



Simple Baobab drink

Ingredients

- 2 tbsp Baobab powder
- 1/16 of pure stevia
- 2 1/2 cups of water

Directions

Blend or mix together in a small jug

Optional – Add ice cubes and ¼ tsp of grated ginger for a bit more zesty flavour.

Baobab Face Mask

DIRECTIONS

- Mix together ½tsp of baobab powder with ½ tsp of pure turmeric powder and 1 tbsp of honey, 2 tbsp of natural yoghurt in a bowl and mix well.
- Apply a thin layer of the mask evenly over your clean dry skin.
- Leave mask on for 10-20 minutes

Other ways to use Baobab Powder

DIRECTIONS

- For Baking (Baobab powder is good for baking because it is rich in Vitamin C). Vitamin C helps boost the action of yeast by providing a slightly acidic environment in which yeast thrives.
- Sprinkle every morning onto breakfast cereals and porridge.

BAOBAB BERRY SMOOTHIE

INGREDIENTS

- 1-2 tbsp Baobab Powder
- $\frac{3}{4}$ cup of soy milk/or almond milk
- $\frac{1}{2}$ cup of frozen or fresh berries
- 1 large ripe banana
- 1 small apple chopped and cored

DIRECTIONS

Blend ingredients together and pour into a glass.



Vegan Baobab Muffin



Ingredients

- 2 1/4 cups plain flour
- 1 1/4 cups brown sugar
- 3/4 cup vegan butter
- 1 1/4 tsp Baking Powder
- 1/4 tsp. Bicarbonate soda
- 1 1/2 cups almond milk
- 150 grams Dates (chopped)
- 1 tsp of Vanilla extract (alcohol free)



Directions

1. In a mixing bowl, mix dry ingredients (baking powder, baobab powder and bicarbonate soda). In a separate mixing bowl add brown sugar, melted vegan butter, almond milk, vanilla extract, mix together well and then add dates.
2. Add dry ingredients to the wet ingredients and mix until all is blended.
3. Grease muffin tray and evenly scoop batter into each muffin hole
4. Place tray in the middle of the oven and bake at 180 degrees Celsius or 356 degrees Fahrenheit for about 20 minutes.