

**SEASONAL  
PLANT BASED  
RECIPES  
AUTUMN 2019**

**VIVO** 

## RECIPES

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# CARROT CAKE OATMEAL

9 INGREDIENTS - 5+ MIN - 1 SERVING



## DIRECTIONS

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1. Place oats in a saucepan with the water and grated carrots, set over medium to high heat and bring to a slight boil.
2. Reduce heat to a simmer and cook for a further 2-4 min or so until thick and consistent, stirring occasionally.
3. Straight after reducing to a simmer, add in the ground nutmeg, ground ginger, cinnamon, chopped dates, maple syrup and salt, and carry on cooking further whilst stirring until you've reached your desired consistency.

## INGREDIENTS

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- 1 cup oats
- 1 small grated carrot
- 1 tsp maple syrup
- 1/4 tsp ground nutmeg
- 1/4 tsp ground ginger
- 1 tsp **Vivo Life Maca**
- 1/2 tsp cinnamon
- handful of chopped dates
- pinch of salt

# PUMPKIN CHOC CHIP MUFFINS

11 INGREDIENTS - 30 MIN - 1 SERVING



## DIRECTIONS

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1. Preheat the oven to 375F/190C.
2. Grease the muffin pan generously with cooking spray/ coconut oil or line with paper or silicone muffin liners.
3. In a medium bowl, combine all the wet ingredients, the flax eggs, pumpkin puree, almond butter and maple syrup.
4. In a separate bowl, whisk together the dry ingredients, the almond flour, coconut sugar, protein powder, baking soda and pumpkin spice.
5. Combine the dry and wet ingredients and stir until combined using a spatula or fork. Fold in the chocolate chunks and a pinch of sea salt.
6. Using a spoon, divide the batter amongst the muffin cups leaving some room for them to rise. Sprinkle a few chocolate chips on top for decoration if desired.
7. Bake approximately for 20 minutes or until tooth pick come out clean.
8. Let them cool on a cooling wrack before serving and enjoying.

## INGREDIENTS

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- 1/2 cup pumpkin puree
- 2 flax eggs
- 1/3 cup almond butter
- 1/4 cup maple syrup
- 1/4 cup almond flour
- 1 scoop **Vivo Life Vanilla Perform**
- 2 tbsp coconut sugar
- 1/2 tbsp pumpkin spice
- 1 tsp baking soda
- 1/2 cup dark chocolate chunks
- 1/2 tsp sea salt

# CINNAMON SPICED MACA CARAMEL SHORTBREADS

15 INGREDIENTS - 25 MIN - X SERVINGS



## DIRECTIONS

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1. To make the base, in a food processor combine the almonds, coconut chips and oats, then blitz these together for a few seconds to form a flour.
2. Add in the dates and coconut butter, then blend again so the mixture sticks together when pressed between your fingers.
3. Pop this into a baking dish and firmly press everything down to create a smooth base. Pop this into the freezer whilst you make the caramel.
4. Add all of the caramel ingredients into your food processor, then blend whilst drizzling in the water until you're left with a nice smooth caramel.
5. Spread this over the base and return to the freezer.
6. Gently melt the chocolate and coconut oil together, then pour this over the top of the bars and smooth over.
7. Allow these to chill in the freezer for a couple of hours before slicing into squares.

## INGREDIENTS

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Base:

- 1/2 cup almonds
- 1/2 cup coconut chips
- 1/2 cup oats
- 1 cup dates
- 1 tbsp coconut butter

Caramel:

- 1.5 cups pitted dates
- 2 tbsp cashew butter
- 1 tbsp coconut butter
- dash of cinnamon
- dash of ground ginger
- pinch of salt
- 1 tsp **Vivo Life Maca**
- approx 3/4 cup water

Chocolate:

- 80g vegan chocolate
- 1 tsp coconut oil

# APPLE & CINNAMON OATMEAL COOKIES

13 INGREDIENTS - 45 MIN - 10 SERVINGS



## DIRECTIONS

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1. Prepare the flax egg by mixing together 1 tbsp ground flaxseed with 3 tbsp water in a small bowl and setting it aside for to thicken.
2. Once thickened, in a large bowl, whisk together the prepared flax egg, maple syrup, coconut oil, almond butter, and vanilla extract until smooth.
3. Next, in a separate bowl, add in the oats, flour, baking powder, maca, cinnamon, salt and mix. Transfer the wet ingredients into the dry and mix until well combined. Lastly, fold in the grated apple and raisins until they are evenly distributed. Then place the bowl into the refrigerator to chill for 30 minutes.
4. Preheat the oven to 160C/320F, and line a baking sheet with parchment paper or a reusable silicone mat. Using a spoon, place the cookie dough into 10 rounded scoops onto the prepared sheet and flatten/shape slightly. Place the tray into the oven and bake for 15 minutes, or until golden.
5. Cool the cookies for at least 10 minutes before serving.

## INGREDIENTS

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- 1 flax egg
- 1/2 cup maple syrup
- 1/4 cup coconut oil, melted
- 1/4 cup almond butter
- 1 tsp vanilla extract
- 1-2 tsp **Vivo Life Maca**
- 1.5 cups rolled oats
- 1 cup wholemeal flour
- 1.5 tsp baking powder
- 1.5 tsp cinnamon
- 1/4 tsp salt
- 1 medium grated green/  
cooking apple
- 1/2 cup raisins

# ALMOND BUTTER GRANOLA

12 INGREDIENTS - 40 MIN - 10 SERVINGS



## DIRECTIONS

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1. Preheat oven to 150C/300F and line a baking sheet with parchment paper.
2. In a large bowl, combine oats, almonds, shredded coconut, cinnamon, maca, nutmeg and salt, then set aside.
3. In a medium saucepan over low heat, combine almond butter, maple syrup or agave nectar, vanilla extract and coconut oil until smooth, for about 2-4 minutes.
4. Pour mixture over the oats mix and stir using a rubber spatula just until moist. Spread mixture in an even layer onto the prepared baking sheet.
5. Place into oven and bake for 30-40 minutes until golden brown, stirring the mixture halfway through baking.
6. Let the granola cool completely before serving or storing in an airtight container. Feel free to add in chopped dates or raisins to the granola mixture after cooking and cooling.

## INGREDIENTS

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- 3 cups old fashioned oats
- 1 cup almonds
- 1/3 cup shredded coconut
- 3/4 tsp cinnamon
- 1/4 tsp ground nutmeg
- 1-2 tsp **Vivo Life Maca**
- 1/2 tsp salt
- 1/2 cup almond butter
- 2-3 tbsp coconut oil
- 1/3 cup maple syrup/agave nectar
- 1 tsp vanilla extract
- 1 tbsp coconut sugar

# SPICED SWEET POTATO PIE SMOOTHIE

6 INGREDIENTS - 5/45 MIN - 1 SERVING



## DIRECTIONS

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1. Bake a medium sweet potato for 40 min or so until soft and tender. Leave on the side to chill and cool.
2. Blend all the ingredients in a high speed blender until thick, smooth and creamy.
3. Add a splash of water to help the blending. Just go easy on the liquid, the less you use the thicker the smoothie will be, so pour bit by bit until you are happy with the consistency.

## INGREDIENTS

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- 1 medium sweet potato (baked & chilled)
- 1 frozen banana
- 1 tsp pumpkin spice
- 1/2 tsp cinnamon
- 1/2 scoop **Vivo Life Raw Cacao Perform**
- pinch of salt

# PUMPKIN SPICE CASHEW BUTTER FUDGE BARS

8 INGREDIENTS - 60 MIN - 9 SERVINGS



## DIRECTIONS

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1. Mix together the oat flour, vanilla protein and pumpkin spice and set aside.
2. In a saucepan, heat maple syrup, cashew butter and pumpkin puree until smooth and well mixed together.
3. Pour into oat flour mixture and combine. Add 1/4 cup water and mix in further to smoothen out the mixture.
4. Press the dough into a lined loaf pan and sprinkle chocolate chips if using (optional) and press into the dough.
5. Freeze for 60 min to set and then cut into squares and enjoy. Store and keep in the freezer.

## INGREDIENTS

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- 1 cup oat flour
- 2 scoops **Vivo Life Vanilla Perform**
- 1 tbsp pumpkin spice
- 1/2 cup maple syrup
- 1/2 cup cashew butter
- 2 tbsp pumpkin puree
- 1/4 cup chocolate chips (optional)
- 1/4 cup water

# SALTED CASHEW & CRANBERRY BLISS BALLS

7 INGREDIENTS - 10 MIN - 8 SERVINGS



## DIRECTIONS

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1. Add the cashews, coconut flakes, maca and salt in a food processor and blend until the everything is finely chopped.
2. Add in the dates, cashew butter, and cranberries and blend further until the mixture starts to clump up. Feel free to add a few tbsp of water as you go to help the mixture blend and form/mould together.
3. Shape the mixture into balls with your hands and roll in some more whole cranberries. You should get around 8 balls or so.
4. Store in an air tight container in the fridge.

## INGREDIENTS

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- 1 cup dates
- 1/2 cup cashews
- 1/4 cup coconut flakes
- 2 tbsp cashew butter
- 1 tsp **Vivo Life Maca**
- 1/2 cup dried cranberries
- pinch of salt

# BUCKWHEAT & QUINOA PORRIDGE

8 INGREDIENTS - 25 MIN - 1 SERVING



## DIRECTIONS

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1. In a saucepan, pour in the quinoa, buckwheat groats and 1 cup of the milk and heat this over a medium heat. Bring to the boil, then reduce down to a simmer.
2. Cook until most of the liquid is absorbed and the buckwheat and quinoa are cooked through.
3. Slice the banana and add this into your porridge along with the spices, maple syrup or choice of sweetener and maca powder.
4. Pour in the rest of the milk and allow this to cook for a further 5-10 minutes.
5. Serve with your favourite toppings and enjoy.

## INGREDIENTS

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- 1/4 cup quinoa
- 1/4 cup buckwheat groats
- 1.5 cups oat milk
- 1-2 tsp maple syrup
- 1/2 ripe banana
- 1/2 tsp ground cinnamon
- 1 tsp **Vivo Life Maca**
- toppings of choice

# SALTED CARAMEL PECAN BUTTER

5 INGREDIENTS - 30 MIN - X SERVINGS



## DIRECTIONS

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1. Line the pecans on a baking sheet and roast for 10 min. Let them cool for another 10 min or so before placing the toasted pecans into a food processor or high speed blender.
2. Then blend the pecans, pausing every so often to scrape down the sides with a spatula. The mixture will be crumbly at first, but will eventually turn into super creamy goodness real soon. The amount of blending time required will depend on your machine so just be patient and trust the process.
3. Once creamy, add a pinch of salt, cinnamon, mixed spice, vanilla extract and protein powder and blend further until well combined.
4. Store and keep in an air tight glass jar or container.

## INGREDIENTS

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- 500g pecans
- 1 scoop **Vivo Life Salted Caramel**
- pinch of salt
- 1/2 tsp cinnamon
- 1/4 tsp mixed spice
- 1 tsp vanilla extract

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