

Nourish your soul with
BRAIN BOOSTING INGREDIENTS

REFRESH
MIND, BODY & SOUL

JANUARY

GRAIN AND WHOLEMEAL PANCAKES WITH KIWIFRUIT

SERVES  10

SAFFRON RECIPE CODE R01496

INGREDIENTS

- 250ml natural yoghurt
- 250ml semi skim milk (or plant-based alternative)
- 180g wholemeal flour
- 120g porridge oats
- 60ml vegetable oil
- 50ml agave syrup
- 3 kiwis (peeled and chopped)
- 1/4 tsp bicarbonate of soda
- 1/4 tsp baking powder
- 1/8 tsp salt
- 1 medium egg
- 100g banana

METHOD

1. Grind the oats in a blender or food processor until fine. In a large bowl, combine ground oats, wholemeal flour, bicarbonate of soda, baking powder and salt.
2. In another bowl, combine yoghurt, milk, oil, egg and agave syrup with a mixer until smooth. Mix wet ingredients into dry with a few swift strokes.
3. Lightly oil a frying pan or griddle, and preheat it to medium heat.
4. Ladle 5 tablespoons of the batter onto the hot pan; cook the pancakes for 2 to 4 minutes per side, or until brown.
5. Serve warm with the diced banana and kiwifruit and a drizzle of agave syrup.

WHOLEGRAINS:

Wholegrains support brain health by providing a steady release of glucose, the brain's main energy source, helping to maintain focus and mental clarity throughout the day.

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QUINOA RISOTTO WITH BUTTERNUT SQUASH & SPINACH

SERVES  10

SAFFRON RECIPE CODE R05897

INGREDIENTS

- 1 medium butternut squash (peeled and chopped)
- 150ml Vegetable oil
- 600g onion (peeled and roughly chopped)
- 3 cloves garlic (peeled and roughly chopped)
- 400g white quinoa
- 30g vegetable Bouillon mix
- 1.5L tap water
- 800g chopped tomatoes
- 1 bunch rosemary (sprigs removed from stem)
- 1 bunch thyme (sprigs removed from stem)
- ½ tsp salt
- ½ tsp ground black pepper
- 1 lemon (juiced and zested)
- 30ml white vinegar
- 250g spinach (washed)

METHOD

1. Heat the oven to 180°C.
2. Put the squash in a baking tray and roast for 30 minutes, turning halfway through.
3. To make the risotto, heat the oil in a large, wide saucepan over a low-medium heat, then fry the onion and garlic until the onions are soft and translucent.
4. Clear one side of the pan and add the quinoa. Stir the quinoa in its half of the pan for a minute, until slightly crisp, then stir to combine with the onion and garlic.
5. Increase the heat and add the hot vegetable stock or water 1 ladleful at a time, stirring constantly, letting the quinoa mixture absorb each ladleful before adding the next, this should take around 10 minutes.
6. Add the chopped tomatoes, herbs, salt, lemon zest, lemon juice and white wine vinegar to the risotto. Cook for a further 10 minutes or until the quinoa is tender but still slightly al dente.
7. Stir through the spinach and roasted pumpkin, then cook for 5 minutes more.
8. Taste and season with salt, black pepper and extra lemon juice, if required, then serve

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