LUGO'S Vegan Cookbook

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Therre's Sweet Potato Lentil Soup

Preparation time: 25 min

Cooking: 15-20 min

Type of cooking:

Ingredients (2 serving):

- 1 tbsp vegetable oil
- 3 eschalots
- 2 garlic cloves
- 3 cm piece of ginger
- $^1/_4$ cup store-bought thai red curry paste
- 750 gr sweet potato
- 1 litre vegetable stock
- 400 ml coconut milk
- 2 tbsp soy sauce
- 2 tbsp lime juice
- 400 gr of lentils
- $^1/_2$ cup of coriander leaves

Preparation:

1. Crush the garlic.

2. Heat the oil in a large saucepan over medium heat. Add the eschalot and garlic and cook for 3–4 minutes or until softened.

3. Peel and chop the ginger.

4. Add the ginger and cook for 1 minute. Add the curry paste and cook for 1 minute. Add the sweet potato, stock, coconut milk, soy sauce and lime juice, bring to the boil and cook for 10–15 minutes or until the sweet potato is tender.

5. Drain and rinse the lentils.

6. Remove from the heat and, using a hand-held electric blender, puree the soup until smooth. Stir through the lentils and return to the heat for a further 1 minute or until the lentils are warmed through.

7. Divide the soup between bowls and top with the coriander. Serve with crusty bread and butter.

LUGO Stories:

This recipe is originally taken from the Donnahay.com and modified to make it vegan-friendly. - *Therre*

Leiden University
Green Office

Anna's Curry

Preparation time: 10 min

Cooking: 20 min

Type of cooking:

Ingredients (1 serving):

- 2 tbsp oil
- 1 onion
- 2 garlic cloves
- 1 tbsp ginger
- 1 chili
- 1 tbsp curry powder
- ground pepper
- salt
- 1 sweet potato
- 15 ounces chickpeas
- 1 can coconut milk
- 1 cup water
- $^1/_2$ cup frozen peas
- $^1/_2$ cup diced tomatoes
- Basmati rice

Preparation:

1. Warm the oil and add the onion, garlic, ginger and chili.
2. Stir for around 4 minutes and add the curry powder.
3. Season with salt and pepper.
4. Add the sweet potato, chickpeas, coconut milk and water to the pan.
5. Raise the heat until the water boils, and leave it for around 10 minutes.
6. Add the peas and tomatoes and cook until heated through.
7. Serve in bowls over steamed rice.

Lieske's Quiche

Leiden University
Green Office

Preparation time: 20 min

Cooking: 35 min – 200°

Type of cooking:

Ingredients (2 serving):

- 400 gr vegetables of choice
- 1 cup chickpea flour
- 1/4 cup flour
- 1/3 cup yeast flakes
- 1 tsp baking powder
- 1 tsp salt
- 2 tsp onion powder
- 1/4 tsp paprika powder
- 1/4 tsp curry powder
- 1 1/2 unsweetened plant-based milk
- 1 tbsp plant-based oil
- 5 slices savory pie dough
- 50 gr vegan cheese

Preparation:

1. Cook the vegetables for around 4 minutes.
2. Put the chickpea flour, flour, yeast flakes, salt and herbs in a bowl and mix into a chickpea dough.
3. Slowly add the plant based milk and oil, until it turns into a nice dough.
4. Heat the oven to 200° C.
5. Put the savory pie dough in a baking mold, and make sure that the whole mold is covered with dough.
6. Put the vegetables in there, and put the chickpea dough over it.
7. Put the vegan cheese on top of the pie, and bake the quiche for around 30 minutes in the oven.

Nellie's Spring rolls

Leiden University
Green Office

Preparation time: 40 min

Cooking: 10 min

Type of cooking:

Ingredients (2 serving):

- rice paper
- rice noodles
- a handful of salad leaves
- 1 cucumber
- 1 avocado
- 1 pack of tofu
- a handful of peanuts
- a handful of mint
- soy sauce

Preparation:

1. Marinade the tofu in some soy sauce, the longer you will marinade it, the stronger it will taste. Once you have marinated your tofu, cut it in slices and fry it in a pan with a little vegetable oil.

2. Boil some water and put your rice noodles in a bowl. Pour the boiling water over the noodles and let it sit for 3 minutes and then drain the water. This can vary depending on which noodles you buy, best check the package for accurate information!

3. Cut your cucumber and avocado in slices and wash the salad and the mint leaves

4. Prepare a large flat, but bowl-like object (I usually use a pan) and fill it with warm tap water. Put one rice paper at a time in it, until they get a bit softer and then place them on a plate. Careful! This can happen very fast. Do not let them become too soft, as it will become difficult to work with them afterwards.

5. Now you can start putting your ingredients of choice on the paper and then roll it together, similar like you would roll a burrito. I usually start with some salad and some mint, then I add some peanuts, 1-2 slices of avocado, 1-2 slices of cucumber, a piece of tofu and some rice noodles.

6. Be sure to not fill your spring roll up too much, as it can be difficult to roll it later. It might take you some attempts until you figure out how to do it best, however once you have got the trick figured out you will be able to do it in no time.

7. Lastly, pour some soy sauce in a bowl as a dip and enjoy!

LUGO Stories:

Vietnamese spring rolls can be incredibly expensive when buying them in a restaurant, however they are amazingly cheap and easy to make at home. In addition you can vary the recipe however you prefer it, making it the ultimate food for non-vegetarians, vegetarians, and vegans. - *Nellie*

Mike's Falafel Wrap

Preparation time: 20 min

Cooking: 5-10 min

Type of cooking: /

Ingredients (2 serving):

- 4-6 wraps
- handful of mint
- 300 gr Alpro soy yogurt
- ½ cucumber
- 2 tomatoes
- 7 gr parsley
- 200 gr falafel
- lemon juice

Preparation:

1. Bake the falafel a couple of minutes on both sides.

2. Remove the seeds from the tomato and cut it in little pieces. Cut the cucumber into little pieces and mix both vegetables together.

3. Cut the parsley in small pieces and mix it together with the cucumber and tomato.

4. Sprinkle the mix of cucumber, tomato and parsley with some lemon juice.

5. Cut the mint in small pieces and mix this with the Alpro soy yoghurt. If necessary, add some pepper and salt.

6. Lastly, fill the wrap with some baked falafel, tomato-cucumber mix and the yoghurt mint sauce. Now you will have your quick and easy vegan falafel wrap with tzatziki sauce dinner ;)

LUGO Stories:

To become more sustainable, I had to change my personal consumption. I'm trying to eat less meat in order to reduce my personal impact towards the environment. One thing that I really like is chicken wraps. However, to become more sustainable, I was wondering how to make this into a delicious vegan dish. It was pretty simple. I just replaced chicken with falafel, because falafel has for me the same kind of texture that meat has. This results in my recipe to be the falafel wrap with tzatziki sauce. It is quick and easy to make and above all very delicious! - *Mike*

Vegan Kapsalon

Leiden University
Green Office

Preparation time: 25 min

Cooking: 35-45 min – 230°

Type of cooking:

Ingredients (2 serving):

- 6 potatoes
- 300 gr oyster mushrooms
- salad
- cucumber
- tomatoes
- $^1/_2$ onion
- 2 tsp oregano

Sauce:

- 250 ml cooking cream / soy yoghurt
- 2 tbsp Chia seeds
- 3 garlic bulbs
- $^1/_2$ lemon
- 1 tsp dill
- a dash of black pepper

Preparation:

1. Preheat the oven on 230° C (preferably with grill mode turned on).

2. Cut the potatoes in fries shape and boil them shortly for 5 minutes.

3. Bake them in the oven for 20-30 minutes, turning them halfway through to make all sides crispy.

4. Cut or press the garlic (optional: boil them for a short while to take the sharp flavor off).

5. Mix the Chia seeds with the cooking cream. Add lemon, garlic, pepper and dill. Let this mixture set for a little while in the fridge.

6. Meanwhile, chop the vegetables and bake the oyster mushrooms with oregano. Tear them into smaller pieces.

7. Mix the sauce.

8. To plate the dish, start with the fries, add the vegetables and mushrooms, and generously pour the garlic sauce over it.

LUGO Stories:

This recipe has been translated to English from *Puursuzanne.nl*

Chantal's Happy Wrappy

Preparation time: 5-10 min

Cooking: 5 min

Type of cooking:

Ingredients (2 serving):

- 2 sweet bell peppers
- 1 red onion
- 250 gr green beans
- 1 can chickpeas
- Créme fraiche
- wraps
- spices of your liking

Preparation:

1. First bake the onion for a couple minutes, then add spices.
2. Add the rest of the veggies.
3. Add the chickpeas.
4. If you prefer warm wraps, you can heat them for a few minutes in the pan.
5. To plate your wraps, add the crème fraiche (or substitute for vegan option, like hummus or guacamole) and then the vegetable mixture.
6. Done! The recipe is as easy as this.

LUGO Stories:

My friend came over for dinner and we decided to create an easy recipe ourselves. - *Chantal*

Aoife's Veggie Couscous

Preparation time: 15 min

Cooking: 10 min

Type of cooking:

Ingredients (2 serving):

- 1 red onion
- 1 garlic clove
- 2 red bell peppers
- $\frac{1}{2}$ square of tofu
- 1 pearl couscous packet
- 2 tbsp Harissa
- 1 jar chickpeas
- 4 handfuls fresh spinach

Preparation:

1. First I chop an onion and some garlic and fry it in olive oil.
2. Then I cut a bell pepper and tofu into cubes and throw it in with the garlic and onion.
3. I let the bell pepper soften for a while. This should take around 4 minutes
4. Heat a liter of water and add a cube of vegetable stock. Once it's boiling I add the pearl couscous.
5. Then I throw in a spoonful of Harissa into the bell pepper mixture
6. At this point I also add the chickpeas. Mix well.
7. With a spoon take out the pearl couscous from the water and add it to the vegetable mixture. Save the water you'll need it for a next step!
8. Mix well and fry for about a minute.
9. Then I poor the vegetable stock into the couscous mixture and I add three big handfuls of spinach.
10. Now just wait till the water has evaporated from the couscous and your meal is ready!

LUGO Stories:

This dish is delicious both warm and cold, so ideal to take with you for lunch the next day. Hope you enjoy it as much as I do!

I got this recipe from my brother. He eats mostly vegan and always comes up with a new creative recipe to make sure that the vegan lifestyle never becomes dull. I hope this recipe will help you spice up your vegan challenge because there's so much more to eating vegan than salads!
- *Aoife*

Nemo's Turkish kisir

Leiden University
Green Office

Preparation time: 10 min

Cooking: 10 min – 200°

Type of cooking:

Ingredients (2 serving):

- dry couscous
- red onion
- lemon juice
- tomato paste
- olive oil
- fresh parsley
- mint
- pepper
- salt
- hot peppers

Preparation:

1. Pour boiling water (or vegetable stock) over the couscous and stir.
2. Let it settle down for a few minutes.
3. Pour olive oil in a pan, heat until hot.
4. Add tomato paste.
5. Stir and fry with sliced onions and hot peppers for a few minutes.
6. Add couscous to the pan, season with herbs, spices and lemon juice.

Anneloes' Vegan Carbonara

Preparation time: 15-30 min

Cooking: 15 min – 190°

Type of cooking:

Ingredients (1 serving):

- 350 gr vegan spaghetti
- 3 cups shiitake mushroom thinly sliced
- 3 tbsp olive oil
- $\frac{1}{2}$ tsp smoked paprika
- $\frac{1}{2}$ tsp salt
- $\frac{1}{4}$ tsp pepper

Sauce:

- $\frac{1}{2}$ cup cashew (soaked)
- $\frac{1}{2}$ cup olive oil
- $\frac{1}{3}$ cup unsweetened non-dairy milk (e.g. soy milk)
- 1 large clove of garlic
- 1 $\frac{1}{2}$ tbsp nutritional yeast
- 1 $\frac{1}{2}$ tbsp lemon juice
- $\frac{1}{2}$ tsp pepper
- 1 tsp salt
- $\frac{1}{4}$ tsp paprika
- fresh parsley, for serving

Preparation:

1. Preheat oven to 190°C for the shiitake "bacon" or vegetables of choice. Eggplant and bell pepper work great, for example.
2. Cook pasta according to package instructions.
3. Toss shiitake mushrooms (or vegetables), oil, smoked paprika, salt, and pepper in a medium bowl.
4. Arrange mixture on parchment paper-lined baking sheet and bake for 7 minutes. Flip the mushrooms and continue baking for 7-8 minutes, or until mushrooms are crispy and brown. (Or bake vegetables until done in an oven dish).
5. For the sauce, combine cashews, olive oil, garlic clove, nutritional yeast, milk, lemon juice, pepper, salt, and paprika in a blender or food processor. Blend until smooth and creamy.
6. Drain water from pasta and return pasta to pot.
7. Add the sauce and stir until pasta is well-coated.
8. Mix in mushroom bacon (or veggies).
9. Top with parsley.

LUGO Stories:

When I started eating vegetarian one of the things I missed most was spaghetti Carbonara. This dish is like heaven, so creamy and rich, with salty pieces of bacon to top it off. Cream, bacon and egg unfortunately do not belong to the low-impact foods of the world. Cows being the source of a large part of GHG emissions contributing to climate change. When I joined the Vegan Challenge for the first time in 2018, something wonderful happened: I discovered Vegan Carbonara. You will just have to try it to believe it, creaminess by plants does exist! - *Anneloe*

Leiden University
Green Office

Nemo's Lasagne

Preparation time: 40 min

Cooking: 40 min – 180°

Type of cooking:

Ingredients (2 serving):

- whole grain lasagne noodles
- extra virgin olive oil
- zucchini
- mushrooms
- carrots
- leak
- onion
- tomato sauce
- fresh spinach
- plant-based milk
- spelt flour
- seeds (sesame/sunflower)

1. **Red Sauce:**

   i. Chop the onions and sauté them in oil.

   ii. Add the tomato sauce and spice it up with basil, parsley and black pepper.

   iii. Add half of the finely chopped zucchini.

2. **Vegetable Sauce:**

   i. Cut the leak and sauté in oil.

   ii. Add the rest of the vegatables and mushrooms and 2 spoons of tahini.

   iii. Mix well, and when cooked, blend it with a hand blender.

3. **Béchamel sauce:**

   i. Mix a few spoons of oil (or plant based butter), a few spoons of spelt flour and plant based milk.

   ii. Season it with nutmeg.

4. **Lasagne:**

   i. Begin with a thin layer of red sauce directly on the lasagne dish platter, and add the lasagna noodles.

   ii. Top up with the vegetable sauce, add fresh spinach and the noodles.

   iii. Start with the red sauce again and make as many layers as you wish.

   iv. Make sure all corners are well covered, add some seeds and thinly grated carrots on top.

   v. Put the lasagna in the oven for about 30 minutes at 180° C.

Chantal's Lentil pasta

Leiden University
Green Office

Preparation time: 15 min

Cooking: 55 min

Type of cooking:

Ingredients (2 serving):

- 200 gr pasta
- 200 gr red lentils
- 1 onion
- 1 garlic clove
- 1 red pepper
- 200 ml Italian vegan red wine
- 400 gr peeled tomatoes
- 5 tbsp tomato paste
- 500 ml vegetable broth
- sea salt
- pepper
- fresh parsley
- olive oil

Preparation:

1. Cut the green top of the chili. Remove the skin from the onion and garlic. Slice all of the above into small pieces. Heat the vegetable broth.

2. Heat a little olive oil in a frying pan and when the olive oil is hot, put the onion, garlic and chili pepper in the pan. Fruit these ingredients for a few minutes, so that the taste comes loose. Make sure that the garlic does not go too fast, because brown garlic tastes bitter and that's not good.

3. Now also add the lentils to the pan and stir in the onion, garlic and chilli pepper. Intention is that the flavors already in the pan can easily get into the lentils. Extinguish the lentils with the Italian red wine. Let the wine boil gently, so that the taste can develop properly and the lentils can suck themselves fully.

4. Then put the peeled tomatoes in the pan together with the tomato puree. Stir the lentils well through the tomato sauce and add some sea salt and pepper. Finally add the broth and let the lentils boil for 45 minutes with the lid on the pan.

5. Check the lentils regularly and when the lentils are almost ready, you can start cooking the pasta. To do this, put a pot of water on the fire and let it boil. When the water is boiling, put the pasta in the pan. Cook the pasta *al dente*, the pasta is completely cooked, but has a bite.

6. If the pasta has the right texture, pour the pasta and put it back in the pan immediately. Stir some of the tomato sauce with lentils through the pasta to prevent the paste from sticking.

7. Serve the pasta with lentils in deep pasta plates and add a little bit of the tomato sauce over it. Finally garnish with some fresh parsley. This recipe for pasta with lentils is now completely finished. Enjoy!

LUGO Stories:

One of my friends made this dish for me a few weeks ago and I thought it was delicious. Of course I asked him the recipe immediately afterwards, so that I could make it myself too. When vegan month started I knew that this was the recipe I wanted to do for sure.

Pasta with lentils is called Pasta con Lenticchie in Italian and is an unconventional pasta recipe. And actually that is very strange, because pasta with lentils is really a delicious combination with tomato sauce. In short, a tasty pasta recipe to try for the variation! Pasta with lentils, buon appetito!- *Chantal*

Sara's Italian Vegan Lasagne I

Preparation time: 25 - 45 min

Cooking: 30 - 45 min – 180°

Type of cooking:

Ingredients (8 serving):

- olive oil
- salt

Besciamella sauce:

- 1 litre plant-based milk
- 80 gr flour

Vegan Ragu:

- 1 litre tomato-sauce
- garlic
- onion
- carrots
- 200 gr mushrooms

Peste & Courgettes:

- 3 Courgettes
- 2 bunches of basil leaves
- garlic
- pine nuts

Spinach & Pumpkin:

- 200 gr spinach
- 1 pumpkin

Preparation:

1. In order to be cooked properly the lasagna must fit perfectly in the pan you are using. If the shape of the lasagne sheets doesn't perfectly fit your pan you can break them in order to fill the empty parts of the pan. Don't worry if you are not 100% accurate, everything will merge together when cooking.

2. **Besciamella sauce:**

   i. Mix half of the milk with the flour, some oil and some salt. Add the milk gradually to avoid lumps! Put the mixture on the stove and mix it until it boils. It should look creamy and very dense. Take it off the stove, add gradually the rest of the milk while you keep on stirring . You can add pesto, spices or whatever you like and your white sauce is ready!

3. Remember, the filling should not be too dry to bond well with the pasta! Here the 3 fillings we tried during one of our workshops:

4. **Vegan Ragu:**

   i. In a pan put olive oil, a clove of garlic, a clove of onion and little slices of half a carrot. When the oil starts to boil and the garlic turns into a golden colour add the mushrooms and after some minutes add the tomato sauce. Stir and cook it for 5-10 minutes (check that it doesn't get burnt!).

5. **Pesto & Courgettes:**

   i. Cut the courgettes and boil them until they are soft. Meanwhile, cut the garlic and take out the basil's leaves one by one. Then cut the basil leaves until they are thin. Take a mixer, put oil, garlic and basil and start mixing! Add pine nuts and a bit of oil when necessary. Then, add the courgettes and here you go: the cream for your green Lasagna is ready.

LUGO Stories:

Lasagna is always seen as a very complex dish but it's actually the perfect student food, you can do delicious lasagne with basically everything! Here the recipes used during LUGO's lasagna workshop. - *Sara*

Sara's Italian Vegan Lasagne II

Preparation time: 25 - 45 min

Cooking: 30 - 45 min – 180°

Type of cooking:

Ingredients (8 serving):

- olive oil
- salt

Besciamella sauce:

- 1 litre plant-based milk
- 80 gr flour

Vegan Ragu:

- 1 litre tomato-sauce
- garlic
- onion
- carrots
- 200 gr mushrooms

Peste & Courgettes:

- 3 Courgettes
- 2 bunches of basil leaves
- garlic
- pine nuts

Spinach & Pumpkin:

- 200 gr spinach
- 1 pumpkin

6. **Spinach & Pumpkin:**

   i. Cut the pumpkin in cubes and cook it in a pan with oil and garlic until it softens, feel free to use all the spices you want! Add some water in the pan to make the pumpkin softer as to help creating a creamy filling. More water equals a more liquid filling so be careful not to add to much. Once the pumpkin softens cook the spinach leaves as well in a pan with olive oil and then mix the two ingredients together. Smash them in a mixer or with a fork to make them blend and your filling is ready!

7. **Lasagna:**

   i. Prepare a pan suitable for your oven. Put some besciamella on the bottom and then the first layer of lasagna sheets. Add some of the filling you have chosen and some besciamella, then put on top another layer of pasta sheets and repeat the procedure 2-3 times . On your final layer of pasta you can add all the remaining besciamella covering the lasagne completely. Cook in oven at 180° C for at least 20-30 minutes, depending on your oven.

LUGO Stories:

Lasagna is always seen as a very complex dish but it's actually the perfect student food, you can do delicious lasagne with basically everything! Here the recipes used during LUGO's lasagna workshop. - *Sara*

Franciska's Smoothie Bowls

Ingredients (1 serving):

Mango & Hemp seed smoothie:

2 oranges	1 mango
2 bananas	2 dates

Topping ideas:

hemp seeds	raspberry
granola	Chia seeds
fresh mango	
passion fruit	coconut flakes

Wild blueberry smoothie:

1 orange	1 handful fresh coriander
3 bananas	1 tsp spirulina
250 gr wild blueberries	1 handful spinach

Topping ideas:

kiwi	granola
more blueberries	coconut flakes
raspberries	hemp seeds

Preparation time: 15 min

Cooking: 10 min

Type of cooking: ☋

Notes and tips:

A smoothie. In a bowl. It may not sound like a proper recipe, but having your smoothie this way will offer a lot of variety and options, while keeping things simple. For this post, I will give two of my favourite recipes, but you can turn almost anything into a smoothie bowl. The key is to get creative with toppings and create different textures, be it crunchy granola or soft fruits. - *Franciska*

Alida's Beetroot Pot de Crème

Leiden University
Green Office

Preparation time: 5-10 min

Cooking: 1h 5 min

Type of cooking:

Ingredients (1 serving):

- 2 cups vegan chocolate chips
- 1 cup coconut milk
- 1 tsp cornstarch
- $\frac{1}{2}$ tsp salt
- $\frac{1}{4}$ tsp pepper
- $\frac{1}{2}$ red beet

Preparation:

1. Squeeze the gratings from $\frac{1}{2}$ a beet through a sieve to get beet juice

2. Add chocolate chips to a bowl.

3. Heat up the coconut milk, stir in cornstarch and salt. Make sure the cornstarch dissolves completely.

4. After 2 minutes it should have a thicker consistency. Stir in the beet juice immediately

5. Whisk the chocolate mixture thoroughly until all chocolate has melted. Pour mixture in serving dishes and chill for at least 1 hour and up to 24 hours. They will last up to 4 days in the refrigerator

6. If you feel like having a fancy dessert, sprinkle some pink beetroot powder on top, prior to serving.

LUGO Stories:

This recipe comes from the book *Vedge* (by Rich Landau & Kate Jacoby) and has been tried, tested and praised by *Alida*.

Franciska's Snickers

Preparation time: 45 min

Cooking: 1h 15 - 1h 50 min

Type of cooking: ❄

Ingredients (2 serving):

- $^1/_2$ cup dry roasted peanuts
- 120 gr vegan chocolate

Caramel Layer:

- 1 packed cup Medjool Dates
- 2 tbsp peanut butter
- 1 tsp vanilla extract
- $^1/_4$ tsp salt

Nougat Layer:

- $^2/_3$ cup oat flour

Preparation:

1. Remove the pits from the dates and pack them into 1 cup. Soak them for 10 minutes in hot water.

2. Drain the dates and put them in a food processor with the remaining ingredients for the *caramel layer*.

3. Remove the date caramel from the food processor and add the oat flour, combined with $^1/_4$ cup of the date caramel. Process well until it turns into a sticky dough that will hold together when you pinch it.

4. Press the oat flour nougat intro a small and narrow container. Add the date caramel evenly over the nougat and press the peanuts into the caramel layer.

5. Place this in the freezer for 60-90 minutes until firm.

6. When taken out of the freezer, cut into bar-sized pieces. Return these to the freezer whilst you melt the chocolate (either au-bain-marie or in the microwave).

7. Cover the bars with chocolate by placing them one by one in the melted chocolate and using forks to flip the bar, so that it is coated on all sides. Place on parchment paper to dry.

8. Put the bars in the fridge for 5-10 minutes to harden.

9. You can store them in the fridge for 10 days or a month in the freezer.

LUGO Stories:

Super easy recipe that will take you right back to vending-machine-snickers bars, but only better! Just the scent of peanut butter mixed with vanilla matches the Snickers as I remember them. See for yourself! You can also check out the original recipe at *From My Bowl*. - *Franciska*

Lieske's Brownies

Leiden University
Green Office

Preparation time: 15 min

Cooking: 40 min – 170°

Type of cooking:

Ingredients (2 serving):

- 300 gr sweet potato
- 1 cup cocoa powder
- 1 tsp vanilla aroma
- 250 gr dades
- 1 $^1/_2$ cup oatmeal
- $^1/_2$ cup soy milk
- nuts

Preparation:

1. Cook the sweet potato and put the dades in a bowl with hot water.

2. Put the sweet potatoes and the dades in a bowl and mix it into a smooth dough.

3. Add the cocoa powder, the oatmeal, vanilla aroma and soy milk to the dough. Add the nuts to the dough and put the dough in a baking mold.

4. Bake the brownie for around 30 minutes on 170° C in the oven.

Hanne's Granola

Preparation time: 15 min

Cooking: 15 min – 200°

Type of cooking:

Ingredients (1 serving):

- 100 gr oatmeal
- 100 gr spelt
- nuts
- 3 tbsp coconut oil
- 3 tbsp agave syrup
- cranberries
- coconut flakes

Preparation:

1. Preheat the oven at 200° C.
2. Mix the oatmeal and the spelt.
3. Melt the coconut oil for about 30 seconds, do the same for the agave syrup. This makes it easier to distribute.
4. Mix the coconut oil and agave syrup with the oatmeal and spelt. Make sure all the oatmeal and spelt sticks in small groups together. If not, add more agave syrup or coconut oil.
5. Cut the nuts into smaller pieces and mix it with the other mixed ingredients.
6. Put this on a baking tray and bake it in the oven for 15 minutes until it looks auburn.
7. When your granola is cooled down, add the cranberries and coconut flakes and put everything in a jar! Enjoy!

LUGO Stories:

When eating plant based I personally find it the hardest to be creative for breakfast and lunch. That is why I want to share my recipe of granola with you! I honestly love it. When I go to bed, I'm already looking forward to my breakfast. Even more when I just made it the day before, it's delicious. Granola is super easy to make! - *Hanne*

Lieske's Banana Bread

Preparation time: 20 min

Cooking: 45 min – 180°

Type of cooking:

Ingredients (1 serving):

- 1 cup buckwheat flour
- 1 cup oatmeal
- cinnamon
- 150 gr dates
- $^1/_2$ cup soy milk
- a dash vanilla aroma
- 3 bananas
- nuts
- raisins

Preparation:

1. Put the dates, milk, vanilla aroma and bananas in a bowl and pulp it with the blender until it is one mass.

2. Take a new bowl and mix the oatmeal, buckwheat flour and cinnamon (a lot, as much as you like).

3. Put everything together in one bowl and mix everything with a fork, and add the raisins/nuts.

4. Put it in the baking mold and in the oven for around 30-45 minutes on 180° C (electric oven). Make sure to check the bread regularly, since some ovens are faster than others.

LUGO Stories:

One of my favourite vegan recipes is this delicious banana bread. I wanted to create a snack that is available for everyone. Therefore I made my recipe without any animal products (egg, milk etc.) and it is gluten-free. If you are allergic to nuts you can leave them out or replace them by vegan cacao nibs for example. I always slice the bread in pieces and put them in the freezer. When I'm in a hurry it's the perfect breakfast to-go or a quick lunch! Enjoy this delicious bread!
- *Lieske*