

# ONE BITE

onebitevegan.com

Vegan Magazine

Jan / Feb 2020

VEGAN DETOX RECIPES  
to RECOVER YOUR HEALTH

THE BEST VEGAN FOOD

» in Malawi «

NEW YEAR, NEW YOU:

CREATING HEALTHY HABITS IN 2020

+ WFPB RECIPES

NOMINATE YOUR FAVORITE BLOGGER IN THE 2020 ONE BITE VEGAN FOOD BLOGGER AWARDS!

A VERY VEGAN VALENTINES:  
Sweet Treats for the One You Love

WIN A COPY of the 'WEEKNIGHT ONE POT VEGAN COOKING' COOKBOOK

# Vegan Food Blogger IN THE SPOTLIGHT!

*In this issue, we meet Jasmin Hackmann from the vegan blog [Ve Eat Cook Bake](#) 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?

**Jasmin Hackmann:** In around 2013/14, I started discussing a vegan diet with a dear work colleague, but I didn't act on it for about three years -moving, marriage, and kids kept holding me up.

Needless to say, we were already eating healthy; lots of fruits and vegetables. At least, I always thought that. When I had my second child in 2016 and my eldest started to eat what we were eating, I began to engage myself more and more with healthy eating.

I searched on the internet a lot, watched YouTube videos and films on Netflix. For me, it was important that I was giving my kids the best possible diet. And it became clear very quickly that we needed to change. I always had a strong pollen allergy in summer and often had migraines. After all of the research about a vegan diet, there was no going back for me. I didn't just want my kids to be eating healthy, but also that my husband and I were eating healthy to stay fit and healthy for our kids. So we began the change to a vegan diet. We tried more and more recipes. As a New Year's resolution, we decided to go fully vegan. Just a couple weeks later, I already noticed my migraines were gone and as Spring began knocking on the door, I noticed that I could be outside without any symptoms of my allergies. So simply for these reasons, I can't imagine eating any differently.

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

**JH:** I always liked scrolling through Pinterest and after I started creating recipes that would taste good for my family and I, I quickly realized that I wanted to collect them on a blog.

I wanted to show others that a vegan diet didn't mean complicated cooking or that one had to miss something; you can veganize classic and traditional dishes.

I started my blog in 2017 but I had to put it on hold for many months because we moved from Germany to the USA. With two little kids, I simply did not have enough time to give to the blog. When my kids were a little bit bigger and I had a little more time, I began regularly posting online.

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

**JH:** My blog is mix of German and American recipes. I always let something a little German fall into my recipes. I create recipes that are not just made from green salad, but recipes that everyone will love to indulge in. I try to make many traditional recipes healthier by removing oil or refined sugar, and baking with whole-grains.

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

**JH:** I try to create recipes that my readers will like. My mailing list helps me greatly with getting ideas from my readers. They'll tell me what they miss and what other recipes they would like to see on my blog.

I try to integrate a few recipes that my family wants and which taste good to us. When I make my weekly meal plan, I always ask my children what they would like to eat. Often they'll tell me things like potatoes, beans, or spinach. From that I'll create a recipe that I think will taste good for my whole family. And when the dish tastes really good, then it will find a place on my blog.

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

**JH:** The most popular recipe on my blog is [Blackberry Poppyseed crumb cake](#). My readers love it just as much as my family.

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

**JH:** I have many food blogs that I follow on Instagram and Pinterest and whose recipes I love. I have many favorites that I find delicious and create great recipes. It's difficult for me to pick a favorite. Ela von elavegan.com helped me at the beginning. Other vegan food blogs that I love are [thecuriouschickpea.com](#), [cupfullofkale.com](#), [monkeyandmekitchenadventures.com](#). I could really add many more here. I share many of my favorite posts and blogs on my Facebook page [@veeatcookbake](#)

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

I really have to pick just one!? I think I take a big pot of my favorite dish; potato soup with waffles. I loved this dish as a kid and still love it today. But really, there would be some fruit and coconuts on the island, right?

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

**JH:** My dream is that I am able to help more people to eat plant-based and that I can one day publish a cookbook that can help people transition to a vegan / plant-based diet.

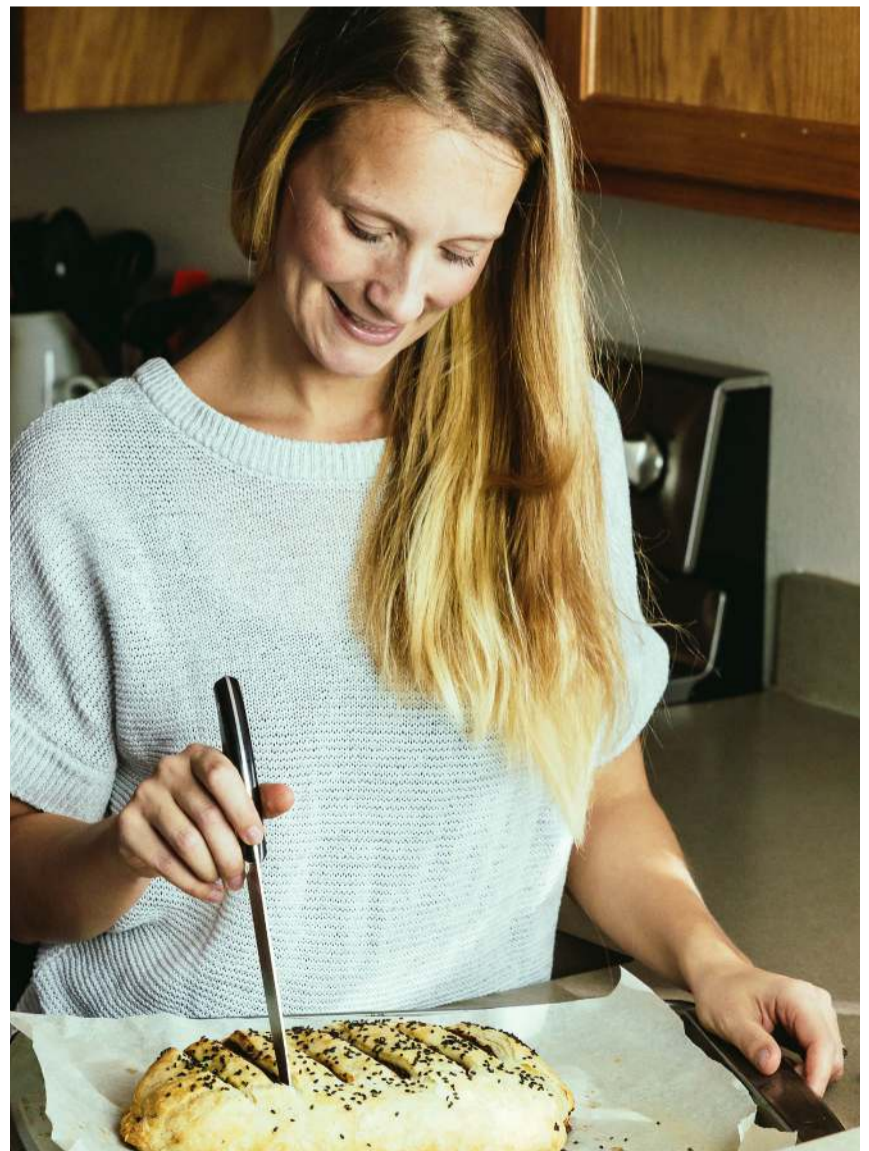
**OBV: What advice would you give others who would like to start a vegan food blog?**

**JH:** Just start your blog without thinking too much about it. In the beginning, I had no idea what I was doing and with time, one begins to get comfortable with the work. I am always learning, especially by doing. If you have a dream to have a food blog, then you should simply start with it and with time you will find your place and exactly what you would like to do.

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

**JH:** I absolutely want to share with you my ultra-creamy [New York cheesecake](#). When I prepare this dish, I always feel like I want to eat the whole cake by myself, because it tastes so good.

The second recipe would be my [vegan Feta cheese](#). When we have this at home it gets eaten very quickly. The cheese is crumbly like the original, and this Feta tastes unbelievably tangy. It's a must for those who miss Feta.



# Easy Baked Vegan New York Cheesecake with Chunky Strawberry Sauce

An easy baked recipe for one of the best vegan versions of an original New York style cheesecake with a cashew, yogurt and coconut cream filling. It's ultra-creamy without sour cream and cream cheese and is topped with a homemade chunky strawberry sauce made with fresh or frozen strawberries.

## INGREDIENTS

### 9 " -10" CRUST:

- ¾ cup wholemeal spelt flour (or wheat or gluten-free mix)
- ¾ cup almond flour
- 2 tablespoons potato starch
- 2-3 tbsp coconut sugar (depending on how sweet you want it)
- ½ teaspoon cinnamon
- 5-7 tablespoons almond butter

### FOR THE FILLING:

- 600 g of plant-based yoghurt; use a creamy one such as soy or almond.
- 200 g cashew nuts, soaked
- 1 cup full-fat coconut cream (firm part of coconut milk, kept in the refrigerator for at least 24 hours)
- ¾ cup of raw cane sugar or other sweetener like maple syrup
- 2 teaspoons of pure vanilla extract
- 3 tablespoons cornstarch
- 2 pinch turmeric powder
- 1 tbsp lemon juice
- 1 tsp lemon zest
- 3 tablespoons flour (spelt or wheat)

### FOR THE FRESH STRAWBERRY SAUCE:

- 1 ½ cups fresh strawberries, diced
- ¼ cup maple syrup
- 1 small lemon, zest

## INSTRUCTIONS

### FOR THE DOUGH:

1. Add the dry ingredients to a Food Processor and mix. Add the liquid ingredients and mix until a homogeneous dough is formed.
2. Now press this into the baking pan lined with baking paper. Do not put the dough up the sides, just cover the bottom with the dough.

### FOR THE FILLING:

3. Add all the ingredients to a high speed blender and blend until a thick cream is made without lumps.
4. Line the outside of the baking pan with aluminium foil. We bake this in a water bath and the foil prevents water from touching the cake. With this method you won't get cracks in the cream.
5. Now fill a casserole dish with water so that the cake pan is half covered with water.
6. Put this in the preheated oven at 160 Celsius / 325 F for about 1 hour and 15 minutes. Turn off the oven and let the cake stand in the oven for another 45 minutes.
7. Then you can let it cool down and put it in the fridge for at least 4 hours or overnight so the cream is nice and firm and does not melt away when cutting.

### SAUCE:

1. For the sauce, cut the strawberries in pieces and add the remaining ingredients to a pot on a medium heat. Leave this for about 10 minutes and let the strawberries briefly boil. Then the sauce is done. Let it cool and leave it in the fridge until serving.

# Vegan Feta Cheese

This recipe allows you to create an authentic feta cheese that is not only tangy and salty, but also crumbly like the real thing. Thanks to the mix of tofu and soybeans, you get an incredible vegan feta cheese so you won't miss the original. You do not have to marinate this vegan tofu in oil like other recipes call for.

## INGREDIENTS

- 1 cup (200g) boiled and roughly peeled soybeans
- Enough water to cover the soybeans
- 1.5 teaspoons sea salt
- 5 oz (140g) tofu, firm (a bit less than half a tofu block)
- 2/3 cup (150 ml) almond milk or other type of plant milk
- 2 teaspoons of kappa carrageenan or agar agar
- 1/2 - 1 teaspoon of lactic acid powder or 2 tablespoons of lemon juice
- 1 tsp salt
- 2/3 cup 150 ml melted refined coconut oil or
- for an oil-free version: coconut butter or coconut cream\*
- 1/2 - 1 teaspoon white miso paste

## INSTRUCTIONS

1. Two days before you make the feta, soak the soybeans. I soak them in the morning and cook them in the evening.
2. Peel the soybeans in the evening. I put them in plenty of water and squeeze the soybeans by hand so the skins come off easily and float on top of the water. Simply scoop them off. You do not have to get all shells.
3. Then cook the soybeans until they are tender - at first they foam quite a bit.
4. Now cover the soybeans with water and add 1.5 teaspoons of salt and refrigerate for the next two days.
5. Two days later you can start with the feta.
6. Add all the ingredients except the almond milk and the gelling agent (kappa or agar agar) to a blender. Blend until super creamy. When you try it you will notice the feta cheese-like taste.
7. Put the almond milk and kappa/ agar into a pot and let it boil while constantly stirring. Add the milk to the remaining ingredients and blend well.
8. You can taste again to see if the taste is good enough for you. Possibly, add a little salt or miso paste.
9. Now put the cream in a mold and put in the fridge for at least 12 hours. I usually do it in the evening, so the feta can firm up overnight.

### NOTES

- \* You may notice a hint of coconut. After a several hours it should be okay.

Visit Jasmin's website [Ve Eat Cook Bake](http://VeEatCookBake.com) to discover more recipes and her other resources. You can also follow her on [Facebook](#), [Instagram](#), [Pinterest](#) and [YouTube](#).