

### **Banana and roasted squash pancakes**

Serves 2, takes 20 minutes

Light, fluffy and spiced pancakes with no guilt attached. Basically bananas and eggs whizzed into deliciousness. Difficult to beat.

- \* Eggs - 2
- \* Banana - 1 large
- \* Roast squash/pumpkin - 2 tbsp
- \* Rolled oats - 2 tbsp
- \* Cinnamon - 1/2 tsp
- \* Salt - a couple of pinches
- \* Baking powder - 1 tbsp
- \* Coconut oil or butter - for frying
- \* Pomegranate - seeds of 1/2
- \* Natural yogurt and honey, to serve

Place the eggs, banana, squash, oats, cinnamon and salt in a blender and mix until completely smooth. Add the baking powder and mix to combine.

In a large, non-stick frying pan, heat a little coconut oil or butter over a medium high heat. If you like, get two pans going at the same time so you can cook all the pancakes at once. Ladle the batter into the pan, one ladle per pancake. Cook for about five minutes on one side before delicately flipping. You can tell when the pancakes are ready to flip as you'll start seeing air bubbles coming up to the surface. Cook for a few minutes on the other side.

Serve immediately with a scoop of yogurt, pomegranate seeds and a drizzle of honey.

### **Banana and squash loaf**

Makes 1 loaf, takes 10 minutes plus oven time

Spiced and satisfying, this gluten free and dairy free loaf is going to be a new festive season staple for me. It's best enjoyed warm and toasted with one of the toppings below.

- \* Roast squash/pumpkin - 1 cup
- \* Banana - 2
- \* Oats - 1 cup
- \* Ground almonds - 1 cup
- \* Ground cinnamon - 1 tsp
- \* Allspice - 1 tsp
- \* Ground ginger - 1 tsp
- \* Maple syrup - 2 tbsp
- \* Salt - a couple of pinches
- \* Eggs - 3
- \* Baking powder - 2 tsp

One loaf tin, greased, the base lined with baking paper

Preheat the oven to 180 degrees C (170 degrees fan assisted).

Place all the ingredients except the eggs and the baking powder in a mixer and blend until smooth. Add the eggs and blend to combine, then do the same with the baking powder.

Pour the mixture into the prepared tin and bake in the oven for an hour. Keep an eye on the loaf towards the end of the cooking time - if the top looks like it's browning too much cover it with a sheet of tin foil.

Test that the loaf is done by inserting a knife into the centre. It should come out clean.

### **Date and pumpkin caramel**

Makes 1 jar, takes 10 minutes

Try and use the freshest, stickiest dates you can find. As a variation, replace the squash with a nut butter for something...nuttier.

- \* *Dates - 1 cup, deseeded*
- \* *Vanilla extract - 1/2 tsp*
- \* *Ground ginger - 1 tsp*
- \* *Roast squash - 2 tbsp*
- \* *Salt - a couple of pinches*

Start by soaking the dates in boiling water for about five minutes (you'll need to soak dryer dates for a bit longer). Place the dates in the blender with a few tablespoons of their soaking liquid and the remaining ingredients. Blend until very smooth. Add extra spoonfuls of the soaking liquid to reach your desired consistency. Place in a jar and you're all set.

### **Home made peanut butter**

Makes 1 jar, takes 10 minutes

CB's been telling me to make my own peanut butter for years. I'm not sure why I never have. Literally couldn't be simpler. This is thick and about as nutty as it gets.

- \* *Raw unsalted peanuts - 1 cup*
- \* *Salt - a pinch*

Place the peanuts in a blender and blend until you have a smooth buttery texture. This will take about five minutes. Add a couple of pinches of salt and blend to combine. Pop into a jar and enjoy.