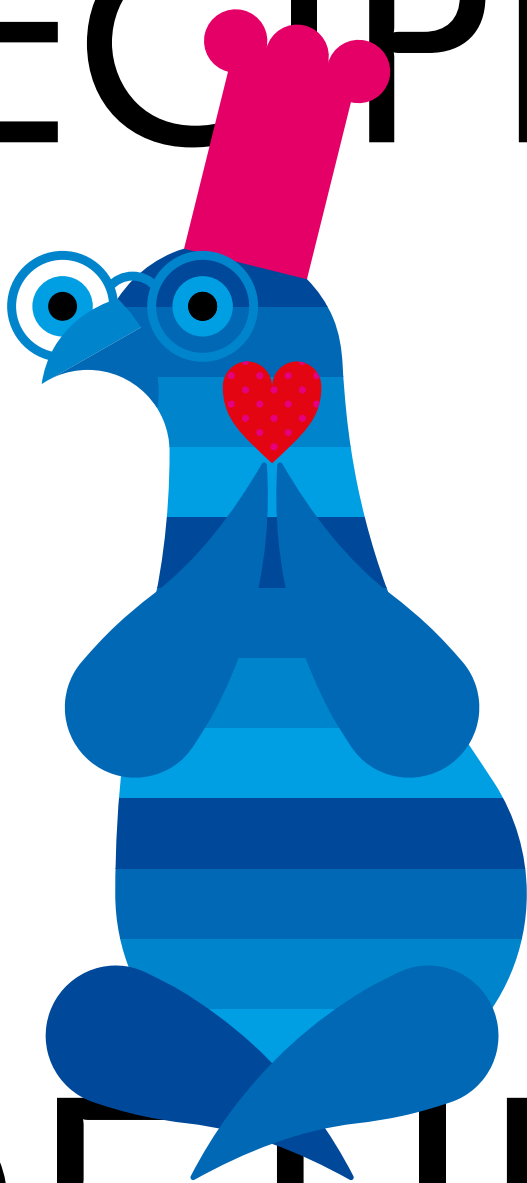


RECIPES



OFLIFE

COMMUNITY ACTIVITY PROGRAMME

The Shoreditch Trust Community Activity Programme supports the wellbeing of people experiencing persistent fatigue, persistent pain and long COVID through practical, enjoyable and welcoming activities to help (re)connect with community-based and peer support.

This Recipes of Life booklet is a journey into the stories, flavours, and moments of our lives.

Each page reflects our well-loved recipes and the laughter and shared wisdom that emerged from our time together. Here, you will find dishes that bring us comfort, memories that sparked joy, and themes that reminded us of the importance of community, strength and selfcare. Through each session, we shared not only our favourite dishes but also glimpses into the experiences, traditions, and the life lessons that shaped us. You will find stories of restoration, traditions, strength and resilience.

Our group was made up of individuals living with persistent pain, long COVID and persistent fatigue. During sessions we took time to reflect on how health conditions can deeply impact daily life and what has been the guiding force for each of us to adapt, stay positive and prioritise self-care. Throughout our Recipes of Life journey, we embraced the importance of taking small restorative breaks and supporting each other in creating a space where we could move at our own pace.

This booklet is not just a reflection on food; it is a celebration of life's simplest pleasures and the connections that nourish us. Every recipe tells us a story, every memory brings warmth, and every reflection captured the spirit of community that has been the heart of the journey. As you read through these stories and visit our shared meals, may you feel the warmth and strength of our group and be inspired by the lessons we carry forward in our lives.

This booklet serves as a keepsake of the connections that sustain us. It is a source of inspiration and a reminder of the beautiful bonds we created.

Naveen Naseem
Narrative Approach Assistant
Shoreditch Trust

It has been a privilege to contribute to this Recipes of Life project at Shoreditch Trust. Since I first encountered the work of Natale Rudland Wood, the originator of Recipes of Life, I have witnessed the powerful impacts of this approach for many groups of people as it connects them to their cultures, heritages, knowledges and to each other.

This is the first time I have seen it used to support people living with the impact of chronic fatigue, persistent pain and long COVID. It has been an incredible learning experience for us to discover, together with the group, how to adapt and tailor the approach. We learnt about the importance of keeping everyone connected to the process when health conditions made it hard to attend. We learnt about the restorative power of nutritious food, laughter and the rituals of cooking and eating together. It has also been a privilege to hear the stories connected to childhood memories and important people in participants' lives. I was struck by the themes of courage, persistence and humour in the face of hardships as well as the ingenuity of Mr and Mrs Tortoise, despite the odds stacked against them in Christine's story of *The Elephant and the Tortoise*. I want to thank and congratulate the group on this beautiful project and publication.

Dr Angela Byrne
Clinical Psychologist

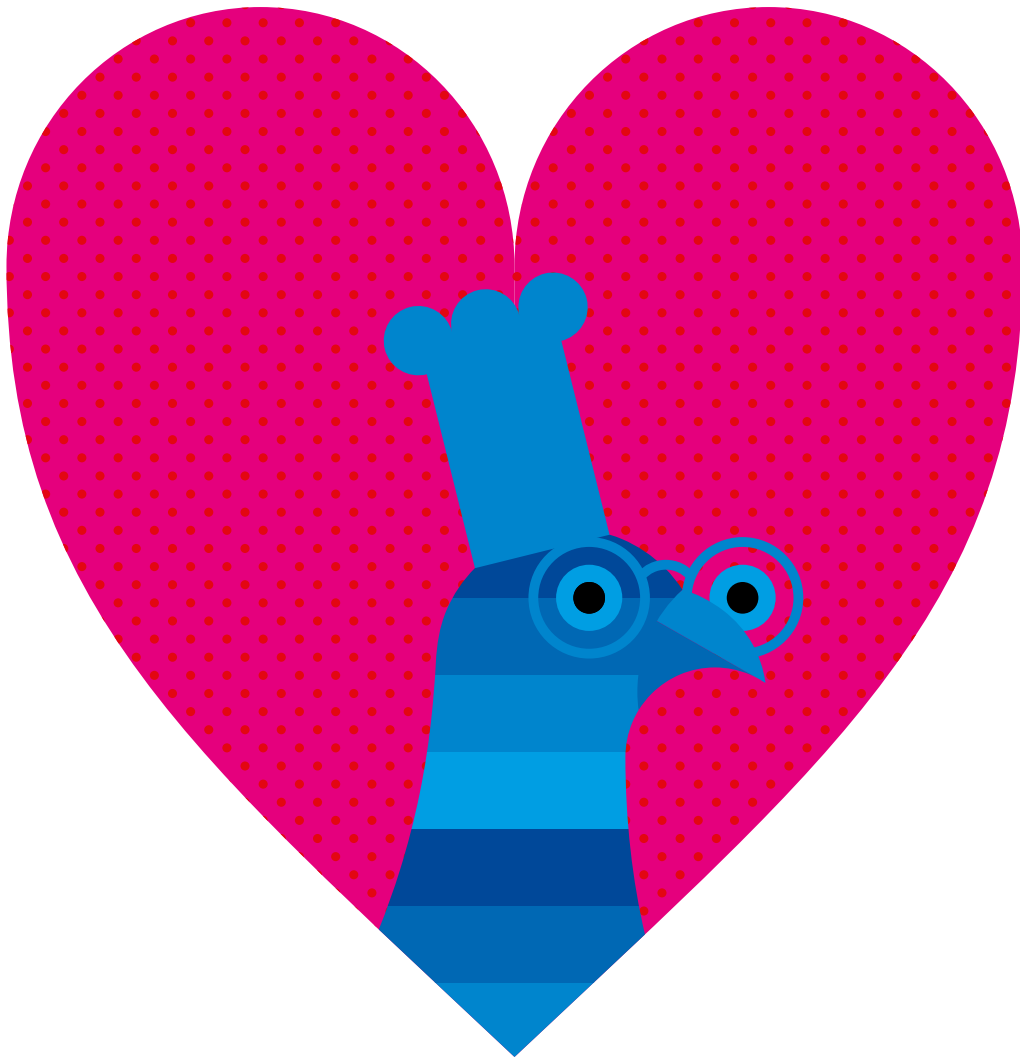
**Shoreditch
Trust**



Homerton Healthcare
NHS Foundation Trust

A RECIPE FOR RECOVERY

*the things that nurture and support us
to be resilient through challenging times*



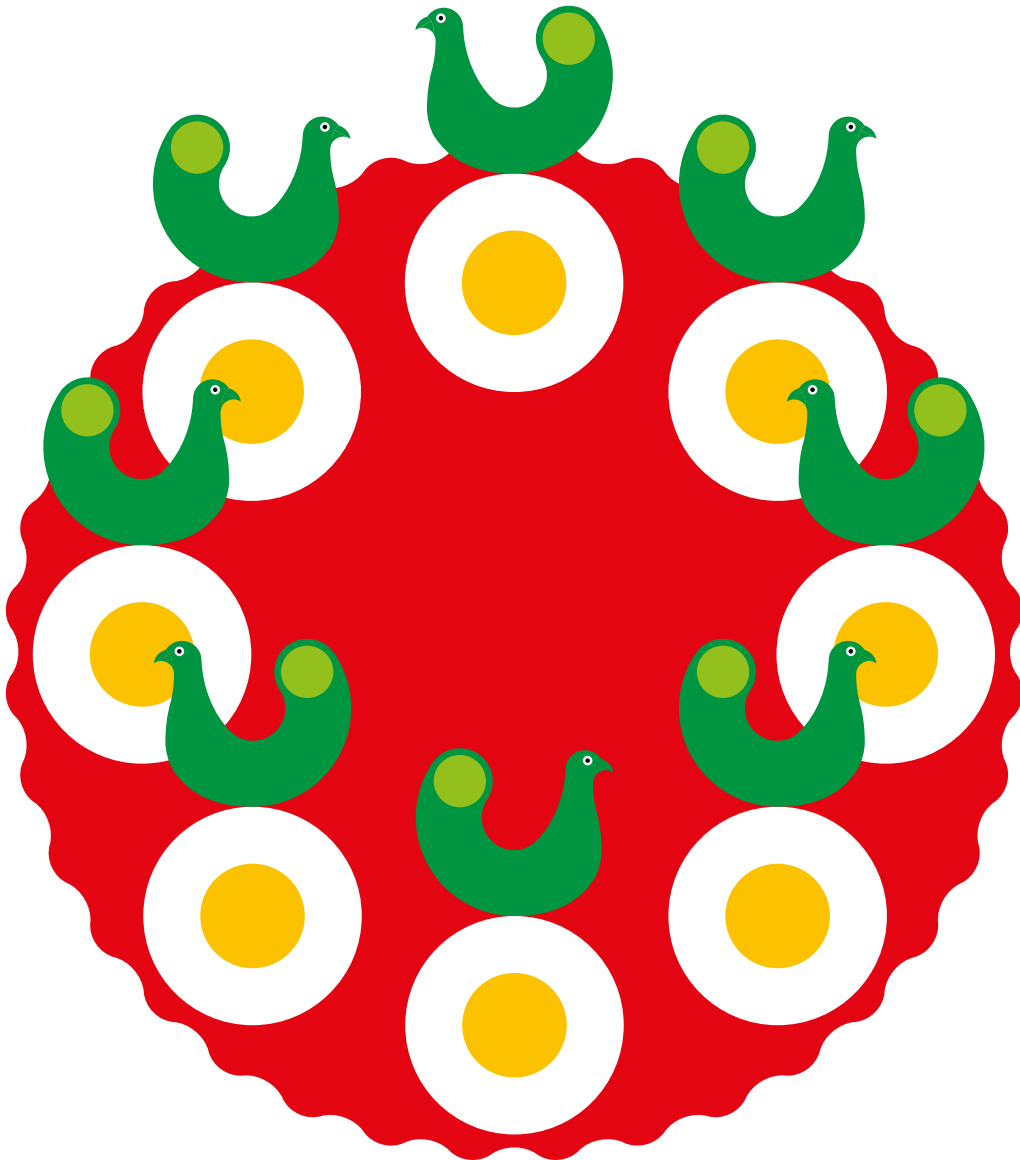
As well as sharing food-based recipes, through our sharing of stories we were able to bring themes together and create a metaphorical recipe of life — a recipe for recovery.

- Simplicity and comfort.
- Taking breaks, moving at your own pace.
- Adapting, being flexible, changing plans, making adjustments.
- Caring gestures, deep bonds and appreciation for friends, family and others who have supported us over the years.
- A sense of ritual — taking time with things, enjoying the process of creating things, step by step.
- Taking pride in and valuing our different ways of doing things.
- A warm welcome, kindness and hospitality.
- Helping each other, working together, sharing ideas.
- Keeping things interesting — experimenting.

Naveen's

SHAKSHUKA

a taste of childhood



“Shakshuka is one of my favourite recipes because it represents a connection to my family and the traditions passed down through generations. My mother used to make it for my sister and me, especially during times when we were feeling picky or just did not feel like eating anything. The simplicity and comfort of the dish would always bring us together, nourishing us not just physically but emotionally as well. This recipe carries with it memories of care and love and is a reminder of how food can be a source of support and healing across different stages of life. Sharing it now continues that legacy and reinforces the importance of family traditions in shaping our personal narratives.” — **Naveen**

ingredients:

Olive oil.
2 large yellow onions, chopped.
2 garlic cloves, chopped.
2 teaspoons ground coriander.
½ teaspoon ground cumin.
Pinch red pepper flakes.
Salt and black pepper.
6 medium tomatoes, chopped.
8 large eggs.
2 bell peppers (red or orange), chopped.
½ cup chopped fresh parsley.
½ cup chopped fresh mint.

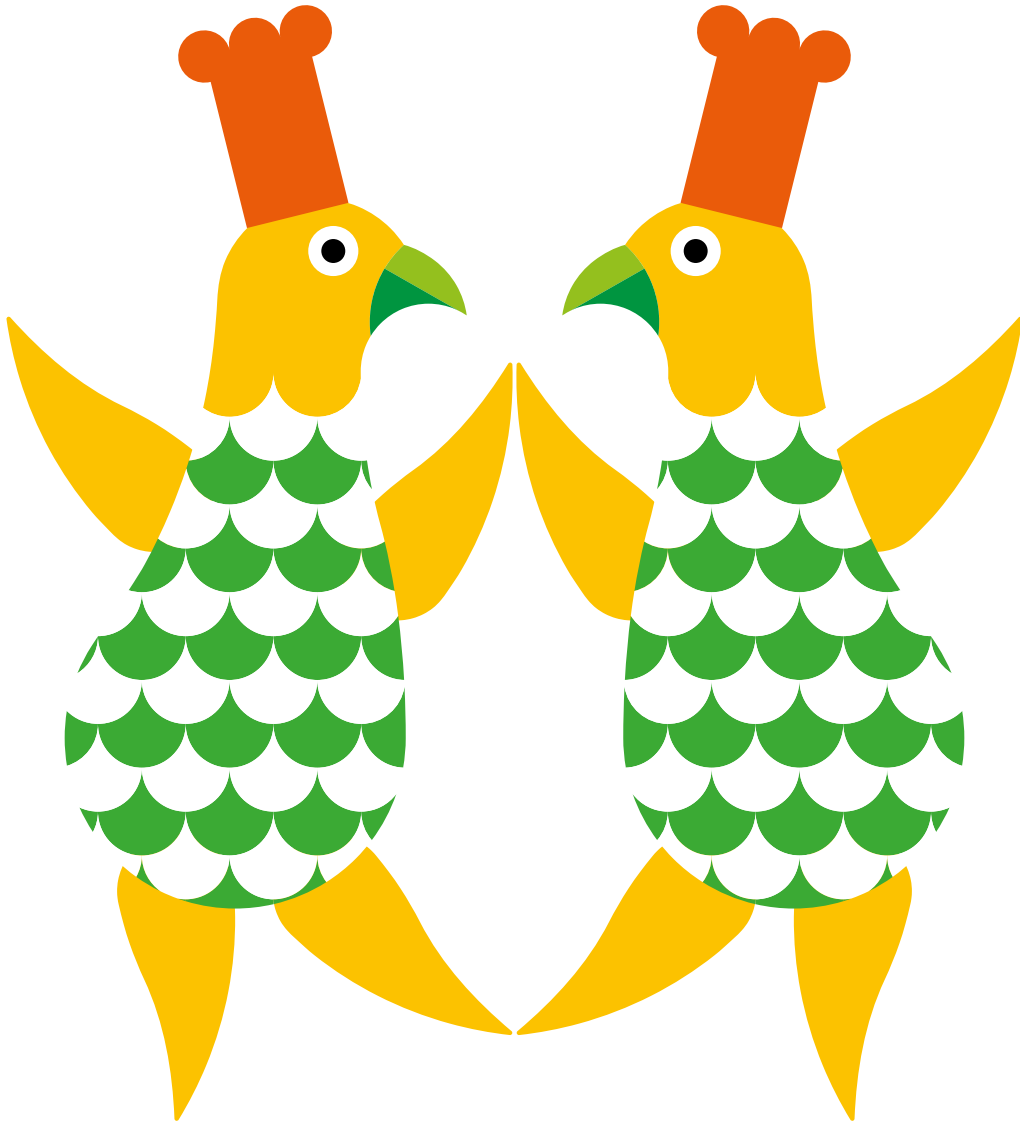
method:

1. Heat 3 tablespoons of olive oil in a large pan. Add the onions, garlic, ground spices, bell peppers, pepper flakes and a pinch of salt and black pepper. Cook, stirring occasionally, until the vegetables have softened.
2. Add the chopped tomatoes.
3. Using a wooden spoon, make 8 indentations in the mixture of vegetables and spices. Gently crack an egg into each indentation.
4. Cook on a low heat until the egg whites are set.
5. Uncover and add the fresh parsley and mint.

Marea's

QUINOA SALAD

a memory of friendship



"My favourite recipe is quinoa salad, a dish I love for its taste and health benefits. I first learned it from my best friend, who made it for me when I became ill and needed to adjust my diet due to my health condition. For me, this recipe is much more than just a healthy meal; it represents the deep bond I share with my best friend, who supported me through a difficult time. Every time I make or enjoy quinoa salad, it reminds me of that caring gesture and the strength of our friendship." — Marea

ingredients:

200g quinoa.
1 onion, finely chopped.
½ cucumber, lightly peeled and diced.
100g feta cheese, crumbled.
6 spring onions, thinly sliced.
Zest and juice of 1 orange.
1 teaspoon olive oil.
1 tablespoon red or white wine vinegar.

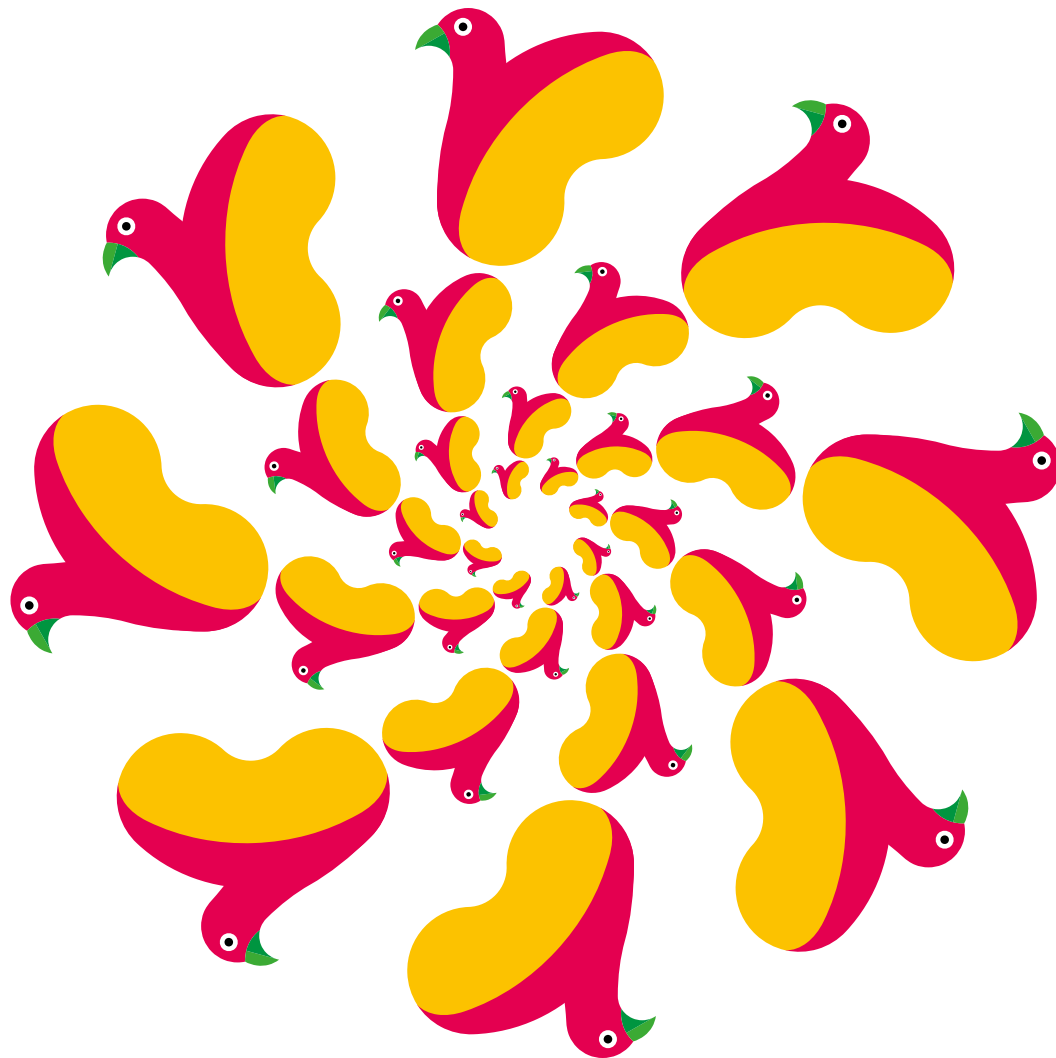
method:

1. Cook the quinoa in a large pan of boiling water for 10-15 minutes until tender, drain well, then set aside to cool.
2. Meanwhile, put all the chopped, diced and sliced vegetables in a bowl.
3. Add the cooled quinoa to the bowl.
4. Add the crumbled feta cheese.
5. Add the orange zest, juice, olive oil and vinegar.
6. Toss well together and chill until ready to serve.

Eliane's

RICE & BEANS

a recipe of family values and building strength



“My favourite dish is rice and beans with some salad on the side, because it is a traditional meal in my country (Espírito Santo, Brazil), and my Mae (Mother) taught me how to make it. I have been watching her make this since I was one year old. Whenever I recall memories of Mae, I always remember watching her cook for us. This is how I learnt this recipe as well. At that time we did not have a table at home, and we all used to sit on the floor and have rice and beans together. When we all used to eat together my Pai (Father) used to tell us stories about how hard it was when he was little as he lost his parents at a very young age. Pai used to say that we should remember how difficult it is for him to bring food on the table. He always worked very hard for us. Pai passed away when he was around 40 years old.” — **Eliane**

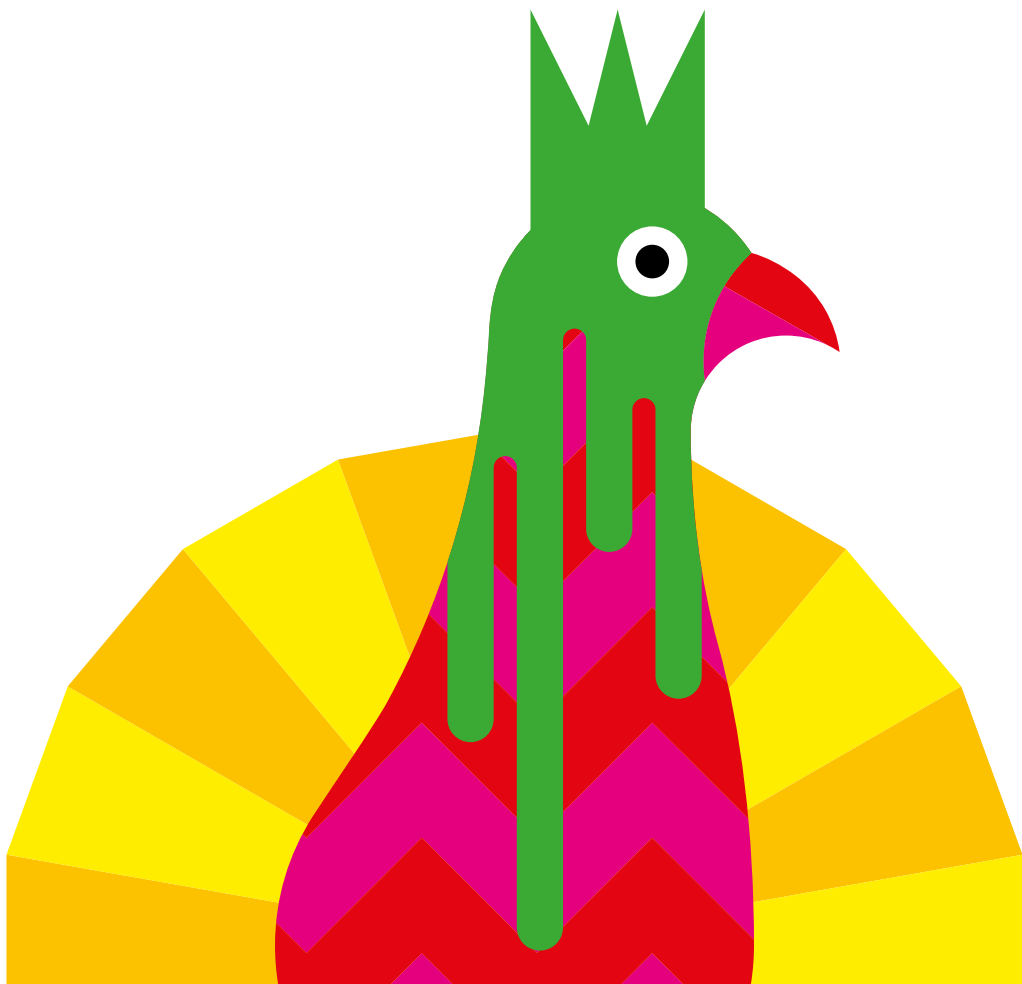
ingredients:

2 cups water.
1 cup rice.
Vegetable oil
1 onion, chopped.
1 green bell pepper, chopped.
1 clove garlic, chopped.
2 cans borlotti beans, drained.
1 can tomatoes, chopped.
½ teaspoon dried oregano.
½ teaspoon pepper.
Salt to taste.

method:

1. Cook the rice to your usual method.
2. Meanwhile, heat 1 tablespoon of oil in a saucepan and stir-fry the chopped onion, green pepper and garlic, tossing the ingredients with a wooden spoon or spatula in the pan until tender.
3. Add in canned beans and tomatoes with their juice.
3. Season with oregano, pepper and salt.
4. Simmer uncovered for 20 minutes.
5. When everything is ready, serve the beans over the rice.

TROPICAL FRUIT SALAD WITH HONEY LIME DRESSING



“Honey lime dressing is amazing with this tropical fruit! The lime juice is delicious with the honey and really makes the fruit salad so good. This is a good memory that I have from my mum! There is just something about the combination together. It makes the fresh fruit taste even better. For a creamier fruit salad, serve with whipped cream.” — **Eliane**

ingredients:

400g fresh pineapple chunks (peel a pineapple and cut into bitesize cubes — tinned can also be used).

½ melon, peeled and cut into cubes.

2 passion fruit.

2 large oranges, peeled and cut into cubes.

½ papaya, peeled and cut into cubes.

Juice of 1 lime.

1 tablespoon of honey.

method:

1. Scoop out the passion fruits into a large bowl.
2. Add in all the chopped fruit — pineapple, melon, orange and papaya.
3. Mix together in the bowl.
4. Pour the honey into a small bowl.
5. Squeeze in the juice of a lime and mix well.
6. Pour the honey lime glaze over the fresh fruit and toss to coat.
7. Chill in the fridge before serving.

5-A-DAY SPICED VEGETABLE STEW



At one of our sessions we had to change our plans at the last minute and work with the ingredients we had. We talked about our favourite winter recipes, which led to the decision to make vegetable stew as the main dish, with butternut squash cake for dessert. We shared fond memories of winters and soups and spending time together indoors with family, which created a warm, nostalgic atmosphere.

ingredients:

- 1 sweet potato.
- 1 aubergine.
- 2 mixed-colour bell peppers.
- 2 onions.
- Olive oil.
- ½ bunch of fresh coriander.
- 30g sun-dried tomatoes.
- 2 tablespoons Thai curry paste (choose your favourite).
- ½ x 400g tin of light coconut milk.
- 160g mangetout.
- 2 teaspoons soy or fish sauce.
- 1 lime.
- 2 flatbreads (optional).

method:

1. Scrub the sweet potato and slice into rounds, about ½ cm thick.
2. Trim the aubergine and bell peppers, then chop into 3cm chunks.
3. Char (cook until blackened on the outside) the vegetables in a large dry casserole pan over a high heat for 5 minutes — work in batches, removing to a plate as you go.
4. Peel and finely slice the onions, place in the large casserole pan on a medium heat with a splash of olive oil and cook for 10 minutes, stirring regularly.

5. Finely chop the stalks from ½ a bunch of fresh coriander, reserving the leaves for later, then add the stalks to the pan along with the sun-dried tomatoes.
6. Stir in the Thai curry paste and cook for a further 3 minutes.
7. Pour in the light coconut milk and 400ml of boiling water and mix well.
8. Add the charred vegetables back into the pan, pop the lid on, reduce the heat to low and cook gently for 10 minutes, throwing the mangetout in for the final 2 minutes.
9. Season with the soy or fish sauce, then finely chop and scatter over the coriander leaves.
10. Cut the lime into wedges for squeezing over the stew, then serve up, with flatbreads on the side, if you like.

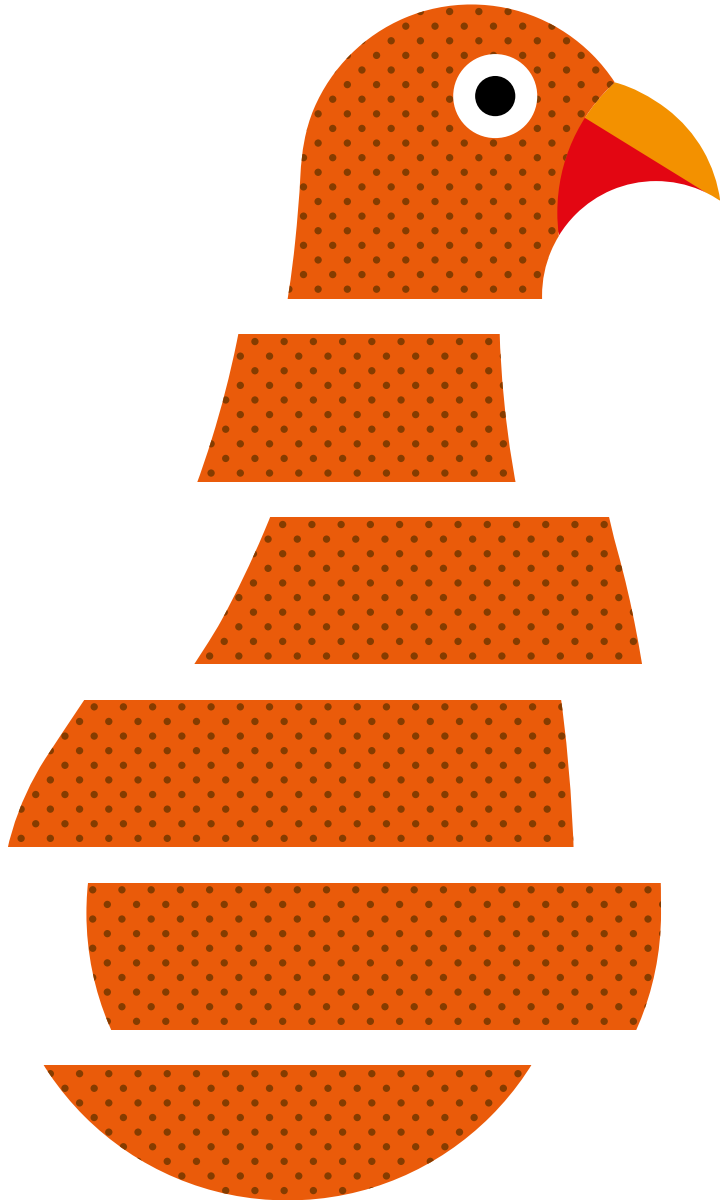
love your leftovers

Pour any leftover coconut milk into ice cube trays and freeze, then simply drop into stews, soups and sauces as and when needed. Genius!

go veggie

If you want to keep this dish veggie, choose soy sauce instead of fish sauce.

BUTTERNUT SQUASH CAKE



For dessert we created something new together, making a butternut squash cake, and experimented by adding cardamon powder, giving it a unique twist.

ingredients:

190g brown sugar.
90g white sugar.
1 whole butternut squash.
2 large eggs.
100ml whole milk.
30g butter (room temperature).
80ml vegetable oil.
1 tablespoon vanilla extract.
½ teaspoon salt.
240g plain flour — sieved.
½ teaspoon baking soda.
2 heaped teaspoons ground cinnamon.
1 teaspoon ground cardamon.

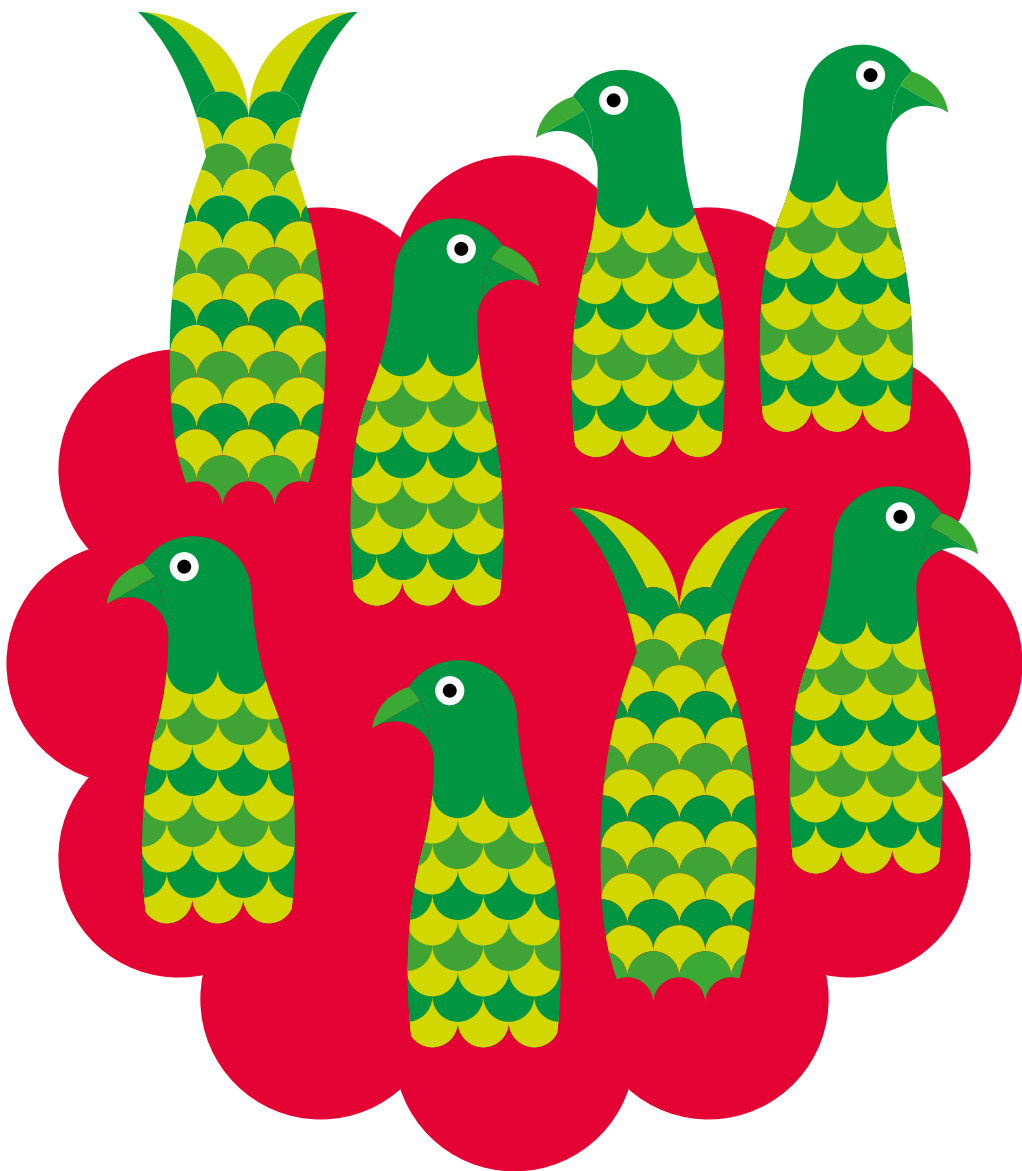
You can experiment with the quantities and kinds of ground spice mix — other good ground spices to experiment with would be nutmeg, clove and star anise.

method:

1. First make a butternut squash purée — cut your squash in half, scoop out the seeds, peel and chop into large chunks, bake in the oven at 180°C until soft then blend or mash until smooth. Let it cool to room temperature.
2. Set the oven to 170°C.
3. Grease and line an 8-inch cake tin with baking parchment or use a loaf tin liner.
4. Mix the butter, vegetable oil, eggs, milk, salt, sugar and butternut purée in a bowl.
5. Add the flour, baking powder, cinnamon and cardamon. Mix together until completely combined.
6. Spoon the mixture into the cake tin.
7. Bake in the oven for 40 minutes or until the cake is well risen and a skewer inserted into the centre comes out clean.
8. Cool in the tin for 10 minutes, then turn out onto a wire rack.
9. Serve warm or cold in slices.

Christine's YAM PORRIDGE

a recipe for togetherness



Christine shared her family's Yam Porridge recipe, a cherished dish in her household. She reflected on memories of her family gathered together, listening to her father's stories, which added a rich, cultural layer to the dish's significance, vividly remembering a story about a tortoise and an elephant, which reminded her of her heritage and family traditions. Christine's contribution highlighted how food can serve as a bridge to the past, keeping family's memories alive through flavours and shared stories.

ingredients:

1 medium yam tuber.
1 red bell pepper, chopped.
1 large tomato, chopped.
1 habanero pepper (a scotch bonnet would also work), chopped.
1 large onion, peeled and sliced.
3 cups water.
½ cup of vegetable oil.
2 teaspoons chicken bouillon powder (or 2 cubes)
425g fish of your choice — skinned, boned and cut into chunks.
Basil or parsley.
Generous bunch of leafy greens (e.g. spinach or kale... or both!).
Salt to taste.

You can also use dried, smoked or oily fish in this recipe — crayfish is often added for extra flavour.

method:

1. Peel and cut the yam into medium sized chunks. Rinse until the water is no longer cloudy. Set aside.
2. Blend together the bell pepper, habanero, tomato and half the onion.
3. Put the cooked yam into a pot, add the blended vegetables, then add a pinch of salt, bouillon powder and the water. Cover and cook for 10 minutes on medium to high heat.
4. Stir in the vegetable oil and remaining sliced onions. Cover and let it cook for another 10 minutes.
5. Add the fish and allow it to simmer for another 3-5 minutes.
6. Stir in your herbs and greens.
7. Serve and enjoy.

“After eating in the evening, we would sit and enjoy storytelling from friends and families. Before the story started, we would say together: “Arabian Night Entertainment!” Yam porridge is a dish we regularly prepare at home, a reminder of family and the shared moments. I would like to share a story that was often told to us as children, a memory we would gather around at lunch, surrounded by the comfort of family and storytelling.” — Christine

The Elephant and The Tortoise

Once upon a time in a village called the Tughah Bush lived Mr Elephant and Mr Tortoise. Mr Elephant and Mr Tortoise were very good friends and Mr Elephant was very rich. One day Mr Tortoise asked Mr Elephant to lend him some money which Mr Elephant did on agreement that Mr Tortoise would pay back the money on an agreed date.

When Mr Elephant came for the money, Mr Tortoise pleaded for more time. This went on and on for a very long time until Mr Elephant got upset and said “I’m giving you one last chance, date and time.”

The night before the agreed date and time, Mr Tortoise still did not have the money. Mr Tortoise decided to play a trick on Mr Elephant.

Mr Tortoise told his wife “turn me upside down and use me like a grinding stone if Mr Elephant comes and tell him that I am not around.”

The next day, Mr Elephant came as agreed and met Mrs Tortoise busy grinding her pepper. Mr Elephant asked Mrs Tortoise where her husband was and she said “he is not around.”

Mr Elephant replied “but your husband and I had an agreement for today.” Mrs Tortoise did not pay him any attention as she was busy grinding her pepper.

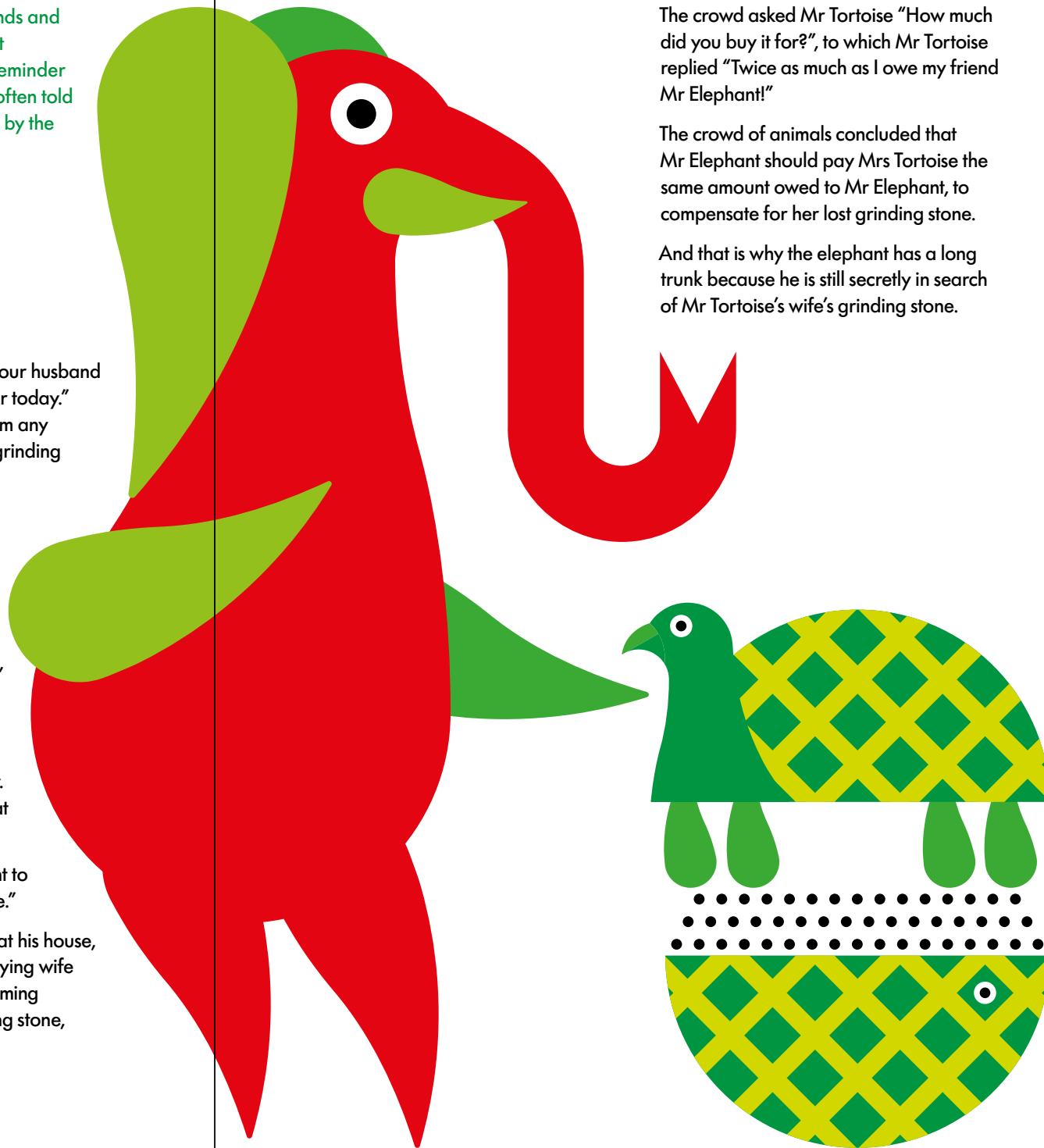
Furious, Mr Elephant took the ‘grinding stone’ from Mrs Tortoise and threw it away.

Mrs Tortoise cried and shouted “My pepper stone, my pepper stone!”

A crowd of animals heard the commotion and came to ask what was the matter. Mrs Tortoise told them what had occurred.

The crowd told Mr Elephant to “go and search for the stone.”

Mr Tortoise, arriving back at his house, asked the crowd and his crying wife what the matter was, exclaiming “Oh no I bought that grinding stone, it was very expensive”.



The crowd asked Mr Tortoise “How much did you buy it for?”, to which Mr Tortoise replied “Twice as much as I owe my friend Mr Elephant!”

The crowd of animals concluded that Mr Elephant should pay Mrs Tortoise the same amount owed to Mr Elephant, to compensate for her lost grinding stone.

And that is why the elephant has a long trunk because he is still secretly in search of Mr Tortoise’s wife’s grinding stone.

Angela's

RESTORATION SOUP — MINISTRONE WITH ORZO



Angela shared a recipe that holds deep personal significance, as it was the first dish she prepared after contracting COVID-19 four years ago. "I discovered this recipe in *New French Table* by Emily & Giselle Roux. I have a collection of about 500 cookbooks, and this one stood out for its focus on nutrient rich ingredients. During COVID, it was essential for my family and me to prioritise nourishing, health-focused meals." For Angela, this dish, affectionately named 'Restoration soup', is a comforting reminder of resilience and recovery during a challenging time. Angela described the method she follows, emphasising the importance of preparation and order, reminiscent of her mother's cooking style. Angela's focus on nutrition and detail gave the group a new appreciation of how cooking can bring comfort and sense of ritual, especially during challenging times.

ingredients:

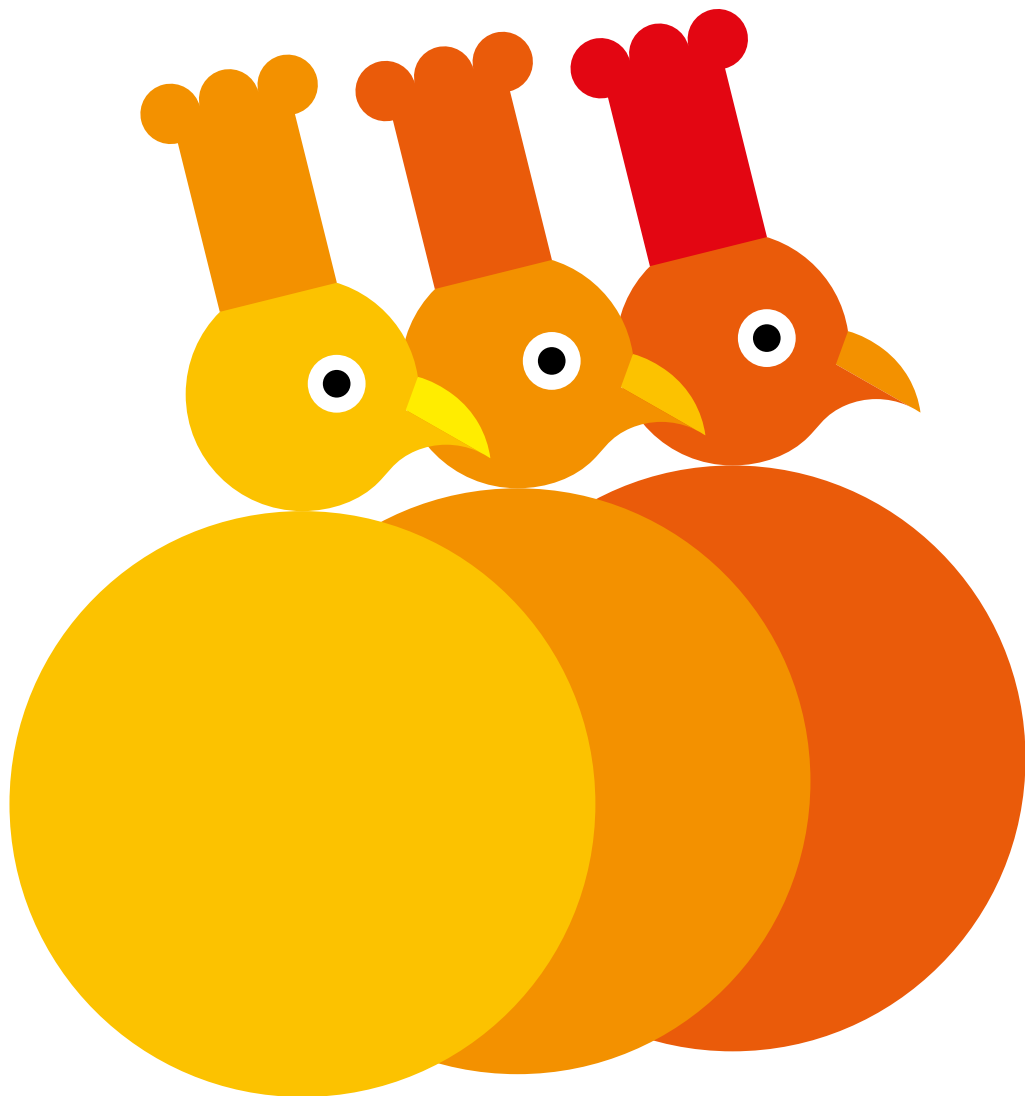
2 tablespoons of extra-virgin olive oil, plus extra for serving.
1 red onion, finely sliced.
1 garlic clove, crushed.
1 carrot, diced into 1 cm cubes.
1 celery stalk, finely sliced.
4 baby courgettes, diced into 1 cm cubes.
100g french beans, quartered.
Thyme.
450ml vegetable stock.
200g chopped tomatoes.
50g orzo.
40g baby watercress.
1 handful fresh parsley, roughly chopped.
Salt & freshly ground black pepper.

method:

1. Heat the olive oil in a large pan over medium heat.
2. Add the onion, garlic, carrot, celery, courgettes, french beans and thyme.
3. Stir continuously for 5 minutes.
4. Add stock, chopped tomatoes and bring to a boil, then reduce the heat.
5. Add the orzo and simmer for 10 minutes.
6. Serve topped with watercress, parsley and a drizzle of olive oil.

Marilene's PÃO DE QUEIJO

a symbol of warmth and hospitality



“Beyond its delicious taste, pão de queijo brings back memories of my family’s Sunday breakfast or whenever friends used to come for a visit. It’s a symbol of hospitality and warmth. Serving cheese bread to guests, whether at home or in gatherings, is a gesture of welcome, kindness and happiness. Its presence is almost mandatory in festive occasions in family reunions. My mum used to make pao de queijo from cheese produced in the farm, eggs from free range chickens, lard from our own pigs and cassava, my dad had grown enough to sell for cooperatives and for the family. In those days breakfast together was a must for my parents to sit down and discuss about plans for the week ahead, giving everyone tasks to do. It also has a rich history. Before the Portuguese colonised Brazil in the 16th Century, indigenous tribes were already cultivating and consuming cassava, a root vegetable native to South America. They would peel, soak, and grind the cassava to remove its natural toxins, resulting in a starchy residue. This residue was then shaped into cakes and baked.” — **Marilene**

ingredients:

- 4 cups tapioca flour.
- 1¼ cups milk.
- ½ cup water.
- 6 tablespoons oil.
- 1 ½ cups grated parmesan cheese.
- 1 cup shredded mozzarella cheese.
- 2 large eggs.
- 1 teaspoons salt.

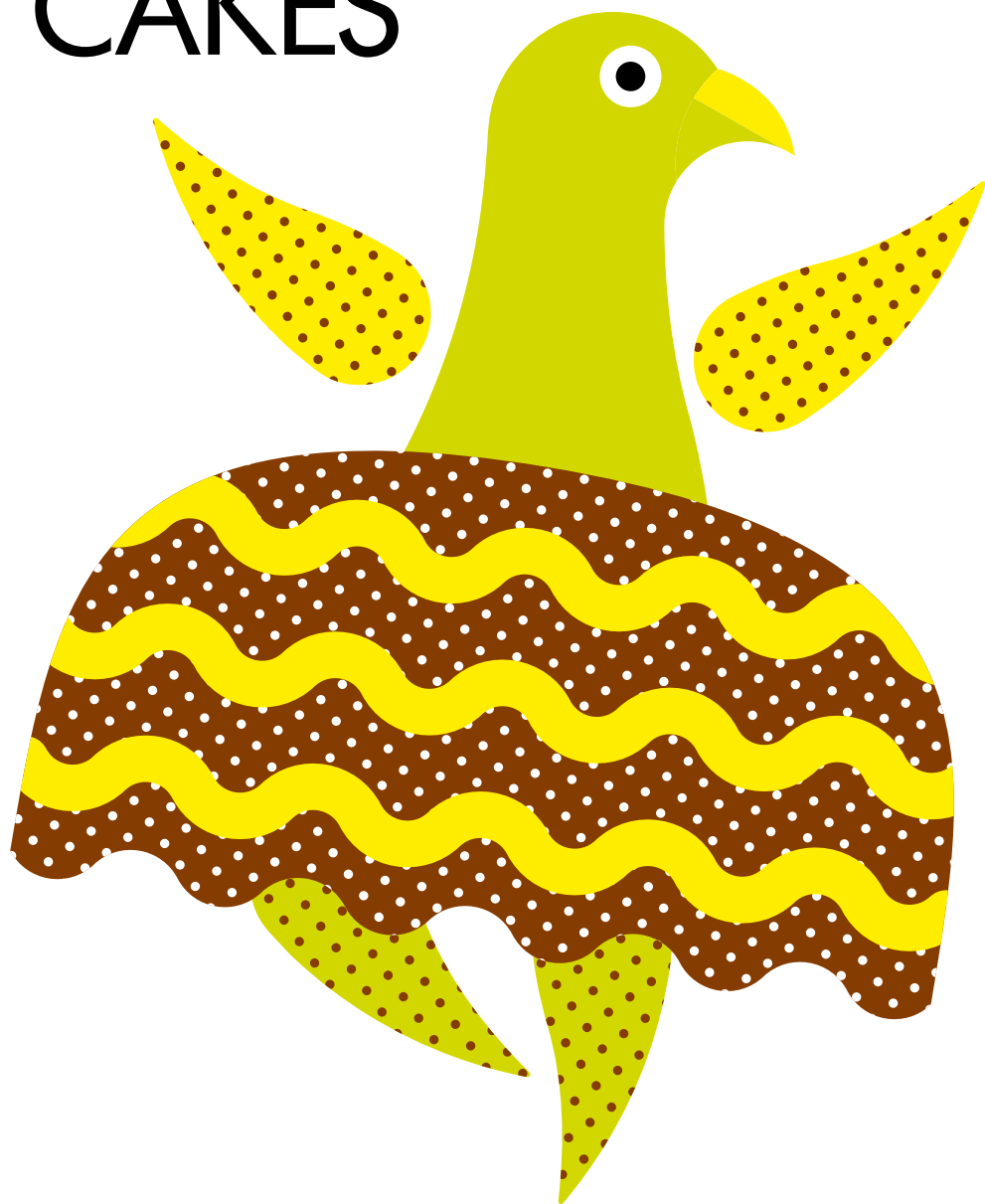
method:

1. Preheat oven to 200°C.
2. Combine the milk, water, oil and salt in a saucepan and bring to a boil over a medium high heat.
3. Add the tapioca flour to a mixer bowl.
4. Once the milk mixture boils, pour it over the tapioca flour.
5. Turn the mixer on and mix well. The texture will be fondant-like, really white and sticky.

6. With the mixer still on, add the eggs one at a time. You will think they won’t mix, since the tapioca flour mixture is so sticky, but hang in there because they will.
7. Once the eggs are incorporated, add the cheese, a little at a time, until fully incorporated.
8. The dough is supposed to be soft and sticky. However, if you’re worried it’s too liquid, add some more tapioca flour. Just don’t overdo it or your pão de queijo will be tough and not deliciously gooey.
9. Shape the dough into balls: wet your hands with cold water, scoop some dough into them with a spoon, and shape into golf-ball sizes.
9. Cover a baking sheet with parchment paper and place the balls on top.
10. Bake in the middle of the oven for 15-20 minutes or until golden and puffed.
11. Serve them warm!

Angela's

PISTACHIO CAKES



ingredients:

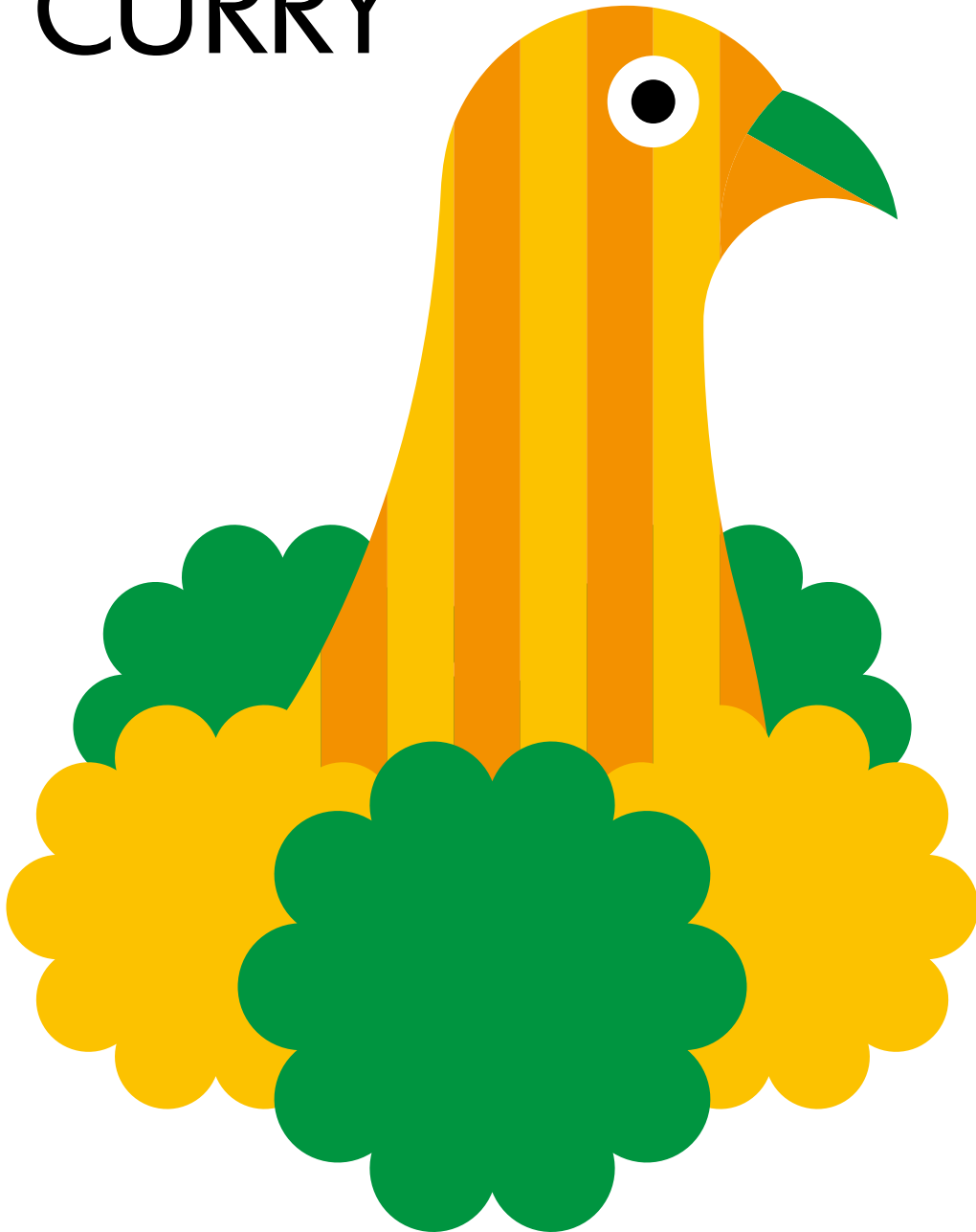
200g unsalted butter, softened,
plus extra to grease tins.
175g golden caster sugar.
2 unwaxed lemons.
3 medium eggs, beaten.
200g plain flour.
2 level teaspoons baking powder.
Pinch of salt.
50g ground pistachios.
2 tablespoons milk.
150g icing sugar, sifted.

*You can use ground almonds
instead of ground pistachios —
or even a mix of both!*

method:

1. Preheat the oven to 180°C.
Lightly grease 2 small rectangular
loaf tins.
2. Cream together the butter and caster
sugar until pale, light and fluffy.
3. Grate the zest from the lemons,
reserve 2 teaspoons of zest to decorate,
and add the rest to the mixture.
Gradually add the beaten eggs,
mixing well between each addition.
4. Sift together the flour, baking powder
and salt. Using a large metal spoon,
fold into the cake mixture, then fold in
the ground pistachios.
5. Add the milk and the juice from one
lemon and mix until smooth.
6. Divide the mixture between the 2 small
loaf tins and level with a teaspoon.
7. Bake on the middle shelf of the oven for
25-30 minutes or until golden brown
and a skewer inserted into the middle
of one of the cakes comes out clean.
8. Leave the cakes to cool in their tins
for 5 minutes then ease out onto a wire
rack and leave until completely cool.
9. Meanwhile, squeeze the juice from the
remaining lemon. Mix the lemon juice
into the icing sugar a little at time, until
the icing is smooth and runny and will
coat the back of a spoon (keep any
remaining juice for something else).
10. Drizzle the icing sugar over the cakes
and sprinkle with the reserved zest.

VEGETABLE CURRY



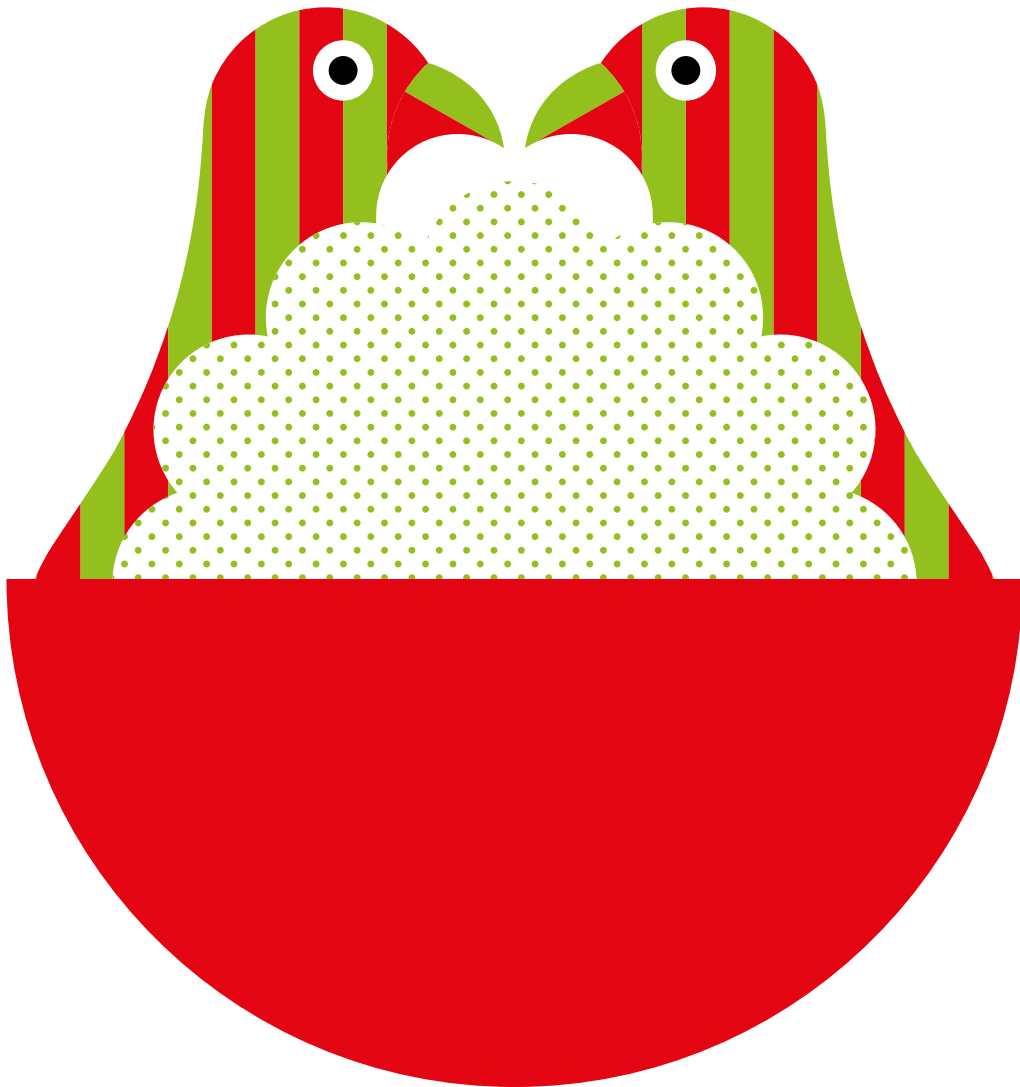
ingredients:

Vegetable oil.
1 red onion, sliced.
1 aubergine, chopped into bitesize pieces.
2 Sweet potatoes, scrubbed and chopped into bitesize pieces.
1 head broccoli, cut into small florets.
2 courgettes, chopped into bitesize pieces.
1 tablespoon garam masala.
1 teaspoon ground cumin.
1 teaspoon coriander seeds.
1 teaspoon ground tumeric.
200ml coconut milk.
100ml vegetable stock.
Salt and freshly ground black pepper.

method:

1. Heat two tablespoons of vegetable oil in a large, lidded saucepan over a medium heat. Add the red onion, aubergine and garam masala and fry until starting to brown, about 8-10 minutes.
2. Dry fry the cumin and coriander seeds in a small frying pan until fragrant, then add to the large pan and stir well.
3. Add all the remaining ingredients, stirring well to combine, then cover the pan with a lid.
4. Bring the mixture to a simmer and cook for 15-20 minutes, stirring occasionally, until the broccoli florets are tender. Season to taste with salt and freshly ground black pepper.

CARDAMON RICE



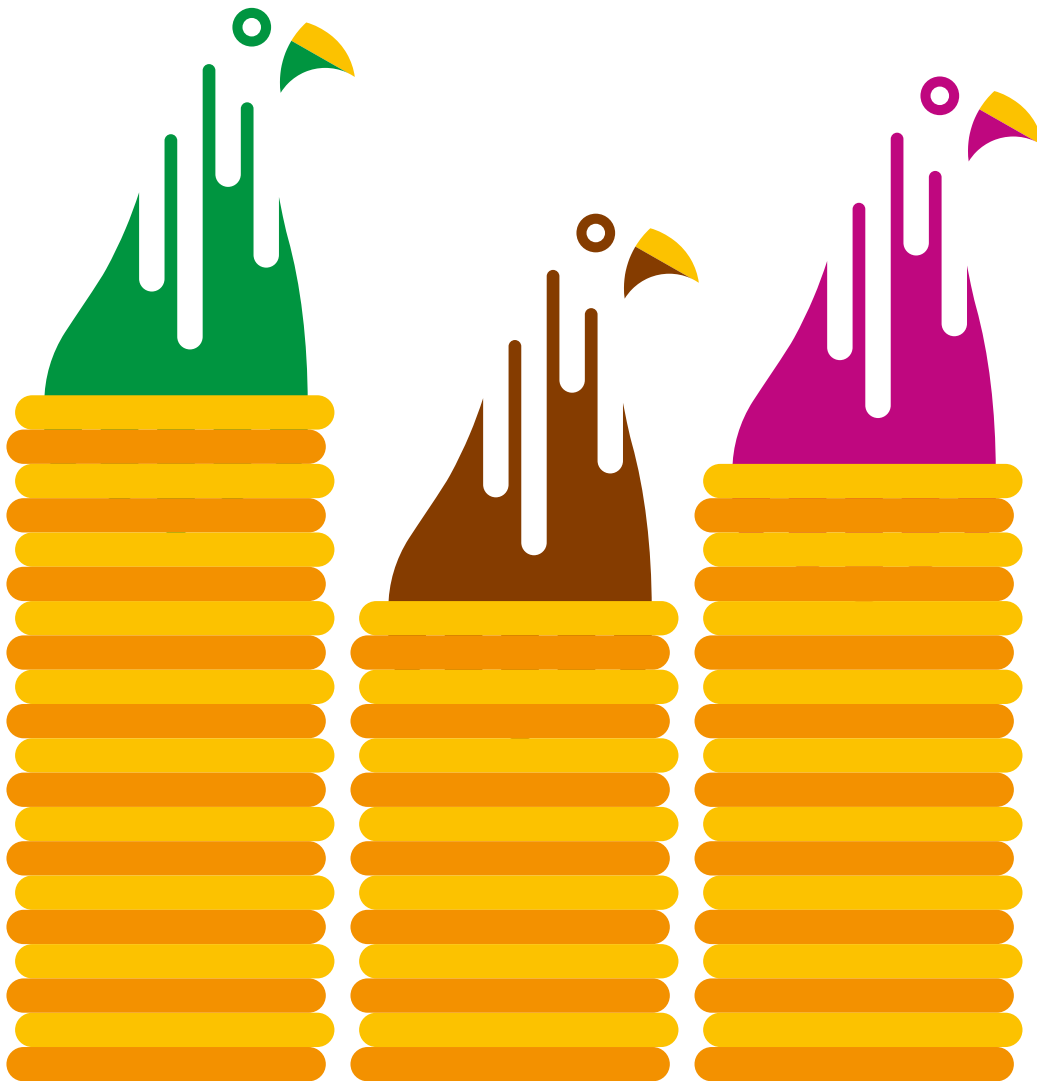
ingredients:

- 6 cardamon pods.
- 2 bay leaves.
- 75ml olive oil.
- 1 small onion, finely chopped.
- 1 clove garlic, finely chopped.
- 100g rice.
- 200ml boiling water.

method:

1. Pre-heat the oven to 170°C.
2. In a cassarole, add the oil, onion, garlic and cardamon pods. Cook for 10 minutes on a low heat.
3. Add the rice, bay leaves and hot water. Stir, then cover with the lid and and cook in the oven for 20 minutes.
4. Serve with vegetable curry or a dish of your choice.

COTTAGE CHEESE PANCAKES



ingredients:

50g oats (½ cup).

1 banana.

150g cottage cheese (2/3 cups).

1 egg.

A pinch each of salt, baking powder and cinnamon.

A splash of water or milk.

toppings:

Feel free to use your favourite toppings, here are some of our favourites:

Greek yoghurt, frozen raspberries, walnuts, figs, drizzle of honey.

method:

1. Put the oats into a blender and process until they form a fine flour.
2. Add the banana, cottage cheese, egg, salt, baking powder, cinnamon, and a splash of water or milk. Blend until smooth. The batter should be thick but pourable; add more liquid if needed.
3. Heat a non-stick pan over medium heat and add a little butter or oil. Pour a couple of tablespoons of batter per pancake into the pan.
4. Cook for a few minutes on each side until the pancakes are golden brown and cooked through.
5. Stack the pancakes on a plate and top with Greek yoghurt, frozen raspberries, walnuts, figs, and a drizzle of honey... or any toppings of your choice. Enjoy!

tips and techniques:

blending oats

Turning oats into flour creates a smoother batter and a lighter pancake.

If you prefer a chunkier texture, you can use oat flakes.

consistency

Start with a small amount of liquid; you can always add more if the batter is too thick.

The ideal batter is thick but pourable.

cooking tips

Cook the pancakes over medium heat to ensure they cook through without burning on the outside. Wait until bubbles form on the surface before flipping.

gluten-free

Use certified gluten-free oats if you have a gluten sensitivity or coeliac disease.

flavours

Feel free to add vanilla extract or swap cinnamon for nutmeg or pumpkin spice to change up the flavour.

BANANA OAT PEANUT BUTTER BAKE



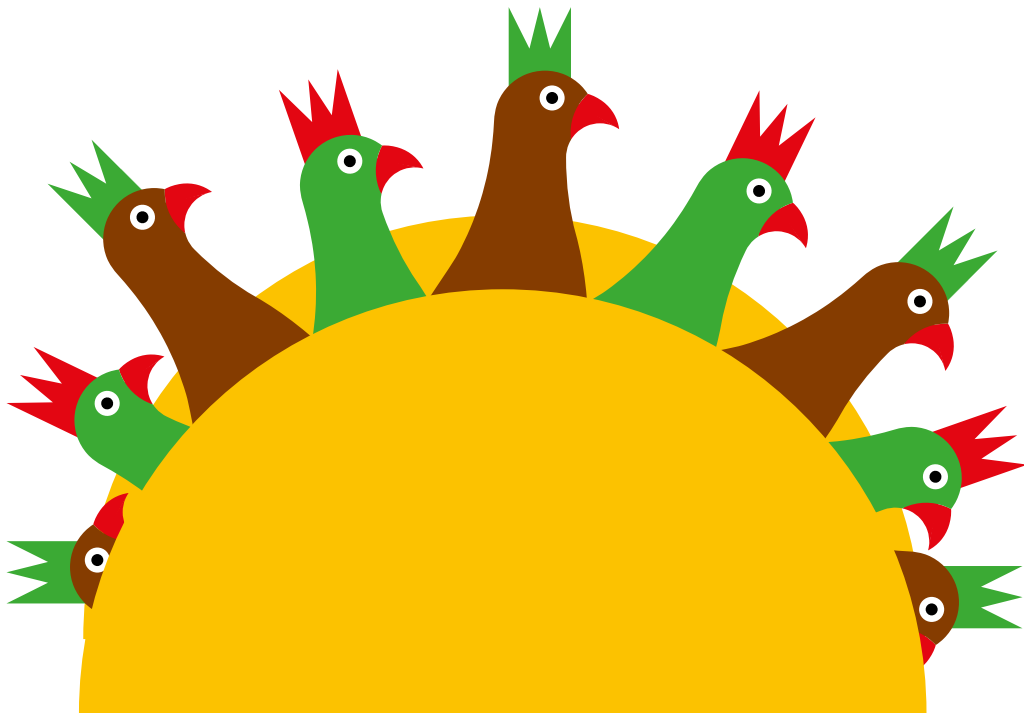
ingredients:

2 large ripe bananas.
240ml milk (you can use any type of milk you like here — dairy or alternative).
5 tablespoons of smooth peanut butter.
3 tablespoons maple syrup (or honey).
1 large egg.
2 tablespoons coconut oil.
1 teaspoon vanilla extract.
160g rolled oats.
1 teaspoon baking powder.
1 teaspoon cinnamon powder.
½ teaspoon salt.

method:

1. Preheat the oven to 180°C.
2. Grease and line an 8×8 inch baking tin or dish.
3. In a large bowl, mix together the mashed banana, milk, peanut butter, maple syrup (or honey), egg, coconut oil and vanilla extract. Combine well.
4. Add in the oats, baking powder, cinnamon and salt and stir until just combined.
5. Pour the mix into the baking dish and bake for 30 minutes or so — you want it just browned, and even a little crispy at the edges.
6. Let it cool and sit for a while.
7. Drizzle with more peanut butter.
8. Cut into slices and serve.

BLACK BEAN VEGGIE QUESADILLAS & GUACAMOLE



guacamole ingredients:

3 ripe avocados, roughly chopped.
½ red onion, finely chopped.
Handful coriander, finely chopped.
1 lime, juice only.
1 red chilli, finely chopped (optional).

black bean quesadilla ingredients:

1½ cups canned black beans, rinsed and drained.
½ thinly chopped carrot.
½ onion, thinly chopped.
1 tablespoon tomato paste.
1 small tomato, thinly chopped.
3 garlic cloves, minced.
½ cup bell pepper, chopped.
1 teaspoon cumin.
1 teaspoon crushed dried red pepper.
1 teaspoon dried oregano.
1 teaspoon olive oil.
Fresh basil.
Spinach leaves, chopped.
Coriander leaves, chopped.
2 tortillas.

guacamole method:

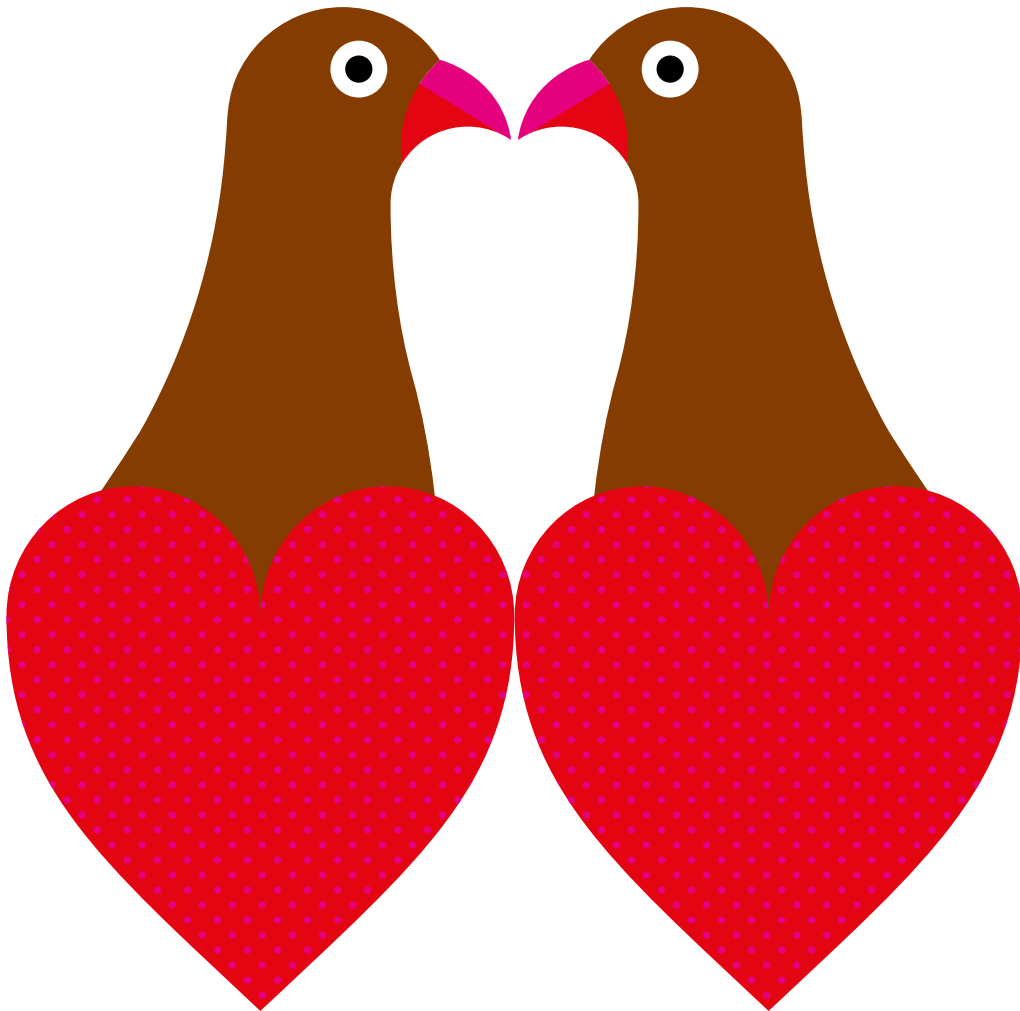
1. Put the avocado in a wide, flat-bottomed bowl and mash with a fork until almost all the avocado is smooth, leaving a few chunkier pieces for texture.
2. Add the onion, coriander and lime juice and season with salt and pepper then mix together. Taste and adjust the seasoning, adding more lime juice if you like. Stir in the chopped red chilli. Serve immediately.

black bean quesadilla method:

1. Chop the onions, carrot, tomato, bell pepper and mince the garlic.
2. Rinse and drain the black beans.
3. Sauté the onion with olive oil and add in the cumin, oregano and crushed red pepper. Stir for 1-2 minutes until fragrant. Add in the chopped tomato, bell pepper and carrot and stir again for 1-2 minutes.
4. Stir in the black beans and add in the tomato paste and a little bit of water. Cover the pan with a lid for about 3-4 minutes. Add in the garlic cloves and mash the beans roughly (as well as you can). The filling is now ready — it should be on the thicker side!
5. Spread the bean filling over half of a tortilla, and top with guacamole, some fresh basil, spinach and coriander.
6. Fold the tortilla in half and toast in a pan on both sides until golden brown, flipping it carefully so that the filling stays inside.
7. Serve with a small salad.

Angela's

CHOCOLATE CELEBRATION CAKE



cake ingredients:

200g salted butter, softened.
200g caster sugar.
200g Nutella.
120g plain yoghurt.
3 eggs.
200g self raising flour.
40g cocoa powder.

buttercream ingredients:

150g salted butter, softened.
300g icing sugar.
3 heaped tablespoons Nutella.

You can add any decoration you like — edible flowers, raspberries, strawberries, blueberries...

method:

1. Preheat oven to 180°C.
2. Grease and line a 24cm cake tin (a springform cake tin is useful to allow you to pull away the sides of the tin after baking).
3. In a large mixing bowl, beat together butter and sugar until smooth, then add the Nutella and beat again until well combined. Slowly beat in the yoghurt and eggs. Sift in the flour and cocoa powder, one spoonful at time and beating continuously, until you have a smooth batter.
4. Spoon the batter into the cake tin and bake for 35-40 minutes, then cover with foil and bake for further 30-35 minutes, until top of cake springs back when pressed down gently with fingers, and a knife comes out clean when inserted in the middle. Turn the cake out of the tin, and leave to cool on a wire rack.
5. Make the buttercream — use an electric beater to mix the butter and icing sugar until pale and fluffy, then spoon in the Nutella and beat again until smooth.
6. Spread the buttercream all over and around the cake.
7. Decorate with berries, a few edible flowers, or whatever you like!

RECIPES OF LIFE

COMMUNITY ACTIVITY PROGRAMME

ENJOY!



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