

VEGAN & RAW 2





All
GOOD

Krokante
kornel
granola

 JULIE'S LIFESTYLE

VEGAN & RAW **2**

65 easy recipes
for more energy

JULIE VAN DEN KERCHOVE

PHOTOGRAPHY HEIKKI VERDURME

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INTRODUCTION

I used to dream about being able to eat as much as I liked without gaining weight. When I unintentionally lost a lot of weight as a college student due to chronic glandular fever, I felt fatigued all the time and realized that being skinny wasn't necessarily better.

I decided to change my eating habits in order to boost my energy levels and regain my health. I was particularly interested in the benefits of a pure 'whole' foods diet free from processed ingredients, and started to experiment with healthy alternatives to refined sugars, wheat and dairy.

I actually came across raw food by accident. At first I was skeptical, thinking it was just another crazy hype from America, but somehow it kept running through my mind so I decided to give it a try. Within a few weeks, I started to notice dramatic changes in my health. My immune system got stronger, I regained my energy and I was finally able to get my chronic glandular fever under control.

Since I've discovered raw food and vegan cooking, I sleep much better, my skin has cleared up and I have no problem maintaining a healthy weight.

Does this mean you have to give up on all your favorite comfort foods like bread, pasta, pizza and ice cream? Absolutely not! You can simply replace them with healthier alternatives that are just as tasty (or even tastier!) and that will leave you feeling energized instead of weighed down.

Healthy cooking doesn't have to be complicated or time-consuming either. Most of the recipes in this cookbook don't take longer than 20 minutes to prepare and you'll be able to find the ingredients at your local supermarket or health-food store.

Vegan & Raw 2 has some of my favorite comfort foods including black bean burgers, sweet potato crust pizza, quinoa risotto, breakfast muffins and cookie dough ice cream sandwiches. It also contains plenty of recipes for snacks and meals that you can prepare in advance and take with you to work or school: smoothies and salads in a jar, quick breakfasts on the go, energy cookies, tasty wraps... Perfect for when you don't have a lot of time to cook but still want to enjoy delicious and healthy meals.

I hope these recipes will inspire you to experiment and have fun in the kitchen.

Enjoy!

*Lots of love,
Julie*



Vegan and raw

All the recipes in this cookbook are plant-based, and free from gluten, dairy and refined sugars. Many of the dishes are raw vegan, meaning they haven't been heated above 125 °F (50 °C) to preserve as many nutrients and flavor as possible. This certainly doesn't have to be a limitation. You would be amazed how easy it is to create delicious and balanced meals with just fruits, vegetables, nuts and seeds.

You can read more about the amazing health benefits of raw food in my first book *Vegan and Raw*. Fresh fruits and vegetables will increase your energy levels, help you to sleep better, boost your fat-burning metabolism and help you to get glowing skin. You'll be surprised at just how quickly your health and well-being will improve with just a few simple dietary changes!

This book also includes plenty of cooked vegan dishes inspired by the principles of Ayurveda. Most raw foods have a cooling effect on the body so they are perfect to keep you energized during the warmer months of the year. During wintertime, however, your body needs cooked foods and spices like ginger and turmeric to warm up and increase your digestive fire. The recipes in this book will allow you to eat with the seasons and find your own balance.

How to get started?

Preparation is the key to healthy eating. By stocking your fridge and cupboards with healthy staples, you'll be able to whip up delicious and balanced meals in no time! Below is a list of basic ingredients that are great to have on hand.

FATS

Coconut oil
Olive oil
Full fat coconut milk

FRIDGE AND FREEZER

Nut butter & seed paste (almond butter, tahini, peanut butter)
Mustard
Sundried tomatoes, tomato purée
Olives, capers
Shiro miso (rice-soybean paste)
Almond milk
Non-dairy yogurt
Frozen fruit (banana, mango, berries)
Frozen peas



MY KITCHEN

FRIDGE AND FREEZER

Seeds (chia, flax, quinoa, amaranth, pumpkin (pepitas), sunflower, sesame)
Nuts (almonds, cashews, walnuts, pecans, hazelnuts, pine nuts)
Almond meal
Desiccated coconut

LEGUMES AND GRAINS

Rice flour
Rolled oats
Rice paper (for wraps)
Rice noodles (or buckwheat noodles)
Pre-cooked jarred legumes (lentils, beans, chickpeas)

DRIED HERBS AND SPICES

Sea salt or Himalayan crystal salt
Black pepper
Cinnamon, gingerbread spice
Cayenne pepper
Ground vanilla
Italian herbs, herbes de Provence
Cumin
Turmeric powder
Curry powder
Garam masala
(Smoked) paprika powder

SWEET

Maple syrup
Agave
Dried fruit (dates, raisins, figs)

ADDITIONAL

Tamari (gluten-free soy sauce)
Apple cider vinegar
Cacao powder (unsweetened)
Vegetable stock powder
Nutritional yeast
Sushi nori sheets
Seaweed flakes



Chunky monkey overnight oatmeal

Wouldn't you love to have an extra ten minutes in bed every morning to relax and wake up feeling refreshed? This chunky monkey overnight oatmeal is the perfect make-ahead breakfast. You can prepare it in the evening, put it in the fridge overnight and take it with you on the go the next morning.

TIME: Prep time: 5 minutes (+ 1 night in the fridge) – Keeps up to 5 days in the fridge

1 SERVING

EQUIPMENT:

glass jar with lid

Overnight oatmeal

½ cup (50 g) rolled oats
 2 teaspoons chia seeds
 1 cup (210 ml) almond milk
 1 teaspoon maple syrup
 2 pinches of ground vanilla
 1 pinch of sea salt

Toppings

1 ripe banana, sliced
 1 tablespoon nut butter
 1 tablespoon almonds, roughly chopped
 cacao nibs or chocolate chips

Fill the glass jar with the rolled oats and chia seeds. Add the almond milk, maple syrup, ground vanilla and sea salt. Put the lid on the jar and shake well before placing in the fridge overnight.

In the morning, top off with the banana, nut butter, crunchy almonds and cacao nibs. If you're short on time in the mornings, add the toppings the night before.

JULIE'S TIPS & TRICKS

Want to prepare a batch of oatmeal on Sunday that will last you an entire week? Fill five single serving mason jars with overnight oatmeal, store them in the fridge and add your favorite fruits and nuts in the morning.



Raspberry chia seed pudding

This raspberry chia seed pudding is a real power breakfast for champions! The unique combination of fiber, omega-3 fats, protein and minerals will curb your appetite, keep your bones healthy and your muscles strong. The Ancient Mayans used chia seeds for energy and endurance on long and tiresome trips. This creamy pudding will definitely give you a quick and long lasting energy boost!

TIME: Prep time: 10 minutes (+ 1 night in the fridge) – Keeps up to 4 days in the fridge

4 SERVINGS

EQUIPMENT:

blender, mixing bowl

½ cup (60 g) cashews

2 cups (420 ml) water

1 cup (150 g) raspberries, fresh or frozen and thawed

2 tablespoons maple syrup

2 pinches of ground vanilla

1 pinch of sea salt

8 tablespoons chia seeds

Put the cashews and water in the blender and blend until creamy.

Add the raspberries, maple syrup, ground vanilla and sea salt. Blend until smooth.

In a mixing bowl, combine the chia seeds and raspberry-cashew milk. Stir well with a spoon. Allow the pudding to sit for a few minutes and then stir again (this helps to prevent clumping).

Cover and chill in the fridge for at least 2 hours or preferably overnight.

The longer you leave the pudding in the fridge, the creamier it will become.

Stir well before serving and top with fresh fruit and either a few spoonfuls of granola (see p. 30) or a handful of mixed nuts and seeds.

JULIE'S TIPS & TRICKS

You can replace the raspberries with other fruits such as mango, strawberries or peaches, and use almond milk or any other non-dairy milk instead of the cashew milk. By adding a spoonful of nut butter, the chia seed pudding will get even creamier and more flavorful.



Quinoa wraps with mango avocado salsa

These quinoa wraps with mango avocado salsa make a great light lunch or colorful appetizer: sweet and sour salsa, salty tahini sauce, creamy avocado and refreshing sprouts in a crispy wrap. They're packed with vitamins, easy to prepare and perfect for summer time!

TIME: Prep time: 20 minutes – Salsa keeps up to 3 days and sauce up to 7 days in the fridge

4 SERVINGS

EQUIPMENT:

mixing bowl

Mango avocado salsa

1 large, ripe mango, diced
1 cucumber, diced
2 handfuls of cherry tomatoes, diced
1 green onion (or red onion), cut into thin strips
lime or lemon juice to taste
sea salt and cayenne pepper to taste
2 ripe avocados

Tahini sauce

½ cup (125 g) tahini (sesame seed paste)
½ cup (100 ml) lime or lemon juice
1 tablespoon maple syrup
½ - 1 teaspoon ground turmeric
sea salt and black pepper to taste
fresh ginger to taste (optional)

Wraps

wrap: Swiss chard, romaine lettuce, Savoy
cabbage, rice paper, corn tortilla...
cooked quinoa
sprouts (optional)

Mango avocado salsa

In a mixing bowl, combine the diced mango, cucumber, cherry tomatoes and sliced green onion.

Season with lime (or lemon) juice, sea salt and cayenne pepper to taste.

Lastly, dice the avocados and add them to the salsa.

Tahini sauce

In a small mixing bowl, combine the tahini, lime (or lemon) juice, maple syrup and ground turmeric. Season with black pepper and sea salt to taste. Add freshly grated ginger, if desired.

You could use a mini food processor or hand mixer as well if the tahini is too dry and difficult to mix.

Wraps

Fill your wrap with salsa, quinoa and sprouts.

Drizzle some of the tahini sauce over the filling and serve.

JULIE'S TIPS & TRICKS

If you're preparing these wraps in advance, keep the tahini sauce in a separate container and add it to the wraps right before serving. For a tasty alternative, replace the tahini with almond or peanut butter.



Pesto beet salad in a jar

Whenever I have a long day of meetings ahead, I take a healthy lunch and plenty of snacks with me on the go. Not a boring bowl of crudités but a satisfying meal like this red beet salad with pesto. It's packed with protein, fiber, vitamins and healthy fats. Perfect to keep you energized and focused!

TIME: Prep time: 10 minutes – Pesto keeps up to 1 week in the fridge

2 SERVINGS

EQUIPMENT:

mini food processor, rubber spatula, large mason jar

Pesto

2 large handfuls of basil
 4 tablespoons pine nuts, raw or lightly toasted
 4 tablespoons olive oil
 2 tablespoons lemon juice
 1 ½ tablespoons nutritional yeast (optional, for a cheesy flavor)
 sea salt and black pepper to taste

Salad

1 small cucumber, diced or cut lengthwise into strips
 1 large cooked red beet, diced or cut lengthwise into strips
 1 can (350 g) cooked lentils, rinsed thoroughly
 2 large handfuls of spinach (or other leafy greens)
 1 handful of walnuts, roughly chopped and lightly toasted (optional)
 alfalfa sprouts (optional)

Pesto

Put the basil leaves in a mini food processor fitted with an S-blade.

Process until finely chopped.

Add the pine nuts, olive oil, lemon juice and nutritional yeast. Season with sea salt and black pepper to taste. Process until smooth.

Salad

Spoon a generous serving of pesto in the bottom of a large mason jar. Always start with the dressing so the vegetables on top stay fresh and crisp.

Add a layer of lentils, cucumber, red beet and leafy greens. Finish with some walnuts and alfalfa sprouts.

JULIE'S TIPS & TRICKS

- You can easily prepare this salad at night and take it with you on the go the next morning.
- Did you know that lentils are a great source of iron, protein and fiber? They will help to curb your appetite, regulate your blood sugar levels and avoid that dreaded afternoon energy slump. You could replace them with chickpeas (garbanzo beans), beans, amaranth or quinoa as well.



Green gazpacho with spicy seeds

This fruity green gazpacho was the first raw soup I ever made. It's a fun way to sneak in plenty of leafy greens when you're not in the mood for a salad. Garnished with a handful of spicy seeds, it tastes even better.

TIME: Prep time: 10 minutes (+ 5 minutes to marinate)

2 SERVINGS

EQUIPMENT:

blender, rubber spatula, oven (or dehydrator)

Spicy seeds

2 tablespoons pumpkin seeds (pepitas)
2 tablespoons sunflower seeds
1 tablespoon tamari (gluten-free soy sauce)
½ teaspoon curry powder
cayenne pepper to taste

Gazpacho

1 ½ cup (315 ml) water
1 large orange, peeled and roughly chopped
1 apple, cored and roughly chopped
1 small green onion
1 ½ tablespoon white shiro miso (rice-soybean paste)
cayenne pepper and sea salt to taste
3 handfuls of leafy greens and fresh herbs
½ ripe avocado, pitted

Spicy seeds

In a bowl, mix the pumpkin seeds and sunflower seeds with the tamari, curry powder and cayenne pepper. Leave to marinate for at least 5 minutes.

Preheat the oven to 300 °F (150 °C) and briefly roast the marinated seeds until they are crunchy.

Gazpacho

Put the water, orange, apple, green onion and miso in the blender. Add cayenne pepper and sea salt to taste, and blend until smooth.

Add the leafy greens and herbs, and blend again.

Lastly, add the avocado and blend until smooth.

Taste and adjust the seasoning to your liking.

Garnish with spicy seeds and a dollop of sour cashew cream, if desired (see p. 104).

JULIE'S TIPS & TRICKS

If you have a dehydrator at home, you can prepare a large batch of spicy seeds. Dehydrate the marinated seeds at 115 °F (50 °C) for at least 8 hours until they're completely crunchy. Stored in a mason jar in a cool, dark place, they will stay fresh for at least three months.



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TEXT AND RECIPES: Julie Van den Kerchove and Simon Matthys, www.julieslifestyle.com

PHOTOGRAPHY: Heikki Verdurme with assistance from Sarah Wijns

DESIGN: Whitespray - Katrien Van De Steene

TRANSLATION: Textcase

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If you have comments or questions, you can contact our editor:
redactielifestyle@lannoo.com.

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D/2017/45/292 – NUR 440

ISBN: 978-94-014-4284-8

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