



The C Word Pantry Clean Out

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Greetings,

What strange times we find ourselves in!

I wanted to do my bit to help and simplify one aspect of this new lifestyle many of us find ourselves in, as a Nutritionist a collection of healthy whole food recipes is my way of sharing the love. I just admit, this is quite different from my usual meal plans & recipe books. It has been designed to accommodate for the current supermarket supply shortage we are all experiencing. It contains whole foods meals that promote good health & immunity while also using dry goods from the pantry and cheap cuts of meat with plenty of vegetarian options.

This is a great opportunity to use all those herbs & spices (which are amazing for your gut health BTW). Is it just me or do you have at least five jars of Indian, Thai & Jamaican curry paste at the bottom of your fridge door? Let's use them up and get creative!

All of these recipes have been designed to be very flexible depending on what you have at home. Substitute fruit, vegetables etc as necessary and use as many fresh ingredients as you can get your hands on. I think we'll all be growing our own herbs and basic food by next year!

I've tried my best to include recipes containing common pantry items, ain't nothing fancy in here. But of course, everyone has different ideas of 'common items' email me if you need help substituting something and we can brainstorm it together.

Now that the weather is cooling down soups & stews are a great option as they will allow you to use up your stores of things like rice, quinoa, tins of beans and dry legumes. Cheap, usually tough cuts of meat can be tender & delicious if slow cooked. Soups & stews are really filling as you can add lots of legumes and veg to bulk them out. Make big batches and use leftovers for lunches.

A few more tips for using what you have:

Don't throw out the bones from any meat, simmer them in water for 12-24 hours to extract the minerals and use this stock or broth as a base for your soups. Minerals are not affected by heat or cooking. This goes for vegetables scraps too, save them and simmer to make tasty vegetable stock.

Freeze or cook any fresh fruit & veg you can't use or that is turning. Freeze suitable fruit & veg for smoothies, make tomato paste out of leftover tomatoes, chuck veg scraps in a bag in the freezer to make vegetable stock. This can also be handy for soups, ie frozen spinach and grated zucchini can be thrown into soup.

Don't waste anything!

I have included a couple of smoothie recipes but here is a rough guide to creating your own from ingredients at home. They are a quick and easy way to use up ingredients and get veggies into kiddos:

1. 1 cup of liquid, be it water, milk, nut milk.
2. 1/4 - 1/2 cup of yoghurt or kefir
3. 1 serves of fruit ie, banana, kiwi x 2, 1/2 cup berries and papaya all work well
4. 1-2 serves of vegetables such as beetroot, frozen cauliflower (don't knock it until you try it!), spinach, avocado, cucumber, steamed and cooled pumpkin, kale, chard etc
5. 1 tbs nuts or seeds, flax is my first choice but you can also use any nuts or nut butter, pepita, sunflower, hemp or chia.
6. A nutrient boost (if you have them in the pantry already) cinnamon, maca, cocoa, baobab, spices or greens powders.
7. Sweetener if desired, 1-2 tsp honey or maple syrup
8. You can add either a few ice cubes or ensure your fruit or vegetables are frozen. I keep raw banana, zucchini & cauliflower in my freezer for this purpose.

In the simplest terms a daily healthy balanced diet includes:

- A rainbow of colourful vegetable, preferably 1/2-3/4 of a plate of vegetables with all three meals but at least lunch & dinner.
- 1-2 serves of fresh fruit
- 0.8gm of protein per kg of body weight.
For your reference 100gm of chicken breast is around 30gm of protein and an egg is 6gm.
- Complex Carbohydrates like starchy root vegetables, wholegrains and pseudo-grains like spelt, quinoa, buckwheat, khorasan, basmati & wild rice but don't rely on these foods too much and the grains don't need to be consumed everyday unless you're an active kid. At the moment this may be necessary though depending on food availability.
- Nourishing fats daily including Omega 3's.
3 serves of fish per week with flax, hemp, walnuts, eggs and almonds. It isn't hard to get enough nourishing fats if you add extra virgin olive oil or grass fed butter to your meals and have plenty of nuts & seeds throughout the week.

For those of you that are GF you might be finding it very difficult to find supplies, especially bread. I have included a coconut chive flatbread that is made for ingredients that are unlikely to sell out. They look daunting but they are actually really easy and make for a delicious lunch time wrap. There are a couple of other recipes for loaves and bread in there too.

I have included my granola recipe, now is a great time to JERF (just eat real food). Try making this granola with the contents of your pantry (it's a super flexible recipe, you cannot go wrong really) and who knows maybe you won't go back to Kellogg's when this is all over?

Eggs for breakfast. You can't go wrong with eggs, just add any vegetables you have on hand for a quick fry up. They'll keep you full and it's a cheap meal with plenty of protein straight up at the beginning of your day.

Most of the recipes are for two people. The Butter Chicken recipe as well as some others are bulk recipes. Freeze or use as leftovers.

Try and make extras of things like rice, quinoa, roast vegetables and cooked meat. You can use them the next day. Fried rice is a quick & easy lunch with leftovers from the night before and some fresh or frozen vegetables. The kids will love it and the resistant starch from cooked & cooled rice is good for their gut health.

Other kids snacks include freshly popped popcorn, fresh fruit and the pantry cookies (check them out they are a staple in our household!).

Email me if you have any questions or if you want to work with me to support your health. Go to my website to find my recent vlog on 8 things to support your immune health if you want to find more information on how Nutritional Medicine can help you through this time.

Tessa x

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P.S. For my IBS and fructose peeps, do what you usually do. Substitute onion and garlic, be very careful of too many legumes, fruit and avoid your personal triggers. You can use these instead:

The green parts only on spring onion

Garlic infused olive oil

Onion infused olive oil

Asafoetida herb

P.P.S. If you want to thank me I would love a kind word on my Facebook review page, as a small business owner during trying times that would be super helpful.

Apple Cinnamon Porridge

1 SERVING 15 MINUTES



INGREDIENTS

1/3 cup Oats (quick or rolled)
1 cup Unsweetened Almond Milk
1 Apple (small, peeled and finely chopped)
1 tsp Cinnamon
1 tbsp Maple Syrup
1 tbsp Almond Butter (optional)

DIRECTIONS

- 01 Add the oats, almond milk, apple and cinnamon to a medium-sized pot. Bring to a gentle boil over medium heat and cook for 8 to 10 minutes, or until apples are tender. Stir frequently.
- 02 When apples are tender and porridge has thickened remove from heat and stir in maple syrup. Transfer to a bowl and top with almond butter. Enjoy!

NOTES

MEAL PREP

This porridge can be made ahead of time and stored in the fridge. Reheat in the microwave or on the stovetop with a splash of almond milk.

GLUTEN-FREE

Use gluten-free certified oats if needed.

APPLE

A tart apple like a Granny Smith or Macintosh works best for this recipe.

Zucchini, Mushroom & Egg Breakfast

1 SERVING 20 MINUTES



INGREDIENTS

1/2 tsp Avocado Oil
1/2 Zucchini (medium, sliced)
6 White Button Mushrooms (sliced)
2 Egg
1/2 cup Arugula
1/2 tsp Lemon Juice
1/8 tsp Sea Salt

DIRECTIONS

- 01 Heat a skillet over medium heat and add the avocado oil, zucchini and mushrooms. Cook for 6 to 8 minutes. Remove and set aside on a plate.
- 02 Using the same pan over medium heat, crack the eggs into the pan. Cook until the whites are set and the yolks are cooked to your liking. Add to the same plate.
- 03 Add the arugula to the plate and drizzle with lemon juice. Season the eggs and vegetables with sea salt. Enjoy!

NOTES

LEFTOVERS

Refrigerate leftover vegetables in an airtight container for up to three days. Eggs are best enjoyed immediately.

MORE FLAVOR

Season the vegetables with chili flakes, cayenne, onion powder or garlic.

MAKE IT VEGAN

Omit the eggs and make a tofu scramble instead.

Pear Spice Overnight Oats DF

1 SERVING 8 HOURS



INGREDIENTS

1/2 cup Plain Kefir (or coconut yoghurt or nut milk)
1/4 cup Water
1/2 cup Oats (rolled)
1 1/2 tsps Raw Honey
1/4 tsp Cinnamon
1/4 tsp Ground Allspice
1 1/2 tsps Chia Seeds
1 Pear (sliced and divided)
1 tbsp Tahini

DIRECTIONS

- 01 In a large bowl, combine the kefir, water, oats, honey, cinnamon, allspice, chia and half of the sliced pear. Cover and refrigerate overnight.
- 02 In the morning, divide into bowls or individual containers and top with tahini and the remaining pears. Enjoy!

NOTES

STORAGE

Refrigerate in airtight containers up to 3 days.

MORE TOPPINGS

Add your favourite toppings such as walnuts, pecans, nutmeg, hemp seeds, ground flax, sesame seeds, pumpkin seeds or shredded coconut.

DAIRY-FREE

Use coconut milk kefir or any alternative milk instead.

NO PEARS

Use apples instead.

Scrambled Eggs with Peppers and Kale

2 SERVINGS 15 MINUTES



INGREDIENTS

1 1/2 tsps Extra Virgin Olive Oil
1 Red Bell Pepper (sliced)
2 cups Kale Leaves (chopped)
6 Egg
Sea Salt & Black Pepper (to taste)

DIRECTIONS

- 01 Heat the olive oil in a skillet over medium heat. Add the red bell pepper and kale leaves and saute until softened, about 5 to 7 minutes.
- 02 While the veggies are cooking, crack the eggs into a bowl and season with salt and pepper. Beat gently with a fork until well combined.
- 03 Push the veggies to one side of the pan, and pour the beaten eggs into the empty side. Use a spatula to scramble, slowly incorporating the veggies once the eggs are no longer very wet.
- 04 Divide between plates and enjoy!

NOTES

MORE CARBS

Serve with toast, roasted potatoes, or sweet potatoes.

EGG-FREE

Use mashed tofu instead of eggs.

Spiced Granola

12 SERVINGS 50 MINUTES



INGREDIENTS

200 grams Rolled Oats (Or Raw Buckwheat If Gluten Free)
200 grams Raw Almonds (Roughly chopped)
200 grams Pumpkin Seeds
1 Navel Orange (Zest & juice)
1 tsp Ground Cinnamon
1/4 tsp Ground Cloves
1 tsp Vanilla Bean Paste
1/2 tsp Cardamom Ground
2 tbsps Raw Honey (Or Maple Syrup)
1 cup Unsweetened Coconut Flakes

DIRECTIONS

- 01 Preheat the oven to 120°C (250°F).
- 02 Combine oats or buckwheat if using, almonds, pumpkin seed, cinnamon and orange zest.
- 03 Warm the honey, vanilla and juice of the orange until a pouring consistency is achieved, stir to combine.
- 04 Pour the wet ingredients into the dry ingredients and mix through well until wet mixture coats the dry.
- 05 Line 2 large baking trays with baking paper.
- 06 Divide the granola onto the trays and spread the mix out very thinly and evenly over one layer. (don't be tempted to pile the granola very thick as it will not toast evenly and get soggy underneath)
- 07 Toast the muesli for about 1 hour or until the grains and nuts get a lovely golden colour. Make sure not to overcook and burn them, best to check the muesli during the toasting time and give it a light mix.
- 08 Store in a sealed container and enjoy.

NOTES

FRUCTOSE FRIENDLY?

Ensure you substitute honey for maple syrup

GLUTEN FREE?

Use buckwheat instead of oats or ensure you have purchased gluten free oats. I like to use 50/50 oats & buckwheat

ADD SOME TEXTURE

Add a bag of quinoa flakes, puffed rice or puffed quinoa after granola has cooled.

SWEETER?

Add a cup of organic preservative free dried fruits sultanas, cranberries or chopped figs or apricots (not suitable for fodmap-pers).

GUT LOVING

Spices like cinnamon, cloves & cardamon are all rich in polyphenol antioxidants and a great food source for beneficial bacteria in your gut.

Orange Immunity Booster Smoothie

2 SERVINGS 10 MINUTES



INGREDIENTS

- 1 cup Pureed Pumpkin
- 1 Banana (frozen)
- 1/2 tsp Turmeric
- 1/4 tsp Cinnamon
- 1 1/2 tsps Ginger
- 1 tbsp Ground Flax Seed
- 3/4 cup Unsweetened Almond Milk
- 2 Navel Orange (peeled and sectioned)
- 1 tbsp Maple Syrup

DIRECTIONS

01 Throw all ingredients into your blender and blend very well until creamy. Pour into glasses and enjoy!

NOTES

NO PUREED PUMPKIN

Use steamed sweet potato instead.

MORE PROTEIN

Add protein powder, hemp seeds or nut butter.

NO MAPLE SYRUP

Sweeten with raw honey or soaked dates instead.

Tropical Ginger Smoothie

2 SERVINGS 10 MINUTES



INGREDIENTS

1 1/2 cups Pineapple (diced)
2 tbsps Ground Flax Seed
1 tbsp Ginger (peeled and grated)
4 cups Baby Spinach
1 cup Water
8 Ice Cubes
1/2 cup Blueberries

DIRECTIONS

- 01 Throw all ingredients EXCEPT blueberries into the blender. Blend for a minute or until smooth.
- 02 Pour 3/4 of the mix into a glass (or a mason jar if you are on-the-go), leaving some space at the top.
- 03 Add blueberries to leftover mix and blend again for about 30 seconds. Spoon the blueberry mix on top of the green mix. Enjoy!

Lemon Ginger Tea

2 SERVINGS 10 MINUTES



INGREDIENTS

2 1/2 cups Water
3 tbsps Ginger (peeled, sliced)
1/2 Lemon

DIRECTIONS

- 01 Add the water and ginger slices to a small pot and bring to a boil. Lower the heat and let it simmer for about 5 minutes, or longer if you prefer a spicier drink.
- 02 Squeeze the lemon juice into the ginger tea and garnish with any the slices or rind (optional). Divide into mugs and enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to five days. Reheat or enjoy cold.

SERVING SIZE

One serving equals approximately 2 cups.

MORE FLAVOR

Add mint leaves, honey or your sweetener of choice.

ENJOY IT COLD

Add ice cubes.

Tummy Tea

1 SERVING 6 MINUTES



INGREDIENTS

- 1 Peppermint Tea Bag (or Green Tea bag)
- 1 tbsp Ginger (Freshly grated or thinly sliced)
- 1 tbsp Lemon Juice
- 1 tsp Apple Cider Vinegar
- 375 milliliters Boiling Water
- 1/2 tsp Raw Honey

DIRECTIONS

- 01 Add ginger, lemon juice, tea bag & apple cider vinegar to a large mug and pour boiling water over the top.
- 02 Steep for 3 minutes and then remove the peppermint or green teabag.
- 03 Stir in honey and enjoy!

NOTES

HISTAMINE SENSITIVE?

Some people don't tolerate apple cider vinegar. That's ok, just omit.

EXTRA KICK?

Add a dash (or two) of cayenne pepper to spice things up. Spicy foods can trigger some IBS sufferers so take it easy.

FRUCTOSE MALABSORPTION

Replace honey with maple syrup or just omit.

BATCH

Make a double or triple batch and sip throughout the day. You can reheat on the stove or chill in summer.

ALL ROUNDER

This tea is great for pre and post digestion. It will stimulate stomach acid & bile, improving digestion, and act as a soothing de-bloating drink after meals too.

Spinach Salad with Tuna & Egg

2 SERVINGS 10 MINUTES



INGREDIENTS

2 Egg
2 tbsps Extra Virgin Olive Oil
1 tbsp Lemon Juice
5 cups Baby Spinach
1 can Tuna (flaked and drained)
1/2 cup Pitted Kalamata Olives
1/8 tsp Sea Salt

DIRECTIONS

- 01 Bring a pot of water to a boil. Once boiling, reduce the heat slightly and add the eggs. Cook for 7 minutes for a soft boiled egg. Once the eggs are done, add them to a bowl of ice water.
- 02 In a small bowl, whisk together the extra virgin olive oil and lemon juice to create the dressing.
- 03 Add the spinach to a plate and top with tuna, olives and the egg. Drizzle with the dressing and season with sea salt. Serve and enjoy!

NOTES

LEFTOVERS

Refrigerate the salad and dressing in separate airtight containers for up to two days. If you're using the egg later, you may wish to cook it hard-boiled.

NO BABY SPINACH

Use arugula or mixed greens instead.

MORE FLAVOR

Mix mayonnaise with the tuna.

ADDITIONAL TOPPINGS

Add sliced avocado, cherry tomatoes or cucumber to the salad.

NO OLIVES

Omit or use sun-dried tomatoes instead.

Taco Salad with Beef

2 SERVINGS 25 MINUTES



INGREDIENTS

227 grams Extra Lean Ground Beef
1 tbsp Chili Powder
1 1/2 tsps Cumin
1/4 tsp Sea Salt
1/2 cup Cherry Tomatoes (chopped)
1/2 Jalapeno Pepper (chopped)
1 stalk Green Onion (chopped)
1 1/2 tsps Lime Juice (divided)
1 head Romaine Hearts (chopped)
1 tbsp Extra Virgin Olive Oil
1 Avocado (sliced)

DIRECTIONS

- 01 In a pan over medium-high heat, brown the beef. Break the meat into very small pieces with a spatula and cook until no longer pink, about 5 minutes. Drain any excess drippings, but keep the beef in the pan.
- 02 Add the chili powder, cumin, salt, tomatoes, jalapeno and green onion to the beef. Stir to combine. Cook for another 5 minutes until tomatoes are very soft. Remove from heat and stir in half of the lime juice. Season with additional salt if needed.
- 03 In a large mixing bowl toss the chopped romaine lettuce with olive oil and remaining lime juice.
- 04 To assemble the salad, divide lettuce between plates and top evenly with beef and avocado. Serve immediately and enjoy.

NOTES

STORAGE

Refrigerate beef and lettuce separately in airtight containers for up to 3 days. Assemble salad just before serving.

MORE FLAVOR

Top salad with additional tomatoes, sliced jalapenos, green onions, salsa, cilantro, lime juice or hot sauce.

MAKE IT VEGAN

Use black beans instead of ground beef.

Honey Garlic Chicken Wings

2 SERVINGS 50 MINUTES



INGREDIENTS

454 grams Chicken Wings
1 tsp Baking Powder
1/2 tsp Avocado Oil
1 tbsp Tamari
1 Garlic (cloves, minced)
1/2 tsp Ginger (minced)
1 tbsp Raw Honey
1/4 tsp Sesame Oil
1 tsp Sesame Seeds

DIRECTIONS

- 01 Preheat the oven to 400F (204°C) and line a baking sheet with parchment paper.
- 02 In a large bowl, add the chicken wings, baking powder and avocado oil. Mix until the wings are coated. Spread the wings out on the baking sheet evenly and bake for 35 to 40 minutes.
- 03 In a small saucepan over medium-low heat add the tamari, garlic and ginger. Sauté for 1 to 2 minutes, then add the honey and heat over low heat until the sauce reduces slightly, approximately 3 to 4 minutes. Remove from the heat and add the sesame oil.
- 04 In a large bowl, toss the chicken wings with the sauce to coat. Garnish with sesame seeds. Serve and enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days. For best results, reheat in the oven at 350F (177°C) for 8 to 10 minutes.

SERVING SIZE

One serving is equal to approximately seven chicken wings. Serve with additional sides to make it a full meal.

MORE FLAVOR

Add some chili flakes for spice.

ADDITIONAL TOPPINGS

Add sliced green onions on top.

Coconut Chive Flatbread

4 SERVINGS 15 MINUTES



INGREDIENTS

1/2 cup Coconut Flour
2 tbsps Psyllium Husk Powder
1/4 cup Dried Chives
1/4 tsp Baking Soda
1/2 tsp Sea Salt
1 tbsp Extra Virgin Olive Oil (plus extra for greasing)
1 cup Water (warm)

DIRECTIONS

- 01 In a mixing bowl, combine the flour, psyllium husk, dried chives, baking soda and salt.
- 02 Add the oil and water. Knead with your hands and form a ball. The texture should be soft and elastic, but not sticky. If the dough is too wet, add more psyllium husk. If it is too dry, add water.
- 03 Cut the dough into the according number of recipe servings. Roll into balls.
- 04 Place one dough ball between two sheets of parchment paper and use a rolling pin to roll it out evenly to approximately 8 inches wide. Repeat until the remaining balls of dough are shaped.
- 05 Very lightly grease a cast iron or non-stick pan and place over medium-high heat. Cook for 2 to 3 minutes. Flip and cook for another 1 to 2 minutes. Grease the pan as needed and repeat until all servings are cooked. Enjoy!

NOTES

LEFTOVERS

Stack between layers of parchment paper and refrigerate in an airtight container or storage bag for up to five days. Freeze for up to one month. Reheat on a pan or in the oven for best results.

SERVING SIZE

One serving is equal to one 8-inch flatbread.

MORE FLAVOR

Add your choice of herbs or spices to the flour before mixing.

SERVE IT WITH

Grilled chicken, tofu, roasted chickpeas, fresh veggies and tzatziki sauce.

Grain-Free Flax Bread

10 SERVINGS 1 HOUR



INGREDIENTS

2 cups Ground Flax Seed
1 tbsp Baking Powder
3/4 tsp Sea Salt
5 Egg (room temp)
1/2 cup Water (room temp)
1/3 cup Coconut Oil (melted)

DIRECTIONS

- 01 Preheat oven to 350°F (177°C). Grease the inside of a loaf pan or line it with parchment paper.
- 02 In a medium size bowl, mix together flax, baking powder, and salt. Use a whisk to stir until well combined.
- 03 In another bowl, beat eggs with a whisk for 30 to 60 seconds. Add water and coconut oil, mixing until combined.
- 04 Add wet ingredients to dry and stir until combined. Let the batter sit for 1 to 2 minutes to thicken slightly.
- 05 Pour batter into loaf pan and smooth out the top with a spoon. Bake for about 50 minutes, or until the top feels set and the loaf is browned.
- 06 Once cooled, slice and store in the fridge or freezer.

NOTES

LEFTOVERS

Refrigerate in an airtight container or food wrap for up to five days. Freeze for up to two months.

SERVING SIZE

One serving is one slice of bread.

Zucchini Bread

8 SERVINGS 1 HOUR 20 MINUTES



INGREDIENTS

- 1 cup Almond Flour
- 1/2 cup Coconut Flour
- 1 tsp Baking Soda
- 1/4 tsp Sea Salt
- 1/2 tsp Cinnamon
- 1 tbsp Ground Flax Seed
- 1 Banana (ripe and mashed)
- 1 tbsp Extra Virgin Olive Oil
- 2 Egg (whisked)
- 1/4 cup Maple Syrup
- 1 Zucchini (grated)

DIRECTIONS

- 01 Preheat oven to 350°F (177°C).
- 02 Combine the dry ingredients together in a bowl (flours, baking soda, sea salt, cinnamon and flax seed).
- 03 In a separate bowl, mash your banana. Add in olive oil, eggs, maple syrup and grated zucchini. Mix well to combine. Add in your dry ingredients and mix again.
- 04 Line a loaf pan with parchment paper and press the dough evenly across the pan. Bake in the oven for 1 hour. Test to see if it is done by inserting a toothpick into the centre. If it comes out clean, the bread is finished. Remove from oven and let cool. Lift parchment paper out of loaf pan and slice into pieces. Enjoy!

NOTES

ON-THE-GO

Make it more portable by turning it into muffins. Bake in a muffin tin instead of a loaf pan. Cut the baking time to 35 - 45 minutes.

CHOCOLATE LOVERS

Stir 1/3 cup dark organic chocolate chips into the dough before baking.

VEGAN

Replace eggs with chia eggs. Mix 2 tbsp chia seed with 6 tbsp warm water and mix until it forms a gel.

Pantry Cookies

12 SERVINGS 40 MINUTES



INGREDIENTS

2 Banana (Smashed & ripe)
1/2 tsp Cinnamon
1 tsp Vanilla Bean Paste
2 cups Rolled Oats
1/2 cup Unsweetened Shredded Coconut
1/2 cup Raisins (Or dark chocolate Chips
or dried fruit)
1/4 cup Maple Syrup (Or honey)
1/4 cup Extra Virgin Olive Oil (Or ghee,
butter or coconut oil)

DIRECTIONS

- 01 Preheat your oven to 130°C / 270°F.
- 02 Combine all the ingredients into a large bowl.
- 03 If you are substituting ingredients start mixing together with your hands, as long as the mixture squeezes together and binds into a rough ball you've got the right ratio of dry to wet ingredients. You can also pulse in a food processor.
- 04 Shape into 12 cookies using a tablespoon and your hands. Flatten slightly, they won't spread.
- 05 Bake for 30 minutes or until golden and set on the outside.
- 06 Enjoy!

Creamy Carrot, Ginger & Lemon Soup

4 SERVINGS 50 MINUTES



INGREDIENTS

- 1 tbsp Extra Virgin Olive Oil
- 8 Carrot (chopped into 1 inch rounds)
- 1 Sweet Onion (Red or Brown onion, chopped)
- 4 Garlic (cloves, minced)
- 1 tsp Cumin
- 1 tbsp Turmeric (1/2 to 1 tbsp according to your taste)
- Sea Salt & Black Pepper (to taste)
- 3 cups Bone Broth
- 1 cup Unsweetened Almond Milk (Dairy or alternative milk fine too)
- 1 Lemon (cut into wedges)
- 2 tbsps Ginger (Grated)

DIRECTIONS

- 01 In a large pot, heat olive oil over medium heat. Stir in onion, garlic, carrots, cumin and turmeric. Season with salt and pepper to taste. Sauté for about 10 minutes or until veggies start to brown.
- 02 Add in bone broth. Cover with lid and let simmer for 30 minutes.
- 03 Add grated ginger and lemon juice to soup.
- 04 Pour in almond milk and stir well. Transfer soup to a blender to puree. Always be careful to leave a hole for the steam to escape or the lid will pop off while blending (DANGER!). Blend in batches and transfer back to pot. Taste and season with more sea salt and pepper or lemon juice if desired.
- 05 Ladle soup into bowls. Drizzle with olive oil. Serve with an organic piece of bread for dipping and/or a mixed greens salad.

Cold & Flu Chicken Soup with a twist

10 SERVINGS 6 HOURS



INGREDIENTS

- 2 Yellow Onion (diced)
- 4 stalks Celery (diced)
- 3 Carrot (medium, chopped)
- 1 cup Parsley (fresh or dried, coriander can substitute)
- 6 Chicken Leg, Bone In (boneless, skinless)
- Sea Salt & Black Pepper (to taste)
- 8 cups Water (or chicken broth or stock)
- 6 Garlic Clove
- 1/4 cup Ginger (Fresh grated or minced)
- 2 Red Chilli (Or dried, flakes to spice tolerance)
- 2 tbsps Ghee (or butter)
- 1 tbsp Extra Virgin Olive Oil
- 2 tbsps Turmeric (fresh grated or ground)
- 1/4 head Cauliflower (Or any other fresh vegetable you have on hand)
- 2 cups Pumpkin (2cm cubes)
- 3 Zucchini (Cubed)
- 4 stalks Spring Onion (Sliced)

DIRECTIONS

- 01 Add salt & chicken drumsticks to the pot of water, boil and then simmer for 1 hour. Remove the drumsticks, strip off the meat and set aside in the fridge. Add the bones back in and simmer for another 2 hours at least, up to 12 hours is preferable to get as many nutrients as possible from the bones.
- 02 In a large pot heat the ghee & extra virgin olive oil. Sauté the garlic, onion, chilli, ginger, turmeric and celery until softened and fragrant. Add the chicken chicken broth back into the pot and bring to the boil. If you prefer a creamier soup, add a tin of coconut cream or milk at this stage.
- 03 Add the carrot, pumpkin and any other vegetables you have on hand that need using up. Cubed potato, turnips, sweet potato can also be used. If you are using more vegetables you will need to add more water at this stage. Simmer until slightly softened and then add the zucchini, cauliflower and meat from the chicken drumsticks.
- 04 5 minutes before serving once the vegetables are cooked squeeze the juice of 1 lemon into the soup, add the parsley or fresh herbs and spring onion. Taste and season with salt & pepper. Add more grated ginger or lemon juice if needed
- 05 Make in bulk & freeze leftovers for another day.

NOTES

MORE CARBS

Add chopped potatoes or cooked rice/pasta. You can also mix in raw pasta about 15 minutes before serving.

LEFTOVERS

Refrigerate in an air-tight container up to 3-4 days or freeze up to 6 months. Omit pasta and potatoes if you plan to freeze.

Creamy Roasted Garlic and Kale Soup with Cauliflower

4 SERVINGS 1 HOUR 15 MINUTES



INGREDIENTS

12 Garlic (cloves, peeled and trimmed)
1 Yellow Onion (large, roughly chopped)
1 head Cauliflower (sliced into florets)
3 tbsps Extra Virgin Olive Oil (divided)
1 1/3 tbsps Italian Seasoning
1 tsp Sea Salt
8 cups Kale Leaves (packed)
3 3/4 cups Organic Vegetable Broth (divided)

DIRECTIONS

- 01 Preheat oven to 400°F (204°C) and line a baking sheet with parchment paper.
- 02 Arrange the garlic cloves, onion and cauliflower on the baking sheet. Drizzle with half of the olive oil, Italian seasoning and salt. Using your hand or a spatula, toss until vegetables are evenly coated in the spices. Roast for about 40 minutes or until very tender and caramelized, flipping halfway through.
- 03 When vegetables are just about done, heat remaining olive oil in a large soup pot over medium heat. Add the kale and 1/2 of the vegetable broth to the pot and cover. Let steam for 2 minutes, or until kale is wilted and tender.
- 04 Add the roasted vegetables and remaining vegetable stock in with the wilted kale. Bring soup to a gentle boil then remove from heat.
- 05 Puree soup in batches in a high-speed blender until smooth and creamy. Divide into bowls and enjoy!

NOTES

LEFTOVERS

Store in an air-tight container in the fridge for up to 5 days, or in the freezer for up to 3 months.

SERVE IT WITH

An extra drizzle of olive oil, fresh herbs or a pinch of red chili flakes.

TOO THICK

If soup is too thick in consistency, use water or more stock (1/2 cup at a time) to thin until desired consistency is reached.

Red Lentil Bolognese Sauce

2 SERVINGS 40 MINUTES



INGREDIENTS

1/4 Yellow Onion (finely chopped)
2 Garlic (clove, minced)
2 tbsps Water
3/4 tsp Oregano
1/4 tsp Sea Salt
1/8 tsp Red Pepper Flakes
1/2 cup Dry Red Lentils (rinsed)
1 tbsp Tomato Paste
1 1/2 cups Organic Vegetable Broth
1/2 cup Tomato Sauce
1 tbsp Balsamic Vinegar (divided)

DIRECTIONS

- 01 In a pot over medium heat, add the onion, garlic and water. Cook until the onion begins to soften and the water evaporates. Add the oregano, salt and red pepper flakes and cook for an additional minute.
- 02 Stir in the lentils and tomato paste. Add the vegetable broth, tomato sauce and half of the balsamic vinegar and stir to mix well. Bring the sauce to a gentle boil then reduce heat and simmer for about 30 minutes or until lentils are very tender.
- 03 Stir in the remaining balsamic vinegar and continue to simmer for 2 to 3 minutes more. Season with additional salt if needed and enjoy.

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to five days.

SERVING SIZE

One serving is approximately 1 cup of sauce.

MORE FLAVOR

Use your favorite marinara sauce instead of tomato sauce. Add a drizzle of honey or freshly chopped basil or oregano at the end.

ADDITIONAL TOPPINGS

Top with extra red pepper flakes, dried or fresh oregano or nutritional yeast.

HOW TO USE

Serve over veggie noodles, pasta noodles or dip fresh bread in it.

Crustless Broccoli Cheddar Quiche

6 SERVINGS 40 MINUTES



INGREDIENTS

1 1/2 tsps Extra Virgin Olive Oil
2 cups Broccoli (finely chopped)
125 grams Cheddar Cheese (shredded)
6 Egg
1/2 cup Unsweetened Almond Milk
1/2 tsp Sea Salt
1/2 tsp Garlic Powder

DIRECTIONS

- 01 Preheat the oven to 350°F (176°C) and grease a pie pan with the oil.
- 02 Arrange the broccoli and cheese in a single layer in the prepared pie pan.
- 03 In a mixing bowl whisk the eggs, milk, salt and garlic powder together. Pour the egg mixture over the broccoli and cheese. Bake for 30 to 35 minutes or until the egg has set and is firm to the touch.
- 04 Slice the quiche into wedges and enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days.

DAIRY-FREE

Omit the cheese or use a dairy-free cheese instead.

MORE FLAVOR

Add finely chopped onions and red pepper flakes.

NO ALMOND MILK

Use dairy, coconut, or cashew milk instead. For an extra creamy quiche use half and half cream instead.

PIE PAN

This recipe was developed using a standard 9-inch glass pie pan.

Slow Cooker Butter Chicken

12 SERVINGS 9 HOURS



INGREDIENTS

1/3 cup Butter
3 tbsps Extra Virgin Olive Oil
1.5 kilograms Chicken Thighs (Cut into 2inch cubes)
2 Yellow Onion (chopped)
8 Garlic Clove
2 tbsps Curry Powder
3 tbsps Tandoori Paste
1 tbsp Garam Masala
400 grams Tomato Paste
3 cups Plain Coconut Milk (2 tins)
2 tsps Cardamom Seeds
1 1/2 cups Cilantro
1 1/2 cups Basmati Rice

DIRECTIONS

- 01 In a large frying pan heat one third of the butter and 1 tbs of extra virgin olive oil on medium heat. Add onions and garlic and saute until soft.
- 02 Add curry powder, tandoori paste & garam masala to onions, stir until fragrant.
- 03 Add tomato paste & coconut milk tins to the mixture. Stir until sauce is smooth with no lumps. Empty mixture into slow cooker.
- 04 Heat the second third of the butter and 1 tbs of extra virgin olive oil. Add half the chicken cubes and fry until browned. Add to slow cooker.
- 05 Repeat step 4 with second half of chicken cubes.
- 06 With slow cooker set to low, mix chicken into sauce and add the cardamom pods. Leave to cook for 8 hours.
- 07 Serve on Basmati Rice and divide fresh cilantro on top.

NOTES

THINNER SAUCE

Add 1 cup of natural yoghurt to the slow cooker with the cardamom pods if you prefer a thinner sauce that will go further.

SERVING SIZES

Kids can have a flat 1/2 cup of butter chicken each. Mums may prefer a cup.

FOR MUMS & DADS

If you are trying to maintain or lose weight use cauliflower rice instead of rice with a side of spinach leaves.

GUT HEALTH TIP

Cook and cool the rice in the fridge. When it's time to serve dinner reheat the rice and serve. Cooking and cooling rice converts starches to resistant starch, a great food source for the beneficial bacteria in your gut!

Black Bean Chili Stuffed Sweet Potatoes

2 SERVINGS 1 HOUR



INGREDIENTS

2 Sweet Potato (medium size)
1 1/2 tsps Organic Vegetable Broth
1/2 Yellow Onion (chopped)
1/2 Yellow Bell Pepper (chopped)
1 Garlic (clove, minced)
2 1/4 tsps Chili Powder
1/2 tsp Oregano
1/4 tsp Cumin
1 cup Black Beans (cooked, drained, rinsed)
1/3 cup Tomato Sauce
2 2/3 tbsps Water
2 tbsps Cilantro (chopped)

DIRECTIONS

- 01 Preheat the oven to 400°F (204°C) and line a baking sheet with parchment paper. Poke a few fork holes in the sweet potatoes and place on the baking sheet. Bake for 45 to 50 minutes until cooked through.
- 02 While the potatoes cook, in a medium-sized pot over medium heat, add the vegetable broth. Add the onion and bell pepper and sauté for 5 to 7 minutes, or until cooked through. Add the garlic and cook for 1 minute more. Then add the chili powder, oregano and cumin. Stir to combine. Reduce the heat to low, and add the black beans, tomato sauce and water and cook for 6 to 8 minutes.
- 03 Remove the sweet potatoes from the oven. Slice each one down the centre and stuff with the black bean chili. Top with cilantro. Serve and enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to four days.

ADDITIONAL TOPPINGS

Top with avocado, cheese, sour cream or yogurt.

Curried Yoghurt Chicken & Veg bake

2 SERVINGS 45 MINUTES



INGREDIENTS

- 1 Chicken Breast (Or any cut of chicken you can find)
- 1/2 cup Plain Greek Yogurt (or natural coconut yoghurt)
- 1 tbsp Za'atar Spice (or any Indian or Thai curry paste or powder)
- 1 tbsp Extra Virgin Olive Oil
- 1 Sweet Potato (medium cut into 2cm cubes)
- 1 Carrot (2cm cubes)
- 1 Zucchini (roughly cut into half moon rounds)
- 1 Red Onion (Sliced into wedges)
- 2 Garlic (cloves minced or chopped finely)
- 1/2 Lemon
- 1 cup Baby Spinach
- 1/4 cup Parsley (roughly chopped)
- 2 tbsps Feta Cheese
- 1/2 tsp Sea Salt
- 1/8 tsp Black Pepper

DIRECTIONS

- 01 Preheat the oven to 220 degrees. Spread the sweet potato, onion, carrot and zucchini across a baking paper lined tray. Drizzle with olive oil and sprinkle with salt, mix to combine. Bake for 20 minutes or until tender.
- 02 Lay chicken breasts flat on a chopping board, lay your hand on top and using a sharp knife slice down the middle of each breast horizontally.
- 03 In a bowl combine the yoghurt, spice blend powder or paste, the juice from half a lemon, the garlic, 1/2 tsp of salt and a drizzle of olive oil. Submerge the sliced chicken breasts and coat evenly.
- 04 Heat a frying pan on medium heat with a drizzle of olive oil. Cook the chicken 2 minutes on each side and transfer to a lined baking dish on the bottom of the oven for 5 minutes or until cooked through.
- 05 Once the vegetables are ready gently toss the spinach, parsley, feta and baked vegetables together in a large bowl. Squeeze the remaining half a lemon over the top, drizzle with olive oil and season with salt & pepper if necessary.
- 06 Slice the chicken breast and serve on top of the salad. Enjoy!

NOTES

NEED TO BULK THIS MEAL OUT?

Cook a batch of basmati rice or quinoa and serve with 1/2 cup on the side. Add a well rinsed tin of chickpeas to the tray to bake with the vegetables.

SUBSTITUTE

You can substitute any of these vegetables as long as you chop them to the right size so they are ready at the same time.

NO CHICKEN BREAST?

That's fine, substitute for chicken drumsticks and bake for 30-40minutes instead. You can also use thighs, cook them the same but don't slice them in half as they are already thin.

Salsa Verde Salmon with Rice

2 SERVINGS 45 MINUTES



INGREDIENTS

1/2 cup Brown Rice (dry, uncooked)
2 tbsps Extra Virgin Olive Oil (divided)
283 grams Salmon Fillet
2 cups Cherry Tomatoes (halved)
1/2 tsp Sea Salt
1 tbsp Capers
1/4 cup Parsley (finely chopped)
1 tbsp Apple Cider Vinegar

DIRECTIONS

- 01 Cook the brown rice according to the directions on the package.
- 02 About 15 minutes before the rice is done cooking, heat half the olive oil in a large pan over medium-high heat. Add the salmon, tomatoes and salt. Cook for 3 to 5 minutes each side, or until fish is cooked through.
- 03 Meanwhile, combine the capers, parsley, vinegar and remaining olive oil. Mix well.
- 04 Divide brown rice onto plates and top with salmon and salsa verde. Enjoy!

NOTES

NO BROWN RICE

Use basmati rice, jasmine rice, quinoa, couscous or cauliflower rice.

LEFTOVERS

Keeps well in the fridge for 2-3 days.

NO CAPERS

Use olives instead.

NO SALMON?

Use any fresh or frozen fish you can get your hands on.

SALSA VERDE

This just means green salsa so you can add whatever herbs you might have in the garden and change the flavour profile, get creative!

Creamy Potato, Lentil & Kale Casserole

8 SERVINGS 1 HOUR



INGREDIENTS

6 Yellow Potato (thinly sliced)
4 cups Green Lentils (cooked, drained)
6 cups Kale Leaves (stems removed, leaves torn)
4 cups Organic Coconut Milk (full-fat, from the can)
3 cups Pureed Pumpkin
1 tbsp Garlic Powder
2 tbsps Thyme (stems removed)
2 tsps Sea Salt

DIRECTIONS

- 01 Preheat the oven to 400°F (204°C).
- 02 In a baking dish, arrange half of the potato slices to form an even layer along the bottom. Spread half the lentils evenly overtop, and then add another layer using half of the kale. Repeat with the remaining potato, lentils and kale, ending with potatoes as your top layer.
- 03 In a bowl, whisk together the coconut milk, pumpkin, garlic powder, thyme and salt. Pour the mixture over the layers of potato, lentils and kale. Bake for 40 to 45 minutes or until the potato is cooked through and browned on top.
- 04 Divide onto plates and enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to five days. Freeze for up to two months.

SERVING SIZE

A 10 x 13-inch dish was used for 8 servings.

MORE FLAVOR

Use fresh thyme instead of dried thyme.

Healthy Guts Brownies

9 SERVINGS 40 MINUTES



INGREDIENTS

2 cups Black Beans (cooked)
3 Egg
1/4 cup Coconut Oil (melted)
1 tsp Vanilla Extract
1/4 tsp Sea Salt
3/4 cup Cocoa Powder
1/4 cup Coconut Sugar (or rapadura sugar)
1/4 cup Raw Honey
1/2 tsp Baking Powder
100 grams Dark Organic Chocolate (80% chopped and divided)
1/4 cup Sliced Almonds

DIRECTIONS

- 01 Preheat oven to 350°F (177°C) and line an 8 x 8 baking dish with parchment paper. (Use a bigger dish if making more than 9 servings.)
- 02 Add the cooked black beans and eggs to a food processor. Turn it on and stream in the coconut oil. Let the food processor blend for about 60 seconds, or until the black beans are very smooth.
- 03 Add vanilla, salt, cocoa powder, coconut sugar, honey and baking powder to the black bean batter. Blend until all incorporated, scraping down the sides of the bowl if needed.
- 04 Add half of the chocolate to the brownie batter and pulse 5 or 6 times until it is mixed in.
- 05 Transfer brownie batter to the prepared baking dish and smooth into an even layer. Sprinkle the remaining chocolate and the sliced almonds evenly over top of the brownies.
- 06 Bake for 30 to 35 minutes, or until a toothpick inserted into the center comes out with just a few moist crumbs.
- 07 Let the brownies cool completely before transferring to the fridge for at least 4 hours before cutting into squares. Enjoy!

NOTES

LESS INGREDIENTS

Omit the dark chocolate and almonds if desired.

LEFTOVERS

These brownies keep well in the fridge up to 4 days. Freeze for longer.

Spiced Hot Chocolate

2 SERVINGS 5 MINUTES



INGREDIENTS

3 cups Almond Milk
2 tbsps Cocoa Powder (Or 80% dark chocolate to taste)
1 tbsp Maple Syrup
1/2 tsp Cinnamon

DIRECTIONS

01 Gently warm milk on the stove, add all ingredients & whisk until hot but not boiling

NOTES

MILK

You can use A2 milk, Nutty Bruce almond milk, coconut milk or homemade cashew milk. They all taste great but I would recommend cows or coconut milk to complement the flavours.

LIKE IT HOT?

I like to add a dash of cayenne pepper, a pinch of cardamom & clove for more oomph!

VEGAN OR DAIRY FREE?

Use an additive free nut milk such as Nutty Bruce Almond available at Safeway & Coles.

SWEETENER

You can substitute maple syrup with honey