

A close-up photograph of a bowl filled with a colorful quinoa salad. The salad includes cooked quinoa, yellow corn kernels, dark red kidney beans, and chunks of ripe avocado. A perfectly poached egg sits in the center, garnished with a sprinkle of red spices and fresh green herbs. The bowl is rustic and blue-toned, with a metal fork resting on the left side. The background is dark and textured.

VEGETARIAN HEALTHY FOODS recipes

Recipes for Vegans and Others
Who Like to Cook easy, fast
and healthy

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Salad Cookbook: Recipes for Vegans and Others Who Like to Cook Cook easy, fast and healthy

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Preface

Vegetarianism is not a fashionable modern diet, it is a way of life and a worldview that formed millennia ago. Our ancestors refused to harm animals and switched to food of plant origin deliberately.

Vegetarianism was widely practiced in countries where Hinduism, Buddhism, and Jainism were common, for example, in India. There are reports about some philosophical schools, such as the Pythagoreans, that preached the abandonment of animal food. Additionally, famous philosophers were vegetarians: Pythagoras, Socrates, Plato and, Plutarch. Later, some vegetarians adhered to this way of life for ethical or religious reasons. These include the artist and inventor Leonardo da Vinci, the writers John Milton and Montaigne, the thinkers Voltaire and Jean-Jacques Rousseau, the politician Benjamin Franklin and the theoretical physicist Albert Einstein. The first society to form the main theses of vegetarianism, and began to actively defend vegetarians, arose in England in 1847. In the modern world, vegetarianism is quite common, and the attitude toward is completely divided. Some believe it is a useful practice: others believe it is unnatural to give up meat and animal products.

Today, the opinions are divided on the benefits and harms of vegetarianism for the human body. Supporters believe that the human body is cleansed. Opponents argue that by, refusing meat, milk and eggs, the human body doesn't receive the necessary nutrients.

Decide for yourself. Try our simple and unusual dishes.

Salads with Vegetables

Vegetarians like salads, that have vegetables as their mains ingredients. You can cook useful and hearty vegetarian and vegan salads quickly and easily. A vegetable seafood, a variety of nuts and seeds, greens, fruits and spices will emphasize the taste of the dishes.



Carrots and Seaweed Vegetable Salad

Ingredients

100 g carrots

100 g pickled seaweed wakame
4 cherry tomatoes
25 ml soy sauce
25 ml water
1 tbsp. sesame
0.5 tsp. lemon juice
0.5 tsp. sesame oil
0.5 tsp. sugar
0.5 tsp. starch

Cooking

Salad

Wash and peel carrots. Then grate carrots with a medium grater. Mix wakame with grated carrots. Wash cherry tomatoes and cut in half. Add tomatoes to carrots and seaweed. Add salad dressing, stir, and garnished with sesame seeds.

Dressing

Heat the water and add sugar. Thicken the mixture with starch. Add soy sauce, sesame oil and lemon juice.

Beans and Mushrooms Salad

Ingredients

200 g champignons
300 g canned beans
2 medium pickled cucumber
1 carrot
1 onion
50 g olive oil
salt
ground black pepper

Cooking

Clean and peel the champignons. Cut into medium pieces and fry in olive oil for 10-15 minutes. Transfer the mushrooms to a bowl to cool.

Then clean and mince the onion, and grated carrot with a medium grater. Fry vegetables in olive oil until golden brown. Cool the ingredients. Cut pickled cucumbers into strips and strain the beans through a sieve. If necessary, additionally rinse with water. Finally, take a large dish and combine all ingredients. Salt and pepper the dish to taste.

Vegetable Salad with Nuts and Dried Fruits

Ingredients

- 1 beetroot
- 1 carrot
- 5-7 walnuts
- 10-15 dates
- 2 tbsp. raisins
- 40 g honey
- 1 bunch lettuce
- 30 ml olive oil

Cooking

Wash and boil the beets and carrots. Cool, then peel. Clean walnuts and break into medium pieces. Then, wash discard pits and, grind. Wash the raisins and lettuce. Place the dates on a deep plate and drizzle with vegetable oil. Then, add the honey and mix well. Put prepared raisins and walnuts on a plate. Cut beetroot and carrot into medium-sized pieces. Finally, add the chopped lettuce. Mix ingredients well. Add salt or spices as desired.

Vegetable salad with greens

Ingredients

- 300 g cabbage
- 2 carrots
- 2 bell peppers

1 tbsp. canned corn
0.5 cup olives
celery (to taste)
ginger (to taste)
lettuce
basil
dill
parsley
olive oil
lemon juice
salt

Cooking

Wash all vegetables and greens, peel carrots, cabbage, bell peppers. Put corn and olives into a colander. Cut cabbage into medium strips. Cut peppers into quarters, and then cut each quarter into strips. Grind the olives and celery. Grate carrots on a medium grater and ginger - on a small grater. Tear the lettuce, and cut the basil, dill and parsley. Place carrots, basil, dill, parsley, celery, peppers, cabbage, ginger, corn, and basil in a deep plate and mix. Add the olives. Dress salad with olive oil, lemon juice, and salt. This mix of vegetables and greens is rich in vitamins and very hearty.

Warm Vegetable Salad with Grains

Ingredients

1 carrot
1 bell pepper
2 stalks of celery
1 bunch green onions
1 cup quinoa seeds
100 g Adyghe cheese
dried basil
dried thyme
lemon juice

olive oil
salt
ground black pepper

Cooking

Rinse quinoa in the cold water, then boil the seeds in two cups of water until ready. While the quinoa boils, peel and cut carrots into large rounds. Fry in olive oil in a pan on medium heat. After five minutes, add washed and cut celery and pepper to the pan. Add the dried basil and thyme and the vegetables, cook until aromatic. Add the boiled quinoa, lemon juice, and salt and pepper to taste to the pan and remove from heat. Then, transfer the mixture to a dish and garnish with crushed green onions and grated Adyghe cheese.

*Advice to vegans: exclude cheese from the recipe or replace it with tofu!

Salad with Potatoes and Capers

Ingredients

500 g young potatoes
2 stalks of celery
2 green onions
3 tbsp. capers
0.5 cups of mayonnaise (preferably home)
1 tbsp. apple cider vinegar
1 tbsp. mustard
salt
ground black pepper

Cooking

Wash and peel the potatoes. Cover with cold water, add a tablespoon of salt and cook until easily pierced with a fork. Let the potatoes cool down. If desired, cut the potatoes into pieces. In the meantime, wash, peel and slice the celery. Wash, peel and chop onions. Add cooled potatoes to a deep dish. Then, add celery, onions, and capers.

Season the dish with mayonnaise, apple cider vinegar, mustard, salt, and black pepper.

*Advice for vegans: Replace mayonnaise with olive oil!

Homemade Mayonnaise

Ingredients

1 chicken egg
250 ml vegetable oil
1 tbsp. lemon juice
1 tbsp. mustard
salt
sugar

Cooking

Place egg in a blender and beat. Add the vegetable oil and beat again. Finally, add lemon juice, mustard, salt, and sugar to taste and mix well.

Vegetable Salad with Baked Zucchini and Pepper

Ingredients

1 medium zucchini
1 bell pepper
5 yellow cherry tomatoes
1 clove of garlic
150 g feta cheese
lettuce
olive oil
balsamic vinegar
dried basil and thyme
salt
ground black pepper

Cooking

Salad

Wash pepper. Then, grill for 15-20 minutes. Put pepper in a bag, tie and allow to cool for 15 minutes. Once cooled, wash and cut pepper into strips. Cook stripes on the grill for 10 minutes. Wash and cut cherry tomatoes into quarters. Cut feta cheese into cubes. Tear or chop lettuce. Put lettuce, pepper, zucchini, tomatoes on a plate. Add dressing. Garnish with feta cheese.

Dressing

Mix olive oil and balsamic vinegar, sprinkle with ground pepper, herbs, and chopped garlic.

*Advice to vegans: exclude cheese from the recipe or use tofu!

Grain and Peas Vegetable Salad

Ingredients

100 g mixture of grains (according to your taste) 100 g green peas
100 g peas in a pod
4 apricots
50 grams feta cheese
100 g almonds
2 green onions
2 sprigs mint
4 tbsp. olive oil
salt
ground black pepper

Cooking

Boil the grains according to package directions. Cool and put in a salad bowl. Then, boil both kinds of peas in salted water for three minutes, strain through a colander, rinse with cold water and lay out to the grains. Next, wash the apricots and halve remove pits and add

the flashy part to the salad. Add finely chopped feta cheese and almonds. Sprinkle the salad with chopped herbs, salt, pepper. Drizzle with olive oil and gently mix.

*Advice to vegans: exclude cheese from the recipe or replace it with tofu!

Spicy Vegetable Salad with Nut Dressing

Ingredients

- 3 fresh tomatoes
- 3 fresh cucumbers
- 1 bell pepper
- 0.5 hot pepper
- 1 red onion
- 1 bunch lettuce
- 1 bunch cilantro
- 2 sprigs dill
- 2 cloves garlic
- 100 g walnuts
- 5 tbsp. apple cider vinegar

Cooking

Finely chop cilantro and grind with dill in a bowl. Peel the onion and cut into rings. Mince garlic. Then, wash tomatoes, cucumbers, and bell peppers and slice vegetables. Add hot peppers to taste, so the salad is not too spicy.

Lay sliced tomatoes, cucumbers and pepper on a plate. Sprinkle them with onion rings, hot pepper, garlic, cilantro, and dill. Top with salad dressing. Garnish with lettuce leaves.

Dressing

Clean walnuts and break into medium pieces. Fry for a couple of minutes. Crush roasted nuts in a deep bowl until the nut oil is extracted. Set aside. Mix crushed walnuts and apple cider vinegar.

Chickpeas and Tofu Vegetable Salad

Ingredients

100 g chickpeas
100 g tofu
1 small zucchini
1 small carrot
1 small bell pepper
1 tbsp. sesame oil
2 tbsp. soy sauce
2 tbsp. vegetable oil
Spice

Cooking

Soak the chickpeas in the water overnight. In the morning, drain the water, pour in fresh water and cook for about an hour. Drain. Add chickpeas to the baking dish. Add soy sauce and spices. Bake in oven for 20-30 minutes at 350-390 °F. Wash carrots, peppers, and zucchini and cut into medium strips. Fry vegetables in vegetable oil until soft. Cut tofu into cubes and brown in a dry frying pan over high heat. Combine all the ingredients in a deep plate, and sprinkle with sesame seeds.

Salads with Green

In vegetarian cuisine, many recipes use greens as the main ingredient. One can supplement greens with vegetables, fruits, mushrooms, nuts, seeds and, even flowers. One salad recipe featured below even uses dandelion leaves.



Nuts and Pears Green salad

Ingredients

- 1 bunch arugula
- 0.5 bunch mint
- 1 pear
- 10 walnuts

1 tbsp. honey
lemon juice
100 g blue cheese

Cooking

Wash and tear greens (arugula and mint). Put the shredded greens on a deep plate. Wash the pear and cut into slices. Sprinkle the pieces of pear with lemon juice to avoid darkening. Add the greens. Shell the nuts and break them into medium pieces. In a frying pan, warm the honey and fry the nuts. Fry two minutes (warning! - nuts in honey can firmly stick to a frying pan or a plate). During cooking, stir the nuts. Then put them directly on the greens. Mix all the ingredients and sprinkle with lemon juice. Add blue cheese crumbles to taste.

Flowers and Honey Dressed Green Salad

Ingredients

1 bunch lettuce
1 bunch watercress
5 sprigs parsley
5 sprigs chervil
3 sprigs basil
3 sprigs rosemary
a few edible flowers (lavender, daisies, violets, clover or others) 6
tbsp. olive oil
2 tbsp. lemon juice
1 tsp. honey
1 tsp. granular mustard
salt
ground black pepper

Cooking

Salad

Rinse and dry lettuce, watercress, herbs, and flowers. Cut them and place on a deep plate. Top with honey dressing.

Honey Dressing

Place olive oil, lemon juice, honey, salt, and pepper to taste in a jar with a lid. Close tightly and shake well.

Green Salad with Olives

Ingredients

1 bunch spinach
0.5 bunch parsley
0,5 bunch green onions
10 leaves green sorrel
10 olives
olive oil
vinegar

Cooking

Wash and chop all greens – (spinach, parsley, onions, and sorrel). Mix the greens on a plate. Dilute a couple drops of vinegar in 2-3 tablespoons of water and season the salad. Add the olive oil. Cut the olives and add to the dish.

*You can supplement the green salad with a hard-boiled egg. Cut it into circles and add to the greens.

Raw Mushrooms Green salad

Ingredients

1 bunch lettuce
200 g raw champignons
7 walnuts
lemon juice
olive oil
salt

Cooking

Place champignons into a colander, and rinse well under running water. Separate the caps from the stems. Put the champignons back in a colander and rinse thoroughly. Allow the mushrooms to dry, then cut them into thin strips and sprinkle with lemon juice. Rinse lettuce leaves well and allow them to dry. After that, break the lettuce into large pieces. Clean nuts, and break into medium pieces. Mix chopped mushrooms, lettuce, and nuts. Season the salad with olive oil, salt, and lemon juice.

Green Salad with Yogurt

Ingredients

3 heads lettuce
1 bunch radish
200 g unsweetened yogurt of any fat content
4 cloves garlic
3 tbsp. vegetable oil
salt

Cooking

Wash, dry and tear lettuce into small pieces. Put lettuce on the bottom of a deep plate. Add the crushed garlic. Season lettuce with vegetable oil and salt to taste. Then, pour yogurt over the contents of the plate. Finally, wash, peel and cut the radishes. Garnish the dish with radishes.

*This salad is suitable for lacto-vegetarians and lacto-ovo-vegetarians

Sunflower Seeds and Tofu Green Salad

Ingredients

0.5 head lettuce
5 green onions

1 bunch dill
1 bunch parsley
150 g pickled mushrooms
150 g tofu
3 tbsp sunflower seeds
4 tbsp olive oil
2 tbsp balsamic vinegar
ground black pepper

Cooking

Salad

Wash and dry lettuce leaves. Tear into large pieces, then place on the bottom of a plate. Wash and chop the onions, dill, and parsley. Put them in a separate dish. Cut mushrooms into medium pieces. Add them to the greens and mix well. Put the mixture on the lettuce leaves. Dress the salad with the dressing. Then, using a wet knife, cut tofu into medium cubes. Add the tofu to the salad. Top the dish with sunflower seeds.

Dressing

Mix the balsamic vinegar, olive oil, and black pepper.

Pasta and Peas Green Salad

Ingredients

10 sprigs mint
5 heads arugula
300 g penne
150 g frozen peas
0.5 lemon
20 pitted olives
olive oil
salt
pepper

Cooking

Boil the pasta with two sprigs of mint in salted water, according to the package directions. Three minutes before the pasta is ready, add green peas. When pasta is done boiling, drain the liquid and rinse the pasta and peas under cold running water. Discard the mint. Cool the pasta with peas on a large plate. Mince the remaining sprigs of mint and leaves of arugula. Add them to the pasta. Season the dish with lemon zest, juice, and olive oil. Add salt and pepper to taste. Finally, add olives. Slice olives before adding, if desired.

Spinach and Cashew Sauce Green Salad

Ingredients

1 bunch spinach
2 tbsp. cashew
0.5 clove garlic
lemon juice
soy sauce

Cooking

Salad

Rinse and boil the spinach. Then, rinse the greens with cold water and gently transfer to bowl. Pour dressing over the greens.

Dressing

Mix lemon juice and soy sauce. Grind nuts in a blender. Mince half a clove of garlic. Add the nuts and garlic to the mixture of lemon juice and soy sauce.

Pumpkin Seeds Green Salad

Ingredients

a mixture of lettuce leaves
50 g dried pumpkin seeds

100 g ceps
pumpkin oil
olive oil
salt

Cooking

Peel the pumpkin seeds and fry them in preheated olive oil until they crackle. Transfer them to a deep plate. Wash, clean and cut the mushrooms into slices. Fry for 3-5 minutes in olive oil. Combine mushrooms with the seeds. Wash, dry and shred lettuce leaves. Add leaves to seeds and mushrooms. Mix well and season with salt and pumpkin oil.

Dandelion Leaves Green Salad

Ingredients

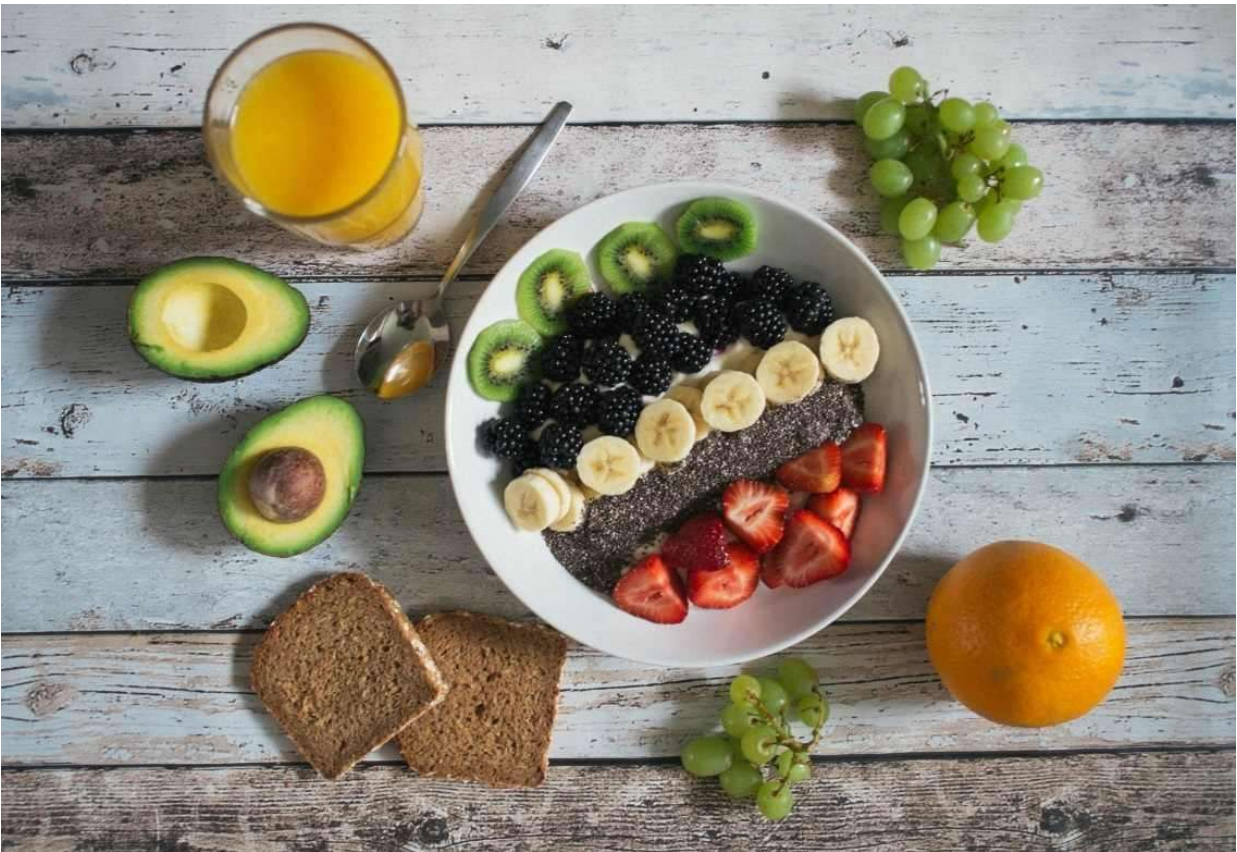
100 g dandelion leaves
5 leaves sorrel
2 cloves garlic
1 carrot
3 walnuts
lemon juice
olive oil

Cooking

Prepare a deep dish with salted water. Wash and soak dandelion leaves for 30 minutes to get rid of bitterness. Then, remove leaves and allow them to dry. Cut the prepared leaves into medium pieces and place them in a deep bowl. Grind the washed sorrel leaves and add them to the dish. Wash, peel, and grate the carrot and add it to greens. Peel and grind the nuts. Add them to the salad. Clean and crush garlic, then add it to the other ingredients. Mix well. Season the dish with lemon juice and olive oil to taste.

Salads with Fruits and Berries

Vegetarians eat delicious salads with fruits and berries too. Sweet products help to create original dishes. Such salads are successfully supplemented with vegetables, nuts, seeds, herbs, and spices.



Fruits, Pine Nuts and Mint Salad

Ingredients

- 2 yellow kiwis
- 2 green kiwis
- 2 tangerines
- 2 tsp. honey

2 tsp. lemon juice
pine nuts
sprig of mint
cinnamon

Cooking

Wash and clean kiwis. Cut cubes and transfer them into a deep saucer. Peel the tangerine. Divide into slices, then cut. Add tangerines to kiwi. Mix honey, lemon juice and cinnamon in the separate container. Mix well and dress fruit with sauce. Finally, add cedar nuts and mint leaves to the dish to taste.

Fruits and Sprouts Buckwheat Salad

Ingredients

1 banana
1 orange
1 carrot
100 g green buckwheat
20 g raisins
20 g nuts (your choice)

Cooking

Buckweat

Put green buckwheat in a deep dish and barely cover it with room temperature water. Cover container with the damp paper towel and set aside for a few days.

Check the groats several times a day. Mix and, if necessary, additionally moisten or change the paper. Sprouts usually appear on the third day, but it is better to wait five or six days. Buckwheat sprouts are not acceptable until they have green leaves. After sprouting, rinse well with cold water. Drain, and place seeds buckwheat sprouts on a deep plate.

Salad

Wash and clean vegetables and fruits. Cut carrots and banana into rounds. Feel free to experiment with their shape. Add them to the seedlings. Clean the orange on a plate to collect the juice. Then press gently and cut into circles. Add orange slices to the other ingredients. Add raisins and your choice of nuts. Dress salad with orange juice.

Fruits and Berries in Orange Juice Salad

Ingredients

- 1 cup strawberries
- 1 cup sweet cherries
- 0.5 glass of blueberries
- 1 red apple
- 1 peach
- 1 kiwi
- 1 glass of orange juice
- 2 tbsp. lemon juice

Cooking

Wash and halve the cherries. Remove the pits. Put cherries on a deep plate. Then, wash and cut strawberries into quarters. Add strawberries to the cherries. Added washed blueberries. Wash, cut, and peel the apple, peach, and kiwi. Add the pieces to the other ingredients. Mix all fruits and berries. Pour orange juice over fruit mixture. Add two tablespoons of lemon juice. Let the salad soak up the citrus, and then drain the juice. Eat chilled.

Blueberries and Greens Salad

Ingredients

- 100 g blueberry
- 100 g green peas
- 1 cucumber
- 100 ml coconut cream green onion

basil
dill
mint
tarragon
1 tsp. poppy seed
1 tsp. honey
1 tbsp. lemon juice
2 tbsp. olive oil
salt
ground black pepper

Cooking

Wash and cut the cucumber. Put on a deep plate. Add green peas and blueberries. Wash, cut and add other ingredients. Top salad with dressing and mix well.

Dressing

Mix poppy seeds, coconut cream, honey, lemon juice, olive oil, a pinch of salt and black ground pepper to taste.



Avocado, Prunes and Poppy Seeds Salad

Ingredients

1 avocado
50 g prunes
50 g iceberg lettuce
1 tsp. poppy seeds
2 tbsp. vegetable oil
salt
ground black pepper

Cooking

Wash and finely chop the iceberg lettuce. Place in the bottom of a dish. Wash, peel and cut avocado into smooth slices. Place slices on top of the lettuce. Cut prunes and add to the dish. Drizzle the ingredients with vegetable oil. Add salt and, pepper to taste and sprinkle with poppy seeds.

Tropical Fruits Salad

Ingredients

- 1 pineapple
- 2 mangoes
- 2 bananas
- 0.5 cups pomegranate seeds
- 2 tbsp. sweet coconut shavings

Cooking

Wash, peel and cut pineapple, mango and bananas into medium cubes. Put fruits in a deep plate. Add the pomegranate seeds to the dish, mix and let stand for several hours in the refrigerator. Sprinkle with coconut flakes before eating.

Salad with Pears, Celery, and Honey

Ingredients

- 2 sweet pears
- 4 stalks of celery
- 0.5 cups chopped fried pecans
- 5 lettuce leaves
- 2 tbsp. honey
- 2 tbsp. apple cider vinegar
- salt
- ground black pepper

Cooking

Clean the celery stalks and cut in half. Transfer to a deep plate in iced water and leave for 45 minutes. Then, remove, dry and mince celery. Wash and cut the pears into small cubes. Mix the apple cider vinegar, honey, and a pinch of salt and pepper in a bowl. Add pears, celery and chopped fried pecans. Mix well. Wash and put lettuce leaves on the bottom of another plate. Put fruit mixture on lettuce.

* Advice: lacto-vegetarians and lacto-ovo-vegetarians can add cheddar or another kind of cheese to this salad.

Mango and Pepper Salad

Ingredients

2 mangoes
2 bell peppers
2 onions
orange juice
lemon juice
cilantro
salt
ground black pepper

Cooking

Salad

Wash and carefully peel mango, bell pepper, and onions. Cut the fruits and vegetables into thin strips and place, bowl. Mince cilantro, and add to other ingredients. Add dressing to the salad.

Dressing

Squeeze the juice of one large orange and one small lemon. Mix and add ground pepper and a pinch of salt.

Watermelon and Plums Salad

Ingredients

1 slice watermelon
3 plums
20 g honey
cinnamon
mint

Cooking

Wash plums. Remove pits and cut the plums halves in half. Transfer the plums to a deep bowl. Remove peel and seeds from watermelon and, cut into medium strips. Combine watermelon with the plums. Drizzle the ingredients with honey and sprinkle with cinnamon to taste. Finally, add a sprig of mint. Eat cold.

Oranges and Greens Salad

Ingredients

1 orange
mixture of lettuce leaves
5 walnuts
3 tbsp. orange juice
2 tbsp. olive oil

Cooking

Wash and tear lettuce leaves. Then, place, on the bottom of a plate. Clean orange, and gently squeeze into another dish. Removes seeds, cut an orange into small pieces and add to lettuce leaves. Shell the nuts, breaking them with your hands and add to other ingredients. Pour orange juice and olive oil over the salad.

Vegetarian Smoothies

The vegetarian menu allows vegetarians to experiment with smoothies and prepare a variety of fruit, berry and vegetable drinks. Additional components of smoothies are nuts, seeds, grains, herbs, and spices. Vegetarian drinks are prepared using a base of ordinary and coconut water, ice, juices, tea, and almond milk. Lacto-vegetarians and lacto-ovo-vegetarians can use milk or, yogurt as a base and add them to recipes.



Blueberries and Flakes Smoothies

Ingredients

1.5 cups almond milk

0.5 cup blueberry
2 tbsp. oatmeal
2 tbsp. coconut flakes
1 tsp. flax seed
1 tsp. vanilla

Cooking

Rinse the blueberries and add them to a blender. Add oatmeal, coconut shavings, flax seeds, and vanilla. Pour in almond milk and whip. Drink immediately after preparation.

Pineapple and Greens Smoothies

Ingredients

1 cup brewed green tea
1 cup chopped pineapple
1 cucumber
2 bunches spinach
sprig of basil
sprig of parsley
lemon juice

Cooking

Wash and clean the cucumber. Cut into small pieces. Wash the spinach leaves, basil, and parsley. Grind them. Add the cucumber and greens to a blender. Add the pieces of pineapple. Season with lemon juice to taste. Add green tea and beat in a blender. Drink immediately after preparation.

Quince and Nut Topping Smoothies

Ingredients

1 cup ice
1 large quince

2 bananas
3-5 pieces dried apricots
almond
walnut
chia seeds
pumpkin seeds
coconut flakes

Cooking

Wash and cut quince and banana into medium slices. Place the fruit in the blender. Add dried apricots and ice. Blend well. Transfer mixture to the glass. Add walnuts, almonds, pumpkin seeds and chia seeds to taste. Garnish with coconut shavings. Drink immediately after preparation.

Pumpkin and Cinnamon Smoothies

Ingredients

1 cup almond milk
200 g boiled pumpkin
1 banana
1 tbsp. raisins
a pinch of cinnamon
a pinch of nutmeg
a pinch of ground cloves

Cooking

Cut the pumpkin and banana into slices. Place in the blender. Add raisins, cinnamon, nutmeg and ground cloves. Add almond milk and beat. Drink immediately after preparation.

Kiwi and Apple Smoothies

Ingredients

1 cup apple juice
1 kiwi
1 apple
1 bunch spinach
0.5 lemon

Cooking

Clean and cut the kiwi fruit. Peel, remove the core and chop the apple. Put the kiwi and apple in a blender. Sprinkle fruits with lemon juice. Rinse and chop spinach. Add spinach to the sliced fruit and pour in apple juice. Beat. Drink immediately after preparation.

Blueberries and Tofu Cheese Smoothies

Ingredients

1 cup water
1 cup blueberry
50 g tofu cheese
1 banana
handful of almonds

Cooking

Peel and cut a banana into medium slices. Place in a blender. Add blueberries, tofu, and almonds. Add water and beat well. Drink immediately after preparation.

Tomato and Bell Pepper Smoothies

Ingredients

1 cup tomato juice
1 cup carrot juice
2 bell peppers
1 tbsp. lemon juice

ground black pepper

Cooking

Wash, peel and cut peppers into medium-sized pieces. Place in a blender. Add lemon juice and black ground pepper to taste. Add tomato and carrot juices. Beat. Drink immediately after preparation.

Orange and Poppy Seeds Smoothies

Ingredients

2 oranges
3 tsp. poppy seeds
1 tbsp. honey

Cooking

Wash the poppy seeds and soak in cold water overnight. Before cooking, rinse the seeds and put them in a blender. Peel oranges, removing seeds, and cut into medium slices. Add to the poppy seeds. Add a spoonful of honey. Blend ingredients well. Drink immediately after preparation.

Chocolate and Banana Smoothies

Ingredients

0.5 cup almond milk
0.5 cup of coconut water
1 banana
3 dates
1 tbsp. cocoa
1 tbsp. chia seeds
1 tbsp. peanut butter

Cooking

Peel and cut banana into medium pieces. Place in the blender. Add dates, cocoa, chia seeds and, peanut butter. Add almond milk and coconut water. Beat. Drink immediately after preparation.

Melon and Lime Smoothies

Ingredients

- 1 cup water
- 300 g melon
- 1 lime
- 2 tbsp. honey
- 2 sprigs of mint

Cooking

Wash, peel, and cut melon into medium pieces. Add pieces to the blender. Cut lime, squeeze juice and add honey and mint leaves to the blender. Add water and blend. Drink immediately after preparation.

Veganism and vegetarianism

You've bought **salad recipe books**. You want to cook vegetable. But you must to know more about vegetarianism and veganism.

Vegetarianism is the general name for food systems based on a complete or partial rejection of products of animal origin. Vegetarians eat only plant food and do not eat red meat, poultry, fish and seafood.

There are several distinctions in vegetarianism:

- Veganism is a strict and radical vegetarianism. It consists of using only products of plant origin, and in rare cases, honey. There are two subsection in this category: raw food eaters, who prefer to eat everything in raw or dried form, and fruitarians, who eat only juicy sweet fruit, berries nuts and seeds.
- Ovo-vegetarians use products of vegetable origin, as well as eggs.
- Lacto-vegetarians eat plant foods and milk and dairy products.
- Lacto-ovo-vegetarians use products of vegetable origin, as well as milk, eggs and honey. This is the most tolerant type of vegetarianism, because it excludes only the meat of mammals, birds, fish and seafood.

Pros of vegetarianism

Strengthening of immunity

Vegetarians consume a huge amount of vegetables and fruits. Thus, the body receives a lot of nutrients and vitamins.

Improving the digestive system

Prevention of the cardiovascular system's diseases

A large number of plant fibers improve the intestinal microflora. In addition, the process of digestion is at times easy since plant foods are digested more easily than products of animal origin.

Plant-based foods contain no cholesterol, which often provokes heart and vascular diseases.

Cleaning the body of toxins

Improved metabolism

Prevention of many diseases

Minimizing the amount of salt

The high number of phytoncides in vegetables destroys harmful bacteria and inhibits the rotting processes in the intestine.

Vegetarianism promotes weight loss because it improves the metabolism.

Hypertension, diabetes, atherosclerosis, arthritis and, osteoporosis.

It positively affects the body. Salt is used less for the preparation of plant foods than for cooking meat.

Cons of vegetarianism

Deficiency of protein in plant foods

A lack of vitamin D

An insufficient amount of iron

A shortage of vitamin B12

Deficiency of omega-3 fatty acids

It adversely affects a person's health and appearance. It subsequently can cause hepatic insufficiency, hormonal disorders, beriberi, anemia, and reproductive disorders.

At first it affects the mood. Later, it can cause permanent fatigue and muscle pain. The risk of developing cardiovascular diseases increases because of constant vitamin deficiency.

It is the cause of decreased immunity. Additionally, the epithelium of

the skin and mucous membranes suffer, the probability of gastric infections and acute respiratory diseases increases, eczema develops, blood pressure is disrupted, and tachycardia arises.

It increases the development of Alzheimer's disease and, problems with memory. It can cause permanent fatigue, bad mood and a decline in strength. Some people may have digestive problems, for example, constipation or diarrhea.

It triggers problems with skin and, eyesight, as well as worsening immunity.

Necessary Substances

The supporters of vegetarianism found a solution for every opponent's argument. Thanks to a correct and balanced diet, you can receive the necessary nutrients without resorting to animal food. And you find a lot of nutrients in our **salad recipes**.

Despite all the arguments, everyone can make the choice to be a vegetarian. It's simple, because, a person does not need to additionally train his or her body to completely or partially abandon products of animal origin. Meat, eggs, and milk can stop being eaten at any time, just like they can start being used again at any time. It's not dangerous for the body.

You need to consult a doctor before a complete and prolonged rejection of products of meat origin. However, a brief avoidance does not require any consultation. Refusal of meat for a couple of weeks will allow the body to rest and clean itself.

Use of Foodstuffs

The vegetarian diet is quite diverse. Vegetarians consume vegetables and greens, fruits and dried fruits, grains and legumes, nuts, mushrooms, vegetable oils and honey, vegetable seafood, salt, and spices. Some of them allow themselves dairy products and eggs. Read our **vegetable recipes** and other in **salad cookbook**.



1. Vegetables and greens: The diet of vegetarians, basically, consists of vegetables and greens. Everyone knows these products have

benefits. They are one of the main sources of vitamins, carbohydrates, organic substances, polysaccharides, organic acids, mineral elements, and fiber.

Vegetables contain almost no fats, and their protein content is much lower than meats'. These products have a beneficial effect on the digestive process. However, they can harm the body because of individual intolerance to each vegetables.

2. Fruits and dried fruits: Fruits have a huge number of vitamins and minerals, carbohydrates and fiber. Fruits increase immunity and serve as good antidepressants. But the abuse of these sweet products can cause allergies and, indigestion. In some cases, for example, a huge amount of citrus fruits can lead to the destruction of tooth enamel and damage to the stomach and intestines. Dried fruits should be considered separately and, also have useful and nutritious substances, while being delicious treats.

3. Grains and legumes: Grains are rich in the right carbohydrates and fiber, which helps remove toxins from the walls of the intestines. Additionally, grains and legumes contain a lot of vegetable proteins, vitamins A, B and E, calcium, zinc, iron, manganese, and magnesium. But it should be remembered that grains and legumes are heavy foods, the abuse of which can complicate digestion.

4. Nuts: First for vegetarians, nuts are a source of fat. In this case, in contrast to animal fats, nut fats mostly lack cholesterol but contain protein and many nutrients. These products are important for their energy-value, so there are many snacks and salads with all sorts of nuts in vegetarian cuisine: almonds, pistachios, peanuts, cashews, pine nut, and coke nuts. However, it is worth remembering that nutrients in nuts are twice, or even three times, as high as in other products. Don't abuse them.

5. Mushrooms: Vegetarians replenish protein stores in the body using mushrooms. You find interesting recipe in our **salad cookbook**. These products are called "forest meat" because of their huge

amount of nutrients. Mushrooms are very nutritious and can satisfy the feeling of hunger for a long time. However, mushrooms are very heavy, so abuse of these products so be avoided.

6. Vegetable oils and honey: Vegetable oils are also sources of fats, as well as unsaturated fatty acids, phosphatides, fat-soluble and other vitamins. Olive oil has vitamins A and, E, and linoleic acid and corn has contains vitamins A, B, C, K, E and, F, lecithin, phytosterols, minerals, linoleic and oleic acids. These substances are necessary for the human body.

Honey is a source of glucose, fructose, and sucrose, as well as vitamins B1, B2, B6, E, K, and C, provitamin A-carotene and, folic acid. In most cases, vegetarians eat honey, but there are vegans who do not use this product.

7. Vegetable seafood: Often, vegetarians do not exclude algae from their diet. Algae contain a large number of vitamins, minerals, and easily digestible proteins. Brown, red and green algae are rich in iodine, phosphorus, iron, magnesium, potassium, bromine and, sodium. Wakame, lima, laminaria, rhodium, and Ulva make the diet of vegetarians more diverse and act as a balanced source of mineral substances and microelements.

8. Salt and spices: One benefit of vegetarianism is to reduce the amount of salt in the diet. Vegetarians use spices to improve the taste of foods. These are pepper, ginger, cinnamon, turmeric, fennel, coriander, cardamom, zira, vanilla, anise, oregano, basil, marjoram, barberry, mustard, nutmeg, curry, and cloves. All these spices have curative substances, and some of them, for example, ginger are considered medicines for all ailments.

9. Dairy products and eggs: Some vegetarians allow themselves to eat the food of animal origin. This helps to expand their diet, using milk, cheeses, sour cream, kefir, yogurt, cream, ice cream and eggs (chicken, duck, goose, quail, turkey, and ostrich). Dairy products have a lot of proteins, fats and carbohydrates, mineral salts, calcium, phosphorus and, vitamins A and B. By eating eggs, people can obtain protein, amino acid leucine, folic acid, biotin, choline, vitamins A, E, D, B12 and B3, selenium, magnesium, potassium and iron.

Listings of vitamins

Vitamin A

(Beta-Carotene)

Carrots, Sweet Potatoes, Red/Yellow Peppers, Tomatoes, Green Leafy Vegetables, Watercress, Mangoes, Apricots, Pumpkins, Cantaloupe Melons, Romaine Lettuce

B Group

Vitamins

B1 Thiamin, B2 Riboflavin, B3 Niacin, B5 Pantothenic Acid, B6 Pyridoxine, Folic Acid, Biotin Brazil Nuts, Hazelnuts, Almonds, Green Leafy Vegetables, Brewers Yeast, Wholegrains, Beansprouts, Broad Beans, Bananas, Avocados, Mushrooms, Wheatgerm, Currants, Soya Mock Meats, Yeast Extract, Peanuts, Peas

Vitamin B12

Vitamin C

Vitamin D

Vitamin E

Vitamin K

Fortified products, including Soya Milks, Yeast Extract (eg Marmite), Breakfast Cereals and Margarines, Soya Mock Meats
Oranges, Grapefruit, Broccoli, Spinach, Cabbage, Blackcurrants, Strawberries, Green Peppers, Parsley, Potatoes, Peas
Sunlight on the skin, Fortified Margarine, Fortified Breakfast Cereals, Fortified Soya Milk
Vegetable Oils, Wheatgerm, Wholegrains, Tomatoes, Nuts (esp. Almonds), Sunflower and other Seeds, Avocados, Asparagus, Spinach, Apples, Carrots, Celery
Broccoli, Lettuce, Cabbage, Spinach, Brussel Sprouts, Asparagus

Listings of macro- and microelements Calcium

Iron

Iodine

Magnesium

Potassium

Zinc

Others:

Selenium

Cobalt

Copper

Manganese Molybdenum

Sesame Seeds and other Seeds, Pulses (Tofu from Soya, all types of Beans, Peas, Lentils), Broccoli, Watercress and other Green Leafy Veg, Swede, Almonds, Brazil Nuts, Fortified Soya Milk, Cinnamon, Fennel, Olives Beans, Lentils, Peas, Broccoli, Spinach, Cabbage, Wholegrains, Dried Apricots, Prunes, Figs, Dates, Pumpkin Seeds, Black Treacle, Cocoa, Turmeric, Thyme Green Leafy Vegetables, Asparagus, Sea Vegetables (eg Kelp), Vecon Vegetable Stock, Strawberries

Green Leafy Vegetables, Nuts (eg Cashews, Almonds), Avocados, Wholegrains, Bananas, Apricots, Apples, Prunes, Fennel, Brussel Sprouts, Broccoli, Aubergines, Cantaloupe Melons, Tomatoes, Parsley, Cucumber, Turmeric, Apricots, Ginger Root, Strawberries, Lentils, Peas, Beans (inc Tofu from Soya), Wholegrains (eg Rice, Bread etc), Green Spinach, Broccoli, Peas, Beans, Lentils, Brewers Yeast, Almonds, Brazil Nuts, Bananas, Potatoes, Wholegrains, Seaweeds

Carbohydrates, Proteins, and Fats

Protein Pulses (Peas, Beans, Lentils), Soya (eg Tofu, Soya Milk, Soya Mince), Wholegrains (eg Brown Rice), Cereals, Seeds & Seed Paste (eg Tahini), Beansprouts, Nuts (all types)

Fats Seeds (esp. Linseed/Flaxseed), Hempseed and their oils, Dark Green Leafy Vegetables, Nuts & Nut Oils (esp. Walnuts), Tofu, Avocados, Olive Oil

Carbohydrates Wholegrains (Oats, Brown Bread, Brown Rice, Pasta eg Wholegrain Spaghetti, Rye), Potatoes, Sweet Potatoes, Beans, Peas & Lentils

In addition, experts recommend not drinking tea and coffee with food. It's better to drink orange juice. Also, prepare food in cast-iron dishes so as not to lose valuable nutrients. Omega-3 fatty acids can be found in marine microalgae, flax seeds, walnuts, and soy.

This set of products makes vegetarians a true fan of all sorts of salads. Use our **salad recipes book**. We prepared a selection of interesting ideas for vegan and vegetarian salads with vegetables, herbs and fruits. You can find smoothies based on ordinary and coconut water, juices and, almond milk in this book too.