



Healthy Plant-based Recipes:

Spiced Carrot Pikelets

Makes 20 pikelets

Ingredients

- 1 tablespoon ground flaxseeds (linseed)
- 3 tablespoons hot water
- ½ teaspoons salt
- 1 cup wholemeal spelt flour
- 1 teaspoon ground cumin
- 1 teaspoon ground coriander
- 1 teaspoon baking powder
- 1 cup milk of your choice
- 1 cup grated carrot
- ½ cup chopped parsley
- 1 tablespoon oil
- Garnish: basil leaves
- Garnish: red capsicum (bell pepper) finely diced

Basil and Cashew Pesto

- 1 cup cashew nuts
- 2 tablespoons lemon juice (around 1 lemon)
- ¼ cup water
- 1 cup basil leaves
- 2 cloves garlic
- ½ teaspoon salt

Method

- Blend flaxseed and water together and leave sitting for about 10 minutes to form a gel that will help bind the pikelets
- In a large mixing bowl place salt, flour, cumin, coriander and baking powder
- In a separate bowl mix milk, carrot, parsley and flaxseed mix together
- Add wet ingredients to dry ingredients and combine together
- Drop tablespoons of mixture into pan. Cook until bubbles appear, then turn and cook until brown
- In a blender, blend all pesto ingredients together until creamy
- Serve pikelets with cashew pesto, extra basil and some finely diced capsicum

Recipe from Revive Cafe Cookbook 6 by Jeremy Dixon