



Free Vegan

High Protein Recipes

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TVP Carrot Cake Overnight Oats

SERVES 1



If you've never put veggies in your overnight oats you're missing out! I regularly add either grated carrot or zucchini to my ONOs

Ingredients

- 20g GF rolled oats
- 15g vanilla protein powder
- 20g TVP
- 1 medium carrot – grated
- 10g chia seeds
- 1 tsp Ceylon cinnamon
- 200ml unsweetened pea or soy milk
- 50g frozen blueberries
- 10g chopped walnuts

Nutritional Values:

Calories: 430

Protein: 35g

Carbs: 37g

Fat: 16g

INSTRUCTIONS

- Add everything except for the blueberries & walnuts to a mason jar and mix thoroughly
- Once everything is well-combined top with the frozen blueberries. These will thaw nicely in the fridge overnight
- Cover and refrigerate
- In the morning add the chopped walnuts & enjoy!



TVP Stuffed Sweet Potato

SERVES 1



Ingredients

- 1 medium sweet potato (around 250g)
- 50g TVP
- 1/2 red pepper, diced
- 1/2 red onion, diced
- 1 tbsp taco seasoning (or cumin & smoked paprika)
- 1 tbsp tamari or veg broth
- 1 tsp marmite
- 50g vegan soy yoghurt
- 20g vegan cheese (optional - but delicious not included in the macros)

Nutritional Values:

Calories: 410
Protein: 32g
Carbs: 67g
Fat: 2g



TVP Stuffed Sweet Potato

SERVES 1



Directions

- Add the TVP to a heat-proof bowl and cover with boiling water and let it hydrate for a few minutes
- Prick a few holes in the sweet potato and steam it in the microwave until its nice and tender - around 5 minutes
- In the meantime, add a splash of tamari or veggie broth to a skillet and saute the peppers and onion over medium heat for a few minutes, until they start to soften
- Add the TVP, taco seasonings, marmite and a couple of tablespoons of water and cook for a further 5 minutes, or until the TVP is cooked through
- Serve on top of the sweet potato with the yoghurt & cheese on top and greens on the side



TVP, Tomato & Basil Soup

SERVES 1



Ingredients

- 200g silken tofu
- 1 x 400g can of chopped tomatoes
- 20g TVP
- 1 clove of garlic, crushed
- 1 tsp of avocado or olive oil
- 1 small red onion, diced
- 1 tbsp of balsamic vinegar
- 1 tbsp soy sauce or tamari
- 1 tsp smoked paprika
- 1 tsp dried mixed herbs
- a handful of fresh basil leaves, torn
- 1 cup of low sodium vegetable broth

Nutritional Values:

Calories: 317

Protein: 22g

Carbs: 25g

Fat: 13g



TVP, Tomato & Basil Soup

SERVES 1



Directions

- Add the oil to a medium saucepan and gently saute the onion for a few minutes
- Add the garlic, balsamic & soy sauce and saute for a few minutes more
- Add all the remaining ingredients, and using an immersion blender, puree into a smooth soup
- Simmer for 5-minutes or so until it's all heated through and then add in the TVP
- Turn off the heat and leave it to rehydrate for a couple of minutes
- Top with extra basil leaves and enjoy!

Top Tip!

You can buy store-bought soup, heat it up and add the TVP to it. It's such a quick and easy way to make your meal more balanced. You can even take the dry TVP in a baggie with you and add it into soups when you're out and about!



TVP Cookies

MAKES 6 COOKIES



Ingredients

- 1 ripe banana, mashed
- 75g TVP
- 1 tsp vanilla extract
- 2 tbsp natural peanut butter
- 20g dark chocolate chips
- splash of plant milk

Nutritional Values:

(per cookie)

Calories: 105

Protein: 8.5g

Carbs: 10g

Fat: 3.5g

Directions

- Pre-heat oven to 160c/320f
- In a large bowl, mix everything together well to form a batter
- Lay some non-stick parchment paper on a baking tray and form 6 cookies
- Bake for 12-15 mins, or until the edges are browning
- Enjoy!