



Clubhouse Bundt

June 2017





Welcome to June's Clubhouse Recipe eBook!

This month we are in full (*British*) summer swing. But don't worry I have not gone entirely 'salad' on you, but have mixed it up with some awesome recipes from linseed bread to a impressive apple and choc-chip bundt cake – perfect for garden afternoon teas me thinks?

In this bundle you can find both the Meal Plan and the new recipe below – keeping it simple and all in one place from now on.

Remember to download and save each months bundle to you devices as they are removed from the site after a few months.

In this mini recipe ebook you will find:

- new recipes
- top tips and substitutions
- meal plan
- suggest batch cooking flow

So get shopping, make a plan of action and make sure you find out everything happening in the Clubhouse this month by [clicking here](#).



7-Day Meal Plan

Breakfast	Lunch	Dinner	Snacks/ treats
Linseed bread with scrambled eggs, avocado slices	<u>Creamy Cauliflower Soup</u> , with ham and cheese slices and cherry tomatoes <i>BA</i>	Thai Green Curry with cauliflower rice or normal rice <i>BA</i>	<i>Aim for 1-2 a day and use common sense...</i> ½ of any of the green smoothie recipes
Superfood smoothie	Roasted broccoli and butternut squash* salad with feta and walnuts <i>*pre roast broccoli and butternut</i>	<u>Honey Seared Salmon</u> Served with roasted cauliflower & butternut squash and a side salad	Small handful of cashews
2-3 Poached eggs on Linseed toast	<u>Creamy Cauliflower Soup</u> , with ham and cheese slices and cherry tomatoes <i>BA</i>	<i>Leftovers</i> Thai Green Curry with cauliflower rice or normal rice <i>BA</i>	Apple & Choc-Chip Cake Cups of homemade chicken broth.
Superfood smoothie	Linseed bread topped with avocado , pinch salt & salmon piece	Tempeh Burgers topped with a fried egg and large salad <i>(want meat? Make these instead)</i>	Mocha Energy Bites
Waffles with bacon!	Pre-cooked salmon/mackerel on top of a big salad and dressings	Chicken Tikka Masala with cauliflower rice or spiralised courgette	½ avocado with some sea salt and tomato slices and olive oil
<u>Egg Muffins</u> <i>(grab and go!)</i> <i>Use tempeh instead of sausage for veggie</i>	Roasted broccoli and butternut squash* salad with feta and walnuts and olive oil <i>*pre roast broccoli and butternut</i>	<i>Leftovers</i> Tempeh Burgers topped with halloumi and tomato with a large salad	
<u>Cherry Chocolate Shake</u> and 2 scrambled eggs	<u>Moroccan Roast Chicken</u> OR <u>Moroccan Veggie Tagine</u> with added beans with lots of roasted onions, carrots, parsnips, cauliflower	Leftovers....or a takeaway ;)	

BA – cook up a double batch so you can eat it again later in week



Tips

- Don't feel like you have to follow meal plan exactly – mix it up and do what works for you.
- Make sure you check out my meal planning training video on the members [resource page](#).
- Feel free to just repeat certain breakfast or lunches that you enjoy.

Bulking genius

- Its often take no more time to double up a recipe and then that mean you can cook less or fill up your freezer for busy week!

'Sunday' Batch 2 Hour Cooking Flow

Taking 2 hours out to batch cook saves you so much time and sets you up to success for the rest of the week.

This is based on the above meal plan, focusing on lunch and breakfast prep so adjust to your preference.

Time	
10.00-10.45am	Cut into squares of a whole butternut squash and broccoli roast for 35 min at 180c Make a batch of the egg muffins. Then take 10 mins to blend and shape the Mocha Energy Bites.
10.45-11.30am	Remove butternut from oven and allow to cool. Make x2 batches of linseed bread
<i>Mini clear up – load dishwasher....make a cup of tea.</i>	
11.40 -12pm	Make a batch of cauliflower soup Allow things to cool and store . Mix chopped feta into the butternut and broccoli into a bowl or tuperware ready for speedy lunches .

Got questions? Then ask away over at the [Facebook page](#)!



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.



GRAIN & GLUTEN-free waffles

Because waffles are the new pancakes! (And because butter pools in the little squares and its awesome!)

Makes 2 waffles

Ingredients

- 50g coconut flour
- 3 eggs
- tbsp almond/nut butter
- good pinch salt
- ½ banana
- tsp cinnamon
- 60 ml ghee or coconut oil - *melted*
- a splash milk

SERVING SUGGESTIONS

- blueberries
- coconut cream
- slices of banana and almond butter
- butter and honey
- bacon

Instructions

1. In a food processor or blender - blend until smooth.
2. Pour into preheated and greases waffle iron and and cook for roughly 3-5 minutes each.
3. Serve with any of the above ideas.

Notes

- You could make a batch of these and then freeze then and simply toast when you want to a speedy waffle breakfast!
- I just [use this](#) simple waffle iron.



Superfood Smoothie

So many superfoods formed into one awesome drink/meal/thing! Magnesium from cocoa, balancing maca, antioxidant rich matcha and adrenal nourishing sea salt. Not to mention good old spinach.....

Serves 1

Ingredients

- 2 handful spinach
- 1 frozen banana
- 1/4 tsp maca powder
- 1-2 tbsp cocoa
- 1/2 tbsp [gelatin](#)
- 1/8 tsp matcha powder
- good pinch Himalayan sea salt
- 125ml coconut/almond/cow milk*
- 250ml water
- date – *optional added sweetness*

Instructions

1. Blend until smooth and drink immediately ideally on ice
*coconut milk would be most 'super' due to MCT fats









LUNCH, DINNER & MISC

Linseed Bread

A 'wholemeal-ly' feel bread made purely from linseeds and egg – perfect for a high fibre and simple bread alternative and grain free to boot! (See the cooking demo [here](#))

Makes 15+ slices

Ingredients

- 250g linseeds - *ground*
- 3/4 tsp salt
- tsp bicarbonate of soda
- tsp mixed herbs - *optional*
- 100ml ghee - *melted*
- 100ml water
- 5 eggs whites
- 20g coconut flour
- 2-3 tbsps of sunflower/pumpkin seeds - *optional*

Instructions

1. Preheat the oven to 180 degrees and prepare a non-stick loaf tin (30cm or 2lb loaf tin).
2. Mix all the dry ingredients together in a large bowl.
3. Whisk the egg whites, ghee and water until combined.
4. Pour the wet mixture into the bowl with the dry ingredients in and stir until thoroughly combined.
5. A sticky thick 'dough' should have formed – so shape it into the greased loaf tin.
6. Bake in the oven for 30-40 minutes depending on your oven, remove when the springs back.
7. Remove and allow to cool before slicing and I prefer it toasted!

Notes

- Golden or brown linseeds can be used for this.
- Feel free to add more flavours or herbs – think of this as the base for different flavours.
- Once cooked I slice it up into about 15-17 thin slices and freeze for instant avocado on (linseed) toast.
- Not sure what to do with egg yolks? Make your own may [here](#) or paleo custard [here](#)



Tempen Burgers

The most colourful burgers EVER and a super source of protein and a fab alternative for a bbq! .

Serves 2

Ingredients

- 227g tempeh
- 200g roasted beetroot
- tsp salt
- pepper
- tsp mixed herbs
- 1 egg
- 2 tbsp coconut flour

TOPPING OPTIONS

- feta cheese
- slices of halloumi
- avocado
- slow cooked onions

'BUN' OPTIONS

- x4 large cooked mushrooms
- x4 slices of sweet potato toast (as pictured)
- a lettuce bun

Instructions

1. Preheat the oven to 200 degrees and roast beetroot (this can be done in advance)
2. In a good processor blend all the ingredients together.
3. Form into burger shapes and cook in a frying pan with some added oil/fat for 15 mins on a low heat.
4. If using the mushroom bun – grill the 4 mushrooms for 5 minutes
5. If using the sweet potato bun – slice thinly (about ½ cm) the widest part of a sweet potato and place in the toaster for 4-5 mins
6. If using a lettuce bun – use a iceberg or romaine lettuce and use the biggest leaves to wrap around burger.
7. Top with favourite toppings – I love feta cheese and avocado on this with some added cooked onions – YUM!

Notes

- Tempeh can be bought at health food shops or [here](#) or [here](#) online
- Cook in batches and freeze extra burgers for a later date.
- Tempeh is different to tofu, I have not made this with tofu but let me know how it goes. (I prefer tempeh as its higher quality, traditional and a less 'risky' source of soya)





Veggie Rich Thai Green Curry,

A gorgeous but simple curry thanks to the use of this organic curry paste that I have jam packed with veggies making it perfect to go on top of some cauliflower rice or rice noodles! The lentils bulk it out a bit making it a more frugal dish that is still high in protein.

Serves 3

Ingredients

- 1 red bell pepper
- 200g spinach
- 400ml coconut milk
- 1/2 tsp cayenne pepper - *optional*
- 2.5 tbs organic thai green curry paste (I use [this one](#))
- 300g chicken or tempeh or king prawns
- 30g fresh coriander
- 150g dry red lentils
- 100ml water or broth

Instructions

1. Dice and sauté the pepper chicken or tempeh (NOT prawns) in a pan with some added coconut oil for a few minutes.
2. Then add the curry paste and lentils and sauté on low heat for a few minutes.
3. Add the coconut milk and broth and bring to simmer.
4. Allow to simmer until the lentils (and chicken if using) are cooked – roughly 20 minutes. Stir regularly and keep on medium/low heat..
5. In the final few minutes add the prawns (if using) the spinach and chopped coriander. And let it simmer for 2-3 minutes or until prawns are cooked (they turn pink).
6. Taste and season accordingly.
7. Serve up on cauliflower rice or normal rice and garnish with fresh coriander leaves.

Notes

- If your lentils are 'super' absorbent then feel free to add more broth/stock.
- Feel free to mix up the vegetables and add things like mushrooms or pok choi.





TREATS, SNACKS & DESSERT!

Mocha Energy Bites

Having a freezer or fridge full of these bad boys makes me pretty happy because they taste SO good and are the perfect after dinner treat.

Makes 8-10

Ingredients

- 200g almonds
- 50g brazil nuts
- 50g coconut oil
- pinch salt
- tsp ground coffee
- tbsp cocoa
- 3 medjool dates

Instructions

1. In a food processor blend until finely chopped and starts to combine.
2. Then take small handful and shape into a mini balls and place on a greased tray.
3. Place in fridge when done to allow to 'set' and store there for up to 3 weeks in sealed container.

Notes

- You can store these in the freezer too just allow 15 mins for them to defrost
- Feel free to use another assortment of nuts – cashews, pecan or macadamia nuts would all be LOVELY!



Apple & Choc-Chip Bundt Cake

I am a bit of obsessed with my bundt tin – another great excuse for cake! This is a truly decadent, moist and sweet cake that I love. Perfect for parties.

The recipe make a VERY large cake so I have often halved it to half fill the bundt cake tin (I use 10 inch tin) and it works a treat too.

Ingredients

- 5 tsp cinnamon
- 2-3 pinches of ground cloves
- 2-3 pinches of ground nutmeg
- 1 tsp ground ginger
- 2 tsp mixed spice
- 2 tsp vanilla powder or 3 tsp vanilla extract
- 130g coconut flour
- 180g ground almonds
- 500g apple sauce
- 8 eggs
- 200-250ml maple syrup
- 200g dark choc chip
- DRIZZLE
- 100g of 85% chocolate

Instructions

1. Mix together all the dry ingredient together in a bowl (sifting the coconut flour) except the choc chips.
2. In another bowl whisk the eggs, apple sauce and maple syrup until thoroughly combined.
3. Pour the wet ingredients into the dry and stir until thoroughly combined.
4. Stir in the chocolate chips and then pour into the bundt tin (I use a 10 inch one like this)
5. Place in oven at 170c and allow to cook for 60-90 mins.
6. Check regularly and if it starts to burn/catch at the top cover with foil.
7. Once cooked a skewer should come out clean and it should bounce when gently prodded with your figure.
8. Allow to cool then melt the chocolate and drizzle on top of the cake.
9. Serve and best enjoyed within 1-3 days of making it.

Notes

- I find organic apple sauce in the baby food aisle – just pureed apples!
- Coconut flour cannot be substituted for anything else alas.
- To reduce sweetness (its is quite sweet) simple use less maple syrup.
- If using a small tin adjust recipe accordingly
- This would also work as a loaf cake too or and a 'sandwich' cake where batter is split between two cake tins.