

# Coconut STRAWBERRY SMOOTHIES

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SERVES 2 | GF | DF | NF

## INGREDIENTS

100g fresh or frozen strawberries  
100ml natural coconut yoghurt  
250ml unsweetened coconut milk  
1 tsp chia seeds  
2 tsp raw honey  
1 cup ice cubes

## METHOD

Combine all ingredients in a blender. Blend until smooth and creamy. Serve and enjoy.



# Wholesome BANANA PIKELETS

**MAKES 16 | DFO\***

## INGREDIENTS

1 ½ cups wholemeal flour  
2 ½ tsp baking powder  
½ teaspoon salt flakes  
1 large ripe banana  
2 large eggs  
2 tbsp pure maple syrup  
1 cup + 2 tbsp preferred milk  
1 tsp pure vanilla extract  
3 tbsp unsalted butter, melted or  
coconut oil for dairy free\*

## METHOD

In a medium bowl, whisk together flour, baking powder and salt. In a small bowl, mash the banana with a fork. Whisk in eggs, maple syrup, milk and vanilla. Pour banana mixture and melted butter into the flour mixture and mix well. The batter will be thick and lumpy. Heat additional butter or coconut oil in a large frypan over medium heat. Place spoonfuls into pan and cook on either side until golden brown. Serve with slices of banana and pure maple syrup.

