



# May

Vegan | Whole foods | Healthy Recipes



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# Chocolate PB Waffles

I love waffles as a special weekend breakfast. You can get a good waffle maker without spending too much. But if otherwise, these can easily be turned into american style pancakes instead. Just fry in a non-stick pan each side until cooked. I topped my waffles with frozen raspberries, peanut butter & choc shot (vegan chocolate syrup)



# Chocolate PB Waffles

## Ingredients:

- 1 banana
- 1.5 cup oats
- 1 tsp baking powder
- 1 tsp flax seeds
- 1 tbsp PB powder
- 1 tsp cacao powder
- 1 cup oat milk
  
- coconut oil spray

1. Turn on waffle maker to medium-high heat.
2. Blend all the ingredients together until smooth in a high speed blender.
3. Spray the waffle plates with a little coconut oil to ensure no sticking and add 1/3rd of the mix to the plate. Close the machine and leave to cook until no more steam is escaping.
4. Remove gently & repeat with the rest of the mix.
5. Add your fave toppings!



# *Cacao Hemp Energy Bites*

With dates and oats as healthy carbohydrate source, cacao for magnesium\* and hemp seeds for plant based omegas these little energy bites are the perfect pre-workout snack to grab before a Pilates class, run or even to fight that 3pm work day slump!



# Cacao Hemp Energy Bites

## Ingredients:

- 1 cup dates
- 1 cup oats
- 1 tsp cacao
- 1 tbsp hemp seeds
  
- 50g Dark choc
- extra Hemp seeds for sprinkling

\*magnesium helps with muscle recovery. Without enough magnesium your muscles can't properly relax!

1. Blend the dates (pitted), oats, cacao and hemp seeds together in a food processor until a thick dough style mix is formed.
2. After removing the blade, roll into ball shapes and place in the fridge.
3. In a double boiler, melt the dark chocolate.
4. Roll each ball in the dark choc and place on a plate lined with grease proof paper.
5. Before the chocolate hardens, sprinkle over some extra seeds and pop in the fridge until the chocolate sets.

# Black Bean hummus

Who doesn't love hummus?! Its such a fab dip to throw on top of salads, have with veggies and crackers or my fave; with plain roasted potatoes! As great as chickpeas are alone, different plant foods have different essential nutrients. Switching up the types you eat makes sure you get a wide range of nutrients. This spicy black bean hummus is a super tasty switch up from a classic chickpea.

## Ingredients:

- 1 Tin chickpeas
- 1 Tin black beans
- 1 tbsp tahini
- cumin, paprika, coriander
- 4 cloves roasted garlic. \*
- 1 tbsp olive oil
- Chili flakes to top

1. Blend all of the ingredients together in a food processor until smooth. Top with chili flakes.



\*chop the top off of a bulb of garlic so the very top of all the cloves are showing.

Cover in a drizzle of olive oil and some salt & place in an oven at 180 for 30 minutes



# *Creamy Pasta Sauce*

One of my go to comfort meals when I also want something healthy too. This Alfredo pasta style dish uses silken tofu to form the sauce. Meaning its packed with plant based protein (and a ton of flavor)!



# *Creamy Pasta Sauce*

## Ingredients (Sauce):

- 1/2 block silken tofu
- Juice 1/2 lemon
- 1 tsp sunflower seeds
- 1/4 cup nutritional yeast\*
- 1 tsp garlic powder
- pinch salt and pepper.
- dash plant milk.
  
- Pasta (choice)
- Edamame beans or peas.
- Handful mushrooms (sliced)
- 1 tsp soy sauce

1. Blend all of the ingredients for the sauce together in a high speed blender until smooth.
2. Cook the pasta according to package instructions.
3. Once pasta is almost cooked through add the beans &/or peas to the water.
4. In a non stick pan fry the mushrooms in a little soy sauce until crispy. (You can add smoked paprika for a smokey flavour).
5. Drain the pasta & stir through the sauce. Topping with the crispy mushrooms

\*found in the vinegar and stock section of a big supermarket or from a health food shop like Holland and barret. It has a cheesy nutty taste and is packed with essential B vitamins.



# Loaded Sweet potato skins

Sweet potatoes are a staple in my diet and these loaded skins are delicious! Adding butter beans to the mash is a fab way to give it a plant based protein boost. Serve with a side of fresh salad or veggies for a well balanced meal.

## Family tip

Picky kid eaters? This is such a fab way of "hiding" butter beans to encourage your kids to eat them (in the UK we don't eat enough fiber and beans are a fab way of increasing your families intake). Fold some paper around a cocktail stick to create a "sail" and turn these into "potato boats" for the little ones!



# Loaded Sweet potato skins

## Ingredients:

- 1 tsp coriander seeds
- 1 tsp mustard seeds
- 3 spring onions
- 1 small red chili
- pinch black pepper
- 1 tsp paprika
- 1 tin butter beans
- 2 sweet potatoes

## To top:

- An avocado & lime or guacamole
- Extra fresh red chili

1. Preheat the oven to 180 °C.
2. Prick holes in the potatoes and microwave for 10 minutes before placing in the oven for a further 15 minutes.
3. While the potatoes cook lightly toast the coriander and mustard seeds in a dry frying pan over medium heat. Transfer to a pestle and mortar and crush.
4. Once sweet potatoes are soft, cut in half length ways and scoop out the flesh, transferring into a larger bowl.
5. Cover the skins in a little salt and paprika and return to the oven for a further 15 minutes to crisp up.
6. Mash the sweet potato flesh with the beans, spices, chopped onions and chili.
7. Refill the skins with the mash mixture and bake for a last 15 minutes to crisp up the top.
8. Top with guacamole and more fresh chili to serve! \*I also added vegan perinaise\*



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