




Contents



●	Traffic light swirls	20
●	Ravioli with orange sauce	22
	Carrot filo triangles	25
	Teriyaki tofu noodles	26
●	Bean & vegie quesadillas	29
	Vegie dots	30
	Oven-baked risotto	33
●	Pumpkin, corn & lentil soup	34
	Cauliflower & haloumi pancakes with roast tomato sauce	36
●	Macaroni cheese	39
	Vegie mash	40
	Magic vegetable pasta sauce	42
●	Lentil burgers	44
	Vegetarian bolognese	47
	Tomato & vegetable soup	48
●	Breakfast burritos	51
	Oven-baked hash browns	52
	Quick broccoli tarts	54
	Mexican on the side	57
●	Basil & white bean pesto sauce	58
	Crispy noodle salad	60
	Corn & chickpea fritters	63
●	Eggplant lasagne	64
	Vegie schnitzels with white bean mash	66
	Zucchini pancakes with raita	69
●	Apple & sultana mini muffins	70
	Muesli bars	73
	Fruit bikkies	75
●	Carob rice bars	76
	(The best) banana bread	79