

YOGALICIOUS

Plant-based recipes

for Spring and Summer



Lucia Vimercati

NOTE

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All recipes serve 4, unless otherwise specified. They have all been tested various times, but if you find any mistakes or have any questions please write to info@luciavimercati.com

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INTRODUCTION

As an aspiring Yogini, I put a lot of care and find a lot of joy in the way I prepare my meals. Food is a gift from nature for which we can only be grateful. Whether we are cooking for our family or for ourselves, we have an opportunity three times a day to bring ourselves in harmony with nature and improve our physical wellbeing.

The way we eat also influences the way we think and act and impacts on our yoga and meditation practices. Eating a Sattvic* (pure) diet allows us to nourish our souls and evolve spiritually. At the same time we have a chance to practice Ahimsa*, non-harming, one of the Yamas (restraints) in Patanjali's Yoga Sutras.

Instead of preparing and eating our meals in a hurry, we can live this experience as a meditation: take the time to choose the ingredients, focus on their shapes and colours, think of unusual combinations, prepare our meals with love and gratitude, eat slowly and in total silence with no technology next to us. We can live in the present moment also while we cook and eat.

In this e-book you will find a collection of my recipes for the Spring-Summer season. Some of them have been published on my blog, others are totally new. My dishes contain no ingredients of animal origin, sugar or industrial products. I also try to use ingredients which are organic, seasonal and local as much as I can.

I hope you will enjoy them and that they will inspire you to create your own.

Lucia Vimercati

***Sattvic:** Sattva, Rajas and Tamas, i.e. the Gunas are the qualities of Nature.

- Sattva (Pure, light, nourishing, gives more clarity to the mind)
Cereals, fruit, vegetables, pulses and beans, nuts, milk, honey.
- Rajas (increase activity level in the body and mind)
Onions, garlic, vinegar, tofu, peanuts, peppers, tomatoes, spices, eggs, fish, poultry, coffee, frozen products, ketchup
- Tamas (heavy and causing mental dullness, lethargy)
Red meat, sausage, alcohol, mushrooms, chocolate, fried and fermented products, aged products like cheese

***Ahimsa:** Ahimsa is a Yama (one of the 8 limbs of Yoga) and means non-harming. It applies to all beings and impacts our Karma.

Note: I replace garlic and onions in all recipes with Assafetida, an Indian spice. If you don't find it, you can replace it with a clove of garlic or a small onion, sliced or diced.

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SPRING VEGETABLES ON PEA CREAM

(Picture on the cover)

INGREDIENTS

4 artichokes
400 g fresh peas (removed from the pods)
A handful asparagus
A handful French beans
A handful fresh faba beans (removed from the pods)
2 carrots
Extra virgin olive oil
Assafetida, a pinch
1 lemon
Salt, a pinch
Pepper, a pinch

INSTRUCTIONS

Clean the artichokes, cut them in quarters and put them in a bowl with water and lemon juice.
Cook the peas in boiling water (or steam them), then put them in a bowl with water and ice to preserve the colour.
Cut the French beans, the asparagus and carrots in small pieces, cook them in boiling water for a couple of minutes and then also put them in water and ice (separate from the peas).
Also boil the faba beans, put them in iced water and then remove the bean peel.
Set a handful of peas aside and in a pan heat a tablespoon of olive oil with a pinch of assafetida. Sauté the rest of the peas for a couple of minutes, season with salt and pepper and keep warm until serving.
In another pan heat a tablespoon of olive oil with a pinch of assafetida and sauté all other vegetables including the handful peas you put aside and the artichokes for a couple of minutes, season with salt and pepper and keep warm.
To serve, blend the remaining peas until you obtain a cream (if necessary add some water) and plate it first on the dish. Then add the other vegetables, decorate with herbs and flowers and serve lukewarm.

AVOCADO AND CUCUMBER TARTARE

INGREDIENTS

2 cucumbers
2 avocados
Juice of 1 lemon
2 tablespoons dill
Salt, a pinch

INSTRUCTIONS

Peel the cucumber and dice it finely. Put it in a bowl with some salt and let it rest for 20-30 minutes. In the meantime peel and dice the avocado. Drain the cucumber and press it with your hands to get the water out, then mix with all other ingredients and serve.

TOFU EGG SALAD

INGREDIENTS

300 g tofu

½ cup vegan mayo*

1 tablespoon nutritional yeast

1 tablespoon lemon juice

1 teaspoon mustard paste

Salt, a pinch

½ teaspoon ground turmeric

¼ teaspoon ground chilli

2 celery stalks, diced

2 tablespoons parsley, finely cut

***For the vegan mayo:**

100 ml soy milk

Juice of half lemon

2 teaspoons mustard

Salt, a pinch

Sunflower oil, enough to obtain the

mayo, usually twice the quantity of milk

Turmeric, a pinch (to give the colour)

INSTRUCTIONS

To prepare the mayo, blend the milk with the lemon, mustard, turmeric and salt, slowly adding the oil until creamy.

Dry the tofu with kitchen paper, then crumble it with your hands and set it aside. Mix the mayo, nutritional yeast, lemon, mustard, salt, turmeric and chilli to obtain a sauce. Add the tofu, celery and parsley and stir well. Serve on sandwiches or as a salad.

Note: if you sauté it for a few minutes in a pan with 1 tablespoon olive oil, you will obtain a scrambled tofu egg



ASPARAGUS AND STRAWBERRY SALAD

INGREDIENTS

500 g mixed white and green asparagus

200 g strawberries

For the dressing:

2 tablespoons balsamic vinegar

2 tablespoons lemon juice

3 tablespoons olive oil

1 teaspoon maple syrup

Salt, a pinch

Pepper, a pinch

INSTRUCTIONS

Cook the asparagus until soft, then cut them in 5 cm pieces and let them cool down. Cut the strawberries in halves or quarters. Mix all other ingredients for the dressing. Once the asparagus are cold mix them with the strawberries and the dressing and serve.

VIETNAMESE SUMMER ROLLS

INGREDIENTS

For the rolls:

8 rice paper wrappers

60 g rice or soy noodles

Lettuce

Vegetables like pepper, carrots, cucumbers, celery, avocado, cut in sticks

Tofu, cut in sticks

Coriander or mint or parsley leaves

For the dip sauce:

500 ml pineapple juice

2 tablespoons lime juice

1 tablespoon vinegar

2 tablespoons starch

¼ cup water

Salt, a pinch

Pepper, a pinch

INSTRUCTIONS

Cook the noodles as per instructions on the package and let them cool down. Dip one wrapper in warm water until it becomes soft (only one at a time otherwise they will glue) and then put it on a kitchen towel. Put a lettuce leaf on the wrapper and then tofu, noodles and all the vegetables sticks and herbs you prefer in the low part of the wrapper.

Fold the lower part making sure all ingredients are tightly rolled. Then fold the two sides inward and then the whole roll.

For the dip sauce dissolve the starch in 2 Tablespoons cold water. Put all ingredients in a pot and bring them to boil. Stir until thickened. Let it cool down before serving.

GRILLED WATERMELON WITH RAW VEGAN CHEESE AND BALSAMIC VINEGAR GLAZE

INGREDIENTS

For the grilled watermelon:

1 seedless mini-watermelon

Salt, a pinch

Pepper, a pinch

For the cheese:

100 g almonds

50 g cashew nuts

1 lemon – zest and juice

1 tablespoon nutritional yeast

50 ml water

Salt, a pinch

Pepper, a pinch

For the balsamic vinegar glaze:

2 tablespoons balsamic vinegar

1 teaspoon maple syrup

1 tablespoon soya sauce

INSTRUCTIONS

For the cheese soak the almonds and cashew nuts in water for 12 hours. Drain, add all other ingredients and blend until smooth. Set aside.

Slice the watermelon and using a cutter, obtain some disks, grill them for 30 seconds on each side. Season with salt and pepper and set them aside.

In a small pot heat the balsamic vinegar and the soya sauce. Bring them to boil, add the maple syrup and stir until you obtain a thicker glaze.

To plate, put the grilled watermelon slice at the centre of the dish, decorate with the cheese and other ingredients at your choice and then sprinkle with the balsamic vinegar glaze. I decorated it with small cantaloupe balls, olives and some salad.



SPICY AGRETTI WITH OLIVES

INGREDIENTS

For 2 persons:

A bunch of agretti

A handful of olives

1 Fresh chilli pepper, sliced

Assafetida, a pinch

Extra virgin olive oil, 2 tablespoons

Salt, a pinch

Pepper, a pinch

INSTRUCTIONS

Clean the agretti, cutting the roots and the red parts.

In a pot bring some water to boil, add salt and the agretti and cook for approx 5 minutes. Remove from the water and drain well. (If you wish you can skip the boiling and sauté them directly in a pan with olive oil for 15 minutes). In a pan warm up 2 tablespoons olive oil, add the chilli pepper and the assafetida. Add the agretti, savour with salt and pepper and cook for a few minutes. Add the olives and serve hot.

FARINATA

INGREDIENTS

250 g chickpea flour

620 ml cold water

1 cup olive oil

Salt, a pinch

Pepper, a pinch

Rosemary, 1 teaspoon





INSTRUCTIONS

Put the water in a bowl and then whisk in the chickpea flour until you obtain a smooth cream. Let it stand for at least 1 hour. Pre-heat the oven at 220°. Remove any foam from the mix, add 3-4 tablespoons olive oil, season with rosemary, salt and pepper and whisk well. Grease a baking skillet with the oil and pour in the mixture, looking that it remains about half centimetre thick. Sprinkle some olive oil on the top and then bake at 220°C for approx 40 minutes.



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MINESTRONE

INGREDIENTS

2 carrots – quartered lengthwise and cut in ½ cm slices
1 zucchini - quartered lengthwise and cut in ½ cm slices
2 potatoes – diced 1 cm
2 celery stems – sliced 1 cm
1 leak – sliced ½ cm
250 g Borlotti beans (cooked)
1/2r red pepper – diced ½ cm
1 quarter cabbage – sliced ½ cm
400 g tomatoes – diced ½ cm
Herbs like parsley, basil, rosemary
Extra- Virgin Olive oil, 2 tablespoons
Salt, a pinch
Pepper, a pinch
Assafetida, a pinch
2 litres vegetable stock (or water)

INSTRUCTIONS

Wash all vegetables and either dice or slice them in small pieces. Heat 1 tablespoon olive oil in a pot with a pinch assafetida. Add all vegetables except the beans and the cabbage. Sauté for a few minutes, then add 2 litres vegetable stock or hot water, season with salt and pepper and cook covered over low heat for approximately 50 minutes. About 15 minutes before the end add the cabbage, beans and herbs. Decorate with some olive oil drops when serving. (As an healthier alternative you can put the vegetables directly in the vegetable stock without sautéing them).

RAW CUCUMBER AND AVOCADO SOUP

INGREDIENTS

2 large cucumbers, peeled and cut in pieces
2 avocados, peeled and cut in pieces
3 cups water
Assafetida, a pinch
Salt, a pinch
Pepper, a pinch
A handful of parsley leaves (to decorate)
- optional

INSTRUCTIONS

Blend all ingredients until you obtain a cream. Serve decorating with fresh parsley and pepper.

RAW GINGER AND MELON SOUP

INGREDIENTS

2 Melons (any type will work)
3 cm fresh ginger, grated
Salt, a pinch
Pepper, a pinch
Peppermint leaves (to decorate) - optional

INSTRUCTIONS

Peel the melons, cut them in pieces and blend them until you obtain a cream. Press the grated ginger with your hands to obtain the juice and add it to the melon cream with a pinch of salt and pepper. Pour the soup in cups and decorate with peppermint leaves.

RAW PEA AND AVOCADO SOUP

INGREDIENTS










200 g fresh peas (removed from the pods)
2 cups almond milk
1/2 avocado
Salt, a pinch
Assafetida, a pinch

INSTRUCTIONS

Blend all ingredients until you obtain a cream and serve.



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ORECCHIETTE WITH ZUCCHINI AND MINT PESTO

INGREDIENTS

400 g orecchiette
4 zucchini
A handful fresh mint leaves
A couple basil leaves
Half cup cashew nuts
Half cup pistachios
Extra virgin olive oil
Salt, a pinch
Pepper, a pinch
Assafetida, a pinch

INSTRUCTIONS

Cook the orecchiette in plenty of salted water and as instructed on the packaging.
Dice the zucchini finely and sauté them in a pan with 1 tablespoon of extra-virgin olive oil and a pinch of assafetida for a couple of minutes.
When the pasta is almost ready, blend three-quarters of the zucchini with the mint, basil, cashews, pistachios, salt and pepper and a ladleful of water from the noodles until you get a cream.
Once the pasta is drained, stir it with the cream, add the remaining zucchini to decorate and sprinkle with some olive oil

FARFALLE WITH ZUCCHINI AND CREAM OF RED PEPPER

INGREDIENTS

300 g Farfalle (or any other pasta type)
2-3 zucchini
1 large red pepper
Extra virgin olive oil
Assafetida, a pinch
Dry chilli pepper
Some leaves of fresh basil and thyme
Salt, a pinch
Pepper, a pinch

INSTRUCTIONS

Heat the oven at 200°C. Clean the pepper and cut it in pieces. Brush them with a couple of tablespoons olive oil, a pinch of assafetida and some dry chilli pepper. Put everything in a small baking tray and bake for about 30 minutes. Once ready, keep warm. (As an alternative you can grill or sauté the pepper).
In the meantime slice the zucchini and sauté in a tablespoon olive oil with a pinch of assafetida for around 5/7 minutes. Add basil and thyme and season with salt and pepper.
Cook the pasta as per instructions on the package.
A few minutes before the noodles are ready, take 1 or 2 tablespoons of water from the pasta and blend it with the pepper until you obtain a creamy sauce which you'll pour on the bottom of your dish. Once the pasta is ready mix it with the zucchini and serve it over the cream of peppers.



FARFALLE WITH ZUCCHINI AND CREAM OF RED PEPPER (PAGE 15)

ASPARAGUS RISOTTO

INGREDIENTS

300 g rice (Arborio or Carnaroli)
400 g green asparagus
Extra-virgin olive oil
White wine, 1 glass
Assafetida, a pinch
Salt, a pinch
Pepper, a pinch

INSTRUCTIONS

Clean the asparagus and cook them in salted boiling water for about 7 minutes. Once ready, drain them, cut the tops and set them aside. Blend the stems with 2 ladles of the asparagus water and set them aside. Keep the leftover asparagus water which will be used to cook the rice.

In a pan heat 2 tablespoons of extra virgin olive oil with a pinch of assafetida, add the rice and let it toast stirring continuously. Add the wine and simmer until alcohol evaporates. Start to add the water from the asparagus a ladleful at a time and let it absorb before you add the following one, until you reach half of the cooking time of the rice. Afterwards do the same thing with the cream you obtained from blending the stems, until the rice is ready. Adjust with salt and pepper. At the end add the asparagus tops, using some for decoration.

STUFFED ROUND ZUCCHINI

INGREDIENTS

4 round zucchini
½ cup quinoa
½ cup brown lentils
½ red pepper
3-4 champignon mushrooms
100 g smoked tofu
A handful of basil leaves
Extra Virgin Olive Oil
Salt, a pinch
Pepper, a pinch

INSTRUCTIONS

Cook the quinoa and lentils as per instructions on their packages. Cut the zucchini tops and scoop out the pulp with the help of a spoon and set it aside. Spread some salt inside the zucchini, then put them in the oven, face-down, and bake them for approx. 20 minutes.

Dice the pepper, mushrooms, tofu and half of the zucchini pulp (the other half can be used for another recipe). Add the basil cut finely, adjust with salt and pepper. Add the cooked quinoa and lentils and mix well. Remove the zucchinis from the oven, dry the internal part with some kitchen paper and fill with the vegetable/quinoa mix. In a baking tray spread 3-4 tablespoons olive oil, lay the zucchini face up, cover with the tops and bake for another 20 minutes.



STUFFED PEPPERS (PAGE 19)

QUINOA SALAD WITH ASPARAGUS AND FABA BEANS

INGREDIENTS

300 g quinoa
500 g green asparagus
500 g fresh faba beans
250 g cherry tomatoes
Salt, a pinch
Pepper, a pinch
2 tablespoons extra-virgin olive oil

INSTRUCTIONS

Cook the quinoa as per instructions on the package (usually 2 portions water for 1 portion of quinoa) and set it aside. Remove the faba beans from the pods, clean the asparagus and cut them in 1 cm pieces keeping the tops aside. Steam faba beans and asparagus for 3-4 minutes. Once the faba beans are cooked remove the peel. Cut the tomatoes in halves or pieces depending on the size. Stir the vegetables with the quinoa, season with salt, pepper and 2 tablespoons olive oil and serve lukewarm.

STUFFED PEPPERS

INGREDIENTS

4 red bell peppers
1 cup whole basmati rice
1 pack of red tofu (Taifun)
½ zucchini
A handful of capers, salted
A handful of black and green olives, pitted
A handful of dried tomatoes, soaked for 2 hours
A few basil leaves
Salt, a pinch
Pepper, a pinch
Extra-virgin olive oil
Assafetida, a pinch

INSTRUCTIONS

Cook the rice as per instructions on the package (usually 1 cup of rice for 2 cups of water for around 30-40 minutes).
In the meantime cut the pepper caps, set them aside and clean the inside.
Dice the zucchini and tofu, pit the olives and dice them finely, clean the capers from their salt and cut the tomatoes and basil finely.
In a pan put 2 tablespoons of olive oil and a pinch of assafetida, when hot add all the vegetables and tofu and sauté for a couple of minutes. Season with salt and pepper to taste. Once it's ready, add the rice and sauté for another couple of minutes.
Heat the oven at 200°C, grease a baking tray with olive oil, fill the peppers with the vegetable rice, close them with their caps and bake for 30-40 minutes. Serve lukewarm.

RAW ZUCCHINI LASAGNA

INGREDIENTS

2 zucchini
4 ripe tomatoes
A handful sundried tomatoes (soaked in water for 2 hours)
A handful basil leaves
Extra virgin Olive oil
Salt, a pinch
For the cheese:
100 g almonds
50 g cashew nuts
1 lemon – zest and juice
1 Tablespoon nutritional yeast
50 ml water
Salt, a pinch
Pepper, a pinch

INSTRUCTIONS

With a mandoline slice the zucchini lengthwise and set aside. Chop the tomatoes preserving a couple of nice slices to use on the top of the lasagna. Blend the basil with 2-3 tablespoons olive oil and a pinch of salt to obtain a pesto. Blend the soaked sundried tomatoes, adding a table spoon olive oil if necessary. For the cheese: Soak the almonds and cashew nuts in water for 12 hours. Drain, add all other ingredients and blend.

To plate the lasagna, alternate the zucchini slices with cheese, fresh tomatoes, sundried tomatoes and pesto.

(recipe inspired by Matthew Kenney)



RAW RED BEET RAVIOLI

INGREDIENTS

1 raw beet
Olive oil
100 g cashew nuts
1 lemon – zest and juice
1 Tablespoon nutritional yeast
50 ml water
Salt, a pinch

INSTRUCTIONS

Soak the cashew nuts in water for 12 hours. Drain and add all other ingredients except the beet and blend. Put in the fridge and let it stand for some time.

When you are ready to serve, peel the beet and with the help of a mandoline obtain fine slices. In a bowl spread some olive oil on the beet slices, to avoid that they dry up. You can also use a cutter to make the slices perfectly round or obtain other shapes. Put a few beet slices on a plate. Add a teaspoon of cheese at the centre of each and then cover with another slice to form the ravioli. Serve with some drops of olive oil or with a sauce of your choice. You can decorate with sprouts, fresh herbs, flowers etc.



RAW GREEN WRAPS WITH MANGO DIP

INGREDIENTS

For the wraps:

4 large collard green leaves, washed (or any other large green leaves)

1 avocado

A handful of julienned vegetables (carrots, zucchini, peppers, cucumber etc)

A few sprouts

Salt, a pinch

Pepper, a pinch

For the mango dip:

1 mango, diced coarsely

Juice of 1 lemon

A handful of coriander leaves

Ginger, 2 cm

1 small chilli pepper

Assafetida, a pinch

Salt, a pinch

Pepper, a pinch






INSTRUCTIONS

Lay your collard leaf flat on a cutting board stem side facing up. Take a small sharp knife and shave the stem until it is flush with the leaf and then cut the edge off the stem end so it is straight at the bottom. Turn the leaf facing up, having the short side horizontal in front of you and the rest of the leaf away from you. Lay the avocado and the vegetables horizontally on the lower part of the collard leaving a couple of centimeters at the bottom part of the stem, season with salt and pepper. Roll the bottom stem end of your collard leaf up and away from you and make a full roll. Keep your roll tight so when you cut it your filling doesn't fall out and then carefully slice it in half. Repeat for the other wraps and serve with the dip of your choice.

For the dip: Blend all ingredients to obtain a cream. Add more juice or water if you feel the cream is too thick.



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RAW ZEBRA CAKE

INGREDIENTS

For the crust:

2 cups almond flour,
3 tablespoons agave syrup,
2 tablespoons coconut oil,
4 tablespoons raw cacao
½ teaspoon ground vanilla

For the Filling:

3 cups cashew nuts,
water
1,5 cups coconut oil
1 cup agave syrup
½ teaspoon vanilla powder
3 tablespoons raw cacao
Salt, a pinch

INSTRUCTIONS

For the crust: In a food processor blend all the ingredients until they stick together, then spread at the base of a round container greased with coconut oil and put in the freezer

For the filling: Soak the cashews for at least 2 hours. Remove them from the water and blend all the ingredients, except cacao, until you obtain a smooth cream. Divide the cream in two halves, and blend one half with 3 tablespoons cacao. Take the crust out of the freezer and with a tablespoon start pouring the creams alternating the dark cream with the other one, until you finish the ingredients. Put the cake back in the freezer for 3-4 hours. 1 hour before serving remove from freezer. Remove from the container when still frozen using a knife around the edge if necessary



GALETTE WITH PEACHES AND BLUEBERRIES

INGREDIENTS

For the dough:

200 g spelt flour
30 g agave syrup (or maple)
70 g coconut oil
Salt, a pinch

For the filling:

100 g Almond flour
40 g coconut oil
40 g + 2 tablespoons agave syrup
(or maple syrup)
1 big peach or 2 small ones
a handful blueberries
a few flaked almonds

INSTRUCTIONS

To make the dough put all ingredient in a bowl and mix with your hands until you obtain a ball. Wrap it in kitchen film and put in the fridge for at least 30 minutes.

For the filling: In a small bowl mix the almond flour, coconut oil and 40 g agave syrup until you obtain a frangipane cream.

Slice the peach finely and prepare the blueberries and set them aside.

On a piece of baking paper roll the dough out until flat, cover it with the frangipane cream leaving a 3-4 cm edge empty. Put the sliced peaches and blueberries on the frangipane cream then roll the edge in.

Brush everything with 2 tablespoons agave syrup and decorate with the almond flakes.

Transfer everything on a baking tray and bake for 50 minutes at 180°C.

Serve lukewarm, with a scoop of vegan vanilla ice cream if desired.

RAW COCONUT TRUFFLES

INGREDIENTS

1/2 cup ground almonds
1/2 cup dehydrated coconut flakes
6 Medjool dates, pitted
½ teaspoon ground vanilla
3 tablespoons raw cacao
Salt, a pinch
Water
A couple tablespoons dehydrated coconut flakes to decorate

INSTRUCTIONS

Blend almonds and coconut with cacao, vanilla, salt and set aside. Blend the dates with 2 tablespoons water, until you obtain a cream. Mix with the other ingredients and with the help of a spoon and your hands make the truffles. Put the rest of the coconut in a bowl and roll in the truffles until the flakes cover their surface. Keep refrigerated before serving



GALETTE WITH PEACHES AND BLUEBERRIES (PAGE 25)

RASPBERRY TART

INGREDIENTS

For the base:

1 cup whole wheat flour

1 cup flour

1/3 cup maple syrup

1/3 cup sunflower oil

¼ cup vegetal milk

A pinch of salt

For the custard cream:

250 ml vegetal milk

A piece of lemon zest

50 g maple syrup

½ tablespoon potato starch

A pinch of turmeric (for coloring)

To decorate:

Raspberries

INSTRUCTIONS

Preheat the oven to 180°C.

For the base: Mix flours and salt, make a hole in the centre and add oil, maple syrup and milk. Mix well with your hands to form a ball. Wrap it in kitchen film and put in the fridge for at least 30 minutes.

Grease a 24-cm baking pan and spread the dough to form the base, making sure to keep the edge high.

Make holes in the base using a fork. Cover the area with baking paper and then with dried beans to ensure that the base does not swell during cooking.

Bake for about 30 minutes or until golden. After cooking, let the tart cool well before removing it from the baking pan.

In a bowl mix the maple syrup with the starch and turmeric. Meanwhile cook the milk with the lemon zest. When hot, remove the zest, add the milk to the other ingredients and put it back on fire, stirring constantly to prevent lumps. After a few minutes the cream begins to thicken and will be ready.

Once the base is cold, spread the cream on the surface and decorate with raspberries

RAW BROWNIES

INGREDIENTS

1 cup of ground hazelnuts

5 Medjool dates, pitted

½ teaspoon vanilla

3 tablespoons raw cacao

A pinch of salt

Water

INSTRUCTIONS

Soak the dates for 1 hour.

Blend hazelnuts with cacao, vanilla, salt and set aside.

Blend the dates, if needed with a couple tablespoons water, until you obtain a cream. Mix with the other ingredients and distribute in a square container, press well the mass together. Freeze for about 2 hours. 30 minutes before serving, remove from freezer and cut in squares. I served them with a mango puree and some passion fruits and blueberries



RAW BROWNIES (PAGE 27)

VANILLA PLUMS WITH PECAN ICE CREAM

INGREDIENTS

For the plums:

500 g black plums
1 teaspoon powder vanilla
1 tablespoon maple syrup
½ teaspoon cinnamon
2 tablespoons agar agar in flakes (2 teaspoons if in powder)
A handful pecan nuts for decorating

For the ice cream:

2 bananas
1 cup raw pecan nuts
1 tablespoon maple syrup (optional)
1 tablespoon vegetal milk (optional)

INSTRUCTIONS

A few hours before serving, peel the bananas and cut them in very fine slices and freeze.

Wash the plums and slice in quarters. Cook them briefly with maple syrup, vanilla and cinnamon until they release a bit of juice. Add agar agar and cook to boil until this has melted completely. Transfer everything in single cups and let it cool down. Once it's cold and thick, decorate with pieces of pecan nuts.

Approximately 10-15 minutes before serving, take the bananas out of your freezer. A few minutes before serving, blend bananas until you obtain the consistency of ice cream. If necessary add maple syrup to make them sweeter and/or vegetal milk to soften them up. Add pecan nuts at the end and blend everything together.

Serve the plums with an ice cream scoop on top.

PANNA COTTA WITH MANGO SAUCE

INGREDIENTS

For the panna cotta:

400 ml vegan cream
125 ml vegan milk
1,5 teaspoons agar agar in powder (or 1,5 tablespoons in flakes)
150 g maple syrup
½ teaspoon vanilla
Salt, a pinch

For the sauce:

1 Mango
50 g Maple syrup

INSTRUCTIONS

In a pot heat the milk, add agar agar and bring to boil. Add cream, vanilla, salt and maple syrup and stir well until it boils again. Put the mixture in small glasses and set it aside until it is cold and thick.

Blend the mango with the maple syrup until you get a cream.

When the panna cotta is cold and hard, quickly soak the glasses in hot water for 1 second so that the panna cotta comes out easily and serve with the mango sauce



PANNA COTTA WITH MANGO SAUCE (PAGE 29)

MINI RAW LEMON CHEESECAKE

INGREDIENTS

For the crust:

½ cup almonds

3 Medjool dates, pitted

For the filling:

1 cup cashew nuts

2 tablespoons maple or agave syrup

1,5 tablespoons coconut oil

Juice and zest of 1 big lemon

For the top:

Fresh fruit to decorate

INSTRUCTIONS

Soak the dates in water for 30 minutes and the cashews for a couple of hours. When ready to prepare the cake, drain them and set them aside.

For the crust: In a food processor blend the almonds and dates until you obtain a dough. Take a 10 cm cooking ring (or a small container), place it on a dish and press the dough into it. Put in the freezer.

For the filling: blend all ingredients, adding some water if necessary. Add the mixture on top of the crust and put in the freezer for at least 3-4 hours.

You'll need to take the cake out of the freezer about 1 hour before serving. Remove it from the cooking ring while it is still frozen, using a little knife around the ring if necessary

You can decorate with fresh fruit or you can blend your preferred fruit (for example strawberries, mango etc.) with 1 teaspoon of coconut oil and spread on the cake top and put back in the freezer.



CHIA PUDDING

INGREDIENTS

4 cups almond milk
4 Tablespoons chia seeds
4 Medjool dates, pitted
¼ Teaspoon vanilla powder
To decorate: fresh fruit, nuts, seeds, etc

INSTRUCTIONS

Blend the milk with the dates and vanilla. In a bowl place the chia seeds, add the milk and mix well. Let it stand for 1 hour stirring from time to time. Serve decorating with fresh fruit, nuts, seeds or anything you like.

RAW TIRAMISU

INGREDIENTS

For the base:

150 g almonds
6 Medjool dates, pitted
2 tablespoons water
Salt, a pinch

Second layer:

1,5 cups Medjool dates, pitted
½ cup water
20 g raw cacao
1 tablespoon instant coffee (option as not raw)

Third layer:

200 g almond flour
200 ml almond milk
50 g agave syrup
5 Medjool dates, pitted
100 g coconut oil
1 teaspoon ground vanilla

Finishing:

raw cacao

INSTRUCTIONS

For the base: In a food processor mix all ingredients until they stick together. Cover a container with baking paper, press the dough to form the base and put in the freezer

For the second layer: Soak the dates for 2 hours, then blend with water and add the cacao and if you wish also the coffee at the end. Spread on the base and put back in the freezer.

For the third layer: Blend the dates with the almond milk, then add all the other ingredients until you obtain a cream. Pour the cream in the container over the base and put in the freezer for a few hours.

For the finishing: Around 30 minutes before serving take the Tiramisu out of the freezer. Remove it from the container while still frozen and sprinkle some cacao on the surface

SALTED RAW CARAMEL TARTLETS WITH STRAWBERRIES

INGREDIENTS

For the crust:

1 cup almonds
1 cup Medjool dates, pitted (if they are very hard, soak for 30 minutes)
2 tablespoons raw cacao powder
¼ teaspoon vanilla powder

For the caramel:

1 cup medjool dates, pitted (if they are very hard, soak for 30 minutes)
2 tablespoons Maca
Salt, a pinch
¾ cup water

To decorate:

Strawberries

INSTRUCTIONS

For the crust: Blend the almonds, then add all other ingredients and blend until they all stick together. Press the dough in your tartlets baking tins covered with kitchen film and put them in the freezer.

For the caramel: Blend all ingredients to obtain a cream. Refrigerate until serving.

When it's time to serve the tartlets, remove them from the tins and fill them with caramel. Wait 30 minutes, add the strawberries and serve.



ABOUT ME

ABOUT ME



My name is Lucia Vimercati. I am an Italian Yoga teacher and I currently live and teach in Brussels.

After working many years in sales and marketing for International Organizations I decided to make a radical change in my studies, my working life and in my lifestyle in general and pursue my two main passions: Yoga and Cooking.

I consider food as nourishment both for the physical body and the soul. I cook my recipes in harmony with nature, with a special eye to health, but never at the expense of taste.

CREDENTIALS

- Macrobiotic cook training (200 hours) – La Sana Gola – Milan
- Macro-bio-vegan Food therapist training (200 hours) – La Sana Gola – Milan
- Ayurvedic cook training with Leela Mata (81 hours) – Yoga Vidya – Bad Meinberg
- Raw cooking with Vito Cortese (2 days) – Nudo & Crudo – Milan
- Raw cooking and food styling (1 day) – Daniela Cicioni Chef/Roberta Restelli Food Styling - Milan
- Internship in the kitchen of Coox and Candy (Vegan restaurant) – Stuttgart for 2 years

STAY IN TOUCH

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Food is a gift from nature for which we can only be grateful. Whether we are cooking for our family or for ourselves, we have an opportunity three times a day to bring ourselves in harmony with nature and improve our physical wellbeing. The way we eat also influences the way we think and act and impacts on our yoga and meditation practices.

