# The Best Vegan Burger

Perfect for summertime BBQ grilling to satisfy meat eaters, vegetarians and vegans alike!

## Easy Homemade Burger Buns:

- 320g flour
- 200ml water
- 20g olive oil
- 7g salt
- 3g sugar
- 15g yeast
- seasoning as you like

## How you make them:

1. Mix all the ingredients together to form a moldable dough. Then knead the dough until it's smooth.
2. Let it rest to rise for about 1 hour in a warm place until it's double in size.
1. Divide the dough into smaller pieces. Shape each piece into a ball, then gently flatten it
2. Sprinkle the buns with seasoning of your choice
3. Bake the buns for 15 to 18 minutes, until they're golden
4. When the buns are finished, let them cool down, and they are ready to fill

> A vegan lifestyle prevents a tremendous amount of animal slaughter and suffering. It offers a potent way to shrink our environmental footprint, especially in regard to climate change. And a well-planned vegan diet can fuel the highest levels of fitness, while reducing our risk of various chronic diseases. Plus, the food is insanely delicious and it becomes more widely available every year.
>
> – By Erik Marcus

# Follow step by step, how to make the best Vegan Burger

## What Youll need for the patties:

- 2 tbsp oil for cooking
- 1 onion
- 3 tbsp flaxseeds + 3 tbsp hot water
- 2 garlic cloves
- 400g kidney beans (rinsed & drained)
- 1 tbsp tomato paste
- 1 tbsp cumin powder
- 1 tbsp smoked paprika
- salt & pepper
- vegan BBQ sauce (optional)

1. Heat 1 tbsp of oil in a non-stick pan over medium heat. Once hot, add the onion until it's translucent. Then add the garlic and sauté for another minute, until fragrant. Set aside
2. In the meantime, crush or ground the flaxseeds
3. Start by sautéing the onions and garlic in a non-stick pan over medium heat. In the meantime, soak the flax seeds in hot water. Place the oats in a blender or food processor and blend them into flour. Also drain and rinse the beans, then mash them either with a fork or in a food processor. Then mix in all other ingredients until a moldable mixture forms. Finally, form into patties and place them on a plate.
4. Heat a skilled (or non-stick pan) and cover the bottom with the remaining oil. Add the patties and cook for about 5 minutes until well browned, then flip to cook from the other side too

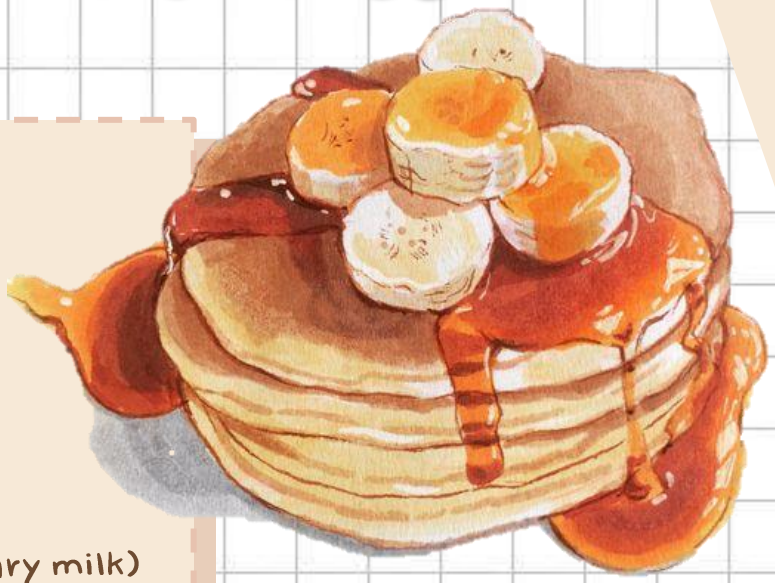
## Prepare the burger sauce

5. Meanwhile, stir together the vegan mayonnaise, ketchup, and sriracha for the Burger sauce. Prepare the vegetables and toast your burger buns.

## For serving

6. Brush the Burger patties with BBQ sauce and serve on toasted Buns with lettuce, tomatoes, cucumber, red onions, Burger sauce and enjoy!

# Vegan Banana Pancakes



## Ingredients

- 100 g Flour
- 1 Tbsp Sugar
- 1 package Vanilla Extract
- ½ Tbsp Baking Powder
- 100 ml Oat Milk (or any non-diary milk)
- 1 large ripe banana

## For Serving

- Sliced Banana
- Maple Syrup/ Chocolate Sauce/ Jam

## How to make them

1. Sift the flour into a mixing bowl and add the sugar and baking powder, mix together.
2. Mash the banana in a bowl and add to the mixing bowl with the soy milk and vanilla. Your batter will be fairly thick.
3. Heat up a pan with a little coconut oil (or any plan t-based oil) until hot and then add the batter
4. Serve pancakes with sliced bananas, or other fresh fruit and add syrup as you like

# Vegan Chocolate Brownies

Quick and Easy to make!

## You'll need:

- 2 tbsp ground flaxseed + 6 tbsp hot water
- 150g cup flour
- 75g unsweetened cocoa powder
- 1 tsp baking powder
- ½ tsp salt
- 175g melted vegan butter, or coconut oil
- 250g sugar
- 80ml non-dairy milk
- 1 cup vegan chocolate drops
- 1 tsp vanilla extract, optional

# Smoothie

## VEGAN

**For 10. Portions:**

- 1800g vegan vanilla yogurt
- 2200g frozen berries
- Agave Syrup (alternative Honey)

**Tip:**

You can add a squeeze of lemon juice for extra flavor!