



Association pour la santé environnementale du Québec
Environmental Health Association of Québec

ECO-JOURNAL

September 2020

Maddie Le Gall

Recipes of the month



**Association pour la santé environnementale du Québec / Environmental Health Association of Québec
(ASEQ-EHAQ)**

C.P. 364, Saint-Sauveur, Québec J0R 1R0 / P.O. Box 364, Saint-Sauveur, Québec J0R 1R0

☎ 514-332-4320 ☎ 450-227-4143 bureau@aseq-ehaq.ca / office@aseq-ehaq.ca

www.aseq-ehaq.ca / www.EnvironmentalSensitivity.com / www.ecoasisquebec.ca



ECO-JOURNAL

September 2020

Page 2 of 8

Table of Contents

Breakfast: Vegan waffles.....	3
Lunch: Vegan Potato Salad.....	4
Dinner: Buddha Bowl.....	5
Dessert: Blackberry Lemon Popsicles.....	7
Snack: Almond Butter Energy Balls.....	8

Breakfast: Vegan waffles

Prep time: 10 minutes

Servings: 5 waffles

For this recipe you will need:

- 2 ¼ cup Gluten free flour
- 2 tbsp. sugar
- 1 tbsp baking powder
- 1/2 tsp sea salt
- 2 cups unsweetened dairy-free milk, room temperature
- 3 tbsp vegan butter, melted
- 2 tsp pure vanilla extract



Instructions:

- Mix the flour, sugar, baking powder and salt together and set aside.
- Mix the milk, vegan butter and vanilla. Stir both together until smooth.
- Heat waffle maker and oil it. Pour some batter in, allowing for it to smooth out.
- Close and cook for 3-5 minutes or until golden.
- Repeat the process for each waffle.

Serve waffles with fresh fruit or berries or sauteed cinnamon apples, pecans, almond or peanut butter and pure maple syrup for a delicious, healthy breakfast.

Lunch: Vegan Potato Salad

Prep time: 30 minutes

Cook time: 20 minutes

Servings: 6

For this recipe you will need:

- 1 pound of red potatoes (455 grams)
- 2 cups of vegetables or your choice (onions, bell peppers, spinach)
- For the sauce:
 - 1 cup raw cashews
 - 1/3 cup water
 - 1 tbsp olive oil
 - 2 tbsp white vinegar
 - 1 tbsp mustard
 - 1-2 tbsp agave nectar or maple syrup
 - 2 tbsp dried dill
 - 1/4 tsp salt and pepper
 - 3-4 cloves garlic (minced)



Instructions:

Over a stove, place water in a large saucepan with the cashews. Once boiling, turn off the stove and let the cashews remain in the water for 15 minutes.

Add the potatoes to another saucepan and cover with water. Bring to boil and reduce to medium heat. Cook for 20 minutes or until tender.

Once the cashews are done soaking, add to a blender with 1/3 cup of water, then add all the ingredients for the sauce. Blend until smooth and creamy.

Chop the potatoes and add to a large mixing bowl then add the sauce. Serve warm or cold.

Dinner: Buddha Bowl

Prep time: 5 minutes

Cook time: 25 minutes

Servings: 3

For this recipe you will need:

- Vegetables:
 - 2 Tbsp olive oil
 - 1/2 medium red onion sliced
 - 2 small sweet potatoes
 - 1 bundle broccolini or broccoli, remove large stems
 - 2 big handfuls kale (larger stems removed)
 - 1/4 tsp each salt + pepper
- Chickpeas
 - 1 can of chickpeas (drained, rinsed + patted dry)
 - 1 tsp cumin
 - 3/4 tsp chilli powder
 - 3/4 tsp garlic powder
 - 1/4 tsp each salt + pepper
 - 1/2 tsp oregano (optional)
 - 1/4 tsp turmeric (optional)
 - Tahini sauce
 - 1/4 cup tahini
 - 1 tbsp maple syrup
 - 1/2 medium lemon or 1/8 cup of lemon juice
 - 2-4 tbsp hot water (to thin the sauce)



Instructions:

Preheat oven to 400 degrees F and put sweet potatoes and onions on baking sheet. Add oil and salt and pepper on top and cook for 10 minutes. Then add broccolini or broccoli and bake for another 10 minutes. Add kale and then bake for another 8 minutes and set aside.



ECO-JOURNAL

September 2020

Page 6 of 8

Heat a skillet at medium heat and add chickpeas with seasonings.

Add 1 Tbsp of oil to the chickpeas and sauté until golden for 10 minutes.

Add tahini, lemon juice, water and maple syrup to a blender and mix the sauce until smooth.

Place the potatoes, onions, broccolini and chickpeas together in a large salad bowl and add the sauce on top.

Dessert: Blackberry Lemon Popsicles

Prep time: 15 minutes

Serving: 10

For this recipe you will need:

- 2/3 cup of lemon juice
- 2 ½ cup of dairy free vanilla yogurt
- 2 ½ cup blackberries
- 2 ½ cup vegan mixed berry Greek yogurt



Instructions:

- In a bowl add the lemon and vanilla yogurt and whisk.
- Purée the blackberries and mixed berry yogurt together.
- Layer the popsicles with 1 Tbsp of lemon, 1 Tbsp of blackberries and repeat.
- Insert the popsicle sticks in the freezer for 6 hours or overnight.

Snack: Almond Butter Energy balls

Prep Time: 5 minutes

Servings: 12

- ½ cup of vegan dark chocolate chips
- 1 cup of oats
- ½ cup of flax seeds
- 2/3 cup of almond butter
- 5 tbsp of maple syrup

Instructions:

- In a large bowl stir all ingredients together.
- Roll into 12 balls and store in fridge when done.

