



 **Homemade Method™**

# RECIPE BOOK

FOR THE LIFE-CHANGING  
COOKING PROGRAM

PRINTER-FRIENDLY VERSION

AUSSIE  
VERSION!

# A MESSAGE FROM OUR FOUNDER, ANNA

## COPYRIGHT NOTICE & LEGALS

This Recipe Book was created exclusively with love for our **Life-Changing** Cooking Program Members and Success Members. I hope you enjoy it!

A word of warning: The magic is not in the Recipes... If you want to TRANSFORM your health and weight for LIFE, do the Program!! There is no replacement for putting in the work.

You are welcome to share a recipe or two with your friends and family.

That's because you're more likely to succeed with your health and weight loss goals when you do healthy lifestyle changes with your loved ones!

But...This document and its contents are protected by copyright laws and intended for private use only.

So please do not copy, sell or share these recipes, to respect our intellectual property and avoid breaching the law.

If you've got any questions, please reach out to our team at [member@homemade-cooking.com](mailto:member@homemade-cooking.com).

Warmly,

**Anna Rakoczy**

Founder, Homemade Method

Your Chief Cheerleader

# HOW TO USE THIS RECIPE BOOK

These are the exact recipes that our Members have used to lose weight - from 5kg to over 50kg - and reverse high blood sugars, pressure and cholesterol, and get off medications.

We recommend you work through your Program - in the order provided. However, we've provided all the Program recipes here for your convenience. Feel free to skip ahead and grab a recipe or two when you need them most (sweet tooth or snack attack anyone?!)

You can also download it and save to your computer, or print and put it in a lovely binder for your convenience. **Enjoy!**

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# YOUR PLAN

## **1. COOK YOUR OWN FOOD**

Cook your own food so you know what goes into it. If you already cook most of your food, move on to step 2! If you don't like cooking, just add one extra homemade meal per week and build up from there. Baby steps!

## **2. EAT WHOLE NATURAL FOODS, MOSTLY PLANTS**

Eating the RIGHT foods helps you reset your body's hunger and satiety controls so you feel satisfied and don't overeat. This is the antidote to dieting!

## **3. LISTEN TO YOUR BODY**

Listening to your body is the KEY to letting go of excess weight. Sadly, everything the dieting industry teaches us is WRONG. Luckily, you can relearn this at any age, because your body is designed for healing.

# COOK

If you want to communicate, you need to learn how to speak or write. If you want to travel, you need to learn how to move your body. If you want to achieve optimum health and weight loss for life - not just temporarily - you need to learn how to cook. It's really that simple.

Learning how to cook is the single biggest thing you can do to sustainably lose weight and improve your health.

Most restaurant meals and supermarket meals contain huge portion sizes and are laden with oils, butter, cream, sugars, and salt - so you consume a lot more calories without meaning to. Over time those extra calories add up and cause our bodies to stack on the kilograms.

The whole, natural ingredients you use in cooking your own food literally contain thousands of nutrients, phytonutrients, minerals & good bacteria which protect you from heart disease, high blood cholesterol, high blood pressure, type 2 diabetes and so much more.

The processes used by food manufacturers to preserve, refine, and heat their products to make them shelf-stable and appetizing to consumers remove, deactivate, or kill many of these nutrients and good bacteria.

Cooking is the only way to really control what you put into your body.

These ingredients are not only damaging to your waistline but are increasingly acknowledged as causing many chronic diseases (such as cancer, heart disease, diabetes, and even depression).

Aside from helping you consume fewer calories and protecting you from chronic disease, home cooking can also help you develop a better relationship with food.

It's a mindful activity so you'll find that it can be both fun and relaxing. There is a sense of adventure and accomplishment in creating a dish from scratch.

Cooking also enables you to experience the joy of food using all of your senses! The colors, textures, the sounds...and the aromas in the kitchen. All of this helps you to develop a better relationship with food and helps you feel truly satisfied after a good meal.

# EAT

Eating whole, natural foods close to their natural state is key to achieving and maintaining optimum health and weight loss for life because these foods optimize your body's natural mechanisms of hunger control and safety, keeping you full & satisfied, and making it easier to make the right food choices! The end result, ironically, is that you do eat less calories - without the struggle or the diet mentality.

EAT whole, natural ingredients, as close as possible to their natural state. For a long time, we were told that if we wanted to lose weight, we should restrict calories. They used to say 'a calorie is a calorie is a calorie'—meaning, if you wanted to lose weight, you should just eat less calories.

It turns out a 'calorie does not equal a calorie' because the human body processes and responds to calories from different sources in different ways.

Meaning the source and quality of your food matters. This is why it's important to eat whole, natural ingredients—not processed foods or packaged 'health foods'. The calories approach led everyone to focus on eating less. Not eating right.

Eating badly over the long-term actually messes with the very systems designed to control and regulate your hunger and satiety. So it actually gets harder to eat right and stick to your diet because you feel hungry all the time and have constant sugar cravings!

The GOOD NEWS is you can reverse this damage and recalibrate your hunger and satiety regulation systems so they work for you, not against you.

All you need to do is start eating more whole, natural ingredients close to their natural state. Again, that means cooking as much as you can at home!

Over time, many of our members report fewer cravings, and find they are satiated for many hours after a good meal. And best of all, it doesn't include calorie counting or deprivation of any kind.

# LISTEN

Listening to your body simply means letting your body - not your mind - dictate what you eat. And when. And how much. It is a lifetime practice and takes time and patience to master.

You also need to recalibrate your body systems so they function optimally again, by cooking and eating whole foods as much as you can. Listening to your body means finding your internal compass; your faithful guide for maintaining a healthy body & weight for life, without dieting or deprivation.

Listen means to Listen to your Body. It can often be the most challenging principle as many of us have been programmed to do the opposite by society and the dieting industry.

But what does it mean? It means to let your body, not your mind, decide what you eat, and when to eat, and how much to eat.

It means reconnecting with your body's intuitive, innate knowledge of what foods it needs for optimum nutrition, health and weight.

The reason people become overweight and sick from reversible, chronic 'lifestyle diseases' is not because they listen to their bodies. It's because humans regularly override the complex systems of hunger and satiety controls and eat refined, processed foods, which break down those systems further. In other words, we eat for reasons other than hunger. We eat because we are emotional, stressed, tired, have cravings, and for a myriad of other reasons.

It can be a little scary to start listening to our your body. But it's the most empowering principle of all as this is where finding true food freedom really lies.

If you need proof - just think about how your body has the extraordinary ability to regulate your eating to a degree of accuracy of >99% to achieve and maintain a healthy, optimum weight. Amazing, isn't it?!

So, you're probably wondering how can you start listening to your body? You can start just by asking yourself the following questions next time you want to eat:

1. Am I truly hungry? If not, can I do something else until it passes?
2. If I am truly hungry, then what is the most nourishing and healthful way to satisfy my hunger right now?

# PRINCIPLE VIDEOS

To learn more about the "Cook, Eat and Listen Principles" and how to get it working for you, please enjoy these Membership-Only Videos (click the links in the e-version of this book to connect to the videos or email [member@homemade-cooking.com](mailto:member@homemade-cooking.com) for help):

## COOK

- [The COOK, EAT, LISTEN Principles: The #3 Pillars to a Healthy, Energetic Body in your 50s, 60s & 70s](#)
- [Shop your Fridge and Pantry: How to cook using what you already have at home!](#)

## EAT

- [What to Eat for Weight Loss Success PLUS My Top 10 Healthy Foods You can Start Eating Today!](#)
- [Healthy or Not Healthy? Join My Live Quiz and Test Yourself! \(PART 1\)](#)
- [Healthy or Not Healthy? PART 2 of my Live Quiz](#)

## LISTEN

- [The Art of Listening to Your Body](#)
- [Portion Control: Eating Enough... but not too much!](#)



# THE EVERYDAY SMOOTHIE

## THE BASICS

This is a recipe for your basic Homemade Superfood Smoothie and the building block for branching out to other more adventurous smoothies. It is packed with vitamins, minerals, antioxidants, fibre, potassium (good for lowering blood pressure and heart health), low GI, slow-release energy - and it's delicious! You can make this smoothie anytime, for any meal, snack, or dessert.

You can enjoy one Homemade Superfood Smoothie every day for optimum health benefits. Using frozen fruit will make it more creamy and thick. As you start to build the Homemade Superfood Smoothie into your daily routine, you can experiment with additional ingredients and some of our other smoothie recipes below. Enjoy!

# INSTRUCTIONS FOR ALL SMOOTHIES

- Place all your ingredients into your blender with bigger or other ingredients first (e.g add frozen banana first and superfood add ins last).
- Blend on high until mixture is smooth and consistent (about 1 min).
- Serve immediately, or pour in a mason jar for easy transport to enjoy later.

**Serves:** 1

**Prep time:** 5 minutes

**Cook time:** 0 minutes

## RECIPE NOTES

*BEST BLENDER FOR ONE: Nutri-bullet.*

*BEST ALL ROUND BLENDER: Oster blender*

# BANANA ALMOND SMOOTHIE

Best for: Curbing a sweet tooth or craving.

This smoothie has it all; fibre, slow-release energy, healthy fats, protein and omega fatty acids to make this a nourishing and satisfying treat to enjoy now and then.

## INGREDIENTS

## QTY

Banana (frozen)

1 ea

Almonds

1 tbsp

Ground flaxseed

1 tsp

Vanilla extract

few drops

Almond milk

½ cup - 1 cup

Ice

To thicken

# BERRY DELICIOUS ANTIOXIDANT SMOOTHIE

Best for: Super high antioxidant value, which is health-protective (including against cancer cells), healing, and great for glowing skin and anti-aging benefits.

This smoothie is also high in fibre and vitamin C, so it's great for keeping you full and boosting the immune system.

## INGREDIENTS

## QTY

Strawberries

3-4 large strawberries

Raspberries

1 handful

Blueberries

1 handful

Natural yogurt

3 tbsp

Acai powder

1 tsp

Milk of your choice

½ cup - 1 cup

Ice

To thicken

# GREEN MACHINE SMOOTHIE

Best for: Complete health reboot.

This smoothie contains dark leafy green vegetables such as spinach & kale plus spirulina, making it a powerful health tonic that can fight heart disease, high blood pressure and cholesterol.

It is extremely high in phytonutrients and antioxidants, which have powerful health-protective properties (especially against various cancers), and it is also high in fibre to help you feel full and low in calories.

INGREDIENTS	QTY
Banana	1 ea
Spinach or Kale	1 cup
Honey	1 tsp
Spirulina (optional)	1 tsp
Orange juice (fresh squeezed)	½ cup - 1 cup
Ice	To thicken

# STRAWBERRY OATS SMOOTHIE

Best for: Breakfast on the go and heart health.

Oats are a great addition to any smoothie because it contains high levels of soluble & insoluble fibre which makes the smoothie more 'chewy' and feel more like a complete meal.

Oats have also been shown to lower your risk for heart disease. Walnuts provide added omega-3 fatty acids - great for post menopausal women because they help balance triglyceride levels, as well as support joint health.

INGREDIENTS	QTY
Banana (frozen)	1 ea
Strawberry	3-4 large strawberries
Whole rolled oats	2 tbsp
Walnuts	1 tbsp
Dried cranberries (optional)	1 tbsp
Soy milk	½ cup - 1 cup
Ice	To thicken

# MANGO MAGIC SMOOTHIE

Best for: A luscious, nourishing snack that tastes like a true indulgence!

Mangoes are amazing because they help lower bad cholesterol levels, help normalize insulin levels in the blood, improve digestion, and aid digestion. And did we mention they taste amazing?!

Chia seeds are a true superfood as they contain all the essential amino acids needed by the body (aka a perfect protein source) - and they are loaded with fibre and healthy omega 3 and 6 fatty acids.

INGREDIENTS	QTY
Mango (freeze flesh without peel or stone)	1 ea
Shredded coconut	1 tbsp
Spinach	½ cup
Chia seeds	1 tbsp
Coconut water	½ cup - 1 cup
Ice	To thicken

# TROPICAL PARADISE SMOOTHIE

Best for: Refreshing health tonic.

Both pineapples and papaya are not only refreshing but also improve digestion, heart health, eyes, the immune system and have anti-inflammatory and anti-cancer properties.

## INGREDIENTS

## QTY

Papaya (frozen or fresh)	1 cup
Pineapple (frozen or fresh)	1 cup
Chia seeds	1 tbsp
Water	½ cup - 1 cup
Ice	To thicken

# SPEARMINT AVOCADO SMOOTHIE

Best for: Curbing cravings.

When you want something sweet, try indulging in this creamy and delicious delight, which will also boost your health.

The avocados contain healthy fats which are not only good for your heart but will send signals to your brain and body to say you are full or satisfied, fighting hunger and cravings.

INGREDIENTS	QTY
Banana	1 ea
Spinach or Kale	½ cup
Avocado (trust us!)	⅓ ea
Agave (optional)	1 tsp
Milk or water	½ cup - 1 cup
Ice	To taste
Fresh Spearmint or Mint	3-4 leaves

# BEETROOT, APPLE AND GINGER ALKALIZING SMOOTHIE

Best for: Alkalizing the body and boosting the immune system.

A lot of recent science points to the acidic state of many of our bodies as the culprit for many modern-day, chronic 'lifestyle diseases.' This acidic state is created by our modern diets and the foods we eat - such as sugar, fried foods, meat & too much stress.

This smoothie helps to alkalize the body with its amazing blend of beetroot, celery, carrot and ginger. It also provides an incredible immunity boost to fight illness, and the right purple colour means it's bursting with antioxidants.

## INGREDIENTS

## QTY

Apple	1 ea
Celery	1 stalk
Beet	¼ of a small raw beetroot
Carrot	½ medium carrot
Ginger root	½ tsp
Honey or agave	To taste
Orange juice	½ cup - 1 cup
Ice	To thicken

# DECADENT CHOCOLATE SUPERFOOD SMOOTHIE

Best for: Dessert! Or beating sugar cravings.

This is THE smoothie for those days when you just can't stop thinking about SUGAR. Stop trying to fight the cravings and indulge instead with something that will help eliminate your sugar cravings over time and benefit your health in the meantime.

This smoothie is high in protein, fibre, beneficial fats, antioxidants, omega fatty acids, slow-release carbs, and it TASTES so good!!

INGREDIENTS	QTY
Banana (frozen)	1 ea
Raw cacao powder	1 tbsp
Almond or peanut butter	1 tbsp
Ground flax seeds	1 tbsp
Maple syrup	1 tbsp
Almond milk	½ cup - 1 cup
Ice	To thicken



# BREAKFAST OF CHAMPIONS

## THE BASICS

We begin with 'The Basics' to get you started building healthy breakfast habits, regardless of your current routine or cooking level.

These both take under 5 minutes to prepare and offer a complete meal with balanced protein, carbohydrates and healthy fats.

You can enjoy these Basic Breakfasts every day and you should notice improvements to your cravings, bowel movements & morning energy levels within a week or two.

# BREAKFAST RECIPES FOR YOU TRY

Below you can find some of our most popular breakfast recipes, designed with busy, health-conscious people in mind. The most important thing about these breakfasts is that they are all nutrient-dense, made with whole food ingredients, and designed to give you sustained energy throughout the morning, without spiking your blood sugar. They are miles ahead of the fatty, sugary, overly salted versions you can buy. Best of all, they are delicious and satisfying!

**We have broken up our Breakfast Recipes into 3 categories:**

## BULK COOK, 5 MINUTE BREAKFASTS AND WEEKEND SPECIAL

The Bulk Cook recipes are those we recommend you cook in bulk on the weekend or one weeknight and will give you several serves to enjoy throughout the busy working week. As the name suggests, the 5 Minute Breakfasts take about 5 minutes or less to prepare to get you sorted, even on the busiest morning! Meanwhile, the Weekend Special is designed to be prepared and savoured when you have more time on the weekend or want to impress your friends (or yourself!) with a more challenging dish.

Lastly, we have included recipes for 'Eggs Any Style' - so you can make perfect eggs, just the way you like them.

Enjoy!

# BASIC PORRIDGE

Porridge is pretty much the best start to any day - especially if you seek to lose weight, maintain weight loss or improve your health. It is very satiating, full of soluble and insoluble fibre to keep you regular and to feel full. And, oats are great for your heart, too!

Oats are also surprisingly a good source of protein, and the added nuts also add beneficial protein and heart healthy fats.

INGREDIENTS	QTY
Whole rolled oats	$\frac{2}{3}$ cup
Water	$\frac{1}{2}$ cup
Milk	$\frac{1}{2}$ cup
Nuts (almond, sunflower, or any other)	1 tbsp
Honey	1 tsp
Berries or Sliced Apple or Apricot	$\frac{1}{2}$ cup to top

## INSTRUCTIONS

- Add all ingredients to a small saucepan on low heat and heat, stirring constantly. Serve hot with additional milk if desired.

# BASIC EGG SANDWICH

Eggs have been described as the 'perfect' food. They have a lot of protein and are low in fat and sugar. The old view that the cholesterol found in eggs is damaging has been discredited and it is now established that eggs can actually raise your levels of good cholesterol (HDL).

The whole grain bread adds extra fibre and energy. The avocado adds heart-healthy fats and helps you feel satisfied. The tomatoes & spinach add healthful veggies, antioxidants, vitamins and minerals. A wholesome, delicious & fast breakfast for busy people on the go!

INGREDIENTS	QTY
Eggs	2 ea
Bread, whole grain / wholemeal	1-2 slice
Avocado	½ ea
Tomato, sliced thinly	½ ea
Spinach	Handful
Salt and cracked pepper	To taste

## INSTRUCTIONS

- Put bread in a toaster.
- Break eggs in a mug and beat with a fork.
- Cook on the stove in an oiled pan on medium heat for 2 - 3 minutes, stirring, OR microwave on high for about 45 secs.
- Spread avocado on toast and add sliced tomato and spinach. Spoon cooked egg on top of the other ingredients and top with salt and pepper.
- Close the sandwich with the other slice of toast (if you are having 2 slices).

# BULK RECIPES

## PORTOBELLO MUSHROOM AND GOAT CHEESE FRITTATA (BULK COOK)

This recipe can be made in bulk with ANY cheese and vegetables of your choice so that you can cook once then enjoy healthy, nourishing breakfasts to-go for days!

What's so great about Homemade frittatas is that they are high in protein. It's a great way to sneak vegetables into the beginning of your day without really noticing them! These veggies provide the fibre your body needs to fuel up for the day, so you don't reach for those mid-morning pastries, helping you lose weight WITHOUT dieting or depriving yourself of this vital meal!

This breakfast tastes decadent and filling due to the addition of cheese & nuts, which contain satiating fats. It's also a great bulk cooking option and can be chopped into slices and enjoyed for days - hot or cold - as a healthy breakfast on the go.

**Serves: 3-4**

**Prep time:** 10 minutes

**Cook time:** 30-40 minutes

**INGREDIENTS**

**QTY**

Olive oil	3 tbsp
Red onion	½ cup
Rosemary	1 tbsp
Garlic	1 clove
Salt and Pepper	½ tsp
Portobello mushroom or any mushroom	½ cup
Spinach	1 cup

**EGG BLEND**

Eggs	6 ea
Milk	¼ cup

**TOPPINGS**

Sunflower Seeds or any seeds	1
Goat's cheese or any cheese	2

## INSTRUCTIONS

- Preheat the oven to 150°C or 300°F.
- Mince or finely chop garlic and rosemary.
- Slice the mushrooms and the spinach into 2.5 cm thick strips.
- Chop red onions into small cubes, about 1.25 cm.
- Take a large pan and heat to a medium heat, add olive oil.
- The pan is ready to add other ingredients when water sizzles if you flick it on the pan.
- Sauté red onions, garlic and rosemary in olive oil for 3 - 4 minutes or until onions soften and become translucent.
- Add mushrooms, salt and pepper and sauté until mushrooms are slightly cooked and have released their water, around 3 - 4 minutes. Drain off extra water.
- Add spinach & cook down for 2 minutes, stirring. We want it firm & green.
- Whisk or blend the eggs and milk together in a separate bowl. Pour egg mixture into pan with veggies.
- Place dollops of goat cheese on top and sprinkle top with sunflower seeds.
- Bake at 150°C or 300°F for 20 - 30 minutes OR reduce heat to very low and cover.
- Cool slightly before cutting and serving.
- Serve warm or cold. Enjoy with a side of toast or a salad!

# EGG MUFFINS (BULK COOK)

Egg Muffins are like the little sister or frittata and share all of the same benefits. They can also be made with any vegetables, cheeses, nuts, or herbs of your choice.

The main difference is simply that you prepare them in cute little muffin cups - making them even easier to pack and enjoy on the go - and more appealing to kids (or husbands!)

**Serves: 4**

**Prep time: 15 minutes**

**Cook time: 15 minutes**

## INGREDIENTS

## QTY

Organic eggs	8 ea
Almond milk	$\frac{2}{3}$ cup
Spring onion	$\frac{1}{2}$ cup
Oregano	1 tbsp
Vegetables of your choice	2 cup
Salt and Pepper	1 tsp

## TOPPING

Ricotta cheese or any cheese	110 grams
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## INSTRUCTIONS

- Preheat oven to 180°C OR 350°F.
- Take your vegetable of choice and chop or grate finely. Here's some options you can use: carrot, zucchini, broccoli, mushrooms, cherry tomatoes, corn, asparagus, capsicum, onion. You can also use a mix of your choice.
- Grease a muffin tin.
- Beat eggs with milk, salt and pepper by hand or blend in a food processor.
- Finely chop onions and oregano and add to egg mixture.
- Pour egg mix into muffin tins.
- Spoon an equal amount of your raw vegetable mix into each muffin tin. Swirl gently for a couple of seconds with a fork to coat with egg.
- Top each muffin with a spoon of ricotta or any cheese of your choice.
- Cook for 15 minutes or until browned on top and light and springy.
- Carefully remove from tins and allow to cool. Serve warm or cold. Enjoy with a side salad or piece of toast.

# HOMEMADE GRANOLA (BULK COOK)

Homemade Granola is delicious, full of nourishing whole grains, nuts, seeds and dried fruit... and you can control the amounts of healthy sweeteners and fats you add (unlike store-bought versions which tend to be very high in 'healthy' sugars or fats or... both). This is a breakfast that should be enjoyed occasionally as it is calorie-dense.

Alternatively, serve a small amount with yoghurt and fruit or mix in  $\frac{1}{2}$  whole rolled oats. By adding MORE of the simple good stuff (fruit, oats, yoghurt), you can enjoy this treat more often without sabotaging your health or weight loss efforts. Also note, you can substitute any nuts, seeds, or dried fruits in this recipe.

**Serves: 6-8**

**Prep time:** 5 minutes

**Cook time:** 25-30 minutes

## INGREDIENTS

## QTY

Whole rolled oats	4 cups
Coconut Flakes	2 tbsp
Chopped or sliced almonds	4 tbsp
Raw sunflower seeds	2 tbsp
Raw sesame seeds	2 tbsp

## HEAT IN SAUCEPAN

Raw honey	$\frac{1}{3}$ cup
Extra virgin coconut oil (or butter)	3 tbsp
Cinnamon	$\frac{1}{2}$ tsp
Sea salt	$\frac{1}{2}$ tsp

## STIR IN AFTER COOKING

Dried unsweetened cranberries	4 tsp
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## INSTRUCTIONS

- Preheat the oven to 180°C or 350°F. Grease a baking tray or line with baking paper.
- Place the oats, coconut flakes, nuts, and seeds in a large bowl and stir to combine.
- Place the honey, coconut oil (or butter), cinnamon and sea salt in a small saucepan & heat over low heat while stirring until all the ingredients melt and come together. Pour honey mixture over the oat/nut/seed mixture and stir until coated.
- Spread the granola out on a large baking sheet and bake for 25 – 30 minutes or until lightly browned.
- Be sure to check your granola every ten minutes, giving it a stir to ensure even cooking.
- Once evenly toasted and brown, add the cranberries, let the granola cool, then pack in an airtight container. To Serve: Enjoy with milk or yoghurt of your choice, or on top of fruit.

# FIVE MINUTE BREAKFASTS

## YOGHURT PARFAIT

This is a lovely way to serve Homemade granola or even just layer with rolled oats. It is an example of making healthy Homemade food more appetizing by preparing and presenting it with love, quality and care.

Kids and husbands may also be more excited about eating granola or oats when it is presented like this! Best of all, you can prepare it in just a couple of minutes... or prepare a bunch in mason jars and be set for a couple of days!

**Serves:** 4

**Prep time:** 5 minutes

**Cook time:** 0 minutes

### INGREDIENTS

### QTY

Homemade Granola or whole rolled oats	2 cups
Natural yoghurt	3 cups
Seasonal fruit	4 cups
Honey (optional)	2 tbsp

### INSTRUCTIONS

- Dice seasonal fruit (berries, stone fruit, apples, pears and tropical fruits all work great)
- Layer ingredients in a glass mason jar. We recommend starting with yoghurt, top with diced fruit, then add granola. Now, add another layer of each ingredient, finishing with granola on top.
- Enjoy right away or chill and grab 'n' go when you are ready to enjoy!

# PERFECT PORRIDGE (5 MINUTES)

This is a slightly more involved porridge recipe than our basic recipe - and shows you how you can start innovating and adding depth to your cooking. Again, it's another example of 'hiding' more healthy ingredients into your cooking to add more nourishment without taking away from the flavours. If you haven't traditionally enjoyed porridge, we encourage you to experiment and see if you can create your own special blend that you love. Because there really is no better breakfast than porridge when it comes to supporting weight loss and maintenance.

You can change up your porridge easily by adding in different mix-ins. For instance, fresh berries, slivered almonds, and honey are a great combo: as is a little brown sugar, walnuts, and chopped apples! Porridge is also a great dish to cook a bulk- you can make a big pot on Sunday, then store it in individual jars in the fridge for a great grab-and-go breakfast! Add more liquid than usual if you are making it in bulk, so it doesn't get too firm when it cools down. If you are making in bulk and have time to soak the oats for any amount of time, up to a day, this can improve digestibility.

**Serves: 1**

**Prep time: 5 minutes**

**Cook time: 0 minutes**

**INGREDIENTS**

**QTY**

Whole rolled oats 2/3 cup

Water 1/2 cup

Milk 1/2 cup

Flax seeds, ground 2 tbsp

**Optional / To Taste**

Vanilla essence 1/4 tsp

Cinnamon 1/4 tsp

Sea salt pinch

Honey or agave 1 tsp

Dried fruit, nuts, seeds of  
your choice to taste

Top with seasonal fruits or  
yoghurt to taste

**INSTRUCTIONS**

- Mix the oats in the water in a small pot or saucepan. Stir in milk, ground flaxseeds, honey, vanilla extract, cinnamon and sea salt.
- Heat over medium heat, stirring constantly once the mixture starts to simmer. Cook until oats are soft and creamy, around 3 minutes. Add more water or milk for desired consistency. When your oats are cooked all the way through and achieve a creamy porridge like consistency, your porridge is ready, stir in dried fruit, nut and seeds, or top with yoghurt!

# COCONUT CHIA PUDDING

## (5 MINUTES)

Chia seeds are a true superfood - containing all of the essential amino acids needed by the body - so they are a great plant-based source of protein. They are also high in essential omega 3 and 6 fatty acids, and fibre. A true win! The BEST thing about this breakfast is it's incredibly nutritious... but it tastes like you're eating dessert!

All toppings are completely optional and can be swapped out for anything you prefer. This recipe works best if you are able to soak the chia seeds in coconut milk overnight (or for at least 30-60 mins before serving). You can also bulk pre-prepare this dish and serve in mason jars, so in the morning you can just grab and go.

**Serves:** 2

**Prep time:** 5 minutes

**Cook time:** 0 minutes

### INGREDIENTS

### QTY

Chia seeds	½ cup
Coconut milk, or any kind of milk	1 ½ cup
Honey, mashed dates or agave	1-2 tbsp (to taste)

### TOPPINGS

Coconut flakes	2 tsp
Sliced banana	1 ea
Seasonal Fruit	¼ cup
Assorted nuts and seeds	¼ cup

## INSTRUCTIONS

- Mix chia seeds and minced dates (or honey or agave) in coconut milk.
- Soak overnight or for as long as you have. You can add more liquid if the mixture thickens too much.
- Chop your desired seasonal fruits and nuts.
- Once the chia seeds are hydrated and the mixture has a pudding like consistency, then stir in nuts, seeds, and any more honey to taste.
- Top with coconut flakes and sliced fruit. Enjoy!

# WEEKEND SPECIAL

## SICILIAN POACHED EGGS WITH VINE RIPENED TOMATOES

This is a true Sicilian recipe and is OMG delicious! And super impressive... but actually really easy to make and hard to go wrong! Great for preparing on the weekend when you have some time to cook and enjoy slowly.

This breakfast is such a winner because you get tons of antioxidants in the cooked tomatoes, including lycopene which is actually increased with heating, as well as fresh torn basil and garlic.

**Serves:** 2

**Prep time:** 10 minutes

**Cook time:** 22 minutes

### INGREDIENTS

### QTY

Olive Oil	1 tbsp
Brown onion, small, chopped	½ each
Garlic, minced	1 clove
Chilli flakes, crushed	½ tsp
Vine ripened tomatoes, large, chopped or 1 large tinned tomatoes	2 - 3 each
Salt and Pepper	pinch
Fresh or dried Parsley chopped	1 tbsp
Eggs	4 each
Spinach	2 cups
Whole grain or wholemeal toast (optional)	2 pieces

## INSTRUCTIONS

- Bring a large saucepan to medium heat on the stove, then add oil and let heat up.
- Add chopped onion, cooking for a few minutes, then add the minced garlic and crushed chilli flakes. Cook and stir until lightly browned.
- Add fresh chopped tomatoes to the pan and cook for a few minutes until the tomatoes soften and release some liquid.
- Add fresh herbs and mix through.
- Add a little water to bring to a sauce like consistency, then let sit and simmer for about 10 minutes. Season to taste with salt and pepper.
- Make little gaps in the tomato mixture using a spatula.
- Crack eggs into the gaps, cover gently with tomato sauce mix and cook for 3-5 minutes until poached.
- Remove from heat and let stand for 2 or 3 minutes until whites are just set.
- Lay a bed of spinach on a plate.
- Gently lift egg out and place it on a piece of toast, on top of spinach.
- Spoon rest of sauce on top of egg.
- Sprinkle with cracked pepper or parmesan and serve immediately alongside toast.

# WEEKEND SPECIAL

## EGGS ANY STYLE

Any self-respecting Homemade Chef should be able to confidently whip up some eggs! And it's really not that hard when you know how :) Eggs are awesome, not only for their health properties, but because you can turn into almost any meal of the day when you are hard-pressed for time, inspiration, ingredients or just can't be bothered cooking! Here's some non-breakfasty things you can do with eggs:

Squash poached eggs in a sandwich or wrap with some mayonnaise, tomato & spinach; hard boil them and cut into slices served on top of salad, hard boil them as a snack. Scramble with onions and any veggies and serve with hot sauce for a simple dinner.

# POACHED EGG

**Serves:** 2

**Prep time:** 10 minutes

**Set time:** 5 minutes

## INGREDIENTS

## QTY

Salt

1 tsp

White vinegar

2 tsp

Whole large eggs, as fresh as possible

2 ea

## INSTRUCTIONS

- Add enough water to come 2.5 cm up the side of a narrow, deep 2 litre saucepan.
- Add 1 teaspoon kosher salt and 2 teaspoons white vinegar and bring to a simmer over medium heat.
- Meanwhile, crack 1 very fresh cold large egg into a small bowl or ramekin. Repeat with the second egg.
- Using the handle of a spatula or spoon, quickly stir the water in one direction until it's all swirling in one direction.
- Carefully place the eggs into the centre of the whirlpool. The swirling water will help prevent the white from "feathering" or spreading out in the pan.
- Turn off the heat, cover the pan, and set a timer for 5 minutes. Don't peek, poke, or touch the eggs in anyway.
- Remove the eggs with a slotted spoon and serve immediately.
- You can also place the eggs in an ice bath and refrigerate up to 8 hours. When ready to serve, reheat in warm water.

# SOFT AND HARD BOILED EGGS

**Serves:** 2

**Prep time:** 0 minutes

**Set time:** 20 minutes

## INGREDIENTS

## QTY

Water

Whole large eggs

4 ea

## INSTRUCTIONS

- Place eggs in a single layer along the bottom of a small saucepan.
- Cover them with cool water by 2.5 cm.
- Slowly bring water to a boil over medium heat. When the water has reached a boil, cover the pan and remove from the heat.
- For soft boiled eggs: Let the eggs sit for 8 minutes without disturbing them.
- For hard boiled eggs: Let the eggs sit for 14 minutes without disturbing them.
- Once the time is up, transfer the eggs to a bowl of cold water or ice bath to stop the cooking.
- Eggs can be peeled and served immediately.

## RECIPE NOTES

- The older your eggs are, the easier they will be to peel
- By adding salt to the water it could help to prevent cracking
- If they do crack, adding white vinegar to the water will help keep the whites from seeping out through the cracked shell

# SCRAMBLED EGGS

**Serves:** 2

**Prep time:** 3 minutes

**Set time:** 5 minutes

## INGREDIENTS

## QTY

Whole large eggs, as fresh as possible

4 ea

Butter or heart healthy oil

1 tbsp

Salt and Pepper

to taste

## INSTRUCTIONS

- Whisk the eggs and a pinch of salt and pepper together until light and foamy.
- Add the butter or oil to a non-stick skillet and place it over medium heat.
- When the butter bubbles or oil shimmers (after about a minute) pour the eggs straight into the middle of the pan, which will force the butter/oil to the edges, where it's needed.
- Slowly stir the eggs with a silicone spatula. As soon as curds (big soft lumps) of eggs begin to form, drop the heat to low and shift from stirring to folding the curds over on themselves while gently shaking the pan with the other hand.
- Once there is no more liquid egg moving around the pan, turn off the heat and carefully transfer the scrambled eggs to a plate. Let the eggs rest for 1 minute to finish cooking before serving.

## RECIPE NOTES

- Before you begin cooking your eggs, you can place the plates you plan to serve them on in the oven at a low temperature in order to warm them. That way, when you plate the eggs they will not lose all their heat from a cold plate!

# PAN FRIED EGGS

**Serves:** 2

**Prep time:** 0 minutes

**Set time:** 5 minutes

## INGREDIENTS

Whole large eggs, as fresh as possible

Butter or heart healthy oil

Salt and Pepper

## QTY

4 ea

1 tbsp

to taste

## INSTRUCTIONS

- Heat a small non-stick skillet over medium-low heat and add butter or oil.
- Once your butter is foaming or your oil is shimmering, crack the eggs into the pan.
- Let them set for 30 seconds or so, then give the pan a slight jiggle to make sure there's no sticking.
- Season with a pinch of salt and pepper and continue to cook over low heat until the whites become opaque.
- To flip using only the pan: Shake the pan slightly to loosen your eggs, then lift the pan, holding it about 30 cm above the heat. Now, flip the eggs over by pushing the pan away from your body and flicking upward simultaneously. Once the eggs start their somersault, raise the pan to meet them so that the exposed yolks experience the softest landing possible. The goal of course is to avoid breaking the yolks.
- To flip using a spatula: Tilt the pan away from you and let the eggs slide towards the back of the pan. Slide the tip of your spatula underneath the edge of the eggs, shimmying it forward until it is more than halfway underneath the eggs. Lift the eggs with the spatula out of the pan, flipping them towards you, bringing the pan back up to meet them gently in order to not break the yolks.
- Once the eggs have been flipped, you can let them continue to cook for ten more seconds for over easy, thirty seconds more for medium, or a full minute longer for well.
- Flip the eggs once more, then slide them onto a plate and enjoy!

## RECIPE NOTES

- To practice your egg flipperiness, you can start by trying to flip a slice of bread in your pan, which makes a lot less mess than eggs do when they go flying out of the pan!



ROASTED CHICKEN AND OTHER OVEN  
FAVORITES

THE BASICS: SINGLE  
INGREDIENT ROASTING  
AND BAKING

# TRIED AND TESTED OVEN COOKING COMBINATIONS

If you do nothing else with your oven, then you need to discover the simplicity of baking a single ingredient. It is so simple, and the flavours of your roasted or baked ingredients are so rich and satisfying.

Just place the ingredients in the oven with some oil, salt and pepper, set the timer - and then forget about it! Try adding a different ingredient on each oven shelf in one cooking session for maximum efficiency.

We've listed below some 'tried and tested' combinations of ingredients and flavour add-ins for you to try.

# ROASTING NUTS AND SEEDS

There are few things more delicious than roasted nuts, and they absolutely transform any salad into a meal.

Not only are they delicious, they also provide your body with vital healthy fats that help you **feel satiated and reduce inflammation**. These both help you on your path to **lose weight and reduce blood sugars, cholesterol and pressure as well as chronic pain**.

Because they are so high in healthy fats, enjoying them mindfully is important because a little goes a long way.

**Serves: 4-5**

**Prep time: 5 minutes**

**Cook time: 7-10 mins**

## INGREDIENTS

## QTY

Nuts or seeds (almond, cashew, sunflower seeds, hazelnut or walnuts)	1 cup
Avocado oil	2 tbsp
Salt	to taste
Pepper	to taste
Other spices (e.g brown sugar, cayenne and a squeeze of lemon juice)	to taste

## INSTRUCTIONS

- Preheat oven and a baking tray to hot 200°C – 230°C or 400°F – 450°F.
- Place a piece of baking paper on the baking tray or else grease it.
- Toss 1 cup of nuts or seeds in 2 tablespoons of oil. Add salt, pepper and other spices to taste. Try brown sugar, cayenne and a squeeze of lemon juice.
- Cook for 5 - 7 minutes or until nuts are lightly browned. Check after a couple minutes and stir for even cooking. Use in salads, soups, desserts or for snacking mindfully.

# BAKED FISH

Welcome to one of the easiest, healthiest, tastiest and juiciest ways to enjoy fish. Fish is a wonderful source of lean protein, omega 3 fatty acids and vitamin D.

Both the protein and omega 3's help to stabilise your blood sugars as well as help you reduce inflammation, which is vital to reducing cholesterol and chronic pain. Vitamin D is an important nutrient that helps you feel energised and improve osteoporosis.

**Serves:** 4-5

**Prep time:** 5 minutes

**Cook time:** 7-10 mins

## INGREDIENTS

## QTY

Fish fillet of your choice

110g - 140g

Avocado oil

1 tbsp

Salt

to taste

Spices and herbs (e.g. lemon  
wedges, salt, parsley, butter  
and capers

to taste

## INSTRUCTIONS

- Preheat the oven to 200°C OR 400°F.
- Wrap 110g – 140g fish fillet per person or per serve in aluminium foil or baking paper, together with 1 tablespoon oil (per serve), spices, herbs, and salt. Try lemon wedges, salt, parsley, butter & capers. If using foil, grease the foil to prevent the fish from sticking.
- For fish with thinner ends tuck the ends under.
- Cook for 15 - 20 minutes, depending on oven speed and fillet thickness. Test for doneness with a fork. When fish begins to flake and turns opaque it's done! Open foil or paper carefully as hot steam may escape.
- Enjoy with seasonal vegetables or salad and brown rice.

## RECIPE NOTES

- *Fish can be baked ahead of time and stored in the refrigerator for up to two days, covered.*
- *Ingredients and dishes cooked in the oven are not always brown & crispy.*

### **As a general rule:**

- *If there is liquid involved and low heat, then the ingredient won't brown*
- *If there is oil involved and high heat, then the ingredient will brown.*
- *Experiment with draining liquid and coating with more oil halfway through cooking to get a nice browning and crispiness. Serve with fresh, raw ingredients to balance out the meal if you do this (or just eat fresh at your next meal).*

# ROASTED VEGETABLES

Roasting or baking vegetables browns them nicely on the outside and concentrates and sweetens their natural flavours in even the most unpopular of vegetables (like brussels sprouts!).

Potatoes and sweet potatoes are a classic hit and **a great source of important carbohydrates to power you through your day.**

Leave the skin on for added nutrition and fibre. Consider trying these other vegetables that taste great when roasted: beetroots, carrots, turnips, pumpkin, eggplant, capsicums, tomatoes, cherry tomatoes & mushrooms.

## INGREDIENTS

## QTY

Vegetables of your choice cut into 1 in a cube  
or long strips (e.g pumpkin, carrot, parsnips,  
asparagus, cherry tomatoes, cauliflower, sweet  
potatoes, capsicum, and anything you like!

110 g

Oil

1 tbsp

Salt

to taste

Herbs and Spices (rosemary, thyme, paprika,  
chilli, oregano, cumin, curry powder)

to taste

## INSTRUCTIONS (METHOD 1)

- Cut vegetables of your choice evenly into 2.5 cm cubes or long thin fingers and toss in oil and salt, herbs, spices. Try rosemary, salt and pepper. Other herbs & spices that work well are, thyme, paprika, chilli, oregano, cumin, curry powder, salt and pepper. Choose any 2 - 3.
- Spread an even layer on a baking tray covered with baking paper.
- Roast in a hot 250°C OR 500°F oven to achieve nice browning, approximately 30 - 45 minutes.

## INSTRUCTIONS (METHOD 2)

- Coat vegetables in oil, salt, herbs, spices. Try chilli flakes, oregano, salt and oil.
- Wrap in aluminium foil. Bake at 180°C OR 350°F for 30 - 45 minutes or until cooked in the middle.

## RECIPE NOTES

- *As a general rule, 1 cup of vegetables = 1 serve = 1 tbsp of oil.*
- *So if you are cooking 3 cups of vegetables, then use 3 tbsp of oil.*
- *The amount of serves you eat will depend on what you are eating the vegetables with and how hungry you are! Generally 1-3 cups volume before cooking per person.*

# ROASTED MEAT OR CHICKEN

Don't be intimidated! Roasting beef, pork, lamb, chicken, and other meats is so easy and the leftovers help you eat well for days!

Meat provides your body with the most **accessible source of iron, complete protein and essential B vitamins** for your body to use. These nutrients are vital for **muscle repair, energy and blood health**. Meat also provides selenium that's crucial for **weight loss** and zinc that helps promote **gut health**.

It is important to note that you only need a little bit of meat to meet all your nutritional needs so enjoying this mindfully and paired with fibre rich vegetables is best practice.

INGREDIENTS	QTY
Your choice of meat	1.8 kg
Herbs and spices (thyme, or lemon wedges)	to taste
Onion (diced)	¼ cup
Carrot (cut into coins)	½ cup
Salt and Pepper	to taste

## INSTRUCTIONS

- Start with about 1.8 kg of meat.
- For chicken, rub generously with herbs, spices, salt and oil. Try thyme, lemon wedges, oil, salt and pepper. Fill the chicken cavity with onion, carrot, herbs and other flavourings. For red meat, try rosemary, salt and freshly ground black pepper. For pork, try sage, brown sugar, shallots, salt and freshly ground black.
- Start roasting at around 200°C OR 400°F covered with aluminium foil.
- About halfway through the cooking process, approximately 40 - 60 minutes, uncover and baste the meat. This means getting a spoon or brush and covering the meat with the juices in the pan.
- Continue to cook until the outside is nicely browned and the inside is cooked (best to test with a meat thermometer but you can also cut open and use sight / taste test).
- Allow meat to cool or 'rest' for 5 - 10 minutes before serving.
- Use roasted meat in salads, sandwiches and soups.

# ROASTED CHICKEN WITH GREMOLATA

This dish is packed with nutrients and flavour! The parsley, garlic, and lemon zest make this roast incredibly delicious and add health benefits too. Parsley is rich in **antioxidants, supports bone health, and reduces oxidative stress on the body that is linked to cancer.**

Garlic is a powerful **anti-viral and boosts the immune system.** Lemon zest is full of oils that **energise your body** and offer tonnes of vitamin C!

Chicken is a wonderful lean protein that stays super succulent and juicy in this recipe so you can even serve it for a special occasion!

**Serves:** 4-5

**Prep time:** 15 minutes

**Cook time:** 1.5 hours

## INGREDIENTS

## QTY

1.8 – 2.2 kgs chicken	1 ea
Unsalted butter, melted	¼ cup
Minced parsley	2 tbsp
Minced fresh garlic	2 tbsp
Minced lemon peel/zest	2 tbsp
Olive oil	¼ cup
Kosher salt, fresh ground pepper	to taste

## INSTRUCTIONS

- Preheat the oven 220°C OR 425°F and arrange a rack in the middle of the oven.
- For the Gremolata: Using a vegetable peeler, remove peel in long strips from lemon. Mince lemon peel. Transfer to a bowl and mix in parsley, garlic, salt and olive oil.
- Preparing the chicken: Remove the chicken giblets (if applicable). Trim any excess fat and pat the outside dry.
- Separate the skin from the meat in the breast and legs using your fingers, then add the gremolata or herb mixture, liberally.
- Drizzle the outside and under the skin of the chicken with the butter, then liberally sprinkle with salt and pepper.
- Tie the legs together with kitchen string (or dental floss) and tuck the wing tips under the body of the chicken.
- Roast the chicken for 1 hour 15 minutes or until the juices run clear when you cut between a leg and thigh.
- Halfway through cooking, baste the chicken by coating it with it's juices.
- Let rest for about 20 minutes, covered with aluminium foil.
- Once rested, cut chicken into pieces and serve alongside roasted vegetables!

## RECIPE NOTES

- *Gremolata is traditionally a mixture of minced lemon peel, garlic and parsley. However, thyme or rosemary can be substituted for the parsley. You can also add all three herbs for herb roasted chicken.*
- *Once all the meat has been taken from your chicken carcass, you can use the bones to make stock! Just add your bones, ½ cup of celery, ½ cup onion, and ½ cup carrots along with any other vegetable or herb scraps you have to a pot. Cover with cold water, and let simmer for at least 4 hours or overnight. Once finished, strain!*

# MISO BAKED FISH

Fish and miso are a perfect match here! Fish is a wonderful source of lean protein, omega 3 fatty acids and vitamin D. Miso is a fermented food so it adds tonnes of flavour and is wonderful for **gut health, helping improve digestion and immunity.**

Both the protein and omega 3's help to **stabilise your blood sugars** as well as help you reduce inflammation, which is vital to **reducing cholesterol and chronic pain.**

Vitamin D is an important nutrient that helps you **feel energised and improve osteoporosis.**

**Serves: 2**

**Prep time: 5 minutes**

**Cook time: 10-15 minutes**

## INGREDIENTS

## QTY

Fillets of salmon, black cod or rockfish	4 ea
Red or white miso paste	¼ cup
Rice wine vinegar and/or white wine	2 tbsp
Brown sugar or agave	2 tbsp
Soy sauce	2 tbsp
Spring onions, chopped	1 tbsp

## INSTRUCTIONS

- Remove any pin bones from the fish fillets.
- Add miso paste, rice wine vinegar and/or white wine, soy sauce, spring onions and brown sugar to a small bowl. Whisk well and pour over fish fillets.
- You can marinate this for up to 4 hours and preferably an hour at least. If you don't have time, then skip this step.
- Preheat the oven to 230°C OR 450°F and cover a small baking pan with baking paper or aluminium foil.
- Place marinated fish skin side down in the pan. Bake for 10 - 15 minutes depending on thickness of the fillet. Test by inserting a fork into fish if it slightly flakes it is ready. You can grill the top for a caramelised miso effect, 1 minute.
- Once fish is finished, serve immediately with vegetables and a hearty whole grain!

# ROASTED PORK TENDERLOIN STUFFED WITH ROSEMARY AND APPLE

This sweet and savoury dish is deliciously well-balanced and packed with **healing ingredients**. This dish is perfect for a special occasion but easily prepared in a mere 30 minutes. It's also lovely to make and enjoy all week for 1-2 people!

Rosemary, feta, mustard and garlic create a beautiful savoury profile that compliments the pork and **offers your body energy and immune boosting properties**. The apple balances this with natural sweetness and also brings crucial **fibre that promotes gut health**.

**Serves:** 4

**Prep time:** 20 minutes

**Cook time:** 30 minutes

## INGREDIENTS

## QTY

Olive oil	5 tbsp
Apple, diced into 1.25cm pieces	1 ea
Fresh rosemary	3 tbsp
Kosher salt and freshly ground black pepper	to taste
Pork tenderloin	700 grams
Feta cheese, crumbled	½ cup
Apple juice	2 cups + ½ cup
Garlic, minced	2 cloves
Cornflour	2 tsp
Dijon mustard or any mustard	2 tsp

## INSTRUCTIONS

- Preheat oven to 230°C OR 450°F.
- Heat 1 tablespoon oil in a large skillet over medium heat. Add diced apple and cook, stirring until beginning to soften, about 3 minutes. Add 2 tablespoons rosemary and season with salt and pepper and cook for 2 more minutes. Transfer the mixture to a bowl to cool and stir in the feta. Rinse out the pan.
- To butterfly the tenderloin, lay it on a large cutting board. Holding the knife blade flat and parallel to the board, make a lengthwise cut through the centre of the meat, stopping short of the opposite edge so that the tenderloin remains in one piece. Open up the tenderloin like you would a book. Cover with plastic wrap or insert into a plastic bag. With a meat mallet, rolling pin or heavy pan, pound the pork to an even 1-1.5cm thickness.

## INSTRUCTIONS

- Cover the meat with plastic wrap or insert into a plastic bag. With a meat mallet, rolling pin, or heavy pan, pound the pork to an even  $\frac{1}{4}$ -inch thickness.
- Spread some rosemary and the apple mixture in the center of the pork, leaving a 1-inch border all around. Sprinkle in the feta cheese chunks. Wrap the meat around the filling lengthwise. Use kitchen string (if you have it) firmly around the roast to secure the two ends. Then tie it securely with string at 2-inch intervals.
- Brush the roast with 1 teaspoon oil and sprinkle all over with the remainder of minced rosemary, salt, and pepper.
- Put the pork in an oven-safe pan and roast until an instant-read thermometer inserted into the thickest part registers 145°F, about 20-30 minutes. When finished, remove the tenderloin from the pan, and let it rest on a clean cutting board for 5 minutes.
- **OPTIONAL: Flavorful Sauce**
- Return the pan to medium-high heat. Add apple juice (reserving the  $\frac{1}{2}$  cup), rosemary sprig, and the garlic; bring to a boil and cook for 1 minute. Whisk the reserved apple juice with the cornstarch, and add to the pan. Return to a boil and cook, occasionally stirring, until thickened and reduced by just over half (to about  $\frac{3}{4}$  cup), which should take 8 to 10 minutes. Remove from the heat; discard the garlic and rosemary. Whisk in the mustard and season to taste. Slice the pork and serve with the sauce plus potatoes or rice and vegetables or salad. It can also be stuffed with almost any fruits or dried fruits (ideas: peaches, apricots, figs)

# ROASTED BUTTERNUT SQUASH WITH SAGE

Butternut pumpkin is naturally sweet and roasting enhances this beautifully because it concentrates those natural sugars as it tenderizes.

The bright orange colour of this vegetable is attributed to its rich content of **beta carotene**, an antioxidant that **promotes eye health**.

Sage balances the sweetness of the pumpkin with an earthy flavour that also provides **antioxidants, anti-bacterial properties** and can even help **balance blood sugars!**

This is a wonderful side dish to the Roasted Pork.

**Serves:** 2

**Prep time:** 5 minutes

**Cook time:** 30-40 minutes

## INGREDIENTS

## QTY

Butternut pumpkin, peeled and seeds removed, cut into 2.5 cm slices	1 ea
Avocado oil	1/3 cup
Sage leaves	10 - 15 each
Salt and pepper	to taste

## INSTRUCTIONS

- Preheat oven to 230°C OR 450°F.
- In a roasting or sauté pan, drizzle the pumpkin with oil, salt and pepper.
- Roast in the oven, turning occasionally, for about 30 - 40 minutes.
- When the pumpkin begins to turn brown on all sides, add the sage leaves tossing them in olive oil, and continue to cook for another 5 - 10 minutes until the sage leaves are crisp. Serve hot.

## RECIPE NOTES

- *This is a great dish to cook alongside roast chicken, turkey, or pork. If need be, you can lower the temperature and slightly increase the cooking time.*
- *This roasting technique can be used for a variety of other vegetables and seasonings. To go along with butternut pumpkin, consider beetroots, parsnips, carrots, and sweet potatoes.*

# "TORRETTA DI MELANZANA" (EGGPLANT TOWERS)

Eggplant and tomatoes create a succulent flavour combination that is taken to the next level with added basil!

Both vegetables are rich in **antioxidants and fibre** that help **reduce the risk of heart disease, cancer** and have even been linked with **reducing LDL cholesterol** as well! Tomatoes are also high in vitamin C, perfect for helping boost immunity.

The olive oil and mozzarella make this dish super satisfying and add protein as well as healthy fats to the mix, both important for **balancing blood sugars**. In addition to adding flavour, basil also has **anti-inflammatory and anti-bacterial** compounds that help you heal your body.

**Serves:** 2

**Prep time:** 10 minutes

**Cook time:** 20 minutes

**INGREDIENTS**

**QTY**

Kosher salt and freshly ground black pepper	to taste
Olive oil	¼ cup
Balsamic vinegar	¼ cup
Small eggplant, cut into 1.25cm slices	1 ea
Mozzarella cheese	170 grams
Large tomatoes, cut into 1.25cm slices	2 ea
Basil leaves, cut into ribbons	2 ea
Parmesan, shredded	¼ cup

## INSTRUCTIONS

- Preheat oven to 200°C OR 400°F and line a baking tray with baking paper.
- Blend together the balsamic vinegar and olive oil and season with salt and pepper.
- Marinate the eggplant slices in the balsamic vinaigrette for 5 minutes.
- Place on the baking paper in one layer and bake for 20 minutes. Alternatively, you could heat a sauté pan over medium low heat and cook the eggplant for 6 minutes on each side, covering the pan with a lid.
- Once the eggplant is cooked through, begin building your towers. First place a slice of eggplant, then a slice of tomato, topped by a slice of mozzarella. Repeat the layers once more, then top with a third eggplant slice to finish. At this point, pour a little oil on all your towers.
- You can bake the towers in a preheated oven at 200°C OR 400°F for a few minutes, until you see the cheese melt, or eat as is on top of your bed of mixed greens!

## RECIPE NOTES

- *These could also be made using squash, or other seasonal vegetables!*

# ROASTED BEET, HAZELNUT, AND GOAT CHEESE DIP WITH CRUDITES

Beetroots are one of the best foods to eat to help **reduce blood pressure**.

They are nutrient dense and rich in vitamins and minerals such as manganese, which is important for **bone health** and plays a role in **blood sugar regulation**. They also offer powerful antioxidants, which help to **reduce inflammation, improve digestion and gut health**.

Hazelnuts and goat cheese offer satisfying healthy fats and protein that **helps repair the body**.

The crudités offer more fibre and nutrients that are crucial for **blood sugar regulation and losing weight**.

**Serves:** 2

**Prep time:** 5 minutes

**Cook time:** 30-40 minutes

## INGREDIENTS

## QTY

Red beetroot, medium	1 ea
Garlic	1 clove
Red chilli flakes	¼ tsp
Hazelnuts, toasted	1 tbsp
Yoghurt	¼ cup
Kosher salt	to taste
Goat cheese	30 grams
Chives, minced	1 tsp
Carrot, celery, capsicum, cucumbers, cherry tomatoes, radishes - cut into slices or sticks	sticks

## INSTRUCTIONS

- Preheat the oven to 200°C OR 400°F.
- Slice the beetroot into 2cm cubes and wrap in foil drizzled with 1 tablespoon olive oil and a little salt. Roast for 30 - 40 minutes and set aside to cool.
- Place the beetroot, garlic, chilli flakes, hazelnuts and yoghurt in a food processor or blender and blend to a smooth paste. Add salt to taste. Remove from the processor into a bowl and then gently stir in goat cheese and minced chives by hand.
- Serve with vegetable sticks, crostini, pita bread or anything you can think of!

# APRICOT BREAKFAST BAR

This fibre rich recipe is perfect to help you fuel up for hours any time of day! Oats are well known for their ability to offer **gut healthy fire and help you lower your LDL cholesterol**.

Flax and sunflower seeds add to the fibre mix while also offering essential omega 3 fatty acids that you need to **reduce inflammation** in the body.

Dates, dried apricots, bananas and orange juice bring natural sweetness to this dish and the fibre in the bananas is especially important to gut health as it's **prebiotic and supports your microbiome**.

Cinnamon **reduces sugar cravings** and helps **regulate blood sugars** as well.

**Serves:** 10 bars

**Prep time:** 20 minutes

**Cook time:** 30 minutes

**INGREDIENTS**

**QTY**

Rolled oats	1 ½ cup
Almond meal or wholemeal flour	½ cup
Ground flaxseed	¼ cup
Cooked quinoa	½ cup
Coconut, unsweetened, shredded	½ cup
Sunflower seeds	1 tsp
Cinnamon	½ cup
Dried apricots, chopped	5 ea
Dates, chopped	1 ea
Overripe banana	½ cup
Orange juice	1 tsp
Vanilla extract	

## INSTRUCTIONS

- Preheat the oven to 180°C OR 350°F.
- In a large bowl, combine dry ingredients (rolled oats through to cinnamon in the ingredients list) then mix in the apricots and dates.
- In a blender, blend together the wet ingredients (banana through to vanilla extract in the ingredients list) until smooth.
- Pour wet ingredients into dry ingredients and mix until combined.
- Pour batter into an 20cm x 20cm pan (8" x 8"). (You could also bake these in a 23cm x 33cm (9" x 13"). pan for thinner bars, just shorten the cooking time.) Press down the batter very firmly.
- Bake for 30 minutes.
- Serve warm or cold with some yoghurt or sour cream, if you like!

## RECIPE NOTES

- *You could change these bars up by exchanging the apricots for other kinds of dried fruits, and switching out the sunflower seeds for pumpkin, flax, or chia seeds!*

# PEAR AND CHOCOLATE CRISP

Pear is the main star here with it's gentle sweetness and amazing health benefits. Pears are one of the fruits that offer your body **prebiotic fibre that promotes gut health and boosts your immunity**.

Hazelnuts and nut butter bring healthy fats so you can enjoy a sweet treat and still **balance your blood sugars!** Plus, these also help you **reduce inflammation** and combined with cacao powder, creates a healthy nutella flavour that everyone loves.

Cacao powder is full of **antioxidants that reduce oxidative stress** and has been used for it's incredible flavour and healthy benefits for centuries.

Lastly, enjoying wholemeal flour is a great way to add **fibre** to your dessert. This crisp will leave you feeling **energized, satisfied and never deprived!**

**Serves:** 3

**Prep time:** 5 minutes

**Cook time:** 20-30 minutes

## INGREDIENTS

## QTY

Pears	3 ea
Hazelnut or almond meal	6 tsp
Hazelnut or almond butter	2 tbsp
Cacao powder	2 tbsp
Coconut sugar (or brown sugar)	2 tbsp
Cinnamon	2 tsp
Wholemeal flour	3 tbsp

## INSTRUCTIONS

- Preheat the oven to 180°C OR 350°F. Line a baking tray with baking paper and grease.
- Slice the pears and lay them out in a mostly single layer on the baking paper.
- Combine all the other ingredients in a food processor or mix well by hand.
- Sprinkle the mixture on top of the pears. Then place the baking tray into the oven and bake for 20 - 30 minutes or until the pears are soft.
- Serve warm with a dollop of yoghurt!

## RECIPE NOTES

- *This recipe would also work beautifully with apples, plums, peaches, or strawberries.*
- *If you can't find hazelnuts or hazelnut meal, you can always substitute any other kind of nut & meal, almonds work particularly well!*



# SENSATIONAL SALADS AND DIY DRESSINGS

## SEASONAL GREENS SALAD

A great salad starts with fresh, seasonal greens. Add a delicious vinaigrette and some crispy, colourful vegetables, and you've got a delicious side or the base of a great meal.

Here is a delicious Seasonal Greens salad you can make any time. It's packed with **antioxidants, vitamins, minerals, heart-healthy fats, fibre and, iron**. It is alkalising and provides slow-release energy.

Spinach and other leafy greens are especially high in **phytonutrients**, which have been shown to have **powerful anti-cancer and anti-inflammatory properties**. So enjoy frequently and abundantly!

**Serves:** 2

**Prep time:** 10 minutes

**Cook time:** 0 minutes

**INGREDIENTS  
(SALAD)**

	<b>QTY</b>
Seasonal greens or spinach	6 cups
Cherry or plum tomatoes, sliced	½ cup
in half	½ cup
Cucumber, sliced	½ cup
Carrot, shredded	1 spear
Spring onion, sliced thinly	½ ea
Avocado, sliced	

**INGREDIENTS  
(DRESSING)**

	<b>QTY</b>
Olive oil	3 tbsp
Balsamic vinegar or lemon juice	3 tbsp
Fresh chopped herb (basil, oregano, thyme or rosemary)	1 tbsp
Salt & pepper	To taste

**INSTRUCTIONS**

- Place seasonal greens or spinach in a bowl. Top with the other chopped ingredients.
- Combine all of the dressing ingredients by stirring vigorously with a spoon.
- Drizzle the dressing over the salad. Let it sit for around 5 minutes for the flavours to absorb.
- To make this a complete meal, add a hard boiled egg, 30g of cheese, a chicken breast or salmon steak and/or half a cup of cooked grains.

# HOMEMADE PESTO CHICKEN SALAD IN BUTTER LETTUCE CUPS

Chicken's versatility is well-demonstrated in this salad of amazing flavours and textures. It will sustain you into the night and **help the body heal and balance from the day.**

The basil brings a high level of **antioxidants and anti-inflammatory compounds**. Walnuts also help **reduce inflammation** and provide a good amount of vitamin E, magnesium, and omega 3 fatty acids - all supporting **cardiovascular health** and **overall physical and emotional wellbeing**.

The greens help the **liver detoxify**, a constant task for the liver, and especially helpful when losing excess weight.

**Serves:** 2

**Prep time:** 5-10 minutes

**Cook time:** 8 minutes

**INGREDIENTS  
(PESTO)**

	<b>QTY</b>
Fresh basil	½ bunch
Walnuts (or use pine nuts or almonds)	½ cup
Shaved parmesan	¼ cup
Lemon juice	4 tbsp
Garlic	1 clove
Spinach	1 cup
Olive oil	½ cup
Water	as needed
Salt and freshly ground black pepper	to taste

**INGREDIENTS  
(SALAD)**

	<b>QTY</b>
Boneless, skinless chicken breast (or use tofu for a vegetarian version)	225g
Celery, sliced thinly	1 cup
Cherry tomatoes, sliced in half	1 cup
Lettuce, separated into individual leaves and washed	½ head

## INSTRUCTIONS

- Blend all of the pesto ingredients in a food processor or blender or mash using a mortar and pestle. Add more olive oil as needed to make a smooth, yet thick consistency. Adjust with water if needed. Season to taste with salt and pepper. Hint: If using a blender, add the liquids first & you might need a bit of extra liquid.
- Poach the chicken:
  - Place the breast on the bottom of a pot and sprinkle with the teaspoon of salt, then cover 2.5 – 5cm with cool water.
  - Bring the water to a boil, cover with a lid and lower to a simmer. Let cook for about 8 minutes.
  - The chicken is finished when it is completely opaque or a thermometer through the center reads 75°C. Remove from the cooking liquid and let cool. Dice into 2.5cm pieces.
- Toss 2 tablespoons of the pesto mixture per person with chicken pieces. Scoop the pesto chicken into one half of the butter lettuce cups and scoop the chopped celery and cherry tomatoes into the other half. Eat directly out of the lettuce cups with a fork and then eat the butter lettuce cup!

## RECIPE NOTES

- *Use the leftover pesto for sandwiches, or add a couple of tablespoons of lemon juice to make a yummy salad dressing. You can also add to eggs, wraps or use as a dip.*

# HOMEMADE CHICKEN CAESAR SALAD

This salad is a delicious combination of veggies, seeds, whole grains, protein, herbs, and spices, making it a complete meal designed to satisfy fully.

The chicken will address the body's need for **lean protein**, and the extra seasoning gives it a kick in flavour and **antioxidants**.

The dressing is a combination of traditional Caesar salad flavour, but enhanced with yoghurt rather than mayonnaise to **boost the protein, iron and calcium content**.

Along with the whole grain croutons, this is a delightful dish that will sustain you throughout the day.

**Serves:** 2-3

**Prep time:** 5 minutes

**Cook time:** 8 minutes

**INGREDIENTS  
(CHICKEN)**

**QTY**

Boneless, skinless chicken  
breast (about 85 - 115 grams  
per serve) (or use seasoned  
tempeh for a vegetarian  
version)

1 ea

Fresh thyme or dried (optional)

2 sprigs

Salt and pepper

to taste

Olive oil

1 tbsp

**INGREDIENTS  
(SALAD)**

**QTY**

Cos lettuce, chopped

6 cup

Cucumbers, sliced thinly

1 cup

Healthy Homemade Caesar

1/3 cup

Dressing

Parmesan cheese

2 tbsp

**INGREDIENTS  
(CROUTONS)**

**QTY**

Whole grain bread

1 slice

Olive oil

2 tbsp

Garlic

1 clove

Rosemary (optional)

1 sprig

Salt and freshly ground pepper

To taste

## INSTRUCTIONS

- For the chicken: Generously season with thyme, salt and pepper or any herbs and spices of your choice.
- Heat a medium saute pan over medium high heat with oil.
- When hot, put in chicken and allow meat to brown without moving it. Once browned (takes around 4 minutes,) turn over and brown other side. Meat should feel firm.
- Once chicken is cooked and browned, remove from heat and set aside. Let rest for and cool for a few minutes before slicing into long strips, 1.25cm wide.
- For the croutons: Chop bread into 2.5cm cubes. Heat the olive oil in a skillet over medium heat, add herbs while stirring constantly. Toss the cubed bread pieces into the pan, and stir frequently. Once cubes are golden brown, remove, and season with salt and pepper to taste.
- For the salad: Prepare the salad greens by tearing or chopping the romaine lettuce into long thick pieces. Add thinly sliced cucumber rounds and toss with the Homemade Caesar Dressing.
- To serve: Top salad with the sliced chicken, shaved parmesan cheese and croutons.

## RECIPE NOTES

- *This salad would also taste great as a wrap! Just line a whole grain or spinach wrap with the salad, chicken and cucumber; wrap up and enjoy!*

# HEALTHY HOMEMADE CAESAR DRESSING

This dressing brings all the flavour of regular Caesar dressing... but with the added nutritional benefits of yoghurt.

Yoghurt is full of beneficial **probiotics**, which are excellent for boosting your **immune system, gut health, and healing inflammatory bowel conditions**.

The fresh raw garlic is also **anti-viral, anti-fungal, and anti-bacterial**.

The anchovies are packed full of omega 3 fatty acids that are proven to help **reduce inflammation and are essential to lowering LDL cholesterol**.

**Serves:** 1

**Prep time:** 5 minutes

**Cook time:** 0 minutes

## INGREDIENTS

## QTY

Garlic, minced	1-2 cloves
Dijon mustard (or any mustard)	1 tbsp
Lemon juice (or white wine vinegar, or any vinegar)	2-3 tsp
Worcestershire sauce (optional)	1-2 tsp
Anchovies (optional - try it, you can't taste it!)	2 ea
Natural yoghurt (or try silken soft tofu!)	1 cup
Salt and freshly ground black pepper	to taste
Parmesan, finely grated	⅓ cup
Extra-virgin olive oil	¼ cup

## INSTRUCTIONS

- In a blender or food processor add the garlic, mustard, lemon juice, Worcestershire sauce, anchovy paste, and yoghurt (or tofu), salt and pepper, and blend until smooth.
- Next add the Parmesan cheese and pulse.
- Finally, while the blender/processor is running, drizzle olive oil down the middle. Add more or less of the olive oil and blend until it reaches salad dressing consistency.
- Taste and adjust for salt and pepper, as well as any other flavours.

# ROASTED BEETROOT, EGG AND AVOCADO SALAD

The bed of spinach provides a healthy foundation for the meal and the body. The flavonoids found in spinach function as **anti-inflammatory and cancer prevention agents**.

Avocado, walnuts, and olive oil all contribute to a **high satisfaction level**, adding to the taste and satiety factor. They are also made up of essential omega 3s, which **improve cholesterol, lower the risk of heart disease, and benefit the health of your skin, hair, and organs**.

The eggs are another source of these heart healthy fats, as well as a fantastic source for protein. One egg will provide your body with all the amino acids it needs, and will keep you **feeling energized and nourished all the way until dinner**.

Beetroots are a **powerhouse for the liver**, and enhance any healing direction and **weight loss efforts**.

**Serves:** 2

**Prep time:** 10 minutes

**Cook time:** 20 minutes

**INGREDIENTS  
(SALAD)**

**QTY**

Beetroot, roasted and sliced	1 ea
Hard boiled egg, peeled and sliced (optional)	2 ea
Spinach, loose	6 cups
Walnuts, raw or roasted in the oven	4 tbsp
Avocado, cut into chunks	1 ea

**INGREDIENTS  
(VINAIGRETTE)**

**QTY**

Lemon, juice	1 ea
Olive oil	2 tbsp
Parsley, minced (optional)	2 tbsp
Lemon zest (optional)	½ tsp
Honey	2 tsp
Salt and pepper	to taste

## INSTRUCTIONS

- To roast beetroot: Wrap washed beetroot with foil and place in oven at 180°C OR 350°F for 30 - 40 minutes. Test by piercing with fork. They should be tender. When done, let them cool until you can hold them. Optional: With a paper towel, scrub off skin. With the beetroot cooked and peeled, slice into disks or chunks. Note: For efficiency, we recommend you cook the beetroot the prior night, ready for use the next day or night.
- To hard boil eggs: 1. Place eggs in a single layer along the bottom of a small saucepan and cover them with cool water by 2.5cm. Slowly bring water to a boil over medium heat. When the water has reached a boil, cover the saucepan with a lid and remove from the heat. Let the eggs sit for 12 minutes without disturbing them. Once the 12 minutes are up, transfer the eggs to a bowl of cold water or ice bath, this makes them easy to peel! Eggs can then be peeled and sliced.
- For Vinaigrette: Place the lemon juice, parsley, lemon zest and honey in a small bowl and whisk together. Continue to whisk while pouring the olive oil in a constant stream into the bowl. Once ingredients are combined, season with salt and pepper to taste.
- To make salad: In a large bowl, add spinach leaves, sliced beetroot, sliced hard boiled eggs, walnuts, and avocado chunks.
- To Serve: Toss salad with dressing.

# LIVING ROOTS RAINBOW SALAD

This is a sustaining, hearty winter raw vegetable salad that supplies all your needs. Combining quinoa with almonds brings a **complete protein** to the table that helps **balance blood sugars and the body repair**.

This salad also features fennel, beetroots, and kale: all highly **nutrient-dense and rich in fibre**. Fennel is both traditionally and medically recognized as a **digestive aid**. Beetroot **support the blood, help with constipation, and the pigment called betacyanin is a potent anticarcinogenic**.

Kale is a **potent prebiotic** food packed with fibre, nutrient density and has an overall **strengthening** effect on the body. You can rest assured your body is getting an **immune boost** with vitamin C from kale and **calcium to fight osteopetrosis**.

**Serves:** 3-4

**Prep time:** 10 minutes

**Cook time:** 0 minutes

INGREDIENTS	QTY
Beetroot, red	½ cup
Beetroot, gold	½ cup
Fennel bulb	1 cup
Kale	4 cup
Quinoa, uncooked (optional)	1 cup
Water or vegetable broth	2 cup
Almonds, toasted	½ cup
Sunflower seeds, toasted	½ cup
Cranberries	½ cup
Parsley	½ cup
Olive oil	½ cup
Lemon juice	½ cup
Salt and pepper	1 tsp

## INSTRUCTIONS

- Cook quinoa: Rinse quinoa, then add to pot with 2 cups of water or broth. Bring to a boil, then lower heat to simmer. Cook for 15 to 20 minutes, until water has been absorbed. Add more water if needed (if bottom starts to burn).
- Cut the raw beetroots, kale, and fennel into thin, evenly shaped pieces and add to a bowl.
  - Beetroots: cut off ends and then cut in half - if larger than an egg, cut in half again. From here, slice very thinly into pretty wedges.
  - Kale: remove larger tough ribs or end of ribs, but feel free to keep if ribs are small and thin. Roll up a few leaves at a time and cut into thin strips or pieces.
  - Fennel: You eat the bulb, so cut off the top longer stalks and fronds (called fennel feathers). You also cut out the 'root/heart' at the base in a triangle cutting shape, because this is too tough/bitter to eat. You should be left with the fennel layers, which should be crunchy and sweet. Then slice into thin slithers.
- Coarsely chop almonds into pieces. Add cooked quinoa, cranberries, sunflower seeds and almonds to bowl with the cut vegetables above.
- Finely chop parsley and mix with olive oil, lemon juice, salt, and pepper in a bowl to make a dressing. Add to the rest of the ingredients and mix together. Let the salad rest before serving, so the flavours can harmonize! This salad can last for days and gets better on Day 2!

## RECIPE NOTES

*This is a highly nutritious salad base to experiment with, using different grains, nuts, or hearty vegetables. By combining the quinoa here with almonds, this salad gives you a full protein profile.*

# CHINESE TUNA CABBAGE SALAD WITH ROASTED PEANUTS

Authentic Chinese cuisine does not come with any of the sugary syrup sauces or limp oil laden dishes we have to come to expect in America and Australia. Instead, it is made up of **beautiful whole ingredients** that are cooked and seasoned simply.

Fresh cabbage, carrots, and snow peas add **fibre, vitamins and minerals** to your dish, as well as boost the snap and crunch of your salad without any frying.

The tuna is the main component of this recipe and provides a lean protein, keeping your **body fuelled with energy**, and also **aid in the growth and repair of muscle tissue**. Plus, it is a great heart-health supporter due to its **ability to lower cholesterol**.

**Serves:** 2-3

**Prep time:** 5-10 minutes

**Cook time:** 0 minutes

**INGREDIENTS**

**(ASIAN DRESSING)**

**QTY**

Rice vinegar	¼ cup
Olive oil	3 tbsp
Soy sauce (preferably low sodium)	2 tbsp
Toasted sesame oil	1 tbsp
Agave or honey	1 tbsp
Fresh ginger, minced or chopped finely	1 ½ tsp

**INGREDIENTS**

**(SALAD)**

**QTY**

Canned tuna, drained (140 g- 170g)	1 ea
Spring onions	¼ cup
Sugar snap peas or snow peas, or bean sprouts, sliced	1 cup
Celery, sliced	2 stalks
Cabbage, thinly sliced	4 cups
Carrots, shredded	2 ea
Coriander, finely sliced	¼ cup
Roasted peanuts	¼ cup
Salt and freshly ground black pepper	to taste

## INSTRUCTIONS

- Whisk rice vinegar, olive oil, soy sauce, sesame oil, agave and ginger in a small bowl.
- Combine 3 tablespoons of the dressing with tuna, and sliced spring onion in a medium bowl and slightly mix, set aside.
- Add all other ingredients to a bowl with remaining dressing and toss, taste for salt and pepper and adjust if needed.
- Serve salad topped with tuna mixture.

# FOUR BEAN SALAD WITH CRUMBLED FETA

Bean salads make one of the best snacks - **tasty, rich in protein and, amazingly high in antioxidants!**

Beans are one of the best foods you can eat to help you **boost gut health and lower cholesterol**. They have tonnes of plant-based protein, fibre and sustaining carbs, allowing your body to more easily **eat for satisfaction**.

The antioxidants found in the fresh herbs not only please the palate with great bursts of flavour but also **supports the kidneys and naturally satisfy your body's innate desire for both sweet and bitter** (found in mint and parsley, respectively.)

**Serves:** 2-3

**Prep time:** 5-10 minutes

**Cook time:** 2 minutes

**INGREDIENTS  
(THE BEANS)**

**QTY**

Four Bean Mix canned (or any canned beans of your choice)	4 cup
Green beans	1 cup

**INGREDIENTS  
(SALAD INGREDIENTS)**

**QTY**

Crumbled feta or other cheese of choice	55 grams
Tomato, sliced 5mm	1 cup
Red capsicum, sliced 5mm	1 cup
Spring onion, sliced 5mm	½ cup

**INGREDIENTS  
(DRESSING)**

**QTY**

Olive oil	5 tbsp
Apple cider vinegar	5 tbsp
Brown sugar	1 tsp
Garlic	1 clove
Mint	¼ bunch
Parsley	¼ bunch

## INSTRUCTIONS

- Drain the beans and rinse well.
- Prepare and blanch the green beans. To do this, simply chop the ends off the green beans and slice into 5cm long pieces, add to boiling water for 2 minutes, then remove from heat and dunk beans into an ice bath after boiling, when beans are completely cool, drain.
- Add the tomato, red capsicum, spring onion and ½ of the feta cheese into a bowl. Mix with beans gently. Add salt and pepper to taste.
- To prepare the dressing, combine the mint, parsley and garlic and add to a blend of apple cider vinegar and olive oil. Stir well.
- SERVE: Pour dressing on the salad and combine well. Top with other ½ of the feta cheese. Enjoy as a nourishing snack or side dish!

# SHAVED FENNEL, ORANGE AND ROCKET SALAD

The base of this salad is an incredibly **fibre-rich complex carb**, farro, it will break down slowly, keeping your **blood sugars and energy levels stable**. Farro is also a fantastic source of **niacin** (vitamin B3) which helps the **body break down carbs, fat, and protein**, providing your body with an even more stable energy source.

Your **immune system** will also benefit, thanks to a type of carbohydrate found in farro called cyanogenic glucosides and the vitamin C provided by the oranges in this salad.

Fennel is a great source of vitamin K, which can **reduce the risk of a heart attack or stroke, promotes eye health, improves memory and brain function, aids digestion, boosts metabolism, and helps to break down fat**.

**Serves:** 2

**Prep time:** 10 minutes

**Cook time:** 0-20 minutes

**INGREDIENTS**

**(ORANGE VINAIGRETTE)**

**QTY**

Orange juice	¼ cup
Extra virgin olive oil	4 tbsp
Thyme, removed from stem and finely chopped or minced	1 tsp
Honey	1 tsp
Dijon mustard or other mustard	1 tsp
Sea salt and freshly ground pepper	To taste

**INGREDIENTS**

**(SALAD)**

**QTY**

Fennel bulb, thinly sliced or shaved	1 cup
Rocket leaves	2 cups
Orange, peeled and sliced into segments	½ ea

**INGREDIENTS**

**(FARRO GRAIN)**

**QTY**

Water	2 cups
Farro, uncooked	½ cup

## INSTRUCTIONS

- For Vinaigrette: Place the orange juice, thyme, honey and dijon mustard in a small bowl and whisk together. Continue to whisk while pouring the olive oil in a constant stream into the bowl.
- Once ingredients are combined, season with salt and pepper to taste.
- For Salad: Finely chop or slice fennel into long slithers. Here's how: You eat the bulb, so cut off the top longer stalks and fronds (called fennel feathers). You also cut out the 'root/heart' at the base in a triangle cutting shape, because this is too tough/bitter to eat. You should be left with the fennel layers, which should be crunchy and sweet. Then slice into thin slithers.
- Slice the orange into long segments, by cutting off the peel.
- Mix fennel, orange and rocket in a bowl with the vinaigrette.
- For the farro grain: Turn this light salad into a satisfying meal by adding a cooked grain. In a medium saucepan combine the water, a dash of salt, and farro. Bring to a boil over high heat, then reduce to low.
- Cover and simmer until the farro is tender but not overcooked, about 20 minutes.
- Once cooked, drain, and rinse under running cold water to cool the farro.
- Toss the farro with the salad and chill or serve immediately!

# MINTY MELON FETA SALAD

This snack will refresh all of your senses! For those dealing with diabetes and challenged kidneys, eating watermelon will help.

A large percentage of watermelon is just what it's named for - water! This ensures you will stay **hydrated**, a very important factor for good health and **weight loss**. High antioxidant levels from the fruit and the mint make this a **healing dish** for all.

The feta cheese, sesame seeds, and olive oil all contribute to the **satisfaction**, taste factor, and satiety of this dish, making this a snack that will help lift you out of an energy slump.

**Serves:** 2

**Prep time:** 5-10 minutes

**Cook time:** 0 minute

## INGREDIENTS

## QTY

Watermelon, cut into chunks	3 cup
Feta cheese, crumbled	30g
Mint, rough chop	⅓ bunch
Sesame seeds (use black sesame seeds if you can get them!)	2 tbsp
Olive oil	3 tbsp
Lime, juiced	1 ea
Salt	¼ tsp
Pepper	¼ tsp

## INSTRUCTIONS

- Add cut watermelon into a bowl. Layer feta cheese, mint, and sesame seeds.
- In a small bowl, whisk together the following: olive oil, lime juice, salt, and pepper.
- Pour olive oil mixture over watermelon mixture.
- Serve as is, with each bite a refreshing combination of flavours!

## RECIPE NOTES

*Try subbing out different melons, fruit, cheese, fresh herbs, or seeds for variety.*



# THE PERFECT SEAR

Searing is a great cooking technique because it's fast and seals in the natural flavours, so you don't need to use much added fat.

Meat and fish are beneficial for your health, eaten as part of a balanced diet. In particular, meat is an excellent source of **lean protein, iron, vitamin B12 for red blood cell production, calcium, and omega 3 and 6 fatty acids.**

## INSTRUCTIONS

- Take an entire boneless piece of meat, fish or chicken.
- Make sure it's at room temperature, pat dry.
- Coat in a generous sprinkling of salt & 1 tbsp oil.
- Add herbs or spices of your choice. We recommend thyme, rosemary, oregano, paprika, cumin, cracked pepper, brown sugar or chilli (or a combination).
- Heat up a stainless steel or cast iron pan until it's VERY HOT - sprinkle in some water, if it spits, it's ready.
- Add 1-2 tbsp high smoke point oil per person (avocado oil).
- Add your meat and cook without turning or moving.
- Turn when it's ready (3-6 mins, depending on the type of meat).
- Cook the other side, remove from heat, wrap in aluminium foil and let it rest for 5 mins.
- Enjoy with a salad or a side of roasted vegetables and/or some cooked grains.

# PEPPER-CRUSTED TUNA TATAKI WITH CARMELIZED PINEAPPLE SALSA

Seared tuna is a great choice for a lean, **nutrient-rich protein**. Tuna has high levels of omega 3s that have an **anti-inflammatory effect** on your body. It also contains **selenium and vitamin B12**.

Selenium has been shown to **rev up your metabolism**, while vitamin B12 is very important for **cognitive function** and has been shown to be important in preventing fatigue, mood disorders, and memory loss.

Accompanying the tuna is a smoky, spicy and sweet pineapple salsa. It is full of vitamin C to boost your **immune system**. This salsa is garnished with fresh coriander, which provides vitamins A and K, and antioxidants to **remove free radicals in your bloodstream**.

**Serves:** 2

**Prep time:** 10 minutes

**Cook time:** 15 minutes

**INGREDIENTS**

**QTY**

Tuna, divided into two portions	225 grams
Salt	½ tsp
Freshly ground black pepper	1 tsp
Oil	2 tbsp

**INGREDIENTS**

**QTY**

Pineapple, cut into spears (long fingers)	¼ ea
Spring onions, finely chopped	2 tbsp
Lime, juiced	1 ea
Coriander, minced	1 tsp
Chilli flakes	to taste
Salt and freshly ground black pepper	to taste

## INSTRUCTIONS (SALSA)

- Heat a saute pan over medium high heat, and add oil. When oil is hot, sear pineapple spears on each side until golden brown.
- Let spears cool, then dice and combine with onions, chilli, lime juice, and coriander.
- Season to taste and let sit for at least 15 minutes to marry the flavours.

## INSTRUCTIONS (TUNA)

- Press the tuna slices in a flat plate of mixed black pepper and salt on all sides and set aside at room temperature.
- Heat 2 tbsp of oil in a small sauté pan over medium-high heat. Sear the tuna on both sides until brown and crunchy on the outside, about 3-4 mins each side, yet rare on the inside.
- To serve, slice the tuna thinly and stack in the centre of the plate. Top with pineapple salsa.

## RECIPE NOTES

- *Check out our searing guide in this week's Cooking Skill for perfect tuna steaks.*
- *If you like your tuna cooked well done, you can reduce the heat after cooking and leave it in the pan for a few minutes longer on each side.*

# SEARED PAPRIKA CHICKEN WITH SAGE GNOCCHI AND CUCUMBER

This dinner is loaded with wholesome and healthy ingredients like lean chicken, that helps **stabilizes blood sugars** and paprika, which is packed with **iron, supporting cellular metabolism and energy production.**

Cucumbers add antioxidants (especially lignans), which have been associated with **decreased risk for cardiovascular diseases and cancers**, like breast, ovarian, and prostate.

To increase the satiety level for this dish, we add some seared gnocchi with sautéed sage that adds a very floral flavour profile to the dish.

Sage has been shown to **improve cognitive function and respiratory ailments.**

**Serves:** 2

**Prep time:** 30 minutes

**Cook time:** 20 minutes

**INGREDIENTS**

**(PICKLED CUCUMBER)**

**QTY**

White vinegar	2 cup
Fresh dill, minced (optional)	¼ bunch
Salt	4 tsp
Brown sugar	2 Tbsp
English cucumber, sliced thinly	1 each

**INGREDIENTS**

**(SEARED CHICKEN)**

**QTY**

Boneless skinless chicken breasts	2 each, small
Smoked paprika	½ Tbsp
Olive oil	2 Tbsp
Salt	To taste
Oil	1 Tbs

**Serves:** 2

**Prep time:** 30 minutes

**Cook time:** 20 minutes

## INGREDIENTS

### (SEARED GNOCCHI)

### QTY

Gnocchi	350 grams
Oil	1 tbsp
Grass fed butter, unsalted	1 tsp
Sage leaves	6 ea
Lemon zest	½ tsp
Parmesan cheese, grated	1 tbsp
Kosher Salt	to taste

## INSTRUCTIONS (CHICKEN)

- Mix together the paprika, oil and salt. Massage this mix into the chicken breasts (hint: put plastic bags on your hands if you don't like touching raw chicken) and allow to stand for about 20 minutes - optional.
- Heat a pan over high heat and add oil and sear on both sides until chicken is golden brown. About 4 minutes each side depending on the thickness of the fillets. Check out our searing guide for more instructions.
- If your chicken is not cooked through the middle, then cover and cook on low heat for about 10 minutes.
- Rest for 5 minutes, then slice on the diagonal and serve atop the gnocchi, along with the pickled cucumber side.

## INSTRUCTIONS (PICKLED CUCUMBER)

- Combine the vinegar, dill, sugar and salt in a bowl. (If you like a slighter pickle taste, you can substitute one cup of water for 1 cup vinegar.)
- Whisk until the salt and sugar have dissolved, then add cucumbers. Let sit for 30 minutes up to 1 hour.
- Taste the pickles frequently and keep submerged until they have reached the desired flavour, then drain and plate. Dollop with a spoonful of sour cream or yoghurt and a pinch of paprika.

## INSTRUCTIONS (GNOCCHI)

- Bring a pot of water to a low boil and cook gnocchi for 4 - 5 minutes, or until they begin floating to the top. Strain from water and set aside.
- Heat a medium sauté pan over medium - low heat with 2 tablespoons of oil.
- When oil is hot, stir in the butter, sage leaves, and then add gnocchi in a single layer.
- Sprinkle with  $\frac{1}{4}$  teaspoon salt and cook, shaking the pan from time to time until the gnocchi and sage are lightly browned, about 5 minutes. Gently stir in the parmesan and serve!

# PAN-SEARED ASIAN MARINATED STEAK WITH MUSHROOMS AND BROCCOLINI

Protein is a very important nutrient, needed for both **muscle growth and repair as well as balancing your blood sugars.**

A great protein choice is flank steak, which can be sautéed, broiled, or grilled if it is marinated first. Flank steak is a lean, flavourful cut that helps to support and **strengthen your own connective tissues.**

The sesame seed oil we use in our marinade can **aid heart health** by preventing atherosclerotic lesions with the **antioxidant** and **anti-inflammatory** compound known as sesamol. Plus, sesame is **good for the skin** both topically and internally.

**Serves:** 2

**Prep time:** 5-10 minutes

**Cook time:** 5-10 minutes

INGREDIENTS	QTY
Chilli flakes	½ tsp
Sesame oil	½ tbsp
Rice wine vinegar	1 tbsp
(or you can use regular vinegar if you don't have it)	
Ginger, minced	½ tbsp
Lemongrass, minced (optional)	1 tbsp
Spring onions, thinly sliced	2 tbsp
Soy sauce	¼ cup
Good quality steak	285 grams
(rump, rib eye, porterhouse)	
Oil	2 tbsp
Mushrooms	4 cups
(crimini, portobello or button all work)	
Broccolini (or broccoli)	1 head

## INSTRUCTIONS

- Make marinade by whisking together all ingredients (other than steak and oil for cooking). Set aside half the marinade.
- Place steak in a shallow pan. Pour half the marinade over the steak and refrigerate for up to 24 hours. If you have no time, then 5 - 10 minutes is still fine.
- Heat a wok or large skillet over medium - high heat until a bead of water sizzles and evaporates on contact.
- Add the oil, then carefully add your marinated steak along with the marinade.
- Sear for about 3 - 4 minutes each side.
- Set aside and cover with aluminium foil to let the meat rest. Slice thinly.
- Thinly slice the mushrooms. Chop the dirty ends off the broccolini, and slice into long, thick slithers.
- Add half a cup of water to the pan on medium heat and scrape the pan so the juices in the pan combine with the water. Add the sliced mushrooms and broccolini and stir. Let the vegetables cook for 3 - 4 minutes, stirring occasionally.
- Transfer the steak to a serving plate topped with the mushrooms and broccolini and ladle the marinade you set aside earlier over the top. Serve with a boiled potato and/or a side salad.

## RECIPE NOTES

*This would make a great meal atop a bed of brown rice, stir-fried vegetables, or asian style noodles. It can also be wrapped up in large butter lettuce leaves to make lettuce cups!*

# PISTACHIO CRUSTED SALMON STEAK WITH EDAMAME AND CAULIFLOWER

Here is a dinner designed to bring **Nourishment and Satisfaction** - key elements supporting **natural weight and health goals!**

Salmon is a nourishing protein high in essential fatty acids that are **important to the brain and to promote a feeling of satiety.**

Edamame enriches the plate with extra protein, but also the more rare manganese, which helps **build bone and balance compromised blood sugar regulation.**

Cauliflower helps **restore liver health and promote weight loss**, as a healthy liver is vital to a healthy body and reaching optimum weight.

**Serves:** 2

**Prep time:** 15 minutes

**Cook time:** 10 minutes

**INGREDIENTS**

**QTY**

Salmon steak	285 grams
Pistachios	½ cup
Breadcrumbs	½ cup
Olive oil	6 tbsp
Parsley	¼ bunch
Edamame, defrosted	2 cups
(you can find them in the freezer section in most grocery stores)	
Cauliflower	half head
Cherry or plum tomatoes	1 cup
Rice wine vinegar	2 tbsp
Lime juice	1 lime

## **INSTRUCTIONS: PREPARE THE FISH**

- Sprinkle the salmon with salt and pepper.
- Finely chop the parsley and pistachios. Then mix with the breadcrumbs and set aside in a large bowl or dish.
- Pour half the olive oil into a small plate.
- Dip each side of the fish in the oil, followed by a coating on each side of the breadcrumb blend. Notes: If you have trouble with getting the breadcrumb mix to stick to the fish, you might need to chop the pistachios smaller. You can also try dipping the fish in some beaten egg and then coat with the breadcrumb mix.
- When all the salmon steaks are coated, heat a cast iron pan or stainless steel pan of your choice, on medium-high heat.
- Add remaining olive oil to the pan and place the salmon steak skin side down. Then brown each side of the fish, about 3 minutes each side.
- If you enjoy your fish rare in the middle, you can serve as is. Otherwise, turn down the heat and cover with a lid to cook through the middle.

## **PREPARE THE VEGETABLES**

- Slice cauliflower into bite-sized florets.
- Add edamame, cherry tomatoes and cauliflower to the pan on medium, together with rice wine vinegar and lime juice. Feel free to add a little water (2-3 tbsp) to bind the flavours.
- Cook for 3-4 mins.

## **TO SERVE**

- Place the cooked fish on a plate, with the colourful vegetables on the side. This meal presents beautifully, is delicious and full of nutrients.

# SAUTEED BOK CHOY WITH GARLIC, GINGER AND SESAME SEEDS

Bok choy contains vital phytonutrients, vitamins, minerals, and antioxidants that can help you reach your health goals with little effort!

The antioxidant plant chemicals found in bok choy include isothiocyanates and sulforaphane, among others. Together with dietary fibre and vitamins, these compounds **help protect against breast, colon, and prostate cancers and also reduce LDL or "bad cholesterol" levels in the blood.**

Plus, this vegetable is a great source of minerals, particularly calcium, phosphorus, potassium, manganese, iron, and magnesium. These will help to **regulate heart rate and blood pressure, assist in red blood cell formation, and support your entire system.**

The garish of this dish, sesame seeds, also contains compounds like phytic acid and phytosterols, which will **fight off cancer.**

**Serves:** 2

**Prep time:** 15 minutes

**Cook time:** 10 minutes

## INGREDIENTS

## QTY

Bok choy	500 grams
Soy sauce	1 ½ tbsp
Oil	1 tbsp
Garlic, minced	1 clove
Ginger, peeled and minced	1 tsp
Sesame oil	2 tsp
Sesame seeds	3 tsp

## INSTRUCTIONS

- Heat a wok or large skillet over medium-high heat until a bead of water sizzles and evaporates on contact.
- Add the oil, then the garlic and ginger and stir-fry until aromatic, 20 to 30 seconds.
- Add the bok choy and stir-fry for about 2 minutes, until crisp-tender.
- Add the soy sauce and cook for another 30 seconds.
- Turn off the heat, drizzle with sesame oil and garnish with sesame seeds. Transfer to a serving plate and serve hot.

## RECIPE NOTES

*This same technique can be used on a variety of vegetables, including carrots, edamame, broccoli, baby corn, capsicum, and basically anything else you find at your local farmer's market.*

# TOMATO PRAWNS AND SWEET SUMMER CORN STIR FRY

This fantastic dish makes the absolute most of our bountiful produce! Corn is a rich source of vitamins A, B, E, and contains fibre that helps **prevent digestive ailments like constipation, hemorrhoids, and colorectal cancer**. It also has **anti-carcinogenic** agents and can **lower the risk for Alzheimer's disease and hypertension**.

Zucchini, the other main vegetable in this dish, is rich in vitamins A and C and is a good source of potassium as well, which is an important intracellular electrolyte that **reduces blood pressure and heart rates by countering pressure effects of sodium**.

By pairing these great ingredients with some sweet king prawns and hearty brown rice, you have the perfect comforting meal that will also nourish your body.

**Serves:** 2-4

**Prep time:** 5 minutes

**Cook time:** 10 minutes

**INGREDIENTS**

**QTY**

Oil	2 tbsp
Butter	2 tbsp
Shallot, minced	1 ea
Zucchini, small, diced	1 ea
Corn cob, kernels removed	1 ea
Grape tomatoes, sliced in half lengthwise	1 cup
Salt and pepper	To taste
King prawns, peeled	500 grams
Basil, small strips	½ cup
Lemon, juice	1 each
Brown rice, cooked	½ cup

## INSTRUCTIONS

- Heat a medium sauté pan over medium high heat and add the oil.
- When the oil is hot, add in the shallots and sauté until they begin to brown.
- Next add the zucchini, corn and tomatoes and stir fry for about 3 minutes or until the vegetables are cooked but have some bite left to them. Season to taste with salt and pepper, remove to a plate and keep warm.
- Return the pan to the heat and add in the butter. When the pan is hot and the butter is sizzling, place your prawns in a single layer in the pan and season with salt and pepper.
- Cook for 2 minutes, then flip and cook for 1 - 2 minutes more.
- The prawns are done when the colour is bright pink, and they have started to curl slightly. If the tails have curled up extremely tightly into themselves, they are overdone.
- Top the brown rice with the stir fried vegetables and prawns and garnish with lemon juice and basil.

## RECIPE NOTES

*This would make a great salad once cooled, and could also be used as toppings for pizza or filling for tacos!*

# SEARED LEMON CHICKEN WITH ASPARAGUS AND COUSCOUS

Here is a dinner that brings a refreshing zing to the day. The lemon and rosemary that enhance the chicken's flavour in this dish also contribute a **rich supply of antioxidants**.

Rosemary is especially **healing to the gut, reduces inflammation, and invigorates the brain**. Chicken is a versatile source of protein that **provides sustained energy and supports digestive function**.

Asparagus is a great source of vitamin K, niacin and phosphorus and even helps **reduce inflammation, crucial to those dealing with arthritis and rheumatism**.

This protein-rich meal, with green veggies galore, goes well with the seasoned and fluffy couscous. Here's a way to enjoy the treat of couscous without it affecting the blood sugar due to the balancing effects of the chicken and vegetables. Enjoy!

**Serves:** 2-3

**Prep time:** 10 minutes

**Cook time:** 25 minutes

**INGREDIENTS**

**(CHICKEN AND ASPARAGUS)**

**QTY**

Chicken breast	300 grams
Lemon, zest and juice	1 ea
Rosemary, minced	¼ bunch
Fresh parsley	½ bunch
Chicken stock	½ cup
Asparagus	1 bunch
Olive oil	2 tbsp
Sea salt	to taste
Pepper	to taste

**INGREDIENTS**

**(COUSCOUS SIDE)**

**QTY**

Couscous	1 cup (uncooked)
Chicken stock	2 cup
Carrot, diced	1 ea
Fresh chives	1 bunch

## INSTRUCTIONS

- Dice the carrot and finely chop the chives. Set aside.
- Bring 2 cups of chicken stock to a boil add the couscous, carrot and chives, boil for about 3 minutes. Turn off heat, cover and set aside for 5 - 10 minutes.
- Season with salt and pepper.
- Zest the lemon and finely chop the rosemary and parsley.
- In a skillet over medium - high heat, cook the chicken in olive oil until browned, around 3 - 4 minutes either side, turning only once in between. Transfer to plate. (The browning is the important part here - the chicken will be further cooked later in the recipe.)
- Add the asparagus and some additional oil and sear the asparagus, remove from heat.
- Add the stock, stir well, scraping the tasty browned pieces from the bottom of the skillet using your spatula or wooden spoon.
- Add in  $\frac{3}{4}$  of the lemon/herb mixture and the juice of 1 lemon and bring to a simmer while stirring.
- Return the chicken back to the skillet, turn to coat, simmer covered for about 6 - 8 more minutes or until chicken is no longer pink and fully cooked.



LIGHT, FLUFFY GRAINS FOR SUSTAINED ENERGY  
PERFECT RICE

# PERFECT RICE

Rice, and especially brown rice, is a **great source of energy, an excellent source of vitamin B1 (which helps maintain a healthy nervous system and cardiovascular health).**

It's also high in soluble and insoluble fibre, which helps **regulate and improve bowel movements, keep you feeling full and satisfied, and supporting cancer prevention.**

Rice is free of fats, cholesterol, and sodium - so it is a **great choice for people with high blood pressure or hypertension.**

## INSTRUCTIONS

- Rinse rice in cool water.
- Pour rice into a pot - about  $\frac{1}{3}$  to  $\frac{1}{2}$  cup uncooked rice per person. Shake it so it's even.
- Hold your little finger into the pot so it just touches the top level of the rice.
- Now fill the pot with cold water so the water level comes to the first crease in your little finger (a little higher if you are cooking brown rice).
- Bring the pot to a boil.
- Cover, reduce heat and simmer until rice is cooked - about 20 mins for white rice and 25-30 minutes for brown rice. DO NOT STIR.
- When the rice is cooked, all of the water should be absorbed or evaporated & the rice should be light, juicy and fluffy.

## TROUBLESHOOTING TIPS

- If you hear crackling sounds and your rice is not yet cooked, it might mean you are running low on liquid. Add a small amount of additional liquid to avoid burning on the bottom and monitor closely until cooked completely. Add extra liquid as needed.
- If you have water remaining in the bottom of the pot and the rice is close to cooked, try to remove the lid, turn up the heat and boil away the liquid. If it is already cooked, then try straining your rice in a close weave strainer.

# HOMEMADE SUSHI WITH BROWN RICE

Classic sushi rolls are **very healthy and versatile**, but many of the rolls at restaurants are lathered in unhealthy sauces or deep-fried.

In our version of sushi rolls, we take sushi back to its classic roots and make it even healthier by using **fibre and protein-rich brown rice** instead of white rice. The brown rice still contains the outer bran so it will help **prevent blood sugar spikes**.

Included with this nutritious grain is a rainbow of vegetables, like capsicums, avocados, cucumbers, carrots, and bean sprouts. Eating a rainbow of colourful vegetables is very important as they provide a **wider range of antioxidants and vitamins that are essential for cognitive function, blood glucose and blood pressure control, and overall health**.

**Serves:** 2

**Prep time:** 10 minutes

**Cook time:** 45 minutes

**INGREDIENTS**

**QTY**

Short-grain brown rice	½ cup
Brown rice vinegar (or apple cider vinegar)	1 tbsp
Nori sushi sheets	2 ea
Avocado, julienned	½ ea
Red capsicum, julienned	¼ each
Carrot, julienned	¼ each
Cucumber, julienned	¼ each
Bean sprouts	¼ cup
Smoked Salmon (optional)	85 grams
Tamari, soy sauce, pickled ginger and wasabi	small bowls for serving

## INSTRUCTIONS

- Rinse and drain the rice, then add 1 cup of cold water. Bring to a boil, then simmer for 45 minutes, covered.
- When rice is finished cooking, stir in around 1 tablespoon vinegar to make the rice stick to itself, and let it cool.
- Lay a sheet of nori on your rolling mat or clean dish cloth.
- Spread some rice out to cover the nori sheet, leaving a 4 cm space free along the back edge in order to seal the roll.
- Julienne (thinly slice) your vegetables into long thin strips. Place a thin strip of your thinly sliced vegetables and optional salmon along the close edge of the sheet.
- Roll the sheet up and over the row of vegetables. Press back towards yourself and also down onto the roll. Make sure you are getting a tight roll but don't press so hard that you squish it.
- Peel the rolling mat or dish cloth off the front edge and continue to roll. Press the roll together as you go.
- Seal with the strip at the far edge that has no rice by moistening with a little water.
- Before cutting into pieces, let your sushi roll sit for a few minutes for the nori to soften from the rice.
- Bowls of tamari or soy sauce, pickled ginger and wasabi are recommended to be served alongside for dipping.

## RECIPE NOTES

*You can roll anything into a sushi roll, some other great ingredients include prawns, salmon, cucumber, radish, scrambled egg and shiitake mushrooms.*

# FENNEL AND SAUSAGE RISOTTO

Risotto is made with arborio rice which is an **easily digestible and high-protein grain**. It is also loaded with vitamins A and C, which will significantly **improve the health of your skin and even counteract signs of aging**.

Fennel is not only a beautiful flavour to add to this dish, but also a great source of **fibre, folate, and potassium**; all of which will benefit both your **cardiovascular and colon health**.

However, the best thing about fennel is that it contains a unique antioxidant called anethole, which **reduces inflammation and can help to prevent cancer**.

**Serves:** 2

**Prep time:** 10 minutes

**Cook time:** 30 minutes

**INGREDIENTS**

**QTY**

Sweet Italian sausage, casing removed and crumbled	115 grams
Chicken stock	2 cups
Olive oil	2 tbsp
Large fennel bulb, halved, cored and thinly sliced	1 ea
Small brown onion, chopped into small pieces	1 ea
Garlic cloves, smashed	2 cloves
Arborio rice	$\frac{2}{3}$ cup
Unsalted butter	1 tbsp
Freshly grated parmesan cheese	$\frac{1}{2}$ cup
Flat leaf parsley, chopped	1 tbsp
Kosher salt and ground black pepper	to taste

## INSTRUCTIONS

- Prepare, chop and lay out your ingredients, following the instructions in the ingredients. In a large skillet, heat 1 tablespoon of the olive oil at medium - high. Add the sausage and cook, breaking up the meat with a spoon, until browned. Add the fennel and cook, stirring occasionally, until softened and lightly browned. Lower the heat and remove both from the pan and place on a plate.
- At medium-low heat, add the remaining oil, then the onion, cook until softened. Then add smashed garlic and the arborio rice. For 1 minute stir constantly coating the rice with the fat. If using wine add now. Next add 1 cup of stock and cook over moderate heat, stirring until all liquid is nearly absorb, season with a little salt and pepper. Continue adding  $\frac{1}{2}$  of the stock at a time, stirring and waiting until nearly all liquid is absorbed.
- The risotto is done when the rice is al dente, coated by a thick creamy sauce, resembling lava, about 20 minutes. From here stir in the fennel, sausage, parmesan, parsley and check seasoning. Add more stock if needed and finally stir in the butter.
- Serve immediately, risotto waits for no one!

## RECIPE NOTES

*Once you get a feel for the basic steps toasting the rice, and adding in the broth, a whole world of dishes opens up. You can add fresh vegetables, ribbons of silverbeet, wild mushrooms from the farmers market, or any other combination of flavours and textures suits your fancy.*

# WHOLE GRAIN PANCAKES WITH RICOTTA AND PEACHES

Everyone loves waking up on a Sunday morning and enjoying fresh pancakes! Pancakes usually contain refined white flour, a lot of sugar and are topped with sugary syrup. Our Homemade version of pancakes incorporates wholemeal flour and almond flour that are **higher in fibre and healthy fats, keeping your blood sugar better controlled and also keeping you feeling satisfied for longer.**

Rather than lathering our pancakes with sugary syrup, we'll be adding natural sweetness to our pancakes using seasonal peaches and/or apples. They both provide **abundant amounts of fibre** (especially with the skin on), vitamins A and C (which help the body **develop resistance against infections**), and **antioxidants, like beta-carotene and lycopene.**

All this is topped with ricotta cheese to provide a luxurious, creamy texture, as well as a dose of protein to help you feel **energized and satiated throughout the morning hours.**

**Serves:** 2

**Prep time:** 10 minutes

**Cook time:** 10 minutes

**INGREDIENTS  
(DRY)**

**QTY**

Wholemeal flour

½ cup

Almond meal

½ cup

Baking powder

½ tsp

Cinnamon

½ tsp

**INGREDIENTS  
(WET)**

**QTY**

Egg

2 each

Apples, chopped or grated

½ each, small

Coconut oil or butter

1 tsp

Milk

½ cup

**FOR COOKING**

**QTY**

Coconut oil or butter

2 tbsp

**TOPPING**

**QTY**

Peaches, diced (you can also use  
plums, nectarines, pears or berries)

1 each

Ricotta

1 cup

Lemon zest

¼ tsp

Lemon juice

½ tsp

Honey

desired

sweetness

## INSTRUCTIONS

- Whisk the dry ingredients together.
- In a separate bowl, whisk together the eggs, honey, and apples. Stir the wet ingredients into the dry, until just combined (do not overmix).
- Heat a frying pan over medium heat with the coconut oil. When sizzling, add the batter with a  $\frac{1}{4}$  cup scoop per pancake.
- Cook until large bubbles begin to appear, 1 to 2 minutes. Flip the pancakes over and cook until golden on the second side, about 1  $\frac{1}{2}$  minutes longer.

## FOR THE TOPPING

- On medium heat, stew the peaches in a dash of water and honey, about 10 mins. Set aside to cool. Alternatively, just keep diced peaches raw and top the ricotta mixture.
- Fold together the ricotta with lemon zest and juice. Fold the ricotta blend into the cooled stewed peaches.
- To serve: top the pancakes with the ricotta mixture and enjoy!

## RECIPE NOTES

*These could also be topped with berries and yogurt, nuts, applesauce, or maple syrup.*

# AMARANTH PORRIDGE WITH BERRIES AND FRESH FRUIT

Break free of the traditional porridge this week! Enjoy an amazingly **nutrient-rich** grain: amaranth! This little seed carries a good amount of **protein, calcium, iron, lysine, and fibre**, which is just part of why the Aztecs highly honoured this tiny prize.

It offers lysine that brings **balance to the amino acid profile** that can get a little off-kilter with eating other grains, beans, nuts, and seeds. All to say - variety is not just the spice of life; it's the key!

The almonds in this meal help boost the protein profile and add that delicious crunch. The fruit helps naturally sweeten this porridge, enhances the fibre content, and adds to the **antioxidant** healing effects

**Serves:** 2

**Prep time:** 10 minutes

**Cook time:** 10 minutes

INGREDIENTS	QTY
Amaranth	1 cup
Water	3 cup
Almonds	½ cup
Apricots - fresh or dried	½ cup
Apple	½ ea
Cinnamon	½ tsp
Honey	to taste
Berries and 2 tbsp almonds to serve	½ cup

## INSTRUCTIONS

- Roast the almonds in the oven at 180°C OR 350°F for 7 - 10 minutes, till lightly browned and roasted.
- Chop the nuts in half and set aside. (They will be the final topping.)
- Chop the apples and apricots into small chunks.
- On medium heat, boil the water with the amaranth/quinoa, apricots, apple and cinnamon. Continue stirring until the porridge becomes thick, sticky and creamy. If it becomes too thick, add more water to thin it out.
- Remove from heat and add the honey and a pinch of salt.
- SERVE warm with some milk of your choice or yoghurt. Top with a serving of roasted almonds and blueberries. A special blend of flavours and textures!

# MILLET CRUST HEARTY FRITTATA

This is a special egg-pie breakfast that is **balanced, tasty, and satisfying!** Millet makes an amazing crust for this dish; it's a grain rich in magnesium and manganese, two important nutrients that easily become deficient, and play an important part in **blood sugar management**.

Sage is often an underused and undervalued herb; it brings a unique flavour and is rich in micronutrients that have a **powerful effect on brain health**. Kale adds a hearty texture and powerful **liver support**, which is always valuable for weight loss.

This frittata uses coconut oil, a medium-chain fatty acid that has the ability to help our body **access other stored fats!** It also helps balance our intestinal flora - an extra bonus of support that will ultimately help **reduce cravings** for refined sweets and flours!

**Serves:** 4-5

**Prep time:** 10 minutes

**Cook time:** 45 minutes

INGREDIENTS	QTY
Olive oil	1 tbsp
Millet	1 cup
Garlic, minced	2 clove
Vegetable broth or water	2 cup
Grated cheese	$\frac{1}{4}$ cup
Eggs	5 ea
Onion, chopped	$\frac{1}{2}$ cup
Parsley or sage, minced	1 tbsp
Mushroom, sliced	1 cup
Silverbeet, sliced	1 cup
Capsicum	$\frac{1}{2}$ cup

## **INSTRUCTIONS (MILLET CRUST)**

- Preheat the oven to 180°C OR 350°F.
- Bring medium sized pot to medium heat on stove. Add oil, millet, minced garlic to pot and stir frequently until millet is slightly browned, about 3 minutes. Then add vegetable broth or water, stir and bring to a boil. Reduce to a simmer and cover, cooking for about 15 minutes until liquid is all absorbed.
- When millet is fully cooked, fluff with a fork. Place 2 - 3 cups in your pre-greased baking pan that will go in the oven. Spread, push and pack down millet along the bottom of the pan and on sides firmly. Gently brush with oil, butter or coconut oil and place in oven for 10 - 12 minutes until just starting to brown.
- Remove from oven and set aside.

## **INSTRUCTIONS (EGG FILLING)**

- Whisk eggs in a large mixing bowl, adding in a pinch of salt and pepper.
- Bring separate pan to medium heat on stove. Add oil, then onions, and saute until translucent. Add sage or parsley, capsicum and mushrooms, cooking until mushrooms are softened. Add silverbeet and cook until wilted. Remove from heat.
- Stir onion and silverbeet mixture from pan into eggs. Then pour onto baked crust.
- Top with shredded cheese.
- Put pan back in oven and bake for 20-30 minutes, or until eggs are firm and top is browned.

# HOMEMADE BULGUR WHEAT TABBOULEH

Tabbouleh is a beautiful whole grain salad filled with fresh raw vegetables. This vegetarian protein is balanced with the **alkalizing** tomatoes, parsley, lemon, and spinach, which **helps cleanse the body, and promote weight loss.**

Olive oil will also provide the essential fatty acids needed for **building healthy cells and maintaining brain and nerve function.** This dish is a fabulous combination of nutrients that brings a variety of flavours to every bite!

**Serves:** 2 main  
4 sides

**Prep time:** 15 minutes

**Cook time:** 2 minutes

INGREDIENTS	QTY
Water	1 ¼ cup
Salt	¼ tsp
Bulgur wheat	1 cup
Tomato, diced	1 each
Capsicum, diced	1 each
Cucumber, small, diced	1 each
Shallots, sliced	¼ cup
Spinach, chopped	1 cup
Parsley, minced	1 bunch
Lemon juice from fresh lemons	2 each
Oil	4 tbsp
Salt and pepper	1 tsp

## INSTRUCTIONS

- Boil water and add a pinch of salt. Place bulgur wheat in a large bowl and add boiling water to bulgur and cover. Let sit about 10 minutes, until water is absorbed.
- While the bulgar is sitting, chop all of your vegetables into a small dice.
- Add all ingredients to the bowl and mix together gently. Taste and adjust for seasonings.
- Serve cold and enjoy!

# WILD RICE SALAD WITH DANDELION GREENS

This Wild Rice Salad is a special treat with a surprising combination of flavours. Wild rice helps create a tasty base that contributes to a **sustainable energy source and provides a good amount of protein and fibre.**

Dandelion greens are one of the most **nutrient-dense** vegetables. It is **anti-cancerous, high in fibre**, and has **calcium** in a form that delivers more calcium than milk to the body!

Sunflower seeds add valuable **protein and essential fatty acids**. The apple balances the palate with a crunchy, moist sweetness that also provides **prebiotic fibre crucial to gut health.**

**Serves: 2**

**Prep time:** 10 minutes

**Cook time:** 40 minutes

**INGREDIENTS  
(VINAIGRETTE)**

**QTY**

Olive oil	3 tbsp
Lemon juice	3 tbsp
Parsley, finely chopped	1/3 bunch
Oregano, finely chopped	1/2 tbsp

**INGREDIENTS  
(SALAD)**

**QTY**

Dandelion greens (or spinach)	2 cups
Celery	2 stalks
Apple	1 ea
Spring onion	1/2 cup
Wild rice	1/2 cup
Sunflower seed	2 tbsp
Cranberries	2 tbsp

## INSTRUCTIONS

- For Salad: Cook the wild rice in a double quantity of water with a dash of sea salt for approximately 30-40 minutes.
- Toast the sunflower seeds in the oven at 200°C OR 400°F for 5 minutes or until golden brown (optional).
- Chop the dandelion greens or spinach into 5 cm pieces and throw into a big bowl.
- Chop the celery, apple and spring onions into thin, diagonal bite sized pieces. The pieces should be the size so that you can enjoy several flavours and textures in your mouth with each mouthful! But not so small that the distinct flavours wash away and get lost.
- Combine all salad ingredients in a bowl with wild rice, sunflower seeds and cranberries. Mix well.
- For Vinaigrette: To make dressing simply combine olive oil, lemon juice and finely chopped herbs in a bowl. Pour all over the salad ingredients and let it sit for 5-10 minutes before serving so the flavours can be absorbed.
-

# SWISS BIRCHER MUESLI

This tasty breakfast is packed with nutrients and designed for a steady release of energy - a perfect way to start the day. Almonds add quality protein to this bircher muesli and also help **improve the health of your intestines.**

Soaking the oats in milk and yoghurt **helps with the digestion** of the oats for those with a sensitive gut. Oats have a **calming effect on the nervous system and help to clean out the arteries.**

Cinnamon is a wonderful spice that helps to regulate blood sugar levels. This is a great meal that truly satisfies when hunger calls, and the cinnamon apple raisin blend brings amazing flavour to every bite!

**Serves: 2**

**Prep time: 5 minutes**

**Cook time: 5 minutes**

**INGREDIENTS  
(WET MIX)**

**QTY**

Water	1 cup
Milk of your choice	½ cup
Plain yoghurt	½ cup
Agave or honey (optional)	1 tbsp

**INGREDIENTS  
(DRY MIX)**

**QTY**

Oats	1 cup
Apple	1 ea
Almonds	2 tbsp
Pumpkin seeds or pepitas	2 tbsp
Raisins	2 tbsp
Cinnamon	1 tsp

## INSTRUCTIONS

- Boil the water.
- In a large bowl add the oats and pour the hot water over them. Mix thoroughly.
- In the oven, roast the pumpkin seeds and almonds at 180°C OR 350°F for 5 - 10 minutes until lightly browned (optional).
- Coarsely chop the roasted pumpkin seeds and almonds.
- Grate the apples, collecting the juice.
- Add all the roasted nuts, grated apple, raisins and cinnamon to the oat mixture and stir until everything is evenly distributed.
- Blend the honey or agave into the yogurt and add to the oats.
- Add enough milk for a creamy consistency.
- Mix thoroughly.
- Store in the fridge and let the flavours blend.
- This meal improves with time - it's best on day 3 or 4. This breakfast is traditionally eaten chilled - enjoy!

# QUINOA STUFFED CAPSICUMS

Quinoa is known as a “superfood” because it is loaded with fibre as well as all of the essential amino acids necessary for a complete protein! It has far more protein than other grains and a **very low glycemic index**, so pairing it with foods that are higher will help to **keep your blood sugar stable**.

Furthermore, it provides multiple nutrients that most people are lacking, like **magnesium, zinc, and iron**, along with a wide variety of antioxidants. Because it is such a nutrient-dense food it is **great for weight loss** too, because a small amount will keep you satisfied for hours.

The capsicums are high in **vitamin C** (more than an orange!) which will help to **boost your immune system** and will also **increase the speed of your metabolism**, thanks to the capsaicin in them.

**Serves: 2**

**Prep time:** 15 minutes

**Cook time:** 10-15 minutes

**INGREDIENTS**

**QTY**

Quinoa, rinsed	⅔ cup
Vegetable broth or water	1 ⅓ cups
Olive oil	1 tbsp
Brown onion, diced	½ cup
Mushrooms	½ cup
Garlic, minced	2 cloves
Tomatoes	2 ea
Spinach, chopped	2 cup
Basil, fresh	3 tbsp
Full fat mozzarella, grated	⅔ cup
Red and yellow capsicums, halved and seeded	2 ea

## INSTRUCTIONS

- Prepare the filling: Place rinsed quinoa in a medium saucepan. Add the broth and bring to a rolling boil. Reduce heat to low, cover, and cook until the liquid is absorbed, about 10 minutes. Remove the pan from heat and let stand, covered, for 5 minutes. Fluff with a fork.
- Preheat the oven to 180°C OR 350°F. Heat a medium saucepan over medium heat. Add the oil, onion, mushrooms, garlic and sauté about 3 - 5 minutes. Add the tomatoes, salt, and pepper to taste and cook, stirring for 5 minutes to develop the flavours. Remove the pan from heat, add the cooked quinoa, spinach, basil and ½ the mozzarella or move to a large bowl and mix.
- For the capsicums: Halve the capsicums lengthwise and remove the core and seeds. Place the capsicums cut-side-up in a baking dish. Fill each capsicum with ½ cup of the filling and top with the mozzarella. Pour a little water into the bottom of the dish. Cover tightly with foil.
- Bake until the capsicums are soft, about 10-15 minutes. Remove the foil and brown the cheese for the last 5 minutes. Let cool for 5 minutes before serving.

## RECIPE NOTES

*These capsicums can be made in bulk and stored for later! Just wrap individually and store in a freezer tight container. To reheat, wrap in tin foil, and bake at 180°C OR 350°F for 25 minutes or until heated through.*



MEXICAN, CUBAN, ITALIAN AND OTHER WORLD  
RECIPES

HOMEMADE ITALIAN PESTO

# HOMEMADE ITALIAN PESTO

Homemade Pesto is a real winner because it is fast, easy, nutritious, and super tasty! You can **make Homemade Pesto in under 5 minutes**, and since there is no cooking involved and hardly any chopping, it is very hard to go wrong - just mix and blend!

You can make pesto using almost any combination of herbs, oils, nuts, and seeds that you have at home and which suit your tastes. These ingredients are all extremely **satiating, flavourful, and nourishing**.

You get an excellent combination of **antioxidants, phytonutrients, vitamins, heart-healthy fats and proteins** from the herb, oil and nut combination.

Making your own fresh homemade pesto is far superior to buying ready-made pesto in terms of flavour, controlling the **quality of ingredients**, and also because most of the nutritional properties of herbs deteriorate after chopping, so you will not be getting the **full health benefits unless you make it fresh!**

## CLASSIC BASIL PESTO RECIPE

- Ingredients: 1 bunch of basil (about 3 cups), with the stems removed, ½ cup pine nuts, ½ cup olive oil, ½ cup parmesan, 1-2 tbsp lemon juice (optional), salt to taste
- Instructions: Add liquid first to ensure the blender is able to process all ingredients. Add all ingredients to the blender or food processor and blend! Scrape into a bowl and use immediately, or place in a jar and keep refrigerated. Will keep for several days.

## TROUBLESHOOTING TIPS

- If your blender won't combine the ingredients, try adding more oil. To reduce the amount of oil you use, you can substitute a little water, yoghurt or lemon juice.
- If your pesto is too runny, try adding more nuts.
- If the raw garlic flavour is too strong, try roasting it in the oven first for 15-20 mins.

## **MAKE IT A MEAL (HOW TO USE YOUR PESTO):**

- **Pesto Pasta:** Enjoy your pesto stirred through pasta or veggie noodles (try zucchini).
- **Pesto Marinade:** Use it as a marinade for meat, chicken or fish: Just coat the protein in 1 tbsp per person and allow it to marinate for as long as you have. Overnight is best, but a few minutes is fine.
- **Pesto Dip:** Use it as a dip for vegetables or crackers. Try snow peas, carrot sticks, capsicum, cucumber, celery
- **Pesto Salad:** Make a simple but delicious salad by combining pesto with some lemon juice and then pour over a salad of cherry tomatoes, spinach and mozzarella.
- **Pesto Sauce:** Use the pesto as a sauce on top of sauteed or roasted vegetables, such as green beans, zucchini, pumpkin, or potatoes
- **Pesto Sandwich Spread:** Use as a sandwich spread with sliced ham or turkey breast, tomato, cucumber, cheddar cheese & lettuce.
- **Pesto Pizza:** Use as a base on a homemade pizza over wholemeal flat bread. Spread with chopped mushrooms, onions and sliced tomatoes. Sprinkle with mozzarella cheese, and bake until browned and melted.

# MEXICAN SPICY FISH TACOS WITH CORIANDER-LIME CREMA

The snapper in these tacos is an excellent lean protein rich in selenium, vitamin A, potassium, and omega-3 fatty acids. Selenium acts as an antioxidant that can help to **prevent certain types of cancers**, as well as **protect the body from heart disease and support white blood cell function**. The vitamin A will boost the immune system, as well as **support bone, hair, skin, and eye health**.

The omega-3 fatty acids in this recipe will also **significantly decrease the risk of heart disease, atherosclerosis, and high blood cholesterol**.

Cumin is an incredible **aid for digestion** and also provides the body with **iron and vitamin C**. Paprika has many **anti-inflammatory properties** and will further work to **nourish your skin and hair** and diminish the effects of aging.

**Serves: 2-3**

**Prep time: 10 minutes**

**Cook time: 10 minutes**

**INGREDIENTS  
(CREMA)**

**QTY**

Shallots, thinly sliced	¼ cup
Fresh coriander, chopped	¼ cup
Sour cream	⅓ cup
Lime juice	1 tsp
Optional: Garlic clove, minced	1 ea

**INGREDIENTS  
(TACOS)**

**QTY**

Ground cumin	½ tsp
Ground coriander	½ tsp
Smoked paprika	½ tsp
Chilli powder	pinch
Salt	pinch
Red snapper fillets	285 - 340 grams
Olive oil	2-3 tbsp
Corn tortillas	6 ea
Red cabbage, shredded	1 cup

## INSTRUCTIONS

- Preheat oven to 220°C OR 430°F.
- To prepare crema, combine all crema ingredients in a small bowl and set aside.
- To prepare tacos, combine all spices in a small bowl and sprinkle spice mixture evenly over both sides of fish.
- Place the fish on a baking tray lined with baking paper, drizzle with oil and bake for 9 minutes or until fish flakes easily when tested with a fork or until desired degree of doneness.
- Place fish in a bowl and break into pieces with a fork.
- Heat tortillas on a rack in the oven for a few minutes.
- Divide fish, place on tortillas and top each with cabbage and crema.

## RECIPE NOTES

*This recipe could also be made with other proteins, like salmon, prawns, chicken or flank steak!*

# ITALIAN WHITE BEAN SOUP WITH SMOKED HAM FROM TUSCANY

This soup is complete with protein from the beans and ham, a blend of veggies for a mixture of nutrients and benefits, and enhanced with **phytonutrient-rich** fresh herbs.

The easy-to-access energy found in the beans means you get to **satisfy your hunger** and have a slow release of complex carbs that are naturally **rich in fibre**. Beans also help **reduce LDL cholesterol and establish healthy gut flora**.

Because it's a whole food, it provides a **steady energy supply without spiking blood sugar**. This balancing effect is enhanced with the silverbeet and the celery. All the nutrients found in this soup will allow you to feel satisfied and **reduce after-meal cravings**.

**Serves: 4-6**

**Prep time: 10 minutes**

**Cook time: 60+ minutes**

**INGREDIENTS  
(SOUP)**

**QTY**

Smoked ham, off the bone and small diced	170 grams
Olive oil	2 tbsp
Onion, diced	1 cup
Salt and freshly ground black pepper	to taste
Carrot, diced	2 cup
Celery, thinly sliced	2 cup
Silverbeet, chopped	2 cup
Garlic,minced	2 clove
Parsley, minced	¼ bunch
Dried oregano, basil, or thyme	1 tbsp
Vegetable stock	6 cup
Cannellini beans	2 cup
Water (as needed)	2 cup

**INGREDIENTS  
(BASIL TOPPER)**

**QTY**

Fresh basil	¼ bunch
Olive oil	2 tbsp
Salt and pepper	to taste

## INSTRUCTIONS

- Heat the olive oil in a heavy bottomed pan over medium high heat. Add the diced ham and sear until browned, about 3 minutes.
- Add the onion, season with salt and pepper, and sauté for another 5 - 8 minutes.
- Add the chopped carrots, celery and finely chopped garlic.
- Add the parsley and dried herbs and continue to sauté while stirring for 2 - 3 minutes.
- Add the stock, silverbeet and beans and bring to a boil.
- Throw in the ham hock or bone for extra flavour if you have it.
- Lower the heat, cover and allow the soup to simmer for 60 - 120 minutes.
- Stir occasionally. Add extra water if required.
- For the basil topper: using a mortar and pestle or food processor, blend the olive oil and basil. Season to taste.
- To serve: Ladle soup into bowls and drizzle with the basil oil.

## RECIPE NOTES

*This soup gets better and better as the flavors marry over a few days!*

# FRENCH DIJON CHICKEN WITH ROASTED VEGETABLE MEDLEY

This is a meal packed with flavour, veggies, and protein - all you need to feel nourished and satisfied well into the night. The combination of fibre-rich vegetables and lean chicken allows the body to **feel satisfied and supports slow-release, vibrant energy.**

Butternut pumpkin and carrots are naturally sweet vegetables that help **reduce sugar cravings**, naturally and **promote eye health.**

When it comes to flavour, mustard and thyme are a tasty mix and benefit the body. Thyme is a knockout when it comes to **balancing intestinal flora and fighting infections**, both issues that become compromised after a history of eating refined sugars and carbs.

**Serves: 2-3**

**Prep time: 10 minutes**

**Cook time: 35-45 minutes**

## INGREDIENTS

## QTY

Chicken breast	350 grams
Olive oil	5 tbsp
Thyme, finely chopped	2 tbsp
Dijon	2 tbsp
Onion	2 cups
Carrot	2 cups
Sweet potato	2 cups
Butternut pumpkin	1 cup
Brussels sprouts	1 cup

## INSTRUCTIONS

- Preheat oven to 200°C or 400°F.
- PREPARE THE VEGETABLE MEDLEY:
  - Coarsely chop the carrots, sweet potato, butternut pumpkin, and brussels sprouts into large bite size chunks. Toss with 3 tbsp olive oil until all is coated well. Add salt and pepper.
  - In a single layer, place the vegetables in a baking tray.
  - Bake in the oven for 15 minutes (cook partially - chicken will be added soon.)
- PREPARE THE CHICKEN:
  - Mix dijon mustard, 2 tbsp olive oil, and thyme in a bowl. Coat the chicken.
  - Lay the chicken breasts flat in the pan, next to the vegetables.
  - Return to the oven for 20-30 minutes, or until internal temperature of the chicken is 75°C or 165°F
- SERVE as is or with a side salad. This meal is simple and delicious!

# SPANISH QUICK PRAWN AND SAUSAGE PAELLA

Saffron contains many plant-derived chemical components which supports **cell formation and repair, maintains blood pressure, and decreases the risk of heart disease.** Furthermore, it **prevents hair loss and boosts the radiance and health of the skin.**

The capsicum in this recipe serves to **boost the immune system** due to its high levels of vitamin C. Capsicum also contains several phytochemicals and carotenoids, particularly beta-carotene, which provide the body with many **antioxidant and anti-inflammatory benefits.**

Additionally, the capsaicin in the capsicum **reduces 'bad' cholesterol, controls diabetes, brings relief from pain, and eases inflammation.**

The prawns, andouille sausage, and arborio rice complete this beautiful meal by contributing protein and carbohydrates, which will keep the body **sustained and nourished!**

**Serves: 2-3**

**Prep time: 10 minutes**

**Cook time: 40 minutes**

**INGREDIENTS**

**QTY**

Chicken broth	2 cups
Saffron threads	1 tsp
Andouille sausage, sliced	450 grams
Medium red or green capsicums, cut into strips	1 ea
Medium onion, chopped into strips	1 ea
Garlic clove, minced	1 ea
Diced tomatoes, undrained	1 x 400 grams can
Arborio rice, uncooked	1 ¼ cups
Prawns, peeled and deveined	225 grams
Fresh parsley, chopped	2 tbsp

## INSTRUCTIONS

- In a saucepan, heat broth to boiling. Stir in saffron and set aside.
- In paella pan or 7.5cm deep 33cm ovenproof skillet, cook sausage over medium heat for about 5 minutes, stirring occasionally, until brown.
- Move sausage to one side of pan. Add capsicums and onion to pan. Cook for about 5 minutes, stirring occasionally, until tender.
- Stir in garlic and tomatoes and heat until boiling.
- Stir in rice and heated broth mixture from step 1 and heat until boiling.
- Reduce heat. Cover and simmer 15 minutes and then remove from heat.
- Stir in prawns. Cover and simmer for about 10 minutes or until rice is tender.
- To finish, check for seasoning, add salt and pepper to taste and sprinkle with parsley.

## RECIPE NOTES

*This is a dish that tastes even better the next day, as the flavours can sit and marry overnight in the fridge. Try making more than you need, so you can enjoy it for lunch the next day as well!*

# SPANISH POTATO AND RED CAPSICUM FRITTATA

Frittatas are a protein and veggie-rich delight and a tasty enjoy any time of day. It is a balanced meal with a blend of **quality protein and essential fatty acids** (the free-range organic eggs contributing to both!), which will help your body feel full and satisfied.

The roasted capsicum is a simple way to add some colour and extra nutrition as well. Not only is it high in vitamin C, but the vibrant colour provide this vegetable with **multitudes of antioxidants to hunt down the free radicals to decrease the risk of inflammation.**

The onion supports important phases of the **liver in detoxifying and helping your body run cleanly and efficiently, vital for weight loss!**

**Serves: 4**

**Prep time:** 10 minutes

**Cook time:** 20-25 minutes

**INGREDIENTS**

**QTY**

Olive oil	4 tbsp
Onion, thinly sliced	1 medium
Russet potatoes, peeled and sliced thinly	450 grams
Red capsicum	1 ea
Salt and black pepper	To taste
Large eggs	6 ea
Fresh or dried herb (parsley, oregano and/or thyme)	2 large pinches

## INSTRUCTIONS

- In a 20cm non-stick skillet, heat 1 tablespoon of the olive oil over medium heat. Add onion and capsicum and cook, stirring occasionally until they are slightly browned, about 5 minutes. Transfer to a bowl and set aside.
- Heat the remaining 3 tablespoons of the olive oil in the skillet over medium heat once more. Add the potatoes, seasoning them with salt and pepper. Cook, tossing often, until the potatoes are tender and lightly browned, about 10 minutes.
- Add the onion and capsicum to the pan. Toss to combine. Flatten with a spatula.
- In a large bowl, beat the eggs with the dried herbs, 2 pinches of salt and a dash of pepper. Pour eggs over the potato mixture and tilt the pan to distribute evenly.
- Once the eggs have settled, turn the heat down to very low heat to avoid burning and cover the pan. Let the espanola frittata cook until the entire surface is set, and the centre does not move when shaken. Around 8 - 12 minutes depending on the fullness of the pan and level of heat.
- Once set, ease sides away from the pan with a silicone spatula and slide out onto a plate. Cut into wedges and serve!

## RECIPE NOTES

- *You can use any dried herbs you happen to have on hand, some great ones include rosemary, basil, and oregano!*
- *You could also substitute whatever vegetables you have in the house, all that's truly necessary to make this dish are the eggs.*

# INDIAN COCONUT CURRY

This curry is fantastic because you can truly incorporate anything you happen to have on hand! Canned beans and any left-over proteins are perfect to use. The protein will **support muscle health**, and the chickpeas will help you **feel satisfied and improve your digestive health**.

By eating our curry over a steamed whole grain, we are increasing the fibre content, as well as the variety of minerals. With the help of some leafy greens, this dish is truly **filled with every vitamin A-Zinc**.

To tie everything together, we utilise coconut milk which will contribute to your satiety and keep you feeling energized, because it will **stimulate your body to begin burning any and all stored fat**.

**Serves: 2-3**

**Prep time: 10 minutes**

**Cook time: 30 minutes**

**INGREDIENTS**

**QTY**

Boneless, skinless chicken breast, cut into 2.5cm cubes	225 grams
Curry Powder	2 tsp
Onion	¼ cup
Garlic	2 clove
Coconut milk	1 cup
Vegetable broth or water	1.5 cup
Carrots, small dice	½ cup
Chickpeas, drained	½ cup
Kale or other hearty green, thinly sliced	¼ cup
Tomato, medium dice	¼ cup
Brown rice, cooked	1 cup
Salt	¼ tsp

## INSTRUCTIONS

- Place chicken in a medium bowl. Sprinkle with 1 teaspoon curry powder and  $\frac{1}{4}$  teaspoon salt and toss to coat.
- Heat oil in a medium frying pan over medium high heat. Add chicken and cook, stirring once or twice, until mostly browned, 6 to 8 minutes. Transfer to a plate.
- Heat a little more oil in the pan and add onion and garlic, scraping up flavour from the bottom of the pan. Cook, stirring often, until the onion is starting to soften, 2 to 4 minutes.
- Stir in the remaining 1 teaspoon of curry powder and cook, stirring until fragrant but not browned, about 30 seconds to 1 minute.
- Add coconut milk, broth, carrots, and chickpeas and bring to a boil over high heat, stirring often. Reduce heat to medium low to maintain a gentle simmer and cook, stirring occasionally, until carrots are tender, about 8 - 10 minutes.
- Return the chicken to the pan and add kale and tomatoes. Increase heat to high and continue cooking until the chicken is cooked through, about 4 to 5 minutes more.
- Serve over brown rice.

# CUBAN PLANTAINS, BLACK BEANS AND COLLARD GREENS

This delightful recipe is perfect for a flavourful, plant-based meal that can help you reduce cholesterol and feel totally satisfied without any meat!

Plantains, a cousin of bananas, provide this dish with a dose of low glycemic index carbohydrates, thus **preventing sugar spikes**. Once cooked, the plantains provide a creamy, sweet flavour filled with **immune-boosting vitamin C**, which is raised even more with the addition of collard greens.

Brassicas (like collard greens, kale, and broccoli) are nutritional powerhouses providing the body with antioxidants, vitamins (especially vitamin K), and minerals (especially iron and potassium) to **aid in metabolism, cognitive functions, and cleansing of the liver and kidneys**.

**Serves: 2-3**

**Prep time: 10 minutes**

**Cook time: 20-30 minutes**

**INGREDIENTS**

**QTY**

Long grain brown rice	½ cup
Plantain, ripe, thinly sliced	1 each
High heat cooking oil	2 tbsp
Red onion, diced	½ each
Garlic, minced	2 cloves
Black beans	1 can
Vegetable broth or water	1/2 cup
Lime, juiced	about ½ lime
Ground cumin	2 tsp
Ground coriander	1 tsp
Silverbeet, sliced into strips	½ bunch
Coriander, chopped	¼ bunch
Salt and ground black pepper	to taste
Hot sauce	Optional

## INSTRUCTIONS

- Cook rice according to package directions or our Great Grains recipe guide. Set aside.
- In a large skillet, heat 2 tablespoons of oil over medium heat. Arrange plantain slices in a single layer and cook, about 5 minutes on each side, or until golden brown. The plantain slices might want to stick, so it is helpful to loosen them first with a spatula after the first minute of cooking.
- Once they are browned, transfer the cooked plantain slices to a paper towel lined plate.
- Heat the remaining 2 tablespoons oil in a skillet over medium heat.
- Add the onion and sauté until soft, about five minutes. Add garlic and cook for another minute.
- Add beans, broth, lime juice, cumin and coriander. Simmer until most of the liquid is dissolved, around 5 - 10 minutes.
- Add the silverbeet and simmer until just wilted, another 3 minutes or so, adding a few tablespoons of water if the mixture gets too thick. Season to taste.
- To Serve: divide the cooked rice onto plates, top with beans, then coriander and plantains. Add hot sauce if desired!

## RECIPE NOTES

- *You could also roll this up in a tortilla for a cuban inspired burrito!*

# INDONESIAN CHICKEN SATAY AND GADO GADO SALAD

Add some tasty variety to your day with this Indonesian-inspired meal.

Cabbage is a **powerhouse for the liver, the intestines, and the stomach; it also boosts the pathways that help detoxify and eliminate harmful chemicals and waste products.**

Peanut butter enriches the essential fatty acid profile and the protein content - the key factors to **making a meal satisfying and helping balance blood sugars.**

Cucumbers are naturally cooling and alkalizing to the body, helping to **prevent water retention** while still **staying hydrated** through natural electrolytes.

**Serves: 2-3**

**Prep time: 15 minutes**

**Cook time: 30 minutes**

**INGREDIENTS  
(CHICKEN)**

	<b>QTY</b>
Chicken breast, boneless, skinless	170 grams
Olive oil	to coat the chicken
Kosher salt and black pepper	to taste

**INGREDIENTS  
(SAUCE)**

	<b>QTY</b>
Peanut butter, smooth or chunky	¼ cup
Molasses or Honey	1 tbsp
Soy sauce	2 tsp
Red chili powder	½ tsp
Coconut milk	4 tbsp

**INGREDIENTS  
(SALAD)**

	<b>QTY</b>
Potato, Yukon / waxy , skin on	1 -2 each, medium
Green beans, ends trimmed	1 cup
Cabbage, thin wedges	½ each, small
Bean sprouts	1 cup
Cucumber, sliced into ¼ inch rounds	½ - 1 each, small
Fried or poached egg	1 each per portion

## INSTRUCTIONS

For the chicken:

- Slice the chicken breasts into thin 1 cm slices.
- Coat with the olive oil. Season salt and pepper.
- Cooking options: skewer the chicken and cook on the grill or in a 180°C or 350°F oven. Alternatively, bring pan to medium heat on stovetop, add oil and brown and saute until cooked through.
- For the Satay Sauce: In a small pot, add the peanut butter, molasses/honey, soy sauce, red chilli powder and coconut milk. Stir to combine while bringing to a simmer. Simmer for 5 minutes. Remove from heat and set aside.
- For the Gado Gado Salad: Boil the potatoes until tender but firm. Once cooled, slice into 5mm rounds. Chop the green beans, cabbage and bean sprouts into bite size pieces. Add potato and all the vegetables together in a bowl and mix together.
- Fry or poach an egg to top the salad with. To poach an egg, you simply need to heat a pan of water until simmering on medium low and a splash of white vinegar and swirl the mixture. Crack the egg in slowly and let cook for 3 minutes. Carefully take a slotted spoon, flip the egg over and let cook one more minute. Remove from liquid with a slotted spoon and let drain.
- To serve: coat the salad with half of the satay sauce. Top with the sliced cucumber, and chicken. Cover the top with the remaining satay sauce and egg.

# THAI FISH CAKES AND CABBAGE SESAME SALAD

The tuna is very mild in this meal, and it is a winner even with those who don't usually like fish. Tuna is a lean, rich protein that is easy to assimilate and provides omega-3 fatty acids that **help reduce inflammation throughout the body.**

The coriander and spring onions add **cleansing properties that support any efforts in losing weight.** The potato, with the skin, is a complete food, supplying a little of everything your body needs! It also makes a beautiful difference to the way this meal can initially **satisfy your hunger.**

The accompanying salad, with cabbage and carrots, offers an additional cleansing effect and lots of vitamins and antioxidants. The sesame seeds, and the olive oil, contribute important fatty acids for **brain and heart health.**

**Serves: 2-3**

**Prep time: 20 minutes**

**Cook time: 20 minutes**

**INGREDIENTS  
(FISH CAKE)**

	<b>QTY</b>
Tuna in water, drained	225 grams
Russet potatoes with skin on, cubed	½ cup
Spring onion, finely chopped	½ cup
Carrot, shredded	½ cup
Eggs	2 ea
Wholemeal flour	4 tbsp

**INGREDIENTS  
(CABBAGE  
SALAD)**

	<b>QTY</b>
Cabbage, thinly sliced	3 cup
Carrot, grated	½ cup
Celery, thinly sliced	½ cup
Raisins	1 ½ tbsp
Sesame Seeds	1 ½ tbsp

**INGREDIENTS  
(VINAIGRETTE)**

	<b>QTY</b>
Olive oil	6 tbsp
Rice wine vinegar	3 tbsp
Toasted sesame oil	1 tbsp
Soy sauce	1 tbsp
Honey	2 tbsp
Ginger, finely chopped	1 tbsp
Coriander, finely chopped	2 tbsp

## INSTRUCTIONS

Cook the potatoes:

- Add the potatoes to a pot, cover with 2.5cm water to cover the potatoes, bring water to boil, seasoned with a 1 teaspoon of salt. Cook for 12 - 16 minutes or until soft. Drain, mash, and set aside.

Prepare the Dressing:

- Mix olive oil, rice wine vinegar, sesame oil, finely chopped coriander and ginger, soy sauce and honey. Reserve half of the mixture for the fish cakes, and the other half for salad dressing.

Prepare the Fish Cakes:

- Beat the eggs and add to the mashed potatoes.
- Add the grated carrots and finely chopped onion.
- Open the canned tuna and drain. Mix into the carrot and mashed potato mixture.
- Add flour until the mixture can be formed into 7.5cm patties. Form your patties in your hand and make them quite thin - about 1.25cm.
- Cook in a skillet over low to medium heat, for about 5 minutes on each side or until browned.

Prepare the Salad:

- Shred the cabbage into very thin long strands, grate the carrot and chop the celery. Mix together with the raisins.
- Fold in the reserved half of the prepared dressing.
- TO SERVE: Place salad on a plate & top with fish cake garnished with a sprig of coriander.

## RECIPE NOTES

- *You could sub in a different fish, like poached or canned cod or salmon.*
- *Another option is to put it all into a wrap!*

# MOROCCAN LAMB MEATBALLS WITH CUCUMBER SALAD

Lamb is a low-fat protein that is also an excellent **source of vitamin B12, selenium, niacin, and zinc**. It can help warm the body, **support the immune system, and benefit skin health**. The meatballs are seasoned with a variety of herbs that **fight inflammation and support digestion**.

Cinnamon is useful for **treating arthritis, asthma, diarrhea, fever, heart problems, insomnia, peptic ulcers, spastic muscles & digestive issues**. It also helps **decrease blood sugar levels** for those with chronically elevated blood glucose levels.

Yoghurt contains live cultures which help **balance intestinal flora**, making it harder for harmful bacteria to take hold. It's been helpful in **lowering elevated LDL cholesterol levels**; it also has **valuable immune-enhancing effects**. Mint, which brings a special flavour to the meatballs, helps **reduce gas and support digestion**.

**Serves: 2**

**Prep time: 15 minutes**

**Cook time: 30 minutes**

**INGREDIENTS  
(MEATBALLS)**

**QTY**

Ground lean lamb	170 grams
Cumin	1 tsp
Cinnamon	1 tsp
Garlic, minced	1 clove
Salt	1 tsp
Coriander powder	1 tsp
Red onion, grated or finely minced	½ cup
Carrot, grated	¼ cup
Mint, minced	5 tbsp

**INGREDIENTS  
(SALAD & DRESSING)**

**QTY**

Cucumber, diced or thinly sliced	2 cup
Plain greek yogurt	1 cup
Dill, minced	1 tbsp
Lemon, juiced	1 ea
Tahini	2 tbsp

## INSTRUCTIONS

Prepare the Lamb Meatballs in the oven:

- Preheat the oven to 180°C or 350°F. Add the fresh chopped veggies and herbs to the minced lamb. Combine well.
- Form into 5cm balls and place in a baking dish. Bake for 30 minutes.

Prepare the Cucumber Salad and Dressing:

- Blend the yoghurt, tahini, garlic, dill and lemon juice. (Stir in 1-2 tbsp water if needed to thin.)
- Add ½ of the dressing to the cucumbers to the dressing and stir.
- TO SERVE: Enjoy meatballs topped with the other ½ of the dressing and serve with the cucumber side salad. Top with freshly chopped parsley and mint. Yum!

## RECIPE NOTES

- *You could serve this alongside grilled vegetable skewers and rice pilaf, or wrapped in a pita along with some onions and tomatoes.*
- *If you can't find ground lamb you could also use other forms of ground meat, including ground pork, turkey or lean beef.*

# CREOLE JAMBALAYA STEW

Welcome to comfort food at its best: A complete meal balanced with a variety of nutrients and flavours, proteins, veggies and whole grain! The protein found in chicken, sausage, and prawns will **keep blood sugar low and help curb late-night sweet cravings.**

The combination of veggies and herbs all **help digestion and healing.** Specifically, the paprika and hot sauce are great to **promote digestion, and even aid the healing of peptic ulcers.**

Garlic, one of the best immune support foods, is a great heart tonic - helping to **raise HDL (good cholesterol) and normalize blood pressure.**

**Serves: 3-4**

**Prep time: 15 minutes**

**Cook time: 30 minutes**

**INGREDIENTS  
(MEAT FIRST)**

**QTY**

Chicken breast	225 grams
Andouille sausage	85 grams
Olive oil	1 tbsp

**HOLY TRINITY**

**QTY**

Onion	1 ea
Celery	½ cup
Green capsicum	1 ea
Butter	1 tbsp

**ADD**

**QTY**

Thyme	1 tsp
Garlic	1 clove
Brown rice	1 cups
Chicken broth	2 cup
Paprika	1 tsp
Cayenne pepper	½ tsp
Tomatoes, chopped	2 ea

**LASTLY ADD**

**QTY**

Prawns	55 grams
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**TOPPERS**

**QTY**

Lemon juice	1 ea
Green onion	½ cup
Hot sauce	1 tbsp

## INSTRUCTIONS

- Heat olive oil in a large deep pan over medium heat. Add sliced sausage and cook for 5 minutes or until browned. Turn to brown on both sides.
- Add the chicken and cook for another 5 minutes or until cooked through.
- Chop the onion, celery and capsicum into small 1.25cm cubes.
- Add the vegetables and butter to the pan. Stir well and season to taste with salt and pepper. Cook for 5 minutes or until vegetables are tender.
- Add the rice, chopped thyme and garlic to the pan and stir thoroughly to coat with oil.
- Then add the chicken stock, paprika and cayenne pepper. Add hot sauce to taste.
- Bring to a boil then reduce heat, cover and simmer until rice is cooked. Add additional water during cooking if required.
- Once the rice is cooked, add the chopped tomatoes and cook for another 10 minutes. Allow most of the liquid to evaporate.
- Finally, add the prawns and cook for a couple of minutes.
- TO SERVE: Top with finely chopped spring onions, a squeeze of lemon juice. Add more hot sauce, if desired!

# GERMAN CIDER POACHED APPLES WITH SPICED YOGHURT

This is dessert is perfect to hit the sweet spot and still nourish your body. Apples are an incredible fibre-packed food that **help detoxify the liver, boost the immune system, lower cholesterol, decrease the risks of developing type 2 diabetes, fight cancer, support brain health...** the list could go on and on!

Apple cider vinegar brings out their natural sweetness, and is a nutritional force in its own right, which helps **alkalize the body warding off diseases.**

Cinnamon is a great ingredient to include in any dessert because it **contains an enzyme that activates the burning of stored sugars** in the body. By topping our apples with spiced yoghurt, we provide both protein and **gut-healthy probiotics**, and add a creamy element to this amazing dish.

**Serves: 2**

**Prep time: 5 minutes**

**Cook time: 20 minutes**

## INGREDIENTS

## QTY

Apple cider vinegar	1 cup
Cinnamon stick	1 ea
Apple, sweet variety, peeled halved and cored	2 ea
Greek yoghurt, plain	½ cup
Nutmeg	pinch
Vanilla essence	1 tsp
Nuts such as almonds or walnuts, toasted and chopped	¼ cup

## INSTRUCTIONS

- In small pot over high heat, combine the apple cider vinegar and cinnamon stick and bring to a boil. Let boil uncovered for about 10 minutes or until liquid is reduced to about ½ cup.
- Add apple halves and cover and simmer for about 10 minutes or until apples are tender.
- Carefully remove apple halves and poaching liquid from the saucepan.
- Divide into 2 bowls. Combine the yoghurt, nutmeg and vanilla in a small bowl.
- To serve: Top apple halves with the yoghurt mixture and sprinkle with toasted nuts. Serve hot or refrigerate the apples first and serve cold. This is a great dessert for a cold night!

## RECIPE NOTES

- *This recipe could also be done with pears, and the poaching liquid could be swapped out for a sweet tea or juice.*



SATISFYING SNACK RECIPES -  
HEALTHY, FAST AND TASTY!

GUACAMOLE WITH BAKED  
TORTILLA CHIPS

# GUACAMOLE WITH BAKED TORTILLA CHIPS

This is a healthy twist on a classic favourite: Homemade Guacamole with Baked Tortilla Chips. Avocados are full of healthy fats that are **essential to losing excess weight or have inflammation issues**. The oils in avocados include oleic acid and linoleic acid, and both can **help balance cholesterol levels**.

Avocados are also rich in potassium (2-3 times more than bananas!) which is a **key regulator of heart function and fluid balance**, and also **essential for the conversion of blood sugar into glycogen**. The healthy fats also signal the satiety receptors in the body, which tell you when you are full and satisfied.

The baked tortilla chips **reduce unhealthy added fats** found in commercial varieties, while **bringing fibre, sustaining energy**, and a delicious crunch!

**Serves: 2-3**

**Prep time:** 10 minutes

**Cook time:** 5-7 minutes

**INGREDIENTS  
(GUACAMOLE)**

**QTY**

Avocado, ripe	1 ea
Red onion, finely minced	2 tbsp
Garlic, finely minced	1 clove
Jalapeno, finely minced	½ tsp
Coriander, finely minced	2 tbsp
Lime juice, freshly squeezed	2 tbsp

**INGREDIENTS  
(TORTILLA  
CHIPS)**

**QTY**

Small corn tortillas	4 ea
Olive oil	1 tbsp
Paprika (optional]	¼ tsp
Salt	½ tsp

## INSTRUCTIONS

- For the chips: Preheat the oven to 180°C OR 350°F.
- Cut each tortilla into 8 chip sized triangles and arrange them in a single layer on a baking dish. Make sure they are well spaced out.
- Brush both sides with oil.
- Sprinkle paprika and salt on the chips.
- Bake for about 7 minutes, keeping a close watch, because they burn easily!
- For the guacamole: Combine the onion, garlic, jalapeno, and coriander together. Set aside.
- Place lime juice in a separate bowl. Open and chop the avocado. Place in bowl with lime juice, blend and mash together to desired consistency.
- Mash the avocado/lime mixture with the onion/coriander mixture.
- Serve the guacamole with baked tortilla chips and a refreshing drink!

## RECIPE NOTES

- *These chips and guacamole could easily become nachos by adding a little cheese, beans, sautéed capsicum and onions.*
- *You could also substitute cucumber, carrot, and celery sticks for the tortilla chips to really maximise the nutritional value of this recipe.*

# HUMMUS WITH BAKED PITA CHIPS AND VEGGIE STICKS

Here is a snack that satisfies the afternoon energy dip and awakens the taste buds! It's an amazing blend that combines the **antibiotic, anti-bacterial, anti-viral powers** of garlic with **nutrient-dense** tahini and **fibre-rich** chickpeas.

As far as **weight loss goals**, this hummus is on your side. This snack will **naturally soothe sugar and carb cravings** and create natural and **healthy satiety** with the help of the fibre in the chickpeas and the tahini that is **rich in monounsaturated fats**. This is a snack to enjoy with pleasure!

**Serves: 2-3**

**Prep time: 10 minutes**

**Cook time: 5-7 minutes**

**INGREDIENTS  
(PITA CHIPS)**

**QTY**

Pitas	2-3 ea
Olive oil	2 tbsp
Cumin or cayenne (optional)	½ tsp
Salt	1 tsp

**INGREDIENTS  
(HUMMUS)**

**QTY**

Garlic	½ clove
Chickpeas	1 cup
Tahini	2 tbsp
Lemon juice	1 tbsp
Olive oil	1½ tbsp

## INSTRUCTIONS

For the Pita Chips:

- Preheat the oven to 190°C OR 375°F and line a baking tray with baking paper.
- Cut the pitas into 6 equal triangles.
- Brush with olive oil and place in a single layer on the baking paper, with some room around each one so the heat can circulate.
- Combine the cumin, salt and cayenne and sprinkle over the pitas.
- Bake in the oven for 5 - 10 minutes, checking now and then and moving the tray around to ensure even cooking.

For the Hummus:

- In a food processor or blender, add the tahini, olive oil and lemon juice and then the garlic and the chickpeas in that order.
- Process until the mixture is well combined and smooth, about 1 minute. Add more lemon juice or water, if needed.
- If the hummus is too thick, add more water, 1 tablespoon at a time.
- Add salt and pepper, lemon juice or other ingredients to taste!
- TO SERVE: arrange some veggies sticks and pita chips on a plate, a bowl of hummus in the middle, relax and enjoy each flavourful bite!

## RECIPE NOTES

- *To change up the flavours try adding sun-dried tomatoes or roasted red capsicum!*
- *You could also serve this dip with veggie sticks, like carrots, cucumber, celery or radishes.*

# SPANISH TOMATO GAZPACHO SOUP

This Spanish-inspired snack is perfect for a hot summer day or refreshing pick me up. This 'soup' is served raw and cold - meaning you get ALL of the **health properties in a vibrant, living, concentrated form!**

Tomatoes are packed with **vitamin C, fibre, and antioxidants**. Coriander, like any fresh green leafy herb, helps cleanse and detoxify. Garlic **stimulates the immune system**, supports cardiovascular health, and **improves flora in the intestines**.

Capsicum is packed with nutrients that provides benefits including **heart health, anti-cancer protection, and cholesterol-lowering**. Altogether, this snack is very **alkalizing, immune-boosting**, and loaded with amazing flavours, nutrients, and benefits!

**Serves: 2-3**

**Prep time: 10 minutes**

**Cook time: 0 minutes**

## INGREDIENTS

## QTY

Tomatoes	1.5 kg
Cucumber, coarsely chopped	½ ea
Capsicum	1 ea
Garlic clove	1 ea
Sherry vinegar	¼ cup
Extra virgin olive oil	3 tbsp
Salt and freshly ground pepper	To taste
Coriander, for garnish, chopped	¼ bunch

## INSTRUCTIONS

- In a food processor, puree the coarsely chopped vegetables: tomatoes, cucumber, capsicum and garlic. Transfer the cold soup to a large bowl.
- Stir in the vinegar and 1 tablespoon of the olive oil and season with salt and pepper.
- Refrigerate until chilled, at least 1 hour if possible.
- Ladle the soup into bowls, drizzle with the remaining 2 tablespoons of olive oil and garnish with the coriander.

## RECIPE NOTES

- *Serve with croutons or a piece of toast*
- *The KEY to a great gazpacho is to use delicious, fresh, seasonal ingredients and a good quality olive oil*
- *This is even better when allowed to sit overnight*

# SPICY NORI POPCORN

Homemade popcorn is a classic example of celebrating a delicious snack and enjoying its full health benefits by making it yourself! Popcorn is naturally high in fibre, providing you with **slow-release energy**. It's a whole grain containing beneficial nutrients such as B vitamins, minerals, and proteins. Popcorn is even a surprisingly good source of **antioxidant, polyphenol!**

Microwave popcorn is usually coated in unhealthy oils, known to contribute to chronic diseases, like heart disease and obesity, and artificial preservatives, colours and flavours. When you make it yourself at home, you control the amount of added oils and you can use natural, extra virgin olive oil, which is **beneficial to your health**.

The addition of Nori seaweed pumps up the nutrition profile as nori is the only vegetable that's been studied that contains **vitamin B12, a nutrient essential for good health** - in a form available to humans.

As always, with calorie-dense snacks like this, it is important to watch your serving sizes - and save it for your treat days!

**Serves: 2-3**

**Prep time: 10 minutes**

**Cook time: 0 minutes**

**INGREDIENTS  
(POPCORN)**

**QTY**

Corn kernels	¼ cup
Sesame seeds	1 tbsp
Olive oil	3 tbsp

**INGREDIENTS  
(TOPPING)**

**QTY**

Salt	1 tsp
Sriracha	1 tsp
Sesame oil	1 tsp
Olive oil	1 tbsp
Red chili (optional)	½ tsp
Roasted Nori seaweed sheets, chopped	1 sheet

## INSTRUCTIONS

- Popcorn: Place 3 tablespoon of olive oil and corn kernels in a pot and combine well. Place the lid firmly on top.
- Turn heat to high. As the pot heats up, shake vigorously and constantly. You will soon hear a popping sound, keep shaking until the popping peaks and drops off. When you hear only a few pops per second, remove the pot from heat. It is important to hold the lid on tight and continue to shake throughout to avoid burning the popcorn or yourself.
- Remove from heat and pour into a bowl.
- Topping: In a small bowl combine the salt, sriracha sauce, sesame oil and remainder of the olive oil. Pour onto the popcorn and stir thoroughly.
- Place the nori seaweed on a chopping board and slice into very small pieces.
- Stir the nori through the popcorn.
- Serve immediately while it's still warm!

# AVOCADO MINT SHOOTERS

Ever had avocado blended into a smoothie or soup? If not, you're missing out on a delicious, creamy, and nutritious addition to your repertoire!

Avocados are called "nature's butter" as they are high in fats. But unlike butter, avocados contain **healthy monounsaturated fats** called oleic acids that have been shown to **decrease the risk of heart disease, control levels of LDL ('bad') cholesterol, and increase metabolism.**

The cucumbers provide this shooter with a **refreshing flavour**, but also lots of **liver and kidney cleansing nutrients**, like vitamins A and K.

Mint and garlic are included for added flavour, as well as **anti-inflammatory, antioxidant, and cleansing components.** So, next time you feel a little sluggish, a shot of this cleansing and refreshing shooter will give you a great boost!

**Serves: 2**

**Prep time: 5 minutes**

**Cook time: 0 minutes**

## INGREDIENTS

## QTY

Medium cucumber, peeled and cut into four pieces	½ each
Avocado, ripe, cut in half and scoop out flesh	1 ea
Spring onions/shallots, cut into large pieces	1 ea
Garlic, chopped	1 clove
Mint leaves, chopped with some reserved for garnish	¼ bunch
Lime, zested and juiced	1 - 2 ea
Greek yoghurt	½ cup
Cold water	½ cup
Ice cubes	½ cup
Kosher salt and black pepper	To taste

## INSTRUCTIONS

- Add cucumber pieces, avocado, onion/shallots, garlic, half the mint leaves, lime juice, yoghurt and cold water in a blender. Blend until smooth. Season to taste with salt and pepper.
- Add ice cubes to the blender and blend to make instantly cold. Can also chill in the refrigerator. Serve shooters garnished with mint and lime zest.

## RECIPE NOTES

- *This could also be garnished with minced chives or other herbs, as well as with a drizzle of vinegar and oil or yogurt.*

# ENDIVE SPOONS WITH OLIVE WALNUT TAPENADE

This Olive Walnut tapenade is an incredible option for a snack or appetizer! Not only is it rich in flavour, but it also packs in an incredible amount of **energy and nutritional benefits**.

Walnuts are known to **fight certain types of cancer**, as well as **boost heart health**. They are also fantastic for **supporting brain and joint health** thanks to their high levels of folate, omega-3s, and vitamin E.

The olives in this dish add an incredible amount of health benefits too! They are a great source of **dietary fibre and act as an antioxidant, protecting cells**. They also **promote healthy, young-looking skin** and **increase fat burning**. Endives contain 8 different minerals, 3 vitamins and add lots of fibre.

**Serves: 2 cups**

**Prep time: 10 minutes**

**Cook time: 0 minutes**

INGREDIENTS	QTY
Olives, pitted	½ cup
Walnuts, roasted	½ cup
Artichoke hearts (from a jar)	½ cup
Extra virgin olive oil	2 tbsp
Balsamic vinegar	2 tsp
Parsley minced	¼ cup
Salt and freshly ground pepper	to taste
Endives	2 heads

## INSTRUCTIONS

- Add the olive, walnuts, artichoke hearts, olive oil, and balsamic vinegar to your food processor.
- Process until combined, and season to taste with salt and pepper
- Garnish with parsley.
- Pull each leaf off of the head of endive, and rinse.
- Serve the tapenade surrounded by the endive leaves, and dig in!

## RECIPE NOTES

- *You could exchange the walnuts in this recipes for other nuts, like pine nuts or cashews.*
- *You could also serve this tapenade on crostini or crackers, or even use it as a stuffing for mushrooms!*

# HERBED FRESH CHEESE PATTIES ON A BED OF GREENS

The blend of fresh cheeses makes this a snack that's really satisfying. Meanwhile, the protein and essential fatty acids combine with the fresh oregano, basil, and spring greens, to make this a meal that is also **sustaining, nourishing and fibre-rich**.

Oregano is a **powerful antifungal, antibacterial and antioxidant** herb. It helps **improve intestinal flora**, something which often becomes compromised after periods of consuming high amounts of refined carbs and sugars.

Basil, too, is a powerhouse of antioxidants and has been attributed to **relieving upper respiratory conditions and kidney issues**. Since these can be areas that become overwhelmed or stagnant after periods of eating refined sugars and flours, this snack can be quite healing.

**Serves: 2 cups**

**Prep time: 7 minutes**

**Cook time: 6 minutes**

**INGREDIENTS**

**(CHEESE PATTIES)**

**QTY**

Ricotta cheese ½ cup

Cottage cheese 1 cup

Onion 2 tsp

Oregano, fresh 1 tsp

Basil, fresh 2 tbsp

Rice cracker ¼ cup

Olive oil 1 tbsp

Optional Additions:

Add some olive tapenade,  
black olives, dried tomato,  
marinated artichoke

**INGREDIENTS**

**(SALAD)**

**QTY**

Olive oil 2 tbsp

Vinegar 2 tbsp

Garlic (optional) ½ clove

Mixed lettuce leaves 6 cups

## INSTRUCTIONS

- Mix the cheeses and put onto some paper towel. Press it gently, then let it sit.
- Put the rice crackers into a zip lock bag and crush into coarse pieces. Alternatively pulse in a food processor if you have one.
- Chop the onion into tiny pieces. Finely chop the fresh herbs.
- Squeeze all the moisture out of the cheese blend using the paper towel.
- Combine the cheese, onion, fresh herbs, salt and pepper.
- Form the cheese mixture into small patties. Coat with cracker crumbs.
- Grill in a medium pan over medium heat until brown, turning once and adding more olive oil if needed. About 3 minutes each side.
- In the meantime, mix the oil, garlic and vinegar in a bowl, toss in the greens to coat well. Place the warmed cheese patties on top. An elegant midday snack that is fresh and tasty!

# MOROCCAN CARROT APPLE SALAD

As the base for our salad, carrots, and apples are some of the best ingredients possible to use! Both are high in fibre, which will **ensure that this salad sustains you throughout the day and provides your body with slow-burning energy.**

Carrots are also **fantastic for digestion**, as well as **reducing blood pressure and the risk of stroke**. The high levels of vitamin A and C in carrots will **boost your immune system and improve your vision and eye health**. Plus, the beta carotene in carrots will help to prevent many different forms of cancers.

Cumin and coriander, the other major players in this dish, have an incredible array of health benefits. They **boost metabolism, reduce inflammation, and are loaded with antioxidants**. This is certainly a dish you'll want to make extras of so you can enjoy it all week!

**Serves:** 2

**Prep time:** 10 minutes

**Cook time:** 0 minutes

## INGREDIENTS

## QTY

Extra virgin olive oil

4 tbsp

Lemon juice, freshly squeezed  
and zest

3 tbsp

1 tbsp

Honey

1 tsp

Cumin, ground

¼ tsp

Coriander, ground

## INGREDIENTS

## QTY

Carrots, coarsely grated with skin on

450 grams

Green apple, grated

1 cup

Currants or golden raisins

⅓ cup

Slivered almonds, toasted

½ cup

Fresh mint, coarsely chopped

½ cup

## INSTRUCTIONS

- In a large bowl (large enough to mix the entire salad), whisk together all of the ingredients for the dressing.
- To the dressing, add all of the ingredients for the salad and toss well.
- Taste and adjust seasoning if necessary.
- Transfer to a serving dish and garnish with more fresh mint. Serve cold.

## RECIPE NOTES

- *You can also add ½ tsp cayenne to the dressing for a kick! Plus, herbs can be changed out for others like parsley, and toasted almonds can be substituted for other nuts like walnuts.*
- *You can also add 1 cup of chickpeas to make this a more filling, sustaining snack.*

# ORANGE COUSCOUS SALAD

Couscous is a quick-cooking grain that is great to stock as an ingredient at home, always ready to go when you are in a jam and need a sustaining snack or meal - fast!

Couscous provides great **sustaining and filling energy** and has a short cooking time, and does not even have to stay on the stovetop. As long as you can boil water, you can make couscous! It can be the base for warm or cold salads, so it can last a long time in your fridge as well.

The fresh ingredients here are carrots and red onion: both **provide added fibre to ensure this meal does not spike your energy**. Both onion & carrot are **beneficial for your immune system**, and carrots come packed with vitamins A, K, B6, and C!

Paired with the sweet citrus dressing, this dish can be a healthy snack, a delightful side dish, and reinvented for lunches with an added protein.

**Serves: 3-4**

**Prep time: 10 minutes**

**Cook time: 10 minutes**

## INGREDIENTS

## QTY

Couscous, uncooked	1 cup
Water	2 cups
Red onion, small, minced	½ each
Almonds, chopped	4 tbsp
Orange, chopped in slices,	1 each
Orange, juiced, plus 1 tsp zest	1 each
Carrots, thinly sliced	2 each
Parsley, finely chopped	½ bunch
Olive oil	4 tbsp
Salt and Pepper	Pinch

## INSTRUCTIONS

- To cook the couscous: Bring water with a dash of olive oil to a boil on stove. Once boiling, stir in couscous to pot and then remove pot from heat. Cover pot with lid and let sit for 7 minutes. Then fluff with fork.
- Mix together cooked couscous, sliced carrots, minced red onion, orange slices, almonds, and parsley.
- Mix together orange zest, orange juice, oil, salt and pepper. Pour over couscous mixture and mix together.

## RECIPE NOTES

- *For more protein consider adding fresh mozzarella balls, or sliced grilled chicken or fish.*
- *If you have fresh herbs on hand like basil, mint, or oregano, tear or mince those and toss in.*

# SOBA NOODLES WITH EDAMAME AND SESAME DRESSING

Soba noodles are a great ingredient to keep on hand in the freezer, because they last for up to 12 months and can be used in so many different ways!

Buckwheat, or soba noodles, are free from fat, cholesterol, and gluten and are a **good source of nutrients like manganese, complex carbohydrates, and thiamine**. They also provide more protein per serving than any other grain except for oats! They make a **complete protein** when paired with the frozen edamame.

Edamame is packed with fibre, as well as protein, and is a powerhouse of nutrition. They are also **high in iron, magnesium, manganese, phosphorus, thiamin, and especially folate**. This is one combo you will want to make sure you always have in stock for your snacking needs!

**Serves: 4**

**Prep time: 5 minutes**

**Cook time: 7 minutes**

**INGREDIENTS  
(NOODLES)**

**QTY**

Soba noodles, dried	170 grams
Carrots, peeled and shredded	1 each
Frozen edamame	1 cup
Cabbage, shredded	1 cup
Spring onions, thinly sliced	½ cup

**INGREDIENTS  
(DRESSING)**

**QTY**

Rice vinegar	4 tbsp
Olive oil	4 tbsp
Reduced-sodium soy sauce or Braggs	1 tbsp
Toasted sesame oil	1 tbsp
Agave or honey	1 tsp
Fresh ginger, minced	1 ½ tsp

## INSTRUCTIONS

- Bring a large pot of water to boil and add salt.
- Once boiling add noodles and cook until just tender but still firm to bite, about 8 minutes.
- Drain and rinse noodles under cold water until cool, in order to stop them from cooking further and getting sticky.
- Drain well and transfer to a large bowl and toss with the shredded vegetables.
- Add olive and sesame oils and toss to coat. Mix soy sauce or vinegar and all remaining ingredients into noodles and vegetables.
- Season with salt and pepper, sprinkle with sesame seeds and serve!

# SWEET CORN, GRANNY SMITH APPLE AND CAPSICUM SLAW

The corn in this salad is a rich source of **vitamins A, B, E**, as well as multiple minerals. Its high fibre content ensures that it will sustain you, as well as **prevent digestive ailments**. Plus, all the antioxidants present in corn act as anticarcinogenic agents and may help to **prevent Alzheimer's disease**.

The Granny Smith apple in this salad adds a good amount of vitamin C, which is great for **boosting the immune system, supporting eye and skin health, and providing anti-inflammatory effects**. More importantly, the soluble fibre in the apple is excellent for **lowering cholesterol and helps to stabilize blood sugar levels**.

The capsicum will increase the **antioxidant and anti-inflammatory benefits** of this recipe, and the capsaicin in them will **reduce cholesterol** and aid in **controlling diabetes**.

**Serves:** 2

**Prep time:** 10 minutes

**Cook time:** 6 minutes

INGREDIENTS	QTY
Large ear of corn, with the husk removed	1 ea
Granny Smith apple (or cucumber), diced	½ cup
Red capsicum, diced	½ cup
Spring onions, thinly sliced	3 tbsp
Fresh coriander, chopped	2 tbsp
Honey	1 tsp
Extra virgin olive oil	1 ½ tbsp
Fresh lemon juice or rice vinegar	1 tbsp

## INSTRUCTIONS

- Boil water and add corn, cook for about 6 minutes. Then chop the kernels off the cob and allow to cool. Alternatively, try your corn raw! Place in a large bowl.
- Add diced apple, red capsicum, spring onions and coriander.
- Whisk lemon juice, honey and olive oil in a small bowl.
- Toss the dressing with the salad and season with salt and pepper before digging in.

## RECIPE NOTES

- *This salad can be made up to 4 hours ahead. If doing so, be sure to cover and chill.*
- *This salad can also include a wide variety of vegetables such as various colours of capsicums, other herbs, or seasonal items like tomatoes.*

# WHOLE GRAIN TOAST WITH SMOKED SALMON AND VEGETABLES

Smoked salmon is one of the best foods on earth for your **skin and joints** due to the high levels of omega 3 fatty acids it contains. They are essential to your health and also have **potent anti-inflammatory properties** and are great for **brain health and memory**.

Salmon is also a great protein, and the addition of whole grain toast adds **beneficial fibre** and the combo of slow-release carbs and protein will keep you **satisfied for hours**.

We then add in some vegetables and capers to round out the flavours and sneak in a few vegetables that will make this a **Nourishing and Satisfying** snack or lunch!

**Serves: 1-2**

**Prep time:** 5 minutes

**Cook time:** 2 minutes

## INGREDIENTS

## QTY

Whole grain toast	2 ea
Butter	1 tsp
Smoked salmon	55 grams
Cucumber, sliced	¼ cup
Red onion, sliced	¼ cup
Tomato, sliced	¼ cup
Capers	1 tbsp
Lemon juice	2 tbsp

## INSTRUCTIONS

- Toast your bread for a few minutes until browned on both sides and then spread with butter.
- Top the toast with salmon, followed by the cucumber, tomato and red onion slices and then garnish with capers and a squeeze of lemon juice.
- Enjoy on it's own or serve with your favourite style of eggs and some fresh fruit.

## RECIPE NOTES

- *You can use any vegetables you like on this toast, other great options include rocket, spinach, and fresh dill.*
- *You could also sub in leg ham for the salmon for a different source of protein.*

# OTHER SNACKS

**You've already learned how to make some excellent Homemade snacks throughout the program!!!**

For example:

- Any Smoothie from Week 1 is an excellent snack
- A hard-boiled or poached egg from Week 2
- Any roasted vegetable or roasted nuts from Week 3
- A half serving of any salad from Week 4
- There's also a bunch of simple everyday foods that require no preparation at all that make excellent sustaining snacks:
- Any piece of fruit served with a tablespoon of nut butter (or on its own!)
- A handful of nuts and dried fruit
- A plain yoghurt served with berries or honey
- A banana
- For those with a sweet tooth: Next week, we will be learning 'Decadent Desserts' - and you can also enjoy any of those recipes as healthy snacks or an occasional treat!



# DECADENT DESSERT RECIPES

# CHOCOLATE NICE-CREAM DELIGHT

Would you believe you can make delicious ice cream free of refined sugar with **just two ingredients** and no special equipment? The amazing ingredient that does all this is one you probably have in your house right now: bananas!

All you have to do, is peel, freeze and then blend to create a delicious soft-serve treat that will actually benefit your health rather than damage it. Thanks to the very high levels of pectin in bananas, they create an **incredible creaminess** when blended that you can add any flavour to.

Besides upping the creamy factor, pectin **helps with digestion and gently removes toxins and heavy metals from the body**. Bananas also **help to regulate blood sugar, strengthen the nervous system, aid in weight loss, and produce stress-relieving relaxation**.

So go ahead- have two scoops!

**Serves: 2**

**Prep time: 5 minutes**

**Cook time: 0 minutes**

**INGREDIENTS**

**QTY**

Medium frozen bananas, (peel before freezing for ease of use)	2-3 ea
Cacao powder	2-3 tbsp
Vanilla	½ tsp
Date (optional) - remove the pit first!	2 ea
Milk of your choice (optional)	1-2 tbsp

**POSSIBLE MIX INS**

**QTY**

Cinnamon	1 tsp
Nut butter of your choice	2 tbsp
Cacao nibs	2 tbsp

**POSSIBLE TOPPINGS**

**QTY**

Nuts, chopped	2 tbsp
Coconut, shredded	2 tbsp
Sliced strawberries, or other fruit	1 cup

## INSTRUCTIONS

- Put your frozen banana slices in a food processor or blender and blend until it starts to get creamy and smooth. If you are using a blender, you will have to keep stopping to scrape down the sides with a spatula or spoon. If the bananas are having a very difficult time breaking down, you can add in tiny splashes of milk until they emulsify.
- Once the bananas are creamy, add in the cacao powder, vanilla and continue blending until everything is combined and is the consistency of soft serve ice cream. Taste for sweetness and if you desire extra sweetness, add in a couple of dates or 1 teaspoon of honey and blend until incorporated.
- Serve immediately or put it in the freezer for up to an hour or two, but any longer and it will be too solid and need to be re-blended.
- 

## RECIPE NOTES

- *Works great with added in frozen berries, or fresh berries, and nut butters.*
- *This would also taste even better with some toppings like chopped nuts, fresh fruits, or shredded coconut!*

# PEANUT BUTTER CRISP BAR

This amazing **high protein, high energy, high mineral bar** is so easy to prepare and will completely **satisfy any cravings for a chocolate bar**.

By using dates as the natural sweetener, we **avoid using any refined sugars** whatsoever while still creating a deliciously sweet treat!

The oats provide fibre which will give you energy and **help your body to digest** and slowly release sugar into the bloodstream, keeping your **blood sugar levels stable**.

The peanut butter adds **protein and healthy fats** to maximize the satiety factor. The cacao powder not only makes these bars feel decadent, it also adds high levels of antioxidants which will **slow symptoms of aging and fight cancer!**

**Serves: 10**

**Prep time:** 10 minutes

**Cook time:** 0 minutes

INGREDIENTS	QTY
Whole rolled oats	1 cup
Peanut butter	1 cup
Dates, packed (pits removed)	1 cup
Coconut oil	4 tbsp
Cacao powder	2 tbsp
Rice crisps (breakfast cereal)	½ cup
Crystallized ginger, minced (optional)	1 tbsp
Salt	Pinch

## INSTRUCTIONS

- Set aside ½ of the dates and all of the rice crisps and crystallised ginger.
- Chop the dates you set aside into small pieces.
- Combine all of the other ingredients in a food processor and process until combined.
- Transfer the mixture from the processor to a bowl and stir in by hand the reserved dates, rice crisps, and crystallised ginger. This gives the bars a delightfully varied crunch and smoothness.
- Press the whole mixture evenly into the bottom of a baking tray lined with baking paper. If the mixture is not binding (holding together) properly, then simply add extra water and/or coconut oil until the desired firmness is achieved. Adding coconut oil will help the bars set.
- Place the pan in the freezer for 30 minutes or until the mixture is set. Then slice into bars.
- To store: Keep in the refrigerator or freezer.
- To serve: Enjoy cold, straight out of the container on its own or with a piece of fresh fruit.

## RECIPE NOTES

- *You can substitute any nut butter in these bars, and could also use figs in place of dates.*

# CHILLED CHOCOLATE SEMIFREDDO

This is the perfect dish for the chocolate lovers of the world and believe it or not, this luxurious dessert is made with only four ingredients!

Pasture-raised eggs are the best choice when shopping, as this means the chickens have had access to fields where they can eat bugs and grasses rather than just corn. This results in eggs that are **high in omega-3s**, which will benefit your heart as well as **regulate cholesterol triglyceride levels**. Pastured eggs also provide higher levels of vitamins A and C, as well as other **brain-boosting nutrients** and minerals.

The other main ingredients in this dish, raw cacao powder, and bittersweet chocolate contain natural chemicals called flavonoids, a type of **antioxidant compound that promotes health and lowers the risk of chronic diseases**.

In addition to removing free radicals, antioxidants also help **decrease inflammation** that can contribute to **arthritis** and they **boost heart health** by preventing changes in platelets that might produce blood clots. They are also **anti-aging and anti-cancer**.

**Serves:** 2-3

**Prep time:** 3 minutes

**Cook time:** 12 minutes

## INGREDIENTS

## QTY

Omega-3 organic or pasture-raised eggs, separated whites from yolks	4 ea
Bittersweet chocolate, finely chopped	85 grams
Water	½ cup
Cocoa powder	1 tbsp

## INSTRUCTIONS

- Separate the egg yolks and whites.
- Whisk together the egg yolks, water, and cocoa powder in a stainless steel heat-proof bowl.
- Place bowl over heat and constantly whisk, turning the mixture until the eggs lighten and thicken.
- Remove from heat and set the bowl aside to cool, adding the chocolate.
- Stir occasionally as the chocolate melts into the egg mixture.
- Meanwhile, whip the egg whites to a soft peak.
- Fold one-third of the egg whites into the chocolate mixture. Then fold the chocolate mixture into the remaining egg whites.
- Freeze the mixture in a loaf pan or other suitable freezer container, making sure it's covered well.
- This semifreddo is best when it tempers for an hour or so in the refrigerator before being served.

# SWEET AND SALTY CHOCOLATE CHIP GRANOLA BARS

These delicious bars are packed with **high-fibre oats and protein-rich almonds** and nut butters. They are sweetened with natural, unrefined sugars from dates and honey, and for indulgence, they also include bittersweet chocolate (which is very **low in sugar and high in antioxidants**).

The oats will aid in your **digestive health** and also **stabilize your blood sugar levels** as the body breaks them down slowly. This means **long-lasting energy** with no highs or crashes.

Almonds are packed with vitamins, minerals, protein, and fibre. Just a handful of almonds, approximately 30g, contains one-eighth of our necessary daily protein. These, along with the nut butter, will provide **heart-healthy fats**, as well as a satisfaction level that will keep your body satiated for hours.

The benefits from dates range from **digestive support to cancer-fighting**, and they are packed with nutrients, minerals, vitamins, and fibre.

**Serves: 10 bars**

**Prep time:** 10 minutes

**Cook time:** 15 minutes

**INGREDIENTS**

**QTY**

Medjool dates, packed	1 cup
Honey, maple syrup, or agave	4 tbsp
Vanilla extract	1 tsp
Nut butter (eg. almond, cashew, peanut)	4 tbsp
Almonds, roasted & unsalted, loosely chopped	1 cup
Rolled oats	1 ½ cups
Dark chocolate chips	¼ cup
Dried cranberries or raisins	¼ cup

## INSTRUCTIONS

- Process dates in a food processor or blender until small bits remain (about 1 minute).
- It should form a "dough" like consistency or roll into a ball. If using a blender, add a splash of water if needed to get it going.
- Process chopped almonds in a food processor for an additional minute, pulsing as needed.
- Process half the oats until ground, leaving the other half whole.
- Place oats, almonds, chocolate chips, cranberries or raisins and dates in a bowl and set aside.
- Warm honey, vanilla and peanut butter in a small saucepan over low heat. Stir and pour over oat mixture and then mix, breaking up the dates to disperse throughout.
- Once thoroughly mixed, transfer to a 20 x 20 cm (8 x 8 inch) dish or other small pan lined with plastic wrap or baking paper so they lift out easily.
- Press down with force until uniformly flattened. Cover with plastic wrap and let set in fridge or freezer for 15 - 20 minutes to harden.
- Remove bars from pan and chop into 10 even bars.
- Store in an airtight container.

# PEACH CRISP

This crisp is perfect for summertime because it utilizes the abundance of fresh peaches, and it is cooked completely on the stovetop so you won't have to turn on your oven! Peaches are packed with vitamins, especially A and E, as well minerals and fibre. They have been shown to **kill off cancer cells, reduce wrinkles, lower the risk of diabetes, and combat heart disease.**

This crisp, replaces all that refined sugar with small amounts of unrefined coconut sugar. We also replace some of the butter normally used, with coconut oil. Coconut oil is known to **increase your energy expenditure,** which means it actually helps you to burn more stored fat! It is also extremely **beneficial for brain function, heart health, skin, and hair.**

Finally, we substitute wholemeal flour for refined white flour, which increases the protein, fibre, and vitamins in our dish, and also **ensures your blood sugar levels will stay more steady.**

**Serves: 4**

**Prep time: 10 minutes**

**Cook time: 15 minutes**

**INGREDIENTS  
(CRISP)**

**QTY**

Wholemeal flour	½ cup
Walnuts, finely chopped	½ cup
Coconut sugar (or you can use brown sugar)	½ cup
Unsalted butter	4 tbsp
Salt	¼ tsp

**INGREDIENTS  
(FRUIT FILLING)**

**QTY**

Cornflour	3 tsp
Cinnamon	1 tsp
Coconut oil	2 tbsp
Peaches, pitted and cut into bite sized wedges	1 kg

## INSTRUCTIONS

- For the Crisp: Combine flour, nuts, coconut sugar and salt in a small bowl.
- Melt butter in a small nonstick pan over low heat.
- Remove from heat and stir in flour mixture until moistened and mixture forms small clumps.
- Return to low heat and cook, stirring frequently, until mixture is golden brown and well toasted, about 5 minutes.
- Transfer mixture to a large plate to cool.
- For the Filling: Combine coconut oil, peaches, cornflour and cinnamon in a small bowl.
- Add mixture to the previously used pan.
- Heat over medium heat and cook with lid on, stirring occasionally, until peaches are almost softened, about 5 minutes.
- Remove lid and cook until peaches are cooked through and mixture has thickened slightly, about 5 minutes more.
- Immediately top fruit with the crisp and serve with a side of yoghurt or ricotta.

# BAKED APRICOT BAR

This fibre rich recipe is perfect to help you fuel up for hours any time of day! Oats are well known for their ability to offer **gut healthy fibre** and help you **lower your LDL cholesterol**.

Flax and sunflower seeds add to the fibre mix while also offering essential omega-3 fatty acids that you need to **reduce inflammation in the body**.

Dates, dried apricots, bananas and orange juice bring **natural sweetness** to this dish and the fibre in bananas is especially **important to gut health** as it's prebiotic and **supports your microbiome**.

Cinnamon **reduces sugar cravings and helps regulate blood sugars** as well.

**Serves: 10 bars**

**Prep time: 10 minutes**

**Cook time: 20-30 minutes**

## INGREDIENTS

## QTY

Whole rolled oats	1 cup
Almond meal or wholemeal flour	1 cup
Coconut, unsweetened, shredded	½ cup
Sunflower seeds	½ cup
Cinnamon	1 tsp
Dried apricots, chopped	½ cup
Dates, chopped	5 ea
Ripe banana	1 ea
Orange juice	½ cup

## INSTRUCTIONS

- Preheat oven to 180°C OR 350°F.
- In a large bowl, combine dry ingredients (rolled oats through cinnamon).
- Mix in apricots and dates.
- In a blender, blend together the wet ingredients (banana and orange juice) until smooth.
- Pour wet ingredients into dry and mix until combined.
- Pour batter into an 20 x 20 cm (8 x 8 inch) pan. (You could also bake these in a 22 x 33 cm (9 x 13 inch) pan for thinner bars, just shorten the cooking time.
- Press down batter very firmly.
- Bake for 20 - 30 minutes or until browned and cooked through.
- Serve warm or cold with some sour cream, if you like.

# RAW BLUEBERRY ENERGY BITES

The key to making an energy bite is to pack a big nutritional punch into a small morsel of food. This recipe does exactly that by using nuts, dates and blueberries to create a delicious and nourishing snack. Nuts are full of healthy fats and are calorically dense so a **little goes a long way!**

The omega-3 fatty acids they provide are crucial to **reducing inflammation associated with painful joints, high cholesterol and high blood sugars** that leads to Type 2 diabetes. They also help you feel satisfied so you don't feel deprived!

The blueberries are one of the most anthocyanin rich foods on the planet! This is a **potent antioxidant** that helps your body **heal from oxidative stress** induced by eating inflammatory foods. Blueberries also contain vitamin K that is important for **blood health**, vitamin C that is critical to a **healthy immune system** and manganese that **improves your metabolism!**

Dates add to the natural sweetness here and are **low glycemic** so they won't spike your blood sugars.

**Serves: 24 balls**

**Prep time:** 5 minutes

**Cook time:** 0 minutes

## INGREDIENTS

## QTY

Nuts, (cashews, walnuts, or almonds work great)	2 cups
Dates, packed (pits removed)	1 cup
Blueberries, dried, fresh or frozen loosely packed	1 cup
Vanilla extract	2 tsp
Lemon, zested	1 ea
Lemon, juiced	½ ea
Sea salt	pinch

## INSTRUCTIONS

- Add nuts to the food processor and process until nuts are pea sized.
- Combine nuts with dates and blueberries and process until all ingredients have broken down and are a bit sticky.
- Add in lemon zest and lemon juice and vanilla extract.
- Process until all ingredients come together to form 1 large sticky ball.
- Roll into small balls and store in the fridge for up to 1 week or in the freezer.
- You can then roll balls in seeds such as sesame seeds, sunflower seeds, linseeds or pumpkin seeds.
- Enjoy as a snack or after dinner delight.

# CARROT AND RAISIN MORNING MUFFINS

These muffins are truly amazing, because they have all the satisfaction and flavour of regular muffins, with **none of the refined sugars or trans fats**. To sweeten them, we use the natural sugars found in both apples and bananas.

Bananas are high in potassium and low in salt, bananas are officially recognized by the FDA as being able to **lower blood pressure and protect against heart attack and stroke**. They are also loaded with fibre which will **aid in digestion**. Plus, they are high in pectin, which will help to **remove toxins and heavy metals from the body**.

We also replaced the usual amount of oil found in most muffin recipes with milk, which increases the **protein and calcium** in this dish. And we've even snuck in some **vegetables for added fibre!** Thanks to a few easy changes, these muffins will leave you feeling ready to take on the world rather than ready for a nap!

**Serves: 8-10  
muffins**

**Prep time:** 10 minutes

**Cook time:** 20 minutes

**INGREDIENTS  
(THE SOAK)**

	<b>QTY</b>
Rolled Oats	1 cup
Raisins	½ cup
Milk	½ cup

**INGREDIENTS  
(THE DRY)**

	<b>QTY</b>
Wholemeal flour (self-raising)	1 ½ cup
Bicarbonate Soda	2 tsp
Salt	½ tsp
Cinnamon	1 tsp
Walnuts	½ cup

**INGREDIENTS  
(THE WET)**

	<b>QTY</b>
Olive oil	3 tbsp
Egg	2 ea
Carrot, grated	⅓ cup
Zucchini, grated	⅓ cup
Applesauce	½ cup
Bananas, mashed	1 ea

## INSTRUCTIONS

- Preheat your oven to 180°C OR 350°F.
- Soak the oats and raisins with the milk.
- Mix the dry ingredients well. Be mindful to break the clumps commonly found with bicarbonate soda - a mesh strainer can help! Set aside.
- Blend the olive oil, egg, apple sauce and banana in a blender.
- Grate the carrots and zucchini.
- Mix the carrot and zucchini into the “wet” blend by hand.
- Mix the oats into the wet blend by hand.
- Without over mixing, fold the dry blend into the wet blend, until it seems “almost” blended (i.e. you may see a few dry spots of flour still.)
- Let mixture sit for 10 minutes.
- Spoon batter into the muffin tins, until almost filled.
- Bake for about 20 - 30 minutes, until browned on the outside and cooked in the middle.
- SERVE hot or cold, with butter, cream cheese or fruit... or maybe on its own with a cup of tea. Find your comforting way to enjoy this breakfast treat!

# CASHEW CHIA PUDDING

This is a decadent dessert, that never spikes the blood sugar and gives you sustaining nutrients instead! The creaminess of this treat is from the cashew nut, which is high in protein that **helps reduce blood sugars**. The minerals in cashews include **magnesium, potassium, iron, and zinc**; wonderful foundational support to healing.

The **cleansing fibre** in the chia seed, along with it's amazing property of absorbing water, as well as its high protein content makes this a snack or dessert that will **satisfy your hunger for hours**.

For those that love puddings or tapiocas, this will bring comfortable joy, knowing that this treat is a sugar-balancing nutrient-rich and sustaining snack. Enjoy!

**Serves: 3-4**

**Prep time: 5 minutes**

**Cook time: 0 minutes**

## INGREDIENTS

## QTY

Raw cashew nuts	1 cup
Water	3 cups
Vanilla extract	1 tsp
Honey	3 tbsp
Nutmeg	pinch
Chia seeds	½ cup

## INSTRUCTIONS

- Combine the water, cashew nuts, honey, nutmeg and vanilla extract in a blender and blend until smooth. Pour into a bowl or jar.
- Add the chia seeds in slowly, stirring constantly, avoiding the seeds clumping together as they mix with the cashew/water mixture.
- Chill in the refrigerator for 12-24 hours, occasionally stirring the contents. This pudding will thicken a LOT.
- Optional Additions: ½ tsp cinnamon and/or ¼ tsp cardamom.
- SERVE as is. Drink like a thick smoothie, serve in a bowl like a pudding. Try topping with some fruit of your choice or desiccated coconut.

# RAW CHOCOLATE VITALITY TRUFFLES

This snack is a true treasure to the palate and the body! The shredded coconut meat, along with the coconut oil, helps the body **access and use stored fats for energy**. It is also high in lauric acid, which helps bring **balance to the intestinal flora**.

The coconut and the almonds boost the protein profile, making this a snack that will **satisfy your hunger and keep you energized** for a while!

The bar is sweetened naturally with dates and flavoured with real vanilla and sea salt -- all adding their contributions to flavour but also bringing an impressive list of **minerals and micronutrients** that your body will love. This may become a favourite!

**Serves: 10**

**Prep time: 10 minutes**

**Cook time: 0 minutes**

## INGREDIENTS

## QTY

Cacao powder	1 tbsp
Coconut oil	2 tbsp
Almonds	2 tbsp
Almond meal	¼ cup
Medjool dates	¼ cup
Coconut, shredded	¼ cup
Vanilla essence	⅓ tsp
Sea salt	pinch
Water	1 tbsp

## INSTRUCTIONS

- Coarsely chop the almonds and dates. Set aside.
- Combine all of the other ingredients into a food processor.
- Blend thoroughly, adding water to bind and create a smooth consistency.
- Remove from processor and mix in the coarsely chopped dates and almonds to create texture.
- Roll the mix into small 2.5cm balls. Put into the fridge or freezer to allow it to set.
- To serve: Ready to eat directly from the fridge or freezer! An amazing decadent dessert.

## RECIPE NOTES

- *You can also roll the truffles in cacao powder or coconut shreds for a beautiful added touch before setting in the freezer!*

# INDULGENT DARK CHOCOLATE AVOCADO MOUSSE

This decadent mousse is super satisfying, creamy and packed full of **inflammation reducing** ingredients! Avocados give super creamy texture and are high in omega-3 fatty acids, which are vital to helping your body **naturally anti-inflame**. This is crucial in **reducing high cholesterol, high blood sugars, chronic pain and promoting weight loss**.

Cacao powder provides antioxidants that **help your body heal and repair from eating too much processed food**. It also is **energizing** and makes this dessert chocolatey and delicious!

This mousse is **sweetened naturally** with maple syrup so you can avoid processed sugar that causes inflammation and blood sugar issues. Vanilla extract gives this dish the flavour that memories are made of!

**Serves: 4**

**Prep time: 5-10 minutes**

**Cook time: 3 minutes**

**INGREDIENTS**

**QTY**

Dark chocolate	55 grams
Very ripe avocados, peeled & pitted	2 ea
Unsweetened cocoa powder or raw cacao	¼ cup
Maple syrup	¼ cup
Pure vanilla extract	2 tsp
Fine salt	½ tsp
Coconut milk or milk of choice	¼ cup

## INSTRUCTIONS

- Chop up the dark chocolate into chip sized pieces and place in a small bowl.
- Place bowl over a small saucepan of barely simmering water. Stir until the chocolate is melted and smooth, about 3 minutes. Set aside to cool slightly. You can also microwave the chocolate, stirring every 30 seconds until melted.
- Place the melted chocolate, avocados, cocoa powder, maple syrup, vanilla, salt, and milk in a food processor. Blend until smooth and creamy, scraping the sides of the bowl as needed. Or pour the mixture into a bowl and mix well by hand.
- Spoon into glasses and refrigerate for at least 3 hours. This can be prepared 1 day in advance.
- To Serve:  $\frac{1}{4}$  cup of garnish or topping of choice, fresh fruit, nuts, coconut or anything else you like! Fresh strawberries make an amazing topping or side.
- Take a moment to notice the creamy texture as you eat each spoonful. Delicious!

# LEMONY SUNFLOWER BAR

This zesty bar can double as a quick pick me up snack because it's packed with the fibre and nutrients your body needs to **feel energized!** The juice and zest of a lemon makes them come alive with flavour more than any store bought bar. Plus, it provides **immune boosting vitamin C.**

Almond meal and sunflower seeds add lots of healthy fats, fibre and protein, all of which are **essential to helping you balance blood sugars and feel satiated** after eating. They also contribute to **reducing inflammation and blood cholesterol** as well.

Coconut oil is a healthy fat as well that has been linked to **increased HDL (good) cholesterol.** Dates offer natural sweetness and are **low glycemic** so they are perfect for anyone with pre and type 2 diabetes. Cinnamon also helps to **curb sugar cravings and can reduce high blood sugar levels** as well!

**Serves: 30 bars**

**Prep time: 15 minutes**

**Cook time: 6 minutes**

INGREDIENTS	QTY
Sunflower seeds	2 ½ cups
Almond meal	½ cup
Cinnamon	1 tsp
Vanilla	1 tsp
Lemon juice	1 tsp
Zest of one lemon	1 ea
Salt	½ tsp
Dates, loose	3 cups
Coconut oil	½ cup

## INSTRUCTIONS

- Roast sunflower seeds in the oven by coating with a little oil and salt until browned, about 5 minutes in a moderate 180°C OR 350°F oven.
- Place sunflower seeds, almond meal, cinnamon, vanilla, lemon juice, lemon zest and salt in food processor or blender. Process for a minute. Then remove from processor.
- Put dates in food processor or blender and process until chunky.
- Melt coconut oil in a saucepan and add to the blender along with the sunflower seed mixture. Process to blend but still textured.
- Take mixture and press firmly into baking paper or cling wrap lined tray.
- Set in the fridge for 20 minutes, then cut into bars. Can be stored in the fridge for a week.

# PEAR, CHOCOLATE AND HAZELNUT CRISP

Pear is the main star here with its gentle sweetness and amazing health benefits. Pears are one of the fruits that offer your body **prebiotic fibre that promotes gut health and boosts your immunity**.

Hazelnuts and nut butter bring healthy fats so you can enjoy a sweet treat and still **balance your blood sugars!** Plus, these also help you **reduce inflammation** and combined with cacao powder, creates a healthy nutella flavour that everyone loves. Cacao powder is full of antioxidants that **reduce oxidative stress** and has been used for its incredible flavour and healthy benefits for centuries.

Lastly, enjoying whole wheat flour is a great way to add fibre to your dessert. This crisp will leave you feeling **energized, satisfied and never deprived!**

**Serves: 3-4**

**Prep time: 5 minutes**

**Cook time: 20 minutes**

## INGREDIENTS

## QTY

Any type of pears, can mix them up

3 ea

Hazelnut meal (or blended  
hazelnuts)

6 tbsp

Hazelnut, almond or  
peanut butter

2 tbsp

Cacao powder

2 tbsp

Coconut sugar or brown sugar

2 tbsp

Cinnamon

2 tsp

Wholemeal flour

3 tbsp

## INSTRUCTIONS

- Preheat the oven to 180°C OR 350°F. Line a baking tray with baking paper and grease with oil or butter.
- Slice the pears into thin long slices and lay them out in a mostly single layer on the baking tray.
- Combine all the other ingredients in a food processor or mix them together well by hand.
- Sprinkle the mixture on top of the pears. Then place the baking tray into the oven and bake for about 20 minutes or until the pears are soft.
- To Serve: Serve warm with a dollop of yoghurt or cream!

## RECIPE NOTES

*This recipe would also work beautifully with apples.*

# ROASTED STRAWBERRIES AND WHIPPED RICOTTA

This is a simple yet powerful dish. Strawberries contain anthocyanins, which **stimulate the burning of stored fat** and also **aid in short-term memory**. They have a ton of fibre, which will keep you feeling full, as well as antioxidants, which will **keep you feeling (and looking!) young**.

The ricotta we pair with them is packed with **calcium and omega-3 fatty acids**, which aid hugely in heart health. Ricotta is also a great source of **phosphorus and selenium**, two hard-to-find minerals for the body.

Additionally, honey is a magical food that happens to be both **antifungal and antibacterial**. It can also be used to **aid with sleep** as well as to **boost memory** and **increase energy naturally**.

**Serves:** 2

**Prep time:** 10 minutes

**Cook time:** 10 minutes

## INGREDIENTS

## QTY

Strawberries, with greens trimmed & cut in half	225 grams
Olive oil	2 tsp
Sea salt	pinch
Ricotta cheese	½ cup
Honey	1 tsp
Vanilla extract	½ tsp
Lemon zest	1 tsp

## INSTRUCTIONS

- Preheat oven to 200°C OR 400°F.
- Remove green ends from strawberries and cut them in half.
- Mix the cut strawberries with olive oil and lay them in a single layer on a lined baking dish. Sprinkle sea salt on top.
- Roast strawberries for about 10 minutes or until juices begin to run. Remove from the oven.
- In a medium bowl, whip together the ricotta cheese, honey, vanilla and lemon zest by hand, mixing until well combined.
- Serve strawberries and ricotta cheese together, layering, mixing, or plating how you wish.

## RECIPE NOTES

*Roasting is a wonderful technique for any fruit: it brings out the natural sweetness as the sugars caramelize. You can experiment with apricots, plums, apples & peaches.*

# MEMBER LOVE

## BEVERLY BURRIS

"#SUCCESS: Dr visit this morning was pretty exciting! I've lost 27.5 lbs, dropped from size 16 to 10 which is already getting loose. And as of today I am OFF BP meds!"



## MARGIE FRANKLIN

"I comfortably wore a skirt last week that was waaaay too tight on me 3 months ago. I feel different eating the Homemade Method way. I feel like I am more awake? More alert? More energy!"

## CINDY SCHMELTZ

"OMG! OMG! OMG! I was newly diagnosed with Type 2 DM in Feb. I was in a panic, when I found and started this program! My A1c was 7.4 and weighed 227 lbs. I now weigh 197 and my A1c... was 5.4! I went from a sense of urgency and panic to a feeling of confidence and control!"





# MESSAGE FROM OUR FOUNDER

Losing weight over 50 and lowering your high blood sugars, pressure and cholesterol is doable. With just a few simple switches and tiny tweaks you can see big results.

I know this because our I've helped thousands of women over 50 do this. And I've lost and maintained over 30 lbs myself.

Don't waste another second of your life sitting on the sidelines or worrying about your future. Or worse still, putting your hopes into fads and diets that don't work.

**Are you ready to get a healthy, energetic body - WITHOUT dieting?**

It's your time.

xo Anna

# MY PERSONAL STORY

## IS SELF DOUBT GETTING IN YOUR WAY? THEN YOU'RE COMPLETELY NORMAL.

When you first start your health journey and you're trying to lose weight and lower high blood sugars, pressure or cholesterol as a woman in your 50s, 60s and 70s...

It can be easy to let doubt get in your way.

When you look at where you are now, compared to where you want to be... the gap can seem insurmountable.

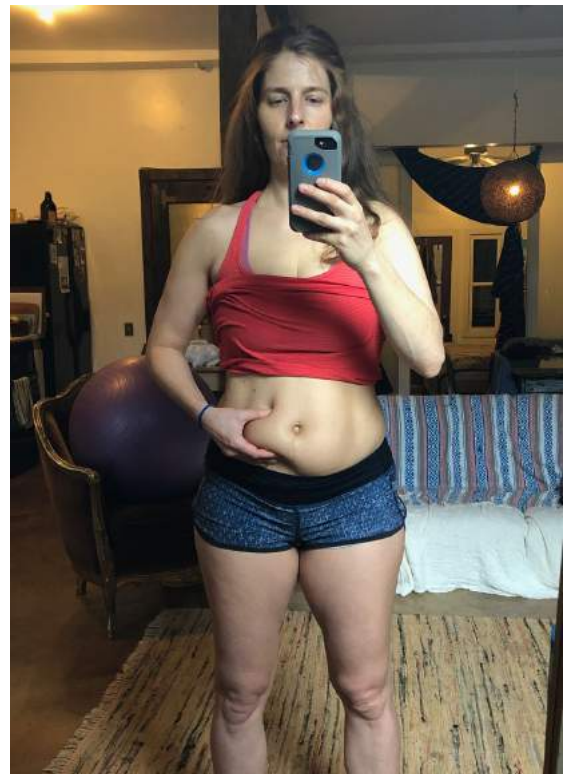
And it CAN BE... if you never find the right approach.

I know how hard it is to lose weight and change your relationship with food so you can get the results you want.

When I was a National award-winning lawyer and champion athlete... I never thought I'd be able to reach my ideal weight.

I'd follow the latest fads, restrict my calories, keep a food diary, and starve myself.

But any weight I lost, would just pile back on... and bring some of its friends!



THIS IS ME BACK WHEN I WAS AT MY HEAVIEST.

I was 15kg+ heavier than I am now... and I had spent decades dieting, counting calories, keeping food diaries, exercising daily and... getting nowhere!

This whole experience put me in a panic... no matter how hard I tried, it seemed like I couldn't control my weight. Worse still, I'd started to wonder if I WAS the problem? 😞

Back then, I never believed I would find a solution, and make the changes I dreamt of... but I did. 😊



HERE'S A RECENT PHOTO OF ME.

Today, I couldn't be FURTHER from where I was when I started.

I'm happy, energized, and most importantly...  
I enjoy **FOOD FREEDOM!**

I eat what I want, whenever I'm hungry..., it's so simple!

I owe that to my decision to stop dieting and complicated fads once and for all...

When I was studying for my Master's Degree at Stanford University, I developed my own method, focused on whole foods, cooking from home, and listening to my body.

We call it "**The Homemade Method**"

Fast forward almost a decade and I, along with our team of Nutritionists, Dieticians and Holistic Chefs, have perfected that method...

And created something so effective, that we've been invited to run workshops for Stanford Hospitals, The National Kidney Foundation, Da Vita Medical, Google and 7 medical clinics have referred patients to us.

Since going public with The Homemade Method program, over 10,000 women in their 50s, 60s, and 70s have used it to lose weight, reverse high blood numbers, and take back control of their health.

As for me, I've easily maintained my ideal weight for over a decade (over 40 now, with 2 kids!) WITHOUT DIETING.

You can too with The Homemade Method.

**Let's do this!**

warmly  
Anna



# WANT MORE?

WE OFFER EXPERT COACHING, A PRIVATE COMMUNITY AND  
LIVE EVENTS IN OUR CONTINUING SUCCESS MEMBERSHIP.

EMAIL [MEMBER@HOMEMADE-COOKING.COM](mailto:MEMBER@HOMEMADE-COOKING.COM)  
FOR MORE INFO.

# MEET THE COACHES



## ANNA RAKOCZY

### FOUNDER OF HOMEMADE METHOD

Anna has Masters Degrees from Stanford & UC Berkeley. Anna is a Fulbright Scholar, was the Australian Young Lawyer of the Year in 2008 and competed in National Ice Skating Championships for 4 years. Anna is a health coach, an author and a cooking instructor. She Founded the Homemade Method, and has led workshops for Google Employees, Stanford Hospital & University Employees. Anna presented at the Food Summit in 2013, the Food@Work Conference in 2014 and the Berkeley Food Innovation Lab. Her work has been featured in Forbes and in Edible Silicon Valley. Anna has 2 young children and loves spending time hiking, in nature, doing yoga, surfing.. Or hosting dinners with friends where everyone brings ingredients for a theme dinner and we all cook together!

#### ASK ME ABOUT:

- Our COOK, EAT, LISTEN system to lose weight without dieting.
- What to do if you're not losing weight.
- Best foods to balance and reduce high blood sugars, pressure & cholesterol.
- How to change your relationship with food to one based on Nourishment & Satisfaction.



## MADDY KUHN

### FUNCTIONAL NUTRITIONAL THERAPIST

Maddy has been with Homemade since 2014 and she is our Lead Coach. She hosts our monthly Nutrition Live series for Success and Success Plus+ members. She is a Certified Functional Nutritional Therapist and received her certification from the Nutritional Therapy Association in 2018. She has also taught cooking classes to the young and young at heart across the San Francisco Bay Area and she enjoys dancing and spending quality time with friends and family out in nature.

#### ASK ME ABOUT:

- Nutrition to help you break through all the misinformation & confusion!
- How different foods affect your body when it comes to blood sugars, weight loss and inflammation.
- How to make your meals more plant based (but still easy & yummy) to help you improve your cholesterol.



## KATY GRAHAM

### REGISTERED DIETITIAN NUTRITIONIST

Katy has been with Homemade since 2018. She hosts our Live Q&A Office twice per month for our Life-Changing Cooking Program Members. Katy has been a Registered Dietitian Nutritionist for 7 years in the Nashville, TN area with degrees in both psychology and nutrition and food science. She's worked as a clinical dietitian and food service supervisor in a local hospital, consultant dietitian for long term care facilities, and has even seen clients for things like weight loss, diabetes management, meal

planning and grocery store tours. In her spare time she enjoys walking outdoors, spending time with family and personal finance.

#### ASK ME ABOUT:

- How to make the program work for you (especially if you're new!) so you can lose weight and keep it off.
- How to make adjustments to recipe and meal planning to stay on a budget.
- Problem solving your biggest obstacles using nutrition science and behavioural change to help you reduce your blood numbers and chronic pain associated with arthritis.



## IRENE MOLINA

### CERTIFIED HOLISTIC HEALTH COACH

Irene has been with Homemade since 2019. She hosts our monthly Cooking & Meal Prep Parties and is a Certified Holistic Health Coach. She received her training from the Institute of Integrative Nutrition, where I received in-depth knowledge of nutrition, health & wellness, and coaching. Irene dealt with a lot of her own health struggles - and was able to find healing through nutrition and mindful eating. Once she learned the secret to health - she wanted to share it with the world. In her spare time she enjoys traveling with her husband, family and friends.

#### ASK ME ABOUT:

- IBS or other digestive issues and how to make the program work for you.
- Foods that will support your gut health and also help you reach your health & weight loss goals.
- How to make tweaks and adjustments to recipes - especially if you suffer from food sensitivities or allergies.



## JENN VANNATTA

### PROFESSIONAL HOLISTIC CHEF

Jenn has been with Homemade since 2014 and hosts our monthly Live Cooking Classes for Success and Success Plus+ members. She trained and received her culinary arts degree from Le Cordon Bleu in 2012. She's worked in french fine dining restaurants, as a personal chef in her own business and has taught for the last 7 years for various cooking schools, including Homemade Method. Jenn finds the most fulfillment from sharing her training and knowledge and using it to help others find health and

happiness through food. When she's not in the kitchen you can find her practicing yoga, breathwork and meditation.

#### ASK ME ABOUT:

- Any and all questions that have to do with food and cooking, especially the challenges you come up against in the kitchen.
- Troubleshooting recipe substitutions.
- Meals to cook when you're in a bind for time or motivation!



## STEPHANIE RODI-FRANTZ

### REGISTERED DIETITIAN

Stephanie has over 30 years experience as a registered dietitian. She earned her bachelor's degree at the University of Maryland and her Master's in Public Health at the University of North Carolina-Chapel Hill. She's worked in a clinical setting, long term care management and as an Outpatient Dietitian in a hospital setting. Stephanie was part of the "lifestyle" center that focused on Diabetes, Cardiac Rehab, Pulmonary Rehab and Bariatrics using one on one

counseling and group nutrition coaching. In her spare time she enjoys spending time with her growing family, hanging out with her girlfriends and biking.

#### ASK ME ABOUT:

- What to eat and do if you have blood sugar spikes, high cholesterol and blood pressure.
- How to get a healthy heart through lifestyle and food.
- Helping you to understand your meds, their side effects and how to navigate what you can eat with your specific situation.



## MERYLL HELDEROP

### CERTIFIED NUTRITIONIST

Meryll is a Certified Nutritionist with a Master's Degree in Nutrition from Bastyr University in 2014 and an undergrad degree in Psychology from University of Washington. Meryll taught group exercise classes at a studio gym where she created a 3-month nutrition program for members with a focus on mindful eating and is currently working on a ME certificate program. She's dealt first hand with weight gain, chronic heartburn, inflammation & all over body pain

and she decided to heal her body through food and movement. All of that has made her extremely passionate about mindful and intuitive eating practices. In her spare time she enjoys chasing after her two small boys and breaking bread with friends.

#### ASK ME ABOUT:

- The mindset piece of the program & intuitive eating for weight loss.
- How to listen to your body & give it the proper nourishment in any given situation.
- How to create healthy new habits for weight loss and inflammation reduction.



## SAMANTHA TEMPLE

### NUTRITIONIST

Samantha is an Associate Nutritionist with a Bachelor of Food and Nutrition from LaTrobe University in 2020. She became a Nutritionist because she battled Fibromyalgia and Chronic Fatigue Syndrome throughout her teenage years and into her 20's and saw the healing power of nourishing foods first hand. Simply by making small swaps, she was able to reduce the chronic pain she experienced and start to regain her energy! She would not let these illnesses define her life &

was determined to help others do the same. She is passionate about using the most up to date nutrition research to help women reduce inflammation, heal their bodies and feel their best. In her spare time she enjoys camping with her soon-to-be husband and friends, riding and training a friend's young quarter horse and learning all about gardening.

#### ASK ME ABOUT:

- Fibromyalgia and how to reduce body wide inflammation.
- Chronic Fatigue Syndrome and how to increase your energy levels for years to come
- Nutrition Research and the scientific evidence behind the nutrition, food recommendations and behavior change.

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If you've got any questions, please reach out to our team at [member@homemade-cooking.com](mailto:member@homemade-cooking.com).

# NOTES

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# NOTES

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