

Carbon Council Presents



LETTUCE TALK

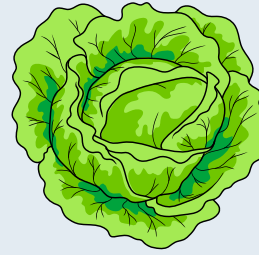
EASY PLANT-BASED RECIPES



PLANT BASED

ISSUE 01
JANUARY 2023

LETTUCE TALK



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WELCOME TO

Lettuce Talk



Did you know that to make just one burger it requires over 660 gallons of water? Or that industrial farming accounts for 18% of all green house gases, which is more than all forms of transport combined? These are just some of the negative impacts that animal based products are doing to the planet but what about our health? Many studies have shown that eating excessive meat and dairy leads to some diseases like cancer, coronary heart disease, high cholesterol and more. So what can we do to help ourselves and our planet? It's simple... eat plant based



Plant-based eating is the easiest and most effective way to reduce your carbon footprint, improve your health, look after the planet and protect the animals. We have the power to make positive change through what we eat.

This food magazine is here to give you simple and tasty plant-based recipes and inspiration for you to try at home with your friends and family.

MAIN MEAL

Vegan Mac and cheese

INGREDIENTS

1LB

PASTA

2 CUPS

CASHEWS

1 CUP

NUTRITIONAL YEAST

SPICES:

1 TSP KOSHER SALT

1/2 TSP GARLIC POWDER

1 TSP ONION POWDER

1/2 TSP GROUND WHITE PEPPER

1/2 TSP SMOKED PAPRIKA

1 TSP CURRY POWDER

2 & 1/2 CUPS

UNSWEETENED ALMOND MILK

2

GARLIC CLOVES

1 TBSP

DIJON MUSTARD

2 TBSP

VEGAN BUTTER

1/2 CUP

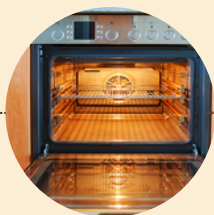
PANKO BREADCRUMBS

2-3

THYME SPRIGS DE-STEMMED

Instructions

1



PREHEAT OVEN

Preheat oven to 375 degrees farenheight or 180 degrees

2



SOAK CASHEWS

Soak the cashews overnight or pour boiling hot water over the cashews and leave them to soak in it for around 30 - 45 minutes.

3



MAKE THE PASTA

Cook the pasta according to the directions on its package. Then make sure to reserve 1/4 cup of pasta water before draining the pasta, putting it back in the pot. The put it to the side

4



MAKE THE SAUCE

In a food blender or processor, combine the cashews, nutritional yeast, unsweetened almond milk, spices, garlic cloves and Dijon mustard. Then blend together until a sauce is formed. Taste the cheese sauce and alter to your taste preferences.

5



COMBINE AND BAKE

Pour the sauce and pasta together and mix until the sauce covers all of the pasta and put the pasta into a baking dish. Then melt the butter and mix it with the breadcrumbs. After mixed, pour over the top of the pasta. Then put the pasta in the oven and leave to bake for about 10-15 minutes, until the breadcrumbs on top look golden.

Tips

You can add other spices to the sauce or broccoli to the pasta to make it even tastier

Almond Butter and Banana Toast

Ingredients:

- 1 banana
- 1 jar of almond butter
- 2 slices of bread

Instructions:

1. Put the 2 slices of bread in the toaster on the heat level you want
2. Whilst the bread is toasting, cut the banana into slices
3. Once the toast is ready, spread almond butter on both pieces and arrange the banana slices on top of the almond butter
4. Bon Appetit!



SERVING

1



TIME

5

MINS





SMOOTHIE

Berry Bliss

Ingredients:

2 handfuls of frozen berries

1 banana

1 peeled apple

2 tablespoons of any dairy free yoghurt

Directions:

Put all ingredients into a blender and blend until it is smooth. Pour into a cup and enjoy!



SERVING

2



TIME

5

MINS



Peanut Butter *Brownies*

INGREDIENTS

275 G / 1 & 1/2 CUPS

DAIRY-FREE DARK CHOCOLATE

75G / 1/4 CUP

PEANUT BUTTER

300G / 1 & 1/2 CUPS

CASTER SUGAR

150G / 1 & 1/4 CUPS

FLOUR, SIFTED

1 TSP

BAKING POWDER

150G / 3/4 CUP

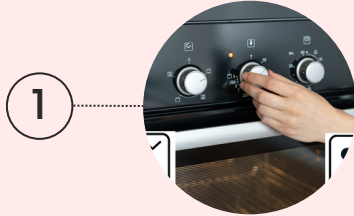
GROUND ALMONDS

175ML / 2/3 CUP

UNSWEETENED SOYA MILK
OR ANY OTHER DAIRY-FREE
MILK ALTERNATIVE

yummy

Instructions



1

HEAT THE OVEN

Heat the oven to 180 °C (160°C fan) /
335° fan



2

MELT THE CHOCOLATE AND PEANUT BUTTER

Melt the chocolate and peanut butter on a low heat in a saucepan and stir till combined. Or Microwave for about 30 seconds - 1 min until they have melted together and then stir. Then add the sugar to the mix and stir together. Leave to cool slightly



3

ADD THE INGREDIENTS

Fold the flour, almonds and baking powder into the melted peanut butter and chocolate mix. Then mix in the soya milk in 3 stages and pour the mixture into a prepared tin



4

BAKE

Put the tin with the peanut butter brownie mixture into the already heated oven and leave for 25 - 35 minutes. Then take out of the oven and leave to cool down. Once cooled down cut into slices and voila it is ready to be eaten!

Tips

You can add vegan marshmallows to the mix to make it a Peanut butter, chocolate and marshmallow brownie instead

Food

IS MY BEST FRIEND

LETTUCE TALK

PLEASE SEND PICTURES OF YOUR WONDERFUL CREATIONS, FOR A CHANCE TO BE FEATURED ON OUR INSTAGRAM PAGE OR SEND A PICTURE TO ENTER OUR COMPETITION TO WIN A PLANT-BASED COOK-BOOK. LET THE BEST PHOTO WIN! TO ENTER, SEND PHOTOS TO: 17BROWNT@NEWSTEADWOOD.CO.UK OR DM THE CARBON COUNCIL INSTAGRAM: [@NEWSTEAD.WOODS.CARBON.COUNCIL](https://www.instagram.com/newstead.woods.carbon.council)



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