

Plant yogurt that's  
delish, nutritish and  
good for the planet.



Plant-based  
Yogurt Recipes



# It's the Vitasoy way to yogurt!

Vitasoy have finally cracked the code on plant-based yogurt, creating a soy yogurt that delivers on nutrition, taste and texture.



The plant-based yogurts are designed to give the satisfaction of a traditional Greek-style yogurt, with its classic thick and creamy texture.

Available now in Woolworths stores nationally in four delicious flavours - Vitasoy Greek Style Plain, Hint of Vanilla, Hint of Mango & Passionfruit and Hint of Strawberry.

This nutritionally balanced, creamy and - most importantly - tasty Greek-style soy yogurt can be used as easily in a smoothie or breakfast bowl as it can as an ingredient for cooking.

With the goodness of calcium, vitamins D & B12 and 8 grams of protein per serve, there has never been a tastier way to help you reach your daily recommended intakes.

Get some inspiration from this recipe book and share your favourites with us!

 @vitasoyanz  
 @vitasoy\_auz\_nz  
#letsgrowabetterworld



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# Cacao Granola With Yogurt And Strawberries

Preparation Time: 20 minutes

Cooking Time: 30 minutes

## SERVES 6

### INGREDIENTS

¼ cup raw cacao powder (or cocoa powder)	¼ cup black sesame seeds
½ cup pure maple syrup	½ cup black chia seeds
1 teaspoon vanilla extract	1 cup blanched hazelnuts, roughly chopped
¼ cup coconut oil	¼ cup coconut flakes
2 cups puffed quinoa (or substitute with puffed rice)	2 x 140g tubs Vitasoy Greek Style Soy Yogurt – Strawberry
1 cup rolled oats	250g punnet hulled strawberries, halved

### METHOD

1. Preheat oven to 180°C (160°C fan forced). Place cacao powder, maple syrup, vanilla and coconut oil in a small saucepan and stir over medium heat until smooth. Place the puffed quinoa, rolled oats, sesame seeds, chia seeds and hazelnuts in a large bowl and pour over syrup and mix to combine.
2. Spread evenly over two large baking trays lined with baking paper. Cook for 25 minutes, stirring halfway. Add the coconut and cook for a further 5 minutes until crisp and golden. Allow to cool.
3. Serve cacao granola dolloped with Vitasoy Strawberry Yogurt topped with strawberries and cacao nibs.

### TIP:

*Blanched hazelnuts can be bought in packets at most supermarkets. If unavailable, you can use the brown skinned hazelnuts.*

*Keep granola in an airtight container for up to 1 month.*



# Gluten Free Bircher Muesli

Preparation Time: 15 minutes

Standing Time: 3 hours + overnight

**SERVES 4**

## INGREDIENTS

½ cup coconut flakes  
¼ cup raw buckwheat, rinsed  
2 tablespoons quinoa flakes  
2 tablespoons sunflower seeds  
¼ cup pepitas  
1 tablespoon flaxseeds  
1 tablespoon hemp seeds  
or sesame seeds

juice of 1 orange  
2 x 140g tubs Vitasoy Greek Style Soy Yogurt – Vanilla  
¼ cup Vitasoy Soy or Almond Milk  
1 apple, grated or cut into matchsticks  
fruits and seeds, to serve

## METHOD

1. Combine the flakes, buckwheat, quinoa flakes, seeds, orange juice, yogurt and milk. Cover and refrigerate for at least 3 hours or overnight.
2. Just before serving, stir in the apple. Serve in bowls topped with fruit and seeds.

*Raw Buckwheat (or Buckwheat kernels) are available at most leading supermarkets. If unavailable substitute with gluten free oats. Add extra Vitasoy Milk if mixture is too thick.*



# Savoury Breakfast Bowl

Preparation Time: 20 minutes

Cooking Time: 12 minutes

**SERVES 4**

## INGREDIENTS

200g regular quinoa, rinsed  
2 spring onions, sliced  
1 tablespoon lime juice  
1 tablespoon avocado oil  
1 cup Vitasoy Greek Style Soy Yogurt – Plain  
2 teaspoons sumac  
1 avocado, cut into quarters  
25g baby spinach leaves  
2 regular tomatoes or cherry tomatoes cut into wedges  
4 eggs, soft boiled

## METHOD

1. Put the quinoa and 2 cups (500ml) water in a large saucepan and bring to the boil over medium heat. Cover, reduce the heat to low and simmer for 10-12 minutes or until most of the water has evaporated and the grains are tender. Remove from the heat (drain if required) and transfer to a bowl to cool slightly. Stir in spring onion, lime juice, oil and season to taste.
2. In a separate bowl combine yogurt and sumac in a small bowl. Season to taste. Divide quinoa between bowls and top with avocado, spinach, tomatoes and eggs.

*Avocado oil can be substituted with olive oil.*



# Corn Fritters With Chipotle Yogurt

Preparation Time: 15 minutes

Cooking Time: 10 minutes

SERVES 4

## INGREDIENTS

1 cup wholemeal spelt flour  
1 teaspoon baking powder  
1 teaspoon ground cumin  
1 teaspoon ground coriander  
2 eggs, lightly beaten

½ cup Vitasoy Greek Style Soy Yogurt – Plain  
½ small red onion, finely chopped  
2 cups fresh corn kernels  
¼ cup finely chopped coriander

½ cup Vitasoy Greek Style Soy Yogurt – Plain, extra

1 tablespoon chipotle paste or finely chopped chipotle chillies in adobo sauce  
250g punnet mixed cherry tomatoes, roughly chopped

1 tablespoons olive oil  
Vegetable or olive oil, for shallow frying  
1 avocado, cut into wedges

## METHOD

Combine flour, baking powder, spices and salt and pepper to taste. Make a well in centre, add eggs and yogurt and whisk until it forms a smooth batter. It will be very stiff. Stir in red onion, corn and half of the coriander.

In a separate bowl combine the extra yogurt and chipotle paste and season to taste. In another bowl, mix together cherry tomatoes, remaining coriander and oil and season to taste. Set aside

Heat oil in a large heavy based frying pan over medium heat. Drop ⅓ cup of mixture into pan and cook, in batches, for 3 minutes each side to make 8 fritters. Set fritters aside and keep warm while cooking others. Top fritters with avocado wedges, cherry tomatoes and dolloped with chipotle yogurt.

*2 cobs of corn with yield approx. 2 cups corn kernels.*

*If wholemeal spelt flour is unavailable, substitute for wholemeal plain flour or standard plain flour.*

*If chipotle paste is unavailable, substitute with 1 teaspoon minced chilli (or to taste) and ½ teaspoon smoked paprika.*



# Indian Spiced Potatoes

Preparation Time: 10 minutes

Cooking Time: 50 minutes

**SERVES 4**

## INGREDIENTS

500g chat potatoes, quartered  
1 onion, cut into wedges  
½ eggplant, cut into 2.5cm chunks  
½ red capsicum, cut into 2.5cm chunks  
1 tablespoon vegetable oil  
1 clove garlic, crushed  
2 teaspoons finely grated fresh ginger  
40g curry leaves, approx. 2 stalks  
½ teaspoon turmeric  
½ teaspoon black or yellow mustard seeds  
½ cup Vitasoy Greek Style Soy Yogurt - Plain  
1 tablespoon finely chopped mint  
2 teaspoons finely grated fresh ginger  
1 tablespoon lemon juice  
½ long green chilli, seeds removed and chopped

## METHOD

1. Preheat oven to 200°C (180°C fan forced). Place potatoes, onion, eggplant and capsicum on an oven tray lined with baking paper. Drizzle over oil and add garlic, ginger, curry leaves, turmeric and mustard seeds. Season well with salt and pepper. Toss to coat vegetables in spices. Bake for 45-50 minutes, turning occasionally or until golden brown and cooked through.
2. Combine yogurt, mint, ginger, lemon and chilli and season to taste. Serve spooned over vegetables.

# Spiced Rubbed Chicken Tacos With Avocado Cream

The yogurt marinade creates such a succulent result in this spiced chicken.

Preparation Time: 25 minutes

Cooking Time: 20 minutes

**SERVES 4**

## INGREDIENTS

3 cloves garlic, crushed  
2 teaspoons smoked paprika  
1 teaspoon cumin seeds  
½ cup Vitasoy Greek Style Soy Yogurt - Plain  
500g chicken thigh fillets  
1 ripe avocado  
½ cup Vitasoy Greek Style Soy Yogurt - Plain, extra

## METHOD

1. Pre-heat oven to 200°C (180°C fan forced). Combine garlic, paprika, cumin seeds and yogurt in a bowl and season to taste. Add chicken thighs and coat in marinade. Arrange chicken on a baking paper lined tray and bake for 18-20 minutes or until cooked through. Slice chicken into strips.
2. Meanwhile, in a blender, process avocado, yogurt, lime juice, salt and pepper until smooth.
3. Combine cabbage, red onion, parsley and lime juice to make slaw. Season well with salt and pepper.
4. Warm tortillas according to packet instructions. Serve topped with slaw, avocado cream and sliced chicken.

*This marinade is also ideal when used with white firm fish fillets.*

1 tablespoon lime juice  
½th wedge green cabbage, thinly sliced  
¼ small red onion, thinly sliced  
1 tablespoon finely chopped parsley  
1 tablespoon lime juice, extra  
12 flour tortillas



# Chilli Con Vegetables

Preparation Time: 20 minutes

Cooking Time: 15 minutes

SERVES 4

## INGREDIENTS

1 cup textured vegetable protein	400ml tomato passata
2 tablespoons olive oil	400g can black beans
1 onion, finely chopped	1 avocado
2 cloves garlic crushed	½ cup Vitasoy Greek Style Soy Yogurt - Plain
2 tablespoons tomato paste	2 tablespoons finely chopped coriander
1 small red chilli, seeds removed and finely chopped	1 tablespoon lime juice
1 red capsicum, finely chopped	1 cup Vitasoy Greek Style Soy Yogurt - Plain, extra, to serve
2 teaspoons ground cumin	Corn chips, to serve
2 teaspoons smoked paprika	

## METHOD

1. Prepare the textured vegetable protein (TVP) according to packet instructions. Drain any excess soaking liquid.
2. Heat the oil in a large saucepan over medium heat. Add the onion and garlic and cook for 3-4 minutes or until softened. Add the tomato paste, chilli, capsicum and spices and cook for a further 1 minute. Pour in the tomato passata and 1 cup of water and bring to the boil. Reduce heat, add beans and prepared TVP and simmer for 10 minutes, stirring occasionally or until liquid slightly reduced.
3. Roughly mash avocado and mix with yogurt, coriander and lime. Serve chilli dolloped with yogurt, avocado and corn chips.

## TIPS:

TVP or textured vegetable protein is available in the health section of supermarkets. Wellness Road at Coles or Macro brand at Woolworths are readily available.

Omit fresh chilli, cumin and paprika and replace with 2 teaspoons Mexican spice.

For extra spicy heat, don't remove seeds from the chilli before finely chopping.



# Moroccan Lentil Soup

Preparation Time: 10 minutes

Cooking Time: 25 minutes

**SERVES 4**

## INGREDIENTS

Moroccan Lentil Soup:

- 2 tablespoons olive oil
- 1 onion, diced
- 1 carrot, diced
- 2 cloves garlic, crushed
- 1 tablespoon tomato paste
- 2 teaspoons ground cumin
- 2 teaspoons smoked paprika
- 1 litre (4 cups) vegetable stock

- 1 x 400g can diced tomatoes
- 1 x 400g can chickpeas, drained
- 1 x 400g can brown lentils, drained
- 150g baby spinach leaves or shredded kale
- Garlic Yogurt:
  - 1 cup Vitasoy Greek Style Soy Yogurt – Plain
  - 3 cloves garlic, crushed
  - 1 tablespoon olive oil, extra

## METHOD

1. Heat the oil in a large saucepan over medium heat. Add the onion, carrot and garlic and cook, stirring, for 5 minutes or until softened. Add the tomato paste and spices and cook for a further 1 minutes. Add the stock, tomatoes, chickpeas and lentils and bring to the boil. Reduce heat to low and simmer for 15-20 minutes or until slightly thickened. Stir in baby spinach and remove from heat.
2. Meanwhile, make the garlic yogurt by mixing yogurt, garlic and olive oil. Season well to taste.
4. Ladle soup into serving bowls and top with garlic yogurt. Serve.



# Yogurt Pizza Base With Field Mushrooms And Olives

Preparation Time: 25 minutes

Cooking Time: 20 minutes

**MAKES 4 MEDIUM PIZZAS**

## INGREDIENTS

- 2 cups self-raising flour
  - 1 ½ cups Vitasoy Greek Style Soy Yogurt – Plain
  - ½ cup Vitasoy Greek Style Soy Yogurt – Plain, extra
  - ¼ cup nutritional yeast, optional
  - 200g mixed field mushrooms sliced
  - ½ x 250g punnet cherry tomatoes
  - 20 pitted black olives, torn
  - 2 tablespoons olive oil
  - 20g (large handful) rocket leaves
- Nutritional Yeast gives a cheesy taste to the yogurt and makes a great substitute for cheese. Omit if unavailable.

## METHOD

1. Pre-heat oven to 220°C (200°C fan forced). Sift flour into a bowl. Make a well in the centre and stir in yogurt until mixture forms a soft dough. Turn onto a lightly flour surface and knead very lightly until just smooth. Roll pizza out to 4 x 22cm circles.
2. Combine extra yogurt and nutritional yeast and spread over pizza bases. Top evenly with mushrooms, tomatoes and olives. Drizzle with olive oil.
3. Bake for 15-20 minutes or until cooked through. Serve topped with rocket leaves.





# Thai-Style Fish Cakes With Lime Coconut Dressing

Preparation Time: 20 minutes

Cooking Time: 10 minutes

SERVES 4

## INGREDIENTS

### Lime Coconut Dressing:

1 cup Vitasoy Greek Style Soy Yogurt – Plain  
Zest and juice of 1 lime  
1 tablespoon desiccated coconut

### Thai-Style Fish Cakes:

500g skinless white fish fillets, cubed  
1 tablespoon finely chopped lemongrass  
1 tablespoon finely grated ginger  
2 teaspoons siracha sauce  
1 tablespoon fish sauce  
2 tablespoons chopped coriander leaves

## METHOD

1. Combine yogurt, zest and lime juice and coconut and season to taste. Remove 2 tablespoons for fish cakes and set aside.
2. Place fish, lemongrass, ginger, siracha, fish sauce, coriander and reserved 2 tablespoons of dressing in a food processor. Process until smooth and season with salt and pepper. Shape mixture into 12 patties.
3. Heat a non-stick frying pan over medium heat. Add patties and cook for 3-5 minutes each side or until golden brown and cooked through. Remove from heat and serve with Lime and Coconut Dressing.



# Minted Pea Felafels With Lemon Dipping Sauce

Great for a healthy snack or added to a wrap with salad for lunch.

Preparation Time: 10 minutes

Cooking Time: 25 minutes

MAKES 28 FELAFELS

## INGREDIENTS

400g can chickpeas, drained and rinsed  
1 onion, finely chopped  
1 ½ cups frozen peas, thawed  
2 tablespoons white chia seeds  
2 cups (70g) baby spinach leaves  
½ cup parsley leaves

1 cup mint leaves  
½ teaspoon baking powder  
2 teaspoons sumac  
1 cup Vitasoy Greek Style Soy Yogurt – Plain  
Rind and juice of 1 small lemon  
2 tablespoons finely chopped mint

## METHOD

1. Preheat oven to 220°C (200°C fan forced). Line a large oven tray with baking paper. Combine felafel ingredients in a food processor with salt and pepper and process until very finely chopped and blended.
2. Roll 1 tablespoon portions of the mixture into balls/ patties and place on the tray. Spray or brush with oil and bake for 20-25 minutes or until golden brown.
3. Make Lemon Dipping Sauce by combining all ingredients and season to taste. Serve with warm or cold felafels

*Felafels will keep in the fridge for up to 5 days or frozen, between layers of cling wrap, for up to 1 month. As an alternative shallow fry over medium-high heat until golden. Drain on paper towel.*



# Indian Butter Mushrooms With Cauliflower Rice

Preparation Time: 15 minutes

Cooking Time: 20 minutes

SERVES 4

## INGREDIENTS

1 tablespoon coconut oil  
⅓ cup store bought butter chicken paste  
500g button mushrooms, quartered  
1 tomato, diced  
1 cup Vitasoy Greek Style Soy Yogurt – Plain  
½ (500g) cauliflower, cut into florets  
1 tablespoon coconut oil, extra  
1 teaspoon brown mustard seeds, optional

## METHOD

1. Heat oil in a large frying pan over medium heat. Add butter chicken paste and cook for 2 minutes or until fragrant. Stir in mushrooms, tomatoes and ¼ cup of water and cook for 8-10 minutes or until mushrooms are coated in spices and just tender. Add yogurt and an extra ½ cup of water and simmer for a further 5 minutes or until mushrooms are cooked through.
2. Meanwhile, place cauliflower in a food processor and process until it resembles breadcrumbs. Heat the extra oil in a frying pan and add cauliflower and cook, stirring, for 5 minutes or until tender. Divide cauliflower rice and butter mushrooms among serving plates.

*If you prefer your butter chicken a little sweeter, add a teaspoon or two of brown sugar.*



# Salmon Skewers With Yogurt Tartar Sauce

Preparation Time: 30 minutes

Cooking Time: 5 minutes

MAKES 12/SERVES 3-4

## INGREDIENTS

### Salmon Skewers:

Rind and juice of 1 lemon  
2 cloves garlic, crushed  
2 tablespoons olive oil  
500g skinless salmon fillets, cut into 3cm cubes

### Tartar Sauce:

1 cup Vitasoy Greek Style Soy Yogurt – Plain  
16 cornichons, finely chopped  
2 tablespoons capers, chopped  
2 tablespoons chopped dill  
1 tablespoon lemon juice

## METHOD

1. Combine lemon, garlic and oil in a bowl. Add salmon and toss until combined. Cover and stand for 10 minutes, if time permits.
2. In a small bowl, combine the yogurt, cornichons, dill, caper, lemon juice and season to taste. Chill until ready to use.
3. Thread salmon onto 12 skewers. Preheat a char-grilled pan over medium-high heat. Add salmon and cook for 2 minutes each side for medium rare or cooked until your liking. Serve skewers with a side salad and a tartar sauce.

*In a hurry – forget the skewers and just marinate whole pieces of salmon.*



# Rainbow Slaw



Preparation Time: 15 minutes

**SERVES 4**

## INGREDIENTS

### Coleslaw:

- 4 cups shredded kale
- ¼ (250g) small red cabbage, shredded
- 2 medium carrots, peeled and grated
- 1 medium beetroot, peeled and grated
- 4 spring onions, thinly sliced

### Coleslaw Dressing:

- ½ cup Vitasoy Greek Style Soy Yogurt – Plain
- 1 tablespoon lemon juice
- 1 tablespoon Dijon mustard

## METHOD

1. Place kale, cabbage, carrot, beetroot and spring onion in a bowl and toss to combine.
2. In a separate bowl, combine yogurt, lemon juice and mustard and season to taste.
3. Place ⅓ of the vegetables in the base of a salad bowl. Drizzle with ⅓ of the dressing. Repeat layers. Serve immediately.

*Slaw can be mixed with dressing like regular coleslaw although the beetroot will cause some colour bleeding. Add dressing to coleslaw just before serving to maintain the crunchy cabbage and carrot.*

# Mixed Grain Salad With Honey And Cumin Dressing

Preparation Time: 10 minutes

Cooking Time: 15 minutes

**SERVES 4-6**

## INGREDIENTS

- 1 cup dried freekeh or pearl barley
- 1 cup dried tri-coloured quinoa (or regular)
- ¼ cup pumpkin seeds
- ⅓ cup flaked natural almonds
- 1 x 400g can brown lentils, drained
- ½ cup currants
- 1 pomegranate, seeds removed, optional
- ½ bunch coriander, chopped
- ½ bunch parsley
- Juice of 1 lemon
- 2 tablespoons olive oil
- 1 cup Vitasoy Greek Style Soy Yogurt – Plain
- 2 teaspoons honey
- ½ teaspoon ground cumin

## METHOD

1. Cook freekeh and quinoa in separated saucepans according in packet instructions. Drain well and allow to cool.
2. Place pumpkin seeds and almonds in a frying pan over medium heat and toast nuts, stirring, until golden brown and toasted.
3. In a bowl, place cooked grains, lentils, toasted seeds and nuts, currants, pomegranate, coriander and parsley. Add lemon and olive oil and season to taste. Toss to combine. Arrange on a serving platter.
4. Combine yogurt, honey and cumin in a separate bowl and mix to combine. Spoon over salad and serve.



# Five Vegetable Tahchin (Layered Rice Cake)

Preparation Time: 30 minutes

Cooking Time: 75 minutes

## SERVES 4

### INGREDIENTS

½ eggplant, diced  
1 zucchini, diced  
½ red capsicum, diced  
1 carrot, diced  
250g pumpkin, diced  
2 tablespoons olive oil  
1 teaspoon allspice  
1 teaspoon cumin  
1 teaspoon coriander

1 cup (150g) basmati rice  
¼ teaspoon turmeric  
1 cup Vitasoy Greek Style Soy Yogurt – Plain  
2 egg yolks  
2 tablespoons olive oil, extra  
1 brown onion, thinly sliced  
½ cup goji berries  
parsley leaves, to serve

### METHOD

1. Preheat oven to 200°C (180°C fan forced). Arrange vegetables on an oven tray with baking paper. Drizzle with oil and sprinkle with allspice, cumin and coriander. Season with salt and pepper. Bake for 30 minutes or until golden brown and tender, turning occasionally.
2. Meanwhile, rinse rice well. Bring a saucepan of water to the boil, add rice and cook for 7-8 minutes until still very al dente. Drain and rinse under cold water. Mix together the rice, turmeric, yogurt and egg yolks until combined.
3. Place a deep 20cm non-stick ovenproof frypan over medium heat. Add extra oil and onion and cook for 10 minutes, stirring often, or until caramelised. Remove the onions and reserve for serving. Clean the pan and add two-thirds of the rice mixture and press down over base and sides with the back of a spoon.
4. Fill with the roasted vegetables and half of the goji berries. Cover with the remaining rice and press down with the back of the spoon until firmly packed and smooth.
5. Return pan to medium heat and cook until you hear the rice sizzle, reduce heat to medium-low and cook for a further 8-10 minutes. Remove from heat and transfer to oven and bake for 45 minutes or until rice appears set and lightly browned. Cool in pan for 10 minutes and then turn onto a serving platter. Top with caramelised onions, parsley and remaining goji berries.

Delicious served warm or cold.

*If a 20cm frying pan is unavailable, a good substitute is a 20cm non-stick cake pan with the base lined with baking paper and increase cooking time by 10 minutes. Cook on a pre-heated baking tray to assist the bottom to brown. If still too pale for your liking on inverting, use a medium-hot grill to brown the top.*



# French Caramelised Onion Dip

Preparation Time: 10 minutes

Cooking Time: 25 minutes

## MAKES 2 CUPS

### INGREDIENTS

- 1 tablespoon olive oil
- 1 brown onion, finely chopped
- 1 garlic clove, crushed
- 2 teaspoons brown sugar
- 2 teaspoons thyme leaves
- 1 x 140g tub (½ cup) Vitasoy Greek Style Soy Yogurt – Plain
- 2 tablespoons dairy-free mayonnaise
- 2 teaspoons Worcestershire sauce
- 2 tablespoons chives, finely chopped

### METHOD

**1.** Heat oil in a large frying pan over medium heat. Add onion and cook, stirring occasionally for 8-10 minutes or until softened. Add brown sugar and cook, stirring often, for about 10-15 or until onion is caramelised. Stir in garlic and thyme leaves and cook for a further 1-2 minutes. Transfer to a bowl and allow to cool.

**2.** Once cool, add yogurt, mayonnaise sauce and chives and stir to combine. Season to taste.

Serve with crusty bread and chopped raw vegetables.



# Spring Onion Dip

Preparation Time: 10 minutes

## MAKES 3 CUPS

### INGREDIENTS

- 150g dairy-free cream cheese
- 140g tub (½ cup) Vitasoy Greek Style Soy Yogurt – Plain
- 2 spring onions, thinly sliced
- 1 garlic clove, crushed
- 2 tablespoons chopped chives

### METHOD

**1.** Place cream cheese and yogurt in a bowl and stir until smooth. Add spring onions, garlic and chives and stir until combined. Season to taste.

**2.** Serve with crusty bread, sliced meats or chopped vegetables.



# Herbed Tzatziki

Preparation Time: 10 minutes

MAKES 1½ CUPS

## INGREDIENTS

- 1 Lebanese cucumber
- 1 cup Vitasoy Greek Style Soy Yogurt - Plain
- 1 tablespoon lemon juice
- 2 teaspoons olive oil
- 1 garlic clove, crushed
- 2 teaspoons finely chopped dill
- 2 teaspoons finely chopped mint
- Olive oil, for drizzling
- Thinly sliced cucumber, to garnish
- Dill and mint leaves, to garnish

## METHOD

1. Finely grate cucumber and gently squeeze out of the excess water. Discard liquid.
2. In a small bowl, combine the cucumber, yogurt, lemon juice, oil, garlic and herbs and season well to taste. Chill until ready to use.
3. Serve topped with a drizzle of olive oil, cucumber slices and extra herbs.



# Red Lentil Hummus

Red Lentils are a quick cook option compared to other pulses.

Preparation Time: 10 minutes

Cooking Time: 50 minutes

**MAKES 1¼ CUPS**

## INGREDIENTS

### Red Lentil Hummus:

- 1 cup dried red split lentils
- ½ small clove garlic, crushed
- 1 tablespoons lemon juice
- 2 tablespoons sesame seeds
- 1 x 140g tub (½ cup) Vitasoy Greek Style Soy Yogurt – Plain
- 2 teaspoons mixed white and black sesame seeds, to serve

## METHOD

1. Cook lentils according to manufacturer's instructions until tender. Drain well.
2. Place cooked lentils, garlic, lemon juice, sesame seeds in a blender and process until smooth. Add the yogurt and process again until just combined. Adjust thickness with a little Vitasoy milk if required. Dip with thicken on standing.
3. Serve topped with toasted sesame seeds and flatbread.
4. **Flatbread:** Combine flour and yogurt in a bowl until mixture forms a soft dough. Turn onto a lightly floured surface and knead very lightly until smooth. Divide into 8 and roll out to form thin rounds approx. 12cm. Heat a char-grill pan over medium-high heat. Cook flatbreads, in batches, for 3 minutes either side, until golden brown and cooked through. Serve warm.

### Yogurt Flatbread:

- 1 cup self-raising flour
- ¾ cup Vitasoy Plain Yogurt



# Mean Green Frittata

Preparation Time: 10 minutes

Cooking Time: 25 minutes

**12 SERVINGS**

## INGREDIENTS

- 1 tablespoon olive oil
- 2 cups shredded green kale leaves
- 1 zucchini (150g) halved and thinly sliced
- 1 bunch broccolini, chopped
- 2 spring onions, sliced
- ¼ cup chopped parsley
- ¼ cup finely chopped dill
- 6 eggs, lightly beaten
- 1 cup Vitasoy Greek Style Soy Yogurt - Plain
- ½ cup nutritional yeast flakes

## METHOD

1. Preheat oven to 200°C (180°C fan forced). Grease or spray with oil a 12 x ½ cup capacity non-stick friand or muffin pan.
2. Heat oil in a large frying pan over medium-high heat. Add kale, zucchini and broccolini and cook for 3-5 minutes or until kale softens and wilts. Stir in spring onions, parsley and dill and remove from heat. Divide greens evenly between muffin pans.
3. In a bowl, whisk together eggs, yogurt and yeast flakes. Season well to taste with salt and pepper. Pour mixture evenly over greens.
4. Bake for 15-18 minutes or until top is just set. Allow to stand for 5 minutes before removing from trays. Serve warm or cold.



*Try serving these dolloped with tomato chutney. Store in the refrigerator for up to 5 days. Tip: Nutritional Yeast flakes add a slightly cheesy, savoury flavour to these frittatas as well as nutritional benefits. Available at most leading supermarkets and health food stores. You could use Parmesan cheese instead (same quantity).*



# Pumpkin, Polenta And Sage Yogurt Muffins

Preparation Time: 10 minutes

Cooking Time: 30 minutes

12 SERVINGS

## INGREDIENTS

1 ½ cups wholemeal spelt flour (or substitute with wholemeal flour)  
1 cup dried polenta  
1 teaspoon sea salt  
2 teaspoons baking powder  
2 tablespoons finely chopped fresh sage

1 cup Vitasoy Greek Style Soy Yogurt – Plain  
2 eggs, lightly beaten  
½ cup vegetable oil  
1 ½ cups mashed pumpkin  
2 tablespoons pumpkin seeds

## METHOD

1. Preheat oven to 190°C (170°C fan forced) Grease a 12 x ½ cup capacity muffin pan. Combine the flour, polenta, salt, baking powder and sage in a large bowl. Make a well in the centre.
2. Add the yogurt, egg, oil and pumpkin, and season with salt and pepper. Mix until just combined. Spoon mixture evenly into muffin pans. Top with pumpkin seeds.
3. Bake for 20-25 minutes or until golden and just firm to the touch. Stand in pan for 5 minutes before turning onto a wire rack. Serve warm or cold.

## TIP:

To make ½ cup mashed pumpkin: boil, steam or microwave 300g of cubed pumpkin until tender and mash until smooth.



# Scones With Mixed Berry Chia Jam

Preparation Time: 30 minutes

Cooking Time: 25 minutes

15 SERVINGS

## INGREDIENTS

### Scones:

1 ½ cups self-raising flour  
½ cup Vitasoy Greek Style Soy Yogurt – Hint of Vanilla  
½ cup soda water  
Vitasoy Soy Milk, to brush

### Mixed Berry Chia Jam:

250g fresh or frozen mixed berries  
2 tablespoons rice malt syrup (or substitute with maple syrup or honey)  
1 teaspoon vanilla extract  
¼ cup white chia seeds  
2 x 140g tub Vitasoy Greek Style Soy Yogurt – Hint of Strawberry

## METHOD

1. Make the Mixed Berry Chia Jam by heating the berries, syrup and vanilla in a small saucepan and cook over medium heat for 5 minutes or until fruit has softened and broken down. Remove from heat and stir in chia seeds. Allow to cool, stirring once or twice for about 30 minutes. It will thicken significantly.
2. Preheat the oven to 220°C (200°C fan forced). Line a baking tray with baking paper. Place the flour into a large bowl and make a well in centre. Add yogurt and soda water and using a flat-bladed knife to stir until a soft stick dough forms.
3. Turn dough onto a lightly floured surface and knead until just smooth. Press into a 3 cm thick circle. Using a lightly floured 5cm wide pastry cutter



to cut 15 scones from dough, re-rolling dough if necessary.

4. To serve, split scones and serve with Berry jam and dollops of strawberry yogurt.

Dip cutters into flour between cutting to prevent dough sticking to them. Store any remaining jam in the refrigerator for up to 5 days.

# Very Berry Yogurt Muffins

Preparation Time: 10 minutes

Cooking Time: 20 minutes

18 SERVINGS



## INGREDIENTS

- 2 ½ cups self-raising flour
- ½ cup caster sugar
- 2 eggs, lightly beaten
- ¾ cup vegetable oil
- 1 cup Vitasoy Greek Style Soy Yogurt – Hint of Strawberry
- ¼ cup Vitasoy Oat or Soy Milk
- 1 ½ cups mixed frozen berries

## METHOD

1. Preheat oven to 200°C (180°C fan forced). Line 18 x ½ cup capacity muffin pan with paper cases.
  2. Combine flour and sugar in a large bowl. Combine eggs, oil, yogurt and milk in a separate jug. Add wet ingredients to the dry and stir until just combined. Fold in berries.
  3. Spoon batter into muffin cases and bake for 20 minutes or until golden brown and cooked through. Cool on a wire rack.
- Add ¼ cup dairy free chocolate chips for an indulgent treat.

# Mango And Cardamom Shrikhand (Strained Yogurt)

Preparation Time: 15 minutes

Straining Time: 5-6 hours

SERVES 4

## INGREDIENTS

### Using Plain Yogurt:

- 450g Vitasoy Greek Style Soy Yogurt – Plain
- ½ cup icing sugar
- ½ teaspoon ground cardamom
- Mango slices, to serve
- 2 tablespoons pistachios, crushed

### Using Mango and Passionfruit Yogurt:

- 4 x 140g tubs Vitasoy Greek Style Soy Yogurt – Mango and Passionfruit
- 2 tablespoons icing sugar
- ½ teaspoon ground cardamom
- Mango slices, to serve
- 2 tablespoons pistachios, slivered ⅓ cup nutritional yeast flakes

## METHOD

1. Place a fine sieve over a bowl and add yogurt, or alternatively add yogurt to a double layer of muslin cloth and suspend over a bowl. Leave to sit, in the refrigerator, for 5-6 hours or overnight to drain and thicken. Discard the liquid at the bottom of the yogurt bowl.
2. Mix the yogurt until smooth. Stir in icing sugar and cardamom. Spoon into serving bowls and top with mango slices and pistachios.



# Frozen Yogurt Ice Cream Sandwiches

Preparation Time: 25 minutes

Cooking Time: 4.25 hours

8 SERVINGS

## INGREDIENTS

### Frozen Yogurt:

450g tub Vitasoy Greek Style Soy Yogurt - Hint of Vanilla  
2 tablespoons honey  
2 cups plain flour  
1 teaspoon baking powder  
½ cup coconut oil

### Chocolate Chip Cookies:

1¼ cups lightly packed brown sugar  
2 teaspoons vanilla extract  
¼ cup apple sauce  
1 cup dairy free chocolate chips

## METHOD

**1.** To make frozen yogurt: Remove 1/4 cup of yogurt from tub and reserve for cookie dough. Beat the remaining yogurt and honey in a mixing bowl with electric beaters for 3 minutes or until smooth and fluffy. Transfer to a glass baking dish and cover with cling wrap and freeze for 45 minutes. Remove from freezer and stir until mixed through. Cover again and place in the freezer for 2 more hours, repeating the process of stirring the yogurt every 30 minutes. When entire mixture is frozen, allow to freeze for 1-2 hours.

**2.** For the cookies, preheat the oven to 180°C (160°C fan forced). Line oven trays with baking paper. In a medium bowl, combine flour and baking powder. In a separate bowl, whisk together coconut oil, brown sugar, vanilla, reserved yogurt and apple sauce. Stir into the dry ingredients and stir until combined, using hands if required to mix. Fold in chocolate chips. Spoon 1 tablespoon of mixture onto baking trays. Bake for 12-15 minutes or until golden brown. Cool for 5 minutes before transferring to a cooling rack.

**3.** Scoop frozen yogurt into 8 balls, sandwiching each ball between two cookies. If frozen yogurt begins to melt, return to the freezer for 10 minutes before serving.



# White Chocolate And Tropical Yogurt Granola Bars

Preparation Time: 15 minutes

Cooking Time: 2.5 hours

16 SERVINGS

## INGREDIENTS

2 cups rolled oats

1 ½ cup soy protein puffs/ crisps (or substitute with puffed quinoa or rice puffs)

1 tablespoon quinoa flakes or chia seeds

½ cup chopped dried mango

½ cup chopped dried pineapple

¼ cup chopped natural almonds

¼ cup shredded coconut

½ cup almond butter

½ cup honey

1 teaspoon vanilla extract

### Yogurt Topping:

250g dairy free white chocolate buttons

140g tub Vitasoy Greek Style Soy Yogurt – Vanilla or Mango & Passionfruit

## METHOD

1. Combine oats, soy protein, quinoa, mango, pineapple, almonds and coconut in a large bowl.
2. In a small saucepan, combine the almond butter, honey and vanilla over low heat until smooth and runny. Pour over oats and mix until combined. Press mixture into a baking paper lined 26 x 16cm shallow slice pan using the back of the spoon until the mixture is tightly packed into pan. Cover and place in the freezer for 2 hours or until firm.
3. Combine white chocolate and yogurt in a microwave safe bowl. Microwave on high for 30 seconds burst, stirring well between each one, until smooth and chocolate has melted. Spread over granola mixture and allow to set at room temperature. Cut into 16 bars.

### For baked granola bars:

Once mixture is pressed into pan, bake at 160°C (140°C fan forced) for 20-25 minutes or until golden brown. Allow to cool before spreading with chocolate yogurt mixture. Baked bars are more crumbly and slightly harder to cut.



# Lemon Yogurt Glaze Cake

Preparation Time: 15 minutes

Cooking Time: 40 minutes

8-10 SERVINGS



## INGREDIENTS

- 1 ½ cups self-raising flour
- 2 teaspoons baking powder
- 1 cup caster sugar
- Zest of 1 large lemon
- ¼ cup lemon juice (1 lemon)
- ¾ cup Vitasoy Greek Style Soy Yogurt – Vanilla
- 3 eggs, lightly beaten
- ¼ cup vegetable oil

## Yogurt glaze:

- 1 ¾ cups icing sugar
- 1 tablespoon Vitasoy Greek Style Soy Yogurt – Vanilla, extra
- 2 teaspoons lemon juice

## METHOD

1. Preheat oven to 180°C (160°C fan forced). Lightly oil and line with baking paper a 20cm x 10cm x 6cm loaf pan.
2. Combine flour, baking powder, sugar and lemon zest. In a separate jug, whisk together lemon juice, yogurt, eggs and oil. Add to dry ingredients and mix until combined.
3. Spoon into a loaf pan and cook for 40-50 minutes or until cooked through. Allow to stand 5 minutes before transferring to a wire rack to cool.
4. Combine yogurt glaze ingredients until smooth. It will appear very thick but will flow on spreading. Spread evenly over cooled cake and allow to set.

# Banana And Peanut Smash Smoothie

Preparation Time: 5 minutes

1 SERVINGS



## INGREDIENTS

- 1 banana, cut into chunks
- 2 tablespoons pure peanut butter
- 2 teaspoons LSA (linseeds, sunflower seeds and almond mix)
- ½ cup Vitasoy Greek Style Soy Yogurt – Vanilla
- 2 tablespoons Vitasoy Oat Milky
- 40g (6 small cubes) ice

## METHOD

1. Process or blend all ingredients until smooth.
1. Pour into a glass and serve immediately.

# Spinach, Banana And Kiwi Smoothie

Preparation Time: 5 minutes

1 SERVING = 30ml



## INGREDIENTS

- 1 banana, cut into chunks and frozen
- 1 kiwi fruit, peeled and cut into chunks
- ½ cup baby spinach leaves
- 140g tub (½ cup) Vitasoy Greek Style Soy Yogurt – Plain
- 2 teaspoons honey or maple syrup

## METHOD

1. Process or blend all ingredients until smooth.
2. Pour into a glass and serve immediately.

*If desired, use Vitasoy Greek Style Soy Yogurt – Vanilla and omit honey or maple syrup.*

# Natural Chocolate Caramel Smoothie

Preparation Time: 5 minutes

1 SERVING = 30ml

## INGREDIENTS

- 1 banana, cut into chunks and frozen
- 1 tablespoon cashew butter (or substitute by almond or peanut butter)
- 1 tablespoon raw cacao powder (or substitute by cocoa powder)
- 2 fresh dates, pitted chopped
- 140g tub Vitasoy Greek Style Soy Yogurt – Hint of Vanilla
- 2 teaspoons protein pea powder
- ⅓ cup Vitasoy Soy Milk

## METHOD

1. Process or blend all ingredients until smooth.
2. Pour into a glass and serve immediately.

## TIPS:

*Cashew butter is readily available in supermarkets, but almond or peanut butter make great alternatives.*

*Protein pea powder is available in most major supermarkets and can be substituted for any type of unflavoured protein powder or removed if desired.*

*For a slightly less rich version, use Vitasoy Greek Style Soy Yogurt plain and reduce cacao by half.*



# It's the Vitasoy way to yogurt

