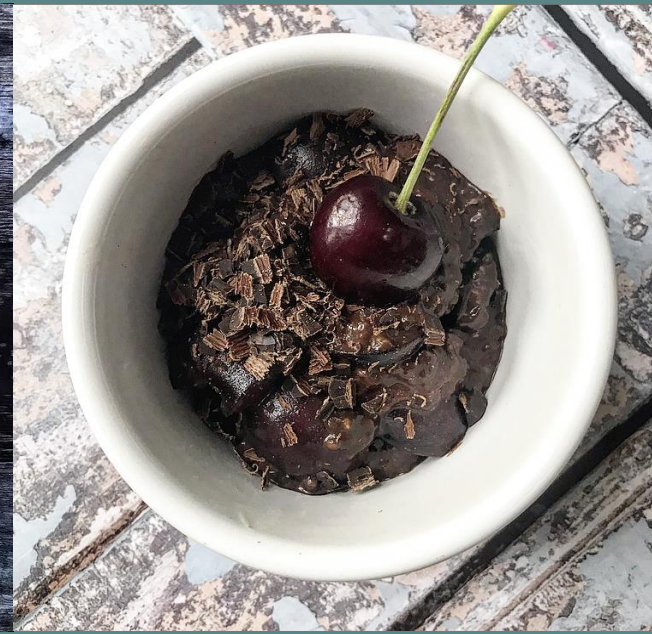


Joanne Simpson
NUTRITION AND WELLBEING



Eat More Plants

Simple and delicious plant based recipes

About this recipe book

The aim of this recipe book is to support someone who wants to increase their intake of plant based food. It can be used as a starting point for implementing a vegan diet or simply just to provide some recipes or ideas for more plant based eating. The recipes aren't necessarily all strictly vegan, they can be adapted for vegetarian or to even include meat and fish which can be useful if someone in the household doesn't want to be solely plant based. Changing your way of eating can be challenging enough in the first place without cooking lots of different meals for everyone in the family. Flexibility is important in our busy, often hectic lifestyles which is why I have made the recipes as adaptable as possible.

Here are some tips about starting a plant based diet:

Starting eating one plant based or vegan meal a day.

Try having a 'Meatless Monday'.

Simply add more vegetables to your plate.

Start with trying some plant based snacks.

Add a vegan side dish of salad or vegetables to your meals.

Try out a new vegan recipe each week.

Eat out at a vegan café or restaurant.

Follow vegan or plant based accounts on Instagram for inspiration.

I hope you enjoy the recipes in this e book and find them a useful starting point.

If you would like further help with changing your diet or a health issue then I run several courses and coaching programmes, book a complimentary phone call to find out more.

<https://www.jsnutritionandwellbeing.co.uk/page/contact/>

Kindest regards

Joanne



Breakfasts

Chocolate, Raspberry and Hazelnut
Proats

Apple Pie Overnight Oats

Quinoa Porridge

Lighter Bites

Hummus

Superfood Salad

Lentil Balls

Main Meals

Thai Red Curry

Kale, green lentil and new potato stew

Veggie Chilli

Something Sweet

Peanut Cookies

Black Forest Chia Pudding

Fruit Crumble



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Chocolate, Hazelnut & Raspberry Proats

A balanced breakfast with protein, complex carbs and healthy fats which will keep you satisfied and energy levels stable until lunch. Oats are not only packed full of nutrients but they are also high in fibre supporting digestive health



Ingredients

- 40g rolled oats
- 1 tsp cocoa powder
- 30g chocolate protein powder
- 100ml plant based milk
- 100ml water
- 1 tbsp hazelnuts
- ½ tbsp ground flax seeds
- 50g fresh or defrosted frozen raspberries



Serves : 1

Nutrition per serving:

Calories : 340

Protein: 27g

Carbs: 31g

Fat: 13g

Fibre : 8g

Method

- *In a bowl or a jar combine the oats, cocoa powder, chocolate protein powder, hazelnuts and flax seeds.
- *Add the milk and mix well. Set aside for 15-20 minutes or alternatively make it the night before and keep in the fridge.
- *Top with the raspberries and hazelnuts when ready to serve.

Recipe Notes

For vegan, use dairy free protein powder or alternatively use whey.

You can swap the fruit and nuts for any type: cherries and pistachios also make great combination

Apple Pie Overnight Oats

Apples can make a great addition to breakfast. Not only are they packed with vitamins and minerals but they can support digestive health as they contain prebiotic fibre which feeds our beneficial bacteria.



Ingredients

- 40g rolled oats
- 150ml oat milk or other plant based milk
- 1 apple
- 1 tsp ground flax seeds
- 7-8 pecans chopped
- ½ tsp cinnamon
- 1 tsp honey or maple syrup



Serves : 1

Nutrition per serving:

Calories : 397

Protein: 8g

Carbs: 55g

Fat: 15g

Fibre : 11g

Method

*Combine the oats, milk, cinnamon, ½ the apples grated, ½ the pecans (chopped) and honey in the tub or jar you are using and mix well.

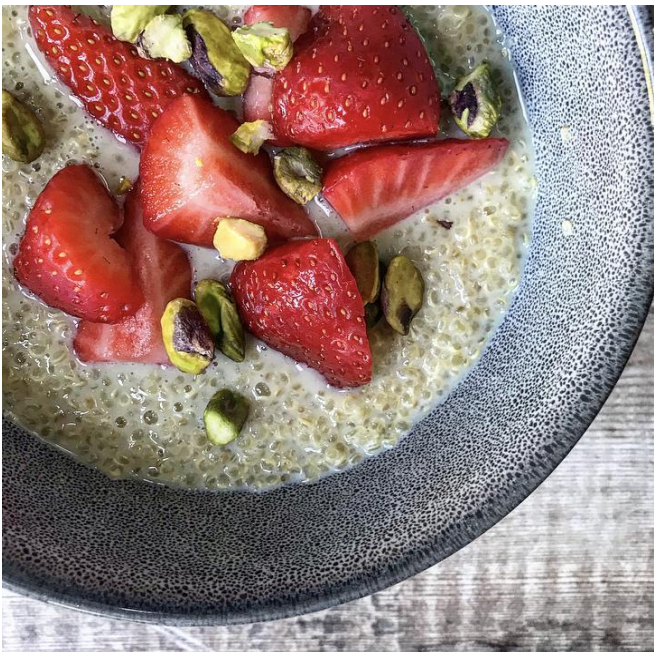
*Leave in the fridge overnight. When ready top with the rest of the apple (grated or finely diced and the pecans). Alternatively, you can add the whole apple and all of the pecans in one go - this can be a better option if you just want to grab it in the morning before work and are short of time.

Recipe Notes

You can use any fruit or nuts that you like. Rather than overnight, you can leave it for a fridge for a couple of hours which gives similar results.

Quinoa Porridge

Quinoa is a nutrient dense grain that's high in protein (it contains all essential amino acids), fibre and is high in B vitamins, magnesium and iron. It makes a more textured porridge than oat as it is grainier.



Ingredients

50g dry quinoa

500ml oat milk

Topping suggestions:

Berries (fresh or frozen)

Nuts

Seeds



Serves : 2

Nutrition per serving:

Calories : 343

Protein: 10g

Carbs: 55g

Fat: 2g

Fibre : 5g

Method

*In a small pan, add the dry quinoa and milk.

Heat up and simmer for about 20 minutes until the grains are cooked and the milk has been absorbed.

Recipe Notes

*If you are short on time on a morning you can make this the night / day before, split into 2 portions.

It's nice eaten hot or cold.



Hummus

Hummus makes a great snack or light lunch served with celery or carrot sticks, crackers or oat cakes. The chickpeas provide an excellent source of protein and are high in fibre supporting digestive health and blood sugar balance. It also provides healthy fats from the olive oil and the tahini.



Ingredients

A tin of chickpeas (drained)
1 tbsp tahini
2 tbsp olive oil
2-3 tbsp water
1 garlic clove
Juice of a lemon
½ tsp cumin
Seasoning



Serves : 4

Nutrition per serving:

Calories : 190

Protein: 6g

Carbs: 17g

Fat: 11g

Fibre : 5g

Method

*Add all the ingredients to a food processor or blender and combine until it makes a smooth paste. If the mixture appears a bit too thick then simply add a touch more water until it reaches the desired consistency. Add seasoning or a touch more lemon juice to your taste.*When serving, you can drizzle a touch more olive oil and a sprinkling of cumin.

Recipe Notes

This makes 3-4 portions and can be kept in the fridge for a few days.

For a spicy version add 1 tbsp Harissa and 5-6 sundried tomatoes. Harissa is a spicy paste made with chilli from Northern Africa /Middle East. It can be bought in most supermarkets.

Superfood Salad

This plant based salad is quick to make and packed full of nutrients and versatile as it can be adapted to any ingredients you have. Quinoa is a high protein grain and combined with the high fibre beans and veg it's great for digestive health.



Ingredients

250g cooked quinoa (microwave bag)

1 tin of beans e.g. butter, kidney, black, borlotti.

A selection of veg e.g. peppers, spring onion, red onion, grated carrot or courgette, cucumber, tomatoes, celery.

Chopped fresh herbs e.g. mint, parsley, coriander

Antipasto ingredients e.g. artichokes, sun dried tomatoes, roasted peppers.

Dressing : 2 tbsp olive oil 1 tbsp apple cider vinegar or lemon juice 1 tsp Dijon mustard 1 tsp honey seasoning



Serves : 3

Nutrition per serving:

Calories : 303

Protein: 11g

Carbs: 43g

Fat: 8g

Fibre : 7g

Method

*Cook the quinoa by following the microwave instructions on the packet, then place in a large bowl and allow to cool.

*While it is cooling, make the dressing by simply combining all the ingredients in a small glass or jar and mix well.

*Chop or grate any of your chosen salad ingredients if needed.

*When the quinoa has cooled, add the dressing, chopped herbs and salad ingredients and mix well.

*Serve with your protein of choice and sprinkle any nuts or seeds if including over the top.

Recipe Notes

This recipe is so versatile as you can use any ingredients to suit your food preferences and also what you have in the fridge or cupboards. Add avocado for some extra healthy fats, swap the beans for avocado or even feta or chicken if making a non vegan version. Its ideal to put into containers and take to work for lunch.

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NUTRITION AND WELLBEING

Lentil Balls

Lentils are high in fibre which supports digestive health, provide a source of plant based protein and are also full of B vitamins and iron.



Ingredients

- 150g dried green or Puy lentils
- 1 onion (finely diced)
- 1 clove of garlic
- 100g mushrooms
- 1 tbsp olive oil
- 2 tbsp miso paste
- Fresh parsley or coriander



Serves : 20 balls
Nutrition per ball:
Calories : 37
Protein: 2g
Carbs: 5g
Fat: 15
Fibre : 2g

Method

- *Cook the dry lentils in a pan of water (this usually takes 25 mins in boiling water with the lid off). When cooked, drain and set aside to cool.
- *In a small pan, fry the onion with the olive oil and garlic until it softens.
- *Add the mushrooms and cook for a further 5 minutes before adding the miso paste and stirring it in. set aside until cooled.
- *Once they have both cooled slightly (warm is fine), add both the lentils and onion/mushroom mixture to the food processor along with a handful of fresh herbs and blitz until it forms a paste.
- *Using your hands, mould the mixture into balls (a tablespoon measure helps you get equal amounts for similar sized balls). Place them onto a lined baking tray and cook in the oven for 35-40 minutes until they have cooked through and browned.

Recipe Notes

These freeze well or can be kept in the fridge for a few days. You can serve them with some rice, salad or veg or they make a great filling for a pitta or flatbread. The recipe makes approx. 18 – 20 balls or 3-4 servings.

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Main Meals



Thai Curry

This delicious curry is quick to make and packed full of nutrient dense vegetables providing antioxidants and fibre.



Ingredients

- ½ tbsp light olive oil or coconut oil
- 1 small red onion (sliced)
- 2 sweet potatoes (peeled and diced)
- 1 red pepper (sliced)
- 100g mushrooms (sliced)
- 1 pak choi
- 1 tin coconut milk
- 1 sachet / tbsp of Thai curry paste (red or green)
- 2 tbsp tamari or soy sauce
- 7-8 cherry tomatoes
- Juice of a lime
- Fresh coriander



Serves : 3

Nutrition per serving:

Calories : 355

Protein: 6g

Carbs: 32g

Fat: 23g

Fibre : 6g

Method

- *In a large frying pan, saute the onions, sweet potato and peppers in the oil until they have softened.
- *Add the thai paste and mix in and cook for a further few minutes.
- *Add the coconut milk, mushrooms and cherry tomatoes.
- *Gently simmer for 5-7 minutes until the sweet potato is cooked through.
- *Finally add the pak choi, tamari, lime juice and fresh coriander and simmer for a further few minutes to wilt the pak choi.

Recipe Notes

Serve with coconut or basmati rice. The nutritional information is for curry only.

Any vegetables can be used: any type of greens e.g. kale, chard, swap the sweet potato for butternut squash.

Green Lentil, New Potato and Kale Stew

A hearty, plant based stew packed full of fibre and nutrients that makes a great meal to batch cook and freeze.



Ingredients

- 1 tbsp olive oil
- 2 cloves of garlic (finely chopped or minced)
- 1 white or red onion (diced)
- 1 leek (sliced)
- 150g mushrooms (sliced or quartered)
- 100g dried green lentils
- 250g new potatoes
- 1 tbsp miso paste
- 100g kale
- 700ml vegetable stock
- Fresh coriander or flat leaved parsley (chopped)



Serves : 2

Nutrition per serving:

Calories : 296

Protein: 10g

Carbs: 42g

Fat: 9g

Fibre : 9g

Method

*Gently fry the onion, leek and garlic in the olive oil until they have softened.

*Add the mushrooms, lentils, new potatoes (cut in half if they are quite large, about 2 cm in length works well)) miso paste, stock and gently simmer for 35-40 minutes (no lid) until the lentils and potatoes have softened and the liquid had reduce down.

*Add the kale and fresh herbs, pop the lid on the pan and cook for a further 5 minutes.

Recipe Notes

Miso paste is made from fermented soya beans and adds a lovely depth of flavour. It is widely available in supermarkets. I used white miso in this recipe but any type would work well. Miso is also great to support digestive health as it is a probiotic food.

If adapting the meal for any non vegans then it goes lovely with cod or chicken.

Veggie Chilli

Who doesn't love a chilli? Beans provide many health benefits: they increase fibre supporting digestion which also helps control blood sugar. They are rich with plant protein and are a great prebiotic food, feeding our beneficial gut bacteria.



Ingredients

- 1 large onion finely diced
- 1 celery stalk finely chopped
- 1 carrot, peeled and finely diced.
- 2 peppers sliced
- 2 cloves of garlic finely chopped
- 1 tsp cumin
- 1 tbsp. dried oregano
- 1 tbsp smoked paprika
- ½ —2 tsp fresh red chilli, chilli flakes
- 500g passata
- 5-6 sun dried tomatoes finely diced.
- 1 can of drained beans e.g. kidney, cannelloni, black
- 750 ml beef stock (gf if needed)
- fresh coriander (chopped) and seasoning

Method

- * In a large pan, fry the onion, carrots, celery and garlic in olive oil until softened.
- *Add the mushrooms and peppers and continue to cook for a further 5 minutes.
- *Add the cumin and smoked paprika cooking for a further few minutes.
- *Next add and stir in the passata, sun dried tomatoes, stock, chilli and oregano.
- *Simmer gently over a very low heat. Keep popping back to check on it. It takes a good 30 minutes for it to reduce down and make a lovely rich sauce.
- *When it's almost done add your beans and some fresh chopped coriander (check for seasoning).

Recipe Notes

It's lovely served with some basmati rice or sweet potato wedges. Add a dollop of coconut or Greek yogurt and jalapenos on top. The recipe makes 3-4 portions. Nutritional info is just for the chilli.



Serves : 3-4

Nutrition per serving:

Calories : 214

Protein: 13g

Carbs: 33g

Fat: 5g

Fibre : 11g

Something Sweet



Peanut Cookies

These gluten free, plant based biscuits are great to have with a cuppa. The oats provide a source of complex carbs which help keep energy levels stable and support digestive health.



Ingredients

125g smooth peanut butter
75g maple syrup or honey
150g rolled oats
30g buckwheat or brown rice flour
50g coconut oil or butter (melted)



Serves : 20

Nutrition per serving:

Calories : 102

Protein: 2g

Carbs: 10g

Fat: 6g

Fibre : 1g

Method

- *Combine all the ingredients in a large bowl and mix well. Let the mixture rest for 10 mins.
- *Roll out onto a clean surface using a rolling pin to about ½ cm in thickness.
- *Cut out biscuit shapes with a cutter of your choice, then place on a lined baking tray (alternatively roll into balls and press down to form the biscuits).
- *Bake in an oven for approx. 15 minutes at 170°C (fan) or until browned.
- *When cooked, transfer to a wire rack to cool.

Recipe Notes

Makes 20 biscuits. Store in an airtight container and they will keep for a week or they freeze really well
Drizzle over melted chocolate as an indulgent, optional topping. Any type of flour can be used.

Black Forest Chia Pudding

This is a dessert with many benefits. The chia seeds provide anti inflammatory omega 3 fats and fibre which is excellent for digestive health. The cocoa powder and cherries are also a great source of antioxidants.



Ingredients

- 1 tbsp chia seeds
- 4 tbsp/60ml oat or other plant based milk
- 1 tbsp cocoa powder
- 1 tsp honey or maple syrup
- 50g cherries (frozen or fresh)
- 1 square/10g 70% chocolate or 1 tsp of cacao nibs (optional)



Serves : 1

Nutrition per serving:

Calories : 195

Protein: 5g

Carbs: 25g

Fat: 8g

Fibre : 7g

Method

- *In a small bowl combine the chia seeds, oat milk, half the cherries (chopped), honey and cocoa powder.
- *Mix well and transfer to your serving glass, bowl or jar.
- *Place in the fridge for at least 1 hour or overnight.
- * To serve, top with the remainder of the cherries and some dark chocolate (chopped into chunks or shavings using a grater) or cacao nibs for some crunch.

Recipe Notes

You can use any type of berries: strawberries and raspberries go well.

Fruit Crumble

You can't beat a comforting fruit crumble. Not only is it delicious but the fruit is full of vitamins, antioxidants and fibre supporting overall good health - a pudding with perks.



Ingredients

For the crumble topping:

100g buckwheat or brown rice flour
60g coconut oil or butter
50g ground almonds
1 tsp cinnamon
50g coconut sugar

Fruit filling:

Any combination of fruit can be used for the filling, fresh or frozen: apples, pears, peaches, nectarines, cherries, strawberries, blackberries, gooseberries - approx. 500g, enough for 4 portions e.g. 2 apples cored and chopped, 350g bag of frozen



Serves : 4

Nutrition per serving:

Calories : 311

Protein: 4g

Carbs: 43g

Fat: 14g

Fibre : 8g

Method

*In a mixing bowl add all the ingredients for the crumble topping and with your hands rub it together thoroughly to make a 'crumbly' mixture.

*In a oven proof dish (any shape will do) place your fruit of choice, spread out evenly and then top with the crumble mixture.

*Bake in the oven for 35-40 minutes at 170°C or until top has browned and the fruit is bubbling.

Recipe Notes

Serve with coconut or Greek yoghurt, vegan custard or ice cream.

You can also cook it in individual small dishes.