

vegan-glutenfree.com

20 Easy Vegan & Gluten-Free Recipes

Everyday favourites that are simple, colourful and full of flavour



Welcome to a practical collection created for joyful, uncomplicated cooking. Every recipe is plant-based and gluten-free, with clear steps and accessible ingredients.

Important

Always check product labels when cooking for coeliac disease or severe allergies. Choose ingredients certified gluten-free and prevent cross-contact in the kitchen.

Also choose vegan, gluten-free prepared products: chocolate, granola, stocks, sauces, toppings and plant-based substitutes. Use alcohol-free extracts and flavourings.

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BREAKFAST

Vegan Yogurt Bowl with Fruits and Granola



A bowl of fresh and nutritious vegan yogurt, topped with fresh fruits (bananas, blueberries) and crunchy granola. Perfect for a quick, healthy breakfast or healthy snack.

Time: 5 min

Makes: 1 bowl

Level: Easy

Ingredients

- 1 cup vegan yogurt (almond, coconut, soy)
- 1/2 banana cut into slices
- 1/4 cup fresh blueberries
- 1/4 cup vegan, certified gluten-free granola
- 1 tbsp. of grated coconut (optional)

Method

1. Pour the vegan yogurt into a bowl.
2. Arrange the banana slices and blueberries on the yogurt.
3. Sprinkle with granola and grated coconut if desired.
4. Serve immediately.

Chef's tip

Add other seasonal fruits, chia seeds or a drizzle of maple syrup for added flavor and nutrients.

BREAKFAST

Chocolate Raspberry Chia Pudding



A rich and decadent chia pudding, perfect for chocolate lovers. Easy to prepare the day before, it makes a healthy and satisfying breakfast, topped with fresh raspberries for a fruity twist.

Time: 10 mins

Makes: 2 servings

Level: Easy

Ingredients

- 1/2 cup chia seeds
- 2 cups plant-based milk (almond, oat or soy); use certified gluten-free oat milk
- 1/4 cup unsweetened cocoa powder
- 2 tbsp maple syrup (or agave syrup)
- 1/2 tsp. alcohol-free vanilla extract
- Pinch of salt
- 1/2 cup fresh raspberries for garnish
- Vegan, gluten-free dark chocolate shavings (optional)

Method

1. In a large bowl or jar, combine chia seeds, plant-based milk, cocoa powder, maple syrup, vanilla extract and salt. Whisk well to avoid cocoa lumps.
2. Cover and refrigerate for at least 4 hours, or ideally overnight, until the pudding thickens and the chia seeds have absorbed the liquid.
3. Before serving, stir the chia pudding. If the consistency is too thick, add a little more plant-based milk.
4. Split the pudding into glasses or bowls and garnish with fresh raspberries and dark chocolate shavings if desired.

Chef's tip

For a more intense chocolate flavor, use high-quality cocoa. You can also add a pinch of cayenne pepper for a spicy chocolate chia pudding.

BREAKFAST

Mango and Mixed Berry Smoothie Bowl



A tropical and refreshing smoothie bowl, perfect for a nutritious breakfast or healthy snack. Rich in vitamins and fiber, it's customizable with your favorite toppings.

Time: 5 min

Makes: 1 bowl

Level: Easy

Ingredients

- 1 cup diced frozen mango
- 1/2 frozen banana
- 1/2 cup mixed berries (fresh or frozen)
- 1/2 cup plant-based milk (almond, coconut or oat); use certified gluten-free oat milk
- 1 tbsp chia seeds
- Garnishings: diced fresh mango, sliced strawberries, blueberries, raspberries, pumpkin seeds, shredded coconut

Method

1. In a high-powered blender, combine the frozen mango, frozen banana, mixed berries, plant-based milk and chia seeds.
2. Blend until smooth and creamy. If the mixture is too thick, add a little more plant-based milk, one tablespoon at a time.
3. Pour the smoothie into a bowl.
4. Arrange the toppings of your choice on top of the smoothie. Serve immediately.

Chef's tip

For a thicker smoothie bowl, use less of plant-based milk or add more frozen fruit. You can also add a scoop of plant-based protein for a nutritional boost.

BREAKFAST

Banana and Oat Pancakes



Soft and healthy pancakes, made with banana and oats, perfect for a nutritious breakfast or indulgent brunch. Easy and quick to prepare, they are naturally sweet and full of fiber.

Time: 20 min

Makes: 4-6 pancakes

Level: Easy

Ingredients

- 1 ripe banana
- 1 cup oatmeal (certified gluten-free)
- 1 cup plant-based milk (almond, oat or soy); use certified gluten-free oat milk
- 1 tbsp maple syrup (or agave syrup)
- 1 tsp gluten-free baking powder
- 1/2 tsp of ground cinnamon (optional)
- A pinch of salt
- Coconut oil or vegan margarine for cooking
- Fresh banana slices and maple syrup to serve

Method

1. In a blender, combine the ripe banana, oatmeal, plant-based milk, maple syrup, baking powder, cinnamon (if used) and salt.
2. Mix until you obtain a smooth and homogeneous paste. Let the batter sit for 5 minutes for the oats to absorb the liquid.
3. Heat a non-stick pan over medium heat and lightly grease it with coconut oil or vegan margarine.
4. Pour about 1/4 cup of batter per pancake into the hot pan.
5. Cook for 2-3 minutes on each side, or until the pancakes are golden brown and bubbles appear on the surface.
6. Serve immediately with slices of fresh banana and a drizzle of maple syrup.

Chef's tip

For even fluffier pancakes, don't overmix the batter. You can add vegan chocolate chips or chopped nuts to the dough before baking for added indulgence.

LUNCH

Cucumber, Tomato and Red Onion Salad



A refreshing and light salad, perfect for a quick and healthy lunch. Simple to prepare, it's full of flavor and nutrients.

Time: 15 min

Makes: 2-4 servings

Level: Easy

Ingredients

- 2 medium cucumbers, diced
- 2 medium tomatoes, diced
- 1/2 red onion, finely chopped
- 1/4 cup fresh parsley, chopped
- 2 tbsp. extra virgin olive oil
- 1 tbsp. fresh lemon juice
- Salt and freshly ground black pepper to taste

Method

1. In a large bowl, combine diced cucumbers, diced tomatoes and chopped red onion.
2. Add chopped fresh parsley.
3. In a small bowl, whisk together olive oil, lemon juice, salt and pepper.
4. Pour the vinaigrette over the salad and toss gently to coat all the ingredients.
5. Serve immediately or let sit in the refrigerator for 15-20 minutes for the flavors to blend.

Chef's tip

For a touch of crunch, add some vegan, gluten-free croutons or toasted sunflower seeds. You can also add black olives or crumbled vegan cheese for more flavor.

LUNCH

Vegan Tacos with Black Beans and Avocado



Tasty and easy to prepare vegan tacos, perfect for a quick and nutritious lunch. Loaded with spicy black beans, creamy avocado and fresh vegetables.

Time: 25 min

Makes: 4 tacos

Level: Easy

Ingredients

- 8 vegan, certified gluten-free corn tortillas
- 1 can (400g) black beans, rinsed and drained
- 1 tbsp olive oil
- 1/2 red onion, thinly sliced
- 1 clove garlic, chopped
- 1/2 tsp ground cumin
- 1/4 tsp. chili powder
- Pinch cayenne pepper (optional)
- 1/4 cup water or vegan, gluten-free vegetable stock
- Salt and pepper to taste
- 1 avocado, sliced or diced
- 1 medium tomato, diced
- 1/2 cup romaine lettuce or iceberg, chopped
- Fresh chopped cilantro, for garnish
- Fresh lime juice, for serving (optional)

Method

1. In a medium skillet, heat the olive oil over medium heat. Add sliced red onion and sauté for 3-4 minutes until slightly softened.
2. Add chopped garlic, cumin, chili powder and cayenne pepper (if using). Cook for 1 minute until aromas are released.
3. Incorporate the rinsed and drained black beans. Add the water or vegetable stock. Simmer for 5-7 minutes, lightly mashing some of the beans with the back of a spoon to thicken the filling. Season with salt and pepper to taste.
4. Meanwhile, reheat the tortillas according to package directions (in a dry pan, in the microwave or in the oven).
5. Assemble the tacos: top each tortilla with chopped lettuce, black bean mixture, diced tomatoes and avocado slices.
6. Garnish with chopped fresh cilantro and serve with a lime wedge if desired.

Chef's tip

For an extra kick, add a spoon of your favorite salsa or vegan sour cream. You can also marinate red onions in lime juice for a tangier flavor.

LUNCH

Chickpea and Spinach Curry



A rich and flavorful vegan curry, perfect for a comforting lunch. Chickpeas and spinach are simmered in a creamy coconut milk and spice sauce.

Time: 30 mins

Makes: 4 servings

Level: Easy

Ingredients

- 1 tbsp of coconut oil or vegetable oil
- 1 medium onion, chopped
- 2 cloves of garlic, chopped
- 1 piece of fresh ginger (about 2 cm), grated
- 1 tbsp. ground cumin
- 1 tbsp. ground coriander
- 1/2 tsp. ground turmeric
- 1/4 tsp cayenne pepper (adjust to taste)
- 1 can (400g) crushed tomatoes
- 1 can (400ml) coconut milk
- 1 can (400g) chickpeas, rinsed and drained
- 200g fresh spinach
- Salt and pepper freshly ground black to taste
- Chopped fresh cilantro, for garnish (optional)
- Cooked basmati rice, to serve

Method

1. In a large saucepan or Dutch oven, heat the oil over medium heat. Add the chopped onion and fry for 5-7 minutes until translucent and lightly browned.
2. Add the chopped garlic and grated ginger. Sauté for 1 minute until fragrant.
3. Incorporate cumin, coriander, turmeric and cayenne pepper. Cook for 30 seconds, stirring constantly, until the spices are fragrant.
4. Add the crushed tomatoes and coconut milk. Mix well and bring to a boil. Reduce the heat, cover and simmer for 10 minutes for the flavors to blend.
5. Add the rinsed and drained chickpeas. Continue to simmer for 5 minutes.
6. Stir in handfuls of fresh spinach, stirring until wilted. Season with salt and pepper to taste.
7. Serve hot with cooked basmati rice and garnish with chopped fresh cilantro if desired.

Chef's tip

For a richer curry, add diced sweet potatoes or peppers. Serve with warm naan or pita bread, both vegan and certified gluten-free, to enjoy the sauce.

LUNCH

Quinoa and Roasted Vegetable Buddha Bowl



A nutritious and delicious Buddha bowl, perfect for a healthy lunch. It's filled with quinoa, roasted vegetables and crispy chickpeas, topped with creamy avocado.

Time: 40 mins

Makes: 2 servings

Level: Easy

Ingredients

- 1 cup cooked quinoa
- 1 medium sweet potato, diced
- 1 cup broccoli florets
- 1/2 cup carrots, cut into rounds
- 1 can (400g) chickpeas, rinsed and drained
- 1 tbsp olive oil
- 1/2 avocado, sliced
- Juice of 1/2 lemon
- Salt and pepper to taste
- Chopped fresh parsley, for garnish (optional)

Method

1. Preheat oven to 200°C (400°F).
2. In a large bowl, mix the diced sweet potato, broccoli florets, carrot slices and chickpeas with the olive oil, salt and pepper. Spread the vegetables on a baking sheet lined with parchment paper.
3. Roast for 20-25 minutes, stirring halfway through cooking, until the vegetables are tender and lightly browned, and the chickpeas are crisp.
4. Meanwhile, prepare the quinoa according to the package directions.
5. To assemble the Buddha bowls: spread the quinoa cooked in two bowls. Add the roasted vegetables and chickpeas.
6. Arrange the avocado slices in each bowl. Sprinkle with lemon juice.
7. Garnish with chopped fresh parsley if desired and serve immediately.

Chef's tip

For a more flavorful sauce, mix tahini, lemon juice, water and a touch of maple syrup or agave syrup. You can vary the vegetables according to the season or your preferences.

DINNER

Black Bean and Rice Patties (Vegan & Gluten-Free)



These hearty black bean and rice pancakes are full of flavor and plant-based protein. Easy to prepare, gluten-free and perfect for meal prep, they can be served with salads, burgers or enjoyed on their own with guacamole or salsa.

Time: 30 min

Makes: 4-6 patties

Level: Easy

Ingredients

- 1 1/2 cups cooked brown rice
- 1 1/4 cups cooked black beans (drained and rinsed)
- 1/2 cup corn (fresh, frozen, or canned)
- 1/4 cup finely chopped red pepper diced
- 1/4 cup chopped fresh cilantro
- 1 clove garlic, chopped
- 1 tbsp. lime juice
- 1/2 tsp. ground cumin
- Salt and pepper to taste
- 2 tbsp. gluten-free flour (or certified gluten-free oat flour)
- Olive oil for pan cooking

Method

1. In a large bowl, mash half of the black beans with a fork.
2. Add the remaining beans, rice, corn, pepper, coriander, garlic, lime juice, cumin, salt and pepper. Mix well.
3. Incorporate the gluten-free flour until the mixture holds together.
4. Form 4 to 6 equal patties.
5. Heat a little oil in a frying pan over medium heat. Cook the patties for 3 to 4 minutes on each side until golden and crispy.
6. Serve hot with guacamole, salsa or on a vegan, certified gluten-free burger bun.

Chef's tip

Use day-old rice for better texture. Can be baked instead of fried: 190°C (375°F) for 25 minutes, turning halfway through cooking. Freeze the raw patties between sheets of parchment paper for later use.

DINNER

Roasted Vegetables with Garlic and Chickpeas (Vegan & Gluten Free)



This healthy roasted vegetable dinner is packed with crunchy textures, savory garlic flavor and satisfying plant-based protein from the chickpeas. Perfect for weeknights or meal prep, it's vegan, gluten-free and full of nutrients.

Time: 30 mins

Makes: 4 servings

Level: Easy

Ingredients

- 2 cups new potatoes, halved
- 2 cups carrots, chopped
- 1 1/2 cups green beans, trimmed
- 1 1/2 cups canned chickpeas, drained and rinsed
- 2 tbsp olive oil
- 2 cloves garlic, chopped
- 1 tbsp. smoked paprika
- 1/2 tsp. ground cumin
- 1/2 tsp dried thyme or rosemary
- Salt and pepper to taste
- Fresh parsley (optional, for garnish)

Method

1. Preheat oven to 200°C (400°F).
2. In a bowl, combine the potatoes, carrots and chickpeas with 1.5 tbsp of olive oil, garlic, paprika, cumin, thyme, salt and pepper.
3. Spread on a baking sheet covered with parchment paper. Roast for 25 to 30 minutes, stirring halfway through cooking.
4. For the last 10 minutes, toss the green beans with the remaining oil, season and add to the baking sheet.
5. Roast until the vegetables are golden and crisp-tender.
6. Garnish with chopped parsley and serve hot.

Chef's tip

For added crunch, dry the chickpeas well before roasting. Add a squeeze of lemon before serving for more freshness. Excellent with quinoa, rice or as a hot salad topping.

DINNER

Zucchini Noodles with Marinara



A light and refreshing alternative to traditional pasta, these zucchini noodles are served with a simple and fragrant homemade marinara sauce. A vegan, gluten-free, low-carb dish perfect for a quick, healthy dinner.

Time: 25 mins

Makes: 2 servings

Level: Easy

Ingredients

- 2 medium zucchini
- 1 tbsp olive oil
- 2 cloves garlic, chopped
- 1 can (400g) crushed tomatoes
- 1/2 tsp of dried oregano
- Salt and freshly ground black pepper to taste
- A few fresh basil leaves for garnish

Method

1. Wash the zucchini and transform them into noodles using a spiralizer or julienne peeler. Set aside.
2. In a frying pan, heat the olive oil over medium heat. Add the chopped garlic and sauté for 1 minute until fragrant.
3. Add the crushed tomatoes and dried oregano. Bring to a boil, then reduce heat and simmer for 10-15 minutes, stirring occasionally, until the sauce thickens slightly.
4. Season the marinara sauce with salt and pepper to taste.
5. Add the zucchini noodles to the pan with the sauce. Stir gently and cook for 2-3 minutes, just enough to warm and soften slightly (they should still be crunchy).
6. Serve immediately, garnished with fresh basil leaves.

Chef's tip

For a more intense flavor, you can add a pinch of red pepper flakes to the marinara sauce. If you don't have a spiralizer, you can use a peeler to make wide ribbons of zucchini.

DINNER

Creamy Mushroom Risotto



This mushroom risotto is a classic Italian dish, revisited to be deliciously creamy and comforting. Sautéed mushrooms provide deep umami flavor, perfect for a special dinner.

Time: 40 min

Makes: 4 servings

Level: Medium

Ingredients

- 1 tbsp. olive oil
- 1 medium onion, finely chopped
- 2 garlic cloves, chopped
- 250g button mushrooms, sliced
- 1 cup Arborio rice
- 1/2 cup vegan, gluten-free vegetable stock (optional)
- 4 cups vegan, gluten-free vegetable stock hot
- 1/4 cup gluten-free nutritional yeast (for cheesy taste)
- 2 tbsp chopped fresh parsley
- Salt and freshly ground black pepper to taste

Method

1. In a large saucepan or Dutch oven, heat the olive oil over medium heat. Add onion and sauté until translucent, about 5 minutes.
2. Add garlic and sliced mushrooms. Cook until the mushrooms are tender and have released their water, about 5-7 minutes.
3. Incorporate the Arborio rice and stir for 1-2 minutes until the grains are slightly translucent around the edges.
4. If using the optional half cup of stock, pour it in and stir until absorbed by the rice.
5. Add a ladle of hot vegetable stock to the rice. Stir constantly until the liquid is almost completely absorbed. Continue adding the broth ladle by ladle, stirring constantly and waiting for each addition to be absorbed before adding the next. This will take about 20-25 minutes, until the rice is creamy and al dente.
6. Remove from the heat. Stir in nutritional yeast and fresh parsley. Season with salt and pepper to taste.
7. Serve immediately, garnished with additional fresh parsley if desired.

Chef's tip

For an even more flavorful risotto, use a homemade vegetable stock. Remember to stir constantly to release the starch from the rice and get that characteristic creamy texture!

DESSERTS

Avocado chocolate mousse



A creamy and healthy mousse, without dairy products.

Time: 15 mins

Makes: 4 servings

Level: Easy

Ingredients

- 2 ripe avocados
- 1/4 cup cocoa powder
- 1/4 cup syrup maple
- 1/4 cup almond milk
- 1 tsp of alcohol-free vanilla extract
- Pinch of salt

Method

1. Mix all ingredients until smooth and creamy.
2. Split among ramekins and refrigerate for at least 30 minutes before serving.

DESSERTS

Date-coconut energy balls



Small, healthy and energizing bites, perfect before sports.

Time: 20 min

Makes: 10 balls

Level: Easy

Ingredients

- 1 cup pitted dates
- 1/2 cup coconut grated
- 1/4 cup gluten-free rolled oats
- 1 tbsp of chia seeds

Method

1. Mix all the ingredients until you obtain a paste.
2. Form into balls and refrigerate if necessary to firm up.

DESSERTS

Chocolate-Hazelnut Truffles (Vegan & Gluten Free)



These rich and decadent truffles are made with just a few simple ingredients, delivering a burst of chocolatey and nutty flavor. Perfect for a quick treat or homemade gift.

Time: 30 mins

Makes: 15-20 truffles

Level: Easy

Ingredients

- 1 cup toasted hazelnuts (skinless)
- 1/2 cup pitted Medjool dates (about 8-10 dates)
- 1/4 cup unsweetened cocoa powder (plus extra for coating)
- 2 tbsp maple or agave syrup
- 1 tsp of alcohol-free vanilla extract
- Pinch of salt

Method

1. In a food processor, blend the toasted hazelnuts until you obtain a fine powder. Continue to blend until they start to form a paste (this may take a few minutes).
2. Add the pitted dates, cocoa powder, maple syrup, vanilla extract and pinch of salt. Blend until mixture is well combined and forms a sticky dough.
3. Take small portions of mixture and roll between palms to form bite-sized balls.
4. Roll each truffle in additional cocoa powder to coat evenly.
5. Place truffles on a plate and refrigerate for at least 15-20 minutes to harden before serving.

Chef's tip

For a more intense flavor, you can lightly roast the hazelnuts before using them. For a twist, try coating the truffles with shredded coconut, crushed pistachios, or icing sugar.

DESSERTS

Vegan Chocolate Lava Cakes (Gluten-Free)



This vegan and gluten-free chocolate cake is a pure delight. Its runny center and rich texture make it an irresistible dessert for all occasions.

Time: 30 min

Makes: 2 servings

Level: Medium

Ingredients

- 60g of vegan dark chocolate (70% cocoa minimum)
- 40g of vegan margarine
- 30g of coconut sugar (or cane sugar)
- 1 tbsp of rice flour (or other gluten-free flour)
- 1 tbsp unsweetened cocoa powder
- 1/4 tsp of gluten-free baking powder
- 1 pinch of salt
- 60ml of plant-based milk (almond, soy, etc.)
- 1/2 tsp of alcohol-free vanilla extract
- Cocoa powder for sprinkling (optional)
- Mint leaves for garnish (optional)

Method

1. Preheat the oven to 200°C (400°F). Grease and flour (with gluten-free flour) two small soufflé molds or ramekins.
2. Melt the dark chocolate and vegan margarine in a bain-marie or in the microwave. Blend until smooth. Let cool slightly.
3. In a bowl, combine the coconut sugar, rice flour, cocoa powder, baking powder and salt.
4. Add the plant-based milk and vanilla extract to the melted chocolate mixture. Mix well.
5. Gradually add the dry ingredients to the wet mixture, mixing just until combined without overworking the batter.
6. Pour the batter into the prepared pans.
7. Bake for 10-12 minutes. The edge should be firm and the center still trembling for a runny center.
8. Leave to cool for 2-3 minutes before carefully turning out onto a plate. Sprinkle with cocoa powder and garnish with a mint leaf if desired. Serve immediately.

Chef's tip

For an even runnier center, you can insert a small square of dark chocolate in the center of each cake before baking. Serve it with a scoop of vegan vanilla ice cream or vegan custard for an even more delicious dessert.

DRINKS

Pineapple-Cucumber Smoothie



A hydrating and refreshing smoothie, ideal for summer.

Time: 10 mins

Makes: 2 glasses

Level: Easy

Ingredients

- 1 cup fresh or frozen pineapple, in pieces
- 1/2 cucumber, peeled and cut into pieces
- 1/2 cup coconut water
- A few fresh mint leaves
- Juice of 1/2 lime

Method

1. Put all the ingredients in a blender.
2. Blend until smooth smooth.
3. Serve immediately, garnished with a slice of pineapple or mint.

Chef's tip

Use frozen pineapple for a thicker, colder smoothie.

DRINKS

Refreshing Watermelon Lemonade (Vegan & Gluten Free)



A fresh, vibrant and hydrating drink made with juicy watermelon, zesty lemon and a touch of mint. Perfect for summer days or a light afternoon refreshment. 100% vegan, gluten-free and naturally sweet!

Time: 10 min

Makes: 2 glasses

Level: Easy

Ingredients

- 3 cups seedless watermelon, cubed
- Juice of 1 lemon
- 1 tbsp of maple syrup (optional)
- A few fresh mint leaves
- Ice cubes
- Lemon slices and mint to garnish

Method

1. Add the watermelon cubes and lemon juice to a blender. Blend until smooth.
2. Taste and add maple syrup if extra sweetness is desired.
3. Strain the juice if necessary, then pour into glasses over ice.
4. Garnish with lemon slices and mint leaves.
5. Serve chilled and enjoy!

DRINKS

Golden Milk (Turmeric Latte) Vegan & Gluten Free



Golden milk, or turmeric latte, is a warm and comforting drink, known for its anti-inflammatory and antioxidant properties. This vegan and gluten-free version is perfect for a moment of relaxation and well-being.

Time: 10 min

Makes: 1 serving

Level: Easy

Ingredients

- 1 cup of plant-based milk (almond, coconut, cashew)
- 1 tbsp. turmeric powder
- 1/2 tsp. ground cinnamon
- 1/4 tsp. of ground ginger
- 1 pinch of black pepper (for the absorption of turmeric)
- 1/2 tsp. coconut oil (optional, for richness)
- 1-2 tsp of maple or agave syrup (to taste)

Method

1. In a small saucepan, combine the plant-based milk, turmeric, cinnamon, ginger and black pepper.
2. Heat the mixture over medium heat, whisking constantly to avoid lumps and so that the spices dissolve well. Do not boil.
3. If desired, add coconut oil and maple or agave syrup. Mix well.
4. Remove from heat and pour into a cup. Enjoy hot.

Chef's tip

For an even creamier drink, use a milk frother to froth the plant-based milk before mixing it with the spices. You can also add a pinch of cardamom for a more complex flavor.

DRINKS

Energizing Matcha Latte (Vegan & Gluten Free)



A delicious and healthy matcha latte, perfect for an energy boost without the drawbacks of coffee. This vegan and gluten-free drink is rich in antioxidants and promotes concentration.

Time: 5 mins

Makes: 1 serving

Level: Easy

Ingredients

- 1 tsp. ceremonial grade matcha powder
- 60 ml (1/4 cup) hot water (around 70-80°C)
- 180 ml (3/4 cup) heated plant-based milk (almond, oat, soy); use certified gluten-free oat milk
- 1-2 tsp of maple or agave syrup (to taste)

Method

1. In a matcha bowl (or a small bowl), sift the matcha powder to avoid lumps.
2. Add the hot water (not boiling) and whisk vigorously with a bamboo whisk (chasen) or a small whisk until you obtain a light foam without lumps.
3. Heat the plant-based milk in a saucepan or in the microwave. If you have a milk frother, froth the milk for a creamier texture.
4. Add the maple (or agave) syrup to the hot milk and mix.
5. Carefully pour the sweetened milk over the prepared matcha.
6. Enjoy immediately.

Chef's tip

For a perfect matcha latte, the water temperature is crucial: too hot water can burn the matcha and make it bitter. Use a thermometer if possible. For even denser foam, use an electric milk frother or hand blender.

Enjoy cooking!

Find more inspiration at vegan-glutenfree.com