



e-Cookbook

**16 FREE RECIPES TO SUPPORT YOU
ON YOUR PLANT-BASED JOURNEY!**



Welcome to your free copy of the Love Veg e-cookbook!

Are you ready to make a difference for animals? Animal Equality is leading the charge towards a more sustainable, ethical, and delicious food system that benefits both people and animals. And the best part? It's super easy to get involved!

One simple way to make a positive impact is by replacing animal products with delicious, plant-based options. And trust us, your taste buds will thank you!

Studies have shown that plant-based foods can reduce the risk of chronic diseases such as heart disease, type 2 diabetes, and certain types of cancer. Plant-based foods are often lower in saturated fat and cholesterol, improving heart health while reducing the risk of cardiovascular diseases.

So, join our Love Veg movement! Let's show the world that plant-based eating can be fun, delicious, and oh-so-satisfying.

By choosing plant-based options, we have the power to make a positive impact on animals, the environment, and our own health with every meal we eat. So, let's take advantage of this opportunity and make conscious choices - because compassion starts on your plate.

See more recipe ideas: loveveg.com/recipes

Enjoy!

Natalie Alms
Love Veg



Breakfast



Spanish Avocado Smash

A great option for breakfast or a snack!



5

servings

20

minutes

Ingredients:

- Breakfast muffin
- Avocado
- 1 tsp. paprika
- 1 clove garlic
- Olive oil
- Cherry tomatoes
- Chili flakes
- Plant-based feta
- Roasted red pepper to serve
- Pinch of salt

Directions:

Preheat the oven to 390° F. Put the red pepper on a baking tray covered with parchment paper. Drizzle olive oil and season with salt. Roast red pepper for 15-20 minutes until charred. Allow to cool and slice into strips, then set aside.

Mash avocado with a fork and mix in paprika and chili flakes. Drizzle olive oil to your desired consistency, then spread generously on a toasted muffin. Top with crumbled, plant-based feta and halved cherry tomatoes. Serve roasted red peppers on the side.

Helpful Tip

This recipe is highly customizable. Top your avocado with balsamic vinegar, lemon juice, garlic or chili oil. You could even mix with nutritional yeast, onion flakes or mixed herbs. The choice is yours!

Banana Pancakes

Perfect for breakfast,
brunch or dessert!

4

servings

10

minutes

Ingredients:

- 1 $\frac{1}{3}$ cup mashed bananas (about 2 medium-sized ripe bananas)
- 1 cup all-purpose flour
- $\frac{1}{2}$ tsp. cinnamon
- $\frac{1}{4}$ cup applesauce
- $\frac{1}{4}$ tsp. salt
- 1 stick of plant-based butter (or plant-based margarine)
- 1 tbsp. baking powder
- $\frac{3}{4}$ cup plant-based milk
- Coconut oil
- Maple syrup
- Berries

Directions:

In a mixing bowl, combine flour, baking powder, cinnamon, and salt.

Using another mixing bowl, mash the ripe bananas with a fork. Stir in the apple sauce and plant-based milk until blended. Add in the flour, baking powder, cinnamon, and salt mixture. Stir to combine.

Over high heat, melt a stick of plant-based butter (or plant-based margarine) in a small frying pan. Make two pancakes at a time by adding $\frac{1}{3}$ cup of pancake batter to the frying pan, and cook for 3 minutes or until golden brown on each side. Serve with berries and maple syrup!



Chickpea Omelet

An egg-free omelet? It's much easier than you might think!

1 serving	15 minutes
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Ingredients:

- A handful of preferred vegetable toppings (sweet onion, peppers, and mushrooms work well)
- ¼ cup chickpea flour
- 1 tbsp. nutritional yeast
- 1 tbsp. ground turmeric
- 1 tsp. olive oil
- ¼ tsp. Himalayan salt
- A handful of spinach leaves
- Grated plant-based cheese

Directions:

Combine the chickpea flour with the nutritional yeast, turmeric, and Himalayan salt. The black salt will give your omelet an egg-like taste and is entirely optional. If you decide to not use the black salt, mix in a pinch of table salt and black pepper to replace it. Add 2 ¾ ounces of water and whisk for a few seconds until a smooth batter forms, then add the vegetables!

Heat the olive oil in a frying pan over medium heat. Pour batter and fry for a few minutes until the edges are crispy and the batter in the middle has firmed. Flip the omelet over and cook for 3-5 minutes. Once cooked through, top with the grated plant-based cheese and spinach, fold the omelet in half, and remove from the pan.

Optional: Serve with chili sauce for a spicy kick!



Ultimate Granola



10 servings	30 minutes
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Ingredients:

- 8 cups old-fashioned rolled oats
- 1 cup slivered almonds
- 1 cup walnuts
- ¼ cup pumpkin seeds
- 1 tsp. ground cinnamon
- 1 cup olive oil
- 1 cup maple syrup
- 2 tsp. vanilla extract
- ½ cup coconut
- 1 tsp. table salt

Directions:

Preheat the oven to 350° F. Use a large baking pan lined with parchment paper. In a large mixing bowl, toss together the dry ingredients (oats, almonds, pumpkin seeds, and cinnamon).

In a separate bowl, mix the olive oil, maple syrup, and vanilla extract. Add this liquid mixture into the dry ingredients and stir until combined. Pour onto the baking sheet and spread into an even layer with a spatula. Add a pinch of salt on top for flavor.

Bake for 20 minutes or until golden brown. The granola should sit for 1 hour in a cool place or room temperature environment.

Break apart the granola and mix it with your favorite plant-based yogurt and fruit!

Lunch



This salad bowl is pretty to look at and packed with flavor!

Vietnamese Noodle Salad

2 servings

25 minutes

Ingredients:

For the salad:

- 2 vermicelli noodle nests
- 1 carrot sliced into ribbons
- 1 sliced pepper
- Half a cucumber sliced into cubes
- Handful of fresh mint and cilantro
- Handful of grated iceberg lettuce
- Peanuts to serve

Ingredients:

For the dressing:

- Juice of a lime
- 1 tbsp. soy sauce
- 1 tbsp. sugar
- 3 tbsp. rice vinegar
- 1 crushed garlic clove
- 1 tbsp. water

For the tofu:

- A block of smoked tofu cut into cubes
- 1 tbsp. soy sauce
- 1 tbsp. maple syrup
- 1 clove of crushed garlic

Directions:

Make the dressing by combining all of the ingredients and set aside. Mix the tofu with the soy sauce, garlic and maple syrup. Fry in a little oil for 5 minutes until sticky, then set aside. Cook the noodles according to packet instructions, then build your noodle bowl. We started with noodles and shredded lettuce, added the tofu and vegetables, garnished with the herbs and peanuts, then topped with the dressing. Enjoy!

Helpful Tip

Customize your salad with your favorite veggies — and why not try with other protein like tempeh or tofu? These can be found at any Asian supermarket.





Sweet Potato Balls

Ingredients:

- 1 large sweet potato
- Handful fresh cilantro
- 1 garlic clove
- ¼ cup all-purpose flour
- Pinch of salt
- 1 tsp. ground cilantro
- 1 tbsp. nutritional yeast (optional)
- Olive oil for cooking

To serve:

- Dill pickles
- Pickled red cabbage
- Hummus
- Shredded iceberg lettuce
- Pita bread
- Olive oil for cooking

4

servings

30

minutes

Directions:

Preheat the oven to 350° F. Prick the potato in multiple areas and heat in the microwave until soft (around 7-10 minutes, depending on the size of your potato).

Dice the garlic and fresh cilantro, and put in a mixing bowl with the flour, salt, ground cilantro, and nutritional yeast (if using). Skin the softened potato and combine the peeled potato with the other ingredients.

When fully combined, mold the mixture into small balls and place them onto a lined baking sheet with parchment paper coated in olive oil. Make sure there is a thin layer of oil so the balls don't stick.

Bake for 15 minutes, then turn over and cook for 10 more minutes until crispy. Serve in pita with pickles, lettuce, and hummus.

Smoked "Salmon" Bagel

With a little magic, carrots can be transformed into plant-based smoked salmon!

2

servings

25

minutes

Ingredients:

- 2 carrots
- 3 tbsp. olive oil
- A few drops of liquid smoke
- Juice of half a lemon
- Salt and pepper
- Few sprigs of fresh dill
- Vegan cream cheese
- 2 bagels to serve

Directions:

Preheat the oven to 350° F. Using a vegetable peeler, slice the carrots into thin ribbons. Steam the carrots for 5 minutes, then remove from heat and rinse them with cold water in a colander.

In a mixing bowl, combine the carrots with the lemon juice, olive oil, and a few drops of liquid smoke. Season with salt and pepper. If using, roughly cut the sprigs of dill into smaller pieces and/or finely chop the capers, then add to the bowl.

Mix well and spread out onto a lined baking tray with parchment paper. Cook in the oven for up to 10 minutes, making sure the carrot doesn't burn.

Serve with plant-based cream cheese on a toasted bagel!





Helpful Tip

Top your bowl with
vegan cheese or
crushed tortilla chips!

Ingredients:

- ¼ of iceberg lettuce, shredded
- Half a red pepper, sliced
- ½ cup rice
- Juice of 1 lime
- Handful of fresh cilantro
- 1 can of black beans
- 1 can of sweet corn
- 1 tsp. smoked paprika
- 1 tsp. ground cilantro
- 1 tsp. cumin

For the salsa:

- Cherry tomatoes
- Salt and pepper
- Half a red onion diced
- 1 jalapeño
- Handful of fresh cilantro
- Juice of half a lime

For the guacamole:

- 1 ripe avocado
- Juice of half a lime
- Clove of garlic
- Fresh cilantro
- Salt and pepper

Burrito

Bowl

2

servings

30

minutes

Directions:

Boil the rice to packet instructions. Mix the spices in a saucepan and add the sweet corn and black beans. Cook for 5 minutes, then add the juice of half a lime and a handful of chopped cilantro. Set aside. Make the salsa by chopping the tomatoes into quarters and mixing with the salt and pepper, onion, jalapeno, cilantro and lime juice. Make the guacamole by mashing the avocado with a fork and mixing with the lime juice, cilantro, seasoning and garlic.

Build your bowl, starting with the rice and lettuce, then the bean mix and red pepper, followed by the salsa and guacamole.

Dinner



Creamy Spaghetti

This is an easy, midweek dinner that packs a flavorful punch!

2

servings

25

minutes

Ingredients:

- 2 cloves of garlic
- 3 tbsp. nutritional yeast
- $\frac{2}{3}$ cup cashews
- Zest and juice of half a lemon
- 1 tbsp. olive oil
- A handful of fresh dill
- $\frac{1}{4}$ cup and 3 tbsp. plant-based milk
- 3.5 oz of spaghetti

Directions:

Boil a pot of water and cook the spaghetti according to the packet instructions. To make the sauce, boil the cashew nuts until soft (about 10 minutes). Alternatively, you can soak the cashew nuts for a few hours in advance or overnight.

In a blender, combine the cashews and all the other ingredients.

Drain the spaghetti once cooked, reserving a small amount of the water. Combine the spaghetti with the sauce, adding a splash of pasta water to loosen if needed.

Helpful Tip

Gradually add your plant-based milk last so you can determine the consistency of the sauce. For a thicker sauce, add a little less milk than the recipe requires. You can use the same recipe minus the plant-based milk to make a delicious, soft, plant-based cheese!

Eggplant & Chickpea Curry

This easy curry will impress your friends and satisfy your curry craving!

Ingredients:

- 1 red onion
- 1 garlic clove
- 1 eggplant
- 1 can of chickpeas
- Fresh cilantro
- 1 jar of tomato purée
- 1 tbsp. mild curry powder
- 1 cup brown rice

For the flatbreads:

- 3 cloves of garlic
- Fresh cilantro
- Plant-based butter or margarine
- 2 vegan flatbreads

4 servings	30 minutes
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Directions:

Preheat the oven to 350° F. Chop the onion and one garlic clove, then fry for a couple of minutes to soften. Cut the eggplant into thin strips and add to the pan with the curry powder. Stir everything to combine well and fry for a few more minutes. Add the tomato purée and chickpeas, then cover and cook for 10 minutes, stirring occasionally.

Meanwhile, cook your rice according to the packet's instructions. Fry the garlic for the flatbreads in some plant-based butter until golden brown. Spread the garlic mixture over the flatbreads and top with cilantro, then wrap in the foil and put them in the oven for 8 minutes. Add some fresh cilantro to the curry and serve with the rice and flatbreads.





BBQ Tofu Lettuce Wraps

4

servings

50

minutes

Ingredients:

- 2 packages of 14-oz. firm tofu
- 2 ½ tsp. smoked paprika
- 2 tsp. cumin
- 2 tsp. garlic powder
- 1 tsp. salt
- 1 tsp. chili powder
- ½ tsp. ground black pepper
- 3 tbsp. olive
- ¼ cup BBQ sauce
- 1 14.5-oz. can of black beans(draind, not rinsed)
- 3 cloves garlic (diced)
- 1 package of romaine lettuce
- 1 cup frozen corn (warmed)
- Vegan ranch dressing to serve
- Barbeque sauce to serve
- 2 avocados to serve

Directions:

Preheat the oven to 425° F. Drain and dry tofu, then set aside. Mix smoked paprika, chili powder, black pepper, garlic powder and oil together in large bowl. After the tofu has been thoroughly drained, crumble it into chunks and add to the bowl with the spice and oil mixture. Stir thoroughly. Pour on a large baking sheet lined with parchment paper, spreading evenly. Cook for 35 minutes stirring, halfway through. When finished cooking, add BBQ sauce and stir.

While tofu is cooking, pour the black beans (drained, not rinsed), cumin, diced garlic cloves, corn, and a pinch of salt into a pot on low-medium heat. Cook for 7 minutes, stirring frequently.

Arrange romaine lettuce leaves on plate. To each lettuce leaf add the BBQ tofu, then the black bean and corn mixture. Top with avocado and drizzle with vegan ranch dressing and barbeque sauce. Enjoy!

Roasted Vegetable Couscous

2

servings

40

minutes

Ingredients:

- 1 cup butternut squash
- $\frac{2}{3}$ cup couscous
- $\frac{1}{3}$ cup white mushrooms
- 8 cherry tomatoes
- 1 red onion
- 1 tsp. balsamic vinegar
- 1 tsp. smoked paprika
- 1 tsp. harissa paste
- 3.5 oz vegan vegetable stock
- Olive oil to taste
- Salt to taste
- Fresh mint or basil as topping

For the dressing:

- 2 tbsp. vegan mayonnaise
- 1 tbsp. tahini
- 1 tbsp. olive oil
- 1 tbsp. whole grain mustard
- 1 tbsp. apple cider vinegar
- 1 garlic clove, crushed

Directions:

Preheat the oven to 390° F. Chop the butternut squash, red onion, and mushrooms. Spread the vegetables and cherry tomatoes out on a lined baking tray or parchment paper. Season with smoked paprika and salt. Drizzle the vegetables with olive oil and balsamic vinegar, then roast for 25 minutes.

Meanwhile, mix all the dressing ingredients together. Put the couscous, harissa paste and vegetable stock in a bowl, stir well, then cover for 2-3 minutes until the couscous has absorbed all the water. Serve the roasted vegetables and couscous warm with a generous drizzle of the dressing. Top with fresh mint or basil leaves to garnish!

Helpful Tip

This recipe works well with other vegetables too – try it with zucchini or eggplant! Sprinkling sesame seeds or pine nuts on top will give the dish an extra boost of protein.



Desserts



Chai Latte Cake

This cake is a real showstopper, perfect for any celebration — big or small!

6 servings | **50** minutes

Ingredients:

- 2 ½ cups plant-based milk
- 2 ½ cups all-purpose flour
- 2 tbsp. baking powder
- 1 tsp. ground cinnamon
- 1 tsp. ground cinnamon
- 1 tsp. ground cloves
- 1 tsp. ground cardamom
- 1 cup sugar
- 4 tbsp. canola oil
- 1 tbsp. vanilla extract

For the icing:

- 1 ¾ cup plant-based butter or margarine
- 3 cups and 1 tbsp. icing sugar
- 1 tsp. vanilla extract
- 1 tbsp. almond milk

Directions:

Preheat the oven to 350° F. Mix all dry cake ingredients together in a bowl. In another bowl, add the vanilla extract to the milk, then slowly add in the canola oil while you whisk the mixture. Whisk together until you have a smooth batter. Separate into two equal size cake tins and bake for 35 minutes.

Meanwhile, combine the plant-based butter, icing sugar, vanilla, and almond milk, then beat until smooth. When the cake has cooled completely, sandwich the halves together with icing and use the rest to top the cake. Sprinkle with ground cinnamon and enjoy!



Apple & Blackberry Crumble

This crumble is really easy and totally delicious!

8

servings

40

minutes

Ingredients:

- 4 cooking apples
- 1 container of blackberries
- 1 tbsp. brown sugar

For the crumble:

- 1 cup and 1 tbsp. all-purpose flour
- ½ cup and 1 tbsp. sugar
- ½ cup plant-based butter
- 1 tbsp. rolled oats

Plant-based ice cream to serve

Directions:

Preheat the oven to 375° F. Peel and chop the apples into pieces, then combine with the blackberries and sugar. Transfer to a baking or pie dish and set aside.

Combine the flour, sugar, and oats with the plant-based butter. Mix in the dry ingredients until you have the consistency of breadcrumbs. Top the fruit with the crumble and bake for 35 minutes. Serve warm with vegan ice cream. Enjoy!





Chocolate Mousse

The easiest chocolate mousse you'll ever make!

4 servings	20 minutes
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Ingredients:

- 2 cups chocolate and plant-based milk
- 1/3 cup sugar
- 1 cup dairy-free chocolate chips
- 1 tsp. vanilla extract
- 2 tbsp. corn starch
- 2 cups plant-based whipped cream
- Raspberries to serve
- Bananas to serve

Directions:

In a medium-sized pot, combine the chocolate and plant-based milk, cornstarch, and sugar. Turn the heat to low and cover for 5-10 minutes, stirring occasionally. Add dairy-free chocolate chips and keep stirring until the mixture has thickened. Cover with a lid and turn off the stove so it doesn't burn. Pour into a bowl and cover with plastic wrap. Let chill for 1 hour in the refrigerator.

After the mousse has cooled, fold in the 2 cups of plant-based whipped cream. Add bananas or raspberries to the top and enjoy!

Chocolate Chip Cookies

12

servings

25

minutes


Ingredients:

- $\frac{3}{4}$ cup and 1 tbsp. all-purpose flour
- $\frac{1}{2}$ cup and 2 tbsp. sugar
- $\frac{1}{2}$ cup and 1 tbsp. semi-sweet plant-based chocolate chips
- $\frac{1}{4}$ cup coconut oil, melted
- 5 tbsp. coconut milk (from a carton, not canned)
- $\frac{1}{2}$ tsp. baking powder

Directions:

Preheat the oven to 350° F. Whisk together the coconut oil and sugar until fully combined and fluffy. Add the coconut milk gradually, whisking for a few seconds before you add more. Once you've added all the coconut milk, stir in the dry ingredients and the plant-based chocolate chips. Mix well.

Line two baking trays with parchment paper and use a spoon to scoop six balls of cookie dough onto each one, leaving enough space for the cookies to spread out while cooking. Gently press down on each ball of cookie dough to flatten. Bake for 15 minutes or until golden brown. Allow to cool and enjoy!

A photograph of a pig sitting in a pile of hay. The pig is looking directly at the camera with a calm expression. The background is a wooden wall.

*The only
ingredient
you need
is love*

Consider replacing meat, dairy, eggs, and other animal products with plant-based foods. Join our Love Veg movement and invite your friends too!

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“When you witness the horror that really happens behind closed doors and slaughterhouses to farmed animals all over the world, it’s impossible not to be affected by it and to realize that we have to do something drastic to stop it. ”

JOAQUIN PHOENIX,
Activist and actor

For more delicious recipes, motivational tips, and advice, visit loveveg.com

Animal Equality is an international organization working with society, governments and companies to end cruelty to farmed animals. Animal Equality’s vision is a world in which all animals are respected and protected.

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