



THE WEEKLY RECIPE DISCOVERY

VIRGIN MOJITO

INGREDIENTS:

- Fresh lime juice
- Honey Simple Syrup
- Fresh mint leaves
- Sparkling water
- Ice

METHOD:

1. Place mint leaves and lime juice in a glass and muddle them together. Muddling = mushing them up and crushing the leaves to release the flavor and oils the mint. Use a muddler or the handle of a wooden spoon. Or a set of brass knuckles. To each their own.

2. Add the honey simple syrup.
3. Add the sparkling water.
4. Garnish with lime slices, a sprig of mint, and/or fresh fruit (see Variations below).



VEGAN BANANA BREAD

Ingredients

1.3 large black bananas
2.75ml vegetable oil or sunflower oil, plus extra for the tin
3.100g brown sugar
4.225g plain flour (or use self-raising flour and reduce the baking powder to 2 heaped tsp)
5.3 heaped tsp baking powder
6.3 tsp cinnamon or mixed spice
7.50g dried fruit or nuts (optional)

Method

- 1.Heat oven to 200C/180C fan/gas 6. Mash 3 large black peeled bananas with a fork, then mix well with 75g vegetable or sunflower oil and 100g brown sugar.
- 2.Add 225g plain flour, 3 heaped tsp baking powder and 3 tsp cinnamon or mixed spice, and combine well. Add 50g dried fruit or nuts, if using.
- 3.Bake in an oiled, lined 2lb loaf tin for 20 minutes. Check and cover with foil if the cake is browning.
- 4.Bake for another 20 minutes, or until a skewer comes out clean.
- 5.Allow to cool a little before slicing. It's delicious freshly baked, but develops a lovely gooey quality the day after.

