



# Mini Recipe Book

Plant-based recipes contributed by susGain users for the November Challenge 2021

# Healthy Wrap



**Submitted by:**  
Nab

## Ingredients:

1. Wrap
2. Chickpeas
3. Edamame
4. Carrot
5. Broccoli
6. Leafy vegetables
7. Chili flakes

## Instructions:

1. Chop broccoli and slice carrot to your own preferred size and quantity.
2. Blanch broccoli in hot water for 1 minute.
3. Add ingredients in wrap, sprinkle chili flakes and fold.
4. Cut into 2 and serve.





## PROBIOTIC SALAD Recipe

Passion fruit rich in vitamin C, an antioxidant helps protect from free radicals

Dragon fruit contains prebiotics, which are foods that feed the healthy bacteria called probiotics in your gut.

## Probiotic Salad

**Submitted by:**  
Katherin Meganis  
Phang

### Ingredients:

Any type of vegetable, 1 dragon fruit, and 3 passion fruits (for dressing)

### Instructions:

1. Wash your vegetables with water and rinse with pesticide-free soap for vegetables (normally I use H<sub>2</sub>O<sub>2</sub>)
2. Chop your vegetables to smaller pieces
3. Blend dragon fruit and passion fruit (can add salt/turmeric/oregano/dates as you like)
4. Pour your dressings into a bowl and put your veggie inside the bowl then mix them
5. Now your bowl has a ready-to-eat salad



## Spinach Oats Bites

**Submitted by:**  
Anja



### Ingredients:

- 230g frozen or fresh spinach
- 1 cup oats flour
- 1/2 cup grated cheese
- 3 eggs
- Garlic powder
- Onion powder
- Salt

### Instructions:

1. Preheat oven to 180 C
2. Prepare baking tray with a silicone baking mat
4. Thaw frozen spinach and drain well. Wash fresh spinach, drain well and finely cut it
5. Grind rolled oats to a fine flour
6. Combine all ingredients well and form little balls. If the mixture is too dry add more rolled oats.
7. Put on the prepared baking tray and bake for 15 -20 minutes



# Pasta with Thai Basil Sauce

**Submitted by:**  
Kede



Step 1: Harvest and blend Thai Basil with Garlic, salt and pepper, almond nut and olive oil



Step 2: Add blended sauce.  
Add half cup of pasta water and pasta

## Instructions:

**Step 1: Harvest Basil from your garden**

**Step 2: <Make the Sauce>**  
Blend Thai Basil, Almond nut, salt and pepper, garlic and olive oil into a pulp

**Step 3: Cook the pasta**

**Step 4: Stir fry pasta with the half cup of pasta water and the Sauce.**

## Ingredients:

Thai Basil,  
Almond nut, salt,  
pepper, garlic,  
Olive Oil, Pasta

# Creamy shiitake soymilk carbonara pasta

**Submitted by:**  
Chu Yu

## Ingredients:

- 1 portion of pasta
- 1/2 cup unsweetened soymilk or V-Soy Multigrain
- 1/2 cube of vegetable bouillon (I recommend Edward & Son's No-Chick'n bouillon cubes from iHerb)
- Toppings of choice (I used cherry tomatoes and sautéed shiitake)
- Mushroom soymilk pasta sauce (make at least 1 day before for optimum flavour)

## Instructions:

- 1) Boil pasta in 1/4 cup soymilk with vegetable stock cube
- 2) Gradually add more soymilk every time the liquid in the pot dries up, till pasta is al dente
- 3) Transfer pasta to a bowl and toss with pre-prepared mushroom soymilk pasta sauce
- 4) Top with cherry tomatoes & pre-marinated sautéed mushrooms



## Mushroom marinade recipe:

- 2 parts soy sauce
  - 1 part rice malt syrup / oligosaccharide syrup (available in Korean marts)
  - A pinch of shiitake mushroom powder available from vegetarian food suppliers / neighbourhood grocery stores)
- \* Please adjust recipe to taste

## Mushroom soymilk pasta sauce recipe:

- 1/4 cup soymilk
- 1 box of sautéed shiitake
- 1 tbsp mushroom seasoning
- A touch of lemon
- A cube of vegan cream cheese (optional; to taste)
- Salt to taste



# Dairy-free banana 'ice cream'

**Submitted by:**  
Joa

## Ingredients:

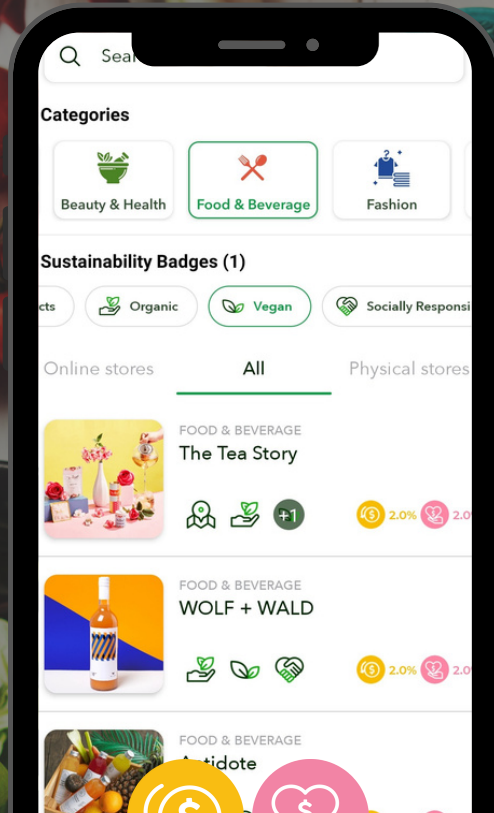
- 1-2 frozen bananas
- 1 tablespoon peanut butter
- 1 tablespoon unsweetened cocoa powder

## Instructions:

Blend all ingredients until creamy and enjoy!



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