



 **VEGANUARY**

Jummy vegan
COOKBOOK

Annette Wardell,
Lorri Delahunty &
Chantelle Leach

VEGAN Happy



Intro from Annette

www.annettewardell.com

Instagram @ **annette.wardell23**

Hi, I am Annette Wardell and when not on stage as soprano soloist with the National Symphony Orchestra, I am devising new recipes to cook from my home grown vegetables, and researching how good vegan food keeps us moving about better and living longer, and looking far younger!

I am fascinated by the health giving properties of what we put inside our bodies, so when Lorri asked me to head up this cook book I jumped at the chance to share what I have picked up so far!

Along the way, I also managed to interview some famous faces and ask them what their favourites were, so delve inside and try out and let us know what you think!

Remember with vegan food, there is no right and wrong, just explore and be adventurous and you will discover some incredible new flavour combinations along the way. It's a time to chuck out the old rule book and start afresh. You can of course easily adapt non-vegan recipes to be vegan (as Chantelle explains on the next page) but you can create new recipes with vegetables and produce you hadn't even known about before! So just give it a go and have fun!

Well done for doing Veganuary, we hope it's just the start!

Love Annette x

Intro from Lorri

This is all in aid of Veganuary, to show how easy it is to cook healthy and affordable meals, that taste incredible, but we hope that this book might inspire anyone trying Veganuary to continue well afterwards.

For me personally, when you first go vegan, recipes can be daunting, and it's only when you are immersed in the wonderful world of vegetables, do you realise how easy it is. Actually, when I went vegan I hated vegetables so I had to completely re-educate myself and I love every single one now! Where sprouts used to be the food of the devil, now I recognise what a great source of so many vitamins they are including iron.

And be adventurous! Have a go and explore! So far, there are 1,097 recorded vegetable types worldwide, and then thousands of varieties, and hundreds of spices, so much to try out! Food is fun, go out and have some!

But the most amazing thing about vegan food, is the health giving properties you also get from it, almost a hidden added bonus that you weren't expecting. **BIG TIP...** add in some **Engevita B12 Flakes** to whatever you are cooking, a great source of energy for you.

You have already heard from our wonderful **Annette**, but I would also like to do a big shout out to **Chantelle Leach @i_lost_my_tempeh** as another Face of VEGAN Happy, as we have borrowed so many of her blog recipes in this book, so huge thanks for her kindness in contributing so many of her yummy recipes here for you to try!

You will see from this book that the recipes are simple and don't need to be expensive, but on top, as vegans, we know that it's all about saving animals at the end of the day, so on each page we have asked our recipe contributors to show you the causes close to their heart, so please do check these causes out and hopefully you will fall in love with why we are vegan... **Incredible food + and saving lives daily, what's not to love?**

Happy Cooking!

Love Lorri x

Lorri is Director of www.veganhappyclothing.co.uk and www.exposingcruelty.com this is a picture of her and her rescued lamb Oscar at 4 days old



You will hear a lot about **B12** when you go vegan so keep up your levels by sprinkling these B12 flakes on whatever you are cooking. Perfect with ANYTHING! They taste a little cheesy and jut blend in. You will see your energy levels soar!





Chantelle Leach

<https://ilostmytempeh9.wordpress.com>
Instagram @i_lost_my_tempeh

I gained knowledge and experience of cooking from my father, who was a restaurateur and chef during my youth. I turned him vegan when I went vegan in 2016, along with the rest of my family.

I adapted many of his recipes and traditional cooking methods so they were vegan, as I wanted to show people how easy it is to cook plant based food we enjoy.

I then went on to work as food creator for vegan magazines and took part in food demonstrations for the magazines at our events. My dream is to own my own vegan restaurant one day so I can share my love of food with a wider crowd.

Whilst food is so important in converting people to veganism, as it's really the main focus in most people's lives and their main concern about following a plant based is 'but what food will I eat', I also take the time to take part in animal rights activism including working on campaigns for Animal Justice Project, being a hunt sab at the weekends, and so much more!

Love Chantelle xx

On top, Chantelle is one of our Faces of VEGAN Happy Clothing as for us she embodied what being vegan was all about. Not just food but action for animals too.

Chantelle lives with her rescue dogs in the south east of England where she enjoys beach walks and countryside strolls, enjoying nature and exploring what this beautiful world has to offer.

Join The Club!



An estimated 2.5 million UK adults are following a vegan diet at the start of 2024, which is 4.7% of the population.

Research has shown that a vegan diet can help do the following: Promote weight loss. Reduce your risk of heart disease by lowering cholesterol levels. Lower your chances of getting certain types of cancer, such as colon cancer. And so much more. *Google and find out yourself the health giving properties of a vegan diet.*



Find out more...

www.veganuary.com

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If you think vegan food is boring, think again. There are over **20,000** species of edible plants, **1,097** vegetable species, and over **100** different spices to explore!

GET CREATIVE!



*yummy
recipes to*

**START
THE DAY**

Typical values
per 100g
Energy
of which sugars
Protein
Fibre
Salt

Ingredients

- 200g silken tofu, drained
- 200g sweet potato, cooked, peeled
- 100g frozen blueberries (can use berries of your choice)
- 60g pumpkin seeds
- 2 tbsps chia seeds
- 400ml almond milk (plant milk of choice)

Blueberry Smoothie Bowl

Instructions

If not using a high speed blender, soak chia seeds and pumpkin seeds in water overnight and drain before use

1. Cook sweet potato until soft
2. Place all ingredients into a blender and blend until smooth.
3. Best eaten immediately but can store in fridge.
4. Add choice of toppings
5. **What a perfect start to the day... ENJOY!**



Bio for Vicki Holtom

Vicki is a coach in Living nutrition, a Reiki Practitioner and a lifestyle coach. Not only a qualified nurse, Vicki has dedicated herself to helping others live well. Caring for an autistic son with a serious heart condition, she realised the importance of holistic care, nutrition, and wellness and AEB Wellness was born.

Connect with Vicki on Instagram below...

@aebwellness

www.aebwellness.net

Ingredients

- 80 ml (1/4 cup) extra virgin olive oil
- 1 large onion, chopped
- 2 garlic cloves, finely chopped
- 2 400g can chopped tomatoes
- 2 tbsp tomato puree
- 2 400g can butter beans
- 250ml vegetable stock
- 220g (2 cups) frozen green beans
- 1 tsp cinnamon
- 1 tbsp dried oregano
- A handful fresh dill, chopped (or 2 tsp dried dill)
- 1 tbsp sugar
- 1 tsp salt
- Pepper (to taste)



Gigantes Plaki (Butter beans in tomato sauce)

My grandad lived in Greece for most of the time I knew him. As a tribute, I created this Gigantes Plaki recipe for the vegan magazines I worked for. It feels nostalgic and comforting. I love making them and don't do it enough.

I served these with homemade bread which is another excellent example of why making your own bread is the best

Instructions

1. Preheat oven to 200°C (Gas Mark 6, 400 °F).
2. Heat 2 tablespoons olive oil and fry the onions and garlic until soft.
3. Add the tomatoes, the tomato puree, the cinnamon and oregano until sauce starts to thicken.
4. Add the butter beans and the stock and let simmer for 15 mins until sauce starts to thicken. Then add the green beans.
5. Season with the salt and pepper, add the sugar then add the dill (save some to garnish).
6. Transfer to a 13×9-inch baking dish, drizzle over the rest of the olive oil and bake in the oven for 30 mins.
7. Serve as a side dish or as a main with some crusty bread and garnish with the left over dill.



Bio for Chantelle Leach

Chantelle is not only vegan, she is also The Face of VEGAN Happy in the 31-50 category and looks like a shining example of veganism, glowing with health. On top, she is a fierce animal activist working on campaigns of her own, for Animal Justice Project, being a hunt sab at the weekends, and so much more! She is also (how does she fit it all in!) an incredible vegan chef so check out her blog and recipes below...

Recipes & more <https://ilostmytempeh9.wordpress.com/>
Chantelle on instagram @i_lost_my_tempeh

Ingredients

WET INGREDIENTS

- 280ml (1 cup +2 tbsp) Unsweetened Soya Milk
- 1 tbsp Apple Cider Vinegar
- 1 tsp Vanilla Extract
- 1 tbsp Vegetable Oil

DRY INGREDIENTS

- 180g (1 1/2 cup) All-Purpose Flour
- 4 tbsp Sugar
- 1 tsp Baking Powder
- 3/4 tsp Bicarbonate of Soda



Fluffy American-Style Pancakes

To Make The Raspberry Chia Jam

1. On the hob, cook down 300g frozen raspberries until they are soft and mushy
2. Take off heat, add 1 tbsp maple syrup if you want them sweetened and add 1 tbsp chia seeds, then set aside to cool.

To Make The Pancakes

1. Make a buttermilk by stirring together the soya milk, apple cider vinegar, and vanilla extract and leaving it to curdle and thicken.
2. In a large mixing bowl, whisk together the dry ingredients.
3. Pour the buttermilk and oil into the dry ingredients and whisk until the mixture is smooth and the ingredients are well combined. Let the batter sit for a few minutes
4. Heat a frying pan over a high heat until almost smoking, then turn down to a medium heat and spray with oil (or brush with a light coating of the butter). Use a large spoon or ice cream scoop to pour a portion of the batter into the frying pan
5. Cook the pancake until it starts bubbling and rising slightly, then flip over and cook on the other side for a few minutes until golden brown. Repeat this process until all the batter has been used. We also dropped some fresh blueberries, strawberries and chopped bananas onto our pancakes before we flipped them, to add some extra flavour and nutrients.



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Ingredients

- ½ cup (45g) rolled oats
- 1 cup (250ml) plant-based milk (almond, soy, oat, or coconut milk)
- Pinch of salt

TOPPINGS

- Fresh berries (you can use any fruit)
- Granola butter (Oat Avenue)
- Hemp seeds/ flax seeds (for omega 3 and protein boost)

TIPS

- For extra creaminess, use oat milk or coconut milk.
- Experiment with seasonal fruits for fresh and exciting flavors
- Could be made into overnight oats if you mix all ingredients and soak overnight

Enjoy your vegan porridge—a comforting and nourishing start to the day, or snack during the day!

Best Vegan Porridge Recipe

Serves: 1

Prep Time: 2 minutes

Cook Time: 8–10 minutes

Instructions

1. Combine Ingredients - In a small saucepan, add the rolled oats, plant-based milk, and a pinch of salt. Stir to combine.
2. Cook the Porridge - Place the saucepan over medium heat and bring the mixture to a gentle simmer.
3. Stir frequently to avoid sticking and create a smooth consistency.
4. Simmer: Lower the heat and cook for 5–7 minutes, stirring occasionally, until the oats are creamy and tender.
5. Add a splash more plant-based milk if the porridge thickens too much.
6. Flavour Boost (Optional) - Remove the saucepan from heat and stir in a sprinkle of cinnamon or a drop of vanilla extract for added flavor.
7. Serve with Toppings - Pour the porridge into a bowl and add your favorite toppings.
8. Suggested combinations:
9. Blueberries & raspberries
10. Granola butter
11. Hemp seeds, flax seeds and granola



Bio for Oat Avenue

Oat Avenue was inspired during lockdown and the UK's first granola butter brand is owned by Iva & Thivyan who have brought us this gorgeous warming recipe to enjoy.

For more recipes or inspiration...

hello@oatavenue.com

www.oatavenue.com

Instagram [@oatavenue](https://www.instagram.com/oatavenue)



super easy

**SNACKS,
SOUPS &
NIBBLES**

Ingredients

- Avocado oil or lemon oil
- Sweet potatoes
- Avocados
- Gluten free bread
- Spring onions
- Gluten free breadcrumbs
- Maple syrup or Golden Syrup
- Black olives



Sweet Potato & Avocado Toast

Instructions

1. Peel and chop carrots and sweet potato and fry them in avocado oil or lemon oil with some finely chopped spring onion until they are starting to go soft.
2. Chuck in a handful of gluten-free breadcrumbs and a generous dash of either maple syrup or Golden Syrup and cook until crispy on the outside.
3. Pile on top of avocado toast and garnish with some sliced black olives.



Bio for Maria Slough

Maria is a photographer, writer, director and Co-Chair of the amazing Charity Saving Strays, that rescues dogs from the streets and kill shelters in Bosnia and rehabilitates and re-homes them, shown here with Freedom who was rescued, and is now living with Maria in the UK.

Connect with Maria on Instagram below...

[@mariaslough_](https://www.instagram.com/mariaslough_)



[@savingstraysuk](https://www.instagram.com/savingstraysuk)
www.savingstrays.org.uk

Ingredients

- 450g strong wholemeal bread flour
- 1 tsp salt
- 1 tsp bicarbonate of soda
- 300ml soya milk mixed with 1 tbsp of apple cider vinegar (this makes a vegan buttermilk)
- 60ml (1/4 cup) vegan butter, melted



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Recipes & more

<https://ilostmytempeh9.wordpress.com/>

Chantelle on instagram @i_lost_my_tempeh

Easy Vegan Soda Bread

You can't beat freshly baked bread, especially if you have a lovely soup you want to dip it in! I've created this quick and easy soda bread recipe, so you can enjoy the smell and taste of fresh bread in your home, whilst cutting back on the plastic packaging that shop-bought bread often comes in. My mum used to make this when we were kids and the taste of this version, is just how I remember — delicious!

Instructions

1. Preheat your oven to 220C/425F/Gas 7
2. Measure out your soya milk and add the apple cider vinegar. Stir and leave to curdle for about 10 minutes
3. Add the flour, bicarb and salt to a bowl and stir together
4. Melt your butter and then add to your curdled soya milk
5. Add this to your flour mix and stir together to form a dough
6. Tip out onto a floured surface and form a round-shaped dough, then flatten slightly
7. Place on a lined baking tray (I use a pizza tray) and bake for 35 minutes
8. Serve with butter and maybe a gorgeous vegan soup.



Ingredients

- 1.5 litre of vegetable stock (more if needed, depending on how thick you like your soup)
- 1 medium-large butternut squash, chopped into chunks
- 1 onion, chopped
- 2-3 cloves garlic, chopped
- 190g (1 cup) red lentils
- 2 tbsp curry paste
- salt, to taste
- 60ml (1/4 cup) coconut cream

OPTIONAL EXTRAS

- sweetcorn
- broccoli florets, chopped
- cooked chickpeas

TO SERVE (optional)

- hummus
- crusty bread
- nuts/seeds



Warming Butternut Squash Soup

Butternut squash is such a versatile and readily available vegetable. I love it because it can be used in such a variety of dishes and very rarely comes wrapped in any packaging, so it's low in waste and lasts for ages in your dry store, so stock up for the winter!

This soup is really easy to make and versatile, so you can add to it whatever veggies you want. It doesn't take long to cook but is so comforting and nutritious! I fry my onion and garlic in stock to reduce the fat content but if you want to use oil or your favourite vegan butter then please feel free to do so, as long as it's vegan, I don't care.

Instructions

1. In a little bit of your stock, simmer the onions till they are soft and turning translucent
2. Add some chopped garlic and simmer for about a minute before you add the chopped butternut squash and lentils
3. Cover with the stock so it sits just above the squash, allowing all the squash to be submerged so it cooks through evenly
4. Bring to a boil then turn down to a low heat and simmer until the squash and lentils are cooked through
5. Once soft, blend with a hand blender or in a blender until smooth, then stir through the salt, coconut cream and curry paste
6. At this point, you can also add any optional extra (my fave is sweetcorn, broccoli and chickpeas) Let them cook through
7. Best served with some hummus/nuts/seeds and crusty bread



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Chantelle on instagram @i_lost_my_tempeh



The First Rule...

Don't worry, relax, and enjoy!

This an exciting time with so much to explore.
So many new flavours and tastes to check out!
Discover spices, such a game changer!
Try vegetables you thought you didn't like and see if you
can learn to love.

Find out more...

www.veganuary.com



Ingredients

- French bread
- Maple syrup or golden syrup
- Watercress
- Vegan cream cheese
- Black pepper



Bubbling Cream Cheese Crostini

Instructions

1. Slice French bread into 3cm blocks and drizzle with olive oil and then cover generously with vegan cream cheese
2. Pop in the oven or the air fryer and drizzle with either maple syrup or golden syrup and cook until the cheese and the syrup is bubbling.
3. Then garnish very generously with watercress and a vinaigrette dressing (I use Mellow Yellow Classic Vinaigrette which is vegan).
4. **Add black pepper and enjoy!**



Bio for Maria Slough

Maria is a photographer, writer, director and Co-Chair of the amazing Charity Saving Strays, that rescues dogs from the streets and kill shelters in Bosnia and rehabilitates and re-homes them, shown here with Freedom who was rescued, and is now living with Maria in the UK.

Connect with Maria below...
Instagram [@mariaslough_](#)
www.mariasloughphotography.com



[@savingstraysuk](#)
www.savingstrays.org.uk

Ingredients (makes 6)

- 5 cups of water
- Salt
- 1 cup of Fine Corn Meal (Polenta)
- 1 tablespoon extra-virgin olive oil
- black pepper
- Vegan Parmigiano, grated

Carol's Tip...

I found that if you refrigerate this dish for several hours before frying, and then heat a non-stick pan with equal quantities of olive oil/vegan butter until hot, then add the sliced polenta after you have dipped in all-purpose flour and shaken off the excess, then cook on the first side until desired level of brown and crunchy is achieved, then the other side the same, it will be very successful.



Polenta Cakes

Instructions

1. In a large heavy bottom sauce pan bring water to a rolling boil. Season heavily with salt.
2. Gradually add cornmeal, and stir with a wooden spoon until well-combined.
3. Reduce heat to low. Continue to cook until mixture thickens. Stirring often. Remove from heat and allow to cool (approximately 25 minutes).
4. Spray a casserole dish with a small amount of cooking spray. Line dish with saran wrap and set aside.
5. Check polenta for seasoning. Add salt to taste.
6. Pour polenta into the plastic wrap-lined dish.
7. Add another layer of plastic wrap on top, and smooth it down directly on top of the polenta.
8. Place dish in refrigerator to chill until firm. 2 hours to overnight.
9. When you are ready to make the polenta cakes, lift the polenta out of the dish, remove and discard plastic wrap, place polenta onto a cutting board.
10. Using a round cookie cutter or round glass, make 6 polenta circles "cakes."
11. Place a sauté pan over medium heat, and add approx. 1 tablespoon of extra virgin olive oil.
12. When oil is hot, carefully place the polenta circles into the pan. Cook until a golden crust has formed on both sides, turning as little as possible.
13. When polenta cakes are nearly finished, season with a smidge of pepper and a sprinkling of grated Parmigiano Reggiano.

Bio for Carol Royle

Actor and star of stage and screen, it is such a delight to have some recipes from Carol in our book. On top of her huge acting success, she is well known for being a tireless animal rights campaigner including being a patron of Animal Aid, Animal Free Research, Safer Medicines, and Friends Of The Animals.

www.carolroyle.co.uk
Facebook: **Carol Royle**.

Twitter **@CarolRoyle2**
Instagram: **@carolroyle**

www.animalaid.org.uk
www.safermedicines.org
www.animalfreeresearchuk.org
www.friendsoftheanimals.co.uk



Polenta Cakes



Ingredients

- Shallots or pickling onions
- Pickling vinegar....I use Sarsons
- Salt
- Any extras you fancy... Black Peppercorns, Mustard Seeds, Chilli Flakes, Bay Leaves etc.

Tips

I use the Sarson's pickling vinegar as it is already a little spiced.

Choose any extra spices you fancy, depending on how spicy you like your pickles. Here I've added yellow mustard seeds, black peppercorns and chilli flakes, as well as a little red Bird Eye Chilli.



Net's World Famous Pickled Onions

Instructions

1. Peel and top and tail the onions
2. Put in a large bowl and layer with sea salt. Make sure they're all covered well. Leave overnight or for 24 hours.
3. This is to make sure they're nice and crunchy!
4. The next day, rinse and pat dry the onions.
5. Sterilise your jars by washing them in hot water and washing up liquid, rinse, and pop on a tray in a 150 degree oven for about 15 minutes, until they look dry.
6. Pop your onions and whatever other spices you fancy into your jars.
7. Boil the pickling vinegar and into your jars until the onions are fully covered.
8. Leave for at least a month before enjoying with vegan cheeseboards, sandwiches or as a little afternoon snack!



Bio for Annette Wardell

Annette is currently stinking her house out making these pickled onions for friends and family, they are a treat that everyone covets, and make their way around the globe they are so good!

Connect with our opera soprano superstar Annette below...

Instagram [@annette.wardell23](#)
www.annetewardell.com

Ingredients

For the skewers

- 1 380g pack Fry's Chicken-style Strips
- 12/13 wooden skewers

For the satay sauce (makes 500ml sauce/2 cups)

- 240ml (1 cup) HOT veg stock
- 180ml (3/4 cup) peanut butter (1/2 smooth 1/2 crunchy)
- 1 tbsp maple syrup or agave
- 2 tbsp soy sauce
- 1 tbsp sweet chilli sauce
- 1 tbsp fresh minced/finely grated ginger
- 1 tsp garlic powder
- juice from 1 freshly squeezed lime



No Chicken Satay

Super easy to make and so flavoursome! A snack to die for or make into a gorgeous easy main meal.

Instructions

1. Gently fold one chicken strip at a time and thread onto a skewer, so the strips are folded in half/doubled up on the skewer
2. Do this with about 5 strips per skewer until all chicken strips are used up
3. Mix together all satay sauce ingredients and then brush onto each skewer and then grill for about 5 mins on each side until skewers are golden brown
4. Serve with rice/noodles



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Chantelle on instagram @i_lost_my_tempeh

Ingredients

- Red peppers
- Garlic
- Carrot
- Onion
- Celery
- Olive Oil
- Canned Tomatoes
- Vegetable Stock
- Water



Roasted Red Pepper Soup

This is such an easy recipe to make and it's perfect after a cold day at the sanctuary. **TIP:** Don't try and rush it and omit roasting the peppers, it's the roasting that gives this recipe the flavour!

Instructions

1. Lightly oil a baking pan and chop your red peppers up and evenly roast for about 25 minutes or until edges are going crispy.
2. Chop up all other ingredients and add to stock and water to cook together for another 20 or so minutes until all soft.
3. Use a hand blender to blend until all soft and serve. *ADDITIONAL... add a dollop of Oatly Creme Fraiche to the middle if you wish too!*



Be generous with the garlic, it's so good for you!

Bio for Nick Jones

Nick is an integral part of The Farm Animal Sanctuary near Evesham, which provides a lifelong home for rescued and abused farm animals. As you can see in this picture, Nick is Chief Rich Tea Biscuit distributor at the sanctuary, a treat that all the animals love!

Instagram [@thefarmanimalsanctuary](https://www.instagram.com/thefarmanimalsanctuary)
www.thefarmanimalsanctuary.co.uk



Ingredients

- 2 cups roasted butternut squash (cut into cubes)
- 1 cup sweet potato (peeled and cut into cubes)
- 2 red onions sliced
- 200g extra firm silken tofu
- 200g firm tofu
- 1 Tbsp avocado oil (and some for drizzling over the butternut squash and red onion)
- 1 Tbsp cornflour
- 2 Tbsp cashew milk
- 1 Tsp garlic granules
- 1 Tsp onion powder
- 2 garlic cloves (minced)
- 1 white onion (diced)
- 2 Tbsp nutritional yeast
- 1/2 Tsp nama kalak
- 1/4 tsp turmeric powder
- 3 cups spinach leaves
- Pink Himalayan salt adjust to taste
- Cracked black pepper adjust to taste



Vegan Butternut Squash Frittata

Instructions

1. Preheat the oven to 200 degrees centigrade.
2. Peel, deseed and chop the butternut squash into cubes.
3. Peel the sweet potato and cut into cubes
4. Peel the red onions and slice.
5. Line a baking tray with parchment paper.
6. Place the butternut squash, sweet potato and red onion on the baking tray and drizzle a little avocado oil over the top and season with pink Himalayan salt and cracked black pepper.
7. Roast until tender and the red onion has caramelised.
8. Set aside to cool down.
9. Place the tofu, cornflour, nutritional yeast, nama kalak, garlic granules, onion powder, cracked black pepper, pink Himalayan salt and cashew milk in a high speed blender and blend until smooth.
10. In a large frying pan, heat up the avocado oil and sauté the white onion and garlic until soft.
11. Add in the spinach and wilt.
12. Add in the blended tofu mixture, butternut squash, sweet potato and red onions and combine.
13. Place in a lined and greased springform 9 inch cake tin smooth over the top and place in the oven for roughly 45 minutes until golden brown and firm to the touch.
14. Allow to cool off slightly before serving with a side salad.



Bio for Sandra McDonagh

Sandra McDonagh, a vegan of 13 years, is a writer and journalist who has a weekly vegan food column for a regional UK newspaper. Her aim is to show you just how delicious easy and affordable plant based food can be without harming animals and the planet.

Connect with Sandra on instagram
@vegangreatgrandma



Vegan Butternut Squash Frittata

Ingredients

- One pack Omnipork (*swap for any vegan mince as desired*)
- 2 spring onions, chopped
- 4-5 tbsp hoisin sauce
- 1 tbsp soy sauce
- 1 tbsp rice vinegar
- 1 tbsp maple syrup
- 2 cloves garlic, finely chopped
- 2 -3 cm fresh ginger, grated
- 1/2tin water chestnut, chopped
- 1 tbsp sweet chilli sauce
- 1 tbsp sesame oil
- handful coriander
- carrots to garnish
- spring onions, to garnish

Vegan Pork Lettuce Wraps

Such a yummy and easy snack to make and will impress anyone who is lucky enough to have some!

Instructions

1. Rinse whole lettuce leaves and pat dry, being careful not to tear them. Set aside.
2. Heat a large pan over medium-high heat. Fry the omnipork in cooking oil until cooked then transfer to a bowl.
3. Fry the spring onion in the same pan until softened, about 5 to 10 minutes. Stir the rest of the ingredients and cook through.
4. Arrange lettuce leaves around the outer edge of a large serving platter and pile mince mixture in the centre.



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Recipes & more

<https://ilostmytempeh9.wordpress.com/>

Chantelle on instagram

[@i_lost_my_tempeh](https://www.instagram.com/i_lost_my_tempeh)



*mouth
watering*

MAIN COURSES

Ingredients

- 1 400g tin coconut milk
- 3 tablespoons Thai Green Curry paste
- 2 veggie stock cubes or 2 teaspoons veggie bouillon powder
- 1 red chilli
- 1 tablespoon ginger
- 3-4 garlic cloves
- 200g butternut squash OR sweet potato
- Puffed tofu
- 1 red pepper
- 1 small aubergine
- Large dollop peanut butter
- Large handful of frozen peas
- 1 lime
- Coriander

OPTIONAL

- Soy sauce
- Creamed coconut block



Thai Green Curry

As it's cooked using the slow cooker, it's super economical and budget friendly... just bung everything in and leave it to work its magic!

Instructions

METHOD

1. Chop and cube the aubergine and butternut squash
2. Chop & peel the ginger, garlic and chilli.
3. Add the chopped fresh ingredients to the slow cooker, together with the coconut milk, Thai curry paste, peanut butter and stock cubes.
4. Cook on LOW for 6 hours.
5. After 5 hours add the frozen peas and puffed tofu.
6. Leave to cook for the final hour.
7. Serve with a squeeze of lime juice and a sprinkle of coriander.

TIPS

1. I add a splash of soy sauce to this recipe for added umami flavour, as well as copious amounts of grated coconut cream from a block, to give it an even thicker, creamier consistency.
2. I've also used bags of frozen butternut squash or sweet potato from Tesco which are excellent. Half a bag is perfect here....save the other half for next time!
3. My fave green Thai curry paste is a vegan one I found again in Tesco... pic below. *This little tub makes 3 of these recipes, so is incredibly good value!*



Bio for Annette Wardell

Annette is a star of the opera world and soprano soloist with the English National Symphony Orchestra and when not traveling the globe, she is rooted in London conjuring up more delicious vegan dishes to lavish on her friends and fellow musicians.

Being vegan for over 8 years, Annette believes that vegan food doesn't have to cost the earth, and wants to show how plant based cooking really can help you look younger, live longer, and make you full of bliss when eating it.

Connect with Annette below...

Instagram [@annette.wardell23](https://www.instagram.com/annette.wardell23)

www.annettewardell.com

To Assemble Pizza

1. To assemble pizza
2. 1 pizza base (I make my own using this recipe here... <https://www.sainsburysmagazine.co.uk/recipes/bread/quick-pizza-dough> which makes enough for two bases, but shop-bought is fine also)
3. 1 medium-sized butternut squash (over 700g in weight), cut into smallish cubes
4. vegan cheeses of choice, grated (I use dairy-free feta, parmesan and mature cheddar combined as I love the flavour combination and how it melts together)
5. fresh parsley
6. 1/2 portion my butternut squash hummous (see below)
7. chilli flakes (optional)

For Butternut Squash Hummous

1. 400g butternut squash, roasted till tender
2. 400g tinned chickpeas, drained
3. 2 cloves garlic
4. juice of 1 lemon
5. 2 tbsp olive oil
6. ice-cold water
7. parsley
8. salt and pepper to taste

Butternut Squash Hummus Pizza

Hummus on pizza does sound strange and a butternut squash hummuss might sound even stranger, but trust me, this *works a treat*. I think I would choose this now over a tomato-based pizza! Delicious!

To Assemble Pizza

1. Begin by roasting your butternut squash. Split the cubed squash into a 400g portion and a 300g portion and roast in oil on two separate oven trays. Remove from oven when cooked through and tender
2. Now, make your ummuss: blend all ingredients for hummus including the 400g portion of the roasted butternut squash, until smooth. If the mixture needs some help blending, add a little ice-cold water. Set aside to chill in fridge
3. Preheat your oven to 200C/400F/Gas 6 (fan) and 220C (regular oven)
4. Roll out your pizza dough and smooth over half of the butternut squash hummus – be as generous as you like
5. Scatter over your cheese of choice followed by 300g of butternut squash chunks. Dot with parsley and cook for 25-30 minutes – serve hot and fresh with an extra sprinkling of fresh parsley and if using, chilli flakes



Bio for Chantelle Leach

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Recipes & more

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Chantelle on instagram

@i_lost_my_tempeh



Butternut Squash Hummus Pizza

Accidentally Vegan...

These amazing Bisto gravy granules are accidentally vegan so you can use for your Sunday roasts, to thicken dishes, and more!



Don't Buy These!

These contain meat products!



Stock Up On These

These B12 flakes can be added to **ANYTHING** and ensure you keep energy levels high. They are **AMAZING!**

Available at health food stores, good supermarkets, and online.

Ingredients

- 1 or 2 recipe Roasted Aubergine/Eggplant
- 3 tablespoons golden raisins
- 1 added black pitted olives. CR.
- 3 tablespoons sherry vinegar or
- 2 tablespoons capers
- 2 tablespoons extra-virgin olive oil (be liberal!)
- ½ medium yellow onion, chopped
- 1 red bell pepper, stemmed, seeded, and diced
- ½ teaspoon sea salt
- 2 tablespoons tomato paste
- 3 garlic cloves, grated
- 1 pound tomatoes, about 4 medium, cored and diced (I used 3lbs./you can also use tinned chopped tomatoes, as well or instead of, and some tomato paste.)
- I added some cannellini beans.
- 1 tsp cane sugar
- ¼ cup chopped fresh parsley
- Freshly ground black pepper
- Fresh basil leaves, for garnish
- I added pinenuts – roasted in the oven until browned.
- I added separately dry-fried courgettes – 2 to 4 according to size.
- Crostini/bread/polenta cakes, for serving

Bean & Aubergine Caponata

Instructions

1. Roast the eggplant according to this recipe. (I fried it.. chop aubergine into smallish chunks and fry till browed on all sides. Frying is also quicker.)
2. In a small bowl, combine the golden raisins, vinegar, and capers. Set aside for the raisins to soften while you prepare the caponata.
3. Heat the olive oil in a large skillet over medium heat. Add the onions and cook for 8 minutes, or until the vegetables have softened. Add the red pepper and salt. Cook until tender, about 8 minutes.
4. Add the tomato paste, garlic, tomatoes, and sugar, and cook, stirring often, for about 8 minutes, or until the tomatoes have cooked down and become saucy.
5. Add the roasted eggplant, raisins, vinegar, capers, olives and several grinds of pepper, and cook, stirring, for 5 more minutes. Stir in the courgettes, parsley and season to taste.
6. Add the pinenuts to the top of the caponata.
7. Allow the caponata to cool to room temperature. It is good on days 2 and 3, after the flavours have had a chance to meld. Store it in an airtight container in the refrigerator for up to 5 days.
8. When ready to serve, garnish the caponata with fresh basil. Yoghurt can be added as desired.
9. Serve with polenta cakes and a dressed crisp green salad.

THIS DISH FREEZES WELL.

Bio for Carol Royle

Actor and star of stage and screen, it is such a delight to have some recipes from Carol in our book. On top of her huge acting success, she is well known for being a tireless animal rights campaigner including being a patron of Animal Aid, Animal Free Research, Safer Medicines, and Friends Of The Animals.

www.carolroyle.co.uk
Facebook: **Carol Royle.**

Twitter **@CarolRoyle2**
Instagram: **@carolroyle**

www.animalaid.org.uk
www.safermedicines.org
www.animalfreeresearchuk.org
www.friendsoftheanimals.co.uk



Bean & Aubergine Caponata

Polenta Cakes



Bean & Aubergine Caponata

Ingredients

- 400g cauliflower cut into chunks
- 500g courgettes cut into cubes
- 250g aubergine cut into cubes
- 3 garlic cloves peeled and crushed
- 4tbsp curry paste
- 3tbsp tomato puree
- 400ml tin coconut milk
- 1/2tsp sea salt
- 200g unsalted cashew nuts
- 1sp garam masala

EXTRA

- Rice
- Poppadoms

Vegetable Curry In The Slow Cooker

As it's cooked using the slow cooker, it's super economical and budget friendly and perfect for me to prepare in a morning, head out to the sanctuary, and it's ready for when I get home. Perfect!

Instructions

METHOD

1. Put all the ingredients into the slow cooker (except the garam masala)
2. Pop the lid on and cook on HIGH for 5-6 hours or LOW for 7-8 hours
3. The curry is ready when the vegetables are softened but not broken down
4. Stir in the garam masala before serving
5. Serve with rice and poppadoms

Health Benefits of Cauliflower

- Jam packed with nutrients
- High in fibre
- Low in calories
- Rich in antioxidants
- High in choline
- Tastes amazing!

Bio for Louise Stewart

Louise is Farm Manager at The Farm Animal Sanctuary near Evesham, home to over 600 rescued farm animals who get to live their life out now in freedom and love.

Louise also is Mum to two children and has to cook quickly for her family at the end of a long day looking after so many rescued souls and loves this recipe as she comes back to a home that smells amazing and dinner instantly ready.

Instagram [@thefarmanimalsanctuary](https://www.instagram.com/thefarmanimalsanctuary)
www.thefarmanimalsanctuary.co.uk



Louise & Larry



Ingredients

- 2 garlic clove, crushed
- 6 tbsp olive oil (plus extra to drizzle over the top at the end)
- 2 x 400g cans chopped tomatoes
- 2 tbsp tomato purée
- 4 aubergines, topped and tailed, and cut into long, 5mm thick slices
- 85g Vegan Parmesan (we use violife), freshly grated
- 20g pack basil, leaves torn
- 40g Vegan Mozzarella (we use I Am Nut Ok Bluffalo Nottzarella)



Vegan Melanzane alla Parmigiana

Having participated in Veganuary themselves in 2020, Kayleigh and Dean Beirne never looked back. Vegetarian since 2006, becoming vegan was always the logical choice but Veganuary showed that a vegan lifestyle was the sustainable, compassionate and healthy choice for themselves and the world around them. Like most vegans, however, they are still unable to answer the question... *why is there milk in that?*

Instructions

1. Heat oven to fan 180C. In a saucepan, Heat 4 tbsp of the olive oil on a high heat and then add the garlic. Cook until it colours slightly and then tip in the tomatoes and simmer for 8 mins, stirring occasionally. Stir in the tomato purée.
2. Meanwhile, heat a frying pan until very hot (though a grill or an air fryer can work just as well!). Brush a few of the aubergines with some of the oil and then add them to the pan. Cook over a high heat until browned and cooked through, turning them half way through cooking. Lift onto kitchen paper to absorb the excess oil, and fry the next batch.
3. Once all the aubergines are cooked, assemble a layer of them in the bottom of an oven proof dish and then spoon over enough of the sauce to lightly cover the aubergine layer. Sprinkle the layer with some of the vegan parmesan and scatter over some of the torn basil leaves. Add seasoning if you wish, and then repeat the layers with the remaining ingredients.
4. Finally, scatter the vegan mozzarella and drizzle generously with the olive oil and then bake for 20 mins or until the topping is golden.



Bio for Team Beirne

As Veganuary converts themselves, we are so delighted to have this recipe from Kayleigh and Dean to add to our book. As keen vegans, they love to promote the healthy vegan lifestyle, but they also love to support Dean Farm Trust Sanctuary too.

Connect on Instagram [@kayleighbeirne](#)
Dean Farm Trust www.deanfarmtrust.org.uk

Ingredients

- 2 Celeriac - with the woody outer skin cut off and sliced into 1cm thick steaks
- 2 tbsp extra virgin olive oil
- Avocado oil for frying
- 150ml soya milk
- 3 garlic cloves minced
- 1 cup plain flour
- 1 cup panko breadcrumbs
- Aquafaba egg replacer equivalent to 3 eggs
- 3/4 cup vegan butter
- 3 tsp black garlic paste
- 2 tsp dried sage
- Cracked black pepper
- Pink Himalayan salt



Celeriac Schnitzels with a Vegan Butter Sage and Black Garlic Sauce

Instructions

1. Heat the oven to 200 degrees centigrade and line a baking tray with parchment paper.
2. Place the celeriac steaks on the baking tray and brush each steak with extra virgin olive oil and sprinkle with a little salt and cracked black pepper.
3. Bake until tender, roughly 20 minutes then remove from the oven and set aside to cool down.
4. Prepare 4 separate bowls large enough to accommodate each individual celeriac steak, the first one with the soya milk and minced garlic, a little salt and cracked black pepper.
5. Fill the second bowl with the plain flour, the third bowl with the aquafaba egg replacer and the fourth bowl with the panko breadcrumbs.
6. Heat the avocado oil in a large frying pan until it is nice and hot.
7. Dip each individual celeriac steak into the garlic soya milk bowl, then the second bowl with plain flour, third bowl with the aquafaba egg replacer and finally the bowl with the panko breadcrumbs.
8. Press the breadcrumbs into the celeriac steaks and then place gently into the hot avocado oil in the frying pan and fry until golden brown, roughly a couple of minutes on each side.
9. Once cooked remove each steak and place on some kitchen roll to absorb the excess oil.
10. To make the sauce, melt the vegan butter in a saucepan, once the butter has melted add in the black garlic paste and dried sage and heat through for a couple minutes stirring everything together constantly.
11. Serve the celeriac schnitzels with the butter, sage and black garlic sauce on a large mixed salad.



Bio for Sandra McDonagh

Sandra McDonagh, a vegan of 13 years, is a writer and journalist who has a weekly vegan food column for a regional UK newspaper. Her aim is to show you just how delicious easy and affordable plant based food can be without harming animals and the planet.

Connect with Sandra on instagram
[@vegangreatgrandma](https://www.instagram.com/vegangreatgrandma)



Celeriac Schnitzels with a Vegan Butter Sage and Black Garlic Sauce

Ingredients

- 560g extra firm tofu drained and pressed and cut into bite-size pieces
- 1 Tsp pink Himalayan salt
- 3 Tbsp of freshly squeezed lemon juice
- 1 Tbsp fresh ginger peeled and grated
- 3 garlic cloves minced
- 1/2 Tsp garam masala
- 1 Tsp ground cumin
- 1 Tsp smoked paprika
- 1/2 tsp cayenne pepper
- 6 Tbsp plant-based double cream
- Wooden skewers

FOR THE MASALA

- 3 Tbsp avocado oil
- 2 medium white onions finely sliced
- 6 cloves of garlic minced
- 1 Tbsp fresh ginger peeled and grated
- 1 Tbsp ground coriander
- 1 Tsp turmeric
- 2 Tsp smoked paprika
- 1/2 Tsp cayenne pepper
- 4 Tbsp plain vegan yoghurt
- 2 tomatoes finely chopped
- 1/4 tsp garam masal
- Pinch of pink Himalayan salt
- 350 ml vegan vegetable bouillon broth
- Small bunch of fresh coriander chopped



Vegan No Chicken Masala

Instructions

1. In a container with a lid, mix together the plant-based double cream, lemon juice, grated ginger, minced garlic, garam masala, cumin powder, smoked paprika, cayenne pepper and pink Himalayan salt.
2. Once the marinade is mixed through, place the bite-size tofu pieces in the marinade and make sure each piece is coated well.
3. Put the lid on the container and place the tofu to marinate in the fridge for 6 hours.
4. To make the masala, take a large non-stick frying pan and heat up the avocado oil on a medium to high heat.
5. Fry off the onion until nice and brown and just starting to caramelise.
6. Add in the grated ginger and minced garlic cloves and fry for a couple of minutes.
7. To the pan add in the ground coriander, cayenne pepper and turmeric and fry for a few seconds, stirring constantly.
8. Add in a tablespoon of the plain vegan yoghurt and stir through until it has been absorbed into the onions and spices.
9. Continue to do this with the yoghurt a tablespoon at a time.
10. Add in the chopped tomatoes and cook for a few minutes before adding in the vegan bouillon broth and pinch of pink Himalayan salt.
11. Place a lid on the pan and simmer gently on a low heat for 15 minutes or until the sauce has become nice and thick.
12. Then stir in the garam masala powder and chopped coriander leaves and set aside.
13. Take the marinated tofu pieces from the fridge and thread onto the skewers.
14. Place the loaded skewers on a baking sheet lined with parchment paper and grill the tofu until it has charred in places.
15. To serve, reheat the masala sauce and remove the charred tofu pieces from the skewers and mix through the sauce.
16. Serve straightaway.

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Connect with Sandra on instagram
@vegangreatgrandma



Vegan No Chicken Masala

Ingredients

- 80ml (1/3 cup) vegetable oil
- 270g (1 2/3 cups) plain flour
- 4 tbsp gram flour
- 2 tsp sea salt flakes
- 360ml (1 1/2 cups) unsweetened soya milk
- 200ml carton (scant 1 cup) Oggs Aqua Faba
- ¼ tsp bicarbonate of soda
- 8 vegan sausages of choice (I used Richmond meat-free)



Toad-In-The-Hole

A vegan version of the classic we all know and love (and super easy too!)

Instructions

1. Preheat oven to 200°C/400°F/ Gas 6. Pour the vegetable oil in an 11inch (28cm) metal casserole dish and place in the oven to heat up for 10 minutes.
2. Mix the flours and salt together in a large bowl
3. Measure the soya milk and aqua faba into a measuring jug. Using an electric whisk, slowly whisk together until the mixture begins to expand and froth.
4. Pour this into the dry ingredients and whisk again until you have a smooth, bubbly batter. Add the bicarbonate of soda and quickly whisk again.
5. When the oil in the pan is hot, whisk the batter briefly and pour into a jug. Working quickly and carefully, remove the casserole dish from the oven and fill with the batter.
6. Arrange your chosen sausages on top of the batter, pressing them into the batter ever so slightly, then quickly return to the oven and leave to cook, without opening the door, for 30-35 minutes. Best served immediately.



Bio for Chantelle Leach

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Recipes & more <https://ilostmytempeh9.wordpress.com/>
Chantelle on instagram [@i_lost_my_tempeh](#)

Ingredients

- 1 x tin of butter beans
- 1 tin of peeled tomatoes
- ½ tin of coconut cream or a cup of oat or soya milk
- 1 medium sized onion
- 1 red or yellow pepper
- 1 medium sized courgette
- 1 large garlic clove
- 2 medium size chillis
- 1 teaspoon of ground ginger
- 2 tablespoons of madras curry powder
- 1 tablespoon of turmeric
- 1 tablespoon of cider vinegar
- 1 small bunch of coriander



Butterbean Curry

Simple ingredients and an incredibly flavourful dinner fast, what's not to like? Vegan cooking is so easy and this curry tastes incredible.

DID YOU KNOW?

Butter beans are a good source of protein, fibre, carbohydrates, folate, starch, and iron. They are also low in calories and fat

Instructions

1. Chop up the onions, courgettes and peppers and gently fry with a little oil, adding the garlic, peppers and ginger
2. When cooked add the butter beans, curry powder, ginger and turmeric and fry for a further 2-3 mins
3. Add in the tinned tomatoes, coconut milk and vinegar
4. Simmer for 10 mins, or until consistency becomes thick and creamy
5. Serve with basmati rice and fresh chopped coriander

Bio for Mike Hill, Founder of One Planet Pizza

Mike's been vegan since the 80s, long before it was cool and waaaay before every coffee shop sold lattes made with plant-based milk. There weren't many vegan cookbooks around either, so he had to learn to cook cracking plant-based dishes on his own. And he got pretty damn good at it (even starting a couple of veggie restaurants), making it his mission to prove to his family that you could be vegan and not miss out on great taste and flavours.

You could say he's a bona fide trailblazer. And yes, those are his exact words.

Connect with One Planet Pizza below...

Instagram [@oneplanetpizza](https://www.instagram.com/oneplanetpizza)

www.oneplanetpizza.com

And his son Joe is vegan too!



Ingredients

- 2 tsp Extra Virgin Olive Oil
- 1 onion diced
- 2 Garlic cloves (peeled & crushed)
- 2 tbsp Tomato Puree
- 1 tsp Cumin
- 1 1/2 Curry Powder (to taste)
- 1 tsp Garam masala
- 125ml Almond milk (coconut milk)
- Spinach
- Mushrooms (or replace with cooked chickpeas/ Tofu/ Tempeh)



Super Quick Curry

What we all need after a busy day, a recipe we can whip up in minutes! Perfect!

Instructions

1. Heat oil and saute garlic and onions
2. Add rest of ingredients and stir to combine
3. Stir in the milk
4. Stir in mushrooms or whichever alternative, as above
5. Add spinach until wilted
6. Double quantities for more portions
7. This sauce can be used as a quick curry base, experiment with different vegetables and proteins
8. Curry powder strength to your taste (I use medium) and quantities can be altered to suit heat potency

Tips

- This sauce can be used as a quick curry base, experiment with different vegetables and proteins
- Curry powder strength to your taste (I use medium) and quantities can be altered to suit heat potency

Bio for Vicki Holtom



Vicki is a coach in Living nutrition, a Reiki Practitioner and a lifestyle coach. Not only a qualified nurse, Vicki has dedicated herself to helping others live well. Caring for an autistic son with a serious heart condition, she realised the importance of holistic care, nutrition, and wellness and AEB Wellness was born.

Connect with Vicki on Instagram below...

@aebwellness

www.aebwellness.net

Ingredients

- 100g hazelnuts
- 100g walnuts
- 1T extra virgin olive oil
- 400g shallots or onion, finely chopped
- 100ml red wine
- 100g sun dried tomatoes (I used sun dried tomatoes soaked in oil, if yours are not soaked in oil and are tough soak in hot water for 30 minutes until soft)
- 10 sage leaves, finely sliced
- 180g cooked chestnuts (this is the amount in the Merchant Gourmet packs)
- 15g ground flax seed
- 100g breadcrumbs, I used gluten free
- 100ml water
- 1t yeast spread (aka Marmite, Vegemite)
- 1t salt
- 1T stock powder
- 200g radish
- 200g carrot
- 200g Brussels sprouts
- 200g tenderstem broccoli



Hazelnut Crown

For any festive celebration a beautiful centrepiece is needed. I created this recipe with that in mind, I wanted to show the abundance and vibrancy of vegan food. This recipe is perfect for a vegan Thanksgiving, Christmas or any holiday when these ingredients are in season.

Instructions

1. Heat your oven to 180c/360f/GM4. Put the hazelnuts on a baking tray. Once the oven is hot, bake the nuts for 15-20 minutes until the skins are coming off the nuts. Remove them from the oven and allow them to cool to the point you can handle them. Put them in a Tupperware box, shake the box vigorously. This will remove a lot of the skins, the rest you can do by hand. Discard the skins.
2. Put the hazelnuts in a reusable freezer bag, crush them with a rolling pin until they are in pieces. You do not want them to be very fine as they add texture to the recipe. Remove them from the bag, put the walnuts into the bag and crush them too.
3. In a frying pan heat 1T extra virgin olive oil on a medium to high heat. Once the oil is hot add the shallots (or onion). Mix them with the oil so they are covered in the oil. Allow them to cook until they are completely soft and translucent, this will take at least 10 minutes. If the pan dries out add small splashes of hot water to stop the shallots burning. Add red wine to the pan, allow it to simmer until it has reduced by half.
4. Put the sun dried tomatoes, sage and chestnuts in a food processor or the chopper attachment of a hand blender. Blend until the ingredients are broken down and have become a paste. You may need to scrape down the sides intermittently. Put this into a large bowl with the onions, flax seed, breadcrumbs, water, yeast spread, salt and stock powder. Mix very well then add the nuts and mix again.
5. Pour the mixture into a cake tin, creating a dip in the middle so the vegetables can sit easily on top. Bake in the middle of the oven for around 40-50 minutes until the crown is cooked through.
6. Roast the carrots and radish in a little oil for 20 minutes, the Brussels sprouts for 10 minutes and the broccoli for 5 minutes.
7. Place the crown on a serving plate or platter, top with the veggies and gravy.

Hazelnut Crown

Equipment List

- Baking tray
- Tupperware box with lid
- Reusable freezer bag or similar
- Rolling pin or similar
- Frying pan
- Food processor or chopper attachment to a hand blender
- Large bowl
- Cake or panettone tin (16 cm wide)

Prep time - **60 minutes**

Cook time - **70 minutes**

Difficulty - **Medium**

Serves / makes - **4**



Chef Day Radley created this recipe for a cookbook prepared as a fundraiser for **Miracle's Mission**, an incredible organisation that works with sick and disabled animals worldwide.

Connect With **Miracle's Mission...**

Instagram **@miraclesmission**

www.miraclesmission.org



Ingredients

- 2 cups vital wheat gluten
- 2 cups precooked brown lentils
- 3 Tbsp Nutritional Yeast
- 2 Tbsp onion powder
- 1 Tsp ground nutmeg
- 2 Tbsp garlic powder
- 2 Tsp coriander powder
- 1 Tbsp vegan Bouillon powder
- 1 Tsp pink Himalayan salt
- 1 Tsp cracked black pepper
- 2 Tbsp coconut oil
- 3/4 cup of filtered water
- 2 red onion diced
- 5 garlic cloves minced
- 2 medium orange sweet potatoes chopped into cubes
- 1 Tsp dried chilli flakes
- 3 spring onions chopped
- 2 bay leaves
- 1 Tsp dried thyme
- 3 Tbsp mild Jamaican curry powder
- 2 green bell pepper deseeded and diced
- 2 red romano peppers deseeded and diced
- 3 cups of vegan Bouillon vegetable broth



Available in most supermarkets or online

Protein Rich Vegan Jamaican 'Goat' Curry

Instructions

1. To make the seitan pieces, take a large mixing bowl and place the lentils in the bowl and mash them with a potato masher to break them up.
2. Add in the vital wheat gluten, salt, pepper, vegan Bouillon powder, nutritional yeast, onion powder, ground nutmeg, garlic powder, coriander powder and filtered water.
3. Bring together to form a dough and knead for 5 - 10 minutes (the longer the better).
4. Cut the dough into as many 1 inch sized pieces as you can and set to one side (the seitan will break up into smaller pieces in the curry once it starts cooking and is stirred around a lot).
5. In a large cooking pot, heat up your coconut oil on a medium heat and add in the diced red onions, minced garlic cloves and sauté for a couple of minutes .
6. Add in the Jamaican curry powder, chilli flakes and seitan pieces, stir gently together with the onions and garlic and fry for a couple more minutes.
7. Next add in the diced green and red peppers and the sweet potato pieces, stir to coat them in the curry powder.
8. Pour the 3 cups of vegan vegetable bouillon broth into the pot and add in the bay leaves dried thyme and spring onions, stir through.
9. Cover the pot and bring to the boil.
10. Then let everything stew on a gentle simmer for 60 minutes, stirring periodically to make sure nothing sticks to the bottom of the pot and the sauce is becoming nice and thick (if you need a little more filtered water then add that in as the curry cooks).
11. The seitan needs to cook for 60 minutes and the sweet potato should be tender.
12. Make sure the curry does not dry out whilst cooking (there should be plenty of curry sauce).
13. Once cooked, remove from heat and serve with some steamed long grain rice and a side of baked plantains.

Bio for Sandra McDonagh



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Connect with Sandra on instagram
[@vegangreatgrandma](https://www.instagram.com/vegangreatgrandma)



Protein Rich Vegan Jamaican 'Goat' Curry

A close-up photograph of a rich, dark chocolate loaf cake resting on a gold-colored plate. The cake is decorated with several white chocolate chips. The background is a light, marbled surface. A white rectangular frame is overlaid on the center of the image, containing text.

indulgent

**DESSERTS,
CAKES &
SWEET
TREATS**

Ingredients

- 70g dates (I buy these pre-chopped)
- 70g dried cranberries (try to find the cranberries that are not covered in sugar)
- 70g raisins
- 70g sultanas
- Zest of 1 lemon
- Zest of 1 orange
- 1/2t ground cinnamon
- A good grating of fresh nutmeg
- 60g toasted and chopped hazelnuts (I buy these pre-toasted and chopped from Sainsburys)
- 60g pecans
- 140g ground almond
- 50g cacao butter
- 6T dairy and sugar free yoghurt
- 3T rice syrup or other syrup
- 1/2t vanilla essence
- A few fresh thyme leaves, use the very top of the stalk



Mini Christmas Puds With White Chocolate Custard

Instructions

1. Put all of the dried fruit in a bowl, add hot water to cover the fruit by a couple of centimetres.
2. Allow the fruit to soak for around one hour, drain and rinse well.
3. Put the hazelnuts and pecans in the chopper attachment of a hand blender or in a food processor. Grind until they are like breadcrumbs. Add the zest, spices and dried fruit. Blend again, pour into a bowl, add the ground almond and stir until it is all combined. Mould into balls using either your hands or a mould. Chill in the fridge whilst you are making the custard.
4. Melt the cacao butter in a glass bowl on top of a pan of boiling water (bain marie). Once it is cool remove the bowl protecting your hand as it will be hot. Add the yoghurt, syrup and vanilla essence. Mix well and chill in the fridge, it will thicken but will not set hard.
5. Once the puddings have firmed up put them onto a serving plate pressing down slightly so they won't roll around. Add a dollop of custard to each, you should have a decent amount of custard left. Using a toothpick or something similar poke a hole in the top of each pud, then carefully place the thyme into that hole. Serve with the extra custard on the side.



Bio for Chef Day Radley

Chef Day is the founder of **The Vegan Chef School** and founded the school to further the vegan movement.

Day became vegan for animal ethics. In 1995, at age 17, after she went to a protest against the live export of veal calves and hasn't looked back since, and it is her mission to show as many people as possible the health giving benefits of vegan cooking, and of course, there is a great moral argument to being vegan as you are never harming animals just to satisfy your tastebuds.

Connect with Chef Day...

Instagram [@theveganchefschool](https://www.instagram.com/theveganchefschool)

www.theveganchefschool.com

Ingredients

- 140g dairy free butter
- 140g brown sugar
- 2 tablespoons golden syrup
- 175g rolled oats
- 75g chopped nuts
- 75g dried fruit

Vegan Flapjacks

I spend my days looking after 600+ animals at the sanctuary so when I get time off, I am always looking for easy recipes that keep me nourished and give me energy. These are amazing and super easy.

Instructions

1. Heat the oven to 160c/140c fan
2. Bake for 30-35 minutes until lightly golden and crispy on top



Bio for Nick Jones

Nick is an integral part of The Farm Animal Sanctuary near Evesham, which provides a lifelong home for rescued and abused farm animals, including Lorri's two sheep Star and Oscar. Nick is the joker of the sanctuary as you can see, bringing light relief on often dark days.

www.thefarmanimalsanctuary.co.uk



Ingredients

CHEESECAKE BASE

- 20g vegan spread
- 40g vegan digestive biscuits (free from)

CHEESECAKE MIX

- 180g mango purée (use ripe mangoes)
- 1 tsp agar agar powder
- 25g unrefined golden caster sugar
- 150g vegan cream cheese
- 40g plant-based cream

MANGO & PASSIONFRUIT JELLY

- 100g mango and passionfruit juice
- ½ tsp agar agar powder
- 1-2 fresh passion fruits

PASSIONFRUIT AND MANGO CHEESECAKE

Bored with fruit salads? These little vereen's will be ideal for picnics and barbecues. The fresh tang of passion fruit and mango will be an ideal combination during a hot weather. And in these little jars, no risk for the cream to collapse!

Preparation Notes

Preparation notes

Makes: 5 jars 4cm diam. 8cm high – 75ml

Preparation time: 30 mins

Extra time: 2 hours to set

Instructions

CHEESECAKE BASE

1. Melt the spread in the microwave for 20 sec @ 850C. Grind the biscuits in a food processor. Transfer in a bowl and mix in the melted spread with a spatula.
2. Using a pestle or anything heavy, press the mix into the bottom of the jar, 5 mm thick.
3. Transfer to the fridge, allowing the spread to harden.

CHEESECAKE MIX

- Puree the mango in a blender. Add 1-2 Tbsp of water to make the first pulse easier if necessary.
- In a saucepan, dissolve the agar agar in the fruit purée. Bring to the boil, whisking continuously and keep it boiling for 20 sec.
- Pour the rest of the ingredients into a food processor. Slowly add the purée and blend until smooth and silky consistency.
- Fill the jar with the mix and leave 1cm space on the top.
- Transfer to the freezer for 1 hour at least.

MANGO & PASSIONFRUIT JELLY

- Dissolve the agar agar in the juice and bring to the boil, whisking continuously. Keep it boiling for about 20 sec.
- Take the jar from the freezer, spread a few passion fruits seeds over the mix, and pour the jelly on top of it.
- Let it set in the fridge.



Bio for Chef Daniele, The Vegan Pastry Chef

Belgium born Chef Danielle Maupertuis is the UK's leading Executive Vegan Pastry Chef as well as an author, presenter and trainer at The Vegetarian Society. She is also a big supporter of Mudlarks Vegan and Vegetarian Cafe in Hertford which helps people with learning difficulties. So much more to find out about Chef Daniele below...

Chef Daniele Instagram [@theveganpastrychef](#)
Chef Daniele FaceBook [@freefromdesserts](#)
www.freefromdesserts.com
Mudlarks Instagram [@theMudlarksgardencafé](#)





PASSIONFRUIT AND MANGO CHEESECAKE

Ingredients

- 140g flour
- 120g Sugar
- 60g cocoa powder
- 1/2 tsp bicarbonate of soda
- 85g flora plant butter, melted
- 380ml (1 1/2 cups) soya milk
- 1 tbsp apple cider vinegar
- 2 tsp Vanilla

TO DECORATE (optional)

- Vegan chocolate spread or vegan icing or vegan buttercream (Betty Crocker buttercreams are almost all vegan)
- Oreo biscuits

10 Minute Chocolate Cake

No excuse not to as this recipe is so fast! You will need a microwave and 10 minutes and then enjoy!

Instructions

1. Mix together the flour, sugar, cocoa powder and bicarbonate of soda.
2. Mix together the soya milk and apple cider vinegar. Leave to curdle for about 10 minutes.
3. Combine the wet and dry ingredients including the melted butter and vanilla.
4. Pour into a greased microwaveable container and cook in the microwave for 7-8 minutes.
5. When cooked through, remove from microwave and let it cool.
6. Top with your favourite toppings (I used chocolate spread and oreo biscuits)



Bio for Chantelle Leach

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Recipes & more <https://ilostmytempeh9.wordpress.com/>
Chantelle on Instagram @i_lost_my_tempeh



Ingredients

- 2 & 3/4 cups plain flour
- 2 Tbsp ground ginger
- 1 Tsp mixed spice powder
- 1 Tsp baking powder
- 1 Tsp ceylon cinnamon
- 1/4 Tsp ground nutmeg
- 1 Tsp bicarbonate of soda
- 1/4 Tsp pink Himalayan salt
- 130g vegan butter
- 1/4 cup golden syrup
- 1/3 cup black treacle
- 130g dark muscovado sugar
- 1/4 cup finely chopped crystallised ginger
- 150ml cashew milk
- Aquafaba egg replacer equivalent to two eggs



Vegan Jamaican Ginger Cake

Instructions

1. Preheat the oven to 180 degrees centigrade and line a 2lb loaf tin with parchment paper or a loaf liner.
2. In a saucepan and on a low heat melt the butter, black treacle, golden syrup and brown sugar together until the sugar has dissolved and the butter has completely melted taking care not to allow this to reach boiling point.
3. Then remove from heat and stir in the cashew milk and set aside to cool down to room temperature.
4. Once cooled, stir in the aquafaba egg replacer.
5. In a large mixing bowl, sift in the plain flour, bicarbonate of soda, baking powder, cinnamon, nutmeg, mixed spice and salt and combine well.
6. gradually add the wet mixture to the mixing bowl making sure to combine well until you have a smooth cake batter.
7. Then stir through the finely chopped crystallised ginger pieces.
8. Pour the cake batter into your lined loaf tin and bake for roughly 50 minutes or until a cocktail stick inserted into the middle of the cake comes out clean.
9. Once baked, allow the cake to cool down slightly in the tin before placing the cake on a wire rack to cool down completely.
10. Slice and serve.



Bio for Sandra McDonagh

Sandra McDonagh, a vegan of 13 years, is a writer and journalist who has a weekly vegan food column for a regional UK newspaper. Her aim is to show you just how delicious easy and affordable plant based food can be without harming animals and the planet.

Connect with Sandra on instagram
[@vegangreatgrandma](https://www.instagram.com/vegangreatgrandma)

Ingredients

CHOCOLATE SPONGE

- 150g golden caster sugar
- 130g gluten-free self raising flour
- 1/8 tsp xanthan gum
- 20g unsweetened vegan cocoa powder
- 1 tsp baking powder
- 50g rapeseed oil
- 150- 170g water (depending on the quality of the flour)

CHOCOLATE MOUSSE

- 135g vegan chocolate 72%
- 70g dairy-free coconut milk
- 135g plant-based double cream

CHERRY WHIPPED CREAM

- 360g plant-based whipped cream
- 6 tsp corn syrup
- 120g agar agar mix
- 3 tsp kirsch (optional)
- 100g fresh cherries

BLACK FOREST GATEAU

You will find various adaptations of this cake, originated from Germany. Respecting the traditional components - cherries, cream, sponge - I introduced an exquisite chocolate mousse to enrich the balance and interest of the flavours. The kirsch liquor made from cherries will gently excite your palate. Now time for tasting!

Preparation Notes

Makes : 6 cakes 6cm height, 7cm diameter
Preparation time : 40 mins + extra time to set
Baking time : about 17 mins

Instructions

CHOCOLATE SPONGE

1. Preheat the oven to 175°C/Gas 4.
2. In a bowl, whisk all the ingredients together.
3. Pour the sponge mix in a pre-lined baking tray 22 x 32 cm, spread evenly - 8mm thick - with a palette knife and bake at 175°C for about 17 mins.
4. Check if a toothpick inserted in the centre comes out clean. Allow to cool down.
5. Cut 12 circles, the same size as the rings. Keep aside.

CHOCOLATE MOUSSE

1. In a heavy-bottom saucepan, gently bring the milk alternative to the boil.
2. Cut the chocolate into small pieces, it will be easier to melt.
3. Out of the heat, incorporate the chocolate to the milk and stir until you reach a smooth, velvety consistency.
4. In the meantime, whisk the double cream until a semi-whipped stage.
5. Gently fold the chocolate mix into the cream.
6. Transfer to a piping bag.

CHERRY WHIPPED CREAM

1. Prepare the agar mix: Dissolve 1 tsp of agar powder in 240ml of water. Bring to the boil whisking continuously, and keep it boiling for another 20 sec. Store in the fridge or freezer.
2. Cut the cherries into small pieces.
3. Melt the agar agar mix in the microwave. Add the kirsch and the corn syrup. Gently incorporate them into the whipped cream with a spatula. Finally, fold in the cherries.

ASSEMBLING

1. Place your rings on a parchment paper. They will be easier to transfer to a plate.
2. In the bottom of each ring, start with a layer of chocolate sponge, then pipe about 70g of chocolate mousse on top of the sponge. Press with a second sponge layer, and finish with the cherry cream and flatten with a palette knife. Transfer to the freezer for 1h at least.
3. Un-mould the cakes.
4. With a sharp knife scrape some chocolate flakes from a chocolate bar. Sprinkle over the cake. Pipe a dot of whipped cream using a star nozzle, 10mm diam. Dust some icing sugar and finish with a cherry on top.



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Chef Daniele FaceBook [@freefromdesserts](#)
www.freefromdesserts.com
Mudlarks Instagram [@theMudlarksgardencafé](#)



BLACK FOREST GATEAU

Photo credit Darrin Jenkins

Ingredients

DRY INGREDIENTS

- 450g (3 cups) plain flour
- 2 tsp baking powder
- ½ tsp Bicarbonate of Soda
- 2 tsp cinnamon
- 1 tsp ground allspice
- 1/2 tsp ground cloves
- ½ tsp nutmeg, grated
- 1 tsp salt
- 225g (1 cup) caster sugar
- 60g (½ cup) light brown sugar
- 1 orange, zest only
- 150g (1 cup) sultanas
- 2 tbsp milled linseeds/flaxseeds

WET INGREDIENTS

- 240ml (1 cup) soya milk mixed
- 1 tbsp apple cider vinegar
- 120ml (½ cup) vegan butter, melted
- 120ml (1/2cup) plain plant-based yoghurt
- 2 tsp vanilla extract
- 300g (2 packed cups) carrots, peeled and grated

FROSTING

- 200g cashew nuts (soaked overnight or in boiling water for 30 minutes until soft)
- 4 tbsp plant milk of choice
- zest of 1 orange
- 6 tbsp maple syrup
- 4 tbsp coconut oil
- pinch salt

Bio for Chantelle Leach

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Recipes & more

<https://ilostmytempeh9.wordpress.com/>

Chantelle on instagram

[@i_lost_my_tempeh](#)



Carrot Cake with a Cashew Cream Frosting

Instead of running out and buying a pot of cream cheese (which comes in plastic pots and aren't always readily available in the small town I live in), I wanted to create a frosting made from something more natural and for me, available as a zero-waste item — cashews!

This cake is decadent but not heavy and the frosting is creamy and zesty, what's not to love?

YOU WILL NEED:

A large round bundt tin or 2 medium spring-form tins.

MAKE SURE YOU HAVE SOAKED THE CASHEWS BEFOREHAND.

Instructions

1. Preheat the oven to 180°C/350°F/Gas 4 and grease your cake tin.
2. In a large bowl, whisk together the dry ingredients.
3. In a jug, stir together the milk and apple cider vinegar and leave to curdle and thicken.
4. Add the rest of the wet ingredients (apart from the grated carrots) and pour into the dry.
5. Stir the wet and dry ingredients together then fold in the carrots.
6. Pour into your bundt cake tin (or divide into two cake tins) and bake for 45-50 minutes (35-40 minutes if dividing between two tins). Bake until a toothpick inserted into the middle comes out clean.
7. **For the frosting and to serve:**
 - a. Whilst the cake is baking, make the frosting by blending together all the frosting ingredients (make sure you have soaked your cashews beforehand).

TIPS

Once blended and very smooth, set aside in the fridge to cool and thicken.

Once the cake is cooked, let it cool completely before icing. Then decorate to your taste*

*I decorated my cake with orange zest and edible flowers from my Pak Choi plant, but you can decorate yours however you choose

Feel free to also use whichever vegan frosting you choose — I made the cashew-based one because it was low-waste and I had all the ingredients.

Carrot Cake with a Cashew Cream Frosting



Ingredients

DOUGH

- 2 cups almond milk at room temp
- 1/2 cup vegan butter, melted
- 1/4 cup organic caster sugar
- 2 1/4 tsp active dry yeast
- 5 1/2 cups flour
- 1 tsp salt
- 1 tsp cardamom
- 3 tbsp agave

FILLING

- 3/4 cup vegan butter
- 3/4 cup brown sugar
- 2 tbsp ground cinnamon

ICING

- 1 cup icing sugar
- 2 tbsp almond milk
- 1/2 tsp vanilla extract



Bio for Sarah Delahunty

Sarah is Lorri's incredible daughter-in-law who lives in Salem, near Boston in the US. Not only is she a mother of two, she is an EMMY Award Winning Animator and Illustrator, blanket fort builder, dog lover, and all round amazing human.

Connect with Sarah on instagram
[@sarahdelahuntyillustration](https://www.instagram.com/sarahdelahuntyillustration)

Vegan Cinnamon Rolls

This is a recipe I request every time I am in the US with my gorgeous family. I beg until hot cinnamon rolls are delivered in to my lap. They don't last long I can tell you! Lorri x

Instructions

1. Rub vegan butter onto a 13"x 1" baking pan
2. In a large bowl, whisk together the almond milk, melted butter. It should be warm, around 37-43 degrees C (any hotter/cooler will kill the yeast).
3. Sprinkle the yeast onto mixture and let sit for 5 mins.
4. In another bowl, whisk together 5 cups of flour and 1 tsp each of salt and cardamom.
5. Add flour mixture to milk/yeast mixture. 1 cup at a time, stirring with a wooden spoon. Add agave.
6. Pour dough onto floured surface and knead until smooth.
7. Place dough in a large bowl coated with vegetable oil (or another flavourless oil) and cover with plastic wrap and let rise in a warm place for 1 hour.
8. Preheat oven to 180 degrees C.
9. Dough should have doubled in size. Remove cling film and knead in additional 1/2 cup of flour.
10. Knead dough until it loses a bit of it's stickiness. Feel free to add more flour to the kneading surface as needed (pardon the pun!)
11. Roll dough into a large rectangle 1cm thick. Fold corners and edges and roll again to keep even edges.
12. Spread vegan butter, cinnamon, and sugar over the rectangle, leaving one edge on a long side a bit clear so you can roll it cleanly.
13. Roll dough length wise into a log and slice into 8 even pieces.
14. Place on baking sheet and let rise for 30 minutes before baking for 25-30 minutes until fully golden brown. **Ice and enjoy!**

Vegan Cinnamon Rolls



Instructions

- Organic Almonds
- Cashews
- Sunflower & Pumpkin Seeds: Packed with healthy fats, protein, and energy to keep you going.
- Coconut: Naturally sweet, rich in fibre, and supports digestion.
- Hemp, Flax & Chia Seeds: Full of omega-3s for glowing skin and brain power.
- Goji Berries: Antioxidant-packed superfood to boost immunity.
- Raw Sprouted Buckwheat: A gluten-free, nutrient-rich energy source.
- 100% Cacao: A rich source of antioxidants, magnesium, and mood-boosting properties.
- Lucuma: A naturally sweet powerhouse full of vitamins and minerals.
- **CHECK SPICE LIST TO THE RIGHT!**

Festive Spiced Chocolate

All spiced with festive cinnamon, cloves, ginger, cardamom, and nutmeg-warming flavours that support digestion, reduce inflammation, and create that cosy Christmas vibe!

Melt the cacao mix in all the other ingredients and sprinkle over the coconut. Set in fridge then break into pieces! Enjoy

Super Easy Instructions...

1. Melt the cacao mix in all the other ingredients and sprinkle over the coconut.
2. Set in fridge then break into pieces! Enjoy!

Raw sprouted buckwheat sounds crazy but it's delicious and is so much fun to make yourself and delicious to eat!



Raw Sprouted Buckwheat



Bio for Vicki Holtom

Vicki is a coach in Living nutrition, a Reiki Practitioner and a lifestyle coach. Not only a qualified nurse, Vicki has dedicated herself to helping others live well. Caring for an autistic son with a serious heart condition, she realised the importance of holistic care, nutrition, and wellness and AEB Wellness was born.

Connect with Vicki on Instagram below...

@aebwellness

www.aebwellness.net



Billionaire Biscoff Bites

Instructions

To make the caramel

1. in a medium saucepan, melt together all your caramel ingredients. Stir continuously on a medium-low heat and wait for it to boil. Once boiling, continuously stir for 7 or 8 minutes until the mixture has turned golden brown
2. Pour immediately over your chilled biscuit base and leave the fridge to set for a few hours

To make your topping

1. In the microwave or over a fancy bain marie**, melt your chocolate. If you are melting it in the microwave, melt it for 30-second intervals and stir each time, to ensure it doesn't burn.
2. **Stir 150g of your biscoff spread** and if it doesn't melt into the hot melted chocolate, give it a 30-second blast in the microwave to help it along
3. Pour this over the caramel layer and spread evenly, then drizzle the remaining 50g of your biscoff spread over the top (melt it in the microwave beforehand for 30 seconds to make it runny)
4. Leave to harden in fridge then cut it into squares and eat, share or save for later.

Biscoff is vegan, and these are perfect anytime for the perfect indulgent snack, and being vegan doesn't mean you need to miss out on delicious treats!

Ingredients For The Buttery Biscoff Base

1. 350g biscuits, crushed (I used 1 mix of digestive and biscoff biscuits to add a contrast of flavour — you could use just digestive or just biscoff)
2. 180g vegan butter, melted (I used Flora Plant Block*)

For The Goopy Caramel

1. 1 370g tin of Carnation vegan condensed milk
2. 200g salted vegan butter (I used Flora Plant Block)
3. 3 tbsp golden syrup
4. 3 tbsp caster sugar

For The Topping

1. Crush your biscuits (I used my little Ninja blender and blended them in batches)
2. In a bowl, mix the biscuit crumbs with your melted vegan butter (just melt the butter in the microwave for 40secs – 1 minute)
3. Tip into a 23 x 23cm tin (9x9inches) and press down firmly until you have a delicious biscuit crust. Refrigerate whilst you make the caramel.

NOTES...

1. I use the Flora Plant Block because it comes wrapped in paper, which I can recycle once washed
2. A bain marie is simply a bowl, placed over a heated saucepan of water. In the bowl you can then gradually melt your chocolate without it burning

Billionaire Biscoff Bites



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Recipes & more <https://ilostmytempeh9.wordpress.com/>

Chantelle on instagram @i_lost_my_tempeh



Ingredients

- 80 g dairy-free 'butter'- half-and-half Flora Plant Butter and Trex Vegetable Fat.
- 2 tbsp icing sugar.180 ml dairy-free double cream - Elmlea Plant Double Cream.

Tip

I personally use a hand whisk as I prefer this method.

Vegan Clotted Cream

A deliciously thick vegan clotted cream that takes just 3 minutes to make. Perfect to dollop on scones with strawberry jam!

Instructions

1. Put the vegan 'butter' into a food mixer or large bowl and sieve in the icing sugar.
2. Beat until pale and fluffy.
3. Add the vegan cream and whip for 2 minutes until fairly stiff peaks form.



Bio for Carol Royle

Actor and star of stage and screen, it is such a delight to have some recipes from Carol in our book. On top of her huge acting success, she is well known for being a tireless animal rights campaigner including being a patron of Animal Aid, Animal Free Research, Safer Medicines, and Friends Of The Animals.

www.carolroyle.co.uk

@CarolRoyle2

Facebook: **Carol Royle.**

Instagram: @carolroyle

Twitter

www.animalaid.org.uk

www.safermedicines.org

www.animalfreeresearchuk.org

www.friendsoftheanimals.co.uk

Ingredients

- 225g vegan butter, softened (I use Flora Plant Block)
- 225 white sugar
- 275g self-raising flour
- 2 tsp baking powder
- grated rind of 2 lemons (reserve some for garnish, if you want)
- juice of 1 lemon
- 240ml soya milk
- 150g fresh blueberries

FOR THE ICING

- juice of 1 lemon
- 225g icing sugar

Lemon & Blueberry Traybake

Delicious, zesty and perfect as a summery afternoon treat.

Instructions

1. Pre-heat the oven to 180C/275F/Gas 4. Grease a 12x9 inch baking tray.
2. Add the lemon to the soya milk and set it aside to curdle.
3. With an electric beater, beat together the butter and sugar.
4. Once combined, stir through the flour and baking powder with a wooden spoon.
5. Gradually add the soya milk/lemon mix and beat through the flour, again with the electric whisk.
6. Fold through the blueberries then spoon into the baking tray and bake for about 30-40 minutes until golden brown and cooked through. Let it cool while you make the icing.
7. Stir together the lemon juice and icing sugar then pour over the cooled cake, slice to serve.



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Chantelle on instagram [@i_lost_my_tempeh](https://www.instagram.com/i_lost_my_tempeh)

Ingredients

- 175g plain flour
- 75g light muscovado sugar or caster sugar*
- 100g vegan butter (I used Flora Plant Block)
- zest of 1 large lemon**

TO DECORATE

- 25g vegan white chocolate, melted
- more lemon zest (optional) **

YOU WILL ALSO NEED

- Cookie cutters of choice (I used large ones so this recipe only made 7 biscuits, but using a smaller cutter, you'd make more)

TIPS

* Using muscovado sugar will give your shortbread a more caramel-like flavour, although using caster sugar will still make for really tasty shortbread!

** Omit the lemon zest for a plain shortbread biscuit

Spring Time Shortbread

Lemony fresh shortbread — the perfect treat to welcome in the sunnier, warmer weather and celebrate nature coming to life.

Instructions

1. Preheat your oven to 160C/325F/Gas 3 and line two baking trays with reusable parchment paper
2. Add your flour and sugar to a bowl and quickly stir together
3. Add the butter and rub it through the flour with your fingertips — this is called the rubbing in method. By doing this, you will achieve a breadcrumb texture.
4. Bring the dough into a ball and refrigerate for 20 minutes
5. Flour a surface, and gently press out the dough with a rolling pin, so it is about 3cm thick
6. Cut out your shortbread with your cookie cutters and carefully transfer to your baking tray.
7. Bake for 15-20 minutes and leave to cool before drizzling with chocolate and a sprinkle of extra lemon zest (if using)



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Recipes & more

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Chantelle on instagram @i_lost_my_tempeh

*It's estimated that going
vegan saves on average one
animal per day*

**VEGANUARY = 31 ANIMALS SAVED
2025 = 365 ANIMALS SAVED
10 YEARS = 3,650 ANIMALS SAVED
LIFETIME...**

**IT'S LIFE CHANGING, IN MORE THAN ONE WAY, TO
BE VEGAN.**

Ingredients

- 4 cups cashew milk
- 1 cup plant-based double cream
- 1/2 cup vegan golden granulated sugar
- 85g cornflour
- 2-3 Tsp food grade rose water
- 1/4 tsp natural pink vegan food colouring
- 1 pomegranate (seeds only)
- 1/2 cup filtered water
- 1/2 cup caster sugar
- 1/4 cup crushed pistachio nuts



Vegan Malabi

Malabi is a silky, creamy, and delicately flavored Middle Eastern milk pudding that's often made with rose water

Instructions

1. In a bowl mix one cup of cashew milk, 1 Tsp of rose water with the cornflour whisk until smooth and set aside.
2. To a saucepan add the remaining 3 cups of cashew milk, plant-based double cream and vegan golden granulated sugar, and on a medium heat whilst stirring constantly bring the mixture to boiling point.
3. Reduce heat to a low temperature and add in the cornflour mixture to the saucepan whilst continuing to stir constantly. (i use a balloon whisk)
4. Cook whilst stirring until the mixture thickens - roughly 4 or 5 minutes.
5. Allow the mixture to cool down to room temperature and decant mixture into individual serving bowls.
6. Place in the fridge for a minimum of 3 hrs or overnight.
7. Once chilled, make the syrup by adding filtered water, caster sugar, vegan pink food colouring and 1 or 2 Tsp of rose water into a saucepan. Bring the mixture to the boil and boil for a couple of minutes.
8. Remove from heat and allow to cool down.
9. Before serving, spoon over 2 Tbsp of syrup over each individual dessert and sprinkle with pomegranate seeds and crushed pistachio nuts.



Bio for Sandra McDonagh

Sandra McDonagh, a vegan of 13 years, is a writer and journalist who has a weekly vegan food column for a regional UK newspaper. Her aim is to show you just how delicious easy and affordable plant based food can be without harming animals and the planet.

Connect with Sandra on instagram
[@vegangreatgrandma](https://www.instagram.com/vegangreatgrandma)

Ingredients (makes 5)

FOR THE BASE

- 2/3 cup almond flour
- 1/2 cup rolled oats
- 1 1/2 tbsp tahini
- 2 tbsp coconut oil
- 2-4 tbsp almond milk (gradually add this until the mixture comes together to form a dough)
- 1 or 2 tsp maple syrup (optional and depending on how sweet you like it)

FOR THE DATE CARAMEL FILLING

- 8 pitted Medjool dates
- 5 tbsp coconut cream
- 2-3 tbsp warm water
- 1 tbsp tahini

FOR THE TOPPING

- 30g Good quality dark chocolate – I used Nibble no added sugar dark chocolate
- 1/2 tsp coconut oil



Healthy Caramel Cups

These healthy caramel cups are filled with a date caramel and topped with chocolate. They have no added sugar but the option to add a healthy sweetener is available.

Instructions

1. Blend the date caramel ingredients together and set aside in the fridge
2. Combine all the ingredients for the base by mixing together the almond and oats, followed by the tahini
3. Stir well and then add the coconut oil. Bring the mixture together with your hands and if needed, add almond milk until it forms a sticky dough. Add less almond milk if you are using maple syrup.
4. Push this dough into a silicon cupcake mould, pushing up the sides a little to make a cup shape. To make a lovely well in the centre, it helps to push down a rounded tablespoon into the centre of the base to make an even well
5. Fill this well with a tbsp or so of date caramel
6. Melt the chocolate and coconut oil for the topping in either in a bain marie or in the microwave – if using microwave, cook at 30 second intervals and stir in-between to avoid burning the chocolate
7. Pour a tsp of chocolate over the filled cups and store in freezer until ready to eat

Bio for Chantelle Leach

Chantelle is not only vegan, she is also The Face of VEGAN Happy in the 31-50 category and looks like a shining example of veganism, glowing with health. On top, she is a fierce animal activist working on campaigns of her own, for Animal Justice Project, being a hunt sab at the weekends, and so much more! She is also (how does she fit it all in!) an incredible vegan chef so check out her blog and recipes below...

Recipes & more <https://ilostmytempeh9.wordpress.com/>
Chantelle on instagram @i_lost_my_tempeh

Healthy Caramel Cups



Credit: Chantelle Leach



For our dogs
Doggy Treats

We aren't the only ones who benefit from a vegan diet,
but our canine companion animals too.

*Just google it yourself, and read that vegan dogs overall
are healthier and live longer than those on a non-vegan
diet.*

Dog-Friendly Cake

One of our rescue pups turned 1 (the only dog we have where we know their birthday), so I decided to make him (Ivar) a cake! It is nutritious and dense with lots of tasty ingredients — it's not the prettiest of cakes, but the dogs absolutely woof it down.

Dry Ingredients

- 1 cup oat flour *
- 1/2 cup whole oats
- 1/2 cup plain or wholemeal flour
- 2 tbsp dried parsley (for fresh breath)
- 4 tbsp linseed/flaxseed (can improve cardiovascular health and may help fight cancer. Anti-inflammatory properties of flaxseed can help ease symptoms of arthritis, lower blood pressure, improve kidney function, and maintain healthy skin and coat in dogs)
- 3 tbsp nori flakes

***TOP TIP!** You can make your own oat flour by blending up whole oats they become a fine powder/flour.



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Chantelle on instagram @i_lost_my_tempeh

Wet Ingredients

- 1 1/2 cups water
- 2 tbsp coconut oil, melted (Coconut oil may help treat skin conditions in humans, and some people claim that it's also helpful for dogs' skin.)
- 1 cup sweet potato, mashed (a superfood for dogs, full of beta carotene)
- 1 banana, mashed

Icing Ingredients

- Mix together the dry ingredients
- Add the water and coconut oil, and stir till combined
- Add the mashed banana and sweet potato, and stir till combined
- Add to a greased oven-safe container and bake in the oven for 30-40 minutes on 200C
- Once cooled, combine the peanut butter, coconut oil and water together until it makes a creamy thick 'sauce'
- Spread over the cake, decorate with dog biscuits if you wish and serve to your deserving pup

Dog-Friendly Cake





**THIS IS
JUST THE
START!**



*Best wishes for your
vegan cooking adventures!*

*Let us know how you get on with
your recipes, or send us yours at...*

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VEGAN Happy