



**Recipes
Made
Awesome**

Say yes to health
8 easy and tasty vegan recipes

If you are looking for great tasting recipes that are made from healthy and clean ingredients I got you covered. My mission is to help you build a healthy lifestyle that will keep you inspired and conscious of what you eat.

Get to know yourself by taking responsibility for what you eat



Chef's Note

I am extremely excited to share these great healthy and delicious recipes with you.

I suggest you follow the recipe instructions before you start cooking a dish.

RAISIN-CRANBERRY ORANGE TEA BREAD

Preparation Time 1:15 Minutes
Total cooking time 50 minutes
Serves 11

Ingredients:

- .2 cups spelt flour plus 1 tablespoon or any flour of your choice)
- .1/4 cup organic brown sugar
- .1/4 cup agave syrup
- .1/2 tea spoon baking soda
- .1 and 1/2 teaspoon baking powder
- .3/4 teaspoon fine sea salt
- .1/2 cup almond milk, unsweetened
- .1/4 cup tangerine juice
- .1/4 cup unsalted kosher butter, melted
- . 1 tablespoon grated tangerine zest
- .2 eggs lightly beaten
- .1/2 cup golden raisins chopped
- .1/2 cup unsweetened dried cranberries, chopped

Preparation:

- .1 preheat oven to 375, grease the bottom of an 8 by 4 or 9 by 5 loaf pan

- .2 combine flour, baking powder, sugar, salt and baking soda in a medium bowl.

- .3 in a large bowl, combine tangerine juice milk melted butter zest and eggs stir to combine well.

- .4 add dry ingredients and stir until combine. Stir in the cranberry and raisins gently mix until they are evenly distributed, do not over mix.

- .5 pour batter into loaf pan (batter will be thick) and bake until a knife comes out clean from the center about 50 minutes to 1 hour depending on the size of the pan

This wonderful tea bread can also be served with morning coffee.

FRUITED FORBIDDEN SWEET COCONUT RICE

Preparation Time 1:15 Minutes
Total cooking time 40 minutes
Serves 2-3

Ingredients:

- .1 cup forbidden rice, washed (looks like black rice)
- .1can or fresh coconut milk
- .1/4 cup organic golden raisins
- .1/4 cup organic sweeten cranberry
- .1 cup water
- .1 teaspoon garlic minced
- .1teaspoon ginger minced
- .1 tablespoon of onion minced
- .. cloves
- . 1 tablespoon coconut oil
- .1 teaspoon salt

Preparation:

- .1 In a medium pot heat oil on medium high heat and sautéed onion until translucent then add the garlic and sautéed for about 40 seconds then add the ginger and sautéed for 40 seconds. Add the water the cloves and the salt, mix well.

- .2 Bring to a boil add the rice use a wooden spoon and stir the mixture only once and simmer cover on low heat for 20 minutes.

- .3 Remove cover add the coconut milk the raisins and the cranberry, stir once then bring to a boil again lower the heat to low and simmer covered for 20 to 25 minutes .Use a fork to fluff the rice .

This taste great by itself, it also goes well with baked seabass or salmon

OKRA WITH CORRIANDER AND TOMATO SAUCE

Preparation Time 5 Minutes

Total cooking time 15 minutes

Serves 4-6

Ingredients:

- .1/4 cup of extra virgin olive oil
- .1 medium onion, chopped
- .2 cloves garlic, crushed
- .1lb fresh okra (not the rough skin)
- .1 medium plum tomatoes
- . 2 teaspoons beet sugar
- .1/4 cup lemon juice
- . 2 ounce fresh coriander, finely chopped

Preparation:

.1 heat the oil in a large frying pan, add the onion and cook over medium heat for 5 minutes, or until caramelized and golden. Add the garlic and cook for another minute.

.2 add the okra to the pan and cook, stirring for 4-5 minutes, stirring occasionally for 3-4 minutes, or until softened. Stir in the coriander, remove from the heat and serve.

If fresh okra is not available, you can use frozen instead

NOTE This dish goes well with cooked rice

VEGETABLE STEW

Preparation Time 25 Minutes

Total cooking time 40 minutes

Serves 5

Ingredients:

- .6 vine ripped tomatoes
- .5 tablespoon extra virgin olive oil
- .1 lb. eggplant cut into 3/4 inch slices
- .1 medium zucchini 3/4 inches slices
- .1 green pepper, seeded, cut into 3/4 inches squares
- .1 medium sweet onion, cut into 3/4 inch edges
- .3 cloves garlic, finely chopped
- ..1/4 teaspoon cayenne pepper
- . 2 teaspoons chopped fresh thyme
- .2 bay leaves
- .1 tablespoon red wine vinegar
- .1 teaspoon of palm sugar or raw fine brown sugar dissolved in small amount of water
- .3 tablespoon shredded fresh basil

Preparation:

1.score a cross in the base of each tomato. Place in a bowl of boiling water for 10 seconds, then plunge into cold water then peel away from the cross. Roughly chopped the flesh.

.2 heat 2 tablespoon of the olive oil in a large sauce pan, add the eggplant and cook over medium heat for 4-5 minutes, or until soften but not brown. Remove then add another 2 tablespoons of the olive oil to the pan add the zucchini and cook it for 4 minutes, or until soften. Remove and add the green pepper, cook for 10 minutes and remove

.3 heat the remaining oil, add the onion and cook for 3 to 4 minutes or until softened. Add the garlic, cayenne, thyme and bay leaves, and cook, stirring occasionally. Stir in the basil and seasoned with sea salt and black pepper.

Serve hot or at room temperature

NOTE This dish can be served as a side or over brown rice

Herbed filled ravioli with sage

butter

Preparation time 1 hour + 30 minutes standing

Total cooking time 10 minutes

serves 4

Ingredients:

Pasta

.10 ounce flour

.3 organic omega eggs beaten

.3 tablespoon extra virgin olive oil

Filling

.1 cup ricotta cheese

.2 tablespoons chopped fresh chives

.1 tablespoon chopped flat-leaf parsley

.2 teaspoon chopped fresh basil

.1teaspoon chopped fresh thyme

.Sage Butter

.6-1/2 ounce organic butter

.12 fresh sage leaves

Preparation:

.1 sift the flour into a bowl and make a well in the center. Gradually mix in the eggs and oil. Turn out onto a lightly floured surface and knead for 6 minutes, or until the dough is smooth. Cover the dough with plastic wrap and leave it for 30 minutes.

.2 mix together the ricotta cheese, parmesan and herbs. Season well with sea salt.

.3 use a rolling pin or a rolling machine to roll the dough to make 4 sheets of pasta, two slightly larger than the others. Cover with a tea towel

. 4 spread 1 of the smaller sheets out on a work surface and place heaped teaspoons of filling at 2-inch intervals. Brush a little water between the fillings along the cutting lines. Place a larger sheet on top and firmly press the sheets together along the cutting lines. Cut the ravioli with a pastry wheel or knife and transfer to a highly floured baking tray. Repeat with remaining dough and filling

.5 for the sage butter, melt the butter over low heat in a small heavy-based saucepan, without stirring or shaking. Carefully pour the clear butter into another container and discard the remaining white sediment. Return the clarified butter to a clean pan and heat gently over medium heat. Add the sage leaves and cook until crisp but not brown then remove the warm butter

.6 Cook the ravioli in batches in a large pan of salted simmering water then add the sage butter with the leaves and garnish with shaved parmesan

NOTE: Do not cook the ravioli in rapidly boiling water or the squares will split and it will lose the filling

Fennel Fritters

Preparation time 15 minutes

Total cooking time 20 minutes

serves 4

Ingredients:

- .2 lb. fennel bulbs washed
- . 1/3 cup of grated cheese
- . 1 cup of fresh bread crumbs
- .1/2 cup almond flour
- . 3 cage free organic eggs, lightly beaten
- .olive oil for frying
- . lemon wedges, for serving

Preparation

.1 remove the tough outer leaves from the fennel, and trim the base and small stalks. Slice the fennel lengthways into 1/4 inch widths and blanch in boiling salted water for 3 minutes, or until tender. Drain and pat dry. Leave to cool

.2 mix together the cheese and breadcrumbs and season with sea salt and pepper

.3 coat the fennel in flour, shake off the excess and dip in beaten eggs. Coat in the crumb and cheese mix. Heat the oil in a large heavy -based frying pan until the oil is very hot. Fry in batches , being carefully not to overcrowd the pan for 2-3 minutes per side, until golden brown and crisp. Drain on paper towels, seasoned with sea salt and serve immediately with the lemon wedges

Note Use the rounder fennel instead of the flatter they have more flavor

simple dressing

Ingredients:

- .3 tablespoons extra virgin olive oil
- .1/2 tablespoon cherry vinegar
- .pinch of sea salt
- .1/2 tablespoon of lemon juice

Preparation:

- .place all ingredients in a blender and blend and chill

GINGER ICE CREAM

ingredients

- .4 cups almond milk
- .1-1/2 cups ginger juice
- .1-cup agave syrup

- .whisk all ingredients well and put in an ice cream machine



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