



Berry Chia Pudding

Serving size: 2

Preparation time: 5 mins

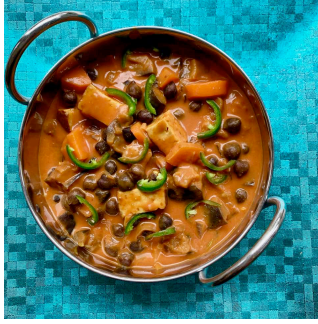
Cooking time: 20 mins

Ingredients

1 cup / 250 ml Oat Milk (or dairy-free milk of choice)
1 ½ tbsp Agave Syrup (or Maple Syrup)
¾ cup Berries (of choice frozen are good)
⅓ cup/ 50 grams Chia Seeds

Directions

1. Blend together the oat milk and agave syrup with ¼ cup berries of choice until smooth.
2. Cook the berries with some additional maple syrup until the juices of the berries are released. Strain the liquid from the berries and add to the milk mixture you should have a vibrant pink milk.
3. To a jar add half the milk mixture and half the chia seeds. Close the lid tightly then shake the chia pudding for about 30 seconds.
3. Place the chia seed pudding in the fridge for at least 20 minutes to thicken or overnight so that they completely set up.
4. Serve with fresh berries on top. Enjoy!



Butternut Squash Chick Pea, and Sweet Potato Curry

Serving size: 4

Ingredients

1/2 tsp extra virgin cold pressed rapeseed oil
1 large butternut squash, chopped into 1-2cm chunks
1 large sweet potato
(or use frozen as a great time saving alternative)
For the sauce
1 onion chopped finely
2 cloves garlic chopped finely
1/2 tsp extra virgin cold pressed rapeseed oil
1 tsp ground cumin
1 tsp ground turmeric
1 tsp fennel seeds
1 stick cinnamon bark
1 tsp red chilli powder
1/2 tsp Himalayan pink salt
1 carton tomato passata (500g)
1 can reduced fat coconut milk

Directions

- 1 To a large saucepan with a lid, add the onions and garlic along with the oil and sauté until the onions are soft.
2. Roast the cut up butternut squash and peppers in the oven until just tender. (if using frozen this isn't necessary)
- 3 For the sauce, add the oil and all the spices and toast briefly until the seeds start to pop. Add the tomato paste and coconut milk and cook for 5 minutes until all well combined. Puree the sauce at this point if you'd like a smooth consistency.
- 4 Add the sauce to the vegetables and heat through and allow to come to a slow simmer for another 10-15 minutes.
- 5 Serve on its own with a lemon wedge and coriander and cooked brown basmati rice as optional



Gingerbread cake

Serving size: 24

Ingredients

250 g (8 oz) butter or
baking spread, plus extra for
greasing
250 g (8 oz) dark
muscovado sugar
250 g (8 oz) black treacle
375 g (12 oz) plain flour
5 tsp ground ginger
2 tsp ground cinnamon
2 eggs, beaten
3 pieces of stem ginger in
syrup, drained and roughly
chopped
300 ml (1/2 pint) milk
2 teaspoons bicarbonate of
soda

Directions

Lightly grease the tin and line the bottom with
greaseproof paper.

Heat the butter, sugar, and treacle in a pan stirring until
smooth, cool slightly

Sift in the flour and ground spices. Stir well, then
beat in the eggs and stem ginger.

Warm the milk in a small heavy saucepan, and add
the bicarbonate of soda.

Pour the mixture into the prepared tin.

Bake in a pre-heated oven at 160° C or 140°C fan,
Gas 3) for about 1 hour until
well risen and springy to the touch.

Leave to cool in the tin for a few minutes then turn
out onto a wire rack, and peel off the paper.

Leave to cool completely, then store in an airtight
container for 2-3 days (it improves with
keeping).

Cut into squares to serve.