

Menu recipes from Grade 6 Day

Broad Bean Dip: Broad beans simmered until cooked (some tender pods also added) into the NutriBullet with olive oil and celtic salt and just enough coconut milk yogurt to puree the mix.

It was done the night before and the mix was a little bit sloppy so I added some chia to absorb the excess fluid. Alternatively, you can use the more traditional and less sweet Greek yoghurt.

Garden Salad

The main ingredients were Cos Lettuce and Sorrel leaves.

Secondary ingredients: Nasturtium. Parsley

Highlight: The peas from the FLS area and a small handful of coriander from PUP.