

Hello and welcome to this Beltane recipe sheet

Inside, you will find three simple, nourishing recipes to celebrate the season. Each one is gluten-free, vegan, and made with ease, colour, and joy in mind.

This collection includes:

- A fresh sushi picnic option
- A soft and comforting, kid-friendly banana pancake recipe
- A vibrant Beltane-inspired colourful pasta salad

A full shopping list is included to make preparation gentle and stress-free.

You are warmly invited to take this with you on your device when shopping rather than printing it, if you can. The trees will thank you.

Love,

Bloom

Disclaimer: I am not a nutritionist. I simply share recipes as a way of celebrating the joy of food and everyday creativity in the kitchen. These ideas are meant to inspire rather than prescribe, so feel free to adapt, adjust, and make them your own. I would also love to hear your feedback or variations if you feel like sharing.



Sushi Onigiri / Sushi Bowl (Vegan & Gluten-Free)

Theme: Balance, simplicity, and freshness — grounding and energising picnic food.

Ingredients (serves 2–3)

- • Sushi rice
 - Avocado
 - Nori (sushi sheets)
 - Sesame seeds
 - Sesame oil (or olive oil)
 - Tamari (or gluten-free soy sauce)
 - Spring onions
- **Optional (Sushi Bowl)**
 - Cucumber
 - Coriander
- **Sauce**
 - Vegan mayonnaise
 - Wasabi

I make my own wasabi mayo to keep it vegan, but you can also buy it pre-made for convenience.

Instructions

1. **Cook the sushi rice:** Prepare sushi rice according to instructions. Let cool slightly. (I use a rice cooker, where I measure the amount of rice and water ratio)
2. **Prep fillings:** Slice avocado and chop vegetables.
3. **Make sauce:** Mix mayonnaise with wasabi to taste.
4. **Assemble:** Onigiri: Shape rice with filling inside and wrap with nori.
OR
Bowl: Add rice to a bowl and top with ingredients.
5. **Finish:** Add tamari, oil, sesame seeds, and wasabi mayo.

You can mix the wasabi mayo into the rice for a more traditional approach, which is what I usually do, or add it later on top depending on your preference. I sometimes shape my onigiri with moulds, but a sushi bowl is a quicker, easier option. Feel free to adjust ingredients to your taste. This recipe is flexible.

Optional Ritual Touch

Focus on balance: soft, sharp, fresh, and rich.
Eat slowly and notice each flavour.



Sushi Onigiri / Bowl Checklist

Core Ingredients

- ☐ Sushi rice
- ☐ Avocado
- ☐ Nori
- ☐ Sesame seeds
- ☐ Sesame oil / olive oil
- ☐ Tamari / GF soy sauce
- ☐ Spring onions

Sauce

- ☐ Vegan mayonnaise
- ☐ Wasabi

Optional Additions

- ☐ Cucumber
- ☐ Coriander



Banana Pancakes (Vegan & Gluten-Free)

Theme: Comfort, warmth, and gentle nourishment — perfect for slow mornings or picnic sweetness. Kidfriendly.

I often found myself moving through new places, reaching out to neighbours and strangers alike, searching for connection. This recipe has become one of my most cherished, even winning over devoted meat-eaters, a quiet reminder of how food can soften distance and draw people into shared space. It is especially fitting for Beltane, though it carries the same warmth on any day meant for gathering.



Ingredients (serves 2–3)

- 1 pack gluten-free banana pancake mix
- 250 ml plant-based milk (soy or other)
- 3 bananas (mashed, egg replacer)
- Margarine, plant-based butter, or oil (for frying)



Instructions

1. **Prep the batter:** Mash the bananas until smooth.
2. Add pancake mix and plant-based milk. Stir until thick but pourable.
3. **Heat the pan:** Warm a pan over medium heat and add a little oil or margarine.
4. **Cook:** Pour small portions into the pan.
Cook until bubbles form, flip, and cook until golden.
5. **Serve:** Enjoy warm or let cool for your picnic.



Optional Ritual Touch

Focus on comfort and nourishment while cooking.
You can set a gentle intention for rest, sweetness, or care.



Banana Pancakes Checklist

Ingredients

- ☐ Gluten-free pancake mix
- ☐ Plant-based milk
- ☐ Bananas (3)
- ☐ Margarine / oil

Extras (Optional)

- ☐ Maple syrup
- ☐ Fresh fruit
- ☐ Cinnamon

Colour Pasta Salad (Vegan & Gluten-Free)

Theme: Playfulness, colour, and creative expression — vibrant and grounding.

Ingredients (serves 2–3)

- • Gluten-free fusilli (chickpea-based)
 - Olive oil
 - Nutritional yeast (or cheese of choice)
 - Black olives
 - Greens (lamb's lettuce, rocket, etc.)
 - Carrots (julienne)
 - Bell pepper (large pieces)
 - Pesto
 - Lemon juice
- **Optional**
 - Tomato
 - Cucumber

Instructions

1. **Cook pasta:** Boil according to instructions, drain, and let cool.
2. **Prep vegetables:** Chop and slice all ingredients.
3. **Combine:** Mix pasta with vegetables, olives, and greens.
4. **Dress:** Add pesto, olive oil, and lemon juice. Toss well.
5. **Finish:** Top with nutritional yeast or cheese and serve.

This recipe was inspired by *Llewellyn's Sabbat Essentials: Beltane: Rituals, Recipes & Lore for May Day*. -> <https://www.llewellyn.com/index.php>

Optional Ritual Touch

Think in colours and abundance rather than precision.
Let the dish feel expressive and intuitive.



Colour Pasta Salad Checklist

Ingredients

- ☐ Gluten-free fusilli (chickpea based for extra bite)
- ☐ Olive oil
- ☐ Nutritional yeast / cheese
- ☐ Black olives
- ☐ Greens of choice
- ☐ Carrots
- ☐ Bell pepper
- ☐ Pesto
- ☐ Lemon

Optional Additions

- ☐ Tomato
- ☐ Cucumber
- ☐ add your own