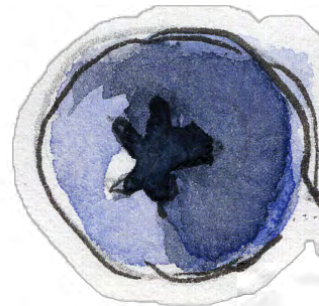




The YOUTH BOARD *Cookbook*



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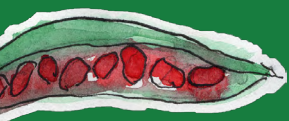
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The
YOUTH BOARD
Cookbook



Why plant-based?



The way we grow, cook, and enjoy food shapes not only our health, but the world around us.

Today's food system has its challenges, from climate impacts to biodiversity loss, yet it also gives us powerful opportunities to make choices that nourish ourselves and the planet.

ProVeg International is dedicated to raising awareness of how we can drive positive change through food system transformation. To achieve this we engage with all relevant stakeholders to create a world where the food we eat is good for all people, animals, and our planet.

Our mission is to accelerate the transition to a sustainable global food system by making plant-rich foods and alternative proteins more accessible and appealing, helping others discover the joy and benefits of food that's good for everyone.

ProVeg empowers people and institutions to help reshape the global food system. Our work spans from supporting chefs and food innovators to working with schools, retailers, governments, and other institutions, with the aim of creating food environments where plant-rich choices are easy, inspiring, and delicious.

Thinking about what we eat is also about how we care for each other across generations. The choices we make today influence the world our children and grandchildren will inherit. Young people are already stepping forward with energy and creativity to help shape future agrifood systems. By including youth voices in food-system

conversations, ProVeg helps ensure that future leaders can champion the changes we need - from better education and awareness to more accessible, healthy plant-based choices.

Moving towards plant-rich diets is one of the most impactful actions an individual can take to reduce their environmental footprint. Animal agriculture takes up about 80% of global agricultural land while only producing 18% of the world's calories and 37% of total protein. Plant-rich diets deliver sustainable nutrition with a fraction of the resource use and with far lower carbon and pollution impacts.

Every generation has a role to play in shaping the future of food, and young people are already stepping up. ProVeg's Youth Board brings together passionate advocates from around the world who are helping to amplify voices for sustainable and plant-rich food systems at international events, policy spaces, and in their own communities.

These young changemakers remind us that the future of food is something we build together, with curiosity, compassion, and bold ideas guiding the way, starting from our kitchen and plates.



Before you dig in

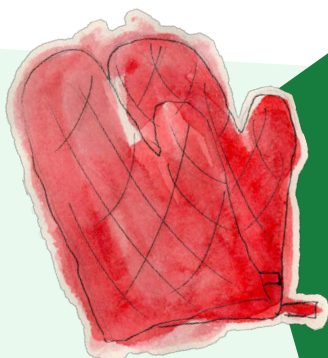


Welcome to a cookbook that is more than just instructions on a page. This is a collection of voices, a global journey, and a celebration of what happens when young people take the lead in the kitchen.

We begin our journey by exploring the world through regional sections. In each, you will find a short “Deep Dive” into the plant-based history and traditions of that area, followed by an interview with one of our ProVeg Youth Board members. They share their kitchen “oops” moments, their favorite childhood memories, and their best advice for eating more plants, no matter where you are.

When you are ready to start cooking, you can start experimenting with our collection of recipes organized into four main categories: **Tofu & tempeh**, **Pulses**, **Vegetables**, and **Sweets**.

We also know that life moves at different speeds. For those slow days when you want to dive deep into the process, look for “**Worth the Effort**”—these recipes take a bit more time but are incredibly rewarding. When you are running between classes or work, “**In a Dash**” offers quick, affordable fixes that never sacrifice flavour for speed.



We hope these pages inspire you to experiment, to share food with friends, and to remember that **every plant-based meal is a step toward a kinder, more sustainable world. Happy cooking!**

From our kitchen to yours

Latin America & the Caribbean

Vibrant, colorful, and full of rhythm—Latin American and Caribbean cuisines are as alive as the lands and cultures they come from.

Here, food is more than nourishment; it's a celebration, a gathering, a dance on the plate. Plant-based cooking has deep roots in this region, where Indigenous, African, European and other influences meet in fragrant stews, tropical fruits, and comforting grains. Did you know that cacao—the seed behind chocolate—originated in the rainforests of Central and South America and was once considered a gift from the gods?

INTERVIEW WITH



Ferdison
Commonwealth of Dominica

What's the first plant-based dish you remember loving?

It was a creamy banana porridge, infused with locally harvested cinnamon and coconut milk. My dad used to make it for my siblings and me while we were out in the forest. It wasn't just a meal; it was a beautiful memory of home and nature.

What made you curious about plant-based food?

In my indigenous community, plant-based eating wasn't just an option—it was a way of life. We were taught to appreciate what the environment provides. Many people in my community live past 100 years, so I grew up seeing how healthy and vital this lifestyle is.

If you were to introduce someone to your region through one plant-based meal, what would you make?

I would definitely prepare a sweet potato porridge made with rich coconut milk. I'd serve it with a side of locally grown and

traditionally made cassava bread. It's a dish that truly represents the flavours and the heart of my indigenous heritage.

What's the best reaction you've ever gotten from someone trying your food?

At university, I made vegetable cassava tacos for a friend who couldn't eat gluten. When she took a bite, her whole face lit up—she almost cried with joy because she could finally enjoy tacos again. Educating others through my traditions is such a rewarding mission.

What's your go-to meal when you're hungry and short on time?

Fried ripe plantains and a cold glass of lemonade! It's appetizing, super quick to prepare, and always hits the spot when I need something satisfying and enjoyable in a hurry.

What do you wish more people understood about plant-based food?

I wish people saw it as a way to protect our environment. We don't have a "Planet B," so protecting this one is crucial for our survival. Choosing plant-based isn't just about personal health; it's a vital step toward conserving the world for future generations.

What's the funniest or biggest "oops" moment you've had in the kitchen?

Once, while I was seasoning a big pot of lunch for everyone, the entire bottle of salt fell right into the pot! It was both funny and incredibly frustrating because I had to start the whole meal over again to make sure everyone ate on time.

Who taught you the most about cooking?

I've been cooking since I was five, mostly watching shows and learning from my parents about natural herbs. However, I dedicate my cooking to my late aunt. She taught me her secret techniques and seasonings, and I still feel her presence whenever I'm in the kitchen.

If you could share one plant-based meal with someone—real or fictional—who would it be?

I'd share it with my best friend who lives in another Caribbean country. I'd make us natural cocoa tea with cinnamon and coconut milk, served with sweet cassava bread. We'd enjoy it in the forest, just like the mornings I remember from my childhood.

What advice would you give other young people in your region?

Think about the impact of natural disasters on our region and the need to protect our environment. Maintain a healthy body and mind. When we are healthy, our energy supports the planet. Choosing plant-based is a way to stay happy and help our cosmos.



Asia-Pacific

The Asia-Pacific region is a vast mosaic of flavours, colors, and traditions. Here, vegetables are never an after-thought—they are the heart of countless dishes, celebrated for their texture, freshness, and beauty.

Imagine the gentle sizzle of garlic in sesame oil, the perfume of lemongrass in coconut milk, or the sweetness of ripe mango cooling a summer day. This region's plant-based meals have long been crafted around balance—yin and yang, heat and cool, spice and calm. Fun fact: soya beans, native to East Asia, have been cultivated for more than 5,000 years—and today, their gifts (tofu, tempeh, soya sauce) feed the world in countless creative ways. Each recipe from the region is an invitation to explore both comfort and adventure, rooted in heritage yet reaching for the future.

INTERVIEW WITH



What's the first plant-based dish you remember loving?

The Onam Sadhya, a traditional South Indian feast. Having Kerala heritage, I was lucky to be born into this plant-rich culture. I especially remember loving Puttu Kadala—steamed rice cakes with spicy chickpea curry—paired with Pazham Pori, which are delicious banana fritters.

What made you curious about plant-based food?

My curiosity was philosophical. I realized plant-based eating was the best way to put my values into practice. Beyond reducing animal suffering, I learned how it strengthens nutrition equity and combats climate change. I transitioned just before my military service, proving you can thrive on plant protein!

If you were to introduce someone to your region through one plant-based meal, what would you make?

I'd take them to one of Singapore's amazing plant-based eateries! My current favorite is Ahimsa Cafe, but the best spot for me is WellSmoocht. Their nachos and lasagna are delectable. Singapore's plant-based scene is so vibrant; there is always something new and finger-licking to discover.

What's the best reaction you've ever gotten from someone trying your food?

My former roommate once told me, "Wow! This is surprisingly edible!" I take that as a win! I love making desserts, and the highest praise is always, "I can't believe this is vegan." Even if it doesn't look perfect, the sense of accomplishment from cooking is unbeatable.

What's your go-to meal when you're hungry and short on time?

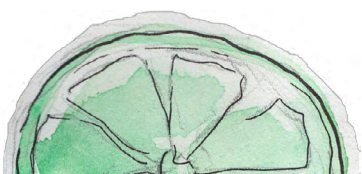
Since starting my fellowship in New York, it's a Plantega Chopped Cheese from a local bodega! It's the ultimate grab-and-go meal, especially with plenty of hot sauce. It's a classic that never fails when I'm busy but I need something hearty and satisfying.

What do you wish more people understood about plant-based food?

How nutrient-rich and versatile it is! You can easily and affordably build a complete protein profile using whole foods like legumes and grains. I've often found myself questioning if I ordered the right dish because plant-based versions of traditional meals are now so convincing and delicious.

What's the funniest or biggest "oops" moment you've had in the kitchen?

My sister and I tried to host an elaborate Ethiopian feast. Fermenting the Injera batter went wrong, and it started overflowing everywhere! Our mom had to swoop in and rescue the operation. To this day, the guests still think we did it all ourselves!



Who taught you the most about cooking?

My mom and granduncle. Preparing traditional South Indian dishes like Dosa and Idli helped me connect with my cultural roots. Even when language was a barrier with my granduncle, cooking served as a bridge. It allowed me to connect deeply with my ancestors' rich traditions.

If you could share one plant-based meal with someone—real or fictional—who would it be?

Sir Lewis Hamilton. I'd blend him a non-alcoholic margarita and just talk. He's a plant-based legend and a principled advocate for justice. His mental and physical strength inspires me and shows that what we eat is tied to how we contribute to the community.

What advice would you give other young people in your region?

Celebrate our history! Tofu and lentils have been staples in Asia for millennia. You likely already have access to many whole-food vegetarian options. Just remember to ask for no egg or dairy when ordering at hawker centers, as "vegan" might not be a familiar term yet.



Europe and North America

From the Mediterranean's sun-soaked tomatoes and olive oils to the forests and farms of the north with their earthy mushrooms and hearty grains, this region celebrates the seasons and the soil. Did you know that the humble carrot was originally purple and only later bred into its now-familiar orange hue in the Netherlands? Like food itself, it's a story of transformation and creativity.

INTERVIEW WITH



What's the first plant-based dish you remember loving?

Funnily enough, it was veggie dogs! Growing up in Canada, my meals usually centered on meat, but I'd always pick the plant-based option during my elementary school's 'Hot Lunch' programme. It was a simple, kid-friendly introduction to plant-based eating that really stuck with me.

What made you curious about plant-based food?

My journey started with the Seaspiracy documentary. I went in looking for climate facts, but I came out realizing that animal lives matter regardless of their environmental impact. I made the commitment to switch to plant-based eating that very same day and haven't looked back since.



If you were to introduce someone to your region through one plant-based meal, what would you make?

Canada is a beautiful mix of cultures, so our food comes from all over. However, if I had to pick one iconic dish, it would be poutine. It's a national favorite, and it is incredibly easy to make a delicious, plant-based version with vegan gravy and cheese!

What's the best reaction you've ever gotten from someone trying your food?

I have a friend who constantly requests my soba noodle and peanut sauce dish—thinking about it makes me hungry! I also play on sports teams, and there's no better feeling than bringing a plant-based dish to a potluck and seeing it disappear first.

What's your go-to meal when you're hungry and short on time?

Cold soft tofu straight from the block! I dress it with soya sauce, chili paste, garlic, ginger, maple syrup, and sesame seeds. It requires zero cooking and uses ingredients I always have. Tofu puffs in the air fryer for three minutes are another quick favorite.

What do you wish more people understood about plant-based food?

So much of what we already love is plant-based! Think of fries, toast, cereal, pasta, and beans. For most people, half their diet is already vegan. It's not about a total overhaul; it's just about swapping out the primary protein source for something plant-forward.

What's the funniest or biggest "oops" moment you've had in the kitchen?

I'm a bit of a scientist in the kitchen, which leads to experiments. Once, I tried to make soya yoghurt using coconut kefir as a starter. I ended up with... kefir. Turns out, you actually need yoghurt to make yoghurt. Live and learn!

Who taught you the most about cooking?

I'm mostly self-taught since I started cooking around the time I went plant-based and moved for university. I did pick up a few essential "mom tips" growing up, though—like never putting metal in the microwave and always keeping cooked rice in the fridge!

If you could share one plant-based meal with someone—real or fictional—who would it be?

Mary Shelley, the author of *Frankenstein*. She was a vegetarian way back in the 1800s! I'd love to ask about her inspiration while serving her seitan. It's a bit laborious to make, but it's a special occasion staple that I grew to love while living in Asia.

What advice would you give other young people in your region?

Don't overcomplicate things! You don't need elaborate recipes. Just swap your meat for legumes, tofu, tempeh, or seitan. Most Canadian grocery stores have amazing plant-based sections now, so it's easier and more delicious than ever to explore new high-protein options.



Middle East and North Africa

In the Middle East and North Africa, hospitality is sacred—and it often begins with a spread of vibrant, plant-based dishes. Hummus, tabbouleh, falafel, roasted eggplants, and jewel-toned salads fill the table, each drizzled with golden olive oil and sprinkled with herbs that speak of sun and spice. This region's cuisine has been vegetarian-friendly for centuries, shaped by trade routes that carried dates, figs, spices, and grains across deserts and seas. One delightful fact: chickpeas, the star of so many dishes here, were cultivated more than 7,000 years ago—and they're still nourishing communities worldwide today. This is a region where food is poetry and every meal feels like home.

INTERVIEW WITH



What's the first plant-based dish you remember loving?

My grandmother's Egyptian spicy stuffed cabbage rolls. They were so incredibly delicious that I'd even eat them cold! Growing up with those rich, traditional flavours made me realize that plant-based food is deep-rooted in history and culture, not just a modern trend.

What made you curious about plant-based food?

Initially, I became interested through the bodybuilding community. I wanted to be more in-tune with my body and health. Funny enough, I realized I was eating a lot of plant-based meals by accident! Eventually, that shifted into a deeper commitment for environmental reasons.

If you were to introduce someone to your region through one plant-based meal, what would you make?

A solid falafel sandwich! I'd pack it with fresh herbs, a creamy tahini sauce, pickled salad, and fresh tomatoes. It's a vibrant, satisfying meal that represents the best of Middle Eastern street food—simple, healthy, and bursting with flavour in every single bite.

What's the best reaction you've ever gotten from someone trying your food?

To be honest, I'm more of a "restaurant person" than a chef, but when I do cook for friends, the best reaction is usually silence—because they're too busy eating! There's a certain pride in sharing a meal that makes everyone forget it's "vegan" and just enjoy it.

What's your go-to meal when you're hungry and short on time?

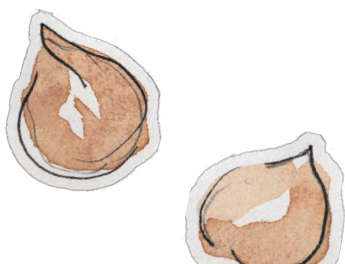
A hearty lentil soup. It can be whipped up with minimal effort and only a few ingredients: lentils, olive oil, cumin, and salt. It tastes amazing and pairs perfectly with a piece of crusty bread. It's the ultimate comfort food for a busy day.

What do you wish more people understood about plant-based food?

I wish people realized how easy it is to have a balanced diet without meat. Over the past few years, I've spent time with people who didn't know much about veganism, and showing them how to get protein and healthy fats from plants was eye-opening for them.

What's the funniest or biggest "oops" moment you've had in the kitchen?

Once, I put some dried chickpeas on to boil and accidentally fell asleep. I woke up to a cloud of smoke and a pot full of charcoal lumps! Luckily I recovered from the shock, but I certainly learned my lesson about leaving the stove unattended.



Who taught you the most about cooking?

It's a mix between amazing online recipes and watching my family. My family showed me how to adapt traditional dishes to be plant-based, like using seitan for higher protein. Modern resources have been great for discovering new techniques to keep things exciting.

If you could share one plant-based meal with someone—real or fictional—who would it be?

I'd love to share a meal with someone who just needs a bit of luck and a home-cooked feel. There's something so special about providing a warm, plant-based meal to someone who hasn't experienced how delicious and comforting it can really be.

What advice would you give other young people in your region?

Look into Middle Eastern and North African (MENA) cuisine! We have so many naturally vegan dishes that use beans, lentils, and grains. Don't feel limited by the word "vegan"—just explore the delicious plant-forward traditions that have existed in our region for centuries.



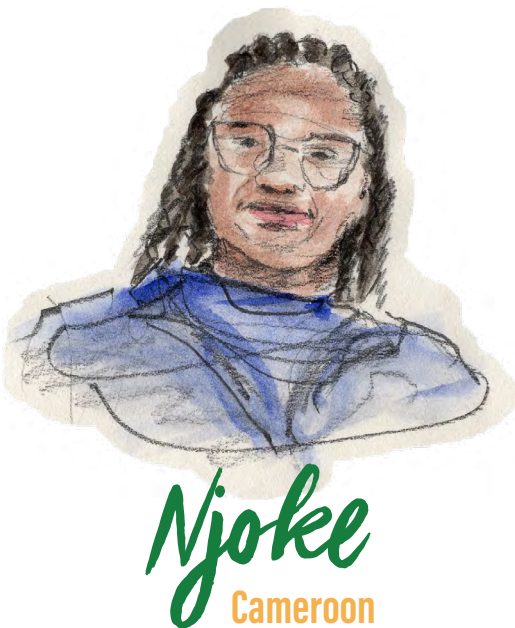
Africa

Africa's plant-based traditions are as vast and varied as the continent itself. From the yam fields of West Africa to the lentil stews of the Horn, and from North African couscous to southern maize porridges, every dish tells a story of land, rhythm, and heritage.

Many of these recipes have been passed down through generations—nutrient-rich, sustainable, and bursting with flavour. Fun fact: Africa is home to the baobab tree, often called the “Tree of Life.” Its fruit is packed with vitamin C and fiber, and its leaves, seeds, and bark have been used for food and medicine for centuries.

These flavours remind us that strength lies in diversity, and that nourishment—much like community—can grow from the simplest of seeds.

INTERVIEW WITH



What's the first plant-based dish you remember loving?

It's hard to choose just one because most of our family meals were plant-based! One standout is huckleberry greens with fufu corn (maize dough). It was always incredibly flavourful and satisfying. Growing up with staples like this showed me early on that plant-based food is deeply enjoyable.

What made you curious about plant-based food?

It was the taste and how it made me feel! These meals left me feeling energized rather than heavy. This sparked my curiosity to explore the health benefits further. I wanted to understand why these traditional foods were so good for my body and spirit.

If you were to introduce someone to your region through one plant-based meal, what would you make?

Fufu corn with huckleberry greens, without a doubt. Fufu is a staple in the North-west region of Cameroon. It's soft and perfect for scooping up rich, tender greens. It captures the heart of our food culture and the comfort found in sharing a communal meal.

What's the best reaction you've ever gotten from someone trying your food?

Seeing them nod and say, "A taste of home." It's a delight to share my joy and see people from different cultures get curious about our food. Using the right blend of natural spices makes our plant-based dishes palatable and nutritious for everyone.

What's your go-to meal when you're hungry and short on time?

A quick vegetable stir-fry with boiled sweet potatoes. It's simple, nutritious, and filling. I often use fresh vegetables harvested right from our backyard garden. The sweet potatoes add a natural sweetness that makes it a perfectly balanced and easy-to-prepare meal.

What do you wish more people understood about plant-based food?

Abundance, variety, flavour, nutrition, and affordability. I wish people understood that plant-based eating offers a wealth of delicious options that nourish the body without breaking the bank. In Cameroon, we take pride in experimenting with diverse recipes that are both culturally rich and satisfying.

What's the funniest or biggest "oops" moment you've had in the kitchen?

My sister and I were once tasked with boiling kidney beans. I didn't boil them long enough, and they were rock hard! My parents were not happy, and I wanted the ground to swallow me up. Now I always soak them overnight to avoid the wait!

Who taught you the most about cooking?

My mother taught me the most, but I also learned to roast tubers by watching my late grandmother. Their guidance and traditions shaped my love for cooking and deepened my connection to our family's heritage—a priceless value I hope to pass down one day.

If you could share one plant-based meal with someone—real or fictional—who would it be?

I'd share peanut butter (mboh) and bobolo (manioc sticks) with my late grandmother. Watching her sell these to kids in the neighborhood taught me so much about hard work and generosity. Sharing this meal again would honor her legacy and our rich culinary culture.

What advice would you give other young people in your region?

Start with the familiar dishes you already love, like koki-beans or fufu. Find pleasure in cooking because plant-based meals are simple, affordable, and delicious. Experiment with traditional flavours and remember that every small change helps both your health and the environment!



Recipes



RECIPES

Tofu & Tempeh

Chinese night-market style cumin tofu

COUNTRY

China

AUTHOR

Victoria (@tinyleafbyvictoria). *Victoria is the creator of Tiny Leaf, a plant-based Asian food business based in Portugal, sharing comforting Asian foods embracing traditions and creativity*

Growing up in China, I lined up for street food daily, drawn to the sizzling smells. These crispy cumin tofu bites bring that memory to your kitchen—golden, crunchy, and bursting with the cumin kick that had me hooked as a kid.



INGREDIENTS

250 g firm tofu	2 tbsp light soya sauce
Cornstarch (for coating)	1 tbsp vegan oyster sauce (or extra soya sauce)
Oil for shallow frying	1½ tsp sugar
1 tbsp garlic, minced	2–4 tbsp water
1 tbsp ground cumin	1 spring onion, sliced (garnish)
1 tbsp toasted white sesame seeds	Chili flakes (optional)
2 tbsp hot oil	



PREPARATION

1. Pat the tofu dry and cut into bite-sized cubes.
2. Lightly coat each piece in cornstarch.
3. In a small bowl, pour 2 tbsp of hot oil over the garlic, cumin, and sesame seeds. Stir in the soya sauce, vegan oyster sauce, sugar, and water.
4. Fry the tofu in a pan over medium-high heat until golden and crispy on all sides.
5. Drain excess oil, then pour the sauce into the pan.
6. Toss the tofu until every piece is coated in the fragrant mix.
7. Garnish with spring onions and chili flakes. Serve immediately!





Protein quiche

COUNTRY

Portugal

AUTHOR

Juliana Basso (@juubasso)



This quiche is a high-protein staple that's as simple as it is satisfying—perfect for meal prep or a weekend brunch with friends.



INGREDIENTS

Pastry

- 1 cup cooked chickpeas
- 3 tbsp olive oil
- 2 tbsp wheat flour
- 2 tsp salt

Filling

- 500 g firm tofu
- 250 g Portobello mushrooms, sliced
- 1 onion, chopped
- 3 tbsp olive oil
- 2 tbsp nutritional yeast
- 1 tsp garlic powder
- ½ tsp nutmeg
- 2 tsp salt

PREPARATION

1. Blend all pastry ingredients in a food processor. Wrap the dough in cling film and chill in the fridge.
2. Sauté the onion and mushrooms in a pan until tender; set aside.
3. Blend the tofu, olive oil, nutritional yeast, and spices in the food processor until smooth and creamy.
4. Press the pastry into a springform tin and bake at 180°C for 15 minutes.
5. Layer the sautéed mushrooms onto the base, pour the tofu cream on top, and bake for another 20 minutes.
6. Serve with a fresh green salad and tomatoes!

Yellow braised tempeh (Tempe ungkep kuning)

COUNTRY

Indonesia

AUTHOR

Tamtam (@Tamtamvv). *Tamtam is a chef and content creator that focuses on sharing traditional Indonesian plant-based recipes which supports food biodiversity and cultural preservation. On his page he shares 100% English contents as one of his goals is to make Indonesian cuisine more well-known to the global audience*



Ungkep kuning is a Javanese tradition for preserving protein. This recipe is a savior for students and busy workers—it stays fresh for weeks and tastes like a hearty home-cooked meal every time.

INGREDIENTS

500 g tempeh (or tofu/vegan chicken)
 1–1.5 liters coconut water
 3–5 tbsp coconut oil
 1.5 tbsp coriander powder
 1 tbsp turmeric powder
 ½ tbsp white pepper
 3 bay leaves
 2 stalks lemongrass (bruised)
 3 garlic cloves
 5 shallots
 4 cm ginger, peeled
 1 tbsp sea salt

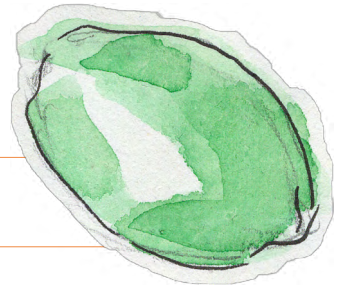


PREPARATION

1. Blend the garlic, shallots, ginger, and dry spices into a smooth paste.
2. Sauté the paste in coconut oil with the lemongrass and bay leaves until fragrant (don't let it brown!).
3. Pour in the coconut water and bring to a simmer.
4. Slice the tempeh into 1–2cm thick pieces and add to the broth.
5. Simmer on the lowest heat for 20–25 minutes so the flavours soak in.
6. To serve: Strain the tempeh and fry in hot oil (or air-fry at 180°C) for 15 minutes until crispy.
7. Pro Tip: Save the leftover yellow broth to cook your rice—it makes amazing traditional yellow rice!

Additional side: Lime leaves sambal

The perfect spicy companion for your tempeh



INGREDIENTS

Handful of red chilies

3 garlic cloves & 6 shallots

6 kaffir lime leaves (stems removed, sliced thinly)

Juice of 1 lime

$\frac{3}{4}$ tbsp sea salt & $\frac{1}{2}$ tbsp sugar

Oil for frying

PREPARATION

1. Shallow fry the whole garlic, shallots, and chilies for 5 minutes. Add the sliced lime leaves for the last minute, then strain.
2. Using a mortar and pestle (or food processor), grind the fried ingredients with salt into a rough paste.
3. Season with sugar and lime juice. Serve alongside your crispy tempeh and rice!

RECIPES

Pulses

Vegan lentil meatballs

COUNTRY

Mexico

AUTHOR

Alejandra Cervantes (@tuamigavegana). *Alejandra is a vegan content creator from Mexico on a mission to explore plant-based living with her community.*



Lentils are incredibly versatile, and this meat-free version of meatballs will quickly become your new favorite comfort food.

INGREDIENTS

1 ½ cups cooked lentils (brown, green, or black)
1 onion, diced and caramelised
3 tbsp wheat flour
Vegan cheese (for stuffing)
Garlic powder & dried oregano (to taste)
Pinch of salt

PREPARATION

1. In a large bowl, mash the cooked lentils thoroughly.
2. Mix in the caramelised onion, oregano, salt, garlic powder, and flour until well combined.
3. With damp hands, form the mixture into balls. Press a small piece of vegan cheese into the center of each ball and seal it.
4. Place on a baking tray and bake at 200°C (392°F) for 30 minutes until firm and golden.

Bean tempe orek (Sweet & spicy tempeh with beans)

COUNTRY

Indonesia

AUTHOR

Hermann (@Hermann)

This Bean Tempe Orek is the perfect combination of savory, sweet and spicy flavours. Originating from Indonesia, this vibrant and traditionally vegan dish features crispy tempeh and tender green beans in a fragrant tamarind and kecap manis sauce, making it a delicious and protein-packed meal.

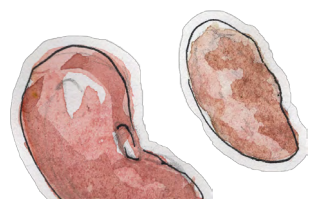


INGREDIENTS

400 g tempeh, cut into 1cm pieces
300 g green beans, cut into 4cm pieces
4 shallots, thinly sliced
4 garlic cloves, thinly sliced
8 red bird's eye chilies
1 stick lemongrass (bruised) & 2 kaffir lime leaves
4 tbsp kecap manis (sweet soya sauce)
30 g tamarind paste (dissolved in 70ml water)
½ tbsp palm or brown sugar
5 tbsp groundnut oil
Salt & black pepper to taste

PREPARATION

1. Toss tempeh with 2 tbsp oil and roast at 220°C (428°F) for 15 minutes until golden.
2. Heat the remaining oil in a pan and sauté shallots, garlic, chilies, and lime leaves until the garlic turns golden.
3. Add green beans, lemongrass, and salt. Sauté for 1 minute, then add a splash of water to steam the beans until the water evaporates.
4. Stir in the tamarind water, kecap manis, sugar, and pepper. Let the sauce bubble.
5. Add the roasted tempeh and toss until everything is evenly glazed.
6. Remove the lemongrass and lime leaves before serving with hot rice.



Metkut (Traditional legume spice mix)

COUNTRY

India

AUTHOR

Shreya Ghodawat (*ProVeg Youth Board*)

Metkut is a legendary dry spice mix from Maharashtra. It's a clever blend of roasted legumes and spices that adds a massive protein and flavour boost to simple rice. In South India, a similar mix is called Podi—it's the ultimate kitchen staple for quick, tasty meals!



INGREDIENTS

2 cups channa dal (Bengal gram)
¼ cup urad dal (black gram)
¼ cup moong dal
½ cup rice
¼ cup wheat or wheat flour
1 tbsp sunflower oil
2 tbsp chili powder
1 tsp each: turmeric, black pepper-corns
½ tbsp each: fenugreek seeds, cumin seeds
1 tbsp each: coriander seeds, mustard seeds
½ tsp asafoetida
Salt to taste

PREPARATION

1. In a dry pan, roast the ingredients one by one to ensure the best flavour. Start with the rice until it's crisp, followed by the urad, channa, and moong dal. Roast the wheat flour last. Set everything aside to cool.
2. Heat a dash of oil in a pan. Sauté the fenugreek seeds, cumin, mustard seeds, and peppercorns with a pinch of salt until fragrant.
3. Once everything has cooled, place it in a food processor or high-speed grinder.
4. Add the chili powder, turmeric, and asafoetida. Grind the mixture a little at a time until it becomes a very fine, aromatic powder.
5. This protein-packed powder tastes incredible stirred into hot, sticky rice with a little bit of oil or vegan butter.



Adai with vennai and vellam (Rice & Lentil Pancakes with a serving of palm sugar and vegan butter)

COUNTRY

India

AUTHOR

Vivek Venkatram (*ProVeg Youth Board*)

This is a specialty from the South of India, made by the Tamil community. After a long day in school, my mom (Sai) used to chef this heartwarming meal of Adai. With the company of a newspaper, I used to relish this hearty and protein-rich meal. Growing up in Singapore, it helped me forge a deep connection with my ancestral heritage through this age-old culinary tradition.



INGREDIENTS

3 cups white boiled rice
1/2 cup Chana dal (Bengal gram dal)
1/2 cup Toor dal (Pigeon dal)
1/2 cup Urad dal (Black dal)
1 teaspoon cumin
1/2 teaspoon peppercorn
Sprig of curry leaf

PREPARATION

1. Soak the rice separately for 6 hours
2. Soak the lentils and pulses for 3 hours
3. In a blender, blend the rice into a smooth paste
4. Add the lentil & pulses and grind it coarsely along with peppercorn, cumin, curry leaves, and salt to taste
5. Make pancakes with a dab of sesame oil / an oil of your choice and cook both sides like a pancake
6. Flip to the other side once one side is done
7. Serve hot with jaggery (palm sugar) and vegan butter



RECIPES

Vegetables

Lion's mane steak sandwich (Argentinian asado style)

COUNTRY

Argentina

AUTHOR

Mariana Guagnini (@notdeku___).*Mariana is a vegan animal rights activist, filmmaker, and content creator.*

This recipe transforms mushrooms into a juicy steak, inspired by the Argentine 'bondiola' or grilled steak sandwich. It reminds me of my childhood and family Sundays. Pairing it with chimichurri brings that smoky, savory nostalgia to life.



INGREDIENTS

3 lion's mane mushrooms (or oyster mushrooms)
4 tbsp soya sauce
1 tsp liquid smoke (optional)
1 tsp smoked paprika & 1 tsp paprika
2 garlic cloves, minced
1 sprig rosemary
2 tbsp plant-based margarine or oil
Salt to taste

PREPARATION

1. **Marinate:** Mix soya sauce, liquid smoke, and paprika. Marinate the mushrooms for 15–20 minutes.
2. **Sauté:** Melt margarine in a skillet. Add garlic and rosemary. Once hot, add the mushrooms.
3. **Press:** While cooking, use a spatula or a heavy pan to press the mushrooms down, releasing their liquid until they are golden.
4. **Sear:** Slice the mushrooms into strips and return them to the grill pan for a final sear.
5. **Assemble:** Serve on bread with arugula, pickled onions, and the Chimichurri/Mayo combo below!

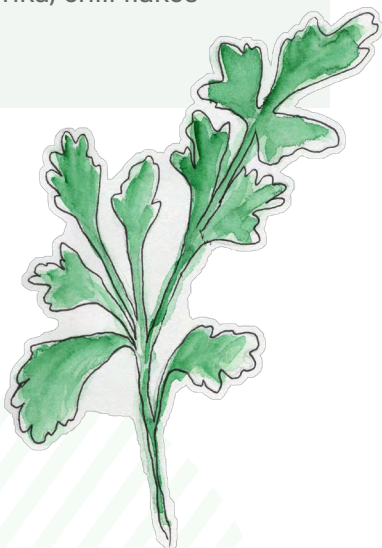
Side Sauce: Classic Argentinian Chimichurri

INGREDIENTS

½ cup fresh parsley (chopped)
3–4 garlic cloves (minced)
1 tbsp dried oregano
½ cup sunflower oil
¼ cup red wine vinegar
1 tsp smoked paprika, chili flakes (optional)

PREPARATION

1. Mix all ingredients in a bowl and let the flavours sit for 30 minutes before serving.



Vegan napa cabbage rolls

COUNTRY

China

AUTHOR

Katie Tang Čábelka (@katie_tang_).

Katie is a home chef specializing in plant-based Asian cuisine.

This is a plant-based take on a classic New Year dish symbolizing prosperity. The number 8 (八, bā) represents wealth and good fortune, which is why we use eight leaves!



INGREDIENTS

8 Napa cabbage leaves
8 shiitake mushrooms, finely chopped
150 g firm tofu, crumbled
1 tbsp flour + 3 tbsp mushroom water (for binding)
½ tsp each: salt, white pepper, sugar
2 tbsp leek & 2 tbsp paprika pepper (julienned)
1 tbsp ginger (julienned)
2 tbsp sunflower oil
1 clove garlic, minced
2 tbsp soya sauce

PREPARATION

1. Blanch the cabbage leaves in boiling water with a pinch of salt and oil for 30 seconds. Drain.
2. Mix the filling: tofu, mushrooms, salt, pepper, sugar, flour, and mushroom water.
3. Place 2 tbsp of filling on each leaf and roll tightly.
4. Steam the rolls over medium-high heat for 8 minutes.
5. Sauté garlic in hot oil, then stir in the soya sauce.
6. Plate the rolls, top with leek, paprika, and ginger, and pour the hot garlic-soya sauce over everything.



Jacalhoda (Jackfruit “sea” stew)

COUNTRY

Brazil

AUTHOR

Brunna Sachs (*ProVeg Youth Board*)

This is an adaptation of the popular Brazilian holiday dish ‘Bacalhoda.’ Using jackfruit makes it nutritious and practical. It’s a staple at my family’s gatherings that even non-vegans love!



INGREDIENTS

300 g cooked jackfruit
2 medium potatoes, halved
300 g hearts of palm, sliced
300 g cherry tomatoes, halved
200 g red onion, sliced
3 bell peppers (red, green, yellow), sliced
1 sheet nori seaweed, crumbled
Extra virgin olive oil, salt, and pepper
Fresh parsley and chives



PREPARATION

1. Boil potatoes in salted water until tender but firm (al dente).
2. Drizzle olive oil in a baking dish. Layer the ingredients: potatoes, jackfruit, hearts of palm, onions, tomatoes, and peppers.
3. Season each layer with salt, pepper, and a sprinkle of crumbled nori (this gives it the “sea” flavour!).
4. Top with fresh parsley, chives, and a generous drizzle of olive oil.
5. Bake at 220°C (428°F) for 30 minutes until the vegetables are golden and tender.

RECIPES

Sweets

Nan-e-Nokhodchi (Persian chickpea cookies)

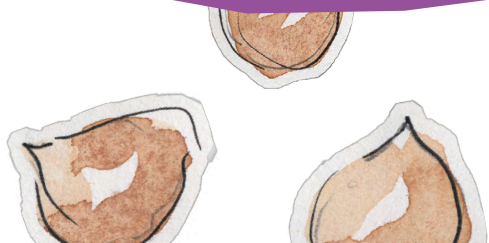
COUNTRY

Iran

AUTHOR

Elham & Zoe (@plant_basedpersian). *Elham and Zoe are an Iranian mother-daughter duo who show how to honor culture through plant-based reimaging of traditional dishes.*

Nan-e Nokhodchi is a beloved melt-in-your-mouth dessert from the Qazvin region. It's naturally vegan when made with shortening, and because it's made with chickpeas, the whole batch contains 40g of protein—proof that you can have your dessert and hit your protein goals too!



INGREDIENTS

2 cups fine chickpea flour

1 cup powdered sugar

$\frac{3}{4}$ cup shortening

1 tsp cardamom

Garnish: Ground pistachios (or a dot of melted chocolate)

Optional: Edible roses for serving



PREPARATION

1. Using an electric mixer, cream together the shortening and sifted powdered sugar until smooth. Stir in the cardamom.
2. Sift the chickpea flour. Add half to the sugar mixture and mix. Add the remaining flour and use your hands to knead it into a smooth dough ball (this may take a few minutes).
3. Place the dough in a bag or wrap and let it rest at room temperature for at least 4 hours (up to 24 hours for a softer texture).
4. Place the rested dough between two sheets of parchment paper and roll it out to $\frac{1}{2}$ inch thickness. Use a small cookie cutter to cut out the shapes.
5. Arrange the cookies on a lined baking sheet. Use a toothpick to add a tiny dot of melted chocolate or a sprinkle of ground pistachios to the center of each.
6. Bake at 180°C (350°F) for 15–20 minutes.
7. Crucial Step: Let the cookies cool completely on the tray before moving them, otherwise they will crumble!
8. Note: For the most authentic and aromatic flavour, we highly recommend using roasted chickpea flour.



Date brownies

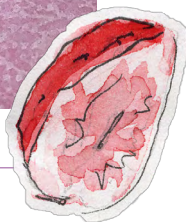
COUNTRY

North America

AUTHOR

Marielle Williamson (*ProVeg Youth Board*)

When I first went vegan, my feed was full of diet-culture recipes. I've since learned that it's totally okay to eat sugar and that real brownies are easy to find! However, I still love these bars because they are satisfying, nutrient-dense, and easy to make in a college dorm. They were the first thing I ever made as a vegan!



INGREDIENTS

Brownie Base

2 cups (300g) dates, pitted

1 ¾ cups (200g) cashew nuts

¾ cup (80g) cacao powder

½ cup (200g) coconut oil

3 tbsp chia seeds (optional)

Pinch of salt

Optional: vanilla or espresso powder

Glaze

¼ cup (80g) agave syrup

¼ cup (55g) coconut oil, melted

¼ cup (30g) cacao powder

PREPARATION

1. Soak dates in boiling water for 5 minutes until soft, then drain.
2. Pulse the cashews, cacao powder, salt, and espresso powder in a blender until they look like fine crumbs.
3. Add the drained dates and coconut oil. Blend until it forms a dough. If it's too dry, add a splash of plant milk.
4. Press the dough into a parchment-lined pan and pop it in the fridge.
5. Whisk the melted coconut oil, agave, and cacao powder until smooth. Pour over the base and add a sprinkle of salt.
6. Let it sit in the fridge for a few minutes until the glaze hardens. Slice and enjoy!

Brazilian carrot cake

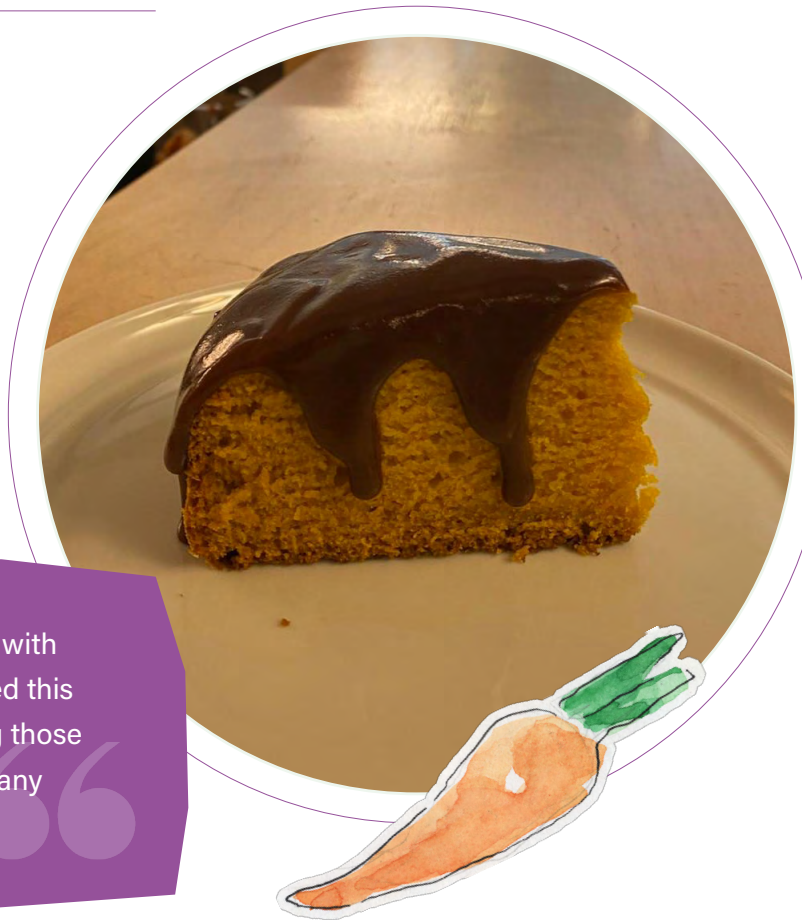
COUNTRY

Brazil

AUTHOR

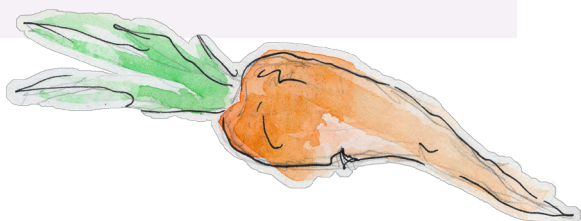
Heloísa Rigolon (*ProVeg Youth Board*)

This cake takes me back to Sunday afternoons with my grandma, enjoying cake and coffee. I created this plant-based version to show that you can bring those precious family memories to life without using any animal-based products!



INGREDIENTS

250 g carrots, peeled and chopped
250 g sugar
300 g all-purpose flour
1/3 cup vegetable oil
2/3 cup soya milk (or water)
1 tbsp apple cider vinegar
1 tsp baking soda
2 tsp baking powder



PREPARATION

1. Set your oven to 180°C (350°F) and grease a cake pan.
2. Blend the carrots, soya milk, sugar, and oil until completely smooth.
3. Pour into a bowl and stir in the baking soda.
4. Add the flour, vinegar, and baking powder. Stir gently until just combined—don't overmix!
5. Pour the batter into the pan and bake for 35–45 minutes (or until a toothpick comes out clean).
6. Let it cool before slicing. It's perfect with a cup of coffee!

Pancakes

COUNTRY

Europe

AUTHOR

Harriet Klepper (*ProVeg Youth Board*)

Since I can remember, I have always loved pancakes, topped with some apple sauce, cinnamon and a little bit of sugar on the top. The recipe below is very versatile and can be enjoyed both savoury and sweet, depending on the toppings you choose.



INGREDIENTS (for around 10-15 pancakes)

320 g flour

1/2 litre plant-based milk (I usually go for soya or oat milk)

1/2 teaspoon of baking powder

1 pack of vanilla sugar

Margarine or neutral oil for the pan

Any toppings you like with it, like peanut butter, cinnamon, apple sauce, fruits, or on the more savoury side tomatoes, hummus, cucumber - your imagination is the limit!

PREPARATION

1. Mix all ingredients together until, after a couple of minutes, a smooth batter forms. If needed, add a little more flour or liquid to reach your desired consistency.
2. Heat a neutral oil or margarine in a non-stick pan over medium heat. Add a large spoonful of batter to the pan and spread it out evenly.
3. Cook for about 2 minutes, or until the batter begins to set. Flip the pancake and cook until both sides are golden brown.
4. Add your toppings and enjoy!



RECIPES

Worth the Effort

Longer preparations for slower days

Indian kati roll

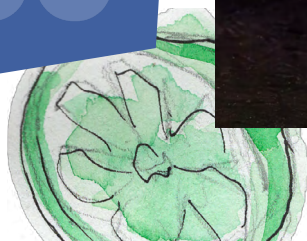
COUNTRY

India

AUTHOR

Minnie (@atinybitvegan). *Minnie is a vegan recipe developer and sugar artist.*

Growing up, my family loved kati rolls—they were central to every celebration. The name roughly translates to ‘stick,’ describing the roll’s shape. Originating in Kolkata in the late 19th century, it was created as a quick, portable snack for workers. This plant-based version replicates the exact flavour my mum used to make!



INGREDIENTS

The Filling

175 g plant-based chicken alternative
 400 g butter beans (1 can, drained)
 200 g red onion, finely diced
 2 tomatoes, diced + 1 tbsp tomato paste
 2 cloves garlic & 1 tsp ginger, grated
 5 tbsp sunflower oil
 Spices: 1 tsp red chili powder, ¼ tsp turmeric, 1 tsp garam masala, 3 tsp achari powder
 250ml hot water
 Salt and black pepper

The Parathas (Flatbreads)

640 g atta (medium wheat flour)
 450 g cold water
 50 g plant-based butter, softened
 Sunflower oil for greasing

Finishing & Yoghurt Sauce

500g plant-based yoghurt, juice of 1 lemon, 50g fresh coriander
 Sliced red onion, sliced chilies, and lemon juice (for garnish)



PREPARATION

Make the Filling:

1. Heat oil in a pan and sauté the onions for 10 minutes until caramelised. Add garlic and ginger; cook for 2 minutes.
2. Stir in tomatoes and tomato paste until they break down into a chunky sauce.
3. Add all spices, salt, and pepper. Cook the masala base for 10 minutes.
4. Add the chicken alternative and butter beans. Stir well and cook for another 10 minutes.
5. Pour in the hot water, cover, and simmer for 25 minutes until the liquid is absorbed and the beans are soft.

Make the Parathas:

6. Mix atta and water by hand for 5 minutes until you have a sticky dough. Rest for 1 hour.

7. Divide into 8 balls. Rest for another 20 minutes.
8. Roll a ball into a circle, spread with butter, roll into a "sausage," then spiral it back into a disc. Roll out again into a 20cm circle.
9. Fry on a greased pan for 30 seconds per side until puffy with golden-brown spots. Keep warm in foil.

The Yoghurt Sauce:

10. Blend the coriander, lemon juice, and a few spoonfuls of yoghurt until smooth. Stir this green mix back into the remaining plain yoghurt.

Assemble:

11. Place the filling on a paratha, top with sliced onions, chilies, and lemon juice. Roll up tightly and enjoy!

Stuffed peppers (Ardei umpluți)

COUNTRY

Romania

AUTHOR

Bianca Maria Galatanu (*ProVeg team*)



Get ready to fall in love with a plant-based twist on a Romanian classic! Ardei umpluți are stuffed bell peppers baked to perfection. This is the same cozy comfort I've cherished my whole life, now ready to take center stage at your dinner table.



INGREDIENTS

5 medium bell peppers
200 g dried soya mince (rehydrated)
or 400g grated seitan
160 g risotto rice (uncooked)
300 g mushrooms, finely chopped
1 liter tomato sauce
1 onion, 2 carrots, and 1 celery stalk,
finely diced
2 cloves garlic, minced
1 tbsp paprika (smoked or sweet)
Optional: 2 tbsp soya sauce & 1 tbsp
miso paste
Olive oil, salt, and pepper



PREPARATION

1. Cook the onion, carrots, and celery in olive oil until tender. Add the mushrooms and cook for 10 minutes.
2. Stir in the rehydrated soya (or seitan), half of the tomato sauce, garlic, and spices. Simmer on low for 20–30 minutes until thick and flavourful.
3. Boil the whole bell peppers in a separate pot for 10–15 minutes. Rinse in cold water, cut in half lengthwise, and remove seeds.
4. In a bowl, combine the cooked vegetable/soya mixture with the uncooked rice.
5. Fill the pepper halves with the mixture and place them in a baking tray. Pour a little extra tomato sauce or water into the tray to keep them moist.
6. Cover the tray with foil and bake at 180°C (350°F) for about 1 hour. Remove the foil for the last 10 minutes for a crispy top. Serve with baked potatoes or enjoy as it is!

Karbonader (Norwegian “burgers”)

COUNTRY

Norway

AUTHOR

Sunny Gandara (@arcticgrub).

Sunny is the founder of Arctic Grub, celebrating Nordic flavours.)

Karbonader are the Norwegian version of a hamburger. They are incredibly versatile—served for lunch, brunch, or at festive gatherings. I love serving them warm with caramelised onions; it’s a total Nordic classic!

INGREDIENTS

800 g vegan ground meat (e.g., Beyond Meat)

1 cup (120g) panko breadcrumbs

1 tbsp potato starch

½ onion, minced

2 garlic cloves, minced

3–4 sprigs of thyme

½ tsp each: ginger, nutmeg, dried oregano

Salt, pepper, and red pepper flakes



PREPARATION

1. Sauté the onion, garlic, and thyme in olive oil for 5 minutes until soft.
2. In a large bowl, mix the vegan ground meat with the sautéed onions and all remaining ingredients. Combine well with your hands.
3. Shape into balls, then gently flatten into patties. Use a fork to press 2-3 lines across the top for texture.
4. Fry in a skillet for 3–4 minutes per side until golden brown. Keep warm in a low oven (100°C) while you prepare the sides.

The Sides & Toppings

1. Caramelised Onions:

- Sauté 1 sliced onion in 2 tbsp vegan butter with a pinch of sugar and salt. Cook on low heat for 20 minutes until golden and sweet.

2. Mashed Peas:

- Simmer 340 g peas in 100ml vegetable broth for 2 minutes. Add 1 tbsp butter, salt, and sugar. Blend until smooth.

3. Stewed Vegetables in White Sauce:

- Boil 1 leek, 2 carrots, and 1 turnip (all sliced) until tender.
- Melt 2 tbsp vegan butter, whisk in 4 tbsp flour for 1 minute (don't let it brown!). Slowly whisk in 1 ¾ cups plant milk until thick. Season with nutmeg and salt. Stir the boiled veggies into the sauce.

4. Mushroom Gravy:

- Sauté 220 g mixed mushrooms and set aside.
- In a saucepan, sauté ½ minced onion in butter. Whisk in 4 tbsp flour, 5 tbsp soya sauce, and 1 liter of vegetable stock. Simmer for 10 minutes until thick, then stir the mushrooms back in.

5. To the taste!

- Place 2–3 patties on a plate, top with caramelised onions, and serve with the mashed peas, stewed vegetables, and a generous pour of mushroom gravy. Enjoy!



RECIPES

In a Dash

Quick Recipes for Busy Days

Textured soya “tuna”

COUNTRY

Spain

AUTHOR

Aida Lueje (@beginveganbegun).

Aida is a vegan recipe creator passionate about making plant-based cooking approachable.

This is one of my favorite recipes because it's versatile and easy. It captures the essence of the sea while being 100% plant-based—perfect for sandwiches, salads, or sushi!



INGREDIENTS

50 g textured soya (or pea protein)
 1 sheet nori seaweed (split in half)
 Splash of soya sauce
 1 tbsp flaxseed oil
 Splash of extra virgin olive oil



PREPARATION

1. Boil the textured soya with enough water to cover it, half a sheet of chopped nori, and a splash of soya sauce. Let it soak for 10 minutes.
2. Drain thoroughly and squeeze the soya with your hands to remove as much water as possible.
3. Toast the remaining half-sheet of nori in a dry pan for a few seconds until crispy, then crumble it into small pieces.
4. Pulse the soya, toasted nori, flaxseed oil, and olive oil in a food processor a few times until you get a shredded, tuna-like texture.
5. Refrigerate for 30 minutes before serving to let the "sea" flavours settle.

Sunset tomato dip

REGION

Europe

AUTHOR

Jessica Cook (*ProVeg Youth Board*)



This is my favorite dish for summer evenings. I love preparing it in advance and taking it to the park with fresh bread to share with friends.

INGREDIENTS

1 cup plant-based yoghurt
 Handful of cherry tomatoes
 Squeeze of lemon juice & lemon zest
 Cumin, sugar, salt (to taste)
 Olive oil & chili flakes

PREPARATION

1. Spread the yoghurt onto a shallow bowl. Stir in a squeeze of lemon juice and a pinch of salt. Chill in the fridge.
2. Toss cherry tomatoes in a tray with olive oil, cumin, sugar, lemon zest, and salt. Roast at 180°C (350°F) for 15–20 minutes.
3. Spoon the hot roasted tomatoes over the cold yoghurt.
4. Top with extra lemon zest and chili flakes. Serve with crusty fresh bread!



Salpicão (Summer carrot salad)

COUNTRY

Brazil

AUTHOR

Brunna Sachs (*ProVeg Youth Board*)

This traditional Brazilian salad is crunchy, creamy, and incredibly refreshing—the ultimate summer side dish.

INGREDIENTS

1 large carrot, grated
 1 cup smoked tofu, grated
 1 green apple, chopped
 1 cup each: corn, peas, shredded red cabbage, shredded white cabbage
 ½ onion, thinly sliced
 Vegan mayonnaise (to taste)
 Shoestring potatoes (for topping)
 Salt, parsley, or cilantro

PREPARATION

1. In a large bowl, mix the carrot, tofu, apple, corn, peas, cabbages, and onion.
2. Add vegan mayo and your choice of fresh herbs. Season with salt.
3. Mix well and refrigerate until cold.
4. Top with a generous handful of shoestring potatoes just before serving for that signature crunch!



Tofu bites



COUNTRY

Brazil

AUTHOR

Stella Carvalho Correa (*ProVeg Youth Board*)

I created these when I wanted a fun, practical way to eat scrambled tofu. I've shared them at picnics and birthdays, and they've become a way for me to express care for my friends.

INGREDIENTS

500 g tofu

30 g oat flour (or any flour or cooked grain, such as quinoa)

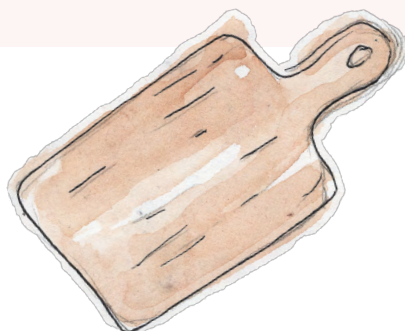
20 g nutritional yeast

1 tsp salt

2 tsp turmeric

¼ tsp cayenne pepper

Fresh or dried herbs (parsley, oregano, or thyme)



PREPARATION

1. Mash the tofu with your hands until it forms a smooth paste.
2. Add the flour, nutritional yeast, and all spices/herbs. Mix thoroughly by hand.
3. Roll the mixture into small bite-sized balls.
4. Air-fry at 180°C (350°F) for 20 minutes. For extra crispiness, leave them in for 30 minutes!



Tofu-cashew cream

COUNTRY

United States

AUTHOR

Zoe Adamopoulos (*ProVeg Youth Board*)

This is a high-protein, cheese-style spread that I put in everything! It works in pasta, sandwiches, or as a dip for bowls and salads.

INGREDIENTS

½ block firm tofu (keep the water!)

⅓ cup raw cashews

1 tbsp miso paste

2 tbsp lemon juice

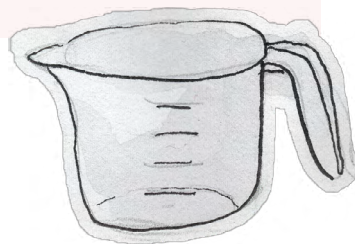
4–6 tbsp nutritional yeast

Garlic, onion powder, and black pepper (to taste)



PREPARATION

1. Place all ingredients (including the tofu water) into a blender.
2. Blend until completely creamy.
3. Serve immediately for a liquid-y sauce, or refrigerate to firm it up into a thick spread.
4. Pro Tip: Add pesto or roasted red peppers to change the flavour!



Credits



2025 ProVeg Youth Board

Check our members [here](#)

With special thanks to:

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