

~ Vegetalize your meals ~

* Nettles:

With nettles, you can make a delicious soup! :

Wash your nettles leaf with water and vinegar two times, then rinse them with clear water

Dry the nettles in the dark 2-3 days
With that, you can make herbal tea or grind them to put the powder in your dishes.

It's full of iron and a very good alternative to spinach.



Broken peas



* To make almond milk:
crush the almonds, soak
them in double the amount
of water.

Let macerate overnight
Press in a cloth: the milk
comes out.

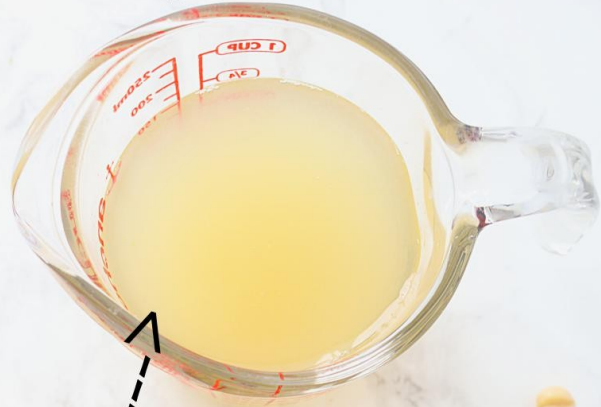
You can add chocolate, etc...



To cook your own Nutella, you need one spoonful of hazelnut paste, one of cocoa 100%, and one of liquid honey. Then, add a little water. And you're finished ^^ !



Aquafaba is



Clear, thick - gelatinous liquid
obtained by boiling chickpeas

* Liquid chickpeas cooked:
aquafaba replaces the egg white
for vegans



* Zucchini - replaces butter (for cakes, here's an example with a chocolate one:

<https://www.food.com/recipe/zucchini-chocolate-cake-18693>

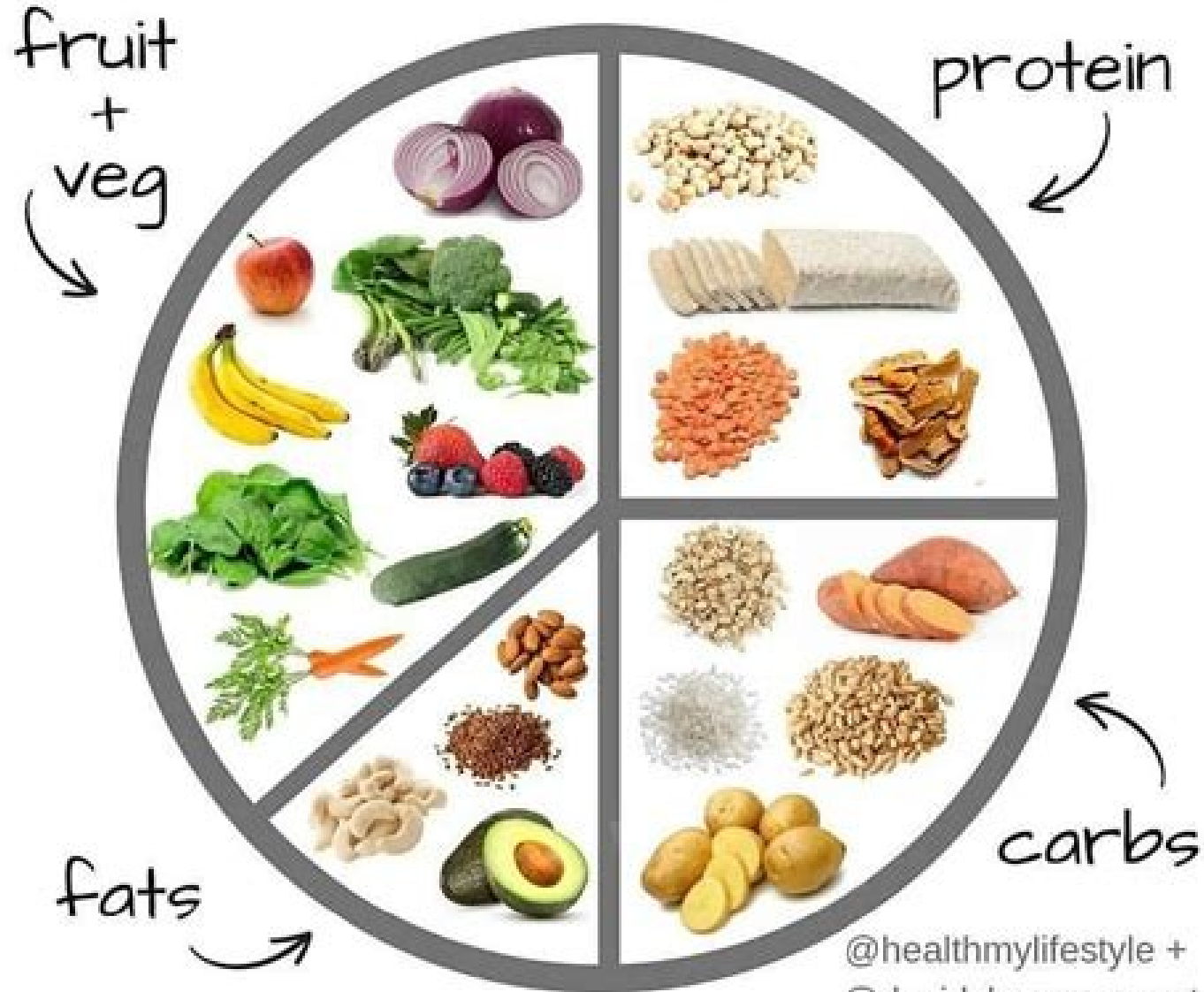
You can try with your friends, ask them to find the secret ingredient, they'll never find it out!)

* You can also make hummus with cashew nuts ;)





* source of iron but contains only a little proteins:
moringa



A balanced
veggie meal

@healthmylifestyle +
@davidclearyveganpt



* tempeh : a traditional Indonesian soy product that is made from fermented soybeans. It is made by a natural culturing and controlled fermentation process that binds soybeans into a cake form.

And to participate at cooking workshops, photos, exhibitions, conferences are at the Good planet foundation, it's in Boulogne, France !

