

ONE BITE

onebitevegan.com

Vegan Magazine

Sept / Oct 2019

TAKING CONTROL
OF YOUR HEALTH
with a Plant Based Diet

Healthy lunch box
AND SNACK
IDEAS FOR KIDS

WITH A COPY of VEGAN COMFORT COOKING + RECIPES

MUST EATS IN MALTA - THE VEGAN TREATS YOU DON'T WANT TO MISS

SEASONAL
» Fall Recipes «

FEELING SPOOKY!
VEGAN HALLOWEEN
RECIPES



Vegan Food Blogger

IN THE SPOTLIGHT!

In this issue, we meet Maša Ofei from the vegan blog The Minimalist Vegan to find out a little more behind her food philosophy and what inspires her way of life and recipe creation.

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

Maša Ofei: I've been vegetarian on and off my whole life. I grew up with my dad being a vegetarian and my mum a pescatarian. I had always made the connection that what I would see in the supermarket and on my plate was flesh or a by-product. But my will wasn't strong enough to completely cut out meat, dairy and eggs. I didn't know the cruelty that was behind these industries.

In 2014, my husband Michael and I were making many life changes, and earlier that year, we became minimalists. In August, he asked me if I was interested in watching a documentary with him called Earthlings. I watched the preview and was horrified. I initially said no, because it was very confronting and I was nervous about what I would see. However, when I got home, I changed my mind, and we watched it that evening. We both became vegan on the spot.

After the initial anger, sadness and helplessness wore off; I felt that I had finally made the leap into something that I felt very strongly about. I knew that I would never feel any guilt about what I was eating again. We have been fortunate to have each other for support through this journey.

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

Maša Ofei: After we became vegan, we felt compelled to share the message and combine the two lifestyles together - minimalism and veganism. Michael and I always wanted to work together, but never really had something that we were both equally as passionate about until then.

I have a photography background and always loved photographing food. We had both owned blogs in the past, and it felt like a natural progression from there.

I felt that after years of shooting families and children, that I had finally returned to my passion for food photography. We both love eating food, so it was a great feeling to share that with others. I love the whole process from start to finish.

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

Maša Ofei: The two lifestyle philosophies of minimalism and veganism are the thing that sets us apart the most. From the food perspective, I share a lot of recipes that I grew up eating as well as new recipes I have developed. It's a mix of inspiration and my personal history.

My recipes are a good balance of healthy and delicious flavor. The majority of them are using whole-foods and unprocessed ingredients. I try and promote seasonal as well as zero-waste principals in the kitchen where possible.

OBV: Where do you get your ideas for recipes?

Maša Ofei: As I mentioned earlier, I get quite a bit of inspiration from my childhood. Other than that, it would have to be a combination of accidental creations in the kitchen, what I eat out at cafes and restaurants and Pinterest.

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

Maša Ofei: It would have to be my [vegan buddha bowl three ways](#). I do also have a section on the website that shares the other most popular recipes, but that one by far is the most popular.

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

Maša Ofei: Not really. I tend to try and stick to Pinterest for inspiration when I need it instead of specific blogs.

But I would have to say that a couple of my favorites are The First Mess and Wallflower Kitchen. I always have fun scrolling through their websites.

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

Maša Ofei: Oh, that's a tricky one as I love food so much! But I would probably say something like my [vegan Vietnamese salad](#).

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

Maša Ofei: We're currently focusing on refining some things with

our website - The Minimalist Vegan, and I can hopefully focus a little more on the recipe creation. I want to be able to share a couple of recipes a week and grow a large list of recipes. Even though I have already published plenty over the last four and a half years, I'd like to get a little more focused on that.

We have a holistic approach to blogging and love sharing with others how these two lifestyles intertwine, and how it can help you to live with less clutter in your life as well as cook and act with compassion.

Soon, we are moving to Slovenia (I'm moving back!), so there will be more European style recipes on the website when that happens.

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

Maša Ofei: Oh, I could write so much on this topic! Don't wait too long to get started. Make sure you have a super focused message and style and make sure you invest in learning how to take good quality food photos.

Defining your niche and creating a website that is easy to navigate but is also captivating is super important. The thing though that will keep you going is the passion. If you're not passionate about the topic, you won't have the drive to keep it going through the tough times.

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

Maša Ofei: The first is my [vegan Olivier salad](#). It's a salad that I loved from a very young age, and I remember my mum making it for every birthday party in our household when we lived in Slovenia. This recipe wasn't vegan at the time, but I'm thrilled with how it turned out as the flavor is spot on. Every time I have it now, it takes me straight back to birthday parties as a kid.

The second recipe I'm sharing with you is my [raw vegan zesty lemon slice](#). I'll be the first to admit that I'm not a fan of raw desserts, especially when you're craving something a little more naughty with your coffee or tea. But this dessert would have to be in my top ten all-time favorites, raw or not! It has a beautiful balance of flavors and is one of the most popular recipes on the website.



Vegan Olivier Salad

SERVING SIZE:

4

By Masa Ofei - The Minimalist Vegan



INGREDIENTS

- 2 medium potatoes, 2 cups (270g)
- 3 large carrots, 2 cups (270g)
- 2 cups frozen or fresh peas
- 1 cup of gherkins, chopped into cubes
- ½ tsp salt

MAYONNAISE:

- 150 gr silken tofu
- 1 tbsp lemon juice
- 1.5 tbsp olive oil
- 1 tbsp grapeseed oil or other non-fragrant oil
- ½ tbsp nutritional yeast flakes
- ½ tsp dijon mustard
- 1 small handful dill, chopped
- Salt to taste



INSTRUCTIONS

1. Place the potatoes with skins in a saucepan and top with cold water. It should more than cover the potatoes as you will need some extra water in there to add the carrots in as well.
2. Start cooking the potatoes on a medium to high heat. Add the whole carrots in 5 minutes into the cooking time. Cook altogether for 20 minutes or until you can put a knife or a skewer through one of the potatoes easily. You don't want them too soft though as you will be cutting them into cubes.
3. Once the potatoes and carrots have finished cooking, rinse under cold water to stop the cooking process and so you don't burn yourself when you are cutting the vegetables.
4. Peel the potatoes and cut into small cubes. This should make around 2 cups. Place in a bowl.
5. Peel the carrots if they have a thick skin and cut them into cubes. They should also make around 2 cups. Add to the bowl.
6. Bring water to the boil in a saucepan and place the fresh or frozen peas in and cook for around 2-3 minutes. Drain and add to the bowl.
7. Set aside until the ingredients have completely cooled. You can place in it in the fridge to speed up the process.
8. Chop the gherkins into small squares and add to the bowl. Add the salt and mix well.
9. For the mayonnaise, place all ingredients in a blender or small food processor and blend until you get a silky smooth consistency.
10. Mix the mayonnaise through the vegetables.
11. Sprinkle with dill (optional if you have any left over).
12. Serve cold.
13. It can stay in the fridge for up to 3-4 days.

Raw Vegan Zesty Lemon Slice

Makes 8 slices

By Masa Ofei - The Minimalist Vegan



Visit Maša's website The Minimalist Vegan to discover more recipes and her other resources. You can also follow her on [Facebook](#), [Instagram](#) and [Pinterest](#).

INGREDIENTS

BASE:

- 2 cups of any nut besides cashews (I used almonds and walnuts)
- ½ cup shredded coconut
- 5 medjool dates pitted or ¼ cup maple syrup

TOPPING:

- 2 cups cashews (soaked for 2 hours)
- 1 can of coconut cream (400ml)
- Zest and juice of 2 lemons (leave some zest aside for sprinkling over the top)
- ⅓ cup maple syrup
- 2 tbs melted coconut oil
- ¼ tsp vanilla extract
- A pinch of turmeric powder for colour (optional)

INSTRUCTIONS

1. For the base, line a 16cmx25cm (approximately) baking dish with baking paper.
2. Blend the base ingredients in a food processor until it's slightly crumbly but still sticks together.
3. Press the base mix on the bottom of the lined being tray evenly and set aside.
4. Blend all ingredients in a food processor or high speed blender until smooth. Make sure that it's super smooth.
5. Pour the topping over the base and sprinkle some lemon zest over the top. Set aside in the fridge for around 3 hours or until you can touch the top and it's set. If you want it firmer, you can freeze it for 30 minutes before serving.