



February Plant-Based Recipe Pack

Discover 15 easy, healthy and tasty recipes, including:
breakfast, lunch, dinner, treat and smoothies.



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GF

Gluten Free

DF

Dairy Free

LC

Low Carb (20g- serve)

MP

Meal Prep/Freezer Friendly

HP

High Protein (20g+ per serve)

V

Vegetarian

Q

Quick (under 30 mins)

N

Contains Nuts

Sample Weekly Meal Planner

	Breakfast	Lunch	Snack	Dinner
Mon	Oil-Free Granola	Beetroot Hummus with Raw Veggies	E.g. Healthy Watermelon Sorbet, Orange Boost Smoothie, Fruit Cobbler with Vegan Custard, Oil Free Granola	Green Lentil Curry
Tue	Vegan Persian Omelet (Kuku Shabzi) with Ajvar Hot Sauce	Beetroot Falafel with Beetroot Hummus	E.g. Healthy Watermelon Sorbet, Orange Boost Smoothie, Fruit Cobbler with Vegan Custard, Oil Free Granola	Tunisian Butter Bean Stew
Wed	Vegan Persian Omelet (Kuku Shabzi) with Ajvar Hot Sauce	Leftover Tunisian Butter Bean Stew	E.g. Healthy Watermelon Sorbet, Orange Boost Smoothie, Fruit Cobbler with Vegan Custard, Oil Free Granola	Lentil Ragu Traybake
Thu	Oil-Free Granola	Carrot Soup with Tahini & Croutons	E.g. Healthy Watermelon Sorbet, Orange Boost Smoothie, Fruit Cobbler with Vegan Custard, Oil Free Granola	Lentil Ragu Traybake
Fri	Orange Boost Smoothie	Carrot Soup with Tahini & Croutons	E.g. Healthy Watermelon Sorbet, Orange Boost Smoothie, Fruit Cobbler with Vegan Custard, Oil Free Granola	Spicy Garlic Tofu
Sat	Greek Baked Beans	Leftover Spicy Garlic Tofu	E.g. Healthy Watermelon Sorbet, Orange Boost Smoothie, Fruit Cobbler with Vegan Custard, Oil Free Granola	Meal Out - Enjoy!
Sun	Greek Baked Beans	Air Fryer Eggplant Sticks	E.g. Healthy Watermelon Sorbet, Orange Boost Smoothie, Fruit Cobbler with Vegan Custard, Oil Free Granola	Green Lentil Curry

Weekly Shopping List

Fruits, Vegetables	Plant-Based Produce	Seeds, Baking, Spices	Cans, Condiments, Misc
Fruits <ul style="list-style-type: none">• 2 oranges• 1 mango• watermelon• 2 bananas• 2 limes• 2 lemons• 3 peaches• backberries Vegetables <ul style="list-style-type: none">• 1.3 lbs. (600g) baby spinach• 7 oz. (200g) spinach• celery• 2.2 lbs. (1kg) carrots plus 4 extra carrots• 5 red bell peppers• 3 eggplants (aubergines)• 1 red onion• 2 beetroots plus 2 cooked beetroots• 5 onions• 6 shallots• 4 bulbs garlic• 2 green chilis• 3 red chilis• root ginger• 1 lb. (450g) baby potatoes• 8.8 oz. (250g) floury potato• 10.5 oz. (300g) oyster mushrooms• 4 plum tomatoes• bunch green onions (spring onions) Dried <ul style="list-style-type: none">• raisins• Goji berries• dried porcini	Cold <ul style="list-style-type: none">• 1 lb. (450g) extra-firm tofu• natural plant-based yogurt• plant-based milk• coconut water	Grains <ul style="list-style-type: none">• green lentils• pearl barley• rolled oats Nuts & Seeds <ul style="list-style-type: none">• sesame seeds• walnuts• almonds• pumpkin seeds• ground almonds• ground flaxseeds Baking <ul style="list-style-type: none">• corn starch (cornflour)• all-purpose flour• baking powder• chickpea flour• vanilla extract Dried Herbs & Spices <ul style="list-style-type: none">• black pepper• ground turmeric• ground cumin• ground coriander• ground cinnamon• cinnamon stick• cardamom pods• cloves• cumin seeds• garam masala• smoked sweet paprika• chili powder• oregano Fresh Herbs <ul style="list-style-type: none">• 2 cilantro (coriander)• 2 parsley• dill• mint	Oils <ul style="list-style-type: none">• olive oil• sesame oil• coconut oil Sweeteners <ul style="list-style-type: none">• maple syrup• coconut sugar Boxed, Canned & Condiments <ul style="list-style-type: none">• 5.3 pints (3L) vegetable broth (stock)• 3x 14 oz. (400g) cans butter beans• 2x 14 oz. (400g) cans chickpeas• 1x 7 oz. (200g) can coconut milk• 2x 14 oz. (400g) cans diced tomatoes• white miso paste• harissa• tomato puree• tamari• gochujang chili paste• rice wine vinegar• panko breadcrumbs• tahini paste• apple sauce (puree)• apple cider vinegar• tomato ketchup Misc/Other <ul style="list-style-type: none">• salt• whole-wheat sliced bread



Oil-Free Granola

Serves 12

3 cups (240g) rolled oats
¼ cup (30g) walnuts, chopped
¼ cup (30g) almonds, chopped
¼ cup (35g) pumpkin seeds
1 tsp. ground cinnamon
½ tsp. vanilla extract
pinch salt
4 tbsp. maple syrup
½ cup (120g) apple sauce
⅓ cup (50g) raisins, not packed
⅓ cup (40g) goji berries

What you need to do

1. Preheat the oven to 320°F (160°C) and line a baking sheet with baking paper.
2. Mix the oats, walnuts, almonds, pumpkin seeds, ground cinnamon and vanilla extract in a large bowl and add a pinch of salt. Add the maple syrup and the apple sauce and mix well. Spread the mixture evenly on the baking sheet and bake in the oven for 20 minutes.
3. Remove the tray from the oven and gently stir the granola, then bake for a further 20 minutes, until golden brown. Remove from the oven and set aside on a wire rack to cool.
4. When cooled completely, mix in the dried raisins and goji berries and store in an airtight container for up to 1 month.

DF	MP	V	N
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Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
10 min	40 min	201	7	32	6	4

*Nutrition per serving.



Greek Baked Beans

Serves 2

- 1 tbsp. olive oil
- 1 onion, finely chopped
- 1 stick celery, finely diced
- 1 carrot, finely chopped
- 1 clove garlic, crushed
- 1 tsp. sweet paprika
- 1 tsp. dried oregano
- ½ tsp. chili powder
- ½ tsp. ground cinnamon
- 14 oz. (400g) can chopped tomatoes
- 1 tsp. coconut sugar
- 14 oz. (400g) can butter beans, drained
- 2 tbsp. tomato ketchup
- salt & pepper
- 1 handful flat-leaf parsley, finely chopped
- 1 handful mint leaves, finely chopped

What you need to do

1. Heat the oil in a large pot over a medium-high heat and cook the onion, celery, and carrot for 2-3 minutes until they begin to soften. Add the garlic, paprika, oregano, chilli powder, and cinnamon and cook for a further minute.
2. Next, add the tomatoes, sugar, butter beans and ketchup, stir to combine and reduce the heat to medium. Season with salt and pepper to taste and simmer for 10 minutes, stirring frequently.
3. Remove the pan from the heat, then stir in the fresh herbs and serve with toast or crusty bread (bread not included within nutritional breakdown).

GF	DF	MP	V	Q
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Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
10 min	15 min	296	8	46	12	12

*Nutrition per serving.



Vegan Persian Omelet (Kuku Shabzi)

Serves 4

1 cup (100g) chickpea flour
⅔ cup (160ml) water
bunch parsley, chopped
bunch coriander, chopped
½ bunch dill, chopped
4 green onions, chopped
1 cup (115g) walnuts, chopped
¼ tsp. salt
1 tbsp. coconut oil
4 tbsp. natural plant-based yogurt
4 servings Ajvar hot sauce (see recipe in pack)

What you need to do

1. Place the chickpea flour into a bowl, mix with water and stir until smooth. Add in the chopped herbs, green onions, walnuts, and salt. Mix well to form a batter.
2. Heat ¼ tablespoon of coconut oil in a non-stick skillet over a high heat. Spoon in a quarter of the batter and spread evenly across the skillet. Cook for about 2 minutes, until the top is dry. Then carefully flip over and cook on the other side for a further 2 minutes.
3. Place the cooked 'omelet' on a plate and cover with tin foil to keep it warm. Repeat this process with the remaining batter. This batter should make 4 omelets.
4. Serve each omelet with a tablespoon of plant-based yogurt and a serving of Ajvar hot sauce.

GF	DF	MP	V	N
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Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
10 min	20 min	373	25	29	19	10

*Nutrition per serving.



Ajvar Hot Sauce

Serves 16

5 red peppers
2 medium eggplants
2 cloves garlic, chopped
2 tsp. smoked paprika
2 tsp. chili powder (or more for a really hot sauce)
3 tbsp. apple cider vinegar
salt & pepper

What you need to do

1. Preheat the oven to 460°F (240°C). Line a baking sheet with baking paper.
2. Place the peppers and eggplants on the baking tray and roast until the skins have blackened, around 20-30 minutes.
3. Transfer the peppers to a bowl and when cool, peel and deseed the peppers. Also, halve the eggplants and scoop out the flesh. Transfer the flesh of the peppers and eggplants to a food processor and purée.
4. Place the purée in a pan over medium heat and add the remaining ingredients. Season with salt and pepper and bring to the boil, then reduce the heat to low and simmer gently for 10 minutes. Remove the sauce from the heat and set aside to cool.
5. Transfer the sauce into a jar or airtight container and store in the fridge for 1 week.

Note: This recipe makes around 2 cups (500ml) of sauce which is roughly 16 servings.

GF	DF	LC	MP	V
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Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
15 min	40 min	30	0	7	1	3

*Nutrition per serving.



Beetroot Hummus

Serves 4

2 medium beetroots, peeled,
chopped
3 tbsp. olive oil
1 cup (165g) canned chickpeas,
drained
1 tbsp. lemon juice
6 tbsp. water
1 clove garlic, chopped
2 tbsp. tahini paste
mixed seeds, optional garnish
chopped cilantro, optional garnish

What you need to do

1. Preheat the oven to 400°F (200°C) and line a baking sheet with baking paper.
2. Place the chopped beetroot into a large bowl, drizzle with 1 tablespoon of olive oil and season with salt and pepper. Mix to coat the beetroot and transfer to the baking sheet.
3. Place the sheet into the oven and roast the beetroot for 20 minutes then remove from the oven and set aside to cool on a wire rack.
4. Add the roasted beetroot to a food processor, along with the remaining ingredients and blitz until smooth and creamy.
5. Garnish with mixed seeds and chopped cilantro (optional - not included in nutritional breakdown) and serve as a dip or side.

GF	DF	LC	MP	V
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Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
10 min	20 min	223	15	17	6	5

*Nutrition per serving.



Beetroot Falafel

Serves 4

14 oz. (400g) tin chickpeas, drained
½ cup (15g) parsley, chopped
½ red onion, finely chopped
2 cloves garlic, crushed
2 beetroot, ready-cooked, grated
2 tsp. ground cumin
½ tsp. baking powder
2 tsp. lemon juice
4 tbsp. all-purpose flour
salt & pepper
1 tbsp. sesame seeds

What you need to do

1. Heat the oven to 390°F (200°C) and line a baking sheet with baking paper.
2. Place all the ingredients, except the sesame seeds, into a food processor and pulse to combine the ingredients into a rough paste.
3. Place the sesame seeds onto a plate. Form the falafel mixture into 8 flattened balls, then gently press each falafel onto the sesame seeds coating both sides with the sesame seeds.
4. Arrange the falafel on the baking sheet and bake in the oven for 30 minutes until crisp.
5. Serve warm or cold with beetroot hummus.

DF	MP	V
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Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
15 min	30 min	348	6	62	15	13

*Nutrition per serving.



Carrot Soup With Tahini & Croutons

Serves 6

2.2 lbs. (1kg) carrots, peeled, chopped
4 tbsp. olive oil
5 shallots, sliced
4 cloves garlic, chopped
8.8 oz. (250g) floury potato, peeled & cubed
2 tsp. ground turmeric
4 cups (950L) vegetable broth
3 whole-wheat bread
1 lemon, finely grated zest & juice
6 tbsp. tahini paste
salt & pepper

What you need to do

1. Preheat the oven to 400°F (200°C). Line a baking sheet lined with baking paper.
2. Place the carrots on the baking sheet and drizzle with 1 tablespoon of olive oil and roast in the oven for 20 minutes.
3. Heat half of the remaining oil in a large pot and fry the shallots for 3-4 minutes. Remove half of the shallots from the pan and set aside. Add the garlic, potato, turmeric and roasted carrots to the pot. Pour in the broth and bring to a boil, then reduce the heat to low and simmer gently for 15 minutes.
4. Meanwhile, toast the bread and cut into small pieces.
5. Add 3 tablespoons of tahini, the lemon zest and 2 tablespoons of lemon juice to the soup.
6. Puree the soup to a smooth consistency with an immersion blender. Taste the soup and season with salt, pepper, or more lemon juice if necessary.
7. To serve, divide the soup between 4 bowls, top with set aside shallots, croutons and drizzle with the remaining tahini.

DF	MP	V
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Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
20 min	40 min	333	19	39	7	3

*Nutrition per serving.



Air Fryer Eggplant Sticks

Serves 4

- 1 cup (110g) panko breadcrumbs
- ¾ tsp. salt
- ½ cup (65g) all-purpose flour
- 4 tbsp. chickpea flour
- 4 tbsp. water
- 1 eggplant, cut into fries

What you need to do

1. Preheat the air fryer to 400°F (200°C).
2. Place the panko breadcrumbs and salt in a shallow bowl. Place the flour in a separate bowl. In a third bowl combine the chickpea flour with the water.
3. Coat the eggplant first in the flour, then dip into the chickpea flour mixture, allowing any excess to drip back into the bowl. Now cover the eggplant in the panko breadcrumb mixture, lightly pressing to coat.
4. Place the eggplant fries side by side in the air fryer, taking care not to over-crowd the basket. Cook until golden brown, approximately 8 to 9 minutes.
5. Carefully remove the eggplant fries from the air fryer and serve warm with your favorite dip.

Tip: When coating the fries it helps to have one dry and one wet hand. Use one hand to dip the eggplant into the flour and breadcrumb mixture, use the other hand to dip into the chickpea flour mixture.

V

Q

Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
15 min	8 min	799	6	163	23	26

*Nutrition per serving.



Spicy Garlic Tofu

Serves 2

- 1 lb. (450g) extra-firm tofu, torn
- 2 tbsp. corn starch
- ½ tsp. salt
- ½ tsp. black pepper
- 1 tbsp. olive oil
- 2 tbsp. maple syrup
- 1 tbsp. gochujang chili paste (or hot chili sauce)
- 1 tbsp. tamari
- 1 tbsp. rice wine vinegar
- 1 tbsp. sesame oil
- 3-5 garlic cloves
- 1 medium shallot
- 1-2 red hot chilis
- 2 green onions, sliced

What you need to do

1. Preheat the oven to 360°F (180°C). Line a baking sheet with baking paper.
2. Place the tofu into a large bowl, add the corn starch, season with salt and pepper and mix well until coated. Transfer the tofu to the baking sheet, drizzle with olive oil and bake in the oven for 20-30 minutes until crispy.
3. In a small bowl, mix maple syrup, chili paste, tamari and rice wine vinegar.
4. Heat the sesame oil in a large pot over medium-high heat and sauté the garlic, shallot, chilis, and green onions for 2-3 minutes. Reduce the heat and add the chili sauce. Cook for a further 3-5 minutes until the sauce has thickened.
5. Add the crispy tofu to the pot and stir until well combined.
6. Serve with rice or noodles (not included in nutritional breakdown).

GF	DF	MP	V
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Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
10 min	30-40 min	210	13	14	13	2

*Nutrition per serving.



Lentil Ragu Traybake

Serves 8

3 carrots, peeled and chopped into large chunks
2 onions, chopped into large chunks
10.5 oz. (300g) oyster mushrooms, roughly chopped
1 cup (30g) dried porcini, roughly chopped
4 garlic cloves, crushed
4 plum tomatoes, chopped into large chunks
½ cup (120ml) olive oil
3 tbsp. white miso paste
2 tbsp. harissa paste
4 tbsp. tomato puree
6 tbsp. tamari
2 tsp. cumin seeds, crushed
1 cup (180g) dried brown or green lentils
½ cup (100g) pearl barley
4½ cups (1065ml) vegetable broth
⅔ cup (160ml) canned coconut milk
⅔ cup (160ml) water
⅓ tsp. salt
½ tsp. black pepper

What you need to do

1. Preheat the oven to 390°F (200°C).
2. Place the carrots, onion, oyster mushrooms, porcini mushrooms, garlic and tomatoes into a food processor and blitz until very finely chopped. You may need to do this in batches, depending on the size of the food processor bowl.
3. Put the chopped vegetables into a large, high sided, oven proof dish, along with the olive oil, miso paste, harissa paste, tomato puree, tamari and cumin seeds. Mix well and cook for 40 minutes, stirring halfway through, until browned around the edges and bubbling.
4. Reduce the heat in the oven to 375°F (190°C).
5. Add all the remaining ingredients to the dish and stir well. Cover the dish with tin foil and cook for a further 40 minutes. Remove the foil and place the dish back into the oven to cook for 5 minutes.
6. Remove the dish from the oven and set aside on a wire rack to rest for 15 minutes to allow the sauce to be absorbed into the vegetables a little before serving.
7. Serve with tagliatelle or your favorite pasta (not included in nutritional breakdown).

DF	MP	V
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Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
20 min	1 hr 25 min	356	19	39	12	8

*Nutrition per serving.



Green Lentil Curry

Serves 4

1 cup (190g) dried green lentils
1 tbsp. olive oil
3 cardamom pods
3 cloves
½ cinnamon stick
1 onion, chopped
2 garlic cloves, crushed
1 tbsp. root ginger, grated
1 red chili, chopped
1 tbsp. cumin seeds
1 tbsp. garam masala
1 tsp. ground coriander
½ tsp. salt
½ tsp. black pepper
14 oz. (400g) can diced tomatoes
½ lime, juiced
1 tbsp. coconut sugar
7 oz. (200g) spinach
7 oz. (200ml) can full-fat coconut milk

What you need to do

1. Add the lentils to a pot, cover with water, place over a medium heat and cook for approximately 30 minutes, or until the lentils are tender. Drain and set aside.
2. Heat the olive oil in a large pot and add the cardamom pods, cloves and cinnamon stick. Sauté for a minute, then add the onion, garlic, ginger, and chili, cooking for a further 2 minutes.
3. Add the cumin seeds, garam masala, coriander, salt, pepper, tomatoes, lime juice and sugar and cook for a further 5 minutes.
4. In the meantime, place the spinach in a food processor and pulse, until finely chopped.
5. Once the lentils have cooked, stir them into the tomato curry mixture. Add the spinach and coconut milk, and stir well. Cook over medium-low heat, stirring occasionally, for about 5 minutes.
6. Taste the curry and, if necessary, adjust the seasoning with a little extra salt, pepper and lime juice. Remove the cardamom pods, cloves and cinnamon stick before serving.

GF	DF	MP	V
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Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
10 min	30 min	339	13	42	15	8

*Nutrition per serving.



Tunisian Butter Bean Stew

Serves 6

1½ cup (90g) cilantro, plus ½ cup (30g) extra to serve
½ cup (30g) parsley
1.3 lbs. (600g) baby spinach
½ cup (120ml) olive oil
1 large onion, finely chopped
5 garlic cloves, crushed
2 green chilies, finely chopped (deseeded for less heat)
1¼ tbsp. ground cumin
1 tbsp. ground coriander
¾ tsp. ground cinnamon
1½ tsp. coconut sugar
2 tbsp. lemon juice
4 cups (1L) vegetable broth
2 tsp. salt
1 lb. (450g) baby potatoes, cut into pieces
2x 14 oz. (400g) cans butter beans, drained
1 lemon, cut into wedges, to serve

What you need to do

1. Place the cilantro, parsley and spinach into a food processor and pulse until finely chopped. Set aside.
2. Place half the oil into a pot over a medium heat. Add the onion and cook for 5-6 minutes, until soft and golden. Add the garlic, chilies and spices, and cook for a further 2 minutes.
3. Now add the spinach and herbs with the remaining oil and continue to cook for 5-6 minutes, stirring occasionally.
4. Stir in the sugar, lemon juice, broth and salt. Bring to a simmer, then lower the heat to medium and add the potatoes. Cook for approximately 25 minutes until the potatoes have softened. Add the butter beans and continue cooking for 5 minutes until warmed through.
5. Remove from the heat and stir in the remaining cilantro. Divide between four bowls and serve with the lemon wedges.

GF	DF	MP	V
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Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
10 min	50 min	411	22	49	14	17

*Nutrition per serving.



Healthy Watermelon Sorbet

Serves 4

6 cups (910g) watermelon, cubed & frozen

1½ cup (225g) banana, sliced & frozen

½ lime, juiced

1 tbsp. maple syrup

What you need to do

1. Slice the watermelon and banana and place in the freezer till frozen.
2. In a high-power blender, add the frozen watermelon, frozen banana, lime juice and maple syrup. Blend until smooth.
3. Transfer the mixture into a freezer-safe container and freeze overnight or for about 3-4 hours, until solid.
4. Allow to thaw for a few minutes before serving.

GF	DF	V
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Prep	Chill	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
10 min	3-4 hr	169	1	42	5	1

*Nutrition per serving.



Orange Boost Smoothie

Serves 2

2 oranges, peeled and segmented
1 mango, peeled, stoned, & cut into chunks
2 tsp. root ginger, grated
1 tsp. ground turmeric
1 pinch of chili powder
2 ½ cups (590ml) coconut water

What you need to do

1. Place all the ingredients in a high-speed blender and blitz until smooth.
2. Divide between 4 glasses and serve immediately.

GF	DF	V	Q
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Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
5 min	0 min	232	1	57	4	6

*Nutrition per serving.



Fruit Cobbler With Vegan Custard

Serves 6

What you need to do

For the filling:

3 peaches, cut into wedges
1 cup (140g) blackberries
1 tbsp. coconut sugar
1 tsp. corn starch
½ tsp. ground cinnamon

For the topping:

¾ cup (90g) all-purpose flour
¾ cup (75g) ground almonds
1 tbsp. baking powder
2 tbsp. coconut sugar
½ cup (120ml) plant-based milk
½ tsp. vanilla extract
1 tsp. apple cider vinegar
1 tbsp. ground flax seed
2 tbsp. just boiled water

For the custard:

2 cups (500ml) plant-based milk
2 tbsp. maple syrup
1 tsp. vanilla extract
3 tbsp. cornflour

1. Preheat the oven to 360°F (180°C).
2. Make a flax egg by combining the ground flax seed with the just boiled water. Set aside to cool for 5 minutes.
3. Arrange the fruit in the base of an ovenproof dish. Mix the sugar, corn starch, and ground cinnamon together and sprinkle over the fruit. Stir to combine.
4. To make the topping, place flour in a bowl, add the ground almonds, baking powder and sugar. Mix in the milk, vanilla extract and apple cider vinegar, then stir in the flax egg.
5. Now fold the wet ingredients into the dry and mix. Drop tablespoons of the mixture over the fruit. Place the dish into the oven and bake for 30–35 minutes until the top has browned.
6. For the custard, place half the milk in a small non-stick pot and leave the rest in a jug. Heat the milk with the maple syrup and vanilla extract, stirring until the sugar has dissolved. Mix the remaining milk with the corn starch.
7. Just before the milk boils, pour the corn starch mixture into the saucepan and stir constantly. Bring to the boil, stirring until the custard thickens. Transfer the custard to a bowl and serve with the fruit cobbler.

DF	MP	V	N
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Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
30 min	35 min	197	7	31	5	6

*Nutrition per serving.