

A Collection of Recipes

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October 24, 2021

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Abstract

In life, many meals are prepared. The best ones are collected here.
All recipes are vegan-friendly.

1 Pancakes			2 portions
			¹ / ₂ hour
i	1 cup 1 touch 1 tbsp 1 pack	flour salt baking powder vanilla sugar	Mix all of the dry ingredients thoroughly in a bowl.
ii	1 1 cup	banana milk	Mash the banana into pulp. Then mix the banana pulp and milk with the dry ingredients. Let the batter rest until some bubbles start to form.
iii	Many	fruits	Optionally, add fruits to the batter. Blueberries are recommended.
iv	1 tbsp	margarine	Heat a pan, add margarine or butter and fry pancakes once per side until bubbles start to form.

2 Chocolate Coconut Cereal

A weeks worth

1 hour

i	500 grams 180 grams 1 touch 80 grams	oats coconut flakes salt cocoa powder	Preheat oven to 180°C. Thoroughly mix dry ingredients.
ii	6 tbsp 100 grams	coconut oil honey	Heat coconut oil and honey in a pot and mix. Pour mixture over dry ingredients while stirring.
iii			Spread over baking paper and put in the oven for 10-12 minutes.
iv	50 grams	dark chocolate	Sprinkle dark chocolate pieces over the cereal fresh out of the oven. Mix it and let it cool, then store for later consumption.