

# Natural & Healthy4Life

MEDITERRANEAN INSPIRED NATUROPATH'S COOK BOOK



For Healthy  
Living

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# *with Mediterranean Inspired Vegetarian Recipes*

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# BREAKFAST

## **LEMON Water** before Breakfast (15mins)

Wash lemon before cutting, Cut 1/4 wedge, squeeze the juice into a mug

Add boiling water, and sit till cool, drink at desirable temperature

Sour tastes promote digestive enzymes to help digest our food

## **Vanilla FRUIT Salad**

### **INGREDIENTS**

- Berries - 2 cups strawberries (halved) & 1 cup blueberries
- 1 cup Pineapple chunks (fresh) & 1 cup paw paw (chunks)
- 2 green Kiwi's (peeled and sliced)
- 2 teaspoons Pure Vanilla Extract

### **INSTRUCTIONS**

Mix fruit and vanilla in a large bowl. Cover. Refrigerate 1 hour to serve.

Cut up a small bowl of sour fruits eat upon waking to stimulate digestion.

Eat 1/2 - 1 hour before any other food, to avoid fermentation.

# Anti-inflammatory Sunrise JUICE

## INGREDIENTS

- 2 raw Carrots, tops removed and peeled
- 1 Grapefruit, peel and pips removed
- 1 Orange, peeled and pips removed
- 1/4 yellow or red Capsicum
- 1 knob fresh Ginger, peeled
- 1 knob fresh Turmeric, peeled (or add 1/4 teaspoon ground turmeric after juicing) pinch Black Pepper
- 1 tsp Coconut or Almond yoghurt

## INSTRUCTIONS

Wash all ingredients, remove skin from citrus, chop to fit juicer.

Feedthrough alternating between fibrous (ginger, turmeric) and juicy (grapefruit, orange, capsicum) ingredients, while using the hard ingredients (carrots) to push everything through.

Stir in the black pepper (or/and Coconut oil). Taste and adjust the yoghurt to your liking. Stir well, pour into a glass or sealed jar, serve cold, and can be stored in the fridge.

# AVOCADO tempeh TOAST - Avoid if NO SOY

## INGREDIENTS

- Tempeh, sliced 1,5cm thick
- 1 tsp Olive oil
- Turmeric powder
- Salt & Pepper
- Avocado
- Chives
- Gluten-free toast

## INSTRUCTIONS

Rub each side of the tempeh with turmeric, salt, pepper. On med-high heat, heat olive oil in your pan and add in the tempeh slices.

Slice the avocado and assemble a gluten-free toast with the tempeh, avocado and olive oil.

# BBB - SMOOTHIE

## INGREDIENTS

- 1/2 raw Beetroot, peeled
  - 1 ripe Banana (exclude if avoiding sweet)
  - 1 cup frozen Blueberries (plus extra for serving)
  - 1/2 cup cooked white Beans (rinse if using cans) or Hemp/Brown rice Protein Powder
- Juice and zest of 1/2 lemon



- 1/2 tsp ground Cinnamon
- 200ml (3/4 cup) Coconut water (or filtered drinking water)

**To Serve** ● 2 cups Yogurt - Coconut / Almond

## **INSTRUCTIONS**

Roughly chop or grate the beetroot, roughly chop the banana, add to a blender and all of the ingredients.

Blend on high speed until completely smooth, pour in 4 medium-sized glasses, fill them halfway.

Fill up with yoghurt, working your way from the outside of the glass, run a spoon around the inside edges of the glasses to create a marbled effect. Top with extra blueberries and a sprinkle of cinnamon.

# Berry & Cashew SMOOTHIE BOWL

## INGREDIENTS

- 1 frozen Banana, chopped (**exclude if avoiding sweet**) instead choose 2 Tbsp plant-based Protein powder (hemp, pea, brown rice)
- 1 cup frozen mixed Berries
- Juice of 1/2 fresh Lime
- 2 Tbsp hemp / brown rice Protein Powder
- 1/4 cup Cashew or alternative Nut Spread
- 1/4 cup Coconut or your favourite yoghurt
- 1/4 cup Coconut water

## INSTRUCTIONS

Place all ingredients, including frozen banana and berries, lime juice, cashew spread, yoghurt and coconut water in a high powered blender and blitz on medium to high speed until it becomes smooth and creamy.

Place smoothie in a bowl and garnish with your favourite toppings like fresh berries, chopped nuts, toasted coconut and granola.

# BIRCHER

## INGREDIENTS

- 1 cup rolled Oats (gluten-free) or Quinoa / Buckwheat flakes
  - 1/2 cup fresh-squeezed Orange juice
  - 1/2 cup non-dairy Yoghurt (coconut or almond)
  - 1/2 cup chopped Almonds/Hazelnut, Sunflower or Pumpkin seeds
- Optional: pre-soaked and blended fFax and Chia seeds (2 Tbsp), fermented brown rice Protein powder (1 Tbsp), Hemp seeds (1 Tbsp)
- 1 green Apple grated or stewed
  - 2 Tbsp dried Coconut (shredded or chips)
  - Sprinkle of Cinnamon, Cardamom or Ginger

## Add as topping

- Fruits, nuts, seeds or coconut chips

## INSTRUCTIONS

Mix everything and soak the ingredients overnight in the fridge.

Add toppings as desire.

# Buckwheat BREAD

## INGREDIENTS

Bowl 1:

- 650 ml Water
- 4 tablespoons ground Flaxseed (or pre-soaked whole & blended)
- 3 tablespoons Psyllium husk powder (optional)
- 2 tablespoons organic apple cider Vinegar

Bowl 2:

- 300 g Buckwheat flour
- 100 g Buckwheat flakes
- 1 1/2 teaspoons Baking powder (phosphate-free)
- 1 1/2 teaspoons sea Salt
- 1 cup mixed activated Seeds e.g. a mix of Buckwheat and seeds like Sesame, Pumpkin, Flax, Sunflower, plus more for garnish 100g
- Coconut oil, to grease the loaf pan

## INSTRUCTIONS

In a large mixing bowl combine the water, vinegar, linseed and psyllium husk. Allow to stand 20 minutes, then whisk to combine. Combine the buckwheat flour, buckwheat flakes, mixed seeds, baking powder and salt in a

medium mixing bowl. Whisk together till well combined. Pour the dry mix into the wet mix and mix until combined thoroughly.

Meanwhile, preheat the oven to 350°F / 180°C.

Grease a loaf pan with coconut oil and line the bottom and sides with a piece of greaseproof paper.

Transfer the dough into the prepared loaf tin and smooth the top with a spatula. Sprinkle with extra seeds.

Transfer to the preheated oven and bake for 1 hour 10-15 minutes. The bread should be golden brown and very firm to touch in the centre when it is done.

Remove from the oven, place on a cooling rack; remove it from the loaf pan as soon as it's cool enough to handle to avoid it "sweating" and then allow to cool completely.

Once cooled, slice and store in the fridge for up to a week or sealed in the freezer for longer life.

# Buckwheat PANCAKES

## INGREDIENTS

- Buckwheat Pancake Mix (pre-packaged Orgran)
  - OR 1 cup Buckwheat ground
  - 1/4 cup Rice Flour
  - 1/4 cup Sorgum Flour
  - 1 tspn Baking powder
- 1-2 Eggs
- 1/2 cup ground Flax and Sunflower seeds (pre-soaked)
  - 1 Tbsp whole Hemp seeds
  - 1 tsp Cinnamon / Cardamon powder (optional)
  - 1/2 tsp Vanilla essence (optional)

## INSTRUCTIONS

Place dry ingredients into a bowl, make a central well, crack in the eggs.

Add Coconut /Almond Milk whisk until mixture is thick and ready to pour.

Add 1 Tbsp Coconut / Olive oil in heated frying pan, pour into the pan and cook both sides. Add your favourite topping: stewed berries or grated green apple, pinch of cinnamon, sliced banana, coconut yogurt, chipped coconut, avocado and tahini.

For a savoury pancakes options include in the batter: baby spinach or kale finely chopped; crumbled goats feta cheese; chopped onion and parsley; teaspoon ground cumin seeds; garlic cloves crushed; pine nuts and pinch of nutmeg; or as a side dish with Roma tomatoes.

# CHIA PUDDING

## INGREDIENTS

- 3–4 Tbsp Chia seeds
- 1 cup milk (Coconut, Almond or Cashew milk) or fresh Fruit juice
- 1/4 teaspoon Vanilla (optional)
- Toppings: fresh Berries or other fruit, Granola, Nut butter, etc

## INSTRUCTIONS

In a bowl stir together chia seeds, milk, and vanilla, if using.

Pouring almond milk / juice (or left over smoothie from breakfast), into a jar with the chia seeds in already.

Once the chia pudding mixture is well combined, let it sit for 5 minutes, give it a stir/shake to break up any clumps of chia seeds, cover and put the mixture in the fridge to “set” for 1-2 hours or overnight. The chia pudding should be nice and thick, not too runny. If it’s not thick enough, you could add other activated seeds or nuts (about 1 Tablespoon), stir and refrigerate for another 30 minutes or so.

You can also prep your pudding the night before and let it sit in the fridge overnight if that’s



easier. When ready to serve top the pudding with berries and/or granola and enjoy. Chia pudding can be stored for up to 5-7 days in an airtight container in the refrigerator.

# Quinoa PORRIDGE

## INGREDIENTS

- 1/2 cup Quinoa / Buckwheat flakes (or cooked quinoa) or pre-soaked over-night Oats (if not gluten sensitive)
- 1 cup of non-dairy Milk of choice (Coconut, Almond etc.)
- 1 tablespoon of Coconut oil

## Additional add-ons:

1-2 cup Flax seeds (pre-soaked, strained & blended) cook in porridge

2-4 cup Chia seeds (soaked in milk alternative) cook in porridge

- 1-2 Tbsp Sunflower & Pumpkin Seeds (pre-soaked, strained)
- 1 Green Apple (grated fresh, preferably stewed)
- 1/4 cup mixed Berries (fresh, preferably stewed)
- 1-2 Tbsp Hemp seeds, sprinkled on top
- 1 Medjool Date fresh (exclude if avoiding sweet)
- Sprinkle of Cinnamon (cassia)

## INSTRUCTIONS

Add milk to quinoa/oats and slowly bring to boil stirring continuously until desired consistency is reached.

Add a tablespoon of coconut oil and any additional add-ons listed.

## **ROCKET Fruit Salad**

### **INGREDIENTS**

- 3 cups fresh Rocket, little bit of Red onion (thinly sliced)
- 1/2 cup Blueberries & 1/2 cup Strawberries (cut in half)
- 1/2 cup Pineapple chunks
- 1/4 cup Walnuts (chopped)
- 2 tablespoons extra-virgin Olive oil
- 1 tablespoon Lemon juice, Salt & Pepper

### **INSTRUCTIONS**

In a medium bowl add the fresh Rocket, blueberries, strawberries, pineapple, walnuts and red onions. Toss everything together.

In a small jar, stir the salad dressing ingredients (olive oil, lemon juice, salt and pepper).

Gently toss the salad ingredients with the dressing, serve and enjoy.

# Acai BOWL

## INGREDIENTS

### For the toppings

- 1 handful Coconut flakes
- 1 cup frozen Mango, diced (**choose Paw paw if avoiding sweet**)
- 4 sliced Strawberries
- 1 small handful Blueberries
- 1 small handful Pumpkin seeds
- Other toppings: Granola, Almonds, Pecans, Walnuts, Almond or other Nut butter, Chia or Hemp seeds.

### For the acai bowl

- 1 cup frozen Pineapple chunks or another fruit
- 1 large Banana (**exclude if avoiding sweet**)
- 1/2 Mango (or 1/2 cup frozen diced) (**exclude if avoiding sweet**)
- 200 grams frozen unsweetened Acai pulp - or powdered 1-2 Tbsp
- 1 tablespoon Lime juice
- 1/4 cup cold Water

## INSTRUCTIONS

Prep the toppings before making the bowl to minimise melting: In a small pan, toast the coconut over low to medium-low heat until golden brown, stirring often. Immediately remove to a bowl.

Dice the mango and reserve half for the acai. Slice the strawberries.

In a large high speed or regular blender, blend the pineapple, banana and mango until somewhat combined and chunky.

Add the acai to the blender with the lime juice and 1/4 cup cold water. Blend until smooth, stopping and stirring as necessary. If you need a bit more water you can add it; try not to add too much to keep the acai texture thick. A high-speed blender will work well here; with a regular blender, you'll have to stop and stir more.

Pour the acai mixture into bowls. Top with the fruit, coconut, pepitas, and other toppings. Serve immediately.

# Spiced QUINOA

## INGREDIENTS

- 1 cup Quinoa, rinsed
- 2 cups of Water
- 1/2 cup shredded Coconut
- 1/4 cup Hemp seeds
- 2 Tbsp Flax seeds, pre-soaked
- 1 tsp ground Cinnamon
- 1/2 tsp Vanilla extract
- pinch of Salt
- 1 cup fresh Berries
- 1/4 cup chopped Hazelnuts

## INSTRUCTIONS

Add the Quinoa and water to a medium saucepan, bring to the boil, reduce the heat to simmer and cook for 15-20 minutes, or until the quinoa is cooked. The quinoa should double in size, lightly fluff up with a fork. Stir in the coconut, hemp seeds, flax seeds, cinnamon, vanilla and a pinch of salt. Serve in 4 bowls and top with fresh or stewed berries and chopped hazelnuts.

# Pineapple SMOOTHIE

## INGREDIENTS

- 1 cup fresh Pineapple, diced (include core for increased enzymes)
- Half a large Avocado (or a banana - **exclude if avoiding sweet**)
- Handful baby Spinach (pre-cooked lightly steamed, chopped and frozen)
- 250ml coconut water or coconut/almond milk

## INSTRUCTIONS

Add all ingredients to blender and mix until smooth

Optional - Hemp / Brown rice / Pea Protein powder

# Purple & Blue SMOOTHIE

## INGREDIENTS

- 1 small raw Beetroot, peeled (80g)
- 1/2 cup Blueberries (fresh or frozen)
- 1/2 cup Raspberries (fresh or frozen)
- 1 ripe Banana, peeled (exclude if avoiding sweet)
- 1-2 tablespoon Hemp seeds (or Hemp protein powder)
- 1/2 - 1 tsp fresh Ginger, grated (or 1/4 tsp ground ginger)
- 350ml (1 1/2 cup) Almond/Coconut Milk
- 1-2 tablespoons Lemon juice

## INSTRUCTIONS

Lightly steam or roast Beetroot, roughly chop, can be grated raw if you have a powerful juicer, add all the ingredients to the blender.

Pour into medium-sized glasses, jars or bottles, keep refrigerated.



# **SOUTHWEST Breakfast Pan**

## **INGREDIENTS**

- 1 cup sliced Mushrooms
- 1 cup diced Zucchini
- 1/2 cup Onion, red or white
- 1/2 cup chopped Shallots
- a handful of fresh chopped Coriander
- 1/2 a red Capsicum, diced
- 1 tsp each Garlic powder and chilli powder
- 1/2 tsp Cumin and Paprika, Salt and Pepper, to taste
- Avocado and Salsa, for topping

## **INSTRUCTIONS**

Add everything to a skillet (frying pan) and cook over medium-high heat (add a few splashes of water if it starts to stick to the pan) until the veggies are softened and nicely browned, about 6-7 minutes.

Season with salt and pepper, top with avocado, salsa, extra chopped green onion and fresh cilantro and hot sauce if desired and serve right away.

# Sweet Potato BOWL

## INGREDIENTS

- 500 grams Sweet potato (1 very large or 2 small)
- 1 small slightly ripe mashed Banana (exclude if avoiding sweet)
- Cinnamon, to taste
- 2 tablespoons Raisins
- 2 tablespoons chopped Nuts (pecan, walnuts)
- 2 tablespoons Almond butter (almond, macadamia)

## INSTRUCTIONS

Preheat the oven to 182C degrees. Wash and lightly dry sweet potato. Poke with a fork several times and wrap in foil. Bake large sweet potato for around 1 hour, until a fork can easily pierce through the entire sweet potato. Let cool for at least five minutes before peeling.

Peel cooled sweet potato and lightly mash with cinnamon and the mashed banana (optional). Top with raisins and chopped nuts.

# Breakfast MUFFIN

## INGREDIENTS

- 2 Eggs - or flax eggs
- 1 ripe Banana - mashed, or 1/2 cup Sweet Potato mash
- 2-3 Tbsp Maple syrup
- 3 Tbsp Olive oil extra virgin
- 1 grated green Apple - 1/2 cup
- 2-4 Medjool Dates chopped, softened in hot water
- 1 1/2 tsp Baking powder - gluten free
- 1/2 tsp Himalayan Salt ground
- 1/2 tsp Cinnamon or Cardamon
- 1/2 cup Dairy free milk (Hemp, Almond, Coconut)
- 1 cup grated Carrot
- 2 cups Almond meal & 1 cup Hemp seeds
- 3 Tbsp roughly chopped Nuts of choice - walnut, pecan

Blend all the ingredients in a food processor or mixer, except the chopped nuts. Spoon into muffin pan, top with chopped nuts and cook on 190°C for 45 minutes, enjoy warm or cold.

# Tempeh SCRAMBLE - avoid if NO Soy

## INGREDIENTS

- 1 tablespoon Olive oil
- 1/4 of an Onion, diced
- 2 Garlic cloves (rough chopped) or powder (add with the turmeric)
- 2–3 cups chopped Veggies – asparagus, snow peas, mushrooms, shredded cabbage, chard, kale, capsicum, zucchini, carrots.
- 230 grams Tempeh and either cut into cubes or crumbled
- Salt and Pepper to taste
- 1/4–1/2 teaspoon Turmeric – optional
- small splash Tamari
- Additional Toppings - fresh herbs or shallots, sprouts, avocado, chilli flakes, seeds – sunflower, hemp, pumpkin seeds – optional.

## INSTRUCTIONS

Heat oil in a large saucepan. Saute onion 2 minutes over medium-high heat, then turn heat to medium add garlic and other veggies. Lightly salt. Sauté until

translucent, turning heat down if necessary and/or covering.

Once veggies are just tender, make a well in the centre of the pan and add the tempeh, and saute it back at medium heat. If the tempeh sticks – instead of adding more oil - try letting it form a golden crust, before trying to flip it, and use a spatula .

Season tempeh with salt, capsicum and turmeric. When tempeh is starting to have some crispy edges, fold it into the veggies, and taste. If it tastes bland, it most likely needs a little salt or drizzle of tamari.

Many people like to add nutritional yeast for a cheesy flavour.

Divide among two bowls and add sliced avocado, sprouts, shallots or chopped herbs, and a few seeds (optional).

# Mushroom & Spinach FRITTATA

## INGREDIENTS

- 1 cup Chickpea flour
- 1 cup Water
- 2 Eggs - optional
- 2 Tbsp extra virgin Olive oil
- 1 red onion, or 2 Shallots
- 1 Garlic clove - optional
- 2 cups sliced Mushrooms
- 1 cup chopped Spinach or Kale leaves
- 1 tsp Turmeric ground
- 1/2 tsp Cumin ground
- Salt and Pepper to taste
- Fresh herbs chopped Parsley, Oregano, Thyme

## INSTRUCTIONS

Preheat the oven to 180°C. In a small bowl mix add the chickpea flour and slowly add the water and salt, combine eggs, set aside

In a large oven safe frying pan add the olive oil, onions, and garlic. Saute for 5 minutes, until onion is soft.

Add the mushrooms and spinach, saute for another 5 minutes, add Turmeric,

Cumin, salt and pepper, saute for 1 minute.

Pour the batter over the vegetables and sprinkle with parsley. Place the pan in the oven and bake for 25 minutes, serve warm.

**Choose to drink** Herbal tea, Chai or fresh vegetable juices in-between meals, along with 2 litres minimum of water (filtered) per day.

# Main Meals

## Bean or Lentil CURRY

### INGREDIENTS

- 1/2 medium Pumpkin
- 4 cm piece of Ginger finely sliced into sticks
- 4 Shallots chopped
- 3-4 cloves of Garlic
- 1 fresh Chilli (optional)
- 1 bunch Coriander chopped
- Olive oil for cooking
- 1 tsp Mustard seeds
- 20 Curry leaves - fresh or dried
- 1 tsp Turmeric powder - optional
- 1 tin Coconut Milk or Cream (depends on how creamy you like it)
- 2 tin organic Bean/lentil of Choice 400g or (pre-soaked & cooked)
- Optional addition - 1 tin diced Tomatoes

### INSTRUCTIONS

Chop pumpkin into 3cm pieces, and ginger into matchsticks, pick the coriander leaves and finely chop the stalks.



Pour olive oil into a deep saucepan and heat, add ginger, garlic, red chilli and shallots, reduce to medium heat, cook until softens, stirring occasionally, add mustard seeds, curry leaves and coriander stalks, fry until curry leaves are crisp.

Add Turmeric and coconut milk. Bring to boil.

Add the pumpkin pieces and bean/lentil of choice.

Reduce the heat, cover with a lid and simmer for 45 minutes.

Check occasionally and add a splash of water if it looks dry or starts to stick on the bottom. After the 45 mins, take the lid off and cook for a further 15 mins, or until the sauce is lovely and thick.

Scatter with coriander leaves and serve with salad and/or quinoa/buckwheat/rice.

# Bean SALAD

## INGREDIENTS

### For the salad

- 3 cans organic Beans, drained and rinsed or use 4 1/2 cups cooked beans (pre-soaked)
- 1/2 medium Onion, finely chopped (about 3/4 cup)
- 1 medium Cucumber, finely chopped (about 2 cups)
- 3 tablespoons drained Capers
- 1/2 cup (60 grams) finely chopped fresh Parsley
- 3/4 teaspoon dried Oregano, see notes

### For the dressing

- 1/4 cup (60 ml) red wine Vinegar
- 1/4 cup (60 ml) extra-virgin Olive oil
- 1 teaspoon Dijon mustard
- 3/4 teaspoon fine sea Salt, plus more to taste
- 1/4 teaspoon fresh ground black Pepper
- pinch Coconut sugar

## INSTRUCTIONS

Add chopped onions to a small bowl and cover with cold water. Set aside for 5 minutes, drain, and then rinse. This step helps to remove some of the “raw” flavours of the onion so that it does not overpower the salad.

Meanwhile, in the bottom of a large bowl, whisk together the vinegar, olive oil, mustard, salt and pepper. Taste the dressing and then adjust with more salt/pepper. If the dressing tastes too abrasive, whisk in a pinch of coconut sugar to balance out the vinegar.

Add the beans, drained onion, cucumber, parsley, capers and dried oregano. Toss well, cover and chill in the refrigerator at least 1 hour to allow the beans to marinate in the dressing.

The salad will keep stored in an airtight container in the fridge up to 4 days.

# Marinated MUSHROOMS

## INGREDIENTS

- 350 grams small button Mushrooms
- 1 tsp Olive oil + 1/4 cup extra virgin Olive oil
- 1/4 cup red Wine / Pomegranate / Beetroot vinegar
- 2 cloves Garlic (smashed and minced)
- 1/2 tsp red Capsicum/chilli flakes (optional)
- 1/2 tsp dried Basil and 1/4 tsp dried Oregano and Thyme
- 1/4-1/2 tsp sea Salt
- 2 tsp fresh chopped Parsley or dried

## INSTRUCTIONS

Heat a pan to medium-high heat and add your mushrooms plus a little bit of olive oil. Saute for 5 minutes until tender and slightly browned.

While the mushrooms cook, whisk together your marinade and set aside. Transfer the mushrooms to a medium bowl and toss with marinade to coat. Enjoy warm or cold.

# Beetroot, Mushroom and Avocado SALAD

## INGREDIENTS

- 4 - 6 large Mushroom (portobello) caps
- 1/4 cup Lemon juice
- 3 tbsp. Olive oil
- 1 small Shallot, finely chopped
- 140 grams chopped or baby Kale
- 230 grams pre-cooked Beetroot, chopped
- 1-2 ripe Avocados, thinly sliced
- 2 sheets Nori, cut into small pieces

## INSTRUCTIONS

On a large rimmed baking sheet, spray mushroom caps with olive oil spray and sprinkle with 1/2 teaspoon salt; roast at 210°C for 20 minutes.

Whisk lemon juice, olive oil, shallot, add salt and pepper; toss half with baby kale and beets. Top with avocados, nori, and portobellos, thinly sliced. Serve with remaining dressing on the side.

# ROOT VEGGIES Salad with Pistachios

## INGREDIENTS

- 1kg roasted Root veggies (beets, carrots, parsnips, sweet potatoes)
- 1/3 cup red Onion, very finely chopped
- 1 Garlic clove, finely minced, use a garlic press
- 4 tablespoons Olive oil
- 2 tablespoons red wine Vinegar (Apple Cider or Pomegranate)
- 1 Orange (2 tablespoons zest and 4 tablespoons juice)
- 1/2 – 1 cup Raisins or dried Currants
- 1/2 teaspoon Salt, more to taste
- 1/2 teaspoon Pepper
- 1 cup Coriander, chopped, tender stems OK (or mint, Italian parsley, basil)
- 1/2 –1 cup Pistachios
- Pomegranate seeds (optional)

## INSTRUCTIONS

Dice the tubers and season with olive oil, salt, pepper and rosemary.

Place in a tray with baking paper and roast at 180°C for 30-40 min, or until they start

to brown and until fork tender. (you can do this ahead and refrigerate).

Place them in a large bowl.

Add diced onion, garlic, olive oil, vinegar, orange zest and orange juice, raisins, salt and pepper and mix to combine well. Add pistachios. Gently toss.

Taste, add more pistachios, raisins to taste. Adjust salt and pepper. Add a squeeze of orange juice. Serve with coriander.

# Broccoli SALAD with Hemp Dressing

## INGREDIENTS

### Herby Creamy Hemp Dressing:

- 1 cup Hemp seeds (or sub 1/2 cup cashews)
- 1/2 cup Water
- 2 tablespoons Olive oil
- 4 tablespoons Lemon juice ( 2 lemons)
- 2 tablespoon Apple Cider /Pomegranate vinegar
- 4 garlic Cloves - chopped finely
- 1 teaspoon Salt
- 2 tablespoons Nutritional yeast (optional but tasty!)
- 1/2 cup fresh flat-leaf Parsley (or combo of dill, basil or chives)

### Broccoli Salad:

- 240 grams lightly steamed Broccoli
- 1 cup shredded purple Cabbage
- 1/4 cup finely sliced or diced red Onion
- 1/2 cup sliced and quartered Radishes (or grated for subtle taste)
- 1 cup thinly sliced Cucumber



## INSTRUCTIONS

**Make the dressing:** Place dressing ingredients (except parsley) in a blender and blend until very smooth. If you need a tablespoon more of water to get the blender going-so be it. Add the Parsley. Blend until chopped. Place in the fridge, this is best chilled. You can make this ahead, and will last 3-4 days refrigerated.

**Make the salad:** Add veggies in a bowl. Add some of the dressing.

Season the salad with more salt and pepper to taste.

Before serving sprinkle with hemp or sunflower seeds, add sprouts, parsley leaves and avocado if you like.

Salad will keep for 3 days (without dressing and nuts) in the fridge for 3 days.

# Chickpea SALAD

## INGREDIENTS

- 1 Avocado
- 1/2 fresh Lemon
- 1 can Chickpeas drained (19 oz) (or white bean)
- 1/4 cup red Onion sliced
- 2 cups cherry or sliced roma Tomatoes
- 2 cups Cucumber diced
- 1/2 cup fresh Parsley
- 3/4 cup red/yellow Capsicum diced
- Rocket leaves

## Dressing

- 1/4 cup Olive oil
- 2 tablespoons red wine / Apple cider / Pomegranate Vinegar
- 1/2 teaspoon Cumin
- Salt & Pepper

## INSTRUCTIONS

Roast chickpeas: mix with some olive oil, salt, pepper and smoked paprika (optional). Roast until they are nearly crunchy.

Cut avocado into cubes and place in a bowl.

Squeeze the juice from 1/2 lemon over the avocado and gently stir to combine.

Add remaining salad ingredients (except rocket) and gently toss to combine.

Refrigerate at least one hour before serving

Add rocket leaves, toss and serve.

## Citrus SALAD with Figs

### INGREDIENTS

#### Citrus Vinaigrette:

- 4 tablespoons Olive oil
- 2 tablespoons apple cider / Pomegranate Vinegar
- 2 tablespoons Orange juice
- 1 tablespoon Lemon juice (or lime)
- 1 Tbsp Shallot (finely chopped) or 1 Garlic clove, finely minced
- 1/4 teaspoon Salt (more to taste)
- 1/4 teaspoon Pepper

#### Orange Salad:

- 1/4 cup Coconut flakes, toasted
- 1/4 cup thinly sliced red Onion
- 3–5 Oranges, peeled with a knife and sliced (use a mix of oranges, blood oranges, mandarins or another ripe citrus)
- 2–3 large handfuls of Rocket (or radicchio)

- 1/4 cup chopped or sliced Figs (dried or fresh)
- 1/4 cup Nuts - Pistachios, Pecan pieces or sliced Almonds
- fresh mint and/or Italian Parsley

## **INSTRUCTIONS**

Make the dressing - mix everything together in a small bowl or jar

Toast the coconut (in a dry frying pan over low heat) and soak red onions in a bowl of salted water (this optional, to remove the bite and bitterness - some people prefer the bite and bitterness)

Cut the rinds off the oranges and slice into 1/4 inch thick rounds

Place the rocket (or radicchio) on a platter to form the base of the salad. Layer the orange slices over top. Sprinkle with the chopped figs, nuts and toasted coconut

Drain and scatter the red onions. Add some mint leaves and spoon the dressing over top. You will probably not need all the dressing

Add more cracked pepper if you like

Serve immediately

# Cumin Red SALAD

## INGREDIENTS

- 2 tsp Cumin seeds
- 3 Tbsp Olive oil
- 100g Mushrooms
- 3 medium firm ripe Roma Tomatoes
- 1 medium red Capsicum
- 1-2 Lebanese Cucumber
- 1 Tbsp red wine or Pomegranate Vinegar
- Salt and freshly ground Pepper
- 12 Kalamata or Sicilian Olives
- Fresh Herbs - Shallots, Parsley, Coriander, Thyme - optional

## INSTRUCTIONS

Cook cumin seeds in the oil for about 1 minute, and set aside.

Thinly slice the mushrooms into a shallow bowl, pour in the oil and cumin seeds, and gently toss.

Cut the tomatoes, capsicum and cucumbers into 2cm diced pieces, and add to the mushrooms. Pour in the vinegar and season with salt and freshly ground pepper, gently toss and top with olives and herbs.

# Mushroom Quinoa RISOTTO

## INGREDIENTS

- 1 tbsp Olive oil
- 1 Shallot, or 1/2 white Onion, diced
- 3 Garlic cloves, minced
- 100 g button Mushrooms, thinly sliced
- 100 g Quinoa
- 500 ml vegetable Stock
- 1/2 tbsp white wine Vinegar, (Optional)
- 4 tbsp Nutritional yeast flakes, (Optional)
- Fresh Parsley, to serve
- Salt and Pepper, to taste

## INSTRUCTIONS

Heat the olive oil in a large frying pan. Add the shallot and garlic and cook on medium-low heat until softened.

Add the mushrooms and cook for a further minute.

Stir in the quinoa and immediately pour in the stock and vinegar (if using).

Bring to a boil then reduce to a simmer for approximately 30 minutes or until all the liquid has been absorbed and the quinoa is cooked. Add more hot water, if necessary, so quinoa is a little overcooked.

Once cooked, stir in the nutritional yeast (if using), stir in a handful of chopped fresh parsley and season with salt and pepper.

Serve & enjoy!

# Curry Chickpea SALAD with Toasted Coconut

## INGREDIENTS

- 1/2 cup shredded Coconut, toasted
- 1/3 cup Cashews (or your choice of nuts),  
toasted
- 1 1/2 cups cooked Chickpeas
- 4 Figs dried, chopped small
- 1 cup Celery, diced
- 1/2 cup green Apple, chopped
- 1/4 cup red Onion, finely diced (or  
shallots)
- 1/4 cup Coriander, chopped (or shallots)
- 1 tablespoon Orange zest (optional)
- 3–4 tablespoons Olive oil
- 2 teaspoons apple cider Vinegar
- 2–3 teaspoons yellow Curry powder
- 1/4 teaspoon Salt, more to taste
- 1/4 teaspoon Pepper

## INSTRUCTIONS

Toast cashews (other nut) and coconut over low  
heat, until golden and fragrant.

Place chickpeas in a medium bowl and add celery,  
apple, figs, onion, coriander and  
orange zest.



Mix in the olive oil and vinegar, until well combined. Add the curry powder, salt and pepper. Toss in the toasted coconut and cashews (nuts).  
Mix.

Taste, and add more salt if needed. Feel free to add more curry powder or a pinch of cayenne for more heat or flavour.

# Cauliflower RICE - for Nori rolls or Tabouli

## INGREDIENTS

- 1/2 - 1 head of Cauliflower, cut into bunches
- 2 Tbsp Apple cider vinegar (or Kombucha vinegar)
- 1 Tbsp sweetener (Maple syrup, Coconut nectar, Rice malt etc)
- 1 Tbsp Psyllium husk (or use Slippery elm or ground Chia seed)

## INSTRUCTIONS

Process cauliflower pieces in food processor (small portions at a time to turn soggy), until it resembles small rice size pieces. Transfer into larger mixing bowl and mix thoroughly with the Apple cider Vinegar and sweetener. Mix in the Psyllium husk.

Using a nut bag, squeeze out all the excess water from the cauliflower.

You can also try swapping the cauliflower for other vegetables such as beetroot or carrot. Cauliflower rice can be used instead of rice in

Nori rolls, or in Tabouli instead of black rice (see below).

## **Tabbouleh SALAD**

### **INGREDIENTS**

- 4 cups of cooked black Rice
- 1 large bunch Parsley, chopped, add in tender stems
- 1/4 cup Mint, chopped (or basil)
- 1 Cucumber, diced
- 450 grams roma Tomatoes
- 1/3 cup red or white Onion, very finely diced
- 1/4 cup extra virgin Olive oil
- 1/8 cup Lemon juice, more to taste
- 3/4 teaspoon Himalayan Salt

### **INSTRUCTIONS**

Place cooked black rice in a large bowl along with parsley, mint (or basil) cucumber, tomatoes and onions, and give a stir.

Drizzle with olive oil and lemon.

Add salt as desired. Balance between lemon and salt to your liking.

# NORI Rolls

## INGREDIENTS

- 2-4 sheets of Nori Seaweed Paper
- 1 cup Brown Rice (soaked & cooked) or Cauliflower Rice
- 1 tsp apple cider / rice wine Vinegar
- Vegetable mix for the centre - Julienne Zucchini / Parsnip / Carrot (lightly steamed), Cucumber, Avocado, Sprouts, fried Tempeh

## INSTRUCTIONS

Bring water to boil in a saucepan, add Salt and Rice cook until soft.

Remove the water from the rice and leave in the saucepan, add vinegar and mix thoroughly allow to cool to warm

Lay Nori sheets on a chopping board, place a 1-2 cm. Add a layer of rice or cauliflower rice 5 cm from one edge of the sheet, and 2cm from the opposite end. Lay evenly the chosen vegetables about 6 cm from the 2cm end - lengthways.

Roll from the 2cm edge towards the 5cm end firmly, allow it to sit on the 5cm end to allow the moisture to seal the ingredients into the roll for around 5 minutes. Can be made the night before for lunches.

Cut into 4cm pieces. Serve with dipping Tamari, wasabi & pickled ginger.

## **Green SALAD**

### **INGREDIENTS**

- Salad Mix of choice - Mignonette - Endive - Radiccio
- 6-8 sprigs Coriander
- 6-8 sprigs Watercress
- 1/4 cup Mung Bean Sprouts
- 4 Tbsp Olive oil
- 1 Tbsp Pomegranate Vinegar
- Pinch of Salt and Pepper

### **INSTRUCTIONS**

Wash leafy salad greens and herbs, shake out excess moisture, break into pieces and drop into a salad bowl.

Combine dressing ingredients, shake well to mix, pour over the salad and toss. Top with mung bean sprouts.

# Rocket and Brown Rice SALAD

## INGREDIENTS

- 1 cup cooked brown Rice
- 1 bunch Rocket finely chopped
- 4 tablespoons Olive oil
- 1 Garlic clove, finely minced
- 1 tablespoon Lemon zest
- 1/2 teaspoon Salt
- 1 bunch Parsley, very finely chopped, about 1-2 cups
- 1/4 cup red Onion, finely chopped
- 1 cup Pomegranate seeds
- 1/2 cup – 1 cup toasted Almonds, chopped, slivered, or sliced
- 1 tablespoon Lemon juice, and more to taste
- 1/2 teaspoon Allspice , more to taste
- 1/2 teaspoon Cinnamon (optional)
- Optional Garnish: Avocado slices for extra richness

## INSTRUCTIONS

Start brown rice to cook on the stove ( 1/2 cup dry). Place in a pot of salted water, bring to a boil, lower heat, cover, simmer gently until tender, 30-40 minutes. Drain.

Chop kale finely and place in a large bowl. Add oil, salt, garlic and lemon zest.

Add parsley, onion, pomegranate, almonds and brown rice. Toss to combine and add lemon juice and allspice and cinnamon .

Mix and taste, adding more salt, allspice and lemon to your taste.

For extra richness, right before serving, add slices of avocado if you like.

# Mushroom-Quinoa BURGER

## INGREDIENTS

- 4 medium portobello Mushroom caps, gills removed, chopped
- 1/2 cup Walnuts
- 1 clove Garlic
- 2 Tbsp Olive oil
- 1/4 cup Chopped red Onion
- 2-3 Shallots, chopped
- 2 tsp rice wine / apple cider Vinegar
- 1 cup cooked Quinoa
- 1/2 cup Cornstarch or Tapioca flour
- Whole-grain Gluten free burger buns
- Sprouts (mung bean, broccoli, alfalfa)
- Lettuce (dark green)
- Sliced roma Tomatoes

## INSTRUCTIONS

Preheat the oven to 180C degrees. Toss mushrooms with walnuts, garlic, 1 tablespoon oil, 3/4 teaspoon salt, and 1/4 teaspoon pepper; spread in an even layer. Bake for 20 minutes or until



mushrooms are tender. Set aside to cool.

In the food processor, pulse mushroom mixture, red onion, green onions, and vinegar until mostly smooth, scraping the side of the bowl if necessary. Transfer mixture to a large bowl and stir in quinoa and cornstarch until well-blended. Cover bowl with plastic wrap and refrigerate for 2 hours.

Preheat the oven to 180C degrees. Line the baking sheet with foil. Form mixture into 5 patties. In a nonstick skillet, heat remaining 1 tablespoon oil on medium. In 2 batches, cook patties 5 minutes or until well-browned, turning over once. Transfer seared patties to the prepared baking sheet. Bake for 10 minutes or until hot in the centres.

# Asparagus & Snow Pea SALAD

## INGREDIENTS

- 1 bunch fresh Asparagus
- 50g fresh Snow peas
- 1-2 Tbsp Pine nuts
- 1/2 red Capsicum
- 1-2 Shallots
- Olive oil for frying

## INSTRUCTIONS

Trim and cut the asparagus into 3cm segments, and trim/string the snow peas. In a frying pan lightly dry fry (toast) the pine nuts until slightly golden brown, staring constantly, put aside. Slice the capsicum into long thin strips, chop the shallots.

Asparagus, snow peas and capsicum can be lightly fried or steamed, arrange on a plate after cooking, sprinkle pine nuts and drizzle salad dressing/sauce of choice - tahini sauce, green salad dressing etc.

# Brussel Sprout SLAW

## INGREDIENTS

- 10 Brussel Sprouts, hard stems removed, thinly sliced

- 1/2 red Onion, or 1-2 Shallots
- 1 green Apple, thinly sliced
- 1 tsp Dijon mustard
- Salt to taste
- 1 Tbsp Maple syrup - avoid if reducing sweet
- 2 tsp Apple cider / Pomegranate Vinegar
- 1 cup Coconut Yogurt
- 1/2 cup chopped Hazelnuts (or nut of choice)
- 1/2 cup Pomegranate seeds / Cranberries / Currants

## **INSTRUCTIONS**

In a medium bowl, whisk together the Dijon mustard, salt honey, vinegar and yogurt.

Add the thinly sliced Brussel sprouts and apple, onion or shallots.

Toss gently until evenly coated, garnish with nuts and pomegranate.

# Quinoa SALAD

## INGREDIENTS

- 1 cup Quinoa (for every 2 cups water), can also Add in  
Buckwheat groats with the Quinoa
- 2 cups Water
- Crunchy Vegetables - Cucumber, Celery, Bok choy, Hemp seeds, dried Blueberries, Cranberries, Currants
- Fresh Herbs - Parsley / Coriander / Mint
- Bean of Choice - Black bean, Mung bean, Adzuki bean

## Dijon Salad Dressing

- 2 Tbsp dijon Mustard seeds (whole moist in a jar)
- 1 cup Olive oil
- 1/2 cup Pomegranate Vinegar (or Apple Cider Vinegar)
- Pinch of Salt
- 1/2 Lemon juice - optional

## INSTRUCTIONS

Rinse quinoa in a sieve, place in a sauce pan and cook with the 2 cups of water for 10-15 minutes, drain in a colander - spread out

around the colander, place in the fridge to cool. Cut all crunchy salad ingredients into small bite-size pieces, and other ingredients (feta) into smaller pieces, chop fresh herb/s (parsley, coriander or mint).

Mix quinoa and all other ingredients into a bowl, mix well

Mix dressing ingredients half-moons in a jar, shake well with the lid on

**Salad Dressing in a jar** - Add all the ingredients, shake well and pour over the salad when you are ready to serve.

# ROASTED Root Vegetables

## INGREDIENTS

- 2 large Carrots
- 2 medium Parsnips, peeled
- 2 medium Beetroot, peeled
- 1 medium red Onion
- 1 medium Sweet potato
- 3 tablespoons extra-virgin Olive oil
- 1 1/2 tablespoons Apple cider Vinegar or balsamic vinegar
- 1 tablespoon fresh Herbs, such as thyme, rosemary or sage
- 1/2 teaspoon Salt
- 1/2 teaspoon ground Pepper

## INSTRUCTIONS

Position racks in upper and lower thirds of the oven; preheat to 220C degrees. Line 2 large baking sheets with parchment paper.

Cut carrots and parsnips into 1cm-thick slices on a diagonal, then cut into half-moons. Cut beets and onion into 1cm-thick wedges. Cut sweet potato into 2cm cubes. You should have about 12 cups of raw vegetables.

Toss the vegetables with oil, vinegar, herbs, salt and pepper in a large bowl until well coated. Divide between the prepared baking sheets, spreading into a single layer.

Roast the vegetables, rotating the pans top to bottom halfway through, until fork-tender, 30 to 40 minutes.

Roasted vegetables can be made in advance, store in an airtight container for up to 5 days in the fridge.

# Roast Vegetable SALAD

## INGREDIENTS

- 1 kg of Roast Vegetable Mix (as above)
- 500g Mushrooms, halved or quartered if large
- 4 medium Shallots, peeled and quartered through the root
- 4 Asparagus sprigs chopped in 3cm pieces (optional)
- 3 tablespoons Olive oil
- Salt and freshly ground black Pepper to taste
- 150 grams Rocket (or other bitter salad leaves)
- 1/2 cup toasted Pumpkin seeds (optional)
- 1/2 cup Pistachio nuts (optional)

## For the vinaigrette:

- 1/3 cup extra-virgin Olive oil
- 1/4 cup balsamic Vinegar
- 2 teaspoons Dijon Mustard
- 1 small clove Garlic, grated or minced
- Salt and Pepper to taste

## INSTRUCTIONS

Arrange a rack in the middle of the oven and heat to 220C.



Place the sweet potatoes, mushrooms, asparagus and shallots on a rimmed baking sheet.

Drizzle with the olive oil, a big pinch of salt, and a few grinds of black pepper, and toss to combine. Spread out evenly.

Roast until tender and lightly caramelised, stirring halfway through, about 20 minutes total.

Meanwhile, make the vinaigrette. Place all the ingredients in a small bowl and whisk to combine; set aside.

Transfer the roasted vegetables to a large bowl.

Drizzle with about 1/2 of the vinaigrette and toss to evenly coat. Add the salad greens and gently toss everything again to combine.

Sprinkle with pumpkin seeds, pistachio nuts and serve warm or at room temperature.

## **NOTES**

Make ahead: The vegetables can be roasted and the dressing made up to 2 days ahead. Store in separate airtight containers in the refrigerator and bring the vegetables to room temperature before using. Re-whisk the dressing before using. The tossed salad can also be stored in the refrigerator for up to 3 hours.

# KITCHARI

## INGREDIENTS

- 1/2 cup Mung beans (or yellow split peas), washed and drained
- 6 cups Water
- 1 Bay leaf
- 2cm chunk of Ginger, chopped finely
- 1 small green Chilli, chopped finely
- 1/2 tsp Turmeric
- 2 tsp Coriander powder
- 1 cup long grain Rice (or combo of Buckwheat and Rice)
- 1 cup each of Broccoli; Sweet Potato cubes; Pumpkin (or a mixture of vegetables you like)
- 2 ripe Tomatoes, chopped (or 1 tin Tomatoes)
- 1 1/2 tsp Salt
- 2 Tbsp Coconut or Olive oil
- 2 tsp Cumin powder
- small handful Curry leaves (10)
- 1/2 tsp Asafoetida powder (gluten free)
- 1/2 cup chopped fresh Coriander leaves
- wedge of Lemon or Lime

## **INSTRUCTIONS**

Boil water, mung beans (split peas), bay leaf, ginger, chilli, turmeric and coriander in a saucepan, then reduce to simmer. Cook partially covered for 15 mins, or until beans start to break up.

Add the rice, vegetables, tomatoes and salt, increase the heat as you stir, bring to the boil and then simmer covered. cook for another 15 mins until the rice is soft.

Heat the oil in a small frying pan, sprinkle in the cumin seeds, fry until a few shades darker, add in the curry leaves (may crackle). Stir in the Asafoetida powder, then pour mixture into the Kitchari. Add a little extra water to avoid sticking on the bottom.

Fold in the fresh coriander leaves and squeeze of lemon on top.

# Jaipur - Moong DHAL

## INGREDIENTS

- 1 cup split Moong dhal, soaked overnight, washed and drained
- 7 cups Water (filtered)
- 1/2 teaspoon Turmeric powder
- 1 cup root Vegetables (carrot, sweet potato, pumpkin etc)
- 2 cups mixed Vegetable (cauliflower, broccoli, capsicum etc)
- 2-4 Tbsp Olive or Coconut oil
- 1 Tbsp Coriander powder
- 1-2 tsp Cumin seed powder
- 1/2 tsp Asafoetida powder - gluten free
- 1-2 red or green Chillies, seeded and chopped
- 1/4 cup Coriander leaves chopped
- 2 Tbsp fresh Lemon juice
- 1 tsp Salt - Himalayan
- 1/4 tsp Black Pepper cracked

## INSTRUCTIONS

Combine Mung Dhal, water, turmeric and vegetables (root and other) in a heavy pot, medium size and bring to the boil.

Add your choice of vegetables, I often use 1x grated sweet potato and 1/2 cauliflower. Reduce

the heat and simmer, semi-covered for 20 minutes, until Dhal starts to break down.

In a separate small frying pan, add oil and spices, warm and stir to activate spices, add the chillies and then pour spiced mix into Dhal. Continue to cook slowly until vegetables are at desired texture. Serve with fresh coriander leaves, lemon / lime juice, salt and pepper.

# Black Bean SOUP

## INGREDIENTS

- 2 Tbsp extra virgin Olive oil
- 2 medium Carrots, chopped
- 2 stalks Celery, sliced
- 1 medium Onion, finely chopped
- 1/4 cup Tomato paste or 1 can Roma Tomatoes blended
- 3 cloves Garlic, crushed with press
- 1 1/2 tsp ground Cumin
- 1 tsp smoked/sweet Paprika (optional)
- 2-3 cup low-salt vegetable Stock
- 3 cans black Beans, drained and rinsed
- 1/2 cup Buckwheat groats (pre-soaked)
- Avocado chunks and Coriander leaves, for serving

## INSTRUCTIONS

In a large frying pan, heat oil on medium-high. Add carrots, celery and onion. Cook for 6 to 8 minutes or until starting to brown, stirring occasionally.

Add tomato paste/blend, garlic, cumin and smoked paprika. Cook, stirring, 1 to 2

minutes or until garlic is golden and tomato has darkened. Stir in 1/2 cup broth, scraping up any browned bits.

Transfer contents of pan to slow-cooker, along with beans, buckwheat and remaining broth. Cover and cook on High for 4 hours or Low for 6 hours. Serve with avocado, cilantro and gluten free bread.

# Minestrone SOUP

## INGREDIENTS

- 2 Tbsp Olive oil
- 2 medium Carrots, chopped
- 1 medium Leek, thinly sliced
- 8 sprigs fresh Thyme, tied together
- 1 sweet Potatoes, diced
- 1 ltr Vegetable Broth
- 1 bunch Asparagus, sliced
- 1 can Beans or Chickpeas, rinsed and drained (or cooked)
- 1/4 cup Buckwheat groats or Quinoa (pre-soaked)
- 2 Tbsp chopped fresh Dill

## INSTRUCTIONS

In a large saucepan, heat 2 tablespoons olive oil on medium. Add carrots, leek, fresh thyme, and 1/4 teaspoon salt. Cook for 8 minutes, stirring.

Add sweet potato, pre-soaked buckwheat/quinoa and vegetable broth. Partially cover and bring to the boil on high; reduce heat to simmer. Cook for 25 minutes or until vegetables are tender.

Add asparagus and simmer for 3 minutes or until tender. Discard thyme. Stir in beans, fresh



dill, 1/4 teaspoon salt and 1/2 teaspoon pepper to taste, simmer and serve with cracked pepper.

# JAPATI

## INGREDIENTS

- 1-2 cups Buckwheat / Sorghum / Quinoa / Rice (GF - Flour)
- 1/2 tsp Baking powder
- 1/2 cup Coconut / Almond Yogurt
- Salt to taste
- Olive oil

## INSTRUCTIONS

Place the flour in a bowl, add salt and coconut yogurt blend to form a dough. Sprinkle flour on a board and roll out dough portions into 15cm rounds.

Heat oil in a frying pan and lightly cook both sides until golden, serve warm or cold with your favourite soup or dhal.

# Spiced Pumpkin SOUP

## INGREDIENTS

- 1 medium Pumpkin, diced
- 1 Sweet Potato, diced
- 1 cup Red Lentils - split and pre-soaked
- 1/2 cup Buckwheat groats - pre-soaked (optional)
- 1 Onion, diced
- 2-3 stalks Celery, diced

- 1/2 red Capsicum, diced
- 2 cloves Garlic, finely chopped
- 2-4 Tbsp Olive oil
- 3cm wedge of fresh Ginger, finely grated (or dried powder)
- 1 tsp grated Nutmeg (optional)
- 1-2 Tbsp Miso - brown rice
- Salt and Pepper to taste
- Water - boiled to cover vegetables - or vegetable stock
- Fresh Herbs - parsley, coriander, oregano, thyme, chop finely - optional
- Spices - powdered turmeric, cumin, coriander, paprika - optional
- Coconut Cream - optional for creamy soup

## **INSTRUCTIONS**

Cut and peel the skin off the pumpkin and sweet potato, cut into 3-4cm cubes, put aside.

Chop the onion, celery, red capsicum, garlic and fresh ginger (if using). Saute in olive oil on a low-moderate heat until soft.

Add the Pumpkin and sweet potato, red lentils, buckwheat groats and pour in enough

boiling water (or vegetable stock 1 ltr + water) to just cover the vegetables.

Bring to the boil and simmer for 30 minutes, stir occasionally

Add the spices and herbs, miso, salt and pepper as desired.

Mix with a potato masher for chunky style soup, or blend until smooth, add coconut cream for a creamy pumpkin soup.

## Lentil & Carrot Ginger Soup

### INGREDIENTS

- Olive / Coconut oil
- 2-4 Carrots
- 1 Onion
- 2 Garlic cloves
- 1 Tbsp fresh Ginger, grated
- 3 cups Water - or vegetable Broth
- 1 can Lentils, or 1 cup dried and pre-soaked
- 2 Tbsp fresh Coriander or Parsley
- Salt and Pepper to taste

## **INSTRUCTIONS**

In a large pot add olive / coconut oil, add the onion, carrots, garlic and ginger, saute for 5 minutes.

Add the water/broth and bring to the boil. Simmer for 5 minutes until carrots are tender.

Add the lentils, fresh herbs, salt and pepper, blend or mash into chunky soup.

## **Zucchini & Mushroom SAUTE - side dish**

### **INGREDIENTS**

- 2 teaspoons extra-virgin olive oil
- 2 small zucchini, julienned
- 1 1/2 cups sliced mushrooms
- 2 teaspoons chopped fresh basil
- Salt & freshly ground pepper, to taste

### **INSTRUCTIONS**

Heat oil in a large frying pan over moderate heat. Add zucchini and cook, stirring, for 2 minutes.

Add mushrooms and basil and cook, stirring, until softened, about 1 minute. Season with salt and pepper.

# Buckwheat PILAFF

## INGREDIENTS

- 1 medium Onion & 2 cloves of Garlic
- 4 Tbsp Olive / Coconut oil
- 1 tsp Turmeric & Cumin powder
- 1 1/2 cups roasted/raw Buckwheat
- 1 medium Carrot
- 1 stalk Celery
- 1/2 red Capsicum
- 1 cup shredded Cabbage
- Salt and Pepper to taste
- 1 vegetable stock cube or Kombu-Shiitake instant Dashi
- 2 1/2 cup Water - filtered

## INSTRUCTIONS

Chop the onion, heat the oil and sauté the spices and buckwheat on a moderate heat, stirring from time to time.

Dice the carrot, celery and capsicum, shred the cabbage finely, add these to the pan. Season with salt and freshly ground pepper and stir-fry for a minute or two while you dissolve the stock/dashi in water.

Pour in the stock, stir in the finely chopped garlic, bring to the boil, reduce the heat to low and simmer for 20-25 minutes, until vegetables and buckwheat groats are cooked but firm.

## Sweet Potato WEDGES

### INGREDIENTS

- 2-4 Sweet Potato - depending on how many you need
- 2 Tbsp Olive oil - extra virgin
- 1/2 tsp Powdered spice - optional (Turmeric, Ginger, Cumin, Coriander, Garlic, Onion powders) and Salt to taste
- Dried Herbs to taste - Parsley, thyme, marjoram - optional

### INSTRUCTIONS

Preheat the oven to 230°C. Place all the ingredients in a bowl, mix until all the sweet potato is covered in oil and herbs Lay baking paper on a tray, lay evenly wedges. Check-in 20-30 mins if browned, turn and cook until golden and crisp. Serve warm with Hummus, salad or side dish.

# Vegan MEATBALL

## INGREDIENTS

- 1 1/2 cups pre-soaked & cooked Kidney Beans (or canned, rinsed)
- 1 large clove of Garlic, minced
- 1 small red Onion, chopped
- 1 teaspoon dried Oregano
- 1 teaspoon dried Basil
- 1 teaspoon Tamari - Avoid if NO SOY
- 1 tablespoon Tomato paste - Roma
- 1/2 cup rolled gluten-free Bread crumbs or Oats
- 1/2 cup Mushrooms, finely chopped
- 1/3 cup Sunflower seeds
- Salt & Pepper to taste

## INSTRUCTIONS

Rinse and drain the kidney beans. Put them in a medium bowl and mash them well with a fork. In a medium pan, heat some oil and sauté the onions for 3 minutes.



Add the minced garlic and the mushrooms and cook for another 2 minutes. Add it to the mashed beans together with the spices, tomato paste, tamari, and gluten-free bread crumbs (not corn) or oats. Put the sunflower seeds in a food processor and pulse until a fine meal is achieved.

Add to the bean mixture and combine well. Season with salt and pepper. Form about 12-14 vegan meatballs.

Preheat the oven to 180C. Line a baking sheet with baking paper, place the meatballs equally apart, and bake for approx. 15 minutes.

## **Tempeh Tikka MASALA** - avoid if NO SOY

### **INGREDIENTS**

- 500g Tempeh, 1cm cubed
- 3 cloves Garlic, minced
- 1 white Onion, diced
- 1 red Capsicum, cut into chunks
- 2 medium Carrots, sliced
- 1 1/2 cups diced Sweet potatoes

- 2 cups Cauliflower florets
- 1 can Tomato sauce
- 1 can Coconut milk/cream
- 1/2 tablespoon freshly grated Ginger
- 1 tablespoon Garam masala
- 1 1/2 teaspoons Cumin
- 1 teaspoon Coriander powder
- 1/2 teaspoon Turmeric powder
- 1/4 teaspoon Paprika
- 1/4 teaspoon Cayenne pepper, plus more if you like spicy
- 1/2 teaspoon Salt
- Freshly ground black Pepper
- 3/4 cup frozen Peas
- Fresh chopped Coriander, for garnishing
- Coconut yoghurt for topping.

## **INSTRUCTIONS**

In a large slow cooker, add garlic, diced onion, capsicum and sweet potato, sliced carrots, cauliflower florets, tomato sauce, coconut milk/cream, fresh ginger, garam masala, cumin, coriander, turmeric, paprika, cayenne pepper, salt and black pepper. Stir to combine. Add in tempeh cubes, and give a gentle stir. Cook on high for 3-4 hours or low for 6-7 hours.

Before you are ready to serve, stir in the frozen peas and allow to cook uncovered for 5-10 more minutes. Serve with a side of brown rice or quinoa. Top with coconut yoghurt, cilantro & squeeze of lime.

## Vegetable FRITTER

### INGREDIENTS

- 1 medium Sweet Potato grated
- 1 Zucchini grated
- 2 stalks Kale, chopped
- 1 Parsnip grated
- 2 Tbsp Parsley chopped
- any other vegetables you like, finely chopped / grated
- 4 Shallot chopped
- 1 Tbsp grounded Flaxseed mixed with 6 tbsp of water - wait 5 min
- Salt to taste
- Chickpea flour or tinned white Beans mashed
- Coconut oil
- Water

## INSTRUCTIONS

Peel and grate/chop vegetables. Finely chop fresh herbs

Mix chickpea flour, herbs, flaxseed mix and salt in a bowl

Mix water enough to make a thick runny mixture.  
Mix in vegetables

Heat a bit of coconut oil in the frying pan over medium heat

Place 3-4 paddy size portions in the pan, flatten

Cover pan with a lid, cook until golden and crunchy on the bottom. Flip and remove the lid, crisp on both sides.

Serve warm or cold in a burger or salad, can drizzle Nutty Coriander Sauce on top (see Dressings section).

# Vegetable Pie

## INGREDIENTS

- Pastry**
- 1 cup raw Buckwheat groats
  - 1 cup raw Almonds (pre-soaked)
  - 1 1/2 Tbsp Coconut oil
  - 1 Tbsp Tapioca flour & 1 tsp Salt

## Filling

- 1 medium Sweet Potato, peeled & grated
- 1 bunch Asparagus, chopped
- 1 Zucchini, washed and grated
- 3 stalks Silverbeet, Kale or Baby Spinach, washed - chopped
- 5-10 Cherry Tomatoes
- 1 clove Garlic
- 1/4 cup Nutritional yeast - optional
- 1 block firm tofu (avoid if NO SOY) or 1 can white beans
- Handful of Basil leaves, roughly chopped
- 2 tsp Sweet or Smoked Paprika
- Salt to taste & 1 tsp Chilli flakes - optional
- Dash of Almond/Coconut Milk

## INSTRUCTIONS

Preheat oven to 180°C, grease a round baking pan  
Add Buckwheat groats, activate Almonds in a food processor, blitz until it resembles flour (or use buckwheat flour and

almond meal). Add coconut oil, tapioca flour and salt, blitz again until the mixture becomes a dough consistency. Add small amounts of water.

Grease the tin and line with paper (if needed) press the dough into the pan, working into the corners and sides for even coverage. Use a fork to pierce holes in the dough. Place the crust in the oven for around 20 minutes, until golden brown.

Prepare the filling, add tofu, nutritional yeast, garlic, tamari and dash of water/DF Milk to a blender, blitz until smooth. Place the Tofu mix into a large bowl, add your chosen vegetables, basil leaves, asparagus, and spices.

Remove the crust from the oven, spoon in the filling and flatten the top. Press the cherry tomatoes into the top of the filling. Cook for 40 min or golden on top and firm to touch. Eat warm with salad.

# CAULIFLOWER with Zucchaganoush DIP (see dressing & dip)

## INGREDIENTS

- 1 whole Cauliflower (large)
- 2 Tbsp Olive oil, divided
- 1/2 teaspoon Salt
- 1 tablespoon Hot Spice (or dukkah) or try a mix of coriander, cumin and optional sumac)
- 1 cup Water
- 1 Batch Vegan Zucchaganoush dressing ([see Dressings section](#))
- Garnish with fresh Herbs - Coriander, Parsley etc

## INSTRUCTIONS

Preheat the oven to 425F. (Can also be fried in a frying pan with lid).

Trim the cauliflower – either cutting off the stem (easier) or leaving it intact, trimming and slicing the bottom so it stands up straight.

Place it in an oven proof skillet or dutch oven.  
Drizzle 1 tablespoon oil all over the cauliflower, sprinkle with salt and hot spice

powder. Pour one cup of water into the bottom of the pan.

Cover tightly with the lid or foil and bake for 45-60 minutes - or until tender to the middle, when pierced with a knife. Smaller cauliflower heads may only take 45 minutes, larger can take up to 60.

Make the Vegan Zucchanoush dip. At the [Dressings section](#).

Very carefully take the lid or foil off. Drizzle with a little more olive oil , place back in the oven for 30 minutes, perhaps rotating halfway through. At this point, it should be deeply golden, but if not, continue roasting until it is

Remove from the oven and sprinkle more spice if you like, fresh herbs, optional chilli the yoghurt flakes, and either drizzle the Zucchanoush dip over the whole thing right in the pan, or cut it up, like a cake, into wedges and serve the tahini sauce on the side.



# Creamy Vegetable PASTA

## INGREDIENTS

- 4 Tbsp Olive oil
- 1 Onion
- 2 cloves Garlic
- 1 cup Broccoli florets
- 1 Zucchini
- 1/2 Red Capsicum
- 4-6 Button Mushrooms
- 1/2 - 1 cup Almond or Macadamia milk
- 2 Tbsp Tapioca flour
- Vegetable stock cube - or liquid
- Mixed Herbs - parsley, oregano, thyme
- Salt and Pepper to taste
- Fettuccini - Gluten Free

## INSTRUCTIONS

In a large frying pan, add the olive oil, diced onion, zucchini, broccoli, capsicum, garlic and mushrooms, cook until tender, remove from the heat.

Boil water to cook the gluten free Fettuccini noodles.

Add additional olive oil to the frying pan, mix in tapioca flour to form a paste, add almond / macadamia milk slowly to make a creamy sauce, add the vegetable stock, herbs and mix in the cooked vegetables and pre-cooked Gluten Free Fettuccini noodles. Serve with a salad and crusty GF - bread.

## Lentil & Vegetable BAKE

### INGREDIENTS

- 1 cup Red Lentils, pre-soaked in a bowl of boiling water
- 1 Sweet Potato, peeled and grated
- 1 Onion, diced
- 1 Celery stalk, diced
- 1 Carrot, peeled and grated
- 3 Tbsp Olive oil
- 1 cup chopped Nuts (Walnuts, Almonds, Pecan), pre-soaked
- 1-2 cloves Garlic
- Mixed Herbs - Parsley, Basil, Oregano
- Spice - 1/4 tsp each: Turmeric, Cumin, Coriander, Nutmeg
- 1 Tbsp Tamari - avoid if NO SOY

- Salt and Pepper to taste
- 4-6 Eggs
- 1-2 Tbsp Almond milk

## **INSTRUCTIONS**

Preheat the oven to 200°C.

Rinse and drain pre-soaked lentils, place in a saucepan with water, bring to the boil, cook until soft (10-15 minutes), drain.

In a large frying pan add the olive oil, vegetables and nuts until tender.

In a large bowl add the eggs, whisk and add almond milk, herbs and spice. Add the vegetables and nuts to the eggs, mix well.

Pour into a baking dish (loaf or tray), place in the oven for 15 minutes, test with a skewer if cooked, cool on a rack.

Serve warm or cold in slices with salad greens and dressing.

# BUCKWHEAT & Sweet Potato

## INGREDIENTS

- 1 Tbsp Coconut oil
- 2 cups diced Sweet Potato
- 1 Onion, diced
- 2 Garlic cloves chopped finely
- 6 cups vegetable broth
- 2 tsp ground Cumin
- 2 cups chopped Kale, stems removed, roughly cut
- 1/2 cup Buckwheat groats, pre-soaked
- 1 cup Lentils, pre-soaked
- Salt and Pepper to taste

## INSTRUCTIONS

Melt the coconut oil in a large saucepan. Stir in the onions, garlic, sweet potato, cumin. Saute for 5 minutes.

Add the pre-soaked Buckwheat groats, lentils, vegetable broth, salt and pepper. Bring to the boil, reduce heat and simmer with the lid on. Cook for 15 minutes or until the sweet potatoes and lentils are tender.

Remove from heat and add the Kale pieces, stir to combine. Cover the pot with the lid and sit for 5 minutes before serving with a salad.

## **DRESSINGS, SAUCES & DIPS**

### **Avocado Coriander Lime DRESSING**

#### **INGREDIENTS**

- 1/4 cup fresh Lime juice
- 1/4 cup Olive oil
- 1/4 Avocado (peeled and roughly chopped)
- 1/4 cup fresh cClantro (chopped)
- 1/2 teaspoon Salt
- 1/4 teaspoon ground Cumin
- 1/4 teaspoon black Pepper (freshly ground)

#### **INSTRUCTIONS**

Combine all ingredients in the blender. Blend until emulsified, about 30 seconds.

If the dressing is too thick, blend in a splash or two of water.

Use immediately, or transfer to an air tight container and refrigerate for up to 1 week.

(Dressing will darken over time due to oxidation.)

This dressing is great on a Mexican-inspired salad made up of romaine lettuce, black beans, corn kernels and cherry tomatoes.

## **Caesar DRESSING**

### **INGREDIENTS**

- 1/4 cup Lemon juice
- 1 tsp Lemon zest
- 1/2 tsp Dijon mustard
- 1 clove Garlic, grated
- 1/2 tsp Tamari
- Black pepper
- 1/2 cup Olive oil

### **INSTRUCTIONS**

In a bowl, whisk together lemon juice and zest, mustard, garlic, tamari, and 1/2 teaspoon black pepper. While whisking, slowly stream in oil.

# Green Salad DRESSING

## INGREDIENTS

- 2 Tbsp Dijon Mustard seeds (whole moist in a jar)
- 1 cup Olive oil
- 1/2 cup Pomegranate Vinegar (or BeetrootVinegar)
- Pinch of Salt
- 1/2 Lemon / Lime juice - optional
- Fresh herbs - Coriander, Thyme, Oregano, Marjoram, Chives, Tarragon, Parsley - chopped finely - optional

## INSTRUCTIONS

Add all ingredients into a jar with a lid, shake until well mixed, drizzle on salad, roast vegetables, meats etc.

Store in the fridge, use as needed.

## **Tahini SAUCE**

### **INGREDIENTS**

- 4 Tbsp Tahini
- 3 Tbsp Lemon juice
- 2 Cloves Garlic
- Salt to taste
- 5-6 Tbsp Water - filtered

### **INSTRUCTIONS**

Combine Tahini, Lemon juice, finely chopped Garlic and salt in a bowl, mix thoroughly (or a jar with a lid).

When the mixture thickens pour in the water and beat until the sauce runs off the spoon freely. Add more water according to preferred consistency.

Add Tahini sauce onto of your favourite salad, kebab, roast or steamed vegetables.

## **Spicy Tomato SAUCE**

### **INGREDIENTS**

- 4 tins diced Roma Tomatoes (8-10 fresh Roma Tomatoes stewed)
- 1 tsp Ginger freshly minced



1 tsp Chilli, freshly minced, or 1/4 tsp chilli powder  
1 Tbsp Coriander powder  
1 tsp Cumin powder  
1/4 cup Olive oil  
1 tsp Black/Yellow Mustard seeds  
1 tsp Salt  
1/4 cup Coriander leaves fresh, finely chopped

## **INSTRUCTIONS**

Add oil to a frying pan, moderate heat. Add spices to oil, cook a few minutes until spices become aromatic, do not overcook or burn.

Blend tomatoes and add puree to the spice mix, add salt and stir through fresh coriander leaves.

Serve hot or cold over kofta balls, fritters or vegetables.

## **Nutty Coriander SAUCE**

### **INGREDIENTS**

3 Tbsp crunchy Nut Butter of choice (Peanut, Cashew, Macadamia)  
3 Tbsp fresh Lemon juice  
1/4 cup Coriander, minced

## INSTRUCTIONS

Mix together ingredients, blend if smoother consistency is desired, drizzle over vegetable paddies, roast vegetables etc.

## Beetroot HUMMUS

### INGREDIENTS

- 250g steamed Beetroot, quartered
- 1 can White beans - Cannelloni - optional
- 2 tablespoons Olive oil
- 2 tablespoons Tahini
- Finely grated zest of 1 medium Lime
- Juice of 1 medium Lime
- 1 clove Garlic, coarsely chopped
- 1 teaspoon ground Cumin
- 1/2 teaspoon Salt, plus more as needed
- 1/4 teaspoon freshly ground black Pepper, plus more as needed

### INSTRUCTIONS

Place all the ingredients in a food processor fitted with the blade attachment or a blender.

Blend until very smooth, stopping to scrape

down the sides of the bowl as needed, about 5 minutes total.

Taste and season with more salt and pepper as needed. Transfer to a bowl and serve with a variety of fresh crunchy vegetables - carrots, cucumber, celery, capsicum, snow peas or rice crackers.

## **Hummus DIP**

### **INGREDIENTS**

- 1 can Chickpeas, drained and rinsed or 1 1/2 cups cooked
- 4 tablespoons Tahini
- 1/4 cup Water (+ 2 tablespoons as needed)
- 1 – 2 Garlic cloves or 1 teaspoon garlic powder
- juice of 1 or 2 Lemons, to taste
- 1/2 teaspoon Cumin
- 1 tablespoon roasted Pine nuts, optional
- generous pinch of Salt, or to taste

### **INSTRUCTIONS**

Place all ingredients in a food processor and blend until desired consistency. Taste for flavour adding anything here and there that you like....garlic, lemon, salt, cumin.

Depending on the size of your lemons or how many you used, you may like to add the extra 2 tablespoons of water for a slightly thinner consistency.

Serve with toppings of choice or plain. Garnished with chickpeas, sesame seeds, chopped parsley, a drizzle of olive oil and a sprinkle of smoked or sweet paprika.

Store in an airtight container in the refrigerator for up to one week.

## **Questo DIP**

### **INGREDIENTS**

- 2 large red Capsicums, halved and seeded
- 1 Tbsp Olive oil
- 2 cloves Garlic, pressed
- 1 cup cashews or Nut of choice - Macadamia - pre-soaked
- 2 tsp Chilli powder
- 1 tsp ground Cumin
- 1/2 tsp ground Coriander
- 1/2 tsp ground Turmeric
- Salt and Pepper
- 1/4 cup nutritional Yeast - optional

- Chopped Coriander and raw veggie sticks, for serving

## INSTRUCTIONS

Heat the oven. Arrange capsicums, cut sides down, on a rimmed baking sheet and bake until charred, 3 to 5 minutes. Transfer to a bowl, cover, and let sit for 5 minutes. Use a paper towel to remove skins, then cut peppers into 0,5cm pieces.

Meanwhile, heat oil and garlic in a small saucepan on medium until sizzling, about 1 minute. Remove from heat and stir in cashews, then spices and 1/2 teaspoon each salt and pepper. Add 1 1/2 cups water and bring mixture to a boil. Reduce heat and simmer until cashews/ macadamias are tender, 10 to 12 minutes.

Transfer mixture to blender, add nutritional yeast and 1/2 cup water, and puree until smooth.

Return mixture to saucepan and cook, stirring occasionally, until thickened, 6 to 8 minutes. Fold in the capsicums. Transfer to serving dish, and sprinkle with cilantro. Makes 2 cups.

## **Zucchaganoush DIP**

### **INGREDIENTS**

- 3 small Zucchini, quartered lengthwise
- 3 Tbsp Olive oil, divided
- Salt and Pepper
- 1 clove Garlic
- 1/4 cup Tahini
- 2 Tbsp fresh Lemon juice
- 3 Tbsp Mint leaves, divided
- 1 Tbsp Pine nuts, toasted

### **INSTRUCTIONS**

Heat grill to medium. Toss zucchini with 1 tablespoon oil and 1/2 teaspoon salt and grill until tender and evenly charred, 8 to 10 minutes.

Transfer zucchini to a blender along with garlic, tahini, lemon juice, and 1 tablespoon mint

and pulse to combine. Blending on low speed, drizzle in remaining 2 tablespoons olive oil and puree until mostly smooth, increasing blender speed if necessary.

Chop remaining mint. Serve zucchini mixture topped with mint and pine nuts.

## **All Greens PESTO**

### **INGREDIENTS**

- Bunch of fresh Greens - Rocket, Basil, Parsley, Coriander, Beetroot tops, and your favourite mixed Herbs - Thyme, Oregano - optional
- 1-2 cloves Garlic, finely chopped
- 1 Tbsp Nutritional Yeast
- 2-4 Tbsp Pine seeds or mix of preferred nuts (Brazil, Macadamia, Cashew)
- 2-4 Tbsp Seeds - Hemp seeds, sunflower - optional
- 1-2 Tbsp Olive oil - can use water if reducing oil
- Salt and Pepper to taste

## **INSTRUCTIONS**

Chop Finely Garlic cloves, if using nuts roughly chop them into smaller pieces.

Place all the ingredients in a blender, pulse until roughly chopped then blend on high until it resembles a moist sauce, add extra water if necessary.

Add to Zucchini noodles or drizzle on vegetable fritters.

# Snacks

## **FRUIT Salad - eat 30 minutes before any other food**

### **INGREDIENTS**

- 3 cups of chopped fruit: green apple, berries, cherries, figs, orange, passionfruit, paw paw, pineapple, pear, pomegranate.
- Mint leaves (finely shredded)

### **For the toppings**

- Dairy-free yoghurt, granola, seeds, nuts.

### **INSTRUCTIONS**

Top your fruits with finely shredded mint leaves and toppings.



# Chia Seed PUDDING

## INGREDIENTS

- 1/2 cup Quinoa flakes
- 2 Tbsp Chia seeds
- 1-2 Tbsp Protein powder - Fermented Brown Rice / Pea / Hemp
- 1 Tbsp Hemp seeds
- 1/2 tsp Cardamom powder
- 1/2 tsp Vanilla paste/powder
- 1 Medjool Date - seeded and chopped - optional
- 2 cups dairy-free Milk - Macadamia, Coconut
- 1/2 cup dairy-free Yogurt - Coconut / Almond - optional
- 1/2 cup Raspberries - fresh or frozen - optional
- 2 Tbsp Cocoa powder - optional  
chocolate pudding

## INSTRUCTIONS

Combine all ingredients in a large bowl, except the yoghurt and berries. Divide the mixture evenly in Jars.

Top each one with yoghurt and berries - optional, cover Leave overnight in the fridge, serve cold or at room temperature.

# Blueberry BARS

## INGREDIENTS

- 1 cup GF Flour mix - Rice, Sorghum, Quinoa
- 1/2 cup Protein Powder Hemp or Rice
- 1 cup Quinoa flakes
- 1/2 cup Coconut - shredded
- 1/4 cup Hemp Seeds
- 4 Medjool Dates - seeded, chopped
- 1 tsp Cardamom / Cinnamon powder
- 140g Olive oil
- 200g Berries - Blueberry or Mixed
- 1/4 cup Blueberry or Blackberry Jam sugar-free - optional

## INSTRUCTIONS

Preheat oven to 180°C

Grease slice pan 16 x 26cm, line with baking paper

Add HALF the GF flour, Hemp/Rice protein, Quinoa flakes, Coconut, Medjool Dates and Cardamom in a food processor, Blend

Spoon into the pan and press evenly over the base

Bake for 10 mins until golden brown

Combine the remaining GF Flour, Hemp protein, Quinoa, Coconut,

Cardamon and Medjool Dates in a bowl, rub the remaining Olive oil through the mixture until it resembles breadcrumbs

Place berries in a pan, add a small amount of water as to not stick, simmer until soft and excess liquid has boiled off

Once the base spread has cooled, spread the berry mix over it Top with the granola crumble. Bake for 30 minutes or until golden, cool in the pan, cut into Bars

## **Baked Veggie CHIPS**

### **INGREDIENTS**

- Assorted Vegetables: Beetroot, Zucchini, Carrot, Sweet Potato
- Salt and Pepper - adjust to taste
- (2-4 Tbsp) Olive Oil Spray is preferred - or oil of choice

### **INSTRUCTIONS**

Preheat the oven to 200C.

Slice all the veggies into uniformly thin slices with a knife. In a bowl, toss them with the oil, salt, and pepper until evenly coated.

Spread out on baking pan(s) lined with parchment paper, minimising overlap. Bake for 10 minutes at 200C. Flip.

Bake for another 5-10 minutes until crispy and slightly brown but not burnt. Watch them carefully and even remove some early if they are browning before the others.

Remove from the oven and allow to cool for a few minutes before eating.

## **Roasted COCONUT**

### **INGREDIENTS**

- 1 cup Large Coconut Flakes
- 1 Tbsp Coconut Oil
- 1 Tbsp Tamari
- 1 tsp smoked / sweet Paprika - optional
- 1/2 tsp Garlic powder
- 1/2 tsp black Pepper
- pinch of Salt

### **INSTRUCTIONS**

Preheat your oven to 160C and line a baking tray with baking paper.

Mix all the ingredients other than the coconut in a bowl. Then add in the coconut and mix to coat fully.

Pour onto the baking tray and place in the oven for 7-8 minutes.

Remove from the oven and shuffle and flip the coconut, place back into the oven for 6-7 minutes, until golden brown.

Remove from the oven and let cool. They will crisp up once cooled.

Use immediately or place in an airtight container for about a week

## **Kale CHIPS**

### **INGREDIENTS**

- 1 bunch Kale - cut off stalks, break into pieces
- 2 tsp Olive oil
- 1-2 pinch of Salt and pinch of Garlic powder

### **INSTRUCTIONS**

Preheat oven to 180°C - fan forced

Wash and Dry (tea towel) the kale thoroughly,  
Moist leaves = soggy chips

In a bowl add the kale bite-size pieces, drizzle the olive oil, salt and garlic powder, massage the kale lightly with your fingertips. Arrange the pieces of Kale evenly over the unlined baking tray

Bake for 10 mins, rotate the pan, flipping any pieces that are starting to look crisp and bake for another 10-15 mins.

Remove the pan from the oven, allow the chips to cool on the pan for another 3-5 mins before serving

## **Onion BHAJIS**

### **INGREDIENTS**

- 2 white Onions
- 60g Arrowroot or Tapioca flour
- 3 Tbsp Almond Meal
- 1/2 tsp GF Baking powder
- Spices ground Cumin, Turmeric, Salt
- 1 red Chilli chopped finely, 2 Tbsp chopped Coriander
- 1 tsp Lemon juice
- 1/2 cup Water
- Oil for shallow frying - Coconut, Macadamia

### **INSTRUCTIONS**

Place the arrowroot/tapioca flour, almond meal, baking powder, salt, cumin, turmeric, chilli, coriander and lemon juice in a bowl, mix.

Slowly whisk in the water to make a batter. Add the onion and mix well.

Heat the oil in the frying pan, when the oil is hot place spoonfuls of the batter in the pan. Fry for 2 minutes, place on absorption paper to drain excess oil. Keep warm in the oven, serve hot with your favourite dipping sauce.

## **Crispy Roasted CHICKPEAS**

### **INGREDIENTS**

- 2 cans Chickpeas, washed and drained
- 2 tablespoons Olive oil
- 1 to 1 1/2 teaspoons Himalayan Salt
- 2 to 4 teaspoons Spices or finely chopped fresh Herbs, such as Chilli powder, Curry powder, Garam masala, Cumin, smoked Paprika, Rosemary, Thyme, or other spices and herbs

### **INSTRUCTIONS**

Heat the oven to 200°C. Arrange a rack in the middle of the oven and heat to 200°C. Rinse and drain the chickpeas. Open the cans of chickpeas and pour the

chickpeas into a strainer in the sink.  
Rinse under running water.

Dry the chickpeas. Pat the chickpeas very dry with a clean dishtowel or paper towels. They should look matte and feel dry to the touch; if you have time, leave them to air-dry for a few minutes. Remove any chickpea skins that come off while drying, but otherwise don't worry about them.

Toss the chickpeas with olive oil and salt. Spread the chickpeas out in an even layer on a rimmed baking sheet. Drizzle with the oil and sprinkle with the salt. Stir with your hands or a spatula to make sure the chickpeas are evenly coated.

Roast the chickpeas for 20 to 30 minutes. Roast, stirring the chickpeas or shaking the pan every 10 minutes. A few chickpeas may pop – that's normal. The chickpeas are done when golden and slightly darkened, dry and crispy on the outside, and soft in the middle, 20 to 30 minutes total.

Toss the chickpeas with the spices. Sprinkle the spices if using over the chickpeas and stir to coat evenly. Serve while the chickpeas are



still warm and crispy. They will gradually lose their crispiness as they cool, becoming addictively chewy.

## **Cinnamon Roasted CAULIFLOWER**

### **INGREDIENTS**

- 1 Cauliflower head
- 3 Tbsp Olive oil, divided
- 3 Tbsp Corn meal, or alternative Gluten free crumbs
- 1 tsp Cinnamon
- 1 tsp Himalayan salt

### **INSTRUCTIONS**

Preheat the oven to 200°C

Cut the cauliflower into bite sizes, wash and drain, place the florets into a large bowl and coat evenly with olive oil.

In another bowl mix the dry ingredients well, sprinkle on the cauliflower florets, toss with your hands for even coverage.

Transfer the cauliflower to an uncreased baking tray, flat side down, drizzle lightly with the 1 Tbsp of olive oil remaining.

Bake for about 40 minutes without flipping, or until it is crispy and brown, serve warm with your favourite dipping sauce.

## **Apple NACHOS**

### **INGREDIENTS**

- 1 large green Apple (or 2 small apples)
- 1-2 tablespoons Macadamia butter - or nut of choice, melted
- Pinch of shredded Coconut
- Pinch of Cinnamon or Cardamon, optional

### **INSTRUCTIONS**

Cut apple(s) in thin slices and arrange on a plate. Top with melted macadamia butter and pinch of shredded coconut.

Option to top with a sprinkle of cardamon or cinnamon.

## **Sweet Potato PADDIES**

### **INGREDIENTS**

- 1-2 sweet Potatoes - orange
- 2 cloves Garlic, chopped finely

- 1 Tbsp Tahini
- 1/2 cup red Lentils, pre-soaked
- 1/2 + 1/4 cup Chickpea / Buckwheat flour
- 1 roasted red Capsicum, cut in half and baked in oven until soft
- 1/4 cup Kalamata Olives, pitted and cut into pieces
- 1 bunch Parsley, finely chopped
- 1 Lemon zest
- Olive or Coconut oil for frying

## INSTRUCTIONS

In a large frying pan combine the cubed potatoes and minced garlic, and enough water to lightly cook, cover with a lid (slightly vent) and cook over medium heat, stirring occasionally until the water is absorbed and the potatoes are tender.

In a separate saucepan add enough water to cook lentils, simmer.

Transfer the potatoes and drained lentils into a bowl, roughly mash with a potato masher until well blended with a few lumps.

Stir in the tahini and salt, mix. Stir in the 1/2 cup chickpea/Buckwheat flour until combined, fold in the diced roasted capsicum,

Kalamata olives, chopped parsley, lemon zest and cracked pepper.

Chill the mixture in the freezer for 10 minutes (or overnight in the fridge).

Pre-heat the oven to 200°C

Shape into paddies, dust with flour and place on a lightly oiled baking tray, brush both sides with oil and bake for 20 minutes, flip and bake for a further 20 minutes. Alternatively fry in a frying pan.

Serve warm or cold as a snack with your favourite sauce or sliced avocado.

## **Zucchini PADDIES**

### **INGREDIENTS**

- 2 Zucchini's
- 1 Tbsp fresh Mint chopped
- 2 Eggs
- 2 Tbsp Chickpea flour
- 1 Shallot chopped
- Olive oil for cooking
- Salt and Pepper to taste

### **INSTRUCTIONS**

Grate the zucchini's (large), place in a metal strainer and lightly salt, set aside to drain.

In a bowl beat the eggs, add in the chickpea flour, shallot, mint.

Gently squeeze out the juice from the zucchini, dry on paper towel (optional), add it to the egg mixture, blend well.

Heat the oil in a large frying pan, drop in spoonfuls of the mixture and flatten out with the back of a spoon/spatula.

Cook for 2-3 minutes, or until golden brown, flip and cook on the other side. Serve warm with your favourite dipping sauce.

## **Apricot & Almond BARS** - avoid if reducing sweet

### **INGREDIENTS**

- 300g dried Apricots - organic, sulphur free
- 1/3 cup (50g) Medjool pitted Dates
- 1 cup (90g) desiccated Coconut
- 1/4 cup (30g) raw Almonds - activated

### **INSTRUCTIONS**

Line a 27 x 11cm loaf tin with baking paper  
Place all ingredients in a food processor / blender, push the mixture down until well blended and sticky.

Spoon the mixture into the tin, smooth out with the back of the spoon.

Refrigerate for 1 hour, cut into bars, store in the fridge for up to 10 days.

## Spiced MUFFIN

### INGREDIENTS

- 200 g sweet Potato/s - peeled and diced 1-2cm
- 1 green Apple - peeled and diced (large)
- 1/4 cup Nut of choice - sliced or ground
- 1/2 cup hulled Tahini and/or Sunflower seed butter (halve the amount)
- 1 tsp ground Cardamom/Cinnamon powder
- Dash of Vanilla essence
- Pinch sea Salt
- 1 Tbsp Flax seeds soaked & blended
- 1/4 cup Medjool fresh Dates deseeded, chopped finely
- 30 g Gluten-Free flour - plain (1/4 cup) (Rice, Quinoa, Sorghum)
- 2 tsp Bicarbonate of soda (or choose GF self-raising)

### INSTRUCTIONS

Preheat the oven to 180°C (fan-forced). Line your muffin tray with large muffin paper cases.

Add enough boiled water to cover the chopped dates in a bowl, allow to soften. Start with steaming the sweet potato and apple until cooked (around 5 minutes).

Once they are cooked, allow to cool for a few minutes and puree in a food processor or high-speed blender.

Add the rest of the ingredients and blend until just combined.

Pour into the muffin cases and bake for 15-20 minutes or until cooked (a skewer inserted is clean). Serve warm or cold, store in an airtight container in the fridge or freezer.

## **Spiced Cucumber Sticks with Chaat MASALA**

### **INGREDIENTS**

- 3 large Cucumbers
- 1 small red Onion, finely diced
- 1 teaspoon Chaat Masala
- 1/2 teaspoon red hot Chilli powder
- Salt to taste

- Small handful finely chopped Coriander
- 1 Lime, quartered, to serve

## INSTRUCTIONS

Halve the cucumbers. Scoop out the seeds using a melon baller or a grapefruit spoon. Slice the cucumber into sticks and dry them thoroughly with a paper towel.

Meanwhile, place the finely diced onions in a bowl, and cover with cold water. Let sit for about 15 minutes, then drain and pat dry. This helps draw out the raw spiciness of the onions and mellows their flavour.

Place the cucumber on a serving plate and sprinkle with onions, chaat masala, chilli powder, and salt. Garnish with the chopped coriander and squeeze with a little lime juice before eating.



# Cashew no-bake BARS - avoid if reducing sweet

## INGREDIENTS

### For the Bars:

- 1 1/4 cup dried Pineapple - or fruit of choice
- 1 cup raw Cashews / Macadamia - or nut of choice
- 1/3 cup Pumpkin seeds
- 1/2 cup shredded unsweetened Coconut
- 1/4 cup Sunflower seed butter or other creamy nut butter of choice.
- 1/2 - 1 tsp Vanilla - powder or extract

### For the Frosting/Coconut Icing:

- 1/2 cup Coconut butter/oil
- 3 drops of Stevia
- Lime juice and Slices

## INSTRUCTIONS

Oil and line a 20x20cm square pan with baking paper. Set aside.

In a blender or food processor, blend 1 1/4 cup dried pineapple, 1 cup cashews / macadamias, 1/3 cup pumpkin seeds, 1/2 cup of your coconut. You might have to

scrape down sides a few times to get it mixed well.

Next add in your 1/4 cup sunflower seed nut butter (or other smooth nut butter of choice), vanilla, and blend again until batter is combined and starting to stick together. Press the batter into the pan.

To make the icing for the top, blend 1 tbsp lime juice, 3 drops of stevia, and softened coconut oil or butter until smooth. Spread over bars. Place in the fridge to chill for 30 minutes.

Remove from the fridge and slice into squares. Drizzle a little maple syrup on top. Then a sprinkle of shredded unsweetened coconut. Add a slice of lime on top of each bar.

Keep bars in the fridge. They will be fine at room temperature for 1 hour or so before the icing starts to melt. Freezer friendly.

# Cranberry Spiced BAGEL

## INGREDIENTS

- 1 Tbsp active dry Yeast
- 4-6 Medjool Dates, pitted, diced and soaked in boiling water
- 1 grated or stewed Apple or Pear
- 2 Tbsp Olive oil
- 2 eggs or 3 Tbsp Flax seed meal mixed with 6 Tbsp warm water
- 1/4 cup dried Cranberries
- 1 1/2 cup Buckwheat flour
- 1/2 Teff flour
- 1 cup Sorghum flour
- 1 cup Tapioca flour
- 1/2 tsp ground Nutmeg
- 1/4 tsp ground Cloves
- 2 tsp Orange Zest
- 1 tsp Himalayan Salt
- 1/2 cup additional Buckwheat or Sorghum flour

## INSTRUCTIONS

Preheat the oven to 190°C. Sprinkle baking tray with flour / baking paper.

In a bowl combine yeast and water, mix and leave until foamy (10 mins)

Add the pre-soaked dates, apple/pear, olive oil, vinegar, eggs (or flax mix) and cranberries, mix well.

In a separate bowl, sift together all the dry ingredients, spices and salt.

Gradually add the dry ingredients to the wet, about 1/2 cup at a time, until well incorporated, mix vigorously until it becomes sticky, scrape the sides and gather the mixture into a ball, sprinkle additional flour gradually until the dough is easy to handle.

Divide the mixture into equal 8 size balls, flatten them with floured hands, use your finger to poke a hole in the middle. Smooth the top and sides with wet fingers. Allow the bagels to sit and rise for 25 minutes.

Bring a large pot of water to the boil, and drop 1 or 2 bagels at a time into the boiling water. Boil for 2 minutes. Remove with a slotted spoon and place on a wire rack until nearly dry.

Transfer the bagels to the baking tray, bake for 30 minutes or until golden brown on the edges. Allow to cool, slice and serve toasted with your favourite topping.

# Drinks

## Fresh JUICE

### INGREDIENTS

**Cold-pressed Vegetable Juice - combination of your choice**

- Beetroot & tops, Cucumber, Celery, Carrot, Ginger
- Green Apple or Pear, or frozen berries in the juice
- Optional Fresh Herbs - parsley, broccoli / alfalfa sprouts, mint
- Optional Dried Greens powder - Chlorella, Barley/Wheat Grass, Alfalfa, Maca, Broccoli, Coriander, Parsley

### INSTRUCTIONS

Blend a combination of your fruit choices, and blend of herbs.

Drink straight away or freeze for ice blocks in hotter weather.

Avoid adding melons with other fruits or vegetable juices.

# Breakfast SMOOTHIE

## INGREDIENTS

- 1 cup Almond / Coconut milk
- 1 ripe Banana, sliced - **avoid if reducing sweet**
- 1 cup frozen Fruits (Strawberry, Blueberry, Pineapple, Papaya)
- 1 tablespoon Coconut oil
- 1-2 tablespoons Chia seeds
- 1 teaspoon powdered Ginger

## INSTRUCTIONS

Combine the almond / coconut milk, banana, frozen fruit, coconut oil, chia seeds, and powdered ginger in a blender and purée until smooth. Pour into a glass and serve immediately.

If you have fresh ginger on hand, substitute the powdered with a half teaspoon of grated ginger root.

# Banana Matcha Green Tea SMOOTHIE

## INGREDIENTS

- 2 Bananas, frozen - **avoid if reducing sweet** / add 1/2 Avocado
- 1 cup plant-based Milk
- 1 cup Spinach, pre-cooked, chopped and frozen
- 1/2 cup Zucchini, chopped and frozen
- 1/2 cup unsweetened non-dairy Yoghurt
- 1 heaping tablespoon Matcha green tea powder
- 1–2 pitted Medjool dates, chopped
- 1/2 teaspoons Vanilla extract (or powder)

## INSTRUCTIONS

In a blender or food processor, add all ingredients. Blend until smooth, adding more plant-based milk or water if needed to reach desired consistency.

# **Blackberry Mint ICED Tea**

## **INGREDIENTS**

- 1/2 cup fresh Blackberries
- 6 leaves fresh Mint
- 2 bags Green tea
- 3 cups hot Water

## **INSTRUCTIONS**

Add the fresh blackberries, mint leaves, and green tea bags to a 1-quart mason jar or pitcher.

Pour the hot water into the a jar with a lid, and allow to steep for 15 minutes. Then, remove the tea bags.

Place into the fridge to completely chill for 3-4 hours for the flavours to release.

# **Coconut Lime ICED Tea**

## **INGREDIENTS**

- 2 Green Tea bags
- 1/2 Lime, thinly sliced
- 3 cups Coconut water, heated

## **INSTRUCTIONS**

Add the green tea bags and sliced lime to a large jar or pitcher.



Pour heated coconut water into the jar, and allow to steep for 15 minutes. Then, remove the tea bags.

Place into the fridge to completely chill for 3-4 hours for the flavours to release.

## Green Colada SMOOTHIE

### INGREDIENTS

- 1 cup light Coconut milk from a can - or nut milk
- 1/2 ripe Banana, frozen - **avoid if reducing sweet** / add 1/2

Avocado instead

- 1/2 cup frozen fresh Pineapple chunks (include core)
- 1/2-1 teaspoon Chlorella powder
- 1/4 teaspoon Vanilla extract (liquid or powder)
- pinch of Himalayan Salt

## **INSTRUCTIONS**

In an upright blender, combine the light coconut milk, banana, pineapple, spirulina, vanilla, and sea salt. Blend for a full minute or until completely smooth.

You could use chlorophyll, powdered wheatgrass, or any greens powder blend that you like in place of Chlorella.

## **Greens JUICE**

### **INGREDIENTS**

- 2 cups Baby Spinach Leaves (or 4-6 leaves of kale) pre-cooked/frozen
- 6 Celery stalks, washed and chopped
- 2 large Cucumber Lebanese preferably with soft skin
- 1/2 Lemon - skin removed
- 2 medium green Apples
- 3cm Ginger, chopped
- 1/4 - 1/2 cup Parsley Leaves

### **INSTRUCTIONS**

Wash, prep, and chop fruit and vegetables. Add produce to juicer one at a time.

Serve cold. Shake or stir well before drinking.  
May store in tightly sealed jars or glasses in the fridge for up to 5 days.

## **Lemon & Ginger ICED Tea**

### **INGREDIENTS**

- 1 Lemon, deseeded and thinly sliced
- 2 green tea bags
- 3cm ginger piece thinly sliced
- 3-6 cups boiled water
- Option - try Basil leaves instead of Ginger for alternate flavour

### **INSTRUCTIONS**

Add the lemon slices and green tea bags to a large jar or jug.

Skewer the sliced ginger coins on a toothpick, if desired, to make them easier to remove later, and then add them to the jar.

Pour the boiled water into the jar, allow to steep for 15 minutes. Then, remove the tea bags, and ginger if desired.

Place into the fridge to completely chill for 3-4 hours for the flavours to release.

## **Detox JUICE**

### **INGREDIENTS**

- 2-3 med-large Beetroot
- 6 Carrots
- 2 medium Apples
- 1/2 Lemon
- 3cm Ginger

### **INSTRUCTIONS**

Wash, prep, and chop produce.

Add produce to juicer one at a time.

Serve cold over ice, as ice blocks or at room temperature.

## **Sunset JUICE**

### **INGREDIENTS**

- 8 large Carrots
- 2-3 Navel Oranges
- 3cm Ginger
- 2cm Turmeric fresh - optional (or powder)

### **INSTRUCTIONS**

Wash, prep, and chop carrots, oranges, ginger and turmeric.

Add all fruit and vegetables to the juicer one at a time.

Serve cold over ice, as ice blocks or room temperature.

## **Herbal Tea INFUSION**

Add a blend of the following ingredients into a pot, add water and bring to the boil - simmer for 5 minutes, serve warm or cold

Choc-Mint • Handful of Mint leaves, chopped  
• 1 Tbsp Cacao nibs

Spiced Citrus • 3cm knob of fresh Ginger  
• Thinly sliced Citrus (orange, lemon)  
• 1/2 Cinnamon stick crushed

Relaxation • 1 tsp Passionflower  
• 1 tsp Hibiscus petals  
• 1/2 tsp Lavender petals

## **Spicy Apple & Carrot ‘HOT TODDY’**

### **INGREDIENTS**

- 4 small green Apples, cored
- 2 large Carrots, tops removed and peeled

- 1 knob fresh Ginger, peeled
- 1/4 tspn ground Cinnamon
- 1/4 tspn ground Nutmeg
- pinch Cardamom
- pinch ground Cloves and Cinnamon

## INSTRUCTIONS

Wash the apples, carrots and ginger, chop to fit juicer.

Feed through juicer, alternating between fibrous (ginger) and juicy (apple) ingredients, while using the hard (carrot) to push everything else through. Adjust taste to suit (more / less ginger)

Pour juice into a saucepan and mix in spices, bring to gentle simmer and remove from the heat. Stir well, pour into medium size mugs, sprinkle with cinnamon and serve hot.

Perfect nightcap, soothes cold and flu symptoms, and is warming on a cold or wet day. Sprinkle with ground Cinnamon.

# Desserts

- avoid / minimise if

reducing sweet

## Chocolate MOUSSE

### INGREDIENTS

- 2 big ripe Avocados
- 4 Tbsp Cacao powder
- 1/2 - 1 tsp Vanilla (powder, extract)
- 1/2 cup Date paste or 4-6 Medjool dates soaked in boiled water
- Add your favourite topping - see below for ideas

### INSTRUCTIONS

Blend avocado, cacao powder, dates and vanilla in a blender until well blended, no lumps.

Chill before serving, and it will get even thicker, add your favourite topping - hemp seeds, pinch of cinnamon or cardamon, toasted coconut, granola or toasted nut mix, coconut cream and fresh berries.

# Chocolate PUDDING

## INGREDIENTS

- 25g Chia seeds (soaking overnight in a jar with the coconut milk)
- 125ml Coconut milk
- 1 tsp Coconut nectar / sugar, or maple syrup - optional
- 1 Tbsp Cacao powder
- 1/2 tsp Vanilla extract (liquid or powder)
- 100g fresh Raspberries, Blueberries (preferably stewed)
- 1 Tbsp Vegetable Protein powder (Hemp, Pea or Brown Rice)
- Coconut yoghurt to serve

## INSTRUCTIONS

Place the chia seeds, vanilla, cacao, sweetener and milk in a blender/food processor (or keep seeds whole), blend until the seed shells have been broken, into a smooth consistency.

Transfer mix into a glass jar, leave in the fridge overnight.

Top with fresh berries, gluten free granola, coconut yoghurt, and a sprinkle of cardamom.



# Frozen BANANA CREAMS

## INGREDIENTS

- 4 frozen Bananas
- 1 can full-fat coconut Milk (cold from the fridge)
- 2 teaspoons Vanilla extract (powder or extract)
- 1-2 Bananas, sliced

## COCONUT WHIPPED CREAM:

- 1 can full-fat Coconut milk, refrigerated overnight
- 1 teaspoon Vanilla extract, if desired

## INSTRUCTIONS

Add the frozen bananas, coconut milk and vanilla extract to a blender and blend until pureed and thick and creamy. Add some sliced bananas to the bottom of each glass. Pour the mixture into glasses and top with the coconut cream. Add the extra sliced bananas on top, yum :)

## COCONUT WHIPPED CREAM

Take the can of coconut milk out of the fridge. Open the can and discard the liquid (save it for a smoothie!), then scoop the firm coconut meat into the bowl of your electric mixer. Beat on medium-

high speed until completely whipped and thick. Beat in the extract if you're using it. Set the bowl in the fridge until ready to use.

## **Mint Chocolate Chip CREAM**

### **INGREDIENTS**

- 6 frozen ripe, spotted Bananas
- 1 tsp Chlorella powder
- 12 tbsp fresh Mint leaves (or 1 drop peppermint extract)
- 2 tbsp raw Cacao nibs

### **INSTRUCTIONS**

Place frozen bananas in a food processor or high-speed and blend.

Once blended smooth, add in chlorella powder until the desired hue of green is achieved.

Add in mint leaves or peppermint extract to taste.

Transfer your serving to a bowl, top with cacao nibs, and enjoy!

## **Cacao Energy BALLS**

### **INGREDIENTS**

- 1/2 cup activated Almonds
- 1/2 cup activated Walnuts

- 1 cup gluten-free Oats (or quinoa flakes)
- 2 Tbsp Cacao powder
- 1/4 tsp Salt
- 1/2 cup Medjool dates, chopped or Dried Figs (preferred)
- 1 to 2 Tbsp Water

## INSTRUCTIONS

Soak the nuts over night, strain, rinse and dry. Put the nuts, oats/quinoa flakes, cacao, and salt in the bowl of a food processor. Pulse until the nuts break down and combine with the other ingredients. The meal should be fine, but retain some texture.

Add the dates and a tablespoon of water (as needed) and run the food processor until the mixture becomes thick and sticky. You should be able to squeeze a bit of the mixture between your fingers. If it's too loose and crumbly, add another tablespoon of water and process until everything comes together.

Line a baking sheet with a piece of baking paper. Scoop pieces of the mixture and roll it into balls between your palms, slightly smaller

than the size of a golf ball. Lightly dust with additional cocoa powder. Line them up on the baking sheet and place it in the refrigerator to chill for at least an hour, overnight if possible. Store them in an airtight container in the refrigerator or freezer

## Cookie Dough DIP

### INGREDIENTS

- 1 can Chickpeas or other white Beans
- 1/8 tsp Salt
- 1/8 tsp Baking soda
- 1 tbsp + 1 tsp pure Vanilla extract
- 1/4 cup Nut butter of choice - Macadamia, Almond, Pecan
- 1 and 1/4 cups pitted Medjool dates
- 1/2 cup Water - filtered
- 1/3 cup dairy/sugar-free Dark Chocolate Chips
- 2 tbsp gluten-free Oats or Almond flour - optional
- Nut milk of choice as needed (a few tbsp)

### INSTRUCTIONS

In a bowl, cover the dates with 1/2 cup water. Let this sit for at least 8 hours. Then add all ingredients (including the dates' soaking liquid), except chocolate chips, to a food processor (for best results, not a blender) and process until very smooth.

This can be served as a dessert dip, as a spread (maybe in between apple slices or crackers), eaten with a spoon, mixed into oatmeal, stuffed into cupcakes, or even used to top pancakes.

Using peanut butter will give a peanut butter cookie dough flavour. If you prefer a more neutral taste, you can use almond butter, cashew or macadamia butter, coconut butter, or oil. Can also be spread onto banana boats (cut in half length ways), with a drizzle of tahini or hemp seeds.

# Carrot Almond PUDDING

## INGREDIENTS

- 3 large Carrots, grated using the largest holes on a box grater or in the food processor
- 2 1/2 cups Almond milk
- 1/2 cup pitted Medjool Dates
- 1/2 cup Almond flour or ground almonds
- 1 tsp Cardamom powder
- 1/2 tsp pure Vanilla extract (powder, liquid)
- 2 tsp Coconut oil, divided
- A handful of Raisins and Almond slithers for garnish - optional

## INSTRUCTIONS

Gently heat 1 tsp of oil in a large wide saucepan. Add the grated carrots and a very small pinch of salt. Stir well and then cover with a tight lid. Add a few drops of water as needed to help the carrots steam without burning, and it also helps them cook faster. Let the carrots cook for 15 mins, stir to ensure they are not sticking to the bottom.

Blend the dates with 1 cup of almond milk and add to the carrots along with the almond flour.

Add the cardamom and mix well. Cover again with a lid, again add some drops of water as needed, and let the carrots cook for another 15 minutes, stirring.

By this time the carrots should have absorbed all the almond milk and become fairly dry. If there's any visible liquid, cook uncovered for a few minutes until it reduces. Add the remaining 1 tsp of oil and stir the carrots well to mix together. Cook uncovered for another 10 minutes, stirring frequently. The carrots should be slightly darker in colour, very tender and sweet by this time.

Add the vanilla and the remaining almond milk and cook until warmed through. If you like the pudding a little runnier, add more almond milk. Serve in small bowls topped with garnish.

Coat the bottom of a small frying pan with olive oil spray and cook the almonds and raisins, until the raisins plump up and the almond slithers are slightly golden. Sprinkle the garnish over the pudding before serving.

# Apple CRUMBLE in a Jar

## INGREDIENTS

- 1 tblspn Cold-pressed Coconut oil
- 1 tblspn Maple syrup, or Dates soften in hot water
- 1/2 tspn ground Cinnamon
- 1/4 tspn Nutmeg, Cardamon, Ginger
- 4 tblspn rolled Oats (or Gluten free toasted Buckwheat)
- 4 tblspn Sunflower seeds

### Sautéed Apple

- 1 tblspn Cold-pressed Coconut oil
- 1 Granny Smith green Apple, peeled and cored
- 1/2 tspn ground Cinnamon
- 1/4 tspn ground Ginger

### Vanilla Yogurt Smoothie

- 1 green Apple, cored
- 375g (1 1/2 cup) Yogurt - Coconut
- 1/2 tspn ground Vanilla or Vanilla extract

## INSTRUCTIONS

To make the spiced granola, melt the Coconut oil (and maple syrup) in a frying pan on medium heat.



Add the spices, shortly followed by the oats/ buckwheat and seeds, stir to coat with the oil mix.

Toast for about 5 mins or until golden. Set aside to cool.

Without rinsing the pan, melt the Coconut oil on a medium heat while you cut the apples into 1-2 cm piece dice. Add the spices, followed by the apple pieces, sauté for about 5 minutes or until golden, tender and fragrant. Keep warm while you prepare the vanilla yogurt smoothie.

Roughly chop the apple, add it to a blender along with the rest of the vanilla smoothie yogurt, blend on high until completely smooth.

To assemble, divide the apple in half, place in the bottom of 2 glass jars, pour the smoothie on top, finish off with a generous sprinkle of granola, and serve.

## **Sweet Treats - BLISS balls**

### **INGREDIENTS**

1 cup of nuts (Almond, Cashew, Pecans, Peanuts, Hazelnuts or a mix of any nuts, preferably pre-soaked and husks removed where possible)

1/2 - 1 cup pitted Dates (Medjool fresh)

1/4 cup of melted Coconut oil

**Optional add-ins:**

- Pumpkin seeds
- Maca powder
- Protein powder
- shredded Coconut
- Oats
- Acai powder
- Chia seeds
- Hemp seeds
- Sesame seeds
- Cinnamon
- Cocoa
- celtic sea Salt
- Flax seed (linseed)
- dried Figs
- Tahini
- powdered medicinal Mushrooms (reishi)
- Matcha green tea powder
- Bee pollen

**INSTRUCTIONS**

Blend in food processor until sticky doughy consistency is reached. Add more nuts if too wet, add more oil if too dry, add more dates if not sticky enough. Coat with sesame seeds, cocoa powder or shredded coconut.

# Carrot BLISS Balls

## INGREDIENTS

- 1 1/2 cup chopped Carrots
- 1/2 cup chopped Medjool Dates
- 1/4 cup Walnuts (pre-soaked)
- 1/4 cup Cashew or Macadamias (pre-soaked)
- 1/3 cup dried Coconut (desiccated)
- 1/2 tsp Cinnamon powder
- 1/2 tsp Ginger powder
- 1/4 tsp Nutmeg powder
- 1/4 tsp Cardamon powder
- 1/4 tsp Salt
- 1/4 cup Chia seeds, ground into powder  
(can be pre-purchased)
- 1/4 cup Raisins (optional)
- Extra Coconut to coat bliss balls

## INSTRUCTIONS

Blend carrots in a food processor until finely chopped (can be finely grated and then blended)  
Add Walnuts, Cashews, Coconut, and spices,  
process into fine pieces.

Add dates and process in blender until it resembles a soft dough.

Add Chia seed powder and process quickly.

Transfer into a bowl and mix in raisins by hand to keep them whole.

Roll into 15-20 balls and coat in coconut, set in the fridge for 2-3 hours.

## **Banana BREAD**

### **INGREDIENTS**

- 5 Bananas mashed
- 1/2 cup coconut oil, melted
- 1/4 cup coconut milk
- 1/3 cup Maple syrup (or pre-soaked

Medjool dates in hot water)

- 1 tsp Vanilla extract
- 1 cup Brown Rice Flour
- 1 cup Buckwheat Flour
- 1/4 cup desiccated Coconut
- 1 tsp Baking soda
- 1/2 tsp Cinnamon powder & 1/2 tsp Clove

powder

- 1/2 cup Pecans (or Walnuts) pieces
- 1/2 cup Chocolate chips (dairy free)

## **INSTRUCTIONS**

Preheat oven to 180°C

Place mashed bananas, coconut oil, coconut milk, maple syrup and vanilla in a bowl, mix well.

Combine all dry ingredients (flours and spices)

Add banana mix to dry ingredients, mix well. Stir in chocolate chips and pecans.

Pour mixture into a bread tin (lined with baking paper)

Bake for 45-50 minutes, or until skewer inserted comes out clean.

Allow to cool in the tin, turn onto a wire rack and allow to cool completely before serving.

## **Vegan CHOCOLATE**

### **INGREDIENTS**

- 1 1/2 cups raw Cacao powder
- 1/2 cup raw Cacao butter
- 2-3 Tbsp Coconut oil (the more the softer the chocolate)
- 2-3 Tbsp sweetener (to taste) Maple syrup / Rice Malt etc
- pinch of Salt
- 1/2 cup chopped Pistachios
- 1/2 cup Goji berries
- 1/2 cup shredded or chipped Coconut

## INSTRUCTIONS

Grate the Cacao butter into a completely dry glass or metal bowl, using a double boiler (boiled water in the bottom pan) with the heat turned off, allow the butter to melt in the residue heat.

Add the Coconut oil and stir to melt.

Add your sweetener, pinch of salt and mix well.

Add sifted Cacao powder and combine, pour mixture into a silicone sheet or baking paper, Sprinkle with Coconut pieces, Goji berries and chopped Pistachios. Set in fridge until hard. Break into large chunks to serve

## Chocolate MUFFIN

### INGREDIENTS

- 1 cup brown Rice flour
- 1/4 cup Tapioca starch
- 1/2 cup Cornstarch
- 1/2 cup Teff flour
- 1/2 cup Cocoa powder
- 4-6 Medjool Dates, pitted, chopped & soften in boiled water
- 1/2 tsp Baking powder
- 2 Eggs

- 1/2 tsp Salt
- 2 Tbsp extra virgin Olive oil / Coconut oil
- 1 cup Almond / Coconut milk
- 2 Tbsp Apple cider vinegar
- 1 tsp Vanilla extract - powder or liquid
- 1 cup non-dairy Chocolate chips
- 1/2 cup chopped Walnuts / Pecans / Macadamias

Spiced Fruit option - instead of cocoa and chocolate chips you could try grated green apple (liquid squeezed out) or pear pieces, cinnamon and cardamon powder with your choice of nuts as an alternative.

## **INSTRUCTIONS**

Preheat the oven to 180°C

Line muffin pan with paper paddies, or non-dairy butter and flour.

In a mixing bowl sift all the dry ingredients, make a well in the centre add 2 eggs and slowly fold in the dry ingredients, add the water softened dates, olive oil, non-dairy milk, vinegar and almond extract, mix well

Add the chocolate chips and your choice of nuts, stir through the mix, place mixture into paddies 2/3 full. Bake in the oven for 25 minutes or until slightly risen and skewer comes out clean.

# Prologue

Please look up Blue Zone Diets on Google! These Centenarian Zones =  
Better Human Health & a HEALTHIER PLANET!!  
Enjoy - BON APPETITE!!!

## About the Author



**Tracy Litherland B.HSc** is Head Naturopath at the famous GAIA RETREAT, Byron Bay. She is a Degree Accredited Naturopath; Herbalist; Ayurvedic Practitioner; Yoga Teacher and Compounding Apothecarist. Travelling through Europe for 18months at 21 years of age afforded her access to gorgeous cultures rich in amazing cuisine, from Switzerland to England, Norway to Greece, enjoying amazing food from the seat of Epicurious Cuisine! This book offers some fusions of traditional European Food styles with her inspiration from being a Naturopathy.