

Banana Pancakes



 Serves 2  Prep: 5 minutes
 Cook: 10 minutes

INGREDIENTS

- 1 banana (the riper the better)
- 1 tbsp oil (e.g. coconut, sunflower)
- 1 tsp lemon juice
- 1/2 tsp baking powder
- 100g plain flour
- 250ml oat milk (or any other milk substitute)
- Toppings of your choice

INSTRUCTIONS

- In a bowl mash the banana, then add the oil and lemon juice (if using coconut oil make sure you melt it first)
- Add flour and baking powder (it should start to clump together) and then start to slowly add in the milk, stirring continuously (the batter should have the consistency of yoghurt)
- Place a frying pan over medium heat and add in a bit of oil to grease the pan.
- Drop a dollop of batter into the pan and swirl it with a spoon to spread it into a small 'pancake' shape.
- When the pancake starts to bubble, flip the pancake over and cook for about 2 more minutes.
- Repeat until all the mixture has gone.
- Top with your favourite toppings- We like blueberry's, plant-based yogurt and a bit of honey!

Don't have measuring spoons? Don't worry the small spoon in a cutlery set is a tsp. 3 tsp is equivalent to 1 tbs!

Top Tips!

- Using bananas instead of other ingredients is great as they have a low carbon footprint as they are grown in natural conditions, have their own packaging and travel by boat!
- Replacing cows milk with plant based can cut the carbon footprint of a meal by 80%
- Head to the frozen aisle for your fruit- it's often cheaper, last longer and has a lower carbon footprint



Curried Cauliflower and Chickpea Wraps



Serves 2



Prep: 15 minutes

Cook: 25minutes

INGREDIENTS

- 1 cauliflower (broken up into florets)
- 1 can chickpeas, drained and rinsed
- 2 tablespoons olive oil
- 1 onion, finely chopped
- 2 teaspoons curry powder (adjust to taste)
- Salt and pepper, to taste
- 4 wraps (tortillas)
- Optional toppings: Spinach, yogurt, crumbled feta

INSTRUCTIONS

- Heat your oven to (200°C).
- Put cauliflower and chickpeas on a baking sheet. Drizzle 1 tablespoon of oil and sprinkle a bit of salt and pepper. Mix them up. Bake for around 20-25 minutes until they're a bit crispy.
- In a pan, put 1 tablespoon of oil and turn the heat to medium.
- Put in the chopped onion and cook until it looks clear and a bit brown.
- Add the curry powder and stir it in. Let it cook for a minute.
- Put the roasted cauliflower and chickpeas into the pan with onions and curry. Mix them together. Add some more salt and pepper.
- Warm the wraps in the microwave for about 10-15 seconds or as the package says (can also be warmed in the over for 5 mins)
- Put a bit of the cauliflower and chickpea mixture in the middle of each wrap and add toppings. Fold the sides of the wrap and roll up.



Top Tips!

- Using seasonal veggies and going plant based will reduce the carbon footprint of your meal!
- Why not try plant based feta or yoghurt to keep this carbon footprint even lower!
- Try and find a local green grocers, not only will your veg have a lower carbon footprint but they are often cheaper too!

Spaghetti Bolognese



Serves 4



Prep: 15 minutes

Cook: 15 minutes

INGREDIENTS

- 1 pack of plant-based meat (about 300g)
- 1 medium onion, finely chopped
- 2 large carrots, peeled and finely chopped
- 2 cloves garlic, chopped
- 1 can tomatoes
- 1 tbsp dried herbs
- 1 stock cube (dissolved in 150ml hot water)
- Salt and pepper, to taste
- 1 tbsp worcestershire sauce (not essential but adds a nice taste)
- 2 tablespoons olive oil
- 400g spaghetti

INSTRUCTIONS

- Put a pan of water on the boil (this is for the spaghetti).
- Pre heat the oil over a medium to high heat, add the onion and cook for 2-3 minutes stirring often (they should start to brown).
- Add the garlic and carrots, cover and cook over a medium/high heat stirring frequently for 2-3 minutes (the smaller the carrot pieces the faster they will cook).
- Increase the heat, add the mince, tomatoes, worcestershire sauce, vegetable stock, herbs and some salt and pepper. Stir well, turn down the heat, cover and cook for 10-12 minutes.
- Add salt to the boiling water, then add the spaghetti to the now salted water and cook for 8-10 minutes (or according to pack instructions).
- Taste the bolognese and add any salt or pepper or more herbs if needed.
- Once cooked drain the spaghetti and pour the sauce over.



Top Tips!

- Plant based meat alternatives help to keep carbon footprint low
- Adding seasonal veggies to food bulks out your meal to help it go further
- Pasta and spaghetti is a cheap low carbon food (they even have a lower carbon footprint than rice as rice is grown underwater in paddy fields which release methane)