

Vegan Pasta

Over 50 delicious recipes

By Caroline Deisler



HEALTHY EASY DELICIOUS



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HIIIIII! I'M CAROLINE

I love to wake up every day with the purpose of inspiring people around the world to eat healthy, workout & feel their best.

I started my blog & Instagram account 7 years ago, purely out of passion and with no intention to turn it into a full-time job.

I am so happy with how things turned out and feel so grateful to do what I love every single day. It all began when I was living and modelling in New York and the pressure of being extremely skinny got to me. I was trapped in an unhealthy binge-eating cycle and knew I had to change something! I got inspired to try a fully plant-based diet which was the beginning of my self-healing journey.

MY STORY IN A NUTSHELL

Love yourself enough to live a healthy lifestyle!

For me, going vegan was all about showing my body love and appreciation. After years of modelling and punishing my body with my thoughts and diet rules, I knew I had to change something. I wanted to nurture myself with the best foods to finally feel balanced and happy. Every time we eat is a chance to fuel our bodies! Know what makes you feel your best and stick to it. I never liked counting calories and I think we should listen to our intuition, not a number. When I turned vegan, I made the decision never to limit myself and always eat as many fresh whole foods as I wanted. As a result, I had more energy, felt

happier, more balanced, got fitter, my digestion improved, I lost weight and my skin cleared up. I was finally eating without guilt, had no more emotional ups and downs and loved how at ease I felt with myself. Everything fell into place, it was almost like my life was thanking me for how well I treated my body so all other parts of my life improved as well. I stopped modelling, got my nutritionist certificate, went to uni in London to study business for three years and started my blog, Instagram and Youtube channels. 7 years later I really feel so humbled to have such a kind and positive community and love sharing my daily life, healthy recipes and wellness routines with you. I can't wait to see you all enjoy these delicious pasta recipes and still feel your absolute best. :-)



Healthy

PASTA ALTERNATIVES

We are lucky that these days we can get so many delicious pasta alternatives that are much easier to digest and taste just like regular pasta, if not better. Here is a list of my go-to pasta varieties. :-)

- **BUCKWHEAT PASTA**
- **CHICKPEA PASTA**
- **BROWN RICE PASTA**
- **LENTIL PASTA**
- **GREEN PEA PASTA**
- **SPELT PASTA**
- **QUINOA PASTA**
- **CORN PASTA**
- **FARRO PASTA**

WHY WE NEED

A Pasta Book

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Don't we all LOVE a creamy, warming bowl of delicious pasta? It's literally the most comforting food to eat, makes you feel so happy and satisfied while you're enjoying it buuuut doesn't really make you FEEL GREAT afterwards right? I'm here to change that because I really want you to ENJOY your pasta while still feeling your fittest, healthiest and best YOU. There are so many delicious ways to create nourishing pasta bowls and I am all here for it!! Pasta is literally everyone's best friend and you can easily impress all your non-vegan friends and family members as well with these recipes. I have been making these recipes for Peer on repeat and he got so much fitter from eating this way without ever feeling like he was on a diet. Definitely a big HIT!!!





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serves 1

Healthy Penne A La Vodka

Ingredients

130g dry (GF) penne
1/2 cup cashews, soaked
1/2 cup water
1/2 tsp pink Himalayan salt
1/2 small yellow onion
1 tbsp olive oil
1/2 cup tomato passata
1/2 cup pasta water
1/2 tsp chili flakes
1-2 tbsp vodka
Salt & pepper to taste

Steps

- 1** Soak cashews for 15 mins and rinse well. You can skip this step if you're running short on time. Add cashews, water and salt to a small blender and blend until creamy.
- 2** Cook the penne according to the package instructions.
- 3** Meanwhile, sauté the onion in olive oil and salt. After a few minutes, add in tomato passata, pasta cooking water, chilli flakes, vodka, and a pinch of salt and pepper and let it simmer for 5-10 mins.
- 4** Add in the cashew cream and let it all simmer for 10 minutes. Stir in the pasta, top with basil and black pepper and ENJOYYYYY!! Peer's all-time favourite PASTA, made healthy.

Avocado Pesto

The most delicious, healthy quick pasta!!

serves 1



Ready in

15 mins

Ingredients

130g dry farro spaghetti

1 cup cherry tomatoes

1-2 tbsp Italian herbs

SAUCE

1 bunch fresh basil

1/2 of a big avocado or 1

small avocado

1/2 cup cashews, soaked

Handful fresh baby spinach

Juice of 1 lemon

1/2 cup (pasta) water

1 clove garlic (optional)

Salt and pepper

TOPPING

Fresh basil

Directions

1. Cook the pasta according to the package instructions.
 2. While it cooks, sauté 1 cup cherry tomatoes for 10 mins, (or bake them or simply leave them raw)
 3. Blend all sauce ingredients in a high speed blender until creamyyy and mix in the spaghetti.
 4. Top with your roasted cherry tomatoes and fresh basil and ENJOY!! :-)
- One of my favourites.

Healthy Carbonara



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serves 1

Healthy Carbonara

Ingredients

130g dry (GF) Tagliatelle
5-6 mushrooms, sliced
1/2 red onion, chopped
1 clove garlic, chopped

CREAM

1 cup soaked cashews
1/2 cup water
Sprinkle of pink salt

1/2 cup veggie broth
1/2 cup frozen green peas
Fresh parsley & pepper

Directions

- 1 Cook the tagliatelle according to the package instructions.
- 2 In a nonstick pan, sauté mushrooms, onion, and garlic and season with salt and black pepper.
- 3 For the cream blend the cashews, water and a sprinkle of pink salt. Mix the cream into the pan and add 1/2 cup veggie broth and peas. Stir in the pasta. Top with pepper and parsley and enjoy this creeeeamyyy heaven!



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HEALTHY PASTA SALAD

The perfect lunch to go and an everyones favourite

serves 1



Ready in

15 mins

Ingredients

130g dry GF fusilli pasta

SAUCE

1/2 avocado

1/2 of a large cucumber

Handful of dill and basil

Pinch of salt, pepper

Juice of 1 lemon

1 tbsp pistachios

1/2 cup water

TOPPINGS

Cherry tomatoes

Avocado

Italian herbs

Cucumber

Black Olives

Steps

1. Cook the fusilli pasta according to the package instructions.
2. Put all the sauce ingredients into a blender and blend until creamyyyy!
3. Stir in the pasta and top with chopped tomatoes, more avocadooo, finely chopped cucumber, olives and Italian herbs. Mix well! Quick, easy and soo good!



Easy Lentil *Ragu*

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serves 1



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Lentil Ragu

Ingredients

130g (GF quinoa) penne
1/2 onion, chopped
1 clove garlic, chopped
2 carrots, finely chopped
2 stalks of celery, chopped
2 cups veggie stock
2 tbsp tomato puree
1 cup tomato passata
1 cup cooked lentils
Pinch of pink Himalayan salt
Black pepper
Fresh basil to top

Directions

- 1 Cook the pasta according to the package instructions.
- 2 Sauté onion, garlic, carrots, and celery with 1 cup veggie stock and let it simmer for around 15 minutes.
- 3 Add in another 1/2 cup - 1 cup of veggie stock, tomato puree, tomato passata, salt, pepper and cooked lentils. (I bought these cooked lentils with carrot sugo but did not use the sugo)
- 4 Let it all simmer for another 10-12 minutes. Stir in the pasta and serve with fresh basil. SO YUMMM!! Peer and I both said this is one of our FAVOURITES!

Mushroom Chickpea Lasagna

So delicious and heavenly light as well

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serves 4

Ready in

60 mins

Ingredients

1 package (250g) lasagna sheets

RAGU

1 medium white onion
2 cloves garlic, finely chopped
200g chestnut mushrooms
Pinch of pink salt and pepper
1x 400g tin chopped tomatoes
1x 350ml marinara sauce
1 x 400g tin cooked chickpeas
Handful baby spinach, chopped

BECHAMEL

1/2 head cauliflower
2 medium size potatoes
1,5 cups almond milk
3 tbsp nutritional yeast
Pinch of salt

Steps

1. Sauté onion, garlic, herbs and whole mushrooms on medium heat for 10 minutes.
2. Remove mushrooms and chop finely, add back into the pan with tinned tomatoes, marinara sauce, and drained chickpeas. Let it simmer for 10 mins. Then use a potato masher to mash about 1/2 of the chickpea mixture.
3. Add in fresh spinach and stir well.
4. Preheat the oven to 200 degrees Celsius.
5. While the ragu is simmering, make the béchamel sauce: Steam cauliflower and potatoes, soak cashews and when done add all to a blender and blend until smooth.
6. Now add your layers YAY! Mushroom ragu, béchamel sauce, lasagna sheets, repeat and finish with a layer of the mushroom ragu.
7. Cover the dish with tin foil and bake for 25 mins, then remove the foil and bake for another 20-25 mins.





The Best Mac n Cheese

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serves 1



Ready in

25 mins

Ingredients

130g (GF) pasta of your choice

2 medium size golden potatoes, peeled

1 large carrot

2-3 cups veggie stock

CREAM

1/2 cup cashews, soaked

1/2 tsp turmeric powder

Juice of 1 lemon

Pinch of pink salt

1/4 cup nutritional yeast (optional) I also love it without

Directions

1. Cook potatoes and the carrot in 2-3 cups of veggie stock for around 20 mins.
2. Add in the pasta after 10 minutes and cook according to the package instructions. Such an easy one-pot pasta recipe which is also great for children!!
3. Remove potatoes and the carrot from the pot and add together with all other cream ingredients into a blender and blend until smooth. If needed, add a splash of the veggie stock. Stir sauce into the drained pasta and ENJOYYYY!! So healthy and creamyyy.



Creamy Mushroom Pasta

Think about the ultimate comfort food made healthy

serves 1



Ready in

20 mins

Ingredients

130g chickpea spaghetti

2-3 cups mushrooms, sliced

1 clove garlic, chopped

Pinch of salt & pepper

3/4 cup cashews

1 tsp smoked paprika

1 tsp sage

1 tsp dijon mustard

1/2 cup water (or veggie stock)

1/2 bunch of fresh parsley,
chopped

Steps

1. Soak cashews in water and set aside.
2. Cook pasta according to the package instructions.
3. Sauté garlic and mushrooms in a nonstick pan for 10 mins until soft. Add a pinch of salt and pepper.
4. Add rinsed cashews, paprika, mustard, sage and water to a blender and blend until smooth.
5. Pour the sauce into your mushroom pan, stir in spaghetti and if too dry a splash of pasta cooking water.
6. Top with fresh parsley, black pepper and ENJOYYYYY!! So delicious!



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Creamy Mushroom Orzo

SO comforting, delicious, healthy and quick to make!!

serves 1



Ready in

30 mins

Ingredients

1/2 cup dry orzo
1/2 small red onion
1 clove garlic
1/4 cup dried porcini mushrooms
200g mixed fresh mushrooms
1,5 tsp brown rice miso
200ml coconut milk
Handful fresh spinach
Pinch of pink Himalayan salt
Black pepper
Juice of 1/2 lemon

Directions

1. Soak porcini mushrooms in 1 cup hot water for about 10-20 mins.
2. Sauté onion and garlic in a nonstick pan, add in chopped dried mushrooms, chopped fresh mushrooms and let it simmer for 10 mins.
3. Add in orzo, miso paste, coconut milk and mushroom soaking water and let it cook on medium heat with the lid covered for 20 mins.
4. Stir in fresh spinach and top with salt, pepper and some fresh lemon juice. Enjoyyyyy.

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Zucchini Leek *Pasta*

serves 1



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Zucchini Leek Pasta

Ingredients

130g dry pasta
2 medium size zucchinis
1/2 small leek
1 tbsp olive oil
1/4- 1/2 cup veggie stock
Handful fresh basil
1 cup frozen green peas
Handful fresh spinach
Pinch of salt and pepper

Directions

- 1** Chop up leek and zucchinis and add to a nonstick pan with 1 tbsp olive oil. Let it sauté until soft.
- 2** Cook pasta according to the package instructions and add in green peas for the last 2 minutes.
- 3** To make the sauce, add sautéed leek and zucchini to a blender with 1/4- 1/2 cup veggie stock, and fresh basil (only the leaves) and blend until creamyyyyy.
- 4** Mix sauce into pasta and peas, add some fresh spinach, a pinch of salt and pepper if needed and ENJOYYYY!



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serves 1

Truffle Pasta

made healthy

Ingredients

- 130g (GF) pasta of your choice
- 2 cloves garlic
- 1/2 small onion
- Pinch of salt
- 1 tbsp olive oil
- Handful morel mushrooms
- 3 tbsp veggie broth
- A bit of pasta cooking water

CREAM

- 1/2 cup cashews, soaked
- 3/4 cup veggie stock

TOPPINGS

- Salt, Pepper
- Freshly shaved truffle

Directions

- 1 Start by cooking the pasta according to the package instructions and soak the cashews.
- 2 Chop up garlic and onion and sauté with a pinch of salt and olive oil until soft. Slice morel mushrooms and add in after a few minutes together with veggie broth and a splash of pasta cooking water.
- 3 Rinse cashews and blend with veggie stock until smooth. Add the cream into the saucepan, mix well and stir in the cooked pasta. Top with a sprinkle of salt, pepper and optionally another drop of olive oil. Add freshly shaved truffle. ENJOYYYYYYY!





Healthy Bolognese

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serves 2



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Healthy Vegan Bolognese

Ingredients

250g dry (GF) fusilli pasta

1/2 pink onion
2 cloves garlic
2 carrots
1 red bell pepper
2 stalks celery
1-2 tbsp Italian herbs
1 tsp smoked paprika
Pinch of salt and pepper
2 tbsp tomato purée
1 cup veggie stock (I use 1/2 a cube for 1 cup water)
1 tin chopped tomatoes
1 tin red lentils, cooked

TOPPINGS

Fresh basil
Roasted walnuts (optional)

Directions

- 1 Cook pasta according to the package instructions.
- 2 Chop up onion and garlic and cut all veggies into little cubes. Add both together with Italian herbs, smoked paprika and a pinch of salt and pepper into a nonstick pan and sauté for 15 minutes.
- 3 Add in tomato puree, veggie stock and tinned tomatoes. Sauté for another 10 minutes. Add in red lentils, and cooked pasta and combine all well together.
- 4 Top with fresh basil and optionally some roasted walnuts. If you're making this for your boyfriend, husband or non-vegan family... adding some extra salt and olive oil is also a good idea hehe.

Such a deliicious substitute for a regular bolognese and even Peer who loves a good bolognese LOVED this one!!

One Pan Creamy Pea *Pasta*

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One Pan Creamyyy Pea Pasta

A bowl of heaven and so healthyyy

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serves 1



Ready in

15 mins

Ingredients

130g buckwheat tagliatelle

SAUCE

1 cup green peas, 3/4 for blending

1/2 cup cashews

1/2 cup veggie broth

Pinch of salt

2 carrots, julienne peeled

1 zucchini, julienne peeled

Directions

1. Soak cashews in hot water for a couple of minutes and rinse well.
2. Cook pasta according to the package instructions. Add in julienned peeled carrots and zucchini for the last 2 minutes.
3. Add all sauce ingredients into a blender and blend until smooth.
4. Mix sauce into the cooked pasta and veggies, add the remaining peas or more if you like. Your delicious, quick and super healthy pasta is readyyyy. LOVE IT!!





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Summer Roasted Veggie *Pasta*



Summer Roasted Veggie Pasta

A childhood memory and my dads go to pasta

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serves 1

Ready in

40 mins

Ingredients

130g (GF) pasta of your choice

1 zucchini

1 eggplant

1 red pepper

Pinch of salt

1/2 small red onion, chopped

1 clove garlic, chopped

250g cherry tomatoes, cut in half

1 tbsp paprika

1 tbsp tomato puree

TOPPINGS

Fresh basil, black pepper

2 scoops coconut yoghurt

Directions

1. Cut veggies and roast for 30-35 mins at 200 degrees Celsius. Love adding Italian herbs and a bit of salt.
2. Cook pasta according to the packaging instructions.
3. Sauté onion, garlic and a pinch of salt for 5-10 mins. Add in 2 tbsp veggie stock if needed.
4. Add in chopped tomatoes and paprika, and sauté for another 10mins.
5. Add in tomato puree, roasted veggies and optionally also 1/2 cup tomato passata if you like it saucier. Let it simmer for a few minutes.
6. Stir in pasta and serve with fresh basil, black pepper and a scoop of coconut yoghurt. SO YUM!!





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Easy Zucchini *Pasta*

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Easy Zucchini Pasta

So healthyyy but also so so delicious

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serves 2



Ready in

15 MINS

Ingredients

200 - 250g brown rice tagliatelle

2 large zucchinis, grated -
squeeze out the water
Handful sun-dried tomatoes
Juice of 1 lemon and zest
1 tbsp Italian herbs

SAUCE

1 ripe avocado
1/4 cup pistachios
1 tbsp pumpkin seeds
1 bunch chives
1/2 bunch dill
1/2 bunch basil
1-2 cloves garlic, roasted
1 cup almond milk

TOPPINGS

Fresh basil, black pepper and
fresh tomatoes go really well
too!



Directions

- 1 Cook pasta according to the package instructions.
- 2 Grate zucchinis and use a nut milk bag or clean kitchen towel to squeeze out the water. Usually we love the water in veggies haha but, for this recipe, it's better to have super dry zucchinis.
- 3 Add zucchini, dried tomatoes, lemon juice, lemon zest and Italian herbs to a nonstick pan and sauté for 10mins.
- 4 For the sauce, add all ingredients into a blender and blend until smoooooth.
- 5 Add the cooked pasta and sauce into the pan and mix it all well together. It's such a nourishing, creamy and delicious recipe that leaves you fully satisfied but also makes you feel SO GOOD!!



serves 1



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Mushroom Ragu

for the whole family

Ingredients

130g (GF) pasta
1/2 cup dried porcini or shiitake mushrooms
1/4 cup walnuts
1/2 onion
1 clove garlic
2 sticks celery, chopped
1/2 cube veggie stock
8-10 mushrooms, chopped
1 tbsp Italian herbs
1 tbsp tomato puree
1 cup tomato passata
OR 1 tin chopped tomatoes
1 tbsp coco aminos

Directions

1. Soak 1/2 cup dried porcini or shiitake mushrooms in 250ml (1 cup) boiling water.
2. Sauté 1/4 cup walnuts for 5 mins until golden and set aside :)
3. Sauté onion, garlic and celery. Add 1 cup water mixed with 1/2 cube veggie stock. Let it simmer for 10 mins.
4. Add chopped fresh mushrooms, and Italian herbs and let it cook for another 5 mins.
5. Add in tomato puree, tomato passata, coco aminos and sliced dried mushrooms with the soaking water. Let it all simmer for 10-15 mins and stir in the walnuts.
6. Cook pasta according to the package instructions, mix it into the mushroom ragu and ENJOOOOY! -



Mushroom *Ragu*

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Peer's Agli Olio

Peer's favourite light & easy pasta made extra healthy

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serves 1



Ready in

15 mins

Ingredients

130g dry (GF) Spaghetti

- 1 tsp chilli flakes
- 2 cloves garlic
- 3 sun-dried tomatoes, finely chopped
- 1 tsp pink Himalayan salt
- Sprinkle of black pepper
- 3 tbsp olive oil
- 1 cup cherry tomatoes
- 2 tbsp organic white wine

Steps

1. Cook the pasta according to the package instructions.
2. Sauté garlic and sun-dried tomatoes with chilli flakes, salt, pepper and olive oil. Using a nonstick pan is very helpful as you'll need a lot less oil.
3. After a few minutes, add a few tablespoons of the pasta cooking water and 2 tbsp white wine. (the wine is optional)
4. Cut your cherry tomatoes in half and add them to the pan. Sauté everything for about 5 more minutes and then stir in the pasta. Add 2 tbsp olive oil and top with fresh basil!





Eggplant Tomato Lasagna

comfort made really healthyyy

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serves 4



Ready in

20 mins

Ingredients

9 no boil lasagna sheets (I used GF chickpea lasagna sheets)

2 large eggplants
6-7 large ripe tomatoes
Italian herbs
1x 350ml pasta marinara sauce
1x 400ml tomato passata

CREAM

1/4 cup cashews
5 sun-dried tomatoes (from a jar with oil)
Rest of fresh tomatoes (about a handful)
1/2 bunch fresh basil
1/4 cup water
Pinch of salt
1/2 cup tomato passata

Directions

- 1 Preheat the oven to 180 degrees Celsius. Slice eggplants and tomatoes into thin round slices and get your baking tin.
- 2 Add your layers: Marinara sauce, pasta sheets, tomato slices, pasta sheets, tomato slices, eggplant slices, marinara sauce and tomato passata, pasta sheets, tomatoes, eggplant slices, tomato passata, pasta sheets, tomato slices, and eggplant slices.
- 3 Make the cream by adding all ingredients into a blender and blend until smooth. Pour the cream over the lasagna layers for a nice thick top coat. Cover the dish in tin foil and bake for 30 mins. Then remove the foil and bake for another 20 minutes. Let it cool down to settle a little before serving and ENJOYYY! A little sprinkle of olive oil on top is also super yummy!



serves 1



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Roasted Veggie Pasta

Ingredients

130g dry chickpea spaghetti
1 large red bell pepper
1 large carrot
3 large plum tomatoes
1-2 tbsp mixed Italian herbs
1 clove garlic

TOPPINGS

Black olives
Basil or parsley
Black Pepper

Steps

- 1** Chop up all your veggies, add herbs and bake for about 40 mins at 180 degrees Celsius.
- 2** About 10 minutes before your veggies are done, cook the chickpea spaghetti according to the package instructions.
- 3** Once veggies are baked, blend them until creamyyy and stir into the pasta pot. Top with olives, basil or parsley and pepper. Awwww suuuper yum and such an easy meal. Love that everything goes in the oven and you could squeeze in a 30-minute workout in the meantime or do your evening routine. Also great to serve your non-vegan friends. :-)



Mushroom Spinach *Pasta*

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Mushroom Spinach Pasta

This one is a must for all non-vegan partners :)

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serves 2



Ready in

20 mins

Ingredients

200g (GF) pasta of your choice

250g chestnut mushrooms

1-2 tbsp Italian herbs

CREAM

1/4 cup dried porcini mushrooms

1/2 cup boiling water

2 cloves garlic

300g silken tofu

1 tbsp brown rice miso

Pinch of salt

1/2 cup pasta cooking water

TOPPINGS

Handful spinach

Handful chives, finely chopped

Directions

1. Soak dried mushrooms in 1/2 cup boiling water.
2. Cook pasta according to the package instructions and keep one cup of the cooking water for later.
3. Sauté mushrooms whole (only remove stems but do not slice) with Italian herbs in a nonstick pan.
4. Once soft (takes about 8-10 mins) remove and slice in thin strips and add mushrooms back to the pot.
5. To make the cream, add soaked mushrooms (including the soaking water), garlic, tofu, brown rice miso, salt and pasta cooking water to a blender and blend until smooth. If your mixture is too dry, add a little more pasta cooking water.
6. Pour sauce into the pan, add pasta, mix all well together and top with fresh baby spinach and a sprinkle of chopped chives. YUM!! This one is a whole family hit and will make you look like the best cook. :-)) I wouldn't even mention that this recipe contains tofu as some people can be thrown off by that.



Sun-dried Tomato *Pasta*

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Sun-dried Tomato Pappardelle

SO QUICK & DELICIOUS! PERFECT FOR THE WHOLE FAMILY

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serves 1



Ready in

15 mins

Ingredients

130g dry (GF) pappardelle
1 small red onion
6-7 sun-dried tomatoes, finely chopped
1 cup cherry tomatoes, halved
Italian herbs
1/2 cup veggie stock
1-2 tbsp tomato puree
Fresh basil or parsley

Steps

1. Sauté sun-dried tomatoes, cherry tomatoes, onion and Italian herbs for about 10 minutes in a nonstick pan.
2. Add in 1/2 cup veggie stock, 1-2 tbsp tomato puree and cook for another 10 mins while the pasta is cooking.
3. Once your pasta is done, mix it all well together and top with fresh basil or parsley. SO EASY, SO YUM!

*Creamy and
so delicious*



Fitness Pasta

LOVE this recipe!! So healthy yet super delicious!!

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serves 1



Ready in

15 mins

Ingredients

130g (GF) pasta

SAUCE

1/2 zucchini

Big bunch fresh basil

1/2 avocado

1 tbsp nutritional yeast

1 clove garlic (optional)

Juice of 1,5 lemons

Pinch of salt

1/4 cup water

1 cup frozen green peas

1-2 cups fresh tomatoes

Handful fresh spinach

Directions

1. Cook pasta according to the package instructions. Add in green peas for the last 2 minutes. EASY :)
2. Blend all sauce ingredients until smooth.
3. Once pasta is ready, mix in the sauce, add cherry tomatoes and fresh spinach and ENJOYYYY!! I LOVE this recipe cold more like a pasta salad!!

serves 1



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Pumpkin Pasta

Ingredients

130g (GF) penne (I love using brown rice or chickpea penne)

1/2 red or yellow onion (optional)
1 clove garlic (optional)
1/2 butternut squash, peeled and cubed
1/2 cup cashews, soaked
1/2 cup of pumpkin cooking water
Pinch of pink Himalayan salt
Black pepper

TOPPINGS

Fresh basil
1-2 Brazil nuts, grated (optional)

Steps

- 1 Cook butternut squash in vegetable broth (or plain water) for 20 mins.
- 2 Add in pasta for the last 10 minutes or for as long as your pasta needs to cook. Once done, set pasta aside and add butternut squash to a blender.
- 3 If you choose to use onion and garlic, sauté both in a pan with a bit of the butternut squash cooking water until soft.
- 4 Add butternut squash, cashews, salt, pepper, and 1/2 cup butternut squash cooking water to a blender and blend until smooth.
- 5 Top with fresh basil and grated brazil nuts for a bit of a cheesy feeling. SO CREAMYYY & DELICIOUS!



Creamy Pumpkin *Pasta*

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Hidden Veggie Pasta

Creamyggg delicious and so so healthy

serves 1



Ready in

20 mins

Ingredients

130g spelt spaghetti

1 small sweet potato

2 carrots

1 cup veggie stock

1 cup cherry tomatoes, halved

1/2 cup olives

2-3 sun-dried tomatoes,
chopped

Salt and pepper

Fresh basil

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Directions

1. Cook pasta according to the package instructions. Spelt pasta isn't gluten-free but much easier to digest than regular wheat pasta and goes really well with this sauce.
2. Cut sweet potato and carrots into small cubes and cook in 1 cup veggie stock for 15-20 mins until soft. Add to a blender afterwards (including veggie stock) and blend until smooth.
3. Sauté cherry tomatoes, sun-dried tomatoes, olives and fresh basil for 5-10 mins in a nonstick pan.
4. Add in potato carrot cream and cooked pasta and mix well. SO YUM!!! Love this recipe because it's so healthy but also incredibly comforting.



Hidden Veggie *Pasta*

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serves 1

Basil Pesto

Ingredients

130g dry (GF) pasta of your choice

1 big bunch basil
1/4 cup pine nuts
1/2 raw zucchini
Juice of 1 lemon
1/4 cup water
Pinch of salt
2 cloves garlic, roasted (optional)

Directions

- 1 Cook pasta according to the package instructions. Throw in frozen green peas for the last 2 minutes. Easy, one pot!
- 2 Blend all the pesto ingredients until creamyyy!
- 3 Mix the pesto into the pasta and stir in fresh arugula or spinach. Mmmm! So yum!



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Creamy Tomato *Pasta*

serves 1

Creamy Tomato Pasta

Ingredients

130g dry (GF) penne

2 cups cherry tomatoes
2 tbsp Italian herbs
1 clove garlic (optional)
1 tsp pink Himalayan salt
Black pepper
Fresh basil

1/2 cup cashews, soaked
5 sun-dried tomatoes
1/2 cup tomato passata
1/4 cup water

Directions

- 1** Cook the pasta according to the package instructions.
- 2** Chop up cherry tomatoes and sauté in a nonstick pan with 2 tbsp Italian herbs. Add in garlic (optional) and a pinch of salt. Add 2 tbsp of water after a few minutes to prevent the tomatoes from sticking to the pan.
- 3** Transfer the mixture to a blender (except for a few tomatoes), add cashews, sundried tomatoes, water, and tomato passata and blend until creamy.
- 4** Mix the sauce with your pasta and add about 4-5 tbsp pasta cooking water if your sauce is too thick. Top with fresh basil and pepper and enjoooy!

serves 1



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Ready in
15 min

Pasta Salad Mediterraneo

Ingredients

130g dry chickpea fusilli

4-5 dried tomatoes

6-7 olives

4-5 artichoke hearts

1/2 -1 avocado

SAUCE

1 handful basil

1/2 cup water

1 clove garlic

1/4 cup cashews

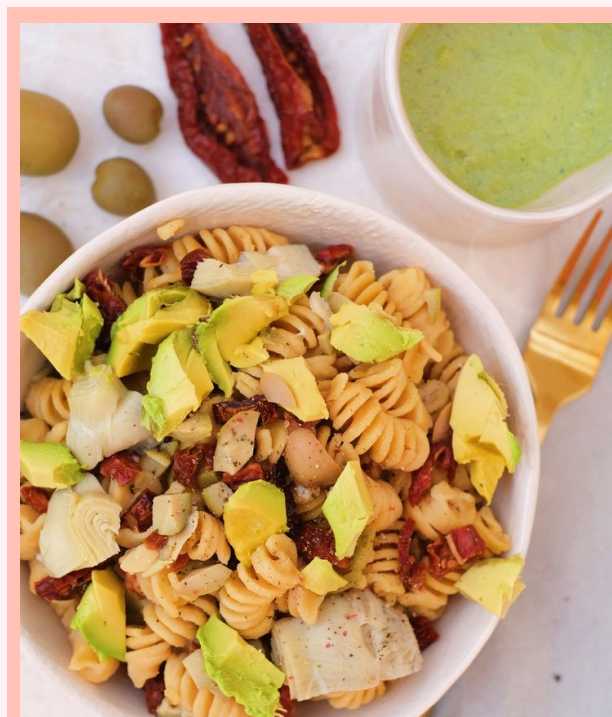
1 small zucchini

Pinch of salt

Black pepper

Directions

- 1** Cook the fusilli chickpea pasta according to package instructions.
- 2** Chop up sun-dried tomatoes, olives, artichoke hearts and avocado and mix well with your cooked pasta.
- 3** I love it plain like that but you can also add the creamy green sauce. Blend all sauce ingredients until smooth and stir into your pasta salad bowl. LOVE IT!!



Creamyyyy Mushroom Pasta

The perfect 15 minute pasta for every day!

@CarolineDeisler

serves 1



Ready in

15 mins

Ingredients

150g buckwheat pasta
3 cups mixed mushrooms, sliced
1-2 tbsp Italian herbs
Optional: 2 drops truffle oil

SAUCE

1 cup cashews, soaked
3/4 cup water
1 tbsp apple cider vinegar
1 tbsp coco aminos
Juice of 1/2 lemon
Salt & pepper

TOPPINGS

Black sesame seeds
Fresh arugula

Steps

1. Cook pasta according to the package instructions.
2. Sauté mushrooms and herbs in a nonstick pan until golden.
3. Blend all sauce ingredients until creamy and stir into the pasta.
4. Add sautéed mushrooms, fresh arugula, sesame seeds and black pepper. Soooo good! Quick & easy = BIG HIT!!!

Simple Tomato Pasta

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serves 1

Ingredients

130g gluten free spaghetti
2 tbsp olive oil
2 cloves garlic, chopped
1 cup cherry tomatoes
5-6 sun-dried tomatoes
Pinch of salt & pepper
1-2 tbsp Italian herbs
1/2 cup tomato passata
1-2 tbsp tomato paste
Handful black olives, halved

Directions

- 1 Cook your pasta according to package instructions.
- 2 Heat up the oil, add garlic, tomatoes, sun-dried tomatoes, and herbs and let it sauté for a couple of minutes.
- 3 Add in tomato passata, tomato paste, olives and a tiny bit of pasta water. Stir in your pasta and ENJOYYYY!! So Simple. So good!!





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Spinach Lasagna

Hello yummy comfort food made super healthyyy



serves 4

Ready in

60 mins

Ingredients

1 package no boil lasagna sheets
(I used spinach lasagna sheets)

250g fresh mushrooms
1 clove garlic, chopped
2 tbsp water
2x 350ml marinara sauce

FILLING

400g frozen chopped spinach,
thawed and drained
450g extra firm tofu (not silken tofu)
Pinch of salt
2 tbsp nutritional yeast
2 tbsp Italian herbs

Steps

1. Sauté garlic and mushrooms over medium heat. Leave the mushrooms whole and slice once they are soft and spongy. Gives such a nice texture. Add back to the pan.
2. Stir in marinara sauce and mix well.
3. To make the filling, add tofu and spinach to a food processor and pulse quickly. Add the rest of the filling ingredients and pulse until smooth.
4. Preheat the oven to 180 degrees Celsius.
5. Add lasagna layers to your baking dish: Tomato mushroom sugo, lasagna sheets, spinach filling, lasagna sheets, spinach filling, lasagna sheets, tomato mushroom sugo and a final layer of spinach filling.
6. Cover the dish with tin foil, bake for 30 mins, remove the foil and bake for another 30 mins. Let it cool down for 15 mins. It also tastes amazing the next day and is a great meal prep meal for when you have friends or family over. Simply prep all steps in advance and put the lasagna in the oven whenever you need it.

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Oil-free Pesto Rosso

so tastyyy and a lot lighter than the original version

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Ready in

50 mins

Ingredients

130g dry (GF) pasta

PESTO

1/4 cup almonds, roasted
1/2 cup sun-dried tomatoes, soaked in hot water for 10-20 mins
1 tsp balsamic vinegar
2 red bell peppers, roasted for 40 mins
1/2 tsp salt
1 tsp coconut sugar
1 tbsp Italian herbs (optional)
Splash of almond milk

Handful cherry tomatoes

1 clove garlic

Directions

1. Cut bell peppers in wedges and bake for 40 mins at 180 degrees Celsius.
2. Cook pasta according to the package instructions.
3. Add all pesto ingredients into a food processor and pulse until almost smooth.
4. Mix pesto into the pasta and either enjoy right away or sauté for a few minutes until fully heated. SO YUMMMM and so much lighter than regular pesto rosso. Apart from that you also get some extra nutrients in from the roasted bell peppers. Very kid friendly too I would say.



Oil-free *Pesto Rosso*



serves 1



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Stroganoff pasta *made healthy*

Ingredients

130g (GF) tagliatelle pasta

250g mushrooms
2 tbsp Italian herbs

SAUCE

2 tbsp dried porcini mushrooms
1/2 cup boiling water
1/2 cup chestnuts, cooked
1/2 cup cashews, soaked
Juice of 1/2 lemon
1 tbsp apple cider vinegar
1/4 head cauliflower
1/2 cup veggie broth

TOPPING

Fresh chives or dill

Directions

- 1** Cook pasta according to the package instructions. Add in cauliflower for the last 5-7 minutes. Soak porcini mushrooms in 1/2 cup boiling water for 20 mins.
- 2** Slice mushrooms and sauté with Italian herbs in a nonstick pan until soft.
- 3** Add all sauce ingredients into a blender and blend until smooth. Add sauce to your mushroom pan and combine well.
- 4** Mix cooked pasta into the sauce, stir well and enjoy with a sprinkle of black pepper and fresh herbs like chives or dill.
- 5** Such a deliiiiicious, nourishing and healthy stroganoff pasta that isn't even comparable with the original version. SO YUM!

Potato Gnocchi

OMG these are soooo satisfying and delicious

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serves 1



Ready in

60 mins

Ingredients

5 medium size potatoes, baked in tin foil and cooled down (don't steam)

1 tsp salt

4 tbsp corn flour (polenta)

SAUCE

2 cloves garlic

1\2 pink onion

Pinch of salt

Handful cherry tomatoes

5 sun-dried tomatoes, soaked and rinsed

2 tbsp tomato paste

1\2 cup veggie stock (or 1 cup if you like it more liquidy)

Directions

1. Wrap potatoes in tin foil and bake for 45-60 mins at 180 degrees Celsius. This way we get rid of all the water which works a lot better for this recipe. Once done, let them cool down. This is perfect to prep the day before!
2. Peel potatoes, mash with a fork or potato peeler (it's a bit of a workout) and add in polenta and salt. Form little gnocchi with slightly wet hands and fry them in a nonstick pan for 5-10 mins or bake in the air fryer for 10 mins at 180 degrees. Both ways are so yum but air fryer is my FAV!!



3. I love a simple tomato sauce with it. Sauté onion, garlic, a pinch of salt, cherry tomatoes and chopped sun-dried tomatoes for 5-10 mins. Add in tomato paste and 1\2 cup veggie stock and mix well. Top with fresh basil and black pepper. SO YUMMMMM!!! Love the consistency of the gnocchi and feels so comforting yet it's so healthy that you don't even feel like you've had pasta. :-)



Creamy Broccoli Pasta

Ingredients

130g GF penne

SAUCE

3/4 cup cashews

1 cup water

1 tsp pink salt

1 tbsp nutritional yeast

Juice of 1 lemon

2 cups broccoli florets

Frozen green peas (optional)

Directions

- 1** Soak cashews.
- 2** Cook pasta according to the package instructions.
- 3** Add a steamer on top and steam broccoli or if you don't have a steamer, just add broccoli to the pasta pot.
- 4** Add all sauce ingredients to a blender and blend until smooth.
- 5** Drain pasta and mix it all well together. Such an easy recipe but so yum that it's one of my favourites and I'm sure a kids favourite too!!

serves 1



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Creamy Bell Pepper Pasta

Ingredients

200g dry buckwheat pasta.
1 cup cherry tomatoes
Fresh basil

SAUCE

1 red bell pepper
1 cup cashews, soaked
1 cup water
1 tbsp nutritional yeast
Juice of 1 lemon
1 tbsp apple cider vinegar
1 tbsp smoked paprika
1 tbsp Italian herbs
1 tbsp tomato paste
Pinch of salt and pepper

Directions

- 1 Start by sautéing the cherry tomatoes with Italian herbs on medium heat in a nonstick pan. Add tomato paste and let it simmer for a couple of minutes.
- 2 Cook the pasta according to the package instructions.
- 3 In a blender, add cashews, red bell pepper, water, nutritional yeast, lemon, and smoked paprika and blend until creamy. Then add the sauce to the pan, mix well and let it simmer for 2 minutes.
- 4 Once the pasta is ready, stir it into the saucepan, sprinkle some salt, black pepper and fresh basil on top and voila pasta is ready. :-)



Creamy Alfredo *Pasta*





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serves 1

Creamy Alfredo

made healthy

Ingredients

- 130g (GF) buckwheat fusilli
- 100g mushrooms
- 1 cup green peas
- 1/2 head cauliflower florets
- 1 small parsnip, chopped
- 1 large baking potato, peeled and chopped
- 1/2 red onion, peeled
- 2 cloves garlic, peeled
- 1 tsp salt
- 1 tbsp Italian herbs
- 1/2 cup cashews, soaked
- 1 cup water
- 2 tbsp nutritional yeast
- Juice of 1/2 lemon,
- 1/2 - 1 tsp dijon mustard

Directions

- 1 Preheat the oven to 180 degrees Celsius. Add cauliflower, parsnip, potato, garlic and onion to a baking tray lined with parchment paper. Add a sprinkle of salt and Italian herbs and bake for 40 mins.
- 2 Meanwhile, cook the pasta according to package instructions and reserve at least 1 cup of the pasta cooking water. Add green peas for the last 2 minutes.
- 3 Once roasted, add all vegetables to a blender with soaked and rinsed cashews, water, nutritional yeast, lemon juice and mustard and blend until creamyyy.
- 4 Pour alfredo sauce onto your cooked pasta and peas. Add a splash of pasta water if too thick. Mix well and optionally add sautéed mushrooms on top. SO YUM!





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Aubergine Tomato Pasta

The most delicious easy summer pasta

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serves 1



Ready in

15 mins

Ingredients

130g (GF) pasta

1-2 eggplants (I like A LOT of veggies)

1x 400ml tin chopped tomatoes

5 sun-dried tomatoes, soaked & chopped

1 clove garlic, chopped

1/2 small onion, chopped

1 tbsp tomato paste

1 tsp coconut sugar

1 tbsp Italian herbs

Pinch of salt & pepper



Directions

- 1** Preheat the oven to 200 degrees Celsius. Cut eggplants into smallish cubes and bake on parchment paper for 30 mins.
- 2** Sauté onion and garlic in a nonstick pan until soft. Add 2 tbsp of veggie stock if needed.
- 3** Add in tomato paste, chopped dried tomatoes and a little later, the tinned tomatoes and coconut sugar. Let it all simmer for 10-15 minutes while you cook the pasta.
- 4** Cook pasta according to the package instructions. Once done, add into the saucepan together with the baked eggplant. Mix all well together and ENJOYYYY!!



Aubergine Tomato *Pasta*



Green Goddess Pasta

So healthyyy but also so so delicious

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serves 1



Ready in

20 mins

Ingredients

130g (GF) pasta
1/2 head broccoli
1 tbsp olive oil
1/2 onion, chopped
2 cloves garlic, chopped
1/2 tsp pink Himalayan salt
Pinch of black pepper

1 bunch fresh basil
Handful fresh spinach
1/4 cup almond milk
1/4 cup cooking pasta
water
Juice of 1/2 lemon

TOPPINGS

2 tbsp pine nuts, roasted
Sprinkle of fresh lemon zest



Directions

- 1 Cook pasta according to the package instructions.
- 2 Chop up broccoli and add to a pan with 1 tbsp olive oil, onion, garlic, and salt and pepper. Let it sauté for 10 mins until soft and golden.
- 3 Add the mixture to a blender with fresh basil, spinach, almond milk, pasta cooking water, and lemon juice then blend until smooth.
- 4 Stir the sauce into your pasta, mix well and top with roasted pine nuts, fresh basil and some more salt and pepper if needed. Such a simple recipe and a great way to eat more broccoli! :-)

Creamy Pink Pasta

So healthyyy but also so so delicious

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serves 1



Ready in

15 mins

Ingredients

130g GF fusilli pasta

SAUCE

2 small beets (peeled, cooked)

1/2 cup cashews, soaked

1/2 cup veggie stock

Juice of 1 lemon

1/2 tsp sea salt

TOPPING

Pistachios, roasted



Directions

- 1** Cook pasta according to the package instructions.
- 2** Add all sauce ingredients into a blender and blend until smooth. Mix the sauce into the pasta, let it simmer for a few minutes until nicely combined and warm and ENJOYYYY!! I love a sprinkle of roasted pistachios on top as well!



serves 1



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Peanut Butter Pad Thai

Ingredients

150g dry rice noodles
2 cloves garlic
2 spring onions
Small piece ginger, grated
1 tbsp coco aminos
5 mushrooms, sliced
1 large carrot, julienne peeled
1 zucchini, julienne peeled

SAUCE

1/4 cup peanut butter
1 tbsp maple syrup
1/4 cup coco aminos
1,4 cup water
Pinch of salt
Juice of 1/2 lemon

Directions

- 1 While your rice noodles cook, sauté the garlic, onions, a small piece of ginger, coco aminos and mushrooms for about 5 minutes.
- 2 Then add the carrot and zucchini and sauté for another 10 minutes.
- 3 Heat up the sauce ingredients on low heat. Give it all a good mix & enjoy this creamy, colorful Pad Thai.

serves 1



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Creamy Cauliflower Pasta

Ingredients

130g dry pasta

SAUCE

1/2 of a big head cauliflower

2 cloves roasted garlic

1 tbsp olive oil

1 tsp pink Himalayan salt

2 tbsp nutritional yeast

2 tbsp Italian herbs

1 cup veggie stock

1 cup frozen peas

Handful fresh spinach

Steps

- 1 Preheat the oven to 180 degrees Celsius.
- 2 Add cauliflower to a baking tray lined with parchment paper and use a cooking brush to spread a tbsp of olive oil on top. Add a sprinkle of salt and bake for 40 mins until golden. Also, add the garlic to the baking tray and peel the skin off once roasted.
- 3 In the meantime, cook the pasta according to the package instructions. Add in the green peas for the last 2 minutes.
- 4 Once the cauliflower is done, add to a blender with all other sauce ingredients and blend until smooth.
- 5 Mix your creamyyy sauce into the pasta and peas, add fresh baby spinach, chilli flakes (optional), salt, pepper and ENJOYYYYY!! so light and delicious.



Easy Ratatouille Orzo

Full of veggies and perfect for the whole family

serves 2



Ready in

30 mins

Ingredients

1 eggplant, cut into cubes
1 zucchini, cut into cubes
200g cherry tomatoes
1 red bell pepper
1 red onion
Pinch of salt & black pepper

3/4 cup dry orzo
1 can tinned tomatoes
1 tsp brown rice miso
Italian herbs
Pinch of pink salt
Black pepper

Fresh basil

Directions

1. Chop up all veggies and bake for 30 mins on parchment paper. Using a steam oven works great here too!
2. Once done, add to a pan with orzo, tinned tomatoes, a splash of water to rinse out tomato tin, brown rice miso, herbs, salt and pepper.
3. Let it simmer for 20 mins on medium heat until the orzo is soft.
4. Serve with fresh basil and ENJOY!! Also, suuuuper yummy cold the next day!



serves 1

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Papa's Puttanesca

Ingredients

130g (GF) pasta of your choice

1 tbsp olive oil

2 cloves garlic, chopped

1-2 handfuls cherry tomatoes

Pinch of salt

1 tbsp Italian herbs

1/2 cup olives

2 tbsp capers

1/2 cup pasta water

TOPPINGS

Fresh basil, chilli flakes, pepper + extra sprinkle of olive oil

Directions

- 1** Cook pasta according to the package instructions.
- 2** Add olive oil, garlic, tomatoes, salt and some dried Italian herbs to a pan and sauté for a couple of minutes.
- 3** Add in olives, capers and pasta water and mix well. Then add the pasta, top with fresh basil, chilli flakes and optionally another drop of olive oil and ENJOYYYY!

The simplest recipes are often the best ones where you purely focus on the taste of the produce. This is also why it's important here to use good quality ripe tomatoes, a cold-pressed olive oil and organic olives.

Classic Tomato *Lasagna*

Classic Tomato Lasagna

The best comfort food made super healthy!!

@CarolineDeisler



serves 4

Ready in

60 mins

Ingredients

RICOTTA

450g firm tofu
1 cup cashews, soaked
1/4 cup nutritional yeast
1 tbsp apple cider vinegar
1/2 tsp pink salt
1 tsp garlic powder (optional)
1/2 tsp onion powder (optional)
250g no boil lasagna sheets
4 jars x 350ml marinara sauce
400g mushrooms (about 12 medium size mushrooms)
2 tbsp Italian herbs

Directions

1. Soak cashews in water.
2. Sauté mushrooms (whole not chopped) with 2 tbsp Italian herbs for 10 mins on medium heat. Remove from the pan, chop finely and add back in.
3. Add marinara sauce, more herbs, salt and pepper.
4. To make the ricotta, add all ingredients to a food processor and pulse until mostly smooth.
5. Preheat the oven to 180 degrees Celsius.
6. Add your lasagna layers. Tomato mushroom sauce, lasagna sheets, ricotta, marinara, finish with a layer of marinara and ricotta.
7. Bake covered with tin foil for 20 mins, then remove foil and bake for another 25 mins, let it cool down and enjoyyyyy. SO DELICIOUS AND EASY TO MAKE!!

Light Pesto

A nutrient power house and so delicious

serves 1



Ready in

15 mins

Ingredients

130g spelt or GF spaghetti

PESTO

1 handful of fresh baby spinach

1 handful of fresh basil and dill

1/2 avocado

Juice of 1 lemon

Salt and pepper

1/4 cup pumpkin seeds

Splash of almond milk

1 clove garlic, chopped

1-2 cups cherry tomatoes, chopped

Some fresh basil, chopped

Big handful of fresh baby spinach

Directions

1. Cook pasta according to the package instructions.
2. Add all pesto ingredients into a food processor and pulse until almost smooth.
3. Add garlic, tomatoes and some fresh basil to a nonstick pan and sauté for 5-10 mins. Stir in pesto and let it heat up, then add the pasta and mix all well together. SO YUM and delicious and so much lighter than regular pesto!! YAY!!





serves 1

Soba Noodles

with peanut sauce

Ingredients

2 blocks of soba or rice ramen noodles
1 head romaine lettuce, chopped
1-2 carrots, julienne peeled
1/2 cup cherry tomatoes, sliced
1/4 spring onion, chopped
1 tbsp sesame seeds, roasted

PEANUT SAUCE

2 heaping tbsp peanut butter
1 tbsp coco aminos
Juice of 1/2 lime
1 tbsp maple syrup
Small piece ginger, grated
Pinch of salt and pepper
4 tbsp water

Directions

- 1 Prepare noodles according to the package instructions and chop up all veggies.
- 2 To make the sauce, add all ingredients into a small bowl and mix well until smooth. You can use a blender but it works really well with just a fork or spoon.
- 3 Mix the sauce into your noodles, add all veggies and ENJOYYYY!! I love to eat it cooled down and it also makes a great take away lunch or summer picnic dish.



serves 1



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Easy Ramen Soup

Ingredients

- 2 cloves garlic
- Small piece ginger, grated
- 1/4 yellow onion
- 2.5 cups veggie stock
- 1 tsp coco aminos or tamari
- 3 rehydrated Shiitake mushrooms
- 1 head broccoli florets
- 2 carrots, cut in strips
- 100g brown rice or buckwheat ramen noodles

TOPPINGS

- Spring onion
- Black sesame seeds

Directions

- 1 Soak dried shiitake mushrooms in water for 15 mins until they're rehydrated (also perfect to prep the day before)
- 2 Slice onion, grate ginger and sauté in a bit of water for 5-10 mins.
- 3 Add in veggie broth, coco aminos, tamari, and soaked and chopped mushrooms (including the soaking water). Let it cook for 45 mins on low-medium heat.
- 4 About 25 mins later, add carrots, broccoli, and any other veggies of your choice. Bok choy also goes really well.
- 5 Cook pasta according to the instructions. Usually, you just have to put them in warm water for 5 minutes! Add to your soup and enjoyyyyyy!!! The most comforting & delicious fall soup

Chickpea Noodle Soup

The perfect healthy comfort food on rainy days

@CarolineDeisler

serves 2



Ready in

30 mins

Ingredients

2 cups dry (GF) pasta

1 leek, chopped

2 stalks celery, diced

2 carrots, chopped

1 cup frozen peas

1 cup frozen corn

1/2 broccoli head

5 cups veggie stock

1 can chickpeas, rinsed

1-2 cups kale, chopped

2 tbsp nutritional yeast (optional)

Directions

- 1 Chop up all veggies and add to a pot with 5 cups of vegetable stock. Let it simmer for 20 minutes. Transfer 1/3 of the mixture to a blender, add 2 tbsp nutritional yeast (if you like a bit of a cheesy flavour) and blend until smooth.
- 2 Pour the cream back into the pot and add the pasta as well. Let it cook on medium heat until the pasta is ready and ENJOYYY. Such a simple, nourishing and delicious soup which you can't go wrong with!





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serves 1

Roasted Bell Pepper Orzo

Ingredients

- 1/2 cup dry orzo
- 1/2 - 1 cup cherry tomatoes
- 1/2 small red onion
- 1 clove garlic
- 1 red bell pepper (1/2 chopped and 1/2 for the sauce)
- 1-2 tbsp Italian herbs

SAUCE

- 1/4 cup roasted red peppers
- 1/2 cup water
- 1/4 cup cashews

- Handful spinach
- 1/2 tsp smoked paprika
- Juice of 1/2 Lemon

Directions

- 1 Soak cashews in water and set aside.
- 2 Bring a pot of water to boil, add a pinch of salt, and orzo and cook for about 5 mins. Drain and reserve a cup of the cooking water.
- 3 Sauté onion, garlic, chopped red bell pepper, cherry tomatoes, a pinch of salt and herbs in a nonstick pan. Add 1/4 cup of the cooking water if needed.
- 4 For the sauce, add rinsed soaked cashews, water, roasted red peppers (I bought the ones in a jar in olive oil), 1/2 of the fresh red pepper, and lemon juice and blend until creamy.
- 5 Add the orzo and the sauce into the pan and a splash of the orzo cooking water and mix well. Stir in fresh spinach, let it simmer for 2 minutes and enjoyyyyy.

Sweet Potato *Gnocchi*

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Sweet Potato Gnocchi

with the most delicious creamy tomato sauce

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serves 1



Ready in

1h 15 mins

Ingredients

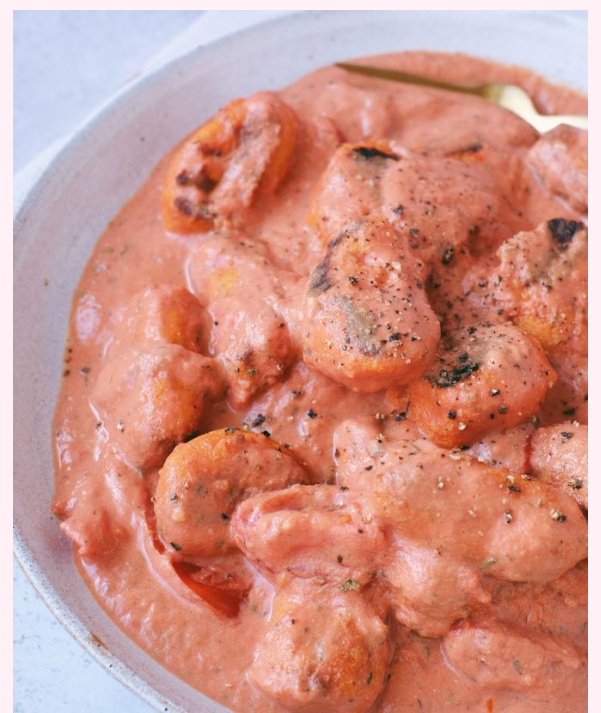
2 large sweet potatoes,
baked for 60 mins (don't steam)
1/2 tsp salt
1,5 cups spelt or chickpea flour

SAUCE

Handful cherry tomatoes
Italian herbs
1 tbsp tomato paste
1 cup tomato passata
1/2 cup cashew cream (blend
1/4 cup cashews, 1/2 cup water,
pinch of salt)

Directions

- 1** Preheat the oven to 190 degrees Celsius and bake sweet potatoes whole for 60 mins. Let them cool down (perfect overnight in the fridge) and peel off the skin.
- 2** Mash sweet potatoes with a fork or potato masher and gradually add in the flour. Form little gnocchi with slightly wet hands and add to an air fryer or nonstick pan. Sauté or air fry for 10 mins at 180 degrees Celsius. Love using my air fryer here.
- 3** To make the sauce, sauté cherry tomatoes and herbs until slightly soft, and add in tomato paste, passata and 1/2 cup cashew cream. Let it all simmer until heated and creamy. Add in the gnocchi and ENJOY!!! SO YUM!!!



serves 1



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Creamyyyy Squash Pasta

Ingredients

130g spelt or GF spaghetti
1/2 kabocha squash, baked

CREAM

3/4 of the pumpkin, leave 1/4
to garnish the pasta later
1/2 cup almond milk
1 tbsp coco aminos
Pinch of salt and pepper
1 tbsp Italian herbs
1/2 tsp paprika

1 clove garlic, chopped
2 handful fresh baby spinach

Directions

- 1** Cut kabocha squash into wedges and bake on parchment paper for 40 mins at 180 degrees Celsius. Great to meal prep the day before. I like to leave the skin on while baking and peel it off later.
- 2** Cook pasta according to the package instructions.
- 3** Add all cream ingredients into a blender and blend until smooth.
- 4** Sauté garlic and baby spinach in a nonstick pan for a couple of minutes until soft. It's nice to add an extra pop of colour and vegetables to your pasta.
- 5** Pour cream into the pan, add in pasta and mix all well together. Serve with a sprinkle of black pepper and ENJOYYYY!



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THANK YOU!

A big thank you to everyone who purchased this ebook. I am so grateful for this community and truly appreciate every single one of you. Seeing your creations of my recipes always makes my day! I hope this helps to satisfy your pasta tooth :) and inspires you to make more healthy meals!

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