Clubhouse
Bundle!
Feb 2017

Welcome to February's Clubhouse Recipe eBook!

OMG is it just me or can this month be slightly dreary...

But fear not – I have got some yummy recipes here to help you feel your best. From brownies to speedy soups, curries and chilli – this is one **comforting bundle**. Yep comfort foods don't need to be crappy.

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

In this mini recipe ebook you will find:

- new recipes
- top tips and substitutions

So get shopping, make a plan of action and make sure you find out everything happening in the clubhouse this month by clicking here.

CLUBHOUSE ORIGINAL RECIPES

These recipes are set to be simple, healing and in line with all the fabulous Clubhouse principles of more protein, more fat and more vegetables!

Notes:

- Racv = raw apple cider vinegar – buy it here or at local health food shop.
- Feel free to replace coconut oil with organic butter or ghee and vice versa in any of the recipes.
- When referring to salt always use sea salt or pink Himalayan salt if possible.
- Stevia is a great way to gently sweeten smoothie without adding fruit. I use this brand .
- Bone broth can always be substituted with vegetable stock or other stock cubes – always check ingredients though!
- Nutritional yeast a dairy and soya free way of adding a cheesy flavour to foods – get it here.

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.

Blackforest Smoothie

Berries are total power house of goodness. They are full of vitamin C, low in sugar, high in probiotic loving fibre and perfect to store in freezer.

Serves 1

Ingredients

- 250g black forest berries
- 3 tsp chia seeds
- 350ml water
- handful almonds
- 2 handfuls spinach
- pinch salt

Instructions

1. Blend until smooth and drink immediately.

Notes

- I used half boiling water in this recipe to stop it being so cold and slushie like!
- This might not be super filling so maybe have it as a snack or with some eggs for breakfast.

Cacao Booster

When your about to reach for that latte and carrot cake then why not whip this up instead.
Its one nourishing milkshake - with selenium from brazil nuts to support thyroid function *(lots of us are selenium deficient*), magnesium from cacao and energy/hormones love from maca this is the PERFECT way to treat yourself in a healthy way .

Serves 1

Ingredients

- 250ml almond or other milk
- 50ml water
- tsp organic cocoa
- a pinch salt
- 3 brazil nuts
- tsp chia seeds
- a date and/or few drops stevia
- 1/2 tsp cinnamon
- 1/2 tsp maca powder - *optional*
- a scoop whey protein - *optional*

Instructions

1. Blend until smooth and drink immediately

Notes

- If you don't have stevia then use a tsp of raw honey or coconut sugar.

LUNCH, DINNER & MISC

Super Soup

As we are still in the depth of winter – I don't think you can ever have enough soup.
And this is one mean, green, detoxifying machine, soup!!!

(Find out more about bone broth and how to make it here.)

Serves 4-6

Ingredients

- 400g frozen peas
- 700g butternut squash
- 600ml bone broth or veggie stock
- 600ml water
- salt to season
- 30g fresh basil
- seasoning
- 2 handful spinach

Instructions

1. *OPTIONAL* - Make the broth before hand over 24-48 hours in a slow cooker or buy fresh broth from here.
2. Place everything (except basil) in a pan and bring to boil.
3. Simmer for about 20-25 minutes then remove form heat and blend until smooth.
4. Add salt and pepper according to your taste.
5. Store in fridge for 3-5 days in sealed container.

Notes

- Make your own bone broth here.
- You could switch the basil or coriander too.

Ghee

Detox Dressing

A good dressing can make a dull salad into something AWESOME – so expect more yummy salad dressing recipe coming your way!

With basil, olive oil, racv and garlic – it is a detox in a dress...ing!

6-8 serving

Ingredients

- 60g fresh basil
- 125ml olive oil or oil of choice*
- 60ml mct oil or other neutral oil**
- salt
- 1 garlic clove
- tsp raw honey
- 2 tbsp racv
- 50g pumpkin seeds
- 125ml water
- organic egg yolk

Instructions

1. Simply place in blender and blend until smooth.
2. Add more water or oil to get desired thickness.
3. This will thicken after being in fridge so shake or add additional oil when you wish to serve.
4. Use 1-2 tbsp to cover a salad.
5. Store in fridge for 4-5 days in sealed container.

Notes

- * olive oil can have quite a strong flavour (often its slightly bitter flavour of the vit E) so ideally go for cold pressed organic avocado oil or even rapeseed oil if you don't like the flavour of olive oil
- MCT oil is a oil with zero flavour but great for revving your metabolism get it here, a cheaper alternative would be just organic cold pressed rapeseed or avocado oil.

Homemade Ghee

This is the perfect fat to use for cooking! Highly stable and FULL of fat soluble vitamins this is cheaper than coconut oil and perfect if you aren't a fan of the coconut flavour.

Ingredients

- 750g unsalted organic butter

Instructions

1. Place the butter, roughly chopped, into a pan on a low heat and allow to melt.
2. Once melted bring to a simmer.
3. Once the butter has foamed with should start to curdle/separate after about 10 mins. Just keep it on a low heat and no need to stir.
4. Once the liquids looks like it has separated the allow to simmer for another 5 mins on gentle heat – do keep an eye on it doesn't start to catch.
5. Then take a metal sieve and cover with some muslin cloth over a large glass bowl or jug. Then pour the hot liquid into sieve and allow all the liquid to strain through.
6. Throw the butter residue in the bin and you should be left with a clear it orangey liquid.
7. Pour this liquid into your storage container (I used an old coconut jar that I had washed) and allow to cool.
8. Store at room temp or in fridge and it should keep for a over a month is not contaminated with other foods.

Notes

- It you have a lactose allergy then avoid this BUT if you have a mild dairy intolerance then you should be fine with this.
- Always try to get organic – it means you don't get the hormones or drug residues that they give normal cows. Its always important to consume organic animal products where possible as fat is where we mammals store toxins.

Butternut, Mushroom & Coconut Curry

Curry is PERFECT for this time of year! Warming and a great way to get more veg into your day plus you could also cook this ins a slow cooker too or whip it up in 30 mins on the night.

And remember, wherever you can, cook one and eat twice ;)

Serves 4-5

Ingredients

- 3 red onions
- tsp cumin seed
- tsp coriander
- 1 tsp gram masala
- 1/2 tsp cayenne
- salt and pepper to taste
- 250g mushrooms
- 400g butternut
- knob ginger *(roughly thumb sized)*
- 200ml coconut milk
- 300ml bone broth or water
- Fresh coriander - *optional*

Instructions

1. Place the spices in a pan on a medium heat. Add no fat and just keep an eye on it until it starts to smell – making sure you it doesn't burn. This should take roughly 2-4 mins.
2. Remove spices from heat and grind in pestle and mortar.
3. Then place some ghee in a pan and add the chopped onions and salt and sauté for about 5 mins until transparent.
4. Then add the spices to onions and mix and stir in, then add the butternut, mushrooms, ginger and stir for one minute.
5. Then add the coconut milk and broth/water.
6. Bring to simmer and allow to simmer for 20-30 mins or until vegetables are soft
7. Taste and add salt and pepper.
8. Serve with cauliflower rice, normal rice or on its own topped with fresh coriander.

Notes

- Often salt require more salt than your think so don't be afraid to use quality sea or Himalayan salt.
- Feel free to add in different vegetables – cauliflower, spinach, potatoes – pretty much anything!
- To use slow cooker simply sauté onions and spices then place all ingredient in the slow cooker for 6 hours.

Easy Chilli {BULK}

Chilli is speedy, comforting and awesome to have. I tend to make a batch like this once a week in bulk and eat it for lunches, on baked sweet potato and of course for dinner!

This is a BULK recipe – half ingredients if you want to make a smaller amount

Serves 6-8

Ingredients

- 1kg organic mince
  OR
  400g cooked lentils
  300g kidney beans
  300g any other bean of choice!
- tsp cayenne
- tsp paprika
- tsp cocoa
- tsp cumin
- salt and pepper seasoning to taste
- 1 onion
- 4 garlic cloves
- 500ml broth
- 4 tbsp tomato paste
- 125g mushrooms
- 2 carrots – *chopped small*

Instructions

1. In a pan with some ghee or coconut oil sauté the onions with some salt for about 5 mins.
2. Then add the beef, place lid on pan and on a low heat allow it to brown for another 5 mins.
3. Then stir in all the spices, carrots, mushrooms and garlic.
4. Add the broth or stock and tomato paste.
5. Bring to boil then allow to simmer for about 20 mins or until beef is cooked thoroughly.
6. Taste and add more salt and pepper according to taste.
7. Serve with some veggies, guacamole and salsa with a large salad and maybe some of these 'tortilla' wraps.
8. Store or freeze leftovers as desired.

Notes

- Save the remainder for another meal later in the week or freeze for a speedy meal.

TREATS, SNACKS & DESSERT!

Avocado Fudge Cake Squares

So these were meant to be like brownies are became something yummy but a bit different! They are gooey, fudgey, soft and the perfect way to add some healthy cake to your day. Full of fibre, healthy fats from avocado and protein from eggs and coconut flour – best eaten from fridge or straight from freezer!

Makes 12+ small squares

Ingredients

- 2 ripe avocado
- 100g apple puree
- pinch salt
- 60g organic cocoa
- 3 medjool dates
- 60ml maple syrup
- 3 eggs
- 40g coconut flour
  TOPPING - *optional*
- 20g 85% dark chocolate chopped small

Instructions

1. Preheat oven to 180c.
2. In a food processor or blender blend everything together until smooth.
3. Taste and add additional sweetener if you wish.
4. Pour into baking dish until about a inch in thickness.
5. Scatter the chopped chocolate on the top before putting in the oven.
6. Cook for 25-30 minutes .
7. Remove from oven and allow to cool.
8. Cut into about 12 pieces.
9. Best served straight from the fridge or freezer.

Notes

- Get apple puree from the baby food section or at health food shops.
- If you hate avocados then you probably won't love these as they do have similar texture as avocados. Make these brownies instead.