One With Nature





Inspiring Vegan Recipe Ideas
for your Body and Soul

Ripples

Just a stone. Just a tiny one.
Splashed in the middle of the lake.
Gone. Forever. Or perhaps not?
A slight shake, a trembling quake
and the surface is alive and awake:
it's a line, a ripple, a surge, a wrinkle,
like the all-knowing nature's winkle,
grows into a wave, a swell - a tide,
forces collide and arrange allied,
reaching beyond hope, horizon,
all began with what you've thrown -
that miracle making trivial stone.



Purple Shake

400 ml unsweetened almond milk, add a scoop of vegan protein powder and a cup of blueberries



Beetroot Heaven

1 apple, ¼ pineapple, 2 celery sticks, 2 carrot, half a lemon and a medium size beetroot juiced. Then put the juice into a blender and add half of an avocado and a banana. I used to really dislike raw beetroot but this one tastes like a piece of heaven.



Scrambled Tofu

Heat maximum a tablespoon olive oil, cut up a medium sized onion and poor it into the oil (you can use water to brown the onion instead of oil). You can chop some mushrooms and peppers into it and brown them as well for a few minutes. Then crumble the block of firm tofu into the pan with your hands. Sprinkle some turmeric, smoked paprika, black pepper, salt, soy sauce, add about 50-100ml almond milk and a teaspoon of maple syrup. Cook and stir the seasoned tofu for about 5 minutes.



...more Tofu



Porridge

Add half a mug of porridge and a full mug of water into a pot and continuously stir it while boiling it. Feel free to add a little more water if you like it more watery. After about 5-10 minutes of boiling pour it into a plate or bowl. You can pour it over some frozen fruits and/or add fresh fruits on top. Sprinkle it with cinnamon and some maple syrup. You can add some nut butters, like a tablespoon of almond or cashew butter or tahini.







Chia Pudding

Soak about 50 grams of chia seeds in 350ml coconut water or vegan milk replacement, like almond or oat milk overnight. Next morning put some nut butters and top it with fresh fruits, cinnamon and maple syrup.



Vegetable Soup

Cut up about half a kilo (6-7 pieces) fresh carrots, 3 parsnips, 1 or 2 celery sticks, 4 small potatoes, one courgette and fill the pot with 1-2 liters of water. Add some sea salt, marjoram, red paprika and pepper. You can add some fresh parsley as well. Feel free to add 200 grams of peas. Bring it to boil and boil it for about 20 minutes. Add some broccoli or cauliflower.



Lentil Soup

Cut up about half a kilo (6-7 pieces) fresh carrots, 3 parsnips, 1 or 2 celery sticks, 4 small potatoes, one courgette. Add 500 grams of lentil that was soaked the night before. Fill the pot with water to the brim. Add some sea salt, marjoram, smoked red paprika, pepper and cumin. Bring it to boil and boil it for about 20 minutes.



Pita Sandwich

Toast a slice of pita bread, add humus with paprika, top it with fresh avocado, some scallions, olives and rocket leaves.



Fresh Salad

Cut up fresh salad, some tomatoes, acovado, fresh sprouts, add some olive oil and apple cider vinegar.



Vegan Spaghetti

Use your favourite pasta sauce, add some mushrooms and/or some vegan meat free mince (cook it as directed on the packaging). Pour it over some spaghetti and/or spiralised courgette for a healthier option.



*The Rebirth of the Eag*le

Nobly soars the Bald Eagle
high above the grey clouds,
seems so indestructible,
untouchable and so proud.

Legendary long life span,
lives over seventy years,
little we know what to pay
in sacrifice, pain and tears.

At the age of forty, when
his beak bends and talons break,
wings get too heavy to fly,
he has a hard choice to make.

A painful change or sure death,
long life has a price to pay,
flies alone beyond the bay
for a solitary pray.

On a rock he breaks his beak,
waits until regrows anew
and picks out his old talons
one by one until he's through.

With new hard razor sharp nails
tears out plumage faded torn,
goes through all torture, anguish
this creature be newly born.

The rebirth of the Eagle
after trouble, pain and fight,
his first glide over the cliffs
what a magnificent sight.

Bona fide miracle, myth,
a true Phoenix without flame,
by giving up useless past
what a king he just became.



Coconut Energy Balls

A totally healthy dessert, no bake, super easy. Soak 250g dates at least 8 hours before you make this. Then put the dates, with about 100ml almond milk, 2 teaspoons of rum essence in a blender. Add the whole content to 300g of almond flour, 8 teaspoons of cocoa powder. Make medium sized balls, hid a sour cherry in the middle of each and cover with coconut shavings.



Free 28 Days Vegan Transition Challenge
Awaken the Vegan Within



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