

Falafel

Bag size & ingredients: 250 g | Chickpeas, baking powder (disodium diphosphate, sodium carbonate), spices, salt. May contain traces of other allergens.

Preparation for 1 portion (1 person):

Add 36 g water to 50 g falafel mix and stir well until you have a homogeneous mass.

For a creamier falafel, you can also add a few drops of oil.

Heat a little fat in a pan.

With a tablespoon, scoop out a ball the size of a ping pong ball and use a second spoon to carefully slide it into the hot oil.

Fry the balls for a few minutes on each side until golden brown.

Mac-no-Cheese Sauce

Bag size & ingredients: 200 g | Cashew nuts, nutritional yeast, sorghum flour, teff flour, tapioca, salt, mustard, spices. May contain traces of other allergens.

Put 30 g mix per portion in a small saucepan and add 135 ml water (or unsweetened plant milk*). Heat while stirring with a whisk until smooth. Ready!

*Use unsweetened, unflavoured plant milk (soy, oat, cashew, almond, pea, ...).
Avoid milks with vanilla flavour.

Chocolate Cake

Bag size & ingredients: 350 g | Wheat, sugar, Callebaut cocoa powder, salt, raising agent (disodium diphosphate, sodium carbonate). May contain traces of other allergens.

1. Preheat the oven to 180°C and grease a 16 cm cake tin, or line with baking paper.
2. Put the cake mix in a bowl and add:
 - 220 ml plant milk*
 - 85 ml oil**
 - 1 tsp vinegar (apple cider, regular, or lemon juice).
3. Mix briefly (max 1 minute) with a whisk or spatula until just combined. Do not overmix!
4. Pour the batter immediately into the tin and bake ± 35 min, or until a skewer comes out clean (test in the centre).
5. Let cool completely before cutting, if possible.

*Soy milk works best.

**Use a neutral oil such as sunflower, corn, or coconut oil.

Crumpets

Bag size & ingredients: 360 g | Wheat, sugar, yeast, raising agent (disodium diphosphate, sodium carbonate), salt. May contain traces of allergens.

1. Mix the entire 360 g mix (or part of it) with 180 ml plant milk and 240 ml lukewarm water. Stir smooth and let rest ± 15 minutes until bubbles form (optional).
2. Cooking methods:
 - With rings: grease rings, place in a greased hot pan, fill with 2 cm batter. Cover with lid, cook a

few minutes, remove rings (careful: hot!), flip.

- Without rings: spoon batter directly into pan for pancakes. Cook gently until golden on both sides.

Frøcrackers

Bag size & ingredients: 450 g | Sunflower seeds, flaxseed, sorghum flour, oat flakes, psyllium husk, salt. May contain traces of other allergens.

1. Preheat oven to 200°C and line a baking tray (30x45 cm) with baking paper.
2. Mix the bag contents with 222 ml water (and optionally 2 tbsp oil). Let rest 2 min (optional) or spread immediately on tray.
3. Bake 30 min. Remove, flip carefully, peel off baking paper, return to oven for another 30 min.
4. Crackers should be dry and crispy, golden but not too dark. Let cool completely and break into pieces. Store in airtight container.

Chocolate Chip Muffins

Bag size & ingredients: 410 g | Wheat, sugar, Callebaut chocolate (sugar, cocoa mass, cocoa butter, emulsifier: soy lecithin, natural vanilla), baking powder (disodium diphosphate, sodium carbonate, corn starch), salt. May contain traces of other allergens.

1. Preheat oven to 180°C. Line a 12-hole muffin tin with papers.
2. Pour contents of bag into a bowl. Without mixing, add on top:
 - 120 ml plant milk
 - 80 ml oil
3. Stir with large spatula until combined but still lumpy. Do not overmix.
4. Divide batter into muffin cups.
5. Bake 20–25 min, until a skewer comes out clean (test centre).

Omlet

Bag size & ingredients: 250 g | Chickpeas, spices, herbs, black salt. May contain traces of other allergens.

1. For 1 omelette: measure 40 g mix (≈4 tbsp) and add 80 ml water (optionally 1 tbsp oil).
2. Stir while adding water until smooth.
3. Heat fat in a hot frying pan. Pour mixture in one go, tilt pan to spread evenly before it sets.
4. Cook 3 min without touching, flip, cook another 3 min.

Carrot Cake

Bag size & ingredients: 350 g | Wheat, sugar, coconut, raising agent (disodium diphosphate, sodium carbonate), spices, salt. May contain traces of other allergens.

1. Preheat oven to 180°C and grease or line a 16–17 cm tin.
2. Grate 200 g carrots and 50 g apple.
3. Put mix in a bowl, add grated carrot and apple.
4. Add 120 ml plant milk* and 80 ml oil**.
5. Stir until combined, pour into tin, smooth top.
6. Bake ±40 min, test with skewer (should not be raw). Let cool completely.

*Any plant milk (soy preferred).

**Neutral oil such as sunflower, corn, coconut, or olive oil.

Apple Cake

Bag size & ingredients: 530 g | Wheat, sugar, spices, raising agent (disodium diphosphate, sodium carbonate), salt. May contain traces of other allergens.

For large cake (12 servings):

1. Preheat oven to 180°C and grease or line a 25 cm tin.
2. Chop 1 apple into cubes, slice another apple thinly.
3. Mix entire bag with apple cubes, add:
 - 180 ml plant milk*
 - 120 ml oil**
4. Stir briefly, pour into tin, decorate top with slices. Bake 35–40 min, test with skewer.

For 5-serving cake: use half of the mix (266 g), half apple, 90 ml plant milk, 60 ml oil, bake ±30 min.

*Any plant milk.

**Neutral oil such as sunflower, corn, olive, or coconut oil.