



# WINTER

Recipe eBook





## welcome to winter eBook & the New Year!!

It is so easy at this time of year to dive into something extreme and a little bit crazy. And whilst it is a GREAT time of year to think about what you really want and to make goals, you don't need to go all or nothing. Its ok (and actually highly effective) to make small shifts.

In January I just like to think about gently hitting the RESET button. Remove the festive foods and get back to normal eating that still focuses on healthy warming wintery foods. And that is what we have in this ebook. A blend of fresh juices or detox shots if you want to ramp up your detox pathways in the morning but also some warming meals that will do you good and help you transition away from potential festive excesses.

So listen to your body and focus on ADDING lots of good food this season. Maybe you want to ramp up your veggie intake, increasing your protein intake instead of eating loads of carbohydrates or ramping up some exercise you enjoy.

Do post a picture when you make something – we would all LOVE to see your creations.  
I hope you enjoy eating these recipes as much as I have.

Love

Kezia

### 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 grey sea salt or pink Himalayan salt if possible.
- Stevia is a great way to gently sweeten smoothie without adding fruit. [Use this brand.](#)
- Bone broth can always be substituted with vegetable stock or other stock cubes – always check ingredients though and use as best quality you can.
- Nutritional yeast a dairy and soya free way of adding a cheesy flavour to foods – get it [here](#).

*Please note these recipes are for member only and not to be shared on the internet or with non-Nourish members. Contact Kezia if you wish to publish or share these recipes with anyone.*



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# BREAKFAST

## Daily Detox & Digest Shot

This is **not** a delicious concoction but it is a helpful daily remedy to be able to whip up. It is helpful in supporting digestion, strengthening your immune system, avoiding colds, aiding detoxification and so much more!

Simply make and leave to sit for a few weeks and then enjoy 1-2 tbsp a day diluted in water 200ml minimum of water.

Serve 20+

### Ingredients

- 500ml raw apple cider vinegar
- 5 garlic cloves - *peeled and crushed*
- finger size piece of turmeric - *loosely grated*
- 5-10 peppercorns
- large thumb size of fresh ginger - *chopped or grated*
- 2 tbsp raw honey

#### OPTIONAL EXTRAS

- raw horseradish grate
- 1-2 chillies
- 1-2 pinches of cayenne pepper

### Instructions

1. In a clean sterilised jar place all the ingredients and seal with a lid.
2. Store in a dark place for ideally 4-6 weeks, shaking the sealed jar occasionally (1-2 a week).
3. When ready remove and strain, keeping the liquid. Store in jar and ideally in fridge.
4. Begin with one tsp in 200ml of water and increase to 1-2 tbsp servings day, ideally before a meal.
5. OR you can knock back a tsp like medicine but it is quite strong!

### Notes

- If you can't find root turmeric then use 1 tsp of organic turmeric powder.
- This would be great to have before breakfast first thing in the morning or if you feel like you're getting a cold or sniffle.



## MORNING CELERY JUICE

Most veggies juices require lots of fruit to make them palatable – so here is a hard core juice that is super low sugar but oh so good for you. Now be warned, this tastes pretty average /bad but it will make you FEEL delicious.

I really notice a difference if I drink this first thing before having a 'proper' breakfast, that I would feel so much better in the afternoon.

Serves 1

### Ingredients

- a whole bulb of celery
- 1/3 cucumber
- 1 cm slice of ginger – optional
- Squeeze of lemon juice - optional

### Instructions

1. Place all the above in a juicer and drink immediately.

### Notes

- Don't have a juicer? Why not borrow one from a friend to see if you will use it before you buy one OR look for a second hand one as people are always selling them on.
- Just to say – **this is not a meal nor does it count as a meal.** The idea is you eat a proper breakfast about 30 minutes after consuming this juice.



## Chocolate, Maca & Cinnamon Protein Porridge

Because sometimes in winter we just want a nice warm breakfast. BUT traditional porridge is often just very high in carbohydrate and low in protein and fats . So here is a slightly higher protein version that is warming and super simple to make.

Makes 1

### Ingredients

- 50g gf oats
  - 2 scoops collagen powder or gelatin
  - tsp cocoa - *heaped*
  - 1 ½ tsp maca
  - 1 ½ tsp cinnamon
  - 1-2 tsp raw honey or stevia, or a blend of both
  - pinch of salt
  - tsp/dash of MCT oil – *optional*
  - tsp chia seeds - *optional*
- TOPPING IDEAS
- dessicated coconut
  - tbsp peanut/almond/cashew butter
  - blueberries

### Instructions

1. Ideally soak your oats overnight to help with digestion. If you do this rinse in cold water before doing the following.
2. Place oats in a pan with 200-300ml water or nut milk (you will need less liquid if you have soaked them overnight) and place on a medium heat.
3. Add the maca, cinnamon, salt and stir.
4. Cook until thick, add more water/milk if needed (I love very thick porridge you might love it runnier
5. Once ready stir in the collagen and tsp MCT if using and add you favourite topping.

### Notes

- This could also easily be an overnight oat recipe – by placing everything in a jar and leaving in fridge overnight.









# LUNCH, DINNER & MISC

## Lettuce Subway 'Sandwich'

I was expecting to be underwhelmed by this when I first made it as a lettuce wrapped sandwich surely can't be THAT exciting. WRONG! This is such a tasty and speedy lunch option and if you wrap it well in greaseproof paper then it's great for a packed lunch too. It is my latest obsession...

Serves 1

### Ingredients

- 2 large iceberg lettuce leaves
- 2 leafy lettuce leaves
- 3 slices of organic ham or turkey  
OR  
3 slices quorn ham  
OR  
2 hardboiled eggs sliced thinly
- 3-4 slices of goat cheese or other cheese - optional
- 1 tomato - thinly sliced
- 1-2 tsp of homemade 1 Min Mayo
- ½ tsp wholegrain mustard
- pinch salt

### Instructions

1. Lay out the lettuce leaves flat on a chopping board. If there are any 'stiff' bits gently cut them through the middle to make the leaf more flexible.
2. Then lay out the ham slice next to each other, with a slight overlap. Then put the mayo and mustard on.
3. Add the thinly sliced tomato and cheese (if using) and pinch of salt.
4. Then roll up! Fold up slightly one end and then roll up. Then cut in half and enjoy!
5. \*If you want to make this as a packed lunch I recommend laying out a sheet of greaseproof paper first, then adding the lettuce and other fillings on top of this as this can make it easier to roll and store. You then need to secure the paper with some string or tape.

### Notes

- You can really use any filling you like with this!
- You really need a looser and more flexible lettuce – kos or mini lettuces for example wouldn't work for this.
- I have 100% just adapted this from Against All Grain and there is a tutorial on how to wrap it up [here](#)



## Moroccan Hummus

A few years ago I went to Morocco and the food was fab! So this recipe is a nod to that....and my deep desire to be a hot country again. Great for lunches and snacks.

Serves 4-6

### Ingredients

- 400g cooked chick peas
- juice of 2 lemons
- 1.5 tsp salt
- tbsp tahini
- tsp paprika
- tsp cumin - heaped
- tsp smoked paprika
- 1/4 tsp cinnamon
- 125ml olive oil
- 2 tsp raw honey
- 2 onions – roasted - *optional*
- 4 garlic cloves – roasted - *optional*

### Instructions

1. *Optional* - Preheat oven at 180 and place the onions roughly chopped and whole garlic cloves in for 25 mins – or until golden brown.
2. Then simply in a food processor blend all the ingredients together until smooth.
3. Taste and season accordingly (hummus often needs more seasoning than you think)
4. Store in fridge for 3-5 days in sealed container.

### Notes

- Why not double this recipe and place a batch in the freezer?
- Serve on rice cakes, in a roasted sweet potato or on some buckwheat bread.
- Feel free to omit the onions and cooked garlic if in a hurry – add it makes for a richer flavour but is fine without it.



## Quinoa Fried Rice

This is a surprisingly filling and hearty (but unattractive) meal that is simple to make and veggies packed! Great for a speedy mid week dinner.

Serves 4-6

### Ingredients

#### SAUCE

- 60ml tamari sauce or coconut aminos
- 50g almonds or 2 tbsp almond butter
- thumb size of ginger
- 2 garlic cloves
- tbsp maple syrup
- juice ½ lemon or juice of x1 lime
- ½ tsp cayenne powder

#### OTHER

- 400g cooked quinoa (*130g dried weight*)  
(to cook use 500ml water and 500ml bone broth)
- 3 carrots – *chopped thinly*
- ½ red pepper – *chopped thinly*
- ¼ broccoli head – *chopped thinly*
- ½ courgette – *chopped thinly*
- 2 eggs – *beaten*
- tsp toasted sesame oil

#### TOPPING

- chopped spring onions
- chopped fresh coriander

### Instructions

1. If cooking the quinoa place the quinoa in a pan with the water and broth and pinch of salt. Bring to the boil and then cover and cook on a low heat for 20 mins. Then allow to cool.
2. In a pan or wok place the carrot and sesame oil and cover and allow to cook on medium heat for around 5 mins.
3. Meanwhile blend all the sauce ingredient.
4. In the wok add the other vegetables and stir fry for another 5 mins.
5. Then add the cooled quinoa and stir in the blended sauce.
6. Then pour in the beaten egg and cook for a further 5- 10 mins until its thickened together.
7. Top with coriander and spring onion and serve on it sown or with a tuna steak, prawn or chicken!

### Notes

- You can also use a fresh chilli instead of cayenne if you have it.
- You can also use a pre-chopped stir fry pack from the shop to make this even quicker.





## 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 sof
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.



## Cottage Pie

Can you tell I am all about the comfort food in winter? This veggies packed cottage pie is a great healthy version of this classic. I recommend making it in bulk and reheating for warming lunches ;)

Serves 4-6

### Ingredients

#### TOPPING

- 1kg potato (I used 800g sweet potato and 200g white potatoes)
- salt
- knob butter

#### PIE

- 500g mince or cooked lentils
- 1 onion
- 2 carrots
- 200g frozen peas
- 150g mushroom
- 3 garlic cloves
- 2 tbsp balsamic
- 4 tbsp tomato paste
- 1/2 tsp honey
- 400ml water or broth/stock
- seasoning

### Instructions

1. Place some oil in a pan and add the chopped onions and salt and sauté for about 5 mins until transparent . (I use a le Creuset pot for this so I can transfer it straight to oven/grill)
2. Meanwhile chop the potatoes and place in pan and boil .
3. Add the mince or lentils, carrots, mushrooms, garlic, balsamic and honey and stir briefly.
4. Add the tomato paste, peas and water/stock and bring to simmer.
5. Simmer for about 10 minutes or until meat is cooked. Taste and add additional salt and pepper according to your preference.
6. If potatoes are cooked (they should be after 15mins is) drain and mash with butter and a few pinches of salt.
7. Then gently spoon the potato onto on the meat/lentil sauce and smooth over.
8. *Optional* - Top with handfuls of cheese if you desire and place under grill until golden.
9. Serve immediately and freeze or fridge any leftovers.

### Notes

- You could also use celeriac, purred cauliflower or mashed butternut squash for topping.







## Chorizo (or Prawn or Mushroom) Risotto

There is a Moroccan theme to this month's bundle for sure! This risotto is super comforting to have on cold nights. Alas, risotto is not the speediest of dishes to make but well worth it in my books ;)

Serves 4

### Ingredients

- 1 large onion
  - tsp salt
  - 150g chorizo (make sure it is gluten free)
- OR**  
200g raw prawns - *pescatarian option*
- OR**  
4 portabello mushrooms and 150g of chestnut mushrooms – *vegetarian option*
- 1.7-2 litre broth or vegetable stock
  - 400g risotto rice
  - 2 garlic cloves
  - tsp smoked paprika (*make this 2 tsp if doing vegetarian or pescatarian option*)
  - 200g frozen peas
  - 70 - 100g cheese – I used a mix of cheddar and parmesan and feta! **OR**  
use 4-6 tbsp nutritional yeast – *dairy free option*

### Instructions

1. Melt some coconut oil or ghee in a large pan on medium heat.
2. Add onions and sauté for about 5 mins or until translucent.
3. Add the chorizo or mushrooms (not prawns!, paprika, garlic, salt and stir for 1 minute).
4. Meanwhile have stock/broth heating on the hob.
5. Add the rice to the onion mix and stir for a minute then add a ladle of hot stock and stir. Repeat this pattern for about 25-35 minutes until rice is cooked through and stock is used up. (Use more liquid if needed as risotto rice varies slightly)
6. Keep risotto on low heat and stir every often and keep adding stock slowly.
7. When rice is cooked add the cheese, frozen peas and raw prawns (if using) and any other seasoning.
8. Cook for an additional 5 mins on low heat until peas (or prawns) are cooked.
9. Serve immediately with a large green salad and additional meat/fish if desired.
10. Store leftovers in the fridge and reheat for easy dinners.

### Notes

- The yummy flavour from this really comes from the chorizo so get a good quality one!
- If doing the pescatarian or vegetarian option add an additional tsp of paprika and make sure you are using a very flavoursome broth/stock. Also use a strong flavoured cheese like parmesan or mature cheddar.



## Cauliflower Cheese Soup

Comforting, cheesy and speedy soup! Enough said.

Serves 4+

### Ingredients

- 600ml broth/stock
- 1 litre water
- 2 whole cauliflower heads - chopped
- salt to season (amount depends on stock using)
- 80g mixed cheese (goat, cheddar, mozzarella)
- OR**
- 3-4 tbsp [nutritional yeast](#) – *dairy free option*
- pepper
- a handful fresh coriander
- 2 garlic cloves

### Instructions

1. Place all ingredients - except cheese - in a pan and bring to boil. Then simmer for about 25 minutes until cauliflower is soft.
2. Then puree with hand blender. Add the cheese, seasoning and coriander and blend again until silky smooth.
3. Store for 4-5 days in fridge.

### Notes

- Enjoy with some protein like mackerel, tuna, hummus or chicken for a yummy lunch.







# TREATS, SNACKS & DESSERT!

## Sugar-free Chocolate

Did you know you can make a version of chocolate in under 5 mins? This isn't going to be exactly like grabbing a bar from the shop BUT it is cheaper, healthier and perfect for those chocolate cravings.

(I like making mine in pretty mould like [this](#))

Makes 10+ squares

### Ingredients

- 100g fat (40g butter 60g coconut oil)
- 15 drops stevia or other sweetener
- 1 tbsp cocoa

### Instructions

1. Melt fat in a pan on a low heat.
2. Once melted then add the sweetener and coco and mix until dissolved.
3. Pour into your mould and place in fridge to set.

### Notes

1. You could also just use coconut oil if you don't want to use butter.
2. You could use rice malt syrup, maple syrup or raw honey if you wish!



## Maca Oat Bakes

These are based on the traditional flapjack but with a healthier twist and full of goodness!  
Perfect for a week afternoon snack with some rooibos tea ;)

Serves 8+

### Ingredients

- 125g butter/coconut oil
- tsp cinnamon
- 2 tsp maca
- 3 tbsp coconut sugar
- tbsp honey
- 200g gluten free oats
- 100g desiccated coconut
- 100g sultanas or raisins
- 2 tbsp pumpkin seeds
- 2 tbsp chia seeds
- 1 egg

### Instructions

1. Preheat oven at 180.
2. Melt butter/coconut oil and honey and mixx all the dry ingredients in a separate bowl.
3. Mix the butter or coconut oil into the dry ingredients.
4. Then whisk the egg and mix into the rest of the mixture.
5. Press into a glass dish or baking try, keeping it about 4-5cm thick, then place in the oven for 15-20 mins.
6. Allow to cool thoroughly before cutting into squares and store in air tight container

### Notes

- You could also use dried apricots or dates if you don't like raisins



## Chocolate Chip BANANA Bread

There is nothing better than having a wee slice of banana bread with a cup of tea. This is a low sugar, full of fibre, gluten free and banana bread, tasty toasted or fresh from the oven with a lick of butter.

Makes 10

### Ingredients

- 2 ½ ripe bananas
  - 4 eggs
  - 150g gf oats
  - 110g ground almonds
  - 80g tapioca flour
  - 4 tsp cinnamon
  - tsp ginger
  - ½ tsp baking powder
  - 2-3 tbsp coconut sugar
  - 50g choc chips
  - 60ml ghee – melted
- DECORATE
- ½ banana length ways

### Instructions

1. Preheat oven to 180c and grease and line a large loaf tin.
2. In a food processor blend the ripe bananas and eggs until smooth.
3. Add in the oats, almonds, tapioca flour, cinnamon, ginger and coconut sugar and blend until its slightly smoother.
4. Add in the baking powder, ghee and pulse in.
5. Then stir in the chocolate chips and pour into the loaf tin.
6. Place the halved banana on top of the mixture before cooking
7. Cook for 30-40 mins or until it spring back once pushed.

### Notes

- This tastes best fresh and warm.
- Suitable for freezing and can be defrosted in the microwave and toasted.
- Feel free to add more sweetness to this with adding more coconut sugar or an extra banana as this isn't a super sweet loaf.



