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## RECIPE

RECIPE TITLE

**Vegan pancakes**

FOR

for 7-8 pancakes



FROM THE FEATURE

The Alpro Day

CONTRIBUTOR

Bea

[www.bealapanthere.com](http://www.bealapanthere.com)

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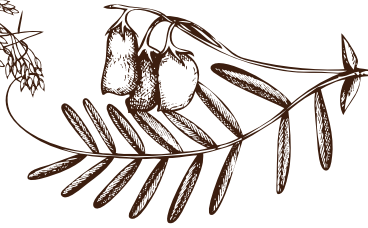
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### INGREDIENTS

200 ml	Alpro Almond drink Unsweetened
2 tbsp.	coconut flour
7 tbsp.	whole grain flour
1 tbsp.	agave syrup
2-3 tbsp.	amaranth (puffed)
1/2 tsp.	baking soda
1/2 tsp.	cinnamon
	coconut oil

### STEPS

1. Put all ingredients into a bowl and mix them with a whisk until you get a smooth dough.
2. If the dough is too firm, stir in a little bit of the Alpro Almond drink Unsweetened.
3. Spread out coconut oil in the pan and fry the dough until you get pancakes. I use about 2 to 3 tablespoons of dough to get a pancake.
4. The pancakes taste really delicious with fresh fruits, e.g. berries.
5. If you like it especially sweet, you can pour over some agave syrup or maple syrup.



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## RECIPE

RECIPE TITLE

**Quinoa Lunch Bowl**

FOR

1 bowl



FROM THE FEATURE

The Alpro Day

CONTRIBUTOR

Talisa

Youtube Channel: Blütenschimmer

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### INGREDIENTS

2 tbsp	plant based yoghurt alternative Alpro Go On Plain
	fresh chive
	fresh spinach or broccoli (amount as desired)
1 cup	quinoa
1-2	lemons
1	avocado
1 small or medium size	sweet potato
	Cherry tomatoes (amount as desired)
1	cucumber
1-2	carrots
1 cup	smoked tofu, diced

**To season:** rosemary, salt, pepper,  
rapeseed oil

### STEPS

1. Get all the ingredients ready for use. Of course, you can get creative and modify the ingredients!
2. Preheat the oven to 200 °C. Peel the sweet potato and cut it into stripes. Then mix it with salt, rosemary and some vegetable oil. Bake it in the preheated oven at 200° C for 30 minutes.
3. In the meantime, cook the cup of quinoa according to the instructions on the packet.
4. Now you can prepare the vegetable herb dip that will be the final touch to the bowl: Finely chop the chive, mix it with about 3 teaspoons of Plant based yogurt alternative Alpro Go On Plain and season it with a pinch of salt and pepper – and the topping is ready.



CONT.

5. Serve all ingredients in a bowl. It's best to start with the quinoa on the bottom and drape the other ingredients in a circular shape on it. Finally add the vegetable herb dip and some lemon juice. All done!



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## RECIPE

RECIPE TITLE

**Rose tartlets**

FOR

for 4 tartlets



FROM THE FEATURE

The Alpro Day

CONTRIBUTOR

Scarlett  
[www.letsbetasty.de](http://www.letsbetasty.de)

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### INGREDIENTS

#### DOUGH

150 g	Spelt flour (type 630)
100 g	ground almonds (peeled)
10 g	baking soda (preferably tartar)
1 pinch	salt
100 g	brown raw cane sugar
6 tbsp.	Alpro plant based alternative to yogurt plain with Almond
50 ml	rapeseed oil (refined, tasteless)
4 tbsp.	rose water
1 tbsp.	white wine vinegar
150 ml	Alpro Almond drink Unsweetened
	Coconut oil for greasing

### STEPS

1. Start with preheating the oven to 200° C. For the dough, you stir all the ingredients with a mixer.
2. Next, take out a baking tray with a top layer of baking paper. On the paper, brush a little coconut oil then spread the dough on it. Lightly tap on the tray underneath to avoid air bubbles in the dough. Now, bake it for 25-30 minutes (check if the dough is firm).
3. In the meantime, mix the cream. Stir all the ingredients with a spoon or a fork and then chill the cream in the fridge.
4. As soon as the base is done baking and cooled down a little, cut out 16 circles with the dessert rings. You should think about how to strategically cut them out before so you can get more circles for the amount of dough on your sheet!

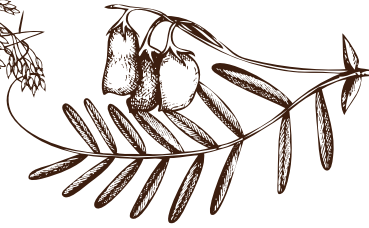


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#### Cream

400 g	(1 Cup) Alpro plant based alternatives to strained yogurt plain
200 g	Alpro plant based alternative to yogurt plain with Almond
2 tsp.	agave syrup
3-4 tbsp.	rose water (upon individual taste)
4	dessert rings  dried, edible rose blooms (e.g. direct&friendly)

5. Put the unglazed tartlets and the rest of the cream in the fridge over night. The next day, carefully take the tartlets out of the forms. If necessary, you can use a knife to loosen the edges. Spread the rest of the cream on the tartlets and glaze them with a spoon or a brush. It's okay if the bases can still be seen, this way a »naked cake« effect occurs.
6. Afterwards, gently crumble the eatable roses with your fingers and sprinkle them over the tartlets. Alternatively, a whole uncrumbled rose gives the tartlet a different look. Trust us, they taste as fabulous as they look!



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## RECIPE

RECIPE TITLE

**Creamy Pasta**

FOR

4 servings



FROM THE FEATURE

The Alpro Day

CONTRIBUTOR

Theresa  
[www.thewaitress.de](http://www.thewaitress.de)

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### INGREDIENTS

1 small	organic Hokkaido pumpkin (ca. 600g)
1	onion
1	garlic clove
3 tbsp.	pumpkin seeds
2 tbsp.	coconut or peanut oil
1 bunch	of sage
1/2 tbsp.	Italian herbs
150 ml	water
100 ml	Alpro plant based alternative to yogurt Plain with Almond
1 tbsp.	Cashew puree
500 g	Pasta at own choice (e.g. spaghetti, fusilli, farfalle, penne)
	pepper & salt
	juice of a lemon
<b>optional:</b>	1 piece of parmesan

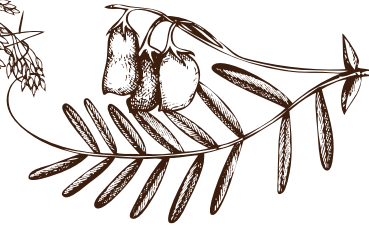
### STEPS

1. Wash the pumpkin thoroughly, halve it and scrape out the seeds with a spoon. Then cut in half the pumpkin into cubes the size of about 1x1 cm.
2. Peel and finely dice the onion and the garlic clove. Wash and shake the sage dry, then pluck the leaves from the stalks.
3. Roast the pumpkin seeds in a pan without grease at medium heat until they are golden brown and start to smell. Put them aside and let them cool down.
4. Heat up the oil in a big pot. Put in the sage leaves and roast them for 2-3 minutes until they are crispy. Then take them out of the oil and put them on a kitchen cloth to let them drip off and cool down.



CONT.

5. Put the onion in the used oil and steam it at medium heat for about 2 minutes until it's glassy. Afterwards, you add the pumpkin cubes and roast them for another 3-4 minutes. Stir them with a wooden spoon regularly.
6. Reduce the heat, then add the garlic and the herbs. Roast everything for a short time, then deglaze it with water. Let the covered pumpkin simmer for about 5-7 minutes until it becomes soft.
7. In the meantime, boil plenty of water with some salt in another pot. Cook the pasta al dente, according to the instructions on the packet.
8. Add the almond drink and the cashew puree to the pumpkin, stir it well and let it heat up altogether. Then take the pot from the stove and puree the pumpkin vegetables with a hand blender into a creamy sauce. Season it with salt, freshly ground black pepper and lemon juice.
9. Mix the sauce and the hot pasta. Serve it with the sage leaves, the pumpkin seeds and some freshly grated parmesan, if desired.



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## RECIPE

RECIPE TITLE

**Pepper Dip**

FOR

1 dip



FROM THE FEATURE

The Alpro Day

CONTRIBUTOR

Katharina Flick  
[www.katharinaflick.de](http://www.katharinaflick.de)

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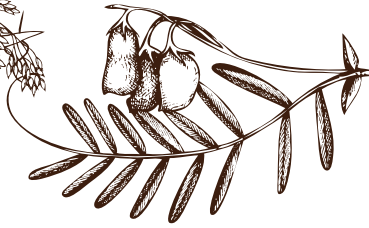
### INGREDIENTS

3	red peppers
50 g	walnut
1 TBSP	tomato paste
3 TBSP	olive oil
1 TBSP	lemon juice
1 TBSP	unsweetened Alpro Soy Yogurt
	sea salt
	black pepper

### STEPS

1. Preheat the oven to 240°C and put it on grill mode, if possible.
2. Wash the peppers, remove seeds and quarter them. Put the peppers on a baking tray (skin facing up). Roast them for about 6-8 minutes in the oven, or until the skin develops black marks. Carefully cover with a damp tea towel and let cool for 5 minutes, then peel off the skin.
3. Cut the peppers into bite sized chunks and put them in a blender along with the walnuts, tomato paste, olive oil, lemon juice and yogurt. Season with sea salt and black pepper.





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## RECIPE

RECIPE TITLE

**Herby Dip**

FOR

1 dip



FROM THE FEATURE

The Alpro Day

CONTRIBUTOR

Katharina Flick  
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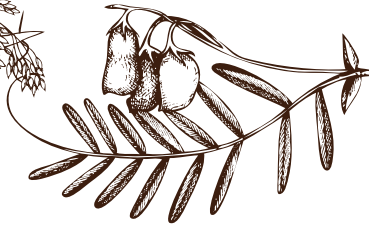
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### INGREDIENTS

200 g	unsweetened Alpro Soy Yogurt
1 TBSP	lemon juice
	fresh or frozen herbs (dill, parsley, chive)
	sea salt
	black pepper

### STEPS

1. Stir everything together, season to taste with sea salt and black pepper. Sprinkle over a few fresh herbs when serving.



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## RECIPE

RECIPE TITLE

**Smoothie Bowl**

FOR

1 bowl



FROM THE FEATURE

The Alpro Day

CONTRIBUTOR

Katharina Flick  
[www.katharinaflick.de](http://www.katharinaflick.de)

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### INGREDIENTS

1 banana

---

2 cups frozen berries  
(blackberries,  
raspberries)

---

½ cup Alpro Soy Yogurt

---

#### For the topping

1 handful blueberries

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1 handful blackberries

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1 handful raspberries

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3 TBSP chia seeds

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3 TBSP dessicated coconut

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3 TBSP coconut flakes

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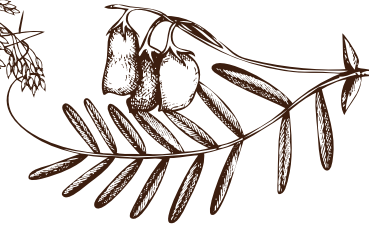
2 TBSP goji berries

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### STEPS

1. Put all the smoothie bowl ingredients into a blender.
2. Pour into a big bowl and decorate with the toppings as you like. We went for coconut flakes, raspberries, chia seeds, blackberries, dessicated coconut, blueberries and goji berries assembled next to each other in neat rows.



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## RECIPE

RECIPE TITLE

**Vegetable-Feta-Quiche**

FOR

1 quiche



FROM THE FEATURE

The Alpro Day

CONTRIBUTOR

Katharina Flick  
[www.katharinaflick.de](http://www.katharinaflick.de)

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### INGREDIENTS

275 g	store bought puff pastry
1 small	onion
2 cloves	garlic
450 g	spinach (fresh or frozen)
10	cherry tomatoes
200 gr	feta
100 g	firm swiss cheese
3	eggs
100 g	unsweetened Alpro Soy Yogurt
	sea salt
	black pepper
	nutmeg

### STEPS

1. Peel the onion and garlic and cut into small cubes. Put some oil in a pan and add the onion, garlic and spinach. Wait for the spinach to wilt down and heat the oven to 180°C.
2. Cut the feta cheese into cubes and grate the Swiss cheese. Wash and cut the tomatoes in half. Mix the eggs with the cheeses and yogurt. Grease a quiche pan and carefully put in the puff pastry.
3. Season the spinach with nutmeg, salt and pepper and spread it onto the puff pastry. Pour the egg mix on top and carefully push in the tomatoes (skin down).
4. Put the quiche into the oven for about 45 minutes or until the egg mix has set and is golden brown.



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## RECIPE

RECIPE TITLE

### Raspberry-Cream Cheese-Cake

FOR

1 cake



FROM THE FEATURE

The Alpro Day

CONTRIBUTOR

Katharina Flick  
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### INGREDIENTS

200 g	Amarettini
85 g	butter
250 g	Alpro Go On Plain Natur
100 g	icing sugar
2 sachets	vanilla sugar
1 TBSP	lemon juice
6 sheets	gelatine
250 g	cream

#### For the topping

500 g	raspberries
1 TBSP	icing sugar

### STEPS

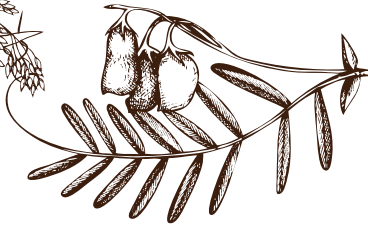
1. Line a springform with baking paper. Carefully melt the butter in a pan while crushing the Amarettini in a plastic bag.
2. Mix the butter and Amarettini and press them into the lined springform. Refrigerate the mixture for 30 minutes.
3. Soak the gelatine in water and put aside. Mix the Alpro Go On Sour Cream with the icing sugar, lemon juice and one sachet of the vanilla sugar.
4. Take a second bowl to whip the cream with the second sachet of vanilla sugar.
5. Squeeze the excess water out of the gelatine and heat in a pan until completely dissolved. Stir in 2 TBSP of the Quark mixture, then carefully put the gelatine mixture into the



CONT.

rest of the Sour cream mixture while stirring continuously. Fold in the cream and spread the mixture on the Amarettini base.

6. Put the cake in the fridge for at least 2 hours. Puree most of the raspberries with the icing sugar and drizzle over the top. Decorate with the remaining raspberries.



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## RECIPE

RECIPE TITLE

**Potato-Kohlrabi-Casserole**

FOR

1 casserole



FROM THE FEATURE

The Alpro Day

CONTRIBUTOR

Katharina Flick  
[www.katharinaflick.de](http://www.katharinaflick.de)

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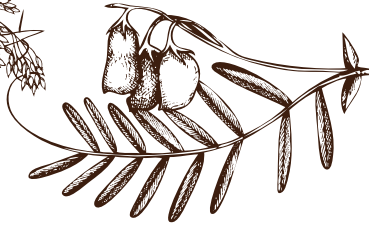
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### INGREDIENTS

300 g	kohlrabi
300 g	potatoes
1	egg
150 ml	soy Alpro cooking creme cuisine
2 slices	whole grain toast
15 g	hazelnuts
1 TSP	soft butter
	salt
	pepper
	nutmeg

### STEPS

1. Peel and thinly slice the kohlrabi and potatoes. Boil in salted water for about 5 minutes, then drain.
2. Mix the egg and soy cream and season to taste with salt, pepper and nutmeg. Preheat the oven to 200°C.
3. Grease a casserole dish and layer the vegetables inside. Pour over the egg mixture.
4. Bake the casserole for 10 minutes while chopping up the toast and nuts, mixing them with the butter. Sprinkle on top and bake for another further 15 minutes.



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## RECIPE

RECIPE TITLE

**Chiapudding**

FOR

1 pudding



FROM THE FEATURE

The Alpro Day

CONTRIBUTOR

Katharina Flick  
[www.katharinaflick.de](http://www.katharinaflick.de)

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### INGREDIENTS

250 ml	Alpro Coconut Milk
100 ml	Alpro Almond Milk
3 TBSP	chia seeds
2 TBSP	honey
1	vanilla bean
1	mango
	coconut flakes for decorating

### STEPS

1. Scrape the vanilla bean and stir in with the coconut milk, almond milk and honey.
2. Add the chia seeds. Pour the mixture into a glass and let it rest in the fridge over night.
3. Cut and puree the mango, pour on top of the chia mixture and decorate with coconut flakes.