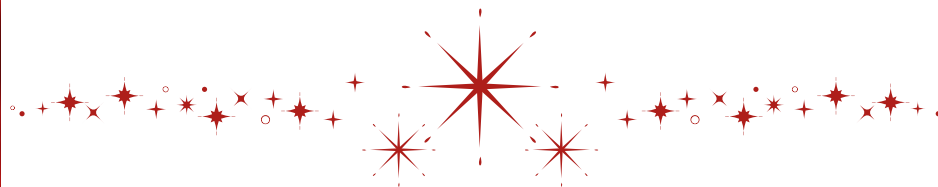


**Vegan Celebrity  
Inspired  
Recipes  
(and Quotes)**

**Easy plant-based  
recipes that make  
the most of winter veg**



**and make you  
and our planet the  
stars of the show**

**Word Forest**



If you want to eat great food that leaves a light footprint on the Earth, we suggest you try a few more plant-based recipes.

There are probably more vegans out there than you realise, including stars from the screen, stage and world of sport. We went plant-based back in 2016 for the planet, the animals and our health and it's always a joy to find new recipes.

We hope our selection of tasty treats inspires you to don a pinny and get chopping and peeling!

Enormous thanks go to our recipe compilers and cookbook creators, Kiran Bahra, Leigh Balment and Daniel Bowen.

**Simon and Tracey West**  
**Co-founders**





# Index

## Sides

- Roasted Brussel Sprouts 6
- Vegan Feta and Beetroot Salad 8
- Sautéed Kale 10
- Beetroot Hummus 12

## Mains

- Root Vegetable Soup 16
- Winter Vegetable Stir-Fry 18
- Tofu Scramble 20
- Yellow Daal 22
- Chana Masala 24
- Minestrone Soup 26
- Parsnip and Apple Soup 28

## Desserts

- Vegan Apple Crumble 32
- Vegan Flapjacks 34
- Vegan Chocolate-Chip Cookies 36
- Chocolate Fridge Cake 38





## Alicia Silverstone

"Being vegan truly is the secret to my life's joy and peace. I feel physically and spiritually better than I could have ever imagined."



## Lizzo

"Health is something I prioritize, wherever that leads me physically. Like veganism, people were like, 'You're a vegan? What, are you deep frying the lettuce?' I'm not a vegan to lose weight, I just feel better when I eat plants."



## Pinky Cole

"I want my children to understand that you can live a cruelty-free lifestyle and it can taste good."



## Ariana Grande

"I am a firm believer in eating a full plant-based, whole food diet that can expand your life length and make you an all-around happier person."





# Sides



# Roasted Brussels Sprouts



## Ingredients

- 400g brussels sprouts, trimmed and halved
- 2 tbsp olive oil
- salt and pepper to taste
- balsamic vinegar for drizzling (optional)

# Method

1. Preheat the oven to gas mark 6/200°C/180°C fan.
2. Toss the halved Brussels sprouts with olive oil, salt, and pepper in a mixing bowl until evenly coated.
3. Spread the Brussels sprouts in a single layer on a baking sheet.
4. Roast in the preheated oven for 20-25 minutes or until crispy and caramelized, stirring halfway through.
5. Drizzle with balsamic vinegar before serving if desired.

*“Brussels Sprouts are a wonderful treat that don’t have to be enjoyed only at Christmas!*

*You can make this dish to enjoy alongside almost anything, but I think it pairs particularly well with the yellow daal on page 22.”*







# Vegan Feta and Beetroot Salad

## Ingredients

- 125g vegan feta cheese
- 4 medium-sized beetroots
- 700g mixed salad greens
- 75g chopped walnuts
- 2 tbsp balsamic vinegar
- 2 tbsp olive oil
- salt and pepper





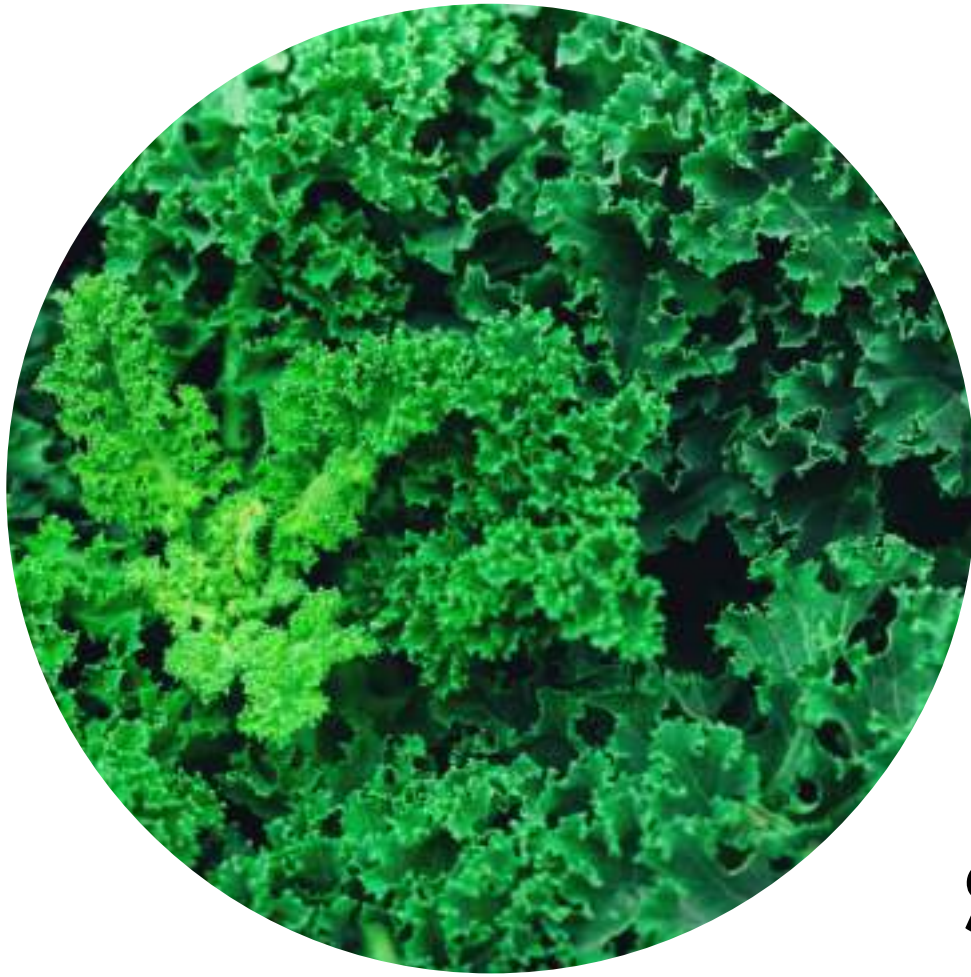


## Method

1. Chop and roast the beetroot in a frying pan with some olive oil and seasoning.
2. Toss the salad with the olive oil, balsamic vinegar and seasoning.
3. Toast the walnuts in the frying pan.
4. Lay the beetroot on top of the bed of leaves.
5. Crumble the vegan feta over the salad.
6. Add the toasted walnuts.
7. Enjoy with some added balsamic vinegar if you choose.

*"This salad is wonderful as a quick lunch to bring with you to work, or alongside a protein-heavy dish."*





# Sautéed Kale

## Ingredients

- 1 bunch kale
- 2 cloves garlic, minced
- 2 tablespoons olive oil
- 1 tablespoon lemon juice
- salt and pepper to taste





# Method

1. Heat olive oil in a large frying pan over medium heat.
2. Add minced garlic to the frying pan and sauté for 1-2 minutes until fragrant.
3. Add the chopped kale to the frying pan and toss to coat it in the garlic-infused oil.
4. Cook the kale, stirring occasionally, for 5-7 minutes or until wilted and tender.
5. Drizzle lemon juice over the cooked kale and season with salt and pepper to taste.



*"Kale is often referred to as a superfood, due to the outstanding amount of vitamins and other vital nutrients it contains.*

*Because of this, it is often seen as a chore to eat, but with this delicious recipe, you'll be wishing you made more!"*



# Beetroot Hummus



## Ingredients

- 250g cooked beetroot
- 1 tsp of cumin seeds
- 400g tinned chickpeas
- 1 garlic clove
- 30g coriander
- 2 tbsp olive oil
- 2 tbsp lemon juice
- salt and black pepper



# Method

1. Toast cumin seeds in a frying pan.
2. Mix the beetroot, chickpeas, garlic, coriander, cumin seeds and olive oil.
3. Season as you wish with lemon juice, salt and pepper.
4. With a food processor or blender, blitz the mixture into a thick paste.
5. Enjoy on some lovely bread or wraps.

*“Hummus is a very versatile dish, as it can be enjoyed alongside raw veg, bread or even Mediterranean favourites such as falafels.*

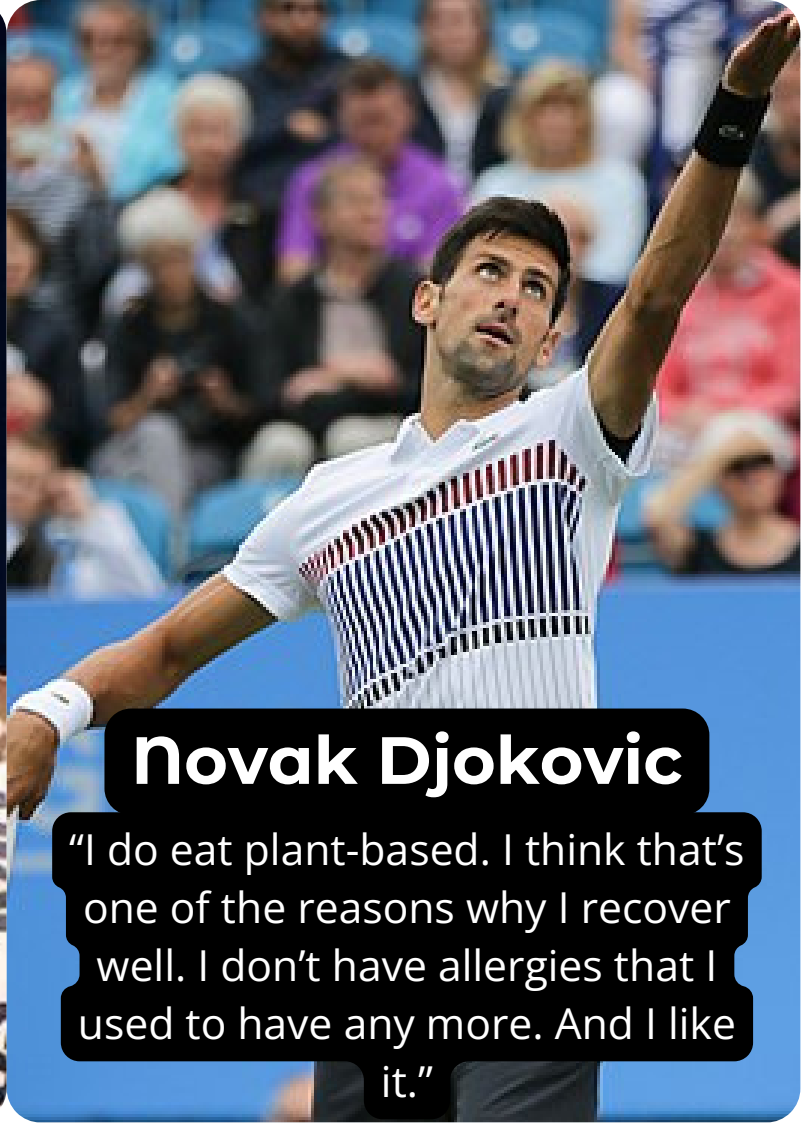
*It also freezes very well, giving you a quick, healthy and tasty lunch option from the freezer.”*





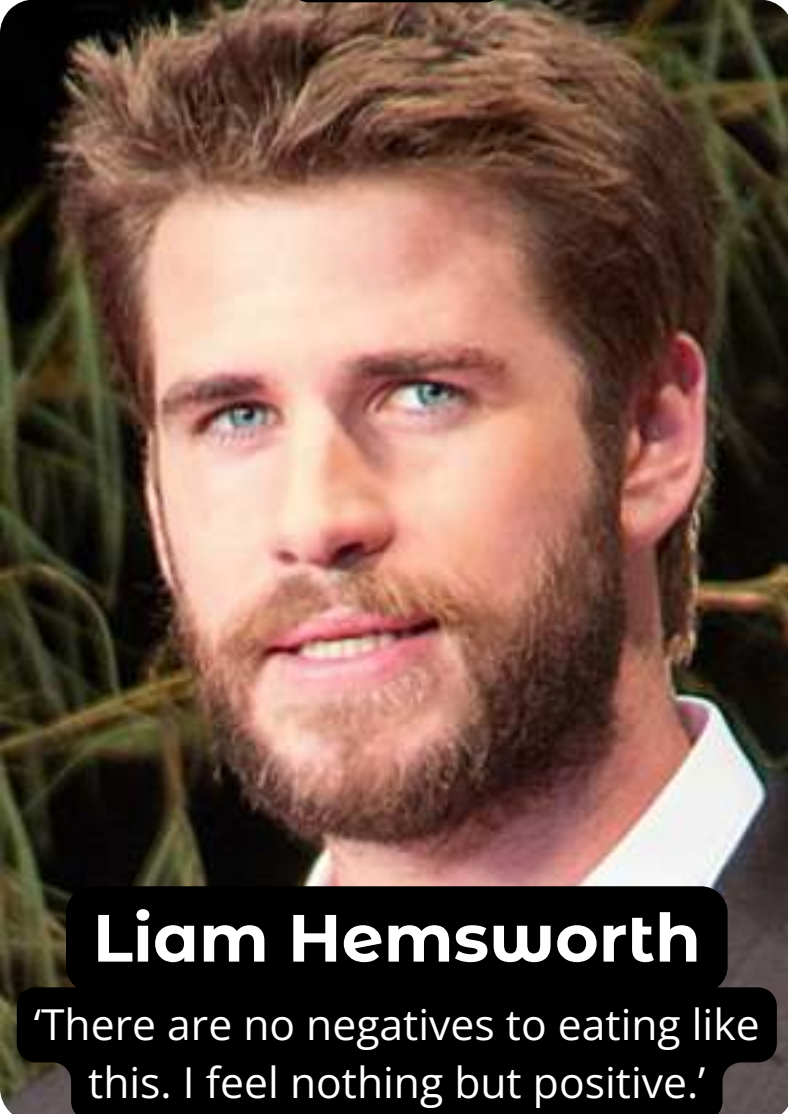
**Billie Eilish**

"I just can't go on in life knowing what's going on in the animal world and not doing anything about it."



**Novak Djokovic**

"I do eat plant-based. I think that's one of the reasons why I recover well. I don't have allergies that I used to have any more. And I like it."



**Liam Hemsworth**

'There are no negatives to eating like this. I feel nothing but positive.'



**Lenny Kravitz**

'[It's] the right thing for yourself, and for the planet and animals'





**mains**



# Root Vegetable Soup



## Ingredients

- 2 carrots, peeled and diced
- 2 parsnips, peeled and diced
- 1 turnip, peeled and diced
- 2 potatoes, peeled and diced
- 1 onion, diced
- 2 celery stalks, diced
- 1 litre vegetable broth
- 1 teaspoon thyme or rosemary
- salt and pepper to taste



# Method

1. Heat some olive oil in a large pot over medium heat. Sauté the diced onions until soft, about 5 minutes.
2. Add the carrots, parsnips and turnip and sauté for another 5 minutes.
3. Add the potatoes and herbs to the pot and stir well to combine.
4. Pour in the vegetable broth, making sure all the vegetables are submerged.
5. Bring the soup to a simmer and cook for about 20-25 minutes or until the vegetables are tender.
6. Using an immersion blender or transferring the soup to a blender in batches, blend the soup until smooth.
7. Season with salt and pepper to taste.

*“One of the best things about this recipe is its versatility - you can use any veg that you have, and it is also a great way to use up veg that is past its best.”*



# Winter Vegetable Stir-Fry



## Ingredients

- 150g broccoli florets
- 2 carrots, thinly sliced
- 2 cups shredded cabbage
- 1 bell pepper, thinly sliced
- handful snow peas
- 2 cloves garlic, minced
- 1 tsp fresh ginger, grated
- 2 tbsp soy sauce
- 1 tbsp sesame oil
- 2 tbsp vegetable oil



# Method

1. Heat vegetable oil in a wok or large frying pan over medium-high heat.
2. Add minced garlic and grated ginger to the hot oil and stir-fry for about 30 seconds until fragrant.
3. Add broccoli florets, sliced carrots, shredded cabbage, bell pepper, and snow peas to the wok. Stir-fry for 5-6 minutes or until the vegetables are crisp-tender.
4. Drizzle soy sauce and sesame oil over the vegetables and toss to combine.
5. Cook for an additional 1-2 minutes, then remove from heat.
6. Serve the stir-fried vegetables hot over rice or noodles.

*"For some added protein, try cooking some tofu alongside the stir-fry. Simply coat the tofu in some cornstarch and soy sauce, and then fry on medium heat for around 5 minutes until the outside is starting to crisp. You can then add the tofu into the veg mix when you add the sauce."*



# Tofu scramble



## Ingredients

- 200g firm tofu
- 2 tbsp olive oil
- 2 spring onions
- 40g baby spinach leaves
- 1/2 tsp ground turmeric
- salt and pepper
- grilled tomatoes
- sliced sourdough bread



# Method

1. Heat the oil in a frying pan. Add tofu that has been mashed with the back of a fork.
2. Chop and add the spring onions, spinach, turmeric, salt and pepper.
3. Keep stirring in the pan for 4-5 minutes, until flaky and yellow.
4. Toast sough dough bread and add the scrambled tofu, with some grilled tomatoes for some added pizazz.



*"This recipe also works very well when added to a vegan fry-up! You can fry some tomatoes, mushrooms or any veg of your choice, and if you wish serve alongside some vegan sausages or bacon, and some baked beans."*

# Yellow Daal



*"It is often said that a person can get all the nutrients they need by just eating daal and rice. While this isn't advised (make sure you chuck in some tasty veg!), daal is one of the simplest and cheapest dishes that tastes so great!"*

## Ingredients



- 350g red lentils
- 2 large onions - chopped
- 3 large cloves of garlic - chopped
- 50ml of sunflower/vegetable oil
- 1tsp of salt (add more to taste)
- 1tsp of chilli powder
- 1tsp turmeric powder
- 2tsp garam masala
- chopped fresh coriander





# Method



1. Fill a large pan with 2 litres of water and start heating on high heat.
2. Wash the lentils in a large bowl 5 times until most of the starch has been removed and then add to the water.
3. Cover the pan with a lid and bring to a boil, scoop off any starch scum as it heats up.
4. When the lentils start boiling, add the turmeric, salt and chilli powder. Boil on a medium heat for 15 minutes, stirring occasionally.
5. Meanwhile, add the chopped onion to a small pan with the oil, and cook on medium heat for around 15 minutes, stirring regularly.
6. Once the onions are starting to brown, drain off some of the oil, then add the garlic and cook for another 2 minutes. Then take the pan off the heat and set aside.
7. Once the lentils have been boiling for 15 minutes, add the garam masala and continue boiling for around another 15 minutes.
8. After the lentils have been boiling for around 30 minutes, check the consistency of the lentils. You want them to be 'soup-like' and have blended well, otherwise keep cooking.
9. Add the onions to the lentils and cook for a couple more minutes, then turn the heat off and stir in the coriander.

# Chana Masala



## Ingredients

- 1 small onion - chopped
- 1 clove of garlic - chopped
- 1" piece of ginger - chopped
- 200g tinned chopped tomatoes
- 400g tinned chickpeas - drained and rinsed
- 1/2 tbsp tomato puree
- 1/2 tsp turmeric powder
- 1 tsp garam masala
- 1/4 tsp chilli powder
- 30ml sunflower/vegetable oil



# Method

1. Heat the oil in a medium pan over low to medium heat.
2. Add the onion and fry until soft, about 5 minutes.
3. Add the garlic, ginger and spices and stir well.
4. Add the tinned tomatoes and tomato puree.
5. Fry on high heat for 5 minutes and stir frequently to prevent burning.
6. Add the chickpeas, and continue to cook on high heat, stirring frequently.
7. Add 150ml of hot water, and simmer on low heat for 15 minutes, stirring occasionally.

*"In India, this dish is often served as breakfast, alongside fried bread known as bhatura.*

*However, chana masala is great at any time of the day and works alongside almost any carb, or a salad."*



# Minestrone Soup

*"This soup is great to use up any leftover veg - feel free to use whatever veg you have, not just the ones in the ingredient list. You can also add beans or chickpeas to further bulk it out."*



## Ingredients

- 2 tbsp olive oil
- 1 small onion - chopped
- 1 carrot - chopped
- 1 stick of celery - chopped
- 1 leek - chopped
- 1 fennel bulb - chopped
- 2 cloves garlic - chopped
- 400g tin of chopped tomatoes
- 700ml vegetable stock
- a small handful of small shapes pasta
- green leafy veg such as cabbage or kale
- 1-2 tsp of pesto, to taste







# Method

1. Heat the onion in a large pan over medium heat.
2. Add the onion, carrot, celery and fennel, lower the heat and fry gently for about 10 minutes, until the vegetables are soft.
3. Add the garlic and fry for 1 min.
4. Add the tinned tomatoes and stock and cook for at least another 10 minutes.
5. Add the pasta, green leafy veg and pesto, and simmer for a further 10-15 mins until the pasta is cooked.





# Parsnip and Apple Soup



## Ingredients

- 4 parsnips, peeled and diced
- 2 apples, peeled, cored, and diced
- 1 onion, chopped
- 1 litre vegetable broth
- 250ml coconut milk
- 1 tbsp curry powder
- salt and pepper to taste



# Method

1. Heat some olive oil in a large pan over medium heat.
2. Add the chopped onions and sauté until softened, about 5 minutes.
3. Add the diced parsnips and apples to the pan and cook for another 5 minutes, stirring occasionally.
4. Pour in the vegetable broth and bring the mixture to a boil.
5. Reduce the heat to low and simmer for 20-25 minutes or until the parsnips and apples are tender.
6. Using an immersion blender or transferring the soup to a blender in batches, blend the soup until smooth.
7. Stir in the coconut milk and curry powder until well combined.
8. Season the soup with salt and pepper to taste.
9. Serve the parsnip and apple soup hot, garnished with a drizzle of coconut milk or a sprinkle of curry powder if desired.





## Lewis Hamilton

"Go vegan, it is the only way to truly save our planet today."



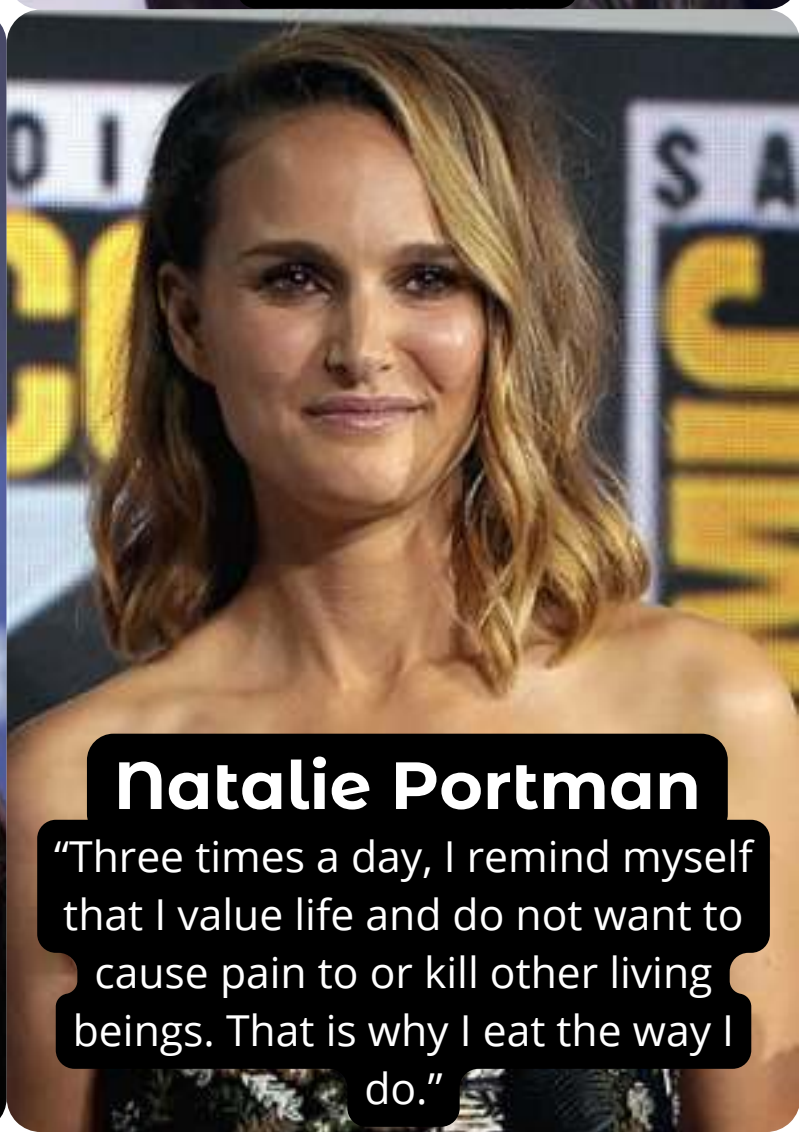
## Michelle Pfeiffer

'Eating a vegan diet- it's just so much healthier and you could avoid a lot of toxins that could age your skin and your body'.



## Anne Hathaway

'I have never, not once, craved a single non-vegan food'



## Natalie Portman

"Three times a day, I remind myself that I value life and do not want to cause pain to or kill other living beings. That is why I eat the way I do."





# Desserts



# Vegan Apple Crumble



## Ingredients

- 3 medium Bramley apples, peeled, cored and sliced to 1 cm thick
- 175g plain flour
- 140g golden caster sugar
- 110g margarine
- 1 tbsp rolled oats
- 1 tbsp demerara sugar

*“You can also add in other fruit if you wish, blackberries and rhubarb pair very well with the apple.”*





# Method

1. Preheat the oven to gas mark 5/190°C/170°C fan.
2. Toss the apples with 30g golden caster sugar and put in a 20cm baking dish at least 5cm deep. Flatten down with your hand.
3. For the crumble topping, mix the flour and the rest of the sugar in a bowl with a good pinch of salt.
4. Rub the margarine in with your fingertips until the mixture looks like moist breadcrumbs. Shake the bowl and any big bits will come to the surface – rub these in too.
5. Pour the crumble mix over the apples to form a pile in the centre, then use a fork to even out. Gently press the surface with the back of the fork so the crumble holds together and goes crisp. Sprinkle the oats and demerara sugar over evenly.
6. Place on a baking tray and put in the oven for 35-40 mins, until the top is golden and the apples feel very soft when you insert a small, sharp knife. Leave to cool for 10 mins before serving.



# Vegan Flapjacks

## Ingredients

- 3 ripe bananas
- 2 tbsp golden syrup
- 2 tbsp coconut oil
- 100g dried apricots
- 50g unsweetened desiccated coconut
- 30g pumpkin seeds
- 200g oats





# Method

1. Preheat oven to gas mark 4/180°C/160°C fan.
2. Use a fork to mash the bananas, and add the coconut oil and golden syrup to make them smooth.
3. Stir in the apricots, desiccated coconut, pumpkin seeds and oats.
4. Pour the mixture into a pre-lined tin and spread to the edges.
5. Bake for 30 minutes, or until golden brown.







# Vegan Chocolate-chip Cookies

## Ingredients

- 200g dairy-free margarine
- 125g light brown sugar
- 100g caster sugar
- 1 tsp vanilla extract
- 250g plain flour
- 1/2 tsp baking powder
- 1/2 tsp bicarbonate of soda
- 200g vegan dark chocolate
- 1 tbsp soya milk
- pinch of salt





# Method



1. Preheat the oven to gas mark 4/180°C/160°C fan and line two trays with baking paper.
2. Add the margarine, both sugars and vanilla extract into a bowl.
3. Sift in the flour, bicarbonate of soda and salt into the bowl and mix until smooth.
4. Add the chocolate chips and milk. Mix to disperse the chocolate chips.
5. Using a spoon, place small mounds of the mixture onto the baking trays. Bake for about 10 minutes, or until golden brown.
6. Leave to cool down, or enjoy warm.

# Chocolate Fridge Cake



## Ingredients

- 200g chocolate (vegan if wanted)
- 250g digestive biscuits
- 225g margarine
- 40g caster sugar
- 3 tbsp golden syrup
- 4 tbsp cocoa powder
- 300g nuts/raisins/other fillings



# Method

1. Line a medium-sized baking tin with baking parchment.
2. Break biscuits into small pieces.
3. Measure margarine, sugar and syrup into a small saucepan and heat, stirring until all of the margarine has melted.
4. Stir in the crushed biscuits, cocoa powder and other fillings with a wooden spoon until it is all coated.
5. Tip into the tin, and leave in the fridge for 15 minutes.
6. Melt the chocolate in a bowl over simmering water, then top the biscuit mix with the melted chocolate.
7. Leave in the fridge for at least an hour to set.



*"This cake is more similar to a rocky road, and it is very sweet and moreish - the hardest part is limiting yourself to only having one piece!"*

*One of my favourite fillings is cornflakes, as they add a nice crunch."*



**We hope  
Trees Are The Key  
Awareness Week  
has inspired you  
to include more  
delicious fruit and  
veg in your diet!**





**All that's left to do is for you  
to put a time in your  
calendar to start cooking  
some delicious food!**



**Donations help us continue our  
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