

Brendan Brazier

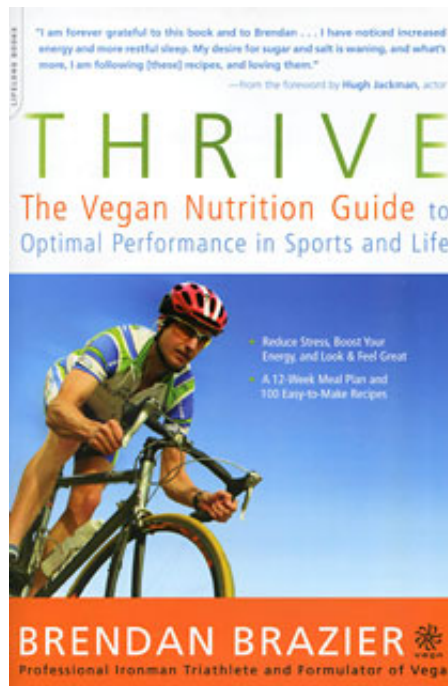
Thrive: The Vegan Nutrition Guide

Leseprobe

[Thrive: The Vegan Nutrition Guide](#)

von [Brendan Brazier](#)

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week 2

day 1

Breakfast: smoothie

Morning snack: energy bar

Lunch: Lemon Crisp Beet Salad (p. 249) with Orange Pumpkin Seed Dressing (p. 255)

Afternoon snack: Crunchy Cinnamon Plantain Strips (p. 242) with Black-Eyed Pea Cayenne Salsa (p. 265)

Dinner: Dinosaur Kale Quinoa Wrap (p. 241) and Sesame Miso Soup (p. 245)

After-dinner snack: Banana Coconut Pie (p. 270)

day 2

Breakfast: green smoothie

Morning snack: fruit and pumpkin seeds

Lunch: Zucchini Chip Almond Salad (p. 250) with Pomegranate Poppy Seed Dressing (p. 257)

Afternoon snack: energy bar

Dinner: Spicy Black-Eyed Pea Quinoa Pizza (p. 235)

After-dinner snack: Green Soup (p. 246)

day 3

Breakfast: Garlic Oregano Yam Oven Fries (p. 244) with Creamy Nutritional Yeast Sauce (p. 262)

Morning snack: green smoothie

Lunch: Curry Lentil Rice Pizza (p. 239)

Afternoon snack: energy bar

Dinner: Cucumber Pesto Salad (p. 250) with Tomato Basil Dressing (p. 256)

After-dinner snack: almonds

day 4

Breakfast: Toasted Apple Cinnamon Cereal (p. 216) with fruit and Hemp Milk (p. 268)

Morning snack: energy bar

Lunch: Sunflower Seed Beet Pizza (p. 237)

Afternoon snack: smoothie

Dinner: Creamy Carrot Salad (p. 250) with Cayenne Dill Tahini Dressing (p. 253)

After-dinner snack: Creamy Pepper Soup (p. 246)

day 5

Breakfast: Banana Ginger Pear Cereal (p. 215) with Rooibos Almond Milk (p. 268)

Morning snack: smoothie

Lunch: Cucumber Pesto Salad (p. 250) with Tomato Basil Dressing (p. 256)

Afternoon snack: energy bar

Dinner: Popped Amaranth Rooibos Pizza (p. 239)

After-dinner snack: Green Tea Ginger Lime Crackers (p. 258) with Black-Eyed Pea Cayenne Salsa (p. 265)

day 6

Breakfast: smoothie

Morning snack: Curry Lentil Crackers (p. 259) with Black Bean Lime Salsa (p. 264)

Lunch: Popped Amaranth Hemp Seed Salad (p. 249) with Cayenne Dill Tahini Dressing (p. 253)

Afternoon snack: energy bar

Dinner: Pecan Sunflower Burger (p. 233) with mixed greens and Mango Chutney (p. 263)

After-dinner snack: Green Soup (p. 246)



Sweet Green Smoothie (*chlorophyll-rich*)

Romaine lettuce is rich in chlorophyll and surprisingly sweet. Blended with melon, it gives this smoothie an especially fresh taste.

6 leaves romaine lettuce
 2 fresh or soaked dried dates
 2 cups water
 1 cup honeydew melon
 1 tbsp ground flaxseed
 1 tbsp hemp protein
 1/2 tbsp grated fresh ginger

Makes about 3 1/2 cups, or 2 large servings.



Kale Calcium Boost Smoothie (*calcium-rich*)

This smoothie is high in calcium thanks to the kale and the sesame seeds of the tahini.

3 leaves kale
 1 apple, cored
 1 date
 2 cups water
 1 tbsp ground flaxseed
 1 tbsp hemp protein
 1 tbsp tahini

Makes about 3 1/2 cups, or 2 large servings.

energy bars

These bars are the healthiest and among the easiest and least time-consuming to prepare. No cooking is required—only a food processor. As you can see from the recipes, these bars are in sharp contrast to commercial energy bars. They are high net-gain bars that don't simply stimulate; they provide nourishment that delivers sustainable energy. I have made these bars for myself since the mid-1990s. In fact, the recipes

that follow are what have evolved into the Vega Whole Food Energy Bar that is available in most health food stores and some supermarkets.

Since the moisture content in berries and dates varies slightly, if the mixture is too moist to form into a solid bar, add more of a dry ingredient. If too dry, either add more wet ingredients such as berries or a small amount of water to even it out.

I eat a bar or two a day, so I make a big batch at one time, usually about once a month. I individually wrap each bar and store them in the freezer, easy to grab as I head out the door. Also, these bars will not freeze solid, so you can eat them straight from the freezer—no thawing required. This is an added bonus when taking them along for winter sports, like skiing: These bars stay supple and chewy, whereas many commercial bars freeze solid. On a hot day, a cold bar is as refreshing as ice cream.

You will notice that some of the recipes call for roasted carob powder. As I explain on page 206, the flavor of raw carob is quite mild. If you want the recipe to be 100 percent raw, use cacao nibs (also called raw chocolate) if you can find them. (Be aware that they contain a bit of caffeine.)

Energy Bar Procedure Follow this procedure for all the energy bar recipes, unless otherwise specified:

In a food processor, process all ingredients until desired texture is reached. If you prefer a uniformly smooth bar, process longer. If you would rather a bar with more crunch and texture, blend for less time. Generally, if I'm making them specifically to be eaten during physical activity, such as long training rides, I'll blend the mixture until it is smooth, as this will reduce the amount of chewing required. However, for variety, I'll also be sure to make a few batches at the same time that are crunchier, to eat as a regular snack. Remove mixture from processor and put on a clean surface. There are two ways to shape the bars: You could roll the mixture into several balls, or shape it into bars.

To shape into balls, use a tablespoon or your hands to scoop the mixture (however much you like to make one ball); roll between the palms of your hands.

To shape as bars, flatten the mixture on the clean surface with your hands. Place plastic wrap over top; with a rolling pin, roll mixture to desired bar thickness. Cut mixture into bars. Alternatively, form mixture into a brick; cut as though slicing bread.

As the bars dry, they become easier to handle.

Chocolate Blueberry Energy Bars



High in antioxidants and flavonoids, these bars help reduce free radical damage in the body and improve cellular recovery.

1 cup fresh or soaked dried dates
1/4 cup almonds
1/4 cup blueberries
1/4 cup roasted carob powder (or cacao to make 100% raw)
1/4 cup ground flaxseed
1/4 cup hemp protein
1/4 cup unhulled sesame seeds
1 tsp fresh lemon juice
1/2 tsp lemon zest
Sea salt to taste
1/2 cup sprouted or cooked buckwheat (optional)
1/2 cup frozen blueberries

In a food processor, process all ingredients except the buckwheat and blueberries. Knead buckwheat and berries into mixture by hand.

Makes approximately 12 1 -3/4 ounce bars.

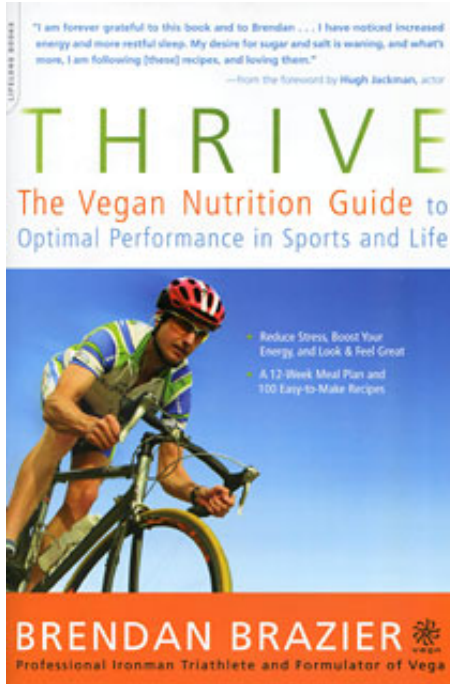
Ginger Pear Energy Bars



A refreshing, crisp-tasting bar with lots of nutrients and ginger to help fight inflammation and improve digestion.

1 small pear, cored
3/4 cup fresh or soaked dried dates
1/2 cup sunflower seeds

cont.



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