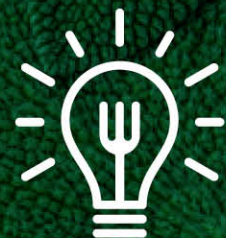




T̄EDICS

All Things Vegan



theideashub

Yours in food,

Chef Nick

TSEBO
50+1
YEARS
FROM 1971 - 2022

ALL THINGS VEGAN



All Things Vegan

Around the world, people are consuming more meat-free and vegan meals than ever before.

But vegan food is not just a modern invention, and meat-free diets are not dependent on cutting-edge alternatives. Some anthropologists believe that early humans mostly gathered and ate plants. They supplemented a primarily plant-based diet with occasional animal protein and meat. Studies on the Paleolithic or Stone Age diet reveal that early humans collected up to 55 different types of plants to eat and relied heavily on vegetarian foods for nutrition and survival.

Prior to the foundation of The Vegetarian Society (VegSoc) in 1847, the word vegetarian itself was not widely used. It was not until the 1960s that a meat-free diet became popular in the U.S. and UK. But meat-free diets were, and are, present in a variety of forms in different countries around the world.

The history of plant-based food does not belong to Western countries. And in some regions, plant-based food has been present for thousands of years. Each nation has its own unique version of a meat-free diet, with its own history, influences, go-to ingredients, and delicious national dishes.

Many followers of Ancient Dharmic traditions such as Hinduism, Jainism, Buddhism, and Sikhism, along with some followers of Abrahamic religions such as Islam, Judaism, and Christianity adhere to a meat-free lifestyle as part of their religious doctrine. Based on this, the history and development of religions frequently shaped national attitudes to meat consumption.



6 Countries With a History of Veganism

Vegan cuisine and vegetarian culture are found in many countries around the world. It is frequently deeply rooted in tradition, religious beliefs, and cultural landmarks. More than a modern trend, a Western lifestyle, or a youthful fad, following a plant-based lifestyle can be a deeply personal choice with myriad complex connotations.

The following countries have either a history of veganism and meat-free foods, an ongoing plant-based movement, or an up-and-coming vegan demographic.





The History of Veganism Around the World

India is home to the earliest record of a meat-free, vegetarian diet.



The earliest record of vegetarianism dates back to 5th Century BCE India. The ancient religion of Jainism promotes a meat-free diet. Jain vegetarianism is one of the most strict and rigorous religiously motivated diets on the Indian subcontinent. Hinduism and Buddhism also incorporate a vegetarian diet and originate in approximately 1500 BC and the 5th century, respectively.

In Indian culture, the practice of nonviolence, or *ahimsā*, informs meat-free living. It is present in Jainism, Hinduism, and Buddhism. The idea that all living beings, including animals, have a spark of divine energy in them inspires the concept of *ahimsā*. According to Jainism, the universality of divine energy means that to hurt others is to hurt oneself.

According to government surveys, approximately 23 to 37 percent of the Indian population is vegetarian today. However, some experts believe that cultural and societal pressure may lead to the under-reporting of meat consumption.

Research from India-based economist Suraj Jacob and U.S.-based anthropologist Balmurli Natrajan indicates that just 20 percent of the Indian population is actually vegetarian—a much lower percentage than government data would suggest.

Some people associate vegetarianism with social conservatism and restrictive, religious tradition. While eating meat can be seen as liberal and modern. But as national attitudes towards meat and animal products fluctuate, there is also an increased demand for modern vegan products.

Experts hypothesise that an increase in the use of social media has led to more awareness of the ethical and sustainability issues surrounding meat. As in other countries, this awareness can be found primarily in young people.



The History of Veganism Around the World

China

According to ABC, approximately 50 million Chinese people follow a vegetarian diet today—less than four percent of the total population. But plant-based foods are still an integral part of the national cuisine, including both tofu—which has been consumed in China for more than 2,000 years—and vegetarian meat.

According to the online tour operator China Highlights, the majority of Chinese vegetarians are meat-free because of their religious beliefs. Approximately half of the world's Buddhists live in China, making up around 18 percent of the total population. Buddhist monks and nuns, in particular, tend to follow a strict vegetarian diet. They frequently exclude animal products such as eggs and dairy, too.

Buddhism, in general, has had a significant impact on Chinese cuisine. It has also informed regional dishes from other East Asian countries such as Korea, Cambodia, and Thailand. In China, the number of Buddhist, vegetarian restaurants has increased year-on-year. The vegetarian meat industry is still growing—partly thanks to the Buddhist population.

In 2019, Shanghai held its first plant-based meat festival, including both domestic and foreign producers and products. According to plant-based advocacy group Good Food Institute (GFI), the plant-based meat market in China has grown by 14.3 percent per year since 2014.

Beyond Meat recently opened a major production facility in China, while Green Monday's OmniPork is available at Aldi supermarkets nationwide. Experts estimate that the Chinese vegan food market could be worth nearly \$12 billion USD by the year 2023.



The History of Veganism Around the World

Japan is home to several popular, traditional, meat-free dishes.

Plant-based foods are an integral part of Japanese cuisine, too. While being fully vegan can be a challenge in some regions, meat-free staples such as tofu play a key role within Japan's food-centered culture. In the Japanese archipelago of Okinawa, plant-based foods make up the vast majority of the traditional diet. Though as an island country, Japan's national and regional cuisine historically includes a significant amount of seafood and fish.

With the introduction of Buddhism to Japan around the 6th Century, eating meat became taboo due to the First and Fifth Moral Precepts; the prohibition of the killing of animals, and the classification of meat as a bodily toxin. The Five Moral precepts are central to many Buddhists' moral philosophy, and the staple diet of Buddhist monks—Shojin Ryori—is vegan by default.

Based on veganism's association with strict religious scripture, it didn't catch on as a "trend" or lifestyle in the same way it has in other countries. But today, most major cities and towns offer vegan options, and there are frequently vegetarian restaurants near Buddhist temples.

In December 2019, a fully vegan supermarket opened near Asakusa Station in Tokyo. The plant-based meat market, on the other hand, continues to grow. According to the Japanese Tourism Agency, approximately four percent of Japan is vegetarian.


Popular national dishes such as fermented soybeans, or natto, are naturally plant-based and particularly healthy. Fermented soy is high in protein and contains vitamins, minerals, and probiotics. Other foods and ingredients, including miso, soba, and udon noodles, umeboshi, vegetarian ramen, and even the glutinous rice-based dessert, mochi, are frequently vegan-friendly.





The History of Veganism Around the World

Greece



Vegetarianism has a long history, and Ancient Greek philosophy includes explicit references to animal advocacy. Before the word vegetarian was popularised, living without meat was often described as the Pythagorean Diet.

Pythagoras, a philosopher and mathematician, believed a vegetarian diet was healthy for both body and mind.

Pythagoras also believed that all living beings—including animals—had souls and could experience suffering. Based on this, and because he believed that a vegetarian diet was optimal for humans, Pythagoras claimed that eating animals was unnecessary, and therefore indefensible. Many of his followers, Pythagoreans, also followed a meat-free vegetarian diet.

In more recent years, and as meat consumption increased overall in Greece, it remained a primarily luxury item reserved for the wealthy. This was largely due to the prohibitive cost of raising animals for food. Instead, fruit, vegetables, and other nutritious foods made up the bulk of the traditional Greek diet, much as they still do now.

Many nutrition and health experts highlight the Mediterranean diet as one of the healthiest. It primarily emphasises plant foods alongside small quantities of animal products, particularly fresh fish and seafood. Globally, meat remains a luxury item for many rural and low-income communities.

The Greek population that follows a strict plant-based diet are those between the ages of 18 to 24, a trend mirrored in millennial and younger demographics around the world.



The History of Veganism Around the World

Jamaica

Jamaica is the birthplace of Rastafari, a religious and social movement that has since spread around the world. Most followers of Rastafarianism follow dietary restrictions outlined in the biblical Book of Leviticus, avoiding both crustaceans and pork.

But many Rastas follow entirely vegetarian or vegan diets, also based on Leviticus, along with the influence of Indian dishes on the national cuisine. Much like the religious diets of Jains, Hindus, and Buddhists, some consider Rastafarian Ital as a proto-vegan diet.

The Rastafarian diet—known as Ital, derived from “vital”—emphasizes natural, frequently local, and organically produced foods. To a certain extent, Rastas have also commercialised the ital diet. Dishes, drinks, and smoothies prepared to Ital specifications are widely available.

Overall, followers of Ital believe it increases liveliness and “life energy.” Traditional Jamaican Ital dishes include one-pot stews incorporating local, seasonal produce. Thanks to the tropical climate, fresh fruit and vegetables are plentiful, and Jamaican cuisine, in general, reflects this.





The History of Veganism Around the World

Israel

In recent years, Israel has secured its place as the leading vegan country in the world. Vegans now make up more than five percent of the population. Tel Aviv, in particular, features world-renowned vegan restaurants. More than 400 restaurants in the populous city are widely considered to be vegan-friendly.

Some Israeli vegan advocates note that for those who keep kosher, checking ingredients and thinking about what you eat, in general, is familiar. Eating from the land, both seasonally and locally, is at the heart of Israel's national cuisine. Much of Israel's traditional dishes emphasise fresh vegetables, fruit, and pulses. And dishes such as couscous, houmous, falafel, aubergine-based baba ganoush, and stuffed vine leaves—or doma—are all frequently cited as vegetarian staples.

In Dimona, Israel, the all-vegan Village of Peace has been eating plant-based food for the last 50 years. Located in the Neve Shalom compound, the Village of Peace is home to a religious community called the African Israelites of Jerusalem. While not Jewish, the members consider themselves the "spiritual descendants" of ancient Israelites.

The group helped to popularise vegan food nationally. They even opened their own factory to produce soy milk, tofu, and other staples at a time when alternatives were unavailable. This factory supplied the cheese used in Dominos' first-ever vegan pizza trial back in 2015—exclusively in Israel.

Interest in vegetarianism and veganism has doubled in the last decade, and plant-based food is now more mainstream than ever.

Dorothy Morgan and Donald Watson coined the term "vegan" in 1944 when they co-founded the Vegan Society in the UK. At first, they used it to mean "non-dairy vegetarian". However, by May 1945, vegans explicitly abstained from "eggs, honey; and animals' milk, butter and cheese". From 1951, the Society defined it as "the doctrine that man should live without exploiting animals".

Interest in veganism increased significantly in the 2010s, especially in the latter half, with more vegan stores opening and more vegan options becoming increasingly available in supermarkets and restaurants worldwide.



Apple Fritters

Serves 8

Ingredients

6 cups	Canola oil (1.5 L), for frying
2 ¾ cups	Cake flour (345 g)
¼ cup	Light brown sugar (55 g)
1 tsp	Ground cinnamon, divided
¼ tsp	Ground nutmeg
⅛ tsp	Ground allspice
½ tsp	Kosher salt
½ tbsp	Baking powder
⅔ cup	Unsweetened almond milk (160 mL), or non-dairy milk of choice
¼ cup	Unsweetened almond milk (60 mL), or non-dairy milk of choice
2 tbsps	Vegetable oil
2	Granny smith apples, peeled and finely chopped
4 tbsps	Margarine, or vegan butter substitute, melted
½ tsp	Vanilla extract
2 cups powdered sugar (240 g)	

Instructions

1. Heat the canola oil in a large heavy-bottomed pot over medium heat until it reaches 350°F (180°C). Set a wire rack inside a rimmed baking sheet.
2. In a large bowl, whisk together the flour, brown sugar, ½ tsp cinnamon, the nutmeg, allspice, salt, and baking powder.
3. In a separate large bowl, whisk together ⅔ cup (160 ml) almond milk, the vegetable oil, apple, melted margarine, and vanilla.
4. Slowly add the dry ingredients to the wet ingredients and stir until smooth.
5. Working in batches, scoop the batter in ¼ cup (60 ml) increments into the hot oil and fry until golden brown and cooked through, 4–5 minutes. Transfer the fritters to the wire rack with a slotted spoon and let cool.
6. Meanwhile, add the powdered sugar, remaining ½ tsp cinnamon, and remaining ¼ cup (60 ml) almond milk to a medium bowl and whisk until smooth.
7. Drizzle the glaze over the fritters and let set for 5 minutes before serving.



Chickpea Flour Omelette

Serves 2

Ingredients

FILLING

½ cup Mushroom (35 g), sliced
½ cup Cherry tomatoes (100 g), halved
1 clove Garlic, minced
2 cups Fresh spinach (80 g)
Olive oil, for cooking
Salt, to taste
Pepper, to taste

OMELETTE

¾ cup Chickpea flour (90 g)
1 ½ tbsps Nutritional yeast
½ tbsp Baking soda
½ tbsp Garlic powder
¼ tbsp Turmeric
¼ tbsp Salt
⅛ tbsp Pepper
⅛ tbsp Black salt, kala namak, optional
1 tbsp Apple cider vinegar
¾ cup Unsweetened almond milk (180 ml)
Fresh coriander, for serving
Salsa, for serving

Instructions

1. In a medium non-stick saucepan, heat a drizzle of olive oil over medium heat. Once the oil begins to shimmer, add the mushrooms and tomatoes and cook for 3-4 minutes, until they start to release their juices. Season with salt and pepper.
2. Add a bit more olive oil to the pan, then add the garlic and cook for 2 minutes, until fragrant.
3. Add the spinach and cook for 3-4 minutes, until wilted. Remove the pan from the heat.
4. In a medium bowl, combine the chickpea flour, nutritional yeast, baking soda, garlic powder, turmeric, salt, black salt, apple cider vinegar, and almond milk, and whisk together until mostly smooth.
5. In a medium non-stick saucepan, heat a drizzle of olive oil over medium heat. Once the oil begins to shimmer, add a ½ cup (120 ml) of the omelette batter to the pan. Let cook for 5-7 minutes, or until several bubbles have formed on the surface. Spoon half of the vegetable filling onto one side of the omelette.
6. Using a spatula, fold the omelette in half. Turn off the heat and cover the pan with a lid. Let the omelette steam for 5 minutes, until completely cooked through. Repeat with the remaining omelette batter and filling.
7. Serve the omelettes with salsa and fresh coriander.

Banana Berry Smoothie

Serves 1

Ingredients

1 cup	Almond milk (240 mL)
1 cup	Strawberry (150 g), stems removed
1/3 cup	Raspberry (40 g)
1/3 cup	Blackberry (50 g)
1/3 cup	Banana (65 g), sliced
1 cup	Ice (215 g)

Instructions

1. Add all the ingredients to a blender and mix on high.
2. Pour into a bowl and top with desired fruit and other toppings.
3. Enjoy!



Sweet Potato Bars

Serves 9

Ingredients

- 1 ½ cups Mashed sweet potato (375 g)
- 5 tbsp Almond butter
- ⅓ cup Maple syrup (110 g)
- ½ tsp Vanilla extract
- 2 ¼ cups Rolled oats (180 g)
- ½ tsp Cinnamon
- ½ tsp Ground nutmeg
- ⅓ cup Slivered almond (25 g)
- ⅓ cup Shredded coconut (35 g)

Instructions

1. Preheat the oven to 180°C. Line a 23 cm square baking pan with parchment paper.
2. In a large bowl, stir together the mashed sweet potatoes, almond butter, maple syrup, and vanilla until well combined. Add the oats, cinnamon, and nutmeg and stir until well combined.
3. Transfer the mixture to the baking pan and spread in an even layer with a spatula.
4. Bake for 20 minutes. Remove from oven and top with the slivered almonds and shredded coconut, pressing gently into the bars. Bake for another 10 minutes, until the coconut is lightly toasted.
5. Let cool for 10 minutes, then slice into 9 bars.

All-Vegan Burrito

Makes 7 Burrito

Ingredients

For the black beans and corn:

1 can Black beans
1 can Sweet corn
1 tsp Paprika powder
1/2 tsp Smoked paprika powder
1 tsp Cumin
2 tsps Fresh lime juice
2 green Onions, cut into rings
1/2 cup Freshly chopped coriander
Salt, to taste
Black pepper, to taste

For the filling:

1 cup Guacamole (homemade or store-bought)
1 cup Salsa (homemade or store-bought)
3/4 cup Vegan sour cream
1/2 cup Vegan shredded cheese
3 cups Shredded lettuce
3 cups Cooked brown rice (seasoned with salt and 1 tsp of cumin)
6 large Flour tortillas (use gluten-free ones if needed)

Instructions

1. Drain and rinse the black beans and corn. In a medium bowl, combine them with the paprika powder, cumin, smoked paprika powder, lime juice, salt, and pepper. Add the chopped green onions and the fresh coriander and stir well.
2. Lay a tortilla down flat on a plate. Add some rice in the centre of the tortilla. Then add some of the bean corn salad on top. Next comes some salsa, lettuce, vegan cheese, vegan sour cream, and avocado. If you want, you could also sprinkle some red pepper flakes on top.
3. Fold in the sides and then roll the burrito up and wrap it in foil. Then cut it into half with a sharp knife. Enjoy!



Vegan Banh Mi

Makes 7 Burrito

Ingredients

150g	Leftover raw vegetables, such as red cabbage and carrots, shredded
3 tbsp	Good-quality vegan white wine vinegar
1 tsp	Golden castor sugar
1 long	French baguette
100g	Hummus
175g	Cooked tempeh very finely sliced
½	Small pack coriander leaves picked to serve
½	Small pack mint leaves picked to serve hot sauce to serve (used sriracha)

Instructions

1. Put the shredded vegetables in a bowl and add the vinegar, sugar and 1 tsp salt.
2. Toss everything together, then set aside to pickle quickly while you prepare the rest of the sandwich.
3. Heat oven to 180°C/160°C fan/gas
4. Cut the baguette into four, then slice each piece horizontally in half. Put the baguette pieces in the oven for 5 mins until lightly toasted and warm.
5. Spread each piece with a layer of hummus, then top four pieces with the tempeh slices and pile the pickled vegetables on top.
6. To serve, sprinkle over the herbs and squeeze over some hot sauce, then top with the other baguette pieces to make sandwiches.

Collard Green Wraps

Makes 4 Wraps

Ingredients

1 large	Brinjal, cubed	1 cup	Cooked chickpeas, drained
½ tsp	Smoked paprika	1 tbsp	mustard
½ tsp	Dried thyme	2 tbsp	Soy yogurt, unsweetened
¾ cup	Dry millet, rinsed	1 tsp	Orange zest
4	Collard leaves, washed and dried	2 tbsp	Orange juice
½	Head red cabbage, thinly sliced	2 tbsp	Fresh chives, chopped
2 medium	Carrots, thinly sliced		Salt and pepper to taste
2	Radishes, thinly sliced		Orange mustard sauce

Instructions

1. Preheat your oven to 200°C and line a rimmed baking sheet with a piece of parchment paper.
2. Toss the Brinjal with the smoked paprika, dried thyme, and a fat pinch of salt and pepper; lay on a single layer on your prepared baking sheet. Roast until tender and crispy around the edges, around 25-30 minutes.
3. While the Brinjal is roasting, cook millet according to package directions. Set aside.
4. In a small bowl or glass jar, whisk together all ingredients for the orange mustard sauce with a pinch of salt and pepper. Taste and adjust the seasoning, adding more mustard for a spicier sauce, or more orange juice for a sweeter sauce.
5. Once all the components are ready, fill each collard leaf with a dollop of millet, a spoon of smoky roasted Brinjal, some cabbage, carrots, radishes, chickpeas, and finally, drizzle with the orange mustard sauce. Fold the leaves like you would a burrito. Enjoy!



Mushroom Gyro

Serves 3

Ingredients

Mushroom Gyro Filling:

350g	Sliced mushrooms, white, or a mix of cremini, white, bella (see notes for other options)
80 g	Sliced onion
2 tbsp	Vegan Worcestershire sauce (See notes for substitutions)
4 tsp	Shawarma spice blend (see notes for recipe)
1 tsp	Sugar or other sweetener
	Optional add-ins: 2 cloves of garlic minced, salt if needed

Vegan Tzatziki:

500g	Firm tofu, drained
1/2 tsp	Garlic powder or 1 clove of garlic
1 tbsp	Lemon juice
1 tsp	White vinegar
1/4 tsp	(0.25 tsp) salt
1/8 tsp	(0.13 tsp) black pepper
1 tsp	Dried dill or 1 tbsp fresh
500g	English cucumber, peeled and cubed

Other

Sliced onion, cucumber, tomato
Chopped lettuce or greens, pickles
3 Pita breads

Instructions

1. Mushroom Gyro filling: Add everything to a saucepan, cover and cook over medium heat. Add 1/4 cup water to deglaze after 5 minutes. Cover and cook for another 6-8 minutes or until mushrooms are tender to preference.
2. Make your tzatziki: Process the tofu through black pepper in a food processor until smooth. Add a tablespoon of water if needed. Add dill and cucumber and pulse until cucumber is evenly chopped. Taste and adjust salt, tang. (If using a blender, blend tofu through black pepper until smooth, transfer to a bowl and mix in grated cucumber and dill).
3. Slice onions, cucumber and tomatoes if using. Chop up some greens or lettuce. Warm the pita bread on a gas stove (directly on the gas or skillet), or grill
4. Assemble: Add greens if using, add the mushrooms, cucumber, onion, tomato and a generous helping of tzatziki. Serve immediately.
5. To store: Store the filling, toppings and tzatziki separately. Refrigerate for up to 3 days. Reheat the filling, warm the pita bread, assemble and serve.

Notes

Shawarma spice blend: Mix 1.5 tsp cumin powder, 1.5 tsp coriander powder, 1 teaspoon paprika, 1/3 to 1/2 tsp ground black pepper, 1.5 tsp garlic powder, 1/4-1/2 tsp ground cinnamon, 1/2 tsp ground cardamom, 1/8 tsp each ground cloves, nutmeg and allspice



Poke Bowl

Serves 3

Ingredients

¼ to ½ cup Tamari, coconut aminos or soy sauce
1 tbsp Rice vinegar or lime juice
½ tbsp Sambal oelek
1 tbsp Sesame oil
2 cloves Garlic, smashed and finely chopped or finely grated
50g Ginger, peeled and finely chopped or grated
⅓ Sweet onion, such as Maui onion, julienned
400g Organic tofu (firm or extra firm), cut into ½ inch cubes

Bowl Filling

½ Cucumber, sliced
3 – 4 Radishes, sliced
¼ Red cabbage, shredded
1 Avocado, diced or sliced
1 tbsp Sesame seeds, toasted or black
2 Spring onions, white and green parts, sliced thinly on the bias
⅓ cup Coriander, roughly chopped
1 ½ cups Cooked rice (brown, black or coriander lime rice) or quinoa

Instructions

1. Prepare tofu: Drain the tofu and place it on its side, cut in half down the long side. Place on a clean dish cloth or between paper towels and gently press to soak up some of the moisture. Dice the tofu into 1 centimetre cubes.
2. Marinate: In a medium bowl or shallow dish, combine the soy sauce, sambal, sesame oil, garlic, ginger and sweet onions. Toss in the tofu and let rest in for 10 minutes.
3. Prep the remaining ingredients and assemble your bowls.
4. Serve it as a light lunch or dinner side.



Pad Thai Zoodles

Serves 3

Ingredients

2	Large zucchinis shredded	1/2 cup 65 gr	Peanuts, toasted and roughly chopped
1	Large carrot shredded	juice from 1/2	Lime
1	Red pepper, diced	1 tbsp	Peanut butter
1/4 cup	Small handful fresh coriander, diced. Keep some for garnishing	2 tbsp	Sesame oil + more for frying
1/4 cup	Small handful fresh basil, chopped	2 tbsp	Coconut aminos or tamari
1/4 cup	Green onions, diced (green part only for low FODMAP)	1 tbsp	Coconut sugar, or brown sugar
1	Hot pepper sliced. Remove the seed if you want less heat	1/4 tsp	Red pepper flakes optional

Instructions

1. Heat a skillet with a little bit of sesame oil and flash fry your shredded zucchini and carrot for 1-2 minutes to soften. Make sure to stir the entire time, then remove from heat and transfer to a large bowl.
2. Add the diced red peppers, hot pepper, fresh herbs, and peanuts to the zoodles and squeeze the lime juice over the vegetables. Toss to combine.
3. In a small bowl, add the peanut butter, sesame oil, coconut aminos (or tamari), sugar, and red pepper flakes. Whisk to combine. Pour over the zoodles and toss. Garnish with additional coriander and peanuts and serve.



Peanut Butter Cookie Bars

Serves 16 to 25

Ingredients

These decadent bars are one of our favorite vegan desserts!

½ cup plus 2 tbsps
¼ cup plus 1 tbsp
¼ cup plus 1 tbsp
2 tbsps
½ tsp
2½ cups
2½ tbsps
1 cup

Creamy peanut butter
Melted coconut oil
Maple syrup
Vanilla extract
Sea salt
Almond flour
Maca powder, optional
Vegan chocolate chips

Cacao Layer
1½ cups
2 tbsps
¼ tsp
10
2 tbsps
Flaky sea salt for sprinkling on top, optional

Walnuts
Cacao or cocoa powder
Sea salt
Soft medjool dates
Water

Instructions

1. Line an 20cm X 20cm baking pan with parchment paper.
2. In a large bowl, stir together the peanut butter, coconut oil, maple syrup, vanilla, and salt until combined. Add the almond flour and maca, if using, and stir to combine (the mixture will be thick). Fold in the chocolate chips and press into the pan. Place in the freezer so that it firms up a bit while making the next layer.
3. In a small food processor, pulse the walnuts, cacao powder, and sea salt until the walnuts are well chopped. Add the dates and pulse to combine, adding 2 tablespoons water if the blade gets stuck. Process until smooth, then spread onto the cookie layer. Sprinkle with sea salt if desired. Freeze for 30 minutes (this will help them firm up, making them easier to cut). Remove and slice into bars. Store remaining bars in the fridge.



No-Bake Lime Tarts

Ingredients

For the crust

1 cup Almond flour
4 Pitted dates
2 tbsps Coconut oil
1 tbsp Cinnamon
2g Kosher salt
2 tbsps Lime juice
1 tbsp Lime zest

For the filling

250ml Raw cashews, soaked in cold water for at least 4 hours or overnight
125ml Lime juice
62ml Coconut oil
32ml Canned coconut milk
32ml Maple syrup
1 tbsp Lime zest
1 tbsp Vanilla extract
¼ tbsp Sea salt

Instructions

1. Lightly grease three 4" tart pans or one 9" tart pan with coconut oil.
2. For the crust, combine all of the ingredients for the crust and pulse to combine, breaking up the dates, until it's fully moistened and sticks together.
3. Press evenly along the bottom and up the sides of your prepared pan/s. Set aside.
4. In the same food processor or blender (no need to wash between), combine all of the ingredients in the filling. Turn the food processor or blender on medium-high and blend for about 2 minutes, or until the mixture is silky smooth and creamy. Scrape down the sides as necessary. You may need to add a bit more coconut milk or lime juice to get it to blend smoothly if your blender isn't super high-powered. Once smooth, taste and adjust the maple syrup or lime juice if desired, depending on your tastes.
5. Pour the filling into the prepared crust and smooth the top.
6. Place in the refrigerator for at least 1 hour to set before serving. Serve chilled and keep any leftovers in the refrigerator for up to a week (or freezer for longer storage).





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For recipe-related queries, please contact Tsebo Catering Solution.

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