

OVERNIGHT OATS

INGREDIENTS (Serves 1)

50g rolled oats (gluten-free or normal)
150g plant-based milk
1 tsp chia seeds
1 tsp agave syrup
Directions

STEP ONE: MIX IT UP

Combine all of the above ingredients and mix really well. Pour the mixture into a sealable container, such as a jar, and shut the lid.

STEP TWO: SLEEP ON IT

Put the sealed container in the fridge and leave it overnight (or a little longer).

SPICED MINESTRONE AND QUINOA SOUP

INGREDIENTS (Serves 4)

2 carrots (peeled & diced)
1 onion (peeled & diced)
2 garlic cloves (chopped)
2 sticks celery (chopped)
Large bunch of kale (picked and washed)
400g cooked quinoa
10 tbsp tomato purée
1 tsp cumin
1 tsp ginger
1 tsp coriander

STEP ONE: SWEAT IT DOWN

Put a large pan on medium heat and add the diced and chopped vegetables and the spices. Sweat down for two minutes.

STEP TWO: ADD THE PUREE

Add the tomato purée to the vegetables and mix for two minutes. Next, throw the kale into the pan and top with enough water to cover the ingredients.

STEP 3: BOIL IT UP

Add the cooked quinoa to the pan and then bring it to the boil.

STEP 4: SERVE IT UP

Serve your warming soup with some toasted pumpkin seeds on the top!

COCO LOCO POT

INGREDIENTS (Serves 5)

140g 100% cacao chocolate
350 ml plant-based milk
250g sweet potato purée
70g dates (pitted)
¼ tsp pink salt
50 ml water
Coconut & banana chips

STEP ONE: BLEND IT UP

Put the plant-based milk, sweet potato purée, pitted dates, water, and pink salt into a blender. Blend it all up until you have a smooth consistency.

STEP TWO: GET MELTING

Melt the 100% cacao chocolate down to a liquid. Add it to the blender and blend the mixture once again.

STEP 3: COOL IT DOWN

Divide the mixture into pots and put them in the fridge to set for a few hours. To serve, remove the pots from the fridge and add the coconut and banana chips to the top of the dessert.

PINA COLADA SMOOTHIE

INGREDIENTS (Serves 1)

Spinach
Pear
Coconut milk
Pineapple

STEP ONE: GET PREPPING

Remove the rind from the pineapple. Chop the pear into medium-sized chunks. Wash the spinach.

STEP TWO: BLAST IT

Throw all of the ingredients into a blender and blast it.

STEP 3: PIMP IT UP

You decide how to pimp up your smoothie. You could add some super-greens powder, matcha powder, flaxseed or any other extra!

QUICK ONE POT HOT BOWL

INGREDIENTS (Serves 4)

400g tinned butter beans
400g tinned cannellini beans
400g tinned black beans
400ml coconut milk
1 tbsp chipotle paste
Spinach
Lime
Turmeric powder
Ginger powder
Flaxseed
Roasted sweet potato

STEP ONE: START WITH BEANS

Drain each can of beans and rinse well. Put the three types of bean and coconut milk into a pan and whack it on a medium heat.

STEP TWO: ADD SOME FLAVOUR

Next, add the chipotle paste, ginger powder, turmeric, and flaxseed.

STEP THREE: GET SCOOPING

You should have precooked the sweet potatoes (roasted or microwaved!). Scoop out the flesh inside the potatoes and crumble it up. Add it to the main pan.

STEP FOUR: HEAT IT UP

Heat on medium for around ten minutes. Make sure that you stir regularly.

STEP FIVE: GET ZESTY

Add the spinach to the pan. Stir well. Then, add a squeeze of lime juice to the mix.

STEP SIX: SEASON IT

Add a little rock salt (to taste) to season your dish.

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