



clubhouse

for cake eating rebels who want happier, flatter bellies!





Welcome to November's Clubhouse ebook!

I hope you're excited – this month is going to be fabulous!

Not only are there some tasty recipes, a new meal plan there is also the option of taking part in a 21 day sugar detox together. The private 21 day sugar challenge which take place in the Clubhouse from 11th November - 1st December so make sure you check out your email for more info on that.

So the theme of these recipes is low in sugar but high in taste and comfort value as the dark night have set in and it COLD. These aren't going to be recipe to cook for fancy pants meals more comfort food that will do your body good.

As ALWAYS the recipes are gluten and refined sugar free, with vegetarian and dairy free options too.

In this mini recipe ebook you will find:

- 10 brand new recipes
- A schedule for 'Sunday' batch cooking flow to save you time
- Top tips and Substitutions

So get shopping, make a list (*don't forget loo roll!*) and start eating some awesome food

As always ask your questions on the Facebook group and keep an eye out on the page for our live coaching sessions .

Looking for the **meal plan**?

Then just [click here to download](#) it or [log in to the Clubhouse](#) and head to monthly meal plan section.



CLUBHOUSE ORIGINAL RECIPES

In this month recipe we are really looking at eating lovely food AND keeping the sugar content down. So if a recipe is not sweet enough for you – no worries just add some additional stevia, raw honey or medjool date.

Notes:

- racv = raw apple cider vinegar – buy it [here](#) or at local health food shop.
- feel free to replace coconut oil with organic butter and vice versa in any of the recipes.
- When referring to salt always use sea salt or pink Himalayan salt if possible.

If in doubt of where to get any of the ingredients then just check out my wee shop [here](#).

And remember the Clubhouse philosophy – **cook once but eat twice!!**

Bulk make as many meals as you can so you can freeze and store lots of healthy stuff for busy days and save yourself oodles of time!

Please note these are not to be shared publicly on any platform but are for you own private consumption only.





Pumpkin Pie Chocolate Smoothie

Inspired by Pumpkin Spice Mocha this autumnal smoothie is perfect for all your cinnamon and spice lovers! Speedy and full of healthy fats

Serves 1

Ingredients

- 4 tbsp puree/cooked pumpkin
- a 20g scoop of [whey protein powder](#) or [collagen](#)
- ½ -1 frozen banana
- tbsp cocoa
- tbsp chia seeds
- handful spinach
- 300ml water
- pinch salt
- ½ tsp cinnamon
- ¼ tsp ginger
- pinches of nutmeg and ground cloves
- additional sweetness via 4-5 drops stevia or a medjool date

Instructions

1. Blend until smooth and drink immediately with ice if desired.

Notes

- Feel free to use 1-2 medjool dates instead of banana.
- Don't have protein powder? Then feel free to use a tbsp of nut butter instead ;)
- Want a stronger chocolate taste? Just add another tbsp of cocoa.
- The thickness of smoothie may depend on your blender so add or reduce water/liquid as you see fit.



Berry Cherry Easy Smoothie

Berries are often a low sugar fruit (strawberries and cherries are higher so they are a great place to get a little sweetness whilst still ditching the sugar addiction.

This isn't a super filling, meal like, smoothie so best have it with some eggs and avo or add some protein powder or nut butter to the mix.

Serves 1

Ingredients

- 100g frozen cherries
- 100g frozen mixed berries
- 1-2 handfuls spinach
- tbsp chia seeds
- 350ml water/milk
- ¼ tsp cinnamon
- *additional banana or a 1-2 medjool dates or 5-8 drops stevia for additional sweetness*

Instructions

1. Blend until smoothie and drink immediately

Notes

- You can use strawberries or blue berries instead this is not super sweet so feel free to make this sweeter by adding more banana or if you hate bananas use medjool dates instead





LUNCH, DINNER & MISC

FRENCH ONION Soup

I got slightly obsessed with french onion soup when I worked in a deli after Uni. Super simple to make, very frugal, insanely tasty and onions are a POWERHOUSE of goodness for your body and great for helping feed the good bacteria in your body..

Serves 4

Ingredients

- 3 medium-large onions sliced
- 50g organic butter
- 2-3 tsp sea salt (use less if using shop bought stock)
- 600ml bone broth/stock
- 300 ml water
- pepper
- 2 tbsp balsamic vinegar

Instructions

1. Slice onions (ideally in food processor to save time) and place in a pan on low to medium heat with butter and salt. Sauté on low heat for about 15-20 mins stirring regularly.
2. Once onions are transparent and clear add the broth, pepper and water and bring to simmer. Simmer for about 5 minutes and season to taste.
3. Before serving add the balsamic vinegar.
4. Store in fridge for 4-5 days.

Notes

- Why not double this recipe and place a batch in the freezer?
- You want to use high quality stock/bone broth for this recipe. If using shop bought stock then I recommend investing in the fresh stock not the stock cubes.
- Don't want the butter? Then just use coconut oil instead or ghee for reduced lactose.



Dough Ball 'Bread Rolls'

These little balls are a nod to bread rolls but more like squidgy dough ball – perfect for dunking in soup!

These are smaller than bread rolls and best eaten fresh but if taking them in a packed lunch then just heat up in microwave for 20 seconds before eating.

Makes 5-7 'rolls'

Ingredients

- 125g tapioca flour
- 100g coconut flour
- 1 egg
- 55ml coconut oil - *melted*
- 150ml water
- 1.5 tsp dried oregano or basil or mixed herb
- $\frac{3}{4}$ tsp sea salt

Instructions

1. Preheat oven to 180c.
2. Mix dry ingredient in a bowl and make a well/hole in the middle.
3. Blend/mix all the wet ingredient together thoroughly then pour into the dry ingredients and mix.
4. The mixture will be thick and sticky so use you hands to bring together. If VERY dry add more water a tbsp at a time.
5. Shape the dough into small ball sizes – like a golfball and place on greases and lined tray.
6. Cook at 180c for about 40-50 minutes and turn over halfway. The should be harder and crispy on outside but then won't go very brown.
7. Allow to cool slight but serve immediately
8. Store in air tight container for 3-4 days at room temperature and these need to be reheated in microwave or oven before eating otherwise they are too dry.

Notes

- Feel free to add any other flavour like fresh herbs, sundried tomatoes, chopped olives or chopped garlic
- No flour substitution for this I am afraid.



Mackerel Pate

Mackerel is AMAZING for your body. Full of omega 3 fatty acid to help reduce inflammation, support healthy hormones and make your skin all glowy in these dry winter months. Plus super speedy to make!

Serves 3-4

Ingredients

- 200g cooked smoked mackerel
- a squeeze/tsp of fresh lemon
- 85ml natural yogurt
- tsp salt
- pepper

Instructions

1. Blend in food processor until smoothie.
2. Store in air tight container in fridge and enjoy.
3. Will keep for about 4-5 days in fridge.

Notes

- Enjoy with the dough balls, with carrots dipped in or on rice cakes.





One Pot – Sausage Pasta Bake with Crispy Kale Topping

This is super comforting and simple to put together. Shove everything in a dish and leave to bake! No additional faff required.

(Warning this may not look the prettiest of dishes but it tastes AWESOME)

Serves 4+

Ingredients

- 4 GF *or veggie sausages - *chopped*
 - 200g GF pasta
 - 200g mushrooms
 - 500ml broth/stock
 - 400g chopped tomatoes
 - 4 tbsp tomato paste
 - 1 tbsp balsamic vinegar
 - 1 tsp mixed herbs
 - 1 tsp chopped garlic
 - salt and pepper
 - 2 handfuls kale or frozen peas
 - 200ml water
- TOPPING
- 70g grated cheddar or goats cheese
 - 2 handfuls chopped kale - *optional*

Instructions

1. Preheat oven to 180c.
2. Place all the the dry ingredients and veggies in a oven proof dish roughly 18cm x 30cm mix it roughly so evenly spread.
3. Then in a large jug mix the broth, water and tomato paste until thoroughly mixed then pour oven into the dish with the other ingredients .
4. Place in the oven for about 45 mins but at after 30 mins open the oven and place the kale and cheese on the top to get crispy before serving.
5. Serve with some side salad and enjoy!

Notes

- Veggie option? Use 300g of tinned tuna OR some veggie sausages .
- I use Dove's GF brown rice pasta but you can also use buckwheat pasta too which is tasty.- avoid corn based versions.
- If you're not a kale fan – no worries just remove from recipe ;)
- I use HECK brand of Gf sausages available at most supermarkets as organic gluten free assuages are hard to find...



Butter Chicken/Tempeh Curry

A rich, filling and warming curry for those dark nights! No 'hidden veggies' in this so perfect for fussy family members (*just make sure you add your own veg!*). Super speedy to make if you cook a chicken at the start of the week too ;)

Serves 4+

Ingredients

- 2 onions
- tsp salt
- 400g cooked chicken/tempeh pieces
- 2 tsp of turmeric, cumin and gram masala
- 200ml broth/chicken juice/stock
- 80g creamed coconut
- 1/4 tsp chilli powder
- 4 tbsp tomato paste
- 150ml water
- 4 cardamom pods - *crushed and ground seeds added*
- handful chopped coriander

Instructions

1. Place some oil in a pan and add the chopped onions and salt and sauté for about 5 mins until transparent and a little bit caramelised.
2. Add the spices (except cardamom) and tempeh (*if making this vegetarian*) to the onions and make sure heat is on low and cook for 1-2 minutes, stirring regularly.
3. Then add the broth, tomato paste, water, creamed coconut and chicken (*if using*) allow it to come to a simmer.
4. Meanwhile crush and grind the cardamom and then add to the curry along with coriander.
5. Cook for further 5 minutes on low then serve with cauliflower or normal rice and some extra side veggies.

Notes

- Make sure you add some veggies either by making some cauliflower rice or side salad or some roasted veggies.
- Ideally you want to double this recipe and so you can freeze some or have lots of leftovers.
- I have made this mild to taste so add more spice to make it fiery.
- Curry always tastes best a day after making it as the flavours can really blend and come alive - so for better flavour cook day before and reheat.



Slow Cooked One Pot Chilli

Take 10 minutes in the morning to shove this in a slow cooker and BOOM dinner is ready to go come 5pm. Full of protein, veggies, fats and carbs this is a one pot dinner but feel free to add rice or extra veggies ;)

Serves 4-6

Ingredients

- 400g organic mince OR 400g cooked lentils
- 2 onions - *chopped*
- 3 carrots - *chopped*
- 1 sweet potato - *chopped*
- 250g mushrooms - *chopped*
- 1/4 tsp hot chilli powder
- pinch cinnamon
- tsp gram masala
- tsp cocoa
- sea salt to taste (*about tsp*)
- 400ml broth
- 200g tomato paste concentrate
- handful fresh coriander

Instructions

1. OPTIONAL - Sauté the chopped onions, spices and mince in a frying pan with some oil for about 3 mins to release flavours.
2. Then place all the ingredient in a slow cooker. Don't worry about chopping up veg super small – you can be rough and quick and it will definitely all be cooked by the time dinner comes!
3. Cook on high for 4-5 hours or low for 7 hours+.
4. Before serving add the fresh chopped coriander and serve with some fresh avocado slices, grated cheese and sauerkraut.

Notes

- Add more or less chilli to your preference.
- Feel free to make some cauliflower rice or normal rice to go with this but you don't need you as it has everything you need nutritionally.





TREATS, SNACKS & DESSERT!

GF Blondies

When I first heard about Blondies – chocolate brownies without the chocolate – I thought '*whats the point if there is not chocolate?*' But I am now a total convert!

Perfect little treats for after dinner or afternoon cups of tea.

Serves 8+

Ingredients

- 150g cashews
- 1 egg
- 100ml milk (any type)
- pinch sea salt
- tsp vanilla extract OR 1/2 tsp vanilla powder
- 4 medjool dates
- 2 tsp raw honey
- 25g chocolate chips (*chopped dark chocolate*)

Instructions

1. Grease and line your baking tray and preheat oven to 200c
2. Blend the cashew and medjool date until smooth then add the other ingredients (*except the choc chips*) and blend until very smooth
3. Pour into greased and lined dish and ensure they are about 2 cm in thickness and place in oven.
4. Cook for about 15 mins or until very slightly golden on top.
5. Remove and allow to cool then slice and serve.
6. Store in fridge for about 4-5 days.

Notes

- You could use almond instead for this it will change the flavour a little but will still be tasty!



Apple, Berry & Ginger Crumble

This is one super healthy, low sugar and super comforting pudding. A great blend of warming fruits and flavours this is a great option to make for ending Sunday lunches or just making your yourself at the start of the week and reheating some some speedy and healthy puddings;)

Serves 8+

Ingredients

BASE

- 250-300g apples (*about 5 apple*)
- 20g fresh ginger grated
- 400g berries mixed
- 3 tbsp water

TOPPING

- 100g ground almonds
- 100g GF oats
- tsp cinnamon
- 1/4 tsp ground ginger
- good pinch of nutmeg and ground clove
- pinch salt
- 60g butter
- 3 tbsp coconut sugar

Instructions

1. Preheat oven to 180c.
2. In an oven proof dish (roughly 30cmx 18cm) place all the BASE ingredients.
3. In a separate bowl place all the topping ingredients and use your finger sto 'rub in' the butter and flours until it resembles bread crumbs.
4. Sprinkle the TOPPING over the fruit evenly and place in the oven for 25-30 mins
5. Remove and serve with natural yogurt.

Notes

- Feel free to use any other fruit with this recipe and to use coconut oil instead of butter in the TOPPING.



Tamari Trial Mix

The perfect sugar free snack! Full of that yummy morish salty goodness this is the perfect way to snack your way to a sugar free life ;)

Serves 8+

Ingredients

- 200g mixed seeds
- 75g almond
- 4 tbsp tamari (in 'free from' aisle)
- Pinch cayenne

Instructions 1.

Instructions

1. In a large frying pan place the seeds, nuts, and cayenne on a medium to high heat.
2. Add no other fat to the pan.
3. Allow the nuts and seeds to toast, and when you start to hear pops and cracking sounds removed the heat.
4. Add the tamari sauce and mix it thoroughly to the hot mix.
5. Allow to cool, and store in air tight jar when completely cool only.
6. This will store for over a month in air tight container.

Notes

- Add some chilli for a bit of a kick!
- Use any nut or seed you fancy and always keep a wee stash in your hand bag!