

Vegan Recipes

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Recipes

Rhubarb crumble with blueberries

- Serves 4 people

Ingredients

- 70 grams flour
- 35 grams sugar
- 150 grams blueberries
- 2 tablespoons of maple syrup
- 70 grams oatmeal
- 60 grams of coconut oil or soy butter
- 400 grams of rhubarb
- 2 tablespoons water

Preparation

1. Mix all dry ingredients with some of the coconut oil or soy butter.
2. Cook the blueberries and rhubarb with maple syrup till the rhubarb softens
3. Put it all in a pan and bake it in the oven for 20-25 minutes at 180° and enjoy!



Vegan cookies

Ingredients

- 150 grams oatmeal
- 1 teaspoon cinnamon
- Pinch of salt
- 35 gram coconut sugar
- 45 gram rasped apple
- 40 gram butter
- 1 teaspoon baking powder

Preparation

Preheat the oven at 180°, have a baking sheet ready.

Put all the ingredients into a mixing bowl, knead it till it's a homogeneous mixture.

Afterwards, let them cool off and enjoy!

If the mixture sticks, place it in the fridge for an hour. If it's a bit too dry, do a bit of apple puree in it.

Make some cookie shapes and place it in the oven and let it bake for 15 minutes.



Vegan cupcakes

- 20 servings

Ingredients

- 200 grams of sugar
- 150 grams baking flour
- 40 grams cocoa powder
- 250 ml soy milk
- 120 ml plant-based oil
- 1 tablespoon apple cider vinegar
- 1 teaspoon baking powder, soda and vanilla extract
- Half a teaspoon of salt

Preparation

1. Mix the milk and vinegar till it forms clumps
2. Mix the flour, cocoa powder, baking powder, soda and salt in a bowl.
3. Add the sugar, oil and vanilla extract to the milk-vinegar mixture, and mix.
4. Add the dry and wet ingredients, and prepare some moulds and bake it for 20-25 minutes at 175° and enjoy!

Vegan noodles with crunchy tofu

Ingredients

- 400 grams of tofu
- 1 tablespoon of plant-based oil
- 1 onion,
- 3 cloves of garlic,
- 1 tablespoon of plant-based oil,
- one whole red paprika,
- 75 grams of broccoli,
- 100 grams of sugar snaps,
- half an eggplant
- 300 grams of vegan noodles.

Preparation

First, for the crunchy tofu, make sure it's dry before cooking and cut it in big blocks.

Afterwards, heat the oil up in a wok pan and bake the tofu in it until it's brown and crunchy.

Cut the onion into however big pieces you prefer, and slice the garlic into little sheets. Heat up a wok pan till medium-high and add the oil. Cook the onion for 7-8 minutes and add the garlic. Cut the rest of the vegetables in however big pieces you'd like, and add them to the pan.

Cook everything for 3-4 minutes.

Add the noodles and keep stirring and for a good minute. Add the crunchy tofu and serve!

Carrot soup with coconut yoghurt

- Serves 4 people

Ingredients

- 750 grams winter carrots
- 800 ml water
- 2 bouillon tablets
- 4 tablespoons of ginger syrup and coconut yoghurt
- 2 tablespoons of pecans
- 5 grams of fresh parsley
- 1 lime

Preparation

1. Peel and cut the carrots into 2cm pieces, put it in a cooking pot with water and the bouillon and cook it for 10 minutes on a low fire. After 10 mins, take it off the fire and blend it.
2. Cut the parsley and pecan nuts, and put it aside with the yoghurt. Grate the lime peel and cut the fruit into little bits.
3. Serve your soup, with some of the yoghurt, nuts, parsley and lime and enjoy!