



MADE OF LOVE

THE THOUGHTFUL TABLE ECO-FRIENDLY RECIPES FOR EVERY DAY





ABOUT THIS BOOK

This cookbook is an invitation to cook and eat in a way that feels good for both your body and the planet. It offers simple, sustainable, and accessible recipes for everyday life: for busy schedules, shared meals, and moments when you want nourishing food without complexity. The focus is on fresh, affordable ingredients, flexible recipes, and a mainly plant-based approach that fits real life.

Beyond the recipes, this book explores how our food choices are connected to well-being, care, and environmental impact. Without strict rules or guilt, it encourages mindful and informed decisions, inspired by sustainability, circular thinking, and Mediterranean food traditions. Whether you are just beginning to eat more sustainably or simply looking for easy, adaptable meals, this book is here to support curiosity and enjoyment in the kitchen.

This collection is inspired by many voices: cooks and nutritionists who care about healthy, sustainable food, mentors, the internet, family recipes passed down with love, old traditions, and our own ideas. Each recipe has been adapted to reflect the heart of this book.

List of Abbreviations

- tbsp – tablespoon
- tsp – teaspoon
- g – grams
- kg – kilograms
- ml – milliliters
- l – liters
- °C – degrees Celsius
- pinch – a small amount you can pinch between fingers
- cup – about 250ml
- VEGAN – a diet and lifestyle that excludes all animal products and by-products, including meat, dairy, eggs, honey, and gelatin.
- GF – gluten-free
- GF – Always check packaging, especially for celiac or allergic individuals, e.g., not all oats are gluten-free due to processing, so confirm the label before use.
- Low FODMAP – A diet that limits poorly absorbed carbohydrates that can cause bloating, gas, abdominal pain, and diarrhea, especially in people with IBS (Irritable Bowel Syndrome).

Almost all recipes in this cookbook can be made vegan, gluten-free, dairy-free, or nut-free. Adjust the ingredients as needed, and omit any that aren't suitable for you.



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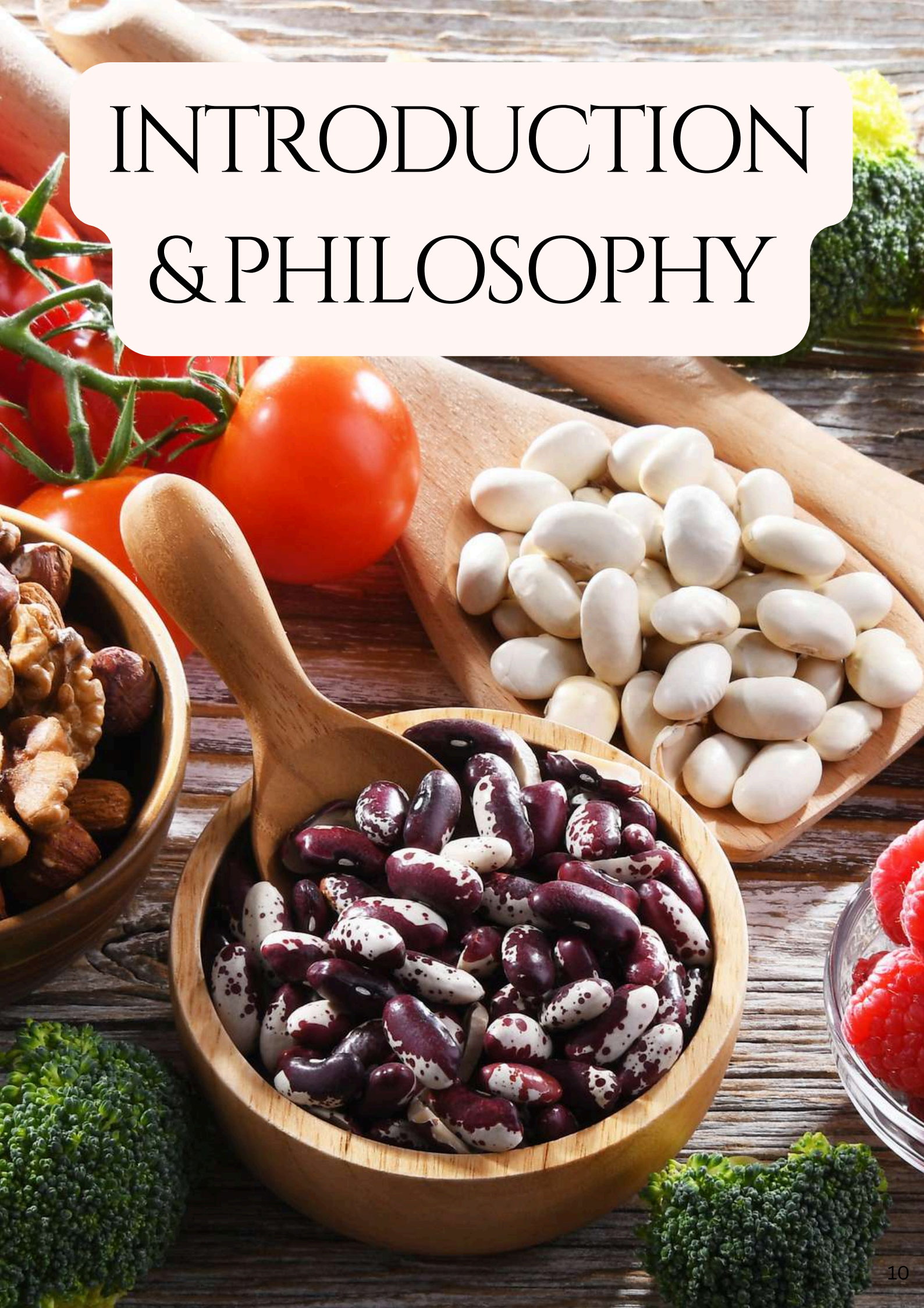
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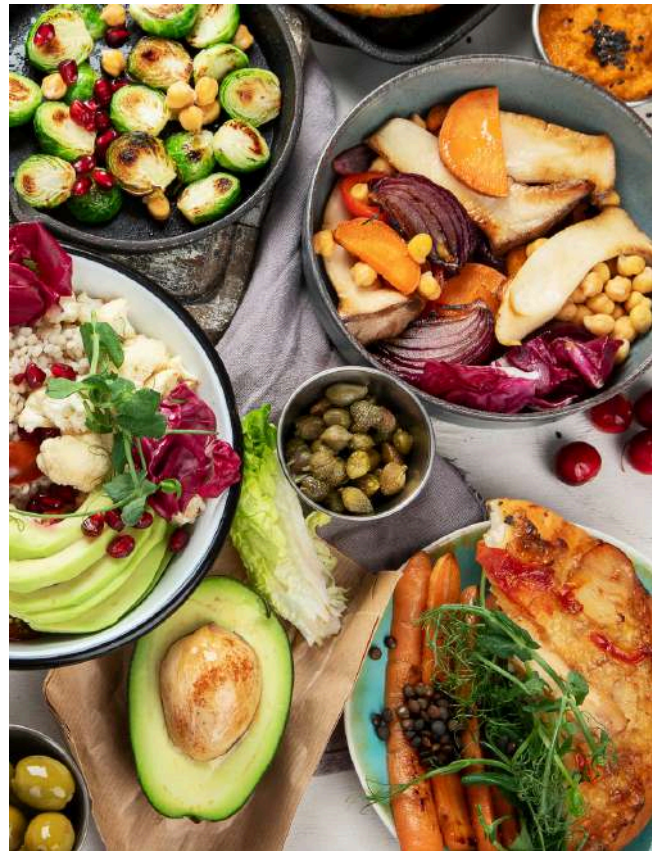
INTRODUCTION & PHILOSOPHY



Why This Cookbook

This cookbook was created to offer simple, sustainable, healthy, and accessible recipes for everyday life. It is designed for busy people, families, and anyone who wants to care for their body and the planet without pressure, guilt, or complicated rules.

The recipes are easy to prepare, use affordable and widely available ingredients, and can be adapted to your taste, dietary needs, and what you already have at home. This book is not about perfection, but about making better choices where possible, enjoying food, and feeling confident in the kitchen.



Sustainable and Healthy Eating: The Approach

Sustainable eating means making food choices that support both human health and the environment. The way food is produced, transported, and consumed affects climate, biodiversity, and natural resources. Even small, everyday choices can make a difference.

Healthy eating is not a one-size-fits-all approach. It is about nourishing your body with foods that support energy, wellbeing, and long-term health, while recognising that each body has different needs and responds differently to food.

A Mainly Plant-Based but Flexible Way of Eating

Research shows that diets rich in plant-based foods have one of the biggest positive impacts on both health and the environment. For this reason, this cookbook is mainly plant-based.

A plant-based diet focuses on foods from plants (e.g., vegetables, fruits, grains, legumes, nuts, and seeds) while reducing, but not necessarily eliminating, animal products. A vegan diet, by contrast, excludes all animal products entirely, including meat, dairy, eggs, and sometimes even honey.

At the same time, not everyone can or wants to follow a fully vegan diet due to health reasons, accessibility, cultural background, or personal preference. This guide does not aim to restrict or judge, but to encourage informed and conscious choices while making healthy, sustainable eating accessible to all.

Inclusivity, Adaptability, and Circular Thinking

Everybody is different. Age, lifestyle, physical activity, hormonal cycles, and health conditions all influence what we need from food. Listening to your body and adapting recipes to your own needs is essential.

This cookbook is designed to be flexible and inclusive. Many recipes can be easily adapted for common intolerances, such as gluten, lactose, or nuts, using simple substitutions. In addition, several recipes, like snacks, sweets, and breakfasts, can be enjoyed at any time of day.

The philosophy of this book is also inspired by circular economy principles applied to food: using resources mindfully, reducing waste, and valuing ingredients from purchase to plate.



Mediterranean Diet as Inspiration

The Mediterranean diet is widely recognised as both healthy and sustainable. It focuses on fruits, vegetables, legumes, whole grains, olive oil, and herbs, while limiting dairy, eggs, fish, and especially red meat and sweets.

Many recipes in this book are inspired by Mediterranean and Greek cuisine, emphasising simplicity, seasonality, and balance.

FROM PHILOSOPHY TO PRACTICE



Simple Guidelines for Everyday Sustainable Eating

Sustainable and healthy eating does not require extreme changes. Small, consistent habits can make a meaningful difference. When possible:

- Choose fresh, whole foods with minimal processing
- Buy local and seasonal ingredients
- Aim for variety and colour on your plate
- Limit ultra-processed foods (e.g., chips, instant noodles, hot dogs, soft drinks)
- Check ingredient lists: the fewer and more recognisable the ingredients, the better
- Prefer plant-based foods and reduce red meat consumption
- Eat according to your needs and be mindful of emotional eating



Circular Economy in the Kitchen

Applying circular economy principles in everyday cooking helps reduce waste and makes better use of what we already have. In practice, this means:

- Using all edible parts of ingredients
- Reusing leftovers creatively
- Planning meals to reduce food waste
- Avoiding unnecessary packaging
- Choosing local, seasonal, and minimally processed foods
- Do composting



Plant-Based & Vegan Alternatives

Many recipes in this book can easily be made vegan or more plant-based with simple substitutions. These alternatives are flexible and can be adapted based on taste, availability, and dietary needs.

Egg alternatives:

- Flax or chia seeds (1 tablespoon ground seeds + 3 tablespoons water = 1 egg)
- Mashed banana or applesauce (for baking)
- Chickpea flour mixed with water (for savoury dishes)

Dairy alternatives:

- Plant-based milk (oat, soy, almond, rice, coconut, hazelnut, hemp; prefer sugar-free options)
- Plant-based yogurt or cream (choose the least processed ones)
- Nutritional yeast for a cheesy flavour
- There are loads of ways to make your own plant-based dairy products (check the reference list)

Protein-rich plant-based foods:

- Legumes: lentils, chickpeas, black beans, kidney beans, peas
- Soy products: tofu, tempeh, edamame
- Whole grains: quinoa, buckwheat, oats, brown rice
- Nuts and seeds: almonds, walnuts, pumpkin seeds, sunflower seeds, hemp seeds, chia seeds, peanuts
- Nut and seed butters
- Superfoods: spirulina,
- Simple plant-based protein powders without added sugars (optional) (e.g. rice, pea, soya, hemp)



Staying Informed and Curious

There is no one-size-fits-all when it comes to food. This book is full of ideas and inspiration, but it's important to find what works best for your body and your lifestyle. The authors are not nutritionists, but people who care deeply about the planet and well-being. We've read widely, tested most of these recipes ourselves, and combined them with healthy habits like exercise, good sleep, and nurturing relationships.

Food and nutrition information can sometimes be conflicting, and not everything applies to everyone. This cookbook encourages curiosity, critical thinking, and self-awareness rather than following trends or extreme advice. At the end of the book, you'll find references to books, documentaries, and platforms that explore sustainable food systems, conscious eating, and healthy recipes, perfect for readers who want to learn more.

If you're making bigger changes to your diet, take it gradually and listen to your body. We recommend consulting a knowledgeable, open-minded nutritionist who looks at health as a whole. They can help you create a balanced, long-term way of eating that supports both your body, mind, and the planet.



II. RECIPES



BREAKFAST



GRANOLA

 **Prep**
10 mins

 **Time**
25 mins

 **Serves**
8

 **Level**
Easy

Ingredients

- 4 cups old-fashioned rolled oats (use gluten-free oats for gluten-free granola)
- 1 ½ cups raw nuts and/or seeds (I used 1 cup pecans and ½ cup pepitas)
- 1 tsp fine-grain sea salt (if you're using standard table salt, scale back to ¾ teaspoon)
- ½ tsp ground cinnamon
- ½ cup melted coconut oil or olive oil
- ½ cup maple syrup or honey
- 1 tsp vanilla extract
- ⅔ cup dried fruit, chopped if large (e.g. cranberries)

Optional: ½ cup chocolate chips or coconut flakes*

Directions

STEP 1 – PREPARE THE OVEN

Preheat the oven to 175 °C and line a large, rimmed baking sheet with parchment paper.

STEP 2 – MIX THE INGREDIENTS

In a large bowl, combine the oats, nuts and/or seeds, salt, and cinnamon. Stir to blend, then add the oil, maple syrup and/or honey, and vanilla. Mix well until all the oats and nuts are lightly coated. Spread the mixture evenly on the prepared baking sheet.

STEP 3 – BAKE THE GRANOLA

Bake for 20–24 minutes until lightly golden, stirring halfway through (Be careful NOT TO BURN IT). For larger clumps, press the granola down with a spatula after stirring. The granola will crisp further as it cools.

STEP 4 – COOL, ADD EXTRAS, AND STORE

Let the granola cool completely (at least 45 minutes). Stir in dried fruit and optional chocolate chips. Break into pieces by hand for chunkier granola, or stir lightly for a more even texture.

Store in an airtight container at room temperature for 1–2 weeks, or in the freezer for up to 3 months. Let frozen dried fruit warm for 5–10 minutes before serving.



Enjoy

OATMEAL

 **Prep**
2 mins

 **Time**
5 mins

 **Serves**
1

 **Level**
Easy

Ingredients

- ½ cup (rolled) oats (adjust to how hungry you are)
- 1 cup milk of choice (e.g., oat, rice, hazelnut, or cow's milk — unsweetened preferably). Or water, though it will be less flavorful

Optional

- fruit of choice (e.g., banana/apple/berries) (cut into pieces)
- nuts & nut-butter (e.g., almonds, pecans, walnuts, peanutbutter, tahini, almond butter)
- sweetener (e.g., honey, maple syrup, dark chocolate drops/pieces, banana)
- dried fruit (e.g. raisins, goji berries, plums)
- other flakes (e.g., cornflakes, granola - homemade preferably)
- spices (cinnamon, turmeric, cacao powder, vanilla extract, pinch of salt)
- yogurt (dairy or vegan)
- Ptorein powder (if you want extra protein)

Directions

STEP 1 – STOVETOP OR MICROWAVE

Stovetop (preferred): Bring milk/water to a boil in a small saucepan. Reduce the heat, add the oats, and cook, stirring occasionally, until soft and most of the liquid is absorbed, for about 5 minutes. Stir in spices, nuts, or dried fruits to soften, and add fresh fruit or banana (works as a natural sweetener; mash it if you want) if you like them warm.

Microwave alternative: In a microwave-safe bowl, combine the oats, milk/water, and salt. Microwave on high for 90 seconds, then continue in 15-second increments if needed, until the oats are soft and puffed. This step is mainly for the first time — after that, you'll know the perfect timing. Stir in milk before serving.

STEP 2 – ASSEMBRLY

Stir in the toppings and let rest for a few minutes to cool. Thin with a little more milk, if desired. Serve warm. If you are adding protein powder, mix it with some milk in your bowl without cooking it. Add the fruits



OVERNIGHT OATS

 **Prep**
2 mins

 **Time**
5 mins

 **Serves**
1

 **Level**
Easy

Ingredients

- ½ cup (rolled) oats (adjust to how hungry you are)
- 1 tbsp chia seeds (optional)
- ½ cup milk of choice (e.g., oat, rice, hazelnut, or cow's milk — unsweetened preferably).

Optional

- fruit of choice (e.g., banana/apple/berries) (cut into pieces)
- nuts & nut-butter (e.g., almonds, pecans, walnuts, peanutbutter, tahini, almond butter)
- sweetener (e.g., honey, maple syrup, dark chocolate drops/pieces, banana)
- dried fruit (e.g. raisins, goji berries, plums)
- other flakes (e.g., cornflakes, granola, homemade preferably)
- spices (cinnamon, turmeric, cacao powder, vanilla extract, pinch of salt)
- yogurt (dairy or vegan)
- Ptolein powder (if you want extra protein)

Directions

STEP 1 - COMBINE EVERYTHING

Place all ingredients into a large glass container and mix until combined

STEP 2 - PLACE IN THE FRIDGE

Cover the glass container with a lid or reusable wrap and chill in the refrigerator for at least 2 hours or overnight. Add toppings either the night before or just before serving.

STEP 3 - PLACE IN THE FRIDGE

Uncover and enjoy from the glass container the next day. Thin with a little more milk or water, if desired.



RICE PUDDING

 **Prep**
5 mins

 **Time**
30 mins

 **Serves**
4

 **Level**
Easy

Ingredients

- 4 cups (1 liter) milk (dairy-free if desired)
- 1 cup (185 g) uncooked white rice, I recommend medium-grain rice
- $\frac{1}{3}$ cup (70 g) coconut sugar, or brown sugar
- $\frac{1}{4}$ tsp salt
- 1 tsp vanilla extract (optional)
- 1 stick cinnamon (optional)

Directions

STEP 1 – COMBINE INGREDIENTS

In a large saucepan, mix uncooked rice, coconut sugar, and salt. Add the milk and vanilla extract, stir well, and place over medium-high heat.

STEP 2 – COOK THE RICE

Cover and bring to a boil. Reduce heat to low-medium, remove the lid, add a cinnamon stick if using, and simmer uncovered for 25–35 minutes, stirring often, until the rice is tender and the pudding thickens.

STEP 3 – FINISH

Remove the cinnamon stick, scoop the pudding into bowls or ramekins, and let cool at room temperature for 30–60 minutes. It will thicken further as it cools

STEP 4 – SERVE OR STORE

Enjoy with your favorite toppings, or cover and refrigerate for up to 3 days. Thin with a little milk before serving if desired. Can be eaten warm or cold.

Note: Can be eaten as breakfast, dessert or snack, for anytime of the day!



Enjoy

QUINOA RICE PUDDING

 **Prep**
5 mins

 **Time**
15 mins

 **Serves**
3-4

 **Level**
Easy

Ingredients

- ½ cup quinoa
- 1 cup almond milk (or milk of choice)
- 1 cup water
- 2-3 tbsp honey (or sweetener of choice or banana)
- ½ tsp vanilla extract
- ¼ tsp cinnamon (optional)
- A pinch of salt

Optional ingredients, similar to those used in the previous oatmeal recipes

Directions

STEP 1 – RINSE THE QUINOA

Place the quinoa in a fine mesh strainer and rinse thoroughly under cold water to remove any bitterness.

STEP 2 – COOK THE QUINOA

In a saucepan, combine the rinsed quinoa, water, almond milk, and a pinch of salt. Bring to a boil, then reduce the heat, cover, and simmer for about 15 minutes, or until the liquid is mostly absorbed and the quinoa is tender.

STEP 3 – ADD FLAVORINGS

Stir in the honey, vanilla, and cinnamon (if using). Continue cooking for 5–10 minutes, stirring regularly, until the mixture becomes creamy.

STEP 4 – SERVE


Let the quinoa rice pudding cool slightly. Serve warm or cold, and top with nuts, fresh fruit, or a sprinkle of cinnamon if you like.



Enjoy

3-INGREDIENT BANANA PANCAKES

 **Prep**
5 mins

 **Time**
15 mins

 **Serves**
4

 **Level**
Easy

Ingredients

- 2 medium-to-large ripe bananas
- 4 large eggs
- ½ cup whole wheat flour or buckwheat flour or ⅔ cup oat flour (can be GF) (can blend oats to make the flour)

Optional flavor/nutrition boosters:

- ½ teaspoon ground cinnamon,
- up to 2 tablespoons hemp hearts and/or ground flaxseed,
- up to ¼ teaspoon salt
- Butter, coconut/ avocado oil, or ghee, for cooking

Directions

STEP 1 – PREPARE THE BATTER

In a medium bowl, mash the banana with a fork until mostly smooth and shiny. Add the eggs and whisk until fully combined, then gently fold in the flour and any optional boosters. Set the batter aside while preheating the skillet, it can rest for up to 1 hour if needed.

STEP 2 – PREHEAT THE COOKING SURFACE

Heat a large skillet (stainless steel, cast iron, or nonstick) over medium-low heat, or set an electric griddle to 175°C. The surface is ready when a drop of water sizzles on contact. Lightly oil the skillet with a small amount of butter or oil if necessary, wiping off any excess.

STEP 3 – COOK THE PANCAKES

Scoop about ¼ cup of batter onto the hot skillet, leaving space around each pancake. Cook for 2–3 minutes until small bubbles form on the surface. Flip and cook for 1–2 minutes more until both sides are lightly golden. Repeat with the remaining batter, adjusting heat and adding more butter as needed.

STEP 4 – SERVE OR STORE

Serve the pancakes immediately or keep warm in a 200°C oven. Leftovers can be stored in the fridge for up to 3 days or frozen in a sealed bag for up to 3 months. To reheat, stack pancakes, wrap in a paper towel, and warm gently in the microwave.

Note: To make this recipe vegan, omit the eggs and use plant-based milk instead. Adjust the amount so the batter is not too thick or too thin. Add 1 tsp of baking powder to help the pancakes rise.

Toppings: Add whatever you like - homemade Nutella (recipe included), fresh fruit, honey, maple syrup, peanut butter, or even savory options.



TOFU SCRAMBLE

 **Prep**
5 mins

 **Time**
10 mins

 **Serves**
2

 **Level**
Easy

Ingredients

- 1 tbsp olive oil
- 1-2 (400g) block firm tofu
- 2 tbsp nutritional yeast
- ½ tsp salt (or black salt)
- ¼ tsp turmeric
- ¼ tsp garlic powder (optional)
- 2 tablespoons non-dairy milk, unsweetened

Directions

STEP 1 – COOK THE TOFU

Heat olive oil in a pan over medium heat. Mash or crumble the tofu directly in the pan and cook, stirring frequently, for 3–4 minutes until most of the water has evaporated.

STEP 2 – ADD SEASONINGS

Stir in nutritional yeast, salt, turmeric, and garlic powder (optional). Cook for about 5 minutes, stirring constantly, then continue cooking until some golden spots appear, if desired.

STEP 3 – FINISH AND SERVE

Pour in non-dairy milk and mix well. Serve immediately with toppings like avocado, hot sauce, cherry tomatoes, olives, parsley, steamed kale, toast/pita bread/rice cakes or place it in a wrap.

Note: Tofu scramble is great with vegetables. For onions or garlic, sauté them in oil for 2–3 minutes before adding and mashing the tofu. For quick-cooking greens and veggies like spinach, kale, red peppers, broccoli, or tomatoes, add them after the milk and cook for a few minutes.

You can omit the oil to make it oil-free if using a non-stick pan. Use any unsweetened, unflavored non-dairy milk: soy, almond, cashew, oat, or coconut. Cashew cream makes it extra creamy and delicious!



FRENCH TOAST

 **Prep**
5 mins

 **Time**
5 mins

 **Serves**
1

 **Level**
Easy

Ingredients

- 2 slices thick bread (Sourdough/ GF/Wholegrain/other bread)
- 1 egg
- ¼ cup almond milk (or milk of your choice)
- Coconut oil for frying (or olive oil / butter)

Optional ingredients:

- 1 tbsp pure maple syrup
- 1 tsp vanilla extract
- ¼ tsp cinnamon

Directions

STEP 1 – PREPARE THE EGG MIXTURE

In a bowl, whisk together the egg, maple syrup, milk, vanilla, and cinnamon until smooth.

STEP 2 – SOAK THE BREAD

Dip the bread slices into the mixture, letting them soak for about 2 minutes on each side. Thicker slices may need a little longer to absorb the liquid completely.

STEP 3 – COOK THE BREAD

Heat coconut oil in a frying pan over medium heat. Cook the soaked bread slices for a few minutes on each side until golden and crisp.

STEP 4 – SERVE AND GARNISH

Top the cooked bread with banana/ fruit of your choice slices, drizzle with maple syrup/ peanut butter (nut butter of choice)/tahini, and sprinkle with extra cinnamon. Serve with orange juice, milk or a cup of coffee or tea.



Enjoy

EGG BREAD

 **Prep**
5 mins

 **Time**
15 mins

 **Serves**
6

 **Level**
Easy

Ingredients

- 5-6 Eggs
- Stale bread
- Oil
- Sugar/sweetener of your choice (optional)

Directions

STEP 1 – PREPARE THE EGG MIXTURE

Crack all the eggs into a bowl and add a little water, whisking until combined.

STEP 2 – SOAK THE BREAD

Slice the bread and soak each piece thoroughly in the egg mixture on both sides.

STEP 3 – BAKE THE BREAD

Place the soaked slices on a parchment-lined baking sheet, drizzle with a little oil, and bake at 180°C for about 15 minutes per side, until golden brown. Serve optionally with a sprinkle of sugar.



Enjoy

EGG IN THE BREAD

 **Prep**
5 mins

 **Time**
5 mins

 **Serves**
1

 **Level**
Easy

Ingredients

- 1 slice of bread (of your choice)
- 1 tablespoon unsalted butter
- 1 large egg
- Salt, to taste
- Freshly ground black pepper, to taste

Directions

STEP 1 - PREPARE THE BREAD

Using a cookie cutter / knife, cut a hole in the center of each slice of bread. Alternatives to a heart shape include: star, circle, triangle, flower, or square.

STEP 2 - COOK THE BREAD AND EGG

Heat a medium frying pan over medium heat and melt the butter, swirling to coat. Add the bread and cook until golden on one side, then flip. Crack an egg into the hole, reduce heat to low, cover, and cook for about 2 minutes until the egg is set.

Alternative: Place the bread on a baking sheet, crack the egg into the hole, and bake in a preheated oven at 180°C for 8-10 minutes, or until the egg is cooked to your liking.

Toast the cut-out piece in the pan or oven for dipping.

STEP 3 - SERVE

Sprinkle with salt and pepper to taste and serve immediately.



Enjoy

NUTRITIOUS SWEETS



BANANA BREAD

 **Prep**
10 Mins

 **Time**
30 Mins

 **Serves**
4

 **Level**
Easy

Ingredients

- 2-3 very ripe bananas
- 1 egg
- ½ cup oil
- 1 cup flour
- 1 tsp baking powder
- Cinnamon
- Walnuts/other nuts/ chocolate drops (optional)

Directions

STEP 1

Mash the bananas with a fork until they become a puree. Add the flour and baking powder, mix, then add the oil and egg. Once the mixture is smooth and homogeneous, stir in the cinnamon and the walnuts/other nuts/ chocolate drops (that's an optional addition).

STEP 2

Grease a small baking dish with oil and flour, pour in the batter, and bake in a preheated oven at 170°C for about 30 minutes (depending on your oven).



Healthy, tasty, and waste-free! Use ripe bananas and enjoy as a snack or breakfast. Freeze leftovers for later and reduce food waste.



Prep
10 Mins



Time
25 Mins



Serves
8



Level
Easy

SWEET POTATO CAKE (LOW FODMAP)

Ingredients

- 215 g (2 cups + 2 Tbsp) finely ground oats/oat flour
- 230 g (2 cups) ground almonds
- 4 tsp baking powder
- ½ tsp salt
- 120 g (½ cup) cooked, mashed sweet potato
- 200 ml (½ + ⅓ cup) full-fat coconut milk (tinned, NOT the drinking variety)
- 100 ml (⅓ cup + 1 Tbsp + 1 tsp) unsweetened almond milk (or another thin non-dairy milk)
- 200 g (½ cup + 2 Tbsp) maple syrup / 150g honey
- 3 tsp vanilla extract
- 120-150 g dairy-free chocolate chips

Direction

STEP 1 - PREPARE THE OVEN AND TIN

Preheat the oven to 180°C. Grease a 23cm square cake tin and line it with baking parchment.

STEP 2 - BATTER MAKING

In a large bowl, whisk together the ground oats and almonds, baking powder, and salt. In a blender, combine the cooked sweet potato, coconut milk, almond milk, maple syrup, and vanilla extract until smooth. Pour the wet mixture into the dry ingredients, mix into a thick batter, and stir in the chocolate chips.

STEP 3 - BAKE AND STORE

Pour the batter into the prepared tin and spread evenly. Bake for 25-30 minutes, until a skewer comes out clean or with a few moist crumbs. Let the cake cool completely in the tin before serving. Store in an airtight container for up to three days.



2-INGREDIENT CHOCOLATE - BANANA CAKE

 **Prep**
20 Mins

 **Time**
0 Mins

 **Serves**
5

 **Level**
Easy

Ingredients

- 230 g (1 cup) mashed bananas
- 365g (2 cups) dark cooking chocolate / chocolate chips

Directions

STEP 1 - PREPARE THE PAN

To create your own, choose a topic that interests you. It can be anything from fashion and beauty to travel and the news. Once you have your overall theme, you can start brainstorming the content.

STEP 2 - MASH THE BANANAS

Mash the bananas with a fork, whisk, or potato masher until smooth and lump-free. Set aside.

STEP 3 - MELT THE CHOCOLATE AND COMBINE

Place the chocolate chips in a microwave-safe bowl. Heat at full power in 1-minute intervals, stirring between each, until completely melted and smooth (about 2 minutes total). Alternatively, melt the chocolate on the stove using a double boiler. Once melted, stir in the mashed bananas until fully incorporated and no streaks remain.

STEP 4 - SET THE CAKE

Pour the batter into the prepared pan. Refrigerate until set, at least 1 hour, or overnight. If decorating, wait until fully set before adding frosting.



3-INGREDIENT NUTELLA

 **Prep**
25 Mins

 **Time**
10 Mins

 **Serves**
15

 **Level**
Easy

Ingredients

- 2 cups raw hazelnuts
- 1 cup medjool dates (soaked)
- 3 tbs cacao powder
- 1 tsp vanilla extract (optional)
- pinch salt
- 3 tbs water (optional)

Directions

STEP 1 – SOAK THE DATES AND ROAST THE HAZELNUTS

Soak the dates in hot water for 10 minutes to soften, then drain. Preheat the oven to 175°C. Spread the hazelnuts in a single layer on a parchment-lined baking sheet and roast for 10 minutes. Remove from the oven, let cool slightly, and rub the hazelnuts in a kitchen towel to remove their skins.

STEP 2 – BLEND THE HAZELNUTS

Place the skinned hazelnuts in a high-speed blender and blend until smooth, scraping down the sides as needed.

STEP 3 – COMBINE AND ADJUST

Add the dates, cacao powder, vanilla, and salt to the blender and blend until fully combined. Gradually add water, one tablespoon at a time, until the desired consistency is reached. Enjoy immediately or transfer to jars, seal, and store in the fridge.



CAKE POPS



Prep
15 mins



Time
1 hour



Serves
Depends



Level
Easy

Ingredients

- Leftover cake (it can also be one of the previous cakes - except the 2-ingredient one)
- Nutella (can use the previous homemade option)
- White / milk / dark chocolate (depending on your preference)

Directions

STEP 1 – FORM THE CAKE POPS

Crumble the leftover cake and gradually add Nutella, spoon by spoon, until you get a soft dough that doesn't stick to your hands. Shape into 30g balls and refrigerate for at least 1 hour.

STEP 2 – COAT AND SET

Melt the desired chocolate couverture, insert a stick into each cake ball, and dip them in the melted chocolate. Refrigerate for another hour until set, then they're ready to serve.



CHIA PUDDING

 **Prep**
15 mins

 **Time**
1 hour

 **Serves**
Depends

 **Level**
Easy

Ingredients

- ½ cup unsweetened almond milk (plant milk)
- 2 tablespoons chia seeds
- ½ teaspoon maple syrup (optional)
- ⅛ teaspoon cinamon (optional)

Directions

STEP 1 - FORM THE CAKE POPS

In a lidded jar, combine the milk, chia seeds, maple syrup, and cinnamon. Cover and shake well to mix. After 10 minutes, stir again to prevent any lumps, then let it chill for a few hours. Give it another stir to break up any clumps, and continue chilling for 8 hours or overnight until fully set.

STEP 2 - COAT AND SET

Top the pudding with your choice of fruit, nuts, coconut flakes, or an extra drizzle of maple syrup before serving. You can also add peanut/almond/ other nut butter of preference.



OAT BISCUITS

 **Prep**
10 mins

 **Time**
15 mins

 **Serves**
5

 **Level**
Easy

Ingredients

- 1-2 cups oats (preferably whole oats)
- 2-3 tbsps honey/maple syrup
- Chia seeds (see chia pudding recipe) (optional)
- 1-2 tbs tahini
- 1 tsp baking powder

Optional:

vanilla, cacao powder, cinamon, chocolate chips, nuts, seeds, jam, orange zest, cornflakes

Directions

STEP 1 - BLEND EVERYTHING

Blend all the ingredients until the mixture is well combined and balanced in texture, not too wet and not too dry. Preheat the oven to 200 °C.

STEP 2 - BAKE

Shape the mixture into medium-sized biscuits and arrange them on a baking tray lined with baking paper. Bake in a preheated oven at 200 °C for about 15 minutes, turning them halfway through, until lightly golden.



CHOCOLATE MOSAICO

 **Prep**
15 mins

 **Time**
1 hour

 **Serves**
Depends

 **Level**
Easy

Ingredients

- 200g Biscuits (homemade / GF / plain)
- 40 g cocoa powder
- 150 g dark cooking chocolate
- ½ cup almond plant-based milk (/ as preferred)
- 1 tsp liquid vanilla extract (optional)
- 110 g plant-based butter, at room temperature
- 1/3 cup maple syrup (or less for less sweet)
- 50y cognac (optional)

Directions

STEP 1 – PREPARE THE BISCUIT & MIXTURE

Break the gluten-free cocoa biscuits by hand into medium-sized pieces, being careful not to crush them. In another bowl, add the plant-based butter, cocoa powder, maple syrup, and liquid vanilla, and mix well with a hand mixer until smooth.

STEP 2 – MELT THE CHOCOLATE

Bring the plant-based milk to a boil, then pour it into a bowl. Add the chopped couverture chocolate and stir until fully melted and smooth.

STEP 3 – ASSEMBLE AND CHILL

Combine all the ingredients in a large bowl and mix well until fully incorporated. Transfer the mixture to a rectangular cake tin, or place it on baking paper and shape it into a log, twisting the ends like a candy wrapper. Freeze for at least 5–6 hours before serving, preferably overnight. The dessert can be stored in the freezer for up to 2–3 months.



DARK CHOCOLATE

 **Prep**
10 mins

 **Time**
15 mins

 **Serves**
4

 **Level**
Easy

Ingredients

- 2/3 cup of coconut oil
- 1/2 cup of cacao powder
- 1/3 cup of maple syrup (you can use raw honey)
- pinch of salt

Optional add-ins: slivered or sliced almonds, chopped pecans or walnuts, unsweetened shredded coconut (toast the coconut in a pan for a few minutes until golden and crunchy!), or any other add-ins you love such as dried fruit, chia seeds, hemp seeds, or even a sprinkle of cinnamon or sea salt flakes for extra flavor.

Directions

STEP 1 - PREPARE THE BISCUIT & MIXTURE

Melt coconut oil with sweetener over low heat for 1-2 minutes. Whisk in cacao powder and a pinch of salt until smooth. Gradually add sweetener to taste. Stir in any mix-ins (nuts, seeds, dried fruit, or shredded coconut) or sprinkle them directly into molds. Add optional flaky sea salt or freeze-dried fruit on top after the chocolate starts to set

STEP 2 - SET AND SERVE

Pour the chocolate mixture into silicone molds and chill in the freezer for 15 minutes or the fridge for a few hours until firm. Remove from molds and serve. Store in an airtight container in the refrigerator; chocolate bars soften if left out. **Store** in freezer for up to 2 weeks and in the freezer for up to 3 months.



MAIN MEALS



SQUASH & SAGE PASTA

 **Prep**
20 Mins

 **Time**
>60 Mins

 **Serves**
4-5

 **Level**
Easy

Ingredients

- 5-6 sage leaves
- 1 onion quartered
- 2 garlic cloves
- 1 tsp Paprika
- 200ml milk (of your choice - plant-based)
- 500g pasta
- 1 butternut squash, peeled, deseeded and chopped (keep the skin and seeds)

Directions

STEP 1 – ROAST THE TOPPINGS

Preheat the oven to 200°C. Toss the sage leaves, squash seeds, and skins with 1 tbsp olive oil, salt, and pepper. Spread on a baking tray and roast for 15–20 minutes until crisp. Remove from the tray and set aside, keeping them separate.

STEP 2 – ROAST THE VEGETABLES

On the same tray, place the butternut squash, garlic, and onion. Drizzle lightly with olive oil and season with salt, pepper, and paprika. Roast for 40–45 minutes, until soft inside and lightly browned on the edges. Leave to cool slightly.

STEP 3 – MAKE THE SAUCE

Blend the roasted garlic and onion with half the milk until smooth. Add the roasted squash, a few sage leaves, and a pinch of salt and pepper. Pulse gently to create a thick, textured sauce (avoid over-blending).

STEP 4 – COMBINE & SERVE

Cook the pasta until done to your liking. Toss with generous spoonfuls of the sauce, then top with the roasted skins and seeds. Finish with fresh greens like rocket or shredded kale for extra nutrition.



— *Enjoy*

CREAMY TOFU PASTA

 **Prep**
10 Mins

 **Time**
30 Mins

 **Serves**
4

 **Level**
Easy

Ingredients

- 500g of Pasta (ideally fusilli or rigatoni - great for gripping the sauce, but anything else is also fine)
- 400g silken tofu, preferably (other tofu okay, but silken is better for the creamy texture)
- 300g cherry tomatoes, preferably (can also use tomatoes, but cherry ones give more taste)
- 3 red (bell) peppers
- nutritional yeast (adjust as preferred)
- salt & Pepper
- Olive oil
- Balsamic vinegar
- **Optional:** Onion & Garlic (optional)
- other veggies of your choice (carrot, zucchini, sun-dried tomatoes, etc), fresh basil, chilli flakes

Directions

STEP 1 - ROAST THE VEGETABLES

On a non-stick oven tray (or lined with baking paper), add chopped red peppers and onion, cherry tomatoes, and garlic. Drizzle with olive oil and balsamic glaze, season with salt and pepper, and roast in a preheated oven at 200 °C for 25–30 minutes, until soft and cooked.

STEP 2 - COOK THE PASTA

While the vegetables are roasting, cook the pasta according to the package instructions. Reserve a little of the pasta cooking water before draining.

STEP 3 - BLEND AND COMBINE

Transfer the roasted vegetables to a blender. Add the tofu, nutritional yeast, extra balsamic vinegar, and more salt and pepper if needed. Blend until smooth, adding a splash of pasta water if needed to loosen the sauce. Mix with the pasta and serve with some fresh basil on top and extra nutritional yeast, if desired.



Note: For this recipe, you can either cook the vegetables in the oven or sauté them in a pan. If you're short on time, you can skip cooking altogether and simply blend tofu, sun-dried tomatoes, nutritional yeast, balsamic vinegar, salt, and pepper in a blender until smooth. Then mix with the pasta and add pitted olives (such as Kalamata), if desired.

Enjoy

PESTO

 **Prep**
10 Mins

 **Time**
5 Mins

 **Serves**
8

 **Level**
Easy

Ingredients

- 3 cups loose fresh basil leaves (36g)
- 1/3 cup (45-50g) pine nuts, toasted (be careful not to burn them): alternatively, use cashew nuts, walnuts, or pecans
- 1-2 garlic cloves, chopped (optional)
- 1/4 tsp salt, plus more to taste
- Black pepper to taste (preferably freshly cracked)
- 1 1/2 tbsp nutritional yeast, plus more to taste (optional)
- 1/3 cup (80 ml) olive oil
- 100-150g Parmesan cheese (exclude if VEGAN)
- 1 medium lemon, zested and then juiced (recommended for the VEGAN option) (optional)

Directions

STEP 1 - TOAST THE NUTS

Warm a dry skillet over medium heat and toast the pine nuts, stirring often, until lightly golden and fragrant (about 3-4 minutes). Remove from heat to cool slightly.

STEP 2 - BLEND THE BASE

Add the toasted pine nuts and garlic to a food processor and pulse until finely ground. Add the basil, half the lemon zest, half the lemon juice, salt, black pepper, and nutritional yeast (if using). Blend into a thick paste, scraping down the sides as needed.

STEP 3 - ADD THE OIL

With the processor running, slowly drizzle in the olive oil until the pesto becomes smooth but still thick. Taste and adjust seasoning. If a smoother texture is needed without adding more oil, blend in a tablespoon of water.

STEP 4 - STORE OR FREEZE

Transfer to an airtight glass jar. If not using within 2 days, pour a thin layer of olive oil over the surface to help preserve freshness. Store in the fridge for up to 5 days, or freeze for longer storage.

Freeze pesto for up to 6 months by portioning it into ice cube trays. Once frozen, transfer the cubes to a sealed bag or container. Use straight from the freezer, just add a cube to a hot pan or dish, and it will melt as it cooks.

Notes:

Alternative way to toast nuts: oven-toasted. Preheat to 175°C. Spread pine nuts in a single layer on a baking sheet and toast for 6-8 minutes, stirring once.

Ways to eat the pesto: pasta, toast, pizza, grain bowls, roasted vegetables, salads, soups, or eggs/tofu for an easy flavor boost.



PESTO SAUCE PASTA

 **Prep**
10 Mins

 **Time**
10-15 Mins

 **Serves**
4

 **Level**
Easy

Ingredients

- 400g pasta (Any shape works; short pasta with ridges holds pesto best)
- 7g coconut/olive oil
- 300 g grape or cherry tomatoes, sliced
- Salt and pepper, to taste
- 30–60 ml fresh cream (can use vegan, or unsweetened plant milk – for extra creaminess)
- 20 g Parmesan (can be vegan) / 3 tbsp nutritional yeast, plus extra for serving
- 120–180 g pesto, homemade ideally (see recipe above) or store-bought
- 30–60 ml pasta cooking water – remember to reserve it before draining the pasta

Optional other vegetables (e.g. mushrooms, sun-dried tomatoes, zucchini, fresh spinach/rocket) & tofu

Directions

STEP 1 – COOK THE PASTA

Boil the pasta in salted water according to the package instructions, reserving some pasta water before draining.

STEP 2 – PREPARE THE SAUCE

Sauté the tomatoes in oil until soft and bursting. If using other vegetables (such as mushrooms) or tofu, cook them at the same time and season to taste (e.g. paprika, salt, pepper, turmeric, balsamic vinegar). Meanwhile, blend the pesto ingredients until smooth (see recipe above), if not already prepared.

STEP 3 – COMBINE & SERVE

Mix the pasta with the tomatoes, (vegan) cream, pasta water if needed, adjust seasoning, and serve with extra (vegan) Parmesan / nutritional yeast and some fresh basil.



Alternatives:

If you're short on time or it's summer and you're craving something fresh, skip the cooking and add raw vegetables such as cherry tomatoes, olives, baby spinach, rocket, sun-dried tomatoes, or any favourites you have on hand.

For meat lovers, tofu can be replaced with chicken. But tofu is also a great plant-based protein option, making this dish suitable as a post-workout meal.

MELON PASTA

 **Prep**
10 Mins

 **Time**
30 Mins

 **Serves**
4

 **Level**
Easy

Ingredients

- 500 g tonnarelli pasta (pasta of choice)
- 60 g butter (or olive oil)
- 1 medium cantaloupe melon, peeled, deseeded, and cut into 6 mm cubes (can use a variety of cube sizes for different texture) (other types of melon can be used, though the flavor or texture may not be ideal)
- Salt and freshly ground black pepper
- 15 ml (1 tbsp) freshly squeezed lemon juice
- 1 tsp tomato purée
- 250 ml full-fat cream (vegan cream, e.g., soya, oat, coconut can also be used)
- 60 g grated Parmesan cheese (exclude, use vegan or nutritional yeast for the VEGAN alternative)

Directions

STEP 1 - COOK THE PASTA

Bring 4 liters of water to a boil in a large pot. Add 1 tablespoon of salt once boiling, then cook the pasta all at once, stirring well, until al dente. Drain and set aside.

STEP 2 - PREPARE THE SAUCE

Melt the butter in a large skillet over medium-high heat. When the foam disappears, add the melon, cover, and cook, stirring occasionally, until most of the liquid evaporates.

STEP 3 - COMBINE & SERVE

Season with salt and pepper, then add lemon juice and tomato purée. Stir in the cream and cook until reduced by half. Remove from heat, toss the cooked pasta in the sauce, add grated Parmesan, and serve immediately.

Notes:

Although pasta with melon may seem like a rare combination, I'm sure you'll be surprised by the result.

Alternative: This sauce can also be served with spaghetti (reduce the cream to 180 ml).



Enjoy

MELON'S SEEDS

 **Prep**
5 Mins

 **Time**
15-20 Mins

 **Serves**
4

 **Level**
Easy

Ingredients

- Melon seeds (any of the many varieties of melons, such as cantaloupe, honeydew, ogen and galia are edible) (rinsed and patted dry)
- 1 tsp oil (optional)
- Salt (or spices like paprika, cinnamon, or chili powder)

Directions

STEP 1 – PREPARE

Preheat oven to 170°C and toss the seeds with a little oil and salt or your favorite spices.

STEP 2 – BAKE

Spread seeds in a single layer on a baking sheet and roast for 15–20 minutes, stirring once, until golden and crunchy. Make sure to mix if needed and to check regularly not to burn.

STEP 3 – LET IT CHILL & ENJOY

Let cool and enjoy as a snack or salad topping.



Enjoy

PICKLED MELON'S SKIN

 **Prep**
5 Mins

 **Time**
5 Mins

 **Serves**
20

 **Level**
Easy

Ingredients

- 1 cup water
- 1 cup cider vinegar
- 1 cup granulated sugar
- 1 cup slivered fresh ginger
- 2 tsp. noniodized salt
- 4 cups melon pieces, cut into 2x1.27 cm pieces (Use the firm part of the rind near the skin if the melon flesh is going into another dish - e.g. melon pasta. If you want to use the whole melon, pick an unripe one)

Directions

STEP 1 - COOK THE MELON

In a large saucepan, combine water, vinegar, sugar, ginger, and salt. Bring to a boil over medium-high heat and cook for 5 minutes, then add the melon and cook for 5 more minutes.

STEP 2 - COOL & STORE

Remove from heat and let cool. Once cool enough to handle, pack into sterilized glass jars and refrigerate for up to 2 weeks



Enjoy

CHICKPEA STUFFED POTATO SKINS

 **Prep**
30 Mins

 **Time**
60 Mins

 **Serves**
4

 **Level**
Easy

Ingredients

- 4 medium potatoes
- olive oil
- 2 shallots, finely chopped
- 1 large garlic clove, finely chopped
- ½ level tsp cumin
- ½-1 tsp smoked paprika
- 400g plum tomatoes
- ½ tsp salt, adjust to taste
- black pepper
- 1 tsp sugar (optional)
- a squeeze of lime (optional)
- 1 cup cooked chickpeas
- fresh parsley or coriander, chopped
- thick yogurt (normal / vegan)

Directions

STEP 1 – PREPARE THE POTATOES

Scrub the potatoes and parboil them for 15 minutes once the water returns to a boil. Drain and let them cool completely.

STEP 2 – MAKE THE CHICKPEA TOMATO SAUCE

Heat 2 tbsp olive oil in a pan and sauté the shallots and garlic until soft. Stir in the spices and ancho chilli paste and cook briefly. Add the plum tomatoes with their juices, one can of water, and salt. Simmer gently until thickened, adding more water if needed. Season with salt, pepper, sugar, and lime juice, then stir in the chickpeas and warm through. Adjust the sauce consistency as desired (resting overnight improves flavour, if possible).

STEP 3 – BAKE THE POTATO SKINS

Preheat the oven to 180°C (355°F) and line a tray. Cut the cooled potatoes in half lengthwise and scoop out most of the flesh, leaving a thin layer. Brush with olive oil, season with salt, and bake for 20 minutes, then increase the heat to 250°C (480°F) and bake another 10–15 minutes until golden and crisp.

STEP 4 – FILL & SERVE

Spoon the chickpea mixture into the crispy potato skins. Serve topped with vegan yoghurt, black pepper, and fresh herbs.



Don't discard the scooped-out potato flesh — it can be turned into tasty "UFO" fries. Toss it with a little olive oil, season well, and bake at 250°C / 480°F until golden and crispy. They're great enjoyed later with any leftover toppings.

OVEN-BAKED FRITTATA

 **Prep**
5 Mins

 **Time**
20 Mins

 **Serves**
4

 **Level**
Easy

Ingredients

- 600g vegetables, cut in cubes
- 1 large garlic clove crushed (optional)
- 3tsp olive oil
- 4 eggs
- chopped fresh herbs (to taste)
- chilli (optional) (to taste)
- 20g hard cheese, grated (can use vegan) (optional)
- Salt and pepper

Note: This flexible recipe works with almost any vegetables and is perfect for using up odds and ends left in your fridge. Leftover cooked vegetables from another meal can be added as well, making it an easy and waste-free option.

Directions

STEP 1 – ROAST THE VEGETABLES

Roast the vegetables and garlic with olive oil at 190°C (Gas Mark 5) until soft and lightly caramelised.

STEP 2 – PREPARE THE EGG MIXTURE

Whisk the eggs with herbs, seasoning, and chilli if you like a bit of heat.

STEP 3 – BAKE THE FRITTATA

Pour the egg mixture over the roasted vegetables, sprinkle with cheese, and bake for 10–15 minutes until just set. For a golden top, finish under the grill. Serve warm or cold.



— *Enjoy*

SWEET-POTATO FRITTATA

 **Prep**
10 Mins

 **Time**
0 Mins

 **Serves**
4

 **Level**
Easy

Ingredients

- 10 eggs
- 1 medium sweet potato (≈300g)
- 1 onion
- 1 yellow bell pepper
- 2 small carrots
- 3 cups broccoli florets (≈250g), finely chopped
- 2 tsp dried oregano
- 100g feta, crumbled or in small pieces
- 30g pumpkin seeds
- 2 tbsp olive oil (1 for sautéing, 1 for drizzling before baking)
- Salt & pepper, to taste

Directions

STEP 1 – COOK ROOT VEGETABLES

Cut sweet potato and carrots into small cubes and boil for 10 minutes until tender.

STEP 2 – SAUTÉ AROMATICS

While vegetables cook, sauté the onion and yellow pepper in 1 tbsp olive oil until soft.

STEP 3 – COMBINE IN BAKING DISH

Transfer the boiled vegetables and sautéed mixture to a baking dish. Add broccoli florets and feta.

STEP 4 – ADD EGGS AND BAKE

Whisk eggs with salt, pepper, and oregano. Pour over vegetables, drizzle with remaining olive oil, sprinkle with pumpkin seeds, and bake at 180°C for 35–40 minutes, until lightly golden.




Tips & Variations:


- Add extra egg whites for more protein.
- Use any vegetables you have on hand; hard vegetables may need a brief boil first.
- Keeps up to 5 days in the fridge.

Enjoy

PASTRY

 **Prep**
20 Mins

 **Time**
> 2 hours to rest
30 mins to cook

 **Serves**
A 22cm Quiche

 **Level**
Easy

Ingredients

- 130g (1 cup) flour of choice (for GF use xanthan gum/cornstarch 1tsp per 200g of flour)
- 1 pinch of salt
- 1 stick (8 tablespoons) cold butter (can use lactose-free / vegan butter, chunked)
- 1 egg yolk (use flax egg for the vegan option - see bottom-right corner of the page)
- 3 tablespoons (or more) ice water

Directions

STEP 1 – DOUGH PREPARATION

In a large bowl or food processor, mix the flour and salt. Add the cold butter in pieces and the egg yolk. Rub the butter into the flour with your fingers or pulse briefly until the mixture looks like coarse crumbs.

STEP 2 – LET IT CHILL

Add the cold water gradually, mixing just until the dough holds together but remains crumbly. Press it gently into a disc, wrap well, and refrigerate for at least 2 hours (or up to 3 days). The dough can also be frozen.

STEP 3 – SHAPE THE CRUST

Roll out the chilled dough on a floured surface and place it into your baking pan. Press any excess dough over the edges if possible. Patch any thin or broken spots with extra dough and prick the base with a fork. Chill the lined pan for at least 15 minutes.

STEP 4 – BAKE

Preheat the oven to 190 °C. Line the crust with parchment paper and fill with pie weights or dried beans. Bake for about 20 minutes, then remove the weights and parchment and bake for another 10 minutes, until lightly golden. Reduce the oven temperature to 175 °C and proceed with your filling.

Flax Egg Substitute:

Ingredients:

1 tbsp ground flaxseed
3 tbsp water

Instructions:

Mix flaxseed and water in a small bowl. Let it sit for 10–15 minutes until thickened. Use as a replacement for 1 egg in baking.



QUICHE LORRAINE WITH LEFTOVERS

 **Prep**
15 Mins

 **Time**
40 Mins

 **Serves**
2-4

 **Level**
Easy

Ingredients

For the Quiche:

- 1 frozen pie crust in a pie tin (or see previous recipe)
- 2–4 eggs (use silken tofu if Vegan) per cup of milk, depending on preference.
- About 1½ cups milk or cream (plant-based or lactose-free if desired)
- salt

For the fillings:

- 1–2 cups cooked fillings, chopped into bite-sized pieces (cook raw fillings in a skillet with olive oil or butter and seasoning as needed)
- About 1 cup of cheese (use nutritional yeast if Vegan), shredded or crumbled, add more if you like, keeping in mind that over 2 cups may be a tight fit.

Directions

STEP 1 – CRUST AND FILLINGS

Preheat the oven to 175 °C. Blind bake the crust if desired. If your fillings need cooking, sauté them in a lightly oiled skillet until tender and season with salt. Let them cool slightly, then spread them evenly over the crust.

STEP 2 – EGG MIXTURE

Whisk together the eggs, milk, and cheese with a pinch of salt. Add optional spices such as pepper, nutmeg, or cayenne. Pour the mixture over the fillings until it reaches the base of the crust, and sprinkle extra cheese on top if you like.

STEP 3 – BAKE AND SERVE

Bake for 30–40 minutes, until the quiche is puffed and the center is just slightly set. Let it cool briefly before slicing and serving.

Tips

- Quiche is very flexible, use any cheese, cooked vegetables, meats, or cooked fish you have.
- Always use fillings that are cooked and fairly dry to avoid a watery quiche.
- Sauté onions, mushrooms, and greens; boil or roast root vegetables; use legumes cooked or canned.
- Some vegetables can be used raw or cooked, depending on texture; meats should be cooked first (except cured meats).
- If the fillings taste good on their own, they'll work well in the quiche.
- Too much filling? Make a second quiche.



CHICKPEAS' PREPARATION

 **Prep**
10 Mins

 **Time**
60 Mins

 **Serves**
4

 **Level**
Easy

Ingredients

- 500 g. dried chickpeas
- 1 large onion
- 1 bay leaf
- ⅓ cup olive oil
- Salt
- Water

Directions

STEP 1 – SOAK THE CHICKPEAPS

Place the chickpeas in plenty of lukewarm, salted water and let them soak for at least 12 hours, better for 24 hours, change their water every 3-8 hours. In the morning, rinse them thoroughly.

STEP 2 – COOK THE CHICKPEAS

Put the soaked chickpeas in a pot and cover with cold water. Boil over low heat for 60–90 minutes, until soft. Change their first 2 waters after they have started boiling, to make them lighter for the stomach. About two-thirds of the way through cooking, add the chopped onion, bay leaf, olive oil, and salt. Towards the end, season with the juice of 1 lemon, pepper, and a little cumin (optional).



Enjoy

HUMMUS

 **Prep**
10 Mins

 **Time**
60 Mins

 **Serves**
4

 **Level**
Easy

Ingredients

- 1–2 cups. boiled chickpeas (from the previous recipe)
- 2 tbsp. tahini
- Juice of 1 & ½ lemon
- Water
- Salt
- Olive oil
- 1 clove garlic (optional)

Directions

STEP 1 – ADD EVERYTHING

Put all ingredients in a blender.

STEP 2 – BLEND TOGETHER

Blend until creamy.

Add more water if needed.

Adjust salt, pepper, lemon, and tahini to your preferences.

Note: To make creamy hummus, cook the chickpeas until very soft and blend them with tahini, lemon juice, garlic, and olive oil. Add a little water or chickpea cooking liquid to reach the desired consistency, and season with salt, cumin, or paprika. Roasting the garlic or adding smoked paprika can give it extra flavor.

Hummus is a protein-rich, healthy dip that goes well with fresh vegetables, olives, bread, pita bread, crackers, or as a spread on sandwiches and wraps. It's perfect for snacks, meals, or party platters.

Enjoy



FALLAFEL

 **Prep**
15 Mins

 **Time**
25 Mins

 **Serves**
4

 **Level**
Easy

Ingredients

- 1 cup uncooked chickpeas, soaked 24 hours, drained, rinsed, and patted dry* (see note)
- ½ cup chopped shallot or yellow onion
- 3 garlic cloves (optional)
- 1 tsp lemon zest
- 1 tsp ground cumin
- 1 tsp ground coriander
- ¾ tsp salt
- ¼ tsp cayenne pepper
- ¼ tsp baking powder
- 1 cup chopped fresh cilantro leaves and stems, patted dry
- 1 cup chopped fresh parsley leaves and stems, patted dry
- 1 tbsp olive oil, plus more for drizzling

Directions

STEP 1 – PREPARE THE OVEN

Preheat the oven to 200°C and line a large baking sheet with parchment paper.

STEP 2 – MAKE THE FALAFEL MIXTURE

In a large food processor, combine the soaked chickpeas (use all of them), shallot, garlic, lemon zest, cumin, coriander, salt, cayenne, baking powder, cilantro, parsley, and olive oil. Pulse until well mixed but not pureed, scraping down the sides as needed.

STEP 3 – FORM THE PATTIES

Using a 2-tablespoon scoop and your hands, shape the mixture into 12–15 thick patties. Avoid packing them too tightly, or they may become dense. If the patties aren't holding together, pulse the mixture a few more times.

STEP 4 – BAKE

Place the patties on the baking sheet, drizzle generously with olive oil, and bake for 14 minutes. Flip and bake for another 10–12 minutes, until golden and crisp. During the last few minutes, wrap the pita in foil and warm it in the oven.

To serve:

- Pita bread (gluten-free if desired)
- Hummus (see previous recipe)
- Diced vegetables such as tomato and cucumber
- Fresh herbs like chopped parsley and mint
- Pickled red onions
- Drizzle of tahini sauce



Enjoy

2-INGREDIENT OAT WRAPS

 **Prep**
5 Mins

 **Time**
10 Mins

 **Serves**
4

 **Level**
Easy

Ingredients

- 150g ground oats (1¼ cups approx)
- 250ml water (1 cup)
- Big pinch of sea salt

Directions

STEP 1 – PREPARE THE BATTER

Grind oats if needed, then mix with water, salt, and pepper in a jug or bowl until smooth. Let it rest a few minutes to thicken, then stir again. Adjust consistency with a little water or more oats so it's thick but pourable.

STEP 2 – COOK THE WRAPS

Heat a skillet until very hot. Pour a portion of batter and spread thin. Cook until the edges lift easily and the bottom is lightly golden, then flip and cook the other side briefly.

STEP 3 – SOFTEN AND SERVE

Stack the cooked wraps between clean kitchen towels for 10–15 minutes to soften (optional step). Fill with dips, salad, fallafel, beans, or other fillings, roll, and enjoy!

Note: you can eat them either sweet or savoury, they are super easy and fluffy!



Enjoy

CHICKEN SOUP

 **Prep**
10 Mins

 **Time**
40 Mins

 **Serves**
4

 **Level**
Easy

Ingredients

- ½ chicken
- 4-5 potatoes
- 1 onion
- 2 carrots
- celery
- 2-3 glasses of water
- 1 tsp salt
- pepper
- 1 pasta cube
- olive oil

Directions

STEP 1 – PREPARATION

In a pot, boil the chicken in the water until it turns white, at the same time, peel the potatoes and carrots (do not throw away the carrot peels). Cut the potatoes into large cubes, chop the onion and the carrot into small cubes.

STEP 2 – BUILDING THE SOUP

After the chicken has turned white, wait 5 minutes and take it out to chop it into smaller pieces. Add a little more water, the potatoes, the carrots, the onion, salt, pepper, oil, the chicken that we have chopped and the broth. Boil them over medium heat until the potatoes are ready.

STEP 3 – FINAL TOUCHES

Once it is ready, cut only the celery leaves as finely as we can and add them to the food. At the end, adjust the seasoning depending on whether it needs salt or pepper. And it is ready!



— *Enjoy*

CHICKEN BROTH (FROM CHICKEN SOUP)



Prep
15 Mins



Time
190 Mins
(>3 hours)



Serves
4



Level
Easy

Ingredients

- chicken bones from the previous recipe
- 3 kg cold water
- Onion skins
- Carrot peels
- Celery stalks
- 10 g fresh thyme
- Leek leaves

Directions

STEP 1 - PREPARING THE BONES

Rinse the bones thoroughly with cold water and remove any entrails that may have remained attached to them. Pour the water and bones into a pot (preferably a marmita, i.e. narrow and tall) and bring to the boil, skimming off the foam as soon as it starts to form.

STEP 2 - COOKING AND SKIMMING

Lower the temperature so that the broth boils very slowly. From the moment it boils, the total cooking time for the broth is 3 hours. During this time, skim off the foam carefully (starting from the first half hour of cooking) and remove the fat that accumulates on the surface.

STEP 3 - ADD VEGETABLES AND HERBS

Once it is ready, cut only the celery leaves as finely as we can and add them to the food. At the end, adjust the seasoning depending on whether it needs salt or pepper. And it is ready!

STEP 4 - STRAINING AND STORING THE BROTH

When the 3 hours of boiling are complete, remove the pot from the heat and strain the broth through a fine sieve. Cool it quickly and store it in the refrigerator or freezer.



Enjoy

VEGETABLE BROTH

 **Prep**
10 Mins

 **Time**
60 Mins

 **Serves**
4

 **Level**
Easy

Ingredients

- 1 carrot, roughly chopped
- 1 rib of celery, roughly chopped
- 1/2 onion, roughly chopped
- 4 cups of vegetable scraps
- 3 cloves of garlic, peeled
- 1 inch piece of fresh ginger, peeled and sliced
- 2 bay leaves
- a few sprigs of thyme or rosemary
- a handful of parsley or cilantro
- salt to taste
- 12–14 cups of clean water

Note: Vegetable scraps can come from any vegetables, such as carrot peels, onion skins, celery ends, potato peels, or herb stems. They can be stored in a freezer-safe container and kept frozen for several months (up to about 8–12 months at -18°C) until ready to use.

You can also sauté carrots, celery, and onion in a little oil before adding water to boost flavor, but this step is optional, the broth is still easy and tasty without it.

Directions

STEP 1 – COOK THE BROTH

Place all the ingredients in a large stock pot and cover with water. Bring to a boil, then reduce the heat and simmer, covered, for 1 hour.

STEP 2 – STRAIN

Turn off the heat and remove the solid ingredients using tongs or a slotted spoon. Strain the liquid through a fine mesh sieve.

STEP 3 – STORE

Transfer the broth to an airtight container and store in the refrigerator for up to one week, or freeze in small portions for later use.



————— *Enjoy*

SALADS



QUINOA SALAD

 **Prep**
10 Mins

 **Time**
25 Mins

 **Serves**
2-4

 **Level**
Easy

Ingredients

- 1 cup uncooked quinoa, rinsed in a fine-mesh colander
- 2 cups water
- 3 cups cooked chickpeas (see recipe at main meals) or
- 1 can chickpeas (425 g), rinsed and drained
- 1 medium cucumber, chopped
- 5 small tomatoes, chopped
- $\frac{3}{4}$ cup chopped red onion (1 small red onion) (optional)
- 1 cup finely chopped flat-leaf parsley/coriander
- $\frac{1}{4}$ cup olive oil
- $\frac{1}{4}$ cup lemon juice (from 2–3 lemons)
- 1-2 cloves garlic, pressed/minced (optional) / garlic powder
- $\frac{1}{2}$ tsp fine sea salt
- 1 tsp paprika powder (optional)
- Freshly ground black pepper, to taste

Directions

STEP 1 – ROAST THE CHICKPEAS (OPTIONAL)

Preheat the oven to 220°C. Pat the chickpeas dry using a clean kitchen towel or paper towel. Transfer them to a bowl and season generously with paprika, garlic powder, salt, and a drizzle of olive oil. Toss to coat evenly, then spread the chickpeas in a single layer on a large, rimmed baking tray. Roast for about 15 minutes, then switch the oven to grill and cook for another 2–3 minutes, or until crispy

STEP 2 – COOK THE QUINOA

Rinse the quinoa well under cold water and drain to remove any bitterness. Cook according to the package instructions, using about 2 cups of water for every 1 cup of quinoa, similar to cooking rice but with more water. **Optional:** add the tomatoes to a strainer and add a dash of salt and toss until coated, let them drain and remove excess liquid.

STEP 3 – PREPARE THE JARS (OPTIONAL)

Line up 3 large jars. In each jar, add olive oil, lemon juice, salt, and pepper. Layer in the cucumber, tomatoes, red onion, chickpeas, cooked quinoa, hemp seeds (if using), and fresh herbs. Seal the jars and store in the refrigerator for up to 5 days.

To serve: Turn the jar upside down over a bowl and shake to release the contents. Toss to combine and adjust seasoning with salt, pepper, or lemon juice as needed. If not using jars, simply mix everything in a large bowl and season to taste.

Adding hemp seeds increases the protein by about 10 g per jar; without them, each jar contains around 25 g of protein. One jar serves 1–2 people.

Roasting the chickpeas and lightly salting the tomatoes adds extra flavor but is optional. For best results, roast chickpeas in a single layer on a rimmed baking tray. Drain tomatoes well before adding.



TOFU FETA

 **Prep**
5 Mins

 **Time**
5 Mins

 **Serves**
8

 **Level**
Easy

Ingredients

- 1-2 (400g) packed firm tofu
- 2 tbsp olive oil (might need more)
- 2-3 tbsp nutritional yeast
- 1-2 tbsp apple cider vinegar
- 1 tsp white miso (optional)
- 2-3 tsp lemon juice (add more for lemon lovers)
- 1½ tsp salt
- ½ garlic powder (optional)
- 1-2 tsp oregano
- 1-2 tsp thyme (optional)
- 2 bay leaves

Directions

STEP 1 – PREPARE THE TOFU

Drain and press the tofu for about 10 minutes to remove excess liquid. You can do that by placing the tofu on a towel and adding a chopping board underneath and one above it

STEP 2 – MAKE THE MARINADE

In a jar, mix the olive oil, miso, nutritional yeast, apple cider vinegar, lemon juice, salt, garlic powder, oregano, thyme, and bay leaves until combined. Crumble the tofu (or cut it into cubes), then add it to the marinade and gently turn to coat. Add additional olive oil to fill the jar.

STEP 3 – MARINATE

Cover and refrigerate for at least 1-2 hours to absorb the flavors, or overnight for a deeper taste.

STEP 4 – SERVE AND STORE

Serve the feta tofu in salads, dakos, wraps, or anywhere else you want some extra flavor and protein. You can store it in the fridge for up to 1 week.

Tips:

Feel free to adjust the quantities of the ingredients to your taste. You can add more vinegar, lemon juice, nutritional yeast, or herbs to make the flavor stronger. Cover with olive oil to help it last longer.



GREEK SALAD

 **Prep**
5 Mins

 **Time**
5 Mins

 **Serves**
4

 **Level**
Easy

Ingredients

- 4-5 medium-sized tomatoes, sliced or chopped
- 1 big cucumbers, sliced or chopped
- 1 onion: red onion is mild (optional: soak in ice water with a splash of vinegar to soften) (any onion is fine)
- ½ cup olives: kalamata preferred, but any olive works
- 1-2 bell pepper: Traditionally green, but any color is fine
- 100g feta: For a vegan option, use tofu feta (see previous recipe); for a vegetarian, use 1 block of Greek sheep's milk feta (crumbled is fine too).
- 5-6 tbsp olive oil: ideally, extra virgin olive oil (adjust according to preference)
- 1½ tsp oregano & pinch salt
- red wine vinegar / lemon juice (optional)

Directions

STEP 1 - SOFTEN THE ONION (OPTIONAL)

Slice 1 red onion into half moons. To mellow the flavor, soak in ice water with 1 tsp red wine vinegar for 10 minutes while prepping other veggies.

STEP 2 - PREP THE VEGETABLES:

Slice 4 tomatoes into bite-sized pieces, peel (optional) and slice 1 cucumber into half moons, and cut 1 green bell pepper into rings.

STEP 3 - MARINATE

Combine the veggies and a handful of pitted Kalamata olives in a serving dish. Add the drained onion, sprinkle with 1½ tsp dried oregano and a pinch of kosher salt, then drizzle ¼ cup olive oil and 1-2 tbsp red wine vinegar/lemon juice. Toss gently.

STEP 4 - FINISH AND SERVE

Top with large pieces of (tofu) feta and a final ¼ tbsp sprinkle of oregano. Enjoy!



DAKOS SALAD

 **Prep**
10 Mins

 **Time**
10 Mins

 **Serves**
2

 **Level**
Easy

Ingredients

4 rusks: Use hard Cretan barley rusks (or any firm wheat rusks / GF rusks). Soak before serving.

2 tomatoes: Very ripe, flavorful, seasonal tomatoes/cherry tomatoes are also perfect

3 tbsp olive oil: Extra virgin (adjust to preference)

70g cheese: tofu feta (see previous recipe), feta, xinomizithra, anthotiro, mizithra

½ cup olives: Black olives (Kalamata or any high-quality variety).

1 tsp oregano, dried or fresh

Optional: capers, balsamic vinegar

Directions

STEP 1 – GRATE THE TOMATO

Halve the tomato, remove the stem, and grate it over a bowl using the largest holes of a box grater, leaving just the skin. Alternatively, blend them in a food processor (**optional** with oregano, balsamic vinegar, salt, and olive oil).

STEP 2 – PREPARE THE RUSK (OPTIONAL)

Briefly dip a barley rusk in cold water (1–2 seconds), place it on a serving dish, drizzle with olive oil, and sprinkle a pinch of sea salt.

STEP 3 – ADD TOMATO AND FETA

Spoon the grated tomato and juices over the rusk, then top with crumbled toffu feta or other cheese alternative.

STEP 4 – FINISH WITH OLIVES AND SEASONING

Add pitted black olives or capers (or both), sprinkle with dried oregano, drizzle more olive oil, and season lightly with salt if needed. Serve immediately.

Tips:

Rusks: Use hard Cretan barley rusks: they stay firm when wet, you can also not wet them if you prefer them harder

Salt: Sprinkle with sea salt flakes before adding tomato for bursts of flavor

Tomatoes: Grate half and dice half for extra texture

You can also crumble the rusks and mix all ingredients as a salad



BEETROOT SALAD

 **Prep**
20 Mins

 **Time**
80 Mins

 **Serves**
4

 **Level**
Easy

Ingredients

- 6 - 8 small to medium beets
- 1 cup walnut halves
- 3 oranges, pilled (the pills can be used for aromatics, drying them in the oven)
- 1 tbsp red wine vinegar
- 1 tbsp honey
- 1 tsp kosher salt
- ½ tsp freshly ground black pepper
- ¼ cup extra-virgin olive oil
- 1 cup loosely packed fresh flat-leaf parsley, chopped
- 55 g fresh goat cheese / vegan cheese / homemade feta cheese (see previous recipe) (optional)

Directions

STEP 1 - ROAST THE BEETS

Preheat the oven to 200°C. Trim the beets and place them on two sheets of foil, drizzle with a little water, seal tightly, and set on a baking tray. Roast for 50–60 minutes, until tender. Let cool slightly, then rub off the skins, peel, and cut into cubes.

STEP 2 - PREPARE THE INGREDIENTS

Toast the walnuts (optional) in a dry pan over medium heat until fragrant, then set aside to cool. Peel the oranges, removing all pith, and cut out the segments over a bowl to catch the juice. Squeeze the membranes to extract any remaining juice.

STEP 3 - ASSEMBLE THE SALAD

Use the reserved orange juice to make the dressing by whisking it with vinegar, honey, salt, and pepper, then slowly adding olive oil until smooth. Gently combine the beets, orange segments, walnuts, and parsley. Toss with the dressing just before serving and finish with goat cheese, if u

Alternative: You can also boil the beetroots, but roasting brings out more flavor, as they absorb less water this way.

Feel free to add any other ingredients of your choice as well as seeds



TOFU PASTA SALAD

 **Prep**
15 Mins

 **Time**
20 Mins

 **Serves**
6

 **Level**
Easy

Ingredients

- 1 block (400g) extra firm organic tofu, pressed
- 3 cloves garlic, minced (optional)
- 1/4 cup extra virgin olive oil, divided
- 1/4 cup balsamic vinegar, divided
- 230g shell pasta, or other small past
- 1 bell pepper (colour of choice), chopped
- 350g cherry tomatoes, halved
- 1/2 cup fresh peas, thawed frozen peas can also be substituted (optional)
- 2 cups yellow wax beans, or green beans, trimmed
- salt & pepper

Optional: sweet corn, cilantro, fresh basil, olives, chickpeas, lemon zest/juice, sun-dried tomatoes, pine nuts, walnuts, capers, carrots, mustard, tahini..

Directions

STEP 1 - COOK TOFU

Cube the pressed tofu. Heat 2tbsp olive oil in a skillet over medium-high heat, brown the tofu on all sides, then add garlic and 2tbsp balsamic vinegar. Cook 1–2 minutes more, then set aside.

STEP 2 - PASTA AND VEGGIES

Blanch yellow wax beans for 2 minutes, drain, and chop. Cook pasta until al dente, then rinse with cold water. Combine pasta, beans, and remaining vegetables in a large bowl.

STEP 3 - ASSEMBLE THE SALAD

Add remaining olive oil and balsamic vinegar, season with salt and pepper, and toss. Fold in the cooked tofu and serve immediately or chilled.

For GF option:

If needed, use gluten-free pasta. Chickpea pasta is also good for this recipe, as it holds its shape better than brown rice or other gluten-free options.

Feel free to customize the salad and add your favorite ingredients to taste as you like.

Perfect salad for hot summer days!



Enjoy

ARUGULA SALAD

 **Prep**
25 Mins

 **Time**
5 Mins

 **Serves**
4

 **Level**
Easy

Ingredients

- 3 cups loosely packed arugula, washed and dried
- 1 cup mixed greens, washed and dried
- 2 peaches, sliced
- ½ cup blueberries
- 1 medium cucumber, sliced
- 1 medium avocado, diced
- 1 tbsp chopped fresh parsley and mint

Optional Add-Ins:

- 1 tbsp chopped pecans
- ½ tbsp sliced almonds
- ½ tbsp sunflower seeds
- Vegan ricotta or feta (check previous tofu feta recipe)

Balsamic Vinaigrette:

- 2 tbsp lemon juice
- 3 tbsp avocado oil or extra virgin olive oil
- 2 tsp tahini
- 1 tsp garlic powder or 1 garlic clove, minced
- ¼ tsp nutritional yeast (optional; or dairy-free parmesan if not Whole30/Paleo)
- Salt and pepper, to taste

Directions

STEP 1 - DRESSING

Combine all dressing ingredients in a jar or bowl and shake or whisk until smooth.

STEP 2 - ASSEMBLE THE SALAD

Place arugula in a large bowl, season with salt, pepper, and a little dressing. Add the remaining salad ingredients, drizzle with more dressing, top with nuts and seeds, and serve.

Notes: Feel free to mix in other greens, like lettuce or spinach, and swap in seasonal fruits such as oranges, apples, or any favorites you like.



BLACK BEAN AND CORN SALAD

 **Prep**
10 Mins

 **Time**
0 Mins

 **Serves**
4

 **Level**
Easy

Ingredients

- 1.5 cups corn cooked (fresh, frozen or canned)
- 1 cup black beans
- 1 red bell pepper, chopped
- 1 avocado chopped
- 1/4 cup red onion finely chopped
- 1/2 cup cilantro, tightly packed, finely chopped

Lime Dressing

- 1/4 cup lime juice (about 2 limes)
- 1/3 cup olive oil
- 1/4 tsp cayenne pepper flakes
- 1 clove garlic, finely chopped (optional)
- 1 tbsp agave syrup/honey
- 1/4 tsp cumin
- 1/4 tsp onion powder (optional)
- 1/4 tsp sea salt
- 1/8 tsp pepper

Optional add-on

- Tortilla Chips (go to snacks)
- Veggie Skin Crisps (go to snacks)
- Wraps (go to main meals)
- other crackers of choice

Directions

STEP 1 - COMBINE THE SALAD

Add the corn, black beans, red bell pepper, avocado, red onion, and cilantro to a large mixing bowl.

STEP 2 - MAKE THE DRESSING

In a small bowl, whisk together lime juice, olive oil, cayenne pepper, garlic, agave, cumin, onion powder, sea salt, and pepper.

STEP 3 - TOSS AND SERVE

Pour the dressing over the salad and toss to combine. Serve as is or with tortilla chips, wraps, veggie skins or any other type of bread or crackers.



SNACKS



VEGETABLE SKIN CRISPS

 **Prep**
10 Mins

 **Time**
35 Mins

 **Serves**
4

 **Level**
Easy

Ingredients

- 50g potato peel from around 2 large potatoes
- 50 g kale
- ½ tbsp olive oil
- A generous pinch of chilli powder
- ½ tsp sweet smoked paprika powder
- ¼ tsp salt
- Freshly ground black pepper, to taste

Directions

STEP 1 – PREPARATION

Preheat the oven to 150°C (Gas Mark 2) and line 2-3 baking trays with baking paper. Remove the tough stems from the kale and roughly tear the leaves into bite-sized pieces.

STEP 2 – SEASON THE POTATO PEEL

Place the potato peel in a bowl with half of the oil, spices, salt, and pepper. Using your hands, gently massage everything together until the peel is evenly coated. Set aside.

STEP 3 – SEASON THE KALE

In a separate bowl, combine the kale with the remaining oil, spices, salt, and pepper. Massage for 1-2 minutes until the leaves are well coated and slightly softened.

STEP 4 – BAKE

Spread the potato peel and kale in thin, even layers on separate trays. Bake the potato peel for 25 minutes, adding the kale tray after 10 minutes. Roast until crisp, keeping an eye on them to prevent burning. Let the crisps cool on the trays for a few minutes before serving.

Best eaten fresh, but they can be stored in an airtight container for 1-2 days and re-crisped briefly in a low oven if needed.



Enjoy

TORTILLA CHIPS

 **Prep**
5 Mins

 **Time**
20 Mins

 **Serves**
4

 **Level**
Easy

Ingredients

- 5 corn tortillas of choice (GF works too)
- Fresh lime (optional)* (see notes)
- Salt, as desired

Optional adds-on

- guacamole (see snacks)
- hummus (see main meals)
- Black bean and corn salad (see salads)
- cheese (of your choice)
- fresh salsa of choice
- yogurt (greek / vegan / of choice)

Directions

STEP 1 – PREPARATION

Preheat the oven to 180°C and line a baking sheet with parchment paper or a silicone mat.

STEP 2 – SEASON THE TORTILLAS

Cut the tortillas into quarters or eighths, arrange in a single layer, drizzle lightly with lime juice, and sprinkle with salt.

STEP 3 – BAKE AND COOL

Bake for 20–23 minutes, flipping halfway through. Let the chips cool completely before serving.



Alternative Method: Air Fryer

Arrange the tortillas in a single layer in the air fryer basket, making sure they don't overlap. Cook at 175°C for 3 minutes. Flip them, lightly spray again, add more salt if desired, and cook for another 2–3 minutes, until golden and crisp.

Enjoy

GUACAMOLE

 **Prep**
5-8 Mins

 **Time**
0 Mins

 **Serves**
2-4

 **Level**
Easy

Ingredients

- 1 large ripe avocado
- 3 tbsp finely chopped red onion (optional)
- 1-2 tbsp cilantro (optional)
- 3 tbsp diced tomato/cherry tomato
- 2 tbsp fresh lemon juice
- 1 clove garlic – finely chopped (optional)
- ½ teaspoon paprika
- ⅛ teaspoon cayenne pepper
- 1 pinch of salt

Directions

STEP 1 – PREPARE THE AVOCADO

Halve the avocado, remove the pit, and scoop the flesh into a bowl.

STEP 2 – MASH

Use a fork to mash the avocado until mostly smooth.

STEP 3 – MIX AND SERVE

Add the remaining ingredients and stir to combine. Adjust to taste, serve with tortilla chips, wraps, or on toast, and enjoy the fresh guacamole. Store for up to 24 hours, best to be eaten fresh



Alternative Method: Food Processor

Add all ingredients to a food processor and blend until you reach your desired texture.

Enjoy

OAT & TAHINI BARS

 **Prep**
10 Mins

 **Time**
35 Mins

 **Serves**
4

 **Level**
Easy

Ingredients

250 g dried, soft dates
1 cup oats, ground into powder
½ cup whole-grain cereal/cornflakes
3 tsp warm honey (optional)
2 tbsp peanut butter or tahini
1 cup raw or roasted unsalted almonds, roughly chopped
100 g chopped dark chocolate (optional)
1 tbsp chia seeds (optional)
1 tbsp ground flaxseed (optional)

Optional: raisins, cranberries, cinnamon, sesame seeds, sunflower seeds, dried coconut

Directions

STEP 1 – PREPARE AND MIX

Select soft dried dates and blend them until smooth. In a large bowl, combine the blended dates, honey, ground oats, flaxseed, peanut butter, almonds, and chia seeds.

STEP 2 – CEREALS AND CHOCOLATE

Break the cereals into small pieces and stir them into the mixture with a spoon until it forms a thick dough. Finally, fold in the chopped chocolate.

STEP 3 – FORM THE MIXTURE

Line a 24cm square baking pan with parchment paper. Transfer the mixture into the pan and press down firmly to create an even, compact layer. Using a flat-bottomed glass can help achieve a smooth surface. Chill the mixture in the freezer for 30 minutes.

STEP 4 – CUT AND STORE

Remove the set mixture from the pan and cut it into long bars. Store the chocolate cereal bars in an airtight container.

Tip: If your dates seem too hard or dry, soak them in a bowl of warm water for 10 minutes to soften. Then drain and mash them.




Enjoy

MINI CHEESE BREADS

 **Prep**
10 Mins

 **Time**
20-25 Mins

 **Serves**
10

 **Level**
Easy

Ingredients

- 2 eggs
- 200g yogurt (2% or of your choice)
- 1 tbsp (10g) olive oil
- 270g whole wheat flour (or GF, oat flours, of your choice)
- 1 tsp baking powder
- 230g feta (cheese of choice)
- Pepper, to taste

Optional: sesame seeds on top

Directions

STEP 1 – MIX WET INGREDIENTS

In a bowl, whisk together the eggs, yogurt, olive oil, and pepper until smooth and well combined.

STEP 2 – ADD DRY INGREDIENTS

Sift the flour with the baking powder and stir into the wet mixture until a soft dough forms.

STEP 3 – ADD THE FETA

Crumble the feta by hand and gently fold it into the dough until evenly distributed.

STEP 4 – SHAPE AND BAKE

Form 40g balls (about 20 pieces), place on a baking sheet, and bake in a preheated oven at 170°C for 20-25 minutes, until lightly golden.

STEP 5 – STORAGE

- Room temp: 1-2 days
- Fridge: 4-5 days
- Freezer: up to 2 months (uncooked)

How to make it vegan:

- Eggs: 2 flax or chia eggs (2 tbsp flaxseed + 6 tbsp water, sit 5-10 min)
- Yogurt: Unsweetened soy or coconut yogurt
- Feta: Vegan feta or crumbled marinated tofu



Enjoy

III. LEARN, EXPLORE, ENJOY



Sustainable Recipe Links:



1. [10 No-Waste Recipes to Help the Planet](#)
2. [Zero Waste Vegan Recipes To Save Money & Food](#)
3. [Zero Waste Recipes](#)
4. [Cookie + Kate](#)
5. [The Vegan Larder](#)
6. [Vegetarian Times](#)
7. [Healthy Living James](#)
8. [Rainbow Plant Life](#)
9. [Feel Good Foodie](#)
10. [Cooking for Peanuts \(Easy & Affordable Vegan Longevity Recipes\)](#)
11. [The Hungry Bites \(Mediterranean and Greek Recipes\)](#)
12. [Running to the Kitchen \(Healthy Recipes with a Seasonal Spin\)](#)
13. [Two Spoons \(recipes worth sharing\)](#)
14. [MamaInstincts \(inspiring mums to raise happy, healthy and mindful kids\)](#)
15. [Life Made Sweeter \(Loads of healthy recipes, option for GF, VEGAN etc\)](#)





Films for Further Information:

1. **The Game Changers:** Explores how plant-based diets can enhance athletic performance and overall health. [The Game Changers Trailer](#)
2. **Cowspiracy:** Investigates the environmental impact of animal agriculture and its role in climate change. [Cowspiracy Trailer](#)
3. **Seaspiracy:** Examines the global fishing industry and its effects on marine life and ocean ecosystems. [Seaspiracy Trailer](#)
4. **My Octopus Teacher:** Follows a man forming a deep connection with an octopus, highlighting the intelligence of marine life and the importance of conservation. [My Octopus Teacher Trailer](#)
5. **Live to 100: Secrets of the Blue Zones:** Explores regions where people live the longest and healthiest lives, highlighting plant-based diets, active lifestyles, and strong community ties. [Live to 100: Secrets of the Blue Zones Trailer](#)
6. **An Inconvenient Truth:** Documents Al Gore's campaign to raise awareness about climate change and its environmental consequences. [An Inconvenient Truth Trailer](#)
7. **I Am Greta:** Chronicles Greta Thunberg's rise as a climate activist and her efforts to inspire global environmental action. [I Am Greta Trailer](#)
8. **Forks Over Knives:** How whole-food, plant-based diets can prevent and reverse chronic diseases. [Forks Over Knives Trailer](#)
9. **What the Health:** Investigates the health benefits of plant-based diets and links between diet and disease. [What the Health Trailer](#)
10. **Food, Inc.:** Exposes industrial food production and its impact on health, workers, and the environment. [Food inc trailer](#)
11. **Kiss the Ground:** Explores regenerative agriculture and how soil health can combat climate change. [Kiss the Ground Trailer](#)
12. **The Biggest Little Farm:** Follows a couple creating a sustainable farm and restoring biodiversity. [The Biggest Little Farm Trailer](#)



Sustainable / Plant-based Recipes - Instagram



Plant-based Recipes (in English):

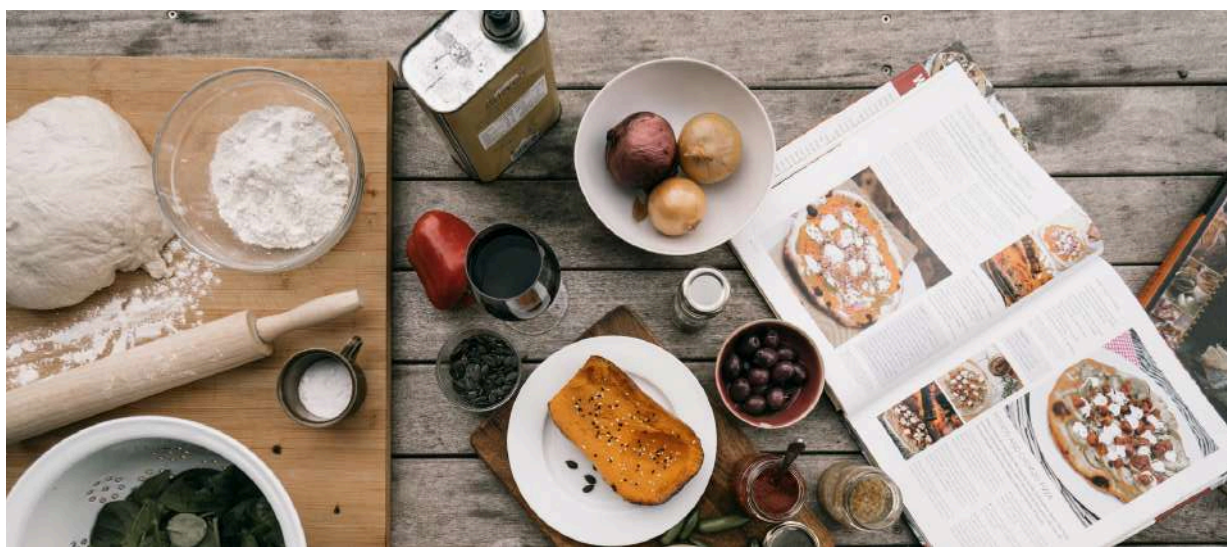
1. **Bestofvegan:** Vegan Recipes [bestofvegan Instagram](#)
2. **vegan_flavour:** Easy & tasty vegan recipes - Good for you and the planet [vegan_flavour Instagram](#)
3. **Liz Douglas:** Plant-based recipes. [glowdiaries Instagram Profile](#)
4. **Ami-James Deane:** Healthy vegan recipes. [broccoli_mum Instagram Profile](#)
5. **veganrecipe_ideas:** Vegan recipes, vegan food. [veganrecipe_ideas Instagram](#)
6. **Phil Graff:** healthy recipes, many dessert ideas. [epicmintleaves Instagram Profile](#)
7. **The Best Vegan Eats:** Recommendations for vegan places across the world [vegansofzuri Instagram Profile](#)
8. **Tadas Mikuckis:** Healthy, easy recipes, have fun cooking. [superfoodsguy Instagram Profile](#)

Greek nutritionists (in Greek):

1. **Efi Koloverou:** is a Greek clinical dietitian and nutrition expert with a PhD, known for evidence-based guidance on healthy eating, weight management, and diabetes care, and sharing practical nutrition tips and recipes through her social media and professional work. [efi_koloverou-dietitian Instagram Profile](#)
2. **Dimitra Papamichou:** is a Greek-born nutritionist and PhD candidate specializing in the Mediterranean diet and weight management, who shares evidence-based nutrition advice, healthy recipes, and research insights through media, radio, and social platforms. [dimidiet Instagram Profile](#)

Recipes in Italian:

1. **Florenzia Ludovico:** Gluten-free recipes, holding a Phd in physics. [ragazza.dai.capelli.argento Instagram Profile](#)



Academic Resources

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Final Note

We hope this cookbook inspires you to prepare healthy, nourishing meals for yourself and your loved ones, and encourages more mindful, informed choices about what you buy and consume. May it support you in exploring sustainable and plant-based eating, while offering simple, wholesome recipes you can enjoy every day.

Enjoy what you cook and what you eat – food is meant to be a source of joy, and so is cooking.

Thank you for reading this cookbook and for being part of a movement toward healthier bodies and a healthier planet.



Final Note



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