

Brownie topped with mango mousse



300 g flour
3 tablespoons cocoa powder
175 g raw sugar
125 ml sunflower oil
375 ml soy milk
100 g walnuts, crushed
15 g baking powder
a pinch of salt

oven form approx. 40/25 cm

Mix all the ingredients except the walnuts, until the sugar is dissolved. Add the walnuts and mix.

Grease the oven form with a little bit of oil. Pour the mix into the form and bake (in the preheated oven) on medium heat (175 C), for about 30 minutes. Check with a straw if the dough is baked inside, if the dough sticks to the straw bake for a few minutes longer. Allow to cool, remove from the form and cut into pieces.

Top with mango mousse.

Mango mousse:

1 large mango

100 ml vegetable whipped cream

Peel the mango , cut into pieces and blend until smooth.

Mix it with the whipped cream.

Refrigerate for at least half an hour before consumption.

Mango mousse



1 large mango

100 ml vegetable whipped cream

Peel the mango , cut into pieces and blend until smooth.

Mix it with the whipped cream.

Refrigerate for at least half an hour before consumption.

You can serve it with grated chocolate or chocolate ganache.

Panettone



For a 24 cm diameter panettone:

800 g flour

approx. 2 cups of soy milk, warm

200 g vegan sugar

200 g vegan margarine

3 1/2 teaspoons dry yeast

200-250 g raisins

100-150 g candied orange peel (and / or lemon)

zest of an orange / lemon (optional)

2 teaspoons lemon essence (or vanilla)

1/2 teaspoon salt

1/4 teaspoon turmeric, for the color

Mix one teaspoon of sugar with the yeast in 1/2 cup warm soy milk. Allow to ferment for 10 minutes.

Dissolve the sugar in soymilk. Add the remaining ingredients (except raisins and candied orange) and mix. The dough should be elastic and soft but should not stick to the hands. Add a little bit more flour or soy milk if needed.

Knead for about 10 minutes.

Cover with a kitchen towel and let it rise, in a warm place, for 2-3 hours.

Add the candied peel and raisins and knead again for about 5 minutes.

Put the dough in the baking form (greased with a little bit margarine and dusted with flour). Let it rise until it doubles in volume (1-2 hours).

Bake at medium heat (175 C), in a pre-heated oven, approx. 45-60 minutes. Do not open the oven door during this time!

Check with a straw if it is baked inside otherwise continue baking a few minutes longer.

Allow to cool in the baking form.

Peasant's cold buffet



The plateau includes:

1. Bean spread (see the recipe [here](#))
2. Eggplant salad (see the recipe [here](#))
3. Zacusca (see the recipe [here](#))
4. Chickpea patties (see the recipe [here](#))
5. lettuce, tomatoes, cucumber, red onion, olives, etc.



Peasant's warm buffet

The plateau includes:

Tofu slices and tempeh pieces , marinated and fried. Instead of tempeh you can use seitan.

For the marinade:

2 tablespoons soy sauce
1 tablespoon olive oil
2 tablespoons grill spices
4-5 cloves garlic, mashed
1 teaspoon rosemary
chili pepper flakes, to taste
pepper and salt, to taste

Mix all ingredients. Pour over the tofu and tempeh, mix well and leave to marinate for several hours (or overnight). Fry in a little oil or bake in the oven.



2. seitan sausages (see recipe [here](#))
3. polenta (see recipe [here](#))
4. pickles
5. tomato, cucumber, onion, olives, chili etc.



Filo dough baskets

filo dough

muffins form

Proceed as in the image below.

Bake at medium heat (175 C) for about 5-7 minutes, until

browned.

It can be filled with various salads.



Roasted red pepper & tomato soup

For 4 servings:

750 g of tomato passata
1 1/2 cup water
2 red bell peppers
1 onion, finely chopped
3 cloves garlic, finely chopped
1 tablespoon olive oil
1 1/2 teaspoon oregano
salt and pepper, to taste

fresh basil / parsley, finely chopped

Wash the sweet peppers, dry with a kitchen towel and roast on the grill/oven, on each side, being careful not to burn. Put the roasted peppers in a pan, sprinkle with salt and cover. Allow them to rest for approx. 10 minutes than

peel them (dip your fingers in cold water to release the peel). Cut into pieces.



Heat the oil in a soup pan, add the onion and garlic. Stir fry until the onion has softened.

Add the water, tomato passata, roasted peppers and oregano. Cover and simmer for about 10-15 minutes.

Blend/process with a blender / processor until smooth.

Add salt and pepper to taste and garnish with fresh basil or parsley and, if desired, with a little bit olive oil.

The nutrients in a vegan diet

Sorry, this entry is only available in [Română](#).