



**PLANT-BASED**  
Health Professionals UK

# Plant-Based on a BUDGET

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# Plant-Based on a Budget

Eating plant-based does not have to be expensive. With the post-pandemic rise in the cost of living, keeping food costs low whilst maintaining a high-quality food intake is important for your health.

Buying plant-based meat alternatives and ready-made meals increases food costs. Instead, try to keep a well-stocked store cupboard, this will ensure you never go hungry and keep food costs low.

This guide will give some recipe suggestions, along with nutrients and costs.

Costs per portion are an **estimate** based on using the **lowest priced** ingredients available; such as **supermarket value range** and items on offer where possible. There are recipes included which require **no cooking**. This helps people with **fuel costs**.

The recipes have been chosen to be as **budget friendly as possible**, but with **plenty of nutrients**.

All recipes are **1 serving** unless stated, double the quantities for additional portions.

**A 2021 study from Oxford University revealed that a vegan diet is the most affordable, confirming that this way of eating is good for your budget as well as your health, and that of the planet.**



# Budget Friendly Shopping List

## Breakfast, lunch, starters

The ingredients listed are useful to make a wide range of recipes, including those in this guide. Costed on using the lowest priced product available, such as supermarket value range.

Many of these ingredients such as the spices will last weeks or months.

**Tip:**  
If budget is tight buy  
curry powder and chilli  
powder rather than all  
the spices.

## From the Freezer

- Frozen edamame beans 500g
- Frozen mixed berries 1kg (please follow pack instructions to defrost, can be swapped for fresh but the cost will be higher)

## From the Fridge

- Unsweetened fortified soya yogurt 500g
- Tofu 396g (Calcium set such as Cauldron or Lidl own brand) 2 packs
- Houmous 200g

## Fresh

- Kale 500G
- Greens 500g
- Carrots 1kg
- Broccoli 375g
- Onions x3
- Oranges 5 pack
- Bananas x 6 medium
- Lemons x 1
- Tomatoes 6 pack
- 600g pack of peppers
- Pack of mushrooms
- Ginger, fresh
- Baking potatoes x 4
- Wholemeal bread 800g (store in the freezer to extend life. Defrost or toast as needed)

## Long-life and Dried Stuff

- Unsweetened fortified soya milk (or other plant-based milk) 6 x 1 Litre
- Brazil nuts 200g
- Mixed nuts 200g
- Walnuts 200g (pieces can be cheaper than whole)
- Vegetable stock cubes
- Red Lentils 1kg
- Garam masala
- Chilli powder
- Turmeric, ground
- Ground cinnamon
- Ground Cumin 100g
- Cumin seeds
- Milled Flax seed 175g
- Rice 1kg
- Quinoa 300g
- Pasta 500g
- Rolled porridge oats 1kg
- Gram or chickpea flour 1kg
- Garlic granules
- Soy sauce 150ml
- Nutritional yeast flakes 100g
- Cannellini beans 1 x can
- Tinned tomato 400g 2 x can
- Chickpeas 2 x can
- Butter beans 1 x can
- Black beans 1 x can
- Peanut butter 340g
- Vegetable oil 1 litre

Costs may  
change, either  
up or down for  
some items.  
These prices were  
last checked  
15.06.23

**Total shopping list cost:  
£65.54**

# Breakfast Recipes

**The breakfast recipes can be eaten any time of day.**

They can be adapted to use what ingredients you have available. Some of these recipes can be mixed and matched, such as having pancakes with tofu scramble, or porridge with the topper.



**Overnight Oats**

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**Spiced Cinnamon & Apple Porridge**

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**Savoury Chickpea Pancakes**

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**Soya Yogurt, Fruit & Nut Topper**

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**Breakfast Smoothie**

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# Overnight Oats

47p per portion

## Ingredients

- 40g Oats
- 30g Frozen or fresh berries. (Frozen berries are cheaper, recipe nutrients based on frozen berries)
- 3 Brazil Nuts
- 135ml fortified, unsweetened plant milk

## Method

1. Mix 40g of oats with 135ml of fortified plant milk in a dish or container. (Nutritional values based on soya milk).
2. Top with frozen mixed berries. Follow pack instructions to defrost.
3. Top with 3 Brazil nuts.

**More fruit, nuts and seeds can be added as required. Walnuts, almonds, and Brazil nuts contain calcium.**



Nutrients:	Quantity	% RI
Energy(Kj)	1300 kJ	15%
Energy(kcal)	311 kcal	16%
Total Fat	16g	23%
Saturated Fat	3.5g	18%
Carbohydrate	29g	11%
Sugars	2.6g	3%
Fibre	5.8g	19%
Protein	11g	22%
Salt	0g	0%

# Soya Yogurt, Fruit & Nut Topper

82p per portion

## Ingredients

- 100g unsweetened fortified soya yogurt
- 60g frozen mixed berries
- 25g mixed nuts

## Method

1. Defrost frozen berries according to pack instructions. Can be replaced with fresh fruit but the cost per portion will be higher.
2. Place the yogurt in a bowl, top with the defrosted berries and nuts.
3. Eat alone or add to the savoury pancakes, porridge, or oats.



Nutrients:	Quantity	% RI
Energy(Kj)	556 kJ	7%
Energy(kcal)	134 kcal	7%
Total Fat	11g	16%
Saturated Fat	1.3g	7%
Carbohydrate	2.2g	1%
Sugars	2.2g	2%
Fibre	2.4g	8%
Protein	6.3g	13%
Salt	0.26g	4%

## Breakfast On The Go

### Ingredients

- 1 medium banana
- 1 medium satsuma or orange (depending on the season)
- 25g nuts
- 1 cup (250ml) of fortified plant milk

Nutrients:	Quantity	% RI
Protein	15g	30%
Total Fat	24g	34%
Carbohydrate	34g	13%
Energy	428 kcal	21%
Energy	1788 kJ	21%
Sugars	30g	33%
Fibre	6g	20%
Saturated Fat	3g	15%
Salt	0.36g	6%



81p per portion

This is a great option to grab in a hurry and eat on the go. Put the fruit and nuts in a container and the milk in a travel cup.

## Spiced Cinnamon And Apple Porridge

### Ingredients

- 1 cup (85g) rolled oats (or  $\frac{3}{4}$  cup of cooked steel cut oats)
- 250ml-300ml fortified soya milk (or plant milk of choice)
- 1 tsp ground cinnamon
- $\frac{1}{2}$  Pink Lady apple, sliced into matchsticks (or another red apple variety)
- 2 tbsp of ground flaxseed
- Optional: a chopped date, 1 tbsp of chopped walnuts, or a drizzle of almond butter

### Method

1. Pour the oats, plant milk, cinnamon and apple into a pan and simmer until it thickens, usually around 5-10 minutes.
2. Serve with ground flaxseed. Add a chopped date, drizzle of almond butter or some walnut pieces for crunch.



74p per portion

Nutrients:	Quantity	% RI
Energy(Kj)	2266 kJ	27%
Energy(kcal)	540 kcal	27%
Total Fat	18g	26%
Saturated Fat	2.4g	12%
Carbohydrate	69g	27%
Sugars	15g	17%
Fibre	14g	47%
Protein	20g	40%
Salt	0.02g	0%

# Savoury Chickpea Pancakes

Serves 2-4 people

Halve the ingredients if you don't intend to eat again the following day.

## Ingredients

- 125g gram flour
- 210ml soy milk, or any other plant-milk at hand
- ½ tsp ground coriander
- ½ tsp ground cumin
- ¼ tsp garlic powder
- ¼ tsp turmeric
- 1 tbsp of nutritional yeast
- 1 tsp oil to add richness (optional)
- black pepper
- pinch of salt
- Optional oil for frying

## Method

1. Add all the ingredients to a blender and blend until smooth. Alternatively, you can whisk all the ingredients in a large bowl.
2. Heat the pan to a high heat, then reduce the temperature to medium high. Add a few drops of vegetable oil to fry the pancakes.
3. Use ladle to pour batter in the pan, spread it evenly and cook until the bubbles show on the top and the bottom gets golden colour. Then flip and cook for about 1 minute on the other side or until the colour is golden brown.
4. Serve with fresh tomatoes, cucumber and parsley or see suggestions above.

35p per portion



Serve with the yogurt, fruit & nut topper or tofu scramble.

Unused mixture can be left in the fridge to use the next day.

Nutrients calculated without the use of optional oil.

Nutrients:	Quantity	% RI
Energy(Kj)	1127 kJ	13%
Energy(kcal)	268 kcal	13%
Total Fat	5.8g	8%
Saturated Fat	0.8g	4%
Carbohydrate	35g	13%
Sugars	3.5g	4%
Fibre	4.9g	16%
Protein	16g	32%
Salt	0.13g	2%

# Breakfast Smoothie

88p per  
portion

## Ingredients

- 1 large banana
- 135ml soya milk
- ½ tbsp of peanut butter
- 30g frozen berries
- 1 tbsp ground flax seed

## Method

1. Place all the ingredients into a blender until smooth (roughly 2 minutes).
2. Top with additional fruit or seeds as required.

Nutrients:	Quantity	% RI
Energy(Kj)	1103 kJ	13%
Energy(kcal)	26 kcal	13%
Total Fat	11g	16%
Saturated Fat	1.9g	10%
Carbohydrate	28g	11%
Sugars	24g	27%
Fibre	6.4g	21%
Protein	9.4g	19%
Salt	0.09g	2%





# Main Meals and sides



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**Add a side of vegetables or salad for additional nutrients.** Adding green vegetables, carrots, bell peppers with meals will add vitamin A and folate. Add a source of vitamin C such as an orange, berries, kiwi, peppers or a squeeze of lemon to aid iron absorption.



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**3 Ingredient Black Beans**  
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## Sides



**Kale and carrots**  
(can be cooked or uncooked)

**Quinoa**



**Greens**



**Red pepper, tomato, and lettuce**



**Spaghetti or pasta**



**Slice of bread, wrap or oat cakes**



**Rice**



# No Cook Tofu Scramble

Serves 1

## Ingredients

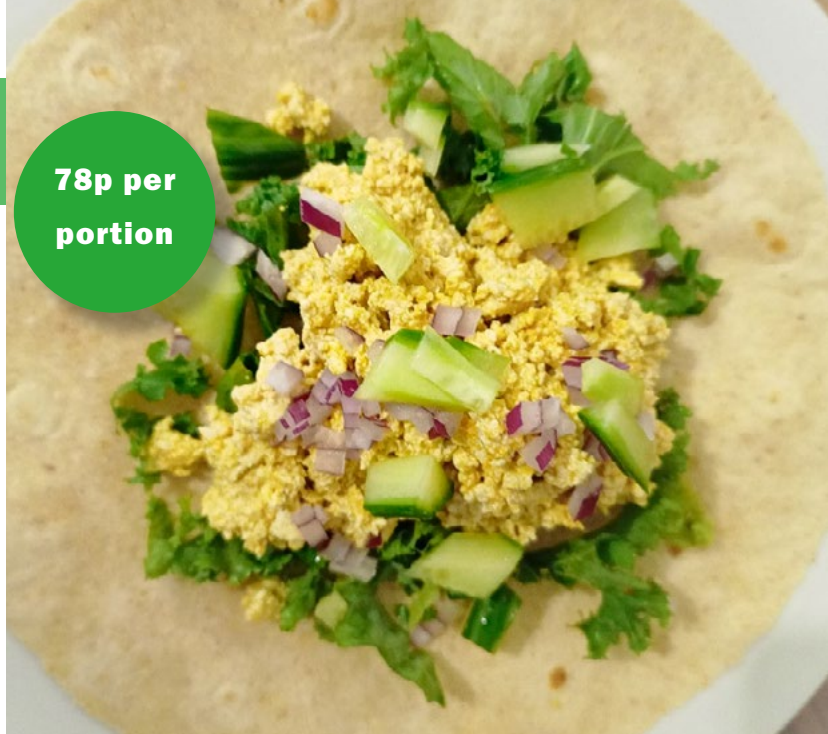
- 100g Tofu (calcium set)
- 1 tsp tahini
- 1 tsp nutritional yeast
- 1 tsp of plant milk
- ¼ teaspoon turmeric
- Salt and pepper to taste

## Method

1. Drain and gently squeeze the tofu in a cloth or tea towel.
2. Break the tofu into pieces in a bowl.
3. Add all the ingredients and mash together with a fork.

Nutrients:	Quantity	% RI
Energy(Kj)	740 kJ	9%
Energy(kcal)	178 kcal	9%
Total Fat	11g	16%
Saturated Fat	1.8g	9%
Carbohydrate	2g	1%
Sugars	1.2g	1%
Fibre	3.3g	11%
Protein	16g	32%
Salt	0.04g	1%

78p per portion



Served here on a wrap with red onion, lettuce, and cucumber.

This is a quick option to put in a sandwich or oatcakes, on a potato or with some left-over rice. You can top with onion or any other ingredients you want to use up.

# Grilled Tofu

## Ingredients

- 100g Tofu (calcium set)

### Tofu Marinade

- 1 tsp tamari or soy sauce
- ¼ tsp smoked paprika
- ¼ tsp garlic powder/granules

## Method

1. Drain excess water out of tofu and cut it into 3-4 mm slices.
2. Mix all the ingredients for the marinade in a shallow bowl.
3. Heat the grill or griddle pan, sprinkle water on it.
4. Dip the tofu slices into marinade or brush the marinade on the slices and place the tofu on the pan. Grill for 3-4 minutes, then flip and grill for another 3-4 minutes or until the colour is golden brown.
5. You can keep this tofu for 3-4 days in the fridge and use it for sandwiches, stir fry or in salads and Buddha bowls.

65p per portion



Nutrients:	Quantity	% RI
Energy(Kj)	570 kJ	7%
Energy(kcal)	136 kcal	7%
Total Fat	7.3g	10%
Saturated Fat	1.2g	6%
Carbohydrate	2.1g	1%
Sugars	1g	1%
Fibre	2.4g	8%
Protein	14g	28%
Salt	0.95g	16%

# Indian Red Lentil Dhal

Makes 6-8 portions

## Ingredients:

- 1 tbsp cumin seeds
- 1 tbsp cumin powder
- 1 tsp garam masala
- 1 tsp turmeric powder
- ¾ tsp red chilli powder
- Large yellow onion, diced
- 4 garlic cloves, crushed and diced
- 1 inch fresh ginger, grated
- 1 tbsp tomato paste
- 2 cups split red lentils, rinsed and drained
- 4 cups vegetable broth
- 2 cups water
- 4 tomatoes, diced (can omit to make pantry-friendly)
- 1 tsp of salt (optional)
- ¼ tsp freshly ground black pepper
- 4 handfuls of spinach leaves, chopped
- Bunch of coriander, chopped including stems
- Juice from 1 lemon

## Method

1. Soak the red lentils in slightly warm water for a few hours to improve digestibility. Lentils don't require soaking so this is an optional step. Give the lentils a good rinse and set aside.
2. Heat a large pan and dry roast the cumin seeds, cumin powder, garam masala, turmeric powder and red chilli powder until they are fragrant. Be very careful and do this on a low heat for a couple of minutes so they don't burn - they should not be smoking!
3. Add a splash of water (or vegetable oil if you're not cooking oil free) and the onion and sauté for a few minutes. Add the garlic and ginger and another tiny splash of water if needed to deglaze the pan.
4. Add the tomato paste and stir. Add the drained lentils and mix. Add the vegetable broth and water. Bring to the boil then reduce to a simmer.

56p per portion



Can be kept in the fridge in a covered container for 2-3 days or frozen.

Nutritional information for 1 serving, based on the recipe split into 6 portions.

Nutrients:	Quantity	% RI
Energy(Kj)	600 kJ	7%
Energy(kcal)	142 kcal	7%
Total Fat	1.1g	2%
Saturated Fat	0.1g	1%
Carbohydrate	22g	8%
Sugars	9.1g	10%
Fibre	6.6g	22%
Protein	7.4g	15%
Salt	0.73g	12%

5. After 20 minutes of simmering, add in the diced tomatoes, salt and black pepper. Continue to cook for another 15 minutes or until the lentils are fully cooked.
6. Turn the heat off and add in the spinach and coriander including coriander stems full of flavour). They will wilt in the residual heat if you put the lid on. Reserve some of the coriander for garnish.

# Carrot, Kale and Butter Bean Salad (No Cook)

This can be eaten as a meal for 1 person or split into 2 portions as a side dish.

## Ingredients

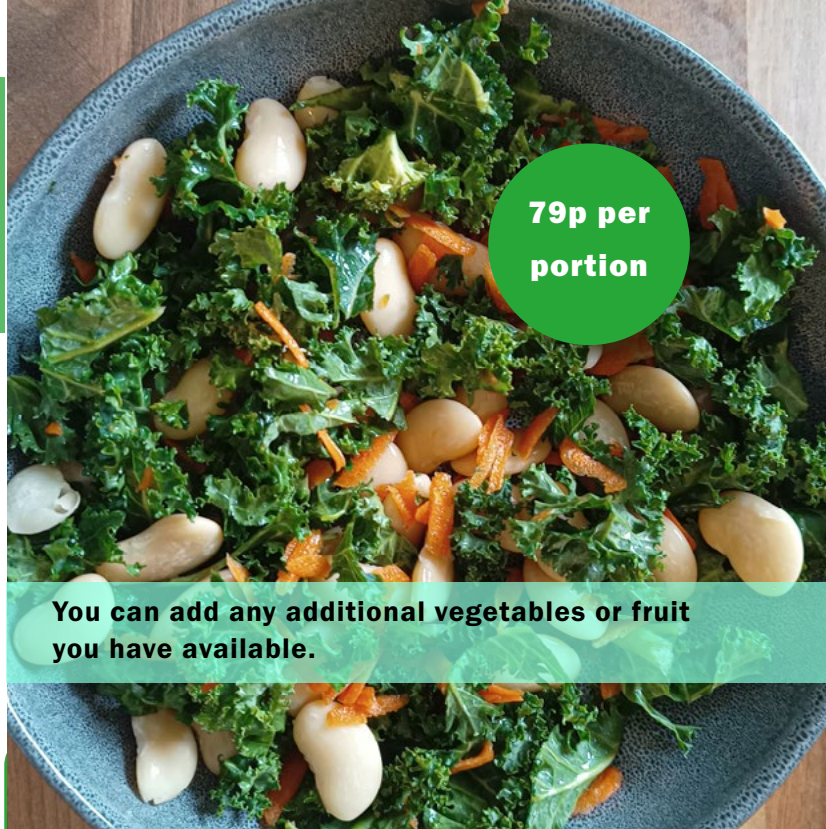
- 1 tin of butterbeans (400g)
- 1 large handful kale chopped (18g)
- 1 medium carrot
- 1 tsp lemon juice

## Method

1. Drain and rinse butterbeans.
2. Dice or grate carrot.
3. Mix all together in a bowl with the kale and lemon juice.
4. Season with salt and pepper if required.

Nutrients and cost based on one serving if served as a main meal.

Nutrients:	Quantity	% RI
Energy(Kj)	2023 kJ	24%
Energy(kcal)	480 kcal	24%
Total Fat	2.6g	4%
Saturated Fat	0.1g	1%
Carbohydrate	68g	26%
Sugars	5.1g	6%
Fibre	31g	103%
Protein	31g	62%
Salt	0.76g	13%



You can add any additional vegetables or fruit you have available.

Can be kept in a container in the fridge, best eaten within 24 hours.

As only a small amount of lemon juice is needed keep the rest of the lemon in the fridge in a container to use for another recipe. Lemons are great to squeeze on food for flavour and to aid iron absorption.

# Chickpea Filler (No Cook)

Serves 2

## Ingredients

- 1 can chickpeas (400g)
- 1 tsp tahini paste
- ¼ tsp turmeric
- 1 tsp lemon juice
- 2 tsp unsweetened soya yogurt
- Small sprinkle of salt

Nutrients:	Quantity	% RI
Energy(Kj)	1378 kJ	16%
Energy(kcal)	329 kcal	16%
Fat	10g	14%
Saturated Fat	0.2g	6%
Carbohydrate	34g	13%
Sugars	1g	1%
Fibre	12g	48%
Protein	18g	36%
Salt	0.52g	9%



Can be kept in a container in the fridge for up to 2 days.

## Method

1. Drain and rinse chickpeas.
2. Add all the ingredients to a bowl mix together then mash with a fork.

# Red Lentil ragu

Serves 2-4 people

## Ingredients

- 1 cup split red lentils
- 1 tsp vegetable oil swap for water/ vegetable stock for oil free
- 1 red onion, diced
- 1 red chilli, chopped finely
- 4 cloves of garlic, crushed and chopped finely
- 3 carrots, chopped finely
- 6-8 chestnut mushrooms, chopped finely
- 1 red bell pepper, diced
- 4 tsp mixed Italian herbs (thyme, oregano, basil)
- 1 tsp onion powder (optional)
- ½ tsp black pepper
- 1 can of diced tomatoes
- 1 tbsp tomato paste
- 1 cup vegetable broth
- 1 tsp salt (optional)
- To garnish: fresh basil and nutritional yeast

## Method

1. Wash the lentils thoroughly and drain. Add to pot with 4 cups of water. Cook on a medium heat for around 15 minutes until it is just cooked. Stir once in a while. You can also swap this for pre-cooked red lentils to save time.
2. Prepare the spaghetti or pasta according to instructions on the packet. Drain and set aside. If gluten free, using a gluten free pasta such as brown rice pasta.
3. Add the oil (or water/ vegetable stock) to a pan, along with the chopped onion and sauté for a couple of minutes before adding the chilli and garlic. After another couple of minutes, add the carrots, mushrooms and red bell pepper and mix together.
4. Add mixed herbs, onion powder and black pepper and coat well.
5. Add the can of tomatoes, tomato paste and the vegetable stock. Bring to a boil. Once boiling, turn down and simmer for 15 minutes. Season with salt and pepper to taste.



While best with spaghetti, this also tastes fantastic on its own or on top of potatoes.

Nutritional information based on recipe split into 4 portions.

Nutrients:	Quantity	% RI
Energy(Kj)	594 kJ	7%
Energy(kcal)	141 kcal	7%
Total Fat	1.9g	3%
Saturated Fat	0.2g	1%
Carbohydrate	21g	8%
Sugars	12g	13%
Fibre	6.3g	21%
Protein	6.2g	12%
Salt	0.51g	9%

6. Add in the cooked lentils and add a splash of water if it is too thick. Taste and adjust herbs and spices at this point if needed.
7. To serve, add some sprigs of fresh basil and some nutritional yeast. While best with spaghetti, this also tastes fantastic on its own or on top of potatoes. Serve with a green salad of rocket leaves, cucumber and lemon.

# Mushroom, Tomato and Edamame Pasta

Serves 2-3 people

Cost for total recipe: £2.03p

## Ingredients

- ½ bunch spring onion
- 2 garlic cloves
- 250g mushrooms, any
- 2 handfuls cherry tomatoes
- ½ cup frozen edamame beans or green peas
- 300ml vegetable stock
- ½ lemon, juiced
- ¼ tsp basil dry
- ¼ tsp oregano, dry
- 1 red chilli pepper and fresh basil to garnish (optional)
- 200g (½ packet) wholemeal pasta

## Method

1. Cook pasta as per instructions on a packet.
2. Chop spring onion, garlic and halve tomatoes. Slice mushrooms and chilli.
3. In a large pan, add a splash of water or stock and heat to a medium-high heat.
4. Add spring onion and mushrooms and cook for 1 minute. Add lemon juice and cook for another minute. Add herbs, tomatoes and edamame beans, stir to coat well and add stock.
5. Bring it to boil, then reduce the heat and let it simmer gently for 10 minutes.
6. Drain and rinse cooked pasta, add it to the pan, mix well. Plate the pasta dish, garnish with sliced red chilli and fresh basil and serve.
7. This pasta can be served with roasted potato wedges or grilled tofu.



Serve with a side of green vegetables or salad.

## Nutrients based on one serving of half the recipe.

Nutrients:	Quantity	% RI
Energy(Kj)	2049 kJ	24%
Energy(kcal)	485 kcal	24%
Total Fat	5.2g	7%
Saturated Fat	0.9g	5%
Carbohydrate	83g	32%
Sugars	9g	10%
Fibre	12g	40%
Protein	21g	42%
Salt	1.1g	18%



# Mixed Veggie Quinoa

Serves 2-4 people

Cost for total recipe: £2.10

## Ingredients

- 2-3 cups stock
- 1 cup quinoa
- ½ tsp sea salt
- ¼ tsp freshly ground black pepper
- ½ cup spring onion
- ½ cup courgette or asparagus
- ½ cup carrot
- ½ cup red pepper
- ¼ cup celery or fennel
- 1 to 2 garlic cloves
- freshly ground black pepper, to taste

## Method

1. Cook quinoa in 2 cups of stock.
2. Finely dice all of the vegetables and set each aside. Mince or finely slice the garlic.
3. To sweat the vegetables, heat a large, non-stick skillet over medium-low heat.
4. Add 50ml of water or stock, onions and a pinch of salt.
5. Sweat the onions for about 3 minutes or until they begin to soften.
6. Next, add the carrots, celery and garlic and continue to sweat for another 5 minutes or so or until they begin to soften.
7. Finally, add the red pepper and courgette and continue to sweat until everything is softened and cooked through, about 5 more minutes. Season with pepper to taste.
8. Once the quinoa has rested, fluff gently with a fork. Pour the quinoa into the skillet and toss gently to combine. Taste again for seasoning and serve.
9. Garnish with fresh parsley, sliced chilli pepper or chilli flakes.



Garnished with fresh parsley.

## Nutrients based on one serving of half the recipe.

Nutrients:	Quantity	% RI
Energy(Kj)	1551 kJ	18%
Energy(kcal)	368 kcal	18%
Total Fat	5.1g	7%
Saturated Fat	0.6g	3%
Carbohydrate	61g	23%
Sugars	8.1g	9%
Fibre	10g	33%
Protein	14g	28%
Salt	1.8g	30%



# Hummus Pasta

Serves 1

## Ingredients

- 80g pasta
- 60g hummus (around ¼ pot of shop bought)
- 150ml unsweetened soya milk

## Method

1. Cook pasta to packet instructions and drain.
2. In the pan add the hummus and soya milk.
3. Heat over a low heat stirring frequently until blended, add more soya milk if it becomes too thick.
4. Add other ingredients if required.
5. Goes well served with green vegetables or salad.

Nutrients:	Quantity	% RI
Energy(Kj)	2111 kJ	25%
Energy(kcal)	503 kcal	25%
Fat	20g	29%
Saturated Fat	2.1g	11%
Carbohydrate	60g	23%
Sugars	3.3g	4%
Fibre	7.1g	24%
Protein	18g	36%
Salt	0.77g	13%

34p per portion



This is a quick and easy recipe, try adding nutritional yeast, garlic or some chopped peppers and spring onions.

# 3 Ingredient Black Beans

Serves 2

Nutrients:	Quantity	% RI
Energy(Kj)	750 kJ	9%
Energy(kcal)	179 kcal	9%
Fat	2.2g	3%
Saturated Fat	0.4g	2%
Carbohydrate	21g	8%
Sugars	11g	12%
Fibre	13g	43%
Protein	12g	24%
Salt	1.1g	18%

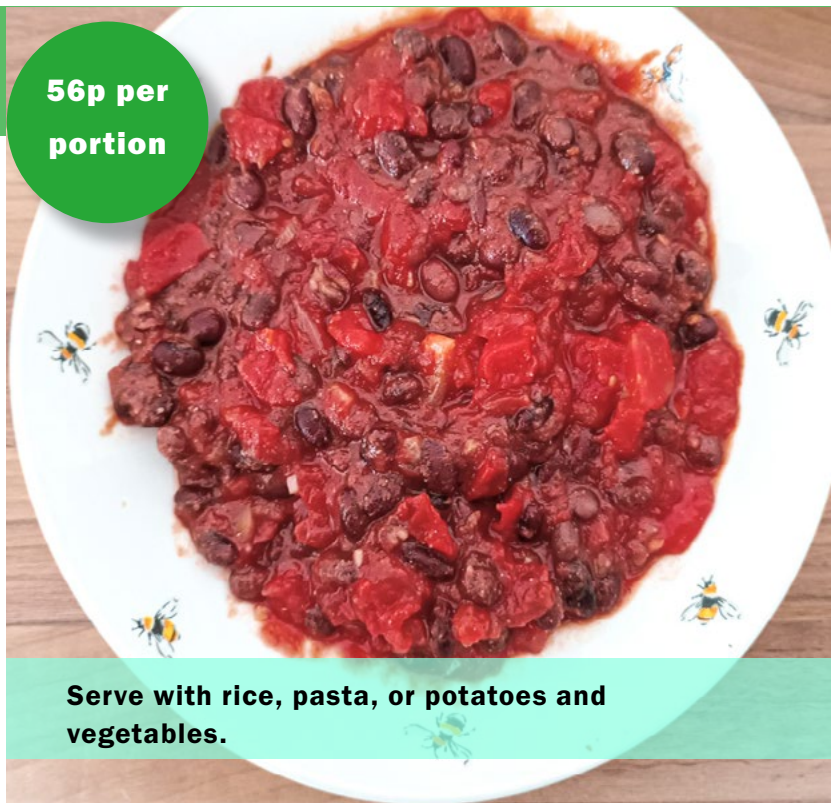
## Ingredients

- Can of black beans
- Can tinned tomatoes
- 1 level tsp of chilli powder.

## Method

1. Drain and rinse beans.
2. Place all the ingredients into a saucepan and stir.
3. Heat until the liquid reduced to the desired consistency.

56p per portion



Serve with rice, pasta, or potatoes and vegetables.

A quick recipe. Try adding garlic, onion or vegetables to the pan.



# Greek Bean Stew

Serves 4

## Ingredients

- 1 tsp vegetable oil or a tablespoon of vegetable stock if oil-free
- 1 medium onion
- 2 garlic cloves, crushed and diced
- 1 red chilli, diced finely
- 2 carrots, diced
- A can of chopped tomatoes in tomato juice
- 1 tbsp concentrated tomato paste (or ketchup)
- 1 red bell pepper, diced
- 1 celery stick, diced
- 1 veggie stock cube
- 1 bay leaf
- ½ tsp ground cinnamon
- 1 tsp dried basil
- ½ tsp pepper
- 1 tsp salt (optional)
- A can of cannellini beans or a similar white bean
- Bunch of spinach leaves, chopped

## Method

1. Finely dice all the vegetables into small cubes. Sauté the onion, garlic and chilli for a couple of minutes until softened in one tsp of vegetable oil (or vegetable stock). Add the carrots.
2. Add a tin of chopped tomatoes, tomato paste and a stock cube. Add bay leaf, cinnamon, basil, pepper and salt as desired.
3. Add red bell pepper, chopped celery and a splash of water if the mixture is too thick.
4. Simmer for around 10 minutes until the vegetables are al dente.
5. Add cannellini beans and simmer for five minutes adding some water if needed. Turn off the heat and add in a bunch of chopped spinach leaves to wilt in the residual heat.
6. Serve with quinoa for a filling main meal or enjoy on its own.



## Nutritional information based on 1 serving

Nutrients:	Quantity	% RI
Energy(Kj)	835 kJ	10%
Energy(kcal)	199 kcal	10%
Fat	2.7g	4%
Saturated Fat	0.5g	3%
Carbohydrate	28g	11%
Sugars	11g	12%
Fibre	12g	40%
Protein	9.2g	18%
Salt	0.41g	7%



# Pudding/Sweet Recipes



**Fruity Ice Cream**  
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**Fruit Ice Lollies**  
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**Chocolate Pudding**  
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## Fruity Ice Cream

Serves 1

### Ingredients

- Half medium banana frozen
- 2 strawberries frozen
- 1 tbsp plain soya yogurt
- A powerful blender or food processor is also needed

### Method

1. Chop fruit in pieces, place in a container and freeze for a minimum of 3 hours until solid. It can help to freeze spread out on a tray first so the fruit can be easily separated.
2. Once frozen, place the fruit into a food processor along with the yogurt.
3. Turn on a lower power for about 20 seconds, turn off and scrap the sides down.
4. Turn on again on a higher power and the ice cream should start to become a creamy texture, scrape and blend again as required.
5. Serve immediately



40p per  
portion

This is a great way to use up any ripe fruit, so try different combinations. Try adding cocoa powder for chocolate ice cream.

Nutrients:	Quantity	% RI
Energy(Kj)	300 kJ	4%
Energy(kcal)	71 kcal	4%
Fat	0.9g	1%
Saturated Fat	0.2g	1%
Carbohydrate	12g	5%
Sugars	11g	12%
Fibre	2.1g	7%
Protein	2g	4%
Salt	0.08g	1%

# Fruit Ice Lollies

Serves 4 - 6

This is the recipe for the lolly pictured:

## Ingredients

- 1 Large slice of watermelon
- 4 strawberries
- 100ml soya milk
- 1 medium banana

## Method

1. Blend the banana and soya milk and split the mixture equally between the moulds, around halfway.
2. Freeze for 1-2 hours or until firm enough for the next layer.
3. Blend the strawberries and watermelon, add a drop of water if necessary.
4. Pour over the banana mixture and freeze again until solid, around 2 hours.

Nutrients:	Quantity	% RI
Energy(Kj)	157 kJ	2%
Energy(kcal)	37 kca	2%
Fat	0.5g	1%
Saturated Fat	0g	0%
Carbohydrate	6.8g	3%
Sugars	6.4g	7%
Fibre	0.7g	2%
Protein	0.8g	2%
Salt	0g	0%

12p - 18p  
per  
portion

Makes 4-6 lollies  
depending on the  
size of moulds.



This recipe is great for using up fruit which is going ripe, play around with different fruit combinations.



# Chocolate Pudding

Serves 1

## Ingredients

- 1 medium banana
- 1 tbsp of soya yogurt, plain or unsweetened
- 1 tsp coco powder
- 1 tsp milled flaxseeds

## Method

1. Peel and chop the banana and place all the ingredients in a blender or food processor.
2. Blend until combined. Add a drop of plant milk if the mixture is too thick.
3. Serve immediately or leave in the fridge for up to 24 hours.
4. Try adding other seeds, a chunk of tofu or peanut butter to vary the mixture.

45p per  
portion



Nutrients:	Quantity	% RI
Energy(Kj)	616 kJ	7%
Energy(kcal)	146 kca	7%
Fat	3.6g	5%
Saturated Fat	1g	5%
Carbohydrate	22g	8%
Sugars	19g	21%
Fibre	3.3g	11%
Protein	4.8g	10%
Salt	0.11g	2%

# Side Dishes

## Red Pepper & Lettuce

Nutrients:	Quantity	% RI
Energy(Kj)	133 kJ	2%
Energy(kcal)	32 kcal	2%
Total Fat	0.5g	1%
Saturated Fat	0.1g	1%
Carbohydrate	4.4g	2%
Sugars	4.4g	5%
Fibre	2.5g	8%
Protein	1.1g	2%
Salt	0g	0%



## Baked Potato

Based on a one medium size potato.

Nutrients:	Quantity	% RI
Energy(Kj)	697 kJ	8%
Energy(kcal)	165 kcal	8%
Total Fat	0.5g	1%
Saturated Fat	0.2g	1%
Carbohydrate	34g	13%
Sugars	2.3g	3%
Fibre	4.3g	14%
Protein	4.1g	8%
Salt	0g	0%



## Rice

Based on 65g serving uncooked.

Nutrients:	Quantity	% RI
Energy(Kj)	953 kJ	11%
Energy(kcal)	224 kcal	11%
Total Fat	0.5g	1%
Saturated Fat	0g	0%
Carbohydrate	49g	19%
Sugars	0g	0%
Fibre	0.7g	2%
Protein	5.5g	11%
Salt	0g	0%



## Pasta

One 80g dried serving cooked in unsalted water.

Nutrients:	Quantity	% RI
Energy(Kj)	1180 kJ	14%
Energy(kcal)	279 kcal	14%
Total Fat	1.6g	2%
Saturated Fat	0.2g	1%
Carbohydrate	55g	21%
Sugars	2.6g	3%
Fibre	3.9g	13%
Protein	9.5g	19%
Salt	0.02g	0%



## Wholemeal Bread

Based on 2 SliceQ

Nutrients:	quantity	% RI
Energy(Kj)	975 kJ	12%
Energy(kcal)	231 kcal	12%
Total Fat	2.5g	4%
Saturated Fat	0.5g	3%
Carbohydrate	38g	15%
Sugars	2.7g	3%
Fibre	7g	23%
Protein	10g	20%
Salt	1g	17%



## Overnight Oats

Nutrients:	Quantity	% RI
Energy(Kj)	1300 kJ	15%
Energy(kcal)	311 kcal	16%
Fat	16g	23%
Saturated Fat	3.5g	18%
Carbohydrate	29g	29%
Sugars	2.6g	3%
Fibre	5.8g	19%
Protein	11g	22%
Salt	0g	0%
Omega-6 (Total)	6.1g	44%
Omega-3 (Total)	0.23g	10%
Calcium (Ca)	215mg	27%
Magnesium (Mg)	132mg	35%
Iron (Fe)	2.6mg	19%
Zinc (Zn)	2mg	20%
Selenium (Se)	45ug	81%
Iodine (I)	5ug	3%
Vitamin A	1.5ug	0%
Vitamin D	1.1ug	22%
Vitamin B12 (Cobalamin)	0.54ug	22%
Vitamin C	7.6mg	10%

## Savoury Chickpea Pancakes

Nutrients:	Quantity	% RI
Energy(Kj)	1127 kJ	13%
Energy(kcal)	268 kcal	13%
Fat	5.8g	8%
Saturated Fat	0.8g	4%
Carbohydrate	35g	13%
Sugars	3.5g	4%
Fibre	4.9g	16%
Protein	16g	32%
Salt	0.13g	2%
Omega-6 (Total)	2.2g	16%
Omega-3 (Total)	0.13g	6%
Calcium (Ca)	125mg	16%
Magnesium (Mg)	15.6mg	16%
Iron (Fe)	0.45mg	3%
Zinc (Zn)	20.31mg	3%
Selenium (Se)	4.2ug	8%
Iodine (I)	1ug	1%
Vitamin A (Total RE)	0ug	0%
Vitamin D	0.83ug	17%
Vitamin B12 (Cobalamin)	0.42ug	17%
Vitamin C	0mg	0%

## Breakfast On The Go

Nutrients:	Quantity	% RI
Energy(Kj)	1788 kJ	21%
Energy(kcal)	428 kcal	21%
Fat	24g	34%
Saturated Fat	3g	15%
Carbohydrate	35g	13%
Sugars	30g	33%
Fibre	6g	20%
Protein	16g	32%
Salt	0.36g	6%
Omega-6 (Total)	4.9g	35%
Omega-3 (Total)	0.59g	27%
Calcium (Ca)	384mg	48%
Magnesium (Mg)	142mg	38%
Iron (Fe)	2.2mg	16%
Zinc (Zn)	2mg	20%
Selenium (Se)	12.7ug	23%
Iodine (I)	9.2ug	6%
Vitamin A	15.6ug	2%
Vitamin D	2ug	40%
Vitamin B12 (Cobalamin)	1ug	40%
Vitamin C	35.6mg	44%

## Spiced Cinnamon And Apple Porridge

Nutrients:	Quantity	% RI
Energy(Kj)	2266 kJ	27%
Energy(kcal)	540kcal	27%
Fat	18g	26%
Saturated Fat	2.4g	12%
Carbohydrate	35g	13%
Sugars	30g	33%
Fibre	6g	47%
Protein	16g	32%
Salt	0.02g	0%
Omega-6 (Total)	5.4g	39%
Omega-3 (Total)	3.7g	170%
Calcium (Ca)	406mg	51%
Magnesium (Mg)	190mg	51%
Iron (Fe)	5.3mg	38%
Zinc (Zn)	3.2mg	32%
Selenium (Se)	12.8ug	23%
Iodine (I)	7.3ug	5%
Vitamin A	3.1ug	0%
Vitamin D	2ug	40%
Vitamin B12 (Cobalamin)	1ug	40%
Vitamin C	7.3mg	9%

## Soya Yogurt, Fruit & Nut Topper

Nutrients:	Quantity	% RI
Energy(Kj)	556 kJ	7%
Energy(kcal)	134 kcal	7%
Fat	11g	16%
Saturated Fat	1.3g	7%
Carbohydrate	2.2g	1%
Sugars	2.2g	2%
Fibre	2.4g	8%
Protein	6.3g	13%
Salt	2.6g	4%
Omega-6 (Total)	4.7g	34%
Omega-3 (Total)	0.9g	41%
Calcium (Ca)	139mg	17%
Magnesium (Mg)	23.9mg	6%
Iron (Fe)	0.57mg	4%
Zinc (Zn)	0.39mg	4%
Selenium (Se)	0.36ug	1%
Iodine (I)	1.8ug	1%
Vitamin A	1.5ug	0%
Vitamin D	0.75ug	15%
Vitamin B12 (Cobalamin)	0.38ug	15%
Vitamin C	7.6mg	10%

## Breakfast Smoothie

Nutrients:	Quantity	% RI
Energy(Kj)	1103 kJ	13%
Energy(kcal)	263 kcal	13%
Fat	11g	16%
Saturated Fat	1.9g	10%
Carbohydrate	28g	11%
Sugars	24g	27%
Fibre	6.4g	21%
Protein	9.4g	19%
Salt	0.09g	2%
Omega-6 (Total)	3.2g	23%
Omega-3 (Total)	2.3g	106%
Calcium (Ca)	204mg	26%
Magnesium (Mg)	109mg	29%
Iron (Fe)	1.9mg	14%
Zinc (Zn)	1.3mg	13%
Selenium (Se)	5.9ug	11%
Iodine (I)	5.8ug	4%
Vitamin A	7.2ug	1%
Vitamin D	1.1ug	22%
Vitamin B12 (Cobalamin)	0.54ug	22%
Vitamin C	17.2mg	21%

## No cook Tofu Scramble

Nutrients:	Quantity	% RI
Energy(Kj)	539 kJ	6%
Energy(kcal)	129 kcal	6%
Fat	7.2g	10%
Saturated Fat	0.7g	6%
Carbohydrate	1.7g	1%
Sugars	0.7g	1%
Fibre	2.2g	11%
Protein	13g	26%
Salt	0.52g	9%
Omega-6 (Total)	0.02g	0%
Omega-3 (Total)	0.01g	0%
Calcium (Ca)	405mg	51%
Magnesium (Mg)	2.5mg	1%
Iron (Fe)	0.44mg	3%
Zinc (Zn)	0.04mg	0%
Selenium (Se)	0.06ug	0%
Iodine (I)	0.22ug	0%
Vitamin A	0.03ug	0%
Vitamin D	0ug	0%
Vitamin B12 (Cobalamin)	0ug	0%
Vitamin C	0mg	0%

## Grilled Tofu

Nutrients:	Quantity	% RI
Energy(Kj)	570 kJ	7%
Energy(kcal)	136 kcal	7%
Fat	7.3g	10%
Saturated Fat	1.2g	6%
Carbohydrate	2.1g	1%
Sugars	1g	1%
Fibre	2.4	8%
Protein	14g	28%
Salt	0.95g	16%
Omega-6 (Total)	0g	0%
Omega-3 (Total)	0g	0%
Calcium (Ca)	406mg	51%
Magnesium (Mg)	5.2mg	1%
Iron (Fe)	0.43mg	3%
Zinc (Zn)	0.11mg	1%
Selenium (Se)	0.16ug	0%
Iodine (I)	trace	0%
Vitamin A	49ug	6%
Vitamin D	0ug	0%
Vitamin B12 (Cobalamin)	0ug	0%
Vitamin C	0mg	0%

## Indian Red Lentil Dhal

Nutritional information for 1 serving, based on the recipe split into 6 portions.

Nutrients:	Quantity	% RI
Energy(Kj)	600 kJ	7%
Energy(kcal)	142kcal	7%
Fat	1.1g	2%
Saturated Fat	0.1g	1%
Carbohydrate	22g	8%
Sugars	9.1g	10%
Fibre	6.6g	22%
Protein	7.4g	15%
Salt	0.73g	12%
Omega-6 (Total)	0.12g	1%
Omega-3 (Total)	0.07g	3%
Calcium (Ca)	96mg	12%
Magnesium (Mg)	39.6mg	11%
Iron (Fe)	3.5mg	25%
Zinc (Zn)	1mg	10%
Selenium (Se)	2.3ug	4%
Iodine (I)	3.6ug	2%
Vitamin A	391ug	49%
Vitamin D	0ug	0%
Vitamin B12 (Cobalamin)	0ug	0%
Vitamin C	34.1mg	43%

## Chickpea Filler

Nutrients:	Quantity	% RI
Energy(Kj)	1378 kJ	16%
Energy(kcal)	329 kcal	16%
Fat	10g	14%
Saturated Fat	0.2g	6%
Carbohydrate	34g	13%
Sugars	1g	1%
Fibre	12g	48%
Protein	18g	36%
Salt	0.52g	9%
Omega-6 (Total)	0.01g	0%
Omega-3 (Total)	0g	0%
Monounsaturated Fat	2.9g	10%
Calcium (Ca)	153mg	19%
Magnesium (Mg)	80mg	21%
Iron (Fe)	4.3mg	31%
Zinc (Zn)	2.2mg	22%
Selenium (Se)	2.4ug	4%
Iodine (I)	0.22ug	0%
Vitamin A (Total RE)	7.10ug	1%
Vitamin D	0.07ug	1%
Vitamin B12 (Cobalamin)	0.04ug	2%

## Carrot, Kale & Butter-bean Salad

Nutrients:	Quantity	% RI
Energy(Kj)	2023 kJ	24%
Energy(kcal)	480 kcal	24%
Fat	2.6g	4%
Saturated Fat	0.1g	1%
Carbohydrate	68g	26%
Sugars	5.1g	6%
Fibre	31g	103%
Protein	31g	62%
Salt	0.76g	13%
Omega-6 (Total)	0.05g	0%
Omega-3 (Total)	0.07g	0%
Calcium (Ca)	41mg	5%
Magnesium (Mg)	11.6mg	3%
Iron (Fe)	0.47mg	3%
Zinc (Zn)	0.14mg	1%
Selenium (Se)	0.41ug	1%
Iodine (I)	0.22ug	0%
Vitamin A	1410ug	176%
Vitamin D	0ug	0%
Vitamin B12 (Cobalamin)	0ug	0%

## Red Lentil Ragi (Ragu only no pasta)

Nutrients:	Quantity	% RI
Energy(Kj)	594 kJ	7%
Energy(kcal)	141 kcal	7%
Fat	1.9g	3%
Saturated Fat	0.2g	1%
Carbohydrate	21g	8%
Sugars	12g	13%
Fibre	6.3g	21%
Protein	6.2g	12%
Salt	0.52g	9%
Omega-6 (Total)	0.11g	1%
Omega-3 (Total)	0.01g	1%
Calcium (Ca)	45g	6%
Iron (Fe)	2.1mg	15%
Zinc (Zn)	0.91mg	9%
Selenium (Se)	5.7mg	10%
Iodine (I)	5.7ug	4%
Vitamin A (Total RE)	1120ug	140%
Vitamin D	0ug	0%
Vitamin B12 (Cobalamin)	0ug	0%

## Mushroom and Edamame Pasta

Nutrients:	Quantity	% RI
Energy(Kj)	2049 kJ	24%
Energy(kcal)	485kcal	24%
Fat	5.2g	7%
Saturated Fat	0.9g	5%
Carbohydrate	83g	32%
Sugars	9g	10%
Fibre	12g	40%
Protein	21g	42%
Salt	1.1g	18%
Omega-6 (Total)	0.84g	6%
Omega-3 (Total)	0.06g	3%
Calcium (Ca)	50mg	6%
Magnesium (Mg)	71mg	19%
Iron (Fe)	2.6mg	18%
Zinc (Zn)	2.5mg	25%
Selenium (Se)	22.1ug	40%
Vitamin A	359ug	45%
Vitamin D	0ug	0%
Vitamin B12 (Cobalamin)	0ug	0%

## Hummus Pasta

Nutrients:	Quantity	% RI
Energy(Kj)	2111 kJ	25%
Energy(kcal)	503 kcal	25%
Fat	20g	29%
Saturated Fat	2.1g	11%
Carbohydrate	60g	23%
Sugars	3.3g	4%
Fibre	7.1g	24%
Protein	18g	36%
Salt	0.77g	13%
Omega-6 (Total)	6.5g	46%
Omega-3 (Total)	0.69g	311%
Calcium (Ca)	222mg	28%
Iron (Fe)	3.2mg	23%
Zinc (Zn)	2.5mg	25%
Selenium (Se)	6ug	11%
Iodine (I)	3.3ug	2%
Vitamin A	52ug	7%
Vitamin D	1.2ug	24%
Vitamin B12 (Cobalamin)	0.6ug	24%

## Vegetable Quinoa

Nutrients:	Quantity	% RI
Energy(Kj)	1551 kJ	18%
Energy(kcal)	368kcal	18%
Fat	5.1g	7%
Saturated Fat	0.6g	3%
Carbohydrate	61g	23%
Sugars	8.1g	9%
Fibre	10g	33%
Protein	14g	28%
Salt	1.8g	30%
Omega-6 (Total)	0.02g	0%
Omega-3 (Total)	0g	0%
Calcium (Ca)	124mg	15%
Magnesium (Mg)	206mg	55%
Phosphorus (P)	258 mg	37%
Iron (Fe)	8.1mg	58%
Copper (Cu)	0.85mg	85%
Zinc (Zn)	3.4mg	34%
Selenium (Se)	1.8ug	3%
Iodine (I)	2.7ug	2%
Vitamin A	1240ug	155%
Vitamin D	0ug	0%
Vitamin B12	0ug	0%

## 3 Ingredient Black Bean

Nutrients:	Quantity	% RI
Energy(Kj)	750 kJ	9%
Energy(kcal)	179 kcal	9%
Fat	2.2g	3%
Saturated Fat	0.4g	2%
Carbohydrate	21g	8%
Sugars	11g	12%
Fibre	13g	43%
Protein	12g	24%
Salt	1.1g	18%
Omega-3 (Total)	0g	0%
Calcium (Ca)	68mg	9%
Iron (Fe)	2.5mg	18%
Zinc (Zn)	1.1mg	11%
Selenium (Se)	2.4ug	4%
Iodine (I)	0.6ug	0%
Vitamin A	0ug	0%
Vitamin D	0ug	0%
Vitamin B12 (Cobalamin)	0ug	0%



## Greek Bean Stew

Nutrients:	Quantity	% RI
Energy(Kj)	835 kJ	10%
Energy(kcal)	199 kcal	10%
Fat	2.7g	4%
Saturated Fat	0.5g	3%
Carbohydrate	28g	11%
Sugars	11g	12%
Fibre	12g	40%
Protein	9.2g	18%
Salt	0.41g	7%
Omega-6 (Total)	0.1g	1%
Omega-3 (Total)	0.01g	0%
Calcium (Ca)	49mg	6%
Magnesium (Mg)	27mg	7%
Iron (Fe)	1.1mg	8%
Zinc (Zn)	0.32ug	3%
Selenium (Se)	0.58ug	1%
Iodine (I)	4.8ug	3%
Vitamin A	776ug	97%
Vitamin D	0ug	0%
Vitamin B12 (Cobalamin)	0ug	0%

## Chocolate pudding

Nutrients:	Quantity	% RI
Energy(Kj)	616 kJ	7%
Energy(kcal)	146 kcal	7%
Fat	3.6g	5%
Saturated Fat	1g	5%
Carbohydrate	22g	8%
Sugars	19g	21%
Fibre	3.3g	13%
Protein	4.8g	10%
Salt	0.11g	2%
Omega-6 (Total)	0.253g	2%
Omega-3 (Total)	0.77g	35%
Calcium (Ca)	74mg	9%
Magnesium (Mg)	73mg	19%
Iron (Fe)	1.1mg	8%
Zinc (Zn)	0.794ug	8%
Selenium (Se)	1.9ug	3%
Iodine (I)	3.5ug	2%
Vitamin A	4.4ug	1%
Vitamin D	0.3375ug	7%
Vitamin B12 (Cobalamin)	0.171ug	7%
Vitamin C	9.4mg	12%

## Fruit Ice Lollies

Nutrients:	Quantity	% RI
Energy(Kj)	157 kJ	2%
Energy(kcal)	37 kcal	2%
Fat	0.5g	1%
Saturated Fat	0g	0%
Carbohydrate	6.8g	3%
Sugars	6.4g	7%
Fibre	0.7g	3%
Protein	0.8g	2%
Salt	0g	0%
Omega-6 (Total)	0.1337g	1%
Omega-3 (Total)	0.0198g	1%
Calcium (Ca)	25.2mg	3%
Magnesium (Mg)	11.3mg	3%
Phosphorus (P)	17.6mg	3%
Iron (Fe)	0.2624mg	2%
Zinc (Zn)	0.1678ug	2%
Manganese (Mn)	0.1291mg	6%
Selenium (Se)	0.6608ug	1%
Iodine (I)	0.7788ug	1%
Vitamin A	8.7ug	1%
Vitamin D	0.132ug	3%
Vitamin B12 (Cobalamin)	0.066ug	3%
Vitamin C	9.6mg	12%

## Fruity Ice Cream

Nutrients:	Quantity	% RI
Energy(Kj)	300 kJ	4%
Energy(kcal)	71 kcal	4%
Fat	0.9g	1%
Saturated Fat	0.2g	1%
Carbohydrate	12g	5%
Sugars	11g	12%
Fibre	2.1g	8%
Protein	2g	4%
Salt	0.08g	1%
Omega-6 (Total)	0.46g	3%
Omega-3 (Total)	0.033g	2%
Calcium (Ca)	46mg	6%
Magnesium (Mg)	21.4mg	6%
Iron (Fe)	0.36mg	3%
Zinc (Zn)	0.19ug	2%
Selenium (Se)	0.0008ug	0%
Iodine (I)	4.6ug	3%
Vitamin A	9.6ug	1%
Vitamin D	0.24ug	5%
Vitamin B12 (Cobalamin)	0.152ug	6%