

Peanut Butter Energy Balls – By Alex

Ingredients

- Unsweetened Peanut Butter – 1 cup
- Oats – 1 cup
- Ground Flax / Flax Seed Powder – ½ cup
- Unsweetened Cocoa Powder – 1 (or) 2 teaspoons
- Honey (or) Maple Syrup - 3 Tablespoons Chopped dates – ½ cup

Method

1. Take a wide mixing bowl.
 2. Add each ingredient one after another.
 3. Using a spatula, gently cut and fold everything, such that all the ingredients are combined well.
 4. With an ice cream scoop / with a round tablespoon, make them into small balls.
 5. Arrange them on a tray / plate.
 6. Place the tray in the fridge for about 20 mins for the balls to harden a bit. Done!!
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Baked Beans Falafels – By Shauna

Ingredients

- 4x400gr baked beans
- 1 large egg
- 6 garlic cloves crushed
- 1 large onion
- 1tsp salt
- 1tsp chilli powder
- 1tbsp ground cumin
- 1 tbsp ground coriander
- 120gr chickpea flour
- Parsley / coriander
- Cooking oil

Method

1. Drain the beans keeping aside the sauce in separate bowl. Rinse the beans and leave them to drain. Put the beans and egg into a blender and whizz until you have a smooth paste. Transfer to a bowl and add garlic, onion, salt, chilli, cumin and coriander. Add the flour and mix everything together.
 2. Pre heat the oven to 220c/fan 200c and have a large baking tray ready and greased.
 3. Using wet hands, create walnut sized balls of the mixture and pop them in the tray. Spray them with oil all over and bake for 35-30m, turning them halfway through.
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Cauliflower based Pizza (vegan) – By Ella

Ingredients:

Pizza base

- 2 cups of cauliflower rice
- 2 cups of ground organic oats
- 1 Tbs Garlic powder
- 2 Tbs nutritional yeast
- Salt to taste

Method part 1:

1. Mix all ingredients together to make a dough.
2. Using a roller, roll the dough into a pizza base flat and circular (you choose how wide the base to be).
3. Then bake it for 20-25mins, 220°c.

Pizza Topping – Your choice!

Ingredients: Tomato sauce, chopped onion, chopped mushrooms, chopped red pepper, chopped green pepper, sweet corn.

Method part 2:

1. Take the cauliflower pizza base and add all your toppings.
2. Bake for 15-20mins 220°c. ... ENJOY!

Health benefits of Cauliflower



1. It is very low in calories. 100 grams of the fresh cauliflower head provides just 26 calories. Nevertheless, it comprises of several health-benefiting antioxidants and vitamins, and is low in fat and cholesterol.
2. Its florets contain about 2 grams of dietary fiber per 100 g; providing about 5% of recommended value.
3. Cauliflower contains several anti-cancer phytochemicals like **sulforaphane** and plant sterols such as **indole-3-carbinol**, which function as an anti-estrogen agent. Together, these compounds have proven benefits against prostate, breast, cervical, colon, ovarian cancers by their cancer-cell growth inhibition, cytotoxic effects on cancer cells.
4. Furthermore, Di-indolyl-methane (DIM), a lipid-soluble compound presents abundantly in Brassica group of vegetables, including cauliflower, has found to be effective as an immune modulator, antibacterial and anti-viral agent. DIM has currently been found application in the treatment of recurring respiratory papillomatosis caused by the Human Papilloma Virus (HPV) and is in Phase III clinical trials for cervical dysplasia.
5. Fresh cauliflower is an excellent source of **vitamin-C**; 100 g provides about 48.2 mg or 80% of daily recommended value. Vitamin-C is a proven antioxidant that helps fight against harmful free radicals, boosts immunity, and prevents infections and cancers.
6. It contains good amounts of many vital B-complex groups of vitamins such as folates, pantothenic acid (vitamin B5), pyridoxine (vitamin B6) and thiamin (vitamin B1), niacin (B3) as well as vitamin K. These vitamins are essential as the body requires them from external sources to replenish and are required for fat, protein and carbohydrate metabolism.
7. Furthermore, it is also a good source of minerals such as manganese, copper, iron, calcium and potassium. Manganese used in the body as a co-factor for the antioxidant enzyme, *superoxide dismutase*. *Potassium* is an important intracellular electrolyte helps counter the hypertension effects of sodium.

<https://www.nutrition-and-you.com/cauliflower.html>

Welcome to Vegetarian



Healthy Recipes and Good Nutrition

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