

RECIPE



RECIPE TITLE

Banana Bread

FOR

12 portions

FROM THE FEATURE

The Alpro Day

CONTRIBUTOR

Alpro
www.alpro.com

SISTERMAG
N°30

INGREDIENTS

325 ml	Alpro Oat Drink Original
100 ml	Runny Honey
400 g	Porridge Oats
2 TBSP	Mixed Spice
2 TSP	Baking Powder
2	Eggs
2	Bananas

STEPS

1. Preheat the oven to 180°C.
2. Blitz the oats in a food processor. In a bowl, beat the Alpro Oat drink together with the eggs and honey until smooth. In a separate bowl, combine the crushed oats, spice and baking powder.
3. Mix the two bowl contents together, mix in a crushed banana and place in a greased baking pan. Slice the second banana and place the two halves on the bread.
4. Bake for 40 to 50 minutes. Pierce the bread with a wooden skewer. When it comes out dry, your bread is ready.
5. Allow the bread to cool. Serve topped with some pieces of fruit. The perfect indulgence for a late afternoon tea.

RECIPE



RECIPE TITLE

Pancakes with a Twist

FOR

10 Servings

FROM THE FEATURE

The Alpro Day

CONTRIBUTOR

Alpro
www.alpro.com

SISTERMAG
N°30

INGREDIENTS

400 ml	Alpro Oat Original Drink
175 g	Spelt Flour
50 g	Quinoa Flour
50 g	Raisins
1 TBSP	Sugar
2 TBSP	Sunflower Oil
Pinch	Salt
1	Egg

STEPS

1. Place the flours, sugar and pinch of salt into a bowl. In a separate bowl or measuring jug, beat the eggs and Alpro Oat Original together until just combined. Gradually add the Alpro Oat Original mixture to the flours whisking together until a smooth batter is formed.
2. Stir in the raisins.
3. Add some of the sunflower oil into a hot pan over a medium heat and pour in the batter to make pancakes. Cook on both sides until golden brown. The mixture should make 10 to 12 small pancakes.
4. Serve the pancakes with fruit of your choice

RECIPE



RECIPE TITLE

French Toast

FOR

4 Servings

FROM THE FEATURE

The Alpro Day

CONTRIBUTOR

Alpro
www.alpro.com

SISTERMAG
N°30

INGREDIENTS

250 g Fruit of choice: Pear,
Pomegranate, Berries

150 ml Alpro Almond
Original Drink/
Alpro Soya Original

1 TSP Cinnamon

1 TBSP Sunflower oil

8 slices Bread
(preferably stale)

2 Eggs

Choice of Alpro Go On or Alpro
Simply Plain alternative to yogurt
for the topping

STEPS

1. Mix the eggs with the Alpro drink and cinnamon until well combined.
2. Pour into a bowl and fully immerse the bread slices into it.
3. Heat up the oil in a frying pan and cook the slices on both sides until golden brown.
4. Serve immediately with fresh fruit and your choice of Alpro Simply Plain alternative to yogurt or Alpro Go On alternative to strained yogurt.

RECIPE



RECIPE TITLE

DIY Granola Mix

FOR

1 Portion

FROM THE FEATURE

The Alpro Day

CONTRIBUTOR

Alpro
www.alpro.com

SISTERMAG
N°30

INGREDIENTS

300 g	Hearty Oats
According to your taste: Mixed Nuts, Seeds, Raisins, Cranberries, Coconut, etc.	
1	Pinch of Salt
1 TSP	Cinamon
2-3 TBSP	Honey, Maple Syrup or Agave Syrup
1 TBSP	Olive oil or a different plant oil

STEPS

1. Preheat the oven to 150° C.
2. Roughly cut your ingredients if necessary and mix them with the oats, salt and cinnamon.
3. Mix your chosen sweetener with the oil and if necessary a bit of hot water until you have a smooth, liquid texture. Combine that with your oat mix.
4. Cover a baking sheet with baking paper and spread the granola mix on it.
5. Bake your granola for about 30 minutes and turn it regularly. When you let the granola cool on the sheet, it will be extra crispy. Your granola should be stored in an airtight container with room temperature.

RECIPE



RECIPE TITLE

Spicy Avocado on Toast

FOR

4 Servings

FROM THE FEATURE

The Alpro Day

CONTRIBUTOR

Alpro
www.alpro.com

SISTERMAG
N°30

INGREDIENTS

8		slices multi-grain bread
2		avocados
5	tbsp	Alpro Go On Plain
1	tsp	chilli flakes
3	tsp	lemon juice
		Pepper and a pinch of salt

STEPS

1. Toast the bread slices.
2. Peel, stone and mash the avocados with a drizzle of lemon juice. Add the chilli flakes and season and stir until combined.
3. Spread the avocado chilli mix on the toasts with some extra chilli flakes, if desired. Yum! Also delicious with a chicken fillet.

RECIPE



RECIPE TITLE

Smoothie Bowl

FOR

4 Servings

FROM THE FEATURE

The Alpro Day

CONTRIBUTOR

Alpro
www.alpro.com

SISTERMAG
N°30

INGREDIENTS

Alpro Go On
Quarkalternative
Natur

1 Half Glass Oatmeal

Alpro Sojadrink
Natur

1 Banana

For one Red Smoothie:
Berries (raspberries,
currants, blueberries)

For one green Smoothie:
Spinach, Pear, Kiwi

Toppings:
fresh fruits, Chia,
Linseed, desiccated
coconut

STEPS

1. Puree the banana with the Alpro Quarkalternative and the oatmeal until they get a creamy consistency.
2. Add your fruit or vegetables. If the Smoothie Bowl is too firm, gradually add some Alpro Soyadrink.
3. Fill your smoothie mixture and a flat bowl or a glass and decorate it as you wish - for example in individual lines!