



September Plant-Based Recipe Pack

15 Healthy Tasty Recipes for Every Meal

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GF

Gluten Free

DF

Dairy Free

LC

Low Carb (<20g per serve)

MP

Meal Prep/Freezer Friendly

HP

High Protein (>20g per serve)

V

Vegetarian

Q

Quick (under 30 mins)

N

Contains Nuts

Sample Weekly Meal Planner

	Breakfast	Lunch	Snack	Dinner
Monday	Whole Wheat Almond Scones	Tahini Rainbow Quinoa Salad	Coconut & Lemon Bliss Balls	Creamy Lemon & Green Pea Pasta
Tuesday	Berry & Papaya Breakfast Bricher	Tahini Rainbow Quinoa Salad	Easy Puffed Quinoa Bars	Potato, Bean & Asparagus Bake
Wednesday	Berry & Papaya Breakfast Bricher	Potato, Bean & Asparagus Bake	Coconut & Lemon Bliss Balls	Cauliflower Piccata
Thursday	Peachy Banana Smoothie	Tofu Buddha Bowl with Tahini Dressing	The Best Almond Cookies	White Bean Soup
Friday	Raffaello Baked Oats	Tofu Buddha Bowl with Tahini Dressing	Peachy Banana Smoothie	White Bean Soup
Saturday	Raffaello Baked Oats	15-Minute Peanut Udon	The Best Almond Cookies	Meal Out - Enjoy!
Sunday	Green Breakfast Smoothie Bowl	Roasted Onion Hummus with Spicy Chickpeas	Easy Puffed Quinoa Bars	15-Minute Peanut Udon

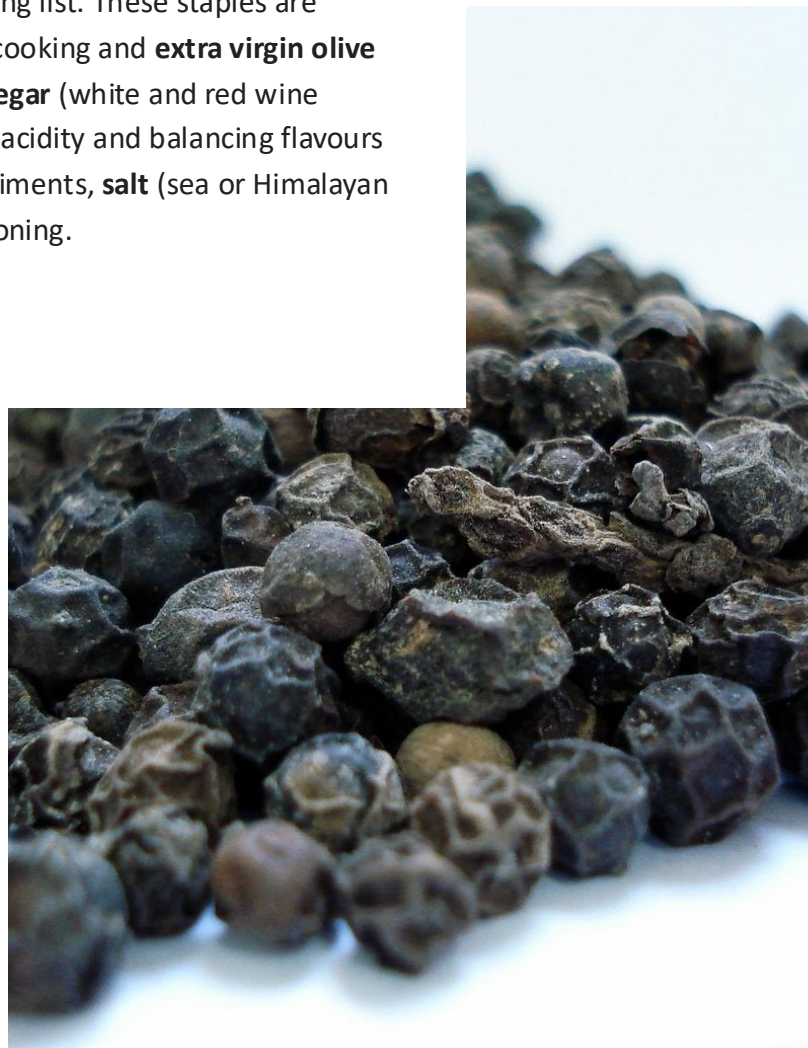
Weekly Shopping List

Produce	Protein	Dry Goods	Staples & Misc
<ul style="list-style-type: none"> • 1 apple • 5 bananas • 1 kiwi fruit • 5 lemons • 1 orange • 2 peaches • 1 papaya • ½ avocado • blackberries • 3 onions • 2 red onions • bunch of green onions (spring onion) • 2 bulbs garlic • root ginger • 2 carrots • celery • 1 cucumber • cherry tomatoes • spinach • purple cabbage • asparagus • green pea shoots • baby potatoes • potatoes • cilantro (coriander) • parsley • frozen green peas (garden peas) • frozen mango • dried date 	<ul style="list-style-type: none"> • unsweetened almond milk • unsweetened coconut milk • coconut yogurt • 1 lb. (480g) firm tofu 	<ul style="list-style-type: none"> • rolled oats • white rice flour • almonds • almond meal (ground almonds) • Brazil nuts • cashew nuts • desiccated coconut • peanuts • walnuts • chia seeds • ground flaxseeds • pumpkin seeds • quinoa^[1] puffed quinoa^[SEP] • sesame seeds • wholemeal flour • cornstarch (cornflour) • baking powder • almond extract • black pepper • ground cinnamon • ground cumin • hot paprika • dried rosemary 	<ul style="list-style-type: none"> • chili oil • coconut oil • sesame oil • maple syrup • 2x 14 oz. (400g) cans chickpeas • 1x 8 oz. (240g) can coconut milk • 3x 14 oz. (400g) cans cannellini beans • vegetable broth (stock) • tahini • soy sauce • tamari sauce • white miso paste • rice wine vinegar • almond butter • peanut butter • smooth peanut butter • dried udon noodles • rigatoni pasta (or pasta of choice) • nori or nori sheets • nutritional yeast



Pantry Staples

You should have five basic essentials for these recipes in your kitchen. They're used so frequently that they're not included in the weekly ingredient shopping list. These staples are **vegetable oils** like **olive oil** for cooking and **extra virgin olive oil** for dressing, a variety of **vinegar** (white and red wine vinegar, apple cider) for adding acidity and balancing flavours in marinades, sauces, and condiments, **salt** (sea or Himalayan salt) and **black pepper** for seasoning.





Green Breakfast Smoothie Bowl

Serves 1

10 Minutes

2 bananas, sliced & frozen

1 celery stalk, chopped

10 oz. (30g) spinach

1.4 oz. (40g) mango, frozen

1 tbsp. ground flaxseeds

2 fl oz. (60ml) almond milk,
unsweetened

1 kiwi fruit, to garnish

1 tbsp. coconut flakes, to
garnish

Place all the ingredients, apart from the kiwi, into a food processor and blend until smooth. Serve the smoothie in a bowl topped with the fresh kiwi and coconut flakes.



GF	DF	V	Q	N
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Nutrition Per Serve	Energy	Carbs	Protein	Fat
	404kcal	76g	7g	8g



Berry & Papaya Breakfast Bircher

Serves 4

1 Hour 15 Minutes

1 apple, peeled, grated
5.5 oz. (155g) rolled oats
1.4 oz. (40g) walnuts, chopped
2.5 oz. (70g) blackberries
2 tbsp. chia seeds
8.6 oz. (245g) coconut yogurt
2 fl oz. (60ml) almond milk,
unsweetened
2.5 oz. (70g) papaya, cubed
4 blackberries, sliced, to
garnish

Place all the ingredients, apart from the papaya and 2 blackberries, in a bowl. Mix to combine and divide equally between 4 jars or lidded containers. Set aside to rest in the refrigerator for at least 1 hour or ideally overnight.

When ready to serve, top with freshly chopped papaya, blueberries and a sprinkle of chia seeds.



GF	DF	MP	V	N
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Nutrition Per Serve	Energy	Carbs	Protein	Fat
	317kcal	42g	8g	13g



Whole Wheat Almond Scones

Makes 4

25 Minutes

1 banana, ripe
4.2 oz. (120g) wholemeal flour
1.2 oz.(35g) almonds, chopped
1½ tsp. baking powder
½ tsp. ground cinnamon
2 tbsp. coconut oil, melted
2 tbsp. almond milk,
unsweetened
1 tbsp. maple syrup

Preheat the oven to 390°F (200°C). Line a baking sheet with baking paper.

Place the banana in a bowl and mash with a fork. Add the flour, chopped almonds, baking powder, cinnamon and a pinch of salt. Mix well to combine.

Now add the remaining ingredients and use your hands to form the mixture into a large ball of dough. Place the dough onto the lined baking sheet and flatten out until around 1-inch (2.5cm) thick. Using a knife cut the dough into 4 even-sized pieces and separate them out.

Place the baking sheet into the hot oven and bake for 15 minutes. Remove the scones from the oven and set aside on a wire rack to cool before serving.



DF	V	Q	N
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Nutrition Per Serve	Energy	Carbs	Protein	Fat
	268kcal	34g	6g	12g



Raffaello Baked Oats

Serves 4

30 Minutes

2 oz. (60g) rolled oats

½ tsp. baking powder

½ ripe banana, mashed

1 tbsp. almond butter

2 tbsp. coconut yogurt

2.7 fl oz. (80ml) unsweetened
coconut milk



For the topping:

4 tbsp. coconut yogurt

2 tbsp. desiccated coconut

Preheat the oven to 360°F (180°C).



In an ovenproof dish, mix together all the ingredients (apart from the toppings). Place in the hot oven to bake for 25 minutes, or until a toothpick comes out clean.

Remove from the oven and set aside to cool. Once cooled, spread over some coconut yogurt and top with desiccated coconut.



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GF

DF

LC

MP

N

Nutrition Per Serve	Energy	Carbs	Protein	Fat
	134kcal	17g	3g	6g



Tahini Rainbow Quinoa Salad

Serves 2

25 Minutes

3 oz. (85g) quinoa, raw

½ cucumber, julienned

2.3 oz. (70g) purple
cabbage, shredded

1 carrot, thinly sliced

1 orange, peeled, separated
segments

2 tbsp. nori, or 1 nori sheet,
chopped

4 tbsp. cilantro leaves,
chopped

1 tsp. black sesame seeds, to
garnish

For the dressing:

3 tbsp. tahini

1 tbsp. maple syrup

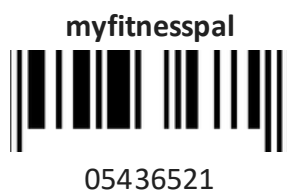
1 tbsp. tamari sauce

1 tbsp. lemon juice

Cook the quinoa according to instructions on the packaging.

Combine all dressing ingredients in a small bowl, adding some water if necessary to achieve the desired consistency. Place the cooked quinoa, vegetables and orange into a large bowl. Add the nori and cilantro and toss to combine.

Divide equally between 2 plates, drizzle over with dressing, garnish with sesame seeds and serve.



Nutrition Per Serve	Energy	Carbs	Protein	Fat
	432kcal	58g	14g	16g



Roasted Onion Hummus with Spicy Chickpeas

Serves 8

55 Minutes

For the hummus:

2 yellow onions
14 oz. (400g) chickpeas,
drained
2 cloves garlic
2 tbsp. lemon juice
2 ice cubes
6.7 oz. (190g) tahini
water, as required

For the spicy chickpeas:

14 oz. (400g) chickpeas,
drained
2 cloves garlic, minced
1 tbsp. hot paprika
1 tsp. ground cumin

Preheat the oven to 400°F (200°C).

Peel the onions, place on a baking sheet, drizzle with 1 tbsp. of olive oil and roast for 30-40 minutes, then remove from the oven and set aside to cool.

In an ovenproof dish, combine the chickpeas, 1 tbsp. olive oil, garlic, paprika and cumin. Season with salt and pepper, and roast in the oven alongside the onion for 20-30 minutes, until crispy, then remove and set aside to cool.

Make the hummus by placing the cooled onions, chickpeas, garlic cloves, lemon juice, ice cubes, tahini, 1 tbsp. olive oil and 1 tsp. salt into the bowl of a food processor. Process the mixture until it starts to become smooth. If the hummus is too thick, add a splash of water to reach desired consistency.

Transfer the hummus to a serving bowl and top with the spicy chickpeas.

Serving suggestion: serve with a garnish of chopped dill.



GF	DF	LC	MP	V
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Nutrition Per Serve	Energy	Carbs	Protein	Fat
	231kcal	17g	7g	15g



Tofu Buddha Bowl with Tahini Dressing

Serves 2

40 Minutes

3 oz. (85g) quinoa, raw

1 tsp. black sesame seeds, to garnish

For the tofu:

8 oz. (230g) tofu, firm

1 tbsp. tamari sauce

1 tsp. maple syrup

1 tbsp. corn starch

For the dressing:

2 tbsp. tahini

1 clove garlic

½ tsp. sesame oil

½ tbsp. rice wine vinegar

½ tsp. white miso paste

¼ tbsp. maple syrup

1 tsp. tamari sauce

For the vegetables:

5.3 oz. (150g) cherry tomatoes, halved

½ cucumber, chopped

1 carrot, sliced

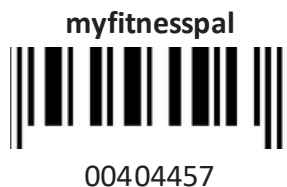
½ avocado

Preheat the oven to 370°F (190°C) and line a baking sheet with baking paper. Cook the quinoa according to instructions on the packaging.

Cut the tofu into small cubes and place in a bowl with the remaining tofu ingredients, and 1 tbsp. of olive oil, then stir until well combined. Place the tofu on the baking sheet and bake in the hot oven for 25 minutes until browned. Remove from the oven and set aside to cool.

Make the dressing by combining all the dressing ingredients together in a small bowl. Add a little water to reach the desired consistency.

Once the quinoa has cooked, divide between 2 bowls, top with the tofu and vegetables, drizzle over the dressing and sprinkle with sesame seeds to serve.



Nutrition Per Serve	Energy	Carbs	Protein	Fat
	601kcal	52g	24g	33g



15-Minute Peanut Udon

Serves 4

15 Minutes

10.6 oz. (300g) dried udon noodles

2 tbsp. smooth peanut butter

2½ tbsp. tamari

1½ tsp. coconut sugar

2 tsp. toasted sesame oil

1 tsp. chili oil, or more to taste

1 tsp. root ginger, minced

1 clove garlic, minced

1 tbsp. toasted peanuts, chopped, to serve

1 tsp. sesame seeds, to serve

1 tbsp. green onion, sliced, to serve

Cook the noodles according to packet instructions. Drain and reserve 4 tbsp. of the cooking water.

Add the peanut butter, tamari sauce, coconut sugar, sesame oil, chili oil, ginger and garlic to a bowl and stir to combine. Slowly add in the reserved water, 1 tbsp. at a time, to thin out the sauce to the desired consistency.

Add in the cooked udon noodles and mix well until evenly coated. To serve, garnish with peanuts, sesame seeds and green onion.



GF	DF	MP	V	Q	N
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Nutrition Per Serve	Energy	Carbs	Protein	Fat
	383kcal	58g	13g	11g



Potato, Bean & Asparagus Bake

Serves 4

40 Minutes

For the tray bake:

1.8 lbs. (800g) baby potatoes, halved
2 red onions, cut into wedges
4.4 oz. (125g) asparagus, chopped
14 oz. (400g) can cannellini beans, drained

For the sauce:

3 tbsp. tahini
2 tbsp. lemon juice
1 tbsp. nutritional yeast
½ tbsp. maple syrup
½ tsp. sea salt
2 tbsp. parsley, chopped

Preheat the oven to 390°F (200°C).

Place the potatoes and onion into a large baking dish, drizzle with 1 tbsp. olive oil, season with salt and pepper and toss to combine. Place the dish in the oven to bake for 15 minutes.

Next add the asparagus and beans to the baking dish, mix, and continue to bake for a further 15 minutes.

Meanwhile, prepare the sauce by mixing all the sauce ingredients together in a small bowl. Add a splash of water until the sauce reaches a runny consistency.

Once potatoes and vegetables have cooked, drizzle with the sauce and top with chopped parsley and serve.



Nutrition Per Serve	Energy	Carbs	Protein	Fat
	350kcal	54g	11g	10g



Creamy Lemon & Green Pea Pasta

Serves 4

25 Minutes

10.6 oz. (300g) rigatoni pasta,
or pasta of choice

2.5 oz. (70g) cashew nuts

8.8 oz. (250g) tofu, firm

4 tbsp. almond milk,
unsweetened

4 tbsp. lemon juice

2 tbsp. nutritional yeast

1 clove garlic, minced

½ tsp. sea salt

5 oz. (145g) green peas,
defrosted

zest of 1 lemon

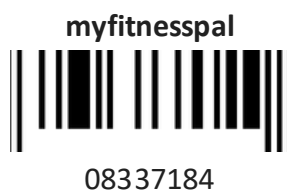
2 oz. (60g) green pea shoots
(optional)

Cook the pasta according to instructions on the packaging.

Place the cashew nuts into a small pot and cover with boiling water. Boil the cashews for 5 minutes to soften them, then add to a high-speed blender along with the tofu, almond milk, lemon juice, nutritional yeast, garlic and ½ tsp. of salt. Blend until smooth and creamy.

Place the cooked pasta in a large bowl, and mix through the creamy sauce, green peas and lemon zest.

To serve, divide the pasta equally between 4 bowls and garnish with green pea shoots (optional).



DF	MP	V	Q	N
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Nutrition Per Serve	Energy	Carbs	Protein	Fat
	461kcal	68g	18g	13g



White Bean Soup

Serves 4

25 Minutes

- 1 onion, diced
- 2 cloves garlic, sliced
- 1 tsp. dried rosemary
- 2x 14 oz. (400g) cans cannellini beans, drained
- 10.6 oz. (300g) potatoes, peeled, cubed
- 2 pt. (1ltr) vegetable broth
- 8 fl oz. (240ml) can full fat coconut milk
- 4 tbsp. pumpkin seeds, toasted
- 2 tbsp. parsley, chopped

Heat 1 tbsp. of olive oil in a large pot over a medium-high heat. Sauté the onion for 2-3 minutes, then add the garlic and cook for a further minute until fragrant. Add in the rosemary, season with salt and black pepper and mix.

Next add the beans, potatoes, vegetable broth and coconut milk. Simmer over a medium heat for 10 minutes, until the potatoes are soft, then blend with a hand blender until smooth.

Divide the soup between 4 bowls and top with toasted pumpkin seeds and chopped parsley.



GF	DF	MP	V	Q
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Nutrition Per Serve	Energy	Carbs	Protein	Fat
	383kcal	42g	11g	19g



Peachy Banana Smoothie

Serves 2

5 Minutes

2 medium ripe peaches

1 small banana, frozen

6 fl oz. (180ml) unsweetened
almond milk

2 oz. (60g) coconut yogurt

1 tsp. chia seeds

½ tsp. ground cinnamon

1 oz. (30g) plant based protein
powder, vanilla

Place all the ingredients into a high speed blender and blitz until smooth. Divide the smoothie evenly between 2 glasses and serve immediately.



GF	DF	V	Q	N
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Nutrition Per Serve	Energy	Carbs	Protein	Fat
	215kcal	36g	11g	3g



Coconut & Lemon Bliss Balls

Makes 12

70 Minutes

6.3 oz. (180g) desiccated coconut, unsweetened

1.4 oz. (40g) cashew nuts

2 tbsp. coconut milk, full fat, top creamy part

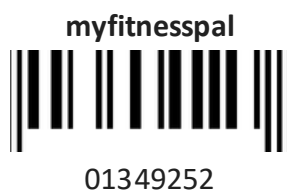
2 tbsp. maple syrup

1 tbsp. lemon juice

1 tbsp. lemon zest

Place all the ingredients into a food processor and blitz until well combined. Shape the dough into 12 even-sized balls, place on a tray in the refrigerator to chill for 1 hour before enjoying.

Store the bliss balls in an airtight container in the refrigerator for up to 1 week.



Nutrition Per Serve	Energy	Carbs	Protein	Fat
	148kcal	8g	2g	12g



Easy Puffed Quinoa Bars

Serves 6

75 Minutes

4 oz. (115g) dates

Soak the dates in hot water for 5 minutes, until softened. Then add to a small pot and mash with a fork.

4.6 oz. (130g) peanut butter, natural

Add the peanut butter to the pot and place over low heat, stirring until combined. Add in the puffed quinoa, brazil nuts and pumpkin seeds and stir to form a dough.

1.2 oz. (35g) puffed quinoa

1 oz. (30g) Brazil nuts, chopped

Press the dough into a container and chill in the refrigerator for 1 hour to firm up.

2 tbsp. pumpkin seeds

Cut into 6 even-sized bars and store in an airtight container in the refrigerator for up to 1 week.



GF	DF	MP	V	N
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Nutrition Per Serve	Energy	Carbs	Protein	Fat
	272kcal	24g	8g	16g



The Best Almond Cookies

Makes 8

20 Minutes

- 4.2 oz. (120g) almond meal
- 5.6 oz. (160g) white rice flour
- ½ tsp. baking powder
- 2.7 fl oz. (80ml) maple syrup
- 3 tbsp. coconut oil, melted
- 1 tsp. almond extract
- 24 almonds

Preheat the oven to 350°F (180°C). Line a baking sheet with baking paper.

In a large bowl, combine the almond meal, rice flour, baking powder and a pinch of salt. Next add in the maple syrup and coconut oil and stir to form a cookie dough.

Shape the dough into 8 even-sized balls and place them on the baking sheet. Press down each ball to form a cookie shape. Press 3 almonds on top of each cookie and bake in the oven for 12-14 minutes until golden.

Once ready, remove from the oven and set on a wire rack to cool completely before enjoying.



GF	DF	MP	V	Q	N
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Nutrition Per Serve	Energy	Carbs	Protein	Fat
	267kcal	28g	5g	15g