

# BEST OF BOWLS



EASY, DELICIOUS  
AND HEALTHY

Marlena Izdebska

## MY FAVORITE INGREDIENTS

8

## BASICS FOR THE FULL TASTE EXPERIENCE

10

### BREAKFAST

---

Mango	14	Lemon rice pudding	34
Rice pudding	16	Vanilla polenta	36
Coconut milk rice flakes	18	Vegan coconut kaiserschmarrn	38
Creamy cinnamon porridge	20	Chocolate quinoa porridge	40
Vanilla porridge	22	Breakfast potatoes	42
Summerfeeling-chia-bowl	24	Green smoothie bowl	44
Papaya boat	26	Quinoa-porridge	46
Poppysseed tonka porridge	28	Red lentils spread	48
Pancakes	32		

### LUNCH

---

Polish barszcz	52	Vegan bigos made from white cabbage	74
Red lentil dal	54	Vegan mac and cheese	76
Pepper and tofu soup	56	Teriyaki eggplant	78
Broccoli garlic soup	58	Tofu pineapple curry	80
Carrot-ginger soup	60	Buddha bowl	82
Green pea soup	62	Chili sin carne	84
Potato thai curry	64	Fried vegetables	86
Vegan cauliflower and mushroom stew	66	Pasta with avocado sauce	88
Vegan pho	68	Biryani-rice	90
Pumpkin and pear soup	70	Kale pesto	92

## DINNER

---

Penne all'arrabbiata	96	Bulgur salad	118
Teriyaki cauliflower	98	Beetroot rocket salad	122
BBQ tofu from the oven	100	Asian style pasta salad	124
Potato wedges	102	Fried rice	126
Summerfeeling tabouleh	104	Taco-salad	128
Millet risotto	106	Vegan hawaiian salad	130
Horseradish risotto	108	Salsa-cucumber mix	132
Oriental noodle salad	110	Potato salad	134
"Easy peasy!" green pea paste	112	Tomato-burrata salad	136
Potato and chickpea salad	114	Beetroot salad	138
Truffle risotto	116		

## SWEETS

---

Vegan oat cookies	142	Chocolate protein balls	150
Salty caramel almonds	144	Orange-apricot granola bars	152
Muesli balls	146		

### discription of the measurements:

g – grams	tsp – teaspoon	l – litres
ml – milliliters	tbsp – tablespoon	glass – aprox. 25 ml
ms – medium sized	cup – aprox. 150 ml	some – as pleased
cm – centimeters	pinch – small amount	can – normal sized

# INGREDIENTS

## MY HEALTHY FAVOURITES



### Walnuts

Walnuts are little miracles. They contain vitamin E and melatonin, so that they act as protective substances to counteract antioxidants and prevent diseases. In addition, they are a real brain food – they improve the function and increase your own learning ability and concentration. On top, walnuts have a positive effect on food cravings – we have fewer cravings for chocolate, chips and more.

### Spelt flour

Spelt has a high silica content, which has a positive effect on the growth and cleansing of the skin, hair and nails. In addition, spelt in any form promotes its own concentration and boosts your metabolism due to the vitamin B it contains. Spelt contains much more protein than wheat, which is beneficial for muscle maintenance and building.





## Oats

Oats are responsible for healthy hair, skin and firm nails. The B6 it contains has the advantage of helping against restless sleep. That's why I like to eat some oatmeal in my bowl in the morning. Another plus, especially for me personally, is that there is a lot of iron and zinc in oats. With a meatfree diet, it is a great advantage to absorb your vitamins this way.

## Sunflower seeds

Sunflower seeds are an integral part of my bowls, a small portion is enough to cover the omega-6 acid balance. They taste incredibly good and, thanks to their nutty note, are a creative topping in every dish.



## Chia seeds

Chia seeds are rich in fiber, vitamins and minerals such as vitamin E and calcium. In addition, there is the antioxidant selenium, which prevents cell damage. I have already been able to determine this personally. Chia seeds are good for my skin. Also, meals containing the Super food develop a fast feeling of satiety, which can indirectly help you lose weight.



# Coconut milk rice flakes

## with blueberry chia yogurt and fruits

⌚ 25 min

### Ingredients for 4 persons

1 cup	coconut milk
2 cups	water
1 cup	milk
3 tbsp	sugar or xylitol
5 dr	vanilla extract
160 g	rice flakes

### Toppings

1 cup	yogurt
1	blueberry compote
1 tbsp	chia seeds and fruits

- 1 Boil coconut milk, milk, sugar and vanilla extract in a saucepan. Stir in rice flakes and cook according to the package instructions.
- 2 Meanwhile, mix yogurt, blueberry compote and chia seeds in a large bowl and set aside.
- 3 Wash and cut different fruits.
- 4 Pour the rice pudding into cups or bowls, spread the yogurt and fruit on top and serve.

### *A little hint:*

*The recipe is suitable for breakfast, as a dessert or a sweet dinner.  
You can try out the toppings, so you have a unique pleasure every time.*



# Pancakes

## with chia seeds

⌚ 10 min

### Ingredients for 4 persons

1 tbsp cornstarch  
3 tbsp of oatmeal  
3 tbsp buckwheat flour  
1 cup vegetable milk  
1/3 cup water  
2 tbsp ground chia seeds  
1 tbsp agave syrup  
1 tsp baking powder  
5 drops vanilla extract  
pinch salt  
1 tbsp oil

### Toppings

cashew or  
peanut butter  
jam  
fruit

- 1 Mix all the ingredients in a large bowl until you get a creamy pancake batter.
- 2 Heat some oil in a pan and pour 3 tablespoons of the pancake mixture into the hot pan.
- 3 Let the pancakes fry on both sides for about 3 minutes until they turn nice golden brown.
- 4 Place the pancakes and fruit on a wide bowl and decorate them as you like.



# Paprika tofu soup

## with chili flakes

⌚ 25 min

### Ingredients for 4 persons

2	roasted red peppers
1	white onion (diced)
400 g	organic silken tofu
4	garlic
¼	celeriac (diced)
500 ml	pizza tomatoes
500 ml	vegetable broth
4	sun-dried tomatoes
1 tsp	chili flakes
½ can	coconut milk
	salt, ground pepper
3	bay leaves
3	broken cardamom

- 1 Wash and halve the peppers. Bake for 15 minutes in an oven at 180 °C in a fan oven.
- 2 Peel and finely chop the celeriac, onion and garlic at the same time. Then heat in a saucepan with 2 tbsp of olive oil and fry for 2–3 min over medium heat.
- 3 Then add the remaining ingredients (except tofu, red pepper and vegetable broth) to the onion and garlic and braise for 5 minutes.
- 4 Add the diced tofu and baked peppers, pour vegetable broth over them and let them simmer over medium heat for 20 minutes.
- 5 Puree the soup and pass through a sieve.

#### *A little hint:*

*The soup tastes particularly good if you serve it with plain yogurt and sourdough bread.*



# Beetroot-arugula salad with shepherd's cheese

⌚ 30 min

## Ingredients for 2–4 persons

### Vegetables

3 ms	beetroot (diced)
6 ms	potatoes (halved)
	salt, pepper
	rosemary
3 tbsp	olive oil

### Dressing

100 g	pineapple
10	mint leaves
1 tbsp	olive oil
1 tsp	lime juice

### Remaining ingredients

100 g	arugula
200 g	shepherd's cheese
1	red onion
1 tbsp	capers
2	peaches

- 1 Wash the beetroot, peel it and cut it into cubes. Halve the potatoes.
- 2 Mix the vegetables with olive oil, rosemary, salt and pepper on a baking sheet and then bake at 180 °C for 20 minutes.
- 3 In the meantime, prepare the dressing by putting all the ingredients for it in a blender and puree until you get an even dressing.
- 4 Cut the peaches into cubes and the onions into rings.
- 5 Take the finished vegetables out of the oven, put arugula, onion rings, capers and shepherd's cheese over them. Serve in a nice bowl and pour the dressing over it.

### *A little hint:*

*You can serve a side salad, roasted meat or eggs with this dish.*



# Fried rice

## with buttered vegetables

⌚ 10 min

### Ingredients for 2–4 persons

300 g	cooked rice from the previous day
1 pck	buttered vegetables
4 tbsp	soy sauce
3 cm	grated ginger
2 tbsp	sesame oil
	salt, pepper
3	garlic cloves
	spring onions
pinch	ground cardamom
pinch	ground coriander
	fresh parsley
	sambal oelek

- 1 Peel and chop the ginger and garlic.
- 2 Meanwhile, heat a pan with sesame oil on a low setting and briefly fry the rice.
- 3 Then add the buttered vegetables, the garlic, the spring onions and the remaining ingredients and let it roast with constant stirring for 5–8 minutes.
- 4 Serve your dish with pepper and sambal oelek.

#### *A little hint:*

*You can also use tofu, meat, or egg to make this recipe.*



# Vegan hawaiian salad

## with avocado

⌚ 10 min

### Ingredients for 4 persons

200 g	cooked rice from the previous day
1 can	drained kidney beans
1 can	drained corn
1 can	drained chickpea
1	pineapple
1	red pepper (diced)
1	red onion
1	avocado (finely diced)
¼ tsp	black cumin
5 tbsp	vegan mayonnaise
2 tbsp	sweet mustard
½	lime (juice)
	chopped parsley
	salt, pepper
⅓ tsp	cumin (ground)

- 1 Halve a pineapple and carefully remove the pulp. That should be cut into bite-size pieces. Use the pineapple itself as a salad bowl.
- 2 Put the pineapple pieces in a bowl with the rice, kidney beans, chick-peas and corn.
- 3 Cut a red pepper and onion into small cubes.
- 4 Chop the parsley and mix it with the rice mixture in the bowl together with the bell pepper, onion, spices, mayonnaise, mustard and the lime juice.
- 5 Serve the salad in "pineapple boats", you can also store them in the fridge for 2–3 days.

#### *A little hint:*

*You can also use meat or eggs instead of chickpeas.*



# Beetroot salad with sunflower seeds

⌚ 10 min

## Ingredients for 2–4 persons

2 gr Kn	beetroot (fresh or cooked)
2	carrots
½ ms	head of white cabbage
1	apple
	parsley (chopped)
3 tbsp	sunflower seeds
2 tbsp	of olive oil
2 tbsp	lemon juice
½ tsp	honey or agave syrup
pinch	salt, pepper

- 1 Wash and drain the vegetables.
- 2 Peel the beetroot, carrots and apple and grate them into thin strips.
- 3 Cut the white cabbage into small pieces.
- 4 Put all the ingredients in a large bowl and mix them with the parsley, sunflower seeds, lemon juice, honey and olive oil. Season the salad with salt and pepper.
- 5 Before you serve the salad, put it in the fridge for about half an hour.

### *A little hint:*

*This healthy salad is perfect as a side dish or as a topping for hearty sandwiches.*



# Chocolate protein balls with dates

⌚ 60 min

## Ingredients for 15 pieces

150 g	dates
40 g	walnuts
2 tbsp	cocoa nibs
2 tbsp	peanut butter
2 tbsp	cocoa powder
pinch	cinnamon
2 tbsp	almond flour
1 tbsp	oatmeal (or ground oatmeal)
pinch	sea salt
50g	chocolate for melting as a glaze

- 1 Mix all ingredients, except the chocolate, thoroughly at medium speed. Check occasionally whether the nuts are already small enough.
- 2 Shape the dough into a large ball and put it in the fridge for 30 min. so the flavors can soak in.
- 3 Then form small balls out of the large mass and glaze them with melted chocolate.

### *A little hint:*

*After glazing, you should put the balls in the fridge again before you serve them. That makes them look nicer. If necessary, you can glaze them with nuts or sprinkles.*

