



MIXED CUISINE

Vegan

EATS & TREATS





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Pamela Belle-Henry

@pam_palam

This book was created not just for vegans but for persons who enjoy flavorful, nutritious foods that don't require hours in the kitchen.

- Quick
- Simple
- Delicious
- Nutritious



100% Organic

SPINACH PANCAKES

Ingredients

- 1 ½ cups jumbo oats (quick oats also works)
- 1 tsp cinnamon
- Small pinch of salt
- 1 Tbsp baking powder
- 2-3 very ripe medium size bananas
- 1 cup baby spinach leaves
- 1 cup unsweetened soya milk (or any plant milk)
- 1 Tbsp vanilla essence
- 1 Tbsp apple cider vinegar

Instructions

Add all ingredients to a blender and blend on a high speed until batter is smooth.

Pour the batter into a bowl. If the batter consistency is too thick, add water (1/4 cup or less) at a time and mix by hand with a wooden spoon to achieve desired consistency for the pancakes. (thick enough to drip off the spoon slowly).

Set aside for 5 minutes. Avoid leaving it aside for too long as it may become very thick.

Heat a lightly oiled frying pan or pancake griddle on medium to low heat. Pour ¼ cup of batter for each pancake onto pan and cook for approximately 1 minute, or until bubbles form on top and the edges are dry. Flip the pancakes and continue cooking for 1-2 minutes.

Repeat for additional batter. Serve immediately.

These pancakes are great when served with honey or maple syrup. Enjoy with fruit or nut toppings.



Prep Time
10 Minutes



Cook Time
20 Minutes

Power Punch

Post Workout Smoothie

Ingredients

- 1/3 cup raw oats
- 1 scoop vanilla plant based protein powder of choice (any flavour)
- ½ tsp cinnamon powder
- 1 Tbsp maca root powder (optional)
- 1 tsp hemp seeds
- 1 frozen banana
- 1 cup unsweetened almond milk (or any plant milk)
- ½ Tbsp natural peanut butter (optional)

Instructions

Blend all ingredients in a blender on high speed until well combined. If the smoothie is too thick, you may add a bit more liquid to get desired consistency. Enjoy after workout for a nutrient boost and reenergizer!



Prep Time

10 Minutes



Tofu Scramble Toast

Ingredients

150g medium-firm tofu drained
1 small red onion diced
1 small garlic clove minced
1 medium red bell pepper thinly sliced
½ tsp turmeric powder
½ tsp ground black pepper
1 tsp kosher salt to taste (sea salt, pink himalayan salt etc)
1 ½ tsp Caribbean green seasoning (page 19)
½ Tbsp olive oil
2 slices whole wheat bread (swap out with Gluten free, Sourdough or even sprouted bread)

Instructions

In a medium sized bowl, scramble tofu using a fork or hands. Add salt and green seasoning, mix well and allow tofu to soak up the lovely flavours for 10 minutes. Add olive oil to a frying pan over low to medium heat and sauté onions and garlic for 1 minute then add black pepper and red bell peppers. Add tofu along with turmeric and cook on medium to high heat while constantly mixing for 3-5 minutes.

Remove from heat. In the meantime, toast bread then serve scrambled tofu on bread while it's hot. Some great topping options are avocado, tomatoes, cucumbers and hot sauce. Enjoy!



Prep Time
15 minutes

GREEN MACHINE SMOOTHIE

This flavorful green smoothie is an absolute great way to start your day with lots of nutrients. It is packed with fibre, essential vitamins and minerals and gives an immunity boost.





Ingredients

- 1 medium banana
- ½ cup fresh mango
- Handful of spinach (approximately 1 ½ cups)
- ¼ cup pineapple
- ½ green apple
- ¼ tsp spirulina powder
- 1 cup water

Instructions

Blend on high speed until all ingredients are combined. Serve and top with chia seeds. Enjoy!



Prep Time
10 minutes



Macro Bowl

Ingredients

- ½ Tbsp olive oil
- 1 can black beans drained and rinsed
- 1 cup fresh corn kernels
- 1 small red onion finely diced
- 1 medium tomato diced
- 1 garlic clove minced
- ½ teaspoon fresh minced ginger
- 1 tsp cumin
- Kosher salt to taste
- ¼ tsp ground black pepper
- 1 cup cooked brown rice or quinoa
- ½ cup cooked sweet potatoes sliced (optional)
- 1 small avocado sliced
- Cilantro to garnish

Instructions

Heat olive in a pan over medium heat. Add garlic, ginger, black pepper, cumin, beans and corn. Sauté for 3 – 5 minutes then remove from heat.

Mix diced onion and tomato together, add a pinch of salt to taste. (Skip this step if you prefer to add them separately)

Assemble bowl by adding rice, sweet potatoes, beans and corn sauté, avocado slices, onion and tomatoes.

Tip: Top with fresh lettuce for added colour and nutrients.



Prep Time
20 Minutes



Warm Pasta Salad

Ingredients

- 2 cups fusilli pasta or elbow macaroni (Gluten Free if needed)
- 1 medium red, yellow and orange bell pepper
- 1 small cucumber
- ¼ cup fresh parsley
- ½ cup black olives
- 1 cup cooked chickpeas (optional)
- ½ cup broccoli florets

Instructions

Cook pasta as per package instructions until al dente. Approximately 8-10 minutes. Drain then set aside.

In the meantime, chop bell peppers, broccoli, parsley and red onion. Dice garlic and onion.

Add ½ Tbsp unrefined coconut oil to a medium saucepan on medium to high heat, add onion garlic and all chopped vegetables. Lightly seer for 2-3 minutes while occasionally mixing. Set aside.

To a large bowl, add all salad ingredients and mix together

Tip: Enhance the flavours of this salad with a simple Tahini dressing drizzled on top.



Prep Time
20 Minutes



Cook Time
15 Minutes



Curried Jackfruit

Ingredients

- 1 medium onion diced
- 2 garlic cloves finely diced
- Small piece of ginger minced
- 4 Tbsp curry powder
- 1 tsp cumin
- ½ tsp garam masala
- ½ tsp cumin
- 3 Tbsp Caribbean green seasoning (pg 19)
- 3 Tbsp sunflower oil or any neutral oil
- Salt to taste
- 1 fresh thyme stick
- 1 fresh rosemary stick
- 1 scotch bonnet pepper
- 1 cup water
- 3 cups unripe jackfruit sliced or cubed (if using canned jackfruit, drain and rise first)

Instructions

Marinate jackfruit in green seasoning for at least 20 minutes.

Heat oil over medium heat in a saucepan. Add curry powder and allow to “burn” approximately 1 minute or until bubbles start to form, then add onion, ginger and garlic then mix continuously. Add water, cook curry until it thickens a bit.

Add marinated jackfruit and remaining fresh seasonings, mix and allow to cook covered on medium-low heat for 15-20 minutes. (Be mindful that the scotch bonnet doesn’t burst) .

Depending on how much sauce you prefer, feel free to add more water.

Remove from heat and serve with basmati or jasmine rice and steamed vegetables.



Prep Time

20 Minutes



Cook Time

30 Minutes



Tasty Soya Mince Dinner Wraps





Ingredients

- 1 ½ cup cooked soya mince
- 1 Tbsp smoked paprika
- ¼ cup sweet corn kernels cooked or canned (if using canned, drain and rinse)
- 1 medium red bell pepper diced
- 1 medium tomato thinly sliced
- 3 medium soft tortillas or gluten free wraps
- 6-8 slices avocado
- 1 Tbsp hot sauce (optional)

Instructions

In a medium sized bowl, mix together soya mince, corn and smoked paprika. Scoop 1/3 cup onto individual wraps.

Add the remaining ingredients to the wrap.

Fold in each side of the wrap, then roll starting from the closest edge until the wrap is closed. Enjoy!

Tip: You may warm the wrap in the oven, on a non stick pan (with lid) or in the toaster oven.



Prep Time 15 Minutes

Orange Marmalade Squares



Ingredients

- 1 ½ cups Jaggery (any unrefined soft brown sugar)
- ¼ tsp baking soda
- 1/8 tsp salt
- 1 cup quick cooking oats
- 1 cup gluten free flour or cassava flour
- ½ cup coconut oil
- ¾ cup orange marmalade

Instructions

Preheat oven to 350F/180C. Line a baking pan with parchment paper.

In a large bowl, whisk together dry ingredients. Mix coconut oil into the dry mixture using your fingers, until clumps and crumbs are formed.

Press about 2/3 of the mixture evenly across the bottom of the pan. Spread marmalade over the base, not too close to the edges as it may burn.

Place remaining mixture over the top of the marmalade. (It does not have to be even)

Bake for 35-40 minutes until light brown. Remove and allow it to cool then cut into squares and enjoy!



Prep Time
15 Minutes



Cook Time
45 Minutes



Raw Energy Balls

Ingredients

- ½ cup oat flour
- ½ cup pitted soft dates
- 1/3 cup unsweetened desiccated coconut + 2 Tbsp (to coat balls)
- 1 Tbsp fresh lime juice
- 1 Tbsp lime zest

Instructions

Add all ingredients into a food processor and process until mixture is well combined. Mixture should stick together when pressed with hands.

Use hands to roll into 14 individual balls then roll into remaining desiccated coconut.

Enjoy right away and store the remainder in an airtight container. Stays fresh for 1 week.



Prep Time
10 Minutes

Caribbean Green Seasoning



Caribbean Green seasoning is a wonderful way to add superb flavour to your dishes and can be prepared fresh before cooking. It requires fresh herbs that you may already have on hand. A simple recipe includes fresh herbs such as, cilantro, parsley, thyme, spring onion, white onion, red bell pepper, green chili pepper, garlic, ginger, fresh lemon juice and olive oil. All these ingredients can be blended in a blender on medium speed or processed in a food processor until smooth. If you prefer a chunky seasoning, do not process until it is smooth. That's it! Simple and amazing!!

You can play around with the flavour and add as much or as little of the fresh herbs of your choice based on your flavour preference. Depending on the amount being made, olive oil quantity can vary from 1Tbsp or more and 1 tsp of lemon juice or more. The lemon juice is used to keep it fresh and prevent it from going brown if stored in the fridge.

This seasoning can be created in a big batch and stored for up to 6 weeks in the freezer.



A top-down view of a white plate with a bowl of pasta salad, a small cup of dressing, and a hand holding a fork. The pasta salad contains rotini pasta, corn, tomatoes, avocado, and green beans. The dressing is a yellowish-orange sauce. A hand with red nail polish is holding a silver fork on the left side of the plate. The background is a light-colored, textured surface.

**Enjoy these family-friendly & fun recipes!
More to come in Volume 2.**

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@pam_palam



Pamela Belle