



COOKBOOK



Healthy eating
you can live with.





RECIPE INDEX

The inspiration behind this cookbook was to celebrate the cruelty-free plant-based diet, and a growing movement in South Africa and across the globe. With growing evidence indicating the health benefits of this diet, it has become apparent that 'Veganism' is not a trend, but a legitimate way of life with many, many health benefits.



DIPS:

Roasted Red Pepper Dip	page 4
Hummus	page 6
Eggplant Dip	page 8



STARTER:

Asparagus Soup	page 11
Tempura of Vegetables	page 13
Crispy Onion Bhajis	page 15
Zucchini & Carrot Fritters	page 17
Spanish Gazpacho	page 19



MAIN MEAL:

Eggplant Stir Fry	page 22
Coconut Chickpea Curry	page 24
Vegetable Lasagna	page 26
Chargrilled Cauliflower Steaks with turmeric oil	page 28
Mushroom Risotto	page 30



DESSERT:

Vegan Chocolate Brownies	page 33
Blueberry Coconut Pudding	page 35
Homemade Churros	page 37
Sugar Free Nutella Sauce	page 39

THE HEALTH BENEFITS OF LIVING VEGAN



A vegan diet consists of eating plant-based foods completely devoid of animal products.

Vegan diets can provide all the nutrients your body requires, while also having a few additional health benefits. Vegan diets have lower levels of **total fat**, **saturated fat** and **cholesterol** than many meat-based diets, and **higher intakes of fibre**, **magnesium**, **potassium**, **folate** and **antioxidants**.

A Vegan diet may lower blood pressure, improve cholesterol levels, and reduce risk of **Type 2 Diabetes**, all of which can reduce the risk of **heart disease** and **stroke**.

The charts below compare the average male's risk of death from heart disease if he is an...



OMNIVORE
50%



VEGETARIAN
15%



VEGAN
4%



B-well™



**ROASTED
RED PEPPER
DIP**

D I P S





ROASTED RED PEPPER DIP

A delicious heart healthy dip made with roasted red peppers, onions and almonds! With a drizzle of extra virgin olive oil, this makes for one tasty dip.



INGREDIENTS

- 1 Tbsp B-well™ Extra Virgin Olive Oil
- ¼ cup whole natural almonds
- 1 cup roasted red peppers
- 1 tsp red wine vinegar
- 2 Tbsp shallots or onion, *diced*
- ground black pepper and salt
- parsley, *to garnish (optional)*

PREPARATION

- 1 Preheat the oven to 180° C.
- 2 Place the nuts on a baking tray and toast until fragrant, for about 6 minutes. Set aside.
- 3 Add together the red pepper, vinegar, shallots / onion and nuts in a food processor or mortar and pestle until smooth. While the processor is running, add the B-well™ Extra Virgin Olive Oil into the bowl. Season with salt and ground black pepper to taste.
- 4 Garnish with chopped parsley before serving.



“EASY-PEAZY”

Serves: **2-3 PEOPLE**

Time: **5 MIN**



For more recipes, visit: www.bwellfoods.co.za

B-well™



HUMMUS

DIPS





H U M M U S

Homemade hummus is super delicious and is on a completely different level to store-bought hummus. An awesomely healthy dip, you don't have to feel guilty about eating!



INGREDIENTS

- 3 Tbsp B-well™ Extra Virgin Olive Oil
- 2 Tbsp fresh lemon juice
- ¼ cup tahini
- 2 - 3 garlic cloves, *minced*
- ½ tsp ground cumin
- ground black pepper and salt
- 2 cups chickpeas
- 3 - 5 Tbsp water
- dash of normal / smoked paprika

B-well™ Extra Virgin Olive Oil,
for serving

PREPARATION

- 1** In the food processor, combine the tahini and lemon juice. Process for 1 minute. Scrape sides and bottom, process for another 30 seconds.
- 2** Add 3 Tbsp **B-well™ Extra Virgin Olive Oil**, minced garlic, cumin and salt to the tahini and lemon juice mixture. Process for 30 seconds, scrape sides and bottom of bowl, then process for another 30 seconds.
- 3** Add half of the chickpeas to the food processor and process for 1 minute. Scrape sides and bottom, add remaining chickpeas and process for 1 - 2 minutes.
- 4** If the hummus is too thick, add 3 - 5 Tbsp of water until the consistency is perfect.
- 5** Transfer to a bowl and drizzle over **B-well™ Extra Virgin Olive Oil** and sprinkle with normal paprika or smoked paprika.

** Hummus can be refrigerated for up to 1 week.*



● ● ○ ○ "EASY-PEAZY"

Serves: **4-5 PEOPLE**

Time: **5 MIN**



For more recipes, visit: www.bwellfoods.co.za

B-well™



**EGGPLANT
DIP**

DIPS





E G G P L A N T D I P

This deliciously healthy eggplant dip makes for a great low fat dipping sauce. Next time you feel like a snack, give this awesome dip a try.



INGREDIENTS

- 3 Tbsp **B-well™ Extra Virgin Olive Oil**
- 2 eggplants
- 2 garlic cloves, *with skin*
- 1 tsp ground coriander
- ½ tsp ground cumin
- 2 Tbsp lemon juice
- 1 small ripe tomato, *cut into cubes*
- handful of fresh parsley

PREPARATION

- 1** Roast the eggplant and garlic cloves in a pre-heated oven at 180° C for 40 - 50 minutes or until the eggplants are soft.
- 2** Cut the eggplant in half lengthways, then scoop out the flesh onto a chopping board, chop finely then transfer to a bowl.
- 3** Squeeze out the flesh from the garlic cloves into the bowl containing the eggplant, add the coriander, cumin, lemon juice, cubed tomato and **B-well™ Extra Virgin Olive Oil**, mix everything together until well combined.
- 4** Drizzle over some additional **B-well™ Extra Virgin Olive Oil** and sprinkle over a handful of fresh parsley.
- 5** Serve and enjoy!



“EASY-PEAZY”

Serves: **3-4 PEOPLE**

Time: **5 MIN**



For more recipes, visit: www.bwellfoods.co.za

NUTRIENT NEEDS

FOR A PLANT-BASED DIET



It is essential to do some planning in order to meet your bodies nutrient needs. Here's what you may want to consider:



PROTEIN

Protein-rich plant foods include:



All soy products such as *tofu*, *tempeh* and *beverages*



Cooked beans, peas and lentils

Peanuts and peanut butter

Whole grains such as quinoa

Most nuts and seeds

It is not necessary to combine proteins for example, beans with grains, in the same meal in order to maximize protein absorption.



IRON



Vegans are not at risk of iron deficiency. While the version of iron found in meat (*heme-iron*) is more readily absorbed than the non-heme iron found in plant sources, absorption can be enhanced by combining non-heme iron options with foods high in vitamin C such as citrus fruits, tomatoes, broccoli or berries. Good plant sources of iron include **dark green leafy vegetables**, **dried beans or legumes**, **iron-enriched products**, **nutritional yeast** and **dried fruit**. An example may be a romaine lettuce salad with mandarin oranges.



B-well™



**ASPARAGUS
SOUP**

S T A R T E R





ASPARAGUS SOUP

Winter is upon us and this hearty asparagus soup will help warm you right up. Refined over the years, this must be one of the best soups we've ever had.



INGREDIENTS

3 Tbsp **B-well™ Lemon-infused Canola Oil**

2 yellow onions, *chopped*

3 cloves garlic, *peeled & smashed*

900 g asparagus

6 cups vegetable broth

ground pepper and salt, *to taste*

fresh lemon juice, *for drizzling*

handful fresh coriander, *as garnish*

PREPARATION

- 1 Add **B-well™ Lemon-infused Canola Oil** in a large pot over medium heat, add the onions and garlic and cook until soft and translucent, about 10 minutes.
- 2 Cut the asparagus in half, and add to the pot, along with the vegetable broth. Season with salt and ground black pepper, to taste.
- 3 Bring to a boil, cover and turn heat down to low, simmer for about 30 minutes until vegetables are tender. Meanwhile, bring a small pot of salted water to a boil.
- 4 Purée the soup in a blender until completely smooth. Return the soup to the pot and bring back to a simmer and season with salt and pepper to taste.
- 5 Drizzle over some fresh lemon juice before serving and garnish with some chopped coriander.



“EASY-ISH”

Serves: **4-5 PEOPLE**

Time: **45 MIN**



For more recipes, visit: www.bwellfoods.co.za

B-well™



TEMPURA
..... OF
VEGETABLES

S T A R T E R





TEMPURA OF VEGETABLES

Green vegetable tempura served with a soy and olive sauce. Great for when you're feeling peckish and it's also a fantastic way to get your kids to start eating vegetables. Super yummy!



INGREDIENTS

1 L **B-well™ Fry Well Oil**, *frying*
 1 cup all-purpose flour
 500 ml soda water
 salt and white pepper, *to taste*
 100 g green beans
 100 g asparagus
 100 g tender stem broccoli
 100 g mange tout (snow pea)

FOR SOY & OLIVE SAUCE

100 g of pitted green olives
 ½ cup soy sauce
 1 chili
 handful coriander & basil, *chopped*
 2 cloves garlic, *grated*
 juice of 1 lemon

PREPARATION

- 1 Gently mix the flour and soda water together. It should have the consistency of a thick cream, season with salt and white or black pepper.
- 2 Heat the **B-well™ Fry Well Oil** in a saucepan, once hot, gently dip the vegetables in the batter and deep fry in the oil till golden brown, drain on kitchen paper.
- 3 Transfer to a serving bowl, garnish with ground white or black pepper.
- 4 **SOY & OLIVE SAUCE:**
 Place all the ingredients for the sauce in a food processor and blend, pour into a bowl and use as a dipping sauce.



“so-so”

Serves: **3-4 PEOPLE**

Time: **10-15 MIN**



For more recipes, visit: www.bwellfoods.co.za



B-well™



**CRISPY
ONION
BHAJIS**

STARTER



CRISPY ONION BHAJIS

These crispy fried onion bhajis are insanely good, we made ours with a really delicious dipping sauce which took everything to a whole new level. Enjoy!



INGREDIENTS

- 1 L B-well™ Canola Oil, *frying*
- 150 g all-purpose flour
- 1 tsp salt
- 1 ½ tsp ground coriander
- 1 tsp smoked / normal paprika
- 1 ½ tsp turmeric
- 1 tsp ground cumin
- 150 ml water
- 2 white onions, *finely sliced*

PREPARATION

- 1** Mix together the flour, salt, coriander and remaining spices.
- 2** Add 150 ml cold water to the spice mixture, whisk until you have a thick paste.
- 3** Toss the sliced onions into the batter and mix it around a bit, until the onions are well coated.
- 4** Preheat B-well™ Canola Oil in a large pot, then using a fork or tongs, add small blobs of the onion mixture into the oil.
- 5** Fry for about 3 - 4 minutes, turning the onions a couple of times until they're golden crispy.

SERVING SUGGESTION:

We served the onion bhajis with a really nice dip! We simply mixed together 1 cup B-well™ Original Tangy Mayonnaise, ½ tsp turmeric, 1 Tbsp almond milk and a squeeze of lemon juice.



“so-so”

Serves: **3-4 PEOPLE**

Time: **10-15 MIN**



For more recipes, visit: www.bwellfoods.co.za

B-well™



**ZUCCHINI
..... &
CARROT
FRITTERS**

STARTER





ZUCCHINI & CARROT FRITTERS

Scrumptious low-carb, low-fat zucchini and carrot fritters served with a vegan yoghurt-mint dip. Great for breakfast, lunch or dinner.



INGREDIENTS

- ½ cup **B-well™ Canola & Olive Oil**
- 1 cup all-purpose flour
- 1 tsp baking powder
- 1 tsp cinnamon
- 1 tsp salt + 1 tsp black pepper
- 1 cup almond milk
- 1 banana, *mashed (egg replacement)*
- 2 large carrots, *grated*
- 1 large zucchini, *grated*
- 1 onion, *finely chopped*

FOR YOGHURT MINT DIP

- 1 garlic clove, *finely chopped*
- ½ cup plain vegan yoghurt
- 1 Tbsp mint, *chopped*
- salt and black pepper, *to taste*

PREPARATION

- 1** In a large bowl, whisk together flour, baking powder, cinnamon, salt and pepper. In a separate bowl, whisk together the almond milk and mashed banana.
- 2** Pour dry ingredients into wet; whisk until well combined. Batter should be slightly thicker than cream. Stir in the carrots, zucchini and onions.
- 3** In a frying pan, add ½ a cup of **B-well™ Canola & Olive Oil**. Using a ladle, add the mixture to the pan, frying 1 - 2 fritters at a time. Cook until golden brown, about 1 - 2 minutes a side. Transfer to a plate with paper towels for the oil to drain.

4 YOGHURT MINT DIP:

Mash together the garlic and ¼ tsp salt. In a small bowl, whisk together the garlic paste, vegan yoghurt, mint and 1 Tbsp **B-well™ Canola & Olive Oil**. Cover and refrigerate.



“so-so”

Serves: **4-6 PEOPLE**

Time: **20-25 MIN**



For more recipes, visit: www.bwellfoods.co.za



B-well™



**SPANISH
GAZPACHO**

STARTER



SPANISH GAZPACHO

This authentic Spanish Gazpacho is incredibly tasty and is the perfect dish for those hot and humid summer days. The combination of flavours is fantastic!



INGREDIENTS

- ¾ cup **B-well™ Extra Virgin Olive Oil**
- 1 kg vine ripe tomatoes
- 2 garlic cloves, *minced*
- 1 cucumber, *peeled & chopped*
- 1 green bell pepper, *chopped*
- ½ cup chopped onion
- ¼ cup red wine vinegar
- 2 Tbsp balsamic vinegar
- 1 tsp cumin
- 1 tsp cayenne pepper
- baguette, *small chunks*
- salt and black pepper, *to taste*
- rosemary, *to garnish*

PREPARATION

- 1** Add your tomatoes, garlic, cucumber, green pepper and onion to the blender.
- 2** Begin to pulse. Slowly add **B-well™ Extra Virgin Olive Oil**, red wine vinegar and balsamic vinegar. Keep blending until smooth.
- 3** Add cumin, salt, and cayenne pepper.
- 4** Finally, mix in the small chunks of bread.
- 5** Keep blending until the soup no longer has any chunks and is completely smooth.
- 6** Pour into a large bowl and refrigerate for at least 1 hour. The flavour gets better with time, it will keep well for about 3 - 4 days in the refrigerator.
- 7** You can add a little bit of ground black pepper over the gazpacho once plated and a small sprig of rosemary for decoration.



“EASY-ISH”

Serves: **3-4 PEOPLE**

Time: **10 MIN**



For more recipes, visit: www.bwellfoods.co.za

ADDITIONAL NUTRIENT NEEDS FOR A PLANT-BASED DIET



CALCIUM + VITAMIN D



Calcium is important for strong bones and vitamin D is necessary for your body to be able to absorb calcium. Almonds, sesame seeds, dark-green vegetables (such as broccoli, bok choy and kale), and black strap molasses contain calcium. Other products are fortified with calcium, including soy and rice beverages, tofu and orange juice.



Vitamin D is often added to soy and rice beverages. While sunlight allows us to produce our own vitamin D through our skin, it is typically not sufficient. As a result, these supplemented sources are important, especially for babies, children and older adults.

We recommend for men and women over 50 years of age to take a daily supplement of Vitamin D.



VITAMIN B 12



...is necessary for cell division and blood formation. It can be found in fortified cereals, soy and rice beverages, and some types of nutritional yeast. If you are vegetarian or vegan, consult your health professional about a B12 supplement if you are not sure you're getting enough from your diet.



You don't have to be a vegetarian to reap the health benefits from eating more plant foods and less meat. Try these mouth-watering vegan recipes.



B-well™



**EGGPLANT
STIR FRY**

MAIN





EGGPLANT STIR FRY

A delectable Asian inspired eggplant stir-fry, best served with steamed rice or egg noodles.



INGREDIENTS

3 Tbsp **B-well™ Wok Oil**
(great toasted sesame taste)

2 eggplants, *chopped into chunks*
water, *for soaking*

2 Tbsp soy sauce

2 tsp sugar

1 tsp cornstarch (maizena) +
additional to cover eggplants

1½ tsp ginger, *minced*

2 Tbsp garlic, *minced*

1 Tbsp spring onions

PREPARATION

- 1 Transfer the bite-sized chunks of eggplant to a large bowl and completely cover with water. Leave for 15 minutes, then drain and pat dry.
- 2 In a small bowl, mix together the soy sauce, sugar and cornstarch. Sprinkle additional cornstarch over both sides of the eggplant.
- 3 Pour 2 Tbsp **B-well™ Wok Oil** in a large wok, skillet or frying pan on medium-high heat. Once heated, add the eggplant, leaving a small open space between each piece. Grill the eggplant on both sides until lightly charred (7 - 10 minutes). Transfer to a plate and do the remaining batches.
- 4 Add 1 Tbsp **B-well™ Wok Oil** to your wok/skillet/frying pan, add the ginger and garlic. Add the eggplant back into the pan. Pour sauce over and give everything a quick stir, until slightly thickened. Season with salt and pepper to taste, sprinkle over the spring onions and serve immediately.



“FOODIE-LEVEL”

Serves: **3-4 PEOPLE**

Time: **35 MIN**



For more recipes, visit: www.bwellfoods.co.za

B-well™



**COCONUT
CHICKPEA
CURRY**

MAIN





COCONUT CHICKPEA CURRY

A vegan pumpkin, potato, coconut and chickpea curry served with a side of naan bread. This must be hands-down one of the best vegan curry dishes ever...



INGREDIENTS

- 2 Tbsp **B-well™ Chilli-infused Canola Oil**
- 3 garlic cloves, *minced*
- 1 Tbsp ginger, *finely chopped*
- 1 fresh red chilli, *finely chopped*
- 2 onions, *cut into rough chunks*
- 1 tsp mustard seeds
- 10 curry leaves
- 1 bunch fresh coriander, *chopped*
- 1 tsp smoked or normal paprika
- ½ tsp gound black pepper
- ½ tsp turmeric
- 2 large potatoes, *cut in quarters*
- 400 g tin of tomatoes, *chopped*
- 400 g tin of coconut milk
- 500 g pumpkin, *cut into chunks*
- 400 g tin of chickpeas
- 100 g green peas

PREPARATION

- 1** Pour **B-well™ Chilli-infused Canola Oil** into a large saucepan on a high heat. Add the garlic, ginger, chilli and onions, then reduce heat to medium. Stir occasionally and cook until brown, then add the mustard seeds, curry leaves, and coriander and fry until the curry leaves go crispy.
- 2** Add the paprika, black pepper, turmeric, potatoes, tomatoes and coconut milk. Bring everything to a boil, then add the pumpkin and chickpeas. Reduce to low heat, cover with a lid and simmer for 40 minutes. Check occasionally and add a splash of water if it looks a bit dry.
- 3** Remove the lid, add the green peas and cook for an additional 15 minutes or until the sauce is nice and thick.
- 4** Serve immediately on a bed of rice or with a side of naan bread.



For more recipes, visit: www.bwellfoods.co.za

● ● ● ○ “FOODIE-LEVEL”

Serves: **4-5 PEOPLE**

Time: **1 HOUR**



B-well™



**VEGETABLE
LASAGNA**

MAIN





VEGETABLE LASAGNA

A hearty vegetable lasagna that brings together all the veggie flavours perfectly. Even though there is no meat in this lasagna, your kids won't even notice it, it really is that good!



INGREDIENTS

- 2 Tbsp **B-well™ Garlic-infused Canola Oil**
- 12 lasagna noodles / sheets, *cooked*
- 1 cup onions, *chopped*
- 4 garlic cloves, *minced*
- 2 zucchinis, *thinly sliced lengthways*
- 1 sweet potato, *sliced into rounds*
- 1 large red pepper, *finely chopped*
- 1 can crushed tomatoes
- fresh basil leaves, *chopped*
- salt & fresh ground black pepper
- 450 g cashew cream cheese
- ½ cup of puréed tofu
- 1 cup vegan mozzarella cheese
- 1 Tbsp pesto (*optional*)

PREPARATION

- 1** Preheat oven to 180°C. Add **B-well™ Garlic-infused Canola Oil** in a large skillet over medium heat. Add onion, garlic, zucchini, sweet potato. Cook until al dente (5 - 8 minutes).
- 2** Stir in the red peppers and crushed tomatoes. Bring to a low simmer and cook until the liquid has reduced by half (8 - 10 minutes). Add the basil and season with salt and pepper, to taste.
- 3** For the cheese filling, Stir cashew cream cheese, puréed tofu and ½ tsp of salt in a bowl until blended. Spoon 1 cup of vegetable mixture into a casserole to cover the bottom. Arrange sheets lengthwise, side by side to cover the bottom.
- 4** Spread half of the cheese filling over the noodles. Sprinkle a ⅓ of the vegan mozzarella cheese. Repeat layers. Add pesto to the final layer before adding the last layer of cheese. Bake for 30 - 35 minutes, until the cheese is nice and crusty.



“FOODIE-LEVEL”

Serves: **5-6 PEOPLE**

Time: **1 HOUR 15 MIN**



For more recipes, visit: www.bwellfoods.co.za

B-well™



**CHARGRILLED
CAULIFLOWER
STEAKS**

MAIN





CHARGRILLED CAULIFLOWER STEAKS WITH TURMERIC OIL AND TOASTED CUMIN SEEDS

Such a great alternative if you are going meat-free and just as satisfying. As good if done on the braai, so put that traditional steak aside and opt for cauliflower instead.



INGREDIENTS

- 100 ml **B-well™ Canola Oil**
- 1 large head of cauliflower
- 1 Tbsp turmeric powder
- 1 Tbsp toasted cumin seeds
- 1 tsp ground cumin powder
- 2 Tbsp coriander, *finely chopped*
plus whole leaves to garnish
- 1 Tbsp freshly squeezed lime juice
- sea salt and pepper, *to season*

PREPARATION

- 1** Remove leaves and trim stem of cauliflower, leaving core intact. Place cauliflower, core side down, on a work surface. Starting at the midline of the cauliflower, slice from top to bottom into 4 'steaks'.
- 2** Oil the grate of a grill pan and get up to medium high heat.
- 3** In a bowl combine the **B-well™ Canola Oil**, turmeric powder, cumin seeds, cumin powder and chopped coriander, mix to combine. Using a basting brush, brush each side of the steaks well.
- 4** Grill the 'steaks' until charred and tender, about 10 minutes in total (*turning continuously*).
- 5** Remove to a warm plate, drizzle with lime juice and season, serve immediately garnished with fresh coriander.



"EASY-PEAZY"

Serves: **2-3 PEOPLE**

Time: **15 MIN**



For more recipes, visit: www.bwellfoods.co.za

B-well™



**MUSHROOM
RISOTTO**

MAIN





M U S H R O O M R I S O T T O

With a prominent note of mushroom, white wine and garden fresh veggies, this risotto is hands down one of the best dishes you'll ever have!



INGREDIENTS

- 1 Tbsp **B-well™ Extra Virgin Olive Oil**
- 1 shallot / ½ white onion, *finely diced*
- 1 celery stick, *finely diced*
- 3 garlic cloves, *minced*
- 200 g porcini / shiitake mushrooms, *thinly sliced*
- 50 g risotto rice (*short, fat grains*)
- ½ cup dry white wine
- 50 g green peas
- 500 - 750 ml vegetable stock
- 2 Tbsp vegan butter
- 2 Tbsp vegan hard cheese
- fresh parsley, *to serve*
- salt and ground black pepper, *to taste*

PREPARATION

- 1** Heat the **B-well™ Extra Virgin Olive Oil** in a large sauté pan. Add the shallot, celery and garlic. Cook on a medium-low heat until softened, but not browned.
- 2** Add the mushrooms and cook for an additional 1 minute.
- 3** Stir in the risotto rice and immediately pour in the white wine. Simmer for approximately 5 minutes or until all the liquid has been absorbed, add the green peas and a cup of vegetable stock and repeat adding vegetable stock until the rice is al dente.
- 4** Once cooked, remove from heat and immediately add in vegan butter and cheese, stirring until well combined (the risotto should have a oozing consistency). Top with a handful of chopped fresh parsley, season with salt and pepper.



“FOODIE-LEVEL”

Serves: **3-4 PEOPLE**

Time: **20 MIN**



For more recipes, visit: www.bwellfoods.co.za

DID YOU KNOW

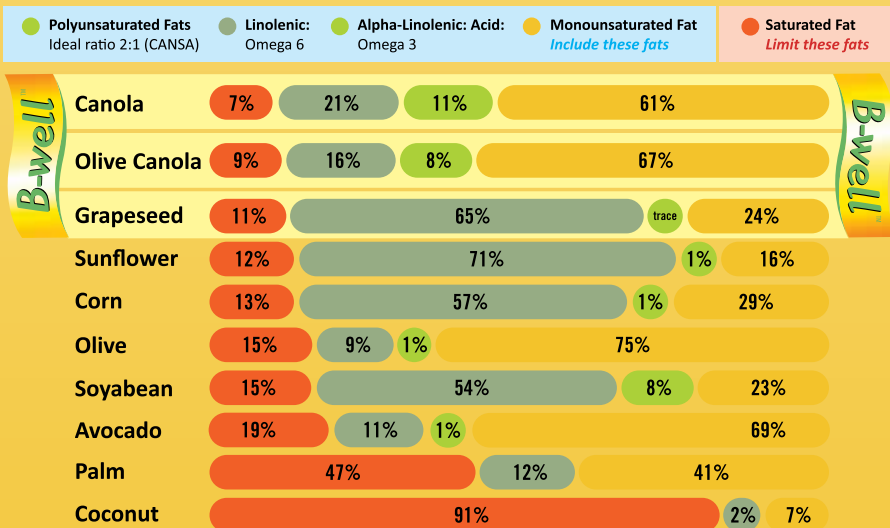
Switch to canola, switch to healthier living.

B-well Canola oil is cholesterol free, with only 7% saturated fat (compared to Sunflower 12% and Olive 15%) - naturally it is the healthier option.

Our Canola Oil is also endorsed by the Heart & Stroke Foundation SA and it is the only cooking oil in South Africa to carry the CANSA Smart Choice Seal, this is due to the ideal 2:1 ratio of Omega 6 to Omega 3.



Typical fatty acid values of different oils:



B-well™



**VEGAN
CHOCOLATE
BROWNIES**

D E S S E R T





VEGAN CHOCOLATE BROWNIES

Sugar free chocolate brownies drizzled with a zero sugar dark chocolate glaze, topped with almond flakes. Need we say more?



INGREDIENTS

- ½ cup B-well™ Canola Oil
- 4 bananas, *mashed*
- 1 Tbsp vanilla extract
- ½ tsp baking soda
- 1 cup erythritol
- 1 cup unsweetened cocoa powder
- ½ cup all-purpose flour
- ½ cup pecans nuts or almonds
- 1 bar sugar free dark chocolate
- 1 Tbsp vegan butter
- 1 tsp water

PREPARATION

- 1** Preheat oven to 180°C. Cover a brownie square pan with baking paper. Set aside.
- 2** In a bowl, whisk together the mashed bananas, **B-well™ Canola Oil**, vanilla extract and baking soda.
- 3** Combine the erythritol, unsweetened cocoa powder, all-purpose flour and nuts. Transfer the brownie batter onto the prepared pan. Bake for 20 - 25 minutes or until a toothpick comes out clean. The texture should be soft in the center. It's important to not overbake the brownies.
- 4** Cool down on a rack before cutting into squares.

FOR CHOCOLATE GLAZE:

Melt the sugar free dark chocolate and mix with 1 Tbsp vegan butter and 1 tsp water, drizzle over the brownies and decorate with almond flakes.



“EASY-PEAZY”

Serves: **5-6 PEOPLE**

Time: **25-30 MIN**



B-well™



**BLUEBERRY
COCONUT
PUDDING**

D E S S E R T





BLUEBERRY COCONUT PUDDING

It's simple, delicious and nutritious. This blueberry & coconut pudding is crammed with fiber, protein and iron. Served hot or cold, it's really a great dessert!



INGREDIENTS

- 1 cup water
- ¼ tsp salt
- 1 can coconut milk
- 2 - 4 Tbsp maple syrup
- 1 tsp vanilla extract
- 1 cup oatmeal
- 1 cup blueberries
- ½ tsp rose water

PREPARATION

- 1 Combine the water, salt, coconut milk, maple syrup and vanilla in a large saucepan and bring to a boil.
- 2 Add in the oatmeal and keep stirring for about 2 minutes. Reduce to low heat, cover and simmer for 5 minutes, stirring occasionally.
- 3 Add half the blueberries and cook for another 5 minutes, until nice and creamy.
- 4 Add the rose water and the remaining blueberries. Turn off the heat, return the lid and allow to sit for another 5 - 10 minutes before serving.



“EASY-PEAZY”

Serves: **2 PEOPLE**

Time: **15-20 MIN**



For more recipes, visit: www.bwellfoods.co.za

B-well™



**HOMEMADE
CHURROS**

DESSERT





HOMEMADE CHURROS

Churros is a popular deep-fried dough pastry, traditionally dunked in either a chocolate or caramel sauce...

If you're fond of doughnuts, then you'll definitely love these little bad boys!



INGREDIENTS

1 L B-well™ Fry Well Oil, *frying*

350ml boiling water

50 g vegan butter, *melted*

½ tsp vanilla extract

250 g all-purpose flour

1 tsp baking powder

big pinch of salt

cinnamon sugar, *to taste*

PREPARATION

- 1 Pour 350ml boiling water into a jug and add the melted butter and vanilla extract. Sift the flour and baking powder into a big mixing bowl with a pinch of salt. Then pour in the contents of the jug, quickly beat in the flour with a spoon until lump-free. Rest for 10 - 15 minutes.
- 2

Put all the sauce ingredients into a pan and gently melt together, stirring occasionally until you have a smooth shiny sauce. Keep warm on a low heat.

- 3
- 4 Add B-well™ Fry Well Oil to a large pot. Heat until sizzling hot. With a star nozzle, fill piping bag with the dough, and pipe 3 - 4 strips directly into the pot, snipping off each dough strip with scissors. Fry until golden brown and crispy, remove with a slotted spoon and drain on the kitchen paper.
- 5 Carry on cooking the rest of the dough in batches, sprinkling the cooked churros with some cinnamon sugar.



“EASY-PEAZY”

Serves: **3-4 PEOPLE**

Time: **15-20 MIN**





B-well™



SUGAR FREE
NUTELLA
SAUCE

DESSERT



A large, golden-brown crepe is laid flat on a dark wooden surface. A thick layer of dark chocolate spread is being applied to the center of the crepe with a silver butter knife. Two fresh green basil leaves are placed on the crepe, one on the left and one on the right of the chocolate spread. The crepe has a slightly puffed and textured appearance.



SUGAR FREE NUTELLA SAUCE

Nutella is a cult-classic. Here is our sugar free, vegan version of this family favourite chocolate spread...



INGREDIENTS

1 Tbsp B-well™ Canola Oil

1 cup hazelnuts

½ cup almond / coconut milk

¼ cup unsweetened cocoa powder

1 Tbsp vanilla extract

1 Tbsp maple syrup

PREPARATION

- 1 In a dry skillet, toast your hazelnuts until fragrant, about 4 - 5 minutes over medium heat.
- 2 Place on a clean kitchen towel and allow to cool. Once cool, rub towel over them to loosen and remove as much of their skins as possible.
- 3 Place nuts in a food blender and blend until fine or alternatively place the whole hazelnuts under a cloth and hit them with something hard until crushed.
- 4 Mix together the B-well™ Canola Oil, hazelnut, almond / coconut milk, cocoa powder, vanilla extract and maple syrup. Whisk until smooth and transfer your decadent sugar free nutella into a glass jar.

* You can keep it for weeks in the refrigerator.



“EASY-PEAZY”

Serves: **3-4 PEOPLE**

Time: **10 MIN**





FULL PRODUCT RANGE



Canola
OIL

750ml & 5 Litre



Canola & Olive
BLENDED OIL

1 Litre & 5 Litre



Cooking
OLIVE OIL

1 Litre



Extra Virgin
OLIVE OIL

1 Litre & 5 Litre



Fry Well
OIL

2 Litre



Wok
OIL

750ml



Sauté
OIL

750ml



Grapeseed
OIL

750ml



Omega 3
COOKING OIL

375ml, 750ml & 2 Litre



INFUSED
Canola Oil
CHEEKY CHILLI

750ml



INFUSED
Canola Oil
SIMPLY GARLIC

750ml



INFUSED
Canola Oil
ZESTY LEMON

750ml

For the information on the health benefit on B-wells products visit:

WWW.BWELLFOODS.CO.ZA



FULL PRODUCT RANGE



Original Tangy
MAYONNAISE

375g, 750g & 3kg



Thick & Creamy
MAYONNAISE

370g, 740g & 3kg



Olive & Canola
MAYONNAISE

370g & 740g



Reduced Oil
MAYONNAISE

750g



Sandwich
SPREAD

250g



Chef
COOKING OIL

20 Litre



Canola
BAKING SPRAY

300ml



Canola
COOKING SPRAY

300ml

To nurture your inner foodie, be sure to download our previous eCookbooks at:

WWW.BWELLFOODS.CO.ZA/COOKBOOK/



Fan Favourites COOKBOOK



The Ramadaan COOKBOOK





Healthy eating
you can live with.

CONTACT US

TEL: +27 (0)28 514 3441

EMAIL: info@bwellfoods.co.za

www.bwellfoods.co.za

