

Recipes and Tips



Sweet Broadbean cakes

- Make this as a family.
- Count out around 10 broad beans (dependent on size) and chop them up into small pieces.
- Put them in the bowl.
- One person adds one tablespoon of flour to the bowl.
- One person adds one teaspoon of honey to the bowl. **Put the bowl right next to the honey when you do this.**
- Stir the mixture.
- Start by adding one spoonful of milk to the mixture, see if you can stir it into a thick paste, add more milk as needed.
- Cook on a griddle or frying pan until brown on both sides.