THIRD EDITION



EU STAFF FOR CLIMATE COOKBOOK

Plant-based recipes

HEALTHY, EASY & SUSTAINABLE

MARCH 2026



The views expressed in this Cookbook are purely those of the writers and may not in any circumstances be regarded as stating an official position of the European Commission or other EU Agencies. This cookbook does not in any way constitutes medical advice. Recipes prepared with kids must be under an adult's supervision.



The EU Plant-based Cookbook project

Are you looking for a concrete way to **protect our planet and children's future**?

Have you noticed how good your body feels when you eat **more vegetables, fruit, pulses**?

Or maybe you just want some inspiration and good tips to try **plant-rich recipes**?

If so, this cookbook is for you!
You will discover a whole range of **tasty and healthy recipes** and many **practical tips**!

We hope you will enjoy using this cookbook with all its information and recipes
– as much as we have enjoyed producing it!

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Legenda:

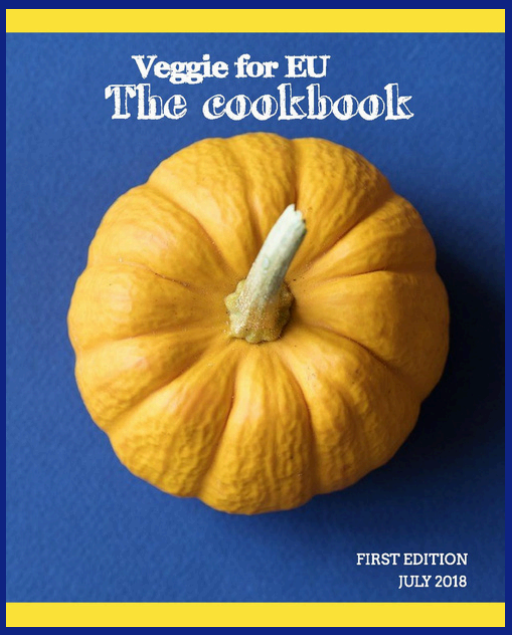

Suitable for beginners and to prepare with kids


Normal difficulty


Difficult, for confirmed cooks


Gluten-free or easy to adapt to gluten-free

How this cookbook came to life



The idea of the first “Veggie for EU" cookbook came from the European Commission's Trainees Sustainability Subcommittee in March 2018.
A new edition of the cookbook was issued in 2021 with 100% plant-based recipes, so as to make it even better for our planet and health!
And now, here is the new 2025 edition, with up-to-date information and even more recipes!

A collaborative project

This participatory cookbook came to life thanks to you! Online calls for interest and word-of-mouth made it possible to gather recipes from staff & trainees from the European Commission, Parliament and EU Agencies. The more, the merrier!

We are delighted to receive enthusiastic compliments when presenting this Cookbook in webinars or at info points, a lot of you are keen to improve your diets for your health and for our planet!
Many thanks to all who contribute to making this happen!

We hope this cookbook will help raise awareness about the benefits of plant-rich diets and inspire you and your families and friends, as well as EU managers and Chefs in charge of the catering at EU institutions, to try healthy and planet-friendly recipes!

Why a Plant-Based Lifestyle?



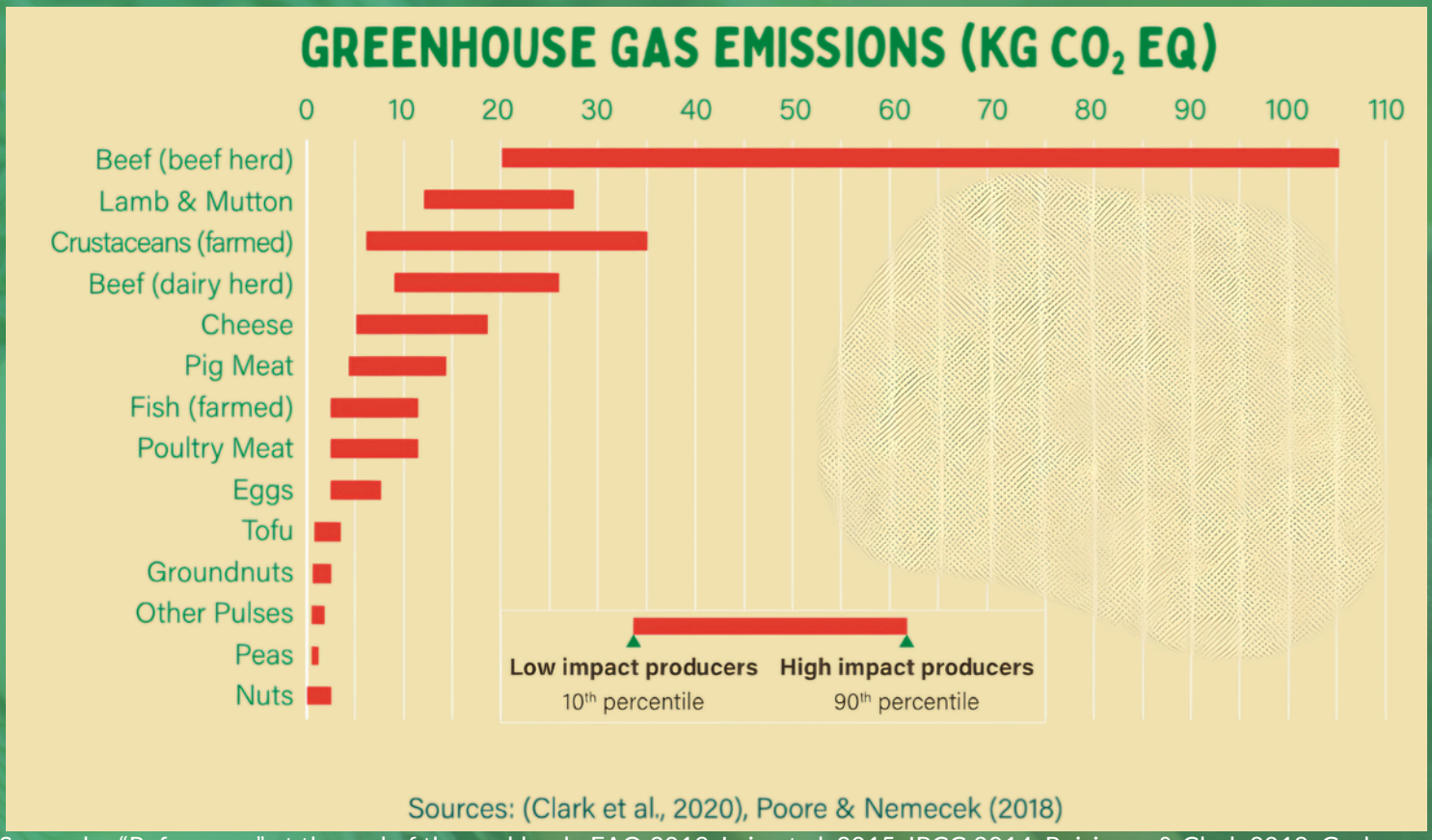
GOOD FOR OUR ENVIRONMENT

Plant-based food is not only tasty, it is also much better for the environment. Consuming animal products puts huge pressure on the environment:

- Meat and dairy production is the **2nd cause of global warming**, it emits more greenhouse gases than the entire transportation sector!
  Consumer changes to low-emission diets would reduce diet-related emissions by up to 80% and reduce land and water use by 50%.
- 80% of the Amazon is deforested to 'make space' for cattle and to grow soy for livestock.
- More than **25% of biodiversity is destroyed worldwide** because of meat production.
- Industrial fishing methods lead to around 80% of unwanted species being caught and killed and only 3% of marine areas are free from human pressure.



**By choosing plant-based food,
you also choose to care for our planet,
its inhabitants and future generations!**



See under "References" at the end of the cookbook: FAO 2013, Leip et al. 2015, IPCC 2014, Reisinger & Clark 2018, Gerbens-Leenes et al. 2013, IPBES 2019.

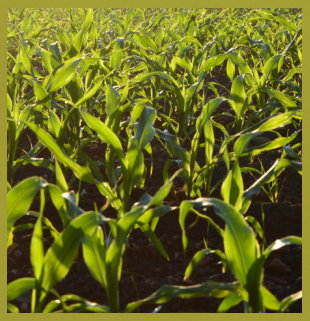
GOOD FOR FOOD SECURITY

The world is expected to host 9.7 billion people by 2050 and total demand for animal products could increase by 70%. This would create severe risks for the sustainability of the word's food supply. The number of people going hungry/undernourished is also increasing, and has reached 820 million people.

More than 1/3 of the crops grown on the planet go to feeding livestock: 50% of EU wheat and corn, and 3/4 of the soy grown worldwide are used to produce animal feed, whereas they could be used to directly feed people instead, while avoiding to worsen the food price crisis.

Livestock production takes up 80% of farm land but **only provides 18% of calories.** By reducing our consumption of animal products we help ensure there is enough food for the world's population.

See under "References": UN 2019, FAO 2009, FAO et al. 2019., Pradhan et al. 2015, WWF 2014, Poore & Nemececk 2018, Chatham House 2021, and more.



GOOD FOR OUR HEALTH



Eating veggies and fruit is a way to keep the doctor away!
With a diet low in animal products, your body has less saturated fat and cholesterol, which reduces risks of obesity, cardiovascular diseases, type-2 diabetes and cancers; especially gastric or colorectal cancer, the same goes for saturated fat from meat and dairy products and breast cancer.
Greens such as kale and broccoli, fruits like apples, and spices like turmeric have anti-oxidant and anti-cancer properties.
→ Find out more on how to avoid diet-related diseases in *How not to Die* under References.
You will also help reduce human resistance to antibiotics caused by the generalised use of antibiotics in industrial animal farming.

See under references: Crowe et al. 2011, Barnard et al. 2014, Micha et al. 2012; Gonzalez et al. 2010, ECDC/EFSA/EMA 2017, and more.




GOOD FOR ANIMALS




You can save the lives of several hundreds animals per year by choosing a plant-based diet!

- More than 70 billion of land animals are killed for consumption each year.
- Several trillions of farmed and wild fishes are killed, incl. 'by-catches' like turtles and dolphins.
- Farmed animals live a life of misery and pain from birth to slaughter. For instance:
  - Dairy cows are milked so hard they commonly have udder infection (EU rules accept up to 400,000 'somatic cells' in milk, those are produced when an infection occurs, i.e. pus caused by mastitis).
  - Baby calves are taken away from their mother at birth, males are either killed at once, left to die in a corner, or fed for veal. To make them put on weight quicker, they are kept in isolated stalls where they can hardly move, and they are iron-deficient fed to make them anemic, so that veal meat is white enough for consumers' taste.
  - Pigs are commonly mutilated to avoid them biting each other and breeding sows are held in gestation crates for more than 3 months, where they cannot even turn around.
  - Egg-laying hens are confined to battery cages, in a space less than an A4 sheet of paper.
  - Male chicks are killed in barbaric conditions (dismembered or gassed) as they are 'useless'.

All animals can feel pain and emotions, not only our cats and dogs. They are **social beings just like us** - they need their mother when babies, in nature they play, interact and learn from others.

Click here for the video of Mama Pig, Carol, who was rescued from industrial farming and happily reunited with her piglets.
https://www.youtube.com/watch?v=hAtWQxniEk8

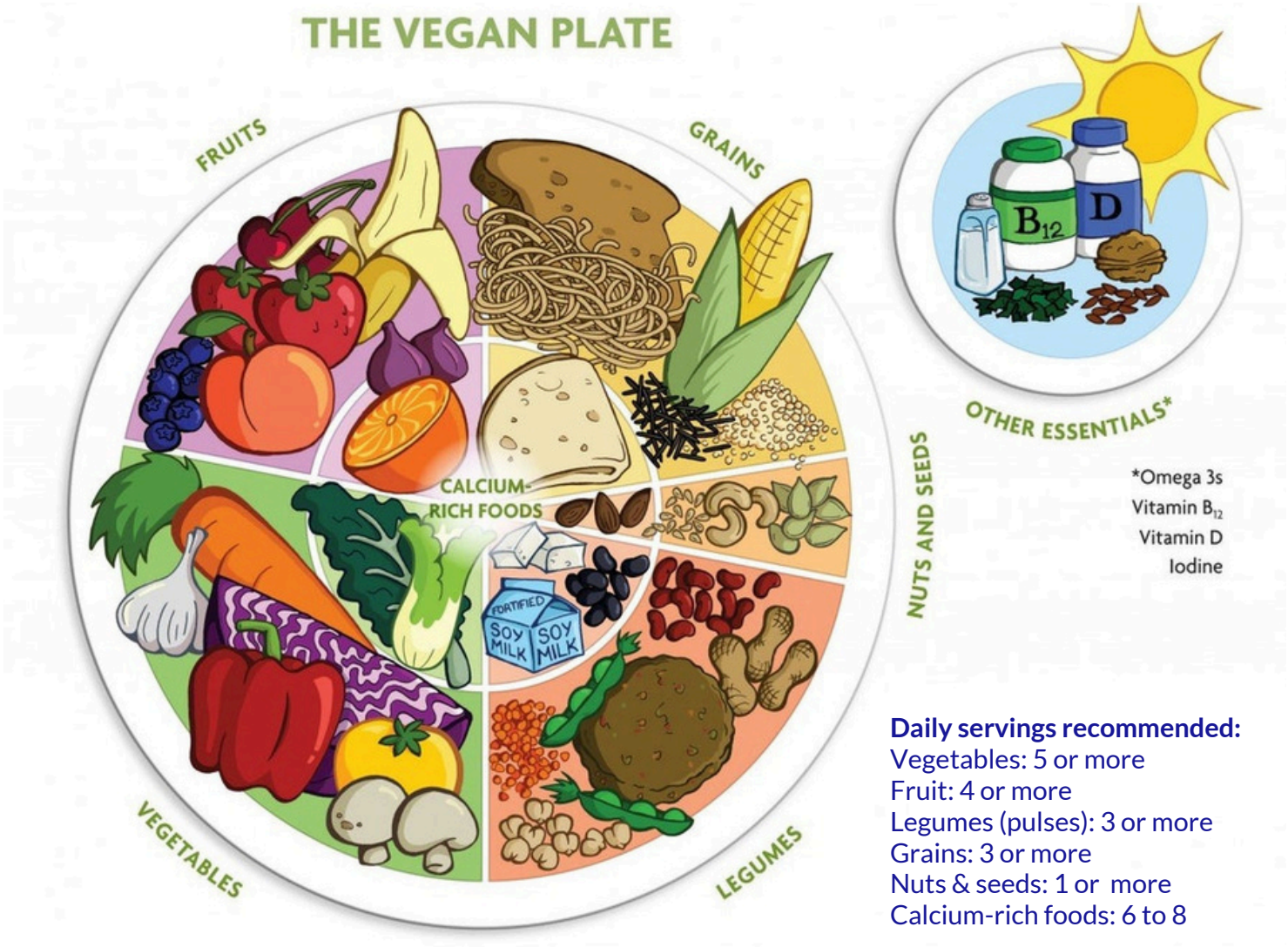
See under references: World Economic Forum 2019, and more.

Nutrition basics

ARE PLANT-RICH & PLANT-BASED DIETS HEALTHY?

According to the Academy of Nutrition and Dietetics, "**Appropriately planned vegetarian, including vegan, diets are healthful, nutritionally adequate, and may provide health benefits for the prevention and treatment of certain diseases.**" These diets can also help you in your sport practice, watch some athletes' experience with plant-based food in the documentary "The Game Changers"!

To help you plan healthy meals, we recommend you check the recommendations below, and take a vitamin B12 supplement if you go fully plant-based.



Daily servings recommended:
Vegetables: 5 or more
Fruit: 4 or more
Legumes (pulses): 3 or more
Grains: 3 or more
Nuts & seeds: 1 or more
Calcium-rich foods: 6 to 8

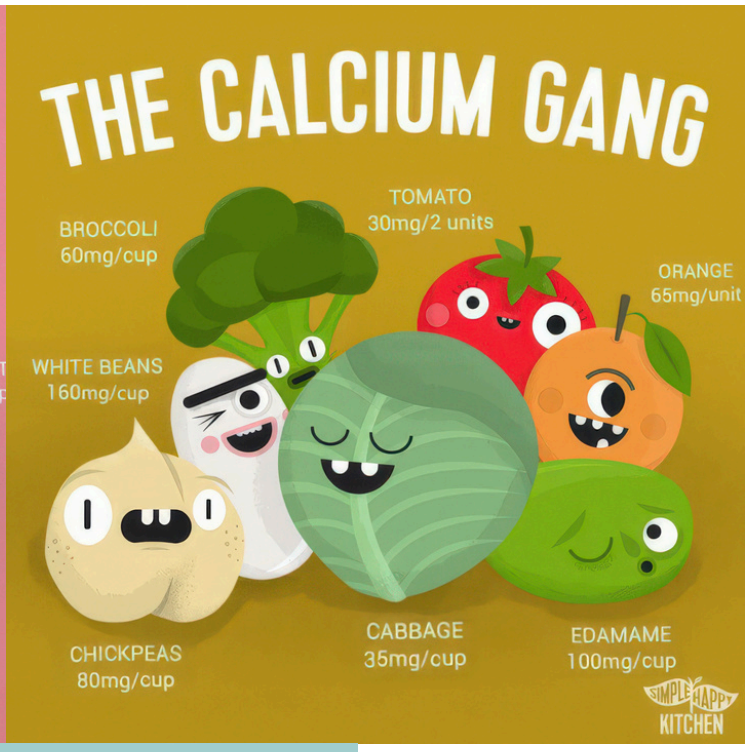
Note: combine legumes (1/3) and grains (2/3) in a meal to get all the amino acids you need.

Source: "Becoming Vegan: Comprehensive Edition" (2014). Brenda Davis and Vesanto Melina, Book Publishing Co.

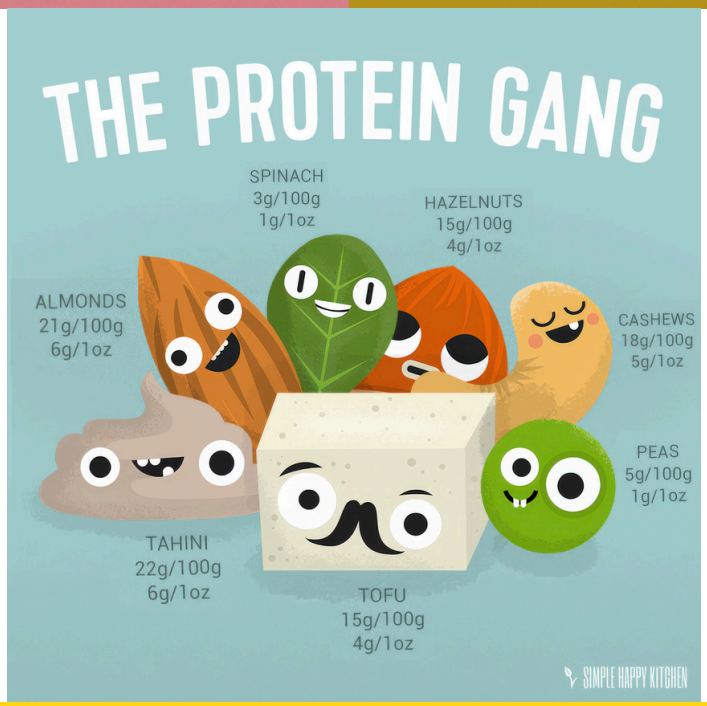
DID YOU KNOW?

Calcium, iron, protein are often associated with animal products, but they are also abundant in plants. If you consume an adequate amount of calories from various foods, you can easily get your daily intakes. Regular blood tests are also good to check your body gets all the nutrients it needs.





Combine iron with vitamin C for better absorption



Combine calcium with vitamin D for better absorption

USEFUL RESOURCES (see more under References at the end of the cookbook)

How Not To Die – Dr. Michael Greger, Md
How not to die Cookbook – Dr. Michael Greger, Md
https://proveg.com/be/fr/ (recipes and tips in French and Dutch)
https://www.forksoverknives.com/recipes/ (recipes, tips and articles in English)
https://nutritionfacts.org/ (health and nutrition articles and videos)
'Daily Dozen' App (you can download it for free!)
Documentaries *Forks Over Knives; The Game Changers; What the Health; Animals*



Protein Champions

Studies have shown that a person on a meat-based diet in the EU consumes on average 2.5 times more protein than needed, which can lead to health issues (Bailey, Froggatt, Wellesley, 2014).
Even if you keep some animal protein in your diet, you should aim at 70% of your protein intake coming from plants, which are a healthy protein source. Here are the best ones!

PEANUT BUTTER

Try it on some sliced plantain bananas or other fruit for a nutritious snack or dessert!

Protein in 100g: 27g

GRAINS

e.g. wheat (incl. seitan), quinoa, rice, etc.

Protein in 100g:
8 to 26g

BEANS

E.g. fava beans, red beans, mungo bean, as well as soy-bean products such as tofu & tempeh (fermented soy beans)

Protein in 100g:
8 to 21g

LENTILS

You can "activate" their nutritional benefits by making them sprout (learn how in the following page!)

Protein in 100g: 9g

BUCKWHEAT

To transform a soup into a full dish, just add one tbsp of buckwheat per person!

Protein in 100g: 13g

OATS

Try some oatmeal with soy drink, a sliced banana & grains for an energy-packed breakfast, or just with some fruit for a light dinner!

Protein in 100g:
14 to 17g

ALMONDS

7 per day are enough, esp. if "activated" (learn how in the following page!)

Protein in 100g:
20 to 25g

Note: soaking and sprouting also reduce phytate amounts in pulses, nuts, seeds -- helping your body to better absorb calcium and iron (see following page to learn how).

How to 'activate' your pulses & nuts

Sprouting pulses: try with lentils and mung beans, the easiest!

Ingredients: 100g green/brown lentils or mung beans (you can find them in all organic shops)

Rinse the lentils or beans and soak them in twice as much water overnight in a salad bowl or ceramic pan. Remove excess water, stir twice a day and add a bit of water if needed to keep them moist.
They will start sprouting in 1.5 to 2 days according to the room temperature. You can start using them as soon as they sprout or let them grow more. You can even use them over several days: the first couple of days, when the sprouts are small, you can steam them for 5 minutes and add them to veggies. And the following days, when they start forming longer sprouts, you can use them raw to keep all their 'living food' benefits, and add them to any preparation.
When used raw, they stay a bit crunchy, which is very nice in a warm dish to add a different texture, or to be sprinkled over a salad!
You can also preserve them in the fridge up to 1 week, or longer if frozen.



soaking

& sprouting!



Soaking and drying hazelnuts, almonds and Brazil nuts

Ingredients:

- 100g hazelnuts or almonds / 30g Brazil nuts (a handful)
- 2-3 pinches fine sea salt

Cover the hazelnuts and/or almonds with water, add 2 pinches of salt and let them soak for 2-3 hours (you can soak them together as they take the same amount of time to absorb the water)
For Brazil nuts, you can add more water (covering them with water a few inches above the level of the nuts) and add 3 pinches of salt. Let them soak overnight.
Remove the excess water and rinse the nuts several times. Let them drain for an hour in a sieve. You can already eat them (they will be soft) or keep them up to a couple of days in the fridge.
If you want to dry them to keep them longer, spread them on a plate on a radiator (during winter), or in the sun or in a warm room during warmer months, for a couple of days. You can also use a dehydrator.
To check whether they are dry, just eat one, if crunchy, it means they're done!
When fully dry, you can place them in a jar separately or with other dried fruit to make a 'trail' mix. Add a small food desiccant bag if the humidity level is high where you live (you can find them in some food packaging or buy them online), or even create your own with rice grains in a muslin tea bag.



7 tips for adopting a plant-rich diet

1

MAKE A CHANGE!

MEAT: replace it with pulses/legumes, beans, veggies (e.g. mushrooms & peas), soy, tofu, tempeh or seitan - way healthier than meat and quite versatile!

- For a nutritious soup, salad or dish with high-quality protein, just add a handful of lentils or buckwheat per person (see **Protein Champions**).
- If you don't want to cook, veggie ready-made options can be found, even in standard supermarkets, such as veggie patties, bolognese-style soy mince, or other meat-like options (while avoiding saturated fats).

PLANT-BASED DRINKS, SPREADS, MARGARINE:

- Breakfast & drinks: milk alternatives made of oat, soy, coconut, rice, almond, hazelnut, etc. can be found everywhere.
- Desserts: tasty and healthier desserts also exist in plant-based variants made of soy, coconut, rice or nuts.
- Plants *affinés*: plant-based *affinés* made with nuts or soy are delicious and fun to make! Find a recipe under the Spreads & Affinés section.
- Margarine: check out our delicious 'Salty spread from Brittany' recipe under Spreads & Affinés.

EGGS: to substitute 1 egg, you can choose among the following:

- mashed banana (1/2) or applesauce (3 tbsp)
- ground flax seeds (1 tbsp + 2 tbsp water, ground in your blender)
- peanut butter (1 tbsp + 1 tbsp water)
- cooked pumpkin or sweet potato (3 tbsp)
- avocado
- silken tofu for frittata-style tofu scramble (4 tbsp pp)
- corn starch (1 tbsp + 1 tbsp water)
- tahini (1 tbsp + 1 tbsp water)
- chickpea water ('aqua fabae', 1/2 glass)



2

HAVE A SALAD A DAY!

Eat a hearty salad a day. Use seasonal veggies and for anti-cancer benefits, include one 'cruciferous' superfood like kale, Brussels sprouts or any type of cabbage, arugula, broccoli, turnips, radish.
Add grains and seeds, sprouted lentils, toasted buckwheat or cooked grains like quinoa, bulgur or barley, to fill your body with energy!

3

COLOUR YOUR PLATE!

There are more than 70,000 varieties of vegetables, fruits, pulses, cereals, root-veggies on earth, and each region has its own array to choose from, with amazing flavours! Combining colours also ensures that you get a lot of different nutrients and vitamins.

4

CREATE YOUR OWN RECIPES!

Unleash your creativity and make plant-based versions of your favourite meals! Get inspired in this cookbook or online, and create your own veggie recipes of burgers, tacos, sushi or lasagna.

5

FAVOUR HOME-COOKING

Cook at home! It will make you happy, healthy and fit! You can also make it a family activity with your partner or kids!
An easy tip if you don't have much time is to cook over the weekend and deep-freeze smaller portions for later use.

6

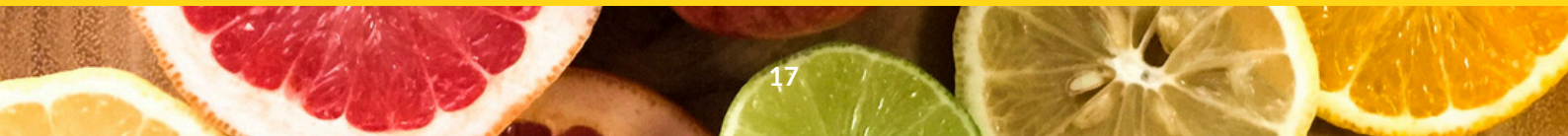
SPICE IT UP!

Add flavour to your dishes with spices, herbs and condiments.
Also use umami-filled ingredients such as soy/tamari/shoyu sauce, balsamic vinegar, algae and nutritional yeast.

7

FOLLOW YOUR OWN RHYTHM

No matter how motivated you are, it might be difficult to switch to a fully plant-based diet all at once. Consider taking a flexible approach at start, or replace one ingredient at a time. Eat consciously and listen to your body!





Kitchen must-haves

- **Flax seeds**

One of the famous 'daily dozen'! (esp. for calcium, protein and Omega-3 healthy fatty acids)
Note that they should be consumed ground (easily done in 2 min in your blender. You can also find them ready-ground in organic shops).
Use: as egg substitute (see above), to thicken any dish/soup or to sprinkle on any dish.

- **Grains and seeds** such as oat, buckwheat, barley, whole grain rice, bulgur, quinoa, hemp, etc.

Note that buckwheat can also be used to thicken soups, or roasted & sprinkled on any dish.

- **Pulses** including red lentils (very quickly cooked), green/brown lentils, chickpeas, beans (black, red, white), soy (either as beans or as soybean products like tofu or tempeh).

Use: soak overnight before use, can also be sprouted (see the "Protein Champions" above).

- **Dried fruits & nuts** (almonds, walnuts, hazelnuts, brazil or cashew nuts, pistachio, dates, dried coconut, figs and apricots).

Use: in cakes (e.g. ground nuts as a pie crust in a raw cake), and to garnish any of your dishes.

- **Nut spreads** (peanut, almond, tahini, etc.) **or margarine**.

Use: in desserts or to give texture to a sauce. Choose 100% plant-based, with no added sugar, salt, palm oil, etc.

- **Gluten-free flours**: buckwheat, chickpea, rice.

Use: in cakes, pies, soups (to thicken) and in other preparations.

- **Healthier sugar options**: dates (unpitted, processed in your blender), maple syrup, agave syrup, coconut sugar.

Use: in cakes, pastries, toppings, etc.



Plant-based Recipes from EU Staff &Trainees
























Appetizers, Starters and Soups

Hummus



Marie

European Food Safety Authority (EFSA)
Legal Affairs Services
France

"Everyone seems to love this recipe! I usually prepare it when receiving friends or family for a successful "apéritif"!
You can also use it as a side dish or dressing.
Beware: hummus can be highly addictive!"

Ingredients (1 bowl)

- 500g chickpeas (cooked)
- juice of 1 lemon
- 1.5 Tbsp Tahini (sesame puree)
- 1.5 Tbsp olive oil
- 1-2 garlic cloves (to taste)
- water (according to the desired consistency)
- salt
- pepper
- optional: spices such as paprika.

VARIATIONS:
- **Coloured veggie hummus**: see next page for examples of hummus mixed with coloured veggies!
- **Raw hummus**: use germinated chickpeas instead of cooked
- **Marine hummus**: replace salt with ground or flaked seaweed, this will bring a marine flavour to this hummus.
Tip: mix the preparation with an ice-cube for a creamy consistency.

Preparation

Rinse the chickpeas (optional: peel them). Chop the garlic. Blend all ingredients together. Add some water (or lemon juice or olive oil) if you want a more liquid consistency.

Pour into a bowl. For presentation, add some chickpeas and spices on top.

Enjoy with bread, breadsticks or veggies such as cucumbers, celeri or carrots cut in sticks.



Chickpeas are a very good source of **protein**, plus they can help **control blood sugar** (see Dr. Greger's *How not to die*)

Colour Hummus



Marie

EFSA

Legal Affairs Services

France

"This hummus is a variation of the previous recipe made with veggies for a fancy colour and a nice taste!"

Ingredients (1 bowl)

- 250g chickpeas (cooked)
- 250g of a veggie of your choice (here peas & beetroot)
- juice of 1 lemon
- 1.5 Tbsp Tahini (sesame puree)
- 1.5 Tbsp olive oil
- 1-2 garlic cloves (to taste)
- water (according to the desired consistency)
- salt
- pepper
- optional: spices such as paprika.

Preparation

Rinse the chickpeas (optional: peel them). Chop the garlic. Cut the veggies.

Blend all ingredients together. Add some water (or lemon juice or olive oil) if you want a more liquid consistency.

Pour into a bowl. For presentation, add some veggies on top.

Enjoy with bread, breadsticks or veggies such as carrots cut in sticks, as on the pic!



Tip: Keep the chickpea cooking water (called **aquafaba**) for other preparations. Aquafaba can replace eggwhite if you beat it until firm (see recipe for chocolate mousse in Desserts).

Red Bean Hummus



Nicolas

European Commission
DG TAXUD, CBAM
Germany

"Going vegan can boost your confidence! I did it for the animals as a New Year's resolution in 2017 and have never looked back."

Ingredients (1 bowl)

- 360g cooked red beans (you can find organic ones in a jar)
- 1 Tbsp tahini (sesame paste)
- 1 Tbsp extra virgin olive oil
- salt (to taste)

Optionally:

- ½ tsp red chili pepper (or more, to taste!), or 1 garlic clove
- A bag of (organic) nachos to go with the hummus

Preparation

Place the red beans in a salad bowl and mash them coarsely with a potato masher, Do not mash them too finely as it's nice to leave a few red bean chunks! Add the tahini, olive oil and salt.

This is the basic, "please-all" version of the recipe. Children will love it and they can even help you prepare it, as it is so easy and quick!

For a more Mediterranean taste, crush one clove of garlic and add it to the mix. You can also add other herbs, be creative!

If you prefer a more spicy, "Mexican" version of this hummus, add some red chili peeper (to taste).

Pour into a nice cup or bowl, serve with organic nachos.



Red beans are a great source of **protein**, as well as **folic acid**, **calcium**, and **fibre**.

Paprika & Aubergine Paste (Kyopoolu)



Franz

European Commission
DG International Partnerships (INTPA)
Germany

"Of course, as always, it's best when plant-based ingredients are sourced locally and/or from sustainable farming practices, celebrating the natural flavours and textures of each ingredient – perfected with creative spice blends, thoughtfully crafted to suit your unique taste."

Ingredients (1 bowl)

- 1kg paprika (ideally horn-shaped because it is easier to turn under the grill; it can be only red or a mixture of red and green)
- 1-2 aubergines
- 1-2 garlic cloves
- a handful chopped parsley
- salt
- vinegar
- olive oil

Preparation

Wash the paprika and the aubergine and roast them whole (stems, seeds and all), plain (without any oil) and uncovered (e.g. do not wrap them in foil).

Some tips for roasting: Paprika and aubergines taste best if roasted on a cast-iron pan on the gas top, or on an open grill. If this is not possible, you can roast them under the oven grill (ca. 250°C) on the top rack.

Place a wide pan underneath because they will drip a lot of juice. Turn them 2-3 times until they are evenly roasted on all sides – the peel can be burnt black in places, and the fruit flesh underneath should turn soft.

When ready, move them immediately into a sealed plastic box or a small pot with a well-fitting lid, and let them rest covered until they are cool. This is an important step in order to make the paprika easy to peel.

When cool enough to handle, remove the peel, stems and seeds, chop them very finely and put into a bowl. Crush the garlic with some salt and add it to the mixture. Season with salt, vinegar and olive oil to taste and mix well. Sprinkle a handful of chopped parsley on top.



Garlic is a powerful **antibacterial**, in addition to giving a great flavour to this dish!

Green Boost



Josick

European Commission
DG International Partnerships
France

"It feels so good to be vegan! I've been a vegetarian for more than 30 years, for ethical reasons and to preserve our planet. I've always loved animals, and I would never kill or harm an animal - which is done daily in industrial farming, including dairy, and in all slaughterhouses. So why have other people do this horrible 'work' for me? It would be hypocritical and unfair for these persons. We don't think enough of all the human suffering behind our meat and dairy consumption..."

Ingredients (2 servings)

- 4 cups kale (preferably young leaves), very finely chopped (other types of cabbage can also be used)
- ½ cucumber, cut in dices (no need to peel it, if it's organic)
- 200g = 1 roll/block of tempeh (fermented soybeans), crumbled
- ½ cup soya sauce
- 1 cup sesame and pumpkin seeds
- a few drops of lemon juice

Optional side dip of oil and garlic (to dip some bread in it):

- ½ cup organic rapeseed oil / olive oil
- 1garlic clove

Preparation

Mix the chopped kale, diced cucumber and crumbled tempeh in a salad bowl, add the soya sauce and seeds, toss the salad.

Serve in 2 individual bowls.

Add a drop of lemon juice on the salad.

As a side dip (optional), you can pour some rapeseed/olive oil in a cup, with chopped garlic, to dip bread in.



This rich and tasty salad is **low-fat** while being packed with **protein, calcium and vitamins**.
It can be a starter or a main dish, especially if served with a side of wholemeal bread or rice.

Foul Mudammas



Justine

European Commission
DG DEVCO (former trainee)
France

'Foul' is Egypt's most popular dish, it is affordable, easy to make, rich in nutrients and contains no animal products! Beyond its unique flavour, it's a great example of how easy a vegetarian diet can be!

Ingredients (3 servings)

- 1 can of cooked fava beans
- 1 pinch of ground cumin
- lemon juice
- ½ Tbsp tahini (optional)
- 1 tomato diced
- ½ green pepper
- ¼ red onion
- diced olives
- parsley chopped
- olive oil
- salt

Preparation

Heat up the fava beans with the liquid on medium heat for 5 min. Mash them softly with a fork until half of them are crushed. Add a pinch of salt.

Transfer into serving bowl. Add cumin, tahini, diced tomato, green pepper, and red onion, lemon juice, parsley, olives, olive oil.

Serve immediately!



This recipe is a traditional Egyptian breakfast and can also be served as a main dish (esp. if served with whole-meal bread).
It is packed with protein (fava beans)
and **vitamin C (lemon juice and parsley).**

Apple, Carrot & Chickpea Salad



Tony

European Commission
DG Translation
UK

"None of us would mistreat our dog or cat, so why participate in the suffering of other equally sentient animals like cows, pigs, chicken and fish? By eating plant-based foods we can prevent this abuse, increase global food security and markedly reduce our impact on the environment and the climate. Oh, and eating more vegetables and fruit is good for our health! What's not to like?"

Ingredients (1 serving)

- 1 small apple, cored, sliced and chopped into small pieces
- 1 medium carrot, peeled and grated coarsely
- 6 cherry tomatoes, halved,
- or 1 large tomato, chopped
- ¼ red bell pepper, sliced and chopped into small pieces
- 100g cooked or tinned chickpeas
- 1 Tbsp pumpkin seeds
- 5 walnuts, broken up

For the vinaigrette:

- 6 Tbsp rapeseed or olive oil
- 2 Tbsp cider vinegar

Optional salad ingredients:

- Pinch of dried mixed herbs, or fresh herbs of choice
- Green leaves (e.g. lettuce, spinach, kale, cabbage)
- 1 or 2 spring onions, chopped
- 1 stick of celery, chopped
- Small handful of peanuts
- Salt and pepper to taste

Preparation

In a salad bowl mix together all the essential salad ingredients, except the pumpkin seeds and walnuts, plus any optional ingredients.

Mix the vinaigrette ingredients together until the vinaigrette thickens slightly (add more vinegar or lemon juice if you want it thinner), then mix well into the salad.

Garnish the salad with the pumpkin seeds and broken walnuts. Enjoy!



This salad is perfect as a light and healthy evening meal, or as part of your lunch or picnic! The **chickpeas, pumpkin seeds and walnuts** (**and peanuts**, if you include them) **provide lots of protein.** And the absence of animal ingredients will make your digestion easier!

Farfalle Salad



Reiner

European Commission
EEAS
Germany

"The question is not, 'Can they reason?' nor, 'Can they talk?' but rather, 'Can they suffer?'"
- Jeremy Bentham, English philosopher, 1789

Ingredients (2-3 servings)

- 250g farfalle
- 2 medium sized carrots
- 1 medium sized cucumber
- 2 bell peppers (different colours, preferably)
- cashew nuts
- olive oil
- cloudy apple (cider) vinegar (alternatively use spirit vinegar. Please note that not all vinegar is vegan – it is often cleared with help of animal products. Spirit vinegar and the cloudy apple are usually vegan)
- mustard
- salt and pepper

Preparation

Cook the farfalle al dente as per instructions.
In the meantime, grate the carrots.
Peel the cucumber (or just wash it, as you prefer),
cut in half and spoon out the seeds. Cut into small cubes.
Clean the bell peppers and cut in small cubes as well.

Whip up a generous amount of vinaigrette using the olive oil, vinegar, mustard, pepper and salt.

Once the pasta is cooked and has cooled down a bit, mix everything together.
Add a good handful or two of cashew nuts before serving. Enjoy!

Tip: vegan *affinés* (see section at the end of the Cookbook or buy one like Violife's "White Greek" or Wilmersburger) are a nice addition to this salad, as is fermented tofu (available in organic shops).



A **nice and easy** vegan pasta salad, good to take to the office but also as part of a summer barbecue or picnic.

Aubergine Salad



Nur

European Research Executive Agency (REA)

Belgium

"I am not vegetarian or vegan, but I believe it is our duty to respect the earth and all living things. I studied biology just to see this environmental balance better. The nature can survive without us, but we cannot survive without it."

Ingredients (2-3 servings)

- 2-3 eggplants
- 1-2 peppers (bell or horn-shape red peppers)
- 1 onion (white or red)
- 2-3 tomatoes
- 1-2 garlic cloves
- 1 bunch parsley (flat variety)
- Olive oil and vinegar
- Salt
- 1/2 lemon

Preparation

Wash and dry the eggplants completely. Place them on a grill of an oven or bbq or a gas range over medium high heat. Flip a few times so it cooks evenly on all sides. The skin will get wrinkly, and the flesh will be completely soft.

Grill the peppers as well. Turn them occasionally so they soften evenly.

Peel the eggplants and peppers under running cold water (or peel after when they are cooled) . Then finely chop them.

In a large bowl, mix the chopped eggplant and peppers with the onion, tomatoes, garlic and parsley leaves.

Add in some of the olive oil followed by lemon juice and salt. Serve at room temperature or cold.



Tip: for extra freshness, add some **grapes** as a side dish (also for extra **antioxidants!)**

This salad is very filling and can be served as a main dish especially if accompanied with some wholemeal bread or Turkish *pide*.

Savoury Fruit Salad



Nicholas

European Commission
DG SCIC
(streaming services)
Italy / United States

"It's a weird fact: humans kill billions of animals every year to produce food that increases the risk of our biggest killers - heart disease, diabetes and some cancers. Still, switching to a plant-based diet isn't a silver bullet. There are healthy vegan diets and unhealthy ones. To keep myself in good health, I avoid processed foods, I maintain a balanced diet and I get plenty of exercise!"

Ingredients (3 servings)

- 2 cucumbers
- 3-4 tomatoes
- 10 pitted olives
- 1-2 avocado(s) (the best would be to buy the ones from Europe, such as from Spain or Italy)
- 5 sun-dried tomatoes

Preparation

Slice the cucumber into thin rounds with a mandoline.

Dice the tomatoes and add them along with a mashed avocado (the best way to peel and score an avocado is the nick-and-peel method).

Add the olives and dried tomatoes.

If you want you can also add mango pieces, some salt/pepper, paprika and apple pieces.

Buon appetito!



Avocados are rich in **'good fat'**, protecting your heart, have **antioxidant** properties with **vitamin E** and are high in **potassium**. **Tomatoes** also contain **antioxidants,** esp. **vitamin E and beta-carotene**, which is a precursor of vitamin A in your body.

Faux Gras



Marie

European Food Safety Authority
Legal Affairs Services
France

"My grandmother found this recipe online (on Pinterest) and adapted it over time and it's delicious! Since a few years, it became our typical starter or appetizer for end-of-the year celebrations to replace 'foie gras' which conveys so much suffering.
If you don't have time to cook it, there are also different versions of 'faux-gras' that you can buy from vegan or organic shops."

Ingredients (1 big bowl)

Note: you will need a powerful food processor/blender

- 200g raw cashews (preferably fair-trade)
- 100g organic deodorised coconut oil
- 4 Tbsp nutritional yeast
- 5g cornstarch or arrow root
- 5g tomato paste
- 3g of '4 spice mix' (cinnamon, ginger, cloves, nutmeg)
- 5 bay pepper (4 to 5 turns of pepper mill)
- 3 pinches of salt
- 50ml water
- 60ml white wine
- Optional for taste: a few drops of Porto wine
- Optional (for the 'yellow grease'): deodorised coconut oil

Preparation

Soak the cashews in water for 2 hours. Rince and soak them in boiling water for 2 min. Drain and let them cool. Place them in a blender with the other ingredients, except wine and water, mix until smooth.

Boil the water and alcohol and quickly add to the above mixture. Blend at maximum power until smooth (you can place back at the centre any chunks stuck to the sides of your blender),

Pour the mixture in a recipient or mold of your choice (using film paper at the bottom if you wish to unmold it later) and close it with a tap or cover it with film paper to make it hermetic (otherwise the mix will change colour).

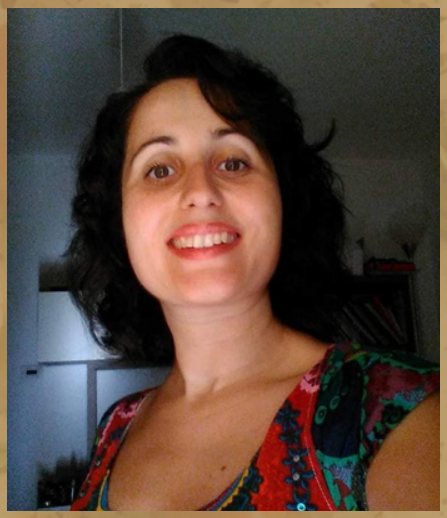
Optional: if you want to add the 'yellow grease' that is usually on top of *foie gras*, you can add some melted coconut oil on top of the cold 'faux-gras'.

Refrigerate for minimum 8h and your faux-gras is ready!
Eat on some bread or toast (or gingerbread or grissini) without spreading it much. You can accompany with onion or fig chutney.



The perfect festive appetiser , without animal cruelty!

Grandma's Focaccia from Apulia, Italy



Erica

European Research Executive Agency (REA)
Italy

"Working in agricultural and environmental research centres for most of my career, I could read about the impact of diets based on animal products. As a pet and wildlife volunteer, for ethical reasons it made no sense to me to continue eating any type of animal (since 2011)."

Ingredients

For the dough:

- 200g durum wheat flour
- 100g white flour
- 80g potato (1 medium-sized)
- 220ml water at room temperature
- 25g brewery yeast or 1 bag of dry powder yeast for bread
- 1 Tbsp salt
- 2 tsp sugar

For the topping:

- 1 pinch of salt
- Oregano / rosemary
- Extra virgin olive oil
- 8 red cherry tomatoes or 1 medium-sized tomato
- optional: zucchini slices
- optional: olives

Preparation

Put the yeast in the cup of water with the sugar to activate it. Let it rest a few minutes.

Boil the potato, mash it and let it cool down. Mix all the dough ingredients in a bowl and knead for about 20 min, adding the water little by little while repeatedly pushing your wrist in the compound and then pulling the compound using your fingers, trying to incorporate air.

Once you get an homogeneous dough, close the big bowl with its cover or a cotton cloth and let it rest to grow for two hours at a warm constant temperature.

When the dough becomes more than the double of its original volume,, lay it on an oiled baking pan of about 29 cm of diameter and brush the top with oil, add the pinch of salt, oregano and sliced tomatoes.

Bake it in pre-heated oven at 250°C, for about 30 min depending on the oven (check if the inside is cooked or still wet using a toothpick). Serve warm!



Traditional recipes from Southern Italy - at the core of the Mediterranean diet - are mainly plant based. Focaccia was already prepared by Phoenicians, Carthaginians, Greeks and ancient Romans and in the Middle Ages it was served with wine during wedding ceremonies. Every region has its own!

Tomato Tart



Dominique

European Commission
DG Translation
France

"Animal welfare means a lot to me and that is my reason to go veggie everytime I have a choice."

Ingredients (1 tart)

- 1 puff pastry (without butter)
- 5 tomatoes (of different types/colours for taste and presentation)
- 1 + 1/2 Tbsp *Dijon* mustard
- 1 tsp poppy seeds
- *Herbes de Provence* or basil and thyme
- salt and pepper
- A nice salad (e.g. arugula)

Preparation

Pre-heat the oven to 180°C.

Place the puff pastry in a tart case. Prick it with a fork. Spread 1 tsp of Dijon mustard on it. Pre-cook it in the oven for 10 minutes (otherwise, the juice released by the tomatoes will make it difficult to cook).

In the meanwhile, cut the tomatoes into halves or quarters depending on size.

When ready, spread the rest of the mustard and lay out the tomatoes on the pre-cooked pastry. Add some salt and pepper. Sprinkle with herbs and poppy seeds.

Cook in the oven for 15 minutes. Leave to cool for some minutes and enjoy!



You can serve this dish with **arugula** (roquette) for its nice peppery taste and its anti-cancer properties!
(see Dr. Greger's *How not to die*)
Side it with lentils or another source of plant-based protein for a complete meal.

Artichoke Cakes



Marija

European Commission

EAC Marie-Sklodowska Curie Actions

Lithuania

"I became vegetarian in 2009 and have been vegan for the past 11 years because of my love for all animals. This recipe is a perfect example that plant-based food can be delicious and enjoyed by everyone."

Ingredients (10 cakes)

- 2 cups drained artichoke hearts, finely chopped
- 2 Tbsp liquid from marinated artichokes
- ¼ cups finely chopped shallot
- ½ cups finely chopped celery
- 1 tsp lemon juice
- ½ cups chickpea flour
- 2 tsp coconut sugar or brown sugar
- ¼ tsp ground black pepper
- ¼ tsp sea salt.

Breading:

- ¼ cups chickpea flour
- 1- ¼ cups bread crumbs
- ½ cups unsweetened plant drink
- 1- ½ cups vegetable oil, for frying

Preparation

Drain the marinated artichokes, reserving 2 Tbsp of the liquid to use in the mix. Finely chop them and put them in a large mixing bowl with the remaining ingredients for the cakes. Combine well with a fork.

Heat 1- ½ cups of vegetable oil in a large pan.

Set up a 'breading' station: add chickpea flour to a wide shallow dish, use another dish for the breadcrumbs, and a bowl for the non dairy drink.

Take ¼ cup of the cake mixture and form a round thick patty with your hands. Place the cake in the chickpea flour and coat all sides evenly. Quickly submerge in the non-dairy drink and remove it from the drink, then place in breadcrumbs. Using your hands, cover the cake in breadcrumbs getting all sides well coated then slightly shake off any excess. Batter 2 to 3 at a time right before frying.

Place 2 to 3 cakes in hot oil at once depending on the size of your pan. Fry for about 4 min until golden flipping halfway through.

Remove the cakes from the pan and place onto a plate covered with paper towel to absorb any excess oil.



Artichokes can support the liver and are high in **potassium**, helping muscles to function well.

Spiced & Sliced Aubergines



Nathalie

European Commission

DG INTPA

Brussels

*"This dish could also be called "**coronation aubergine**" as it's a fully plant-based and slightly personalised version of a recipe that the British chef Nadiya Hussain created for the Coronation of King Charles III in 2023."*

Ingredients (serves 4 as side, 2 as main)

- 2 large aubergines
- 225ml olive oil
- 3 cloves
- 1 small grated onion
- 2 tsp paprika
- 1 tsp salt

Topping:

- 3 Tbsp pomegranate seeds
- 3 Tbsp raisins
- 3 Tbsp fresh coriander or mint

Dressing:

- 200g coconut or soy dessert (unsweetened)
- 2 tsp curry powder (mild)
- 2 cloves of garlic
- 1 tsp salt
- 2 Tbsp mango chutney
- 2 Tbsp coconut milk (if necessary)

Preparation

Chop the garlic and onion, mix with paprika and salt in a bowl.

Slice the aubergines into 1cm-thick slices and place them on a big tray. Brush each side with the above mix using a pastry brush or your fingers.

Grill the aubergines on a griddle pan or a BBQ or under the grill of your oven for 2 min on each side (there'll be ready when the flesh looks softer and saturated). Set aside.

In a bowl, mix the plant-based dessert, curry powder, crushed garlic, salt and mango chutney (chopped). If the mix is too thick, add a few tbsp of coconut milk. Drizzle the dressing all over the top of the aubergines, saving the rest to serve on the side.

Sprinkle with pomegranate seeds, raisins and chopped coriander or mint.



Curry has **anti-cancer properties** thanks to the **turmeric** (curcumin) it contains.

Colcannon Side Dish

Ingredients (3-4 servings)

- 8 potatoes
- 6 leaves cabbage or kale
- 2 shallots
- unsweetened plant-based 'drink' (here oat-based)
- olive oil or vegan 'not-butter' (see our Brittany-inspired recipe in the section 'Sauces, Spreads & Affinés)



Nicholas

European Commission
DG SCIC
(streaming service)
Italy / United States

"This wholesome, comforting dish is perfect for a cold winter day but provides a lot of solidity all year round."

Preparation

Boil the potatoes for 25min in salted water.

Shred the cabbage or kale finely. Chop the shallots.

Remove the cooking water and mash the potatoes with the oat drink. Add the vegetables and stir for a few minutes, avoiding that the mix sticks to the pan.

When serving, make a hole in the middle of the potatoes in which you place a generous amount of oil or vegan 'not-butter'.

Tip for a perfect eating experience:
Gather a spoonful or forkful of the mash and dip it in the oil / vegan not-butter in the centre. So yummy!



Cabbage is a 'cruciferous' vegetable, just as kale, broccoli and arugula, which are strong allies to **prevent cancers and other diseases.**

Gazpacho



Dominique

European Commission
DG Translation
France

*"This is a simple recipe that even I haven't managed to fail!
I can be a foodie but when it's time to eat, I like it to be nice and easy!"*

Ingredients (3-4 servings)

- ½ kg red ripe tomatoes cut into chunks
- half cucumber peeled, cut into chunks
- half green pepper cored, seeded and cut into chunks
- 1 garlic clove
- 1 small onion cut into chunks
- 2 Tbsp sherry vinegar (more to taste)
- ½ cup extra-virgin olive oil (more to taste)
- 1 cup water
- juice of ½ lemon
- 2 tsp salt (more to taste)
- optional [not gluten free]: the original recipes includes a slice of bread soaked into water to get it softer.

Preparation

Peel the tomatoes. To easily peel, submerge them in boiling water for two minutes, then dip them in cold water and peel.

Combine tomatoes, green pepper, cucumber, onion, garlic and the slice of bread in a blender or, if using a hand blender, in a deep bowl.

Add the vinegar, extra-virgin oil, water, lemon juice and salt.

Strain the mixture through a strainer or a food mill, pushing all the liquid through with a spatula or the back of a ladle. Discard the solids.

Chill until very cold, at least 1 hour in the fridge.

Serve very cold. Feel free to add croutons, diced tomatoes, diced cucumbers on top.



The refreshing Spanish soup for the summer!

Carrot Soup with Herbs



Héloïse

European Commission
DG International Partnerships
France

"My friends could call me 'a soup Ambassador'. For real, I changed the way I viewed soups: not all soups are boring, watery or flavourless, one can savour a refined delicate soup, pimped with nice toppings. An easy, quick and healthy way to get your intake of fibre and veggies. My plus? add a homemade savoury granola and a spoon of affiné (e.g. see recipe under the dedicated section at the end of this cookbook , and it becomes absolutely delicious!"

Ingredients (4 servings)

Soup:

- 600g carrots
- 2 onions
- 2 garlic cloves
- 2 tbsp cold-pressed rapeseed oil
- 100ml apple cider vinegar
- 200ml cold-pressed apple juice, beer or bouillon
- 1L water

Dressing:

- 60g parsley
- 20g thyme
- 20g of marjoram or oregano
- salt and pepper
- wholemeal bread
- 200ml of soy cuisine liquid

Preparation

Peel the carrots, onion and garlic, cut them roughly and fry them in oil over low heat for 5-10 minutes. Then add the vinegar and apple juice, and let the liquid reduce to half its original amount.

Add water to cover the vegetables and let it simmer for approx. 30 minutes until the carrots are tender. Then blend the soup and season with salt and pepper. If the consistency is too thick, adjust with water.

Make the dressing while the soup is cooking. Rinse all the herbs and blend them in a food processor or chop them finely, adding in the soy cuisine liquid. Season with salt and pepper.

Serve the soup with a spoonful of the herbs and soy dressing in each portion and with bread on the side. Enjoy!



Garlic, onions and thyme are among the best antibacterial foods!

Lentil Soup



Nur

European Research Executive Agency (REA)
Belgium

"Lentil soup is rich in protein and easy to make.
It is an amazing dish from the plants that nature gives to us.
As Montaigne says "let us permit nature to have her way. She understands her business better than we do".

Ingredients (2-3 servings)

- 2 Tbsp olive oil
- 1 to 2 Tbsp tomato paste
- 1 onion
- 2 carrots
- 2 medium potatoes (optional)
- 1 cup red lentils
- 1 to 2 Tbsp rice
- 4 garlic cloves
- 2 tsp ground cumin
- 1 Tbsp dried mint
- Salt and pepper
- 1 Tbsp thyme (optional)
- 1 to 2 Tbsp lemon juice (½ to 1 medium lemon), to taste

Preparation

Heat olive oil in a pressure cooker (or in a pot) over medium heat. Put the red lentils and rice in a strainer and let it wait under water.
'Sauté' the onion until golden. Add tomato paste and cook for a minute. Add in carrots and potatoes, cook for a couple of minutes. Then add the red lentils, rice, salt, pepper, cumin, thyme, chopped garlic and black pepper. Stir well and cook for a minute. At the end, add the dried mint.

Pour in the water and bring the soup to simmer. Cook 20 min in the pressure cooker. If it is a normal pot, cook covered on medium heat for 20 minutes. Uncover and cook for another 10min until the lentils are completely cooked.

Blend the soup in the blender or using an immersion blender until it's creamy and smooth.

Serve warm with a squeeze of lemon.





This soup is so **high in protein** that you can eat as a **main dish**. Serve it with some whole-meal bread for nutritional balance.

Main Dishes



Buddha Bowl



Berta

European Commission
Infrastructure & Logitics (OIB)
Brussels

"A whole foods plant-based dish is gentle on the environment, your health and your soul. Science proves repeatedly that a whole foods plant based diet reduces the risk of the leading cause of death, cardiovascular disease. Also drastically reduces cancer risk and dementia. It improves and/or reverses diabetes. It increases energy and productivity. The list of benefits is long. Disadvantages? None; taste? once your taste buds and gut microbiota get used, you will enjoy food MORE THAN EVER."

Ingredients (1 bowl)

- 3 cups vegetables: potatoes, carrots, broccoli, sweet potatoes; or beets, turnip, cauliflower, zucchini, bell peppers, pumpkin, Brussels sprouts
- ½ tsp salt
- 1 Tbsp olive oil
- 1 tsp curry
- 2 cups greens: lettuce, arugula; or spinach, kale, collard green, tomato, cucumber, watercress, endive, mint, cilantro
- 1 cup dry grains: ½ cup brown rice + ½ cup quinoa; alternatives: whole oats, millet, barley, couscous, bulgur, buckwheat
- 1 cup cooked legumes (canned or jarred): lentils/chickpeas/beans
- 1 cup tofu (smoked or other kind); alternatives: edamame, tempeh, nuts
- 1 avocado
- 4 Tbsp of garnishing: pomegranate seeds, sesame seeds, micro greens/sprouts, crispy onion; alternatives: sauerkraut, kimchi

Dressing:

- ¼ cup tahini
- 2 Tbsp lemon juice
- 2 Tbsp maple syrup
- ½ teaspoon salt
- ¼ cup water

Preparation

Cut the vegetables in cubes and put them in a bowl, drizzle the olive oil, salt and curry. Mix all well. Put in the oven for 30min. at 200°C (cooking time will depend on the type of veggies you choose).
Mix brown rice and quinoa, put in a pan with a bit of salt and water (2 cm above the surface of the grains), bring to boil, put a lid and lower the heat to a gentle boiling for 30 minutes without opening! When the water is gone the grains are cooked, never fails!
For the dressing, mix all the ingredients and blend. If too liquid, add tahini, if too solid, add water.
Assembling: in a bowl put a few spoons of grains, legumes, fresh greens and roasted veggies; add the tofu, roasted cashews/peanuts and avocado.
Add the dressing (the more the better), and all the other garnishing.



Buddha bowls are the perfect example of the plant-based **nutritional excellence**, combining all the nutrients you need!

Courgette Spaghetti



Alina

European Commission
DG International Partnerships
Romania

"I love running and keeping my body in good shape! And I'm also a foodie and a mom who likes her kid to eat healthy and yummy food. Which is why this salad is perfect for us: it's packed with protein and nutrients, super healthy and delicious at the same time!"

Ingredients (4 servings)

For this recipe, you'll need a spiralizer to make the spaghetti (and you can use it again to slice other veggies like carrots, children love it!)

- 3 medium-sized courgettes (zucchini)
- 12 cherry tomatoes (or 2 standard ones)
- 2 x 250g tofu, preferably lacto-fermented and with added pesto (you can find it in organic shops)
- a thread of extra virgin olive oil
- a jar of vegan pesto sauce (if your tofu is not the pesto one)
- ground black pepper
- 10 basil leaves

Preparation

Spiralize the courgettes into spaghetti (you can cut them if the courgettes are too big).

Crumble the tofu and gently mix it with the spaghetti. Add the olive oil, the vegan pesto sauce (if your tofu is not already the pesto variety), and grind some black pepper on top.
Mix again gently.

Slice the cherry tomatoes in 2 (or dice bigger ones), keep a few for the 'finishing touch' and delicately mix the rest with the spaghetti.

Finish by adding some sliced/diced tomatoes and the basil leaves on top of the dish, for a beautiful display!
Serve with whole-wheat bread to make it a complete dish.



This refreshing **"veggie" version of spaghetti** is perfect during summer as they are served cold. They are **very easy to make and children can assist you, as spiralizing is very much fun** for them!
It's also a way to have them eat veggies without noticing it!

Scrambled Tofu



Reiner

European Commission

EEAS

Germany

"I was vegetarian for many years before I found out how cruel the egg and dairy industry is – and then turned vegan. Especially chickens are one of the worst treated animals, not only the ones bred for meat, but also the ones in the egg industry. Luckily it is easy to replace eggs in almost every dish, and the internet is full of hints and tips on how to do that."

Ingredients (2-3 servings)

- 150g tofu
- ½ onion
- plant-based drink or cooking liquid (soy or oat works best)
- ½ tsp kala namak
- ¼ tsp turmeric
- ½ tsp paprika powder
- salt
- pepper
- oil for frying
- spring onions, chives, parsley, cherry tomatoes for decoration
- optional: 4 Tbsp chickpea flour

Preparation

Dice the onion, then fry it on medium heat until soft. Crumble the tofu and add to the pan. Fry for a while until dry, then add the spices. Stir well and let it fry for a couple of minutes.
If you are using the chickpea flour, add it now. Also add the drink/liquid (even if not using chickpea flour). Stir well, it will reach a nice 'scrambled egg' consistency after a short while.

Serve with fresh bread, add spring onions/parsley/chives and cherry tomatoes for decoration.

Side note:

- chickpea flour is available in organic stores. It is a good egg substitute, you can make omelettes, quiches, etc. with it.
- kala namak, 'black salt' has a sulphurous taste and smell, reminding of egg, and adds that certain touch to dishes. Also try it on avocado!
- I prefer vegan options for frying this (see recipe 'Not-Butter' under 'Sauces, Spreads & Affinés') or buy vegan margarine, but oil works well as well!



Scrambled **tofu** is **perfect for breakfast or lunch**, it is very **rich in protein and calcium**!

Cottage Pie



Eleonore

European Commission

DG CLIMA

"I've been living the plant-based life for nearly fifteen years, and as a certified foodie, I absolutely adore discovering new veggie-friendly recipes, restaurants, and meals. For me, eating sustainably is about nurturing our planet and protecting animals, while indulging in mouthwatering, delicious food adventures."

Ingredients (4 servings)

- 8 big potatoes
- 4 Tbsp margarine
- 1/2 glass plant-based drink (unsweetened)
- Sea salt and pepper
- 1 large onion
- Garlic (as much as you like)
- 350g lentils (1 can/jar)
- 1 pack veggie mince (optional)
- 250g mushrooms (optional)
- 1 Tbsp Marmite (optional)
- Vegan Worcester sauce (optional)
- Tomato paste (optional)
- 2 cups green peas (frozen)
- 4 carrots
- 1 cube vegetable stock
- 2 Tbsp thyme (powder)

Preparation

Peel and cut the potatoes into two, cook them in salted water. Once cooked, mash them with margarine, plant-based drink, salt and pepper.

Preheat your oven to 200°C and lightly grease a baking dish. Peel and chop your carrots into small chunks. Place them in a large pan with some olive oil, sauté them over medium heat with the onions and garlic in olive oil/margarine until lightly brown.
Add the veggie mince and mushrooms if you're using them.
Add tomato paste (optional) and a pinch each salt & pepper, with a Tbsp of marmite (optional)/Worcester sauce (also optional).

Add the vegetable stock and thyme, and stir. Bring to a low boil. Cover and reduce heat to simmer. Continue cooking until carrots are tender. In the last 5 min of cooking, add the lentils and peas. Stir and cover. Taste and adjust seasoning as needed.

Transfer the veggie stew to a baking dish and top it with mashed potatoes. Smooth down with a spoon or fork and season with a crack of pepper and a pinch of sea salt.

Bake for around 20 min (until the mashed potatoes are golden on top) and slightly crunchy. Remove the dish from the oven and let it cool briefly before serving. The longer it sits, the more it will thicken!



Plantain Pizza



Nicholas

European Commission
DG SCIC (streaming service)
Italy / United States

"Have you ever dreamed about a pizza entirely made with fruits and that is just as tasty as the traditional one? Here it is, and yes, tomatoes and olives are fruits! In addition to being super easy to digest (unlike a traditional one), this pizza is great for the planet since fruit trees/plants use less natural resources to provide us with these delicacies, compared to animals and other plants. Let's celebrate plants with their beautiful and tasty gifts!"

Ingredients

Dough for 1 large pizza:

- 3 green plantains (1 plantain can be replaced by some cooked pumpkin flesh (Hokkaido variety works best)
- 1 Tbsp extra virgin olive oil
- 1 pinch of salt

Toppings:

- 1 jar of tomato *passata*
- 250g tofu
- 1 small courgette
- 15 black/pink pitted olives
- 6 cherry tomatoes
- ½ avocado

Preparation

Preheat the oven to 180°C. Place the plantains with their peel in the oven. Leave them there until the peel becomes entirely black (about 25-30 minutes).

Peel and place them in a food processor (a blender can also work if powerful). Add oil, salt and blend until you have a dough ball. Roll out the dough and flatten it in an oven dish.

Mix the tomato *passata* and tofu with a fork or in your blender, and add this mix on top of your dough. Place in the oven for 5 min Add the sliced courgette and put it back in the oven for another 10-15 min.

Add on top of the pizza the pitted olives, sliced tomatoes, some avocado and a dash of olive oil right before serving. *Buon appetito!*

You can find the video on Youtube "FRUITARIAN PIZZA" or at https://www.youtube.com/watch?v=5fUOPpHpUrw&t=14s



Plantain bananas are a rich source of **fibre, vitamins A, C, and B6**, as well as **magnesium** and **potassium**.
Way healthier than the traditional white flour pizza!

Vegan Patties



Daniela

European Commission
DG Regional & Urban Policy
Germany

"Vegan patties are one of my favourite recipes, because they are a great alternative to meat and are rather easy to make. The nutritional value is great and they also freeze very well. So if you are a busy person, this might become your Go To!"

Ingredients (4 servings)

- 1 cup of black beans (cooked)
- ½ a large onion, finely chopped
- 2-3 garlic cloves
- 2 Tbsp oil
- ½ cup soy sauce
- 4-½ cup water
- 4- ½ cup rolled oats
- 1 medium carrot, grated
- 1 large peeled potato, grated
- 1 cup chopped walnuts (or others)
- 2 Tbsp nutritional yeast

Preparation

If you add black beans to the recipe, soak them overnight and cook them in salty water for 1 hour.

Chop and stir-fry the onion and garlic in oil until tender. Add ½ cup of water, the black beans and the grated carrot and potato to it. Simmer a few minutes.

Bring remaining water to the boil; add vegetables and all other ingredients except the nutritional yeast and nuts. Cook for 5min or a little longer if you're using regular oats. Stir in the yeast flakes and nuts.

Allow to cool, and form into burger-shaped patties. Bake at 180°C for 15-20 minutes each side until golden brown. Serve with some salad or fresh tomatoes in summer and enjoy!

As they freeze well, you can make a batch of these and keep some of them for later use!



These patties provide a good amount of **fibre** and **essential amino acids** thanks to the **beans and oats**.

Potato Pancakes (Bramborák)



Andrzej

European Commission

DG AGRI

Poland

"Eating more plant-based meals is healthy and sustainable while balancing this type of diet stays very challenging. Eating enough plant protein is possible but not straightforward. Industrial ultra processed products marketed as a solution are not really appealing or nutritious apart of providing protein. Vegetables and fruit are more and more expensive becoming a luxury product. It is so difficult to find delicious and affordable plant-based meals in the most of canteens and restaurants thus making the cooking at home a main option."

Ingredients (4 servings)

- 600g peeled potatoes
- 200g courgette (zucchini)
- 1 big onion
- 2 garlic cloves
- 100g flour/gluten-free flour
- Salt and pepper
- Oil for frying
- 1 cup hummus (choose a recipe under "Starters")
- 1 salad / arugula leaves
- a cup of sprouted lentils (see how to sprout them on p.15)

Preparation

Peel the potatoes and grate them as well as the onion and garlic. Chop the courgette in chunks. Add flour, salt and pepper, mix.
Heat the oil in a pan. Place the mix on the pan forming pancakes of more or less 8-10cm and 1cm thick. Fry them on both size till they are golden. As they do not fit in one pan you need to fry them in couple of rounds.
Serve the pancakes when they are still hot and crispy. Add some hummus (choose a recipe in the Starters sections) on the side as a sauce, and to add more protein to the recipe! You can also serve them with some salad / arugula and add sprouted lentils on top (see how on p.15).

Note:
To keep the pancakes crispy, avoid making them too thick, fry them fast on a hot pan and eat them right away. If the mix is too liquid, you can add more flour or breadcrumbs, which will also make the pancakes crispier.
Instead of zucchini you can use other vegetables like carrots, root parsley, root celery, pumpkin, or even fruit like apple or pear. You can also season the pancakes to your taste with spices and herbs, for example adding paprika, cumin, nutmeg, cinnamon or fresh leave herbs like parsley, rosemary, thyme, etc.



This is a traditional Central East European recipe.

Viennese Mushroom in Breadcrust



Eugen

European Food Safety Authority (EFSA)
Methodology & Scientific Support
Germany

"My special super skill is "T-shirt activism", which means wearing shirts with catchy pics or text in the vegan frame at work and private life, to trigger conversations about advantages of eating more plants. I experienced that putting this topic back on the plate as often as possible is a very effective way to remind my friends and colleagues to rethink their own behaviour and quite a few also changed to a more plant-based life!"

Ingredients (1 portion)

- 1 big mushroom head e.g. Oyster or Parasol mushroom, below quantities may vary according to mushroom size.
- 80g whole-grain flour or other flour e.g., maize-flour for gluten-free
- 100g breadcrumbs or gluten-free crackers, crumbled
- 150 ml plant-based drink e.g. oat-drink or unsweetened soy-drink
- pinch of pepper & salt to taste
- optional: spices of your taste e.g., paprika, nutmeg or commercial herb-mixture for "schnitzel"
- vegetable oil suitable for frying e.g., deodorised rapeseed oil, coconut oil or olive oil

Preparation

Remove the fungus stipe from the mushroom-head.

Prepare two bigger plates (e.g. soup-plates), in one add 2 handfuls of flour, a good pinch of salt and pepper and optional spices to taste. Add plant-based drink while stirring with a wire-whisk or tablespoon until a soft slightly-liquid/slurry texture is reached. In the other plate, add breadcrumbs.

Dip the mushroom in the slurry on both sides until all the surface of the mushroom is covered completely with the slurry.

Transfer the mushroom into the plate of breadcrumbs and cover it with breadcrumbs all over.

Heat up the vegetable oil and fry the breaded mushrooms for a few minutes until the breadcrumb coating is crunchy.



A typical beloved dish inspired from a Viennese childhood Schnitzel, in an easy vegan version based on **mushrooms**, which contain **health-boosting vitamins, minerals, and antioxidants**. Plus way more sustainable than veal, and cruelty-free!

Ratatouille



Aurélie

European Commission

DG International Partnerships

France

"I chose to share this delicious and easy recipe, that you can share at any occasion with family and friends!"

Ingredients (4 servings)

- 1 aubergine
- 1 yellow onion
- 4 tsp olive oil
- 2 garlic cloves
- 150g paris mushrooms (optional)
- 1 pepper (yellow or red)
- 1 big courgette (or 2 small ones)
- 4 tomatoes (or 1 jar if out of season)
- ¼ tsp 'piment d'espelette' or other chili powder
- 3 stems dried thyme
- 7 leaves fresh basil
- Salt & pepper

Preparation

Dice the onion and aubergine, place them in a big pan with some olive oil and brown them, adding some salt and pepper. Finely dice the garlic, add it in the pan and cook for one more minute. Reserve in a recipient.

In the same pan, brown the mushrooms with the piment (chili powder). Reserve with the aubergine and onion.

In the same pan, brown the pepper and courgette. Dice the tomatoes and add them with some thyme, cook until boiling and simmer for 15-20 min. Take out the thyme stems. Add salt and pepper to taste.

Place in a dish or on several plates, decorating the dish with the basil leaves. You can serve it with pasta, rice and/or chickpeas for a more complete meal.



Ratatouille is a typical dish from the south of France. It is **packed with nutrients** thanks to all the veggies. It can be made a main dish by serving it with brown rice / bulgur / beans / lentils, and accompanied with some whole-flour bread.

Pisto

Ingredients (2-3 servings)

- 2 Tbsp olive oil
- 1 onion
- 4 garlic cloves
- 2 bell peppers (any colour you like!)
- 1 courgette
- 4 large tomatoes
- a pinch of salt
- a sprinkle of sugar



Elisabetta

European Commission
DG INTPA
Italy

"Two or three years ago I began square foot gardening. Tomatoes, courgettes and onions are some of the vegetables I grow. I have a tiny city garden and only a few square meters available for my kitchen garden but even if in limited quantities homegrown vegetables give a lot of satisfaction (to see them grow) and pleasure (to eat fresh and tasty food). Vegetables can grow even in small spaces (the corner of a terrace for instance). So why don't you try?"

Preparation

Heat the oil in a large flameproof casserole dish or a cast-iron skillet over a low heat.

Finely chop the onions and garlic and place them in the dish with a pinch of salt. Cover and cook over low heat for 15 min, stirring occasionally.

Chop the peppers into chunks, add them and cook over medium heat, covered, for about 5 min, stirring every so often, until the peppers are tender.

Chop the courgette into chunks and add it, stir thoroughly, cover the casserole and continue to cook for 10 min.

Roughly chop the tomatoes and add them with a sprinkle of sugar, cover and cook for 20 min, stirring occasionally.



Tomatoes contain a powerful **antioxidant called lycopene**, that helps the body fight off "free radicals" - and cooked tomatoes make it even more accessible to your body! Pisto can be made a complete dish by serving it with cereals and a source of protein like beans or tofu.

Zucchini Risotto



Filippo

Communication Officer

EFSA

Italy

I love risotto because it's a simple and adaptable dish that brings out the best in all the ingredients. I enjoy experimenting with different vegetables to find the perfect combination!

Ingredients (4 servings)

- 320g Carnaroli rice
- 350g zucchini (courgettes) or if not in season: mushrooms
- 1 vegetable broth cube
- 1 average white onion
- 100g white wine
- extra virgin olive oil
- 50g margarine or 2 Tbsp soy-cusine liquid
- 70g nutritional yeast or cheese alternative (e.g. 'plantisano recipe in *'Affinés'*)
- salt & black pepper

Preparation

Finely chop the onion and brown it in a pan with some oil for about 10 min.

Raise the heat and add the rice, leaving to toast for a few minutes, stirring constantly and making sure that it does not burn. As soon as the rice has taken a lighter colour, you can add the white wine.

In the meantime, add the broth cube in a saucepan with ½ litre water, simmer.

When the wine has evaporated, add a ladle of broth. Pour in more broth regularly, to keep the rice wet at all times.

Slice the zucchini (or mushrooms). When the rice is half cooked, add to the risotto, stir together and continue cooking.

Turn off the heat, add some black pepper and the cold margarine / soy liquid and the nutritional yeast or *affiné*. Stir and add some stock to adjust consistency if needed. Let it sit for a few minutes, covering with the lid.
Serve and enjoy your risotto!



Zucchini (courgette) are rich in **vitamins, minerals**, and **antioxidants**, while being high in **fibre** and **low in calories**!

Black Rice with Veggies & Protein

Ingredients

- black rice
- salt, basil, chili flakes and curcuma to season
- vegetables (broccoli, carrots, sweet potato, squash, mangetout, green beans, etc.)
- plant-based protein (tofu, tempeh, etc.)
- alfalfa sprouts to garnish

Preparation

Bring water for rice to boil (approximately 1.5 cups of water per 1 cup of rice). Rinse the rice and add it to the boiling water, add a pinch of salt and let cook, stirring occasionally.

While the rice is cooking, chop your vegetables and start cooking them simultaneously. Use salt, basil, chili flakes and curcuma to season the vegetables.

At the same time, begin preparing your plant-based protein (tofu, tempeh or meat-like alternatives, etc.).

Cook the rice until there is no water left and the rice is soft (approximately 25 min). Mix the vegetables and the protein with the cooked rice.

Serve garnished with alfalfa sprouts (or radish sprouts). Enjoy!





Nikola

European Commission
DG GROW (former trainee)
Slovakia

"I have come across this dish only recently but it has become one of my go-to work lunch options. You can put basically any type of vegetable / plant-based protein into this dish, so it is quite versatile and can be adjusted to fit everyone's taste. The dish is also quite easy to make, as it only takes about 30 minutes to throw together."

Black rice is rich in **B-vitamins and antioxidants**, esp. **anthocyanins**, which can help prevent obesity, diabetes, cancer, cardiovascular diseases, and have antimicrobial and neuroprotective properties, while strengthening the kidneys and the liver.

Red Lentils Bolognaise



Boryana

European Commission
DG Regional & Urban Policy
(former trainee)
Bulgaria

"I believe everyone should think from time to time what is actually in the plate in front of us. How many of us would oppose seeing an animal being killed in front of us but go home and eat fried pig flesh or fried cow flesh or a lamb leg? Is killing moral only because it's out of sight and out of mind?"

Ingredients (4 servings)

- ½ Tbsp oil
- 1 small white onion
- 2 garlic cloves
- 2 carrots
- 2 sticks celery
- 120g dried red lentils (the kind that don't need to be pre-soaked)
- 400g tinned tomatoes
- 1 Tbsp tomato puree
- 600ml vegetable stock
- 3 tsp fresh herbs (e.g. rosemary, thyme, oregano, tarragon)
- 10 cherry tomatoes
- 12 leaves fresh basil
- Optional: nutritional yeast or grated *affiné* (e.g. recipe 'plantisano' in last section of the cookbook), to taste

Preparation

Heat the oil in a large cooking pan. Finely dice the onion and garlic and add them in the pan. Cook for 2-3 min until it starts to soften. Crush the garlic, finely dice the carrots and celery, and add them. Fry for another 3-4 min.

Chop the tinned tomatoes and add them in the pan with the lentils, tomato puree, stock and herbs, and bring it to the boil. Reduce to a simmer and cook for 25min until the lentils and vegetables are soft.

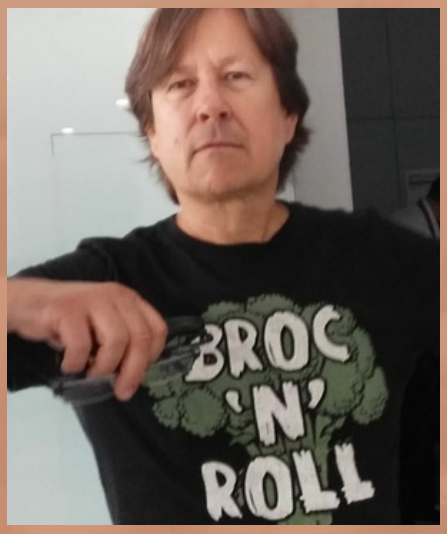
Before it's done, cook some spaghetti or other pasta (e.g. wholewheat, buckwheat, spelt).

Add the Bolognaise on top of the pasta, garnish with some chopped cherry tomatoes and 3 basil leaves and optionnally add some nutritional yeast or affiné.



This recipe is a fantastic way to **substitute meat** in the classic Bolognese sauce. It provides **protein** thanks to the **lentils**, and you get all your amino-acids by mixing it with pasta, especially if you choose **whole-wheat** or **buckwheat pasta**.

Pasta e Fagioli



Eugen

European Food Safety Authority (EFSA) Methodology & Scientific Support

Germany

"A traditional hearty dish from Italy in its plant-based version. Pasta e fagioli is said to have been among Dean Martin's and Frank Sinatra's favorite foods. It is also mentioned in Dean Martin´s song "That´s amore" ("When the stars make you drool, just like pastafazool, that's amore. "

Ingredients (3-4 servings)

- 1 small onion
- 1 garlic clove
- 100g smoked tofu (e.g. Taifun/Tukan)
- 12 leaves fresh rosemary (or a tsp dried rosemary powder)
- 40g extra virgin olive oil
- 2 glasses/cans of borlotti beans (or 450 g cooked ones)
- 100g tomato-sauce
- 900ml water
- 1 Tbsp granulated vegetable broth
- 200g little pasta (best ditaloni and whole-grain)

Preparation

Finely dice the onion, tofu and rosemary (or use dried powder), mash the garlic and sauté all these carefully for 1-2min with the olive oil in a big enough pot (1.5-2 litre capacity).

Add the half amount of beans and the sieved tomatoes in the pot and blend it with an immersion blender.

Add the water and the vegetable broth and cook for 20 min.

Add the pasta and cook it the time indicated on the package

5 min before the cooking time elapses, add the rest of the beans.

Turn off the heat and let it rest for another 5 min before serving.



Tofu is a good source of protein and calcium. Smoked tofu has more taste than standard one, and is very versatile: it can be used in salads as a source of protein, or in a warm dish like this one!

Chili sin Carne



Hélène

European Commission
DG Environment
(former trainee)
France

"After 7 years of vegetarian diet, it is still not always easy for me to be creative and, especially, find the time to be creative with the many vegetables, herbs and plants our Earth has been gifted with.

I discovered this recipe during my time in Canada, where Chili "con" meat is relatively popular. I had once a dinner with two vegetarian girls, two Canadians, who then introduced me to the vegan version of this dish.

Advantages? Easy and quick, inexpensive and very nutritious. Alors, à vos casseroles!"

Ingredients (4 servings)

- 1 big onion
- 1 celery stalk
- 1 courgette (zucchini)
- 1 red bell pepper
- 2 or 3 carrots
- 1 big tin kidney beans
- 1 can tomatoes
- olive oil
- salt and pepper
- 1 garlic clove
- cumin, coriander, chili pepper
- 1 small tin canned corn

Preparation

Slice and *sauté* the onion in olive oil until it gets brownish. Chop the celery, zucchini, red pepper and slice the carrots. Add them in the pan, with some salt and pepper. Continue cooking for 5 to 10 min until the mix is well cooked.

Chop the garlic and add it with the cumin, coriander, chili pepper. Mix well and sauté for 2 min.

Add the corn and continue to *sauté*.

Stir in the kidney beans and tomatoes. Lower the temperature and cover the pan to let it cook.

Simmer around 30 min and it should be ready!



Chili sin carne, wait... without meat? Yes! This version is as delicious as the 'carnivorous' one, and way healthier. **Kidney beans and corn** bring you all the **protein** you need in a dish. Originally they were the main source of protein in Latin American countries, meat was only consumed occasionally.

Lentil & Chickpea Dahl



Nadia

European Commission
DG INTPA
France

"I stopped eating meat when I was 6 years old, for ethical reasons, as I was surrounded by animals and did not understand why some like dogs were loved and some like piglets were treated as objects and killed. Later on, I gave up fish and dairy products once I realized that they were sources of just as much cruelty!"

Note: Monkeys are sometimes exploited and kept in aweful conditions to pick up coconuts. ***Check the package of the coconut milk for a vegan label to make sure it is cruelty-free.***

Ingredients (4 servings)

- 3 garlic cloves
- 1 small piece ginger
- 5 scallions
- 1 tin chickpeas
- 1 tin cooked lentils
- 1 handful spinach
- 1 tin coconut milk
- juice of ½ lime
- 8 coriander stalks
- 4 wholemeal pittas or chapati
- 10-15 cherry tomatoes
- 1 Tbsp curry powder
- 1 tsp turmeric
- 2 tsp ground cumin
- 1 tsp salt
- ½ tsp black pepper

Preparation

Drain and rinse the chickpeas and lentils. Heat the oil in a big pan on a high heat.

Finely chop the garlic and ginger and add them in the pan.
Chop the scallions and add them along with the cherry tomatoes.

Place the pittas/chapati in the toaster at small heat.

Add the tin of coconut milk, lentils and chickpeas in the pan, and stir well.

Add in the spices, salt, black pepper, chopped spinach and the juice of ½ lime.

Add 4 coriander stalks (keeping 4 fresh ones to add some on each plate).

Serve with pittas or chapati, along with some fresh coriander and chili flakes (to taste). Enjoy!



This recipe makes a **quick and easy main dish** especially when served with wholemeal pitta or rice.
It can also be served as a starter in smaller portions.

Hungarian Goulash



Adrian

European Commission
DG Research & Innovation
Germany

"There are so many good reasons to eat plant-rich food. And I can think of few good reasons to continue eating animal-based food. Except if you haven't tried plant-based yet."

Ingredients (4 servings)

- 2 onions
- 250 g soy chunks (dehydrated soy or tofu if you cannot find it)
- 2 red bell peppers
- 3 Tbsp olive oil
- 2 Tbsp sweet paprika powder
- 1 tsp hot paprika powder
- 1 tsp roasted paprika powder
- 2 Tbsp tomato paste
- Salt, pepper

Preparation

Mince the onions to very fine cubes and fry them in half of the olive oil for 20 min.
Add the soy chunks, the remaining olive oil and all different paprika powders, fry for 20 seconds.
Add water until everything is covered, bring to boil and simmer for 30 min (adding more water as necessary).
Cut the bell peppers into cubes or pieces or whatever shape you like and add to the goulash.
Cook for another 10 minutes, add salt and pepper and add tomato paste to thicken.
Serve with wholemeal bread or dumplings.



Goulash is a traditional Hungarian dish. You can also use eggplants if you don't want to use soy. You will notice the secret of a perfect goulash is not in the meat but in the onions and paprika powders!

‘Zürich-Style’ Protein Strips



Eugen

EFSA

Methodology & Scientific Support

Germany

“Together with other colleagues we have created Yammer groups on sustainability, fruit & vegetable gardening (we have a vegetable garden and fruit forest at EFSA, managed by staff) and a group for plant-food-lovers, which is intended for everybody curious of plant-based food, to share news on plant-based recipes, veggie-menus of local restaurants/bars, scientific articles & nutritional advice on plant-rich alimentation, related events & more.
And to socialize and network in organising plant-food lovers’ aperitives, picnics, pot-luck lunches and dinners!”

Ingredients (3-4 servings)

- 200g plant-based protein strips (chilled or frozen, ready-to-heat, based on e.g., soy, peas, or fava bean protein), you may also take a piece of seitan (non gluten-free) and slice it into 5mm thick strips.
- 4 Tbsp rapeseed oil
- A few Tbsp flour for dusting (can be gluten-free)
- 1 medium-sized onion, minced
- 300g champignon mushrooms, thinly sliced
- 2 tsp lemon juice
- 100 ml white wine (alternatively grape juice with some drops of vinegar)
- 300 ml soy cuisine liquid or similar
- 50 ml vegetable stock (1 tsp granulated vegetable broth)
- 1 tsp miso paste
- 1 tsp garlic powder
- 1 tsp flour
- Pinch of sugar, salt & pepper

Preparation

Place the protein strips in a large bowl, spread with 2 Tbsp of rapeseed oil and dust with flour.

Heat 1 Tbsp of rapeseed oil in a pan, add the protein strips and fry for 5 min. Remove them from the pan and keep warm.
Add another Tbsp of rapeseed oil to the same pan and sauté the onions lightly. Thin the mushrooms and add them with the lemon juice to the pan, cook for 5 min. Douse with the wine (or juice) and cook for another 5-10 min.

Whisk the soy cuisine with vegetable stock, miso paste, sugar and garlic powder in a bowl. Add to the pan, stir well, and cook for another 5 min at medium heat. Add the fried protein strips and mix well.

Serve with Spätzle (a type of pasta as on the pic), Rösti or vegetables.



A traditional dish from Switzerland in a plant-based version.

Sweet Potato and Beans Curry



Daniela

European Commission
DG Regional & Urban Policy
Germany

"I became a vegan 20+ years ago, initially for nutritional reasons, but later on I also became aware of the aspects regarding animal welfare and sustainability."

Ingredients (4 servings)

- 1 medium-sized onion
- 2 garlic cloves
- 5-6 medium sized sweet potatoes, cubed
- 1 cup green peas (buy frozen if out of season)
- 2 cups cooked chickpeas
- 1-½ cup coconut milk
- 1 cup water (¼ cup to *sauté* the onions, ¾cup for the curry sauce)
- 2 Tbsp curry seasoning
- salt to taste

Curry powder:

- 1-½ Tbsp granulated or powdered garlic
- 2 Tbsp turmeric
- 2 Tbsp coriander, ground
- 2 Tbsp cumin, ground
- Blend all ingredients in a blender and keep in an airtight container

Preparation

Chop the onion and mince the garlic. *Sauté* them in ¼ cup of water on the stove for about 5-8 min till the onion is tender.

Add the coconut milk, remaining water and curry seasoning to onion and *sauté* for about 5 min.

Add the sweet potato and cook till tender (25-30 min depending on size of cubes).

Once almost cooked, add the chickpeas and green peas. Let simmer for about 5-10 min.



Spices such as turmeric, coriander and cumin are particularly healthy, especially for their **anti-inflammatory properties** (see Dr. Greger's *How not to die*)

Moqueca



Andrzej

European Commission

DG AGRI

Poland

"I enjoy cooking as well as eating food cooked by others. I love sharing the time at the table with family and friends as well as making new friendships through food. I love trying new vegetables, fruit and herbs and different meals and celebrating the food with all the traditions and cultural diversity. I look for delicious plant-based dishes to add to my cuisine as a regular meal to become part of my more sustainable and healthy diet. This moqueca is a good example of it!"

Ingredients (4 servings)

- 3 bell peppers (red, yellow and/or green)
- 3 onions
- 1 garlic clove
- Olive oil
- Vegetables (carrot, pumpkin, turnip, green peas, edamame)
- 150-200ml coconut cuisine liquid
- Salt and pepper
- A few stems coriander

Preparation

Slice the bell peppers, onions and garlic as thinly as possible (the thinner you cut them, the shorter you need to cook them and you will obtain a more velvety sauce.)
Stew them in a spoon of olive oil in a wok pan (or another deep pan) very slowly for at least 45 min. under cover without mixing.

In the meantime, prepare the rest of vegetables – add the carrots, pumpkin and turnip in chunks size of your preference.

When the bell peppers are very soft, add salt, pepper and coconut liquid and mix energetically to form a sauce.
Add all the vegetables and continue cooking slowly under cover till all vegetables are soft.

Add some coriander leaves on top of the *moqueca* (or other green fresh herbs like parsley, green celery, lovage, mint)
Serve with rice or wholemeal bread.

Note:
You can use different types of vegetables, seasonal, frozen, pre-cooked or from leftovers, e.g. potatoes, sweet potatoes, parsnip, parsley, root celery, kohlrabi, broccoli, green beans, peas, or the less common plantain, okra, and the more protein-rich beans or chickpeas, and many others!



This vegan dish is based on the **Brazilian *moqueca*.**

'Red Red' Black-Eyed Pea Stew



Racheal

European Commission
DG INTPA F2 (former trainee)
Brussels

*"'**Red Red**' is a common staple Ghanaian dish cherished for its rich, savoury flavour and vibrant appearance. The name comes from the stew's reddish hue, achieved through tomatoes and red palm oil. This delicious stew is often paired with gari (Cassava flakes), fried ripe plantains, avocado, and optional sides like boiled rice, offering a versatile and hearty meal."*

Ingredients (4 servings)

- 2 cups dried black-eyed peas
- 1/2 cup vegetable oil (if palm oil, choose CSPO (certified sustainable) and organic
- 1 large onion
- 2 garlic cloves
- 2 medium tomatoes
- 2 Tbsp tomato paste
- 1-inch fresh ginger
- 1 Scotch bonnet pepper or habanero (to taste)
- 1 tsp curry powder
- 4 ripe plantains
- 2 cups rice
- 1 ripe avocado

Preparation

Rinse the black-eyed peas and soak for 4 hours or overnight. Drain, rinse, and cook in fresh water until tender (45min to 1 hour). Drain and set aside.

Heat the oil in a large pot over medium heat. Slice the onions and *sauté* them until translucent. Mince the garlic and Scotch bonnet pepper, grate the ginger, and add them in. Cook for 2-3 min.
Chop the tomatoes and add them with the tomato paste.
Cook until thickened for about 7 min.
Add in the curry powder, salt and pepper. Taste and adjust seasoning as needed.
Mix in the black-eyed peas and simmer for 10-15 min.

Peel the plantains and slice diagonally into thin pieces. Sprinkle lightly with salt. Heat vegetable oil in a frying pan over medium heat. Fry the plantain slices in batches until golden brown on both sides. Drain on paper towels.

Boil 4 cups of water. Add a pinch of salt and 2 cups of rinsed rice. Cover and simmer on low heat for 15-20 min.

Serve the black-eyed peas stew with the fried plantains and boiled rice. Add a few avocado slices on each plate and enjoy!



Black-Eyed Peas are **high in protein, fibres and antioxidants.** They can also **boost your immune system.**

Sweets & Desserts



Blueberry Gluten-Free Muffins



Marian

Council of the European Union
(former trainee)
Spain

Ingredients (6-8 muffings)

- 2 ripe bananas
- 70mL (melted) coconut oil or olive oil
- 1 tsp apple cider vinegar
- 150g almond flour
- 150g gluten-free flour blend (or mix 50g white rice flour/50g oat flour/50g tapioca or potato starch) – See note
- 2 tsp baking powder
- ¼ tsp baking soda
- 120 mL unsweetened plant-based 'drink'
- 100g fresh or frozen blueberries
- ½ tsp ground cinnamon (optional)
- 1 tsp vanilla extract (optional)

Preparation

Preheat the oven to 180°C.

Peel the bananas, place them on a large plate and carefully mash them with a fork to a smooth paste.

Place the remaining ingredients (incl. the cinnamon if you choose to use some), except the plant-based drink, in a bowl.
Mix well and then add the mashed bananas. Pour the plant-based drink (plus optionally the vanilla) into the batter. Stir well.

Add the blueberries and fold them in gently without crushing them.

Transfer the mixture into muffin cases. Bake for about 20 min until risen and an inserted skewer comes out dry.
Allow the muffins to completely cool off.

Enjoy! You can also keep a few for later as that these muffins freeze beautifully!



<u>Note about gluten free flour mix:</u> if you can't find it in a store, you can make your own, by blending together rice flour, oat flour and tapioca or potato starch. Rice and oat flours are easy to make at home if you have a high-speed blender. Simply grind the rice or the oat into superfine flour. It only takes a few seconds!

Berries form their own category of fruit in the 'Daily Dozen' app. A yummy way to get **vitamins** & **antioxidants** every day! You can use frozen berries when fresh ones are not available.

Banana Bread



Marija

European Commission
EAC Marie-Sklodowska Curie Actions
Lithuania

"If a man aspires towards a righteous life, his first act of abstinence is from injury to animals."
~Albert Einstein

Ingredients

- 4 medium ripe bananas
- ¼ cup walnuts (or more, to taste)
- 4 Tbsp oil or margarine
- 4 Tbsp non-dairy drink (almond or other)
- 4 Tbp light brown sugar
- 2 tsp pure vanilla extract
- 450g all-purpose flour (can be gluten-free)
- 1 tsp cinnamon
- 1 tsp baking soda
- ½ tsp salt
- Optional: a bit of dark chocolate

Preparation

Preheat the oven to 180°C. Oil a loaf pan with coconut oil (any other oil or margarine will work too).

In a large bowl, roughly mash the bananas. Add the brown sugar, oil, vanilla and non-dairy drink, and whisk to incorporate.

Add the flour, baking soda, salt, cinnamon, and mix with a wooden spoon.

Add in the walnuts (and optionally the dark chocolate). Transfer the mix to your prepared pan.

Bake for about 45 min. Then cover with foil (without letting it touch the bread) and bake for 10-15 min longer, until a toothpick or knife inserted in the centre comes out with just few crumbs.



Bananas are high in **potassium, magnesium** and **vitamin B6.**
Walnuts are a good source of **omega-3,** a protecting fat.

Carrot Cake



Lydia

European Commission
DG Informatics
(former trainee)
Belgium

"As part of the EC Sustainability Subcommittee during my blue book traineeship, I found myself surrounded by people deeply committed to raising awareness about essential lifestyle changes to protect our environment. Becoming a vegan in 2017 was one of the best decisions I've made. Based on my experience, research and training, I opened a vegan coffee shop in Brussels in 2021, thanks to a crowdfunding kindly supported by some persons I had met at the EC): Taylor's Café I'm excited to share the recipe for our best-selling carrot cake."

Ingredients

For the batter:

- 250 g carrots finely grated
- 125 g vegan baking margarine at room temperature or 180g sunflower oil
- 120 g sugar or maple syrup
- ½ tsp salt
- 1 pinch ground vanilla or 1-2 tsp vanilla extract
- 2 tbsp of flaxseed
- 225 g all-purpose flour
- 15g cinnamon
- 1 ½ tsp baking powder
- 1 tsp apple cider vinegar
- ½ tsp baking soda
- 70g crushed walnuts

For the ganache:

- 200 g vegan spread (I use Violife)
- 80 g powdered sugar
- 1 tbsp of lemon juice
- 1 tsp of vanilla extract

Preparation

Preheat the oven to 180 °C top and bottom heat.
Grease a 20 cm round baking pan with a little margarine or oil.
Make the flax eggs: blend the flaxseeds in a blender - I find that the nutribullet works best for this. Mix the 2 Tbsp ground flax seeds with 6 tbsp hot water. Then set aside for 5-10 minutes to thicken.
For the batter, peel the carrots (if they're not organic) and grate them.
Beat the soft butter/oil with sugar, salt, vanilla and apple cider vinegar until creamy in a mixing bowl. Then stir in the grated carrots and (flax) eggs (see recipe notes for instructions).
Now sift in the flour, cinnamon, baking powder and baking soda.
Stir everything briefly until just combined and then add the crushed walnuts last.
Fill the batter into the prepared baking pan, smooth it out a little and bake on a medium rack for 35-40 min. Once the time is up, poke with a skewer, if it comes out clean then the cake is ready.
Once done baking, remove the cake from the oven and let it cool for 10 minutes.

Remove the cake from the baking pan and let it cool completely. Once the cake has cooled completely, mix all the ingredients for the ganache with a handheld mixer or blender until creamy. Spread the ganache with a spatula or spoon onto the cake. Finally, decorate as you wish - I choose to decorate it with crushed walnuts

Store the cake in the fridge until serving. (The carrot cake stays fresh and moist for about 3 to 4 days.)



Apple cider vinegar is used in cakes to make them fluffier. It can also help your digestion, among other health benefits.

Sweet Potato Brownies

Ingredients (10-12 brownies)

- 2 medium-large sweet potatoes (600g)
- 14 pitted medjool dates (or any other creamy type of date)
- 80g ground almonds
- 100g flour (can be gluten-free)
- 4 Tbsp raw cacao powder (or 8 Tbsp cocoa powder)
- 3 Tbsp maple syrup
- 1 pinch of salt



Lydia

European Commission
DG Informatics
(former trainee)
Belgium

"Having sweet potato in a dessert might sound strange but it really works! The sweet potatoes combined with other natural sweeteners such as maple syrup and dates make the brownies deliciously sweet without having to add any refined sugar. They are the perfect dessert to bring to a dinner party!"

Preparation

Preheat the oven to 180°C (fan 160°C).

Peel the sweet potatoes, cut them into chunks and place into a steamer for about 20 minutes, until they become really soft.

Once they are perfectly soft and beginning to fall apart, remove them and add them to a food processor with the pitted dates and maple syrup. Blend until a smooth, creamy mix forms.

Put the remaining ingredients into a bowl, before mixing in the sweet potato, date and maple syrup combination. Stir well.

Place the mix into a lined baking dish and cook for about 20-30 minutes, until you can pierce the brownie cake with a fork and bring it out dry. Remove the tray and allow it to cool for about 10 minutes. This is really important, as the brownies need this time to stick together.

Enjoy! You can also deep freeze a few for later.



Sweet potatoes are very healthy and can easily **replace butter** in cakes, just like courgette (zucchini) or apple sauce. As they are naturally sweet, it means you can also reduce the quantity of sugar in the cake!

Coco-Peanut Butter Cake (Gluten-Free)



Josick

European Commission
DG International Partnerships
EMAS Correspondent
France

"I invented this cake for a family gathering, especially for my niece who is gluten- and lactose-intolerant, and also for my mom who loves coconut! And everybody else savoured it as well! It's both a rich and healthy cake, very nice for children as well as they usually love peanut butter!"

Ingredients

- 200g coconut flour
- 50g coconut powder
  (+ keep 1 Tbsp to sprinkle on the cake at the end)
- 200g chickpea flour
- 150g coconut blossom sugar
- 150g cane sugar
- 250g peanut butter + 1/2 glass of hot water
- 250ml soy-cuisine liquid
- 250g apple sauce
- As a side: 1 litre of raspberry 'nice-cream' or sorbet

Preparation

Mix the flour (coconut & chickpea), the coconut powder and the sugar (coconut & cane) in a big salad bowl. Pour the peanut butter in a separate bowl and add the hot water, stir to make it smooth and liquid. Add the soy-cuisine liquid, the apple sauce and stir to make the whole mix smooth.
Add progressively the peanut butter mix in the flour and suger mix.

Pre-heat the oven at 180°C for 10mn.

Place the cake batter in a 30cm mould and bake for 30mn. Stick a knife in the middle of the cake to check if it's cooked, the blade should come out dry.

Leave the cake to cool down a bit before you unmould it. Sprinkle some coconut powder on the cake and serve with à scoop of raspberry 'nice-cream' (see recipe p.82, which you can adapt, replacing the cocoa powder with frozen raspberries!)



Peanut butter is very **versatile** to use in cakes to add moisture and healthy protein, and with fresh fruit or with chocolate for a yummy snack! (see recipe p.79 below)

Banana Pancakes



Charlotte

European Commission

INTPA (former trainee)

France

"I choose plant-based food whenever I can, as for me, a vegan lifestyle is a way to care for the planet, animals, and my own health!"

Ingredients (4 pancakes)

- 1 ripe banana (no need for sugar if the banana is ripe enough!)
- 2 Tbsp oat flakes / oatmeal
- ½ Tbsp chickpea flour
- 3 Tbsp plant-based drink (oat drink works well and is naturally sweet)
- ½ tsp baking powder (optional, makes them fluffier)
- ¼ tsp cinnamon (optional)
- Toppings of your choice: peanut butter, fresh fruit, jam, chocolate spread, maple syrup, etc.

Preparation

In a medium bowl, mash the banana with a fork.

Mix them with the dry ingredients first. Then add the water or plant-based drink and mix until well combined.

Optionally, you can add some baking powder and cinnamon.

Cook in a non-stick pan.

Enjoy your pancakes with your favourite toppings and fresh fruit!



This dough can also be used to make **gluten-free waffles!** **Bananas** and **oatmeal** make these pancakes (or waffles) way **lighter** than traditional ones, and perfect for persons who are lactose- or gluten-intolerant.

Crêpes

Ingredients (about 10 crêpes)

- 250g flour (preferentially T45)
- 80g cornstarch
- 1 pinch of salt
- 750 plant-based drink (preferably soy)
- 30g neutral plant oil (e.g. sunflower) + a bit for the cooking
- 30g cane sugar + 1Tbsp vanilla sugar (you can also make a savoury version, without any sugar)
- Optional and to taste: 1 tsp rhum / vanilla /orange blossom
- Optional (for more fluffiness): 1/2 can blond beer
- Toppings to taste: coconut sugar and lemon, fresh fruit, chocolate paste, etc. or even vegan spreads and veggies if you go for a salty version



Marie

European Food Safety Authority (EFSA)

Legal Affairs Services

France

"This recipe is from my grand-mother. She usually searches for vegan recipes on internet or social media such as Pinterest and adapts them from here! This one is the 'veganized' version of the traditional crêpes and is always a great success when we eat them in family, including for the 'Chandeleur' a celebration where we usually eat crêpes."

Preparation

In a big bowl combine the flour, cornstarch, sugar and salt.
Add half the plant-based drink and whip everything together until you obtain an homogeneous paste without lumps. Incorporate the rest of the drink progressively and continue whipping.

Add the oil and any of the optional ingredient(s) for flavouring. You should obtain a thick liquid paste. Place a cloth on top of the bowl and reserve for 30 min.

Warm up the crêpe pan at medium-high heat and oil it slightly.
When the pan is very warm, add a ladle of the paste and distribute it uniformly on the pan. Cook until the borders of the crêpe unstick from the pan, and flip it with a spatula (or for more experienced/brave ones, throw it in the air to flip!). Cook for a few minutes until the crêpe is slightly brown.
Repeat until you finish the batter, making sure the pan is correctly oiled between each batch.

Garnish with ingredients of your choice, e.g. fresh fruit, coconut sugar with a zest of lemon, marmalade, chocolate paste and banana, etc!
If you prefer salty savoury crêpes, you can add some vegan spread and veggies.



Apple Pastries



Eleonore

European Commission

DG CLIMA

"I've been living the plant-based life for nearly fifteen years, and as a certified foodie, I absolutely adore discovering new veggie-friendly recipes, restaurants, and meals. For me, eating sustainably is about nurturing our planet and protecting animals, while indulging in mouthwatering, delicious food adventures.

I often make these pastries for a goûter in the afternoon or for a brunch/breakfast. You can also serve them for dessert with a scoop of vanilla 'nice-cream'."

Ingredients (6 servings)

- Store-bought vegan puff pastry (just check there is no butter)
- 2 apples (I like to use green granny smith as they are more sour)
- 2 Tbsp coconut sugar / cane sugar
- 1 tsp cinnamon (optional, to taste)
- 6 tsp apple sauce (compote de pomme): 1 per pastry (optional)

For the glazing:

- 1 tsp apple sauce
- ¼ glass plant-based drink
- Icing sugar (optional)

Preparation

Peal and slice your apples, toss the slices in a bit of sugar and cinnamon (but they turn out delicious even if you don't!).

Roll out your pastry dough on a sheet of baking paper on a baking tray. Cut it into equal sized squares, and dot some holes in the centre with a fork so the pastry doesn't puff up.

Add a tsp of apple sauce in the middle of each square (optional). Lay out a few slices of apple on each square and fold the edges of the square on top (you can also leave them open and add more apple and then just crimp the edges).

For the glaze, mix together ¼ glass of plant-based drink with 1Tbsp of apple sauce. Brush it on top of the pastries.

Place them in the oven at 200°C and 15-20 min later they should be crispy golden! Optionally you can sprinkle some icing sugar on top.



Coconut sugar is a good alternative in desserts to replace white sugar or even cane sugar when you want to **lower their glycemic index**!

Rhubarb Pie



Minna

European Commission
EEAS/Delegation to Kuwait
Finland

"This is a 'veganized' version of a traditional Finnish dessert. The original recipe was in my household economics school book in the 1980s, and when I became vegan I adjusted the recipe to my new diet."

Ingredients

- 250g wheat flour
- 1 tsp baking powder
- 200g plant-based margarine
- 100g brown sugar
- 5cL plant-based 'drink' (e.g. oat, soy…)
- hint of vanilla (extract)

For the filling:

- 5-6 rhubarb stalks, peeled & cut into cubes
- 100g brown sugar
- 5cL syrup
- 1-2 tsp cinnamon

Preparation

Mix the flour with the baking powder and set aside.

Whisk the margarine and sugar well together until creamy. Add the plant-based drink and vanilla and mix. Stir in the flour mix bit by bit.

Place the dough in the fridge to rest.

Pre-heat the oven to 180° Celsius.

Peel and cut the rhubarb into cubes and mix with the other filling ingredients.

Grease a 26 cm pie form with a bit of margarine. Press the dough into the form and up the rims.

Add the rhubarb filling on the dough and bake for 20-25 mins. The pie is cooked when the liquid has evaporated and the cake pick test comes out clean.

This rhubarb pie is delicious both warm and cold. For a richer version, serve with some plant-based whipping (e.g. by Alpro) or with vanilla dessert (e.g. from Oatly or Alpro).



You can use the same dough to make an easy apple pie! Instead of rhubarb, peel and cut 3-4 green apples into slices and coat them in with a bit of sugar and cinnamon.

Chocolate 'Fondant Cake'



Josick

European Commission
DG International Partnerships
EMAS Correspondent
France

"Richer countries' meat and dairy consumption has a huge impact on food security worldwide, as 40% of all crops go to animals Yet grains and pulses can feed all humans directly in a healthier way. Think of all the good you'll do by eating more plant-based food. The cherry on the (vegan) cake is that you'll be in better shape as well!"

Ingredients

- 2 small yellow courgettes (zucchini) or 1 bigger one
- 250g organic vegan dark chocolate (min. 70% cacao)
- 250ml oat cuisine thick liquid (1 small box, e.g. Oatly)
- 50g coconut sugar
- 250g rice and spelt flours (half of each, or any other flour you prefer)
- 1 pinch of salt

Preparation

Blend the courgettes to obtain a smooth sauce.

Melt the chocolate in a *bain-marie*, mix it with the sugar, the oat cuisine liquid and the courgette sauce. Incorporate the flour slowly and add a pinch of salt, stir well.

Pour into a thick cake pan and bake at 180°C for one hour if you want it to be a bit melty inside, and for a bit longer if you just want it moist (use a thin blade to test the middle of the cake, if it sticks a bit it will still be very melty, if it comes out dry it will be just soft).
You can also use smaller moulds to serve individual *fondants*.



This recipe is **gluten-free**, **low fat** and contains **less sugar** than usual chocolate cakes. Yet the courgette makes it gooey! When out of season, you can use beetroot instead.

Special Kids Choco-Veggie Cake



Justyna

European Commission
DG International Partnerships
EMAS Correspondent
Poland

"Your child loves chocolate but you want to sneak in some vegetables too? Here is a perfect and easy recipe for you! I made this one for my daughter's birthday."

Ingredients

For the base:

- 2 large sweet potatoes
- 200g dark chocolate

For the glaze:

- 100g dark chocolate
- ½ cup coconut milk

Preparation

Chop, peel and boil/steam the sweet potatoes until soft.

Melt the chocolate in a bowl over boiling water.

Blend the sweet potatoes and chocolate in a blender until smooth. Pour the mix on a lined baking tray or in a big mould and place in the fridge to set.

To make the glazing, place the chocolate and coconut milk in a bowl over a saucepan of boiling water on low heat, stir until the mix is melt and smooth.

Pour the glazing on top of the cake and place back in the fridge to set overnight.

Feel free to serve alone or with some fruit to complement.





Sweet potatoes are rich in **beta-carotene**, (especially if boiled with their skin, which you can keep when you eat them as veggies). Beta-carotene is converted into vitamin A as the body needs it, which favours a good vision and a healthy immune system.

Zucchini Carob Cake



Daniela

European Commission
DG Regional & Urban Policy
Germany

"I became a vegan 20+ years ago, initially for nutritional reasons. Later on I also became aware of the benefits for animal welfare and sustainability.
I used to be a "chocoholic", and because of its addictive nature, I decided to stop eating chocolate. Therefore, I really like using carob as an alternative. If you are used to chocolate, your taste buds might need some adaptation, but I promise it's worth trying!"

Ingredients

- 160g whole wheat or spelt flour (or a mix of oat and corn flour for gluten-free version)
- 1 Tbsp corn starch
- 50g carob powder
- 1 tsp baking powder
- 1 tsp baking soda + ½ tsp salt
- 1 ripe banana (or 125g apple sauce)
- 60ml plant-based drink
- ½ tsp coffee substitute such as cereal coffee (optional)
- 100 ml coconut oil melted (or other plant-based oil)
- 120-130g coconut sugar or agave nectar (or date paste that you can make by boiling 1 cup pitted dates and ¾ cup water, then letting sit 5 minutes and mixing together)
- 1 tsp vanilla flavour
- 250g zucchini

Preparation

Preheat the oven to 180°C (fan 160°C).

Mix the flour, corn starch, carob, baking powder, baking soda and salt in a big bowl.

Mash the banana with a fork in another big bowl.

Warm up the plant-based drink in a pan and dissolve the coffee substitute in it. Pour the drink in the bowl with the banana, mix. Add the oil, sugar (or substitute) and vanilla, mix well.

Pour the liquid mix in the bowl with the flour mix, and stir until everything is well combined.

Shred the zucchini and squeeze it to take out the water. Mix it in the dough, which should become relatively thick and creamy, but still pourable. Add some plant-based drink if needed.

Grease a loaf pan and add the mix in it. Bake at 180°C.



Carob powder is rich in minerals such as **potassium, calcium, selenium** and **iron**. It is a good alternative to cocoa and is an excellent thickener in cakes or 'nice-creams'.

Aquafaba Chocolate Mousse

Ingredients (5-6 portions)

- 150g dark vegan chocolate (preferably fair-trade)
- Juice of 1 chickpea can (equivalent to 150 ml) – *"aqua fabae"*
- Half a glass of plant-based drink (oat for instance)
- Optional: seasonal fruits for topping



Marie

European Food Safety Authority (EFSA)
Legal Affairs Services
France

"This is a good recipe to avoid wasting the aquafaba (for instance when you make hummus), and it is always a success!
Aquafaba can also be used to replace egg whites in other preparations such as meringue."

Preparation



Use an electric egg whisk or a food processor to whip the *aquafaba* at maximum speed for 3 minutes or longer, until it reaches the consistency of beaten egg whites.

To make sure it is ready, turn the recipient cautiously, the *aquafaba* should not fall!

Melt the chocolate in a non-sticky pan, whisking regularly. Add the plant-based drink and stir.

Transfer the melted chocolate in a big bowl and incorporate the beaten *aquafaba* slowly with a wooden spoon.

Refrigerate for 5 hours or freeze for 1 hour.

Serve in individual bowls or glasses with optional fruits toppings or with vegan biscuits.



As it has no dairy and no eggs, this recipe is way **lighter** than common chocolate mousses **for your stomach and liver**! And still delicious!

Chocolate Truffles



Justyna

European Commission
DG International Partnerships
EMAS correspondent
Poland

"I have been pro-vegan since February 2020 when I watched the documentary 'Cowspiracy'. Since then I have discovered plenty delicious vegan recipes thanks to accounts such as www.bosh.tv, www.maxlamanna.com and www.make-it-maya.com"

Ingredients (21 truffles)

- 100g dark chocolate
- 80g ripe avocado (i.e. 1 small avocado)
- 70g icing sugar
- 1 Tbsp sunflower oil
- 50g hazelnuts or hazelnut powder

Coating: some cocoa powder or nibs, coconut shreds, chopped hazelnuts or pistachios, etc.

Preparation

Melt the chocolate in a small sauce pan with the oil. Stir until smooth. Let it cool.

Peel and roughly cut the avocado and blend it in a bowl until smooth. Add the melted chocolate and icing sugar, mix.

Blend separately the hazelnuts and incorporate the hazelnut powder to the preparation. Stir well to obtain a uniform mix.

Refrigerate for at least 3-4 hours (or even a whole night, the more you leave the chocolate harden, the easier it will be to shape the truffles).

To shape the chocolate truffles, collect a bit of the mix with a tea spoon and roll it in the palms of your hands to make a ball.

Prepare 3 small plates and pour the cocoa powder in one, coconut shreds in another, pistachio nibs in the 3rd one (or use other coatings of your choice). Roll each ball in a plate and roll it again in your hands to uniformise it and possibly remove any excess coating.



These black & white truffles can make a **nice present!** Place them in a jar with a 'home-made' tag!

Choco Buckwheat Squares



Josick

European Commission
DG International Partnerships
EMAS Correspondent
France

"I like these wise words of Gandhi, which are in line with my own 'non-violence' philosophy: "Earth provides enough to satisfy every man's needs, but not every man's greed. The greatness of a nation and its moral progress can be judged by the way its animals are treated. I hold that the more helpless a creature the more entitled it is to protection by man from the cruelty of humankind."

Ingredients (5-6 portions)

- 400g (1 pack) silken tofu (*tofu soyeux*, which you can find in organic shops and in some supermarkets)
- 100g organic vegan dark chocolate
- 100g organic cocoa powder
- 100g coconut oil + 1 Tbsp for the end
- 50g almonds
- 100g coconut sugar
- 50g buckwheat seeds

Preparation

Place the silken tofu in a big salad bowl, whip it with an egg beater until it becomes very smooth and airy.

Melt the chocolate in a *bain-marie*, mix it with the cocoa and sugar. Incorporate this chocolate paste into the whipped tofu little by little to keep the mousse airy. Melt the coconut oil in the *bain-marie* and incorporate it slowly in the mousse.

Pour the mixture in a rectangular mould and refrigerate for at least 2 hours.

Chop the almonds and place them with the buckwheat seeds in a frying pan on medium heat for 5min, stirring them once in a while to ensure even toasting. Add 1 Tbsp coconut oil, stir again. Spread evenly over the cold preparation in the mould.

Refrigerate for 2 hours. Take out and cut into squares.



Buckwheat is one of the best sources of **protein** (see under 'Protein champions').

Date & Peanut Chocolate

Ingredients (approx 12 pieces)

- 12 to 14 dates (preferently soft Medjool which work best)
- Approx. 4 Tbsp of unsweetened nut or seed butter (peanut, almond, hazelnut, sunflower seeds butter or tahini), or more to cover the dates completely
- 150 to 200 g of vegan dark chocolate
- 100g hazelnuts + pistachio / other nuts, seeds, or dried fruits of your choice (e.g. dried cranberries, cherries, raisins)



Franz

European Commission

DG International Partnerships

Germany

"Whether as a protein-packed post-workout snack or a cozy treat paired with tea on the couch, date and peanut chocolate never disappoints. It is also an easy and healthy snack that kids will love to prepare with you and to eat!"

Preparation

Line a small baking tray or large cutting board with parchment paper. Press down the pitted dates on it. Try not to leave gaps between the flattened dates. Spread some nut or seed butter onto the dates until they are covered.

Melt the chocolate in a *bain-marie* and drizzle it on the paste. Use a spoon to spread it around so it coats everything.

Chop the hazelnuts or other nuts, spread them with some cranberries or other dried fruit on top of the chocolate (in the pictures below, I used almond butter and sprinkled hazelnuts, almonds, pistachio, cranberries and pomegranate on the melted chocolate).

Place the tray in the fridge until the chocolate solidifies. Cut into pieces and enjoy!

Store in the fridge for over a week or in the freezer for longer.







Dates are rich in **potassium, magnesium** and **copper**. **Hazelnuts** and **pistachio** are a good source of **iron, potassium** and **calcium**. A super healthy mix!

Chia – Oat Porridge

Ingredients (1 serving)

- 1 tall glass vegetal drink (almond/coconut/soy/rice)
- 2 Tbsp rolled oats
- 1 Tbsp chia seeds
- sweetener (maple syrup /coconut sugar) to taste
- fruit (berries, banana, fig, pear, orange, clementines)
- coconut shavings
- moringa flakes
- other toppings (e.g. spirulina, hemp seeds, dried goji, nuts)



Nikola

European Commission
DG Grow (former trainee)
Slovakia

"This porridge is a staple food in my kitchen. It is incredibly simple, healthy, delicious and whole plant-based. It takes approximately 10 minutes to prepare."

Preparation

Bring the vegetal drink of your choice to the boil.
Add the oats, chia seeds and sweetener (to taste).
Cook the porridge until the oats are soft and the desired consistency is achieved.

Pour the porridge into a bowl and garnish with seasonal fruits of your choice, coconut shavings, moringa flakes, seeds, or any other toppings you like. Enjoy!

Note: for an uncooked version of it, you can just add all the ingredients together, pour in a glass or a topperwear and refrigerate overnight. Enjoy the following day, even at work!



Oat is a **very good source of protein** and helps **regulate the blood sugar level**, as well as help with **cardio-vascular health** and with **digestion**.
Chia seeds are very rich in omega-3 (antioxidant).

Banana Split



Nur

European Research Executive Agency (REA)

Belgium

"My daughter invented this banana split recipe. She loves to eat healthy and she is very sensitive to environment and animals. Thanks to her, we adopted a black cat. She loves animals so much, she wants to adopt every single stray dog and cat during the holidays, we always carry food with us for them."

Ingredients (1 serving)

- 1 banana
- 4 tsp vegan alternative to yogurt
- 4 tsp oat
- 1 tsp cacao nibs
- 1 tsp peanut butter
- A handful blueberries (when out of season, use frozen ones that you can unfreeze overnight or add some hot water on them)

Optional:

- 1 tsp chia seeds
- 1 chunk vegan raw chocolate

Preparation

Slice the banana into half. Add the vegan yogurt alternative and oat. Then you can add all the rest of the ingredients. Ready in max 5 minutes!

You can add more toppings if you like. Peanut butter and cacao nibs are the key ingredients.





Blueberries are one of the most **antioxidant** fruit. Berries even have their own category in Dr. Greger's 'Daily Dozen' app!

Nice-Cream Banana-Cocoa-Coco



Marie

EFSA

Legal Affairs Services

France

"If we can choose to have a diet and lifestyle free from animal exploitation, better for the environment and for our health, then why wouldn't we?"

Ingredients (2 servings)

- 3 bananas
- 1 Tbsp cocoa powder (or more according to taste)
- Note: you can try other flavours for your nice cream: berries (fresh or frozen), coffee, etc.
- 1 Tbsp carob powder (optional but really nutritious!)
- 2 tsp coconut powder
- dried raisins or nuts

Preparation

Freeze the bananas (peeled and sliced) for at least 3 hours before making the recipe.

Mix the bananas (in a blender) with the cocoa (and optionally the carob) powder(s). If you want another flavour, just replace the cocoa with something else, e.g. coffee (a small espresso will do), walnuts/hazelnuts, or berries (fresh or frozen).

Serve in a bowl and sprinkle with coconut powder and dried raisins, or other toppings of your choice.

Enjoy your healthy, nutritious and delicious 'nice-cream'!



'**Nice-creams**' – a healthier version of ice-creams, only contain **natural sugars from fruits** and are rich in **vitamins**!



Sauces, Spreads & Affinés

Salty Brittany 'Not Butter'



Josick

European Commission
DG International Partnerships
EMAS Correspondent
France

Note that not all coconut oils are vegan (due to the method of production). It should be 100% coconut-based, just check in the list of ingredients, or look for the vegan label!

Ingredients

- 1 jar coconut oil (500g)
- 1 tsp sea salt (e.g. 'Guérande')
- 1 tsp turmeric
- 1 Tbps olive oil

Preparation

Just mix all the ingredients in a bowl if the coconut oil is soft enough. If the coconut oil is hard, you can melt it in a 'bain marie' on a very mild heat, and when melted, mix it with the rest).

Pour in a nice jar and keep in the fridge. You can take it out of the fridge 15mn before you intend to use it, so that it can get softer to spread on your bread!

This recipe makes a good alternative to the traditional salty butter from Brittany, and you can also make an unsalted version of it.



Just be aware that even if vegan, this 'not-butter' should only be consumed occasionally if you want to avoid 'bad' fat, as coconut oil contains a high amount of saturated fat. In that case, you can make an olive oil dip with some garlic or herbs to dip your bread in!
Other 'good' oils include flaxseed, walnut, avocado, sesame or grapeseed oils, as well as rapeseed (colza) and sunflower oils especially for cooking.

Plantisano



Eugen

EFSA
Methodology & Scientific Support
Germany

NB: The EU cashew market is completely dependent on imports.
*I would advise to **use Fairtrade cashews** to make sure production is safe for workers. The cashew nutshell releases toxic chemicals which may be harmful to workers where no safe machines or protective equipments are provided.*

Ingredients + preparation

This recipe is inspired by the famous Italian *parmigiano.*

Just blend together the ingredients in the picture below.
You can use this *plantisano* in your favourite recipes as a delicious topping!



Picture (c): The Minimalist Baker



Cashew nuts are rich in **unsaturated fats**, a category of fats linked to a lower risk of heart disease. They are also a good source of **protein**.

Cashew White Sauce

Ingredients

- 1 cup cashews (choose fair-trade preferentially)
- 1/2 to 1 cup water (adjust in function of desired consistency)
- 2 Tbsp nutritional yeast
- Salt & pepper
- 1 Tbsp lemon juice
- Optional: olive oil
- Optional: seasoning herbs such as herbes de provence



Marcel

European Commission
DG INTPA
Former SNE
Germany

"Being aware about the complex process of cashew harvesting, from the careful picking of nuts to the intricate peeling, inspires a deep appreciation for the hard work and dedication that transforms these humble seeds into a cherished delicacy. Enjoy this Cashew White Sauce!"

Preparation

Soak the cashews for at least two hours (or overnight).

Drain and rinse the cashews.

Add all the ingredients in a blender and mix at maximum speed for 3 to 5 minutes.

This sauce can be used as a salad dressing, as a 'white sauce' for pasta and in other main dishes, and even as a dip like houmous!



Cashew nuts contain **antioxidants** and **minerals** such as **magnesium**, **zinc** and a significant amount of **copper**, a mineral essential for energy production, healthy brain development and strong immune system.

Vegannaise



Francesca

EFSA
Methodology & Scientific Support (MESE)
Team Analysis
Italy

"I'd like to share the story of EFSA's Community Garden with its food forest and wildlife pond, that we created at EFSA in 2015, hosting about hundred varieties of edible plants including fruit trees and shrubs, aromatic plants, aquatic plants, edible "weeds" and annual and perennial vegetables. Together with the plants, it hosts a stunning animal biodiversity. The initiative involves over 50 enthusiastic gardeners".

Ingredients (1 bowl)

- 100ml soy drink (unsweetened)
- 130/150 ml sunflower oil
- 1 tsp lemon juice
- 1 tsp vinegar
- Pinch of salt
- Optional: 1 tsp 'old fashioned' mustard (moutarde 'à l'ancienne')

Preparation

Put 100ml soy-drink in a narrow and tall container, add the lemon juice, vinegar and salt.

Start mixing with an immersion blender while slowly pouring in the sunflower oil, until you obtain a firm mayonnaise.

Tip: you can also add a spoonful of old fashioned mustard for a more intense taste.



Sunflower oil is rich in **vitamin E**, a strong antioxidant having a protective action on your brain. It is low in saturated fat and high in **unsaturated fats** – making it healthier for your heart than the traditional version of the mayonnaise.

Cashew Affiné



Daniela

European Commission
DG Regional & Urban Policies (REGIO)
Germany

Animal cheese and other dairy products can be addictive: they contain casein, which breaks down into casomorphins when digested. They can attach to dopamine receptors in the brain, which then releases dopamine, a neurotransmitter that plays a role in feelings of pleasure. So don't feel bad if you crave it! Just know that you don't need it (have a look at our nutritional tips) and maybe also think of the cruelty of the dairy industry, it might help you detox away from dairy products!

Ingredients

- 2 cups water
- 3 tsp agar powder
- 1 cup cashews (or ½ cup cooked brown rice + ½ cup cashews, to reduce fat content)
- 1 Tbsp lemon juice
- 2 Tbsp yeast flakes
- 2 tsp herb salt (or 1 ½ tsp sea salt)
- ¾ tsp onion powder
- ¼ tsp garlic powder or 2 fresh cloves
- 2 Tbsp tahini (optional)
- ⅛ cup (or more) pimientos or red pepper (you can keep a few to adorn the *affiné*)

Preparation

Mix the agar powder in cold water, then boil until it dissolves, and cook for 1 minute more.

Blend the hot agar mixture with all the other ingredients in a blender until very smooth.

Pour into a shallow container. Chill in the fridge.
When firm, you can add some slices of red pepper or some herbs on top. Serve in slices and enjoy!



This "not cheese" is a **healthier alternative to ripened dairy cheese**, which contains 'bad' fat and biogenic amines that can cause adverse health effects. Cashew nuts are rich in many nutrients and vitamins (see nutritional tips under the *Parvegano* and Cashew White Sauce recipes above). Plant-based affinés are now also available in many shops.

Affiné



Marie

EFSA

Legal Affairs Services

France

"As a French cheese-lover, I could not imagine living without it. I am each time more impressed by the new, delicious and sometimes incredibly similar plant-based options. In Brussels, you can find them in vegan shops and sometimes in organic shops or supermarkets. I prefer the artisanal or home-made affinés. They are just so good, and no calves, cows nor bulls were exploited or killed for that!"
This recipe is inspired by Marie Laforêt's one in her cookbook "Healthy Vegan".

Ingredients

- 250g nuts of your choice (cashews, almonds, walnuts, etc.)
- 1 Tbsp miso paste (or more to taste)
  or 1 Tbsp plant-based dessert (e.g. soy, unsweetened)
  or the content of 1 capsule vegan probiotics
- Optional: spices, herbs (here I used thyme and dried flowers)

Preparation

Soak the cashews overnight.

Remove the water and mix them in a blender with the miso paste (or alternatives as mentioned above), and optionally some spices or herbs.

Put the mixture in a bowl (you can also shape it at this point or later on) and cover it with a cloth.

Important: for fermentation, you will need to leave the mixture in a place at constant temperature (a cellar if you have one otherwise a closed microwave or oven). You can also leave it in the fridge but fermentation will be slower. After around 8 hours, the *affiné* will be unctuous and ready to be enjoyed!

Note: you can also leave the *affiné* to ferment several weeks or months to obtain a harder consistency.



Vegan *affinés* enable you to get creative and they are delicious. Here the "*affinage*" is similar to traditional cheese: the time you leave it to ferment will determine its consistency. For a soft *affiné*, you just need a few hours of fermentation, for a harder one, several weeks/months.

Soycotta (Soy Curd)

Ingredients (3 curds)

- 1L (organic) soy drink (unsweetened for neutral taste)
- 1 tsp salt
- 2 Tbsp lemon juice or 1 Tbsp apple cider vinegar



Francesca

European Food Safety Authority (EFSA)
Methodology & Scientific Support (MESE)
Team Analysis
Italy

Preparation

Bring the soy drink to boil in a sauce pan. As soon as the soy drink starts boiling (foam will start rising), turn the heat off. Add the salt and the lemon juice (or the vinegar). Stir for 30 seconds, the soy drink should curdle. Set aside for 10 minutes.

In the meantime, place a strainer on a bowl and cover it with a clean, fine-mesh cotton kitchen towel or cheesecloth (you can also use a cheese mould).

Pour the soy drink into the strainer. Let it drain for 30 min.-1 hour (the longer draining, the finer the curd).

After draining, the soy curd is ready and you can place it in a mould.
You can also make little balls with the curd and add all sorts of herbs and spices to serve as finger food!



"When I learned about the devastating impact of animal farming on our living planet, I felt the urge to do something about it. The easiest step was to act on my diet, exploring forgotten healthy foods such as pulses and experimenting with fun new recipes as those in this cookbook."
This recipe is adapted from "The Plant Based School".

This curd can also be **used to replace dairy ricotta cheese** in preparations such as cakes (e.g. as a filling for Sicilian *cannoli*), filling for *cannelloni* or *tortelli* and as a pasta sauce.
Note: if you want to use it in cakes or sweet preparations, prepare the curd with lemon juice (not vinegar).


Healthy
Smoothies
&
Drinks

Morning Lemon & Ginger



Josick

European Commission
DG International Partnerships
EMAS correspondent
France

"I have this juice every morning when I wake up. Then I do some yoga! Practicing some physical exercise increases the benefits of this juice, by gently massaging the digestive organs and helping the purification process.
After you exercise, have some oatmeal with fresh fruit, nuts & grains!"

Ingredients

- ½ lemon juice (organic)
- 1 inch fresh ginger (according to taste)
  Note: no need to peel off the skin if the ginger is organic!
- ⅓ glass of warm water (75°C)

Preparation

Squeeze the juice of half a lemon in a glass and add some grated ginger. Fill up the glass with warm water. It's ready!

Have the juice on an empty stomach when you wake up, and wait at least half an hour before eating or drinking anything else (except water).

You can have this juice every morning as a daily cleanse or to boost your energy. It's even more effective during seasonal changes or when you have a sore throat or flu.



Lemon juice is high in **vitamin C** and **ginger** also boosts your **energy** and has cleansing properties. Both are excellent for the **liver** and **digestive function**.
Lemon juice can also help control the level of **sugar** in your blood, as well as **reduce acidity** in your body (its taste is acid but its effect in your body is alkalinising).

Detox Smoothie



Josick

European Commission
DG International Partnerships
EMAS correspondent
France

"Try and grow a couple of aloe vera plants at home! You can buy them in most garden stores and flower shops. They will thrive as long as they get plenty of sunlight and very little water. You can cut a leaf once in a while to use in your smoothies. Wait until the plant has 12 leaves, and start cutting from the bottom of the plant. Let the leaf drip for a few minutes to let it loose the orange sap before you use it."

Ingredients

- ⅓ or ½ cucumber - appr. 10cm (buy organic to keep the skin)
- ⅓ aloe vera leaf (a couple of inches).You can find it in most organic shops or even supermarkets, or use your own (see more info in the left bottom textbox).
- 1 apple (organic to keep the skin)
- 1 inch fresh ginger - appr. 3cm (with the skin if organic)

Preparation

Combine all the ingredients with some water in a high-speed blender to obtain a smooth result. Pour out the drink in a tall glass and enjoy your Detox Smoothie!

You can also make a bigger quantity and deep-freeze what is left in small bottles for later use.

Have the detox smoothie on an empty stomach or one hour after your morning lemon & ginger (see previous page). It will increase the purification process in your body.



Did you know that apple skin can protect women against breast cancer? (find out more in Dr. Greger's *How not to Die)* Buy organic to avoid pesticides – apples are among the most contaminated fruit if not organic (you can find online the 'dirty dozen' list of most chemically treated fruit & veggies).

All-Year-Round Smoothie

Ingredients

- 1 big handful of kale / spinach / other green leafy vegetable
- 1 cup organic berries (blueberries, raspberries, blackberries, strawberries, etc.), fresh or frozen according to season
- 1 organic banana / 2 pitted medjool dates
- 1 Tbsp flax seeds (optional)
- 1 glass water (or oat drink for a smoother taste)



Max

European Commission
DG International Partnerships
France

Preparation

Combine all the ingredients in a high-speed blender until smooth.

Transfer in a couple of glasses to enjoy with your partner or kids! You can also deep-freeze left-over smoothie.

Note: kale is usually available during the autumn and winter until March, and sometimes during the summer. When not available, you can replace if with spinach, other cabbage, or even raw broccoli!



*"With this smoothie you already get 5 major foods among the famous **'Daily Dozen'**!*
--> Check it out on NutritionFacts.org and download the free app!"

***Berries** are amazing **antioxidants**, while flaxseeds provide a good amount of **protein** and **calcium**.*
***Cruciferous veggies** like kale are one of the best **anti-cancer** foods. They are also packed with **calcium** and **fibre**.*
***Bananas** and **dates** are very rich in **potassium**.*

Sobolo (Hibiscus) Drink



Racheal

European Commission
DG International Partnerships
(former trainee)
Ghana

"'Sobolo', also known as hibiscus drink, is a popular West African beverage made from dried hibiscus flowers. It's cherished for its vibrant colour, tangy flavour, and numerous health benefits. This drink contains natural African spices and fruit like pineapple, lemon, and natural sweeteners, offering a refreshing and nutritious drink that can be enjoyed hot or cold."

Ingredients (4 servings)

- 2 cups dried hibiscus flowers
- 1 medium pineapple
- 1 lemon (sliced)
- 4-inch fresh ginger (according to taste)
- 2 tbsp of cloves
- 2 Tbsp black pepper
- 2 Tbsp negro peppers (also known as grains of Selim)
- ½ to 1 cup honey, sugar or date syrup (adjust to taste)
- 8 cups water

Preparation

Rinse the dried hibiscus flowers under cold running water to remove dust or impurities. Wash the pineapple, peel and set aside the flesh for blending and the peels for boiling. Peel and slice the ginger thinly. Lightly crush the cloves, black pepper, and negro peppers to release their flavours.

Combine the rinsed hibiscus flowers, pineapple peels, sliced ginger, crushed spices, and lemon slices in a large pot. Add 8 cups of water to the pot. Bring the mixture to a boil over medium-high heat. Once boiling, reduce the heat and let it simmer for 30 minutes, allowing the flavours to meld. Strain the liquid through a fine mesh sieve or cheesecloth into a large bowl.

Cut the reserved pineapple flesh into chunks. Combine the pineapple chunks with a small amount of water in a blender and blend until smooth. Sieve and add the pineapple juice into the liquid. While the liquid is still warm, add your chosen sweetener (honey, sugar, or date syrup) to taste, stirring until fully dissolved. Transfer the juice into a pitcher. Serve warm for cold relief or as replacement for morning tea or coffee.
You can also refrigerate the drink for at least 2 hours and serve it chilled over ice or lemon slices.



Hibiscus Flowers are rich in **antioxidants**, they may also help lower blood pressure and support immune health.

Golden Drink

Ingredients

- 1 tall glass oat drink (or soy or almond drink)
- 1 tsp dried turmeric powder
- 1 tsp dried ginger powder
- ¼ tsp black pepper (freshly ground)
- 1 tsp cinnamon powder (optional)



Justine

European Commission

DG DEVCO (former trainee)

France

Preparation

Heat up the oat drink in a saucepan (stop before boiling).

Transfer to a mug or a tall glass.

Add the spices and stir them in one by one: turmeric, ginger and ground pepper (and optionally the cinnamon, according to your taste).

Enjoy your 'Golden Drink'! If the spices fall to the bottom of the mug before you finish, stir again or add some hot plant-based drink or water!



"I love having this 'Golden Drink' on a cold evening (even during summer if the evenings are chilly!)
And it works wonders when I have a sore throat or if I feel I'm catching a cold. It's both very effective and delicious!"

Turmeric, ginger and **black pepper** are **anti-inflammatory** and can help prevent **arthritis** and increase your **flexibility**. **Cinnamon** is a good **antibacterial** and can soothe a sore throat (ginger and pepper will also help!).
Tip: you can also make a **spicy hot chocolate** with cinnamon and pepper: mix 1Tbsp 100% raw cacao in a glass of hot oat drink, add the spices. No need for sugar as oat is naturally sweet!

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EU STAFF COOKBOOK

Plant-based food

A compilation of plant-based recipes from EU institutions' staff and trainees.
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Texts: Josick van Dromme, Marie Laffineur-Pauchet & Justine Garrigue; Recipes from contributors.
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