

Chocolate Hummus with apple wedges

Ingredients:

- 1 x 400 g (14.1 oz) tin of chickpeas, drained + rinsed
- 4 tbsp maple syrup, plus extra for topping
- 4 tbsp tahini
- 5 tbsp cocoa powder
- 1/2 tsp vanilla extract
- 4 tbsp ice cold water
- 1 small handful of cacao nibs, optional
- salt, optional
- apples

Method:

1. Add the chickpeas, maple syrup, tahini, cocoa powder and vanilla extract to a food processor and blend until smooth.
2. While it's blending, pour in 2 tablespoons of the ice cold water and keep blending for 4-5 minutes or until the hummus reaches a super smooth consistency. Add more ice cold water if the hummus is too thick.
3. Transfer the hummus to a plate or bowl and top with a drizzle of maple syrup, cacao nibs and a small pinch of salt.
4. Enjoy with apple wedges

Zucchini Brownies Recipe

These zucchini brownies are a healthy, delicious twist on a classic treat. Made with wholesome ingredients like oats, nut butter, and zucchini, they're packed with nutrients that support digestion and heart health—making them a guilt-free indulgence!

Ingredients:

Dry ingredients:

- 1 ½ cups (135 g) rolled oats, ground into flour
- ¼ cup (100 g) sugar/ bananas/ apples
- ½ cup (90 g) chocolate chips (plus more for topping)
- ½ cup + 1 tbsp (50 g) unsweetened cocoa powder
- 1 tsp baking powder
- ¼ tsp baking soda
- ⅓ tsp salt
- 1 tsp instant coffee powder (optional)

Wet ingredients:

- 1 ¼ cups (200 g) shredded zucchini, tightly packed

- ½ cup (120 g) nut butter (e.g. almond, peanut, sunflower)
- ¼ cup (60 ml) plant-based milk
- 1 tsp vanilla extract

Instructions:

1. Preheat the oven to 360°F (182°C) and line a 6x9-inch pan with parchment paper or grease it.
2. Process the dry ingredients (except chocolate chips) in a food processor.
3. Add all wet ingredients and blend until smooth.
4. Stir in chocolate chips with a spoon.
5. Pour the batter into the pan and top with extra chocolate chips.
6. Bake for 35-40 minutes. For fudgy brownies, bake for 35 minutes; for cakey, bake a bit longer. Check doneness with a toothpick.
7. Let the brownies cool completely before serving. They firm up as they cool and taste even better the next day.

Peacamole

Ingredients:

- 1½ cups frozen green peas, thawed or lightly steamed
- 1 tablespoon lemon or lime juice
- 1 tablespoon olive oil (or omit for oil-free)
- 1 small garlic clove, minced
- Salt to taste
- Optional add-ins:
 - 1–2 tablespoons plant-based yogurt or tahini for creaminess
 - A few mint or basil leaves for freshness
 - A pinch of ground cumin
 - 1 tablespoon finely chopped spring onion or red onion

Instructions:

1. Add thawed or lightly steamed peas to a bowl or food processor.
2. Add lemon juice, garlic, and salt.
3. Mash with a fork or blend until smooth or slightly chunky, depending on your texture preference.
4. Stir in optional ingredients if using — like yogurt, tahini, or herbs.
5. Taste and adjust seasoning.

Beetroot Hummus

Ingredients:

- 1 medium cooked beetroot (roasted or boiled)
- 1 can (400g) chickpeas, drained and rinsed
- 1–2 tablespoons tahini
- 1 small garlic clove, minced
- 2 tablespoons lemon juice (adjust to taste)
- 1 tablespoon olive oil (optional)
- Salt to taste
- 1–2 tablespoons water (as needed for blending)
- Optional: a pinch of ground cumin or paprika for warmth

Instructions:

1. Chop the cooked beetroot into chunks.

2. Add beetroot, chickpeas, tahini, garlic, lemon juice, and salt to a food processor or blender.
3. Blend until smooth, adding water a little at a time to reach your desired consistency.
4. Taste and adjust seasoning — add more lemon for tang or tahini for richness.
5. (Optional) Drizzle with olive oil or sprinkle with sesame seeds before serving.