

# ONE BITE

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*Vegan Magazine*

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VEGAN EATS  
IN LISBON,  
PORTUGAL



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JERKY UP  
FOR GRABS  
*from*  
VITAL EATS



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SALAD RECIPES  
*that* DON'T SUCK!



VEGAN  
ICE CREAM  
& POPSICLE  
RECIPES



SUMMER FRUIT  
» Recipes «

FOOD THAT  
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*Fermentation 101*

+ RECIPES

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# Vegan Food Blogger IN THE SPOTLIGHT!

*In this issue, we meet Nele Liivlaid from the vegan food blog Nutriplanet to find out a little more behind her food philosophy and what drives her to keep creating her vegan recipes.*

**One Bite Vegan Magazine:** What's your vegan story?

**Nele Liivlaid:** I am in better shape now at 40 years old than I was at 20. This isn't because I diet or have an intense fitness regime: it's because I have adopted a healthy lifestyle.

When I was in my early 20s I struggled with an eating disorder. I'd say I was slightly bulimic. I didn't have a clue about what to eat and thought the less I ate, the skinnier I would be. After adopting a whole foods plant-based diet (WFPBD) at the age 33 as well as walking and doing yoga, I am at peace with food and my body today.

It was the spring of 2012 when I started reading The China Study.

I was overwhelmed with the evidence presented and the scale of ignorance I started to notice as far as nutrition was concerned. For me it was mainly about my health, whereas the ethical side followed shortly after that. As long as I thought that animal products were essential to my health I turned a blind eye to this awful industry. So, changing my ways has been a huge eye-opener in my case.

However, my story doesn't end there. I too screwed up, even with WFPBD! I started eating too many high glycemic foods, such as dried and fresh fruit as well as baked grains in combination with high-fat foods (nuts and seeds). Having a history of taking antibiotics it didn't take long before I developed Candida overgrowth. However, I choose to ignore the symptoms so as not to give up my favorite foods. Can you relate?

I finally pulled myself together and left my comfort zone once again to start a Candida diet in August 2016 after two years of

postponing it. So, the research began again – I found a lot of information on the Candida diet online and purchased a few thorough books as well, but what I didn't find was a diet suitable for vegans. Consequently, I took all the information I'd gathered from my research and started to compile my own balanced meal plans that now other people can also benefit from.

**OBV:** What inspired you to start a vegan food blog?

**NL:** After being on my own health journey for so long, seeing others battle with well being and weight made me sad. I often hear people blame their "bad" genes for being overweight. But that's just an excuse. As the mother of a young boy, I know it's tough trying to read up on healthy foods and take the time to prepare good meals. That's one of the reasons I started my blog [Nutriplanet.org](http://Nutriplanet.org).

I put together information about proper nutrition, exercise and having a healthy mind-set directly into your hands through articles, blog posts, tutorial videos, recipes and shopping/eating out guidance. I compile my health and nutrition research, knowledge and certificate in Plant-Based Nutrition into ready-to-use tips for you to plug into everyday living.

**OBV:** What makes your blog stand out from the crowd?

**NL:** I advocate for truly healthy whole food plant-based nutrition and create my recipes and meal plans accordingly. For example, I started to make muffins, pancakes and other baked goods using soaked (even sprouted) grains instead of flour. It's because soaking and sprouting activates enzymes and significantly decreases the levels of phytic acid.

This is me, I always geek out over the nutrition side of my recipes and give tips for balanced meals.

Since I started my YouTube channel in 2017, the majority of my recipes come with tutorial videos.

To sum up, my recipes are oil-free and use very minimal processed ingredients in general. Finally, given my own journey with Candida overgrowth, you'll find a separate section for it on my blog along with a free downloadable guide and purchasable meal plans.

**OBV:** Where do you get your ideas for recipes?

**NL:** Ideas very often come to me out of necessity, i.e. whenever I need to develop a recipe that meets very specific criteria (glycemic load, fat content, restricted ingredients' list). I simply think of the ingredients that I can use and ideas start to flow. As I have developed my own style and techniques over the years, I almost never struggle with new ideas.

Other bloggers' creations also trigger me! When I see an appealing recipe on Instagram or Pinterest that uses refined ingredients, I often create a wholesome version of it.

**OBV:** What's the most popular recipe on your blog?

**NL:** That's undoubtedly my [Fermented Buckwheat Bread](#). I've been making it for many years and never get tired – it's a quite simple, gluten-free bread recipe that doesn't require a starter.

**OBV:** Do you read any other vegan food blogs? Which ones are your favourites?

**NL:** I quite like Caitlin Shoemaker's [From My Bowl](#) as she also makes her recipes oil-free.

A blog that gave me a lot of inspiration when I started cooking plant-based is [Cathy Fisher's StarttightUpFood.com](http://CathyFisher'sStarttightUpFood.com)

**OBV:** If you were stuck on a desert island, which one vegan dish would you choose to have?

**NL:** Hahaa, I think on a desert island I'd have something watery like fruits.

**OBV:** What do you hope to achieve with your blog for the future?

**NL:** I hope to help more people transition to plant-based eating. In fact, I also wrote a book on this topic. It's called [Plant-Based Made Easy: The Complete Practical Guide to Transitioning to a Healthy Whole Food Diet](#).

Another important group of people I want help are those who struggle with Candida overgrowth but wish to maintain their vegan diet.

**OBV:** What advice would you give others who would like to start a vegan food blog?

**NL:** Don't overthink and don't try to be perfect from the beginning. Yes, your photos will suck at the start, but this is your learning path. I mean, even I don't want to look at the photos I took 6 years ago!

Think of who you're creating recipes for – what's your niche? Imagine your perfect follower and start writing for them.

Take an online food photography course and if you struggle with writing, try to find a writing course as well. Educate yourself about SEO and social media – there are plenty of free resources online.

If you're really not into the technical side of blogging, find a trustworthy person who can help you. In my case it's my husband – he's doing a lot of background work for [Nutriplanet](http://Nutriplanet).

**OBV:** Which recipes would you like to share with us? And why have you chosen them?

**NL:** One of the recipes I'm truly happy about and proud of are my [Insanely Delicious Cinnamon Rolls](#). Those rolls are exceptional because they use no yeast, refined sugar or gluten grains and they are the moistest cinnamon rolls I've ever had!

Secondly, I think I brought new life to the tortilla world by creating gluten-free version that uses soaked buckwheat instead of flour – [Flavoured Gluten-Free Tortillas](#). Those tortillas can be prepared either on the stovetop or in the oven.

Finally, I can't help but add a third recipe here! I created vegan [Rhubarb Custard Cake](#) that doesn't contain any butter or sugar. Instead, the mass is made of cooked chickpeas and coconut cream. If rhubarb season is over, the cake will be just as delicious with sour cherries.



# Insanely Delicious Vegan Cinnamon Rolls

By Nele Liivlaid 

Mind blowing, no yeast, gluten-free, vegan cinnamon rolls that you'll definitely fall in love with. This recipe uses no refined sugar or vegan butter, but is so hearty, moist and filling.

## INGREDIENTS

### DOUGH:

- 100g (3.5oz) oat flour
- 100g (3.5oz) coconut flour
- 1 tbsp. cinnamon
- ½ tsp. Himalayan salt
- 1 tsp. aluminium-free baking powder
- ⅛ tsp. vanilla
- ⅛ cup psyllium husks + ½ cup water
- 250g (8.8oz) soymilk (additive-free) + 1 tbsp. apple cider vinegar
- 2 tbsps. birch xylitol + 15 drops of liquid stevia (or other preferred sweetener, see tips)

### FILLING:

- 120g (4.2oz) nut butter (additive-free)
- 1½ tbsps. coconut nectar or agave (see tips for sub info)
- ¼ tsp. Himalayan salt
- 1 tbsp. cinnamon
- 1 tbsp. birch xylitol or other sweetener
- 1½ tbsps. + 1 tsp. mesquite powder (see tips for sub info)
- 55g (3½ tbsps. + ¼ tps.) unsweetened coconut milk



## DIRECTIONS

## DOUGH

1. First, mix the psyllium husks with water and let sit for about 10 minutes. In a separate bowl, do the same with the soymilk and apple cider vinegar.
2. In a large bowl, mix together the flours, salt, cinnamon, baking powder and vanilla.
3. Next, dissolve the xylitol and stevia in the soymilk/ACV mixture.
4. Pour the wet mixtures onto the dry ingredients and form a dough ball. It's easiest to use a spatula.
5. Refrigerate the dough for about 30 minutes. You can also leave it in the refrigerator overnight.

## FILLING

1. Mix all the ingredients in a bowl. Add the coconut milk gradually as the final amount depends on the consistency of your nut butter. You may need to add more if your butter is very thick.
2. Let the mixture settle for about 5 minutes as the mesquite absorbs the liquid.

## ROLLING

1. Take a silicone mat, wax paper or non-stick parchment paper and place your dough ball in the middle. Now, put another piece of parchment or wax paper on top of the dough and start rolling. Roll the dough out into about a 28×35 cm (11×13.8 inch) rectangle and remove the parchment paper.
2. Next, using a small spatula spread the filling evenly onto the dough.
3. Then, slowly roll the dough into a tight spiral releasing the silicone mat as you progress.
4. Slice the dough log into 9-10 rolls and place them on a baking sheet lined with parchment paper or use the same silicone mat you rolled the dough on. Shape them a bit if needed.
5. Finally, bake the rolls at 200°C (390°F) for about 25 minutes until golden brown. Let cool a bit before eating.
6. My vegan cinnamon rolls go extremely well with Caramel Sauce or Quick Chocolate Sauce.


## RECIPE TIPS:

Grind your own oat flour – measure 100 grams of gluten-free oats and process them in a blender or in a grinder.

- Almond milk can be used instead of soymilk – I've tried it myself and it works equally well.
- If you don't have problems with Candida overgrowth or unstable blood sugar, use any sweetener you like, e.g. raw cane sugar, coconut sugar, palm sugar.
- For those on a Candida cleanse, coconut nectar or agave can also be substituted. Just add a bit more of xylitol or stevia to the filling. Also, add one more tablespoon of coconut milk if you use a granulated sugar substitute instead of a liquid one.
- Mesquite powder gives the filling this nice caramel taste. Should you not be able to get it, try Peruvian carob or even regular carob powder (although the latter does not taste like caramel). As mesquite also adds mass and acts as a thickener, you can't just leave it out without substitution.



# Flavoured Gluten-Free Tortillas

By Nele Liivlaid 

Try these healthy oil-free Mediterranean flavoured gluten-free tortillas made with soaked buckwheat instead of flour. They bend well without breaking – perfect for making wraps, tacos, enchiladas or quesadillas.

**YIELDS:**

14\*

**SOAK TIME:**

4-6 hours

**PREP TIME:**

30 minutes

**COOLING TIME:**

5 minutes

\* medium sized tortillas  
(14cm, 5.5inch diameter)

## INGREDIENTS

- 200g (7oz) buckwheat groats
- 230g (8.1oz) water
- 1 tbsp. + 1 tsp. ground chia seeds (grind yourself)
- 1 tsp. dried oregano
- ¼ tsp. garlic powder
- ¼ tsp. Himalayan salt or sea salt
- Dash of black pepper
- 1½ tbsp. nutritional yeast
- 2-3 unsalted sundried tomato halves

## RECIPE TIPS:

- Sprout the buckwheat for even healthier tortillas.
- Always grind your own chia seeds and store in a sealed container or glass jar in the fridge.
- Alternatively, use 2 tablespoons of ground flax seeds instead of chia seeds.
- By all means, if you like the flavour of oregano, garlic powder, black pepper and/or nutritional yeast, add as much as you like!
- Should you be on a Candida cleanse, ditch the nutritional yeast and add a bit less water (about ½-1 tablespoon, 7.5-15ml).

## DIRECTIONS

### THE BATTER

1. Start by soaking the buckwheat groats overnight or for at least 4-6 hours.
2. Now that you have the soaked buckwheat, rinse and drain it well before pouring into the blender or mixing beaker.
3. Next, add all the other ingredients (except tomatoes) and process the ingredients into a smooth batter. Use a regular or immersion blender.
4. Finally, blend in the tomato halves – if you use the dry ones, soak them in hot water for 5-10 minutes. Whether you prefer them fully incorporated or with some chunks is up to you! Don't leave the chunks too big though as they'd stick out from your thin tortillas.

### DIRECTIONS FOR FRYING

1. Pour 1-2 tablespoons of batter (depending how large you want to make the tortillas) onto a hot non-stick pan and spread it as thinly as you can.
2. Once it's cooked on top, flip the tortilla over and fry for another minute or so. Then, place the tortilla on a cooling rack and repeat until the batter is finished.
3. Wipe the pan clean with a slightly oiled kitchen paper between frying each of the tortillas. You can use coconut oil, olive oil or avocado oil.

### DIRECTIONS FOR BAKING

1. Heat the oven to 190°C (375°F).
2. Pour some batter onto a baking sheet lined with parchment paper and shape your tortillas making circular movements. How round you get them depends on your skills and practice.
3. Bake them for 7-8 minutes and let them cool before you try to separate them from the paper – you'll need some patience, but they definitely come off in the end (check the video!).



# Flourless Rhubarb Custard Cake

By Nele Liivlaid 

This oil-free and refined sugar free flourless vegan rhubarb custard cake takes a proud place among summery treats. Taste the refreshing sourness of rhubarb combined with creamy custard of chickpeas and coconut.

**SERVINGS:**

8

**PREP TIME:**

10 Minutes

**COOKING TIME:**

36 Minutes

## INGREDIENTS

- 480g (16.9oz) unsalted cooked chickpeas
- 90g (3.2oz) coconut milk
- 150g (5.3oz) plain soy yogurt
- 6 tbsps. birch xylitol
- 5 tbsps. coconut flour
- 1½ tsp. cinnamon
- 1 tsp. (5g, 0.2oz) psyllium husk powder
- ¼ tsp. Himalayan salt
- 2 cups (195g, 6.9oz) peeled and chopped rhubarb

## DIRECTIONS

1. Start by draining and rinsing the chickpeas if you use canned ones. Also, peel and chop the rhubarb and set aside.
2. Preheat the oven to 175°C (350°F).
3. Next, process all the ingredients (except rhubarb) in a blender or with an immersion blender until you have a smooth cake batter.
4. Then, mix in the chopped rhubarb and pour the batter into a baking dish or cake tin lined with parchment paper or lightly greased. I used a 22×22 cm (8.6×8.6 inch) dish. Sprinkle some extra cinnamon on your rhubarb cake.
5. Finally, bake it at 175°C (350°F) for 40-45 minutes until golden. Let the cake cool before serving.

Visit Nele's website [Nutriplanet](https://www.nutriplanet.com) to discover more recipes and her other resources. You can also follow her on [Facebook](#), [Instagram](#), [Twitter](#) and [Pinterest](#).