

May's Nourish Bundle



Hello Lovely!

This month the sun is (*hopefully*) peaking out and we start to emerge outside our cozy homes and into the great outdoors. This month I've also included some recipe from other websites too – so you can get a variety of recipe styles and to make sure you don't EVER get bored!

Make sure you keep an eye on your emails and on the Facebook Group for weekly prompts and accountability. Get what you came for!!! Nourish is here to serve and help you – but you need to show up ;)

This bundle includes:

- x2 meal plans with recipes gathered below for ease of finding them
- x2 shopping list ready for you to print off or save onto you phone and head to the shop with

As always recipes are gluten and refined sugar-free, with various options to make them vegetarian and dairy free too. Feel free to follow these plans to the letter OR to mix and match and pick the meals you fancy – make this work for you. There are no 'rules' here and if you need any support along the way then just let me know via the Facebook Group here.

And remember to make a plan! Healthy food, or any food for that matter, will never just '*appear*' on your table – we need to set ourselves up for success.

Happy Eating

Kezia xxx

Ingredients & Notes

Meat. I get a monthly meat box delivered from [Coombe Farm](#) which is a organic and fully grass fed farm with high quality meat. Another organic and grass fed farm is [Eversfield Farm](#) where you can order meat too.

Fish. I have also had a monthly [fishbox.co.uk](#) where you can get wild Scottish fish straight to your door from small boats. You can put in your preferences too so you wont get stuck with oysters if you don't like them!

Vegetables. You can get organic veg delivered straight to your door. Either google a local company in your region or you can use [Abel & Cole](#) or [Riverford](#) to get vegetables, eggs and milk (if you drink it) straight to your door.

Other tid-bits

- **Tempeh** – lots of health food shops sell this or you can buy it online in bulk [here](#) (not sold in supermarkets but this is a great source of protein for veggies)
- **GF sausages** – lots of great brands are gluten free -just check the ingredients and look for the gluten free label.
- **Veggies sausages** – [quorn](#) does a gluten free veggies sausage
- **Soy & dairy free cheese** – you don't want to eat loads of dairy free cheese as its pretty processed but if you know you don't react well to dairy but cravings a cheesy pizza then [Violife](#) does a good soy and dairy free cheese
- **Tamari sauce** – available in the free-from aisle in most supermarkets and is a gluten free version of soy sauce. Or you can buy a soy free 'soy sauce' called coconut aminos which is only really available online [here](#)

BA = BULK ALERT - this makes a large quantity so you can cook once and eat twice.

This meal plan is based on 2-4 people eating (2 with big appetite , 4 with small appetites) adjust to your own quantities.

Meal Plan 1 & 2

- [Click here](#) to download it meal plans and shopping list separately (*to print*)
- All recipes for both meals plans are found at the bottom

Breakfast	Lunch	Dinner	Snacks/ Pudding
Low Sugar Granola and Omega 3 milk and topped with berries of choice	Leafy salad with cashew nuts, pumpkin seeds and avocado and Satay Coriander Dressing	<u>Easy Bacon wrapped Chicken</u> or Falafel Burgers with tomato sauce. Serve with roasted sweet/normal potato wedges and salad	Aim for 1-2 a day and use common sense... <i>I.e don't eat the same thing all day as a 'snack'</i>
Super food Smoothie or Smoothie of choice	Loaded Baked Sweet Potato with Tuna Mayo or Satay Coriander Dressing and salad	Butter Chicken/Tempeh Curry with cauliflower/normal rice and green beans	Carrots and Sunflower seed butter or nut butter
Low sugar Granola with omega 3 milk with berries of choice	Leftover Curry	<u>Spring Quinoa Risotto</u> with rocket salad	½ of any of the green smoothie recipes
Scrambled eggs with smoked salmon and spinach	Leftover Risotto with salad	Fish Pie with broccoli <i>(Veggie? Swop prawns for mushrooms and tuna for Tempeh)</i>	Salted Cocoa Almond Energy Bars
Smoothie of choice. Eg Hormone balancer	Leftovers or Creamy Tomato soup with rice cakes and humus and cheese chunks	Fish Fingers and Chips with peas Or Gluten Free Vegetarian Sausages, chips and peas	Hot Cross Bun Loaf slice with butter
<u>Paleo Sausage Egg 'McMuffin'</u> or <u>Breakfast Stuffed Peppers</u>	Creamy Tomato soup with buckwheat bread and cheese or Millet and Fennel Salad	<u>Swedish meatballs with mash</u> broccoli and runner beans or <u>Lentil chilli and rice</u> with avocado and salad	With Lemon & Coconut Cheesecake for dessert after roast dinner
<u>Coconut flour muffins with Chia seed 'jam'</u>	Tuna Melt Toastie <i>(buckwheat bread, tuna and grated cheese grilled till melted or cheese and tomato toasty.)</i> Serve with salad dressed with Satay Coriander dressing	Roast Chicken Dinner or <u>Nut roast with cranberry sauce.</u> With potato, and roasted veg of choice. <i>(use carcass for Broth-Chicken broth soup)</i>	

Breakfast	Lunch	Dinner	Snacks/ treats
Bacon (or cheese) and Onion Egg muffins	Chicken Broth Soup or Detox soup with rice cakes and hummus and pepper sticks	<u>Beef Ragu (slow cooker) with Courgette</u> (make double Ragu and set half aside for a head start on the lasagne later, Vegetarians use quorn) or <u>Spiced Squash stew</u>	Aim for 1-2 a day and use common sense.. Cup of soup Sudden death chocolate slices
Berry Blast smoothie	Leftover bolognise or stew and salad or jacket potato	<u>Aubergine and Feta Salad</u> with Boiled egg or pan fried fish.	1-2 cheese slices with apple
Poached eggs on spinach leaves with half an avocado and plenty of salad and pepper.	Leftovers or Kale and Quinoa Salad	Cheesy Lasagna with side salad (Follow directions for white sauce and layering if using leftover Ragu. From step 4)	Breakfast Cookies Coco made with honey and coconut milk
Smoothie of choice	Chicken broth soup or Detox soup with Oatcakes and carrot sticks with pate or goats cheese	Pea and sweet potato Curry with rice or cauliflower rice	Small handful of nuts
Instant Coconut Flour porridge with berries	Leftover curry or Kale and quinoa salad	Sausage casserole and mash with peas	
Breakfast Mexican Wraps	Mackerel Pate with Gluten free oatcakes, crudities and leafy salad with Pesto dressing	Leftovers or Easy Chilli and rice, <u>Lazy Salsa</u> and avocado Instant Berry Sorbet	
Grain free crepes with <u>cashew cream</u> or coconut cream and berries or leftover Chia Jam	Leftovers or Loaded omelette with ham or bacon, peppers and mushrooms or any leftover vegetables	Pesto Pasta with poached eggs	

Recipes

Breakfasts and Smoothies

Superfood Smoothie

Serves 1

Ingredients

- 2 handfuls spinach
- 1/2 – 1 frozen banana
- 1 - 2 tbsp organic cocoa
- scoop of collagen powder
- 1/4 tsp maca powder- optional
- pinch pink Himalayan sea salt
- tsp chia seeds
- 125 ml carton based coconut/almond/normal milk
- 250ml water
- a date – optional sweetness

Instructions

1. Blend until smooth and drink immediately

The Hormone Balancer

Serves 1

Ingredients

- tbsp chia seeds
- 2 medjool dates
- tsp maca
- tsp linseeds
- tbsp coconut oil melted or MCT oil
- tbsp cocoa
- 300+ ml water
- handful spinach
- 1/2 tsp cinnamon
- tbsp gelatin/collagen – optional

Instructions

1. Blend until smoothie and drink immediately

Notes

- If you don't have stevia then use a tsp of raw honey or coconut sugar.
- Add more water to make it runnier or less to make it thicker.

Berry Blast Smoothie

Serves 1 as main meal or 2 as side

Ingredients

- 100g raspberries
- 100g blueberries
- x2 handfuls spinach
- tbsp chia seed
- tbsp almond butter
- scoop collagen powder - optional
- small slice of lemon peel (fingernail size)
- 4-5 drops/ 1/8 tsp stevia
- 350ml liquid – from any milk or just water

Instructions

1. Blend until smooth and drink immediately.

Notes

- If using frozen berries use some boiling water in this recipe to stop it being so cold and slushie like.

Low Sugar Granola

Makes 4-6 servings

Ingredients

- 200g oats – gluten free
- 80g sunflower seeds
- 40g flaked almonds
- 30g pumpkin seeds
- 80g walnut – chopped
- 100g ground almonds
- 150ml coconut oil – melted
- 40g coconut sugar
- tbsp vanilla essence
- pinch salt

- 2 tsp mixed spice
- tsp ginger
- 2 tsp cinnamon

Instructions

1. Preheat oven to 180c.
2. Place the oats, ground almonds, spices, salt, coconut sugar, seeds, nuts in a bowl and mix.
3. Then pour the melted coconut oil over the mixture and stir until everything is lightly coated.
4. Place onto a lined tray and spread out flat.
5. Cook for 10-20 mins (depends on your oven) and turn the tray round once during cooking and keep an eye on the time as it burns quickly.
6. Remove once lightly brown and allow to cool. Once totally cool store in an airtight jar.
7. Serve with chopped or grated apple or other fruit.

Notes

- You can add raisin or dried apricots to this but dried fruit is pretty high in sugar which is why I have omitted them from the recipe. It is best to serve this with some fresh fruit,

Omega 3 Nut Milk

Makes 750ml ish

Ingredients

- 150g walnuts
- 50g sunflower seeds
- 1 tbsp chia seeds
- 700ml water
- pinch salt
- splash of vanilla essence

Instructions

1. Place everything in your blender and blend for 1-2 minutes until its creamy and milky and chia seeds have been blended thoroughly.
2. Strain and twist through a nut milk bag or old muslin cloth (create a 'bag with the cloth and pour liquid slowly through and then twist until all liquid comes out)
3. Store in a large glass jug or jar for 4-5 days.

Notes

- This milk will separate so you need to stir or shake it up before you use it.

Paleo Sausage Egg “McMuffin”

By Michelle Tam – www.nomnompaleo.com

Serves 1

Ingredients

- 2 tablespoons ghee, divided (plus more for greasing the biscuit cutters)
- 100g pound bulk raw pork breakfast sausage or sausages and squeeze out the meat
- stainless steel 3½-inch biscuit cutters or food moulds
- 2 large eggs
- salt
- Freshly ground black pepper
- ¼ cup water
- 1 heaping tablespoon guacamole (optional)

Instructions

1. Grab two , and grease the insides well with melted ghee. Place one cutter on a plate and fill it with the sausage meat.
2. Gently press the meat down to uniformly shape a sausage patty.
3. Heat a skillet over medium heat and add a tablespoon of ghee. When the fat is shimmering, add the patty to the pan. If you really want the patty to keep its perfectly round shape, you can keep the mould on until the cooked patty shrinks away from the sides. Then, lift it off and away.
4. Clean the biscuit cutter and grease it again.
5. Fry the sausage about 2 to 3 minutes on each side or until fully cooked. If your patty's thick, you may need to cover the pan to make sure it's cooked through. Once the patty's ready, transfer it to a plate.
6. Now, make the eggy “buns.” Grab two small bowls and crack one egg into each. Pierce the yolks with a fork.
7. Heat a skillet over medium-high heat with the remaining tablespoon of ghee. (Make sure you've got a tight-fitting lid for this skillet.) When the ghee's shimmering, place the two greased biscuit cutters in the pan, and pour an egg into each mould.
8. Season the eggs with salt and pepper to taste. Then, add ¼ cup water to the skillet (outside of the egg moulds), making sure not to splash the eggs.
9. Turn down the heat to low, and cover the pan. Cook the eggs, covered, for about 3 minutes or until cooked through.
10. Transfer the eggs to a paper-towel lined plate. One easy way to do this is to slide a spatula under the mould as you tilt it up while wearing a heat-resistant glove.
11. Assemble the faux-“McMuffin” by sandwiching the sausage patty in between the two egg rounds. If you're feeling old-school, you can eat this as-is, or A big dollop of homemade guacamole.

Breakfast Stuffed Peppers

by Steph Gaudreau www.stupideasypaleo.com

Serves 4

Ingredients

- 4 red bell peppers (any colour bell pepper works)
- 16 oz bag frozen, chopped spinach
- 4 eggs
- Sea salt and pepper, to taste.

Instructions

1. Preheat oven to 200C Gas Mark 6. Line a baking dish with foil.
2. Cut off the top of each pepper, and remove the seeds.
3. Place peppers into the dish, and bake for about 15 minutes.
4. Meanwhile, defrost the spinach. Squeeze the moisture out of the spinach.
5. Remove peppers from oven and stuff the bottoms evenly with the defrosted spinach.
6. Crack an egg into the top ½ of each pepper.
7. Bake for about 15-20 minutes or until the egg whites are set and not transparent.

Bacon and Onion Egg Muffins

Makes 6-8

Ingredients

- 4 eggs
- ¼ onion finely chopped
- 1.5 rashers bacon or 25g of cheese or 4-5 sun-dried tomatoes chopped finely
- 50 ml water/milk
- Seasoning
- Oil for greasing

Instructions

1. Mix all the ingredients together.
2. Pour into a well greased muffin trays and ensure ingredients are evenly distributed.
3. Fill muffin trays up ¾ full.
4. Place in oven at 180 for about 30 mins or until crisp and brown.

Instant Coconut Flour Porridge

Serves 1

Ingredients

- 3 tbsp coconut flour
- 3 tbsp desiccated coconut
- pinch salt
- 1/2 tsp cinnamon
- tbsp of raw honey/maple syrup/sweetener of choice
- 200-250ml boiling water or milk
- handful of berries – optional

Instructions

1. Mix dry ingredients in a bowl and then mix in the boiling water. Add more water for a more liquid porridge and less of a thicker porridge - according to preference.
2. Top with berries/banana/seeds/nut butter/yogurt and serve immediately. (This recipe is all about the toppings so make sure you load them up otherwise it can taste bland)

Notes

- You can pre mix a large amount of the ingredients and store in a jar to save even more time in the morning.

Breakfast Mexican Wraps

Serves 1 -2

Ingredients

WRAP

- spring green or large swiss chard leaves

FILLING

- 2 organic eggs
- 1/2 tsp paprika
- 2 good pinches cayenne pepper
- 2 celery stalks
- 1 garlic clove

OPTIONAL EXTRAS

- 1 fresh tomato sliced
- a few springs fresh coriander or parsley
- organic cheese
- avocado
- salsa

- chilli

Instructions

1. Wash the green leaves and set aside.
2. In a pan heat some fat and add the celery along with all the salt, garlic and spices on medium to high heat. Sauté for 3-4 minutes.
3. Meanwhile whisk the eggs with some salt and pepper.
4. Add the eggs to the pan and turn the pan on low and keep stirring the eggs. Turn the pan off when the eggs are still runny to prevent over cooking.
5. Get your green leaves and place half the mixture on each and then lay any extra fillings like tomato or avocado on top. Be careful not to overfill.
6. Then bending the sides in roll up carefully and tightly.

Grain Free Crepes

Serves 1

Ingredients

CREPES

- 1 tbsp coconut flour
- tsp arrow root flour
- pinch salt
- 2 eggs
- 50 ml water

TOPPING IDEAS

- berries
- nut butter
- banana slices
- coconut cream

Instructions

1. To make the sauce cut and peel the apple and place in sauce pan on a low heat with water and blackberries . Cook until soft. Leave to cool.
2. Blend all the crepe ingredients together and then pour a small amount onto frying pan (with plenty of fat -ghee/coconut oil) until it is thinly covered. Cook for about 3 minutes on low heat then gently flip over. Do this until all the mixture has gone (it will make about 3-4 crepes just double recipe to make more).
3. To finish the sauce simply blend until smooth and add any additional sweetener if you wish.

Notes

- Keep the blackberry sauce in the fridge and store in clean sterilised jar. Its great on smoothies, yogurt, kefir or with other cake!

LUNCHES

Millet & Fennel Salad

Serves 4+

Ingredients

- 200g millet
- 300g fennel roasted
- 200-250ml broth •
- 2 tbsp raw apple cider vinegar •
- 60ml olive oil
- tsp salt
- 75g feta
- 1 carrot grated
- pepper

Instructions

4. Chop the fennel and roast at 180c for 20 minutes.
5. Meanwhile place millet and broth in pan with lid on and bring to simmer and cook for 25 mins adding more water as and when needed.
6. Drain the millet, mix with all other ingredients and enjoy warm or cool from fridge.
7. Store for 4-5 days in fridge.
8. Simply add more protein like a hard boiled egg, some salmon or tuna for a perfect speedy lunch!

Notes

- Feel free to add some fresh basil or coriander to this for some flavour variation.
- You can also use quinoa instead of millet if you wish.

Loaded Sweet Potatoes

1 serving

Ingredients

- cooked sweet potato*

TOPPING – tuna mayo

- x1 tin tuna
- 1-2tbsp organic mayo

TOPPING 3 – Satay Coriander topping

- see satay coriander dressing recipe below

Instructions

1. Cook sweet potato. Wash potatoes, stab with knife then either cook for 5 mins in microwave full power or 25 mins in oven at 180c (depending on size)
2. Spilt in two and top/stuff with the toppings. Feel free to reheat with toppings on or have them cold – up to you!
3. Serve with salad.

Notes

- Working lunch? Then make the topping before hand so you can just adding on top at lunch/dinner time.

Creamy Tomato Soup

Serves 4

Ingredients

- 300g tomato paste
- 200g butternut squash
- 2 onions
- tbsp balsamic vinegar
- tsp tamari sauce
- 1/2 tsp honey
- 300ml broth
- 650ml water
- knob butter
- 1/2 tsp salt
- pepper

Instructions

1. Roughly chop the butternut squash and onions and then place all the ingredients, except butter, in a pan and bring to simmer for 25 minutes.
2. When everything is soft, blend until smooth and add the butter.

Notes

- Store in fridge for 3-4 days or freeze and defrost when desired.

Chicken Broth Soup

Serves 4-6

Ingredients

- 1 litre chicken broth or veggies stock
- leftover chicken bits OR red split lentils

- 150g frozen peas
- 2 leeks
- 2 handfuls chopped cabbage
- 2 tsp salt
- 2 cloves garlic
- pepper
- 100g sweetcorn
- extra water – as needed

Instructions

1. Make the broth before hand over 24-48 hours in a slow cooker or buy fresh broth from here.
2. Sauté chopped onions, leek, salt, cabbage and garlic in some coconut oil for 5 mins.
3. Add broth and lef over chicken or cooked chick peas.
4. Bring to boil and simmer for 15 mins.
5. Add sweet corn and any additional water if needed.
6. Season with pepper and additional salt it needed.
7. If making this vegetarian then make sure you add a large handful of fresh coriander for flavour.
8. Store in fridge for 3-5 days in sealed container.

Notes

- Make your own bone broth here.
- Feel free to add other veggies depending on your preference
- Add rice noodles and ginger for a family pleasing chicken and noodle version.

Detox Soup

Serves 5+ servings

Ingredients

- 2 broccoli heads
- 500ml bone broth or stock
- 700ml water
- x1 onion
- 180g red lentils
- 1/2-1 tsp salt
- zest of lemon
- a garlic clove
- 200ml coconut milk

Instructions

1. Roughly chop the broccoli and onion and place in a pan with all the other ingredients (except coconut milk) and bring to boil.

2. Allow to simmer to for 20 minutes, or until broccoli is soft and then add coconut milk.
3. Blend with a hand blender until smooth and serve.
4. Store in clean jar in fridge for 3-5 days in sealed container, it also freezes well.

Notes

- Serve on with some linseed bread or buckwheat bread

Aubergine and Feta Salad

By Julia at www.juliasalbum.com

Serves 4

Ingredients

- 1 large aubergine, cut into 1 inch cubes
- 2 tablespoons olive oil
- salt and pepper
- 1 tablespoon olive oil
- 2 cloves garlic
- 200-250g of fresh spinach (to taste)
- 1 and 1/2 cups cooked quinoa (this is 90-110grams of uncooked)
- 1/4 cup Feta cheese

Instructions

1. Preheat oven to 220degrees Gas Mark 7.
2. Line a baking sheet with foil. Grease the sheet lightly with olive oil.
3. In a large bowl, mix cubed aubergine with 2 tablespoons olive oil, and season with salt and pepper.
4. Spread chopped aubergine over the lightly greased baking sheet and roast for 20-25 minutes (or more, depends on your oven) until softens.
5. Midway through roasting, take out the sheet and flip over the aubergine cubes to the other side using spatula - that will help even out the roasting.
6. While aubergine is being roasted, heat 1 tablespoon of olive oil in a large skillet, add spinach and 1 minced garlic clove and cook for a couple of minutes, constantly stirring, just until spinach wilts. Remove from heat.
7. Once aubergine is done, immediately remove it from the baking sheet and add into the same skillet as the spinach, off heat. Immediately add quinoa and second clove of minced garlic. This will allow cooked eggplant to release some juices when mixed in with quinoa.
8. Mix everything well, off heat, and season with more salt if needed. Don't add too much salt or omit it altogether as you will be using Feta cheese too. Top with Feta cheese.

Kale & Quinoa Salad

Serves 3-4

Ingredients

- 150g quinoa
- 300ml broth
- 100g kale chopped fine
- 3 tbsp racv
- 85ml olive oil
- tsp salt
- 1/8 lemon juice
- tsp raw honey
- 100g pumpkin seeds - toasted

Instructions

1. Cook quinoa in the broth for 15-20 minutes. Add more water if needed or use stock cube if not using homemade broth.
2. Meanwhile wash and chop the kale finely, place in a bowl and spend a minutes grabbing and crushing it with your hands.
3. Add the lemon rice, raw apple cider vinegar, honey, olive oil and salt to the kale.
4. Drain quinoa if needed and then add to kale and stir in.
5. Season to taste.
6. In a frying pan place the pumpkin seeds and toast until they start to 'pop'. Do not us any oil for this and keep temperature hot.
7. Sprinkle with pumpkin seeds before eating.
8. Store in fridge for 3-4 days or eat hot.

Notes

- I use recycled jars to take this about the place!
- Add feta, walnut, salmon to add extra protein.

Mackerel Pate

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.

main meals

Sausage Casserole & Mash

Serves 2

Ingredients

- 1 onion - chopped
- 300g/ 6 Gluten-free sausages or Vegetarian sausage
- 1 tsp salt
- 200g tomato paste
- 300ml bone broth/ stock
- 3-4 button mushrooms
- 2 carrots finely chopped
- 1 tsp oregano
- 60ml red wine – optional
- 3 garlic cloves

MASH

- 3 sweet potato or normal potatoes OR a head of cauliflower
- seasoning
- butter

Instructions

1. In a pan with some fat (tsp of coconut oil, ghee or animal fat) add the chopped onions and salt and saute on medium to low heat for 5 mins.
2. Then add the sausages, mushrooms, carrots, herbs, garlic, salt and sauté for about 5-10 minutes.
3. Meanwhile chop the sweet potato/cauliflower roughly and place in a pan and cover with boiling water and bring to boil and simmer for 20 minutes.
4. Add the bone broth/stock to the sausage mix, along with tomato paste and wine and bring to simmer and cook for 25 minutes with lid of
5. Drain the sweet potatoes /cauliflower and add seasoning and butter and mash until smooth.

Notes

- To make this lower carb – use mashed cauliflower instead of potato.

Easy Bacon Wrapped Chicken

By Michele at www.paleorunningmomma.com

Servings 6 -8 servings

Ingredients

- 5 boneless skinless chicken thighs, each one cut in half (680g roughly)
- 10 slices nitrate free sugar free bacon (one for each half chicken thigh)
- 2 tsp onion powder
- 1/2 tsp smoked paprika
- 1/2 tsp fine grain sea salt
- black pepper
- fresh herbs as desired I used sage, thyme, and rosemary

Instructions

1. Mix the onion powder, paprika, salt and pepper in a small bowl and sprinkle over all the chicken. Heat a large cast iron skillet over med-hi heat and preheat your oven to 200 degrees (Gas Mark 6).
2. Wrap one slice of bacon around each chicken thigh half, twice, to cover the chicken surface as much as possible.
3. Add each chicken piece to the skillet, seam side up. Allow the first side to brown about 2 minutes.
4. Turn over each chicken piece carefully so the bacon doesn't move, so seam side is now down and browned side is up. Transfer the skillet to the preheated oven (or pop on a greased baking tray) and bake until the chicken is no longer pink and bacon is crisp, about 10-15 minutes.
5. If chicken is cooked and the bacon isn't crispy enough for your preference, put the chicken under the grill for a minute or until the bacon is cooked to preference (keep a close eye on it)
6. Garnish with fresh herbs if desired while chicken is still in the pan, and serve with your favourite veggie and potatoes.

Notes

- Any leftovers are a tasty lunch on top of a leafy salad or with leftover vegetables.

Gluten Free Pasta Pesto

Serves 2

Ingredients

SPAGHETTI

- 2 courgettes
- Additional handfuls of spinach or rocket if desired

PESTO

- 20g (large handful) fresh basil
- A small avocado
- 2 tbsp cashews
- 25ml raw apple cider vinegar
- 1/4 tsp quality salt
- tbsp oil of your choice (ideally cold pressed)
- Juice of 1/2 a lemon
- 1 small garlic clove

Instructions

1. Spiralise the courgette and place in bowl.
2. Blend all the pesto ingredients together until smooth.
3. Taste and add any additional seasoning if required.
4. Mix in with the spaghetti and leaves and serve.

Notes

- Adding a poached egg or meat or nuts to this makes this a more filling meal. If you want a hot meal just gently warm it all on the hob for a few minutes.

Fish Pie

Serves 4

Ingredients

- 100g raw king prawns
- 200g tin of tuna
- 300ml chicken Stock
- 1 clove garlic
- 3 finely chopped carrots
- 3 chopped onions
- 2 handfuls spinach
- 100g coconut cream - grated/chopped finely
- 2 tbsp desiccated coconut
- 1 tbsp cumin
- seasoning

TOPPING

- 1 whole large celeriac OR head of cauliflower OR 2-3 potatoes
- 3 carrots
- knob of butter
- salt and pepper

Instructions

1. Peel the celeriac/chop cauliflower and carrots and roughly chop and place in boiling water. Leave simmering while you then...
2. Sauté the onions in ghee/coconut oil/animal fat for a few minutes until soft, then add the carrots, cumin, some salt (a few pinches), garlic and keep under a medium heat for a few minutes.
3. Then add the chicken stock, tuna and coconut cream. Allow to come to a simmer and the coconut cream to dissolve.
4. 4. Meanwhile once the celeriac/cauliflower is soft and cooked through drain and add butter, salt and pepper and then mash thoroughly.
5. Add the frozen prawns to the fish/coconut/stock mixture and stir in along with the desiccated coconut and spinach.
6. Pour the fish mixture into a oven dish, level of and then spread the mashed celeriac/carrot on top of the fish mixture and level of. 7. Place in a preheated oven at 180c for 25 mins or until its golden on top.
7. Serve with peas, cooked broccoli or any other veg you like.

Notes

- If you find your mixture too runny, just add some more desiccated coconut as this will soak up some of the mixture.
- Feel free to add grated cheese on top but this is delicious without!

Falafel Burgers with Tomato Sauce

Makes 4

Ingredients

- 400g cooked (ideally sprouted) chickpeas
- 1 tsp salt
- 1/2 tsp paprika
- 1 tsp cumin
- Pinch cayenne pepper
- 1 tsp ground coriander
- 1 small organic egg
- 1 small onion
- 30g ground linseeds OR ground almonds

SAUCE

- 200g drain chopped tomatoes
- 1/2 tsp salt
- handful fresh parsley
- 2 tsp raw apple cider vinegar
- 2 tsp olive oil
- 1/2 tsp ground coriander

- small garlic clove

TO SERVE

- x4-6 large lettuce leaves

Instructions

8. In a food processor blend all the burger ingredients except the ground linseed or almonds. Then grab heap tbsp full of the mixture and shape into burger shapes and dust with the ground linseed or almonds. Then place the burgers on a medium heated frying pan with coconut oil or other fat and cooked for about 5-10 minutes on each side on a low heat.
9. To make the sauce simply blend all the ingredients until smooth.
10. Once cooked place the burgers on the lettuce, top with the sauce and wrap in the lettuce leaf.

Notes

- Feel free to add more kick by adding cayenne .
- Serving ideas - cheese, avocado, bacon, salsa, fresh tomato or guacamole.

Butter Chicken/Tempeh Curry

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
1. 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.

Spring Quinoa Rissotto

By Hemsley and Hemsley at www.hemsleyandhemsley.com

Serves 4

Ingredients

- 1-1½ litres of homemade chicken bone broth or good quality vegetable stock.
- 2 tsp of ghee or coconut oil
- 2 tbsp of butter or coconut oil
- 2 medium onions (any colour) or 2 big leeks - diced or sliced
- 3 sticks of celery, diced
- 4 cloves garlic, chopped
- 1 cup of quinoa
- 250ml of white wine - or use 1 tablespoon of apple cider vinegar / balsamic vinegar

VEGITABLES- Feel free to swop for any green seasonal vegetables.

- 1 large fennel, sliced
- 2 big handfuls of asparagus. Break off the tough ends and then slice into thirds on the angle
- 1 cup of shelled fresh broad beans
- 1 cup of frozen peas

SEASONING

- 2 handfuls of a grated, hard cheese such as parmesan (throw the rind in during cooking for extra flavour)
- Juice and zest of 1 lemon
- Sea salt and black pepper
- Fresh or dried oregano and chives (or any green herbs roughly chopped)
- A big handful of watercress or rocket, to serve

Instructions

1. Put the bone broth in a saucepan, bring to the boil and keep at a low simmer, lid on.
2. In a separate, large, wide pan, heat a teaspoon of ghee to a medium heat. Add the sliced fennel and leave it to turn golden on the bottom (takes about 2 minutes) to bring out the

sweetness. Then turn them over to lightly brown the other side. If you continuously stir the fennel it won't caramelize, but will still be tasty. If you're worried the fennel might burn, just turn down the heat. Remove the fennel and set aside in another dish, season with salt and pepper.

3. Add a little more ghee and gently fry the asparagus for just 1 minute, season and then set aside with the fennel – keep the same pan for your risotto.
4. Heat up the 2 tablespoons of butter and gently fry the onions/leeks and the celery for a few minutes until soft and translucent.
5. Add the garlic and the rinsed quinoa and stir well for a minute until the quinoa is thoroughly coated in the butter and almost starts sticking.
6. Then add your white wine or vinegar and stir to de-glaze the pan.
7. Add a ladle of your hot stock to your pan, it will be quickly absorbed by the quinoa. Like the usual risotto, stir in your stock a few ladles at a time so that the quinoa absorbs the stock gently. But, unlike a rice risotto, you don't have to watch over your saucepan like a hawk. Quinoa is a lot more forgiving so we like to use the time in between ladling to grate the cheese, zest the lemon and get the herbs chopped.
8. After 8 minutes of cooking the quinoa should be on its way to being tender, so taste for texture. If almost tender, stir in your veg (we used asparagus, broad beans and peas, all of which cook in just a few minutes).
9. Turn off the heat after a few minutes and add another ladle of stock if you want a more saucy risotto, more if you want it soup-like in consistency.
10. Stir through your grated cheese, fresh herbs, a little lemon zest, a little lemon juice and salt and pepper to taste. At this point, taste, taste, taste! Add more lemon for freshness if you like it.
11. Top your risotto with the asparagus and caramelised fennel and drizzle with some extra virgin olive oil.
12. Serve with some simply-dressed watercress or rocket.

Notes

- Omit the cheese if needed there is plenty of flavour without it!

Fish-Fingers & Chips

Serves 2

Ingredients

FISH

- 1 fillet of fish per person – I use wild salmon
- 150g ground almonds
- lots of ghee/coconut oil/fat to cook in
- 2 eggs beaten
- seasoning
- ¼ tsp turmeric

CHIPS

- 2 large sweet potatoes
- 1/2 cup ghee/coconut oil/ fat

Instructions

1. Preheat oven to 200c. Place in oven dish with 1/2 cup of fat and allow it to melt.
2. Chop the sweet potato's into wedges and chip like sizes. Remove hot tray from oven and place chips inside.
3. Then fill one bowl with ground almonds, seasoning and turmeric and one bowl with beat egg. Dip one piece of fish into the egg and then into the ground almonds – use you had to cover it. Then place fillet on a place.
4. Repeat this with other fillet.
5. Leave the fish for about 2 mins, maybe check the chips and give them a 'shuggle' in oven.
6. Then repeat the egg and almond process for another 2 rimes until your see all the almond it saturated.
7. To cook fish melt fat in a fat – you want a good amount. The gently place fish in hot pan and cook.
8. After a few minutes very gently turn over with a fish slice making sure the coating stays put (gently does it!)
9. Cook for about 8 minutes depending on size fo fillet, and make it golden brown.
10. Serve with chips and some peas

Notes

- This meal is best eaten fresh!
- Simply add an additional fillet and sweet potato per person.
- If you have leftover of egg and almonds then why not shove them into an omelette the next day?

Paleo Swedish Meatballs with Mashed Potatoes

By Michele at www.paleorunningmomma.com

Serves 4

Ingredients

MEATBALLS

- 450g grass fed ground beef 80-85% lean
- 1 small onion minced
- 1/2 cup ghee, to cook onion
- 1/4 cup almond flour or ground almonds
- 1 large egg
- 3/4 cup coconut milk
- 2 tsp coconut aminos (or tamarind)

- 1 tsp garlic powder
- 1 tbsp fresh parsley minced
- 1/4 tsp allspice
- 1/4 tsp nutmeg
- 1/2 tsp sea salt
- 1/8 tsp pepper

GRAVEY

- 3 Tbsp ghee
- 1 tbsp + 1 tsp arrowroot starch or tapioca flour
- 1 3/4 cup beef or chicken bone broth
- 1/2 cup full fat coconut milk blended prior to adding
- 1 tsp spicy brown mustard *optional, adds flavour
- 1 Tbsp coconut aminos or tamarind *optional, adds flavour
- salt and pepper to taste

MASH

- 900g russet potatoes peeled and cut into 10cm pieces
- 1/2 cup coconut milk
- 1/4 cup [ghee](#)
- 3/4 tsp sea salt
- 2-3 Tbsp [nutritional yeast](#) optional (for flavour)

Instructions

For the Mash:

1. Heat a Large pot with water, sprinkle with salt and bring to a boil. Add 10cm potato pieces to the boiling water, and cook until very soft
2. Drain the potatoes and return to the pot. Set heat to low and add the ghee and coconut milk. Mash with a potato masher over very low heat, once smooth, turn heat off and add salt and pepper, to taste, and nutritional yeast, if using. If you want your potatoes really creamy, you can use an immersion blender at this point (I just put mine right in the pot.)

For Meatballs and Gravy:

3. In a large, heavy, nonstick skillet, heat 1 tbsp ghee and cook onions over medium heat until soft - you should have about 1/4 cup cooked minced onions. Remove skillet from heat (you will use this skillet to brown meatballs)
4. Add cooked onions to a large bowl, then add all meatballs ingredients and mix well with your hands, until fully combined (try not to overwork the meat, if possible it can make the meatballs tough)
5. Form meat mixture into 4 cm balls and place on a parchment lined platter or baking sheet.
6. Heat your skillet over medium heat and brown meatballs (using a bit more ghee if necessary) turning just 2 to 3 times carefully so they don't break.
7. Once browned, remove meatballs to a plate and set aside.
8. For gravy, turn heat to medium and add 3 tbsp ghee to skillet and whisk in the tapioca or

arrowroot until bubbly.

9. Add remaining gravy ingredients and stir to combine, raise the heat to bring to a strong simmer.
10. Return meatballs to skillet, lower heat a bit and allow them to simmer in gravy until fully cooked through and gravy has thickened - 3-5 minutes. Serve hot with mashed potatoes. Enjoy!

Lentil Chilli

Katya at <https://www.littlebroken.com>

Serves: 8

Ingredients

- 2 Tbsp. olive oil
- 1 medium onion, chopped
- 1 large red bell pepper, chopped
- 5 cloves garlic, minced
- 4 tsp. chilli powder
- 450g brown lentils
- 2 cans copped tomatoes
- 1 bay leaf
- 1 litre vegetable stock or chicken stock
- 1/3 cup fresh chopped coriander
- sea salt and fresh ground black pepper
- Optional toppings: cheddar cheese, tortilla chips, avocado

Instructions

1. In a large heavy duty pan, heat olive oil over medium heat. Add onion and red bell pepper; sauté the vegetables for 8 minutes or until soft and lightly browned, stirring occasionally.
2. Stir in garlic and chilli powder; cook for 1 minute.
3. Add lentils, tomatoes, bay leaf and stock. Season with salt and ground black pepper, to taste.
4. Bring to a boil, lower the heat to medium-low and simmer, partially covered for 30 minutes or until lentils are tender. Remove from the heat and discard the bay leaf.
5. Transfer 3 cups of cooked chilli into a food processor and process until pureed; add the pureed chilli back into the remaining chilli and stir to combine. Taste for salt and pepper.
6. Stir in coriander and serve.

Notes

- If you like your chilli spicy, add chopped fresh jalapeño or red pepper flakes for some heat

Sweet Potato or Normal Chips

Serves 2

Ingredients

- 2 large sweet potatoes or regular potatoes
- Tbsp ghee/coconut oil/ fat

Instructions

1. Preheat oven to 200c. Place in oven dish with tbsp of fat and allow it to melt.
2. Chop the sweet potato's into wedges and chip like sizes. If using normal potatoes boil for 4 min and drain well. Remove hot tray from oven and place chips on the hot tray tossing in the hot oil/fat.
3. Cook until golden brown (you may need to toss the chips again to get even browning). For sweet potatoes this is about 25-30 mins but sometimes normal potatoes are done quicker.

Sage and Apricot Nut Roast with Cranberry Sauce

By Ella at www.deliciouslyella.com

Serves: 5

Ingredients

NUT ROAST

- 1 medium leek
- 2 medium carrots
- 3 field mushrooms
- 1 red pepper
- 3 cloves of garlic
- 250g of dried apricots (1 1/4 cups)
- 2 tablespoons of fresh finely chopped sage
- 1 tablespoon of fresh, finely chopped rosemary
- 1 tablespoon of dried oregano
- 1 teaspoon of ground or grated nutmeg
- 4 tablespoons of milled linseed mixed with 12 tablespoons water
- 100g of almonds (1 cup)
- 100g of brazil nuts (1 cup)
- 100g of hazelnuts (1 cup)
- 100g of buckwheat flour (1 cup)
- olive oil
- salt and pepper

CRANBERRY SAUCE

- 250g of cranberries (2 cups)

- The juice of one big orange
- 50g of coconut sugar (6 tablespoons)
- 4 tablespoons of maple syrup

Instruction

1. Preheat the oven to 180C
2. Start by making the nut roast. Mix the milled flaxseed in a small bowl and leave to sit for 5-10 minutes until it expands and turns gluey. Put to one side ready for later.
3. Crush the garlic and add to a big pan with some olive oil, heat until the garlic starts to golden. Finely chop all the veg and apricots, add to the pan and cook for a few minutes. Add all the herbs. Once all cooked through take off the heat and put to one side, roughly 10 minutes.
4. Add all the nuts to a food processor and blend until they're crumbled down but not so much that it turns into a flour; you want the pieces of nuts to still be a bit chunky, like pine nut size. Best to use the pulse setting on the processor to make sure they remain chunky.
5. Combine the cooked veg, nuts, flour and flax together and mix well. Place in a lined loaf tin and push down/compress into the tin well (you may want to use a masher for this!). Place in the oven and bake for 50 minutes on the middle shelf.
6. Whilst the roast is baking, make the cranberry sauce.
7. Squeeze the orange and then place the orange juice, coconut sugar and maple syrup into a pan, bring to the boil and then add the cranberries. Heat for about 10 minutes until the cranberries start to burst. Then simmer for another 10 minutes and allow the liquid to reduce, until it reaches your desired thickness.
8. Once the roast is done, remove it from the oven and leave it to bind for about 20 minutes before slicing and serving with a thick spread of sweet cranberry sauce!

Beef Ragù

Serves 4

Instructions

- 500g minced beef (chuck/braising steak) or lamb
- 100g chicken livers, trimmed and chopped (optional)
- 2-3 tablespoons of ghee/butter
- 2 large onions, diced
- 4 garlic cloves, minced
- 1 tablespoon of tomato puree
- 16 large tomatoes, roughly chopped, or 2 cans of chopped tomatoes
- 2 bay leaves
- 250ml homemade beef/chicken broth or water
- 2 small glasses of red wine or 1 tbsp balsamic vinegar
- 2 large carrots
- Sea salt and black pepper, to taste

- 1 teaspoon of mixed spice or nutmeg
- 4 large courgettes
- handful fresh parsley (optional)

Instructions

1. Heat 2 tablespoons of butter/ghee and fry the onions on a low heat until softened, not browned, then add the garlic, bay, spices and any other herbs that you choose. Add the extra tablespoon of butter or ghee if needed.
2. Increase the heat and add the minced meat to the pan and brown, using a wooden spatula to break it up as you go.
3. After five minutes, add the chicken livers (optional), pour in the red wine or balsamic and stir to deglaze the pan, then add the tomatoes, tomato purée and bone broth or water.
4. Bring to the boil, cover with a lid and then reduce to a gentle simmer for 1 ½ hours until rich and thickened, stirring occasionally. Even better after 3 or 4 hours or you can pop it into the slow cooker at this point.
5. Ten minutes before the end of cooking, add the grated carrots and season with sea salt and a good grind of pepper.
6. Meanwhile, use a spiralizer/julienne peeler on the courgette. Or use a vegetable peeler and then a knife to slice the courgette strips into spaghetti type strands.
7. Wilt the courgette using a little butter and water in a pan. Or, to be more authentic in your service and to save time and washing up, just run some of the sauce hot from the stove through your spirals and the heat and salt in the sauce will soften them.
8. Stir the parsley through the ragu, check the seasoning and serve on top of a pile of courgetti with fresh parmesan and a drizzle of extra virgin olive oil to serve.
9. Alternatively stir half the sauce through a bowl of courgetti and then serve each portion with a little more ragu on top, a drizzle of olive oil and fresh parmesan.

Spiced Squash, Butter Bean and Purple Sprouting Broccoli Stew

By Hemsley and Hemsley at www.hemsleyandhemsley.com

Serves 6

Ingredients

- 1 tbsp ground cumin
- 1 tbsp ground coriander
- 1½ tsp smoked paprika
- 1/2 tsp crushed chillies
- 1 tbsp ghee, butter or coconut oil
- 2 large onions, diced
- 2 tsp fresh thyme or oregano leaves, or 1 tsp dried thyme or oregano
- 4 garlic cloves, finely chopped
- Zest and juice of 1 lemon

- 1 small butternut squash (around 800g), peeled and chopped into 3cm cubes
- 1 litre homemade chicken bone broth*
- 3 x 400g tins butter beans, drained
- 600g purple sprouting broccoli
- 1 large handful of coriander
- 1 large handful of flat-leaf parsley
- 100g organic feta cheese or seeds (see notes)

Instructions

1. Toast the cumin, coriander, paprika and half the crushed chillies in a large dry casserole briefly, stirring, until fragrant.
2. Add the ghee and the onions for 5 minutes until soft, not brown. Add the thyme, garlic and lemon zest for 1 minute more.
3. Add the squash to the pan along with the stock; bring to the boil, then simmer gently for about 10 minutes until the squash is almost tender, add the drained butter beans and season with salt and pepper. Simmer for a further 5 minutes.
4. Add the purple sprouting broccoli, cover and simmer for about 10 minutes until tender, then add the lemon juice and half of the coriander and parsley. Spoon into bowls and top each serving with the remaining parsley and coriander, some crumbled feta cheese and a drizzle of extra-virgin olive oil; sprinkle with the remaining crushed chillies.

Note

- For a dairy free version, substitute feta cheese with pumpkin and/or sunflower seeds.

Cheesy Lasagne

Serves 4-6

Ingredients

MINCE SAUCE

- 500g of beef mince or quorn mince
- 3 medium carrots
- 2 onions
- tbsp balsamic vinegar
- 3 tbsp old red wine
- 4 tbsp tomato paste
- 400ml stock/bone broth - fresh or shop bought
- 1/2 tsp salt
- pepper
- 10g basil
- 1 clove garlic
- LASAGNE SHEETS

- 2 courgettes thinly sliced
- WHITE SAUCE
- 400g cauliflower
- 50g cheese or 3-4 tbsp of nutritional yeast
- 50ml stock
- pinch salt
- 1 egg
- 2-3 tbsp water

Instructions

1. Preheat the oven to 170c.
2. In a pan place the beef, onions and salt sauté for about 10 minutes.
3. Then add the balsamic vinegar, carrots, garlic, tomato paste, and stock/bone broth and
4. bring to simmer for 15-20 minutes.
5. Meanwhile slice the courgette thinly length ways and then start to cook the cauliflower.
6. Then add the basil to the beef mixture.
7. Once cauliflower is cooked place it in a food processor and all the white sauce
8. ingredients and blend until smooth.
9. Then assemble. Place a few ladles on sauce in a dish, then top with some courgette slices
10. and repeat this for an additional layer.
11. Top the White Sauce and an additional sprinkle of cheese and place in oven for 40 mins.
12. Serve with a large salad.

Pea & Sweet Potato Curry

Serves 4

Ingredients

- 400ml stock or homemade bone broth
- 2 tbsp garam masala
- 1 tbsp turmeric
- 1/2 tsp cayenne powder
- 1 tsp sea salt
- 25g ginger - grated and peeled
- 2 sweet potatoes
- 2 onions
- 300g frozen peas
- 400ml coconut milk

Instructions

1. In a pan on medium heat add 1 tbsp of ghee or coconut oil and add chopped onions and

sauté for a few minutes until the edges become clear.

2. Add the salt and all the spices to the pan.
3. Chop the sweet potato into small diced pieces (peel if you want but I don't) and mix in.
4. Then add the stock/broth.
5. Add the coconut milk and frozen peas and bring to boil.
6. Simmer for about 15 minutes or until sweet potato is soft. Season with salt as necessary.
7. Serve with rice or whatever else you fancy.

Notes

- Use quality veggie stock to make it vegetarian and feel free to use and add other veg - like some added frozen spinach would also taste yum in this!

Easy Chilli

Serves 6-8 This is a BULK recipe

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. Store or freeze leftovers as desired.

Notes

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

- Feel free to use a slow cooker from step 5

Sides and Sauces

Multipurpose Cashew Nut Cream

By www.thefullhelping.com

Ingredients

- 1 cup (150g) raw cashew nuts, soaked overnight and drained of water
- ½-¾ cup water (varies depending on desired thickness of cream)
- ¼ teaspoon salt

OPTIONAL SAVOURY FLAVOURS

- 2 teaspoons freshly squeezed lemon juice
- 1 clove minced garlic
- Dash paprika
- Dash onion powder

OPTIONAL SWEET FLAVOURING

- 1 teaspoon vanilla extract
- 1-2 tablespoons maple syrup
- ¼ teaspoon cinnamon
- 2 teaspoons minced, fresh ginger
- ¼ teaspoon cardamom

Instructions

1. Place all ingredients, starting with only ½ cup water, in a blender or food processor. Blend or process until completely smooth (the process should take about 1-2 minutes in a high speed blender and about 4 minutes in a food processor). If using a food processor, stop a few times to scrape down the bowl and then continue blending.
2. Drizzle in extra water as needed to reach a desired consistency and add sweet or savoury flavourings of choice. Store in an airtight container in the fridge for up to 5 days.

Notes

- You can use raw, shelled sunflower seeds in place of the cashews for a nut-free version. Pine nuts, macadamia nuts, and almonds will all work with the same amount of soaking time.
- Shelled hemp seeds can also work and don't require any soaking, but you may want to do a 50:50 combination of hemp seeds and another nut or seed to help offset the strong hemp flavour.
- If you're using a high speed blender, the nuts will only need 2 hours of soak time.

Lazy Salsa

By www.thechunkychef.com

Ingredients

- 1 can whole plum tomatoes including juice
- 1 small white onion peeled and roughly chopped
- 1 - 2 jalepeno peppers seeded and chopped
- 3 cloves garlic chopped
- 1 1/2 teaspoons ground cumin or to taste
- 1 teaspoons salt or to taste
- 1 - 2 handfuls coriander I prefer 2
- About 3 tablespoons lime juice

Instructions

1. Add all ingredients to food processor in the order listed. Pulse a few times to break up the large pieces, then process until texture is as smooth as desired.
2. Taste the salsa and based on personal preference, adjust as necessary.
3. Transfer to airtight container and let sit in the refrigerator for a couple of hours or 1 day for best flavour.
4. Store in fridge for 4-5 days

Notes

- Feel free to omit the Jalepeno or add more!

Pesto Dressing/Dip

Serving 8+ as dressing or x2-3 as sauce for main meal

Ingredients

- 80g cashews
- 80g basil
- 85ml olive oil
- 85 ml MCT oil (or cold pressed rape seed oil – but this is less ideal)
- 1/2 tsp salt
- a few grinds of pepper
- tsp of chopped garlic
- 1/4 cucumber
- tbsp raw apple cider vinegar

DRESSING - optional

- 85 ml additional oil

- 1 tbsp raw apple cider vinegar (racv)

Instructions

1. Place all ingredients in a blender and blend until smooth.
2. Pour and scrap into a clean sterilised jar. Store in fridge and taste yummy with carrots dipped in.
3. To make a dressing simply take a tbsp of the pesto dip blend with additional oil and racv and then pour over salad.
4. This will keep for about 3-4 days in fridge.

Notes

- Feel free to use almonds or pine nuts in this.
- This is also a tasty dip – I like shoving carrots into it or plonking it in the middle of a baked sweet potato

One Minute Mayo

6-10 servings

Ingredients

- 250 ml of oil (I use a blend of mild olive oil, MCT oil and avocado oil)
- ½ tsp sea salt
- juice ½ lemon
- ½ tsp raw apple cider vinegar
- 1 organic egg
- paprika, mustard powder, garlic, herbs – optional flavouring

Instructions

1. In a long jug or container often supplied with hand/immersion blenders, crack the egg into the bottom.
2. Add the lemon juice, raw apple cider vinegar, salt and an optional flavourings.
3. Pour in the oil and allow the egg to settle at the bottom again.
4. Place your hand/immersion blender into the jug/container so it touches the bottom.
5. Turn blender on and hold it in there for 15-20 seconds until you see the mayo forming. Then lifting the handover blender slightly to finish emulsifying all the oil
6. Viola – homemade mayo in a jiffy!
7. Store in sterile jar in the fridge.

Notes

- This mayo is really about the oil you use. So make sure you use a good quality olive oil that's mild, or avocado oil. Avoid using sunflower, rapeseed or any other vegetable oil.
- MCT should not be used as the sole oil, but as it has a neutral taste. It is a good way to neutralise the stronger flavour oils like the olive oil.

Cakes, Bakes and Treats

Simple Coconut Flour Muffins

By Lauren www.empoweredsustenance.com

Makes 10-12 muffins

Ingredients

- ½ cup coconut flour
- ⅓ cup coconut oil or ghee, melted
- 4 eggs, at room temperature
- 2 Tbs. unsweetened applesauce (babyfood works a treat)
- 2 Tbs. raw honey
- ½ tsp. baking soda
- 1 tsp. apple cider vinegar

Instructions

1. Preheat the oven to 180C or Gas mark 4. Line 10-12 muffin cups with liners. Have all ingredients at room temperature (if the eggs are cold, the batter will not form). Combine all ingredients until smooth.
2. Divide between the prepared cups and bake about 20 minutes, until a toothpick comes out clean and the top springs back when lightly pressed.

Easy Chia Jam

From - www.thekitchn.com

Makes 1 1/2 to 2 cups

Ingredients

- 2 cups chopped fruit
- 1 to 2 tablespoons lemon juice, to taste
- 1 to 2 tablespoons honey, agave, maple syrup, or sugar, to taste
- 2 tablespoons chia seeds, plus more if needed

Instructions

1. Prepare the fruit as needed. Remove stems, pits, seeds, and skin, as needed. Chop large fruits into small pieces. Berries can be left whole.
2. Transfer the fruit to a saucepan and set over medium heat. Cook until the fruit breaks down and becomes syrupy, 5 to 10 minutes. Mash the fruit with the back of a spatula or a potato masher, leaving it as smooth or as lumpy as you like.
3. Off the heat, stir in 1 tablespoon of the honey and lemon juice. Taste and add more honey or lemon juice to taste.

4. Stir in the chia seeds.
5. Let stand 5 minutes, until thickened. This won't quite reach the firm consistency of regular jam, but it will noticeably thicken. If you'd like a thicker consistency, especially with very juicy fruits, stir in more chia seeds 1 teaspoon at a time.
6. Transfer to a jar or other storage container. Once the jam has cooled to room temperature, transfer it to a jar or other storage container. Store in the fridge for about 2 weeks. The jam will thicken further and become more set once completely chilled. The jam can also be frozen for up to 3 months; thaw in the fridge before using.

Notes

- No-cook chia jam: Mash the fruit with a fork until pulpy and juicy, then stir in the rest of the ingredients. You can also combine all the ingredients in a blender, or use an immersion blender, and blend until the jam is completely smooth. Uncooked chia jam tends to be a bit looser and more sauce-like than the stovetop version; add extra chia seeds if you'd like a thicker consistency.
- Getting rid of visible chia seeds: If you'd prefer not to have visible chia seeds in your finished jam, puree the jam in a blender or with an immersion blender. If you'd like to keep a somewhat chunky texture, blend just a portion of the jam with the chia seeds, then stir it back in with the rest of the jam.

Sunflower Seed Butter

Ingredients

- 250g sunflower seeds
- 1/2 tsp sea salt
- 1 tsp cinnamon
- 1 tsp maca
- 3 tbsp scoops of coconut oil or ghee
- 1 tbsp raw honey – optional

Instructions

1. Preheat oven at 180c and place sunflower seeds in there for 20 minutes to toast slightly. Remove when a slightly golden colour.
2. Allow to cool and then place all ingredients in food processor and blend until smooth - this will take about 5-10 minutes.
3. Store in sterilised jar.

Lemon & Coconut Cheesecake

Makes 1

Ingredients

BASE

- 50g linseed

- 100g ground almonds
- 2 dates – chopped finely
- 4 tbsp coconut oil – melted

FILLING

- 200g cashews
- 200ml coconut cream
- 3 tbsp honey
- 50ml maple syrup
- zest and juice of 2 lemons
- 50ml coconut oil – melted
- pinch salt

Instructions

1. Optional – soak the cashews in salted water for 1-2 hours before using to make them easier to blend. Great if your food processor isn't amazing.
2. Line and grease a 20cm spring fold cake tin.
3. Place all the base ingredients in a food processor and blend until a crumb like texture occurs and it combines slightly. Push this into the cake tin and press flat. Place in fridge.
4. Then place the drained cashews in food processor and blend until very fine and a paste starts to form. Then add all the other ingredients and blend until it's a smooth creamy mixture.
5. Taste and feel free to add more sweetness or lemon taste depending on personal preference.
6. Then pour this filling over the base in the cake tin and place in fridge to set for at least one hour but ideally overnight.
7. To serve cover with some additional lemon zest and use a sharp knife to serve. Store in fridge for 3-4 days.

Notes

- Not a coconut fan? Then feel free to use organic cream cheese instead of coconut cream – but this recipe doesn't have a strong coconut flavour.
- Coconut cream can be bought separately in cartons at supermarkets.

Hot Cross Bun Loaf

Makes 1 standard loaf

Ingredients

- 200g almond flour/ground almonds
- 100g tapioca flour
- 2 tsp cinnamon
- 1 tsp ginger
- 1/8 tsp clove
- 1/4 tsp vanilla powder

- 1/8 tsp nutmeg
- 1 tsp mixed spice
- zest of 1 orange
- 3 large eggs
- 150g butter or coconut oil - melted
- 85ml maple syrup
- tsp baking powder
- x2 small handfuls of raisins

Instructions

1. Preheat oven to 180c Gas Mark 4 and grease your loaf tin.
2. Mix the almonds and tapioca flour, baking powder, orange zest, salt, vanilla, and spices in a bowl.
3. Melt the butter and maple syrup at a low temperature in a pan. Allow to cool slightly
4. Beat the eggs and after making a well in the dry ingredients, add the beaten eggs gradually to dry ingredients, stirring in gently.
5. Then add the honey/butter liquids until fully combined.
6. Stir in raisins. Pour into loaf tin – allow at least 1 cm for the loaf to rise.
7. Cook for 35-40 mins until golden on top, try not to over bake it as it will dry out. Serve with butter and consume on day of baking.

Notes

- Not got tapioca flour? You could use another 100g of ground almonds instead.
- Feel free to use any other dried fruit you like.
- This is best on the day its baked then it can dry out. If eating it the following day try lightly toasting a slice and serving it with butter.

Salted Cocoa Almond Energy Bars

Ingredients

BASE

- 200g almond (or mixed nuts)
- several large pinches of sea salt
- 1 scoop coconut oil
- 100g cacao butter
- 100g desicated coconut
- 4 tbsp coconut flour
- 2.5 tbsp organic cocoa
- 25g ground linseeds
- 1/4 tsp cinnamon
- tsp vanilla powder or extract

- 2 tsp maca powder
- 2-3 tbsp maple syrup/honey/coconut nectar
- OR
- 2 tsp stevia

DRIZZLE

- 25g 85% dark chocolate
- 1-2 pinches of sea salt

Instructions

1. Melt the cacao butter and coconut oil in a pan.
2. Meanwhile in a food processor blend the nuts until a smooth paste forms.
3. Add in all other ingredients and blend until a thick paste is formed.
4. Pour into a grease/lined dish and sprinkle with sea salt flakes then allow to set in the freezer for 2-3 hours or overnight.

DRIZZLE

5. Melt chocolate and then drizzle over the bars and add a little bit more sea salt.
6. Allow to set in fridge or freezer.

Notes

- You could also use any other type of nut instead of almonds.

Sudden Death Chocolate Slices

Makes 10-12 small squares

Ingredients

- 125g Organic Butter
- 4 tbsp Coconut Oil
- 3 tbsp Honey (optional)
- 3 tbsp Cocoa Powder
- 3 cups of mixed nut/dried fruit/seeds
- 2-3 pinches of salt if not using salted nuts.

Instructions

1. Melt the honey butter coconut oil and cocoa powder on a low heat.
2. Chop the mixed nut/fruit/seed mix up into small chunks.
3. Mix the wet and dry ingredient together, then pour into a glass dish or lined baking tray.
4. Place in fridge for an hour or freezer for 1/2 hour to set.
5. Cut when set and store in the fridge/freezer.

Notes

- Nut mix ideas: Almonds, dates and sunflower seeds.
- Sesame seeds, raisins and almonds.

- Peanuts, apricots and sunflower seeds.
- Feel free to use all coconut oil if you want a dairy free option, just double the amount of oil used.

Instant Berry 'Sorbet' & Hot Chocolate Sauce

Serves 2-3

Ingredients

- 250g mixed frozen berries
- 250g frozen banana slices

CHOCOLATE SAUCE

- 50g butter
- 2 tbsp 'scoops' of coconut oil
- tbsp of raw honey or maple syrup
- pinch salt
- tbsp (heaped) cocoa powder

Instructions

1. Take the berries and banana out of the freezer and allow to slightly thaw for 5 -10minutes.
 2. If the banana isn't chopped up into small pieces do this now – especially if you don't have a great blender or food processor.
 3. Place in a food processor or blender and blend – every 30 second stop and scrap into the middle. If your machine is struggling then add a splash of milk to help it along.
 4. Blend until thick and creamy but be careful to not over blend and melt it!
 5. Serve immediately or for a thicker firmer serve place in freezer for 45 minutes stirring frequently.
 6. To make the sauce to simply place the butter and coconut oil in a pan and melt on gentle heat.
 7. Add maple syrup, salt and cocoa and stir until smooth.
1. Pour over the 'sorbet' and eat immediately.

Notes

- If your blender is really struggling add 100 ml of coconut milk.
- Feel free to use any blend of berries – raspberries, strawberries and blackcurrants
- To make this super low sugar – enjoy without the chocolate sauce.

Breakfast Cookies

Makes 8-10

Ingredients

- 30g ground linseed

- 50g ground almonds
- 150g gluten free oats
- 50g butter - melted
- 50g coconut sugar or xylitol
- Tsp cinnamon
- Tbsp almond butter
- x1 Egg
- 70g sultana
- 20g cacao nibs
- 30g flaked almonds

Instructions

1. Preheat the oven to 180c.
2. Place linseeds, almonds, and oats, coconut sugar or xylitol, cinnamon in a bowl and mix.
3. Add the butter, the egg and almond butter . Mix everything together.
4. Stir in sultanas, cacao nibs, flaked nibs.
5. Then 'mush' everything together and pour into some cling film and shape into a log (roughly 19cm in length and 5cm width).
6. Place in fridge for a 15-30 mins. Until solid (or freezer)
7. Then slice of rounds , 1 cm thick, and place onto a greased tray and cook for 10-15 mins.
8. Feel free to cook all the cookie dough is used or cook them 1-2 slices at a time as desired.

Notes

- Feel free to any other dried fruit or actual chocolate chips to be a bit more decadent.

Buckwheat Soda Bread

1 loaf

Ingredients

- 500g buckwheat flour
- 100g tapioca flour
- 2 tsp salt
- 1 tsp bicarb
- 500g natural yogurt
- few grinds of pepper
- 1 tsp coconut sugar
- 2 eggs

Instructions

1. Preheat oven to 180c (fan assisted)

2. Mix the flours, salt and bicarb in a large mixing bowl.
3. In another bowl or jug mix the yogurt and eggs together thoroughly
4. Then create a hole in centre of your flour and slowly pour in the yogurt and egg mix and stir flour in gradually. • Make sure all the flour is incorporated in, it will probably be slightly sticky.
5. Then place into a well greased and lined loaf tin (I used one that is roughly 11cm x 22cm) and place in middle to lower half of oven for 45 mins or until brown.
6. Allow to cool and serve with toppings of your choice...but butter is never a bad choice.

Notes

- This is a super simple and speedy loaf but is best eaten fresh. From day 2 onward toast it for best results.
- I placed pre-sliced piece in the freezer for GF bread on tap.
- Feel free to add more exciting flavour like basil, mixed herbs, sun dried tomatoes etc