

Cantaloupe melon sorbet



Cantaloupe melon
sorbet

1/2 kg cantaloup melon, cut in pieces

1/2 cup water

1/3 cup sugar

Put all ingredients in blender or food processor and blend until smooth and the sugar has dissolved.

Put the composition in the ice cream maker or pour it into a container with a lid and place it in the freezer. After about an hour remove from the freezer and mix well, with a spoon (to prevent crystals formation). Repeat the process 2-3 times.

Banana & redcurrant ice cream



Banana & redcurrant
ice cream

For 2-3 servings:

2 large banana / 3 small, frozen

1 cup redcurrants

1-2 tablespoons raw sugar, to taste (optional)

Freeze the bananas peeled.

Put all ingredients in blender/food processor and blend/process until smooth.

Serve immediately.

Redcurrant cake



Redcurrant cake

For a (spring) form with a diameter of 26 cm.

200 g redcurrants

1 cup flour

1/2 cup water

1/2 cup raw sugar

3 tablespoons oil

1-2 teaspoons vanilla extract

1 teaspoon baking powder

1 teaspoon vinegar

1/4 teaspoon turmeric, for color (optional)

pinch of salt

Mix the water with sugar, oil, salt and vanilla extract until the sugar has dissolved. Add the flour, little by little, stirring to avoid lumps forming. Finally add the turmeric, vinegar, baking powder and mix well.

Grease the (spring) form with oil and coat with flour.

Pour the mixture into the form and place the redcurrants on top.



Redcurrant cake

Bake in pre-heated oven, at medium heat (175C) for approx. 30 minutes.



Redcurrant cake

Raw spring rolls



Raw spring rolls

For 10 pieces:

10 rice paper sheets

200 g vegetables: carrot, cabbage, cucumber, green onion, bell pepper (red), cut julienne

1 cm ginger, grated

1 clove of garlic, mashed

2 tablespoons fresh lemon juice

2 tablespoons soy sauce

2 tablespoons fresh cilantro (or parsley), finely chopped

Prepare a marinade of soy sauce, lemon juice, garlic and ginger. Add the vegetables and mix well.

Prepare the rice paper sheets as directed on the package. Place 1-2 tablespoons of vegetable mix along edge of the sheet, fold over until ingredients are covered, fold in each side and roll up.

Serve with chili sauce or soy sauce with garlic.

Variation: can also use different vegetables: soy sprouts, lettuce, avocado, etc. and smoked tofu.



Raw spring rolls

Peach sorbet



Peach sorbet

1 1/2 cup peaches, unpeeled and cut in pieces
1/2 cup water
1/3 cup sugar

Put all ingredients in blender or food processor and blend until smooth and the sugar has dissolved.

Put the composition in the ice cream maker or pour it into a container with a lid and place it in the freezer. After about an hour remove from the freezer and mix well, with a spoon (to prevent crystals formation). Repeat the process 2-3 times.

Mint lemonade



Mint lemonade

1 l water
freshly squeezed juice from 3 lemons
2-3 tablespoons raw sugar, to taste
10-15 mint leaves
ice cubes (optional)

Mix the water with lemon juice and sugar. Stir until the sugar has dissolved. Add the mint leaves and ice cubes.

Spaghetti with cherry tomatoes



Spaghetti with cherry tomatoes

For 4 servings:

500 g spaghetti

1 onion, finely chopped

3-4 garlic cloves, finely chopped

600 g tomato passata

250 g cherry tomatoes

2 teaspoons dried basil

1 tablespoon olive oil

fresh basil

salt and pepper, to taste

Cook the spaghetti as directed on package. Drain.

Stir fry the onion and garlic in oil, for 3-4 minutes. Add the cherry tomatoes, tomato passata and dried basil. Cover and simmer until the sauce has reduced, stirring occasionally.

Add salt and pepper to taste and fresh basil. Mix the sauce with the spaghetti.

Variation: At the end you can add rucola leaves and/or olives.

Portobelloburger



Portobelloburger

For 4 servings:

4 Portobello mushrooms

4 burger buns

For the marinade:

1 small onion, finely chopped

4 cloves garlic, mashed

1 teaspoon rosemary

1 teaspoon thyme

chili flakes, to taste

2 tablespoons olive oil

1 tablespoon balsamic vinegar

salt and pepper to taste

Prepare a marinade by mixing all the ingredients.

Pour over the mushrooms and coat evenly. Allow to marinate for at least an hour in the refrigerator.

Grill on the hot grill, 3-4 minutes on each side.

Cut the burger bun in half, add the portobello and salad, finely chopped onions, tomatoes, mustard, ketchup, [vegan mayonnaise](#) or garlic sauce, to taste.

Apricot cake



Apricot cake

For an oven tray size 25/40 cm

350 g flour

150 g raw sugar

400 ml soy milk

75 ml oil

2 teaspoons baking powder

2 teaspoons vanilla extract

a pinch of salt

1/2 kg apricots, cut in half

Mix the flour with the baking powder and salt.

Add the sugar and oil to the soy milk and mix until the sugar has dissolved. Pour it into the flour mixture, stirring constantly to avoid lumps forming.

Grease the oven tray and coat with flour.

Pour the batter into the oven tray and spread evenly. Place the apricots on top of it.



Apricot cake

Bake in the preheated oven at medium heat (200C) for approx. 30 minutes.

Allow to cool then cut into pieces.

Variation: Instead of apricots you can use other fruits as: sour cherries, plums, etc.

Lemon mousse



Lemon mousse

For 4 servings:

1 pack silken tofu (350 g)
juice of one large lemon
3 tablespoons raw sugar / 2 tablespoons maple syrup
2 tablespoons amaretto (or 2 teaspoons vanilla extract)

Place all ingredients in blender and blend until smooth and the sugar has dissolved.

For biscuits (optional):

150 g flour
5 tablespoons raw sugar
50 ml sunflower oil
a pinch of salt

Mix all ingredients in a bowl, to obtain a dough.

Place the dough in an oven tray and spread by hand (in the tray), approx. 0.5 cm thick. Bake 10-15 minutes at medium heat until golden brown. Allow to cool.

In glasses (or other containers) put a layer of biscuits, crushed by hand. Add the lemon mousse on top.

Garnish with mint leaves (optional).

Refrigerate before serving.