

EAT green

At OBH the philosophy is Eat Green – Act Kind – Think Happy. This reflects the foundation of health and healing: diet, lifestyle & mindset.

This free gift to you is all about the first part of the philosophy, eating green. Of course, you should eat all the colours of the rainbow in order to be at your most vital and to heal from any disease, but the green in the philosophy reminds us that whole plant foods are the most healing and health-building.

The recipes below have all been crafted with love using nutritious, whole-food ingredients that build health in the body by reducing inflammation and increasing nutrient intake. If you can buy organic ingredients or wild caught fish (in case of the fish recipes), they will also offer you more nutrient density than the inorganic counterparts.

I hope you love the recipes and if you do make them and enjoy, please take photos and tag me on social media @orangeblossomhealing.

If you would like one-to-one support, you can reach me at hello@orangeblossomhealing.com

Recipe Key:

VF – vegan friendly / V – vegetarian, can be adapted to vegan / F – contains fish

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Sweet Stuff

Best Breakfast Bowl

This simple, colourful bowl of goodness offers a plethora of phytochemicals, vitamins & minerals. It makes for a delicious breakfast, and you could add coconut yogurt for extra nutritious benefit. Alternatively, it works as a sweet dessert presented in a glass and could be topped with melted raw cacao for an indulgent superfood addition. The ingredients are packed with antioxidants, vitamin C & E, calcium, silica, and good fats.

Ingredients:

- 1x handful blueberries
- 1 banana (sliced)
- 3x strawberries (sliced)
- ½ mango (diced)
- ½ papaya (diced)
- 1x kiwi (roughly chopped)
- ¼ pineapple (diced)
- 2x fresh figs (chopped)



For dressing, mix the following:

- 1x heaped tbsp almond butter or tahini
- 1x tbsp maple syrup or raw honey (or more if you like it sweeter)
- Raw cacao or cinnamon

Sprinkle generously with sesame seeds and/or chia seeds and enjoy!



Tasty Turmeric Tea

This drink doesn't actually contain any tea. It is very simple recipe, and the ingredients should be heated but not boiled, so as to preserve the nutrients. Turmeric is one of the most potent anti-inflammatory foods on the planet and is a powerful medicine on its own. Raw honey is nutritious both applied directly onto the skin and inside the body.

Ingredients (for 1 mug):

- 1 x cup homemade cashew milk* or raw grass-fed cow's milk
- 1 x heaped tsp turmeric
- 1 x tbs raw honey (adjust quantity to suit your taste)

Mix over a low heat until the turmeric and honey are completely dissolved. Don't let the drink boil.

*To make cashew milk:

Blend 1x cup cashews with ½ x cup water and then strain through a muslin cloth. Add a drop of vanilla to sweeten if you'd like.

You can use this method to make any kind of nut milk and if you'd like a utensil to help you, [this is our favourite.](#)



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Champion Chia Pudding

Coconut is a superfood and is a wonderful source of good fat. Chia seeds also contain lots of good fat, whilst providing abundant protein and magnesium, making this a great breakfast option. Blueberries are packed with antioxidants to build immunity and fight disease from within.

This breakfast or dessert or snack is so comforting and delicious, it feels like it should be bad for you.

Ingredients:

- ½ cup chia seeds
- 1 x cup coconut milk
- 1 x handful blueberries
- Maple syrup (only add this if you like things extra sweet)

Cover half a jar of chia seeds with coconut milk, stir them in and leave overnight to settle. In the morning, you will find the chia seeds have expanded and absorbed the coconut milk so that they have a gelatinous texture. Add blueberries to the top and enjoy.



Tip: this can also make a great dessert and it actually only takes around an hour for the chia seeds to expand, so you can prepare before dinner and serve afterwards for a delicious end to the meal.



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Main Meals

Pesto Pasta

This pesto recipe is abundant in omega 3s, vitamin & mineral dense greens and antioxidants. It's easy to make and is always popular when shared. The pesto also works really well on bread as part of a sandwich or as a bruschetta. It can even be used as a delicious dip.

Ingredients (serves 4):

- 2 x cloves of garlic (or more if you like the taste)
- 1 x cup walnuts
- 1 x cup almonds
- 1 x cup sun-dried tomatoes
- 3 x cup greens of choice (watercress, spinach, rocket, etc.)
- 5 tbsps extra virgin olive oil
- 150g parmesan cheese (cut into small chunks) or 3 tbsps nutritional yeast (vegan option)
- 1 tsp pink Himalayan salt
- 200g pasta of choice (you can use a lentil, chickpea or other pulse pasta instead of wheat)



Blend all the ingredients in your blender (if you have a weak blender, start with the nuts and garlic and work your way up from there). Taste it to see whether it needs a little more salt or garlic and check the consistency, which should be creamy with small granules throughout. If it needs to be creamier, add a little more olive oil. You can switch out the olive oil for walnut oil, avocado oil or wheatgerm oil, which all work really well, but the olive oil is traditional.

Prepare pasta as per instructions on the packet and make sure to keep back a little of the water that you strain off. Add that to the pesto and mix them together for a beautiful, steamy, Italian-style meal. Sprinkle with hemp seeds for extra omega 3s and protein and drizzle with extra virgin olive oil for a real taste of the Med. Sprinkle with grated parmesan.



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Play Pretend Pizza

This is the best alternative pizza base I have tried, and I am reticent to call things by a name they don't represent, but this does taste like pizza with just a different consistency. This meal is full of vitamins C, K and E, beta-carotene, protein, omega 3s and silica.

Crust Ingredients (for 2 pizzas):

- 4 tbsp chia seeds (soaked in water to cover them until they form a gel)
- 1 large cauliflower (or 2 small, about 1kg), chopped roughly
- 5 apples (peeled, cored and chopped roughly)
- 300g gluten-free flour
- Juice of 2 lemons
- 2 tbsp tamari
- Salt to taste
- 4 tsp dried oregano

Topping Ingredients

- Extra virgin olive oil
- 2 garlic cloves
- 10 large tomatoes or a pack of cherry tomatoes, chopped
- Greens of choice (spinach used in photo – rocket also works really well)
- Shavings of Parmiggiano Reggiano (raw cheese)
- A handful of mushrooms, sliced
- Salt & Black Pepper
- You could add any other raw or cooked veg that you like and get creative!



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1. Put the apples in 2cm of water on a medium heat and cook until soft (approx. 30 mins) – then blend into a puree and leave to cool
2. Preheat the oven to 200 °C
3. Blend the cauliflower chunks into a flour like consistency (this may need to be done in batches)
4. Place in a clean muslin cloth or cotton tea towel and squeeze out any excess water
5. Add the cauliflower to a mixing bowl with the soaked chia seeds and cooled apple puree – mix
6. Mix in the flour, lemon juice, tamari, salt (to taste) and dried oregano
7. Slowly pour in 120ml of ice-cold water, using your hands to make a sticky dough
8. Spread the dough out flat on an oven tray or pizza tray lined with baking paper (you should have enough for two)
9. Bake for 20 – 30 minutes until light brown around the edges and cooked through
10. In the meantime, add your olive oil and garlic cloves to a pan over a medium heat
11. When the garlic starts to have little bubbles around it, add the tomatoes and a little salt
12. Add little splashes of water at a time so that the garlic and tomatoes don't burn, and let it evaporate mostly away before you add another splash. Keep doing this until you get a consistency like chopped tinned tomatoes. If you prefer a smooth tomato sauce, cool and blend.
13. In a separate pan, fry the mushrooms for 2 or 3 minutes in olive oil or butter until cooked and season with salt & pepper
14. Add the homemade passata to the pizza and bake for another 5 – 10 minutes
15. Top with Parmiggiano Reggiano shavings or nutritional yeast if cheese is triggering for you
16. Add spinach (raw or lightly steamed depending on your tolerance for fibre), mushrooms and seasoning.



Creamy, Cosy Curry

This curry is one of my favourites as it is a mish-mash of Indian and Thai flavours. It's creamy but with enough of a spice hit to make you feel like you're in South-East Asia somewhere. It is like a cuddle on a plate, that's why it's got 'cosy' in its name.

This curry is rich in vitamins B6 and C, folate, potassium, iron, curcuminoids, lycopene and fibre. It benefits many other systems in the body thanks to its anti-inflammatory actions. This is truly health-building food at its most delicious!

Ingredients (serves 2):

- 1 tbsp coconut oil or grass-fed ghee
- 4 x leeks (or 1 large onion), sliced
- 2 x garlic cloves (more if you like the flavour), finely chopped
- 1 x thumb-sized piece of ginger (same as garlic)
- 1 tsp ground cumin
- 1 tsp ground coriander
- 1 tsp ground turmeric
- A pinch of ground cinnamon
- 2 x cardamom pods
- 3 x cloves
- 1 x fresh green chilli (more if you like it very spicy), finely sliced
- 4 x vine tomatoes, diced
- 3 x medium-large beetroots, peeled and diced
- 150ml coconut milk
- A handful of fresh coriander, finely chopped
- Juice of half a lemon



1. Put a large saucepan on a medium heat and add the coconut oil / ghee with the leeks to soften them. After around 10 minutes, add the garlic and ginger and cook for another few minutes.
2. Stir in the spices, fresh chilli, tomatoes and add 100ml of water. Bring to the boil and add the beetroot (you can also cube other veg and add here such as courgette, red pepper, carrots). Simmer for 20 minutes, until the beetroot softens.
3. Add the coconut milk and stir in for a couple of minutes over the heat.
4. Remove from heat and stir through the coriander and juice of half a lemon. Leave to rest for 10 minutes with the lid on.

Serve with quinoa, wild rice or your favourite chapattis/naan.



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Mackerel Medley

There's something special about strong-flavoured fish with a creamy, zesty accompaniment. The lemon works so well with the deep, smoky flavours of the mackerel and the yogurt balances out the cayenne pepper perfectly. This meal contains B vitamins, vitamin C and D, potassium, selenium, iron, Omega 3, beta-carotene, phytoestrogens and fibre. It's a deeply nourishing, anti-inflammatory, delicious dish.

Ingredients (serves 2):

- 150mg brown rice (or wild rice)
- 1 tsp grass fed ghee (or coconut oil)
- 2 leeks (or 1 red onion), sliced
- 1 garlic clove (or more if you like the flavour), finely diced
- ½ red pepper, seeded and finely diced
- ½ green pepper, seeded and finely diced
- 100g peas (podded fresh ones or frozen garden)
- 2 mackerel fillets (fresh or smoked and ready)
- Handful of fresh coriander, roughly chopped
- Handful of fresh flat-leaf parsley, finely chopped
- 5 tbsp whole Greek yogurt (use coconut as an alternative if dairy triggers your condition)
- Grated zest of 1 lemon
- Handful of fresh mint leaves, finely chopped
- Handful of fresh chives, finely chopped
- Salt, black pepper & cayenne pepper to taste



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1. Put a saucepan of water on and bring to the boil. Add the rice and cook according to instructions.
2. Put a frying pan on medium heat and add the ghee and leeks until softened.
3. After a few minutes, add the garlic and peppers and cook for a further 10 minutes, until soft. Add the peas and cook for a further 3 minutes and then remove from the heat.
4. ***If you're using smoked mackerel, you can skip this step***
If you're using fresh mackerel, transfer the vegetables to a mixing bowl and add more ghee to the frying pan. Once hot, add the mackerel fillets skin-side down. Hold the fillets down with your fingers and cook for 3 minutes. Then gently turn them over and cook for another 2 minutes.
5. Stir the pepper mixture through the rice along with the coriander and parsley. Season with salt & pepper and keep warm.
6. Mix the yogurt with the lemon zest, mint and chives and season to taste.
7. Spoon the wild rice salad onto the plate and top with mackerel fillets. You can add the yogurt on top or go fancy, like we did, and swoosh it around the edges. Top with more fresh parsley, coriander, mint, chives & cayenne pepper to taste.

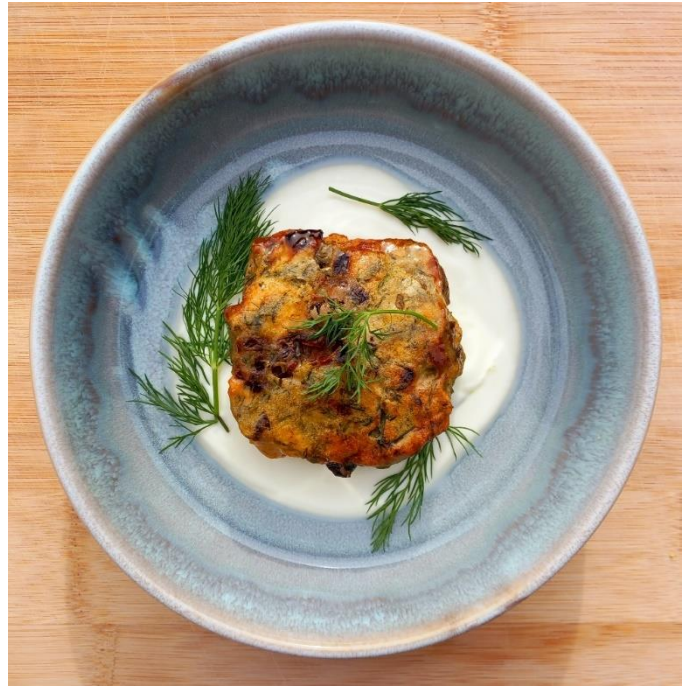


Fantastic Fish Cakes

Salmon with dill is such a classic flavour combination and when it's a classic, why mess with it? The distinctive aniseed flavour brings out the delicate sweetness of salmon, and the feathery, soft leaves add a lovely texture and colour. This meal contains B vitamins, vitamin D, selenium, tryptophan and omega-3s, which is a wonderful cocktail to heal the body.

Ingredients (serves 2):

- 1 tbsp capers, finely chopped
- Handful of fresh chives, finely chopped
- Handful of fresh dill, finely chopped
- Grated zest of 1 lemon
- A pinch of salt & cracked black pepper
- 1 egg
- 200 – 220g salmon fillet, skin removed
- 1 tbsp flour (I used gluten-free)
- 1 tbsp avocado oil



1. Preheat the grill to medium. Line a baking tray with greaseproof paper.
2. Mix together the capers, chives, dill, lemon zest, salt & pepper in a large bowl. Add the egg and mix well.
3. Finely dice the salmon – it is important to cut it into very small pieces, otherwise the fishcakes won't hold together. Add to the bowl along with the flour.
4. Mix together with your hands to ensure everything is thoroughly mixed. Shape into two fishcakes.
5. Put a frying pan on a high heat and add the avocado oil. Fry the fishcakes for 2 – 3 minutes on each side, then transfer them to the lined baking tray.
6. Grill for 8 minutes on each side.
7. Serve the fishcakes hot, on a bed of yogurt with a green salad to accompany.



Pretty Pumpkin

Roasting for a curry is one of the easiest ways to pack flavour into a meal. The coconut dressing gives you that classic Asian curry flavour whilst adding a light freshness. It's the perfect dressing for tofu, which is a great dairy-free source of calcium and meat-free protein. This meal is rich in vitamins B6, C and E, folate, iron, potassium, magnesium, calcium, tryptophan, phytoestrogens, curcuminoids, beta-carotene, lycopene and fibre.

Ingredients (serves 2):

- 1 small pumpkin (or butternut squash)
- 2 tbsp mild curry powder
- ½ red onion, finely chopped
- 2 garlic cloves, finely chopped
- 40ml coconut oil
- 5 large tomatoes, cut into quarters
- 100g firm tofu, cut into small tubes

For the dressing:

- 2 tbsp coconut yogurt
- 1 tbsp coconut oil
- Grated zest and juice of ½ lemon
- Handful of pumpkin seeds, toasted

For the salad:

- 100g baby spinach leaves
- ½ cucumber, peeled and diced
- A handful of fresh coriander, finely chopped
- Salt & pepper



1. Preheat oven to 180 and line a baking tray with parchment
2. Cut the pumpkin in half and remove the seeds and fibres. Cut into 1cm thick half-moons
3. Combine the curry powder, red onion, garlic and oil in a large mixing bowl and mix well. Add the pumpkin, tomatoes and tofu to the bowl and toss to coat with the spice mixture
4. Tip onto the baking tray and roast in the oven for 25 minutes, shaking the tray frequently to ensure the pumpkin doesn't stick and burn
5. Meanwhile, make the dressing by mixing together all the dressing ingredients
6. Finely shred the spinach and mix with the cucumber and coriander. Season to taste. Add half of the dressing and toss
7. Drizzle the rest of the dressing over the curry and serve with the salad



Easy Extras

Creative Crackers

If you have a dehydrator, crackers are where the easy nutrients are at. If you don't, you can use your oven on its lowest heat to achieve a similar level of nutrition. These flaxseed crackers are packed with omega 3s, vitamins, minerals, silica and protein.

They are flavoursome, crunchy and so nutritious. They go great on the side of a salad or as a snack when you fancy something savoury but nutritious. Dip them in hummus or guacamole for an even fresher taste.

Ingredients (serves 2):

- 1 x cup flax seeds (you could also use chia if you prefer)
- ½ x cup dried nettles
- Salt & black pepper to taste
- Nutritional yeast (this adds a nutty flavour to the crackers but it is entirely a question of taste)



1. Soak the flax seeds in 1x cup water until they absorb it fully (approx. 45 mins).
2. Stir in the nettles and nutritional yeast (if using) and season generously with salt and black pepper.
3. Spread thinly over baking paper (if using the oven) or over a dehydrator sheet using a spoon or flat knife.
4. Dehydrate on 47°C for 6 hours. Then turn and dehydrate for a further 2 hours. If you'd like the crackers to be uniform – score them after approx. 2 hours in the dehydrator.

Timings in the oven will be shorter but I can't be specific because ovens have varying minimum temperatures. You should turn the crackers when they seem completely dry on top. If you can see a natural sheen like a snail has been walking all over them – that's totally normal and nothing to worry about!



Delicious Dressings

This dressing is great for salads, rice or as a dip for sushi and other rice bites. It contains the classic balance of flavours and offers superior nutrition to any meal.

Ingredients:

- 3 x tbsp tamari
- 2 x tbsp organic sesame seed oil
- 2 x tbsp organic flax seed oil
- 1 x tsp agave syrup or maple syrup
- 1 x lime, squeezed

Optional: chilli flakes or cayenne pepper to sprinkle on top (to taste)

Mix well and enjoy!

This is another versatile favourite of mine to lather on pancakes, fruit, salads and to use as a dip. This dressing is full of calcium, selenium & vitamin C.

Ingredients:

- 2 x tbsp tahini
- Juice of ½ a lemon
- 1 x tsp maple syrup

If you want to make it savoury, add 2 x tbsps tamari. If you want to make it sweeter, add more maple syrup.

Mix well and enjoy!

A Final Word

Food is a wonderful healer and I believe it can be relied upon as the foundation for recovery from many ills. It must be complimented with a healthy lifestyle and freedom from acidity/toxicity including situations and people that make you unhappy.

I hope you have enjoyed this collection of recipes that I have taken great care to prepare for you.

Wishing you a speedy healing journey.

In gratitude,

Laura - OBH x



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