

PLANT BASED RECIPES

MADE SIMPLE



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DELICIOUS VEGAN RECIPES

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
1



HIGH FIBRE



**HIGH
PROTEIN**

INGREDIENTS

1 can chopped tomatoes
1 tbsp tomato puree
1 can butter beans (drained
and rinsed)
1 tbsp smoked paprika
1 tbsp maple syrup
1 clove garlic
Sea salt and pepper to taste
Handful Spinach
Toast to serve

METHOD

1. Heat a splash of water in a non-stick pan over a medium heat and crush in the garlic. Stir and cook for 1 – 2 minutes.
2. Pour in the tinned tomatoes and stir through the tomato puree, paprika, maple 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!

Calories (kcal): 635 • **Carbs (grams):** 120 • **Fats (grams):** 8.4 • **Protein (grams):** 30.2

SCRAMBLED TOFU

ON TOAST



SCRAMBLED TOFU

ON TOAST



SERVES
1



HIGH
PROTEIN



HIGH
CALCIUM

INGREDIENTS

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

METHOD

1. Add a splash of water to a non stick pan and heat to medium. Finely dice the onion and add this into the pan. Once the onion has started to become trans-lucent, crush in the garlic and sauté until fragrant.
2. Pat the tofu dry with some kitchen towel and crumble into pieces.
3. 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.
4. Now, add the tofu into the pan and season with the turmeric, herbs and a generous seasoning of salt and pepper.
5. 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.

Calories (kcal): 325.7 • **Carbs (grams):** 40.5 • **Fats (grams):** 8.2 • **Protein (grams):** 26.6

SALTED CARAMEL

PROTEIN CRÊPES



SALTED CARAMEL PROTEIN CRÊPES



SERVES
1



HIGH IN
ANTIOXIDANTS



HIGH
PROTEIN

INGREDIENTS

1 scoop PERFORM Salted
Maca Caramel
1 small banana
1/3 cup buckwheat flour
2/3 to 1 cup of plant milk
Coconut oil, for cooking

Toppings:

Coconut yoghurt
Fresh raspberries

METHOD

1. Add all your ingredients to your blender and blend until smooth and creamy. Gradually add in the plant 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 coconut yoghurt.

Calories (kcal): 485.4 • **Carbs (grams):** 54.6 • **Fats (grams):** 17.7 • **Protein (grams):** 32.1

MACA OATMEAL WITH
**CARAMELISED
BANANAS**



MACA OATMEAL WITH **CARAMELISED BANANAS**



SERVES
1



**NATURAL
ENERGY BOOST**



**READY IN
LESS THAN
10 MINUTES**

INGREDIENTS

½ cup regular or
sprouted oats
1 cup water
½ cup plant 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 plant 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!

Calories (kcal): 508.9 • **Carbs (grams):** 75.5 • **Fats (grams):** 9.8 • **Protein (grams):** 32.5

FULLY LOADED

PB TOAST



FULLY LOADED

PB TOAST



SERVES
1



CONTAINS
HEART HEALTHY
FATS



WHOLESOME
AND DELICIOUS

INGREDIENTS

1–2 thick slices of bread
Peanut butter
1 ripe banana
Cacao nibs

METHOD

- 1.** Add your bread to the toaster until it reaches your desired level of toasted!
- 2.** Spread with a generous helping of peanut butter. Chop your banana into coins and arrange them on top of the toast.
- 3.** Add an extra drizzle of peanut butter on top of the banana and finish with a scatter of cacao nibs. If you don't have cacao nibs you can always use pumpkin seeds, coconut shavings or raisins too!

Calories (kcal): 320.9 • **Carbs (grams):** 46 • **Fats (grams):** 12.8 • **Protein (grams):** 10

SMOOTHIES

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SALTED CARAMEL

POST WORKOUT SHAKE



SALTED CARAMEL

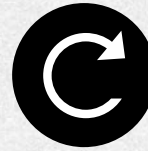
POST WORKOUT SHAKE



SERVES
1



HIGH
PROTEIN



GREAT FOR
POST-WORKOUT
RECOVERY

INGREDIENTS

100g banana (roughly
one large)
1 scoop **Salted Maca**
Caramel PERFORM
1 tbsp oats
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!

Calories (kcal): 296 • **Carbs (grams):** 32 • **Fats (grams):** 7.3 • **Protein (grams):** 29.1

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 Living**
Multinutrient

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.

Calories (kcal): 285.4 • **Carbs (grams):** 35.7 • **Fats (grams):** 5.9 • **Protein (grams):** 29.6

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 tsp 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 icing powder and vanilla until it turns nice and fluffy.
5. Add to the top of your shake and enjoy!

Calories (kcal): 458.2 (592.1) • **Carbs (grams):** 60.6 (92.1) • **Fats (grams):** 13.7 (21.5) • **Protein (grams):** 31.5 (32.4)

(WITH OPTIONAL WHIPPED CREAM)

RASPBERRY, BANANA

& CACAO SHAKE



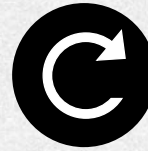
RASPBERRY, BANANA & CACAO SHAKE



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.

Calories (kcal): 260.8 • **Carbs (grams):** 59.3 • **Fats (grams):** 3.3 • **Protein (grams):** 4.4

MAIN MEALS

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MEXICAN LOADED

BAKED SWEET POTATOES



MEXICAN LOADED BAKED SWEET POTATOES



SERVES
1



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 cup cooked 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 splash of water in a pan over medium 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.

Calories (kcal): 655.3 • **Carbs (grams):** 98.7 • **Fats (grams):** 22.6 • **Protein (grams):** 22.2

SWEET & SPICY CHICKPEAS

WITH AVOCADO PESTO ZOODLES



SWEET & SPICY CHICKPEAS

WITH AVOCADO PESTO ZOODLES



SERVES
1



HIGH
PROTEIN



RICH IN
VITAMINS &
MINERALS

INGREDIENTS

For the zoodles you will need:

2 medium sized courgettes
A handful of fresh basil
3 tablespoons coconut tamari
1 medium ripe avocado
1 clove fresh garlic,
chopped finely
Salt and pepper to taste

For the chickpeas you will need:

1 cup cooked chickpeas -
or you can soak your own!
1 tablespoon of maple syrup
1 tablespoon of tamari
½ teaspoon paprika
½ teaspoon ground chilli
powder (to taste)
½ teaspoon cinnamon
½ teaspoon salt

METHOD

1. Preheat the oven to 180°C.
2. In a large bowl whisk together the sauce ingredients and spices: maple syrup, tamari, paprika, chilli, cinnamon and salt. Add the chick peas to the mix and toss well to ensure an even coating.
3. Transfer the chick pea mixture to a lined baking tray and bake for 15 – 20 minutes, until browned and slightly crisp.
4. Whilst these are baking it is time to prepare your zoodles! Blend together the avocado, tamari and basil until smooth. Set this to one side.
5. Using a spiraliser or julienne peeler, create ‘noodles’ from your courgette. Now coat them in the avocado sauce and set aside.
6. Top with your roasted chick peas and enjoy!

Calories (kcal): 618.8 • **Carbs (grams):** 78.9 • **Fats (grams):** 26.9 • **Protein (grams):** 27

SWEET POTATO, CARROT

& COCONUT SOUP



SWEET POTATO, CARROT & COCONUT SOUP



SERVES
1



HIGH FIBRE



**RICH IN
VITAMIN C**

INGREDIENTS

6 large carrots
1 large sweet potato
(without skin)
½ tsp cumin
½ tsp coriander
Chilli flakes to taste
1 cup coconut milk
½ white onion
1 garlic clove
2cm ginger, finely chopped
Sea salt and pepper to taste
Water

To serve:

A thick slice of sourdough /
gluten free bread

METHOD

1. Peel and dice your carrot and sweet potato. Transfer to a steamer and steam for 10 minutes, or until soft.
2. Meanwhile, heat a splash of water in a frying pan over a medium heat. Gently sauté the onion and garlic until fragrant. Add a splash of the coconut milk and spices and cook for a further 1 – 2 minutes.
3. Transfer the onion and spice mix into a blender along with the steamed carrot and sweet potato. Pour in the rest of the coconut milk and blend until smooth and creamy. If required add a little water to reach your desired consistency.
4. Pour into a saucepan and heat gently. Serve with a thick slice of your favourite bread and enjoy!

Calories (kcal): 386.7 • **Carbs (grams):** 79.8 • **Fats (grams):** 5.9 • **Protein (grams):** 7.9

CREAMY COCONUT

CHICKPEA CURRY



CREAMY COCONUT CHICKPEA CURRY



SERVES
2



READY IN
LESS THAN
30 MINUTES



HIGH
PROTEIN

INGREDIENTS

1 large garlic clove
½ red onion
1 can coconut milk
2 cups cooked chickpeas
(drained and rinsed)
2 courgettes
2 large carrots
1 small aubergine
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 a large heavy based pan over a medium heat. Add a splash of water to prevent sticking.
2. Finely dice the onion and add this into the pan, along with the garlic cloves-crushed. Sauté these until the onion becomes translucent. Dice the pepper and courgette into chunks and add these into the pan to cook until slightly softened.
3. Add all of your spices and ginger to the pan and sauté for a minute or 2, until fragrant. Pour in the coconut milk and stir well.
4. Finally, add the carrots, aubergine and chick peas and allow the curry to simmer gently for 20 – 30 minutes.
5. Serve with rice or quinoa and enjoy!

Calories (kcal): 464.9 • **Carbs (grams):** 52.8 • **Fats (grams):** 25.7 • **Protein (grams):** 9.7

SMOKEY
**VEGGIE
CHILLI**



SMOKEY VEGGIE CHILLI



SERVES
2



HIGH FIBRE



READY IN
LESS THAN
30 MINUTES

INGREDIENTS

1 can tinned tomatoes
½ cup water
Tbsp tomato puree
1 cup cooked red kidney beans
(drained and rinsed)
1 red onion
½ red bell pepper
2 cloves garlic-crushed
2 small carrots
2 sticks celery
1 red pepper
1 yellow pepper
1 large handful kale
Tsp smoked paprika
½ tsp ground cumin
Sea salt and pepper to taste
Chilli flakes to taste

METHOD

- 1.** Heat a splash of water in a large heavy based pan. Dice the onion and crush the garlic, then add to the pan and sauté gently until golden and fragrant.
- 2.** Add another splash of water and all of your spices and continue to cook for another minute or so.
- 3.** Dice your veggies and add to the pan. Pour in your chopped tomatoes and water and bring to a gentle simmer.
- 4.** Add your beans and continue to cook for 10 – 15 minutes.
- 5.** Serve over rice or quinoa and enjoy!

Calories (kcal): 342.3 • **Carbs (grams):** 68 • **Fats (grams):** 1.65 • **Protein (grams):** 15.6

VEGAN
**MAC N'
CHEESE**



VEGAN MAC N' CHEESE



SERVES
2



CONTAINS
HEART HEALTHY
FATS



INDULGENT &
DELICIOUS

INGREDIENTS

150g cashew nuts
200ml plant milk
1 clove crushed garlic
Sea salt and pepper to taste
3 tbsp nutritional yeast
Juice half a lemon
½ clove garlic
Pinch paprika
250g buckwheat spirals

METHOD

- 1.** The morning before you make this recipe, soak your cashew nuts in water a minimum 6 – 8 hours before cooking.
- 2.** Drain your cashew nuts and add to a blender with the lemon juice, nutritional yeast, plant milk, garlic and spices. Blend well until a smooth sauce forms. You may wish to add an extra splash of water to reach your desired consistency.
- 3.** Cook your pasta according to the instructions on the packet. Drain and transfer to a baking tray. At this point you may wish to add vegetables of your choice such as cherry tomatoes, chopped red pepper or broccoli florets.
- 4.** Add your sauce to the pasta and mix well. Transfer to an oven heated to 180C and bake for 15 minutes, until golden brown on top.
- 5.** Remove from the oven and allow to cool for 5 minutes before serving. Enjoy!

Calories (kcal): 917.5 • **Carbs (grams):** 114.4 • **Fats (grams):** 35.2 • **Protein (grams):** 34.8

“BEEFY”
**VEGGIE
BURGERS**



“BEEFY” VEGGIE BURGERS



SERVES
2



HIGH
PROTEIN



HIGH
IN IRON

INGREDIENTS

½ cup chickpeas, cooked
1 cup red kidney beans
2 carrots, medium
1 red onion
1 to 2 cups oat flour
1 beetroot, peeled
1 garlic, clove
cumin seeds & salt to taste
herbs & spices

METHOD

1. Combine all the ingredients + seasonings into a food processor or blender and pulse until you have a fairly smooth consistency, scraping down the sides regularly. Although having a few rough bits works well and adds to the overall texture.
2. Shape them into burger sized patties and get ready to cook!
3. You have the option of either frying them in a lightly oil coated pan for around 1-2 min on each side, or baking them for 15-20 min on a medium to high heat, 400F/ 200C, turning sides half way through.

Calories (kcal): 691 • **Carbs (grams):** 125.9 • **Fats (grams):** 9.85 • **Protein (grams):** 28.2

CAJUN
**SOUL
BOWL**



CAJUN SOUL BOWL



SERVES
1



HIGH
PROTEIN



HIGH
IN IRON

INGREDIENTS

1 cup of your favourite
cooked beans
1 medium sweet potato
½ red onion
1 red pepper
Large handful cherry tomatoes
garlic powder
smoked paprika
coriander
cumin
chipotle chilli powder
Tamari
1/2 cup sweetcorn
1 cup cooked quinoa
1/2 avocado, diced
½ lemon or lime

Optional: Tortilla chips to serve

METHOD

- 1.** Dice your sweet potato, leaving the skin on. Transfer to a steamer and steam for 10 – 15 minutes, until tender.
- 2.** Meanwhile, heat a splash of water in a frying pan over a medium heat. Dice the red onion, pepper and tomatoes and add to the pan. Fry for at least 5 minutes, until soft.
- 3.** Add a splash of tamari to the pan along with the garlic, paprika, coriander, cumin and chilli powders. Pour in the steamed sweet potato, cooked beans and sweetcorn and continue to fry for a further 3 – 4 minutes to allow the flavours to infuse together.
- 4.** Transfer the cooked quinoa to a bowl. Pour the contents of the pan over the quinoa to allow it to soak up the flavour. Add the diced avocado, a pinch of salt and a squeeze of lemon or lime. Serve with tortilla chips for an extra crunch!

Calories (kcal): 846.7 • **Carbs (grams):** 147.3 • **Fats (grams):** 17.0 • **Protein (grams):** 34.6

CHICKPEA, TUNA & SWEETCORN

SANDWICH



CHICKPEA, TUNA & SWEETCORN SANDWICH



SERVES
1



HIGH
PROTEIN



FULL OF
FLAVOUR

INGREDIENTS

1 cup cooked chickpeas
½ cup sweetcorn
Small handful fresh dill,
finely chopped
2 slices sourdough bread
1 tbsp tahini
Juice half a lemon
1 tsp tamari soy sauce
2-3 tbsp of water
mixed salad leaves
vine tomatoes
avocado slices

METHOD

1. In a large bowl, mash the chickpeas with a potato masher (or fork) until they are mostly mashed. You can leave a few beans whole if you'd like. Or you can even blitz them in a blender/processor for an even smoother “tuna” texture.
2. Add the soy sauce, tahini, lemon juice, a few tbsp of water and mix/mash even more. Once this has mixed in well, add in the sweet corn and mix further.
3. Serve with bread, salad leaves, fresh dill, sliced tomato and avocados.

Calories (kcal): 578.1 • **Carbs (grams):** 94.3 • **Fats (grams):** 15.0 • **Protein (grams):** 24.2

GINGER TAHINI

BUTTERNUT SQUASH SALAD



GINGER TAHINI BUTTERNUT SQUASH SALAD



SERVES
1



**RICH IN
VITAMINS &
MINERALS**



HIGH FIBRE

INGREDIENTS

1 cup cubed butternut squash
½ cooked chick peas
1 large handful mixed salad
2 tbsp pomegranate seeds

For the dressing:

Juice half a lemon
2 tbsp tahini
1 tbsp maple syrup
½ tsp crushed ginger
½ clove garlic
Splash of water

METHOD

1. Preheat oven to medium-high heat, Line baking sheet with parchment paper.
2. Spread diced/cubed butternut squash pieces into a single layer on the baking sheet and roast for 20-25 minutes, tossing once during cooking, until squash is tender.
3. Allow to cool while you prepare the rest of the salad.
4. In a large salad bowl, bring everything together. Add in the mixed salad leaves, cooked chickpeas and pomegranate seeds. Then throw in the squash, drizzle it up with the tahini + ginger dressing, and mix/toss well gently.

For the dressing:

5. Crush up the ginger and garlic in a little bowl. Then add the tahini, maple syrup and freshly squeeze lemon juice with a splash of water (as needed) and thoroughly mix together.
6. You can even make the dressing as soon as you start roasting the squash to allow some time for all the flavours to soak up.

Calories (kcal): 459.9 • **Carbs (grams):** 67.5 • **Fats (grams):** 18.9 • **Protein (grams):** 13.7

GREEN PEA PESTO

PASTA



GREEN PEA PESTO

PASTA



SERVES
1



HIGH
PROTEIN



DELICIOUS
HOT OR COLD!

INGREDIENTS

80g green pea pasta
½ cup green peas

For sauce:

2 cups fresh basil
20g pine nuts OR walnuts
2 garlic cloves
1-2 tbsp freshly squeezed
lemon juice
pink/sea salt to taste
2-3 tbsp extra virgin olive oil
OR 15-20 green olives
4 tbsp water (+ more as
needed)
Herbs & spices

METHOD

Pasta:

1. Cook the pasta in boiling water for required time.
2. Once cooked, drain the water, then in the same pan mix in the sauce thoroughly.
3. Place on a plate or in a bowl, garnish with some green peas on top, sprinkle some salt, black pepper or any other herbs and spices you wish and voila!

Sauce:

1. Blend the basil, the nuts, garlic and olives with a squeeze of lemon and a dash of water in a blender until consistent and thick.

Calories (kcal): 855.9 • **Carbs (grams):** 70.8 • **Fats (grams):** 56.5 • **Protein (grams):** 27.6

LETTUCE
**BURRITO
BOATS**



LETTUCE BURRITO BOATS



SERVES
1



LOW CARB



RICH IN
VITAMINS &
MINERALS

INGREDIENTS

1 cup mixed beans, cooked
½ cup green peas
½ cup sweet corn
1-2 clove garlic
1-2 tomatoes
½ avocado
spring onion, 2 stalks
1 cup parsley, freshly chopped
Romaine lettuce leaves
herbs & spices to taste
Tahini (optional)

METHOD

1. Finely cut up the tomatoes, avocado, parsley, spring onion into cubes.
2. In a large bowl, transfer your already cooked mixed beans, peas and sweet corn, (all washed and rinsed if using cans/tinned) along with the chopped tomatoes, avocado, parsley, spring onion and crushed garlic and give it all a big mix. Here you can also season & spic things up as desired too.
3. Get your vehicle ready (in this case lettuce, but they can also be wraps, tacos, etc.) and **LOAD!** Feel free to drizzle with tahini once you have loaded your lettuce boats!

Calories (kcal): 542 • **Carbs (grams):** 91 • **Fats (grams):** 15.8 • **Protein (grams):** 25.2

RED LENTIL

AUBERGINE DAHL



RED LENTIL AUBERGINE DAHL



SERVES
2



HIGH
PROTEIN



HIGH
FIBRE

INGREDIENTS

1 white onion
1 clove garlic
2cm finely chopped ginger
1 red chilli
½ can coconut milk
4 vine tomatoes, diced
½ tsp cumin seeds
½ tsp mustard seeds
1 cinnamon stick
1 tsp turmeric powder
½ tsp cumin
½ tsp coriander
Black pepper
1 cup red lentils
1 small aubergine
2 large carrots
2 large handfuls spinach

METHOD

1. Heat a splash of water in a large, heavy based pan. Dice your onion and add to the pan, frying gently for 2 – 3 minutes.
2. Add your garlic, chilli and ginger to the pan along with an extra splash of water, if required. Continue to fry until fragrant, then stir in the coconut milk, tomatoes and spices. Simmer gently for 3 – 4 minutes, stirring regularly.
3. Meanwhile, rinse your red lentils thoroughly until the water runs clear. Now transfer them to the pan and add enough water to cover the lentils completely. Add the aubergine and carrots and stir well. Simmer for 20 – 30 minutes, stirring regularly.
4. 5 minutes before serving, add the spinach to the pan. When it has wilted completely, serve the dhal on top of some quinoa and with a spoonful of coconut yoghurt (optional).

Calories (kcal): 595 • **Carbs (grams):** 104 • **Fats (grams):** 9.75 • **Protein (grams):** 30

STUFFED SWEET POTATO WITH
**LENTIL, KALE
AND TAHINI**



STUFFED SWEET POTATO WITH **LENTIL, KALE AND TAHINI**



SERVES
1



HIGH
FIBRE



RICH IN
VITAMIN C

INGREDIENTS

1 large sweet potato baked,
skin on
1-2 cups kale, boiled
½ cup lentils, cooked
1 tbsp pumpkin/
sunflower seeds
1 tbsp tahini

METHOD

1. Bake a sweet potato in the oven at 400F/200C for around 45 - 60 min depending on size. Cook until soft and tender all the way through.
2. In a pan, cook the lentils for required time and whilst they are cooking, boil the kale in a separate pan for 3-5 mins whilst keep an eye on the lentils as you go.
3. When both the lentils and kale are ready, drain and bring them/mix together in one bowl and leave to the side.
4. Once your potato is cooked and the kale/lentil mix is ready, take out the sweet potato and let it cool for a bit before cutting a straight line down the middle (lengthwise) spreading there sides out as you do so. You can also scoop some of the sweet potato out to make more room for the stuffing.
5. Load up the potato with lentils & kale, sprinkle on the pumpkin + sunflower seeds, maybe some chilli flakes and a drizzle of tahini and get ready to go get stuffed!

Calories (kcal): 449.9 • **Carbs (grams):** 69.4 • **Fats (grams):** 13.2 • **Protein (grams):** 21.0

TAMARI TOFU

STIR FRY



TAMARI TOFU

STIR FRY



SERVES
1



HIGH
PROTEIN



FULL OF
FLAVOUR

INGREDIENTS

100g buckwheat soba noodles
1 red pepper
1 cup Green beans
½ red onion
5 tenderstem broccoli stalks/heads

For sauce:

1-2 cloves of garlic
1-2 tsp crushed ginger
2 tbsp tamari soy sauce

For tofu:

Sesame seeds
5 tbsp buckwheat flour (for coating)
200g extra firm tofu

METHOD

For sauce:

1. Add in crushed garlic, crushed ginger + 2 tbsp of Tamari soy sauce and mix, feel free to add in a few drops of water for extra measure.

For tofu:

- 1.** Take the tofu out of its container and wrap in a kitchen towel, place wrapped tofu on a plate and stack a heavy object on top, (like a iron skillet or baking dish) and press the tofu for approx 5-10 mins until water has been drained. If you have a tofu presser, then opt for that of course.
- 2.** Cut the tofu into cubes
- 3.** In a little bowl, add in some soy sauce, sesame oil (optional), a few drops of water if needed.

(continued on next page...)

Calories (kcal): 905.8 • **Carbs (grams):** 136.8 • **Fats (grams):** 24.1 • **Protein (grams):** 51.6

TAMARI TOFU

STIR FRY

METHOD (CONTINUED)

4. In a separate bowl, pour in the buckwheat flour (only enough to cover the tofu cubes ever so slightly so got bit by bit) along with some sesame seeds.
5. Then dip the tofu cubes into the soy sauce mix and roll into the flour with sesame seeds until all sides are covered evenly.
6. Place parchment paper on top of a baking tray and add the marinated/coated tofu cubes.
7. Bake for 25 min, or until edges are crispy and brown. Let the tofu cool before serving as this will make it crispier.

Stir fry:

1. In a work or frying pan, add in finely chopped and cut red onion, red pepper and fry for 3-5 min on a medium-high heat with some water as needed.
2. Lightly boil the green beans and broccoli for a few min before adding them into the frying pan to cook with the other veggies.
3. In a separate sauce pan, start cooking the noodles for required amount of time.
4. You then have the option of bringing everything together separately and saving the sauce to pour on later (like in the image) OR once the noodles are ready and drained, transfer them into the frying pan along with all the veggies (and a little bit of noodle water to help things soak up) and then pour in the sauce to toss/mix all the flavours and everything together before serving.
5. Serve in a bowl with the baked tofu chunks on top. Voila!

VEGAN SPINACH &
**MUSHROOM
CARBONARA**



VEGAN SPINACH & **MUSHROOM CARBONARA**



SERVES
1



**WHOLESOME &
DELICIOUS**



**HIGH IN
IRON**

INGREDIENTS

80g wholegrain spaghetti
2 tbsp tahini
2-3 tbsp nutritional yeast
1-2 garlic cloves
1 cup chopped mushrooms
2-3 cups spinach
chilli, salt & black pepper
to taste

METHOD

1. Cook the pasta in boiling water for required time.
2. While the pasta is cooking, slice the mushrooms and fry them in a pan with the spinach over medium-high heat for 3-5 min. Mushrooms first, spinach towards the end (3 min or so after the mushrooms have been added in).
3. Once cooked, drain the pasta whilst leaving a little bit of pasta water for the sauce. Then in the same pan, add in the fried mushroom + spinach, crushed garlic, a drizzle of tahini, nutritional yeast and MIX thoroughly. The little bit of pasta water saved from earlier will really help gets things saucy here.
4. Season it with herbs and spices, including plenty of black pepper and a bit of salt to bring up the flavour. Stir everything in a little further and get ready to serve!

Calories (kcal): 571.5 • **Carbs (grams):** 79.6 • **Fats (grams):** 18.9 • **Protein (grams):** 31.0

DESSERT

VIVO

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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!

Calories (kcal): 439 • **Carbs (grams):** 49.2 • **Fats (grams):** 24.7 • **Protein (grams):** 10.4

BANANA OAT COOKIES



BANANA OAT COOKIES



SERVES
6



HIGH FIBRE



**CONTAINS
HEART HEALTHY
FATS**

INGREDIENTS

1 cup oats
2 bananas, mashed
2 tbsp coconut flakes
2 tbsp peanut butter
1 tbsp flaxseed
1 tbsp cacao nibs or raisins or
chopped dates
½ tsp cinnamon
sea salt, pinch

METHOD

1. Mash the bananas in a mixing bowl until creamy.
2. Combine the rest of the ingredient into the bowl until consistent.
3. Once everything is well mixed and combined together, spread out the cookie mix into even sized portions on a baking tray/sheet.
4. Bake at a medium-high heat for 20 mins or until golden brown.

This recipe makes for around 6 large cookies.

Calories (kcal): 138 • **Carbs (grams):** 20.5 • **Fats (grams):** 5.2 • **Protein (grams):** 4.1

CHOCOLATE CHIP

PROTEIN MUFFINS



CHOCOLATE CHIP PROTEIN MUFFINS



SERVES
6



HIGH
PROTEIN



OIL
FREE

INGREDIENTS

2 cups buckwheat flour
2 scoops **PERFORM**
Madagascar Vanilla
1/4 cup cacao powder
1 tsp baking soda
1 tsp cinnamon
Pinch Himalayan salt
2 flax eggs (2tbsp ground flax
mixed with 6tbsp water)
2 ripe mashed bananas
2 1/2 cups plant milk
Dark chocolate chunks

METHOD

1. In a large mixing bowl mix together the buckwheat flour, protein, cacao, baking soda, cinnamon and salt. In a separate bowl combine the flax eggs, mashed bananas and plant milk and whisk together until smooth.
2. Transfer the wet ingredients to the large mixing bowl and mix everything together until you have a smooth batter. Spoon the mixture into a muffin tray, filling each $\frac{3}{4}$ of the way up to allow room for the mixture to rise as it cooks!
3. Place a chocolate chunk onto the top of each muffin mixture and then bake in the oven at 180C for 30 minutes. Once cooked, leave to cool for at least 10 minutes and then enjoy!

Calories (kcal): 277 • **Carbs (grams):** 42.6 • **Fats (grams):** 6.8 • **Protein (grams):** 16.15

SOFT SERVE

BANANA ICE CREAM



SOFT SERVE BANANA ICE CREAM



SERVES
2



HIGH IN
FIBRE



HIGH IN
POTASSIUM

INGREDIENTS

4 frozen bananas

METHOD

1. Chop your frozen bananas and add them to a high powered food processor. Blend on the highest power until a smooth 'ice cream' consistency is formed. You may need to add a tiny splash of water or plant milk to get the mixture going.
2. You can also add anything you like to the ice cream to mix up the flavours! Try adding cacao powder, cinnamon, frozen berries, or peanut butter for something different.
3. Add your favourite toppings and enjoy!

Calories (kcal): 211 • **Carbs (grams):** 54 • **Fats (grams):** 0.8 • **Protein (grams):** 2.55

SAUCES AND DIPS

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CASHEW CHEESE

DIP



CASHEW CHEESE DIP



**CONTAINS
HEART HEALTHY
FATS**



**HIGH IN
VITAMIN E**

INGREDIENTS

1 cup cashew nuts
Juice half a lemon
¼ cup nutritional yeast
½ clove garlic
½ tsp smoked paprika
¼ tsp mustard powder
¼ tsp salt

METHOD

1. Soak the cashew nuts in water for at least 6 – 8 hours, or overnight.
2. Drain the cashews and add to a high powered blender along with all other ingredients. Add just enough water to allow it to blend smoothly.
3. Blend for at least 2 – 3 minutes until silky smooth. Add extra water if required to reach your desired consistency.

Calories (kcal): 192 • **Carbs (grams):** 11.95 • **Fats (grams):** 14.2 • **Protein (grams):** 8.25

GUACAMOLE



GUACAMOLE



**CONTAINS
HEART HEALTHY
FATS**



**HIGH IN
VITAMIN E**

INGREDIENTS

1 large ripe avocado
1 tbsp lime juice
½ clove garlic
Sea salt
Black pepper
Chilli flakes
4 cherry tomatoes, diced

METHOD

- 1.** Mash together the avocado and lime juice in a bowl using a fork until you reach a smooth but still slightly chunky texture. Crush in the garlic and mix well.
- 2.** Add a generous pinch of salt, black pepper, and chilli flakes to taste.
- 3.** Finally add in the diced tomatoes and mix one final time. Serve on top of.... just about anything!

Calories (kcal): 127.6 • **Carbs (grams):** 8.1 • **Fats (grams):** 10.6 • **Protein (grams):** 1.7

MANGO RED PEPPER

SALSA



MANGO RED PEPPER SALSA



**HIGH IN
VITAMIN C**



**HIGH IN
ANTIOXIDANTS**

INGREDIENTS

1 ripe mango
1 red pepper
1 tbsp lemon / lime juice
¼ red onion
¼ clove garlic
½ red chilli
Pinch of salt and pepper
Handful fresh coriander

METHOD

1. Finely dice the mango, red pepper, onion, garlic and chilli and add them all to a bowl. Stir in the lemon / lime juice.
2. Season to taste with salt and pepper and garnish with a handful of finely chopped fresh coriander.

Calories (kcal): 68.5 • **Carbs (grams):** 16.3 • **Fats (grams):** 0.5 • **Protein (grams):** 1.3

HUMMUS



HUMMUS



**HIGH IN
PROTEIN**



**HIGH IN
MAGNESIUM**

INGREDIENTS

2 tbsp tahini
2 tbsp lemon juice
½ clove garlic, crushed
1 cup chick peas, cooked
Sea salt
Black pepper
½ tsp cumin
½ tsp paprika
2 tbsp extra virgin olive oil,
optional

METHOD

- 1.** In a large food processor whizz together the tahini, lemon juice and garlic until it makes a smooth paste.
- 2.** Add in the chick peas, spices and a splash of water. Blend well until a smooth consistency is formed. You may need to scrape the sides with a spatula a few times during this process.
- 3.** Remove the hummus from the food processor and into a bowl. At this point you can stir in the extra virgin olive oil for flavour, but it is not essential.

Calories (kcal): 161 • **Carbs (grams):** 11 • **Fats (grams):** 11.95 • **Protein (grams):** 4.1

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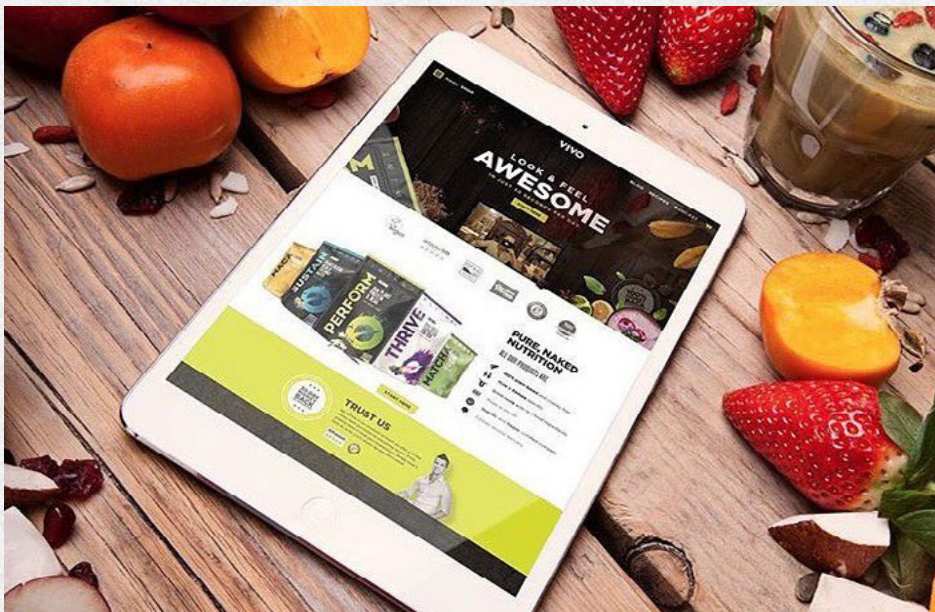
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