

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



Plant-based  
Yogurt Recipes



We are proud to source our oats and soy beans from  
Aussie Farmers. For more information on our Australian  
First Sourcing Policy please visit [vitasoy.com.au](https://www.vitasoy.com.au)



# It's the Vitasoy way to yogurt!

**Vitasoy have finally cracked the code on plant-based yogurt, creating both a Soy and Oat yogurt range that delivers on nutrition, taste and texture.**

The plant-based soy yogurts are designed to give the satisfaction of a traditional Greek-style yogurt, while both ranges have a classic smooth and creamy texture.

Our Greek Soy range is available now in Woolworths, Coles and select Independent stores nationally in three delicious flavours - Vitasoy Greek Style Hint of Vanilla, Hint of Mango & Passionfruit and Hint of Strawberry.

You can find out Oat yogurt range in select Coles in three delish flavours including Blueberry, Summer Fruits and Vanilla.

This nutritionally balanced, creamy and - most importantly - tasty plant 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 for our Soy range, and 5 grams for Oat, 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!

 @vitasoyaunz

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#letsgrowabetterworld

**Vitasoy**  
SINCE 1940



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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)  
½ cup pure maple syrup  
1 teaspoon vanilla extract  
¼ cup coconut oil  
2 cups puffed quinoa (or substitute with puffed rice)  
1 cup rolled oats

¼ cup black sesame seeds  
½ cup black chia seeds  
1 cup blanched hazelnuts, roughly chopped  
¼ cup coconut flakes  
2 x 140g tubs Vitasoy Greek Style Soy Yogurt – Strawberry  
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.

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### 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

⅓ 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.*





# 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 ⅓ 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

⅓ 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:

1 ¼ 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

⅓ 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.



# Spelt Pancakes With Caramelised Bananas

Preparation Time: 10 minutes

Cooking Time: 10 minutes

1 SERVING



## INGREDIENTS

140g Vitasoy Oat Yogurt Blueberry

½ cup wholemeal spelt flour

1 teaspoon baking powder

1 egg, lightly beaten

1 teaspoon maple syrup

½ banana, mashed

½ banana, cut into slices

1 tablespoon maple syrup,

¼ cup blueberries

## METHOD

**1.** Whisk together flour and baking powder in a small mixing bowl.

Make a well in the flour, add egg, 1 teaspoon of maple syrup,

banana and 2 tablespoons of Vitasoy Oat Yogurt Blueberry, reserve remaining for serving, and whisk until smooth and combined.

If mixture is very thick, add 1 tablespoon water to loosen.

**2.** Heat a non-stick pan over medium heat. Add ¼ cups of mixture to the pan and cook for 2-4 minutes or until air bubbles appear on the surface. Flip over and cook for a further 2-4 minutes or until

browned and cooked through. Transfer to serving plate and keep warm.

**3.** Add banana slices to pan and pour over maple syrup. Cook for 2 minutes or until golden brown, turn over and cook for a further 2 minutes. To serve top pancakes with remaining yogurt, caramelised bananas and blueberries.



# Summer Fruits Smoothie Bowl

Preparation Time: 10 minutes

1 SERVING



## INGREDIENTS

140g Vitasoy Oat Yogurt Summer Fruits  
100g (3/4 cup) frozen mango, chopped  
1 frozen banana, chopped  
Juice of 1 orange  
½ teaspoon finely grated fresh ginger  
30g (2 large) ice cubes  
Fresh fruit, to garnish

## METHOD

1. Process all ingredients in a high-speed blender until smooth. Scrap down the inside of the blender as required. If mixture isn't blending, add a tablespoon of water, and process again.
2. Spoon the mixture into a chilled bowl and top with fresh fruit of choice.

\*We used a combination of chopped pineapple, red papaya, sliced mango, passionfruit and mint to garnish



# 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 – Hint of Vanilla
- 2 teaspoons honey or maple syrup

## METHOD

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

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*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
- ½ 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.*





# Mocha-Licious Smoothie

*Preparation Time: 5 minutes*

## 1 SERVING

### INGREDIENTS

140g Vitasoy Oat Yogurt Vanilla  
20g (1 tablespoon) vegan chocolate buttons  
1 shot (30ml) espresso coffee  
1 teaspoon cocoa powder  
1 teaspoon dark brown sugar or maple syrup  
50g (4-5) ice cubes

### METHOD

1. Melt chocolate in a small bowl in the microwave on 50% power for 30 seconds bursts, stirring well between each one, until melted and smooth. Spoon into a serving glass and smear the chocolate up the sides to coat.
2. Place remaining ingredients in a high-speed blender.
3. Process until smooth, serve.

\*Feel free to omit the chocolate on glass if vegan chocolate is unavailable







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