

Hummingbird cake



For a cake with a diameter of 20 cm

2 x spring form (20 cm)

For the leaves:

350 g flour

250 ml of sunflower oil

200 g raw sugar

4 medium ripe bananas, mashed

1 tin pineapple chunks (450 g), drained

50 ml pineapple syrup (from the pineapple tin)

1 teaspoon cinnamon powder

3 tsp. vanilla essence

a handful pecans (or walnuts), finely chopped

Mix the oil, pineapple syrup and sugar until the sugar has dissolved. Add the flour, bananas, cinnamon and vanilla. Mix well.

Add the pineapple chunks and pecans and mix.

Grease the spring forms with a little bit of oil. Divide the batter evenly and pour into the 2 spring forms.

Bake in the preheated oven, on medium heat (175 C), for about 30-40 minutes. Check with a straw if it is baked inside, if it

sticks to the straw bake for a few minutes longer.

Allow to cool, remove from the spring forms and cut each leaf horizontally into 2 equal parts.

For the cream:

3 packs silken tofu (3 x 350 g)

150 g icing sugar

3 tsp. vanilla essence

5-6 tablespoons coconut butter (oil), melted in bain-marie

Place all ingredients in blender and blend until smooth.

Refrigerate for an hour.

Assembling the cake:

Place a leaf on a plate and add 1/4 of the cream on top. Spread evenly. Add another leaf on top and repeat the process 3 times.

Add the remaining cream on the last leaf and spread evenly, including the sides.

Garnish with pecans/walnuts as desired.

Before serving refrigerate for at least an hour.

Red lentil stew



For 2-3 servings:

1 cup red lentils, rinsed well
1 bay leaf
1 onion
1 carrot
1 bell pepper
chili pepper, finely chopped, to taste (optional)
2-3 cloves garlic, mashed
2 teaspoons oregano
1 tablespoon seasoning mix (coriander-, cumin-, allspice-, paprika-, juniper-, garlic-, mustard powder etc.)
2 tablespoons tomato paste
1 bunch dill, finely chopped
2 tablespoons olive oil
salt and pepper, to taste

Process/finely chop the carrot, onion and green pepper.

Heat the oil in a saucepan and stir fry the vegetable mix for 2-3 minutes. Add the lentils, spices, bay leaf, chili and 1 1/2 cup water. Cover and simmer on medium heat, stirring occasionally. Add a little bit more water if needed.

When the lentils are cooked add the tomato paste, garlic and dill. Let it simmer for another few minutes than add salt and pepper to taste.

Serve with salad or pickles.

Red lentil pate



1 cup red lentils
1 bay leaf
2-4 cloves garlic, mashed (to taste)
3 tablespoons olive oil
salt and pepper, to taste

For the topping:

2 (red) onions, finely sliced
1 tablespoon olive oil
1 tbsp. tomato puree/paste

Wash the lentils thoroughly and cook them in 2 1/2 cups water, together with the bay leaf. Drain but keep the moisture aside. Remove the bay leaf and blend/process until smooth.

Put the lentils back in the pan, on low heat, add the oil and garlic and “beat” it with a wooden spoon until it becomes foamy (if necessary add a little water from the lentils to get the desired consistency). Add salt and pepper to taste and transfer the lentils to a serving bowl.

Heat 1 tablespoon of olive oil in a pan and simmer the onions on medium heat until golden brown. Add the tomato puree and

mix well. Spread evenly over lentil pate.

Chili con verduras



For 2-3 servings:

200 g beans (black)
2 large onions, finely chopped
3-4 carrots, sliced
1-2 green pepper, chopped
3-4 cloves of garlic, mashed
1-2 tablespoons olive oil
1 bay leaf
1 jalapeno / chili, chopped (or to taste)
a pinch of cumin powder
1/4 teaspoon cocoa
1/4 teaspoon cinnamon
1 teaspoon oregano
1 can a 400 g diced tomatoes
salt and pepper, to taste

Soak the beans overnight. Wash and cook them with the bay leaf. Set aside.

Heat the olive oil in a saucepan and add the onions. Stir fry

for a few minutes then add the green pepper, carrots, jalapeno / chili, cocoa, cinnamon and oregano. Cover and simmer for a few minutes, stirring occasionally.

Add the tomatoes, beans and garlic. Cover and simmer on low heat until the sauce has reduced and vegetables are cooked (if necessary add a little water from the beans).

Add salt and pepper to taste.

Variation: You can add various vegetables along with the carrots and green pepper (celery, mushrooms, etc.) and / or pieces of tofu.