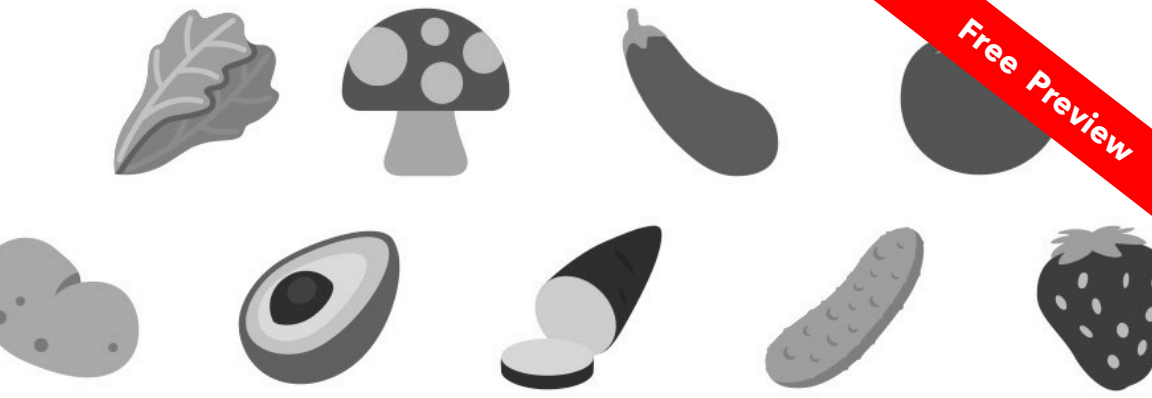


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Tradivegan

# TRADITIONAL AUTHENTIC VEGAN RECIPES

FROM ALL AROUND THE WORLD

By Patricia & Sandoche  
Makers of [what.toeat.in](http://what.toeat.in)



# Free Preview

This is a free preview of the full book "Tradivegan: Traditional Authentic Vegan Recipes from all Around the World". The Free Preview contains a brief introduction to the main aspects of this book, as well as 3 recipes from different regions of the world. To get to know the characteristics of the 4 main regions of traditional healthy food and the total of 26 recipes, as well as the hand-picked grocery list, a bunch of healthy tricks and advises, and get the 9 recipes template, consider buying the full version of the book.

Get the Full Book at  
**[tradivegan.com](http://tradivegan.com)**

# Introduction

We are Patricia Mayo Tejedor and Sandoche Adittane, two engineers. We decided to write this book in order to have some easy and healthy recipes to cook in our daily lives. We are not nutritionist! But after two months of investigating about nutrition, reading "How Not to Die" by Dr. Michael Greger and a lot of videos from scientist and nutritionist, we decided to curate vegan healthy recipes and to write this book.

## Why another cookbook?

Based on our investigation about nutrition, we decided to eat less meat and dairies and eat more vegetables and fruits. The problem is that a lot of vegan recipes are either veganized recipes (for example vegan tacos or burger) or

just salads with a mix of veggies, quinoa and avocado! Nevertheless, because of our origins, we know that vegan food is not limited to this, and a lot of countries have been eating very nice and tasty vegan food since hundreds of years. So that's what we were looking for.

Our goal was to gather a set of traditional vegan recipes we can easily cook in our daily life, with a set of ingredients we can easily find in Europe, or any western country.

The concept of Tradivegan comes, as you might have guessed already, from "traditional" and "vegan". We have tried to pick real and authentic traditional meals from different parts of the world. We believe in the power of traditions, because if a recipe has been passing around and improved generation after generation, it must mean it's either good, healthy, easy, delicious or nutritious. Not only that, but with tradition other words come to mind like emotion, family, legacy, heritage... which make each dish a lot more special. In the book "The Way To Cook" Julia Child says "Dining with one's friends and beloved family is certainly one of life's primal and most innocent delights, one that is both soul-satisfying and eternal." Traditional recipes

are a way of keeping our ancestry and cultural heritage alive.

## What is in this book?

### Recipes

This book contains recipes that are:

- plant-based
- easy to cook
- takes less than 45 minutes
- with ingredients that we can find easily in a western supermarket
- traditionally vegan and not veganized
- from different countries

If you are wondering why the number of recipes is pretty low, it's to make it simple, the less choice you have the easier it is. Also, according to the book "How Not to Die" most of the people cook only 9 different meals during a full year. That is why we hope that some of the dishes of this book will be part of your 9 recipes!

The recipes of the book are classified by regions of the world: African, Latin American (Caribbean

and South America), Asian and Mediterranean (North Africa, West Asia, and South of Europe). Each recipes of this book contains the ingredients for one serving and what we called "Daily dozen checkboxes". This information will tell you for one serving, what checkboxes you can tick in Dr Greger's Daily Dozen Checklist. This list contains the daily dozen needed to be healthy with a Plant Based Diet according to Dr Greger. You can have it as a todo list thanks to the free Android and iOS apps.

## Grocery list

This book also contain a handy grocery list. This list that is not so big contains all the ingredients to do any recipe from this book. Also it contains a lot of spices that you don't have to buy every time you go to the supermarket. Once you get them for first time, you'll be ready to go for a long time.

The grocery list is not included in the free preview. Consider buying the full version if you would like to know the full list of healthy ingredients and make more productive and effective trips to the supermarket



# Dr. Greger's Daily Dozen

Facts.org

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Everything we should ideally strive to fit into our daily routine for optimal health and longevity.



## BEANS ✓✓✓

Servings: 3 per day  
ex: 130g cooked beans, 60g hummus



## FRUITS ✓✓✓

Servings: 3 per day  
ex: 1 medium fruit, 40g dried fruit



## GREENS ✓✓

Servings: 2 per day  
ex: 60g raw, 90g cooked



## FLAXSEED ✓

Servings: 1 per day  
ex: 1 tablespoon ground



## GRAINS ✓✓✓

Servings: 3 per day  
ex: 100g hot cereal, 1 slice of bread



## EXERCISE ✓

Once per day  
ex: 90 min. moderate or 40 min. vigorous



## BERRIES

Servings: 1 per day  
ex: 60g fresh or frozen, 40g dried



## CRUCIFEROUS

Servings: 1 per day  
ex: 30-80g chopped, 1 tbs horseradish



## VEGETABLES

Servings: 2 per day  
ex: 50g nonleafy vegetables



## NUTS

Servings: 1 per day  
ex: 30g nuts, 2 tbs nut butter



## SPICES

Servings: 1 per day  
ex: 1/4 teaspoon turmeric



## BEVERAGES

Servings: 1750ml per day  
ex: water, green tea, hibiscus tea



Download Dr. Greger's Daily Dozen app and start tracking your daily servings right now.



## VITAMIN B12 ✓

2500 mcg cyanocobalamin  
once a week



## VITAMIN D ✓

For those getting inadequate  
sun 2000 IUs of D3 a day

Connect with us!



# African Cuisine

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What are the main characteristics of the African cuisine? What are the main ingredients used in this traditional diet? Consider buying the full version of this book if you would like to know this and discover the 6 recipes we have from this region.

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*Uganda • 30 minutes*

# Bufuke

Here's a healthy Ugandan dish that's as simple and cheap as it's delicious and filling. The great thing about this dish is that you can use the ingredients that already appear to be in the kitchen. This dish might seem simple but nutrition wise is really healthy and powerful.

## Ingredients

- 1 small sized sweet potato, peeled & diced
- 1.5 tomatoes, peeled and sliced
- 0.5 onion, sliced
- 0.5 red pepper, sliced
- 0.25 cup of dried kidney beans, soaked in water overnight (or canned beans)
- 0.25 cup peanuts
- 0.25 cup coconut milk
- chili, to taste

## Instructions

1. Put the kidney beans in a pot with water and cook until they become soft enough.
2. Fry the onions, tomatoes, pepper and chili in a pan.
3. While frying, add cook the sweet potatoes dices by putting them into the microwave for 7 minutes.
4. Before the frying mixture starts to brown, add the coconut milk and simmer until it starts to thicken.

5. Serve with a base of the thick sause. Then add the sweet potatoes dices. Place the kidney beans and the peanuts on top.

## Daily dozen checkboxes

- 1 x Beans
- 2 x Other Vegetables
- 1 x Nuts
- 1 x Spices

# Mediterranean Cuisine

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What are the main characteristics of the Mediterranean cuisine? Is it as healthy as we think of? Consider buying the full version of this book if you would like to know this and discover the 7 recipes we have from this region.

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*Lebanon • 45 minutes*

# Maghmour

Maghmour is the lebanese moussaka, it's a delicious vegan meal made of eggplant, tomatoes, chickpeas and spices! lebanese cuisine is extraordinarily diverse. With fresh and tasty food, together with some spices, the Lebanese have adapted the best of Turkish and Arabic cuisine, seasoning it with an air of French

## Ingredients

- 0.5 large eggplant
- 2.5 oz / 75 g can chickpeas drained and rinsed
- 0.25 cup extra-virgin olive oil divided
- 0.5 large onion, diced
- 2.5 cloves garlic minced
- 1 tomato (ideally blended)
- 0.5 tsp smoked paprika
- 0.25 tsp ground cayenne pepper
- 0.5 tbsp dried mint
- salt to taste
- 1 cup of water

## Instructions

1. Cut your eggplants into cubes and put them in the microwave for 5 minutes with 1 spoon of oil.
2. In a pan put the onions with a bit of salt and fried until translucent, about 15 minutes. Add the garlic and cook until garlic is tender and fragrant.
3. Add tomatoes, paste tomatoes, paprika, eggplant, chickpeas drained and mint. Cook for approximately 20 minutes. To maintain a

moist, stew - like consistency, add additional water as needed.

4. Serve it with a salad, some rice or some bread.

## Daily dozen checkboxes

- 1 x Beans
- 2 x Other Vegetables
- 1 x Spices

# Asian Cuisine

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What are the main characteristics of the Asian cuisine? Is it true what it's said about the Asians longevity? Consider buying the full version of this book if you would like to know this and discover the 7 recipes we have from this region.

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*Korea • 30 minutes*

# Gaji Mari

Gaji is eggplant, and Mari refers to rolled up dishes. These snacks are Korean eggplant rolls that are beautiful, healthy and delicious. You can fill it almost with anything you want, the key point here is the eggplant. In this recipe we will add as many cruciferous as possible, but you can add anything you love inside the roll.

## Ingredients

- 1 package of broccoli, beetroot and soja sprouts (or any sprouts, except alfalfa ones)
- Some radish or red cabbage
- 1/4 of a ppeper (get multiple colour ones to beautify your dish)
- optionally 1 package of enoki mushrooms (or any mushroom)

## Instructions

1. Slice all the fillings as thinly as possible. In a similar way, thinly slice the eggplant lengthwise.
2. Place the eggplant slices on the pan, cooking each side for jus 1 or 2 minutes.
3. If you are adding mushrooms cook them also on the pan.
4. Lay the eggplant slices flat on the table. Place a bit of each filling at one end of each of the eggplant slices and roll up all the way.

## Daily dozen checkboxes

- 1 x Cruciferous
- 1 x Other vegetables

# Latin American Cuisine

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What are the main characteristics of the Latin American cuisine? Is it true that they have super foods? Consider buying the full version of this book if you would like to know this and discover the 6 recipes we have from this region.

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