Recipes to Nourish the Sacral Chakra

Recipes to nourish the Sacral Chakra

Vegan Banana Pancakes

Ingredients

1 large ripe banana

2 tablespoons golden caster sugar

¼ teaspoons fine salt

2 tablespoons vegetable oil (plus extra for cooking)

120 grams self-raising flour

½ teaspoons baking powder

150 millilitres soya milk

Method

Mash the banana in a mixing bowl. Stir in the sugar, salt and oil. Add the flour and baking powder and mix thoroughly. Make a well in the centre and gradually whisk in the milk. The batter should be a thick consistency.

Heat a little oil in a frying pan over a medium heat. Add 2 tbsp of the batter to make the pancakes. You will be able to make about approx. 4 at a time. Fry on each side for 2-3 mins until golden. Serve with syrup, sliced banana and berries, if you like.

Nutrition Information

Serving Size 1
Servings 1

Amount Per Serving
Calories 94kcal; Total Fat 4g; Sodium 200mg; Total Carbohydrate 14g; Sugars 6g; Protein 0.98g

Vegan Brownies

Ingredients

2 tablespoons ground flaxseed

200 grams dark chocolate, roughly chopped

1⁄2 teaspoon coffee granules

80 grams vegan butter

125 grams self-raising flour

70 grams ground almonds

50 grams cocoa powder

1⁄4 teaspoon baking powder

6 tablespoons water

1⁄4 teaspoon salt

60 millilitres cold water

Method

Heat oven to 170°C/150°Fan/gas 3. Grease and line a 20cm square tin with baking paper.

Combine the flaxseed with 6 tbsp water and leave to stand for 5 minutes

In a saucepan melt 120g chocolate, the coffee granules and butter with 60 ml water on a low heat. Allow to cool slightly

Put the flour, almonds, cocoa powder, baking powder and salt in a bowl and stir to remove any lumps. Using a hand whisk, mix the sugar into the melted chocolate mixture, and beat until smooth and glossy. Make sure all the sugar is dissolved. Stir in the flaxseed mixture, vanilla extract and the remaining chocolate, then the flour mixture. Spoon into the tin.

Bake for 35-45 minutes until you can insert a skewer into the middle and it comes out clean. Leave in the tin until completely cool, then cut into squares.

Nutrition Information

Serving Size 1
Makes approx. 12 Brownies

Amount Per Serving
Calories 314kcal; Total Fat 16g; Saturated Fat 6g; Sodium 300mg; Total Carbohydrate 36g; Dietary Fibre 3g; Sugars 25g; Protein 5g