



Strawberries and cream overnight oats

SERVINGS: 4

PREPARATION TIME: 15 minutes

COOKING TIME: 0 minutes

INGREDIENTS

FOR THE STRAWBERRY MILK

1 cup fresh or frozen strawberry halves

1¾ cup milk or non-dairy milk

¼ cup low-fat plain yoghurt

1 tbsp maple syrup

1 tsp vanilla paste

FOR THE OATS

2 cups rolled oats

2 tbsp chia seeds

TOPPING

200g diced strawberries

4 sprigs of mint

Add the strawberries to a high-speed blender along with the milk, yogurt, maple syrup, and vanilla.

Blend on high for 45 to 60 seconds, until the berries are finely blended into the milk.

Add the oats and chia seeds to a large bowl and mix well.

Pour the strawberry milk into the bowl, then stir until everything is combined. Leave to sit for 5 minutes, to allow the oats and chia seeds to absorb some of the liquid.

Mix again to incorporate the extra liquid sitting on top.

Transfer the oatmeal to jars or other containers, then store it in the fridge for at least 3 hours, preferably overnight.

Top with diced berries and mint and serve cold. Leftovers will be kept in the fridge for up to 3 days.





Raspberry frangipane tart

SERVINGS: 8

PREPARATION TIME: 40 minutes

COOKING TIME: 60 minutes

INGREDIENTS

CRUST

250g dates

30g oat bran

100g desiccated coconut

FILLING

50g butter

50g sugar

2 eggs

5ml vanilla bean paste

100g almond flour

100g raspberries

GARNISH

Raspberries

Almond flakes, toasted

Mint

INSTRUCTIONS

FOR THE CRUST

Blend the fresh dates, oat bran and desiccated coconut in a food processor until combined. If your food processor is small, do this in two batches.

Line the tart shells and place them in the freezer.

FOR THE FILLING

Cream the room-temperature butter and sugar until it is light and fluffy.

Add 1 egg at a time, mixing well after adding each one.

Fold in the almond flour and mix into a smooth paste.

Lastly, add your flavouring to the frangipane mixture. If you like a strong almond flavour, add some almond essence instead of vanilla.

FOR THE GARNISH

Garnish the raspberry tart with toasted almond flakes, macerated raspberries and mint.



Blackberries and Greens Salad

SERVINGS: 6
PREPARATION TIME: 20 minutes
COOKING TIME: 0 minutes

INGREDIENTS

FOR THE SALAD

- 3 cups leafy greens washed dried and torn into bite-size pieces.
- 1 cup fresh blackberries, rinsed and dried
- 2 green onions, sliced thinly diagonally
- 1 avocado, cut into slices
- ½ cup toasted flaked almonds
- 100g medium-fat goat cheese, cut into rounds

FOR THE VINAIGRETTE

- 1 tbsp honey
- ¼ cup balsamic vinegar
- ¼ cup blueberries
- Pinch of ginger
- ¼ cup extra-virgin olive oil
- 1 shallot minced
- Pinch of salt
- ¼ tsp ground black pepper
- 1 tsp fresh tarragon, chopped

INSTRUCTIONS

FOR THE SALAD

Prepare all ingredients then assemble into a salad bowl.
 Cover and refrigerate until ready to serve.

FOR THE VINAIGRETTE

In a medium deep bowl, add all ingredients except the olive oil.
 Whisk until well blended.
 While still whisking, drizzle the oil into the mixed ingredients and whisk quickly until the oil is incorporated.
 Cover and set aside until ready to serve.
 When ready to serve, whisk the vinaigrette and pour over the salad.