



Vegan
**COOKERY
DEMONSTRATION**

RECIPE COLLECTION

THE SHEAF STREET HEALTH STORE

SHEAF STREET HEALTH STORE, 20 SHEAF STREET, DAVENTRY, NN11 4AB

BREAKFAST

Vegan Overnight Oats

All ingredient quantities will provide enough for two portions.

Peanut Butter and Jelly

- 100ml almond milk
- 30ml coconut milk
- 2 tbsp peanut butter
- 1 tbsp coconut sugar
- ½ tsp vanilla powder or essence
- 50g jumbo oats
(or gluten free oats)
- 1 tsp chia seeds
- 2 tbsp raspberry jam

Blend almond milk, coconut milk, coconut sugar, vanilla and peanut butter together in a blender at high speed until combined.

Place the oats and chia seeds in to a small container and cover with the peanut butter milk. Mix well. Cover and leave to soak over night in the refrigerator.

In the morning, layer the oat mix and raspberry jam in a jar of your choice. Finish with an optional spoonful of peanut butter.

Apple Pie

- 50g jumbo oats (or gluten free oats)
- ½ tsp maple syrup
- 180ml plant based milk
- ½ tsp cinnamon
- 2 tbsp sultanas
- 1 red apple, cored and finely chopped or grated (plus extra to serve)
- Vegan yoghurt to serve

Mix together all ingredients aside from yoghurt.

Cover and place in the refrigerator overnight.

In the morning, serve with a scoop of vegan yoghurt.

Cookie Dough

For the oats :

- 50g jumbo oats
(or gluten free oats)
- 100ml almond, soy or cashew milk
- 30ml coconut milk
- 1 tbsp maple syrup or coconut nectar
- 1 tsp chia seeds or psyllium husk
- 1 tsp vanilla extract

For the cookie dough :

- 30g ground almonds or almond flour
- 2 tbsp almond butter
- 2 tbsp maple syrup
- 1 tbsp vegan butter or soft coconut butter
- Pinch of salt
- 40g chopped vegan chocolate

Place all ingredients for the oat mix in a container and mix well.

Leave covered overnight in the refrigerator.

Combine all ingredients for the cookie dough in a separate bowl and mix until a soft dough



forms. Cover and place in the refrigerator overnight also. In the morning, break apart the raw cookie mixture and layer with the oats in a jar of your choice.

Carrot Cake

50g jumbo oats
(or gluten free oats)
½ tsp maple syrup
120ml plant based milk
½ tsp cinnamon
½ tsp ginger
2 tbsp sultanas
1 small carrot, peeled and grated
2 tbsp chopped pecans
(1 tbsp to serve)
Vegan yoghurt to serve

Mix together all ingredients aside from yoghurt and half of the pecans. Cover and place in the refrigerator overnight. In the morning, serve with a spoonful of vegan yoghurt and reserved pecans.

Nutty Chocolate Bowl

50g jumbo oats (or gluten free oats)
120ml plant based milk
2 tbsp cacao powder
2 heaped tbsp nut butter
1 tbsp maple syrup
1 pear, cored and sliced
2 tbsp roughly chopped hazelnuts

Put the milk, cacao, nut butter and maple syrup in a blender on high speed until combined.

Pour over the oats and mix well.

Cover and place in the refrigerator overnight.

Top with sliced pear and hazelnuts in the morning.

Strawberry Cheesecake

50g jumbo oats (or gluten free oats)
120ml plant based milk
1 tbsp desiccated coconut
75g strawberries, tops removed and chopped
Granola of choice, to serve
(use gluten free if necessary)
Vegan yoghurt to serve

For Strawberry Compote :

100g strawberries, tops removed and halved
2 tsp maple syrup
½ tsp fresh lemon juice
¼ tsp vanilla extract

Mix oats, coconut, strawberries and milk together in a container, cover and leave in the refrigerator overnight.

For the compote, place all ingredients in a blender on high speed until well combined.

In the morning, layer the oat mix and the strawberry compote.

Top with yoghurt and granola.

Tropical Oats

50g jumbo oats (or gluten free oats)
120ml plant based milk
½ small pineapple
Juice of 1 lime
1 tbsp agave nectar
2 heaped tbsp chopped mango, to serve
2 kiwi, peeled and sliced, to serve
1 banana, peeled and sliced, to serve
Toasted coconut flakes, to serve

Combine the oats and milk, cover and place in the refrigerator overnight.

In the morning, blitz the pineapple, agave nectar and lime juice in a blender until puréed.

Add to the oats and mix in well.

Top with remaining fruit and coconut flakes.

DINNER

TASTY TOPPERS



Ideal toppers for jacket potatoes, or as a lunchtime sandwich filler.

All ingredient quantities will provide enough for four portions.

Tofu Eggless Mayo

300g *extra firm tofu, drained well*

½ tsp turmeric powder

1 tsp sea salt flakes

1 tsp black pepper

½ tsp kala namak

120ml vegan mayonnaise

Fresh cress, to serve

Extra black pepper, to serve (to taste)

Place all ingredients together in a bowl and mash together with a fork until well combined. Can leave the tofu chunkier if preferred.

To serve, spread the tofu filling on to a slice of bread, top with fresh cress and black pepper to taste.

Juna Mayo

1 x 400g tin jackfruit, shredded

1x 400g tin of chickpeas, lightly mashed

1 spring onion, finely sliced

Juice 1 small lemon

1 sheet nori, crumbled

(or use 1 tbsp nori sprinkles)

100g vegan mayonnaise

1 tsp fresh dill

1 tbsp chopped capers

1 tsp Dijon mustard

Salt and black pepper, to taste

Combine all ingredients together well. Spread on to your bread of choice. Serve with shredded lettuce.

Coronation Chickpea

1 x 400g tin chickpeas, drained

(reserve liquid to use as meringues or egg replacer)

1 tbsp vegetable oil

1 red onion, peeled and finely chopped

1 clove garlic, peeled and crushed

2 tsp mild curry powder

40g sultanas, soaked in hot water for

10 mins and drained

120ml vegan mayonnaise

1 tbsp mango chutney

Sea salt and black pepper, to taste

Heat the oil in a frying pan and add the chickpeas, onion and garlic. Gently cook for a few minutes until the onion begins to soften, before adding the curry powder and sultanas. Continue to cook, stirring until the spices are fragrant.

Allow to cool, then mash the chickpeas lightly, so some remain whole.

Stir in the mango chutney and mayonnaise, then season to taste.

Spread the mixture on to your bread of choice.

Top with lettuce and sliced red onion.

Smoked Salmon Style Carrot and Cream Cheese

2 large carrots, peeled and sliced lengthways (use a peeler along the length if it's easier)
2 tbsp mild olive oil
2 tbsp fresh dill
1 sheet nori, crumbled (or use 1 tbsp nori sprinkles)
1 tbsp liquid smoke
1 tbsp soy sauce (or Tamari for gluten free)
2 tsp sea salt flakes
2 tsp black pepper
1 tsp soft, light brown sugar (or coconut sugar)
Vegan cream cheese, to serve
1 tbsp chopped capers, to serve
1 tbsp fresh dill, to serve
Squeeze of fresh lemon
Black pepper, to taste

Bring a pan of water to the boil and add a pinch of salt.

Add the carrot strips and simmer for 5 minutes. Remove and drain well.

Mix together the rest of the ingredients, add the carrot strips, tossing everything together to ensure the carrot strips are coated in the marinade. Cover and refrigerate overnight.

To assemble the sandwiches, spread cream cheese over one slice, top with a sprinkle of capers, then the carrot slices. Finish off with fresh dill, black pepper and a squeeze of fresh lemon juice.

Pasta Bake

serves 6

500g penne or fusilli pasta (use gluten free if necessary)
340g jar of Zest tomato and fiery chilli pasta sauce
200g Biona Passata Rustica
50g Biona Tomato Purée
2 x 200g tins of Bar-B-Que Jackfruit

Preheat oven to 180°C.

Place pasta in a large, deep baking tray and cover with the pasta sauce, passata and tomato purée.

Use the empty jar for the pasta sauce to measure out the water needed.

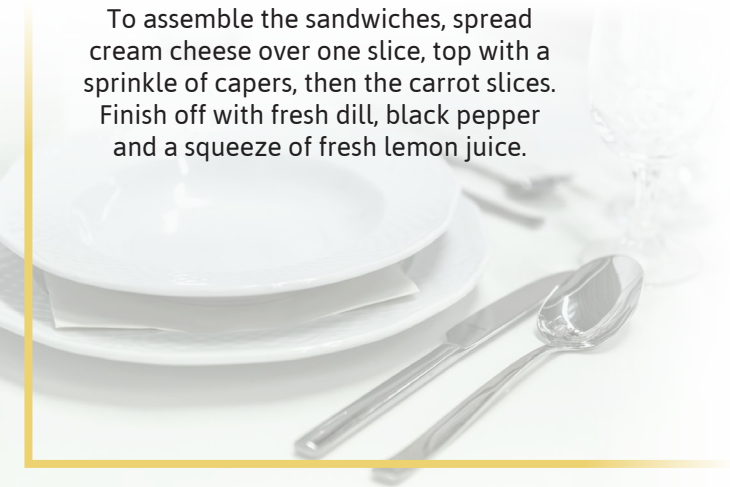
Fill the jar up one and a half times and add to the pasta in the baking tray.

Stir together well.

Empty the tins of jackfruit in to a separate bowl and shred finely.

Then add this to the pasta and mix again.

Top with shredded vegan cheese and place in the oven for 35-40 minutes



CAKE

Gluten-Free Courgette Cake

250g plain gluten free flour
1 tsp xanthan gum
85g cocoa powder
2 tsp baking powder
1 tsp bicarbonate of soda
Pinch salt
350g caster sugar
300ml soya milk
2 tsp vanilla extract
125ml vegetable oil
250g grated courgettes

For the Icing:

160ml condensed coconut milk
90g dairy-free butter
150g dairy-free dark chocolate

Preheat oven to 170°C.

Grease a 20cm non-stick cake tin and line with greaseproof paper.

In a large bowl sieve together the flour, xanthan gum, cocoa, baking powder, Salt and bicarbonate of soda.

Stir in the caster sugar.

In a separate bowl whisk the soya milk, vanilla extract and vegetable oil.

Add to the dry ingredients and mix well.

Gently squeeze some of the excess liquid from the grated courgettes and Add them to the batter.

Mix until well combined.

Pour the mixture into the tin and bake for 45 minutes to 1 hour, or until a skewer inserted into the middle comes out clean.

Whilst the cake is cooking, make the fudge icing by melting the ingredients

together in a saucepan until you have a thick, glossy chocolate sauce.

Place in a bowl and refrigerate for 1 hour.

Once cooked, remove the cake from the oven and leave to cool in the tin for 10 minutes, before moving it to a wire rack to cool completely.

Remove the icing from the fridge and stir – it should have thickened and become Fudgy in texture.

Spread the icing over the top of the cooled cake.

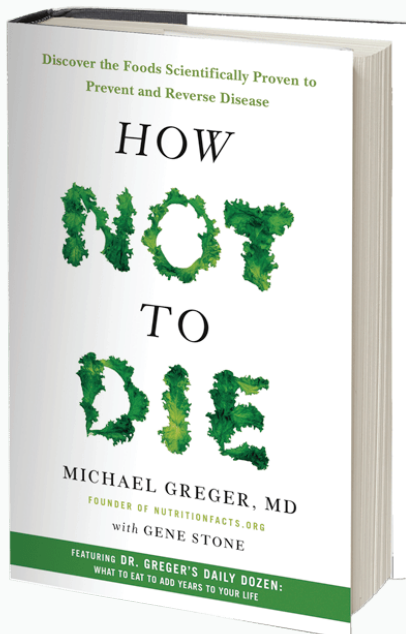
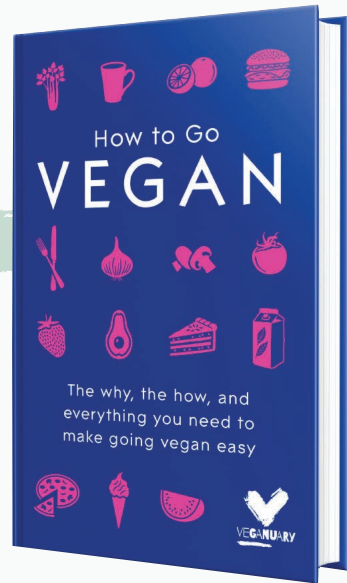


RECOMMENDED READING

AVAILABLE IN STORE

How to go Vegan by Veganuary

Hardback, 208 pages



How Not to Die Cookbook by Michael Greger

Hardback, 272 pages



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FRIDAY 25th JANUARY

11:30am - 2:30pm

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Free event - all welcome!

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