Simply Quick & Healthy

Recipes

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LifeStyle Alignment

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Breakfasts

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Quinoa porridge

- 1 cup quinoa
- 2 cups coconut milk (bought or made)
- 3 medjool dates
- roughly chopped
- 1/2 teaspoon ground cinnamon
- 1/4 teaspoon ground nutmeg
- 1/4 vanilla extract or powder
- 1 fresh banana, peeled and roughly chopped
- 1 teaspoon organic desiccated coconut
- 1 teaspoon honey or maple syrup to taste

1. Heat the quinoa and coconut milk in a saucepan over a medium heat.
2. Slowly bring to the boil, stirring
3. Add the chopped dates, cinnamon and nutmeg. Reduce heat and simmer for 15 minutes.
4. Alternatively add some frozen berries a minute before serving Divide porridge into two serving bowls.
5. Sprinkle over chopped almonds, banana and coconut. Drizzle with maple syrup if desired.

   Serves 2

Overnight oats

- 1/2 cup organic rolled oats
- 2/3 cup favourite nut milk (I use homemade Hemp or coconut for great Omega 3 value)
- 1/3 cup water
- 1-2 tbs honey or maple syrup.

1. Mix well in 500ml jar
2. Add 1/2 cup frozen berries or Grated apple and cinnamon or small sliced banana
3. Allow to sit overnight in the fridge.

Chocolate Chia pudding

- 2 cups milk (I use hemp milk)
- 1/2 cup chia seeds
- 1 cup mixed Frozen organinc berries
- 2 tsp cocoa powder

1. Mix everything up in one big bowl. Stir well and stick in the fridge to set for at
2. least a few hours. Super easy. My kind of recipe!

Coconut crepes

Makes 2 large pancake size

- 3 eggs
- 2 tbsp coconut milk
- 1 tbsp coconut flour
- 1 tbsp honey
- Sprinkle cinnamon
- 1 tbsp coconut oil to fry
- 1 banana sliced

1. Whisk eggs, milk, cinnamon and honey together.
2. Add coconut flour and mix till thickens.
3. Split mixture, and lightly fry pancake separately
4. Flipping once lightly browned, repeat on other side
5. Serve with sliced banana and another drizzle of honey.

Rhubarb Chia Jam

- 250gm rhubarb, washed and trimmed to 2cm pieces
- 250gm fresh strawberries, hulled
- 2 tbsp maple syrup or honey
- 1/3 cup chia seeds

1. Place 250gm washed, trimmed rhubarb into saucepan with 60ml water and cook for 5 mins until soft.
2. Mash a little, most of the water should have absorbed.
3. Add the chopped strawberries and the chia seeds and mix through, just until incorporated.
4. Spoon into sterilized jars and allow to set in the fridge for at least 4 hours.
5. Makes 3 x 200gm jars.

Healthiest, quick cookies ever

1. Mash 2 bananas with 1 cup of oats and a handful of mixed seeds to make stick together.
2. Spoon onto baking paper lined tray and bake moderate oven for around 15mins

GF Blueberry Muffins

- 3 eggs
- 3/4 cup coconut milk (cocoquench)
- 1/2 cup coconut flour
- 1/4 melted coconut oil
- 3 tab honey or rice malt syrup
- 1/2 tsp baking powder
- 1/2 tsp vanilla extract
- 1/2 cup fresh Blueberries

1. Whisk eggs, add other ingredients except blueberries- mix well.
2. Fold berries through.
3. Pour into greased muffin tin.
4. Bake in moderate oven
5. Makes 4-6 depending on size muffin tray.

Granola

- 3 cups of Rolled oats
- 1 cup shredded coconut
- 1 cup of crushed almonds
- 1/2 cup sunflower seeds
- 1/2 cup pepitas
- 3/4 cup honey or maple syrup
- 3/4 cup melted coconut oil

1. Preheat oven 150deg
2. Combine ingredients well
3. Pour evenly across a tray lined with baking paper.
4. Bake for 15-20mins
5. Stir if needed and bake another 5mins
6. Break up once cooled or leave as clusters for affect
7. Store in glass jar

Coconut Yoghurt

» Three young Thai coconuts

1. Cut tops off coconuts
2. Pour out water of 2, set aside to drink or freeze in ice cube trays
3. Scoop out flesh and blend with the water from one coconut.
4. The thickness of the flesh varies from coconut.
5. If they are really young they will be quite thin, so less water will be needed.
6. Add a half of a probiotic capsule to the mix, and allow to stand at room temp 3-6 hours
7. Refrigerate and serve with berries
8. Consume within 5 days

Easy Brekkie Slice

» 3 cups muesli
» 1/2 cup grounded flaxseeds
» 1/2 cup honey
» 1/4 coconut oil
» 3 eggs
» 1 tbsp vanilla
» 1 tbsp cinnamon

1. Preheat oven 175°C
2. Blend all ingredients together
3. Bake in lined square tin for 25-30mins

Brekkie Cookies

- 1 cup rolled oats
- 1 cup muesli
- 2/3 cup cranberries
- 2/3 cup pepitas
- 1/3 sunflower seeds
- 1/2 cup sweet potato puree
- 1/4 cup ground flaxseeds
- 1/4 cup coconut oil
- 2 beaten eggs
- Pinch of salt

1. Pre-heat oven 175°C
2. prepare oven tray with baking paper
3. Mixed dry ingredients first then add wet ingredients
4. Place a quarter of a cup sized scoop on tray
5. Bake for 15 to 20 minutes

(10-12 cookies)

Chia Pudding

- 1 cup of nut milk (or cocoquench)
- 1/4 chia seeds
- 1-2 tabs honey to taste
- 1 tbsp cacao powder

1. In a 2 cup jar pour in milk, add chia seeds, honey and cacao powder
2. Stir well, place lid on and shake well.
3. Optional - you may like to add a half of a probiotic capsule to the mix and allow to stand at room temp for 3-5hrs
4. Refrigerate
5. Add a few berries to serve

Smoothies & Drinks

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GO GREEN

- 2 spinach leaves
- 1 celery stalk with leaves
- A sprig of parsley
- 1 pear (frozen)
- 2 inch piece of cucumber (frozen)
- 1 date
- 1 cup of water

1. Blend till creamy

VERY BERRY

- 1/2 frozen banana
- 3/4 cup of frozen berries
- 3/4 cup of water or cocoquench
- Handful of parsley

1. Blend till creamy

BASIC BANANA

- 1 whole frozen banana
- dash of cinnamon
- 1 date
- 1 cup of water (or cocoquench for creamier result)

1. Blend in blender until smooth

PROTEIN SHAKE

- 1 whole frozen banana
- 1/4 cup oats
- 1/4 cup nut protein
- dash cinnamon
- A date
- 1 Tsp cacao OR 1/4 Tsp maca powder
- 3/4 cup of water or cocoquench

1. Blend until creamy

Super Chocacao

- 1 whole frozen banana
- 1/2 avocado
- 1 Tbsp cacao
- 1 date
- 3/4 filled cup of coco quench
- 1 tbsp chia seeds

1. Blend until creamy

Go green daily juice

- 2 large cucumbers (peeled if not organic)
- big fistful of spinach or kale
- big fistful of sprouts
- 4 – 5 stalks celery
- 1 – 2 florets of broccoli
- 1 pear or green apple (optional)
- 1-inch piece of ginger (or less)
- 1 lemon
- other greens you may like to alternate parsley, celery leaves and wild greens like dandelion

1. Wash and prep all ingredients.
2. Juice all ingredients….consume ASAP

Daily Health Tonic

- 1 cup of water
- 2 tbsp apple cider vinegar
- Juice of half a lemon
- tsp honey (or to taste)
- optional (dash of cayene pepper)

1. Mix all ingredients together and enjoy

Noah's Morning Starter

My 2 year old neighbour who makes his own smoothies

- 2 frozen bananas
- 1/2 litre of almond milk
- 2 tbsp fossil shell flour
- 2 tbsp linseeds
- 2 tbsp protein powder
- 1 tbsp maca
- 2 tbsp coconut oil
- 1 tbsp raw honey

1. Mix in high speed blender till all ingredients are combined (approx 1.5mins)
2. Enjoy

Recipe by Noah Walter & his Mummy

Breads

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Life-changing bread

(Sarah Britton- the blog My New Roots)

- 1 cup sunflower seeds
- ½ cup flaxseeds
- ½ cup hazelnuts or almonds
- 1 ½ cup rolled oats
- 2 tbsp chia seeds
- 4 tbsp psyllium
- 1 tsp fine grain sea salt
- 1 tbsp maple syrup
- 3 tbsp coconut oil or ghee
- 1 ½ cups water

1. Combine all dry ingredients, stir well.
2. Whisk maple syrup, oil and water together in a cup and add this to the dry ingredients and mix well. If dough gets too thick and can't be stirred just add 1 or 2 tsp of water until dough becomes manageable.
3. Put the dough into a silicon loaf pan and smooth out the top.
4. Let it sit on counter for at least 2 hours to soak through (best results are achieved by leaving the dough to soak all day or overnight).
5. To ensure dough is ready, it should retain its shape when you pull the sides of the silicon loaf pan away
6. Preheat oven 175 degrees.
7. Place pan in middle rack and bake for 20 minutes.
8. Take out and invert loaf on to a tray (upside down) and bake for another 30-40 minutes.
9. Bread is done when it sounds hollow when tapped. Let cool completely.
10. If freezing, slice first. Keeps for up to 5 days in a tightly sealed container in the fridge. Tastes great toasted!!

Gluten free rolls

- 200 grams raw almonds ground
- 25 grams psyllium husks, (5 tablespoons- grind finely)
- 2 tsp baking powder
- 1 tsp Himalayan/Celtic Sea Salt
- 3 egg whites
- 250 grams boiling water
- 2 1/2 tbsp apple cider vinegar

1. Preheat the oven to 175°C.
2. In a medium sized bowl, combine the flour, psyllium powder (no substitutes: flaxseed meal won't work), baking powder and salt.
3. Mix until dry ingredients are well combined. Add in the eggs and vinegar and mix until a thick dough.
4. Add boiling water or marinara into the bowl. Mix until well combined and dough firms up.
5. Form into 4 to 5 mini subs (the dough will rise about 2 to 3 times so I start mine as a 1 inch disk) or one large sub/ loaf and place onto a greased baking sheet.
6. Bake for 55 minutes (45-50 minutes for smaller shapes like buns).
7. Remove from the oven and allow the bread to cool completely. Cut open with a serrated knife. Fill with desired fillings. Makes 5 servings.

Recipe by Mariamindbodyhealth.com

Savoury Snacks

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Janellas crackers

These are so yum, you'll want to double batch

» 1 cup of water
» 1 cup mixed seeds like hemp, chia, sunflower, poppy, sesame, flax meal and pepitas
» 1 tsp Himalayan or Murray River salt (or any good salt)

1. You can use any seeds you like – just make sure at least a third of the mixture is either flax meal or chia seeds, as this is what holds them together. I sometimes also add coconut or almond pulp leftover from making milk, or goji berries, cayenne, paprika, onion/garlic powder, rosemary.
2. To make them sweet crackers you can use maple syrup, crushed cinnamon and pecans.
3. Add some good salt & enough water to make a wet dough.
4. Leave to sit for 10-15 minutes to allow the chia and or flaxmeal to get gooey. Spread to about half a centimetre then score them in the sizes you want.
5. Dehydrate for 12 hrs on 175°C, then flip and give them another 3 hours. Or In the oven – 150°C for 90 minutes.
6. Turn the oven off and leave them in there for another hour. They should be crunchheeeee.
7. Store in an airtight container in the fridge for a week.

Recipe by Janella Purcell

Mushroom patties

» 200g fresh mushrooms
» 250g rolled oats
» 100g Breadcrumbs
» 200g walnuts (or mixed nuts & seeds)
» 1 small onion
» 1 clove garlic
» 1 teaspoon garlic

1. Blend all ingredients together in a food processor until desired consistency
2. Form mixture into balls and place on greased oven tray for 20mins.
3. Turn and cook a further 15mins.
4. Serve with a quality Tomato sauce

Lifechanging Crackers

- 1 cup/135g sunflower seeds
- ½ cup/90g flax seeds
- 1/3 cup/50g pumpkin seeds
- ¼ cup/40g sesame seeds
- 1 ½ cups/150g rolled oats
- 2 tbsp chia seeds
- 4 tbsp psyllium seed husks (3 tbsp if using psyllium husk powder)
- 1 ½ tsp fine grain sea salt
- 1 tbsp maple syrup (for sugar-free diets, use a pinch of stevia)
- 3 tbsp melted coconut oil or ghee
- 1 ½ cups/350ml water

1. In a large bowl combine all dry ingredients, stirring well.
2. Whisk maple syrup, oil and water together in a measuring cup.
3. Add this to the dry ingredients and mix very well until everything is completely soaked and dough becomes very thick (if the dough is too thick to stir, add one or two tsp of water until the dough is manageable).
4. Divide the dough roughly in half, and set aside one half.
5. Place one half of the dough back into the bowl and add any flavouring you like.
6. Gather into a ball and place it between two sheets of baking paper. Using a rolling pin, firmly roll out into a thin sheet. Remove top layer of baking paper and using the tip of a knife, score the dough into shapes you like (I chose large rectangles but it's up to you).
7. Repeat with remaining half of dough. Let sit out on the counter for at least 2 hours, or all day or overnight.
8. Preheat oven to 350°F / 175°C. Using the baking paper, slide the dough onto a cookie sheet and bake for 20 minutes. Remove cookie sheet from oven, flip the whole cracker over (if it breaks a bit, don't worry!) and peel the baking paper off of the back. Return to oven to bake for another 10 minutes, until fully dry, crisp, and golden around the edges.
9. Let cool completely, then break crackers along their scored lines and store in an airtight container for up to 3 weeks.

Recipe by Mynewroots.org

Zucchini & Goats Feta Fritters

Best served hot out of the pan with lime wedges.

- 650g Zucchinis, (about 3 zucchini's)
- 4 spring onions
- 200g feta cheese
- 1 clove garlic
- small bunch fresh mint leaves
- small bunch fresh continental parsley
- 1tsp paprika
- Zest 1 lime, & extra limes in wedges to serve
- 100g Plain flour or spelt
- 3 eggs
- Cracked Pepper,, to taste

1. Place Lime zest & garlic into TM bowl & chop for 10 secs speed 10.
2. Add fresh herbs, spring onions, feta & zucchini & chop for 3 secs speed 5, you may to scrape down the bowl & repeat 1 more time till everything is roughly chopped.
3. Add remaining ingredients (except lime wedges) & mix for 5 secs on speed 4, you may need to scrape down the bowl & mix one more time for 5 secs on speed 4.
4. Heat up a pan & add some olive oil then add spoonfuls of the mix like little pancakes, turn over & cook the otherside after a couple of mins.

Veggie Patties

- 1 sweet potato
- 1 carrot
- 1 zucchini
- 1 beetroot
- 1 red onion
- handful of baby spinach and parsley
- 1 tsp salt
- 3/4 cup besan flour (chick pea flour, can be substituted for quinoa flour

1. Process all ingredients except besan flour in food processor until a finely grated consistency.
2. Add flour -mix well.
3. Form patty sized balls and roll into sesame seeds.
4. Place on baking tray oiled with coconut oil and slightly flatten.
5. Bake for 20-30mins on 200deg.

Love Falafels!

Especially the sprouted kind

- 2 cups Sprouted chickpeas
- 1 onion
- 2 clove garlic
- 1 cup of mixed parsley, coriander and baby spinach
- 1 tbsp of cumin
- 1tsp ground coriander

1. Blend well until a paste like consistency (doesn't take long in the Thermomix)
2. Roll into balls and sesame seeds
3. Cook on greased oven tray for 30mins
4. Serve with Tsatsiki or hommus

Carrot & Zucchini Muffins

- 1 1/2 cups almond flour
- 1/2 cup brown rice flour
- 1 1/4 cup shredded zucchini
- 1/2 cup shredded carrots
- 1/2 cup honey
- 1/2 coconut oil
- 2 eggs
- 2 1/2 tsps baking powder
- 1 tspn cinnamon
- 1/2 tsp salt

1. Preheat oven 180deg
2. Grease muffin tins
3. Grind almonds in processor
4. Until fine meal
5. stir in grated veggies and then the rest of the ingredients
6. Pour into greased muffin trays or lined with patty case
7. Bake 20mins

Dips & Dressings

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Dairy free Tzatziki

6 hours soaking in only 2 steps

- Cashew yoghurt first
- 1 cup soaked cashews (at least 4hrs)
- 1 cup water

1. Blend well until smooth (I use a Thermomix)
2. Add 1 Probiotic capsule and allow to stand on kitchen bench for 6-8hrs
3. 3 Grated lebanese cucumbers
4. 4 cloves garlic grated
5. 1 tsp macadamia oil
6. 1/2 lemon juiced
7. 1 tsp Apple cider vinegar
8. pinch cayenne
9. Fold through cashew yoghurt and chill before use

Guaca-Hummus

- 1 garlic clove grated
- 100g dried chickpeas (or one can, organic drained and rinsed)
- 1 ripe avocado, roughly chopped
- 3 tablespoons extra-virgin olive oil
- 1 tab tahini
- juice of 1lemon
- Pink salt, to taste
- 1/2 tsp Cumin
- 1/2 tsp coriander
- 1/4 paprika optional

1. Soak chickpeas for eight hours or overnight in filtered water.
2. (You may even like to sprout over another few days to increase nutrient content.)
3. Drain and rinse, then boil in fresh water for about 40 minutes or until fully cooked and soft. Drain and allow to cool.
4. Add all ingredients to a blender, or a food processor. Season to taste with salt.

Thyroid butt kickin pesto

- 4 cloves garlic
- 1/3 cup brazil nuts
- 1/3 cup sunflower seeds
- 1/3 cup pepitas (pumpkinseeds)
- 2 cups coriander
- 2/3 cup flaxseed oil or macadamia oil
- Juice 1 small lemon
- 2 tspns dulse flakes

1. Squirt Braggs liquid aminos opt or 1/2 tspn Himilayan salt
2. Process coriander and garlic together in food processor
3. Add oil, and remaining ingredients and blend until desired consistency
4. Store in glass jar with a littl oil to seal, or divide and freeze portion.
5. Serve with carrot and celery or crackers.

Basic dressing

- 1 cup macadamia oil
- ½ cup lemon juice
- 2 tbspns apple cider vinegar
- 1 clove garlic
- Pinch salt

1. Blend all ingredients until emulsified.

Tahini dipping sauce

- 150g Tahini
- ¼ cup parsley
- Juice of one lemon
- 1 tsp cumin
- ½ tsp salt & pepper
- ½ tsp turmeric
- ½ cup water

1. Blend all ingredients until smooth.

Coriander Dressing

- 1/3 cup packed coriander
- ¼ cup lime juice
- Zest of one Lime
- 3 tbsp Olive oil
- 2 Medjool dates
- ½ tsp onion powder
- ½ tsp chilli opt
- 3 tbsp water
- Pinch salt

1. Blend all ingredients until smooth.

Main Meals

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Pumpkin Lentil Dahl

(especially for the Thermomix)

- 500g pumpkin
- 1/2 bunch coriander
- 4 pods cardamom
- 1 star anise
- 2 tsp cumin seeds
- 2 tsp mustard seeds
- 3 cloves garlic
- 2.5cm piece cm fresh ginger, peeled
- 1 large onion, peeled and quartered
- 30g oil
- 230g dried red or yellow lentils
- 400g pureed tomatoes
- 375g water

1. Place pumpkin and coriander (leaves and stems) into TM bowl and chop for 5 seconds on speed 7. Set aside.
2. Place cardamom, star anise, cumin seeds and mustards seeds into measuring cup and drop onto blades spinning at speed 8. Process for 8-10 seconds.
3. Scrape down with spatula.
4. Add garlic, ginger and onion and chop for 5 seconds on speed 7. Scrape down the sides of the bowl with spatula.
5. Add oil and saute for 2 minutes at 100 degrees on speed 2 with measuring cup off.
6. Replace measuring cup. Add pumpkin and water and cook for two minutes at 100 degrees on speed 2.
7. Add tomatoes and lentils and cook for 15 minutes at 100 degrees on speed 2.
8. Check that pumpkin and lentils are cooked and stir through some fresh chopped parsley.

From www.recipecommunity.com

Super Rich tomato Soup

- 500g Ripe tomatoes
- 220g Water
- 2 cloves garlic
- 1 tab honey
- Juice 1 large lemon
- 1 tsp salt
- Chunk of ginger opt
- A few sprigs of Coriander or Parsley

1. Blend all in blender or High powered food processor like the Thermomix for 1 min.
2. Gently heat and serve.

Cauliflower mash

Serve 4 sides

- 1 cauliflower
- 1 onion, finely chopped
- 1 clove garlic,
- 1 tbsp olive oil a little sea salt and white pepper to season

1. Saute onion and garlic in a large pot with the olive oil over a low to medium heat until softened.
2. Add the fine chopped cauliflower and 1/4 cup water or vegetable stock.
3. Cover the pot completely with a tight fitting lid and turn down to heat to a low simmer.
4. Cook for 5 – 10 minutes, stirring half way through and checking to make sure there is still enough liquid to steam the cauliflower.
5. It's important not to overcook it to keep the fresh flavour intact. Remove from the heat and place into a good high speed blender (like a Thermomix I cook it all in there)
6. Season with a little sea salt and white pepper. Blend until smooth and creamy.

Teresa cutter www.thehealthychef.com

Quinoa pizza

- 1 cup soaked quinoa (6-8hrs)
- 1/4 cup water
- 1/2 tspn salt
- 1/2 tspn baking powder
- 2 tab oil
- 1 tab coconut flour

1. Pre-heat oven
2. Drizzle oil on 10 inch round baking tray
3. Rinse Quinoa add to blender with salt and baking powder
4. blend on high until smooth and creamy like pancake batter
5. Add coconut flour to slightly thicken
6. Bake 15 minutes flip for another 10 to 15 minutes
7. Top with tomato paste choice of roast vegetables and Parmesan cheese
8. Bake a further 12 to 15 minute

Serves one very hungry Mumma or 4 small slices

Recipe tweaked by Simply Quinoa

Quinoa, Pesto & Caramelised Onion

» 3 cups cooked quinoa
» (about 1.5 cups uncooked, first rinsed a couple of times, soaked 6hours and then cooked in boiling water for 12-15 minutes and drained)
» 1 large brown onion, fine chopped
» 2 tablespoons coconut or macadamia oil and 20g butter
» 3 cloves garlic, squished and fine chopped
» 4 tablespoons pesto
» 1 handful chopped parsley

1. Brown the onion in the butter and coconut oil, in a low – medium pan for 20 minutes, until sweet and really golden.
2. Once you've got the onions on, get the quinoa cooking. Once you see the little spirally bits in the quinoa come out, you know it's done. Take off heat and strain.
3. Add the garlic to the onions and cook a further 2 minutes, then switch off heat.
4. Mix all the ingredients up with the pesto and sprinkle the parsley at the end. Taste and add a little sea salt to taste.

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Serving suggestions

- Use as a base for stews, casseroles or a mountain of steamed veg.
- Serve along side steamed fish or lamb shoulder.
- Sprinkle over roasted veg bake to serve as a warm salad.
- Cool completely and toss baby spinach leaves and feta through for a ridiculously tasty salad.

Basic Spinach Crustless Quiche

- 5 large eggs;
- 1 ½ cups fresh spinach, chopped
- ½ medium onion, chopped
- 1 clove garlic, minced
- ½ cup coconut milk
- ½ tsp baking powder
- Sea salt and freshly ground black pepper to taste

1. Preheat oven to 350F.
2. In a large bowl, whisk the eggs well and coconut milk together.
3. As you continue to whisk, start adding in all the other ingredients.
4. greasing a 9" pie dish and pour the mixture in.
5. Bake for 30 minutes

   Serves 3 but I say 2

Recipe by Paleo Leap

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15min Fish dish

- Piece of choice fish per person

1. Grill,steam or cook in frying pan (with coconut oil) until cooked.
2. Serve with salad or roasted vegetables

Sweet Potato Nuggets

- 500 g of sweet potato
- One chopped onion
- 200 g of besan flour/oat flour
- 2 sprigs coriander
- Squirt of Tamari

1. Mash potato and mix other ingredients together
2. Roll in sesame seeds
3. Bake 20-30mins on greased tray 200°C
4. Turning half way

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Primal butter chicken

- 1 kg (2 lbs.) chicken thighs cubed
- 1/3 cup ghee
- 1/3 cup coconut milk
- 3 tomatoes chopped
- 1 onion chopped
- 2 cloves garlic crushed
- 1 lemon juiced
- 2 tsp fresh ginger grated
- 2 tsp turmeric
- 2 tsp paprika
- 2 tsp garam masala
- 1 tsp chilli powder
- 1 tsp coriander seed
- 1 tsp cinnamon
- Fresh coriander leaves

1. In a large saucepan on medium heat melt the ghee.
2. Add the chicken thighs and cook until they just turn white. Set the chicken aside.
3. In the same saucepan add the onion, garlic, lemon juice, ginger and all the spices.
4. Cook for around 5 minutes until all the spices start to smell amazing!
5. Add the chicken back to the saucepan along with the coconut milk and tomatoes.
6. Turn the heat down to low and allow to simmer for 20-30 minutes.
7. Serve with fresh coriander leaves and caulirice

Recipe from themerrymakersisters.com

Best Vegetable Curry

- 2 Tablespoons olive oil
- 1 large yellow onion, finely diced
- 4 medium cloves garlic, minced
- 1 tbsp fresh ginger, finger grated
- 1 tbsp ground coriander
- 1-½ tsp ground cumin
- 1 tsp ground fennel
- ¾ tsp ground turmeric
- ½ tsp cayenne
- 1 tbsp tomato paste
- 2 cups vegetable broth
- 1 cup light coconut milk
- 1 tsp cinnamon
- Salt and Pepper
- 1 cauliflower or broccoli head, chopped into florets
- 3 medium sweet potatoes, peeled and diced or 6 red potatoes,diced
- 2 medium tomatoes, cored, seeded, and coarsely chopped (about 1-1/2 cups)
- 1 cup frozen peas
- 4 cups (handfuls) spinach, light packed
- 1 whole lime, juiced and zested
- 2 Tablespoons fresh cilantro, chopped
- Basmati rice for serving

1. In a large pot, heat the oil over medium-high heat.
2. Add the onion and stir/cook, until golden brown, about 2 minutes.
3. Reduce heat to medium, add the garlic and ginger; cook, stirring, for 1 minute..
4. Add the coriander, cumin, turmeric, and cayenne; stir for 30 seconds. Add the tomato paste and stir until even distributed throughout the spices, about 1 minute.
5. Add the broth, coconut milk, cinnamon, 1 teaspoon salt, and ¼ teaspoon pepper and bring to a boil. Reduce the heat to medium low or low and simmer for 10 minutes.
6. Add the cauliflower, potatoes, tomatoes, and peas. Raise the heat to medium high and return to a boil. Reduce the heat to medium low, cover, and simmer until the vegetables are tender, 20 to 25 minutes.
7. Stir in the spinach, lime juice, and zest; cook until the spinach has wilted, about 3 minutes more. Season to taste with salt. Serve garnished with the cilantro.
8. Add 2 heaping handfuls of spinach and cook for 2 minutes until the spinach turns bright green. Serve over rice and garnish with cilantro.

Serves: 4

Fish Stew

For this simple, delicious and nutrient dense meal, choose a fish like wild Barramundi, Yellowtail Kingfish, Maui Maui, Sardines or Aussie whiting.

- 2 carrots, chopped
- 1 medium onion, chopped
- 1 red potato, diced
- 4 celery stalks, sliced
- 2 garlic cloves, crushed
- 1 can whole tomatoes in juice
- 2 cups green cabbage, thinly sliced
- 1 cup green beans, cut to 3cm
- 500ml veggie or fish stock
- 1 tsp sea salt 1 tsp black pepper, ground
- 1 zucchinis, sliced into half-moons
- 2 cups baby spinach leaves
- 200g white, skinless fish fillets, cut into 3cm pieces
- 1 tbsp fresh dill, chopped
- 2 tbsp feta, crumbled

1. In a soup pot heat the oil
2. Add the carrots, zucchinis, onions, potato, celery, garlic, tomatoes and stock. Sauté gently until veggies soften.
3. Add the cabbage, beans, stock and bring to the boil then drop to a simmer for 10 min.
4. Add the spinach and cook for another 10 minutes.
5. Now add the fish and reduce the heat.
6. Cover and simmer 3 minutes or until fish turns opaque
7. Lastly, sprinkle over the feta and dill. Let it sit on counter for at least 2 hours to soak through

Recipe by Janella Purcell

Coconut Lamb Curry

- 1 tablespoon coconut oil
- 700 grams diced lamb (a little fat on the meat is fine)
- 1 large brown onion
- ½ long red chilli
- 2 medium celery sticks, diced
- 3 cloves garlic, diced
- 2½ tsp garam masala powder
- 1¼ tsp turmeric powder
- 1 tsp fennel seeds
- 1½ tsp ghee (or coconut oil)
- 400ml coconut milk (1 can)
- 1½ tbsp tomato paste
- 1 cup water
- 1tsp sea salt
- 2 medium carrots, diced
- Squeeze of lime or lemon juice
- Fresh coriander (cilantro) or parsley to garnish

1. Heat a tablespoon of coconut oil in a casserole pot or a large saucepan.
2. Add the lamb and stir around on high heat until slightly browned, about 3-4 minutes. Add the onion, chilli and celery and cook for about a minute, until slightly softened. Bring the heat down to medium.
3. Add garlic, garam masala, turmeric, fennel seeds and ghee (or extra coconut oil if avoiding dairy). Stir through the lamb and cook for a minute to let the spices release their aromas.
4. Add coconut milk, tomato paste, water and sea salt. Stir and bring to boil. Then turn the heat down to simmer and cook for 1 hour, covered with a lid. Stir a couple of times.
5. After one hour, add the diced carrot and cook for a further 30-40 minutes, covered with a lid. Stir a few times.
6. Sprinkle some fresh coriander or parsley and drizzle a little lemon or lime juice before serving. Serve with your favourite vegetables or cauliflower rice, or real white rice if your heart so desires.

   Serves:4

Cauliflower rice

This can be left plain using first 2 ingredients as accompaniment or dressed as a meal!

- 1 large head cauliflower, trimmed, cut into florets
- 1 tablespoon coconut oil (see notes)
- 2 small red chillies, optional seeded, thinly sliced
- 2cm piece fresh ginger, peeled, finely chopped
- 2 garlic cloves, finely chopped
- 2 tablespoons desiccated coconut
- 4 shallots thinly sliced
- 2 tablespoons chopped fresh garlic chives (optional, see notes)
- Extra sliced shallot onion, to serve
- Optional tumeric to taste

1. Select all ingredients
2. Using a food processor process cauliflower florets until very finely chopped
3. Heat coconut oil in a large, deep frying pan over medium heat.
4. Add chilli, ginger and garlic. Cook, stirring, for 2 minutes or until chilli has softened and mixture is fragrant.
5. Add cauliflower and desiccated coconut. Cook, stirring occasionally, for 20 minutes or until cauliflower is tender and light golden.
6. Stir in green onions and chives, if using. Season well with salt and pepper. Serve sprinkled with extra green onion.

Salmon Patties

- 1 fresh piece of salmon, cooked (or large tin Red Alaskan Salmon drained, deboned)
- 1 large piece sweet potato cooked and mashed
- 2 eggs
- 1 garlic clove, minced
- 1/2 onion, minced
- 1 celery rib, minced
- 2 tbsp coconut flour
- 1 tbsp lemon juice
- 2 shallots chopped
- 2 sprigs of parsley
- Salt and pepper, to taste
- 3 tbsp coconut oil
- lemon wedges, to serve

1. Add the cooked salmon to a large mixing bowl. Use a fork to break the salmon apart.
2. Add the onion, celery, shallots, salt, black pepper, and lemon juice and mix.
3. Add the coconut flour, continue mixing until the coconut flour is well incorporated.
4. Add the eggs and mix until everything is well combined .
5. Use your hands to form the mixture into 6 equal patties.
6. Heat the coconut oil in a frypan over medium heat.
7. Add the salmon cakes to the pan 3 a a time. Cook for 3 minutes per side, being careful not to burn.
8. Serve with lemon wedges and salad

Chicken and sweet corn Soup

Prep time 10 mins, cook time: 20 mins

- 2 cloves garlic, peeled
- 1 onion roughly chopped
- small chilli optional
- tbsp extra virgin olive oil
- 500g chicken breast, diced finely
- kernels cut from 4 corn cobs
- 1000g chicken broth or stock
- 1 tsp sesame oil
- 4 tbsp water
- 4 tbsp tapioca flour
- 2 eggs
- 1 tab Braggs Liquid aminos optional

1. Chop garlic, chilli and onion in processor
2. In 4 litre pot add oil, saute for 2mins
3. Add half corn kernels, lightly cook. Blend other half in processor
4. Add to the pot the stock, sesame oil and chicken, cook for around 15mins on simmer
5. Mix together tapioca flour and water in a small bowl until well combined, add to bowl along with eggs and cook for a few more minutes to thicken
6. Alternatively you can add a good handful of Rice noodles or Raw Kelp noodles
7. Serve with sliced shallots
8. Serves 3

5 Ingredient Crock Pot Chilli

Prep time 10 mins, cook time 6 hours
slow-cooker, serves: 8+

- 1-2kg of meat (beef, venison, sausage, bison, ground turkey, etc or a mix)
- 2 onions, finely diced
- 3-4 cans/jars of diced tomatoes
- 400grams of tomato sauce
- Cumin powder and other spices to taste (we use cumin, chilli, pepper, salt, garlic and cilantro, but it is good even without the spices)

1. Dump all ingredients in crock pot (I've even dumped in the meat frozen before)
2. Cook on low 5-6 hours or high 2-3 hours until meat is done and flavours are blended.(or make in 30 minutes on stove top)
3. Enjoy :-)

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Cilantro Lime Basmati Brown

- 2-1/2 cups uncooked basmati brown rice
- 4 cups vegetable broth
- 2 garlic cloves, minced
- 1/4 cup fresh lime juice
- 1-1/2 tablespoons olive oil
- 1/2 to 1 teaspoon Himalayan salt (or more to taste)
- 1-1/2 teaspoons dried oregano
- 1-1/2 teaspoons ground cumin
- 1/2 teaspoon ground white pepper
- 1-1/4 cups fresh cilantro, chopped

1. Add rice and vegetable broth to a large pan; bring to boil over high heat, give it a quick stir, cover and lower heat to lowest simmer setting. Continue to simmer on low for 45 minutes.
2. Remove from heat and let stand covered for 5 minutes, or until any remaining liquid in bottom of pan is absorbed. Fluff with fork.
3. While rice cooks, whisk together the garlic, lime juice, olive oil, salt, oregano, cumin, and pepper. Pour over cooked rice, add the cilantro, and lightly toss with fork until combined. Taste and add salt, if desired.
4. Freezes and reheats well.
5. Rice and broth may be cooked in a rice cooker instead of on stove top.

Sweet Treats

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Lemon Bars

- 320g medjool dates
- 240g almonds
- 200g shredded coconut
- Peel of one lemon
- Juice of one lemon

1. Grind Almonds and lemon peel together in food processor until fine.
2. Add dates and blend.
3. Add remaining ingredients and blend until sticky.
4. Press into lined Lamington tin .
5. Sprinkle with coconut and refrigerate before cutting into squares or bars.
6. Press into lamington tin lined with cling wrap for quick removal
7. Set in fridge for a few hours
8. Cut into 12 bars

Nutfree Bliss Balls

- 200g medjool dates
- 100 g sunnies
- 150g shredded coconut
- Pinch of vanilla powder

1. Grind sunflower seeds and coconut flakes together
2. Add dates and blend until sticky ball
3. Use a small ice cream scoop to measure out balls & roll
4. Coat with Cacao powder, cacao nibs or coconut optional

Quick mix Choc fix

- 2 cups shredded coconut
- 1 cup LSA (or mixture of ground nuts and seeds)
- 1/4 cup cacao powder
- 5 tbsp nut butter
- 4 tbsp honey
- 2 tbsp coconut oil

1. Mix dry ingredients together.
2. Over low heat blend nut butter, honey and coconut oil.
3. Pour into dried ingredients then mix well.
4. Line a 20cm square tin with baking paper.
5. Press into tin and refrigerate.

Protein balls

- 1 cup of Almonds
- 1 cup of cashews
- 1 cup shredded coconut (1/2 extra for rolling)
- 3/4 cup dates
- 3/4 cup raisins
- 3/4 cup apricots
- Juice of 1 orange squeezed

1. Process in food processor until ball forms together.
2. Roll in balls and coat with extra coconut.

Caramel Slice

Base:
» 1 cup almonds
» 1/2 cup walnuts
» 1 cup coconut
» 1 cup dates
» 1/4 cup coconut oil

Filling:
» 1 cup tahini
» 1 cup maple syrup
» 1/2 cup coconut oil
» pinch salt
» 1 tsp vanilla

Topping:
» 50g cacao butter
» 80g coconut oil
» 1/4 cup cacao powder
» 1/2 cup maple syrup

1. Blend base ingredients and press into lined slice tin and freeze.
2. Mix together filling ingredients and spread onto base and put back in freezer.
3. Melt cacao butter and add coconut oil, cacao powder, maple syrup and mix together.
4. Pour over frozen slice and put back in freezer
5. Slice with a hot knife

Carrot bites

» 3/4 cup rolled oats
» 1/2 cup carrots
» 7 fresh medjool dates
» 1/2 cup incaberries (or sultanas)
» 1 tsp cinnamon
» 1/2 tspn vanilla extract
» 1/4 tsp nutmeg

1. Blend oats until fine
2. Add remaining ingredients, pulse until desired consistency, using a little water if needed
3. Roll into balls and refrigerate

Pantry Staples

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Healthy Pantry Staples to Always Have On Hand

Flours:

almond meal, Chickpea flour , coconut flour, buckwheat flour, tapioca flour,

Rolled Oats, Dried beans, Lentils

Dairy Substitutes:

unsweetened nut milk, coconut milk, coconut cream, coconut yogurt

Nuts:

almonds, hazelnuts, macadamias, cashews, walnuts, pecans

Seeds:

pepitas, sunflower seeds, chia seeds, tahini, Quinoa

Fats:

coconut oil, macadamia oil, olive oil, nut butters, grass fed organic butter, ghee

Cacao & Coconut:

cacao powder, cacao nibs, coconut flakes, shredded coconut

Natural Sweetners:

Medjool dates, honey, natvia, Maple syrup, rice malt syrup

Spices:

cinnamon, nutmeg, turmeric, chilli flakes, mixed Italian herbs, cumin

Other Staples To Have On Hand

Gluten free baking powder

Bi carb soda

Himalayan salt

Braggs liquid aminos/coconut aminos

Nutritional yeast flakes

kelp flakes

Eggs

Apple cider vinegar

Dijon mustard

While the most economical approach is to buy in bulk, most ingredients are also available from any health food store or in the health food aisle of your local supermarket