

WAYS TO EAT KINDER



Tips to spread kindness through your food choices!

There are many ways to spread kindness towards all living beings. Compassionate food choices and the increased consumption of vegetable products play a major role. In order to succeed, we've rounded up some simple tips on how choosing, preparing and cooking your food can create a ripple effect of kindness.

Choose your ingredients wisely

Most animal-based products include cruelty, as they come from intensive keeping systems where animals aren't kept nor treated appropriately. You can take small steps and decide with every meal what ingredients to include and where they are sourced. Look out for labels and check to see what hidden animal ingredients are listed which might be disguised under fancy unfamiliar names.

Good food = good mood

Can we eat ourselves happier? Oh yes, we can! A very large body of evidence now exists that suggests diet is as important to mental health as it is to physical health, says Felice Jacka, president of the International Society for Nutritional Psychiatry Research. "A healthy diet is protective, and an unhealthy diet is a risk factor for depression and anxiety"[1]. Avocados are known to give brain power, walnuts are rich in mood-boosting Omega-3 fatty acids, tomatoes as well as potatoes are known to be depression fighters[2]. Increasing your overall veggie intake can increase the feel-good vibes so that's always a great thing to incorporate.

Cook at home

There is nothing like setting aside time to lovingly prepare a home-cooked meal. Browse through different food blogs, social media and cookbooks for inspiring animal-friendly meals, which will bring joy to your home – no matter if it's an old cozy favourite or an exciting new dish! When you pay attention to the ingredients that go into a dish, it's easier to appreciate the meal as a whole.

Buy local whenever possible

Not only will it save you money, but you will also get to know the framers, where your food comes from, how it was sourced, it helps your community, the economy and is better for the planet since local markets reduce waste from packaging, which reduces the use of fossil fuels.

Reduce food waste

Food waste is an important issue when it comes to saving and protecting the resources of our planet, as everyday tons of good uneaten food is unnecessarily thrown away. By optimising your shopping list, don't over-serve food when you´re cooking, save and eat leftovers and keep track of what you throw away you can significantly reduce your food waste quite easily in your daily life.

Minimise meat consumption

Did you know that eating one less beef burger a week would be the equivalent of taking your car off the road for 515 km? And skipping steak once a week with your family would be the equivalent of taking your car off the road for nearly 3 months! Reducing meat, reduces the number of animals farmed which can only be a good thing!

Water consumption

It takes 3x more water to produce milk than vegetables, 10x more water to produce eggs, 14x more water to produce chicken meat, 19x more water to produce pork, and 48x times more water to produce beef than vegetables[3]. The good news is that every day when you eat a plant-based diet, you save 1,100 gallons of water! By making one meal a week with lentils instead of beef, a family of four can save the equivalent of 17 bathtubs full of water.

Replace with alternatives

Food choices are personal, and we all have our reasons why we love what we eat. However, having open discussions with family and friends about different foods can help spread awareness on making more compassionate food choices. The ultimate animal and climate-friendly diet is a plant-based one, and though you might not switch vegan overnight, the variety of animal friendly alternatives on the market today makes it so much easier to replace meat, dairy, eggs whenever you like.

More recipes available on our website



Sauteed Herb Mushrooms and Spinach with Red Pepper sauce over Wild Rice

SERVINGS: 4 COOKING TIME: 75 MIN LEVEL: MODERATE

Ingredients

2-4 tbsp olive oil
1 tsp salt OR to taste
1 tsp pepper OR to taste
1 clove garlic OR to taste
1 large red pepper
2-3 cups spinach
2-3 cups mushroom
1-2 cups wild rice

Instructions

RICE
Bring the rice to boil.
Boil until soft. Follow packaging instructions for timing.
Strain the rice.
SAUCE
Heat 1-2 tablespoons of olive oil in a pan.
Sauté the red pepper with the garlic.
Add salt and pepper.
Add the mixture to your Nutribullet, blender or processor and blend until smooth.
Keep aside.
MUSHROOMS
Heat the remainder of the olive oil in a pan.
Add the mushrooms together with the herbs and sauté for 10-15min, until the mushrooms are ready.
Add the spinach and stir until spinach has wilted.
When ready mix with the sauce and serve on rice.

Thanks to © The Green Vegan Chick



Frannie's Bean Burgers

SERVINGS: 4 COOKING TIME: 75 MIN LEVEL: MODERATE

Ingredients

1 x big bunch of fresh coriander (leaves and stems)
1 x tin of mixed beans (drained)
150g frozen broad/green beans
1 ½ heaped teaspoon plain flour
1 x tablespoon hot mustard
¼ teaspoon salt
½ teaspoon ground cumin
½ teaspoon ground coriander
½ teaspoon cayenne pepper
The zest of one lemon
And some olive oil for frying

Instructions

Add all your ingredients to a food processor and whizz until fine.
Scoop your mixture out onto a heavily floured board or surface.
Divide into 4 pieces and roll into balls.
Dust your hands with flour throughout.
In a heated pan, place the balls two by two. Flatten with back of a spatula and fry in pan until golden brown. Flipping every minute.
Now assemble your burger however you like and enjoy!

Thanks to © Francois Huysamen



Quick Vegan Lasagna

SERVINGS: 2 COOKING TIME: 75 MIN LEVEL: EASY

Ingredients

Tomato sauce ingredients:
500ml Italian tomato passata
1 tbsp extra virgin olive oil
2 tsp minced garlic
1 tsp oregano
1 tsp of salt
Black pepper to taste
3/4 tsp of sugar (optional)
White sauce ingredients:
2-3 heaped tbsp hummus
Other ingredients
Lasagna sheets
1 sliced courgette
A few sliced mushrooms of your choice
2 large sliced tomato

Instructions

Preheat your oven to 180C (360F).
Add all tomato sauce ingredients into a bowl and mix together. The reason why I added a 3/4 tsp of sugar is to make the tomato sauce less acidic. As this is a super quick recipe this is a shortcut to better taste, but you can also have it without, it will just be a bit more acidic.
Nothing to action for the white sauce if you bought your hummus from the store.
The next bit is a bit wordy but it's really just lasagna sheets, sauce, veggies and the same step repeated. So here it goes:
Start adding some tomato sauce to a shallow oven-proof dish, just enough that it fully covers the bottom, then add a layer of lasagna sheets (or just one, depending on how big your dish is). On top of this layer add another layer of tomato sauce and then a layer of courgette. Add another sheet(s), followed by a layer of tomato sauce. Then a layer of mushrooms (make sure they are sliced finely, otherwise this layer becomes too thick). Next layer of lasagne sheet (s) on top. Now add the hummus on this layer and thinly sliced tomatoes. On top of that goes another layer of lasagne sheet(s), then the rest of the tomato sauce and a final layer of courgettes and tomatoes. When that's done sprinkle some oregano, sea salt, black pepper and a dash of olive oil on top. And off it goes into the oven for 35 - 40 minutes.
Enjoy!

A big thank you for the great vegan recipe Exceedingly Vegan!



Adri's Mushroom Burgers

SERVINGS: 4 COOKING TIME: 75 MIN LEVEL: MODERATE

Ingredients

250g button mushrooms (halved)
1 x red onion (cut into rings or half rings)
¼ cup oats
¼ cup bread crumbs
¼ cup fresh dill (stems removed)
¼ cup chickpeas (drained)
1/2 cup of sunflower seeds
½ teaspoon salt
And some canola oil for brushing

Instructions

Preheat oven to 200°C
Clean and cut your mushrooms into halves. Cook in a pan, without oil, until they are soft.
Cut your red onion into rings and caramelise (cook slowly for a long time with very little oil. Onions are naturally sweet; and when you slowly cook onions over an extended period of time, the natural sugars in the onions caramelise creating a wonderful flavour). Add a little water if it tends to stick.
Put your mushrooms, half of the onions and all the other ingredients in a food processor. If it's too dry/ crumbly, add more water or even the brine from the chickpeas; if its too sticky, add more breadcrumbs.
Pulse until all ingredients look finely diced but not liquid. You want to be able to mould it.
Using your hands and a spoon scoop out your mixture and make your 4 patties. Place them on a lined baking tray and brush with oil.
Bake for 20 – 25 minutes, flipping them once halfway through.
Now assemble your burger however you like and remember to add the rest of your caramelise onions as garnish.
Enjoy!

Thanks to © Adri Bassi



Vegan Bobotie

SERVINGS: 6 COOKING TIME: 75 MIN LEVEL: MODERATE

Ingredients

1 x cup of lentils (you can use any kind of dried lentils, we used brown lentils - you could also use canned lentils)
2 x cups of water
1 x medium size sweet potato (grated)
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½ a medium size onion (finely chopped)
1 x large carrot (grated)
2 x slices of bread (you can use any soft or even old bread, we used brown)
1/2 x cup of water OR 1/2 x cup of plant milk (we used oat milk)
2 x tablespoon chutney (we used Mrs. Balls)
1 x juice from one large lemon
1 x tablespoons apricot jam (we used a homemade version; you can use store bought)
A little olive oil for frying
Spices:
1 x tablespoon curry powder
1 x tablespoon turmeric
1 x tablespoon masala
1 x tablespoon ground coriander
1 x teaspoon paprika
For the topping:
1 x tablespoon flaxseed
1 x cup of plant-based milk (we used oat milk)
1/2 cup of white flour
Bay leaves to taste

Instructions

Preheat the oven to 190ºC.
Grate and chop your veggies.
Cook your lentils and sweet potato in the water together for 25 minutes, add the grated carrots halfway through.
Now fry the onion and spices together.
Crumble your bread slices into half a cup of water / milk and let it soak for about 5 minutes.
Mix everything mentioned above together, adding the chutney, lemon juice, apricot jam.
Place mixture in an ovenproof dish, smooth over the top.
Now mix the topping ingredients together, except for the bay leaves. Pour over the lentil mixture and arrange the bay leaves on top.
Bake for about 40-45 minutes, or until the topping is golden and set.
Serve as is, or in a more traditional manner with yellow rice with raisins, and slices of banana, coconut, sambal, and chutney on the side.



Beetroot & Chickpea burgers

SERVINGS: 8 COOKING TIME: 75 MIN LEVEL: MODERATE

Ingredients

Patties
1 can of chickpeas
2 medium size cooked beetroots (you can also use raw beets)
1 onion, diced
2 cloves of garlic
½ cup of oats
⅓ cup of nutritional yeast
bunch of fresh parsley
salt, pepper
Sauce
150ml Greek yogurt
1 teaspoon crushed garlic
1 teaspoon lemon juice
1 tablespoon chopped olives
1 teaspoon olive oil
1 finely chopped mint

Instructions

Preheat oven to 200°C.
Rinse and drain chickpeas very well and dice beets and onion.
Add chickpeas, beets, onion, garlic, oat, nutritional yeast, parsley, salt and pepper to a food processor and process until everything is mixed well together but still has a bit of a chunky consistency.
Divide the mixture into 8 portions and shape into patties. If the mixture is too wet, add a couple tablespoons of oat or chickpea flour first.
Arrange patties on the baking sheet and bake for 25-30 minutes, turning them over once halfway through baking time.
Serve on buns with red onion, avocado, tomato, greens & your delicious sauce.

Thanks to © Francois Huysamen



Risotto With Mushrooms and Spinach

SERVINGS: 2 COOKING TIME: 75 MIN LEVEL: EASY

Ingredients

for the risotto
120 g risotto whole rice (wash thoroughly in a strainer)
150 g oyster, abalone, or tree mushrooms (cut into 0.5 cm thick slices)
100 g spinach leaves (remove stalks, wash, drain)
100 g red onions (cut into fine cubes)
25 g porcini mushrooms, dried (soak for 15 minutes in water, then drain and squeeze)
1 garlic clove (finely chop)
other ingredients and spices
7.5 dl vegetable stock
50 ml oat cream
4 tbsp olive oil, heat resistant
30 grams of almond paste
2 tbsp yeast flakes
1 tsp apple cider vinegar
1 bay leaf
1 sprig of rosemary (finely chop the needles)
salt and pepper

Instructions

For the risotto, heat 2 tbsp of olive oil in a saucepan. Sauté the onions and garlic for 2 minutes, then add the rice and sauté briefly. Douse with a little vegetable stock, so that the rice is barely covered.
Then add the bay leaf and the mushrooms and simmer the rice on a low oven for about 40 minutes. Stir constantly and add some vegetable stock again and again.

In the meantime, heat the rest of the olive oil in a frying pan and sauté the herb broth for about 3 minutes. Add the rosemary, season with salt and pepper and keep covered.

Once the rice is cooked, stir in oat cream, almond paste, apple cider vinegar and yeast flakes and cook for 1 min. Then fold in the spinach, switch off the heat and season with salt and pepper.

Place the risotto on two plates, add the oyster, abalone, or tree mushrooms and enjoy.

Many thanks to ZDG for the delicious recipe!



Lentil Stew With Roasted Cauliflower

SERVINGS: 2 COOKING TIME: 75 MIN LEVEL: EASY

Ingredients

for the lentil stew
300 g cauliflower (wash, cut into small florets)
140 g brown lentils (soak in plenty of water overnight)
120 g carrots (peel, quarter and cut into 1 cm pieces)
other ingredients and spices
900 ml vegetable stock, lightly salted
4 tbsp of peanut oil
2 tbsp almond flour
1 tbsp. Tamari (soy sauce)
180 g carrots (peel, coarsely grated)
1 tbsp curry powder
1 tsp cumin
½ tsp turmeric powder
1 pinch of Saffron
2 tbsp of finely chopped parsley
salt and pepper

Instructions

Pour the lentils over a sieve, rinse thoroughly and set aside.

Heat 2 tbsp of peanut oil in a stock pot. Braise the carrots and celery for 3 minutes. Then dust with cumin, saffron, turmeric and cardamom and steam for 1 minute. Remove the vegetables from the pan and set aside.

Preheat the oven to 200 ° C convection and provide a fireproof mould.

Fill the vegetable stock into the pot and bring to a boil. Add the lentils and simmer for about 30 minutes.

Add the cauliflower florets to the dish and marinate with the remaining peanut oil, agave syrup, curry, salt and pepper. Then put in the oven and roast for about 15 to 20 minutes.

Ten minutes before the lentils are cooked, add the vegetables and simmer until the end of cooking. Finally, add Tamari, stir in the almond paste and season with salt and pepper.

Spread the lentil stew on two plates, place the cauliflower florets on top and serve with parsley.

Many thanks to ZDG for the delicious recipe!



Red Lentil Soup With Quinoa

SERVINGS: 4 COOKING TIME: 75 MIN LEVEL: EASY

Ingredients

for the lentil soup
80 g red lentils (rinse thoroughly in a sieve)
40 g quinoa (rinse thoroughly in a strainer)
100 g peeled carrots (cut into small cubes)
100 g peeled celeriac (cut into small cubes)
Other ingredients and spices
5 dl vegetable stock
3 dl coconut milk
2 dl of tomato puree
3 tbsp of peanut oil
1 tbsp juice and 1 tsp. of organic lemon
10 g of tomato paste
1 tsp finely grated ginger
1 bay leaf
1 tsp curry powder
1 tsp cumin
2 tbsp of finely chopped parsley
Salt and pepper to taste

Instructions

For the lentil soup, heat the peanut oil in a saucepan and sauté the carrots and celery cubes with the ginger for 3 minutes.

Stir in the tomato paste and sprinkle with curry and cumin. Then add the lentils and quinoa, stir well and deglaze with vegetable stock.
Add the tomato puree and bay leaf, season with salt and pepper and bring it to boil. Reduce the heat and simmer for about 20 minutes.

Then remove the bay leaf, add the coconut milk, the lemon juice, grated ginger and season with salt and pepper.

Enjoy the lentil soup sprinkled with parsley.

Many thanks to ZDG for the delicious recipe!



Potato Gratin

SERVINGS: 6 COOKING TIME: 75 MIN LEVEL: EASY

Ingredients

1.5 kg small potatoes
6 tbsp of olive oil
1 large yellow onion
5 cloves of garlic
5 stalks of fresh thyme
4 tbsp of all purpose flour
1 can or 400 ml of coconut milk
370ml of cashew or almond milk
zest of 1/2 lemon
2 tbsp of nutritional yeast
2-3 tsp sea salt flakes
a pinch of freshly ground pepper

Instructions

Start by washing your potatoes, make sure your scrub off any dirt as you will be leaving on the skins.

The slices your potatoes using a mandolin slicer or the slicing blade or your food processor. Place all of the potatoes in a large oven proof form.

Heat a skillet over medium heat and add 2 tbsp of the olive oil. Finely chop your onion and saute for about 2 minutes. Slice the garlic and remove the thyme leaves from the stems and add to the onions, saute for about 2 further minutes and them add to the potatoes.

Preheat the oven to 200°C.

Heat a clean skillet and add the remaining 4 tbsp of olive oil. Make sure the oil is very hot, so once you add the flour it start to sizzle. Add the flour and then stir well until flour and oil form a paste. Then add the coconut milk and stir well, next add the almond or cashew milk. Stir until you can feel the milk start to thicken.

Once the milk start to thicken, add the lemon zest, nutritional yeast and salt and pepper. Taste to make sure the sauce is seasoned well, adjust salt, pepper or nutritional yeast if necessary.

Pour about 3/4 of the sauce over the potatoes and then mix well. You want the sauce to be evenly covering the potatoes. Pour the remaining sauce on top of the potatoes.
Then place the form into the oven and bake for about 40 minutes.

Thanks for the recipe Melina: https://www.aboutthatfood.com/



Easy Vegan Blueberry Cake

SERVINGS: 4 COOKING TIME: 75 MIN LEVEL: EASY

Ingredients

Dry ingredients:
200g self-raising flour
110g brown sugar
1 tsp baking powder
Wet ingredients:
150ml dairy-free milk
75ml sunflower oil
2 tsp vanilla essence
1 tbsp apple cider vinegar
Other ingredients:
200G blueberries
Vegan butter to grease the baking tin
Baking paper
Icing sugar

Instructions

Preheat your oven to 180C (360F).
Mix together all dry ingredients in a large bowl. Make sure that there are no lumps. If you don't have self-raising flour then just use normal flour and add 2 tsp baking powder instead of just 1.
The mix together all wet ingredients in a separate bowl.
Combine the dry and wet ingredients and mix well until you get a smooth batter (with no lumps).
Then carefully fold in the blueberries.
Line a baking tin with baking paper and grease the sides with vegan butter.
Pour the batter into the baking tin and even it out with a spatula.
Bake for 35 min.
Take out of the oven and let cool down thoroughly. Then sprinkle icing sugar on top. Done! That was it! Cut yourself a nice slice and enjoy!

A big thank you for the great vegan recipe Exceedingly Vegan!



Pumpkins fritters (aka pampoen koekies)

SERVINGS: 4 COOKING TIME: 75 MIN LEVEL: EASY

Ingredients

500g grated pumpkin
1 tsp ground ginger
1 tsp cinnamon
1/2 cup sugar
2/3 cup flour
1 tsp vanilla essence
1 tsp baking powder
Pinch of salt

Instructions

Mix the sugar into the grated pumpkin and add the spices, baking powder and vanilla essence, mixing it in until it is well incorporated
Add the flour to the mixture a bit at a time until all the flour has been mixed in
Your fritter mixture is now ready
Heat a good amount of vegetable oil in a non-stick frying pan over medium high heat
Take a heaped tablespoon of the fritter mixture and shape it to your liking, scrape it into the heated oil and let fry for 2 - 3 min a side before flipping them around for another 2 - 3 min on the other side
Once fried, transfer each fritter to a paper towel to remove the excess oil
The fritters should be slightly crispy on the outside and soft on the inside

Thank you © The Leaf Eaters



Apple Crumble Without Flour

SERVINGS: 4 COOKING TIME: 75 MIN LEVEL: EASY

Ingredients

for apple crumble
360 g apples (cut into cubes)
50 g oatmeal
50 g ground almonds
2 tbsp raisins
other ingredients and spices:
50 g plant-based margarine/butter (cold)
1 tbsp + 4 tsp xylitol (sugar substitute)
½ tsp vanilla powder
½ tsp cinnamon powder
¼ cardamom powder
1 pinch of salt
for sauce:
2 dl soy drink
80 ml soy cream
Organic cornstarch (mix with ½ tbsp water)
½ vanilla powder
1 pinch of organic lemon sear
2 tbsp agave syrup
1 pinch of salt

Instructions

Preheat oven to 180°C and use a sturdy gratin dish (approx. 20 x 15 cm).

Heat 2 tbsp plant-based margarine/butter in a saucepan and let it melt. Then fry the apple pieces together with the raisins for about 3 minutes. Dust with vanilla and cardamom, and mix.
In the meantime, knead the almonds, oatmeal, 50 g margarine/butter, cinnamon and a pinch of salt in a bowl, crumbling with fingers if required to get that crumbly topping.
Place the apples in the gratin dish, and then spread the crumbly topping evenly over them.

Bake in the oven for about 25 - 30 minutes until golden brown and then let it stand for a few minutes to let the apple filling come together.

For the sauce, add the soy drink in a saucepan and bring to a boil. Then add the remaining ingredients - except the starch - and simmer for 2 min. Set aside and boil again, stirring in the starch.

Serve the apple crumble with vanilla sauce.

Many thanks to ZDG for the delicious recipe!



Vegan banana bread

SERVINGS: 4 COOKING TIME: 75 MIN LEVEL: EASY

Ingredients

4 medium frozen bananas
¼ cup vegetable oil
¼ cup unsweetened soya milk
½ cup light brown sugar
2 tsp vanilla extract
2 cup all-purpose flour
3 tsp cinnamon
1 tsp baking soda
½ tsp salt

Instructions

Defrost your bananas in some water
Preheat the oven to 350F/180*C
Spray a bread pan with non-stick spray or wipe with some oil.
Mash your bananas and add the brown sugar, oil, vanilla, and milk.
Whisk
Now sift in the flour, baking soda, salt, and cinnamon.
Mix with a wooden spoon.
Put the batter in your pan.
Bake for about 40 minutes covered with foil. Take foil off and bake for 10-15 minutes.

Be adventurous and add some raw coconut 🥥 and cranberries to the mix, or even crushed nuts and seeds.

Thanks to © Francois Huysamen



Gingerbread Mini Cake With Hot Cherries

SERVINGS: 4 COOKING TIME: 75 MIN LEVEL: EASY

Ingredients

100 g dark block chocolate
200 ml vegetable cream (e.g. soy cream)
100 g brown sugar
100 ml rapeseed oil
1-2 tsp gingerbread spice
1 pinch of salt
3 tbsp cocoa
150 g spelt flour
2 teaspoons baking powder
150 g gingerbread with dark chocolate
2 tablespoons cornflour
400 ml orange juice
2 packets bourbon vanilla sugar
500 g defrosted frozen sour cherries

Instructions

Preheat the oven to 180 degrees – top and bottom heat. Coarsely chop the chocolate and melt it in a pot together with the vegetable cream. Stir in the sugar and oil.

Flavour the chocolate mixture with the gingerbread spice, salt and cocoa and finally stir in the flour and baking powder.

Cut the gingerbread into cubes, fold them in, put them into paper cups in a muffin tin lined with 12 cups and bake for about 20 minutes. Leave the gingerbread cakes to cool in the muffin pan for at least 20 minutes.

While the muffins are cooling, stir the starch with 2 tablespoons of water until smooth. Bring the orange juice together with the vanilla sugar to a boil, add the starch and the cherries while stirring and simmer briefly. Sweeten to taste and keep warm until serving.

Carefully remove the lukewarm mini cakes from the paper cups, place 2 pieces each on a dessert plate with the top down and serve together with the hot cherries.

Many thanks for the recipe: Beke Enderstein; Food Editors & Veggie Recipe Development: www.food-redaktion.com

The 3Rs Principle

Animal Welfare. Worldwide.





Reduce

animal-based products.

Refine

food choices which promote high animal welfare standards.



Replace

animal-based products with plant-based alternatives.





