
Open Source Cookbook

The crowdsourced cookbook

APRIL 2026

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Breakfast

Fluffy Vegan Pancakes

Fluffy, golden vegan pancakes.

🍳 5 🕒 15 min 🔥 a few min per round

INGREDIENTS

Dry

- 250 g whole wheat flour
- 4 **tbsp** sugar
- 15 g baking powder
- 1 **tsp** salt

Wet

- 480 mL unsweetened rice milk (or oat, almond, or soy milk)
- 2 **tbsp** vinegar
- 2 **tsp** vanilla extract (or vanilla and almond 2:1)
- vegetable oil (for the griddle)

Mix-ins

- chocolate chips
- raspberries
- banana

Toppings

- maple syrup

PREPARATION

Prepare Batter

- 1 In a large mixing bowl, combine dry ingredients.
- 2 Slowly add the plant milk while stirring.
- 3 Mix thoroughly until no clumps remain.
- 4 Add the rest of the wet ingredients and stir.
- 5 Preheat the griddle or stove to ~150°C.
- 6 **Important:** Let the mixture sit for 5 minutes to allow the reaction between the baking powder and vinegar to slow down.

Banana Pancake Batter

- 7 Seal a banana in a sandwich bag.
- 8 Knead it until it's a drippy mush.
- 9 Cut open the corner of the bag and empty the banana goop into a bowl.
- 10 Add two big ladle scoops of regular batter and stir.

Note: banana pancakes may take less time to cook. Don't overcook!

AUTHOR

qguy

CHEF'S NOTES

Tools: large mixing bowl, griddle (or flat frying pans), large thin spatula, soup ladle.

If using sweetened plant milk, use half the amount of sugar.

Cooking

- 11** Spread a **small** amount of oil onto the griddle.
- 12** Ladle out some batter (banana or regular) onto the griddle.
- 13** Add any mix-ins now.
- 14** After a couple minutes, peek at the **edge** of the underside of the pancake with a spatula.¹
- 15** Once the pancake turns a light brown, coax the spatula under it gently and flip.
- 16** Pancakes are ready when both sides are light brown.

Serving

- 17** Serve each pancake immediately to good friends.

¹The pancake will cook much more slowly after first being separated from the cooking surface, so take care to lift only the corner when checking.

Lunch

Zesty Chickpea & Avocado Smash

A protein-packed, creamy, and bright lunch that works perfectly on sourdough or in a wrap.



10 min



0 min

INGREDIENTS

The Base

- 400 g canned chickpeas
- 1 large ripe avocado
- 15 ml lime juice
- 2 g sea salt
- 1 g cracked black pepper
- 1 loaf sourdough (or other bread/wrap)

The Aromatics

- 30 g red onion (finely diced)
- 5 g fresh cilantro (chopped)
- 2 g chili flakes (optional)

PREPARATION

Mashing

- 1 Drain the chickpeas in a strainer and rinse them under cold water.
- 2 Place the drained chickpeas in a bowl and crush them with a fork or masher until about half are smashed.
- 3 Add the avocado flesh and lime juice; continue mashing until you reach a chunky, spreadable consistency.

Seasoning

- 4 Fold in the diced red onion, cilantro, salt, pepper, and chili flakes to taste.
- 5 Mix thoroughly and serve on your bread/wrap of choice.

AUTHOR

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CHEF'S NOTES

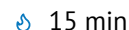
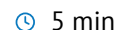
Tools: Medium mixing bowl, fork or potato masher. Strainer.

Storage: Best eaten fresh due to the avocado, but can be kept for 4 hours if the pit is placed in the bowl and it is sealed tightly.

Dinner

Quick Pesto Pasta

A vibrant, fresh pasta dish using a homemade vegan pesto with toasted pine nuts.



INGREDIENTS

Pasta & Veg

- 200 g fusilli or trofie pasta
- 100 g cherry tomatoes
- 30 g fresh arugula (optional)

Vegan Pesto

- 50 g fresh basil leaves
- 30 g pine nuts, lightly toasted
- 60 ml extra virgin olive oil
- 1 tbsp lemon juice
- 1 clove garlic
- 2 g sea salt

AUTHOR

Techwolf12

CHEF'S NOTES

Tools: Food processor or mortar and pestle, large pot.

To keep the pesto a vibrant green, avoid heating it directly in a pan for too long; toss it with the pasta off the heat.

PREPARATION

Pesto Base

- 1 Combine basil, toasted pine nuts, lemon juice, and salt in a food processor.
- 2 Pulse while slowly drizzling in the olive oil until a coarse paste forms. Set aside.

The Meal

- 3 Cook the pasta in boiling salted water for 10-12 minutes until al dente.
- 4 Slice the cheery tomatoes in half and set aside
- 5 Reserve about 30 ml of pasta water, then drain the rest.
- 6 In a large bowl, combine the hot pasta, halved cherry tomatoes, and the prepared pesto.
- 7 Add the reserved pasta water if needed to emulsify the sauce and coat the noodles evenly. Fold in arugula just before serving.

Desert

Vegan Carrot Cake

A moist, naturally sweetened carrot cake featuring a creamy cashew-based frosting and bright citrus notes.

👤 10

🕒 30 min

🕒 55 min

INGREDIENTS

Cake Batter

- 400 g carrots (grated)
- 210 g pitted dates
- 120 g rapeseed oil
- 1 lemon
- 2 oranges
- 2 **tbsp** flaxseeds (whole)
- 300 g flour
- 150 g walnuts (ground)
- 1 **tbsp** baking powder
- 1 **tsp** baking soda
- 1 **tsp** cinnamon (ground)
- 1 **pinch** salt

Cashew Frosting

- 80 g cashews
- 1 lemon
- 4 pitted dates

Pan Preparation

- 1 **tsp** oil
- 1 **tsp** flour

PREPARATION

Preparation

- 1 Preheat the oven to 180°C (top and bottom heat).
- 2 Finely grate the carrots and set aside.
- 3 Grate the zest of the lemon and one orange. Reserve half of the zest for the final step.
- 4 Squeeze the lemon and both oranges.

Mixing the Batter

- 5 Blend the dates, rapeseed oil, orange and lemon juice, and flaxseeds in a blender until smooth.
- 6 Pour the date mixture into a large bowl and stir in the zest.
- 7 Add the dry ingredients (flour, ground walnuts, baking powder, baking soda, cinnamon, and salt) and mix until combined.
- 8 Fold in the grated carrots and stir well to distribute evenly.

AUTHOR

Techwolf12

CHEF'S NOTES

Tools: Food processor or grater, mini blender (for dates and frosting), loaf pan.

Flour Note: Whole wheat or spelt flour works best to keep the cake moist and dense.

Baking

- 9 Grease a loaf pan with oil and dust with flour.
- 10 Pour the batter into the pan and place on a low rack.
- 11 Bake at 180°C for 50–55 minutes. Perform a toothpick test to ensure it is cooked through.
- 12 Turn off the oven, open the door, and let the cake cool completely before removing from the pan.

Frosting & Assembly

- 13 Soak cashews in hot water for 45 minutes, then drain.
- 14 Squeeze the lemon.
- 15 Blend the soaked cashews, lemon juice, and 4 dates until creamy.
- 16 Refrigerate the frosting while the cake cools.
- 17 Spread the frosting over the cooled cake and decorate with the reserved zest before serving.

Appendices

Recipe by Dietary Restrictions

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VEGETARIAN

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GLUTEN FREE

DAIRY FREE

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Recipe by Effort

QUICK

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MEAL PREP

Acknowledgments

Thanks

Thanks to everyone who contributed recipes to this cookbook!

This cookbook uses the fancy-cookbook template by Ajrarn: <https://github.com/Ajrarn/fancy-cookbook>

Contributors

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