

Everyday vegan



Ellen
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ELLEN
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MARIE



Healthy
plant-based
cooking for
the entire family

Everyday vegan



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gluten-free



vegan

**KID
PROOF**

children love this!



naturally sweet

1 oz (= ounce) = 0,23 cups = 28 gr

1 fl. oz (= fluid ounce) = 0,13 cups = 30 ml

A pinch = 1/16 teaspoon

A dash = 6 ml

A teaspoon = 5 ml / 5 gr

A tablespoon = 15 ml / 15 gr

1 pint = 2 cups = 473 ml



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foreword

So here it is; my third cookbook! And it's the first on the English market! I deliberated for a long time how to go about this, and whether I even should publish another book at all. Because, as you know, there's an abundance of cookbooks and magazines out there, and the internet also bombards us with recipes and inspiration for healthy and energetic lifestyles.

So could my book even make any difference? But then I thought about how much I myself like to hold beautiful books in my hands, to leaf through them from time to time. How much I love to arrange my books by color (I know, crazy, right!?) and how I cherish my books as if they were gold nuggets. But because creating recipes, and styling and photographing them is my passion, it's almost as if the book created itself.

Eating vegetarian is on the rise; it's hip and trendy, and you're no longer considered a 'nerd' if you say you are vegan. Still, there's a lot of ignorance about the vegan lifestyle. Many people think the vegan diet only works for a specific group of people, or that it takes up too much time and that it's too difficult to even try. But science tells us eating vegetarian is our future and that only by removing animal products from our daily diets entirely, we can save our planet. Switching to a vegetarian diet requires some effort and motivation, but if you give yourself the time to gradually learn how to cook differently, you will see that vegan food is surprisingly tasty and varied! Once you take the plunge, there is no turning back. And if doing so also boosts your health, reduces animal suffering and saves the planet; how could it not make you happy, am I right?

I myself have found a good balance in a healthy (vegetarian) diet, regular exercise and taking good care of myself. And eating vegan just keeps getting easier and more habitual. It's as if I had never eaten any different. This past year I've compiled a whole bunch of recipes I would love to share with you! Simple, tasty, and healthy dishes that just make you feel good.

This book also includes a "14-day sugar-free challenge" because it is the perfect path towards consuming less unnecessary (refined) sugars, and makes you more aware of unhealthy ingredients in certain foods. It also aids you in making conscious decisions while grocery shopping because you are now aware of what is healthy and what is not.



So say goodbye to ready-made meals! Taking good care of yourself means not only eating well, but also getting some exercise done. With a few simple adjustments to your day-to-day life, you can already enjoy the advantages to your body and mind. Exercising regularly keeps you fit and stimulates your breathing and circulation. Good circulation prevents all kinds of problems, such as catching a cold, having cold hands and feet, slow digestion and fatigue.

Exercise also keeps your muscles and joints supple and strong. It lowers your cholesterol and blood sugar levels, helping prevent cardiovascular diseases, diabetes, and obesity.

Regular exercise also increases your mental health. It helps your body deal with fear and stress more efficiently. Being active reduces the stress hormone levels in your body and stimulates the production of endorphins.

People often use the excuse of not having enough time in order to avoid exercise. But exercising daily is so important that we should actually make time for it. A few small adjustments are enough to help us squeeze in some exercise. Go for a bike ride, use the stairs instead of the elevator, join in with the kids playing soccer or simply do ten burpees before every shower. It doesn't always have to be strenuous or time-consuming. As long as it lets your heart do some good pumping. Want to engage in a sport? Choose something you enjoy and that you keep doing long-term.

I wrote this book with a lot of love and based on my own experiences. My greatest incentive is to inspire as many people as I can to eat better, exercise regularly and care for our planet. And in doing so to feel better in body and mind. In other words: taking little steps towards a great change.

Enjoy!

Yours,

*Ellen
Charlotte
Marie*



PREP LIKE A PRO

Being well-prepared is one of the most important things about a healthy and balanced lifestyle.

It starts with a pantry (see “Pantry Essentials,” p. 12) fully stocked with the right ingredients!

Plant-based protein champions: almonds, avocado, black beans, broccoli, hummus (chickpeas), lentils, oats, peanut butter, pumpkin seeds, tempeh and tofu, spinach, mushrooms, cauliflower, kale, red cabbage, green bell peppers, hemp seeds, brown rice, walnuts, bean sprouts, and whole-wheat pasta.

Plant-based iron champions: soy, navy beans, green lentils, tofu, amaranth, chickpeas, edamame beans, peas, mushrooms, quinoa, spinach, red beets, whole-wheat bread, tahini (sesame seeds), parsley, chia seeds, kale, goji berries, potatoes, red bell peppers, sunflower seeds, and oranges.

Plant-based calcium champions: (dried) figs, rhubarb, broccoli, almonds, sesame seeds (tahini), flaxseeds, tofu, navy beans, butternut pumpkin, greens (spinach, kale...), raisins, dried apricots, chia seeds, and sweet potatoes.



*Arame: this is a good seaweed for beginners due to its sweetish flavor. After soaking it in water for 10 minutes you can stew or fry it in a wok. Yummy with a few drops of tamari (soy sauce) and sesame seeds.

These are some of my favorite dishes:

- ⦿ Cooked quinoa
- ⦿ Cooked bulgur
- ⦿ Cooked new potatoes
- ⦿ Cooked rice
- ⦿ Cooked beans
- ⦿ Cooked broccoli
- ⦿ Cooked cauliflower
- ⦿ Prepared arame*
- ⦿ Hummus
- ⦿ Veggie burgers (in the freezer or the fridge)
- ⦿ Lentil balls (in the freezer or the fridge)
- ⦿ Roasted chickpeas
- ⦿ Soup



- Egg rolls
- Sushi
- Chia pudding
- Granola
- Sweet snacks, such as: bliss balls, granola bars, healthy candy bars

Example day 1:

Breakfast: plant-based yogurt, fruit, granola (see pp. 35-36)

Lunch: toast with hummus, avocado and pine nuts

Snack: granola bar from the freezer

Dinner: veggie burgers with cooked quinoa, fresh salad and broccoli

Example day 2:

Breakfast: chia pudding with fruit and nut butter

Lunch: small salad with cold quinoa, avocado, cucumber, tomatoes and roasted chickpeas

Snack: piece of dark chocolate

Dinner: lentil balls with corn salad and steamed radicchio

Example day 3:

Breakfast: oatmeal with apple, cinnamon and almonds

Lunch: soup, bread with hummus and carrot strips

Snack: fig star (recipe pg. 120)

Dinner: pasta pesto with crunchy chickpeas (recipe pg. 86)

Example day 4:

Breakfast: toast with avocado

Lunch: sushi

Snack: toast with almond butter and apple slices

Dinner: beans with baked new potatoes, hummus and baked fermented tofu cubes (available in the cooling department at a health food store)

Example day 5:

Breakfast: green smoothie

Lunch: egg rolls

Snack: handful of nuts and blueberries

Dinner: toast with mushrooms

Pantry Essentials



This is a list of ingredients that I always have in stock. If your cupboard is full of healthy ingredients, it's much easier to cook and eat consciously. Of course, you don't need to go and buy everything (though who am I to stop you?!). With just a couple of ingredients per category, you already have enough to get going!





plant-based milk/cream

ALMOND MILK

Probably the most popular plant-based milk. Almond milk is creamy, sweet, and full of nutrients. It is also rich in antioxidants and omega-6 fatty acids and is low on calories. A first-class ingredient!

OAT MILK

Oat milk is nutritious milk made from oat grains, which boost the immune system and which are a good source of proteins and fiber. People with gluten intolerance should avoid oat milk.

HAZELNUT MILK

Hazelnut milk is rich in calcium and is delicious in recipes containing chocolate.

HEMP MILK

Hemp milk is an extremely healthy plant-based milk. It contains many essential minerals and vitamins. Due to its “earthy” taste, I use it only in savory dishes.

COCONUT MILK

Coconut milk is one of my favorites! This milk is rich in essential minerals, such as selenium, copper, and iron. Coconut milk contains few natural sugars and no fructose. It has a slightly lower calcium content than other plant-based milks.

COCONUT CREAM

Use coconut cream without added sugars and preservatives. I always have a couple of cans in my fridge!

RICE MILK

Rice milk is an ideal introduction to plant-based milks. I prefer the delicious combinations, such as rice-coconut and rice-almond milk.

SOY MILK AND SOY CREAM

Soy milk contains more proteins than dairy milk and is also rich in calcium. There are many contradictory claims about soy products and whether they’re healthy or not. I use only soy cream in savory dishes.



TIP
make sure you
always buy
unsweetened
milk.



flour

ALMOND FLOUR

Almond flour is made only from ground almonds and is easily digestible. Almond powder is its byproduct; it has less fat and is drier.

AMARANTH

Amaranth is a gluten-free grain from South America. It means “immortal.” The tiny grains are rich in protein, magnesium, phosphorus, potassium, zinc, and vitamins E and B.

BANANA FLOUR

Sweetish with a nutty flavor. Made from dried bananas.

BUCKWHEAT

Buckwheat is a herblike plant. It isn't a grain and is therefore gluten-free. It is full of nutrients. I use it, often mixed with spelt flour, in pancakes, waffles, and cake.

OATS

Oats are rich in vitamins, minerals, and antioxidants.

CORN FLOUR

The more finely ground variant of cornmeal (polenta). Made from dried corn kernels.

POLENTA

Polenta is an Italian ingredient derived from cornmeal. You can buy it in the supermarket.

SPELT

Spelt is light and has a nutty flavor. It's easily digestible and suitable for people with a wheat intolerance.

WHOLE-WHEAT FLOUR

Whole-wheat flour is made from the entire wheat grain. The nutrients in the whole grain are beneficial for good health. In particular, the high amount of fiber contributes to good bowel function and digestion and also to feeling satiated longer.

SWEET POTATO FLOUR

Flour made from dried sweet potatoes. Ideal for cakes and pancakes.



Good Morning

Start the day with hot water and lemon.

Every morning I drink a large glass of hot water with a few slices of squeezed lemon, a couple of pieces of ginger, a pinch of turmeric and some freshly ground pepper. Try it for a week and you'll probably get hooked! The fresh lemon flavor and the hot water are just what your mouth needs after waking up. But it also gets your digestion going and completes the body's natural detoxification. Furthermore, lemons contain vitamins B and C, calcium, iron, magnesium, potassium, enzymes, antioxidants, and fiber. Most of the vitamin C is in the peel, so grate a bit of the skin

(only if it's an organic lemon) and add it to your hot drink.

Ginger and turmeric are natural anti-inflammatories.

Pepper enhances their effect and adds a bit of pep.

Try it! There's no better start to your day!





FOR 6 SMALL PANCAKES

Quinoa banana pancakes

- 5.5 oz. quinoa flour
- 1 ripe banana, mashed
- 7 fl. oz. almond milk (or any other plant-based milk)
- 1 teaspoon cream of tartar
- a pinch of salt
- a pinch of cinnamon
- 1 or 2 tablespoons coconut sugar (optional)
- 2 tablespoons melted coconut oil or good olive oil

- coconut oil for frying



Mix all the ingredients with a whisk or a mixer to a smooth thick dough.

Fry small pancakes in coconut oil.

These pancakes stick quickly, so use a good nonstick pan and enough oil.

Serve with fresh fruit, pecans, coconut yogurt, and maple syrup



SERVES 2

Hot chocolate

- 1 pint unsweetened coconut milk
- 2 tablespoons raw cocoa powder
- 2 tablespoons maple syrup
- a pinch of salt
- a pinch of cinnamon (optional)
- a pinch of cardamom

Heat everything in a pan. Serve with extra cocoa powder.



FOR 8 TO 10 WAFFLES

Chickpea waffles with blueberries

- ⦿ 6 fl. oz. aquafaba*
- ⦿ ½ teaspoon agar-agar*
- ⦿ pinch of salt
- ⦿ 2 tablespoons maple syrup
- ⦿ 2 tablespoons mild olive oil
- ⦿ seeds of one vanilla pod or natural vanilla extract

- ⦿ ½ teaspoon baking soda
- ⦿ 1 tablespoon cream of tartar or baking powder
- ⦿ 2.5 oz. chickpea flour
- ⦿ 4.5 oz. white spelt flour

- ⦿ coconut oil for frying
- ⦿ a handful of blueberries
- ⦿ maple syrup, extra blueberries, and fresh mint leaves



Using either a hand mixer or a blender, mix the aquafaba with the agar-agar and a pinch of salt till you get thick white foam. Carefully add the maple syrup, olive oil and vanilla. Mix the foam for 1 more minute. It's normal for the foam to collapse. Add the rest of the ingredients and mix with a whisk to get a smooth dough.

Preheat the waffle iron and grease it with coconut oil. Add a few blueberries to the dough and bake the waffles for 3 or 4 minutes without opening the iron.

Serve with maple syrup, extra blueberries, and fresh mint leaves.

*Aquafaba: the liquid in a can or jar of chickpeas. Save the liquid when you strain a can or jar of chickpeas. This liquid is a perfect protein substitute and can be whipped like egg whites.

*Agar-agar: a plant-based thickener made from red seaweed; very gelatinous. It is a vegetarian alternative for gelatin, which is made from animal bones. This powder is available in health food stores.



SAUCES

to make yourself, with a mixer or beater

Italian

2 tablespoons balsamic vinegar
+ 1 teaspoon maple syrup
+ 6 tablespoons mild olive oil
+ pepper and salt



Tahini fresh

2 tablespoons tahini (sesame paste)
+ juice of ½ lemon
+ 1 tablespoon cider vinegar
+ 1 teaspoon miso paste (optional)
+ 1 garlic clove + pepper and salt
+ water



Spicy lemon

6 tablespoons mild olive oil + juice
of 1 lemon + 2 tablespoons white
wine vinegar + crushed red pepper
+ sea salt + 3 tablespoons
unsweetened yogurt + fresh herbs



Greenie

a handful of basil leaves + zest and juice of $\frac{1}{2}$ lemon + $\frac{1}{2}$ avocado
+ 4 tablespoons unsweetened yogurt
+ 1 garlic clove + a few tablespoons mild olive oil + pepper and salt
+ 1 tablespoon tahini



Simple white

4 tablespoons unsweetened soy yogurt + 1 large tablespoon vegan mayo + 1 teaspoon curry
+ 1 teaspoon turmeric + pepper and salt + zest of $\frac{1}{2}$ lemon



Asian dream

3 tablespoons almond (or peanut) butter + 2 tablespoons rice vinegar
+ 1 tablespoon tamari + 1 grated piece of ginger + juice and zest of 1 lime + 1 tablespoon maple syrup
+ 1 garlic clove + 2 tablespoons roasted sesame oil + water, if needed



SUGAR-FREE CHALLENGE: WEEK 2

	I feel...	Did you know...	Proud of myself, because...
EXAMPLE	AM tired	that there's sugar in mayonaise?	I feel fresher and have more energy
	PM us usual		
DAY 1	AM		
	PM		
DAY 2	AM		
	PM		
DAY 3	AM		
	PM		
DAY 4	AM		
	PM		
DAY 5	AM		
	PM		
DAY 6	AM		
	PM		
DAY 7	AM		
	PM		



Take a picture of the filled-in calendar and share it with your friends!



Fig stars



FOR 6 STARS

- ◉ 6 large dried figs
- ◉ a handful of blanched almonds

Cut the figs in half, put some almonds on the bottom half and replace the top half. Press well.



Date boats with peanut butter



MAKES 12

- ◉ 6 medjool dates
- ◉ 6 teaspoons unsweetened smooth peanut butter
- ◉ salt (optional)
- ◉ pomegranate seeds (optional)

Pit the dates, cut in half, and fill with a teaspoon of peanut butter and salt to taste. Finish with some pomegranate seeds.

That's it!

Make a few more and freeze them.

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TEXT, RECIPES / PHOTOGRAPHY

Ellen Charlotte Marie

BOOK DESIGN

Leen Depooter – quod. voor de vorm.

TRANSLATION

Moshe Gilula

If you have comments or questions, please contact our editing department at redactielifestyle@lannoo.com

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