



# PLANT STRONG RECIPE BOOK





### **Medical Disclaimer**

Always consult your medical practitioner, registered dietitian or nutritionist before making any significant changes to your diet – particularly if you are an adolescent, pregnant, breastfeeding or have or develop a medical condition.

Whilst our recipes can help most people lose weight as part of a calorie controlled diet and active lifestyle, they have not been specifically designed for you and individual results will vary.

Where calorie and macronutrient information is provided, it is calculated using common databases. Exact values will vary, however, and so the values will only be approximations for your finished dish.

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# Tahini protein balls



1/3 cup tahini  
1 1/2 Tbsps. coconut oil, melted  
2 Tbsps. almond meal  
1 1/2 Tbsps. shelled hemp seed  
2 Tbsps. vegan dark chocolate chips  
(minimum 70% cocoa)  
1 1/2 Tbsps. desiccated coconut  
1/3 cup vanilla or chocolate flavor  
plant-based protein powder  
a pinch of sea salt

Place all of the ingredients in a bowl and stir well until thoroughly combined.

Roll the mixture into 6 balls.

Transfer to an airtight container and refrigerate for one hour or until firm.

*Store any leftovers in an airtight container and refrigerate for up to 3 days or freeze on same day.*

**MAKES 6 PROTEIN BALLS**



PER BALL:  
222 Calories  
**5g Carbs**  
**10g Protein**  
**18g Fat**

# Indulgent brownies



- 1½ Tbsps. ground flaxseed
- 6 Tbsps. cold water
- 5 Medjool dates, pitted
- 2 Tbsps. almond or cashew butter
- 1 tsp. vanilla extract
- 3 Tbsps. maple syrup
- 3 Tbsps. coconut oil, melted
- ¼ cup cocoa powder
- a pinch of sea salt
- 1 cup buckwheat flour
- ⅓ cup chocolate flavor plant-based protein powder (optional)
- 2 Tbsps. vegan dark chocolate chips (minimum 70% cocoa)

## MAKES 9 BROWNIES

Preheat oven to 170°C/350°F. Line the base of a 6 inch baking pan with baking paper.



PER BROWNIE:  
191 Calories  
16g Carbs  
7g Protein  
11g Fat



Mix the flaxseed and cold water together in a jug and allow to stand for 15 minutes.

Place the dates in a blender or food processor and add 2 tps cold water. Blend into a paste.

Place the almond butter, dates, vanilla extract, maple syrup and coconut oil in a bowl and whisk well with an electric mixer.

Gradually add the cocoa and salt, whisking until smooth. Add the wet flax mixture and whisk well.

Gradually add the flour and protein powder (if using) and fold in with a spatula. Mix well ensuring there are no flour patches.

Fold in the chocolate chips. Transfer the mixture to the tin. Using a spatula, gently spread the mixture to fill the base of the tin and level off the surface.

Bake for 25-30 minutes or until a toothpick inserted comes out clean. Allow to cool then cut into 9 squares.

*Store any leftovers in an airtight container for up to 3 days.*

# Peanut crackle bars



4½ Tbsps. buckwheat groats  
⅓ cup vanilla flavor plant-based  
protein powder  
1.5 fl oz. maple syrup  
1.25 fl oz. cold water  
⅓ cup crunchy peanut butter  
(or use nut butter of your choice)

MAKES 6 BARS

Preheat oven to 150°C/300°F. Line the base of a 6x6 inch baking pan with baking paper.

Pour the buckwheat groats onto an oven tray and spread to distribute into a fine, even layer. Bake for 20 minutes, until crisp. Remove from oven and allow to cool.

Place all of the ingredients in a bowl and stir until thoroughly combined.

Transfer the mixture to the lined tin. Use a spatula to shape the mixture into a square and level the surface.

Refrigerate for 1 hour or until firm. Cut into 6 bars.

*Store any leftovers in an airtight container and refrigerate for up to 3 days.*



PER BAR:  
147 Calories  
13g Carbs  
8g Protein  
7g Fat



# Coconut & mint energy balls



2 Tbsps. cashew butter  
a pinch of sea salt  
½ cup desiccated coconut  
⅓ cup vanilla flavor plant-based protein powder (optional) or use sweetener, to taste  
a few drops of peppermint extract, to taste  
1 Tbsp. greens powder  
2½ Tbsps. cold water  
**to coat:**  
1 Tbsp. desiccated coconut

MAKES 4 ENERGY BALLS

Place all of the ingredients in a bowl and mix well with a fork, to form a thick dough.

Roll the dough into 4 balls.

Roll each ball in the desiccated coconut.

Refrigerate until ready to serve.

*Store any leftovers in an airtight container and refrigerate for up to 4 days or freeze on same day.*



PER BALL:  
160 Calories  
5g Carbs  
8g Protein  
12g Fat



# Chocolate orange mousse



4 squares vegan dark chocolate  
(minimum 70%)

1 ripe avocado

2 Tbsps. freshly squeezed orange  
juice

2 tsps. finely grated orange zest  
a pinch of sea salt

2 Tbsps. coconut cream (use the fat  
part from the top of a tin of coconut  
milk)

a few drops of orange extract  
(optional)

**SERVES 2**

Place the dark chocolate in a saucepan.

Place the saucepan in a shallow basin  
of boiling water. Stir the chocolate until  
melted.

Carefully remove the saucepan from the  
water and set aside to allow the chocolate  
to cool for 10 minutes.

Place all of the ingredients in a bowl,  
reserving a small amount of orange zest  
for the topping.

Using an electric mixer, blend well until  
creamy.

Spoon the mixture into 2 serving bowls  
and refrigerate for 1 hour or until firm.

Serve topped with the remaining grated  
orange zest.

*Cover any leftovers and refrigerate for up to  
2 days or freeze on same day.*



PER SERVING:  
255 Calories  
**16g Carbs**  
**5g Protein**  
**19g Fat**



# Salted caramel energy balls



- 2/3 cup cashews
  - 7 Medjool dates, pitted
  - 2 Tbsps. nut butter of your choice
  - a pinch of sea salt
  - 1 tsp. vanilla extract
  - 2 Tbsps. almond meal
- to coat:**
- 1 Tbsp. desiccated coconut

**MAKES 6 BALLS**

Place the cashews in a food processor or blender and blend until crumbly.

Add the remaining ingredients and blend until thoroughly combined. Compact the mixture with your hands to form a dough.

Roll the mixture into 6 balls.

Coat each ball in the desiccated coconut and refrigerate for one hour or until firm.

*Store any leftovers in an airtight container and refrigerate for up to 3 days or freeze on same day.*



PER BALL:  
207 Calories  
12g Carbs  
6g Protein  
15g Fat

# Cinnamon flapjacks



- 1 large ripe banana
- 2 Tbsps. maple syrup
- 2 Tbsps. coconut oil, melted
- 1/3 cup vanilla or banana flavor plant-based protein powder
- 1 1/4 cups oats (use gluten free if preferred)
- 1 tsp. ground ginger
- 1 tsp. ground cinnamon
- 2 Tbsps. raisins

MAKES 8 FLAPJACKS

Preheat oven to 170°C/350°F.

Line a baking tray with baking paper.

Mash the banana in a bowl. Add the remaining ingredients and mix well until thoroughly combined.

Transfer the mixture to the baking tray.

Using a spatula, shape the mixture into a square around 15mm thick.

Bake for 15-20 minutes or until golden.

Allow to cool for 10 minutes then cut into 8 pieces.

*Store any leftovers in an airtight container for up to 3 days.*



PER FLAPJACK:  
242 Calories  
30g Carbs  
8g Protein  
10g Fat

# Zucchini fritters with avocado



- 1 medium zucchini, grated
- 1 cup chickpea flour
- 4 Tbsps. nutritional yeast
- 2 sprigs of parsley, roughly chopped
- 3 tps. coconut oil or olive oil
- 1 medium-sized avocado
- a pinch of sea salt

## SERVES 2

Place the grated zucchini on a clean tea towel or a piece of strong kitchen paper. Squeeze the grated zucchini inside the tea towel / kitchen paper to drain off the excess water.

Whisk together the chickpea flour and nutritional yeast with 4 fl oz. cold water. Add the zucchini to the batter along with the salt.

Add the parsley to the batter and mix well.

Heat a small amount of the oil in a large frying pan over a medium / high heat.

When the pan is hot, spoon out 4 Tbsps. of the batter and fry gently, leaving some space between each one. When the underside of the fritter is firm and golden brown, flip or turn to cook the other side.

Repeat step with remaining oil and batter to make 8 fritters.

Remove the avocado stone and scoop out the flesh. Mash well.

To serve, alternate each fritter with a layer of mashed avocado. Enjoy!

*Store any leftovers in an airtight container and refrigerate for up to 3 days.*



PER SERVING:  
340 Calories  
29g Carbs  
11g Protein  
20g Fat





# Tofu scramble



12.5 oz. firm tofu  
½ Tbsp. olive oil or coconut oil  
1 small white onion, finely chopped  
1 tsp. ground turmeric  
1 Tbsp. mild curry powder  
1 red bell pepper, finely chopped  
½ tsp sea salt  
a small handful fresh spinach leaves  
2-3 sprigs fresh cilantro, finely chopped

**SERVES 2**

Drain the tofu and wrap in kitchen paper or a clean tea towel and place under some books or a flat heavy object to remove some of the moisture.

Heat the oil in a large frying pan over a medium / high heat.

Add the onion, turmeric and curry powder to the pan and lightly fry for 2 minutes.

Add the bell pepper and fry for 2 minutes.

Crumble the tofu into the pan with your hands, then break it up further with a wooden spoon.

Add the salt and continue to mix and fry the tofu and vegetables for 3-5 minutes or until the tofu is warmed through and coated in the spices.

Add the spinach and mix into the scramble then divide between two plates.

Serve topped with the fresh cilantro.

*Consume immediately.*



PER SERVING:  
213 Calories  
**18g Carbs**  
**15g Protein**  
**9g Fat**



# Creamy quinoa with chocolate & berries



3 Tbsps. quinoa (uncooked weight)  
5 fl oz. unsweetened almond milk  
or coconut milk

2 tsps. chia seeds

1 tsp. stevia (or use natural  
sweetener of your choice)  
a small pinch of sea salt

## for topping:

1 square vegan dark chocolate  
(minimum 70% cocoa), grated

1 tsp. shelled hemp seed or ground  
flaxseed

1 cup fresh blueberries or  
½ cup fresh strawberries

5 blanched almonds or 1 tsp  
flaked almonds

Rinse and drain the quinoa. Bring a  
saucepan of water to the boil. Add the  
quinoa and simmer gently for 20 minutes  
or until cooked. Drain well.

Place the milk in a saucepan over a low  
heat. Add the quinoa and chia seeds and  
cook for 15 minutes, stirring frequently.  
Add a drop more milk if the mixture  
becomes dry.

Remove pan from heat. Transfer the  
contents to a serving bowl.

Stir in the sweetener and salt.

Add the toppings and serve.

*Store any leftovers in an airtight container  
and refrigerate for up to 2 days.*

SERVES 1



PER SERVING:  
213 Calories  
**18g Carbs**  
**15g Protein**  
**9g Fat**





# Avocado & white bean smash on rye



2 slices of rye bread (available in grocery stores)

14 oz. canned cannellini beans, rinsed and drained

1 medium-sized ripe avocado, peeled and pit removed

2 sprigs of fresh parsley, roughly chopped

a pinch of sea salt

**SERVES 2**

Place the rye bread slices under a medium grill and toast on both sides.

Place the cannellini beans and avocado in a bowl. Using a fork, roughly mash to a chunky consistency.

Plate up each slice of rye toast and divide the avocado and bean mixture between the two plates.

Sprinkle the parsley and salt over the top. Serve.

*Consume immediately.*



PER SERVING:  
279 Calories  
**35g Carbs**  
**10g Protein**  
**11g Fat**

# Spinach carbonara chickpea fusilli



- 1 cup chickpea fusilli
- 3½ cups spinach, roughly chopped
- ⅓ cup cashew nuts, soaked overnight and drained
- 3.5 fl oz. unsweetened almond milk
- 1½ Tbsps. nutritional yeast
- 1 garlic clove, peeled
- juice of ½ a lemon
- 1 tsp. onion granules
- ½ tsp. sea salt
- ½ tsp. Dijon mustard
- 2 Tbsps. pine nuts
- a pinch of ground black pepper
- 1 tsp. grated lemon zest

Bring a saucepan of water to the boil. Add the chickpea fusilli and cook according to pack instructions. When the pasta is almost cooked, add the spinach and cook for 2 minutes. Drain the pasta and spinach.

Place the cashews, almond milk, nutritional yeast, garlic, lemon juice, onion granules, salt, mustard and half of the pine nuts in a blender or food processor and blend until smooth.

Return the pasta to the saucepan you used to cook it. Add the sauce and heat through over a low/medium heat for 3 minutes, stirring. Add the lemon zest and black pepper.

Serve with the remaining pine nuts sprinkled on top.

*Store any leftovers in an airtight container and refrigerate for up to 3 days.*

**SERVES 2**



PER SERVING:  
484 Calories  
43g Carbs  
24g Protein  
24g Fat



# Chickpea crackers with hummus & veggies



- 1½ cups chickpea flour
- 2 Tbsps. olive oil
- ½ tsp. baking powder
- ½ tsp. sea salt plus a little extra to sprinkle
- 5 Tbsps. hummus
- 1 small carrot, peeled and ends removed
- ¼ cucumber
- 1 red bell pepper

## SERVES 2

Preheat oven to 180°C/350°F. Line a large baking tray with baking paper.

Add the chickpea flour, olive oil, baking powder and salt to a food processor or blender and blitz until finely ground.

With the food processor running, add 3-4 Tbsps. of cold water, until the mixture binds together to form a ball of dough.

Remove the dough from the food processor and place it between two sheets of baking paper. Roll it out to ¼ inch thick and cut into squares.

Lay the squares on the prepared baking tray and sprinkle with a little extra salt. Bake for 10-15 minutes until firm and just starting to turn golden. Remove from oven and allow to cool.

Cut the carrot and cucumber into sticks. Slice the bell pepper.

Serve the crackers with hummus and vegetables for dipping.

*Store any leftover crackers in an airtight container for up to 4 days.*



PER SERVING:  
434 Calories  
**45g Carbs**  
**14g Protein**  
**22g Fat**



# Roasted vegetable & hummus wrap



- 1 small zucchini
- 1 bell pepper, any color, deseeded and diced
- 1 small red onion, roughly chopped
- 3 tsps. olive oil
- 2 cloves of garlic
- ¾ cup chickpea flour
- ¼ tsp. sea salt
- 3 Tbsps. hummus

## SERVES 1

Preheat oven to 180°C/350°F. Prepare a baking tray for the vegetables.

Slice the zucchini into half moon shapes. Place the zucchini, onion and bell pepper onto the baking tray with 2 tsps. olive oil and the fresh garlic still in their skins. Bake for 30 minutes or until soft and golden on the edges. Remove from oven and set aside.



PER SERVING:  
606 Calories  
60g Carbs  
15g Protein  
34g Fat

To make the wrap, combine the chickpea flour in a bowl with 4.75 fl oz. cold water and the salt. Whisk well to remove any lumps.

Heat the remaining oil in a large frying pan over a medium/high heat. When the pan is hot add the chickpea batter and rotate the pan to allow the batter to spread to the edges. Fry like a large pancake. When bubbles appear on the surface, flip or turn with a slice.

When both sides of the wrap are cooked, remove from the pan and leave to cool for a 2 minutes.

Squeeze the soft garlic from the skin and mix into the vegetables, discarding the skin.

To make the wrap, spread it with the hummus and place a pile of the roasted vegetables in the center of the wrap. Roll it up and enjoy warm or cold!

Store any leftover vegetables and wraps in separate airtight containers and refrigerate for up to 3 days.





# Thai tofu lettuce rolls



5.75 oz. firm tofu  
3 Tbsps. soy sauce or tamari  
1 head of romaine or cos lettuce  
1 red bell pepper, finely sliced  
a small bunch of fresh cilantro,  
roughly chopped  
a small bunch of fresh mint, roughly  
chopped  
1 Tbsp. toasted sesame oil

SERVES 2

Place the tofu in a bowl. Add 1 Tbsp. soy sauce and stir. Allow to marinate for 15 minutes.

Carefully remove the lettuce leaves from their stem. Wash and pat dry with kitchen paper.

To assemble the rolls, fill a lettuce leaf with a little of the sliced pepper, tofu, cilantro and mint. Repeat until all the tofu, pepper and herbs are used up.

To make the dipping sauce combine the sesame oil and remaining soy sauce in a dipping bowl.

Serve the lettuce rolls on a plate with the dipping sauce. Roll each leaf up and dip in the sauce to enjoy.

*Store any leftovers in an airtight container and refrigerate for up to 3 days.*



PER SERVING:  
174 Calories  
**10g Carbs**  
**11g Protein**  
**10g Fat**

# Cauliflower power bowl



- ½ a large cauliflower, cut into bite sized pieces
- a drizzle of olive oil
- 2 Tbsps. tahini
- 1 Tbsp. apple cider vinegar
- a pinch of sea salt
- 3 large stems of kale
- 14 oz. canned chickpeas, drained
- 2 Tbsps. nutritional yeast

SERVES 2

Preheat oven to 180°C/350°F.

Place the cauliflower on a baking tray. Toss in the olive oil and bake for 30 minutes or until golden brown and tender.

Combine the tahini, apple cider vinegar and salt in a bowl. Add cold water a little bit at a time until the sauce reaches desired consistency.

Steam the kale for 5-10 minutes until bright green and tender.

Place the chickpeas in a saucepan over a medium heat and warm through, stirring frequently.

Assemble the bowls with some of the roast cauliflower, the chickpeas and the steamed kale. Top with the tahini sauce and the nutritional yeast.

*Store any leftovers in an airtight container and refrigerate for up to 2 days.*



PER SERVING:  
394 Calories  
33g Carbs  
25g Protein  
18g Fat



# Mexican lentil stuffed peppers



- 1 tsp. olive oil
- 1 small white onion, chopped
- ½ a medium-sized zucchini, diced
- 14 oz. canned green lentils, drained
- 1 tsp. hot chili powder
- 1 Tbsp. tomato purée
- a pinch of sea salt
- a small bunch of fresh cilantro, finely chopped
- 2 large bell peppers (any color)

SERVES 2



Preheat oven to 180°C/350°F.

Heat the oil in a frying pan over a medium heat. Add the onion and sauté for 4 minutes, stirring occasionally.

Add the zucchini and sauté for 2 minutes.

Add the lentils, hot chili powder, tomato purée and salt. Add some of the cilantro to the pan, reserving some for the garnish.

Cut each pepper in half lengthwise and remove the core, pith and pips. Arrange them in a baking dish. Stuff each half with the lentil mixture.

Add 2 Tbsps. of cold water to the baking dish. Bake the peppers for 30 minutes or until slightly softened.

Serve garnished with the remaining fresh cilantro.

*Store any leftovers in an airtight container and refrigerate for up to 2 days.*

PER SERVING:  
224 Calories  
**36g Carbs**  
**11g Protein**  
**4g Fat**



# Tofu stir fry with satay sauce



3 Tbsps. smooth peanut butter  
1 Tbsp. soy sauce or tamari  
1 Tbsp. maple syrup  
1 tsp. coconut oil  
14oz. bag mixed stir fry vegetables  
5.75 oz. firm tofu, diced  
sea salt and ground black pepper,  
to season  
a small bunch of fresh cilantro,  
finely chopped

SERVES 2

To make the sauce, combine the peanut butter, soy sauce and maple syrup in a bowl.

Add cold water 1 tsp. at a time until the sauce is a smooth, thin consistency.

Heat the oil in a wok or large frying pan. Fry the vegetables for 2-3 minutes until just cooked but still a little crunchy.

Add the tofu, season with salt and pepper and stir fry for 2 minutes.

Serve the stir fry topped with the peanut sauce and fresh cilantro.

*Store any leftovers in an airtight container and refrigerate for up to 3 days or freeze on same day.*



PER SERVING:  
304 Calories  
**16g Carbs**  
**15g Protein**  
**20g Fat**

# Quinoa chili



- 1 Tbsp. olive oil
- 1 medium-sized white onion, finely chopped
- 2 cloves fresh garlic, minced
- 1 small red chili pepper, finely chopped
- ½ tsp. ground cumin
- ¼ tsp. hot chili powder
- ½ cup quinoa (uncooked weight)
- 14 oz. can chopped tomatoes
- 1 Tbsp. tomato purée
- 14 oz. can red kidney beans, drained
- 1 red bell pepper, deseeded and roughly chopped
- ½ tsp. sea salt
- 2 lime wedges, to serve
- a handful of fresh cilantro
- 1 medium-sized avocado, sliced

**SERVES 2**

Heat the oil in a large saucepan over a medium heat. Add the onion, garlic and chili pepper and sauté for 2 minutes until softened.

Meanwhile, rinse the quinoa well in a sieve and allow to drain.

Add the ground cumin and hot chili powder to the saucepan and fry for 1 minute. Add the chopped tomatoes, quinoa and tomato purée and stir well. Cook for 2 minutes.

Add the kidney beans to the saucepan along with 8.25 fl oz. cold water and the chopped bell pepper. Stir well.

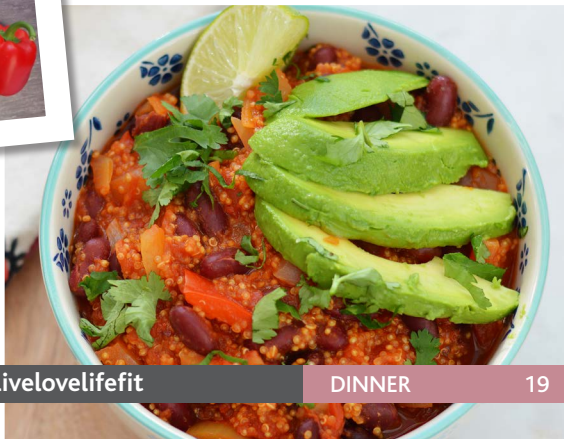
Bring the pan to the boil then reduce to a simmer and cook for 20-25 minutes or until the chili has thickened and the quinoa is cooked.

Add the salt to taste and serve with a wedge of lime, a sprinkle of fresh cilantro and the avocado on top.

*Store any leftovers in an airtight container and refrigerate for up to 3 days or freeze on same day.*



**PER SERVING:**  
516 Calories  
63g Carbs  
21g Protein  
20g Fat



# Moroccan veg stew



- 1 Tbsp. olive oil
- 2 cloves garlic, finely chopped
- a handful of fresh cilantro, finely chopped
- 1/3 cup cauliflower, cut into florets
- 1 large parsnip, peeled and chopped
- 3 medium-sized carrots, sliced
- 19 fl oz. vegetable stock (made with 1 organic stock cube)
- 14 oz can chopped tomatoes
- 1/2 cup red lentils, rinsed
- 1 bay leaf
- 1 tsp. ground cumin
- 2 tsp. ground turmeric
- a large pinch of ground black pepper
- 1/2 tsp. cayenne pepper
- 1 tsp. sea salt

Heat the oil in a large saucepan over a medium heat. Add the garlic and cilantro and sauté for 3 minutes, stirring frequently.

Add the cauliflower, parsnip and carrots and cook for 4 minutes, stirring occasionally.

Add the stock, canned tomatoes, lentils, bay leaf, cumin, turmeric, black pepper and cayenne pepper. Stir well and simmer for 20-25 minutes or until the lentils are tender. Top up with more stock or boiling water if the stew becomes too thick.

Add the salt, stir well and cook for 2 minutes. Remove the bay leaf and discard. Serve.

*Store any leftovers in an airtight container and refrigerate for up to 3 days or freeze on same day.*

SERVES 3



PER SERVING:  
229 Calories  
42g Carbs  
13g Protein  
1g Fat





# Vegetable pizza



- 1½ cups chickpea flour
- ½ tsp. sea salt
- 2 tsps. Italian seasoning
- 1 tsp. olive oil
- 3 Tbsps. tomato purée
- 1 small zucchini, sliced
- 1 red or yellow bell pepper, deseeded and sliced finely
- 1 small red onion, sliced
- a few fresh basil leaves

## SERVES 2

Preheat oven to 180°C/350°F. Prepare a baking tray with baking paper or use pizza trays for a crispier base.

Place the chickpea flour into a blender with 8.25 fl oz. cold water, salt and half of the Italian seasoning.



PER SERVING:  
294 Calories  
49g Carbs  
11g Protein  
6g Fat



Heat the olive oil in a large frying pan over a medium/high heat. When the pan is hot, add half of the chickpea batter to fill the pan. Fry like a pancake, carefully flipping when bubbles start to appear on the surface and the underside is firm.

Transfer straight onto the lined baking tray and repeat above step with the remaining batter.

Divide the tomato purée between the two 'pizza bases' then add a sprinkle of Italian seasoning.

Add the vegetables to the pizzas. Bake the pizzas until the base is crispy around the edges and the vegetables have softened. Serve topped with the fresh basil leaves.

*Store any leftovers in an airtight container and refrigerate for up to 3 days.*

## Suggestion:

Add some vegan cheese before baking the pizzas in the oven or sprinkle on some nutritional yeast when the pizzas are ready to be served.