



Fabulous Health

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vegan recipes

by **TERRI CHRISMAN**

fabuloushealth.net



A message from Terri Chrisman.

I'm a qualified Fitness Professional and Plant Based Nutritionist. I have a Master of Human Nutrition (2018) and a Bachelor of Sport and Exercise Science (2013). I am an Australian based in Dallas, Texas. I am a mum of two grown up children and I'm married to the most wonderful man on the planet. I'm Fit, Fifty...ish and FABULOUS!!!

I am dedicated to helping as many people as I can lead healthy, vital and happy lives. I advocate a plant based whole foods diet free from animal products, hormones, antibiotics and other chemicals. I am a firm believer that food can be the best medicine (or poison – depending upon what you eat) and that you can transform your health for the better with a change in diet and exercise.

I believe that our environment plays an enormous part in our health, and eradicating chemical toxins from our homes - such as those found in cosmetics, personal care and cleaning products - can reduce cell oxidation and keep us healthy well into our old age.

I use and recommend safe and effective products by Young Living,
based on therapeutic Essential Oils.

I hope you enjoy these free recipes. Please let me know if you make them.

I welcome all your comments. Feel free to ask me anything.

To your Fabulous Health

Terri xx

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Enjoy x

Tofu breakfast scramble



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Prep Time 10 mins,
Cook Time 10 mins,

INGREDIENTS

1 Packet (300gm) of Firm Tofu
2 cups mixed veg of choice
(onion, mushroom, red pepper,
broccoli, beans etc) chopped tiny
1-2 cups chopped kale or baby spinach
Herbs of choice – basil, coriander
2 cloves garlic – chopped finely
2tsp Turmeric
½ chopped chilli
or 1 tsp Sriracha sauce (optional)
2Tbs Nutritional Yeast
1tsp Vegetable stock
½ cup water

Method

Open Tofu, pour out water and cut into 1cm slabs.

Wrap in paper towel and squish out all the water
(you might need to do this twice.)

Mix the stock powder with water and place in pan

Add all veg and garlic and cook till tender

Squish the tofu through your fingers till it resembles
scrambled eggs consistency
and add to veg.

Add turmeric, kale and nutritional yeast - and more
water if necessary.

Stir through coriander and serve with toasted
wholegrain sourdough bread.

Shepherds pie



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Oven to 350°F (180°C)

Prep time 15 mins

Cook time 30 mins

INGREDIENTS

2 Cans Brown Lentils
(or 1 cup raw – soaked and cooked)
2 cloves (or more) garlic – crushed
½ large Onion (chopped finely)
5–6 cups grated mixed veggies
(mushrooms, zucchini, carrot)
300ml Passata
2tbs Tomato Paste
Shake dried Oregano
1 Stock Cube
400gm can Tomatoes
1tbs Pesto (optional)

TOPPING:

2 large Potatoes
1/4 Cauliflower
1–2 Tsp garlic paste
Salt/Pepper

DIY PARMESAN CHEESE:

Equal parts nutritional yeast, almond meal, breadcrumbs

Method

Peel and chop potatoes and floret cauliflower and cook in water for 20 mins.

When potato and cauliflower are soft, drain and rinse.

Add garlic paste, salt and pepper.

Mix with electric beater till fluffy. Set aside.

Meanwhile: Cook onion and garlic in a little stock

Add all other ingredients. Simmer 30 mins to soak up most of the liquid.

Ladle pie filling into Pyrex dish.

Top with mash potato and cauliflower mix. Sprinkle on DIY Parmesan or Follow Your Heart Vegan parmesan.

Bake for 20–30 mins or until brown on top.

NOTE: Use this recipe as a filling for Vegan lasagne.

Meatless Spaghetti Bolognese



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Prep Time 10 mins

Cook time 20 mins

INGREDIENTS

1 red onion – chopped finely
2 tsp Garlic – crushed
2 Sticks celery – chopped finely
1 Tsp veggie stock powder
+ ½ cup water
4 Crimini Mushrooms – grated
1 carrot – grated
2 Cans Brown lentils (drained)
OR 1 Pack Vegan Mince
½ tsp fresh chili (optional)
2Tbs Tomato Paste
1 can chopped tomatoes
500ml Passata (strained tomatoes)
1tbs Vegan Pesto OR handful
chopped fresh basil
450gm whole wheat pasta

Method

Sauté garlic, onion and celery in 1tsp stock powder and 1/2 cup water

When soft add all other ingredients and simmer for 20 minutes.

Cook pasta as per manufacturer's instructions

(For extra protein use Lentil or Chick Pea Pasta instead of wheat pasta.)

Want MEXICAN Chili instead?

Use 2 cans Red Kidney Beans and add Jalapeno Peppers. Swap Basil/Pesto for Cilantro.
Serve with Brown Rice.

Black Bean And Tempeh Casserole



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Prep Time 30 mins

Cook time 15 mins

INGREDIENTS

1 packet Tempeh, cubed
150gm Sugar Snap Peas
200gm Broccoli
1 Red Capsicum (Bell Pepper)
1/2 Spanish Onion
1 Large Carrot, sliced
1 Zucchini, Sliced
100gm Button Mushrooms, sliced
1 can Black Beans, drained
1 Corn Cob
300gm Passata (strained tomatoes)
1 Can Chopped Tomatoes
Herbs of Choice

TEMPEH MARINADE

2 Tbs Liquid Aminos (or Tamari)
2 Tbs Lime Juice
2 Tbs Maple Syrup
1 tsp minced Ginger
1 tsp minced garlic
1 small minced chilli or 1tsp Sriracha
1Tbs Liquid Smoke

Method

Soak Tempeh in marinade for 30 mins.

Cook in iron skillet till all marinade is absorbed.
Stir continuously.

At the same time, blacken corn on a grill then remove kernels.

Add everything (except Beans and Tempeh) to a wok with a little stock.

Stir fry for 5-10 mins or until cooked to preferred texture.

Add beans and tempeh and cook further 3-4 mins until heated.

Serve with quinoa or other grain if desired.

Vegan Mac'n'cheese



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Prep time 10 mins
Cook Time 20 mins

INGREDIENTS

1 carrot
1 potato
½ onion
1tsp garlic
1 tsp Vegetable stock
½ cup Raw Cashews
2 cups water
Salt/pepper to taste
1-2Tbs Nutritional yeast
½ tsp Cayenne Pepper (optional)
1 packet of egg-free macaroni
or lentil pasta
Broccoli and mushrooms
(steamed to top)

Method

Chop carrot, potato and onion into big chunks and place in water with stock powder, cashews and garlic.

Boil until tender and transfer everything to a high-speed blender.

Add salt/pepper, nutritional yeast and cayenne to blender.

NOTE: If your blender cannot handle hot liquids, let cool first before blending.

Blend till smooth.

Cook macaroni/pasta as per manufacturer's instructions

Mix pasta and sauce together

Add lightly cooked fresh veggies on top.

Butter beans



Prep Time 5 mins

Cook time 5 mins

INGREDIENTS

2 cans of Butter Beans (Lima Beans)
2 Tbs Sundried Tomato Paste
1 Tbs Apple Cider Vinegar
Nob of Vegan Butter (10gm)
Bunch of Baby Spinach (chopped)
1-2 Tsp Roasted Garlic Puree
Salt/Pepper to taste
12 - 15 Cherry tomatoes, halved
1 small chilli pepper (optional)

Method

Put 1 1/2 cans of butter beans (including liquid) in a saucepan.

Stick blend the last half can of beans to a paste and add to pan.

Add everything else except butter.

Simmer 5 mins.

Add butter and serve with crusty bread.

Black Bean And Spinach Enchiladas



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Prep time 20 mins, Bake time 20 mins.

Oven temp 350°F, 180°C

INGREDIENTS

1 pack Ezekiel Sprouted Corn Tortillas
½ chopped onion
1 red/green pepper
1 cup chopped mushrooms
1-2 tsp Vegan stock powder
3 cups chopped kale or spinach
3-5 pickled jalapeño slices
– minced (optional)
2 cans Black beans (or 1 cup dry – soaked and boiled) ½ tsp iodized salt

ENCHILADA SAUCE

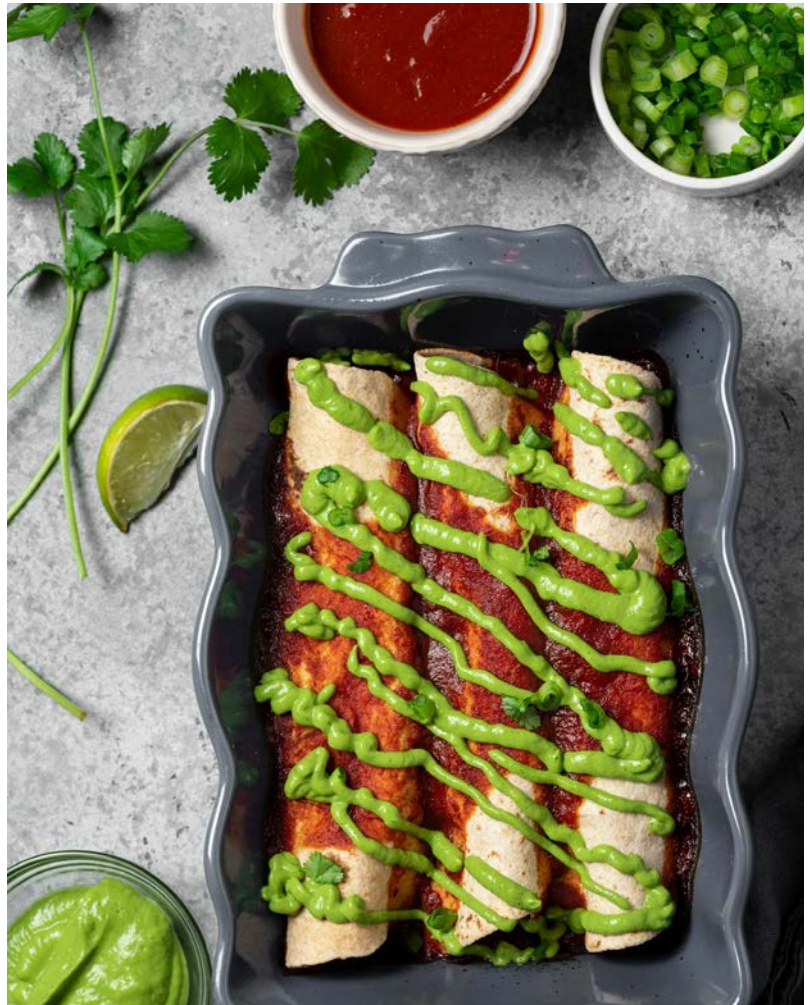
500ml Passata
(or 1 can tomatoes – blended)
4 sun dried tomatoes
Small handful chopped coriander
1Tbs tomato paste
1-2 tsp minced garlic
1-2 Tbs juice from pickled jalapeños
½ tsp cayenne pepper (optional)

CASHEW LIME MAYO

½ cup raw cashews, soaked for 2+ hours
½ cup water 1/4 Avocado
2Tbs Coriander
Juice of 1-2 limes (2Tbs)
For spice add 1Tbs Jalapeño juice
Blend everything.
Add more water to make it more pourable, less for thicker cream.

MEXICAN SLAW

¼ small cabbage, shredded
small purple cabbage, shredded
1 red capsicum sliced thinly
1 cup of thinly sliced jicama (white radish)
Bunch of coriander, chopped
½ cup spring onions, 2Tbs lime juice
Mix all together.



Method

Add onion, garlic, mushrooms, chilis, peppers to stock and cook till soft.

Add kale and cook for about 5-7 mins. Set aside.

Mash black beans with salt. Set aside.

One at a time, soften each tortilla on a hot pan.

Add 1 spoon of veggies and 1 spoon beans.

Roll and place in ovenproof dish seam side down.

Repeat till dish is full.

Blend everything together for Enchilada sauce.

Pour on top of enchiladas.

Bake at 180°C for about 20mins.

Serve with Mexican Slaw and Cashew Lime Mayo.

Overnight Oats



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BASIC RECIPE

Prep Time 5 minutes

Cook time - Overnight

50gm wholegrain oats
water

1-2 tsp chia seeds

1-2 tsp flaxmeal

¼ cup plant milk

FLAVOUR ENHANCING IDEAS

PB & JAM

1Tbs Peanut Flour or
1tsp Peanut Butter
1tbs Strawberry
Compote or
Sugar free Jam
Handful strawberries

APPLE CINNAMON

2Tbs Apple Sauce
¼ chopped Apple
20gm Walnuts
2 Shakes Cinnamon

CARROT CAKE

⅓ Grated Carrot
½tsp Pumpkin Pie
Spice
15gm sultanas
½ grated apple

CHOCO COCONUT

1Tbs toasted coconut
2tsp raw cocoa powder
1 extra pack stevia
Use coconut milk
1 tsp raw cocoa nibs

MANGO COCONUT

60gm cubed mango
Coconut Milk
1Tbs toasted coconut

POMEGRANATE CRANBERRY

2Tbs Pomegranate
Seeds
15gm Dried Cranberries

STRAWBERRY ALMOND

3-4 strawberries
chopped
10gm flaked almonds
1tsp Strawberry
Powder

CHUNKY MONKEY

1Tbs Cocoa Nibs or
Vegan Choc Chips
½ Chopped/Mashed
banana
1Tbs Peanut Flour or
1tsp Peanut Butter
4-5 chopped almonds

Tofu Yoghurt



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Prep time 10 mins
(No cook time)

INGREDIENTS

1 pack silken Organic Tofu
1Tbs sugar (to taste)
5-6 strawberries - chopped finely
1-2Tbs dehydrated strawberry powder
1tsp Vanilla
1Tbs sugar or stevia
1 Probiotic capsule (emptied)

Method

Blend everything together except strawberries.
Stir in strawberries at the end.

Chia And Banana Pudding



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Prep Time 5 minutes

Cook time 10 minutes

INGREDIENTS

2Tbs Chia Seeds

1 cup Almond Milk

1 Ripe Banana

½ tsp Cinnamon

½ scoop Vanilla Protein
powder (optional)

Handful Blueberries or more banana
– for topping

1Tbs Coconut Flakes

1 Packet Stevia

Method

Toast the coconut on a pan with no oil,
stirring continuously

Warm the milk. Add stevia, banana,
chia and cinnamon.

Blend.

Separate into 2 parfait glasses.

Leave 10 mins.

Top with blueberries and toasted coconut.

Vegan Fruit Gelato



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Prep time 5 minutes
Freeze time - overnight

INGREDIENTS

Freeze bananas, mangoes, strawberries, papaya, pineapple, blueberries, raspberries etc.

Method

Place frozen fruit in blender with juice of 1 lime.

Blend and serve.