

PLANT-BASED RECIPES

# BODY & MIND

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COOKBOOK



By Michal Filípek et al.

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## Nurture your Body & Mind!

Learn how to balance all the macronutrients that our bodies need with a variety of plant-based recipes.

This cookbook was born as a combined effort of participants of the “Body & Mind” Youth Exchange, a project co-funded by the European Union.

Inside, you will find budget-friendly recipes that don’t require a full day in the kitchen.

Remember, you cook not only for yourself but also for others and your body!

Cooking can be a delightful activity that brings people together. Cooking nurtures the mind and is beneficial for mental health. You can connect with others, unleash creativity, and experiment.

Big lifestyle changes can be intimidating – we might fear we’d miss meat, that we won’t enjoy plant-based meals. However, through this project, we've found that there’s nothing to fear!

What’s more, adopting a plant-based diet is good for the planet, too – promoting sustainability.

Plant-based dishes also introduce more fiber into our diets, making our bodies happier!

Enjoy our colorful and delicious recipes, and have fun!





# VEGAN APPLE PIE

1st version

## INGREDIENTS

Oat milk	300 ml
Semi-coarse flour	230 g
Grated coconut	50 g
Dark cane sugar	100 g
Sunflower oil	70 ml
Potato starch	40 g
Apples	3-4

### PRO TIP:

You can use any type of apple you have on hand, but the *Braeburn* variety is best suited for baking!

## INSTRUCTIONS

1. In a bowl, combine dry ingredients and add sunflower oil and oat milk.
2. Mix to combine and pour onto a small, greased baking sheet sprinkled with coconut.
3. Cut the apples into thick slices and place them onto the batter.
4. Sprinkle two spoonfuls of coconut over the top.
5. Bake at 200°C for about half an hour.





# VEGAN APPLE PIE

2nd version



## INGREDIENTS

Coconut milk	500 <i>ml</i>
Almond flour	200 <i>g</i>
Wheat flour	500 <i>g</i>
Sugar	200 <i>g</i>
Sunflower oil	50 <i>ml</i>
Yeast	16 <i>g</i>
Apples	3-4
Agave Syrup	50 <i>ml</i>
Cinnamon	
Powdered sugar	

**PRO TIP:**

For a lighter and airier batter, sift your dry ingredients together through a sieve or a flour sifter!

## INSTRUCTIONS

1. In a bowl, mix dry ingredients with a tablespoon of lemon zest and a tablespoon of lemon juice.
2. Add wet ingredients: agave syrup, coconut milk and sunflower oil. Mix until you have a smooth batter without any lumps.
3. Cut 2-3 apples into small cubes and add them to the batter.
4. Pour the batter into a deep baking dish.
5. Cut the remaining apples into thin slices and arrange them on top of the batter into a desired shape - use your imagination!
6. Sprinkle some cinnamon over the apples.
7. Bake at 170°C/340°F for about 50 minutes.
8. Decorate with powdered sugar and enjoy!



# OATMEAL BANANA BREAD

## INGREDIENTS

Ripe bananas	2
Plant milk of choice	330 <i>ml</i>
Nut butter of choice	60 <i>g</i>
Maple syrup	20 <i>ml</i>
Rolled oats	200 <i>g</i>
Baking powder	10 <i>g</i>
Chocolate chips	



## INSTRUCTIONS

1. Mash ripe bananas, mix them with the nut butter and plant milk of your choice. Add maple syrup.
2. Add oats and chocolate chips into the banana mixture, stir to combine.
3. Pour into a baking mould and decorate the top with a few banana slices.
4. Bake at 200°C/400°F for 30-35 minutes.
5. Let it cool down for a few minutes after baking and enjoy!





# BURGER BUNS

## INGREDIENTS

Flour	300 <i>g</i>
Salt	1 <i>tsp</i>
Sugar	1 <i>tbsp</i>
Unsweetened plant milk	150 <i>ml</i>
Margarine or oil	45 <i>g</i>
Vegan cream	4 <i>tbsp</i>
Maple syrup	2 <i>tbsp</i>
Instant yeast	
Sesame seeds	

## INSTRUCTIONS

1. Mix flour, yeast, salt and sugar.
2. Add milk and margarine/oil to a pan. Heat it up until lukewarm.
3. Add the lukewarm mixture to the dry ingredients and knead for 5 minutes.
4. Let the dough rest for 60 - 90 minutes.
5. Divide the dough into six parts and shape them into balls.
6. Slightly flatten the balls on top. Let them rest for 45 minutes.
7. Combine vegan cream and maple syrup. Brush the buns with it.
8. Add sesame seeds.
9. Bake at 220°C/440°F for 15 minutes.





# QUINOA SALAD

- Quinoa
- Corn
- Tomatoes
- Cucumber
- Onion
- Lettuce of choice
- Oil
- Salt



# COUS COUS SALAD

- Cous Cous
- Carrots
- Green pepper
- Cucumber
- Onion
- Lettuce of choice
- Oil
- Salt



# CARROT SALAD

- Grated carrots
- Ground walnuts
- Sunflower seeds
- Tahini paste
- Olive oil
- Salt
- Pepper
- Honey
- Garlic
- Vinegar





# KETCHUP

## INGREDIENTS

Canned tomatoes	1 can
Tomato paste	2 tablespoons
Onion	1, medium
Garlic	1 clove
Salt&Pepper	to taste
Paprika	1 teaspoon
Smoked paprika	1 teaspoon
Brown sugar	3 tablespoons
Apple cider vinegar	to taste
Olive oil	



## INSTRUCTIONS

1. Heat oil over medium heat. Add the onions and cook until softened, about 8 minutes. Add the paprika and cook, stirring often, for a few seconds.
2. Add the tomato paste and cook for about two minutes, moving it around the pan.
3. Add the can of tomatoes, the brown sugar and vinegar. Season with salt and pepper and taste to see if more sugar is needed.
4. Bring to a simmer, reduce the heat and cook at a low simmer, stirring occasionally until thickened and shiny – about 20 minutes. Taste again and adjust with more sugar, salt or pepper.
5. Blend until smooth, and enjoy!

# VEGAN MAYO

## INGREDIENTS

Soy milk	120 ml
Oil	250 ml
Vinegar	1 tablespoon
Sugar	to taste
Salt	to taste
Mustard	1 teaspoon
Pickle juice	1 teaspoon

**PRO TIP:**

Instead of soy milk, you can use aquafaba - the liquid that canned chickpeas sit in the can!



## INSTRUCTIONS

1. Add room temperature soy milk, vinegar, salt and mustard to a tall glass jar.
2. Blend on high with an immersion blender until the mixture begins to thicken.
3. With the blender still on high, slowly add the oil - it will take one to two minutes.
4. As you finish with the oil, move the blender up and down - that introduces some air bubbles into the mayonnaise.
5. If the mayo is too thin, add some more oil - but keep in mind that it will thicken more as it sits in the fridge!



# BEETROOT AND YOGURT DIP

## INGREDIENTS

Beetroot	1, medium
Greek yoghurt	170 g
Garlic	1-2 cloves
Vinegar	1 tablespoon
Salt	to taste

### PRO TIP:

Boil the beetroots for 5 minutes before cutting: they will soften and be easier to work with. Alternatively, you can use a blender, too.

When working with beetroot, wear gloves if you don't want to stain your fingers red!



## INSTRUCTIONS

1. Grate or finely dice the beetroot and mince the garlic.
2. Combine yoghurt with garlic, vinegar and salt.
3. Add the beetroot, mix and enjoy!

# TERIYAKI DIPPING SAUCE

## INGREDIENTS

Soy sauce	60 ml
Water	250 ml
Honey	1 tablespoon
Garlic	1 clove
Ginger	15 g
Cornstarch	30 g
Sesame seeds	to taste



## INSTRUCTIONS

1. Combine water, soy sauce, brown sugar, honey, ginger and garlic in a saucepan over medium heat. Cook for about 1 minute until heated through.
2. Mix cornstarch in about 60 ml of water until dissolved.
3. Add the cornstarch "slurry" into the saucepan and cook the sauce for about 5 to 7 minutes, until it has thickened.
4. Let cool and enjoy!



# HUMMUS

## INGREDIENTS

Chickpeas	<i>1 can, about 400g</i>
Oil	<i>30 ml</i>
Lemon juice	<i>60 ml</i>
Garlic	<i>1 clove</i>
Tahini	<i>60 ml</i>
Salt, pepper, paprika, ground cumin	<i>to taste</i>

**PRO TIP:**

Instead of paprika, try serving your hummus with the Lebanese za’atar spice mixture!

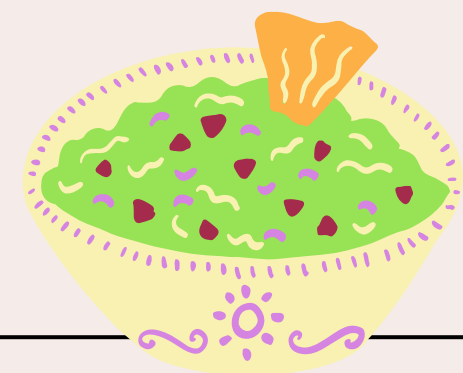
## INSTRUCTIONS

1. Add tahini and lemon juice into a food processor and blend for a minute. Scrape the sides and bottom of the bowl and pulse for 30 more seconds.
2. Add the oil, minced garlic and your seasonings to the food processor. Process for 30 seconds, scrape, and process for 30 more.
3. Add half of the chickpeas and blend for a minute. Scrape, add the remaining chickpeas and process until the mixture is thick and relatively smooth.
4. Sprinkle a dash of cold water or aquafaba and process until the hummus is as smooth as you want it.
5. Serve with a dash of paprika on top, or decorate with parsley.





# GUACAMOLE



## INGREDIENTS

Avocado	2
Tomato	1, medium
Red onion	half
Salt	a pinch
Lime	half

**PRO TIP:**

For a spicy kick, add a finely chopped jalapeño!

## INSTRUCTIONS

1. Mash avocados in a bowl.
2. Finely dice the onion and the tomato and mix them into the avocados.
3. Season with a pinch of salt and juice of half a lemon.
4. Serve with tortilla chips and enjoy!





# ONION BHAJI

## INGREDIENTS

Onions	2
Chickpea flour	100 g
Baking powder	<i>a pinch</i>
Vegetable oil	<i>as needed</i>
Seasonings	<i>to taste</i>
Water	100 ml

### PRO TIP:

Take a speck of batter and drop it into the oil - if it comes up to the surface surrounded by bubbles, the oil is hot enough for frying!



## INSTRUCTIONS

1. Slice onions as thinly as you can and soak them in cold water while you prepare the batter.
2. To prepare the batter, mix the chickpea flour with salt and other preferred seasonings, such as cumin, chilli powder or turmeric and add water. Add more water if the batter is too thick.
3. Squeeze out the water from your onions and mix them into the batter.
4. Heat up about 5cm of oil in a deep pan. *Don't fill the pan more than a third full.*
5. Carefully lower a heaping tablespoon of the mixture into the hot oil - you can do a few at a time.
6. Cook them for about 3-4 minutes until they are golden brown and crisp, flipping halfway.
7. Drain the bhajis on a paper towel, sprinkle with salt and enjoy!





# FALAFEL

## INGREDIENTS

Dried chickpeas	400 g
Baking soda	½ tsp
Fresh parsley	a handful
Onion, quartered	1, small
Garlic	7-8 cloves
Salt	to taste
Ground black pepper	1 tsp
Ground cumin	1 tsp
Ground coriander	1 tsp
Baking powder	1 tsp
oil for frying	

## INSTRUCTIONS

1. Soak the chickpeas overnight.
2. Then, in a food processor, blend all the ingredients to create a paste that's mostly smooth but still has a bit of texture. If the mixture is too dry, you can add some water. If the mixture does not hold together, add chickpea flour.
3. Rest the mixture in a fridge for at least an hour.
4. Shape the mixture into small balls.
5. Deep fry them in neutral-tasting oil for about 3-5 minutes. Check the seasoning and cooking time with a few balls, then continue frying the rest.
6. Serve with pita bread, fries, fresh and pickled veggies, and sauces like tahini, mayonnaise, or yogurt sauce.





# VEGAN INDIAN CURRY

## INGREDIENTS

Canned chickpeas	<i>1/2 a can</i>
Rice	<i>200 g</i>
Sweet potato	<i>1, large</i>
Frozen spinach	<i>100 g</i>
Salt	<i>3 tsp</i>
Paprika powder	<i>1 tsp</i>
Curry powder	<i>2 tsp</i>
Garlic	<i>1 clove</i>
Onion	<i>1</i>
Ginger	<i>12 g</i>
Coconut milk	<i>1/2 a can</i>

## INSTRUCTIONS

1. Peel and dice the sweet potato and the onion.
2. Sauté the onion in a pan until soft and translucent.
3. Add grated ginger, garlic, salt, and curry and paprika powder. Fry together for a minute.
4. Add the sweet potato cubes and frozen spinach.
5. Stir, cover with a lid and cook until the potato cubes are soft.
6. Drain the chickpeas and add them to the pan.
7. Add the coconut milk, cover the pan and cook for 3 minutes.
8. Serve over rice.





# BAKED VEGGIES WITH CHEESE SAUCE

## INGREDIENTS

Cauliflower	<i>1 head</i>
Potatoes	<i>5, large</i>
Mushrooms	<i>250 g</i>
Heavy cream	<i>250 ml</i>
Grated cheese	<i>a handful</i>
Eggs	<i>5, medium</i>
Nutmeg, pepper, salt	<i>to taste</i>

## INSTRUCTIONS

1. Dice all veggies into bite-sized pieces.
2. Boil the potatoes until tender.
3. Meanwhile, beat the eggs together with heavy cream and an amount of cheese that makes you happy. :) Add salt, pepper and a pinch of nutmeg.
4. Preheat your oven to 160°C.
5. Once the potatoes are boiled, place them into a deep baking dish together with the mushrooms and the cauliflower.
6. Finally, pour the egg mixture over the veggies and sprinkle a happy amount of cheese on top.
7. Bake for 25 - 30 minutes and enjoy!





# VEGAN GOULASH

## INGREDIENTS

Potatoes	2, <i>large</i>
Onion	1, <i>large</i>
Red and green bell pepper	1 <i>of each</i>
Mushrooms	500 <i>g</i>
Garlic	4 <i>cloves</i>
Vegetable stock	1 <i>L</i>
Red wine	100 <i>ml</i>
Tomato puree	1 <i>tsp</i>
Smoked paprika	1 <i>tsp</i>
Sweet paprika	1 <i>tsp</i>
Oregano	1 <i>tsp</i>
Marjoram	1 <i>tsp</i>
Salt	<i>to taste</i>
Pepper	<i>to taste</i>
White pepper	<i>a pinch</i>

## INSTRUCTIONS

1. Dice the potatoes, onions, mushrooms and peppers. Mince the garlic.
2. Heat oil in a pot and sauté the diced onions. This step should take around 10 minutes, we want onions to cook down and create a paste-like texture.
3. Add minced garlic, tomato paste and all the seasonings. Fry for 2 minutes.
4. Add the wine and cook it down a bit. If you are using mushrooms, now is the time to add them and sauté them until they lose some water.
5. When the mushrooms are cooked down, add stock, potatoes and peppers and cook until potatoes are soft. Adjust the taste with more spices, if you prefer.
6. If you like a thicker soup or stew, you can use cornstarch slurry to thicken up the liquid.





# MUSHROOM RISOTTO

## INGREDIENTS

Onion	1
Garlic	4-5 <i>cloves</i>
Parsley	<i>a handful</i>
Rice	200 <i>g</i>
Mushrooms	300 <i>g</i>
Vegetable broth	0.5 <i>l</i>
Olive oil	

**PRO TIP:**

The best type of rice for a risotto is *arborio* rice or any short-grain type. In a pinch, regular white rice will do just fine!

## INSTRUCTIONS

1. Chop the garlic and parsley finely.
2. Dice the onion and the mushrooms.
3. Heat up a tablespoon of olive oil in a pan and add the mushrooms, a pinch of salt, parsley and garlic.
4. Cook the mushrooms until water has evaporated from them, and then set aside.
5. In another wide saucepan, sautee the onions in olive oil on medium heat until golden brown.
6. Add the rice to the saucepan and stir to combine.
7. After about two minutes, add 150 ml of your vegetable broth to the saucepan.
8. Continue stirring and gradually add more broth until the rice is cooked.
9. Mix the cooked mushrooms with the rice, stir to combine and enjoy!





# BIFTEKI

## INGREDIENTS

Onion	1, <i>medium</i>
Garlic	5 <i>cloves</i>
Chickpeas	2 <i>cans</i>
Beetroots	2, <i>cooked</i>
Mustard	1 <i>tsp</i>
Soy sauce	1 <i>tsp</i>
Nutritional yeast	30 <i>g</i>
Chopped fresh parsley	a <i>bunch</i>
Breadcrumbs	100 <i>g</i>
Salt, pepper, smoked paprika	<i>to taste</i>
Olive oil	

## INSTRUCTIONS

1. Finely chop garlic and onions and fry them in a little bit of oil.
2. Blend chickpeas, beetroots, parsley, and fried onions with garlic in a food processor. Do not over-blend it, we want some texture inside.
3. Add breadcrumbs and all the spices and create a mixture for the patties. Let it rest in the fridge for an hour.
4. Shape the patties and shallow fry them in a bit of olive oil. If the mixture is falling apart, add more breadcrumbs. Adjust seasoning to your taste.
5. Serve in a burger bun with sauces and veggies or with mashed potatoes and salad.





# PASTA VEGANESE

## INGREDIENTS

Carrots	2, <i>small</i>
Onion	1, <i>small</i>
Stick celery	2 <i>stalks</i>
Garlic	3 <i>cloves</i>
Textured soy protein	200 <i>g</i>
Red wine	200 <i>ml</i>
Canned chopped tomatoes	2 <i>cans</i>
Tomato paste	2 <i>tsp</i>
Vegetable stock	400 <i>ml</i>
Salt and pepper	<i>to taste</i>
Rosemary	3 <i>stalks</i>
Bayleaf	3 <i>leaves</i>
Olive oil	

## INSTRUCTIONS

1. Cook the textured soy protein according to the instructions on the package.
2. Dice the carrots, onion and celery and sauté them in a pan with garlic.
3. When they are soft, add tomato paste and red wine and let reduce.
4. Add cooked soy protein, veggie stock, chopped tomatoes, and all the herbs and cook for half an hour.
5. Adjust taste with salt and pepper.
6. Serve with any preferred pasta, topped with vegan cheese or nutritional yeast.





# MUSHROOM PERKELT

Hungarian stew

## INGREDIENTS

Mushrooms of choice	1 kg
Onion	1, large
Vegetable stock	200 ml
Vegan cream	200 ml
Lemon juice	1 tsp
Paprika	1 tbsp
Salt, pepper	to taste
Oil	a tablespoon

## INSTRUCTIONS

1. Finely chop the onion and sauté in a tablespoon of oil.
2. Add mushrooms and fry them until they lose most of their water.
3. Add a tablespoon of paprika and stir quickly.
4. After 30 seconds, add veggie stock and let cook for 20 minutes.
5. After 20 minutes, add the cream, salt, and pepper and let cook for another 5 minutes.
6. Turn off the heat, add lemon juice and mix well.
7. Adjust for seasonings, serve over rice or pasta.





# SEAWEED TOFU & MUSHROOM STIR-FRY

## INGREDIENTS

Tofu	<i>1 block</i>
Button mushrooms	<i>4, large</i>
Dried seaweed	<i>a large handful</i>
Cornstarch	<i>5 tbsp</i>
Salt	<i>2 tsp</i>
Sesame seeds	<i>1 tbsp</i>
Ginger powder	<i>2 tsp</i>
Garlic powder	<i>1 tsp</i>
Paprika	<i>2 tsp</i>
Chilli powder	<i>3 tsp</i>
Asian noodles of choice	

Optional: any East-Asian spice mixture can be added (wok, Korean BBQ...)

## INSTRUCTIONS

1. Dice tofu and mushrooms into large cubes or pieces.
2. In a bowl or a deep dish, combine cornstarch, chilli powder and 1 tsp of salt.
3. Coat the tofu and mushroom pieces in the cornstarch mixture.
4. Cover the bottom of a pan with oil and heat it.
5. Add the mushrooms and tofu to the hot oil and fry until crispy. Stir occasionally to prevent sticking to the pan.
6. Optional: Crush the seaweed into smaller pieces.
7. Prepare the noodles according to the instructions on the packaging.
8. Mix the seaweed, sesame seeds, remaining salt and the rest of the spices together.
9. Once the tofu and mushrooms are ready, remove them from the pan and mix them thoroughly with the seaweed mixture.
10. Serve with noodles.





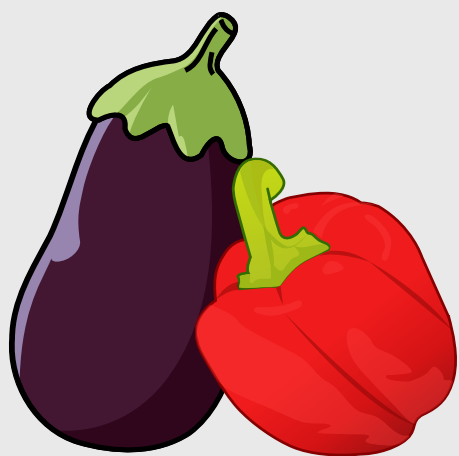
# BAKED STUFFED EGGPLANT

## INGREDIENTS

Eggplant	2, <i>large</i>
Cous Cous	100 g
Onion	1, <i>medium</i>
Garlic	1 <i>clove</i>
Tomato	1, <i>medium</i>
Canned or frozen corn	20 g
Oregano, thyme, salt, paprika	<i>to taste</i>
Grated cheese of choice	
Olive oil	

**PRO TIP:**

Usually, there is a lot of filling. You can halve a big bell pepper, remove the seeds and stuff it with the filling. Bake along with the eggplants.



## INSTRUCTIONS

1. Preheat the oven to 200 °C.
2. Halve the eggplants length-wise and carve out their soft insides with a spoon. Place the halves on a baking sheet and bake in the oven for 30 minutes.
3. Dice the onion. Cover the bottom of a saucepan with oil and sauté the onion until soft.
4. Meanwhile, chop the eggplant insides into small pieces and peel the garlic.
5. Once the onion is soft, add salt, spices, and crushed garlic. Stir it together for a minute, then add the eggplant pieces. Combine and cover the saucepan with a lid.
6. Dice the tomatoes, and add them to the pan along with the corn.
7. Let simmer for 3 minutes, then add the cous cous into the pan.
8. Add a pinch of salt and half a cup of water. Simmer for 3 more minutes.
9. Pull the tray out of the oven, and stuff the eggplants with the mixture. Be careful, the eggplants will now be much softer.
10. Sprinkle grated cheese over the stuffed eggplants and put it back into the oven for 10 more minutes.





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