

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

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

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

+ WFPB RECIPES

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

REAL FOOD = GOOD HEALTH

Wondering what exactly you can eat on a Whole Food Plant Based Diet? Here our amazing vegan food blogger contributors share their favorite healthy, quick and delicious recipes to get you on your way!

PEA AND VEGETABLE SOUP - *Creamy And Vegan*

By Tajda - My Vegan Minimalist

Super quick pea and vegetable soup for lazy cooks all around the world! This vibrant green pea soup is healthy, easy, creamy and so delicious!

INGREDIENTS

- ½ tbsp sesame oil
- 1.5 cup of frozen peas
- 2 white onions
- 4 garlic cloves
- 2 medium-sized white potatoes
- 4 stalks of celery
- 600 ml vegetable stock
- Optional: soy cream, roasted cashew nuts
- Seasoning: black pepper, salt, garlic powder, onion powder, chives, herbes de provence

INSTRUCTIONS

1. Heat sesame oil in a pan.
2. Add diced onion and garlic.
3. Fry gently for 5 minutes.
4. Add diced celery, potatoes and peas.
5. Fry gently for a few minutes, then add vegetable stock and bring to boil.
6. Add all your seasoning – be generous.
7. Simmer for 15-20 minutes, until all the vegetables are soft.
8. Blend with hand mixer until smooth.
9. Serve with soy cream, roasted cashew nuts and an extra sprinkle of black pepper.



Tajda —

Tajda is the photographer and recipe developer behind myveganminimalist.com. She loves sharing her recipes and photos with her followers; her blog is full of delicious vegan recipes that will inspire and excite anyone!

Website: myveganminimalist.com

Facebook Pinterest Instagram

Rainbow Quinoa Salad with Carrot and Cabbage

By Tajda - My Vegan Minimalist

This delicious rainbow quinoa salad can be put together in less than 20 minutes. It's so easy that all you need to do is simply grate the base ingredients and whisk up the dressing. It's not only delicious, but also super healthy and slightly addictive!

INGREDIENTS

FOR THE SALAD:

- ½ cup of quinoa (I used mixed white, red and black quinoa)
- 3 medium-sized carrots
- ½ red cabbage
- ½ red onion
- A handful of salad cress
- ¼ cup pine nuts

FOR THE SAUCE:

- 2 tablespoons soy sauce
- ¼ cup unsalted peanut butter
- 3 tablespoons sugar (or other brown sugar)
- 1 small lime
- A generous pinch of salt
- A pinch of cayenne pepper
- + water

INSTRUCTIONS

1. Cook quinoa according to instructions given on the packet. Do not overcook.
2. In the meantime, roast pine nuts (no oil) in a non-stick pan. Be careful not to burn them. Let cool.
3. Grate carrots, cabbage and dice the onion. Mix and sprinkle with salad cress.
4. Add pine nuts.

FOR THE SAUCE:

1. Mix peanut butter and soy sauce.
2. Add salt, cayenne pepper, sugar, lime and whisk well. Pour warm water very slowly over your sauce mixture until desired consistency. It should be easily poured and warm beige in color.
3. Drizzle peanut butter dressing/sauce over your salad and serve.



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Vegan Red Pepper Pasta

(Creamy and Healthy)

By Tajda - My Vegan Minimalist

Simper and super quick vegan red pepper pasta. Creamy, packed with nutrients and so easy you could make it with your kids. It keeps well in the refrigerator, making it the perfect meal prep option.

INSTRUCTIONS

1. Rinse grilled peppers and add to a pan.
2. Add nutritional yeast, peanut butter, almond milk and seasoning (salt, pepper, garlic).
3. Then, simply whiz using a hand blender or transform to a blender and blend until smooth.
4. Heat the blended pepper sauce on medium heat for 3-5 minutes just until it starts to bubble.
5. In another large pan, bring salted water to the boil and cook your favorite pasta.
6. Pour hot sauce over your boiled pasta and enjoy!
7. Serve with fresh chives or basil, sesame seeds and a sprinkle of vegan cheese.

INGREDIENTS

- 2 jars of grilled red pepper (1 jar = 280g or 170g drained weight)
- A generous pinch of salt and pepper
- ½ teaspoon garlic powder
- 3 tbsp nutritional yeast
- 1 heaped tablespoon peanut butter
- ½ cup unsweetened almond milk
- 2 servings of your favorite pasta



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