g tomatoes
- 0.1 small onion
- a little of rocket

#### PREPARATION

- Preheat the oven to 175 ° C.
- Prepare the dough with the Protein Bread mixture and form balls the size of a ping pong ball.
- Place the balls on baking paper and put in the oven for 25 to 30 minutes.
- Meanwhile, cut the vegetables and grill them.
- Once the breads are cooked, cut them in half. Top each pesto bun, then add the mozzarella, arugula and vegetables.
- Close the buns and hold the burgers with a wooden pick.

Enjoy your meal!

## 28. Mini flambé pies



### Ingredients for 1

- Preparation for 1 mini flambé pies. 1 mini flambé pie contains about 400 kcal.
- 60 g Protein Pizza
- 60 ml lukewarm water
- 30 g fresh cream
- salt pepper
- For the garnish (salty or sweet):
- bacon
- onions
- goat cheese
- mushrooms
- smoked salmon slices
- rocket
- apples or pears
- figs

- goat cheese
- nuts
- parsley, rosemary, chives

#### PREPARATION

- Preheat the oven to 180 ° C.
- Mix the water with the Protein Pizza powder and create a dough. Let stand for 10 min.
- Sprinkle the work surface with flour and roll the dough over it. Create 5 mini tart bases. Put in the oven for 10 min.
- Season the crème fraiche with salt and pepper and spread it on each tart shell.
- Add the sweet or savoury toppings. Return to oven for 12 to 15 min until crisp.

Enjoy your meal!

## 29. Grapefruit non-alcoholic cocktail



### Ingredients for 1

- 100 ml freshly squeezed grapefruit juice
- 50 ml pomegranate juice
- lime
- 150 ml Sparkling Aminos Grapefruit
- 1 handle ice cubes
- a little birch sucks
- rosemary, grapefruit, pomegranate seeds

### PREPARATION

- In a small plate, pour a little birch sugar. Moisten the edges of your glass and dip it in the sugar to get the edge of the sweet glass.
- Fill the glass with ice, then pomegranate seeds. Squeeze the lime into the glass.
- Finally pour the Sparkling Aminos and garnish with rosemary, grapefruit and pomegranate.

Enjoy your meal!

## 30. Mini falafel skewers



Ingredients for 1

For the falafels:

- 1 box chickpeas (265 g, drained weight)
- 0.5 bunch of parsley
- 0.5 bunch of coriander
- 1 clove garlic
- 1 Red onion
- 1 tsp baking powder
- 4 tbsp Protein flakes
- 2 tbsp Coconut oil
- salt, pepper, cumin

For the rest:

- 200 g Humus
- olives, cucumber, pomegranate seeds, parsley, mint, lemon

## PREPARATION

- With a food processor or hand blender, coarsely mix the chickpeas with parsley, coriander, garlic, onion, yeast, protein flakes, cumin, salt and pepper.
- Form small falafel balls and place them on a baking sheet covered with parchment paper.
- Brush the falafels with coconut oil and bake for about 35 minutes until crisp. Or fry in a pan.
- Form the skewers by pricking the 12 falafels with cucumber slices and olives.
- Spread the hummus on a plate and place the skewers on it. Serve with pomegranate, herbs and lemon.

Enjoy your meal!

## 31. Vegan Protein Pizza



### Ingredients

For the pizza dough:

- 100 g Protein Pizza
- 100 ml lukewarm water

For garnish:

- 100 g 100 g homemade tomato sauce (chopped tomatoes, garlic, salt)
- grilled zucchini
- grilled eggplant
- Roasted peppers
- artichoke
- mushrooms
- thyme, olive oil

## PREPARATION

- Preheat the oven to 180 ° C.
- Mix the Protein Pizza mix with the water and stir until a paste is obtained. Let sit for 10 minutes.
- Prepare a work surface with flour and roll the pizza dough to make a dough about Ø 26 cm.
- Place the pizza dough on a baking sheet lined sheet and bake for 15 to 20 minutes.
- Divide the tomato sauce and the vegetables over the dough. Return to oven for 10 minutes until dough is crisp.
- Add thyme and olive oil as a final touch.

Enjoy your meal!

## 32. Arrabiata Protein Pasta



### Ingredients

For the sauce:

- 0.5 clove garlic
- 0.5 red chilli (or chili flakes)
- 1 tbsp olive oil
- 200 g chopped tomatoes
- Bouquet parsley
- salt, pepper, basil, vegan parmesan

For the pasta:

- 125 g Protein Pasta

### PREPARATION

- Chop the garlic and red pepper.
- Heat the olive oil in a saucepan. Carefully brown the garlic and chilli.

- Add the tomatoes and simmer 10-15 min. Salt and pepper.
- Meanwhile, boil the Protein Pasta in salted water.
- Add the pasta to the sauce and mix. Chop the parsley and add it to the pasta.
- Add basil and parmesan for the final touch.

Enjoy your meal!

### **33. Protein pasta with basil pesto**



#### **Ingredients**

For the pesto:

- 10 g pine nuts
- 15 g cashews
- 20 g fresh basil
- 0.5 clove garlic
- 30 ml olive oil
- case. yeast soup flakes (optional)
- salt, pepper, vegan parmesan of your choice

For the pasta:

- 100 g Protein Pasta

#### PREPARATION

- Roast the pine nuts and cashews in an oil-free pan until golden.
- Put all the ingredients in a blender or a chopper. You just made pesto!
- Boil the Protein Pasta in salted water.
- Mix the pasta with the pesto and serve. Garnish with fresh basil, pine nuts and parmesan.

Enjoy your meal!

### 34. Vegan and protein Bolognese



#### Ingredients

For the Bolognese sauce:

- 50 g granulated soybeans
- 100 ml vegetable broth
- 0.5 tbsp olive oil
- 0.5 clove garlic
- 0.5 onion

- 0.5 large carrot
- 1 celery sticks
- 0.5 box chopped tomatoes
- 1 tbsp tomato paste
- salt, pepper, bay leaves, basil, vegan parmesan (optional)

For the pasta:

- 100 g Protein Pasta

#### PREPARATION

- Pour the vegetable broth over the granulated soybeans and let sit for about 10 minutes. Drain the liquid and reserve about 150 ml.
- Dice the garlic, onion, carrot and celery.
- Heat the oil in a saucepan and brown the granulated soybeans in it until golden.
- Put all the vegetables in the pan and sauté for a few minutes. Salt and pepper.
- Add the tomatoes, the tomato puree and the rest of the vegetable broth and simmer for 20 minutes over low heat. Add another bay leaf according to your preference.
- Meanwhile, boil the Protein Pasta in salted water.
- Season the Bolognese again and serve with the pasta. Add basil and parmesan for the final touch.

Enjoy your meal!

## 35. Muesli and chocolate muffins



### Ingredients

- 25 g rolled oats or Instant Oats
- 0.1 tsp cinnamon
- 0.2 tsp baking powder
- 4 g coconut blossom sugar or 2 tsp of Flavor Kicks choice
- 0.2 ripe bananas
- 25 ml sugar-free almond milk
- 7 ml sunflower oil
- Optional 60 g Protein chocolate muesli for topping, a little fruit jam to garnish

### PREPARATION

- Preheat the oven to 180 ° C.
- In a bowl, combine Instant Oats, baking powder, cinnamon and coconut blossom sugar / Flavor Kick.
- In another bowl, mash the bananas and mix them with the almond milk and oil.

- Pour the liquid preparation into the dry preparation and mix until a homogeneous paste is obtained.
- Pour into 10 medium muffin cups and sprinkle with protein muesli.
- Prick from time to time to check for doneness.

Tip: if necessary, you can add 1 tbsp. of Fruit Jam inside the dough before baking. Or spread a little after the muffins are cooked.

Enjoy your meal!

## 36. Socca



### Ingredients

For the socca:

- 90 g Chick pea flour
- 30 g Protein flakes
- 300 ml Water

- 1 tbsp Olive oil
- 1 tsp Salt
- 1 tbsp Dried rosemary
- 1 Pinch Pepper
- 1 tbsp olive oil for the pan, fresh rosemary topping

#### PREPARATION

- In a bowl, pour all the ingredients and stir them. Let sit for 30 minutes.
- Preheat the oven to 230 ° C. Put a t.s. olive oil in a large skillet with metal handle and heat it for 5 minutes in the oven.
- Take out the pan and pour in the dough, covering the entire surface.
- Return the pan to the oven for 7 to 8 minutes.

Tip: the socca is eaten crisp on the outside and soft on the inside. At the end of cooking, it is advisable to use the grill function of the oven.

- Cut into pieces and garnish with spices, salt and pepper.

Enjoy your meal!

## 37. Vegan meatballs



### Ingredients

For the dumplings:

- 0.33 box Red beans (drained: 255 g)
- 16.67 g Protein flakes
- 16.67 g Oatmeal
- 0.67 pods Garlic, chopped
- 0.33 Sliced onion
- 0.67 tbsp Tomato concentrate

Season as needed: salt, pepper, paprika, oregano, basil

For the rest:

- 1 tbsp olive oil, tomato sauce

PREPARATION

- Mix all the ingredients for the meatballs with a blender or a grinder until a homogeneous dough is obtained. Season well. If necessary, leave a few pieces not fully mixed in the dough.

Tip: it is also possible to use a potato masher.

- With damp fingers, form 14 balls of equal size.
- Heat the olive oil in a frying pan and cook the meatballs over their entire surface.
- Tip: the meatballs can also be put in the oven for 15-20 minutes instead of being baked in a pan.
- Serve with a side dish of your choice (e.g. tomato sauce, bread, pasta, etc.).

Enjoy your meal!

## 38. Vegan smoothie bowl



### Ingredients

For the smoothie bowl:

- 1 piece
- Smoothie Balls Violet
- 100 g Frozen forest fruits
- 150 ml Vegetable milk (for example oats or almonds)
- a few ice cubes if necessary

For the topping:

- Crunchy Fruits from food spring, Protein Chocolate Muesli from food spring

### PREPARATION

- Put all the ingredients in a blender and mix.
- Tip: if the smoothie is too runny, add a few ice cubes or frozen berries.
- Pour the preparation into a container and garnish with toppings of your choice.

Enjoy your meal!

### 39. Sugar-free peanut chocolate spread



#### Ingredients

- 15.63 g Peanut butter
- i.e. unsweetened cocoa powder
- i.e. vanilla extract
- optional 3 drops of stevia

#### PREPARATION

- Mix all the ingredients together.
- Keep the spread in the fridge, where it will keep for several weeks.

Enjoy your meal!

## 40. Vegan buddha bowl



### Ingredients

- 50 g soba noodles
- 70 g smoked tofu
- 3 mushrooms
- Red bell pepper
- 1 tsp Coconut oil
- 30 g cashew nut
- clove garlic
- lime
- 50 ml water (more if needed)
- 40 g spinach leaves
- 10 g Coconut chips

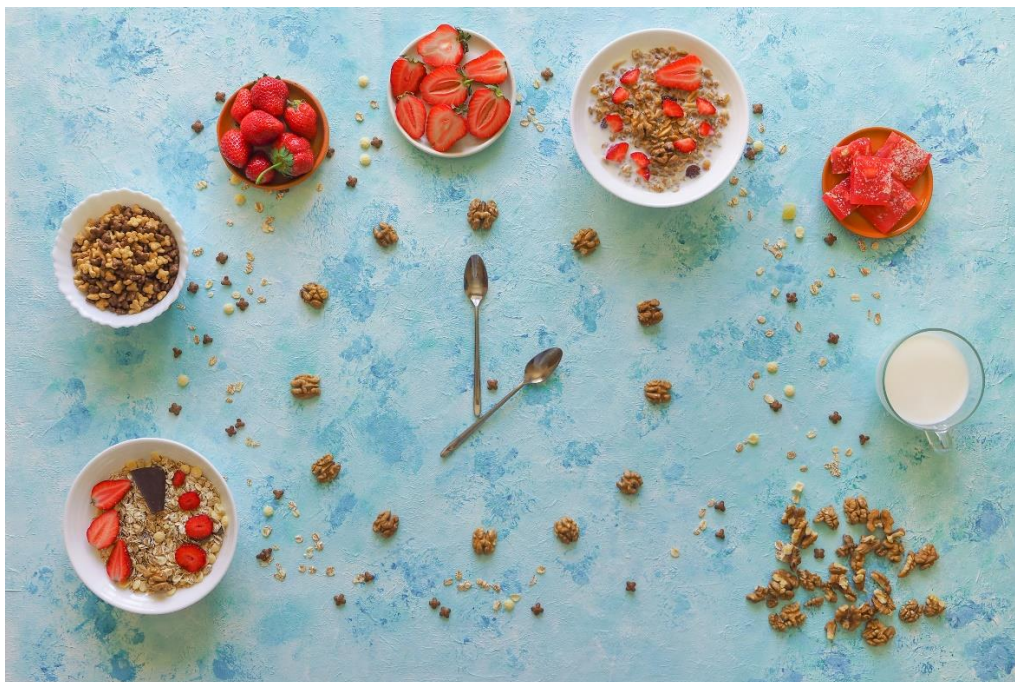
### PREPARATION

- Prepare the soba noodles according to the package directions.

- Cut the smoked tofu into squares and the mushrooms into quarters. Cut the pepper into strips.
- Reheat the Coconut Oil in a pan and sauté the mushrooms and tofu until they color. Pepper.
- For the sauce, mix the cashews with the garlic, lime juice, salt, pepper and a little water.
- Put the spinach leaves in a bowl and arrange the rest of the vegetables on top. Garnish with Coconut Chips.
- Cut the avocado into slices and arrange them on the rest of the vegetables. Pour the sauce.
- Garnish as desired with sesame and 1/4 lime.

Enjoy your meal!

## 41. Porridge delight



### Ingredients

- 0.5 dates
- 1 tbsp White Chia seeds
- 0.5 tbsp Antioxidant superfood powder
- 1 tbsp Protein flakes

- 0.5 tsp Coconut oil
- 1 tbsp oatmeal
- 1 tsp coconut flour
- 100 ml almond milk
- 1 piece 70% dark chocolate
- 1.5 figs
- 0.5 banana

## PREPARATION

- Coffeeberries preparation (to prepare the day before):
- Mix the dates with 6 tablespoons of water.
- Combine the White Chia Seeds, the superfood berries and the date / water mixture in a small jar. The Chia Seeds must be well impregnated with liquid. Then let stand overnight in the fridge.
- The next day, the texture should be close to a jam. If it is too compact, add a drizzle of water to make it smoother.

## Porridge preparation:

- Prepare the porridge by mixing the protein flakes, oatmeal, coconut flour (optional) and soy milk and stir vigorously.
- Cook the preparation over low heat for 10 min (depending on the desired consistency).
- While the preparation is simmering, cut a banana into rings and caramelize it in the pan with a teaspoon of coconut oil.
- In a bowl, pour the porridge, arrange the caramelized banana rings, the figs, a few pieces of dark chocolate and a nice tablespoon of your coffeeberries.

Enjoy your meal!

## 42. Vegan Brownies



### Ingredients

- 2 Ripe bananas
- 90 g Apple compote without sugar
- 30 g Mixed oats
- 40 g Sugar-free cocoa powder
- 30 g Vegetable protein chocolate
- 1 pinch Salt
- 60 ml Oat milk
- Optional 25 g dark chocolate chips

### PREPARATION

- Preheat the oven to 175 ° C.
- In a salad bowl, mash the bananas with a fork. Mix them with the applesauce.
- Add the oats, cocoa powder, protein and salt, then mix everything together. Add the vegetable milk gradually until a paste is obtained.
- Pour the dough into a dish previously greased with a little oil. Add a few chocolate chips as desired.
- Bake 25 to 30 minutes. Let cool before serving.

Enjoy your meal!

### 43. Peanut Butter Cookies



#### Ingredients

- Peanut butter
- 4.29 g almond powder
- 4.29 g e037
- 0.14 tsp Gingerbread mix (optional)
- 4.29 ml Agave or maple syrup
- 0.14 Orange (zest)
- 0.14 pinch Salt

#### To garnish:

- 1.43 g Unsalted chopped peanuts

#### PREPARATION

- Preheat the oven to 160 degrees (rotating heat).
- In a bowl, mix all the ingredients with a spoon or spatula.

- For each tablespoon of dough, form a ball with your hands and place it on a plate with parchment paper.
- Using a fork, form streaks in the dough balls. Add a few chopped peanuts as needed.
- Bake for 7-10 minutes. Cookies must keep a fairly clear appearance.
- Finally, it is imperative to let the cookies cool on a rack, otherwise they tend to break easily. Garnish with a few orange zests as needed.

Enjoy your meal!

## 44. Protein Bread and Beet Hummus



### Ingredients

For the hummus:

- 265 g Cooked chickpeas
- 1 scoop Cooked beetroot
- 3 tablespoons Tahini (Sesame)
- 1 Lemon (juice)
- 1 teaspoon Cumin

- 4 tablespoons Cold water
- 0.5 teaspoon Salt

For the bread:

- 2 slices
- Vegan protein bread
- As a garnish: soy sprouts, sesame seeds and chickpeas (optional)

#### PREPARATION

- 2 slices of protein bread for a tablespoon of hummus contain 175 kcal and 24 g of protein.
- Wash the chickpeas and let them dry.
- Add them to the other ingredients and mix everything with a blender or a food processor.
- Spread a tablespoon of hummus for two slices of bread. Put the rest of the hummus in the refrigerator.
- Garnish with soy sprouts, chickpeas, sesame seeds and salt (optional).

Enjoy your meal!

## 45. Peanut Butter Cookies 2



### Ingredients

- 0.3 tbsp Peanut butter
- 0.3 tbsp unsweetened almond milk
- 0.2 tbsp coconut flour
- i.e. organic vanilla sugar
- i.e. baking powder
- pinch of salt

### PREPARATION

- Preheat the oven to 175 ° C.
- Mix peanut butter with coconut flour in a bowl.
- Then add the salt, vanilla sugar and baking powder.
- Gradually pour the almond milk until you get a creamy paste.
- Form small balls and place them on a plate lined with parchment paper. Flatten them with a fork.
- Bake for 10-12 minutes at 175 ° C.
- Let cool - ideally on a wire rack.

Enjoy your meal!

## 46. Gluten-free protein muesli with Goji berries



### Ingredients

0.3 tbsp Coconut oil

25 g Protein flakes

10 g walnuts (or pecans)

10 g almonds

0.2 tbsp White Chia seeds

8 g Goji berries

0.1 pinch salt

15 g dates

### In supplements

- 5 g coconut flakes
- 5 g pumpkin seeds

## PREPARATION

- Preheat the oven to 170 ° C.
- Quickly melt the Coconut Oil in the microwave.
- Mix together the dry ingredients in a salad bowl: Protein flakes, nuts, Chia seeds and, if you wish, coconut flakes, cinnamon and salt.
- Cut the dates into small pieces and add them to the mixture. Add the melted coconut oil.
- Place the muesli on a baking sheet lined with parchment paper, spreading it out flat. Bake for 10-15 minutes, until the flakes are lightly browned. Regularly watch the progress and mix if necessary.
- When the muesli is cold, add the Goji Berries.
- All that's left is to pour it into milk or use it as a garnish for a fromage blanc, smoothie or other.

Enjoy your meal!

## 47. Protein bar with dates



### Ingredients

- 25 g date paste
- 35 g nut puree
- 15 g e037

### PREPARATION

- Melt the date paste and the nut puree in a saucepan, stirring vigorously.
- Pour the protein powder into a large bowl.
- Add the nut / date mixture to the powder and knead well. If the mixture is too dry, add a little water.
- Form bars with the dough obtained.

Enjoy your meal!

## 48. Protein speculoos



### Ingredients

20 g almond powder

8 g Coconut oil

12 g Vanilla Whey Protein

0.2 ripe banana

0.6 tbsp White Chia seeds

0.6 tbsp spice mix for speculoos

0.2 teaspoon cinnamon

### PREPARATION

- Preheat the oven to 180 ° C.
- Allow the White Chia Seeds to swell in the water for 10 minutes.
- Crush the banana.
- Add all the other ingredients and mix until the dough is smooth.
- Roll the dough and cut out the cookies. Place them on a baking sheet lined with parchment paper and cook for 7 minutes at 180 ° C (hot air).

Enjoy your meal!

## 49. Focaccia fitness version



### Ingredients

- 1 bag dry yeast
- 300 ml lukewarm water
- 2 tsp honey
- 270 g Spelt flour
- 100 g whole spelled flour (or extra spelled flour)
- 60 g Whey protein neutral
- 2 tsp sea salt
- 5 tbsp olive oil
- Optional rosmarin, coarse salt

### PREPARATION

- In a bowl, mix the yeast, warm water and honey. Mix for 5 min. until everything swells and bubbles form.
- Add flour, Whey and salt. With a wooden spoon, mix everything until you get a sticky paste.

- In another bowl, pour 2 tbsp. olive oil. Add the dough. Cover with a clean cloth and let stand 2-3 hours until it doubles in volume.
- Line the pan or pan with olive oil (1 tbsp is enough).
- Take out the dough. With your hands, flatten the dough to remove air. Return the dough to the bowl and form a ball with it, then place it in the dish or mold.
- Cover the dough again and let stand for 1 hour.
- Preheat the oven to 220 ° C. Create a shape with the dough by hand, as desired. Plan to make small holes with your fingers in the dough and pour in olive oil. Add sea salt and rosmarin to the mixture.
- Bake for 20 to 30 min, until the dough is golden brown.

Enjoy your meal!

## 50. Braided bun



### Ingredients

- 300 ml semi-skimmed milk, lukewarm
- 0.5 cube fresh yeast
- 1 tsp Brown sugar
- 100 g applesauce
- 0.5 tsp salt
- 350 g Spelt flour
- 150 g Protein to cook
- Decoration Flaked almonds, decorative sugar, raisins.

### PREPARATION

- In a bowl, gently mix the warm milk, yeast and sugar. Set aside for one minute while the mixture foams.
- Add the rest of the ingredients and mix until a paste is obtained. Knead to obtain a smooth dough.

- Cover the dough and let it rest at hot or room temperature for at least 1 hour. It should double in size.
- Flour the work plan. Create 3 dough logs of the same size and braid them.
- Prepare a baking sheet with baking paper and place the brioche on it. Brush with egg and add the almond flakes and / or the decoration sugar.
- Preheat the oven to 170 ° and bake for 30-35 minutes. The brioche should be golden brown.

Enjoy your meal!