



All Day Banana Bread

Serves 8-10

Ingredients:

- 1 Stick unsalted butter, soften
- 3 Large ripe bananas, peeled and sliced
- $\frac{3}{4}$ cup maple syrup, plus 1 teaspoon to drizzle over finished loaf
- 2 medium eggs
- $\frac{1}{2}$ teaspoon ground cinnamon
- 1 cup whole meal flour
- 1 teaspoon baking powder
- 1 cup homemade granola of your favorite granola mix

How to Make:

1. Pre-heat oven to 350°F, grease 2lb loaf tin
2. Place the first 7 ingredients (but only 2 of the bananas) into your food processor and blend until smooth.
3. Spoon the mixture into a bowl and fold in $\frac{3}{4}$ cup of the granola.
4. Spoon the mixture into the prepared loaf tin
5. Layer the remaining sliced banana down the middle of the banana bread, then scatter the remaining granola over the top of the loaf.
6. Place the tin in the oven and bake for 40-45 minutes or until golden brown and firm to the touch.
7. Remove from the oven and rest for 30 minutes before removing the bread from the tin.
8. Drizzle over the teaspoon of maple syrup, cut into slices and serve.

Anchovy & Butterbean Dip

Serves 6

Ingredients:

- 2 tablespoons extra virgin olive oil
- 1 peeled and chopped small onion
- 4 peeled and crushed cloves of garlic
- 1 can rinsed low in sodium can of butterbeans
- 8 anchovy fillets
- $\frac{1}{2}$ fresh lemon
- $\frac{1}{4}$ to $\frac{1}{2}$ cup low sodium vegetable stock
- $\frac{1}{4}$ cup fresh parsley leaves
- 2 tablespoons washed and dried capers

How to Make:

1. Take a medium size saucepan and place over a medium heat, add the oil when the pan is hot, followed by the chopped onion, cook for 2 minutes then stir in the garlic, cook for a further 2 minutes. Remove the pan from the heat and allow to cool.
2. Tip the contents of the pan along with the butterbeans, anchovies and lemon juice into a food processor and blend until smooth, add the stock if too thick, taste (season if needed), place into a serving bowl, scatter over the parsley and capers, serve with bread sticks, vegetable crudité or toasted pita bread.

Split Pea Soup

Serves 6-8

Ingredients:

- 1 cup onion, peeled and roughly chopped
- 2 cups leeks, washed, white and pale-green parts only, chopped
- 2 celery stalks, chopped
- 4 garlic cloves, minced
- Sea salt (optional) and freshly ground black pepper
- 2 cups Yukon Gold potatoes, washed, unpeeled, cut into small dice
- 6 sprigs thyme
- 2 bay leaves
- 1 ½ cups green split peas
- 6 cups low sodium vegetable stock
- *2 tablespoons Worcestershire sauce
- Sour cream and whole wheat croutons (for serving; optional)

How to Make:

1. Pour the oil into a large saucepan and place over a medium heat.
2. Add the onions, leeks, celery and garlic, season with the salt and pepper and cook for 10 to 12 minutes, stirring occasionally.
3. Add the diced potatoes and cook for a further 8 to 10 minutes until the potatoes soften, then add the thyme sprigs, bay leaves and split peas, then pour over the stock.
4. Bring to the boil, turn down the heat to a simmer, allow to cook for another 45 minutes, until the lentils are falling apart. Add the Worcestershire sauce, taste and season with more salt and pepper if needed, remove the bay leaf, then carefully pour half of the soup into your blender and blend for 45 to 60 seconds until smooth, pour into a clean saucepan, and repeat the process with the remaining soup.
5. Serve soup with sour cream and croutons or some warm whole wheat bread, enjoy on a cold winters day!!!

**You can buy a vegan friendly Worcestershire sauce if you desire.*

Acorn Squash Stuffed with Wild-Mushrooms & Goat's Cheese

Serves 4

Ingredients:

- 2 acorn squash, halved lengthwise, seeds removed
- 4 tablespoons extra virgin olive oil
- sea salt
- freshly ground black pepper
- 1 shallot, peeled and chopped
- 1 clove garlic, peeled and minced
- 3 cups wild mushrooms, roughly chopped
- 3 cups baby spinach
- 1 tablespoon chopped oregano
- ½ cup cheese, crumbled
- 4 cups arugula
- Juice of 1 lemon
- ¼ cup goat's Cheese

How to Make:

Preheat oven to 425°F

1. Take a parchment lined sheet and place the squash cut side up, brush the flesh with 1 tablespoon of oil, season with salt and pepper. Turn each squash over so the cut side is now on the parchment paper then pop into the oven for 20 minutes.
2. While the squash is cooking, take a large frying pan and place on the stove over a medium heat, add 2 tablespoons of oil, followed by the shallots, garlic and mushrooms, cook stirring occasionally until tender about 5 to 6 minutes. Then stir in the spinach and oregano, cook until the spinach has wilted, about 2 to 3 minutes, taste and season with salt and pepper if needed.
3. Remove the squash from the oven, carefully turn each squash over, equally divide the mushroom mixture between each squash, sprinkle over the goat cheese, then return the squash back to the oven and cook for a further 10 to 12 minutes until the squash is fork tender and the goats cheese has browned.
4. To serve, take the arugula and toss lightly with the remaining 1 tablespoon of oil, the lemon juice, season with salt and pepper, serve the salad with the squash.