

banana cashew bread

ingredients

100ml nut oil
2 ripe bananas, mashed
150ml natural yoghurt
3 medium eggs
50g smooth cashew butter
225g unrefined sugar
225g self-raising flour
100g raisins
50g cashew nuts, chopped
Additional 20g smooth cashew butter for topping



method

Grease and line a 2lb loaf tin and pre heat the oven to 160C. Beat together the oil, banana, yogurt, eggs and cashew butter. In a separate bowl combine the sugar, flour, raisins and cashews. Stir the wet ingredients into the dry ingredients until its well combined. Tip the the mixture into the prepared tin. Melt the additional 20g of cashew butter in the microwave or on the hob until just runny. Drizzle it over the cake mix and swirl with the tip of a knife or a skewer. Bake in the middle of the oven for 1hr 20 minutes or until an inserted skewer comes out clean. Cool in the tin for 15 minutes then turn out and allow to cool completely before cutting.



berry cashew smoothie bowl

ingredients

For the smoothie:
200g frozen mixed berries
1 banana
2 tbsp cashew butter
150ml almond or cashew milk
To serve:

Berries
Handful of granola
Extra cashew butter

method

Put all the smoothie ingredients into a blender, liquidiser or nutribullet and whizz until smooth. Tip into a bowl and top with berries and scatter with a handful of granola. Drizzle over a little extra cashew butter and serve.

Cook's tip: If you prefer your smoothie drinkable rather than spoonable then just add more almond milk.

peanut & coconut freeze fudge

ingredients

4 tbsp coconut oil
2 tbsp maple syrup
Pinch of sea salt
280g peanut butter
1-2 tbsp cacao nibs

method

In a small saucepan, heat the coconut oil, maple syrup and a pinch of sea salt. Once melted add a jar of peanut butter, stirring till smooth.

Tip into a lined loaf tin, sprinkle with a handful of cacao nibs and freeze, flat, for approximately 30 minutes until set.

Once set, use the lining paper to lift out of the tin and cut into 18 squares. Store in a lidded container in the fridge.



rainbow noodles with chilli peanut sauce

ingredients

2tbsp peanut butter
1tbsp soy or tamari sauce
1tbsp palm sugar
1-2 red chillies, finely diced
200ml hot vegetable Stock
2 tbsp nut oil
1 banana shallot, finely sliced
1 clove garlic, finely chopped
1 red pepper, finely sliced
1 yellow pepper, finely sliced
1 carrot, sliced into ribbons with a veg peeler
2 handfuls soya beans (frozen is fine)
4-5 broccoli florets, finely sliced
Large handful of rainbow chard (or other leafy greens)
500g fresh egg or gluten free noodles such as soba noodles
1 lime

method

In a bowl combine the peanut butter, soy, palm sugar, chillies and hot stock. Stir to make a smooth sauce then set aside. In a large frying pan or wok heat the oil till smoking hot. Cook the shallots, garlic and all the vegetables, apart from the chard, stirring continuously for 5 minutes until everything starts to soften. Add in the noodles and chard and tip over half of the peanut butter mixture, stir well to coat everything and heat through. Divide between four bowls, squeeze over some lime juice and drizzle with the remaining dressing.

Cook's tip: Add prawns or chicken for an extra protein hit.



chicken and cashew thai curry



ingredients

- 2tsp nut oil
- 8 spring onions, 6 finely slices, 2 reserved for decoration
- 3tbsp Thai red curry paste
- 4tbsp cashew butter
- 400g cooked chicken, torn into bite sized pieces
- 400ml coconut milk
- 1tbsp soy sauce
- 1tbsp date syrup
- 200ml chicken stock
- 200g baby corn cut into 1cm disks
- 150g green beans, trimmed and cut in half
- Small bunch of coriander
- 1 lime cut in wedges

method

In a heavy bottom pan heat the oil and gently cook the sliced spring onions for 2 minutes. Add the curry paste and cashew butter, cook stirring for 1 min until fragrant then add the chicken. Stir to coat with the paste.

Pour in the coconut milk, soy, syrup and stock, stir and bring to the boil. Add the corn and beans and simmer for 10 minutes. If the curry becomes too thick add a little more stock.

Cut the two remaining spring onions into 5cm sections then slice lengthways into narrow ribbons and drop into iced water for 5 -10 minutes. They will curl and look pretty for decorating the dish.

When the curry is cooked, check the seasoning then serve with Jasmine rice and topped with the spring onion curls, coriander leaves and a wedge of lime.



Enjoy!

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