



50 Easy Wholefoods Recipes

TO KICKSTART YOUR
HEALTH JOURNEY



DIMENSIONS
— OF HEALTH

SNACKS!!!

CHOCOLATE CHIA PUDDING

An “all in the blender” snack, just like chocolate mousse but high in omega 3’s and sweetener free!

Ingredients:

- 1 cup unsweetened almond milk
- 1/4 cup chia seeds
- 5-6 pitted medjool dates, to taste
- 2-3.5 tablespoons cacao powder
- 1/2 teaspoon pure vanilla extract, to taste
- pinch fine grain sea salt or pink Himalayan sea salt

Method:

1. Add all ingredients to a high speed blender.
2. Blend on the highest speed until super smooth.
3. Chill in the fridge until set

3 MINUTE LEMON “CHEESECAKE”

Blend 500g of creamed cottage cheese until completely smooth. Then add lemon juice and organic stevia to taste as you keep blending.

Refrigerate overnight: the mix firms up to become a delicious and healthy cheesecake snack or breakfast!

Makes 3 serves

BEST-EVER HEALTHY DIY CHOCOLATE

Add different fillings to your own taste but goji berries, cashews and coconut flakes are my fav!!

Ingredients:

- $\frac{3}{4}$ cup coconut oil
- $\frac{1}{2}$ cup raw cacao powder
- $\frac{1}{2}$ cup nut butter of choice
- $\frac{1}{4}$ cup honey or rice malt
- 1 tsp vanilla extract

Method:

1. Place all ingredients in to your blender or food processor
2. Whiz until smooth. This will take around 3 minutes
3. Carefully pour the mixture onto a lined baking tray (I use glad wrap in a glass dish) and place in freezer until set.
4. Cut the sheet of chocolate in to pieces and re-freeze to store!

GINGER BREAD BALLS**Ingredients:**

- 120g medjool dates (or softened normal dates)
- 4tbs almond meal
- $\frac{1}{4}$ tsp ground ginger
- $\frac{1}{4}$ tsp cinnamon
- $\frac{1}{8}$ tsp nutmeg
- $\frac{1}{16}$ th tsp cloves
- pinch Himalayan pink salt
- $\frac{1}{2}$ tsp vanilla extract

Blend until combined and form balls! Add collagen to boost the nutritional hit!

LEMON DELIGHT SNACK BALLS

Ingredients:

- 1 ½ cups almond meal
- ½ cup desiccated coconut
- 3 tablespoons maple syrup
- juice of 3 lemons
- zest of 1 lemon
- 1 teaspoon vanilla extract
- ½ cup coconut oil, melted
- pinch pink salt
- 1/2 cup linseed meal
- 1 cup shredded coconut, for rolling

Method:

1. Pop all the ingredients (except coconut) in your food processor and blitz for 30 seconds. (You could do this by hand, but the processor gives great texture.)
2. Place a teaspoonful of the mixture into your palm and shape into a little ball. Roll in the shredded coconut and place on a plate.
3. Repeat until you've used up all of the mixture (this is a fun one to do with children). Refrigerate for about 1 hour or until firm.
4. Store in a plastic container in the fridge or freezer and you've got the perfect treat for any time of day!

CHOCOLATE FUDGE TRUFFLES

The best superfood balls I have ever made! They have a lot of ingredients and take a bit of processing so make a big batch and freeze them.

Ingredients:

- 2 cups medjool dates, pitted
- 1 cup almond meal
- 1 cup chopped walnuts
- 1/2 cup of organic goji berries
- 2 tablespoons extra-virgin coconut oil
- 2 tablespoons Almond Breeze unsweetened almond milk
- 1/2 cup raw cacao powder
- 1/4 cup raw cacao nibs
- 1/2 cup organic desiccated coconut

Method:

1. Place dates, almond meal, walnuts, coconut oil, almond milk, goji berries and cacao powder in a blender or food processor and whizz until well combined. The mixture should be a bit crumbly, but not too dry, so add another teaspoon of coconut oil if you need to.
2. Stir in the cacao nibs, but don't blend them because we want them to stay super-crunchy.
3. Roll into little balls and toss through the desiccated coconut.
4. Place in the fridge for 2 hours to set (if you can hold off eating them for that long)!
5. Cut and store in an airtight container in the fridge.

AVOCADO CACAO MOUSSE

This delicious and creamy pudding works well as a snack, a breakfast, or even as frosting!

Ingredients:

- 2 avocados (ripe but not over-ripe)
- 1/4 cup plus 2 T honey
- 1/4 cup plus 2 T cocoa or carob powder
- 3 T coconut oil, melted

- 1/2 tsp salt
- 1 tsp vanilla

Method:

Place all ingredients into a food processor and blend until smooth. Taste and adjust flavours if needed.

NOTE: The first time you make this, you may want to begin with just the 1/4 cup of honey and cocoa and see how you like the flavour. It is easy to add more of these ingredients later.

MUG CAKE

Blend-

- 1/2 cup oats
- 1/4 cup almond milk
- 1/2 banana
- 1/2 tsp baking powder
- 1/2 tsp cinnamon and stevia

Stir in berries of choice. Microwave in a mug for 3.5 minutes! I've been making this ahead and serving it with quark or coconut yoghurt, yum!

CHOCOLATE CHIP COOKIES

This is one of the recipes from my food truck days: are so close to the real thing, kids will love them ❤️

Easy too! The sprinkled salt before baking is key!

Ingredients

- 1 egg, slightly beaten
- 1 teaspoon vanilla extract
- 1/4 cup coconut oil, melted and cooled
- 1/2 cup coconut sugar
- 1 cup almond flour
- 1/4 cup coconut flour
- 1/2 teaspoon bicarbonate soda
- 1/3 cup cacao nibs

- Coarse sea salt, for sprinkling

Method:

1. Preheat oven to 175 degrees.
2. In a large bowl, add add in beaten egg, melted and cooled coconut oil, coconut sugar and vanilla extract.
3. Next add in almond flour, coconut flour and baking soda, mixing well to combine and form a dough. Fold in cacao nibs. You may need to use your hands to moisten the dough so that it sticks together well.
4. Use a cookie scoop or large tablespoon to drop dough onto un-greased baking sheet. Gently flatten the dough with your hand. Bake for 11-13 minutes, or until edges are slightly golden brown.
5. Sprinkle with coarse sea salt and allow to cool on cookie sheet for 10 minutes before transferring to a wire rack to finishing cooling. Makes 12 cookies.

BREAKFAST

HIGH-PROTEIN BANANA PANCAKE

Make a batter in your blender or food processor from 1 ripe banana, cinnamon and an egg. Cook as a pancake and serve with Greek or coconut yoghurt!

OAT PANCAKE

Ingredients:

- 1/3 cup of oats
- 1/3 cup of ricotta or cottage cheese
- cinnamon
- 3 egg whites

Method:

Process the mix in the blender until smooth with vanilla essence and cinnamon to taste. Cook as 4 small pancakes in a non-stick fry pan with a little spray. Sprinkle the un-cooked side of the pancake with some crushed walnuts before turning.

Sweet enough not to require honey!

Note: You can add 1/2 a banana through the blender as well to add some sweetness to the mix but increase the oats to 1/2 cup if so.

BAKED EGGS

Makes 4 serves- great cold or hot and with guacamole on top!

Spray a frying pan and sauté one sliced onion. Add 1 1/2 cups sliced mushrooms and a diced red capsicum and continue cooking. Add a can of salt-reduced corn kernels (or some diced cooked pumpkin) then tip veggie mix into a colander to strain some of the liquid. In a large bowl mix 8 whole eggs, 4 egg whites, 1/4 cup parmesan or half a block of crumbled goats feta, sea salt, pepper and either some fresh herbs or 2 tbs of basil pesto.

Mix the veggie mix in with the eggs and tip into a sprayed lasagne dish. Bake for 20 minutes at 180 or until golden and set.

QUICK AND EASY

Open a small can of four bean mix and stir in a fry pan on low heat with 1/4 cup grated cheese or feta until cheese has melted. Serve with guacamole!

CHIA BIRCHER MUESLI

Makes one serve

Ingredients:

- 2 tbs chia seeds
- 1/2 grated apple
- 1 tablespoon of lemon juice
- Cinnamon and stevia to taste
- 1/2 cup unsweetened almond milk
- 2 tablespoons of sultanas
- 2 tablespoons of shredded coconut

Stir together and let sit overnight.

Top with coconut yoghurt and berries!

Make a bigger batch: it will keep for the whole week!

GREEN EGGS TO GO

Ingredients:

- 4 cups fresh spinach
- 1 head of broccoli florets, baked
- olive oil
- 1.5 cups grated mozzarella or hard goat cheese
- 1/3 cup thinly sliced spring onions
- 8 eggs, beaten
- Dried herbs of choice (dill is great!)
- salt and fresh ground black pepper to taste

Method:

- Preheat oven to 190C. Spray an 8 x 12 inch glass or crockery casserole dish with olive oil or nonstick spray.
- Heat the oil in a large frying pan, add spinach all at once, and stir just until the spinach is wilted, about 2 minutes.
- Place spinach and broccoli in the casserole dish, spreading it around so all the bottom of the dish is covered.

- Layer grated cheese and onions on top of the spinach.
- Beat the eggs with herbs, salt and fresh ground pepper to taste.
- Pour the egg mixture over veggies.
- Bake about 35 minutes or until the mixture is completely set. Let cool about 5 minutes before cutting. Can be served cold.

OVERNIGHT OATS

Makes one serve

Ingredients:

- 1/2 cup oats
- 1/2 cup water
- 1/2 mashed banana
- Cinnamon and lemon juice to taste
- 1 tablespoon of mixed seeds or coconut

Mix in a blender and leave overnight to soak.

Top with berries and coconut yoghurt.

SMOOTHIES

SWEET GREENS

1 cup spinach

1 tablespoon Amazonia greens

3/4 cup almond milk

1 tbs chia seeds

1 small frozen banana

3 heaped tbs of coyo yoghurt/coconut cream

3/4 cup frozen mango

Process for 2 minutes, add extra almond milk if required.

TROPICAL TURMERIC

1/2 frozen banana
1/2 cup frozen mango
1 tbs chia seeds
2/3 cup unsweetened almond milk
1/2 teaspoons each of turmeric, ginger, cinnamon and cardamom
Pinch of sea salt
2 tbs of coconut yoghurt or 1/4 cup coconut milk

GREEN DETOX

1 small pear
1 cup either spinach or kale
1 small frozen cucumber
1/4 lemon peeled
1.5 cm square of fresh ginger
1/4 cup of coconut yoghurt or cream
1 tsp honey or rice malt
1 tbs chia seeds

MEAT!!

THAI CHICKEN MEATBALLS

These balls are super quick and amazingly tasty with a side salad!

Ingredients:

- 500 grams chicken mince
- 2 cloves garlic
- 2 bunch coriander leaves
- 1 red chilli
- 1/2 bunch of spring onion
- 20 grams oyster sauce
- 1 tablespoon coconut flour
- 1 tablespoon fish sauce

- 30 grams red curry paste
- 80 grams coconut milk

Method:

1. Preheat oven to 200 degrees fan forced and line a baking tray with baking paper.
2. Put chilli, garlic, spring onions and coriander into blender and process.
3. Put this mix and remaining ingredients into bowl - mix well with hands.
4. Place rounded tablespoon of mixture onto tray.
5. Bake for 15 minutes.

CRUNCHY CHICKEN DRUMSTICKS

You'll have them on your plate faster than ordering KFC!!

Ingredients:

- 1kg chicken drumsticks
- 1/2 cup sesame seeds
- 1/3 cup arrowroot flour (tapioca flour)
- 3/4 tsp sea salt
- 1/3 cup olive oil

Method:

Toss in a sealed container with whatever herbs you like. Bake on a paper lined tray in an oven at 180 degrees for 50-60 minutes until crunchy!

SPANISH LAMB MEATBALLS

Ingredients:

- 1 onion, chopped
- 3 garlic cloves, minced
- 3 Tbsp mint, finely chopped
- 500g lamb mince
- 2 tablespoons of coconut flour
- 1 tsp salt
- 1/2 teaspoon black pepper

- 1 1/2 teaspoon ground cumin
- 1 1/2 tsp smoked paprika
- 1 egg, beaten
- 1/4 cup red wine vinegar
- 2 tsp chicken stock powder

Method:

1. Preheat oven to 200 degrees fan forced and line a baking tray with baking paper.
2. Place all ingredients into bowl - mix well with hands.
3. Place rounded tablespoon of mixture onto tray.
4. Bake for 15 minutes.

HEALTHY PARMIGIANA

Ingredients:

- 4 chicken breasts, skinless
- 1/4 cup pepitas, crushed
- 2 tbsp sesame seeds
- 1/2 cup almond meal
- 1 tsp salt
- 2 tbsp olive oil
- 1 onion, finely chopped
- 1 garlic clove, finely chopped
- 1 tbsp tomato paste
- 1/2 handful fresh basil, finely chopped
- 1 tsp fennel seeds
- 3 tomatoes, diced
- 1/4 cup red wine vinegar
- 100g ricotta, drained

Method:

1. Sandwich each chicken breast between two sheets of plastic wrapping, and bash the chicken to between half a centimetre and one centimetre thick with a mallet.

2. In a mixing bowl combine the almond meal, salt, sesame seeds and crushed pepitas. Pour the mixture onto a plate.
 3. Coat each side of the chicken breasts in the almond meal mix. Transfer to a clean plate and set aside or in the fridge.
 4. Brown the onion and garlic and add the tomatoes. Cook through for six minutes.
 5. Add the tomato paste, basil, fennel seeds and red wine vinegar. Turn the heat to low and simmer for 15 minutes with the lid off to reduce and thicken the sauce.
 6. Add the olive oil to a separate frypan on a high heat. Add the chicken to the pan and cook for one minute on each side or until golden. Transfer to a lined baking tray, top with two tablespoons of the tomato sauce and then finish with one spoonful of ricotta before putting under the grill for a final minute.
- Serve with homemade sweet potato chips.

ONE PAN GREEK DINNER

Ingredients:

- 750g boneless thighs
- 1/4 cup olive oil
- juice of 1 lemon + 1 lemon sliced
- 2 tablespoons balsamic vinegar
- 1 tablespoon chopped fresh dill
- 1 tablespoon chopped fresh oregano
- 1 tablespoon paprika
- 2 cloves garlic minced
- salt and pepper
- 1 pound potatoes, skin on in 1 inch chunks
- 2 red bell peppers, sliced
- 1 red onion, sliced

- 200g feta, cubed
- 1/2 cup sun-dried tomatoes
- 1/3 cup kalamata olives, pitted
- Greek yoghurt

Method:

1. Preheat the oven to 170 degrees
2. On a baking sheet, combine the chicken, 2 tablespoons olive oil, lemon juice, balsamic vinegar, dill, oregano, paprika, garlic and a large pinch of both salt and pepper. Toss well to evenly coat the chicken.
3. Add the potatoes, bell peppers, and onions and toss with the remaining 2 tablespoons olive oil and a pinch of both salt and pepper. Arrange in an even layer. Add the lemon slices and then transfer to the oven. Roast for 40 minutes, tossing halfway through cooking until the chicken is cooked through and the potatoes golden.
4. Combine the feta, sun-dried tomatoes and some of their oil and the olives in a bowl. Toss to combine. Add to the baking dish and cook for another 7 minutes. Top the chicken with greek yoghurt to serve!

CURRIES & SLOW COOKER

MOROCCAN LAMB CASSEROLE

Ingredients:

- 1 onion, sliced
- 2 garlic cloves, minced
- 2 tablespoons olive oil
- 500 grams diced lamb
- 2 teaspoons ground cumin
- 1/2 teaspoon ground cinnamon

- 400 gram tin of chick peas
- 400 grams tin tomatoes
- 2 cups chicken stock
- 100 grams pitted dates
- 3 tablespoons honey
- 3 tablespoons tomato paste
- juice of 1 lime

Method:

1. Sauté onion, garlic and spices. Add lamb to brown.
2. Add above mixture and remaining ingredients (except chickpeas) to slow cooker, cook 5 hours.
3. Then add chickpeas and cook for another hour.
4. Allow casserole to rest for 10 -15 mins (or even overnight) before serving. Great with cauliflower rice.

CHICKPEA AND POTATO CURRY

A Jamie Oliver recipe that I've tweaked!

Ingredients:

- 1 cauliflower
- 800 g potatoes
- 2 cloves of garlic, minced
- 1 onion, sliced
- 1 long green chilli
- 2 tablespoons olive oil
- 2 tablespoons olive oil
- 1 teaspoon turmeric
- 1 teaspoon ground cumin
- 1 teaspoon ground coriander
- 1 teaspoon mustard seeds
- 1 teaspoon ground ginger
- 1 teaspoon curry powder or garam masala
- 1 x 400 g tin of chickpeas
- 250 g baby spinach

- Greek yoghurt
- 1 lime

Method:

1. Separate the cauliflower into florets, then cook in boiling salted water for 5 minutes, then drain, reserving about 150ml cooking water.
2. Roughly chop the potatoes and cook in boiling salted water for 10 minutes, then drain.
3. Peel and thinly slice the garlic and onion, then finely slice the chilli. Heat the oil in a large frying pan over a low heat and sauté the garlic, onion and chilli until soft.
4. Stir in all the spices, season, and cook for a few minutes. Add the cooked cauliflower, potatoes and reserved cooking water, then simmer on a low heat for 10 minutes.
5. Drain and add the chickpeas, then the spinach. Cook, stirring, until the spinach wilts. Transfer to a serving bowl and serve with a dollop of yoghurt and a squeeze of lime juice.

KALE, PUMPKIN AND CHICKPEA CURRY

Ingredients:

- extra-virgin olive oil
- 1 onion, chopped
- 750g kent pumpkin in ½-inch cubes
- 5 garlic cloves, minced
- 2 teaspoons grated fresh ginger
- 3 tablespoons yellow curry paste
- 1 bunch of kale, stemmed and chopped
- 1 cup vegetable broth
- 1 x 400g tin of tomatoes
- 1 x 400g can full-fat coconut milk
- 1 x 400g tin of chickpeas

- 1 tablespoon lime juice
- $\frac{1}{3}$ cup pepitas, toasted
- coconut yoghurt and fresh coriander to serve

Method:

1. Blend the garlic, ginger, yellow curry paste, coconut milk, broth, lime juice, tinned tomatoes and lime juice until smooth.
2. Place cubed pumpkin, onion and kale in slow cooker and tip blended liquid over.
3. Cook for 5 hours. Add drained chickpeas.
4. Serve topped with seeds, coriander and coconut yoghurt.

SAUCES!!!

ROMESCO

Super simple and the flavour, WOW!!! Great as a dip, pasta sauce or to simmer meatballs in. Makes 1 1/2 cups.

Ingredients:

- 1/2 cup almonds
- 5-6 garlic cloves, chopped
- 1 teaspoon salt
- 150g tomato paste
- 1kg jar of roasted red bell peppers, 90% drained
- 1 tablespoon smoked paprika
- 2-3 tablespoons red wine vinegar

Method:

Process until almost smooth!

CREAMY BASIL SAUCE (dairy free option)

Process in blender until smooth-

- 1 bunch of basil
- 1/4 cup parmesan or 3 TBS nutritional yeast
- 1/2 cup soaked cashews (12 hours)
- 1 1/2 cups unsweetened almond milk
- Salt and pepper
- 3 cloves of garlic

This is fantastic on edamame noodles with sautéed onion, chicken, mushrooms, semi-dried tomatoes, roasted pumpkin and baby spinach- makes enough for 4 serves!

NUT-FREE SATAY SAUCE

- 400ml organic coconut milk
- 1 cup sunbutter (make with 2 cups of toasted sunflower seeds blended with 1/4 cup rice bran oil)
- 1/4 cup red curry paste
- 2 tbs apple cider vinegar
- 2 tbs coconut aminos or tamari
- 1/4 cup raw honey
- juice of one lime
- salt to taste

Blend until smooth. Use for dipping or as a stir fry sauce! Freezes well.

MANGO CHUTNEY

Ingredients:

- 2 ripe mangoes, cubed
- 1 red bell pepper, diced
- 1/2 of a large red onion, diced
- 1 tablespoon garlic, minced
- 1 tablespoon fresh ginger, minced

- juice of 1.5 limes
- 1 tablespoon coconut oil
- 1 tablespoon curry powder
- 1 teaspoon red pepper flakes
- 1/3 cup currants or sultanas

Method:

1. In a large frying pan, heat coconut oil on medium.
2. Add garlic and ginger to the frying pan and saute for 2 minutes.
3. Add red onion and red bell pepper to the frying pan and continue to saute for another minute.
4. Add the chopped mango, lime juice, curry powder, and red pepper flakes. Continue to saute until the red bell pepper, onion, and mango have softened. About 5 minutes.
5. Turn heat down to simmer, add currants for 3 minutes. Serve cold.

SOUPS!!

GREEN CURRY SOUP

This is my ALL TIME favourite soup, can add cooked chicken to beef (or chicken!) it up a little!

Ingredients:

- 2 onions
- 2 tablespoons plus 2 teaspoons extra-virgin olive oil, divided
- ½ teaspoon salt, divided
- 2 tablespoons Thai green curry paste (see Note)
- 5 cups vegetable or chicken broth, store-bought or homemade
- 1 pack frozen spinach, defrosted
- 2½ cups oyster or shiitake mushrooms, sliced

- 2 large cloves garlic, chopped
- 1½ cups 1-inch pieces green beans
- 1 head thinly sliced broccoli
- 5 spring onions, sliced
- 1 cup chopped fresh coriander
- 1 chilli, finely chopped
- 2 tbs fresh lemon juice, or more to taste

Method:

1. Slice onions and saute in soup pot over medium-high heat. Add 1/4 teaspoon salt and garlic; cook, stirring frequently, until the onions are soft and beginning to brown. Stir in green curry paste and cook, stirring, for 3 minutes. Stir in 4 cups broth; bring to a gentle simmer.
2. Add the mushrooms and green beans into the pot; return to a simmer and cook for 5 minutes. Stir in broccoli stems & spring onions; return to a simmer and cook for 3 minutes more. Stir in the spinach, coriander and chilli.
3. Return to a simmer, cover and cook just long enough to wilt the spinach, about 1 minute. Add up to 1 cup additional broth if a thinner consistency is desired. Add lemon juice; taste and add more salt, chilli and/or lemon juice, if desired.

CAULIFLOWER AND APPLE SOUP

Sounds like a strange combination but I couldn't recommend it more! Seriously YUM!!!!

Ingredients:

- 1 head of cauliflower, roughly chopped
- 1 onion, chopped
- 1 apple, cored and chopped
- 1 garlic clove, minced
- 1/2 can coconut milk
- 2 cups chicken broth (or veggie broth)

- 2 tablespoons curry powder
- 1 tablespoon raw honey
- 1 tablespoon garlic powder
- 1-2 teaspoons salt
- 1/8 teaspoon cinnamon
- dash of black pepper
- 1-2 tablespoons olive oil

Method:

1. Preheat your oven to 200 degrees.
2. Clean off your cauliflower and roughly chop into florets. Pour just a little olive oil on top with a bit of salt. Roast for about 20 minutes.
3. While the cauliflower is roasting, pull out a soup pot and add a little bit of olive oil to it over medium heat.
4. First add your minced garlic, once the room is fragrant, add chopped onions and apples, once they've begin to sweat, add your chicken broth and coconut milk.
5. Then add your spices and honey.
6. Simmer under low heat for around 5-8 minutes.
7. Now add all to your food processor. I had to do mine in 2 separate batches so it didn't overflow.
8. Add nitrate-free bacon if you're smart/hungry.

CHICKEN AND CORN CHOWDER

I prefer to make my own chicken stock in the slow cooker so I can leave it for 36 hours for enhanced flavour and nutrition (collagen for the anti-aging win!) I also like this because I don't even need to stir it or saute anything off- a true one pan wonder.

STOCK

- 4 chicken marylands, roasted.
- 5 litres water
- 60ml apple cider vinegar

Remove meat and put aside.

Cook on low in slow cooker for 36 hours.

Remove bones with sieve and then add:

FILLING

- 4 grated carrots
- chopped chicken from the marylands
- bunch of chopped coriander, including stem
- 6 chopped spring onions
- 3 inches of grated ginger
- 2 finely chopped chilli
- 1 x pack edamame noodles
- 2 x can of organic sweet corn
- 1 tbs sea salt, or to taste.

Let it all cook at the same temp for another 30 minutes and done!!!

CARROT AND LENTIL SOUP

Ingredients:

- 1 cup (170 grams) red lentils
- 3 carrots (225 grams) carrots
- 1 medium onion
- 2 cloves garlic
- 2 tablespoons olive oil
- Finely grated zest of 1 orange
- 3 1/2 cups (875 ml) vegetable stock
- 1 cup (250 ml) orange juice
- 1 teaspoon turmeric powder
- 1 teaspoon ground cumin
- 1/4 teaspoon ground cardamom
- 1/4 teaspoon ground ginger
- 2 teaspoons dried coriander leaves
- 1 teaspoon ground coriander
- 1/2 teaspoon salt, more to taste
- 1 chilli, sliced
- Greek yogurt and fresh coriander, to serve

Method:

1. Rinse the lentils under cool running water, drain, and set aside.
2. Trim, peel, and chop the carrots and the onion, and mince the garlic.
3. Heat the olive oil in a soup pot and sauté the chopped carrots, onions, the minced garlic, and the orange zest until the carrots and onion soften and the onion is translucent, about 5 minutes.
4. Add the lentils, the water, orange juice, spices, dried coriander leaves, salt, and the chilli, to the pot, bring to the boil, lower the heat and simmer until the lentils are cooked and the carrots are tender, 20-25 minutes.
5. Remove the pot from the heat and purée the soup in a blender, adding a bit more water if you like a thinner soup.
6. Heat the soup gently before serving if made ahead of time. To serve, ladle the soup into 4 bowls, swirl a tablespoon or 2 of Greek yogurt in each bowl and top with chopped fresh coriander.

SALADS AND VEGGIES!!!

CRUNCHY GREENS, WALNUTS AND FETA

Perfect in simplicity... my all time favourite with salmon for a light dinner

Ingredients:

- Kosher salt
- 500g green beans, trimmed
- 1 red onion, thinly sliced
- 1 cup toasted chopped walnuts
- 1/4 cup white wine vinegar

- 1/3 cup olive oil
- 200g goats feta, crumbled
- Freshly cracked black pepper

Method:

1. Bring a large pot of water to a boil over high heat. Add the green beans and cook for 2-3 minutes until tender but still crisp. Transfer to a bowl of iced water to cool and then drain.
2. Add the green beans, onions, and walnuts to a large bowl.
3. In a separate bowl, whisk together the vinegar and olive oil. Season with salt and pepper, to taste.
4. Pour the vinaigrette over the green beans, onions, and walnuts and toss to combine. Transfer to a platter and top with crumbled feta and freshly cracked black pepper.

CRUNCHY SWEET POTATO CHIPS

Arrowroot is available in the supermarket, generally found with the baking stuff or the spices, and gives sweet potato the crunch it often misses in chips! The sesame seeds are a necessary addition to these as well.

Ingredients:

- 800 grams of sweet potato (skin on), cut into thin wedges
- 1 heaped tbs arrowroot
- 1 teaspoon turmeric
- 3 tbs sesame seeds
- 2 tablespoons extra virgin olive oil
- salt and pepper

Method:

1. Preheat your oven to 220c. You need a really good high heat to get sweet potato wedges going and develop a good crunchy crust.
2. Once the sweet potato is cut into wedges pop them in a large bowl. Shake potatoes with all other ingredients to coat.
3. Bake. You want enough room so that when they are spread out the wedges will not touch each other. This allows room for the heat to circulate and again stop sogginess.
4. At the 20 minute mark remove them and turn the sweet potato wedges over. Place back in the oven for the remaining 10 minutes. If the wedges look like they need a little longer at the 30 minute mark then simply give them another 5-10 minutes as deemed needed.

MOROCCAN CARROT SALAD

A great summer-style recipe that works beautifully with BBQ'd meat or grilled salmon

Ingredients:

- 500g carrots, grated
- 1/2 cup pitted dates pitted, chopped
- 1/4 cup toasted pumpkin seeds
- 1/4 cup lemon juice
- Grated lemon rind of one lemon
- 3 tbs extra virgin olive oil
- 2 tbs maple syrup
- 1/4 tsp ground cumin
- 1/2 fresh mint, chopped finely
- 1/2 cup fresh parsley, finely chopped
- 1/4 cup sultanas
- Goats curd


Method:

1. Mix the carrots, dates, 1/2 the toasted seeds, sultanas, lemon rind, parsley and mint.
2. In a jar combine the lemon juice, olive oil, cumin and maple syrup. Season with sea salt and black pepper.
3. Pour dressing over the salad and toss lightly, garnish with remaining toasted seeds.
4. Serve with goats curd.

MUFFINS AND BREAD- SWEET

PUMPKIN SPICE AND DATE LOAF**Ingredients:**

- 1 egg
- 2 c almond meal
- 1 c walnut pieces
- 2 t baking soda
- 1/2 t sea salt
- 8 Tbs coconut oil melted
- 2 mash ripe banana
- 1/2 chopped dates
- 3/4 c pumpkin puree
- 2 T pumpkin pie spice

(I make my own big batch of that and just use 2 teaspoons from it, see below )

PUMPKIN PIE SPICE

- 3 tablespoons ground cinnamon
- 2 teaspoons ground ginger
- 2 teaspoons ground nutmeg
- 1 teaspoon ground cloves

Method:

1. Heat oven to 170.

2. In bowl add all ingredients and mix until combined. The mix will be thick like a cookie dough.
3. Line a loaf tin with paper and fill with mixture
4. Bake 30 min, insert a toothpick, it should come out clean. If it doesn't cook for another 5 minutes and test again.

BLENDER BANANA BREAD

Sweetened only with fruit, this is a great everyday snack or breakfast. Cultured butter is amazing on this!

Ingredients:

- 400 g ripe banana
- 6 organic eggs
- 4 medjool dates
- 2 teaspoons vanilla extract
- 60 ml olive oil
- 1/2 teaspoon ground cinnamon
- 2 teaspoons gluten free baking powder
- 1/2 cup coconut flour
- 1/4 cup chia seed

METHOD

1. Preheat your oven to 150° C (fan-forced).
2. Combine banana, dates, oil, cinnamon, vanilla, eggs and baking powder into a blender or food processor and blend until creamy and combined - alternatively you can do this by hand in a large bowl.
3. Add the coconut flour and chia seeds and process again.
4. Rest for 10 minutes to allow the chia and coconut flour to expand.

5. Lightly oil one loaf tin and then line with baking paper - The size I used was: 10 1/2 cm wide and 26 cm long.
6. Spoon batter into the tin - at this stage you can decorate the bread with flaked coconut or sliced banana before baking.
7. Bake for 50 - 55 minutes (a skewer inserted into the centre should come out dry).
8. Cover the top with foil if over-browning.
9. Remove from the oven and allow to cool before turning out the loaf.

GINGERBREAD MUFFINS

Ingredients:

- 2 cups almond flour
- 2 tablespoons coconut flour
- 1/8 teaspoon allspice
- 1/2 teaspoon ginger
- 1/4 teaspoon nutmeg
- 1/4 teaspoon salt
- 1 teaspoon baking soda
- 3 large eggs at room temperature
- 2 tablespoons maple syrup
- 1/3 cup coconut oil
- 1/2 cups honey
- 1 teaspoon vanilla extract

Glaze Ingredients:

- 1/4 cup coconut butter
- 2 tablespoons honey
- 2 tablespoons water

Method:

1. Preheat oven to 170° and line a muffin pan.
2. In a large bowl, combine almond flour, coconut flour, allspice, ginger, nutmeg, salt, and baking soda. Mix until well combined.

3. Add the eggs, molasses, coconut oil, honey, and vanilla. Stir well and until no lumps remain.
4. Divide evenly between the 11 muffin liners and bake for 15-18 minutes, until a toothpick inserted in the centre comes out clean.
5. Best stored in the fridge.

Glaze:

In a small bowl, combine coconut butter, honey, and water. Whisk until smooth and drizzle over muffins.

PALEO ORANGE CAKE

Ingredients:

- 1 cup almond meal (or blitz 1 cup almonds in your processor to a fine powder)
- 1 whole orange
- 1/3 cup olive oil
- 1 tsp baking powder
- 3 eggs
- 2 tbsls chia seeds
- 1/2 cup rice malt syrup
- 1/3 cup poppy seeds

Method:

1. Boil the whole orange for 10 mins.
2. Blend the orange in the food processor until it is pulp.
3. Separate eggs
4. Beat egg whites until soft peaks form
5. Beat egg yolks and add rice malt syrup, your whole pulverised orange & oil
6. Add almond meal, chia and poppy seeds and baking powder and mix through
7. Fold through egg whites.
8. Pour into a greased and lined spring-form pan or loaf pan

9. Bake at 160 for 45-mins to an hour depending on the size of your tin. (your cake will be cooked when it springs back when pressed lightly in the middle - however you will still be able to hear that it is moist.)

RED VELVET CAKE

No one likes the word moist but its the only way to describe it!

Ingredients:

- $\frac{3}{4}$ cup of coconut oil
- $\frac{1}{2}$ cup maple syrup
- $\frac{3}{4}$ cup raw cacao
- 1 medium raw beetroot, peeled and finely chopped in the food processor (approx $\frac{3}{4}$ cup)
- 2 cups almond meal
- 3 eggs (beaten in a separate small bowl)
- 3 tbsps coconut sugar
- 3 tsp gluten-free baking powder

Method:

1. Preheat a fan-forced oven to 180°C and line a cake tin with greaseproof paper.
2. Peel and quarter the beetroot and pulse in a food processor until smooth. Then add coconut oil, maple syrup, cacao & beetroot into a saucepan on really low heat and stir for a couple of minutes until all combined and it resembles a smooth chocolate sauce.
3. Mix together the almond meal, coconut palm sugar, and baking powder in a large bowl until combined. Then add the beaten eggs and chocolate/beetroot mix to the bowl and stir until completely combined.

4. Pour the mix into the lined cake tin and pop in in the oven for 30 - 40 minutes or until cooked through. Allow to cool before removing from tin.

MUFFINS & BREAD- SAVOURY

BUFFINS

The secret recipe for the famous muffin from the Craved By Cavemen food truck.... Enjoy but shhhhhh!

Ingredients:

- 8 eggs
- 1 cup roast pumpkin
- 1/2 cup light flavour oil
- 1/4 cup chia seeds
- 1/4 cup coconut flour
- 1/4 cup pumpkin seeds
- 1 tsp. paprika
- 1 tsp. turmeric
- Cooked onion and garlic
- salt and pepper

Method:

1. Preheat oven to 180°C
2. In a high power food processor or blender mix the eggs and oil on high speed for about 2 minutes.
3. Add the chia seeds, coconut flour, spices, salt and pepper.
4. Mix again on medium speed until combined.
5. Add the pumpkin and pumpkin seeds and mix again until just combined. Add onion and garlic mix
6. Transfer the mixture in to the prepared muffin tins and top with extra seeds.
7. Place in to the oven for 45 minutes or until golden brown on top

HERB DUMPLINGS

Perfect alternative to having bread with soups.

Ingredients:

3 whisked eggs

1/4 cup coconut flour

1/4 cup arrowroot flour

1/2 cup almond flour

2 tablespoons butter or ghee

1/4 teaspoon sea salt

1/4 teaspoon mixed herbs

1/4 teaspoon fresh finely chopped rosemary

1/4 teaspoon garlic powder

Method:

Mix with electric mixer and let rest for ten minutes or longer. (The longer it rests the thicker it will become.) When the soup broth is simmering (I use about 6 cups of broth) add the batter one *heaping* tablespoon at a time (a tablespoon that you eat with, not the measurement). I don't try to make the batter pretty as I plop it into the broth. Also, I usually don't wait very long to put the batter in, so it's still quite runny, and making it pretty isn't an option.

You can get six or so dumplings into the broth with this amount. When all the batter is in, bring the soup back to a simmer. Reduce the heat to low and cover with the lid, but keep the lid cracked a little bit. Dumplings will be done in about 20 minutes. Like magic they have become full and plump.