

Lily Lifestyle

# VEGAN RECIPE PACK TWO

*Discover the collection of simple vegan recipes, including breakfast, lunch, dinner, treats and smoothie options.*

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## **CHICKPEA SCRAMBLE**

# CHICKPEA SCRAMBLE



Serves: 2  
Prep: 10 mins  
Cook: 10 mins



Nutrition per  
serving:  
417 kcal  
15g Fats  
56g Carbs  
19g Protein



## WHAT YOU NEED

- 2 cups (330g) canned chickpeas, drained
- ½ tsp. turmeric
- ½ tsp. paprika
- 2 tsp. olive oil
- 1 small onion, finely diced
- 2 cloves garlic, minced
- 8 oz. (230g) spinach
- ½ avocado

## WHAT YOU NEED TO DO

*Mash the chickpeas with a fork, leaving some whole. Mix in the turmeric and paprika, and season with salt and pepper.*

*Heat the oil in a pan over medium-high heat and sauté the onion and garlic for 2-3 minutes, until fragrant.*

*Next, add in the mashed chickpeas and cook for another 5 minutes, then transfer to a bowl, cover with tin foil and set aside. Using the same pan wilt the spinach, adding a tablespoon of water.*

*Once ready, divide the spinach between 2 bowls, top with the chickpeas and serve with ¼ avocado.*



# **BREAKFAST OAT COOKIES**

# BREAKFAST OAT COOKIES



Makes: 9  
Prep: 10 mins  
Cook: 20 mins



Nutrition per  
serving:  
137 kcal  
6g Fats  
17g Carbs  
3g Protein



## WHAT YOU NEED

- 1 cup (90g) rolled oats
- 1/3 cup (30g) almond meal
- 3 tbsp. desiccated coconut
- 1 tsp. cinnamon
- 1/4 tsp. baking soda
- 3 tbsp. almond butter
- 3 tbsp. maple syrup
- 1 medium ripe banana, mashed
- handful fresh berries

## WHAT YOU NEED TO DO

*Preheat the oven to 320° F (160° C) and line a baking tray with baking paper.*

*Place all the ingredients (apart from the berries) in a medium bowl and mix well, then place the mixture in the freezer for 10-15 minutes.*

*Using slightly wet hands, create 9 balls out of the mixture and place them on the baking tray and push them down to create cookie shapes. Gently press a few berries onto each cookie.*

*Bake for 20 minutes until golden and allow to cool completely before eating.*

A top-down view of a white ceramic bowl filled with a vibrant green pea and mint dip. The dip is garnished with several slivered almonds, fresh mint leaves, and a dusting of red spices. To the right of the bowl, on a dark blue textured surface, are several rectangular, golden-brown crackers topped with white sesame seeds and dark seeds. A semi-transparent text box is overlaid on the bottom left of the bowl.

# **GREEN PEA & MINT DIP**

# GREEN PEA & MINT DIP



Serves: 4  
Prep: 15 mins  
Cook: 0 mins



Nutrition per  
serving:  
92 kcal  
4g Fats  
11g Carbs  
4g Protein



## WHAT YOU NEED

- 1  $\frac{2}{3}$  cups (250g) green peas, frozen
- 1 clove garlic
- 2 tbsp. lemon juice
- $\frac{1}{2}$  avocado
- 2-3 sprigs fresh mint, leaves only

## WHAT YOU NEED TO DO

*Place frozen peas in a bowl and cover with boiling water. Let them stand for a few minutes until defrosted, then drain and transfer to a food processor or high speed blender.*

*Add in the garlic, lemon juice, avocado, mint leaves, and season with salt and pepper. Blend until smooth. Add 1-2 tbsp. of cold water if the dip is too thick. Taste and adjust seasoning to your taste.*

*Serve as a dip with fresh vegetables, crisps, crackers or pita.*

A top-down view of a clear glass bowl filled with a thick, light-brown hummus. The hummus is garnished with several pieces of dark red, wrinkled sundried tomatoes in the center. To the right of the bowl, three rectangular, light-brown crackers are stacked on a dark grey slate surface. The background is a light-colored, textured surface.

# **SUNDRIED TOMATO HUMMUS**

# SUNDRIED TOMATO HUMMUS



Serves: 4  
Prep: 5 mins  
Cook: 0 mins



Nutrition per  
serving:  
181 kcal  
10g Fats  
18g Carbs  
6g Protein



## WHAT YOU NEED

- 1½ cups (250g) chickpeas, drained
- ¼ cup (45g) sundried tomatoes in oil
- 1 clove garlic
- ½ lemon, juiced
- 2 tbsp. olive oil
- ½ teaspoon salt
- ¼ cup (60ml) water

## WHAT YOU NEED TO DO

*Add all the ingredients, except for the water, into a food processor and blend until creamy, stopping once to scrape down the sides.*

*Check for texture and consistency and add water as necessary. Serve with raw veggies, crackers, or chips.*

A top-down view of a terracotta bowl filled with a vibrant salad. The salad consists of wild rice, halved cherry tomatoes, fresh rocket leaves, and small yellow and red bell peppers. The bowl sits on a striped cloth. A wooden spoon with a dark handle is placed to the right of the bowl. A semi-transparent text box is overlaid on the bottom left of the bowl.

**WILD RICE, TOMATO &  
ROCKET BALSAMIC SALAD**

# WILD RICE, TOMATO & ROCKET BALSAMIC SALAD



Serves: 4  
Prep: 10 mins  
Cook: 20 mins



Nutrition per  
serving:  
288 kcal  
9g Fats  
44g Carbs  
7g Protein



## WHAT YOU NEED

- 1 cup (185g) rice
- 160g roasted peppers, drained, chopped
- ¼ cup (30g) roasted almonds, chopped
- 1 cup (150g) cherry tomatoes, halved
- 2 oz. (60g) rocket
- 1 tbsp. balsamic vinegar
- 1 tbsp. olive oil
- ½ tsp. chili flakes

## WHAT YOU NEED TO DO

*Cook the rice according to instructions on the packaging. Once cooked, place in a large bowl.*

*Add in the peppers, almonds, tomatoes, and rocket. Drizzle with vinegar and oil, add chili flakes—season to taste with salt and pepper and mix until well combined, before serving.*



**SESAME TEMPEH  
STIR-FRY**

# SESAME TEMPEH STIR-FRY



Serves: 4  
Prep: 10 mins  
Cook: 20 mins



Nutrition per  
serving:  
507 kcal  
13g Fats  
54g Carbs  
17g Protein



## WHAT YOU NEED

- 7 oz. (200g) tempeh, cut into cubes
- 1 tbsp. olive oil
- 1 tbsp. ginger, grated
- 2 cloves garlic, crushed
- 1 tbsp. sesame oil
- 1 tbsp. rice wine vinegar
- 3 tbsp. tamari (or soy sauce)
- 2 tbsp. maple syrup
- 2 carrots, chopped or cut into thin strips
- ½ broccoli head, florets
- 1 bell pepper, sliced
- 1 tbsp. sesame seeds, to garnish
- spring onion or chives, to garnish
- 3 cups (585g), brown rice, cooked

## WHAT YOU NEED TO DO

*Heat the olive oil in a pan over medium-high heat and cook the tempeh for about 6 minutes, occasionally stirring until browned on each side.*

*In the meantime, prepare the sauce by mixing ginger, garlic, sesame oil, rice wine vinegar, soy sauce, and maple syrup in a bowl.*

*Add half the sauce to the pan with the tempeh, mix until coated, then remove it from the pan and set it aside.*

*Add the carrots, broccoli and pepper, and remaining sauce to the pan and cook for about 5 minutes, or until veggies are tender.*

*Next, add in the tempeh and cook for another 3-5 minutes or until the vegetables are cooked through.*

*Once ready, serve with ¾ cup cooked brown rice, sesame seeds, and sliced spring onion or chives.*



**VEG & TAHINI  
TRAY BAKE**

# VEG & TAHINI TRAY BAKE



Serves: 4  
Prep: 10 mins  
Cook: 35 mins



Nutrition per  
serving:  
260 kcal  
13g Fats  
26g Carbs  
11g Protein



## WHAT YOU NEED

- 1 onion, sliced
- 1 zucchini, sliced
- 1 red bell pepper, sliced
- 1 cup (265g) chickpeas, drained
- 1 tbsp. olive oil
- 3 tbsp. tahini
- 1 lemon, juice only
- 3 tbsp. almond milk
- 1 tbsp. sesame seeds
- handful coriander, chopped

## WHAT YOU NEED TO DO

*Preheat oven to 190° C (375° F).*

*Place the chopped vegetables in a baking tray, drizzle with olive oil and season with salt and pepper. Mix well and cook in the oven for 35 minutes or until vegetables are cooked.*

*In a small bowl, mix the tahini, lemon juice, milk, and sesame seeds, then set aside.*

*Once vegetables are cooked, mix them with the tahini sauce and serve with fresh coriander.*



**ROASTED AUBERGINE  
AND TOMATO STEW**

# ROASTED AUBERGINE AND TOMATO STEW



Serves: 4  
Prep: 5 mins  
Cook: 50 mins



Nutrition per  
serving:  
260 kcal  
9g Fats  
34g Carbs  
10g Protein



## WHAT YOU NEED

- 2 tbsp. olive oil
- 2 medium aubergines, cut into bite-size pieces
- 2 cups (330g) cherry tomatoes
- 14oz. (400g) can chopped tomatoes
- 14oz. (400g) can chickpeas, drained
- 1 medium onion, chopped
- 2 cloves garlic, chopped
- 4 tbsp. tomato puree
- 1 tbsp. apple cider vinegar
- 2 tsp. mixed herbs
- handful parsley, chopped

## WHAT YOU NEED TO DO

*Pre-heat the oven to 400° F (200° C). Place the cut aubergine into a baking dish and drizzle with 1 tbsp. olive oil and season with salt. Cook in the oven for 40 minutes until soft.*

*In the meantime, heat the remaining 1 tbsp. oil in a large skillet over medium heat.*

*Add the onion and garlic, season with salt and pepper, and cook for 5-6 minutes until soft—then add in the mixed herbs, tomato puree, and cook for another 2 minutes.*

*Next, add in the chopped tomatoes, vinegar, chickpeas, and cherry tomatoes. Bring to boil, then reduce heat and continue simmering until the aubergine is ready.*

*Once the aubergine is soft, add into the tomato sauce and mix well. Serve with rice and chopped parsley.*



# **ENERGY BALLS**

# ENERGY BALLS



Makes: 10  
Prep: 15 mins  
Cook: 0 mins



Nutrition per  
serving:  
137 kcal  
9g Fats  
11g Carbs  
2g Protein



## WHAT YOU NEED

- 1 cup (120g) dates, without stone
- $\frac{3}{4}$  cup (60g) almond meal
- $\frac{1}{2}$  cup (30g) desiccated coconut
- 2 tbsp. chia seeds
- 2 tbsp. coconut oil, melted
- 1 tbsp. natural peanut butter

## WHAT YOU NEED TO DO

*Place all ingredients in a high-speed blender or food processor and blitz until everything is well combined and chopped to small pieces.*

*Using your hands, form 10 balls about the size of a walnut. Place them in the fridge to chill for at least 1 hour so that they become more solid.*

*Store in the fridge in an airtight container for up to 2 weeks.*

A close-up photograph of several banana and almond muffins. The muffins are baked in bright pink, scalloped-edge silicone molds. They have a golden-brown, slightly cracked top. Each muffin is topped with several chunks of sliced almonds and a few pieces of banana. The muffins are arranged on a black wire cooling rack. The background is a light-colored surface with a subtle, repeating pattern of stylized leaves or flowers in a light brown or gold color.

**BANANA &  
ALMOND MUFFINS**

# BANANA & ALMOND MUFFINS



Makes: 6  
Prep: 10 mins  
Cook: 20 mins



Nutrition per  
serving:  
210 kcal  
10g Fats  
28g Carbs  
5g Protein



## WHAT YOU NEED

- 2 ripe bananas, mashed
- ¼ cup (60ml) maple syrup
- ¼ cup (60ml) almond butter
- ½ cup (55g) spelt flour
- 1 tsp. baking powder
- ¼ tsp. baking soda
- ¼ cup (30g) walnuts

## WHAT YOU NEED TO DO

*Heat the oven to 355° F (180° C) and line a muffin tray with paper muffin cups.*

*Mash the bananas with a fork and combine with the maple syrup and almond butter. Fold in the flour, baking powder, and baking soda and mix well.*

*Divide the batter between the 6 muffin cups. Top each one with the walnuts.*

*Bake for about 18-20 minutes in the middle of the oven, or until a toothpick comes out clean.*

*Remove the muffins from the oven and cool completely before serving.*