



EAT WELL WITH FAIRY (VEGAN)



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Medical Disclaimer

Always consult your medical practitioner, registered dietician 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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About me



There is a saying that goes 'you are what you eat'. I strongly believe in this.

Nutrition plays a key role in our health, however with our busy lifestyles it can sometimes be hard to keep up and get all the key vitamins, minerals and other things our bodies need to function at their best.

A while back I discovered an amazing vitamin and mineral supplement, that also contains digestive enzymes and key other ingredients our bodies need, in one simple to use product. What sold me was that it is pure and organic and it is safe for children, pregnant women and nursing mums.

I was already spending a small fortune at the local health store, and I found this product worked out much cheaper overall, for more benefits! Plus it is 100% organic certified, and contains no bulking agents!

Since then, the company has introduced more 100% pure organic wholefood products. These include protein powders, tea, cocoa and other hydration & detox products.

For more information you can visit my facebook page, or go direct onto my webpage.

With great health products, we need to eat clean aswell, I hope you enjoy the recipes in this book...

To health & happiness,

And everything in inbetween.

The Superfood Fairy

xxx

Get in touch



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Nuts & seeds smoothie



180ml chilled unsweetened almond milk
40g frozen banana
2 tsps pumpkin seeds
2 tsps sunflower seeds
2 tsps flaxseed
15g walnuts or pistachios
¼ tsp ground nutmeg
45g nut butter of your choice
natural sweetener of your choice, to taste

Place all of the ingredients in a blender and blend until creamy.

Consume immediately

SERVES 1



PER SERVING:

406 Calories

18g Carbs

16g Protein

30g Fat

Tofu, walnut & pear smoothie



200ml vegan milk of your choice
(e.g. almond, cashew, rice or oat milk)

1 medium sized ripe pear, core and stalk removed

30g silken tofu

25g original or chocolate Organic Protein Max (optional)

½ tsp vanilla extract

10g walnuts

a pinch of ground nutmeg or

½ tsp ground cinnamon

3 ice cubes

Place all of the ingredients in a blender and blend until creamy.

Consume immediately

SERVES 1



PER SERVING:

314 Calories

33g Carbs

23g Protein

10g Fat

Pear, walnut & vanilla quinoa porridge



30g quinoa

100ml unsweetened almond milk
(or use vegan milk of your choice)

2 tps chia seeds

1 tbsp natural vegan sweetener of
your choice

a small pinch of sea salt

1 vanilla pod, with an incision made
lengthways (or use 1 tsp vanilla
extract)

a pinch of ground cinnamon

1 tsp raisins

2 tinned pear halves, sliced

10g walnuts, chopped

Rinse the quinoa and simmer in a
saucepan of water for around 20 minutes
until cooked.

Meanwhile place the almond milk in a
saucepan over a low heat. Add the vanilla
pod if using, cover and simmer for 20-25
minutes (or longer if you have time).

Drain the quinoa and add to the vanilla
milk, with the chia seeds. Cook, stirring for
15 minutes. Remove pan from heat.

Transfer the contents of the pan to a
serving bowl. Mix in the raisins, vanilla
extract (if using), sweetener and salt. Top
with the pear and walnuts. Enjoy warm or
cold.

SERVES 1

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



PER SERVING:
285 Calories
34g Carbs
8g Protein
13g Fat



Full English breakfast

- 4 vegan sausages
- ½ a medium sized cauliflower head
- ½ a white onion
- 1½ tsps coconut oil
- 3 tsps chickpea flour
- ½ tsp sea salt
- 5 closed cup or button mushrooms, sliced
- ½ an avocado, sliced

SERVES 2

Cook the sausages according to packet instructions.

To make the cauliflower hash browns, place the onion and cauliflower into a blender or food processor and blitz into small pieces until it resembles rice.



PER SERVING:
313 Calories
21g Carbs
28g Protein
13g Fat



Melt ½ tsp oil in a frying pan over a medium heat and add the cauliflower and onion. Lightly fry for 5 minutes until cooked. Allow to cool for 2 minutes, then combine with the chickpea flour, sea salt and 4 tablespoons of cold water. The mixture shouldn't be too thick, so add a drop more water.



Heat the remaining oil in a large frying pan over a medium / high heat. Place large spoonfuls of the cauliflower and onion batter into the pan and fry for 2-3 minutes. The surface of the hash brown will start to bubble and the underside will be golden when it's time to flip them over.

Repeat with the remaining mixture. Keep the hash browns warm under a low grill while you cook the mushrooms.

Add the mushrooms to the same frying pan that was used to cook the hash browns. Plate up the breakfasts with two sausages on each plate, the cauliflower hash browns, fried mushrooms, avocado and a little ketchup if desired.

Consume immediately.

Spring omelette



60g chickpea flour
15g nutritional yeast
½ tsp sea salt
1 tsp Italian seasoning
40g frozen peas
3 spring onions, chopped
a small handful of spinach,
roughly chopped
2 tsps coconut oil

SERVES 1

Combine the chickpea flour, nutritional yeast, salt and Italian seasoning with 180ml cold water and whisk well to remove any lumps.

Place the peas in a saucepan of boiling water and cook for 2 minutes. Drain well.

Mix the peas, spring onions and spinach into the chickpea flour batter.

Heat the oil in a large frying pan over a high heat. Once the pan is hot reduce the heat to medium high.

Pour in the omelette batter and leave to cook until the underside is golden and firm. To finish off the top, place under a hot grill until firm. Serve.

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



PER SERVING:
405 Calories
53g Carbs
19g Protein
13g Fat



Protein quinoa bread

280g uncooked quinoa
40g chia seeds
60ml olive oil
juice of ½ a lemon
1 tsp baking powder
1 tsp sea salt

MAKES 10 SLICES

ADVANCED PREPARATION REQUIRED

Place the quinoa seeds in a bowl and cover with water, leaving to soak overnight.

Place the chia seeds in a bowl and cover with 125ml of water, stir and leave to soak overnight.



PER SLICE
TOPPED WITH
½ TBSP
TAHINI:
241 Calories
18g Carbs
13g Protein
13g Fat



Preheat the oven to 170°C/350°F and line the base of a medium sized loaf tin with greaseproof paper.

Drain the quinoa in a sieve and rinse well. Place in a food processor or blender. Add the chia seeds in water, along with the olive oil, lemon juice, baking powder and salt.

Add 125ml cold water and blend for 3-4 minutes to form a batter (whole quinoa and chia seeds will still remain).

Transfer the batter into the loaf pan and bake for 90 minutes until the surface is golden and the bread is firm and slightly risen. Leave to cool in the tin for 10 minutes before removing to a wire rack to cool. Once cooled, slice and toast.

Store any leftovers in an airtight container for up to 5 days or freeze on same day.

Suggested toppings:

Tahini, avocado or peanut butter



Courgette fritters with avocado



1 medium courgette, grated
60g chickpea flour
4 tbsps nutritional yeast
2 sprigs of parsley, roughly chopped
3 tps coconut oil or olive oil
1 medium avocado
a pinch of sea salt

SERVES 2

Place the grated courgette on a clean tea towel or piece of strong kitchen paper.

Whisk together the chickpea flour and nutritional yeast with 125ml of cold water.

Squeeze the grated courgette inside the tea towel or kitchen paper to drain off the excess water then add to the batter along with the salt.



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

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 3-4 tablespoons of the batter and fry gently. Flip or turn to cook the other side when the underside of the fritter is firm and golden brown.

Repeat step with remaining oil and batter to make approximately 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.



Thai tofu lettuce rolls



160g 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 coriander, roughly chopped
a small bunch of fresh mint, roughly chopped
1 tbsp toasted sesame oil

SERVES 1

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, coriander 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:
348 Calories
20g Carbs
21g Protein
20g Fat



Hummus veggie wraps



1 wholemeal tortilla wrap (use
gluten free if preferred)
3 tbsps hummus
200g tinned lentils, drained
1 small carrot, grated
a handful of mixed salad leaves

SERVES 1

Spread the wrap with the hummus and
spoon the drained lentils in the centre of
the wrap.

Add the grated carrot and mixed salad
leaves.

Roll up the wrap and serve.

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



PER SERVING:
527 Calories
66g Carbs
23g Protein
19g Fat

Cheesy courgette pasta



400g tin cannellini beans
100ml unsweetened vegan milk
3 tbsps nutritional yeast, plus a little extra to serve
½ tsp sea salt
½ tsp Italian seasoning
2 medium-sized courgettes

SERVES 2

Drain the cannellini beans and add to a food processor or blender along with the milk, nutritional yeast, salt and Italian seasoning. Blend well until smooth and creamy.

Transfer the sauce to a large saucepan over a medium heat and warm through. Meanwhile spiralise the courgette or use a vegetable peeler to create 'ribbons'.

Add the courgette 'pasta' to the saucepan and combine with the sauce. Divide between two pasta bowls and serve topped with a sprinkle of nutritional yeast.

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



PER SERVING:
166 Calories
21g Carbs
16g Protein
2g Fat



Black bean burgers



400g tin black beans
1 small red onion, finely sliced
1 small red chilli pepper, finely chopped
1 clove of fresh garlic, crushed
60g oats (use gluten free if preferred)
a small handful of fresh coriander, finely chopped

SERVES 2

Drain the beans and add to a food processor or blender along with the onion, chilli and garlic and blend well.

Add the oats and coriander and pulse to combine.

Transfer the mixture to a bowl. Cover and refrigerate for 15 minutes, or longer if you have time.

Preheat oven to 200°C/400°F. Line a baking tray with greaseproof paper.

Divide the bean mixture into two patties and place on the tray. Bake for 20-30 minutes or until the burgers are firm and starting to turn golden.

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

Serving suggestion:

Serve in two grilled portobello mushrooms as a low carb alternative to a burger bun



PER SERVING:
248 Calories
40g Carbs
13g Protein
4g Fat



Peanut butter curry



1 medium sized white onion
 4 cloves of garlic
 1 inch piece of fresh ginger
 1 tbsp olive oil
 2 tbsps garam masala
 400g tin of coconut milk
 (refrigerated for one hour)
 3 tbsps smooth peanut butter
 1 red bell pepper, finely sliced
 400g tin of chickpeas, drained
 400g tin of cooked green lentils,
 drained
 1 tbsp soy sauce / tamari
 1 tbsp maple syrup
 a large bunch of fresh coriander,
 chopped

SERVES 4



PER SERVING:
 448 Calories
34g Carbs
15g Protein
28g Fat

Peel the onion, garlic and ginger and blitz together in a small food processor or blender.

Heat the oil in a large frying pan over a medium heat. Add the garam masala and stir while it toasts for 3 minutes.

Add the onion, garlic and ginger paste and cook for 5 minutes, stirring occasionally.

Open the can of coconut milk without shaking it. Add the peanut butter to the pan followed by the thick coconut cream from the top of the can. Stir and simmer for 2 minutes.

Add the bell pepper to the pan and cook for 5 minutes, stirring occasionally.

Add the tinned chickpeas and lentils and stir well. Cook for 2-3 minutes, until heated through.

Add the soy sauce, maple syrup and coriander. Stir and serve.

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



Creamy cauliflower soup



100g cashew nuts
1 large cauliflower
400g tinned chickpeas, drained
2 tsps vegetable bouillon powder
or a vegetable stock cube

SERVES 3

Place the cashews in a bowl and cover with water, reserving a few for the topping. Soak for at least 3 hours or overnight.

Chop the cauliflower into florets and add to a saucepan along with 750ml of water and the vegetable bouillon or stock cube (or enough to cover the cauliflower). Bring it to the boil and simmer until the cauliflower is tender.

Add the chickpeas to the saucepan. Cook for 10 minutes.

Drain the cashews, rinse and add to the pan. Cook for 5 minutes.

Blend the soup together until smooth, adding a touch of water if needed to create a looser consistency. Taste and season as needed.

To make the topping, place a frying pan over a medium heat and toast the additional cashews for a couple of minutes until golden.

Serve the soup topped with the toasted cashews.

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



PER SERVING:
334 Calories
29g Carbs
14g Protein
18g Fat



Kale, sweet potato & chickpea soup



1 tsp olive oil

1 large white onion, finely chopped

1 red bell pepper, diced

400g sweet potato, peeled and diced

3 cloves garlic, finely chopped

1-2 red chilli peppers, chopped (optional)

a good pinch of sea salt and ground black pepper

2 pints vegetable stock (made with 1 organic stock cube)

400g tinned chickpeas, rinsed and drained

½ tsp cayenne pepper

¾ tsp ground coriander

½ tsp ground cumin

50g vegan pasta of your choice

100g kale, chopped

Heat the oil in a large saucepan over a medium heat and add the onion. Sauté for 4-5 minutes, stirring occasionally, until soft.

Add the bell pepper and sweet potato. Stir well and cook for 4-5 minutes, stirring occasionally.

Add the garlic and chilli peppers (if using) and fry gently for 1 minute.

Add the salt, pepper, stock, tinned chickpeas, cayenne pepper, ground coriander and ground cumin. Bring to a simmer, cover and cook for 10 minutes, stirring occasionally.

Add the pasta and cook for 10 minutes.

Add the kale and cook for 4-5 minutes, or until tender. Serve.

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

SERVES 4



PER SERVING:
277 Calories
48g Carbs
10g Protein
5g Fat



Cauliflower power bowl



half 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
400g tinned chickpeas, drained
2 tbsps nutritional yeast

SERVES 2

Preheat the 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



Red lentil & spinach dhal



1 tsp olive oil or coconut oil
1 medium sized white onion, finely chopped
1 tbsp curry powder
180g red lentils (uncooked weight), rinsed and drained
400g tinned chopped tomatoes
625ml recently boiled water
a large handful of fresh spinach
a small bunch of fresh coriander, finely chopped
a pinch of sea salt

SERVES 4

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

Add the curry powder and cook for 1 minute.

Add the lentils and chopped tomatoes to the saucepan along with the recently boiled water. Bring to a simmer and cook for 20-30 minutes or until the lentils are cooked and tender and the dhal has thickened.

Add the spinach and stir through. Taste for seasoning and add salt if required.

Serve garnished with the chopped coriander.

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



PER SERVING:
202 Calories
32g Carbs
14g Protein
2g Fat



Thai green chickpea curry



1 tsp coconut oil
2 tbsps vegan Thai Green Curry Paste
400g tinned chickpeas, drained
100g coconut cream
1 tsp vegetable bouillon powder
or a vegetable stock cube
1 red bell pepper, deseeded and
sliced into strips
3 sprigs of fresh coriander, finely
chopped

SERVES 3

Place a large saucepan over a medium heat. Add the curry paste and fry in the coconut oil for 2 minutes.

Add the drained chickpeas, coconut cream, vegetable bouillon powder and 125ml of cold water. Bring to a simmer and cook for 5 minutes.

Add the pepper and cook for a 4-5 minutes, until the pepper is soft.

Add the coriander and stir through.

Serve with rice or cauliflower rice.

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



PER SERVING:
367 Calories
21g Carbs
10g Protein
27g 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
400g mixed stir fry vegetables
160g firm tofu, diced
sea salt and ground black pepper,
to season
a small bunch of fresh coriander,
finely chopped

SERVES 2

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

Add cold water a teaspoon at a time until the sauce is a smooth thin consistency.

Heat 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 coriander.

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



Italian bean stew



½ tbsp olive oil

1 medium sized white onion, finely sliced

1 small courgette

400g tin of cannellini beans, drained

1 tsp Italian seasoning

150g tomato passata

½ tsp sea salt

100g pitted Italian olives, sliced

a few fresh basil leaves

SERVES 2

Heat the olive oil in a large saucepan over a medium heat. Add the onion and sauté for 2-3 minutes until softened.

Chop the courgette into half moon shapes and add to the onion along with the drained beans and Italian seasoning. Fry for 30 seconds then add the tomato passata and salt.

Warm the stew through for 5 minutes on a medium heat. Add the olives to the stew and stir. Serve topped with fresh basil.

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

Serving suggestion:

Sprinkle on some nutritional yeast when serving for added flavour and protein



PER SERVING:

280 Calories

32g Carbs

11g Protein

12g Fat



Curried red lentil & spinach soup



½ tbsp olive oil or coconut oil
1 medium sized white onion, finely chopped
1 inch thick piece fresh ginger, peeled and chopped finely
1 tbsp mild curry powder
2 medium carrots, chopped
200g red lentils, rinsed
750ml recently boiled water
2 tsps vegetable bouillon or a vegetable stock cube
2 large handfuls of spinach
a small handful fresh coriander, finely chopped

SERVES 3

Heat the oil in a large saucepan over a medium heat. Add the onion, ginger and curry powder and lightly fry for 2-3 minutes.

Add the carrots, lentils, boiled water and the vegetable bouillon powder / stock cube.

Simmer for 30 minutes or until the liquid has reduced and the lentils are broken down.

Stir through the spinach and cook for 1-2 minutes until wilted.

Serve topped with the fresh coriander.

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



PER SERVING:
311 Calories
51g Carbs
20g Protein
3g Fat



Lentil shepherd's pie



1 large cauliflower head, chopped into florets
25g vegan spread (optional)
30ml unsweetened almond milk
1 tsp olive oil
1 medium sized white onion, finely chopped
1 medium sized carrot, finely chopped
400g tinned green lentils, drained
2 tbsps tomato purée
½ tsp sea salt
¼ tsp ground black pepper
2 tbsps nutritional yeast

SERVES 2



PER SERVING:
309 Calories
36g Carbs
21g Protein
9g Fat

Preheat oven to 180°C/350°F.

Place the cauliflower in a saucepan. Cover with cold water and bring to a boil. Reduce to a simmer and cook until the cauliflower is soft then drain well. Place the cauliflower back in the empty saucepan and mash with the vegan spread (if using) and almond milk.

Heat the oil in a large pan and lightly fry the onion and carrot. Add the lentils, tomato purée, black pepper and salt. Fry for 2-3 minutes then remove from the heat and set aside.

Transfer the lentil mixture to a medium sized ovenproof dish. Top with the cauliflower mash.

Bake in the oven for 10 minutes or until the pie is hot and the top is just starting to brown. Sprinkle the nutritional yeast on top and serve.

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

