



Mr. Fitzpatrick's
LITTLE BOOK
OF
INSPIRATION
Foodie Edition



BREAKFAST INSPIRATION

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TURMERIC, GINGER AND MANGO DETOX SMOOTHIE

This Turmeric, ginger and mango smoothie is a great way to start your morning, or as a boost throughout the day.

Aside from turmeric and ginger being laced with antioxidant and anti-inflammatory properties, what better way to use your Mr Fitzpatrick's fiery ginger cordial.

Ingredients

- 1 large banana
- 2 1/2 cups of frozen mango
- 2 cups of coconut milk
- 3 Tbs of Mr Fitzpatrick's Ginger cordial
- 2 Tsp of turmeric powder
- Pinch of cracked black pepper

How to

1. Combine all the ingredients in a blender and blitz until smooth!



LEMON, CUCUMBER, MINT SMOOTHIE

Ingredients

1 frozen banana
50g frozen mango
¼ cucumber, chopped
Few sprigs of mint
150ml orange juice
Juice of ½ lemon
2 tablespoons Mr Fitzpatrick's
Lemon, Cucumber & Mint no added sugar
cordial

How to

1. Place all of the ingredients into a blender and whizz up until completely smooth and quite thick.
2. Pour into a glass and enjoy straight away!



PEAR, CRANBERRY & POMEGRANATE OATMEAL

Ingredients

40g oatmeal
½ teaspoon cinnamon
2 tablespoons Mr Fitzpatrick No
Added Sugar Cranberry &
Pomegranate Cordial
2 tablespoons dried cranberries
2 tablespoons pomegranate seeds
200ml almond milk
For the caramelised pears -
1 pear, chopped
1 tablespoon coconut oil
1 tablespoon maple syrup or coconut
nectar
Small handful walnuts

How to

1. Make the oatmeal:
Place everything in a pan and simmer for 5 minutes until thick and creamy.
2. Meanwhile, heat the coconut oil and maple syrup in a pan then throw in the pear and walnuts and stir well.
3. Continue cooking and stirring for 5 minutes on a medium to high heat to allow them to gently caramelise.
4. Serve your oatmeal in a generous bowl and top with the pear mixture including any extra syrup.
5. Scatter over extra dried cranberries and pomegranate seeds



STRAWBERRY KIWI & LIME SMOOTHIE BOWL

Ingredients

50g fresh strawberries
1 kiwi, skin removed
1 frozen banana
Juice of 1 lime
2 tablespoons Mr Fitzpatrick's
Strawberry & Kiwi cordial
100ml natural yogurt (can
be dairy-free)

To decorate –

Kiwi slices
Strawberry halves
Dried strawberries
Bee pollen

How to

1. Place the strawberries, kiwi, frozen banana chunks, lime juice, cordial and yogurt in a blender or food processor and whizz up until smooth and quite thick.
2. Pour into a bowl, add your toppings to make it look pretty and enjoy straight away!



CHERRY & PEAR BAKED OATS

Ingredients

180g oats
40g coconut sugar + 1 tablespoons to
sprinkle on top
1 teaspoon cinnamon or ginger
1 teaspoon baking powder
2 tablespoons flaxseeds + 4 tablespoons
water
350ml milk of choice
30ml Mr Fitzpatrick's Sour Cherry, Red Grape
& Hibiscus no added sugar cordial
1 teaspoon vanilla extract
80g fresh or frozen cherries
1-2 pears, thinly sliced

How to

1. Preheat the oven to 180 degrees C and grease and line an ovenproof dish.
2. Mix together the oats, coconut sugar, cinnamon or ginger and baking powder in a bowl.
3. Whisk together the flaxseed and water and allow to stand for 5 minutes.
4. Pour this into the bowl along with the milk, cordial and vanilla and mix well to combine.
5. Stir in the cherries and pour into your prepared dish.
6. Arrange the pear slices on top then sprinkle over some coconut sugar.
7. Bake for 25-30 minutes until golden and bubbling and firmed up.



CRANBERRY & APPLE LOAF

Ingredients

100g brown rice flour
100g gluten-free plain flour
50g ground almonds
75g coconut sugar
1 teaspoon baking powder
1 teaspoon cinnamon
2 tablespoons flaxseed + 5 tablespoons water
100g apple puree
200ml almond milk
2 tablespoons Mr Fitzpatrick's Bramley Apple & Elderflower no added sugar cordial
3 tablespoons maple syrup or honey
1 teaspoon vanilla extract
½ teaspoon almond extract
75g dried cranberries
75g fresh cranberries

For the crumble topping -

20g rolled oats
20g flaked almonds
1 tablespoon ground almonds
1 tablespoon oil
3 tablespoons maple syrup

How to

1. Preheat the oven to 170 degrees C and grease and line a loaf tin.
2. Mix together the flours, sugar, ground almonds, cinnamon and baking powder in a bowl.
3. Mix together the flaxseed and water and leave to 5 minutes.
4. Whisk together with the almond milk, apple puree, maple syrup, cordial, syrup or honey, vanilla and almond extracts. Pour this into the dry ingredients and mix well. (Alternatively simply place all of the above ingredients into a food processor and blend until you have a batter).
5. Fold in the dried and fresh cranberries. Spoon into the loaf tin and smooth out evenly.
6. Make the crumble topping by mixing everything together with your hands. Sprinkle this over the loaf mixture and bake in the oven for a total of 35-40 minutes. (Cover with foil halfway with tin foil to prevent the crumble topping from burning).
7. Leave to cool then pop out of the tin.



LEMON, YUZU & TURMERIC BREAKFAST BOWL

Ingredients

50g Oats
30ml Mr Fitzpatrick's Lemon, Yuzu &
Turmeric cordial
Coconut Milk (desired consistency)

How to

Cook 50g oats in water
Add coconut milk powder with a decent splash of the
cordial and the rind of 1 lemon.
Serve with raspberries, @lioliciousfreeze-dried
raspberries and extra lemon for extra zest!

SAVOURY INSPIRATION

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IRON BREW GLAZED HAM

Ingredients

- 1 Gammon joint (900g / 1kg)
- 1 tsb ground cinnamon
- 50ml Whisky
- 100ml Mt Fitzpatrick's Iron Brew
- 1 Lemon - rind and juice

How to

1. Prepare the gammon joint. Put it into a pan of water and bring the pan to boil. Drain, discard the water and let the ham cool a little.
2. Preheat the oven to gas mark 3 / 175c and while that's heating, prepare the ham. Remove the skin but keeping as much as of the fat as you can - the score the fat. This is where the glaze will sit.
3. Pop your gammon into an oven proof dish and into the oven for around 20 minutes per 450g (so forty minutes if it's 900g like this one)
4. Meantime, in a pan, add all the glaze ingredients together and bring to the boil. Just let it reduce a little so it's nice and syrupy. Pop to one side. When it is cooked, remove it from the oven and turn the oven up to gas mark 7 / 265c.
5. Baste the skin of the ham with the glaze. There will be some left over, don't worry!
6. Put the ham back into the hot oven now. After 10 minutes, remove it and baste it with the glaze again. Put it back into the oven. Repeat once more, before removing it and letting it cool. eat with chips and a fried egg, in sandwiches or just sneak slices from the fridge when you fancy!



SPATCHCOCK CHICKEN

Ingredients

Mr Fitzpatrick's Dandelion & Burdock

How to

1.Brush on the Dandelion & Burdock cordial and use as a marinade for Chicken or pork ribs



AUBERGINE & SWEET POTATO COCONUT CURRY

Ingredients

2 cloves garlic, crushed
2 chillies, deseeded and chopped
1 chunks fresh ginger, peeled
and chopped
3 tablespoons Mr Fitzpatrick's
Lime & Lemongrass cordial
1 tablespoon turmeric powder
Juice of 1 lime
1 tablespoon olive oil
1 onion, chopped
1 aubergine, cut into chunks
3 sweet potatoes, chopped
400ml can coconut milk
300ml vegetable stock
1 x can chickpeas, drained
2 large handfuls spinach leaves
Small bunch coriander, roughly
chopped

How to

1. Place the chillies, garlic, ginger, cordial, turmeric and lime juice into a blender or food processor and pulse to form a paste.
2. Heat the oil in a large pan and add the paste and cook for a few minutes to release the flavours then add the onion and cook for 5 minutes.
3. Add the aubergine and sweet potato and continue cooking for 10 minutes, stirring well.
4. Pour in the coconut milk and stock and simmer for 25 minutes until the sweet potatoes and aubergine are soft.
5. Throw in the chickpeas, spinach and coriander and cook for a few more minutes until the spinach has wilted.
6. Now serve with rice and sesame seeds sprinkled on top.



LEMON & GINGER TOFU STIR FRY

Ingredients

2 tablespoons sesame oil
300g firm tofu, cut into chunks
2 x portions rice noodles
2 cloves garlic, crushed
1 red or green chilli, diced
3 spring onions, sliced
3cm piece ginger, peeled and finely chopped
100g mushrooms, sliced
100g sugar snap peas or mangetout
75g baby sweetcorn
1 tablespoon honey or maple syrup
Juice of 1 lemon
4 tablespoons tamari or soy sauce
2 tablespoons Mr Fitzpatrick's Lemon & Ginger cordial
Fresh coriander

How to

1. Preheat the oven to 180 degrees C. Toss the tofu chunks in 1 tablespoon of the sesame oil to coat, tip onto a lined baking tray and bake for 20 minutes.
2. Meanwhile cook the noodles according to packet instructions.
3. Heat the remaining oil in a large pan or wok and throw in the garlic, chilli, onions, ginger and mushrooms and cook for 5 minutes.
4. Add in the sugar snap peas and baby sweetcorn and continue cooking for 3-4 minutes.
5. Add the cooked (drained) noodles plus the lemon juice, honey or maple syrup, tamari or soy sauce and cordial and cook for a further couple of minutes to allow everything to heat through and combine.
6. Top with coriander and serve between two plates or bowls with the baked tofu chunks on top!



SARSAPARILLA GREEN TACOS

Ingredients

8 Taco shells or small soft tacos
Handful of roughly chopped coriander
4 spring onions, thinly sliced
100 grams of cherry tomatoes, quartered.
2 cans of your choice beans (I used cannellini and kidney)
For the sauce
1/2 cup of Mr Fitzpatrick's Sarsaparilla cordial
1 cup of tomato sauce
1/2 cup of water
1 brown onion finely chopped
2 cloves of minced garlic
1 Tbs apple cider vinegar
1 Tsp chilli powder
1/2 Tsp ground cumin
1 Tsp smoked paprika
1/2 Tsp ground coriander
1/4 Tsp of salt
1/4 black pepper

How to

1. Soften the onions and garlic gently, until they start to turn translucent.
2. Add all the other sauce ingredients and simmer until reduced, stirring occasionally to ensure it does not stick.
3. While your sauce is reducing, drain and cook through your beans in a pan of boiling water.
4. Once your sauce has reduced, remove from heat.
5. Drain your beans and add them to the sauce, mixing well.
6. Fill your tacos, top with tomatoes, spring onions and coriander and serve with wedges of lime.



MULLIGATAWNY SOUP

This fragrant and spiced Indian Mulligatawny soup is made with Mr Fitzpatrick's fiery ginger cordial, coconut milk and lentils.

Ingredients

3 Tbs of Mr Fitzpatrick's Ginger cordial
1/4 cup of coconut oil
1 brown onion, chopped
1 carrot diced
1 can of tomatoes
1 red chilli
2 small apples, peeled, cored and diced.
3 cloves of minced garlic
1 Tbs curry powder
1/2 Tsp of ground cumin
1/2 Tsp cinnamon
1/2 Tsp dried thyme
1/2 Tsp of turmeric
1/4 Tsp ground cardamon
1/2 cup of red lentils
3/4 cup of coconut milk
3 cups of vegetable broth
Tbs of Tamarind paste (juice of 1/2 a lemon is an acceptable replacement)
* 1/2 Tsp of salt
* 1/4 Tsp of black pepper

How to

1. Melt the coconut oil in a large heavy bottomed saucepan over medium-high heat. Add the onion, carrot, and chilli, then saute for 4 to 5 minutes or until the onions have softened, but not coloured.
2. Add the garlic, ginger cordial, apples, and tomatoes to the pot. Cook for 3 minutes, then add in all of the spices and toss to coat.
3. Add in the lentils and broth and let the contents come to a boil. Turn the heat down to medium-low and simmer uncovered for 30 minutes.
4. Let cool slightly then puree about 50% of the ingredients using a hand blender, or by transferring a portion of the contents to the pan to a standard blender. This leaves some of the chunks whole, adding a nice texture and consistency to the soup.
5. Return the soup to the pot if needed, then stir in the coconut milk. Taste, and adjust seasoning if needed.
6. Serve topped with a swirl of coconut milk, cashews and coriander.



SPICED ONION CHUTNEY & ROSEMARY BUTTERNUT SQUASH TARTS

Ingredients

1 sheet of ready made puff pastry
100 grams of butternut squash, cut
into 1 cm cubes
1 sprig of rosemary, removed from the
stalk, roughly chopped
70 grams of pine nuts
50 grams of free-form grated cheese
olive oil
salt and pepper
For the chutney:
2 Tbs olive oil
1 Tbs of Mr Fitzpatrick's plum and pear
spiced cordial
1 large onion, thinly sliced (approx
375 grams)
75 grams of brown sugar
1 Tbs of balsamic vinegar
1 clove of crushed garlic
1/2 Tbs of wholegrain mustard
50 ml red wine vinegar
1/4 Tsp of salt

How to

1. Heat the oil in a saucepan over a low - medium heat, soften the onions.
2. Stir in 1 Tbs of brown sugar, stirring occasionally until onions start to colour.
3. Add all remaining ingredients and simmer uncovered for 20 minutes until chutney has reduced and thickened to a caramel colour.
4. While chutney is cooling heat the oven to 180c and line a baking tray with parchment, line the pastry sheet on top and cut in to even quarters.
5. Drizzle butternut squash with olive oil, season well and toss with the rosemary.
6. Spread 1 Tbs of chutney over each pastry square, sprinkle with cheese, cubes of butternut squash and pine nuts.
7. Add a final sprinkle of chopped rosemary, and fold the corners into the centre and bake in the oven for 20-25 minutes until golden.

SWEET INSPIRATION

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DATE, CARAMEL DANDELION & BURDOCK PUDDING

Ingredients

For the pudding -

- 150g chopped dates
- 50g dairy-free margarine
- ½ teaspoon bicarb of soda
- 1 tablespoon flaxseed + 2 tablespoons water
- 175g gluten-free flour
- 100g coconut sugar
- 1 teaspoon cinnamon
- 30ml Mr Fitzpatrick's Dandelion & Burdock no added sugar vintage cordial
- 1 teaspoon vanilla extract

For the sauce -

- 250ml almond or oat milk
- 100g coconut sugar
- 1 tablespoon Mr Fitzpatrick's Dandelion & Burdock no added sugar vintage cordial

How to

1. Preheat the oven to 180 degrees C and lightly grease an ovenproof dish.
2. Place the dates in a small pan with the spread and pour in 100ml water. Bring to the boil, allow the spread to melt then remove from the heat and stir in the bicarb of soda and Dandelion & Burdock cordial. Set aside.
3. Mix together the flaxseed and water and set aside for 5 minutes.
4. In a bowl stir together the flour, coconut sugar and cinnamon then pour in the date mixture along with the flaxseed mixture and vanilla. Stir well and mix until smooth. Spoon into the dish evenly.
5. Heat the milk and coconut sugar on a medium heat until the sugar is dissolved then whisk in the cordial. Pour this over the whole mixture then bake for 25-30 minutes until the sauce has baked through.



RHUBARB, ROSE & ORANGE TRAYBAKE

Ingredients

For the sponge –

150g gluten-free plain flour
100g stevia or coconut sugar
½ teaspoon baking powder
½ teaspoon bicarb of soda
100ml oil (vegetable)
225ml oat or almond milk
Zest and juice of 2 oranges
1 teaspoon vanilla extract

For the frosting –

250g coconut milk yogurt or Quark
3 tablespoons stevia or maple syrup
2 tablespoons coconut flour
½ teaspoon vanilla extract

For the rhubarb & rose berry compote –

75g berries
3 tablespoons Mr Fitzpatrick's Rose &
Rhubarb no added sugar cordial
Zest and juice of 1 orange
1-2 tablespoons stevia or coconut sugar
1 ½ teaspoons cornflour

How to

1. First make the sponge: Preheat the oven to 170 degrees C and grease and line a 9x9in baking tin.
2. Mix together the flour, sugar or stevia, baking powder and bicarb of soda in a bowl. Whisk the oil, milk, orange juice and zest and vanilla together then pour into the dry ingredients and mix to combine.
3. Pour the batter into the tin and spread out evenly. Bake for 25-30 minutes until firm and golden. Leave in the tin cool then place on a board.
4. Beat together the frosting ingredients together and chill in the fridge until needed.
5. Make the compote: Place the berries in a pan along with the orange zest and juice, sugar and cordial with 30ml water and bring to the boil. Reduce the heat and simmer for 10 minutes until softened.
6. Mix the cornflour with 1 ½ teaspoons cold water to form a paste and pour into the pan. Stir gently and continue cooking over a medium heat for about 30 seconds until thickened. Pour into a jug or bowl and allow to cool and set.
7. When ready to serve, spread the frosting over the sponge to cover then spoon the fruit over the top generously. Cut into 9-12 squares



RHUBARB & ROSEHIP CHEESECAKE

Ingredients

For the base –

1 1/2 cup raw nuts of choice

1 cup pitted dates

1/8 tsp salt

For the filling –

2 tubs of vegan cream cheese

1/2 cup icing sugar

2 Tbsp Mr Fitzpatrick's Rhubarb & Rosehip
cordial

Rhubarb Jam

How to

1. Soak dates in boiling water until soft.
2. Blend the dates, nuts and salt in a food processor. Add water very slowly (1 tsp at a time) if need to soften the mixture.
3. Place into a lined 9-inch baking tin.
4. Press down evenly, then set aside while you make the filling.
5. Mix the vegan cream cheese with the cordial and scoop over the crumble.
6. Add a layer of jam and then another layer of cream cheese.
7. Add a sprinkle mixed nuts on top.



PLUM & PEAR COOKIES

Ingredients

1/2 cup vegan butter
1/2 cup sugar
1 cup flour
1 flax egg
2 tbsp of Mr Fitzpatrick's Plum & Pear cordial
2 tbsp of water with 1tbsp flaxseed powder
1 Tsp baking powder
1/2 Tsp apple cider vinegar + ginger, cinnamon, nutmeg & cloves

How to

1. Preheat oven to 175C
2. Sieve the flour and blend in the sugar
3. Add the egg and gently fold the mixture
4. Add all the remaining ingredients and mix well
5. Roll the cookie dough into balls and then flatten to make small discs
6. Place on a tray with greaseproof paper
7. Bake in oven for 5 minutes
8. Leave to cool
9. To decorate, drizzle with vegan chocolate syrup



SOUR CHERRY NICE CREAM

Ingredients

3 Bananas
Frozen Forest Fruit Berries
2 tablespoons Mr Fitzpatrick's Sour Cherry,
Red Grape with Hibiscus cordial

How to

1. Remove and slice the bananas and freeze ahead of time.
2. Add the frozen bananas, berries and cordial to your blender.
3. Blast until forms a creamy texture.
4. Scoop into a bowl and sprinkle with your favourite toppings - fresh berries, chia seeds, nuts - or why not all three?!



PEAR CRUMBLE

Ingredients

2-3 pears, cored and chopped
4 plums, stoned and sliced
3 tablespoons Mr Fitzpatrick's
Plum, Pear & Mixed Spices cordial
1 tablespoon honey or maple
syrup
1 teaspoon cornflour
Zest of 1 orange (optional)

For the crumble –

200g gluten-free flour
50g rolled oats
30g flaked almonds
100g coconut sugar or stevia
150g margarine

How to

1. Preheat the oven to 180 degrees C and lightly grease either a large ovenproof dish or two smaller ones.
2. Prepare the fruit and mix in a bowl with the cordial, honey or maple syrup, cornflour and orange zest (if using). Stir well then pour into the dish(es).
3. Now place the flour, oats, almonds and coconut sugar / stevia in a bowl and rub in the margarine to resemble breadcrumbs.
4. Scatter over the fruit in a generous layer then bake in the oven for 30 minutes until golden and bubbling.

Enjoy hot or cold!



CHOCOLATE ORANGE MUFFINS

Ingredients

For the muffins -

100g oat flour
100g brown rice flour
3 tablespoons cocoa or cacao powder
100g coconut sugar
1 teaspoon baking powder
½ teaspoon bicarb of soda
200ml almond milk + 1 teaspoon apple
cider vinegar
50ml Mr Fitzpatrick's Clementine,
Orange & Bergamot no added sugar
cordial

Grated zest of 1 orange

For the chocolate ganache -

2 sweet potatoes, peeled, chopped and
cooked until soft
2 tablespoons almond butter
3 tablespoons maple syrup
3 tablespoons cacao powder
½ teaspoon vanilla extract

To decorate -

Dried orange slices
Cacao nibbles
Edible gold glitter spray

How to

1. Preheat the oven to 180 degrees C and lightly grease a 6-hole muffin tin.
2. Mix together the flours, coconut sugar, cacao or cocoa powder, baking powder and bicarb in a bowl. Whisk together the milk and vinegar and leave to stand for 10 minutes to curdle, then pour into the bowl along with the cordial and orange zest.
3. Mix well to combine and form a batter. Spoon between the muffin tins to reach the top and bake for 15-20 minutes until risen and spongy. Leave to cool.
4. Meanwhile make the ganache: when you've cooked the sweet potatoes and they have cooled, place in a blender with the other ingredients and blend well until smooth and quite thick. Chill in the fridge until needed.
5. Place the ganache in a piping bag with nozzle of your choice and pipe on top of each muffin.
6. Decorate with an orange slice, a sprinkling of cacao nibs and some glitter sprayed on.



RASPBERRY & LAVENDER BAKE

Ingredients

100g brown rice flour
100g oat flour
100g coconut sugar
1 teaspoon baking powder
½ teaspoon bicarb of soda
100g apple puree
Brine from 1 x can chickpeas
50ml almond milk
30ml Mr Fitzpatrick's Raspberry & Lavender no added sugar cordial
1 teaspoon vanilla extract
100g fresh or frozen raspberries
To decorate –
3 tablespoons coconut milk powder
2 teaspoons raspberry powder
2 tablespoons maple syrup
2 tablespoons water
Freeze-dried raspberries
Dried rose petals

How to

1. Preheat the oven to 180 degrees C and grease and line a loaf tin.
2. Mix together the flours, coconut sugar, baking powder and bicarb in a bowl.
3. Whisk together the apple puree, chickpea brine, almond milk, cordial and vanilla until frothy.
4. Pour this into the dry ingredients and stir well to combine. Fold in the raspberries gently.
5. Spoon into the tin and smooth out evenly. Bake for 35–40 minutes until firmed up and golden. Leave to cool then pop out of the tin and onto a wire rack. Whisk together the coconut milk powder, raspberry powder, water and maple syrup until you have a slightly runny consistency.
6. Drizzle this over the loaf then sprinkle over the freeze-dried raspberries and rose petals.



DANDELION & BURDOCK BROWNIES

Ingredients

180g self-raising flour
180g caster sugar
60g cocoa powder
100ml vegetable oil
200ml soya milk
vanilla extract
1 tsp salt
50g chopped nuts
25ml Mr Fitzpatrick's Dandelion &
Burdock Cordial

Directions

1. Pre-heat the oven to 200°C/ 180° and line a 18x24cm tray or similar with greaseproof paper
2. Sieve flour, cocoa and sugar and salt into a large mixing bowl
3. Measure soya milk, vegetable oil and vanilla extract into a jug
4. Pour the liquid into the dry ingredients in a steady stream and mix together
5. Scrape out the gooey mix into your prepared tin
6. Chop up the nuts or other topping and sprinkle them over the top
7. Bake for 25 minutes until the edges are firm
8. Leave to cool



BLACKCURRANT & COCONUT CHEESECAKE POTS

Ingredients

For the oaty base -

100g oats

100g dates, soaked in hot water for 10 minutes then drained

75g cashew nuts

35g desiccated coconut

2 tablespoons maple syrup

For the coconut cream layer -

1 x can coconut milk, chilled in the fridge overnight

4 tablespoons maple syrup

1 teaspoon vanilla extract

For the blackcurrant compote -

150g blackcurrants (or use a mixture of ½ blackcurrants, ½ blueberries)

3 tablespoons Mr Fitzpatrick's

Blackcurrant Cordial

1 teaspoon cornflour

Coconut chips, to decorate

How to

First make the base -

Place the ingredients into a blender or food processor and whizz up well until broken down and slightly sticky.

2. Divide between 2-4 tumbler glasses or small pots - fill up to about ¼ or ⅓ - and press down gently. Chill while you make the next part.

3. Scrape out the solid part of the coconut cream out of the can and into a bowl. Add the maple syrup and vanilla then use an electric whisk to whip up the coconut cream for a few minutes until thickened.

4. Chill in the fridge for at least 30 minutes.

Now for the compote:

1. Place the berries in a pan with 1 tablespoon of water and the cordial. Heat up and simmer for 5 minutes until the juices have released.

2. Whisk the cornflour with 1 teaspoon water to form a paste then whisk into the berries while still cooking.

3. Cook for 30 seconds, stirring well, until thickened, then remove from the heat and set aside to cool.

When ready to serve, spoon

the coconut cream on top of the base (to fill up to ⅔) then some of the berries and sauce. Sprinkle over the coconut chips and either serve immediately or chill in the fridge for up to 4 hours.



STRAWBERRY & CREAM MILKSHAKE

Ingredients

300 grams of strawberries
1 large banana
1 cup of almond milk
1 cup of dairy-free yogurt (I used almond)
3 Tbs of Mr Fitzpatrick's cream soda
cordial

How to

1. Add all the ingredients to a blender and blitz until smooth.

Note: This milkshake can be kept in an airtight container for 24 hours in the fridge.

AND WITH SPECIAL THANKS TO...

We are grateful for the inspiration and collaboration of two very talented recipe creator, without whom, much of this book would not have been possible!

SPAMELLAB

Passionate about health, food and fitness Pamela has been a huge part of our collaboration. Her love of healthy, clean food has inspired many of these wonderful recipes, each tasting as wonderful as her fantastic photography portrays!

Sign up to her blog for more foodie inspirations or collaborations

<https://www.spamellab.com>

SAMANTHA KEATING AKA THE CLEAN TRIBE

Samantha is an up and coming recipe creator who we have loved working alongside. With a great sense of humour and clear passion for creating tasty vegan recipes.

Follow her instagram account for more inspiration;

<https://www.instagram.com/thecleantribe/>