

A pair of hands with light skin and short, clean nails are gently cupping a large, vibrant green lettuce leaf. The hands are positioned in the lower half of the frame, with fingers interlaced to support the leaf. The background is a solid, textured teal color. A semi-transparent, light blue circular graphic is centered behind the text.

Our Daily meals

HOMEMADE VEGAN RECIPES FROM OUR KITCHEN

CREATED BY ELLEN & JULIA

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Our story 3

Tips 4

Recipes 5

BLUEBERRY SMOOTHIE.....	6
HUMMUS SALAD TORTIZZA.....	8
QUICK FALAFEL PITA.....	10
COLOURFUL BUDDHA BOWL.....	12
BROWNIE BITES.....	14

Thank you 15

Our story

I remember that when I was little, I was always so scared during Christmas time. There is a Dutch Christmas song about a rabbit that gets eaten and for most people this was (and still is) a really funny song. For me this was the saddest song I ever heard. I spend the nights before Christmas crying and afraid that some scary person would come and take my stuffed bunny rabbit and eat it. And so, every Christmas I was sad because in our culture eating a rabbit for Christmas is very normal. For me it seemed and felt just so wrong. I promised myself that I would never eat rabbit and I believe this promise opened up a whole other way of looking at the food I ate. I became a vegetarian when I was 9 and from that moment my parents have been very supportive of my choice not to eat meat anymore.

My main reason for not eating meat is and has always been mostly ethical. There are however plenty of other reasons that I and other people eat vegan (or plant-based). Overall ethical, health and environmental are the most common reasons for choosing this lifestyle. For Julia, the thought of becoming vegetarian or vegan seemed not even an option for many years. But when she learned about the environmental damage animal agriculture is having on our planet and got to know more about the power of plants in our health, she turned her world around and is not looking back! It doesn't matter whether your reason is ethical like me, health because you want to be happy and comfortable in your own skin or environmental because you care about the future of our planet and the next generation.

This e-book is a little introduction into what we eat in a day. You might be a vegan, vegetarian, interested in the lifestyle or just looking for some delicious, healthy food. I hope that this small book and our website helps you cook some delicious meals. If you are new here and you have never cooked plantbased before it might seem challenging to think of something, but it is actually not that different from a traditional diet. We just tend to eat a lot more nuts, seeds, beans and vegetables. Just keep on reading and you might be surprised that it is actually not that difficult to eat vegan for a day.

And just to make it clear; you do not have to change your eating habits. As much as we want the food industry to make a change and as much as I think veganism is good for your body and soul, every person, just like me when I was 9 years old, is allowed to make their own choices. I hope that you receive the same respect and love that we received for the choices you make.

With love,
Ellen & Julia

Tips

Don't just eat salads

Don't get me wrong, I love salads! But a lot of people think plant-based and vegan eating means that it is the only thing you can eat. Try to see how you can change the things you love to cook into something without animal products, you might be surprised that it is totally possible to make your favorite dish vegan. And if everything else fails, we love to look at Pinterest for endless inspiration.

Built habits, but start slow!

Most people can't go from 0% to 100%. It takes time for habits to develop and suddenly changing your entire routine can be stressful and might stop you from trying it again. Try to pick one habit to start with, maybe eat vegan for 30 days or stop eating sweets, eat a healthy breakfast, to start waking up earlier. Built this habit for the next 30 days and continue doing it if it feels good.

Make a shopping list

This might be a strange tip, but it is one that has helped me through a lot of hungry moments in the grocery store. You might have heard it before but never go shopping hungry. decide on what you want to cook, so it can help you not to buy processed and ready-to-eat meals but also stop you from buying way too much and standing in the supermarket with no idea what to get.

Listen to yourself

There might be some people who will judge you and your choices, but in the end you are doing what feels right for you. We don't agree on everything, but we listen to each other and other people's opinions with an open mind and then decide what feels right for us (but don't forget to educate yourself as well).

Stay positive

It is so easy to see the negative and blame ourselves for something. We can be so hard on ourselves, so don't forget to give yourself some love and appreciation too.. Love yourself and focus on all the good things you do! Did you just spend a whole day eating healthy, but indulging in some chips in the evening? Amazing! You spend so much of your day being healthy and eating well! Just remember it is all about small steps.



Blueberry smoothie

The first time I ever tried a smoothie it was an instant love connection. I think I got the most basic combination of strawberry and banana and I was in love. I saved up my pocket money just so I could buy myself a blender which opened a whole new world of combinations. For me a breakfast smoothie is something that I can easily throw together, but I do want it to be filling enough to last me the entire morning. That is why I add nut butter and almond milk to make it extra filling.

For 1

Ingredients

1 banana
70 gram blueberries (frozen or fresh)
1/2 tbsp nut butter*
1 tsp spirulina*
1 tsp cinnamon
1 cup almond milk

Blend all ingredients together and enjoy.

* You can substitute the spirulina by adding a handful of spinach and the nut butter by adding a couple of nuts



Hummus salad Tortizza

One of the things I started craving when I became vegan was pizza. It used to be my to-go-meal when I came home late on Fridays after school or work with the feeling of absolutely not wanting to cook or grocery shop. Well, that changed when I became vegan. Suddenly I couldn't order my favorite cheesy pizza anymore. Over time I got better at creating homemade vegan pizza, but because they are still somewhat time consuming, I was on the lookout for something easier. A tortizza! You use a tortilla wrap as the bottom and proceed the same way as making a pizza. So much faster and such an easy lunch dish as well. This version uses hummus instead of tomato sauce and is topped with avocado and seeds, my favorite!

For 1

Ingredients

- 1 tortilla
- 2-3 tbsp hummus
- ½ bell pepper, sliced
- 3-4 sundried tomatoes, cut in half
- 1 large handful lettuce
- ½ avocado, sliced
- 1 tbsp mixed seeds

Preheat the oven to 200 degrees Celsius (390F).

Spread a thick layer of hummus over the tortilla. Add the bell pepper slices and sundried tomatoes. Bake in the oven for 5-8 minutes or until the bell pepper is soft.

Top the tortizza with lettuce, avocado slices and mixed seeds.



Quick falafel pita

For 2

Preheat the oven to 200 degrees Celsius (390F). Add all the ingredients for the falafel (except the flour) to a food processor and pulse until combined. You can add a splash of water to help the process along. The mixture should stick together when holding between your fingers.

Add the flour (one spoon at a time) until you can form balls from the mixture. Form all of it in balls and place on a baking tray. Bake the falafel for 25-30 minutes until golden brown. Meanwhile pan fry the aubergine until soft and golden, use the olive oil if preferred.

While they are baking, add the red cabbage strips to a bowl and add the vinegar and season with salt & pepper.

For the tahini dressing: mix the tahin with the lemon juice, salt and pepper and add water to the mix until desired consistency.

When the falafel and aubergine are done, heat the pita bread in a bread toaster. Fill it with layers of red cabbage slaw, roasted aubergine, falafel and tahini dressing.

Ingredients

for the quick falafel:

- 1 can of chickpeas (drained 240g)
- 2 cloves of garlic
- ½ onion
- juice of half a lemon
- 1-2 tbsp flour
- 1 tsp of each: ground cumin, ground coriander, cayenne pepper

to fill the pita breads:

- 1 aubergine, sliced into 2 cm chunks
- ¼ of a red cabbage head, thinly sliced
- 1 tbsp apple cider vinegar
- 3 tbsp tahin
- juice of half a lemon
- 4-5 pita breads

Optional: 1 tbsp of olive oil

There is this street food place in Copenhagen where we used to hang out all summer. They serve amazing food in all the little food stalls but somehow we ended up at the same one every. single. time. It is a falafel place and they make our favorite falafel pita in Denmark, probably in the world? What we love about this pita is not just their amazing falafels, but it is the combination of roasted aubergine, red cabbage slaw and tahini dressing. I created it many times at home with oven-baked falafels, and it tastes almost as good.



Colourful Buddha bowl

One of the things I learned to make when I became a vegan was a buddha bowl. It is basically a one-bowl dish filled with a combination of grains, vegetables and protein. Buddha bowls can be made in any variation you can possibly think of and that is also the fun of it! I often make buddha bowls when I have some leftovers or sad looking vegetables lying around in my fridge. What I always keep in mind is that I have a whole grain or starch base (rice, quinoa, sweet potatoes etc.), some selection of vegetables (both raw and cooked) and a plant protein (beans, tofu, chickpeas, tempeh). This colourful version has both rice and sweet potato (because who are we kidding, carbs are life!) crispy cooked tofu and a delicious curry-tahini dressing to make it all come together.

For 2

Preheat the oven to 220 degrees Celsius (430F). Place the sweet potato wedges on a baking tray, season with salt and pepper and bake for 35-40 minutes until cooked and crunchy on the outside. Cook the rice according to the package. Set aside. For the curry sauce: mix the tahini with the lemon, maple and curry. Season with salt and pepper and add water until desired consistency. Cut the tofu in 1 cm cubes. Add to a pan and cook until crisp. Turn the heat to low. Add the maple syrup, garlic and soy sauce and stir regularly until all the sauce is absorbed. Meanwhile, add the broccoli to a pan with a little bit of water and put a lid on to steam. Steam for 4-5 minutes and add the red cabbage for another 2 minutes. Serve the rice with the vegetables, sweet potato fries, tofu and drizzle with the dressing, top with sesame seeds.

Ingredients

1 big sweet potato or two small ones, cut in wedges
150 g basmati rice
¼ of a medium red cabbage, sliced
½ broccoli, cut into chunks
200g tofu, cut into 1 cm pieces
2 tbsp maple syrup
3 tbsp soy sauce
1 clove of garlic, pressed

Curry sauce:

2 tbsp tahini
½ lemon or lime
2 tsp curry powder
1 tbsp maple syrup

Topping: sesame seeds



No bake brownie bites

There are these moments that I am craving something sweet. The annoying thing is that most store bought cakes and cookies aren't vegan. These no bake brownies are perfect at those times because they are quick to make (and you can snack on the dough while making them).

Ingredients

14 medjool dates (160 gram)
20 gram cacao powder
100 gram cashew

Use a food processor to blend the dates (without the pits) and the cacao powder. Add the cashews a little later for texture and blend until a ball starts forming. If nothing happens add just a tiny bit of water to help this process along. Line a square pan with parchment paper and press the date dough into it, place in the fridge for 15 minutes and cut into squares. Store in the fridge or eat right away.

* optional: instead of squares you can roll them into small balls for easy snacking!

Thank you!

Thank you for downloading this ebook and taking the time to read it. We hope that these recipes will inspire you to make even more tasty food.

If you want to share your creation don't forget to tag us (@kwiek_cph) on instagram so we can see it!