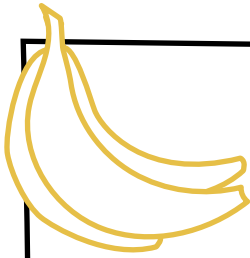
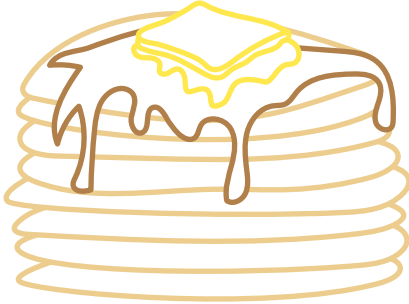


# BANANA & OAT PANCAKES

VEGETARIAN • GLUTEN FREE • REFINED SUGAR FREE



MAKES APPROXIMATELY  
18 BANANA PANCAKES



2-3 BANANAS  
1 CUP OATS  
1/2 CUP GLUTEN FREE FLOUR  
1 TBSP COCONUT FLOUR (OPTIONAL)  
1 TSP BAKING POWDER  
1 EGG  
1 1/2 CUPS ALMOND MILK

## FOR VEGAN VERSION

REPLACE THE EGG WITH 1 TBSP APPLE PUREE AND 1 TSP FLAVOURLESS OIL

ADD ALL INGREDIENTS TO A MIXING BOWL AND BLEND USING A STICK BLENDER, THIS CAN BE DONE IN A STANDING BLENDER TOO, IT'S SIMPLY EASIER TO LADLE PANCAKE MIX STRAIGHT FROM A BOWL INTO THE PAN.

THE MIXTURE SHOULD BE A THICK BUT EASILY POURABLE BATTER, THIS BATTER THICKENS AS IT STANDS SO MORE MILK CAN BE ADDED TO LOOSEN THE CONSISTENCY IF NEEDED.

HEAT A NON STICK PAN OVER A LOW HEAT - IT'S WORTH DOING A TEST PANCAKE FIRST TO MANAGE YOUR TEMPERATURE AND TIMINGS BEFORE FLIPPING. APPROXIMATELY 1/2 LADLE FULL OF MIXTURE EQUATES TO ONE PANCAKE. USE THE BACK OF THE LADLE TO LIGHTLY PUSH THE MIXTURE INTO THE PERFECT SIZE USING CIRCULAR MOTIONS. ONCE BUBBLES BEGIN TO APPEAR ON THE SURFACE - THE PANCAKES CAN BE FLIPPED. THE COLOUR SHOULD BE GOLDEN BROWN ON BOTH SIDES BEFORE SERVING (AROUND 1-2 MINS PER SIDE DEPENDING ON PAN AND TEMPERATURE).

SERVE WITH BUTTER/VEGAN BUTTER, BERRIES AND A SPLASH OF MAPLE SYRUP FOR A TRULY YUMMY BREAKFAST.





# BANANA SKIN CURRY

VEGAN • GLUTEN FREE • SERVES 4-6

## FOR THE CURRY PASTE

1 ONION, FINELY CHOPPED  
3 CLOVES GARLIC, CHOPPED  
THUMB OF GINGER CHOPPED  
1/2 FRESH TURMERIC OR 1 TSP GROUND  
3 TOASTED CARDAMOM PODS  
5 TOASTED CURRY LEAVES  
2 TSP GROUND CUMIN  
2 TSP GROUND CORIANDER  
2 TSP GARAM MASALA  
1/2 TSP MIXED SPICE  
1/2 TSP CHILLI POWDER  
1 FRESH CHILLI IF YOU LIKE IT HOTTER  
1 TBSP SUN DRIED TOMATO PASTE

## FOR THE CURRY

1 TBSP COCONUT OIL  
2-3 BANANA SKINS, SLICED,  
WITH WOODY ENDS REMOVED  
1/2 BUTTERNUT SQUASH, CHOPPED  
2 HANDFULS OF CHICKPEAS (OPTIONAL)  
GREEN VEG!... WHATEVER'S IN SEASON  
3 FRESH TOMATOES, CHOPPED  
1 CAN COCONUT MILK  
(BIONA CANS HAVE BPA FREE LINING)  
VEGGIE STOCK CUBE

PREP THE VEG AND BANANA SKINS SO THEY ARE READY TO ADD ONCE THE PASTE IS COOKING.

TOAST THE CARDAMOM PODS AND CURRY LEAVES IN A SMALL DRY PAN FOR 3-4 MINUTES, MOVING CONSTANTLY (THESE ARE NOT ESSENTIAL INGREDIENTS BUT ADD A LOVELY DEPTH OF FLAVOUR TO THE CURRY. ADD THE CARDAMOM AND CURRY LEAVES INTO A BLENDER ALONG WITH ALL OTHER INGREDIENTS TO THE CURRY PASTE, IF USING FRESH TURMERIC, THIS CAN BE GRATED IN WITH THE SKIN STILL ON, AS CAN THE GINGER. BLEND THE INGREDIENTS UNTIL THEY FORM A PASTE WITH A THICK BUT POURABLE CONSISTENCY, A SPLASH OF WATER CAN BE ADDED TO LOOSEN IT IF IT SEEMS DRY.

HEAT UP THE OIL IN A LARGE PAN OVER A MEDIUM/HIGH HEAT, POUR IN THE CURRY PASTE AND COOK WHILST STIRRING CONTINUOUSLY FOR 5-10 MINUTES. ADD THE BUTTERNUT SQUASH AND COOK FOR A FURTHER 5 MINUTES BEFORE ADDING THE BANANA SKINS, MEANWHILE ADD THE TOMATOES TO THE UNCLEANNED BLENDER WITH THE COCONUT MILK AND THE STOCK CUBE, BLEND AND POUR MIXTURE OVER THE BUTTERNUT SQUASH AND CURRY PASTE, ONCE THE MIXTURE STARTS TO BUBBLE, REDUCE HEAT TO LOW AND COOK 20 MINS BEFORE ADDING YOUR CHOSEN GREEN VEGETABLE. THE CURRY IS DONE ONCE THE GREEN VEG IS COOKED THROUGH. FINISH WITH A HANDFUL OF CHOPPED CORIANDER AND SERVE WITH RICE, RAITA AND PITTA BREADS.

