

# 21 Simple & Delicious Vegetarian Recipes



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## 1. Fried Eggplants with Beans



### Ingredients:

1. Purple eggplant 1 small
2. 10 fresh green beans
3. 1 small ginger
4. 1/2 tsp White ground pepper
5. 1 tbsp of vegetable oil
6. 1/2 tsp of salt
7. Soy sauce

### Cooking method:

1. Wash the beans and cut them into the diced section. Cut the eggplant into strips and put them in salt water.
2. Mince the ginger, prepare white pepper.
3. Add oil into frying pan. Heat the oil. Then fried beans for a few minutes and take it out. Transfer to another plate, keep on the side.
4. Marinate the eggplant for 5 minutes, drain the water, and fry the eggplant..
5. Add some cooking oil in the frying pan and heat the oil in medium heat. Stir fry the ginger and pepper.
6. After that quickly fry the eggplant, beans with some soy sauce, salt. stir fry evenly. Transfer into a plate and serve with rice.

Enjoy!



## 2. Fried Tempura Mushroom



### Ingredients :

1. 200 grams or 1 handful Oyster Mushrooms, any type of mushrooms
2. 1 Eggs
3. 1 cup Plain Flour
4. 1/2 tsp Cracked pepper or white ground pepper
5. 2 tsp Salt
6. Little bit water
7. Vegetable oil

### Instructions :

1. Remove the roots from the oyster mushrooms, put 1 teaspoon of salt, soak in water for 10 minutes.
2. Squeeze the mushroom to remove the excess water, the more dry the better, so the more crisp it is fried.
3. put flour in the bowl, add 1 teaspoon of salt, the right amount of pepper, pour an egg, a little water, whisk the batter into a paste.
4. Pour the marinated mushrooms into the prepared batter, and coat each mushroom evenly with the batter.
5. Heat the vegetable oil in the pan, the oil temperature is around 60 degree celcius hot, fry the mushroom until it is slightly golden brown.
6. Served it on the plate.

### Tips:

1. The thinness of the batter is determined according to the taste of the individual. If you prefer a little thicker, you can do some of it, and vice versa.
2. It is best to fry several times to form a crispy texture.
3. The mushrooms are marinated first, so that the mushrooms that are fried out are crispy.

## 3. Pasta Salad



### Ingredients :

1. 1 cup of wholemeal pasta (measured after cooking)
2. 1 cup chopped Kale
3. 8 Sundried Tomatoes
4. 1 Tbsp sliced black olives
5. 30g Almonds
6. 1 tsp olive oil
7. Juice of 1 Lemon
8. A pinch of salt and Pepper

### Instructions :

1. Cook pasta according to instructions on packet.
2. Remove pasta from water but leave the water in the pot, lightly cook kale in the water for a minute or so (or until it reaches preferred softness).
3. Remove kale and allow to cool.
4. Chop sundried tomatoes and mix through pasta with kale, and olives.
5. Lightly toast the almonds on a low heat for a few minutes then mix through pasta and other ingredients.
6. Dress with oil, lemon juice and salt and pepper to taste.

## 4. Vegetable Stir Fry Noodles in Spicy Soy Ginger Sauce



### Ingredients:

- 245 grams noodles of your choice
- 2 handful chopped kale
- ½ cup chopped fresh or tinned baby corn
- 1-2 carrots cut /diced
- 1/2 shredded purple cabbage
- 1 bell pepper/capsicum diced
- 1 tablespoon vegetable oil
- 1 tablespoon sesame oil
- 3 tablespoon dark soy sauce
- 2 tablespoon raw sugar
- 2 teaspoon red chili sauce
- 1 teaspoon grounded black pepper / white pepper
- 2 tablespoon grated fresh ginger
- Salt to taste

For coating the noodles:

- 2 teaspoon oil
- 1 teaspoon soya sauce
- 1 teaspoon chilli sauce



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### **Instructions:**

1. Cook noodles according to the package. Pass it through a colander , drain the water and cool the noodles under cold water to stop further cooking.
2. Coat it with above mentioned ingredients and keep aside.
3. Measure and mix sauces ,sugar and pepper in one bowl and keep it ready. Heat oil in a deep wok or wide non stick pan on high heat. Once hot , add in grated ginger , fry for 15 seconds. Add in the bell peppers and carrots, cook it for 15 seconds, followed by baby corn , cook it for 30 seconds.
4. Add in the purple cabbage , cook it for 30 seconds. Add in kale and the sauce mixture. Add little salt as sauces do have salt . Cook it for 30 seconds.
5. Finally , add in the noodles and carefully fold it in until the noodles is well coated with veggies and sauces. Switch off the flame. Taste test and make adjustments in seasoning if needed. Serve hot.

## 5. Steamed Egg with Tofu & Mushroom



### Ingredients :

1. 2 Eggs
2. 1/4 tsp salt
3. 1 tsp ground white pepper
4. 3 fresh mushrooms
5. 1 tbsp soy sauce
6. 400 to 500 grams soft tofu
7. 1 handful Coriander leaves , for decoration

### Instructions :

1. Thinly slice fresh mushrooms.
2. Place tofu on a steaming bowl and roughly crushed with fork, Add ground white pepper into the bowl and mix it together.
3. Beat the eggs and salt in a separate bowl and then mix into the tofu.
4. Finally add the thinly sliced mushrooms on top of the egg and tofu mixture.
5. Steam for 10 minutes or more until cooked.
6. Sprinkle some soy sauce on top of it and decorate with coriander leaves.
7. Serve hot with rice.

## 6. Gluten-Free Chickpea Flatbread



### INGREDIENTS:

1. 1 cup chickpea flour
2. 1 cup water
3. 1 1/2 tablespoons extra-virgin olive oil, plus more for the pan and drizzling
4. 1/2 teaspoon salt
5. Fresh Rosemary leaves & Fresh thyme for garnish

### INSTRUCTIONS:

1. Prepare the chickpea batter.

Whisk the chickpea flour, water, olive oil, and salt together in a medium bowl until smooth. Let rest for 30 minutes to give the flour time to absorb the water.

2. Preheat the oven to 180°C and then the frying pan.

3. Add the batter to the prepared pan.

Add about 1 teaspoon of oil, enough to coat the bottom of the pan when the pan is swirled. Pour the batter into the center of the pan. Tilt the pan so the batter coats the entire surface of the pan, if needed.

4. Cook batter for 5 to 8 minutes.

Cook flatbread until you see the top of the flatbread begin to blister and brown, 5 to 8 minutes. The flatbread should be fairly flexible in the middle but crispy on the edges.

If the top is browning too quickly before the batter is fully set, move the frying pan to a lower oven rack and bake in oven until done.

5. Slice and serve. Use a flat spatula to work your way under the flatbread and ease it from the pan onto a cutting board. Slice it into wedges or squares, sprinkle with salt and pepper, fresh rosemary leaves and thyme, and drizzle with more olive oil.



## 7. Asparagus Fried Rice



**Ingredients:**

- Rice (boiled) - 3 bowls
- Asparagus (diced) - 100g
- Mushroom (steamed and dice)
- Vegetarian BBQ pork (diced) - 70g

**Seasonings:**

- Soy sauce - 2 tsp
- Salt - 1/4 tsp
- Cooking oil - 1 tsp

**Method:**

Heat the oil, stir fry the mushroom and vegetarian BBQ pork until fragrant.

Then add in the rice, asparagus and seasonings.

Stir fry until everything is evenly coated and it's ready.

## 8. Corn Flatbread



### Ingredients :

1. 150 grams Plain Flour, sifted
2. 80 grams Cornmeal Flour
3. 3 Eggs
4. 80 grams Sugar
5. 4 grams Yeast
6. 2 tbsp vegetable oil

### Instructions :

1. Sift Plain Flour into fine powder.
2. Prepare the dry ingredients, 150 grams of refined flour, 80 grams of cornmeal, 80 grams of sugar, 4 grams of yeast.
3. Beat 3 eggs using the chopsticks or a whisk to quickly break the eggs.
4. Pour the egg mixture into the dry ingredients and whisk it with chopstick or a whisk. Thick texture will form when you keep stirring it.
5. If it is too thick, you should add some warm water into it to make it smooth, keep stirring until the texture becomes smooth.
6. Cover with plastic wrap and ferment in a warm place for 1 hour. After 1 hour, small holes will form. Stir the batter again.
7. Now we turn on the electric baking pan and heat it or heat up the frying pan. After the pan is hot, brush a layer of vegetable oil, use a spoon to scoop up the fermented batter, and slowly pour it into the pan.
8. Try to make the flatbread the same size when cooking it.
9. Cook each side about 40 seconds. When small bubble formed. Use a wooden spatula to turn the flatbread. Continue cooking the other side.
10. Fry the cornmeal flatbread into golden brown on both sides, and then turned over again.
11. After both sides cooked, serve it on a plate.

## 9. Fried Golden Potatoes



**Ingredients:**

5 potatoes

**Seasonings:**

Salt - 2 tsp

Soy sauce - 1/2 tsp

Pepper to taste

Sesame oil to taste

**Method:**

1. Pare the potato and cut into small cubes and stir fry with oil until done.
2. Allow to cool, then mash it up together with the seasonings and deep fry until golden brown.



## 10. Thai Pineapple Vegetarian Fried Rice



### Ingredients:

1. 2 cups Cooked rice
2. 1 cup Pineapple , chopped into cubes
3. 1/2 cup Green beans , chopped
4. 1/2 cup Carrot , chopped
5. 1 cup Green Bell Pepper (Capsicum) , add red and yellow as well, all chopped
6. 1/2 cup Green peas
7. 1 cup Tomatoes , chopped
8. 2 tablespoon Vegetable Oil
9. 1 Green Chilli , chopped
10. 1 teaspoon Sugar
11. 1 teaspoon Soya sauce
12. 1 teaspoon Garam masala powder
13. 1/2 teaspoon Black pepper powder
14. Salt , to taste
15. 1/4 cup Dry Fruits , Eg. black grapes and almonds
16. A small bunch of coriander leaves, roughly chop some leaves

### Instructions:

1. To prepare Thai Pineapple Vegetarian Fried Rice Recipe, get ready with all the ingredients first.
2. In a large Wok, add oil and heat. Add green chillies, French beans, green peas and carrots and cook for 2 minutes.
3. Now, add mixed chopped bell peppers and stir fry for a few minutes.
4. Add soya sauce, salt, sugar, pepper and garam masala and mix it well.
5. Then add cooked rice, pineapple cubes, tomatoes, coriander leaves and dry fruits.
6. Mix well. Switch off flame after a couple of minutes.
7. Garnish the Thai Pineapple Vegetarian Fried Rice with coriander leaves and more dry fruits.

## 11. SWEET POTATO FRIES



### Ingredients:

1. 2 Large Sweet Potatoes
2. A Pinch of Sea Salt
3. A pinch of Black Pepper
4. 1/2 teaspoon Sweet Smoked Paprika powder
5. 1 Tablespoon Olive Oil

### Cooking Methods:

1. Preheat the oven to 200°C.

Wash 2 large sweet potatoes under cold running water, scrubbing well with a scrubber to get rid of any dirt (there's no need to peel them).

2. Cut each sweet potato in half lengthways, cut each half in half lengthways, then each piece in half again so you end up with 8 wedges.

3. Add to a large mixing bowl, then sprinkle over a tiny pinch of sea salt and black pepper, and ½ a teaspoon of sweet smoked paprika.

4. Drizzle with 1 tablespoon of olive oil, then toss everything together to coat.

5. Spread out into a single layer in a large baking tray, then bake for 35 to 40 minutes, or until golden and cooked through.

6. Leave to sit for a couple of minutes (this will make it easier to remove them from the tray), then transfer them to a serving dish.

## 12. Apple Spiced Porridge



### INGREDIENTS:

- 150g rolled oats
- 4 dates, stoned and finely chopped
- ½ tsp ground cinnamon
- Pinch of freshly grated nutmeg
- Pinch of ground allspice
- 2 apples, cored and cut into chunks
- 400ml milk, plus extra for serving

### COOKING INSTRUCTIONS:

1. Put the oats, chopped dates and spices into a medium heavy-based saucepan with three-quarters of the apple chunks and add a pinch of salt. Pour in the milk and 400ml of hot water and stir over a medium heat until the porridge begins to simmer.
2. Simmer gently for 15–20 minutes, stirring regularly for a creamy consistency. The apple chunks will collapse into the porridge and the liquid should all be absorbed.
3. To serve, spoon into warmed bowls and top with the remaining apple chunks. Serve with a little jug of extra milk on the side.

~ Swap the cow's milk for soya, rice or oat milk, or, for a very lean version, just make it with water.

Enjoy Cooking!



## 13. Egg Sushi Rolls

(Serve: 16 portions)



### Ingredients

Omelette :

4 eggs

1 teaspoon honey or sugar

1-2 tablespoons light soy sauce

1 pinch salt

Sushi Rice

400 grams Japanese sushi rice,

900 grams water

1 scoop sesame seeds, (a good handful)

50 mls of white vinegar

8 sheets seaweed - nori

16 green beans, (ends trimmed)

1/2 carrot, (julienned)

Other vegetables, (optional)

soy sauce (to serve)

wasabi paste (to serve)

pickled ginger (to serve)

### Directions

1. Cook Rice in a pot with cold water.

Cook according to packet instructions.

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2. Immediately begin preparing omelette.

In a separate bowl combine honey/sugar with salt and soy sauce until sugar is dissolved.

Add the egg to mixture and stir until just combined, being careful not to add too much air. You don't want your omelette too fluffy.

3. Add any veggies that require softening (eg beans and carrots) into a boiling water. Simmer for a few minutes until soft then scoop it out. Set aside.

4. Add egg mixture into a bowl. Steam the egg mix in a pot with boiling water, cover with lid and cook for at least 10 minutes until the egg is combined together and soft in texture.

5. When the rice is cooked, stir in white vinegar, sesame seeds through the rice using the spatula then leave it and the omelette to cool.

6. When the rice is just warm, slice up the omelette into 2cm wide strips using the spatula then you can begin assembling the rolls.

On a bamboo sushi mat, with the nori sheet rough side facing up, use the spatula to spread each nori sheet with rice, leaving a 2cm strip on the top of each sheet.

Place the egg and veggies across the sheet, about 1/3rd of the way up and roll tightly using the mat to help squeeze the roll closed. Wet your fingers and spread a little water across the strip at the end to wet the nori so it seals well.

Let the rolls sit for a few mins so the nori sheets soften before cutting in half or smaller slices with a very sharp knife.

Chill and enjoy served with wasabi, soy sauce and pickled ginger to taste.

Optional: You can add in other ingredients that you wish to add.

Example:

Capsicum

Salad

Tomato

Avocado

Spinach

Celery

Enjoy Cooking!

## 14. Creamy Vegetarian Fettuccine Pasta



### Ingredients

1. Carrots x2
2. Snow peas (1 handful)
3. Broccoli (1 handful)
4. Fresh Coriander (1 handful)
5. Tricolour Egg Fettuccine (500 grams)
6. Mushrooms (x13)
7. Frozen Spinach (1 handful)
8. Salt (1 tsp)
9. Dried Herbs (1 tbsp)
10. Cracked Pepper (1 tbsp)
11. Milk (600 mls)
12. Vegetable Oil (60 mls)
13. Coconut Oil Spread (2 tablespoons)

### Directions

1. Cook Pasta.  
-> Add cold water in a pot together with a pinch of salt and a little bit of oil.  
Drain and set aside after pasta is cooked.
2. Food Preparation:
  1. Rinse vegetables.
  2. Peel and slice carrots and snow peas.
  3. Roughly chop coriander and broccoli.
  4. Slice mushrooms.
3. Heat vegetable oil and coconut oil spread in a pot with medium heat.
4. Quickly add in carrots and mushrooms, stir continuously for 5 minutes until soft.

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5. Add in Salt, Dried Herbs and cracked pepper.

Together with Frozen Spinach, Coriander and Broccoli.

Stir well for another couple of minutes.

6. Add in Snow Peas and milk.

Cook and reduce mixture.

7. Pour in some cooked noodles into the pot and stir well.

Serve Hot.

\* Optional: You can add in other ingredients that you wish to add.

Example:

Pumpkin

Potato

Celery



## 15. Tofu & Spinach Dumplings



### Ingredients:

#### DUMPLINGS

1. 150 grams baby spinach
2. 150 grams firm tofu, cut into 1/4-inch dice
3. 2 1/2 tablespoons cornstarch
4. 1 small red chilli, seeded and minced (optional)
5. 1 1/2 tablespoons soy sauce
6. 1 1/2 teaspoons Asian sesame oil
7. Salt and freshly ground pepper
8. About 45 square wonton wrappers (from 1 package)

#### DIPPING SAUCE

- 1/4 cup plus 2 tablespoons soy sauce
- 2 tablespoons black vinegar
- 1 teaspoon honey

### How to Make It

#### Step 1:

Bring a large saucepan of water to a boil.

Add the spinach and cook for 20 seconds. Using a slotted spoon, transfer the spinach to a colander. When the spinach is cool enough to handle, squeeze it dry, then coarsely chop it. Keep the water hot.

#### Step 2:

Transfer the spinach to a medium bowl and stir in the tofu, cornstarch, chilli, soy sauce and sesame oil and season with salt and pepper.

#### Step 3:

Working with 4 wonton wrappers at a time, dampen the edges and mound 1 1/2 teaspoons of filling in the center of each wrapper. Fold 1 corner of each up over the filling and seal to make triangles. Repeat with the remaining wrappers and filling.

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### **Step 4:**

In a small serving bowl, stir the soy sauce with the vinegar and honey.

### **Step 5:**

Boil water in a large saucepan.

Add the dumplings and simmer over moderate heat, stirring gently, until the edges are al dente, about 3 minutes.

Carefully drain in a colander and transfer to a platter.

Serve with the dipping sauce.

## 16. Easy Vegetarian Noodle Soup



### Ingredients:

1. Fresh Rice Noodle (x2 Packets : 400 grams each)
2. Soy Sauce (1 Tablespoon)
3. Water (4 cups)
4. Salt (1/2 Teaspoon)
5. Sesame Oil (1 Tablespoon)
6. Tomato (x1)
7. Fresh Ginger (x1 sml)
8. Carrots (x1)
9. Coriander (1 Handful)
10. Cos lettuce (1 small bunch)
11. Broccoli (1 Handful)

### Food Preparation:

1. Rinse all vegetables.
2. Slice Tomato.
3. Peel and slice Carrot & Ginger.
4. Roughly chop Coriander, Cos Lettuce and Broccoli.

### Cooking Methods:

1. Add water into a pot together with carrot, ginger and tomato.
2. Wait until boil and then add in the salt and Soy Sauce.
3. Quickly add in the Noodles, Broccoli, Cos Lettuce and Coriander.
4. Finally add in Sesame Oil.
5. Transfer noodle soup into a bowl.

Serve Hot.

Optional ingredients that you may wish to add :

- Capsicum  Potato
- Bean sprouts  Zucchini
- Beans  Snow Peas
- Mushrooms

## 17. Gluten-Free Banana Oat Pancakes



### Ingredients :

- 1 cup oatmeal be sure to use gluten free oats if needed
- 1/2 cup milk (any variety)
- 2 eggs
- 1 tsp baking powder
- 1 tsp vanilla extract
- A dash cinnamon
- 2 ripe bananas broken into chunks

### Instructions :

1. Preheat a greased frying pan to medium heat.
2. Add all ingredients into blender and give it a whisk until everything is combined and oats are blended well.
3. Pancakes mixture will be a bit thick, but feel free to add a bit more liquid if desired.
4. Pour about 1/4 cup of batter onto frying pan and cook until small bubbles form, about 4 minutes. Flip and cook 2-4 minutes a side.
5. Top with your favorite pancake toppings!!!



## 18. Beetroot Chocolate Cake



### Ingredients:

1. 1/2 cup (125ml) vegetable oil
2. 1 cup (220g) firmly packed brown sugar
3. 1/2 cup (125ml) maple syrup
4. 60 g dark chocolate (70%), chopped
5. 250 g (around 2 cups) raw beetroot, coarsely grated
6. 3 eggs, lightly beaten
7. 1 1/2 cups (225g) self raising flour
8. 1/4 cup dutch cocoa powder

### Directions

1. Preheat the oven to 160°C.  
Grease and line a 20cm round baking tin with baking paper and set aside.
2. Warm the vegetable oil in a medium size sauce pan on very low heat. Add the brown sugar, maple syrup and chocolate and stir until the chocolate is melted.
3. Remove from heat. Add the grated beetroots.
4. Whisk the eggs in a small bowl and then add them to the sauce pan.
5. Sift the flour and cocoa powder together and stir into the beetroot mixture.
6. Pour the cake mixture into the tin and bake for 1 hour or until a skewer inserted comes out clean. Leave to cool for 5 minutes in the tin, before turning out and cooling completely.

## 19. Mini Berry Cheesecakes



### Ingredients

#### Crust:

1. 3/4 cup certified gluten free oats
2. 1/3 cup pecans, chopped
3. 2 tablespoons pure maple syrup
4. 2 tablespoons coconut oil, melted

#### filling

1. 1 1/2 cups raw cashews, soaked
2. 3/4 cup fresh or frozen berries
3. 1/3 cup unsweetened coconut milk
4. 1/2 cup pure maple syrup
5. 1 teaspoon pure vanilla extract
6. 1/4 cup coconut oil, melted
7. 1 tablespoon fresh lemon juice
8. 1/2 teaspoon lemon zest
9. 1 cup additional berries, for garnish

### Directions

1. Preheat oven to 350 degrees. To make crusts, place oats and pecans in food processor or high-powered blender. Grind for 30 seconds. Add maple syrup and melted coconut oil. Continue to blend until combined.
2. Divided crust evenly into greased mini-muffin pan or mini cheesecake pan. Bake for 10 minutes, or until golden brown. Allow to cool completely in the pan, while you make the filling.
3. Soak raw cashews in warm water for 30 minutes. Drain.
4. Add soaked cashews, berries, coconut milk, and maple syrup to food processor or high-powered blender. Blend on high for 1-2 minutes.
5. Pour in melted coconut oil and continue to blend on high until smooth and creamy. Add lemon juice, zest, and vanilla. Pulse until combined.
6. Pour berry mixture into pan, over the cooled crusts. Carefully place in freezer for 1-2 hours to become firm. Remove mini pies from pan and store in refrigerator. To serve, top with berries.

## 20. Red Bean Congee



### Ingredients

1. 1 cup dried Chinese Red Beans (adzuki beans)
2. 1/2 cup Rock Sugar
3. 1/2 cup shelled raw peanuts
4. 1/2 cup glutinous rice
5. 1/3 cup lotus seeds
6. 8 cups water

### Directions

1. If you want to shorten the cooking time, soak the red beans with the peanuts overnight.
2. Wash and drain the red beans and lotus seeds.
3. Bring water to boil in a large pot. Add red beans, lotus seeds and peanuts. Simmer for 2-3 hours for pre-soaked beans and 4-5 hours for unsoaked beans. Stir frequently, the rice tends to stick to the bottom of the pot.
4. When beans have mostly disintegrated into a velvety soup, turn the heat off and stir in the rock sugar.
5. Serve hot or serve cold.
6. Let it cool down to room temperature, then refrigerate until fully chilled.
7. You can enjoy it with a scoop of ice cream if you like.

## 21. Lemon Balls



### Ingredients

1. 250 g raw cashew nuts unsalted
2. 75 g desiccated coconut
3. 1.5 TBS coconut oil
4. 85 g maple syrup
5. 10 g fresh turmeric
6. 60 g lemon juice fresh squeezed
7. 15 g lemon zest zest from 1 lemon
8. 45 g desiccated coconut RESERVED FOR COATING

1. Finely chop cashew nuts using a knife.
2. Place all the ingredients in a bowl except the coconut for rolling. Blitz in cake mixture machine or use hand to combine well.
3. Place the mixing bowl in the fridge for at least one hour. This will allow the mixture to firm up prior to rolling.
4. Roll the mixture into 16 balls.
5. Place the reserved coconut in a bowl. Roll each lemon ball in the coconut to coat.
6. Refrigerate the lemon balls until required.



