

ONE BITE

onebitevegan.com

Vegan Magazine

Nov/Dec 2019

20 FESTIVE RECIPES
for **THANKSGIVING**
& **CHRISTMAS**

STAYING HEALTHY
OVER THE HOLIDAYS
with a *plant-based diet*

WIN A COPY OF VEGAN HOLIDAY COOKING

+ RECIPES

ONE EZ TOFU PRESS
TO GIVE AWAY

WIN ARTISANAL CHOCOLATE from XOCOLATL SMALL BATCH CHOCOLATE

VEGAN EATS & DRINKS
for your New Year Party

NOT ONE, BUT TWO
»» **READER GIVEAWAYS!** ««

Vegan Food Blogger

IN THE SPOTLIGHT!



In this issue, we meet Tadj Ferko from the vegan blog [My Minimalist Vegan](#) to find out a little more behind her food philosophy and what inspires her way of life and recipe creation.

What's your vegan story? *I had been vegetarian for over 10 years before making the switch to veganism. I transitioned very slowly and gradually, taking my time to learn about what my body really needs and wants. This is something I still recommend to everyone!*

What inspired you to start a vegan food blog? *I was so excited about my journey to veganism and really wanted to document every step of the way, grow my own little vegan community and share all my latest food discoveries.*

What makes your blog stand out from the crowd? *My food photography and my no-judge attitude. Yes, I am vegan, but I'm not here to judge anyone that isn't (fully) vegan. All I want to do is share the food I'm so excited about and hopefully inspire people to eat more plants along the way.*

Where do you get your ideas for recipes? *Oh I'm absolutely obsessed with food and think about it almost constantly. Some of my recipes are inspired by my mum's baking (she's an amazing baker!), some by dishes I tried out in restaurants and some just come up when I let myself go wild in the kitchen!*



What's the most popular recipe on your blog? *It's an oldie but goldie – my vegan chocolate & coconut mousse.*

Do you read any other vegan food blogs? *Which ones are your favorites? Absolutely! I'm currently obsessed with [Cupful of Kale](#)! I also LOVE [@alicepipr](#), [@shivanilf](#) and [@littleblogofvegan](#) on Instagram.*

If you were stuck on a desert island, which one vegan dish would you choose to have? *I'd probably make my full English breakfast. It feels like cheating just a little bit, because it's got a bit of everything – scrambled tofu, sausages, roasted tomatoes, chickpeas, steamed kale and even toast. And if that's not allowed, I would just go for vegan pizza!*

What do you hope to achieve with your blog for the future? *I'm very eager to publish a cookbook!*

What advice would you give others who would like to start a vegan food blog? *Make sure you're doing it because you genuinely enjoy every part of the journey and not just for the numbers!*

Which two recipes would you like to share with us? And why have you chosen them? *I've chosen my chocolate chip cookies because they're one of my most popular recipes and super beginner-friendly! I also chose my delicious creamy vegan pasta, because I think everyone needs to try it out!*

The Best Vegan Chocolate Chip Cookies

By Tadj Ferko

SERVES:

8-9 large cookies

PREP TIME:

10 minutes

COOKING TIME:

9 minutes

INGREDIENTS

- 1 and ¼ cup white flour
- ½ cup vegan butter
- ⅓ cup white sugar
- ⅓ cup brown sugar
- 1 tsp baking soda
- ½ tsp salt
- ½ tsp vanilla essence
- 100g of dark chocolate chips or cut up chunks of dark chocolate
- 1 tbsp ground flaxseed + 3 tbsp warm water (vegan 'flaxseed' egg)

INSTRUCTIONS

1. Make the flaxseed egg (by mixing ground flaxseed and warm water). Set aside.
2. Mix the butter and sugar (no need to melt the butter, just grab a whisk and mix until completely smooth).
3. Add the flaxseed egg and vanilla essence.
4. Sieve the dry ingredients (flour, baking soda and salt) together. Make sure all the dry ingredients are sieved and mixed well before adding them to the mixture. This will ensure even distribution of the baking soda.
5. Add all your dry ingredients to your mixture.
6. Fold in the chocolate chips, mix well and form cookies (8 to 9).
7. Bake for 9 minutes at 180°C (356°F) – fan oven setting.

Creamy Vegan Pasta

By Tadj Ferko

SERVES:
2

PREP TIME:
10 Minutes

COOKING TIME:
20 Minutes

INGREDIENTS

- 350g silken tofu
- 1 cup fresh basil
- 2 cups fresh spinach
- 2 tbsp nutritional yeast
- ½ cup roasted pine nuts
- ½ cup salad cress
- Optional: water or unsweetened almond milk
- Seasoning: garlic, salt, black pepper, paprika
- 200g whole-grain spaghetti

DIRECTIONS

1. Press out all the water from the tofu and crumble it up.
2. Heat up a non-stick pan. Add the tofu. Mix and add seasoning – garlic, salt, black pepper and paprika.
3. Keep stirring until all the water evaporates (roughly 4 minutes)
4. Transfer tofu to a high-powered blender or food processor.
5. Add the basil, spinach and nutritional yeast.
6. Pulse until smooth, scraping off the sides if needed.
7. If the mixture is too thin and runny, add to the pan and heat up until more water evaporates.
8. Roast a handful of pine nuts in a non-stick pan.
9. In the meantime, cook your whole-grain spaghetti.
10. When your pasta is cooked, add the smooth sauce and stir well.
11. Serve with pine nuts and a handful of salad cress.

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