

ONE BITE

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Vegan Magazine

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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

PINK BEET PANCAKES

By Rosa - This Healthy Kitchen

It's the month of love! Valentine's Day, combined with my love for pancakes is how these amazingly beautiful beet pancakes were born! Not only are these visually appetizing, but they taste great too. They are naturally sweetened using beets and maple syrup, making them refined sugar free.

INGREDIENTS

- 2 small beets peeled & cut into small wedges
- 1 cup quick cooking steel cut oats or rolled oats
- 2 tbsp ground flax seeds
- 1 tsp pure vanilla extract
- 2 tbsp maple syrup
- 1 tsp of baking powder
- 1 $\frac{3}{4}$ cup unsweetened almond milk or plant milk of choice

INSTRUCTIONS

1. Add you cut beets to a small sauce pan covered in water and bring to a boil over high heat. Cook your beets until fork tender, about 20-30 minutes, depending on how small you cut your beets.
2. Drain your beets and add them to your blender along with all remaining ingredients and process on high until puréed and smooth.
3. Preheat your nonstick griddle to ensure it is hot before cooking your pancakes. Once hot, pour the batter directly from your blender spout onto your hot surface to make your pancakes approx 4" in diameter. (Grease your griddle if necessary.) Cook for 3-5 minutes, until bubbly on top and golden around the edges. Then flip and cook an additional 3-5 minutes until cooked through.
4. Enjoy with maple syrup, unsweetened shredded coconut, dark chocolate chips, or fresh fruit.



Rosa —

Rosa is the recipe developer behind thishealthykitchen.com. Her website is a platform for her to share her love of food and passion for healthy cooking. On her website, you'll find heaps of delicious vegan recipes that the whole family will absolutely love.

Website: thishealthykitchen.com

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Beet Hummus

By Rosa - This Healthy Kitchen

The absolute best appetizer to bring to your next potluck! Not only is this beet hummus beautiful in color and texture, but the flavor cannot be beat. Ha, see what I did there?

INGREDIENTS

- 2 small beets peeled & quartered
- 1 15 oz can chickpeas drained & rinsed
- 2 cloves garlic peeled
- 2 tbsp olive oil or water if avoiding oil
- 2 tbsp balsamic vinegar
- ¼ cup water
- 2 tbsp sesame seeds
- 2 tbsp lemon juice
- ½ tsp sea salt

INSTRUCTIONS

1. Add the beets to a small sauce pan covered in water and bring to a boil, cooking until fork tender, approx. 20 minutes.
2. Add the beets and all remaining ingredients to a food processor, and process until combined, stopping to scrape down sides as needed.
3. Serve with pita, veggies, or crackers, enjoy!



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