

EASY Vegan Recipes

EATING VEGAN CAN BE DONE—
EVEN DELICIOUSLY, SAYS
SARITHA SREEDHARAN. HERE
SHE SHOWS US SOME EASY TO
MAKE **OIL-FREE VEGAN RECIPES**
THAT ARE WITHOUT ANY
PROCESSED INGREDIENTS.

Ingredients

- Yellow Pumpkin: Grated 1 cup
- Fresh Coconut: Grated 1 Cup
- Bean Sprout: 1 cup
- Roasted Peanuts with the peel: Half cup
- Chia seeds: 2 Tsp
- Fresh Corriander leaves: finely chopped 3 tsp
- Green chilies: According to one's taste
- Himalayan Salt: According to one's taste
- Lime juice: 2 tsp

Method

Mix the above ingredients except peanuts and Salt.
Add the nuts, lime juice and salt just before serving.

YELLOW PUMPKIN SALAD





BLACK RICE RISOTTO

Ingredients

- Black Rice: 1 Cup
- Cashews: 8 #
- Garlic: 5 peeled
- Capsicum: 2
- Tomatoes: 2
- Pepper: Half tsp
- Himalayan Salt
- Italian Herbs
- Pine nuts: Garnish

Sauce

Blend the cashews with black pepper and Himalayan salt.

Method

Soak the black rice for 30 minutes and cook in the pressure cooker with one portion of rice to 2 portions of water. Take a pan, add cooked black rice and half cup water. Once you see it cooking, add the cashew sauce to it. Add the herbs and Himalayan salt according to your taste. Once it gathers good consistency switch off the Stove. Fill the cooked Risotto in the deseeded bell peppers and Tomatoes. Garnish with pine nuts. Bake them in an oven for 10 minutes at 180 degrees.

Note: Due to the nature of black rice, it gets dry very fast. Suggest to cook just before serving.

Ingredients

- Barnyard Millets: 1 cup cooked
- Carrot: Sliced finely
- Mushrooms: Stir fried
- Baby Radish: Sliced finely
- Pomegranate: Peeled

Wet dressing

- Pomegranate Juice: 2 Tsp
- Balsamic vinegar: 1 Tsp

Dry Dressing

- Red Chilli Flakes
- Himalayan Salt
- Herbs of our choice

Method

Cook the millets with a ratio one cup to 2 cups water. Once it cools down mix chopped spring onions to it. Display the sliced veggies in the desired pattern. Mix the wet dressing and dry dressing according to your taste. Just before serving add the dressing to the Salad and enjoy.

MILLET MEAL REPLACER SALAD





CHOCOLATE COCONUT BALLS

Ingredients

- Vegan Dark Chocolate: 100 gms
- Fresh Coconut: 100 gms
- Dates paste: 75gms
- Orange Zest: 2 tsp
- Dry Ginger Powder: Half tsp
- Green Cardamom: 5 powdered
- Musk Melon seeds: For garnish

Method

Melt the chocolate and add the coconut, ginger powder, cardamom powder, dates paste, orange zest and mix it well. Cook for 2 minutes. Make round balls of the mix and garnish with Musk melon seeds. Freeze them for 45 minutes for them to firm up. Stays well in the fridge for 4 days.



RAW BANANA BLACK QUINOA CUTLETS

Ingredients

- Black Quinoa: 1 cup
- Raw Banana: 2 long Grated
- Tapioca flour: 3 tsp
- Ginger Garlic paste: 1 tsp
- Fresh coriander leaves: 3 tsp chopped

Spices

- Red chilli powder: 1tsp
- Cumin powder: Half tsp
- Himalayan Salt

Method

Cook 1 cup black quinoa, add the grated raw banana and the above ingredients. Make a thick batter consistency. Start making round patty shaped cutlets. Heat a flat pan and place the cutlets for cooking. Cover and do steam frying. Turn the cutlets and cook them well. Serve with mint dip. Goes well as a snack or a starter.



Follow SARITHA SREEDHARAN on Instagram at [@wiseveganlife](https://www.instagram.com/wiseveganlife)