

Easter Dinner + Dessert + Plant-Based Easter Eggs

Festive Cauliflower-Pumpkin Curry |serves 4-6|



Ingredients:

1 medium onion, chopped*
1 thumb-sized piece fresh root ginger, chopped into fine cubes*

1 tsp garlic powder
200 ml coconut milk
1 tbsp curry paste*

1 small bunch fresh coriander or parsley
1 cauliflower, cut into pieces
1 small butternut squash*

2 cans chopped tomatoes
juice of half a lemon
350 ml water

2 cans chickpeas, drained and rinsed
150 g baby spinach or more*

freshly ground black pepper
sea salt (optional)

Preparation:

1. In a big saucepan on high heat, add 2 tablespoons of water. When the water begins to sputter, add the chopped onion and ginger, and cook stirring for about 3 minutes, adding water just as needed to prevent sticking (one tbsp at a time).
2. Add curry paste, garlic powder, and half of the coconut milk and cook stirring for an additional minute.
3. Add the remaining coconut milk, coriander or parsley, cauliflower and pumpkin and stir well.
4. Add 2 cans crushed tomatoes, lemon juice and 350 ml water. Stir well. Cook on low heat for 15 minutes.
5. Add chickpeas and spinach. Stir well. Cook for another 5 minutes. Season the curry with black pepper and salt (if necessary).

Serve with rice (50g dry rice per person) and green salad.

Tips:

- *If in a hurry, you can substitute fresh onion with 4 tbsp dried onion and fresh ginger with 1-2 tsp ginger powder.
- *You can use any pumpkin instead of butternut squash – take about 500g.
- *If you want to spice things up, use more curry paste.
- *If you do not have curry paste, just use your favourite curry powder instead – 1-2 tbsp, depending on how spicy you'd like the dish to be.
- *You can use kale, swiss chard or any other greens instead of spinach.

Delicious Raw Vegan *Pascha* |2-4 servings|**Ingredients:**

100g cashew nuts, soaked in water for 4-6 hours
100g raw buckwheat, soaked in water for 4-6 hours
1 tbsp coconut oil, melted
1/2 teaspoon finely grated lemon zest
juice of 1/2 lemon
1 tablespoon agave syrup
5-7 dried apricots (or other dried fruit, e.g. prunes + figs)
3-4 tablespoons goji berries or other dried fruit of your choice

Preparation:

1. Drain and rinse the soaked cashew nuts and buckwheat. Place in a blender with melted coconut oil, lemon juice, and zest and agave syrup. Blend until very smooth and thick. Add a tiny bit of water if absolutely necessary.
2. Finely chop the apricots and stir them, along with the goji berries into the mixture.
3. Line a cup or a small bowl with some plastic wrap or cheese cloth and scoop the mixture into the cup. Press the mixture down so it sits in the cup quite tightly. Cover the top with plastic wrap and refrigerate overnight or at least 5-8 hours.
4. To serve, remove the wrap, decorate *pascha* with some dried fruit and serve cool or at room temperature.

Tip:

* Alternatively, use 2-4 individual cups to refrigerate it in.

Easter Eggs**Ingredients:****Eggs**

- 1 cup walnuts
- 1 cup dates
- ¼ teaspoon sea salt
- 2 handfuls shredded coconut
- 2 tablespoons agave syrup or honey
- 3 heaped tablespoons carob powder

Chocolate

- ½ cup coconut oil
- 1/3 cup carob powder
- 2 tbsp agave syrup or honey

Ground shredded coconut for rolling

Preparation:**Eggs**

1. Place nuts alone in your food processor and process until they become small and crumbly.
2. Add chopped dates and process until the mixture sticks together and the dates are well processed.

3. Add the remaining ingredients and process until the mixture turns a lovely dark chocolaty brown. I like to process it until it becomes buttery. However, you can also leave a bit more air between the small bits.
4. Dump the mixture into a bowl or on a bigger plate and form six egg-shaped balls.

Chocolate

1. Slowly heat coconut oil until it begins to soften; you don't want it liquefied, just smooth.
2. Transfer coconut oil into a tall cup or medium bowl and add agave syrup and carob; stir until well incorporated.

Finishing the eggs

1. Dip an egg into the chocolate using a spoon and hands, pull out and immediately roll it in coconut flakes until fully covered and perfectly round.
2. Set on a plate and refrigerate for at least 30 minutes.

Tips:

- *You can substitute with whatever nuts.
- *Whenever possible use organic nuts as the conventional ones are often bitter, i.e. rancid and therefore toxic.
- *You can substitute carob with cacao powder or use half and half.
- * Store nuts in fridge or freezer.

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- boost your energy and help lose weight
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