

Recipes from our Community

This month, we're excited to share a collection of recipes contributed by members of our community at our holiday event. Each dish was submitted with care, creativity, and the spirit of healthier living. We hope you enjoy trying them at home!

1. JunTV Apple Banana Oatmeal Pancakes (Serves 3–4)

From: Yujung Im

Ingredients — Pancake Batter

- Ripe bananas – 400 g (2 large or 4 small)
- Apple – 1/2
- Oatmeal – 1.5 cups
- Eggs – 2
- Coconut oil – 1 tablespoon (can substitute with butter or extra virgin olive oil)
- Salt – 2 pinches



Optional Cinnamon Syrup

- Honey – 1 tablespoon
- Water – 2 tablespoons
- Cinnamon powder – 1/2 teaspoon

Instructions

1. Blend the oatmeal into a fine powder.
2. Grate or blend the apple.
3. Mash the bananas well.

4. Combine the dry ingredients (ground oatmeal and salt).
5. Add the wet ingredients (mashed banana, grated apple, eggs, and coconut oil) and mix until just combined.
6. Cook the batter in a lightly oiled pan over medium heat until both sides are golden brown.
7. (Optional) Warm the honey, water, and cinnamon together to make the cinnamon syrup.

For a video demonstration (Eng, Fr, etc. available), check this link:

<https://youtu.be/YMv8XfmYL7o?si=lk8-alrJYrAytLDL>

2. Healthier Chocolate Brownies (Adjust for sensitivities/allergies where necessary)

(makes about 7-9 small brownies)

From: Melissa Maurer

Ingredients:

- 1 cup mashed or pureed steamed sweet potato (approx.) 240-250g (You could try butternut or some other sweet vegetable like pumpkin, but it needs to be sweet)
- 2 medium to large eggs
- 1/4 cup of any nut butter - crunchy gives it a nice texture
- 1/2 cup of sweetener (can be maple syrup, rice syrup, coconut sugar, sugar, etc. - I have not tried it with a granulated sweetener and have found maple syrup to be wonderful - rice syrup might not be as sweet)
- Add some more maple, etc. If you're a little bit of a sweet tooth (Yum)



- 2/3 cup of nut meal or gluten-free flour or chocolate protein powder (for a protein hit) (Gluten-free flour might make it a little less fudgy, so adjust ingredients as necessary, i.e. more nut butter, small egg, more sweet potato)
- 1/3 cup of cocoa powder (or cacao/carob - whatever you can tolerate - In my experience, you will need to use more sweetener if you are using carob powder - add less if cocoa affects you - I only use 1/6 cup or less)
- 1/2 teaspoon of baking powder
- 1 teaspoon of vanilla (or none if not tolerated)
- Pinch of salt

Method

- Preheat the oven to 180°C and line a baking tin
- Mash or purée sweet potato (or butternut, etc.)
- Transfer the sweet potato purée into a large bowl
- Whisk in the eggs (or whisk before adding), nut butter, sweetener and vanilla until well combined
- Add the nut meal, gluten-free flour, or protein powder
- Add cocoa (or cacao or carob powder), baking powder and salt
- Mix until just combined
- Pour the mixture into the baking tin
- Optional to sprinkle over/through chocolate chips, nuts, swirl through some extra nut butter or anything else you fancy
- Bake for approximately 25 to 30 minutes or until a knife comes out clean
- Feel free to have warm with cream or ice cream (or a little creamy liqueur if you so choose, or all of the above)
- They will go more 'fudgy' once they cool down

3. Berry Chocolate Chia Pudding

From: Rosa Iacono

Makes: 4 (½ cup) servings

Ingredients

- ½ ripe Hass avocado, halved and pitted
- 1¼ cups strawberries, blueberries, or other berries of choice
- 3 tablespoons unsweetened cacao powder
- 2 tablespoons almond butter
- ½ cup Date Syrup
- 1½ cups almond milk
- ¼ cup chia seeds



Optional garnishes:

Fresh berries, raw slivered almonds, cacao nibs

Instructions

Scoop out the flesh from the avocado and place it in a high-speed blender or food processor. Add the berries, cacao powder, almond butter, date syrup, and almond milk. Blend until completely smooth, then pour the mixture into a bowl. Whisk in the chia seeds until they are evenly distributed. Cover and refrigerate for at least 8 hours. Divide the pudding among four small dessert bowls, garnish as desired, and refrigerate for about 20 minutes before serving.

Date Syrup

Makes: About 1½ cups



Ingredients

- 1 cup pitted dates
- 1 cup boiling water
- 1 teaspoon blended peeled lemon

Instructions

Combine the dates and hot water in a heatproof bowl and set aside for 1 hour to soften the dates. Transfer the dates and soaking water to a high-speed blender. Add the blended lemon and blend until smooth. Transfer to a glass jar or an airtight container with a tight-fitting lid. Store in the refrigerator for up to 2 to 3 weeks.

Tip: Using Blended Whole Lemons and Limes

Instead of cooking with lemon or lime juice, use the blended whole fruit to get more nutritional benefits. When you use just the juice, you lose out on the fibre and many of the nutrients attached to it. To save time, peel and blend a whole lemon or lime, then freeze it in 1-teaspoon portions. A small silicone ice cube tray works well. Grab a cube from the freezer whenever you need it.