

Beautiful Brunch Recipes

Banana and Cinnamon Porridge

Mix together organic porridge oats with sliced banana, desiccated coconut, coconut milk, almond milk, sultanas, honey and cinnamon on a low heat (just cover the porridge with the milks, it will reduce) keep stirring until banana softened.

Apple and Sultana Porridge

Mix together organic porridge oats with a peeled, thinly sliced apple, sultanas, walnuts, apple juice and a little oat milk (add cinnamon or honey if required) repeat as above.

Fresh Tomato Pasta

Blend together fresh organic tomatoes with onion, garlic, basil, salt, pepper, a little honey, a little Worcester sauce (optional – but gives a smokey flavor) and olive oil. Pour over drained spelt pasta and stir on a warm heat. Serve with grilled baby vine tomatoes on top and fresh basil leaves.

Spiced Cauliflower

Boil florets of cauliflower, when softened but not too soft, add to a pan of hot coconut oil, mixed with mild curry powder and cumin. Season with salt and pepper and sauté on a low heat, coating the cauliflower

Hummus

Blend together a jar of chickpeas, a teaspoon full of tahini, the juice of one lemon, a teaspoon of cumin, a splash of olive oil (half clove of garlic is optional) blend together on high speed and serve with cayenne pepper or paprika on top.