

Creamy beetroot soup



For 6 servings:

1/2 kg beets (4 medium pieces), chopped

1 onion, chopped

1 carrot, sliced

1 potato, chopped

1 parsnip, sliced (optional)

1 bay leaf

salt and pepper, to taste

grated horseradish, to taste

olive oil, to taste

Put the beets in a soup pot and add 1.5 l water. Cover and simmer for approx. 10 minutes.

Add the remaining vegetables and the bay leaf.

When the vegetables are cooked remove the bay leaf then blend it until smooth.

Add salt and pepper to taste.

Garnish the plate with grated horseradish and a little bit olive oil and eventually finely chopped parsley.

Brussels sprouts in tomato sauce



For 4 servings:

1 kg Brussels sprouts, finely chopped
2 onions, finely chopped
2 tablespoons tomato paste
1 bunch of dill, finely chopped
1 teaspoon paprika powder
2 tablespoons oil
salt and pepper, to taste

Stir fry the onions, in oil, for 2-3 minutes. Add the cabbage and very little water. Cover and simmer, stirring frequently. Add more water if needed. When the cabbage is softened (5-6 minutes) add the tomato paste (diluted in 1/2 cup water) and paprika powder. Cook for another 2-3 minutes. Add salt and pepper to taste.

Garnish with finely cut dill.

Serve with [polenta](#)/bread or various dishes of tofu/soy/[seitan](#).

Variation: You can add little pieces of smoked tofu.

Banana bread



1 1/2 cup flour
3 large ripe bananas
1/2 cup raw sugar
1/2 cup sunflower oil
1 1/2 teaspoon baking powder
a pinch of salt
1 teaspoon vanilla essence
1/2 teaspoon cinnamon powder
1/2 cup sunflower seeds (optional)
1/2 cup raisins (optional)

Blend the bananas with the sugar until smooth.

Mix all ingredients.

Grease a oven cake form with a little oil, pour the mixture into it and bake over medium heat (175C) for approx. 50 minutes.

Allow to cool a little bit before cutting slices.

Brussels sprouts and tempeh in tomato sauce



For 2-3 servings:

500 g Brussels sprouts, trimmed

350 g tempeh (or tofu), cubed

2 onions, finely sliced

2 teaspoons dill (dried or fresh), finely chopped

2 tablespoons tomato paste

salt and pepper, to taste

4 tablespoons olive oil

Fry the tempeh (tofu) in 3 tablespoons of oil until golden brown.

Heat 1 tablespoon of oil in a saucepan and add the onions. Stir fry for 2-3 minutes, add the Brussels sprouts and 2 tablespoons of water.

Cover and simmer, stirring regularly. When the water has evaporated add again 1-2 tablespoons of water.

When the Brussels sprouts are tender (6-7 minutes) add the tomato paste diluted in very little water, dill, salt and pepper to taste. Cook for another 3-4 minutes.

At the end add the tempeh and mix.

Serve with salad or pickles.

For weight loss bake the tempeh (tofu) in the oven without

using oil.

Red lentil, carrots and ginger soup



For 4-5 servings:

150 g red lentils

1 onion, chopped

5 carrots, sliced

3 cm ginger, chopped (or 1 1/2 teaspoon ginger powder)

1 tbsp. tomato paste

1 bay leaf

salt and pepper, to taste

patunjel, finely chopped

lemon

olive oil

Wash the lentils thoroughly and cook them together with the onion, carrots, ginger and the bay leaf, in 1.5 l water .

When the lentils and vegetables are cooked remove the bay leaf than blend it until smooth.

Add the tomato paste, salt and pepper to taste and cook for few minutes longer.

Garnish on the plate with parsley, lemon juice and olive oil, to taste.

Coconut cake



300 g flour

6-7 tablespoons coconut flakes

150 g raw sugar

125 ml sunflower oil

375 ml coconut milk (if you use the canned coconut milk than dilute it with water, 1/2 coconut milk, 1/2 water)

1 teaspoon orange flower water (or vanilla essence)

2 teaspoons baking powder

a pinch of salt

oven form approx. 40/25 cm

Mix all the ingredients until the sugar is dissolved.

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.

Garnish with coconut flakes.

Sauerkraut soup



For 6-8 servings:

1/2 kg sauerkraut, finely chopped
1 onion
2 carrots
1 parsnip
2 potatoes
1 celery or a little bit of celeriac
a handful frozen peas
1 can diced tomatoes (400g)
1 bay leaf
10 peppercorns
1-2 tablespoons olive oil
lovage (or parsley), finely chopped

Cook the sauerkraut together with the bay leaf and

peppercorns in 3 l water .

Finely chop all the vegetables. When the sauerkraut is almost cooked add the vegetables. Add more sauerkraut juice or water, to taste.

When the vegetables are cooked add the olive oil and the lovage.

Chocolate ganache topped with mango mousse



200 g good quality pure chocolate, more than 72% cocoa
200 ml liquid vegetable whipped cream

Bring the liquid whipped cream to a boil. Allow it to cool slightly.

Break the chocolate into small pieces and melt it au bain marie.

When the chocolate is melted, pour it little by little, over the cream, stirring continuously.

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 than pour over the ganache. Serve directly.

Chocolate truffels



200 g good quality pure chocolate, more than 72% cocoa

150 ml liquid vegetable whipped cream

1-2 tablespoons disaronno or cognac (to taste)

1 tablespoon coconut oil

1-2 tablespoons cocoa powder

Bring the liquid whipped cream to a boil. Allow it to cool slightly.

Break the chocolate into small pieces and melt it au bain marie.

When the chocolate is melted, pour it little by little, over the cream, stirring continuously.

Add the melted coconut oil (also au bain marie) and disaronno or cognac. Mix well.

Refrigerate for at least 2-3 hours.

Sift the cocoa powder onto a plate.

With 2 teaspoons, spoon round balls of the chocolate mixture (or with a melon baller).

Roll each ball through cocoa powder.

Variation: Instead of cocoa you can use also dried coconut flakes or ground hazelnuts.

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.