

# Zucchini patties



For 4 pieces:

200 g zucchini, roughly grated  
3 tablespoons chickpea flour  
1 tablespoon nutritional yeast (optional)  
1 green onion, finely chopped  
4-5 tablespoons parsley, finely chopped  
2-3 tablespoons water  
salt and pepper, to taste

oil for frying

Mix all ingredients.



Let it rest for about 10-15 minutes for the chickpea flour to absorb the moisture.

Heat a few tablespoons of oil in a pan and add approx. 2

tablespoons of the zucchini mix. After 1-2 minutes press it with a spatula until a thickness of about 1 cm.

Fry for 4-5 minutes on each side, at medium heat (or bake it in the oven, at medium heat- 200 C- until golden brown).



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## Tricolor quinoa pudding



Tricolor quinoa pudding

For 2-3 servings:

1 cup (tricolor) quinoa

2 cups vanilla vegetable milk (or natural vegetable milk + 2 tablespoons raw sugar + 1/2 teaspoon vanilla essence)

a handful of goji berries (optional)

Wash well the quinoa and cook it in the vegetable milk.

Cook for 8 minutes on low heat, set aside, add the goji berries, mix, cover with a lid and let it rest for about 10 minutes.

Serve warm.

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## Pancakes



Pancakes

For approx. 7 medium pancakes:

1 cup soda water

1 cup vanilla soy milk (or soy milk + 1 tablespoon sugar + 1/2 teaspoon vanilla extract)

1 1/2 cup flour

1/4 teaspoon turmeric, optional (for the color)

oil to grease the pan

Mix all ingredients with a whisk or mixer until smooth. Add more soda water or vegetable milk if needed.

Heat a lightly oiled frying pan over medium high heat. Pour a

ladle of the batter into the pan and spread evenly moving the pan in the desired direction.

Brown on both sides and serve hot with jam, syrup, vegan chocolate paste etc..

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## Blueberry Muffins



Blueberry muffins

For 10-12 muffins:

2 cups flour

1 cup vegetable milk

1/4 cup sunflower oil

1/4 cup raw sugar (or to taste)

1 teaspoon baking powder

1 teaspoon vinegar

zest of one lemon or orange, finely grated

1 teaspoon vanilla extract

1/2 cup blueberries

Mix all the ingredients besides the blueberries and whisk until the sugar has dissolved. Add the blueberries and gentle mix.

Pour the mixture into muffin forms and bake in the pre-heated oven, on medium heat (175 C), for about 25-30 minutes.

Check with a straw if it's baked inside, otherwise bake a few more minutes.

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## Basic muffins



Basic muffins

For 10-12 muffins:

2 cups flour

1 cup vegetable milk

1/4 cup sunflower oil

1/4 cup raw sugar (or to taste)

1 teaspoon baking powder

1 teaspoon vinegar

zest of one lemon or orange, finely grated  
1 teaspoon vanilla extract

Mix all the ingredients and whisk until the sugar has dissolved.

Pour the mixture into muffin forms and bake in the pre-heated oven, on medium heat (175 C), for about 25-30 minutes.

Check with a straw if it's baked inside, otherwise bake a few more minutes.

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## Zacusca (romanian vegetable spread)



Zacusca

### For 6 servings:

3 large eggplants  
6 bell peppers  
2 onions, finely chopped  
6-7 large ripe tomatoes, finely chopped  
3 bay leaves  
15 peppercorns

2 tablespoons oil  
salt to taste

Heat the grill and bake the eggplants on each side until they are soft inside. Peel while they are still warm. Drain well and let them cool.

Wash the sweet peppers, dry with a kitchen towel and grill, on each side. 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 help release the peel).



Process the eggplants and sweet peppers with a food processor until fine (not smooth).

Heat the oil in a saucepan and add the onions. Stir fry for few minutes than add the tomatoes, bay leaves and peppercorns. Cover and simmer, stirring occasionally, until the sauce has reduced.

Add the eggplants and sweet peppers mix. Mix well. Cover and simmer further, stirring occasionally, until you get the consistency of a spread. Finally add salt to taste.

Serve cold with pickles.

Zacusca can be refrigerate and consumed up to 3 days.

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# Scrambled tofu



Scrambled tofu

For 2 servings:

150 g tofu

1 onion, sliced

1 pepper, sliced

a handful frozen peas (optional)

dill, finely chopped

1/2 teaspoon turmeric

1 tablespoon soy sauce

1/2 tablespoon oil

salt and pepper

Drain the tofu, crush it with a fork, add the turmeric, dill, salt and pepper to taste and mix it all together.

Fry the onion in oil, for 2-3 minutes. Add the pepper and the peas and fry it further. Then add the tofu and cook it for another 2-3 minutes, stirring occasionally. Finally, add the soy sauce.

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# Chia pudding with blueberries



## For 2 servings:

200 ml vegetable milk (soy, almond, hazelnut, etc.).

6 tablespoons chia seeds

1/2 tablespoon raw sugar/maple syrup (optional)

50 g blueberries

Mix all ingredients, be careful not to crush the fruit. Allow to rest for approx. an hour until the chia seeds increase in volume.

You can also use other kind of berries or strawberries.