



Sarah Cobacho of Plantbaes on Her New Cookbook, and the 9 Foods She Always Keeps in Her Kitchen

By Aurelia d'Andrea
2024-08-26 09:48:23



Some cookbooks dazzle with their food photography. Others capture our attention with their unique, mouthwatering recipes. And still others draw us in through the reputation of their authors. Sarah Cobacho's *The Ultimate Plant-Based Cookbook*—a collection of 100 low-in-fat, big-on-flavor recipes hitting bookstore shelves on August 27—has managed all three.

Australia-based Cobacho, the co-founder of the popular online community [Plantbaes](#), grew up in the South of France with a father who ran his own restaurant, and weekends meant time in the kitchen as a family, chopping vegetables, making homemade pasta, and slow-cooking tomato sauce. “It was our love language,” says Cobacho.

As an adult, her father's cancer diagnosis spurred Cobacho to reevaluate her own lifestyle, prompting some big changes. “I went down a rabbit hole, started looking into nutrition, into how I could become healthier, and learned a bit more about veganism,” says Cobacho.

Ultimately, she earned a degree in nutrition and paired her newfound knowledge with her passion for food to create Plantbaes, which she launched in 2022 with her partner Cam Crawley, who served as photographer for *The Ultimate Plant-Based Cookbook*.

Today, more than 1.5 million social media followers turn to Plantbaes for how-to videos and ultra-healthy recipes

that brim with flavor, texture, and color. We spoke with Cobacho about the new book, her viral one-ingredient bread recipe, and her top 10 pantry staples for creating nourishing meals at home.

The recipe photos in *The Ultimate Plant-Based Cookbook* are so tantalizing, thanks in part to your partner Cam's photography skills. As a recipe developer, what is the secret to making healthy, nourishing food that's also visually appealing?

SC: It starts with nutrition. I want to make sure I get enough fiber, enough protein. I want to have a bean component, a grain component, and a veggie component, and nuts and seeds. From there, I choose beautiful vegetables. The plants shine for themselves.

Since launching Plantbaes in 2022, you've gained a substantial following on social media. What feedback have you received from the Plantbaes community?

SC: So many people tell me about how this has completely transformed their family's health. That's the biggest joy in my life—especially when they're telling me they're getting their kids to eat vegetables. It's a great honor to be able to contribute just a little bit to that journey.

Your viral [one-ingredient buckwheat bread recipe](#) is included in *The Ultimate Plant-Based Cookbook*. Why do you think this simple recipe is so popular?

SC: I love bread. I'm French—I grew up on bread. But especially in the U.S. and other places, there's a lot added to it. I think this recipe really resonates with people because it's simple, it's easy, and it makes you feel amazing, but it's still a very familiar food.

What are a few recipes from the book that

(continued)

Sarah Cobacho of Plantbaes on Her New Cookbook, and the 9 Foods She Always Keeps in Her Kitchen

By Aurelia d'Andrea
August 26 2024

you might pull together for a nourishing weeknight meal with your bae?

SC: The Fiesta Bowl (p. 63) and the Rice Noodle Salad with Mango Red Thai Curry dressing (p. 64) are two of my absolute favorites. And my Chickpea Cookie Skillet (p. 161) is amazing—something everyone has to make from the book. I insist!

For those avoiding added oil, you've suggested adding nuts to some dishes. Can you explain a bit about why we need some natural fats in our diet?

SC: Some vitamins need a little bit of fat to be better absorbed. We absolutely do not need oil, but we just need to make sure to have a little bit of nuts, seeds, or avocado. It can be a teaspoon of sesame seeds or tablespoon of crushed walnuts added to the dish. I'm a big fan of walnuts.

Sarah Cobacho's Staples

We asked Cobacho for the indispensable ingredients that she always keeps in her refrigerator and pantry. She shared her top nine.

1. Legumes (beans, lentils, chickpeas, tofu)—all great sources of protein, fiber, and minerals.
2. Whole grains (quinoa, brown rice, oats, buckwheat)—complex carbohydrates that provide sustained energy and fiber.
3. Fresh fruits and vegetables—as diverse as possible, with a daily intake of berries and green leafy vegetables.
4. Nuts and seeds (hemp seeds, chia seeds, flaxseeds, walnuts)—a minimum of two tablespoons a day to keep up with our omega-3 requirements on a plant-based diet.
5. Nut butter (almond butter, peanut butter, tahini)—a great source of healthy fats and a delicious addition to sauces for salads or stir-fry.
6. Spices (turmeric, cumin, paprika, garlic powder)—not only do they make food fun and exciting, but they are packed with antioxidants.
7. Fresh herbs—they're nutrient-packed, count as a serving of greens, and will really elevate your cooking to the next level.
8. Nutritional yeast—a cheesy-tasting addition

that's high in B vitamins and protein.

9. Soy milk—preferably fortified in calcium and vitamin D.

For a taste of the new cookbook, check out [Sarah Cobacho's Creamy Dill Potato Salad!](#)