



# NO COOKING, TONS OF FLAVOUR!



**Baked, pan-fried, grilled, and boiled dishes**



**Recipes that don't require cooking**

**3 no-cook summer recipes perfect for hot weather**



# CACAO ENERGY BALLS

Let's start with a recipe where finding and measuring the ingredients takes longer than the preparation itself: cacao energy balls. These are packed with **dried fruit and nuts** and are perfect for an afternoon energy boost at the office.



Simply blend all the ingredients: **nuts**, **cranberries**, **dried apricots**, **sesame seeds**, **agave**, and **coconut oil**, until smooth. Form the mixture into balls and roll them in **cacao powder**... and you're done!



# LENTIL HUMMUS

Who said hummus has to be made from chickpeas?



All legumes, including lentils, work well for this **delicious spread**. **Spiced** and **aromatic**, lentil hummus is perfect for spreading on **bread** or **focaccia** or as a **dip** for a mix of raw vegetables. Blend the lentils with **tahini**, **salt**, a bit of **garlic**, and your choice of **spices**, and voilà: your hummus is ready.



# SWEET CHICKPEA AND CAROB SPREAD

We wrap up with a sweet spread made with **carob**, a “**cocoa substitute**” that was commonly used in simple kitchens a few decades ago but has since fallen out of favour.



You can easily find **carob flour** in organic food stores or online. Here, we use it to create a sweet version of classic chickpea hummus, perfect for spreading. Simply blend chickpeas, carob flour, and dates (or sugar) to get an energising, spreadable cream!



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