

Roasted vegetable soup

Ingredients

1 red pepper, chopped
1 white onion, chopped
2 sweet potatoes, chopped
4 carrots, chopped
2 garlic cloves
3 tbsp olive oil
1 tsp paprika
1/2 tsp chilli flakes
1 vegetable stock cube
Salt and pepper to taste



Directions

1. Add the chopped sweet potato and carrot to a baking tray, drizzle with olive oil and spices and roast for 15 mins at 200°C.
2. Add the garlic, roughly chopped onion and pepper to the tray and roast for a further 15 mins or until tender.
3. Add the stock cube to 200ml of boiling water and let dissolve
4. Add the roasted veg and stock to a blender and blend to desired consistency.
5. sprinkle with salt and pepper and extra chilli flakes and enjoy!

Flapjacks

(makes 10-12 squares)

Ingredients

3 ripe bananas
200g oats
25g raisins
25g blueberries
30g mixed seeds (e.g.
sunflower, pumpkin, sesame)
30g flax seeds
2 tbsp peanut butter
1 tsp cinnamon
1 tsp ginger



Directions

1. Pre heat the oven to 180°C and line a baking tray with baking paper (ideal 30cm X 22cm)
2. Mash the bananas into a large bowl then mix in the oats, spices, raisins, blueberries, sunflower and flax seeds.
3. Stir in the peanut butter
4. Pour the mixture, evenly, into the baking tray and bake for 20-25 minutes until golden brown
5. Allow to cool then cut into 12 squares!

Gingerbread muffins

(makes 10-12)

Ingredients

Wet ingredients:

1 ripe banana, mashed
1 egg
250ml oat/soy/almond/dairy milk
1 tbs cider vinegar of choice
2 tsp vanilla extract
2 tbs flaxseed
125ml olive oil

Dry ingredients:

150g oat flour
60g ground almonds
2 tsp baking powder
1 tsp bicarbonate of soda
Pinch of sea salt
3 tsp gingerbread spice mix



Directions

1. Pre heat the oven to 180°C and fill your muffin tray with cases
2. Combine the wet ingredients (set this aside)
3. In a separate bowl combine the dry ingredients.
4. Fold the wet into the dry and gently stir until fully combined.
5. Divide the mix between the muffin cases, and place in the pre heated oven for 20-25 mins, checking at about 20 mins with a skewer. If it comes out clean they are ready, if not give them a few more minutes.
6. When they are ready remove from the oven and allow to cool in the trays for 5-10 mins before removing. Tuck in and enjoy!

Raspberry yoghurt pot

Ingredients

240g live yoghurt
35g no added sugar granola
135g frozen mixed berries
1 medjool date, chopped
1 ½ Tbsp chia seeds
25g fresh raspberries



Directions

1. Start by making the raspberry compote. Add the frozen berries to a small saucepan, then add the date and 1/3 cup of water. Bring to a gentle simmer (without boiling).
2. Using the back of a spatula, squish the raspberries and chopped dates, then simmer for 5 minutes. Stir in the chia seeds and keep simmering until it starts to thicken (2–3 mins). Take off the heat and let cool.
3. Spoon the cooled compote into a glass jar or bowl, top with live yoghurt, granola and a handful of fresh berries. And enjoy!

Veggie Spag Bol

(serves 2)

Ingredients

1 carrot, grated
1 celery stick, chopped
1 onion, chopped
1 tin of tomatoes
300ml veg stock
2 tbsp olive oil
2 tsp mixed herbs
100g mixed lentils (green, yellow & red)
160g spaghetti



Directions

1. Heat the oil in a large saucepan and fry the veggies for about 8 minutes until soft. Then add the lentils, tomatoes, stock and herbs. Bring to the boil, lower the heat and simmer for 20 minutes. Season to taste then simmer for a further 5 minutes.
2. Boil the spaghetti and serve with the sauce and a sprinkle of parmesan and herbs.