



KOREAN VEGY PANCAKE

INGREDIENTS

1 cup (125 g) flour (I used Oat or Rice flour)

- 4 tbsp arrowroot powder

- 1 tsp salt

- 1 cup (240 ml) water

- oil to fry

Vegetables (use whatever you have in the fridge):

- 1 zucchini

- 1 carrot (or 1 small sweet potato)

- 1/2 onion

- 2-3 scallions

- 3-4 shiitake mushrooms

- 1 jalapeño (optional)

PROCEDURE

① Finely chop your vegetables.

② In a bowl, mix ingredients for the batter. Add in the vegetables and mix to combine.

③ Fry in a pan until perfectly crispy from both sides.

Dipping Sauce:

- 1 tbsp soy sauce

- 2 tsp rice vinegar

- 1 tsp sweetener

- 2 tsp sesame oil

- 1 tsp gochujang





BERRY BAKE

INGREDIENTS

- 1 banana,
- 60 g oats, approx.
- 150 ml. oat milk (just enough to cover)
- 3 teaspoons of chia seeds, approx.
- 150 g frozen berry mix,
- some shredded coconut.

NOTES

Use full fat coconut milk and a drizzle of maple syrup as a topping

PROCEDURE

1. Mash ripe banana in a shallow oven pan (glass pie plate works)
2. Spread out oats on top
3. Sprinkle chia seeds on top
4. Add oat milk
5. Mix all together
6. Top off with frozen berries and coconut
7. Bake for 25 minutes at 180 C





FLOURLESS BREAD

INGREDIENTS

1 cup sunflower seeds

3/4 cup pumpkin
seeds

1/4 cup ground
flaxseeds

1/4 cup chia seeds

1/4 cup hemp seeds

1/4 cup black & white
sesame seeds mix

1/4 cup psyllium husk
flakes

1 tsp salt

1/4 cup tahini

1 tbsp maple syrup

1 big squeeze of lemon

1 cup filtered water

PROCEDURE

1. Combine the dry ingredients

2. Add wet ones

3. Pour into a 4x8" loaf pan.
lined with parchment paper

4. Bake at 375F for 50-60 min

NOTE

Drizzle a little honey over eat
and enjoy!





DANDELION PANCAKES

INGREDIENTS

- *3/4 cup favorite gluten-free flour
- *1/4 cup organic cornmeal
- *1/2 cup organic non dairy milk
- *1 egg preferably organic and free-range
- *about 30 dandelion flower heads
- *pinch of sea salt
- *organic coconut oil for frying

PROCEDURE

1. In a small bowl, mix the flour with the cornmeal, then add the milk and egg. Whisk to combine.
 2. Mix in the dandelion flowers and the salt into the batter.
 3. Heat 2-3 tablespoons of oil in a skillet. When it's nice and hot, drop rounded spoonfuls of the dandelion batter into the oil
- continuation...p2

NOTE

Drizzle a little honey over eat and enjoy!





DANDELION PANCAKES

PROCEDURE CONT.

4. Cook the pancakes on one side until brown, then flip over and cook on the other side. When they're brown on both sides remove them from the skillet and drain the excess oil on a paper towel.

5. Serve drizzled with maple syrup, honey, or all-natural jam.

They are also good topped with some full fat coconut milk

If you want them to be savory, try mixing herbs or spices into the batter and forgoing the sweet topping.

NOTE

Make sure you are harvesting your dandelions from a non sprayed area and away from the dusty roads!

