

The Vegetarian Way

Omega Cream

INGREDIENTS:

½ cup whole flaxseed
½ cup sunflower seeds
¼ cup almonds
¼ cup walnuts
2 teaspoons lemon rind
⅓ or ¼ cup carob powder
1 heaping tablespoon or 1 ½ tablespoons of honey
1 – 1 ½ cup water (add for consistency it may vary)

METHOD:

Grind seeds separately first, then grind nuts. Put all ingredients into a blender. Blend until smooth. Makes approx. 450 mL

Oat Waffles

INGREDIENTS:

3 cups rolled oats
3 cups water
1 teaspoon salt
1 tablespoon flax seeds or sunflower seeds
8 chopped dates
2 teaspoons vanilla

METHOD:

Blend all ingredients; pour into bowl and let sit for a few minutes. Switch on waffle maker to heat up. Dab or spray a little oil before starting and that's all you need until all waffles are done. Cook waffles for 10 min.

Yield approx. 8-10 waffles.

Serve with maple syrup and apple sauce

Simple Granola (Brainola)

INGREDIENTS:

900g rolled oats
1 cup sunflower seeds
1 cup pepitas (pumpkin seeds)
½ cup sesame seeds
1 cup almonds coarsely chopped
1 cup walnuts coarsely chopped
1 cup oil
1 ½ cup water
1 cup honey
1 banana or 1 orange or 1 apple

METHOD:

1. Pre-heat oven to 150°C (degrees Celsius).
2. Mix dry ingredients together in mixing bowl.
3. Blend together oil, water, honey and banana until smooth.
4. Add blended wet mix to dry mix in the bowl and mix together.
5. Spread evenly on a baking tray and bake for 1 hour turning the mix every 15 minutes until golden brown.

Scrambled Tofu

INGREDIENTS:

1 small onion finely diced
30ml water
¼ tablespoon rice bran oil (or other oil of choice)
½ teaspoon salt
¼ teaspoon turmeric powder
½ tablespoon curry powder
500g Soya King Fine Tofu mashed with potato masher or fork

METHOD:

Finely dice onion place into a fry pan with water and oil. Sauté onion until soft but not brown; add salt then when onions are slightly brown add turmeric and curry. Mix well then add mashed tofu stirring really well. Just need to heat up the tofu as there's no need to cook it. ENJOY

Sesame-Flax French Toast

INGREDIENTS:

- 1 ½ cups soy or rice milk
- 2 tablespoons sesame and/or flax meal
- 2 tablespoons wholemeal flour
- ½ teaspoon salt
- ½ teaspoon onion powder
- ½ teaspoon garlic powder
- ½ teaspoon lecithin granules
- 6 slices whole grain bread

METHOD:

1. Blend first 5 ingredients until very smooth adding milk into it as needed.
2. Add seasonings and blend briefly then pour mixture into shallow bowl.
3. Dip slices of bread in the mixture, turning slices over allowing to soak, coating both sides.
4. Brown both sides on ore heated pan or bake in oven until golden brown.

Makes 6 Slices

Carob Chia Pudding

INGREDIENTS:

- ¼ cup chia seeds
- ½ cup coconut milk
- ½ cup soy or rice milk (Vitasoy)
- 1 tablespoon honey
- 1 heaped teaspoon carob powder

METHOD:

Place all ingredients in ascending order in a bowl or glass. Place in fridge overnight.

Serve with fresh fruit & seeds

Serves 2 – 3 people

Recipe Variations:

1. Vanilla Chia Pudding – Using 1 Cup of soy or rice milk with ½ teaspoon of pure vanilla extract or scrape the inside of one fresh vanilla pod with the same amount of chia and honey.
2. Coconut Chia Pudding – Using 1 Cup coconut water and ¼ Cup of coconut milk, combining that with the chia and honey.

Easy Green Smoothie

INGREDIENTS:

3 tablespoon flaxseed ground
2 tablespoon chia seed
2 tablespoon coconut milk optional
Approximately 400ml apple juice
1 tablespoon green powder

METHOD:

1. Put chia seed in a glass and cover with water
2. Grind flaxseed
3. Pour in blender about half of juice.
4. Add all other ingredients in blender with the rest of juice and blend and serve.

Serves 2

Fruit-Nut Smoothie

INGREDIENTS:

1 cup soy or rice milk (Vitasoy)
8 nuts: 4 walnuts, 4 almonds
1 ½ tablespoon flaxseed
½ tablespoon sunflower seeds
½ tablespoon pumpkin seeds
1 tablespoon carob powder
1 banana
½ cup berries

METHOD:

Grind all the seeds first. Blend all ingredients together until it becomes a smooth, thick shake.

Variation:

Add different fruits of your choice: Pear / banana, banana / mango, or apple / berry.