

A Delicious Vegan (or veggie) Lasagna!

- Serves: 8-10

Ingredients:

For the spinach sauce:

- 6 cups of finely chopped fresh spinach (approx 2 large bunches)
- 1 tbsp extra virgin olive oil
- 4 cloves of minced garlic
- ¼ tsp oregano
- ½ tsp salt

For the tomato sauce:

- 8 medium tomatoes - chopped into 8^{ths}
- 1 tbsp extra virgin olive oil
- 4 cloves of minced garlic
- ½ tsp salt
- 1½ tsp sugar
- ¼ tsp oregano

For the white sauce:

- 2½ cups almond milk
- 2½ tbsp flour
- 1 tbsp olive oil
- ½ tsp salt
- ¼ tsp black pepper
- ¼ tsp oregano

Method:

Pre-heat the oven to 200° Celsius (approx. 392 Fahrenheit)

For the spinach sauce:

- Cook the fresh chopped spinach in ½ cup of water over high heat. Cover and leave for a few minutes, until soft.
- Drain the spinach in a strainer, quickly run it under cold water and then transfer to a food processor. Gently blend for a few minutes until you have a thin sauce.
- On high heat in a medium skilled, lightly fry the garlic in the olive oil for a few minutes and add the spinach sauce.
- Keep on high heat and cook.
- Add the salt, oregano and continue cooking for about 7 minutes until you have a thick sauce like in the picture on the right
- Set aside – you should end up with 1 large cup of sauce

For the tomato sauce:

- Blend the chopped tomatoes in a food processor until you have a thin sauce.
- On high heat in a medium skilled, lightly fry the garlic in the olive oil for a few minutes and add the tomato sauce.
- Keep on high heat and cook
- Add the salt, oregano and sugar and continue cooking for approx. 15 minutes until you have a thick sauce like in the picture below.
- Set aside – you should end up with 1 large cup of sauce

For the white sauce:

- Pour the almond milk into a large bowl, add the flour and mix rigorously with an eggbeater. Alternatively, you could use a hand blender for about 15 seconds.
- Heat the olive oil in a skillet and add the milk mixture and continue to cook over high heat while stirring continuously.
- Add the oregano, sugar, salt and pepper, and continue

cooking for 15 minutes.

- Cook on high heat for 15 minutes, while mixing continuously until you have a thick sauce.
- Set aside – you should end up with 1½ cups of sauce

For the pasta:

- Add about 12 sheets of lasagna sheets to boiling water with a pinch of salt and a few drops of olive oil.
- Boil for just 5 minutes
- Drain and keep in cold water until you are ready to use them.

Assembling the lasagna:

- Coat the bottom of the lasagna dish with one layer of pasta. If there are any gaps fill them in by cutting a lasagna sheet to the size of the gap.
- Add about ¾ of a cup of white sauce and use a spoon to distribute it evenly until the pasta is completely covered all the way to the edges.
- Add another layer of pasta and fill in the gaps as above.
- Add all the tomato sauce and distribute evenly as above.
- Add another layer of pasta and fill in the gaps as above.
- Add all the spinach sauce and distribute evenly as above.
- Add another layer of pasta and fill in the gaps as above.
- Add the remaining white sauce and distribute evenly as above
- *Note: for a veggie alternative, you can top with approx. 2 tablespoons of shredded cheddar cheese if desired.*