

# BANANA CAKE

• The recipe uses very ripe bananas, close to distortion. It's also a vegan recipe away from animal food. With the banana shells, you can prepare a solution that is good for fly bites.

## INGREDIENT:

- 260g Organic Flour
- 40g Guted Almonds
- 20g Baking Powder
- 100g Core Free Dates
- 275g Bananas (too mature if possible)
- 80ml Coconut Oil
- 80ml Almond Milk
- 115g Brown Sugar
- 1 for medium/large banana decoration



## STRUCTURE:

IN A SMALL CONTAINER USING A FORK, MAKE ALL THE CAKE RECIPE BANANAS A PASTE. IN A BOWL, MIX WHEAT FLOUR, GROUND ALMONDS, BAKING POWDER, DATES AND BROWN SUGAR. ADD CRUSHED BANANA, OIL AND ALMOND MILK TO OTHER INGREDIENTS AND BEAT UNTIL THOROUGHLY MIXED. POUR INTO BAKING DISH, CUT A WHOLE BANANA IN HALF LENGTHWISE AND PLACE THE 2 HALVES LENGTHWISE ON TOP OF THE BANANA MIXTURE. BAKE IN THE OVEN FOR 60-70 MINUTES UNTIL SLIGHTLY GOLDEN.

# OLIVE OIL LEEK

## INGREDIENTS:

Leek (1 kilogramme)

Carrot (4 piece)

Olive oil (1/2 tea glass)

Salt (1 teaspoon)

Sugar (2 teaspoon)



## HOW TO MAKE “OLIVE OIL LEEK” ?

Take your leeks.

Open the thin scratches on first leaves with knife and wash your leeks well.

Take the leeks on cutting board and cut them sideways so that all are equal.

Take your pot and put the leeks in it.

Take your carrots and peel them.

Cut carrots and put them in pot too.

Add half a tea glass of olive oil.

Make sure it's olive oil because that's where the real taste comes from.

Don't put any water.

Add 1 teaspoon of salt and 2 teaspoon of sugar.

First cook them on low heat, then raise the heat and cook it them until carrots turn soft.

Your meal is ready!

Enjoy it!

Efsun Çiçek

### Vegetable Soup

#### Recipe

The vegetables used in this recipe can be vegetables from your kitchen or garden. The skin of the zucchini, which you have previously made, can also be prepared with ready-to-recycle vegetable skins such as potato skins. It can be used again in another recipe as it is removed from the recipe after giving the bay leaf aroma.



#### Ingredients

- 2 tablespoons of olive oil
- 1 onion, chopped
- 3 cloves of garlic, chopped
- 1 potato
- 400 g mixed vegetable
- 1 liter of water
- 1 tablespoon of lemon juice
- 1 bay leaf
- Salt
- Black pepper



#### Preparation:

Heat oil in a large saucepan over medium-high heat. Add the onion and cook, stirring frequently, until softened, about 5 minutes

Add garlic and cook for about 1 minute until fragrant. Add the vegetables, water, potatoes, salt and bay leaf. Bring it to boil.

Reduce heat to medium-low, cover, cook for 30-40 minutes, stirring occasionally. Take out the bay leaf. Put the soup through the blender. Add lemon juice and spices. **Enjoy your meal.**



# Warm Roast Pumpkin and Black-eyed Beans Salad

## Directions

- I.** Preheat oven to 200oC. Place pumpkin on a baking dish. Toss with oil, garlic, thyme, salt and pepper. Roast for 25 to 30 minutes or until tender and browned.
- II.** Prepare black-eyed beans as per packet directions. Drain.
- III.** Place black-eyed beans in a bowl. Add onion, rocket, feta. Almonds and roasted pumpkin.
- IV.** For dressing, whisk the balsamic vinegar, oil and wholegrain mustard in a small bowl. Pour over salad and serve.

(Don't forget to produce less waste

## Ingredients

- 1 kg pumpkin, peeled & chopped
- 200g Black-eyed Beans
- 1 tbs olive oil
- 1 garlic clove, crushed
- 2 tsp thyme leaves
- To taste, Natural Sea Salt
- To taste, Blended Whole Peppercorns
- 1 small red onion, sliced
- 200g baby rocket
- 50g feta cheese, crumbled
- ¼ cup Slivered Almonds, toasted

## FOR THE DRESSING:

- 1 tbs balsamic vinegar
- 2 tbs olive oil
- 1 tsp wholegrain seeded mustard



# Rainbow Spring Rolls



- It all starts with a rainbow of fruits and veggies for a full spectrum of colors and health benefits, such as:
- **Mint** – antioxidants + calms stomach
- **Cilantro** – Vitamin C, A + antioxidants
- **Bell Pepper** – vitamin C, carotenoids + fiber
- **Mango** – vitamin C, A, fiber + antioxidants
- **Carrot** – beta carotene + vitamin A
- **Beets** – fiber + antioxidants
- So much goodness in one wrap. And we haven't even gotten to the dipping sauce yet.
- Need more reason to love these rolls? Good. They're:
- Light
- Fresh
- Healthy
- Crunchy
- Loaded with veggies and fresh herbs
- Perfect with peanut sauce
- Simple – no cooking
- & quick – just 30 minutes

## Ingredients

- 7-8 rice spring roll papers
- 1 medium beet (skin removed and finely grated)
- 1/2 yellow and red pepper (seeded // thinly sliced)
- 1 cup carrots (thinly sliced)
- 1 ripe mango (cubed\*)
- 1 large bunch mint leaves
- 1 large bunch cilantro (cut from stems)
- 8 ounces extra-firm tofu or cooked

## Instructions

- Prep veggies and set aside for easy assembly. For the beet, I used [this mandolin](#). You can find all of our Simple Kitchen Essentials [here](#).
- Bring 3 cups water to a boil in a saucepan or kettle and set aside to cool slightly for cooking rice papers.
- Prepare peanut sauce by adding all ingredients except water to a mixing bowl and whisking. Add hot water 1 Tbsp at a time and whisk until desired consistency is achieved (should be pourable but thick). Set aside.
- Add hot water to a large shallow dish (I used a skillet) and submerge a rice paper to soften for about 10-20 seconds. If you let it go too long or if your water is too hot, they will get too fragile to work with.
- Once soft, transfer to a clean, slightly damp surface, and gently smooth out into a circle.
- Add carrots, peppers, mango, beets, and a healthy handful each cilantro and mint (and any other desired fillings). Fold bottom over the fillings, then gently roll over once and fold in the side to seal, then roll until completely sealed. Place on a serving plate and top with a room temperature damp towel to keep fresh.
- Repeat process until all toppings are used – about 7 or 8 (amount as original recipe is written // adjust if altering batch size). Serve with dipping sauce and sriracha, if desired.
- Store leftovers covered in the fridge for up to a couple days, though best when fresh.



## Spinach with Eggs (yumurtalı ispanak)



### Ingredients

2 eggs

1 lb (500 gr) spinach

1 medium onion

1 tbsp olive oil

2 tbsp smashed tomato

½ tsp salt

**Put the oil in large skillet. Sauté the onion with oil and smashed tomatoes for 2-3 minutes at the low-medium heat. Then, add the spinach and salt, Cook for 5-6 minutes by stirring occasionally. Finally, make holes for eggs in the middle of the spinach mixture. Break the eggs into these holes, sprinkle some salt. Close the lid of the skillet and cook until the egg whites are cooked.**

**ENJOY !**



# VEGETABLE SOUP



You can use vegetables from your own garden or kitchen in this recipe.  
Or you can use recyclable vegetable peels like potatoes.

## INGREDIENTS;

- 2 Tablespoons of olive oil
- 1 Onion
- 3 Cloves of garlic
- 1 Potato
- 400g Mixed vegetables
- 1 liter of water
- 1 tablespoons of lemon juice
- Salt and Black pepper

## RECIPE;

Put the oil and onion in the pan and mix well. Add the garlic, vegetables, water, salt and black pepper and mix again. Cook for 40 minutes on low heat. When it is cooked, pass it through the blender and add the lemon juice. And Bon appétit.