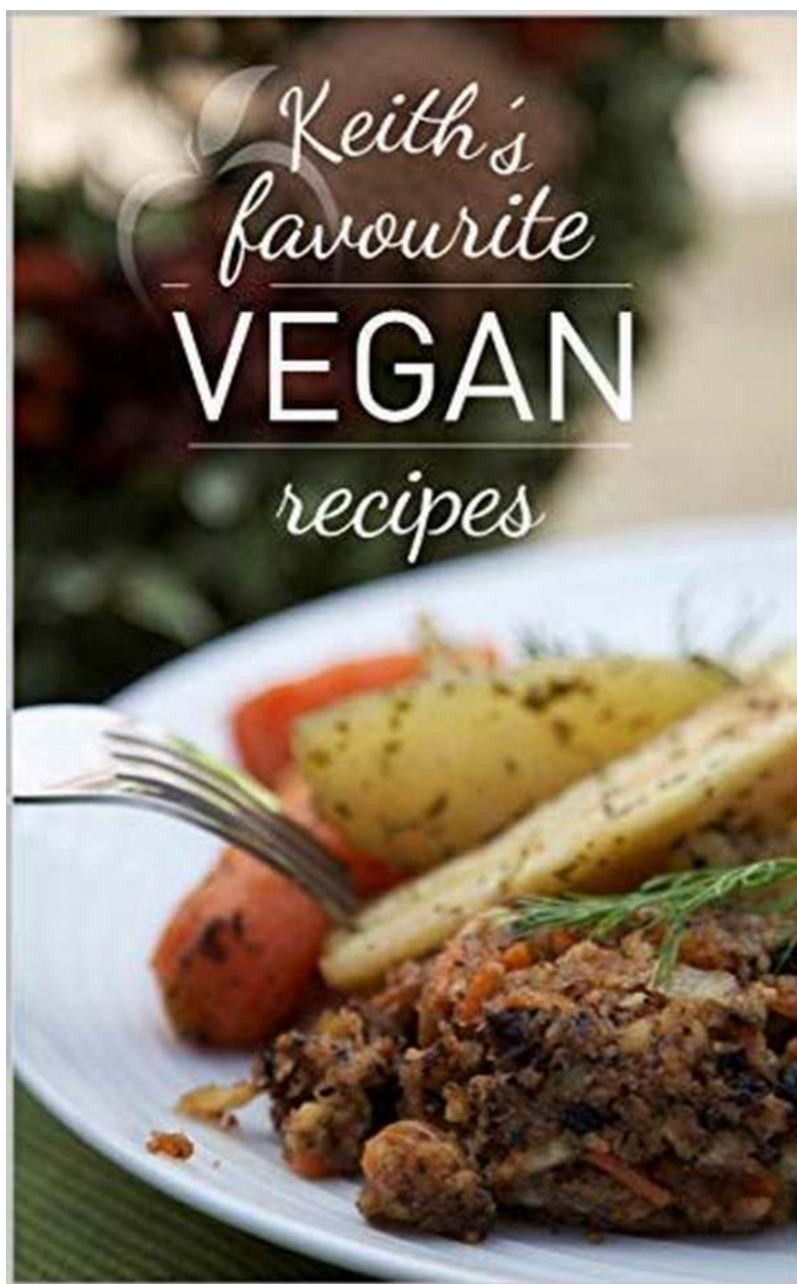


# Keith's Favourite Vegan Recipes

Are you looking to add more plant-based dishes to your diet but don't know where to start? Look no further! Keith Squires, a renowned vegan chef and author, has shared his favourite vegan recipes that are not only delicious but also easy to make. From breakfast to dinner, Keith's recipes are bound to impress even the biggest skeptic of plant-based eating.

## 1. Heavenly Vegan Pancakes



Start your morning off right with these fluffy and flavorful vegan pancakes. Made with wholesome ingredients like spelt flour, almond milk, and mashed bananas, these pancakes will keep you satisfied for hours. Drizzle some maple syrup on top for an extra touch of sweetness.

## **Keith's Favourite Vegan Recipes**

by Keith Squires (Kindle Edition)

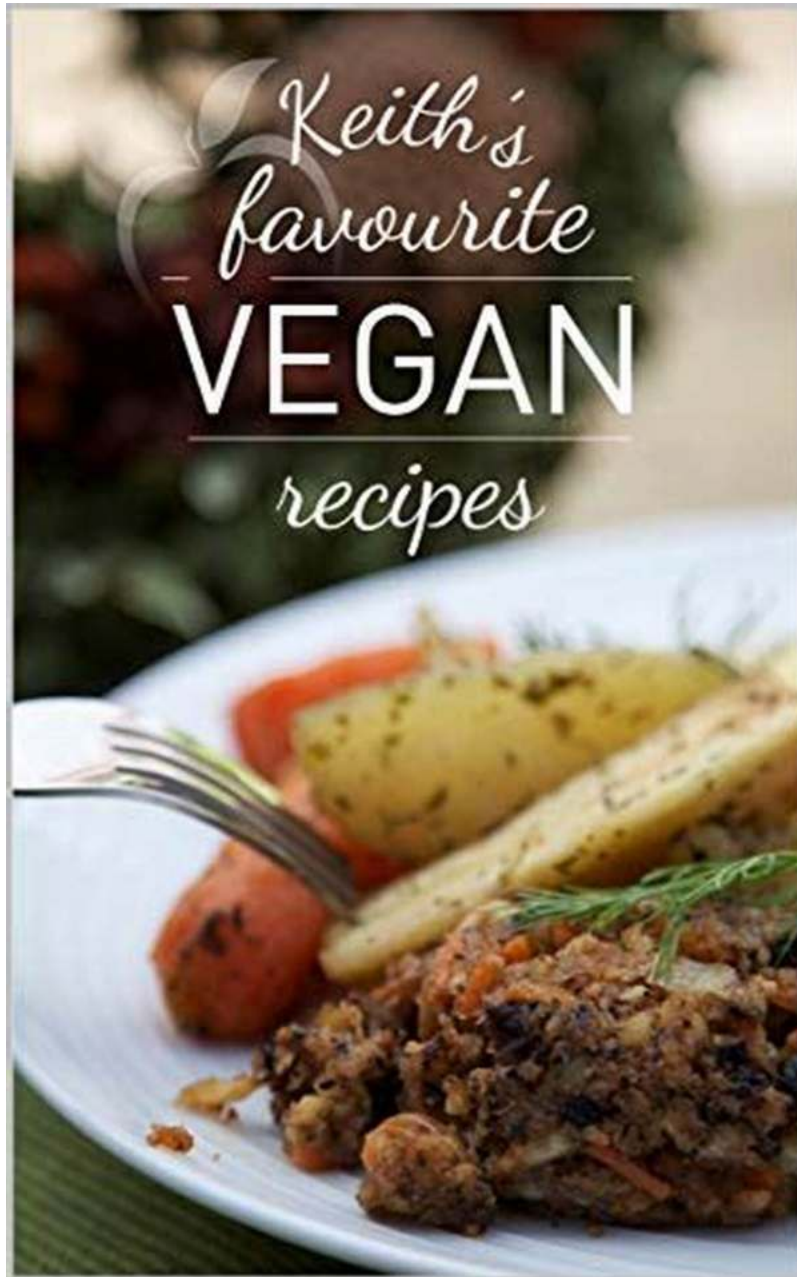


★★★★★ 5 out of 5

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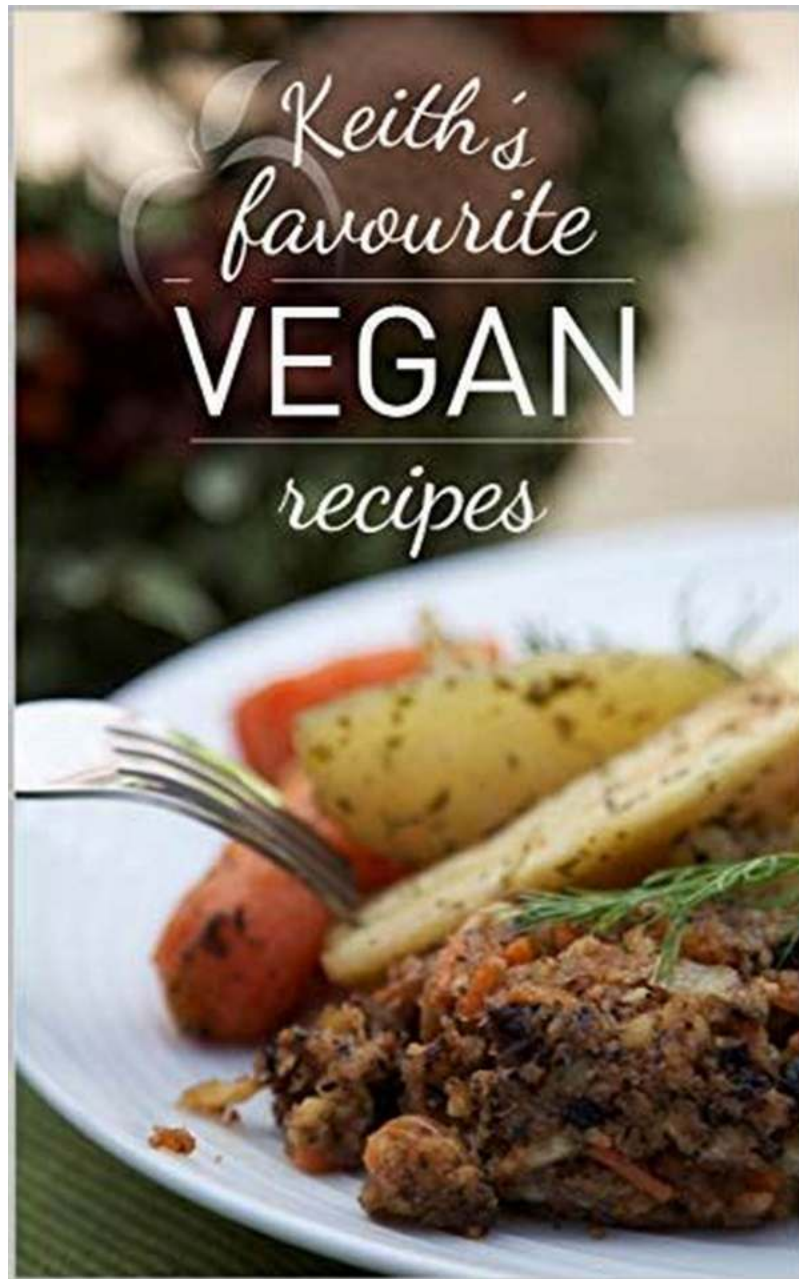


## 2. Creamy Cashew Alfredo



Tired of traditional alfredo pasta? Give this creamy cashew alfredo a try. The velvety sauce made from soaked cashews, nutritional yeast, and garlic creates a decadent dish that will rival any dairy-based alfredo. Serve over your favourite pasta and garnish with fresh parsley.

### **3. Tempeh Tacos with Avocado Lime Sauce**



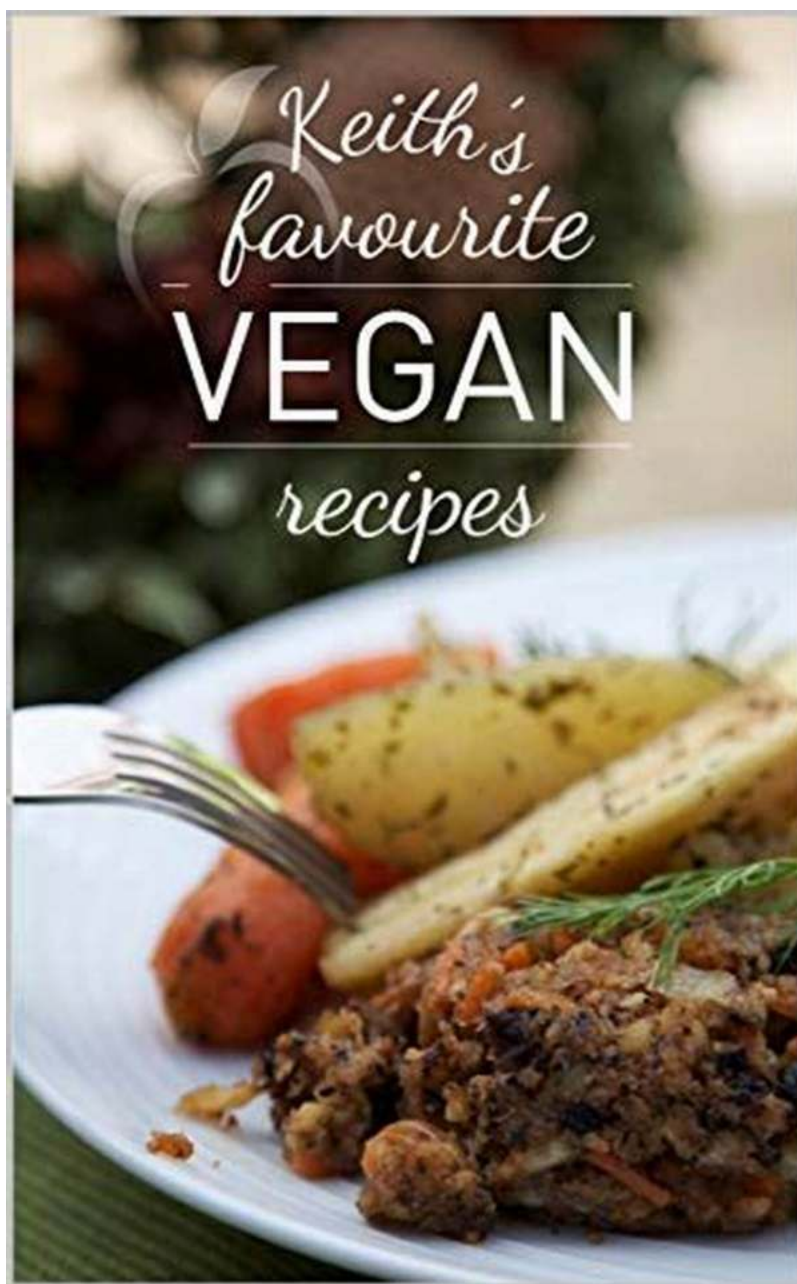
These tempeh tacos are packed with flavour and perfect for a quick weeknight dinner. The marinated tempeh, sautéed with onions and spices, provides a meaty texture and a rich umami taste. Top the tacos with a zesty avocado lime sauce and your favourite toppings, such as lettuce and salsa.

#### **4. Sweet Potato and Chickpea Curry**

## Sweet Potato and Chickpea Curry

This comforting sweet potato and chickpea curry is bursting with aromatic flavors. The sweet potatoes and chickpeas create a hearty base, while the coconut milk and curry spices add a delicious creaminess. Serve over steamed rice and garnish with fresh cilantro for a complete meal.

## **5. Chocolate Chia Pudding**



Indulge your sweet tooth with this healthy and decadent chocolate chia pudding. The combination of chia seeds, almond milk, and cocoa powder creates a silky smooth pudding that is loaded with omega-3 fatty acids and antioxidants. Top with your favorite fruits and nuts for added texture and flavor.

Keith Squires' favourite vegan recipes prove that plant-based cooking can be exciting, delicious, and satisfying. From pancakes to curry, these recipes

showcase the versatility of vegan ingredients. Whether you are a seasoned vegan or just starting to explore plant-based eating, these recipes will surely become a staple in your kitchen!



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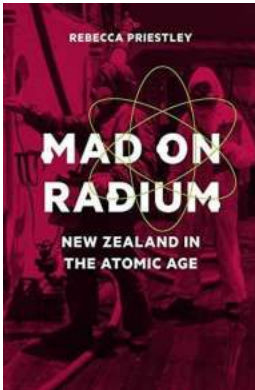
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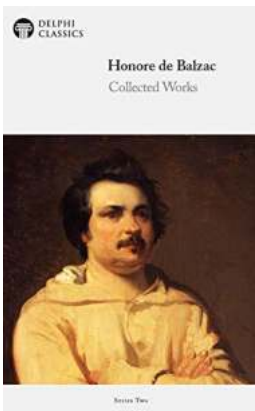
You don't have to be vegan to enjoy the health benefits of plant-based cooking and here are my favourite, tried and tested vegan recipes that are easy to cook and totally delicious. Plenty of people are cutting back on meat or taking the plunge and going vegan or vegetarian. There are lots of reasons for this trend. Many are reducing meat consumption for their health, or because it is more ecological. A simple vegan diet can be extremely economical too. Then there are ethical concerns about eating animals and how they are farmed. For many though, going veggie is just about enjoying the vitality that plant-based foods have to offer. My message is that plant-based food is for everyone.





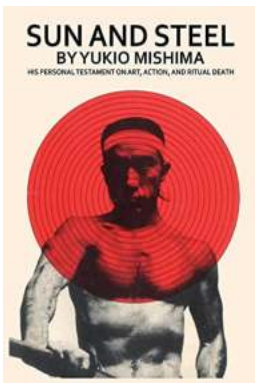
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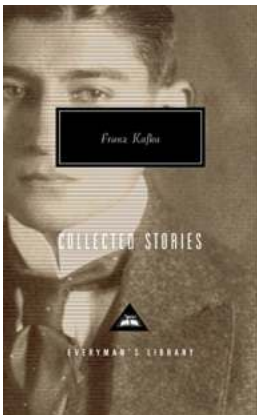
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