

What we eat affects our health and our mood. Focusing on plant-based whole foods, this collection of more than 50 recipes from the kitchen of VIBE café will guide you to a healthier way of eating. You will feel vibrant, nourished and alive with its energising breakfasts, easy lunches and desserts, elixirs, juices, and milks. The recipes are curated from the café's best-selling dishes and adapted into a format that's easy for home cooks to recreate. With this book as your guide, embark on your health journey through flavourful, delicious and creative food!



EMMA FOUNTAIN

THE WHOLESOME PLANT-BASED WAY

Marshall Cavendish  
Cuisine  
mc

EMMA FOUNTAIN

# THE WHOLESOME PLANT-BASED WAY

Recipes from the VIBE Café Kitchen







# For Review Only

## OUR FOOD PHILOSOPHY

Honest food, just as mother nature intended – no shortcuts, no chemicals, no compromise.

### PLANT-BASED

Natural, chemical-free food that feeds our heart as well as our body is central to VIBE's DNA. We believe that respecting the ingredients makes the food taste better, cleaner and more vibrant somehow, like it is showing us love.

We simply believe that 'eating the rainbow' of food grown in nature provides us with an abundance of essential nutrients, minerals and fibre we need to feel alive and vibrant. The phytonutrient compounds found in the chemicals of plants contain bioactive components that have been proven to reduce cellular inflammation, fight disease and promote immunity.

Our bodies need a wide variety of fruit and vegetables for us to operate at optimum well-being. We believe that the more intense the natural colour of fruit, vegetables and everything else that comes from the earth, the greater energetic properties they contain, which in turn positively impacts our physical and energetic bodies.

Plant-based for us is not only embodying the 'earth to table' approach but also extracting nutrients from food to improve brain chemistry, help fight disease, enhance mood, elevate skin appearance and boost energy levels.

### FROM SCRATCH

We live in a world of ultra-convenience, mostly because we are overworked and time poor. When it comes to creating nourishing, plant-based food from 'earth to table' we like to take our time to get it right.

We are dedicated and committed to producing ninety-nine percent of our food in-house. This means we make nearly everything from scratch in our kitchens, including our sauces, dressings, pickles, milks and cheeses. No artificial preservatives are used in the making of our food. You will see in the recipes of this cookbook that we even make our own nut butters, jams, syrups and infusions using whole foods.

Our plant-based chefs work hard to ensure we extract the maximum nutritional value from all our recipes – from soaking, activating and fermenting, we do our best to get the most from every single ingredient.

### ETHICAL AND ORGANIC

We pride ourselves on creating nutritious, plant-based dishes in the most natural way possible, focusing on honest ingredients that are locally and ethically sourced. Although in Cambodia it's difficult to source all organic ingredients, we work closely with local farmers and suppliers to ensure we are getting the highest quality ingredients available. We advocate for you to buy the best quality products you can afford and to do your research on what ingredients are in season in your area.

It's really exciting for us to find a local artisan or grower who is dedicated and has an original product we can use in our dishes, and it also creates community and supports independent businesses.



# For Review Only

INGREDIENTS  
& TECHNIQUES

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## GLUTEN FREE

Although not all our dishes are gluten free at VIBE, we do try to offer mostly dishes that are naturally gluten free and we are always looking for whole food alternatives to using traditional refined flours and grains.

### WHAT IS GLUTEN?

Gluten is the general name for the proteins found in some grains such as wheat, rye, spelt and barley. It is made up of two different classes of proteins: gliadin, which gives bread the ability to rise during baking, and glutenin, which is responsible for dough's elasticity.

### WHY GLUTEN FREE?

Nowadays it is very common for those even without gluten sensitivities to avoid gluten. Some people feel lighter and clearer without gluten and it is a personal preference. Those with celiac disease or other forms of gluten intolerance need to cut gluten entirely from their diet.

### FOODS CONTAINING GLUTEN

Gluten is hidden in many common pre-made foods you can buy from the supermarket. It is important to read labels and educate yourself on gluten in its many forms: it is commonly in breads, baked goods, soups, pasta, sauces, salad dressings, food colouring, beer, soups, and cereals, etc.

### GLUTEN-FREE ALTERNATIVES

Cutting out gluten from your diet may seem difficult but there are many delicious options that are naturally gluten free, such as fruit, vegetables, beans, legumes, nuts, seeds, cassava and corn. Swap flour to almond, buckwheat or coconut flour, or you can also try amaranth, chickpea, millet, quinoa, teff, tapioca, etc.

Just because a product is gluten free doesn't mean it's healthy. It can still be highly processed and refined, so for this reason at VIBE, we put focus on whole foods, proper healthy fats, proteins and fibre.



# SUPERFOODS For Review Only

We believe that all natural foods are super, but some foods have a denser concentration of nutrients and antioxidants than others and are classed as ‘superfoods’. As the health food scene develops, there are new superfoods popping up all the time.

The term superfood has been around quite a while, but it has gained popularity over the last decade. Superfoods comprise a class of food that gives us a considerable concentration of micronutrients and other elements such as vitamins, minerals, antioxidants, amino acids, essential fatty acids, phytonutrients, and fibre, and at the same time only give us a small calorie content. Adding even one superfood to your diet can bolster your health in many positive ways, no matter what your diet, age, or status of health.

## CHIA SEEDS

These are tiny black seeds from the plant *Salvia Hispanica*, which is related to mint and grows natively in South America. These tiny seeds pack a powerful nutritional punch, being high in antioxidants and containing essential fatty acids and dietary fibre. They are a powerhouse of protein, vitamins and minerals, including calcium, phosphorus, manganese. Chia seeds can be used much like flaxseed as an egg replacement because of their mucilaginous quality when soaked with any liquid. They are also especially good to use as a thickening agent in recipes like puddings, soups and smoothies; or sprinkled in salad and incorporated into bread doughs.

## MACA

The maca plant grows in the high altitudes of the Andes of Peru, and for thousands of years, maca roots have been used by native Indians in Peru for medicinal and health benefits. It is legendary for delivering energy, mental clarity and enhancing libido. Maca is rich in vitamins B, C, and E, and provides a good dose of amino acids, calcium, zinc, magnesium, iron and phosphorous. It is also used as an aphrodisiac to increase libido and endurance. Maca balances the body’s delicate endocrine system, acting on the pituitary gland to regulate and balance all the hormonal systems in the body, including thyroid and adrenals, supporting natural energy and vitality. It can be mixed easily into smoothies, juices, baked goods, pancakes, ice creams, and chocolate.

## GOJI BERRIES

Wolfberries, commercially called goji berries, have a long history of use in traditional Chinese medicine for over 2000 years, are high in vitamin C and fibre, and are known as a secret to longevity. Balancing hormones, strengthening the immune system, lowering blood pressure, easing inflammation, and promoting healthy skin are among a list of other benefits.

Wondering how goji berries taste compared to other berries and fruits? They have a special sweet-tart taste with a slightly salty bite – like a combination of cherry, cranberry, raisin, and tomato – and a chewy texture and a bright pink colour. We love using them in our granola, smoothies and tonics.

## ACAI

This comes from the acai palm tree, native to Central and South America. It is a great source of antioxidants like resveratrol; minerals, including potassium, manganese, calcium, copper, magnesium, and zinc; and vitamins B and K. In addition, acai lowers cholesterol, increases heart health, supports healthy skin, aids digestion, boosts the immune system, improves mental focus, and promotes anti-ageing.

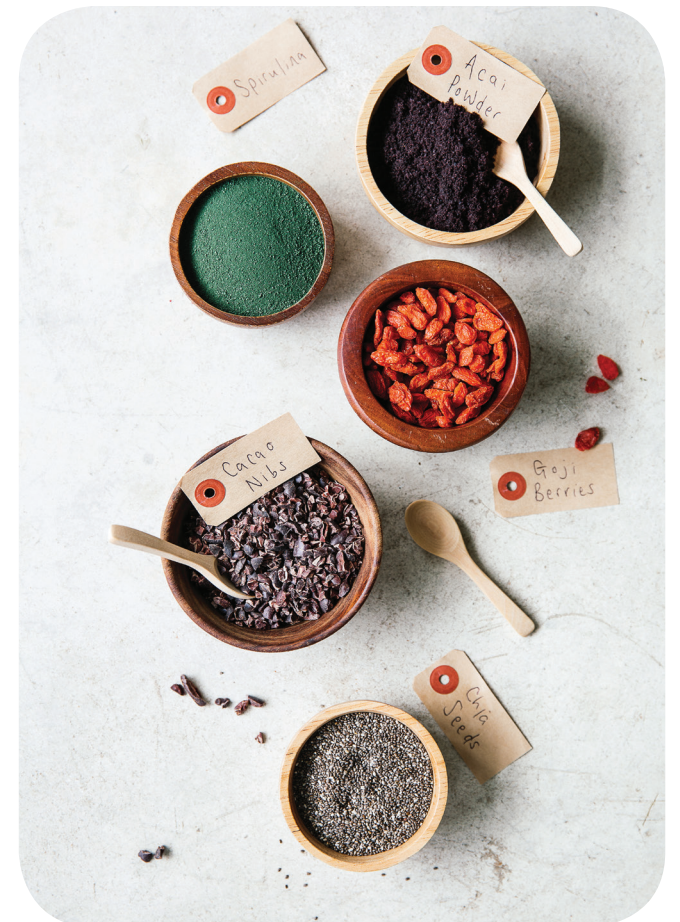
## SPIRULINA

Spirulina is a type of cyanobacteria (blue-green algae) and is considered to be one of the most potent foods on the planet! Spirulina is known as a nutrient-dense food as it is packed full of vitamins, including vitamins A, B1, B2, B3, B6, B9, C, D and E; high in antioxidants and chlorophyll; rich in protein as well as a whole host of minerals, such as calcium, potassium, chromium, copper, magnesium, manganese, phosphorus, sodium, selenium, and zinc. It is also a highly absorbable source of iron.

As it has a strong and oceanic taste, a little goes a long way. You can sneak it into smoothies, energy bars, ice cream, and puréed soups. At VIBE, we add it to our superfood green pesto as when it’s combined with other strong flavours such as basil and peanuts, you can’t taste it.

## CACAO

Cacao, or *Theobroma cacao*, is native to South America and grown in equatorial regions worldwide. It comes from seeds of the fruit of the cacao tree and it is the source of all original, natural chocolate. Organic raw cacao is a superfood containing a variety of unique phytonutrients that provide many benefits. It helps neutralise free radicals, balances brain chemistry, promotes focus and alertness, and is a great mood enhancer.





# For Review Only

## AMAZONIAN ACAI BOWL

We wanted to create a smoothie bowl that was more than just plain fruit, that's why our acai bowl is unusual and contains avocado. Avocado is not only packed with essential mono-unsaturated healthy fats, it also helps absorb the other antioxidants in the recipe and gives a creamy texture.

Serves 1 – 2

### INGREDIENTS

#### ACAI BOWL

- 60–120 ml ( $\frac{1}{4}$ – $\frac{1}{2}$  cup) coconut water
- 1 packet frozen acai or  
1 teaspoon acai powder + additional  
 $\frac{1}{2}$  cup frozen blueberries
- $\frac{1}{2}$  ripe avocado, peeled and pitted
- $\frac{1}{2}$  cup frozen blueberries
- 2 medium frozen bananas, diced (about 1 cup)

#### TOPPINGS

- 2 purple dragon fruit hearts
- 2 tablespoons VIBE granola (see recipe, page 32)
- Coconut shards
- Goji berries
- Chia seeds

### METHOD

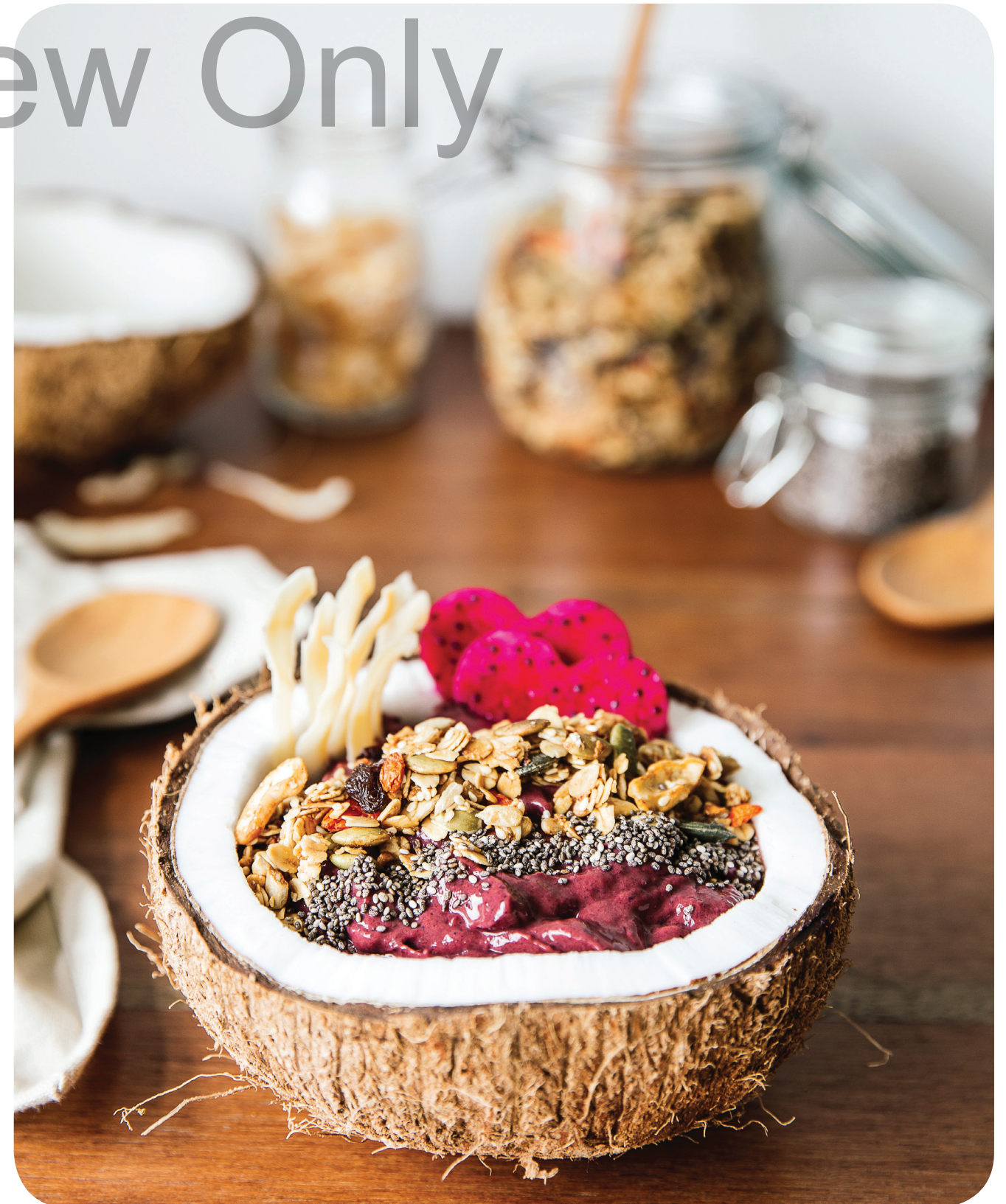
Put all the ingredients in the blender, using as much coconut water as you need to get your preferred consistency. Blend until combined and smooth.

Pour into bowls and decorate with the toppings. Enjoy immediately.

#### // TIPS FROM OUR CHEFS

*Making a smoothie or smoothie bowl is more than just accumulating ingredients in your blender. The way the ingredients are layered has an impact on the final texture. Adding liquids first allows the blender to create a 'vortex', which easily pulls down the rest of the components. Remember, the amount of liquid used will determine the consistency of your smoothie. Add only what your machine requires to get blending, otherwise you'll end up with a soup (albeit a delicious soup).*

*Frozen vs fresh banana – using frozen bananas you will give you a dense and creamy consistency, and your bowl will be notably colder, staying firmer longer as you eat it. If you haven't had a chance to freeze your bananas beforehand, don't add coconut water. Fresh banana is typically enough to get your blender going and keep the acai at a thicker consistency.*





# WONDER TOAST For Review Only

## GREEN PEA HUMMUS // RED RADISH // TOASTED SEEDS

This recipe is a great alternative to traditional avocado toast. Sometimes you can't find the perfect ripe avocado but you can always have peas in the freezer. Plus peas contain 5.6 grams more protein per cup compared to avocado. It can also be served as a hummus with crudité's.

Serves 6 – 8

### INGREDIENTS

2 cups shelled fresh or frozen peas  
2 tablespoons chopped coriander  
2 tablespoons chopped chives  
2 tablespoons chopped mint  
2 cloves garlic, peeled and finely chopped  
2 tablespoons tahini  
2 tablespoons extra virgin olive oil  
1 freshly grated lime peel  
Juice of 1 lime (about 2 tablespoons)  
1/4 teaspoon Himalayan salt  
1/4 teaspoon ground black pepper  
1/4 teaspoon ground cumin  
1/4 teaspoon hot red pepper flakes

### TO SERVE

Thick sliced bread • 2-3 tablespoons green pea hummus • Red radish, sliced • Tomato, sliced • Red onion, sliced • Toasted pumpkin and sunflower seeds • Coriander

### METHOD

Boil salted water in a saucepan. While the water heats, prepare an ice bath by filling a deep bowl about halfway with water and ice.

When the water is boiling, add the peas and cook until tender, about 2-3 minutes for fresh peas or 3-4 minutes for frozen.

Using a fine mesh strainer, drain the peas and immediately plunge them into the ice bath until cold (about 2 minutes). This halts the cooking process so the peas don't get mushy; it also preserves the vibrant colour.

Drain the peas and place them on a clean kitchen towel to dry.

In the blender or food processor, pulse peas with the fresh herbs and garlic until fine and crumbled, pushing down the sides with a spatula as needed.

Add tahini, olive oil, lime peel, lime juice, salt, black pepper, cumin and red pepper flakes. Blend until smooth but not puréed. Place the green pea hummus in a serving bowl and season with more salt, black pepper, and lime juice, if desired. Store in an airtight container in the refrigerator for up to 4 days if not serving immediately.

### ASSEMBLY

Toast the bread until lightly charred. Spread pea hummus on the toast. Top with red radish, tomato, sliced red onion, and seeds. Garnish with coriander if desired.

### // INGREDIENT SPOTLIGHT

*Tahini, or sesame seed paste, is a staple in many cuisines, especially in the Mediterranean and Middle East. Rich in calcium, phosphorus, and protein, it gives the hummus a nutty and earthy flavour, and pairs well with the sweetness of the peas. We make our own at VIBE; it is fresher and we know exactly where the ingredients come from.*





# PEANUT BUTTER KIMCHI SANDWICH

# For Review Only

An unlikely combination we hear you say? Trust us, it's delicious. Kimchi is a Korean fermented condiment traditionally made with fish sauce, but we have made a vegan version. Its tangy, spicy, and savoury taste pairs perfectly with the nuttiness and creaminess of peanut butter.

Serves 10 – 12

## INGREDIENTS

### KIMCHI

- 1 small napa cabbage (Chinese cabbage) or 1/2 large head
- 1/2 tablespoon sea salt
- 1/2 large Korean radish or daikon, cut into thin strips
- 1 medium carrot, cut into thin strips
- 1/4 red bell pepper, cut into thin strips
- 1/4 cup red cabbage, shaved on mandoline or thinly sliced

### SEASONING PASTE

- 1/4 cup red bell pepper, chopped
- 2-3 cloves garlic, peeled and finely chopped
- 2 tablespoons finely chopped ginger
- 2 tablespoons maple syrup
- 1 tablespoon finely chopped green onion or scallion
- 1/2 tablespoon sea salt
- 1 1/2 teaspoons *gochugaru* (Korean chilli powder) or hot red pepper flakes

### TO SERVE

- Thick sliced bread
- Peanut butter (see recipe, page 35)
- Lettuce
- Tomato, sliced

### // TIPS FROM OUR CHEFS

Once you're all set with your homemade kimchi, it's time to experiment with new combinations. Why not try adding it to nachos and our "cheesy" mayo topped with coriander leaves or kimchi pancakes?

## METHOD

Separate and wash cabbage leaves thoroughly. Coarsely chop and place in a large bowl.

Sprinkle 1/2 tablespoonful of salt onto the cabbage and massage firmly to pull water out to form a brine.

To create the seasoning paste you can use the food processor, blender or mortar and pestle. Process all the ingredients together until a smooth paste, adding a splash of water if needed.

Add the other vegetables to the brined cabbage along with the paste. Mix well to make sure all the vegetables are coated with the paste.

Pack the kimchi tightly into a sterilised jar, squeezing out most of the air bubbles as you pack the mixture in. Leave a 2.5-cm (1-in) space at the top, as the kimchi will expand as it ferments. Seal the jar and keep in a dry, cool and dark place.

Leave it for a minimum of 48 hours (up to 5 days) to allow it to ferment. You may see bubbles inside the jar and brine may seep out of the lid; place a bowl or plate under the jar to help to catch any overflow.

Check the kimchi once a day, pressing down on the vegetables with a spoon to keep them submerged in the brine. When the kimchi tastes ripe enough for your liking, transfer the jar to the refrigerator. It will taste best after 1 week.

Always use clean utensils when dipping into your kimchi.

*Note: This is a basic kimchi to illustrate the process. Feel free to experiment with different vegetables, proportions and the spiciness.*

### ASSEMBLY

To prepare the sandwich, spread each slice of bread with 2-3 tablespoonfuls of peanut butter. Add lettuce, slices of tomato and a generous dollop of kimchi.





For Review Only

## MINI HEALTHY DOUGHNUTS

These are great to make with children, letting them dip the doughnuts in chocolate and top with different things. In our cafés, we top them with seeds, but you can use natural coloured sprinklings for birthdays. I always have a batch of these in the freezer for when I want a quick snack on the run.

Serves 15 – 20

### INGREDIENTS

#### DOUGH

- 1 cup raw almonds
- 2½ cups pitted dates
- ½ teaspoon Himalayan salt
- 1 tablespoon cold-pressed coconut oil, melted

#### CHOCOLATE COATING

- ½ cup cold-pressed coconut oil, melted
- 90 ml (⅓ cup + 2 tablespoons) maple syrup
- 1½ tablespoons raw cacao powder
- 2 tablespoons cacao butter, melted

#### TOPPINGS

- Shredded coconut
- Pumpkin seeds
- Goji berries
- Chia seeds

#### // TIPS FROM OUR CHEFS

*These mini doughnuts will last for 10 days in an airtight container in the refrigerator. They can be frozen for up to a month.*

### METHOD

#### DOUGH

Place the almonds in the food processor and pulse until you achieve a powdery consistency.

Add dates and salt, then process again until the mixture sticks together and forms a doughy texture, stopping to scrape the sides down a few times. With the food processor running, add coconut oil.

Press the mixture into silicone mini doughnut moulds and freeze for at least one hour to firm up.

#### CHOCOLATE COATING

In a mixing bowl, stir together coconut oil and maple syrup until combined.

Add the raw cacao and whisk until you get a smooth consistency. Add melted cacao butter and whisk again until smooth. You will get a silky and thick coating.

#### ASSEMBLY

Dip the doughnuts in the chocolate coating, place on a tray lined with parchment paper and add your toppings.

Transfer to the refrigerator for at least 30 minutes until the chocolate is set. We challenge you to eat only one!





# For Review Only

## ABOUT THE AUTHOR

### EMMA FOUNTAIN

Emma created VIBE for people to have access to high vibrational food that is nourishing, healing and bursting with energy. She believes that natural food from the earth is our medicinal dispensary and we can experience optimal wellness by eating a diet that is mostly filled with plants. Affectionately known as the mother of VIBE, she’s a global traveller, chef and training herbalist.

## THE GOOD VIBE FOUNDATION

It was fundamental for us when we created VIBE that we also set up The Good Vibe Foundation, with the clear goal to provide health, food and education to school children in Cambodia and to be a positive impact in the world.

### BACKGROUND

A beautiful country, full of genuine smiles, Cambodia is still recovering from a recent genocide. The average salary in 2016 was \$3.30 per day and it is ranked the 35th poorest country in the world. It also has high rates of essential vitamin and mineral deficiencies. The World Health Organization ranks micronutrients deficiencies among the top ten leading causes of death globally. Cambodia also has a staggering 40% of stunted children according the latest Cambodian Demographic and Health Survey (CDHS 2010).

### PROJECT

Our main project is ‘Nourish for Learning’, which aims to feed 10,000 school children healthy plant-based food in Cambodia. We work in poor, rural communities and hope to build long-term relationships with schools in order to commit to nourishing children throughout their education. We try to establish roots with the parents and families of the children to educate them on nutrition and give them practical knowledge and advice to help them feed healthier food to their children. We believe this community reach will impact the eating habits of several generations to come. We also work directly with farmers who produce fruit and vegetables without chemicals or pesticides, which allows us to serve high quality fresh ingredients.

Every time you eat at VIBE, your money goes to support the Good Vibe Foundation.

Find out more about our organisation at [goodvibefoundation.org](http://goodvibefoundation.org)