

Roast Vegetable Salad with Coconut Yogurt Dressing

Serves 2

2 handfuls mixed greens - rocket, watercress, romaine

2 cups leftover roasted vegetables

1 handful chopped herbs - parsley, dill, coriander

1 T pepitas (pumpkin seeds)

1 T sunflower seeds, lightly toasted

Dressing:

¼ cup coconut yogurt

1 T olive oil

1 clove garlic, crushed

1 t ground turmeric

Place a handful of greens in a serving bowl. Top with roasted vegetables, chopped herbs, and seeds.

To make the dressing, add the yogurt, oil, garlic, and turmeric in a bowl and stir until well combined. Drizzle yogurt dressing over the salad to serve.

Curried Salad

1 Bag baby spinach

1 Avocado, chopped

1 Orange, peeled & segmented

Quarter red onion, finely chopped

Half cup almond flakes, toasted

3T Sesame seeds

Dressing:

1t Honey

2T Fresh orange juice

2T Tamari

1T Cape Malay curry powder

2T Apple cider vinegar

80ml Olive oil

Toss salad ingredients in a bowl. Blend dressing ingredients, drizzle over salad, and serve.

Avocado Egg Salad

Serves 2

2 or 3 hard-boiled eggs, cut
1 ripe avocado, cubed
2 green onions or chives, diced
2 tablespoons Fail Proof Mayo
1 teaspoon Dijon mustard
1 tablespoon fresh lemon juice or apple cider vinegar
Salt and pepper, to taste

Mix everything together. Season to your liking. Serve on greens, or in lettuce wraps

Broccoli & Avo Salad

Head Broccoli, broken into florets & Blanched
2 Avos, cut in chunks
1 Bunch Spring Onions, finely sliced
Rocket
Baby Spinach

Dressing:

Blend ingredients together
Half Cup Almonds, Roasted
Juice from half Lemon
1 T Mustard
50 ml Olive Oil
50 ml Apple Cider Vinegar
Combine salad ingredients and drizzle dressing over.

Caulirice Salad

Serves 4

1 head cauliflower, grated into caulirice, or chopped in food processor

Butter for frying

1 red pepper, chopped

2 large celery stalks, chopped

1 cup edamame / fresh garden peas / chopped mange tout

60ml pecans, chopped

3T parsley, chopped

Dressing:

1 cup olive oil

3T lemon juice

1T red wine vinegar

2T tamari

1t hot mustard

60ml sun-dried tomatoes, soaked for 10 minutes

3 dates

Salt & pepper to taste

Lightly stir-fry cauliflower in a pan over medium heat for 10 minutes. Set aside to cool.

Combine dressing ingredients in a blender. Mix rest of salad ingredients with cooled caulirice and toss with the dressing.

2-Ingredient Flap Jacks

1 egg

1 banana, peeled, coarsely chopped TIP: GREEN BANANAS WORK BEST FOR THIS RECIPE

Coconut oil or butter for frying

Pinch of cinnamon

Mash the egg and the banana together in a bowl with a stick blender to form a batter.

Heat 1 tablespoon of coconut oil/ or butter in a frying pan and pour in the batter to create a small pancake, or, if you are using a large frying pan, you can create two small pancakes with that amount of batter in one pan. Let the pancake cook through before flipping it. After flipping it, let the other side cook through.

Serve with fresh strawberries, cinnamon, butter, pure maple syrup, nut butter, seed sprinkle, raw honey or your desired toppings.

Notes*

As a general rule, if you have a small banana, use one egg. If it's a big banana, use two eggs.

Using bananas that are "not quite ripe"; will ensure they bind well and don't end up spreading all over the pan (due to the state of the sugars in less ripe bananas).

Make sure the pan is not too hot.

Panfried Mushrooms

Punnet mushrooms, chopped

Avo oil & Butter for frying

2 Cloves Garlic, pressed

Mustard of any kind, to your liking

Salt & Pepper

Thyme

Heat butter and olive oil in pan over medium heat. Add mushrooms and garlic and toss in pan with mustard herbs and seasoning. Fry for 5-10 minutes.

Pesto Butternut

Serves 4-6

1 butternut, peeled and cubed

200 ml coconut cream

3 T basil pesto

1/2 t Himalayan salt

Preheat oven to 180C. Place butternut in oven-proof dish and pour cream over. Mix pesto, salt and stir into the butternut and cream mixture, mixing well. Bake for 60 minutes, until butternut is soft.

Rainbow Salad Mixed

Detox Smoothie

It's important to use organic ingredients, especially concerning berries.

1/2 cup frozen blueberries

1/2 lemon, peeled

1 handful coriander

1 handful parsley

1 green apple

1 tbsp chia seeds (or less if preferred)

1 1/2 cups coconut water or filtered water

1 t Superfood Greens Powder or spirulina powder (optional)

Add all ingredients to blender and blend until smooth

Coconut water has so many amazing health benefits. It's packed full of vitamins, minerals, and phytochemicals.

The star of the show is potassium, but it also contains a small amount of sodium, calcium, and magnesium, making it the perfect natural electrolyte drink.

Electrolytes are critical to maintaining hydration and preventing dehydration, as well as maintaining blood volume and heart health. Maintaining electrolyte levels can help reduce dehydration, fatigue, stress, and helps aid muscle relaxation.

Coconut water also tastes delicious and is the perfect base for any smoothie or even on its own with a squeeze of lime. That's what makes this coconut hydrator so good for you.

Of course, coconut water from the coconut is best, but when buying commercial coconut water, choose brands without any added sugar or preservatives.

Smashed Avocado on Sautéed Greens & Quinoa

Serves 1

Coconut oil, avocado oil or butter for frying

1 handful curly kale

1 handful baby spinach

1 handful soft herbs (parsley, mint, basil, etc.)

1 cup cooked quinoa

1 avocado, peeled, halved and pitted

¼ red onion, finely diced

1 handful coriander

⅛ tsp cayenne pepper

½ lemon, juiced

Sea salt to taste

Heat a small amount of coconut oil or butter in the pan and toss in the greens. Sauté on a medium heat until soft. Toss the cooked quinoa in with the greens to heat slightly.

In a bowl, mix together the avocado, onion, coriander, cayenne, lemon, and salt and pepper to taste.

To serve, place the greens and quinoa mix on the plate and top with the smashed avocado

Mushroom & Tomato Omelette

1 T gluten-free flour
1 1/2 T plant-based milk
1 T nutritional yeast flakes
Handful fresh parsley & coriander
Pinch of ground turmeric
Pinch of freshly ground black pepper
Pinch of sea salt
1 t melted butter / ghee / avo oil
3 button mushrooms, sliced
4 cherry tomatoes, halved
A handful of baby spinach leaves
Sprouts
Olive oil

Place the flour and milk, nutritional yeast, herbs, spices, and salts in a blender and blend until smooth.

Heat the oil in a small frying pan over medium-high heat and pour the omelet mixture into the pan.

Add the mushroom, tomato, and spinach and fry the omelet for 3 minutes or until the bottom is golden and cooked through. Gently fold the in half and continue to cook for a further minute.

Top with sprouts and a drizzle of olive oil and serve.

Balsamic Roasted Beets

Trimmed beets
Olive Oil
Sea salt, black pepper, cinnamon & ginger
1 tablespoon balsamic vinegar

Preheat oven to 200C, scrub beets, and pat dry. Drizzle with olive oil & season. Bake for about an hour. Toss with balsamic vinegar and serve. Keep rest in fridge.

Tossed Blueberries and Greens Salad

Serves 4

Blueberries contain a load of antioxidants and help to protect against skindamaging free radicals from stress, excessive sun exposure, and pollution. Apple cider vinegar contains alpha-hydroxy acids that are excellent for skin health. Poppy seeds are soothing to the nervous system and help to maintain healthy cholesterol levels.

DRESSING INGREDIENTS

1/4 cup apple cider vinegar
1 tablespoon maple syrup or raw local honey (optional if you like it sweeter)
1 tablespoon red onion, finely minced
2 teaspoons poppy seeds 1 teaspoon Dijon mustard
Freshly ground salt and pepper,
to taste
1 cup olive oil

SALAD INGREDIENTS

4 cups mixed leafy greens of choice (e.g. romaine, spinach, kale, beet leaves)
1 cup walnut halves (toasted if desired)
1-1/2 cups fresh blueberries
In a glass measuring cup or bowl, combine apple cider vinegar, apple juice, lemon oil, sweetener, red onion, poppy seeds, mustard, salt and pepper. Whisk in oil, pouring in a thin stream to other dressing ingredients, combine well.
Place the leafy greens, walnuts, and blueberries in a large salad bowl. Pour dressing over salad; toss to coat, and serve immediately.

The Ultimate Green Breakfast Bowl

1 cup frozen pineapple
1 frozen banana
1 cup ice
1/2 cup coconut milk
Handful of fresh mint
2 curly kale leaves, stems removed
1-2 T hemp or pea protein powder (optional, but preferable) To serve:
Handful toasted, crushed nuts of choice.
1t chia seeds.
Blend everything except nuts & seeds until smooth. Pour into a serving bowl and top with nuts & chia seeds.

Pesto Courgetti

Serves 2

1t oil of your choice

1T butter

Zucchini noodles

Salt & pepper to taste

1T Extra-Virgin olive oil

Homemade basil pesto

40g pitted olives, coarsely chopped

Few cherry tomatoes, halved

Cut julienne strips from the courgette with julienne peeler or spiralizer, or buy zucchini noodles.

In a large pan, heat oil & butter over medium-high. Add noodles and season.

Flash fry for about 5 minutes, remove from heat and coat with olive oil and pesto. Add olives and tomatoes. Dish into bowl and serve.

Sesame Chicken Strips

Chicken strips or chicken breast

Oil or butter for frying

1 lemon

MSG-free chicken seasoning, Himalayan salt, pepper, to taste Handful sesame seeds.

Heat pan over medium heat, melt oil or butter and sauté chicken until golden brown. Turn up the heat slightly, squeeze fresh lemon juice over the chicken and season to taste. Sprinkle sesame seeds over and turn chicken pieces so sesame seeds can toast in the pan. Once sesame seeds are toasted, the chicken is ready to be enjoyed.

Garlic Roasted Root Vegetable Fries

1 kg root vegetables of choice (i.e., beets, carrots, sweet potatoes)
3 T avocado oil or oil of choice
4 cloves of garlic, pressed or finely minced
Salt and black pepper to taste

Preheat oven to 200C.

Line a large baking sheet with parchment paper and set aside. Wash, peel and dry your vegetables of choice.

Using a large knife, carefully cut each vegetable into similar sized pieces (about half cm thick).

Place vegetables on a parchment paper-lined baking sheet and toss with oil. Sprinkle garlic over vegetables and arrange them in a single layer and sprinkle with salt.

Roast in oven on the middle rack for 20 minutes.

Remove pan from oven and turn the fries so that the cooked sides are facing up.

Return to oven and roast an additional 15 minutes or until tender and crispy on the edges.

Hot chocolate

5 whole raw activated cashews
1 cup hot water
1 T raw cacao powder
1 t coconut oil
½ t ground cinnamon
½ t natural vanilla extract
1 t raw honey
Pinch of sea salt

Add all ingredients to a high-speed blender and blend thoroughly up to 60 seconds. Pour into your favourite mug. Enjoy your rich, comforting, creamy and dairy-free hot chocolate!

Chai Latte

60ml Coconut Milk, heated
60ml Nut Milk, heated
125ml Chai tea, brewed
1/4t Cinnamon
1t Coconut Oil
Stevia to taste
Blend for 1 minute. Enjoy

Flax Energy Balls

1/2 cup sunflower seed butter (or another nut or seed butter of choice)
1/2 cup ground flaxseed
1/2 cup hemp seeds
1/4 sesame seeds
1/4 cup unsweetened fine shredded coconut
1/4 cup organic maple syrup / coconut nectar
1/2 tsp sea salt (optional)
1–2 tsp pure vanilla extract

Add all the ingredients to a food processor and mix until it forms a thick dough.

Roll the dough into 12 balls. Roll the balls in shredded coconut, if desired. Store in the fridge or freezer in a sealed container. I like them best stored in the freezer. They don't freeze solid so you can pop one out and enjoy right away.

Inflammation Buster Shot

Serves: 1

1cm ginger root

1cm turmeric root

1 small green apple

Half lemon

Handful fresh coriander

Juice all ingredients. Pour over ice and enjoy.

A quick shot of goodness that will fight inflammation, ward off colds and flu, and soothe stomach upsets!

Why it's so good for you:

This juice shot combines two incredibly powerful ingredients that your body adores! The combination of turmeric and ginger offers a potent mix of compounds that are anti-inflammatory and rich in antioxidants, offering huge immunity benefits!

Chewy Honey & Coconut Cookies

3T Honey

90g Farm Butter

1 Egg

1/4 Cup Nut Milk

1 t Vanilla Extract

1 1/2 Cup Nut Flour

1/2 Cup Desiccated Coconut

Preheat oven to 180C. Cream honey & butter in electric mixer till light & fluffy. Add egg, milk & vanilla and mix till combined. Mix in Nut flour & coconut to form soft dough. Chill in the refrigerator for an hour. Line a baking tray with baking paper and roll dough into 15 balls. Place on baking tray with enough space in between to spread. Bake for 12 - 15 minutes until golden.

Snowball Cookies

2 cups gluten-free flour
1/2 cup finely chopped walnuts, almonds, or pecans
1 cup butter or coconut oil
1/4 cup coconut sugar
1/4 cup xylitol
optional additional powdered sugar or cocoa powder, for rolling

Preheat the oven to 180 C. Combine the butter with the powdered sugar, and beat in a medium bowl or stand mixer. Stir together the flour and nuts in a separate bowl. Then mix all ingredients together to form a dough. Shape into balls, place on a cookie sheet, and bake for 20 to 25 minutes until lightly browned. Ready an extra bowl of powdered sugar, and roll the warm cookies in this bowl to coat. Cool on a wire rack.

Elna se Rib-eye of Rump Roast – Hang van die budget af!

Koop Roast in grootte afhangende van mense wat bedien moet word
Seël Roast in warm vlak olie in pan op stoof aan al die kante....
Smeer dan met vloeibare “paste” van brandewyn en Bisto reg rondom die warm Roast
Bak in oond volgens grootte 2-3 ure of langer tot gaar
½ uur voordat jy roast laat rus, gooi die volgende by in pan vir laaste ½ uur :
“Leeks” – goeie klompie opgesny of ui of twee
Sampioene, jy kan oyster, portabellini en “button's” in kombinasie gebruik of watter jy ookal kan kry – plus minus 300 g, afhangende v.d. grootte van die roast weereens
250 ml room of meer soos verlang
bg maak dan 'n lekker dik sous wat jy oor die opgesnyde “roast” kan bedien

Hanlie se Ertjie slaai

Kap of sny die volgende op :

1 Ui

1 Green Pepper

Blaarslaai

“layer” blaarslaai, ui en en green pepper in slaaibak, sprinkel 'n lekker hoeveelheid gerasperde parmesaanse kaas oor die spulletjie, go bo-oor een blikkie gedreineerde ertjies

Smeer soos 'n koek met “Miracle Whip” en strooi weer parmesaanse kaas bo-oor en garneer soos die gevoel jou beetpak.