



Clubhouse Bundle

with Jemma Andrew-Adiamah
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welcome to May's Clubhouse Recipe eBook!

This month we have got a wellness write and guest recipe expert, Jemma from [Celery and Cupcakes](#), sharing her recipes with us!

From chia puddings to Korean dishes this is one delightful spring like selection of recipes. With lots of veggie options to this is perfect for these lighter brighter days. Plus if you tried the grain free plan last month and want to carry on then there are some easy ways to keep that going.

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.



Vitamin C Boosting Smoothie

A delicious green smoothie full of vitamin C to help you feel nourished, well and fabulous.

Serves 1

Ingredients

- 1 large handful of raw kale
- 1 banana
- 6 slices of cucumber
- 2 kiwis
- 1 thumb size piece of ginger
- 1 tbsp coconut oil
- 1 1/2 cups almond milk or your milk of choice

Instructions

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

Notes

- The thickness of smoothie may depend on your blender so add or reduce water/liquid as you see fit.



Turmeric & Coconut Smoothie

A golden anti-inflammatory smoothie made with turmeric, delicious coconut milk and hydrating coconut water.

Serves 1

Ingredients

- 1 ripe banana
- 400 ml coconut water
- 2 tbsp full-fat coconut milk
- 1 tsp grated ginger
- 1 tsp coconut oil
- 1 tbsp raw honey (optional)
- 1/2 tsp turmeric

Instructions

1. Blend until smooth and drink immediately





LUNCH, DINNER & MISC

Roasted Red Pepper, Spinach & Feta Muffins'

A delicious and easy egg muffin recipe that's a hit with all the family!

Makes 6

Ingredients

- 8 eggs
- 1 1/2 cups milk (any kind)
- 1 cup spinach
- 1/3 cup feta cheese
- 2 large Peppadew roasted red peppers, thinly sliced
- 1 tsp garlic powder
- 2 tsp mixed dried herbs

Instructions

1. Preheat the oven to 190 degrees and prepare a non-stick muffin tray.
2. Portion out the spinach, feta and roasted red peppers between the 6 muffin holes. Place at the bottom of the tray.
3. Beat the eggs and milk together with the garlic powder and mixed herbs. Pour the egg mixture into the muffin tray until the moulds are 3/4 full.
4. Bake in the oven for 15-20 minutes until the egg is fully cooked and golden on top. Allow to cool for 10 minutes before turning out.

Notes

- Feta should be made from sheep and goat milk so often more tolerated by those who struggle with dairy.



Chickpea & Sweet Potato Mash

A quick and easy lunch idea full of flavour and topped with a fried egg that can be batch cooked too.

Serves 2

Ingredients

- 2 medium sweet potatoes peeled and diced
- 1 tin precooked chickpeas
- 1 red onion diced
- 2 garlic cloves grated
- 1 tsp chilli flakes (optional)
- 1 tbsp fresh rosemary
- 1 tbsp fresh mint
- 2 eggs
- Oil of your choice for cooking (ghee or coconut)

Instructions

1. Preheat the oven to 200 degrees.
2. Peel and dice the sweet potatoes and place on a baking tray, drizzle with a little oil and roast in the oven for 15 minutes or until cooked through.
3. Meanwhile, fry the onion in a little oil for 3 minutes before adding the garlic. Cook for another 5 minutes.
4. Add the chickpeas, frozen peas, lemon juice, chilli flakes and fresh herbs and cook on a gentle heat.
5. In a separate frying pan, fry two eggs.
6. When the sweet potatoes are fully cooked add to the pan with the chickpeas and stir together.
7. Serve the chickpea and sweet potato hash and top with the fried egg.

Notes

- Can cook in batches and freeze for a later date.





Quinoa, Cauliflower & Butternut Squash Curry

A gorgeous vegetarian curry packed full of vegetables and protein from the wonderful quinoa.

Serves 3

Ingredients

- 1 head of cauliflower
- 2-3 cups quinoa
- 3 cups diced butternut squash
- 1 onion
- 1 clove of garlic
- 4 fresh tomatoes chopped (can use tinned)
- thumb size portion of ginger
- 1 tsp ground coriander
- 1 tsp turmeric
- 3 tsps garam masala
- 1 can of full fat coconut milk
- Fresh coriander to garnish (optional)

Instructions

1. Wash and prepare the vegetable and cook the quinoa as per the packet instructions.
2. Dice the onion and soften in a little oil in a pan, stir for 5 minutes and then add in the grated ginger and garlic. Stir for another 2 minutes before adding the spices.
3. Pour in the chopped tomatoes, cauliflower florets and diced butternut squash.
4. Coat the vegetables in the spices and cook for another 5 minutes - add a splash of water if it begins to stick.
5. Next stir in the coconut milk and allow the curry to simmer on a low heat for at least 20-25 minutes.
6. When the vegetables are tender add the cooked quinoa and stir through.
7. Serve up and garnish with fresh coriander leaves.

Notes

- To make this grain free you could replace the quinoa with some lentils instead – you may just need to add more liquid in the form of water or broth/stock. Or some sort of meat like chicken or lamb.



Korean Beef Bibimbap

A popular Korean dish with lots of beautiful vegetables and protein.

Serves 4

Ingredients

- 200 g /7oz flat-iron or rump steak thinly sliced
 - 400 g /14oz short grain or sushi rice rinsed OR cauliflower rice
 - 15 ml /1tbsp sesame oil
 - 1 carrot peeled and cut into julienne strips
 - 1 courgette cut into julienne strips
 - 2 garlic cloves peeled and finely chopped or crushed
 - Salt and freshly milled black pepper
 - 30 ml /2tbsp tarmari sauce
 - 1 x 100g pack baby spinach leaves
 - 100 g /4oz beansprouts rinsed
 - 4 eggs
- TO SERVE
- Thinly sliced spring onions
 - Sesame seeds
 - Korean chilli paste or chilli paste of your choice Gochujang

Instructions

1. Bring 1L/1½pints water to boil in a large saucepan, reduce the heat and add the rice, cover and cook over a low heat for 15 minutes until cooked.
2. Meanwhile, heat 5ml/1tsp of the oil in a large non-stick pan or wok. Add the carrot, half the garlic and stir fry for 1 minute. Season, set side and keep warm.
3. Heat 5ml/1tsp of the oil in the same pan, add the courgettes and the remaining garlic. Stir-fry for a few minutes, season, set side and keep warm.
4. Heat the remaining oil in the same pan and stir-fry the beef for a few minutes. Remove from the heat and add the soy sauce.
5. Wilt the spinach in the same pan, remove from the heat and drizzle with a little sesame oil.
6. Divide the rice among bowls and arrange carrots, courgettes, beef, spinach and beansprouts. Top with a fried egg.
7. Garnish with spring onions and sesame seeds. Serve with the chilli paste.

Notes

- Stir through 10ml/2tsp of the Korean paste at the end of cooking the beef.
- At the supermarket look for pudding rice – that's also short grain rice or use cauliflower rice to make it grain free.





TREATS, SNACKS & DESSERT!

Vegan Pina Colada Chia Pudding

Packed full of pineapple and coconut tropical flavours this chia pudding is perfect for breakfast and dessert. It's vegan too!

Serves 2

Ingredients

- 2 tbsp chia seeds
- 500 ml almond milk
- 1/2 pineapple
- 2 tbsp dessicated coconut
- 1-3 tsp maple syrup

Instructions

1. In a bowl, stir together the chia seeds, almond milk, maple syrup and coconut. Leave to stand for 20 minutes so that the chia seeds swell up.
2. Puree the pineapple in a blender or food processor that it's completely smooth.
3. When the chia pudding is ready, put the puree in the bottom of a glass or jar and layer the chia pudding on top. Sprinkle over some more coconut before serving.

Notes

- This would also work with banana or berries!



Peanut Butter & Coconut Truffles

Homemade chocolate truffles with tasty peanut butter and coconut centres.

Ingredients

- 5 tbsp smooth peanut butter (no sugar added and organic)
- 3 tbsp desiccated coconut
- 3 tbsp coconut flour
- 1-2 tsp maple syrup
- 100 g dark chocolate (as dark as you can go!!)

Instructions

1. Mix together the peanut butter, coconut, coconut flour and maple syrup in a food processor until a breadcrumb consistency forms.
2. Take teaspoon portions of the mixture and shape into balls. Allow them to set in the freezer for 20 minutes.
3. Melt the chocolate and coat the peanut butter and coconut balls.
4. Leave the chocolate to harden before consuming.

Notes

- To get a even bigger nutrient boost use almond butter instead of added calcium.
- Always use sugar free and ideally palm oil free peanut butter thats organic as peanut tend to carry lots of mold.