



GAIA



GAIA COOKBOOK

VEGANUARY STARTER!





PLANT BASED EATING

A plant-based diet is any diet that focuses around foods derived from plant sources. This can include fruit, vegetables, grains, pulses, legumes, nuts and meat substitutes such as soy products.

We've shared 6 affordable vegan dishes that are quick and easy to prepare perfect and cost effective to get you started this Veganuary.





PANCAKES

INTERMEDIATE

MAKES 6 PANCAKES | COST: £0.90 | PREP TIME: 25MINS

Ingredients

120g plain flour
260ml plant milk
2tbsp ground flax seeds/ground
Chia seeds
1tsp baking powder
1tsp vanilla extract
Pinch of salt
Toppings of choice such as fresh
Fruit or jam and honey, or lemon and honey

Mix all the ingredients in a bowl and spoon into a pre-oiled and hot pan one pancake at a time. Add toppings!



PORRIDGE

BEGINNER

SERVES 1 | COST: £0.23 | PREP TIME: 5MINS

Ingredients

90g of oats

180ml liquid - plant milk/water

Toppings of choice

Favourite budget friendly toppings include apple and cinnamon with some syrup, just syrup, and jam.

Perfection porridge liquid to oat ratio 2:1. Microwave it, pot it on the hob or shove it in a jar in the fridge the night before for overnight oats.

Favourite budget friendly toppings include apple and cinnamon with some syrup, just syrup, and jam.



SPAGHETTI

INTERMEDIATE

SERVES 4 | COST: £1.68 | PREP TIME: 60MINS

Ingredients

- 200g spaghetti pasta
- 1 jar tinned tomatoes
- 2 cloves of garlic
- 1 small white onion
- 1 cup of other veg
- 2 veg stock cube + 300ml of water
- 1tsp mixed herbs
- 1tsp dried basil
- 200g Red lentils
- Salt and pepper to taste

Cook garlic, herbs, and onion in pan with a little oil until soft. Then add half the stock and all the rest of the ingredients. Allow to simmer for 20 minutes then add the rest of the stock and allow to simmer for another 40. The longer you cook bolognese on a low heat the yummiier it is!

Got leftovers? Layer this bolognaise sauce with the mac and cheese sauce and some lasagne sheets to make a yummy vegan lasagne.

Alternatively, make some mashed potato, spread it over the leftover sauce in a oven proof dish and you have a vegan “shepherds” pie, bake in the oven for 20 minutes.



Putting a lid on the pan when cooking will save a lot of energy!

MAC AND "CHEESE"

INTERMEDIATE

SERVES 2 | COST: £0.95 | PREP TIME: 60MINS

Ingredients

200g pasta of choice
2tbsp vegan butter/spread
360ml of plant milk
2.5tbsp plain flour
2.5tbsp nutritional yeast*
Salt and pepper to taste

Cook pasta. Melt butter in the pan and add everything but the pasta. Use a whisk, or fork, to mix it all together and keep stirring until thick and creamy. Drain pasta, add the sauce and enjoy.

Option to bake it as well with some vegan cheese on top and maybe some mushrooms but completely optional.

Nutritional yeast, also known as nosh, is simply inactive dried yeast flakes. They look a bit like fish food but taste very cheesy so are a great, affordable alternative to vegan cheeses. Nosh is often fortified with B12 which improves health, digestion and reduces stress.



ENERGY BALLS

INTERMEDIATE

MAKES 15 BALLS | COST: £1.84 | PREP TIME: 5MINS

Ingredients


200g dates (You can buy dates from the fruit and veg section instead of dried fruit, much cheaper, also from a refill shop)

100g oats

100g peanut butter

2tbsp coconut oil

2tbsp cocoa powder



Blend all the ingredients in a high-powered blender or food processor. Then mould into balls and keep in fridge.



BOSH COOKIES

INTERMEDIATE

MAKES 15 COOKIES | COST: £3.82 | PREP TIME: 20MINS

Ingredients

250g vegan butter/spread
(sunflower not olive!)

225g sugar

2tsp vanilla extract

1tsp baking powder

1tbsp syrup

300g plain flour

85g dark chocolate, dark
chocolate drops and/or raisins,

(most dark chocolate is vegan)
but raisins also work so just play
around with what you have!

Instructions Mix all the ingredients in a bowl. Mould into walnut sizes balls and place on an oiled baking tray and cook at 180oC for 12 minutes. Allow to cool and enjoy.

TAG US ON INSTAGRAM!

We'd love to see and share your creations and unique twist on these recipes this Veganuary!

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