

HAPPY HEALTHY HOLIDAYS





PETE EVANS CHICKEN BONE BROTH



Leslie Embersits

It's the holiday season! Celebrating and sharing with friends, families and loved ones demands delicious food so, how can we stay healthy in the silly season?!

Et voila! Healthy Happy Holidays, a collection of healthy and delicious recipes you can prepare and share throughout the holiday season and beyond. These inspiring recipes showcase the creativity and generosity of our talented Mindd Ambassadors who also weigh in on what the holidays mean to them.

Mindd Foundation is all about community and our ambassadors are at the heart of this community. Collectively this group of practitioners, chefs and parents reach millions of families with a passionate message – “Food Is Medicine”. Their pioneering work has contributed to the healing of thousands of lives and required a fare bit of courage in the face of a medical paradigm that is beginning to catch-up given the emerging research on the ‘gut’.

This book contains a range of “therapeutic diets” such as gluten-free, dairy-free, GAPS, SCD, PALEO, SIBO and the list goes on. At Mindd we subscribe to a ‘bio-individual’ approach to eating; eliminating foods that cause inflammation and promoting nutrient-dense foods that support cellular health based on your individual needs. With the guidance of an experienced integrative practitioner you can work out the best foods for you and your family members.

The holiday season is all about giving thanks and we at Mindd would Foundation would like to extend a heartfelt thanks to our Ambassadors, partners, patrons, board members, practitioners, families and staff for creating a community of like-minds empowering people to take charge of their health.

Wishing you ‘Happy, Healthy Holidays full of friends, family and healthy food!

Leslie Embersits
& the Mindd Team



Alexx Stuart

What the Holidays mean to me

I absolutely love the holiday season because we really do switch off and wind down with friends and family. It's a chance to spend lots of time in the kitchen with the little man, creating, teaching him, chatting about flavours and being a little braver with experiments, knowing that we're not on the clock to 'get stuff done'. In Aussie life there aren't many festivals and rituals throughout the year like there are in the northern hemisphere with much more marked seasons where even the humble pumpkin or apple is celebrated loudly, so I find Christmas is that ritual time for us. We have certain things that stay the same each year and plenty of time to relax in between what we're up to and what's planned for. Food is the back bone of the celebrations – coming together over special treats and delicious feasts, but it's also a time to focus on your favourite people. To really see them, hear them, listen and love. Here's to a happy holidays for all!

Alexx x

Bio

Alexx is an advocate for all things she coins the 'low-tox life' – which is quite simply, living a life where we make positive choices when it comes to food, sustainability, personal care, home and our mindset. She truly believes that there should be no guilt or shame in realising we've not been perhaps making the best choices – enough with the guilt and fear! She focuses her education in moving forward with excitement, implementing changes at a pace that suits every unique individual. Alexx is passionately dedicated to awakening people to all the little things we can do to shape our health (and in turn, the world!) through her e-courses, her website www.lowtoxlife.com, social media channels and community portals and various speaking and workshop events. She believes strongly that grassroots community education are what make our world a better place.

lowtoxlife.com
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GF DF DELICIOUS MINCE PIES

I never really liked fruit mince pies before. They made me wheeze a bit and were way too sweet. If you look at the ingredients in a recipe for them, one can understand why. 2 cups of sugar in a filling that's going to end up as 2 cups total volume?! Dried fruits and glacé fruits packed with sulphite preservatives (known to cause asthma). They are, however, my Dad's favourite thing in the world at Christmas time – except of course the joy of being with family. No, actually, I think mince pies come before us!

So, I set about creating some of my own this year and not just with crappy gluten free flour store bought, which is often laden with genetically modified corn flour and /or soy flours – Even the 'health' brands. Bad news. Good news is, this home-made gluten-free sweet pastry flour is AWESOME. Double batch it and store just the flour for the next time you need gluten-free flour.

Give yourself a morning for this recipe. Play some Christmas tunes. Do some wrapping while you wait for pastry to bake or set. They will keep really well for a good 5 days, so you don't have to make them on a hectic Christmas Eve, which is great. After a couple of trials on the pastry front, I am super thrilled with this pastry. The texture will please even the most gluten of glutinous fiends – like my Dad!

Ingredients

MAKES 18-22 MINIS

Mini muffin tin to fit 18 pies

Small star or Christmas cookie cutter for the tops if you fancy.

Mini muffin liners

Pastry

1 cup tapioca

½ cup buckwheat or rice flour

¼ cup almond meal (if it needs to be nut free, just add 2 tablespoons buckwheat/rice and 1/2 tablespoon coconut flour to your mix and ditch the almond meal)

2 tablespoons coconut flour

½ teaspoon each powdered vanilla bean and cinnamon

125 grams butter, nice and cold and roughly cubed

2 tablespoons really well chilled water

1 egg white

3 tablespoons maple syrup or rice malt syrup

Pie filling

1 cup dried currants (sulphur free / 220 free)

1 cup loosely packed dried dates (i.e., don't press them in to fit more, just measure the cup worth), fine chopped

1 ¼ cup finely chopped red apple (organic is best as apples are heavily sprayed)

2 tablespoons finely chopped orange peel (organic is best as pesticides linger in citrus peels. You're worth it!)

½ cup rice malt syrup or maple syrup

1 heaped teaspoon cinnamon

1 teaspoon vanilla bean powder (or 2 teaspoons vanilla bean extract)

a pinch sea salt

1/3 teaspoon nutmeg

juice of ½ an orange

30 grams butter (or coconut oil)

2 tablespoons water

“Snow”

Desiccated coconut

Method

Place chopped apple, orange peel, orange juice, water, tablespoon of the butter into a saucepan and simmer on low for 20 minutes to soften the apple and orange with the LID ON. Then lift the lid and simmer a further 5 minutes. If for some reason all liquid has evaporated and ingredients are sticking, don't panic, just add a tiny splash more water or orange juice.

Add all the rest of the ingredients and simmer for 10-15 minutes on low until a smooshy goopy texture has been created. Once you've achieved that, switch off and spoon into a cool bowl and set aside. If you can leave this overnight for the flavours to all get to know each other, then that's perfect, if not, no stress. They'll still be delicious!

For the pastry, get all of your flours into your food processor. Blitz them for a few seconds together to aerate.

Then, add your cold chopped butter and pulse until butter is in tiny pieces through the flours / a bit sandy looking. Usually takes 4-5 pulses.

Then, add your syrup, your egg and pulse a couple of times.

Then add 1 tablespoon of water. Pulse again a couple of times. If pastry hasn't come together yet, pulse again with another tablespoon of chilled water.

Now, spread a little tapioca flour onto a parchment paper sheet and put your ball of pastry onto it. Sprinkle some on your hands too.

Get your mini baking paper cups ready and then roll your pastry quickly in your hands into a double sized macadamia ball and pop one each into all the mini muffin cups.

GAPS ‘ABLE’ CHRISTMAS SPICED SEMIFREDDO

SERVES 6

This is perfect for any time of the year really. You can change the toppings of the semifreddo depending on the seasons. It's a classic semifreddo, re-interpreted to incorporate a little more nourishment, way less fructose (only in the fresh fruit on top), and delicious Christmas inspired spice.

Super easy and I hope you enjoy it!

Ingredients

(Serves 6. Double this recipe and fill a 24 cm cake tin perfectly)

4 egg yolks, 1 whole egg

90 ml rice malt syrup (you can use maple syrup or coconut syrup if you like)

300 ml of your choice of additive free cream or coconut cream for a non-dairy version.

½ teaspoon cinnamon powder

½ vanilla powder

¼ teaspoon grated nutmeg



For topping

a handful of pitted chopped cherries (when out of season, why not fine dice some pear and sauté in a pan with a little butter and splash of your syrup of choice, then cool it in the fridge and have ready to top the semifreddo).

a handful of macadamias or pecans

4 tablespoons rice malt syrup (or maple / honey)

¼ teaspoon cinnamon

fresh nutmeg to grate at the very end

mini dried tea roses (optional – I had some, so I couldn't resist!)

Method

Line a 24 cm cake tin or 1 litre loaf tin with parchment paper (scrunch well first and then spread, so it moulds and 'stays' better. I do a criss cross of two strips so there's plenty coming up the edges and to fold over the top.

Heat some water in a saucepan and bring it to a gentle simmer.

While the water's coming up to a simmer, grab a large metal bowl and put in the 4 egg yolks, whole egg, rice syrup, cinnamon, nutmeg and vanilla bean powder.

Place bowl over the simmering water and beat with electric beaters until pale, creamy and frothy. Remove bowl from the saucepan and set aside.

In a separate deep bowl, put your cream of choice and whip until thickened. Then, fold in gently both the cream and the sweet eggy mixture.

Then, pour the whole mixture into your lined tin, cover it and then put into the freezer for 3 hours, or as I did, overnight and served the next day.

To assemble – The topping

Chop up your cherries and nuts, separately.

Pop nuts into a saucepan and toast for 3-4 minutes. Then add your topping syrup with an extra tablespoon of water to thin the syrup just a little. Warm for 2 minutes with the nuts and switch off the heat.

Then pull semifreddo out of the freezer and put onto a plate or cake stand, once parchment has been removed. DO NOT PANIC if the parchment sticks. Just leave it a couple of minutes for the semifreddo to soften, and it will peel off super easily!

Scatter nuts over the top with a spoon, then the cherries.

Drizzle remaining syrup from the pan, over the top with a spoon and finally, scatter little roses and grate the nutmeg over the top.

GAPS CHRISTMAS CAKE

Is it possible to create a GAPS Christmas cake? Would it taste nice? Would the texture be able to be respected? Would it pass with the British born and raised Dad? So this GAPS Christmas cake was born as a test. Gluten, dairy, grain, starch and even nut free, this is hopefully a cake that a lot of you guys can enjoy. .

Ingredients Fruit mince

Pop all of these ingredients altogether, into a saucepan. Bring it up to high heat, and down to low heat after 5 minutes, for 45 minutes to 1 hour until it's a delicious goopy fruit mince mix (or into the Thermomix on speed 2, 40 minutes, lid on, 100C checking liquid at 20 minutes and if getting dry add ¼ cup more water)

11 cup dried preservative free currants

1 cup pitted prunes (preservative free)

1 orange, fine chopped with rind pieces no more than ½ cm squared size

1 tablespoon cinnamon

1 teaspoon vanilla powder or extract or 1 vanilla bean split and

½ teaspoon nutmeg

2 star anises

2 tablespoon honey or maple syrup

½ cup water

50 grams coconut oil (or butter if not GAPS / intolerant is delicious to use too)

When the mince is 5 minutes from being done, get going on the cake mix, assembling all the ingredients and starting to blend. NOTE: Do not do this far in advance.

Coconut flour will continue to absorb liquid, and if you don't mix it and get it into the oven, you'll get a dry cake result. No thanks! !

Ingredients cake mix

5 medium sized eggs – if really big eggs, use 4

2 tablespoons honey or maple syrup (optional)

½ cup + 1 tablespoon coconut flour

2 teaspoons baking powder (can be left out)

2 pinches sea salt

½ cup melted coconut oil (or again, butter is fine if not GAPS / intolerant)

1½ cups of fruit mince. If you LOVE fruit mince, you could go up to 2 cups. The batter can take it. I'm not big on the 'big mince' flavour, so 1½ cups was perfect for me.

Method

Preheat the oven and prepare a standard sized cake tin, lined with greaseproof paper and coconut oil /butter.

Whip the eggs and honey / maple together for a minute in a Kenwood or Kitchen aid type cake mixer, or in a bowl with hand beaters, or in the Thermomix / MyCook premium with butterfly attachment on, speed 7, 40 seconds. It should look light in colour and have lots of bubbles on top.

Then add the coconut oil, coconut flour, baking powder (if using), salt and mix a further 10 seconds until well combined (speed 5 is perfect for this job).

NOTE: Overmixing will produce a dry batter because of the coconut flour absorption factor.

Then fold through the 1.5 cups fruit mince:

- Using the Thermomix / MyCook: Speed 2, 20 seconds
- Using the KitchenAid / Kenwood: Swap to the dough hook attachment and mix for 20 seconds, level 4.
- If you used hand beaters for the first half of the cake mixing, fold the mince in by hand.

Pour your mix into the cake tin and pop it into the oven.

Cook for 35-40 minutes on 180C/350F or until skewer comes out clean from the middle.

OPTIONAL: To get this glossy top look, melt 1 tablespoon honey/maple into 3 tablespoon boiling water and paint over the cake with a pastry brush. This was the perfect job for my little man. So cute. He took it very seriously.



POACHED EGGS ON SMASHED AVOCADO & GREENS



Cyndi O'Meara

What the Holidays mean to me

I love Christmas as it's always a fun time of year, with all of the family and friends getting together. Even though it can be a hectic time, it's also a great time to spend quality time with loved ones. Being prepared and stocking up my pantry with wholesome food, so I can prepare healthy nutritious meals, is a must for me.

Keeping it simple is the key here. I have a vegetable patch and herb garden as well as my own chickens so I always have plenty of fresh herbs, vegetables and eggs. My pantry is always well stocked with pantry staples such as coconut and olive oil, dates, rapadura sugar, Himalayan salt and spices. So I only need to buy extra organic meats.

My family eat gluten free meals, so I love experimenting to create simple, delicious nutritious meals. The meals below are some of my family's favourites. They all take less than 30 minutes to prepare, so you're guaranteed that you will spend quality time with your family and friends and less time in the kitchen.

Enjoy and Merry Christmas from Changing Habits.

Bio

Cyndi O'Meara is a nutritionist, film maker, best-selling author, international speaker and founder of Changing Habits.

Cyndi graduated with a BSc in Nutrition in 1984 with a special interest in ancestral foods. At the end of her degree she was so disillusioned by the nutritional guidelines that she paved her own controversial path that stayed clear of the low fat diets of the day. Her ground breaking book Changing Habits Changing Lives (1998) became an instant best seller and from there she has grown a successful organic food company, certified online education program and ground breaking documentary.

Cyndi is about educating, her greatest love is to teach people, in order for them to make better choices in their life, so they too can enjoy greater health throughout their life.

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POACHED EGGS ON SMASHED AVOCADO & GREENS

SERVES 4

Ingredients

2 big handfuls of rocket and spinach

8 eggs

10 cherry tomatoes

INGREDIENTS FOR SMASHED AVOCADO

4 avocados

½ red onion – finely chopped

½ chilli pepper – finely chopped

½ lime juiced

1 bulb garlic – finely chopped

3 sprigs of oregano – taken off the branched and chopped

1 teaspoon Changing Habits Seaweed Salt

1 teaspoon Changing Habits Dulse Flakes

1 tablespoon Changing Habits Inca Inchi Oil

1 fresh cob of corn from your local markets

Method

1. Cut the corn off the cob and place in a pot with a small amount of water. Steam for about 3 minutes, rinse the water out and cool the corn.
2. Cut the avocados in half, take out the pulp, discard seed and skin, place pulp in a bowl and smash with a fork
3. Mix the cooled corn and the rest of the ingredients together then mix through smashed avocado, and set aside
4. Poach two eggs per person using 1 tablespoon apple cider vinegar in your water – takes around 2-3 minutes depending on how you like your eggs
5. Prepare your plates with rocket, greens and a few cherry tomatoes, place the smashed avocado on the plate and then spoon your fresh poached eggs onto the plate and serve.
6. Delicious!

LAMB CHOP SALAD WITH A GINGER & HERB DRESSING

Ingredients

GINGER & HERB DRESSING

1 clove garlic

large knob of ginger peeled

1 red chilli

1 shallot

Juice of 1 lemon

1 ½ cups of herbs (we used basil, dill and parsley)

1 ½ cups cold-pressed olive oil

A good pinch of Changing Habits Seaweed Salt

SALAD INGREDIENTS

4 organic or free-range lamb chops

3 cups baby spinach and rocket leaves, mixed

1 large zucchini, sliced

½ chilli, diced for garnish

lime wedges for serving

Changing Habits Coconut Oil for cooking

Method

1. Add all the dressing ingredients to a blender, Thermomix or food processor and blitz until well combined. You may need to scrape down the sides a few times and re-blend.
2. Taste the mixture and adjust to your own taste buds if needed.
3. Heat a medium sized frying pan up and fry the zucchini slices on each side until golden brown.
4. Then remove the zucchini slices and place onto a plate.
5. Now add the lamb chops to the frying pan, render the fatty side of the lamb until completely golden and crispy. Then you can cook each side until desired.
6. When the lamb is done cooking, remove it from the heat and allow it to rest for 10 minutes.
7. Place the leafy greens onto two plates and top with the zucchini slices. Put the lamb on top and drizzle the dressing on top and sprinkle chilli and lime juice over the top.
8. Serve and enjoy!



PAPRIKA CHICKEN WITH QUINOA SALAD

Ingredients

1 cup quinoa

600 ml filtered water

1 bunch flat-leaf parsley - finely chopped

2 tablespoons finely chopped mint or coriander

8 Cherry tomatoes - quartered

3 spring onions - thinly sliced

¼ cup Changing Habits Inca Inchi Oil

2 tablespoon lemon juice

½ teaspoon paprika, plus extra to sprinkle

1 teaspoon ground cumin

Pinch of cayenne

1 teaspoon Changing Habits Rapadura Sugar

¼ teaspoon Changing Habits Seaweed Salt

⅛ teaspoon tsp freshly cracked pepper

100 grams thick yoghurt

1 teaspoon paprika

1 tablespoon ghee or butter

4 x 180 grams organic chicken breast or thigh fillets

Method

1. Place the quinoa and 600 ml of boiling water in a small saucepan over medium heat, then bring to a simmer.
2. Cook 10 minutes or until tender. Drain well and leave to cool.
3. Add herbs, tomato and spring onion to quinoa and toss to combine.
4. Combine oil, lemon juice, ½ teaspoon paprika, cumin, cayenne and rapadura sugar, then season with seaweed salt and pepper.
5. Place yoghurt in a bowl and drizzle over 2 teaspoons dressing, then sprinkle with some paprika.
6. With the rest of the dressing, pour on quinoa salad and toss well.
7. Heat a sauce pan to a medium/high heat melt butter of ghee sprinkle 1 teaspoon paprika into the pan and stir
8. Grill the chicken approximately 7-8 minutes each side making sure the ghee paprika mix coats the chicken
9. Serve the chicken sliced on a bed of quinoa salad with yoghurt dressing mix dolloped on top, and freshly steamed asparagus or broccolini with lemon wedges on the side.



CHOC PEPPERMINT PANNA COTTA

Ingredients

1 cup coconut cream

1 teaspoon Changing Habits Gelatin (mixed into 1-2 tablespoons of water and allow it to bloom)

A pinch of Changing Habits Seaweed Salt

1 tablespoons honey, pure maple syrup or a few drops of liquid stevia to taste

1 tablespoons Changing Habits Coconut Oil

Peppermint essential oil to taste (we used 6-8 drops)

1 tablespoons cacao powder or 8-12 Changing Habits Cacao Melts

Method

1. Add all your ingredients to a small saucepan and heat on low. Stir until the gelatin has dissolved.
2. When the gelatin has dissolved, remove it from the heat and allow it to cool down until warm. Taste the mixture to see if it's to your liking, if you prefer more sweetener or more peppermint, just add a touch more until desired.
3. Pour into moulds, small glass jars or ramekins and place in the fridge to set.
4. When ready serve them plain or with fresh berries and enjoy!



Fouad Kassab

What the Holidays mean to me

Growing up in Lebanon, Christmas was undoubtedly the biggest celebration of the year. It was a time for large family get togethers over many days of feasting. The kitchen was at the heart of the celebration. Mum and all my aunts made the most exquisite Lebanese dishes, and I would help by rolling vine leaves or stuffing zucchini with spiced rice, or stirring a large pot of rosewater scented custards. Now with a young family of my own (and a tiny kitchen), I love evoking that festive feeling by having large gatherings, but I prefer to do most of the preparatory work beforehand to leave more time for work-free socialising. The entire menu is always wholefoods – this means my family is nourished through food and through being around their loved ones.

Bio

Fouad Kassab is a whole-foods chef and food writer. Born in Lebanon during the height of the civil war, Fouad grew up on anti-biotics and a diet dependent on international aid, heavy with highly refined flour, sugar and skim milk powder. As a result he struggled with weight and health issues.

He moved to Australia in 2001 and battled chronic illness until 2011 when he discovered the insulin hypothesis which lead him to a low carbohydrate, nutrient-rich diet. Fouad loves both food and writing and has written for the Sydney Morning Herald's Good Food Guide and managed several pop-up Sydney restaurants including the gluten-free Chickpea and Baraka restaurants.

Fouad has co-authored a cookbook "Life-Changing Food", with Jo Whitton and also offers cooking classes to teach people how to navigate the world of Paleo and GAPS.

Fouadkassab.com
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CABBAGE AND BACON STIR FRY

SERVES 2

gluten free, grain free, dairy free, nut free, egg free, paleo

Here's your ticket to avoiding the blood sugar fluctuations that come from eating a cereal-based breakfast. This simple stir fry is the go-to brekkie in the Kassab household – low-carb and versatile. It's great with only the four ingredients listed below, but easily tweaked, too: add garlic and onion for more depth of flavour, eggs for body, some heat with fresh chilli, or some tomato passata and cream for a far more substantial dish. Use a hot wok to caramelise the cabbage and bring out its flavour.

500g cabbage, finely shredded

300g bacon, cut in small squares

⅓ cup olive oil

1 tsp salt

3 cloves of garlic, finely diced (optional)

1 large brown onion, finely diced (optional)

Method

1. In a wok or heavy-based casserole dish, add olive oil and bacon and cook on medium heat (add garlic and brown onion now, if using), and cook for 2 minutes.
2. Turn heat up to high and add cabbage and salt. Stir to coat with olive oil. Continue to cook for 6-8 minutes, stirring occasionally. It's important to allow the cabbage to sit long enough so as to caramelise, but not long enough to burn. Serve immediately.

Storage

Store in an airtight container in the fridge for up to 5 days.

PUY LENTIL SALAD WITH HAZELNUTS, PRESERVED LEMONS, THYME AND ISOT PEPPER

SERVES 4

gluten free, grain free, dairy free, egg free, GAPS, vegetarian, vegan

This salad is all about balance, freshness and texture. The lentils need to be cooked just after the al dente stage, the pumpkin needs to be creamy, and roasted hazelnuts add crunch and nuttiness. Oven-dried tomatoes are a great alternative to fresh tomatoes: they're sweet and not overly moist. Preserved lemons and fresh thyme contribute that “je ne sais quoi” element, where the flavour is somewhat fleeting and exotic, only identifiable by an experienced palate. The real kicker here is isot pepper – one of my favourite all time chilis, second only to Maras chili. I went crazy for isot in Turkey and am always well stocked. Find a Turkish shop and buy some. That smoky sweet flavour of isot pepper goes with anything. Since this is a salad, quantities and proportions are up to you. Want a bit more kick? Add some more isot pepper. Love preserved lemons? Go crazy!



Mix the following ingredients together:

2 cups puy lentils, boiled until just after al dente (I added a bouquet garni in there but you can omit)

2 cups cubed roast pumpkin

1/2 cup oven-dried tomatoes, coarsely chopped – make your own or use good quality semi-dried tomatoes

2 tbsp preserved lemon peel – rinsed and finely chopped

A handful or two of roasted hazelnuts, peeled

1 tbsp isot pepper, or cayenne pepper to taste

1 tsp allspice

olive oil and salt, to taste

Serve warm or cold.

SLOW-COOKED LAMB SHOULDER WITH RED WINE SAUCE

SERVES 6-8

Gluten free, grain free, nut free, egg free

This lamb shoulder recipe is at the heart of many meals at the Kassab household. We turn it into a spiced-rice pilaf on occasions of celebration, or serve in gluten free wraps with fresh herbs, pickles and tahini sauce for lunch. It is also an amazing dish to prepare ahead for a barbeque. I cook it two days before and keep it in the fridge, then on the day, I cook it with the skin side down in a hooded barbeque until the skin crackles. Then I turn it around and take the heat all the way down to warm it all the way through. Serve with salads for a fuss free holiday dinner with friends and family.



Ingredients

2.2-2.5kg lamb shoulder, preferably bone in

1 tbsp salt

1 cup water

1 cup light red wine such as Pinot Noir

125g butter, cut into cubes

Method

1. Place lamb in slow cooker along with water and sprinkle with salt. Cover and cook on low for 10 hours. (Alternatively, if you wish to cook this in an oven, place lamb in baking tray along with water and salt, cover tray with aluminium foil and cook at 110°C for 8-10 hours.)

1. Carefully remove lamb from cooking juices, making sure to reserve cooking juices for red wine sauce. The lamb should be very tender. (To keep lamb hot before serving, place in a warm oven - 80°C - covered with aluminium foil.)
2. Transfer reserved cooking juices into a glass container. The juice will separate, with fat rising to the surface and stock

beneath. Carefully skim the fat from the top and transfer it to another bowl.

3. Add 3 cups of stock and the red wine to a medium saucepan and bring to the boil. Cook for 15-20 minutes until it reduces and becomes a thick, rich sauce.

4. Remove saucepan from the heat and add the butter, 1 cube at a time, incorporating using a whisk until glossy and velvety. Add salt to taste and serve with lamb.

Storage

Keep in airtight container in the fridge for 3-5 days.

Note This is a great way to make your own lamb stock and get a good supply of lamb fat. Once cooked, sieve the juices into a bowl and leave to cool then refrigerate. The fat will rise to the top and solidify. You will then be able to separate the fat from the stock and use both in your cooking. We freeze excess fat and stock in our home and add directly into dishes that require either.

SWEET POTATO MOUSSE

SERVES 8-10

Gluten free, Paleo, grain free, dairy free, nut free, egg free

A great alternative to grain-based desserts such as rice pudding, this sweet potato mousse is nutrient-dense and very filling. Coconut and gelatin are great for gut health and you can control the amount of added sweetness by increasing or decreasing the maple syrup to taste. This recipe is super easy, and very popular – so doubling the quantities probably won't be a bad idea!

Method

500g sweet potato, whole, skin-on

220ml coconut milk

50g lemon juice (about 1 lemon)

90g (3 Tbsp) pure maple syrup or honey

1 tsp vanilla extract

250g (1 cup) water

10g (¾ Tbsp) gelatine powder

Thermomix Method

1. Preheat oven to 200°C.
2. Place whole sweet potato onto a baking tray lined with baking paper, and bake for 1-1 ½ hours, or until knife can be easily inserted into sweet potato. Set aside.
3. Place remaining ingredients into TM bowl and cook 8 min/100°C/speed 3.
4. Peel sweet potato. Add to TM bowl and blend 30 sec/speed 6. Scrape down sides. Blend 10 sec/speed 6.
5. Divide mixture between 8-10 serving glasses and chill to set for approximately 5 hours, but preferably overnight.
6. Serve chilled with desired toppings (see note about Topping Options).

Conventional Method

1. Complete steps 1-2 as in Thermomix method.
2. Place remaining ingredients into a medium-sized saucepan and bring to the boil on medium-high heat, stirring constantly, to prevent gelatine powder from sticking to the bottom of the pot. Once mixture comes to the boil, remove from heat and cool to room temperature.
3. Peel the sweet potatoes and add to a blender along with the cooled liquid. Blend on high for approximately 1-2 minutes, or until completely smooth.
4. Continue with steps 5-6 in Thermomix method.

Topping Options

- Honey and Dairy-free Cream Cheese, sprinkled with orange or lemon zest
- Whipped cream and maple syrup with rosewater or vanilla, orange or lemon zest.

Storage

Store for up to 3 days in the fridge.



APPLE PIE



COCONUT-CHAI CHIA PUDDING WITH ROASTED BERRIES



MOROCCAN CAULIFLOWER 'COUS COUS' SALAD



Jo Whitton

What the Holidays mean to me

Christmas is a special time in our family. The focus is on slowing down and sharing delicious food with friends and family; rather than on lots of busy-ness, overspending, and over-indulging. We bake cookies, do puzzles, make presents, sing along to Christmas music, enjoy time with our church community, have a Christmas street party, dance under the twinkling lights, and ignore the to-do list for a little while.

On Christmas Day my mum and sisters and I cook up a storm together - chatting, laughing, and reminiscing while we cook. The kids run in and out, sneaking bits of food and having waterfights to cool down in the Far North Queensland summer. Any friends or neighbours that don't have family close by are invited, and there's always enough food to share, plus leftovers for Boxing Day. The afternoon often includes a swim at the lake, and plenty of delicious tropical summer fruits to enjoy. Life at its simple best.

May your holidays also be a simple, beautiful, relaxing time, filled with family, friends, fun, and nourishing food. Enjoy!

Bio

Jo Whitton is a food blogger, author and speaker from Far North Queensland. She has always loved to cook, and began experimenting with allergy friendly cooking when her children were young, due to health issues. She began her blog, Quirky Cooking as a place to share her recipes and tips for healthy cooking, especially for those with diet challenges. She is the author of 2 cookbooks, Quirky Cooking and Life-Changing Food (with co-author Fouad Hassab), runs a podcast called A Quirky Journey and various online support groups.

After helping her son Issac heal from anxiety, depression and OCD with the GAPS diet, Jo has become very dedicated to helping her readers learn to use food for healing and has released an online program, Quirky Cooking for Gut Health, to teach cooking for the GAPS Intro diet.

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Recipes from our upcoming cookbook, “Life-Changing Food”; my blog, “Quirky Cooking”; and our online program “Quirky Cooking for Gut Health”.

COCONUT-CHAI CHIA PUDDING WITH ROASTED BERRIES

SERVES 6-8

Gluten free, grain free, dairy free, nut free, egg free, vegetarian, vegan, GAPS, paleo

This chia pudding is great for an easy ‘prepare ahead’ breakfast. Layer the pudding with fruit in jars (either roasted or fresh berries), and have them in the fridge ready to go, adding coconut cream to serve. They will last for about five days in the fridge. This version has chai spices and can be layered with roasted berries, which also makes it completely dessert-worthy, so you can have them ready for when friends come for dinner! Play with the recipe to suit your tastes: swap the berries for other fruits, add some nuts, seeds, coconut flakes or cacao nibs, leave out the spices if you want to, add cacao powder, use whatever sweetener you prefer, and serve warm or cold.

Ingredients

1L coconut milk

100g chia seeds

2 tablespoons raw honey or pure maple syrup, plus extra to serve

1 teaspoon ground cinnamon, plus extra to serve

½ teaspoon ground nutmeg, plus extra to serve

¼ teaspoon ground ginger

¼ teaspoon ground cardamom

1 teaspoon vanilla bean powder or vanilla bean paste

1 batch of Roasted Berries (see below), or fresh berries, to serve

Coconut cream to serve

Method

THERMOMIX METHOD

- Place coconut milk, chia seeds, honey or syrup, spices and vanilla powder or paste into TM bowl and mix 5 sec/speed 3. Cook 5 min/37°C/speed 2.
- Transfer pudding to a dish and into the fridge for 30 minutes-1 hour, or until ready to assemble. Pudding will thicken as it cools, but it can be used immediately if you're in a hurry
- To serve, assemble in glasses or jars, starting with 2-3 tablespoons of pudding mixture, then adding 1-2 tablespoons of roasted or fresh sliced berries. Repeat, finishing with berries, and top with a tablespoon of coconut cream. Drizzle with honey or syrup, and sprinkle with cinnamon and nutmeg.

CONVENTIONAL METHOD

- Place coconut milk, chia seeds, honey or syrup, spices and vanilla powder or paste into a large bowl and mix well. Transfer to fridge for at least one hour, or overnight. Pudding will thicken in the fridge.
- Continue with step 3 in Thermomix method.

STORAGE

Puddings will last up to 5 days in the fridge with just the pudding and berries, sealed in jars for ready-to-go snacks. Once cream is added, store for up to a day. Not suitable for freezing.

NOTE

Heating the chia seeds in the Thermomix version is just to speed up the soaking process, so that the pudding is ready faster. That way if you like, you can eat it straight away and not have to wait for it to soak!

ROASTED BERRIES

MAKES ABOUT 700G

Gluten free, grain free, dairy free, nut free, egg free, vegetarian, vegan, GAPS, paleo

2 punnets (250g each) fresh strawberries, sliced

2 punnets (150g each) fresh blueberries, halved (or sliced if large)

2 Tablespoons honey or pure maple syrup (optional)

½ teaspoon vanilla powder or pure vanilla extract

Method

- Preheat oven to 180°C and line two baking trays with baking paper.
- Place berries in a single layer on trays and drizzle with honey or syrup. Sprinkle over the vanilla.
- Place into oven and bake 25 minutes, or until berries are starting to brown a little on the edges and juices are reduced and caramelised.

STORAGE

Store in fridge for approximately 1 week, or freeze for 3 months.

ROAST VEGGIE FRITTATA

SERVES 6-8

Gluten free, grain free, dairy free, nut free, vegetarian, GAPS, paleo

Make sure you make plenty of roast veggies on Christmas day, as the leftovers are great for cutting down on your cooking on Boxing Day! We love using our leftover roast veggies in salads (see below) or in a frittata. Serve this frittata with a leafy green salad for lunch, with any other Christmas leftovers you have floating around, for a fuss-free meal!

Ingredients

2 tablespoons ghee or coconut oil

3 garlic cloves, finely chopped

2 onions, thinly sliced

100g nitrate free bacon (opt)

4-5 yellow button squash, sliced

1 zucchini, sliced

150g kale or silverbeet, thinly sliced

1 teaspoon dried Italian herbs

1 teaspoon onion flakes

2 Tablespoons water

1-2 cups leftover roast veggies (pumpkin, carrot, beetroot, onion), cubed

10 large eggs

1 teaspoon sea salt

pepper to taste

Method

1. Preheat oven to 180C.

2. Place ghee, garlic, onions and bacon into a large (32cm) cast iron frying pan* and sauté over medium-low heat until soft but not too browned.

3. Add squash, zucchini, kale or silver beet, herbs, onion flakes and water, and stir-fry over medium heat, until soft.

4. Add leftover roasted veggies to pan and stir through. Whisk eggs with salt and pepper, pour over vegetables, and place pan into oven.

5. Cook 25 mins at 180C, turning pan halfway through cooking time so it browns evenly.

*Note: If you don't have a cast iron frying pan that can go into the oven, transfer mixture to a lined or greased baking dish, and cook in that. If dish is smaller than 32cm, it may take longer to cook – cook until set in the middle.

STORAGE:

Store in fridge for up to 3 days, or wrap slices separately and freeze for up to 4 months.

MOROCCAN CAULIFLOWER ‘COUS COUS’ SALAD

SERVES 6-8

Gluten free, grain free, dairy free, egg free, GAPS, Paleo; nut free variation, vegetarian variation, vegan variation

This is a delicious ‘full meal salad’ which can be tweaked to use up your Christmas leftovers! Just leave out the chicken in the method, and instead add in some cold roast meat (cubed) when you toss the salad together. You can also toss through leftover roast veggies (cubed) instead of the pumpkin, if you have a lot of those. You'll find it perfect as a meal on its own, or take it along to a BBQ or potluck with friends as a side dish that will serve a crowd! I've listed the Moroccan spices separately for you, as you may like to make up a double batch and use it in other recipes also. It makes an awesome spice rub to coat lamb, chicken, beef or pork before roasting, or to sprinkle over lamb chops before grilling.

Ingredients

800g cauliflower, broken into florets

400g pumpkin, thinly sliced (about 2cm wide x 5mm thick)

1 clove garlic

400g chicken thighs, cut in halves, or breast, cut in thirds

1400g water

100g chopped dried apricots, sulphur free

100g dried sour cherries or raisins, oil free

½ lemon, juice only

2 spring onions, green parts only, thinly sliced

100g activated almonds or pistachios, roughly chopped

large handful mint leaves, roughly chopped

large handful flat leaf parsley, roughly chopped

3 tablespoons extra virgin olive oil

MOROCCAN SPICE SEASONING

2 teaspoons fine sea salt

1 teaspoon ground cumin

1 teaspoon ground coriander

½ teaspoon ground turmeric

½ teaspoon ground cinnamon

½ teaspoon mild paprika

¼ teaspoon ground allspice

⅙ -¼ teaspoon cayenne pepper, to taste

Method

THERMOMIX METHOD

- Place cauliflower florets into TM bowl and chop 10 sec/Reverse/speed 5 until rice consistency. Remove and place into Varoma dish. Add pumpkin to dish, poke a hole through to let steam escape, and set aside.
- Place garlic clove into TM bowl and chop 3 sec/speed 7. Add water to bowl, and insert steamer basket into bowl with chicken inside. Place Varoma into position on lid, and cook 25 min/Varoma/speed 1.
- Check chicken and pumpkin are cooked through, cook a little longer if needed. Remove chicken and cut into 1-2cm cubes.
- Gently toss together all ingredients, including spice seasoning, in a large serving bowl or on a large serving platter, and drizzle over olive oil to taste. Serve warm or cold.

CONVENTIONAL METHOD

- Pulse cauliflower florets in a food processor until they ‘rice’ sized. Fry in a large frying pan with 2 tablespoons ghee or coconut oil, until softened. Set aside.
- Cut chicken into cubes and place in a saucepan. Barely cover with water and cook 10 minutes over medium heat.
- Add pumpkin slices on top of chicken, cover, and cook over medium heat for 5-10 minutes or until just cooked. Carefully strain off and reserve water for use as stock in other meals.
- Mix together all ingredients to serve, as above. Serve warm or cold.

STORAGE

Store for up to 3 days in the fridge. Not suitable for freezing.

Variation

GAPS: This recipe is suitable for Full GAPS, or can be Stage 6 of Intro without the cayenne pepper, if other spices are tolerated.

Vegan/Vegetarian: Swap chicken for 400g cooked chickpeas.

APPLE PIE

Gluten free, grain free, vegetarian; paleo, gaps, vegan, dairy and egg free variations

SERVES 6-8

At Christmas time, our family always has a variety of pies on the side table for desserts, which we enjoy over Christmas and Boxing Days - apple pie, cherry pie, pumpkin pie, and pecan pie. They freeze well so can be made weeks ahead and thawed out as needed. This apple pie is based on our traditional apple pie recipe, but is entirely grain free and delivers on flavour without going over the top with sweetness. Either

make this as one large pie, or a few mini pies baked in ramekins. Serve with coconut cream or cultured cream, or coconut cream ice cream for extra deliciousness!

Ingredients

1 x batch of Almond Meal Pastry (see recipe below)

5 medium-sized apples, peeled, cored, quartered, and cut into 5mm slices

60g unsalted butter or coconut oil, plus extra for greasing pie dish

60g maple syrup or honey (or to taste)

2 teaspoons cinnamon

1/4 teaspoon salt

1 egg, for egg wash (optional)

THERMOMIX METHOD

- Preheat oven to 180°C.
- Grease a 20cm pie dish (or 4-6 ramekins) with extra butter or coconut oil.
- Place apple slices, butter or coconut oil, maple syrup or honey, cinnamon and salt into TM bowl and cook 10 min/Varoma/Reverse/speed soft. Set aside while preparing pastry.
- Roll out half the dough between two pieces of baking paper, to a circle approximately 30cm in diameter. Transfer pastry to pie dish, pressing gently into dish and leaving the edges untrimmed for now. Place apples into pastry.
- Roll out remaining half of dough as above.
- For lattice top: Slice pastry into 2cm wide strips. Arrange in a lattice pattern over filling. Trim edges with a butter knife, then crimp edges with fingers.
- For basic top: Lay pastry carefully over filling, trim with a butter knife, then crimp edges with fingers. Cut a few slashes into top of pie, or cut out shapes if desired, and decorate with leftover pastry shapes.
- For mini pies: Grease 4-6 ramekins, depending on size. Cut out pastry to fit into ramekins and overlap edges, fill with apple, then lay a circle of pastry on top. Trim, crimp edges, and cut a couple of air holes in top of pies. Use any leftover pastry to make shapes for top of ramekin pies.
- Whisk egg, and brush onto pastry with a pastry brush.
- Bake for 20 minutes, or until golden brown. Serve warm or cold with cream, cultured cream, or dairy-free ice-cream.

CONVENTIONAL METHOD

- Complete steps 1-2 as in Thermomix method.
- Place apple slices, butter or coconut oil, maple syrup or honey, cinnamon and salt into a frying pan, and cook over medium heat for approximately 10 minutes, or until cooked through, stirring now and then. Once cooked, remove pan from heat and set aside while preparing pastry.
- Continue with steps 4-10 in Thermomix method.

STORAGE

Refrigerate in an airtight container for 4 days or freeze for up to 4 months.

VARIATIONS

GAPS: Use honey for sweetening in place of maple syrup.

Nut-free, Egg-free & Vegan: Use coconut oil in apples and pastry in place of butter. See also recipe variations in Pastry recipe below. Omit egg wash for egg free/vegan.

ALMOND MEAL PASTRY

MAKES 2 X 22CM PIE CRUSTS

gluten free, grain free, vegetarian, gaps, paleo; dairy free variation, nut free variation, egg free variation

I love this pastry. It's so simple, and even the most pastry-challenged cooks can make it! The secret is to have the dough well-chilled, and to roll it out between two sheets of baking paper. I keep my almond meal in the freezer, so when I mix the dough it's already chilled, which saves time! Otherwise just chill the dough once you've mixed it. See variations for nut and egg free versions.

Ingredients

300g blanched almond meal, plus extra if needed

2 eggs

¼ teaspoon fine sea salt

30g ghee, butter, or coconut oil, plus extra for greasing dish

for sweet pastry: add 2 tablespoons (30g) honey

THERMOMIX METHOD

- Place all ingredients into TM bowl and mix 20 sec/speed 4. If dough is too wet, add a little more almond meal and mix again until it comes together.
- Remove dough from bowl with spatula (it will be slightly sticky) and separate into two balls, flatten into discs, and wrap separately in baking paper. Place in fridge to chill for approximately 30 minutes, or until filling is ready.
- Roll out dough to 2-3mm thick in between two sheets of baking paper. Remove top sheet, turn over onto pie dish and press into dish, then remove remaining sheet.
- If blind baking, bake for approximately 15 minutes at 180°C, or until edges are golden. If baking with filling, timing will depend on recipe.

CONVENTIONAL METHOD

- Mix all ingredients together in a large bowl, or in a food processor, until a soft dough is formed. It will be slightly sticky.
- Continue with steps 2-4 in Thermomix method.

STORAGE

Store in fridge for up to 2 days, well wrapped and airtight, or freeze for up to 3 months.

VARIATIONS

NUT FREE: Use a mixture of sunflower seeds and pepitas, milled, in place of the almond meal.

EGG FREE: Mix together 2 tablespoons of chia seeds and 6 tablespoons of water in a cup. Leave to soak for 5 minutes, then add to the almond/seed meal, salt and ghee/butter/ oil to make dough.

NOTE

For best results, chill almond meal (or seed meal) before beginning. That way, the dough can be used straight away. If the almond meal is room temperature, the dough will have to be chilled before rolling out. If in a hurry, chill the dough in the freezer for 10 minutes



Charlotte Carr

What the Holidays mean to me

Holidays are a time to come together with family and friends. To connect with loved ones, share stories and eat wonderful food together. It's a time for reflecting, understanding and to celebrate all that is. To turn off, slow down and enjoy nature.

Bio

Charlotte Carr is a best-selling author, health coach, blogger, voice artist and actress. You may recognise Charlotte from her TV work on Australian favourites such as **Home and Away** and **Underbelly**.

Since the birth of her son Willow in 2012, Charlotte and her husband musician, Wes Carr, have been on a very different journey. When Willow was born with sensory processing issues and a compromised gut and immune system, Charlotte did more investigating than the FBI and got help from Mindd Foundation. It was this experience that led Charlotte to study nutrition and create the popular baby and nutrition website Bubba Yum Yum. Charlotte has since gone on to become one of Australia's most talked about bloggers, toured the country with co-author Pete Evans and had their recipe book reach #1 on I-tunes within 4 hours.

bubbayumyum.com
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SOMBREROS

SERVES 6
YIELD: 6 sombreros
PREPARATION TIME: 15 minutes
COOKING TIME: 15 minutes
ALLERGENS: Nuts
(suitable for 12+ months only)

These little Mexican lettuce cups are such a fun way for kids to get involved with cooking. They can help with putting all the tomatoes and cucumbers into little bowls, serving the macadamia sour cream and sprinkling with chia seeds.

Ingredients

- 1 garlic clove, crushed
- 1 teaspoon cold-pressed, virgin coconut oil
- 300 grams (10 ½ oz) grass-fed beef mince
- ½ teaspoon mighty mex spice blend
- 125 ml (4 ¼ fl oz) baby building broth
- ½ zucchini, grated
- ½ iceberg lettuce, inner leaves separated into 6 little cups
- 1 tomato, diced
- 1 cucumber, chopped into bite-sized pieces
- Holy gut-healing guacamole, to serve
- Macadamia sour cream, to serve
- Chia seeds, to serve

Method

Heat the oil in a frying pan over medium heat. Add the garlic and sauté for 20 seconds until soft. Add the mince and the mighty mex spice blend and cook, stirring, until lightly browned (about 4–5 minutes). Add the baby building broth and grated zucchini. Bring to the boil then reduce the heat to very low. Simmer the mince mixture until the liquid is almost completely reduced (about 30 minutes).

Once reduced, place the mince mixture into lettuce cups. Top with tomato and cucumber, and spoon over some guacamole and macadamia sour cream.

Sprinkle on some chia seeds and watch the fun unfold!

MIGHTY MEX SPICE BLEND

SERVES 2-4
EASY
YIELD: ⅓ cup (35 g / 1 oz)
PREPARATION TIME: 3 minutes
COOKING TIME: 3 minutes
ALLERGENS: Nil

From about 8 months onwards you can start to gently add spices to your little one's diet.

Ingredients

- 1 tablespoon cumin seeds
- 1 tablespoon coriander seeds
- 1½ tablespoons paprika
- 1 teaspoon dried oregano

Method

Heat the cumin and coriander seeds in a frying pan over medium heat for 1 minute to release the flavour and lightly toast the seeds. Grind the seeds using a mortar and pestle or use a spice or coffee grinder.

Add the paprika, oregano and grind to a fine powder.

Store the spice blend in an airtight glass container or jar. It will keep for several months in the pantry.

EXTRA STUFF

For mum and dad, add some chilli powder or cayenne pepper to your mix if you like your food a bit spicier.

HOLY GUT-HEALING GUACAMOLE

SERVES 2-4
YIELD: ¾ cup (180 g / 6 ⅓ oz)
PREPARATION TIME: 5 minutes
COOKING TIME: Nil
ALLERGENS: Nil

Method

There's just so much goodness in this little dip. Garlic has antimicrobial properties, while the turmeric and slippery elm powder are anti-inflammatory. Slippery elm powder is made from the inside bark of the slippery elm tree and has a soothing effect on the gastrointestinal tract. It's good for reflux, diarrhoea, ulcers and IBS and is loaded with magnesium, iron, zinc and vitamins C and B.

Ingredients

- 1 ripe avocado
- ½ garlic clove, crushed
- 1 teaspoon chia seeds
- 1 teaspoon finely chopped coriander leaves
- ¼ teaspoon ground turmeric
- 1 teaspoon coconut oil, melted
- ½ Teaspoon slippery elm powder

Remove the seed from the avocado. Scoop out the avocado flesh and place it in a bowl. Add the remaining ingredients and mash with a fork.



ROSE & WATERMELON POPSICLES

SERVES 6-8
YIELD: 6–8 popsicles
PREPARATION TIME: 10 minutes
(plus 8 hours freezing)
COOKING TIME: Nil
ALLERGENS: Nil
A perfect little treat for princesses ... and the princes will love them too – even if they are pink!

Ingredients

- 300 grams (10 ½ oz) seedless watermelon, chopped
- ½ teaspoon organic rose water
- 400 ml (13 ½ fl oz) organic coconut cream
- 1 tablespoon raw honey or maple syrup
- 1 teaspoon vanilla powder or organic pure vanilla extract

Method

Purée the watermelon in a blender until smooth and fluffy. Add the rose water to the purée and pulse to mix.

Fill 6–8 popsicle moulds to the halfway mark with the watermelon and rose purée, and place them in the freezer for 1 ½–2 hours or until frozen.

To make the coconut layer, place the coconut cream, honey or maple syrup and vanilla powder in a bowl and mix well. When the watermelon layer is frozen, fill the rest of the popsicles with the coconut mixture.

Insert the sticks into the popsicles and return to the freezer for 6–8 hours.

NOTE

Honey is recommended for 12+ months only.

EXTRA STUFF

If you can find them, add a small handful of edible rose petals to the watermelon and rose pureé before freezing. Another option is to add little pieces of mint. 5–6 small leaves broken up will be a perfect addition.

You can use the leftover watermelon pulp to flavour a smoothie.

COCONUT CUPCAKES

YIELD: 12 cupcakes
PREPARATION TIME: 20 minutes
(plus 8 hours chilling)
COOKING TIME: 30 minutes
(plus 30 minutes resting)
ALLERGENS: Egg (whole egg suitable for 12+ months only)

These cupcakes are wonderfully nourishing, full of good fats and fibre – an ideal baked treat for parties!

Ingredients

- 3 free-range, organic eggs
- ½ cup (175 g / 6 oz) maple syrup or raw honey
- ½ cup (105 ml / 3 ½ fl oz) cold-pressed, virgin coconut oil, melted
- ½ cup (80 g / 2 ¾ oz) coconut flour
- ½ teaspoon gluten-free baking powder
- ½ cup (30 g / 1 oz) desiccated coconut
- 1 teaspoon ground cinnamon pinch of vanilla powder

Chia seeds, to decorate

Whipped coconut cream

- 1 X 400 ml (13 ½ fl oz) can organic coconut cream

1 tablespoon maple syrup or raw honey

Method

To make the whipped coconut cream, place the unopened can of coconut cream in a stainless steel mixing bowl and refrigerate overnight.

Open the can of chilled coconut cream and scoop out the hardened cream into the chilled bowl. (Store the coconut water in a sealed container in the fridge for another use – it's perfect to add to smoothies.)

Add the maple syrup or honey to the cream. Use an electric mixer to beat the hardened coconut cream and maple syrup or honey on high until soft peaks form (3–5 minutes). Allow the cream to set in the fridge for 40 minutes before serving.

Preheat the oven to 180°C (350°F / Gas 4). Line a 12-cup muffin tin with paper cases.

Place the eggs, maple syrup or honey and coconut oil in a bowl and mix well.

Gradually add the flower, baking powder, desiccated coconut, cinnamon and vanilla powder, mixing well between each ingredient addition. Allow the batter to sit for a few minutes to thicken.

Spoon a few heaped tablespoons of batter into each paper case, until each is three-quarters full. Bake for 20–25 minutes, or until a skewer inserted into the centre of a cupcake comes out clean.

Remove the muffin tin from the oven and allow to sit for 20 minutes. Remove the cupcakes from the tin and allow to cool completely.

To serve, spread a spoonful of the coconut cream over the top of the cooled cupcakes using the back of a tablespoon or a small palette knife, then sprinkle with chia seeds.

EXTRA STUFF

I do the mixing in my KitchenAid and it works a treat, though it would work just as well with a hand blender.

If you use honey, it's best not to serve the cupcakes to babies until they're 12+ months.



SLOW COOKED OX TONGUE SERVED WITH HORSERADISH MUSTARD



Soulla Chamberlain

What the Holidays mean to me

The Christmas holidays are a fabulous opportunity for me to spend more time in the kitchen being creative with new recipes to share with family and friends. Much of my inspiration for new recipes come from my kids. My craft is to “wholefoodise” conventional recipes by replacing processed ingredients and empty-fillers with nutrient-dense ingredients bursting with flavour and to make recipes as simply, easy and fuss-free as possible

Bio

Soulla Chamberlain is the creator & director of wholefoods brand “Star Anise Organic Wholefoods” established in 2010 and Sydney’s first dedicated broth bar “Broth Bar & Larder” in Bronte. She is a devoted mother of two, cooking instructor, health coach, and author on a serious mission to bring nutrient-dense whole unprocessed foods back to the modern table! Star Anise Organic Wholefoods products are a reflection of her company’s philosophy which is to combine the wisdom of ancestral diets with the latest developments in nutritional medicine and robust science to create the cleanest, ethically-sourced and properly-prepared wholefoods to heal, nourish, satisfy and delight!

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A DAY OF NOSE TO TAIL EATING

I especially love to nurture my family with traditional nose-to-tail meals that provide the nutrient density that meet our bodies’ evolutionary needs. I love to sneak organ meats into everyday foods – from breakfasts, lunches, dinners and even desserts! Gram for gram, organ meats from pastured animals are the most nutrient-dense foods on the planet:

Liver is loaded with fat soluble vitamins A, D, E, K and B group vitamins, and minerals such as highly absorbable iron, copper, zinc, magnesium and choline. Liver is the richest source of folate of any food. It is high in antioxidants that are not found in significant amounts in plant foods (like CoQ10 and retinol which is preformed vitamin A). Lambs brains and bone marrow is high in iron, vitamin A, phosphorus and unique AKGs (alkylglycerols) which are special fats that boost the immune system. Ox tongue (while technically a muscle meat but not widely consumed in mainstream society) is actually one of the most delicious and tender cuts of meat you can find and extremely satiating!

OMELETTE WITH SNEAKY LAMBS BRAINS

SERVES 4

Ingredients

8 pastured eggs

1 lamb’s brain

2 cups of leafy greens, roughly chopped (e.g. spinach, kale, rainbow chard, silverbeet)

a handful of parsley, roughly chopped

1 tablespoon of natural fat of choice (e.g. butter, ghee, coconut oil, beef tallow)

Gruyere raw milk cheese (or other full fat cheese of choice), grated

Unrefined salt

Cracked pepper

Method

Beat eggs and lambs brain with a stick blender.

Melt fat of choice in a stainless steel frying pan on low heat. Add greens and herbs and sauté until wilted. Pour in egg mixture. Season with salt and pepper. Sprinkle the grated cheese on top in a layer.

Cook for a few minutes without agitating it so that the underside is set then transfer under a heated grill element in the oven to cook the top side until golden brown. Be careful not to burn it so don’t place it directly underneath the element! If the top is cooked but the middle is still too runny transfer back to stovetop and cook for a few more minutes. Omelettes are most delicious when still a little runny on the inside.

Hot tip: buy fresh lambs brains from your butcher and freeze into individual zip lock bags to defrost and consume when required.

SLOW COOKED OX TONGUE SERVED WITH HORSERADISH MUSTARD

Ingredients

1 ox tongue

1 bay leaf

3 tablespoons salt

Method

To add flavour first corn the tongue. To do this place it in a large bowl and cover it with filtered water. Add salt and bay leaf. Refrigerate for 1-2 days. Strain and discard the water. This step is optional.

With a sharp knife slit the back of the tongue along its length. This enables the tough skin to more easily peel off after the tongue has been cooked.

Place the tongue in a large cast iron pot and cover with filtered water. Cover the pot, bring to the boil, and then slow simmer for 5-10 hours. Strain water and (without burning your hands!) peel off the outer skin starting from the slit on the back of the tongue. I suggest wearing disposable gloves and using a knife and your fingers to peel the skin away. If you allow the tongue to cool you will not be able to peel off the skin easily. The meat should be so tender it falls apart when sliced.

Slice the tongue into 1cm thick rounds.

Serve warm or cold, on sprouted bread or sliced cooked and cooled potatoes, seasoned with salt and pepper, topped with a dollop of horseradish mustard and a coriander leaf as part of an antipasti platter with olives, pickles and sliced cucumber.



SHEPHERD’S PIE WITH SNEAKY LAMBS FRY

SERVES 6

Ingredients

250g beef or lamb mince and 250g diced lambs fry (or a combination of mince/livers to make up an approx. total weight of 500g meat)

1 onion, diced

1 knob of garlic, diced

2 small carrots, finely chopped (approx. 200g)

1 small sweet potato, finely chopped (approx. 150g)

1 and 1/4 cups frozen peas (approx. 170g)

1/2 teaspoon dried basil leaf

1/2 teaspoon dried oregano

1/8 teaspoon paprika

1 tablespoon Worcestershire sauce

1/2 cup tomato puree/passata

1/4 cup beef or chicken stock

A handful of fresh parsley, chopped (approx. 12g)

3 tablespoons butter for sautéing, plus extra for greasing pie dish

1.5 teaspoons unrefined salt

cracked pepper

Mashed potato topping

3 potatoes, peeled and roughly chopped (approx. 450g)

2 tablespoons butter

2 tablespoons cream

1/8 teaspoon unrefined salt

cracked pepper

80g gruyere cheese, grated

Method

Sauté onions, garlic, carrots, sweet potato, peas and dried herbs in butter on low heat in a large frying pan, covered, until soft (approx. 10-15 minutes), stirring occasionally.

Turn up heat and add mince and livers and cook, constantly stirring, for 5 minutes or until mince and livers change colour and are cooked through. Add Worcestershire sauce, tomato puree, stock, parsley, salt and pepper. Mix well and cook for another 5 minutes on low heat stirring occasionally.

Transfer mixture to greased oven proof pie dish.

To make mashed potato topping, steam potatoes until tender. Place in a food processor and add butter, cream, salt and pepper and process until well mixed. If mixture is too thick add more butter or cream or a dash of whole milk. Spread mashed potato on top of pie and top with grated cheese.

Place dish on an oven rack just above the middle of the oven under a heated grill element to melt the cheese and brown the top of the pie. This will only take a matter of minutes. Be careful to ensure that it does not burn. Because the ingredients in the pie are all cooked the pie does not need further cooking in the oven, unless you have prepared the pie ahead of time and need to heat it up in which case bake it at 120 degrees Celsius for 1 hour. The cheese topping should be golden brown without any need to grill under grill element.

BAKED VANILLA MARROW CUSTARD

Serves 7.

Ingredients

100g raw or cooked bone marrow (e.g. reserved after making bone broth)

50g butter

1/4 cup (80g) maple syrup

200g cream

4 eggs

½ tablespoon vanilla bean powder

½ tablespoon cinnamon powder

Additional butter or coconut oil for greasing ramekins

Method

Grease 7 ramekins or cups with liberal amounts of butter or coconut oil.

Melt butter and bone marrow in saucepan over stove very gently. Turn off heat. Add eggs, cream, maple syrup and vanilla bean powder and beat with a hand held blender until well mixed. Spoon the mixture into the ramekins filling three quarters full (as they will rise considerably when cooked).

Evenly space ramekins on a baking tray and bake at 120 degrees Celsius for 40 minutes or 150 degrees for 25 minutes.

Serve immediately with a spoonful of raspberries or passionfruit if desired.

For a chocolate custard add ½ cup (40g) raw cacao powder, 50g raw cacao butter and increase the maple syrup to ½ cup.

RAW CHOCOLATE MOUSSE

Ingredients

2 ripe avocados

200g cream

4 egg yolks

40g (2 tablespoons) coconut oil

1 cup (10 tablespoons, 80g) raw cacao powder

1 tablespoon vanilla extract

¾ cup maple syrup

Method

Place all ingredients in a food processor and mix well.

Place into individual serving bowls or glasses. Can be eaten immediately or refrigerate.

Keeps for a couple of days in the fridge.



Helen Padarin

What the Holidays mean to me

Christmas for me is about gathering with family and celebrating together, feeling grateful for all we have, having some fun and of course celebrating beautiful ingredients with delicious meals.

Bio

Helen is a biomedical naturopath and nutritionist working to help children and adults with Mindd conditions. Helen utilises nutrition, specific diets, such as GAPS and BED, nutritional supplements, herbal medicine and lifestyle habits to achieve health and treatment goals. She is passionate about real food, fermented foods and educating and empowering individuals and families to take control of their health. Helen contributes articles to health magazines and has written a chapter on paediatrics, autism and ADHD for a textbook for practitioners and university students. She presents seminars to the public and to professionals and consults via skype with patients around the world.

In her spare time Helen enjoys practicing yoga, outdoor adventure, walking in nature, spending time by and in the ocean, playing (i.e. working on her fitness), progressing her own journey of wellness, sharing enriching and joyful experiences with friends and family, and continuing on the journey of “know thyself”.



GREEN SMOOTHIE

SERVES 1 – 2

Ingredients

1-2 mango cheeks

1-2 cups baby spinach and or basil leaves

1 teaspoon cinnamon

1 teaspoon turmeric powder

1 teaspoon ginger powder

¼ avocado

1 tablespoon collagen powder (great lakes gelatin)

1 cup water, plus more to desired consistency

OPTIONAL EXTRA: 1 teaspoon Maca powder

Method

Add all ingredients together in a blender then blend until smooth

Add more filtered water slowly until you to reach your desired consistency. Serve immediately.



CULTURED FENNEL KRAUT

I have told you from day dot that fermented vegetables are so important for gut health. We are what we absorb, so by consuming a small amount of fermented veg with each meal, we are giving our tummy the best chance possible to be ready for all the nutrients we consume. Fermenting fennel is a fantastic option. Fennel has long been used in many cultures for both culinary and medicinal reasons with it primarily being great for digestion.

SERVES:

YIELD: 1 x 1.5L jar

PREPARATION TIME: 15 minutes

(plus 10 – 14 days fermenting time)

COOKING TIME:

DIFFICULTY: Easy

ALLERGENS: n/a

Ingredients

1 star anise

1 teaspoon peppercorns

4 large fennel bulbs, trimmed

4 sprigs fennel fronds, picked and roughly chopped

1½ teaspoons sea salt

2 teaspoons fennel seeds

Zest of 1 lemon

1 sachet vegetable starter culture (2 – 5 g depending on the brand)

1 small cabbage leaf, washed

Method

You will need a 1.5L preserving jar with an airtight lid for this recipe. Wash the jar and utensils thoroughly in very hot water or run them through a hot rinse cycle in the dishwasher.

Place the star anise and peppercorns in a small piece of muslin, tie into a bundle and set aside.

Shred the fennel in a food processor, or slice by hand or with a mandolin, then place in a large glass or stainless steel bowl. Sprinkle salt, fennel seeds, fennel fronds and lemon zest over the fennel. Mix well, cover and set aside while you prepare for the culture.

Dissolve the starter culture in water according to the packet instructions (the amount of water will depend on the brand you are using). Add to the fennel with the muslin bag containing the spices and mix well.

Fill the prepared jar with the fennel mix, pressing down well with a large spoon or potato masher to remove air pockets. Leave 2 cm of room free at the top. The fennel should be completely submerged in the liquid, so add more water if necessary.

Take the clean cabbage leaf, fold it up and place it on top of the mixture, then add a small glass weight to keep everything submerged (a small shot is ideal). Close the lid then wrap a tea towel around the side of the jar to block out the light. Store in a dark place with a temperature of 16 - 23 °C for 10 – 14 days. (You can place the jar in an esky to maintain a more consistent temperature.) Different vegetables have different culturing times and the warmer it is the shorter the time needed. The longer you leave it in the jar to ferment, the higher the level of good bacteria present. It's up to you how long you leave it – some people prefer the tangier flavour that comes with extra fermenting time, while others prefer a milder flavour.

Chill before eating. Once opened, it will last for up to 2 months in the fridge when kept submerged in liquid. If unopened, it will keep for up to 9 months in the fridge.



ASIAN MEATBALLS WITH HOMEMADE MAYO

With lots of parties and entertaining going on over Christmas, it's great to have some nutrient dense finger food on hand. These Asian meat balls are delicious served up with homemade mayo and are a great way to get lots of healthy, blood sugar regulating fats in.

Yield: 30 meatballs

Serves: 6

Preparation time: 15 minutes

Cooking time: 15 – 20 minutes

Difficulty: Easy

Age bracket: 10 – 15+

Allergens: Sesame

Ingredients

300 g (10½ oz.) grass fed beef mince

300 g (10½ oz.) pork mince

130 g field mushrooms, finely chopped

1 small carrot, finely chopped

2 egg yolks

1 small onion, finely chopped

1 tablespoon fish sauce

1 tablespoon sesame oil

1 tablespoons tomato paste

1 tablespoon coconut aminos or tamari

2 cloves garlic, finely chopped

½ teaspoon ground cumin

½ teaspoon ground coriander

½ teaspoon sea salt

½ teaspoon pepper

TO SERVE

Mayonnaise (see right)

Black and white sesame seeds

Method

Preheat the oven to 180°C (350°F / Gas 4).

Finley chop all the vegetables or you can throw them all in the food processor and pulse quickly.

Place the minced meat, chopped vegies and all the remaining ingredients together in a large bowl and mix well to combine.

Line a large oven tray with baking paper. Roll the meatball mix into walnut sized balls and place onto the lined tray in a single layer, making sure they are well spread out and not touching each other.

Place the meatballs into the hot oven and cook for 15 – 20 minutes or until cooked through. Remove from the oven and slightly cool before serving.

Serve with mayonnaise and a sprinkle of sesame seeds.

MAYO

Ingredients

3 organic / biodynamic pasture raised hen egg yolks.

Juice from 1/2 a lemon or the equivalent in unfiltered raw apple cider vinegar

1-3 teaspoons Dijon mustard (optional, and amount used depending on taste preference. start with 1, easy to add more later).

50ml Cold Pressed Extra Virgin Olive Oil

50ml of either cold pressed macadamia oil or cold pressed flax seed oil.

1/4 teaspoon grey Celtic Sea Salt and

Pepper to taste

Method

Pop the egg yolks, half of the lemon juice and 1 teaspoon of mustard (optional) into a bowl. Whisk together thoroughly.

Whisk vigorously while VERY SLOWLY dribbling in the oil. It's important this is done slowly so that the oil emulsifies with the other ingredients. If poured in too quickly it will separate and won't emulsify.

Have a taste.

Add salt and pepper, and if desired add more lemon juice or mustard to suit your tastes.

Notes

When whisking by hand it's quite useful to either use a heavy based bowl on a rubber bench top mat to prevent the bowl from slipping. Alternatively, have someone else dribble in the oil while you continuously



whisk. A great exercise for stamina and endurance! The effort will be worth it.

IF USING A BLENDER

Follow the same instructions, blending the bulk of the ingredients first, then dribbling in the oil while the blender is on. Will work best in a glass jar with a stick blender if only doing a small amount. If multiplying the recipe you can use a larger blender such as a thermomix.

STORAGE

In a glass jar in the fridge for about a week.

GUT AND LIVER CLEANSE

About 10 serves

Ingredients

2 tablespoons Yellow Dock

2 tablespoons Burdock

1 tablespoons Fennel seeds

2 tablespoons St Mary's Thistle

2 tablespoons Slippery Elm powder

Method

Combine all ingredients together and mix well.

Steep one heaped teaspoon of dried herb mixture in 1 cup of boiling water until cool enough to drink. Sip slowly.

SWEET DREAMS BATH SALTS

MAKES 1 1/3 CUP

- 1 cup Epsom salts
- 2 tablespoons chamomile flowers
- 2 tablespoons lavender petals
- 1 tablespoon rose petals

Mix all ingredients together to combine. Store in an airtight container until ready to use.

When ready to use, add a ¼ cup of the bath salt mixture to your hot bath and feel your body unwind.



Kelly Brogan

What the Holidays mean to me

I'm interested in giving people permission to discover their primal relationship to food as a therapeutic experience.

Based on my personal and clinical experience, and my work with Dr. Nicholas Gonzalez, I have come to believe that there is a large subset of the population – and particularly those that struggle with fatigue, depression, attentional problems, chronic pain, and chemical sensitivities – who need animal foods and specifically red meat to be well.

Here is one of the simplest and most delicious recipes I offer my patients. No chewing big bites of steak required.

To aid in digestion 1 tbsp of apple cider vinegar, bitters, and/or digestive enzymes with meals would be helpful.

Bio

Kelly Brogan, M.D. is a Manhattan-based holistic women's health psychiatrist, author of the NY Times Bestselling book, A Mind of Your Own, and co-editor of the landmark textbook, Integrative Therapies for Depression. She completed her psychiatric training and fellowship at NYU Medical Center after graduating from Cornell University Medical College, and has a B.S. from MIT in Systems Neuroscience. She is board certified in psychiatry, psychosomatic medicine, and integrative holistic medicine, and is specialized in a root-cause resolution approach to psychiatric syndromes and symptoms. She is on the board of GreenMedInfo, Price-Pottenger Nutrition Foundation, Functional Medicine University, Pathways to Family Wellness, NYS Perinatal Association, Mindd Foundation, the peer-reviewed, indexed journal Alternative Therapies in Health and Medicine, and the Nicholas Gonzalez Foundation. She is Medical Director for Fearless Parent and a founding member of Health Freedom Action. She is a certified KRI Kundalini Yoga teacher and a mother of two.

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KELLY BROGAN'S MAMA'S MEAT SAUCE

Ingredients

- 1-2 tablespoons of olive oil
- 1 tablespoon of ghee
- 1-2 tablespoon of coconut oil
- 10 – 15 leaves of kale
- 4 stalks of celery
- 5 carrots
- 1 whole onion
- 24 oz. glass jar strained tomatoes
- 1 lb. of beef, bison or pork (can be a combination)
- 1 tablespoon of turmeric
- 1 tablespoon of grass fed liver powder
- Salt & pepper

Method

Blend vegetables – carrots, kale, celery and onion in food processor.

- Melt oils over medium heat in pot.
- Add chopped vegetables to pot. Sauté for 3 minutes until onions are translucent.
- Add meat. Cook until brown.
- Add tomatoes, turmeric, and grass fed liver powder.
- Add salt and pepper to taste.
- Simmer for 20-30 minutes.

KELLY'S CHEF SALAD

SERVES 1

Ingredients

- One 4 to 5-ounce bag prewashed organic spring lettuce greens
- 2 hard-boiled eggs, cut in half
- ½ to 1 cooked organic pastured chicken breast, cut into chunks
- 2 slices cooked pastured bacon, crumbled
- 1 large vine-ripened tomato, chopped
- ½ avocado, cut into chunks
- 3 green onions, diced
- 2 celery stalks, diced
- ½ can anchovies (optional)
- Extra-virgin olive oil
- Apple cider vinegar
- Unprocessed sea salt and freshly ground pepper

Combine the greens, hard-boiled eggs, chicken, bacon, tomato, avocado, green onions, celery, and anchovies, if using, in a salad bowl. Drizzle with olive oil and vinegar and season with salt and pepper.



PALEO BREAKFAST SMOOTHIE

The Smoothie Cure: Heal Your Brain by Changing Your Breakfast

People often ask me what I eat for breakfast. If you're looking for a quick and easy recipe to fuel your brain and give you energy to spare, try my KB Smoothie. Loaded with healthy fats, lecithin, protein, and antioxidants, this smoothie packs a serious punch – and it tastes great!

Ingredients

- ½ a cup of frozen organic cherries (or other berries)
- 8 oz of fermented coconut water, coconut water, or filtered water
- 3 tablespoons of collagen hydrolysate as a protein base
- 1 tablespoon of sprouted nut butter or sunbutter
- 3 pastured egg yolks
- 1 tablespoon of coconut oil
- 1-2 tablespoons of ghee
- 1-2 tablespoons of raw cocoa powder

Method

Blend!





BAKED EGGS BREKKY



Michele Chevalley Hedge

What the Holidays mean to me

Christmas and the holidays should be about families, friends, timeout and indulgences! I don't mean over sugared, processed indulgences - I mean the simple indulgences like treats that are so tasty they make your taste buds dance, meals that taste so naughty but are nutritionally nice, bliss balls that you will crave all year long, and salads that make your liver feel so happy that it will process that glass of wine!

When we create healthy, easy, tasty meals, we can create sustainable eating habits. When meals are a combination of easy, tasty and healthy (this is a three prong approach) you will begin to create a lifetime of change.

There is nothing I value more than the family meal - the chaos, the noise and even the clean up, as I value connection with my loved ones more!

Bio

Michele Chevalley Hedge is a qualified nutritionist and founder of A Healthy View www.ahealthyview.com. She is an author, speaker and can often be heard on radio or TV. Michele is a Jamie Oliver FRD ambassador, Cure Cancer ambassador and has been nominated by the Australian Traditional Medicine Society as Practitioner of the Year 2016.

Michele works with corporates and schools daily on achieving realistic nutrition and lifestyle plans. The thing that excites Michele the most is the emerging evidence in nutritional medicine and mental health - if you ask her about it - be prepared for a passionate talk.

ahealthyview.com
www.facebook.com/michele.chevalley
www.instagram.com/ahealthyview
twitter.com/michelehedge



VIETNAMESE PRAWN SUMMER ROLLS

This is a fun, fresh and easy recipe loaded with flavour! If food is tasty, yummy and easy it is sustainable. The crunch of the lettuce as you bite into each roll is a little party for your mouth. Cos lettuce instead of Butter lettuce because it is more nutritious, with vitamins A, B, K, calcium, iron, omega-3 amino-acids and minerals. The herbs, lettuce, carrots and cucumber are all wonderfully anti-inflammatory, all great for weight loss and loaded with macro-nutrients, fundamentally important for mental and physical health.

Recipe by Simone Kopkas at ahealthyview.com

12 ROLLS. SERVES 4 PEOPLE.

PREP 20 MINS.

Ingredients

100g vermicelli rice noodle

12 x 20cm round rice paper

¼ cup mint

18 cooked prawns, cut in half lengthways

2-3 large Cos lettuce leaves, torn into 12 pieces

1 carrot, julienned-[cut in thin strands]

1 cucumber, julienned-[cut in thin strands]

¼ cup coriander

¼ cup Thai basil

DIPPING SAUCE

2 tablespoons Tamari

1 teaspoon fish sauce

½ Lime squeezed

1 tsp Rice malt syrup

Method

To make dipping sauce: Blend all sauce ingredients together.

To make the rolls

Soak rice noodles in a bowl of boiling water for 10 minutes, then drain well.

Dip one of the rice papers in a bowl of hot water, until the whole wrapper is soft – about 10 seconds.

Place the rice paper wrapper on a board and add a few mint leaves, then three prawn halves.

Lift the edge of the rice paper wrapper nearest to you over the filling and, holding the filling in position with your fingers, start rolling up tightly.

And place some lettuce on top of the prawns, then some noodles, carrot, cucumber and herbs. Don't overfill or they will be hard to roll.

When you're about halfway, fold the ends of the rice paper in and over the filling so that it is completely enclosed.

Keep rolling tightly until the whole rice paper wrapper is rolled up.

CITRUS SALMON AND QUINOA SALAD

PREP TIME: 25-35 MINUTES

COOK TIME: 10-15 MINUTES

SERVES 4

Salmon you feed our brain! We love salmon for the essential fatty acids and the quality protein. Omega 3 EFA as vital for our brain health. Quality proteins are sensational for keeping our blood sugar balance and therefore our moods and energy balanced.

Ingredients

¾ cup uncooked quinoa

½ cup grated carrots

½ cup chopped capsicum

¼ cup chopped parsley

¼ cup chopped coriander

½ Spanish onion

1 teaspoon of lemon juice

1 teaspoon of lime juice

1 tablespoon orange juice

2 garlic cloves

1 tablespoon tamari soy sauce

2 tablespoons olive oil

1 teaspoon fresh ginger

1 teaspoon of fresh chilli

1-2 tablespoons sheep's milk yoghurt

MARINADE FOR THE SALMON

1 tablespoon lemon juice

1 teaspoon lemon zest

1 tablespoon of lime juice

1 teaspoon lime zest

1 tablespoon orange juice

1 teaspoon orange zest

4 x 150-200 grams salmon

Method

Rinse quinoa and drain. Add 1 1/2 -2 cups of water, bring to a boil, cover and simmer for about 15 minutes, or until the water is absorbed. Remove from heat and let stand for 10 minutes. Fluff with a fork and let cool.

Mix carrot, capsicum, parsley, coriander and Spanish onion in large bowl. Add room temperature quinoa and toss to combine. Whisk together lemon, orange and lime juices, tamari, ginger, garlic and chilli. Pour over salad and combine well.

Place all the citrus dressings in a bowl including the salmon and let it marinate for 10-15 minutes. Lightly pan-fry the salmon until slightly pink in the middle.

Serve salmon on a bed of the Quinoa salad with a dollop of sheep's milk yoghurt. ENJOY!



RASPBERRY HAPPINESS BALLS

Health benefits (don't tell the kids they are 'healthy' as that creates the perception of deprivation or not fun!). Cashews are a great source of monounsaturated fats, antioxidants, and magnesium. Raspberries provide anti-inflammatory and antioxidant properties galore .

Ingredients

70g (½ cup) cashew nuts (nut-free below)

80g (1 cup) desiccated coconut

½ cup frozen raspberries

2 tablespoons sweetener (rice malt syrup or maple syrup)

Zest of one lemon (optional)

¼ cup extra desiccated coconut to roll them in

Method

Grind your cashew nuts in a food processor

Add the coconut, raspberries, sweetener and optional lemon zest.

Mix to combine

Roll into balls and then roll in more coconut if you like.

Store in the freezer and serve from frozen. Enjoy!

VARIATIONS

Nut-free - Substitute the cashews with toasted sunflower seeds or rolled oats (grind as you would the nuts).

Low-fructose - Choose rice malt syrup as your sweetener.

Choc-raspberry - Can't help but want chocolate? Add a tablespoon of cacao to make them choc-raspberry.

Store them in the freezer and if packing in a lunchbox, pack when frozen and next to an ice brick

BAKED EGGS BREKKY

This is a delicious way to enjoy eggs & lots of veggies very simply. The eggs are high in vitamins & minerals supporting shiny hair, strong nails & glowing skin. Eggs also help brain function, reduce inflammation, boost weight loss and are a good source of iodine, choline and zinc. Zinc is important for our immune system and 100's of biochemical processes. Kale & onions are excellent anti-inflammatory foods, ultra important for fertility and great for heart health. Kale is high in vitamins & minerals A, C, K, iron & calcium. This is an easy way to ensure you are getting plenty of leafy greens.

Recipe by Simone Kopkas at www.ahealthyview.com

PREP 12 MINS

COOKING TIME 25 MINS

Ingredients

1 tablespoon coconut oil

2 onions, chopped roughly

½ cup mushrooms chopped finely

1 cup kale chopped roughly

2 tablespoons fresh tarragon, basil or parsley chopped finely

1 can chopped tomato

1 cup cheese grated (optional) -

I use goat gouda

6 eggs

½ teaspoon sea salt

⅓ teaspoon pepper

Season with salt and pepper

Method

1. Preheat oven to 180 c
2. Line a 23 cm baking pan with wax paper
3. Heat fry pan with coconut oil & brown onion 3 mins
4. Add, mushrooms, sauté 2 mins
5. Add canned tomatoes, kale & herbs, turn off heat
6. Pour mixture into baking pan
7. Add eggs one at a time,
8. Add salt & pepper to baking pan
9. Top with cheese (if using it)
10. Place in centre of oven – bake 20 mins



ROASTED TURKEY WITH HERB MARINADE



Pete Evans

What the Holidays mean to me

Holidays are a great time to cook some delicious and nutritious food for family and friends.

Bio

Evans is an internationally renowned and household chef, restaurateur, author and television presenter. His passion for food and a healthy lifestyle inspires individuals and families around the world. A love of food saw Pete begin his career as chef and restaurateur at the age of 19, opening numerous award winning restaurants nationally as well as cooking in some of the finest restaurants globally. Pete has not only cooked for the general public, but he's also cooked a royal banquet for the Prince and Princess of Denmark, a private dinner for Martha Stewart, and even represented his hometown at the gala G'Day USA dinner for 600 in NYC.

Pete's career has moved from the kitchen into the lounge room with many TV appearances including Lifestyle Channel's Home show, Postcards from Home, FISH, My Kitchen Rules, Moveable Feast, and his latest The Paleo Way... stay tuned for Food is Medicine which is in pre-production now! It's safe to say he knows his stuff, with over 10 bestselling cookbooks inspiring individuals and families in their kitchens around the world.

Pete's also a simple guy. He loves his family, the ocean, surfing, and maintaining his own healthy lifestyle. When he changed his life to The Paleo Way of living, an abundance of mental, physical, and emotional changes followed. This paved the way for Pete's belief that food can be medicine, and that it should be our first port of call for a healthier life. They say the proof is in the pudding, and if hearing Pete speak about The Paleo Way isn't enough to get you excited, almost nothing will. As a certified health coach with qualifications from the Institute for Integrative Nutrition, Pete wants to change the lives of everyone around him, including you.

peteevans.com
thepaleoway.com
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instagram.com/chefpeteevans



ROASTED TURKEY WITH HERB MARINADE

SERVES 8

Ingredients

3.5 kg turkey
good-quality fat, melted
2 carrots, sliced lengthways
1 onion, sliced
4 garlic cloves, peeled
5 fresh bay leaves
1.25 litres (5 cups) chicken stock
2 tablespoons tapioca flour, mixed with
3 tablespoons water

Marinade

2 large handfuls of mint leaves
2 large handfuls of curly parsley leaves
2 large handfuls of coriander leaves
4 garlic cloves, peeled
240 ml lemon juice
250 ml (1 cup) white wine
200 g good-quality fat, melted
2 teaspoons ground cumin
salt and freshly ground black pepper

Stuffing

2 tablespoons good-quality fat, melted
1 onion, finely chopped
4 garlic confit cloves*
3 slices of bacon, diced
4 tablespoons chopped curly parsley
3 tablespoons dukkah
450 g pork mince
1 teaspoon finely grated lemon zest

Method

To make the marinade, combine all the ingredients in a food processor and blend until smooth. Put the turkey in a large shallow dish, pat dry with paper towel and pour over the marinade. Massage the marinade all over the turkey and inside the cavity, cover with plastic wrap and place in the fridge for 24 hours. Every few hours massage the marinade onto the bird.

The next day, remove the turkey from the fridge and allow to come to room temperature (this will take about 1 hour). Preheat the oven to 240°C.

To make the stuffing, heat the fat in a saucepan over medium heat. Add the onion and cook until soft, about 5 minutes. Crush the garlic confit and add to the pan, along with the bacon. Cook until just starting to colour, about 3-5 minutes. Remove from the heat and set aside to cool. Add the remaining ingredients and mix until combined.

Fill the turkey cavity with the stuffing, cross the legs over and tie with kitchen string. Place in a large roasting tin and pour in the marinade. Rub with some melted fat and season with salt and pepper. Add the carrot, onion, garlic and bay leaves, cover with foil and place in the oven. Reduce the temperature to 180°C and roast, pouring the pan juices over the turkey a few times, for about 2 hours. To brown the skin, remove the foil in the final 40 minutes. The turkey is cooked once the juices run clear when the inside of the thigh is pierced with a skewer. Cooking time may vary – it should take about 40 minutes per kilogram. Transfer the turkey to a large serving platter, cover with foil and rest for 20 minutes.

To make the gravy, place the chicken stock in a saucepan over medium heat and simmer until reduced by half, about 20 minutes. Skim the fat from the surface of the juices in the roasting tin with the vegetables and discard. Pour the tapioca mixture and stock into the roasting tin and mix well. Bring to the boil over medium heat, stirring occasionally. Reduce the heat to low and simmer until the sauce thickens. Strain into a gravy jug or bowl. Carve the turkey and serve with the gravy.

GARLIC CONFIT

Ingredients

150 g (approximately 25) garlic cloves, peeled
250 ml coconut oil

Method

Place the garlic cloves and coconut oil in a saucepan over very low heat (you do not want the oil to boil).

Cook the garlic slowly and gently for 1 – 1 ½ hours, or until the garlic is silky and soft. Store the garlic confit in the oil in a sealed jar in the fridge. The garlic confit will keep for up to 3 months refrigerated.

CHICKEN BONE BROTH - FROM GUT HEALTH

MAKES 4 LITRES

Everyone loves the humble chicken bone broth and it is by far my favourite broth to make. Often when people start to include broths in their diet, they try beef first, find it too strong in flavour and give up. Chicken broth is lighter, more subtle and so yummy – in fact, as I write this, the bones from last night’s roast chicken are simmering away in a pot on the stove. My daughters had a cup of broth this morning for breakfast with their eggs and veggies, and I enjoy it any time of the day.

Ingredients

2.5 kg bony chicken parts (such as necks, breastbones and wings)
2–4 chicken feet (optional)
2 tablespoons apple cider vinegar
1 large onion, roughly chopped
2 carrots, roughly chopped
3 celery stalks, roughly chopped
1 leek, white part only, rinsed and roughly chopped
1 garlic bulb, broken into cloves
1 tablespoon black peppercorns, lightly crushed
2 large handfuls of flat-leaf parsley, leaves and stalks

1. Place the chicken pieces in a stockpot or very large saucepan. Add 5 litres of cold water, the vinegar, onion, carrot, celery, leek, garlic and peppercorns.
2. Place the stockpot or pan over medium–high heat and bring to the boil, skimming off the scum that forms on the surface. Reduce the heat to low and simmer for 6–12 hours. The longer you cook the broth the more the flavour develops.
3. Allow the broth to cool slightly, then strain through a fine sieve into a large storage container. Cover and place in the fridge until the fat rises to the top and congeals.
4. Skim off this layer of fat (it is a fantastic, stable cooking fat) and store it in a glass storage container in the fridge for up to 2 weeks – use it for frying and sautéing.
5. Transfer the broth to smaller airtight containers and store in the refrigerator for up to 4



GREEN PAPAYA SALAD WITH KING PRAWNS

SERVES 4

In Asia papaya is often eaten in its green or unripe state, when it is savoury rather than sweet, and has wonderful benefits for blood sugar. Papaya is also brilliant for breaking down proteins, which is basically what fermented foods do. Give this gut-healthy dish a go when you come across green papaya, or try green mango instead. You will be in for a real flavour explosion. If you cannot find green papaya or mango, swap it for cucumber and maybe a touch of green apple. You can use okra in place of the green beans and cooked chicken instead of the prawns, too.

Ingredients

2 tablespoons coconut sugar
3 tablespoons fish sauce
2 garlic cloves, crushed
1–2 long red chillies, deseeded and sliced
1 tablespoon dried shrimp, chopped
1 green papaya, deseeded and cut into matchsticks
4 tablespoons lime juice
10 cherry tomatoes, quartered
100 g green beans, cut into 1 cm lengths
12 cooked king prawns, peeled and deveined with tails intact
1 handful of coriander leaves
1 handful of Thai basil leaves
3 tablespoons cashew nuts, toasted and coarsely crushed
4 tablespoons Crispy Shallots
1 lime, cut into wedges

Method

Combine the coconut sugar, fish sauce and 1 tablespoon of water in a saucepan over low heat and cook until a shiny syrup forms (about 5 minutes). Set aside to cool.

Place the garlic, chilli and dried shrimp in a large mortar and lightly pound with the pestle. Add the papaya and continue to lightly pound. Add the coconut sugar and fish sauce syrup and the lime juice and continue to gently pound so the mixture soaks up the flavours. Stir through the tomato and beans.

Tip the salad and dressing into a shallow serving bowl and toss through the prawns, coriander, Thai basil and cashews. Sprinkle over some crispy shallots and serve with the lime wedges on the side.

CRISPY SHALLOTS

Ingredients

MAKES 2–4 TABLESPOONS
250 ml (1 cup) coconut oil or good-quality animal fat
4–8 French shallots, thinly sliced

Method

Melt the oil in a small saucepan over medium heat. Add the shallot and cook for 2–3 minutes until golden. Remove with a slotted spoon and drain on paper towel. (You can re-use the oil for sautéing vegetables or cooking meat, chicken or fish.) Store in the pantry in an airtight container.

STEWED APPLE WITH LICORICE ROOT AND FLAXSEED MEAL

SERVES 2

A tasty breakfast jam-packed with gut health benefits. The soluble fibre and plant-based nutrients support a healthy gut lining and can improve the immune function of your gut. Licorice root adds extra soothing, anti-inflammatory and immune supporting effects. The skin of the apples can be harder to digest, but stewing the peel gets out the pectin. Once ready to store or serve, remove the apple peel (and compost/discard them).

Ingredients

2 granny smith apples
1 cinnamon stick
1 vanilla pod, split and seeds scraped
½ teaspoon licorice root powder
1–2 teaspoons flaxseed meal

Method

Peel and core the apples, reserving the skin. Chop the apple into 2 cm pieces.

Place the apple, reserved apple peel, cinnamon, vanilla pod and seeds and licorice in a saucepan. Add 125 ml of filtered water, cover with a lid and bring to a simmer. Cook, stirring occasionally so the apple doesn’t catch on the bottom of the pan, for 10–12 minutes until the apple is tender. Allow to cool.

Remove the cinnamon stick, apple peel and vanilla pod from the pan and discard (or reserve to use as a garnish, but not to eat).

Spoon the stewed apple into serving bowls and sprinkle over some flaxseed meal.



CHRISTMAS SMOOTHIE



Therese Kerr

What the Holidays mean to me

Christmas to me is about taking the time out of our busy lives to connect with those we love. The most precious thing we have is family and each year I cherish the moments we spend together. These moments recharge my soul.

Bio

Therese Kerr, a holistic health advocate, Author, Co-Founder of The Divine Company (thedivinecompany.com) and Organic Industry Leader promotes health and wellbeing through her co-authored “Lunchbox Solutions” e-book, and through the certified organic skin, personal and baby products The Divine Company creates and manufactures.

Having experienced many health challenges herself when she was younger, Therese has spent the last 14 years researching the impact of chemicals in our food and everyday products on the human body. Therese is an advocate for certified organic, holistic living and is a shining example of what’s possible when we become proactive participants in our own health. Therese freely shares her knowledge in the hope of inspiring others to wellness.

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A BERRY MERRY FRUIT SALAD

ALL CERTIFIED ORGANIC INGREDIENTS

Ingredients

2 cups (250gms) watermelon cut into 2.5cm cubes

1 mango, peeled and sliced

1 banana, peeled and chopped

1 plum, peeled and chopped

1 nectarine, chopped

1 apple cored and chopped (peel if not certified organic)

1 cup of mixed berries (raspberries, blueberries, strawberries (sliced) and blackberries

YOGHURT AND PROTEIN ADDITIONS (OPTIONAL)

1 cup high quality natural yoghurt

1 tsp coconut nectar to sweeten (optional)

½-1 teaspoon macqui powder

½ tsp mesquite powder

Sprinkling on top (optional)

1 tablespoon white chia seeds

2 tablespoons chopped, activated nuts

1/3 cup pomegranate

Method

In a large bowl, mix the fruit and berries.

In a small bowl, combine yoghurt, coconut syrup, macqui and mesquite.

Serve the fruit salad topped with the yoghurt and sprinkle the seeds or nuts over the yoghurt. (Note: grind the seeds and nuts first)

CHRISTMAS SMOOTHIE

(ALL CERTIFIED ORGANIC INGREDIENTS)

The fruit and nut milk is a great milk alternative to have with porridge and cereals and you can also use it in your smoothies as I have done with the below recipe. It's packed full of flavour and healthy, nutrient-rich ingredients to have as your morning meal.

You can use 1 date if you like to sweeten the milk rather than honey, coconut sugar/syrup or stevia.

NOTE: The colour of the milk is a light brown and you may want to add a little acai or maqui powder of a few raspberries and/or some of the other “optional” ingredients to make the colour more appealing.

MAKES: 2 CUPS

PREP TIME: 10 minutes

Ingredients

½ medium banana, coarsely chopped

½ mango, coarsely chopped

1 teaspoon honey (to taste)

1 tablespoon almond butter or ground almonds

1 tablespoon sunflower seeds

1 cup (250ml) filtered water

Method

1. Place all the ingredients in the blender and blend on high for 2-3 minutes.
2. Check and see if the nuts have ground enough and blend again for 1 minute if needed.
3. Drain the milk if desired.
4. Add the optional ingredients if desired (see below)*
5. Serve immediately.

NOTE: You can also use dried or fresh mango (I always prefer fresh). If frozen use about 3-5 pieces soaked in warm filtered water for 5 minutes to soften and drained. You can use this water for the water in the recipe it you like.

ADDITIONAL FLAVOUR OPTIONS

1-2 pitted chopped dates

1 teaspoon mesquite powder (optional)

1-2 tablespoons honey or coconut sugar (optional)

½ to 1 teaspoon acai or maqui powder (for purple milk)

1 dessertspoon coconut oil

1 small banana

CHICKEN, SWEET POTATO, QUINOA AND POMEGRANATE CHRISTMAS SALAD

Ingredients

3 cups of diced sweet potato (approx. 2cm cubed)

1 - 2 tablespoons melted coconut oil (for roasting sweet potato)

Sea salt and pepper to taste

2 tablespoons savoury yeast flakes

2 cups uncooked quinoa (4 cups of cooked quinoa)

4 cups of water

180gms haloumi cheese (optional)

1 tablespoon coconut oil (for frying haloumi and chicken)

1 tablespoon lemon juice

2 Lebanese or Mediterranean cucumbers

½ cup broccoli heads or asparagus chopped into small pieces (optional)

2 tablespoons finely chopped parsley

1 teaspoon cumin powder

1 teaspoon freshly grated turmeric

200gms certified organic chicken (cubed)

½ cup coriander

½ lemon

¼ cup coconut cream

SALAD DRESSING

1 tablespoon finely chopped shallots (optional)

½ cup lemon juice

1 tablespoon olive oil

1 tablespoon balsamic vinegar

1 tablespoon coconut syrup

¼ teaspoon chilli flakes (optional)

Sea salt and pepper to taste

Method

Preheat the oven to 180°C.

In a medium baking pan or roasting dish, toss the sweet potato cubes in the melted coconut oil and sea salt. Sprinkle savoury yeast flakes over the top of the sweet potato. Roast in the oven for 20 minutes or until tender and golden. Set aside to cool.



Bring the water to the boil in a medium saucepan and add the uncooked quinoa. Add ½ teaspoon of sea salt and ½ teaspoon cumin powder. Cook until the water has been absorbed and the quinoa is fluffy (about 10 minutes maximum as you don't want the quinoa to be overcooked – it still should “pop” when you eat it.

If you wish to add haloumi (always a great option), cut the cheeses thinly (approximately ½ cm slices) and, in a medium frying pan, heat ½ teaspoon coconut oil. Place the haloumi in the pan and cook on medium heat for 2 minutes on each side or until golden brown. Set aside, cool, then drizzle with lemon juice.

In a medium pan, add ½ tablespoon coconut oil, heat and add chicken, turmeric and ginger. Cook until almost fully cooked and then fold in coriander. Squeeze half a lemon over chicken, add ¼ cup coconut cream,

In a large bowl, combine the cooked quinoa (cooled) with the sweet potato cubes, cucumber (sliced), asparagus and broccoli (lightly sauté if you don't like these raw).

In a small bowl, mix together the minced shallots (if using), lemon juice, olive oil, balsamic vinegar, coconut syrup (or honey) chilli flakes, salt and pepper. Drizzle this dressing over the quinoa salad and toss through gently. Sprinkle parsley on top and then add haloumi slices and serve.

PA KERR'S CREAMY PUMPKIN SOUP

This creamy and delicious soup is filled with healthy ingredients that your whole family will enjoy.

Pumpkin is rich in antioxidants, which is why many have added it to their anti-ageing regimen.

SERVES 4 – 6

MAKES 5 cups

PREP TIME 30 – 45 minutes

Ingredients

Water (to boil the squash and sweet potato)

3 cups cooked pumpkin (squash) (4 cups raw)

1 cup cooked medium sweet potato (peel and cut into 1 inch cubes, 1¼ cups raw)

1½ cups vegetable stock

1 cup coconut milk (or non-dairy milk, almond milk works well)

1 teaspoon cinnamon

1/8 teaspoon nutmeg (optional)

1/8 teaspoon ground cloves (optional)

3 teaspoon agave or honey (more or less to taste)

4 – 6 thyme sprigs or parsley leaves (for garnish, optional)

Method

1. Fill a large saucepan with water and add the pieces of pumpkin and sweet potato. Cover and bring to the boil and cook for 10 – 15 minutes, or until tender. Drain and set aside to cool prior to blending (approx. 10minutes).
2. Combine the pumpkin and sweet potato together with remainder of ingredients in a food processor fitted with the chopping blade or a hand blender (you may need to process the soup mixture in 2 batches depending on the size of your machine).
3. The soup is now ready to gently reheat and serve or it can be refrigerated to reheat later. Reheat in a saucepan over medium heat, and stir until heated thoroughly. Do not allow to boil. Garnish with a sprig of fresh thyme sprigs and enjoy.
4. The soup will keep for 3 days refrigerated or freeze for up to 1 month.

NOTE This soup can also be made in a blender. Again, depending on the size of the blender, you may need to blend in 2 batches. You may need to add a little more milk or stock while blending.

BAKED FALAFELS, TAHINI WITH GREEK SALAD

SERVES 2.

Ingredients

FOR THE TAHINI SAUCE:

¼ cup pure tahini

Juice of ½ lemon

¼ bunch parsley, finely chopped

FOR THE FALAFEL:

1½ cups of cooked chickpeas

1 red onion, roughly chopped

2 garlic cloves, roughly chopped

1 ½ tablespoons chickpea or besan flour

2 tsp ground cumin

3 tsp ground coriander

¼ tsp dried chilli flakes (optional)

2 tablespoons coconut oil + 2 teaspoons for drizzling after crumbing

1 grated carrot

½ bunch fresh parsley, thick stalks removed

½ - ¾ cup gluten free bread crumbs (pine nuts ground or cooked quinoa can be an alternative to bread)

FOR THE SALAD:

½ a Romaine lettuce

⅓ cup Kalamata olives

2 cucumbers, thinly sliced

½ red onion, thinly sliced

FOR SALAD DRESSING (OPTIONAL):

¼ Cup Olive Oil

Himalayan or Sea Salt to taste

Dried mixed herbs (to taste)

1 teaspoon lemon juice

1 teaspoon coconut syrup (optional if you want the dressing to be a little sweet).

Method

Preheat the oven to 200°C and line a baking tray with parchment paper.

TO MAKE THE FALAFELS:

Place all the falafel ingredients, except the gluten free bread crumbs into a food processor. Add black pepper and a pinch of salt to taste. Blend together until smooth, scraping the sides of the food processor if needed to ensure mix is combined properly. Remove falafel mixture by scraping out into a bowl.

Using clean, wet hands quickly divide and shape the falafel mixture into 4 patties which are about 3cm thick.

TO COOK THE FALAFELS:

Put the gluten free bread crumbs onto a plate. Gently roll each falafel in the bread crumbs so that they are coated and then place on a lined baking tray. Drizzle with a small amount of coconut oil.

Bake in the oven for 30 – 40 minutes, until crisp and golden.

TO MAKE THE TAHINI SAUCE:

Place the sauce ingredients in a bowl and whisk together until smooth and creamy. Add water if required, depending on the consistency of your tahini, to make a pourable sauce.

To make the salad dressing:

Combine all ingredients in a small jar and shake.

To finish: Distribute the salad ingredients between 2 plates. Top salad with a small amount of salad dressing. Serve with the falafels and the tahini sauce poured on top.