

PLANT BASED RECIPES

MADE SIMPLE



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HEY GOOD LOOKING!

Thanks for downloading our free plant based recipe book! If you're looking for some delicious inspiration to fuel your new vegan lifestyle, you've come to the perfect place!

Cooking plant based meals doesn't have to be confusing. With just a few simple changes, you can cook up a storm in the kitchen without having to harm animals to do so. Once you've tasted all the delicious plant based foods that nature has to offer, you'll never want to go back!



And here's the really cool part. The more plant based meals you eat, the better your body will start to feel. You'll have more energy, improved focus, clearer skin and so much more. After a few weeks your body will begin to stop craving animal foods, and you will soon wonder why you ever ate them in the first place!

In this book we will show you just how easy and delicious plant based cooking can be. Keep reading and you'll find some of our favourite plant based recipes... and some tips to help you create your own, too.

So grab your favourite fruits, vegetables, herbs and spices and get cooking! We're here to help you every step of the way...

TOP TIPS

There are thousands of reasons that people decide to switch to a plant based diet. For some people it's a health decision, others an ethical choice, or maybe even an environmental one. Whatever your reason, we guarantee this will be one of the BEST decisions you've made all year!

To help you on your way, here are some of our best tips for making your new diet work for you...

BATCH COOK!

Cooking your food in bulk saves time, saves money, and means you'll always have delicious and healthy food on hand when hunger hits. One pot meals like veggie chilli or chickpea curry are great recipes to cook in bulk and save for later!

MAKE SMART SWAPS!

Switch out your meat for legumes like lentils and beans, and swap your dairy products for a plant based alternative like almond milk and coconut yoghurt. There is a plant based substitute for everything!

GET CREATIVE!

Don't be afraid to experiment and embrace new ingredients, flavours, seasonings and cooking methods. Have fun with it! There are so many amazing foods to enjoy!

GO EASY ON YOURSELF.

If you make a mistake, don't beat yourself up about it. No one is perfect! Start from scratch tomorrow and don't let one bad decision knock you off the wagon completely.

GET PROTEIN SMART!

Eating enough protein on a vegan diet is easy when you know how. Beans, lentils, chickpeas, nuts, seeds, whole grains, and even green vegetables are all great sources of plant based protein!

TREAT YO'YOURSELF!

If any diet is going to be sustainable, it must first be enjoyable. So make room for the foods you love the most and you'll have much more fun on your plant based journey!

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VEGAN EATING ON A BUDGET

Many people still think that a plant based diet is too expensive. They couldn't be more wrong!

In fact, eating a plant based diet is one of the easiest ways to reduce your grocery bills. Swapping expensive meat and dairy products for wholesome plant based protein sources like beans, lentils and whole grains is a fast way to save money and feel great at the same time.

Here are some of our tips for saving money on a plant based diet...

STOCK UP!

Bulk buying store cupboard staples like lentils, beans and grains is an easy way to save money on your grocery bills. A kilogram of black beans costs less than £3 / \$5 and will serve at least 10 meals!

PLAN AHEAD!

Write down the recipes you want to make ahead of time and buy only the ingredients you need. This will prevent food being wasted and will ensure your fridge is always well stocked!

SHOP LOCAL!

Visit your local farmers market for better prices and higher quality produce.

FOCUS ON THE BASICS!

Ditch the luxury items and enjoy all the delicious plant based foods that don't break the bank. Lentils, beans, rice, quinoa, oats, potatoes, bananas and peanut butter are all cheap and packed full of nutrients!

MAKE SMART SWAPS!

Just about any recipe can be made vegan by replacing animal products for a healthier, tastier plant-based substitute! Here are some ideas to get you started...

Dairy is one of the easiest foods to give up as there are so many delicious alternatives! Plant based milks made from hemp, almonds, coconut, rice or oats are everywhere and can be used in exactly the same ways as animal milks. Dairy free yoghurt is also really easy to source - CoYo and Rebel Kitchen are two of our favourites!



If you're craving something creamy or cheesy, cashew nuts are a lifesaver! Simply soak them overnight and blend them up with lemon juice, nutritional yeast, garlic, mustard, salt and pepper to make an incredible 'cheese' sauce. They can even be used to make raw cheesecakes!

As for eggs, these are easily substituted in baked recipes for flax seed, chia seed, or even mashed banana. Tofu scramble also makes a delicious breakfast, and you can even make 'omelettes' with chick peas!

And if you're craving a 'meaty' texture, experiment with tofu, tempeh or even mushrooms! They provide the same texture as meat that is perfect for stir fries, salads and curries!

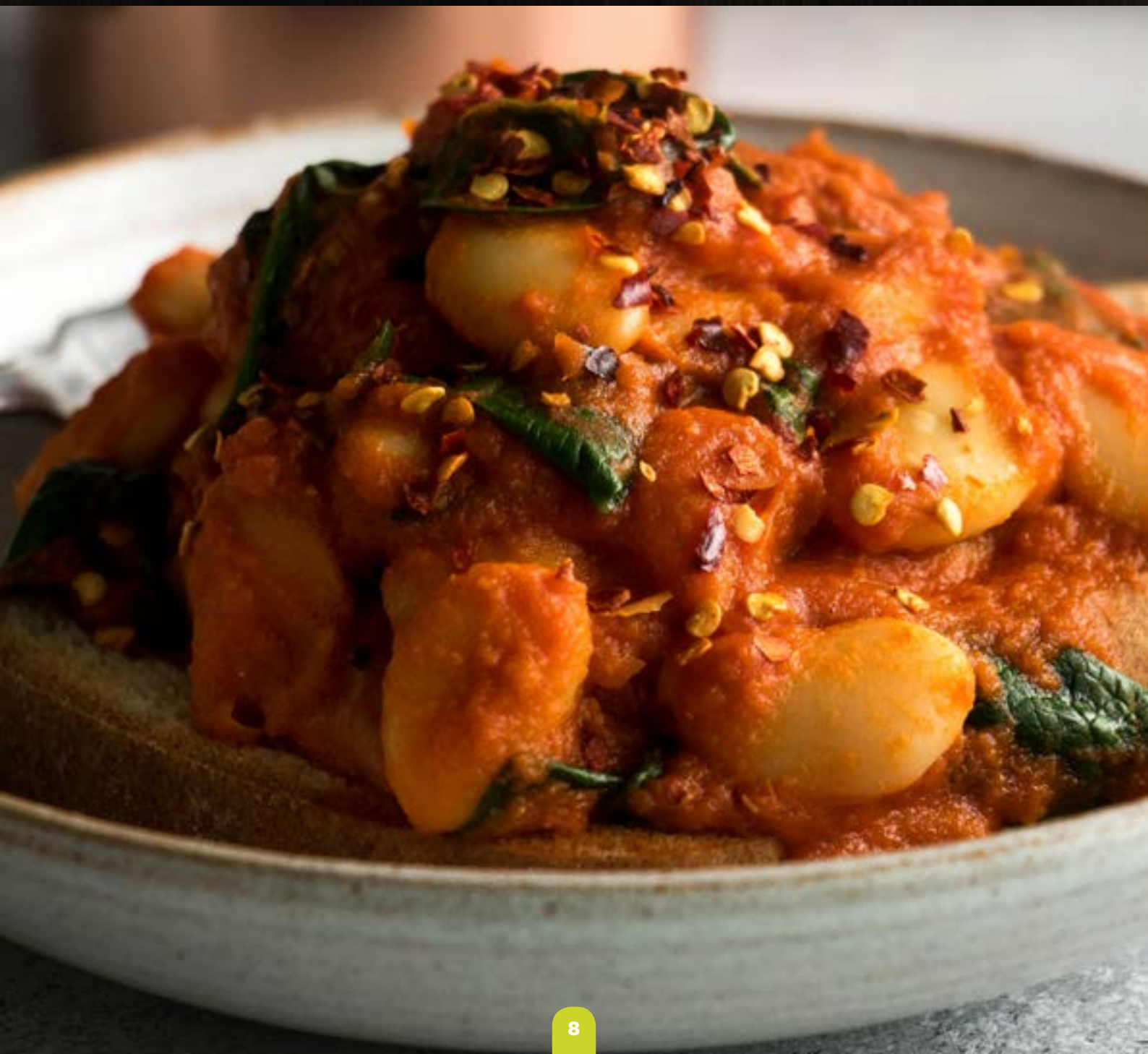
BREAKFAST

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SMOKEY BEANS ON TOAST



SMOKEY BEANS ON TOAST



SERVES
2



READY IN
LESS THAN
10 MINUTES

INGREDIENTS

1 can tinned tomatoes
1 tbsp tomato puree
1 can butter beans (drained
and rinsed)
1 tbsp smoked paprika
1 tbsp brown rice syrup
1-2 cloves garlic
Sea salt and pepper to taste
Handful Spinach
Toast to serve
Olive oil for cooking

METHOD

- 1.** Heat a little olive oil in a pan over medium heat and crush in the garlic. Sauté until fragrant.
- 2.** Pour in the tinned tomatoes and stir through the tomato puree, paprika, rice syrup and salt and pepper to taste.
- 3.** Cook these until slightly reduced, then allow to cool slightly before pouring into a blender and blitzing until smooth.
- 4.** Pour the mixture back into the pan and add in the butter beans. Stir through the spinach to allow it to wilt and adjust seasonings to taste. Cook until piping hot, then serve on some toast and tuck in!

SCRAMBLED TOFU

ON TOAST



SCRAMBLED TOFU ON TOAST



SERVES
1-2



HIGH
PROTEIN



HIGH
CALCIUM

INGREDIENTS

2 tsp olive oil
½ block firm tofu
(about 120 grams)
½ red onion
1-2 cloves garlic
Handful cherry tomatoes
Handful baby spinach
½ bell pepper
½ tsp turmeric
½ tsp onion powder
Tbsp nutritional Yeast
Pinch of salt and pepper
Pinch of mixed herbs
Fresh coriander to garnish
Toast to serve

METHOD

1. Heat the olive oil in pan over medium heat.
2. Finely dice the onion and add this into the pan. Once the onion has started to become trans-lucent, crush in the garlic cloves and sauté until fragrant.
3. Pat the tofu dry with some kitchen towel and crumble into pieces.
4. Chop the pepper into small pieces and slice the tomatoes in half. Add all of the veggies (apart from the spinach) into the pan and cook until softened.
5. Now, add the tofu into the pan and season with the turmeric, onion powder, herbs and a generous seasoning of salt and pepper.
6. Cook until the tofu is nice and crisp, then stir through the spinach and allow to wilt. Adjust any seasonings to taste, then serve with some toast.

SALTED CARAMEL PROTEIN CRÊPES



SALTED CARAMEL PROTEIN CRÊPES



SERVES
2



GLUTEN-FREE



**HIGH
PROTEIN**

INGREDIENTS

1 scoop **PERFORM Salted Maca Caramel**
1 small banana
1/3 cup brown rice flour
2/3 to 1 cup of almond milk
Coconut oil, for cooking

METHOD

1. Add all your ingredients to your blender and blend until smooth and creamy. Gradually add in the almond milk and mix until it reaches a fairly thin, pourable consistency. Note: it will be slightly thicker than a normal crepe batter.
2. Heat a little coconut oil in a frying pan. Once the pan is nice and hot, pour the mixture into the pan. I find making smaller sized crepes works best and makes them easier to flip.
3. Cook thoroughly on one side and then flip to cook on the reverse side.
4. Repeat this until all of the mixture is gone, and serve stuffed with fresh berries and whipped coconut cream.

MACA OATMEAL WITH CARMELISED BANANAS



MACA OATMEAL WITH CAMELISED BANANAS



SERVES
1



NATURAL
ENERGY BOOST



READY IN
LESS THAN
10 MINUTES

INGREDIENTS

½ cup regular or sprouted oats
1 cup water
½ cup cashew milk
1 tsp **Maca powder**
½ scoop **Salted Maca Caramel PERFORM** (optional)
1 tbsp maple syrup
1 tsp coconut oil
1 large banana

METHOD

1. Combine the oats with the water in a heavy based saucepan, and cook over a low to medium heat. Once the oats begin to thicken, pour in the cashew milk and stir continuously; this will help to make the oats really creamy.
2. Lower to a low heat and continue to cook. Whilst these are cooking, heat the coconut oil in a frying pan over a medium heat. Slice your banana in half and then slice both of these pieces in half length ways. Place the banana pieces into the frying pan- you want to hear a nice sizzle at this point. Cook on both sides until golden and caramelised. You can also add a pinch of cinnamon if you like.
3. Stir the maca powder, protein powder (if using) and maple syrup into the porridge and add more water or milk if it's too thick. Once your oats are cooked through and piping hot, serve into a bowl and top with the caramelised banana and other toppings of choice!

SMOOTHIES

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SALTED CARAMEL

POST WORKOUT SHAKE



SALTED CARAMEL POST WORKOUT SHAKE



SERVES
1



HIGH
PROTEIN



GREAT FOR
POST-WORKOUT
RECOVERY

INGREDIENTS

100g banana (roughly
one large)

1 scoop **Salted Maca**

Caramel PERFORM

1 tbsp oats

$\frac{2}{3}$ cup almond milk

1 heaped tsp cashew butter

METHOD

1. Chop up the banana and add into the blender with the oats, protein powder, almond milk and cashew butter.
2. Blitz until it forms a nice smooth mixture.
3. Enjoy after your next workout!

CHOCOLATE BERRY

SUPERFOOD SMOOTHIE



CHOCOLATE BERRY SUPERFOOD SMOOTHIE



SERVES
1



HIGH IN
ANTIOXIDANTS



RICH IN
VITAMINS &
MINERALS

INGREDIENTS

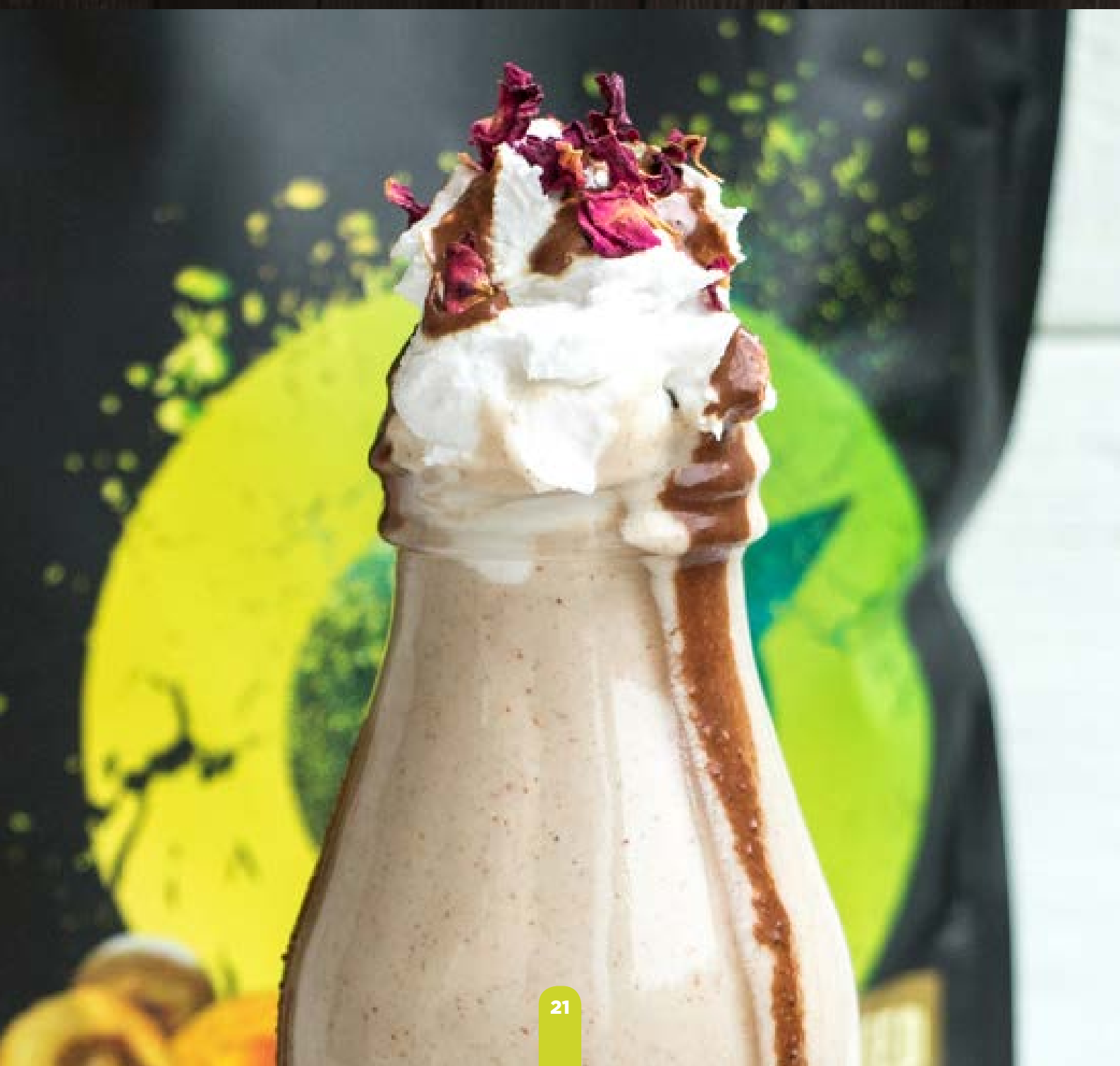
1 small banana
200ml almond milk
Handful of frozen blueberries
and / or raspberries
1 scoop **PERFORM**
Madagascar Vanilla
1 tbsp cacao powder
1 scoop of **THRIVE Him**
or **THRIVE Her**

METHOD

1. Add your almond milk, berries, banana, protein powder and cacao to your blender and mix well. Measure out your scoop of **THRIVE** and add to the mix, then blend again until smooth and creamy.
2. Serve cold in a glass, or alternatively transfer to a bowl and top with more fresh / frozen berries.

COCONUT CARAMEL

ICE CREAM SHAKE



COCONUT CARAMEL ICE CREAM SHAKE



SERVES
1



NATURAL
ENERGY BOOST



HIGH
PROTEIN

INGREDIENTS

200ml coconut milk
2 frozen bananas
1 scoop **PERFORM Salted
Maca Caramel**
1 tbsp peanut butter

Coconut whipped cream (optional)

1/3 can of coconut milk
1 tbsp coconut sugar
1/2 tbsp organic vanilla extract

METHOD

1. Add your coconut milk, banana, peanut butter and **Salted Maca Caramel PERFORM** into your blender and mix well.
2. Blend until all the ingredients are mixed into a smooth, creamy texture. Transfer into a glass and either enjoy it as it is, or if you're feeling extra indulgent, top it with our vegan whipped cream.
3. To make the cream, place your can of coconut milk in the fridge overnight to ensure it turns into a firm texture.
4. Take it out of the fridge and whisk it up in a bowl with your coconut sugar and vanilla until it turns nice and fluffy.
5. Add to the top of your shake and enjoy!

RASPBERRY, BANANA & CACAO SHAKE



RASPBERRY, BANANA & CACAO SHAKE



SERVES
1



HIGH IN
ANTIOXIDANTS



GREAT FOR
POST-WORKOUT
RECOVERY

INGREDIENTS

200ml almond milk
2 frozen bananas
1 scoop **PERFORM Raw Cacao**
1 tsp cacao powder
1 handful frozen raspberries
(plus extra for topping!)

METHOD

1. Add your almond milk, raspberries, banana, and **PERFORM Raw Cacao** to your blender and mix well.
2. Serve cold in a glass, or alternatively transfer to a bowl and top with more fresh / frozen berries.

LUNCH

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MEXICAN LOADED

BAKED SWEET POTATOES



MEXICAN LOADED BAKED SWEET POTATOES



SERVES
2



FULL OF
FLAVOUR



RICH SOURCE
OF VITAMIN A

INGREDIENTS

1 large sweet potato
per person
Guacamole:
1 large avocado
¼ small red onion -
finely diced
½ clove crushed garlic
1-2 tbsp fresh lime juice
Salt and pepper to taste
Pinch chilli flakes
Handful fresh
pomegranate seeds
Fried Black beans:
1 can black beans
Clove garlic-crushed
½ tsp paprika
Sea salt and pepper
½ diced red pepper

METHOD

1. Preheat your oven to 190°C and place the sweet potatoes onto a tray to bake for around an hour.
2. Meanwhile, to make the guacamole, mash the avocado with a fork and stir through the red onion, garlic, lime juice, chilli and pomegranate seeds. Season to taste with salt and pepper and leave this in the fridge whilst you make the rest of the dish.
3. For the black beans, heat a tsp of oil in a pan over medium-high heat and add in the black beans, bell pepper, paprika, garlic and salt and pepper. Sauté until slightly crisp.
4. Once the potatoes are cooked, slice down the middle and top with the fried beans and a generous helping of guacamole.

SQUASH & KALE SALAD

WITH CASHEW GINGER DRESSING



SQUASH & KALE SALAD

WITH CASHEW GINGER DRESSING



SERVES
2-4



HIGH FIBRE



RICH IN
VITAMINS &
MINERALS

INGREDIENTS

2 large handfuls kale
¼ can chickpeas (drained and rinsed)
2 cups cubed butternut squash
2 tsp olive oil
¾ cup cooked edamame beans
Handful pomegranate seeds

Dressing:

2 tbsp smooth cashew butter
Tbsp toasted sesame oil
2 tbsp fresh lemon juice
Tbsp brown rice/agave syrup
Thumb sized piece ginger - grated
1 clove crushed garlic
Water
Pinch chilli flakes
Sea salt and pepper

METHOD

- 1.** Preheat your oven to 190°C and line a tray with baking paper. Place the squash onto the tray and drizzle with the olive oil. Place this into the oven for around 30 minutes to bake.
- 2.** Meanwhile, to make the salad dressing, combine the cashew butter, sesame oil, garlic, ginger, sweetener, lemon juice, chilli, salt and pepper and mix well until smooth. Gradually add in splashes of water whilst mixing to achieve a pourable consistency.
- 3.** In a bowl, combine the kale, cooked, squash and chickpeas and add in a few tbsp of the dressing. Toss everything together to ensure it's evenly coated, then transfer into a serving bowl.
- 4.** Top with the edamame, pomegranate seeds and another drizzle of the dressing. Serve and enjoy!

SPICED CAULIFLOWER

& CHICKPEA SALAD



SPICED CAULIFLOWER AND CHICKPEA SALAD



SERVES
1



LOW CALORIE



GREAT FOR
SUMMER

INGREDIENTS

1 small head cauliflower
1 tbsp coconut oil
½ tsp ground cinnamon
2 tps cumin seeds
250g cooked chickpeas (1 can)
2 tpb harissa paste
4 ripe (150g) vine tomatoes
1 tsp sea salt flakes
(or to taste)
4 tbsp pomegranate seeds
large bunch (100g) fresh
flatleaf parsley
Juice of ½ lemon

METHOD

- 1.** Preheat the oven to 220°C. Slice off the cauliflower into florets. Gently melt the coconut oil in the microwave or over the hob until melted. In a bowl, mix the cinnamon, cumin seeds and coconut oil and whisk gently. Add the cauliflower and toss until each floret is fully coated. Place the cauliflower on a baking tray and bake for 15 minutes. Do not wash up the bowl yet!
- 2.** Add the chickpeas and harissa to the bowl, and toss again to coat. Chop up the tomatoes and add them to the cauliflower tray with the chickpeas. Return to the oven for another 15 minutes.
- 3.** Remove the cauliflower, chickpeas and tomatoes from the oven. Adding the parsley leaves, place them onto a plate to serve. Scatter the pomegranate seeds over the salad, add a squeeze of lemon juice and enjoy!

SWEET & SPICY CHICKPEAS

WITH AVOCADO PESTO ZOODLES



SWEET & SPICY CHICKPEAS

WITH AVOCADO PESTO ZOODLES



SERVES
2



LOW CARB



**RICH IN
VITAMINS &
MINERALS**

INGREDIENTS

For the zoodles you will need:

4 medium sized courgettes
A handful of fresh basil
3 tablespoons
soy sauce
1 medium ripe avocado
2 cloves fresh garlic,
chopped finely
2 tablespoons coconut cream
Salt and pepper to taste

For the chickpeas you will need:

1 400g can chickpeas -
or you can soak your own!
1 tablespoon of coconut oil
1 tablespoon of maple syrup ½
teaspoon paprika
½ teaspoon ground chilli
powder (to taste)
½ teaspoon cinnamon
½ teaspoon salt

METHOD

1. Preheat the oven to 180°C. Drain the chick peas and rinse thoroughly with tap water.
2. In a large frying pan, heat all the other chickpea ingredients over a very low heat: coconut oil, maple syrup, and spices. Stir this mixture until liquid and slightly warmed.
3. Add the chickpeas to the pan and stir until thoroughly coated. Transfer to a lined baking tray and pour any excess spice mixture on top.
4. Place in the oven for around 25 minutes, until brown and slightly crispy.
5. Whilst the chickpeas are roasting, it's time to prepare your zoodles! Blend together the coconut aminos, avocado, coconut cream and basil until a smooth mixture forms. Here you have your 'zoodle sauce!'
6. Using a spiralizer or julienne peeler, create 'noodles' from your courgette. Due to the high water content they will reduce a lot in size when cooking.
7. Heat the coconut oil in a large pan and add the crushed garlic. Fry for a minute or two until it begins to brown, then add the zoodles. Cook for a further two or three minutes until the zoodles are tender.
8. Stir in the creamy avocado sauce mix and stir well to ensure all the noodles are well coated.

DINNER

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SWEET POTATO, CARROT **& COCONUT SOUP**



SWEET POTATO, CARROT & COCONUT SOUP



SERVES
2



READY IN
LESS THAN
30 MINUTES



RICH IN
VITAMIN C

INGREDIENTS

300g chopped carrot
130g cooked sweet potato
(without skin)
½ tsp cumin
½ tsp coriander
Chilli flakes to taste
1 cup light coconut milk
½ white onion
2 garlic cloves
Sea salt and pepper to taste
Water

METHOD

- 1.** Fill a saucepan with water and bring to the boil. Add in the carrots and cook until soft enough to pierce with a fork. You could also steam or roast these.
- 2.** Meanwhile, heat a drizzle of oil in a frying pan and sauté the onion and garlic over medium heat until the onion is translucent.
- 3.** Once cooked, allow the carrots to cool slightly, before adding them into a blender along with the sweet potato, coconut milk, spices, onion, garlic and a good pinch of salt and pepper.
- 4.** Blend until smooth and creamy, then add water if the soup is too thick. Adjust any seasonings to taste. Pour into a saucepan and heat until piping hot to serve.

CREAMY COCONUT

CHICKPEA CURRY



CREAMY COCONUT CHICKPEA CURRY



SERVES
3



READY IN
LESS THAN
30 MINUTES



HIGH
PROTEIN

INGREDIENTS

Tsp coconut oil
2 large garlic cloves
½ red onion
1 can coconut milk
1 can chickpeas (drained
and rinsed)
1 courgette
1 bell pepper
Sea salt and pepper to taste
Tsp paprika
Tsp cumin
Tsp coriander
Thumb sized piece
ginger-grated
½ tsp turmeric
Chilli flakes to taste

METHOD

1. Heat the coconut oil in a pan and bring to a medium heat.
2. Finely dice the onion and add this into the pan, along with the garlic cloves-crushed. Sauté these until the onion becomes translucent. Diced the pepper and courgette into chunks and add these into the pan to cook until slightly softened.
3. Pour in the coconut milk and stir in all of the spices, as well as the ginger and a good pinch of salt pepper and chilli flakes (as as much or as little as you like depending on the level of spice that you'd like)
4. Finally, add in the chickpeas and leave the curry to simmer for around 20 minutes, until all of the veggies have cooked and the sauce has thickened slightly.
5. Serve with some rice or quinoa and enjoy!

SMOKEY VEGGIE CHILLI



SMOKEY VEGGIE CHILLI



**SERVES
2-4**



HIGH FIBRE



**READY IN
LESS THAN
30 MINUTES**

INGREDIENTS

1 can tinned tomatoes
½ can water
Tbsp tomato puree
1 can red kidney beans
(drained and rinsed)
1 red onion
½ red bell pepper
2 cloves garlic-crushed
2 small carrots
Tsp smoked paprika
½ tsp ground cumin
Sea salt and pepper to taste
Chilli flakes to taste
Olive oil for cooking

METHOD

1. Heat a little olive oil in a pan over a medium heat.
2. Dice the onion and sauté this in your pan until translucent. Add the crush garlic and continue to cook.
3. Peel and dice the carrot into small pieces and slice the pepper into bite-sized chunks. Add all of the veggies and cook these for a few minutes to soften.
4. Pour in your tinned tomatoes, water and tomato puree and bring to the boil.
5. Reduce the chilli to a simmer and stir through all of your seasonings. Add the kidney beans, then pop the lid on the pan and allow this to cook and thicken for around 10-15 minutes.
6. Sprinkle a generous handful of vegan cheese on top for extra flavour (optional). Serve and enjoy!

VEGAN
MAC N'
CHEESE



VEGAN

MAC N' CHEESE



SERVES
2-3



CONTAINS
HEART HEALTHY
FATS



INDULGENT &
DELICIOUS

INGREDIENTS

1 cup cashew nuts
1 cup coconut milk
(drinking kind)
1 clove crushed garlic
Tsp olive oil or vegan butter
Sea salt and pepper to taste
3 tbsp nutritional yeast
Pinch nutmeg
Pinch paprika
150 elbow macaroni (can use
gluten free)

METHOD

1. Cook the pasta according to the instructions on the packet.
2. Heat the vegan butter or oil in a saucepan over a low-medium heat and add the crushed garlic. Cook until fragrant, then pour in the milk. You just want the milk to be warm and not boiling.
3. In a blender, combine the milk mixture, cashews, nutritional yeast, nutmeg, paprika and a good pinch of salt and pepper. Blend until smooth and creamy.
4. Pour the sauce back into the pan and heat until piping hot.
5. Once the pasta is cooked, drain most of the water, leaving a small amount to help prevent the pasta sticking.
6. Add a few spoonfuls of the sauce (you will probably only need about $\frac{1}{3}$ to $\frac{1}{2}$ and mix so that all of the pasta is evenly coated.

DESSERT

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PUMPKIN SPICE

TWIX BARS



PUMPKIN SPICE TWIX BARS



SERVES
6



**HIGH
PROTEIN**



RAW

INGREDIENTS

For the base

½ scoop **PERFORM**

Salted Maca Caramel

½ cup cashews

½ cup pecans

2 tbsp peanut butter

1 tbsp maple syrup

For the filling

1.5 cups of dates, pitted

4 tbsp coconut milk

2 tbsp peanut butter

2 tbsp pumpkin puree

½ tsp cinnamon

¼ tsp ginger

⅛ tsp cloves

Pinch of salt

For the chocolate coating

70g of your favourite raw /
vegan chocolate

METHOD

1. To make the base of the bars, pop the cashews and pecans into a food processor and blitz until slightly crushed. Now add in the protein, peanut butter and maple syrup and blend until well combined. Press this into a lined brownie tin and pop into the freezer to set.

2. For your pumpkin caramel, add the dates, pumpkin puree and coconut milk into a food processor or high speed blender and blend until smooth and creamy. Add in the peanut butter, salt and spices and blend again. You want this to be nice and thick and completely smooth in texture. Spread this over the top of the biscuit base and return these to the freezer for 2 hours to set.

3. Gently melt your favourite raw/vegan chocolate bar until liquid. You can add in a tsp of coconut oil if the chocolate is too thick. Slice the bars into portions and coat in a layer of chocolate. Pop these back into the freezer for an hour to allow the chocolate to set, and then enjoy!

CHOCOLATE BERRY

ICE CREAM COOKIE



CHOCOLATE BERRY ICE CREAM COOKIE



SERVES
4



HIGH
PROTEIN



INDULGENT &
DELICIOUS

INGREDIENTS

For the cookies

1 cup oats
½ cup cashews
2 tbsp maple syrup
1 tbsp coconut oil
2 tbsp cacao powder
¾ cup dates
Dash of vanilla extract

For the ice cream

1 frozen banana
1 cup frozen raspberries
1 scoop **Acai & Blueberry PERFORM**
Dash of almond milk

For the chocolate sauce

2 tbsp coconut oil
2 tbsp maple syrup
2 tbsp cacao powder

METHOD

- 1.** To make the cookies, add the cashews and oats into a food processor and blend for a few seconds to break these down slightly. Next, add in the dates, cacao, coconut oil, maple syrup and vanilla and blend again until everything is well combined and you're left with a sticky, dough like mixture.
- 2.** Take a little of the mix and mould into a small cookie shape. Repeat this with all of the dough and place these the freezer for 2 hours.
- 3.** To make the ice cream, pop the frozen banana, berries and protein powder into a blender and add a dash of almond milk to help everything blend. Blitz these to create a really smooth, thick and creamy texture.
- 4.** Meanwhile, mix together melted coconut oil, cacao and maple syrup and set this aside ready to decorate the cookies.
- 5.** Now you're ready to assemble everything. Scoop out some of the ice cream with an ice cream scoop and place this onto one of the cookies. Sandwich another on top and drizzle in the chocolate mix. Repeat and pop them back into the freezer for 30 mins to set or eat right away.
- 6.** Enjoy!

COCONUT BBQ'D NECTARINES WITH COCONUT JAM



COCONUT BBQ'D NECTARINES WITH COCONUT JAM



SERVES
1



READY IN
LESS THAN
10 MINUTES



ONLY 2
INGREDIENTS

INGREDIENTS

1 whole nectarine
1 tbsp coconut jam

Optional toppings:

Coconut yoghurt, coconut chips, fresh pomegranate, pistachios. Get creative!

METHOD

1. Slice the nectarine in half and remove the stone.
2. Heat the coconut jam gently in a saucepan to melt it. Brush the nectarine with the jam and place both halves onto the BBQ or grill. Cook for a few minutes on each side, until really soft and caramelised.
3. Serve with some coconut yoghurt or toppings of your choice!

**BANANA, PEANUT BUTTER &
CARAMEL FUDGE
PRONUTS**



BANANA, PEANUT BUTTER & CARAMEL FUDGE PRONUTS



SERVES
6



NATURAL
ENERGY BOOST



HIGH
PROTEIN

INGREDIENTS

2 large ripe bananas
150ml almond milk
2 tbsp smooth peanut butter
4 tbsp maple syrup
1 tsp vanilla extract
1 tsp apple cider vinegar
150g rolled oats
2 scoops **Salted Maca**
Caramel PERFORM
2 tbsp flaxseed
½ tsp baking powder
1 tsp bicarbonate of soda
1 tsp ground cinnamon

For the glaze:

4 tbsp peanut butter
2 tbsp maple syrup

To decorate:

Melted raw chocolate
Crushed peanuts

METHOD

1. Preheat your oven to 180°C and lightly grease a 6 hole doughnut pan with a little coconut oil.
2. Place the bananas, almond milk, peanut butter, maple syrup, vanilla extract and apple cider vinegar into a blender and blend until well combined. Now add the remaining dry ingredients to the blender and blitz together until a smooth, thick batter is formed.
3. Using a teaspoon, spread your batter evenly around the 6 doughnut rings, making sure it does not cover the hole in the middle. Transfer to the oven and bake for 20 minutes until golden, risen and firm.
4. Set the doughnuts aside to cool. Whilst they are cooling, whisk together your peanut butter and maple syrup until smooth. You can also add a splash of almond milk to this mixture to make the glaze go further (and use more on each doughnut!)
5. When the doughnuts are cooled, remove them carefully from the pan and transfer to a wire rack. Gently spoon the glaze over the top of each doughnut.
6. Drizzle each doughnut with a little melted raw chocolate and some crushed roasted peanuts (optional). Enjoy right away, or transfer to an airtight container and keep in the fridge for up to 3 days.

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