

Vegan & Raw



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My story

I have always been fascinated by healthy and delicious food. As a child, I could not get enough of juicy sweet mangos. They were my favourite sweet treat. Whenever my mother was baking, my sister and I could not wait to help in the kitchen: apple cake, waffles with whipped cream and strawberries, raspberry tart... As long as it was sweet and fruity!

At the age of 19 I started suffering from constant fatigue and decided to look for the link between my diet, energy and health. Gluten, refined sugars and pasteurised dairy products disappeared from my daily diet.

I dreamed of a lifestyle where I never had to count another calorie again. During my search I coincidentally discovered raw food, a creative way to transform fresh fruits, vegetables, nuts and seeds into delicious dishes. A new world of juices, smoothies, vegetable noodles and healthy desserts opened up for me. My energy levels revived and I felt more vibrant than I had in a long time. Finally I had enough energy to enjoy life at its fullest again!

Together with my partner Simon, I decided to travel to California and get certified as a raw food chef. It was during this training that I founded Julie's Lifestyle, a blog where I share my experiences and a new plant-based recipe each week. I still can't believe that this health journey has led me to my first book, *Vegan & Raw*.

This book contains a combination of raw recipes made with fresh fruits and vegetables that are not heated above 50 °C (120 °F), and cooked vegan recipes for bread, pancakes, falafel and even sweet potato fries. All of the recipes are plant-based and free from gluten, dairy and refined sugars. I hope they will help you to adjust your diet according to the seasons, and to fully enjoy your favourite comfort foods, whether you are cooking for yourself, your family or your friends.

I hope this book will inspire you to give raw food a try and experience its profound effect on your body, your mind and your energy!

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Are you pressed for time in the morning and looking for a quick and delicious breakfast that will give you energy until lunchtime? This vanilla chia pudding with fresh fruit is packed with plant-based protein, omega 3 fats, dietary fibre and essential minerals such as calcium and iron. It will help to hydrate your body and to feel satisfied longer.

Vanilla chia pudding with fresh fruit

SERVES: 2 PEOPLE – EQUIPMENT: BLENDER, MIXING BOWL

INGREDIENTS:

2 cups (420 ml) almond milk
2 tbsp. (30 ml) maple syrup
(or 4 small dates, pitted and soaked)
1 tsp. (5 ml) pure vanilla extract
¼ tsp. (1.17 g) vanilla powder
1 pinch Himalayan crystal salt or
sea salt
6 tbsp. (84 g) chia seeds
your choice of fresh fruit
your choice of nuts or seeds (optional)

PROCESS:

Put the almond milk, maple syrup, pure vanilla extract, vanilla powder and salt in the blender. Mix until smooth.
Pour the milk into a mixing bowl and add the chia seeds.
Stir well and let the pudding sit for a few minutes.
After about 3 minutes, stir the pudding again until everything is mixed properly.
Then place the bowl in the refrigerator.
After about an hour, the chia seeds will have largely absorbed the milk, resulting in a creamy pudding.
Serve the pudding with fresh fruit and optionally, your choice of nuts or seeds.

JULIE'S TIPS & TRICKS

- This vanilla chia pudding will keep at least three days in an airtight container in the refrigerator if you use fresh almond milk (or even longer with almond milk from the shop).
 - Chia seeds are very rich in plant-based protein and healthy omega 3 fats. They're also full of essential minerals such as calcium, magnesium and phosphorous. Chia seeds are available in every organic shop and in larger supermarkets.
 - If you want to make your own almond milk, go to www.julies-lifestyle.com for an easy recipe. If you don't have time to make your own, always choose a brand of unsweetened organic almond milk with as few artificial additives as possible.
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Do you love sweet treats in the morning? This banana bread is moist, dense and naturally sweet thanks to the mashed bananas. It's packed with vitamins, minerals, healthy fats and natural sugars — perfect to start your day full of energy! Fresh out of the oven, it's deliciously crunchy on the outside and soft on the inside. It will fill your kitchen with a sweet cinnamon aroma.

Banana bread

MAKES: 1 LOAF – EQUIPMENT: FOOD PROCESSOR, MIXING BOWL, CAKE TIN, OVEN

INGREDIENTS:

3 tbsp. (42 g) chia seeds
½ cup (105 ml) water
1 cup (100 g) almond flour
¾ cups (75 g) oats
4 tbsp. (56 g) ground flaxseed
1 tsp. (4.67 g) baking powder
½ to 1 tsp. (2.34 g or 4.67 g) cinnamon (to taste)
¼ tsp. (1.17 g) Himalayan crystal salt or sea salt
3 large ripe bananas
3 tbsp. (45 ml) extra virgin coconut oil, melted
3 tbsp. (42 g) coconut palm sugar
1 tsp. (5 ml) pure vanilla extract
for garnish: coarsely chopped almonds (optional)

PROCESS:

Preheat the oven to 175 °C (350 °F).
Mix the chia seeds with the water in a small mixing bowl or large glass. Stir with a fork or spoon and set aside. The chia seeds will absorb the water and turn into a 'gel' after about 5 minutes. They will replace the eggs that are normally added to banana bread as a binder.
Place the almond flour, oats and ground flaxseed in a food processor fitted with an S blade. Process until finely ground.
Add the baking powder, cinnamon and salt to the food processor. Process once again.
Put the bananas in a mixing bowl and mash them with a fork. Add the melted coconut oil, coconut palm sugar and pure vanilla extract. Mix well.
Add the chia gel and mix once again.
Finally, add the dry ingredients from the food processor to the banana mixture and mix into a thick batter.
Grease your cake tin with coconut oil and spread the batter across the inside of the tin.
Garnish with coarsely chopped almonds, or other nuts or seeds of your choice.
Bake the bread for 30 minutes in the oven until the top is golden brown. Then cover the cake tin by placing a baking tray on top so the banana bread doesn't burn. Bake the bread another 30 to 45 minutes until it's firm enough. You can test this by inserting a wooden skewer or fork in the bread: if it comes out clean, the bread is done.
Run a sharp knife around the edges of the bread, then turn the bread (very carefully to prevent the bread from breaking) out onto a wire rack to cool completely.
Wait at least 30 minutes before you cut it, to prevent it from crumbling.



Did you know that **breakfast** sets you up for the day? If you start your day with a green smoothie – a delicious mix of fruit, leafy greens and water or ice cubes, you'll be craving more fresh fruits and vegetables throughout the day. It's as if you train your brain to crave healthy food. This tropical green smoothie is my absolute favourite way to start the day when I'm in a hurry and I need lots of energy!

Tropical green smoothie

SERVES: 1 PERSON (BREAKFAST) – 2 PEOPLE (LIGHT SNACK) – EQUIPMENT: BLENDER

INGREDIENTS:

1 to 1 ½ cups (210 ml to 315 ml) water, depending on how creamy you want the smoothie
1 small ripe mango, peeled and coarsely chopped
2 large ripe bananas, fresh or frozen
1 small blood orange, peeled and coarsely chopped (or ½ lime)
1 tsp. (4.67 g) maca powder
2 large handfuls spinach
1 large handful kale (or extra spinach, Swiss chard...)

PROCESS:

Put the water, mango, bananas, blood orange and maca powder in the blender. Mix until smooth. Add the spinach and the kale. Blend again.

JULIE'S TIPS & TRICKS

- This tropical green smoothie keeps one to two days in a closed, airtight container in the refrigerator. You can definitely prepare the smoothie in the evening and take it with you the next morning.
- Do you want to make this smoothie even more refreshing? Add a piece of cucumber or a small handful of fresh mint to the blender.
- Maca powder is made from the maca root, a plant that grows in central Peru in the high plateaus of the Andes. It's high in vitamins B, C and E, and it's also a great source of zinc, iron, phosphorous, calcium and magnesium. Maca can boost your energy levels, increase your fertility and help your body adapt to stress.
- Try to rotate your leafy greens as often as possible so you can enjoy a wide variety of nutrients. The possibilities are endless: you can use spinach, Swiss chard, lettuce, endive, kale, chard, radish greens, carrot greens, mint, basil, parsley...





light meals.



Welcome spring with the fresh flavour of the season's first asparagus in this simple salad with fresh dill, pink peppercorns and quinoa.

Did you know that green asparagus contain special antioxidants that fight free radicals, just like Brussels sprouts and kale? They will protect you against premature skin aging and strengthen your immune system.

Spring salad with quinoa, green asparagus and dill

SERVES: 2 PEOPLE – EQUIPMENT: STEAMER (OR SAUCEPAN), LARGE MIXING BOWL

INGREDIENTS:

1 bunch green asparagus, lightly steamed
2 carrots, cut in large strips and lightly steamed
1 ½ cups (200 g) cooked quinoa
3 large handfuls leafy greens of your choice: baby spinach, spring mix, romaine lettuce...
1 cup (140 g) peas, fresh or frozen and thawed
1 large handful fresh dill
1 large handful fresh basil
½ to 1 tbsp. (7 g to 14 g) pink peppercorns (optional, to taste)

PROCESS:

Steam the green asparagus and carrots for 5 minutes or longer, until they are soft enough to your taste. If you don't have a steamer, you can briefly sauté or boil the vegetables. You could also serve the carrots raw, finely chopped or grated.
Mix the quinoa, leafy greens, peas, dill, basil and pink peppercorns in a large mixing bowl.
Add the asparagus and carrots and mix again.
Serve with cashew 'tzatziki' dip (see p. 156) or dress with extra virgin olive oil, lemon juice, Himalayan crystal salt or sea salt and freshly ground black pepper to taste.

JULIE'S TIPS & TRICKS

- This spring salad keeps at least two days in a closed, airtight container in the refrigerator.
 - Are green asparagus out of season? Replace them with thin slices of oven-baked or fried courgette (zucchini), seasoned with extra virgin olive oil, Himalayan crystal salt or sea salt and freshly ground black pepper.
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JULIE'S TIPS & TRICKS

- The rosemary vinaigrette keeps at least one month in a glass jar in the refrigerator.
- Try this salad with aubergine (eggplant), tomato, Brussels sprouts, green asparagus, kohlrabi... or other seasonal vegetables too!
- Feel free to buy a jar of organic precooked lentils in order to save time. Alternatively, you could prepare a large batch during the weekend to save time during the week. To make three cups of cooked lentils: soak one cup of dried lentils overnight in lukewarm water. Rinse well and cook the lentils until they are soft. The cooking time depends on the type of lentils. Soaked red lentils, for instance, usually don't take much longer than 10 minutes to cook and they become very soft. Soaked green lentils need 20 to 30 minutes to cook and they stay firm.
- Do you find it difficult to digest lentils? Add a piece of kombu (dried seaweed) to the cooking water to make them easier to digest. Dried lentils and kombu are available in most organic shops.



Did you know that cabbage is packed with powerful antioxidants that will protect your heart, stabilise your blood sugar levels and strengthen your immune system? This crunchy coleslaw with avocado dressing combines three types of cabbage: red cabbage, white cabbage and kale. I love serving it as a side dish with oven-baked sweet potato fries (see p. 150) or romaine lettuce tacos (see p. 110).

Crunchy coleslaw with avocado dressing

SERVES: 4 TO 6 PEOPLE – EQUIPMENT: BLENDER, LARGE MIXING BOWL, SHARP KNIFE, FOOD PROCESSOR (OPTIONAL)

INGREDIENTS

AVOCADO DRESSING:

½ ripe avocado, pitted and coarsely chopped
4 tbsp. (56 g) cashews
4 tbsp. (60 ml) water
2 tbsp. (30 ml) lemon juice
(or 1 ½ tbsp. apple cider vinegar)
1 tbsp. (14 g) mustard
½ tbsp. (7.5 ml) maple syrup
½ tsp. (2.34 g) Himalayan crystal salt or sea salt (or more, to taste)
freshly ground black pepper, to taste

COLESLAW:

¼ small red cabbage, shredded
¼ small white cabbage, shredded
3 large carrots, grated
2 large handfuls kale (or extra white/red cabbage), de-stemmed and shredded
1 large handful parsley, finely chopped
2 spring onions, finely chopped
sesame seeds, to taste

PROCESS

AVOCADO DRESSING:

Combine all of the ingredients in the blender and mix until smooth.

COLESLAW:

Use a food processor to cut the vegetables: a shredding blade to shred the red and white cabbage, a grating blade to grate the carrots and a regular S blade to finely chop the kale. Using the food processor will save you a lot of time.

Finely chop the parsley and spring onion with a sharp knife

Mix all of the vegetables and herbs in a large mixing bowl. Add the avocado dressing and mix well.

Garnish with sesame seeds and, if desired, extra parsley and/or spring onion.



JULIE'S TIPS & TRICKS

- This crunchy coleslaw with avocado dressing keeps at least two days in a closed, airtight container in the refrigerator. If you store the dressing separately, it keeps at least four days in a glass jar in the refrigerator.
- Are you looking for fun additions to add even more flavour and colour to this coleslaw? Top it with coarsely chopped cashews, raisins, apple slices, or edible flowers.

