

PLANT POWERED RECIPES

**PLANT
POWERED
TRANSFORMATIONS**

Protein Pancakes

Ingredients (serves 1)

45g rolled oats
1 large banana
120ml almond milk
20g protein powder
½ tsp baking powder
50g blueberries
1 tsp olive oil
2 tbsp maple syrup
1 tbsp peanut butter



Method

Add the oats, half the banana, almond milk, protein powder and baking powder to a blender. Blend until smooth.

Add the blueberries to the mixture and stir them in.

Heat the oil in a large frying pan. Spoon the mixture into the pan and create 5 circular pancakes. Cook for roughly 3 - 4 minutes on each side.

Serve the pancakes onto a plate and add the maple syrup, peanut butter and the remaining half of the banana on top.

Total calories: 666

Protein: 30g

Mixed Berry Protein Overnight Oats

Ingredients (serves 1)

40g rolled oats
25g vanilla protein powder
120ml soy milk
2 tbsps unsweetened coconut yogurt
1 tbsp maple syrup
35g blueberries
30g raspberries
1 tbsp hemp seeds



Method

In a jar, add the oats and protein powder. Mix to combine. Stir in the milk, coconut yogurt and maple syrup until smooth.

Top with blueberries, raspberries, and hemp seeds. Refrigerate overnight or for at least eight hours. Enjoy!

Total calories: 449

Protein: 31g

Tofu Breakfast Burrito

Ingredients (serves 2)

½ tbsp olive oil
½ red onion, diced
½ red pepper, diced
60g cherry tomatoes, chopped
1 tbsp nutritional yeast
½ tsp crushed garlic
¼ tsp turmeric
¼ tsp paprika
¼ tsp kala namak
250g tofu, pressed and crumbled
1 wrap
20g ketchup



Method

Heat the olive oil in a pan.

Add the onion, red pepper, tomatoes and a crack of salt. Fry on medium heat for 5 minutes.

Once done, add the nutritional yeast, garlic, turmeric, paprika and kala namak. Mix everything together and cook for a further minute.

Add the tofu, mix everything together and cook for a final 12 minutes.

Add the spinach and cover the pan until the spinach wilts.

Serve the mixture up on a wrap and drizzle the ketchup on top. Fold the wrap and cut it into two halves. Enjoy!

Total calories per serving: 435

Protein per serving: 24.5g

Vegan BLT

Ingredients (serves 1)

- 1 tbsp soy sauce
- ½ tsp liquid smoke
- ½ tsp smoked paprika
- ¼ tsp garlic powder
- 100g tempeh, sliced into strips
- 1 tbsp tomato ketchup
- 10g lettuce
- ½ salad tomato, sliced
- 2 slices of wholemeal bread



Method

Heat the oven to 200C/180C fan.

Combine the soy sauce, liquid smoke, paprika and garlic powder together in a small bowl and mix thoroughly.

Place the tempeh in a separate bowl and pour the sauce mixture over it. Mix everything together so the tempeh is completely covered.

Place the tempeh on a baking tray and cook it for 20 minutes, turning halfway.

When the tempeh is almost done, toast the bread. Once toasted, cover the toast in ketchup and add the lettuce and tomato. Add the tempeh and top with the other slices of toast.

Cut in half and enjoy!

Total calories: 377

Protein: 29g

Penne 'n' Peas

Ingredients (serves 1)

75g whole wheat pasta
40g unsalted cashews
70g frozen peas
1 large clove garlic, peeled
½ tsp smoked paprika
1 tsp dijon mustard
½ tsp turmeric
3 tbsp nutritional yeast
Salt and pepper



Method

Boil a full kettle of water. Put cashews into a blender. Pour 125ml of boiling water over them and leave to soak.

Pour the remainder of the water into a saucepan and bring it to the boil. Salt the water. Cook the pasta as per pack instructions. 8 minutes before the pasta is due to be finished add the peas to the saucepan.

Add the garlic, smoked paprika, mustard, turmeric, nutritional yeast and a pinch of salt and pepper to the blender. Blend everything together until the sauce is nice and smooth.

Drain the pasta and peas and place them back into the saucepan. Pour the sauce over the penne 'n' peas. Gently mix everything together on a low heat until the sauce thickens, roughly 30 seconds. Add as much pepper as you would like. Enjoy!

Total calories: 662

Protein: 29.7g

Tofu Pad Thai

Ingredients (serves 1)

150g tofu, drained, pressed & cubed

½ tsp olive oil

½ tsp cornflour

¼ tsp cumin

¼ tsp paprika

¼ tsp turmeric

½ carrot, sliced

¼ courgette, cubed

1 spring onion, sliced

½ red pepper, diced

1 clove garlic, finely chopped

½ red chilli, finely chopped

40g rice noodles

Salt and pepper



Sauce (serves 1)

100ml almond milk

1 tbsp peanut butter

2 tbsp soy sauce

½ lemon juice

½ lime juice

Method

Heat the oven to 200C/180C fan.

Place the tofu in a large bowl and drizzle with olive oil. Sprinkle all the spices and the cornflour over the tofu and mix gently together. Put this on a baking tray and bake for 25 minutes, turning halfway.

Place carrots into a bowl with 1 tbsp water, cover with clingfilm and cook in the microwave for 5 minutes.

Once this is done add all the vegetables to a large frying pan and sauté on a low to medium heat for 15 minutes. Stir halfway through.

Whisk all the 'sauce' ingredients together in a jug.

Cook the noodles as per packet instructions.

Once the vegetables are cooked add the noodles and sauce to the pan. Mix everything together and leave to cook for 5 minutes.

Once cooked, serve in a bowl and place the tofu on top. Enjoy!

Total calories: 604

Protein: 36.8g

Butternut Squash Curry

Ingredients (serves 1)

75g brown rice
200g butternut squash, peeled & cubed
1 tsp olive oil
½ red onion, diced
Clove garlic, finely chopped
10g ginger, finely chopped
¼ tsp chilli flakes
1 tsp tomato puree
1 tsp cumin
1 ½ tbsp smooth peanut butter
Large handful spinach
½ lime, juiced



Method

Cook rice as per packet instructions. Whilst this cooks, put the butternut squash into a microwaveable bowl, cover and then place in microwave for 12-14 minutes (unit soft).

Whilst this cooks, heat the olive oil in a saucepan. Throw in the onion with a pinch of salt and cook for 8 minutes on low-medium heat. Add the garlic, ginger, chilli flakes, tomato puree and cumin. Mix together and cook for 2 minutes.

Get your butternut squash from the microwave and add it to the pan. Pour in 210ml of boiling water. Add the peanut butter. Use a potato masher or fork to mash down the butternut squash. This will thicken the curry. If you want a thinner consistency, add a bit more water.

Season with salt and pepper. Leave the curry to simmer for 5 minutes. Then add in the spinach and leave for 1 minute.

Take the curry off the heat. Squeeze the lime juice into the pan and mix everything together. Drain the rice and serve on to a plate with the curry. Enjoy!

Total calories: 656

Protein: 20.1g

Sausage Tofu Scramble

Ingredients (serves 1)

- ½ tsp olive oil
- ½ red onion, diced
- ½ red pepper, diced
- 2 cloves garlic, crushed
- 3 vegan sausages
- 200g tofu, crumbled
- 1 tsp smoked paprika
- ½ tsp garlic powder
- ½ tsp turmeric
- 1 tsp liquid smoke
- Salt and pepper
- 35g sundried tomatoes, chopped
- 30g olives, halved
- 2 tbsp ketchup



Method

Heat the oven to 180°C/Fan 160°C.

Heat the olive oil in a saucepan. Add the onion, pepper, and garlic and cook on medium heat for 5 minutes.

Once the 5 minutes is up, add the sausages to the oven and cook them as per packet instructions.

Add the crumbled tofu, paprika, garlic powder, turmeric, liquid smoke and salt and pepper to the saucepan. Mix everything together and fry for a further 15 minutes, stirring frequently.

When there is 2 minutes remaining add the sundried tomatoes and olives to the saucepan.

Once the sausages are cooked, cut them into small chunks and add them to the saucepan. Mix everything together. Serve into a bowl and drizzle ketchup on top of the mixture.

Total calories: 644

Protein: 53g

Notes

Aim for vegan sausages that are in the region of 155 calories and 15g of protein for every 100g.

Lentil & Aubergine Curry

Ingredients (serves 1)

75g brown rice
1 tsp olive oil
½ onion, diced
1 clove garlic, crushed
1 tsp curry powder
¼ tsp cumin
¼ tsp turmeric
¼ tsp chilli powder
30g red lentils, rinsed
¼ tin of chopped tomatoes
160ml hot vegetable stock
80g aubergine, chopped into small cubes
20g soy chunks
¼ tin black beans, drained and rinsed
1 large handful of spinach
Salt and pepper



Method

Cook rice as per packet instructions.

Whilst this cooks, heat the olive oil in a saucepan. Throw in the onion with a pinch of salt. Cover and cook for 8 minutes on low-medium heat, stirring halfway. Add the garlic, curry powder, cumin, turmeric, chilli powder, salt and pepper. Mix together and cook for 2 minutes.

Add in the lentils, tinned tomatoes, vegetable stock and aubergine. Mix everything together. Turn up the heat and leave it to simmer for 25 minutes. When there is 5 minutes remaining, add the soy chunks to a separate pan and boil them for 10 minutes.

After the 25 minutes is up, add the black beans to the lentil pan and leave for 5 more minutes. Drain the soy chunks and stir them into the other pan. Add the spinach and leave until wilted. Take the saucepan off the heat.

Drain the rice and serve onto a plate with the curry. Enjoy!

Total calories: 601

Protein: 33g

High Protein Cookies

Ingredients (9 cookies)

2 medium bananas

2 tsp vanilla extract

55g sugar

80g peanut butter

40g oats

80g of unflavoured/chocolate protein powder

20g cocoa powder

1 tsp baking powder

2 tsp oat milk

35g dark chocolate chips

35g white chocolate chips



Method

Mash the bananas in a bowl with a fork.

Add the vanilla extract, sugar and peanut butter. Mix the ingredients together with an electric whisk.

Add the oats, protein powder, cocoa powder and baking powder. Mix everything together with a wooden spoon.

Add the oat milk and chocolate chips and give everything one final mix together.

Scoop the mixture out with a tablespoon and roll it in your hands to make 9 equally sized balls.

Cook in the oven for 15 minutes at 180C/160 fan oven.

Total calories per cookie: 170

Total protein per cookie: 12g