

**VROUVA FARM**  
Animal Sanctuary



**VEGAN RECIPE BOOK**

**Vrouva recipe book** is a compilation by Vrouvians and our community to share delicious vegan recipes with you. We hope you enjoy what we made! While the recipe book is free of charge, we would very much appreciate it if you want to support Vrouva – by joining our Teaming program to donate 1€ per month – or to make a direct donation on our website to provide **food for our animals!**



**For donation use the link below!**

*Recommended donation 5 - 10€*

<https://www.vrouvafarm.org/supportus>

<https://www.teaming.net/vrouvafarm>

**Thank you everyone and enjoy!**  

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RECIPE

# Sprouted Lentils



Soak lentils overnight

Leave extra space as they will double in size.



Empty water. Then rinse once every day once a day with water.



Ready to eat raw! Can be added to salads or anywhere. Even eaten solo as a snack with protein.

RECIPE

# Oat milk



Next day stir the oats. Then strain the oats, stirring with a spoon and pressing to squeeze all the liquid out.

*Best to be used within a couple days! Works for coffee, baking and cooking. (Optional) add sugar, agave, dates for sweetness.*



Ratio depends on how thick or flavorful you'd like your oat milk.

1 portion oat flakes to 3 portions water.

Leave soaking in water overnight.



## RECIPE

# Bechamel

Add a stalk of celery, a bay leaf, peppercorns, a few cloves, an onion and a little nutmeg to 3 cups of plant based milk



Strain the milk. It'll be very aromatic

Bring milk to the boil and then remove it from the stove top, cover it and leave for at least ten minutes to absorb all the flavours you've added

Heat up 4 tablespoons of plant based butter or olive oil

Remove hot oil / butter from the heat and slowly add 1/2 a cup of flour. Keep whisking



Remove the flour from the stove plate again and add milk to the mixture a little at a time thoroughly stirring so that no lumps form

Put it back on the hot stove plate over a medium heat and keep stirring until bechamel thickens.

Add salt and pepper 😊

Remove all cats from your grocery cupboard before closing the door

I added a bit of nutritional yeast too. It goes well with the recipe



RECIPE

# Mushrooms Salad



Ingredients:

- Favourite lettuce
- Zucchini
- Mushrooms (preferred shiitake)
- Garlic
- Balsamic vinegar
- Fresh Rosemary

Dressing:

- Olive oil
- 1 small onion
- Fresh lemon juice (1/2 lemon)
- Olive oil
- 1 small spoon coconut sugar
- Black pepper
- Sea salt
- Chili
- Freshly chopped parsley

Fry zucchini and mushrooms together with garlic in olive oil, add rosemary, salt & pepper. When it's almost cooked add a bit of balsamic vinegar and simmer until the liquid has disappeared. Let cool down until lukewarm temperature. Mix lettuce with dressing to finally add the fried shiitake mushrooms and zucchini. Serve with fresh bread!



RECIPE

# Pita Bread Pancakes with Homemade Syrup



Ingredients:

- Pita bread
- Favourite fruit
- Loose dried lavender
- Brown sugar
- Organic lemon zest
- Rosemary
- Fresh mint

Syrup:

Heat up 100ml water, add 5 big spoons of brown sugar, 3-4 thick branches of Rosemary and the zest of one lemon. Let simmer on a warm stove for 20 mins and cool down. Filter all pieces out and keep the syrup in a small bottle.

Warm up the pita bread in the oven. Top it with your favourite fruit, pour your homemade syrup over and sprinkle with fresh mint and dried lavender!

RECIPE

# Easy Mushroom Wrap



Oil the mushrooms on both sides and grill well with chopped garlic and rosemary. You can get fancy and marinade them in advance in olive oil, soy sauce and herbs or spices.

Fill the wraps.

Add fries, pickles, lettuce, onion, tomatoes...

Use vegan mayo or ketchup or mustard.. as a sauce or just a squeeze of lemon 🍋

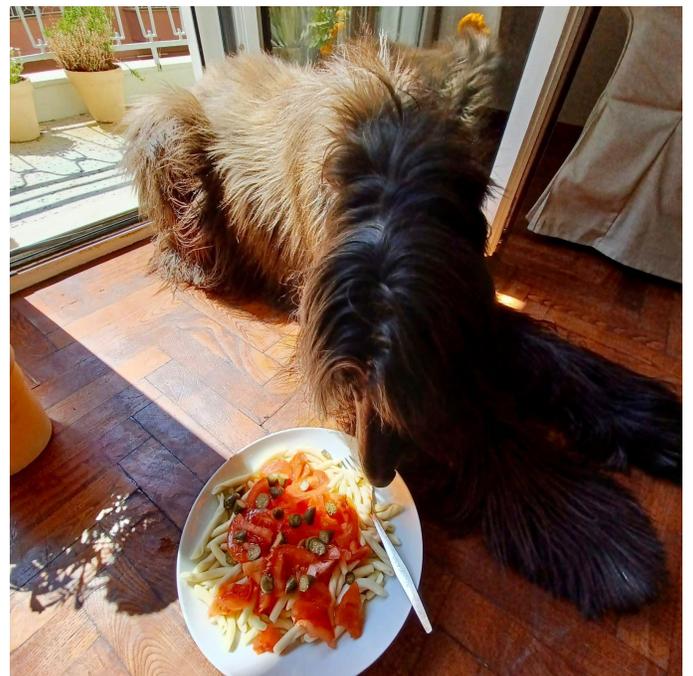
Sprinkle with salt, pepper, oregano, smoked paprika ...

Wrap and enjoy!



RECIPE

# A Simpleton Summer Meal



Just a simpleton summer meal! 😊

'Skioufihta' (Cretan pasta) with tomatoes and capers – and nothing more.

## RECIPE

# Chickpea Flour Battered Cauliflower Bites

### Ingredients:

- Chickpea flour
- Cauliflower (or favorite vegetable eg.. mushroom, peppers, broccoli)
- Water
- Oil
- Salt (chickpea flour needs a lot of salt)



Mix chickpea flour, water, salt and a drop of oil in a bowl until mixture is like a pancake batter. Soft yet a bit thick.

For harder vegetables like cauliflower, steam or boil until a bit soft while still holding their shape.

Let the cauliflower cool a little.

Mix cauliflower in batter, covering it evenly.

In a pan, with about 1.5cm - 2cm depth of oil. Deep fry the battered cauliflower. Using a spoon to put oil on top to make sure it's cooked evenly! Rotate and watch as it will burn very suddenly.

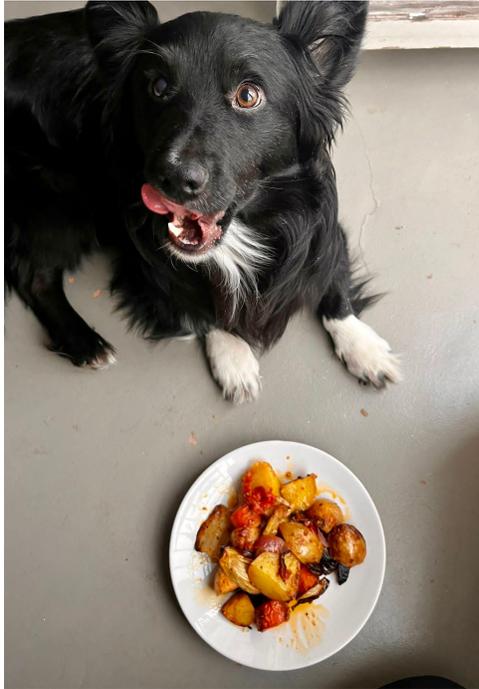
Remove from the pan, shake out a bit of the oil. Enjoy with your favorite sauce.. vegan mayo, ketchup, chutney... Etc

(Optional) add spices to original batter mixture like curry powder or a spice mix.



RECIPE

# Spring Oven Vegetables



Ingredients:

- Fennel
- Leek
- Tomatoes
- Carrots
- Potatoes
- Red onions
- Chili
- Salt
- Olive oil
- Lemon juice

Slice and mix vegetables with olive oil, salt and chili. Set the oven on 200° and bake for 35 min. Squeeze fresh lemon juice over and enjoy. Tip: great with hummus!



RECIPE

# Mediterranen Risotto



Ingredients:

- Risotto rice
- Fresh tomatoes
- Aubergine
- Vegetable broth
- Onions
- Garlic
- Zucchini
- Black pepper
- Salt
- Olive oil
- Oregano

Fry onions and garlic in olive oil. Add chopped vegetables first, then the unboiled risotto rice and stir well, together with oregano, salt and pepper. Mix 3 cups of vegetable broth in and simmer for 20 minutes until the liquid is almost fully absorbed. Stir 1 ½ cups of vegetable broth and stir again. Bon appétit!

## RECIPE

# Filled Cannelloni with Spinach



### Ingredients for Filling:

- 250 g Cannelloni
- 1000g Spinach
- 300 g Vegan feta
- Oil
- Garlic, salt, pepper

Baise spinach in oil, add spices and vegan feta. Now the filling is ready! Fill cannelloni and place the pieces on a baking pan.

### Ingredients for Sauce :

- 4 Cups of vegetable cream
- 1 Cup of water
- Garlic
- 150g Vegan feta
- Salt, pepper

Process ingredients into smooth sauce and pour over Cannelloni. Sprinkle vegan pizza/pasta cheese over.

Bake at 190 degrees in the oven for 30 minutes.



RECIPE

# Easter Lettuce with Pear



Ingredients:

- Lamb's lettuce
- Pear
- Cranberries
- Nuts

Enjoy with your very favourite dressing!

RECIPE

# Mashed Potato Pot



Ingredients:

- Carrots
- Broccoli
- Potatoes
- Zucchini
- Fresh Spinach
- Mushrooms
- Garlic
- Onions
- Pepper
- Vegetable cream
- Salt
- Vegetable oil
- Nutmeg

Boil potatoes separately until almost done. Chop onions and garlic into small bits and start frying in vegetable oil. Fry vegetables in a large pan with salt and pepper.

Add potatoes in the very end, once the other veggies are almost cooked. Keep adding a few spoons of water while simmering. Mix vegetable cream in and finalize with some yummy ground nutmeg.

RECIPE

# Lentil rice curry

Ingredients:

- Peas
- Red lentils
- Curry
- Favourite veggies
- Rice
- Coconut Milk
- Coriander
- Salt
- Pepper
- Chili
- Garlic

Boil the rice. Stir veggies with spices and garlic. Add coconut milk and rice together in the veggie pan. Add herbs and Coriander as preferred! ✨



## RECIPE

# Afroditi Musli

- 500gr Oat flakes
- Olive Oil to fill the bottom of a pan
- 2 tbsp of agave syrup
- 500gr different kind of nuts
- Some currants

Heat the oil, put the agave syrup in, mix it, add the flakes and the nuts.

Heat the oven to 180° and put the musli in, bake it for some minutes, take it out and mix it again. Do this three times. Let it cool down and add the currants



RECIPE

# Broccoli au Gratin

Put the broccoli in boiling water, for less than 5 minutes. Drain well.

Pour over the bechamel sauce (Recipe above for bechamel)!

Sprinkle with vegan cheese or breadcrumbs.

Bake for half hour until golden

Be careful not to overeat. It's delicious! 😄



## RECIPE

# Spanish Tortilla

### Ingredients:

- Chickpea flour
- Potatoes
- Onions
- Dill
- Salt (optional black salt for eggy sulfuric taste)

Boil potatoes until soft, let cool. (Or mash in a large bowl to cool faster)

Fry onions in oil until slightly golden, remove from heat

Mix 50% mashed potatoes (can leave slightly larger chunks for different texture) with 50% chickpea flour.

Add cooked onions to the mixture and salt to taste. (Chickpea flour needs a lot of salt.)

Add fresh dill inside.

Mix everything with water until it's a creamy texture, not too liquid.

Heat a pan to medium heat with oil. When oil is hot, fill the pan with the mixture. The tortilla can be about 2cm high.

Cook until the bottom is golden brown. Slower heat ... longer is best.

Then place a plate, the same size or larger than the tortilla, on top of the pan. Flip the tortilla onto the plate. Then slide the tortilla back into the pan to cook the uncooked side. Once it's golden brown. Remove and let cool. Enjoy alone or with your favorite sauce!

(Best enjoyed when cool – but warm is also nice!)



RECIPE

# Best Vegan Chocolate Chip Cookie Recipe

Ingredients:

- 200g vegan butter
- 125g brown sugar
- 100g sugar
- 1tbsp vanilla
- 250g flour (270g for better consistency)
- ½ tsp baking powder
- ½ tsp baking soda
- ½ tsp salt
- 200g chocolate chips
- 1 tbsp plant milk
- Walnuts (optional)

Mix dry ingredients first – then wet.

Bake for 10 minutes at 180 degrees



RECIPE

# Dates with cacao beans and peanut butter

Remove the pit from date, fill with a cacao bean and peanut butter. Cover in melted chocolate.



We hope you are hungry now? Enjoy cooking!! :)

The team of Vrouva (and all animals) ❤️