

Yoga Approach Retreat at Worfolk Cottage 2015

Healthy Homemade Granola by Elizabeth Ryder



2 Cups large Oats, ½ Cup walnut pieces, 1 Cup dried fruit, ¼ Cup sliced almonds, ¼ Cup Sunflower seeds & ¼ Cup pumpkin seeds, 2 Tbsp. Honey, 1 Tbsp coconut oil, ½ Tsp vanilla extract, ¼ Tsp salt.

Combine all the ingredients, spread over a baking tray, 170 cold oven for 15 minutes.

Vegan Nut Roast – Emma Goss-Custard



For the base - 50g Pine nuts, 50g Linseed, 50g Sunflower seeds, 100g Chestnut puree, 50g Vegetarian Suet, 1 Tbsp Honey,

For the topping – 2Tbsp Olive oil, 300g Chestnut mushrooms, 260g Baby leaf spinach, 1 tsp black pepper, 1 Ripe avocado, 100g silken tofu, 1 Pinch nutmeg, 1 Squeeze of lemon, ¼ Sweet potato.

Preheat oven to 180. Toast the nuts for 5/6 minutes. Transfer to a food processor with the chestnut puree, suet and honey, blitz until it comes together in a ball.

Place some parchment liberally dusted in flour onto a baking tray. Roll out the dough to about 5mm.

Prick the pastry all over, cover with parchment and baking beans. Bake blind for about 12/15 minutes. Leave to cool

Sauté the mushrooms for 6/8 mins and set aside. In the same pan wilt the spinach.

Blitz these with the avocado flesh, tofu, nutmeg and lemon juice in a food processor.

Thinly slice the sweet potato using a peeler then deep fry until just turning crispy.

Place the spinach mixture onto of the cooled base. Lay the mushrooms on top, and decorate with the sweet potato and pine nuts.

Heat or serve at room temperature.

Lebanese Bulgur and Potato Pie with Mint Yogurt- Mail on Sunday You Magazine



880g Main crop Potatoes peeled and cut up, 250g Bulgur Wheat, 50g Plain Flour, ½ tsp Ground Cinnamon, Sea Salt and Pepper to taste

500g Onions peeled and thinly sliced, 100g Chopped Fresh Coriander Leaves and Stalks, 80g Pine Nuts, Squeeze of Lemon Juice

Serve it with **Minty Yogurt** (Just combine the following)

4 Heaped tbsp. of chopped mint and Coriander, 300g of Yogurt (I used Soya), 2 tsp of finely chopped Green Chilli (optional)

Preheat the oven to 230/210 c. Oven proof dish oiled needed about 30c x 20c.

Cook the potatoes, drain and mash smoothly. Place the bulgur wheat in a bowl, fill with water, drain in a fine sieve and repeat this 4x. Using your hands squeeze as much water out as possible. Combine with the mashed potato, the flour and cinnamon and some salt and pepper.

Heat 2 tbsp. in a pan, add the onions and cook gently for 8-10 minutes until soft and lightly coloured. Add the coriander until it wilts. Stir in the pine nuts and season with the lemon juice and the salt and pepper.

Spoon half the potato mixture into the dish smoothing it out. Add the onion mixture to the top of this, finishing off with the rest of the potatoes.

Cucumber Salad with a Creamy and Mint Dressing by Angela Liddon (If I don't say so myself this was absolutely yummy)

2 Cucumbers chopped (I actually scrapped out the seeds so that this salad would last longer)

¼ Cup of Mint Leaves chopped roughly, ½ Cup Chopped Red Onion, 2-3 tsp chopped Fresh Dill, ¼ Cup of Coconut Milk, ½ Cup of Packed Fresh Mint Leaves, 3 tbsp. Lime Juice, 2 tsp Honey (Good job we are Bee keepers), ¼ tsp Sea Salt, ½ tsp cornflower for thickening (Optional).

Combine the chopped cucumber, red onion, packed mint and the dill in a large bowl.

For the dressing process the rest of the ingredients until mostly smooth (Mint specks will remain)

Mix the cucumber and the dressing together and season.

Raw Chocolate Brownie (OMG) – By Angela Liddon

The Brownie bottom



1 Cup Walnut Pieces, ½ Cup Hulled Hemp Seeds
1.5 Cups Pitted Dates ½ Cup Cacao Powder (Or Cocoa)
1.5 tsp Vanilla Extract, ¼ tsp Sea Salt
2 Tbsp. Cacao Nibs (Or broken up Vegan Chocolate),
¼ Cup Walnut Pieces.

The Chocolate Topping

½ Cup Virgin Coconut Oil, ½ Cup Cacao Powder, ¼ Cup Honey, Pinch of Sea Salt, ¼ tsp Vanilla Extract.

Line an 8" dish with parchment paper.

Process the Walnuts until fine. Add the dates and hemp seeds and process until chopped and sticky.

Add the cacao, vanilla, and salt process until well combined. Pulse in the nibs and the rest of the walnut. Finally press the mixture into the tin until smooth.

For the chocolate topping, melt the coconut oil if set. Remove from the heat and whisk in the rest of the ingredients until smooth Spread out evenly over the brownie base.

Place in the freezer until firm, cut into squares, then keep in the freezer to eat as and when.

Date & Prune brownie – The Vegan Diet Recipe Book



250g Flour, 250ml water, 50ml Soya Milk, 50ml Olive Oil, 3 Tbsp Cocoa powder, 1 Tbsp Carob powder, 250g Honey, 1 tsp Salt, 4oz Prunes, 2oz Dates, 1 tsp Vanilla Essence, 1 ½ tsp Baking powder, 1 Tbsp ground almonds.

Line a 27 – 17 cm baking tin. Preheat oven to 180.

Place 2 heaped Tbsp of the flour into a pan with the water. Heat until thick then set aside to cool.

Combine the soya milk, oil, cocoa and carob powder, stir until smooth.

Transfer the cooled flour mixture to a processor with the Honey, salt, vanilla, Prunes and the dates. Blend until smooth. Add the cocoa mixture and blend again.

Mix in the remaining flour, almonds and the baking powder to the prune mixture.

In my oven I usually cook it from a cold oven for about 25mins, it's a fine line and you will need to maybe have a few go's until you can get the cooking temperature just right to retain a gooey middle.

Raw Coconut Ice Cream

1 x 15oz can of both full fat and light coconut milk, 2/3 Cup of Honey, 1 Tbsp of Vanilla essence, ¼ Tsp Salt

Combine all of the ingredients together and either ice cream machine it or, freeze and process, freeze and process about 3x to get rid of ice crystals

Vegan Chilli – By Angela Liddon

1 ½ Tbsp Olive oil, 2 Heaped cups sweet onion, 2 Tbsp minced garlic, 1 Cup Celery, 1 Large diced pepper, 1 Tin chopped tomatoes, 1 Cup Vegetable stock, 6 Tbsp Tomato paste, 1 Tin kidney and pinto Beans, 2 Tbsp Chilli powder, 2 Tsp Ground Cumin, 1 Tsp Oregano, 1 tsp Hot sauce, Salt and pepper to taste.

Sauté the onions and garlic. Add the celery, pepper and cook until softened.

Add the tin of tomatoes, stock and paste, Stir to combine

Add the rest of the ingredients and simmer for about 10/15 or until thickened.

Ultimate Green Taco Wraps by Angela Liddon



For the lentil Walnut Meat – 1 ¾ Cups of cooked green lentils, 1 Cup walnut pieces, 1 ½ tsp of oregano, cumin and chilli powder, ½ tsp salt, 1 ½ Olive oil, 2 Tbsp Water

For the toppings – Sautéed Bell peppers and onion, Diced tomatoes or Salsa, Cashew nut sour cream, Guacamole, Lettuce wraps

Cook the lentils and roast the walnuts. Combine with the rest of the ingredients. Add the oil and water until combined

Homemade Vegan Sour Cream by Angela Liddon

1 Cup Cashews, 2 tsps. Fresh lemon juice, 1 tsp Cider vinegar, 1.4 tsp Sea salt.

Soak the cashews for about 2 hours, drain, rinse and then blend. Add the rest of the ingredients and blend until smooth.

Raw Vegan Caramel Apple pie by Foodiefriends .com

For the Crust – 1 Cup each of Walnuts and Raisins.

For the Filling - 5 Apples, ½ Cup Raisins, 4 Tbsp Honey, 4 Tbsp lemon juice, 1 tsp Cinnamon, ½ tsp all spice

For the Caramel – 4 Tbsp Almond Butter, 2 Tbsp Honey, 2 Tbsp olive oil, 4 Tbsp Water

Peel and Slice the apples, then toss with the rest of the ingredients. Spread out on a lined dehydrator sheet and dry for about 2 hours, turn over and dry for a further 2 hours.

Process the walnuts & raisins together and press into and 2 inches up the sides of an 8” lined pan. Place in the freezer for ½ an hour to firm.

Blend all the filling ingredients until smooth

Spoon the apple mixture over the base then top with the caramel, Serve chilled.

Raw Bannana Ice Cream by Foodiefriends .com

2 Frozen bananas, 3 Tbsp none dairy milk, 1 tsp Vanilla extract.

Process until smooth, then freeze. (This doesn't yield a very big portion so I would at least double it up)☺

Raw Lemon & Pistachio Cup Cakes



For the Bun bit – ¼ Cup of sesame seeds, 1/4 Cup Walnuts, ½ Cup Pistachios, ½ Pitted dates, 2 Tbsps. Chia seeds soaked in ¼ Cup Water for 10 minutes, Pinch Salt, 1 Tbsp Honey, A little water to help.

For the Frosting – ½ Cup Cashews, 8 Organic dried Apricots, 1 Lemon zest, 1/3 Cup water, 3 Tbsp Coconut Butter.

Soak the sesame seeds, Walnuts and the Pistachios until softened. Then combine all the bun ingredients together until it's a dough consistency. Press into cupcake forms and place in the fridge to harden.

Process all the frosting ingredients together until smooth. Spread over the bun base and decorate with pistachios.

NB These are like a meal replacement in a bun case, very filling, don't make them too big.

Once again many thanks to my daughter and very patient husband who have been awesome taste testers throughout.