

Carbon Council Presents



LETTUCE TALK

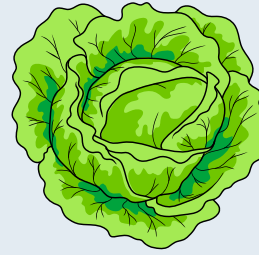
EASY PLANT-BASED RECIPES



PLANT BASED

ISSUE 02
FEBRUARY 2023

LETTUCE TALK



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WELCOME TO

Lettuce Talk



Welcome to issue 2 of lettuce talk. Thank you for submitting your photos of your amazing creations! Now that we leave Veganuary behind us, it's more important than ever to keep a focus on plant based eating.

Agriculture is a major contributor to climate change, with a large share of methane emissions caused by cows burping. In the UK, agriculture was responsible for 11% of the UK's total emissions in 2020 and is the fifth biggest sector for polluting greenhouse gases.

In 2019, the UN said agriculture was directly responsible for up to 8.5 per cent of all the world's greenhouse gas emissions, with another 14.5 per cent caused by land being turned over to farming and food production.



A global move away from meat would also free up a huge amount of land, since billions of animals would no longer have to be fed. Soya, for instance, is one of the world's most common crops yet almost 80% of the world's soybeans are fed to livestock.

The reduced need for agricultural land would help stop deforestation and help protect biodiversity. The land could also be used to reforest and rewild large areas which would become a natural store of carbon dioxide.

So please join us and try some of these delicious plant-based meals!



MAIN MEAL

Vegan

Buffalou chicken dip

INGREDIENTS

2 CUPS

RAW CASHEWS

1 CUP

WATER

3 TBSP

LEMON JUICE

1 & 1/2 TSPN

SALT

2 TSPN

GARLIC POWDER

2 TSPN

ONION POWDER

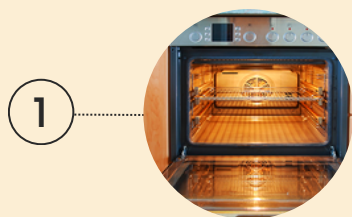
1 CUP

BUFFALO SAUCE

14 OUNCE CAN

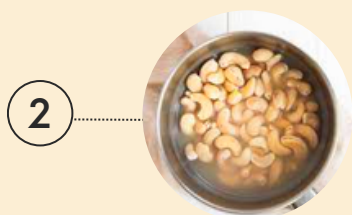
ARTICHOKE HEARTS DRAINED
IN WATER (NOT MARINATED
IN OIL)

Instructions



PREHEAT OVEN

Preheat oven to 375 degrees farenheight or 180 degrees



SOAK CASHEWS

Heat 3 cups of water up in kettle. Then pour hot water into a bowl with the cashews. Leave them to soak for about 5 minutes and then drain the water out, when the cashews are ready to blend



BLEND THE INGREDIENTS

In a blender, add the soaked cashews, water, lemon juice, salt, garlic powder and onion powder all together. Then blend them all together until they form a smooth mixture



ADD THE TEXTURE

Then add the buffalo sauce and artichokes to the mixture. Mix them in with a spatula but do not blend as we want to keep the chunky thick texture.



POUR AND BAKE

Pour the mixture into a dish and put in the preheated oven. Leave to bake for around 25-30 minutes. Once cooked, remove from oven and enjoy! It can be served with anything from carrot sticks to baguette slices and nachos.

Tips

For the best result we recommend using Frank's Red Hot Buffalo sauce and to make it look prettier and taste even better, you can add chopped spring onions to the top.

Banana and Peanut Butter Pancakes

Ingredients:

1 ripe banana
50g peanut butter
100g plain flour
1/2 tsp baking powder
2tbsp maple syrup
150 ml dairy alternative milk
1tbsp sunflower oil

Instructions:

1. Mash the banana in bowl using a fork. Once it is mashed mix in the peanut butter and maple syrup
2. Then mix in the flour, baking powder. Once all has been mixed, gradually mix in the dairy free milk until the mixture is smooth
3. Heat a frying pan, and coat it using the sunflower oil and spoon the mixture into the pan. Make sure when putting the mixture into the pan you do it the size of the pancake you want!
4. Leave it to fry for about 2-3 minutes, until bubbles appear and then flip the pancake to cook the other side. Leave it for about 2-3 minute again and when it looks cooked take it off the frying pan and it is ready to eat! (repeat this process for however many pancakes you want to create)



SERVING

2-3



TIME

15-20

MINS





SMOOTHIE

Cupid's kiss

Ingredients:

- 2 cups frozen strawberries
- 1 cup frozen raspberries
- 1 cup frozen pomegranates
- 1 ripe banana
- 1 & 1/2 cups apple juice
- 1/2 cup ice cubes

Directions:

Put all ingredients into a blender and blend until it is smooth. Pour into a cup and enjoy!



SERVING
2-3



TIME
10
MINS

Raw Cacao bites

yummy

INGREDIENTS

100G / 1 CUP

DRIED APRICOTS

100G / 1 CUP

DRIED BERRY MIX

70G / 2/3 CUP

NUT MIX

10G / 1/8 CUP

CACAO POWDER

Instructions



1

CHOP IT UP

Chop up the dried apricots and nut mix into much smaller pieces



2

BLEND IT

Put the apricots, nuts and berry mix into a hand blender until it is a sticky mixture. Once it is a sticky mixture pour it into a bowl



3

FORM THE SHAPE

Add the cacao powder to the mixture in the bowl and use your hands to mix it all in. Once it is all mixed in, divide it up into 10 smaller pieces of mixture and roll them into balls, using your palms. (It will get messy)



4

PUT IN FRIDGE

Put the raw cacao bites into the fridge and leave them to solidify for 1 hour. After the hour they are ready to eat!

Tips

You can also roll the raw cacao bites in coconut flakes before you put them in the fridge to give them that extra flavour

Food

IS MY BEST FRIEND



LETTUCE TALK

A HUGE CONGRATULATIONS TO KYRA MUIRURI IN 7N FOR BEING THE FIRST WINNER OF LETTUCE TALK. WE WERE EXTREMELY IMPRESSED WITH THEIR CREATIONS. PLEASE CONTINUE TO SEND PICTURES OF YOUR CREATIONS TO 17BROWNT@NEWSTEADWOOD.CO.UK OR DM US ON INSTAGRAM, FOR A CHANCE TO WIN OUR NEXT COMPETITION!

