

AVOCADO SALSA

Ingredients

4 avocados
2 tomatoes
2 onions
1 chilli
½ lemon
Pinch salt + pepper to taste

Preparation

1. Roughly chop tomatoes, onion and chilli
2. Smash the avocado with a fork and mix in tomatoes, chilli and onion
3. Squeeze lemon over the top and season with salt and pepper.
4. Creates a flavoursome, filling, super healthy dip or side that goes with anything!

TAHINI SAUCE

Ingredients

½ cup tahini
½ cup apple cider vinegar
½ cup water
½ cup oil
¼ cup tamari sauce
1 tbsp. lemon juice (fresh)
3 cloves garlic
½ tsp salt

Preparation

1. Blend all ingredients together to create a smooth creamy sauce.
2. Great to dip vegetable sticks in for a quick protein packed snack or add flavour to any dish as a sauce!

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TURMERIC EGGPLANT SNACK

Ingredients

1 eggplant
1 tsp. turmeric
Good quality baking oil

Preparation

1. Thinly slice eggplant
2. In a baking tray, add eggplant slices and drizzle oil over the top so all pieces are covered.
3. Sprinkle turmeric over the eggplant and bake in oven on medium heat for 5mins.
4. Turn the eggplant slices over so the other side cooks.
5. Dish is done when the eggplant is really soft and brown.
6. Season with salt to taste.
7. This is a great snack if you are craving something fatty and oily. It is a perfect healthy alternative with anti-inflammatory properties.

NUT TRAIL MIX

Ingredients

½ cup almonds
½ cup walnuts
½ cup goji berries
½ cup desiccated coconut
½ cup pepitas
½ cup cashews
+ any other nuts you like.....

Preparation:

1. Combine in a bowl and store in a glass air tight container.
2. Great combo to snack on or serve with some coconut yoghurt or coconut ice cream as a sweet treat!

SWEET POTATO, CASHEW + BACON MASH

Ingredients

- 2 sweet potatoes
- 4 slices bacon (preferably organic)
- 1 cup cashew cheese

Preparation:

1. Skin and roughly chop sweet potato into chunks.
2. In a large pot, boil sweet potato in some water until soft and cooked through.
3. Strain and mash.
4. While this is boiling, chop bacon into small pieces and cook through in a pan.
5. To make cashew cheese: In a blender / food processor, add 1 cup cashews to $\frac{1}{4}$ cup water and blitz until cashew mixture is creamy - if needed add more water.
6. To finish; mix sweet potato mash with bacon pieces and cashew cheese until it is well combined to form one big yummy mash!

BLACK EYED PEA TACO

Ingredients

- 1 cup black-eyed peas
- 2-3 cups water
- 1 lemon juice
- 2 tbsp apple cider vinegar
- 4 tbsps extra virgin olive oil
- $\frac{1}{2}$ cup roasted capsicum, finely chopped (you can use bottled roasted capsicum)
- $\frac{1}{2}$ cup tomatoes, finely chopped
- $\frac{1}{4}$ cup parsley diced
- $\frac{1}{4}$ cup mint diced
- Salt to taste
- 1 lettuce (break off the leaves in whole pieces and use as cups / taco shells for the pea mix)

Preparation:

1. If using dried peas, pour the black-eyed peas into a bowl and cover with fresh water to soak for at least 3 hours.
2. Strain beans and add in more water in a pot. (Water should be just higher than the beans). Bring to boil then reduce to a simmer.
3. Leave to cook for about 35 minutes or until soft. If necessary, you might need to add more water as you go until beans are tender.
4. Once cooked, strain beans.
5. To make the dressing, whisk together the lemon juice, apple cider vinegar, salt and olive oil in a separate bowl.
6. Combine the beans, capsicum, tomatoes, mint and parsley. Pour some of the dressing over the beans and mix. Add more dressing and salt to taste.
7. Serve a small portion of hot beans on a lettuce leaf cup. You can also top with cashew cheese for extra taste.

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CREAMY CHICKEN PASTA

Ingredients

Brown rice pasta (make sure ingredients state 100% brown rice flour) You can also use quinoa or buckwheat pasta
4 pieces chicken thigh fillets
2 bunches asparagus (diced)
1 onion (chopped)
1 cup peas
1 cup coconut milk
1 cup almond milk
1 tbsp. ginger
1 tbsp. garlic

Preparation:

1. In some boiling water, cook pasta until done.
2. In a large pan or wok, lightly sauté chopped onions in some good quality oil.
3. Once brown, add in garlic and ginger and cook through for a few more minutes on low heat.
4. Add in chicken and cook for 5mins until chicken is almost cooked.
5. Pour in almond milk, bring to boil, then lower to simmer uncovered for 15-20mins
6. Throw in the peas and diced asparagus to cook through for another 5mins.
7. Add in coconut milk and cook on medium heat for 5 mins before turning off.
8. To serve, top pasta with creamy chicken mix. Add salt & pepper to taste.

YUMMY KALE SIDE DISH

Ingredients

2 bunches kale, chopped with steams
1 cup peas
1 tbsp tamari
1 tsp sesame oil
1 tbsp apple cider vinegar
1 tbsp ghee or good quality oil
1 tspn. coconut nectar
1 tbspn pumpkin seeds
1 tbspn sesame seeds
1 tbspn sunflower seeds

Preparation:

1. In a large pan or wok, add 1 tablespoon of ghee or good quality oil and lightly fry kale until cooked through.
2. Add in cup of peas and when soft, turn off stove.
3. In a cup, mix tamari, sesame oil, apple cider vinegar and coconut nectar to form a sauce.
4. Stir this through the freshly cooked kale and peas.
5. Finish by sprinkling sesame, sunflower and pumpkin seeds on top.

PERFECTLY HEALTHY PIZZA!

TOPPING

Ingredients

1 red onion
1 tomato (thinly sliced) or sundried tomatoes
Diced olives
Spinach leaves
Chopped mushrooms
Chopped capsicum or anything else you like! Get creative

BASE

Ingredients

½ cup almond meal
½ cup sesame seeds
½ cup sunflower seeds
½ cup chia seeds
1 cup water

CASHEW CHEESE TOPPING

Ingredients

1 cup cashews (pre-soaked for 1-2hrs)
¼ cup water
(Blend cashews and water until it forms a creamy mixture. If too thick, add in more water.)

Preparation:

1. Combine all base ingredients in a mixing bowl and mix continuously until mixture starts to combine and hold together. Lay some baking paper on a thin, round baking tray.
2. Add seeded mixture to baking tray and flatten to form a round base. If base starts to break up, dip a spoon in water and flatten with the back of the spoon.
3. Bake in oven for 10 mins until it starts to harden and brown.
4. Remove seeded base from oven after cooking for 10mins.
5. Add toppings starting with the tomato (you can also use a tomato organic paste), spinach leaves, then the rest of your vegetables.
6. Finish by spreading the cashew cheese on top.
7. Cook in oven on medium heat for another 5 - 10mins until topping and cashew cheese starts to brown.
8. Cut and serve!

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BERRY & APPLE CRUMBLE

Ingredients

3 green apples (washed, skinned, cored and chopped into small pieces)
1 tablespoon cinnamon
1 teaspoon nutmeg
2 tablespoons of rice malt syrup or coconut nectar
½ cup berries (frozen or fresh)
1 ¼ cup almonds / you can also use almond meal.
50g butter

Preparation:

1. Preheat oven to 180 degrees
2. Place the apples and berries in a small oven dish
3. Mix through rice malt syrup, nutmeg and cinnamon
4. In a blender or food processor – blitz almonds and butter until forms a crumble mixture
5. Pop nut crumble mixture on top of apples and berries and spread out until it is flat and covers all areas.
6. Make 4 small holes on top with a knife or fork.
7. Pop in oven for 15mins – 25mins. Check it is not burning every 10mins (you may need to lower heat depending on your oven) and take it out when the apples are soft and tender. You can test this by placing a knife through the dish to see if it easily cuts through the apples.
8. Serve with some coconut yoghurt or coconut ice cream!

CASHEW BERRY ICE CREAM

Ingredients

2 ½ cup cashews (raw)
2 cups mixed blueberry, strawberry and raspberry (you can use frozen berries as these are cheaper)
2 cups coconut cream
2 tablespoons coconut nectar
1 tablespoon cacao nibs
1 tablespoon goji berries
2 vanilla beans - chopped finely or scrapped (you can also use ½ teaspoon of vanilla bean extract if you prefer or paste)

Preparation:

1. Blitz all ingredients in a blender or food processor until smooth.
2. Add into small cups or bowls and freeze until set (approximately 1-2 hours). Tastes best if you leave to set overnight!
3. Top with cacao nibs & goji berries for extra super food power crunch!

HOMEMADE CHOCOLATE

There are so many recipes you can choose from that are healthy and tasty where chocolate is concerned. I would advise you to experiment & find a consistency and sweetness you like!

Ingredients

- ½ cup quality organic coconut oil
- ½ cup cacao powder
- ¼ cup coconut nectar or maple syrup

Preparation

1. Melt the coconut oil in a saucepan
2. Add in the rest of the ingredients and whisk.
3. Line a dish with some baking paper and pour chocolate mix in when properly combined.
4. Pop in fridge to set and harden, then cut or break into pieces.

You can experiment with this by adding a pinch of salt, some berries or coconut flakes to the mix! I would stick with using the coconut nectar, stevia or maple syrup as sweeteners. Another option is to add some cacao butter to make the mix thicker and creamier.

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