

Veggie & vegan



Page Recipe

SmartPoints values

| Breakfast | | | | |
|-----------|---|----|----|----|
| 14 | Butter bean pancakes with fresh strawberries | 9 | 6 | 6 |
| | Vegan fry up | 5 | 4 | 4 |
| 16 | <i>Recipe with Cook's tip - add frozen Quorn Cumberland vegan sausage</i> | 8 | 7 | 7 |
| 18 | Moroccan-style avocado on toast | 6 | 6 | 6 |
| | Cherry Bakewell Bircher muesli | 7 | 7 | 3 |
| 20 | <i>Recipe with Cook's tip - add plain soya yogurt</i> | 8 | 7 | 3 |
| 22 | Breakfast burrito | 10 | 7 | 7 |
| 24 | Oat waffles with mixed berries | 7 | 6 | 2 |
| 26 | Menemen | 7 | 4 | 4 |
| | Hashbrown traybake | 9 | 6 | 4 |
| 28 | <i>Recipe with Cook's tip - swap carrots for butternut squash</i> | 9 | 6 | 4 |
| 30 | Herby scrambled tofu with griddled tomatoes | 8 | 5 | 5 |
| 32 | Apricot & pistachio breakfast bars | 5 | 5 | 3 |
| Lunch | | | | |
| 36 | Griddled aubergine bánh mì | 7 | 7 | 7 |
| 38 | Bombay potato frittata | 11 | 7 | 2 |
| 40 | Primavera orzo pasta salad | 11 | 11 | 11 |
| 42 | Kale, mango & cashew salad | 6 | 5 | 5 |
| 44 | Green goddess egg muffins | 7 | 2 | 2 |
| 46 | Caprese panini rolls | 13 | 12 | 12 |
| | Tahini butternut couscous bowl | 8 | 8 | 2 |
| 48 | <i>Recipe with Cook's tip - serve with crusty white bread</i> | 12 | 12 | 7 |
| | Beetroot falafel pittas | 13 | 10 | 10 |
| 50 | <i>Recipe with Cook's tip - use plain soya yogurt</i> | 12 | 10 | 10 |
| | Smoky borlotti bean soup | 3 | 0 | 0 |
| 52 | <i>Recipe with Cook's tip - serve with crusty bread</i> | 6 | 4 | 4 |
| 54 | Coronation chickpea open sandwich | 10 | 6 | 6 |
| 56 | Veggie sushi bowl | 10 | 8 | 8 |
| 58 | Roasted chickpea gyros | 11 | 7 | 7 |
| 60 | Moroccan-style cauliflower soup | 3 | 3 | 3 |



Page Recipe

SmartPoints values

| Dinner | | | | |
|-------------------|---|----|----|----|
| 64 | Olive & artichoke tart | 8 | 7 | 7 |
| | Halloumi curry | 14 | 12 | 12 |
| 66 | <i>Recipe with Cook's tip - swap halloumi for tofu and serve with dairy free yogurt</i> | 9 | 6 | 6 |
| 68 | Romesco-style pasta bake | 10 | 10 | 10 |
| 70 | Sweetcorn & carrot fritters | 11 | 2 | 2 |
| | Smoky aubergine chilli with cauliflower 'rice' | 2 | 1 | 1 |
| 72 | <i>Recipe with Cook's tip - serve with tortilla chips per person</i> | 7 | 5 | 5 |
| | Sun-dried tomato carbonara | 14 | 14 | 14 |
| 74 | <i>Recipe with Cook's tip - serve with grated vegan hard cheese</i> | 15 | 15 | 15 |
| 76 | Cheese & onion pie with minted greens | 15 | 12 | 10 |
| | Sweet & sour cauliflower with rice | 8 | 8 | 8 |
| 78 | <i>Recipe with Cook's tip - serve with black sesame seeds</i> | 9 | 9 | 9 |
| 80 | Green tagine with preserved lemon couscous | 6 | 6 | 6 |
| | Beetroot & feta filo galette | 7 | 7 | 7 |
| 82 | <i>Recipe with Cook's tip - use vegan Greek-style cheese</i> | 9 | 9 | 9 |
| 84 | Lentil & okra curry | 9 | 6 | 6 |
| 86 | Butternut squash mac & 'cheese' | 10 | 10 | 10 |
| 88 | Pulled jackfruit burgers with celeriac fries | 7 | 6 | 6 |
| Snacks & desserts | | | | |
| 92 | Mini butternut & sage veggie rolls | 4 | 3 | 3 |
| | <i>Recipe with Cook's tip - make vegan</i> | 3 | 3 | 3 |
| | Roasted broccoli houmous with crudités | 4 | 2 | 2 |
| 94 | <i>Recipe with Cook's tip - swap soya yogurt for 0% fat natural Greek yogurt</i> | 4 | 2 | 2 |
| 96 | Mushroom & thyme pasties | 7 | 7 | 7 |
| 98 | Tofu nuggets with ranch-style dressing | 5 | 3 | 3 |
| 100 | Summer rolls with satay sauce | 3 | 3 | 3 |
| 102 | Cacio e pepe chickpeas | 6 | 2 | 2 |
| 104 | Cacao & banana ice 'cream' | 2 | 2 | 2 |
| 106 | Lemon meringue tart | 8 | 7 | 7 |
| 108 | Vegan crème caramel | 10 | 8 | 8 |
| 110 | Chocolate celebration cake | 10 | 10 | 10 |

Visit ww.com/uk/cookbooks-conversion

WW Logo, SmartPoints®, Wellness that Works™, and myWW™ are the trademarks of WW International, Inc. ©2020 WW International, Inc. All rights reserved.

