KETO-ADAPTED RECIPES FOR VEGANS & VEGETARIANS

Based on ANH International’s Food4Health guidelines
If the start of this New Year has you detoxing, taking part in ‘Veganuary’ or you’ve been vegan or vegetarian for some time now, here are some of our new plant-based, keto-adapted recipes to titillate your taste buds and stoke your metabolic fire.

‘Going keto’ can pose more of a challenge if you’re vegan or vegetarian for the simple reason that the vast majority of plant-based protein foods, with a few exceptions, come with a hefty helping of carbohydrates. Plus, vegan diets can also be low in protein and healthy fats. The good news is that it’s absolutely possible to be a healthy, vital, well-nourished and keto-adapted vegan!

The following 14 recipes are a sample of what’s to come in the newly updated and expanded edition of our eBook, released last November. In the coming edition (expected Feb 21), you’ll find a lot more recipes to accompany our Vegan Food4Health Guide.

Here’s to health and happiness in 2021!
Largely minimally processed, plant-based, diverse, low starchy carbs, anti-inflammatory, high nutrient-density – priorities for healthy eating!

Daily consumption of a diverse, varied and balanced range of fresh, largely unprocessed, whole plant foods with a macronutrient ratio by energy roughly of 20%, 25% and 55% for protein, complex carbohydrates and healthy fats, respectively. Minimising reliance on snacks and fasting 5 hours or more between meals and at least 12 hours overnight, along with regular physical activity, ample relaxation and sleep, is the foundation for a healthy lifestyle.

10 KEY GUIDELINES

1. Macronutrient contribution by energy (kcal or kJ) should be approximately 20% protein (4 kcal/g), 25% carbohydrates (4 kcal/g) and 55% fats (9 kcal/g) - based on daily ‘plate’ illustrated above

2. Minimise consumption of highly processed foods and avoid all refined carbohydrates

3. Consume plenty of fresh, raw or lightly cooked plant foods (vegetables and fruit, in a roughly 4:1 ratio) that include all 6 colours of the ‘rainbow’ each day (green, red, yellow, orange, blue/black/purple, white/tan)

4. Avoid high-temperature cooking methods (frying, grilling, BBQ) that cause blackening or charring. Minimise heat-damage to proteins, fats, vegetables, starches and other carbs by using slow cooking methods

5. Healthy fats for cooking include virgin coconut oil, unfiltered extra virgin olive oil, virgin avocado oil or safflower oil. Other healthy fats for addition to other foods include oils of flaxseed, hempseed and macadamia

6. Consume plenty of fresh herbs and non-irradiated, preferably organic, spices, along with herbal teas (with real herbs/spices, not flavourings)

7. Avoid snacking and try to maintain 5 or more hours between meals

8. Consume at least 1.5 litres of spring (more if exercising intensively)

9. Avoid all foods which trigger sensitivity, intolerance or allergy

10. Seek advice from a qualified and experienced nutritional health professional on the most appropriate concentrated sources of nutrients, herbal teas and/or supplements (concentrated sources of nutrients)
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Cauli Upma
Vegan or Vegetarian - Serves 4

Ingredients:
100g cauliflower
100g broccoli
3 tbsp ghee (if tolerated) or coconut oil
100g cashew nuts
10g grated fresh ginger
60g hemp hearts
1 large red onion diced
400ml water
6-8 curry leaves
2 tbsp cumin seeds
2 tbsp mustard seeds
1 green chilli finely chopped
1 tbsp ground turmeric
Himalayan pink salt and ground black pepper
Fresh coriander for garnish

Method:
1. Blitz the cauliflower and broccoli in a food processor until it resembles rice. You may need to do this in batches, but make sure you remove them before they become a paste!

2. Add the cumin and mustard seeds to a dry pan and gently heat, moving them around so they don’t burn. As soon as you start to smell the spice aroma, add the ghee or oil and heat

3. Once the seeds start to sizzle add the onion, curry leaves, chilli, turmeric and ginger. Season with salt and pepper

cont.
Cauli Upma
Vegan or Vegetarian - Serves 4

Method:

4. Fry the onions and spices until the onions are translucent

5. Add the cauliflower and broccoli and stir well to coat in the spices. Add the water

6. Add the cashews, cover and simmer for approx. 10 minutes, stirring regularly until the cauliflower and broccoli is just tender

7. Stir through the hemp hearts

8. Sprinkle with fresh chopped coriander before serving.
Overnight keto ‘oats’
Vegan - Serves 2

Ingredients:
50g almond butter
160g coconut milk (full fat)
75g hemp seed
20g chia seeds
25g pecans, roughly chopped
25g almonds, roughly chopped
25g walnuts, roughly chopped
15g pumpkin seeds
15g sunflower seeds

To top:
20g berries of your choice
10g desiccated coconut

Method:
1. Mix all the ingredients (except the berries and coconut) together in a bowl
2. Pop in the fridge and leave to soak overnight
3. Refresh with a little coconut milk in the morning if the consistency is too dense and serve topped with the berries and desiccated coconut.

Cook’s Tips
You can vary the nuts, seeds and nut butter used to include your favourites/what you have in the cupboard.

Ring the changes with a sprinkle of pomegranate seeds or berries.
Chickpeas with Sea Salad and Star anise
Vegan or Vegetarian - Serves 4

Ingredients:
2 tbsp olive oil, ghee or coconut oil
1 tbsp mustard seeds
1 tsp fennel seeds
½ tsp nigella seeds
8 cloves garlic finely chopped
1 tbsp grated fresh root ginger
200g tomato puree
2-4 green chillies finely chopped (to your taste)
½ tsp ground turmeric or 1 tsp grated fresh turmeric
½ tsp chilli powder
6 star anise
1 tsp ground ginger
1 tsp Himalayan salt
2 tbsp sea salad (available from health food shops)
2 x 400g can chickpeas, rinsed and drained
Chopped fresh coriander to garnish

Method:
1. Add the mustard, fennel and nigella seeds to a dry pan and gently heat, moving them around so they don’t burn. As soon as you start to smell the spice aroma, add the ghee or oil and cook over a medium heat until they start to pop (1-2 minutes)

2. Add the garlic and cook until it starts to sizzle. Add the fresh ginger and chillies and cook until the ginger starts to brown (keep stirring). Add the turmeric and chilli powder and cook for a further 20 seconds

cont.
Chickpeas with Sea Salad and Star anise
Vegan or Vegetarian - Serves 4

Method:

3. Add the tomato puree, mix well and heat through then add the star anise, ground ginger, salt and sea salad. Add 750ml boiling water and bring to a simmer. Add the chickpeas and simmer uncovered for 20 minutes.

4. Garnish with the chopped coriander before serving.
Coconut cauliflower ‘rice’ with sambal and okra
Vegan - Serves 4

Ingredients:
600g okra trimmed
Large handful roughly chopped coriander for serving
2 limes, halved
150g roasted cashew nuts

Sambal
5 fresh red chillies deseeded
5 dried red chillies deseeded
100g baby shallots peeled or 1 small red onion
1 clove garlic, peeled
½ tsp pink Himalayan salt
130ml olive oil
2 tbsp water
½ tbsp tamarind paste or 1 tbsp thick tamarind water
(mix tamarind pulp with water and then strain)
1 tbsp coconut sugar (or you can use caster sugar)

Rice
325g cauliflower ‘rice’
½ tsp salt
175ml tinned coconut milk (full fat)
350ml water
6 kaffir lime leaves (optional)
6 thin slices of fresh root ginger

Method:
1. Heat the oven to fan 180°C, 200°C or 470°F. Put the cashews on a baking tray and make sure they lie in one layer. Roast until just browning, but check frequently so as not to burn them. Stir or shake the pan a few times to even the colour. Place to one side once roasted

cont.
Coconut cauliflower ‘rice’ with sambal and okra
Vegan - Serves 4

Method:

2. Make the sambal: place the chillies, shallots (or onion), garlic and salt in a food processor with 2 tbsp of the oil and the water and blitz for approx. 1 minute or until you get a fine paste

3. Heat a frying pan or wok to a high heat. Once hot add the remaining oil and heat before adding the chilli paste and stir

4. Reduce to a low heat to avoid burning the paste and cook on a low simmer, stirring frequently, for 5-10 minutes or until you get a lovely dark-red oily paste

5. Remove the paste from the heat and stir in the tamarind water and sugar. Put to one side

6. Blitz the cauliflower into rice in a food processor and transfer to a medium saucepan with the salt, coconut milk, water, lime leaves and ginger. Stir and bring to the boil. Reduce to a simmer and cook for 12 minutes. Cover with a lid, then remove from the heat and leave to stand for 10 minutes. Stir the cauliflower rice with a fork before serving

6. While the rice is cooking, add the okra to boiling water and boil for 2-3 minutes. Drain then rinse under cold running water to stop the cooking process

cont.
Coconut cauliflower ‘rice’ with sambal and okra
Vegan - Serves 4

Method:

8. Add the okra to the pan with the sambal paste, stir well and warm through

9. On a large plate or platter, serve the ‘rice’ topped with the okra and sprinkled with the roasted cashews and chopped fresh coriander. Lastly, squeeze the lime juice across the dish and enjoy.
Green tortilla
Vegetarian - Serves 2

Ingredients:
- 6 large eggs
- 1 tbsp olive oil
- 1 small (or half a medium) red onion finely chopped
- 1 clove garlic, crushed
- 1 tsp basil (fresh or dried)
- 1 tsp oregano (fresh or dried)
- Handful parsley chopped
- 100g spinach or kale sliced
- 50g fennel chopped into small pieces
- 100g peas
- Himalayan pink salt and ground black pepper
- Handful parsley chopped

Approximate Macros

<table>
<thead>
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<th>Protein</th>
<th>Fat</th>
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<tbody>
<tr>
<td>20%</td>
<td>66%</td>
<td>15%</td>
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Method:

1. Heat half the olive oil in a frying pan. Add the onion and cook until soft. Add the garlic and herbs along with the spinach, peas and fennel and a little water. Cook for 3-5 minutes until just soft.

2. Beat the eggs in a bowl. Add the herbs and vegetables to the egg mixture then season with salt and pepper.

3. Turn on the grill to a medium heat.

4. Heat the rest of the oil in the pan, then add the egg mixture.

5. Turn the heat down and cook for approx. 5 minutes until the mixture starts to set and is coming away from the sides of the pan.

6. Put the pan under the grill to cook the top and middle.

Serve with sliced tomatoes and mozzarella, scattered with more basil.
Savoury gram pancakes
Vegan - Serves 4

Ingredients:
130g gram (chickpea) flour
200ml water
2 tbsp extra-virgin olive oil, plus more for cooking and drizzling
½ tsp Himalayan or sea salt
1 tsp za’atar or ¼ tsp ground cumin (optional)

Method:
1. Whisk the chickpea flour, water, olive oil, and salt together in a medium bowl until smooth.
2. Leave to rest for 30 minutes to give the flour time to absorb the water.
3. Heat a medium frying pan and add oil.
4. Add a ladle of batter to the pan and swirl to coat the bottom of the pan.
5. Cook until bottom is set and edges are starting to brown.
6. Flip carefully to cook underside.
7. Slide onto a plate and continue to cook more pancakes until all the mixture is used.
8. Serve warm and drizzle with a little more olive oil.

Cook’s Tips
These are absolutely delicious and can be served with any of your favourite fillings.
Experiment with dhal, pestos, houmous variations, crushed pea with pinenuts and halloumi strips, guacamole and peppers….
You get the idea!
Baked Tempeh
Vegan - Serves 4-6

Ingredients:
450g tempeh  
1 cup cloudy apple juice (unsweetened)  
¼ cup shoyu soya sauce or tamari  
2 tbsp rice wine vinegar  
60ml virgin olive oil  
2 tbsp mirin  
Ground chilli to your taste  
2 garlic cloves, crushed  
Himalayan pink salt and ground black pepper to taste

Method:
1. Cut the tempeh into 2 cm / 1 inch cubes
2. Prepare the marinade. Whisk the apple juice, shoyu/tamari, vinegar, oil, mirin, chilli powder, garlic, salt and pepper into a bowl and whisk thoroughly
3. Add the tempeh to the marinade and leave to marinate for at least 30 minutes
4. Preheat the oven to 180°C (350°F)
5. Put the tempeh cubes in a shallow baking dish in a single layer
6. Pour the marinade over the tempeh
7. Bake for 30-40 minutes (until most of the marinade has been absorbed) and the tempeh is golden brown.

Cook’s Tips
Shoyu sauce is usually gluten-free, but if you’re concerned, then switch to tamari instead.

Note the use of tempeh instead of tofu, as it’s fermented and much easier on the gut.
Banh Xeo - savoury pancakes with nuts
Vegan or Vegetarian - Serves 4

Ingredients:

Pancakes
200g rice flour
2 eggs - or equivalent egg replacer
½ tsp salt
1 tsp ground turmeric
400ml canned coconut milk (full fat)
Coconut or olive oil for frying

Sauce
40ml lime juice
1 ½ tbsp toasted sesame oil
1 tbsp brown sugar
1 tbsp rice wine vinegar or apple cider vinegar
1 tbsp tamari
2 tbsp grated fresh root ginger
1 fresh red chilli finely chopped (to your taste)
1 clove garlic, crushed
½ tsp Himalayan pink salt

Filling
1 large carrot cut into matchsticks
150g slivered almonds or finely chopped cashews
30g pack radishes cut into matchsticks
4 spring onions
1 fresh green chilli finely sliced
80g mangetout lightly steamed
15g coriander
15g Thai basil (or standard basil)
15g mint
100g mung bean sprouts
100g enoki mushrooms (optional)

Cont.
Banh Xeo - savoury pancakes with nuts
Vegan or Vegetarian - Serves 4

Method:

1. Make the batter by putting the flour, egg, salt and turmeric into a large bowl and mixing together. Slowly add the coconut milk, whisking well to avoid lumps. The batter should be the consistency of single cream. If it’s too thick add a little water to thin it out. Put to one side to rest.

2. Make the sauce by whisking all the ingredients together.

3. Prepare the vegetables and nuts.

4. Heat a non-stick frying pan and add olive or coconut oil to the pan.

5. Add a ladle full of batter to the pan, swirl round and cook until the underside is golden. Turn the pancake over to cook the other side. Pop on a plate to rest in a low oven (100°C) while you cook the rest of the pancakes. This mixture will make 4 large pancakes or 6-8 smaller pancakes.

6. Mix the vegetables and nuts together in the sauce so they’re well coated.

7. Put a pancake on a plate, pile with the veggies and sauce, fold into a spring roll shape and enjoy.
Mushroom ragout with poached eggs
Vegan or Vegetarian - Serves 4

Ingredients:
15g dried porcini mushrooms
600ml water
600g mixed fresh mushrooms
100ml olive oil
2 garlic cloves, crushed
1 medium onion diced
1 medium carrot, peeled and diced
3 celery sticks, cut into pieces
120ml white wine (if tolerated) or vegetable stock with a tbsp of apple cider vinegar
100g soured cream (if tolerated) or unsweetened coconut yogurt
1 tbsp thyme
4 tbsp mixed chopped fresh tarragon and parsley
Pink Himalayan salt and black pepper
8 eggs (2 per person), poached

Method:
1. Soak the dried porcini mushrooms in 200ml of the water for 30 minutes. While they soak clean your fresh mushrooms and cut them up into chunks
2. Preheat the oven to 200°C/Gas Mark 6
3. Put a tablespoon of olive oil into a medium saucepan and cook the mushrooms in batches until they’re lightly browned

cont.
**Mushroom ragout with poached eggs**

Vegetarian - Serves 4

**Method:**

4. Remove all the mushrooms from the pan and add the carrot, onion, garlic and celery into the pan with another tablespoon of olive oil. Cook over a medium heat for 5 minutes, then add the wine or stock and vinegar.

5. Remove the porcini mushrooms from the soaking water, squeeze out any excess liquid and put to one side.

6. Pour the soaking liquid through a strainer to remove any grit then add to the pan with the remaining water, thyme and season with salt and pepper. Simmer for 20 minutes, or until the liquid has reduced by half.

7. While the stock is reducing, poach the eggs to your liking and place in iced water until needed.

8. Once the stock has reduced strain to remove the vegetables and return the stock to the pan. Add all the mushrooms, the cream or yogurt, chopped fresh herbs and salt and pepper to taste.

9. Serve topped with 2 poached eggs per person or grated vegan cheese.
Walnut chilli
Vegan - Serves 6

Ingredients:
2 tbsp extra virgin olive oil
5 stalks celery finely diced
2 cloves garlic crushed
1 medium onion, diced
1½ tsp ground cinnamon
2 tsp chilli powder (or to taste)
4 tsp ground cumin
1½ tsp smoked paprika
2 green bell peppers finely diced
2 courgettes diced
225g mushrooms finely diced (optional)
1½ tbsp tomato puree
400ml can chopped tomatoes
600ml water
200ml coconut milk (full fat)
350g tempeh cut into pieces
200g walnuts chopped
1 tbsp unsweetened cacao powder or cocoa powder
Himalayan pink salt and ground black pepper

To serve:
Chopped fresh coriander
1 ripe avocado, sliced
2 tbsp radishes, finely sliced

Method:
1. Heat the oil in a large pot over a medium heat. Add the celery and onion and cook for 4-5 minutes. Add the garlic, cinnamon, chilli powder, cumin and paprika and stir until fragrant, about another 2 minutes
Walnut chilli
Vegan - Serves 6

Method:

2. Add the peppers, courgette and mushrooms, if using, and cook for 5 minutes

3. Add the tomato puree, tomatoes, water, coconut milk, walnuts and cacao/cocoa powder

4. Reduce the heat to medium-low and simmer for about 20-25 minutes until thick and the vegetables are soft

5. Add the tempeh and warm through

6. Season with salt and pepper, to taste

7. Serve topped with avocado, radishes, and coriander.
Oven roasted aubergine and tomatoes in yogurt sauce
Vegan or Vegetarian - Serves 3-4 or more as a side

Ingredients:
3 large aubergines or 900g baby aubergines
4 large fresh tomatoes
2 tbsp olive oil
2 tsp cumin seeds
1 tsp ground coriander
¾ tsp sea or pink Himalayan salt
1 small onion sliced
4 cloves garlic crushed
2-4 green chillies, finely chopped (depending on preference, optional)
1 tsp turmeric
1 tbsp tomato purée
4 tbsp full fat Greek yogurt (dairy or non-dairy)
1 lime

Method:
1. Preheat the oven to 200°C/fan 180°C/gas mark 6
2. Prick the aubergines with a fork then place the whole aubergines and the tomatoes on a baking tray. Bake in the oven for approx 25 minutes or until soft to the touch
3. Pour the olive oil into a deep saucepan and heat over a medium heat. Add the cumin seeds and cook until they start to pop (2-3 minutes). Add the salt and onion and fry until the onion is light brown, stirring frequently (approx. 5 minutes)
4. Add the garlic and chilli and fry for 1-2 minutes

cont.
Oven roasted aubergine and tomatoes in yogurt sauce
Vegan or Vegetarian - Serves 3-4 or more as a side

Method:

5. Add the turmeric and ground coriander and cook for 20 seconds. Add the tomato puree and mix well

6. Add the yogurt, mix thoroughly with the other ingredients and heat through gently

7. Once the aubergine and tomatoes are cooked cut them into pieces and mix through the curry sauce. Cook for a further 5 minutes stirring occasionally

8. Serve with wedges of lime to squeeze over.
Broccoli Salad
Vegan - Serves 4 as a side dish

Ingredients:
450g broccoli
100g spring onions, sliced
100g almonds, chopped
75g light tahini
Juice of 2 limes
2 tbsp sesame oil
2 cloves garlic crushed
1 green or red chilli finely diced (to taste)
3 tbsp tamari
Himalayan pink salt and ground black pepper

Method:
1. Chop the broccoli into florets and steam for 5 minutes
2. Drain the broccoli and refresh under cold water
3. Mix the oil, tahini, lime juice, garlic, tamari and chilli together to make a dressing and season to taste
4. Put the steamed broccoli into a bowl and cover with the dressing, mixing well to coat the broccoli pieces
5. Sprinkle with the chopped almonds and spring onions.

Cook’s Tips
Add a combination of nuts and seeds to increase the levels of protein and healthy fats.
Buckwheat and chia seed bread
Vegan - Serves 6

Ingredients:
300g raw buckwheat - soaked for 2 hours till soft
60g chia seeds
30g sunflower seeds
30g pumpkin seeds
300ml water (use half to soak the chia seeds for 30 mins and the other half for the blender mixture)
¼ cup olive oil
1 ½ tsp baking powder
½ tsp salt

Method:
1. Pre-heat the oven to 160°C
2. Oil and line a loaf tin
3. Drain the buckwheat, rinse and put in a blender/food processor. Add the chia gel, the remaining water, olive oil, baking powder and salt. Blend until you have a smooth batter consistency
4. Pour into the loaf tin and stir in the sunflower and pumpkin seeds as evenly as possible. Smooth the top and bake for 1 hour and 15 mins until it’s firm to the touch and bounces back
5. Cool in the tin for 30 mins on a rack before turning out.

Cook’s Tips
You may need a little more water if your mixture is too solid. It’s also good to set some whole buckwheat aside to add back in so you have some additional crunch in your bread.

Experiment with different seeds and nuts stirred into the batter before baking.

Try some dried cranberries, sour cherries or apricot pieces for a little extra tang.

Sprinkle with sesame seeds for an extra crunch.
Avocado, lime & coconut crumble pots
Vegan or Vegetarian - Serves 4

Ingredients:
- 2 large very ripe avocados
- Grated zest and juice of 2 limes
- 3 tbsp coconut oil melted
- 3 tsp honey or maple syrup
- 20g desiccated coconut
- 10g sunflower seeds
- 20g ground almonds

Method:
1. Scoop out the flesh of the avocados and put in a food processor
2. Add the lime juice, coconut oil, honey/maple syrup and half the desiccated coconut and whizz until smooth
3. Divide the mixture between 4 ramekins and pop in the fridge for 2-4 hours to firm up
4. Mix the remaining coconut, sunflower seeds, ground almonds and lime zest then sprinkle over the top of each pot - you can blitz them in a food processor if you want a finer crumble consistency
5. Serve!
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www.anhinternational.org

or

Go directly to our Food4Health campaign page:
https://www.anhinternational.org/our-work/campaign-areas/food/

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