

# GREAT RECIPE IDEAS FOR YOUR FOOD DONATIONS



## SIMPLE AMERICAN-STYLE PANCAKES

Our American-style fluffy pancakes are so versatile – you can serve them with sweet or savoury toppings and they are a great tasty way to use up surplus plant-based drinks.

### BASIC AMERICAN PANCAKE MIX

**Serves 4**

**Prep time: 15 minutes**

**Cooking time: 20 minutes**

### INGREDIENTS

- 200g self-raising flour
- 1 tsp baking powder
- 2 medium eggs
- 180ml **Alpro Soya No Sugars** or **Oat drink**
- Vegetable oil for frying

#### **For sweet pancakes**

- 1 tbsp caster sugar

#### **For savoury pancakes**

- a small pinch of salt and a handful of finely chopped fresh herbs (optional)



### METHOD

1. In a large bowl, mix together the self-raising flour, baking powder and a pinch of salt or tbsp of sugar.
2. In a jug, beat the eggs with the **Alpro Soya No Sugars** or **Oat drink**. Make a well in the centre of the dry ingredients and, using a balloon whisk, gradually whisk in the egg and **Alpro drink** mixture to make a thick smooth batter. If making savoury pancakes, add the chopped mixed herbs and gently stir to combine.
3. Brush a non-stick frying pan with some vegetable oil and add 2-3 tbsp of batter to make a small 7 - 10cm diameter pancake. Cook for 2-3 minutes until bubbles form on the surface then flip and cook for another 2-3 minutes until the other side is golden.
4. Makes approximately 10 pancakes. Serve 2-3 pancakes per person.

**Start adding your favourite filling – sweet or savoury, you choose!**

### TOP TIP

You can use any **Alpro plain** drink e.g. coconut or almond.

Pancakes can be prepared in advance and kept for 3 days in the fridge or frozen for up to 3 months. Cook the pancakes and allow to fully cool, stack with a piece of baking parchment between each pancake and place in an airtight container.

You can reheat direct from chilled or direct from frozen in a microwave. Place in microwave using 10-15 second bursts of power. They can also be reheated under a hot grill. Make sure the pancakes are piping hot, then cool slightly before serving.

### SERVING SWEET PANCAKES

**Blueberry and pomegranate (serves 4):** stir a handful (100g) of blueberries to the batter mix (stage 2) and cook the pancakes as above. Serve 2-3 pancakes per person, and top with a large dollop of **Alpro Plain** or **flavoured alternative to yogurt** (50g per person), some blueberries and seeds from one pomegranate.

**Deseeding pomegranates:** cut a pomegranate in half. Hold cut side down in the palm of one hand over a bowl (fingers apart). With the back of a wooden spoon in the other hand, make short sharp taps on the outer skin.

**Mango and banana (serves 4):** peel and thinly slice 2 mangoes/papayas and thickly slice 2 bananas. Serve 2-3 sweet pancakes per person topped with a **Alpro Plain** or **flavoured alternative to yogurt** (50g per person) and the sliced fruit.





## SAVOURY PANCAKES

### ZINGY TOMATO SALSA

**Serves 4**

**Prep time: 15 minutes**

#### INGREDIENTS

- **1 batch savoury pancakes**
- 2 ripe avocado, 1 cm dice
- 100g tomatoes, chopped
- 2-3 tbsp canned sweetcorn, drained
- Small bunch coriander or other fresh herbs, roughly chopped
- 1 red onion, finely chopped
- 2 limes, juiced, plus extra wedges to serve
- 1 red chilli, deseeded and finely chopped (optional)
- Salt & pepper
- 200g **Alpro Plain** or **Greek style alternative to yogurt**

Mix all the salsa ingredients into a bowl and set aside while making the pancakes. Serve 2-3 pancakes per person with a spoonful of **Alpro alternative to yogurt**, the salsa, and extra lime wedges.

### VERSATILE ROASTED VEGETABLES

Roasted vegetables are a simple, healthy way of using up any surplus vegetables as they are so versatile. Not only do they taste great with savoury pancakes, they can be used to top jacket potatoes, added to pasta, or blended into a soup.

- Root vegetables such as parsnips, carrots, celeriac or sweet potatoes take longer to cook so chop them into small pieces.
- Softer veg like peppers, onions, tomatoes and courgettes cook faster so chop these into larger chunks.

**Roasting the veg:** place them in a single layer in a roasting dish. If you have any sturdy herbs such as thyme, bay leaves or rosemary, add these to the vegetables along with a few whole cloves of garlic (skin removed), and salt and pepper to taste. Pour over a glug of vegetable oil and give the vegetables a good mix to coat.

Place in a pre-heated oven at 190-200C, 350-400F, gas 5-6 for 40-50 minutes until the root vegetables are soft and the soft veg have lovely charred edges. Once cooked, you can stir through any fresh soft herbs (chopped) such as: basil, parsley, coriander or dill.

Serve 2-3 pancakes per person with the roasted vegetables and top with a spoonful of **Alpro Plain** or **Greek Style alternative to yogurt**.

