



Recipes for a healthier, happier you

By Jo Brownlow

email: jo@jobrownlow.com tel: +65 85354504

www.jobrownlow.com

TABLE OF CONTENTS

ABOUT THESE RECIPES	5
BREAKFAST	6
KICK START YOUR DAY!	6
GRANOLA	6
SUPER SEED LOAF	7
FLAX SANDWICH BREAD	8
ACAI BERRY CHIA BOWL	8
BUCKWHEAT/OAT PANCAKES	9
QUINOA/GLUTEN FREE PANCAKES	9
ACTIVATING NUTS	10
MAKING NUT MILK	10
MINI FRITATAS	10
SMOOTHIES	11
ALMOND BUTTER & BANANA PROTEIN SMOOTHIE	11
VERY BERRY SUPER SHAKE	11
BLUEBERRY BANANA SMOOTHIE	11
AVOCADO GREEN SMOOTHIE	12
CRACKERS & DIPS	13
SEED CRACKERS	13
SALT & PEPPER CRACKERS	14
CRUNCHY SESAME CRACKERS	14
CASSAVA & SEED CRACKERS	15
CASSAVA FLOUR PITA BREADS	16
CASSAVA FLOUR WRAPS	17
ROASTED CHICKPEAS	17
AVOCADO SALSA	18
BEETROOT HUMMUS DIP	18
RAW ZUCCHINI HUMMUS DIP	18
BABAGANOUSH	19
BUTTERBEAN DIP	20
KEFIR TATZIKI	20
DAIRY FREE SMOKED SALMON PATE	21
SMOKED SALMON KEFIR DIP	21
MAINS (STARTING WITH THE BASICS)	22
BONE BROTH	22
HOME MADE TOMATO SAUCE	22
MARINADES	23
CHICKEN CASSEROLE	24
TRAY BAKE CHICKEN	25

THAI GREEN CURRY	26
BEEF/LENTIL BOLOGNESE.....	27
BEEF CASSEROLE.....	27
SALMON WITH PESTO CRUMB.....	28
BAKED SALMON WRAPED IN PARMA HAM.....	29
SALMON WITH GREEN BEANS AND TOMATOES.....	30
SALMON WITH SUNDRIED TOMATOES.....	31
SALMON FISH CAKES.....	32
MUSHROOM STROGANOFF (DAIRY FREE).....	33
CURRIED LENTIL STEW	33
ZESTY CHILLI	34
HEALTHY ALTERNATIVES TO PARTY FOODS	35
SOCCA PIZZA.....	35
SAUSAGE ROLLS	36
CHICKEN/FISH NUGGETS	37
GLUTEN FREE BLINIS.....	38
GLUTEN FREE YORKSHIRE PUDDINGS.....	39
VEGETABLES.....	40
CAULIFLOWER RICE.....	40
COCONUT LIME CAULIFLOWER RICE.....	40
ROASTED CAULIFLOWER/BROCCOLI	41
ROASTED CABBAGE.....	41
BAKED COURGETTE FRIES.....	41
BAKED SWEET POTATO	42
SPICY MISO SLAW	42
BEETROOT, CARROT & APPLE SALAD.....	43
QUINOA TABOULEH	43
ROASTED VEGETABLES.....	44
KALE/GREENS.....	44
VEGETABLE BAKE	44
CRUCIFER STIR FRY	45
SWEET & SASSY SLAW	45
FULL BODIED KALE MASSAGE	46
SALAD JARS.....	46
SALAD DRESSINGS.....	47
FRENCH DRESSING.....	47
AVOCADO AND GINGER DRESSING.....	47
CREAMY CASHEW DRESSING	48
BASIL, LEMON & TAHINI DRESSING.....	48
SOUPS	49
TOMATO SOUP	49
VEGETABLE SOUP	49

MUSHROOM SOUP	50
SWEET TREATS.....	51
NUT BARS.....	51
APPLE RAISIN QUINOA SLICES.....	52
CHOCOLATE CHIP COOKIES.....	53
RAW GRANOLA BARS	54
DATE CHOCOLATE BROWNIES	55
CHOCOLATE NUT TRUFFLES	56
CHOCOLATE ALMOND FUDGE BALLS.....	56
MINCE PIES	57
SPIRULINA MINT TRUFFLES	59
RAW CHOCOLATE AVOCADO PIE.....	60
FERMENTED FOODS.....	61
KEFIR.....	61
KEFIR BERRY SMOOTHIE	61
KOMBUCHA.....	62
SAUERKRAUT	63
REPLACING INFLAMMATORY FOODS.....	64
DAIRY	64
GLUTEN	64
EGGS	64
SOY	64
SUGAR.....	64
SALT	65
CHOOSING COOKING OILS & FATS	66
DINING OUT.....	68
SPECIAL FUNCTIONS	69
TRAVEL TIPS	69
HEALTHY SNACK IDEAS	70

About these recipes

I love inspiring people to transform their health.

To me, health is the cornerstone of happiness and fulfilment. By simply adapting your diet, and crowding out unhealthy food with delicious recipes, you can start on the road to vitality.

My family and I have all seen the health benefits of swapping gluten (and dairy) for different foods and (for the most part!), we have curbed our cravings for artificial, processed foods, replacing them instead with more satisfying “real” food alternatives, like seed crackers, nut bars and date cacao balls.

I believe that when people enjoy healthier food, they are more likely to invest in their health. And if they know how to cook them, rather than buy them, it's a win-win.

Another thing that I have learned is that healthy eating is all about organisation, meal planning, and variety. By setting out a plan of what to eat and snack on each week, it's easier to stay on track.

Hopefully, this recipe book will inspire you to do likewise and become a healthier, happier you.

Jo x

BREAKFAST

KICK START YOUR DAY!

- 1 glass of hot water
- 1-2 tbsp lemon juice
- 1-2 tbsp raw apple cider vinegar
- ½-1 tsp ginger
- ½-1 tsp turmeric
- ¼ - ½ tsp cinnamon
- 1 dash of cayenne pepper
- 1 tsp raw honey, maple syrup, or stevia to taste (optional)

NOTE: This helps to boost your metabolism and cleanse your gut. However, If you feel nauseous or experience tightness in the chest after drinking this, please omit the raw apple cider vinegar. This reaction can occur when the body releases bacteria and toxins. Continue to drink, omitting the apple cider vinegar (or use only ½ tsp of ACV) for at least three days, and then reintroduce it. If the reactions continue upon reintroduction, continue to drink only the lemon water.

Please remember to rinse your mouth out with water as lemon and apple cider vinegar are acidic to the teeth or you can use a straw! Drink just lemon and hot water if you prefer.

GRANOLA

- 4 cups Gluten free oats OR 3 Further cups of assorted nuts, soaked and dehydrated
- 1 cup walnuts
- ½ cup almonds
- 1 cup pumpkin seeds
- 1 cup sunflower seeds
- 4 tbsp coconut oil
- 2 tbsp maple syrup
- 4 tsp ground cinnamon
- 1-2 tsp vanilla extract
- ½ cup flaxseeds/chia (added at the end when granola is cooked)
- 1 cup goji berries (added at the end when granola is cooked)

Method

1. First of all, soak your nuts and seeds (apart from the chia and the flax seed) in a bowl or container either overnight, in the fridge or outside for about 4 hours.
2. Drain your nuts and seeds and chop them to desired size depending on your taste and bake for 2 hours at 140 C or until crunchy.
3. Place oats in a large bowl (if you're using them). Add the nuts and the rest of the ingredients and give them a good mix.
4. Put the mixture on a large oven tray or two (depending on the size of your oven as you don't want it too deep) and bake in the oven on 160 C until golden and the nuts are crispy and completely dried out. Keep an eye on it and give it a mix every 15-20 minutes. It should take around 30 minutes.
5. When finished cool completely before storing in an airtight container.
6. Serve it with milk (almond or dairy) or kefir and some fruit or sprinkled on top of a smoothie and enjoy!

SUPER SEED LOAF

- 120g ground almonds
- 100g sunflower seeds
- 100g pumpkin seeds
- 75g sesame seeds
- 30g chia seeds
- ½ tsp sea salt
- 5 free range eggs
- 75ml unsweetened almond milk

Method

1. Preheat the oven to 180 C and line a loaf tin with parchment paper.
2. Combine the ground almonds, sunflower seeds, pumpkin seeds, sesame seeds, chia seeds and salt in a bowl.
3. In a separate bowl whisk the eggs with the almond milk and slowly combine the wet and the dry ingredients and stir well.
4. Pour the mixture into the lined tin and bake for 40 minutes, until it rises and is golden and firm to the touch.
5. Allow to cool on a wire rack.

FLAX SANDWICH BREAD

- 120g ground almonds
- 375g Ground flaxseeds (grind up whole in a processor)
- 6 eggs
- 170ml water
- 75g butter at room temperature
- 3 tsp bicarbonate of soda
- 3 tbsp lemon juice
- 1 ½ tsp sea salt

Method

1. Preheat oven to 170 C and line a large baking tray with parchment.
2. Add all the ingredients to a food processor and blend until smooth or mix by hand in a large bowl. The dough will thicken as you mix.
3. Spoon the dough into the prepared tin and smooth the top with the back of a wet spoon or spatula. Sprinkle with sesame seeds (optional).
4. Bake for 30 minutes until firm but springy to the touch. Leave to cool on a wire rack then turn it out and slice lengthways to make flat sandwich bread.

ACAI BERRY CHIA BOWL

- 4 tbsp chia seed
- 1 cup almond milk (or dairy free milk of your choice)
- 1-2 bananas, frozen preferably (depending on how sweet you like it)
- 1 cup berries
- 1 small ripe avocado or 2 tbsp coconut oil
- 2 tbsp acai berry powder or puree
- 1 handful of spinach or tbsp of your favourite green powder (optional)

Method

1. Put all the ingredients into a food processor or blender and blend until smooth.
2. Serve with your choice of toppings: Fresh banana slices / Granola / Sunflower seeds / Goji berries.

BUCKWHEAT/OAT PANCAKES

- 1 cup buckwheat flour or oat flour (gluten free)
- 1 tsp baking powder
- 1 tsp baking soda
- ½ tsp sea salt
- 1 ¼ cup dairy-free milk (Almond preferably)
- 1 egg
- 1 tsp cinnamon
- 1-2 tsp vanilla extract
- 1 tsp coconut oil

Method

1. Add the buckwheat flour, baking powder, baking soda, sea salt, dairy-free milk, egg, cinnamon, and vanilla extract to a mixing bowl. Mix well until smooth.
2. Next, heat a pan on the stove over medium heat. Add a tsp of coconut oil. Once the pan is hot and the oil has melted, add about ¼ cup of pancake batter. Allow the batter to cook for about 2 to 3 minutes.
3. Once you see the pancake begin to dry out on the top, you can flip it over. Once both sides are cooked, you can remove the pancake from the pan and place it on a plate. Remember to add a tsp of coconut oil to the pan every time you make a new pancake to avoid sticking.
4. Serve with lemon and raw honey or berries, pomegranates or passion fruit.

QUINOA/GLUTEN FREE PANCAKES

- 1 cup Quinoa flour (or other gluten free flour mix)
- 1 cup milk (nut or dairy)
- 2 large eggs
- Sprinkle of cinnamon
- 1 tsp vanilla extract

Method

1. Combine all ingredients and whisk.
2. Pour 1 ladle full into a hot pan with coconut oil, spread evenly and turn when brown on one side. Serve with lemon & coconut sugar/honey or fruit.

ACTIVATING NUTS

Why activate nuts?

This increases the nutritional value and breaks down the phytic acid which interferes with your digestive enzymes and prevents you absorbing all the nutrients in your food.

How?

Soak raw nuts in water for around 12 hours - this starts off the germination or sprouting process.

Dehydrate (cook in oven or dehydrator) at a low temperature (70 C) until crispy (approx. 5-7 hours).

MAKING NUT MILK

1. Soak 1 cup of raw nuts (I prefer Almond) over night
2. Drain and rinse nuts
3. Mix in liquidiser with 4 cups of water until nuts are completely pulped up
4. Strain through muslin or nut milk bag

Keeps in the back of the fridge for up to a week.

Use this milk in smoothies and recipes that require cow's milk.

Use the left-over pulp for almond crumb on chicken/fish or for chocolate power balls.

MINI FRITATAS

- 8 eggs
- 2 tbsp low fat milk
- 1 cup diced red pepper
- 1 cup grated courgette
- 1 cup of caramelised onion & butternut squash.
- 1 package of chopped frozen spinach
- ¼ cup of soft goats cheese or any other cheese OR Nutritional yeast (if you want dairy free)
- You can use up extra veg from dinner the night before
- You can also add meat (bacon or ham) and fish (tuna, smoked salmon or fresh)

Method

1. Wilt the spinach and drain any excess liquid. Grate the courgette and squeeze out any excess water. Beat the eggs and the milk in a small bowl and mix in all the other ingredients.
2. Add salt and pepper to taste.
3. Spoon mixture into a muffin tray and bake at 180 C for 12 to 15 minutes or until firm and golden on top. Once cooled, you can store in the fridge for a few days.

SMOOTHIES

Smoothies are better than juices as they contain fibre which makes them better for the body to digest and a lower GI.

ALMOND BUTTER & BANANA PROTEIN SMOOTHIE

- 1 small frozen banana
- 1 cup unsweetened almond milk
- 2 tbsp almond butter
- 2 tbsp unflavoured protein powder
- 2 tbsp sweetener of your choice (honey, maple syrup)
- ½ tsp ground cinnamon
- 4-6 ice cubes

VERY BERRY SUPER SHAKE

- 12 oz water
- 1 small frozen banana
- 1 cup spinach
- 2 cups frozen mixed berries
- ½ cup of kefir
- 2 scoops of protein powder (Nuzest is good)
- 1 tsp vanilla extract
- 1 tbsp walnuts
- 1 tbsp ground flaxseed

BLUEBERRY BANANA SMOOTHIE

- 1 ripe banana
- 1 cup frozen berries
- ¼ cup SLA mix or chia seeds
- 4 ice cubes
- 1 cup kefir

AVOCADO GREEN SMOOTHIE

- 1 ¼ cups of cold nut or coconut milk
- 1 ripe avocado
- 1 ripe banana
- 1 sweet apple
- 1 small stalk of celery
- 2 cups of lightly packed kale or spinach
- 1 inch piece of peeled fresh ginger
- 8 ice cubes

There is no real art to making a smoothie, it is trial and error, change the Milk, Powder, Fruit and Greens you use to make a different one every day!

Choose From:

Milks: Almond, Rice, Coconut, Kefir & Oat

Powders: Green, Protein, SLA mix, Camu, Spirulina, Matcha, Maca (for hormone balancing), Cacao

Other Stuff: Almond/Cashew Butter, Desiccated Coconut, Frozen Fruit, Chia, Ground flaxseeds, Acai

CRACKERS & DIPS

SEED CRACKERS

- 200g sunflower seeds
- 100g pumpkin seeds
- 60g flax seeds
- 60g chia seeds
- 100g sesame seeds
- 3-4 tbsp psyllium husks
- 500ml water
- 1 tsp salt

Method

1. Activate the sunflower and pumpkin seeds by soaking overnight and draining (no need to dehydrate).
2. The following morning, drain the seeds for at least 20 minutes and preheat oven to 160 C.
3. In a mixing bowl, combine all the ingredients and leave the mixture to stand for about 10 minutes, mixing a few times until the mixture becomes pliable.
4. Spread the mixture out as thinly as possible on baking trays covered with baking paper (make sure there are no holes in the mixture).
5. Bake for about 1 to 1.5 hrs (until they are crispy) Some of the edges may be ready in 45 mins or so. You may need to break off cooked pieces on the edges as they start to look baked. Cooked pieces will snap off, uncooked will be bendy still.
6. Remove from the oven and leave to cool and then store in an airtight container.

SALT & PEPPER CRACKERS

- 2 cups almond flour
- 1 large egg or chia/flax egg
- ½ tsp sea salt
- ½ tsp black pepper

Method

1. Mix almond flour, egg or chia/flax egg, salt and pepper in a food processor until a dough forms.
2. Place dough between 2 pieces of baking paper.
3. Roll out dough as thin as possible, then remove the top piece of paper.
4. Transfer onto a baking sheet.
5. Cut into 2 inch squares using a knife or pizza cutter.
6. Sprinkle with extra sea salt and pepper if desired.
7. Bake at 180C for 12-14 minutes.
8. Store in an airtight container.

CRUNCHY SESAME CRACKERS

- 1½ cups almond flour
- ½ cup sesame seeds
- 1 large egg or chia/flax egg
- 1 tbsp olive or coconut oil
- 1 tsp sea salt
- ½ tsp black pepper
- ½ tsp cayenne pepper or chili flakes (optional)

Method

1. Place almond flour, sesame seeds, egg or chia/flax, oil, salt and pepper in a food processor.
2. Pulse until dough forms.
3. Place dough between two pieces of baking paper.
4. Roll out dough as thin as possible, to about ⅛" thick.
5. Cut into 2" squares using a knife or pizza cutter.
6. Transfer to a large baking sheet.
7. Bake at 180C for 10-12 minutes, or until golden brown.
8. Allow to cool and store in an airtight container.

CASSAVA & SEED CRACKERS

- 1 cup (160g) cassava flour
- ½ cup (85 g) flax seeds
- ½ cup (70 g) sesame seeds
- ½ teaspoon fine sea salt
- 1 cup + 2 tablespoons (265 ml) boiling water
- ¼ cup (55 g) olive oil
- a pinch of black pepper & cayenne pepper
- flaky salt, for sprinkling

Method

1. Position racks in the upper and lower thirds of the oven and preheat to 300°F.
2. Stir together the flour, seeds, salt, pepper and cayenne in a large bowl.
3. Add the olive oil and water, stir to combine. Let sit 10 minutes, then knead with your hands in the bowl into a smooth ball. Divide in two.
4. Roll one piece of dough between two pieces of parchment paper into a large, thin sheet that's about the size of a baking sheet. If the dough cracks or tears, just squish it back together. You can trim away the wonky edges, stick them into the corners, and continue rolling to make a rectangle. Repeat with the other piece of dough.
5. Sprinkle with flaky salt all over.
6. Bake the crackers until light golden, about 40-50 minutes.
7. Let the crackers cool, then break them into 2 to 3-inch pieces. If the crackers aren't crisp enough after cooling, just return them to the oven for another 10 minutes or so.
8. Store the crackers airtight for up to a week or two... if you can make them last that long!

CASSAVA FLOUR PITA BREADS

- 2 tsp active dry yeast
- 1.5 cups warm water (around 100 C F)

*** You can start with 1 cup and work your way up – your dough should be claylike when you finish adding ingredients. Keep in mind tapioca flour is NOT the same as cassava flour. Also, different brands/batches will vary. I use Otto's Natural Brand and it ABSOLUTELY takes a full 1.5 cups of water to make this recipe work***

- 1 tbsp honey
- 2 tbsp avocado oil (or cooking fat of choice)
- 2 cups cassava flour
- 1 tsp sea salt

Method

1. Preheat oven to 450 F.
2. In a mixing bowl, combine water, yeast and honey and allow to sit for a couple of minutes.
3. Add in flour, salt, and oil.
4. Stir with a spoon and then kneed by hand until a large ball of dough is formed.
5. Divide into approximately 6 equal portions.
6. Take each portion, one at a time and make a ball.
7. Wet hands and dampen the ball of dough.
8. Next roll it out each ball of dough between two pieces of parchment paper (each pita should be about 5-6 inches in diameter), the water helps prevent the dough from having cracked edges. If it cracks, use your hands to seal it back together. Remove the top piece of parchment after rolling out before baking.
9. Bake pitas (as many as will fit on a baking sheet) for 5 minutes on each side or longer depending on preference of “pocket” or “dipping” pita.
10. Note: Cooking time and thickness variation will help determine end product. Thicker discs with shorter cooking time will yield more of a soft pita bread you can stuff. Thinner discs with longer cooking time will yield a slightly crispier version, perfect for dipping.

Note: If you prefer to use this as a pocket to stuff, cut the pitas in half soon after removing from the oven and then slice the pocket open while still warm. Once they cool they are harder to slit open.

CASSAVA FLOUR WRAPS

- 1 cup cassava flour
- 1 cup Bob Mills gluten free flour
- 1 tsp baking powder
- 1 tsp xanthan gum
- 4 tbsp olive oil
- $\frac{3}{4}$ cup cold water

Method

1. In a large bowl, measure all the dry ingredients and mix thoroughly.
2. Add the olive oil, mix well and then add half the water. Mix together with further water to create a pliable clay like texture.
3. If necessary, add more water to create a dough which isn't too sticky or too dry. It should not stick or fall apart.
4. Separate the dough into 6 separate equal size balls, cover and place in the fridge to cool for half an hour.
5. Next roll each ball between two pieces of baking paper to create a flat wrap.
6. Heat your frying pan (without oil) to a med/high temperature. Peel the wrap off the baking paper into the palm of your hand and then place it flat on the pan and cook for approx. 3 minutes, until one side is browning, turn over and cook the other side.
7. Once cooked on both sides, transfer to plate and cover with a paper towel.
8. Can be stored overnight in a sealed bag.

ROASTED CHICKPEAS

- Packet of garbanzo beans/chickpeas
- 2-3 tbsp olive oil
- Sprinkle of salt

Method

1. Soak the garbanzo beans in filtered water over night.
2. Drain and cover with cold water, bring to the boil and cook until beans are tender (or use canned beans, drained and washed thoroughly).
3. Drain and blot on a paper towel to dry them.
4. In a bowl toss the beans with olive oil and salt (add garlic powder, cayenne pepper etc. to add flavour).
5. Spread the beans on a baking sheet on a baking tray.
6. Bake in the oven at 230 C for 30 to 40 minutes. Canned beans need a shorter cooking time.

AVOCADO SALSA

- 2 avocados diced
- 1 large tomato, deseeded and skinless
- 1 medium red onion
- 1 tbsp flat leaf parsley
- 1 red chili, deseeded and finely chopped
- Juice of 5 small limes
- 1 tbsp olive oil
- Salt and pepper to taste

Method

1. Mix all ingredients in a bowl.
2. Add salt and pepper to taste.

BEETROOT HUMMUS DIP

- 1 large beetroot
- 400g cooked chickpeas
- 2 cloves garlic, chopped
- 2 tsp ground cumin
- 2 tbsp extra virgin olive oil
- 3 tbsp tahini
- 2 lemons, juiced
- Sea salt and pepper to taste

Method

1. Wash and grate the beetroot using a fine blade grater and place in a food processor.
2. Add the chickpeas, garlic, olive oil, lemon juice and salt and pepper and blend until a smooth consistency is achieved.
3. Add more olive oil or lemon juice if it is too dry.
4. Store in an airtight container in the fridge.

RAW ZUCCHINI HUMMUS DIP

- 1 organic zucchini
- ½ cup tahini
- ⅓ cup lemon juice
- 1 garlic clove
- ¾ tsp sea salt, or to taste
- Pinch of cayenne pepper

Method

Blend together the zucchini, tahini, lemon juice, garlic and sea salt until smooth. Place into a container.

BABAGANOUSH

- 2 Italian eggplants or small globe eggplants
- ¼ cup tahini
- 1 lemon, juice of
- 1 garlic clove, minced
- 1 tbsp plain Greek yogurt, optional
- Kosher salt and black pepper
- Pinch paprika
- ¾ tsp red pepper flakes
- Extra virgin olive oil
- Toasted pine nuts for garnish, optional

Method

1. First, smoke or grill the eggplant. Turn one gas burner on medium-high. Place the eggplant directly over the flame. Using a pair of tongs, turn the eggplant every 5 minutes or so until it is tender and the skin is charred and crispy on all sides (20 minutes.) The eggplant should deflate and become super tender. supposed to. If you don't have a gas burner you can use a grill. You can also roast the eggplant in the oven.
2. Remove the eggplant from the heat and transfer it to a large colander over a bowl. Allow it to sit and drain for a few minutes until fully cooled and all excess water has been drained (it helps if you open the eggplant up a bit and push on it with a knife or a spoon to help it release its juices).
3. Once the eggplant is cool enough to touch, peel the charred crispy skin off (it should come right off). Discard the skin and the stem (don't worry if a few bits of the skin remain, that is just added flavour).
4. Transfer the cooked and fully drained eggplant to a bowl. Use a fork to break it down into smaller pieces. Add the tahini paste, garlic, lemon juice, Greek yogurt (if using) salt, pepper, paprika, Aleppo pepper or crushed red pepper flakes. Mix gently with a wooden spoon or a fork until well-combined.
5. Cover the babaganoush and chill in the fridge for 30 minutes to an hour.
6. To serve, transfer the babaganoush to a rimmed serving dish or a bowl. Top with a good drizzle of extra virgin olive oil and toasted pine nuts

BUTTERBEAN DIP

- 16 oz (one can) butter beans
- 3 cloves fresh garlic
- 3 tbsp extra virgin olive oil
- 2 tbsp room temperature water
- 1-2 tsp chopped parsley
- 1-2 tsp chopped basil

Method

1. Drain the beans, rinse and pat dry.
2. In a food processor, add all the ingredients and blend until smooth and creamy. Season to taste.

KEFIR TATZIKI

- 150g kefir with 50g of kefir cheese
- ½ cucumber
- 2-4 cloves garlic (crushed)
- 1 tbsp olive oil
- 1 tsp lemon juice or white wine vinegar
- 1 tsp chopped or dried mint (or dill)
- ½ tsp salt
- Pepper to taste

Method

1. Peel the cucumber and cut it half lengthways and de-seed using a tsp, then coarsely grate.
2. Put grated cucumber into a sieve suspended over a bowl and sprinkle over ½ tsp of salt and mix through. Place a plate on top of the cucumber and allow cucumbers to drain for approx. 1 hour, or until water stops dripping. Combine all the ingredients and mix thoroughly. The flavours combine better over time.

DAIRY FREE SMOKED SALMON PATE

- 1 ½ cups, soaked organic raw cashews
- 400g smoked salmon
- 1 tbsp nutritional yeast
- 1 tbsp organic lemon juice
- ¼ tsp sea salt
- 2 tsp horseradish
- 2 tbsp apple cider vinegar
- ½ tbsp extra virgin olive oil

Method

1. Soak the raw cashews over-night then drain.
2. Place all ingredients except salmon into the food processor.
3. Blend until smooth. The consistency will be similar to cream cheese.
4. Roughly chop half the salmon, and then add to the food processor and blend until the salmon is incorporated with the spread.
5. Finely chop the other half of the salmon and mix through.
6. To make more dip like, add 2-3 tbsp of kefir until it is your desired consistency.

SMOKED SALMON KEFIR DIP

- 1 pack of smoked mackerel or smoked salmon (approx 200g)
- 2-3 cups of kefir – strained to make cheese
- Juice of half a lemon
- Salt & pepper to taste

Method

1. Place the mackerel (skins removed) in the food processor and squeeze in the juice of half a lemon. Blend until the mackerel is a smooth consistency.
2. Add the kefir cheese and blend until the mixture is completely smooth.
3. Add salt & pepper and more lemon to reach your desired taste.

BONE BROTH

- ½ -1 kg bones from pastured animals (chicken feet, carcass/neck or beef bones knuckles are best) or left-over chicken bones/carcass from your Sunday roast and add in fresh bones.
- 4 cloves organic garlic
- 5 litres filtered water
- Sea salt and pepper to taste
- 2 tbsp apple cider vinegar
- 2 carrots, 2 celery sticks, 1 onion & herbs
- (optional) ginger, star anise, cinnamon & chili

Method

1. Put all ingredients in a slow cooker or in the oven and set to a low temperature (120 deg or low on slow cooker). Cook for 8-24 hours. I tend to leave it overnight and, in the morning, strain broth and refrigerate in separate glass containers.
2. To make a quick chicken soup, pick the chicken off the bones you've just been boiling, add some of the vegetables from the pot and blend using a hand whisk.
3. Broth and soup can be frozen to use at a later date.

This is great as a base for soups and sauces and is great for gut healing!

HOME MADE TOMATO SAUCE

- 1 kg of tomatoes (large or small) or a jar of tomatoes
- 1 chili
- 1 clove of garlic
- Basil stalks
- ½ tsp dried oregano
- 1 cup finely chopped or grated carrots, celery & onions (optional)

Method

1. Place the crushed clove of garlic and large red chili in a pan with some olive oil, simmer for a few minutes. Next add in the vegetables to simmer.
2. Add in the whole tomatoes and allow to cook through and breakdown (Do not crush them as this will let out the bitterness of the seeds).
3. After approx. 30 minutes the skins will start to come off. Remove the skins, chili and basil stalks and use a hand blender to make a smooth consistency.
4. Can be stored in the freezer if you don't want to use immediately.

MARINADES

Barbeque

1/3 - 1/2 cup extra virgin olive oil depending on preference
3 tbsp fresh lemon juice
3 tbsp soy sauce
2 tbsp balsamic vinegar (with 1/4 cup honey if not sweet balsamic)
3 garlic cloves minced
1 1/2 tsp salt
1 tsp pepper

Fresh Herbs

1 bunch of rosemary
1 bunch of thyme
4 cloves of garlic
1 lemon or orange juice zest
1 tbsp honey
salt & pepper
splash of olive oil

Honey Mustard

2 tbsp mustard of your choice (I like Dijon or English)
3 tbsp runny honey or maple syrup
2 cloves of garlic
splash of white wine or water
Place all the ingredients in a food processor and blend well, adding the water slowly until smooth and you have your desired consistency.

Indian/Thai

When it comes to Indian rubs I use a good quality India/Thai paste which are widely available. I mix them with a little extra olive oil or lemon juice, natural yoghurt or coconut milk.

Miso

1 tbsp miso paste
Mirin or sake
1 tsp sugar
Mix sugar and miso paste together then add the sake until the paste is smooth and of a coating consistency

Spice Rub

1 ½ tsp ground cinnamon
½ tsp cumin
½ tsp ground ginger
2 cloves minced garlic
Oil for rubbing

Teriyaki

½ cup of tamari (or soy) sauce
1 inch grated ginger
2 cloves of garlic
3 tbsp runny honey
3 tbsp mirin
Mix all together in a bowl before adding your meat or fish.

CHICKEN CASSEROLE

- 1 tbsp olive oil
- 1 chicken pieces (eight in total), such as thighs and drumsticks
- onion, finely sliced
- garlic cloves, crushed
- celery sticks, thickly sliced
- 2 carrots, cut into 2cm (¾in) chunks
- 2 leeks, cut into 2cm (¾in) chunks
- 1 level tbsp plain flour
- 600 ml (1 pint) hot chicken bone broth
- 2 rosemary sprigs
- Dash of passata sauce

Method

1. Heat oil in a large, flameproof casserole. Season chicken pieces and brown all over for 10min. Remove and set aside. Drain fat from the pan - there should be around 75ml (3fl oz). Pour just 1tbsp oil back into the pan and discard the rest. Preheat oven to 200C (180°C fan oven).
2. Add the onion, garlic, celery, carrots and leeks to the pan, and cook, stirring, for 5-10min. Stir in the flour, cook for 2min, then pour in the stock. Season well, then return the browned chicken to the pan. Add the rosemary, add the dash of passata sauce cover and bring the casserole to the boil.
3. Cook in the oven for 25-30min until the chicken is cooked through and the sauce is piping hot and thickened.

TRAY BAKE CHICKEN

- 1kg bone-in chicken thighs and drumsticks (equal quantities of each saves any arguments)
- Assortment of vegetables suitable for roasting i.e. peppers, onion, squash, courgette & carrot.

For the marinade

- 1½ tsp smoked paprika
- 1 lime zested and juiced
- 1 or 2 whole chilis finely chopped (use less if you prefer less heat)
- 2 garlic cloves, chopped
- 4 tbsp olive oil
- ½ bunch of fresh thyme and rosemary
- ¼ cup tamari (gluten free soy sauce)
- Freshly ground black pepper

Method

1. Pound all the marinade ingredients together using a large pestle and mortar, or blitz in a mini chopper to create a loose paste. Slash each chicken piece a few times, then tip into a bowl and coat in the marinade. Cover and chill for at least 1 hour or up to 24 hours.
2. Heat the oven to 200 C fan. Tip the chicken along with the marinade into a roasting tin. Toss together, then arrange the chicken on top of the potatoes, thighs skin-side up. Roast for 35-40 minutes until the chicken has browned.
3. Remove the chicken from the tin and set aside and then continue to cook the vegetables for a further 15 minutes.

THAI GREEN CURRY

For the curry paste

- 15 green spur chilies chopped
- 4 green birds eye chilies chopped
- 4 red birds eye chilies chopped
- 2 tablespoons lemongrass, thick bottom third only (outer layers removed, inner part slice)
- 1 ½ tsp galangal ginger, finely sliced
- ½ kaffir lime rind, chopped
- 2 tbsp tsp shallot, finely sliced
- 2 tbsp garlic, finely chopped
- 2 tbsp coriander root, chopped
- 1 tsp turmeric
- ½ tsp roasted coriander seeds, ½ tsp roasted cumin seeds & ½ tsp roasted black pepper
- 1 tsp shrimp paste (omit if vegetarian)

Method

1. Place ingredients into a pestle to form a fine paste or use a food processor and process until smooth.
2. Using a pestle and mortar allows the ingredients to release their flavours better than a blender.
3. One prepared the curry paste can kept in a jar in the fridge for several months and is suitable to use after freezing.

To make green curry with chicken – serves 4

- 1 cup of sliced chicken (veg, tofu or mushroom)
- 4 tbsp of green curry paste
- ¼ cup of any type of eggplant or purple aubergine cut into bite size
- 8 tsp of coconut oil or cream
- 4 cups of coconut milk
- 40 sweet basil leaves
- 10 kaffir lime leaves
- 8 tbsp finger ginger (shredded)
- A couple of pinches of palm or white sugar
- 2 tsp fish sauce (veg: tamari/soy sauce)
- 4 tbsp tamarind paste

Method

1. Put oil or coconut cream into a wok over a low heat. Add curry paste and stirring continuously until fragrant.
2. Add the chicken. Fry until the chicken changes colour, then add coconut milk, kaffir lime leaves, finger ginger, eggplant, sugar, tamarind paste and fish sauce.
3. Stir continuously until the chicken is cooked, reduce the sauce until thick.
4. Add sweet basil. Remove from the heat and serve with rice.

BEEF/LENTIL BOLOGNESE

- 4 cups beef/lentils (soaked over-night)
- 1 ½ cups tomato sauce with 1-2 tbsp passata sauce
- 1 ½ cups bone stock
- 1 bay leaf, sprinkle of oregano/mixed herbs, salt & pepper to taste
- 2-3 cups of vegetables – carrots, celery, onions, courgettes, leeks – either grate or finely chop

Method

1. Soften the vegetables in a large pan with a little olive oil or butter. Add the mince beef and cook through. Add the tomato sauce, passata, lentils, stock & herbs.
2. Simmer for 30 minutes to an hour, until all the flavours have combined, and the sauce has reduced. You can add bacon/ham, mushrooms etc. for variety.

BEEF CASSEROLE

- 800 g lean stewing beef
- 2 tbsps gluten free flour
- Splash of olive oil
- 2 cloves of garlic
- A handful of shallots
- 2 leeks
- 2 sticks of celery
- 2 carrots
- ½ a bunch of fresh thyme (15g)
- 2 sprigs of fresh rosemary
- 330ml stout
- 500 ml organic beef/chicken bone broth
- 1 tin of chopped tomatoes
- 2 fresh bay leaves

Method

1. Preheat the oven to 160°C/325°F/gas 3.
2. Dice the beef into 1cm pieces, then toss in a bowl with the flour, making sure the meat chunks are totally covered. Set aside.
3. Add a splash of oil to a large casserole pan and place it over a medium heat. When it's hot, add the beef and cook for 5 minutes, or until the meat is browned all over. Transfer to a plate and leave to one side.
4. While the beef cooks, peel and finely chop the garlic, then peel the shallots and halve most of them, keeping a few whole. Trim and roughly chop the celery, then peel, trim and

chop the carrots and leaks into 2cm rounds.

5. Splash a little more oil into the pan, then add the veg. Strip the leaves from the thyme and rosemary and add to the pan, then cook for 10 to 15 minutes, or until the vegetables are softened.
6. Return the beef to the pan and add the stout. Once the liquid has been absorbed, add the stock and bay leaves.
7. Season with sea salt and black pepper, then transfer the stew to the oven to cook for 3 to 4 hours, or until the meat is tender and pulls apart easily with forks.
8. Serve your beef stew with creamy mashed potato.

SALMON WITH PESTO CRUMB

For the pesto (dairy free):

- 1 cup (packed) rocket or spinach leaves
- 2 cups (packed) basil leaves
- ¼ cup pine nuts (you can use macadamia or walnuts too)
- 2 tbsp nutritional yeast
- 1 garlic clove
- Juice of half a lemon
- Sea salt & pepper to taste

Method

1. Toast the pine nuts by shallow frying in a pan without any oil, keep turning regularly so they won't burn.
2. In a food processor, combine all the ingredients.
3. Once everything is well mixed, if consistency is too thick, add a little water and keep processing until you reach a desired consistency. Add salt and pepper to taste.

For the crumb:

- Either ground up gluten free bread or almond flour/ground almonds
- Salmon fillets cut into individual portions

Method

1. Lay the salmon fillets on top of lemon slices on a baking sheet on a baking tray. Season with a sprinkle of salt and pepper.
2. Spread a thin layer of pesto on to each fillet and then sprinkle breadcrumbs and press into the pesto layer.
3. Bake in an oven at 200C for 12 minutes or until cooked to desired consistency.

BAKED SALMON WRAPED IN PARMA HAM

- 300g salmon fillets (2 fillets)
- 4 slices parma ham
- 1 tbsp olive oil
- 1 tsp fresh thyme leaves
- salt and pepper

Method

1. Pre-heat the oven to 180CFan/200C.
2. Take the salmon fillet and using a sharp knife, carefully remove the skin. [Or you can ask your fishmonger to do this for you.]
3. Remove any woody stalks from your thyme leaves and place the leaves in a small bowl, along with the olive oil. Press the leaves into the oil, bruising them a little so that they break down a little and release their oil. Season to taste with a little salt and pepper.
4. Lay two slices of Parma ham side by side on a board with the long edges overlapping slightly.
5. Now take the salmon fillet and half the thyme oil and drizzle this over the fish. Place the salmon down onto the Parma ham, laying it in the middle across the width of the slices.
6. Carefully pull the extra edges of ham over the salmon, so that the fillet is completely wrapped in Parma ham. Place onto a baking sheet.
7. Place the salmon in the oven and bake for 12-15 until the salmon is cooked through. Remove from the oven and serve immediately.

SALMON WITH GREEN BEANS AND TOMATOES

- 6 clove garlic
- 1 lb. green beans
- 2 cups of grape tomatoes
- ½ cup pitted kalamata olives
- 3 anchovy fillets
- 2 tbsp olive oil
- kosher salt
- Pepper
- 1 skinless salmon fillet

Method

1. Heat oven to 425 C F. On a large rimmed baking sheet, toss together the garlic, beans, tomatoes, olives, and anchovies (if using) with 1 tbsp oil and ¼ tsp pepper. Roast until the vegetables are tender and beginning to brown, 12 to 15 minutes.
2. Meanwhile, heat the remaining tbsp oil in a large skillet over medium heat. Season the salmon with ¼ tsp each salt and pepper and cook until golden brown and opaque throughout, 4 to 5 minutes per side. Serve with the vegetables.

SALMON WITH SUNDRIED TOMATOES

- 1 lb salmon fillets skin on
- 10 oz asparagus
- Zest from 1 lemon & Juice from ½ lemon
- 2 tbsp olive oil
- 3 tbsp dry white wine
- 3 oz diced sun-dried tomatoes in olive oil just tomatoes
- 1 tsp dry crushed basil
- 4 large garlic cloves
- Salt & fresh cracked black pepper

Method

1. Preheat the oven to 425 F and line a rimmed baking sheet with parchment paper. I like to create a border with parchment paper edges so the sauce and juices stay inside.
2. Rub salmon skin with some oil and place salmon fillets on the parchment paper, skin down.
3. Season salmon with a little salt and pepper.
4. Cut the white edges of the asparagus off and cut the stalks in half, to create shorter pieces.
5. Add asparagus to the baking sheet, around salmon. Try to place asparagus in one layer so it bakes evenly.
6. In a small bowl, combine lemon zest, lemon juice, olive oil, wine, sun-dried tomatoes, pressed garlic, dry basil, salt, and pepper. Whisk well and spoon the sauce mixture over salmon and asparagus.
7. Bake for 18-20 minutes, depending on the thickness of salmon fillets.

SALMON FISH CAKES

- 3 medium potatoes
- 2 medium sweet potatoes
- ¼ head of cauliflower
- ½ medium courgette
- 4 x 250g salmon fillets
- 200g of smoked salmon
- 180g of smoked mackerel
- 3 egg yolks
- 1 onion, finely chopped

Method

1. Preheat the oven to 180 C.
2. Poach the Salmon in a pan (Cover fish with cold water, bring to the boil and switch off. Leave for 30 minutes for the fish to completely cook through).
3. Cook potatoes & sweet potato and mash and season with salt and pepper.
4. Grate the cauliflower and courgette.
5. Remove the fish from the skin and roughly break up with a fork.
6. Chop the smoked fish.
7. Combine all the ingredients and mash together.
8. Shape into medium sized cakes and bake in the oven for 20 to 30 minutes.

MUSHROOM STROGANOFF (dairy free)

- 4 large portobello mushrooms
- 1 punnet of brown or button mushrooms
- 1 punnet of oyster mushrooms
- 1 tin or punch of puy lentils
- 1 bunch of kale stalks removed and lightly steamed (you can also use bag of baby spinach)
- 2 cloves of garlic
- 2 tsps of smoked paprika
- 1 large tbsp of Dijon mustard
- 1 tbsp of fresh chopped rosemary
- 1 carton of oat cream or coconut cream

Method

1. Start by frying the onions till golden then add the mushrooms. Make sure you cook the mushrooms until all the water has come out and they start to brown a bit.
2. Next add the garlic then add the kale, lentil, paprika and mustard.
3. Finish by pouring in the oat/coconut cream and rosemary. Cook it out and reduce for a few minutes till nice and creamy.
4. Serve with brown rice or over noodles and you can even use for the filling in a vegetable lasagna.

CURRIED LENTIL STEW

- 5 Tbsp olive oil
- 1 small onion, chopped
- 3 cloves garlic, minced
- 1 Tbsp curry powder (mild or hot – you decide)
- 1 tsp ground cumin
- Ground cayenne to taste, optional
- About 6 cups water (or homemade vegetable broth)
- Can of crushed tomatoes
- 1 cup lentils (rinsed and soaked for a couple hours in slightly acidic water)
- 2 large sweet potatoes, scrubbed and cut in small cubes
- 1 large bunch of kale, stalks and leaves separated (use two-handed stripping)
- Unrefined Sea salt (to taste, likely at least 1 Tbsp)

Method

1. Heat olive oil in a large stew pot. Add onion and finely sliced kale stalks and cook until soft – about 4 minutes.
2. Add garlic, curry powder, cumin, turmeric, and cayenne and cook an additional

minute.

3. Add protein and continue to sauté until lightly browned.
4. Add tomatoes and lentils and stir well to disperse spices thoroughly.
5. Add broth/water. Cover and simmer until lentils are tender (~20 minutes).
6. Add sweet potatoes (and additional sea salt if necessary). Simmer until tender – about 10 minutes.
7. Taste and add more curry powder and sea salt as desired. Coarsely chop kale leaves and add them now, stirring carefully to tame all pieces within the liquid.
8. Cover and cook a final 15 minutes

ZESTY CHILLI

- 4 tablespoons olive oil
- 2 celery stalks, chopped
- 2 carrots, halved lengthwise & sliced
- large red/yellow sweet pepper, chopped
- 1 onion, chopped
- 2 cloves garlic, minced
- 2-4 teaspoons chili powder & 1 teaspoon ground cumin
- 1 teaspoon dried coriander & 2 teaspoons dried oregano
- cayenne pepper or red pepper flakes (optional, if you like it hot)
- 3 cups cooked beans (kidney, cannelloni, black, etc. – mix it up!)
- 3-4 cups water
- 1 large can crushed organic tomatoes in their own juice (no other additives)
- ½ cup (one small can) organic tomato paste (no other additives)
- ½ - 1 teaspoon sea salt (to taste – use much less if beans and tomatoes are already salted)
- Chopped fresh cilantro
- Chopped green onion

Method

1. In a large saucepan, heat oil. Add onion and garlic and sauté ~5 minutes until the onion starts to brown. Put into a soup pot.
2. Add carrots, celery, and pepper and sauté 5 minutes. Add all spices and mix well. Sauté for 1 minute more (add water if needed to keep from burning).
3. Add the rest of the ingredients except final two and stir very well to combine. Cover loosely and simmer for 30 minutes, stirring occasionally.
4. Check for taste after 15 minutes and adjust the seasonings.
5. Remove 2 cups hot soup and puree well in a blender. Return to the soup and simmer for 10 minutes more. Serve topped with chopped fresh cilantro and green onions

HEALTHY ALTERNATIVES TO PARTY FOODS

We all know that kids want to eat what their peers are eating, so I've formulated the healthy gluten free versions of those old favourites.

Socca PIZZA

- 250g chickpea flour
- 400ml water
- 2 pinches of sea salt and a pinch of black pepper
- A large pinch of fresh herbs (rosemary, thyme, oregano)
- 1 tbsp grated fresh garlic
- 1 egg
- Coconut oil or ghee for frying

Method

1. Whisk together the ingredients with 400ml water (either by hand or in a blender).
2. Leave to stand overnight or for at least 30 minutes at room temperature.
3. Prepare the toppings in the meantime.
4. Pour in about 4 tbsp of the batter into a greased frying pan and swirl around to cover the pan and cook for a few minutes. Flip the base over and cook on the other side until golden brown. Cook longer for a crisper base.
5. Top with your favourite pizza toppings and bake in the oven at 180 C for 20 minutes or until the toppings are cooked.

SAUSAGE ROLLS

For the pastry:

- 2 cups buckwheat flour (or 1 cup buckwheat, 1 cup gluten free flour mix)
- 150g butter
- 2 egg yolks
- pinch of salt
- 4 tbsp water

Method

1. Put the butter, flour and salt in a bowl and work together with your hands until it looks like wet sand.
2. Add the egg yolk and water and knead until it comes together.
3. When your dough is a bit dry, add some water. Dry dough turns out too brittle and very difficult to roll.
4. Wrap in cling film and put it in the fridge for at least 30 minutes.

For the filling:

- 500g sausage mince (available from good butchers)
- 1 medium carrot
- 1 medium zucchini or a few cauliflower florets
- 1 small onion
- Good handful of shredded cabbage (optional)
- Handful of breadcrumbs
- 1 egg beaten
- Good splash of good quality gluten free BBQ sauce.
- Salt & pepper

Method

1. Whizz the veggies in a food processor so it's finely chopped. Mix all ingredients with your hands keeping consistency not too wet.
2. Roll out the dough between two pieces of baking paper – try to make a long tube shape so you can spread a good dollop of the filling down the centre and roll up (spreading with a bit of beaten egg to stick).
3. Cut into the size you want and place on well-greased baking tray.
4. Brush tops with beaten egg and slit pastry with knife for effect.
5. Cook in moderate oven for 20-30 minutes or until nicely browned.

CHICKEN/FISH NUGGETS

2 chicken breasts or 2 pieces of white fish

For the crumb:

- Corn flour
- Ground almonds or almond pulp, dried out after making nut milk OR gluten free bread
- Sesame seeds
- 1 or 2 eggs whisked

Method

1. Cut the chicken/fish into strips
2. Dip the chicken/fish into seasoned corn flour then dip in the egg and then coat in the crunchy almond pulp/breadcrumbs with sesame seeds
3. Place on a baking tray lined with parchment paper and sprinkle with a little oil then bake at 180 C for 20/30 minutes until golden brown and cooked through
4. OR shallow fry in butter and/or coconut oil

GLUTEN FREE BLINIS

- 2 ½ ounces (½ cup) buckwheat flour
- 2 ½ ounces (½ cup) gluten-free all-purpose flour
- 1 tbsp organic cane sugar
- ½ tsp sea salt
- ½ tsp gluten-free baking powder
- ¼ tsp baking soda
- ¼ tsp guar gum, if the gluten-free flour blend doesn't contain xanthan gum
- 1 cup buttermilk, or 1 tbsp apple cider vinegar mixed with whole milk
- 1 large egg
- 2 tbsp butter, melted and cooled, plus more for the frying pan

Method

1. Place dry ingredients in a bowl and whisk to thoroughly blend.
2. Crack an egg into a bowl. Whisk. Add buttermilk and melted butter. Whisk. Add dry ingredients and whisk just until smooth. Let sit for 5 minutes to allow liquids to absorb into dry ingredients.
3. Heat a heavy skillet over medium-high heat. Lightly oil pan with coconut oil or your favourite oil.
4. For appetizer-sized blini: When the pan is hot, use a tbsp to pour batter into the pan. When the surface has multiple little holes, flip. Cook just until both sides are golden browned. Continue until all batter is used.
5. For breakfast-sized blini pancakes: When the pan is hot, pour 1 ounce (2 tbsp) batter in pan. Continue as above.
6. To make caviar blini, top each cooled blini with a dollop of sour cream and a small scoop of your favourite caviar.

GLUTEN FREE YORKSHIRE PUDDINGS

- 2/3 cup gluten free flour mix
- 1/3 cup arrowroot
- ½ tsp salt
- ¼ tsp gluten free baking powder
- ¼ tsp xanthan gum
- 3 whole eggs
- 1 cup milk (or half and half)
- Dripping to fill the trays

Method

1. Preheat the oven to 220 C.
2. Prepare 2 mixing bowls, in one, all the dry ingredients, in the second, beat the eggs and then add it to the bowl with the dry ingredients. Mix well with the electric hand mixer until the batter becomes a thick cream consistency.
3. Place the muffin tins with a generous amount of olive oil or dripping in the hot oven for approx. 10 minutes until the fat is VERY hot.
4. Distribute the batter evenly into the 12 muffin cups and place back in the oven quickly.
5. Cook at 220 C for 15 minutes then turn the oven down to approx. 180 for a further 6-10 minutes.

VEGETABLES

CAULIFLOWER RICE

Makes 2 servings

- 1 head cauliflower, chopped
- 1 tbsp coconut oil
- Sea salt and black pepper
- Crushed garlic (optional)

Method

1. Place the chopped cauliflower into a food processor. If that is not available to you, use a cheese grater.
2. Heat a pan over medium heat and add coconut oil. When the pan is hot, add the cauliflower rice. As the rice continues to soften, add sea salt and black pepper and crushed garlic if desired.
3. Serve with vegetables and your choice of protein.

COCONUT LIME CAULIFLOWER RICE

- 1 whole cauliflower, cut into florets
- 2 tbsp coconut oil
- 5-10 tbsp coconut milk
- Juice and zest of 1 lime
- 1 handful of fresh coriander, chopped
- A pinch or more of diced fresh chilli or dried chilli flakes, optional
- Salt and pepper, to taste

Method

1. Place the cauliflower florets into a food processor and pulse until it is a 'rice-like' size.
2. Heat the coconut oil in a pan and add the cauliflower rice and the coconut milk.
3. Place a lid on the top of the pan and steam or leave the lid off and gently fry for 5-10 minutes, until it is cooked through but still has a bite.
4. Add the juice and zest of lime just before it has finished.
5. Serve with the fresh coriander and the chilli if you are using and season to taste.

ROASTED CAULIFLOWER/BROCCOLI

- Soak your broccoli/cauliflower with water and vegetable wash.
- Half steam the broccoli or cauliflower in a steamer until it's tender but not soft. It should still be crunchy. Heat the oven to 200 C.
- Place the half-steamed broccoli or cauliflower on a baking tray (on a baking sheet).
- Drizzle extra virgin olive oil on top and sprinkle about ½ tsp salt on top. Sprinkle with spices or herbs of choice.
- Roast for 15-20 min until golden on the outside. Serve immediately.

ROASTED CABBAGE

- Cut a white or red cabbage in half. Wash it well from the outside.
- Slice the cabbage into wedges and heat the oven to 180 C
- On a baking tray lined with a baking sheet place the wedges of cabbage in a row and drizzle extra virgin olive oil and ½ tsp of salt on top.
- Roast for 20-30 min until golden, soft and crunchy on the edge.

BAKED COURGETTE FRIES

- 2 large courgettes
- 50g ground almonds
- 30g grated parmesan (optional)
- Some herbs and spices (½ dried oregano and a small pinch of cayenne pepper)
- 1 egg
- Sea salt

Method

1. Preheat the oven to fan 220 C.
2. Slice the ends off the courgettes, half them and slice each half lengthways. Slice each length into French fry style strips. You want them to be slightly larger than normal French fry size. Season with sea salt.
3. Mix the ground almond, grated parmesan and herbs and spices in a bowl.
4. Beat the egg, dip each courgette piece into the egg, then into the herb and spice mix to coat evenly.
5. Lay the courgette fries in a single layer on a baking sheet and bake for 10 minutes until golden brown.
6. Enjoy them hot and crisp.

BAKED SWEET POTATO

Ingredients

- 2 large sweet potatoes (300g), peeled and cut into sticks
- 1 tbsp extra-virgin coconut oil
- Sea salt to taste

Method

1. Pre-heat oven to 200 C.
2. Place oil and potato slices in a single layer in baking trays and toss to coat.
3. Bake for 20 to 25 minutes, turning potato slices over once, until golden and crispy.

SPICY MISO SLAW

- ½ a red cabbage, shredded
- 2 carrots, spiralised, finely sliced or grated
- 2 spring onions or half a red onion
- 1 small fennel bulb or celery stick, diced
- A handful of fresh coriander to serve and a sprinkling of sesame seeds
- Spicy miso dressing
- 1-2 tbsp lime or lemon juice
- ½ tsp tamari soy sauce
- 4 tbsp extra virgin olive oil or a mix with sesame oil
- ½ tsp raw honey
- 1 tbsp grated ginger
- 1 tsp sweet miso
- 1 red chilli, finely chopped (optional)

Method

1. Place the chopped ingredients for the slaw in a large bowl, leaving the coriander till last.
2. Blend the dressing ingredients and mix through thoroughly.
3. Sprinkle with the coriander and sesame seeds if you are using.

BEETROOT, CARROT & APPLE SALAD

- 2 good sized beetroots
- 2 apples
- 2 large carrots
- 1 small red onion
- 1 or 2 handfuls of mint
- Lemon olive oil dressing
- Juice from 1 ½ lemons
- 10 tbsp extra virgin olive oil
- Salt & fresh ground pepper to taste
- ½ tsp dried oregano

Method

1. Finely chop the beetroots, apples, carrots and red onion into thin match type strips.
2. Drizzle over dressing and sprinkle with mint leaves.
3. Add Feta cheese (optional)

QUINOA TABOULEH

- 1 cup uncooked quinoa
- ½ cup chopped deseeded tomato
- ½ -1 cup chopped fresh mint and parsley
- ¼ cup chopped red onions
- ¼ cup of chopped peppers
- ¼ cup of chopped courgette or cucumber
- ¼ cup fresh lemon juice
- 2 tbsp extra-virgin olive oil
- Salt and pepper to taste

Method

1. Soak Quinoa overnight, cook until soft with a littlebite. Leave to cool.
2. Stir in the chopped ingredients.
3. Pour over the lemon & olive oil, mix well.
4. Cover and let stand 1 hour.

ROASTED VEGETABLES

1. Coarsely chop a selection of vegetables i.e. courgette/Zucchini, peppers, carrots, onions, pumpkin, sweet potato, beetroot and tomatoes work well.
2. In a bowl, drizzle the vegetables with olive oil and sprinkle with thyme and crushed garlic, mix it up until they are all fully covered.
3. Spread vegetables on a baking tray and roast in the oven for approx. 35-40 minutes, turning at several intervals as they start to brown.
4. Either serve hot with your meal or cool on your salad the next day.

KALE/Greens

- Head of kale/greens
- 1 garlic clove, crushed
- 1 lime, juiced (can also use lemon)

Method

1. Wash and de-stem whole head of kale. Tear into bite size pieces.
2. Heat extra-virgin coconut oil in a large saucepan over medium-high heat. Add crushed garlic and let sizzle a bit in the oil.
3. Add kale and toss to combine.
4. Add lime juice. Mix well until kale is wilted and turns bright green. Sprinkle with hemp seeds and serve.

VEGETABLE BAKE

- 4 Carrots
- Beetroot (or substitute 1 or 2 for parsnips, turnips, radish, and/or any winter squash)
- About 10 Brussels sprouts
- 1 Medium/Large onion
- 2 Sweet potatoes
- Tbsp fresh Thyme (strip little leaves from stems) - or 1 tsp dried thyme 2-3 Tbsp Olive oil

Method

1. Preheat oven to 350. Wash vegetables well (you get more nutrients if you leave the skins on except for onion!).
2. Chop all vegetables into 1/2 inch chunks (quarter brussels sprouts) except beets which should be in much smaller 1/4" chunks.
3. Toss vegetables with olive oil on a baking sheet. Sprinkle thyme and unrefined sea salt if desired.

4. Bake for 20 minutes. Stir well, and cook a further 10-20 min, until vegetables are lightly browned.

CRUCIFER STIR FRY

- Tbsp coconut oil (or use grapeseed oil; olive oil is not suited for the high temp of stir-frying)
- 4 cups coarsely chopped broccoli & cauliflower – As an alternative to broccoli, this recipe is good with any type of Asian cabbage (bok choy, napa cabbage, Chinese cabbage, or even American purple cabbage)
- large onion (ideally use a sweet variety or a red onion for extra flavor) 1 Tbsp rice vinegar
- tsp toasted sesame oil
- 1½ inches ginger, finely minced (not necessary to peel – just wash well) 4 garlic cloves, peeled and minced or pressed

Method

1. In a wok or very large frying pan or very large short-sided pot, heat coconut oil until shimmering. Add garlic and ginger and stir-fry for one minute until lightly golden brown.
2. Add vegetables and stir-fry continuously. Sprinkle mixture with vinegar and oil before stirring well and continuing the last few minutes of cooking. Don't overcook (especially if you will keep leftovers). Vegetables should be crunchy.

SWEET & SASSY SLAW

- ½ head green and ½ head red/purple cabbage
- 1 oz arame dried seaweed, reconstituted in room temp water for 10 minutes and drained
- 2 apples – preferably a semi-sweet or sweet variety (unpeeled)
- ¼ cup olive oil
- 2-3 Tbsp apple cider vinegar 1 tsp mustard Salt and Pepper to taste

Method

1. Remove any wilted outer cabbage leaves. Quarter cabbage head and cut out rough cores. Slice cabbage into very thin strips (like spaghetti) and cross-cut pieces to 1" in length.
2. Core the apple and thinly slice, grate or shred. Add remaining ingredients. Stir thoroughly. Cover and ideally refrigerate at least 2 hours before serving.
3. Side dish for 4-6 people Tip: Stir or shake every so often. This will taste even better a day later.

FULL BODIED KALE MASSAGE

- 1 large bunch fresh, lacinto kale, preferably organic (other kale works well too; just stronger flavor)
 - 2 1/2 ripe large avocado, peeled, core, and cut into chunks
 - Tbsp olive oil (increase to 3 Tbsp if not using avocado)
 - 1 Tbsp lemon juice, freshly squeezed (or use apple cider vinegar during the cleanse)
 - 1 large apple, sweet variety such as Gala or Honey Crisp, unpeeled and finely chopped OR ½ cup fresh pomegranate seeds (in season)
 - 1/3 cup pumpkin seeds (or try with crushed, lightly roasted almonds or sunflower seeds)
- Seasalt and Pepper to taste

Method

1. Wash kale well and strip leaves from heavy stems (reserve stems for use in a future soup or stew). Bunch all leaves together and thinly slice kale.
2. Mix kale well with avocado, oil, and lemon and massage (yes, massage) the mixture for 1-2 minutes (your clean hands are the only effective tools for this task!).
3. Add remaining ingredients and stir well. Ideally allow mixture to sit for 30 minutes to allow kale to wilt and flavors to mingle.

SALAD JARS

Choose from the options below to create the most delicious salads.

PROTEIN

Soft boiled eggs

Salmon, mackerel, prawns

Tinned tuna or sardines, sustainably sourced

Good quality ham or turkey (no nitrates)

Roast chicken, lamb or beef

Cooked quinoa, lentils, mungbeans, aduki beans, butter beans or chickpeas

Goats cheese, feta

SALAD LEAVES

Lettuce leaves; rocket, spinach, watercress

Fresh herbs (coriander, basil, parsley, dill, mint, chives, tarragon)

VEGETABLES RAW

Avocado, radish, cucumber, celery

VEGETABLES COOKED

Broccoli, cauliflower, asparagus, mushrooms, sweet potato, pumpkin, green beans

RAW OR COOKED

Beetroot, tomatoes, onions, peppers, cabbage, kale, fennel, carrots, courgettes

TOPPINGS

Seeds (sunflower, pumpkin, sesame, chia)

Nuts (walnuts, pecans, almonds, brazil, pistachio, pine nuts: preferably pre-soaked and activated)

Pomegranates, goji berries

SALAD DRESSINGS

FRENCH DRESSING

- 6 tbsp extra virgin olive oil
- 4 tbsp lemon juice or apple cider vinegar
- 1 tbsp mustard
- 1 clove garlic
- Sea salt and pepper to taste

AVOCADO AND GINGER DRESSING

- 5 cm piece fresh ginger, grated
- 1 ripe avocado
- 2 tbsp lemon or lime juice
- 1 ½ tsp raw honey
- 2 tsp tamari soy sauce
- 200 ml water
- Sea salt and pepper

Place all the ingredients in a food processor and blend well, adding the water slowly until smooth and you have your desired consistency.

CREAMY CASHEW DRESSING

- 200g cashew nuts, soaked in water for 3 hours
- 2 garlic cloves
- 2 tbsp apple cider vinegar or 3 tbsp lemon juice
- 1 tbsp raw honey or maple syrup
- 1 small handful fresh chives, spring onions or chopped onion
- 300 ml water (enough to blend into your preferred consistency)
- Sea salt and pepper

Method

1. Drain and rinse the cashews.
2. Blend everything in a food processor, adding water slowly, until the dressing is thick and creamy.
3. Keep stored in a sterilized jar in the fridge and cover with a layer of extra virgin olive oil

BASIL, LEMON & TAHINI DRESSING

- ½ cup tahini
- ¼ cup basil loosely packed
- ¼ cup lemon juice
- ¼ cup water
- 2 cloves garlic
- 1 tbsp extra virgin olive oil
- Pinch sea salt and black pepper

Blend all the ingredients together and add more lemon/salt/pepper to required taste.

SOUPS

TOMATO SOUP

- 2 large red onions, peeled and quartered
- 2 large carrots, peeled and chopped
- 8 to 9 ripe tomatoes, washed and quartered
- 4 garlic cloves, peeled
- 1 to 2 tbsp extra-virgin cold-pressed olive oil
- 1 bunch fresh rosemary and thyme
- 1 tsp dried sweet basil
- 2 leeks (white part only), washed and chopped
- 2 cans whole or chopped tomatoes
- Salt and pepper to taste

Method

1. Preheat oven to 180 C.
2. Place the onion, carrots, ripe (but not canned) tomatoes and garlic on a lined baking tray.
3. Drizzle olive oil on top. Place rosemary and thyme around the vegetables. Sprinkle dried basil on top.
4. Roast for 15 to 20 minutes until vegetables are soft.
5. In a large pot, fry the leeks in 4 tbsp of boiling water until they are soft.
6. Add in the roasted vegetables (minus the herbs) and stir.
7. Add two cans of tomatoes. Add one cup boiling water.
8. Bring to a boil, then reduce heat. Cook on low heat for another 15 to 20 minutes until the carrots are very soft.
9. Place in a blender and blend until smooth. Add salt and pepper to taste.

VEGETABLE SOUP

- 1 medium yellow onion, peeled and chopped
- 4 garlic cloves, minced
- 1 tbsp olive oil
- 3 carrots, peeled and chopped
- 1 medium sweet potato, peeled and chopped
- 2 parsnips, peeled and chopped
- 4 cups water
- 1 cup of chicken/vegetable bone broth
- Salt and pepper, to taste

Method

1. Brown the onion in olive oil over medium-high heat. Stir in minced garlic.
2. Add vegetables, water, and chicken broth. Bring to a simmer and allow to cook for 15 minutes, until vegetables become tender.
3. Turn off heat and allow mixture to cool until it's comfortable to touch (doesn't need to be cold). Transfer to a blender and blend until smooth.
4. Return mixture to pot, taste, and add salt, pepper, and spices that you prefer. Heat the soup and serve.

MUSHROOM SOUP

- 2 leeks white part only chopped
- 3 boxes organic brown button mushrooms washed and chopped
- 2 zucchinis washed and chopped
- 3 parsnips peeled and chopped
- 1 cup chicken/vegetable bone broth
- chives and parsley for serving

Method:

Sauté the leeks in olive or coconut oil, add in mushrooms and sauté till mushrooms soften, add in parsnip and zucchini and cover with filtered water and 1 cup of bone broth. Cook till parsnip are soft. Blend (I use a hand blender) and add in salt pepper and needed. Serve with fresh chopped herbs like parsley, chives or thyme.

SWEET TREATS

NUT BARS

- 1 cup almonds
- 1 cup cashews
- 1 cup walnuts
- ½ cup almond meal
- ½ cup shredded coconut
- ½ cup coconut oil
- ½ cup almond butter
- ¼ cup honey
- ½ tsp vanilla powder or extract
- ¼ tsp sea salt
- 1 cup dried cranberries/blueberries/raisins or goji berries (a mix is nice)

Method

1. After activating the nuts, place in a food processor and roughly chop until coarse consistency.
2. Place nuts in a large bowl with almond meal and shredded coconut.
3. Melt the coconut oil and almond butter until liquid. Add honey, vanilla & salt and pour over the nuts.
4. Add in the dried fruit and mix well.
5. Spoon the mixture into a baking tray lined with baking paper. Smooth out and press down hard to make it compact. Refrigerate for 1-2 hours.
6. Once set, cut into even sized bars. Keep refrigerated.

APPLE RAISIN QUINOA SLICES

- 100g quinoa
- 100g sunflower seeds
- 3 tbsp ground arrowroot
- 2 tbsp maple syrup
- 1 large egg white
- 1 tsp bicarbonate of soda
- 1 tbsp vanilla extract
- 1 tbsp ground cinnamon
- 50g coconut oil, melted
- 50g ground flaxseed
- ½ tsp sea salt
- 2 apples, skins left on, coarsely grated
- 1 medium carrot, grated
- 150g desiccated coconut
- 75g raisins

Method

1. The night before you plan to make these, soak the quinoa in 300ml water. Soak the sunflower seeds in 200ml water at the same time.
2. Preheat the oven to 190°C/Fan 170°C/Gas Mark 5, and line a 20cm x 30cm baking tray with baking paper.
3. Rinse and drain the quinoa in a fine sieve, par cook until tender and cool.
4. In a food processor, whiz together the arrowroot, maple syrup, egg white, bicarbonate of soda, vanilla extract, cinnamon, coconut oil, ground flaxseed and sea salt.
5. Add the quinoa to the food processor and blend again. Transfer to a large bowl.
6. Rinse and drain the seeds and stir in with the remaining ingredients (carrot, apple, coconut, and raisins) until well combined.
7. Spoon into the baking tray and smooth with a spatula or the back of a spoon. Bake for 45-50 minutes or until golden brown.
8. Carefully remove from the tray and leave to cool on a wire rack. Slice into 18 pieces to serve.

CHOCOLATE CHIP COOKIES

The beauty of these cookies is they are made with oats not flour and are high in protein and essential fats so good brainfood for little people! My son calls them phenomenal!

- 1 cup of coconut sugar
- $\frac{3}{4}$ cup of coconut oil
- 2 large egg whites
- 2 tsp vanilla extract
- 1 can chickpeas (drained and rinsed)
- $\frac{3}{4}$ cup ground seeds (chia, flax and pumpkin)
- 2 cups rolled oats (or combination of gluten free flours like quinoa, millet, buckwheat or almond)
- $\frac{1}{2}$ cup coconut flour
- 1 tsp baking soda
- 1 cup GF 70% dark chocolate broken into chips or raw cacao nibs

Method

1. Preheat oven to 350 F /180 C. Grease baking tray.
2. Puree the chickpeas first then place the rest of the ingredients (except the broken chocolate) into a food processor and blend until smooth.
3. Then place mixture into a bowl and stir in the chocolate chips.
4. Scoop 1tbsp of the mixture and place onto a baking sheet, press gently with a fork to flatten. Bake until golden for 11-13 minutes.
5. Transfer to rack to cool may store up to 1 week in the fridge.

RAW GRANOLA BARS

- 1½ cups gluten free rolled oats
- ½ cup nut butter
- ¼ cup goji berries
- ¼ cup flax or chia seed, ground
- 1 cup nuts of choice, crushed
- ½ cup pumpkin seeds
- ½ cup sunflower seeds
- ⅓ cup raw honey or maple syrup
- ½ cup coconut oil
- 1 tbsp vanilla

Method

1. Line a 8x8" baking tray with baking paper.
2. In a large mixing bowl add all the dry ingredients and mix thoroughly.
3. Then mix the nut butter, honey, coconut oil, vanilla and pour over the dry ingredients.
4. Press the mixture firmly into the baking pan and place in fridge or freezer until the mixture sets.
5. Cut into bars and store in fridge for up to 1 week or in the freezer.

DATE CHOCOLATE BROWNIES

- 14 ounces of pitted dates
- Hot water to soak dates
- 4 eggs
- 2 tsp vanilla paste/extract
- 1 cup melted coconut oil
- 2/3 cup unsweetened cocoa powder
- 1 cup almond flour/millet flour if no nuts allowed
- ½ tsp salt
- 1 tsp baking soda
- 1 tsp baking powder
- ¾ cup semisweet chocolate chips (optional)

Method

1. Preheat oven to 180 C. Soak the dates in very hot water for about 15 minutes.
2. Drain the dates, but save ¼ cup of the liquid. Add the dates to a food processor (a 7 cup food processor works best) and process until the mixture turns into a smooth paste while adding the ¼ cup of water to it.
3. Add the eggs one at a time, and process until each one gets incorporated into the mixture. Add the melted coconut oil and vanilla, and process until it gets incorporated. Add the cocoa powder, and process again. Add the almond flour, salt and baking soda and process for another 20 seconds. Let the mixture rest for 5 minutes so the almond flour can hydrate.
4. Pour batter into a 12 x 8 baking pan lined with parchment paper or greased well with coconut oil. Sprinkle the chocolate chips on top and use a spatula to push them into the mixture a bit.
5. Bake for about 18-20 minutes. If you want them gooey, bake for approx. 16 minutes and take out when the mixture isn't fully cooked so that they remain gooey. Let brownies cool for about 20 minutes then cut and enjoy! Store in refrigerator for 3 days or freeze up to 3 months.

CHOCOLATE NUT TRUFFLES

(my favourite)

- ¼ cup raw cacao powder
- ¼ cup shredded coconut (desiccated)
- 1 tbsp almond butter
- 1 tbsp macadamia nut butter
- 1-2 tbsp honey or stevia
- Dash coconut oil to bind the ingredients

Method

1. Combine all the ingredients in a bowl. Add some coconut oil if necessary to reach desired truffle consistency.
2. Shape into small balls and roll in shredded coconut and refrigerate.

CHOCOLATE ALMOND FUDGE BALLS

- 2 cups almond pulp (leftover from making milk)
- ½ cup cashews
- 1 cup medjool dates (fresh & pitted)
- 6 tbsp cocoa powder
- ½ cup shredded fresh coconut
- ¼ cup chia seeds
- ¼ cup flax seeds
- pinch salt (omit if you are using salted cashews)
- ½ tbsp coconut oil
- 1 tbsp honey

Method

1. Place cashews, almond pulp, dates, cocoa, salt, coconut and coconut oil in your food processor to combine. The texture will be like a moist, reasonably fine crumble.
2. Add honey and process to combine until the mixture sticks together turning a dark chocolatey brown. Stop processing before it gets too fine and buttery.
3. Place in the fridge for an hour to cool and harden and then roll into fudge balls.
4. Store in a ziplock freezer bag and eat without defrosting.

MINCE PIES

For the Almond Pastry

- 200g ground almonds
- ¼ tsp of sea salt
- ¼ tsp of bicarbonate of soda
- ¾ tbsp of maple syrup
- 15g butter, room temperature
- 1 medium egg

Method:

1. Preheat the oven to Fan 170°C / 340°F / Gas Mark 3. Line a cake tray with mini cupcake cases.
2. In a bowl or food processor, mix together the pastry ingredients until they form a dough. You might need to add a touch more ground almonds to bring it to a pastry dough texture.
3. Cut into 3 pieces and chill in the fridge while you make your mincemeat (see method below).
4. Working with one third of the chilled dough at a time, roll between 2 pieces of greaseproof paper until a few millimetres thick.
5. Use a pastry cutter that fits the diameter of your cupcake cases (we used petit-four cupcake cases and a 6cm cutter) to cut several discs of pastry.
6. Flatten out the cupcake cases, place a disc in the centre of each one, aligning the edges. Gently mould the disc to fit the case and then press the whole thing into a mini muffin tray.
7. Gather the scraps and re-roll the pastry – you should be able to make at least 24 discs from two thirds of the mixture. Keep the remaining third for the star shapes.
8. Bake the tart bases in the pre-heated oven for 5 minutes – no need to use baking beans!

For the Mincemeat

- 2 apples (approx. 150g) finely chopped (no need to peel)
- 40g raisins
- 40g sultanas
- 40g currants
- 40g goji berries
- Zest and juice of ½ orange
- Zest and juice of ½ lemon
- ½ tsp of ground mixed spice
- ½ tsp of ground cinnamon
- 2½ tbsp of brandy
- 1 pinch of grated nutmeg

- 25g of coconut oil (or butter)
- 1 small pinch of sea salt

Method:

1. Finely chop the apples so that they are the same size as the raisins.
2. Place all the mincemeat ingredients into a large saucepan and cook on a medium heat, lid on, for about 15 minutes until the apples are soft. Stir every now and then to prevent sticking. Towards the end of cooking lift the lid and allow any extra liquid to evaporate on a low heat.

To Finish:

1. Fill each pastry shell with 1 heaped tsp of mincemeat.
2. Cut stars from the remaining dough and gently place on top of each pie.
3. Brush the tops with melted butter or an egg yolk wash, sprinkle with a little coconut sugar and bake for approximately 10 minutes until lightly golden.
4. Cool the tin on a wire rack for 5 minutes and then ease the tarts out onto the rack to cool further – they will crisp up as they cool.

Note: If you don't have a star shaped pastry cutter, use a glass or cup – and if you run out of dough then sprinkle the tops with flaked almonds!

SPIRULINA MINT TRUFFLES

- 1⅓ cups (175g) cashew nuts, soaked for 2-4 hours
- ⅓ cup (70g) cacao butter, melted and cooled down
- ½ cup honey or liquid sweetener of your choice
- 2 tsp vanilla extract
- ½ - 1 tsp peppermint extract
- 1-2 tsp spirulina
- A pinch of sea salt

Coating:

- ½ cup (120g) melted dark chocolate or make your own:
- 125g grated cacao butter
- 85g cacao powder
- 40g liquid sweetener (room temperature)
- A pinch of salt

Method

1. Blend all the ingredients until smooth.
2. Transfer to a container and place in the fridge or freezer for a few hours or until completely set.
3. Roll into 3cm balls and place back into the fridge or freezer for a while to set the surface.
4. To cover with chocolate, you will need a fork and to place some parchment paper on a tray.
5. Place the cacao butter in a bowl over warm water and melt it completely.
6. Add the sifted cacao powder and mix until well incorporated.
7. Add the rest of the ingredients and mix thoroughly.
8. Dip the balls into the chocolate one at a time and scoop out with the fork, allowing the excess chocolate to drip off before placing onto the parchment paper.
9. Place into the fridge until set.
10. If the chocolate mixture starts to get solid, you can warm it up again.
11. Any remaining chocolate can be poured into a chocolate mold and placed in the fridge until completely set too.

RAW CHOCOLATE AVOCADO PIE

For the crust (great foundation for many different pies)

- 1 cup of dried coconut
- 1 cup of soaked and dehydrated walnuts
- ¼ cup soft dates (medjool)
- A dash of cayenne pepper (to open the palate)
- A pinch of sea salt

Method

1. Powder the coconut in a food processor until it becomes like flour.
2. Add the rest of the ingredients and mix until doughy.
3. Add another date or a little coconut oil if needed (not water)
4. Press in to a 9-inch pie plate.
5. Freeze while making the chocolate cream filling.

For the filling – can be a delicious chocolate mousse, served in ramekins, if you are nut sensitive

- 2 cups of coconut water
- 10oz (2 ½) ripe avocados
- ½ cup young coconut meat (packed)
- ¾ to 1 cup of coconut sugar (depending on your sweet palate)
- ½ tsp vanilla powder or extract
- ¼ tsp salt
- 1 cup raw cacao powder
- ¾ cup virgin coconut oil

Method

1. Blend all the ingredients until smooth.
2. Make sure not to over-blend otherwise the fat from the avocado will go gluggy.
3. Pour into the base and even it out.
4. Allow to set in the freezer for about 2-4 hours.
5. If you would like to add chocolate shavings use a peeler with a bit of dark chocolate.
6. Allow pie to sit at room temperature for about 30 mins before cutting into slices.

FERMENTED FOODS

KEFIR

Ratio of ingredients

- ½ cup of whole milk
- ½ tbsp of kefir grains

Method

1. Place milk and grains in a glass jar for 24 hours, covered with muslin or a lid loosely sealed. Leave on the work surface in the coolest part of your kitchen. The grains will ferment the milk and the mixture will look lumpy and may separate. Don't worry, that's what's meant to happen.
2. Pass the mixture through a plastic sieve using a plastic or wooden spoon (no metal should touch the grains) – you may want to drain off some of the clear liquid (whey) before pushing through the sieve, to make it less sour.
3. The creamy liquid that you have strained is the yoghurt, the grains left in the sieve can now be put into another cup of milk to ferment for a further 24 hours. As the grains increase in number, increase the amount of milk i.e. 1 cup to 1tbsp grains

You can also make Coconut kefir with Coconut milk instead of dairy milk- let me know if you would like to try

KEFIR BERRY SMOOTHIE

This smoothie is loaded with healthy fats, antioxidants and beneficial bacteria. A fabulous way to start the day!

- ½ cup kefir yogurt
- 1 cup raspberries, blueberries and/or strawberries (can be frozen)
- ¼ tsp vanilla extract

Blend all ingredients until smooth and enjoy!

KOMBUCHA

Ratio of Ingredients per litre of water

- 1 ltr filtered water
- ¼ cup sugar
- 2 bags black (Ceylon or English Breakfast tea, green tea, or a mix
- ¼ cup starter tea from last batch of kombucha
- 1 SCOBY per fermentation jar

Method

1. Ingredients dependent on size of jar. Bring the filtered water to the boil. Once boiled, add the sugar and dissolve, then place the tea bags in the saucepan to brew. Allow the mixture to cool (can take 4-5 hours for a 4 ltr jar!)
2. Once cooled to room temperature pour tea into the clean glass jar, add the ¼ cup of starter tea and slide the SCOBY into the top of the jar with clean hands. Cover the jar with muslin.
3. Ferment for 7-10 days (dependent on how strong you want it) For a small amount of tea, with a good size SCOBY start checking on day 5.
4. Before pouring off your Kombucha to drink, brew a fresh batch of tea and cool.
5. Pour off your fermented tea into clean bottles leaving approx. ¼ cup (per ltr) of starter tea for the next batch. Remove your SCOBY from the glass jar and put on a clean plate.
6. Remove the starter tea and clean out your glass jar in preparation for the next batch
7. In the glass jar, pour in your fresh tea & starter tea and then slide the SCOBY into the top
8. The kombucha you have removed from the jar can be carbonated and fermented further by adding fruit and keeping it at room temperature for 2-3 days.
9. Then place bottles in the fridge and keep for up to a month.

SAUERKRAUT

- 2 medium cabbages, red or green, or one of each (approx. 2.5 - 3 pounds)
- 1 tbsp unrefined sea salt
- 2 tbsp caraway seeds or juniper seeds (optional)

Method

1. Remove cores from cabbages and thinly slice using a food processor or good knife. (Keep the outer layers to use later).
2. Place in a large bowl and add the salt and caraway seeds.
3. Mix with your hands, squeezing firmly and pushing down the cabbage with your fist to encourage the salt to draw the natural water out.
4. Continue to do this for the next 15 minutes or so. You want to extract enough of the cabbages' juices so that they will cover the cabbage when it goes in the jar or pot.
5. Transfer the cabbage to the jar, also pour in all the liquid. You want the cabbage to be submerged in its juices. (If there's not enough juice, just add some water.)
6. Once the cabbage is completely submerged by the brine, cover with one or two of the leaves that you set aside earlier.
7. Weigh down the mixture with a weight or keep returning to your mixture over the next 24 hours and pressing it down underneath the brine.
8. Cover with a muslin or tea towel and leave at room temperature in a dark corner of your kitchen for 1 - 3 weeks (less time in summer, longer in winter).
9. It's ready when it tastes sour and tangy and the cabbage has become soft.
10. Skim off any white scum that appears on the surface. This is a harmless natural 'kahm' yeast and nothing to worry about.
11. Once sufficiently fermented (about 5 days to 1 week in the heat of Singapore!), seal and store in the refrigerator. It will last 12 months unopened, and 2 months once opened.
12. Note: Once opened, keep refrigerated. Keep veggies submerged in their liquid and don't heat.

REPLACING INFLAMMATORY FOODS

Part of learning a new dietary pattern is knowing what ingredients can be substituted for others. This is important to be aware of ahead of time, so that recipes and shopping lists can be modified accordingly.

Dairy

- Melted coconut oil, grapeseed oil or olive oil for melted butter (consider if savory or sweet use)
- Cashew milk/cream or coconut milk/yogurt for dairy milk
- Coconut/almond/cashew yogurt for dairy yogurt
- Mix 1 cup (258 mL) non-dairy milk + 1 Tbsp apple cider vinegar or lemon juice for buttermilk
- Organic non-dairy creamer products for heavy cream

Gluten

- 1:1 gluten-free flour blend for wheat flour in baking
- Ground oats, buckwheat flour, cassava flour for wheat or whole wheat flour
- Rice flour for wheat flour when thickening a sauce
- Tamari or coconut aminos for soy sauce

Eggs

- Mix 1 Tbsp (7 g) ground flaxseed or chia seed + 2 Tbsp (30 mL) water per egg for baking or binding (e.g. meatballs, burgers)
- Sprouted organic tofu for eggs in scrambled egg dishes
- Dairy or nondairy milk for egg in egg washes for baking

Soy

- Coconut aminos for soy sauce or tamari
- Olive oil or ghee for soybean oil for pan frying
- Avocado oil for cooking

Sugar

I generally recommend reducing the overall sweetness step-by-step to accommodate the palate to shift to less sweetened foods, rather than swapping sugar for another sweetener with high sweetness. Please note that in baking, removing some of the granulated sugar may change the baking time.

- Honey, dates paste, maple syrup, mashed banana, or apple sauce for corn syrup
- Stevia or monk fruit for liquid or granulated sugars
- Swerve (can be measured just like regular sugar so it makes a good substitute for baking)
- We do not recommend artificial sweeteners as sugar substitutes

Salt

Some sodium is recommended and necessary in the diet for healthy functioning of nerves and the brain, though I may suggest changing this amount for specific health conditions.

- Herbs and spices or a blend, e.g. oregano, parsley, basil, ginger, turmeric.
- Acidic flavours, especially lemon or lime juice, orange juice, and the zests of these fruits
- Flavoured vinegars, e.g. sherry, champagne, apple cider, balsamic
- Garlic and onion, fresh or dried and powdered
- Dried mushroom powder, nutritional yeast, seaweed, tomato paste, or tamari for a richer, “umami” flavour
- Dulse or kelp granules

CHOOSING COOKING OILS & FATS

When choosing the right cooking oil, there are many options, though not all products are created equal. Consider factors such as nutritional content and inflammatory properties, flavour, and how hot the oil can safely get.

Smoke point: The smoke point is how hot an oil can get before starting to smoke or burn. When the oil gets too hot, it will oxidize and break down, which not only impacts flavour, but also creates free radicals that can damage body tissue. When cooking with higher temperatures, it is important to choose an oil with a higher smoke point, such as avocado or coconut oil, ghee, lard, and chicken fat. However, it must be noted that despite a high smoke point, polyunsaturated oils will break down very quickly, not tolerating their high smoke point, and for this reason, should not be used in high heat cooking.

Storage: Cooking oils can get damaged when exposed to oxygen, heat, and light, and so they should be stored in a cool dry place (sometimes the refrigerator) in a tightly closed container. It is best to consume an open bottle of oil within 2-3 months, as longer than this encourages the oil to oxidize and break down. Smell your oils before using them to see if they smell “off.”

WHAT TO TOSS

Corn, canola, soybean, sunflower, and “vegetable” oils: These highly refined, heavily processed vegetable oils are very high in inflammatory omega-6 fatty acids and are often derived from GMO crops, which also means they can be high in pesticides. The extensive processing to get oil out of a minimally-oily plant makes them very susceptible to oxidation and breakdown, which makes them inflammatory to tissues.

Margarine and vegetable shortening: These hydrogenated trans-fats are not found in nature and can be highly inflammatory.

Peanut oil: While peanut oil is a good source of vitamin E and both mono- and polyunsaturated fats and is affordable, it easily becomes rancid and has a high omega-6 content. Refined peanut oil and peanut oil blends should be avoided. Cold-pressed peanut oil is the best option if choosing a peanut oil as it is unrefined and not exposed to high temperatures during processing.

HEALTHIER SWAPS

Avocado oil: With a neutral flavour and naturally high smoke point of 520°F (270°C), it is one of the most versatile and easy to use. It has a high content of the healthy monounsaturated fat, oleic acid. It is best used for cooking, baking, salads, smoothies, dips, and spreads.

Ghee: Also known as clarified butter, it is nearly pure butter fat with milk solids removed. It is a shelf-stable saturated fat, and does not require refrigeration. With a high smoke point of 425°F (220°C), it is best used for sautéing and grilling, though also good for baking. Ghee does not contain lactose and casein, making it a great substitution for butter.

Butter: A good dairy option, it contains around 400 different fatty acids and vitamins including vitamins A, E, and K2 when from grass-fed/pastured animals. Avoid artificial butters (margarine based and vegetable spreads) as they are highly processed and combined with unhealthy inflammatory vegetable oils. Although butter does contain trace amounts of trans fats, they are naturally occurring and are not as dangerous as artificial trans fats.

Coconut oil: With a smoke point of 350°F (175°C), coconut oil is a great source of medium-chain triglycerides, a type of saturated fatty acid with a lot of health benefits and medicinal properties. Coconut oil has multiple uses and makes a good substitute for other oils or butters using a 1:1 ratio in recipes. Great in coffee and smoothies, drizzled over popcorn, or even added to your natural skin routine!

Extra virgin olive oil: A must have staple in any nutritious diet. Considered the healthiest oil to cook with, olive oil is rich in antioxidants and heart-friendly monounsaturated fats. Choose a first cold-pressed unfiltered version to avoid chemicals and preserve the integrity of the nutrients. Best drizzled on cooked foods and salads, and used in low-heat light sautés.

Grapeseed oil: This oil is high in vitamin E, and has a smoke point of 420°F (215°C), but because it is a polyunsaturated oil, is not recommended to use for high heat cooking. Use only for cold dishes.

Red palm oil: Because of its heat stability and high smoke point of 450°F (230°C), red palm oil is great for cooking. It is high in antioxidants and a great source of beta-carotene, which can help boost Vitamin A status. Great choice for baking, frying, and roasting as a substitute for cooking oil. Because of its ethical and environmental concerns, be sure to only choose red fruit palm oils that are “RSPO” certified trademark, a globally recognized ecolabel that signals the use of certified sustainable palm oil.

Sesame oil: Extracted from sesame seeds, it is full of flavour and loaded with both mono- and polyunsaturated fatty acids as well as vitamins E and K1. It has a smoke point of 410°F (210°C), but since a polyunsaturated oil is best used as a finishing oil or sprinkled over finished dishes for a burst of flavour. Works well on meat, poultry, veggies, noodles, and rice.

Walnut and other nut oils: Walnut oil is rich in omega-3 fatty acids, in particular ALA (alpha-linolenic acid), making it a very healthy and heart-friendly oil. Nut oils, including walnut, hazelnut, macadamia, and almond, generally have low smoke points ~320°F (160°C), and should only be used as drizzling/finishing oils. They are great drizzled on grilled fruits, veggies or pasta, or brushed over cooked seafood and meat.

DINING OUT

Part of embarking on a health journey is meeting your needs in new ways. I often hear my clients say, “But I don’t want to be a pain!” However, self-advocacy around food preparation is necessary to continue to dine out and enjoy being social with friends and family. Advocating for your food needs is a new skill that needs to be learned and practiced to support the work you are making towards your health goals. If you can enjoy a meal out without having to cook it or clean up after it, what a wonderful gift to also have it prepared in a way that will further nourish your body.

Remember that when you are eating out, you are paying the cooks to prepare your food. They may recommend via the menu how they can prepare it, but this does not mean you cannot ask for food to be prepared in a slightly different way. With so many people with food allergies, kitchens are becoming more accustomed to making modifications, and many restaurants now have best practices in place to meet the needs of their patrons that need something modified.

Here are some of my best tips and tricks to make your next dining-out experience run smoothly:

- Look at the menu ahead of time, seeing what types of foods might be possible. Look for healthy key terms like “grilled” or “sautéed,” as well as specific proteins and vegetables that could work for you, even if they are not part of the same dishes.
- Check the menu for salads that protein could be added to even if not mentioned as an option.
- Check the menu for vegetable side dishes that could be added to your main or eaten as a starter to increase your overall vegetable intake.
- Use the term “food allergy” instead of “food sensitivity.” I have found that sensitivities can create confusion as to how serious the kitchen should take your request, while they are mostly all trained to handle allergy needs. Speak their language!
- Ask if substitutions can be made to components of the dish, such as swapping out vegetables. Consider replacing fries, potatoes, sides of pasta, or other carbs with double vegetables.
- Be aware of “buzz words” on the menu including “crispy”, “fried” or “breaded”
 - Crispy: deep fried in poor quality oil, may be cross-contaminated with gluten
 - Request “simply prepared” (made plain) and grilled, over breaded or fried proteins
- Be careful with everything that contains a sauce or dressing, as very often they contain gluten-containing binders and sometimes also dairy.
- Consider declining bread at the table if you are trying to reduce refined carbohydrates or go gluten-free. You might order some olives or vegetable sticks as a starter instead (off-menu).
- Ask for olive oil and vinegar (red wine, balsamic) instead of a premade salad dressing.

- Sushi: bring your own gluten free soy sauce or coconut aminos, and order a soup or salad first to get a good level of satiety before starting on the rice-laden Sushi.
- Ask if food can be pan-sautéed in olive oil or butter instead of a vegetable oil.
- If you have a lot of requests, you might consider eating slightly earlier, or slightly later, than during dinner rush on a busy weekend night. This will allow the cooks to pay more attention to your order and your special requests.
- Request a side salad or vegetable instead of fries/bread/rice/pasta/chips.
- Ask for what you want! Practice doing it before going out
- Ask for clarification when a menu item is vaguely described to avoid surprises! E.g. salad with grilled chicken can be a romaine bowl with some chicken nuggets as opposed to a bed of mixed lettuces with grilled chicken
- Beware the buffets! All-you-can-eat salad and breakfast can be terrific if you choose wisely but can turn ugly if you try to eat to get your money's worth. A la carte may be a much better option.

Special Functions

If you are busy entertaining and want to avoid temptations:

- Eat before the event so that you are not hungry and tempted to consume undesirable things during the event.
- Bring some of your favorite food to share when invited to someone else's home.
- Invite people to your home! This way you are in control of the menu.

Travel Tips

- Choose the best location for your hotel as possible, that is nearest to better restaurants and grocery stores.
- Choose a hotel room with a kitchenette that includes a refrigerator, where you can store some specialty items including perishables.
- Carry a cooler in your car with snacks when on the road.
- Keep your favorite protein powder in a shaker in your car or travel bag and just add water for a healthy nutritious snack.
- Keep some nuts in the car or your day bag to prevent the disastrous mid-afternoon pick-me-up at a fast-food place.
- Bring some healthy comfort food or plan on stopping at the shops to avoid using the hotel's mini bar, which usually has highly processed foods only.

HEALTHY SNACK IDEAS

- Guacamole and carrot sticks
- A handful of nuts and a piece of fresh fruit
- Some plain yoghurt with a handful of berries and chopped nuts or seeds (spoonful of honey optional)
- A handful of plantain chips with a spoon of almond butter
- Veggie “chips” (dehydrated kale, taro, sweet potato, beet, or zucchini) or sliced veggies (jicama, radish, bell pepper, carrots, cucumber, broccoli, zucchini, cauliflower, etc.) with dip (hummus, bean dip, nut butter, or guacamole)
- 1-2 hard boiled eggs
- One dried fig and 3 brazil nuts (great cookie substitute)
- Mashed avocado and garbanzo beans sprinkled with nutritional yeast and chopped dill (serve over toast or mixed greens)
- Blend of fresh or jarred tomato, olive oil, and garlic, spread on toast and topped with chopped sardines
- Overnight oatmeal
- Chia seed pudding
- “Ants on a log” (celery stick with nut butter sprinkled with chia seeds and/or raisins)
- Baby peppers filled with canned or cold leftover salmon and mayo or mustard
- Bone broth simmered with veggies and an egg or collagen or shredded meat
- Lentil soup
- “Crunchy” roasted chickpeas
- Bean and corn salsa on cucumber or jicama rounds
- Salmon, sardine, egg, or chicken salad in a lettuce wrap
- Green apple slices with nut butter
- Low/no-sugar jerky and berries
- Homemade popcorn
- Homemade trail mix (one cup each: pecans, almonds, skinless peanuts, raisins or dried cranberries, unsulphured apricots cut into pieces, plus carob chips if desired)
- Olive tapenade/tzatziki/guacamole dips with seed/almond crackers or chopped carrot, peppers or cucumber
- Home-made mini frittatas
- Sushi or sashimi - if you're out and about
- Smoked mackerel or smoked salmon with lemon and pepper and seed/almond cracker
- Mashed hard-boiled egg with tuna, capers and kefir on a cracker
- Bowl of home-made soup (veg, chicken, gazpacho, miso...)
- Celery stick with nut butter
- Nut bar
- Kefir with pureed berries