

Go vegan in 2018 with these healthy recipes.....

Everyone wants to feel healthier, lighter and more vibrant. Couple these fantastic benefits with the knowledge that you can also do your best for animals around the world, as well as reducing your effect on the environment. This is a great time of simple actions you can take that will have a positive effect not just on you but on many other lives.



not just juice

Chickpea and Mushroom Curry

This cracking recipe is on a mission to prove that fast food doesn't have to be unhealthy. With an abundance of vitamins and minerals in this tasty curry, it appears it's mission is accomplished!

Serves 4

Ingredients

1 large onion, chopped
Vegetable ghee or oil
2 cloves garlic, crushed
2 large tomatoes, chopped
Salt
1 tsp turmeric powder
1 tsp garam masala
Chilli powder or finely sliced red chilli to taste
1 tin / 420g chickpeas, drained
1lb 2oz / 500g mushrooms, sliced
2 tbsp water
2-3 tbsp coriander leaves, chopped
Method

Fry onion in vegetable ghee until soft.
Add garlic and chopped tomato. After 2-3 minutes stir in a pinch of salt and the spices. Add sliced chilli, chickpeas, mushrooms and water. Simmer with the lid on until mushrooms are soft.
Mix half the chopped coriander leaves into the dish and sprinkle the rest on top before serving.
Season to taste.
If you prefer more sauce add some tomato puree with a little vegetable stock and adjust the seasoning.

African Stew

You can't open a newspaper these days without reading about the wonders of kale - if you're not a massive fan of the green stuff, this is a subtle way of incorporating it into your diet. Serves 4.

Ingredients

2 1/2 pints / 1.4 litres vegetable stock
3 cloves garlic, crushed
2 onions, chopped
1 lb / 450g sweet potato, peeled and diced
1 x 400g tin chick peas
6 oz / 170g millet
Approximately 1 tbsp soya sauce
4 oz / 115g peanut butter
3 oz / 85g chopped kale
Juice of 1 lemon
Method

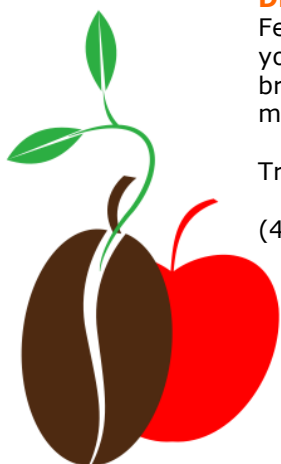
Heat a large saucepan and add 1-2 tablespoons of vegetable stock. Add garlic and onion and saute until soft.
Add the rest of the stock, sweet potatoes, chick peas, millet and a drop or two of soy sauce. Simmer for 20 minutes.
Remove some of the stew liquid from the saucepan, blend with peanut butter and return to the saucepan.
Add the kale and cook for 5 min. Season to taste with lemon juice and soya sauce, adding a little at a time.

DETOX JUICES

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Aubergine and Chickpea Penne

The harissa/chilli sauce gives this recipe just enough heat - gorgeous! Serves 4.

Ingredients

Large pinch of saffron threads
450ml / 16 fl oz vegan stock
2 tbsp olive oil
1 large onion, roughly chopped
1 tsp cumin seeds, crushed
350g / 12 oz aubergine, diced
1 large red pepper, deseeded and chopped
400g / 14 oz canned chopped tomatoes with garlic
1 tsp ground cinnamon
30g / 1 oz fresh coriander, roughly chopped
400g / 14 oz canned chickpeas, drained and rinsed
280g / 10 oz vegan dried penne
Salt and pepper
Harissa or chilli sauce, to serve

Method

Toast saffron threads in a dry frying pan set over a medium heat for 20–30 seconds. Place in a small bowl and crumble with your fingers. Add 2 tablespoons of the hot stock and set aside.

Heat the oil in a large saucepan. Add the onion and fry for 5–6 minutes. Add the cumin and fry for a further 20–30 seconds, then stir in the aubergine, red pepper, tomatoes, cinnamon, coriander stalks, saffron liquid and remaining stock. Cover and simmer for 20 minutes. Add the chickpeas to the saucepan and season to taste with salt and pepper. Simmer for a further 5 minutes, removing the lid to reduce and thicken the sauce if necessary.

Meanwhile, bring a large saucepan of lightly salted water to the boil. Add the pasta, return to the boil and cook for 8–10 minutes, or until tender but still firm to the bite. Drain and transfer to a warmed serving bowl. Add the sauce and half the coriander leaves, then toss. Garnish with the remaining coriander and serve immediately with the harissa or chilli sauce.

Moussaka

Full of nutty goodness, this is a much healthier - and kinder - version of a Greek classic. Enjoy! Serves 2-3

Ingredients

5 tbsp vegetable oil
1 large aubergine, 1/2 cm slices
1 large onion, chopped
4 oz / 115g mushrooms, sliced
1 garlic clove, crushed
4 tomatoes, peeled and chopped
1 tbsp tomato puree
2 tbsp vegan red wine - optional
1 tsp mixed herbs
3 oz / 85g walnuts, chopped
1 oz / 30g wholemeal breadcrumbs
Salt and pepper
1 oz / 30g wholemeal flour
1/2 pint / 275ml soya milk
Extra walnuts to garnish

Method

Pre-heat oven to 180C/350F/gas mark.

Heat 2 tbsp oil and fry slices of aubergine on both sides, then drain on paper towels. Set aside. Add 1 tbsp oil to the pan and saute the onions for 5 minutes. Add mushrooms and garlic and cook for 5 minutes more. Stir in tomatoes, puree, wine (if used) and herbs and cook gently until a sauce forms. Add walnuts, breadcrumbs, salt and pepper. If necessary, add a drop more oil, vegetable stock or tomato puree mixed with water.

Put the remaining oil, flour and soya milk into a saucepan and whisk continuously over a gentle heat for about 5 minutes until thick and smooth.

Lightly grease a shallow oven-proof dish. Arrange half the aubergine slices across its base, top with half the nut mixture and then half the white sauce. Repeat. Bake for 30 minutes. Top with extra nuts halfway through cooking time.

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Courgettes, Cashews and Wild rice

This is a great dinner party option. Not only will it impress your friends, but if you have this ready to pop in the oven when your guests arrive, you'll have plenty of time for socialising as it cooks. Serves 4.

Ingredients

2oz / 55g wild rice
4 large courgettes
1 tbsp vegetable oil
1 medium onion, chopped
1 red pepper, seeded and chopped
1-2 garlic cloves, crushed
2oz / 55g carrot, grated
1 1/2 oz / 45g cashew nuts, lightly toasted
Salt and pepper to taste

Method

Preheat oven to 190C/375F/gas mark 5.
Cook the rice according to the instructions on the packet.
Cut the courgettes in half lengthways. Remove the flesh, leaving about half a centimetre. Chop the flesh and set aside.
Heat the vegetable oil in a pan and add the onions and red pepper. Cook gently for about ten minutes until the onion is starting to brown. Add the garlic, chopped courgette flesh and carrots and cook for a further few minutes.
Remove the pan and add cashew nuts, rice, salt and pepper. Spoon mixture into the courgette shells.
Cover and place on a baking tray. Cook for 25-30 minutes.

Chickpea Tagine

If you're not a big fan of dried apricots you could always substitute raisins or even dates. Whichever you use, the sweetness of the fruit combined with the warmth from the spices are sure to be a hit with everyone at the table. Serves 4

Ingredients

4 tbsp vegetable oil
1 tsp cumin seeds
2 dried red chilli
2 medium leek, roughly chopped
4 cloves garlic, crushed
2 small glass orange juice
2 x 14 oz / 400g can chopped tomatoes
12 dried apricots, chopped
1 lb / 450g pre-cooked chick peas
1 bay leaf
Salt to taste

Generous handful chopped coriander

Method

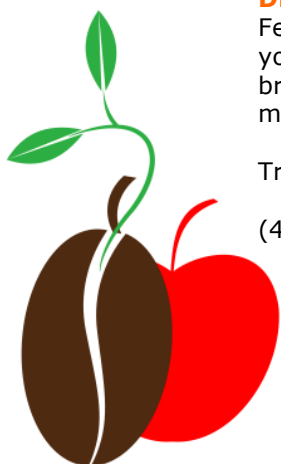
Heat the oil then add the seeds and chilli. When the seeds start to emit their distinctive odour, add the leek and garlic. Saute for a few minutes.
Pour in the orange juice and allow to cook for a few seconds or more until some of it has evaporated.
Add the tomatoes along with the apricots, chick peas, bay leaf and salt to taste. Bring to the boil then turn down and simmer for 30 minutes uncovered.
Remove the chilli and bay leaf then stir in the coriander. Serve with rice.

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Lentil Bolognese

This is even better if you can make the sauce the night before and leave it in a pan for all the flavours to be absorbed. Serves 4-6: remember to save the leftovers and fridge/freeze them for later.

Don't have any lentils? Use vegan mince or beans instead.

Ingredients

1 large mug green lentils
1 can chopped tomatoes
2 chopped garlic cloves
1 chopped onion
1 chopped carrot
1 large stick of celery
2 handfuls of chopped mushrooms (optional)
2 tbsp oil
1 tsp mixed Italian herbs
Salt and pepper
1 pint stock
1 pack spaghetti
Method

Soften the garlic, onions, carrot and celery in a pan with the oil.

Add the lentils and mushrooms (if using) and cook for 10 mins.

Add the tomatoes and the stock.

Cook for at least an hour on a low heat – the longer and slower you cook this the better it will be.

Check the sauce, you want it to be nice and thick.

Season.

Cook the spaghetti according to the instructions and drain well.

Return to the pan and add the sauce, mixing well. Serve.

Vegan Chilli

Serves 2.

Ingredients

Can of supermarket value chopped tomatoes
Can of supermarket value kidney beans
1 small onion
1 tsp of garlic powder/3 cloves
1 tsp of chilli powder
Vegan mince (optional: often on 2 for £3 at supermarkets)
Any other veg (optional: leftover mushrooms and sweetcorn work).
Method

Fry the onion in some oil for a few minutes, adding the chilli powder and garlic. Add the tomatoes and keep it at a medium-high heat until the tomatoes reduce.

At this point you can add optional spices such as more garlic and chilli to taste, as well as smoked paprika and cayenne pepper. Any additional veg should be added now too, as well as the optional mince.

Cook for a further five minutes before adding the kidney beans. Mashing the kidney beans before adding them allows them to soak up more of the mixture.

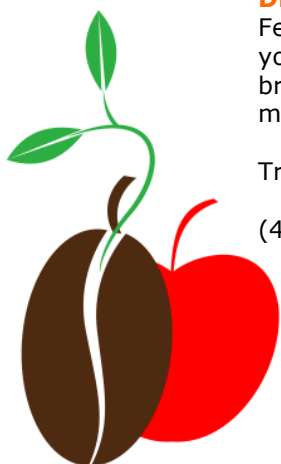
Serve on top of rice or tortilla chips, or with tacos or tortillas. You can also choose to add condiments, such as salsa, vegan cheese, guacamole and vegan sour cream (or use Alpro natural yoghurt).

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Mexican Chilli

This dish is bursting with flavour and would make the perfect centrepiece to a fun Mexican themed night with friends.

Ingredients

3 tbsp olive oil
2 onions, chopped
1/2 to 1 finely chopped chilli, or to taste
2 garlic cloves, crushed
1 carrot, cubed
2 red or yellow peppers, chopped into chunks
1 courgette, sliced
2 cans of chopped tomatoes
1 can of kidney beans, rinsed
Pinch of paprika
1 tsp dried coriander
1/2 tsp ground cumin
1 heaped tsp soya-free vegetable bouillon
1 tsp cider vinegar, optional
Fresh coriander
Lime wedges
Method

1. Heat the oil and cook the onion and chilli until the onion softens, then add the garlic and carrots, stir and cook for a few minutes
2. Add the chopped peppers and courgette, stir and cook for another few minutes.
3. Add the remaining ingredients, except the lime and fresh coriander if using.
4. Stir well, cover and simmer for 15-20 minutes. Garnish with a lime wedge and some chopped coriander.
5. Serve with brown rice, nacho corn chips, baked potato or in tortilla wraps with a dollop of guacamole, sweetcorn, salad or soya-free vegan cheese.

Butter Bean Casserole

Serve this hearty casserole with jacket potatoes and steamed veggies for a healthy, low fat, delicious dinner.

Serves 3-4

Ingredients

1 onion, chopped
1 clove garlic, crushed - optional
1 carrot, sliced
1 leek, sliced
4 oz / 115g sliced mushrooms
1 x 400g tin butterbeans
1 x 400g tin tomatoes
1 tbs tomato puree
2 tbs vegetable oil
1 tsp dried mixed herbs
Salt and pepper to taste
Method

Fry the onion, garlic, carrot and leek in the oil for 3 mins. Add the mushrooms and fry for a further 2 mins. Add the beans (drained), tomatoes, tomato puree, herbs, salt & pepper. Bake in an ovenproof dish for 30mins at 190C/375F/gas mark 5.

Important note

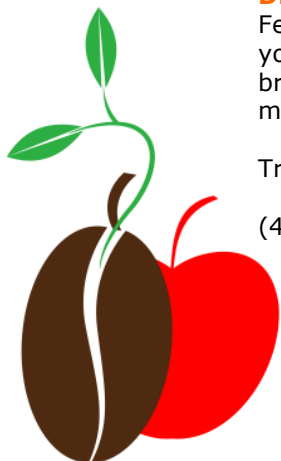
Not all ready-ground spices are gluten-free as they may have been mixed with flour to stop the spices from clumping. If you are concerned contact the relevant company to confirm, or grind your own spices.

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Carrot Cake

The irresistible carrot cake recipe.

Ingredients

Cake

8 oz / 225g grated carrot
6 oz / 170g sultanas or raisins
5 oz / 140g SR white flour
5 oz / 140g SR wholemeal flour
6 oz / 170g sugar
1 tsp cinnamon
1 tsp ginger
7 fl oz / 200 ml vegetable oil
7 fl oz / 200 ml water
pinch of salt
dash of vinegar
1/2 tsp vanilla essence

Icing

6 oz / 170g icing sugar
1/2 tsp vanilla essence
3 oz / 115g vegan margarine
Cashews or sunflower seeds

Method

Preheat the oven to 190C/375F/gas mark 5.

To make the cake, stir all the dry ingredients together and then mix the wet ones in.

Bake for 45 minutes, then reduce oven to 160C/325F/gas mark 3 and cook for another 30 minutes.

Cool in tin.

To make the icing mash the sugar and vanilla essence into the margarine with a fork.

Ice the cake once it is cold. Optional: top with very roughly chopped cashew nuts or sunflower seeds.

Fruit Cake

A classic fruit cake recipe - perfection guaranteed every time.

Ingredients

2 lb / 900g dried fruit
1 pint / 570ml rice or soya milk
7 fl oz / 200ml vegetable oil
1 lb / 455g self raising wholemeal flour
2 oz / 55g ground almonds
1 tbsp molasses
Rind of 1 lemon
Pinch of allspice

Method

Preheat oven to 150C/300F/gas mark 2

Mix in given order.

Beat well and pour into well lined greased 23cm (9 inch) cake tin.

Cover top with greaseproof paper. Bake for 2 hours then reduce to 130C/250F/gas mark 1 and bake for 1- 2hours.

Cool in tin: a tin with a detachable base is best.

Can be covered with jam and a large packet of white or coloured marzipan for special occasions.