Gut Rebalancing Protocol Recipes

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🚫 Throughout this recipe e-book you will see the 🚫 symbol when referring to recipes using OATS. Gluten free Oats, refers to oats that are ORGANIC and UNCONTAMINATED i.e., oats NOT rolled in wheat. The safety of oats in individuals with coeliac disease has been extensively investigated and evidence shows that the various components of uncontaminated oats (those not rolled in wheat, rye, barley etc.) have important components such as dietary fibre and beta-glucans (β-glucans), a prebiotic source. Research has shown that β-Glucans are a strong immune stimulants, antagonist against benign and malignant tumors, can lower cholesterol and triglycerides, assist in maintaining blood glucose balance, protect against harmful pathogens and improve gut integrity. The gut microbiota metabolizes oat's components to produce Short Chain Fatty Acids that have a strong anti-inflammatory effect on the body and can help individuals with coeliac disease following a strict gluten-free diet. The protein in oats - Avenin - has been extensively evaluated and studies show that the immune activation sequences present in gliadin (gluten) are missing in avenin i.e., they don't cause immune activation, nor small bowel mucosal deterioration. While clinical evidence indicates that the consumption of pure, uncontaminated oats is safe and is neither toxic nor immunogenic in coeliac disease, you should always discuss the safety of oats for your individual circumstances with your health care specialist. Alternatives to oats are given for each 'oat' containing recipe.

Please feel free to post photos of your creations on social media using the hashtag **#GRP** so together, we can inspire people to take action and transform their health 😊 TAG me on INSTAGRAM or FACEBOOK I'd love to see your creations.

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ABC BOWL W BALSAMIC DRIZZLE

gluten free | dairy free | nut free | plant-based

READY IN
30 mins

As simple as ABC...Slice, roast and enjoy

YOU'LL NEED…	1		2		3		4	
Brussel sprouts	5	whole	10	whole	15	whole	20	whole
Capsicum/Bell Pepper – Red	1	whole	2	whole	3	whole	4	whole
Asparagus spears *fresh*	5	spears	10	spears	15	spears	20	spears
Avocado *large*	½	whole	1	whole	1 ½	whole	2	whole
Olive oil, extra virgin *organic, optional*	¼	tsp	¼	tsp	½	tsp	½	tsp
Balsamic Vinegar	1	tsp	2	tsp	3	tsp	1	tbsp

LET'S GET STARTED…

- Preheat the oven to 180°C (350°F) and line a baking tray with baking paper or use a non-stick tray. *OPTIONAL: Grill on the barbeque*
- Cut Brussel sprouts in half, capsicum into strips and remove hard end off Asparagus. Put in baking tray with *optional* olive oil, or a splash of water, and roast for 20-minutes or until tender.
- In the meantime, slice avocado.
- When vegetables are tender, arrange on a plate with avocado.
- Drizzle Balsamic vinegar on top and serve immediately.
- Keeps in the fridge for 1 week.

VARIATIONS (SERVES 1)

- *SESAME – Garnish with white or black Sesame seeds when serving.*
- *SUMAC – Sprinkle Sumac over veggies before roasting.*
- *OMEGA BOOST – Sprinkle Dulse flakes over the top when serving.*

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ALMOND BLUEBERRY MUFFINS

gluten free | dairy free | nut free options | plant-based

READY IN
55 mins

Dairy, sugar and wheat free... Packed full of fibre, Omega Fatty Acids and Protein - a perfect snack

YOU'LL NEED…	6		12		18		24	
Flaxseeds, whole – Brown or Gold *organic*	2	tbsp	¼	cup	⅓	cup	½	cup
Water, filtered	¼	cup	½	cup	¾	cup	1	cup
Almonds, raw unsalted	1 ¼	cups	2 ½	cups	3 ¾	cups	5	cups
Baking powder *not needed for no-bake*	1	tsp	2	tsp	3	tsp	1	tbsp
Banana *unripe*	2	whole	4	whole	6	whole	8	whole
Coconut milk	½	cup	1	cup	1 ½	cups	2	cups
Blueberries *frozen*	1 ½	cups	3	cups	4 ½	cups	6	cups

BAKING METHOD – LET'S GET STARTED…

- Preheat oven to 175°C (350°F). Prepare a non-stick muffin pan or line with baking paper sheets or paper cups.
- Grind flaxseeds till fine, put in a small bowl and add filtered water. Stir well to combine and let sit until thick (flax egg).
- Put almonds in food processor/blender and process until almond meal. Put into a mixing bowl with baking powder.
- In the food processor/blender combine banana, coconut milk and flax egg. Process until smooth then, on a low speed, slowly add the dry mix to the wet mix and blend until smooth.
- Gently fold in the blueberries *(do not defrost)* then spoon mix into each individual muffin tin and bake for 45-minutes.
- Check muffins are cooked by inserting a skewer into the middle of the muffin, if it comes out clean... it's ready.
- If still wet inside, bake in 10-min increments until done.

NO-BAKE /DEHYDRATOR METHOD – LET'S GET STARTED…

- Prepare dehydrating sheets.
- Follow instructions above but DO NOT add baking powder and use *fresh* blueberries.
- Spoon approx. ¼ cup onto the sheet and dehydrate on 52°C (125°F) for 10hrs.

VARIATIONS (SERVES 1)

- *NUT REPLACE – Use Sunflower or Pumpkin Seeds instead of Almonds. Process until seed meal.*
- *BERRY REPLACE – Use Raspberries or Strawberries instead of Blueberries.*

STORAGE: Store in a cool, dark place in an airtight container lined with baking/parchment paper or paper towels. This helps to absorb the moisture. You can refrigerate muffins, but it can alter the texture and make them go stale quicker. You can freeze for up to 6-mths but individually wrap the muffins in baking/parchment paper and then put inside a freezer bag or container.

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APPLE NUT SANDWICH

gluten free | dairy free | nut free options | plant-based | raw

READY IN
5 mins

A quick breakfast, a yummy snack – no matter when you eat it – it's a great mix of protein, complex carbs and healthy fats

YOU'LL NEED…	1	2	3	4
Apple – Red or Green	1 whole	2 whole	3 whole	4 whole
Nut butter *any type except peanut*	2 tbsp	¼ cup	⅓ cup	½ cup

LET'S GET STARTED…

- Cut apple horizontally into thin slices and lay on a plate.
- Cover one piece with nut butter and then put another piece on top.
- Eat immediately as the apple will start to brown, even after an hour or two.

VARIATIONS (SERVES 1)

- *NUT FREE – Use Sunflower seed butter or Tahini (hulled), unhulled may be too bitter.*
- *CHOC CHIP – Add a sprinkle of Cacao nibs.*
- *OMEGA BOOST – Add a sprinkle of Omega 3 mix.*

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APPLE RASPBERRY CRUMBLE

gluten free 🚫 | dairy free | nut free options | plant-based

READY IN
45 mins

Think outside the box – a dessert can be breakfast and a breakfast can be a dessert

YOU'LL NEED…	1		2		3		4	
Walnuts *raw unsalted*	2	tbsp	¼	cup	⅓	cup	½	cup
Apples – Green *medium*	½	whole	1	whole	1 ½	whole	2	whole
Oats, wholemeal, rolled, wheat free, *organic*	¼	cup	½	cup	¾	cup	1	cup
Raspberries *frozen*	¼	cup	½	cup	¾	cup	1	cup
All spice powder	½	tsp	1	tsp	1 ½	tsp	2	tsp
Water, filtered	2	tbsp	¼	cup	⅓	cup	½	cup

LET'S GET STARTED…

- Preheat oven to 150°C (300°F). Line a baking dish with baking paper or use a non-stick dish.
- Roughly chop walnuts into small pieces, set aside.
- Peel apples, take out core and cut into small (1cm – 0.4") cubes and combine with oats, raspberries (do not defrost) and All spice powder, mix well.
- Pour in water and mix well to combine.
- Put mix into baking dish, then in the oven on the middle shelf.
- Bake for 20 mins, then take out and check – apples should be tender not soft.
- Let cool, then mix through chopped walnuts.
- Store in an airtight container in the fridge.
- Keeps for 5-7 days. Does not freeze well.
- *OPTIONAL: Heat before serving, for a warming breakfast and if desired, add a dollop of yoghurt and extra Raspberries.*

VARIATIONS (SERVES 1)

- *NUT FREE – Replace Walnuts with Sunflower seeds.*
- *LIME – Replace water with Lime juice.*

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APPLE SAUCE

gluten free | dairy free | nut free | plant-based

READY IN
15 mins

Just 3 ingredients – Quick and easy to make, and cheaper than store-bought. No preservatives, no emulsifiers, no sweeteners – just pure goodness

YOU'LL NEED…	300g *10.6 oz*		600g *21.2 oz*		900g *2lb*		1.2kg *2.6lb*	
Lemon	1	whole	2	whole	3	whole	4	whole
Apple – Green *medium size*	2	whole	4	whole	6	whole	8	whole
Water, filtered	¼	cup	½	cup	¾	cup	1	cup

LET'S GET STARTED…

- See Thermomix method below or use stovetop method...
- Juice lemon and pour juice into saucepan.
- Peel, core and roughly chop apples into small pieces and add to saucepan with water.
- Bring to boil, stirring continuously, then reduce to a simmer – *Add desired Variations here.*
- Put the lid on and simmer for 8-10 minutes, or until soft. Stir occasionally.
- If it starts to stick to the bottom of the saucepan, then add a little more water.
- Remove from heat and let cool.
- When completely cool, transfer to an air-tight glass jar and keep in fridge.
- Keeps for approx. 1 month in the fridge.
- Can spoon into ice-cube trays and freeze. Tip: Make sure you write down on a label how much each ice-cube tray holds.

THERMOMIX – LET'S GET STARTED…

- Put cored and roughly chopped apples, lemon juice and water into thermo bowl and cook 9 min/100C/speed 1.
- Puree 20sec/speed 5 or until it looks like you want it to.

VARIATIONS (SERVES 1)

- *WARMING CHAI – Add ½ tsp whole Cloves, a pinch of Cardamom powder and a pinch of All Spice.*
- *ZESTY – Add the Zest of the Lemon.*
- *CINNAMON – Add ½ tsp Cinnamon powder.*

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ASIAN GREENS STIR-FRY

gluten free | dairy free | nut free | plant-based

READY IN
20 mins

Enoki mushrooms, when cooked, look like noodles… and make an excellent noodle substitute. They are rich in B vitamins, iron, zinc, copper, potassium, phosphorus and selenium PLUS beta-glucan fibre that improve gut microbial diversity and have been shown to help reduce cholesterol. Combined with fibre rich greens, your biome needs are covered

YOU'LL NEED…	1		2		3		4	
GGC	1	tsp	2	tsp	3	tsp	1	tbsp
Baby corn spears *400g (14oz) or fresh*	½	can	1	can	1 ½	cans	2	cans
Bok Choy/Pak Choy *or other Asian green*	1	bunch	2	bunches	3	bunches	4	bunches
Snow peas	1	handful	2	handfuls	3	handfuls	4	handfuls
Onion – Brown	½	whole	1	whole	1 ½	whole	2	whole
Mushrooms, Enoki	80	g *2.8oz*	160	g *5.6oz*	240	g *8.4oz*	320	g *11oz*
Tamari *organic*	2	tsp	1	tbsp	6	tsp	2	tbsp
Water, filtered	1	tbsp	2	tbsp	3	tbsp	¼	cup

LET'S GET STARTED…

- Drain Baby corn spears and rinse, set aside.
- Cut off Bok Choy ends, separate leaves and wash well, set aside.
- Cut off snow pea ends and leave whole or cut into half or thirds.
- Finely chop onion into thin strips, set aside.
- Cut ends of Enoki and using your hands break it up into separate strands, set aside.
- Mix tamari with water in a jug, set aside. *Do not add any more Tamari than specified in recipe, do not add any salt.*
- Heat wok add GGC and sauté onions until translucent. Add a splash of water if it gets too dry.
- Add baby corn spears, bok choy, snow peas, enoki mushrooms and tamari/water mix and *any variations* – keep turning continuously for about 3-5 minutes or until tender. Add more water if it gets too dry.
- Serve immediately.
- Keeps in the fridge for 3-4 days.

VARIATIONS (SERVES 1)

- *GREEN CHANGE – Try with other Asian veggies such as Kai Lan, Choi Sum, Chinese Broccoli etc.*
- *RED SPLASH – Add ½ whole thinly sliced red Capsicum.*
- *SESAME SEEDS – Garnish with sesame seeds.*
- *NUTS – Dry roast ¼ cup raw unsalted Cashews and toss through at the end.*

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AVOCADO SMASH

gluten free | dairy free | nut free | plant-based

READY IN
10 mins

Packed with healthy monounsaturated and Omega fatty acids, Vitamin C & E, Folate and Fibre this delicious vegetable (technically a fruit) can be 'smashed' with any number of delicious variations

Pictured here with Dulse flakes sprinkled on top

YOU'LL NEED…	1		2		3		4	
The Ultimate Loaf	1	piece	2	pieces	3	pieces	4	pieces
Avocado *large*	½	whole	1	whole	1 ½	whole	2	whole
Pepper, Black cracked *optional*	a	pinch	¼	tsp	½	tsp	¾	tsp

LET'S GET STARTED…

- Toast the Ultimate loaf.
- Peel, de-pit avocado and put in a bowl with *optional* pepper and smash with a fork add *any* variation if you wish.
- Enjoy!

VARIATIONS (SERVES 1)

- *GREEN UP – Top Smashed Avocado with Rocket or Spinach leaves.*
- *MINT PEA – When mashing Avocado add ¼ cup Peas and ¼ handful of Mint with 2 tsp. Lemon juice.*
- *PESTO – When mashing Avocado add ¼ cup fresh cut Basil and a clove of crushed Garlic.*
- *SEEDY TOM – Add 1 tsp of Sunflower and Pumpkin seeds when mashing avocado then top with finely sliced Tomato.*
- *ZESTY LIME – Juice and zest a Lime and add when mashing.*
- *SESAME – Add 1 tsp. of Sesame seeds when mashing.*
- *DULSE – Sprinkle with Dulse flakes.*

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BANANA BUCKWHEAT GRANOLA

gluten free | dairy free | nut free options | plant-based

READY IN
40 mins

Buckwheat is NOT a wheat as the name implies, it's a SEED rich in Phytonutrients, Protein, Fibre, Manganese, Copper and Magnesium... a great start to any morning

One serving is between ¾ - 1 cup. 200g makes enough for about 2-3 breakfasts.

YOU'LL NEED…	200g *7 oz*		400g *14 oz*		600g *21oz*		800g *28 oz*	
Banana *unripe*	1	whole	2	whole	3	whole	4	whole
Pecans *raw unsalted*	½	cup	1	cup	1 ½	cups	2	cups
Flaxseeds, whole – Brown or Gold *organic*	2	tbsp	¼	cup	⅓	cup	½	cup
Buckinis *organic*	½	cup	1	cup	1 ½	cups	2	cups
Sunflower seeds	2	tbsp	¼	cup	⅓	cup	½	cup
Cinnamon powder	½	tsp	1	tsp	1 ½	tsp	2	tsp

LET'S GET STARTED…

- Preheat oven to 175°C (350°F) or use Dehydrating method *see below*.
- Line a large baking tray with baking paper or use a non-stick tray or dehydrator tray with teflex sheet.
- Peel banana and mash with a fork or potato masher, set aside. Don't use a food processor as it turns to mush.
- In a separate bowl, with your hands, gently crush pecans into smaller pieces or leave whole if you prefer.
- In a coffee grinder – mill flaxseeds until fine, add to bowl with pecans then add buckwheat (or Buckinis), sunflower seeds and cinnamon powder.
- Add mashed bananas to dry mix and mix well, use hands if needed.
- Spread the mix on the baking tray and bake for 15-minutes. Then take out of the oven and mix with a wooden spoon breaking the mix into smaller clumps, put back in the oven and bake for a further 15 minutes.
- Once finished, let cool completely and break up into chunky bits.
- Keep in an airtight jar in the fridge for up to a month. Can be frozen.
- Serve with your favourite non-dairy milk or coconut water and top with *optional* fresh fruit.

VARIATIONS (SERVES 1)

- *COCONUT – Add ¼ cup of shredded Coconut to dry mix.*
- *NUT BUTTER – Add 1 tbsp Nut butter when mixing wet & dry ingredients.*
- *CHOCOLATE – Add 1 tsp organic Cacao powder to dry mix.*
- *NUT FREE – Replace Pecans with Pumpkin seeds.*
- *CHAI – Add ¼ tsp each of Nutmeg and Cardamom powder to dry ingredients.*

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BANANA ICE-CREAM

gluten free | dairy free | nut free | plant-based | raw

READY IN
5 mins

A super delicious ANY time snack

YOU'LL NEED…	1	2	3	4
Banana, unripe *frozen*	1 whole	2 whole	3 whole	4 whole
Coconut cream	¼ cup	½ cup	¾ cup	1 cup

LET'S GET STARTED…

- Put banana and coconut cream *and any variation* in a food processor/blender and process until smooth – it takes a minute or so to go from crumbly to creamy. Stop blender and stir down sides if necessary.
- Serve immediately.
- Can be frozen, but goes rock hard, so you'll need to leave on the counter to soften a little first.

VARIATIONS (SERVES 1)

- *APPLE SPICE – Add ½ apple (red or green) and ¼ tsp of All spice.*
- *BLUEBERRY – Add ½ cup of frozen blueberries.*
- *CHERRY GARCIA – Add ½ cup frozen cherries.*
- *CHOCOLATE – Blend with 1 tsp. organic Cacao powder.*
- *CHOC CHIP – Blend with 1 tsp. organic Cacao powder, and at the very end add 2 tsp. of Cacao nibs.*
- *MINT CHOC CHIP – Blend with 1 tsp. organic Cacao powder, and at the very end add 2 tsp. of Cacao nibs and 4 drops of pure organic peppermint essential oil.*
- *CHOC STRAWBERY – Add ½ cup fresh or frozen strawberries and 1 tsp. organic Cacao powder.*
- *COFFEE – Add a shot of organic espresso coffee.*
- *KIWI – Add 1 kiwi fruit.*
- *MATCHA – Add ½ tsp of Matcha powder.*
- *RASPBERRY – Add 1 cup of frozen raspberries.*

NOTES:

- *Buy bananas when they are cheap, and still a little green, peel them and then put them in a sealed container in the freezer so you can make ice-cream anytime. Bananas that are still a little green are an excellent source of 'prebiotics' i.e. food for your beneficial gut flora.*
- *Store any unused coconut cream in ice cube trays in the freezer.*

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BANANA ‘N’ OATS RASPBERRY PUDDING

gluten free 🚫 | dairy free | nut free | plant-based

READY IN
25 mins

Five-minutes to assemble… Then put in oven, get ready for work… 20-mins later… eat a warm breakfast – Simple and delicious packed with βeta-glucans which have been reported to have anticancer, antidiabetic, anti-inflammatory and immune-modulating properties and have various health-promoting properties through gut microbiota regulation

YOU’LL NEED…	1		2		3		4	
Banana *unripe*	1	whole	2	whole	3	whole	4	whole
Oats, wholemeal, rolled, wheat free, *organic*	¼	cup	½	cup	¾	cup	1	cup
Chia seeds – Black, white or mix *organic*	1	tsp	2	tsp	3	tsp	1	tbsp
Coconut water	½	cup	1	cup	1 ½	cups	2	cups
Raspberries *frozen*	½	cup	1	cup	1 ½	cups	2	cups

LET’S GET STARTED…

- Preheat oven to 180°C (355°F). Line a baking dish or loaf tin with baking paper or use a non-stick dish.
- Peel banana and put in the bottom of the baking dish/tin and mash well.
- Sprinkle oats and chia seeds on top of banana, add coconut water, then mix with a spoon to combine.
- Top with frozen raspberries (do not defrost) and bake for 20 minutes.
- Let cool slightly and serve warm.
- Store leftovers in an airtight container in the fridge, can be reheated.
- Keeps in the fridge for 5-7 days. Does not freeze well.

VARIATIONS (SERVES 1)

- *NUTTY – Sprinkle Flaked or Slivered almonds on top when serving.*
- *CHAI – Add ¼ tsp each of Nutmeg and Cardamom powder.*
- *HONEY DRIZZLE – Drizzle raw unprocessed Honey on top when serving.*

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BANANA PASSION

gluten free | dairy free | nut free options | plant-based

READY IN
15 mins

Rich in antioxidants, phytonutrients, vitamins, minerals, soluble, insoluble and prebiotic fibre … plus Omega 3's and 6's

YOU'LL NEED…	1		2		3		4	
Banana *unripe*	1	whole	2	whole	3	whole	4	whole
Passion fruit	1	whole	2	whole	3	whole	4	whole
Sunflower seeds	1	tbsp	2	tbsp	3	tbsp	¼	cup
Almonds, flaked or slivered *raw unsalted*	1	tbsp	2	tbsp	3	tbsp	¼	cup

LET'S GET STARTED…

- Slice banana into bowl, top with passion fruit, sunflower seeds and almonds.
- Keeps in the fridge for a couple of days, but always best made fresh to retain the nutritional properties.

VARIATIONS (SERVES 1)

- *BLUEBERRY – Add some fresh Blueberries.*
- *COCONUT – Top with a dollop of organic Coconut yoghurt.*
- *NUT FREE – Omit almonds and use more Sunflower seeds.*

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BANANA PENNIES

gluten free | dairy free | nut free options | plant-based | raw

READY IN
5 mins

These little pennies are worth their weight in gold – satisfying, delicious and healthy

NOTE: For an on-the-go snack combine the nut butter and hemp seeds in a container and take the banana (unpeeled) with you. Then when you're ready, dip the peeled banana into the nut butter mix and enjoy!

YOU'LL NEED…	1		2		3		4	
Nut butter – Any type *except peanut*	2	tbsp	¼	cup	⅓	cup	½	cup
Banana, unripe	1	whole	2	whole	3	whole	4	whole
Hemp seeds *organic*	1	tbsp	2	tbsp	3	tbsp	¼	cup

LET'S GET STARTED…

- Peel the banana and slice into approx. 1cm (0.4") pieces.
- Put a dollop of nut butter on top of each piece.
- Sprinkle with hemp seeds and serve immediately.
- Doesn't refrigerate well as bananas will go brown.

VARIATIONS (SERVES 1)

- *CINNAMON – Sprinkle with Cinnamon powder.*
- *CHOC CHIP – Sprinkle with Cacao nibs.*
- *NUT FREE – Use Tahini or Seed butter instead of Nut butter.*
- *BERRY BLISS – Top each with a fresh Blueberry, Raspberry or Strawberry.*

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BASIL PESTO ZUCCHINI NOODLES

gluten free | dairy free | nut free | plant-based | raw

READY IN
20 mins

A super delicious dish that requires no cooking, just assembly.... Now that's quicker than takeaway!

YOU'LL NEED…	1		2		3		4	
Zucchini/Courgette	140	g *5oz*	280	g *10oz*	420	g *15oz*	560	g *20oz*
Garlic	1	clove	2	cloves	3	cloves	4	cloves
Lemon	½	whole	1	whole	1 ½	whole	2	whole
Pine nuts	½	cup	1	cup	1 ½	cups	2	cups
Basil *fresh, leaves and stems*	½	handful	1	handful	1 ½	handfuls	2	handfuls
Spinach leaves, baby	½	handful	1	handful	1 ½	handfuls	2	handfuls
Nutritional yeast/Savoury yeast flakes	1	tbsp	2	tbsp	3	tbsp	¼	cup
Tomatoes *cherry or grape*	8	whole	16	whole	24	whole	32	whole
Olive oil, extra virgin *organic, optional*	1	tsp	2	tsp	3	tsp	1	tbsp

LET'S GET STARTED…

- Spiralize Zucchini into noodles. Set aside.
- Mince/crush garlic and juice lemon. Add to blender/processor with pine nuts, fresh basil, spinach leaves and nutritional yeast. Process until pureed. Add more lemon juice or water if too thick.
  - COLD: Mix pesto through cold Zucchini noodles, then top with tomatoes either cut in half or quarters.
  - HOT: Over a high heat, in a frypan, with *optional* oil, add zucchini noodles keep tossing them over with tongs, for 2-3 minutes until slightly softened. Remove from heat and mix through pesto, then top with tomatoes either cut in half or quarters.
- Serve immediately.
- Keeps in the fridge for 3-5 days.

VARIATIONS (SERVES 1)

- *SUNFLOWER – Top with 1 tbsp. of Sunflower seeds.*
- *PEPPER – Sprinkle Black Pepper on top.*
- *DULSE – Sprinkle Dulse flakes on top.*

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BATATA SOBRAS

gluten free | dairy free | nut free | plant-based

READY IN
20 mins

Literally meaning… Sweet Potato leftovers. With authentic Mexican flavours I love making this salad when Sweet Potato is in season and I have leftovers. Mixed with a few fresh ingredients, pantry staples (beans and corn) you can easily whip up this delicious and nutritious salad that's packed with fibre, and protein… but most importantly, tastes amazing!

YOU'LL NEED…	1		2		3		4	
Sweet potato – Gold *cooked and cooled*	300	g *10.6oz*	600	g *21oz*	900	g *31oz*	1.2	kg *42oz*
Mexican bean mix *400g (14oz) organic*	½	can	1	can	1 ½	cans	2	cans
Corn kernels *400g (14oz)* no added salt*	½	can	1	can	1 ½	cans	2	cans
Onion – Red *small*	½	whole	1	whole	1 ½	whole	2	whole
Jalapeños	¼	cup	½	cup	¾	cup	1	cup
Tomatoes *cherry or grape*	5	whole	10	whole	15	whole	20	whole
Coriander/Cilantro *fresh*	½	handful	1	handful	1 ½	handfuls	2	handfuls
Red wine vinegar	1	tbsp	2	tbsp	3	tbsp	¼	cup
Olive oil, extra virgin *organic*	½	tsp	1	tsp	1 ½	tsp	2	tsp

LET'S GET STARTED…

- Using leftover, cooked and cooled (overnight) sweet potato, cut into cubes and put in salad bowl.
- Drain and rinse Mexican beans and corn kernels, set aside to keep draining.
- Finely cut onion, Jalapeños and coriander, add to salad.
- Quarter tomatoes, add to salad.
- Add drained beans/corn and mix well to combine.
- Mix red wine vinegar and olive oil and pour over salad just before serving.
- Keeps in the fridge for 3-5 days.

VARIATIONS (SERVES 1)

- *DRESSING SWAP – Squeeze fresh Lime over the top.*
- *GREENER – Add Cos/Romaine lettuce leaves.*
- *GUAC UP – Top with Guacamole.*
- *SEEDS – Mix through 1 tbsp of Pumpkin seeds.*

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BEET THIS SALAD

gluten free | dairy free | nut free | plant-based

READY IN
50 mins

You can't BEAT THIS super delicious and scrumptious nutritious salad.

YOU'LL NEED…	1		2		3		4	
Potato – Any type	100	g *3.5oz*	200	g *7oz*	300	g *10oz*	400	g *14oz*
Cauliflower	¼	whole	½	whole	¾	whole	1	whole
Beetroot/Beets *pre-cooked*	100	g *3.5oz*	200	g *7oz*	300	g *10oz*	400	g *14oz*
Silverbeet/Swiss chard	½	bunch	1	bunch	1 ½	bunches	2	bunches
Blueberries	100	g *3.5oz*	200	g *7oz*	300	g *10oz*	400	g *14oz*
Sunflower seeds	2	tbsp	¼	cup	⅓	cup	½	cup
Red wine vinegar	1	tbsp	2	tbsp	3	tbsp	¼	cup
Olive oil, extra virgin *organic*	2	tsp	1	tbsp	6	tsp	2	tbsp
Wholegrain mustard	1	tsp	2	tsp	3	tsp	1	tbsp

LET'S GET STARTED…

- Wash potatoes with a scrubbing brush to remove any dirt then roughly cut into bite-sized chunks. Place the potatoes in a large pot of cold water, ensuring the water is covering them by at least 2.5cm (1"). Over a medium-high heat bring the pot to the boil, then turn heat to low and let simmer for 10-12 minutes.
- Check to see if potatoes are cooked by inserting a fork into it. When done, drain off water and rinse under cold running water. Let drain, then put in fridge to cool while making salad. *TIP: To increase the resistant starch content let cool overnight.*
- Cut core out of cauliflower, and break into small pieces. Steam for 8-minutes, or until slightly tender. When done, put in fridge to cool.
- Cut pre-cooked beetroot into bite-sized pieces, set aside.
- Cut off silverbeet stems and then wash leaves. Cut into strips.
- Assemble salad by placing cold potato, cauliflower, beetroot, silverbeet and blueberries into a salad bowl and sprinkle with sunflower seeds.
- Mix red wine vinegar, olive oil and wholegrain mustard, then pour over salad.
- Keeps in fridge for 2-3 days. Doesn't freeze well.

VARIATIONS (SERVES 1)

- *SEED UP – Add Pumpkin seeds too.*
- *SILVERBEET SWAP – Use Cos/Romaine lettuce.*
- *CRUNCHY – Add crunchy sprouts.*
- *OIL FREE – Omit Olive oil.*
- *BEETROOT – Can be purchased from supermarkets pre-cooked and vacuum sealed. If you cannot find, then roast fresh raw peeled beetroot in the oven for 20-mins at 200°C (395°F).*

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BEET THIS SMOOTHIE

gluten free | dairy free | nut free | plant-based | raw

READY IN
10 mins

This smoothie packs a real nutritional punch. The rich purple-crimson colour of beetroots is from betacyanin; a phytonutrient beneficial in enhancing antioxidant activity in the body. Beets also contain one of the richest sources of glutamine, an amino acid, that acts as a building block in the body. Add to this the impressive list of vitamins and minerals and dietary fibre and it's hard to 'Beat This' delicious smoothie

YOU'LL NEED…	1		2		3		4	
Beetroot/Beets *raw fresh, small*	1	whole	2	whole	3	whole	4	whole
Apple – Green	1	whole	2	whole	3	whole	4	whole
Blueberries *frozen*	2	cups	4	cups	6	cups	8	cups
Coconut Yoghurt – Natural *organic*	2	tbsp	¼	cup	⅓	cup	½	cup
Coconut water	½	cup	1	cup	1 ½	cups	2	cups

LET'S GET STARTED…

- Peel beetroot and remove core from apple, add to blender with all other ingredients, blitz until smooth.
- Serve immediately.

VARIATIONS (SERVES 1)

- *SWEETER – Add 1 whole Kiwi fruit.*
- *ZINC BOOST – Add ¼ cup of Sunflower seeds.*
- *OMEGA BOOST – Add 1-2 tbsp of Omega 3 mix.*
- *COCONUT SWAP – Replace Coconut water with homemade Nut or Seed milk.*

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BIRCHER MUESLI

gluten free 🚫 | dairy free | nut free options | plant-based | raw

READY IN
10 mins
+ Overnight

A nutritious breakfast which can easily be whipped up the night before; to provide breakfast for a few days.

This recipe is a twist on the traditional Swiss recipe created over a 100 yrs. ago by Maximillian Bircher-Benner, a Swiss doctor, who served it to his patients as a part of a healing therapy. Being soaked overnight helps to improve the digestion and absorption of the nutrient-dense ingredients

1 serve is approx. ¾ cup

YOU'LL NEED…	1		2		3		4	
Apple – Green *small*	½	whole	1	whole	1 ½	whole	2	whole
Coconut water	½	whole	1	whole	1 ½	whole	½	whole
Oats, wholemeal, rolled, wheat free, *organic*	½	whole	1	whole	1 ½	whole	2	cups
Chia seeds – Black, white or mix *organic*	2	tsp	1	tbsp	6	tsp	2	tbsp
Almonds, flaked or slivered *raw unsalted*	1	tbsp	2	tbsp	3	tbsp	¼	cup

LET'S GET STARTED…

- Remove core of apple (not skin) and put in a food processor/blender with coconut water and blitz on high until it resembles a watery smoothie.
- Put oats, chia seeds and almonds into a large glass container/bowl (that has a lid) and mix well with a spoon. Add any 'mix in' variations here.
- Pour in apple coconut liquid and stir well to combine.
- Put in fridge and let soak overnight.
- Keeps in fridge for 5-7 days.
- Optional… serve with topping variations.
- *Can be heated and served warm.*

VARIATION MIX INS (SERVES 1)

- *CINNAMON – Add ½ tsp Cinnamon powder to dry ingredients.*
- *SEED UP – Add 1 tbsp of Sunflower and Pumpkin seeds.*
- *COCONUT FREE – Replace Coconut water with plain filtered water.*
- *MACADAMIA – Replace Almonds with Macadamias.*
- *CHAI – Add a pinch each of Nutmeg and Cardamom powder to dry ingredients.*
- *NUT MILK – Replace Coconut water with homemade nut milk.*
- *ZESTY – Zest 1 Orange peel into dry mix. Use the inside of the Orange the next day to top when serving.*
- *NUT FREE – Omit Almonds and replace with Sunflower seeds.*

VARIATION TOPPINGS (SERVES 1)

- *BERRY – Top with fresh Blueberries, Raspberries and Strawberries when serving.*
- *COCONUTTY – Top with a dollop of organic Coconut Yoghurt.*

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BLACK BEAN QUINOA W CUMIN DRESSING

gluten free | dairy free | nut free | plant-based

READY IN
25 mins

One of my all-time favourite salads, it's super delicious and super nutritious… Quinoa is a nutritional powerhouse, a complete protein with all nine essential amino acids, packed with fibre. Add to this iron rich black beans… just 1 cup of this salad will provide over a third of your daily protein, fibre and iron requirements

YOU'LL NEED…	1		2		3		4	
Lime	1	whole	2	whole	3	whole	4	whole
Olive oil, extra virgin *organic, optional*	1	tsp	2	tsp	3	tsp	1	tbsp
Apple cider vinegar *organic w mother*	1	tsp	2	tsp	3	tsp	1	tbsp
Cumin powder	¼	tsp	½	tsp	¾	tsp	1	tsp
Black beans *400g (14oz) organic*	½	can	1	can	1 ½	cans	2	cans
Quinoa – White *organic*	¼	cup	½	cup	¾	cup	1	cup
Tomato – Any type	½	whole	1	whole	1 ½	whole	2	whole
Spring (green) onions	2	sprigs	4	sprigs	6	sprigs	8	sprigs
Coriander/Cilantro	½	handful	1	handful	1 ½	handfuls	2	handfuls
Corn kernels *400g (14oz) no added salt*	½	can	1	can	1 ½	cans	2	cans

LET'S GET STARTED…

- Zest and juice lime add to a jar with olive oil, apple cider vinegar and cumin powder. Mix well, set aside.
- Cook Black beans *if using dried*. If using canned, drain and rinse well, set aside.
- Cook quinoa –1:2 ratio (quinoa:water) in a saucepan. Bring to a boil then reduce heat to low and simmer until most of the liquid has been absorbed. Approx.15 mins. Add more water if needed. When done, put in fridge to cool.
- While quinoa is cooking… finely dice tomato, spring onions and coriander and put in a large salad bowl.
- Drain and rinse corn, add to salad. If using fresh, cut straight off the cob.
- Add cooled quinoa and beans.
- Pour over dressing, serve immediately.
- Keeps in fridge for 3-4 days.

VARIATIONS (SERVES 1)

- *SPROUTS – Add ½ handful of Sunflower, Broccoli or Alfalfa sprouts.*
- *PARSLEY – Add ½ handful of chopped Parsley.*
- *CUCUMBER – Add ¼ small, diced Cucumber.*
- *ORANGE BURST – Add 1 small orange Capsicum/Bell pepper.*
- *MULTI COLOURED – Use a mix of red, black and white organic Quinoa.*

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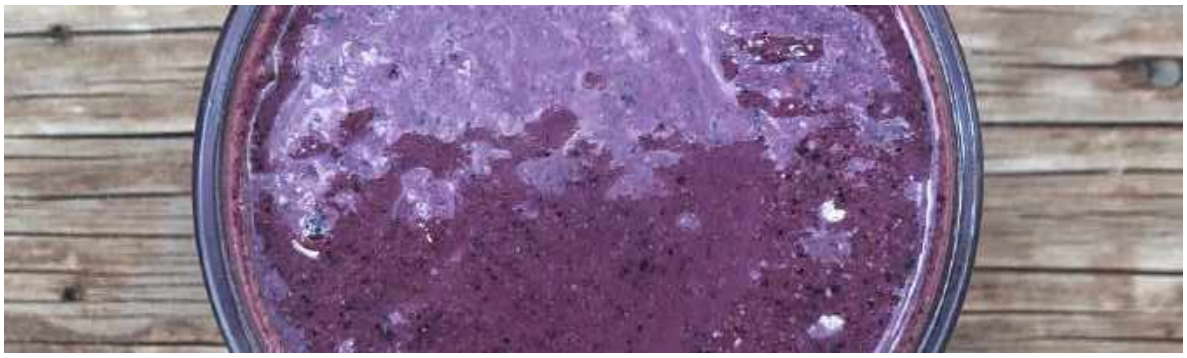
BLUEBERRY BLISS SMOOTHIE

gluten free | dairy free | nut free | plant-based | raw

READY IN
10 mins

Let the powerful antioxidants in Blueberries come to the rescue as they neutralize free radicals and help to prevent cell damage... Along with fibre and Omega rich Chia and Flax seeds -- your taste buds and body are in for a treat



YOU'LL NEED…	1		2		3		4	
Blueberries *frozen*	1	cup	2	cups	3	cups	4	cups
Banana, unripe *frozen*	1	whole	2	whole	3	whole	4	whole
Coconut water	1	cup	2	cups	3	cups	4	cups
Coconut Yoghurt – Natural *organic*	2	tbsp	¼	cup	⅓	cup	½	cup
Omega 3 mix	1	tbsp	2	tbsp	3	tbsp	¼	cup

LET'S GET STARTED…

- Add all ingredients to blender, blitz until smooth.
- Serve immediately.

VARIATIONS (SERVES 1)

- *CREAMIER – Halve the Coconut water and add in Coconut milk.*
- *COCONUT SWAP – Replace Coconut water with homemade Nut or Seed milk.*

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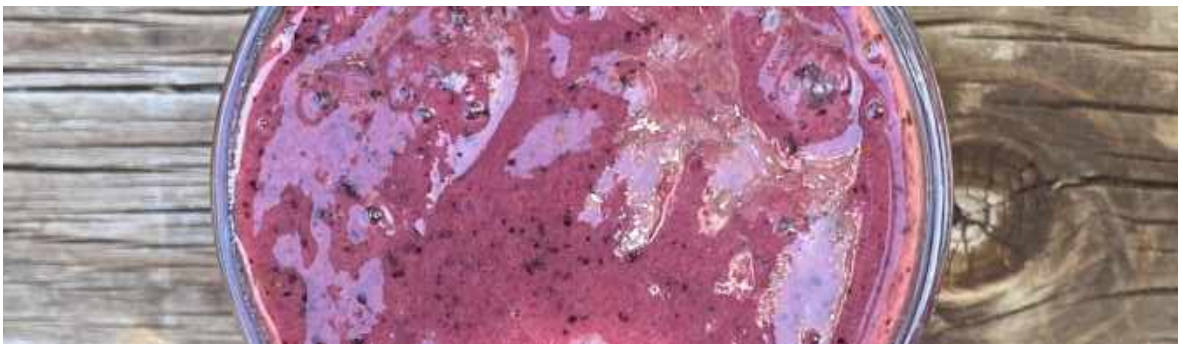
BLUE PASSION SMOOTHIE

gluten free | dairy free | nut free | plant-based | raw

READY IN
10 mins

Did you know that blueberries can drive positive changes in your in gut microbiota? You bet!! Blueberries are an excellent source of fermentable fibre and are high in anthocyanins, a type of flavonoid with antioxidant effects, and an excellent fuel source for your beneficial gut flora. Add to that… their antimicrobial and antiadhesion properties against pathogenic bacteria… and you've got a winning breakfast (or snack or dinner)!



YOU'LL NEED…	1		2		3		4	
Apple – Green *small*	1	whole	2	whole	3	whole	4	whole
Blueberries *frozen*	1	cup	2	cups	3	cups	4	cups
Passion fruit *fresh or frozen*	2	tbsp	¼	cup	⅓	cup	½	cup
Banana, unripe *frozen*	1	whole	2	whole	3	whole	4	whole
Coconut water	1	cup	2	cups	3	cups	4	cups
Omega 3 mix	1	tbsp	2	tbsp	3	tbsp	¼	cup

LET'S GET STARTED…

- Remove core from apple, then add all ingredients to blender, blitz until smooth.
- Serve immediately.

VARIATIONS (SERVES 1)

- *COCONUT SWAP – Replace Coconut water with homemade Nut or Seed milk.*

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BOOST SMOOTHIE

gluten free | dairy free | nut free options | plant-based | raw

READY IN
10 mins

Support Liver Detoxification and get a boost of protein, fibre and energy with this delicious tangy smoothie... Beetroot is high in Betacyanin and Pectin which help to support the liver remove toxins and Green Apples are high in Malic acid which improves digestion and aids detoxification

YOU'LL NEED…	1		2		3		4	
Lime	1	whole	2	whole	3	whole	4	whole
Beetroot/Beet, raw *small*	1	whole	2	whole	3	whole	4	whole
Apple – Green	1	whole	2	whole	3	whole	4	whole
Coconut water	1	cup	2	cups	3	cups	4	cups
Parsley *fresh*	½	handful	1	handfuls	1 ½	handfuls	2	handfuls
Omega 3 mix	1	tbsp	2	tbsp	3	tbsp	¼	cup
Hemp seeds *organic*	1	tbsp	2	tbsp	3	tbsp	¼	cup

LET'S GET STARTED…

- Remove peel from lime and beetroot*, add whole to blender.
- Remove core from apple, add to blender.
- Add all other ingredients to blender and blitz until smooth.
- Pour into a glass and serve.

VARIATIONS (SERVES 1)

- *THICKER – Add 1 frozen Banana.*
- *THINNER – Add more Coconut water.*
- *COCONUT SWAP – Replace Coconut water with homemade Nut or Seed milk.*

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BREAKFAST AT TIFF'S

gluten free 🚫 | dairy free | nut free options | plant-based

READY IN
30 mins

With a newborn baby and a 3-yr old in tow… our friend, Tiff, needed something that was quick, nutritious and delicious… so I came up with this recipe for her. Her verdict after eating…*"Lifted my spirits and an excellent day shift fuel"*… I'm happy with that!

One serving is between ¾ - 1 cup. 200g makes enough for about 2-3 breakfasts.

YOU'LL NEED…	200g *7oz*		400g *14oz*		600g *21oz*		800g *28oz*	
Orange	1	whole	2	whole	3	whole	4	whole
Vanilla bean paste	¼	tsp	½	tsp	¾	tsp	1	tsp
Maple syrup	1	tbsp	2	tbsp	3	tbsp	¼	cup
Water, filtered	1	tbsp	2	tbsp	3	tbsp	¼	cup
Buckinis *organic*	½	cup	1	cup	1 ½	cups	2	cups
Oats, wholemeal, rolled, wheat free, *organic*	½	cup	1	cup	1 ½	cups	2	cups
Almonds, flaked or slivered *raw unsalted*	½	cup	1	cup	1 ½	cups	2	cups
Coconut flakes/chips or shredded	½	cup	1	cup	1 ½	cups	2	cups
Cinnamon powder	½	tsp	1	tsp	1 ½	tsp	2	tsp
Blueberries *dried*	¼	cup	½	cup	¾	cup	1	cup

LET'S GET STARTED…

- Preheat oven to 180°C (355°F). Line a baking tray with baking paper or use a non-stick tray.
- Zest orange, set aside. Juice orange then combine with vanilla, water, maple and zest, stir well to combine. Set aside.
- Combine Buckinis, oats, almonds, coconut flakes and cinnamon, stir well to combine.
- Pour wet mix over dry mix well and use your hands or a spatula to mix through.
- Spread out onto baking tray in a thin-layer and bake for 15-minutes, checking and stirring regularly. If it is browning more in one area, just mix with a spoon. If still 'raw' looking, then bake in 5-min increments until toasted all over.
- Let cool, then add dried blueberries, mix well to combine.
- Store in an air-tight container in your pantry.
- Keeps for 1-2 months in an airtight container, longer if kept in fridge.

VARIATIONS (SERVES 1)

- *NUT FREE – Replace Almonds with Sunflower seeds.*

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BRILLIANT BIOME BOOSTERS

gluten free | dairy free | nut free | plant based

READY IN
40 mins

To build a diverse Gut Microbiome, that builds a robust Immune System, you need to consume a variety of fibre in addition to an array of macro and micronutrients... This delicious mix provides ALL of that

YOU'LL NEED…	4		8		12		16	
Lentils – Red split	½	cup	1	cup	1 ½	cups	2	cups
Peas – Green *frozen*	½	cup	1	cup	1 ½	cups	2	cups
Rice, Basmati – White *organic*	100	g *3.5oz*	200	g *7oz*	300	g *10.6oz*	400	g *14oz*
Sweet Potato – Gold	300	g *10.6oz*	600	g 1.*3lb*	900	g *2lb*	1.2	kg *2.6lb*
Onion – Brown *small*	1	whole	2	whole	3	whole	4	whole
Garlic	2	cloves	4	cloves	6	cloves	8	cloves
Zucchini/Courgette	350	g *12oz*	700	g *1.5lb*	1.05	kg *2.3lb*	1.4	kg *3lb*
Cauliflower *medium*	¼	whole	½	whole	¾	whole	1	whole
Apple – Green	1	whole	2	whole	3	whole	4	whole
Carrot	80	g *2.8oz*	160	g *5.6oz*	240	g *8.4oz*	320	g *11oz*
Olive oil, extra virgin *organic*	¼	tsp	½	tsp	¾	tsp	1	tsp
Sunflower seeds	2	tbsp	¼	cup	⅓	cup	½	cup
Pumpkin seeds	2	tbsp	¼	cup	⅓	cup	½	cup
Turmeric powder *organic*	¼	tsp	½	tsp	¾	tsp	1	tsp
Cumin powder	¼	tsp	½	tsp	¾	tsp	1	tsp

LET'S GET STARTED…

- Soak lentils in warm water while prepping veggies.
- Take peas out of freezer and let defrost naturally, set aside.
- Cook rice now, then once done, rinse well with cold water and put in fridge.
- Preheat oven to 200°C (395°F). Line a baking tray with baking paper or use a non-stick tray.
- Peel sweet potato, onion and garlic and cut into rough medium sized chunks along with zucchini, cauliflower, apple and carrot and place in baking tray.
- Pour olive oil into the palm of your hand and rub over veggies. Roast for 20 minutes until tender, not soft.
- While vegetables are roasting, drain and rinse lentils well. Then add to a saucepan with water and bring to a boil then turn down to a simmer for approx. 8-10 mins or until tender. Ratio... Lentils:Water (1:2).
- While vegetables are roasting, put sunflower and pumpkin seeds into blender and pulse until broken down into smaller pieces, set aside.
- When vegetables are done and lentils are cooked(and drained) transfer to food processor/blender add cooked rice, defrosted peas, cumin and turmeric powder and blend into a semi-chunky mix.
- Taking a ½ cup at a time, using hands shape into patties and then roll in seed mix.
- Freeze, or if using straight away, place in non-stick frypan and fry either side until browned.
- The mix will keep in the fridge for 5-7 days. Freezes well.

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BROCCOLI TOTS

gluten free | dairy free | nut free | plant-based

READY IN
45 mins

Served hot or cold, these little tots are super delicious -- Packed with dietary fibre, minerals, antioxidants with 1 cup yielding 150% of your Vitamin C requirements … Now that's better than a Vitamin C tablet

YOU'LL NEED…	12		24		36		48	
Hummus	2	tbsp	¼	cup	⅓	cup	½	cup
Broccoli	250	g *8.8oz*	500	g *17oz*	750	g *26oz*	1	kg *34oz*
Flaxseeds, whole – Brown or Gold *organic*	2	tsp	1	tbsp	6	tsp	2	tbsp
Water, filtered	1	tbsp	2	tbsp	3	tbsp	¼	cup
Nutritional yeast/Savoury yeast flakes	2	tbsp	¼	cup	⅓	cup	½	cup
Chickpea/Garbanzo flour *organic*	2	tsp	1	tbsp	6	tsp	2	tbsp
Garlic powder	¼	tsp	½	tsp	¾	tsp	1	tsp
Miso paste – White *organic*	½	tsp	1	tsp	1 ½	tsp	2	tsp

LET'S GET STARTED…

- Preheat oven to 200°C (395°F). Line a baking tray with baking paper or use a non-stick tray.
- Separate broccoli florets from head and steam for no more than 5 minutes. Put in fridge to cool.
- Grind flaxseeds till fine, put in a small bowl and add water. Stir well to combine and let sit until thick (flax egg).
- Once broccoli is cool, put in blender/food processor and pulse until fine, like rice granules, it will be mushy rice-like, which is fine.
- Transfer to a bowl and add flax egg, hummus, nutritional yeast, chickpea flour, garlic powder and miso paste. Mix well until dough like.
- Take out a heaped teaspoonful at a time, make roughly shaped balls and place on baking tray.
- Bake for 15-mins, flip over with a spatula, and bake for a further 15-mins. They should be crispy all over.
- Let cool slightly, they will harden further, then serve warm.
- Seal in an airtight container in the fridge for up to a week. These freeze well.
- To reheat, put in the oven for 10-mins on 175°C (350°F)

VARIATIONS (SERVES 1)

- *CAULI TOTS – Replace Broccoli with Cauliflower.*
- *SPICY – Add ¼ tsp Red Chilli Flakes.*

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BUCKWHEAT TABOULI

gluten free | dairy free | nut free | plant-based | raw

READY IN
5-mins day before
+ 25 mins

This super yummy version of Tabouli will give your body a super boost of nutrients

- Buckwheat is a SEED not a grain, not wheat. Rich in Phytonutrients, Protein, Fibre, Copper, Manganese and Magnesium
- Parsley, high in protein, is packed with Vitamin A and C, balances blood sugar levels & reduces water retention
- Mint is a great antioxidant and helps curb cravings
- Tomatoes are high in antioxidants, Vitamins C and E and beta-carotene

YOU'LL NEED…	1		2		3		4	
Buckwheat groats, raw	¼	cup	½	cup	¾	cup	1	cup
Lemon	¼	whole	½	whole	¾	whole	1	whole
Tomato – Any type	1	whole	2	whole	3	whole	4	whole
Onion – Red *small*	¼	whole	½	whole	¾	whole	1	whole
Parsley – Flat leaf or curly	1	handful	2	handfuls	3	handfuls	4	handfuls
Mint	1	handful	2	handfuls	3	handfuls	4	handfuls
Pepper, Black cracked *optional*	¼	tsp	½	tsp	¾	tsp	1	tsp

LET'S GET STARTED…

- Day before: Soak buckwheat groats in warm-hot water.
- On the day… Drain and rinse buckwheat groats. At first, they will be slimy but keep rinsing until water runs clear and they're not slimy.
- Put into a clean tea towel and pat to remove excess water then put in a saucepan and pan-fry (no oil) over a low heat until they start to brown. Remove, and allow to cool while preparing salad.
- Juice lemon and set aside.
- Finely chop tomato, onion, parsley and mint and add to a salad bowl.
- Pour lemon juice over salad, and crack pepper over the top – Gently massage salad with your hands.
- Serve immediately.
- Keeps in fridge 3-5 days.

VARIATIONS (SERVES 1)

- *LETTUCE WRAP – Serve inside a Lettuce leaf.*
- *LIME – Replace Lemon with Lime.*
- *CUCUMBER – Add 1 cup finely diced Cucumber.*
- *ONION SWAP – Use Spring Green Onions instead.*

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CAN DO TOMATO SOUP

gluten free | dairy free | nut free | plant-based

READY IN
20 mins

Gosh I LOVE the canned Tomato soup, but I know many are laden with sugar, oil, salt, acidity regulators and emulsifiers which are detrimental to beneficial gut flora. Determined to find a solution… I got in the kitchen and with a 'can-do' approach started to experiment with my pantry staples… the result is a delicious tomato soup that tastes amazing without the additives!

YOU'LL NEED…	1		2		3		4	
Vegetable stock liquid	1	cup	2	cups	3	cups	4	cups
Tomato paste *organic*	62	g *2oz*	125	g *4.4oz*	185	g *6.5oz*	250	g *8.8oz*
Onion – Red *medium*	½	whole	1	whole	1 ½	whole	2	whole
Olive oil, extra virgin *organic, optional*	¼	tsp	¼	tsp	½	tsp	½	tsp
Garlic powder	½	tsp	1	tsp	1 ½	tsp	2	tsp
Paprika powder	½	tsp	1	tsp	1 ½	tsp	2	tsp
Coconut milk *400g (14oz)*	¼	can	½	can	¾	can	1	can
Tomatoes, diced *400g (14oz) organic*	½	can	1	can	1 ½	cans	2	cans

LET'S GET STARTED…

- Make the vegetable stock liquid quantity required, using your Veggie Stock Concentrate, then add in tomato paste, stir well. Set aside.
- Peel and finely chop onion, using *optional* olive oil, or a splash of water, in a pot over medium-high heat, sauté with garlic and paprika powders, until onion softens. Add a splash of water if it gets too dry.
- Add coconut milk, vegetable stock liquid and canned tomato. Rinse tomato can with a little water and add to pot. Stir well.
- Bring to a boil, then turn down heat and simmer for 10-minutes.
- Puree with a stick blender or food processor. *Take extreme care when blending hot foods.*
- Serve immediately.
- Keeps in fridge for up to 1 week. Freezes well.

VARIATIONS (SERVES 1)

- *SWEETER – Add 1 small finely diced Capsicum/Bell pepper when sautéing Onion.*
- *SPICY – Add ½ finely diced red fresh Chilli when sautéing Onion.*
- *CREAMIER – Use Coconut cream.*

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CAULI CHICKPEA MADRAS

gluten free | dairy free | nut free | plant-based

READY IN
30 mins

A healthy and hearty mild Indian curry… Delicious, super nutritious AND so quick to make!

YOU'LL NEED…	1		2		3		4	
Vegetable stock liquid	½	cup	1	cup	1 ½	cups	2	cups
Cauliflower *medium*	¼	whole	½	whole	¾	whole	1	whole
Cloves, whole	2	whole	4	whole	6	whole	8	whole
Cardamom pods	2	whole	4	whole	6	whole	8	whole
Chickpeas/Garbanzo *400g (14oz) organic*	½	can	1	can	1 ½	cans	2	cans
Onion – Red *small*	1	whole	2	whole	3	whole	4	whole
Coriander/Cilantro *fresh*	1	handful	2	handfuls	3	handfuls	4	handfuls
GGC	1	tsp	2	tsp	3	tsp	1	tbsp
Coconut oil *organic, optional*	¼	tsp	½	tsp	¾	tsp	1	tsp
Cumin powder	½	tsp	1	tsp	1 ½	tsp	2	tsp
Garam Masala powder	½	tsp	1	tsp	1 ½	tsp	2	tsp
Turmeric powder	¼	tsp	½	tsp	¾	tsp	1	tsp
Pepper, black cracked	a	pinch	¼	tsp	½	tsp	½	tsp
Tomatoes, diced *400g (14oz) organic*	½	can	1	can	1 ½	cans	2	cans

LET'S GET STARTED…

- Make the vegetable stock liquid quantity required, using your Veggie Stock Concentrate. Set aside.
- Remove core from cauliflower, roughly chop into small pieces and steam until slightly tender. About 5-minutes.
- With a mortar & pestle crush cloves and cardamom pods, set aside.
- Drain and rinse chickpeas, set aside.
- Finely chop red onion and coriander, set aside.
- In a pot over medium-high heat, add *optional* coconut oil, or a splash of water, with GGC, onion, coriander, clove, cardamom, cumin, garam masala, turmeric plus pepper and sauté until onion is translucent. Add a splash of water if gets too dry.
- Add the vegetable stock liquid and canned tomato. Rinse tomato can with a little water and add to pot.
- Bring to a boil, then turn down heat and simmer for 15-minutes.
- Add steamed cauliflower and chickpeas to heat through, around 5-minutes.
- Serve as a hearty stew.
- Keeps in fridge for 3-5 days. Freezes well.

VARIATIONS (SERVES 1)

- *RED ONION SWAP – Use Spring (green) onions instead. 3-4 sprigs = 1 small onion.*

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CAULI ‘N’ CAPER SALAD W LEMON DRIZZLE

gluten free | dairy free | nut free | plant-based

READY IN
30 mins

Capers are unripened flower buds from the Capparis spinose/inermis plant, native to the Mediterranean area. They give this meal a beautiful salty, lemony and olive like flavour while loading it with antioxidants

YOU’LL NEED…	1		2		3		4	
Cauliflower *small*	¼	whole	½	whole	¾	whole	1	whole
Green string beans	5	whole	10	whole	15	whole	20	whole
Onion – Red *small*	¼	whole	½	whole	¾	whole	1	whole
Capers *in vinegar or brine*	3	tbsp	⅓	cup	½	cup	¾	cup
Lemon *large*	½	whole	1	whole	1 ½	whole	2	whole
Olive oil, extra virgin *organic, optional*	¼	tsp	½	tsp	¾	tsp	1	tsp
Pepper, Black cracked	a	pinch	¼	tsp	¼	tsp	½	tsp

LET’S GET STARTED…

- Finely chop cauliflower into small pieces and green beans into 2cm lengths and steam for approx. 5-8 minutes or until slightly tender. Put in fridge to cool.
- Finely dice onion, add to salad bowl along with the capers.
- Juice lemon and combine with *optional* olive oil and pepper in a jar. Shake well.
- Add cooled cauliflower and beans to bowl and pour over dressing, or plain lemon juice.
- Keeps in fridge for 1 week.

VARIATIONS (SERVES 1)

- *LEAFY – Add a handful of baby Spinach leaves or other leafy green like Rocket leaves.*
- *NUTTY – Add ½ cup flaked Almonds.*
- *SEED UP – Sprinkle Sunflower and/or Pumpkin seeds on top.*
- *GREEN UP – Add 2 steamed Asparagus spears.*
- *ONION SWAP – Use Spring (green) onions instead. 3-4 sprigs = 1 small onion.*

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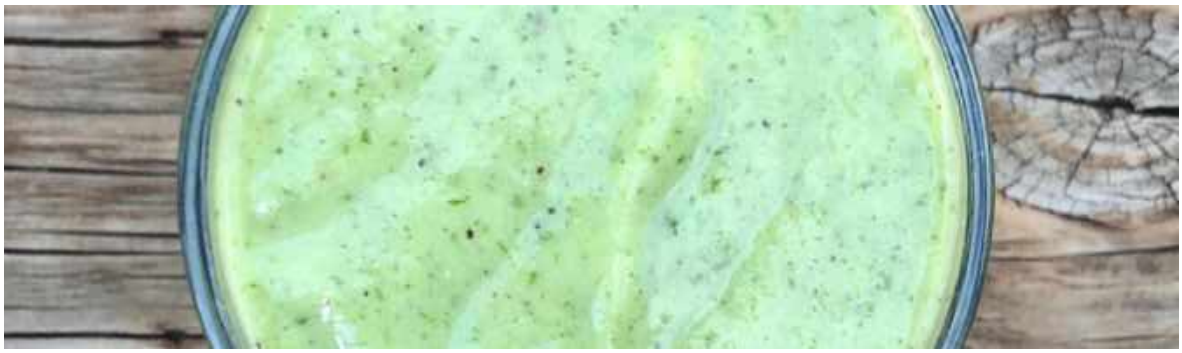
CELERY ENERGY SMOOTHIE

gluten free | dairy free | nut free | plant-based | raw

READY IN
10 mins

Forget about celery juicing which is devoid of fibre and can leave you 'ravenous' soon after... instead, get SUPERIOR health benefits and an ENERGY BOOST with this celery smoothie packed with soluble fibre which slows glucose absorption in the intestinal tract by trapping carbohydrates; giving you energy for hours. Celery has powerful anti-inflammatory benefits and is an excellent source of Vitamin K and Molybdenum. To top it off it contains powerful antioxidants and phytonutrients that help protect you against oxidative damage to your cells keeping your body in tip top shape



YOU'LL NEED…	1		2		3		4	
Kiwi fruit – Green	2	whole	4	whole	6	whole	8	whole
Celery – 1 stick = approx. 20cm (7") long	3	sticks	6	sticks	9	sticks	12	sticks
Mint leaves *fresh*	1	handful	2	handfuls	3	handfuls	4	handfuls
Banana, unripe *frozen*	1	whole	2	whole	3	whole	4	whole
Coconut water	1	cup	2	cups	3	cups	4	cups
Omega 3 mix	1	tbsp	2	tbsp	3	tbsp	¼	cup

LET'S GET STARTED…

- Peel kiwi and add to blender with all other ingredients and blitz until smooth.
- Serve immediately.

VARIATIONS (SERVES 1)

- *ZINGY – Add ½ pink, red or white Grapefruit.*
- *COCONUT SWAP – Replace Coconut water with homemade Nut or Seed milk.*

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CHAI TEA

gluten free | dairy free | nut free | plant-based | raw

READY IN
10 mins

Rooibos contains no caffeine and only about 1% Tannin … when combined with this aromatic blend of spices… just one cup is like a mini retreat for your body and soul 🙏 Namaste

YOU'LL NEED…	50g *1.75oz*		100g *3.5oz*		150g *5.2oz*		200g *7oz*	
Star Anise, whole	2	tbsp	¼	cup	⅓	cup	½	cup
Cinnamon sticks or chips *(or powder*)*	1	stick	2	sticks	3	sticks	4	sticks
Rooibos tea *organic*	2	tbsp	¼	cup	⅓	cup	½	cup
Cardamom pods	2	tbsp	¼	cup	⅓	cup	½	cup
Cloves, whole	1	tbsp	2	tbsp	3	tbsp	¼	cup
Ginger root, dried *organic*	2	tsp	1	tbsp	6	tsp	2	tbsp

LET'S GET STARTED…

- By hand, crumble star-anise and cinnamon sticks and put in a bowl. Alternatively use a blender and pulse to break up.
- Add all other ingredients, mix well.
- Spoon into an air-tight jar and store in a cool dry dark place.
- Keeps for as long as the expiry date on the ingredients you have used.

CHAI TEA

- Boil kettle with fresh water.
- Put 2 tsp. of Chai tea in a teapot for 2.
- Pour in boiled water.
- Use a mesh strainer to strain tea when pouring into your cup.
- Serve black or with your favourite non-dairy milk.

CHAI LATTE

- Pour 1 cup of your favourite plant-based milk into a saucepan.
- Add 1 tbsp. of Chai tea.
- Over a medium-high heat keep stirring until it starts to boil then turn off heat. Alternatively, use a mini whisk to heat or your cappuccino machine to froth up.
- Use a mesh strainer to strain tea when pouring into your cup.

VARIATIONS (SERVES 1)

- *CINNAMON – Sticks are much better but if you absolutely cannot find then… 1tsp powder = 1 Cinnamon stick. If using Cinnamon chips then 2 tbsp chips = 1 Cinnamon stick.*
- *SWEETER – Stir through 1tsp of raw unprocessed Honey when serving.*

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CHICKPEA 'N' CAULI MASALA

gluten free | dairy free | nut free | plant-based

READY IN
45 mins

Give your Gut Microbiota a delicious feed with Cauliflower – but be advised – for most individuals eating Cauliflower results in some mild post meal bloating and flatulence! This is considered in the normal acceptable range and will pass. For those with poorer gut health, digestive symptoms can be less mild and last longer. You see, Cauliflower with its Polyols (namely Mannitol, which is a naturally occurring sugar) travels through your digestive tract, with two-thirds passing through to your large intestines undigested and brings water into the bowels. Your beneficial bacteria LOVE it, and the more you feed your beneficial bacteria, bit by bit, with meals such as this… they will function better and so will YOU!

YOU'LL NEED…	1		2		3		4	
Rice, Basmati – White *organic*	50	g *1.8oz*	100	g *3.5oz*	150	g *5.3oz*	200	g *7oz*
Vegetable stock liquid	1 ½	cups	3	cups	4 ½	cups	6	cups
Cauliflower	¼	whole	½	whole	¾	whole	1	whole
Chickpeas/Garbanzo *400g (14oz) organic*	½	can	1	can	1 ½	cans	2	cans
GGC	2	tsp	1	tbsp	6	tsp	2	tbsp
Onion – Red *large*	¼	whole	½	whole	¾	whole	1	whole
Chilli pepper – Green approx. 10cm (4") long	½	whole	1	whole	1 ½	whole	2	whole
Coriander/Cilantro *fresh*	½	handful	1	handful	1 ½	handfuls	2	handfuls
Garam Masala powder	½	tsp	1	tsp	1 ½	tsp	2	tsp
Cumin powder	½	tsp	1	tsp	1 ½	tsp	2	tsp
Turmeric powder	½	tsp	1	tsp	1 ½	tsp	2	tsp
Pepper, black cracked	¼	tsp	½	tsp	¾	tsp	1	tsp
Olive oil, extra virgin *organic, optional*	¼	tsp	½	tsp	¾	tsp	1	tsp
Tomatoes, diced *400g (14oz) organic*	½	can	1	can	1 ½	cans	2	cans

LET'S GET STARTED…

- Cook rice and once done, rinse under cold water in a sieve and put in fridge until ready to serve.
- Make the vegetable stock liquid quantity required, using your Veggie Stock Concentrate. Set aside.
- Cut core out of cauliflower and cut into small florets. Steam for 8-10 minutes, or until slightly tender.
- Drain chickpeas and rinse, set aside.
- Put GGC in blender/food processor with green chilli, onion, fresh coriander, garam masala, cumin, turmeric and pepper, and pulse until it's a thick chunky paste.
- Use *optional* olive oil, or a splash of water, in a pot over medium-high heat, sauté the chunky paste and keep stirring until fragrant – about 2-3 minutes. Add some water if it gets too dry.
- Add canned tomatoes and vegetable stock liquid. Turn down heat and simmer for 10-minutes.
- Prior to serving add steamed cauliflower and drained chickpeas and heat through for 5-minutes.
- Serve on rice.
- Keeps in the fridge for 3-5 days. Freezes well.

VARIATIONS (SERVES 1)

- *RICE OMIT – Tastes great on its own as a stew.*

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CHILLI CON QUESO

gluten free | dairy free | plant-based

READY IN
20 mins

A fresh homemade dairy-free Queso that's rich, creamy, spicy hot and.... seriously addictive. When invited to parties I take a bowl of this dip, with a side of raw veggies and organic corn chips to share… and it is a HUGE hit. Just a tip though… Because most people presume (as they would) that it is made with cheese, I make a little sign to put on the dip, listing the ingredients – this way they know it is non-dairy and that it contains nuts

YOU'LL NEED…	1		2		3		4	
Arrowroot powder *organic*	1	tbsp	2	tbsp	3	tbsp	¼	cup
Water, filtered *for arrowroot*	2	tbsp	¼	cup	⅓	cup	½	cup
Cashews, raw unsalted	½	cup	1	cup	1 ½	cups	2	cups
Nutritional yeast/Savoury yeast flakes	¼	cup	½	cup	¾	cup	1	cup
Water, filtered	1	cup	2	cups	3	cups	4	cups
Garlic powder	½	tsp	1	tsp	1 ½	tsp	2	tsp
Onion powder	½	tsp	1	tsp	1 ½	tsp	2	tsp
Jalapeño peppers *in vinegar*	¼	cup	½	cup	¾	cup	1	cup

LET'S GET STARTED…

- Mix arrowroot powder with filtered water *(for arrowroot)* until a smooth paste. Set aside.
- Soak cashews in warm water, not boiling, for 10- minutes or longer. When done, rinse and drain.
- Put soaked cashews in a blender/food processor with nutritional yeast, filtered water, garlic and onion powders. NOT Jalapeños. Blitz on high.
- When smooth, pour the cashew mix into a saucepan and over a medium-high heat, using a whisk keep stirring, and slowly add arrowroot paste. Keep stirring until it thickens – about 3-5 minutes. *Or alternatively use Thermomix method below.*
- Once thickened, pour into serving bowl and add finely chopped Jalapeño peppers.
- Serve warm with organic corn chips.
- Keeps in the fridge for 5-7 days. Can be re-heated.

THERMOMIX – LET'S GET STARTED…

- Put soaked cashews in thermomix with nutritional yeast, filtered water, garlic and onion powders. NOT Jalapeños NOR arrowroot. Blend for 1-min / Speed 7. Stop and scrape down sides.
- Blend again, with heat for 5-min / 90°C / Speed 3, slowly adding the arrowroot paste while it is blending.
- The mix should be thick and creamy. If still not thick enough; repeat blending with heat increments of 2-min/90°C /Speed 3.
- When done, add Jalapeño peppers to thermomix and blend on1-min /Speed 7.
- Serve warm with organic corn chips.
- Keeps in the fridge for 5-7 days. Can be frozen and re-heated.

VARIATIONS (SERVES 1)

- *VINEGAR OFF – Soak pickled Jalapeños in warm water for 10-minutes, rinse well and then add.*
- *SPICIER – Double the quantity of Jalapeños.*

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CHILLI ROAST CAPSICUM DIP

gluten free | dairy free | nut free options | plant-based

READY IN
10 mins

Capsicums are an exceptional source of phytonutrients such as Beto-Carotene (vitamin A) ... just 100g gives you four times your daily recommended requirement of Vitamin C. They also contain 'capsaicin' that may help to reduce 'bad LDL' cholesterol and provide relief from pain by reducing inflammation... And... did I mention... this dip tastes superb

YOU'LL NEED…	1		2		3		4	
Lemon	1	whole	2	whole	3	whole	4	whole
Roasted red peppers *in vinegar or oil*	220	g *8oz*	440	g *16oz*	660	g *24oz*	1.1	kg *32oz*
Chilli pepper – Red approx. 10cm (4") long	½	whole	1	whole	1 ½	whole	2	whole
Cashews, raw unsalted	¼	cup	½	cup	¾	cup	1	cup
Garlic	1	clove	2	cloves	3	cloves	4	cloves
Parsley *curly or flat leaf*	1	handful	2	handfuls	3	handfuls	4	handfuls
Nutritional yeast/Savoury Yeast flakes	2	tbsp	¼	cup	⅓	cup	½	cup

LET'S GET STARTED…

- Juice lemon, set aside.
- Rinse roast peppers under running water to remove oil/vinegar. Let sit in sieve to drain, pat dry with clean tea towel to remove excess water.
- Remove chilli seeds from chilli if you prefer a less 'hot' dip (I keep them in!)
- Put all ingredients into a blender/food processor and blend on high until smooth and creamy. If you prefer a little chunkier then just stop blending at desired consistency.
- Keeps in the fridge for up to a week.

VARIATIONS (SERVES 1)

- *HOMEMADE ROAST CAPSICUM/BELL PEPPER– Preheat oven to 220°C (430°F). Line a baking tray with baking paper or use a non-stick tray. With a fork, pierce holes all over 1 whole red Capsicum and roast for 20-25 minutes or until skin is blistered. Let cool until you can hold, then remove top, inners and skin. Now you're ready to make your dip.*
- *NUT FREE – Replace Cashews with Pine nuts or Sunflower seeds.*
- *MORE SAVOURY – Double the amount of Nutritional/Savoury Yeast flakes.*
- *HERB SWAP – Use fresh Coriander instead.*
- *CELERY – Use fresh Celery leaves instead of Parsley, the slightly bitter taste rounds out the chilli.*

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CHILLI VERDURAS

gluten free | dairy free | nut free | plant-based

READY IN
45 mins

A rich, nourishing and spicy vegetable chilli which can be served in so many ways to suit any occasion... my favourite is served just AS IS

YOU'LL NEED…	1		2		3		4	
Kidney beans *400g (14oz) organic*	½	can	1	can	1 ½	cans	2	cans
Corn kernels *400g (14oz) no added salt*	¼	can	½	can	¾	can	1	can
Chilli pepper – Red approx. 10cm (4") long	½	whole	1	whole	1 ½	whole	2	whole
Garlic	1	clove	2	cloves	3	cloves	4	cloves
Onion – Red *large*	¼	whole	½	whole	¾	whole	1	whole
Zucchini/Courgette	100	g *3.5oz*	200	g *7oz*	300	g *10oz*	400	g *14oz*
Capsicum/Bell Pepper – Red *small*	½	whole	1	whole	1 ½	whole	2	whole
Olive oil, extra virgin *organic, optional*	¼	tsp	½	tsp	¾	tsp	1	tsp
Tomatoes, diced 400g (14oz) *organic*	½	can	1	can	1 ½	cans	2	cans
Cumin powder	½	tsp	1	tsp	1 ½	tsp	2	tsp
Oregano *dried*	½	tsp	1	tsp	1 ½	tsp	2	tsp
Paprika powder	¼	tsp	½	tsp	¾	tsp	1	tsp
Pepper, Black cracked *optional extra heat*	¼	tsp	½	tsp	¾	tsp	1	tsp

LET'S GET STARTED…

- Drain and rinse beans and corn, set aside.
- De-seed chilli, finely chop, set aside. *If you want a spicy hot chilli then leave seeds in.*
- Mince/crush garlic and finely dice onion, zucchini and capsicum, set aside.
- Use *optional* olive oil, or a splash of water, and a large pot over medium-high heat, sauté red chilli, garlic, onion, zucchini and capsicum, until softened.
- Add beans, corn, canned tomatoes, cumin, oregano, paprika and *optional* pepper.
- Bring to a boil then turn down heat and simmer for 20 minutes, stirring frequently.
- Keeps in the fridge for 1 week. Can be frozen.

VARIATIONS (SERVES 1)

- *SUPER VEG – Add 1-2 sticks of finely diced Celery when sautéing onion.*

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CHOC CHIP SMOOTHIE

gluten free | dairy free | nut free | plant-based | raw

READY IN
10 mins

Crunchy choc chips in a decadent rich chocolate smoothie… gosh I wish this was on the breakfast menu when I was a kid!

YOU'LL NEED…	1		2		3		4	
Coconut water	1 ½	cups	3	cups	4 ½	cups	6	cups
Cacao powder *organic*	1	tbsp	2	tbsp	3	tbsp	¼	cup
Banana, unripe *frozen*	1	whole	2	whole	3	whole	4	whole
Coconut Yoghurt – Natural *organic*	2	tbsp	¼	cup	⅓	cup	½	cup
Omega 3 mix	2	tbsp	¼	cup	⅓	cup	½	cup
Hemp seeds *organic*	1	tbsp	2	tbsp	3	tbsp	¼	cup
Cacao nibs	2	tsp	1	tbsp	6	tsp	2	tbsp

LET'S GET STARTED…

- Add all ingredients, EXCEPT cacao nibs, to blender and blitz until smooth.
- Top with cacao nibs and then stir in so you get choc chips while drinking.
- Serve immediately.

VARIATIONS (SERVES 1)

- *COCONUT SWAP – Replace Coconut water with homemade Nut or Seed milk.*

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CHOC SEED BITES

gluten free | dairy free | nut free | plant-based | raw

READY IN
30 mins

A snack that ticks all the boxes… ✓ Quick ✓ Easy ✓ Delicious ✓ Nutritious … the perfect bite sized treat

YOU'LL NEED…	12		24		36		48	
Dates, dried or Medjool pitted	150	g *5.3oz*	300	g *10.6oz*	450	g *16oz*	600	g *21oz*
Sesame seeds – White	¼	cup	½	cup	¾	cup	1	cup
Cacao powder *organic*	¼	cup	½	cup	¾	cup	1	cup
Chia seeds – Black, White or mix *organic*	2	tbsp	¼	cup	⅓	cup	½	cup
Hemp seeds *organic*	2	tbsp	¼	cup	⅓	cup	½	cup
Cinnamon powder	1	tsp	2	tsp	3	tsp	1	tbsp

LET'S GET STARTED…

- Put all ingredients in the food processor/blender and process until well combined and the mix is sticky. If not sticky enough, blend further. It will get stickier as the natural oils are released from the seeds (approx. 3-minutes).
- Press the mix into a container, lined with baking paper, and then cut up into bite sized pieces when firm.
- Freeze for 20-mins if you want to eat straight away. Or alternatively, put in the fridge to firm up (30-mins).
- Keeps in the fridge for weeks.

VARIATIONS (SERVES 1)

- *SUPER SEED – Add 2 tsp of Sunflower and Pumpkin seeds.*

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CHUNKY SPICED TOMATO AND CORN SOUP

gluten free | dairy free | nut free | plant-based

READY IN
45 mins

One of my favourite soups… this super delicious, thick and rich nutritious soup is packed full of all the essential Amino acids, Fibre, Vitamins A, B, C, E and K and minerals such as Potassium, Phosphorous, Magnesium, Iron, Zinc, Calcium, Manganese and Copper. Add to this impressive list… phytochemicals such as Beta-carotene, Lutein and Lycopene… you have all the ingredients that naturally increase the abundance and diversity of beneficial bacteria in your gut. Take care of your microbes, and they WILL take care of you!

Makes generous serves, enough to freeze extras for a 'meal up your sleeve'

YOU'LL NEED…	1		2		3		4	
Corn kernels *frozen*	½	cup	1	cup	1 ½	cups	2	cups
Vegetable stock liquid	2	cups	4	cups	6	cups	8	cups
Quinoa – Any colour *organic*	2	tbsp	¼	cup	⅓	cup	½	cup
Rice, Basmati – Brown *organic*	2	tbsp	¼	cup	⅓	cup	½	cup
Lentils – Red split dry, not canned	2	tbsp	¼	cup	⅓	cup	½	cup
Spring (green) onions	2	sprigs	4	sprigs	6	sprigs	8	sprigs
Celery – 1 stick = approx. 20cm (7") long	1	stick	2	sticks	3	sticks	4	sticks
Chilli pepper – Green approx. 10cm (4") long	½	whole	1	whole	1 ½	whole	2	whole
Garlic	1	clove	2	cloves	3	cloves	4	cloves
Olive oil, extra virgin *organic, optional*	¼	tsp	½	tsp	¾	tsp	1	tsp
Cumin powder	½	tsp	½	tsp	1 ½	tsp	2	tsp
Turmeric powder	¼	tsp	½	tsp	¾	tsp	1	tsp
Pepper, black cracked	¼	tsp	½	tsp	¾	tsp	1	tsp
Tomatoes diced 400g *(14oz) organic*	1	can	2	cans	3	cans	4	cans

LET'S GET STARTED…

- Take corn out of freezer, place in a sieve and rinse. Set aside.
- Make the vegetable stock liquid quantity required, using your Veggie Stock Concentrate. Set aside.
- Put quinoa, rice and lentils in a bowl and fill with warm (not boiling) filtered water, let soak while making soup.
- Finely dice spring onions, celery, chilli, and mince/crush garlic, set aside.
- Use *optional* olive oil or 2 tbsp of water and in a large pot over medium-high heat, sauté onion, celery, chilli and garlic along with cumin, turmeric and pepper, until onion is tender. Add a splash of water if it gets too dry.
- Add vegetable stock liquid and canned tomato. Rinse tomato can with a little water and add to pot. Stir well.
- Drain and rinse uncooked quinoa, rice and lentil mix and add to the pot, stir well to combine.
- Bring to a boil then turn down heat and simmer for 20 minutes.
- Add corn to heat through for 5-minutes, stir well to combine.
- Keeps in the fridge for 1 week. Can be frozen.

VARIATIONS (SERVES 1)

- *GARNISH – Garnish with fresh Coriander or Parsley.*
- *LESS HEAT – Omit Green Chilli.*
- *ONION SWAP – Use red Onion instead.*

NOTE: The lentils & grains will continue to absorb liquid once in the fridge and the soup will become more stew-like. Just add more water when re-heating or enjoy as a thick stew.

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CINNAMON CACAO BUCKINI GRANOLA

gluten free | dairy free | nut free options | plant-based

READY IN
30 mins

Chocolate for breakfast? Absolutely!! Enjoy this delicious and nutritious taste sensation with rich raw cacao, a prebiotic, rich in polyphenols... micronutrients that are packed with antioxidants. Combined with nuts, seeds and grains this is a great start to your day with an added boost of fibre, protein and healthy fats

One serving is between ¾ - 1 cup. 200g makes enough for about 2-3 breakfasts.

YOU'LL NEED…	200g *7oz*		400g *14oz*		600g *21oz*		800g *28oz*	
Buckinis *organic*	½	cup	1	cup	1 ½	cups	2	cups
Puffed Brown rice *organic*	½	cup	1	cup	1 ½	cups	2	cups
Almonds, flaked or slivered *raw unsalted*	½	cup	1	cup	1 ½	cups	2	cups
Coconut flakes/chips or shredded	¼	cup	½	cup	¾	cup	1	cup
Sunflower seeds	¼	cup	½	cup	¾	cup	1	cup
Cacao powder *organic*	2	tsp	1	tbsp	6	tsp	2	tbsp
Cinnamon powder	½	tsp	1	tsp	1 ½	tsp	2	tsp
Maple syrup	1	tbsp	2	tbsp	3	tbsp	¼	cup
Coconut syrup	1	tbsp	2	tbsp	3	tbsp	¼	cup
Vanilla bean paste	¼	tsp	½	tsp	¾	tsp	1	tsp
Water, filtered	1	tbsp	2	tbsp	3	tbsp	¼	cup

LET'S GET STARTED…

- Preheat oven to 180°C (355°F). Line a baking tray with baking paper or use a non-stick tray.
- Combine Buckinis, puffed brown rice, almonds, coconut, sunflower seeds, cacao and cinnamon, stir well to combine.
- Combine maple syrup, coconut syrup, vanilla and water and stir well to combine.
- Pour maple (wet mix) over dry mix well and use your hands or a spatula to mix through.
- Spread out onto baking tray in a thin-layer and bake for 15-minutes, checking and stirring regularly. If it is browning more in one area, just mix with a spoon. If still 'raw' looking then bake in 5-min increments until toasted all over.
- Let cool, then store in an air-tight container in your pantry.
- Keeps for 1-2 months in an airtight container, longer if kept in fridge.

VARIATIONS (SERVES 1)

- *PUFF SWAP – Replace with organic puffed Quinoa, Buckwheat or Amaranth.*
- *NUT SWAP – Tastes great with Hazelnuts.*
- *NUT FREE – Replace Almonds with either Sunflower or Pumpkin seeds.*

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CINNAMON LIME GRANOLA

gluten free | dairy free | nut free options | plant-based

READY IN
30 mins

This zesty granola will ignite you in the morning with tangy lime and sweet spiced pear...

One serving is between ¾ - 1 cup. 400g makes enough for about 4-5 breakfasts.

YOU'LL NEED…	400g *14oz*		800g *28oz*		1.2kg *42oz*		1.6kg *56oz*	
Lime	1	whole	2	whole	3	whole	4	whole
Vanilla bean paste	½	tsp	1	tsp	1 ½	tsp	2	tsp
Water, filtered	1	tbsp	2	tbsp	3	tbsp	¼	cup
Macadamias *raw unsalted*	½	cup	1	cup	1 ½	cups	2	cups
Almonds, flaked or slivered *raw unsalted*	½	cup	1	cup	1 ½	cups	2	cups
Pumpkin seeds	½	cup	1	cup	1 ½	cups	2	cups
Coconut flakes/chips or shredded	1	cup	2	cups	3	cups	4	cups
Oats, wholemeal, rolled, wheat free, *organic*	1	cup	2	cups	3	cups	4	cups
Cinnamon powder	1	tsp	2	tsp	3	tsp	1	tbsp

LET'S GET STARTED…

- Preheat oven to 180°C (355°F). Line a baking tray with baking paper or use a non-stick tray.
- Zest and juice lime, put in a bowl with vanilla and water, stir well and set aside.
- In a large bowl combine macadamia, almonds, pumpkin seeds, coconut, oats and cinnamon.
- Pour lime (wet mix) over dry mix well and use your hands or a spatula to mix through.
- Spread out onto baking tray in a thin-layer and bake for 15-minutes, checking and stirring regularly. If it is browning more in one area, just mix with a spoon. If still 'raw' looking then bake in 5-min increments until toasted all over.
- Let cool, then add dried pear and mix well to combine.
- Store in an air-tight container in your pantry.
- Keeps for 1-2 months in an airtight container, longer if kept in fridge.

VARIATIONS (SERVES 1)

- *OAT SWAP – Replace Oats with organic puffed Quinoa, Buckwheat, Maize or Amaranth.*
- *NUT FREE – Replace nuts with a variety of seeds such as Hemp, Chia and Sunflower seeds.*
- *SPICE UP – With ½ tsp of Nutmeg or All spice.*

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COCONUT YOGHURT

gluten free | dairy free | nut free | plant-based | raw

READY IN
10-mins +
8-hrs to ferment

Fermented foods help to build and maintain a healthy Inner Ecosystem, your Gut Microbiome... this plant-based yoghurt provides excellent support for your beneficial gut flora

NOTE... Your homemade yoghurt will NOT have the same consistency as a store-bought yoghurt

YOU'LL NEED… *see notes below for more detail*	400g *14oz*	
Coconut cream, *organic 400g (14oz)*	1	can
Probiotic	½	tsp
Arrowroot powder *organic*	2	tsp
Guar gum	½	tsp
Empty glass jar with lid *500g (17oz)*	1	jar
Food processor/Blender or Thermomix	1	

Instructions on 'how to make' on next page.

COCONUT CREAM *must be 100% Coconut Meat Extracted, NO added water, preservatives, emulsifiers or additives. Ideally Organic.*

COCONUT MILK *can be used; however, it will be a thinner yoghurt. If you use, ensure the coconut milk has NO preservatives, emulsifiers or additives of any kind. Ideally Organic with a minimum of 60% Coconut meat/extract.*

When choosing a ***PROBIOTIC*** *choose a multi-strain probiotic with a minimum of 45 billion CFU per capsule (that requires refrigeration) and includes these common fermenting bacteria – Lactobacillus acidophilus, Bifidobacterium bifidum, Bifidobacterium lactis and Streptococcus thermophiles. You can purchase your probiotic in capsule or powder form. If using a capsule, you will have to open 2 or 3 (discard the capsule) and sprinkle into your measuring spoon to get the required amount.*

ARROWROOT *powder comes from the Marantha arundinacea plant, a tropical root (tuber) vegetable, considered a herb. Gluten free, it has two roles to play in making your Coconut Yoghurt. Firstly, it helps thicken the yoghurt. Secondly, Arrowroot is rich in soluble dietary fibre which acts as prebiotic, that is, it increases the survival and activity of beneficial microbes. In addition, arrowroot contains fructo-oligosaccharides, which can be used to obtain higher biomasses of probiotics and maintain their viability in fermented products. Do NOT use any other type of starch e.g., Potato, Corn or Tapioca starch.*

GUAR GUM *is made from the Guar bean providing Protein and a soluble fibre source. It also helps to thicken yoghurt and acts as a prebiotic, promoting the growth of good bacteria. Do NOT add more as it can cause digestive upsets. Do NOT use Xanthan Gum.*

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COCONUT YOGHURT

gluten free | dairy free | nut free | plant-based | raw

READY IN
10-mins +
8-hrs to ferment

LET'S GET STARTED…

STEP 1

Ensure fermenting jar is clean, sterilized and dry.

Pour Coconut cream into food processor/blender along with Arrowroot, Guar gum and Probiotic *(just the powder, discard casing)*.

Blitz on high for 1-minute (no heat) and pour into your jar and screw on lid. Choose one of the options in Step 2 to ferment.

STEP 2

CHOOSE any ONE of the following to fermenting your coconut yoghurt...

- ***OVEN METHOD:*** Place the jar on the middle shelf in the oven and leave for 8- hrs. at a temperature of 34-37°C (93-98°F).
- ***HOT DAY:*** When the temperature outside is around 30-35°C (86-95°F) you can ferment by wrapping the jar with a tea towel and placing outside in the sun for 8-12hrs. Or, if the inside of your house is 34-37°C (93-98°F), then you can keep inside.
- ***YOGHURT MAKER*** *set at* 37°C (98°F) for 8-hrs.
- ***DEHYDRATOR*** *set at* 37°C (98°F) for 8-hrs.
- ***THERMOMIX*** *follow the directions on your TM-model on how to ferment*.

Set the timer on your phone so you don't forget to take it out when done 😊 However, note that you CAN ferment it UP TO 12-hrs.

STEP 3

When time is up, put your jar of Coconut Yoghurt into the fridge. It will be ready to eat once cool. Keeps in the fridge for 2-3 weeks but can be frozen

REMEMBER: Don't use ALL of it, you can make subsequent batches by adding ¼ cup of your previous batch of Coconut Yoghurt to your new batch instead of using a Probiotic. After 3 batches of yoghurt, you WILL need to start a NEW batch of yoghurt.

NOTE: Your homemade Coconut yoghurt will NOT have the same consistency as a store-bought yoghurt and will also be sourer and tangier. A sign of a great yoghurt!

If it ends up being WAY too runny, then next time you can double quantity of Arrowroot powder.

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CORN, PEA AND KALAMATA SPIRALS

gluten free options | dairy free | nut free | plant-based

READY IN
30 mins

This is always a HUGE hit with my Granddaughters, Ivy and India (1 & 3 yrs. old), and as an any parent or grandparent knows, kids are a tough crowd to please! Full of protein, vitamins and minerals, but most importantly FIBRE the backbone of a healthy Gut Microbiome... *"The infant gut microbiota is characterized by a high degree of instability, only reaching a state similar to that of adults by 2–3 yrs of age; consistent with the establishment of a varied solid food diet"* ... *"It stands to reason that with constant exposure between the microbiome and food components that diet is one of the primary drivers shaping the changes that occur during infancy and the structure of the adult microbiome that eventually establishes"*

YOU'LL NEED…	1	2	3	4
Pasta spirals, wholemeal *organic*	75 g *2.6oz*	150 g *5.3oz*	225 g *7.9oz*	300 g *10.6oz*
Vegetable stock liquid	2 tbsp	¼ cup	⅓ cup	½ cup
Olives, Kalamata *pitted*	40 g *1.4oz*	80 g *2.8oz*	120 g *4.2oz*	160 g *5.6oz*
Onion – Brown *small*	½ whole	1 whole	1 ½ whole	2 whole
Zucchini/Courgette	70 g *2.5oz*	140 g *5oz*	210 g *7.5oz*	280 g *10oz*
Basil *dried*	¼ tsp	½ tsp	¾ tsp	1 tsp
Oregano *dried*	¼ tsp	½ tsp	¾ tsp	1 tsp
Olive oil, extra virgin *organic, optional*	¼ tsp	¼ tsp	½ tsp	½ tsp
Corn kernels *frozen*	¼ cup	½ cup	¾ cup	1 cup
Peas – Green *frozen*	¼ cup	½ cup	¾ cup	1 cup
Capers *optional*	2 tsp	1 tbsp	6 tsp	2 tbsp

LET'S GET STARTED…

- Start cooking pasta spirals now according to pack directions. When done, drain and rinse under cold water, keep in the fridge until ready to use and re-heat.
- Make the vegetable stock liquid quantity required, using your Veggie Stock Concentrate. Set aside.
- Cut Kalamata olives into small pieces, set aside.
- Finely chop onion and zucchini, set aside.
- Use *optional* olive oil, or a splash of water, and in a pot over medium-high heat, sauté onions, zucchini, basil and oregano until onions are translucent. Add a little water if it gets too dry.
- Add frozen corn, peas and vegetable stock liquid and bring to a boil, then turn down heat to a simmer, add Kalamata olives and *optional* capers.
- Let simmer for 10-minutes then add the cooked and cooled spiral pasta to the mix and stir well to combine.
- To serve to children, cut up the spirals with a pair of scissors or (as in photo).
- Transfer to a big serving bowl and then with tongs, dish out into individual serving bowls.
- Keeps in the fridge for 3-5 days. Freezes well

VARIATIONS (SERVES 1)

- *GLUTEN FREE – Use a brown Rice or Bean or Lentil pasta.*
- *MUSHROOM – Add 4 button Mushrooms when sautéing Onion.*
- *TOMATO – Add ½ cup sundried Tomatoes when adding Kalamata olives.*

2014. Diet and the development of the human intestinal microbiome.

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COS 'N' CUCUMBER SALAD W CLEOPATRA DRESSING

gluten free | dairy free | nut free | plant-based | raw

READY IN
10 mins

Cos (Romaine) lettuce and Tomatoes are packed with Vitamin K, C & A (in the form of carotenoids) and dietary fibre; Combine this with antioxidant and phytonutrient rich Cucumber and Avocado, providing essential fatty acids, you're getting a super boost of nutrients in one delicious bowl. A salad as a meal… who would have thought!!

CLEOPATRA DRESSING – YOU'LL NEED…	150g *5.3 oz*		300g *10.6 oz*		450g *16oz*		600g *21.2 oz*	
Lemon	½	whole	1	whole	1 ½	whole	2	whole
Garlic	1	clove	2	cloves	3	cloves	4	cloves
Vegetable stock liquid	2	tbsp	¼	cup	⅓	cup	½	cup
Celery – 1 stick = approx. 20cm (7") long	1	stick	2	sticks	3	sticks	4	sticks
Spring (green) onions	1	sprig	2	sprigs	3	sprigs	4	sprigs
Pine nuts *or see variation below*	¼	cup	½	cup	¾	cup	1	cup
Miso paste – White *organic*	1	tsp	2	tsp	3	tsp	1	tbsp
Dijon Mustard	1	tbsp	2	tbsp	3	tbsp	¼	cup
Tamari *organic*	¼	tsp	½	tsp	¾	tsp	1	tsp
Nutritional yeast/Savoury yeast flakes	1	tbsp	2	tbsp	3	tbsp	¼	cup

CLEOPATRA DRESSING – LET'S GET STARTED…

- Juice lemon and peel garlic, add to food processor/blender with vegetable stock liquid, celery, spring onions, pine nuts, miso paste, Dijon, tamari and nutritional yeast.
- Blend on high until smooth and creamy. This dressing becomes thicker once refrigerated.

SALAD – YOU'LL NEED…	1		2		3		4	
Cos/Romaine lettuce	1	handful	2	handfuls	3	handfuls	4	handfuls
Tomatoes *cherry or grape*	4	whole	8	whole	12	whole	16	whole
Cucumber, continental, Lebanese or regular	200	g *7oz*	400	g *14oz*	600	g *21 oz*	800	g *28 oz*
Avocado	½	whole	1	whole	1 ½	whole	2	whole
Cleopatra Dressing	75	g *2.6oz*	150	g *5.3oz*	225	g *7.9oz*	300	g *10.6oz*

SALAD – LET'S GET STARTED…

- Wash cos lettuce, spin dry then roughly cut up, add to salad bowl.
- Cut tomatoes in half and add.
- Spiralize cucumber using the ribbon attachment, or use a mandolin if you prefer, add to bowl.
- Peel and slice avocado and arrange on top then pour in Cleopatra dressing and mix well. Serve immediately.
- Keeps in the fridge for a few days.

VARIATIONS (SERVES 1)

- *SEEDED – Top with Sunflower or Sesame seeds.*

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CREAMY BROCCOLI AND LEEK SOUP

gluten free | dairy free | nut free | plant-based

READY IN
30 mins

Broccoli and Leek come together like a symphony in this delicious warming soup

YOU'LL NEED…	1		2		3		4	
Vegetable stock liquid	1	cup	2	cups	3	cups	4	cups
Garlic	1	clove	2	cloves	3	cloves	4	cloves
Leek	½	whole	1	whole	1 ½	whole	2	whole
Broccoli	250	g *8.8oz*	500	g *17oz*	750	g *26oz*	1	kg *34oz*
Pepper, black cracked	a	pinch	¼	tsp	½	tsp	¾	tsp
Cumin powder	½	tsp	1	tsp	1 ½	tsp	2	tsp
Coriander powder	½	tsp	1	tsp	1 ½	tsp	2	tsp
Olive oil, extra virgin *organic, optional*	¼	tsp	¼	tsp	½	tsp	½	tsp
Coconut milk *400g (14oz)*	½	can	1	can	1 ½	cans	2	cans
Nutritional yeast/Savoury yeast flakes	1	tbsp	2	tbsp	3	tbsp	¼	cup

LET'S GET STARTED…

- Make the vegetable stock liquid quantity required, using your Veggie Stock Concentrate. Set aside.
- Mince/crush garlic, set aside.
- Roughly chop leek and broccoli.
- Use *optional* olive oil, or a splash of water, and in a pot over medium-high heat, sauté garlic, leek and broccoli with pepper, cumin and coriander until vegetables start to get tender.
- Add vegetable stock, coconut milk and nutritional yeast and bring to a boil.
- Turn down heat and simmer for 20-minutes.
- Puree with a stick blender or food processor. *Take extreme care when blending hot foods.*
- Once pureed, serve immediately.
- Keeps in the fridge for up to a week. Freezes well.

VARIATIONS (SERVES 1)

- *PROTEIN BOOST – Add ¼ cup of soaked split Lentils (any colour) when adding Vegetable stock liquid.*
- *SPICE IT UP – Add ½ fresh green Chilli.*
- *TOP IT – Top with fresh Parsley or Coriander when serving.*

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DAHL PALAK

gluten free | dairy free | nut free | plant-based

READY IN
50 mins

In Indian cuisine 'palak' means 'spinach' or 'green vegetables'. This nutritious, and simple to make, dish is packed full of greens plus provides a huge boost of fibre and protein, while being seriously delicious

YOU'LL NEED…	1		2		3		4	
Toor Dahl *(Split yellow peas/lentils)*	½	cup	1	cup	1 ½	cups	2	cups
Water, filtered *for cooking dahl*	1 ¼	cups	2 ½	cups	3 ¾	cups	5	cups
Vegetable stock liquid	¼	cup	½	cup	¾	cup	1	cup
Onion – Red *small*	½	whole	1	whole	1 ½	whole	2	whole
Chilli pepper – Green approx. 10cm (4") long	1	whole	2	whole	3	whole	4	whole
GGC	1	tsp	2	tsp	3	tsp	1	tbsp
Cumin seeds	1	tsp	2	tsp	3	tsp	1	tbsp
Fenugreek seeds	½	tsp	1	tsp	1 ½	tsp	2	tsp
Turmeric powder	¼	tsp	½	tsp	¾	tsp	1	tsp
Coconut oil *organic, optional*	¼	tsp	½	tsp	¾	tsp	1	tsp
Tomatoes, diced *400g (14oz) organic*	1	can	2	cans	3	cans	4	cans
Spinach, baby leaves	3	handfuls	6	handfuls	9	handfuls	12	handfuls

LET'S GET STARTED…

- Put dahl into a large bowl, cover with warm-hot (not boiling) water and let soak for 15-minutes.
- After 15-mins drain soaked dahl, and rinse well, then add to a large saucepan with filtered water and cook for approx. 20-minutes, or until they are soft and mushy. When done, drain in a sieve, and set aside until needed.
- Make the vegetable stock liquid quantity required, using your Veggie Stock Concentrate. Set aside.
- Finely dice onion and de-seed chilli, set aside.
- Combine GGC, chopped chilli, cumin, fenugreek and turmeric, add to a pot, use *optional* oil or a splash of water, and over a medium-high heat sauté for 2-3 minutes to release flavours.
- Add onion and sauté until translucent, add a splash of water if it gets too dry.
- Add canned tomato and mix through, then add spinach, one handful at a time. Let each handful wilt before adding the next handful. Keep stirring until all the spinach has been added.
- Add the cooked dahl, and mix through well, then add the vegetable stock liquid. Turn down heat and let simmer for 5-10 minutes.
- Serve while hot. Keeps in the fridge for 5-7 days. Freezes well.

VARIATIONS (SERVES 1)

- *LESS SPICY – Halve the amount of Chilli.*

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DEMURE DAHL

gluten free | dairy free | nut free | plant-based

READY IN
30 mins

Demure… meaning modest. The perfect description for this unassuming Dahl that exceeds expectations

YOU'LL NEED…	1		2		3		4	
Lentils – Red split	½	cup	1	cup	1 ½	cups	2	cups
Vegetable stock liquid	1	cup	2	cups	3	cups	4	cups
GGC	2	tsp	1	tbsp	6	tsp	2	tbsp
Onion – Brown *medium*	½	whole	1	whole	1 ½	whole	2	whole
Coconut oil *organic*	¼	tsp	½	tsp	¾	tsp	1	tsp
Coriander powder	¼	tsp	½	tsp	¾	tsp	1	tsp
Cumin powder	¼	tsp	½	tsp	¾	tsp	1	tsp
Turmeric powder	¼	tsp	½	tsp	¾	tsp	1	tsp
Pepper, Black cracked	a	pinch	¼	tsp	¼	tsp	½	tsp
Tomatoes, diced *400g (14oz) organic*	½	can	1	can	1 ½	cans	2	cans
Coriander or Parsley leaves *optional*	1	handful	2	handfuls	3	handfuls	4	handfuls

LET'S GET STARTED…

- Put dry lentils in a big bowl of warm water and soak while preparing meal.
- Make the vegetable stock liquid quantity required, using your Veggie Stock Concentrate. Set aside.
- Defrost GGC and finely dice onion.
- In a shallow pot, over a medium-high heat, add coconut oil and let melt then add onion, GGC, coriander, cumin, turmeric and black pepper and keep stirring until onion is translucent. Add a splash of vegetable stock if it gets too dry.
- Drain lentils and rinse under cold water, then add drained lentils to pot with vegetable stock liquid.
- Bring to the boil and then turn down heat and simmer for 10-mins, or until most of the liquid has gone.
- Add the canned tomato. Rinse tomato can with a little water then add to pot.
- Let simmer for a further 5-8 minutes, or until lentils are tender and mushy.
- Serve topped with optional chopped coriander or parsley leaves and optional sides.

VARIATIONS (SERVES 1)

- *ONION SWAP – Use Leek instead.*
- *VEGGIE ADD – Add ½ cup of green Peas.*

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ENOKI KWAY TEOW

gluten free | dairy free | nut free | plant-based

READY IN
45 mins

Enoki Mushrooms make the BEST noodle substitute ever! They are rich in Beta -glucans which have been reported to have anticancer, antidiabetic, anti-inflammatory and immune-modulating effects. Beta-glucans have also been shown to regulate the growth of Lactobacilli and Bifidobacteria, resulting in a healthy Gut Microbiome

YOU'LL NEED…	1	2	3	4
Tofu, firm *organic*	125 g *4.4oz*	250 g *8.8oz*	375 g *13oz*	500 g *17oz*
Choy sum or other Asian green	½ bunch	1 bunch	1 ½ bunches	2 bunches
Mushrooms, Enoki	200 g *7oz*	400 g *14oz*	600 g *21 oz*	800 g *28 oz*
Tamari *organic*	1 tbsp	2 tbsp	3 tbsp	¼ cup
Coconut or Rapadura sugar *organic*	1 tsp	2 tsp	3 tsp	1 tbsp
Coconut Amino Fysh Sauce	¼ tsp	½ tsp	¾ tsp	1 tsp
Sesame oil	¼ tsp	½ tsp	¾ tsp	1 tsp
Chilli pepper – Red approx. 10cm (4") long	1 whole	2 whole	3 whole	4 whole
Garlic	1 clove	2 cloves	3 cloves	4 cloves
Onion – Red *small*	½ whole	1 whole	1 ½ whole	2 whole
Olive oil, extra virgin *organic*	1 tsp	2 tsp	3 tsp	1 tbsp

LET'S GET STARTED…

- Cut tofu into 1cm cubes (0.4") and then let sit in sieve, to drain, while preparing other ingredients.
- Wash Choy sum well then cut into bite size pieces. Set aside.
- Cut end of Enoki mushrooms, pull apart. Set aside.
- Combine Tamari, sugar, fysh sauce and sesame oil in a bowl, mix well. Set aside.
- Roughly cut chilli pepper and remove seeds, peel garlic and red onion and roughly chop. Place all of them in blender/food processor and blitz on high until a paste.
- In a non-stick frypan, over a high heat, fry the chili mix for 5-minutes. Remove and place in a bowl, set aside.
- Pour olive oil into fry pan, over a high heat, let oil start to bubble then carefully lay tofu pieces flat. Let fry for 3-4 minutes, then turn over with a spatula or tongs. Keep turning until all sides have browned.
- Now, add in ONLY 1 tbsp. Tamari/Fysh sauce per serve (as you're saving sauce for later) and keep frying tofu until all the liquid has been absorbed. When done. Turn off heat and set aside.
- In a wok, over high heat, add Choy sum, enoki mushrooms, chilli mix and remainder of Tamari/Fysh sauce and keep stirring and turning over the vegetables so they cook through evenly.
- When vegetables are tender, add cooked tofu. Keep stirring to combine well and heat through about for 3-minutes.
- Turn off heat and serve immediately.
- Keeps in the fridge for 2- 3 days.

VARIATIONS (SERVES 1)

- *LESS SPICY – Half the amount of Chilli.*
- *FYSH SAUCE SWAP – Use Coconut Aminos or more Tamari.*
- *TOP WITH – fresh Bean shoots when serving.*

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ETHIOPIAN CHICKPEA STEW

gluten free | dairy free | nut free | plant-based

READY IN
30 mins

Somewhere between a soup and stew... packed with nourishing vegetables and 'spicy' Berbere mix, used to season many Ethiopian dishes. Chickpeas give it a boost of protein and even *more* fibre, you'll love the taste

YOU'LL NEED…	1		2		3		4	
Clove, whole, ground	a	pinch	⅛	tsp	¼	tsp	¼	tsp
Cinnamon powder	a	pinch	⅛	tsp	¼	tsp	¼	tsp
Pepper, Black cracked	⅛	tsp	¼	tsp	½	tsp	¾	tsp
Cumin powder	⅛	tsp	¼	tsp	½	tsp	¾	tsp
Turmeric powder *organic*	⅛	tsp	¼	tsp	½	tsp	¾	tsp
Ginger powder	⅛	tsp	¼	tsp	½	tsp	¾	tsp
Coriander powder	⅛	tsp	¼	tsp	½	tsp	¾	tsp
Red chilli flakes	½	tsp	1	tsp	1 ½	tsp	2	tsp
Paprika powder	½	tsp	1	tsp	1 ½	tsp	2	tsp
Vegetable stock liquid	2	cups	4	cups	6	cups	8	cups
Chickpeas/Garbanzo *400g (14oz) organic*	½	can	1	can	1 ½	cans	2	cans
Onion – Brown *small*	¼	whole	½	whole	¾	whole	1	whole
Celery – 1 stick = approx. 20cm (7") long	2	sticks	4	sticks	6	sticks	8	sticks
Mushrooms, button	70	g *2.5oz*	140	g *5oz*	210	g *7.5oz*	280	g *10oz*
Cauliflower *small*	¼	whole	½	whole	¾	whole	1	whole
GGC	1	tsp	2	tsp	3	tsp	1	tbsp
Olive oil, extra virgin *organic, optional*	¼	tsp	½	tsp	¾	tsp	1	tsp

LET'S GET STARTED…

- Mix together clove, cinnamon, pepper, cumin, turmeric, ginger, coriander, red chilli flakes and paprika. Set aside.
- Make the vegetable stock liquid quantity required, using your Veggie Stock Concentrate. Set aside.
- Rinse chickpeas well, drain and set aside.
- Finely dice onion, celery and mushrooms. Remove core from cauliflower and cut into small florets.
- Use GGC and *optional* olive oil, or a splash of water, and in a pot over a high heat, sauté onion until translucent then add chopped celery, mushrooms and cauliflower and sauté until slightly tender (approx. 8-mins), add a splash of stock if it gets too dry and stir occasionally to turn vegetables in the pot
- Add spice and stir through to cover all vegetables.
- Add vegetable stock liquid and bring to a boil, then turn down heat and simmer for 20 minutes, or until all vegetables are tender.
- 5-mins before serving add chickpeas to warm through.
- Serve immediately.
- Keeps in the fridge for 3-5 days. Freezes well.

VARIATIONS (SERVES 1)

- *LESS SPICY – Omit the Red Chilli flakes.*

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FRUIT 'N' NUTS

gluten free | dairy free | plant-based | raw

READY IN
5 mins

Fruit… is one of the BEST treats you can give your Gut as it provides an abundant source of fibre that promotes the growth of beneficial gut microbes by serving as prebiotics. In addition, bioactive compounds within specific types of Fruit manipulate the gut microbiota…helping to reverse dysbiosis and increase beneficial microbe numbers and function.

Nuts… are nutrient dense, being rich in omega 3, 6 and 9's, including high-quality protein, fibre, vitamins, minerals, phytosterols, and phenolic compounds. By virtue of their unique composition, nuts beneficially impact your health through their cholesterol-lowering effects, beneficial effects on oxidative stress and reducing inflammation. Contrary to expectations, epidemiologic studies suggest that regular nut consumption is unlikely to contribute to obesity and may even help in maintaining a healthy weight.

FRESH FRUIT... Do NOT eat the same fruit day in and day out. Choose 14 different pieces of fruit for your week's fruit snacks. *Example:*

DAY	MORNING	AFTERNOON
Monday	*Blueberries*	*Kiwi fruit*
Tuesday	*Pear*	*Green apple*
Wednesday	*Orange*	*Green grapes*
Thursday	*Red apple*	*Persimmon*
Friday	*Black grapes*	*Watermelon*
Saturday	*Banana (unripe)*	*Strawberries*
Sunday	*Mandarin*	*Passionfruit*

FRUIT SIZE… One standard serve is approx. 150-170g (*5.3-6oz*) or 1 medium Apple, Banana, Orange etc., or if the fruit is very small e.g., plum, two small plums = one serve. If eating fresh berries, 1 serve equals a handful. Each type of fruit provides various antioxidants, phytonutrients, protein, vitamins, minerals and all-important FIBRE and Prebiotics which act as a food source for your beneficial gut bacteria, so it is ESSENTIAL to mix it up.

RAW UNSALTED NUTS... Do NOT eat the same raw nuts day in and day out, ensure your raw unsalted nuts are different each day. They CANNOT be salted, dry roasted or roasted. You CANNOT include peanuts.

DAY	MORNING	AFTERNOON
Monday	*Macadamias*	*Cashews*
Tuesday	*Pecans*	*Almonds*
Wednesday	*Pistachios*	*Hazelnuts*
Thursday	*Walnuts*	*Brazil nuts*
Friday	*Macadamias*	*Cashews*
Saturday	*Pecans*	*Almonds*
Sunday	*Pistachios*	*Hazelnuts*

NUT PORTION… Eat a small handful (approx. 10-12g/0.4oz) in the morning with a piece of fruit, and small handful (approx. 10-12g/0.4oz) in the afternoon with your other piece of fruit. Each type of nut provides different omega fatty acids, protein (amino acids), fibre, vitamins, and minerals, so it is ESSENTIAL to mix it up.

LET'S GET STARTED…

- Every day fill a small tin with your nuts and pop into your bag, with your 2 pieces of fruit, for the perfect morning and afternoon snack.

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FRUIT SALAD W COCONUT YOGHURT

gluten free | dairy free | nut free options | plant-based | raw

READY IN
20 mins

Simple – Quick – Delicious – Nutritious; What more could you want?

1 serve makes approx. 200g (7.05oz) - enough for 2 breakfasts. Coconut yoghurt, Almond & Hemp qty listed are for each serving.

YOU'LL NEED…	1		2		3		4	
Grapefruit – Red or Pink	½	whole	1	whole	1 ½	whole	2	whole
Strawberries *small*	10	whole	10	whole	30	whole	20	whole
Nectarine – Yellow or White	½	whole	1	whole	1 ½	whole	2	whole
Apple – Green	½	whole	1	whole	1 ½	whole	2	whole
Kiwi fruit – Green or Gold	½	whole	1	whole	1 ½	whole	2	whole
Coconut Yoghurt – Natural *organic*	1	tbsp	2	tbsp	3	tbsp	¼	cup
Almonds, flaked or slivered *raw unsalted*	2	tsp	1	tbsp	6	tsp	2	tbsp
Hemp seeds *organic*	2	tsp	1	tbsp	6	tsp	2	tbsp

LET'S GET STARTED…

- Cut fruit up into bite sized pieces and put in an air-tight container in the fridge.
- When ready to serve, spoon fruit salad into a small serving bowl, dollop coconut yoghurt on top with almonds and hemp seeds.
- Will keep in the fridge for 3-5 days in a sealed container.

VARIATIONS (SERVES 1)

- *BANANA – Add ½ unripe Banana.*
- *LIME – Juice 1 lime and pour over the fruit salad.*
- *NUT FREE – Sprinkle with Sunflower and/or Pumpkin seeds.*
- *OMEGA 3 BOOST – Sprinkle 1 tbsp. of Omega Mix over the top.*
- *FRUIT SWAP – If a certain fruit is out of season just substitute with another fruit.*

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GGC

gluten free | dairy free | nut free | plant-based | raw

READY IN
20 mins

This delicious mix will save you a heap of time when cooking! Its active compounds provide... antioxidant, anti-inflammatory, antibacterial, antimicrobial, antiparasitic and antiemetic properties

YOU'LL NEED…	400g *14oz*	800g *28oz*	1.2kg *42oz*	1.6kg *56oz*
Garlic	80 g *2.8oz*	160 g *5.6oz*	240 g *8.4oz*	320 g *11oz*
Chilli pepper – Red *10cm (4") long*	4 whole	8 whole	12 whole	16 whole
Ginger *fresh*	200 g *7oz*	400 g *14oz*	600 g *21oz*	800 g *28oz*

LET'S GET STARTED…

- Peel garlic and ginger, de-seed the chilli pepper... *unless you want it super-hot then leave in the seeds.*
- Put all ingredients into a food processor/blender and mix until pureed but partly chunky.
- To store…Spoon the mix into silicone ice cube tray(s) or mini-muffin trays (see photo below). Use trays that hold different amounts e.g. 1 tsp, 2 tsp and 1 tbsp portions.
- Once frozen, pop out and store in an airtight (labelled) container/bag, in freezer.
- Keeps for up to 12-mths.

VARIATIONS (SERVES 1)

- *LESS CHILLI – Halve the amount of Chilli Pepper. Chilli peppers contain Capsaicin, which offer several health benefits, however, may cause discomfort in some individuals when first introducing.*

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GINGER-LIME SPRITZ

gluten free | dairy free | nut free | plant-based

READY IN
20 mins

This Ginger-Lime spritz is the perfect refreshing, and healthy, non-alcoholic drink. The perfect party drink… sophisticated and delicious… serve in a wine or champagne glass

YOU'LL NEED…	1		2		3		4	
Ginger root, dried *organic*	2	tsp	1	tbsp	3	tbsp	2	tbsp
Water, filtered *boiling*	250	ml *8.8oz*	500	ml *17oz*	750	ml *26oz*	1	ltr *34oz*
Lime	½	whole	1	whole	1 ½	whole	2	whole
Sparkling water, cold	200	ml *7oz*	400	ml *14oz*	600	ml *21 oz*	800	ml *28 oz*
Mint leaves	2	leaves	4	leaves	6	leaves	8	leaves
Ice *optional*	½	cup	1	cup	1 ½	cups	2	cups

LET'S GET STARTED…

- Put dried Ginger root into a teapot and add boiled water. Let steep for 30-minutes, or longer, then transfer to a heat-proof jug and put in fridge to cool.
- Juice lime, set aside. Retain a slice for decoration if you wish.
- To make Ginger-Lime Spritz put *optional* ice into glass, add cooled Ginger tea to halfway, then add lime juice and top with sparkling water.
- Top with mint leaves.

NOTE… One serve of Ginger tea will make enough for 3 Ginger Lime Spritz's! Keep it in the fridge and you'll have it on hand anytime you want a Ginger-Lime Spritz

VARIATIONS (SERVES 500ml)

- *WEAKER/STRONGER – Use less or more Ginger root tea.*
- *LIME LESS – Still tastes great without LIME.*

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GRANOLA BREAKFAST BALLS

gluten free 🚫 | dairy free | nut free options | plant-based

READY IN
30 mins

Seriously... can breakfast get any quicker than this?? Make a batch on the weekend... and every morning a healthy delicious super nutritious breakfast, packed with Fibre and Protein, is ready and waiting for you

YOU'LL NEED…	6		12		18		24	
Dates, dried, pitted or Medjool	300	g *10.6oz*	600	g *1.3lb*	900	g *2lb*	1.2	kg *2.6lb*
Water, filtered *hot*	¾	cup	1 ½	cups	2 ¼	cups	3	cups
Oats, wholemeal, rolled, wheat free, *organic*	1	cup	2	cups	3	cups	4	cups
Coconut flakes/chips or shredded	½	cup	1	cup	1 ½	cups	2	cups
Almonds, flaked or slivered *raw unsalted*	½	cup	1	cup	1 ½	cups	2	cups
Cranberries *dried*	½	cup	1	cup	1 ½	cups	2	cups
Cacao nibs	½	cup	1	cup	1 ½	cups	2	cups
Sunflower seeds	½	cup	1	cup	1 ½	cups	2	cups
Pumpkin seeds	½	cup	1	cup	1 ½	cups	2	cups
Coconut oil, melted	1	tbsp	2	tbsp	3	tbsp	¼	cup

LET'S GET STARTED…

- De-pit dates, put in a bowl and pour over hot water. Push down under the water line and let sit for 15-minutes.
- In the meantime...Mix all dry ingredients together in a bowl.
- When dates are ready, drain off water and put in blender/food processor and blitz until a smooth thick paste.
- Now using hands work the sticky dates through the dry mix. Alternatively put in food processer and pulse so it sticks together.
- Finally stir through the melted coconut oil. The mix should be sticky.
- Scoop out golf-ball-size portions and using hands compress into balls.
- Put in the freezer to firm up for about 20-mins, then transfer to the fridge.
- Keeps in the fridge for weeks.

VARIATIONS (SERVES 1)

- *CHOC TOP – After balls have been in freezer, dip half the ball into Raw Chocolate and put in the fridge to set.*
- *NUT FREE – Replace Almonds with more seeds.*
- *OMEGA BOOST – Add 1 tbsp Omega 3 mix.*
- *OAT SWAP – Replace Oats with organic Puffed Amaranth, Quinoa or Buckwheat.*

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GRAZING PLATTER

gluten free | dairy free | nut free options | plant-based

READY IN
2-hrs.

Get ready to celebrate your transformation… invite friends and/or family to enjoy a healthy plant-based, colourful and tasty, grazing platter – Trust me, it will satisfy everyone's taste buds

YOU'LL NEED…	4		8		12		16	
Peppercorn Cheeze Logs	1	logs	2	logs	3	logs	4	logs
Seeded Crispbread	16	pieces	32	pieces	48	pieces	64	pieces
Chilli Con Queso dip	1	dip	2	dips	3	dips	4	dips
Chilli Roast Capsicum dip	1	dip	2	dips	3	dips	4	dips
Tapenade dip	1	dip	2	dips	3	dips	4	dips
Nuts, raw unsalted	4	serves	8	serves	12	serves	16	serves
Fruit assorted	4	serves	8	serves	12	serves	16	serves
Vegetable sticks, raw	4	serves	8	serves	12	serves	16	serves
Batata Sobras Salad	4	serves	8	serves	12	serves	16	serves
Vietnamese Green Mango Salad	4	serves	8	serves	12	serves	16	serves

LET'S GET STARTED…
Doing this prep slowly over a couple of days, prior to your gathering, makes it an enjoyable process!

- 2-days before… Make Peppercorn Cheeze Logs and Seeded Crispbread. See recipes in this e-book.
- Day before… Make your Chilli Con Queso, Chilli Roast Capsicum and Tapenade dips. See recipes in this e-book.
- On the day… Make your Batata Sobras and Vietnamese Green Mango salads. See recipes in this e-book.
- An hour before … Wash and cut up fruit and vegetables.
- 30-minutes before … Arrange nuts, fruit, salads, dips, crispbread and peppercorn cheeze on a long board or table.

VARIATIONS (SERVES 1)

- *NUT FREE – Omit Peppercorn Cheeze Log and Chilli Con Queso. Swap Cashews for Pine nuts in Chilli Roast Capsicum.*
- *FRUIT IDEAS – Cherries, Grapes, Blueberries, Blackberries, Raspberries, Mandarin or Orange etc.*
- *VEGGIE STICK IDEAS – Raw Capsicum, Carrots, Celery etc.*

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GREEN BUDDHA BOWL W LEMON DRIZZLE

gluten free | dairy free | nut free | plant-based

READY IN
25 mins

A big bowl of greens; nature's multivitamin packed with phytonutrients and antioxidants

YOU'LL NEED…	1		2		3		4	
Lemon	½	whole	1	whole	1 ½	whole	2	whole
Mushrooms, button	70	g *2.5oz*	140	g *5oz*	210	g *7.5oz*	280	g *10oz*
Zucchini/Courgette	100	g *3.5oz*	200	g *7oz*	300	g *10oz*	400	g *14oz*
Brussel sprouts	2	whole	4	whole	6	whole	8	whole
Snow peas	1	handful	2	handfuls	3	handfuls	4	handfuls
Green string beans	10	whole	20	whole	30	whole	40	whole
Broccolini	2	stems	4	stems	6	stems	8	stems
Asparagus spears *fresh*	4	spears	8	spears	12	spears	16	spears
Olive oil, extra virgin *organic, optional*	¼	tsp	½	tsp	¾	tsp	1	tsp

LET'S GET STARTED…

- Juice lemon, set aside.
- Preheat oven to 175°C (350°F). Line a baking tray with baking paper or use a non-stick tray.
- Halve or quarter mushrooms and place in tray.
- Spiralize Zucchini using flat noodle fitting, or dice thinly, place in tray.
- Cut Brussel sprouts in half, take ends off snow peas and green beans; place them all in the tray.
- Remove hard ends off broccolini and asparagus; place them all in the tray.
- Use *optional* olive oil, or a splash of water, and rub over vegetables. Roast for 15 mins until slightly tender.
- When done, arrange side by side in a serving bowl, drizzle lemon juice over the top, and serve while hot.
- Keeps in the fridge for 3-5 days.

VARIATIONS (SERVES 1)

- *MUSHROOM MIX – Add in different types of Mushrooms e.g. Enoki, Oyster, Shiitake.*
- *CHILLI VEG – Add 1tsp of GGC when roasting.*
- *SESAME – Garnish with Sesame seeds when serving.*

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GUACAMOLE

gluten free | dairy free | nut free | plant-based | raw

READY IN
10 mins

A great dip, but also a fantastic alternative to butter or mayonnaise as a spread... No matter which way you serve this Mexican favourite, you get a whole lot of healthy goodness

YOU'LL NEED…	1		2		3		4	
Lime	1	whole	2	whole	3	whole	4	whole
Avocado *large*	1	whole	2	whole	3	whole	4	whole
Pepper, Black cracked	¼	tsp	½	tsp	¾	tsp	1	tsp

LET'S GET STARTED…

- Juice lime, set aside.
- Peel and de-pit avocado put in a bowl and mash with lime juice and pepper. Alternatively put it into a food processor/blender and pulse until your reach your desired consistency, either semi-chunky or smooth.
- Keeps for 1 week in the fridge in well-sealed container.

VARIATIONS (SERVES 1)

- *SPICED – Add ½ tsp. each of ground Cumin & Coriander when mixing.*
- *TOMATO ONION – Add ½ finely chopped tomato and 1 sprig of Spring Onion.*
- *ZINGY – Add 4-6 drops of Tabasco sauce.*
- *HOT – Add 1 finely chopped Jalapeño.*

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HOSOMAKI SUSHI 細巻き寿司

gluten free | dairy free | nut free | plant-based

READY IN
30 mins

A Japanese favourite... Hosomaki means 'slender roll' -- Small bite sized sushi rolls with roasted seaweed (nori) on the outside with one or two ingredients on the inside. I make these with my grandchildren (4 & 6) and they successfully make the most amazing sushi rolls and have heaps of fun doing it!

Photo shows the addition of sesame spiced seaweed. Available at Japanese specialty stores

YOU'LL NEED…	6		12		18		24	
Rice, Sushi	120	g *4oz*	240	g *8oz*	360	g *12oz*	480	g *16oz*
Rice vinegar *naturally brewed no added sugar*	1	tsp	2	tsp	3	tsp	1	tbsp
Cucumber, continental, Lebanese or regular	200	g *7oz*	400	g *14oz*	600	g *21 oz*	800	g *28 oz*
Carrot	60	g 2*oz*	120	g *4.2oz*	180	g *6oz*	240	g *8.4oz*
Avocado	½	whole	1	whole	1 ½	whole	2	whole
Spinach leaves, baby	½	handful	1	handful	1 ½	handfuls	2	handfuls
Yaki Nori (roasted seaweed)	1	sheet	2	sheets	3	sheets	4	sheets
Tamari *organic*	2	tbsp	¼	cup	⅓	cup	½	cup

NOTE: You may end up with some leftover rice, just freeze and use for a quick anytime 'future' meal.

LET'S GET STARTED…

- Cook Sushi Rice – 1:1.5 ratio (Rice:Water) until soft and fluffy and all the water is absorbed (about 15-mins). When cooked, do not let cool. Spoon into a bowl and add rice vinegar, mix well to combine, keep warm.
- In the meantime… while rice is cooking… cut vegetables into thin strips, set aside.
- Lay the Nori sheet on a flat surface. Allowing a 1cm *(0.4")* gap closest to you, spoon a thin layer of rice across the surface of the Nori sheet, about 4-5cm (1½") in width.
- Next, place your choice of veggies in the middle of the rice.
- Lift the edge closest to you and begin to carefully pull the nori sheet up and roll away from you.
- Be sure to roll tightly, but gently, so as not to rip the sheet.
- Allow the roll to sit on its sealed edge for a minute as the heat will seal it.
- Put in fridge and let cool completely.
- When ready to serve, use a very sharp knife, cutting the roll from the centre to the outer edge in thicknesses of approx. 1.5cm (0.6").
- Serve with tamari for a dipping sauce.
- Keeps in the fridge for up to 3-days in a sealed container however the rice will not be as fluffy.

VARIATIONS (SERVES 1)

- *VEGGIE SWAP – Feel free to ANY extra veggies such as Capsicum/Bell Pepper (different colours)*
- *TEMPEH – Bake pieces, thinly slice and add.*
- *FRUITY – Tastes great with sliced Mango.*
- *SUPER HOT – Add a little Wasabi (Japanese horseradish) to the Tamari.*

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HUMMUS

gluten free | dairy free | nut free | plant-based

READY IN
10 mins

Packed full of protein, iron, fibre and Vitamin E ... this simple dip can be whipped up so quickly... play around with the variations and find your favourite(s)

YOU'LL NEED…	1	2	3	4
Chickpeas/Garbanzo beans *400g (14oz) organic*	1 can	2 cans	3 cans	4 cans
Lemon *medium*	1 whole	2 whole	3 whole	4 whole
Tahini *hulled*	¼ cup	½ cup	¾ cup	1 cup

LET'S GET STARTED…

- Drain and rinse chickpeas, put in blender/food processor.
- Juice lemon, add to blender/food processor.
- Peel *optional* garlic and add to blender/food processor.
- Add tahini and blend on high until smooth and creamy – *add any variations here.*
- Keeps in the fridge for 3-5 days. Freezes well.

VARIATIONS (SERVES 1)

- *MOROCCAN – Add ¼ tsp of each – ground coriander, cumin, paprika and turmeric.*
- *ROAST PEPPER – Add ¼ cup roasted red peppers when blending.*
- *CHIVES – Add 1 tbsp. onion chives when blending.*
- *BEETROOT – Add ¼ whole raw beetroot/beet when blending.*
- *ARTICHOKE – Add 1 Artichoke heart when blending.*
- *AVOCADO LIME – Mix in 1 whole Avocado and replace lemon juice with lime juice when blending.*
- *SAVOURY – Add ¼ tsp of white organic Miso paste.*
- *UNHULLED TAHINI – Will give your dip a slightly bitter taste.*
- *MAYO SWAP – Hummus makes a fantastic mayonnaise/butter substitute.*
- *GARLICY – Add 1 clove of Garlic.*

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JACKED-UP TACOS

gluten free | dairy free | nut free | plant-based

READY IN
30 mins

The most delicious and nutritious homemade Tacos you'll ever have… a treat for the whole family!

YOU'LL NEED…	1		2		3		4	
Cumin powder	2	tsp	1	tbsp	6	tsp	2	tbsp
Chilli powder *mild*	1	tsp	2	tsp	3	tsp	1	tbsp
Paprika powder	½	tsp	1	tsp	1 ½	tsp	2	tsp
Garlic powder	½	tsp	1	tsp	1 ½	tsp	2	tsp
Onion powder	½	tsp	1	tsp	1 ½	tsp	2	tsp
Oregano *dried*	a	pinch	¼	tsp	¼	tsp	½	tsp
Pepper, black cracked	a	pinch	¼	tsp	¼	tsp	½	tsp
Cayenne powder *optional*	a	pinch	¼	tsp	¼	tsp	½	tsp
Lime	1	whole	2	whole	3	whole	4	whole
Coconut water	¼	cup	½	cup	¾	cup	1	cup
Maple syrup	2	tsp	1	tbsp	6	tsp	2	tbsp
Tomato paste *organic*	2	tsp	1	tbsp	6	tsp	2	tbsp
Jackfruit *in brine 400g (14oz)*	½	can	1	can	1 ½	cans	2	cans
Onion – Red *small*	¼	whole	½	whole	¾	whole	1	whole
Capsicum/Bell Pepper – Red *small*	½	whole	1	whole	1 ½	whole	2	whole
Capsicum/Bell Pepper – Green *small*	½	whole	1	whole	1 ½	whole	2	whole
Olive oil, extra virgin *organic, optional*	¼	tsp	¼	tsp	½	tsp	½	tsp
Avocado *small*	1	whole	2	whole	3	whole	4	whole
Taco shell *corn, organic if possible*	3	shells	6	shells	9	shells	12	shells
Jalapeños *optional topping*	to	taste	to	taste	to	taste	to	taste

LET'S GET STARTED…

- Combine cumin, chilli, paprika, garlic, onion, oregano, pepper and optional cayenne, set aside.
- Juice lime and combine with coconut water, maple syrup and tomato paste.
- Pour wet mix into dry (spice) mix and whisk well to combine. This is your Mexican marinade. Set aside.
- Drain and rinse jackfruit, and then using hands shred into thin strips. Put into a bowl and add Mexican marinade. Mix well, set aside.
- Finely chop onion, and slice capsicums into thin strips.
- Use *optional* olive oil, or a splash of water, and in a pot over medium-high heat, sauté onion and capsicums until onion is translucent and then add marinated jackfruit. Keep stirring regularly then turn down heat and simmer for 10-mins.
- De-pit avocado and mash with a fork. Cover and put in fridge while heating taco shells.
- Heat Taco shells now.
- Put the following into separate bowls/plates so that everyone can assemble their own tacos… Taco shells, Mexican jackfruit, avocado and sliced Jalapeños.
- The individual components keep in the fridge for 3-5 days.

VARIATIONS (SERVES 1)

- *LETTUCE UP… Top with shredded lettuce.*

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KIMCHI 김치

gluten free | dairy free | nut free | plant-based | raw

READY IN
40-mins +
up to 21 days
to ferment

A traditional Korean staple, Kimchi is a super-spicy fermented vegetable side dish loaded with Vitamins A, B, and C and beneficial 'Lactobacilli' bacteria' which helps to maintain a healthy gut

YOU'LL NEED…	700g *24.6oz*	
Fermenting jar with seal/lid *sterilized*	1	litre jar *33oz*
Weight *glass, optional*	1	weight
*Cabbage, Chinese/Napa/Lombok *organic*	450	g *16oz*
Carrot *organic*	1	whole
Spring (green) onions *organic*	2-4	sprigs
Water, filtered	3	cups
Salt, Pink Himalayan *ground*	100	g *3.5oz*
Garlic	4	cloves
Chilli pepper – Red *10cm (4") organic*	3	whole
Ginger	50	g *1.8oz*

** One medium sized Chinese Cabbage, with the core removed, weighs approx. 580g (20oz).*
See instructions on how to make on next page.

VARIATIONS (SERVES 1)
- *DAIKON – Add 100g (3.5oz) of Fresh sliced Daikon (Chinese radish).*
- *TURMERIC – Add, in addition to Ginger, 20g (0.7oz) of fresh Turmeric.*
- *RADISH – Spiralize 4 radishes and mix with Cabbage.*

RECOMMENDED SERVING SIZE
From Phase 2 on, depending on your gut health, start slowly and work your way up. If you experience any bloating or gastrointestinal disturbances cut back.

Week 1:	Approx. 1 tbsp. once every second or third day with meals.
Week 2:	Approx. 1 tbsp. every second day with meals.
Week 3 on:	Approx. 1-2 tbsp. as desired, with meals, or on its own.

Despite the brine being washed off, Kimchi can still retain some of the salt. While not exact, it is thought that the final salt concentration ranges from 2-5%, which equates to approx. 5g per jar which is approx. equivalent to 40mg of Sodium per 1 tbsp. An adequate daily intake of Sodium is approx. 460-920mg.

A 2014 study, done in Korea (where Kimchi is consumed daily) revealed that "High consumption of kimchi was NOT associated with an increased prevalence of hypertension in humans" [1]

[1] 2014. Consumption of kimchi, a salt fermented vegetable, is not associated with hypertension prevalence

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KIMCHI 김치

READY IN
40-mins +
up to 21 days
to ferment

gluten free | dairy free | nut free | plant-based | raw

LET'S GET STARTED…

STEP 1

Wash and dry hands.

Ensure fermenting jar and glass weight is clean, sterilized and dry.

Get all equipment & ingredients ready.

STEP 2

Boil kettle with filtered water, pour half the quantity listed into a large bowl, add ground salt and whisk with a fork until dissolved (or blitz in your blender – but be careful as it will scald if it splashes). Add the remaining water, cool from the tap filter.

This is your brine. Set aside.

STEP 3

Remove core of cabbage and tough outer leaves *(retain one to use later)* and coarsely cut into strips or chunks.

Using a mandolin, spiraliser or knife thinly slice spring onions and carrot and *optional* variations.

STEP 4

Put cabbage, spring onions and carrot in a large bowl and pour over brine.

Put a plate on top to keep vegetables under the water line and let soak overnight, or approx. 8 hrs in a cool dark place.

STEP 5

The next day, after the vegetables have been soaking for a minimum of 8-hrs, rinse a few times in a colander/sieve under running water, let drain and shake off excess water.

Peel garlic and ginger, take off chilli pepper ends and put in a food processor/blender and process until a slightly chunky paste.

Add drained cabbage mix to a large bowl, add the Chilli paste and mix well. *You can make this paste the day before, if you wish, and keep in fridge until needed.*

STEP 6

Pack fermenting jar with the kimchi mix, pushing down after each handful to remove any air pockets. As you push, liquid will be released from the cabbage, this is fine, you want this liquid to cover the mix leaving at least 1-2cm (0.4-0.8") of headspace between the top of the liquid and the rim of the jar.

Use a leftover outer cabbage leaf to lay on top so that if the water level rises it will not affect your kimchi. If you have a glass weight place on top of mix to submerge. Seal jar with rubber band and lid. Leave on the kitchen counter, out of direct sunlight.

Label the jar with the MADE-ON-DATE and READY date which will be…

- Summer – 10 to 14 days when *kept at a temperature around 32°C (90°C).*
- Spring/Autumn/Winter – 14 to 21 days when *kept at a temperature around 21°C (70°C).*

During the fermentation time -- if the cabbage rises above the water level -- then remove the lid, press down under the water level with the back of a spoon and re-seal.

When ready, transfer to a jar with a screw top lid and store in fridge and label with expiry date (up to 6mths).

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LENTIL MINESTRONE

gluten free | dairy free | nut free | plant-based

READY IN
45 mins

A minestrone inspired one pot bowl of goodness

YOU'LL NEED…	1		2		3		4	
Lentils – Green or Brown *dry*	¼	cup	½	cup	¾	cup	1	cup
Vegetable stock liquid	1	cup	2	cups	3	cups	4	cups
GGC	½	tsp	1	tsp	1 ½	tsp	2	tsp
Olive oil, extra virgin *organic, optional*	½	tsp	½	tsp	¾	tsp	1	tsp
Leek	¼	whole	½	whole	¾	whole	1	whole
Mushrooms, button	70	g *2.5oz*	140	g *5oz*	210	g *7.5oz*	280	g *10oz*
Green String Beans	5	whole	10	whole	15	whole	20	whole
Cauliflower *large*	⅛	whole	¼	whole	⅓	whole	½	whole
Oregano *dried*	½	tsp	1	tsp	1 ½	tsp	2	tsp
Thyme *dried*	½	tsp	1	tsp	1 ½	tsp	2	tsp
Pepper, black cracked	a	pinch	a	pinch	¼	tsp	½	tsp
Tomatoes, diced *400g (14oz) organic*	½	can	1	can	1 ½	cans	2	cans

LET'S GET STARTED…

- While prepping, soak lentils in warm water, set aside.
- Make the vegetable stock liquid quantity required, using your Veggie Stock Concentrate. Set aside.
- Finely chop leek, put in a bowl and set aside.
- Cut mushrooms into quarters and cut ends off string beans and cut into small lengths, set aside.
- Remove core from cauliflower and cut into small florets, set aside.
- Use the GGC and *optional* olive oil, or a splash of water, and in a pot over medium-high heat, sauté the leek until translucent.
- Add mushrooms, green beans, cauliflower, oregano, thyme and pepper and a splash of vegetable stock liquid and sauté for about 5-8 minutes stirring often.
- Drain lentils and rinse well, add to pot along with vegetable stock liquid and canned tomatoes. Rinse tomato can with a little water and add to pot.
- Bring to a boil, then turn heat down and simmer for 25mins or until lentils are tender. Add more vegetable stock liquid if too thick.
- Serve immediately.
- Keeps in fridge for up to a week.

VARIATIONS (SERVES 1)

- *ENOKI – Add a handful of Enoki Mushrooms when sautéing.*
- *SPICY – Sprinkle with Red Chilli Flakes when serving.*
- *SPINACH – Add a handful of baby Spinach leaves in the last 5-mins.*

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LEMON BLEND

gluten free | dairy free | nut free | plant-based | raw

READY IN
10 mins

Starting your day with a refreshing warm mug of Lemon blend followed by another glass of water hydrates the body after hours of sleeping.

Lemon juice *on its own* has benefits for your health; but the REAL BENEFITS come when including the peel, seeds AND pith (the white bit) as it is packed with Vitamin C, Calcium, Potassium, Bioflavonoids, powerful Antioxidants AND Pectin a powerful prebiotic that promotes the growth of beneficial bacteria. The pith and peel help to enhance Vitamin C absorption, and contain Hesperidin, which may assist with capillary function helping to relieve leg cramps. It is also high in Rutin and Quercetin, antioxidants that have powerful anti-inflammatory benefits. Quercetin is a great antihistamine; proven to reduce allergies.

P.S. Although Lemon is known as an acidic fruit; when broken down in the body, its minerals are detached in the bloodstream creating an alkalizing effect on the body.

YOU'LL NEED…	150g *5.3oz*	
Lemon *large*	2	whole
Glass jar with lid	150	g *5.3oz*
or Silicone ice-cube tray	1	tray

STEP 1

Scrub lemons with a scrubbing brush under cold running water. Dry with a clean towel then roughly cut into chunks. Include the seeds too as they have potent antioxidant activity [1]

STEP 2

Put lemon chunks in your blender/food processor and process until it looks like a smoothie.

STEP 3 - STORAGE

Pour mix into – 1 or 2 tsp sized – silicon ice-cube trays and freeze. Once frozen pop into a sealed bag in the freezer. Keeps in the freezer for 6-mths.

STEP 4 - HOW TO USE

Every morning on waking, put one frozen lemon blend in a glass or cup and fill with *lukewarm water* (37°C/98°F), NOT boiling water, and stir well until the lemon blend dissolves. Top up with cold water, or an ice block, if you wish.

Drink before breakfast and follow with another glass of lukewarm water.

NOTE: Lemons with thicker skins can leave chunky bits in the bottom of the glass. These are fine to eat, or you can skim them out.

[1]. Research concluded that extract from lemon seed has potent antioxidant activity and may induce cancer cell death (MCF-7 breast cancer cells) inhibiting proliferation. (2012) Evaluation of chemopreventive and cytotoxic effect of lemon seed extracts on human breast cancer (MCF-7) cells.

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MEXICAN POKÈ BOWL

gluten free | dairy free | nut free | plant-based

READY IN
40 mins

Rice in the fridge or freezer? Can of Mexican beans and corn in the pantry? Then you have the makings of a super simple, nutritious and delicious Mexican pokè bowl…

YOU'LL NEED…	1		2		3		4	
Rice, Basmati – White *organic*	50	g *1.8oz*	100	g *3.5oz*	150	g *5.3oz*	200	g *7oz*
Tomato – Any type	1	whole	2	whole	3	whole	4	whole
Onion – Red *small*	¼	whole	½	whole	¾	whole	1	whole
Jalapeño peppers *fresh or from jar*	¼	cup	½	cup	¾	cup	1	cup
Mexican bean mix *400g (14oz)*	½	can	1	can	1 ½	cans	2	cans
Corn kernels *400g (14oz) no added salt*	¼	can	½	can	¾	can	1	can
Water, filtered	¼	cup	½	cup	¾	cup	1	cup
Cumin powder	1	tsp	2	tsp	3	tsp	1	tbsp
Paprika powder	½	tsp	1	tsp	1 ½	tsp	2	tsp
Oregano *dried*	¼	tsp	½	tsp	¾	tsp	1	tsp
Garlic powder	¼	tsp	½	tsp	¾	tsp	1	tsp
Onion powder	¼	tsp	½	tsp	¾	tsp	1	tsp
Avocado *medium*	½	whole	1	whole	1 ½	whole	2	whole
Lime	¼	whole	½	whole	¾	whole	1	whole
Sprouts, Alfalfa or Broccoli	1	handful	2	handfuls	3	handfuls	4	handfuls

Mexican bean mix usually has a combination of Black, Pinto and Red Kidney beans. Alternatively, you can use a Four Bean mix or a combination of Black beans and Red Kidney beans. If cooking beans from dry: ½ cup dried beans makes 1 cup cooked beans which is equivalent to 1 can of beans approx. 220g (7.7oz) net weight.

LET'S GET STARTED…

- Cook rice and once done, rinse under cold water in a sieve and put in fridge until ready to use.
- Finely dice tomato, onion and Jalapeño, put in a bowl in fridge and let cool.
- Drain and rinse Mexican beans and corn, keep in separate bowls. Set aside.
- Combine water, cumin, paprika, oregano, garlic and onion powder and mix well. Add to a pot, and over a medium-high heat keep stirring to heat and release flavours. Add drained beans, cooked and cooled rice and stir well to combine. Keep stirring for 3-5 minutes to heat through and then turn off.
- Cut avocado into cubes and quarter the lime into wedges.
- Arrange all ingredients next to each other in the poke bowl and serve immediately.
- Keeps well when each ingredient is stored in the fridge separately, for up to 5-days.
- Leftovers the next day taste great in a wrap!

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MOROCCAN CHICKPEA STEW

gluten free | dairy free | nut free | plant-based

READY IN
25 mins

Cos (Romaine) lettuce is brimming with Vitamin A - with just 3 leaves providing 100% of your daily needs.
Add to this the impressive list of other Vitamins, Minerals, Protein and Fibre in the filling -- and you're getting a super boost of nutrients in one simple delicious meal

YOU'LL NEED…	1		2		3		4	
Cos/Romaine Lettuce	3	leaves	6	leaves	9	leaves	12	leaves
Chickpeas/Garbanzo *400g (14oz) organic*	½	can	1	can	1 ½	cans	2	cans
Garlic	1	clove	2	cloves	3	cloves	4	cloves
Onion – Brown *small*	1	whole	2	whole	3	whole	4	whole
Capsicum/Bell Pepper – Green	½	whole	1	whole	1 ½	whole	2	whole
Olive oil, extra virgin *organic, optional*	¼	tsp	½	tsp	¾	tsp	1	tsp
Cumin powder	½	tsp	1	tsp	1 ½	tsp	2	tsp
Smoked paprika powder	¼	tsp	½	tsp	¾	tsp	1	tsp
Coriander powder	½	tsp	1	tsp	1 ½	tsp	2	tsp
Ginger powder	½	tsp	1	tsp	1 ½	tsp	2	tsp
Cayenne powder *optional*	a	pinch	a	pinch	¼	tsp	¼	tsp
Tomato paste *organic*	1	tsp	2	tsp	3	tsp	1	tbsp
Tomatoes, diced 400g (14oz) *organic*	½	can	1	can	1 ½	cans	2	cans

LET'S GET STARTED…

- Separate cos leaves and rinse well under running water and then spin dry - put on a serving plate.
- Drain and rinse chickpeas, set aside.
- Mince/crush garlic, finely dice onion and capsicum.
- Use *optional* olive oil, or a splash of water, and in a pot over medium-high heat, sauté onion, garlic and capsicum until tender. Then add spices, tomato paste and canned tomatoes. Rinse tomato can with a little water and add to pot.
- Turn down heat and let simmer for 10 minutes.
- Add chickpeas and stir well to combine and let heat through for 5-mins, stirring occasionally. The stew should be quite thick with most of the liquid gone.
- To serve: Put the pot of Moroccan Chickpea stew on the table, along with the plate of cos lettuce leaves. Spoon some stew into the cos lettuce leaf, fold it up and eat it like a taco.
- Keeps for approx. 5 days in fridge. Can be frozen.
- Tastes great cold too!

VARIATIONS (SERVES 1)

- *SUPER SPICY – Sprinkle with Red Chilli Flakes when serving.*

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MUSHROOM DAHL

gluten free | dairy free | nut free | plant-based

READY IN
40 mins

This simple dahl is one of my favourite go-to recipes; It's quick to make, seriously nutritious and addictive

The photo does not do this meal justice – it is super delicious and one of the most popular recipes on the GRP

YOU'LL NEED…	1		2		3		4	
Lentils – Red split *dry*	½	cup	1	cup	1 ½	cups	2	cups
Vegetable stock liquid	1	cup	2	cups	3	cups	4	cups
Onion – Brown	½	whole	1	whole	1 ½	whole	2	whole
Mushrooms, button	140	g *5oz*	280	g *10oz*	420	g *15oz*	560	g *20oz*
GGC	¼	tsp	½	tsp	¾	tsp	1	tsp
Olive oil, extra virgin *organic, optional*	¼	tsp	½	tsp	¾	tsp	1	tsp
Cumin powder	1	tsp	2	tsp	3	tsp	1	tbsp
Curry powder *mild*	1	tbsp	2	tbsp	3	tbsp	¼	cup
Coconut milk *400g (14oz)*	½	can	1	can	1 ½	cans	2	cans

LET'S GET STARTED…

- Soak lentils in warm water while prepping veggies.
- Make the vegetable stock liquid quantity required, using your Veggie Stock Concentrate. Set aside.
- Finely dice onion and slice or quarter mushrooms.
- Use the GGC and *optional* olive oil, or a splash of water, and in a pot over medium-high heat, sauté onions until translucent.
- Add mushrooms and sauté for a further 5-mins, stirring regularly. Add a little stock if it gets too dry.
- Drain lentils and rinse well and add to pot with cumin, curry powder, coconut milk and vegetable stock – stir well to combine.
- Reduce heat and let simmer for 30 mins, stirring frequently in the beginning, then occasionally.
- It should be thick like a stew; however, you can add more vegetable stock liquid if you desire a thinner consistency.
- Serve while hot.
- Keeps in fridge for a week. Doesn't freeze well.

VARIATIONS (SERVES 1)

- *ONION SWAP – Replace Onion with Leek.*
- *ASIAN – Add 2-3 leaves of Bok Choy, or other Asian green, 10-mins before serving.*
- *VEGGIE UP – Add 3 florets of either Cauliflower or Broccoli florets when sautéing onion.*
- *MUSHROOM MIX – Add a mix of Oyster and Shiitake Mushrooms to the mix for a richer taste.*

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NUT BUTTER

gluten free | dairy free | plant-based | raw

READY IN
10 mins

Nut butters can be made with any kind of nut, on their own, or as a mix of nuts as with this recipe. They are an excellent source of protein and healthy Omega 3 & 6 Fatty acids.

Prone to bloating, IBS?... *Then when starting out on the GRP, choose nuts such as Brazil nuts, Macadamias, Pecans & Walnuts. As your Gut Health improves, start to introduce other types of nuts*

YOU'LL NEED…	225g *8oz*	450g *16oz*	675g *24oz*	900g *32oz*
Cashews, raw unsalted	100 g *3.5oz*	200 g *7oz*	300 g *10oz*	400 g *14oz*
Almonds, raw unsalted *with skin on*	75 g *2.6oz*	150 g *5.3oz*	225 g *7.9oz*	300 g *10.6oz*
Brazil nuts, raw unsalted	50 g *1.8oz*	100 g *3.5oz*	150 g *5.3oz*	200 g *7oz*

BLENDER/FOOD PROCESSOR – LET'S GET STARTED…

- Put all the nuts in a blender/food processor and blend on a medium-high speed.
- At first, the mixture will be dry and crumbly, and you may have to scrape down the sides a few times. Depending on your machine the mixture will become smooth in 5-8 minutes.
- The smoothness comes from the nuts releasing their oil, it WILL happen, you just need to be patient.
- If you want crunchy nut butter, then stop blending at desired consistency.
- If you want smooth nut butter, then continue to blend.
- Keeps in a sealed jar, in a cool dark place for approx. 3 mths.
- Can be kept in fridge if desired – keeps up to 6 mths.

THERMOMIX – LET'S GET STARTED…

- Put all the nuts in mixing bowl and chop 8 sec/Speed 5.
- Scrape down sides then repeat 2 times - 8 sec/Speed 5 until it looks like almond meal.
- Scrape down sides, then blend 2 minutes/Speed 7, use the Thermo spatula to stir down sides while mixing.
- Watch the mix through the mixing bowl top and check that consistency is to your liking.
- If further blending is needed, or you want a smoother creamier nut butter then keep processing.

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NUT MILK

gluten free | dairy free | plant-based | raw

READY IN
Soaking time + 5 mins

GOOD NUTS TO USE are Cashews or Macadamias as these make an especially creamy milk and can be frothed up to make a cappuccino

YOU'LL NEED…	500ml *17 fl. oz*		1 litre *33 fl. oz*		1.5 litres *3.2 pints*		2 litres *4.2 pints*	
Nuts, raw unsalted *your choice*	½	cup	1	cup	1 ½	cups	2	cups
Water, filtered	2	cups	4	cups	6	cups	8	cups

NOTES:

- *For a THICKER Milk – Add less water when blending. For a THINNER Milk – Add more water when blending.*
- *FREEZING – Pour into ice cube tray, freeze then transfer to a re-sealable bag – you'll always have some nut milk on hand.*

LET'S GET STARTED…

- Put nuts in a bowl and pour in enough warm (not boiling) water to cover *at least 5cm (2")* over the top of nuts. Leave on counter out of direct sunlight for 15-30 mins. Can be soaked overnight, if you wish.
- When finished soaking, drain, and rinse well under cold running water, drain.
- Put nuts in the blender with filtered water and blend on high until smooth.
- Using a fine strainer and filter milk into a bottle. *See recipes below for how to use nut pulp.*
- Keeps in fridge for 3-5 days. Shake well before pouring.

OPTIONS ON HOW TO USE YOUR PULP…

- ***Breadcrumbs...*** *Spread nut milk pulp onto a baking tray lined with baking paper and dry at 37°C (100°F) until completely dry. Remove from oven, crumble up and store in an airtight container. Keeps in fridge for 2wks, or freeze up to 6-months.*
- ***Herb Crackers...*** *Recipe* 👇 👇

HERB CRACKERS – YOU'LL NEED…	20	
Flaxseeds, whole – Brown or Gold *organic*	1	tbsp
Nut pulp *wet*	1	cup
Sesame seeds	1	tbsp
Basil *dried or any mixed herbs*	2	tbsp
Olive oil, extra virgin *organic*	1	tsp

LET'S GET STARTED…

- Preheat oven to 175°C (350°F) and line a baking tray with baking paper.
- Grind Flaxseeds to make flax meal, add to bowl with all other ingredients and mix well to combine. Let sit for 10-minutes.
- Put the mix into the middle of the baking tray and press flat with a spatula to spread, then put a piece of baking paper on top and roll out flat with a rolling pin, about 0.5mm (⅛") thick.
- Remove the top sheet (don't throw out) and score lines through it with a pizza cutter or knife to make cracker sized pieces 3 x 3cm (1.2"x 1.2"). Then using a fork poke multiple holes into each cracker. Bake for 20-mins.
- After 20-mins, take out and place the extra sheet of baking paper on top and flip the crackers, remove extra sheet of paper and bake for a further 20 minutes. Take out of oven and let cool on a rack. Stores for 1-2 weeks in a tightly sealed container in the pantry. Freeze for up to 6mths.

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OMEGA 3 MIX

gluten free | nut free | dairy free | plant-based | raw

READY IN
10 mins

Omega 3, otherwise known as Alpha-linolenic acid (ALA), is a plant-based essential polyunsaturated fatty acid that must be obtained through diet. ALA has numerous health properties and evidence shows that it is beneficial against metabolic diseases, inflammatory diseases, and cardiovascular diseases, among others.

This Omega 3 mix provides abundant ALA's AND Lignans, Polyphenols, Isoflavones, all the essential amino acids (protein) plus non-essential amino acids, Vitamin A, Vitamin C, Vitamin E, Vitamins Thiamine (B1), Riboflavin (B2), Niacin (B3), Pantothenic Acid (B5), Pyridoxine (B6), and Biotin (B7), Folate (B9) and Minerals… Calcium, Iron, Magnesium, Phosphorus, Potassium, Zinc, Copper, and Manganese.

"Western diets are deficient in omega-3 fatty acids and have excessive amounts of omega-6 fatty acids compared with the diet on which human beings evolved and their genetic patterns were established. Excessive amounts of omega-6 polyunsaturated fatty acids (PUFA) and a very high omega-6/omega-3 ratio, as is found in today's Western diets, promote the pathogenesis of many diseases, including cardiovascular disease, cancer, and inflammatory and autoimmune diseases, whereas increased levels of omega-3 PUFA (a low omega-6/omega-3 ratio) exert suppressive effects."

Just 1 tbsp of this OMEGA 3 MIX provides 4840mg of Omega 3, 13g of Fibre and 9g of Protein. In addition, based on the official conversion percentages of ALA to EPA and DHA… for Females this averages 2032mg (EPA) and 871mg (DHA) and Males 774mg (EPA) and 387mg (DHA) respectively. However, it is important to note that diet can influence the conversion of these fatty acids. The Recommended Dietary Intake (RDI) for Omega-3 is approx. 1100 mg for women and 1600 mg for men.

Recommended ways to use your Omega 3 mix…

- ✓ Use to thicken soups.
- ✓ Add to smoothies and smoothie bowls.
- ✓ Use in baked goods, cooked at low temperatures e.g., 150°C (300°F).
- ✓ Mix into breakfast granolas and porridge.
- ✓ Mix into mayonnaise/mustard.
- ✓ Mix into nut butter and slather onto seeded crispbread.
- ✓ Sprinkle onto a fruit salad with organic yoghurt.

YOU'LL NEED…	300g *10.6oz*	600g *21oz*	900g *31oz*	1.2kg *42oz*
Flaxseeds, whole – Brown or Gold *organic*	150 g *5.3oz*	300 g *10.6oz*	450 g *16oz*	600 g *21oz*
Chia seeds – Black, White or mix *organic*	150 g *5.3oz*	300 g *10.6oz*	450 g *16oz*	600 g *21oz*

LET'S GET STARTED…

- Put all whole flax seeds and chia seeds into a blender, or coffee mill, and pulse on high until a fine meal.
- Do not over blend or it will become moist and sticky.
- Store in an airtight jar in the fridge – lasts for up to 6 months.

2006. Simopoulos AP. Evolutionary aspects of diet, the omega-6/omega-3 ratio and genetic variation: nutritional implications for chronic diseases

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OATMEAL MEDLEY

gluten free 🚫 | dairy free | nut free | plant-based

READY IN
10 mins

Oatmeal or porridge... the breakfast of champions... is an excellent source of Vitamin E and fibre, especially Beta-glucans, which regulate the gut microbiota increasing concentrations of Bifidobacterium and Lactobacillus beneficial bacterial species in the gut. In addition, β-glucans have been reported to have various biological activities such as anticancer, antidiabetic, anti-inflammatory and immune-modulating effects. Work your way through the serving suggestions below and find your favourite(s)

YOU'LL NEED…	1	2	3	4
Oats, wholemeal, rolled, wheat free, *organic*	½ cup	1 cup	1 ½ cups	2 cups
Water, filtered	1 cup	2 cups	3 cups	4 cups

STOVE METHOD – LET'S GET STARTED…

- Combine water *(or add variation)* and oats in a saucepan, turn on high and keep stirring until it bubbles.
- Turn down low to a simmer, stirring occasionally, until thick and creamy.
- Remove from heat; add your desired variation.
- Spoon into bowls and serve while warm.
- Keeps in the fridge for up to 2 days but will get stiff. Once warmed, will soften.

MICROWAVE METHOD – LET'S GET STARTED…

- Combine water *(or add variation)* and oats in a Pyrex jug, put in the microwave on high for 1 minute.
- Take out, stir well and microwave for 30-secs*, or longer if required; add your desired variation.
- Spoon into serving bowl.
- Serve while warm.
- Keeps in the fridge for up to 2 days but will get stiff. Once warmed, will soften.

**Everyone's microwave seems to be different, some more powerful than others. Add or deduct time depending on your microwave.*

VARIATIONS (SERVES 1)

- *CREAMY MILK OATS – Replace water with Nut, Seed or Coconut milk.*
- *STRAWBERRY ALMOND – Top with fresh Strawberries and flaked Almonds.*
- *BLUEBERRY NUT – Add 2 tbsp. of frozen Blueberries when simmering. Top with crushed Walnut or Pecans.*
- *COCONUT CHAI – Replace water with Coconut milk and then add a pinch each of ground Cardamom, ground Cloves, Nutmeg and Cinnamon powder and stir through.*
- *CHIA CINNAMON – Add in ½ tsp organic Chia seeds when cooking and dust with Cinnamon powder when finished.*
- *SWEET – Grate a green Apple on top, sprinkle with Cinnamon powder.*
- *NUT SWIRL – Stir in 2 tsp of homemade Nut butter.*
- *MINERAL BOOST – Mix in ½ tsp each of Sunflower and Pumpkin seeds.*
- *APPLE SAUCE – Mix through 1 tbsp. unsweetened Apple Sauce.*
- *COCONUT BANANA – Top with sliced Banana and organic Coconut yoghurt.*
- *CRUNCHY MIX – Top with Pecans, organic Hemp seeds, flaked Almonds and grated Apple.*
- *HONEY NUT – Drizzle 1 tsp raw unprocessed Honey on top with 1-2 tbsp of flaked Almonds.*

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ORANGE CHAI GRANOLA

gluten free 🚫 | dairy free | nut free options | plant-based | raw option

READY IN
30 mins

The warmth of chai, the sweetness of orange, healthy essential fats plus fibre and protein … the perfect breakfast for your gut and you

One serving is between ¾ - 1 cup. 440g makes enough for about 4-5 breakfasts.

YOU'LL NEED…	440g *15oz*		880g *30oz*		1.32kg *45oz*		1.76kg *60oz*	
Flaxseeds, whole – Brown or Gold *organic*	½	cup	1	cup	1 ½	cups	2	cups
Orange *medium*	2	whole	4	whole	6	whole	8	whole
Oats, wholemeal, rolled, wheat free, *organic*	2	cups	4	cups	6	cups	8	cups
Almonds, flaked or slivered *raw unsalted*	1	cup	2	cups	3	cups	4	cups
Coconut flakes/chips or shredded	½	cup	1	cup	1 ½	cups	2	cups
Pecans *raw unsalted*	½	cup	1	cup	1 ½	cups	2	cups
Pumpkin seeds	½	cup	1	cup	1 ½	cups	2	cups
Cinnamon powder	2	tsp	1	tbsp	6	tsp	2	tbsp
Ginger powder	1	tsp	2	tsp	3	tsp	1	tbsp
Cardamon powder	½	tsp	1	tsp	1 ½	tsp	2	tsp
Nutmeg powder	¼	tsp	½	tsp	¾	tsp	1	tsp

OVEN METHOD – LET'S GET STARTED…

- Grind flaxseeds, set aside.
- Zest and juice orange, set aside.
- Preheat oven to 200°C (395°F). Line a baking tray with baking paper or use a non-stick tray.
- In a large bowl, combine ground flaxseeds, oats, almonds, coconut, pecans, pumpkin seeds, cinnamon, ginger, cardamon and nutmeg powders. Mix well to combine.
- Sprinkle orange zest over the top of mix and pour in orange juice. Mix well to combine.
- Spread onto baking tray and bake for 15-minutes.
- When done, remove and let cool completely.
- Store in an air-tight container in the fridge. Keeps for 2-3 weeks.

DEHYDRATOR METHOD – LET'S GET STARTED…

- Follow directions above, from zesting and juicing orange to pouring over mix.
- Spread mix evenly on dehydrating tray and dehydrate at 40°C (105°F) for 12-18 hrs, turning occasionally.
- Store in an air-tight container in the fridge. Keeps for 2-3 weeks.

VARIATIONS (SERVES 1)

- *LIME – Replace Orange with Lime.*
- *NUT FREE – Replace portions of Nuts with the equivalent portions in Seeds.*

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OVERNIGHT OATS

gluten free | dairy free | nut free | plant-based

READY IN
10 mins
+ Overnight

Oats are an excellent source of Vitamin E and Beta glucans a super gut friendly fibre... add to this a host of minerals essential for digestion and liver support, combined with Omega 3 and Protein Rich Chia seeds, you have a breakfast that will keep you satisfied for hours... and if you're not much of a morning person, then these are perfect... mix at night, pop in the fridge, wake up in the morning, and ta-da, breakfast is already ready

YOU'LL NEED…	1	2	3	4
Oats, wholemeal, rolled, wheat free, *organic*	¼ cup	½ cup	¾ cup	1 cup
Coconut water	½ cup	1 cup	1 ½ cups	2 cups
Chia seeds – Black, white or mix *organic*	2 tsp	1 tbsp	6 tsp	2 tbsp

LET'S GET STARTED…

- Mix all ingredients in a bowl. Let sit for 5-mins then stir again to combine.
- *Optional… Add in any Variation Mix In's now.*
- Cover bowl and put in the fridge to sit overnight. Or if making separate servings, spoon into jars/containers.
- When ready the next day, spoon into a serving bowl or eat straight from the bowl, add any topping variations.
- Cold outside? Warm it up before serving.
- Keeps for 3-5 days in fridge.

VARIATION MIX INS (SERVES 1)

- *CHOCOLATE – Add ½ tsp. organic Cacao powder & 1 tsp. Cacao nibs when mixing.*
- *OMEGA BOOST – Add 1 tsp. of Omega 3 mix when combining ingredients.*
- *CHAI – Add a pinch each of ground Cardamom, ground Cloves, Nutmeg and ½ tsp. Cinnamon powder when mixing.*
- *LEMON & THYME – Add 1 tsp of Lemon juice and ½ tsp. fresh Thyme leaves when mixing.*

VARIATION TOPPINGS (SERVES 1)

- *PROTEIN BOOST – Top with your favourite unsalted Nuts and organic Hemp seeds.*
- *SEEDS GALORE – Top with Pumpkin and Sunflower seeds when serving.*
- *APPLE – Top with grated Apple when serving.*
- *BERRY – Top with your favourite fresh Berries.*
- *BLUEBERRY PECAN – Top with fresh Blueberries and Pecans and dust with Cinnamon powder.*
- *BERRY ALMOND – Top with fresh Berries and flaked Almonds.*
- *COCONUT BANANA – Top with sliced Banana and organic Coconut yoghurt.*

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PAELLA DE VERDURAS

gluten free | dairy free | nut free | plant-based

READY IN
1 hr.

A real crowd pleaser... this wonderful rice dish from Spain is so tasty, and SO simple to make

YOU'LL NEED…	1		2		3		4	
Vegetable stock liquid	1	cup	2	cups	3	cups	4	cups
Peas, fresh or frozen	½	cup	1	cup	1 ½	cups	2	cups
Onion – Brown *small*	½	whole	1	whole	1 ½	whole	2	whole
Mushrooms, button	90	g *3oz*	180	g *6oz*	270	g *9oz*	360	g *12oz*
Tomato – Any type	1	whole	2	whole	3	whole	4	whole
Olive oil, extra virgin *organic, optional*	¼	tsp	½	tsp	¾	tsp	1	tsp
Paprika powder	½	tsp	1	tsp	1 ½	tsp	2	tsp
Turmeric powder	¼	tsp	½	tsp	¾	tsp	1	tsp
Saffron threads or powder	¼	tsp	½	tsp	¾	tsp	1	tsp
Rice, Arborio	100	g *3.5oz*	200	g *7oz*	300	g *10oz*	400	g *14oz*
Tomatoes, diced 400g (14oz) *organic*	½	can	1	can	1 ½	cans	2	cans
Water, filtered	¼	cup	½	cup	¾	cup	1	cup
Parsley, fresh *optional for garnish*	¼	handful	½	handful	¾	handful	1	handful

LET'S GET STARTED…

- Make the vegetable stock liquid quantity required, using your Veggie Stock Concentrate. Set aside.
- Put frozen peas in a bowl and let defrost naturally until needed.
- Finely dice onion, slice mushrooms and roughly chop tomato.
- Use *optional* olive oil, or a splash of water, and in a pot over medium-high heat, sauté onion until translucent.
- Add paprika, turmeric and saffron and a splash of vegetable stock liquid and stir well.
- Add mushrooms and keep stirring until slightly tender then add uncooked Arborio rice and mix well.
- Turn heat down to low-medium and add half of the vegetable stock liquid, diced fresh tomato and canned tomato and keep stirring until most of the liquid is absorbed.
- Add the remainder of the stock and water, stir well. At this stage, stir every 10-minutes or so until rice is cooked. It will take anywhere from 35-45 minutes to be ready. Add more water if needed.
- When rice is cooked, stir through peas and let heat through then serve.
- Keeps in the fridge for 1 week. Freezes well.

VARIATIONS (SERVES 1)

- *HOT 'N' SPICY – Add ¼ - ½ fresh finely diced red Chilli pepper when sautéing onions.*
- *GREENER – Add 4 sliced green string beans when sautéing mushrooms.*
- *REDDER – Add ¼ whole red Capsicum/Bell pepper when sautéing mushrooms.*

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PEPPERCORN CHEEZE LOGS

gluten free | dairy free | plant-based | raw

READY IN
1hr

Simply delicious -- Simply nutritious -- Simply amazing!

YOU'LL NEED…	4	
Cashews, raw unsalted	1	cup
Nutritional yeast/Savoury yeast flakes	¾	cup
Arrowroot powder *organic*	6	tsp
Salt, Pink Himalayan *optional*	¾	tsp
Apple cider vinegar *organic w mother*	¾	tsp
Water, filtered *for Cashews*	¾	cup
Water, filtered *for Agar Agar*	1½	cups
Agar Agar *powder*	5	tsp
Pepper, black cracked	1	cup

LET'S START

- Soak cashews in warm water to cover well for 15-30 mins, then when done, rinse and drain cashews well.
- Add cashews to a blender/food processor with nutritional yeast, arrowroot, salt, apple cider vinegar and water, filtered *for Cashews*. Keep blending until smooth and creamy.
- In a saucepan, add Water, filtered *for Agar Agar* and the Agar Agar powder and over a low heat, simmer (do not boil) until it thickens.
- Add the cashew sauce to the saucepan and continue to stir until it becomes thick. This takes about 1-2 mins.
- *OPTIONAL: If it's a bit lumpy then put the entire mix back into the blender/food processor and blend for 1-2 mins, on high, to make extra smooth.*
- Spoon into mix into a bowl and let cool in the fridge for 30-minutes (no longer) until firm.
- Lay out a large piece of cling wrap and scoop out a handful of cheeze mix and put in the middle of the wrap (see images below) then fold cling wrap over it and roll back and forth until it becomes a log about 10cm (4") long.
- Unroll from wrap and sprinkle a layer of cracked pepper on wrap, roll it back and forth so it is covered well with pepper. Add more pepper if needed.
- Roll the cling wrap around the log and seal edges. Place in the fridge for 1-hr to harden.
- When ready to serve, unwrap and slice into pieces.
- Keeps in the fridge for 5-7 days. Can be frozen.

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PHYTO-GREEN BOOST SALAD W LIME DRIZZLE

gluten free | dairy free | nut free | plant-based | raw

READY IN
15 mins

This salad is packed full of Phytonutrients; that contain abundant antioxidants and act as powerful anti-inflammatories with health protecting properties – not to mention the amazing benefits of fibre for your gut

YOU'LL NEED…	1		2		3		4	
Lime	1	whole	2	whole	3	whole	4	whole
Olive oil, extra virgin *organic, optional*	1	tsp	2	tsp	3	tsp	1	tbsp
Cucumber, continental, Lebanese or regular	200	g *7oz*	400	g *14oz*	600	g *21 oz*	800	g *28 oz*
Coriander/Cilantro	1	handful	2	handfuls	3	handfuls	4	handfuls
Rocket/Arugula and/or Radicchio/Chicory mix	1	handful	2	handfuls	3	handfuls	4	handfuls
Sunflower shoots or Watercress*	1	handful	2	handfuls	3	handfuls	4	handfuls
Sprouts, Snow pea	1	handful	2	handfuls	3	handfuls	4	handfuls
Avocado	½	whole	1	whole	1 ½	whole	2	whole
Pine nuts	1	tbsp	2	tbsp	3	tbsp	¼	cup

LET'S GET STARTED…

- Zest and juice lime and pour into a jar with *optional* olive oil, put on lid and shake well. Set aside.
- Slice finely or spiralize cucumber *(or variation)* and put in salad bowl.
- Add Coriander, lettuce mix, shoots and sprouts – mix well.
- Slice avocado and arrange on top.
- Sprinkle pine nuts on top.
- Pour dressing over salad, serve immediately.
- Keeps in the fridge (undressed) for a week.

VARIATIONS (SERVES 1)

- *TANGY – Drizzle with freshly squeezed Lemon or Lime juice.*
- *SESAME – Sprinkle Sesame seeds on top.*
- *ZUCCHINI/COURGETTE SWAP – Replace Cucumber with Zucchini noodles.*
- *SEED UP – Top with Pumpkin and Sunflower seeds.*
- **WATERCRESS AND/OR SUNFLOWER SHOOTS SWAP – Hunt the shops for Watercress & Sunflower shoots like your life depends on it, BUT if you can't find it then substitute with a mix of any of the following... Rocket/Arugula, Snow Pea sprouts, Alfalfa sprouts, Endive, Radicchio, Chicory or Dandelion greens.*

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QUINOA PROTEIN BOWL

gluten free | dairy free | nut free | plant-based

READY IN
55 mins

Packed with PROTEIN… fueled by FIBRE… Delicious and nutritious

YOU'LL NEED…	1		2		3		4	
Edamame *frozen, organic*	½	cup	1	cup	1 ½	cups	2	cups
Sweet Potato – Gold	50	g *1.8oz*	100	g *3.5oz*	150	g *5.3oz*	200	g *7oz*
Quinoa – Multicoloured *organic*	50	g *1.8oz*	100	g *3.5oz*	150	g *5.3oz*	200	g *7oz*
Onion – Red *small*	½	whole	1	whole	1 ½	whole	2	whole
Carrot	50	g *1.8oz*	100	g *3.5oz*	150	g *5.3oz*	200	g *7oz*
Cabbage – Purple	50	g *1.8oz*	100	g *3.5oz*	150	g *5.3oz*	200	g *7oz*
Parsley – Flat leaf or curly	½	handful	1	handful	1 ½	handfuls	2	handfuls
Red wine vinegar	2	tbsp	¼	cup	⅓	cup	½	cup
Olive oil, extra virgin *organic*	1	tbsp	2	tbsp	3	tbsp	¼	cup

LET'S GET STARTED…

- Defrost Edamame, set aside.
- Preheat oven to 200°C (395°F). Line a baking tray with baking paper or use a non-stick tray.
- Peel sweet potato and cut into thin small pieces. Place in baking tray and roast for 20-minutes.
- Put quinoa in a saucepan with water in a 1:2 ratio (quinoa:water). Bring to a boil then reduce heat to low and simmer until most of the liquid has been absorbed. Approx.15 mins. When done, put in fridge to cool.
- While sweet potato and quinoa are cooking… finely dice onion, julienne carrot, cut cabbage into thin strips and finely chop parsley, add to salad bowl.
- When quinoa and sweet potato are cool, add to salad bowl and mix Edamame through.
- Mix red wine vinegar and olive oil and pour over salad.
- Keeps in fridge for 2-3 days. Doesn't freeze.

VARIATIONS (SERVES 1)

- *MINTY – Replace Parsley with Mint leaves.*
- *PARSLEY SWAP – Replace Parsley with Coriander leaves.*
- *TOFU – Add ½ cup of baked Tofu pieces.*
- *EDAMAME SWAP – Use cooked and cooled Broad Beans instead.*
- *OIL FREE – Omit Olive oil.*

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RAW CHOCOLATE

gluten free | dairy free | nut free | plant-based | raw

READY IN
30 mins

This raw chocolate is so delicious. Cacao provides many health benefits…

- ✓ Minerals such as Magnesium, Manganese, Iron, Copper, Selenium and Potassium.
- ✓ A rich source of prebiotics and flavonoids that increase beneficial microbes in the gut such as Bifidobacteria and Lactobacilli.
- ✓ A rich source of GABA, that provides a calming effect for the nervous system.
- ✓ Enhances serotonin production, the feel-good neurotransmitter.
- ✓ Mops up free radicals with its antioxidants.
- ✓ Stabilizes blood sugar levels, helping to stop cravings.

140g (5oz) makes approx. 20 chocolate pieces

YOU'LL NEED…	140g *5 oz*	280g *10 oz*	420g *15oz*	560g *20oz*
Cacao butter *organic*	80 g *2.8oz*	160 g *5.6oz*	240 g *8.4oz*	320 g *11oz*
Cacao powder *organic*	55 g *2oz*	110 g *4oz*	165 g *6oz*	220 g *8oz*
Vanilla bean paste	1 tsp	2 tsp	3 tsp	1 tbsp
Maple syrup	2 tsp	1 tbsp	6 tsp	2 tbsp

LET'S GET STARTED…

- Over a double boiler, on a very low flame, melt cacao butter, until liquid.
- Remove from heat add cacao powder and whisk well to combine. Then add vanilla and maple syrup, whisk well. *Add variations here.*
- Choose your mold or pour a *very* thin layer into a large shallow plastic container to make chocolate thins.
- Place in the freezer for 20 mins to harden. Keeps in the fridge or freezer for months.

VARIATIONS (SERVES 1)

- *MACADAMIA – Place 1 whole Macadamia into each mold casing before pouring in chocolate.*
- *RASPBERRY – Place freeze dried Raspberry pieces on the bottom of the mold and pour chocolate on top.*
- *FLAKED ALMOND – Mix in flaked Almonds.*
- *HAZELNUT – Mix in whole or crushed raw unsalted Hazelnuts.*
- *CHOC CHIP MINT – Mix in 10 drops of pure organic Peppermint essential oil & Cacao nibs when mixing.*
- *COCONUT ROUGH – Mix in shredded or desiccated Coconut.*
- *ORANGE – Add 10 drops of pure organic Orange essential oil.*

NOTES…To be classified as 'RAW' - Food must NOT be heated above 40°C (104°F) to retain its nutritional value. Use a thermometer to monitor temperature. Remove from flame if getting too hot.

Easter treat… Pour raw chocolate mix into Easter egg molds

Chocolate bar gift… the perfect gift, pour into a 'Chocolate Block' mold add any variations and then gift wrap.

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RAW PAD THAI

gluten free | dairy free | plant-based | raw

READY IN
20 mins

Simple, colourful, delicious and nutritious – and super quick to make

YOU'LL NEED…	1		2		3		4	
Lime	½	whole	1	whole	1 ½	whole	2	whole
Garlic	½	clove	1	clove	1 ½	cloves	2	cloves
Ginger *fresh*	10	g *.35oz*	20	g *.7oz*	30	g *1oz*	40	g *1.4oz*
Vegetable stock liquid	2	tbsp	¼	cup	⅓	cup	½	cup
Peanut butter – Smooth *organic*	2	tbsp	¼	cup	⅓	cup	½	cup
Tamari *organic*	2	tsp	1	tbsp	6	tsp	2	tbsp
Sesame oil	⅛	tsp	¼	tsp	¼	tsp	½	tsp
Maple syrup	¼	tsp	½	tsp	¾	tsp	1	tsp
Rice noodles – thick, flat	30	g *1oz*	60	g *2oz*	90	g *3oz*	120	g *4oz*
Zucchini/Courgette	120	g *4oz*	240	g *8oz*	360	g *12oz*	480	g *16oz*
Carrot	55	g *2oz*	110	g *4oz*	165	g *6oz*	220	g *8oz*
Spring (green) onion	1	sprig	2	sprigs	3	sprigs	4	sprigs
Capsicum/Bell Pepper – Red *medium*	¼	whole	½	whole	¾	whole	1	whole
Bean shoots	½	handful	1	handful	1 ½	handfuls	2	handfuls
Cashews, raw unsalted *optional topping*	2	tbsp	¼	cup	⅓	cup	½	cup

LET'S GET STARTED…

- Juice lime and remove skin off ginger and garlic, and put in blender with vegetable stock liquid, peanut butter, tamari, sesame oil and maple syrup. Blend on high until smooth and creamy, put in fridge to cool while making salad. This is your Pad Thai Dressing.
- Prepare Rice noodles according to pack instructions. When done, rinse with cold water and drain, then put in a salad bowl.
- Spiralize zucchini and carrot, add to salad bowl.
- Finely dice spring onions and capsicum into thin strips, add to salad bowl along with bean shoots.
- Mix well with your hands until well combined.
- Put into serving bowls, top with *optional* cashews (fresh or roasted) with a side of your Pad Thai Dressing.
- Keeps in fridge for up to a week.

VARIATIONS (SERVES 1)

- *CRUNCHY – Add a handful of Edamame beans.*
- *SPICY BAKED TOFU – Cut into thin strips and add.*
- *SESAME – Sprinkle Sesame seeds on top when serving.*
- *SUPER SPICY – Add ½ Green Seeded Chilli Pepper to the dressing when blending.*
- *VEGGIE UP – Add a handful of thinly sliced red or green Cabbage.*
- *MINTY – Add a handful of Mint leaves.*

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RICH RED CAULI CURRY

gluten free | dairy free | nut free | plant-based

READY IN
30 mins

The RED RICHNESS of this curry comes from the antioxidant rich Thai Red Curry Paste and Tomatoes which are extremely high in Lycopene, an antioxidant, which has numerous health benefits. Cooking tomatoes increases the bioavailability of Lycopene and other phytonutrients such as Rutin which has potent antibacterial, anti-inflammatory and antispasmodic properties

YOU'LL NEED…	1		2		3		4	
Thai Red Curry Paste	75	g *2.6oz*	150	g *5.3oz*	225	g *7.9oz*	300	g *10.6oz*
Vegetable stock liquid	½	cup	1	cup	1 ½	cups	2	cups
Cauliflower *large*	¼	whole	½	whole	¾	whole	1	whole
Onion – Red *small*	1	whole	2	whole	3	whole	4	whole
Coriander/Cilantro *fresh*	1	handful	2	handfuls	3	handfuls	4	handfuls
Mushrooms, button	70	g *2.5oz*	140	g *5oz*	210	g *7.5oz*	280	g *10oz*
GGC	1	tsp	2	tsp	3	tsp	1	tbsp
Tomato paste *organic*	1	tbsp	2	tbsp	3	tbsp	¼	cup
Tomatoes, diced 400g (14oz) organic	½	can	1	can	1 ½	cans	2	cans

LET'S GET STARTED…

- Make Thai Red Curry Paste *see recipe in this e-book.*
- Make the vegetable stock liquid quantity required, using your Veggie Stock Concentrate. Set aside.
- Remove core from cauliflower, roughly chop into small pieces and steam until slightly tender. About 5-mins.
- Finely chop red onion and coriander and quarter mushrooms, set aside.
- In a pot over medium-high heat, add GGC and onion and sauté until translucent.
- Add fresh coriander, mushrooms and Thai red curry paste and stirring frequently, sauté for a few minutes, until mushrooms start to soften. A splash of vegetable stock if it gets too dry.
- Add tomato paste, vegetable stock liquid and canned (or fresh cut) tomato. Rinse tomato can with a little water and add to pot.
- Turn down heat and add steamed cauliflower to heat through and infuse flavours, around 10 minutes.
- Serve as a hearty stew.
- Keeps in fridge for 3-5 days. Freezes well.

VARIATIONS (SERVES 1)

- *PROTEIN BOOST – Add ¼ cup canned Chickpeas when adding Cauliflower.*
- *SPICIER – Double the amount of Thai Red Curry Paste.*

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SEEDED CRISPBREAD

gluten free 🚫 | dairy free | nut free | plant-based | raw option

READY IN
90 mins

A healthy alternative to bread and store-bought crispbreads – packed full of FIBRE, with a healthy dose of Protein and Omega 3 and 6 fats 😊

YOU'LL NEED…	10		20		30		40	
Flaxseeds, whole – Brown or Gold *organic*	¼	cup	½	cup	¾	cup	1	cup
Pumpkin seeds	¼	cup	½	cup	¾	cup	1	cup
Sunflower seeds	¼	cup	½	cup	¾	cup	1	cup
Oats, wholemeal, rolled wheat free *organic*	1	cup	2	cups	3	cups	4	cups
Sesame seeds – White or Black	½	cup	1	cup	1 ½	cups	2	cups
Psyllium husks *organic*	¼	cup	½	cup	¾	cup	1	cup
Water, filtered	1	cup	2	cups	3	cups	4	cups

LET'S GET STARTED…

STEP 1

- In a coffee mill or blender pulse ALL the Sunflower and Pumpkin seeds, just to break up the seeds a little, add to mixing bowl.
- In a coffee mill or blender blitz ALL the Flaxseeds to make flax meal, add to mixing bowl.

STEP 2

- Now add oats, sesame seeds and psyllium husks to the mixing bowl. Stir well to combine.

STEP 3

- Add water, and with a spatula or wooden spoon mix really well.
- Now use the back of the spatula/spoon to gently compress the mix in the bowl.
- Let sit out on the counter, out of direct sunlight, for 30-minutes.
- This allows all the water to be soaked up.

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SEEDED CRISPBREAD

gluten free 🚫 | dairy free | nut free | plant-based | raw options

READY IN
90 mins

STEP 4
OVEN METHOD
- Prepare a large oven proof flat tray, about 40 x 35cm, (13”x 15”) with baking paper.
- Place about 2-3 handfuls on top of the baking paper, about 3cm (1.2”) high and press flat with hands.

DEHYDRATOR METHOD
- Prepare teflex sheet and roll out thinly as in Step 5.

STEP 5
- Lay another piece of baking paper on top and with a rolling pin* roll out the mix until it is about *0.5mm-1cm (0.2”) thick.
- Bits will ooze out the sides, don’t worry as you’ll be cutting these off and putting back into the mixing bowl to use for the next batch.

*If you don’t have a rolling pin use a can instead to roll it flat.

STEP 6
- With a knife or pizza cutter, remove the rough edges and put back in the bowl to use the next time.

STEP 7
- Score lines through it with the knife/pizza cutter to make Crispbread sized pieces approx. 9 x 5cm (3½”x 2”)
- If you have scraps left over then you can make small cracker sized pieces too.

STEP 8
OVEN METHOD
- Preheat oven to 175°C (350°F).
- Place tray in oven, on middle rack, and bake for 30-mins.
- After 30-mins take out, turn pieces over and bake for a further 30 minutes. If still soft, bake in 10-min increments until browned and crispy.
- Take out of oven and let cool on a rack. Repeat until all mix is used.

DEHYDRATOR METHOD
- Dehydrate at 46°C (115°F) for 3-4 hrs. Turn over after 1.5hrs. Dehydrate longer if required.

STORAGE: 1-2 weeks in a tightly sealed container in the pantry. Can be frozen for up to 6mths.

VARIATIONS (SERVES 1)
- *ITALIAN – Add ¼ tsp. each of dried Thyme, Oregano and Basil when mixing dry ingredients.*
- *OAT SWAP – Use Puffed Amaranth instead.*

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SEED MILK

gluten free | dairy free | nut free | plant-based | raw

READY IN
2-hrs + 5 mins

Not a nut milk fan? Or perhaps you have an allergy? Or you just want to mix things up?
Preservative and additive free, here's a selection of light nutritious dairy and nut replacement

HEMP SEED MILK YOU'LL NEED…	250ml *8.8 fl. oz*		500ml *17 fl. oz*		750ml *25 fl.oz*		1 litre *33 fl. oz*	
Hemp seeds *organic*	½	cup	1	cup	1 ½	cups	2	cups
Water, filtered	1	cup	2	cups	3	cups	4	cups

SUNFLOWER SEED MILK YOU'LL NEED…	375ml *12.6 fl. oz*		750ml *25 fl.oz*		1.1 litre *38 fl.oz*		1.5 litre *3.2 pints*	
Sunflower seeds, hulled, raw	½	cup	1	cup	1 ½	cups	2	cups
Water, filtered	1 ½	cups	3	cups	4 ½	cups	6	cups

PUMPKIN SEED MILK YOU'LL NEED…	375ml *12.6 fl. oz*		750ml *25 fl.oz*		1.1 litre *38 fl.oz*		1.5 litre *3.2 pints*	
Pumpkin seeds, hulled, raw	½	cup	1	cup	1 ½	cups	2	cups
Water, filtered	1 ½	cups	3	cups	4 ½	cups	6	cups

- *For a THICKER Milk – Add ¼ - ½ cup less water when blending. For a THINNER Milk – Add more water when blending.*
- *FREEZING – Pour into ice cube tray, freeze then transfer to a re-sealable bag – you'll always have some seed milk on hand. Add seed milk cubes to your smoothies or defrost to use with your breakfast cereal or cup of coffee.*

LET'S GET STARTED…

- Put seeds in a bowl and pour in enough water to cover *at least 5cm (2")* over the top of seeds.
- Leave on counter out of direct sunlight for a minimum of 2hrs, overnight is best. If using the quick method of '2hrs' or less then add warm water not cold water.
- When finished soaking, drain, and rinse well.
- Put seeds in the blender with filtered water and blend on high until smooth.
- Use a fine strainer, or nut bag, and filter milk into a bottle.
- Keeps in fridge for 3-5 days.
- Shake well before pouring as sometimes it separates in the bottle.

VARIATIONS (SERVES 1)

- *CHOC MILK – Add ¼ tsp organic Cacao powder.*
- *MATCHA MILK – Add ¼ tsp organic Matcha powder.*
- *CHAI MILK – Add a pinch of Nutmeg, Cardamom and Ginger powder.*

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SERIOUSLY C SMOOTHIE

gluten free | dairy free | nut free | plant-based | raw

READY IN
10 mins

Seriously C… provides more than 200% of antioxidant powered Vitamin C that supports both the innate and adaptive immune defense systems. Supporting your body to effectively fight whatever is thrown at it!

YOU'LL NEED…	1		2		3		4	
Orange *medium*	1	whole	2	whole	3	whole	4	whole
Pineapple *fresh or frozen, not canned*	2	cups	4	cups	6	cups	8	cups
Mango *frozen*	1	cup	2	cups	3	cups	4	cups
Coconut Yoghurt – Natural *organic*	2	tbsp	¼	cup	⅓	cup	½	cup
Omega 3 mix	2	tbsp	¼	cup	⅓	cup	½	cup

LET'S GET STARTED…

- Peel orange and pineapple and add to blender with mango and Omega 3 mix, blitz until smooth.
- Serve immediately.

VARIATIONS (SERVES 1)

- *CREAMIER – Add 1 whole Banana.*

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SHAVED FENNEL 'N' RADISH W BALSAMIC DRIZZLE

gluten free | dairy free | nut free | plant-based

READY IN
15 mins

Seriously scrumptious, seriously simple, seriously nutritious… a mix of the most delicious ingredients that feed your beneficial bacteria, helping to restore balance in your Gut Microbiome for optimal health

YOU'LL NEED…	1		2		3		4	
Fennel bulb *small*	½	whole	1	whole	1 ½	whole	2	whole
Radish	2	whole	4	whole	6	whole	8	whole
Sugar snap peas	½	handful	1	handful	1 ½	handfuls	2	handfuls
Snow pea sprouts	½	handful	1	handful	1 ½	handfuls	2	handfuls
Olive oil, extra virgin *organic*	½	tsp	1	tsp	1 ½	tsp	2	tsp
Balsamic vinegar	1	tsp	2	tsp	3	tsp	1	tbsp

LET'S GET STARTED…

- Remove core from fennel and either using a mandolin, grater or knife, finely slice, add to salad bowl.
- Cut ends of radish and using a mandolin, grater or knife, finely slice, add to bowl.
- Remove spine and ends of snap peas, add to salad bowl with snow pea sprouts and mix well to combine all ingredients.
- Combine honey and balsamic vinegar in a jar, shake well and pour over salad.
- Serve immediately. Keeps in the fridge for 2-4 days.

VARIATIONS (SERVES 1)

- *ONION – Add ¼ sliced red Onion.*
- *SWAP IT – Replace Balsamic vinegar with Apple Cider vinegar.*
- *CITRUS SPLASH – Replace dressing with freshly squeezed Lime or Lemon juice.*

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SOMEN SUMMER BOWL

gluten free options | dairy free | nut free | plant-based

READY IN
10 mins

This mouth-watering dish is quick to make, super nutritious, super delicious

YOU'LL NEED…	1		2		3		4	
Tamari *organic*	2	tsp	1	tbsp	6	tsp	2	tbsp
Rice vinegar *naturally brewed no added sugar*	½	tsp	1	tsp	1 ½	tsp	2	tsp
Water, filtered	½	cup	1	cup	1 ½	cups	2	cups
Edamame *frozen, organic*	½	cup	1	cup	1 ½	cups	2	cups
Cos/Romaine lettuce	1	handful	2	handfuls	3	handfuls	4	handfuls
Carrot	60	g *2oz*	120	g *4.2oz*	180	g *6oz*	240	g *8.4oz*
Cabbage – Purple	60	g *2oz*	120	g *4.2oz*	180	g *6oz*	240	g *8.4oz*
Kimchi	½	cup	1	cup	1 ½	cups	2	cups

LET'S GET STARTED…

- In a jug or bowl, combine tamari, rice vinegar and water, stir well. Set aside.
- Cook Somen according to pack instructions. When done, rinse well under cold water and let drain.
- Defrost Edamame, set aside.
- Finely dice lettuce. Grate or finely chop carrot and cabbage and place them in the serving bowl, along with defrosted edamame.
- Place the Somen in the middle of the bowl and top with Kimchi.
- Stir liquid again and then pour over bowl, serve immediately.
- Keeps in the fridge for 1-2 days.

VARIATIONS (SERVES 1)

- *GLUTEN FREE – Use thin Vermicelli Rice thin noodles.*
- *HOT – Heat Tamari mix and pour over.*
- *DAIKON – Add ½ cup of grated white (radish) Daikon on top when serving.*

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SPICED BAKED APPLES W COCONUT YOGHURT

gluten free | dairy free | nut free | plant-based

READY IN
30 mins

Warm up and top with Coconut Yoghurt for a delicious filling breakfast, snack or dessert

YOU'LL NEED…	1		2		3		4	
Apple – Green	2	whole	4	whole	6	whole	8	whole
All Spice or Cinnamon powder	½	tsp	1	tsp	1 ½	tsp	2	tsp
Coconut Yoghurt – Natural *organic, topping*	1	tbsp	2	tbsp	3	tbsp	¼	cup

**You can buy All Spice already made up, or make your own by mixing ½ tsp cinnamon & ground cloves plus ¼ tsp nutmeg*

LET'S GET STARTED…

- Preheat the oven to 180°C (350°F). Line a baking tray with baking paper or use a non-stick tray.
- Peel apples, take out core and thinly slice, put in baking tray.
- Sprinkle all spice or cinnamon over apples and mix well to cover. Turn over apple pieces and sprinkle more until well covered.
- Lay apple pieces in the dish and bake for 30 mins or until tender.
- Let cool, then store in an airtight container in fridge. As they cool, they will become firmer.
- Keeps for 1 week in fridge.

VARIATIONS (SERVES 1)

- *ALMOND – Sprinkle Almond flakes on top.*
- *NUTS N SEEDS – Sprinkle Nut 'n' Seed mix on top.*

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SPICY CHICKPEAS

gluten free | dairy free | nut free | plant-based

READY IN
20 mins

Packed full of protein, iron and fibre with a host of vitamins and minerals these spicy treats are great on their own or as a topping for salads

YOU'LL NEED…	1		2		3		4	
Chickpeas/Garbanzo beans *400g (14oz)*	1	can	2	cans	3	cans	4	cans
Pepper, Black cracked	a	pinch	¼	tsp	½	tsp	¾	tsp
Paprika powder	½	tsp	1	tsp	1 ½	tsp	2	tsp
Chilli powder *optional*	a	pinch	¼	tsp	½	tsp	¾	tsp
Garlic powder	½	tsp	1	tsp	1 ½	tsp	2	tsp
Onion powder	½	tsp	1	tsp	1 ½	tsp	2	tsp

LET'S GET STARTED…

- Drain and rinse chickpeas well then lay on a clean tea towel and blot to absorb excess water.
- In a bowl combine pepper and spices – mix well to combine.
- Add chickpeas to spice mix and mix well to coat.
  - OVEN METHOD – Scatter on a non-stick baking tray and roast for 20-mins at 200°C (400°F).
  - FRYPAN METHOD - Heat a non-stick frypan until really hot, then add chickpeas. Keep turning so they don't burn. Chickpeas may pop, don't worry this is perfectly normal.
- When golden brown, remove from heat/oven.
- Can be served hot or let cool in fridge and eat cold.
- Best stored in the fridge in an airtight container. Keeps for a week. Do not freeze well.

VARIATIONS (SERVES 1)

- *INDIAN – Replace Paprika and Chilli with ½ tsp of Curry powder.*
- *ITALIAN – Replace Paprika and Chilli with ½ tsp each of dried Basil and Oregano.*
- *MOROCCAN – Replace Garlic and Onion powder with ½ tsp each of Cumin, Coriander and Chilli powder.*

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SPICY THAI RAINBOW SALAD

gluten free | dairy free | plant-based | raw

READY IN
30 mins

Seven vegetables in ONE salad makes for a super colourful, nutritious meal – a feast for you, a feast for your Microbiome!

YOU'LL NEED…	1		2		3		4	
Edamame *frozen, organic*	½	cup	1	cup	1 ½	cups	2	cups
Corn kernels *400g (14oz) no added salt*	½	can	1	can	1 ½	cans	2	cans
Capsicum/Bell Pepper – Red *medium*	½	whole	1	whole	1 ½	whole	2	whole
Cabbage – Purple	50	g *1.8oz*	100	g *3.5oz*	150	g *5.3oz*	200	g *7oz*
Carrots	50	g *1.8oz*	100	g *3.5oz*	150	g *5.3oz*	200	g *7oz*
Spring (green) onion	2	sprigs	4	sprigs	6	sprigs	8	sprigs
Coriander/Cilantro *fresh*	1	handful	2	handfuls	3	handfuls	4	handfuls
Lime	½	whole	1	whole	1 ½	whole	2	whole
Peanut butter – Smooth *organic*	2	tbsp	¼	cup	⅓	cup	½	cup
Coconut Aminos	1	tbsp	2	tbsp	3	tbsp	¼	cup
Water, filtered	1	tbsp	2	tbsp	3	tbsp	¼	cup
Maple syrup	½	tsp	1	tsp	1 ½	tsp	2	tsp
Sesame oil	⅛	tsp	¼	tsp	¼	tsp	½	tsp
Rice vinegar *naturally brewed no added sugar*	½	tsp	1	tsp	1 ½	tsp	2	tsp
Sriracha sauce *optional*	¼	tsp	½	tsp	¾	tsp	1	tsp

LET'S GET STARTED…

- Defrost Edamame, add to salad bowl with drained and rinsed corn.
- Cut capsicum and cabbage into thin strips add to salad bowl,
- Julienne carrots, add to salad bowl.
- Finely cut spring onions and coriander, add to salad bowl.
- Juice lime and put in a jar with peanut butter, coconut aminos, water, maple syrup, sesame oil, rice vinegar and *optional* sriracha sauce. Put lid on and shake really well.
- Pour dressing over salad and serve straight away.
- Keeps in fridge for 2-3 days.

VARIATIONS (SERVES 1)

- *LESS SPICY – Omit Sriracha.*
- *SESAME – Sprinkle Sesame seeds on top when serving.*

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SPINACH ZOODLES W SPICY ASIAN DRESSING

gluten free | dairy free | nut free options | plant-based | raw

READY IN
20 mins

Simple.... Nutritious....Delicious....

YOU'LL NEED…	1		2		3		4	
Olive oil, extra virgin *organic*	2	tsp	1	tbsp	6	tsp	2	tbsp
Tamari *organic*	1	tsp	2	tsp	3	tsp	1	tbsp
Apple cider vinegar *organic w mother*	2	tsp	1	tbsp	6	tsp	2	tbsp
Rice vinegar *naturally brewed no added sugar*	2	tsp	1	tbsp	6	tsp	2	tbsp
Sesame oil	⅛	tsp	¼	tsp	¼	tsp	½	tsp
Red chilli flakes *optional*	¼	tsp	½	tsp	¾	tsp	1	tsp
Cashews, raw unsalted	2	tbsp	¼	cup	⅓	cup	½	cup
Zucchini/Courgette	120	g *4oz*	240	g *8oz*	360	g *12oz*	480	g *16oz*
Artichoke hearts *in oil or brine*	100	g *3.5oz*	200	g *7oz*	300	g *10oz*	400	g *14oz*
Olives, whole – Green, *pitted or unpitted*	6	whole	12	whole	18	whole	24	whole
Tomatoes *cherry or grape*	8	whole	16	whole	24	whole	32	whole
Spinach leaves, baby	1	handful	2	handfuls	3	handfuls	4	handfuls
Bean shoots	½	handful	1	handful	1 ½	handfuls	2	handfuls

LET'S GET STARTED…

- Combine olive oil, tamari, apple cider and rice wine vinegars, sesame oil and *optional* red chilli flakes, mix well. Set aside.
- In a frypan, turn heat to high, and dry roast cashews with no oil. Keep stirring for about 3-mins or until slightly browned. Put in fridge to cool while making salad.
- Using your spiralizer, on the noodle setting, spiralize zucchini. Add to salad bowl.
- Drain artichokes and olives and rinse really well to get off any oil, brine or vinegar. Add to salad bowl.
- Cut tomatoes in half and add to bowl.
- Add spinach leaves, bean shoots and cooled cashews to salad bowl. Mix well to combine.
- Pour dressing over salad, when serving.
- Keeps in the fridge for 2-3 days.

VARIATIONS (SERVES 1)

- *NUT FREE – Replace Cashews with Pine nuts.*
- *DRESSING FREE – Enjoy the flavours as is, or drizzle with fresh Lemon or Lime juice.*

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SRIRACHA SAUCE

gluten free | dairy free | nut free | plant-based

READY IN
20-mins +
7 days
to ferment

Sriracha Hot Chilli Sauce originated in Thailand and is named after the town of 'Sri Racha'… and you'll absolutely love this fresh fermented homemade version which is free from preservatives and stabilizers. Chilli peppers are loaded with vitamins A and E and contain three times as much Vitamin C as oranges.

YOU'LL NEED…	200ml *7 fl.oz*		400ml *14 fl.oz*		600ml *21 fl.oz*		800ml *28 fl.oz*	
Fermenting jar with seal/lid *sterilized*	1	jar	1	jar	2	jars	2	jars
Garlic *small cloves*	4	cloves	8	cloves	12	cloves	16	cloves
Chilli pepper – Red	340	g *12oz*	680	g *24oz*	1.02	kg *36oz*	1.36	kg *48oz*
Coconut or Rapadura sugar	2	tbsp	¼	cup	⅓	cup	½	cup
Salt, Pink Himalayan *ground*	2	tsp	1	tbsp	6	tsp	2	tbsp
Water, filtered	2	tbsp	¼	cup	⅓	cup	½	cup
Rice vinegar *naturally brewed no added sugar*	¼	cup	½	cup	¾	cup	1	cup

LET'S GET STARTED…

- Peel garlic and put in blender/food processor.
- Cut tops of chilli pepper and discard. Roughly chop chilli and put in blender/food processor with peeled garlic, sugar, salt and water. Do NOT add vinegar!! Blend on high until smooth, stopping regularly to scrape down the sides.
- Ensure fermenting jar is clean, sterilized and dry.
- Pour the pureed sauce into your fermenting jar and secure seal and lid.
- Place the jar in a cool dark place for 7-days – the sauce will start to bubble as it ferments.
- After 7 days, pour the mix into blender/food processor with rice vinegar and blend on high until smooth.
- Pour the mix into a separate clean jar, secure lid and place in fridge.
- Keeps for up to 6-months in the fridge. Can be frozen in ice-cube trays and defrosted when needed.

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STRAWBERRY CHOC TOPS

gluten free | dairy free | nut free | plant-based | raw

READY IN
30 mins

Simple, delicious, nutritious and romantic 💚

YOU'LL NEED…	20	40	60	80
Cacao butter *organic*	40 g *1.4oz*	80 g *2.8oz*	160 g *5.6oz*	240 g *8.4oz*
Cacao powder *organic*	28 g *1oz*	55 g *2oz*	110 g *4oz*	165 g *6oz*
Strawberries	20 whole	40 whole	60 whole	80 whole

LET'S GET STARTED…

- Line a tray with baking paper.
- Over a double boiler on a very low flame, melt cacao butter until liquid.
- Remove from heat add raw cacao powder and whisk well to combine.
- Put in the fridge for 15-mins to chill.
- Remove green stem from strawberry and then with tongs dip it in and out, letting the excess chocolate drip off.
- Place on the baking paper. Repeat with all the strawberries.
- Put in the fridge until chocolate sets hard, about 10-mins.
- Keeps in the fridge for up to 1-week.

VARIATIONS (SERVES 1)

- *NUTTY – Roll the chocolate covered strawberry in crushed Pistachios.*
- *HEMP – Roll the chocolate covered strawberry in organic Hemp seeds.*
- *COCONUTTY – Roll the chocolate covered strawberry in desiccated coconut.*

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SUPER SEED 'N' NUT MUESLI

gluten free 🚫 | dairy free | plant-based | raw

READY IN
10 mins

Full of natural whole food prebiotics to build a healthy, diverse and rich Gut Microbiome

One serving is between ¾ - 1 cup. 300g makes enough for about 3-4 breakfasts

YOU'LL NEED…	300g *10.5oz*		600g *21oz*		900g *31oz*		1.2kg *42oz*	
Flaxseeds, whole – Brown or Gold *organic*	2	tbsp	¼	cup	⅓	cup	½	cup
Oats, wholemeal, rolled, wheat free, *organic*	½	cup	1	cup	1 ½	cups	2	cups
Puffed Amaranth *organic*	½	cup	1	cup	1 ½	cups	2	cups
Blueberries *dried*	½	cup	1	cup	1 ½	cups	2	cups
Pistachios *raw unsalted*	¼	cup	½	cup	¾	cup	1	cup
Almonds, flaked or slivered *raw unsalted*	¼	cup	½	cup	¾	cup	1	cup
Sunflower seeds	¼	cup	½	cup	¾	cup	1	cup
Pumpkin seeds	¼	cup	½	cup	¾	cup	1	cup
Hemp seeds *organic*	¼	cup	½	cup	¾	cup	1	cup
Chia seeds – Black, white or mix *organic*	2	tbsp	¼	cup	⅓	cup	½	cup

LET'S GET STARTED…

- Grind flaxseeds, then combine in a large bowl with all other ingredients.
- Store in an air-tight container in the fridge (this is to preserve the Omega 3's in ground flax seeds).
- Keeps as long as the use-by-date on ingredients used.

VARIATIONS (SERVES 1)

- *NUT FREE – Replace nuts with more seeds, any kind.*
- *OAT SWAP – Replace Oats with organic puffed Quinoa or Buckwheat.*
- *AMARANTH SWAP – Use organic puffed Quinoa or Buckwheat instead.*
- *NUT SWAP – Replace Pistachios with Hazelnuts.*
- *CINNAMON – Add ½ tsp Cinnamon powder.*

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TANDOORI PASTE

gluten free | dairy free | nut free | plant-based

READY IN
15 mins

Tangy, spicy, hot... A traditional paste that makes the perfect Tandoori curry

YOU'LL NEED…	140g *5 oz*		280g *10oz*		460g *15oz*		560g *20oz*	
GGC	2	tbsp	¼	cup	⅓	cup	½	cup
Paprika powder	2	tsp	1	tbsp	6	tsp	2	tbsp
Cumin powder	1	tsp	2	tsp	3	tsp	1	tbsp
Coriander powder	1	tsp	2	tsp	3	tsp	1	tbsp
Cardamom powder	1	tsp	2	tsp	3	tsp	1	tbsp
Onion powder	1	tsp	2	tsp	3	tsp	1	tbsp
Turmeric powder *organic*	1	tsp	2	tsp	3	tsp	1	tbsp
Mustard seeds – Yellow	1	tsp	2	tsp	3	tsp	1	tbsp
Cinnamon powder	1	tsp	2	tsp	3	tsp	1	tbsp
Pepper, black cracked	½	tsp	1	tsp	1 ½	tsp	2	tsp
Cloves	8	whole	16	whole	24	whole	32	whole
Lime	1	whole	2	whole	3	whole	4	whole
Chilli pepper – Red *10cm (4") long**	2	whole	4	whole	6	whole	8	whole
Coconut oil *organic optional*	2	tsp	1	tbsp	6	tsp	2	tbsp

** If you want a milder paste, halve the amount of chilli*

LET'S GET STARTED…

- Make GGC or defrost pre-made, set aside.
- In a small grinder add paprika, cumin, coriander, cardamom, onion, turmeric, mustard seeds, cinnamon, pepper and cloves - blitz until a fine powder. Set aside.
- Cut peel from lime with a sharp knife, cut in half, remove pips and add to blender/food processor.
- Remove tops from chilli, roughly cut and add to blender/food processor.
- Add defrosted GGC to blender/food processor with spice powder mix and blitz again until a smooth paste. Add *optional* melted coconut oil if too dry and not smooth enough.
- Keeps in fridge for up to a month in an airtight jar.
- Can be frozen in ice cube trays.

VARIATIONS (SERVES 1)

- *OLIVE OIL – Use organic extra virgin Olive oil instead of Coconut oil.*
- *OIL OMIT – Use water however, it will only keep for a week in the fridge.*

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TANDOORI VEGETABLE CURRY

gluten free | dairy free | nut free | plant-based

READY IN
45 mins

Commonly found in menus in Indian restaurants all over the world… this authentic Tandoori provides numerous health benefits through fibre filled vegetables combined with herbs and spices that offer anti-inflammatory, antibacterial, antifungal and antimicrobial properties

YOU'LL NEED…	1		2		3		4	
Tandoori Paste *see recipe*	70	g *2.5oz*	140	g *5oz*	210	g *7.5oz*	280	g *10oz*
Vegetable stock liquid	¾	cup	1 ½	cups	2 ¼	cups	3	cups
Coriander/Cilantro	½	handful	1	handful	1 ½	handfuls	2	handfuls
Tomato paste *organic*	2	tsp	1	tbsp	6	tsp	2	tbsp
Onion – Brown *small*	½	whole	1	whole	1 ½	whole	2	whole
Cauliflower *small*	¼	whole	½	whole	¾	whole	1	whole
Mushrooms, button	100	g *3.5oz*	200	g *7oz*	300	g *10oz*	400	g *14oz*
Olive oil, extra virgin *organic, optional*	½	tsp	1	tsp	1 ½	tsp	2	tsp
Tomatoes, diced 400g (14oz) *organic*	½	can	1	can	1 ½	cans	2	cans

LET'S GET STARTED…

- Make Tandoori Curry Paste *see recipe in this e-book.*
- Make the vegetable stock liquid quantity required, using your Veggie Stock Concentrate. Set aside.
- Add coriander to a blender/food processor with Tandoori paste and tomato paste, blitz on high until smooth, set aside.
- Finely chop onion and cut cauliflower into small florets, set aside.
- Cut mushrooms into quarters and set aside.
- Use *optional* olive oil, or a splash of water, and in a large pot over medium-high heat, sauté onion and cauliflower, stirring frequently until onion softens. Add a little vegetable stock if it gets too dry.
- Add mushrooms and tandoori paste and mix well to coat vegetables, and soften mushrooms, for about 2-mins.
- Add the vegetable stock liquid and canned tomato. Rinse tomato can with a little water and add to pot.
- Bring to a boil, then turn heat to low and simmer for 20 minutes or until the cauliflower is tender. Stir occasionally.
- Keeps in the fridge for up to a week. Freezes well.

VARIATIONS (SERVES 1)

- *CREAMIER – Add ¼ can of Coconut milk.*

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TAPENADE

gluten free | dairy free | nut free | plant-based | raw

READY IN
10 mins

Olives are rich in antioxidants, Vitamin E, Polyphenols and Flavonoids and have superior anti-inflammatory properties. While they contain fat, it's the healthy monounsaturated type which helps to increase 'good HDL' cholesterol.

YOU'LL NEED…	1		2		3		4	
Lemon juice	1	tsp	2	tsp	3	tsp	1	tbsp
Olives, Kalamata, pitted	250	g *8.8oz*	500	g *17oz*	750	g *1.7lb*	1	kg *2.2lb*
Capers	15	g *0.5oz*	30	g *1oz*	45	g *1.6oz*	60	g *2oz*
Oregano *dried or fresh*	½	tsp	1	tsp	1 ½	tsp	2	tsp
Thyme *dried or fresh*	½	tsp	1	tsp	1 ½	tsp	2	tsp
Basil *dried or fresh*	½	tsp	1	tsp	1 ½	tsp	2	tsp

LET'S GET STARTED…

- Juice lemon and pour the required amount into food processor/blender.
- Add all other ingredients to food processor/blender and pulse, scraping the sides down a few times with a spatula.
- If you want a chunky tapenade, then stop when half mixed. For a smooth tapenade keep blending.
- Lasts in fridge for 3-5 days. Can be frozen.

VARIATIONS (SERVES 1)

- *FRESH HERBED – Add fresh herbs instead of dried, for a fuller flavour, however double the quantities listed.*

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THAI RED CURRY PASTE

gluten free | dairy free | nut free | plant-based

READY IN
20 mins

An authentic nutrition packed... super delicious... spicy-hot 🌶️🌶️🌶️ paste… a great addition to curries, soups and sauces. I always make a big batch and freeze in portions

YOU'LL NEED…	150g *5.2 oz*		300g *10.4oz*		450g *15.6oz*		600g *20.8oz*	
Lemongrass *fresh 20cm (8") long*	1	stalk	2	stalks	3	stalks	4	stalks
Onion – Red *medium*	¼	whole	½	whole	¾	whole	1	whole
Garlic	1	clove	2	cloves	3	cloves	4	cloves
Galangal*	10	g *.35oz*	20	g *.7oz*	30	g *1oz*	40	g *1.4oz*
Ginger *fresh*	10	g *.35oz*	20	g *.7oz*	30	g *1oz*	40	g *1.4oz*
Tomato – Any type	½	whole	1	whole	1 ½	whole	2	whole
Chilli pepper – Red *10cm (4") long*	2	whole	4	whole	6	whole	8	whole
Lime *peel and juice*	¼	whole	½	whole	¾	whole	1	whole
Coriander seeds	½	tsp	1	tsp	1 ½	tsp	2	tsp
Cumin seeds	½	tsp	1	tsp	1 ½	tsp	2	tsp
Paprika powder	½	tsp	1	tsp	1 ½	tsp	2	tsp
Turmeric powder, *organic or fresh***	½	tsp	1	tsp	1 ½	tsp	2	tsp
Pepper, black cracked	¼	tsp	½	tsp	¾	tsp	1	tsp
Olive oil, extra virgin *organic, optional*	2	tsp	1	tbsp	6	tsp	2	tbsp

**Galangal, related to ginger, is a fragrant root with a distinctive flavour, available from most Asian food shops. Substitute with more Ginger if you can't find it.*
*** I tsp of powdered Turmeric equals approx. 25g (0.9oz) of fresh Turmeric.*

LET'S GET STARTED…

- Remove tough outer leaves from lemongrass and roughly chop into smaller sections and add to blender/food processor.
- Peel and roughly chop onion, garlic, galangal and ginger, add to blender/food processor.
- Cut off top from tomato and red chilli (include seeds for 'extra' heat) and cut ends off lime, add to blender/food processor. You are including the whole lime - peel, pips & flesh.
- Add coriander, cumin, paprika, turmeric, pepper and *optional* olive oil to blender/food processor and process until a thick creamy smooth paste.
- Keeps in fridge in a sealed jar, for up to 14-days.
- Can be frozen in ice cube trays.

VARIATIONS (SERVES 1)

- *OIL FREE – You will need to add vegetable stock liquid to get the desired consistency. And you will need to freeze not put in fridge. As the oil act as a preserving agent.*

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THE ULTIMATE LOAF

gluten free | dairy free | nut free | plant-based

READY IN
15-mins +
1-hr baking

10-mins to whip up a loaf of bread with no waiting time?? Seriously, I kid you not! This delicious nutritious and healthy alternative to bread is packed full of FIBRE, with a healthy dose of Protein and Omega 3 and 6 fats

1 loaf makes approx. 12 slices

YOU'LL NEED…	1		2		3		4	
Water, filtered *boiling*	3 ½	cups	7	cups	10 ½	cups	14	cups
Miso paste – White *organic*	1	tsp	2	tsp	3	tsp	1	tbsp
Tahini *hulled*	½	cup	1	cup	1 ½	cups	2	cups
Flaxseeds, whole – Brown or Gold *organic*	½	cup	1	cup	1 ½	cups	2	cups
Chia seeds – Black, White or mix *organic*	½	cup	1	cup	1 ½	cups	2	cups
Pumpkin seeds	1 ½	cups	3	cups	4 ½	cups	6	cups
Sunflower seeds	1	cup	2	cups	3	cups	4	cups
Psyllium husks *organic*	⅔	cup	1 ⅓	cups	2	cups	2 ⅔	cups
Sesame seeds – White	1	cup	2	cups	3	cups	4	cups
Sesame seeds – Black	½	cup	1	cup	1 ½	cups	2	cups

LET'S GET STARTED…

- Preheat oven to 180°C (355°F). Line a loaf tin with baking paper or use a non-stick loaf tin.
- Boil kettle with quantity of water listed and then pour into a large bowl.
- Add the miso paste and whisk until combined. Then add tahini and whisk well again.
- Blitz flaxseeds until flax meal, then add to miso/tahini mix WITH chia seeds, mix well with whisk. Set aside for 2-minutes, then mix again to help it combine as it starts to thicken. Let sit while preparing dry mix.
- In a blender/food processor add pumpkin and sunflower seeds and pulse a few times to break them up. Then put into a large bowl, with psyllium husks, white and black sesame seeds, mix well to combine.
- Slowly pour the wet mix into the dry mix continually mixing with a spatula until it resembles dough.
- If it is too dry, then add small amounts of warm water, 2 tbsp. at time, until dough consistency is reached.
- Spoon mix into a non-stick loaf tin and push flat. Then using the spatula or wooden spoon, push against the edges of the loaf so that the shape of the bread becomes higher on top. Bake for 1-hr.
- This is a very dense bread, not light and fluffy, so it may look damp, but it is cooked when you can tap on the top and it sounds hollow.
- When ready, take out of oven and let cool on a cooling rack.
- Once cooled, cut into 1.5cm (0.6") slices and store in a sealed container in the freezer – lasts up to 6-mths.
- When ready to eat, defrost in a toaster or under the grill.

VARIATIONS (SERVES 1)

- *BLACK SESAME SWAP – If you can't source black sesame seed then just add more white Sesame seeds.*

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TOMATO AND LENTIL SOUP

gluten free | dairy free | nut free | plant-based

READY IN
45 mins

Tomatoes are the main source of 'Lycopene' a powerful antioxidant that has been linked to a reduced risk of heart disease and cancer. This warming delicious rich soup also gives you a boost of Vitamin C & K, Folate and Potassium along with Lentils which are not only rich in protein and micronutrients, but they also have significant amounts of prebiotic, prebiotic carbohydrates, which act as biosynthetic precursors for microbiota health

Pictured with The Ultimate Loaf toasted into croutons

YOU'LL NEED…	1		2		3		4	
Lentils – Red split *dry*	½	cup	1	cup	1 ½	cups	2	cups
Vegetable stock liquid	¼	cup	½	cup	¾	cup	1	cup
Tomato paste *organic*	¼	cup	½	cup	¾	cup	1	cup
Onion – Red *medium*	½	whole	1	whole	1 ½	whole	2	whole
Garlic	1	clove	2	cloves	3	cloves	4	cloves
Tomatoes – Any type	500	g *17oz*	1	kg *34oz*	1.5	kg *51oz*	2	kg *68oz*
Pepper, Black cracked	¼	tsp	½	tsp	¾	tsp	1	tsp
Basil *fresh, leaves and stems*	½	handful	1	handful	1 ½	handfuls	2	handfuls
Oregano *fresh*	½	handful	1	handful	1 ½	handfuls	2	handfuls
Olive oil, extra virgin *organic optional*	¼	tsp	½	tsp	¾	tsp	1	tsp

LET'S GET STARTED…

- Preheat oven to 200°C (395°F). Line a baking tray with baking paper or use a non-stick try.
- Put dry lentils in a big bowl of warm water and soak while preparing meal.
- Make the vegetable stock liquid quantity required, using your Veggie Stock Concentrate and add tomato paste, mix well and set aside.
- Roughly chop peeled onion, garlic and tomatoes and place in baking tray and roast for 20-minutes.
- In the meantime… drain lentils and rinse well then put in a saucepan with water in a 1:2 ratio (lentils:water) over a medium-high heat. Bring to a boil, then reduce heat to low and simmer until most of the liquid has absorbed or until lentils are mushy – approx. 15-mins. Stir occasionally to ensure lentils don't stick to the bottom of the pot.
- While lentils are cooking finely chop basil and oregano and put in a fry pan with *optional* olive oil, or a splash of water, and pepper and sauté for 2-mins or until softened. Turn off heat, set aside.
- One lentils are cooked, strain in a sieve and rinse then put in blender/food processor with roasted tomato/onion/garlic mix, sautéed herbs, vegetable stock liquid mix. Blend until pureed. This can also be done in a saucepan with a stick blender. *Take extreme care when blending hot foods.*
- Serve immediately. Keeps in fridge for up to 1 week. Freezes well.

VARIATIONS (SERVES 1)

- *SPICY – Add ½ tsp. red Chilli flakes.*
- *SEEDED – Top with The Ultimate Loaf croutons.*

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TURMERIC LATTE

gluten free | dairy free | nut free | plant-based | raw

READY IN
10 mins

A warming spicy drink that is delicious and nutritious… Turmeric contains a polyphenol 'Curcumin' which has amazing antioxidant and anti-inflammatory properties. However, 'Curcumin' has relatively low bioavailability i.e., it is poorly absorbed, rapidly metabolized and eliminated from the body. Therefore, to increase its bioavailability, it needs to be combined with Fat (Coconut milk) and Piperine (found in Black pepper) to allow you to reap its health benefits.

TURMERIC SPICE MIX YOU'LL NEED…	35g *1.2 oz*		70g *2.4 oz*		105g *3.6oz*		140g *4.8 oz*	
Turmeric powder *organic*	1	tbsp	2	tbsp	3	tbsp	¼	cup
Cinnamon powder *organic*	2	tsp	1	tbsp	6	tsp	2	tbsp
Ginger powder *organic*	1	tsp	2	tsp	3	tsp	1	tbsp
Pepper, black *ground*	½	tsp	1	tsp	1 ½	tsp	2	tsp

TURMERIC SPICE MIX – LET'S GET STARTED…

- Combine all spices in an airtight jar. Put on lid and shake well.
- Store in a dry place.
- Keeps for as long as the expiry date on spices.

TURMERIC LATTE – YOU'LL NEED…	1		2		3		4	
Homemade non-dairy milk	1	cup	2	cups	3	cups	4	cups
Coconut milk	2	tbsp	¼	cup	6	tbsp	½	cup
Vanilla bean paste *optional*	¼	tsp	½	tsp	¾	tsp	1	tsp
Turmeric Spice Mix	1	tsp	2	tsp	3	tsp	1	tbsp

TURMERIC LATTE – LET'S GET STARTED…

- This can be made in a saucepan or with a coffee machine in a milk frothing jug.
- Combine the non-dairy and coconut milks, vanilla and Turmeric spice mix and whisk constantly over a low heat.
- Once hot pour into a cup and serve immediately. Add variations here.

VARIATIONS (SERVES 1)

- *TOPPING – Sprinkle All spice powder over the top when serving.*
- *CHAI TURMERIC – Add ¼ tsp of each of these powders… Cardamon, Nutmeg, Clove and Star Anise.*

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VEGETARIAN BIRYANI

gluten free | dairy free | nut free | plant-based

READY IN
45 mins

Simple and delicious... This Indian inspired Biryani dish is bursting with goodness

YOU'LL NEED…	1		2		3		4	
Vegetable stock liquid	¼	cup	½	cup	¾	cup	1	cup
Saffron threads	¼	tsp	½	tsp	¾	tsp	1	tsp
Water, filtered *hot*	1	tbsp	2	tbsp	3	tbsp	¼	cup
Rice, Basmati – White *organic*	100	g *3.5oz*	200	g *7oz*	300	g *10oz*	400	g *14oz*
Cardamom pods	2	whole	4	whole	6	whole	8	whole
Cloves	2	whole	4	whole	6	whole	8	whole
Peas, fresh or frozen	125	g *4.4oz*	250	g *8.8oz*	375	g *13oz*	500	g *17oz*
Potato – Any colour	250	g *8.8oz*	500	g *17oz*	750	g *1.7lb*	1	kg *2.2lb*
Onion – Brown *small*	1	whole	2	whole	3	whole	4	whole
Capsicum/Bell pepper – Any colour *large*	½	whole	1	whole	1 ½	whole	2	whole
GGC	1	tsp	2	tsp	3	tsp	1	tbsp
Cumin powder	½	tsp	1	tsp	1 ½	tsp	2	tsp
Coriander powder	½	tsp	1	tsp	1 ½	tsp	2	tsp
Garam masala powder	½	tsp	1	tsp	1 ½	tsp	2	tsp
Cinnamon powder	¼	tsp	½	tsp	¾	tsp	1	tsp
Turmeric powder	¼	tsp	½	tsp	¾	tsp	1	tsp
Pepper, black cracked	a	pinch	¼	tsp	½	tsp	½	tsp

LET'S GET STARTED…

- Make the vegetable stock liquid quantity required, using your Veggie Stock Concentrate. Set aside.
- Put saffron threads into a mortar and with pestle grind to a powder. Add hot water and let infuse for 5-minutes.
- Cook rice in water [2:1, Water to Rice ratio] adding cardamom, cloves and saffron liquid mix, until light and fluffy. When done, keep in fridge while preparing the meal.
- Put frozen peas in a bowl and let defrost naturally until needed.
- Preheat oven to 220°C (430°F). Line a baking tray with baking paper or use a non-stick tray.
- Chop, don't peel, potatoes into small cubes and place in baking tray. Roast for 15-20 mins until crisp and tender.
- Finely dice onion and capsicum, set aside.
- Add GGC to the pot and over medium-high sauté onion and capsicum with cumin, coriander, garam, cinnamon, turmeric and pepper until vegetables soften. Add a splash of vegetable stock liquid if it gets too dry.
- Add in cooked rice and mix well, then add in peas, vegetable stock liquid and roast potatoes. Stir well to combine.
- Turn heat down to low and simmer for 10-mins until most of the liquid is absorbed.
- Serve while hot.
- Keeps in the fridge for 1 week. Freezes well.

VARIATIONS (SERVES 1)

- *GREEN UP – Add 4 sliced green string beans when sautéing onion.*
- *FAST TRACK – Replace Potato and Capsicum with the equivalent in a frozen mix of packet vegetables.*
- *SPICE UP – Add ½ fresh red or green Chilli when sautéing onion.*

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VEGGIE STOCK CONCENTRATE

gluten free | dairy free | nut free | plant-based

READY IN
40 mins

This paste is a **concentrate** and *must be diluted with water* when making your 'vegetable stock liquid' referred to in recipes. It's packed with nutritious vegetables and herbs, FREE from sugar, oil, additives and emulsifiers.

YOU'LL NEED…	600g *22oz*	
Leek *medium size*	1	whole
Celery – 1 stick = approx. 20cm (7") long	6	sticks
Zucchini/Courgette	400	g *14oz*
Basil *fresh, leaves and stems*	1	handful
Parsley *fresh, leaves and stems*	1	handful
Garlic *large*	2	cloves
Salt, Pink Himalayan* *ground* *see variation*	100	g *3.5oz*

STOVE METHOD – LET'S GET STARTED…

- Finely dice vegetables and herbs, add to a pot and over a medium-high heat sauté herbs and vegetables for 5-8 mins to bring out the flavour. Stir frequently. Strain off any liquid.
- Add ground salt, then turn heat to low and let simmer for 15-mins or until veggies are tender. Stir regularly.
- When done, transfer to a blender/food processor and process until a smooth paste.
- Let cool first before transferring to glass jar. Then put on lid, and store in fridge.

THERMOMIX METHOD – LET'S GET STARTED…

- Follow Thermomix instructions for 'Vegetable Stock Paste' using ONLY the ingredients (and quantities) listed in THIS recipe.
- Let cool first before transferring to glass jar. Then put on lid, and store in fridge.

STORAGE…Keeps in an airtight jar in the fridge for up to 6 months... TIP: Attach a sticky label on your Veggie Stock Concentrate or alternatively write on the lid with an indelible marker (see photo above) of paste:water ratio, for ease of use.

Veggie Stock Concentrate	+	Water, filtered	=	Vegetable stock liquid
⅛ tsp (a pinch)	+	2 tbsp.	=	2 tbsp.
½ tsp	+	¼ cup	=	¼ cup
1 tsp	+	½ cup	=	½ cup
1½ tsp	+	¾ cup	=	¾ cup
2 tsp	+	1 cup	=	1 cup
1 tbsp	+	2 cups	=	2 cups
6 tsp	+	3 cups	=	3 cups
2 tbsp	+	4 cups	=	4 cups

NOTES:

- 600g (22oz) makes approx. 14 litres (29 pints) of Vegetable stock liquid.
- It may seem like A LOT of Salt but remember this is a CONCENTRATE and you ONLY use a small amount to make your Vegetable stock liquid.
- You may notice after a month or two, a little mold (or furry bits) gather around the edges or top (where it gets exposed to air). Just get a spoon and remove, then continue to use.
- You cannot freeze as the 'salt content' will not allow it to harden.

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VERY BERRY SMOOTHIE

gluten free | dairy free | nut free | plant-based | raw

READY IN
10 mins

Berries are rich in Vitamins A, B, C, E, K, Minerals and Antioxidants. In fact, berries are amongst the highest-ORAC (oxygen radical absorbance capacity) foods available. Feel every cell in your body being nourished

YOU'LL NEED…	1		2		3		4	
Coconut water	1	cup	2	cups	3	cups	4	cups
Banana, unripe *frozen*	1	whole	2	whole	3	whole	4	whole
Blackberries *frozen*	½	cup	1	cup	1 ½	cups	2	cups
Blueberries *frozen*	½	cup	1	cup	1 ½	cups	2	cups
Raspberries *frozen*	½	cup	1	cup	1 ½	cups	2	cups
Strawberries *frozen*	½	cup	1	cup	1 ½	cups	2	cups
Coconut Yoghurt – Natural *organic*	2	tbsp	¼	cup	⅓	cup	½	cup
Omega 3 mix	2	tbsp	¼	cup	⅓	cup	½	cup

LET'S GET STARTED…

- Add all ingredients to blender, blitz until smooth.
- Serve immediately.

VARIATIONS (SERVES 1)

- *CREAMY – Replace Coconut water with Coconut milk or try half and half.*
- *COCONUT SWAP – Replace Coconut water with homemade Nut or Seed milk.*

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VIETNAMESE GREEN MANGO SALAD

gluten free | dairy free | nut free options | plant-based | raw

READY IN
15 mins

Sitting on the beach at Hoi An in Vietnam, we enjoyed this salad on numerous occasions for lunch... On coming back home, it was one of the first recipes I recreated; with a twist on the traditional fish sauce dressing

YOU'LL NEED…	1		2		3		4	
Lime	1	whole	2	whole	3	whole	4	whole
Coconut Amino Fysh Sauce	1	tbsp	2	tbsp	3	tbsp	¼	cup
Coconut or Rapadura sugar *organic*	1	tsp	2	tsp	3	tsp	1	tbsp
Coconut water	1	tbsp	2	tbsp	3	tbsp	¼	cup
Sriracha hot chilli sauce *homemade*	⅛	tsp	¼	tsp	½	tsp	½	tsp
Mango *medium size, unripe*	1	whole	2	whole	3	whole	4	whole
Carrot	60	g *2oz*	120	g *4.2oz*	180	g *6oz*	240	g *8.4oz*
Spring (green) onion *large*	2	sprigs	4	sprigs	6	sprigs	8	sprigs
Mint	1	handful	2	handfuls	3	handfuls	4	handfuls
Peanuts *raw unsalted, organic*	1	tbsp	2	tbsp	3	tbsp	¼	cup

LET'S GET STARTED…

- Juice lime, add to a bowl with Coconut amino fysh sauce, coconut sugar, coconut water and Sriracha sauce. Mix well and set aside.
- Finely slice into thin strips – mango, carrot and spring onion – *including the green section of spring onion*. Add to salad bowl.
- Add mint leaves and mix well.
- Mix dressing again with a spoon and then drizzle all, or some of it, over the salad.
- Top with peanuts.
- Keeps in fridge for 2-3 days.

VARIATIONS (SERVES 1)

- *DRIED SPRING ONION – Sprinkle with dried Spring onions.*
- *NUT FREE – Omit Nuts and sprinkle Sunflower seeds or Pine nuts on top.*
- *MORE OR LESS CHILLI – Either omit Sriracha Sauce or increase, to taste.*
- *DRY ROAST – For more flavour, dry roast peanuts for 2-3 minutes over a medium-high heat until slightly browned*

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WILD RICE AND QUINOA W SUNDRIED TOMATOES

gluten free | dairy free | nut free | plant-based

READY IN
55 mins

Bursting with colour, packed full of phytonutrients, Protein and an abundance of fibre… this salad takes front place as a main meal not a side!

YOU'LL NEED…	1		2		3		4	
Edamame *frozen, organic*	½	cup	1	cup	1 ½	cups	2	cups
Rice, Wild – Black	50	g *1.7oz*	100	g *3.5oz*	150	g *5.2oz*	200	g *7oz*
Quinoa – Multicoloured *organic*	50	g *1.7oz*	100	g *3.5oz*	150	g *5.2oz*	200	g *7oz*
Carrot	30	g *1oz*	60	g *2oz*	90	g *3oz*	120	g *4oz*
Cucumber, continental, Lebanese or regular	50	g *1.7oz*	100	g *3.5oz*	150	g *5.2oz*	200	g *7oz*
Celery – 1 stick = approx. 20cm (7") long	2	sticks	4	sticks	6	sticks	8	sticks
Semi-dried Tomato strips	50	g *1.7oz*	100	g *3.5oz*	150	g *5.2oz*	200	g *7oz*
Red wine vinegar	1	tbsp	2	tbsp	3	tbsp	¼	cup
Olive oil, extra virgin *organic*	2	tsp	1	tbsp	6	tsp	2	tbsp
Wholegrain mustard	1	tsp	2	tsp	3	tsp	1	tbsp

LET'S GET STARTED…

- Defrost Edamame, set aside.
- Put wild rice in a saucepan with water in a 1:3 ratio (wild rice:water). Bring to a boil, then reduce heat to low and simmer until most of the liquid has been absorbed. Approx.25 mins. When done, put in fridge to cool.
- Put quinoa in a saucepan with water in a 1:2 ratio (quinoa:water). Bring to a boil, then reduce heat to low and simmer until most of the liquid has been absorbed. Approx.15 mins. When done, put in fridge to cool.
- While rice and quinoa are cooking… julienne carrot and cucumber and finely dice celery. Add to salad bowl.
- When wild rice and quinoa are cool, add to salad bowl with semi-dried tomato strips and edamame.
- Mix red wine vinegar, olive oil and wholegrain mustard, pour over salad.
- Keeps in fridge for 2-3 days. Doesn't freeze.

VARIATIONS (SERVES 1)

- *BASIL – Add ½ handful of Basil leaves.*
- *EDAMAME SWAP – Use Broad beans instead.*
- *OIL FREE – Omit Olive oil.*

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YUM CHOY SUM

gluten free | dairy free | nut free options | plant-based

READY IN
15 mins

A super YUM, fibre rich stir-fry providing a great dose of Vitamins B and C, Beta-carotene and a host of minerals such as Potassium, Manganese, Magnesium, Calcium and Iron

NOTE: Canned Water Chestnuts and Bamboo Shoots sometimes contain Citric Acid, an acid that naturally occurs in citrus fruits like lemons. If the label states - 330 Citric Acid, Acidity Regulator – it may be natural from citrus fruits like lemon, however most likely they are created in a lab by feeding sugar to a culture of Aspergillus niger (a fungus) which then breaks down to a liquid solution which is then mixed with lime (calcium hydroxide) and then treated with sulfuric acid to make Citric acid. I consider canned foods such as these with additives to be 'seldom' foods

YOU'LL NEED…	1		2		3		4	
Onion – Brown	½	whole	1	whole	1 ½	whole	2	whole
Capsicum/Bell Pepper – Green	½	whole	1	whole	1 ½	whole	2	whole
Water Chestnut Slices *220g (7.7oz)*	½	can	1	can	1 ½	cans	2	cans
Bamboo Shoot Slices *220g (7.7oz)*	½	can	1	can	1 ½	cans	2	cans
Baby corn spears *400g (14oz) or fresh*	½	can	1	can	1 ½	cans	2	cans
Choy Sum *or other Asian green*	½	bunch	1	bunch	1 ½	bunches	2	bunches
GGC	2	tsp	1	tbsp	6	tsp	2	tbsp
Tamari *organic*	1	tbsp	2	tbsp	3	tbsp	¼	cup
Cashews, raw unsalted	½	cup	1	cup	1 ½	cups	2	cups

LET'S GET STARTED…

- Finely slice onion and capsicum into strips, set aside.
- Drain cans of water chestnuts, bamboo shoots and young baby corn spears, rinse well a couple of times, set aside.
- Wash Choy Sum and cut into bite size strips.
- In a wok over a medium-high heat, add GGC and sauté onion, capsicum and choy sum until tender.
- Add tamari, water chestnuts, bamboo shoots, baby corn spears and cashews – stir continually to heat through.
- Serve while hot.
- Keeps in fridge for 2-3 days.

VARIATIONS (SERVES 1)

- *ASIAN SWAP – Replace Choy Sum with Bok Choy, Kai Lam or any other Asian Green.*
- *MUSHROOM – Add 5-10 thinly sliced button Mushrooms.*
- *RED SPLASH – Replace green Capsicum with red Capsicum.*
- *NUT FREE – Use Pine nuts instead of Cashews.*

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