

# FRUITY VEGAN FLAPJACKS



**SERVINGS: 8**



**PREP TIME: 25 minutes**



**TOTAL TIME: 30 minutes**



## INGREDIENTS

190 g oats  
30 g dried apple  
40 g dried blueberries  
10 g milled flaxseed  
30 g desiccated coconut  
30 g ground hazelnuts  
20 g ground almonds  
20 g flaked almonds  
¼ tsp fine sea salt  
60 ml apple juice  
1 tsp vanilla extract  
85 g coconut oil  
50 g agave syrup  
50 g Maple syrup  
40 g coconut sugar

## METHOD

1. Base-line an 8 inch/20 cm square baking tin with baking paper.
2. Preheat the oven to 180°C/350°F/Gas 4.
3. In a large bowl, combine the oats, dried fruit, flaxseed, coconut, nuts, and salt. Pour the apple juice and vanilla paste into the bowl with the dry ingredients and stir until well combined.
4. In a small saucepan, weigh and mix the coconut oil, agave, maple syrup, and coconut sugar. Gently heat the mixture, stirring frequently until the ingredients have dissolved and are almost at simmer point.
5. Pour the liquid mixture into the bowl of dry ingredients. Stir thoroughly until the mixture is well blended and moist.
6. Tip the mixture into the prepared baking tin and spread it evenly. Use the back of a spoon to press down firmly on the surface to compress the mixture well.
7. Place the baking tin in the preheated oven and bake for about 30 minutes, or until the mixture is golden and just beginning to crisp around the edges.
8. Allow the mixture to cool in the tin for at least 30 minutes before turning it out.
9. Once cooled, cut the mixture into pieces using a sharp knife and store them in an airtight container.

# HUMMUS AND VEGGIE STICKS



SERVINGS: 4



PREP TIME: 15 MINUTES



## INGREDIENTS

2 carrots

1 red / yellow / green pepper

1/2 cucumber

2 celery sticks

1 can of chickpeas

1 garlic clove

60ml of cold water

1 lemon juice plus 1/2 zested

1 tbsp extra virgin olive oil

3 tbsp of tahini

## METHOD

1. Begin by washing the chickpeas thoroughly in a colander under cold running water. Transfer them to the large bowl of a food processor along with 60ml of water. Blitz the chickpeas until they are almost smooth. Then, add garlic, lemon juice, and tahini to the mixture and blitz again until well combined. If the consistency appears too thick, gradually pour in up to 30ml more water while continuing to blend. Keep blitzing for about 5 minutes until the hummus reaches a smooth and silky texture.

2. Season the hummus with a generous pinch of sea salt and transfer it to a serving bowl. Use the back of a dessert spoon to create swirls on the surface of the hummus, then drizzle a little olive oil over the top. Serve the hummus alongside crunchy crudité's and toasted pita bread for dipping.

3. Before serving, wash and prepare the vegetables for dipping. Wash the vegetables, peel if necessary, then cut them into batons.