

THE EAT4CHANGE COOKBOOK



RECIPES TO PROTECT THE CLIMATE

By Alexandra Apelsten and Sonia Jiang



CO-FUNDED BY
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UNION



Contents

| | |
|--|-------|
| Introduction | 1 |
| About The Authors | 2 |
| General Tips | 3 |
| Internationally Loved Dishes | |
| Burrito | 4-5 |
| Burger Patty | 6-7 |
| Pizza 2 Ways | 8-11 |
| Breakfast | 12 |
| Overnight Oats & Chia Pudding | 13-14 |
| Tofu Scramble | 15-16 |
| Baked Oatmeal | 17-18 |
| Lunch | 19 |
| Swedish Potato Buns with Crispy Hot & Sweet Tofu | 20-21 |
| Pesto Pasta with Roasted Vegetable | 22-23 |
| Mushroom Tofu Fried Rice | 24-25 |
| Chickpea Pancakes with Homemade Nutella | 26-27 |
| Snacks | 28 |
| Carrot Muffin | 29 |
| Apple Cake Energy Bar | 30-31 |
| Fudgy Brownie Energy Bar | 32 |
| Sauces | 33 |
| BBQ Sauce | 34 |
| Garlic Ranch Dressing | 35 |
| Paprika Source (Ajvar) | 36 |
| Desserts | 37 |
| Cupcakes | 38 |
| Chocolate Pudding | 39-40 |
| Nut Butter Cookie with Almond | 41 |
| Banana Bread | 42-43 |
| Things to keep in mind | 45 |

Introduction

Welcome to the Eat4Change cookbook!
Our aim and vision is to inspire a healthier lifestyle for you and the planet.

This cookbook was created as a part of the Eat4Change project. Eat4Change is a WWF-led, international project co-funded by the EU, pushing for a shift toward more sustainable diets and food production practices. The project started in May 2020 and continues to April 2024. This cookbook is made under the project to engage and help people to change their diets more plant-based for the wellbeing of people and the planet.

When writing this book we focused on accessibility and price. Naturally, we recognized the environmental advantages of a plantbased cookbook and therefore decided to make ***simplicity*** our vocal point.

Sustainability is a broad term and is therefore a complicated term to discuss. We often discuss what sustainability is in an environmental aspect, but forget to discuss the other aspects.

What might be sustainable for one's economy and most importantly, sustainable for one's health, is of equal importance when deciding what we consume. That is why we considered all three parts, when writing this book. Food should not only be environmentally friendly, but also sustainable for one's lifestyle.

Food is highly individual. That is why we have put our best efforts into making each recipe enjoyable and easy to follow. Regardless of whether you have prior experience or not with eating or making plant based meals.

We hope you enjoy,

Alexandra & Sonia

"Find more information about the Eat4Change project at [wwf.fi/en/eat4change/](https://www.wwf.fi/en/eat4change/)

About The Authors



Alexandra Apelsten

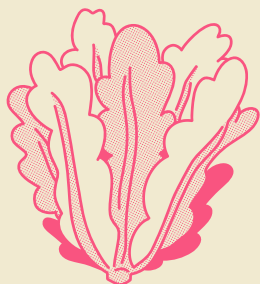
Since I was eight, I've dreamt of creating a cookbook. And as my awareness of food impact grew, I felt compelled to seize the opportunity to initiate this book for the #Eat4Change project. Driven by my genuine passion and knowledge of food and nutrition, I hope this book guides and inspires young minds on their journey to a more sustainable lifestyle.



Sonia Jiang

I was born and raised in China, a paradise for foodies. I see myself as an advocate for a whole-foods plant-based diet and a kitchen adventurer, who finds joy in sharing the love of our planet and all living beings through food. I hope this cookbook can be your key to the magical world where food not only nourishes our body and soul but also, helps restore our planet.

Alexandra is apart of WWF Sweden Youth and both are apart of the International Youth Team formed by WWF to inspire youth with the Eat4Change project.



General Tips

In this section, we've provided some useful tips for you to keep in mind while using this cookbook. As well as tips to improve your cooking with an *environmental* approach. We'll explore how small changes in your kitchen can contribute to a positive impact on the environment. Learn about shortcuts, ingredient swaps and time saving tricks to make cooking easier and gratifying!

- **Don't be afraid** to use ingredients that you already have at home. Most ingredients share similarities and can be used as fitting substitutes.
 - We would rather you **use what you have** at home rather than going out to buy food JUST to recreate our recipes. (it is another thing if you include them on your weekly shopping list)
 - See recipes as a base that you may build upon rather than something you must follow strictly.
- **Plan ahead.** Read through the recipes and include needed items to your grocery list.
- **Use leftovers**
 - If you have leftover rice, vegetables or beans from one dish - add it to whatever you make today - **get creative!** (most things work to blend and add to bread or as fillings and toppings burritos, pizza etc.)
- If you think of sustainability, and you value health - **use natural sweeteners** like fruit, honey, agave syrup or date sugar rather than white or brown sugar. It works either way.
- **Read the entire recipe** before starting.
- **Clean up as you go**
- Cooking vegan food is a tad bit simpler in regard to hygiene (since you aren't handling any raw meat), always **remember to wash your hands and utensils after handling any food product.**

Good luck!

Internationally Loved Dishes

Burritos

Ready in **30 minutes** Serves **2 people**



The perfect recipe to end the week!

If you have leftovers from a little bit of everything at the end of the week, why not throw it in a wrap!

Embrace the versatility of burritos!



Recipe by:
Sonia Jiang

Did you try this recipe? Share your dish online and **#Eat4Change**

Burritos



by Sonia Jiang

If you'd like to make the guacamole a bit more protein-dense, add 100-200 grams of edamame beans! But be sure to add a bit more spice since the volume will increase!

Ready in **30 minutes**

Serves **2 people**

Ingredients

- 2 cans of black beans, or beans native to your country
- 200ml Salsa
- Taco Spice
- 300 ml Of cooked Rice
- 1 head, Roman Lettuce
- 1 can, Corn
- Tortillas

Guacamole:

- 3 avocados, ripe
- ½ Red Onion, finely diced
- 1 Tomato, finely diced
- 1 Red Chili, ripe and finely diced
- Juice from 2 limes
- Salt to taste

Steps

1. Rinse the black beans.
2. Mix the beans with salsa and taco spice in a hot frying pan. Heat up. Make the guacamole in the meantime.
3. Heat the tortillas and fill with rice, beans, guacamole, romaine lettuce and corn. Add any sauce of your choosing.

Guacamole:

1. Squash the avocados with a fork in a bowl.
2. Add the rest of the ingredients.

Tip!

Burritos are excellent to make in bulk, to have simple "to-go" meals throughout your week. You can add anything you'd like to burritos - don't be afraid to try different combinations

Burger Patty

Ready in **40-60 minutes** Serves **4 people**



Burgers come in all shapes and sizes - who doesn't love a good burger?

Here we have a recipe that is both tasty and nutrient dense. Our main protein source is nuts and beans.

However, if you are allergic to nuts, don't be disheartened. Alternate with pumpkin seeds for the similar nutritional value or, if you don't have access to those, beetroot works just as well. Be mindful that Beetroot has less protein but this can be supplemented by adding more beans.



Recipe by:
Sonia Jiang

Did you try this recipe? Share your dish online and **#Eat4Change**

Burger Patty



by Sonia Jiang

Ready in **40-60 minutes**

Serves **4 people**

Ingredients

- 1 cup (240ml) rolled oats
- ½ cup (120ml) walnut pieces, pumpkin seeds or shredded beetroot
- ½ cup (120ml) chopped onion
- ⅓ cup (120ml) chopped mushrooms
- 1 ½ cups (360ml) cooked beans or 1 can of beans rinsed and drained
- 2 Tbsp (30ml) nut butter (tahini or almond butter)
- 1 Tbsp ground flaxseed (optional but recommended as binding agent)
- 2 Tbsp (30ml) soy sauce

Seasoning

- 1 Tsp (5ml) onion powder
- ½ Tsp (2-3ml) garlic powder
- ½ Tsp (2-3ml) paprika powder
- 1 Tsp (5ml) cumin
- 1 Tbsp (15ml) nutritional yeast (optional but recommended)
- 1 Tbsp (15ml) parsley (dried/chopped fresh) or any other herbs of your choice
- 2 Tbsp/(30ml) Dijon mustard (optional but recommended)

Steps

1. Pulse the oats & walnuts in a food processor until they are finely ground.
2. Add onion, mushrooms, beans, nut butter, and flaxseeds and pulse until they are well combined.
3. Gradually add the remaining ingredients and continue pulsing until everything is combined well.
4. Check the consistency by taking a pinch of the mixture to see if it holds together. If it's too wet, add more oats. If it's too dry, add water one tablespoon at a time.
5. Transfer the mixture to a work surface and divide it into four equal portions. Shape each portion into a patty that's about 1.5cm thick and place them on a plate.
6. Refrigerate for 30 minutes to help them set.
7. Preheat your oven to 375°F (190°C). Or fry in a pan with oil, until golden.
8. Bake the burgers for approximately 25 minutes until they are lightly browned, turning them once during cooking.
9. Serve the burgers hot with your preferred condiments. Check sauce recipes below

Variation

This “batter” is easy to manipulate. You can make different shapes similar to falafels, sausages or meatballs. The possibilities are endless and can be adapted to your different food cravings.

Pizza 2 Ways

Ready in **60 minutes** Serves **4 people**

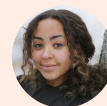
Oven **200 degrees C°**



Pizza is a dish that is thoroughly enjoyed across the globe.

It's a versatile dish, coming in all shapes and sizes and with all the different combinations of ingredients you can think of. From high-end to 'homely', Pizza has it all!

Presented here are two variations, utilizing all the ingredients that you have at home.



Recipe by:
Alexandra Apelsten

Did you try this recipe? Share your dish online and **#Eat4Change**

Pizza 2 Ways



by Alexandra Apelsten

My family and I eat pizza every week. We simply make a dough and use whatever leftover veggies and protein (tofu, beans etc) we have left lying around. Here, however, I've come up with some more fun and ambitious vegan pizzas for your enjoyment!

Ready in 60 minutes

Serves 4 people

Oven 200 degrees

The dough

- 10 dl (1000ml) of fine flour
- 25 g of yeast
- 5 dl (500ml) of lukewarm water
- 2 tablespoon (30ml) of oil, whichever is most native to you
- Salt

Steps

1. Let the yeast dissolve and activate in the water. It takes about 5 minutes.
2. Add the oil, most of the flour and combine together.
3. Knead the dough for 10-15 minutes. If the dough feels sticky toward the end of the time, add a bit more flour.
4. Leave the dough to rise for 30 minutes to an hour.
5. Divide the dough into 4 equal sizes and roll out into circles. Tip! Roll it out directly onto parchment paper with flour to reduce complications when moving it onto the paper.

Tip!

If you have saved liquid from canned chickpeas or another bean, try to substitute one part of water for that liquid instead! Less waste.

Hummus Pizza



by Alexandra Apelsten

Inspired by the determination to make pizza in a snowstorm, realising we had no tomatoes left...

Hummus

- 2 garlic cloves
- 1 can of chickpeas (each 400 g)
- 1/2 chili fruit
- 1/2 teaspoon cumin
- 1 Tbsp squeezed lemon juice
- 3 tbsp olive oil
- 1 Tbsp tahini
- salt and pepper

Steps

1. Peel and finely chop the garlic clove. Drain and rinse the chickpeas, drain. Put the garlic, chickpeas, chillies, cumin, squeezed lemon juice, olive oil and tahini in a food processor.
2. Mix to a smooth batter. Season with salt and pepper.

Topping Variations

Variation 1

- 8 tomatoes, sliced
- 4 hands of fresh basil
- 6-8 tablespoon of Agave syrup
- Optional 12 tablespoon (180ml) of sauerkraut

Variation 2

- 400 g Smoked tofu, sliced
- 50 g Sundried tomatoes
- 50 g Pumpkin seeds, roasted
- 1 whole Red onion, slice

Steps

1. Roll out the dough. Add and spread out the hummus.
2. Add the rest of the toppings.
3. Bake in the oven at 210 degrees celsius for 10-15 minutes.

Original Pizza



by Alexandra Apelsten

*Use plant based cheese,
a regional cheese or
nutritional yeast!*

Tomato Sauce

- 1 tablespoon (15ml), Olive oil
- 1 Yellow Onion, finely diced
- 2 cloves, Garlic, finely diced
- 1 can, Crushed tomatoes
- Optional, pinch of sugar
- 1 Tbsp, Herbs, Basil is recommended
- Salt and pepper

For the hangry individual!

Use crushed tomatoes or tomato paste and add some salt and dried herbs. It works as well!

Steps

1. Cook whole peeled or crushed tomatoes in a saucepan with finely chopped onions, pressed garlic, olive oil, salt, black pepper and herb or choice. Simmer for at least 20 minutes. the longer the better.

Topping Variations

Variation 1

- Mushrooms, sauteed
- 2 peppers, sliced
- Pinenuts

Variation 2

- 400 g Soy mince/pea mince/tofu
- 1 ½ Tbsp (23ml) paprika
- 4 cloves of garlic, grated
- 1 tbsp fennel seeds
- Salt and pepper to taste

Steps for variation 1

1. Sauté The mushrooms in oil with salt and pepper. Put it to the side.
2. Slice The peppers. Slightly roast the pine nuts.
3. Add to the pizza. Bake in the oven for 10-15 minutes.

Steps for variation 2

1. Combine your meat alternative with the fennel, paprika and garlic. Add salt and pepper to taste.
2. Add to the pizza. Bake in the oven for 10-15 minutes.

Breakfast

Overnight Oats & Chia Pudding

Ready in 10 minutes Serves 4 people



Overnight oats are a simple and efficient way to prepare breakfast. By combining oats with milk and your favourite ingredients the night before, you get the opportunity to hit the snooze button one more time since you have one less thing to prepare in the morning before school or work!

These oats are an amazing, time-saving, tasty and nutritious to-go meal that can also be enjoyed as a snack.



Recipe by:
Sonia Jiang

Did you try this recipe? Share your dish online and #Eat4Change

Overnight Oats & Chia Pudding



by Sonia Jiang

While you're in the kitchen, be proactive and prepare enough oats to last several days! This is especially handy if you're fond of your snooze button.

The oats

- 1 cup (240ml) rolled oats
- 1 $\frac{3}{4}$ cup (420ml) of plant-based milk
- 1 Tbsp (15ml) of chia seeds
- 1 Tbsp (15ml) of grounded flax seeds
- 2 diced dates or 2 Tbsp (15ml) of raisins
- 1 Tsp (5ml) of cinnamon
- $\frac{2}{3}$ cup (160ml) fresh or frozen berries

Steps

1. Combine all ingredients and whisk to combine.
2. Spoon into a jar and close the lid, or into a bowl and cover.
3. Refrigerate overnight (if you are assembling parfait immediately, skip this step)

Chia Pudding

- 1 Tbsp (15ml) nut butter
- 2 Tbsp (30ml) chia seeds
- 2 Tbsp (30ml) cocoa powder or carob powder
- 2 dates or 2 tablespoons of date syrup
- $\frac{1}{2}$ cup (120ml) of fresh or frozen berries

Steps

1. Add everything into a blender, and blend until smooth. If you don't have a blender, simply combine everything by whisking.

Optional: Combine the pudding with oats for an ultimate nutritional bomb! Great for young athletes!

Tofu Scramble

Ready in 20 minutes Serves 2 people



Who said you needed eggs to make a scramble?

Here is a plant-based version of your typical scrambled eggs.

This is only a base recipe so feel free to add either tomatoes or mushrooms for extra flavour, colour and nutrients!

Perfect to add to a breakfast burrito also!



Recipe by:

Alexandra Apelsten

Did you try this recipe? Share your dish online and #Eat4Change

Tofu Scramble



by Alexandra Apelsten

One of my "quick fixes" after a long day or an intense workout. High in protein and nutrients, depending on what veggies are available. Easy to enjoy with toast or left over rice/potatoes. I eat it with ketchup or soy sauce depending on variation.

Ready in **20 minutes**

Serves **2 people**

Ingredients

- 400g Firm Tofu crumbled
- 1 Yellow Onion, finely diced
- 100ml Oat Milk or 100 ml plant based cream
- 2Tsp/10 Tsp of Turmeric
- 2 Tbsp/40ml Nutritional Yeast
- 1 Tbsp 15ml Vegetable Oil

Fun fact: Tofu is a product made from soybeans. Tofu can be favoured and used for many different things due to its neutral flavour. You can make high protein ice cream, puddings and pasta sauces. The possibilities are endless since you can buy tofu in different forms; soft, firm and extra firm.

Variation

- 2 cloves Garlic
- 2 tomatoes, diced
- 5ml smoked paprika
- 5ml chili flakes

Steps

1. Sauté the until it becomes translucent.
2. Stir the crumbled tofu, milk/cream and turmeric until the liquid has cooked in. You're supposed to achieve a creamy consistency.
3. Salt and pepper to taste.

Variation

1. Sauté the garlic and tomatoes with the yellow onion.
2. Stir in chili flakes and smoked paprika to the creamy tofu.

Tip!

Make a breakfast burrito with the scramble as its main component. Add in leafy vegetables, tomatoes and raw red onion with a sauce of choice! Pssst! We have sauce recipes further along in the book!

Baked Oatmeal

Ready in **35 minutes** Serves **4 people**



Baked oatmeal is a fun twist on the classic morning oats. This cake-like texture is what sets it apart – it's not your average oatmeal! However just as nutritious and efficient.

It's a comforting, cake-like treat for breakfast that welcomes your creativity with different ingredients and flavours. Whether you prefer it fruity, nutty, or spiced, baked oatmeal combines efficiency with a cozy, homemade feel, all wrapped up in that delightful cakey goodness.



Recipe by:

Alexandra Apelsten

Did you try this recipe? Share your dish online and **#Eat4Change**

Baked Oatmeal



by Alexandra Apelsten

When I'm visiting my parents, I often have to commute further, daily, then when I'm in my own apartment. So, I usually do this recipe x2 in a larger tray to both have a breakfast "on the go" and a snack when I get back home.

Ready in **35 minutes**

Serves **4 people**

Ingredients

- 240g oats
- 4 banana
- 200-300ml plant milk
- 200 plant yogurt or 4 tsp of chia seeds
- 2 Tsp baking powder

Flavours:

- 2 Tsp Vanilla extract
- Chocolate chips (until satisfied)
- 2 dl/1 Cup Berries (seasonal)
- 4 Tbsp Nut Butter

Toppings:

- Yoghurt (plantbased or regional)
- Nutbutter
- Seasonal fruits
- Plant Milk

Steps

1. Blend all of the ingredients together.
2. Put in a small oven safe container. Add filling/topping. Bake in the oven for 20-30 minutes at 180 degrees Celsius.
3. Enjoy as is or with additional plant yogurt.

Lunch

Swedish Potato Buns with Crispy Hot & Sweet Tofu

Ready in **45 minutes** Serves **4 people**

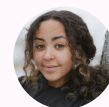


Swedish potato buns are a staple dish in every Swedish household and school.

They are crispy on the outside and creamy and soft in the inside - amazing!

This is recipe you can easily master and adapt, making it your own. Make sure to use all purpose potatoes!

And don't be afraid to blend in leftover peas if you have any!



Recipe by:

Alexandra Apelsten

Did you try this recipe? Share your dish online and **#Eat4Change**

Swedish Potato Buns with Crispy Hot Sweet Tofu



by Alexandra Apelsten

If you find a jam with a lot of acidity, eat it with the buns and try with vegan meatballs.

Ready in 45 minutes

Serves 4 people

Ingredients

- 1kg Potato, boiled
- 50 g oil or dairy free margarine
- 30 ml flour
- Salt
- Optional, White pepper
- 400g Firm Tofu
- Cornstarch to toss in
- Salt
- 240ml Honey or Agave Syrup
- 1 Tbsp (15ml) Chili Flakes
- Optional, 1 Tbsp (15ml) chili powder
- 1 Tbsp (15ml) Apple Cider Vinegar

Steps

1. Mash the potatoes with a whisk or potato presser.
2. Stir in the oil/margarine, flour and salt.
3. Make 8-10 potato patties and fry until golden. Put to the side on paper towels.
4. Serve with the tofu below. If you find lingonberry jam, enjoy with that!

Tofu:

1. Press water out of the tofu by placing a heavy object on top of your tofu block and wrapping it in some paper towels. While the water is draining, make the honey glaze.
2. Cook honey/agave syrup with chili flakes and chili powder to a simmer, on medium to high heat. Do not let it boil.
3. Simmer for about 3-5 minutes before pulling it off the heat. Stir in the apple cider vinegar and set to the side.
4. Slice the tofu in 1 cm thick slices. Cover all sides in cornstarch. Fry until golden, add the honey glaze and put to the side.
5. Enjoy with potato buns and a salad!

Pesto Pasta With Roasted Vegetable

Ready in **40 minutes** Serves **4 people**



A lovely dish that can change with the seasons.

This time we've made a protein focused pesto with roasted vegetables that you can change seasonally.

If you have the time and ambition on a rainy day, challenge yourself to make your own pasta! Not only is this a good skill to have, it's a lovely bonding activity as well.

Variety is sustainable for your health and the planets!

Recipe by:



Alexandra Apelsten



Sonia Jiang

Did you try this recipe? Share your dish online and **#Eat4Change**

Pesto Pasta With Roasted Vegetable



by Alexandra & Sonia

You can easily substitute the edamame beans for spinach and tahini to get a nuttier flavour profile!

Ready in **40 minutes**

Serves **4 people**

Ingredients:

- Pasta for 4 people

Pesto

- 250g shelled frozen edamame, thawed
- 1 avocado, or 70 ml plant oil
- 2 tsp/10 ml Lemon Juice
- 3 garlic cloves
- 1-2 tbsp/15-30ml, Nutritional yeast, or to taste
- 1 tsp/5ml, Salt
- Optional, 1 tsp Chili flakes/powder or jalapeo pepper

Roasted vegetables

- 4 shallots, quartered
- 1 large red pepper, quartered
- 2 zucchini, diced
- 8 white mushrooms
- 8 cherry tomatoes
- ½ Tsp (2-3ml) onion powder
- ½ Tsp (2-3ml) garlic powder
- Salt

Steps

Vegetables

- Preheat oven to 220°C, line a large baking sheet with a silicone mat or baking paper.
- Place the vegetables in a bowl, with the spices and toss to coat.
- Roast in the oven for 20 minutes or until tender.

Pasta

- Cook the pasta as stated on the package.
- Save a bit of the pasta water to combine with the pesto, before blending it with the pasta.

Pesto

- Combine all ingredients besides the lemon juice, and blend until well combined. Then add the lemon juice and stir together.
- Mix with the pasta water you saved and mix with the pasta.
- Top with roasted vegetables and sprinkle with nutrition yeast or regional cheese.

Mushroom Tofu Fried Rice

Ready in **30 minutes** Serves **4 people** with seeds!

A perfect homey fall dish that you can prepare in 30 minutes! Sustainability doesn't have to be more complicated than that.

If mushrooms aren't a vegetable grown in your country substitute it with eggplant - but make sure to cook it thoroughly so it isn't too bitter! Top with seeds!



Recipe by:
Sonia Jiang

Did you try this recipe? Share your dish online and **#Eat4Change**

Mushroom Tofu Fried Rice



by Sonia Jiang

Make a seasonal leafy salad with balsamic vinegar to accompany this dish!

Ready in **30 minutes**

Serves **4 people**

Ingredients

- 1-2 Tbsp sesame oil
- 3 cloves minced garlic
- 2 Tsp (10ml) grated ginger
- 3 scallions, thinly sliced
- 3 cups (720ml) kale, stems removed, finely chopped (you can replace kale with any other vegetable of your choosing like spinach)
- 5-6 fresh mushrooms diced
- 3 cups (720ml) cooked and cooled rice
- 2 Tbsp (30ml) soy sauce
- 1 block of Tofu, sliced

Steps

1. Heat 1 tablespoon oil in a non-stick pan until shimmering, then add minced garlic, minced ginger, and scallion, and fry for 30 seconds over medium heat until aromatic.
2. Add chopped kale or green leafy vegetables of your choice, tofu and mushrooms and sauté for 3-4 minutes, or until the vegetable is softened.
3. Add the cooked rice and another tablespoon of olive oil to the pan. Break up the clumps in the rice and cook until heated through, about 2 minutes
4. Add soy sauce, stirring until well-combined.

Tip!

If your country has it's own type of rice, be sure to try it! Jasmin and basmati are good and loved by all. If your country does have oat rice or another grain from your area - try it out!

Chickpea Pancakes with Homemade Nutella

Ready in **35 minutes** Makes **4 pancakes**



Recipe by:
Sonia Jiang

Did you try this recipe? Share your dish online and **#Eat4Change**

Chickpea Pancakes with Homemade Nutella



by Sonia Jiang

Ready in **35 minutes**

Makes **4 pancakes**

Ingredients

- 1 cup (240ml) chickpea flour
- 1 cup plus 4 tablespoons (300ml) cold water
- Oil to coat the pan.
- Optional 1 Tbsp cacao powder or 1 Tsp vanilla

Nutella

- 2 Tbsp peanut butter (or any nut butter)
- 2 Tbsp hazelnut flour (omit if using hazelnut butter)
- 4 Tbsp plant based milk or water
- 2 Tbsp chocolate powder + 1 date + 1 tablespoon water

Pancakes

1. Whisk chickpea flour and water in to a bowl. Add in 1 tbsp of oil. Set to the side for 10-20 minutes to allow the flour to hydrate.
2. Add oil/margarine into a pan over medium-high heat. Add 1/4 cup of batter into the center of the pan and spread out by moving the pan around .
3. Cook until you've achieved a golden surface and crispy edges, then turn. 1-2 minutes on each side.

Repeat the process until finished.

Nutella

1. Blend everything til smooth, add more plantbased milk or water if needed to reach the desired consistency

Top with:

- Berries
- Fruit
- Whipped Plant Cream
- Ice Cream
- or go savoury with the tofu scramble

Snacks

Carrot Muffin



by Sonia Jiang

Muffins are the cupcake's savoury bestfriend.

Ready in 40 minutes

Makes 12 muffins

Ingredients

- 400 ml of Flour
- 50 ml of sugar
- 5 ml of baking powder
- 5 ml of baking soda
- 10 ml of cinnamon
- 5 ml of cardamom
- 5 ml of nutmeg, optional
- Pinch of salt
- 250 ml of oatmilk
- 150 ml of vegetable oil or 150 g of margarine, melted
- 400 ml of carrot, shredded

Steps

1. Turn the oven to 200 degrees celsius
2. Mix the dry ingredients together.
3. Add in the milk and oil gradually while whisking. Whisk until smooth.
4. Stir in the shredded carrots.
5. Divide evenly into 8-12 muffin molds. Bake in the oven for 20-30 minutes.

Tip:

As the seasons change, change the vegetable. Why not pumpkin, or shredded parsnip or why not beets? Alternate.

Apple Cake Energy Bar

Ready in 30 minutes Makes 12 pieces



Energy bars are good and easy to bring along with you on your day. They don't take up space and won't get old quick, if you happen to forget them.

Enjoy as is, or crumble up the "batter" after baking, and all of a sudden you have an "apple cinnamon" musli to eat with yoghurt!



Recipe by:
Alexandra Apelsten

Did you try this recipe? Share your dish online and [#Eat4Change](#)

Apple Cake Energy Bar



by Alexandra Apelsten

If you're feeling the Christmas spirit add a bit of ginger and nutmeg to achieve a gingerbread vibe! Or why not dip in dark chocolate and sea salt?

Ready in **30 minutes**

Serves **12 pieces**

Tip:

Make 2x or even 5x of this recipe to have a quick source of energy accesable to you when you rush to school or work. Why not crumble one down in your yoghurt? Get creative.

Ingredients

- 2 red apple
- 1/2 Cup /100ml raisin
- 2 tsp of honey or agave syrup
- 1 1/2 Cup /300ml natural unsalted cashew nuts
- 1 Cup /200ml natural pistachio nuts
- 1 Cup /200ml oats
- 2 tsp Cinnamon
- Pinch of salt

Steps

1. Preheat the oven to 180 degrees celsius.
2. Chop the apple to pieces, leave the peel on.
3. Use a kitchen assistant to combine all of the ingredients to a thick batter.
4. Spread out the batter evenly in a bread mold, before baking it in the oven for 20 minutes.
5. Let cool, before storing it in the fridge. Divide to 6 pieces.

Fudgy Brownie Energy Bar



By Sonia Jiang

*Need I say more?
Fudgy.
Brownie.*

Ready in 70 minutes

Serves 16 bars

Ingredients

- 1 Cup/ 240 ml Walnuts
- 1 1/2 Cup/ 320 ml Pitted Dates
- 1/2 Cup/ 120 ml Almond Butter (or any other nut butter)
- 1/2 Cup/ 120 ml Cacao Powder
- 80 ml Crushed Pecans

Steps

- 1.** Grind the walnuts and dates in a blender until finely ground.
- 2.** Add the almond butter or the nut butter of your choice and chocolate powder to the blender and blend until well mixed.
- 3.** Transfer the brownie mixture to an 8-inch square baking pan. (If you line the pan with parchment paper, it will make it easier to remove the brownies.)
- 4.** Use your fingers to press the mixture evenly into the pan. (You can place a piece of parchment paper on top of the mixture as you press it into the pan to prevent it from sticking to your hands.)
- 5.** Sprinkle the top evenly with the crushed pecans, pressing them into the top of the brownies.
- 6.** Cover and refrigerate for at least 1 hour before cutting into squares.

Sauces

BBQ Sauce



by Sonia Jiang

Works well with burgers, smokey tofu and fries!

Ready in 30 minutes

Makes 300ml

Ingredients

- 1 Cup /240ml tomato paste
- 2 Tbsp (30ml) of soy sauce
- 1 Tbsp (15ml) of apple cider vinegar or lemon juice
- 4 pitted date (or 2 tablespoon of date syrup or date sugar)
- 1 Tbsp (15ml) dijon mustard
- 2 Tsp (10ml) smoked paprika
- ½ Tsp (2-3ml) black pepper
- ½ Tsp (2-3ml) onion powder
- 1 pinch cayenne pepper or ground chipotle pepper
- liquid smoke (optional for smoky flavor)

Steps

- 1.If you're using pitted dates, combine these and tomato paste together using a blender. Blend until smooth.
2. Add the mixture from above and the remaining ingredients into a saucepan, and whisk thoroughly to combine. Warm over medium heat.
- 3.Once bubbling, reduce the heat to low and continue simmering for 8-10 minutes, whisking occasionally. Reduce the heat or cover if splattering.
- 4.Taste and adjust the seasonings as needed (keeping in mind the flavors will develop as it cools)
- 5.Cool completely before transferring to a storage container. Store it in fridge or freezer.

Garlic Ranch Dressing



by Alexandra Apelsten

Ready in 30 minutes

Makes 300 ml

Ingredients

- 1/2 Cup /120ml raw cashews, soaked for 3 hours and drained
- 3 cloves Roasted Garlic
- 1/2 Cup /120ml Almond Milk or any other plant-based milk
- 2 Tbsp (30ml) apple cider vinegar or rice vinegar
- 2 Tsp (10ml) lemon juice
- 1 Tbsp (15ml) chopped red onion
- 1 Tbsp (15ml) nutritional yeast
- 1/2 Tsp (2-3ml) onion powder
- 1/4 Tsp (1ml) mustard powder
- 1/4 Tsp (1ml) paprika powder
- 1/2 tsp salt
- 3/4 Tsp date sugar or sugar
- 1 Tbsp minced fresh parsley
- 1 tsp chopped fresh dill, or 1/2 tsp dried

Steps

1. In a high-speed blender, combine all the ingredients except the parsley and dill, and blend until smooth.
2. Transfer the dressing to a bowl and stir in the parsley and dill.
3. Taste and adjust the seasonings, if needed. (The flavor will get stronger as the dressing sits.)
4. Cover and refrigerate for at least an hour to allow the flavors to develop. Stir or shake before serving

Paprika Sauce Ajvar



by Sonia Jiang

Eat as a spread on a sandwich, as a condiment/dip to crackers or why not make an ajvar pasta!

Ready in 30 minutes

Makes 300ml

Ingredients

- 5 medium red bell peppers
- 1 medium eggplant
- 5 garlic cloves
- 2 Tbsp olive oil (optional)
- 1 Tbsp white vinegar
- 1 tsp Kosher salt, or to taste
- Grounded black pepper to taste

Steps

1. Preheat your oven to 240°C , or to the highest temperature setting.
2. Line a large baking sheet with baking paper.
3. Pierce the skin of the eggplant with a fork all over. Cut red pepper into halves and arrange on the baking tray, ideally one layer.
4. Cook in the oven for around half an hour, ensuring that the peppers have gone a rather attractive shade of black!
5. Take the eggplant and peppers from the tray and set aside to cool (around 20 minutes)
6. Transfer the pepper and eggplant into a food processor, add the remaining ingredients to the blender, and blend until smooth.

Desserts

Cupcakes



by Sonia Jiang

Chocolate Lovers:

Swap 30g of all purpose flour to chocolate powder for chocolate flavour!

Ready in **40 minutes**

Serves **4 people**

Ingredients

- 1/ Cup /240ml granulated sugar
- 1 1/2 Cup /360ml all purpose flour
- 1/2 Cup /120ml cocoa powder
- 2 Tsp (10ml) baking powder
- 1/2 Tsp (2ml) salt
- 1 Tbsp (15ml) cornstarch (optional)
- 300 ml soy milk
- 1/2 Tbsp (7-8ml) apple cider vinegar
- 80 ml melted vegan butter or neutral oil
- 1 Tsp (5ml) pure vanilla extract

Optional

- 1 1/2 Cup /360ml vegan chocolate chips
- Or 1 cup of berries



Tip: If you don't manage to eat all cupcakes before they go dry - don't fear! Cut them into pieces, coat them in syrup and roast in the oven at 180 degrees celsius for some crunchy cupcake bites!

Steps

1. Line a standard muffin pan with liners and spray them lightly with oil.
2. Combine soy milk and apple cider vinegar in a small bowl and set aside to curdle. This is your vegan buttermilk.
3. In a large bowl, whisk together all the dry ingredients.
4. Pour the buttermilk, oil and vanilla into the dry ingredients bowl. Stir with a spatula gently, being careful not to over mix. Make sure to scrape the bottom of the bowl.
5. Fold in most of the chocolate chips, saving about 1/4 cup for the tops.
6. Use an ice cream scoop or spoon to transfer the batter to a lined muffin tray. Sprinkle a few more chocolate chips on the tops.
7. Bake for 23 - 25 minutes, or until a toothpick can be inserted into the center of the muffin and come out clean.
- 8.

Chocolate Pudding

Ready in **20 minutes** Serves **4 people**



How this pudding came to be was purely accidental. However, I'm very happy that it happened!

Black beans have long been used in the vegan-sphere to make chocolate cakes or brownies more nutrient and protein rich.

Sometimes, we have those days when even chewing is annoying (possibly after dental appointments) so here is a simple dish that you can make as “dessert-like” or nutrient focused as you please - without the chewing! Simply eat with different toppings!



Recipe by:

Alexandra Apelsten

Did you try this recipe? Share your dish online and **#Eat4Change**

Chocolate Pudding



by Alexandra Apelsten

Tip:

Save the liquid! You can use the liquid from canned peas for A LOT. Example: Bread, muffins, cake batter

Ready in **20 minutes**

Serves **4 people**

Fun Fact:

This works just as well with indigenous beans or peas, as well as soft tofu. Experiment!

Ingredients

- 2 cans/460g of Chickpeas (or peas native to your country)
- 4 Tbsp/ 60 ml Aquafaba (the liquid in the chickpea can)
- 1/2 Cup/ 100 ml Honey, Agave or Date Syrup
- 1/2 Cup/ 100 ml Plant Cream
- 1/2 Cup/ 100 ml Cacao Powder

Steps

1. Separate the peas from the liquid in to separate bowls: **SAVE THE LIQUID!**
2. Combine the chickpea, aquafaba, agave/honey, cream and cacao in a food processor until smooth. Taste and add more sweetness if desired.
3. Put the batter in a bowl and stir in any alternative seasoning.
4. Divide the batter into 4 bowls/glasses and rest in the fridge for 30-60 minutes for best results (or eat directly)
5. Enjoy with whipped plant cream, crushed cookies or fruits and berries.

Nutbutter cookie with almond



by Sonia Jiang

You can easily alternate between different kinds of nut and seed butter to create different flavour profiles! Enjoy with plant milk or hot chocolate!

Ready in 30 minutes

Makes 10-12 cookies

Ingredients

- 112g superfine blanched almond flour
- 128g nut butter
- ¼ tsp salt
- 6 pitted date, blend to paste
- 3 Tbsp of almond loosely chopped almond

Steps

1. Preheat the oven to 190 c and line a sheet pan with baking paper.
2. Combine all ingredients in bowl and stir until well combined. The dough should come together into a very thick ball.
3. Divide the dough into 10-12 pieces, and roll each piece into a ball.
4. Place each ball on the prepared pan. Press down each ball gently with the back of a fork in a criss - cross pattern. They should be about 1-1.5 cm thick.
5. Bake for 8-10 mins, until golden. The edges should be crispy. They will firm up as the cool.
6. Cool for 10 mins before transferring the cookies to a cooling rack and let them cool completely. (if you try to remove them while still warm, it might fall apart)

Variation

- Swap 3 tbsp of loosely chopped almond for chocolate chips or loosely chopped dry fruits (e.g raisins, apricot, fig)
- Instead of using the back of the fork to flatten the cookie ball, use your palm to flatten it slightly and use your thumb to make a dimple in the middle. Fill the dimple with jam of your choice. (e.g. blueberry or apricot jam)
- For chocolate flavor cookies, swap 12g of almond flour to unsweetened chocolate powder.

Banana Bread

Ready in **75 minutes** Serves **8 people**



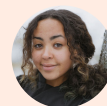
Banana bread is amazing.

It is sweet and moist, yet if you are feeling adventurous you may find yourself putting a slice in the toaster and...

(with ice cream)... your life changed forever.

If you desire, you can easily substitute the sugar for a natural sweetener or even more bananas.

For that extra hit of protein you can also add a bit of nut butter!



Recipe by:

Alexandra Apelsten

Did you try this recipe? Share your dish online and **#Eat4Change**

Banana Bread



by Alexandra Apelsten

Serve with plant-based whipped cream or why not ice cream! A perfect snack or dessert to make with leftover old bananas!

Ready in 75 minutes

Makes 12 pieces

Variation:

Add 100g of dark chocolate chips, 1 orange zest or some blueberries for more flavour and nutrients!

Ingredients

- 1.7 Cup/400 ml, Flour
- 1 cup/250 ml, Muscovadosugar
- 1 tsp/5 ml, Baking powder
- 1/2 tsp/ 3 ml, Baking Soda
- 2 tsp/10 ml Vanilla Extract/powder/sugar
- 1 tsp /5ml Cinnamon
- 2 big Bananas, preferably old/dark
- 0.8 cup/ 200 ml Plant Milk (oat, soy)
- 1/2 cup/100 ml Neutral Oil
- A pinch of Salt

Steps

1. Preheat oven on 175 degrees Celsius
2. Grease a bread pan/form with oil or margarine.
3. Sift flour, baking powder, baking soda, cinnamon and salt into a bowl.
4. Mix the bananas, milk and oil in a food processor until smooth. Stir in the vanilla.
5. Whisk the wet and dry ingredients together. When the batter is smooth and free from clumps - bake in the oven for 45-55 minutes.

Things to keep in mind...

No one is perfect on their journey towards a full plantbased or 'more' plantbased diet.

What you chose to swap is up to you.

You can begin by exploring different plant-based milk substitutions in your coffee. You can discover different cereals and snacks. All these little changes will help you gradually expand your horizons.

*The mission is to find a diet that's sustainable, not only for the environment but **for your** individual needs. It should suit your taste buds, fuel your body with nutritious energy and fit within your budget!*

To improve your consumption of plant-based ingredients, you just have to jump in and learn along the way. As they say, "you can't run before you can walk!"

You might feel confused and flustered at first but as you continue, you'll find your way.

Bon appetit
Guten appetit
Itadakimasu
Enjoy
Smaklig måltid

This publication was produced with the financial support of the European Union. Its contents are the sole responsibility of WWF and other Eat4Change project partners and do not necessarily reflect the views of the European Union.



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