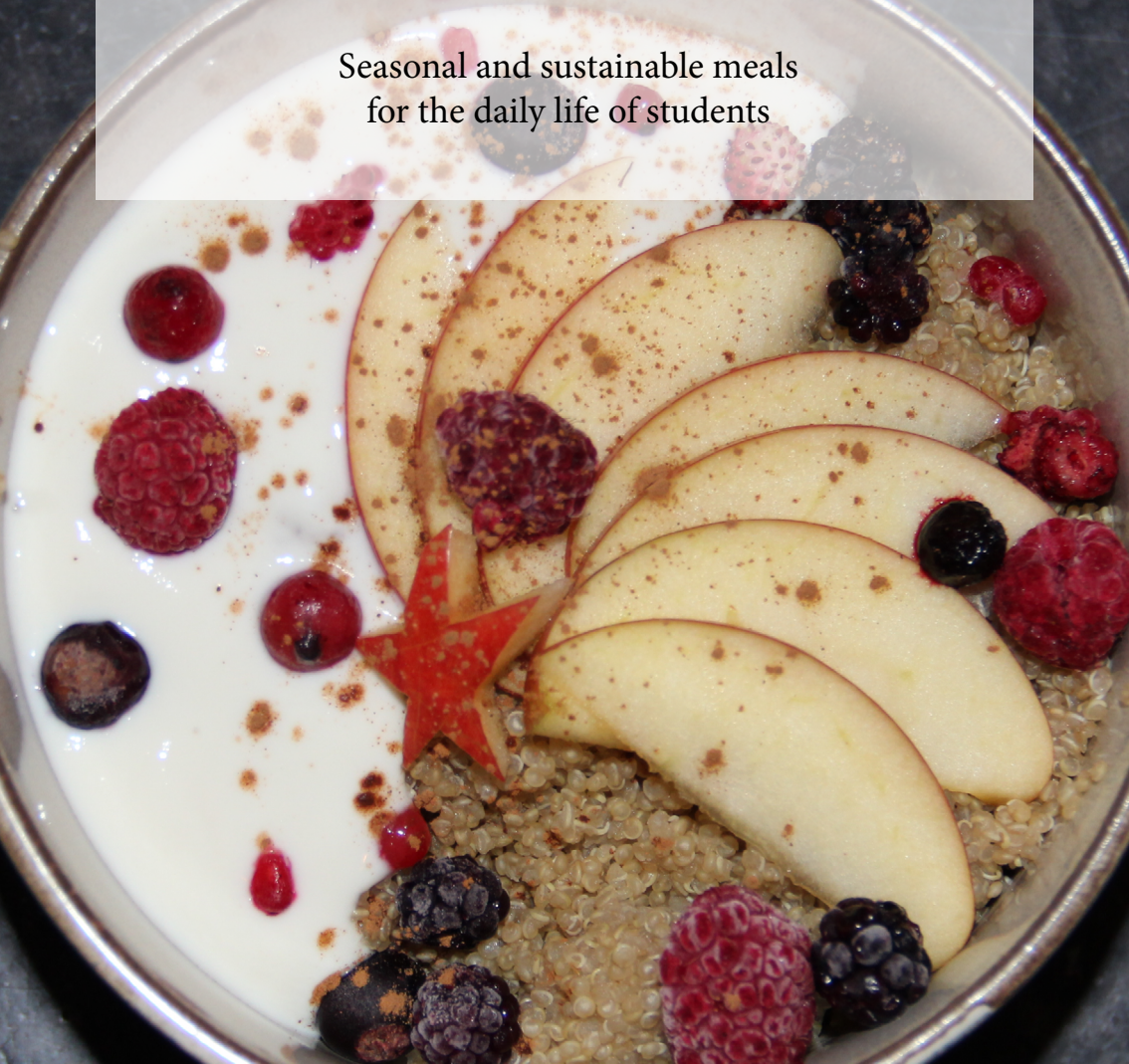


# Sustainable Recipe Book

Seasonal and sustainable meals  
for the daily life of students



A project of the Students for Sustainability at the  
University of Basel (SDUBS) within the framework of the  
Sustainability Week 2021

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## A Short Introduction to Sustainable, Climate-Friendly Eating

Sustainable eating can come in many different forms and address different aspects of an environmentally friendly lifestyle. One of the more and more popular forms is veganism. It is highly likely that you have already heard of the animal-free diet of vegans. These are people who avoid consuming all animal products including eggs, milk products, meat (including fish) and often also honey. Along with the wellbeing of animals, there are numerous other reasons to follow a vegan diet. For example, a range of studies show that a vegan diet can decrease a meat eater's carbon footprint by up to 50% ([The American Journal of Clinical Nutrition 2003](#)). For this reason, there are people who choose veganism mostly for environmental reasons. This is also because a vegan diet uses approximately 1/18 of the cultivable land, 1/13 of the water and 1/11 of the oil that omnivorous diets require, and in this way can play a role in the long term battle against climate change and environmental degradation ([World-watch 2009](#), [Center for Science in the Public Interest 2006](#) and [Food and Agriculture Organization of the United States 2006](#)).

Of course not every vegan diet is the be all and end all for both your health and that of the environment. There are also other factors that have to be taken into account, like for example packaging, the locality and seasonality of the food (here the Foodmiles concept is relevant - see more in Engelhaupt, E. (2008): [Do Food Miles Matter?](#)), whether the food is highly manufactured or fresh, and to what extent the food is fairtrade. This booklet is thus intended to give you insight into the diverse and healthy ways in which to eat sustainably. Most recipes do not require much effort and time, so that you can easily prepare them in the evening and then take them to university the next day. We hope that it helps you discover recipes that you enjoy and which you would cook again!

Of course, the sustainable criteria we set out to achieve when compiling the recipes are not equally significant and important for everyone. Therefore, the individual seasonal and vegan alternatives can also be replaced with animal products (such as with cream in the chocolate mousse, or cheese in the pesto). There are even animal products like insects that also have a very sustainable reputation (see [essento.ch](#) for Swiss insect products). However, we wanted to make this booklet as accessible as possible to all different perceptions of sustainability, so we decided to embellish it with as many alternatives as possible. How you ultimately implement these is entirely up to you.

On that note, we wish you "En Guete" and a good time trying out the recipes,

Mugette, Lea and the SDUBS-Team

## Eating seasonally: why it's important

When people talk about 'eating sustainably' or taking the environment into account when it comes to their diets, the first methods that usually pop into mind have to do with the limiting of animal products that you consume. Of course vegetarian and vegan diets do help the environment a lot, but they are not the only way and there are many more methods that meat eaters and plant eaters alike should keep in mind.

One of the methods that can be the easiest to understand is that of eating seasonally and locally. With the increasing globalisation over the last century it has become easier (and is therefore even expected) to have many fruits and vegetables available all year round. For this reason, most people no longer know what grows at which time of the year, and can therefore unwittingly buy products that are out of season.

But why is this a bad thing?

When fruits or vegetables are not growing in your area at a particular time of year because of the season (as many have particular temperature and rainfall requirements), it means that they need to be sourced from further away. In Europe, this can mean as close as Italy or Spain (for example, a lot of citrus), but it can also be from as far away as South America (avocados, pineapples, mango) or New Zealand (kiwi fruit). The transport of these foods to our supermarkets requires a large amount of fossil fuels (as mentioned in the information about 'sustainable eating' this is where Food Miles become relevant - Engelhaupt, E. (2008): [Do Food Miles Matter?](#)), and the conditions that these foods are produced in can often have adverse effects on the local communities too (Erickson, Bruce (2018): [Anthropocene futures](#): Linking colonialism and environmentalism in an age of crisis).

There are numerous health benefits to seasonal/local eating, too, considering foods that are grown outside of their season need to be ripened with postharvest treatments that can include gases and chemicals (see Mahajan, P.V. et al. (2014): [Postharvest treatments of fresh produce](#)). Another benefit from buying seasonal food is that it can be much cheaper and is also more regularly locally produced, which means that by buying these products, you are supporting your local farmers and economy. For a more detailed study on the health and environmental benefits of eating seasonally and locally, see Macdiarmid, Jennie I. (2014): [Seasonality and dietary requirements](#): will eating seasonal food contribute to health and environmental sustainability?.

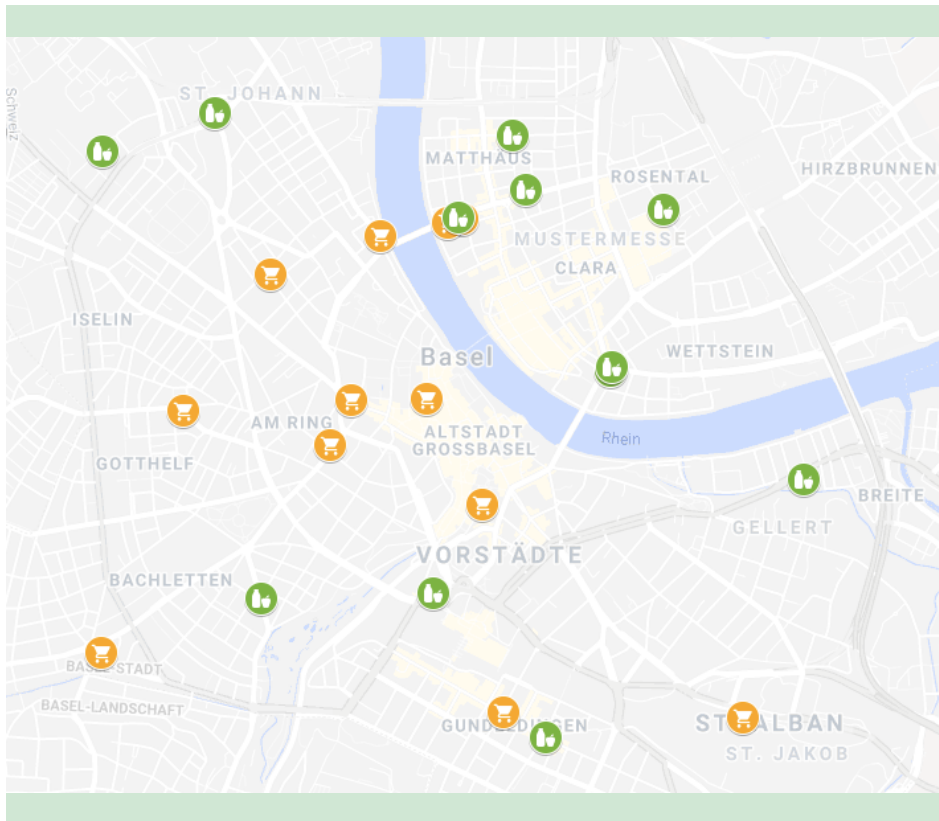
In Switzerland, consumers are equipped with the right to know where their food comes from, which is why most stores will have signs or labels on their foods to inform you of the country the product was grown in. This can help you in making informed decisions when buying your food.

To help you get one step closer to buying seasonally, this recipe book was written with seasonal foods and vegetables in mind and has therefore categorised the recipes according to which season they fit into. In the cases where particularly summer-y foods are present, we also often recommend other fruits or vegetables that can be used as alternatives to make for possibilities for the rest of the year, too.

We hope that the calendars we have included also give you a handy overview of what grows in Switzerland when. Remember, products that are grown locally and recently will often also have more nutritional value (because their usual ripening rhythms aren't interrupted), taste much fresher and bring a fuller taste to your cooking!

## Stores

The „Sustainability Map Basel,“ put together by the University of Basel’s AG Nachhaltigkeit, can show you the sustainable and local food stores in and around Basel. Not only that, but it also lists alternatives to conventional clothes and household goods stores, as well as sustainable restaurants. Take a look for yourself with this link! [this link!](#)



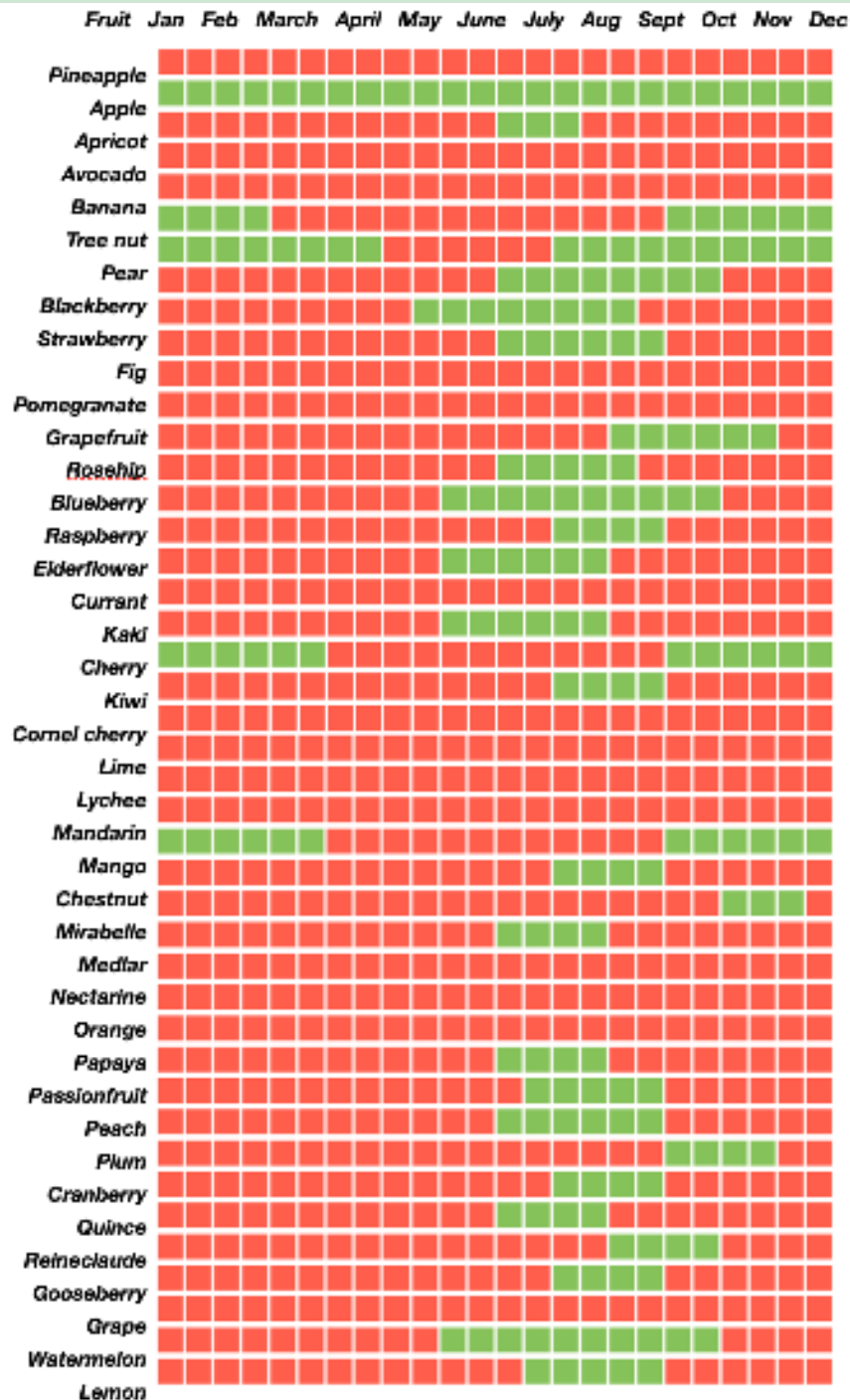
## Organic Waste

In Basel there are numerous collection points for your organic waste. For a detailed map and information to the various composts around the city, click on [this link!](#)









Seasonal Calendar provided by Julian through the Website [www.season-in.ch](http://www.season-in.ch)

## Bulk Stores

**Basel Unverpackt** (see all products [here](#))

**Abfüllerei Basel** (see all products [here](#))

Most dry goods are available in these two bulk stores: flour, oatmeal, quinoa, millet, sugar, salt, pepper, ground nuts, spices, baking powder, baking soda, raw cocoa powder, wheat starch/corn starch, pasta, and rice. Oil, apple cider vinegar, beans, and dark chocolate can also be purchased here. Also available at the Abfüllerei are almond paste, tofu, vegetable broth and stock, and dried fruit.

### Local markets

Basel is lucky to have a wide array of local markets, all of which provide fresh products from the region. These include the Matthäusmarkt, Breitemarkt, St. Johannsmarkt, Märt am Tellplatz, Dienstagsmarkt Rütimeyerplatz, Wettsteinmarkt and the Quartiersmarkt Allschwilerplatz. There are also independent suppliers including the Birsmatthof, the Biohof Spitzenbühl, the Gärtnerei Berg oder the LOKAL store, again all supplying regional and seasonal products.

### Reformhaus

Here you can buy gelling sugar, Soyana oat milk, -cuisine and whipped cream, tomato sauce and tomato paste, sugar beet syrup, falafel mix and aquafaba from chickpeas.

### Migros or Coop

Margarine, pita bread, lupin grated cheese and sweet chestnuts are sold here.

The **carob bean gum** can be used as an alternative to chocolate and orderer online from the Swiss online chemist store. [Here's](#) the link.

## Basics

### Oat Milk

Ingredients: 100g (tender) oat flakes, 1l water

Directions: Fill the (tender) oat flakes and the water into a stand mixer. Blend the mixture on high speed for 2 to 3 minutes. Strain the oat mixture through a nut milk bag into a suitable container and squeeze the mixture until no more liquid comes out.

Tip: A coarse linen cloth or laundry bag can be used instead of a nut milk bag. Sugar beet syrup or 2-3 dates can also be added to the stand mixer to make the oat milk sweeter.

### Hummus

Ingredients: 3 cloves of garlic, olive oil, 530g chickpeas, 1 tbsp lemon juice, 0.5 tsp cumin, 0.75 tsp salt, a little pepper

Directions: Soak chickpeas in double the amount of water for at least twelve hours. Bring to a boil in fresh water and cook over low heat for about 20 minutes. Put the chickpeas in a sieve and rinse with fresh water. Then put all the ingredients in a powerful blender and mix until you reach your desired consistency. Season to taste with spices and lemon juice.

### Vegetable Stock (Stored in Ice Cubes)

Ingredients: About 400-450g of leftover vegetables (peels, stems, stalks, ends, etc., or vegetables and herbs that are starting to wilt), about 1.2-1.3l water, salt and an ice cube mold.

Directions: Add water, vegetable scraps and a little salt to a pot. Bring the water to the boil, then turn it down a little and simmer for 1 hour. At the beginning cook briefly without a lid, then leave the lid on the pot at an angle. Season to taste with various spices. When the broth has reduced to about the amount of liquid you would like left, blend it and pour it into the ice cube mold. For example, if you will use the broth for a soup, it makes sense to have more liquid left.

If you have too much for the mold or don't have a mold in the first place, you can also store it in a sealed container.

Tip: Typical vegetable broth classics like carrot, leek, celery, parsnip and parsley do especially well in the broth. Limit the amount of brown or red onion skins and don't leave them in as long as the rest. It's also important that you don't add any moldy or mushy vegetable scraps. Scraps from cabbage, beetroot or peppers give a sour taste, so are better to avoid using.



### **Pesto (Recipe by Chefcook Sven Mattern)**

Ingredients (makes 200g): 40g walnuts, 35g basil (alternatively kohlrabi or carrot leaves), 8g garlic, 100ml olive oil, salt and pepper to taste

Directions: Dry roast the walnuts in a pan over medium heat and then set aside. Peel the garlic. Wash the basil and pat dry. Place all ingredients in a tall container and puree with a hand blender. Then pour into a clean jar and cover with olive oil. Store in the refrigerator. Always cover with olive oil after use. If you prefer your pesto with cheese, add 20 grams of parmesan or pecorino while blending. This recipe also works with carrot greens, kohlrabi leaves or any other edible leaves from vegetable plants.

### **Vegan Curry Paste (Recipe by Chefcook Sven Mattern)**

Ingredients: 700g onions diced, 1 garlic bulb (all cloves peeled), 300g ginger peeled and chopped, 200g lemon balm chopped, 1l neutral oil (e.g. sunflower oil, canola oil)

Directions: Mix all ingredients in a blender until a creamy paste is obtained. This paste can be used for seasoning and marinating. Store in a cool place in the refrigerator or frozen in stock.

### **Vegan Jam**

Ingredients (makes one jar): 200g seasonal berries of your choice, 130g gelling sugar, 1 lemon

Directions: Wash the berries, cut them into small pieces and add these to a large saucepan with the sugar and the juice of the squeezed lemon. Bring the mixture to the boil slowly, stirring frequently. If you like the jam a little finer, you can use a blender to arrive at your desired consistency. Then turn the heat to medium to simmer the mixture down to jam for around 45-90 minutes. Stir from time to time and do not cover the saucepan with a lid or the jam will boil over.

Shortly before the jam has reached the desired consistency, the jar needs to be sterilised. This can be done by washing it thoroughly, rinsing it with clean water, and preheating it in the oven at 120°C (fan forced) for about 15 minutes. Sterilising the jar beforehand means that the jam will not go moldy, and preheating the jar helps to avoid it cracking when you pour the hot jam in.

Once the jam is cooked, pour it quickly into the prepared jar (up to 0.5 cm below the rim) and immediately screw on the lid. Let the jam cool for about 1-2 hours. After this time, a vacuum should have formed inside the jar. You can tell that this has happened if the middle of the lid pops up, or in the case of a glass lid, that it cannot be easily pulled off. If a vacuum does not form, the jam will have a shorter shelf life, but will still be fine to eat. Just make sure that it is well sealed.

Tip: While cooking the jam, you can tell whether it is ready by the spoon test: simply dip a spoon briefly in the jam and hold it at a slight angle so that the fruit mixture can run down it. If it runs down very slowly, the jam is ready. You can also get creative with this recipe and combine different fruits or add spices!

## Breakfast

### Chocolate Muesli

Ingredients: 150g walnuts, 150g rolled oats, 100g hazelnuts, 30g pumpkin seeds, 20g carob or raw cocoa powder, 2tbsp canola oil, 4tbsp sugar beet syrup

Directions: Preheat the oven to 180°C (fan forced). Break the walnuts into small pieces. Mix the oats, pumpkin seeds, walnuts, hazelnuts and carob powder together in a bowl. Heat the canola oil in a saucepan, mix with sugar beet syrup and add to the bowl. Mix well until everything is coated with the mixture. It's okay for small clusters to form.

Spread the granola on a baking sheet and bake in the oven for 12-15 minutes. Stir gently with a spoon every 5-10 minutes. Remove from the oven and let cool, then pour into a screw-top jar for a quick breakfast option!

Tip: You can also use the granola as a topping for the other breakfast recipes!

### Porridge with Oat Milk

Ingredients: 80g fine rolled oats, 250ml Soyana oat milk (or homemade oat milk - see page 14), seasonal fruits  
Toppings: sugar beet syrup or Swiss almond puree.

Directions: Cut seasonal fruits into small pieces. Put half of the fruit in a blender and blend with a little water to make a smoothie. In a saucepan, bring the oats and oat milk to a boil. Once it boils, reduce the heat and let the porridge thicken. Add the porridge to a bowl and arrange the smoothie on one side with the whole fruit on the other, serve with almond paste and sugar beet syrup.

Tip: Creativity is rewarded! There are endless options for the toppings you choose, but make sure your fruit choices are regional and seasonal.







### **Pan con Tomate**

Ingredients: Bread (or homemade Vegan Zopf - see page #), 2 tomatoes, salt, pepper, oregano, olive oil.

Directions: Toast the bread. Cut the tomato horizontally into two halves. Now grate one tomato half over the bread so that only the skin remains in your hand. Sprinkle a little salt over it and finally pour the olive oil over it.

Tip: Use the remaining tomato peel to spread the grated tomato and oil evenly over the bread.

### **Quinoa with Fruit**

Ingredients (makes two bowls): 150g quinoa, cinnamon, sugar beet syrup, seasonal fruit and European soy yogurt.

Directions: Bring quinoa to boil in 200ml of water. Add rolled oats and additional water as needed and let everything steep for 5 minutes. As this cooks, prepare 2 bowls and cut the fruit.

Once cooked, divide the quinoa into the bowls, add the yogurt and fruit on top, and sprinkle with cinnamon.

### **Vegan Scrambled Eggs**

Ingredients: 50g smoked tofu, 100g plain tofu, 1 tomato, 1/2 onion, 1 pinch of salt, 1 pinch of pepper, canola oil

Directions: First chop the onion and smoked tofu and break the plain tofu apart, either with a fork or with your hands. In this way, the scramble-like consistency is achieved. Chop the tomato into small pieces. Heat canola oil in a frying pan. Fry the smoked tofu with the onion for about 5 minutes. Reduce the heat to medium and add the plain tofu. Stir everything regularly so that nothing burns. Season with salt and pepper and mix well. After about 1 minute, turn off the heat and stir in the tomato. Remove from heat and add additional spices or herbs to the vegan scrambled eggs, if desired.





### Vegan Pancakes

Ingredients: 200g spelt flour, 2 tsp baking powder, 1 pinch salt, 2 tbsp canola oil, 270ml Soyana oat milk (or homemade oat milk - see page 14), 3 tbsp sugar beet syrup

Toppings: Seasonal berries and fruits, European soy yogurt

Directions: Mix all dry ingredients in a large bowl. Add soy milk, oil and sugar beet syrup and whisk until smooth. Pour batter into a hot frying pan in batches, flipping when the batter is firm on top, and fry the pancakes until golden brown. Top with fruit, soy yogurt or sugar beet syrup.

### Vegan Zopf (Bread)

Ingredients: 550g white flour, salt, sugar, 11g dry yeast (or 1 packet), 100g vegan margarine, 250ml Soyana oat milk (or home-made oat milk - see page 14), olive oil

Directions:

Dough: Mix flour, salt, sugar and yeast in a bowl. Add margarine and oat milk, knead into a soft smooth dough. Cover and let rise at room temperature until doubled, which needs about about 1.5 hours.

Braid ("Zopf"): Divide braid dough in half and form both halves into a roll about 70 cm long, thinning slightly at the ends. Place both into a cross on the work surface. Take the two ends of the bottom dough-roll and cross them over to swap positions (ie. the right roll is now crossed into the position of the left roll, and vice versa). Repeat with the other roll and then begin with the first one until both are completely woven together. Gently pinch the ends together and tuck them under the braid. Place the braided bread on a baking sheet lined with baking paper. Brush with a little oil and oat milk and let rise again for about 30 min, then brush again.

Bake: Approximately 35 minutes in the middle of the oven pre-heated to 200°C (bottom and top heat). Take out, cool on a rack.





## Spring

### Broccoli Soup

Ingredients: Half an onion, 250g broccoli, 100g young spinach leaves, olive oil, Soyana oat milk to your like (or homemade oat milk - see page 14), salt, pepper

Directions: Peel and finely dice the onion. Wash the broccoli, clean, drain and divide it into florets. Wash and drain the spinach. Heat olive oil in a saucepan and fry the onion cubes for 2 minutes. Add the oat milk and broccoli, and bring to the boil for 7 minutes. Stir in the spinach leaves. Finely blend the soup with a hand blender, then season with salt and pepper.

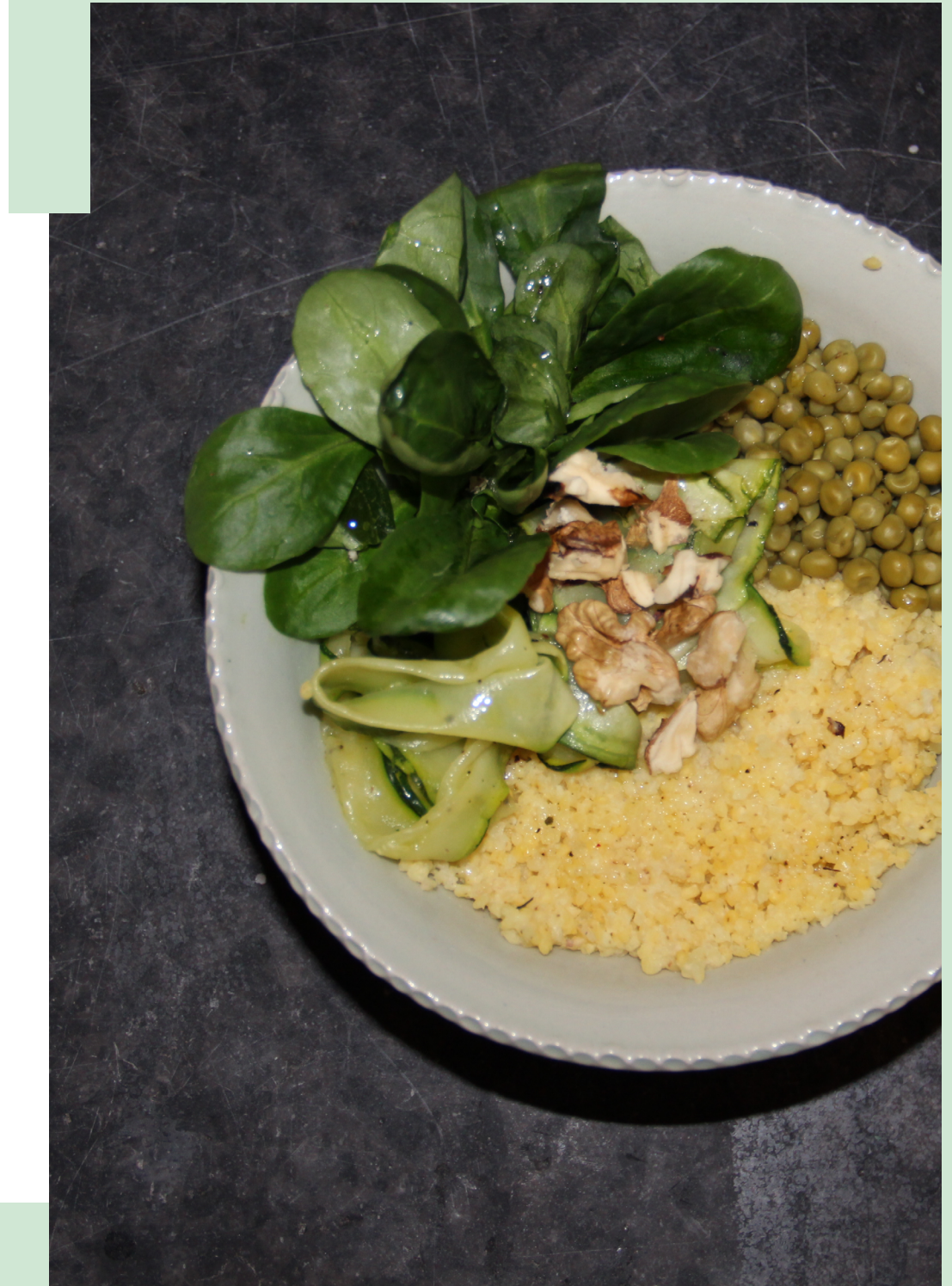
Tip: The broccoli can be replaced with a wide variety of vegetables, depending on your preference and the season! The procedure is always the same, but depending on the vegetable, it may take a little longer to bring

### Spring Bowl with Asparagus and Peas

Ingredients: 50g millet, 5 stalks of green asparagus, lamb's lettuce, 30g peas, walnuts, olive oil, 1 tsp lemon juice, salt

Directions: Wash the millet with cold water through a fine sieve. Bring to the boil with 150ml of water, add a little salt and simmer at medium temperature for 7-10 minutes. Remove from heat, stir and let thicken for about 15 minutes. Rinse the asparagus briefly with water and cut off the ends. Heat some olive oil in a pan and fry the asparagus over medium heat so that it is lightly browned but remains crunchy. Season with salt and pepper. In a saucepan, bring some water to the boil and add the peas briefly to the boiling water, then drain. Wash and dry the lamb's lettuce. Mix lemon juice, olive oil, salt and pepper in a bowl to make the dressing, add the lamb's lettuce and mix.

Arrange all components in a bowl and season with salt and pepper.







## Summer

### **Falafels with Pita Bread**

Ingredients: Falafel mix, pita bread, hummus, 1 tomato, half a cucumber

Directions: Prepare the falafel mixture according to instructions, form into small balls. Dice the tomato and cut the cucumber. Moisten the pita bread with a little water and toast for 2-3 minutes. Remove and let cool briefly, cut off one end and fill with hummus, vegetables and falafels.

Tip: Prepare hummus with the recipe on page 14!

### **Ratatouille with Chickpeas**

Ingredients: 150g chickpeas, 2 onions, 2 cloves of garlic, 1 yellow and red bell pepper, 1 zucchini, 1 eggplant, 3 tomatoes, olive oil, 300ml vegetable stock (for homemade vegetable stock - see page 15), paprika, chili powder, herbs

Directions: Soak chickpeas in double the amount of water for at least twelve hours. Bring to a boil in fresh water and cook over low heat for about 20 minutes. Put the chickpeas in a sieve and rinse with fresh water. Fry onions and garlic in olive oil. Add the chickpeas, bell peppers, zucchini and eggplant and fry. Add the diced tomato and pour in the vegetable stock. Cover and simmer on low heat for 40 to 50 minutes. Stir from time to time. Season to taste with salt, pepper and chili.

Tip: Rice, polenta or spelt pasta goes well with the ratatouille and all can be locally sourced. Save the water from the chickpeas (aquafaba) for the chocolate mousse!



### **Lemon-Oat-Spaghetti with Tofu**

Ingredients: 300g spaghetti, 200g organic Swiss tofu, 250ml Soyana Oat-Cuisine, 250ml vegetable stock, 1 onion, 3 cloves garlic, 1 tsp olive oil, 2 tsp lemon juice, 1 tsp apple cider vinegar, (for homemade vegetable stock - see page 15), parsley, salt, pepper

Directions: Cook spaghetti in salted water until al dente. Cut the tofu into bite-sized pieces. Heat a little canola oil in a non-stick frying pan. Fry the tofu over medium heat until crispy and browned.

For the sauce, fry the diced onion in the oil for 3-4 minutes, add the chopped garlic and fry for 1 minute. Add the Oat-Cuisine, cooked onion and garlic, water, vegetable stock, lemon juice and vinegar into the stand mixer and blend finely, seasoning it to taste. Pour the sauce into a pot simmer for several minutes until thickened. Then add the cooked pasta and toss until the pasta is completely covered with sauce. Once plated up, garnish with parsley and pepper.





### Leek Mushroom Ragoût with Rice

Ingredients: 100g italian risotto rice, 1 tbsp vegan margarine, 50ml vegetable stock (for homemade vegetable stock - see page 15), 200g champignon mushrooms, 200g other mushrooms (for example shiitake mushrooms are grown in Switzerland), 300g leek, olive oil, 1 tsp mustard, 100-150ml Soyana Oat-Cuisine, Swiss Alpine Herbs

Directions: Rinse the rice. Heat the margarine in a pot and fry the rice briefly until translucent, add 200ml water and a little vegetable broth. Stir well for 2 minutes. Bring rice to a boil, turn down heat, cover and let it marinate over a low heat for 15 minutes (or for as long as the rice needs to cook).

Slice the mushrooms. Cut the leeks lengthwise, wash them, and cut them further into fine strips. Heat olive oil in a non-stick frying pan and fry leeks for 5 minutes. Add mushrooms and fry briefly. Stir in mustard and deglaze with vegetable stock.

Add Oat-Cuisine and cornstarch to the ragoût and continue to cook until the mixture thickens. Season with herbs and serve with the rice.

### Stuffed Bell Peppers with Rice and Vegetables

Ingredients: 150g pilaf rice, 400g mushrooms, 1 onion, 100g black beans, 75g corn, 650ml tomato sauce, 4 red bell peppers, 100g Lupin grated cheese, salt, pepper

Preparation: Preheat the oven to 180°C (top and bottom heat). Cook the rice and set aside.

Heat the oil in a frying pan. Slice the mushrooms, chop the onion finely, and fry both for 5-7 minutes or until mushrooms are golden. Rinse and drain the beans and corn. Mix the rice and mushroom mixture with the beans, corn and tomato sauce. Season to taste with salt and pepper.

Cut the bell peppers in half lengthwise and remove seeds. Then fill them with the rice mixture and put them in a baking dish with a little water. Bake the bell peppers in the preheated oven for about 35 minutes. Sprinkle the grated cheese on top and bake for another 5-10 minutes until the cheese is melted.





## Winter

### Sweet Potato and Chickpea Fry

Ingredients: 600g sweet potatoes, 1 red onion, 2-3 garlic cloves, canola oil, 400ml Soyana Oat-Cuisine, 150g fresh spinach, 400g chickpeas, salt, pepper, chili powder

Directions: Soak chickpeas in double the amount of water for at least twelve hours. Bring to a boil in fresh water and cook over low heat for about 20 minutes. Put the chickpeas in a sieve and rinse with fresh water. Peel the sweet potatoes and cut into small cubes. Peel the onion and garlic cloves and chop finely. Heat the canola oil in a pan (or wok). Fry the sweet potato and onion cubes for three minutes, stirring occasionally. Add garlic and fry. Add Oat-Cuisine, bring to the boil, reduce heat and simmer for about 15 minutes, stirring occasionally.

Wash spinach, rinse and drain chickpeas. Add both to the pan and simmer for 5 minutes until the spinach has wilted. Season to taste with salt, chili powder and pepper.

Tip: It can also be made into a curry by adding 2 tablespoons of vegan curry paste (for homemade vegan curry paste - see page #).

### Green Lentil Daal

Ingredients: 1 onion, 2 cloves of garlic, ginger, canola oil, cumin, 150g green lentils, 200g chopped tomatoes, 1 tablespoon tomato paste, 100ml Soyana Oat-Cuisine, 1 handful fresh spinach, salt, pepper

Directions: Peel the onion and garlic and cut finely. Peel and grate the ginger. Heat the canola oil with 1 tablespoon of water in a large pot, then add the onion, garlic and ginger. Fry everything for 2-3 minutes at medium temperature. Add 250ml water, cooked lentils, tomatoes, tomato paste, salt and pepper. Bring to the boil and simmer covered for 15 minutes. Finally, add Oat-Cuisine and spinach, season with salt and let simmer at a low temperature for 10 minutes.

Tip: Although the daal is a self-contained dish, rice can be used to accompany it.





## Snacks

### Nuts

For example walnuts, hazelnuts, chestnuts, almonds...

Tip: A handful of nuts gives energy, protein, and a great snack in between meals. You can combine a wide variety of nuts.

### Apricot Bar

6 dates, 2 dried figs, 2 prunes, 50ml Soyana oat milk (or homemade oat milk - see page 14), 100g dried apricots, 100g walnuts, 75g ground almonds, a little apple juice

Directions: For the date purée, mix the dates, figs and prunes with oat milk in a blender until smooth. Coarsely chop the apricots with the walnuts. Pour into a bowl and mix with date purée and apple juice. Knead in the ground almonds. Spread the mixture on baking paper to a thickness of about 1.5 cm to form a plate of about 16x16cm and put in the freezer for about 30 minutes. Cut into six or twelve bars with a sharp knife.

### Vegetable Sticks with Dip

cucumber, carrots, bell peppers, herbs (parsley, basil, chives, etc.), salt, pepper and European soy yogurt or homemade hummus (see page 15).

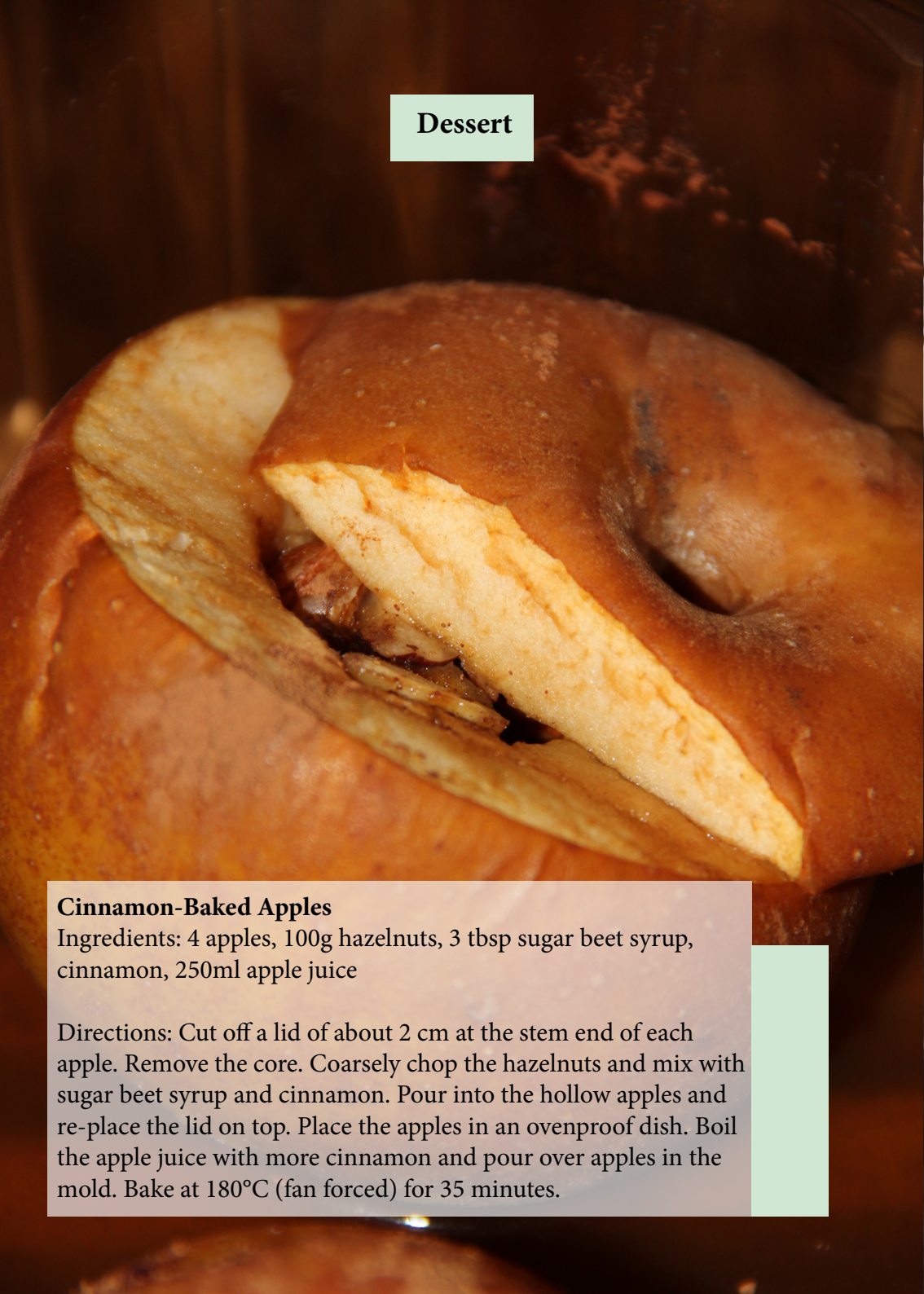
Directions: cut vegetables into oblong sticks, chop herbs. For the dip, mix yogurt with the herbs. Alternatively, hummus can be used (for homemade hummus - see page 15)

### Dates

Tip: 3-4 dates are great as a snack between meals, but can also be used as a topping for breakfast bowls. With 3-4 dates per day, one third of the daily requirement of iron is covered!








## Dessert

### Cinnamon-Baked Apples

Ingredients: 4 apples, 100g hazelnuts, 3 tbsp sugar beet syrup, cinnamon, 250ml apple juice

Directions: Cut off a lid of about 2 cm at the stem end of each apple. Remove the core. Coarsely chop the hazelnuts and mix with sugar beet syrup and cinnamon. Pour into the hollow apples and re-place the lid on top. Place the apples in an ovenproof dish. Boil the apple juice with more cinnamon and pour over apples in the mold. Bake at 180°C (fan forced) for 35 minutes.



### Chocolate Mousse

Ingredients: approx. 400ml Aquafaba (chickpea water), 120g carob or dark chocolate, 400ml Soyana whipped cream

Directions: Drain chickpeas and catch the water (aquafaba) in a bowl. Refrigerate chickpeas and use later (like for example for the hummus on page 15). Whip the aquafaba with a stand mixer until you get a white, snow-like consistency. Beat the Soyana whipped cream with a whisk and spread over the chocolate mousse.

1st variation: Melt the chocolate (either by suspending over boiling water or directly in a saucepan) and stir until smooth. Carefully fold the chocolate into the aquafaba snow with a spoon.  
2nd variation: Mix carob powder or gum with the aquafaba





## Baking

### Fruit Pie

Ingredients:

Base: 150g spelt flour, 40g sunflower oil, 0.5 tbsp sugar

Icing: 2.5 tbsp cornflour/wheat starch, 200ml Soyana Oat-Cuisine, 1 tbsp sugar

Toppings: circa 800g of fruits, 50g ground hazelnuts

Directions: Mix all the ingredients for the base, roll out and place in a pie form. Sprinkle the ground hazelnuts on the base. Preheat the oven to 180°C. Wash the fruits, cut them in half and remove the seeds if necessary. Then arrange them on the base - be as creative as you like! Mix all the icing ingredients together and mix well with a whisk. Pour over the fruit and fill the pie almost to the edge of the dough. Bake for about 30 minutes. The pie is ready when the fruits have a slightly dark edge. Allow to cool, which will help the glaze to set.

### Chocolate Cookies

Ingredients: 350g flour, 1 tsp baking soda, 1 pinch salt, 110g sugar (white), 110g sugar (brown), 200g carob flour or dark chocolate, 250g vegan margarine and Soyana oat milk to your like (or home-made oat milk - see page 14) as needed

Directions: Preheat the oven to 190°C. The margarine should be at room temperature so that it is soft when processed. Mix the margarine together with the brown and white sugar until you get a creamy mixture. In a separate bowl, combine the flour, baking soda and salt. Then mix well with the margarine-sugar mixture. Add oat milk as needed.

1st variation (chocolate): Chop the chocolate into small pieces and fold in together with the chopped walnuts.

2nd variation (carob): Mix carob gum with the chopped walnuts and fold into the dough. Place baking paper on a baking tray.

Using a teaspoon, spread small mounds of dough evenly spaced on the baking paper and flatten slightly. Bake for 10-12 minutes. The cookies should not become too dark. Don't be alarmed if they are still very soft when you take them out. They will harden after cooling, but remain soft inside.