



'GREE(N)TINGS FROM EEF'

10 PLANTBASED RECIPIES
WITH PLANTPOWDERS



Eef Beleeft

VEGAN CHEF & RETREAT HOST



HELLO YOU!

HOW WONDERFUL THAT YOU'RE READING THIS E-BOOK FROM **PLANTPOWDERS!** MY NAME IS **EVA VAN HULTEN**, BUT MOST PEOPLE CALL ME **Eef**, AND I WORK AS A PLANT-BASED CHEF AND RECIPE DEVELOPER.

IN THIS MINI VERSION OF MY RECIPE BOOK, YOU'LL FIND 10 RECIPES THAT I'VE SPECIALLY DEVELOPED FOR AND WITH PLANTPOWDERS. EACH DISH FEATURES A DIFFERENT FLAVOR OF PLANTWHEY, GIVING YOU A SENSE OF THE MANY POSSIBILITIES YOU HAVE WHEN WORKING WITH YOUR PLANT-BASED PROTEIN POWDER.

LET'S BE HONEST—**SHAKES CAN BE A BIT BORING ON THEIR OWN!**

ALL THE RECIPES ARE DESIGNED FOR 2 PEOPLE AND ARE A GREAT WAY TO EMBRACE A PLANT-BASED LIFESTYLE. VEGANS NEED TO BE MINDFUL OF THEIR **PROTEIN INTAKE** (AND OTHER NUTRIENTS, OF COURSE), BUT WITH THESE RECIPES AND THE HELP OF PLANTPOWDERS, YOU'LL BE ON THE RIGHT TRACK.

WHY DID I CREATE THIS BOOK?

I WANT TO MAKE OTHERS HAPPY WITH DELICIOUS AND HEALTHY FOOD, HELP THEM WITH THEIR EATING HABITS, AND POSITIVELY CONTRIBUTE TO THE ENVIRONMENT. I'M IN MY ELEMENT WHEN I'M IN THE KITCHEN, ESPECIALLY WHEN I SEE A SMILE ON SOMEONE'S FACE BECAUSE OF THE FOOD I'VE PREPARED.

I HOPE THE DISHES IN THIS BOOK BRING A SMILE TO YOUR FACE AS WELL.
ENJOY!

LOVE,
Eef

Eef Beleeft

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INHOUD

4 - FLUFFY PANCAKES

5 - MANGO CHIAPUDDING

6 - SUMMER IN A SMOOTHIEBOWL

7 - BAKED OATS WITH BANANA

8 - SPINACH/MANGO SMOOTHIEBOWL

9 - 'CHOCOLATE SOUP'

10 - OYSTER MUSHROOM BURGERS WITH
BEETROOT

11 - DATE-FIG-COCOA-COCONUT BALLS

12 - CHOCO-COCO ENERGY BARS

13 - MANGO/PASSIONFRUIT CHEESECAKE

INGREDIENTS

- 150 GRAMS SELF-RAISING FLOUR
- 1 TSP BAKING POWDER
- 150 GRAMS PLANT-BASED YOGHURT (MANGO-COCONUT)
- 1 SCOOP PLANTWHEY NATURAL
- 100 ML WATER
- COCONUT OIL
- AGAVE SYRUP

TOPPINGS:

- 4 TBSP MANGO CHIA PUDDING (RECIPE IN THE RECIPE BOOK OF @EEFBELEEF)
- MANGO PIECES
- CHIA SEEDS
- AGAVE SYRUP
- MINT

PREPARATION

✔ MIX THE FLOUR WITH THE BAKING POWDER, PLANT-BASED YOGHURT, PLANTWHEY, AND WATER USING A HAND MIXER OR WHISK UNTIL YOU HAVE A SMOOTH BATTER WITHOUT LUMPS;

✔ HEAT THE OIL IN A NON-STICK FRYING PAN OVER MEDIUM HEAT. SPOON 3 SMALL PORTIONS OF BATTER INTO THE PAN AT A TIME AND COOK THE PANCAKES FOR ABOUT 4 MINUTES UNTIL GOLDEN BROWN AND COOKED THROUGH. FLIP THEM HALFWAY THROUGH;

✔ REPEAT UNTIL YOU HAVE 2 OR 3 PANCAKES PER PERSON;

✔ SERVE WITH YOUR CHOICE OF TOPPINGS.





MANGO CHIA PUDDING

INGREDIENTS

- 8 TBSP CHIA SEEDS
- 250 ML COCONUT MILK
- 1 TBSP MAPLE SYRUP
- 1 TBSP CINNAMON & CARDAMOM
- 2 SCOOPS PLANTWHEY MANGO/PEACH

TOPPINGS:

- MANGO PIECES
- HOMEMADE GRANOLA (RECIPE IN THE RECIPE BOOK OF @EEFBELEFT)
- 2 TBSP COCONUT YOGHURT
- 25 GRAMS DARK CHOCOLATE

PREPERATION

✔ MIX THE CHIA SEEDS, COCONUT MILK, MAPLE SYRUP, SPICES, AND PLANTWHEY IN A BOWL AND LET IT SIT IN THE FRIDGE OVERNIGHT. TAKE THE MANGO OUT OF THE FREEZE;

✔ PUREE THE THAWED MANGO UNTIL SMOOTH;

✔ LAYER THE CHIA PUDDING, MANGO PUREE, AND GRANOLA ALTERNATELY IN A GLASS. TOP WITH A SPOONFUL OF COCONUT YOGHURT AND SPRINKLE WITH CHOPPED DARK CHOCOLATE.

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INGREDIENTS

- 2 PEACHES (FROZEN, CUBED)
- 1 MANGO (FROZEN, CUBED)
- 1 ORANGE
- 1 CARROT
- 200 ML PEA/SOY MILK
- 2 SCOOPS PLANTWHEY MANGO/PEACH

TOPPINGS:

- HOMEMADE GRANOLA (RECIPE IN THE RECIPE BOOK OF @EEFBELEFT)
- 1 BANANA
- 4 STRAWBERRIES
- 1 KIWI
- 2 TBSP COCONUT YOGURT



PREPERATION

✔ PLACE THE PEACH, MANGO, ORANGE, CARROT (PEELED), PLANTWHEY, AND PLANT-BASED MILK INTO A STURDY BLENDER AND BLEND UNTIL YOU HAVE A SMOOTH, VIBRANT SMOOTHIE;

✔ SLICE THE BANANA, KIWI, AND STRAWBERRY, AND TOP THE SMOOTHIE WITH GRANOLA AND FRESH FRUIT;

✔ YOU CAN CREATE THE LINES USING COCONUT YOGURT AND A SKEWER.



INGREDIENTS

- 90 GRAMS OATS
- 1 TSP CINNAMON
- 0.5 TSP BAKING POWDER
- 0.5 TSP SALT
- 1 RIPE BANANA
- 250 ML ALMOND MILK
- 30 GRAMS PEANUT BUTTER
- 30 GRAMS APPLESAUCE
- 1 TSP VANILLA EXTRACT
- 2 SCOOPS PLANTWHEY VANILLA

TOPPINGS:

- PEANUT BUTTER
- COCONUT YOGURT
- BLUEBERRIES
- BANANA

PREPERATION

☞ PREHEAT THE OVEN TO 190°C (375°F);

☞ IN A LARGE BOWL, MIX THE OATS, CINNAMON, BAKING POWDER, SALT, AND PLANTWHEY TOGETHER;

☞ IN ANOTHER BOWL, MASH THE BANANAS AND COMBINE WITH THE ALMOND MILK, PEANUT BUTTER, APPLESAUCE, AND VANILLA EXTRACT;

☞ ADD THE DRY INGREDIENTS TO THE WET INGREDIENTS AND MIX WELL;

☞ POUR THE MIXTURE INTO A BAKING TRAY LINED WITH PARCHMENT PAPER. BAKE UNTIL THE TOP OF THE OAT BARS IS GOLDEN BROWN (ABOUT 30 MINUTES). REMOVE FROM THE PAN AND LET IT COOL FOR 5 MINUTES;

☞ CUT INTO PIECES AND SERVE WITH DRIZZLED PEANUT BUTTER, BANANA SLICES, COCONUT YOGURT, AND BLUEBERRIES.



INGREDIENTS

- 1 BANANA
- 200 GRAMS SPINACH
- JUICE OF 1 LEMON
- 200 GRAMS MANGO
- 400 ML PLANT-BASED MILK
- 2 TSP PLANTPOWDERS SPIRULINA
- 2 SCOOPS PLANTWHEY MANGO
- 1 AVOCADO

TOPPINGS:

- PUMPKIN SEEDS
- SUNFLOWER SEEDS
- SHREDDED COCONUT
- CHIA SEEDS
- 1 BANANA, SLICED

PREPERATION

✔ PLACE ALL THE INGREDIENTS FOR THE SMOOTHIE IN A BLENDER AND BLEND UNTIL YOU HAVE A THICK CONSISTENCY. FOR AN EXTRA THICK SMOOTHIE BOWL, YOU CAN BLEND IN AVOCADO AND/OR EXTRA PROTEIN POWDER;

✔ DIVIDE THE MIXTURE INTO 4 BOWLS AND TOP WITH THE SLICED BANANA, SEEDS, AND NUTS.

✔ IT'S IMPORTANT TO ALWAYS CHEW YOUR FOOD WELL, EVEN SMOOTHIES, AS THIS HELPS KICK-START THE DIGESTION PROCESS!





'CHOCOLATE SOUP'

INGREDIENTS

- 2 BANANAS
- 2 TBSP PEANUT BUTTER (100%)
- 2 TBSP COCOA POWDER
- 1 MEDJOO DATE
- 200 ML PLANT-BASED MILK
- 2 SCOOPS PLANTWHEY CHOCOLATE

TOPPINGS:

- 1 BANANA, SLICED
- HOMEMADE GRANOLA (RECIPE IN THE RECIPE BOOK OF @EEFBELEFT)
- SHREDDED COCONUT
- CACAO NIBS
- UNSALTED PEANUTS
- PEANUT BUTTER (100%)

PREPERATION

✔ PLACE ALL THE INGREDIENTS FOR THE SMOOTHIE BASE IN A BLENDER AND BLEND UNTIL YOU HAVE A SMOOTH, CREAMY CONSISTENCY;

✔ DIVIDE THE "CHOCOLATE SOUP" INTO 4 BOWLS AND TOP WITH BANANA SLICES, SHREDDED COCONUT, GRANOLA, CACAO NIBS, PEANUTS, AND PEANUT BUTTER.

INGREDIENTS

- 300 GRAMS OYSTER MUSHROOMS
- 2 TO 3 MEDIUM-SIZED BEETS
- 50 GRAMS WALNUTS
- 70 GRAMS OATS OR OAT FLOUR
- 2 SCOOPS PLANTWHEY NATURAL
- 2 ONIONS
- 2 CLOVES OF GARLIC
- 1-2 TBSP OIL
- A HANDFUL OF WILD HERBS (SUCH AS RAMSONS)

PREPERATION

✚ CHOP THE OYSTER MUSHROOMS, BEETS, AND GARLIC INTO PIECES. FINELY CHOP THE ONION. SAUTÉ THE GARLIC AND ONION IN A PAN WITH A SMALL AMOUNT OF OLIVE OIL;

✚ GRIND THE WALNUTS, PLANTWHEY, AND OATS IN A FOOD PROCESSOR OR POWERFUL BLENDER UNTIL YOU GET A FINE FLOUR-LIKE TEXTURE;

✚ ADD THE OYSTER MUSHROOMS, BEETS, GARLIC, AND ONION TO THE FOOD PROCESSOR OR BLENDER AND BLEND UNTIL EVERYTHING IS WELL MIXED. DON'T MAKE IT TOO FINE—A LITTLE TEXTURE IS NICE! ADD THE OLIVE OIL AND WILD HERBS TO THE MIXTURE;

✚ IF THE MIXTURE IS TOO DRY, ADD SOME EXTRA OLIVE OIL. IF IT'S TOO WET, ADD A LITTLE MORE OATS;

✚ TRANSFER THE MIXTURE TO A BOWL AND ADD SEASONING TO TASTE (PEPPER/SALT, AND OPTIONALLY LEMON JUICE);

✚ KNEAD EVERYTHING WELL WITH YOUR HANDS AND SHAPE INTO PATTIES. PLACE THEM IN THE FRIDGE FOR 10 MINUTES TO FIRM UP A BIT;

✚ MEANWHILE, PREHEAT THE OVEN TO 180°C (350°F). REMOVE THE PATTIES FROM THE FRIDGE AND PLACE THEM ON A BAKING SHEET LINED WITH PARCHMENT PAPER. BAKE THE PATTIES FOR ABOUT 30 MINUTES UNTIL GOLDEN BROWN;

✚ ENJOY ON A BUN WITH HUMMUS OR PESTO, PICKLES OR KIMCHI, AND VEGETABLES OR SALAD! ALTERNATIVELY, SERVE WITHOUT THE BUN AS PART OF YOUR MEAL!





DATE-FIG-COCOA-COCONUT BALLS

INGREDIENTS

- 300 GRAMS DRIED FIGS
- 300 GRAMS DRIED DATES
- 2 SCOOPS PLANTWHEY ICED COFFEE OR CHOCOLATE FLAVOR
- 1 TBSP COCOA POWDER
- 1 TBSP COCONUT OIL
- 50 GRAMS SHREDDED COCONUT

PREPERATION

✓ BLEND THE FIGS, DATES, COCOA POWDER, PLANTWHEY, AND COCONUT OIL IN A FOOD PROCESSOR UNTIL A FIRM MIXTURE FORM;

✓ ROLL THE MIXTURE INTO ABOUT 20 BALLS, EACH ABOUT 3 CM IN SIZE, AND COAT THEM IN SHREDDED COCONUT. PLACE THEM IN THE FRIDGE FOR A WHILE TO FIRM UP.

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INGREDIENTS

- 200 GRAMS UNSALTED & UNROASTED MIXED NUTS
- 160 GRAMS SHREDDED COCONUT
- 240 GRAMS MEDJOOOL DATES (PITTED)
- 2 SCOOPS PLANTWHEY OF YOUR CHOICE
- 5 TBSP COCONUT OIL
- 300 GRAMS DARK CHOCOLATE
- A PINCH OF COARSE SEA SALT

PREPERATION

✔ IN A FOOD PROCESSOR, GRIND THE NUTS, DATES, SHREDDED COCONUT, PLANTWHEY, AND 1.5 TBSP COCONUT OIL INTO A STICKY MIXTURE. IF IT'S TOO DRY, ADD MORE COCONUT OIL;

✔ LINE A LOAF PAN WITH PARCHMENT PAPER;

✔ SPREAD THE MIXTURE INTO THE PAN AND PRESS IT DOWN FIRMLY WITH THE BACK OF A SPOON. PLACE IT IN THE FRIDGE;

✔ MELT THE CHOCOLATE USING A DOUBLE BOILER (IN A BOWL OVER HOT WATER) AND ADD 1 TBSP COCONUT OIL AND A PINCH OF SALT. STIR UNTIL EVERYTHING IS MELTED AND SMOOTH;

✔ POUR THE MELTED CHOCOLATE OVER THE COCONUT LAYER AND LET IT SET IN THE FRIDGE FOR AN HOUR;

✔ GARNISH WITH ADDITIONAL COARSE SEA SALT AND THEN CUT INTO ABOUT 10 PIECES. STORE THE BARS IN THE FRIDGE TO PREVENT THEM FROM BECOMING TOO SOFT.





MANGO-PASSIONFRUIT CHEESECAKE

INGREDIENTS

- 80 GRAMS COCONUT OIL
- 240 GRAMS SPECULOOS COOKIES
- 280 GRAMS VEGAN CREAM CHEESE
- 560 ML COCONUT WHIPPING CREAM
- 2 SCOOPS PLANTWHEY PASSION FRUIT FLAVOR
- 240 GRAMS WHITE CASTER SUGAR
- 560 GRAMS FROZEN PASSION FRUIT
- 2 TSP AGAR AGAR

TOPPINGS:

- 200 GRAMS FROZEN MANGO
- 80 GRAMS SPECULOOS COOKIES

PREPERATION

✔ MELT THE COCONUT OIL IN A SAUCEPAN. MEANWHILE, CRUSH $\frac{3}{4}$ OF THE COOKIES INTO CRUMBS. PLACE THE COOKIE CRUMBS IN A BOWL AND STIR IN THE MELTED COCONUT OIL. EVENLY SPREAD THIS MIXTURE OVER A TART BASE LINED WITH PARCHMENT PAPER;

✔ WHISK THE CREAM CHEESE IN A BOWL. USING A MIXER, WHIP THE COCONUT CREAM WITH THE CASTER SUGAR AND PLANTWHEY. THE WHIPPED CREAM WON'T BECOME COMPLETELY STIFF. GENTLY FOLD IN THE CREAM CHEESE;

✔ PRESS THE THAWED PASSION FRUIT THROUGH A SIEVE, COLLECTING THE JUICE IN A SAUCEPAN. BRING THE JUICE WITH THE AGAR AGAR TO A BOIL, STIRRING CONSTANTLY. LET IT SIMMER GENTLY FOR 2 MINUTES;

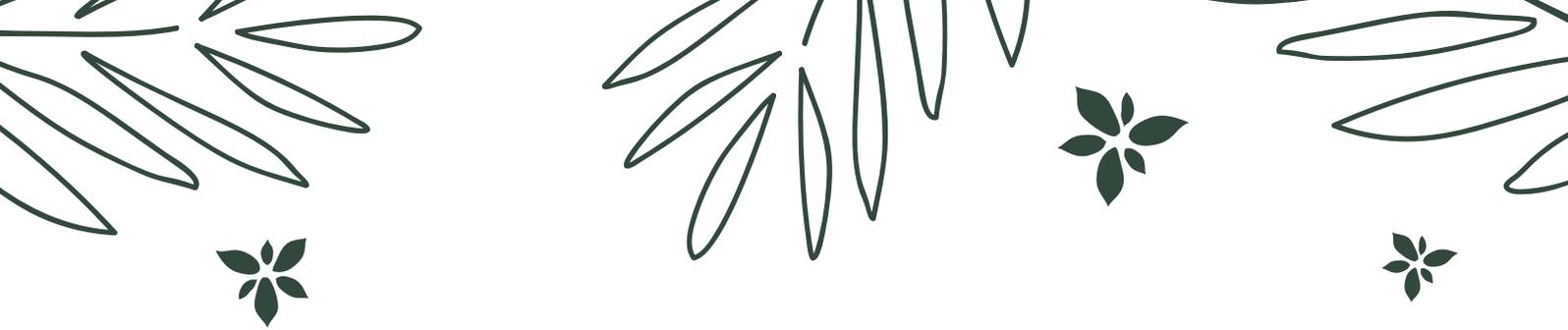
✔ SLOWLY POUR THE PASSION FRUIT JUICE INTO THE WHIPPED CREAM MIXTURE, STIRRING CONTINUOUSLY. POUR THIS MIXTURE OVER THE TART BASE AND LET IT SET IN THE FRIDGE FOR AT LEAST 2 HOURS;

✔ MEANWHILE, FINELY CHOP THE THAWED MANGO AND LET IT DRAIN. TOP THE TART WITH THE REMAINING COOKIE CRUMBS AND MANGO PIECES.

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DO YOU WANT MORE?

WOULD YOU LIKE MORE RECIPES LIKE THIS OR A DISCOUNT ON YOUR PLANTPOWDERS PLANTWHEY?

ON THIS PAGE, YOU'LL FIND A QR CODE THAT LEADS TO THE RECIPE BOOK OF @EEFBELEEFT, OFFERING A 15% DISCOUNT ON MORE THAN 60 PLANT-BASED RECIPES. ADDITIONALLY, THERE'S A QR CODE WITH A DISCOUNT CODE FOR YOUR NEXT ORDER AT PLANTPOWDERS!

THE GREE(N)TINGS FROM EEF

PLANTBASED RECIPE BOOK



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