

Cut out and stick onto a bottle 😊.

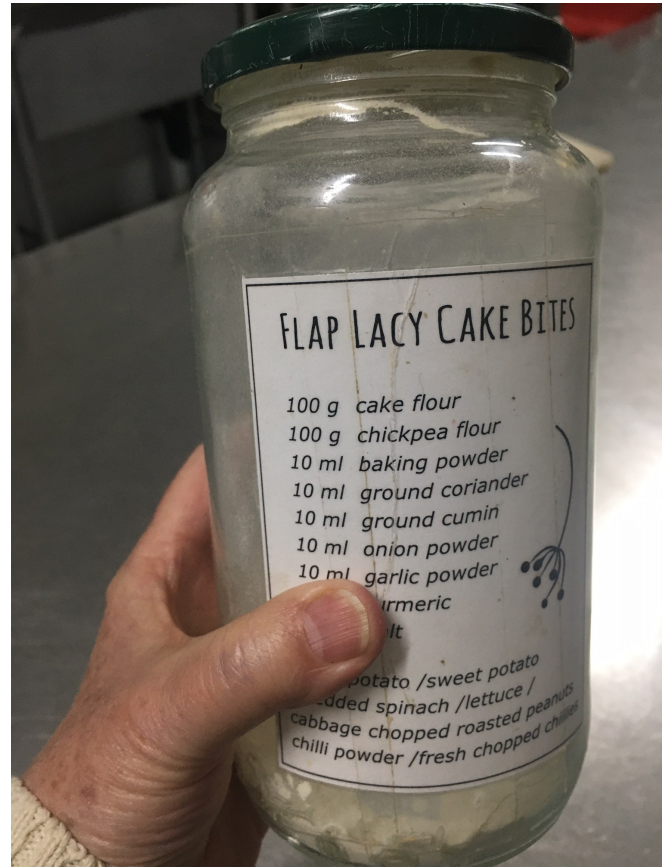
MAGIC FLOUR MIX

100 g cake flour
100 g chickpea flour
10 ml baking powder
10 ml ground coriander
10 ml ground cumin
10 ml [onion powder](#)
10 ml [garlic powder](#)
pinch turmeric
2.5 ml salt

THE
SEEDLING
PLANT-BASED KITCHEN

chopped-grated-shredded:

potato, sweet potato, spinach,
lettuce, cabbage, onion, garlic,
broccoli, turnip carrot, chillies, celery



VEGETABLE CAKES

For each Vegetable cake prepare the following:

1. Make a batter:
Use **50 g** Magic Flour Mix
Add **50 g** water and mix well—you may have to add more water to get a drop consistency.
2. In a separate bowl prepare and combine **160-180 g** of your available vegetables.
3. Pour the batter into the vegetables, mix well.
4. Heat a small pan with very little sunflower oil on medium heat and drop the mixture in once hot. Cook until browned, then flip over.
(Use a large pan if you're making numerous smaller fritters.)

ENJOY !!! 😊