

## Recipes

Home-made Houmous

Rice Pasta with peas and mint

Sauerkraut

Tasty tofu salad

How to do a vegan cheese sauce

\* \* \*

Barcelona bake

Basic Nut Savoury

Cheese and Bean Medley

Chick pea burgers

Lentil bake

Lentil and Sweet Potato Curry

Macaroni cheese (Vegan)

Pearl barley dish

Tofu Spinach Flan

Savoury pancakes

\* \* \*

**Sweet pancakes**

Apple Crumble Slices

Banana, Pear and Toffee Crumble

Chocolate Fruit Burst

Gingerbread

Hippy Shake!

Sugar-free fruity Carrot Cake

Sugar free shortbread

Vegan Blueberry Muffins