

With Love

by Raje



108

vegan recipes

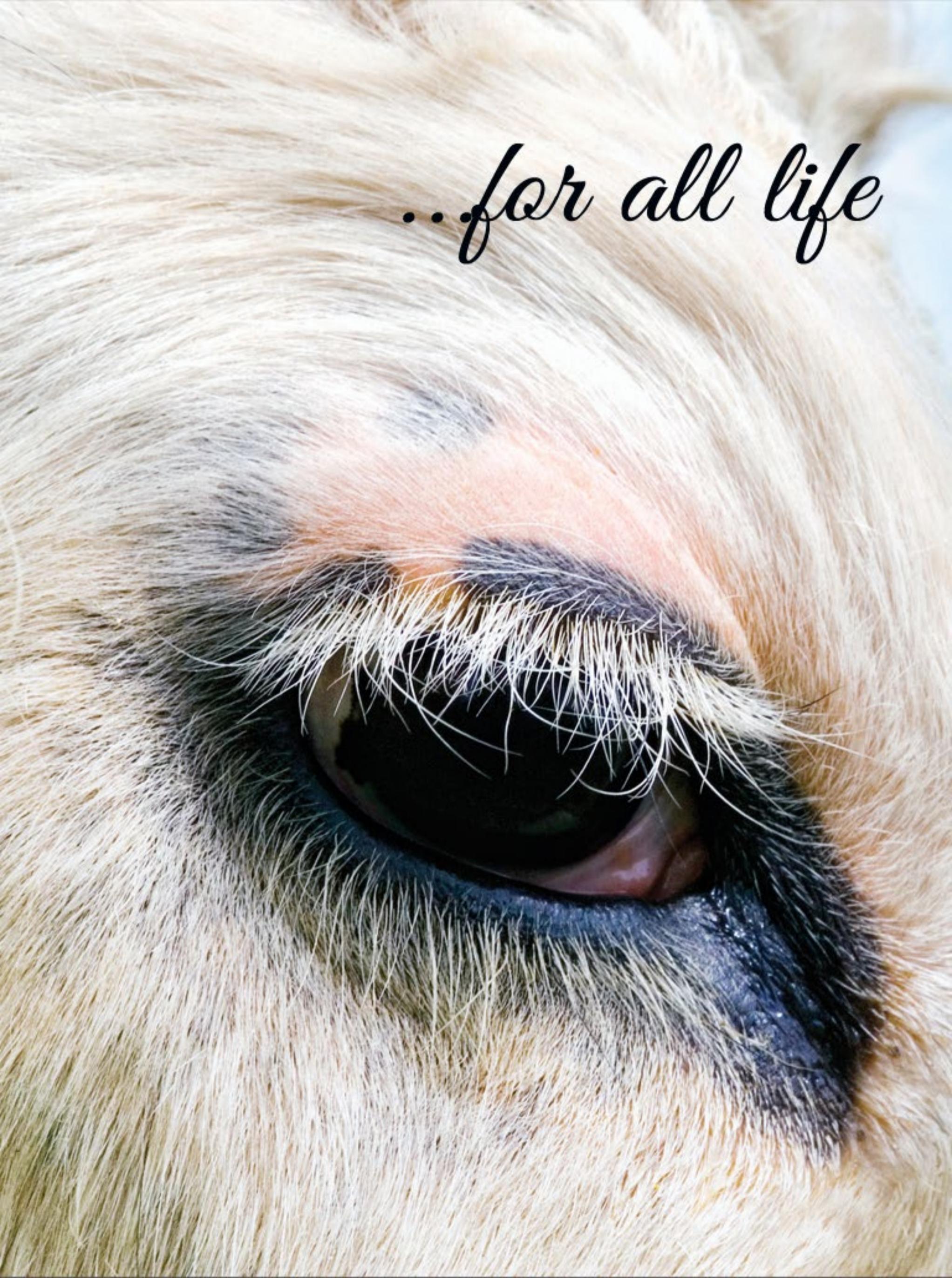
with many gluten-free options

With Love

108 vegan recipes - with many gluten-free options

by Raje (Jola Sloderbach)

...for all life





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- Passion fruit juice
- Raspberry & ginger juice
- Orange & mint juice

Description of Uncommon Ingredients and Spices

About the author







No grain, no gain

Friendly Millet (4 serves)



My friend, Taraka, stayed with us for a few days. She likes millet a lot, and because I like her a lot I decided to cook it for her. Since the millet is very friendly to the human body – including the taste buds – we eagerly ate it with some soup during our friendly talks. Then in a friendly and jolly mood she left to see another friend of hers...

- 1 cup of millet, washed
- 2 cups of hot water
- 1/3 tsp asafetida powder
- 1/3 tsp black pepper powder
- 1/3 tsp turmeric powder

2/3 tsp salt

50g roasted macadamia nuts

1 medium tomato, chopped

1 handful of fresh basil leaves, chopped

1 tsp fresh thyme flowers/leaves

50g black kalamata olives, chopped

1 Tbsp nutritional yeast flakes (optional)

1 tsp extra virgin olive oil

1 Tbsp fresh lemon juice

Heat the frying pan on a medium heat and dry roast the washed millet, stirring often. When the millet becomes dry again remove the pan from the heat.

In a medium saucepan bring the water to the boil with asafetida, black pepper, turmeric and salt. When the water starts to boil add to it the roasted millet, mixing it well and bringing it back to the boil. When it's boiling again, cover your pot tightly. Reduce it to the lowest heat and cook the millet for 20 minutes without opening the pot. After 20 minutes remove the pot from the heat and leave it aside still covered for another 10 minutes. After that add to it the roasted macadamias, chopped tomato, basil, thyme, olives, nutritional yeast (if you wish), olive oil and lemon juice. Mix well and serve it hot.



With Love is a light-hearted and easy-to-follow vegan cookbook for everyone who wants to bring a compassionate and healthy diet into their life. Raje takes you on a delicious journey through different styles of cooking during her everyday mealtime. The recipes are simple, colorful, and tasty (with many that are gluten-free) – perfect for those thinking of becoming vegan, or who are already happily following this healthy lifestyle and want to bring fresh ideas into their menus.

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