

Recipes

wholefood / noun

food that has not had any of its natural features taken away or any artificial substances added



Must-Haves

Equipment

These will make your life less complicated: Stick Blender, Blender, Food Processor

Healthy Fats

Fat is your key to health and weight management.

Organic, Extra-Virgin Coconut Oil

Coconut Milk & Cream

Desiccated Coconut, Coconut Flour, Coconut Flakes

Organic, Farm Butter

Avocado & Avocado Oil

Olives & Organic, Extra-Virgin Olive Oil

Ps. Fat doesn't make fat! 60% of our brains consist of fat, and 25% of that is cholesterol... Fat in the form of ketones is your brain's preferred fuel.

Veggies

Eat the rainbow every day!

Uber amount and variety of fresh, preferably organic, vegetables.

The stars are green, leafy veggies like kale & spinach

Equally important are the cruciferous veggies, eg, cabbage, cauliflower, broccoli, bok choy etc.

Nuts & Seeds

All types: Whole, raw, toasted

Ground, to make nut flour

Take it a step further to make your own nut butter - the best!

Fresh Herbs, Spices & Homemade Condiments

Spice up every meal with as many disease-fighting fresh herbs, like parsley, coriander, rosemary, mint, thyme, ginger, etc. No kitchen should ever be without fresh lemons! Smoked paprika takes you to another continent in a flash :) Cayenne pepper is good in a million ways.

Stock up your fridge with homemade mayo, tomato sauce, pesto etc

Miscellaneous

Bone Broth

Psyllium Husks - a true must-have

Organic, raw Apple Cider Vinegar (ACV)

Quality cacao powder

Chilli and curry paste

Tamari

Nutritional Yeast

Toasted Sesame Oil

Meaty issues

I believe in *condameating* :) ie. adding a little piece of meat to a plate full of veggies. We need less than a gram of protein per kilogram body weight, and we find plenty of healthy proteins in vegetables.

When you do eat meat, make sure the quality is excellent, free from hormones and antibiotics, and therefore

- Grass-Fed or Pasture Raised Beef
- Free Range Chicken
- Venison
- Wild-caught Fish

Sweetness

Stevia is the number one choice

Xylitol or Erythritol to cook with

Honey and coconut sugar in dishes in moderation as a treat

No-no's

Sweeteners

All artificial sweeteners - they are carcinogenic and causes weight gain

Carbohydrates

Avoid starches such as bread, potatoes, rice, pasta. Sugar is your number one enemy. Sugar makes you fat, as it gets stored as triglycerides in the cells. It also causes constant insulin spikes which leads to insulin resistance, which leads to Diabetes Mellitus. 50% of the population are insulin resistant, or pre-diabetic. Sugar is also 8x more addictive than heroine. Glucose is not your body's preferred fuel source. We grow up in a state of ketosis when we feed on mother's milk, the way God intended it.

Watch out for hidden sugar in sauces and processed foods. High Fructose Corn syrup in processed foods and sodas is highly processed and GMO.

Scary Fats

Margarine, Seed Oil, eg Canola & Sunflower oil etc are hydrogenated & GMO and release toxins and free-radicals that causes inflammation & disease. Fried foods are full of cancer-causing trans fats.

Packaged Foods

Pre-produced foods made in factories are full of cancer-causing trans-fats, hidden sugars, huge amounts of salt, preservatives, colourants, flavour enhancers, texturisers, are GMO etc, etc. The packaging itself is toxic in most cases, so rather fall in love with preparing delicious, healthy meals from fresh products.

Drinks

All cold drinks and fruit juices contain enormous amounts of sugar. They are containers full of empty kilojoules and contains nothing your body will benefit from. Opt for organic coffee, green tea, rooibos tea, homemade iced teas, kombucha, juices, smoothies and plenty of water. Make water interesting by adding cucumber slices, mint, lime and lemon slices, organic berries, etc.

Grains & Dairy

Both gluten and dairy contain proteins that are highly inflammatory. Our bodies aren't really able to metabolise it. You might think you are symptom-free when consuming foods containing gluten and dairy, but you will definitely feel very different once you stop consuming these foods. Both are also quite addictive, connecting to opioid receptors causing a semi-euphoric sensation. Have you ever gone mmmmmm when biting into a pizza...?

Measurements

t = Teaspoon - 5ml

T = Table Spoon - 15ml

Cup = 250ml

*Let thy food be thy medicine, and thy medicine be thy food
- Hippocrates, Father of Medicine*

Chia Breakfast Bowl - *best made the night before*

Serves 2

250 ml Coconut Milk
1/4 t vanilla essence
4 Drops Stevia / 1 t Honey
3 T Chia Seeds
50g Fresh Berries of any kind / sliced green apple / figs

In a medium bowl, whisk together coconut milk, vanilla and stevia. Add chia seeds, refrigerate for 20 minutes, stirring occasionally to distribute chia seeds. When mixture has thickened, divide into two bowls and top with fruit.

Super Green Smoothie

2 Servings

148 g of kale, roughly chopped
1 Granny Smith apple, core removed and roughly chopped
3 stalks of celery, roughly chopped
1 small avocado
Juice from 1 lemon
generous handful mint and parsley leaves
1 t grated ginger

Blend all ingredients together until smooth and enjoy.

Thai Chicken Curry on Fried Cabbage Strips

2 T Coconut Oil
6 Chicken breasts, cut into strips
Salt & Pepper
2T Fresh Garlic, minced
2T Fresh Ginger, grated
Thai red or green curry paste
Rainbow Peppers, half each
Punnet sliced mushrooms
Punnet mange tout, topped and tailed
6 baby marrows, sliced
1 Can Coconut Cream
6 Dried Lime Leaves
Juice from 1 lime
Fresh Coriander, chopped, for garnish

Toppings:

70g Toasted Cashews, coarsely chopped
3T shredded coconut, lightly toasted
Zest from 1 lime

Yellow Cabbage:

1 Medium Head Cabbage
Farm butter for frying
1t Turmeric
1 Cup Coconut Milk
Salt & Pepper

Stir-fry chicken in coconut oil until lightly browned. Season with salt & pepper. Add garlic, curry paste, and veggies to the pan and sauté for 3 minutes. Add coconut cream and lime leaves and simmer for 15 minutes. Discard lime leaves, stir in lime juice, and remove from the heat.

Slice cabbage into small to medium strips. Melt butter in a saucepan over medium heat and sauté turmeric and cabbage. As soon as the cabbage starts to soften, turn up the heat and add coconut milk. Simmer for 1 minute over high heat. Season to taste.

Serve curry in bowls on a bed of yellow cabbage and sprinkle with nuts, coconut and lime zest.

Bullet Coffee

Cup good quality espresso type black coffee
1 t organic farm butter
1 t MCT Oil
1/8 t Himalayan Salt

Optional add ins for anti-inflammatory benefits:

1/4 t organic cinnamon
1/8 t organic turmeric powder
1/8 t organic ginger powder
1/4 t raw cocoa

Blend everything together at high speed in a blender or with a stick blender for 60 seconds.

Seared Salmon

Serves 4

4 salmon fillets
1 T olive oil
3 T butter
1 1/2 t fresh minced garlic
2 t fresh lemon juice
salt and pepper to taste
1 T chopped parsley

Heat the olive oil in a large skillet over medium high heat. Season the salmon fillets with salt and pepper to taste. Place the salmon fillets, skin side up, in the pan. Cook undisturbed for 5 minutes, or until a golden brown crust forms.

Carefully flip the salmon and cook for an additional 3 minutes. Add the butter, lemon juice and the garlic to the pan and drizzle over salmon 30 seconds. Remove the salmon from the pan, spoon the sauce over, sprinkle the parsley over and serve immediately.

Garlic Roasted Root Vegetable Fries

1kg root vegetables (beets, carrots, turnips, sweet potatoes)
3 T avocado or oil of choice
4 cloves of garlic, pressed or finely minced
Salt, black pepper and herbs 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, black pepper and herbs. Roast in oven on the middle rack for 25 minutes. Remove pan from oven and turn the fries so that the cooked sides are facing up. Return to oven and roast until tender and crispy on the edges.

Prebiotic Salad with Sesame Seed Dressing

Dressing:

1 lemon, juiced
1/2 cup extra virgin olive oil
2 T apple cider vinegar
1 t Dijon mustard
1 garlic clove, minced
4 T sesame seeds

Salad:

1 avocado
Fresh shelled garden peas
Bottled Artichokes, roughly chopped
Asparagus
Mixed lettuce
Handful fresh mint leaves
Handful sliced almonds for topping

Lightly steam asparagus until just tender. Set aside and prepare dressing while asparagus cools. For the dressing, add all ingredients together except for the seeds, and blend with a stick blender. Mix in sesame seeds with a fork.

Arrange lettuce on a salad plate. Top with the rest of the ingredients, including asparagus and drizzle dressing over. Enjoy!

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
1/4 red onion, finely diced
1 handful coriander
1/8 tsp cayenne pepper
1/2 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, mash together the avocado, onion, coriander, cayenne, lemon, and salt and pepper to taste.

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

Shepherd's Pie

Mince:

2 T Butter
500g Grass-fed Beef or Venison Mince
1 Large Onion, chopped
3 Garlic Cloves, minced
2 Celery Sticks, chopped
1 Carrot, grated
50g Tomato Paste
1 Cup Home-made Broth/Stock
1 T Italian Herbs
1 Tin Organic Tomatoes, chopped
Salt & Pepper

Mash:

1 Head Organic Cauliflower
100g Farm Butter
2 Egg Yolks
Ground Nutmeg

Fry mince in butter, remove from pan and lightly sauté onions, garlic, celery and carrot. Return mince, add tomato paste and stir. Add stock, herbs, tomatoes, salt & pepper and simmer for 45 minutes.

Steam Cauliflower till cooked, puree in blender and add butter, nutmeg and yolks while blade is running.

Put mince in dish with mash on top, place under grill for 15 minutes and enjoy.

Veggie Flatbread

Serves 4

Flatbread:

1 beetroot, cooked
60 ml coconut milk
30 ml extra virgin olive oil
1 T raw apple cider vinegar
3 organic eggs
60 ml coconut flour
45 ml golden linseed flour
1 T psyllium husks
1 t Himalayan salt
2 t baking powder

Topping:

Avocado oil for frying
Long stem broccoli
1/4 fennel bulb, cut into thin strips
1 red onion, cut into strips
Exotic mushrooms, or any other mushrooms
Curly kale leaves, tough ribs removed and sliced finely
2 cloves garlic, pressed
Freshly ground Himalayan salt and black pepper
Homemade hummus or guacamole
Fresh chopped herbs of choice

Toasted seed mix, eg pumpkin, sesame and sunflower

To make flatbread: Preheat oven to 190C. Add wet ingredients to a food processor and blend until the colour of the beet is fully incorporated.

Add dry ingredients to a mixing bowl and mix well, making sure to remove all lumps. Pour wet ingredients into the dry ingredients and mix well. Allow the dough to rest for 2 - 3 minutes.

Roll dough between two sheets of baking paper to about 1/2 cm thick. Remove top sheet of baking paper and place flatbread with bottom sheet of baking paper on a sheet pan. Bake for 15 minutes. Toast seeds in the oven, watching it carefully so it doesn't burn.

Meanwhile, heat oil in a large pan and sauté veggies until wilted. Season.

Spread hummus or guacamole onto the flatbread, followed by the veggies. Sprinkle chopped herbs and toasted seeds over and enjoy.

Guacamole

1 Avo, chopped
2 t Olive Oil
2 t MCT Oil
1 T Lime or Lemon Juice
1 Garlic clove
1 T Nutritional Yeast
Salt & Pepper to taste
Fresh Coriander to taste

Add all the ingredients to a food processor and process until smooth. Alternatively, blend with a stick blender.

Inflammation Buster

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.

Veggie Skewers

Red Onion, chunks
Button Mushrooms, halved
Red Peppers, chunks
Zucchini, thick slices
Pineapple, chunks
Butter
Olive Oil
Dried Herbs of choice
Salt & Pepper

Thread vegetables onto a skewer. Melt butter and olive oil together, drizzle over veggies, season with salt, pepper and herbs. Grill over open flames, or in oven

Best Coleslaw

Half Head Cabbage, cut into fine strips
4 Large Carrots, grated
1 Bunch Spring Onions
1 Cup toasted Macadamia Nuts

Dressing:

1 T Red Curry Paste
Juice from 1 Lime
150ml Coconut milk
2 T Macadamia Butter
Handful Fresh Coriander, chopped
Put all ingredients together in small saucepan, bring to boil and let cool.

Mix salad ingredients and dressing together, enjoy.

Chocolate Torte

200g Good quality 80% dark chocolate
200g organic butter or coconut oil
1/2 cup erythritol or xylitol
1/4 cup coconut sugar
5 large eggs
1 t coconut flour

Preheat oven to 180C. Grease a tart dish. Brown the butter (if desired ... it tastes much better) in a saucepan. Once the butter is brown (not black), slowly add the chocolate - be careful not to burn the chocolate. Add the erythritol and coconut sugar . Mix well and let cool in fridge to speed up the process. Once cool, add one egg at a time, then coconut flour, mixing until well combined. Bake for 25 minutes.

Lime Love

Serves 2

1 cup coconut milk
1 cup ice
1 whole avocado
2 kiwi fruit
1 whole lime
Optional: few drops stevia, raw honey, or maple syrup

PREPARATION

In a blender, add all ingredients and blend to desired consistency.

Green Shakshuka

Serves 2

2 leeks, chopped
1 clove garlic, very finely chopped
Olive oil
1 bunch asparagus
1 cup baby peas
4 eggs
Salt & pepper

50g smoked trout
Lemon juice

Sauté leeks and garlic in olive oil in a heavy-based pan. Add asparagus and sauté one more minute. Add peas and sauté another minute.

Make wells in the vegetable mixture and crack an egg into each well. Season, place the lid on and cook another few minutes, until the eggs are cooked through.

Serve with trout and a squeeze of lemon juice.

Roast Chicken

1 Free-range Chicken
1/2 Head Garlic
1t Fresh Origanum
1t Fresh Thyme
1t Fresh Parsley
Salt & Pepper
2T Olive Oil
1 Onion, halved
3T Butter

Preheat oven to 200C. Grind half the garlic and herbs with salt, pepper, and olive oil. Rinse chicken with cold water inside and out, pat dry with paper towel. Rub the chicken with the herb paste. Stuff chicken with half onion and rest of the garlic and herbs. Place chicken breast-side up in a roasting pan with remaining chopped onion. Melt butter and pour over chicken. Roast chicken for 1 hour, baste with sauce in the pan and roast another 20 minutes. Let chicken stand for 10 minutes before carving.

Rainbow Roast Veg

Butternut
Robot Peppers
Sweet Potato
Carrot
Zucchini
Broccoli
Leeks
Purple Onion
Thyme
Parsley
Rosemary
Salt
Olive Oil

Chop veggies, mix with chopped herbs and salt, drizzle with olive oil and bake in the oven for 45 minutes

Chicken, Avocado & Red Onion Bruschetta

4 Servings

Leftover chicken
2 T extra virgin olive oil
3 T fresh lemon juice
Freshly ground pepper

1 ripe avocado, diced
Thinly sliced red onion
Rocket
2 T fresh basil leaves

Bruschetta
Slices Alpha bread
Extra-virgin olive oil, for brushing
2 cloves garlic, halved

In a large bowl, whisk together 1 tablespoon of the olive oil, lemon juice, and pepper. Finely dice or shred chicken and add to bowl, along with diced avocado, thinly sliced red onion (to taste), rocket and basil leaves. Combine gently with a spoon.

Preheat grill or broiler to high. Rub bread slices with oil and garlic. Toast bread under grill 1-2 minutes on each side, until lightly browned. Spoon chicken mixture over toast and serve.

Hake & Avo Salsa

Serves 4

2t farm butter
500g hake fillets
1T olive oil
Himalayan salt & black pepper to taste
Fish spice to taste (optional)

Avo Salsa

1 avocado, cubed
2T finely chopped red onion
1 large red chilli, seeds and pith removed, sliced finely (optional)
2T chopped parsley leaves
Zest and juice of 1/2 lime
1T olive oil

Heat a pan over medium-high heat and melt butter. Rub fish with olive oil, place in hot pan and season. Turn fish over when just cooked through, cook briefly on other side and remove from the pan. Set aside

Make salsa while fish is cooking by adding all the ingredients to a bowl and mixing through. Serve with the fish

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

Overnight Oats

Serves 2

2 Cups Rolled Oats
3T Chia Seeds
3 T Hemp Seeds
1/4t Vanilla
1/2t Cinnamon
1t Xylitol
2 Cups Plant-based Milk
1 Apple / 2 Figs / Grenadilla pulp
2t Honey to top - optional

Place oats in a dish, add chia seeds, hemp seeds, vanilla, cinnamon & xylitol. Pour milk over & refrigerate overnight. Serve with chopped fruit & honey drizzled over.

Anti-inflam Magenta Smoothie

2 Servings

1 small beet, peeled and chopped
1 apple, peeled and chopped
1/2 t grated fresh turmeric
1/2 t grated fresh ginger
1 T lemon juice
1 small avocado
1/2 cup coconut milk
Optional: Honey to taste

Blend all ingredients together until smooth and enjoy.

Butter Cauliflower

70g Raw Whole Cashews, soaked overnight
1 Tin Chopped Tomatoes
80g Butter
1 Onion, Chopped
2 Garlic Cloves, minced
2t Fresh Ginger, grated
2t Garam Masala
1/4t Himalayan Salt
1/8t Cayenne Pepper
600g Cauliflower Florets
150ml Coconut Milk
2T Fresh Coriander, Chopped
70g Cashews, Toasted

Rinse soaked cashews and blend with tomatoes until smooth. In a large pan, heat butter over medium heat. Cook onion till soft and add garlic, ginger, masala, salt and cayenne. Cook for another minute. Stir in cauliflower and tomato mixture and bring to boil. Cover, reduce heat and

simmer for about 12 minutes until cauliflower is tender. Add coconut milk and heat through. Remove from heat and stir in coriander. Serve and sprinkle with cashews.

Green Salad

Romaine Lettuce, washed and cut
Baby Spinach, washed
Cucumber, chopped
Courgette, grated
Salad Onions, chopped
Green Pepper, chopped
Green Apple, chopped
Celery, chopped
Avo, cut
Pumpkin seeds, lightly roasted

Dressing:

1/2 Cup Olive Oil
2T Lemon Juice
1T Apple Cider Vinegar
1 Clove Garlic
1t Himalayan Salt
Pinch black & Cayenne Pepper
1T Nutritional Yeast
Handful fresh herbs, eg oregano, dill, mint, sage, coriander, parsley

Add salad ingredients to a bowl. Blend all dressing ingredients together, adding olive oil or filtered water if it becomes too thick. Drizzle over salad and store leftover dressing in a glass container in the fridge.

Grilled Mackerel Fillets with Lime Mojo

Serves 4

4 mackerel fillets
watercress, rocket and or gem lettuce, quartered
1 orange - skin cut off and segmented

Lime Mojo:

olive oil 125ml
3 limes 3, 1 peeled and segmented
2 oranges - 1 zested and 2 juiced (you need 90ml)
1 clove garlic, crushed
½ T dried oregano
1 t ground cumin

Make the mojo by whisking all the ingredients except the lime segments together, season well. Add the lime segments just before serving.

Brush the mackerel with a little oil and season well. Heat the grill to high. Grill the mackerel for 5 minutes skin side up or until the fillets are just cooked through – the skin should be nicely blistered. Mix the leaves and divide between 4 plates, add the orange segments and a fillet to each and then spoon over the mojo.

Pesto Butternut

Serves 4-6

1 large pack cubed butternut
1 can coconut cream
1 cup basil pesto
1/2 t Himalayan salt

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

Easy Butternut Soup

Leftover Butternut
Broth and coconut milk to thin soup
Salt & pepper to taste
Chopped basil for garnish

Heat butternut in a pot and add broth and milk according to your liking. Add salt and pepper to taste. Puree with a hand immersion blender or in a regular blender, adding in more broth to thin to desired consistency. Garnish with fresh chopped basil.

Moroccan Chicken with Greens

1 T Ghee or Butter
1 T Fresh Ginger, peeled and chopped
1 t Turmeric
1 t Cinnamon
2 t Paprika
1/2 t Coriander
1/2 t Cumin
1 t Sea Salt
2 cups Roma Tomatoes, chopped
2 cups Chicken Broth
1 Lemon sliced, rind on, deseeded
1/2 cup Chopped Coriander
6 Boneless Skinless Chicken Thighs
Curly Kale, tough ribs removed and chopped
1/2 Lemon, juiced

Heat a large sauté pan or pot on medium heat. Add ghee and sauté ginger until soft. Add turmeric, cinnamon, paprika, coriander, cumin, and sea salt and sauté one more minute. Add tomatoes, chicken stock, sliced lemons, and coriander and simmer for 10 minutes. Add chicken thighs, cover, and simmer for 30 minutes. Add chopped kale and lemon juice. Cover again and simmer 5–10 more minutes. Remove from heat, and add salt and pepper to taste.

Mideastern Orange, Millet & Date Salad

4 Servings

Dressing

Juice from one half orange
60 ml extra virgin olive oil
2 T lemon juice
1 t paprika

2 t fresh ginger

SALAD

1 cup uncooked millet
1-1/2 cups home made stock
2 oranges
1 cup edamame or fresh garden peas, rinsed
2 cups purple cabbage, finely chopped
3/4 cup pitted dates, roughly chopped
1/2 cup shelled pistachios, roughly chopped
1/4 cup chopped fresh mint
2 T chopped fresh parsley
Romaine lettuce

Cook millet in stock for 10-15 minutes.

Meanwhile, prepare the dressing. Into a glass measuring cup combine orange juice, olive oil, lemon juice, and paprika. Whisk together and season to taste.

Drizzle the dressing over the cooked millet while still warm.

Over a dish to catch the juices, section the oranges like a grapefruit, cutting the orange in half first, then with a sharp knife cut out the segments between the dividing membranes and place into large glass serving bowl.

Add edamame or peas, cabbage, dates, nuts, and mint, then add millet and mix together gently. Adjust seasonings, then leave to stand at room temperature for at least one hour to allow flavours to combine and mingle.

To plate: make a bed of lettuce and dish salad on top

Mushroom Risotto

Olive oil & butter
4 garlic cloves, minced
1 large onion, finely diced
2 T fresh thyme, finely chopped
Sprig fresh rosemary, finely chopped
250g portobello mushrooms, thinly sliced
1 head cauliflower, grated by hand or food processor
1 cup white wine
3 T coconut cream
1 T nutritional yeast
Fresh Parsley
Salt, to taste
Black pepper, to taste

Pour olive oil and butter in a large pan and heat on medium-high. Add the garlic, onion, and herbs and season well with salt and pepper. Cook for 5 minutes, stirring constantly. Stir in the mushrooms and cook for 5 more minutes.

Add the grated cauliflower and cook stirring for 1 to 3 minutes. Season with salt & pepper. Pour in the wine and cook for a few more minutes.

Stir in the coconut cream and nutritional yeast and add some parsley at the top then serve.

Shredded Citrus & Mint Salad

Serves 4

Dressing:

Freshly squeezed orange juice from two oranges

Freshly squeezed lemon juice from half a lemon
80ml Extra-virgin olive oil
1 T minced fresh ginger
1 Cup chopped fresh mint
1/4 teaspoon sea salt

Orange:

2 peeled and shredded carrots
2 shredded green apples
1 Kohlrabi, shredded - alternatively white cabbage

Purple:

2 Cups Shredded Beet
1 Small shredded purple cabbage
1 Pineapple, shredded

Blend the dressing ingredients together in blender or with stick blender until thoroughly combined. Put the orange and purple salad ingredients in two separate mixing bowls, mix well and toss with the dressing until evenly coated.

To plate: Serve two colours separately on your plate

Herb French Toast

Serves 4

4 eggs, whisked
1/2 cup finely chopped fresh herbs of choice, eg parsley, oregano, coriander, sage
2 spring onions, finely chopped
1/2 cup plant-based milk
Salt and pepper
4 slices gluten-free bread
Farm Butter

Add the whisked eggs, herbs, and milk to a bowl. Whisk to combine and season well. Heat a pan on low-to-medium heat and add the butter. Dip each slice of bread into the egg mixture. Allow the bread slices to soak the egg mixture, making sure the slices are evenly coated with the herbs. Add the slices to your pan and cook until golden brown.

Sweet Potato Nachos

Serves 2

1-2 large sweet potatoes
Pinch of pink salt
500g organic chicken, shredded
1 T of grass-fed butter or coconut oil
1/4 t of chili powder
1/4 t of cayenne powder
1/4 t of garlic powder
1/4 t of onion powder
2 large handfuls of curly kale
1 small onion
1 large avocado
Raw, grass-fed cheese or vegan cheese to taste
Salsa to taste

Preheat oven to 180C. Slice sweet potatoes thin, using mandolin

Grease baking sheet with butter or coconut oil, lay sweet potatoes down, sprinkle with salt, and bake until crispy. Remove, let cool, and place on plate
Heat pan with butter and cook the kale, onion and chicken with the spices until fully cooked. Top sweet potatoes with the chicken mix. Top with avocado, cheese, and salsa of your choosing.

Berry Ice cream

Serves 2

1 cup frozen organic mixed berries
1/2 cup COLD coconut cream
1/8 t stevia powder or 2 t xylitol

Add the frozen fruit to a food processor. Process for a few seconds until the fruits are broken into pieces. Add the cream and stevia powder and process for a 20-30 more seconds until the ice cream is nice and smooth. If the food processor gets stuck, just take a spoon and move the ice cream around and process again. Serve immediately.

Broccoli Soup

SOUP

1/2 small onion, roughly chopped
2-3 whole cloves of garlic, peeled
2 stalks of celery, chopped
3 medium carrots, chopped
1 medium sweet potato
Head of broccoli, stems included
3 T ghee, butter, coconut oil – melted
3 cups homemade broth
1 cup full fat coconut milk
salt and pepper to taste

OPTIONAL

1-2 tsp lemon juice
cayenne pepper

GARNISH

toasted nuts
crispy sage

Preheat oven to 200C. Place onions, garlic, celery, carrots, sweet potato, and broccoli onto a large baking sheet (or 2 small.) Drizzle melted fat of choice and toss until coated. Roast for 20 minutes, turning once.

To make crispy sage: heat 2-3 tablespoons of fat of choice in a small pan on medium high heat. Drop in sage leaves and cook for 2-3 minutes, until crisp but not browning. Remove from pan with tongs or a fork and set aside.

Remove veggies from oven and pour into large soup pot. Add broth, milk of choice and salt and pepper to taste. Bring to boil, turn down heat, and simmer covered for 5 minutes.

Remove from heat and puree until creamy smooth. Add extra broth if needed. Add optional lemon juice and cayenne.

Garnish with toasted nuts and crispy sage. Enjoy!

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, please 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.

Bobotie & Yellow Cabbage

Serves 6-8

1kg Beef Mince

Spicy Chutney

4T Coconut Oil

3 Small Onions, chopped

1 Red Pepper, chopped

1 Yellow Pepper, chopped

1 Small Apple, chopped

1t Stevia

1T Turmeric

1T Mild Curry Powder

2t Ground Ginger

1/2t Paprika

1/2t Ground Cumin

2 Cloves Garlic, crushed

1 Cup Water

2T ACV

1T Tomato Puree

Salt & Pepper

Egg Topping

1 Can Coconut Cream

2 Free-range Eggs

Yellow Cabbage

1 Medium Head Cabbage

2T Butter

1 Can Coconut Milk

1t Turmeric

Salt & Pepper

Fragrant Sprinkles

3T Desiccated Coconut

3T Sunflower Seeds

1t Xylitol

1/2t Ground Cinnamon

Preheat oven to 180C

Heat coconut oil in a pan & sauté onions, peppers & apples till soft. Stir in rest of the chutney ingredients and simmer on low heat for 5-8 minutes until chutney reduces to a thicker consistency.

Mix in the mince and let it cook slowly for 10-12 minutes. Transfer meat mixture to an ovenproof dish.

Mix egg topping ingredients with a fork and pour over mince. Bake for 30-40 minutes.

Slice cabbage into small to medium strips. Melt butter in a saucepan over medium heat and sauté cabbage. As soon as the cabbage starts to soften, add coconut milk and turmeric and simmer over low heat. Season to taste.

Toast the sprinkles ingredients in a dry pan.
Keep stirring until xylitol melts.

Serve bobotie on a bed of yellow cabbage and top with sprinkles

Marinated Tomato & Pepper Salad

Lettuce Mix
Punnet Cherry Tomatoes, halved
Robot Peppers, Half each, sliced
Olives
1 Avo

Dressing:
Juice of 1 Lemon
1 Cup Olive Oil
4 Cloves Garlic
Whole Bunch Italian Parsley
Small Tin Anchovies
Blend everything together in blender

Marinate tomatoes and peppers overnight, or at least an hour in dressing.
Next day, combine all salad ingredients and pour over all dressing.

Micro Greens Salad

Gem Lettuce, quartered lengthwise
Assorted Micro greens
Pomegranate arils
Toasted Sunflower Seeds
Toasted Sesame Seeds
Cucumber, grated
Green Apple, sliced finely

Dressing:
60ml Olive Oil
15ml Apple Cider Vinegar
1 t Honey
Pinch Salt
Fennel
Mint

Add salad ingredients to a bowl. Blend all dressing ingredients together, drizzle over salad.

Cauliflower Crust Mini Pizzas

yield 10 mini pizzas

2 cups fresh cauliflower, steamed, drained and riced
2 large pasture raised egg
2 cups grass-fed cheddar cheese
2 cloves of garlic, finely chopped
2 cup cassava flour
1/2 t xanthum gum
1 t toasted and ground fennel
1/4 t of pink salt
1 t ground oregano
2 t dried parsley
2 t dried basil
1 t dried rosemary

Toppings of choice - see ideas in instructions

For the mini pizza crusts, steam the cauliflower and thoroughly squeeze out liquid using cheesecloth. Next, rice or finely chop it - you can do this in a food processor a few pieces at a time. In a bowl, beat the egg and add with the shredded cheese and garlic to the cauliflower in the food processor. Pulse until just combined. Add the dry ingredients, and blend until just combined.

Line a large baking sheet with parchment paper. Press down large spoonfuls of pizza dough and shape and flatten with the back of a spoon.

Bake at 200C for 10 minutes, turn and bake another 5 - 8 minutes, until golden. Keep the oven on.

To complete the pizza, add desired pizza sauce (or a slice of fresh tomato) or pesto and then add toppings like grass-fed meat, olives, chopped mushrooms, sliced peppers, etc. Just put back in oven til cheese is melted. Top with fresh rocket and avo slices for completed mini pizzas.

Crispy Veggies with Lemon Zest & Quinoa

2-3 Servings

1 large head broccoli
3 carrots
1 cup sugar snap peas
Grated zest of 1 lemon
3 tablespoons fresh garlic chives, chopped
Sea salt flakes
Olive oil
1 cup cooked quinoa per person
2 T pumpkin seeds
Fresh herbs according to taste

Trim off only the woody parts of the broccoli stalks, retaining much of the length of the stem, and slicing broccoli into spear shapes. Thinly slice the carrots. Trim ends off sugar snap peas.

Put all the vegetables into a large pan of boiling salted water and bring back to a boil. Once it comes back to a boil, cook only for 45 seconds, then remove from heat and drain immediately.

Put the vegetables back in the pan with lemon zest and garlic chives. Sprinkle with sea salt flakes and drizzle with olive oil and toss over low heat until heated through.

Serve on a bed of steaming hot quinoa and sprinkle pumpkin seed over. Add fresh herbs according to taste.

Giant Mushroom Open Burgers

Serves 4

4 large brown mushrooms
4 free-range beef patties - homemade or store-bought
Butter lettuce leaves

Optional Additional Toppings:

Cucumber slices
Avocado slices
Tomato slices
Fine Red Onion slices
Pickles
Mixed Pepper Relish
Fail Proof Mayo
Hot Sauce
Hummus
Pesto

Heat oil and butter mixture in a large griddle pan, and use it to brush the mushrooms all over, then cook in the pan in batches. Next cook the patty, adding more butter and oil to the pan if necessary.

To assemble: place a mushroom top-down on a plate with a lettuce leaf on top, followed by the patty and optional toppings of your choice.

Hamburger patties

600g grass-fed beef, or venison mince
1 egg
2 baby marrow, finely grated
1/2 t ground cumin
1/2 t ground coriander
2 tsp salt
1 tsp ground black pepper
2 T fresh parsley, finely chopped
2 T coconut oil for frying

Add any topping of choice eg tomato slices, rocket, lettuce, gherkins, fried mushrooms, pineapple, homemade mayo, homemade tomato sauce, vegan cheese, etc.

Mixed Pepper Relish

6 mixed peppers
Olive oil
2-3 T red-wine vinegar
2 cloves garlic, pressed
1 T coconut sugar
Salt & Pepper

Preheat oven to 200C. Place whole peppers rubbed with olive oil on a baking tray and bake for 20 minutes. Turn peppers over and bake another 10 minutes on the other side. Remove from the oven and place in a sealed glass container to steam for about 20 minutes. When cooled, peel the skin off and cut into long strips.

Place peppers in a sterilised glass jar. Mix together 2 T olive oil and vinegar, garlic, sugar, salt and pepper. Taste to see what should be added, and pour dressing over the peppers. Stir to combine

and add oil and vinegar if more fluid is needed. Store in the fridge and serve as a condiment on burgers, with toast, eggs, a braai, etc.

Mac & Cheez

“CHEESE SAUCE”

Head of Cauliflower

2 Leeks

2 T Olive Oil

1 Cup raw, unsalted Cashews, soaked in hot water for 1 hour

2 Cloves Garlic

2 T Nutritional Yeast

Salt & Pepper

250 g gluten-free macaroni or other pasta

MACADAMIA "PARMESAN"

1/4 cup macadamias, cashews, or sunflower seeds

2 T sesame seeds

2 T nutritional yeast

1/2 t salt

Preheat oven to 180C. Chop cauliflower and leeks, coat with olive oil and bake for 40 minutes. To make Cheez sauce, blend soaked cashews with 180ml water on high speed in blender. Add rest of sauce ingredients and blend till smooth.

Prepare macaroni according to instructions.

To make the ""Parmesan"" sprinkle, blitz all ingredients in a food processor, coffee grinder, or blender until crumbly. Leave extras in the fridge for easy access later.

Fish Cakes with Lemon Coriander Coconut Yoghurt

Makes 8 Cakes

1 1/2 Cups Pecans

250g Wild Caught Fish, or can of Salmon, drained

2 Eggs

3 Salad onions, chopped

1 Small Celery Stalk, chopped

1T Olive Oil

1T Lime Juice

1/2t Salt

1 Pinch Paprika

Preheat oven to 180C. Grind pecans in a food processor or coffee grinder to a fine texture. Add remaining ingredients and pulse to combine. Separate mixture into eight patties and place onto lightly oiled baking tray. Bake until golden - about 30 minutes.

Lemon Coriander Coconut Yoghurt

1/2 cup coconut yoghurt

Zest of 1/2 lemon

1t black pepper

1T fresh coriander, chopped

Salt to taste

Drizzle of olive oil

Mix all the ingredients together in a mixing bowl until smooth. Garnish with freshly ground black pepper and fresh coriander leaves

Spaghetti Bolognese

Serves 6

Bolognese Sauce:

Butter

1 Onion, chopped

2 Garlic cloves, minced

1 Large Carrot, grated

1 Large Celery Stalk, finely chopped

1 Kg Free-range Beef Mince

Himalayan Salt

Black Pepper

Pinch Turmeric

Italian Herbs to taste

300ml Homemade Broth

300ml Homemade Napoli Sauce

50 ml Tomato Paste

Spaghetti:

Zucchini Spirals or gluten-free spaghetti

Olive Oil & Butter

Nutritional Yeast

Himalayan Salt

Black Pepper

Fry onions, garlic, carrot and celery lightly in butter over medium heat till onions are translucent.

Add mince, brown slightly and season with salt, pepper and turmeric. Stir through broth, Napoli sauce and tomato paste. Bring back up to simmering, close lid and simmer for 30 minutes.

Meanwhile, lightly fry zucchini spirals for a few minutes in olive oil and butter over medium to high heat to resemble el dente pasta. Season with nutritional yeast, salt and pepper.

Alternatively, prepare gluten-free spaghetti according to package instructions.

To plate: Dish zucchini first, drizzle with olive oil, with mince on top.

“Pap” & Wors

“Pap”

Half a head of Cabbage

Farm Butter

Himalayan Salt

Cayenne Pepper

Cut cabbage into fine shreds. Melt a liberal amount of butter in a pan, sauté cabbage & flavour with salt & pepper.

Tamatiesmoor

2 Tomatoes, chopped

1 Onion, chopped

1 Green pepper, chopped

1 Garlic clove, chopped

Bunch fresh herbs, like parsley, oregano, coriander, finely chopped

Himalayan Salt

Black Pepper

Fry everything together until soft and flavour have mixed.

Serve "pap" with "smoor" on top with free-range lamb, venison, or boerewors.

Slow-cooker Lamb with Baby Veggies

Serves 6

1 T coriander seeds
1 T cumin seeds
1 T fennel seeds
1 1/2 kg stewing lamb cuts like knuckles or neck
Salt & black pepper to taste
Avocado oil for frying
1 large red onion, sliced
3 - 4 cloves garlic, crushed
1 thumb-size piece of ginger, grated
1 cup bone broth
45 ml tomato paste
1 T coconut sugar
Handful chopped parsley
200g baby turnips
4 leeks, trimmed and halved
200g baby brinjals, halved
200g baby carrots
3 baby cabbages, halved
fresh coriander to serve

Toast the seeds in a dry pan over medium heat for about 3 minutes. Grind seeds fine. Sprinkle half the spices, with salt and pepper, over both sides of the meat.

Heat oil in a heavy-based pot over medium heat, and add meat. Brown meat on both sides and remove from the pot.

Turn the heat down and sauté the onion, garlic and ginger for about 4 minutes.

Place meat, tomato paste, sugar, rest of the spices, onions, parsley and bone broth in the slow cooker. Set on high and cook for 5 hours, or cook for 8 hours on low.

Add veggies and cover with juices, making sure the cabbages are at the top. Add salt & pepper to taste and cook another 1 - 2 hours.

To plate: Dish a cabbage half into 6 bowls, followed by the stew, and top with fresh coriander.

Ostrich Fillet and Mushrooms in Red Wine

Serves 4

4 ostrich steaks, each weighing 150-200g
1 T of butter
1 white onion, medium, grated
2 garlic cloves, grated
1 sprig of thyme
100ml home made beef stock
200ml of red wine, good quality
250g of mushrooms, of your choice
2 T coconut cream
salt
pepper

To cook the ostrich steaks, heat the butter in a large frying pan over a medium heat. Cook the ostrich steaks until the outside is lightly crisp and caramelised, for about 2 minutes per side. Remove the ostrich steaks from the pan and allow to rest in a warm place

Add another knob of butter to the pan and add the onion and garlic. Cook until a light gold colour, then pour in the wine, the stock and the thyme. Allow to simmer and reduce by half – the sauce should look smooth and glossy

Add the mushrooms, cook on a low heat for another 2 minutes then pour in the coconut cream, mixing well. Taste for salt and pepper, switch off the heat and spoon the sauce over the steaks to serve

Crumbed Chicken Strips

Serves 4

1/2 cup coconut flour
2 eggs, whisked
1 cup desiccated coconut
Coconut oil for frying
2 chicken breast fillets, sliced lengthways into 1cm strips

Place the coconut flour, whisked eggs, and desiccated coconut into three separate bowls. Dip the chicken strips into the coconut flour, followed by the eggs and finally the desiccated coconut. Heat the coconut oil in a frying pan and fry the chicken strip on medium heat until golden. Serve with Fail Proof Mayo

Chicken Lettuce Wraps

2 T sesame oil
1/4 onion (small, finely diced)
3 cloves garlic (minced)
1 t fresh ginger minced
2 chicken breasts
1 T rice vinegar
2 T coconut aminos
3 salad onions sliced

Sauce

3 T Thai sweet chilli sauce
2 t lime juice
1 T coriander leaves (chopped)

To Serve

Butter lettuce leaves
Grated Carrots
Robot Peppers, sliced
Mint leaves
Nuts of choice

Mix all the ingredients for the Sauce in a small bowl, stir to combine well.

Clean lettuce, peel each leaf off the stem, set aside. Clean mint, grate carrots, slice peppers and chop nuts in food processor.

Heat up a wok or skillet on medium heat and add the oil.

When the oil is heated, add the onion, garlic, ginger and cook for 2-3 minutes until slightly browned.

Add chicken, stir continuously.

Add salad onion, rice vinegar and coconut aminos. Stir to combine well. Continue to cook until the filling becomes dry but remains moist.

To assemble the lettuce wraps, add 1 tablespoon of the filling onto the middle of the butter lettuce, and top with some sauce and additional fillings of your choice. Wrap it up and eat immediately.

Guiltless Chicken Nachos

Chicken

1 T Farm Butter
1 Onion, Chopped
2 Cloves Garlic, chopped
4 Chicken Breasts, slivered
Half t Chilli flakes
1 t Turmeric powder
1 t Smoked Paprika
1 t Cumin powder
1 t Coriander powder
Half t Ground Cinnamon
1 t Salt
Pinch Cayenne or Black Pepper
Half Cup Homemade Broth
1 Cup Homemade Napoli Sauce
1 Sachet Tomato Paste

Salsa

1/2 Green Pepper, chopped
1 Small Tomato, chopped
2 Salad Onions, chopped
Bunch Fresh Coriander, Chopped

Guacamole

1 Avo, chopped
2t Olive Oil
2t MCT Oil
1 T Lime or Lemon Juice
1 Garlic clove
1 Heaped t Nutritional Yeast
Salt & Pepper to taste
Fresh Coriander to taste

1 Head Iceberg Lettuce, chopped

Fry spices, onion & garlic in butter over medium heat until onions are soft. Add chicken, salt & pepper and lightly brown chicken. Add Napoli Sauce and tomato paste and simmer till heated through.

Chop salsa ingredients finely and mix together. Blend guacamole ingredients together with stick blender or food processor.

To plate: Make a lettuce bed at the bottom of the plate, spoon chicken over, followed by salsa and guacamole.

Easy Pad Thai

6 Servings

For the Sauce:

1 cup homemade chicken broth
6 T tamari
1/4 cup honey

6 T cashew butter (sub sunflower seed butter if needed)
1/2 lime , juiced
3 T rice vinegar
1 T Thai chilli sauce (or Sriracha)
1 inch knob ginger , diced (sub 1 1/2 teaspoon ground ginger if needed)
3 cloves garlic , minced

For the Pad Thai:

2 T olive oil
3 pounds chicken breasts , cubed
Red pepper, sliced
Tender stem broccoli
Head cauliflower, riced in food processor

For Garnish:

chopped coriander
chopped cashews
bean sprouts
Thai chilli sauce or Sriracha
lime wedges

Whisk together sauce ingredients and set aside.

Preheat a pan or wok over medium heat and add oil. Add chicken breast and peppers and cook until browned and mostly cooked through. Turn off heat, drain some of the liquid and place back on stove. Push the chicken over to one side of the pan and add broccoli and cauliflower rice. Cook for 2 minutes, push aside and then pour the beaten egg into the pan in the space you've created and use your cooking spatula to scramble the egg in the pan. Reduce the heat a little at this point to more like medium-low. The mixture will be saucy at first but let it cook for another 2-3 minutes, stirring frequently, until the sauce thickens. Remove from heat, and serve warm.

Layered Frittata

8 Organic Eggs beaten
2 tablespoons water
2 teaspoons chopped fresh thyme
1/4 teaspoon freshly ground black pepper
1/8 teaspoon freshly grated nutmeg
1/8 teaspoon freshly grated turmeric
2 tablespoons nutritional yeast
Himalayan salt
1 tablespoon farm butter
1 cup thinly sliced leeks, white and green parts
1 red pepper, chopped
2 cups mushrooms, chopped
4 cups curly kale, stems removed & chopped
1 cup cherry tomatoes, halved

Preheat the oven to 180C. Put the eggs, water, thyme, pepper, nutmeg, turmeric, nutritional yeast and 1/2 teaspoon of salt in a bowl and whisk until the eggs are frothy. Heat the butter in an ovenproof pan over medium heat. Add the leeks, pepper and mushrooms and a pinch of salt and sauté until leeks are just golden, about 6 minutes. Put the kale on top of the leeks and sprinkle a pinch of salt over. Cover and let the kale steam just until it begins to wilt, about 2 minutes. Arrange the tomatoes on top, pour the egg mixture over the tomatoes and make sure it seeps through the greens; you may need to gently shift the greens a bit to help with this. Bake on the centre rack of the oven for 10 to 15 minutes, until the eggs are set. Turn the oven to grill and move the pan to the top rack. Grill for 1 minute and serve

Zucchini Arrabbiata

Serves 4

2 cloves garlic, minced
1-2 chillies, finely chopped
1 yellow pepper, chopped
Avocado oil
2 x 400g tins chopped tomatoes
1T tomato paste
1T red wine or balsamic vinegar
Salt & black pepper
1T coconut sugar (optional)
200g pitted olives of choice
Zucchini spirals
Organic farm butter
Olive oil
Fresh basil leaves

Sauté garlic, chilli and pepper in avocado oil for two to three minutes. Add the tomatoes, stir in paste and vinegar and season to taste, stirring 15 minutes. Add some sugar to balance acidity. Add olives and heat through. While sauce is cooking, heat a large pan on medium-high, melt butter and flash fry zucchini noodles to resemble al dente pasta. Add zucchini noodles to sauce with an extra dollop of olive oil and mix in basil leaves. Dish into bowls and enjoy.

Rainbow Risotto

4 Large Carrots, chunks
4 Beets, chunks
4 Leeks, chunks & cleaned between layers
1 Green Pepper, chunks
1 Red Pepper, chunks

Risotto:

1 Head Cauliflower, grated
Juice from 1 Orange
Olive Oil & Butter mix
Salt & Pepper
Herbs of your choice
Half Cup White wine

Preheat oven to 180C. Place carrots, beets, leeks & green pepper on roasting tray, drizzle with oil & butter mixture, half orange juice & season with salt, pepper & herbs. Bake for 60 minutes. Lightly fry grated cauliflower in butter and oil mixture, season with salt & pepper & drizzle rest of orange juice and wine over. Let it boil for 5 - 10 minutes. Mix cauliflower risotto with roast veg & 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

Baby Marrow Bake

800g Baby Marrow, cut in four lengthwise
Half Head Garlic, into chunks
1 Onion, sliced in circles
Handful Fresh Thyme
1/2 cup Coconut cream
4 T Butter
Salt & Pepper

Preheat oven to 180C, Place baby marrow, garlic chunks, then onion slices on top in oven pan. Sprinkle thyme over. Drizzle coconut milk over and season. Place pieces of butter on top, bake for 1 hour.

Sesame Green Beans

250g Fresh Green Beans, trimmed
2T Farm Butter
1/4t Himalayan Salt
2T Sesame Seeds

Blanch beans in a pot with salt and just enough water so it doesn't cook dry for 3 minutes. Discard any water, add butter and sesame seeds to the beans in the pot and cook another 2 minutes on medium high, while stirring. Serve while warm.

Citrus Rainbow Carrots

500g rainbow carrots, small to medium
Zest & juice of an orange
1 T local honey
1 T extra-virgin olive oil
Himalayan salt & black pepper to taste

Place carrots in a pan over medium-high heat. Pour orange juice over the carrots, adding some zest. Drizzle honey and olive oil over and season to taste. Cook for 10 minutes, stirring occasionally. Carrots must still retain crunch.

Roasted Beet, Sweet Potato & Kale Salad

1 large sweet potato
1/4 cup dried, unsweetened cranberries
1/4 cup chopped pecans
4 beets peeled
1 bunch kale, chopped
1/2 cup cooked quinoa
2 T coconut oil
Salt and pepper

Dressing
2 T raw apple cider vinegar

1 t wasabi
Juice of a lime
¼ cup extra virgin olive oil

Preheat oven to 180°C. Dice sweet potato into 3cm cubes. Peel fresh beets, dice into 3cm cubes. Toss on a baking sheet with coconut oil, salt, and pepper. Bake for about 40-45 minutes, tossing occasionally until the vegetables are soft.

While the vegetables are cooking, blanch the kale to reduce bitterness and soften the greens. To blanch, stir the chopped kale leaves into boiling water for 2-3 minutes, drain, then run under cold water to stop the cooking process.

In a large bowl, toss together the sweet potato, beets, pecans, cranberries, kale and quinoa. To make dressing, place vinegar, wasabi and lime juice in a blender. Blend on medium for 30 seconds. Switch to lowest setting and slowly pour in oil with motor running. Add dressing to salad and toss well.

Niçoise Salad

Serves 4

4 x 150g fillets of tuna or yellowtail
Olive Oil
4 soft-boiled eggs
1 cup Kalamata olives
200g steamed green beans
200g steamed asparagus
1 cup purple cabbage
Fresh parsley, chopped
Himalayan salt
Freshly ground black pepper

Dressing:

3T olive oil
1t Dijon mustard
1t raw honey
4 anchovies, finely chopped

Grill the fish fillets in a hot pan in a little oil or grill in the oven until just cooked. Meanwhile, slice the eggs and set aside. Mix olives, beans, asparagus and cabbage together in a bowl. Toss all the dressing ingredients together, drizzle over olive mixture and set aside to marinate.

Tossed Blueberries and Greens Salad

Serves 4

Blueberries contain a load of antioxidants and help to protect against skin-damaging 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

¼ 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

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.

Broccoli & Avo Salad

Head Broccoli, broken into florets & Blanched

2 Avos, cut in chunks

1 Bunch Spring Onions, finely sliced

Packet Rocket

Bunch 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

Mix salad ingredients and drizzle dressing over

Marinated Tomato & Pepper Salad

Lettuce Mix

Punnet Cherry Tomatoes, halved

Robot Peppers, Half each, sliced

Olives

1 Avo

Dressing:

Juice of 1 Lemon

1 Cup Olive Oil

4 Cloves Garlic

Whole Bunch Italian Parsley

Small Tin Anchovies

Blend everything together in blender

Marinate tomatoes and peppers overnight, or at least an hour in dressing.

Next day, combine all salad ingredients and pour over all dressing.