

JANSEN ANDRE

*47 RECIPES TO  
MAKE YOU  
FEEL AT HOME*

**PLANTS  
WITH  
ATTITUDE**

*VOL 1*

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PLANTSTRONGJANS

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BY CHEF JANSEN ANDRE





MEET JANS

# JANSEN ANDRE

## POSITIVE ENDURANCE ATHLETE

Jansen Andre is a young influential male from Australia. At the age of 27 years old, has owned and run successful food businesses along side his powerhouse mother, from cafes to food trucks. He is now running his own personal chef company servicing the whole of the East Coast of Australia.

Jansen has been in the kitchen from a very young age, always curious, always learning. It wasn't until he made the shift to go plant based, that he really started to dive into the culinary world.

Having owned one of the most popular Plant based eateries in Melbourne, Jansen has a world of knowledge and experience when it comes to nutrition, food, and techniques.

He is also a competitive triathlete, and ultra endurance runner who lives by the philosophy of "one body, one life" and "appreciate everyday"

A grateful human being to talk amongst us, who shares some of his favourite inspired recipes for you here in this book.



@plantswithattitude\_



@2xu



@plantstrongjans



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# 01 BREAKFAST

BY CHEF JANSEN ANDRE

@PLANTSTRONGJANS





BREAKFAST

# BAKED APPLE CRUMBLE OATS

---



METHOD  
bake



COOK TIME  
25 minutes



SERVING  
6 people



DIFFICULTY  
4/10





## INGREDIENTS

### FILLING

- 4 medium apples (50/50 red and green) allows for sweetness and bite
- 1/2 a lemon (juiced)
- 1/3 cup coconut sugar
- 2 tablespoons apple juice (or coconut water)
- 1 teaspoon ground cinnamon
- 1 1/2 tablespoons tapioca starch
- 1/2 teaspoon freshly grated ginger
- Pinch of nutmeg (optional)

### TOPPING

- 1/2 cup rolled oats
- 1/2 cup almond meal
- 1/4 cup coconut sugar
- 1/4 cup crushed pecans
- 1/2 teaspoon cinnamon
- 1/2 cup coconut oil

## LET'S MAKE MAGIC HAPPEN

### STEP ONE

PRE-HEAT OVEN TO 175 DEGREES (350 F)

### STEP TWO

Peel apples, quarter them and remove core then thinly slice! Now we need to add ALL of the filling ingredients into a bowl and stir to combine so the apples are coated. In a separate bowl, do the same with the topping ingredients!

### STEP THREE

Legend, its time to find that suitable baking dish you want to use, don't need to put too much effort into it, just grab a size or shape you like. Now its time to add the crumble mixture on top of the apples, and bake until golden!

### STEP FOUR

LISTEN UP, this may be hard to do, but for the topping to be crunchy, when you pull it out of the oven it needs to rest for a solid 20 minutes to set.

TIP (you can serve this fresh with ice cream or store it in the freezer or fridge, the choice is yours, but I doubt it will last long, especially if its in my house, its gone in less than 60 minutes.),

## NUTRITION FACT

Apples are a great source of fibre, water and other important nutrients. Leaving the skin on here is absolutely essential, as that is where most of the fibre is actually held. Apples are also a rich source of water, and vitamin C which is essential for fighting off infections and damage caused by free radicals

By Jansen Andre



BREAKFAST

# GINGERBREAD GRANOLA

---



METHOD

bake



COOK TIME

35 minutes



SERVING

10 people



DIFFICULTY

2/10







## INGREDIENTS

### DRY

- 4 cups rolled oats
- 2 cups chopped nuts (walnuts, almonds, pecans)
- 1/2 teaspoon salt
- 1/2 teaspoon cinnamon
- 1 teaspoon ground ginger
- 1/2 cup coconut flakes
- Pinch of cloves

### WET

- 1/3 cup coconut oil
- 1/2 cup maple syrup
- 1 teaspoon vanilla extract

## LET'S MAKE MAGIC HAPPEN

### STEP ONE

PRE-HEAT OVEN TO 175 DEGREES (350 F)

### STEP TWO

Grab yourself a mixing bowl, and combine ALL the dry ingredients into a bowl, (except the coconut)

### STEP THREE

In a small pot, melt the coconut oil, vanilla, and maple, on low heat. Pour this over the dry ingredients and stir to combine.

### STEP FOUR

NOW we spread an even layer in a baking dish of your choice, and bake it for 20-25 minutes, until its golden! (You want to make sure that you cool this down for the ULTIMATE crunch factor. Leave this on the stovetop, for a minimum 25 minutes.) Now it is time to mix through the coconut flakes.

## NUTRITION FACT

Granola usually gets a bad rap for being unhealthy, and it usually is loaded with sugars and oils. With this tasty item you do not have to worry, as it is lower in sugar than anything on the shelf, so the fibre you consume from the oats themselves is actually beneficial!

By Jansen Andre



BREAKFAST

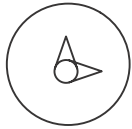
# NEOPOLITAN CHIA PUDDING

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METHOD

cool



SET TIME

35 minutes



SERVING

1 person



DIFFICULTY

3/10





## INGREDIENTS

- 8 tablespoons black or white chia seeds
- 800g coconut milk (or plant based alternative)
- 6 tablespoons maple syrup
- 1/2 teaspoon salt
- 1/4 cup cacao powder
- 2/3 cup mixed berries

## LET'S MAKE MAGIC HAPPEN

### STEP ONE

Select your jar of choice, I usually go for one with a lid so that it's easy to take away and grab for your morning.

### STEP TWO

Combine the chia seeds, milk, maple, and salt into a mixing bowl. Whisk thoroughly to combine.

### STEP THREE

Divide the mixture as equally as possible, into three separate bowls. To one of the bowls, add your cacao for the chocolate layer. To the second bowl smash the berries for the berry layer. Leave the third bowl plain for the vanilla layer!

### STEP FOUR

Okay, these now need to go in the fridge for a minimum 35 minutes before you can even think about layering them. The chia seeds take on all the liquid and thicken up the "pudding"  
(For the best results, leave in the fridge overnight, or if you're not too bothered, add them into the jar straight away.)

TIP: Best served with fresh fruit, I usually layer mine in the bottom of the jar, so I get a spoon full of flavour every bite. You can also top the puddings with whatever you like. Get a bigger jar to allow for more space.

## NUTRITION FACT

Chia seeds are super high in fibre, and heart-healthy omega-3 fatty acids. Very effective in reducing blood sugar levels and are very high in fibre, so they will keep you fuller for longer!

By Jansen Andre



BREAKFAST

# SALTED CARAMEL PANCAKES

---



METHOD

cook



COOK TIME

15 minutes



SERVING

4 people



DIFFICULTY

6/10





## INGREDIENTS

### DRY

- 1 1/2 cups buckwheat flour
- 2 tablespoons tapioca starch
- 2 teaspoons baking powder
- 1 teaspoon cinnamon

### WET

- 1 1/2 cups coconut milk
- 2 tablespoons rice malt syrup
- 1 tablespoon coconut oil
- 1 teaspoon vanilla extract
- 1 teaspoon apple cider vinegar

### SAUCE

- 1 cup coconut cream
- 1 cup coconut sugar
- 1/4 teaspoon salt

## LET'S MAKE MAGIC HAPPEN

### STEP ONE

Mix all of the dry ingredients together in a bowl. Now repeat this same step but with the wet ingredients. (The most important thing here is to let the milk curdle for 5 - 10 minutes, this creates the buttermilk)

### STEP TWO

Pour the wet ingredients into the dry, and mix thoroughly to combine. Let this sit for at least 10 minutes to thicken.

### STEP THREE

On LOW heat, add all the ingredients for the caramel sauce in a small pan and stir until it bubbles, then reduce heat, and continue stirring to allow to thicken.

### STEP FOUR

Time to cook the most perfect pancakes you have ever seen. Light up the stove and put a fry pan on low-medium heat. Pour 2 tablespoons worth in the sprayed or greased pan, and wait for the bubbles to appear. You want to wait until you see a bit in the middle, that way you know they are cooked through before flipping them.

### STEP FIVE

Grab yourself a plate, stack these as high as you want, or lay them in a circle, or just have one, don't let me tell you what to do. I like to layer mine with fresh and the caramel sauce in between, then add a FAT scoop of vegan ice cream on top. These taste oh so naughty but are oh so nice. Santa will still be coming no matter what I swear on it!

## NUTRITION FACT

Buckwheat is an under-valued and under-used SUPER grain. It is actually really beneficial for inflammation and reducing blood sugar, which is why this recipe is mainly buckwheat orientated.

By Jansen Andre



BREAKFAST

# DELUXE TOFU SCRAMBLE

---



METHOD  
cook



COOK TIME  
20 minutes



SERVING  
6 people



DIFFICULTY  
5/10







## INGREDIENTS

### SCRAMBLE

- 750G FIRM tofu (do not purchase silken)
- 1 teaspoon ground turmeric
- 2 teaspoons black salt (kala namak - only found in Indian grocer)
- 3 tablespoons dijon mustard
- 4 stalks finely diced celery
- 1/4 bunch fresh dill
- 1/4 cup nutritional yeast
- 1 can FULL FAT coconut cream
- pepper to taste

### MAKE IT A BREAKFAST

- 250g baby brown mushrooms
- Fresh sourdough
- Roasted cherry vine tomatoes
- Sliced avocado
- Vegan feta (any organic stores will have a good range)

## LET'S MAKE MAGIC HAPPEN

### STEP ONE

Finely dice the celery, dill, and parsley and throw it into a mixing bowl. Next up grab that tofu and crumble it up, but not too fine, you want to leave some texture in there so its not too smooth and boring.

### STEP TWO

Add all remaining scramble ingredients into the mixing bowl and thoroughly combine for the ultimate even flavour.

### STEP THREE

If you are going to add all the extras, which I assume so, in some shape or form, start washing your produce then cook to your liking, slice up your avocado ready.

### STEP FOUR

On a medium heat, in a non-stick pan, or a lightly greased fry pan, add your scramble and heat through, making sure to frequently stir for an even heat, and to not burn. Now toast up that sourdough and get plating your breakfast masterpiece! GO WILD!

## NUTRITION FACT

Tofu contains 8g or protein per 100g AND contains all essential amino acids your body needs. A serving also contains 20% of the daily recommended intake of calcium. So you won't have to worry about your bones!

By Jansen Andre



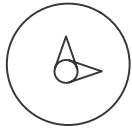
BREAKFAST

# GOLDEN MYLK BUCKWHEAT PORRIDGE

---



METHOD  
cook



COOK TIME  
25 minutes



SERVING  
2 people



DIFFICULTY  
5/10







## INGREDIENTS

### PORRIDGE

- 1/2 cup buckwheat (soaked overnight)
- 1/2 teaspoon turmeric
- 1/2 teaspoon cinnamon
- 1/4 teaspoon ground ginger
- 1 tablespoon coconut oil
- 1/2 cup coconut milk
- 2 tablespoons maple syrup
- Freshly cracked pepper

### TOPPINGS

- Fresh berries
- Coconut flakes
- Peanut butter
- Chia seeds
- Coconut milk
- Coconut yogurt

## LET'S MAKE MAGIC HAPPEN

### STEP ONE

Drain and rinse the soaked buckwheat thoroughly until all the slime comes off. Put it on low heat in a pot with all remaining porridge ingredients.

### STEP TWO

Adjust the liquid to the consistency of your liking, constantly stirring to combine. Just FYI the buckwheat will soak up a little bit more liquid when cooling down, so keep that in mind.

### STEP THREE

Cook for roughly 20 minutes, then comes the time to grab the bowl of your dreams, to spoon heaven into your soul!

### STEP FOUR

Cut up all of your favourite toppings, to add texture and an element of freshness. Go ahead and use what I put on there, it is an ultimate combo, and makes this MEGA deluxe.

## NUTRITION FACT

To absorb the benefits of the turmeric it is necessary to have a source of fat, and the cracked black pepper also increases the anti-inflammatory absorption. Hence the coconut milk, and the coconut oil in this breakfast.

By Jansen Andre



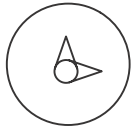
BREAKFAST

# PUMPKIN SPICE MUFFINS

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PREP TIME  
20 minutes



BAKE TIME  
30 minutes



SERVING  
8 people



DIFFICULTY  
6/10







## INGREDIENTS

### DRY

- 1/2 cup almond meal
- 1 3/4 cup oat flour
- 1/2 teaspoon ground ginger
- 1/2 teaspoon ground nutmeg
- 1/4 teaspoon ground cloves
- 1/2 teaspoon ground cinnamon
- 1/4 teaspoon sea salt
- 2/3 cup coconut sugar
- 2 teaspoons baking soda

### WET

- 3/4 cup pumpkin mash
- 1/4 cup maple syrup
- 1.5 flax eggs (1 1/2 tablespoon flax meal mixed with 4 tablespoons of water)
- 1 teaspoon vanilla extract
- 1/4 cup olive oil
- 1/2 cup water
- 2 tablespoons mashed banana

### TOPPING

- 3 tablespoons coconut sugar
- 3 tablespoons oat flour
- 2 tablespoons crushed pecans and almonds
- 1 1/4 tablespoons coconut oil
- 1 pinch cinnamon

## LET'S MAKE MAGIC HAPPEN

### STEP ONE

PREHEAT OVEN TO 175-180 DEGREES. (350 F)

First thing you want to do is make your flax eggs by mixing the ground flax with the water, set in fridge.

Line a muffin tin with some patty pans.

### STEP TWO

To your flax egg, add the mashed banana, pumpkin, sugar, maple, oil, and vanilla extract, stir to combine.

### STEP THREE

In a mixing bowl, combine all your dry ingredients, then stir them into the wet mixture, little bit by little bit. The batter should be thick enough but not too runny that you can't spoon it, Okay? Spread this evenly amongst the tin, depending on how big you want the muffins this will make 8-10.

### STEP FOUR

Add all crumble ingredients in a separate bowl, then dress your muffins with it, be generous. NOW BAKE for 30 minutes until skewer comes out clean. Make sure to let them cool for 5 minutes when you pull them out, if you have the patience!

By Jansen Andre



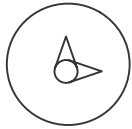
BREAKFAST

# WHOLESOME BANANA BREAD

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PREP TIME  
20 minutes



BAKE TIME  
1 hour



SERVING  
8 people



DIFFICULTY  
6/10





## INGREDIENTS

(Makes two big loaves)

### DRY

- 32.5g tapioca flour
- 400g buckwheat flour
- 240g almond meal
- 320g oat flour
- 7.5g baking powder
- 11.5g bicarbonate soda
- 4g cinnamon
- 3g pink salt

### WET

- 1250g mashed banana (the riper the better)
- 60g lemon juice
- 80g chia seeds
- 200g blended apple
- 560g coconut sugar
- 200g coconut cream
- 200g coconut oil

## LET'S MAKE MAGIC HAPPEN

### STEP ONE

PREHEAT OVEN TO 175-180 DEGREES. (350 F)

Line a loaf tin with baking paper. Now combine all dry ingredients in one bowl, and all wet ingredients in a separate bowl.

### STEP TWO

Mix the dry ingredients slowly into the wet ingredients, to combine thoroughly, just make sure there is still a thick chunky texture.

### STEP THREE

Pour this mixture slowly into the already lined loaf tin, and decorate it how you like. I always think less is more, so I go basic sliced banana to keep it real and authentic. (you can go berries if you want).

### STEP FOUR

Bake for a solid 45-60 minutes, test with a skewer until it comes out clean right in the middle. Then let it sit on the counter once its done for at-least 20 minutes. (if you try cutting it before then, it will crumble, so be patient my friend, be patient.)

## NUTRITION FACT

Bananas contain high doses of potassium which can lower blood pressure. This popular fruit is also extremely high in fibre which is key for digestion. Just one medium-sized banana contains 3g!

By Jansen Andre



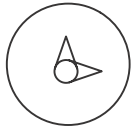
BREAKFAST

# DELUXE RICOTTA TOAST

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PREP TIME  
20 minutes



COOK TIME  
5 minutes



SERVING  
8 people



DIFFICULTY  
6/10





## INGREDIENTS

- 1 1/2 cups cashews (soaked overnight)
- 1/2 cup filtered water
- 1 large lemon juiced
- 1 tablespoon nutritional yeast
- 1 tablespoon maple syrup
- 1/2 teaspoon sea salt
- 1 loaf sourdough

### TOPPINGS

- Sliced strawberries
- Maple syrup
- Cacao nibs
- Coconut shreds
- Chia seeds

## LET'S MAKE MAGIC HAPPEN

### STEP ONE

Drain and rinse soaked cashews, until the water goes clear, to avoid any impurities in the ricotta.

### STEP TWO

Add all ingredients into a food processor, and pulse until combined. Alternatively, you can blend it but you will end up with a smoother result. We are going for chunky here, not too smooth like butter, but not too chunky that there are whole cashews left.

### STEP THREE

Chuck your thick cut sourdough on a pan, or in a toaster until golden. Slice up your toppings and get ready for the magic of your life time, I am serious.

### STEP FOUR

Smear your ricotta over the toast, I like a nice thick layer, but not too much that it over powers, add your sliced strawberries, and the other toppings of your choice. The key here is drizzling the maple over the top, it gives it the shine, and the extra touch of sweetness this needs to LIFT the dish from a 9 to an 11/10.

## NUTRITION FACT

Cashews are low super rich in fiber and contain a healthy dose of fats. Cashews come from a tropical tree formally known as *Anacardium occidentale*. The tree produces a fleshy, pear-shaped stalk called a cashew apple on its branches.

By Jansen Andre



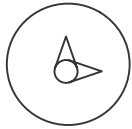
BREAKFAST

# CHOCCY SMOOTHIE

---



PREP TIME  
3 minutes



BLEND TIME  
2 minutes



SERVING  
1 person



DIFFICULTY  
2/10







## INGREDIENTS

- 2 large ripe bananas (frozen is better)
- 2 tablespoons peanut butter
- 1 date (pitted)
- 1 tablespoon cacao
- 1 teaspoon maca powder
- 1 cup soy milk

## LET'S MAKE MAGIC HAPPEN

### STEP ONE

Add all the ingredients into the blender and blend until creamy and smooth

### STEP TWO

Select your glass of choice and smear some peanut butter on the inside of it, for the ultimate effect. If you want to go next level, rub it on the outside of the mouth of the jar and roll it in cacao nibs!

### STEP THREE

Pour your smoothie inside that magical jar of choice, and top it off to make it POP!, or simply drink it on the go if you do not have time and don't want to be extra.

## NUTRITION FACT

Cacao is actually one of the highest forms of magnesium in nature, PACKED with antioxidants, calcium and zinc. You do not have to feel guilty about consuming this smoothie, because it is dairy free and nutrient dense!

By Jansen Andre



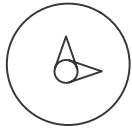
BREAKFAST

# EVERGREEN SMOOTHIE

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PREP TIME  
3 minutes



BLEND TIME  
2 minutes



SERVING  
1 person



DIFFICULTY  
2/10





## INGREDIENTS

- 2 large ripe bananas (frozen is better)
- 1/2 stalk chopped celery
- 1/4 cucumber
- 2 leaves chopped kale
- 1 tsp fresh ginger
- 1/2 lemon juiced
- 1 date (pitted)
- 1 cup coconut water

## OPTIONAL DECORATION

- Desiccated coconut
- Peanut butter

## LET'S MAKE MAGIC HAPPEN

### STEP ONE

Add all the ingredients into the blender and blend until creamy and smooth

### STEP TWO

Select your glass of choice and If you want to go next level, rub peanut butter on the outside of the mouth of the jar and roll it in desiccated coconut.

### STEP THREE

Pour your smoothie inside that magical jar of choice, and top it off to make it POP!, or simply drink it on the go if you do not have time and don't want to be extra.

## NUTRITION FACT

The lemon in here plays a key role as the source of vitamin C increasing the absorption of the iron contained in the dark leafy green.

By Jansen Andre



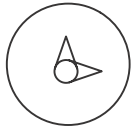
BREAKFAST

# EGGNOG SMOOTHIE

---



PREP TIME  
3 minutes



BLEND TIME  
2 minutes



SERVING  
1 person



DIFFICULTY  
2/10







## INGREDIENTS

- 1/2 cup cashews
- 1 1/2 cup filtered water
- 2 frozen bananas
- 1 medjool date (pitted)
- 1 tablespoon maple syrup
- Pinch of turmeric
- Pinch of cloves
- 3/4 teaspoon nutmeg
- 1/4 lemon juiced
- 1/2 vanilla pod

### OPTIONAL DECORATION

- Desiccated coconut
- Cinnamon
- Crushed cashews

## LET'S MAKE MAGIC HAPPEN

### STEP ONE

Add all the ingredients into the blender and blend until creamy and smooth

### STEP TWO

Select your glass of choice and If you want to go next level, dip the glass in rice malt syrup and then throw on mixed crushed cashews and desiccated coconut.

### STEP THREE

Pour your smoothie inside that magical jar of choice, and top it off to make it POP!, or simply drink it on the go if you do not have time and don't want to be extra.

## NUTRITION FACT

Cinnamon is an anti-bacterial and contains antioxidants that neutralises free radicals, preventing them from damaging the body.

By Jansen Andre



# 02 MAIN EVENT

BY CHEF JANSEN ANDRE

@PLANTSTRONGJANS





MAIN EVENT

# BAKED SPICED CAULIFLOWER

---



METHOD

bake



COOK TIME

60 minutes



SERVING

4 people



DIFFICULTY

5/10







## LET'S MAKE MAGIC HAPPEN

### STEP ONE

PREHEAT OVEN TO 200 DEGREES. (390 F)

Fill a baking dish half with water, and place it at the bottom of the oven.

This allows steam to rise and to cook the cauliflower through completely.

### STEP TWO

Cut out the core of the cauliflower, carefully though so not to destroy the shape yeah?! Now rinse it carefully and clean up any leaves, and put the cauliflower upside down in either a baking dish or a cast skillet ready for the oven.

### STEP THREE

Grab a mixing bowl and add in all of the ingredients, except the cauliflower, mix thoroughly to combine the paste. Pour half of this mixture inside the flipped cauliflower, and shake it around so the flavour runs through it completely. Flip it back over and paint that flavour over and over.

### STEP FOUR

In the oven it goes, for 30-50 minutes, depending how big your oven is. Once it is tender and cooked through, you can turn the oven onto GRILL until it gets brown and golden, make sure to watch this as it can burn quickly. Once removed, let it sit for a good 10 minutes, and watch your guests lose their mind.

## INGREDIENTS

- 1 medium head cauliflower
- 1/4 teaspoon cinnamon
- Pinch of cardamom
- Pinch of coriander
- 1 teaspoon turmeric
- Pinch of ground ginger
- 1 teaspoon smoked paprika
- 1 tablespoon cumin
- Pinch of cayenne
- 2 teaspoons maple syrup
- 2 teaspoons olive oil
- 2 tablespoons water
- 2 tablespoons tomato paste

## NUTRITION FACT

Cauliflower is a source of choline, an essential nutrient we need for mood, memory and recall.



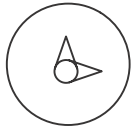
MAIN EVENT

# BROCCOLI PESTO PASTA

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METHOD  
blend/boil



COOK TIME  
5 minutes



SERVING  
4 people



DIFFICULTY  
3/10







## INGREDIENTS

- 2 cups broccoli florets
- 2/3 cup fresh basil
- 2 tablespoons olive oil
- 2 cloves garlic
- 1/3 cup walnuts
- 1 tablespoon lemon juice
- 1/4 cup nutritional yeast
- 2 packets chickpea fettuccine

## NUTRITION FACT

Basil is full on antioxidants. Many of basil's health benefits come from these antioxidants, as well as its **essential oils**. These compounds mostly disappear during the drying process, so opt for fresh basil whenever possible to gain the most benefits.

## LET'S MAKE MAGIC HAPPEN

### STEP ONE

Boil a medium sized pot of water, whilst this is happening grab broccoli and cut it into florets. Once the water has boiled, blanch the broccoli until it is tender!

### STEP TWO

In a high speed blender Add all the ingredients and blend until smooth. Careful not to blend it too much, as it is way better when you leave some texture in it and a little bit chunky!

### STEP THREE

Boil some water in a medium sized pot, and cook the pasta per the packets instructions. Please feel free to use regular pasta if you wish, I prefer the chickpea pasta because it is highly nutritious and super high in protein.

### STEP FOUR

It's time to grab yourself a bowl, or a plate and portion out your dish. Otherwise this is a great one to put all in a big bowl with the whole lot of pesto on top, or even better mixed through so the family can share it on the table!



MAIN EVENT

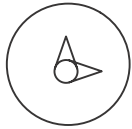
# LENTIL BOLOGNESE

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METHOD

cook



COOK TIME

45 minutes



SERVING

4 people



DIFFICULTY

5/10





## INGREDIENTS

- 4 cups lentils (canned)
- 250g finely diced mushrooms
- 1 carrot finely diced
- 1 stalk celery finely diced
- 150g crushed walnuts
- 1 tablespoon tamari
- 1/4 cup red wine
- 2 tablespoons tomato paste
- 3 cups diced tomato
- 1/2 cup water
- 1 clove garlic
- 1 diced onion
- 1 teaspoon dried rosemary & oregano
- 1 teaspoon smoked paprika
- 2 tablespoons vegetable stock
- 2 -3 packets chickpea fettuccine

## NUTRITION FACT

Lentils are PACKED with B vitamins and protein. Just one cup contains 17.9g protein! So this dish with the chickpea fettuccine is a HUGE protein FLEX!

[www.jansenandre.com.au](http://www.jansenandre.com.au)

## LET'S MAKE MAGIC HAPPEN

### STEP ONE

Finely dice the onion, garlic, celery, mushrooms and carrot. Sauté the onion and garlic in pan on medium heat until golden brown, then add the carrot and celery, and cook until tender. Add in mushrooms and cook down.

### STEP TWO

Next up add the herbs and spices until aromatic. then add the walnuts, tamari and tomato, and cook until tender. Now add the red wine, water, and vegetable stock, and let it simmer for 5 minutes. Finally add the lentils and cook through.

### STEP THREE

The longer this reduces on the stove, the better, the more depth of flavour you get in this rich sauce. The secret here is to pour half or just less than, into a blender and pulse. Add this back into the pot and mix through. This will add a meaty texture so it isn't just whole lentils! The family will be impressed, TRUST ME!

### STEP FOUR

Boil some water in a medium sized pot, and cook the pasta per the packets instructions. Please feel free to use regular pasta if you wish, I prefer the chickpea pasta because it is highly nutritious and super high in protein.

It's time to grab yourself a bowl, or a plate and and portion out your dish. Otherwise this is a great one to put all in a big bowl with the whole lot of bolognese on top, or even better mixed through so the family can share it on the table!





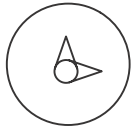
MAIN EVENT

# SHEPHERD'S PIE

---



METHOD  
bake



COOK TIME  
45 minutes



SERVING  
4 people



DIFFICULTY  
5/10







## INGREDIENTS

- 4 cups drained green/brown lentils (canned)
- 250g mushrooms
- 1 carrot
- 2 stalks celery
- 1 clove garlic
- 1 diced onion
- 200g frozen peas
- 1 tablespoon tamari
- 1/4 cup red wine
- 2 tablespoons tomato paste
- 1/2 cup diced crushed tomatoes
- 1 teaspoon dried rosemary & oregano
- 2 tablespoons vegetable stock powder
- 2 tablespoons chickpea flour (besan)
- 1/4 teaspoon pink salt
- 750g diced sweet potato (or Desiree potato)

## LET'S MAKE MAGIC HAPPEN

### STEP ONE

PREHEAT OVEN TO 200 DEGREES (390 F) GRILL, lets go!

Lets dice the onion and garlic right up. Do the same with the carrot and celery, but keep them separate.

Bring a pot of water to boil, to throw your diced potato in once HOT, this is the mash prep, cook until tender, then drain and mash with remaining mash ingredients!

### STEP TWO

Brown up that onion and garlic in a pan on medium heat! Add the tomato paste, dried herbs and a crack of salt, heat this until it smells delish, then add in your carrot and celery. Now it's time to dice up the mushies and throw them in until everything is tender. You can then add in the vegetable stock, and the drained lentils, simmer on low heat until liquid is absorbed, then add the red wine and peas.

### STEP THREE

Adjust the seasoning as needed, but now add the chickpea flour to thicken up the mixture, and cook through until the taste of chickpea is no longer there.

Now grab yourself a baking pan of your choice and spoon the base mixture in and flatten it smooth, REAL SMOOTH. Then top it with the mash. Here comes the secret for AESTHETIC, you ready? Grab yourself a fork and spin it on its back! Now run lines over the potato in one direction, being careful not to place too much pressure on the mash, letting the fork do the work!

### STEP FOUR

You can brush some vegan butter on top for that extra crunch factor, but it really is time to pop this in that oven and get it baking yo! 35-40 minutes, checking frequently to avoid burning the top, as this can happen quite quickly.

Once cooked, take it out of the oven and let it rest for a solid 35 minutes, if you cut it too soon it won't hold its shape. TRUST ME.

By Jansen Andre



MAIN EVENT

# BUTTER TOFU CURRY

---



METHOD

cook



COOK TIME

45 minutes



SERVING

10 people



DIFFICULTY

5/10







## INGREDIENTS

- 1250g organic tofu
- 250g cauliflower
- 20 steamed stalks broccolini
- 2 diced red capsicums
- 1 tablespoon curry powder
- 2 teaspoons cumin
- 2 1/2 teaspoons ground coriander
- 1 teaspoon cinnamon
- 1 teaspoon turmeric
- 1 teaspoons ground cayenne pepper
- 800g canned diced tomato
- 350g coconut cream
- 1/2 cup soaked cashews
- 3 tablespoons maple syrup
- 1 1/2 medium sliced onion
- 8 cloves garlic
- 30g ginger
- 5 cups cooked brown rice

## LET'S MAKE MAGIC HAPPEN

### STEP ONE

PREHEAT OVEN TO 200 DEGREES. (390 F)

Grab your tofu, squeezing as much water out of it as you can, then tear off pieces into bite size, these will be your (chickn) Next you want to throw these in a bowl and coat these in turmeric and maple syrup. Pop them in a tray and then into the oven, and bake until crispy. Do the exact same with the cauliflower, cutting them into florets and coating in the cayenne pepper. These will need a good 20 minutes.

### STEP TWO

Slice the onion, crush the garlic, and whack it in a pan on medium heat until aromatic. Next add in all the spices except the cayenne pepper. Once everything is coated in the pan, its time to add the diced tomatoes.

### STEP THREE

In a high speed blender add the cashews and coconut cream, blending until ULTRA creaminess is achieved. Pour this into the pan with the onion mixture, lowering the heat just a touch. Next add the tofu, and cauliflower and stir to coat and combine, simmering for another 15 minutes.

### STEP FOUR

Cook the brown rice according to the instructions on the packet and steam your broccolini, then it is time to grab yourself a plate, or a bowl.

First plate your rice, and top it off with the curry, and freshly steamed broccolini. If this is for the share table, keep the rice and the curry separate and let people serve themselves.



MAIN EVENT

# SWEET POTATO CHICKPEA CURRY

---



METHOD

cook



COOK TIME

30 minutes



SERVING

4 people



DIFFICULTY

4/10







## INGREDIENTS

- 1 1/2 cups drained and rinsed chickpeas
- 1 large sweet potato, diced
- 3/4 cup peanut butter
- 1/4 cup FULL FAT coconut cream
- 1 3/4 cup tomato passata
- 1/2 cup filtered water
- 1 cup chopped kale
- 1/4 diced brown onion
- 5 cloves of garlic
- 1 small knob of ginger
- 1 teaspoon smoked paprika
- 1 teaspoon sweet paprika
- 1 teaspoon ground turmeric
- 1 1/4 teaspoon ground cumin
- 1/2 lime juiced
- 2 cup cooked rice
- Salt (to season)

## LET'S MAKE MAGIC HAPPEN

### STEP ONE

PREHEAT OVEN TO 175 DEGREES. (350 F)

On a medium heat, fry off the onion and garlic until golden. Then add the drained chickpeas.

In a high speed blender, what you want to do is add, the tomato passata, ginger, peanut butter, coconut cream and water, blend on high until smooth and creamy! If it is too thick adjust the liquid. Add the smoked paprika, ground cumin, and turmeric and blend again!

### STEP TWO

Dice up the sweet potato into bite sized pieces, then slam them into a mixing bowl, and coat them in sweet paprika, and salt. Whack this into the oven, and cook until crispy and tender.

### STEP THREE

To the onions and chickpeas, pour in the sauce, and reduce the heat to low, you do not want to burn the sauce, just let it simmer. Once the sweet potatoes are ready, throw them in with the chopped Kale. Add in the lime juice and stir through. (This curry is generally a little thicker than some, so do not worry, otherwise add more water if you prefer).

### STEP FOUR

Steam the rice according to the packet instructions. Now grab a plate or a bowl, I usually like a semi shallow bowl to allow for a nice splay of the ingredients. If you do not care, then grab a bowl and throw in your portion and off you go!

## NUTRITION FACT

Chickpeas are high in soluble fibre, and because they are low-gi, they are absorbed and digested slowly, which means you will not only be fuller for longer, you will be energised.

By Jansen Andre



MAIN EVENT

# CRANBERRY MEATLOAF

---



METHOD

bake



COOK TIME

70 minutes



SERVING

8 people



DIFFICULTY

6/10





## INGREDIENTS

### NEATLOAF

- 1 onion diced
- 2 garlic
- 2 cup lentils
- 3 cups mushrooms
- 1/3 cup walnuts
- 8 tablespoons ground Flax
- 1 tablespoon oat flour
- 1/4 cup almond flour
- 1/3 cup dried cranberries (soaked)
- 1/2 large apple grated
- 1 teaspoon salt
- 1 teaspoon pepper
- 1 teaspoon dried sage
- 1 teaspoon dried thyme
- 1 teaspoon dried rosemary
- 1 tablespoon tamari
- 2 tablespoons tomato paste

### GLAZE

- 3 tablespoons ketchup
- 1 tablespoon apple cider vinegar
- 1 tablespoon rice malt

## LET'S MAKE MAGIC HAPPEN

### STEP ONE

PREHEAT OVEN TO 180 DEGREES (360 F)

Finely dice the onion, garlic, mushrooms, and walnuts. Sauté the onion and garlic in pan on medium heat until golden brown. Remove from heat and combine the remaining ingredients, into a mixing bowl, and thoroughly combine.

### STEP TWO

Into your chosen lined loaf tin, scrape the mixture in and flatten it smooth, so you have a level top, this is key for aesthetics and even baking!

### STEP THREE

Mix all the glaze ingredients together and paste them onto the loaf. Whack this into the oven for 60 minutes until cooked right through!

### STEP FOUR

When pulling out of the oven, let this sit for a minimum 30 minutes, it takes on more flavour, and is essential to hold its form! If you have left over glaze, now is the time to add it on, or just whip up a little more and paste it!

Trust me this is the ULTIMATE CONVERSATION STARTER, AND JAW DROPPER. The fam won't even know it is meat free!

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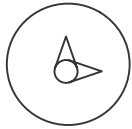
MAIN EVENT

# VEGE QUICHE

---



METHOD  
bake



COOK TIME  
45 minutes



SERVING  
4 people



DIFFICULTY  
5/10







## INGREDIENTS

### MIXTURE

- 500g firm tofu
- 2/3 cup almond milk
- 2 teaspoons tapioca starch
- 3 tablespoons nutritional yeast
- 1 teaspoon turmeric
- 1 teaspoon kala namak. (indian black salt)
- 2 tablespoons tamari
- 1 tablespoon olive oil
- 2 teaspoons dijon mustard
- 1 cup spinach
- 1 red capsicum diced
- 250g sliced mushrooms

### BASE

- 1 cup cooked brown rice
- 1 1/2 flax eggs

## LET'S MAKE MAGIC HAPPEN

### STEP ONE

PREHEAT OVEN TO 180 DEGREES. (360 F)

Grab yourself a food processor, this can also be done by hand, but it just won't be as smooth, or you can also use a high speed blender, personally the food processor produces the best result. Throw in all the ingredients except the vegetables and process until smooth. (if you are using your hands crumble the tofu as much as you can)

### STEP TWO

To make the flax egg for the base, mix 4 1/2 tablespoons of water with ground flax seeds. To your already cooked rice, add the flax egg and stir to combine. This mixture should stick together. You will need a round SPRINGFORM pan, for quick release. Line this pan with baking paper, and flatten the base mixture on top. Throw this in the oven for 15 minutes until crispy.

### STEP THREE

On a medium heat, saute all the vegetables, once cooked, turn down the heat and pour over the tofu mixture, heat through and allow to thicken. Spoon this on top of the cooked based and smooth it out!

### STEP FOUR

You can stop here and just put it in the oven for 45 minutes until done. OR what I like to do, is add cherry tomatoes to the top outer circle edge of this quiche, which really makes it pop through and through! Just make sure you let this rest a good 15 minutes before taking out of the pan and cutting up!



MAIN EVENT

# Satay tofu stirfry

---



METHOD

bake



COOK TIME

35 minutes



SERVING

4 people



DIFFICULTY

4/10





## INGREDIENTS

### SATAY

- 1 onion diced
- 2 garlic
- 1 cup crunchy peanut butter
- 2 cloves garlic
- 3 tablespoons tamari
- 1 tablespoon coconut sugar
- 3 tablespoons lime juice
- 2 red chilli
- 1/2 teaspoon salt
- 1 - 2 cups water

### STIRFRY

- 750g FIRM tofu
- 2 cups steamed carrots
- 2 cups steamed green beans
- 2 cups steamed brown rice
- 12 pieces broccolini
- 2 red chillies sliced up

## LET'S MAKE MAGIC HAPPEN

### STEP ONE

PREHEAT OVEN TO 200 DEGREES. (390 F)

Cube the tofu to your desired size, and bake it on a lined tray in the oven for roughly, 25 minutes until crispy.

### STEP TWO

In a high speed blender throw all of the satay ingredients except the peanut butter, and blend. Pour into a mixing bowl, and stir through the peanut butter, this should be a little chunky, texture is key here. Once the tofu is crisp throw it into this bowl of sauce to let it marinate.

### STEP THREE

Cook the rice as per packet instruction. Next steam all the veggies, I went with carrot, beans, and broccolini, but feel free to use what you feel.

### STEP FOUR

This is such a crowd pleaser at the table, if you are plating up to IMPRESS. Go for a dark plate and let this dish shine bright like a diamond. Place the rice down first, and then load up the satay tofu and veggies, if you have leftover satay in the bowl drizzle it on top for that restaurant effect.

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# 03 SIDES

BY CHEF JANSEN ANDRE

@PLANTSTRONGJANS





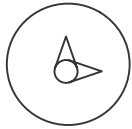
SIDES

# POTATO SALAD

---



METHOD  
steam



COOK TIME  
20 minutes



SERVING  
5 people



DIFFICULTY  
2/10







## INGREDIENTS

### DRY

- 1kg desiree potatoes
- 4 stalks celery finely diced
- 1/2 cup parsley finely chopped
- 1/2 cup dill finely chopped
- 1 red onion finely diced

### WET

- 1 cup vegan mayo
- 1 tablespoon apple cider vinegar
- 1 tablespoon rice malt syrup
- 1 teaspoon seeded mustard

## LET'S MAKE MAGIC HAPPEN

### STEP ONE

Bring a pot of water to boil and steam your quartered potatoes. Bare in mind you don't want to cut them too small, but you also don't want to have them too large. Boiling or steaming these is a sensitive job, you don't want them underdone, and you don't want them over cooked. Cook for 20 minutes until fork tender, and COOL ASAP.

### STEP TWO

Cut up the celery, herbs and onion really fine. Dice, dice baby. Then mix this in with the cooled potatoes

### STEP THREE

Mix all the wet ingredients together, you can even throw it in a high speed blender. Pour this over the potatoes and herbs, and cover them, being careful not to damage the potatoes.

Serve this in a big bowl for everyone. This is a family favourite in my house, and everyone who I make it for, it is simple yet it works so well.

## NUTRITION FACT

Potatoes are loaded with fibre, so can fill you up and ease your digestion. Because the potatoes are being eaten cold, there is more resistance starch which means it has the ability to lower blood sugar levels more than hot fresh cooked potatoes.

By Jansen Andre



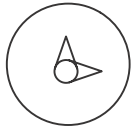
SIDES

# SWEET POTATO PUMPKIN MASH

---



METHOD  
steam



COOK TIME  
20 minutes



SERVING  
5 people



DIFFICULTY  
2/10







## INGREDIENTS

- 1 cup of sweet potato
- 1 cup of pumpkin
- 1 head of garlic
- 1/4 cup roasted cashews
- 1/4 cup nutritional yeast
- 1/2 lemon juiced
- 1 tablespoon maple syrup
- 1/4 cup coconut cream
- 1/2 teaspoon pink salt

## LET'S MAKE MAGIC HAPPEN

### STEP ONE

PREHEAT OVEN TO 190 DEGREES. (390 F)

Dice up the sweet potato and the pumpkin, throw it on a non-stick tray in the oven, no oil just dry bake and roast it along with the head of garlic. 30 minutes should do the trick.

### STEP TWO

In a high speed blender, blend the remaining ingredients and then pour into a mixing bowl. Add the roasted pumpkin and sweet potato. Grab that garlic out and squeeze it all into the bowl, OMG!

### STEP THREE

Now all that is left is to mash it up, keeping texture as we want some chunks, not too smooth, and boom, it's ready for the table.

## NUTRITION FACT

Pumpkin contains a load of vitamin C and beta carotene, pair this with the sweet potato, the conversion of vitamin A here is key. Essential for healthy growth and reproduction.

By Jansen Andre



SIDES

# CHIKN SNITZELS

---



METHOD  
BAKE & FRY



COOK TIME  
20 minutes



SERVING  
5 people



DIFFICULTY  
7/10







## INGREDIENTS

### SNITZEL

- 800g FIRM tofu
- 4 tablespoons mustard
- 200g chickpea flour
- 2 tablespoons olive oil
- 2 tablespoons tamari
- 1 teaspoon dried thyme
- 1/4 cup nutritional yeast
- 1 teaspoon sweet paprika

### CRUMBING

- 100g chickpea flour mixed with 100ml filtered water
- 1 cup almond meal
- 1/2 cup oat flour
- 1 teaspoon sea salt
- 1/4 cup nutritional yeast
- 1 teaspoon dried thyme
- 1/2 teaspoon smoked paprika

## LET'S MAKE MAGIC HAPPEN

### STEP ONE

Throw the tofu and mustard In a food processor, it is pretty essential or a high speed blender until a small ball is formed. Transfer into a mixing bowl and add all remaining snitzel ingredients and mix through until well combined. Refrigerate this mixture to let firm up.

### STEP TWO

Roll into 90g balls and flatten them into snitzel shapes.

### STEP THREE

Mix the chickpea flour with the water to create the egg wash for the crumbing to stick to. Now mix remaining CRUMB ingredients in a bowl.

With the flat snitzel dip it in the egg wash, and then coat it in the crumb, repeat on both sides, and place on a plate ready to fry.

### STEP FOUR

Grab a deepish pan, and fill with enough oil to shallow fry these snitzels, this will depends on the size of your chosen pan. Fry them off for 5 minutes either side or until golden. Place the fried snitzels on a plate lined with paper towel to soak up the excess oil.

## NOTE

This recipe is extremely close to my heart, it was one of the most popular items at my cafe in Melbourne. It is a true winner, and a great side dish for the table, or even for lunches during the week.

By Jansen Andre



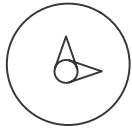
SIDES

# CARAMALISED PUMPKIN

---



METHOD  
BAKE



COOK TIME  
40 minutes



SERVING  
5 people



DIFFICULTY  
1/10







## INGREDIENTS

- 1 large jap pumpkin
- 1 teaspoon sweet paprika
- 1 teaspoon smoked paprika
- 1 teaspoon cumin
- 2 tablespoons maple syrup
- 1 tablespoon olive oil

## LET'S MAKE MAGIC HAPPEN

### STEP ONE

PREHEAT OVEN TO 190 DEGREES. (390 F)

Wash the pumpkin of all dirt and clean it up. Cut the pumpkin into wedges, the size of your choice. Leave the SKIN ON, this takes on a whole lot of flavour and is really where the pumpkin shines!

### STEP TWO

Throw the pumpkin into a mixing bowl, and drizzle it with maple syrup and olive oil. Now add all remaining spices, and massage all the flavours in for as long as possible, so the pumpkin can really marinate.

### STEP THREE

Lay the spiced pumpkin onto lined baking trays and whack them in the oven for 35 minutes until charred. Just make sure you check on them, we don't want to burn them for ourselves or our guests!

## NUTRITION FACT

Pumpkin is very low in calories, but super high in nutrients. Boasting a large amount of vitamin C and beta-carotene, which converts into vitamin A when digested.

By Jansen Andre



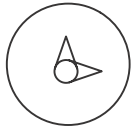
SIDES

# BROCCOLI PESTO

---



METHOD  
BLEND



COOK TIME  
20 minutes



SERVING  
4 people



DIFFICULTY  
2/10







## INGREDIENTS

- 2 cups broccoli florets
- 2/3 cup fresh basil
- 2 tablespoons olive oil
- 2 cloves garlic
- 1/3 cup walnuts
- 1 tablespoon lemon juice
- 1/4 cup nutritional yeast

## LET'S MAKE MAGIC HAPPEN

### STEP ONE

Boil a medium sized pot of water, whilst this is happening grab broccoli and cut it into florets. Once the water has boiled, blanch the broccoli until it is tender!

### STEP TWO

In a high speed blender add all the ingredients and blend until smooth. Careful not to blend it too much, as it is way better when you leave some texture in it and a little bit chunky!

### STEP THREE

Grab yourself a little bowl, or ramekin, and spoon in the luscious pesto. Top it with a drizzle more olive oil, some fresh lemon juice to avoid oxidation, fresh basil, and some nutritional yeast.

## NOTE

You did see this earlier in the cookbook, but just so you know, you are not limited to pasta, you can use this dipping for crackers, or even spread on some toast. It is versatile, so save this one for sure!

By Jansen Andre



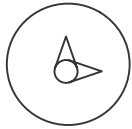
SIDES

# SATAY SAUCE

---



METHOD  
BLEND



COOK TIME  
20 minutes



SERVING  
5 people



DIFFICULTY  
2/10







## INGREDIENTS

- 1 onion diced
- 2 garlic
- 1 cup crunchy peanut butter
- 2 cloves garlic
- 3 tablespoons tamari
- 1 tablespoon coconut sugar
- 3 tablespoons lime juice
- 2 red chilli
- 1/2 teaspoon salt
- 1 - 2 cups water

## LET'S MAKE MAGIC HAPPEN

### STEP ONE

In a high speed blender throw all of the satay ingredients except the peanut butter and blend.

### STEP TWO

Pour into a mixing bowl, and stir through the peanut butter, this should be a little chunky, texture is key here.

## NOTE

I make satay sauce once a week at least and keep it in the fridge. It is also a great dipping sauce if you have spring rolls, or rice paper rolls, use this recipe, to get deluxe and wow your guests. Honestly, I have it on hand and add it to everything for lunch and dinners.

By Jansen Andre



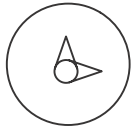
SIDES

# GARLIC ROASTED MASH POTATO

---



METHOD  
STEAM



COOK TIME  
20 minutes



SERVING  
5 people



DIFFICULTY  
2/10







## INGREDIENTS

- 1kg yukon gold potatoes
- 1 garlic head
- 1 head of garlic
- 1/4 cup nutritional yeast
- 1/2 lemon juiced
- 1/4 cup coconut cream
- 1/4 cup coconut milk
- 1 teaspoon pink salt

## LET'S MAKE MAGIC HAPPEN

### STEP ONE

PREHEAT OVEN TO 200 DEGREES. (390 F)

Boil a pot of water. Peel and dice up the potato into small cubes. The smaller you cut them, the quicker they cook, and the easier they are to mash, so it is up to you! Whack that whole garlic into the oven and wait 20 minutes for the magic until you pull it out!

### STEP TWO

Once the potatoes are fork tender, what you want to do is drain them and pour them into a mixing bowl. Add all remaining ingredients into the bowl!

### STEP THREE

Now all that is left is to mash it up, keeping texture as we want some chunks, not too smooth, and boom, it's ready for the table.

## NOTE

A side of mash potatoes will never go astray on Christmas Day, or any day for that matter. These healthy carbohydrates are sure to keep the kids full, and the big kids who want to watch their figure due to the high amount of fibre!

By Jansen Andre



# 03 DESSERTS

BY CHEF JANSEN ANDRE

@PLANTSTRONGJANS





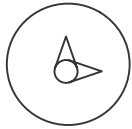
DESSERT

# CHOCO PUMPKIN BROWNIES

---



METHOD  
BAKE



COOK TIME  
25 minutes



SERVING  
5 people



DIFFICULTY  
7/10







## INGREDIENTS

### DRY

- 1 cup oat flour
- 1/4 cup cacao powder
- 3/4 teaspoon baking soda
- 1/2 teaspoon sea salt
- 3/4 cup coconut sugar

### WET

- 1/4 cup olive oil
- 1 teaspoon vanilla extract
- 1 cup roasted pumpkin
- 1 cup chocolate chips



## LET'S MAKE MAGIC HAPPEN

### STEP ONE

PREHEAT OVEN TO 175 DEGREES. (350 F)

Peel and cube pumpkin, then throw it in the oven to roast for a solid 25 minutes.

In a mixing bowl, stir all the dry ingredients thoroughly. In a separate bowl, mix together the wet ingredients, then slowly pour the dry ingredients into the wet. Stirring to combine, but not over mix. (Just make sure you mash the pumpkin well)

### STEP TWO

Line a baking tray of your choice and pour the mixture in, top with more chocolate chips. Bake for a total of 20-25 minutes, or until a skewer comes out clean from the centre.

### STEP THREE

Best results when you remove the brownies from the oven, and like I have said previously, let them rest and cool down, so that they set properly, if you have the patience.

### STEP FOUR

Go ahead and ice them with the avocado mousse, and some chocolate sauce to really go extra before you cut them up. Your family will be blown away just at how fudgy these are.

## NUTRITION FACT

Per 1 cup of pumpkin there is 3g of fibre, which is great if you are looking to increase your fibre intake.

By Jansen Andre





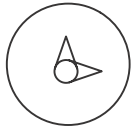
DESSERT

# SNOW WHITE CARROT CAKE

---



METHOD  
BAKE



COOK TIME  
60 minutes



SERVING  
5 people



DIFFICULTY  
7/10







## INGREDIENTS

### DRY

- 400g almond meal
- 400g carrot
- 100g rice flour
- 1 teaspoon vanilla extract
- 10g bi carb soda
- 15g cinnamon
- 15g fresh ginger
- 5g pink salt

### WET

- 350g coconut milk
- 250g coconut sugar
- 80g ground flax

### CASHEW ICING

- 1/2 cup cashews (soaked overnight)
- 1 tablespoon lemon juice
- 2 tablespoons maple syrup
- 1 tablespoon coconut oil

## LET'S MAKE MAGIC HAPPEN

### STEP ONE

PREHEAT OVEN TO 175 DEGREES. (350 F)

In a mixing bowl combine all the dry ingredients together. In a high speed blender, blend the wet ingredients until creamy.

### STEP TWO

Slowly pour the sauce from the jug into the dry ingredients, making sure to stir well, but not too well, you don't want to overmix it!

### STEP THREE

In a lined loaf tin, spoon the mixture into the tin, and pop it in the oven for 40-60 minutes. This cake is very moist, it DOES need a little cashew icing to light it up and complete it, again the choice is yours, how extra you want to go.

### STEP FOUR

Once the carrot cake is out of the oven, blend up the icing ingredients, and wait for the cake to cool before icing it. This is essential otherwise it will melt everywhere. Once cooled lather up that cake!

## NOTE

This recipe was and still is one of the most popular amongst the community of friends and family. It is actually super easy to make in terms of not much to do other than mix and blend. Feel free to add more ginger and spice through it if you want!

By Jansen Andre



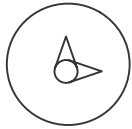
DESSERT

# WHOLESOME BANANA BREAD

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PREP TIME  
20 minutes



BAKE TIME  
60 minutes



SERVING  
8 people



DIFFICULTY  
6/10







## INGREDIENTS

(Makes two big loaves)

### DRY

- 32.5g tapioca flour
- 400g buckwheat flour
- 240g almond meal
- 320g oat flour
- 7.5g baking powder
- 11.5g bicarbonate soda
- 4g cinnamon
- 3g pink salt

### WET

- 1250g mashed banana (the riper the better)
- 60g lemon juice
- 80g chia seeds
- 200g blended apple
- 560g coconut sugar
- 200g coconut cream
- 200g coconut oil

## LET'S MAKE MAGIC HAPPEN

### STEP ONE

PREHEAT OVEN TO 175-180 DEGREES. (350 F)

Line a loaf tin with baking paper. Now combine all dry ingredients in one bowl, and all wet ingredients in a separate bowl.

### STEP TWO

Mix the dry ingredients slowly into the wet ingredients, to combine thoroughly, just make sure there is still a thick chunky texture.

### STEP THREE

Pour this mixture slowly into the already lined loaf tin and decorate it how you like. I always think less is more, so I go basic sliced banana to keep it real and authentic. (you can go berries if you want too)

### STEP FOUR

Bake for a solid 45-60 minutes, until a skewer comes out clean right in the middle. Then let it sit on the counter once it's done for at least 20 minutes. (if you try cutting it before then, it will crumble, so be patient my friend, be patient.

## NUTRITION FACT

Bananas contain high doses of potassium which can lower blood pressure. This popular fruit is also extremely high in fibre which is key for digestion. Just one medium-sized banana contains 3g!

By Jansen Andre



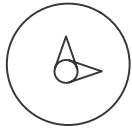
DESSERT

# PUMPKIN SPICE MUFFINS

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PREP TIME  
20 minutes



BAKE TIME  
30 minutes



SERVING  
8 people



DIFFICULTY  
6/10







## INGREDIENTS

### DRY

- 1/2 cup almond meal
- 1 3/4 cup oat flour
- 1/2 teaspoon ground ginger
- 1/2 teaspoon ground nutmeg
- 1/4 teaspoon ground cloves
- 1/2 teaspoon ground cinnamon
- 1/4 teaspoon sea salt
- 2/3 cup coconut sugar
- 2 teaspoons baking soda

### WET

- 3/4 cup pumpkin mash
- 1/4 cup maple syrup
- 1.5 flax eggs (1 1/2 tablespoon flax meal mixed with 4 tablespoons of water)
- 1 teaspoon vanilla extract
- 1/4 cup olive oil
- 1/2 cup water
- 2 tablespoons mashed banana

### TOPPING

- 3 tablespoons coconut sugar
- 3 tablespoons oat flour
- 2 tablespoons crushed pecans and almonds
- 1 1/4 tablespoons coconut oil
- 1 pinch cinnamon

## LET'S MAKE MAGIC HAPPEN

### STEP ONE

PREHEAT OVEN TO 175 DEGREES. (350 F)

First thing you want to do is make your flax eggs by mixing the ground flax with the water, set in fridge.  
Line a muffin tin with some patty pans.  
Just make sure you have cooked pumpkin at the ready!

### STEP TWO

To your flax egg, add the mashed banana, pumpkin, sugar, maple, oil, and vanilla extract, stir to combine.

### STEP THREE

In a mixing bowl, combine all your dry ingredients, then stir them into the wet mixture, little bit by little bit. The batter should be thick enough but not too runny that you can't spoon it, Okay? Spread this evenly amongst the tin, depending on how big you want the muffins this will make 8-10.

### STEP FOUR

Add all crumble ingredients in a separate bowl, then dress your muffins with it, be generous. NOW BAKE for 30 minutes until skewer comes out clean. Make sure to let them cool for 5 minutes when you pull them out, if you have the patience!

By Jansen Andre



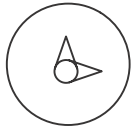
DESSERT

# MOIST MOCHA MUFFINS

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PREP TIME  
20 minutes



BAKE TIME  
40 minutes



SERVING  
8 people



DIFFICULTY  
6/10







## INGREDIENTS

### WET

- 1 1/2 cups banana
- 60g Coconut oil
- 1/3 cup soy milk
- 60ml coffee
- 175g coconut sugar

### DRY

- 50g cacao powder
- 1 1/4 teaspoon baking powder
- 3/4 teaspoon baking soda
- 120g oat flour
- 20g desiccated coconut
- 40g almond meal
- 1/2 teaspoon sea salt

### MOUSSE

- 1/2 avocado (medium)
- 2 tablespoons cacao
- 1/4 cup maple syrup
- 1/2 teaspoon vanilla extract
- 1/8 teaspoon sea salt

## LET'S MAKE MAGIC HAPPEN

### STEP ONE

PREHEAT OVEN TO 175 DEGREES. (350 F)

Now get down to your local coffee shop and ask for a double espresso, this is the amount of coffee you need! Now mix together the remaining wet ingredients into a mixing bowl along with the coffee. In a separate mixing bowl combine all the dry ingredients.

### STEP TWO

Slowly pour the wet ingredients into the dry, being careful not to over mix, as this will make the muffins doughy, and no one wants that!

### STEP THREE

Grab some patty pans and place them in the muffin tray if you wish, make it fun and colourful. Spoon the mixture into them a tablespoon at a time, Careful not to over fill them as it will spill out, depends what you want them to look like!

### STEP FOUR

Bang them in the oven for a good 40 minutes, until the skewer comes out clean in the middle. Then make sure to let them rest on the stove for at least 15 minutes if you can, this will allow them to hold shape and come together. I never wait, but look have the patience, it is worth it.

### NOTE

You can add an icing on top of these to make them extra decadent, or just leave them as they are. I make an avocado mousse icing which is basic, but you can find above (if using, blend it all up very very smooth.)

By Jansen Andre



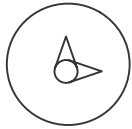
DESSERT

# BERRY CRUMBLE

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PREP TIME  
10 minutes



BAKE TIME  
35 minutes



SERVING  
6 people



DIFFICULTY  
4/10







## INGREDIENTS

### BERRIES

- 7-8 cups berries
- 3 tablespoons rice malt syrup
- 2 tablespoons tapioca starch

### CRUMBLE

- 1 cup ground peanut
- 1/3 cup desiccated coconut
- 1/3 cup flaked coconut
- 1/2 cup walnut chopped
- 1/2 cup pecans chopped
- 1/2 cup coconut sugar
- 1/2 teaspoon salt
- 4 tablespoons coconut oil
- 2 tablespoons rice malt syrup

## LET'S MAKE MAGIC HAPPEN

### STEP ONE

PREHEAT OVEN TO 180 DEGREES (350 F) ON GRILL.

Grab your berries and put them in your baking dish with the rice malt syrup and the starch. Mix this up

### STEP TWO

Throw all the crumb ingredients into a mixing bowl and thoroughly combine them!

### STEP THREE

Lather the berries with the crumb mixture on top evenly, so that it bakes well, and every bite you take, you get all the goodness. Throw this in the oven, for a solid 35 minutes, being sure to check you do not burn it, no one wants black charred crumb, absolutely no one!

### STEP FOUR

This can be served in the dish straight on the table and people can help themselves. Just get some plant based ice cream to go with it, and you've got yourself a banging dish that everyone will LOVE!

## NUTRITION FACT

Berries especially blackberries, contain a load of antioxidants and essential minerals, imperative for brain and cognitive function. The darker the berry colour, the more antioxidants it contains!

By Jansen Andre



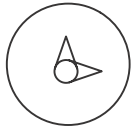
DESSERT

# SANTAS CHOC CHIP COOKIES

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PREP TIME  
15 minutes



BAKE TIME  
25 minutes



SERVING  
6 people



DIFFICULTY  
5/10







## INGREDIENTS

### WET

- 1 flax egg
- 1 banana
- 1/3 cup peanut butter
- 1 tablespoon coconut oil
- 3 tablespoon coconut sugar
- 1 teaspoon vanilla extract

### DRY

- 1/2 teaspoon baking soda
- 1/2 teaspoon baking powder
- 1/3 cup almond meal
- 3/4 cup oat flour
- 1/3 cup chocolate buttons

## LET'S MAKE MAGIC HAPPEN

### STEP ONE

PREHEAT OVEN TO 180 DEGREES (350 F)

To make the flax egg, combine 1 tablespoon ground flax with 3 tablespoons of water (warm is faster). In a mixing bowl combine all the wet ingredients and stir. In a separate mixing bowl combine all the dry ingredients.

### STEP TWO

Slowly pour the wet ingredients into the dry, making sure not to over mix, as this will result in chewy doughy cookies, ain't nobody sign up for that!

### STEP THREE

On a lined baking tray, create some circle discs with the mixture, about 2 tablespoons each, spread evenly apart, as keep in mind they will expand in the oven.

### STEP FOUR

Bake these for 20-25 minutes until golden. Now it is absolutely essential that you leave these cool down once you take them out, otherwise they will be soft, there is nothing wrong with that, but we are going for crunchy and dense, so have some patience.

## NOTE

If you leave these out for Santa, he is 100% going to leave you double the amount of presents under your tree. These are the best thing he will have on his deliveries all night, without a doubt!

By Jansen Andre



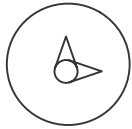
DESSERT

# APPLE CRUMBLE

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PREP TIME  
15 minutes



BAKE TIME  
25 minutes



SERVING  
6 people



DIFFICULTY  
4/10







## INGREDIENTS

### FILLING

- 4 medium apples (50/50 red and green) allows for sweetness and bite
- 1/2 a lemon (juiced)
- 1/3 cup coconut sugar
- 2 tablespoons apple juice (or coconut water)
- 1 teaspoon ground cinnamon
- 1 1/2 tablespoons tapioca starch
- 1/2 teaspoon freshly grated ginger
- Pinch of nutmeg (optional)

### TOPPING

- 1/2 cup rolled oats
- 1/2 cup almond meal
- 1/4 cup coconut sugar
- 1/4 cup crushed pecans
- 1/2 teaspoon cinnamon
- 1/2 cup coconut oil

## LET'S MAKE MAGIC HAPPEN

### STEP ONE

PRE-HEAT OVEN TO 175 DEGREES (350 F)

### STEP TWO

Peel apples, quarter them and remove core then thinly slice! Now we need to add ALL of the filling ingredients into a bowl and stir to combine so the apples are coated. In a separate bowl, do the same with the topping ingredients!

### STEP THREE

Legend, it's time to find that suitable baking dish you want to use, don't need to put too much effort into it, just grab a size or shape you like. Now it's time to add the crumble mixture on top of the apples, and bake until golden!

### STEP FOUR

LISTEN UP, this may be hard to do, but for the topping to be crunchy, when you pull it out of the oven it needs to rest for a solid 20 minutes to set.

TIP (you can serve this fresh with ice cream or store it in the freezer or fridge, the choice is yours, but I doubt it will last long, especially if it's in my house, it's gone in less than 60 minutes.),

## NUTRITION FACT

Apples are a great source of fibre, water and other important nutrients. Leaving the skin on here is absolutely essential, as that is where most of the fiber is actually held. Apples are also a rich source of water, and vitamin C which is essential for fighting off infections and damage caused by free radicals

By Jansen Andre



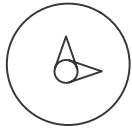
DESSERT

# CHOCOLATE ZUCCHINI LOAF

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METHOD  
BAKE



COOK TIME  
55 minutes



SERVING  
8 people



DIFFICULTY  
6/10







## INGREDIENTS

- 1/3 cup almond meal
- 3/4 cup oat flour
- 1/3 c coconut desiccated
- 1/4 cup soy milk
- 1/4 cup coconut oil
- 1/2 cup cacao powder
- 1 teaspoon baking powder
- 1 1/2 teaspoons baking soda
- 1/3 cup coconut sugar
- 1/4 cup maple syrup
- 1/4 cup apple puree
- 2 flax eggs
- 1/2 cup choc chips
- 1 cup zucchini

## LET'S MAKE MAGIC HAPPEN

### STEP ONE

PREHEAT OVEN TO 175 DEGREES (350 F)

Mix all the dry ingredients together in a mixing bowl, in a separate bowl, mix all of the wet ingredients. To make the flax eggs, mix 6 tablespoons of water with 2 tablespoons of ground flax (warm is faster).

### STEP TWO

Grate the zucchini into a bowl, and squeeze out as much excess liquid as you can, this will avoid the cake being too wet and soggy, which will take longer to cook, and not be as firm. Slowly pour the wet ingredients into the dry, being careful not to overmix.

### STEP THREE

In a lined loaf tin of your choice, pour the mixture in, it should not be too runny, but at the same time not too thick! Top off with sliced apples, or fruit of your choice.

### STEP FOUR

Throw it into the oven for a solid 45-50 minutes, depending on the strength of your oven. Make sure the skewer comes out clean from the centre, that is all that really matters, and of course, let it rest for a minimum 25 minutes.

## NUTRITION FACT

Zucchini is high in fibre and water content, so it adds for a good level of moistness in this cake, whilst also aiding in slowing down the absorption of the nutrients contained within this cake.

By Jansen Andre



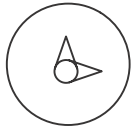
DESSERT

# CHOCOLATE BEAN BROWNIE

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METHOD  
BAKE



COOK TIME  
40 minutes



SERVING  
5 people



DIFFICULTY  
5/10







## INGREDIENTS

- 1 avocado (medium)
- 300g black beans
- 95g cacao powder
- 3 tablespoons Coconut oil
- 150g Coconut sugar
- 1 teaspoon baking powder
- 1/4 teaspoon pink salt
- 2 flax eggs
- 1/2 cup chocolate buttons

## LET'S MAKE MAGIC HAPPEN

### STEP ONE

PREHEAT OVEN TO 180 DEGREES (350 F)

To make the flax egg, mix 6 tablespoons of water with the 2 tablespoons of ground flax seeds (warm is faster).

### STEP TWO

In a food processor, add blackbeans and avocado. Process to combine and make a smooth mixture. Add the remaining wet ingredients and combine. Next add the dry ingredients and process until well combined, you should now have a thick chocolate mixture.

### STEP THREE

Put this into a lined baking dish, and throw it into the oven for 40 minutes until a skewer comes out clean.

### STEP FOUR

This is also a patience recipe, in fact anything baked really, when you pull it out of the oven, walk away and forget about it for a minimum 20 minutes.

## NOTE

This is the ultimate combo for NEXT LEVEL fudge brownies. Flourless, and protein intake per bite, is on point. You can also add the avocado mousse icing on top, that I used in the mocha muffins, or leave them as is. These are guaranteed to get everyone in your family talking.

By Jansen Andre



DESSERT

# DOUBLE CHOCOLATE COOKIE

---



METHOD  
BAKE



COOK TIME  
20 minutes



SERVING  
5 people



DIFFICULTY  
6/10







## INGREDIENTS

### WET

- 1 cup coconut sugar
- 1/2 cup olive oil
- 1 teaspoon vanilla extract
- 2 tablespoons maple syrup

### DRY

- 1 cup oat flour
- 1 teaspoon baking powder
- 1/2 teaspoon baking soda
- 1/2 teaspoon sea salt
- 1/3 cup cacao powder

### EXTRA

- 1/2 cup chocolate chips

## LET'S MAKE MAGIC HAPPEN

### STEP ONE

PREHEAT OVEN TO 180 DEGREES (350 F)

In a mixing bowl, combine all the dry ingredients. In a separate bowl mix together all the wet ingredients. Now pour the wet ingredients slowly into the dry, being careful not to overmix.

### STEP TWO

Fold through the chocolate chips, and put the mixture in the fridge to harden up.

### STEP THREE

On a lined baking tray, create some circle discs with the mixture, about 2 tablespoons each, spread evenly apart, as keep in mind they will expand in the oven.

### STEP FOUR

Bake these for 20-25 minutes until a nice brown colour. Now it is absolutely essential that you leave these cool down once you take them out, otherwise they will be soft, there is nothing wrong with that, but we are going for crunchy and dense, so have some patience.

## NOTE

Just when you thought you couldn't have enough chocolate, here is **DOUBLE** the amount of goodness. Make sure to store these in an air-tight container after cooling down, IF THEY MAKE IT!!

By Jansen Andre



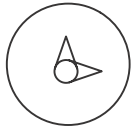
DESSERT

# PEANUT BUTTER BROWNIE

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METHOD  
BAKE



COOK TIME  
40 minutes



SERVING  
5 people



DIFFICULTY  
6/10







## INGREDIENTS

### DRY

- 1 cup oat flour
- 1/4 cup cacao powder
- 1/2 teaspoon baking powder
- 1/2 teaspoon salt

### WET

- 3/4 cup coconut milk
- 3/4 cup peanut butter
- 3/4 cup coconut sugar
- 2/3 cup chocolate buttons
- 2 flax eggs

## LET'S MAKE MAGIC HAPPEN

### STEP ONE

PREHEAT OVEN TO 180 DEGREES (350 F)

To make the flax egg, mix 6 tablespoons of water with the 2 tablespoons of ground flax seeds (warm is faster).

### STEP TWO

Mix the dry ingredients together in a bowl. To the flax eggs, add the remaining wet ingredients, and stir to combine. Slowly pour the dry ingredients into the wet. Being careful not to over stir, otherwise the brownies will turn out tough, no body wants tough brownies.

### STEP THREE

Pour the mixture into a lined baking dish of your choice. What I like to do now to add extra beauty and flex to these already delicious brownies, is swirl some smooth peanut butter on top, so when it bakes it takes on a better look.

### STEP FOUR

Bake these in the oven for a solid 40 minutes, or until the skewer comes out clean. Try your best to let these cool down for at least 15 minutes on the stove before try to cut into them. I will as always, leave the patience up to you!

## NOTE

These are naughty and nice at the same time. Keep them basic for yourself and everyone, or you can have them with some plant-based ice cream. Personally they are great on their own.

By Jansen Andre



# 04 DRINKS

BY CHEF JANSEN ANDRE

@PLANTSTRONGJANS





DRINKS

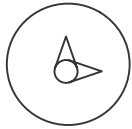
# CHOCCY SMOOTHIE

## EGG NOG SMOOTHIE

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PREP TIME  
3 minutes



BLEND TIME  
2 minutes



SERVING  
4 people



DIFFICULTY  
3/10







## CHOC CY SMOOTHIE

- 2 large ripe bananas (frozen is better)
- 2 tablespoons peanut butter
- 1 date
- 1 tablespoon cacao powder
- 1 cup soy milk

### OPTIONAL DECORATION

- Desiccated coconut
- Peanut butter
- Cacao nibs
- Crushed peanuts



## EGG NOG SMOOTHIE

- 1/2 cup cashews
- 1 1/2 cup filtered water
- 2 frozen bananas
- 1 medjool date (pitted)
- 1 tablespoon maple syrup
- Pinch of turmeric
- Pinch of cloves
- 3/4 teaspoon nutmeg
- 1/4 lemon juiced
- 1/2 vanilla pod

### OPTIONAL DECORATION

- Desiccated coconut
- Cinnamon
- Crushed cashews

## LET'S MAKE MAGIC HAPPEN

### STEP ONE

Add all the ingredients into the blender and blend until creamy and smooth

### STEP TWO

Select your glass of choice and If you want to go next level, dip the glass in rice malt syrup and then throw on mixed crushed cashews and desiccated coconut.

### STEP THREE

Pour your smoothie inside that magical jar of choice, and top it off to make it POP!, or simply drink it on the go if you do not have time and don't want to be extra.



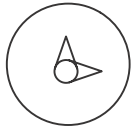
DRINKS

# EVERGREEN SMOOTHIE

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PREP TIME  
3 minutes



BLEND TIME  
2 minutes



SERVING  
1 person



DIFFICULTY  
2/10







## INGREDIENTS

- 2 large ripe bananas (frozen is better)
- 1/2 stalk chopped celery
- 1/4 cucumber
- 2 leave chopped kale
- 1 tsp fresh ginger
- 1/2 lemon juiced
- 1 medjool date (pitted)
- 1 cup coconut water

### OPTIONAL DECORATION

- Desiccated coconut
- Peanut butter

## LET'S MAKE MAGIC HAPPEN

### STEP ONE

Add all the ingredients into the blender and blend until creamy and smooth

### STEP TWO

Select your glass of choice and if you want to go next level, rub peanut butter on the outside of the mouth of the jar and roll it in desiccated coconut.

### STEP THREE

Pour your smoothie inside that magical jar of choice, and top it off to make it POP!, or simply drink it on the go if you do not have time and don't want to be extra.

## NUTRITION FACT

The lemon in here plays a key role as the source of vitamin c increasing the absorption of the iron contained in the dark leafy green.

By Jansen Andre



DRINKS

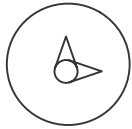
# MEXICAN HOT CHOCO

## PEPPERMINT HOT CHOCO

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PREP TIME  
2 minutes



BLEND TIME  
2 minutes



SERVING  
1 person



DIFFICULTY  
1/10







## THICK MEXICAN HOT CHOC

- 1 cup almond milk
- 1 cup cashews soaked
- 3 tablespoons cacao powder
- 2 tablespoons coconut sugar
- 1/2 teaspoon cinnamon
- Pinch ground cayenne
- Pinch ground nutmeg
- Pinch salt



## PEPPERMINT HOT CHOC

- 1 1/2 cups almond milk
- 2 drops peppermint essence
- 2 tablespoons maple syrup
- 2 tablespoons cacao powder
- 1/2 cup cashews soaked

## LET'S MAKE MAGIC HAPPEN

### STEP ONE

For each hot drink throw it all into a high speed blender, and blend until smooth and creamy. Pour this into a pot on low heat to avoid burning and heat through.

### STEP TWO

Select your mug of choice and pour your hot delicious drinks inside, these are perfect for by the fire place on a white Christmas, or in winter all rugged up.



DRINKS

# GINGERBREAD HOT CHOCOLATE

## GOLDEN LATTE

## PUMPKIN SPICE LATTE

---



PREP TIME

2



HEAT TIME

3 minutes



SERVING

1 person



DIFFICULTY

2/10







## PUMPKIN SPICE LATTEE

- 1 1/2 cups oat milk
- 1/2 cup coffee
- 1/4 cup pumpkin mashed
- 3 tablespoons maple syrup
- 1 teaspoon blackstrap molasses
- 1/2 teaspoon ground ginger
- 1/2 teaspoon ground cinnamon
- 1/4 teaspoon ground nutmeg



## GINGERBREAD HOT CHOCO

- 1 cup soy milk
- 1 teaspoon blackstrap molasses
- 2 tablespoons cacao powder
- 1/2 teaspoon ground ginger
- 1/2 teaspoon ground cinnamon
- 1/4 teaspoon ground nutmeg
- Pinch cloves

## GOLDEN LATTEE

- 2 1/2 cups almond milk
- 1 1/2tsp ground turmeric
- 1/2tsp ground ginger
- 1 tbsp coconut oil
- Pinch black pepper



## LET'S MAKE MAGIC HAPPEN

### STEP ONE

For each drink add all the ingredients into a small pot on the stove and heat on a low heat to avoid is burning!

### STEP TWO

Select your mug of choice and pour your hot delicious drinks inside, these are perfect for by the fire place on a white Christmas, or in winter all rugged up.

By Jansen Andre



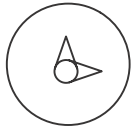
DRINKS

**RED VELVET SMOOTHIE**  
**GOLDEN SMOOTHIE**  
**BERRY BELL SMOOTHIE**

---



PREP TIME  
2 minutes



BLEND  
5 minutes



SERVING  
1 person



DIFFICULTY  
2/10







## BERRY CHERRY BELL SMOOTHIE

- 1 cup coconut water
- 1 cups frozen mixed berries
- 1 cup frozen pitted cherries
- 2 frozen bananas
- 1 tablespoon almond butter



## GOLDEN SMOOTHIE

- 1 frozen banana
- 1 cup coconut milk
- 1/2 teaspoon turmeric
- Pinch ground nutmeg
- Black pepper
- 1/2 teaspoon ground cinnamon
- Pinch cloves
- Pinch cardamom
- 1 tablespoon fresh ginger

## RED VELVET SMOOTHIE

- 2 frozen bananas
- 3 medjool dates (pitted)
- 2 tablespoons cacao powder
- 3/4 cup plant-based milk
- 1/2 teaspoon vanilla extract
- 1/3 cup beetroot



## LET'S MAKE MAGIC HAPPEN

### STEP ONE

For each drink throw EVERYTHING into a high speed blender and blend until smooth and creamy, dreamy.

### STEP TWO

Select your jar of choice and pour your frosty goodness down and inside. Feel free to decorate the glass however you wish, or just place it in the fridge ready to go for work the next day! The choice is all yours.

By Jansen Andre



# THANK YOU



From the bottom of my heart I want to say a massive thankyou to everyone who made this book come together in such a short period of time. All of the hard work in the leadup to this getting published and finalised, close friends and family supporting me, and being there on call when I needed.

This is my first recipe book that I have published. It is something I have put off for a good 5 years, but finally decided to take action and get it done. I enjoyed the whole process, the highs and the lows, the laughs and the stress.

## BIG THANKYOU TO THE FOLLOWING HUMANS:

- > Food styling and BTS: Stefan Torres
- > Photography: Benjamin Lysaght
- > Website/Graphic design: Plexo

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