



# Spring Recipe eBook



## Welcome to Spring Collection Recipe eBook!

So spring has sprung...kinda! But I have definitely been seeing some snow drops and daffodils. And when it comes to food its a time for both some fresh flavours as well as some comforting classics as we wait for things to heat up!

This seasonal ebook is focused on the usual gluten, sugar-free and optional dairy free recipes, all with a slight focus on low sugar. It's a blend of a few cozy slow cooker options for those colder days, fresh Thai curry, some Easter specific teats, and fresh smoothies.

And when you make something - post a picture of it in the Facebook group - I LOVE to see your creations.

Otherwise happy cooking

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 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](#).



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# BREAKFAST

## Low Sugar GRANOLA

While I am not a huge cereal fan – it can be handy to have something in a jar you just shove in a bowl and pour milk over. So here we have a low sugar granola with some added protein and fats to boot. Serve with the Omega 3 Milk for a supercharged speedy breakfast.

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
- 1tbsp vanilla essence
- pinch salt
- 2 tsp mixed spice
- 1tsp 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, ideally berries, apples or kiwi to add sweetness.



## Omega 3 Nut Milk

Most people feel better without cows milk and making your own nut/seed milk is SO easy. The only thing you need is a nut bag like [this](#) or an old muslin cloth. You do need to shake it before use but its such a cheap and tasty way to milk up your granola, porridge or smoothies!

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.



## Superfood Smoothie

Basically all those super-duper foods blended into one powerhouse of a smoothie so you can feel like wonder woman!

Serves 1

### Ingredients

- 2 handfuls spinach
- ½ – 1 frozen banana
- 1 - 2 tbsp organic cocoa
- scoop of collagen powder – *get it [here](#)*
- ¼ 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



## Berry Blast Smoothie

A blast of vitamin C, protein, fats and other goodness!

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!







## LUNCH, DINNER & MISC

### Satay Coriander Dressing

This is perfect on baked sweet potato, on salmon or on any salad. Make this at the start of the week and keep it in the fridge to make for super tasty lunches!

Serves 4+ servings

#### Ingredients

- 15g handful fresh coriander
- 3 tbsp almond butter
- 85ml oil - a neutral organic olive oil or rapeseed oil etc
- 130ml water
- tsp tamari sauce
- good pinch salt
- 2 tsp raw honey
- tsp maple syrup
- a small garlic clove

#### Instructions

1. Blend all ingredients except water in a good blender, then add the water slowly until desired consistency.
2. Store in clean jar in fridge for 3-5 days in sealed container.

#### Notes

- Serve on salads or baked sweet potato or over roasted veg for some added flavour.



## Detox Soup

Don't let the name of this put you off – it's super yummy and oh so good for you. Broccoli is a fabulous food for supporting detoxification in the body, as is lemon peel. Make a batch of this and enjoy daily to liver your body a boost.

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.

### **Notes**

- Serve on with some linseed bread or buckwheat bread



## Creamy Tomato Soup

I use to love tinned tomato soup. I ate a lot of it when I was ill but alas it is super sugary so here is a healthier whole food version...and its yum!

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.





## Loaded Sweet Potatoes - 4 ways!

A baked sweet potato is one speedy and awesome lunch! Bake it in the oven at home or in microwave at work, these are super transportable and filling.

1 serving

### Ingredients

- 1 cooked sweet potato\*

#### *TOPPING 1 - almond ease*

- 2 tsp almond butter
- Good drizzle olive oil or knob butter
- pinch salt

#### *TOPPING 2 - tuna mayo*

- x1 tin tuna
- x tbs organic mayo (get recipe [here](#))

#### *TOPPING 3 - satay topping*

- salad dressing - from recipe above

#### *TOPPING 4 - cheesy goodness*

- 30g goat cheese
- and/or 2 rashers of cooked bacon - chopped
- 50g sautéed red onions

Serve ALL the above with a green salad.

### 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.



## Beef Bourguignon

This can be a 'fancy' dinner recipe that is actually pretty easy and basically involves shoving stuff in a slow cooker. Perfect for colder spring days and when you just want some comfort food.

Serves 3-4

### Ingredients

- 1kg beef – pieces or a whole joint
- 3 carrots – chopped
- 2 onions – chopped
- 6 rashers streaky bacon
- 300ml red wine
- 300ml stock/bone broth
- 2 garlic cloves
- a sprig thyme

### Instructions

1. In a hot frying pan sear the beef so they lightly brown. Then place in slow cooker.
2. Then in the frying pan place the onions and bacon and quickly fry off for 1-2 minutes.
3. Then place everything in the slow cooker and cook for 8 hours on medium/high heat.
4. To serve – chop some red cabbage finely and fry in butter in a frying pan with some salt on gentle heat for 15 mins.
5. Make some mash potato and remove thyme from beef.
6. Serve!

### Notes

- Use a really cheap or old wine for this.
- Feel free to thicken the sauce on this with cornflour if you like a thicker sauce.
- Add any additional vegetables you like.
- I used a super cheap beef joint for this as it is often cheaper than beef steak pieces.
- This is primarily a meat based meal – you could replace the meat with some quorn pieces or sausages but it will impact the flavour.



## Cheesy {Cauliflower} Lasagne

This isn't the quickest or recipes to make – lasagne never is! But it is worth it and veggie packed. Perfect for left overs too – reheating a slice makes for the yummiest lunch ;)

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 courgette slices

#### 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 bring to simmer for 15-20 minutes.
4. Meanwhile slice the courgette thinly length ways and then start to cook the cauliflower.
5. Then add the basil to the beef mixture.
6. Once cauliflower is cooked place it in a food processor and all the white sauce ingredients and blend until smooth.
7. Then assemble. Place a few ladles on sauce in a dish, then top with some courgette slices and repeat this for an additional layer.
8. Top the White Sauce and an additional sprinkle of cheese and place in oven for 40 mins.
9. Serve with a large salad.

**Notes**

- Use a really cheap or old wine for this.
- Feel free to thicken the sauce on this with cornflour if you like a thicker sauce.
- Add any additional vegetables you like.
- I use a super cheap beef joint for this as it often cheaper than beef steak pieces.





## 'Fish-Fingers & Chips

Who doesn't love fish and chips! Plus fish is amazing for your health and should be eaten at least twice a week and that is hardly a chore when it is accompanied by 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 (or normal potatoes)
- tbsps ghee/coconut oil/ fat

### Instructions

1. Preheat oven to 200c. Place in oven dish with tbsps 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 times until you see all the almond is saturated.
7. To cook fish melt fat in a pan – you want a good amount in the pan. 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 of 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?



## 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 or chick peas
- 30g fresh coriander
- 150g dry red lentils
- 100ml water or broth

### Instructions

1. Dice and sauté the pepper chicken or tempeh (NOT the prawns if using) 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.
- Feel free to buy a green curry paste from the supermarket just check the ingredients.





# TREATS, SNACKS & DESSERT!

## Lemon & Coconut Cheesecake

This is such a rich and fresh 'spring' dessert! It's a raw and cheese-less cheesecake, so it simply involves your food processor and a fridge.

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 then easier to blend. Great if you 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 its 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.
8. 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

This recipe makes for a 2 in 1! This cinnamon and spiced loaf tastes like hot cross buns but lower in sugar and zero gluten. As it is best eaten fresh on the day or toasted on days following, I have also included a quick recipe for making this into a Hot Cross Pudding too. Winner! The loaf itself is not quite a bread (its sweeter) but not as rich as a cake – perfect freshly baked, topped with butter and with a cup of tea

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
- 1 tsp baking powder
- x2 small handfuls of raisins

### Instructions

1. Preheat oven to 180c 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.
8. 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.



## Hot Cross Bun Baked Pudding

The perfect warm baked pudding – super yummy after a roast dinner or even as a cheeky breakfast served with yogurt....!!!!

Serves 4+

### Ingredients

- x 10 (his) Hot cross bun loaf slices
- 250ml coconut milk
- 2 eggs
- tbsp coconut sugar
- tsp cinnamon

### Instructions

1. Preheat oven to 180c
2. In an oven proof dish layer the slices so that they overlap.
3. In a jug beat the eggs and coconut milk together thoroughly then pour over the slices so that at least ½ of the dish is full.
4. Sprinkle the cinnamon and coconut sugar on top.
5. Optional – leave to soak for at least 15 minutes but ideally longer (3-4 hours) then bake for about 30 mins.
6. Serve immediately with some coconut cream or normal yogurt.

### Notes

- Feel free to add more raisins to this.





## INSTANT BERRY 'SORBET' & HOT CHOCOLATE SAUCE

This is my 'go to' pudding for when I fancy ice cream or something quick and easy. It's super nutritious, full of antioxidants, vitamin C and goodness from the berries and healthy fats from the sauce. I serve mine instantly and always keep frozen berries in freezer for this recipe.

Serves 2-3

### Ingredients

- 250g mixed frozen berries
- 250g frozen banana slices
- CHOCOLATE SAUCE
- 50g butter
- 2 tbsp 'scoops' of coconut oil
- 1 tbsp of raw honey or maple syrup
- pinch salt
- 1 tbsp (heaped) cocoa powder

### Instructions

1. Take the berries and banana out of the freezer and allow to slightly thaw for 5 -10 minutes.
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.
8. 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

An easy grab and go breakfast option for those rare crazy days! One of these with a few glugs of smoothie will set you up for the day ;)

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. Add the butter, the egg and almond butter . Mix everything together.
3. Stir in sultanas, cacao nibs, flaked nibs.
4. Then 'mush' everything together and pour into some cling film and shape into a log (roughly 19cm in length and 5cm width).
5. Place in fridge for mins.
6. Then slice off rounds , 1 cm thick, and place onto a greased tray and cook for 10-15 mins.
7. 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.



## Easter Nests

I grew up making and eating simple easter nest. They are fun, easy and cute. So I have 'pimped' up the traditional sugar and often wheat filled versions with these made from coconut and puffed rice and FULL of healthy fats. YUM.

Makes 14+

### Ingredients

- 150g dessicated coconut
- 50g puffed rice
- 85g butter
- 50g coconut oil
- 2 tbsp honey
- tbsp maple syrup
- ½ tsp vanilla essence
- 2 tbsp cocoa
- DRIZZLE
- 100g dark chocolate (85%)

### Instructions

1. Melt the butter, coconut oil, honey in a pan on a low heat (keep an eye on it to make sure it doesn't burn!). One melted mix in the cocoa powder.
2. In a large bowl mix the puffed rice and dessicated coconut.
3. Add the melted sauce to the coconut and rice mixture and mix until well coated.
4. Then spoon the mixture into cupcake/fairy cases.
5. Meanwhile melt the chocolate on a glass bowl over a pan of boiling water.
6. Drizzle the chocolate on the top of each 'nest'.
7. To decorate you could add a few goji berries (for colour) or mini eggs, or more dessicated coconut or just leave naked ;)

### Notes

- Feel free to use all coconut oil to make this dairy free



## Flourless Chocolate Cake

If you're looking for a chocolatey rich chocolate cake then this is perfect. Topped with raspberries this makes for one fabulous indulgent treat at the end of a dinner party... thats actually pretty straight forward to make!

Serves 8+

### Ingredients

- 340g dark chocolate (70-85%)
  - 200g coconut sugar
  - 6 eggs
  - 130g butter or coconut oil
  - tsp vanilla extract
  - 2 tsp coffee grounds
  - x2 pinches sea salt
- TOPPING
- raspberries, blueberries, strawberries - whichever you wish!

### Instructions

1. Preheat oven to 180c and grease and line a 9inch cake tin.
2. Melt the butter/coconut oil, chocolate in a pan on a very low heat (check regularly to ensure it doesn't catch)
3. Meanwhile whisk the eggs, vanilla, salt and coffee ground until fluffy.
4. Once the butter/oil and chocolate has melted then mix into the other ingredients and mix until combined.
5. Pour into cake tin and bake for 40-50 mins but check regularly until it is not longer wobbly.
6. Remove and allow to cool.
7. To serve top with a pile of fresh berries and enjoy.
8. Store in fridge in air tight container for 3-4 days. Suitable for freezing.

### Notes

- This isn't a super sweet cake so add more coconut sugar or a less dark chocolate to sweeten it up.
- Equally to reduce sugar use 85-90% dark chocolate and use xylitol instead of coconut sugar.