



ALMOND, APPLE AND FIG PORRIDGE

A warming, autumnal breakfast. Healthy and hearty, and full of goodness, from protein to fibre, to pack you full of positivity!

SERVES 2

Ingredients:

Base:

1 cup porridge oats
1 1/2 cup almond milk
1 cup water
4 tbsp ground almonds
2 tbsp almond butter
4 dried figs, chopped
1 tsp lemon juice
2 pinch salt
1 star anise (remove before eating to avoid a spiky surprise!)

Toppings:

1 apple, thinly sliced and fried with a small amount of plant butter
1 apple, diced
4 dried figs, torn
4 tsp almond butter, blobbed
2 handfuls of walnuts, toasted and chopped
1 tsp ground almond, sprinkled

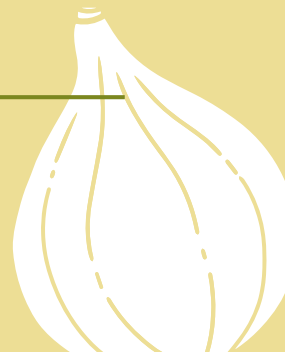
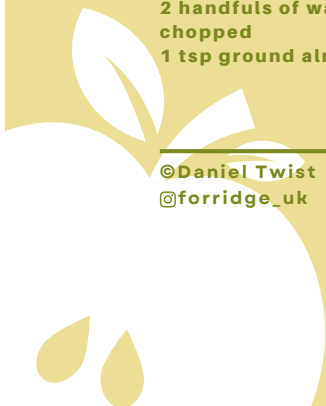


1. Add all the 'base' ingredients to a saucepan on a medium heat. Stir everything together and keep stirring until the mixture thickens into a smooth and creamy consistency (about 5 minutes).

2. Meanwhile slice 1 apple, and dice another. Add the sliced apple to a frying pan with a small amount of plant butter, add the walnuts and toast for 1-2 minutes.

3. Serve the porridge into bowls, add all the toppings, and sink into sumptuous oaty deliciousness.

@Daniel Twist @dantwistphotography
@forridge_uk



WHAT CAN I DO?

3 STEPS TO MORE SUSTAINABLE EATING

1. EAT LESS MEAT AND DAIRY

This is one of the most important things you can do to reduce your climate impact.

1. Miss meat? Top plant-based meat alternatives to add to burgers/ bolognese/ stir fry/ chilli and curries include: **lentils,**

beans, tofu, tempeh, mycoprotein.

These can be cheaper than meat!

2. Pack a flavour punch with seasonings and sauces like garlic, chilli, lemon juice, miso paste, soy sauce, curry paste, coriander, mint, nutritional yeast and smoked spices.

2. WASTE LESS

1. Avoiding food waste helps the climate – and saves you money.

2. If and when possible, **plan meals, write a shopping list of what you need, batch cook and freeze extras.**

3. Use your food waste recycling bin.

4. Avoid canned and bottled drinks and use a reusable water bottle.

3. CHOOSE LOCAL AND IN-SEASON

1. Growing locally can prevent emissions from chilling and transporting food.

2. Seasonal foods grow in natural heat and light. Look for foods produced close to home e.g. from a local farmers' market or community garden. Or join an allotment or grow your own, even just tomatoes and herbs in a window box.

There's always something delicious in season in the UK.



Find out more about what you can do to eat a more climate friendly diet, including recipes: bit.ly/Grantham-climate-friendly-kitchen



FOREST FRUITS PORRIDGE

Sharp and sweet. Packed with nutrients, from protein to vitamin C, to fuel your body and tantalise your tastebuds.

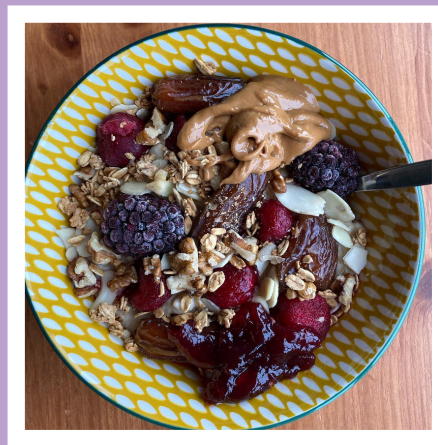
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Base:

1 cup oats
1 1/2 cup almond milk
1 tsp mixed spice (stirred into porridge)
1 tsp vanilla extract (stirred into porridge)

Toppings:

a handful of cherries and blackberries
1 tbsp dates
sprinkling of granola
2 tsp jam
2 tsp cashew butter, blobbed

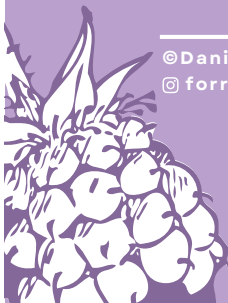


1. Add all the 'base' ingredients to a saucepan on a medium heat, stir everything together and keep stirring until the mixture thickens into a smooth and creamy consistency (about 5 minutes).

2. Add to two bowls, and scatter the ingredients between them.

3. Tuck into a healthy and tasty treat.

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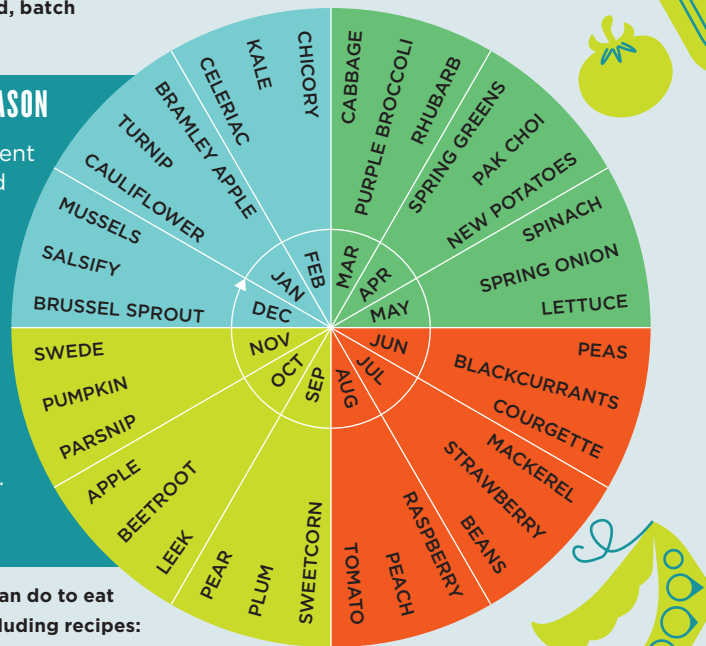
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Allergens: gluten

DATE AND BANANA LOAF

This is a great way to use up extra ripe bananas.

MAKES 10 SLICES

Ingredients:

100g of deseeded dates
(buy cheaply in local Middle Eastern shops)

2 ripe bananas

150ml water

1/2 tsp baking soda

100ml non-dairy milk or water

40g unrefined light brown sugar
(or for a sugar-free version, add 6 - 8 extra dates)

40ml of oil e.g. sunflower oil

180g plain flour e.g. half white and half wholemeal/ wholegrain spelt

2 tsp baking powder

1/4 tsp ground cinnamon



1. Chop the dates finely, then put in a pan with the water. Bring to the boil then remove from the heat. Mash the dates with a fork then add the baking soda. Stir the bubbling mixture well. Leave to cool for 5 minutes.

2. Preheat the oven to 180C/ fan 160C/ gas mark 4 and lightly grease a loaf tin and line with baking paper.

3. Put the bananas into a

mixing bowl, and mash with a fork. Add the cooled date mixture and the non-dairy milk or water, sugar (or the extra chopped dates) and oil and mix well.

4. Sieve in the flour a bit at a time, using a spatula or wooden spoon to fold the flour into the date and banana mixture (if using wholemeal flour add the unsieved bran to the bowl). Add the baking powder and cinnamon.

5. Pour the cake batter into the prepared loaf tin. Place in the oven and bake for 55 - 60 minutes until golden brown and baked through.

6. Remove from the oven, use a toothpick to check that it has cooked in the centre - leave to cool in the pan for about 10 minutes, then remove and place onto a cooling rack.

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Allergens: mustard

AQUAFABA DRESSING

This is a plant-based alternative to mayonnaise that you can use to create a salad dressing/ coleslaw or sandwich spread. You can make this to reduce waste when you're making another dish using chickpeas, as its main ingredient is chickpea liquid.



Ingredients:

90 - 100g chickpea liquid
(aquafaba)

60 - 70 g cashews or sunflower seeds, soaked for up to 4 hours or blanched for 20 minutes in boiling water. Alternatively use 40g of Tahini.

1 tbsp lemon juice

2 tsp brown rice syrup, maple syrup or unrefined cane sugar

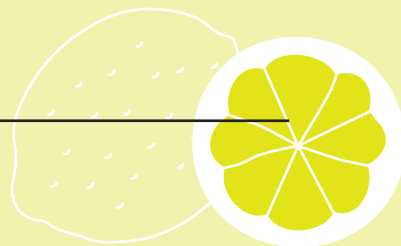
1 tbsp apple cider vinegar

1/2 tsp mustard (from a jar)
or **3/4 tsp powdered mustard**

1/2 tsp fine sea salt

1. Place the aquafaba, drained cashews or sunflower seeds or Tahini, and the rest of the ingredients into a high-speed blender and blend until all the ingredients combine to form a creamy consistency. Taste and adjust if needed i.e. a little more water if too thick, a little salt if required.
2. Store in a clean jar in the fridge. Use within 1 - 2 weeks. You can spread on bread or use as a salad dressing.
3. You can use to create a dairy-free coleslaw mix with grated carrot, shredded red, white or green cabbage and chopped spring onion and parsley.

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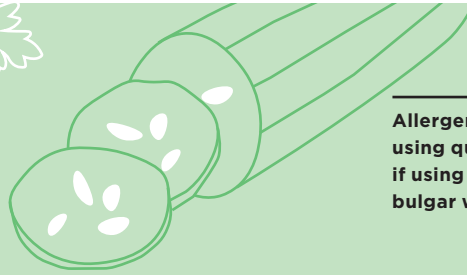
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Allergens: (none if using quinoa; gluten if using couscous or bulgar wheat)

SUMMER TABBOULEH

This Lebanese-style salad can be served with our Moroccan Chickpea Stew. Or with falafels, pitta and houmous. Or make a meal of it by adding a can of beans, spinach and seeds. Quinoa is a protein-rich gluten free grain (British quinoa can unfortunately be pricier). The dish can also be made with couscous or bulgar wheat.



SERVES 2-3

Ingredients:

75g quinoa, rinsed well
(alternatively use couscous or bulgar wheat)

150mls of water

2 - 3 tomatoes/ handful of baby tomatoes, chopped finely

1/2 cucumber, diced finely

2 spring onions, chopped finely

1 small carrot, grated

1/2 cup of parsley, chopped finely

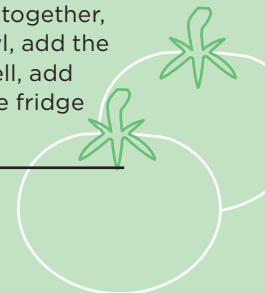
1/2 cup of mint, chopped finely

2 tbsp olive oil

2 tbsp lemon juice

1. Rinse the quinoa in a sieve under running cold water, rubbing the grains to remove the bitter outer coating.
2. Add to a pan of water, boil, then cover and cook for 15 minutes on a medium-low heat. Then let the pot stand covered for 5 minutes.
3. Remove the lid and use a fork to fluff up the grains. (If using bulgar wheat, you will need to boil for 12 minutes then stand for 10 minutes then fluff up; couscous you will need to cover it in boiling water for ten minutes then fluff up.)
4. Whisk the oil and lemon juice together, place the salad items into a bowl, add the grains then the dressing, mix well, add seasoning if needed. Store in the fridge until ready to eat.

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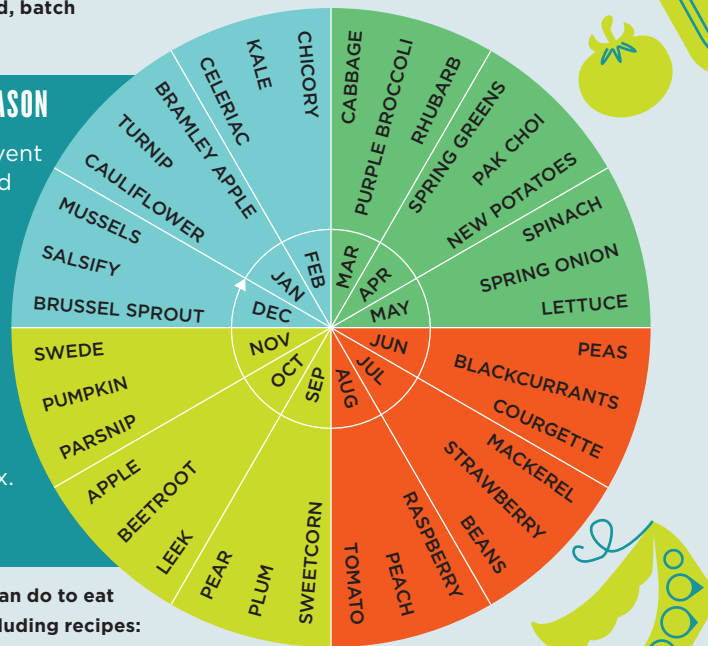
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Allergens: none

MOROCCAN CHICKPEA STEW

This sweet and spicy stew can be made with seasonal veg.

SERVES 2-3

Ingredients:

- 1 - 2 tsp olive oil/ cooking oil**
- 1 medium red or white onion, diced**
- 2 - 3 cloves of garlic, chopped**
- 2 cups chopped veg** (e.g. spring/ summer - carrots, potatoes, mushrooms, courgettes, aubergines, sweet peppers; autumn/ winter - carrots, potatoes, leek, cauliflower, pumpkin/ squash)
- 1/2 a tin of tomatoes or 150grams of passata**
- 250 ml veg stock/ bouillon**
- 1 tin/box or 250g cooked chickpeas**
- Spice mix - 1 tsp coriander powder, 1/2 tsp of paprika - ideally smoked, cumin powder, cinnamon powder, plus 1/4 teaspoon of turmeric powder**
- Salt and pepper (if needed)**
- Optional:
 - 1/4 teaspoon chilli flakes or cayenne pepper**
 - 1/4 cup chopped apricots or 1 tbsp date syrup or 2 tbsp pureed dates** (chopped deseeded dates covered with a little boiling water to create a smooth puree)
 - Handful of spinach, washed**
 - Handful of chopped parsley or coriander leaves**



- 1.** In a large pot heat the olive oil. Sauté the onions for 2 - 3 minutes.
- 2.** Add the garlic, chopped veggies and spices, mix well and cook for another 5 minutes on a medium heat stirring regularly.
- 3.** Add the tomatoes/passata, apricot if using (or date syrup or pureed dates) and stock, then simmer, and cook on a medium heat for 5 minutes. Reduce the heat, cover and simmer for another 15 - 25 minutes until veggies are soft.
- 4.** Stir in chickpeas and, if using, spinach and cook for another 5 - 10 minutes on a low heat. Stir in the fresh parsley or coriander, taste and add seasoning if needed. Serve with a drizzle of olive oil alongside your favourite bread, couscous, bulgar wheat, or quinoa.

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