



# Scrambled Tofu

## Ingredients:

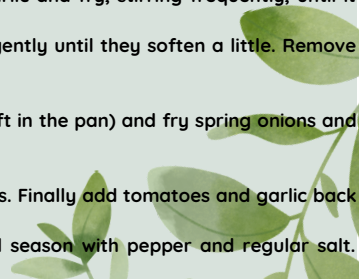
- 350 g silken (firm) tofu
- 2 small spring onions, sliced
- 1 large garlic clove, finely chopped
- 10 cherry tomatoes, halved
- ½ fresh red chilli, sliced
- 1 avocado, sliced
- 1 tsp of ground turmeric
- salt & pepper
- 1-2 tbsp olive oil
- 8 slices of bread (gluten-free for GF version), toasted

**Serves: 4**

**Prep: 10 min**

**Cooking: 10 min**

## Method

1. Heat 1 tbsp of olive oil in a pan, on low-medium heat. Add chopped garlic and fry, stirring frequently, until it softens and releases its aroma.
  2. Place tomato halves cut side down on the pan and fry them in the oil gently until they soften a little. Remove garlic and tomatoes from the pan and set aside.
  3. Toast the bread slices.
  4. Heat another tablespoon of oil (or half a tablespoon there's some oil left in the pan) and fry spring onions and chilli slices on low-medium heat until softened.
  5. Add a block of silken tofu and break it into small pieces with a fork.
  6. Sprinkle with turmeric and stir it around and fry for another two minutes. Finally add tomatoes and garlic back to the pan to warm up.
  7. Pile tofu scramble onto warm toast, decorate with avocado slices and season with pepper and regular salt. Consume immediately.
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# Spiced Carrot and Red Lentil Soup

## Ingredients

- 1 tbsp olive oil
- 2 carrot
- 1 onion
- 1250 ml vegetable broth
- 250 ml natural yogurt or vegan alternative
- 200 g red lentils, dried
- 1 tbsp lemon juice
- 1 clove garlic

Prep Time: 5 minutes  
Cook Time: 20 minutes  
Total Time: 25 minutes  
Servings: 4

## Method

1. Add olive oil to a pot and put it on a low heat.
2. Cut the carrots, onion and grate the garlic. Add them to the pot, cook for a minute or two and add lentils.
3. Stir until the lentils are covered with oil and they open their pores.
4. Add the vegetable stock and yoghurt/vegan alternative.
5. Let the soup simmer for 15-20 minutes on low heat.
6. Season with salt and pepper.
7. Add the lemon juice.
8. Blend it with a hand blender if available.
9. Ready (eat with bread, add your favourite herbs for variety, and some more yoghurt or sour cream).

# Chia Seed Pudding

## Ingredients

- 3-4 tablespoons chia seeds
- 1 cup milk (unsweetened coconut, almond or cashew milk)
- 1/2 Tablespoon maple syrup, honey or sweetener of choice
- 1/4 teaspoon vanilla (optional)
- Toppings of choice: fresh berries or other fruit, granola, nut butter, etc.

Prep time: 5 minutes

## Method

1. Stir together chia seeds, milk, maple syrup and vanilla, in a bowl or mason jar. If you're using a mason jar, you can put the lid on and shake the mixture to combine everything.
2. Once the chia pudding mixture is well combined, let it sit for 5 minutes.
3. Give it another stir/shake to break up any clumps of chia seeds, cover and put the mixture in the fridge to set for 1-2 hours or overnight.
4. The chia pudding should be nice and thick, not liquidy. If it's not thick enough, add more chia seeds (about 1 tablespoon), stir and refrigerate for another 30 minutes or so.
5. You can also prep the pudding the night before and let it sit in the fridge overnight if that's easier. When ready to serve top the pudding with berries and enjoy.
6. How to store: Chia pudding can be stored for up to 5-7 days in an airtight container in the refrigerator.



# Nourish Bowl

## Ingredients

- Leafy greens of your choice (e.g. kale)
- Grated carrots
- Cherry tomatoes
- Red onion
- Cucumber
- ½ Avocado
- Lemon
- Cooked chickpeas
- Tablespoon Pumpkin seeds
- Tablespoon of humus

Prep time: 5 minutes

## Build your bowl:

1. Once the veggies have been prepped, add them to your serving bowl with the beans of your choice.
  2. Add the humus in the middle of the bowl.
  3. Sprinkle the seeds and add a squeeze of lemon juice to the bowl.
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