



**brownsugar**  
&vainilla

**YOU KNOW THAT YOU  
CAN EAT BETTER**



by Ale Graf





## **YOU KNOW THAT YOU CAN EAT BETTER.**

I know that I can improve, too. We all know that we can put a little more effort towards feeding ourselves. I don't know if you also hear a little voice in your head – a voice that tells us to make the best choices, although we often pay it no attention.

We don't have to become angry at ourselves or blame ourselves when we don't make the best choices. Do you know why? Because we don't always have to pay attention to that voice – we can pay attention to it 80% of the time and ignore it 20% of the time. Because life is all about balance, and we are all human, and it's also very important to be happy.

I am a firm believer that we are what we eat, what we see, what we feel, and what we think. Yes, we are a whole, a whole that involves our body, mind, and soul. So there always needs to be a balance, and eating well should not be something that takes away our peace or happiness.

In this magazine, I'll share with you 5 tips that will help you pay attention to that internal voice that reminds you every time, or every once in a while, to eat better. And I'm sure that with these tips, you will be able to cook more quickly, more deliciously, and – why not – begin to make more vegan dishes or maybe even entire vegan meals.

If you are new to the BrownSugar&Vanilla community, welcome! If you have already been part of it for a long time, thank you so much for being here.

My best wishes for the year 2022. I hope this whole year is full of blessings and pure, good things. May all aspects of your year be magical, and may your light shine as brightly as possible.

Happy new year, with love,

Alejandra



# **TIP 1.** **IT'S NOT AS COMPLICATED** **AS IT SEEMS**

HAVE PATIENCE AND WITH PRACTICE, YOU'LL SUCCEED.

ONE OF THE MAIN RULES OF EATING WELL AND HAVING A BALANCED DIET IS TO CHOOSE FOODS FROM NATURE WHENEVER POSSIBLE. AND WHAT DOES THIS MEAN? BUYING PRODUCTS THAT ONLY HAVE INGREDIENTS WHERE WE KNOW EXACTLY WHAT THEY ARE – BUYING PRODUCTS THAT COME FROM THE EARTH AND NOT FROM A FACTORY.





HOMEMADE  
GRANOLA

This is why I've been gradually "cleaning" my pantry. For example:

If I used to buy granola, now I make it myself.

The same with almond milk and almond butter.

HOMEMADE  
ALMOND MILK

Some other examples of things that you can make at home:



ALMOND  
BUTTER



VEGAN AQUAFABA  
MAYO



This vegan aquafaba mayo is made with aquafaba and is creamy, delicious, and perfect to use instead of traditional mayonnaise.

TOMATO SAUCE



This homemade tomato sauce recipe is perfect for making it, storing it and always having the most delicious tomato sauce for pasta, "caldillos," soups, or any other dish that needs canned tomato.





If I used to buy green salsa, now I always make it at home.

MEXICAN SALSA VERDE



BBQ SAUCE

These chipotle bbq mushroom sliders will soon become one of your favorite meals.



BLENDER OATMEAL PANCAKES

This blender oatmeal pancake recipe is as easy as it sounds and perfect for busy mornings.



## BUFFALO CHICKPEAS AND HOMEMADE RANCH SALAD

From the first bite to the last, you would not believe that you are eating something healthy and good for your body. So, so good.



## SIMPLE VINAIGRETTE

Now I never buy salad dressing, I make it myself: I make vinaigrette and ranch dressing at home.





**TIP 2.**

**IT'S ALSO IMPORTANT TO  
LEARN TO PREPARE OUR  
INGREDIENTS, BUT WITHOUT  
STRESSING YOURSELF OUT.**



ROASTING VEGETABLES

BROWN RICE



INSTANT POT  
REFRIED BEANS








BEANS, LENTILS, AND  
OTHER LEGUMES

¿HOW TO  
COOK QUINOA?







HOW TO CHOP ONIONS  
AND OTHER VEGETABLES

HOW TO CUT  
VEGETABLES

HOMEMADE  
VEGETABLE BROTH



**TIP 3.**

**THINK LIKE A CHEF:**

PREPARE TODAY, AND EAT ALL WEEK.



IF YOU ROAST VEGETABLES, YOU CAN MAKE



SWEET POTATO AND  
BLACK BEAN TACOS



KALE AND  
POTATO TACOS



CHIPOTLE ROASTED  
CAULIFLOWER  
TACOS



BEAN  
FAJITAS



IF YOU HAVE CHICKPEAS READY IN THE FRIDGE, YOU CAN MAKE



MEXICAN CHICKPEA  
SOUP



SPICED CHICKPEA  
PATTIES



CHIPOTLE ROASTED  
CHICKPEAS

IF YOU MAKE CARROT JUICE, SAVE THE PULP AND MAKE



DETOX CARROT  
SOUP



CARROT, TOMATO, AND  
RED LENTIL SOUP



CARROT CAKE WITH  
ORANGE GLAZE



IF YOU HAVE ONION ALREADY CHOPPED,  
THEN YOU CAN QUICKLY THROW TOGETHER



BROCCOLI SOUP



VEGETABLE RAGU



BOLOGNESE  
SAUCE

# **TIP 4. TRY A VEGETABLE OF THE MONTH, OF THE WEEK, OR OF THE DAY.**

IF YOU DON'T LIKE VEGETABLES, DRINK THEM.

IF YOU DON'T LIKE VEGETABLES, DRINK THEM. GIVE YOURSELF PERMISSION AND HAVE A LOT OF PATIENCE WHEN YOU'RE INCLUDING A NEW VEGETABLE IN YOUR DIET, OR TRYING OUT NEW COMBINATIONS LITTLE BY LITTLE. DON'T WORRY IF YOU DON'T LIKE THEM AT FIRST: THE DAY WILL COME WHEN YOU GET USED TO THEM OR EVEN START TO LIKE THEM.



This is why a super good tip is to learn to make juices and smoothies. If you're making a smoothie, you can add spinach, zucchini, and cauliflower along with blueberries and chocolate. It sounds really strange, but when you try it, you're going to love it. You'll see.

Another of the great wonders of drinking green juices and smoothies is that we are "eating" the fruits and vegetables in their natural state. ... which brings us back to Tip #1: eating as close to nature as possible.

Start to make your smoothies the way you like them, and you can gradually start adding more vegetables and superfoods. In this graphic, you can see the anatomy of a perfect smoothie.



## SMOOTHIE RECIPE WITH CAULIFLOWER AND AVOCADO

- 1/2 AVOCADO
  - 1 BANANA
  - 2 CUPS ALMOND MILK
  - 1 CUP FROZEN BERRIES
- 1/2 CUP PIECES OF RAW OR FROZEN  
CAULIFLOWER
  - 3 PITTED DATES

MIX EVERYTHING IN THE BLENDER.

SMOOTHIES  
RECIPES

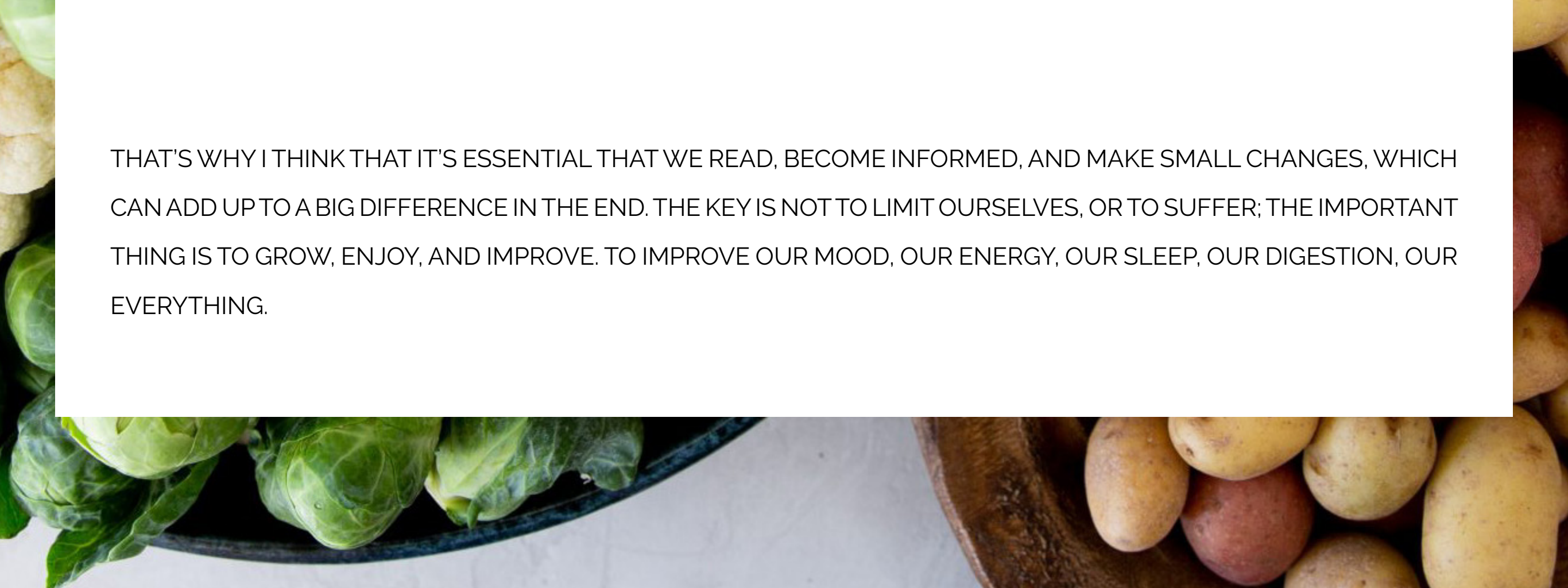






# **TIP 5.** **SWAP ONE THING FOR ANOTHER**

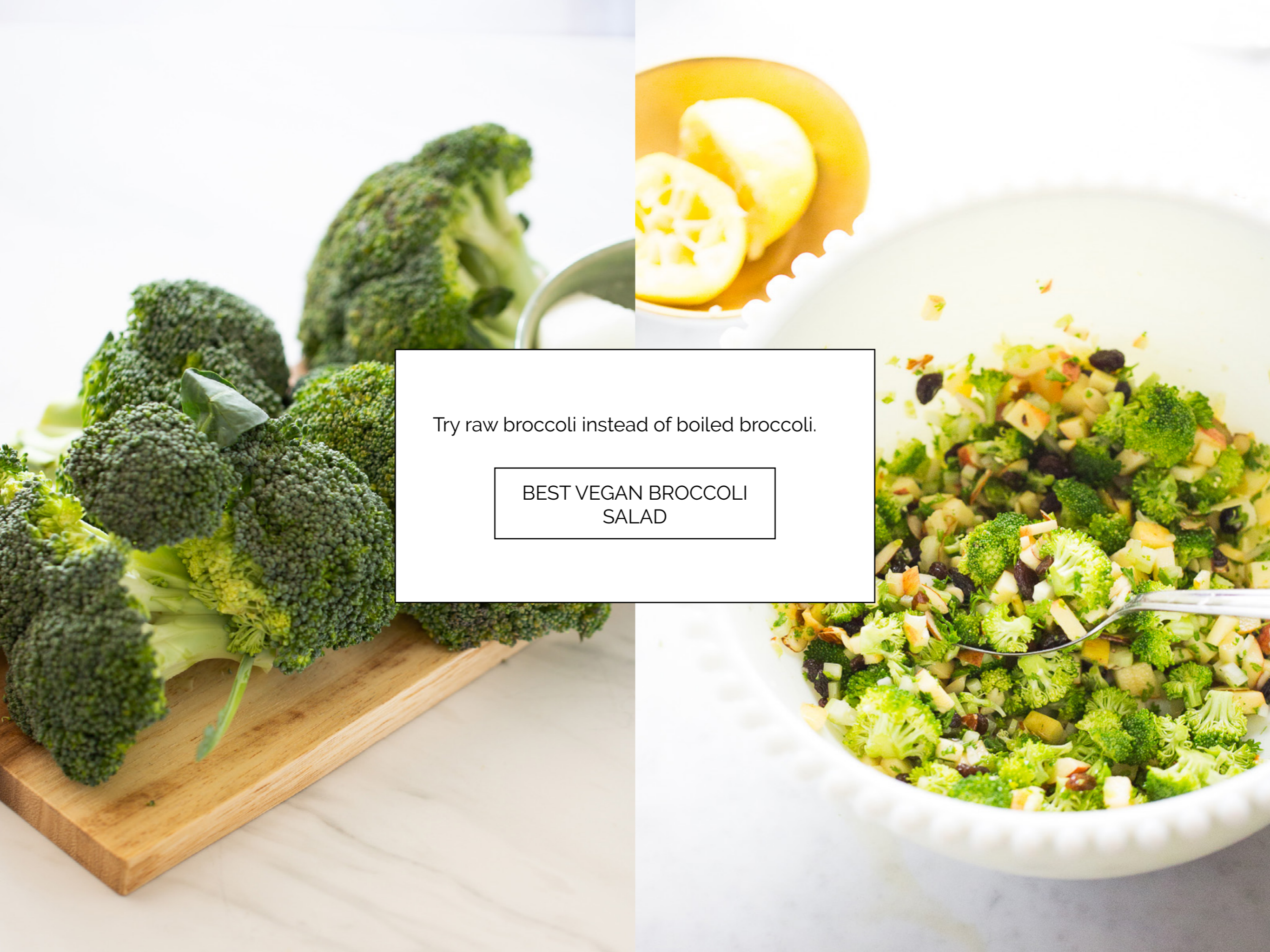
I THINK IT'S IMPORTANT TO MAKE CHANGES TO OUR DIET LITTLE BY LITTLE – CHANGES WHICH LEAD US TOWARD WHAT EACH OF US CONSIDERS TO BE AN IDEAL DIET. FOR ME, A VEGAN DIET IS IDEAL, BUT FOR YOU, THE IDEAL DIET MIGHT BE TO EAT MORE FRUIT AND VEGETABLES DURING THE WEEK, AND EAT SNACKS ON THE WEEKENDS.



THAT'S WHY I THINK THAT IT'S ESSENTIAL THAT WE READ, BECOME INFORMED, AND MAKE SMALL CHANGES, WHICH CAN ADD UP TO A BIG DIFFERENCE IN THE END. THE KEY IS NOT TO LIMIT OURSELVES, OR TO SUFFER; THE IMPORTANT THING IS TO GROW, ENJOY, AND IMPROVE. TO IMPROVE OUR MOOD, OUR ENERGY, OUR SLEEP, OUR DIGESTION, OUR EVERYTHING.

So instead of drinking a soda, let's drink hibiscus water.  
Instead of reading a gossip magazine, let's read a good book.  
Try eating a vegetable that you have never tried  
instead of always eating the same thing.






Try raw broccoli instead of boiled broccoli.

BEST VEGAN BROCCOLI  
SALAD





Instead of cooking pasta,  
make zucchini spirals.

ZUCCHINI  
NOODLES



Instead of shopping at a supermarket,  
try shopping at a sustainable market.

Instead of breadcrumbs, try breading food with grated coconut.

If you are going to go out to dinner at your favorite restaurant in the evening, first eat many leafy, green vegetables and drink a lot of water during the day.

  
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