

HEALTHY VEGAN

# SNACKS



26

DELICIOUS & NUTRITIOUS SNACK RECIPES

vegan | dairy free | refined sugar free | healthy | low in cholesterol | meat free



# WHO WE ARE

Hello and welcome to our healthy journal! We are so excited to introduce you to our 'En Healthy' concept!

The team - Marina Christoforou and Natasa Stylianou - created this ebook with the purpose to share with you many healthy alternatives for exciting and delicious meals. You will find great ideas for healthy snacks, easy to make, ideal for any occasion like breakfast, brunch, afternoon tea or for parties.

Our goal is to spread joy and satisfaction through easy, delicious, colourful, mouth watering and nutritious recipes. In our recipes we never use processed sugar, dairy or any animal products and you will be amazed how tasty a plant based meal can be.

We enjoy cooking as well as eating vegan and we are convinced you will love it too. Although we both studied graphic design we always had passion for food, trying new things, creating recipes, discovering different ingredients and creating something new with an artistic touch! Of course we won't hide you the truth as our experimentations are not always successful and sometimes end up being a disaster, but we never give up!

With this ebook we would like to inspire people to eat more vegetables and eliminate any chemicals, additives and processed foods from their diet as much as possible. We do not like giving our eating habits a label, rather we would just eat what is right for our body and what makes us feel good and nourished. Everyone should be encouraged to adopt this lifestyle whether it is a few days a week or everyday and become the change they would like to see.

Let's start our cooking adventure together!

## A MESSAGE FROM MARINA

My journey to the alternative healthy eating habits started when my mother was diagnosed with dementia. When the doctors said there is no cure and that the situation was very serious, I started my research, read many books and searched for answers online. From my research it was clear that the best she could do was to change her diet, cut down animal and dairy products and eat only plant-based foods.

Consequently, we decided as a family to all become vegan so my mother could have all the support she needed and not feel alone in this battle. This was a great challenge for us as we used to love meat and could never imagine our lives eating only plant-based foods, but we had the greatest motivation there is - my mother needed help!

As a family we didn't know anything about vegan - alkaline diets, in fact to tell you the truth; vegans were like aliens in our minds! Gradually I started creating new recipes and after a lot of research, experimentation and disappointments it finally started paying off! My recipes tasted great and the judges were my friends who were not vegans!

After a few years of adopting this way of life I can now see the benefits in my family's health. The doctors could not believe that my mother's situation stabilized for a longer time against their negative predictions! Now the challenge is to continue cooking healthy for my family and teach my children all the benefits we can get from real food!!



NATASA STYLIANOOU



MARINA CHRISTOFOROU

### A MESSAGE FROM NATASA

I grew up in a family that loves food! As typical Mediterranean people, our family gatherings were always seriously connected with homemade cooking. My mother was making her best to cook healthy because my father suffers from diabetes for many years now. For me it was an everyday routine watching my father measuring his blood sugar levels and wondering what to eat and what to avoid in order for him to keep his blood sugar within normal levels. Because of that I realized at an early age that what we eat has great influence in our health!

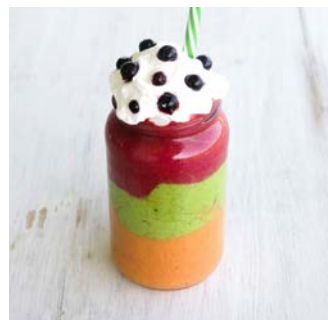
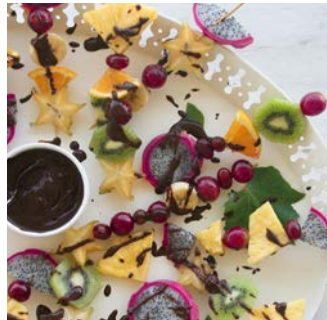
When I started experimenting with cooking and making research for a healthy lifestyle it was amazing to find the great options a plant-based diet can offer! It was surprising how delicious a recipe can taste without any use of butter, sugar, heavy cream or any animal products! As a result I am now wondering why someone put themselves in a situation to digest all that heavy food when they can have so many options for lighter and healthier food!

With Marina we had some common friends and because they all knew our passion for healthy cooking they kept urging us to meet each other! We finally met and it was like we knew each other for a lifetime! Both of us had the same interests in creating nutritious and tasty recipes for our families and it was then that we started exchanging our knowledge.

The idea for the EnHealthy concept came very naturally in order to share our knowledge with our friends! While we were thinking a name for our blog the inspiration came from Jonathan, Marina's son. Every time I invited them in my house for dinner Jonathan was asking for the ingredients of every recipe, along with the following question 'is it healthy?' (in Cypriot dialect 'En igiino'??) For me it was a big surprise as this was question from a 3 year old! As a result we decided to name our blog 'EnHealthy'!

We really look forward to share with you our recipes, which we believe will boost your health and help you look and feel better than ever!







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# SMOOTHIES

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TRICOLORE SMOOTHIE

IMMUNE BOOSTING SMOOTHIE (ORANGE)

GLOWING SKIN SMOOTHIE

CHOCOLATE BREAKFAST SMOOTHIE







# TRICOLORE SMOOTHIE

**PREP TIME** 2 minutes

**TOTAL TIME** 5 minutes

**MAKES** 2 servings

## INGREDIENTS

### ORANGE LAYER

1 big carrot  
1/4 mango  
1 banana  
1/2 teaspoon flaxseeds  
1 teaspoon agave syrup  
or honey (optional)

### GREEN LAYER

1/2 cup spinach  
1 banana  
1/2 avocado  
1/5 cup water  
1/2 teaspoon agave syrup  
or honey (optional)

### PURPLE LAYER

1 banana  
1/2 cup mixed berries  
1/2 teaspoon agave syrup or honey  
(optional)

### TOPPINGS (optional)

1/2 cup coconut milk from tin (chilled  
overnight in the refrigerator)  
1 teaspoon agave syrup or honey  
6-8 blackcurrants fresh or frozen

## INSTRUCTIONS

1. Place all of the ingredients for orange layer in a blender and blend for 1 minute. Pour the orange smoothie in two serving glasses filling only the 1/3.
2. Place all of the ingredients for green layer in a blender and blend for 1 minute. Pour the green smoothie on top of the orange layer.
3. Lastly, add all of the ingredients for the purple layer to the blender and blend for 1 minute or until smooth. Pour the purple layer on top of the green layer, making three layers.

### TOPPINGS (optional)

1. Open the coconut milk tin and scrape out the top, thickened cream and leave the liquid behind (Reserve it in the fridge for smoothies or cooking rice e.t.c).
2. Place cream in a mixing bowl with the honey. Mix it well with a fork until creamy.
3. Pour it on top of the serving glass, garnish with some blackcurrants and enjoy.





# IMMUNE BOOSTING SMOOTHIE

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**PREP TIME** 2 minutes

**TOTAL TIME** 3 minutes

**MAKES** 2 servings

## INGREDIENTS

1 cup mango cut in small cubes  
1/2 pineapple  
1 carrot  
2 bananas, peeled  
1/4 cup pumpkin cut in small cubes  
1/2 orange  
1 tablespoon agave syrup, or honey, or 4-5 dates  
1 tablespoon chia seeds  
1/2 cup cold water  
1 cup coconut water  
1 cup ice

## INSTRUCTIONS

- 1.** Place all of the ingredients in a blender and blend for 1 minute. Pour into a glass.
- 2.** Garnish with an orange slice and enjoy.





# GLOWING SKIN SMOOTHIE

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**PREP TIME** 1 minutes

**TOTAL TIME** 2 minutes

**MAKES** 2 servings

## INGREDIENTS

1 cup frozen mixed berries  
2 bananas, peeled  
1/4 avocado  
1 tablespoon agave syrup or honey  
1 tablespoon flax seeds  
1 cup cold water  
1 cup coconut water

## INSTRUCTIONS

1. Place all the ingredients in a blender and blend for 1 minute.
2. Pour into a glass and enjoy.





# CHOCOLATE BREAKFAST SMOOTHIE

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**PREP TIME** 2 minutes

**TOTAL TIME** 5 minutes

**MAKES** 2 servings

## INGREDIENTS

### **DAIRY FREE CHOCOLATE SAUCE (FOR DRIZZLING)**

3 teaspoons agave syrup or honey  
2 teaspoons cacao  
2 teaspoons coconut or rice milk  
1 teaspoon vanilla essence

### **SMOOTHIE**

3 Bananas  
1/2 cup coconut or rice milk  
2 tablespoons cacao  
1/2 tablespoon chia seeds  
2 tablespoons agave syrup or honey  
1 tablespoon oats

## INSTRUCTIONS

- 1.** Put all the ingredients for the dairy free chocolate sauce in a small bowl, mix well with a spoon until they become creamy.
- 2.** Place all of the ingredients for the smoothie in a blender and blend for 1 minute.
- 3.** Taste and adjust flavors, adding more cacao or agave.
- 4.** Drizzle the inside of a glass with the dairy free chocolate sauce, pour the smoothie in the glass and enjoy.







# SAVORY SNACKS

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GRILLED VEGETABLE SANDWICH WITH  
PESTO SPREAD

RAINBOW HUMMUS

MINI FALAFEL WITH TAHINI DRESSING

FUNNY RICE FACES

MANGO AND AVOCADO OPEN SANDWICH

VEGGIE PIZZA WITH HOMEMADE  
SUNFLOWER "CHEESE"

SALAD IN A JAR

CLUB SANDWICH WITH SMOKED TOFU

COLESLAW WRAP WITH POTATO SAUCE





# GRILLED VEGETABLE SANDWICH WITH PESTO SPREAD

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**PREP TIME** 10 minutes

**TOTAL TIME** 10 minutes

**MAKES** 3 sandwiches

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## INGREDIENTS

### FOR THE SANDWICH

2 cucumbers  
2 zucchinis  
1 eggplant  
1 red bell pepper  
1 yellow bell pepper  
1 orange bell pepper  
1 big tomato  
2-3 tablespoons olive oil  
1 teaspoon black cumin seeds or sesame seeds  
3 round buns

### PESTO SPREAD

1 cup fresh basil  
1/2 cup sunflower seeds  
1/3 cup olive oil  
1 garlic clove  
Juice of 1 lemon  
1 tablespoon agave syrup or honey  
Salt, pepper

## INSTRUCTIONS

1. Slice eggplant (about 1 cm) into round slices.
2. Slice zucchinis lengthwise into 1/2 cm thick, cut peppers in 4 quarters lengthwise.
3. Cut tomato into round slices and slice cucumbers thinly using a peeler.
4. Brush olive oil on the eggplants, zucchinis and peppers. Season with salt and pepper. Place them in a toaster or on a hot grill and cook until they are tender.
5. Pour all ingredients for the pesto sauce in a blender, blend until smooth and creamy.
6. Once vegetables are done, slice the buns, brush them with olive oil and grill on both sides. To assemble, layer the vegetables as follows: First place 2-3 slices of zucchinis, then 1-2 slices of red peppers, 2 slices of eggplant, 2 pieces of yellow or orange peppers, spread some pesto and then top with 1 slice of tomato. Finish off with some slices of cucumbers and top with the top side of the bun.
7. Sprinkle with some black cumin seeds.







# RAINBOW HUMMUS

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**PREP TIME** 2 minutes

**TOTAL TIME** 15 minutes

**MAKES** 6 servings

## INGREDIENTS

### HUMMUS

500 g pre-cooked chickpeas  
8 tablespoons (200 g) tahini  
Juice of 2 lemons  
2 garlic cloves  
1/2 cup (150 ml) water  
1/2 teaspoon paprika  
1/2 teaspoon cumin  
1 teaspoon salt

### FOR COLOURING

2 teaspoons turmeric  
1 cup raw spinach  
1 small pre-cooked beetroot

### FOR DIPPING

Various seasonal vegetables

## INSTRUCTIONS

1. Put all ingredients for hummus in a food processor and blend well until creamy.
2. Divide the mixture into 3 bowls.
3. **For the yellow colour:** add turmeric to the first bowl and combine well with a spoon.
4. **For the green colour:** Place the hummus of the second bowl in the food processor, add the spinach and blend well.
5. **For the red colour:** Clean the food processor, add the hummus of the third bowl together with the beetroot and blend well.
6. Cut various vegetables into desired shapes for dipping.



# MINI FALAFEL WITH TAHINI DRESSING

**PREP TIME** 5 minutes

**TOTAL TIME** 30 minutes

**MAKES** 10-12 falafel

## INGREDIENTS

### MINI FALAFEL

240 g pre-cooked chickpeas drained  
1/2 red onion finely chopped  
1/2 cup spring onions finely chopped  
1/2 teaspoon smoked paprika (to taste)  
2 teaspoons onion powder (to taste)  
1 teaspoon organic vegetable stock powder  
1 teaspoon cumin powder  
1 potato finely grated and drained  
2 tablespoons olive oil + 4-5 tablespoons for frying  
4 tablespoons lemon juice  
1/2 cup (50 g) oats  
Salt, pepper  
1/2 cup dry shredded coconut  
10-12 square bread slices

### TAHINI DRESSING

1/2 cup (100 g) tahini  
1/2 cup water  
2 tablespoons parsley  
(chopped)  
Juice of 1 lemon  
1 garlic clove  
Salt, pepper

### TOPPINGS

1 red onion sliced  
6-8 cherry tomatoes  
sliced  
2 cucumbers sliced  
3-4 tablespoons  
parsley leaves

## INSTRUCTIONS

1. Heat olive oil in a large non stick skillet over medium to high heat and cook onions until soft and browned. Let them get cold and transfer to a food processor. Reserve skillet for later use.
2. Add the chickpeas, smoked paprika, onion powder, cumin powder, grated potato, olive oil, lemon juice, oats, salt and pepper to the food processor. Pulse until the mixture comes together. Let it cool.
3. Place the shredded coconut in a wide bowl or a plate.
4. Form the mixture into small patties. Dip the patties one by one into the shredded coconut. Heat 2-3 tablespoons olive oil in the nonstick skillet over medium to high heat, and fry the patties.
5. Prepare the tahini dressing by adding all the ingredients for the tahini in the blender and blend until smooth and creamy.
6. Cut the slices of bread in 5cm round shapes and brush one side with olive oil. Toast them until lightly browned. To assemble: Layer half tablespoon of tahini dressing, then 2-3 parsley leaves, a falafel, 1-2 slices of tomatoes, cucumber, onions and drizzle with some tahini dressing. Finish off with some slices of tomatoes and top with the other slice of bread.





# FUNNY RICE FACES

**PREP TIME** 2 minutes

**TOTAL TIME** 45-50 minutes

**MAKES** 5-6 servings

## INGREDIENTS

1 cup basmati rice  
2 tablespoons olive oil  
2 tablespoons sesame oil  
2 tablespoons rice vinegar  
or white wine vinegar  
2 1/2 cup hot water

### STRAWBERRY SAUCE

20-25 strawberries  
2-3 tablespoons agave syrup or honey  
or agave syrup  
1/4 cup water

### TOPPINGS

Eyes: 20-25 hippophaes berries  
Smile: 1/4 sheet sushi nori  
Nose: 1 carrot  
Hat: 4-5 strawberries  
Hair: 15 broccoli florets & 4-5 green beans

## INSTRUCTIONS

1. Wash the rice in a mesh strainer until the water runs clear. Put the rice with 2 1/2 cups of hot water in a saucepan.
2. Bring to a boil over high heat, stirring occasionally for 5 minutes.
3. Reduce heat to low, cover. Simmer rice until the water is absorbed, 15 to 20 minutes. Allow rice to cool.
4. Divide the cooked rice into 3 equal portions. Use one portion of rice for each colour face.
5. Mix the ingredients for each colour in each portion. Use your fingers to mash the rice grains, press the rice to shape a small ball, start sticking the eyes, mouth (cut it from the sushi nori) and the hair.
6. Repeat to make a total of 6-8 rice balls of each colour. Choose any rice colour to make a bigger face ball, cut 2 circles from the sushi nori and use it as the eyes and the carrot as the nose.

### STRAWBERRY SAUCE

1. Put all the ingredients in a blender and blend for 1 minute.

### YELLOW FACES

1/3 teaspoon turmeric  
2 tablespoons rice vinegar or  
white wine vinegar  
1 teaspoon agave syrup or honey  
salt, pepper

### WHITE FACES

2 tablespoons rice vinegar or  
white wine vinegar  
1 teaspoon agave syrup or honey  
salt, pepper

### GREEN FACES

1/4 avocado  
2 tablespoons rice vinegar or  
lemon juice  
2 teaspoons agave syrup  
or honey  
salt, pepper







# MANGO AND AVOCADO OPEN SANDWICH

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**PREP TIME** 3 hours    **TOTAL TIME** 3 hours + 15 minutes    **MAKES** 3-4 sandwiches

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## INGREDIENTS

1 mango (250 g) peeled and chopped in cubes  
2 avocados (350 g) peeled and chopped in cubes  
1/2 red onion (50 g) finely chopped  
1/2 yellow pepper chopped in small cubes  
1/2 red pepper chopped in small cubes  
4 to 6 mint leaves chopped  
4-6 slices of bread, toasted  
2 tablespoons lemon juice  
Salt, pepper  
1 tablespoon black cumin seeds

### **CREAM "CHEESE" SPREAD**

200 g cashews soaked overnight or for 3 hours  
3 tablespoons nutritional yeast  
1 tablespoon sesame oil  
1 tablespoon tamari or soy sauce  
1 tablespoon onion powder  
Juice of 1 lemon  
Salt, pepper

## INSTRUCTIONS

1. Pour chopped mango, avocado, onions, peppers, mint leaves, lemon juice, salt, pepper in a bowl and toss. Set aside.
2. **CREAM "CHEESE" SPREAD:** Pour all ingredients for the cream cheese in the blender and blend until smooth and creamy, scrapping down the sides.
3. Spread the cream cheese on the toasted bread slices, top with the mango and avocado mixture. Finish off with cream "cheese" and sprinkle with black cumin seeds. Serve immediately.







# VEGGIE PIZZA WITH HOMEMADE SUNFLOWER "CHEESE"

**PREP TIME** 3 hours

**TOTAL TIME** 3:30 hours

**MAKES** 3 round 20cm pizzas

## INGREDIENTS

1 cup (300 ml) warm rice milk  
or any other non dairy milk  
1 packet (10 g) dry yeast  
1 teaspoon coconut sugar  
2 cups (420 g) whole-wheat flour  
+ extra for dusting  
1/4 cup (85 g) semolina + extra for dusting  
3 to 4 tablespoons olive oil  
Salt

## EASY HOMEMADE TOMATO SAUCE

1 big very mature tomato (170 g)  
3 tablespoons olive oil  
1/4 cup fresh basil, finely chopped  
2 garlic cloves, finely chopped  
3 tablespoons tomato paste  
Salt, pepper

## INSTRUCTIONS

### SUNFLOWER "CHEESE" or use any vegan cheese

1. Pour all the ingredients of the "cheese" in a blender and blend until creamy and smooth. Taste and adjust flavor. Set aside.

### EASY HOMEMADE TOMATO SAUCE

1. Pour all the ingredients in the blender and blend well. Set aside.

### PIZZA DOUGH

1. In a big bowl put the lukewarm milk, salt, yeast, coconut sugar and mix using a fork on a circular movement, slowly adding in the flour & semolina. Continue to mix, bringing in the flour (you may not need all the flour)– when the dough comes together and becomes too hard to mix with your fork, flour your hands and begin to pat it into a ball.
2. Keep kneading for 5-10 minutes, or until you have a smooth, springy, soft dough. Place the dough in a lightly oiled bowl, cover, and allow to rise for 1½ to 2 hours or until the dough doubles in size.
3. Punch the dough to de-gass it and divide it into 3 equal sized balls.
4. Cover the balls of dough and let rest 60 minutes then shape.
5. To shape your pizza take a ball of dough and press into a disc shape. Lightly flour top and bottom and gently press and pull the dough with your finger tips, turning it often to create a 20 cm circle
6. Spread 2-3 tablespoons of the tomato sauce on each pizza dough. Add 2-3 tablespoons of sunflower cheese or any vegan cheese of your choice and then the toppings. Sprinkle the edges of the pizzas with semolina.
7. Sprinkle the baking pans with flour. Place the pizzas into baking pans, drizzle with olive oil and bake in a preheated oven for 30 minutes at 180°C.

## SUNFLOWER "CHEESE"

1 cup sunflower seeds  
(soak for 3 hours or overnight)  
3 tablespoons onion powder  
2 tablespoons nutritional yeast  
Juice of 2 lemons (to taste)  
2 tablespoons olive oil  
1 garlic clove  
1/2 cup non dairy milk  
1 teaspoon salt (to taste)  
Pepper

## TOPPINGS

1/2 red, 1/2 yellow, 1/3 orange  
bell peppers cut in slices  
3 mushrooms chopped in slices  
1 cup sweet corn  
1/2 red onion chopped in slices





# SALAD IN A JAR

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**PREP TIME** 5 minutes

**TOTAL TIME** 10 minutes

**MAKES** 2 medium jars

## INGREDIENTS

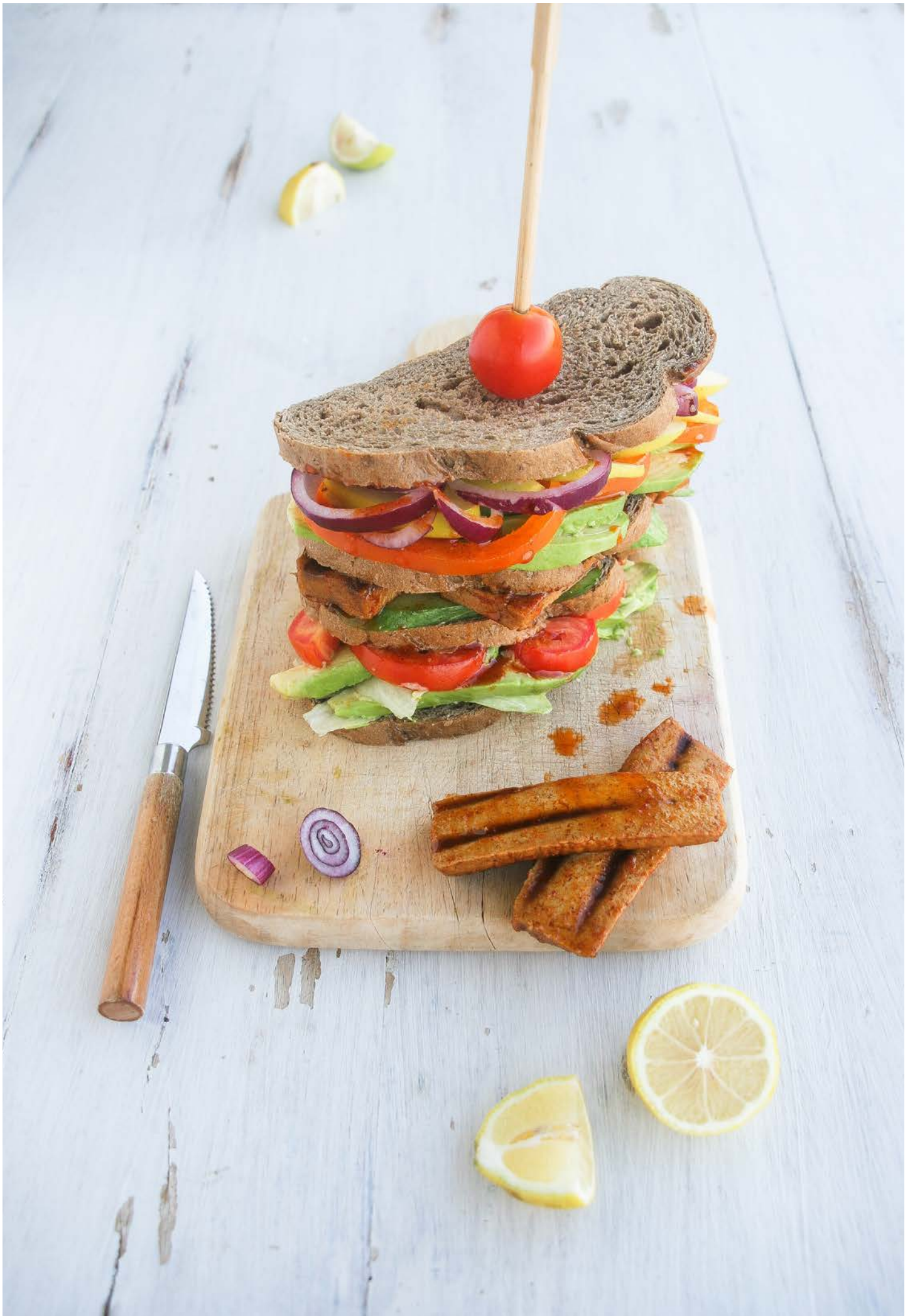
1/2 iceberg roughly chopped  
1 cucumber sliced  
1 pear cored and thinly sliced  
1 peach chopped in cubes  
1 cup fresh cilantro roughly chopped  
1 spring onion cut in thin slices  
2 tablespoons sesame seeds

### **BALSAMIC DRESSING**

6 tablespoons olive oil  
1 tablespoon balsamic vinegar  
1 tablespoon mustard  
1 tablespoon agave syrup or honey  
Salt, pepper

## INSTRUCTIONS

1. Place the chopped cilantro to the bottom of the jar. Layer 3/4 cups of the iceberg and some cucumber slices, then add some slices of spring onions, chopped peaches and some sesame seeds. Finish with some pear slices. Drizzle with the balsamic dressing.
2. **BALSAMIC DRESSING:** In a small bowl mix well all the ingredients for the balsamic dressing.





# CLUB SANDWICH WITH SMOKED TOFU

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**PREP TIME** 5 minutes

**TOTAL TIME** 20 minutes

**MAKES** 2 servings

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## INGREDIENTS

4 slices of whole-wheat bread  
1/2 orange bell pepper  
1 big tomato sliced  
1 cucumber sliced  
1/2 avocado  
1/2 apple in slices  
2 iceberg leaves  
1/2 red onion in slices  
2 tablespoons coconut oil

### SMOKED TOFU

1 teaspoon smoked paprika  
3 tablespoons olive oil  
1 tablespoon agave syrup or honey  
1 tablespoon soy sauce  
100 gr firm tofu, cut lengthwise  
in 1/2 cm thick slices  
salt & pepper

## INSTRUCTIONS

1. Place the tofu slices in a small shallow Pyrex.
2. Combine the paprika, olive oil, honey, soy sauce, salt and pepper in a bowl and mix. Pour over the tofu.
3. Turn the tofu over to make sure it's covered with the marinade. Cover the Pyrex with plastic wrap and place in the refrigerator for at least 30 minutes.
4. Over medium-high heat, add 1 tablespoon coconut or olive oil in a non-stick skillet. Remove the tofu from the marinade and place in the skillet. Let it cook until golden, for about 3-5 minutes. Lower heat as necessary to prevent burning. Turn tofu and cook on the other side until golden. Remove and set aside.
5. Brush the slices of bread with olive oil and grill. To assemble, layer the vegetables on bread as follows: First place the iceberg leaves then another slice of bread, then avocado, 2 slices of tomato, slice of bread, 3-4 slices of cucumber, 2-3 slices of tofu, another slice of bread then avocado, the peppers and top with the apple. Finish off with some slices of onion and top with last slice of bread.



# COLESLAW WRAP WITH POTATO SAUCE

**PREP TIME** 5 minutes

**TOTAL TIME** 15 minutes

**MAKES** 2 tortillas

## INGREDIENTS

2 tortillas

### POTATO SAUCE

1/4 cup 70 ml olive oil

1/2 cup 150 ml water

2-3 tablespoons apple cider vinegar  
(to taste)

1 big potato pre-cooked

Salt, pepper

### FILLING 1

1 1/2 cup (150 g) white cabbage  
finely chopped

1 carrot shredded

Juice of 1/2 lemon

5 tablespoons of the potato sauce  
(see below)

Salt, pepper

### FILLING 2

2 beetroots roughly shredded

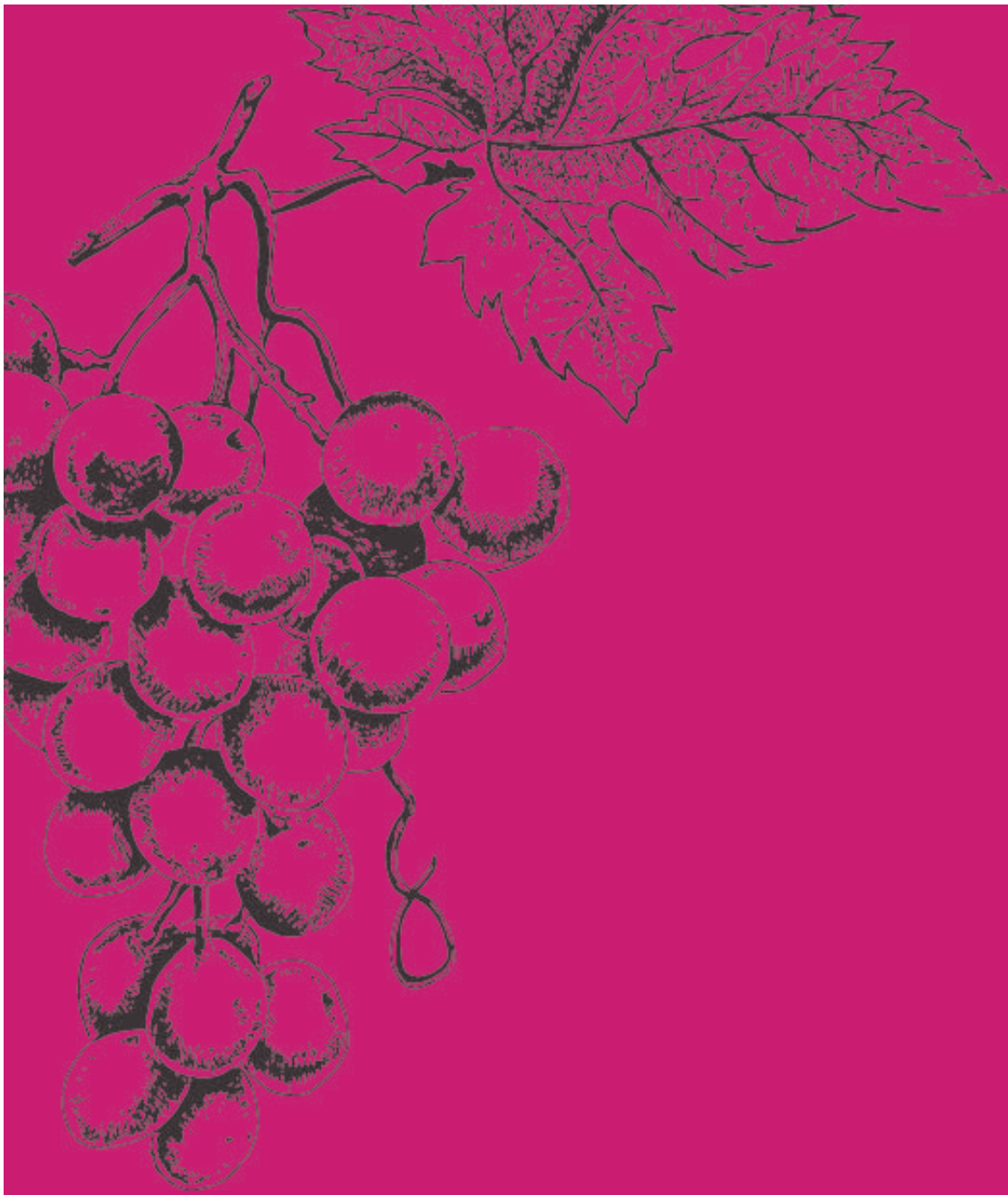
2 tablespoons of the potato sauce

Salt, pepper

## INSTRUCTIONS

- 1. POTATO SAUCE:** Pour all the ingredients for the potato sauce in a blender, blend until smooth and creamy. Adjust flavor by adding more salt or vinegar. Set aside.
- 2. FILLING 1:** In a bowl add the white cabbage, carrot, lemon juice, salt, pepper and 5 tablespoons potato sauce and toss well. Set aside.
- 3. FILLING 2:** In a bowl add the roughly shredded beetroot and 2 tablespoons potato sauce, salt, pepper and toss well. Set aside.
- 4.** Take one tortilla and spread half with filling 1 and other half with filling 2. Roll up tightly, wrap in baking paper and then plastic wrap. Repeat the procedure with the other one.
- 5.** Refrigerate at least 1 hour. Unwrap and cut in half to serve.





# SWEET SNACKS

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APPLE & PEANUT BUTTER TOWER

CUPCAKES WITH GRAPE SYRUP  
& VEGAN CHOCOLATE WHIPPED CREAM

FRUIT STICKS WITH ORANGE  
CHOCOLATE SAUCE

HEALTHY CAKE POPS

BUTTER FREE GINGER COOKIES

DAIRY FREE CHOCOLATE SAUCE

STRAWBERRY SAUCE

INSTANT BANANA-VANILLA ICE CREAM

MINI APPLE PIES

INSTANT STRAWBERRY ICE CREAM

DATES STUFFED WITH PEANUT BUTTER

PRALINE TORTILLA WRAP

RED VELVET TRUFFLES WITH  
HOMEMADE CHOCOLATE SAUCE





# APPLE & PEANUT BUTTER TOWER

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**PREP TIME** 2 minutes

**TOTAL TIME** 5 minutes

**MAKES** 1 serving

## INGREDIENTS

1 apple (preferably organic)  
2 tablespoons peanut butter  
2 tablespoons carob honey

## INSTRUCTIONS

1. Cut the apple into thin slices. Use a knife to remove the pits.
2. Spread a little peanut butter on each slice and drizzle with 1-2 tablespoons carob honey.



# CUPCAKES WITH GRAPE SYRUP & VEGAN CHOCOLATE WHIPPED CREAM

**PREP TIME** 2 minutes

**TOTAL TIME** 20 minutes

**MAKES** 12-15 cupcakes

## INGREDIENTS

3/4 cup (185 ml) grape syrup or any other liquid sweetener  
1 1/2 cup (350 ml) water  
1/4 cup (35 ml) apple cider vinegar  
1 tablespoon (5 g) liquid vanilla  
3/4 cup (125 ml) olive oil  
1 cup (50 g) dried shredded coconut  
2 cups (250 g) whole grain flour  
1 tablespoon baking powder  
1 tablespoon baking soda

## VEGAN CHOCOLATE WHIPPED CREAM

75 g sugar free dark chocolate  
200 g cashews  
50 g almonds  
1 tin coconut milk (refrigerated overnight)  
25 g cacao  
pinch of salt

## TOPPINGS

1-2 dry strawberries roughly chopped  
1 teaspoon cacao nibs  
1 teaspoon coconut flakes

## INSTRUCTIONS

1. Preheat oven to 180°C.
2. Place all ingredients for the cup cakes in a food processor and blend until well combined. Pour mixture into cup cake cases and bake for about 15-20 minutes, or until a toothpick inserted into the center comes out clean.
3. Remove from baking pan and allow to cool at room temperature.

## VEGAN CHOCOLATE WHIPPED CREAM

1. Melt the chocolate in a double boiler.
2. Add the cashews and almonds to a food processor and process until the mixture is smooth.
3. Add the melted chocolate, the coconut milk (both cream from the milk and the liquid in the bottom of the tin), the cacao and salt in a food processor. Process for a few seconds, until smooth and creamy.
4. Transfer to a bowl and refrigerate for at least two hours.
5. Frost cupcakes depending on your preferred design. Top each cake with dry strawberries, cacao nibs and coconut flakes.





# FRUIT STICKS WITH ORANGE CHOCOLATE SAUCE

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**PREP TIME** 5 minutes

**TOTAL TIME** 15 minutes

**MAKES** 12-15 sticks

## INGREDIENTS

### FRUIT STICKS

- 1 star fruit cut in 1 cm slices
- 1 banana cut in 1 cm slices
- 2 kiwis cut in 1 cm slices
- 1/2 orange cut into thick slices and then quarters
- 1 dragon fruit cut into thick slices and / or quarters
- 10-15 grapes
- 12-15 wooden skewers

### ORANGE CHOCOLATE SAUCE

- 3 tablespoons cacao
- 2 tablespoons fresh orange juice
- 2 tablespoons agave syrup or honey
- 1 tablespoon vanilla
- 1/2 or 1 teaspoon orange zest

## INSTRUCTIONS

1. Using skewers, slide fruit onto stick in any order.
2. In a bowl mix all ingredients of the orange chocolate sauce until well mixed. Drizzle the fruit sticks with the chocolate sauce.







# HEALTHY CAKE POPS

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**PREP TIME** 2 minutes

**TOTAL TIME** 25 minutes

**MAKES** 15-18 cake pops

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## INGREDIENTS

### CAKE POPS

1 cup (170 g) sunflower seeds  
1 cup (60 g) shredded coconut  
1 cup (145 g) raisins  
2 tablespoons agave syrup or honey  
2 tablespoons coconut milk or water  
pinch of salt  
2 tablespoons vanilla extract

### CHOCOLATE SAUCE

2 tablespoons olive oil  
3 tablespoons agave syrup  
or honey  
3 tablespoons cocoa  
1 tablespoon coconut milk  
pinch of salt  
2 tablespoons vanilla extract

## INSTRUCTIONS

1. Put the sunflower seeds, dry shredded coconut, raisins in a food processor and blend well until everything is combined.
2. Add agave syrup, milk, salt, vanilla to the mixture and blend again. Refrigerate for about 20 minutes.
3. In a bowl mix all the ingredients for the chocolate sauce.
4. Remove the mixture for the cake pops from the refrigerator and roll dough into small balls.
5. Dip each cake pop into the chocolate sauce. Use a fork to remove them from the chocolate sauce. Transfer onto a parchment paper and refrigerate for half hour to firm.



# BUTTER FREE GINGER COOKIES

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**PREP TIME** 5 minutes

**TOTAL TIME** 15 minutes

**MAKES** 60 cookies

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## INGREDIENTS

2 1/2 cups (350 g) whole wheat flour + some more for rolling the dough  
3/4 cups (150 g) coconut sugar  
1/2 cup (120 g) extra virgin olive oil  
1 or 2 tablespoons ground ginger (to taste)  
1 teaspoon baking soda  
1 tablespoon flax seeds mixed with 3 tablespoons of water  
1/4 cup (40 g) coconut milk  
5 tablespoons (65 g) agave syrup or honey

## OPTIONAL TOPPINGS

Chocolate or strawberry sauce  
(See recipes on pages 46-49)

## INSTRUCTIONS

- 1.** In a food processor add the flour, coconut sugar, olive oil, ground ginger and soda and blend until well combined.
- 2.** Add into the mixture the flax seeds, coconut milk and agave syrup and mix well. Roll the dough onto a floured surface until it is about 3mm thick. Use additional flour if necessary.
- 3.** Using a cookie cutter cut dough and plate cookies on a baking sheet.
- 4.** Bake the cookies in a preheated oven of 180 °C for about 10 minutes. Let them cool.
- 5.** Add the chocolate or strawberry sauce and enjoy!





# DAIRY FREE CHOCOLATE SAUCE

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**PREP TIME** 2 minutes

**TOTAL TIME** 5 minutes

**MAKES** 1 small jar

## INGREDIENTS

3 tablespoons agave syrup or honey  
2 tablespoons cacao  
2 tablespoons coconut or rice milk  
1 tablespoon vanilla essence

## INSTRUCTIONS

1. Put all the ingredients in a small bowl, mix well with a spoon until sauce becomes smooth and creamy.
2. Taste and adjust flavor, adding more cacao or agave.

## NOTE

This sauce is the perfect addition to cookies, cakes, smoothies, ice creams, pancakes and many more.





# STRAWBERRY SAUCE

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**PREP TIME** 2 minutes

**TOTAL TIME** 2 minutes

**MAKES** 1 small jar

## INGREDIENTS

200 g strawberries  
1 very mature banana  
3 tablespoons ground flax seeds  
50 g agave syrup or honey

## INSTRUCTIONS

1. Pour all ingredients in a food processor and blend until smooth and creamy.
2. Refrigerate for at least 20 minutes and use as a cookie topping.

## NOTE

The strawberry sauce can also be used as a salad dressing, on pancakes, crepes, smoothies, cakes and cupcakes.



# INSTANT BANANA-VANILLA ICE CREAM

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**PREP TIME** 4 hours

**TOTAL TIME** 4 hours

**MAKES** 15-18 scoops

## INGREDIENTS

### ICE CREAM

1 kg frozen bananas in pieces  
(about 16-18 medium sized very mature bananas)  
1 tablespoon vanilla essence

### CHOCOLATE SAUCE

2 full tablespoons (60 g) coconut oil  
1 tablespoon cacao  
2 tablespoons agave or honey  
1 tablespoon vanilla essence

### TOPPING

3 tablespoons goji berries  
2 tablespoons (15 g) dry shredded coconut

## INSTRUCTIONS

1. Peel the bananas, cut them into small pieces, put them in a freezer bag and freeze for 4 hours or overnight.
2. Blend the frozen bananas in a food processor or powerful blender.
3. Continue blending, scraping down the sides.
4. Add vanilla, blend until creamy and soft like ice cream texture.
5. Scoop ice cream into 6 bowls or glasses and top with the chocolate sauce and the topping.

### CHOCOLATE SAUCE

1. Put all the ingredients in a small bowl, mix well.

### TOPPING

1. In a blender or coffee grinder, process the goji berries until they are finely ground. Pour them in a bowl and mix with the dry shredded coconut.







# MINI APPLE PIES

**PREP TIME** 2 minutes

**TOTAL TIME** 25 minutes

**MAKES** 20-22 apple pies

## INGREDIENTS

### FOR FILLING

3 apples  
2 tablespoons brown sugar or coconut sugar  
2 tablespoons (50 g) agave syrup or honey  
1/2 teaspoon cinnamon  
1 tablespoon vanilla extract  
1 tablespoon lemon juice  
3/4 cup (70 g) ground sunflower seeds  
2 tablespoons whole wheat rusks, milled

### FOR DOUGH

2 3/4 cups (500 g) whole wheat flour  
1/3 cup (50 g) coconut sugar  
2 teaspoons baking powder  
1/2 cup (120 g) olive oil  
3 tablespoons (20 g) apple cider vinegar  
3/4 cup (200 g) coconut milk

## INSTRUCTIONS

### FOR FILLING

1. Peel the apples, cut into cubes and pour them in a bowl.
2. Mix the rest of the ingredients for the stuffing and set aside.

### FOR DOUGH

1. Pre-heat the oven to 180 °C.
2. Put all the ingredients of the dough in a bowl. Knead the dough until it becomes nice and soft. Divide the dough into 20 balls.
3. Make small balls out of the dough (size of an apricot) and open into small pies.
4. Put a teaspoon of the filling in each, fold over to be shaped like half a moon and press the edges with a fork.
5. Place the pies in a baking tray lined with grease-proof paper. Bake for 20-25 minutes.





# INSTANT STRAWBERRY ICE CREAM

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**PREP TIME** 4 hours

**TOTAL TIME** 4 hours

**MAKES** 15-18 scoops

## INGREDIENTS

### STRAWBERRY ICE CREAM

1 cup (200 g) frozen bananas in pieces  
4 1/2 cups (800 g) frozen strawberries in pieces  
1 tablespoon vanilla essence

### CHOCOLATE SAUCE

2 full tablespoons coconut oil (60 g)  
1 tablespoon cacao  
2 tablespoons agave syrup or honey  
1 tablespoon vanilla essence

### TOPPING

2-3 tablespoons dry shredded coconut

## INSTRUCTIONS

1. Cut bananas and strawberries into small pieces and put them in a freezer bag. Freeze for 4 hours or overnight.
2. Blend the frozen banana pieces and strawberry pieces in a food processor or powerful blender, scraping down the sides.
3. Add vanilla, blend until creamy and soft like ice cream texture. You can eat the ice cream immediately or you can transfer it into an airtight container and freeze it.
4. Scoop ice cream into 6 bowls or glasses and top with the chocolate sauce and dry shredded coconut.

### CHOCOLATE SAUCE

1. Add all ingredients in a small bowl and mix well.



# DATES STUFFED WITH PEANUT BUTTER

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**PREP TIME** 20 minutes

**TOTAL TIME** 35 minutes

**MAKES** 20 dates

## INGREDIENTS

20 dates (without the pits)  
2-3 tablespoons peanut butter (depends how big the dates are)  
160 gr sugar free and dairy free dark chocolate  
2-3 tablespoons peanuts roughly chopped

## TOPPING

1 tablespoon goji berries  
1 teaspoon dry shredded coconut

## INSTRUCTIONS

- 1.** Fill each date with 1/2 teaspoon peanut butter. Put it in the freezer for 15-20 minutes.
- 2.** Melt the chocolate in a double boiler: Fill a saucepan about 1/4 full with water and bring to a boil. Reduce the heat to a simmer and fit a bowl into the saucepan. The bottom of the bowl should not reach the water. Add the chopped chocolate until its melted.
- 3.** Drop the stuffed dates, one by one, into the melted chocolate. Then turn over with a spoon to make sure they are coated all around. Retrieve them with a fork. This will allow the excess chocolate to drain back into the bowl.
- 4.** Transfer stuffed dates to a baking paper, use a toothpick to help slide the truffle off the fork. Sprinkle with dry shredded coconut and goji berries before the chocolate sets.





# PRALINE TORTILLA WRAP

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**PREP TIME** 15 minutes

**TOTAL TIME** 25 minutes

**MAKES** 2 tortillas

## INGREDIENTS

2 tortillas  
2 bananas chopped in slices  
6 strawberries chopped in slices  
3-4 tablespoons peanut butter

### PRALINE

1 cup (190 g) hazelnuts  
Pinch of salt  
1 tablespoon cacao  
2-3 tablespoons honey or agave syrup  
1 tablespoon vanilla extract  
2 tablespoons olive oil

## INSTRUCTIONS

1. Preheat the oven to 160°C.
2. Roast the raw hazelnuts in the oven for 10-15 minutes. (check regularly, not to burn)
3. Remove hazelnuts from the oven and rub them in a towel to remove as much of the skin as possible.
4. Process the hazelnuts in a food processor, scraping down the sides until they become creamy. Add the, salt, cacao, honey, olive oil and mix until smooth and creamy.
5. Take the tortillas, spread first with some peanut butter, then add the praline, some slices of bananas and strawberries, roll up tightly, cut in half and enjoy.







# RED VELVET TRUFFLES WITH HOMEMADE CHOCOLATE SAUCE

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**PREP TIME** 10 minutes

**TOTAL TIME** 10 minutes

**MAKES** 12-15 truffles

## INGREDIENTS

### RED VELVET TRUFFLES

2 cups (350 g) cashews  
1 1/2 cups (90 g) shredded dry coconut + more for coating  
1 pre-cooked (80 g) beetroot, chopped  
2 tablespoons (20 g) coconut sugar  
4 tablespoons (70 g) agave syrup or honey  
3 tablespoons vanilla extract

### HOMEMADE CHOCOLATE SAUCE

2 tablespoons cacao  
2 tablespoons agave syrup or honey  
2 tablespoon coconut oil, melted

## INSTRUCTIONS

1. Add the all ingredients to a food processor and process until a dough is formed.
2. Shape the dough into small balls. The size of a small apricot.
3. Put the shredded coconut into a small bowl. Roll the truffles in the coconut and place them into airtight container.
4. Refrigerate for about 20 minutes.
5. Prepared the homemade chocolate by adding all the ingredients in a small bowl and mix well with spoon.
6. Drizzle the chocolate over the truffles and refrigerate.



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