

B I O L O V E R R E C I P E S



B Y M Y L I F E B I O

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EGGPLANT LASAGNA

Prep Time: 30 mins

Cook Time: 60 mins

Serves: 8

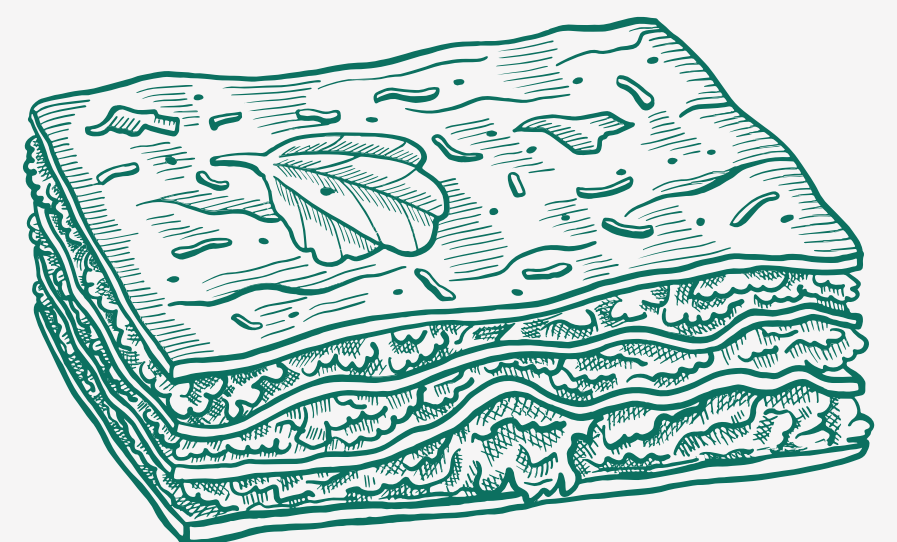


Directions

- 1** Preheat the oven to 190°C. Grease 2 baking sheets and a 9x13-inch baking dish with 1 teaspoon olive oil.
- 2** Combine Bio Cheese Parmesano cheese, bread crumbs, salt, and pepper in a shallow dish.
- 3** Brush eggplant slices with olive oil then dip into bread crumb mixture. Gently tap off any excess crumbs. Arrange breaded eggplant slices on the prepared baking sheets.
- 4** Bake in the preheated oven until the bottoms are golden brown, 20 to 25 minutes. Flip eggplant and continue baking until tender, 20 to 25 minutes. Set aside.
- 5** Increase the oven temperature to 200°C.
- 6** Heat 2 tablespoons olive oil in a skillet over medium-high heat. Stir tomato sauce in and bring to a simmer, then set sauce aside.
- 7** Place 1/3 of the eggplant slices on the bottom of the prepared baking dish. Pour 1/3 of the tomato sauce on top of eggplant layer. Sprinkle 1/3 of the Bio Cheese Cheddar Shred on top of sauce layer. Repeat this step 2 more times, finishing with a layer of Bio Cheese Cheddar Shred.
- 8** Bake in the preheated oven until cheese is melted and sauce is bubbling, 10 to 15 minutes. Cool for 5 minutes before slicing.

Ingredients

- 1** teaspoon olive oil for brushing
- 1 cup** grated Bio Cheese Parmesano
- 1 cup** Italian-seasoned bread crumbs
- salt and ground black pepper to taste
- 2 large** eggplants, peeled and sliced into 1/2-inch rounds
- 2** tablespoons olive oil
- 300g** chunky tomato sauce
- 2 cups** Bio Cheese Cheddar Shred





LOAD POTATO SKINS

Prep Time: 20 mins

Cook Time: 75 mins

Serves: 3-4

Directions

- 1** Preheat the oven to 200°C.
- 2** Use a fork to pierce the potatoes in several places. Place them on a baking sheet and bake until tender, 55 to 65 minutes. Let the potatoes cool until they are easy enough to handle.
- 3** Cut the potatoes in half lengthwise, then use a spoon to scoop out each potato half, leaving about ¼ inch of potato on the shell.
- 4** Meanwhile, transfer scooped potato flesh to a bowl and then mash.
- 5** Add the Bio Cheese Cheddar Shred and Meliora Plant-Based Ham Style Slices (sliced) into the mashed potato mixture. Mix well, then season with salt and pepper to taste.
- 6** Fill the potato skins with the mixture and bake until golden, 10 to 20 minutes.
- 7** Serve potatoes warm or at room temperature topped with vegan sour cream, chives and green onions.

Ingredients

4 large russet potatoes

1-2 tablespoons olive oil, optional

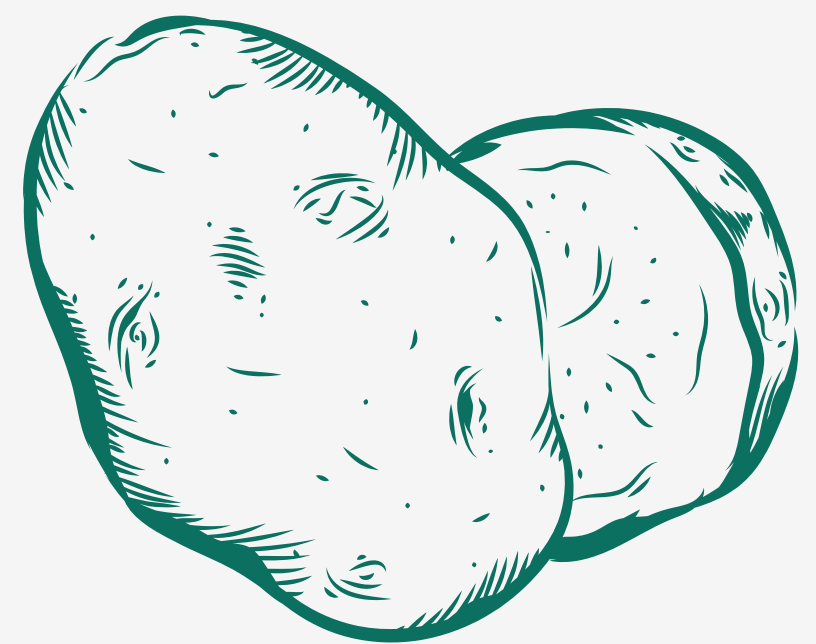
Sea salt to taste, optional

1 cup vegan sour cream

1 cup Bio Cheese Cheddar Shred

1 cup Meliora Plant-Based Ham Style Slices

½ cup green onions or chives, chopped



SPINACH MUSHROOM AND FETA CRUSTLESS QUICHE

Prep Time: 15 mins

Cooking Time: 50 mins

Serves: 4-6

Ingredients

280g box frozen chopped spinach

230g mushrooms

1 clove garlic, minced

1/8 tsp salt

1 Tbsp cooking oil, divided

60g Bio Cheese Feta

1 cup soy yogurt

1/4 cup grated Bio Cheese Parmesano

1/4 tsp pepper

1 cup almond milk

1/2 cup Bio Cheese Cheddar Shred



Directions

- 1** Preheat the oven to 180°C. Thaw and squeeze as much moisture out the spinach as possible.
- 2** Rinse any dirt or debris from the mushrooms, then slice thinly. Mince the garlic.
- 3** Add the mushrooms, garlic, salt, and a ½ Tbsp cooking oil to a skillet. Sauté the mushrooms over medium heat until they have released all of their moisture and it has evaporated from the skillet. No water should remain in the skillet.
- 4** Brush the other ½ Tbsp cooking oil inside a 9-inch pie plate. Layer the mushrooms, spinach, and crumbled Bio Cheese Feta into the pie plate.
- 5** In a large bowl, whisk together the soy yogurt, Bio Cheese Parmesano, pepper, and almond milk.
- 6** Pour the mixture into the pie plate over the spinach, mushrooms, and feta. Top with Bio Cheese Cheddar Shred.
- 7** Bake the crustless quiche in the preheated 180°C oven for about 50 minutes, or until it is golden brown on top and the internal temperature reaches 70°C.
- 8** Slice and enjoy!





ROAST PUMPKIN AND ZUCCHINI TART

Prep Time: 25 mins

Cook Time: 75 mins

Serves: 4

Directions

- 1** Preheat oven to 200°C.
- 2** Place pumpkin and zucchini in a bowl, drizzle with oil and toss to combine. Spread over a Multix Greener Baking paper lined oven tray, sprinkle with salt and bake for 20-25 minutes or until tender. Remove and set to one side.
- 3** For the pastry, place the flours, coconut oil, almond butter and soy yogurt in the bowl of a food processor and pulse to combine. Add a little water if required to bring the pastry into a soft ball. Tip into a 36cmx17cm rectangular fluted tart tin OR similar sized brownie tin, pressing into the base and up the sides to 3-4mm thick. If you have time, leave to rest for 30 minutes in the fridge.
- 4** Lay over a sheet of baking paper and fill with baking beans or rice and bake for 20-25 minutes or until golden. Remove baking beans and paper and return to the oven for 3-5 minutes.
- 5** For the filling, place the Bio Cheeses, soy milk and soy yogurt in the bowl of a food processor and process until smooth. Add the herbs and pulse once or twice to combine. Pour into the baked pastry case. Turn the oven down to 160°C and place in the oven to bake for 30-35 minutes or until just set.
- 6** Remove from the oven, arrange pumpkin and zucchini over the tart, sprinkle over the reserved Bio Marinated feta and herbs for garnish.

Ingredients

300g cubed butternut or jap pumpkin
1-2 medium zucchini, cut into 2cm chunks
1 tbsp Cockatoo Grove Extra Virgin olive oil
Murray River Salt, to taste

Pastry

1/3 cup Ceres Organic Almond Meal
3/4 cup quinoa flour
2 tbsp Ceres Organic Coconut Flour
60g (3 tbsp) Ceres Organic Coconut Oil
150g Mayvers almond butter
1/4 cup soy yogurt
3 tbsp water

Filling

2 x 150g tub Bio Creamy (cream cheese)
200g Bio Marinated, reserving
50g for garnish
50ml VitaSoy Soy Milk
3/4 cup soy yogurt
1 large handful of assorted herbs,

SPINACH AND FETA PUFF PASTRIES

Prep Time: 15 mins

Cooking Time: 30 mins

Serves: 4-6

Ingredients

2 200g packs of Bio Cheese Feta

1 large onion diced

2 big bunches of silverbeet or 2 large bags of spinach

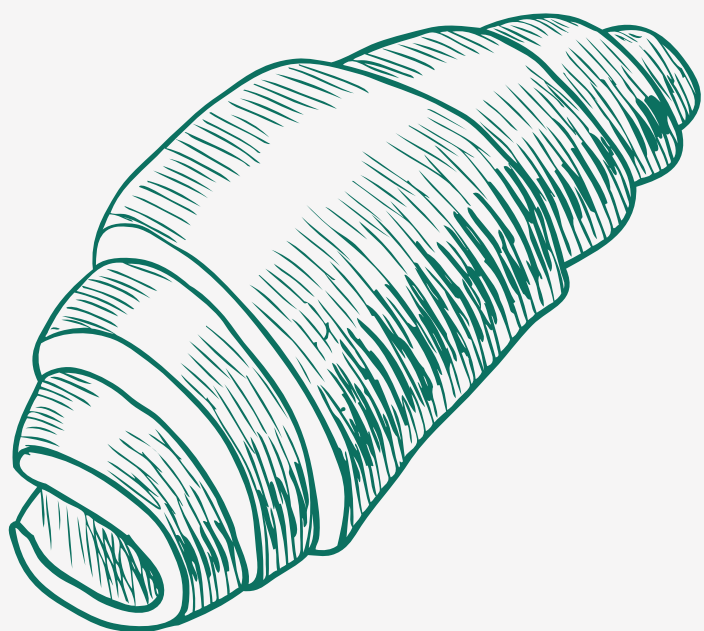
1/2 tbl spoon garlic powder

4 tbl spoons nutritional yeast

1 tsp dried or fresh herbs

2 tsp salt and 1/2 tsp pepper

3 sheets of pampers puff pastry



Directions

- 1 Blanch the spinach or silverbeet and strain in sink to cool.
- 2 Fry the onion in a little oil, and if using silverbeet, finely chop half of the stalks, and fry them with the onion and a pinch of salt to help them sweat.
- 3 Drain tofu by either leaving in a sieve over the sink, or place it between two clean tea towels for a few minutes.
- 4 In a large mixing bowl, put tofu, nutritional yeast, salt and pepper, garlic powder, and herbs and mash with a fork or potato masher.
- 5 Add the onion and stalk mixture to the bowl.
- 6 Squeeze the blanched spinach until most of the liquid is out, then chop it up.
- 7 Add greens to the tofu mixture and combine.
- 8 Cut the pastry sheets down the middle to create long rectangles.
- 9 Put about 1 cup of filling at the top of each long rectangle as seen below.
- 10 Fold pastry over and seal edges around the square.
- 11 Sprinkle with chia, sesame or poppy seeds if you feel too.
- 12 Bake for 30 minutes at 190 until golden brown on top.

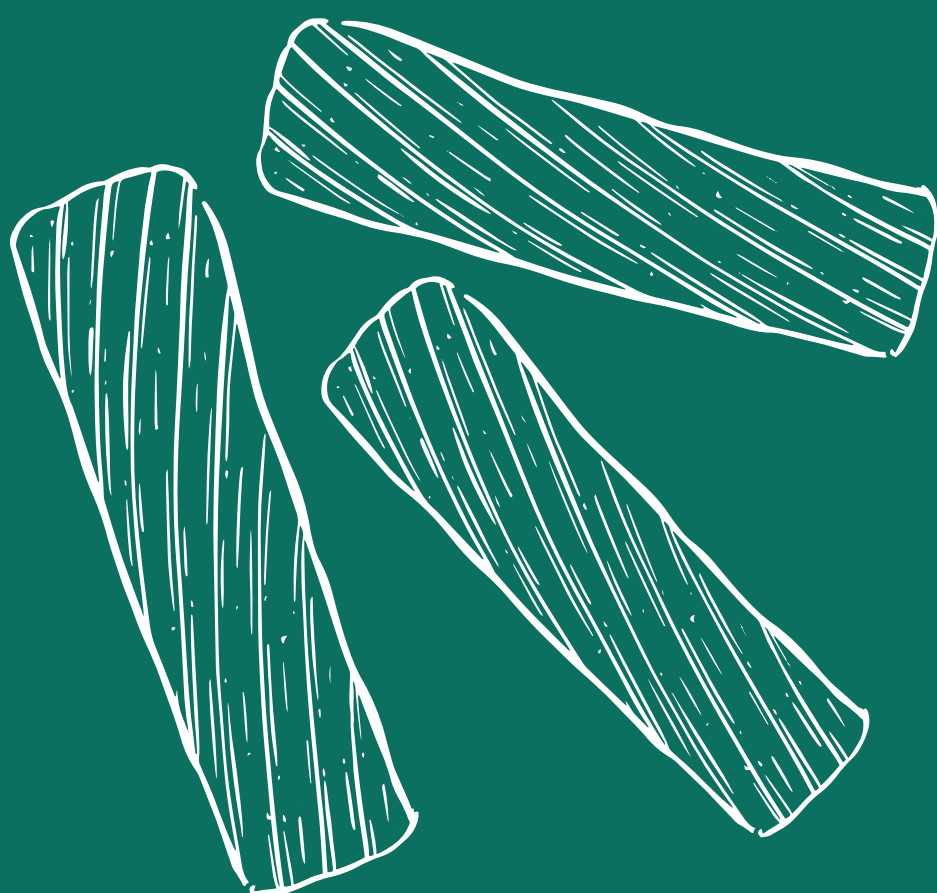


PENNE ALLA NORMA

Prep Time: 15 mins
Cook Time: 25 mins
Serves: 4-6

Directions

- 1** Heat olive oil in a large, deep frying pan over medium to high heat. Add the eggplant and tomatoes and cook 5 minutes, stirring occasionally. Stir in the tomato pasta sauce and cook for a 1-2 minutes.
- 2** Stir through the olives and chopped chilli, cover with a lid and reduce the heat to low, to simmer for 10-15 minutes or until the eggplant has cooked down and the sauce is thick and rich.
- 3** In the meantime, cook the quinoa pasta according to packet instructions in well salted water. Drain and stir through the eggplant sauce. Add the fresh herbs and season with salt to taste.
- 4** To serve, spoon into individual pasta bowls and garnish with a sprinkle of parmesan.



Ingredients

2 tbsp Cockatoo Grove Midnight extra virgin olive oil

1 large eggplant, cut into 2cm cubes

2 roma tomatoes, cut into large cubes

2 x 375g packets Fodmapped for you slow, tomato pasta sauce, slow roasted vegetable

$\frac{1}{2}$ **cup** of kalamata olives, pitted

2 long red chillies, deseeded and finely chopped

1 packet Ceres quinoa penne pasta

1 small handful of basil leaves, roughly chopped

1 small handful of parsley, roughly chopped

Murray river salt, to taste

125g packet Bio Cheese Parmesano, for serving

BON APPETIT!

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Less Dairy, More Life

We believe food should taste great and be good for you. Natural, tasty and nutritious food should be a simple everyday choice.