

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

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

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

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

TIME TO DETOX!

Feeling a bit sluggish after the holidays? You're probably not the only one! January is a very common time for us all to want to make some dietary and lifestyle changes. So take some inspiration from this wonderful collection of healthy, detox recipes.

PINK GRAPEFRUIT BOWL

By Nicole - When Sweet Becomes Healthy

Full of citrus-y goodness, these Grapefruit bowls are super tasty! Admittedly, you have to like grapefruit to appreciate this Pink Grapefruit Bowl but paired with the sweetness of bananas, it makes a tangy – sweet, super fresh morning kick starter.

INGREDIENTS

- 1 big grapefruit
- 3 bananas
- ¼ cup coconut milk (or any plant-based milk)
- ½ tsp of real ground vanilla
- ¼ tsp of your fav superfood/adaptogenic powders: I added lucuma & reishi
- decoration: edible flower buds, raw chocolate, slice of grapefruit

INSTRUCTIONS

1. Peel the grapefruit and also slice the white skin off the grapefruit so you are only adding the pink flesh to your blender together with the bananas, coconut milk and vanilla.
2. Blend until smooth and fill into 2 bowls.
3. Top with chocolate, flowers, nuts and more grapefruit!
4. Enjoy!



Nicole

Nicole is the content creator and photographer behind whensweetbecomeshealthy.com. She puts a huge emphasis on nutrition when coming up with recipes and aims to show her followers that healthy desserts can nourish your body and taste even better than highly processed sweets.

Visit her website: whensweetbecomeshealthy.com

Facebook Instagram Pinterest

Sugar-Free Clean Cinnamon Matcha

By Nicole - When Sweet Becomes Healthy

Loaded with fiber, antioxidants, and potassium, this creamy breakfast drink will keep you feeling full and energized! And not to mention, it tastes amazing!

INGREDIENTS

- 3 dates
- 1 tsp cinnamon
- 1 tsp good quality matcha
- ¼ tsp wheatgrass powder
- ¼ tsp turmeric
- ¾ cup water
- 1 cup oat milk



Nicole —

Nicole is the content creator and photographer behind whensweetbecomeshealthy.com. She puts a huge emphasis on nutrition when coming up with recipes and aims to show her followers that healthy desserts can nourish your body and taste even better than highly processed sweets.

Visit her website: whensweetbecomeshealthy.com

Facebook Instagram Pinterest

INSTRUCTIONS

1. Add all ingredients into your high speed blender and blend away for a minute until it starts to become frothy on top.
2. Pour into your favorite glass and enjoy for a perfect start into the day.