

## Gertrude's Easy Peasy Scrummy Yummy Nutritious Recipes.



- **Includes 48 pages & 40 colourful picture Recipes (Soups, salads, juices, smoothies, mains/snacks and desserts)**
- **Recipes are made using natural ingredients including delightful superfoods.**
- **Health and nutritional benefits of many main ingredients are highlighted throughout.**
- **All recipes are wheat free, Gluten free, dairy free and are GUILT free too.**
- **Almost all are 'added sugar' free and**
- **All are EASY to make!**
- **Includes Life changing healthy tips too!**

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### **ABOUT GERTRUDE LAWLER:**

*(Food Technologist, Health For Life Practitioner, Author & Speaker) plus training in Natural Juice Therapy.*

Gertrude, completely transformed her own long term health issues after years of suffering in frustration. Since then she has dedicated her time, her energy and her passion towards reaching out and helping others empower themselves. Gertrude has set up a full time thriving health clinic in Co. Kildare, Ireland. Since 2005 Gertrude has enhanced clients' lives of all ages by getting to the root of their chronic health problems such as tired-all-of-the-time syndrome, depression, irritable bowel syndrome, pain, severe skin conditions, menstrual problems, migraines, insomnia, acid reflux and much more.

Gertrude is a professional food technologist and spent over 14 years hands on in the food industry managing food safety, health, nutrition, food labelling and hygiene. Gertrude advises clients regarding their overall wellbeing, looking at all areas of the mind and body including food intolerances, nutrition, exercise, stress reduction and lots more. She has set up an online wellness programme called "Start today the healthy way" ... which is an invaluable resource guiding people, through practical steps, to help themselves. *See full details at [www.gertrudelawler.com](http://www.gertrudelawler.com)*

Gertrude has thousands of followers worldwide on Twitter and Facebook, viewing her health tips, strategies, ideas and remedies. Gertrude writes weekly articles and newsletters (*Starting today the healthy way*) and can be seen each week in the THE OPEN DOOR magazine which has over 6,000 readers weekly. Gertrude hosts live retreats and workshops on an on-going basis, check the website for updates on latest events.

Gertrude speaks to local clubs, associations, etc., to help spread the word and educate all as to how they can take responsibility for their own health. Please contact directly for booking.

Website: **[www.gertrudelawler.com](http://www.gertrudelawler.com)** for further details.

## *Welcome to my scrummy yummy recipes!*



Food has always been a huge passion of mine. I grew up on a farm where fresh organic produce was always at hand, from eggs to fruit, veg and some of our own meat. I love cooking with REAL food, (not tearing open a packet and adding water) the smells, flavours and textures are just to die for! Just yesterday it comes to mind the feelings of magic I felt when I was tearing fresh basil leaves to add to a salad. No need for toxic bottle dressings when you have live flavours from herbs.

Over the past few years I have had my own patch out in the garden, it is amazing how much you can grow in just a small space. I encourage you, if you do not already grow something, now is the time to start. There is nothing quite like being able to walk to your garden and pick a bouquet of herbs like parsley, sage, thyme, rosemary and lots more to add to your soups, or a sprig of mint to add to your water or make a fresh tea from it, or picking a beetroot for a juice, all you need is a few feet. Even if you take a few flower pots and fill those with herbs, they really need very little space... but the enjoyment you get from them is endless!

Perhaps you are only cooking for one, or you work very long hours or you have to commute very long distances, whatever you think the reason for you not cooking yourself wholesome fresh highly nutritious meals, is not the reason at all. Everyone can say those things, I feel you have to start seeing and understanding the importance of food and how it is the fuel for your life. What you put into to your body is exactly what you get back out of your body... you put in vital nutrients, you get out vibrant energy, glowing skin and a real zest for life. You put in dead, additive laden, high fat, high salt, high sugar content f.o.o.d ( it's so processed, to be honest it shouldn't even be called food as it is so far removed from its origins) you get out sluggishness, fatigue, moodiness, restlessness, negativity.... You get the picture.

The food you put into your body really can make the difference between life and death. By using the recipes within, it is a great place to start. You now have an amazing opportunity to choose health and vibrancy over fatigue and surviving.

I wish you fun, excitement and endless energy as you taste and make!!!

Health and happiness always,

Gertrude

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## Nutritious Winter Warmer Vegetable Soup:

Homemade Soup is one of my favourite things to eat... as it is so nutritious and highly versatile. You can add whatever vegetables you have in stock. You can also add butternut squash, green beans, broccoli, and cauliflower to vary this recipe below.

### Ingredients:

Finely chop 3 firm sticks of Celery,

Wash and Slice 3 Leeks,

Chop roughly 2 Big Spanish onions,

Wash, peel, slice mixed root vegetables approx. 1lb (e.g. turnip, carrot, parsnip).

Make up 1.5 pints vegetable stock or chicken stock (Use organic, wheat free, lactose free where possible.) or just cover vegetables with water and add fresh herbs 2 bay leaves, or handful fresh thyme, rosemary, parsley, or seaweed such as dulse.

2 cans pulses or beans e.g. Cannellini, butter beans, kidney beans (optional)

2 tablespoons coconut butter or sunflower oil.

Himalayan crystal salt and freshly ground black pepper to taste.



### How To?

In a Large saucepan add the oil/coconut butter and sauté or stir fry the onion and leeks until soft and tender.

Add all of the vegetables, liquid stock and herbs.

Cover & bring to the boil, reduce the heat & allow to simmer for 20mins approx. or until all vegetables are tender.

Add 2 (397g/410g) cans of mixed pulses or beans

Simmer for a further 5 mins.

Liquidise in a blender.

Add freshly chopped parsley to serve.

# HEALTH TIP #1

## Keep Yourself Well Hydrated!



**Ensure to drink at least 1.5 to 2 litres of fresh filtered water daily, you may need more or less depending on your diet, exercise, environment temperature etc also homemade soups, fresh juices and homemade smoothies along with herbal teas all hydrate the body too.**

**Normal tea, coffee, concentrated fruit juices, alcohol, energy drinks...not only dehydrate you they make your body more acidic and more prone to infections, lowered immunity, energy slumps, tiredness, aches, pains, problems sleeping, concentrating and lots more.**



## Rosemary Sage and Butternut Squash Soup:

Cooking up a storm with rosemary, sage, and butternut squash soup! These fragrant herbs are not only delicious but are a simple way of adding value and nutrition on a daily basis to your brain cells.



### Ingredients:

- 1lb deseeded and chopped squash, (you can use ½ and ½ butternut squash to sweet potato if you wish)
- 2 cups of your favourite stock (miso, chicken, vegetable etc)
- 1 tbsp coconut oil
- 2 large onions, chopped
- ½ tbsp seaweed e.g. wakame, dulse, nori or you can readily buy mixtures in your health food store.
- Handful of chopped sage
- 2 tbsp of chopped rosemary or simply add more to meet your own taste.

### How to:

1. Steam the squash for 10 minutes or until tender.
2. Place in a blender, add the stock, and puree until smooth.
3. Heat the coconut oil in a large pan and add chopped onions. Sauté until just tender then add seaweed, sage and rosemary at the last minute.
4. Add the squash mixture and bring to the boil. Simmer for 10 minutes and add remaining sage, black pepper to taste and serve at once.

## Hearty Lentil Soup.

This soup takes a little more planning and preparation but it is well worth it for the awesome flavour. Serve with a wedge of lemon, it goes great with lentils and is alkalising for the body too.

### Ingredients:

200g / 8 oz sprouted lentils of your choice (soak overnight, drain, rinse morning and evening for 1-2 days). Store in fridge.

1 medium onion chopped finely.

2 sticks celery chopped finely.

2 medium carrots diced.

5 medium tomatoes chopped finely.

Fill a saucepan with 1 ½ litres of warm filtered water. Place all the vegetables (not the lentils) in it and bring to a temperature of 42 c / 115.f, stirring occasionally.

### Stock:

2 dessertspoons tamari sauce

2 dessertspoons coconut oil/butter

½ teaspoon Himalayan salt or to taste.

1 dessertspoon mixed herbs

1 teaspoon cumin.

3 cloves garlic minced

300ml / ½ pint filtered water.

Blend all stock ingredients together and add to the vegetables, stirring occasionally while keeping the temperature at 42 c / 115 f.



When vegetables are softened (about 1 hour) add the lentils and cook for a further 30-40mins. Serve and enjoy.

## Swiss Onion Soup.

This lighter version of the traditional French recipe helps you to enjoy a good helping of onions with their wide-ranging health benefits.

This soup is perfect for celebrating that special occasion or entertaining family and friends. You can make it as rich or as plain as you like for everyday or occasional use!

Onions have numerous health benefits as they are anti-inflammatory, rich in vitamin B6, and folate, fibre, potassium, chromium and potassium... all are brilliant at fighting off disease and boosting your immunity.

(The more pungent the onion, the better it is for you !)

### Ingredients:

2 tbsp rapeseed oil/coconut butter

500g (1lb 2 oz) onions, finely sliced

½ clove garlic, crushed

½ tsp brown sugar or pinch of stevia  
(available in health food stores)

1 litre (1¾ pints) meat or vegetable stock

Freshly ground black pepper

Sea-salt or Himalayan crystal salt is best for its high mineral content.

4 slices wholegrain gluten free/ wheat free bread or bread of your choice

25g (1oz) freshly grated Gruyere or parmesan (optional)

150ml (¼ pint) red wine, optional



### How to?

1. In a large, heavy-based pan, heat the oil and add the onions. They should make a thick layer. Stir then cook uncovered over a low heat for about 30 mins. Stir occasionally to prevent sticking and burning.

2. When the onions are golden and translucent, add the garlic and sugar. Meanwhile, bring the stock to the boil in a saucepan. Pour the boiling stock over the onions, stir well and, when bubbling, lower the heat and simmer, covered, for 20-30minutes. Season to taste.

3. Place a piece of bread sprinkled with cheese and parsley in each warmed bowl. Heat the soup and add the wine, if using. Pour the soup over and serve.

## Kale Lentil And Tomato Soup

Kale a fabulous winter food! It is anti-inflammatory and a powerful anti-oxidant and is really a super food as it is so high in vitamin C, vitamin E, beta-carotene, calcium, manganese and potassium. It is powerful in bone building which is so important especially in the winter months when people tend to be less active. Kale can also be washed and juiced in its raw state when it is even healthier for you, however if you fancy something warmer then look no further 😊

### Ingredients:

1 Tbsp rapeseed or coconut oil  
 4 celery stalks, chopped  
 1 small onion, diced small  
 1 garlic clove, grated or crushed  
 8 cups kale, trimmed, cleaned, and rough chopped  
 2 cans (400g size) lentils, rinsed and drained  
 1 can (400g) crushed tomatoes or 4-6 beef tomatoes washed and cut into chunks.  
 4 cups vegetable stock  
 Himalayan salt and cayenne pepper to taste



### How To?

In a large soup pot over medium-high heat, put oil, celery, and onion, and cook, stirring often, until celery and onion starts to soften.

Add the garlic, and cook, stirring constantly, for 1 minute.

Add in the kale and stir until it starts to wilt.

Add the remaining ingredients and season to taste.

Bring stew just to a boil, then quickly reduce heat to low, cover, and simmer slowly for about 15 minutes.

Serve immediately in soup bowls.

## Tomato Lime Garnished Spicy Poblano( Chili) Avocado Soup

Avocados: are rich, creamy and tasty, but they must be ripe. If they are not ripe simply they are inedible. To speed up ripening place in brown paper bag and leave at room temperature. To slow ripening store in fridge. To preserve some for a rainy day, scoop flesh out into a food grade bag, glass container, or parchment paper and freeze, ideal to add to smoothies / juices at a later date. They are high in GOOD monounsaturated fats, irrespective of what weight watchers say! These fats are essential for your brain power, and your metabolism. They are great to prevent lows in moods as they are rich in tryptophan, B6, folic acid which all help to raise the feel good serotonin levels in the body. I eat at least one per day.

### Ingredients:

2 Tbsp finely diced tomato  
 2 Tbsp finely chopped onion  
 2 tsp fresh lime juice & pinch salt  
 4 to 6 ripe avocados, peeled and diced  
 1 tsp lime juice  
 3 cups chopped white onion  
 2 ¼ cups chopped yellow bell pepper  
 ¾ cup chopped poblano chile pepper  
 1 garlic clove, minced  
 2 tsp rapeseed/coconut oil  
 1 cup dry white wine ( optional)  
 2 chicken stock  
 2 tsp ground cumin  
 1 tsp chili powder ( use less depending on flavor you like)  
 Himalayan salt to taste and handful chopped coriander



### How To?

To make garnish, mix together the tomato, green onion, 2 teaspoons lime juice, and a pinch of salt; set aside.

To make soup, dice avocado and mix with 1 teaspoon lime juice; set aside.

In a large pot, put the onion, peppers, garlic, and oil over medium-high heat and cook stirring often until vegetables are softened and lightly browned, about 4 to 5 minutes.

With the pot still on heat, push vegetables aside and pour in the wine, stirring to deglaze the pan, then reduce heat to medium-low and simmer until liquid is reduced by half.

Add the stock, cumin, chili powder and salt; turn heat to low, cover pan, and simmer for 1 hour. Remove from heat and let cool just enough to handle.

Pour the mixture into the food processor, then add the avocados and coriander. Blend until smooth. You can change consistency by adding a bit more stock if you wish.

Serve immediately in big bowls and top with the tomato garnish you made in the first step. If you need to reheat the soup after you puree it, pour it into a large saucepan and put over low heat and heat very slowly; make sure not to boil.

## Slowcook Coconut Milk Mixed Mushroom Soup

### Ingredients:

2 lbs fresh mixed mushrooms (choose a variety)  
 1 cup boiling water  
 1 small onion, finely diced  
 3 garlic cloves, minced  
 ½ Tbsp fresh thyme, rough chopped  
 1 tsp Himalayan salt  
 ½ tsp black pepper  
 1 bay leaf  
 4 cups vegetable broth  
 1 cup coconut milk, natural not sweetened  
 4 Tbsp coconut oil



### How To?

In a heat-resistant glass bowl, put the mushrooms, pour in the boiling, and let steep for 30 minutes. Drain mushrooms through a fine metal mesh colander or sieve, reserving liquid. Put mushrooms on a cutting board and dry with paper towels, then chop up fine; set aside. In a large pan over medium heat, put 1 Tbsp of the coconut oil and heat until melted and hot.

Add the chopped mushrooms and cook until mushrooms brown slightly and liquid evaporates.

Transfer mushrooms to crockpot or casserole dish.

In same pan, add the remaining 3 Tbsp coconut oil and heat over medium heat, then add onions and cook until just softened.

Pour reserved mushroom liquid into pan with onions, and add the garlic, thyme, salt and black pepper, and cook for 1 minute, stirring often.

Transfer this mixture to crockpot/casserole or heavy duty saucepan with mushrooms.

Add bay leaf, broth, and coconut milk to the crockpot, stir.

Cover crockpot, set temperature to as LOW as possible, and cook for 6 to 8 hours.

Uncover, remove the bay leaf, discard, and serve hot in soup mugs.

## Toasted Spiced Rosemary Cashews

Cashews are very high in minerals such as magnesium, copper and phosphorus. They also help you to burn fat as they are rich in monounsaturated fats! They are perfect on their own as a snack or jazz them up in this recipe for something different.

### Ingredients:

1 ½ lbs roasted unsalted cashews  
3 Tbsp chopped fresh rosemary  
½ tsp cayenne pepper  
1 tsp brown sugar  
2 tsp Himalayan sea salt  
1 Tbsp melted coconut butter



### How to?

Preheat oven to 375 degrees.

Evenly spread cashews on an ungreased baking sheet.

Bake in preheated oven for 8 to 10 minutes until just fragrant and warm.

Meanwhile, in a large bowl, combine the rosemary, cayenne, brown sugar, salt, and butter, stirring very well.

When cashews are warm, remove them from the oven and add them immediately to the bowl and toss to coat well.

Serve warm or at room temperature. These are ideal for party nibbles.

## HEALTH TIP #2

**Snack on olives and Use olive oil generously.**



Olive Oil: Very high in good for you monounsaturated fats. Add to dressings, salads, smoothies, dips etc

Pick on olives (black or green) for that perfect pick you up feel good snack. High in fibre, vitamin E and calcium.

**WARNING! Never cook with olive oil it is not heat stable and is damaged at temperatures above 42.c**



## Smoothies

### Raspberry Dream

#### Ingredients:

3 handfuls of fresh raspberries (frozen are a great alternative too)  
 1 tbsp good quality natural yoghurt or soya yoghurt as dairy free option  
 4-5 ice cubes (optional)  
 350ml coconut water (available in health food stores)

#### How To?

Place all the ingredients in the blender and whizz up until smooth.  
 Pour into your favourite glass and enjoy immediately.



### Mango Dream



#### Ingredients:

350ml freshly squeezed orange juice  
 1 small banana  
 3 handfuls of sliced mango (ensure to peel first)  
 ½ passion fruit (scoop out inner contents and discard outer shell)  
 Ice cubes optional

#### How To?

Place all the ingredients in the blender and whizz up until smooth. Pour and enjoy!

## Apricot Delight

Sweet and juicy, Yummy! High in carotenoids,

### Ingredients:

350ml coconut milk  
1 banana sliced  
3-4 handfuls apricots with stones removed  
Ice cubes optional

### How To?

Place all the ingredients in the blender and whizz up until smooth.  
Pour into 2 glasses and enjoy immediately.



## Juices

### Blood Booster:

1 bulb raw beetroot  
1" slice pineapple  
Handful spinach  
1 stick celery  
2 apples  
2" chunk cucumber  
1 ripe avocado  
1 level teaspoon green super food powder of your choice e.g wheatgrass, spirulina

Cut avocado in half, remove stone and scoop flesh into blender. Add green powder.  
Juice all other ingredients then add juice to blender and whizz up into a thick delicious juice.



Beetroot has a very distinctive ruby red hue, wait until you see it come out through your juicer, it just explodes with colour and fades everything else into the background. It is very high in good nitrates (unlike those found in processed meats) so it enriches and cleanses the blood. It helps to detoxify the liver due to its fibre, mineral and vitamin C content. Ideal raw juiced or grated over a healthy green salad. It is great to take before long distance running as it reduces the body need to uptake oxygen and great after exercise to rebuild and restore tissue.

## Electrolyte Restorer:

( Perfect after working out or sweating buckets!) high in sodium and potassium.

2 apples

1 stick celery

3" chunk cucumber

Wash ingredients and pass all through the juicer, enjoy!

## Super healthy Green Juice!

Green foods are super healthy for you as they are rich in chlorophyll which is basically the sun's energy. When you juice large quantities of greens as in the recipes below you are getting a burst of micronutrients delivered directly into your system without the body having to break anything down. Juices replenish your digestive enzyme store as they are pure live food.

### Ingredients:

Large Handful spinach leaves

Handful mixed greens of your choice e.g parsley, mint, kale, alfalfa sprouts, watercress

1cm stem broccoli

3" chunk cucumber

3" chunk courgette

1 celery stalk

1 inch round ripe pineapple, can leave the skin on if your juicer can handle it.

2 golden delicious apples

¼ lime outer skin removed, leave as much of the pith as possible.

### How to?

Pass all ingredients through the juicer. As an extra healthy option, you can add the juice to your blender and add 1 level teaspoon of super greens powder, wheatgrass, chlorella or barley grass. All of these powders enrich your health and enhance the detoxification process. An ideal way to start your day!



## Power Orange croquettes

This powerful burst of colour is not only great for the eyes but of course the heart and every part of the body. These are so easy to make and can also be made in advance and frozen individually between parchment paper to prevent sticking. Powerhouse of pure goodness... enjoy!

### Ingredients:

- 1 cup cooked quinoa
- 2 cups of mashed cooked pumpkin (about 2½ pounds raw) or butternut squash
- 1 cup of whole spelt flour or gluten free flour
- ½ cup of water
- 1 medium onion, chopped
- 1 clove garlic, finely chopped
- ½ tsp ground coriander
- ½ tsp ground black pepper
- ¼ tsp ground allspice
- ¼ tsp ground cumin
- 1 pinch red or cayenne (to taste)
- Pinch of ground Himalayan salt to taste



### How To:

1. Cook fresh pumpkin, cut into eighths, place in a large pot of lightly salted water, cover, and simmer over low heat until tender, about 15 minutes. Drain, cut off the peel, and mash. Gently press in a strainer to remove the excess liquid. If using butternut squash, light coat with sunflower oil and cook in a preheated oven to 180.c for approx. 30 minutes depending on the size of the butternut squash. Check regularly until soft when pierced.
2. Cook quinoa as per directions on pack.
3. When quinoa is slightly cooked add to food processor/blender along with all remaining ingredients. Blend into a soft paste like dough.
4. Add more flour to thicken, if needed. Shape into croquettes (1 inch round, two inches long) or patties about 2-inches in diameter and about ½ inch thick. In a non-stick pan, fry patties, turning once, until they're lightly brown on both sides, about 2 minutes per side.
5. Serve warm or at room temperature with green side salad. Yummy! Perfect for entertaining your friends.

## Veggie And Ginger Beef Stir Fry

If you do not like beef simply replace with chicken, pork or fish of your choice

### Ingredients:

1 tsp soy sauce  
 1 bulb fresh  
 1 tsp fresh grated ginger root  
 1/3 cup water  
 Few tablespoons rapeseed/coconut oil  
 8 oz lean beef, sliced thin  
 1 cup carrot, cut into thin strips  
 1 bell pepper, sliced into thin strips  
 1 small onion, sliced into thin strips  
 2 cups broccoli, small florettes  
 8 oz fresh mushrooms, sliced



Cooked white, brown or wild rice, optional or serve with buckwheat noodles or rice noodles.

### How to?

In a small bowl, put the soy sauce, garlic, ginger, water, and mix together; set-aside.

Heat 1/2 the oil in wok or large frying pan, when hot add beef and stir, cooking quickly; remove beef.

Put remaining oil in wok and add the carrots, cook for 1 minute, stirring, then add the remaining vegetables and cook, stirring often, until vegetables soften slightly.

Pour in the soy sauce mixture you made earlier, stir, reduce heat, and cook for another minute until hot and bubbly.

Remove from heat, add beef back into the mixture, and stir.

Serve over cooked brown rice, wild rice or buckwheat noodles if desired.

Serves 4.

You can omit the rice if you want a lower carb count. Serve instead over a bed of mixed lettuce, spinach, or finely shredded cabbage, or just serve alone.

## Lemony Turkey Cutlet Panfry

Turmeric...Prized for its deep golden colour and healthy properties. It is excellent for protecting against gut and bowel disease, is known to ease pain, stiffness and inflammation. Turkey is a very lean form of protein and is high in tryptophan, which promotes good mood and can help improved sleep levels too!

This recipe is also a great way to use up leftover turkey also.

### Ingredients:

2 turkey cutlets, pounded thin  
 Broccoli florets or other veg you have to hand  
 Butternut squash/sweet potato roasted in chunks  
 2 tsp turmeric  
 1 Tbsp coconut/rapeseed oil  
 2 Tbsp fresh lemon juice  
 ½ fresh lime squeezed  
 1 Tbsp Gluten free Worcestershire sauce  
 1 tsp grated root ginger  
 1 tsp fresh flat-leaf parsley, chopped fine  
 Green salad for serving



Season both sides of turkey cutlets with Turmeric.

Cut up butternut squash or sweet potatoes into rounds/chunks and cook in preheated oven at 180.c for 20 minutes or until perfectly cooked.

Get out a large pan, pour in oil, and put over medium heat;

Place turkey cutlets whole (or I like to cut up into chunks) carefully into hot pan and cook until turkey browns, about 4 to 5 minutes on each side, removing cutlets to a cooling rack covered with paper towels.

Meanwhile, lightly steam the broccoli florets if using until desired tenderness is reached.

In a bowl, whisk together the lemon juice, lime juice, Worcestershire, ginger, and parsley until well blended.

In the pan over medium heat, add this mixture, and stir, blending in the browned bits from the turkey; cook until hot and bubbly. Then add the cooked broccoli and butternut squash, stir gently. Serve on a bed of green salad...

Serves 2.

## HEALTH TIP #3

**Ensure you get plenty of garlic into you!**



Garlic... so good for you as it has many medicinal and therapeutic properties. It helps you to maintain an optimum weight. It is very protective for the body and has numerous cancer fighting properties. It is very high in sulphur which is great at detoxifying the liver too! It provides great taste and flavor to food.

## **QUINOA:**

Pronounced keenwah!

Available at health food stores or good supermarkets. It's an excellent source of protein and is so good for you! It helps strengthen your kidneys, makes you feel warm and comforted and can help clear out a lot of damp of the body from excess starch and sweet stuff or indeed too much cooling foods. It is ideal for those wishing to follow a vegetarian diet or cut down on red meat intake.

Aim to include it into your diet twice weekly.

Quinoa comes in different colours, reddish, brown and whitish, it often comes mixed too with wild rice, chickpeas, brown rice etc so it is delicious all round.

Follow directions on the pack but it usually is 1 part Quinoa to 2 parts water and it only takes 15 to 20 minutes to cook. It's yummy hot or cold.

It's filling, it's a little different tasting at first but you do acquire a taste. I love it as it is so versatile, you can have it for lunch, breakfast or dinner and of course small snacks in between!

### **Warm cereal:**

To have it as a warm cereal, make as directed on packet, add a sprinkle of sea salt , and allow to cook.

When cooked, transfer to your favourite cereal bowl, add a splash of your favourite milk and enjoy!

I have included a few different recipes to give you a good feel for it if you are not already including it in your diet.



## Quinoa Almond Berry Breakfast

### Ingredients:

1 cup almond milk  
 1 cup water  
 1 cup quinoa  
 1 medium orange, zested  
 1/4 tsp cinnamon  
 1 Tsp raw honey or stevia natural sweetener  
 1 ¼ cup fresh blueberries  
 1 ½ cup fresh raspberries  
 chopped almonds for garnish



### How to?

Put the almond milk, water, quinoa, orange zest, cinnamon, and 1 tablespoon honey in a medium sized sauce pan and bring to a boil.

Immediately lower heat to low, cover pan, and simmer until liquid is absorbed, about 13 to 15 minutes.

Remove saucepan from heat and leave covered while it sits for 5 more minutes.

Gently stir in berries and serve in cereal bowls,  
 Garnish with chopped almonds.

Serves 1

## Orange Raisin Quinoa Toss

Ingredients: Serves 1

½ cup quinoa (rinsed)  
 2/3 cup water  
 1/3 cup orange juice  
 1 Tbsp golden raisins or raisins of your choice  
 1 Tbsp chopped walnuts

Put the rinsed quinoa in a medium saucepan and add the water and orange juice, stirring lightly to combine. Bring mixture to a boil, then immediately turn heat to simmer, cover, and cook for 15 minutes, or until liquid is absorbed.

Add the raisins and walnuts and lightly toss.

Serve immediately for breakfast or may refrigerate and serve as a cold salad.



## Classic Quinoa Pilaf

### Ingredients:

¼ cup coconut oil  
1 small onion, diced  
2 sticks celery, diced  
1 carrot, peeled and diced  
½ green bell pepper, diced  
½ red bell pepper, diced  
1 garlic clove, minced or grated  
¼ tsp oregano  
6 cups cooked quinoa  
Himalayan salt and pepper to taste  
1 cup chopped almonds, dry roasted



### How to?

Put oil in large pan over medium heat; add onion, celery, carrot, green pepper, and red pepper, and cook, stirring until vegetables start to soften, but are still somewhat crisp. Stir in garlic and oregano and heat for 1 minute.

Remove pan from heat and stir in the quinoa, mixing well.

Add salt and pepper to taste.

Toss in roasted almonds and serve hot either as a side dish or light main dish.

Note: To roast almonds, put in dry pan over medium heat and toss until lightly browned.

Serves 4-6

## Broccoli Tomato Quinoa Delight.

### Ingredients:

1 cup fresh diced tomatoes or sundried tomatoes  
3 ½ cups vegetable broth, divided  
1 cup finely chopped onion  
3 garlic cloves, grated  
½ cup lemon juice  
1 cup uncooked quinoa  
3 cups small broccoli florets



Optional: chopped cashews and diced green onions for toppings

### How to?

Wash and dice up fresh tomatoes, if using sundried tomatoes place in a heat-proof bowl, cover with hot water, and let sit for 15 minutes; then drain water and chop tomatoes into small pieces and set aside.

In a large pot, put 1/2 cup of the broth and bring to a simmer; add onion and garlic and simmer for 5 minutes.

Add the tomatoes, remaining broth, and lemon juice; bring to a boil.

Reduce heat and stir in quinoa; cover and simmer slowly for 20 minutes.

Uncover and put broccoli into pot mixture, re-cover pot and simmer for another 5 minutes or until broccoli has reached your desired tenderness.

Remove pot from heat and toss ingredients together, fluffing up the quinoa.

Garnish each serving with a sprinkling of cashews and onions if desired.

Enjoy on its own or with a plain green salad.

Serves 2

## Indian Curry Chicken

### Ingredients:

1 Tbsp coconut oil  
 1 small onion, diced  
 1 garlic clove, crushed or grated  
 1 Tbsp curry powder  
 1 tsp ground ginger  
 1 large head cauliflower, cut into small florets  
 1 large tomato/red pepper (optional)  
 1 can (400g size) unsweetened coconut milk  
 ½ cup water or broth  
 1 ½ lbs. cooked chicken, diced



### How to?

In a large heavy pot over medium-low heat, put the oil and diced onion, stirring until onion is translucent.

Stir in the garlic, curry powder, and ginger, and continue cooking just until the garlic gets fragrant.

Add the cauliflower, coconut milk, and water or broth, turn heat down to low, loosely cover the skillet, and simmer until coconut is fork-tender.

Add the chicken to the skillet, stir, taste to tweak seasonings to your liking.

Simmer, uncovered, for another 5 to 10 minutes or until chicken is hot and the liquid has thickened a little and reduces slightly.

Serve hot over rice, if that suits your diet. Otherwise, serve as is in bowls like a thick stew.

Diets can get tedious. This dish is packed with powerful flavors to keep it interesting and to satisfy your hunger.

The coconut milk adds flavor, creaminess and good fats!

Serves 2

## Thai Curry Fish

### Ingredients:

3 Tbsp red curry paste  
¼ cup rice vinegar  
2 Tbsp coconut butter melted  
2 Tbsp chopped fresh coriander  
1 Tbsp Asian fish sauce  
1 1/2 tsp fresh lime juice  
4 filets white fish of your choice  
Himalayan salt and pepper to taste  
oil for frying



### How to?

Preheat the oven to 400 degrees.

In a small bowl, mix together the red curry paste, vinegar, oil, coriander, fish sauce, and lime juice; set aside.

Put an oven-proof pan/casserole over medium-high heat, add enough oil to fry fish. Season the fish filets with salt and pepper to taste, then put in pan/dish when the oil is hot and cook until fish is browned lightly, then flip and cook until second side is browned; this will take about 3 to 4 minutes per side.

Transfer the dish to the oven and bake fish until thoroughly cooked and fish is flaky, about 5-6 minutes depending on thickness of the fish. For the last 2 minutes of cooking pour over the curry sauce to heat through.

Remove the dish from the oven, and serve at once with green salad, bed of rice noodles/wild rice.

Serves 4.

## Spiced Cod With Sweet And Savory Relish

### Ingredients:

2 tsp olive oil  
 1 tsp ground cumin  
 1 tsp paprika  
 4 (4 oz each) cod fillets  
 1 ¼ cups fresh pineapple in own juices  
 (diced or crushed, )  
 ¼ cup diced onion  
 ¼ cup diced plum or Roma tomato  
 1 ½ Tbsp rice vinegar  
 2 tsp chopped fresh cilantro  
 1 fresh lime, juiced



### How to?

In a small bowl, pour the olive oil, cumin, and paprika, stirring to combine well. Brush or rub this mixture over cod fillets, coating evenly; place fish onto grill.

Turn on grill and cook fish until white and flaky, about 6 to 9 minutes. Remove and set aside, keeping warm.

In a bowl, put the relish ingredients (pineapple, onion, tomato, vinegar, coriander, and lime juice) and stir together until blended well.

Spoon this relish mixture over the warm fish and serve immediately.

Serves 4.

## Bean Loaf:

Beans are a great source of fibre. They add bulk to the diet and are high in protein. You should always start off introducing beans slowly into your diet to reduce the initial flatulence some people experience. This loaf is delicious hot or cold. As an option, cut into slices when cool and freeze and use later for a light supper with salad or as a fantastic lunch filler.

### Ingredients :Serves 4.

- 2 tsp sunflower oil
- 1 large or 2 small leeks, washed, trimmed and sliced
- 2.5 cm piece of fresh root ginger, peeled and grated
- ½ teaspoon ground cumin
- ½ teaspoon of ground coriander
- ¼ teaspoon of nutmeg
- 1 white onion, peeled and quartered
- 2 carrots, trimmed, peeled and grated
- 1 garlic clove, peeled and chopped
- 4 tbsp chopped fresh parsley
- 50g sunflower or pumpkin seeds
- 1 dessert spoon oat bran/rice bran or wholegrain flour or brown spelt flour
- 1 tbsp wheat-free vegetable bouillon powder
- 410g can haricot beans, drained and rinsed. Could also use cannelloni or butter beans
- 410g can red kidney beans, drained and rinsed



### How To:

1. Preheat oven to 190C/gas mark 5. Lightly grease a 900g (2lb) loaf tin, and line the base with greaseproof paper.
2. Put the remaining oil and leek in a small saucepan and cook over a low heat for 5 minutes. Add the ginger, cumin and coriander and cook for a further minute. Remove from the heat and allow to cool.
3. Place the onion, carrots, garlic, parsley, sunflower seeds, oat bran, bouillon powder and one of the cans of beans (either will do) in a food processor and blend for 20 seconds until semi- smooth. Transfer into a large bowl and stir in the second can of beans and the leek mixture.
4. Spoon into the prepared tin and bake for 40-45 minutes until golden brown in colour.
5. Turn out the loaf onto a serving plate. Serve either hot or cold with a lightly-dressed green salad.

## Chicken and Peppers

**Serves 4**

### **Ingredients:**

4 (6-oz.) boneless skinless chicken breast fillets  
1 ½ teaspoons dried oregano  
Himalayan salt & freshly ground black pepper  
¼ teaspoon paprika  
1 ½ cups red bell pepper strips  
1 ½ cups green bell pepper strips  
1 tablespoon grated lemon rind  
¼ cup fresh lemon juice  
½ cup low sodium chicken broth



### **How to?**

Sprinkle the chicken with oregano, salt, pepper and paprika.

Heat a large pan coated with a knob of coconut oil over medium-high heat. Add chicken and sauté on one side 3 minutes or until lightly browned. Turn chicken over; top with bell peppers, lemon rind and juice. Cover, reduce heat, and simmer for 30 minutes or until chicken is done.

Remove chicken from pan. Stir chicken broth into pan; bring to a boil while scraping up any browned bits from the bottom of the pan. Serve pepper mixture over chicken.

**SERVING SUGGESTION:** Serve on top of some steamed brown rice or alongside roasted sweet potatoes!



## Tomato Basil Roasted Salmon

Salmon is a great source of protein and good fats. Aim to have wild fish 3 times per where possible, avoid farmed fish whenever you can.

Serves 4

### Ingredients:

2 cups cherry tomatoes  
 1 tablespoon coconut oil, divided  
 Himalayan salt and pepper, to taste  
 4 (4-oz.) salmon fillets (or any other lean fish)  
 2 cloves garlic, pressed  
 1 tablespoon chopped fresh basil leaves  
 1/2 cup low sodium chicken broth)



### How to?

Preheat oven to 180.c.

Place tomatoes in a large baking dish (large enough to eventually accommodate the Salmon fillets in a single layer).

Drizzle tomatoes with half of the coconut oil and sprinkle with salt and pepper to taste; roast until very soft, about 15 to 20 minutes; remove them from the oven and decrease oven temperature to 160.c

Transfer tomatoes to a small bowl, add the garlic and basil and toss to combine; set aside. Season salmon fillets with salt and pepper and drizzle remaining coconut oil on top; place them in the baking dish and pour tomato mixture and wine over the top.

Cover the dish with a lid or if using aluminium foil wrap( ensure it does not come in direct contact with the food) and bake for 12 to 15 minutes or until fish is just cooked through.

## Purple Cabbage Avocado And Apple Salad

### Ingredients:

8 cups very finely shredded purple cabbage  
1 ripe avocado, peeled, pitted, and cut into thin wedges  
1 Granny Smith apple (or other tart green apple)  
1 lemon, juiced  
2 Tbsp olive oil  
2 tsp fresh lemon juice  
1/2 tsp coarse ground mustard  
Large pinch Himalayan salt  
Ground black pepper to taste



### How to?

Put cabbage, avocado, and apple in large bowl and drizzle with the juice from one lemon.

In a separate small bowl, put the remaining ingredients and whisk together briskly until frothy.

Spoon salad onto cold salad plates and drizzle mustard dressing over as desired.

Serve immediately. (The lemon juice will help keep the avocados and apples from browning/oxidising)

Be sure to read the ingredients on the mustard you choose. There are many variations so you need to check that the one you use fits your diet.

This is a very diet friendly recipe for most diets. Nuts can also be added for extra nutrients or crunch again, depending on your diet.

You can substitute white cabbage, or half green and half purple if you wish.

## HEALTH TIP # 4

# Revitalise with the powers of Coconuts!



Coconut water... so good for you. Untreated Coconut water is brilliant at rehydrating the body. When I was in Thailand I had two every day as they are so good at replenishing electrolytes lost during sweat. Brilliant after excessive exercise or upon recuperation from an illness.

Coconut butter is brilliant for cooking with as it is very stable at high temperatures. It makes the ideal moisturizer for your skin and conditioner for your hair.

It is naturally a spf 10.

It adds immense flavour to foods. I could write a book about the benefits of coconut in your diet but for now, start adding coconut milk, coconut water, coconut shreds (to your baking) coconut butter as they are a great source of good fats. Yes technically it is a saturated fat but due to its properties it breaks down very differently in the body as it is a plant fat not an animal fat. Also another myth... it is not fattening!

## Crazy Crunch Salad

### Ingredients:

4 small cucumbers/1 large, scrubbed clean and diced small  
 1 sweet red bell pepper, cleaned and diced small  
 2 green onions, chopped small  
 1 celery stalk, chopped small  
 1 radish, chopped small (optional)  
 Few French beans/cannellini beans (optional)  
 1 Tbsp parsley, chopped fine  
 Large handful nuts of your choice e.g walnuts, peanuts, cashew nuts  
 2 Tbsp olive oil  
 1 Tbsp freshly squeezed lemon or lime  
 1 Tbsp grated sweet onion  
 1 tsp dried oregano  
 1/4 tsp Himalayan salt & black pepper to taste



### How to?

Put all the prepared vegetables in a large bowl and toss together, then add the beans and lightly toss just to combine.

In a small bowl put the remaining ingredients and whisk vigorously until blended well and dressing gets lighter in color and becomes frothy.

Taste for seasoning and adjust if necessary.

Drizzle about half the dressing into the bowl with the vegetables, toss, and add more if desired, tossing again.

Serve immediately or chill slightly (about 20 minutes) before serving if you wish.

If your diet doesn't allow cannellini beans, you can substitute another form of protein such as diced tofu or chicken. This is a very refreshing salad that can take a lot of tweaking.

This makes a nice side dish for a grilled fish, chicken, or other meat dish. You can also serve it as a light supper, lunch, or even a brunch dish or snack at any time of the day.

Use a variety of herbs in the dressing to make this dish different every time you make it. You can also change the beans to others you may prefer.

## Simple Corn, Tomato and Black Bean salad

**Cooking up a storm...**with this delightful salad which is brilliant for helping you to restore your energy levels and keep you going for longer. It is ideal for lunch or you can bulk it up by adding cooked or smoked salmon, prawns or chicken for that extra blast of protein or you can use different beans of no beans indeed. Also it is so easy you can make in advance, just add the dressing when you are ready to serve.

Enjoy!

### Ingredients

Serves 4.

- 4 corn cobs, leaves and fibres removed.
- 250g (8 oz) cherry tomatoes, halved.
- 400g (13 oz) can black beans, drained and rinsed.
- 1 red onion, finely diced.
- 1 avocado, peeled, stoned and diced.
- Small bunch of coriander, roughly chopped.

### Dressing

- Juice of 1 lime.
- 2 tablespoons rapeseed oil.
- 2-3 drops Tabasco sauce.

### How To:

1. Cook the corn cobs in boiling water for 7-10 minutes. Cool briefly under cold running water then scrape off the kernels with a knife. Put the kernels in a large bowl with the tomatoes, black beans, onion and avocado and mix with the coriander.
2. Make the dressing by mixing together the lime juice, oil and Tabasco.
3. Drizzle the dressing over the salad, stir carefully to combine and serve.



## Cauliflower/Celeriac Mash

Cruciferous vegetables offer many health attributes. They really aid in liver cleansing, and while really fresh is high in Vitamin C. cauliflower can be eaten raw with hummus, salsa or other dips.

Celeriac is delicious but is almost a forgotten vegetable as many do not know what to do with it. In this recipe it is delightful and a great way to get another veg in undercover for fussy eaters



### Ingredients:

- 1 small head cauliflower or celeriac, cut into small even sized florets/pieces
- 2 medium potatoes, peeled and cut into small even sized chunks
- 1 small knob coconut butter
- Salt and black pepper to taste
- Enough non-dairy milk to cover e.g rice milk
- 1/4 cup grated Parmesan (optional)
- 1 small garlic clove, grated
- Pinch nutmeg

### How To?

Cut cauliflower into small even sized florets or if using celeriac peel away outer skin and cut into even sized chunks.

Add to saucepan and add enough milk to just cover along with knob of coconut butter and grated garlic. Allow to simmer gently for 15 mins or until soft and tender.

Strain away excess liquid.

Add salt, pepper, nutmeg and parmesan cheese if using. (non dairy parmesan shavings available in health stores too if you want to use).

Perfect served with oven baked salmon, broccoli and a crunchy carrot and white cabbage salad.



## HEALTH TIP #5

Add good detoxifying and antioxidant rich foods into your daily diet. Look at the colour of these foods, the richer the colour the deeper the nutrient content! Keep it simple, just add tonnes of colour to your plate.



This includes foods rich in fibre, antioxidants and sulphur. Some of my top choices include cabbage, broccoli, Brussels sprouts, kale, coriander, parsley, onions, curcumin, green tea/nettle tea and red peppers.

## Tasty bites....

### Pomegranate Seed Cantaloupe Salsa

Pomegranates are super good for you, rich in immune boosting vitamin C, folic acid, beta carotene, fibre and potassium to name but a few! Pomegranate juice on its own is delightful or you can mix it with homemade apple juice. Great for skin, liver and bowel health. Make the most of them while they are in season.

#### Ingredients:

1 lime, zested and juiced  
 2 Tbsp chopped fresh coriander  
 ¼ cup finely chopped onion  
 1 small jalapeno, seeds removed  
 and finely chopped (optional)  
 1 ripe avocado, peeled and diced  
 1 cup diced cantaloupe  
 1 cup pomegranate seeds  
 Himalayan salt to taste



#### How To?

In a glass bowl, add all the ingredients and lightly toss.

Cover with plastic wrap and refrigerate for about 30 minutes.

Lightly toss again before serving.

Serve as a dip with whole-wheat tortilla chips or as a relish with grilled fish or chicken,



## Simple Almond Butter

Almonds are very high in protein and good fats. They make the perfect snack just on their own, you could simply add water instead of oil to the food processor and create your almond milk. This butter is perfect with cut up raw veg or on toasted gluten free / wheat free bread or crackers of your choice.

### Ingredients:

2 cups raw almonds

2 teaspoons of olive oil (more or less for texture)

### How to?

Place the almonds on a baking sheet in a 350 degree oven and roast for 8 to 10 minutes, turning them once or twice during that time. Remove from oven and let cool to room temperature.

Put ½ cup of the almonds in your food processor/blender and pulse to break them up.



You can save a bit of time by chopping the almonds up a little by hand before putting them in the food processor. You can do this on a cutting board with a large knife or by putting the nuts in a ziplock bag and hitting with a rolling pin or sturdy pan. (just be careful of your fingers and your worktop)

Drizzle in a bit of the oil and turn processor on and let it run for a minute, stopping to scrape down the sides a few times.

A ball will begin to form. Stop the processor and use a fork to break the ball apart. Then, start the processor again.

Add more nuts, then more olive oil, and keep repeating the process. Keep drizzling in oil until you get a consistency you like. Also, the longer you process the nuts, the creamy the mixture will get.

Store in a sealed jar in the refrigerator if darkened glass if possible. You can add a little salt or other flavorings if you like.

## Homemade Pasta Sauce

This is easy to make and is much healthier for you than some of the additive laden sauces in the jars.

### Ingredients:

100g / 4 oz sundried tomatoes soaked in filtered water for 2 hours approx).

100g / 4 oz fresh red tomatoes chopped.

100g / 4 oz red peppers chopped.

1 clove of garlic

2 teaspoons dried basil.

1 teaspoon dried oregano.

Pinch cayenne pepper.

½ apple chopped.



### How to:

Chop and place sundried tomatoes in a blender with some of the soak water and blend.

Add all other ingredients and blend. Depending on what consistency you want, add rest of soak water. Place in a bowl ready to use.

This Will keep in refrigerator covered for 2 days.

Add to your favourite pasta, I always recommend wheat-free, gluten free options, There is such a wide choice available now, experiment and see which you like best.

## The Healthiest Hummus

### Ingredients:

1ozs Chick peas or navy beans  
 2 chopped garlic cloves  
 ¼ cup fresh lemon juice  
 2 Tablespoons roasted tahini (which has a richer flavour than raw tahini)  
 2 teaspoons ground cumin  
 2 Tablespoons extra virgin olive oil  
 Salt and pepper



### How to:

Rinse and drain the beans, and place them in a food processor. Add the chopped garlic cloves, and pulse until the beans are coarsely chopped, about 30 seconds. Add fresh lemon juice, roasted tahini and ground cumin, and whirl to a purée. (If there is oil floating on top of the tahini, stir until it is blended in and the tahini resembles creamy nut butter.)

While the motor runs, drizzle the extra virgin olive oil through the feeder tube. Season the hummus to taste with salt and pepper. Hummus tastes best if allowed to sit at room temperature for 30 minutes or when refrigerated up to 24 hours before serving to allow the flavours to enhance. This recipe makes 1½ cups or 6 servings.

For some delicious variety, you can add one large red bell pepper, roasted, peeled, seeded and chopped...½ cup chopped scallion or chopped flat-leaf parsley with a small jalapeno, seeded and chopped (optional)

## *Desserts / Special Treats!*

### **Cranberry Fruit Cake:**

Cranberries are little bullets of infection fighting fruits. They are rich source of fibre, phosphorous, manganese, fibre and vitamin K, all vitality essential for strong inner linings of digestive tract and urinary system...A healthy alternative to bring to a party or have for unexpected visitors...they will love it!

#### **Ingredients**

50g dried apricots

100g of pitted prunes

200ml of water

2 tbsp of freshly squeezed orange juice or optional whiskey if you want to go mad ☺

75g of butter or dairy free butter (soya or sunflower based)

2 tbsp manuka honey

3 free range eggs beaten

Zest and juice of 1 lemon

225g mix of organic sultanas, currants and raisins

250g of fresh cranberries

50g pumpkin seeds

225g of plain wholemeal or white spelt flour or gluten free flour.

2 tsp of baking powder (gluten free option available on health food stores) increase by 1 more tsp if using gluten free or spelt flour.

1.5 tsp of mixed spice.

A little rapeseed oil or coconut butter to grease the tin.



#### **How to?**

1. In a small saucepan bring the apricots and prunes to the boil in the water. Cover, reduce heat and let them simmer for 20 minutes or until soft.

2. Preheat the oven to 180.c/350.f/gas 4. Lightly grease a 18cm/7" square or 8" round tin.

3. In a food processor or blender, puree the fruit mixture until smooth, adding the orange juice or whiskey.

4. Transfer to a large mixing bowl. Add the butter, honey, eggs, lemon zest and juice, vine fruits, cranberries and pumpkin seeds and mix well together.

5. Sift in the flour, baking powder and all spice.

6. Spoon the mixture into the tin, smoothing the top. Bake on the centre shelf of the oven for 30 minutes, then reduce the heat to 160.c/325.f/gas 3 for 1-1.5hrs or until a skewer inserted into the centre comes out clean.

7. Cool the cake in the tin for 10 minutes, then invert it onto a wire rack. Cut into slices and serve. Store in a cool place. It will keep fresh for 3 weeks.

## Lemon and Caraway seed cake:

A healthy comfort: While surviving busy holiday periods and because we are on the go maybe a lot more, comfort is something we all like or that little treat. What better way to do it than have a comforting slice of this gluten-free cake, instead of highly processed snacks while on the go. This cake can be made in advance, cut into slices and frozen, allow to defrost at room temperature until thawed before consuming. Be prepared, bring a slice with you. Eat no more than one slice per day as part of a well-balanced nutritional diet. Caraway seeds always remind me of my grandma, they were her favourite!



### Ingredients:

- 450g PURE Dairy free butter or unsalted butter, softened
- 450g caster sugar ( alternatively you can use a mixture of maple syrup or stevia for sweetness)
- 450g ground almonds
- 2 tsp vanilla extract
- 6 eggs
- 2 tblsp caraway seeds
- Grated zest of 4 lemons
- Juice of 1 lemon
- 225g polenta (available in good health food stores) polenta is actually cornmeal and bright lemon yellow in colour
- 1 tsp baking powder
- 1/2 tsp finely ground sea-salt
- Gluten-free flour for dusting

### How To:

1. Pre-heat the oven to 160C/300F/Gas 3. Butter and flour a 30 cm (12 in) round cake tin.
2. Using an electric mixer, beat the butter and sugar together until pale and light.
3. Stir in the ground almonds and vanilla.
4. Beat in the eggs, one at a time.
5. Fold in the caraway seeds, lemon zest and juice, polenta, baking powder and salt.
6. Spoon into the prepared tin and bake for about 50 minutes or until set. The cake will be brown on top.

## Fresh Fruit Salad

Always eat fruit on its own and never after a big heavy meal with high meat content. Fruit is filled with an abundance of enzymes, vitamins, minerals and are very hydrating too. They break down in the body very quickly providing you with the necessary nutrients and therefore will stuck behind slow releasing protein if you eat them after a main meal.

A fruit salad is so versatile you can add any fruits or berries you have to hand.

### Ingredients:

Sprigs of mint

1 kiwi

½ cup fresh pineapple, cut up

1 cup melons of your choice e.g. watermelon, cantaloupe, honeydew

Elderflower water/syrup... optional

Wash fruit well, peel , cut and prepare to your liking, (small dices, larger chunks or slices.)  
Chop up mint and mix through.

You can eat on its own or make it more juicy by adding a spoon or two of elderflower water or syrup. To make your own syrup simply add a ½ teaspoon maple syrup with the elderflower water and pour over.

Eat immediately.



## Cinnamon poached fruit.

Cooking up a storm...home cooking is always best when you are looking to maintain your blood sugar levels as you know exactly what you put in and how much!

**Cinnamon** is a powerful spice, which is great at revitalizing your mind. It improves cognitive ability, sharpens your thinking and helps balance against mood swings. You can use cinnamon sticks or ground cinnamon also, over your porridge, in your yoghurts, added to bread, pastries, or during baking.



Here is a lovely recipe and a beautiful treat, where you know you will not spike your blood sugar levels...although you are eating something sweet. 😊

### Ingredients

Serves 4.

- Zest and juice of ½ lemon
- Zest and juice of ½ orange
- ½ cup white wine (optional)
- 2 tbsp cinnamon
- 4 pears, cored and chopped
- 12-14 apricots , stoned and chopped if in season if not you could use rhubarb, mango, strawberries, figs, which poach really good too.
- You can also use half fresh fruit, half dried if you prefer. If using dried fruit ensure it is not coated in sweeteners or sugar as the majority of it is.

### How to:

1. Place the lemon and orange juice, zest, wine (if using) and cinnamon into a large saucepan and bring to the boil.
2. Add the fruit and return to the boil.
3. Reduce the heat and simmer for 2 minutes.
4. Leave to stand for at least 10 minutes.
5. Serve with your favourite natural yoghurt, dairy-free yoghurt/ice-cream, or simply have on its own with a handful of finely chopped almonds or seeds sprinkled on top.

## Delicious Plums baked in red wine and cranberry sauce.

This is a nutritious warm treat...and ideal if you have guests over and you would like to do something different from the usual cakes, biscuits and sweets.



### Ingredients.. Serves 4

- 50g/2oz unsalted butter or dairy free butter
- 8 plump red plums, halved and stoned
- 450ml mixed red wine and cranberry juice ...depending on your taste mix this accordingly...some of the red wine flavour will be lost upon cooking. I recommend 200/250ml split...it's up to you.
- 4 large sprigs of mint finely chopped
- 3 tablespoons agave syrup (fructose sugar) or stevia or you can use 3 tablespoons brown castor sugar( I prefer not to use sugar, its ok every now again, you can decide depending on how much sugar you already have in your diet on a daily basis)

Both stevia, agave syrup are available in health food shops or ask your local shop for a similar brand as there are several now.

### How to:

Preheat the oven to 180.c/350.f/gas mark 4

Rub the bottom of a shallow baking dish or casserole with half the butter, sprinkle with half the sugar or drizzle half the syrup and lay the plums on top with the cut side facing downwards.

Pour over the wine and cranberry juice and sprinkle with the mint.

Dot the rest of the butter on top and add the remaining sugar.

Bake for 20 minutes until the plums are tender but not too mushy and the juices have caramelised.

Enjoy!



## **Special Invitation! I invite you to join my “Starting Today The Healthy Way Programme... Helping You Live Life To The Full.”**

**This programme is for anyone who is interested in improving their health and maintaining good health long term. It is important to know and understand you always have a choice about what you do every day for your health and wellness. I felt when I did not get the answers I needed from conventional medicine, I had to find answers for myself elsewhere. Now, I realise the more I know, and the more things I do for myself the better I feel and the more people I can help. So today decide for yourself, do you want to learn things for yourself, educate yourself or spend years medicating yourself and most likely still feel no better?**

**If you decide to educate yourself then you are in the right place!**

Imagine you are walking into a library, only this is a library with a difference. It is online and I have filled it with love and energy, motivational exercises, healthy snack ideas, a self-assessment questionnaire, videos, self-care techniques, exercise steps, self-help action steps to help you with everyday chronic problems like constipation, digestive upsets, headaches, poor sleep, low energy and lots lots more.

**Everyday people ask me questions like...**

**What should I eat?**

**How can I motivate myself, I have no energy?**

**What can I do to relax?**

**What can I cook for a healthy tasty meal?**

**What exercise should I be taking?**

**What can I eat instead of wheat, dairy etc.?**

**In my starting today the healthy way library you will find the answers to all of the above plus much more wellness info!**

**My policy is to always help you to help yourself. When we know what to do for ourselves we can just get on with it, do it and live our life to the full. This is why I have spent many months writing and preparing this full programme and library so you can access it online ANYTIME you need a little encouragement, inspiration, an idea for something to cook, a recommendation on some self-care exercises and so on.**

**It is an online library filled with an abundance of common sense, everyday practical steps you can take to make a positive difference in your life.**

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