

Medical Medium Recipes

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Mains



Mains



Potatoes



Potatoes



Pasta



Soups & Breads



Dressings, Dips & Sauces



Hummus, Pesto, Guacamole, Salsa & Nut Cheese



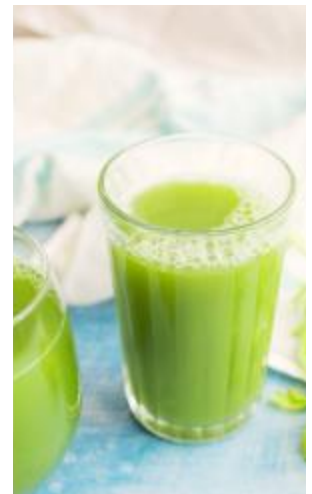
Salads



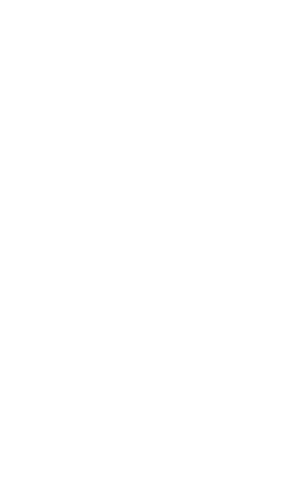
Salads



Juices & Smoothies



Hot & Cold Drinks



Ice Creams, Fruit Plates & Syrups



Pancakes, Bites & Fruit Bowls



Cookies, Donuts & Muffins



Pies, Tarts & Cakes



Anthony William, the Medical Medium, teaches you how to
unleash the hidden powers of fruits and vegetables
and transform your life in the process

Veggie Pizza (Wheat And Dairy Free)

- 1 gluten-free/dairy-free pizza crust (Sami's bakery millet/flax crust)
- 1 jar marinara/pizza sauce
- 1-2 cups thinly sliced red, yellow, &/or orange bell peppers
- 1 cup mushrooms, sliced
- 1-2 cloves garlic, chopped
- 1/2 cup olives, chopped
- 1/2 red onion, sliced
- 4 basil leaves
- 1 Tbs olive oil
- 1/4 tsp fresh dried thyme & oregano
- pinch sea salt & pepper

Directions:

1. Preheat oven to 425°F/220°C and position a rack in the middle of the oven.
2. Bring large skillet to meat heat, add 1 Tbs olive oil, onions, peppers, garlic, dried herbs, salt & pepper and stir. Cook until soft 10-15 minutes.
3. Top pizza crust with desired amount of marinara/pizza sauce and top with sautéed veggies. Place pizza either directly on oven rack or pi



Sweet Potato Pizza Crust

For the crust:

- **2 sweet potatoes, peeled and diced (yields about 1 cup cooked sweet potato)**
- **3 tbsp arrowroot starch**
- **3 tbsp coconut flour**
- **1/2 tsp dried oregano**
- **1/2 tsp sea salt**

Marinara sauce:

- **1/3 cup tomato paste**
- **1/2 tsp dried oregano**
- **1/2 tsp dried thyme**
- **2-3 tbsp water**
- **Sea salt and pepper, to taste**

Toppings (any combination of these):

- **1/2 red onion, finely sliced**
- **3-4 cherry tomatoes, halved**
- **1/4 red bell pepper, diced**
- **5-6 olives**
- **1/4 small zucchini, sliced**
- **Handful of fresh arugula**
- **Handful of fresh basil**

Directions:

1. Preheat oven to 400°F/200°C.
2. Place the diced sweet potatoes in a steamer. Cover with a lid and steam for 10-15 minutes, until tender. Remove and cool.
3. Place the sweet potatoes in a bowl and mash with a fork or potato masher until smooth. Measure out 1 cup of mashed sweet potato and leave the rest for another recipe.
4. Add the sweet potato to a bowl with the coconut flour, arrowroot starch, dried oregano and sea salt. Mix until uniform. Set aside.
5. Make the marinara sauce by combining the tomato paste, dried oregano, dried thyme, water sea salt and black pepper in a bowl and whisking until mixed.
6. Prepare a baking sheet lined with parchment paper and place the dough on top. Using your hands, spread the dough to 1/4 inch (6mm) thickness. Bake in the oven for 20 minutes, until hardened on top.
7. Top the pizza with the marinara sauce and your choice of toppings. Bake for another 10 minutes, until browned on the edges. Add fresh arugula or basil and serve immediately.

Makes 1 pizza



Potato Pizza Boats

- **4 large russet potatoes**

Sauce:

- **1/2 cup pure tomato paste (find one without additives)**
- **1 teaspoon dried oregano**
- **1/2 teaspoon dried thyme**
- **1 teaspoon raw honey**
- **1/4 cup water**

Topping options:

- **1/4 cup chopped zucchini**
- **1/4 cup chopped red pepper**
- **1/4 cup halved cherry tomatoes**
- **1/4 cup chopped red onion**
- **Fresh basil, to serve**

Directions:

1. Preheat oven to 400°F/200°C. Line a baking sheet with parchment paper.
2. Pierce the potatoes with a fork and place them on the baking sheet. Bake them in the oven for 45 minutes to 1 hour, until tender. Remove and cool.
3. While the potatoes are roasting, make the tomato sauce by whisking together the tomato paste, dried oregano, dried thyme, raw honey, and 1/4 cup water. Set aside.
4. When they are cool enough to handle, cut the potatoes in half lengthwise and scoop out the top of each potato half, creating a boat. Place a couple of tablespoons of tomato sauce in each and add toppings of your choice.
5. Place them back in the oven and roast for 15 to 20 minutes, until the toppings are cooked through. Serve immediately.

Makes 2 to 3 servings



Mini Potato Cake Pizzas

- **2 pounds (1 kg) potatoes, peeled and diced**
- **1 teaspoon garlic powder**
- **1 teaspoon onion powder**
- **1 teaspoon dried oregano**

Sauce:

- **1/4 cup pure tomato paste (find one without additives)**
- **1/2 teaspoon dried oregano**
- **1/4 teaspoon dried thyme**
- **1/2 teaspoon raw honey**

Topping options:

- **3 to 4 yellow and red cherry tomatoes**
- **1/4 small red onion, thinly sliced**
- **2 to 3 mushrooms, thinly sliced**
- **3 to 4 zucchini or summer squash slices**
- **Small handful arugula**
- **Small handful basil**

Directions:

1. Preheat oven to 400°F/200°C. Line a baking sheet with parchment paper. To make the base, add 3 inches (8 cm) of water to a medium-sized pot, bring it to a boil, and add a steaming basket. Place the potatoes in the basket, cover, and steam for 5 to 10 minutes, until soft. Remove and cool completely.
2. Place the potatoes in a bowl together with the garlic powder, onion powder, and dried oregano. Mash with a fork or potato masher until smooth. Using a 1 /8 cup measure, form the mixture into 8 patties about 1/2 to 3/4 inch (1,5-2 cm) thick and 3 to 4 inches (8-10 cm) in diameter. Place in the oven and bake for 20 minutes.
3. While the patties are baking, make the sauce by mixing together the tomato paste, dried oregano, dried thyme, raw honey, and 2 tablespoons water.
4. Remove the potato cakes from the oven and spread 1 to 2 tablespoons of tomato sauce on each. Arrange toppings on each of the mini potato cakes and place back in the oven for 15 to 20 minutes, until browned and firm. Remove from the oven and add arugula and basil. Serve and enjoy.



Veggie Burgers

- 1 cup chopped onion
- 1 cup chopped mushrooms
- 1 1/2 cups diced sweet potato
- 2 garlic cloves, minced
- 1 tbsp coconut aminos
- 1 tbsp tomato paste
- 1-4-1/2 cup water, more if needed
- 1 cup walnuts
- 1/3 cup ground golden flaxseed, more if needed
- 1/2 tsp smoked paprika
- 1 tsp ground cumin
- 1/4 tsp black pepper
- 4 gluten-free and corn-free burger buns

Additional topping options:

- Spinach or lettuce
- Sliced tomatoes
- Thinly sliced red onion
- Sliced avocado
- Ketchup

1. Place a non-stick pan on medium-high heat. Add the onions and mushrooms and fry for 2-3 minutes until the onions start to soften. Add the sweet potato, garlic, coconut aminos and tomato paste. Cook for 3-5 minutes, stirring often, until the sweet potato starts to soften. Add the water add place on the lid. Cook at medium-high heat for 15-20 minutes, stirring often, until the sweet potato is soft. Add more water if necessary. Remove from heat and cool completely.
2. Place the sweet potato mixture in a food processor and pulse a couple times until the mixture is smooth but still chunky. Don't over process. Place in a medium-sized mixing bowl and set aside.
3. Add the walnuts to the food processor and blend until you get a coarse crumb. Add to the bowl with the sweet potato mixture, followed by the ground flaxseed, smoked paprika and ground cumin. Mix until uniform. The mixture should be firm enough to shape into patties - if not then add more ground flaxseed. Shape into patties.
4. Refrigerate for 1 hour for a firmer patty, or cook immediately using a non-stick pan for 4-5 minutes at medium-high heat on either side.
5. To assemble the burgers, place the patties on burger buns and add toppings of your choosing. Serve immediately.

Serves: 4



Black Bean Burgers

- **2 cups cooked black beans (approximately 1 can)**
- **1 cup shredded zucchini**
- **1 red onion, diced**
- **4 garlic cloves, roughly chopped**
- **1/2 cup walnuts**
- **1/4 cup ground chia seeds**
- **1/4 cup parsley**
- **1/2 tbsp each: thyme leaves, sage leaves, poultry seasoning**
- **1 tsp paprika**
- **1/2 tsp sea salt**

Topping Ideas:

- **tomato slices**
- **cucumber slices**
- **lettuce**
- **avocado slices**
- **grilled onions**
- **Hummus**

1. Preheat oven to 375°F/190°C.
2. In a sauté pan, heat 1/4 cup of water. Add onions and garlic over high heat, stirring until cooked through, about 5 minutes. Add more water if needed to keep from sticking.
3. In a food processor, pulse walnuts, ground chia seeds, parsley, thyme, sage, poultry seasoning, paprika and sea salt until coarse crumbles are formed. Set aside in a medium mixing bowl.
4. Place black beans, garlic and onions in the food processor and pulse five times until roughly combined. Add shredded zucchini and pulse three more times. Add to the contents of the mixing bowl. Mix all ingredients together until well combined.
5. Form into small patties about 3 inches (8 cm) across and place on a baking tray lined with parchment paper. Bake for 30 minutes, flipping halfway through. Serve in gluten free buns with the toppings of your choice.



Carrot, Zucchini and Potato Patties

- **2 potatoes**
- **2 carrots**
- **1 zucchini**
- **1 teaspoon garlic powder**
- **1 teaspoon onion powder**
- **1 teaspoon dried oregano**
- **1 teaspoon paprika**

Directions:

1. Add 3 inches (8 cm) of water to a medium-sized pot, bring it to a boil, and add a steaming basket. Place the potatoes and carrots in the basket, cover, and steam for 15 to 20 minutes, until tender. Remove from heat and cool completely.
2. Preheat oven to 350°F/180°C. Line a baking sheet with parchment paper.
3. Grate the zucchini and place it in a muslin cloth or nut milk bag to squeeze out all the water. Make sure that the zucchini is very dry; otherwise it will take the patties longer to crisp up in the oven. Add it to a mixing bowl. Grate the potatoes and carrots and place them in the bowl with the grated zucchini. Add the garlic powder, onion powder, dried oregano, and paprika and mix until combined.
4. Form the mixture into about 8 patties and place them on the baking sheet. Place in the oven and cook for 45 to 60 minutes, until browned and crispy, flipping them halfway through. Allow the patties to cool for 10 to 15 minutes before eating so they firm up.

Makes 8 patties



Carrot Hot Dogs

For the carrots:

- **8 medium-sized carrots,**
- **peeled and trimmed**
- **2 tbsp coconut aminos**
- **1 tsp maple syrup**
- **1 tsp garlic powder**
- **1 tsp onion powder**
- **1/4 tsp smoked paprika**
- **1/4 tsp mustard powder**
- **2 tsp lemon juice**
- **1/4 tsp sea salt (optional)**
- **1/2 cup water**
- **8 gluten-free hot-dog buns**

Directions:

1. Place the carrots to a small baking dish. Set aside.
2. In a small bowl, whisk together the coconut aminos, maple syrup, garlic powder, onion powder, smoked paprika, sea salt and water/vegetable broth. Pour over the carrots and cover the pan. Let sit for at least 30 minutes.
3. Preheat oven to 425°F/220°C. Place the covered baking dish in the oven and roast for 30 minutes. Remove the cover and roast for another 20 minutes, until the carrots are just tender.
4. Place carrots in hot dog buns and add toppings. Serve immediately.

Serves: 6-8

Topping options:

- **Ketchup**
- **Diced red onion**
- **Diced tomato**
- **Sliced jalapeno**
- **Chopped chives or cilantro**



Roasted Eggplants with a Tomato-Cucumber Salad

For the eggplants:

- 2 tbsp lemon juice
- 1/2 tsp ground cumin
- 1/2 tsp ground cilantro
- 1/2 tsp red pepper flakes
- 2 medium-sized eggplants, cut in half lengthways
- Salt and pepper, to taste

For the salad:

- 4 medium-sized tomatoes, diced
- 1/2 English cucumber, diced
- 1/4 red onion, finely chopped
- 1/4 cup mint, finely chopped
- 1/2 cup parsley, finely chopped
- 1 1/2 tbsp lemon juice
- Sea salt and pepper, to taste
- 3-4 tbsp tahini, for topping (optional)

Directions:

1. Preheat oven to 375°F/190°C .
2. In a small bowl, mix together the lemon juice, ground cumin, ground coriander and red pepper flakes.
3. Arrange the eggplants on a baking tray and score the flesh with a sharp knife. Sea-son with salt and pepper, then brush on the lemon and spice mixture. Roast the eggplants in the oven for 30-40 minutes, until fork-tender.
4. While the eggplants are cooking, make the salad by combining the tomatoes, cu-cumber, red onion, mint, parsley, lemon juice, salt and pepper in a bowl and mix well.
5. Take the eggplants out of the oven and top with the salad. Sprinkle on fresh pars-ley for garnish. Serve immediately with an optional tablespoon of tahini on each.

Serves: 2-4 people



Crispy Onion Rings

- 1 cup chickpea breadcrumbs
- 1 tsp paprika
- 1 tsp sea salt
- 1/4 tsp ground black pepper
- 2 1/2 tbsp ground golden flaxseeds
- 1/2 cup unsweetened almond milk
- 2 medium onions, sliced 1/2 inch (1,5cm) thick and separated into rings

Directions:

1. Preheat oven to 400°F/200°C. Line a baking sheet with parchment paper.
2. To make the onion rings, place the chickpea breadcrumbs, paprika, salt and pepper in a food processor and process until you get a fine crumb. Set aside.
3. Make the flax egg by whisking together the ground flaxseeds and almond milk. Let sit for 5 minutes to thicken.
4. Dip the onion rings first into the flax egg and then into the breadcrumb mixture. Place on the baking sheet and repeat with the rest of the onions. Place in the oven and bake for 20-25 minutes, until golden and crispy. Serve immediately.



Green Bean Casserole

For the onion rings:

- 1 cup chickpea breadcrumbs
- 1 tsp paprika
- 1 tsp sea salt
- 1/4 tsp ground black pepper
- 2 1/2 tbsp ground golden flaxseeds
- 1/2 cup unsweetened almond milk
- 2 medium onions, sliced 1/2 inch (1,5 cm) thick and separated into rings

For the green beans:

- 1 cup raw cashews
- 1 1/3 cup vegetable stock or water
- 1 tsp dried thyme
- 1 tbsp lemon juice
- 1.5 lbs (0,5 kg) fresh green beans, rinsed, trimmed and cut in half
- 1/2 tsp avocado oil
- 1/2 yellow onion, diced
- 2 garlic cloves, finely minced
- Sea salt, to taste
- Black pepper, to taste

1. Preheat oven to 400°F/200°C. Line a baking sheet with parchment paper. To make the onion rings, place the chickpea breadcrumbs, paprika, salt and pepper in a food processor and process until you get a fine crumb. Set aside.
2. Make the flax egg by whisking together the ground flaxseeds and almond milk. Let sit for 5 minutes to thicken.
3. Dip the onion rings first into the flax egg and then into the breadcrumb mixture. Place on the baking sheet and repeat with the rest of the onions. Place in the oven and bake for 20-25 minutes, until golden and crispy. Leave to cool.
4. Make the cashew cream by blending together the soaked cashews, water or vegetable stock, dried thyme, lemon juice, salt and pepper until very smooth. Set aside.
5. Steam the green beans for 2 minutes. Remove and set aside.
6. Heat oil in a large frying pan and add the onions. Cook until translucent, about 6-8 minutes. Add the garlic and cook for another 2 minutes. Stir in the cooked green beans and cashew cream. Remove and pour into a 11x7 inch (30x20 cm) baking dish. Top with onion rings and bake for a further 5-10 minutes, until warmed through and crispy on top. Best served warm.

Serves 4-6



Baked Falafel Salad With Mint Tahini Sauce

- **3 cups cooked chickpeas**
- **1 cup roughly diced red onion**
- **4 garlic cloves**
- **1/2 cup loosely packed parsley**
- **1/2 cup loosely packed cilantro**
- **1/2 teaspoon sea salt**
- **2 teaspoons cumin**
- **2 heads of butter lettuce (opt, see Tips)**

Optional toppings:

- **1/2 cucumber, sliced**
- **1/2 cup halved cherry or grape tomatoes**
- **1/2 cup shredded red cabbage**
- **1/2 cup shredded carrot**

1. Preheat the oven to 350°F/180°C. Place half of the chickpeas into the bottom of the food processor. Then add the diced onion, garlic cloves, parsley, cilantro, and sea salt. On top, add the remaining chickpeas. Pulse all of the ingredients together in the food processor until they are well combined.
2. Line two baking trays with parchment paper. Using a tablespoon measure, scoop out the chickpea mixture, shape it into balls, and place them on the baking trays spaced 2 inches (5 cm) apart. Gently pat the tops of the balls to flatten them into a falafel shape. Bake the falafel for 35 to 40 minutes, until the tops are turning golden brown and they are firm on the outside while still tender in the middle. Handle them gently!
3. To make the Mint Tahini Sauce, blend all of the ingredients together until smoothly combined. Serve the falafel on top of a salad of butter lettuce or in individual butter lettuce cups topped with veggies and Mint Tahini Sauce.

Tips:

- These falafel can also be served in a gluten-free, corn-free tortilla.
- To keep this dish completely fat-free, replace the Mint Tahini Sauce with the Spicy Lime "Vinaigrette".

Makes 2 to 4 servings

Mint tahini sauce:

- **1 cup diced zucchini**
- **1/2 medjool date, pitted**
- **2 garlic cloves**
- **2 tablespoons tahini**
- **2 tablespoons lemon juice**
- **2 tablespoons fresh dill**
- **2 tablespoons fresh mint**
- **1/4 teaspoon sea salt**
- **1/2 cup water**



Ratatouille

- 1 large zucchini
- 1 large yellow squash
- 1 eggplant
- 1 red bell pepper
- 4 cups cooked quinoa (optional)

Tomato sauce:

- 4 tomatoes, roughly diced
- 1 yellow onion, roughly diced
- 4 garlic cloves, minced
- 2 tablespoons tomato paste (see Tips)
- 1/2 teaspoon sea salt
- 1/2 teaspoon dried basil
- 1/2 teaspoon poultry seasoning
- 1/8 teaspoon curry powder

Directions:

1. Preheat the oven to 375°F/190°C . Thinly slice the zucchini, yellow squash, eggplant, and red bell pepper into rounds. Set aside.
 2. To make the tomato sauce, combine its ingredients in a saucepan over high heat. Stir frequently for 2 to 3 minutes until the tomatoes have released their juices. Reduce heat to a simmer and continue stirring occasionally for 15 to 20 minutes until the tomatoes have started to break down. Using an immersion blender, puree the tomatoes until a chunky sauce forms. Alternatively, you can use a standing blender for this step by pulse blending and leaving an opening at the top to allow the steam to escape.
 3. Place a cup of the tomato sauce in the bottom of a baking dish and spread it to coat the bottom. Layer the zucchini, yellow squash, eggplant, and red bell pepper slices in whatever pattern is desired. Cover the baking dish with parchment paper and place in the oven for 45 to 60 minutes, until the vegetables are tender. Serve the ratatouille topped with the remaining tomato sauce, over a bed of quinoa if desired.
- This tomato sauce freezes well and can be kept on hand anytime.
 - For an even faster version, roughly dice the zucchini, yellow squash, eggplant, and red bell pepper, mix in the tomato sauce, and cook everything in a baking dish for 40 to 60 minutes until all the vegetables are tender.



Maple Roasted Brussels Sprouts

- **2 pounds (1 kg) brussels sprouts**
- **2 tablespoons lemon juice**
- **3 tablespoons maple syrup**
- **1 garlic clove**
- **1/4 teaspoon cayenne**
- **1/4 teaspoon paprika**
- **1/4 teaspoon red pepper flakes**
- **1/2 teaspoon sea salt, divided**

Directions:

1. Preheat the oven to 450°F/230°C.
 2. Prepare the brussels sprouts by removing the stems and slicing vertically into halves. This should yield about 6 cups of halved brussels sprouts.
 3. Place the lemon juice, maple syrup, garlic clove, cayenne, paprika, red pepper flakes, and 1/4 teaspoon of the sea salt into the blender and blend until a smooth marinade forms. In a large mixing bowl, toss the brussels sprouts in the marinade.
 4. Spread out the brussels sprouts face down on two baking trays lined with parchment paper. Make sure to save the leftover marinade in the mixing bowl.
 5. Roast the brussels sprouts for 15 to 20 minutes, until they start to turn golden brown. For extra crispiness, broil them for 1 minute before removing them from the oven. Return the roasted brussels sprouts immediately to the mixing bowl and toss them in the leftover marinade. Sprinkle the remaining 1/4 teaspoon of sea salt over the top and serve immediately for best results.
- Don't skip the step where you reserve the marinade. Tossing the brussels sprouts in the marinade again after roasting causes them to soak up the extra flavor and makes them extra delicious!

Makes 4 servings



Sticky Sesame Cauliflower

For the cauliflower:

- 1 medium-sized head of cauliflower, cut into bite-sized florets
- 1 1/3 cup cassava flour
- 1 1/2 cups water, more if needed
- 1/2 tsp sea salt (optional)

For the sauce:

- 1/2 cup coconut aminos
- 2 tbsp maple syrup
- 1 tsp sesame oil
- 2 tbsp lime juice
- 1/2 tsp red pepper flakes
- 1 tbsp tomato paste
- 3 garlic cloves, finely grated
- 1 tbsp grated ginger
- 2 tbsp arrowroot flour
- 1/2 cup water or vegetable broth
- 2 tsp sesame seeds, for garnish
- 2 tbsp chopped green onions, for garnish

Directions:

1. Preheat oven to 425°F/220°C. Line a large baking sheet with parchment paper.
2. In a large bowl, whisk together the cassava flour, water and sea salt (if using). The batter should be thick enough to coat the cauliflower. If it's too thick, add a few tablespoons of water.
3. Add the cauliflower to the bowl and toss until well coated. Using a fork, transfer the battered cauliflower to the baking sheet, shaking off the excess batter. Leave at least 1 inch (2 cm) between each piece.
4. Place in the oven for 20-25 minutes, until crisp. Flip the cauliflower pieces over halfway through.
5. To make the sauce, add the coconut aminos, maple syrup, sesame oil, lime juice, red pepper flakes, tomato paste, garlic and ginger to a large saucepan over medium-high heat. Whisk to combine and bring to a simmer.
6. In a small bowl, whisk together the arrowroot flour and water/vegetable broth. Pour into the sauce and cook, stirring often, until the sauce thickens up and becomes sticky, about 3-5 minutes. If the sauce is very thick then add a bit more water.
7. Add the baked cauliflower and toss to coat. Remove from heat and place on a serving plate or platter, then top with green onions and sesame seeds. Serve immediately.

Serves 3-4



Buffalo Cauliflower

- 1 medium-sized head of cauliflower, cut into bite-sized florets
- 1 1/3 cup cassava flour
- 1 1/2 cup water, or more
- 6-8 celery sticks, to serve

Ranch:

- 1 cup peeled and diced zucchini
- 2 tbsp raw cashews
- 1 tbsp lemon juice
- 1/2 tsp garlic powder
- 1 tsp onion powder
- 1/2 tbsp finely chopped dill
- 1/2 tbsp finely chopped parsley

Hot Sauce:

- 2-3 tbsp roughly chopped fresh red hot peppers
- 2 garlic cloves
- 2 1/2 tbsp lemon juice
- 1 tsp paprika
- 2 tbsp raw honey
- 3/4 cup water
- 1 tbsp arrowroot starch
- 1/4 cup tomato paste
- Celery stalks

1. Preheat oven to 425°F/220°C. Line a large baking sheet with parchment paper.
2. In a large bowl, whisk together the cassava flour and water. The batter should be thick enough to coat the cauliflower. If it's too thick, add a few tablespoons of water. Add the cauliflower to the bowl and toss until well coated. Using a fork, transfer the battered cauliflower to the baking sheet, shaking off the excess batter. Leave at least 1 inch (2cm) between each piece. Place in the oven for 20-25 minutes, until crisp. Flip the cauliflower pieces over halfway through.
3. To make the ranch sauce, combine the zucchini, cashews, lemon juice, garlic powder and onion powder in a blender and blend until smooth. Stir in the dill and parsley and set aside. To make the hot sauce, combine the fresh hot peppers, garlic, tomato paste, lemon juice, paprika, raw honey, water, and arrowroot starch in a blender. Blend until smooth.
4. Pour the mixture into a large saucepan over medium-high heat and bring to a simmer. If the sauce is very thick add a bit more water. Add the baked cauliflower and toss to coat. Remove from heat and place on a serving plate or platter together with the celery stalks. Serve immediately with prepared ranch sauce.

Serves 2



Shakshuka

- 8 baby potatoes, peeled
- 1 cup diced onion
- 1 cup diced red, orange, or yellow bell peppers
- 2 garlic cloves, minced
- 1 1/2 tsp ground cumin
- 1/2 tsp ground coriander
- 1 1/2 tsp paprika
- 1/4 tsp red pepper flakes
- 3 cups diced tomatoes
- 1/4 cup water or vegetable broth
- 2 tbsp tomato paste
- 1/4 cup fresh parsley, to serve
- 1/4 cup fresh cilantro, to serve

Directions:

1. Place the potatoes in steamer or colander set over a pan of boiling water. Cover with a lid and steam for 10-15 minutes, until almost tender.
2. While the potatoes are cooking, place a ceramic non-stick skillet on medium-high heat. Add the diced onion and bell pepper and cook for 3-5 minutes, until the onion becomes translucent.
3. Add the garlic and spices and cook another 1-2 minutes. Add in the tomatoes, vegetable broth and tomato paste. Bring the sauce to a simmer and cook for 5 minutes. Arrange the potatoes in the pan. Cover the pan and cook for 5-10 minutes, or until the potatoes are tender.
4. Serve immediately, topped with fresh parsley and cilantro.

Serves 4



Black Bean Meatballs

- 1 1/2 cups cooked black beans or 1 15oz/425g can, drained and rinsed
- 3/4 cups gluten-free oats
- 1/2 cup diced onion
- 3 garlic cloves, roughly chopped
- 2 tbsp tomato paste
- 1/2 tbsp onion powder
- 1 tsp paprika
- 1/2 tsp chili powder (optional)
- 1/4 tsp smoked paprika
- 1/2 tsp ground cumin
- 1 tsp dried oregano
- Sea salt, to taste (optional)

Marinara:

- 1/2 cup diced onion
- 2 garlic cloves, minced
- 3 cups crushed tomatoes
- 1/4 cup tomato paste
- 1 tsp dried basil
- 1 tsp dried oregano
- 1 tbsp coconut sugar
- 1/4-1/2 tsp red pepper flakes, to taste (optional)
- Sea salt, to taste (optional)
- Fresh basil or parsley, for garnish

Directions:

1. To make the black bean meatballs, combine the black beans, oats, diced onion, garlic, tomato paste, onion powder, paprika, chili powder (if using), smoked paprika, ground cumin, dried oregano and sea salt (if using) in a food processor and blend until smooth, scraping down the sides as needed.
2. Preheat oven to 400°F/200°C.
3. Form the mixture into balls (you should get about 14-16) and cook on a non-stick oven-proof skillet on medium-high heat until browned on all sides. Transfer pan to oven and bake for 20 minutes, until crispy.
4. While the black bean balls are in the oven, make the marinara by placing a non-stick saucepan on medium-high heat. Add the onion and cook for 3-5 minutes, until soft. Add the garlic and cook for a further 2 minutes.
5. Add the crushed tomatoes, tomato paste, dried basil, dried oregano, coconut sugar, red pepper flakes (if using) and sea salt (if using). Cook uncovered, for 5-7 minutes, until slightly thickened and the flavors have infused. Add the meatballs to the pan and coat with sauce. Serve immediately, garnished with fresh basil for parsley.

Serves: 3-4



Zucchini Lasagna

For the lasagna:

- **4-5 small to medium zucchini**
- **5 to 6 fresh basil leaves, chopped (for garnish)**

For the potato béchamel:

- **6 medium-sized potatoes, peeled and diced (about 0,7 kg)**
- **1 tablespoon onion powder**
- **1 tablespoon fresh lemon juice**
- **2 tbsp arrowroot starch**
- **1 tbsp water (optional)**

For the marinara sauce:

- **4 1/2 cups fresh crushed or diced tomatoes**
- **1 onion, diced**
- **3 garlic cloves, minced**
- **1 teaspoon dried oregano**
- **1 teaspoon dried thyme**
- **1/4 cup tightly packed fresh basil, chopped**

1. Preheat oven to 350°F/180°C.
2. Cut the ends off the zucchini, and then slice into about 1/4-inch (6mm) thick ribbons. It's best to do this carefully with a mandoline. Arrange them on two or three large baking sheets covered with parchment paper and bake them in the oven for 25 to 30 minutes, until almost dry. Remove from the oven and cool completely. If the slices still seem wet, dab them a few times with paper towels to remove excess moisture.
3. To make the potato béchamel, add 3 inches (8mm) of water to a medium-sized pot, bring it to a boil, and add a steaming basket. Place the potatoes in the basket, cover, and steam for 15 to 25 minutes, until tender. Remove from the heat and place in a blender, along with the onion powder, lemon juice, and arrowroot starch. Blend until smooth, adding a tablespoon of water if needed to blend. Set aside.
4. To make the marinara sauce, cut up the tomatoes and add them with the onion, garlic, oregano, and thyme to a medium sized saucepan and cook on high heat for 20 to 25 minutes, until thick and reduced. Add the basil. Let cool for 10 minutes.
5. To assemble the lasagna, cover the base of a small lasagna dish with a layer of baked zucchini, overlapping slightly. Next, add one-quarter of the marinara sauce, just enough to cover the zucchini. After that, add one quarter of the potato béchamel, just enough to cover the tomato layer. Adding too much of either will result in a runny, watery lasagna. Repeat, making layers with the zucchini, marinara, and potato béchamel, adding four to five layers in total.
6. Bake in the middle of the oven for 45 to 50 minutes, until browned on top and the zucchini is tender. Let cool for at least 20 minutes before slicing so the sauce can thicken. Serve with chopped fresh basil on top.



Veggie Lasagna Cupcakes

Cashew Cheese:

- **1 cup cashews**
- **1/2 cup water**
- **1/2 lemon, juiced**
- **1 tsp garlic powder**
- **1/4 tsp sea salt**
- **1/2 medjool date**

Tomato Sauce:

- **2 cups halved grape tomatoes**
- **2 tsp maple syrup**
- **1/4 tsp sea salt**
- **2 tsp olive oil**
- **4 garlic cloves, unpeeled**

For layering:

- **1 large zucchini**
- **4 small Yukon gold potatoes, peeled**

Directions:

1. Make the cashew cheese by blending all the ingredients together in a high-speed blender or food processor until smooth and creamy.
2. Place the grape tomatoes and unpeeled garlic cloves on a baking tray and roast at 400°F/200°C for 15 minutes. Place the roasted tomatoes, garlic and other tomato sauce ingredients in a blender and blend until smooth.
3. Cut the zucchini and peeled potatoes into rounds.
4. Line a cupcake baking tray with cupcake case liners. Place a potato round at the bottom of each cupcake liner. Place a spoonful of tomato sauce on top of the potato round. Place a zucchini round on top of the tomato sauce and then a small spoonful of cashew cheese on top of the zucchini. Then add a potato round, another spoon of tomato sauce, another zucchini round, and a final spoon of cashew cheese.
5. Place the cupcakes in the oven at 400°F/200°C for 30 minutes until golden on top. Serve and enjoy!



Veggie Lasagna

NOODLES:

- **6 zucchini**
- **1 butternut squash, peeled**
- **2 eggplants**
- **6 large potatoes**

Preheat oven to 425°F/220°C. Make noodles by slicing all vegetables into lengthwise strips about 6 mm thick, using a mandoline if desired. Arrange on baking trays lined with parchment paper. Roast in the oven for 10 to 15 minutes until cooked through.

Note: May roast cauliflower for the ricotta alongside the veggie noodles. See instructions below.

TOMATO SAUCE:

- **8 cups tomatoes, diced**
- **2 cups onions, diced**
- **6 cloves garlic, minced**
- **3 tbsp tomato paste**
- **1 date, minced**
- **1/2 tbsp each: rosemary, sage, oregano, thyme**
- **1 tbsp poultry seasoning**
- **1 tsp curry powder**

In a large sauce pan, combine all ingredients together over medium heat. Bring to a boil and then reduce to a low simmer, stirring occasional until all ingredients are cooked through and have started to combine, approximately 20 minutes.

Blend sauce to desired consistency using a hand blender or by transferring to a standing blender in batches. Set aside.

CASHEW MOZZARELLA:

- **1 1/2 cups cashews**
- **1 1/2 cups zucchini, peeled and diced**
- **1 date, seed removed**
- **1 garlic clove**
- **1/2 lemon, juiced**

Blend all ingredients in a high speed blender until smooth. Add water by the spoonful only if needed to blend. Set aside.

CAULIFLOWER RICOTTA:

- **1 large cauliflower, florets**
- **1/3 cup cashew cheese**

Arrange florets on a baking tray lined with parchment paper. Roast at 425°F/220°C for 25 minutes until the tips turn golden brown and florets are tender but not mushy.

In a food processor, pulse cauliflower with 1/3C cashew cheese until well combined but still somewhat "grainy". Set aside.

OIL-FREE PESTO:

- **1/4 cup pine nuts**
- **2 cups basil**
- **2 cups spinach**
- **1/2 lemon, juiced**
- **2 cloves garlic**
- **1 date**
- **1/4 tsp sea salt**

In a food processor, pulse all ingredients until well combined. Add water in a thin stream as needed up to 1/4 cup. Pesto should be uniform but with some texture. Set aside.

ASSEMBLY:

In a large lasagna pan, spread a thin layer of tomato sauce to prevent sticking. Lay down a layer of veggie noodles. Then spread a thin layer of one of the sauces. Add another layer of vegetables, and then another thin layer of a different sauce. Continue until you have layered all the vegetables and all the sauce into the pan.

Bake at 425°F/220°C for 20 to 30 minutes until top turns golden around the edges. Chill in the fridge for at least one hour prior to serving.



Cauliflower Rice With Indian Spiced Salsa

- 1 head of cauliflower, florets
- 2 cups tangerine slices, peeled and deseeded
- 1 cup cherry tomatoes
- 1/2 red onion, quartered
- 2 cloves garlic
- 1 inch (2 cm) piece of ginger, peeled
- 1/4 cup curly parsley
- 1 tsp fresh sage leaves
- 1 tsp each of cumin, paprika, chili powder, yellow curry powder
- 1/2 tsp red pepper flakes (optional)

Directions:

1. To make cauliflower rice, pulse cauliflower florets in a food processor until rice texture is formed. Do not over crowd the food processor. Pour cauliflower rice into a serving bowl and set aside.
2. To make the salsa, place garlic, ginger, red onion, and sage into the food processor and pulse 3 to 4 times until roughly chopped.
3. Add tangerines and tomatoes, continue pulse blending until a chunky salsa is formed.
4. Over a bowl, strain the salsa into a nut milk bag or cheese cloth and gently squeeze to remove moisture. Place dry salsa back into the food processor. Save the liquid, it's delicious!
5. To the salsa in the food processor, add all remaining spices and pulse 3 to 5 more times until well combined.
6. Top cauliflower rice with salsa and enjoy!

Notes:

- You can always add avocado if desired!
- If you have a family to cook for, try tossing cauliflower florets in a little coconut oil and all of the dry spices. Roast in a 400°F/200°C oven for 25 minutes, flip halfway through. Pair it alongside brown rice and avocado for a great dinner bowl!

Serves 2



Stuffed Acorn Squash

- **2 acorn squash, halved and seeds removed**
- **1 red onion, diced**
- **4 garlic cloves, minced**
- **1 teaspoon coconut oil**
- **1/2 cup plain dried cranberries**
- **1/2 teaspoon sea salt**
- **1/4 teaspoon black pepper**
- **1/2 cup walnuts, roughly chopped**
- **2 tablespoons honey**
- **2 teaspoons coconut sugar**

Directions:

1. Preheat oven to 400°F/200°C.
2. Fill a baking tray with 2 cm of water and place the squash in the tray, cut side down. Bake for 25 to 30 minutes until tender when pressed.
3. In a medium pan, sauté the onion and garlic in coconut oil over medium high heat until translucent and fragrant, approximately 5 minutes.
4. Add the cranberries, sea salt, and black pepper. Continue to cook over medium heat, stirring occasionally, until cranberries are soft and plump.
5. Add the walnuts and honey, stirring frequently until walnuts turn golden brown. Remove from heat.
6. When the squash are cooked through, remove them from the oven and drain any remaining water from the pan. Flip the squash halves right side up and fill the centers with the cranberry filling.
7. Sprinkle the edges of the squash lightly with coconut sugar and return to the oven for 3-5 minutes more until the sugar has browned. Enjoy!



Onions stuffed with mashed potatoes and mushrooms

- 8 large onions
- 8 cups diced potatoes
- 2 teaspoons olive oil
- 1/2 teaspoon fresh rosemary leaves
- 8 cups chopped mushrooms
- 2 garlic cloves, minced
- 1 teaspoon sea salt
- 1 teaspoon poultry seasoning
- 2 tablespoons pine nuts

1. Preheat the oven to 350°F/180°C. Prep the onions by cutting off the top quarter of each. On the opposite end of each onion, cut off the root so that the onion can rest on a flat surface. Do not peel. Place the onions in a large baking dish and add an inch (2 cm) of water. Bake until the onions are cooked through, checking periodically, 45 to 60 minutes. (Onions are done when they are soft and fragrant.) Remove from the oven and allow to cool. Peel the onions, then carefully remove the inner layers using a fork until only 2 layers remain, forming a cup. Reserve the insides of the onions for later use.
2. Fill a large sauté pan with an inch (2 cm) of water and bring to a boil. Place the potatoes in the pan, cover, and steam for 15 to 20 minutes, or until tender, stirring occasionally and adding more water if needed to prevent sticking. Place the potatoes in a food processor with 1 teaspoon of olive oil and 1/2 teaspoon of rosemary leaves. Process until the potatoes are smooth. Set aside.
3. For the mushroom filling, sauté the mushrooms and garlic in 1 teaspoon of olive oil until the mushrooms are tender and juicy, adding water as needed to prevent sticking. Transfer all but 1 cup of the sautéed mushrooms to a food processor with 1 teaspoon sea salt, 1 teaspoon poultry seasoning, and 2 cups of the reserved onion. Process until the mixture is roughly combined.
4. Fill the onion cups with alternating layers of mushroom filling and mashed potatoes. Top with sautéed mushrooms and pine nuts. Serve and enjoy!

Makes 4 to 6 servings



Stuffed Butternut Squash

- 1 large butternut squash, halved and seeds removed
- 2 1/4 cups cauliflower florets
- 1/2 cup diced onion
- 2 garlic cloves, minced
- 1/4 cup finely diced carrot
- 1 cup chopped mushrooms
- 1 celery stalk, finely chopped
- 1/2 teaspoon dried thyme
- 1/2 tablespoon pure maple syrup
- 1 tablespoon chopped parsley; more for garnish
- 1/2 tablespoon lemon juice

1. Preheat oven to 400°F/200°C.
2. Line a baking tray with parchment paper. Place the squash halves on the baking tray. Roast in the oven for 40 to 50 minutes, depending on the size of the squash, until very tender when pierced with a fork. Add the cauliflower florets in a food processor and pulse until you get a coarse, rice-like texture. Set aside.
3. Place a skillet on medium-high heat. Add the diced onion and cook for 3 to 5 minutes, until translucent, adding a bit of water if needed. Add the garlic, carrots, mushrooms, and celery. Cook for 5 to 10 minutes, until the mushrooms and carrots are soft. Remove and place in a bowl. Add the cauliflower rice to the vegetable and mushroom mixture together with the dried thyme, maple syrup, chopped parsley, and lemon juice. Mix well.
4. When the butternut halves are tender, fill them to the brim with the filling. Place them back in the oven to roast for 5 to 10 minutes. To serve, arrange the halves on a platter or individual plates. Garnish with fresh parsley.



Potato & Herb Stuffed Peppers

- **2 pounds (1 kg) potatoes, peeled and diced**
- **1 1/2 teaspoons onion powder**
- **1 teaspoon garlic powder**
- **1/2 teaspoon paprika**
- **2 tablespoons finely chopped parsley; more for garnish**
- **2 tablespoons finely chopped chives; more for garnish**
- **1 tablespoon lemon juice**
- **3 yellow, red, and/or orange bell peppers**

Directions:

1. Preheat oven to 400°F/200°C.
2. Add 3 inches (8 cm) of water to a medium-sized pot, bring it to a boil, and add a steaming basket. Place the potatoes in the basket, cover, and steam for 5 to 10 minutes, until tender. Remove and cool.
3. Place the potatoes in a large bowl or pot. Add the onion powder, garlic powder, paprika, chopped parsley, chopped chives, and lemon juice. Mash until smooth using a potato masher. You may need to add a few tablespoons of water if the potatoes are very dry.
4. Slice the bell peppers in half and remove the seeds and core. Place them in a baking dish. Divide the potato mash between the halves. Cook in the oven for 20 to 25 minutes, until browned on top. Remove and serve. Garnish with chopped parsley and chives.

Tips:

- It's important to choose bell peppers that aren't green. If they are green, it means they are unripe and can cause some discomfort. Red, orange, yellow, and purple peppers are ripe and the best choices.



Curried Cauliflower & Peas

- 1 medium-sized head of cauliflower, cut into florets
- 3/4 cup green peas, fresh or frozen
- 1/2 cup chopped green onions
- 2 garlic cloves, minced
- 1 teaspoon grated fresh ginger
- 3 teaspoons curry powder
- 1/2 teaspoon ground turmeric
- 1/2 teaspoon ground cumin
- 1/2 teaspoon ground coriander
- 1/4 teaspoon chili powder (optional)
- 1/4 cup tightly packed fresh cilantro, roughly chopped for garnish

Directions:

1. Add 3 inches (8 cm) of water to a medium-sized pot, bring it to a boil, and add a steaming basket. Place the cauliflower and peas in the basket, cover, and steam for 3 to 4 minutes, until just tender. Remove from heat.
2. Place a large ceramic nonstick skillet on medium-high heat and add the green onions, garlic, and ginger. Cook for 2 to 3 minutes, adding a spoonful of water if needed, until the green onion begins to soften.
3. Lower the heat and add the curry powder, turmeric, ground cumin, ground coriander, and chili powder (if using). Cook for 2 to 3 minutes. If the mixture starts sticking to the pan or burning, add a bit of water.
4. Add the steamed cauliflower, peas, and 1/2 cup water. Stir until well mixed and coated. When all the water has evaporated and the peas are soft, remove from heat. Serve garnished with fresh cilantro.



Roasted Cauliflower Wedges

- 1 large head cauliflower
- 2 teaspoons olive oil
- 3/4 teaspoon ground turmeric
- 1 teaspoon ground cumin
- 2 cloves garlic, minced
- sea salt and pepper to taste
- optional garnishes: basil, parsley, cilantro, thyme, and/or scallions

Directions:

1. Preheat oven to 400°F/200°C. Line 2 baking trays with parchment paper. Slice a whole cauliflower from top to bottom into three very thick slices and place in the baking trays.
2. Whisk together the oil and spices and brush or spoon over the cauliflower. Bake in the oven until tender, about 15-20 minutes. Time will vary based on your oven so check it often. Garnish with scallions and herbs and enjoy!



Chili (Gluten-Free, Dairy-Free, & Fat-Free)

- 1 cup diced onions
 - 4 garlic cloves, minced
 - 1/3 cup finely chopped carrots
 - 1/2 cup diced red pepper
 - 1 cup crushed tomatoes
 - 1/3 cup tomato paste
 - 3 cups cooked or 2 15oz/425g cans of kidney beans, drained or rinsed
 - 2 cups water or vegetable broth
 - 2 tsp ground cumin
 - 1 tsp smoked paprika
 - 1 tsp dried oregano
 - 1-2 tbsp chili powder, depending on heat preference
 - 1 tbsp coconut aminos (optional)
 - Sea salt, to taste (optional)
 - 1 tbsp fresh lime juice, to serve (optional)
 - Fresh cilantro, to serve
1. Place a deep pot on medium-high heat. Add the onions and cook for 3-5 minutes, until soft. Add a bit of water if the onions start sticking to the pan.
 2. Add the garlic, carrots and red pepper to the pot. Cook for another 3-5 minutes.
 3. Add the crushed tomatoes, tomato paste, beans, water/vegetable broth, ground cumin, smoked paprika, dried oregano, chili powder, coconut aminos and sea salt (if using).
 4. Bring the mixture to a boil, then lower the heat to a simmer and cook for 15-20 minutes, uncovered, until the beans and carrots are soft and the liquid has reduced. Serve immediately with a squeeze of lime juice and fresh cilantro.

Serves 3-4



Spaghetti Squash Hash Browns

- **1/2 large spaghetti squash (yields about 2 cups cooked)**
- **1 teaspoon dried herbs, such as rosemary or thyme**
- **Handful of chopped green onions or parsley, for garnish**

Directions:

1. Preheat oven to 400°F/200°C.
2. Scoop the seeds out of the spaghetti squash. Place it cut side down on a baking sheet lined with parchment paper and pierce the squash a few times with a fork.
3. Roast it in the oven for 30 to 40 minutes, until soft. Cool the squash completely.
4. Once the squash is cooled, use a fork to scoop strands of “spaghetti” out of the squash and place them in a bowl. Add the herbs. Mix until combined.
5. Form the mixture into patties, and then place the patties between pieces of kitchen towel and squeeze out the moisture.
6. Place a ceramic nonstick pan over medium-high heat and add the hash browns. Cook until browned, about 5 to 6 minutes on each side. Serve immediately with chopped green onions or parsley.

Makes 1 to 2 servings



Hash Brown Omelette

- 1 lb (0,5 kg) potatoes, peeled and grated
- 1 tbsp arrowroot starch
- 1/2 tsp dried thyme
- 1 tsp onion powder
- 1/4 tsp garlic powder
- Sea salt, to taste (optional)
- 1/4 tsp olive oil (optional)
- 1/4 red onion, thinly sliced
- 8oz/225g asparagus, trimmed and roughly chopped
- 1/2 tsp dried oregano
- 1/2 cup halved cherry tomatoes
- 1/2 avocado, mashed (optional)
- 1/3 cup fresh arugula
- Squeeze of lemon juice

1. Place the grated potatoes in a muslin cloth or nut-milk bag and squeeze out the excess moisture. Add the potatoes to a medium-sized bowl together with the arrowroot, dried thyme, onion powder, garlic powder and sea salt (if using). Mix until combined.
2. Place a non-stick crepe or shallow frying pan on medium-low heat. Brush with olive oil (if using). Add the grated potatoes to the pan in a flat, even layer. Cook for 12-15 minutes, until crispy and browned on the bottom, pressing down on the hash brown with the back of a spatula every once in a while to make them stick together. Gently flip the hash brown over. Continue cooking for 10-12 minutes, until crispy and browned.
3. To make the filling, place a separate non-stick pan on medium-high heat. Add the red onion and cook for 2-3 minutes, until soft. Add the asparagus and cook for another 3-5 minutes, stirring often, until it starts to soften. Add the dried oregano and cherry tomatoes and continue cooking until the cherry tomatoes begin to burst, about 2-3 minutes, season with sea salt (if using) and remove from heat.
4. To serve, place the hash brown on a plate and add the mashed avocado (if using) and cooked vegetables to one half. Top with arugula and a squeeze of lemon juice. Close the other half of the omelette over the filling. Serve immediately.



Chickpea Quiche

- **4 cups small broccoli florets**
- **4 cups halved cherry or grape tomatoes**
- **4 cups diced red onion**
- **8 garlic cloves, skins on**
- **2 cups water**
- **3 cups chickpea flour**
- **4 tablespoons fresh lemon juice**
- **2 teaspoons poultry seasoning**
- **2 teaspoons sea salt**

Directions:

1. Preheat the oven to 400°F/200°C. Spread the broccoli florets, tomatoes, red onion, and garlic cloves on two baking sheets lined with parchment paper and roast for 15 to 20 minutes until tender.
2. Peel the roasted garlic cloves (being careful not to burn your fingers!) and place them into the blender along with the water, chickpea flour, lemon juice, poultry seasoning, and sea salt and blend until a smooth batter forms. Pour the batter into a large mixing bowl and stir in all of the roasted vegetables. Pour this mixture into a quiche dish or pan lined with parchment paper.
3. Alternatively, you can divide the quiche batter into a standard 12-cup muffin pan lined with parchment baking cups and make individual mini quiches. Bake for 30 to 35 minutes, opening the oven halfway through to release steam. The quiche is done when the top is browned and a toothpick inserted in the middle comes out clean. Remove the quiche from the oven and allow to cool before serving.

Tips: This quiche freezes well, so make two and you'll have one on hand for an easy grab-and-go meal anytime. Remove the parchment lining prior to freezing.

Makes 6-8 servings



Pizza Potato Wrap and Salad Potato Wrap

FOR THE POTATO WRAPS:

- **4 cups chopped gold potatoes**
- **1 teaspoon garlic powder**
- **1 teaspoon onion powder**
- **2 teaspoons pure maple syrup**

PIZZA FILLING (OPTION 1):

Pizza sauce:

- **1/2 cup tomato paste**
- **1 teaspoon dried oregano**
- **1/2 teaspoon dried thyme**
- **1 teaspoon raw honey**
- **3 to 4 tablespoons water**

Vegetables:

- **1/3 cup thinly sliced mushrooms (optional)**
- **1/4 cup chopped red bell pepper**
- **1/4 cup chopped red onion**
- **2 to 3 fresh basil leaves**

SALAD FILLING (OPTION 2):

- **2 to 3 lettuce leaves**
- **1/3 cup alfalfa or other sprouts**
- **3 to 4 tomato slices**
- **3 to 4 cucumber slices**
- **2 tablespoons chopped red onion**
- **1 to 2 tablespoons chopped basil or parsley**

1. Preheat oven to 400°F/200°C.
2. To make the base, add 3 inches (8 cm) of water to a medium-sized pot and add a steaming basket. Cover the pot and steam the potatoes for 25 to 30 minutes, until soft. Remove and place the potatoes in a food processor with the garlic powder, onion powder, and maple syrup. Blend until smooth.
3. Line a baking tray with parchment paper and spread the mixture on top using a wet spatula, making 2 large tortilla wraps. Place them in the oven and bake for 15 to 20 minutes, until lightly browned. Remove the wraps and pat them down with a spatula. Cool them completely. Flip the wraps upside down onto a clean work surface or cutting board and gently peel off the parchment paper.
4. To make the Pizza Wrap, make the Pizza Sauce by mixing together the tomato paste, dried oregano, dried thyme, raw honey, and water. Set aside.
5. If you're using the mushrooms, add the slices to a small skillet and cook for 3 to 5 minutes, stirring occasionally, until browned, adding a bit of water if needed to prevent sticking. Remove from the heat and set them aside.
6. Spread the Pizza Sauce on the wraps and top with the mushrooms (if using), red bell pepper, red onion, and fresh basil. Fold the wraps up gently and serve immediately.
7. To make the Salad Wrap, arrange the lettuce leaves, alfalfa sprouts, tomato slices, cucumber slices, red onion, and basil or parsley on the wraps. Fold the wraps up gently and serve immediately.

Makes 2 wraps



Herb-battered root vegetable fries

These may be the best veggie fries you'll ever eat. The trick is to boil the root vegetables and then shake them vigorously before baking. The herbs and garlic generously coat the outside and the smudged edges will turn crispy in the oven. If you're pressed for time, you can omit the extra steps and send them straight to the oven, though those few extra minutes will yield truly amazing results. Make a big enough batch to share—these won't last long!

- **3 pounds (1,5 kg) assorted root vegetables (such as potatoes, sweet potatoes, parsnips, carrots, and celery root)**
- **2 tablespoons coconut oil**
- **1 teaspoon sea salt**
- **2 tablespoons finely minced garlic**
- **1 tablespoon each finely minced sage, oregano, rosemary, and thyme**

Directions:

1. Preheat the oven to 400°F/200°C. Peel and slice the root vegetables into "fries." Transfer the vegetable fries to a large pot, cover with water, and bring to a boil. Boil the fries for 5 to 7 minutes, until just cooked through but not soft. (Watch carefully so as not to overcook.)
2. Drain the water. Add the coconut oil, sea salt, garlic, and herbs to the fries and stir briefly. Cover the pot and shake vigorously until the fries are well mixed with their edges slightly mashed.
3. Line a baking tray with parchment paper. Arrange the fries on the tray so none are overlapping. Place in the oven and bake for 20 to 25 minutes, flipping once halfway through. Remove when the edges turn golden and crispy.

Makes 3 to 4 servings



Sweet & Sour Stir Fry

- 1/2 cup chopped green onions
- 1 cup sliced carrots
- 2 cups broccoli florets
- 2 cups chopped asparagus
- 1 cup thinly sliced bell peppers (red, orange, and/or yellow)

For the sauce:

- 1 cup unsweetened or fresh pineapple juice
- 2 tablespoons lime juice
- 1 teaspoon grated ginger
- 1 teaspoon grated garlic
- 1/4 to 1/2 teaspoon cayenne or red pepper flakes
- 2 tablespoons pure maple syrup
- 2 tablespoons tomato paste
- 1 tablespoon arrowroot powder

Directions:

1. In a medium-sized bowl, whisk together the pineapple juice, lime juice, grated ginger and garlic, cayenne or red pepper flakes, maple syrup, tomato paste, and arrowroot powder. Set aside.
2. Add the green onions and carrots to a large non-stick ceramic pan. Cook for 3 to 5 minutes, adding a bit of water if needed to prevent sticking, until the carrots are almost tender.
3. Add in the broccoli florets, asparagus, and bell peppers and cook for a further 5 minutes.
4. When all the vegetables are tender, pour in the sauce and bring it to a boil, stirring frequently, until thickened.
5. Remove from the heat and serve immediately.

Makes 2 servings



PAD THAI (With Almond Ginger Sauce)

For the Base:

- 1 package of kelp noodles
- 1 zucchini
- 1 carrot
- 1 onion, finely diced
- 4 cups kale, chopped small
- 1 cup cherry tomato, halved
- 3 green onions, diced
- 1 avocado, diced

For the Sauce:

- 1 inch ginger
- 1 lime, juiced
- 1/4 cup almond butter
- 1 large zucchini, peeled and cubed
- 2 tsp raw honey
- 1/4 cup cilantro leaves
- 2 garlic cloves
- 1/2 tsp sea salt
- 1 slice of jalapeño without seeds (optional)

Directios:

1. Blend all sauce ingredients together until smooth. Set aside.
2. Rinse and drain kelp noodles. Place into a large bowl.
3. Cut zucchini and carrot into long thin strips using a peeler, julienne peeler, or spiralizer.
4. Add to the kelp noodle bowl, and add onion and kale (if you prefer softer veggies, you can soak them in warm water for 30 minutes).
5. Drain vegetables and serve into bowls topped with almond ginger sauce, cherry tomato, green onion, and avocado. Enjoy!

Serves 2



Cauliflower Sushi

- **1/2 cauliflower**
- **6 toasted nori sheets**

Optional fillings

- **1 cucumber, thinly sliced**
- **1 carrot, thinly sliced**
- **1 red bell pepper, thinly sliced**
- **1 cup thinly sliced red cabbage**
- **1 avocado, thinly sliced**
- **1/2 cup water**

Thai chili sauce

- **1 cup cherry or grape tomatoes**
- **1 cup cold water or fresh squeezed orange juice**
- **1/4 cup sun-dried tomatoes**
- **1 garlic clove**
- **2 tablespoons lemon juice**
- **2 tablespoons honey**
- **1/4 teaspoon red pepper flakes**
- **1 tablespoon minced Thai red chili or ripe jalapeño**

Directions:

1. Cut the cauliflower into florets (it should yield approximately 6 cups of florets). Place the florets into a food processor and pulse until a rice-like texture forms. Place the cauliflower rice in a medium bowl and set to one side.
2. If you'd prefer to have cooked cauliflower rice, cook the processed cauliflower in a sauté pan over medium heat, stirring frequently for 5 to 7 minutes until tender. There is no need to add oil or water to the pan, as the cauliflower itself should remain moist enough to avoid sticking. When the cauliflower rice is tender, set it aside in a medium bowl to cool.
3. Place one sheet of nori on a cutting board. Scoop about $\frac{3}{4}$ cup of cauliflower rice onto the end of the nori sheet closest to you and spread it into an even layer covering the bottom half of the nori. Arrange the desired filling vegetables in the middle of the cauliflower rice.
4. Carefully lift the nori from the bottom edge close to you and begin rolling it tightly toward the top. Just before finishing the roll, dip your finger in the water or orange juice and run it along the top edge of the sheet. This will help the nori stick to itself as you complete your roll. Using a sharp knife, slice each sushi roll into even pieces.
5. To make the Thai Chili Sauce, blend the fresh tomatoes, water, sun-dried tomatoes, garlic, lemon juice, honey, and red pepper flakes together with up to 1 tablespoon of minced Thai red chili or jalapeño according to desired spiciness.

Makes 2 servings



Cauliflower Portobello Boats

- 6-8 large portobello mushrooms
- 1 tsp dried oregano
- 1 1/3 lb (0,6 kg) cauliflower, cut into florets
- 1 clove of garlic, finely chopped
- 1/4 cup chives, finely chopped + more for garnish
- 3-4 tbsp unsweetened almond milk
- Sea salt and pepper

Directions:

1. Preheat oven to 375°F/190°C. Line a baking tray with parchment paper and arrange your Portobello mushrooms on top, cap side down. Sprinkle dried oregano, sea salt and pepper on top. Roast in the oven for 20-25 minutes, until soft.
2. While the mushrooms are cooking, place a medium-sized pot on the heat and add about an inch (2 cm) of water and a steaming basket. Add the cauliflower, put the lid on and cook until soft, about 15-20 minutes. Set aside.
3. Place the cauliflower in a food processor with garlic, chives, almond milk, salt and pepper. Process until smooth.
4. Take the mushrooms out of the oven and top with the cauliflower purée. Sprinkle fresh chives on top. Serve immediately.

Serves: 3-4 people



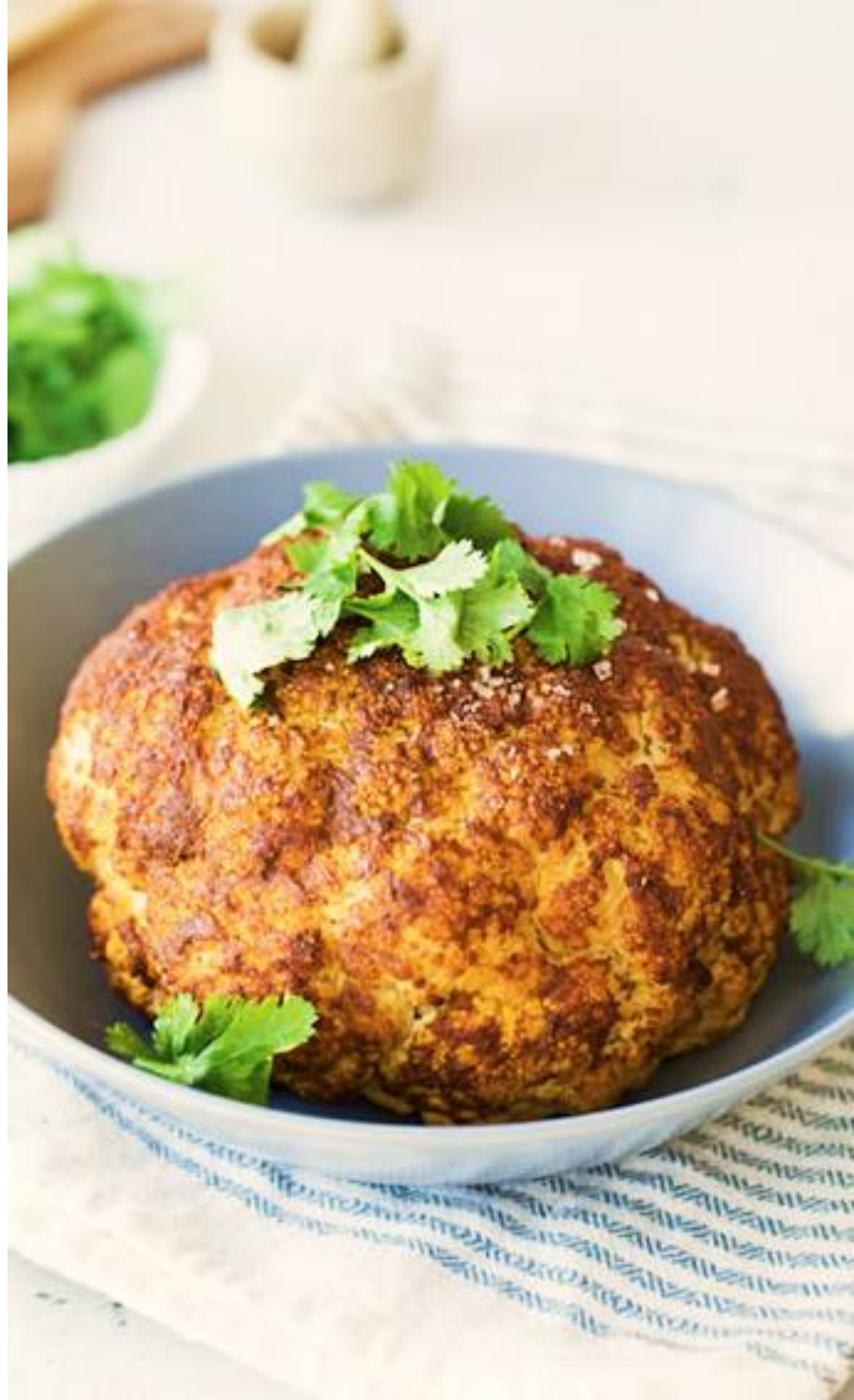
Roasted Whole Cauliflower

- 1 head of cauliflower
- 2 tbsp curry powder
- 2 tsp paprika
- 1 tsp garlic powder
- 1/2 tsp chili powder or 1/4 tsp cayenne pepper
- 2 tsp maple syrup
- 1 tsp sea salt
- 1,5 tbsp lemon juice
- 1/4 cup water
- Large handful of fresh cilantro to serve

Directions:

1. Preheat oven to 400°F/200°C. Place a small baking dish filled half-way with water on the bottom of the oven.
2. Turn the cauliflower upside down and cut off the bottom stalk without removing too much of the core. Set aside.
3. Combine the curry powder, paprika, garlic powder, chili powder, maple syrup, sea salt, lemon juice and water in a small bowl and whisk to combine. Taste the mixture - add a bit more salt, maple syrup, chili powder or lemon juice to taste.
4. Turn the cauliflower upside down and pour in 3/4 of the marinade. Shake the cauliflower so it gets right into the center. Flip it over and brush the rest of the mixture onto the outside of the cauliflower. Place the cauliflower in a pan or baking dish and roast for 35-50 minutes, until soft at the core. The bigger the cauliflower is, the longer it takes.
5. When cooked, remove the cauliflower from the oven and place on a serving platter. Top with fresh cilantro. Serve immediately.

Serves 4



Fries With Three Dipping Sauces

**4 to 5 large potatoes,
cut into fries**

KETCHUP:

- 100g tomato paste
- 3 tablespoons apple juice
- 1 tablespoon lemon juice
- 1/4 teaspoon onion powder
- 1/4 teaspoon garlic powder
- 1/4 teaspoon dried oregano
- 1/4 teaspoon cayenne pepper
- 1 teaspoon raw honey

HONEY MUSTARD:

- 3 tablespoons raw honey
- 3/4 teaspoon mustard powder
- 2 tablespoons lemon juice
- 1/2 clove garlic, finely grated
- 1/8 teaspoon ground turmeric

PESTO:

- 1 1/2 cups basil leaves, tightly packed
- 1 cup spinach, tightly packed
- 1 garlic clove, roughly chopped
- 4 to 5 cherry tomatoes
- 1 teaspoon raw honey
- 1 tablespoon lemon juice

Directions:

1. Preheat oven to 430°F/220°C. Line two large baking sheets with parchment paper.
2. Spread the fries out into a single layer on the baking trays. Bake for 30 to 40 minutes (flipping halfway), or until golden and crispy.
3. To make the ketchup, combine all the ingredients in a small bowl and whisk until uniform. Set aside.
4. To make the honey mustard dip, combine all the ingredients in a small bowl and whisk until uniform. Set aside.
5. To make the pesto, place all the ingredients in a small blender or food processor and process until combined, leaving a little texture. Scrape down the sides as often as needed.
6. When the fries are ready, remove them from the oven and serve them with the dipping sauce(s) of your choice.

Makes 2 servings



Nacho Cheese Fries

Fries:

- 2-3 russet potatoes
- 1 tsp paprika
- 1/2 tsp garlic powder
- 1 tsp dried oregano
- 1/2 tsp sea salt

Nacho cheese sauce:

- 1 large potato, diced
- 1 carrot, diced
- 1 tsp turmeric
- 1/2 tsp garlic powder
- 1/2 tsp cayenne
- 1 tbsp lemon juice
- 1 tsp sea salt
- 1/2 tsp black pepper
- 1/4 cup steaming water or vegetable stock

Directions:

1. Preheat oven to 400°F/200°C. Cut the potatoes into thick fries, then place them in a bowl with paprika, garlic powder, dried oregano and sea salt. Toss to coat. Arrange the potatoes on a baking tray covered with parchment paper so that there's space between the fries. Place in the oven and bake for 20-25 minutes, until browned, flipping them half way.
2. To make the sauce, add a couple of inches (5 cm) of water to a medium-sized pot and place a steaming basket in it. Add the diced potato and carrot, cover and cook for 25-30 minutes until soft. Remove from heat and set the steaming water aside.
3. Place the cooked potatoes and carrots in a blender with turmeric, garlic powder, cayenne, lemon juice, sea salt, pepper and the steaming water. Blend until very smooth. Serve in a bowl with the fries.

Serves: 2



Baked Sweet Potato Fries with Ketchup

For the fries:

- **2 large sweet potatoes**
- **pinch dried onion powder**
- **sea salt to taste**

For the ketchup:

- **6oz/170g tomato paste**
- **1/3 cup apple juice**
- **2 tbsp lemon juice**
- **2 tsp raw honey**
- **1/4 tsp dried onion powder**
- **1/4 tsp garlic powder**
- **1/4 tsp dried oregano**
- **pinch cayenne pepper or chili flakes (optional)**
- **sea salt to taste (optional)**

Directions:

1. Pre-heat the oven to 400°F/200°C. Line 1-2 baking trays with parchment paper. If you can't use parchment paper, lightly coat the tray with olive or coconut oil.
2. Cut the sweet potatoes into fries (you can peel them first if desired) and place on the parchment paper. Bake for 15 minutes or until just slightly browning on one side. Flip and bake for a further 10 to 15 minutes. Cooking time will depend on your oven so it's best to check them.
3. While the fries bake, blend or whisk the ketchup ingredients together until smooth. Taste and adjust seasonings as desired.
4. Serve the fries with the ketchup and enjoy. These won't last long!



Sweet Potato Tots

- **2 medium-sized sweet potatoes**
- **1 teaspoon dried herbs such as oregano, thyme, or rosemary**

Optional ketchup:

- **200g pure tomato paste (find one without additives or salt)**
- **1/3 cup apple juice**
- **2 tablespoons fresh lemon juice**
- **2 teaspoons raw honey**
- **1/4 teaspoon dried onion powder**
- **1/4 teaspoon garlic powder**
- **1/4 teaspoon dried oregano**
- **1/4 teaspoon cayenne pepper (optional)**

Directions:

1. Preheat oven to 375°F/190°C .
2. Add 3 inches (8 cm) of water to a medium-sized pot, bring it to a boil, and add a steaming basket. Place the sweet potatoes in the basket, cover, and steam for 20 to 25 minutes, until tender on the outside yet firm in the middle. Remove from heat and cool completely.
3. Remove the skins from the sweet potatoes and grate them using the large side of a box grater. Place the grated sweet potato into a bowl and add the herbs. Mix until combined.
4. Use a tablespoon to scoop the mixture, and then use your hands to form the tots into small cylinders.
5. Place the tots on a baking sheet lined with parchment paper and bake for 40 to 45 minutes, flipping them halfway through, until browned. For a crispier tot, turn the heat up to 400°F/200°C for the last 10 minutes of baking. Let the tots cool for 5 to 10 minutes before eating.
6. To make the ketchup, combine all the ingredients in a bowl and whisk until smooth. Serve with tots.



Baked Zucchini Tater Tots

- 2 medium-sized zucchinis
- 2 russet potatoes, peeled
- 1 tsp salt
- 1 tsp dried oregano
- Ketchup, to serve

Directions:

1. Place a medium-sized pot on the heat with a steaming basket and add two inches (5 cm) of water. Place the potatoes in the pot, cover and cook until soft but so that there's still some resistance, about 1 hour. Drain and let cool completely.
2. Preheat oven to 350°F/180°C. Grate the potato and place it in a bowl.
3. Grate the zucchini, place it in a clean dishtowel or nut milk bag and squeeze out as much liquid as possible. Add it to the bowl with grated potato. Add the salt and dried oregano, then mix well and shape it to small cylinders.
4. Place on a baking sheet covered with parchment paper and bake for 20-30 minutes, flipping half way. Serve with ketchup and enjoy!

Serves: 40 tots



Zucchini Fries

- 1 medium zucchini, cut into fries
- 3/4 cup chickpea breadcrumbs
- 1 tsp dried oregano
- 1 tsp paprika
- 1/2 tsp garlic powder
- 1 tsp sea salt
- 2 1/2 tbsp ground flaxseeds
- 1/2 cup unsweetened almond milk

Ketchup:

- 6oz/170g tomato paste
- 1/3 cup apple juice
- 2 tbsp lemon juice
- 2 tsp raw honey
- 1/4 tsp dried onion powder
- 1/4 tsp garlic powder
- 1/4 tsp dried oregano
- pinch cayenne pepper or chili flakes (optional)
- sea salt to taste (optional)

Directions:

1. Preheat oven to 400°F/200°C. Line a large baking tray with parchment paper.
2. Combine the chickpea breadcrumbs, dried oregano, paprika, garlic powder and sea salt in a small bowl and mix until combined. Set aside.
3. In another bowl, make the flax egg by combining the ground flaxseeds and unsweetened almond milk. Whisk until uniform. Set aside for at least 5 minutes to thicken.
4. Dip the zucchini first into the flax egg and then into the breadcrumb mixture, coating it evenly. Place on the baking sheet and repeat with the rest of the zucchini pieces. Place in the oven and bake for 20-25 minutes, until golden and crispy. Serve immediately.

Serves: 2



Sweet Potato Chips

- **2 large sweet potatoes**
- **2 teaspoons coconut oil (optional)**
- **1/4 teaspoon sea salt**
- **1/4 teaspoon garlic powder**
- **1/4 teaspoon cumin**
- **1/4 teaspoon paprika**
- **1/4 teaspoon chili powder**
- **1/8 teaspoon cayenne (optional)**

1. Preheat the oven to 250°F/120°C. Using a mandoline or knife, slice the sweet potatoes into very thin rounds, approximately 1/16-inch (2 mm) thick if possible and no thicker than 1/8 inch (3 mm) . Make sure they are even and thin though not transparent. Bring a pot of water to boil. Place the sweet potato slices into the boiling water and return to a simmer over medium heat. After 5 minutes, remove the sweet potatoes and drain the water.
2. Combine the sea salt, garlic powder, cumin, paprika, chili powder, poultry seasoning, and cayenne in a small bowl. Lightly grease two baking trays with coconut oil. Arrange the sweet potato slices on the trays so that they are not overlapping. Brush the tops of the sweet potatoes lightly with more coconut oil. Sprinkle the spice mix generously over the top of the slices.
3. Bake the sweet potatoes for 25 minutes. Remove the trays from the oven and set the slices that are already crispy to one side. Return the trays back to the oven for 5 more minutes and then check to remove the crispy chips again. If needed, bake remaining slices 3 to 5 minutes more. Note that the chips might not appear crispy when first removed from the oven, though should crisp up as they cool.
4. Serve sweet potato chips alongside guacamole, or enjoy them plain! Their crunchiness is at its peak within a few hours of making.

GUACAMOLE:

- **2 avocados**
- **1/2 lemon**
- **1 lime**
- **1 small tomato, finely diced**
- **1/4 red onion, finely diced**
- **1/2 cup cilantro, chopped**
- **1 garlic clove, minced**
- **1/4 jalapeño, minced (optional)**
- **1/4 teaspoon sea salt (optional)**

Mash the avocado together with the juice from the lemon and lime in a small bowl. Stir the tomato, onion, cilantro, garlic, jalapeño, and sea salt into the mashed avocado. Serve and enjoy with the sweet potato chips, alongside any cut-up vegetables of your choice, as a salad dressing, or even on top of cooked vegetables as desired.

Makes 2 servings



Herby Potato Spirals

Potato Spirals:

- **1 1/2 lb (0,7 kg) medium-sized potatoes (about 6-8)**
- **3 tbsp dried oregano**
- **3 tbsp dried thyme**
- **1 tsp cayenne pepper**
- **1 tsp sea salt**
- **1 tbsp chives, finely chopped, for serving**
- **Wooden skewers, as many as needed**

Cashew Dipping Sauce:

- **1/2 cup cashews, soaked in water and drained**
- **2 tbsp fresh dill, loosely packed**
- **2 tbsp cup fresh chives, loosely packed**
- **1 garlic clove, roughly chopped**
- **1/4 cup lemon juice**
- **Sea salt & pepper, to taste**
- **2-3 tbsp water, more if needed**

Directions:

1. Preheat oven to 375°F/190°C . Skewer the potatoes, then carefully cut them with a sharp knife while rotating and holding it at an angle to make spirals.
2. Place the dried herbs, cayenne and sea salt in a large flat bowl or tray and mix well. Add each skewered potato to the bowl and sprinkle the herb and spice mix on the potatoes until evenly coated. Place on a baking tray and cook for 35-40 minutes, rotating half way, until golden brown and cooked through.
3. To make the cashew sauce, place all the ingredients in a blender and blend until smooth. Add more water if needed. To serve, take the potatoes off the skewers and serve with the dip. These are best served immediately.



Smashed Potatoes

- 2 lb (1 kg) baby potatoes
- 1-2 tsp olive oil
- 2 garlic cloves, crushed or finely minced
- 1 tsp finely chopped fresh rosemary
- Sea salt, to taste
- Chopped fresh parsley or chives, for garnish

Directions:

1. Preheat oven to 425°F/220°C. Place the potatoes in steamer. Cover with a lid and steam for 15-25 minutes, until tender. Remove from heat and cool completely.
2. Arrange the potatoes on a baking sheet covered with parchment paper. Using the back of a spoon or a small glass, carefully smash the potatoes until flattened. Top with olive oil, garlic and rosemary.
3. Bake until the potatoes are browned and crisp, about 20-35 minutes. Serve immediately, garnished with fresh parsley or chives.

Serves 2-4



Hash Browns

- 1 lb (0,5 kg) small to medium-sized potatoes
- 1/2 tsp paprika
- 1/2 tsp garlic powder
- 1/2 tsp onion powder
- 1/4 tsp cayenne (optional)
- Chives or parsley, to serve
- 1/4 cup ketchup or hot sauce, to serve

Directions:

1. Place the potatoes in steamer or colander set over a pan of boiling water. Cover with a lid and steam for 5 minutes only. Remove and cool completely.
2. Preheat oven to 400°F/200°C. Line a baking sheet with parchment paper.
3. Grate the potatoes and place them in a bowl together with the paprika, garlic powder, onion powder, and cayenne (if using). Mix well.
4. Scoop 1/4 cup of the potato mixture into the baking sheet, pressing down until it is about 1/2-inch (1,5 cm) thick in your desired shape.
5. Bake the hash browns for 10 minutes on one side, then carefully flip them over using a flat spatula. Continue cooking for 15-20 minutes or until the potatoes are tender and crisp on top.
6. Serve hash browns immediately with ketchup or hot sauce.

Serves 2



Sweet Potato Rounds

- **4 medium-sized sweet potatoes, scrubbed and cut 4 cm thick**
- **1 tsp olive oil**
- **1 tsp garlic powder**
- **Sea salt, to taste (optional)**
- **1/4 cup fresh parsley, roughly chopped**

Directions:

1. Place the sweet potatoes in steamer or colander set over a pan of boiling water. Cover with a lid and steam for 15-20 minutes until tender. Remove and set aside until cool enough to handle.
2. Preheat oven to broil/grill on high heat. Line a baking tray with parchment paper and place the sweet potatoes on top. Use a fork or the bottom of a flat glass to lightly flatten the sweet potatoes. Brush with olive oil, then sprinkle with garlic powder and sea salt (if using).
3. Broil (or grill) the sweet potatoes in the oven for until slightly browned and crispy, about 15 minutes. Remove from the oven and top with fresh parsley. Serve immediately.

Serves 2-3



Twice Baked Sweet Potatoes

- 1 cup cashews
- 1 garlic clove
- 1/2 medjool date
- 1 lemon, juice
- 6 small sweet potatoes (or 3 large)
- 1/2 tsp sea salt
- 1/2 cup raisins
- 1/4 cup pecans
- 1 tsp rosemary leaves

Directions:

1. Pre-heat oven to 400°F/200°C. Prick sweet potatoes with a fork. Place directly into the oven and bake until cooked through when pierced with a fork, between 30 to 50 minutes. Unwrap and cool until easily handled.
2. In a food processor, process the pecans, rosemary leaves and sea salt until finely combined. Set aside.
3. To make the cashew cream, blend cashews, garlic, date, and the juice of 1/2 lemon until smooth. Add water as needed to blend, approximately 1/2 cup.
4. When sweet potatoes are cool enough to handle, cut off the top 1/4 of each and gently scrape out most but not all of the flesh. This should yield 3 to 4 cups of sweet potatoes. Place this into the food processor with the 1/2 cup cashew cream and the juice of 1/2 lemon. Process until smooth.
5. Stir in the raisins and spoon into each of the sweet potato skins. Top with the rosemary pecan crumble and bake for 15 min until the pecans turn golden brown. Serve and enjoy!



Sweet Potatoes Stuffed with Braised Cabbage

- **4 sweet potatoes**
- **4 cloves of garlic, minced**
- **1 onion, diced**
- **1 tablespoon coconut oil**
- **1 red cabbage, shredded**
- **1/2 teaspoon sea salt**
- **1/2 lemon**

For Sauce:

- **1 tablespoon olive oil**
- **1 tablespoon raw honey**
- **1 tablespoon lemon juice**
- **1 tablespoon grated fresh ginger**

For Garnish:

- **4 tablespoons minced parsley**

1. Preheat the oven to 400°F/200°C. Bake sweet potatoes on a baking sheet for 45 to 60 minutes, or until easily pierced with a fork.
2. In a large pan, saute garlic and onions in 1 tablespoon of coconut oil over medium-high heat for 5 to 10 minutes, stirring occasionally, until the onions are translucent and soft.
3. Add the cabbage and sea salt, along with 1/2 cup of water. Cover and cook over medium heat for 30 to 40 minutes until the cabbage is tender, continuing to stir occasionally and adding a splash of water as needed to moisten.
4. Split open sweet potatoes and mash each side slightly with a fork. Stuff as much braised cabbage into the openings as possible.
5. Make the sauce just before serving the sweet potatoes. (For 4 servings, double the ingredients for the sauce.) Add all the ingredients to a small pan. Heat the mixture over medium-high heat until it bubbles slightly. Continue stirring for 1 to 2 minutes until the sauce is well combined and slightly thickened. Pour over the sweet potatoes, garnish with parsley, and enjoy!

Makes 2 to 4 servings



Crispy Spanish Potatoes

- 2 lbs (1 kg) small potatoes, halved
- 1 1/2 tbsp tomato paste
- 1 1/2 tbsp aquafaba or water (optional)
- 3/4 tbsp brown rice flour (optional)
- 1 tsp smoked paprika
- 1/4 tsp cayenne pepper, more to taste
- 1 tsp garlic powder
- 1/2 tsp sea salt
- Juice from 1/4 lemon, to serve (optional)
- 1 tbsp chopped fresh parsley, to serve

Directions:

1. Preheat oven to 400°F/200°C.
2. Place the potatoes in steamer or colander set over a pan of boiling water. Cover with a lid and steam for 10-15 minutes, until almost tender. Remove and place in a large bowl. Set aside.
3. In a small bowl, whisk together the tomato paste and aquafaba/water. Pour the mixture on top of the potatoes and mix until well covered. Add the optional brown rice flour, smoked paprika, cayenne, garlic powder and sea salt. Mix until evenly coated. Spread the potatoes in a single layer on a baking tray covered with parchment paper and roast in the oven for 25-30 minutes, stirring half-way, until crispy. If the potatoes aren't crispy then leave them in a little longer.
4. When ready, serve the potatoes with a squeeze of lemon juice and freshly chopped parsley.

Serves: 3-4



Deviled Potato Bites

- 10-15 small potatoes
- 1 tbsp lemon juice
- 2 tbsp tahini
- 1/2 tsp paprika
- 1 tsp turmeric
- 1 tsp maple syrup
- 1 garlic clove, finely minced
- 1-3 tbsp unsweetened almond milk or light coconut milk, as needed
- sea salt, to taste
- black pepper, to taste

For topping:

- 1 tsp paprika
- Small handful of chives
- 1 tsp black himalayan salt (optional)

Directions:

1. Preheat oven to 350°F/180°C. Line a baking sheet with parchment paper.
2. Cut the potatoes in half and place them on the baking sheet, cut side up. Sprinkle with sea salt and black pepper. Roast in the oven for 45-50 minutes, until cooked through.
3. Remove the potatoes from the oven and let cool for 10-15 minutes, until cool enough to handle. Using a teaspoon or melon-baller, scoop out the inside of the potatoes, leaving some space at the sides.
4. Place the scooped-out potato in a bowl and add the lemon juice, garlic, tahini, turmeric, paprika, maple syrup, salt and pepper. Mash until smooth and add a bit of almond milk if needed.
5. Place the mixture in a piping bag fitted with a star nozzle and pipe into the potato boats. Garnish with paprika, chives and black salt (if using). Serve immediately.

Makes 20-30 bites



Breakfast Potato Bake

Potato Cheese Sauce:

- **2 cups peeled and diced potatoes**
- **2 tbsp finely chopped carrots**
- **2 tsp onion powder**
- **1 tsp garlic powder**
- **1/4 tsp turmeric**
- **1/4 tsp paprika**
- **2 tsp lemon juice**
- **1-2 tbsp water**

Optional add-ins:

- **1 cup thinly sliced onions, cooked in water until caramelized**
- **1 cup finely chopped broccoli**
- **1 cup chopped mushrooms, cooked in water until soft**
- **1 tbsp finely chopped parsley**

Directions:

1. To make the potato cheese sauce, place the potatoes and carrots in a steamer or colander set over a pot of boiling water. Cover with a lid and steam for 10-15 minutes until tender when pierced with a fork.
2. Remove the cooked potatoes and carrots from the steamer and place in a blender while still hot. Add the onion powder, garlic powder, turmeric, paprika, lemon juice, and water. Blend until thick and smooth, adding as little water as possible to blend.
3. Preheat oven to 400°F/200°C.
4. Add a layer of sliced potatoes to the bottom of a medium-sized baking dish, followed by a layer of any of the optional additions. Repeat layers until you run out of potato slices and additions. Pour the potato cheese sauce evenly on top, spreading it out with a spatula so it coats the top of the potatoes.
5. Bake for 40-50 minutes, until the potatoes are soft and the top is browned. If the top browns before the potatoes are fully cooked through, cover the top until the potatoes are done.
6. Cool for 10-15 minutes before serving. Enjoy!

Makes 4-6 servings



Yellow coconut curry

- **1 small kabocha squash**
- **8 potatoes**
- **8 carrots**
- **1 tablespoon coconut oil**
- **3 onions, diced**
- **8 garlic cloves, minced**
- **2 tablespoons grated ginger**
- **2 tablespoons yellow curry powder**
- **3 cups coconut milk**
- **2 teaspoons honey**
- **1 1/2 teaspoons salt**
- **1/2 cup cilantro**
- **1 lime**
- **Red pepper (optional)**

Directions:

1. Place the kabocha squash in a large pot and cover with water. Bring to a boil and cook for 5 to 7 minutes, until squash softens slightly. Drain and set aside to cool.
2. Roughly dice the potatoes and carrots and set aside.
3. When the squash is cool enough to handle, slice it in half and remove the seeds.
4. Roughly dice the squash and return to the pot along with the carrots and potatoes. Add 2 inches (5 cm) of water to the pot and bring to a boil. Cover to steam, stirring occasionally. Add more water if needed. Steam until the vegetables are just cooked through.
5. For the curry, warm the coconut oil in a large pot. Add the onions and sauté over high heat until they are soft and fragrant (about 5 minutes). If needed, add water to prevent sticking.
6. Add the garlic, ginger, and curry powder to the onions, stirring frequently for 1 minute.
7. Add the coconut milk, honey, and salt, and continue stirring.
8. Add the vegetables and bring to a low simmer. Simmer for 10 to 15 minutes, until vegetables are tender.
9. Serve the curry topped with cilantro, lime juice, and red pepper, if desired.

Makes 6 to 8 servings



Aloo Matar

- 4 yukon gold potatoes, diced
- 8 oz/225 g frozen, unsalted peas, prepared according to instructions
- 3 cups cherry tomatoes, halved
- 1 onion, diced
- 2 cloves of garlic, minced
- 2 tsp grated ginger
- 2 tsp raw honey
- 1 lime, juiced
- 1 pinch yellow curry powder
- 1 pinch garam masala
- 1/2 tsp sea salt
- 1/2 cup cilantro leaves
- 1 tsp coconut oil

Directions:

1. Steam potatoes until tender. While steaming, prepare peas according to instructions on the package. Set cooked vegetables aside and prepare the sauce.
2. In the pan, heat 1 tsp of coconut oil. Add onion and garlic. Cook on medium heat, stirring until translucent, adding water as needed to keep from sticking.
3. When onions are translucent and fragrant add ginger, curry powder, garam masala. Continue stirring until well .
4. Add cherry tomatoes and a splash of water if needed. Cook covered, stirring occasionally for five to ten minutes until tomatoes are soft and starting to cook down.
5. Add honey and sea salt. Continue stirring until well mixed.
6. Add in peas and potatoes. Stir to just combine.

Serve topped with cilantro and a squeeze of lime juice. Enjoy!

Serves 2-3



Chili-loaded baked potatoes with cashew "sour cream"

- 6 potatoes
- 1 pound (0,5 kg) black beans or kidney beans, soaked overnight*
- 1 tablespoon coconut oil
- 4 cups diced onion
- 4 garlic cloves, minced
- 2 cups diced carrots
- 2 cups diced celery
- 2 cups diced mushrooms
- 2 cups diced red bell pepper
- 2 teaspoons each cumin, poultry seasoning, garlic powder, and chili powder
- 1 teaspoon sea salt
- 1 teaspoon red pepper flakes (optional)
- 2 tablespoons tomato paste
- 2 cups diced tomatoes
- 1 avocado, diced
- 1 jalapeno, minced
- 1/4 cup minced cilantro

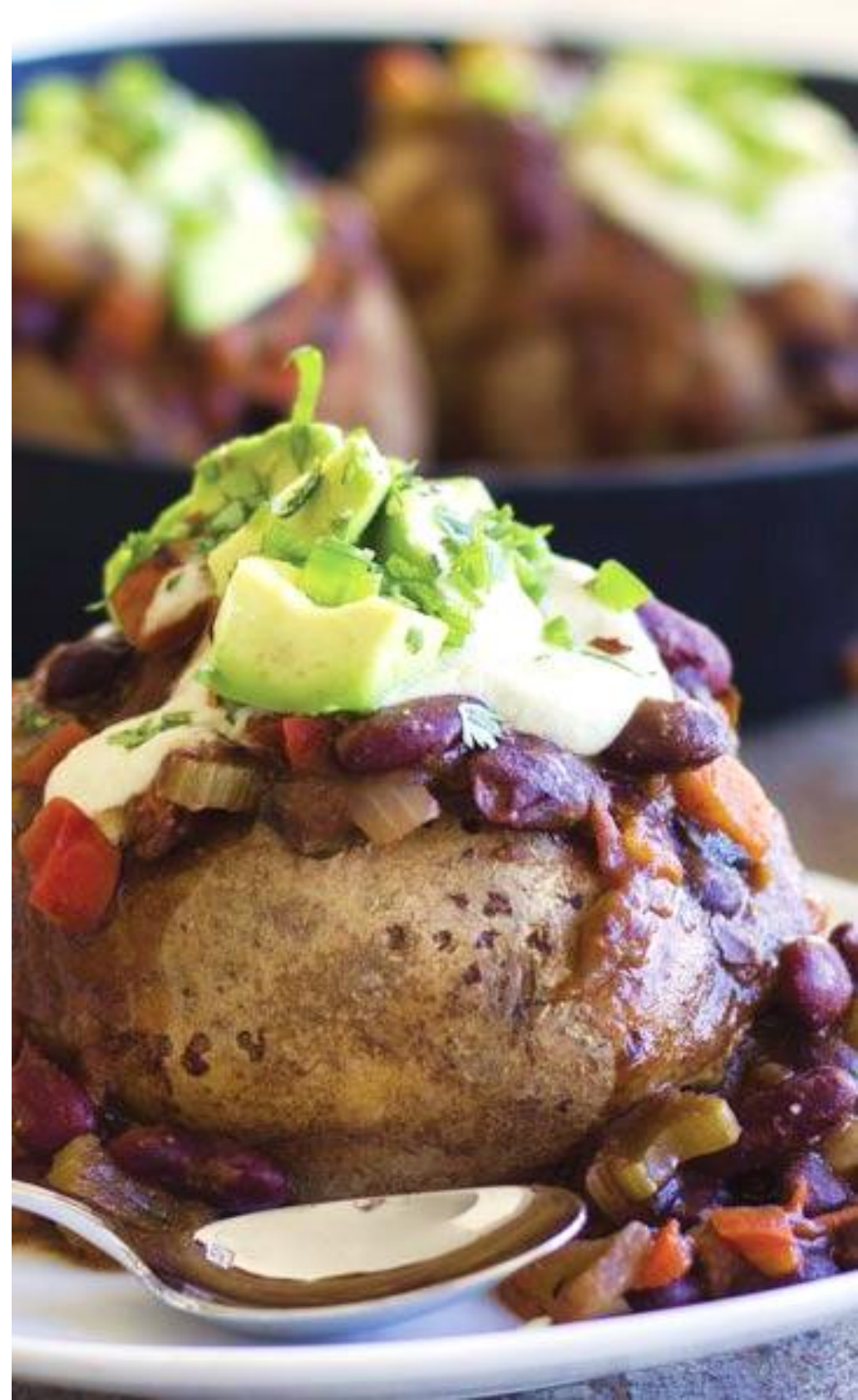
For cashew "sour cream":

- 1 cup raw cashews
- 1/2 lemon, juiced
- 1/2 date, peeled, pitted
- 1 garlic clove
- 1/2 cup water

1. Preheat the oven to 425°F/220°C. Pierce the potatoes in several places with a fork. Bake for 45 to 60 minutes, until tender. Drain the beans, place in a 4-quart pot, and cover with an inch (2 cm) of water. Bring to a full boil, then reduce heat to a simmer. Cook the beans for 1 hour, or until tender, adding more water as needed to keep the beans covered with liquid. Drain and set aside.
2. For the chili, heat 1 tablespoon coconut oil in a large pot; add the onions and garlic. Saute over high heat until the onions are translucent and fragrant, adding water as needed to prevent sticking. Add the carrots, celery, mushrooms, bell pepper, spices, sea salt, and red pepper flakes, if using. Continue to cook, stirring occasionally, until vegetables begin to soften, about 15 minutes. Add beans, tomato paste, and tomatoes, stirring until well combined. Cover and continue to simmer on medium heat for 15 minutes. Reduce heat to low.
3. For the "sour cream," blend all the ingredients until smooth, adding 1/2 cup water slowly (just enough to keep things moving). Halve the baked potatoes. Serve topped with chili, cashew "sour cream," avocado, jalapeno, and cilantro.

- You may use 6 cups of salt-free canned beans, if desired.

Makes 6 to 8 servings



Cauliflower Mashed Potatoes

- 1 large head cauliflower, florets
- 2 potatoes, cubed
- 2 cloves of garlic
- 1/2 tsp olive oil
- 1/4 tsp sea salt

Directions:

Steam cauliflower, potatoes and garlic until tender, about 10-15 minutes. Strain and place into a food processor with olive oil and sea salt. Process until smooth. Top with mushroom gravy and enjoy!

Mushroom Gravy

- 6 cups mushrooms
- 1 onion, diced
- 2 garlic cloves
- 1/4 cup sundried tomatoes
- 1/2 tsp olive oil
- 1/4 cup Cauliflower Mashed Potatoes
- 1/8 tsp or one dash each of thyme, sage, and rosemary

Directions:

In a large pan, steam mushrooms, onion, garlic, sundried tomato, and herbs in 2 cups of water until tender. Set aside one cup of mushrooms. Place the rest of the mushrooms and broth into blender with 1/2 tsp olive oil and 1/4 cups cauli over mashed potatoes. Blend until smooth. Pour over cauli over mashed potatoes and serve topped with mushrooms.

Serves 2



Cauliflower Potato Mash

- **4 to 5 medium-sized potatoes, peeled and roughly chopped***
- **1 small head of cauliflower, cut into large florets**
- **2 teaspoons garlic powder**
- **2 teaspoons onion powder**
- **1 tablespoon chopped chives, parsley, or green onions, to serve**
- **1/2 teaspoon paprika, to serve**

Directions:

1. Add 3 inches (8 cm) of water to a medium-sized pot, bring it to a boil, and add a steaming basket. Place the potatoes and cauliflower florets in the basket, cover, and steam for 15 to 20 minutes, until both are very tender.
2. Remove the potatoes and cauliflower and place them in a large bowl or pot. Add the garlic powder and onion powder.
3. Mash until smooth using an immersion blender or potato masher. Serve topped with chives, parsley, or green onions, and paprika.

Tips:

- There are many nutrients in the skin of potatoes, so the potatoes don't have to be peeled before mashing. However if you want to achieve the look of traditional mashed potato, then peeling the potatoes will provide that.

Makes 2-3 servings



Broccoli & Cheese Potato

- 4 large potatoes
- 2 cups broccoli florets
- Nacho cheese sauce:
 - 3/4 cup diced potato
 - 1 tbsp chopped carrot
 - 1/4 tsp ground turmeric
 - 1/2 tsp garlic powder
 - 2 tsp onion powder
 - 1/2 tsp cayenne, more to taste
 - 1 tsp lemon juice
 - 1-2 tbsp water, as needed to blend

Directions:

1. Preheat oven to 400°F/200°C. Line a baking sheet with parchment paper. Arrange the potatoes on the baking sheet and pierce with a fork. Roast for 50-75 minutes, until cooked all the way through. Remove from oven and set aside.
2. While the potatoes are roasting, add a couple of inches (5 cm) of water to a medium-sized pot and place a steaming basket in it. Add the diced potato and carrot, cover and cook for 15-20 minutes until soft. Remove from heat and place in a blender. Add the turmeric, garlic powder, onion powder, cayenne, lemon juice and water to the blender and blend until very smooth.
3. To prepare the broccoli, add a couple of inches (5 cm) of water to a medium-sized pot and place a steaming basket in it. Add the broccoli florets, cover and cook for 6-8 minutes until soft. Remove from heat.
4. To serve, cut an opening lengthwise through the potatoes and fill the cavity with broccoli florets. Drizzle a few tablespoons of nacho cheese sauce onto each potato and serve immediately. Enjoy!

Makes 2-4 servings



Stir Fry Loaded Sweet Potato

- **4 medium-sized sweet potatoes**
- **1/2 cup thinly sliced onion**
- **2 garlic cloves, minced**
- **1/2 tsp red pepper flakes (optional)**
- **1 cup broccoli florets**
- **1/2 cup thinly sliced red and/or orange bell peppers**
- **1 tsp lemon or lime juice**
- **1/4 cup thinly sliced spring onions, to serve**

Directions:

1. Preheat oven to 400°F/200°C. Line a baking sheet with parchment paper.
2. Arrange the sweet potatoes on the baking sheet and pierce with a fork. Bake for 30-45 minutes, until cooked all the way through. Remove from oven and set aside.
3. While the potatoes are baking, place a ceramic non-stick skillet on medium-high heat and add the onions. Cook for 3-5 minutes, until the onions are tender, adding a bit of water if needed to prevent sticking.
4. Add the garlic, red pepper flakes (if using), and broccoli florets. Cook for 5-7 minutes, adding water when needed, until the broccoli is almost tender.
5. Add the bell peppers and lime juice and continue cooking until all the vegetables are tender, about 3-4 minutes.
6. To serve, cut an opening lengthwise through the sweet potatoes and fill the cavity with the vegetable stir fry. Sprinkle a tablespoon of spring onions onto each and serve immediately. Enjoy!

Serves 2



Potato Pancakes With Cucumber Radish Salad

- **2 large russet potatoes, peeled and grated**
- **1 tablespoon arrowroot powder**
- **1/2 teaspoon sea salt, divided**
- **1 cucumber, thinly sliced**
- **6 radishes, thinly sliced**
- **2 teaspoons raw honey**
- **1 tablespoon lemon juice**
- **1 tablespoon dill, minced**
- **1/4 cup chopped chives**
- **1/4 teaspoon red pepper (optional)**

Directions:

1. Preheat the oven to 425°F/220°C. Combine the potatoes, arrowroot powder, and 1/4 teaspoon sea salt in a mixing bowl and stir to combine.
2. Line two baking trays with parchment paper. Drop the potatoes onto the parchment paper by the 1/4 cup and shape them into circles approximately 3 inches (8 cm) in diameter, using your hands or a cookie cutter as a mold. Press them down until they are approximately 1/4 inch (6 mm) thick. Bake the potato pancakes for 20 minutes.
3. Remove them from the oven and flip the pancakes over by carefully grasping the edges of the parchment paper and flipping the entire sheet. If needed, peel any stuck potato pancakes carefully off the parchment paper and stick them back into the oven on the unlined baking trays for 5 minutes more.
4. While the potato pancakes are baking, make the Cucumber Radish Salad by combining the sliced cucumber and radishes with the honey, lemon juice, dill, chives, remaining 1/4 teaspoon of sea salt, and red pepper in a mixing bowl, tossing gently to combine. Serve the potato pancakes piping hot and garnished with Cucumber Radish Salad.

Makes 2 servings



Savory Potato Waffles

- **2 lbs (1 kg) potatoes, peeled and roughly chopped**
- **1 tsp garlic powder**
- **1 tsp onion powder**
- **1/2 tsp paprika**
- **1 tbsp chopped dill (optional)**
- **1/4 cup finely chopped spring onion (optional)**

Topping options:

- **2 cups chopped crimini or portabellini mushrooms (or other mushroom of choice)**
- **2 tbsp chopped fresh herbs, such as parsley, cilantro, thyme, and/or oregano**
- **1/2 tsp lemon juice**
- **1/4 cup thinly sliced cucumber**
- **2 tbsp thinly sliced spring onions**
- **1/4 cup halved cherry tomatoes**
- **1/2-1 tbsp hot sauce**

Directions:

1. Place the potatoes in steamer or colander set over a pan of boiling water. Cover with a lid and steam for 20 minutes or until tender when pierced with a fork. Remove and cool completely.
2. Add the potatoes to a mixing bowl and mash with a potato masher until lump-free.
3. Add the garlic powder, onion powder, paprika, dill, and spring onion to the bowl and stir until evenly mixed.
4. Heat a non-stick ceramic waffle machine to high heat. Add the mashed potato mixture until the base of the waffle machine is evenly covered, then close the machine and cook until the waffle is crispy, about 10-15 minutes. Repeat with rest of the mixture.
5. To make the mushrooms, heat a non-stick ceramic skillet to medium-high heat and add the mushrooms together with a bit of water to prevent sticking. Cook for 5-6 minutes, until the mushrooms are soft, then remove from heat and stir in herbs and lemon juice.
6. Serve waffles with desired toppings, such as the mushrooms, thinly sliced cucumber, spring onions, cherry tomatoes and hot sauce. Alternatively, you can use the waffles like bread to make sandwiches.

Serves 2



Potato Bruschetta

- 2 large or 4 small russet potatoes
- 2 cups diced cherry or grape tomatoes
- 2 garlic cloves, minced
- 5 fresh basil leaves, minced
- 1/4 teaspoon sea salt
- 1/2 lemon, juiced
- 1 teaspoon honey (optional)
- Additional sea salt, dulse, and/or black pepper to taste

Directions:

1. Preheat the oven to 425°F/220°C. Slice the potatoes lengthwise into long ovals about 1/4 inch (6 mm) thick and arrange them on a baking tray lined with parchment paper. Bake the potatoes for 30 minutes, until the tops are turning golden brown.
2. Whisk the lemon juice, sea salt, garlic, and honey (if desired) in a small bowl. Add the diced tomatoes and toss to combine.
3. Arrange the baked potato slices on a serving tray and top them with the diced tomatoes and minced basil. Finish off each bruschetta with an extra sprinkle of sea salt, dulse, and/ or black pepper to taste.

Makes 4 servings



Garlic Potato Bread

- 4 russet potatoes, cut into 1/2 inch (1,5 cm) rounds
- 4 garlic cloves, crushed or finely minced
- 1 tsp dried thyme
- 1/2 tsp sea salt, more to taste
- 1/2 tsp black pepper

Directions:

1. Preheat oven to 425°F/220°C. Line a large baking sheet with parchment paper.
2. Place the potato rounds in a large bowl and add the garlic, thyme, salt and pepper. Mix until evenly coated.
3. Arrange the potato rounds on the baking sheet 1/2 inch (1,5cm) apart. Bake in the oven for 30-45 minutes, until cooked through and browned on the outside. Serve with Medical Medium Healing Broth or a soup of your choice.

Serves: 4-6



Everything Potatoes

- 2 tbsp onion granules or flakes
- 2 tbsp garlic granules or flakes
- 2 tbsp black sesame seeds
- 2 1/2 tbsp white sesame seeds
- 1 tbsp poppy seeds
- 1 tsp flaked or regular sea salt (optional)
- 1 lb (0,5 kg) small to medium-sized potatoes

Directions:

1. Preheat oven to 400°F/200°C. Line a baking sheet with parchment paper. If using an air fryer then you can skip this step.
2. In a medium-sized bowl, combine the onion granules, garlic granules, black sesame seeds, white sesame seeds, poppy seeds, and sea salt (if using). Mix well.
3. Halve the potatoes, then press cut side down into the seasoning until evenly coated. Repeat with the rest of the potatoes. Arrange potatoes on the baking sheet or in your air fryer basket. Bake for 30-40 minutes in the oven or air fry for 25-30 minutes. Serve immediately.

Makes 1 to 2 servings



Chili Cheese Fries

- **3-4 large russet potatoes, cut into fries**
- **1/2 tsp paprika**
- **1 tsp dried oregano**
- **Sea salt, to taste (optional)**
- **1 1/2 cups chili, to serve**
- **1 tbsp chopped fresh parsley, to serve**

Cheese:

- **1 cup unsweetened almond milk, more if needed**
- **2 1/2 tbsp arrowroot starch**
- **1/2 tbsp onion powder**
- **1/2 tsp garlic powder**
- **1/4 tsp paprika**
- **1/4 tsp turmeric**
- **1 tbsp lemon juice**
- **1 tbsp coconut aminos (optional)**
- **Sea salt, to taste (optional)**
- **(nacho cheese sauce recipe can also be used as an alternative)**

Directions:

1. Preheat oven to 425°F/220°C. Line a large baking sheet with parchment paper. To make the fries, place the uncooked fries in a large bowl and add the paprika, dried oregano and sea salt. Mix until well coated.
2. Arrange the fries in a single layer on the baking sheet and bake for 30-35 minutes, flipping them over half-way, until crispy and browned on both sides.
3. To make the cheese sauce, place the unsweetened almond milk, arrowroot, onion powder, garlic powder, paprika, turmeric, lemon juice, coconut aminos (if using) and sea salt (if using) in a small saucepan. Stir with a whisk until uniform.
4. Place the saucepan on medium-high heat and bring to a boil. Reduce the heat to a simmer and cook, stirring often, until the mixture thickens - about 1-2 minutes. Remove from heat.
5. Taste and adjust the seasoning. Add a bit more almond milk if a thinner sauce is desired.
6. To serve, place fries on a serving platter and top with the chili. Drizzle with cheese sauce and garnish with chopped parsley. Serve immediately.

Serves: 2



"Nachos Style" Baked Potatoes Recipe

Nachos ingredients:

- **6 medium potatoes**
- **2 teaspoons coconut oil**
- **1/2 teaspoon sea salt, divided**
- **1 avocado, diced**
- **1 cup diced tomato**
- **1 cup diced onion**
- **1/2 cup cilantro, chopped**
- **1/2 jalapeño, minced (optional)**
- **2 limes**
- **1/4 cup Garlic Cashew Aioli**

Garlic Cashew Aioli ingredients:

- **1 cup cashews**
- **2 tablespoons olive oil**
- **3 garlic cloves**
- **2 lemons**
- **1/4 teaspoon sea salt**
- **1/2 to 1 cup water**

1. Preheat the oven to 375°F/190°C . Peel and slice the potatoes into rounds that are 1/4 inch to 1/2 inch (1 cm) thick. Toss them with the coconut oil and 1/4 teaspoon of the sea salt. Arrange the potatoes on a baking tray lined with parchment paper. Leave space so that they are not touching or overlapping. Bake the potatoes for 20 minutes, flip, and then bake for 10 more minutes.
2. While the potatoes bake, combine the avocado, tomato, onion, cilantro, jalapeño, and the juice of both limes in a small mixing bowl.
3. Make the Aioli by combining the cashews, olive oil, garlic, juice of two lemons, and sea salt in the blender with 1/2cup of water. Blend until smooth for a thicker aioli. For a thinner consistency, continue to stream in another 1/2cup of water while blending.
4. Arrange the potato slices in a pile on a serving plate. Top with the avocado salsa and lightly drizzle the Garlic Cashew Aioli over the top if desired (save the rest for topping other meals). Finish the nachos off with the remaining sea salt and enjoy!

Tips:

- Experiment with different varieties of potatoes for different nutrients, flavors, and textures.
- For a make-ahead trick, try peeling and slicing the potatoes in advance and storing them in a bowl of cold water in the fridge. They will keep well for up to three days this way; just change the water daily and enjoy having potatoes ready to go at a moment's notice.

Makes 2-3 servings



Potato Nests with Spinach Salad Recipe

For the nests:

- **1.5 lb (0,7 kg) large russet potatoes**
- **1 tbsp cassava flour**
- **1/2 tsp salt**
- **1/2 tsp freshly ground black pepper**

Salad:

- **1 cup baby spinach, tightly packed, finely chopped**
- **2/3 cup cherry tomatoes, halved**
- **1/2 ripe avocado, diced**
- **1/4 cup cilantro, finely chopped**
- **1 tbsp lemon juice**
- **Salt and pepper, to taste**

Directions:

1. Place a medium-sized pot on the heat with a steaming basket and add two inches (5 cm) of water. Place the potatoes in the pot, cover and cook until soft but so that there's still some resistance, about 1 hour. Drain and let cool completely.
2. Preheat oven to 350F. Grate the potato and place it in a bowl with cassava flour, salt and pepper. Mix well.
3. Line a 6 or 12 muffin tin with squares of parchment paper and press the mixture in tightly, making an indentation in the middle. This makes about 12-16 nests. Bake for 30-45 minutes, until the sides have browned and the nest is holding shape.
4. While the nests are cooking, make the salad by combining all the ingredients in a bowl and mixing well.
5. Remove potato nests from tin and top with salad. Serve immediately.

Serves: 4-6 people



Broccoli & Cheese Potato Pockets

Ingredients:

- **4-5 medium potatoes**
- **1 tbsp potato starch**
- **3 tbsp tapioca flour (more if needed)**
- **1 tsp dried oregano (optional)**
- **1 tsp water (if needed)**

Broccoli filling:

- **1 1/4 cup broccoli, finely chopped**
- **1 tsp lemon juice**
- **Sea salt, to taste**

Cheese sauce:

- **1 large potato, diced**
- **1 carrot, diced**
- **1 tsp turmeric**
- **1/2 tsp garlic powder**
- **1/2 tsp cayenne**
- **1 tbsp lemon juice**
- **1 tsp sea salt**
- **1/2 tsp black pepper**
- **1/2 cup steaming water or vegetable stock**

1. In a large pot fitted with a steaming basket, add the potatoes and carrots. Add a few inches (8 cm) of water and steam until soft, about 45 minutes to 1 hour. Remove and cool for 10-15 minutes, until cool enough to handle. Remove one potato and one carrot from the pot and set aside for the cheese sauce.
2. Place the remaining potatoes in a large, flat-bottomed bowl or pot and mash until they are broken down. Add the potato starch, tapioca flour and oregano and mash until the flour and starch are well combined. If the mixture is very dry, add a bit of warm water. If the mixture is very wet, add a bit more tapioca flour. The dough should be pliable and not stick to your fingers. Set aside while you make the filling.
3. Place the left-over potato and carrot in a small food processor or blender and add the turmeric, garlic powder, cayenne, lemon juice, sea salt, black pepper and water/vegetable stock. Blend until smooth. Add a bit more liquid if necessary, then set aside.
4. Steam the chopped broccoli until cooked. Remove and add to bowl. Add the lemon juice and season with sea salt.
5. To make the pockets, take a handful of the potato mixture and roll it into a ball. Flatten the sides out so that there is a cavity in the middle, then add a couple teaspoons of the cheese sauce and broccoli. Close the pocket gently and smooth out any creases. Repeat with remaining dough.
6. Add the pockets on a ceramic nonstick pan and cook for 5-10 minutes on either side, until browned and crispy. You can bake them in the oven at 350°F/180°C for an additional 20 minutes if you want them even more crispy.

Makes 4-5 pockets



Pizza Potato Pockets

Ingredients:

- **4-5 medium-sized potatoes (about 1.5 lb/0,5 kg)**
- **1 tbsp potato starch**
- **3 tbsp tapioca flour (more if needed)**
- **1 tsp dried oregano (optional)**
- **1 tsp dried basil (optional)**
- **0.5 - 1 tsp water (if needed)**
- **1/2 tsp sea salt**
- **1/4 tsp black pepper**

Cheese sauce:

- **1 steamed potato, diced**
- **1 tsp garlic powder**
- **1 tsp onion powder**
- **1/2 tsp paprika or smoked paprika**
- **1 tsp lemon juice**
- **1/2 tsp sea salt (more if needed)**
- **1/4-1/3 cup water or vegetable broth**

Pizza sauce:

- **1/2 cup tomato paste**
- **1 tsp dried oregano**
- **1/2 tsp dried thyme**
- **1 tsp raw honey**
- **3-4 tbsp water**
- **Sea salt and pepper, to taste**

Directions:

1. If you want them even more crispy. Place all the potatoes in a large pot fitted with a steaming basket. Add a few inches (8 cm) of water and steam until soft, about 45 minutes to 1 hour. Remove and cool for 10-15 minutes, until cool enough to handle. Remove one of the potatoes from the pot and set aside for the cheese sauce.
2. Place the remaining potatoes in a large, flat-bottomed bowl or pot and mash until they are broken down. Add the sea salt, pepper, potato starch, tapioca flour, oregano and basil, and mash until the flour and starch have been incorporated. If the mixture is very dry, add a bit of warm water. If the mixture is very wet, add a bit more tapioca flour. The dough should be pliable and not stick to your fingers. Set aside while you make the filling.
3. Place the left-over potato in a small food processor or blender and add the garlic powder, onion powder, paprika, lemon juice, sea salt, and water/vegetable stock. Blend until smooth. Add a bit more liquid if necessary, then set aside.
4. Make the pizza sauce by combining the tomato paste, dried oregano, dried thyme, raw honey, water, sea salt and pepper in a bowl and mixing well.
5. To make the pockets, take a handful of the potato mixture and roll it into a ball. Flatten the sides out so that there is a cavity in the middle, then add a couple teaspoons of the pizza sauce and cheese sauce. Close the pocket gently and smooth out any creases. Repeat with remaining potato dough.
6. Place a non-stick pan over medium-low heat (you can use a non stick pan or spray with a bit of avocado oil.) Add the pockets and cook for 5-10 minutes on either side, until golden brown and crispy. You can bake them in the oven at 350°F/180°C for an additional 20 minutes.

Makes 4-5 potato pockets



Tomato & Olive Potato Pockets

Ingredients:

- **4-5 medium-sized potatoes (about 1.5 lb/0,5 kg)**
- **1 tbsp potato starch**
- **3 tbsp tapioca flour (more if needed)**
- **Salt and pepper**
- **1 tsp dried oregano (optional)**
- **1/2 - 1 tsp water (if needed)**

Tomato sauce ingredients:

- **1/2 cup tomato paste**
- **1 tsp dried oregano**
- **1/2 tsp dried thyme**
- **1 tsp raw honey**
- **3-4 tbsp water**
- **Sea salt and pepper, to taste**

Olive Filling:

- **1 small tomato, finely diced**
- **1/3 cup finely diced zucchini**
- **5-6 olives, finely diced**
- **2-3 basil leaves, finely chopped**
- **Sea salt, to taste**
- **Black pepper, to taste**

Directions:

1. Place the potatoes in a large pot fitted with a steaming basket. Add a few inches (8 cm) of water and steam until soft, about 45 minutes to 1 hour. Remove and cool for 10-15 minutes, until cool enough to handle.
2. Place the potatoes in a large, flat-bottomed bowl or pot and mash until they are broken down. Add the sea salt, pepper, potato starch, tapioca flour, oregano and basil, and mash until the flour and starch are well combined. If the mixture is very dry, add a bit of warm water. If the mixture is very wet, add a bit more tapioca flour. The dough should be pliable and not stick to your fingers. Set aside while you make the filling.
3. Make the tomato sauce by combining the tomato paste, dried oregano, dried thyme, raw honey, water and salt and pepper in a bowl and mixing until uniform. Set aside.
4. Make the filling by combining the diced tomato, zucchini, olives, basil, sea salt and black pepper in a bowl and mixing well.
5. To make the pockets, take a handful of the potato mixture and roll it into a ball. Flatten the sides out so that there is a cavity in the middle, then add a couple teaspoons of the tomato sauce and filling. Close the pocket gently and smooth out any creases. Repeat with remaining dough.
6. Place a non-stick pan over medium-low heat and spray with a bit of avocado oil (optional). Add the pockets and cook for 5-10 minutes on either side, until browned and crispy. You can bake them in the oven at 350°F/180°C for an additional 20 minutes if you want them even more crispy.

Makes: 4-5 servings



Curry Potato Pockets

Potato pocket:

- **4-5 medium-sized potatoes**
- **1 tbsp potato starch**
- **3 tbsp tapioca flour (more if needed)**
- **Sea salt and pepper**
- **1/2-1 tsp water (if needed)**

Directions:

1. Place all the potatoes in a large pot fitted with a steaming basket. Add a few inches (8 cm) of water and steam until soft, about 45 minutes to 1 hour. Remove and cool for 10 to 15 minutes, until cool enough to handle.
2. Place the potatoes in a large, flat-bottomed bowl or pot and mash until they are broken down. Add the salt, pepper, potato starch, tapioca flour and mash until the flour and starch have been incorporated. If the mixture is very dry, add a bit of warm water. If the mixture is very wet, add a bit more tapioca flour. The dough should be pliable and not stick to your fingers. Set aside while you make the filling.
3. Steam the chopped cauliflower in a steaming basket or fine mesh sieve over a pot of water until cooked. Remove and add to a bowl with the peas, ground cumin, ground cilantro, curry powder, fresh cilantro, sea salt, pepper and lemon juice (if using). Mix well.
4. To make the pockets, take a handful of the potato mixture and roll it into a ball. Flatten the sides out so that there is a cavity in the middle, then add a tablespoon of the filling. Close the pocket gently and smooth out any creases. Repeat with remaining dough.
5. Place a non-stick pan over medium-low heat or spray with a bit of avocado oil (if needed). Add the pockets and cook for 5-10 minutes on either side, until browned and crispy. You can bake them in the oven at 350°F/180°C for an additional 20 minutes if you want them even more crispy.

Makes 4-5 pockets

Curry filling:

- **1 cup finely chopped cauliflower**
- **1/3 cup frozen green peas, defrosted**
- **1/4 tsp ground cumin**
- **1/2 tsp ground cilantro**
- **1/2 ground turmeric**
- **1.5 tsp curry powder**
- **Small handful fresh cilantro, chopped**
- **Sea salt, to taste**
- **Black pepper, to taste**
- **1 tsp lemon juice (optional)**



Breakfast Potato Waffles

- **2 lbs (1 kg) potatoes, peeled and roughly chopped**
- **1/4 cup maple syrup**

Directions:

1. Place the potatoes in steamer or colander set over a pan of boiling water. Cover with a lid and steam for 15-20 minutes, until tender when pierced with a fork. Remove and cool completely.
2. Add the potatoes to a mixing bowl and mash with a potato masher until lump-free.
3. Heat a non-stick waffle machine to high heat. Add the mashed potato until the base of the waffle machine is evenly covered, then close the machine and cook until the waffle is crispy, about 10-15 minutes. Repeat with rest of the mixture.
4. Serve waffles with maple syrup. Alternatively, you can use the waffles like bread to make sandwiches.

Serves 2



Potato Tortillas

- **2-3 medium-sized potatoes, peeled and diced (yields 1 cups mashed)**
- **1 1/2 cup cassava flour, more if needed**
- **1/2 cup chickpea flour**
- **1 tsp sea salt**
- **1 tbs - 1/4 cup warm water, if needed**

Optional add-ins:

- **1 tsp dried herbs (oregano, thyme, basil, rosemary)**

1. Place the potatoes in steamer. Cover with lid and steam for 15-20 minutes, until tender. Remove and cool completely.
2. Place the potatoes in a food processor and blend until smooth. The mixture will be quite sticky. Measure out 1 cup of potato mash and leave the rest for another recipe.
3. Add the cup of mash to a large bowl with the cassava flour, chickpea flour, sea salt and herbs. Using a potato masher, mash until you get a crumbly mixture. Set the potato masher aside and working with your hands, add water a tablespoon at a time while kneading. Depending on the moisture content of the flours and potato mash you may not need to add any water at all.
4. Knead the dough until it is smooth and uniform, about 3-5 minutes. The dough must not be sticky at all - if it is, add more cassava flour. When ready, cut the dough into 4 even pieces.
5. Roll out each piece between two sheets of parchment paper to 1/8 inch (3 mm) thick. Keep the remaining pieces in plastic wrap so that they don't dry out. Remove the top sheet and place the lid of a saucepan (7 inches – 18 cm in diameter) on top. Circle around the lid with a knife to create a tortilla shape. Remove the excess dough.
6. Place a non-stick pan on medium-high heat. Flip the tortilla onto the pan and carefully remove the parchment paper right away. If you leave it for too long the paper might stick to the dough.
7. Cook for 3-4 minutes on each side, until golden brown. Repeat with rest of the dough. Best kept at room temperature in an air-tight container.

Makes 4-5 medium-sized tortillas



Sweet Potato Tortillas

- **2 medium-sized sweet potatoes, peeled and diced (yields 1 cup mashed)**
- **1 1/2 cup cassava flour, more if needed**
- **1 tbsp arrowroot flour**
- **1/2 cup chickpea flour**
- **1/2 tsp sea salt**
- **1/2 - 1 tbsp warm water, if needed**

Directions:

1. Place the sweet potatoes in. Cover with a lid and steam for 10-15 minutes, until tender. Remove and cool.
2. Place the sweet potatoes in a food processor and blend until smooth. Measure out 1 cup of sweet potato mash and leave the rest for another recipe.
3. Add the cup of sweet potato to a large bowl with the cassava flour, arrowroot flour, chickpea flour and sea salt. Using a potato masher, mash until you get a crumbly mixture. Set the potato masher aside and working with your hands, add water one tablespoon at a time while kneading. Depending on the moisture content of the flours and sweet potato mash you may not need to add any water at all. Knead the dough until it is smooth and uniform, about 3-5 minutes. The dough must not be sticky at all - if it is, add more cassava flour.
4. When ready, cut the dough into 4 even pieces. Working one piece at a time, roll each of them out between two sheets of parchment paper to 1/8 inch (3 mm) thick. Keep the remaining pieces in plastic wrap so that they don't dry out. Remove the top sheet and place the lid of a saucepan (7 inches – 18 cm in diameter) on top. Circle around the lid with a knife to create a tortilla shape. Remove the excess dough.
5. Place a non-stick pan on medium-high heat. Flip the tortilla onto the pan and carefully remove the parchment paper right away. If you leave it for too long the paper might stick to the dough. Cook for 3-4 minutes on each side, until golden brown. Repeat with rest of the dough. Best kept at room temperature in an air-tight container.

Makes 4-5 medium-sized tortillas



Spaghetti Squash "Bolognese"

- 1 large spaghetti squash
- 2 cups diced red onion
- 4 garlic cloves, minced
- 2 cups cherry tomatoes
- 1 cup sliced mushrooms (optional)
- 1 teaspoon chili powder
- 1 teaspoon poultry seasoning
- 1 teaspoon garlic powder
- 1/4 teaspoon curry powder
- 1/4 teaspoon sea salt
- 1/2 cup sun-dried tomatoes, soaked 5 minutes in hot water
- 1/4 cup Brazil Nut Basil "Parmesan"

BRAZIL NUT BASIL "PARMESAN"

- 1/4 cup Brazil nuts
- 1/4 teaspoon sea salt
- 1/4 teaspoon dried basil
- 1 garlic clove

1. Preheat the oven to 400°F/200°C. Carefully slice the spaghetti squash in half and discard the seeds. Fill a baking tray with 1/2 inch (2 cm) of water and place the squash halves cut side down in the tray. Bake the squash for 30 to 40 minutes until one finger pressed gently into the exterior of the squash leaves an indentation. Remove the squash halves from the oven.
2. When they are cool enough to handle, use a fork to scrape down the insides of the squash creating "spaghetti" strands. Divide the squash noodles between two bowls.
3. To make the "Bolognese," place the diced onion into a medium saucepan along with 2 tablespoons of water. Sauté the onion over medium-high heat until translucent and tender.
4. Add the garlic, cherry tomatoes, mushrooms, chili powder, poultry seasoning, garlic powder, curry powder, sea salt, and sun-dried tomatoes to the saucepan and continue cooking, stirring frequently for 5 to 7 minutes, until the tomatoes soften.
5. Using an immersion blender, blend the sauce ingredients together until combined but still chunky. Alternatively, transfer to a standing blender and pulse blend, making sure to leave the top ajar for steam to escape.
6. Serve the sauce over the top of the spaghetti squash noodles. Top with the Brazil Nut Basil "Parmesan" and enjoy!
7. To make the Parmesan, place the brazil nuts, sea salt, basil, and garlic into the blender or food processor and pulse briefly until small crumbles form.



Roasted Veggie Pasta

- **3 cups cherry or grape tomatoes**
- **1 cup sliced red onion**
- **1 cup diced zucchini**
- **1 cup diced carrot**
- **1 cup diced asparagus**
- **10 garlic cloves, skin on**
- **1/2 teaspoon lemon juice**
- **1/4 teaspoon sea salt**
- **1/4 teaspoon red pepper flakes (optional)**
- **12 oz/340 g gluten-free pasta (see Tips)**
- **4 cups arugula (optional)**
- **Additional sea salt, dulse, and/or black pepper to taste**

1. Preheat the oven to 400°F/200°C. Spread out the tomatoes, red onion, zucchini, carrot, asparagus, and garlic on two baking trays lined with parchment paper and roast the vegetables for 15 to 20 minutes until tender.
 2. Peel all the roasted garlic cloves (being careful not to burn your fingers) and place 4 of them in the blender along with 1 cup of the roasted tomatoes, the lemon juice, sea salt, and the optional red pepper flakes. Blend the ingredients until a light, smooth tomato sauce forms.
 3. Prepare 340g of gluten-free pasta according to the directions on the packaging. Drain the pasta and transfer to a mixing bowl. Toss the pasta in the tomato sauce. There should be just enough sauce to lightly coat the noodles.
 4. Add the remaining roasted tomatoes, red onion, zucchini, asparagus, and garlic cloves. Toss gently to combine. Serve the pasta over a bed of arugula if desired, and add an optional extra sprinkle of sea salt, dulse, and/or black pepper to taste.
- Look for a gluten-free pasta made from rice, quinoa, beans, or lentils. Try to avoid the varieties that contain corn.
 - While this pasta is lightly tossed in a small amount of tomato sauce for flavor, if you want a hearty portion of tomato sauce on top of your pasta, try pairing this recipe with the tomato sauce Ratatouille recipe.

Makes 2 to 4 servings



Curry Noodles

- 3 zucchini, peeled
- 1 carrot
- 1/4 onion
- 1 red bell pepper
- 3 cups kelp noodles
- 1/4 cup raw sriracha sauce
- 1/2 tablespoon garlic powder
- 1 tablespoon curry powder
- 4 garlic cloves
- 1/4 cup medjool dates
- 1 limes
- 1/4 cup basil
- 1/4 cup cilantro
- 1 1/2 cups coconut milk (optional)
- 1/8 teaspoon sea salt (optional)

1. Thinly slice the carrot, onion, red bell pepper, and spiralize 2 of the zucchinis. Set aside in a large bowl.
2. Rinse the kelp noodles well and add to the sliced vegetables.
3. Blend together the remaining zucchini, sriracha sauce, garlic powder, curry powder, garlic cloves, dates, and the juice of one lime until smoothly combined and slightly warmed. Add 1/2 to 1 cup of water until desire consistency is reached.
4. Pour warmed curry sauce over the veggies and noodles. Serve topped with basil, cilantro, and lime juice.

For the cooked version:

1. For cooked curry noodles, follow steps 1 through 3 above.
2. Combine the vegetables, kelp noodles and curry sauce in a pot over medium heat. Add coconut milk and sea salt. If you are only cooking half the recipe, you can half the amount of coconut milk if you want. Cook over medium heat for 10 to 15 minutes until the vegetables are tender and cooked through.
3. Serve topped with basil, cilantro, and lime juice.

Serves 1-2



Chipotle Pasta

- 1/3 cup mashed avocado
- 1 1/2 cup unsweetened almond milk, more if needed
- 1/2 to 1 tsp chipotle seasoning, to taste
- 1 garlic clove, roughly chopped
- 1 tbsp onion powder
- 1 tbsp tomato paste
- 1/3 cup crushed tomatoes
- 2 tbsp lemon juice
- Sea salt, to taste (optional)
- 3 zucchinis or 1/2 lb (220 g). brown rice, sweet potato, chickpea or lentil noodles
- 2 tbsp roughly chopped fresh cilantro, to serve

Directions:

1. Spiralize the zucchini. If using brown rice, sweet potato, or bean noodles, cook them in salted boiling water until tender. Drain and set aside.
2. Make the sauce by combining the avocado, almond milk, chipotle seasoning, garlic, onion powder, tomato paste, crushed tomatoes, lemon juice and sea salt in a blender and blending until smooth. The sauce should be thick but pourable - add a bit more almond milk if necessary.
3. Place the sauce in a large saucepan and heat until just warm. Don't heat it too much or the sauce may become gluggy. Add the spiralized zucchini or noodles and toss to coat.
4. Divide the pasta between serving bowls and top with chopped cilantro. Serve immediately.

Serves 2-3



Cauliflower Alfredo Fettuccine

- **half a head of cauliflower (about 12 oz/340 g), cut into florets**
- **1/2 onion, finely chopped**
- **2 garlic cloves, minced**
- **3/4 cup unsweetened almond milk**
- **1 tbsp lemon juice**
- **1 tsp sea salt**
- **1/4 tsp black pepper**
- **2 tbsp roughly chopped fresh parsley, to serve**
- **14 oz/400 g brown rice fettuccine (sub with lentil or chickpea pasta or zucchini or sweet potato noodles as desired)**

Directions:

1. Place the cauliflower florets in a steamer over a pot of boiling water. Cover with a lid and steam for 5-10 minutes, until tender. Remove and set aside.
2. In a small pan, add the onion and cook for 2-3 minutes, until translucent. Add the garlic and cook for another 2 minutes.
3. Place the cooked cauliflower, onion and garlic in a blender and add the unsweetened almond milk, lemon juice, sea salt and black pepper. Blend until smooth.
4. Boil the fettuccine in salted boiling water until al dente. Pour the sauce over the pasta and mix well. Serve with chopped parsley and a sprinkle of black pepper.

Serves: 3-4



Yellow Curry Noodles Two Ways

- **2 zucchinis, peeled**
- **1 carrot**
- **1 red bell pepper, finely sliced**
- **1/4 onion, finely sliced**
- **3 cups kelp noodles**
- **1 1/2 cups coconut milk (optional)**
- **1/2 teaspoon sea salt (optional)**
- **1 lime**
- **1/4 cup basil**
- **1/4 cup cilantro**

Yellow curry sauce:

- **3 cups diced zucchini**
- **4 medjool dates, pitted**
- **1 garlic clove**
- **1/2 cup cilantro leaves**
- **2 tablespoons lime juice**
- **2 tablespoons coconut aminos (optional, see Tips)**
- **1/2 tablespoon minced ripe jalapeño**
- **1/2 teaspoon curry powder**

Directions:

1. Using a julienne peeler or spiralizer, turn the zucchinis and the carrot into “noodles.” Place these noodles into a large bowl along with the red bell pepper, onion, and kelp noodles.
2. Prepare the Yellow Curry Sauce by blending all the sauce ingredients until smooth and slightly warmed. For raw curry noodles, pour the Yellow Curry Sauce over the prepared vegetable and kelp noodles, tossing well to combine.
3. For cooked curry noodles, combine the Yellow Curry Sauce, prepared vegetable and kelp noodles, coconut milk, and sea salt in a large pot. Cook over medium heat for 10 to 15 minutes, until the vegetable noodles are tender and well combined. Serve the yellow curry noodles topped with basil, cilantro, and a squeeze of fresh lime juice.

Tip:

- Coconut aminos are available in many natural food stores and online. If you prefer, you can leave them out altogether and substitute 1/3 cup chopped dulse or 1/4 teaspoon sea salt instead.

Makes 2 servings



Mac & Cheese

(Gluten-Free, Dairy-Free, & Fat-Free)

- 12 oz/340 g gluten-free, corn-free elbow pasta
- 2 medium-sized potatoes, peeled and diced
- 1 medium-sized carrot, peeled and diced
- 1 tsp garlic powder
- 2 tsp onion powder
- 1/2 tsp paprika
- 1 tsp dried oregano
- 1/2 tsp turmeric
- 1 tbsp lemon juice
- 1/2 tsp sea salt, more to taste
- 1/2 cup water or vegetable stock
- black pepper, to taste

Directions:

1. Cook the pasta in boiling salted water until soft. Drain and set aside.
2. Place the diced potatoes and carrot in a steamer or colander set over a pan of boiling water. Cover with a lid or tight-fitting foil and steam for 10-15 minutes, until tender. Remove from heat.
3. Add the steamed potatoes and carrot to a blender along with the garlic powder, onion powder, paprika, oregano, turmeric, lemon juice, sea salt and water. Blend until smooth.
4. Place the cooked pasta in a large saucepan or pot and add the sauce. Heat until warmed through, about 3-5 minutes. Season with black pepper to taste before serving.

Serves 4



Cucumber Noodles With Bruschetta Topping

- 1 English cucumber, peeled
- 2 cups diced cherry or grape tomatoes
- 2 garlic cloves, finely chopped
- 1/4 cup tightly packed basil leaves, finely chopped
- 2 tablespoons finely chopped red onion
- 1/4 teaspoon red pepper flakes (optional)
- 1 tablespoon lemon juice
- 1 teaspoon raw honey

Directions:

1. Make the cucumber into noodles using a spiralizer or vegetable peeler. Place in a bowl and set aside.
2. Combine the tomatoes, garlic, basil, red onion, red pepper flakes (if using), lemon juice, and raw honey in a bowl and mix well. Spoon on top of the cucumber noodles and serve immediately.

Tips:

- You're welcome to make cucumber noodles with any type of cucumber. English cucumbers are listed here because they're the easiest to spiralize.
- You can leave the skin on your cucumber or remove it—it comes down to personal preference. If you're using a regular cucumber instead of an English cucumber, peeling the hard skin off first will produce the best cucumber noodles.

Makes 1 serving



Zucchini Noodle Bolognese

- 4 large zucchini*, peeled
- 2 cups sun dried tomatoes
- 2 cups tomatoes
- 3 cups mushrooms
- 1 tsp olive oil
- 1 date
- 2 garlic cloves
- 1/4 cup parsley
- 2 leaves of basil
- 1 tsp each of cumin and chili powder and poultry seasoning blend
- 1/2 tsp each of sea salt, paprika
- 1 pinch dried oregano

Directions:

1. Turn the zucchini into noodles using a spiralizer, a julienne peeler or normal peeler. If using a normal peeler, pat noodles dry before portioning into bowls.
2. Set aside 1 cup of mushrooms before combining all remaining ingredients in a food processor. Process until well combined into a thick sauce. Slice remaining mushrooms and stir in.
3. Top zoodle bowls with a hearty portion of the sauce and enjoy.

Notes:

- Cucumber can be used in place of zucchini for noodles



Cucumber Noodles with a Chunky Tomato Sauce

- 1 English cucumber, peeled
- 2 medium-sized tomatoes, roughly chopped
- 1 clove of garlic
- 1/4 cup fresh basil, roughly chopped, more for garnish
- 1/2 tsp red pepper flakes
- Salt and pepper, to taste
- Squeeze of lemon juice on top (optional)

Directions:

1. Make the cucumber into noodles using a spiralizer or vegetable peeler. Divide between two bowls and set aside.
2. Place the tomatoes, garlic, fresh basil, red pepper flakes, salt and pepper in a food processor and process briefly until you get a chunky tomato sauce. Ladle it on top of the cucumber noodles and top with fresh basil and a squeeze of lemon juice (optional). Serve immediately.

Serves 2



Medical Medium Healing Broth

- 4 carrots, chopped or 1 sweet potato, cubed
- 2 stalks of celery, roughly chopped
- 2 onions, sliced
- 1 cup parsley, finely chopped
- 1 cup of shiitake mushrooms, fresh or dried (optional)
- 2 tomatoes, chopped (optional)
- 1 bulb of garlic (about 6-8 cloves), minced
- 1 inch (2 cm) of fresh ginger root
- 1 inch (2 cm) of fresh turmeric root
- 8 cups of water
- Optional: chili peppers or red pepper flakes

Preparation:

1. Place all the ingredients in a pot and bring to a gentle boil. Turn heat down to low and allow to simmer for about an hour. Strain and sip for a mineral rich, healing and restorative broth or leave the veggies in to enjoy as a light healing soup.



Sweet Potato Soup

- 2 sweet potatoes, peeled and cubed
- 2 cloves of garlic
- 1 medium sweet onion, sliced
- 1/2 an inch (1 cm) of fresh ginger root
- A pinch of cinnamon, nutmeg, or cardamom and/or sea salt and pepper
- Optional topping: coconut or cashew cream and/or rosemary, thyme or parsley

Directions:

1. Steam the sweet potatoes, onion, garlic, and ginger until soft (about 45 minutes).
2. While still hot, transfer to a blender with 1 cup of the steaming liquid. Blend until smooth and creamy.
3. If needed you can add a little more of remaining steaming liquid to create the consistency desired for your soup.
4. Optionally sprinkle seasoning to taste, and top with fresh herbs such as parsley, rosemary, or thyme and a dollop of coconut or cashew cream.



"Cheddar" Broccoli Soup

- **3 cups diced potatoes**
 - **1 cup diced carrot**
 - **3/4 teaspoon turmeric**
 - **2 teaspoons garlic powder**
 - **1 tablespoon onion powder**
 - **1 teaspoon paprika**
 - **2 1/2 tablespoons fresh lemon juice**
 - **1 cup water or Liver Rescue Broth**
 - **1 medium-sized head broccoli, chopped into bite-sized pieces (yields about 4 cups)**
1. Add 3 inches (8 cm) of water to a medium-sized pot, bring it to a boil, and add a steaming basket. Place the potatoes and carrots in the basket, cover, and steam for 8 to 12 minutes, until soft.
 2. When they're ready, remove the potatoes and carrots and place them in a blender together with the turmeric, garlic powder, onion powder, paprika, lemon juice, and water or Liver Rescue Broth. Blend until very smooth. Pour into a pot and bring to a simmer.
 3. To make the broccoli, steam it for 5 to 10 minutes, until tender yet not mushy; you want the broccoli to hold up well in the soup. Stir it into the soup. Divide the soup between bowls and serve.
- If you don't like broccoli, you can use cauliflower or asparagus.
 - When choosing between water and Liver Rescue Broth for the ingredients, keep in mind that the broth will produce a richer flavor. Store-bought vegetable stock isn't called for because it's very difficult to find a variety that's free from oil, salt, natural flavors, and/or other additives. For convenience, make a batch of Liver Rescue Broth in advance and freeze it (consider ice cube trays for easy thawing) so you have it on hand for recipes like these.



Kabocha Squash Soup

- **1 medium kabocha squash (see Tips)**
- **3 cups vegetable broth (see Tips)**
- **1 cup diced onion**
- **4 garlic cloves, minced**
- **1 teaspoon curry powder**
- **1/2 teaspoon sea salt**
- **1/2 lime, juiced**
- **1/4 teaspoon red pepper flakes (optional)**
- **1/4 teaspoon sea salt**
- **1/2 cup water**

Directions:

1. Bring a large pot of water to a rapid boil and submerge the whole kabocha squash, stem and all. Boil the squash for 10 minutes, flipping it upside down halfway through. Remove the squash carefully and set aside to cool.
 2. When the squash is cool enough to handle comfortably, peel it, slice it in half, and remove the seeds. Cut the squash into cubes; this should yield about 4 cups. Place the cubed kabocha squash into a pot along with the vegetable broth, diced onion, garlic cloves, curry powder, sea salt, and lime juice. Bring the broth to a boil and then reduce to a rapid simmer, stirring frequently. Continue to simmer for 15 to 20 minutes, until the squash is tender and cooked through.
 3. Transfer the entire contents to a blender and blend until smooth, slowly at first, allowing an opening for steam to escape through the top of the blender. Serve warm, topped with red pepper flakes if desired.
- Make your own broth using the Liver Rescue Broth. Alternatively, you can find low-sodium vegetable broth at the grocery store (make sure it doesn't have canola oil, citric acid, natural flavors, or other sneaky additives) or replace the broth with water in a pinch.
 - If kabocha squash is unavailable where you live, try substituting butternut squash, acorn squash, or even sweet potato instead. You'll need about 6 cups cubed squash of any variety.

Makes 2 to 4 servings



Pumpkin Soup

- 2 lbs (1 kg) peeled, deseeded, and chopped pumpkin
- 1 cup chopped onion
- 4 cloves of garlic, minced
- 1 tbsp chopped ginger
- 1 teaspoon ground cumin
- 1 teaspoon ground coriander
- 1 tsp paprika
- 1 tsp dried oregano or thyme
- 1/4 teaspoon red pepper flakes (optional)
- 2 cups healing broth or water
- 1 cup light coconut milk
- 2-3 tbsp pumpkin seeds, to serve (optional)

Directions:

1. In a large pot on medium-high heat add the pumpkin, onion, garlic, ginger, cumin, coriander, paprika, oregano or thyme, red pepper flakes, and vegetable stock or water to the pot. Bring to a simmer and cook, uncovered, for 20-30 minutes until the pumpkin is tender.
2. Transfer mixture to a blender and add the coconut milk. Blend until smooth, about 1-2 minutes on high speed. Alternatively you can use an immersion blender.
3. Pour the soup back in the pot and heat until warm. Divide soup between bowls and top with pumpkin seeds (if using). Serve immediately.

Serves 4



Roasted Red Pepper & Tomato Soup

- 1 pound (0,5 kg) roughly chopped red bell peppers
- 1 pound (0,5 kg) plum tomatoes
- 1 cup diced onion
- 3 garlic cloves, roughly chopped
- 1/2 cup chopped celery
- 1 teaspoon dried thyme
- 1/2 teaspoon red pepper flakes (optional)
- 11/2 cups water or Liver Rescue Broth
- Fresh basil, to serve

Directions:

1. Preheat oven to 400°F/200°C. Line a baking dish with parchment paper. Add the chopped peppers, tomatoes, diced onion, garlic, celery, thyme, and red pepper flakes (if desired) to the baking dish. Mix well. Place in the oven and roast for 20 to 25 minutes, until browned and tender.
 2. Remove from the oven and add to a blender together with the water or Liver Rescue Broth. Blend until smooth. Pour into a pot and heat until simmering. Ladle into soup bowls and garnish with fresh basil. Serve immediately.
- When choosing between water and Liver Rescue Broth for the ingredients, keep in mind that the broth will produce a richer flavor. Store-bought vegetable stock isn't called for because it's very difficult to find a variety that's free from oil, salt, natural flavors, and/or other additives. For convenience, make a batch of Liver Rescue Broth in advance and freeze it (consider ice cube trays for easy thawing) so you have it on hand for recipes like these.



Sweet Potato Tortilla Soup

- 1 cup diced red or yellow onion, extra to serve
- 4 garlic cloves, minced
- 2 1/2 cups chopped fresh tomatoes
- 2 cups Healing Broth (recipe on page 368) or water
- 2 tablespoons tomato paste
- 1/4 to 1/2 teaspoon chipotle powder
- 1 teaspoon ground cumin
- 1 teaspoon ground coriander
- 1 teaspoon paprika
- 1 teaspoon pure maple syrup
- 1 cup diced sweet potato
- 1 1/2 tablespoons lime juice
- Fresh cilantro, to serve

Directions:

1. Place a large ceramic nonstick pot on medium-high heat and add the 1 cup of onion and the garlic. Cook for 3 to 5 minutes, until the onion is translucent, adding a spoonful of water if needed.
2. Add the chopped tomatoes, Healing Broth or water, tomato paste, chipotle powder, ground cumin, ground coriander, paprika, and maple syrup. Place the lid on and simmer for 20 minutes.
3. Add in the sweet potato and lime juice and cook for a further 10 to 15 minutes, until the sweet potato is very tender.
4. Divide between bowls and top with the extra onion and fresh cilantro. Serve immediately.

Tips:

- When you're choosing between water and Healing Broth for the ingredients, keep in mind that the broth will produce a richer flavor. Store-bought vegetable stock isn't called for because it's very difficult to find a variety that's free of oil, salt, natural flavors, and/or other additives. For convenience, make a batch of Healing Broth in advance and freeze it (consider ice cube trays for easy thawing) so you have it on hand for recipes like this.

Makes 2 servings



Asparagus Soup

- 1 cup chopped onions or leeks
- 3 garlic cloves, minced
- 2 pounds (1 kg) asparagus, ends trimmed and chopped
- 3 cups water or Liver Rescue Broth
- 1 teaspoon dried thyme or basil
- 1 tablespoon lemon juice
- 1/2 teaspoon lemon zest
- Asparagus ribbons, for garnish (optional)

Directions:

1. Place a large ceramic nonstick pot on medium-high heat and add the onion and garlic. Cook for 3 to 5 minutes, until the onion is translucent, adding a spoonful of water if needed. Add the chopped asparagus and cook for a further 3 minutes, until the asparagus begins to soften.
2. Add the water or Liver Rescue Broth, dried thyme, lemon juice, and lemon zest. Bring to a simmer and cook for 10 to 15 minutes, until the asparagus is very tender.
3. Ladle the soup into a blender and blend until smooth, letting steam escape as needed (you might need to do this in batches). Alternatively, you can use an immersion blender for this.
4. Pour the soup back in the pot and bring to simmer. Taste and adjust seasoning. Divide between bowls. If desired, use a vegetable peeler to create asparagus ribbons as garnish. Serve immediately.



Zucchini Soup

- 8 zucchini, cubed
- 2 cloves garlic
- 1/4 cup almonds
- 1/2 tsp sea salt
- 1 tsp olive oil
- 1/8 tsp or one dash each of sage and thyme

Instructions:

1. Steam zucchini and garlic until tender, approximately 5-10 minutes. Strain and place into high speed blender with the remaining ingredients. Blend until well combined. Serve and enjoy!

Serves 2



Chickpea Noodle Soup

- 1 cup diced onion
- 1 cup diced carrot
- 1 cup diced celery
- 1 1/2 cup cooked chickpeas
- 8 cups water or vegetable broth or **Medical Medium Healing Broth**
- 1/2 tbsp onion powder
- 1 tsp garlic powder
- 1/2 tsp ground turmeric
- 1 tsp dried parsley
- 1 tsp dried oregano
- 8 oz/225 g brown rice pasta, such as fusilli
- 1/4 cup chopped fresh parsley
- Sea salt, to taste (optional)

Directions:

1. Place a large non-stick pot (preferably ceramic pot) on medium-high heat. Add the onion, carrot and celery and cook for 5-7 minutes, until the onion is soft. Add a bit of water if the vegetables start sticking to the pot.
2. Add the water or vegetable broth, onion powder, garlic powder, turmeric, dried parsley, dried oregano, chickpeas, and pasta. Bring the soup to a boil, the lower to a simmer and cook for 13-18 minutes until the pasta and veggies are tender. Stir in the chopped parsley and season with sea salt (if using). Serve immediately.

Serves 2-3



Portobello Stew

- 1 onion, roughly chopped
- 2 celery stalks, chopped
- 1 pound (0,5 kg) portobello or portobellini mushrooms, stems removed and chopped
- 4 cloves garlic, minced
- 2 carrots, roughly chopped
- 1 1/2 pounds (0,7 kg) potatoes, quartered
- 2 tablespoons fresh thyme leaves
- 1 tablespoon chopped fresh rosemary
- 3 cups water or Liver Rescue Broth (recipe on page 394)
- 1 tablespoon pure tomato paste (find one without additives)
- 2 tablespoons arrowroot plus 3 tablespoons cold water, to thicken (optional)
- 2 tablespoons chopped fresh parsley, for garnish

Directions:

1. Place a large ceramic nonstick pot on medium-high heat and add the onion. Cook for 3 to 5 minutes, until it starts to soften, adding a spoonful of water if needed.
2. Add the celery and cook for another 2 minutes. Add the mushrooms and cook until softened and browned, about 5 to 7 minutes. Then add the garlic, carrots, potatoes, thyme, and rosemary. Stir well. Pour in the water and tomato paste and bring it to a boil. Cook uncovered for 15 to 20 minutes, until the potatoes and carrots are soft.
3. If desired, mix together the arrowroot and cold water in a small bowl to make a slurry. Pour the slurry into the stew and stir well. Cook for 2 to 3 minutes, until the stew has thickened. Remove from heat and serve, topped with fresh parsley.

Makes 4 to 6 servings



French Onion Soup

- **4 medium white or yellow onions, sliced**
- **3 garlic cloves, minced**
- **2 tsp fresh thyme, leaves only**
- **2 tbsp coconut aminos (optional)**
- **4 cups/1 liter vegetable broth or water**
- **1-2 bay leaves**
- **1 1/2 tbsp arrowroot starch mixed with 3 tbsp water, to thicken (optional)**
- **Sea salt (optional)**

For the topping (optional):

- **4-6 slices gluten-free bread, toasted**
- **1/2 cup raw cashews, soaked in hot water**
- **1 tbsp arrowroot starch**
- **1 tsp onion powder**
- **1 tsp garlic powder**
- **1 tbsp lemon juice**
- **1/4 tsp paprika**
- **1/2 tsp sea salt**
- **1/2 cup water**

Directions:

1. Heat oil in a large pot, if using. Alternatively add a couple tablespoons of water. Add the onions and cook on medium-high heat for 25-35 minutes, until dark and caramelized. Add the garlic, thyme, coconut aminos, vegetable broth or water and bay leaves. Simmer for 5 minutes, then add the arrowroot mixed with water and cook for a further 5 minutes. Taste and adjust seasoning.
2. To make the topping, blend the cashews, arrowroot, onion powder, garlic powder, lemon juice, paprika, sea salt and water until smooth. Pour into a small saucepan and whisk on medium-high heat until it gets thick. Remove from heat and set aside.
3. To serve, ladle the soup into oven-safe bowls. Spoon a few tablespoons of cashew cheese onto a slice of gluten free toast and place on top of the soup. Place in the oven, under the grill and broil for 2-3 minutes until browned. Alternatively, you can broil the cheese-covered toast slices separately on a baking tray and place on top of the soup. Serve immediately.

Serves 4



Torta De Ceci

- 2 1/2 cups chickpea flour
- 3 1/3 cups water
- 1/2 tsp sea salt (optional)
- 1 tsp olive oil (optional)
- 2 tbsp chopped rosemary (optional)
- Tomato marinara, to serve

Directions:

1. In a medium-sized bowl, whisk together the chickpea flour and water until lump free. Cover with a clean kitchen towel and soak at room temperature for 8 hours to overnight.
2. Preheat oven to 425°F/220°C. Cover a large cookie tray with parchment paper.
3. Add the sea salt and olive oil to the batter (if using), then pour the batter onto the parchment-covered baking tray. Sprinkle with rosemary (if using).
4. Carefully lift the tray into the oven and bake for 25-35 minutes, until browned on top. Remove from the oven and cool for 5-10 minutes before removing the parchment paper and cutting into pieces.
5. Serve with tomato marinara.

Serves 6-8



Medical Medium Sandwich Bread

- **3 tbsp ground flaxseeds + 1/2 cup water**
- **1/2 cup unsweetened applesauce**
- **3 tbsp maple syrup**
- **1 3/4 cups water**
- **3 cups gluten-free oat flour**
- **3/4 cup millet flour**
- **1 1/2 cups tapioca starch**
- **1 1/2 tbsp baking powder**

Directions:

1. Preheat oven to 350°F/180°C. Line a loaf pan with parchment paper.
2. Mix together the ground flaxseeds and water. Set aside for 5 minutes, until thickened. Add to a medium-sized mixing bowl together with the applesauce, maple syrup, and water. Whisk until uniform.
3. Add the oat flour, millet flour, tapioca starch, and baking powder to the wet ingredients and stir until evenly mixed. Set aside for 15 minutes for the batter to expand.
4. Pour the batter into a loaf pan, being careful not to lose any of the air bubbles that have formed in the batter. Bake for 50-60 minutes, until a toothpick inserted comes out clean.
5. Remove from oven and carefully tip out of the loaf pan right away. Remove the parchment paper and place on a wire rack until it has completely cooled. Slice and serve!



Everything Bagels

- **3 tbsp ground flax + 1/2 cup water**
- **1/2 cup melted coconut oil**
- **3 tbsp maple syrup**
- **2 cups cassava flour**
- **1/2 cup arrowroot starch**
- **1 cup coconut flour**
- **1/2 cup brown rice flour**
- **2 1/2 tsp baking powder**
- **1/3 cup + 1-2 tbsp water**

Everything seasoning:

- **2 tbsp onion granules or flakes**
- **2 tbsp garlic granules or flakes**
- **2 tbsp black sesame seeds**
- **2 1/2 tbsp white sesame seeds**
- **1 tbsp poppy seeds**
- **1 tsp flaked or regular sea salt (optional)**

1. Bring a large pot of water to boil. Preheat oven to 430°F/220°C and line a baking sheet with parchment paper.
2. In a small bowl, whisk together the ground flaxseeds and water. Let stand for 5 minutes. Pour in the coconut oil and maple syrup and whisk until uniform. Set aside. In a large bowl, add the cassava flour, arrowroot, coconut flour, brown rice flour and bak-ing powder. Whisk until uniform and lump-free.
3. Pour in the wet ingredients and stir, adding water one tablespoon at a time, until the dough starts coming together. Knead with your hands until you get a uniform, soft dough. Shape the dough into balls, flatten slightly and make a hole in the middle using a chop-stick on your finger. The dough is quite crumbly, so smaller bagels will be easier to shape.
4. Gently submerge a bagel in boiling water and cook for 30 seconds on both sides. Transfer to baking sheet and sprinkle Everything Seasoning on top. Repeat with rest of dough.
5. Bake for 18-20 minutes, until lightly browned on top. Transfer to wire rack and cool. These bagels taste best when still slightly warm. Best stored in an airtight container at room temperature.

Makes 5-6 bagels



Wild Blueberry Banana Bread

- 3 ripe bananas
- 1/4 cup maple syrup
- 1/4 cup coconut sugar
- 1 tsp alcohol-free vanilla extract
- 1/2 cup unsweetened almond milk
- 2 cups gluten-free oat flour
- 1/2 tsp sea salt
- 1 tsp baking powder
- 1/2 tsp baking soda
- 1/2 cup frozen wild blueberries
- Chopped walnuts, for topping (optional)

Directions:

1. Preheat oven to 350°F/180°C. Line a 9x5 loaf pan with parchment paper.
2. Place the bananas in a bowl and mash with a fork. Add the maple syrup, coconut sugar, vanilla extract and almond milk. Mix well.
3. In another bowl, combine the oat flour, sea salt, baking powder and baking soda. Whisk until lump free. Add the wet ingredients and fold gently until you get a uniform batter. Add the blueberries and stir very gently, just enough to incorporate them.
4. Pour the batter into the loaf pan and bake in the oven for 40 minutes. After this, turn the oven off but leave the banana bread in the oven for 10 more minutes. Remove from the oven and cool completely before slicing.

Serves 4



Cinnamon Raisin Bread

- **3 tbsp ground flaxseeds + 1/2 cup water**
- **1/2 cup unsweetened applesauce**
- **1/4 cup maple syrup**
- **1 3/4 cups water**
- **3 cups gluten-free oat flour**
- **3/4 cup millet flour**
- **1 1/2 cups tapioca starch**
- **1 1/2 tbsp baking powder**
- **1 tbsp cinnamon**
- **1/2 cup raisins**

Directions:

1. Preheat oven to 350°F/180°C. Line a loaf pan with parchment paper.
2. Mix together the ground flaxseeds and water. Set aside for 5 minutes, until thickened.
3. Add the flaxseeds to a medium-sized mixing bowl together with the applesauce, maple syrup, and water. Whisk until uniform.
4. Add the oat flour, millet flour, tapioca starch, baking powder, and cinnamon to the wet ingredients and stir until evenly mixed. Stir in the raisins until evenly dispersed in the batter, then set the batter aside for 15 minutes.
5. Pour the batter into a loaf pan, being careful not to lose any of the air bubbles that have formed in the batter. Bake for 50-60 minutes, until a toothpick inserted comes out clean.
6. Remove from oven and carefully tip out of the loaf pan right away. Remove the parchment paper and place on a wire rack until it has completely cooled. Slice and serve.



Strawberry Banana Bread

- 3 ripe bananas (yields about 1 1/2 cups mashed)
- 1/4 cup maple syrup
- 2 tbsp coconut sugar
- 1 tsp alcohol-free vanilla extract
- 1/2 cup unsweetened almond milk
- 2 1/2 cups gluten-free oat flour
- 1/2 tsp sea salt (optional)
- 1 tsp baking powder
- 1/4 tsp baking soda
- 3/4 cup roughly chopped strawberries
- 2 whole strawberries, thinly sliced, for topping

Directions:

1. Preheat oven to 350°F/180°C. Line a 9x5 loaf pan with parchment paper.
2. Place the bananas in a bowl and mash with a fork or potato masher. Add the maple syrup, coconut sugar, vanilla extract and almond milk. Mix well.
3. In another bowl, combine the oat flour, sea salt, baking powder and baking soda. Whisk until lump free. Add the wet ingredients and fold gently until you get a uniform batter. Add the chopped strawberries and stir very gently, just enough to incorporate them.
4. Pour the batter into the loaf pan and bake in the oven for 45-55 minutes, until a toothpick inserted comes out clean. Remove from the oven and cool completely before slicing.

Serves 4



Ketchup

- 6 oz/170 g tomato paste
- 1/3 cup apple juice
- 2 tbsp lemon juice
- 2 tsp raw honey
- 1/4 tsp dried onion powder
- 1/4 tsp garlic powder
- 1/4 tsp dried oregano
- Pinch cayenne pepper or chili flakes (optional)
- Sea salt to taste (optional)

Blend or whisk the ketchup ingredients together until smooth. Taste and adjust seasonings as desired.



Raw Sriracha

If you like spicy foods, you will love this recipe as it will have you coming back for more with every bite.

- **1 red bell pepper, stem removed**
- **1 jalapeño**
- **1 small tomato**
- **4 dates**
- **3/4 cup sun-dried tomatoes**
- **4 cloves garlic**
- **1/2 lemon, juiced**
- **1 tbsp honey**
- **1/4 tsp red pepper flakes (adjust to taste)**

Combine all ingredients in a food processor and process until well combined. If using sun-dried tomatoes that are very dry, soak for 30 minutes prior in cool water. Adjust red pepper to reflect desired heat. Enjoy!

Serves: 2-4



Hot Sauce

- **1/2 cup chopped red bell pepper**
- **1/3 cup chopped cherry tomatoes**
- **3 cloves garlic**
- **1/3 cup roughly-chopped fresh red cayenne or other hot variety of hot peppers or 1/4 cup dried cayenne peppers, or more to desired heat preference**
- **3 tbsp lime juice**
- **1/4 cup lemon juice**
- **3 tbsp raw honey**

Directions:

1. If using fresh chilies, combine all the ingredients in a blender and blend until completely smooth, about 2-3 minutes on high speed. Taste a very small bit (it's hot!) and adjust sweetness, heat level, and lemon and lime juice if needed.
2. If using dried chili peppers, you can soak them in hot water for 30 to 40 minutes (you may need to place a spoon or small bowl on top of them so that they are submerged) or if you have a high-powered blender, you likely won't need to soak them. If you used soaked peppers, drain the water and place the peppers in a blender with the other ingredients. If using them dry, you can place them straight into a high-powered blender with the other ingredients. Blend until smooth.
3. Serve sauce immediately or keep refrigerated until needed.



Mustard Recipes

POTATO MUSTARD:

- **2 1/2 tbsp raw honey**
- **2 tsp mustard powder**
- **3 tbsp lemon juice**
- **1/2 garlic clove, roughly chopped**
- **1/8 tsp turmeric**
- **1/2 cup peeled and diced steamed potato**
- **1 tbsp water**

Combine all ingredients in a blender and blend until smooth.

HONEY MUSTARD:

- **1/3 cup raw honey**
- **2 tsp mustard powder**
- **1/4 cup lemon juice**
- **1/2 clove garlic, finely grated**
- **1/8 tsp turmeric**

Combine all ingredients in a small blender and blend until smooth. Alternatively, you can combine all the ingredients in a small bowl and whisk until uniform.

ZUCCHINI MUSTARD:

- **3 tbsp raw honey**
- **2 tsp mustard powder**
- **3 tbsp lemon juice**
- **1/2 garlic clove, roughly chopped**
- **1/8 tsp turmeric**
- **1/3 cup peeled and chopped zucchini**

Combine all ingredients in a blender and blend until smooth



Lemon Vinaigrette

- **1/2 cup lemon juice**
- **1/4 cup olive oil**
- **2 tablespoons raw honey**

For the dressing, blend the lemon juice, olive oil, and honey until smooth.



Orange Vinaigrette

- **1 cup orange juice**
- **1/4 cup olive oil (or less for a lighter dressing)**
- **2 tbsp honey**

Blend until smooth.



Cashew Cream

- **1 cup raw cashews**
- **1/2 lemon, juiced**
- **1/2 date, peeled**
- **1 inch (2,5 cm) green onion**
- **1 garlic clove**

Blend until smooth.

Cashew “ Sour Cream”

- **1 cup raw cashews**
- **1/2 lemon, juiced**
- **1/2 date, peeled, pitted**
- **1 garlic clove**
- **1/2 cup water**

Blend until smooth, adding 1/2 cup water slowly (just enough to keep things moving).

Garlic Cashew Aioli

- **1 cup cashews**
- **2 tablespoons olive oil**
- **3 garlic cloves**
- **2 lemons**
- **1/4 teaspoon sea salt**
- **1/2 to 1 cup water**

Combine the cashews, olive oil, garlic, juice of two lemons, and sea salt in the blender with 1/2 cup of water. Blend until smooth for a thicker aioli. For a thinner consistency, continue to stream in another 1/2 cup of water while blending.



Creamy Cashew Sage Dressing

- 1/4 cup cashews
- 1 cup zucchini, peeled and chopped
- 1/2 lemon, juiced
- 1 garlic clove
- 1 large leaf of sage

Blend all the ingredients until smooth.

“Ranch” Dressing

- 1/4 cup Brazil nuts
- 1/4 cup cashews
- 6 inch (15 cm) piece of celery
- 1 garlic clove
- 1 tablespoon dried parsley
- 1 tablespoon fresh dill
- 1/2 tablespoon garlic powder
- 1/4 teaspoon celery seeds
- 1/4 teaspoon sea salt
- 1 lemon
- 1/2 cup water

Blend the Brazil nuts, cashews, celery, garlic clove, dried parsley, fresh dill, garlic powder, celery seeds, sea salt, and the juice of the lemon together until smooth. Slowly stream in 1/4 to 1/2 cup of water, stopping when desired consistency is reached. Store the dressing in a small mason jar in the fridge for up to 3 days.



Garlic Tahini Salad Dressing

- **1/4 cup raw tahini**
- **1 tablespoon olive oil**
- **2 garlic cloves**
- **2 medium dates (or 1 large date), pitted**
- **1/2 cup water**

Place all the ingredients in a blender and blend until smooth. Pour over your favorite salad greens and enjoy.



Creamy Tahini Ginger Dressing

- **1 tbsp tahini**
- **1 small peeled and chopped zucchini**
- **Juice of 1 lemon**
- **2 cloves of garlic**
- **2 dates**
- **1 inch (2,5 cm) piece of ginger**

Blend until smooth.



Avocado Basil Dressing

- 1/2 avocado
- 1 cup spinach
- 1/2 cup orange juice
- 1/2 cup basil

Blend until smooth.



Avocado Cilantro Dressing

- 1 large avocado
- 2 cups zucchini, peeled and diced
- 2 medjool dates, pits removed
- 1/4 cup cilantro leaves
- 1/2 lemon, juiced
- optional sea salt and pepper

Blend all ingredients until smooth, adding water as needed to desired consistency, about 1/2 cup.

Enjoy over salad greens or as a dip with raw vegetables such as cucumber, cauliflower, or bell pepper.

Serves 1-2



Creamy Avocado Dipping Sauce

- 1 avocado
- 1 lime, juiced
- 1/4 cup cilantro
- 1/4 jalapeño
- 1/2 medjool date
- 1/2 cup water

Blend all the ingredients until smooth.



Sweet Pea Dip

- 1 cup peas, fresh or defrosted
- 1 medium-sized avocado, peeled, pitted and dice
- 3 tbsp lemon juice
- 1 garlic clove, roughly chopped
- 1/4 cup fresh cilantro + more for garnish
- Salt and pepper, to taste

Place the peas, avocado, lemon juice, garlic, cilantro, salt and pepper in a food processor or blender and blend until smooth. Taste and adjust seasoning.

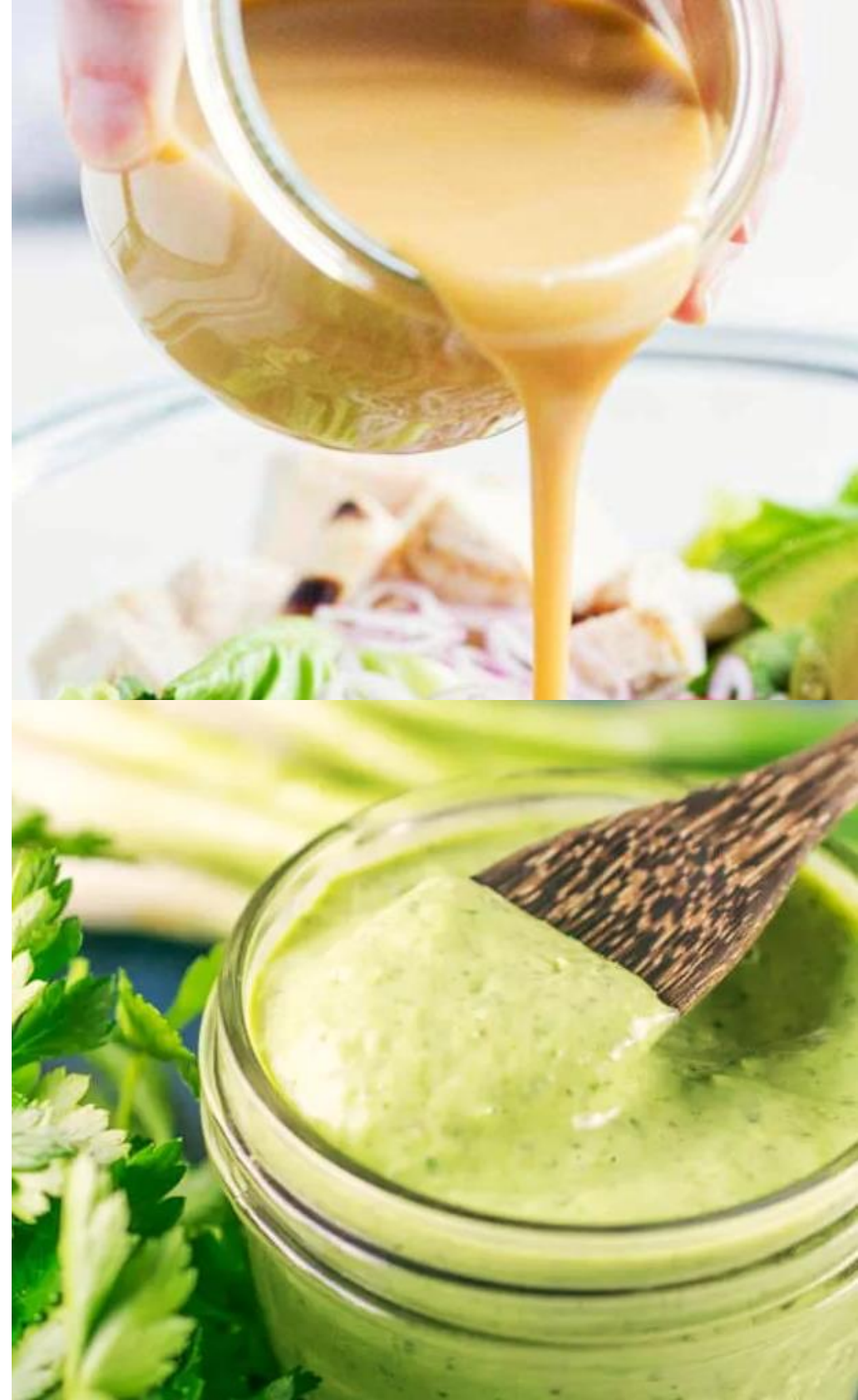
Serves: 2-4 people



Lemon Honey Dipping Sauce

- **1/4 cup olive oil**
- **1/4 cup honey**
- **1/4 cup lemon juice**
- **3 sage leaves**

To make the dipping sauce, combine all the remaining ingredients in a small saucepan over high heat. Stir continuously until the sauce begins to thicken slightly, about 2 minutes. Remove from heat and serve immediately.



Lemon Pesto Dipping Sauce

- **1/2 cup basil**
- **1 lemon, juiced**
- **2 zucchini, peeled and diced**
- **1 date**
- **1 garlic clove**
- **1 tsp olive oil**
- **2 tbsp hemp seeds**

Blend lemon juice, zucchini, date, garlic, olive oil and hemp seeds with a splash of water until smooth. Pulse in basil gently at the end without over blending.



Tzatziki Sauce

- 1 cup cucumber, chopped
- 1/2 cup young coconut meat
- 1 garlic clove
- 1 lemon, juiced
- 1 tbsp dill, chopped

Blend cucumber, coconut meat, garlic, lemon juice and dill until smooth. Add water only if needed. Serve with sliced cucumbers.



Yellow Curry Sauce

- 3 cups diced zucchini
- 4 medjool dates, pitted
- 1 garlic clove
- 1/2 cup cilantro leaves
- 2 tablespoons lime juice
- 2 tablespoons coconut aminos (optional, see Tips)
- 1/2 tablespoon minced ripe jalapeño
- 1/2 teaspoon curry powder

Blend all the ingredients until smooth.



Creamy Tomato Ginger Sauce

- 1/4 cup tomato
- 1/4 cup orange juice
- 2 tbsp raw hulled hemp seeds
- 1 cup zucchini, peeled and diced
- 1/2 inch jalapeño without seeds
- 1 pinky tip sized piece of ginger
- 2 dates
- 1 garlic clove

Blend all ingredients in a blender until smooth.

Mango Tomato Dressing

- 1 cup mango
- 1 cup cherry tomato or diced tomato
- 1/2 cup orange juice
- Juice of 1 lime
- 1/2 cup cilantro
- 1 green onion
- 1/4 jalapeño (optional)

Blend until smooth.

Mango Tomato Dipping Sauce

- 1 cup diced mango
- 1 cup diced tomato
- 1 quarter- size (2,5 cm) slice ginger
- 1/4 inch slice of jalapeño (optional)

Blend until smooth.



Ginger Almond Butter Sauce

- 1/4 cup cilantro
- 2 tbsp almond butter
- 1 date
- 1 garlic clove
- 1 quarter-sized (2,5 cm) slice of ginger
- 1/2 lemon, juiced
- 1/4 cup water

Blend until smooth. For use with salads.



Almond Ginger Sauce

- 1 inch (2,5 cm) ginger
- 1 lime, juiced
- 1/4 cup almond butter
- 1 large zucchini, peeled and cubed
- 2 tsp raw honey
- 1/4 cup cilantro leaves
- 2 garlic cloves
- 1/2 tsp sea salt
- 1 slice of jalapeño without seeds (optional)

Blend all sauce ingredients together until smooth.
Use with [Pad Thai](#) recipe.



Almond Butter And Thyme Dressing

- 2 tbsp almond butter
- 2 dates
- 1/2 lemon
- 2 cloves of garlic
- 1 tsp thyme
- water to blend if needed

Blend until smooth.



Garlic Date Sauce

- 6 dates
- 2 garlic cloves
- 1 tsp raw honey
- juice of 1/2 lemon
- 1/4 tsp each of paprika, horseradish root, mustard seed powder

Blend until smooth.



Dairy-Free Queso Dip

- 1 medium-sized potato, peeled and diced
- 1 1/2 cups of water
- 1/2 tsp sea salt
- 1/2 cup raw cashews, soaked overnight
- 2 tbsp lime juice
- 1/2 tsp garlic powder
- 1/2 tsp onion powder
- 1/4 ground cumin
- 1/2 jalapeño, chopped, more for garnish
- 1/2 tsp smoked paprika or paprika
- 2 tbsp tomato paste
- Sea salt, to taste
- Black pepper, to taste
- Pinch of ground turmeric (for color)
- Small handful of fresh cilantro (for garnish)
- 1 small tomato, diced (for garnish)

Served with:

- 1 bag corn-free tortilla chips (optional)
- 1 large carrot, wedges
- 2-3 celery stalks, 5 cm sticks
- 1 red bell pepper
- Any other vegetables

Directions:

1. Place the potato, water and sea salt in a small saucepan and bring to a boil. Cook, uncovered, for 10-15 minutes until the potato is soft. Drain the cooking liquid into a jug and set aside.
2. Place the cooked potato in the jug of a blender and add the soaked cashews, lime juice, garlic powder, onion powder, ground cumin, jalapeño, smoked paprika, tomato paste and turmeric.
3. Add 2/3 cup of the cooking liquid to the blender and blend the mixture until very smooth. Add a bit more liquid if needed. Taste and adjust seasoning.
4. Pour into serving dish and top with a few slices of fresh jalapeño, diced tomatoes and cilantro. Serve with corn-free tortilla chips and vegetable sticks.

Serves: 3-4



7 Layer Dip

REFRIED BEANS:

- **1/2 medium-sized onion, finely chopped**
- **1 garlic clove, minced**
- **3 cups cooked black or pinto beans**
- **1 tsp cumin**
- **1/4-1/2 tsp chipotle powder**
- **1/2 cup water**

GUACAMOLE:

- **2 large or 3 small avocados**
- **1 garlic clove, minced**
- **2 tbsp finely chopped red or white onion**
- **1/4 cup fresh cilantro, finely chopped**
- **1-2 tsp fresh finely chopped jalapeño (optional)**
- **Juice from 1/2 lime**
- **1/4 cup diced tomato**

SALSA:

- **2 cups finely chopped tomato**
- **1/4 cup finely chopped red onion**
- **2-3 tbsp lime juice**
- **1 small garlic clove, finely minced**
- **1/2 serrano chili or jalapeno, finely minced**
- **1/3 cup fresh cilantro, roughly chopped**
- **1/2 tsp ground cumin (optional)**

QUESO:

- **1 medium-sized potato, peeled and diced**
- **1 1/2 cups of water**
- **1/2 cup cashews, soaked 1 hour in hot water**
- **2 tbsp lime juice**
- **1/2 tsp garlic powder**
- **1/2 tsp onion powder**
- **1/4 ground cumin**
- **1/2 jalapeño, deseeded and chopped**
- **1/2 tsp smoked paprika or paprika**
- **2 tbsp tomato paste**
- **Pinch of ground turmeric (for color)**

EXTRAS:

- **1 cup diced red bell peppers**
- **1/4 cup thinly sliced green onions**
- **1/4 cup cilantro, roughly chopped**
- **1/3 cup olives, sliced**

1. To make the queso, place the potato, water and sea salt in a small saucepan and bring to a boil. Cook, uncovered, for 10-15 minutes until the potato is soft. Drain the cooking liquid into a jug and set aside. Place the cooked potato in the jug of a blender and add the soaked cashews, lime juice, garlic powder, onion powder, ground cumin, jalapeño, smoked paprika, tomato paste, and turmeric. Add 2/3 cup of the cooking liquid to the blender and blend the mixture until very smooth. Add a bit more liquid if needed. Taste and adjust seasoning. Set aside.
2. To make the refried beans, place a medium-sized, non-stick ceramic skillet on medium-high heat and add the onion and garlic. Cook for 3-5 minutes, until the onion is translucent, adding a bit of water if needed to prevent sticking. Remove from heat and add in the beans, cumin, chipotle powder, and water and mash until you get a smooth, even mixture. Alternatively, you can transfer the mixture to a blender and blend until smooth. Set aside.
3. To make the guacamole, add the pitted and peeled avocados to a medium-sized bowl. Mash using a potato masher or a fork until the guacamole is smooth but still has a few bigger chunks. Add all the remaining ingredients and mix together gently with a spoon. Taste and adjust seasoning. Set aside.
4. To make the salsa, combine all the ingredients to a bowl and mix well. Set aside.
5. To assemble, layer the refried beans, guacamole, salsa, and queso in a shallow dish. Add the diced red bell peppers, green onions, cilantro, and olives on top. Serve immediately.

Serves 4-6



Caramel Dip

- **6 dates, pitted**
- **1/4 teaspoon cinnamon**

Blend the dates and the cinnamon with a splash of water until combined. If working with dry, firm dates, soak them in water for 2 hours beforehand until they are softened.

Strawberry Date Sauce

- **1 cup strawberries**
- **1 cup dates, pitted**

Blend until smooth.



Liver Rescue Applesauce

- 1 to 2 red apples, diced
- 1 to 4 medjool dates, pitted (optional)
- 1 stalk celery, chopped (optional)
- 1/4 teaspoon cinnamon (optional)

Blend the diced red apple and other desired ingredients in a blender or food processor until a smooth, even applesauce forms. Serve and enjoy immediately or squeeze some fresh lemon juice over the top and seal tightly if you'd like to save it for later.

Makes 1 serving



Hummus (Oil Free)

- **4 cups cooked garbanzo beans**
- **1/2 cup tahini (optional)**
- **4 cloves garlic**
- **2 tbsp lemon juice**
- **3 tsp cumin**
- **1 1/2 tsp sea salt**
- **1/2 cup water**
- **Optional: 1/8 tsp paprika**

In a food processor, combine the garbanzo beans, tahini, garlic, lemon juice, cumin and sea salt. Process until roughly combined. Continue processing while streaming in up to 1/2 cup of water until desired consistency is reached. If desired, served sprinkled with paprika. Enjoy!



Veggie Hummus

- **2 cups of raw zucchini, peeled and chopped**
- **1 clove of garlic, minced**
- **1 teaspoon of cumin**
- **2 tablespoons of lemon juice**
- **1/2 cup tahini**
- **Optional: red pepper flakes, sprig fresh dill, basil, or cilantro, sea salt**
- **Optional wrap: romaine lettuce leaves, tomato, sprouts, and scallions**
- **Optional veggies: chopped cucumber, cauliflower, broccoli, asparagus, sweet potato, bell pepper, etc**

Blend the zucchini, garlic, cumin, lemon juice and tahini together on high until very creamy. Taste and add optional red pepper flakes, dill basil or cilantro if desired. You can also add sea salt if you like.

Serve with raw veggies as a dip. Alternatively, place in romaine lettuce leaves and top with tomato, sprouts, and scallions for delicious wraps.



Black Bean Hummus Crudité Platter

- 1/2 cup dried black beans, soaked overnight or 1 1/2 cups canned black beans, drained and rinsed (reserve about 4 tablespoons of the bean-water from the can)
- 1/2 cup peeled and diced ripe avocado
- 1/4 cup cilantro leaves + more for garnish
- 1/2 jalapeño, seeded and roughly chopped
- 4 tablespoons lime juice, freshly squeezed
- 1/2 tbsp finely chopped garlic
- 1/2 teaspoon ground cumin
- 1/2 tsp ground coriander
- salt and pepper

For crudités:

- 4-5 orange and purple carrots, peeled and cut into wedges
 - 6 radishes, cut into wedges
 - 3 small persian cucumbers, cut into slices and wedges
 - 1 yellow bell pepper, cut into wedges
 - 1 red bell pepper, cut into wedges
 - 3 celery stalks, cut into sticks
 - 10 cherry tomatoes
1. If using dried black beans, drain the beans and discard liquid. Place them in a medium-sized pot and fill with water. Bring to the boil and cook for 45-75 minutes until very soft. Set aside 4 tbsp of the cooking liquid, then drain the beans and let cool.
 2. Place the cooked or canned beans, avocado, cilantro, jalapeño, lime juice, garlic, ground cumin, ground coriander and reserved cooking liquid/water from the can in a food processor or blender and blend until very smooth. Season with salt and pepper.
 3. Arrange prepared vegetable crudités on a platter. Spoon the hummus into a bowl and garnish with fresh cilantro. Serve with the crudités.

Serves 4



Red Pepper Hummus

- **2 medium-sized red peppers or 3/4 cup chopped jarred roasted red peppers (without citric acid, oil or vinegar)**
- **1 1/2 cups cooked chickpeas (or 1 15oz/425g can, drained and rinsed)**
- **2 garlic cloves, roughly chopped**
- **1/2 tsp ground cumin**
- **1/2 tsp paprika**
- **3 tbsp lemon juice, to taste**
- **Sea salt, to taste (optional)**
- **2-3 tbsp water, more if needed**
- **Cilantro or parsley, to serve**
- **Veggie sticks (celery, carrot, cucumber), to serve (optional)**

Directions:

1. Place an oven-rack about 5 inches (12 cm) from the broiler. Turn the oven broiler on.
2. Line a baking sheet with parchment paper. Core and slice peppers into large flat pieces. Align peppers on baking sheet, skin side up and broil on high for 10-15 minutes, until charred.
3. Remove the pepper from the oven, place in a bowl and cover the bowl tightly with plastic wrap. Wait for 10-15 minutes for the pepper skins to soften. Remove peppers from the bowl and gently peel off the skin. Roughly chop.
4. Add the chopped peppers to a food processor or blender together with chickpeas, garlic, ground cumin, paprika, lemon juice, sea salt (if using) and water. Blend until smooth.
5. Serve topped with chopped fresh cilantro or parsley and a sprinkle of paprika.

Serves 2-3



Oil-free Pesto

- 1/4 cup pine nuts
- 2 cups basil
- 2 cups spinach
- 1/2 lemon, juiced
- 2 cloves garlic
- 1 date
- 1/4 tsp sea salt

In a food processor, pulse all ingredients until well combined. Add water in a thin stream as needed up to 1/4 cup. Pesto should be uniform but with some texture. Use with veggie lasagna.

Oil-Free Kale Pesto

- 2 cups kale, stems removed and roughly chopped
- 1 cup parsley
- 1 cup basil
- 2 cloves of garlic, roughly chopped
- 1/3 cup walnuts
- 2 tbsp lemon juice
- 1/2 tsp sea salt, more if needed
- 1/2 tsp freshly cracked black pepper
- 3-5 tbsp water

Served with:

- 1/2 English cucumber, cut into wedges
- 1 red bell pepper, cut into wedges
- 1 small romaine lettuce, separated into leaves
- 1 large tomato, sliced

1. To make the pesto, combine the kale, parsley, basil, garlic, walnuts, lemon juice, sea salt and pepper in a food processor or blender and blend until you get a chunky pesto. While the motor is running, pour the water into the food processor until you reach the desired consistency. Taste and adjust seasoning.
2. To serve, arrange cucumber wedges, bell pepper, romaine lettuce leaves and tomato slices on a platter with the pesto.

Serves: 4 people



Cilantro pesto

- **2 cups packed cilantro**
- **1/4 cup walnuts**
- **1/2 lemon, juiced**
- **2 garlic cloves**
- **2 tablespoons olive oil**
- **1/8 teaspoon sea salt**

Place all the ingredients in a food processor and process until well combined. Scoop the pesto into a small bowl and enjoy as a dip, salad dressing, or sauce.



Pistachio Pesto

- **1 1/2 cups fresh basil**
- **1/2 cup cilantro**
- **1 cup shelled pistachio nuts**
- **2 -3 cloves garlic**
- **1/4 cup olive oil or pistachio oil**
- **1-2 teaspoons fresh lemon juice**
- **Pinch of sea salt**

Place all ingredients in a food processor or blender, and pulse until smooth. Spread, or topping for raw veggies, baked potatoes, steamed asparagus, rice pasta or crackers.



Pomegranate Guacamole

- 2 large or 3 small avocados
- 1 garlic clove, minced
- 2 tbsp finely chopped red or white onion
- 1/4 cup fresh cilantro, finely chopped
- 1-2 tsp fresh finely chopped jalapeño (optional)
- Juice from 1/2 lime
- 1/4 cup pomegranate seeds, more to serve
- Sea salt, to taste (optional)

In a medium-sized bowl, add the pitted and peeled avocados. Mash using a potato masher or a fork until the guacamole is smooth but still has a few bigger chunks.

Add all the remaining ingredients and mix together gently with a spoon. Taste and adjust seasoning. Serve immediately or refrigerate until needed.



Cilantro Guacamole

- 1-2 ripe avocados, mashed with a fork 1
- 2 celery stalks, finely chopped
- 1 tomato, chopped
- 1 bunch of cilantro, chopped
- 1 bunch of scallions, chopped
- 1 lemon or 2 limes, squeezed
- 1 clove of garlic, minced
- a pinch of sea salt and black pepper
- optional: romaine lettuce leaves

Mix all the ingredients except the tomato and romaine together in a bowl. Add the chopped tomato and fold through gently. Serve the guacamole on romaine lettuce leaves, or as a dip with vegetable crudité's. Enjoy!

Guacamole And Veggies

- 2 ripe avocados
- 1/2 jalapeño without seeds, diced
- 1/2 cup diced tomato
- 1 cup cucumber, diced
- 1/4 cup cilantro leaves
- 1/2 lime, juiced
- 1/2 lemon, juiced
- 1 clove garlic, minced

In a medium bowl, mash avocado with lime juice, lemon juice, garlic and jalapeño until slightly combined. Stir in cucumber, tomato, and cilantro. Serve alongside desired sliced veggies.



Salsa

- 1 1/2 cup diced tomato
- 1 cup diced cucumber
- 1/4 cup diced onion
- 1/4 cup minced cilantro
- 1 garlic clove, minced
- 1 lime, juiced
- 1/8 cup minced jalapeño
- 1/8 teaspoon sea salt
- 1/8 teaspoon cayenne (optional)

Combine all the ingredients in a small bowl.



Fresh Tomato Salsa

- 4-5 medium-sized tomatoes, finely chopped
- 1/2 red onion, finely chopped
- 3 tbsp lime juice
- 1 small garlic clove, finely minced
- 1/2 serrano chili or jalapeno, finely minced
- 1/3 cup chopped fresh cilantro
- Sea salt (optional)
- 1/2 tsp ground cumin (optional)

Combine all the ingredients to a medium-sized bowl and mix well. Serve immediately or refrigerate until needed.



Sweet & Spicy Mango Salsa

- 2 cups mango, diced
- 2 cups tomatoes, diced
- 1 cup avocado, diced
- 1/2 cup onion, minced
- 2 tbsp orange juice
- 1 lime, juiced
- 1/4 cup cilantro leaves, minced
- 1 tbsp jalapeno, minced
- 1 tsp cumin
- optional dash of cayenne
- optional sea salt and pepper

Add all ingredients to a medium bowl and mix together until well combined.

Enjoy with raw vegetables, crackers, or scooped into lettuce leaves.



Parsley tabbouleh

This salad is the perfect addition to a big meal eaten around the table with family and friends. It pairs perfectly with hummus and a platter of roasted cauliflower. Traditionally, tabbouleh is eaten inside tender lettuce leaves. Serve it in a huge bowl and use your hands to scoop it up with lettuce cups. Enjoy the tradition of gathering together around this beautiful meal.

- **1/4 cup almonds**
- **4 cups parsley, tightly packed**
- **1/8 cup mint, loosely packed**
- **2 cups quartered tomatoes**
- **2 cups quartered cucumber**
- **1/2 cup chopped red onion**
- **1/4 teaspoon sea salt**
- **1 teaspoon olive oil**
- **1/2 lemon, juiced**

Pulse 1/4 cup almonds in a food processor until roughly chopped. Set aside. Place 4 cups parsley in a food processor and pulse until finely chopped. Set aside. Place the remaining ingredients in a food processor and pulse until chopped and well combined. Transfer the mixture to a large bowl. Add in the parsley and almonds and mix together. Serve and enjoy!

Makes 1 to 2 servings



Raw cranberry relish

When you think of cranberries, you may envision a gelatinous blob on the table at Thanksgiving dinner. This raw cranberry relish is anything but boring. The fresh cranberries are chopped with bits of apple, orange, and coconut sugar that offset the cranberries' natural tartness. This simple side dish is a great accompaniment to any holiday meal, or is perfect on top of a salad any time.

- **1 cup cranberries**
- **2 cups roughly diced apple**
- **1/2 cup orange sections**
- **1/4 teaspoon orange zest**
- **4 tablespoons coconut sugar**
- **3 mint leaves**

Pulse-blend all the ingredients in a food processor until roughly combined. Store in the refrigerator for at least 30 minutes before serving.

Makes 2 to 4 servings



Macadamia Cheese

- **1/2 cup raw macadamia nuts**
- **1/2 lemon, juiced**
- **1 dime sized (2 cm) sliver of garlic**
- **1/2 tsp olive oil**
- **1 tsp raw honey**

Blend macadamia nuts, lemon juice, olive oil, honey and garlic in the blender until smooth and creamy. Set aside in fridge to cool. Use in Figs with Macadamia Cheese and Raw Honey recipe.



Cauliflower Ricotta

- **1 large cauliflower, florets**
- **1/3 cup cashew cheese**

Arrange florets on a baking tray lined with parchment paper. Roast at 425 degrees for 25 minutes until the tips turn golden brown and florets are tender but not mushy.

In a food processor, pulse cauliflower with 1/3 cup cashew cheese until well combined but still somewhat "grainy".

Use with [lasagna cupcakes](#), [veggie lasagna](#), [veggie pizza](#) or [sweet potato pizza](#).



Brazil Nut Basil “Parmesan”

- **1/4 cup Brazil nuts**
- **1/4 teaspoon sea salt**
- **1/4 teaspoon dried basil**
- **1 garlic clove**

Place the Brazil nuts, sea salt, basil, and garlic into the blender or food processor and pulse briefly until small crumbles form.



Macadamia Parmesan

- **1 cup of macadamia nuts**
- **1 clove of garlic**
- **1 pinch of sea salt**

Place all ingredients into a food processor and pulse until crumbles are formed. Store in an air tight container in the fridge for up to one week.



Cashew Mozzarella

- 1 1/2 cups cashews
- 1 1/2 cups zucchini, peeled and diced
- 1 date, seed removed
- 1 garlic clove
- 1/2 lemon, juiced

Blend all ingredients in a high speed blender until smooth. Add water by the spoonful only if needed to blend.

Use for [lasagna cupcakes](#), [veggie lasagna](#), [veggie pizza](#) or [sweet potato pizza](#).



Mushroom Gravy

- 5 cups mushrooms
- 1 onion, diced
- 2 garlic cloves
- 1/4 cup sundried tomatoes
- 1/2 tsp olive oil
- 1/4 cup Cauliflower Mashed Potatoes
- 1/8 tsp or one dash each of thyme, sage, and rosemary

In a large pan, steam mushrooms, onion, garlic, sundried tomato, and herbs in 2 cups of water until tender. Place the mushrooms and broth into blender with 1/2 tsp olive oil and 1/4 cup cauliflower mashed potatoes. Blend until smooth.



Spicy Potato & Bell Pepper Bowl

- 1 lb (0,5 kg) potatoes
- 1/2 cup thinly sliced onions
- 1/4-1/2 cup water, more if needed
- 1/2 cup thinly sliced red bell peppers
- 1 tsp finely chopped jalapeno
- 1/2 cup diced tomato

Directions:

1. Steam whole potatoes for 45 minutes or until tender when pierced with a fork. Remove from heat and cool.
2. Place a non-stick ceramic skillet on medium-high heat and add the onions. Cook until soft and browned, for about 8-10 minutes, adding a tablespoon of water as you go to prevent sticking.
3. When the onions are ready, add the bell peppers, jalapeno, and diced tomato and continue cooking for another 3-5 minutes until the bell peppers and tomato are soft. Remove from heat and serve with potatoes.

Optional additions (recipes on Medical Medium Blog):

- Hot Sauce
- Ketchup
- Honey Mustard or Mustard
- Fresh Salsa



Warm Spiced Roasted Vegetable Salad

- 1 cup diced carrot
- 2 cups chopped butternut squash
- 1/2 cup diced red onion
- 2 cups roughly chopped zucchini
- 1 teaspoon ground coriander
- 1/2 teaspoon ground cumin
- 1 teaspoon paprika
- 1 teaspoon raw honey
- 2 cups spinach, loosely packed
- 2 cups arugula, loosely packed
- 1/4 cup tightly packed fresh cilantro, chopped

For the dressing:

- 3 tablespoons freshly squeezed orange juice
- 1/4 teaspoon finely grated orange zest
- 1/2 garlic clove, finely grated
- 1 teaspoon raw honey
- 1 tablespoon lemon juice

Directions:

1. Preheat oven to 400°F/200°C. Line a large baking sheet with parchment paper. Place the diced carrot, butternut squash, red onion, and zucchini on the baking sheet.
2. Add the ground coriander, ground cumin, paprika, and raw honey. Mix until evenly coated. Place in the oven and roast for 20 to 25 minutes, until tender and browned.
3. While the vegetables are roasting, make the dressing by whisking together the orange juice and zest, garlic, raw honey, and lemon juice.
4. Place the spinach, arugula, and cilantro in a serving bowl or divide between two.
5. Top with roasted vegetables and drizzle the dressing on top. Serve immediately.

Makes 1 to 2 servings



Potato, Asparagus, & Caramelized Onion Bowl

- 1 lb (0,5 kg) potatoes
- 2 cups chopped asparagus
- 1 cup thinly sliced onion
- 1/4-1/2 cup water, more if needed
- 1 garlic clove, finely chopped

Directions:

1. Steam whole potatoes for 45 minutes or until tender when pierced with a fork. Remove from heat and cool. (Tip: You can batch prep the potatoes the night before and store in the fridge to use when you're ready. Reheat by simply adding to ceramic skillet with veggies or use an oven or air fryer to crisp up as desired)
2. Steam asparagus and cook until bright green and tender, 5-8 minutes. Remove and set aside.
3. Place a non-stick ceramic skillet on medium-high heat and add the onions. Cook until soft and browned, for about 8-10 minutes, adding a tablespoon of water as you go to prevent sticking. When the onions are ready, add the garlic and continue cooking for another 1-2 minutes. Remove from heat and serve with asparagus and potatoes.

Optional additions (recipes on Medical Medium Blog):

- Hot Sauce
- Ketchup
- Honey Mustard or Mustard
- Fresh Salsa



Italian Potato Salad

- 2 lbs (1 kg) baby potatoes, washed and halved
- 1 cup cherry tomatoes, halved
- 3 celery sticks, sliced
- 1/2 red onion, thinly sliced
- 1/2 cup pitted kalamata olives
- 1/4 cup fresh basil, chopped
- 1/4 cup fresh parsley, chopped
- 1/4 cup lemon juice
- Sea salt, to taste
- Black pepper, to taste

Directions:

1. Place the baby potatoes in a steamer or colander set over a pot of boiling water. Cover with a lid and steam for 15-20 minutes, until tender. Remove from heat and cool completely.
2. Place the cooled potatoes in a large bowl and add the cherry tomatoes, celery, red onion, olives, chopped basil and parsley, lemon juice, sea salt and black pepper. Toss until combined and serve.

Serves 4

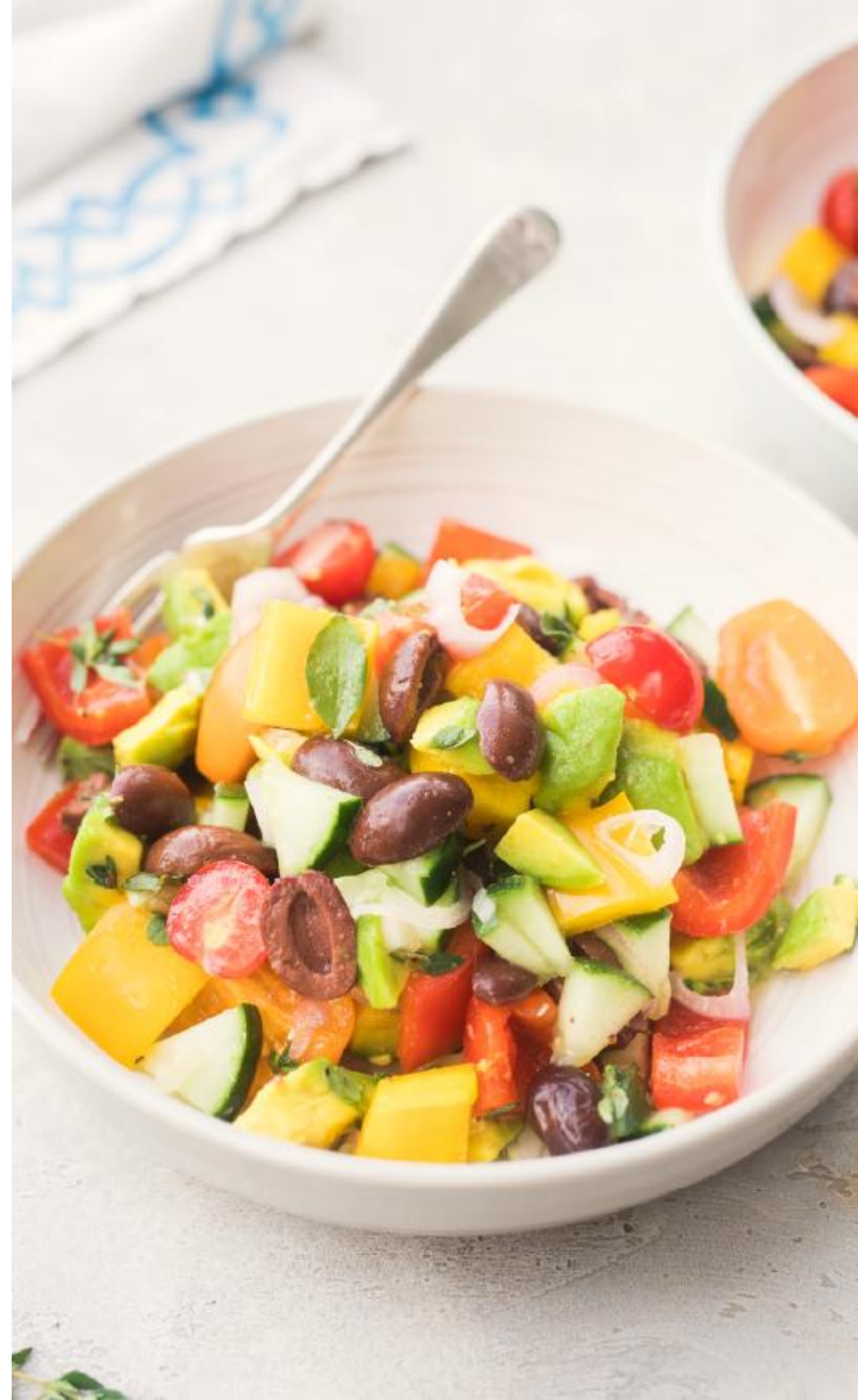


Rainbow Greek Salad Recipe

- 1/2 orange cherry tomatoes, halved
- 1/2 cup red cherry tomatoes, halved
- 1 cup diced cucumber
- 1/2 diced red bell pepper
- 1/2 diced yellow bell pepper
- 1/3 thinly sliced red onion
- 1 cup diced avocado
- 3/4 cup olives, pitted and halved
- 2 tbsp fresh oregano, leaves only
- 2 tbsp fresh thyme, leaves only
- 3 tbsp fresh lemon juice
- Sea salt and pepper, to taste

Place all the ingredients in a large bowl and mix to combine. Taste and adjust seasoning.

Serves: 4 people



Chickpea "Tuna" Salad

- 1 1/2 cups cooked chickpeas (or 1 14oz/400g can, drained and rinsed)
- 1/3 cup finely chopped red onion
- 1/2 cup finely chopped celery
- 1/2 tsp mustard powder
- 2 1/2 tbsp tahini
- 2 1/2 tbsp lemon juice
- 1 tbsp chopped fresh dill
- Sea salt, to taste (optional)
- Optional: 1 tbsp shredded nori

Directions:

1. Add the chickpeas to a medium-sized bowl and mash with a fork or potato masher until almost completely smooth.
2. Add the red onion, celery, mustard powder, tahini, lemon juice, dill and sea salt. Mix until combined. Serve immediately or refrigerate until needed.

Serves 2



Tabouli salad with veggie hummus

Serves For the salad:

- **1/2 head cauliflower florets**
- **2 cups tomatoes, diced**
- **2 cups cucumber, diced**
- **1 lemon, juiced**
- **1 tsp cumin 1 bunch parsley**

For the hummus:

- **1/4 cup raw tahini**
- **1/2 date 1 zucchini, peeled and diced**
- **1/2 lemon juiced**
- **1 tsp cumin**
- **1 tsp olive oil garlic (1-2 cloves)**
- **paprika (optional)**

In a food processor, pulse cauliflower, parsley, and cumin until “rice” is formed. In a large bowl, mix together with tomatoes, cucumber, and lemon juice until combined. For the hummus, blend tahini, dates, zucchini, lemon juice, cumin, olive oil, and garlic until smooth. Serve topped with paprika as desired. Adjust garlic according to preference; roasted tahini may be used in place of raw tahini.

Serves 2



Potato & Herb Salad

- 6 potatoes (red, blue, or yellow work great for this recipe)
- 1 teaspoon olive oil
- juice of 1 lemon (or more as desired)
- 1 teaspoon lemon zest (or more as desired)
- 2 teaspoons raw honey
- 1/4 cup finely chopped red onion
- 2 tbsp finely chopped chives
- 1/4 cup finely chopped parsley
- 1/4 cup finely chopped cilantro
- 1/4 cup finely chopped dill
- 2 cloves garlic, finely chopped
- sea salt and freshly cracked pepper to taste
- finely chopped jalapeño (optional)
- pinch mustard powder (optional)

Directions:

1. Steam the potatoes until tender and they can be pierced with a fork without crumbling (approximately 30 minutes). Set aside to cool.
2. Prepare the rest of the ingredients.
3. Once the potatoes are cool, add the other ingredients into a big bowl with them, carefully tossing everything together. Taste and adjust lemon and seasoning as desired.
4. Enjoy this wonderfully easy, delicious and healthy dish!



Potato Salad

- **2 pounds (1 kg) potatoes, peeled and diced**
- **1 garlic clove, minced**
- **1/4 cup roughly chopped fresh parsley**
- **2 tablespoons finely chopped green onion**
- **1/2 teaspoon mustard powder**
- **2 teaspoons fresh lemon juice**

Optional additions:

- **1/2 cup thinly sliced radish**
- **1/2 cup thinly sliced cucumber**
- **1/2 cup chopped asparagus, steamed or raw**

Directions:

1. Add 3 inches (8 cm) of water to a medium-sized pot, bring it to a boil, and add a steaming basket. Place the potatoes in the basket, cover, and steam for 5 to 10 minutes, until tender. Remove and place in a bowl.
 2. Add the garlic, parsley, green onion, mustard powder, and lemon juice. Mix well. Add any additions you would like.
 3. Divide between bowls and serve.
-
- If you don't like parsley, you can replace it with another herb you do like, such as basil, dill, or cilantro.



Estonian Stew

- 1 cup diced onions
- 1 cup chopped mushrooms (optional)
- 1 cup chopped carrots
- 4 1/2 cups roughly chopped potatoes
- 2 1/2 cups Healing Broth (recipe on page 368) or water
- 3 cups roughly chopped cabbage
- 1/4 cup loosely packed fresh dill, roughly chopped
- 1/4 cup loosely packed fresh parsley, roughly chopped

Directions:

1. Place a large ceramic non-stick pot on medium-high heat and add the onions, mushrooms (if using), and carrots. Cook for 3 to 5 minutes, until the onions and carrots start to soften, adding a spoonful of water if needed.
2. Pour in the Healing Broth or water, place the lid on, and bring to a simmer. Cook covered for 10 minutes, until the potatoes and carrots are almost soft, and then remove the lid and cook for a further 5 minutes uncovered.
3. Add the chopped cabbage and stir until evenly mixed. Cook for 2 to 3 more minutes, until the cabbage is soft. Remove from heat and stir in the dill and parsley. Serve immediately.

Tips:

- When you're choosing between water and Healing Broth for the ingredients, keep in mind that the broth will produce a richer flavor. Store-bought vegetable stock isn't called for because it's very difficult to find a variety that's free of oil, salt, natural flavors, and/or other additives. For convenience, make a batch of Healing Broth in advance and freeze it (consider ice cube trays for easy thawing) so you have it on hand for recipes like this.

Makes 2 to 3 servings



Potato, Bell Pepper, & Mushroom Bowl

- 1/2 cup thinly sliced onions
- 1/4-1/2 cup water, more if needed
- 2 cups thinly chopped portobello or other mushrooms
- 1/2 cup thinly sliced red bell peppers
- 1 tsp lemon juice
- 1/4 cup fresh parsley, roughly-chopped
- 2 tbsp finely chopped spring onions
- 1/2 tsp chili flakes

Directions:

1. Steam whole potatoes for 45 minutes or until tender when pierced with a fork. Remove from heat and cool.
2. Place a non-stick ceramic skillet on medium-high heat and add the onions. Cook until soft and browned, for about 8-10 minutes, adding a tablespoon of water as you go to prevent sticking.
3. When the onions are ready, add the mushrooms and bell peppers, and continue cooking for another 3-5 minutes until the mushrooms and bell peppers are soft. Remove from heat and stir in the lemon juice.
4. Serve immediately with potatoes, garnished with fresh parsley, spring onions, and chili flakes. Add optional spices or seasoning as desired.

Tip: You can batch prep the potatoes the night before and store in the fridge to use when you're ready. Reheat by simply adding to ceramic skillet with veggies or use an oven or air fryer to crisp up as desired.

Optional additions (recipes on Medical Medium Blog):

- Hot Sauce
- Ketchup
- Honey Mustard or Mustard
- Fresh Salsa



Arugula, Potato, and Asparagus Salad

- 4 to 5 potatoes (about 3 cups roughly chopped)
- 1 cup chopped brussels sprouts
- 1 cup chopped asparagus
- 1/2 cup thinly sliced sweet onion
- 1/4 cup loosely packed fresh parsley, roughly chopped
- 1/4 cup roughly chopped fresh basil leaves
- 1 teaspoon dried thyme
- 2 tablespoons lemon juice
- 1 tablespoon pure maple syrup
- 4 cups arugula
- 2 cups chopped butter leaf, romaine, and/or green leaf lettuce

Directions:

1. To prepare the potatoes, add 3 inches (8 cm) of water to a medium-sized pot, bring it to a boil, and add a steaming basket. Place the potatoes in the basket, cover, and steam for 15 to 20 minutes, until the potatoes are very tender.
2. To prepare the brussels sprouts, steam for 10 minutes, until tender.
3. To prepare the asparagus, steam for 5 minutes, until tender.
4. To streamline the above process, feel free to steam the potatoes, brussels sprouts, and asparagus together in one large basket. So that nothing gets overcooked, start by steaming the potatoes, then 5 to 10 minutes later, add the brussels sprouts. After another 5 minutes, add the asparagus. Steam for an additional 5 minutes, or until all contents of the steamer basket are tender.
5. Remove the potatoes, brussels sprouts, and asparagus and place them in a large bowl. Let them cool for 10 minutes, and then add the onion, parsley, basil, dried thyme, lemon juice, maple syrup, arugula, and lettuce. Toss until evenly mixed. Serve immediately.

Makes 2 servings



Dill Potato Salad With Radishes & Peas

- **1 1/2 lb (0,7 kg) small (new) potatoes**
- **1 tsp salt**
- **8 radishes, very thinly sliced**
- **1 cup green peas**
- **1/4 cup dill, finely chopped**

Dressing:

- **1/4 cup tahini**
- **2 tbsp water**
- **1/4 cup lemon juice**
- **2 tbsp dill**
- **2 tbsp chives**
- **Salt and pepper**

Directions:

1. Place a medium-sized pot on the heat with a steaming basket and add 2 inches (5 cm) of water.
2. Place the potatoes in the pot, cover and cook until soft, about 30-40 minutes. Drain and let cool.
3. In a large bowl, combine the potatoes, radishes, peas and dill.
4. Make the dressing by blending together tahini, water, lemon juice, dill, chives, salt and pepper. Pour the dressing on the salad and mix well.

Serves: 4



Banana Salad

- 1/2 cup thinly sliced onion (optional)
- 2 tablespoons to 1/4 cup Atlantic dulse strips, quickly soaked in water, then chopped
- 4 to 6 bananas, chopped
- 1 cup chopped cucumber (optional)
- 2 to 3 sticks celery, chopped (optional)
- 4 to 6 cups leafy greens (such as butter lettuce, romaine, and/or red leaf lettuce)

For the dressing:

- 2 teaspoons raw honey
- 1/2 cup orange juice

Directions:

1. Place the onion (if using), Atlantic dulse, bananas, cucumber (if using), celery (if using), and leafy greens in a medium-sized bowl. Toss until evenly combined.
2. Whisk together the raw honey and orange juice in a small bowl. Add to the salad and toss again. Serve immediately.

Makes 1-2 servings



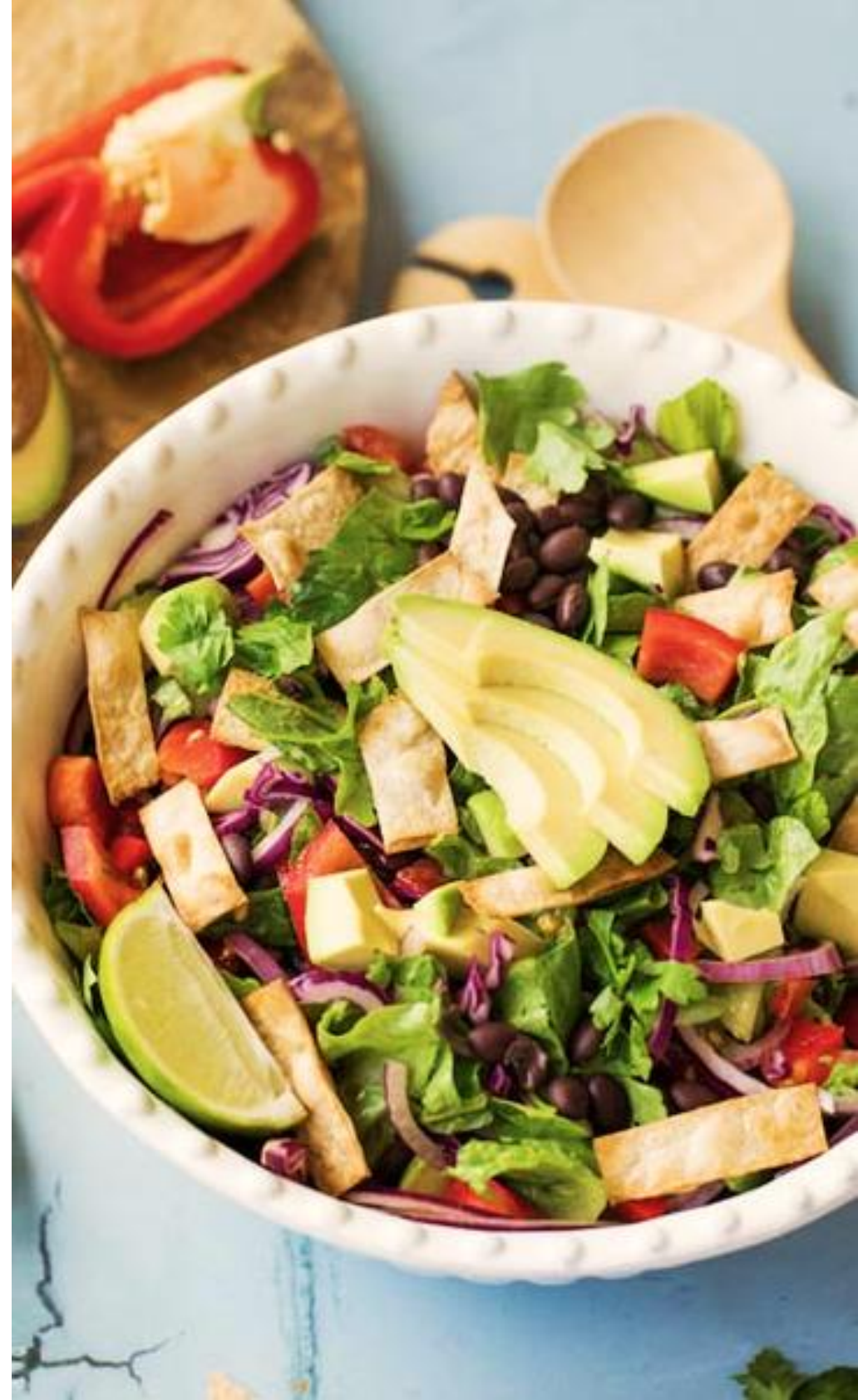
Taco Salad

- 3 cups chopped romaine lettuce
- 1 avocado, diced
- 1/4 cup thinly sliced red onion
- 1 cup thinly sliced red cabbage
- 1 cup diced red peppers
- 1/4 cup fresh cilantro
- 1 tsp olive oil (optional)
- 1 cup cooked black beans (drain and rinse if from a can)
- 1/4 tsp ground cumin
- 1/2 tsp chili powder
- 1/4 tsp garlic powder
- 1 cup Fresh Tomato Salsa (recipe on the blog)
- Juice from 1/2 lime
- Sea salt (optional)
- 1 corn-free and gluten-free tortilla, cut into 2 inch (5 cm) strips*
- Make your own from the [Sweet Potato Tortillas](#) or [Potato Tortillas](#)

Directions:

1. To make the tortilla chips, preheat oven to 400°F/200°C. Line a baking sheet with parchment paper.
2. Arrange the tortilla strips on the baking sheet and brush very lightly with oil (if using). Place in the oven and bake for 2-4 minutes, until golden and crisp. Remove and set aside.
3. Place the black beans in a medium-sized bowl and add the ground cumin, chili powder, garlic powder and sea salt (if using). Mix well and set aside.
4. Add the chopped romaine, avocado, red onion, red cabbage, red peppers, cilantro, beans and salsa to a bowl. Add the lime juice and season with sea salt (if using). Mix well before serving.

Serves 2 to 4



Rainbow Chopped Salad with Creamy Sage Dressing

- 8 cups of chopped spinach
- 1/2 cup cabbage, chopped
- 1/2 cup bell pepper, chopped
- 1/2 cup carrot, chopped
- 1/2 cup cucumber, chopped
- 1/2 cup cherry tomatoes, halved
- 1/4 cup cashews
- 1 cup zucchini, peeled and chopped
- 1/2 lemon, juiced
- 1 garlic clove
- 1 large leaf of sage

Directions:

1. Build salad bowls by layering all the brightly colored veggies over beds of spinach. Any additional vegetables may be added as desired.
2. For the dressing, blend cashews, lemon juice, zucchini, garlic and sage until smooth. Pour over top and enjoy!

Serves 2



Mango Salad

- 2 to 3 medium-sized tomatoes, roughly chopped
- 2 cups diced mango
- 1 to 2 green onions, chopped
- 3 to 4 cups leafy greens (such as spinach, butter lettuce, or green leaf lettuce)
- 1 to 3 radishes, thinly sliced
- 1/2 cup chopped cauliflower

For the dressing:

- 1 tablespoon lemon juice
- 1 tablespoon pure maple syrup (optional)
- 1/2 teaspoon mustard powder (optional)

Directions:

1. Place the tomatoes, mango, green onions, leafy greens, radishes, and cauliflower in a medium-sized bowl. Toss until evenly mixed.
2. Whisk together the lemon juice, maple syrup (if using), and mustard powder (if using) in a small bowl. Add to the salad and toss again. Serve immediately.

Makes 1 serving



Burrito Bowl

- **3 to 4 cups leafy greens** (romaine, spinach, green leaf lettuce)
- **1 to 2 tablespoons lime, lemon, or orange juice, to serve**
- **Red pepper flakes, to serve (optional)**

CAULIFLOWER RICE:

- **1 medium-sized cauliflower, cut into florets**
- **1/2 teaspoon ground cumin**
- **1/2 teaspoon ground paprika**
- **1/4 to 1/2 teaspoon cayenne**
- **2 tablespoons finely chopped fresh cilantro**

SALSA:

- **1 1/2 cups diced tomato**
- **1 clove garlic, finely minced**
- **1/4 cup loosely packed fresh cilantro, roughly chopped**
- **1/4 cup finely chopped red onion**
- **2 tablespoons lime juice**

GUACAMOLE (OPTION 1):

- **1 avocado**
- **1 to 2 tablespoons lime juice**
- **1/2 clove garlic, finely chopped**
- **2 tablespoons finely chopped red onion**
- **1/4 cup diced tomatoes**

SIMPLE MASHED AVOCADO (OPTION 2):

- **1 avocado**
- **1 to 2 tablespoons lime juice**

1. To make the cauliflower rice, place the cauliflower florets in a food processor and pulse until you get a coarse, rice-like texture. Add the spices and cilantro and mix.
2. To make the salsa, combine the tomato, garlic, cilantro, red onion, and lime juice in a small bowl and stir until evenly mixed. Set aside.
3. To make the guacamole, combine the avocado, lime juice, garlic, red onion, and tomatoes in a small bowl and stir until evenly mixed. Set aside.
4. Alternatively, if you prefer a simple mashed avocado instead of the guacamole, add the avocado to a small bowl and squeeze lime juice on top. Mash with a fork until uniform.
5. Divide the leafy greens, cauliflower rice, salsa, and guacamole, or mashed avocado between serving bowls. Squeeze the lime (or lemon or orange) juice on top and sprinkle with red pepper flakes (if using). Serve immediately.

Makes 2 servings



Chopped Salad

- 4 to 6 cups chopped leafy greens (such as spring mix, arugula, lettuce, or kale)
- 2 cups chopped cucumber
- 1/2 cup chopped green onions
- 2 cups chopped tomatoes
- 1 teaspoon Atlantic dulse flakes (or more, to taste)
- 3 tablespoons freshly squeezed orange juice
- 2 medjool dates, finely chopped (optional)
- 1/2 avocado (optional)
- 1 cup chopped yellow, orange, and/or red bell peppers (optional)
- 1/4 cup finely chopped dill, basil, cilantro, thyme, and/or parsley (optional)

Directions:

1. Place the leafy greens, cucumber, green onions, tomatoes, Atlantic dulse flakes, orange juice, medjool dates (if using), avocado (if using), bell peppers (if using), and herbs (if using) in a large bowl.
2. Toss until evenly combined and serve immediately.

Makes 1-2 servings



Roasted Asparagus Salad

- 1 bunch of asparagus, ends trimmed
- 2 cups cherry tomatoes
- 8 cups mixed greens
- 2 tbsp pine nuts
- 1 lemon
- 1 tsp olive oil (optional)
- 1/4 tsp sea salt (optional)

Directions:

1. Preheat oven to 375°F/190°C .
2. On a baking tray lined with parchment paper, spread out asparagus stalks evenly. Brush with olive oil and sprinkle over with sea salt if desired. Roast for 12 minutes or until tender.
3. Place cherry tomatoes on baking tray alongside asparagus. Roast for 12 to 15 minutes until slightly puckered.
4. Divide mixed greens between two plates. Arrange asparagus and cherry tomatoes on top.
5. Top salad with pine nuts, a generous squeeze of lemon, and cracked black pepper.



Tomato, Cucumber, & Herb Salad

- **4 to 5 medium-sized tomatoes (any color), very thinly sliced**
- **1 medium-sized cucumber, very thinly sliced**
- **1/2 red onion, very thinly sliced**
- **1 garlic clove, finely grated**
- **1 cup chopped asparagus**
- **1 cup loosely packed fresh basil, finely chopped**
- **1 cup loosely packed fresh parsley, finely chopped**
- **1/2 cup loosely packed fresh dill, finely chopped**
- **1 tablespoon lemon juice**
- **3 tablespoons orange juice**
- **1 teaspoon Atlantic dulse flakes, more to taste (optional)**

For the salad base:

- **6 cups loosely packed leafy greens (such as romaine, butter lettuce, spinach, and/ or mâche)**
- **2 tablespoons freshly squeezed orange or lemon juice**

Directions:

1. Place the tomatoes, cucumber, onion, garlic, asparagus, and herbs in a medium-sized bowl. Toss until evenly mixed. Add the lemon juice, orange juice, and dulse flakes. Toss again and set aside.
2. Place the leafy greens of your choice in a large bowl and top with freshly squeezed orange or lemon juice. Top with the cucumber and tomato mixture. Serve immediately or keep in the fridge until needed.



Leafy green salad with lemon dressing

This simple salad is full of flavor and perfect for lunch at work. Just keep the dressing separate until right before eating, and you can enjoy a delicious, vibrant lunch right at your desk.

- **1/2 cup lemon juice**
- **1/4 cup olive oil**
- **2 tablespoons raw honey**
- **8 cups leafy greens**
- **2 cups sliced strawberries**
- **1/2 cup unsalted raw pistachios**

For the dressing, blend the lemon juice, olive oil, and honey until smooth. Toss the leafy greens with the dressing in a large bowl until the greens are evenly coated. Divide the salad into individual bowls. Top with the strawberries and pistachios.

TIPS:

- * Create a schedule for leafy greens, so that you feature a different green in your salad (or other meal) each day of the week. This can be a fun way to ensure that you're getting variation for maximum nutritional benefits.
- * For another nutritious green drink, blend spinach with fresh-squeezed orange juice.
- * Lettuce leaves make great alternatives to tortillas. Try filling them with your desired ingredients for taco- or burrito-style roll-ups.
- * If you avoid avocado because you dislike the texture, try making guacamole with an ample amount of chopped mâche and a tablespoon of raw honey. This will alter the texture at the same time that it adds the greens' nutty flavor and the honey's sweetness to the dish, changing your avocado experience. Over time, eating this special guacamole will alter your avocado aversion, leading you to enjoy avocado on its own.

Makes 2 to 4 servings



Strawberry Banana Salad

For the salad:

- **4 cups chopped strawberries**
- **4 to 6 bananas, roughly chopped (about 4 to 6 cups)**
- **4 cups leafy greens (such as spinach and/or butter leaf lettuce)**
- **1/4 cup finely chopped basil or sage (optional)**

Orange honey dressing (option 1):

- **1/2 cup orange juice**
- **2 teaspoons raw honey**

Strawberry banana dressing (option 2):

- **1/3 cup chopped strawberries**
- **1/3 cup chopped banana**
- **1 to 3 tablespoons water**
- **1 teaspoon lemon juice (optional)**
- **2 basil leaves (optional)**

Directions:

1. Place the strawberries, bananas, leafy greens, and basil or sage (if using) in a medium-sized bowl. Gently toss until evenly combined.
2. If you're using the first dressing option, whisk together the orange juice and raw honey in a small bowl. Add to the salad and gently toss again.
3. If you're using the second dressing option, combine the strawberries, banana, 1 tablespoon of water, lemon juice (if using), and basil (if using) in a blender and blend until very smooth. If you like a thinner consistency, add another 1 to 2 tablespoons of water. Add to the salad and gently toss again. Serve immediately.

Makes 2 servings



Watermelon Gazpacho

The combination of sweet watermelon with savory herbs, garlic, and tomatoes makes this raw Watermelon Gazpacho burst with flavor. Refreshing and deeply hydrating, this gazpacho is a perfect light lunch, especially on hot days or when you're feeling stressed out. It can even be a great breakfast because it's best enjoyed on an empty stomach.

- **3 medium sized tomatoes, diced, reserve half**
- **4 cups seedless watermelon, roughly chopped, reserve half**
- **1 English cucumber, diced, reserve half**
- **1 celery stalk**
- **1 garlic clove**
- **1/2 small chili pepper, deseeded and roughly chopped**
- **1/4 cup fresh basil, reserve a couple leaves for garnish**
- **1/4 cup fresh mint, reserve a couple leaves for garnish**
- **4 tbsp lime juice**
- **Sea salt and pepper, to taste**

Directions:

1. Place watermelon, tomatoes, cucumber, celery, garlic, chili pepper, basil, mint, lime juice, salt and pepper in a blender and blend until smooth.
2. Pour into a bowl and top with chopped watermelon, tomatoes, cucumber, herbs, sea salt and pepper. Serve immediately.

Serves: 2



Citrus Salad

- 1 medium-sized orange
- 1 medium-sized grapefruit
- 1 1/2 cups watercress
- 3 cups butter lettuce, roughly chopped
- 1/4 cup dried cranberries
- Juice from 1/2 orange, to serve

Cut the peels and pith (white layer) off the orange and grapefruit. Slice thinly, then cut bigger pieces into halves. Set aside. Arrange the watercress and butter lettuce on a serving tray. Add the sliced citrus and dried cranberries, then top with orange juice. Serve immediately.

Serves 1-2



Banana Salad

- 1/2 cup thinly sliced onion (optional)
- 2 tablespoons to 1/4 cup Atlantic dulse strips, quickly soaked in water, then chopped
- 4 to 6 bananas, chopped
- 1 cup chopped cucumber (optional)
- 2 to 3 sticks celery, chopped (optional)
- 4 to 6 cups leafy greens (such as butter lettuce, romaine, and/or red leaf lettuce)

For the dressing:

- 2 teaspoons raw honey
- 1/2 cup orange juice

Directions:

1. Place the onion (if using), Atlantic dulse, bananas, cucumber (if using), celery (if using), and leafy greens in a medium-sized bowl. Toss until evenly combined.
2. Whisk together the raw honey and orange juice in a small bowl. Add to the salad and toss again. Serve immediately.

Makes 1-2 servings



Arugula Nectarine Salad

Arugula and nectarine are a match made in heaven in this fresh, juicy salad. With just the right amount of spice from the arugula and some crunch from the pistachio nuts and romaine, it's a salad you may find yourself making over and over again.

- **4 cups arugula**
- **2 small romaine heads, chopped**
- **3 nectarines, thinly sliced**
- **1 tbsp thyme, leaves only**
- **3 tbsp lemon juice**
- **Sea salt and pepper, to taste**
- **3 tbsp pistachios, shelled and roughly chopped**

Place the arugula, romaine, nectarine and thyme in a mixing bowl. Add the lemon juice, sea salt and pepper and toss lightly. Arrange on a platter or place and top with chopped pistachios. Serve immediately.

Serves: 2



Plum & Almond Salad

- 5 ripe soft plums, thinly sliced (or substitute with another fruit like pear, apricots, strawberries or peaches)
- 4 cups baby spinach
- 1/2 cup fresh basil, leaves only
- 2.5 tbsp lemon juice
- 1/2 tsp lemon zest
- 2.5 tbsp orange juice
- 1/2 tsp orange zest
- Sea salt and pepper, to taste
- 1/4 cup almond flakes

Place the plums, baby spinach and basil in a bowl. Add the lemon juice, zest, orange juice and zest, sea salt and pepper and toss to combine. Transfer salad to serving bowls and top with almond flakes. Serve immediately.

Serves: 2



Lentil Tacos

- 1 cup diced onion
- 1/2 cup vegetable broth (see Tips)
- 1 cup diced mushrooms (optional)
- 4 garlic cloves, minced
- 3 cups cooked lentils (see Tips)
- 1 teaspoon poultry seasoning
- 1/2 teaspoon chili powder
- 1 teaspoon cumin
- 1/2 teaspoon paprika
- 1/2 teaspoon chipotle powder
- 1/4 teaspoon honey or maple syrup (optional)
- 1/2 teaspoon sea salt
- 1/4 teaspoon cayenne (optional)
- 2 heads romaine or butter lettuce

Directions:

1. Sauté the onion in 2 tablespoons of vegetable broth over medium-high heat for approximately 5 minutes until tender. Continue to add vegetable broth by the spoonful as needed to prevent sticking.
2. Add the mushrooms, garlic, lentils, poultry seasoning, cumin, paprika, chipotle, honey, and sea salt to the sauté pan. If spiciness is desired, add the cayenne as well.
3. Continue to cook everything over medium-high heat for 5 minutes or until the mushrooms are tender and cooked through.
4. Serve the lentil mixture in individual romaine leaves as "taco shells" and top with any or all of the optional toppings.

Tips:

- The Liver Rescue Broth can be used for this recipe, or you can use store-bought. As in the previous recipe, make sure it doesn't contain canola oil, citric acid, natural flavors, or other sneaky additives. Water can also be substituted when vegetable broth is unavailable.
- Brown or green lentils work best for this recipe. Prepare 1 cup of dried lentils according to the directions on the packaging.

Makes 3 servings



Banana Lettuce Boats

- 6 large leaves of butter leaf, red leaf, or romaine lettuce
- 3 bananas, sliced in half lengthwise
- 1/4 cup raisins (optional)
- 1/2 teaspoon cayenne or cinnamon (optional)

Date caramel sauce (optional):

- 6 medjool dates, pitted
- 5 tablespoons water
- 2 teaspoons lemon juice

Directions:

1. Arrange the lettuce leaves on plates or on a platter. Top each with a banana half, raisins (if using), and an optional sprinkle of cayenne (or cinnamon). Set aside.
2. To make the caramel, add the dates, water, and lemon juice to a blender and blend until very smooth, scraping down the sides of the blender as needed. Spoon onto the Banana Lettuce Boats and serve immediately.

Tips:

- The Date Caramel Sauce is fantastic as a drizzle over other fruit-based snacks and meals, or use it as a dip for fruits such as apples, pears, strawberries, bananas, and more.

Makes 1-2 servings



Spicy Sweet Potato Lettuce Wraps

- 2 cups diced sweet potato
- 1 tbsp lime juice, more to serve
- 1/2 tsp cayenne
- 1/2 tsp ground cumin
- 1/2 tsp ground coriander
- 1 tsp raw honey or maple syrup, more to serve
- 4 lettuce leaves such as green leaf, red leaf, butter leaf, or romaine
- 1/4 cup loosely packed cilantro leaves, roughly chopped
- 1/4 cup thinly sliced spring onions

Directions:

1. Preheat oven to 400°F/200°C.
2. Line a baking sheet with parchment paper.
3. In a medium-sized mixing bowl, combine the sweet potato, lime juice, cayenne, ground cumin, ground coriander, and raw honey or maple syrup. Toss until well combined.
4. Transfer the sweet potato mixture to the baking sheet and roast in the oven for 15-20 minutes, until tender when pierced with a fork.
5. Remove from oven and cool slightly.
6. Arrange lettuce leaves on a platter or plates. Top with roasted sweet potato, cilantro, and spring onion and drizzle with raw honey and lime juice. Serve immediately.

Serves 1



Spanish Orange & Olive Salad

With juicy oranges and satisfying olives and avocado, this sweet-savory dish is perfect when you're looking for a meal that feels light and filling at the same time. Plus, it's a stunner, with vibrant colors that offer both health benefits and eye appeal. Enjoy this salad on its own, over salad greens, or in a wrap.

- **6 oranges, any variety**
- **1/4 cup sliced green olives**
- **1/4 cup finely chopped parsley**
- **1/4 cup thinly sliced red onion**
- **1 avocado, diced**
- **Black pepper (optional)**

Cut off the top and bottom of each orange. Then, resting each orange flat on the cutting board, cut down and around the sides, removing all of the peel. Slice the oranges horizontally into disks and arrange on plates. Top the oranges with the remaining ingredients, serve, and enjoy!

Tips:

- For optimum realization of the benefits of oranges and tangerines, consume four per day.
- As a snack, drizzle raw honey over slices of orange or tangerine. The honey will increase the citrus pectin's ability to kill off and eliminate mold, yeast, viruses, and unproductive bacteria in the gut by 50 percent.
- For a predigestive aid, try adding a squeeze of fresh orange or tangerine juice over your favorite salads and dishes. It will help ensure that you digest your meal at the best level possible.

Makes 2 to 4 servings



Red Cabbage Tacos

For the tacos:

- 1 small head of red cabbage, broken into leaves
- 1 to 2 medium-sized tomatoes, diced
- 1/4 cup diced red onion
- 1/2 avocado, thinly sliced (optional)
- 1 red bell pepper, thinly sliced
- 1/4 cup loosely packed fresh cilantro, to serve

Mango ginger sauce:

- 1 cup diced mango
- 2 tablespoons lime juice
- 1/2-inch (1 cm) piece of fresh ginger
- 1/4 to 1/2 teaspoon cayenne or red pepper flakes
- 2 medjool dates
- 3 tablespoons water

Directions:

1. Arrange cabbage leaves on plates or a platter and top with diced tomatoes, red onion, avocado (if using), red bell pepper, and cilantro. Set aside.
2. Make the sauce by combining the mango, lime juice, ginger, cayenne or red pepper flakes, dates, and water in a blender. Blend until smooth.
3. Spoon sauce onto the Red Cabbage Tacos. Serve immediately.

Makes 2 servings



Grapefruit Avocado Salad

- 1 ruby grapefruit
- 1 pink grapefruit
- 1 avocado
- sprig fresh mint
- optional: pinch of sea salt and/or pepper

Directions:

1. Cut the avocado in half, and remove the pit and skin. Thinly slice the avocado and place in a fan shape around the serving plate
 2. Cut the ends and rind off the grapefruit and slice along each membrane to remove each grapefruit section. Place the sections in a in a circular fan shape on top of the avocado slices.
 3. Sprinkle some fresh chopped mint on top, and a pinch of sea salt and pepper if you wish.
- As healthy and healing as grapefruits may be, caution should be used if you are taking certain prescription drugs. If you are on any medication, make sure to consult with your physician and/or pharmacist before consuming.



Avocado Caprese Salad

- 3 large heirloom tomatoes
- 2 medium-sized avocados
- 1/2 cup fresh basil
- 3 tbsp lemon juice
- 1-2 tsp extra virgin olive oil (optional)
- Sea salt and pepper, to taste

Directions:

1. Cut the tomatoes into thick discs and set aside. Cut the avocado across the middle (not lengthways) and remove the pit. Peel off the skin and cut into discs, about the same thickness as the tomato.
2. Arrange the tomato slices on a plate or platter and top with avocado. Place a basil leaf on each, then drizzle with lemon juice and the optional olive oil. Season with sea salt and pepper. Serve immediately.

Serves: 2-4 people



Marinated Cucumber “Pickled” Salad

- 2 tbsp freshly-squeezed lemon juice
- 1/2 tbsp raw honey
- 1 English cucumber, halved and mandolined or peeled into ribbons
- 1/4 cup very thinly sliced red onion
- 1 tbsp finely chopped fresh red chilli and fresh dill

Directions:

1. In a medium-sized bowl, add the lemon juice and raw honey. Whisk until uniform.
2. Add the cucumber, red onion, chilli and/or dill to the bowl. Toss gently using your hands or serving spoons.
3. Let the salad marinate for 10-15 minutes, then serve, or let it marinate in the fridge for longer to intensify the flavors.

Makes 2-4 servings



Banana Nori Wraps

- **4 nori sheets**
- **2 cups alfalfa sprouts, divided**
- **4 green onions**
- **4 bananas (or 4 steamed potatoes, roughly chopped, see Tips)**
- **Atlantic dulse flakes, to taste**
- **1/2 cup fresh cilantro (optional)**

Directions:

1. Place a nori sheet shiny side down on a chopping board with a long edge close to you. Arrange 1/2 cup sprouts, 1 green onion, 1 banana (or 1 chopped potato), dulse flakes, and cilantro (if using) on one end of the sheet.
2. Brush water across the other end of the sheet, and then roll it up tightly. Cut in half and repeat with the remaining ingredients. Serve immediately.

Tips:

- If you'd prefer, you can make these nori wraps with steamed potatoes instead of bananas - just don't use both banana and steamed potatoes. Steamed potato nori wraps would be best consumed in the evening away from any fruit snacks or meals. They're also a good choice for an easy meal any time after the cleanse. You can add a light squeeze of fresh lemon juice to the wraps if you like.

Makes 1-2 servings



Cucumber Rolls

For the rolls:

- **2 cucumbers**
- **Any desired sliced veggies for filling (examples: bell pepper, carrot, cabbage, mango, green onion, avocado)**

For the dipping sauce:

- **1/4 cup tomato**
- **1/4 orange juice**
- **2 tbsp raw hulled hemp seeds**
- **1 cup zucchini, peeled and diced**
- **1/2 inch (1 cm) jalepeno without seeds**
- **1 inch (2 cm) sized piece of ginger**
- **2 dates**
- **1 garlic clove**

For the dipping sauce, blend all ingredients in a blender until smooth. Set aside.

Slice thin sheets of cucumber lengthwise using a mandolin or vegetable peeler. Starting with one end, place any desired fillings and roll towards the end, using a dab of sauce to stick in place. Make as many as desired and enjoy!

Serves 2



10 Snacks For Adrenal Health

By eating a nourishing snack or meal every one and a half to two hours that contains the right balance of the glucose, sodium and potassium your body needs, you can prevent the blood sugar dips that force your adrenals to fill in and release adrenaline. In turn, you save your adrenals, and also your liver and pancreas and prevent corrosive, toxic adrenaline from causing you more problems. Adrenal snacking on the right foods can put you on the true path to healing.

[Watch this video](#) to see ten examples of snacks you can enjoy every one and a half to two hours to support your adrenals every day. They are simple and easy to pack foods so you can take them with you or have them prepared for busy days.

1. **Apple, celery and dates**
2. **Orange, avocado and spinach**
3. **Dates, banana and romaine lettuce**
4. **Coconut water, banana and spinach**
5. **Pear, mache and berries**
6. **Berries, honey and celery juice**
7. **Apples, dates and kale**
8. **Grapes, banana and red leaf lettuce**
9. **Cauliflower, apple and cucumber**
10. **Watermelon with lime juice and celery juice on the side**



Thyroid Healing Grab & Go Snack Combos

- **Cauliflower florets + Apple slices:** this combination brings inflammation down in the thyroid while providing new memory to the thyroid's cells, teaching them to be independent after they may have grown sluggish from thyroid medication dependency.
- **Tomatoes + Spinach:** together, these foods strengthen the liver at the same time that they flush the lymphatic system and build up the immune system to fend off a viral load that may target the thyroid.
- **Celery + Dates:** combining critical mineral salts with high-quality, bioavailable glucose, this is a powerful adrenal restorative to provide backup superpower for the thyroid.
- **Banana + Dulse flakes:** iodine, potassium, and sodium together in this snack strengthen the entire endocrine system and central nervous system against neurotoxins and their ill effects.
- **Kale + Mango:** this combination of alkaloids and carotenes allows them to easily enter the thyroid, helping to stop the growth of nodules and cysts there.
- **Pear + Arugula:** wonderful for protecting the thyroid from atrophy and shrinkage. Together, these foods boost the thyroid's frequency abilities.
- **Wild blueberries + Papaya:** provide fighting power to stop, reduce, and prevent thyroid tumors (both cancerous and benign). Restore thyroid tissue after part of the gland has been surgically removed or killed off through radioactive iodine treatment.
- **Tangerine + Raspberries:** as a team, these foods help prevent the calcium loss that can occur as the thyroid virus forces the body to use its calcium stores to wall off the virus in nodules and cysts, both in the thyroid itself and throughout the body. Help prevent osteoporosis.



Veggie Spring Rolls

Ingredients:

- 10-12 brown rice wrappers
- 1/4 small red cabbage, thinly sliced
- 1 large carrot, cut into matchsticks
- 3-4 radishes, thinly sliced
- 1/4 cup fresh cilantro
- 1/2 English cucumber, cut into matchsticks
- 1 medium-sized avocado, thinly sliced (optional)
- 1-2 tsp black or white sesame seeds, for garnish (optional)

Dipping sauce:

- 1/4 cup tahini
- 2 1/2 tbsp lime juice
- 1 1/2 tbsp maple syrup
- 2-3 tbsp water
- 1/2 inch (1 cm) knob of ginger, finely grated
- 1 garlic clove, finely grates
- 1/4 tsp ground cilantro
- 1/4 tsp ground cumin
- 1/4 tsp cayenne pepper (optional)
- 2 tsp coconut aminos (optional)
- Sea salt, to taste (omit if using coconut aminos)
- Black pepper, to taste

Directions:

1. Make the sauce by putting all the sauce ingredients in a bowl and whisking until smooth and combined. Add water to reach desired consistency. Pour into a serving bowl and set aside.
2. To make the spring rolls, fill a bowl or pan big enough to fit the rice paper with warm water. Soak the rice paper in the water for about 30 seconds - until pliable but not soggy. Place the rice paper on a work surface and arrange the fillings on the 1/3 of the rice paper closest to you. Fold the left and right edges of the rice paper in, then starting from the bottom, roll up to cover the filling. Keep rolling firmly, the rice paper is sticky and will seal itself. Repeat with remaining ingredients.
3. To serve, leave the rolls whole or cut them in half with a sharp knife. Sprinkle with sesame seeds (if using) and serve with the dipping sauce.

Serves: 2 people



Orange Creamsicle Smoothie

- **2 frozen bananas**
- **1 fresh banana**
- **3 whole chopped oranges, peel and seeds removed***
- **1-2 cups coconut water**
- **Seeds from 1/4 vanilla bean, or 1 tsp vanilla extract (not essence)**

Directions:

1. Place coconut water in the blender. Blend with the oranges until smooth.
 2. Add the frozen and fresh bananas and vanilla and blend again until very smooth and creamy. If you use only fresh bananas instead of frozen the smoothie will still taste wonderful. It just won't be as creamy and dessert-like.
 3. Serve right away and enjoy!
- If you don't have a high-speed blender, you may prefer to try using 1 cup of fresh orange juice as the oranges may not blend smooth.



MYLK 4 WAYS

Banana Mylk

- **2 frozen banana**
- **2 fresh spotty banana**
- **2 cups water, to desired thickness**

Blend all ingredients until very smooth.

Try it out over fruit cereal or with oatmeal, enjoy it as a drink on its own, or served alongside a cookie recipe like Banana Oat Breakfast Cookies or Raspberry Linzer Cookies.

Serves 1-2

Almond Mylk

- **1 cup of almond butter**
- **4 cups of cold water**
- **2 dates**
- **1/4 tsp vanilla**

Blend all ingredients until smooth and enjoy! This almond milk will keep in the fridge for 3 to 4 days. Natural separation will occur. Shake well before serving.

Serves 2-4

Barley Grass Banana Mylk

- **1 ripe banana**
- **2 frozen bananas**
- **1 date**
- **2 tsp barley grass juice powder**
- **450 ml water**

Blend all ingredients in a high-speed blender until smooth. For a thicker milk, add water slowly until you reach the consistency you desire. Pour into a glass and enjoy!

Serves 1-2

Coconut Mylk

- **1 cup of raw shredded coconut**
- **4 cups of cold water**

Blend all ingredients until smooth. Strain through a nut milk bag or fine sieve. Enjoy! This coconut milk will keep in the fridge for 5 to 6 days. Natural separation may occur. Shake well before serving.

Serves 2-4



Chaga Latte

Chaga is an incredibly powerful medicinal mushroom that is rich in Vitamins A, C, B, D, and E and minerals such as manganese, iron, calcium, zinc, and selenium. It also contains potent anti-bacterial, anti-viral, anti-inflammatory, anti-microbial, anti-fungal, anti-candida, and anti-parasite properties.

Chaga is one of the best sources of betulinic acid which is known to kill cancer cells on contact. Chaga is therefore often listed as one of the top anti-cancer and anti-tumor foods and is highly valued in a variety of natural cancer treatments and preventative protocols

Chaga is also rich in beta-glucans which can dramatically strengthen and reinforce the immune.

Chaga contains the highest level of superoxide dismutase (SOD) in the world which is an enzyme that promotes the breakdown of free radicals. The wide range of healing benefits found in Chaga makes its one of the most important and essential medicinal foods to be included in one's natural health regime.

Chaga tea is an incredibly beneficial drink since the antioxidants, vitamins, minerals, and healing compounds are easily and quickly assimilated and utilized by the body in this form. Chaga tea can be made in under a minute by simply adding 1 teaspoon of Chaga extract powder to 8oz/225g of hot water. It has a rich, earthy coffee-like flavor that can be sweetened with honey, stevia, or coconut sugar if desired.

- **1 teaspoon Chaga Extract Powder**
- **1/4 teaspoon cinnamon**
- **8oz/225g hot water**
- **1 teaspoon raw honey or coconut sugar**
- **1/4 cup coconut milk**

Add the ingredients into a blender. Blend until well combined and frothy. You can also stir the ingredients together in a mug. It won't have the same frothiness but it will still taste delicious. Sip and savor.



Eggnog (Dairy-Free & Egg-Free)

- 1/3 cup raw cashews
- 2 cups unsweetened almond milk
- 3-4 pitted dates
- 1 tsp vanilla powder or alcohol-free vanilla extract
- 1 tsp ground cinnamon
- 1/4 tsp ground cloves
- 1/4 tsp ground nutmeg
- 1/4 tsp ground cardamom
- 1/4 tsp turmeric (for color)

Add all the ingredients to a blender and blend until very smooth and frothy, about 2-3 minutes. Divide between serving glasses and sprinkle cinnamon on top. Serve immediately.

Serves 2



Gingerbread Smoothie

- 2 frozen bananas
- 1/2 tsp ground cinnamon
- 1/8 tsp ground cardamom
- 1/8 tsp ground nutmeg
- 1/8 tsp ground cloves
- 1/4 tsp ground ginger
- 1 tsp vanilla powder/alcohol free vanilla extract
- 1-2 dates (optional)
- 3/4 cup unsweetened almond milk (or replace with coconut water or water for a fat-free smoothie)

Place all the ingredients in a blender and blend until smooth. Serve immediately.

Serves 1-2



Apple Pie Smoothie

- 2 medium-sized red apples, cored and cut into chunks
- 1 1/2 frozen banana
- 1 1/2 cup unsweetened almond or coconut milk (or water if preferred)
- 1 tbsp maple syrup or 1 medjool date
- 3/4 tsp ground cinnamon
- 1/4 tsp ground ginger
- Pinch of ground nutmeg

Place all the ingredients in a blender and blend until smooth. Add more almond milk or water if needed. Serve immediately.

Serves: 2



Turmeric-Ginger Shots Recipe

These fiery, immune-boosting shots are a tasty variation on the turmeric-ginger serum I mentioned above. A go-to option for the first sign of a cold, these shots will help your body fight back against anything that tries to come against it!

- **4 inches (10 cm) turmeric**
- **4 inches (10 cm) fresh ginger**
- **2 oranges**
- **4 garlic cloves**

One at a time, run each ingredient through the juicer, keeping the juices separate.

Combine 1 teaspoon turmeric juice, 1 teaspoon ginger juice, 1/4 teaspoon garlic juice, and 1/4 cup of orange juice in a small glass. Stir to combine and drink immediately.

Note:

- The amount of ingredients necessary will vary greatly based on the juicer that is used.

Makes 2 to 4 servings



Orange Creamsicle Smoothie

- **2 frozen bananas**
- **1 fresh banana**
- **3 whole chopped oranges, peel and seeds removed***
- **1-2 cups coconut water**
- **Seeds from 1/4 vanilla bean, or 1 tsp vanilla extract**

Place coconut water in the blender. Blend with the oranges until smooth. Add the frozen and fresh bananas and vanilla and blend again until very smooth and creamy. If you use only fresh bananas instead of frozen the smoothie will still taste wonderful. It just won't be as creamy and dessert-like. Serve right away and enjoy!

- If you don't have a high-speed blender, you may prefer to try using 1 cup of fresh orange juice as the oranges may not blend smooth.



Pineapple Ginger Smoothie

- **2 cups chopped pineapple (fresh or frozen)**
- **2 cups chopped mango (fresh or frozen)**
- **1 inch (2 cm) piece peeled ginger**
- **1 cup water or coconut water**
- **6 ice cubes (only if you use fresh fruit)**

Directions:

1. Place all ingredients except ice in a blender. If you are using frozen fruit, you may need 1.5 to 2 cups of water. Blend until smooth.
2. If you used fresh fruit rather than frozen, add ice and blend again.
3. Sip and enjoy!



Thyroid Healing Smoothie

Base Ingredients:

- **2 cups mango (fresh or frozen)**
- **1 banana**
- **1 cup water**

Suggested Healing Additions:

- **2 cups of spinach**
- **1/2 cup arugula**
- **1 teaspoon kelp powder**
- **1/2 inch (1 cm) ginger, peeled**
- **1 orange, juiced**
- **1/2 cup cilantro**
- **1/2 cup aloe vera gel**
- **1/2 cup raspberries**

Directions:

1. Combine the mango and banana with 1 cup of water in a blender. Add any of the suggested additions in assorted combinations. To get the most healing benefits out of this smoothie, go ahead and add all the suggested additions. Blend until smooth. Serve and enjoy!
- Tip: Get creative and play with different flavor combinations. I recommend trying the additions in the ingredients list (including orange juice, cilantro, spinach, arugula, raspberries, and aloe vera) above as a jumping-off point.

Makes 1 serving



Wild Blueberry Bubble Tea

- **1/2 cup wild blueberries**
- **3 cups fresh orange juice**

Place the wild blueberries in the serving glasses and top with orange juice. Serve immediately.

Servings: 2



Raspberry Peach Smoothie

- 1 peach, sliced
- 1/2 mango, cut into chunks
- Juice from 1 orange
- 1 1/2 cup raspberries, fresh or frozen
- 1 frozen banana (frozen will get the best consistency but you can also use fresh banana)
- 1 cup coconut water or water

Directions:

1. Make the orange layer by combining peach, mango and orange juice in a blender and blend until very smooth. Set aside and rinse the blender.
2. Make the pink layer by combining raspberries, banana and coconut water in a blender and blend until smooth.
3. Pour the orange layer into glasses, filling them up half way, then top with the pink layer. Serve immediately.

Serves: 2



Mango Smoothie Berry Parfait

- **2 cups frozen diced mango**
- **2 to 3 tablespoons fresh orange juice or water, to blend**
- **1/2 cup strawberries, raspberries, blueberries, and/or blackberries**
- **Fresh mint, for garnish (optional)**

Directions:

1. Place the mango and orange juice (or water) in a blender and blend until smooth.
2. Pour a layer of mango-orange smoothie in a jar or bowl, scraping from the sides of the blender as needed.
3. Top with half the berries.
4. Repeat with another layer of the smoothie and berries.
5. Garnish with a few leaves of fresh mint, if desired, and serve.

Makes 1 serving



Cinnamon & Vanilla Cantaloupe Smoothie

- 1 cantaloupe, peeled, deseeded and roughly chopped
- 1/2 tsp cinnamon
- 1 cup ice
- Seeds from 1/2 vanilla pod or 1/2 tsp alcohol-free vanilla extract
- 1-2 tbsp raw honey (optional but recommended if your melon isn't very sweet)

Place the cantaloupe, vanilla, cinnamon, raw honey and ice in a blender and blend until smooth.

Serves: 2



Melon Smoothie

- **3 to 4 cups cubed melon, such as watermelon, cantaloupe, honeydew, canary, galia, sugar kiss, snowball, or any other variety**

Place the melon in a blender and blend until smooth, about 1 to 2 minutes. Pour into a glass and serve immediately.

Tips:

- It's best to enjoy melon on an empty stomach or only after lemon or lime water and celery juice. Wait the customary 15 to 20 and ideally 30 minutes after finishing your celery juice before enjoying your Melon Smoothie.
- Feel free to double or triple this recipe according to your appetite.
- All ripe melons create truly delicious smoothies that hold an abundance of healing benefits, so feel free to use any melon variety you enjoy. Do make sure to stick to one melon variety per smoothie, though. Experiment with different varieties over time to see what you like.



Banana Berry Spice Smoothie

- **2 bananas (use more if you wish)**
- **1 cup frozen raspberries**
- **1 cup frozen strawberries**
- **1.5 cups coconut water or water**
- **1/4 teaspoon cinnamon, or more to taste**
- **Pinch nutmeg (optional)**

Directions:

1. Place the coconut water or water and bananas in a blender and blend well.
2. Add the frozen berries and spices and blend until smooth. Pour into a big glass and enjoy the anti-aging benefits!



Papaya Pudding

- **1/2-1 large Maradol papaya, cubed**

Place the papaya in a blender and blend until smooth. Serve immediately.

Tip:

- It's important to only use papayas that aren't genetically modified. Maradol papayas are a large variety that are not GMO.
- Make sure to use only ripe papaya—you want the flesh to be spoonable. You can usually judge ripeness from the outside, when the skin gets some orange or yellow and yields like a ripe avocado under pressure from your thumb.



Banana Cherry Smoothie

- **2 bananas, fresh or frozen**
- **1 medjool date**
- **1 cup frozen cherries**
- **1 cup water or coconut water, to blend**
- **1 teaspoon barley grass juice powder (optional)**

Combine the bananas, date, cherries, water, and barley grass juice powder (if using) in a high-speed blender and blend until smooth. Serve and enjoy!

Tips:

- If you're using coconut water in this smoothie, make sure it doesn't contain natural flavors and isn't pink or red.
- Feel free to double this recipe if you are having the smoothie as a meal and want something heartier.

Makes 1 serving



Medical Medium Heavy Metal Detox Smoothie

We are all exposed to toxic heavy metals today. Many people also come into this world with toxic heavy metals such as mercury they inherited through their family line. Toxic heavy metals can cause or contribute to countless health symptoms and conditions.

Enjoy this delicious smoothie daily to help safely and effectively remove heavy metals out of your brain and body.

- **2 cups of frozen wild blueberries**
- **1 cup cilantro**
- **1 tsp spirulina**
- **1 tsp barley grass juice powder**
- **1 tbsp Atlantic dulse**
- **2 bananas**
- **1 orange**
- **1 cup water (optional)**

Combine the bananas, blueberries, cilantro, barley grass juice powder, spirulina, and dulse with the juice of one orange in a high-speed blender and blend until smooth. Add up to 1 cup of water if a thinner consistency is desired. Serve and enjoy!

Wild blueberries: Draw heavy metals out of your brain tissue, healing and repairing any gaps created by oxidation when the heavy metals are removed. The potent antioxidants in wild blueberries help reverse any oxidative damage left behind by the heavy metal removal.

Barley grass juice extract powder: Has the ability to draw heavy metals out of your spleen, intestinal tract, pancreas, thyroid, and reproductive system. Barley grass juice extract prepares mercury for complete absorption by spirulina.

Spirulina: Draws out heavy metals from your brain, central nervous system, and liver, and soaks up heavy metals extracted by barley grass juice extract powder.

Cilantro: Goes deep into hard-to-reach places, extracting metals from yesteryear.

Atlantic dulse: Binds to mercury, lead, aluminum, copper, cadmium, and nickel. Atlantic dulse goes into deep, hidden places of the digestive tract and gut, seeking out mercury, binding to it, and never releasing it until it leaves the body. Atlantic dulse also serves as emergency backup, helping ensure that all the heavy metals that make it as far as the colon actually leave the body.



Mango Mojito Smoothie

- 2 cups frozen mango cubes (about 2 large mango cheeks)
- 2 tsp barley grass juice powder
- Large handful of fresh mint
- 3 tbsp fresh lime juice
- 2 cups coconut water
- 1-2 medjool dates (optional)

Add all the ingredients to a blender and blend until smooth. Serve immediately.

Serves 2



Celery Juice

Plain, fresh celery juice is one of the most powerful healing juices available to us. This clean, green drink is the very best way to start your day. Make this juice a part of your daily routine, and soon you won't want to go a day without it!

- **1 bunch of celery**

Rinse the celery and run it through a juicer. Drink immediately for best results.

Alternatively, you can chop the celery and blend it in a high-speed blender until smooth. Don't add water or ice for the greatest healing benefits, use only celery. Strain the blended celery well through a fine mesh strainer, cheesecloth or nut milk bag and drink immediately.

Tips:

- If you want to heal and improve your health quickly and efficiently, follow this routine:
- Every morning, drink 450 ml or more of celery juice on an empty stomach. Make sure it's fresh, plain celery juice with no other ingredients. Celery juice is a medicinal, not a caloric drink, so you'll still need breakfast afterward to power you through the morning. Simply wait at least 15 to 30 minutes after drinking your celery juice before consuming anything else.
- If you're sensitive and 450 ml is too much, start with a smaller amount and work your way up. You can also drink more than 450 ml. Many people love to drink 900 ml daily.
- Use organic celery whenever possible. If you're using conventional celery, be sure to wash it especially well before juicing.
- If you find the taste of straight celery juice too strong, you can juice one cucumber and/or one apple with the celery. This is a great option as you get adjusted to the flavor. As you get used to it, keep increasing the ratio of celery until your juice is only celery; the greatest benefits come when celery juice is consumed on its own.



Aloe Pineapple Juice Cooler

- **2 cups pineapple juice**
- **2 tbsp aloe vera inner gel***
- **3 mint leaves**
- **1 lime, juiced**
- **1/2 cup water**

Fillet an aloe vera leaf and scoop out the clear gel inside. Blend 2 tablespoons of the gel with the lime juice and water until smooth. Combine in a glass with pineapple juice. Muddle in mint leaves and enjoy!

- You can purchase whole Aloe leaves in the produce section of the grocery store.



Ginger limeade

This ginger limeade is so refreshing. It will be especially helpful to anyone trying to transition off of caffeinated energy drinks. The subtle heat of fresh ginger juice makes this drink one you will come back to time and time again.

- **1/4 cup honey**
- **4 cups water, divided**
- **1 tablespoon ginger juice (from about one 3-inch (8cm) ginger piece)**
- **1 cup lime juice (from about 10 limes)**
- **1/4 cup fresh mint leaves**

Heat 1/4 cup of honey and 1 cup of water in a small pan until the honey dissolves completely. Set aside to cool. Juice the ginger and limes into a large pitcher. Mix in the remaining 3 cups of water. Stir in the cooled honey water and the fresh mint leaves. Refrigerate until chilled.

Tips:

- Ginger can be reused throughout the day. It's fine to keep using the same ginger for multiple servings of tea.;
- Drinking ginger tea during a full moon increases the medicinal effects of the ginger by 50 percent.
- Consume ginger shortly before or during a time period when you have to make a serious life decision.
- Just before you take a therapeutic bath, drink ginger water or ginger tea to enhance the bath's healing power

Makes 2 to 4 servings



Champagne Mocktail

- 1 cup coconut water
- 3/4 cup sparkling mineral water
- 2-3 tbsp lime juice
- 1 tbsp maple syrup (optional)
- 1/4 cup pomegranate seeds (optional)
- Lime slices, to serve

Combine the coconut water, sparkling water, lime juice and maple syrup in a jug. Mix well. Pour into champagne glasses and serve immediately with pomegranate seeds (if using) and lime slices.

Serves 2-3



Lemon Ginger Honey Water

- **1 to 2 inches (2-5 cm) fresh ginger**
- **2 cups water**
- **1/2 lemon**
- **2 teaspoons raw honey**

Grate the ginger into 2 cups of water. Allow the water to steep for at least 15 minutes and ideally longer. You can even leave it steeping in the fridge overnight if you wish. Strain the ginger out of the water when you're ready to drink it, add the lemon juice and raw honey.

Tips:

- As an alternative to grating the ginger, try chopping it into a few small pieces and squeezing them in a garlic press—it will act like a mini juicer. Be sure to take out the “pulp” from the press afterward, chop it finely, and add it to the water, too.
- It can be helpful to prepare a big batch of ginger water in advance to sip as desired. For best results, add the honey and lemon just prior to consuming.



Orange rose hips iced tea

When you have a spare moment to wind down, turn your mind to rose hips, and brew up a batch of this sweet, light, and refreshing iced tea. As you take time to enjoy it on your own or with a companion, bask in the drink's benefits and the simple pleasure of nourishing yourself.

- **2 teaspoons dried rose hips**
- **1/2 cup orange juice**

Boil 2 cups of water. Steep rosehips in 1 1/2 cups of water for 5 minutes or more.*Place the tea in the refrigerator to cool. When cool, add 1/2 cup of orange juice. Serve over ice and enjoy!

- If a stronger, more medicinal tea is desired, use 2 teaspoons or up to 1 tablespoon of the tea blend per serving.

Tips:

- The rose hip is the rose's soul. Before you brew rose hip tea, set the serving of dried rose hips you intend to use in the sun for five minutes (no more). This will activate the rose hips' most powerful memory of swaying in the wind and basking in the sun on a perfect August day—which enhances the soul of the rose so it can pass on its maximum potency to you.
- Once you've made your tea, add a squeeze of lemon and some raw honey to make the vitamin C content highly active

Makes 2 cups



Spiced Apple Cider

- **8 cups apple cider/juice (make or buy organic if possible)**
- **4 whole cloves**
- **2 cinnamon sticks**
- **1/3 tsp ground nutmeg**
- **1 star anise**
- **1 inch (2 cm) piece fresh ginger**
- **1 orange, cut into slices**
- **1/4 cup cranberries**

Directions:

1. Simmer the cider, whole cloves, ginger, nutmeg, star anise, and orange slices in a pot for 20-30 minutes, stirring occasionally. Strain the cider, top with fresh orange & apple slices & cranberries and serve to enjoy.
2. Once made, the spiced apple cider can also be stored in the refrigerator for up to a week and served cold, if desired.



Spiced Apple Juice

- **10 apples, cored and chopped (yields 3 cups of juice)**
- **3/4 teaspoon ground cinnamon**
- **1/2 teaspoon ground ginger or 1 teaspoon finely grated fresh ginger**
- **Pinch of ground nutmeg (optional)**
- **Pinch of ground cloves (optional)**
- **1/2 teaspoon grated orange peel**

Directions:

1. Juice the apples using an electric juicer.
2. Add the cinnamon, ginger, nutmeg, cloves, and orange peel to the juice.
3. If you are serving the juice cold, let it infuse for at least 10 minutes. Strain through a fine-mesh sieve and serve.
4. If you are serving it hot, place the juice in a small saucepan and heat until simmering. Turn the heat off and infuse for 5 to 10 minutes. (If you can avoid heating it up in the microwave, that's ideal.) Strain through a fine-mesh sieve and serve.



Cranberry Orange Mimosa

- 2 cups cranberry juice
- 2 cups freshly-squeezed orange juice
- 3-4 tbsp maple syrup (optional)
- 1 1/2 - 2 cups sparkling water
- Fresh cranberries, to serve (optional)
- Orange wedges, to serve (optional)
- Rosemary, to serve (optional)

Directions:

1. In a medium-sized jug, add the cranberry juice, orange juice and maple syrup (if using). Stir until evenly mixed.
2. Divide the juice between glasses and fill the rest of the glass with sparkling water.
3. Add fresh cranberries, orange wedges and rosemary to garnish (if using) and serve immediately.

Serves 4



Hot Apple Cider

- **3 cups unsweetened apple juice**
- **4 cinnamon sticks**
- **2-3 orange slices**
- **6-8 whole cloves**
- **1/2 tsp ground cardamom**
- **1/4 tsp ground nutmeg**

Place the apple juice in a medium-sized saucepan and bring to a simmer. Add the cinnamon sticks. Press the cloves into the orange slices and add to the pot, together with cardamom and nutmeg. Simmer for 20-30 minutes, then remove the cinnamon sticks and oranges from the pot. Serve immediately.

Serves: 3-4



Watermelon Granita

- **2 lbs/1 kg (6-7 cups) chopped watermelon**
- **1/4 cups lime juice**
- **1/2 tbsp lime zest**
- **1/4 cup maple syrup or raw honey – optional**

Directions:

1. Add the watermelon, lime juice, lime zest and maple syrup/honey to a blender and blend until smooth.
2. Pour the mixture into a shallow glass or ceramic pan. Freeze for at least 2 hours, then start breaking up the ice crystals with a fork every 30 minutes until you get a crunchy, slushy-like texture.
3. Serve immediately or store in an airtight container in the freezer until needed.



Cranberry Water Recipe

- **4 cups water**
- **1 cup fresh cranberries**
- **3 tablespoons lime juice**
- **2 tablespoons raw honey**

Blend the water and cranberries together until well combined. Strain the resulting cranberry water through a sieve or nut milk bag and into a medium-sized bowl. Whisk the lime juice and raw honey into the cranberry water until the raw honey has completely dissolved. Serve and enjoy!

Tips:

- Frozen cranberries may be used in place of fresh cranberries. Simply thaw them beforehand and use 1/2 cup of thawed frozen cranberries in place of the fresh ones.

Makes 2 servings



Watermelon Strawberry Ginger Lemonade

- 8 cups watermelon, cut into chunks
- 1 cup strawberries, hulled and halved
- 1 1/2 tbsp fresh ginger
- 1/3 cup lemon juice
- 1-2 tbsp raw honey (optional)
- Lemon slices, to serve
- Ice to serve

Place all the ingredients in a blender and blend until smooth. Serve over ice.

Serves: 4 people



Watermelon Slushy

- **2 cups fresh watermelon cubes**
- **2 cups frozen watermelon cubes**
- **1 lime, juiced**

Blend the fresh and frozen watermelon together with the lime juice until smooth. Serve and enjoy!

Tip:

- Adjust the iciness of the slushy by substituting more fresh watermelon in place of frozen if you desire a less frosty beverage.

Makes 2 servings



Hibiscus Lemonade

- **4 cups water, divided**
- **2 teaspoons dried hibiscus (see Tips)**
- **1/2 cup fresh lemon juice**
- **4 tablespoons raw honey (see Tips)**

Directions:

1. Bring 1 cup of water to a boil in a small saucepan. Remove the water from the heat and add the dried hibiscus. Allow the resulting hibiscus tea to steep for at least 10 minutes, and then strain the tea into a mug and place it in the fridge to cool.
2. In a medium bowl, whisk together the remaining 3 cups of water with the lemon juice and honey until the honey has completely dissolved and a smooth lemonade has formed. When the hibiscus tea has cooled, stir it into the lemonade base and enjoy!

Tips:

- Store-bought tea bags can be used as well when loose dried hibiscus is not available. Use 1 hibiscus tea bag in place of 1 teaspoon of dried hibiscus.
- Alternatively, maple syrup can be used in place of honey. Start by using 3 tablespoons of maple syrup and adjust until the desired sweetness is reached.
- The recipe above is for a beautiful, light lemonade that anyone can enjoy. If you're looking for even more medicinal benefits, try using up to 2 more tablespoons of dried hibiscus for a stronger hibiscus lemonade with a powerfully tart flavor.

Makes 2 servings



Alcohol-Free Mulled Wine

- 2 cups red grape juice
- 3 cups cranberry juice
- 1/2 cup water
- 2 cinnamon sticks
- 2 Star anise
- 10 whole cloves
- 3 cardamom pods, slightly crushed
- 3 thick orange slices
- 2-3 tbsp maple syrup (optional)

Add all ingredients to a medium-sized saucepan and simmer very gently for 30 minutes, until the flavors are infused. Remove from heat and cool for 10 minutes, then strain through a sieve and divide between mugs. Serve immediately.

Serves 2-3



Hibiscus Apple Tea

- **2 hibiscus tea bags**
- **1 cup boiling water**
- **1/2 cup unsweetened apple juice**
- **1 cinnamon stick**
- **Optional: add a raspberry leaf tea bag or ginger tea bag**

Directions:

1. Place the hibiscus tea bags in a heat-proof jug and pour the boiling water on top. Let it steep for 5 minutes, then remove the tea bag.
2. While the hibiscus tea is steeping, place the apple juice and cinnamon stick in a small saucepan and heat for 2-3 minutes, until warm, then remove the cinnamon stick. Pour in the hibiscus tea and stir all the ingredients together. Pour into mugs and serve.

Serves 1-2



Wild Blueberry Lemonade

- 1 cup wild blueberries, fresh or frozen
- 3/4 cup lemon juice (about 3 lemons)
- 1/3 cup raw honey
- 3 cups water
- Ice, to serve
- 2 tbsp fresh blueberries, to serve
- 4-5 lemon slices, to serve

Directions:

1. Place the wild blueberries, lemon juice, honey and water in a blender and blend until smooth. Strain through a fine mesh sieve, muslin cloth or nut milk bag to remove the seeds, then pour into glasses.
2. Add ice, fresh blueberries and lemon slices. Serve immediately or keep in the fridge for 2-3 days.

Serves: 4-6



Grape slushy

Easy to make and incredibly delicious, this ice-cold slushy is the perfect way to make use of grapes and coconut water when you have them. You'll want to come back to this recipe over and over again.

- **4 cups frozen* grapes**
- **3 cups coconut water**

Blend the frozen grapes and the coconut water in a blender until well combined. Serve and enjoy.

- Fresh grapes may be used in place of frozen if you don't want an icy drink. Reduce the coconut water to 2 cups.

Tips:

- We tend to overlook raisins. Don't let their humble status fool you. Raisins are more powerful for your health than goji berries!
- Try this recipe for fresh grape jelly: In the food processor, combine Concord grapes, raw honey to taste, and a squeeze of lemon as preservative. The sugar from the honey extracts healing phytochemicals from the tart, medicinal skin of the grapes, making these nutrients bioavailable and delivering them deep into your vital organs.
- When preparing organic grapes to eat, simply give them a gentle rinse. The residue on organic grapes is actually beneficial, because it's filled with the elevated biotics we looked at in the "Adaptation" chapter.

Makes 2 servings



Medical Medium Vitamin C Shock Therapy

At the first signs of a cold or flu, start Vitamin C Shock Therapy:

- **2 500mg capsules Micro-C**
- **1 cup water, preferably warm**
- **2 teaspoons raw honey***
- **Juice of 1 orange, freshly squeezed***

Substitutions:

- **100% pure maple syrup (not maple-flavored syrup) can be substituted for raw honey if desired**
- **The juice of 1 lemon can be used instead of orange**

Open the Micro-C capsules and pour the powder into warm water. Stir until dissolved. Add the raw honey and orange juice and stir well. Drink every two hours.

You can increase your dosage of Micro-C if your body can handle more.

Medical Medium Zinc Shock Therapy

Squirt two dropperfuls of **liquid zinc sulfate** into your throat, let it sit there for a full minute and then swallow the zinc.

Three hours later, squirt another two dropperfuls into your throat and let it sit there again for a full minute before swallowing.

Repeat every three waking hours for two days.

VITAMIN C SHOCK THERAPY



ZINC SHOCK THERAPY

AT THE FIRST SIGNS OF A COLD OR FLU, START ZINC SHOCK THERAPY:

SQUIRT TWO DROPPERFULS OF LIQUID ZINC SULFATE INTO YOUR THROAT

LET THE ZINC SIT IN YOUR THROAT FOR ONE MINUTE, THEN SWALLOW.



REPEAT
EVERY THREE WAKING HOURS FOR TWO DAYS.

LEMON SORBET

It doesn't get any more refreshing than a lemon sorbet with a hint of honey and sage. This sorbet is so easy to bring together and keeps well in the freezer for up to three weeks. Enjoy it as an after-dinner treat or a sweet palate cleanser any time of day.

- **3/4 cup honey**
- **3 sage leaves**
- **1 1/2 cups water**
- **1 cup fresh-squeezed lemon juice (from about 6 lemons)**
- **1 tablespoon lemon zest**

Directions:

1. Combine the honey, sage leaves, and 1 1/2 cups water in a small saucepan. Warm over medium heat until the honey dissolves completely.
2. Add the lemon juice and zest. Stir well and cool in the refrigerator. Remove the sage leaves and discard.
3. Place the remaining mixture in an ice cream machine and process according to the manufacturer's instructions. If you don't have an ice cream machine, place the mixture in a bowl and set in the freezer; stir well every 30 minutes until the desired consistency is reached.



Honey-coconut ice cream

Fair warning: This ice cream recipe is dangerously good. It only takes a few minutes to prep with an ice cream maker, and in under an hour, you can have ice cream that is cleaner and way more delicious than anything available in the store.

- **1 cup almonds**
- **2 dates, pitted**
- **1/4 (6 mm) inch vanilla bean, split lengthwise**
- **1 1/2 cups coconut cream (from approximately 2 400g cans of refrigerated_full-fat coconut milk)**
- **1/8 tsp sea salt**
- **1/8 cup raw honey**
- **1/4 cup chopped almonds (optional)**

Directions:

1. First, make the almond milk by blending the almonds, dates, and scraped seeds from the vanilla bean with 2 cups of water until smooth. Strain the mixture through a nut milk bag or cloth and set aside.
 2. Open the cans of coconut milk, being careful not to shake them. Separate off the heavy cream from each can.
 3. In a medium bowl, mix the coconut cream with 1 cup of almond milk, sea salt, and raw honey until combined. Pour into the bowl of an ice cream maker and process according to the manufacturer's instructions
- Serve the ice cream topped with chopped almonds, if desired, and a drizzle of raw honey.
 - Without an ice cream maker, freeze the mixture in a bowl and stir every 30 minutes until set.

Makes 2 to 4 servings



Peach Ginger Sorbet

- 1 thumb knuckle-sized piece of ginger, peeled
- 4 cups frozen sliced peaches
- 1 tablespoon Meyer lemon juice
- 1 tablespoon raw honey (see Tips)
- 1/2 cup water

Directions:

1. Place the ginger into the food processor and process until finely minced. Add the frozen peaches, lemon juice, and honey to the food processor and process everything together for 2 to 3 minutes until smoothly combined.
2. Stream in the water slowly, using just enough to keep everything moving. It can also be helpful to stop and scrape down the sides of the food processor. The sorbet is done when a smooth, even texture has formed.
3. This sorbet will be on the softer side. For a firmer consistency, transfer the sorbet to a container and freeze it for 3 to 4 hours prior to serving.

Tips:

- If using store-bought frozen peaches, make sure they don't contain citric acid.
- If you like things extra sweet, feel free to increase the amount of honey until the taste is exactly what you want it to be!

Makes 4 servings



Wild Blueberry Banana Ice Cream

- **3 large frozen bananas**
- **2 cups defrosted wild blueberries, divided**
- **2 tablespoons raw honey (optional)**

1. Place 1 cup of thawed wild blueberries and their liquid into the food processor along with 2 tablespoons of raw honey if desired. Pulse 5 times until just combined. Many of the berries should still be whole. Set this sauce aside
2. Roughly chop the bananas and place them into a food processor along with the remaining cup of wild blueberries. Process until a smooth soft-serve ice cream forms. If desired, you can place the ice cream into the freezer to harden for 2 hours before scooping it out. Serve the ice cream in individual bowls and top with the wild blueberry sauce. Enjoy!



Banana Mint Ice Cream

- **4 peeled, chopped and frozen bananas**
- **1 tsp fresh mint leaves, finely chopped**
- **2 tsp barley grass juice powder**

1. Place your peeled, chopped and frozen bananas in a food processor or high-speed blender. Process/blend until you get an ice cream consistency like a soft serve. This will take a few minutes. You can move the bananas around a few times to help them break down. If you are using a blender, you may need to add a few tablespoons of water but add as little as possible.
2. Once you have turned the bananas into ice cream, add the chopped mint and barley grass juice powder. Process again for a few seconds. Serve and eat immediately, or place your ice cream in the freezer for 15 to 30 minutes to firm up if you prefer a firmer consistency.



Wild Blueberry & Coconut Popsicles

- **2 cups wild blueberries***
- **2 cups plain unsweetened coconut yogurt**
- **1/4 - 1/2 cup raw honey**

Directions:

1. Mix the wild blueberries and raw honey in a bowl together. (You can also pulse them in a blender, if desired).
 2. Assemble the popsicles by alternating a little scoop of the coconut yogurt with a little scoop of the wild blueberry mixture into each popsicle mold, repeating as desired until you've reached the top. Swirl gently with a spoon to give the popsicles a slightly mixed effect.
 3. Add popsicle sticks and/or lids and freeze overnight.
- if you can't find wild blueberries in your freezer section at your supermarket than regular blueberries can be substituted



Banana Nice Cream With Strawberry Sauce

- **4 frozen bananas**
- **1 1/2 cups of strawberries, sliced and divided**
- **1/2 cup of dates**
- **optional: 1/4 cup of water**

Directions:

1. For the sauce, blend 1 cup of sliced strawberries with 1/2 cup of dates.
2. To make the ice cream, cut each frozen banana into 3 to 4 pieces. Place all of these pieces into a food processor and pulse to combine.
3. After pulsing a few times, begin to process continually while adding water by the tablespoon as needed until a thick, creamy, smooth texture is achieved.
4. Place into a freezer-safe bowl. Drizzle the strawberry sauce in a circular pattern over the top of the ice cream. Using a knife, cut the sauce through the ice cream in swirls. Do not over-stir.
5. Place the bowl in the freezer to set for at least 15 minutes to harden. Scoop ice cream into bowls and serve topped with extra sauce and sliced strawberries.

Serves 2



Ice Cream Cookie Sandwiches

- 1 1/3 cup gluten-free rolled oats
 - 1 cup gluten-free oat flour
 - 1/2 tsp baking soda
 - 1/2 tsp baking powder
 - 1/4 tsp sea salt (optional)
 - 1/4 cup melted coconut oil
 - 2 tbsp coconut sugar
 - 1/3 cup maple syrup
 - 1 tsp vanilla powder or alcohol-free vanilla extract
- Ice cream:
- 3 frozen bananas
 - 2-3 tbsp water or almond milk
 - 1 tsp vanilla powder or extract

1. Make the ice cream by roughly chopping the frozen bananas and placing them in a food processor or high-speed blender. Process the bananas until you have a smooth, soft-serve consistency, adding warm water or almond milk by the tablespoon as needed to prevent sticking. Place in an airtight container in the freezer to set for 3 to 5 hours.
2. To make the cookies, preheat oven to 350°F/180°C. Line a baking sheet with parchment paper.
3. In a medium-sized bowl, whisk together the gluten-free oats, gluten-free oat flour, baking powder, baking soda and sea salt (if using).
4. In another bowl, whisk together the coconut oil, coconut sugar, maple syrup and vanilla until you get a uniform mixture.
5. Add the dry ingredients to the wet ingredients and stir until combined. The mixture will be very sticky.
6. Using an ice-cream scoop or medium cookie scoop, scoop the dough onto the lined baking sheet. Using a fork or the bottom of a glass, flatten cookies into round discs.
7. Bake for 8-12 minutes, depending on the thickness of the cookies. Transfer to a cooling rack and cool completely.
8. Using an ice-cream scoop, place a heaping scoop of ice cream onto a cookie. Press another cookie down onto the ice cream layer to cream a sandwich.
9. Place ice-cream sandwiches in the freezer to further solidify or serve immediately.

Serves 4-6



Raw Ice Cream Sandwiches

For the cookies:

- **1 cup dried mulberries**
- **1 cup pitted medjool dates, tightly packed**
- **1/3 cup shredded coconut (leave out for fat-free)**

For the cinnamon banana ice cream:

- **2 frozen bananas**
- **1 tsp cinnamon (optional)**
- **2-3 tbsp warm water**

For the strawberry ice cream:

- **2 frozen bananas**
- **1 cup frozen strawberries**
- **2-3 tbsp warm water**

Directions:

1. To make the cookies, add the mulberries, dates and coconut (if using) to a food processor and process until you have a uniform mixture that sticks together.
2. Roll the mixture into balls and then flatten into cookies, about 1/4 inch (6 mm) thick. Place in the freezer for at least 1 hour to firm up.
3. To make the ice creams, add all the ingredients to a food processor or blender and blend until smooth. Add the water as needed to blend. Place in a freezer-friendly container and freeze for 2-3 hours, until firm.
4. To serve, place a scoop of ice cream between two cookies and press down. Repeat with rest of cookies.
5. Serve immediately or freeze for an additional 30 minutes for a firmer sandwich.

Serves 4-5



Raspberry and Lime Chia Parfait

For the chia pudding:

- **1 cup raspberries, fresh or frozen**
- **1 cup unsweetened almond milk or coconut milk**
- **2 tbsp maple syrup or raw honey**
- **1 tsp lime zest**
- **1 tsp lime juice**
- **3 tbsp chia seeds**

For topping:

- **1/2 banana, thinly sliced**
- **1/4 cup fresh raspberries**
- **1/4 cup fresh or defrosted wild blueberries or regular blueberries**

Directions:

1. Place the raspberries in a bowl and mash very well with a fork. Stir in the almond or coconut milk, maple syrup or raw honey, lime zest and juice and chia seeds. Set aside to soak for 2-3 hours, until thick and jelly-like.
2. Divide the chia pudding between two jars or bowls and serve with bananas, raspberries and blueberries.

Serves 2



Peaches, Blueberries, & Celery

This simple but beautiful combination of fresh peaches, blueberries and celery offers a delicious melding of sweet and salty, juicy and crunchy. Together these foods offer a wonderful and nourishing snack that's a perfect support for your adrenal gland health. As I share in my book *Medical Medium*, it's vital to graze every 1-2 hours on foods that have a balance of potassium, sodium, and natural sugar (from fruit, raw honey or carbohydrate rich vegetables.)

- **2 peaches, sliced**
- **2 celery stalks, cut into thin slices**
- **1/4 cup wild blueberries or regular blueberries**

Arrange all the ingredients on a platter or bowl. Serve immediately.

Serves: 2



Layered Fruit Salad

- 2 1/2 cups chopped Maradol papaya
- 2 cups chopped strawberries
- 2 cups diced mango or pineapple
- 2 cups blueberries
- 2 cups chopped kiwi
- Juice from 1/2 lime

Layer the chopped fruit in a medium-sized glass bowl. Squeeze lime juice over the top and serve.

Makes 2-3 servings



Banana-Kiwi Green Smoothie Bowl

For the smoothie:

- **1 frozen banana**
- **2 fresh bananas**
- **4 kiwi fruit, skin removed**
- **juice of 1/2 lime**
- **1 tsp barley grass juice powder**
- **1 cup spinach**
- **1/2 to 1 cup water**

For toppings:

- **banana slices**
- **kiwi fruit slices**
- **organic shredded coconut**
- **Or choose any other fruits you like.**

Preparation:

1. Blend the spinach with 1/2 cup of water.
2. Add the rest of the smoothie ingredients into the blender and blend until smooth. You may wish to add in extra water to facilitate blending or for a thinner consistency.
3. Add toppings of choice and enjoy!



Wildflower Honey Berries

Don't let the simplicity of this recipe fool you. Not only is it so delicious that it may very well become a daily staple; it's also one of the most nutrient dense meals or snacks you can eat!

- **1 cup strawberries, hulled and halved**
- **1 cup raspberries**
- **1 cup wild blueberries or blueberries**
- **1 cup blackberries**
- **2-3 tbsp wildflower raw honey**

Place all the berries in a bowl, add the honey and mix until coated. Serve immediately.



Watermelon Fries

- 1 small watermelon, cut into fries
- Zest from 1 lime
- 1 tablespoon lime juice
- 1/2 to 1 teaspoon chili powder

Arrange the watermelon fries on a plate or platter. Add the lime zest, juice, and chili powder. Serve immediately



Papaya smoothie bowl

These papaya smoothie bowls are almost too pretty to eat. Don't let that stop you, though. Papaya and raspberry were made for each other, and the addition of banana, mango, and mint takes this treat over the top. Have fun creating your own designs and customizing this recipe however you want. The options are endless.

- **6 cups cubed papaya**
- **4 dates, pitted**
- **2 cups raspberries, divided**
- **1 cup diced mango**
- **1 banana, sliced**
- **1 tablespoon shredded coconut**
- **1 tablespoon minced fresh mint**
- **1/2 lime**

Blend the papaya, dates, and 1 cup of the raspberries in a blender until smooth. Pour the mixture into 2 bowls. Arrange the mango, banana slices, and remaining raspberries on top. Finish with a sprinkle of shredded coconut, fresh mint, and a squeeze of lime.

Makes 2 servings



Cranberry Orange Sauce

- **3 cups cranberries, fresh or frozen**
- **Zest and juice from 1 orange**
- **1/3 cup pure maple syrup, more to taste**
- **1/4 tsp ground cloves (optional)**
- **2 cinnamon sticks (optional)**

Directions:

1. Add the cranberries, orange juice and zest, maple syrup, ground cloves and cinnamon sticks (if using) to a medium-sized saucepan.
2. Bring to a boil, then lower to a simmer and cook for 15-20 minutes, until the cranberries have broken down. Taste and adjust sweetness. Remove from the heat and let cool.
3. Spoon into your serving container to serve or store in an airtight container, refrigerated, for 3-4 days.



Wild Blueberry Soup

- 3 cups wild blueberries, fresh or frozen
- 2 cups water
- 2 tsp lemon juice
- 1/2 tsp lemon zest
- 1/4 tsp ground cinnamon or cardamom
- 2 tsp arrowroot powder mixed with 2 tbsp water
- 3 tbsp raw honey, more if needed
- Mint (for garnish)

Directions:

1. In a large saucepan, bring the blueberries, water, lemon juice and zest and cinnamon or cardamom to a simmer. Cook for about 8-10 minutes, until the blueberries are looking soft.
2. While the soup is cooking, mix the arrowroot powder with cold water and add it to the soup. Cook for another 2 minutes, until the soup thickens, then remove from the heat and let cool for 10 minutes.
3. Stir in honey. Serve hot or chilled, with mint leaves for garnish. Leftovers keep in the fridge for up to 3 days.

Serves: 2-4



Elderberry Syrup

- **3/4 cup dried elderberries**
- **3 cups water**
- **3/4 cup raw honey**

Optional additions:

- **1 cinnamon stick**
- **1 whole star anise**
- **1/4 tsp whole cloves**

Directions:

1. Place the dried elderberries and water in a medium-sized saucepan (with optional spices) on the heat. Cook on medium-high for 45 minutes to 1 hour, until thick and reduced by half.
 2. Remove and cool completely. Strain the syrup into a bowl, pressing the juice out of the berries with a wooden spoon and discarding the whole spices.
 3. Whisk in the raw honey and pour into jars.
-
- For health maintenance, enjoy 1 tablespoon per day. For assistance in recovering from a cold or flu, enjoy 1 tablespoon 3 times per day.

Makes: 1-2 cups



Wild Blueberry Cranberry Sauce

- **2 cups cranberries, fresh or frozen**
- **3/4 cup frozen wild blueberries**
- **1 red apple, diced**
- **1 tsp orange zest**
- **Juice from 1 orange**
- **1/3 cup coconut sugar or maple syrup**
- **2 cinnamon sticks**

Directions:

1. Place all the ingredients in a medium-sized pot and bring to a boil. Lower the heat to a simmer and cook uncovered. Stir every few minutes for 20-30 minutes until the mixture is thick and the berries are soft.
2. Remove half the mixture from the pot and blend until smooth using an immersion blender or a jug blender. Place it back in the pot. Alternatively, you can leave the sauce chunky or blend it completely. Remove the cinnamon sticks and let cool before serving. Best kept in the fridge.

Makes about 1 cup



Apple Butter

This creamy and delicious apple butter is the perfect versatile spread to eat with almost anything! Enjoy it alone or as a dip for apples, pears, bananas, celery, cucumbers, sweet potatoes or a healthy cracker of your choice. Or try spooning it onto fruit salad, a smoothie bowl, gluten free oatmeal or the wild blueberry pancakes

- **12 medium-sized red apples, cored and roughly chopped**
- **1 cup raw, unsweetened apple juice**
- **2 tbsp fresh lemon juice**
- **1 1/2 tsp cinnamon**
- **1/2 tsp ground cloves**
- **1/2 tsp ground nutmeg**
- **1 tsp alcohol free vanilla extract (or 1 vanilla bean)**

Directions:

1. Place all the ingredients in a slow cooker on very low heat and cook for about 10-12 hours, until dark and reduced. Transfer to a blender or blend until smooth using an immersion blender in the pot. If you would like the mixture thicker, transfer it to a pot and cook, uncovered, for 15-20 minutes to thickness of your liking. Let cool and store in jars in the fridge.
2. To cook without a slow-cooker, place all the ingredients in a heavy-bottomed saucepan over low heat and cook, stirring occasionally, for 8-10 hours, until dark and reduced. Transfer to a blender or blend until smooth using an immersion blender in the pot. If you would like the mixture thicker, transfer it to a pot and cook, uncovered, for 15-20 minutes to thickness of your liking. Let cool and store in jars in the fridge.

Makes approx 3 cups



Strawberry Jam

- **3 cups strawberries, greens removed and halved**
- **1/2 cup coconut sugar**
- **1 1/2 tsp alcohol free vanilla extract**
- **1-2 tbsp fresh lemon juice (optional)**

Directions:

1. Place the strawberries, coconut sugar, vanilla extract and lemon juice in a medium-sized bowl. Using the bottom of a glass, mash the strawberries until they are smooth but chunky. Taste and adjust sweetness. Pour into jars and keep in the fridge for 3-4 days or freeze in containers.
2. Alternatively, place the mixture in a saucepan and cook over low heat for 45-50 minutes, until thick and syrupy. Pour into jars and keep in the fridge for 1-2 weeks or freeze in containers.

Makes about 2-3 cups of jam



Coconut whipped cream

- **3 cups heavy coconut milk (from the separated cream on top of the can)**
- **1 tablespoon lemon juice**
- **4 tablespoons honey**
- **1 pinch vanilla bean powder**

In a medium bowl, whisk together all ingredients until combined. Place the bowl in the freezer for 30 minutes, whisking every 10 minutes. Use immediately.

Yields 3 cups



Cupcakes

(Gluten-Free, Dairy-Free, & Egg-Free)

Cake:

- 2 cups gluten-free oat flour
- 1/2 cup coconut flour
- 1/2 cup brown rice flour
- 1 1/4 cups coconut sugar
- 1 tbsp baking powder
- 1 cup unsweetened applesauce
- 2/3 cup unsweetened almond milk or light coconut milk
- 1/4 cup melted coconut oil
- 1 tbsp ground flaxseeds
- 2 tsp alcohol-free vanilla extract

Frosting:

- 1 3/4 cups cashews (soaked in hot water for 1 hour)
- 1/2 cup + 1-2 tbsp coconut cream
- 3 tbsp coconut oil
- 3 tbsp maple syrup
- 1 tbsp lemon juice
- 1 tsp alcohol-free vanilla extract
- 1-2 tsp pitaya powder and/or turmeric (optional)

1. Preheat oven to 350°F/180°C. Line a muffin pan with paper liners or grease well.
2. In a large bowl, whisk together the oat flour, coconut flour, brown rice flour, coconut sugar, and baking powder. Set aside.
3. In another bowl, add the applesauce, coconut milk, coconut oil, and flaxseeds. Whisk until uniform.
4. Add the wet ingredients to the dry and stir until you get a uniform, very thick but pourable batter. Spoon batter into prepared muffin pan, filling each liner to about 3/4 of the way full. Bake for 25-30 minutes, until lightly browned on top and a toothpick comes out clean when inserted.
5. Cool for 5 minutes in the pan, then remove and cool completely on a wire rack.
6. To make the frosting, add the cashews, coconut cream, coconut oil, maple syrup, lemon juice, and vanilla to a blender. Blend until very smooth, scraping down the sides as needed. Add a bit more coconut cream if needed to blend.
7. Leave it as is or add the pitaya powder or turmeric and blend again. Alternatively, if you want all three colours, divide the mixture into three, leave 1/3 plain and add turmeric powder and pitaya powder to the other thirds. Refrigerate frosting for at least 4 hours, or ideally overnight.
8. Transfer into a piping bag and frost muffins. Garnish with fresh berries or fruit and serve immediately. Store leftovers in the refrigerator.

Makes 12



Banana Pancakes

- 1 cup gluten free oats
- 1/4 cup unsweetened almond milk
- 1 ripe banana, more to serve
- 2 tsp baking powder
- 1/2 tsp cinnamon (optional)
- 1 tsp lemon juice
- 1 tsp alcohol-free vanilla extract or powder
- 1-2 tbsp raw honey or maple syrup, to serve

Directions:

1. Place all ingredients in a high-speed blender and blend until smooth. Add more almond milk if needed to get a thick but pourable consistency.
2. Preheat a large non-stick ceramic frying pan over medium-low heat. Scoop 1/4 cup of the batter and cook for 2-3 minutes on one side, until bubbles form on the surface, then flip and cook for a further 30 seconds.
3. Serve immediately, topped with fresh banana and a drizzle of raw honey or maple syrup.

Serves 1



Strawberry Pancakes

- 1 cup gluten-free rolled oats
- 2 tsp baking powder
- 1/3 cup unsweetened almond milk
- 1 tbsp maple syrup
- 1/2 medium-sized banana
- 1 tsp alcohol-free vanilla extract or pure vanilla bean powder
- 1/3 cup finely chopped strawberries

Strawberry Sauce:

- 1 cup chopped strawberries
- 2 tsp arrowroot starch
- 2 tbsp maple syrup
- 3 tbsp water

Directions:

1. Place the oats, baking powder, lemon juice, almond milk, maple syrup, banana and vanilla in a blender and blend until smooth.
2. Pour batter into a bowl and gently stir in the strawberries.
3. Preheat a large non-stick ceramic frying pan over medium-low heat. Scoop 1/4 cup of the batter and cook for 2-3 minutes on one side until bubbles form on the surface, then flip and cook for a further 30 seconds.
4. To make the strawberry sauce, combine the strawberries, arrowroot, maple syrup, and water in a small saucepan on medium-high heat. Cook, stirring often, for 3-5 minutes, until the mixture is thick and the strawberries soft. If it gets very thick then add a bit more water. Serve pancakes immediately and top with the strawberry sauce

Serves 1



Apple Pie Pancakes

- **1/2 cup + 1-2 tbsp unsweetened almond milk**
- **1/3 cup unsweetened applesauce**
- **1 cup wholegrain gluten-free oat flour**
- **2 tbsp coconut sugar**
- **1/2 tsp ground cinnamon**
- **1/4 tsp ground cardamom**
- **1/8 tsp of ground nutmeg**
- **1 tsp baking powder**
- **2-3 tbsp maple syrup, for drizzling**

For the Spiced Apples:

- **2 red apples, diced**
- **1 tbsp lemon juice**
- **1/2 tsp cinnamon**
- **1/4 tsp ground cardamom**
- **2 tbsp coconut sugar**
- **2 tsp water**

Directions:

1. In a small bowl or jug, combine the almond milk and applesauce. Mix well and set aside.
2. Add the oat flour, coconut sugar, ground cinnamon, ground cardamom, ground nutmeg and baking powder to a medium-sized bowl and whisk to combine. Pour the apple sauce mixture into the flour and stir until you get an even batter. Add 1-2 tbsp more almond milk if needed - the batter should be thick but pourable. Set aside.
3. To make the spiced apples, combine the diced apples, lemon juice, ground cinnamon, ground cardamom, coconut sugar and water in a small saucepan and bring to a simmer. Cook, uncovered, for 5-10 minutes, until the apples are cooked through.
4. While the apples are cooking, place a non-stick crepe or regular pan on medium-high heat and add a couple spoonfuls of pancake batter. Cook for 2-3 minutes on each side, until browned underneath, then flip. Repeat with rest of the batter.
5. Serve the pancakes immediately with spiced apples and a drizzle of maple syrup.

Serves 2



Pumpkin Pie Pancakes

- 1/2 cup + 1-2 tbsp unsweetened almond milk
- 1/3 cup unsweetened pumpkin puree
- 1 cup wholegrain gluten-free oat flour
- 3 tbsp coconut sugar
- 1/2 tsp ground cinnamon
- 1/8 tsp of ground nutmeg
- 1 tsp baking powder
- 1/4 cup pecans, roughly chopped, for topping (optional)
- 2-3 tbsp maple syrup, for topping

Optional coconut whip:

- 1 14-ounce can (414 ml) coconut cream or full fat coconut milk, chilled in the fridge overnight
- 2-3 tbsp raw honey or maple syrup

1. To make the optional coconut whip, chill your mixing bowl in the freezer for 10 minutes. When the bowl is chilled, remove the thick cream from the top of the can, leaving the coconut water behind. Using an electric whisk or standing mixer, beat the cream for 2-3 minutes until you get soft peaks. Add the honey or maple syrup and beat for another 2 minutes.
2. In a small bowl or jug, combine the almond milk and pumpkin puree. Mix well and set aside.
3. Add the oat flour, coconut sugar, cinnamon, nutmeg and baking powder to a medium-sized bowl and whisk to combine. Pour the pumpkin puree mixture into the flour and stir until you get an even batter. Add 1-2 tbsp more almond milk if needed - the batter should be thick but pourable.
4. Place a non-stick ceramic pan on medium-high heat and add a couple spoonfuls of pancake batter. Cook for 2-3 minutes on each side, until browned underneath, then flip. Repeat with rest of the batter.
5. Serve the pancakes immediately with coconut whip, chopped pecans and a drizzle of maple syrup.

Serves 2



Wild Blueberry Waffles

- 1 1/2 cups gluten-free oat flour
- 1 tbsp baking powder
- 3/4 cup unsweetened apple sauce
- 2/3 cup unsweetened almond milk
- 1/4 cup coconut sugar
- 1 tsp alcohol-free vanilla extract
- 1/4 cup frozen wild blueberries
- 1/3 cup fresh or defrosted wild blueberries, to serve
- 1-2 tbsp maple syrup, for drizzling
- Spray avocado oil, if needed

For the optional coconut whipped cream:

- 1 14-ounce (414 ml) can coconut cream or full fat coconut milk, chilled in the fridge overnight
- 2-3 tbsp raw honey

Directions:

1. To make the optional whipped cream, chill your mixing bowl in the freezer for 10 minutes. When the bowl is chilled, remove the thick cream from the top of the can, leaving the coconut water behind. Using an electric whisk, beat the cream for 2-3 minutes until you get soft peaks. Add the honey and beat for another 2 minutes. Set aside.
2. To make the waffles, combine the oat flour and baking powder in a bowl. Whisk to combine. In another bowl, combine the apple sauce, almond milk, coconut sugar and vanilla. Mix well, then pour into the dry ingredients. Stir until you get a uniform batter. Add the frozen wild blueberries and gently fold them in.
3. Make sure your waffle iron is hot. If it is not non-stick, spray it very lightly with avocado oil and remove the excess oil with paper towels. Ladle the batter onto the waffle iron and cook according to manufacturer's instructions. Repeat with rest of the batter. Serve with coconut whipped cream, fresh blueberries and maple syrup.

Serves 2



Wild Blueberry Pancakes

- 1 cup gluten-free rolled oats
- 2 tsp baking powder
- 1 tsp lemon juice
- 1/3 cup unsweetened almond milk
- 2 tbsp maple syrup
- 1/2 medium-sized banana
- 1/3 cup wild blueberries

Wild Blueberry Sauce:

- 1/2 cup wild blueberries
- 1 tsp arrowroot starch
- 2 tbsp maple syrup
- 1-2 tbsp water, if needed

Directions:

Place the oats, baking powder, lemon juice, almond milk, maple syrup, and banana in a blender and blend until smooth.

Pour batter into a bowl and gently stir in the wild blueberries.

Preheat a large non-stick ceramic frying pan over medium-low heat. Scoop 1/4 cup of the batter and cook for 2-3 minutes on one side, until bubbles form on the surface, then flip and cook for a further 30 seconds.

To make the topping, combine the wild blueberries, arrowroot, and maple syrup in a small saucepan on medium-high heat. Cook, stirring often, for 3-5 minutes, until the mixture is thick and the wild blueberries soft. If it gets very thick then add a bit of water.

Serve pancakes immediately, topped with the wild blueberry sauce.

Serves 1



Very Berry Fruit Leather

- **4 cups berries (raspberries, strawberries, blueberries)**
- **2 tbs lemon juice**
- **1/3 cup + 1 tbs maple syrup**

Directions:

OVEN METHOD:

Preheat oven to 170°F/75°C. Blend the berries, lemon juice and maple syrup in a blender until very smooth, about 4-5 minutes. Line 2 large baking sheets with parchment paper and spread the mixture thinly. Bake the oven for 3-4 hours, until the mixture is not sticky any more. Let cool, then cut into strips. Store in an airtight container.

DEHYDRATOR METHOD:

Blend ingredients in a food processor or blender until smooth. Spread on dehydrator trays making it about 1/8 inch (3 mm) thick. Place the trays in the dehydrator at 95-100°F/35-40°C for about 8 hours. When the leather is dry, but slightly sticky to the touch, you can peel it off.

Serves: around 20 fruit roll-ups



Wild Blueberry Lemon Energy Bites

- 1 cup unsweetened shredded coconut
- 1 cup white mulberries
- 1/2 cup pitted dates
- 3 tbsp wild blueberry powder
- Zest from 1 lemon
- 2 tbsp lemon juice
- 1/4 tsp sea salt
- 1 tsp alcohol-free vanilla extract

Place all the ingredients in a food processor and process until you get a uniform sticky mixture. Using a tablespoon measure, scoop out portions of the mixture and roll them into balls. Repeat with rest of the mixture.

Makes 12-14 servings



Raspberry Jam Bites

For the bites:

- **2 cups raspberries**
- **1 tbsp raw honey**
- **1 1/2 cups raisins**
- **15-20 medjool dates**
- **1/2 cup shredded coconut**

For the coating:

- **1/3 cup shredded coconut**
- **1/3 cup freeze-dried raspberry powder**

Directions:

1. Mash the raspberries with raw honey and set aside. In a food processor, combine the raisins, dates and coconut. Process until the mixture is uniform and sticks together.
2. To make the balls, wet your hands, take a large tablespoon worth of the mixture and spread it out on your palm. Lift up the sides to make a cup and place half a teaspoon worth of raspberry mixture inside, trying not to get any raspberry juices in (they will seep out). Close the ball gently and shape it between your hands. Roll it in coconut or raspberry powder.
3. Repeat with rest of the mixture. These bites are best stored in the fridge.

Makes: 10-12 bites



Apricot Bliss Bites

- 1 cup organic dried apricots
- 1/2 cup almonds
- 1/2 cup organic coconut flakes
- 3 tsp grated orange zest
- 1/2 tsp finely grated ginger
- 1 tbsp orange juice
- 1/2 tsp cinnamon
- 4 tbsp crushed almonds and/or coconut flakes for rolling

Directions:

1. Pulse the almonds in a food processor until they break down into small pieces. Remove.
2. Pulse the dried apricots (organic is important for most dried fruits) in the food processor to break them down also.
3. Add the rest of the ingredients except the 4 tbsp of crushed almonds and coconut into the food processor with the apricots. Process until the mixture sticks together and forms a ball.
4. Take a small amount of mixture and roll it into a small ball. Repeat this process until you have used all of the mixture. You may wish to put a little water on your hands to prevent too much sticking.
5. Roll each ball in the crushed almond and/or coconut flakes to coat.
6. Serve on a plate and watch them go in lightning speed!



Maple Fudge

- 1 1/2 cup pitted firm dates
- 1/4 cup maple syrup
- 1/3 cup smooth almond butter
- 1 tsp vanilla powder/alcohol-free vanilla extract
- 1/2 tsp ground cinnamon (optional)
- 1/4 tsp ground cardamom (optional)

Directions:

1. Add the dates, maple syrup, almond butter, vanilla and spices (if using) to a food processor. Process for 2 to 3 minutes until the mixture forms a ball.
2. Line a 6-inch (15 cm) baking tin or equivalent container with non-stick parchment paper. Using a wet spatula, press fudge batter out until smooth and even. Cover and place in freezer for 2 hours or overnight.
3. To serve, remove from freezer and cut into squares. Best served cold and stored in the freezer.

Makes 14-16 pieces



Apricot bars

If you're always looking for a quick, easy snack to grab as you go about your day, these apricot bars will be perfect. They're sweet and chewy, with a subtle crunch of almonds. They only have four ingredients and take just a few seconds to make, and they'll keep in the freezer for up to a month.

- **1 cup dried apricots**
- **1/2 cup dates, pitted**
- **1/2 cup almonds**
- **1/4 cup coconut**

Directions:

1. Place all the ingredients in a food processor and process until well combined. Line a baking tray with parchment paper and press the mixture into a large, flat rectangle about half an inch (1 cm) thick.
2. Chill in the freezer for at least 30 minutes before cutting into bars. Store the bars in the refrigerator for up to 1 week or in an airtight container, in the freezer for up to 1 month.

Makes to 2 to 4 servings



Caramel Fudge Squares

Today's recipe is a perfect example of just how delicious and versatile these little bites of sweetness can be. With just four simple ingredients, these Caramel Fudge Squares are surprisingly delicious. Keep them in your fridge for a sweet treat that is ready to eat anytime. It's the perfect way to indulge your sweet tooth with a creamy, cold dessert that will hit the spot every time.

- **2 cups dates**
- **1/4 cup tahini**
- **1 inch (2 cm) piece of vanilla bean**
- **1/2 tsp cinnamon**

Directions:

1. In a food processor, combine all ingredients until a large smooth ball is formed.
2. Line a brownie pan with plastic wrap or parchment paper and press fudge batter out until smooth and even. Cover and place in freezer for 2 hours or overnight.
3. To serve, remove from freezer, cut into squares and sprinkle with sea salt. Best served cold and stored in the freezer.



Caramel Apple Soft Serve

- 1 apple, diced and frozen
- 1 frozen banana
- 2 to 3 medjool dates, pitted
- 1 teaspoon alcohol-free vanilla extract or 1/4 teaspoon vanilla bean powder (optional)
- 2 to 3 tablespoons water, if needed to blend

Place all the ingredients in a high-speed blender or food processor and blend until smooth. Add as little water as possible and scrape down the sides as needed. Serve immediately.

Makes 1 serving



Apple Cinnamon Stuffed Dates

- 1 apple
- 1/2 teaspoon cinnamon
- 6 medjool dates

1. Cut the apple into thin wedges, removing the core and seeds.
2. Lay the slices flat on a plate or platter and sprinkle with cinnamon.
3. Make an incision on one side of the date and remove the pit.
4. Open the date and place a cinnamon apple wedge in the middle. Repeat with the rest of the dates and serve.

Makes 2 servings



Baked Bananas Foster

- 3 bananas
- 2 1/2 tablespoons maple syrup, divided
- 1/2 teaspoon cinnamon
- 2 teaspoons maple sugar
- 1/8 teaspoon sea salt (optional)

Directions:

1. Preheat the oven to 400°F/200°C. Slice the bananas in half lengthwise and arrange them in a baking dish lined with parchment paper.
2. In a small bowl, stir together 1/2tablespoon of the maple syrup with the cinnamon, maple sugar, and sea salt until well combined.
3. Brush the banana slices with the remaining 2 tablespoons of maple syrup, making sure to coat both sides.
4. Spread the cinnamon mixture evenly along the top of the banana slices and bake them in the oven for 15 to 18 minutes, until the bananas are soft and golden brown.

Makes 3 servings



Cinnamon Baked Pears with Toasted Walnuts

Tender pears filled with warm maple syrup and toasted walnuts—this dish is comforting and perfect for chilly winter days. The aroma of the cinnamon baking in the oven will fill the whole house with warmth, and the end result will leave everyone feeling cozy and full. These are incredibly simple to make and a big hit with kids and adults alike.

- **4 pears, any variety**
- **2 tablespoons maple syrup**
- **1/4 cup chopped walnuts**
- **1/2 teaspoon cinnamon**

Directions:

1. Preheat the oven to 350°F/180°C.
2. Slice the pears in half lengthwise and remove the seeds. Arrange the pear halves face up on a baking tray.
3. Drizzle each pear half with maple syrup, brushing over the face of the pear and leaving some inside the center.
4. Divide the walnuts evenly into the centers of the pears and sprinkle cinnamon over the top of each. Bake for 20 to 30 minutes, until the pears are tender and cooked through. Serve warm from the oven and enjoy!

Makes 2 to 4 servings



Apple Porridge with Cinnamon & Raisins

- **3 apples, sliced**
- **1/4 teaspoon cinnamon**
- **2 dates, pitted**
- **1/2 lemon**
- **1/2 cup raisins**
- **1 teaspoon honey (optional)**
- **1 pinch vanilla bean powder (optional)**
- **1/4 cup walnuts (optional)**
- **1/4 cup shredded coconut (optional)**

Combine the apples, cinnamon, vanilla bean powder, dates, honey, and the juice of the lemon in a food processor. Process all of the ingredients together until they are just combined. Pour the apple mixture into a bowl and stir in the raisins, walnuts, and shredded coconut if desired. Serve and enjoy!

Tip:

- Feel free to get creative and figure out what toppings you like the most! Try different toppings on different days to get a variety of nutrients and flavors.



Fruit Cereal

- 1 cup mixed berries
- 1 mango, diced
- 1 fresh banana
- 1 frozen banana
- 1 tablespoon dried mulberries (optional)

Combine berries and mangoes in a bowl. To make banana milk, blend 1 fresh banana and 1 frozen banana with 1 cup of water. Pour over the fruit bowl, top with optional dried mulberries, and enjoy!

Makes 1 serving.



Banana Apple Oatmeal (Grain Free)

- **2 ripe bananas**
- **1 apple**
- **A pinch of cinnamon**
- **A handful of raisins**
- **Optional: dried wild blueberries, cranberries, or chopped almonds/walnuts**

Preparation:

1. Place the bananas, apple, and cinnamon in a food processor and pulse until chunky and creamy.
2. Transfer the mixture to a bowl and top with raisins, cinnamon and/or chopped apples. You can also add fresh berries, chopped pear, or any other fruit of choice.



Banana “Oatmeal” with Blackberries

- 1 large ripe banana, roughly chopped
- 1/4 teaspoon cinnamon
- 1 /8 teaspoon cardamom
- 1/2 cup blackberries
- Optional raisins or dried cranberries

Place the apples, banana, cinnamon, and cardamom in a food processor and pulse until chunky and creamy. Transfer the mixture to a bowl and top with blackberries and raisins or cranberries, if desired. Serve and enjoy.



Raspberry Thumbprint Cookies

- 1 cup plus 2 tablespoons almond flour
- 1/2 teaspoon baking soda
- 1/2 teaspoon sea salt
- 1/2 cup tahini
- 1/2 cup coconut sugar or maple sugar
- 1/2 teaspoon alcohol-free vanilla extract
- 1/2 cup white sesame seeds
- 1/2 cup raspberry jam (see Tips, below)

1. Preheat the oven to 350°F/180°C. Whisk together the almond flour, baking soda, and sea salt in a mixing bowl and set aside.
2. Process together the tahini, coconut sugar, and vanilla extract in a food processor until smoothly combined. Add the almond flour mixture to the food processor and pulse until well combined. If mixture is still crumbly, add water by the tablespoon as needed until smooth dough forms.
3. Form the dough into 1-inch (2,5 cm) balls and roll them in the sesame seeds before placing them onto a baking tray lined with parchment paper. Leave at least 2 inches (2,5 cm) between the cookies. Press a thumbprint into the center of each cookie and place the cookies into the oven. Bake the cookies for 8 to 10 minutes.
4. Remove the cookies from the oven and fill each one with 1 teaspoon of raspberry jam. Place the cookies on a wire rack to cool.

Tips:

- If using store-bought jam for filling, make sure to look for a clean one with no added harmful ingredients or preservatives.
- To make a homemade raspberry filling, mash fresh, ripe raspberries (or frozen raspberries that have been thawed) with raw honey or maple syrup until desired consistency is reached.



Raspberry Linzer Cookies

Cookies:

- **1 1/4 cup almond flour**
- **3 cups gluten-free oat flour**
- **1/3 cup maple syrup**
- **1/2 cup melted coconut oil**
- **1 tsp alcohol-free vanilla extract**
- **Sea salt (optional)**

For the jam:

- **2 cups fresh raspberries**
- **1-3 tbsp maple syrup, depending on sweetness of raspberries**
- **1/2 tbsp lemon juice**
- **3 tbsp white chia seeds**

1. Make the jam by combining the raspberries, maple syrup and lemon juice in a small saucepan. Bring the mixture to a medium-high heat and cook, stirring frequently, until the raspberries have broken down. Remove from heat and stir in the chia seeds. Place in the fridge for 1 hour to thicken.
2. Make the cookie dough by adding the almond flour, gluten-free oat flour, maple syrup, coconut oil, vanilla and sea salt to a bowl. Mix in the bowl with a wooden spoon, then transfer the dough to a lightly floured surface and knead until uniform. Divide the dough into two, cover each piece with plastic wrap and place in the fridge for at least 20 minutes.
3. Preheat oven to 350°F/180°C. Line two baking sheets with parchment paper. Working one piece of dough at a time, roll the dough to 1/4 inch (6 mm) thick between two sheets of parchment paper. Using a cookie cutter, cut an equal amount of cookies with a shape you desire cut out of the middle, such as a heart, star or triangle – this will be the top cookie), and with no shape cut out (these will be the bottom cookies). Transfer to the lined baking sheet and refrigerate for at least 15 minutes.
4. Bake the cookies in the oven for 8-12 minutes, until very slightly browned. Transfer to a cookie sheet and cool completely. Add about 1 tsp of raspberry jam to the bottom cookie. Gently sandwich the tops and bottoms together. Repeat with rest of cookies. Store in an airtight container at a cool room temperature for up to 24 hours, or in the refrigerator for several days.

Makes about 25-30 cookies



Strawberry Shortcake

- **2 1/2-3 cups almond flour + more for dusting**
 - **1 cup tapioca flour**
 - **2 tsp baking powder**
 - **1/4 cup solid coconut oil**
 - **1/2 cup unsweetened almond milk**
 - **1 tsp alcohol-free vanilla extract**
 - **2 tbsp maple syrup or raw honey**
- For the whipped cream:
- **1 14-ounce (414 ml) can coconut cream or full fat coconut milk, chilled in the fridge overnight**
 - **2-3 tbsp raw honey**
 - **1 lb (0,5 kg) strawberries, halved, for topping**
1. Preheat oven to 400°F/200°C. Place the almond flour, tapioca flour and baking powder in a bowl and mix with a whisk until there are no lumps. Cut the coconut oil into small pieces and place in the flour mixture. Using your fingertips, rub the oil into the flour until the mixture resembles breadcrumbs.
 2. In a small bowl, combine the almond milk, vanilla and maple syrup/honey. Mix until uniform, then add to the flour. Mix until the dough comes together (you may need to add a bit more almond flour).
 3. Flour a surface and roll out the dough until 1 cm thick. Using a rough cookie cutter, cut disks out of the dough and place on a baking sheet covered with parchment paper. Place in the oven and bake for 12-15 minutes, until the biscuits have browned. Take out of the oven and let cool for 15-20 minutes.
 4. While the biscuits are cooling, make your whipped cream. Chill your mixing bowl in the freezer for 10 minutes. When the bowl is chilled, remove the thick cream from the top of the can, leaving the coconut water behind. Using an electric whisk, beat the cream for 2-3 minutes until you get soft peaks. Add the honey and beat for another 2 minutes. Set aside.
 5. Assemble the shortcakes by placing a tablespoon of whipped cream on a biscuit, followed by the strawberries. Repeat with another layer of each or leave as it is. Serve immediately.

Serves: about 14-16 single layer shortcakes and 6-8 double



Cranberry Orange Muffins

- 1 cup gluten-free oat flour
- 1 cup brown rice flour
- 1/2 cup coconut sugar
- 2 tsp baking powder
- 2/3 cup unsweetened almond milk or light coconut milk
- 1/3 cup unsweetened applesauce
- 1/4 cup freshly-squeezed orange juice
- Zest from 1 large orange
- 1/4 cup + 2 tbsp melted coconut oil
- 2/3 cup dried cranberries

Directions:

1. Preheat oven to 350°F/180°C. Line a 12-cup muffin tin with paper lines or grease well. Set aside. In a medium-sized bowl, whisk together the oat flour, brown rice flour, coconut sugar and baking powder.
2. In another bowl, add the almond milk, applesauce, orange juice, orange zest and coco-nut oil. Whisk until uniform. Pour the wet ingredients into the dry. Stir until evenly mixed and lump-free. Fold in the cranberries until evenly dispersed in the batter. Spoon the muffin batter evenly into the 12 muffin cups.
3. Bake for 22-24 minutes, until browned on top and toothpick inserted comes out clean. Cool for 5 minutes in the muffin tin, then move to a wire rack and cool completely. Best enjoyed on the day of baking and kept in an airtight container until needed.

Makes 12 muffins



Wild Blueberry Mini Muffins

- **1/4 cup white chia seeds**
- **1 cup mashed banana**
- **1/2 cup gluten-free oat flour**
- **1/2 teaspoon baking powder**
- **1/4 teaspoon sea salt**
- **1/4 cup maple syrup**
- **1 tablespoon lemon juice**
- **1/2 cup frozen wild blueberries**

Directions:

1. Preheat the oven to 375°F/190°C .
2. Place the white chia seeds in the blender alone and blend them on high until finely ground. Add the mashed banana, oat flour, baking powder, sea salt, maple syrup, and lemon juice into the blender and blend until smoothly combined into batter.
3. Pour the batter into a bowl and stir in the frozen wild blueberries. Line a mini muffin pan with 16 mini parchment baking cups and fill each with 1 heaping tablespoon of batter.
4. Place the mini muffin pan into the oven and bake for 20 minutes until the tops of the muffins are turning golden brown and an inserted toothpick comes out clean.
5. Remove the muffins from the oven and allow them to cool before eating. They will continue to firm up inside as they cool.

Makes 16 muffins



Banana Cinnamon Rolls

- **3-4 ripe bananas**
- **1/4 cup walnuts, roughly chopped, for topping (optional)**

Date paste:

- **1 cup dates, pitted**
- **1 tbsp cinnamon**
- **1/2 tsp ground nutmeg**
- **1/4 tsp ground ginger**
- **1 tsp alcohol-free vanilla extract**
- **Pinch of sea salt (optional)**
- **1/2 cup water**

Date caramel:

- **1/2 cup date paste (recipe above)**
- **1/3-1/2 cup water**
- **2 tbsp cashew butter/almond butter/tahini (optional)**

1. Preheat oven to 250°F/120°C (or use a food dehydrator).
2. Line a baking sheet with parchment paper.
3. Slice bananas into 3 vertical pieces and arrange on baking sheet. Bake for 2 hours in the oven or 3-4 hours at 115F in the dehydrator, until you can roll them without breaking them.
4. Make the date paste filling by combining dates, cinnamon, nutmeg, ginger, vanilla, salt and water in a food processor or blender and blending until smooth. Add a bit more water if needed. Set aside 1/2 cup for the date caramel.
5. Once the bananas are cooked, let them cool for 15 minutes. Flip the banana slices over, then coat one side of the banana with the paste and roll up into a cinnamon roll. To make bigger rolls, roll an additional banana slice onto the roll.
6. Place the cinnamon rolls back in the oven for 1.5 hours or in the dehydrator for 2-3 hours.
7. Make the date caramel by whisking together the separated date caramel, water and nut butter (if using) until you get a smooth sauce. Drizzle on top of the cinnamon buns and sprinkle on chopped walnuts (optional). Best served immediately.

Makes 9-12 servings



Apple Pie Bites

- 2 cups apple, roughly diced
- 1 cup apple, finely diced
- 3 cups dates
- 1/2 cup walnuts
- 1 lemon, juiced
- 1/2 cup young coconut meat
- 1 tsp rosemary
- 1/2 tsp ginger
- 1/4 tsp sea salt
- 1/4 tsp cinnamon

Directions:

1. For the crust, process 1/2 cup walnuts with 2 cups dates, sea salt, and rosemary. Line a mini cupcake pan with plastic wrap and press the crust into each mold to form little pie cups. Cover and place in freezer.
2. For the filling, pulse 2C roughly diced apple, 1C dates, 1/2 lemon juice, ginger, and cinnamon in the food processor until combined. Stir in 1cup finely diced apple. Spoon mixture into each pie cup.
3. For the coconut cream topping, blend young coconut meat and 1/2 lemon juice until smooth. Top each pie with a spoonful of coconut cream and a sprinkle of chopped rosemary. Enjoy!

Makes 12 mini pies



Snickerdoodle Cookies

- 1 1/2 cups almond flour
 - 1/2 cup + 1 tbsp coconut flour
 - 1 tsp baking powder (aluminium free)
 - 1/4 tsp sea salt
 - 1/2 tsp cinnamon
 - 1 tsp lemon juice
 - 1/3 cup maple syrup
 - 1/4 cup coconut oil, melted
 - 2 tsp alcohol-free vanilla extract
- Coating:
- 2 tsp cinnamon
 - 1/4 cup coconut sugar

Directions:

1. Preheat oven to 350°F/180°C.
2. Line a baking sheet with parchment paper. Mix together the cinnamon and coconut sugar to make the coating. Set aside.
3. Place the almond flour, coconut flour, baking powder, sea salt and cinnamon in a medium-sized bowl and whisk until combined. Add the lemon juice, maple syrup, coconut oil, vanilla and stir until you get a uniform dough. If the mixture is too wet, add a bit more coconut flour.
4. Scoop out heaping tablespoons of the dough and roll into balls. Roll them in the cinnamon coconut sugar and place on the parchment paper. Flatten gently with your palm or the bottom of a glass.
5. Place in the oven and bake for 10 minutes, until slightly browned on the bottom. Remove from the oven and cool completely.

Makes: 10-12 cookies



Sugar Cookies

- 1 1/3 cups almond flour
- 1/4 cup tapioca starch
- 1/2 tsp baking powder
- 1 tbsp melted coconut oil
- 1/4 cup maple syrup
- 1 tsp alcohol-free vanilla extract
- 1/4 cup maple sugar, to coat

Directions:

1. Preheat oven to 350°F/180°C.
2. Line a baking sheet with parchment paper.
3. Combine the almond flour, tapioca starch, and baking powder in a medium sized bowl. Whisk until evenly mixed.
4. Add the melted coconut oil, maple syrup, and vanilla. Stir until you get a smooth, firm dough. Add more almond flour if needed in the dough is too wet. Refrigerate for 15 minutes.
5. Scoop dough using a tablespoon-measure into balls, then coat in maple sugar. Arrange balls on the prepared baking sheet, leaving at least 3 inches (8 cm) between them. Press down with the bottom of a drinking glass until 1/3 inch to 1/2 inch (1 cm) thick.
6. Bake for 9-11 minutes until the edges are golden but the center is still soft. Best enjoyed on the day of baking and kept in an airtight container until needed.

Makes 16-18 cookies



Sesame Cookies

- **1/2 cup room temperature tahini**
- **1/4 cup maple syrup**
- **2 tbsp coconut sugar**
- **1/4 tsp baking powder**
- **2 tbsp gluten free oat flour**
- **1/2 cup garbanzo bean flour, more if needed**
- **1/4 cup sesame seeds, for coating**

Directions:

1. Preheat oven to 350°F/180°C.
2. Line a baking tray with parchment paper.
3. In a mixing bowl, combine the tahini, maple syrup, and coconut sugar. Whisk until uniform.
4. In a separate bowl, whisk together the baking powder, oat flour, and garbanzo bean flour.
5. Add the dry ingredients to the wet and stir until you get a firm dough. Place in the fridge for 10 minutes.
6. Place the sesame seeds in a small bowl. Using a 1 1/2 inch (4 cm) cookie scoop, scoop the dough and roll into balls, then roll in sesame seeds. Place balls on prepared baking tray and press down lightly with your palm or using the bottom of a glass, until about 1/3 inch (1 cm) thick.
7. Bake for 10-12 minutes, until golden brown at the edges. Let sit for 5 minutes before placing cookies on a wire rack to cool completely.
8. Best kept at room temperature in an airtight container.

Makes 14-16 cookies



Apple Cider Donuts

- **1 cup apple cider juice, reduced to 1/2 cup (see directions)**
 - **2/3 cup unsweetened applesauce**
 - **1/2 cup light coconut milk or unsweetened almond milk**
 - **1/3 cup melted coconut oil**
 - **2 tbsp ground flaxseeds**
 - **2 1/2 cup gluten-free oat flour**
 - **1 cup brown rice flour**
 - **1 1/4 cup coconut sugar**
 - **2 tsp baking powder**
 - **1 tsp cinnamon**
 - **1/2 tsp ground cardamom**
 - **1/2 tsp ground cloves**
- Cinnamon sugar coating:
- **1/2 tbsp melted coconut oil**
 - **1/3 cup maple sugar**
 - **2 tsp cinnamon**

1. Preheat oven to 350°F/180°C. Lightly grease a 12-donut pan. Set aside.
2. Place apple cider juice in a small saucepan and simmer for about 10-15 minutes until reduced by half. Measure out 1/2 cup and place in a medium-sized mixing bowl.
3. Add the applesauce, coconut milk, coconut oil, and flaxseeds. Whisk until uniform and set aside.
4. In another bowl, combine the oat flour, brown rice flour, coconut sugar, baking powder, cinnamon, cardamom, and cloves. Whisk until uniform.
5. Pour the wet ingredients into the dry. Stir until evenly mixed.
6. Spoon or pipe the batter into the greased donut pan.
7. Bake for 14-16, until lightly browned on top and toothpick inserted comes out clean. Cool for 5 minutes in the donut pan, then move to a wire rack and cool completely.
8. In a small flat bowl, whisk together the maple sugar and cinnamon. Brush the donuts very lightly with coconut oil, then dip in the cinnamon sugar until completely covered. Repeat with remaining donuts.
9. These donuts are best enjoyed on the day of baking and kept in an airtight container until needed.

Makes 12 donuts



Cinnamon Donuts

- 1 cup **gluten-free oat flour**
- 1/2 cup **almond flour**
- 1/2 tsp **aluminium-free baking powder**
- 1/2 tsp **baking soda**
- 1/4 tsp **sea salt**
- 1 tsp **cinnamon**
- 1/3 cup **coconut sugar**
- 1 tsp **alcohol-free vanilla extract**
- 1 tsp **lemon juice**
- 1 **tbsp maple syrup**
- 1/2 cup **unsweetened almond milk**

Directions:

1. Preheat oven to 350°F/180°C.
2. Add the oat flour, almond flour, baking powder, baking soda, sea salt, cinnamon and coconut sugar to a medium-sized mixing bowl and whisk until uniform.
3. In a small jug, mix together the vanilla, lemon juice, maple syrup and unsweetened almond milk.
4. Pour on top on the dry ingredients and stir with a spatula until mixed. The batter should be very thick but pourable - add a bit more oat flour if needed. If the mixture is too thick then add a bit more almond milk.
5. Place the batter in a piping bag or zip-lock bag with the corner cut off. Pipe into a non-stick donut pan and bake for 12-14 minutes. Cool completely in the pan before serving.



Pumpkin Donuts

Donuts:

- 1 cup pumpkin puree
- 2/3 cup pure maple syrup
- 1/4 cup + 2 tbsp melted coconut oil
- 1 1/2 cups gluten free oat flour
- 1/2 cup brown rice flour
- 2 tsp baking powder
- 2 tsp cinnamon

Cinnamon glaze:

- 3/4 cup cashews, soaked for 1 hour in hot water
- 2 1/2 tbsp maple syrup
- 1 tbsp coconut oil
- 1/2 tsp cinnamon
- 1/8 tsp cardamom
- 1/4 cup water

Directions:

1. Preheat oven to 350°F/180°C. Lightly grease a 12-donut pan. Set aside.
2. In a medium-sized bowl, whisk together the pumpkin puree, maple syrup, and coconut oil. In another bowl, add the oat flour, brown rice flour, baking powder, and cinnamon. Whisk until uniform and lump-free.
3. Pour the wet ingredients into the dry. Stir until evenly mixed. Spoon or pipe the batter into the greased donut pan. Bake for 12-14 minutes, until lightly browned on top and toothpick inserted comes out clean. Cool for 5 minutes in the donut pan, then move to a wire rack and cool completely.
4. To make the glaze, add the drained cashews, maple syrup, coconut oil, cinnamon, cardamom, and water to a blender and blend until very smooth, for 4-5 minutes, scraping down the sides as needed. When the donuts are cool, dip them in the glaze. Best enjoyed on the day of baking and kept in an airtight container until needed.

Makes 12 donuts



Wild Blueberry Donuts

- 1 1/2 cup gluten-free oat flour
 - 1/2 cup brown rice flour
 - 2/3 cup coconut sugar
 - 1 1/2 tsp baking powder
 - 1/2 cup almond or coconut milk
 - 1/3 cup applesauce
 - 1/4 cup melted coconut oil
 - 1 tsp alcohol-free vanilla extract or vanilla powder
 - 1/2 cup frozen wild blueberries
- Blueberry glaze:
- 1/3 cup defrosted wild blueberries
 - 1/2 cup cashews
 - 3 tbsp maple syrup
 - 1 tbsp lemon juice
 - 3 tbsp melted coconut oil
 - 1-2 tbsp water, to blend

Directions:

1. Preheat oven to 350°F/180°C. Lightly grease a 6-donut pan. Set aside.
2. In a medium-sized bowl, whisk together the oat flour, brown rice flour, coconut sugar, and baking powder. Set aside. In another bowl, combine the almond milk, applesauce, coconut oil, and vanilla. Whisk until you get a uniform mixture.
3. Pour the wet ingredients into the dry. Stir until evenly mixed. The batter should be very thick—add a bit more oat flour if needed to reach this consistency. Gently fold the wild blueberries into the batter. Spoon or pipe the batter into the greased donut pan.
4. Bake for 16-20, until lightly browned on top and toothpick inserted comes out clean. Cool for 5 minutes in the donut pan, then move to a wire rack and cool completely.
5. To make the glaze, add the blueberries, cashews, maple syrup, lemon juice, coconut oil, and water to a blender and blend until very smooth, scraping down the sides as needed. Dip the donuts in the glaze one by one. Best enjoyed on the day of baking and kept in an airtight container until needed.

Makes 6 donuts



Banana Oat Breakfast Cookies

- **1 large ripe banana (about 1/2 cup mashed)**
- **1 cup gluten-free oats**
- **1 teaspoon cinnamon**
- **1/4 cup cranberries or raisins (optional)**

Directions:

1. Preheat oven to 350°F/180°C. Line a baking sheet with parchment paper.
2. Place the banana in a medium-sized mixing bowl and mash with a fork. Add the oats, cinnamon, and cranberries or raisins, if desired. Mix until uniform.
3. Scoop out the mixture using a heaping tablespoon measure—you should get about 8 cookies. Place them on the baking sheet and flatten them slightly to make discs.
4. Place the cookies in the oven and bake for 15 to 20 minutes, until browned on the sides. Cool completely before eating.



Oatmeal Raisin Cookies

- 2 tbsp ground golden flax seeds
- 6 tbsp water
- 1 1/2 cups gluten-free rolled oats
- 1 cup gluten-free oat flour
- 2 tbsp coconut sugar
- 1/2 tsp baking powder
- 1/2 tsp baking soda
- 1 tsp ground cinnamon
- 1/4 tsp sea salt
- 1/4 cup coconut oil
- 1/3 cup maple syrup
- 1 tsp alcohol-free vanilla extract
- 3/4 cup organic raisins

Directions:

1. Preheat oven to 350°F/180°C. Line a baking sheet with parchment paper. Mix together the ground flax seeds and water to make the flax egg. Leave to soak for 15 minutes.
2. In a medium-sized bowl, combine the oats, oat flour, coconut sugar, baking powder, baking soda, cinnamon and sea salt. Mix until uniform. In another bowl, whisk together the avocado oil, maple syrup, vanilla and flax egg. Add to the dry ingredients and stir until you get a uniform batter. Stir in the raisins.
3. Using a large cookie scoop, scoop the mixture and drop onto the parchment paper. Flatten into round disks using a fork. Place in the oven and bake for 10-12 minutes, until slightly browned. Remove from the oven and cool.

Makes 20-25 cookies



Fig Cookies

Filling:

- **2 cups stems removed and roughly chopped dried figs**
- **2 tbsp coconut sugar**
- **1/4 cup applesauce**
- **1/2 cup water**
- **1 tsp lemon juice**

Cookie dough:

- **2 tbsp ground flaxseeds**
- **1/4 cup applesauce**
- **1/2 cup coconut sugar**
- **1 tsp vanilla powder or alcohol-free vanilla extract**
- **1/4 cup melted coconut oil**
- **1 cup gluten free oat flour**
- **1/3 cup brown rice flour**
- **2 tbsp tapioca flour**
- **1/2 teaspoon baking powder**

1. In a small saucepan, combine the dried figs, coconut sugar, applesauce, water, and lemon juice. Bring to a boil, then reduce to simmer and cook for about 15-20 minutes or until the figs are soft and the liquid has reduced. Place in a food processor or blender and pulse a few times until you get a uniform thick paste. Set aside.
2. To make the cookie dough, combine the ground flaxseeds, applesauce, coconut sugar, vanilla and coconut oil in a bowl. Whisk until uniform. In another bowl, whisk together the oat flour, brown rice flour, tapioca flour and baking powder. Add the wet ingredients to the dry and stir until you get a uniform soft dough. Refrigerate for 30 minutes.
3. Preheat oven to 350°F/180°C. Line a baking sheet with parchment paper.
4. To assemble, roll out the chilled cookie dough to about 1/4 inch (6 mm) thickness between two sheets of parchment paper. Cut off any ragged edges to make a rectangle. Cut the rectangle in half width wise. Working on one of the halves, spread a line of filling about 1-inch (2 cm) wide down the length closer to one edge. Lift one edge of the dough (you can use the parchment paper for this) and fold over the middle. Gently roll the log over so that the seam is on the bottom. Cut into cookies.
5. Repeat with the other half of the dough. Gather any scraps and repeat again. Transfer cookies to the prepared baking pan and bake for 12-13 minutes, until lightly browned. Cool briefly on the baking sheet, then transfer to a wire rack to cool completely. Best kept in an airtight container at room temperature until needed.

Makes 25-30 cookies



Nut Butter Cookies

- 1 cup room temperature nut butter, such as almond butter, sunflower seed butter, or tahini
- 1/2 cup maple syrup
- 2 tsp alcohol-free vanilla extract or vanilla powder
- 1/2 tsp baking powder
- 1/4 cup gluten free oat flour
- 3/4-1 1/4 cup garbanzo bean flour, depending on nut butter used

Directions:

1. Preheat oven to 350°F/180°C.
2. Line a baking tray with parchment paper.
3. Whisk together the nut butter, maple syrup and vanilla until uniform. Add the baking powder, gluten free oat flour, and garbanzo bean flour to the bowl. Stir until you get a uniform thick dough, that's rollable into balls. Add more garbanzo bean flour if needed.
4. Refrigerate dough for 10 minutes, then roll into balls and place on the prepared baking tray. Flatten by pressing down with a fork, creating a crisscross pattern.
5. Bake cookies for 11-12 minutes, until lightly browned on top. Remove and cool completely on a cooling rack. The cookies will harden as they cool. Best kept in an airtight container at room temperature.

Makes 14-16 cookies



Anzac Biscuits

- 1 tbsp ground flaxseeds + 2 1/2 tbsp water
- 1 cup rolled oats
- 3/4 cup desiccated coconut
- 2/3 cup coconut sugar
- 1/2 cup gluten-free oat flour
- 1/2 cup almond flour
- 1/3 cup melted coconut oil
- 2 tbsp maple syrup
- 1/2 tsp baking soda
- 2 tbsp boiling water

1. Preheat the oven to 350°F/180°C.
2. Line a baking tray with parchment paper.
3. In a small bowl, combine the ground flaxseeds and water to make a flax egg. Whisk until uniform and set aside. In another bowl, mix together the oats, coconut, coconut sugar, oat flour, and almond flour. Set aside.
4. Combine the melted coconut oil and maple syrup in a small saucepan and heat until uni-form. In a small bowl, mix together the baking soda and boiling water. Add to the maple syrup and coconut oil mixture and stir well. Pour the wet ingredients into the dry. Add in the flax egg. Stir until you get a uniform dough.
5. Gently shape the dough into balls with your hands (the mixture is quite soft and sticky) and place on the prepared baking tray, leaving about 3 inches (8 cm) between each ball. Cover the base of a glass with parchment paper and press the balls down to flatten into cookies. Make sure to leave space between the cookies; they will spread as they bake.
6. Bake for 16-20 minutes, until browned on top. The cookies should still be soft at this point; they will harden as they cool. Remove cookies from the oven and cool for 5 minutes on the baking tray, then transfer to wire rack to cool completely. Best kept in an airtight container at room temperature until needed.

Makes 20 cookies



Pignoli (Pine Nut) Cookies

- 1 tbsp ground flaxseeds
- 2 1/2 tbsp water
- 2 tbsp softened coconut oil
- 1/2 cup maple sugar
- 1 1/4 cup almond flour
- 1/3 cup pine nuts

Directions:

1. Preheat oven to 350°F/180°C.
2. Line a baking tray with parchment paper.
3. In a mixing bowl, whisk together the ground flaxseeds and water. Set aside for 5 minutes.
4. Add the coconut oil and maple sugar to the bowl. Stir until you get a uniform mixture. Stir in the almond flour until you get a firm, rollable dough. Refrigerate for 15 minutes.
5. Using a tablespoon measure, scoop the dough and drop onto prepared baking sheet. Sprinkle pine nuts over the cookies, pressing them in slightly. Bake for 14-18 minutes, until golden brown. Let sit for 5 minutes before placing cookies on a wire rack to cool completely. Best kept at room temperature in an airtight container.

Makes 12-14 cookies



Lemon Snaps

- 1 tbsp ground flaxseeds
- 2 1/2 tbsp water
- 1/4 cup softened coconut oil
- 2 tbsp maple sugar
- 1/4 cup maple syrup
- 2 1/2 tbsp lemon juice
- 1 tsp lemon zest
- 1 cup almond flour
- 1/2 cup gluten-free oat flour
- 1 tsp baking soda
- 1 tsp aluminum-free baking powder

Directions:

1. Preheat oven to 350°F/180°C.
2. Line a baking tray with parchment paper.
3. In a mixing bowl, combine the ground flaxseeds and water. Set aside for 5 minutes so the flaxseeds can expand. Stir in the coconut oil, maple sugar, maple syrup, lemon juice, and lemon zest until you get a uniform mixture.
4. In a separate bowl, whisk together the almond flour, oat flour, baking soda, and baking powder. Add the dry mixture to the wet in 2 parts, stirring to form a loose dough. Chill dough in the fridge for 30 minutes.
5. Using a 1 1/2 inch (4 cm) cookie scoop, scoop the dough and roll into balls. The dough should be quite soft. Place on a prepared baking tray and press down lightly with your palm.
6. Bake for 16-18 minutes, until golden brown. The cookies should be quite soft at this point; they will harden as they cool. Let sit for 5 minutes before placing cookies on a wire rack to cool completely.
7. Best kept at room temperature in an airtight container.

Makes 14-16 cookies



Lemon Coconut Macaroons

- 1 1/2 cups shredded coconut
- 1/4 cup almond flour
- 2 tbsp solid coconut oil
- 1/4 cup pure maple syrup
- 1 1/2 tbsp fresh lemon juice
- Zest from 1 large lemon
- Pinch of sea salt
- 1 tsp alcohol-free vanilla extract

Directions:

1. Preheat oven to 350°F/180°C.
2. Line a baking sheet with parchment paper.
3. Add all the ingredients to a food processor and pulse a few times until the mixture is uniform and the coconut shreds are smaller but still noticeable.
4. Using a cookie scoop, scoop out firmly-packed balls of coconut mixture and place them on the baking sheet.
5. Bake in the oven for 12-14 minutes, until golden on the bottom. Remove from the oven and cool completely on a cooling rack.

Makes: 12-16 cookies



Deep dish rosemary apple pie

- **3 cups walnuts**
- **6 cups dates, divided**
- **1 cup of unsweetened shredded coconut**
- **2 tablespoons rosemary leaves**
- **1/2 teaspoon of sea salt**
- **10 apples**
- **2 tablespoons lemon juice**
- **2 tablespoons honey**
- **2 tablespoons coconut milk**
- **1/2 teaspoon cinnamon**
- **1/2 teaspoon vanilla bean powder**

1. For the crust, place the walnuts, 4 cups of the dates, the shredded coconut, rosemary leaves and sea salt into the food processor and process until combined.
2. Press the crust mixture into the bottom and up the sides of a springform cake pan and place the crust in the freezer for 30 minutes.
3. Very thinly slice the apples using a mandoline or knife, should yield approximately 8 cups of apple slices. Place the apple slices into a medium bowl.
4. Blend together the remaining 2 cups of dates, lemon juice, honey, coconut milk, cinnamon and vanilla until smoothly combined into a "caramel sauce".
5. Pour the "caramel sauce" over the apple slices. Toss the apple slices gently to combine. Place apple filling in the fridge to soak for 30 minutes or overnight.
6. Using a slotted spoon, scoop the apple slices into the pie, allowing excess moisture to drain away. Fill the pie to the top of the crust with apples and then press down gently to make sure the pie is tightly packed. Serve and enjoy!

Yields one deep-dish pie



Blackberry Pie

For the crust:

- **1/4 cup ground flaxseeds**
- **1/2 cup applesauce**
- **2/3 cup coconut sugar**
- **1/2 cup melted coconut oil**
- **2 cup gluten free oat flour**
- **2/3 cup brown rice flour**
- **1/4 cup tapioca flour**

For the filling:

- **7 cups fresh or frozen blackberries**
- **2/3 cup maple syrup or raw honey**
- **1/3 cup arrowroot or tapioca starch**
- **1 tbsp lemon juice**

1. To make the crust, combine the ground flaxseeds, applesauce, coconut sugar, and coconut oil in a bowl. Whisk until uniform.
2. In another bowl, whisk together the oat flour, brown rice flour, and tapioca flour.
3. Add the wet ingredients to the dry and stir until you get a uniform, soft dough. Refrigerate for 30 minutes.
4. Preheat oven to 350°F/180°C.
5. Separate 1/4 of the dough for the topping and set aside. Roll the rest of the dough out between two sheets of parchment paper, then transfer to a 9-inch (22 cm) pie dish. Using your hands, press the dough evenly into the bottom and sides of the dish. You can use a glass to flatten the bottom. Prick the dough a few times with a fork. Refrigerate until needed.
6. Roll out the remaining dough and cut out shapes using a cookie cutter. Refrigerate until needed.
7. To make the filling, combine the blackberries, maple syrup, arrowroot, and lemon juice in a large saucepan. Bring the heat to medium-high and cook, stirring often, until you get a very thick mixture.
8. Transfer the filling into the prepared crust and arrange the dough cut-outs on top. Bake for 25-30 minutes until the crust is golden. Cool pie completely before serving.

Serves 6-8, Yields one 9-inch pie (22 cm)



Wild Blueberry Pie

For the crust:

- **3 tbsp ground flaxseeds**
- **1/3 cup applesauce**
- **1/2 cup coconut sugar**
- **1/3 cup melted coconut oil**
- **1 1/2 cup gluten free oat flour**
- **1/2 cup brown rice flour**
- **3 tbsp tapioca flour**

Crumble topping:

- **1/3 cup gluten free oat flour**
- **2 tbsp brown rice flour**
- **1 tbsp coconut sugar**
- **2 tbsp melted coconut oil**

Filling:

- **6 cups frozen wild blueberries**
- **2/3 cup raw honey or maple syrup**
- **1/3 cup arrowroot starch or tapioca starch**
- **2 tbsp lemon juice**

1. Preheat oven to 350°F/180°C.
2. To make the crust, combine the ground flaxseeds, applesauce, coconut sugar, and coconut oil in a bowl. Whisk until uniform. In another bowl, whisk together the oat flour, brown rice flour and tapioca flour. Add the wet ingredients to the dry and stir until you get a uniform soft dough. Refrigerate for 30 minutes.
3. Roll the dough out between two sheets of parchment paper, then transfer to a 9-inch (22 cm) pie dish. Using your hands, press the dough evenly into the bottom and sides of the dish. You can use a glass to flatten the bottom. Prick the dough a few times with a fork. Refrigerate until needed.
4. To make the crumble topping, combine the oat flour, brown rice flour, and coconut sugar in a small bowl. Whisk until uniform, then pour in the melted coconut oil. Rub the wet ingredients into the dry until you get a crumbly mixture. Set aside.
5. To make the filling, combine the wild blueberries, maple syrup, arrowroot, and lemon juice in a large saucepan. Bring the heat to medium-high and cook, stirring often, until you get a very thick mixture. Transfer filling to prepared crust and top with crumble. Bake for 25-35 minutes, until the crust is browned. Cool pie completely before serving.

Serves 6-8, Yields one 9-inch pie (22 cm)



Key lime pie

- 3 cups dates
- 2 cups macadamia nuts
- 1/2 teaspoon vanilla bean powder, divided
- 1/4 teaspoon sea salt
- 90 g irish moss (soaked overnight)
- 1/2 cup water
- 3/4 cup lime juice
- 1 avocado
- 1 banana
- 1/4 cup heavy coconut milk (from the separated cream on top of the can)
- 1/4 cup + 2 tablespoons maple syrup 1 cup of coconut whipped cream

1. For the crust, place the dates, macadamia nuts, 1/4 teaspoon of the vanilla bean powder and 1/4 teaspoon salt into the food processor and process until well combined. Press the crust mixture into the bottom of eight 8-ounce mason jars. (May also substitute 2 9-inch (22 cm) pie tins.)
2. For the key lime filling, blend the irish moss with the water and lime juice until smooth.
3. Add the avocado, banana, heavy coconut milk, maple syrup and 1/2 teaspoon of vanilla bean powder. Blend until smooth.
4. Pour the key lime filling into the mini mason jars up to about 1/2 inch (1 cm) from the top. Allow to chill in the freezer for 20 minutes until slightly firmed up.
5. Top each of the jars with coconut cream and place into the fridge for 3 hours or more prior to serving.

Yields eight mini mason jar pies or two 9-inch pies (22 cm)



Birthday Funfetti Cake

For the Cake:

- **2 cups gluten-free oat flour**
- **1/2 cup brown rice flour**
- **1/2 cup coconut flour**
- **1 1/4 cups coconut sugar**
- **1 tbsp baking powder**
- **1 cup unsweetened applesauce**
- **2/3 cup unsweetened almond milk or light coconut milk**
- **1/4 cup melted coconut oil**
- **1 tbsp alcohol-free vanilla extract**
- **2 tbsp ground flaxseeds**

For the Frosting:

- **Cream from top of 3 (400 ml) cans of chilled coconut cream**
- **3-4 tbsp maple syrup, more to taste**
- **1/3 cup clean sprinkles (if you're not able to get clean sprinkles, you could also use sliced berries to decorate the cake)**

1. Preheat oven to 350°F/180°C.
2. Line two 9-inch (22 cm) springform cake pans with parchment paper.
3. In a large bowl, whisk together the oat flour, brown rice flour, coconut sugar, and baking powder. Set aside.
4. In another bowl, add the applesauce, almond milk, coconut oil, and flaxseeds. Whisk until uniform.
5. Add the wet ingredients to the dry and stir until you get a uniform very thick but pourable batter. Divide the batter into two and pour into prepared baking pans.
6. Bake for 23-26 minutes, until lightly browned on top and toothpick comes out clean when inserted.
7. Cool for 5 minutes in the pan, then remove and cool completely on a wire rack.
8. To make the frosting, whisk the cold coconut cream with maple syrup until fluffy using an electric mixer.
9. To assemble the cake, place one layer of the cake on a serving plate. Spread a layer of whipped coconut cream over the top. Place the second cake layer on top and spread whipped coconut cream all over the top and sides. Place a bit of coconut whip in a piping bag and pipe swirls on top of the cake. Press sprinkles to the sides of the cake and sprinkle some on top.
10. Keep cake refrigerated until needed. Enjoy!

Serves 6, Yields one 9-inch pie (22 cm)



Banana cream pie

- **2 cups cashews**
- **1/2 cup cashew butter**
- **1/2 cup + 2 tablespoons honey, divided**
- **1 cup unsweetened shredded coconut**
- **6 bananas, divided**
- **2 1/2 (70 g) ounces irish moss, soaked overnight**
- **1/2 cup water**
- **1 tablespoon lemon juice**
- **1/2 cup heavy coconut milk (from the separated cream on top of the can)**
- **1/2 teaspoon vanilla bean powder**

Directions:

1. For the crust, place the cashews, cashew butter, 1/4 cup of the honey and the shredded coconut into the food processor and process until well combined. Press the crust firmly into the bottom and up the sides of a deep-dish pie pan. Place in the freezer for 30 minutes.
2. To make the filling, place the irish moss in the blender with 1/2cup of water and 1 tablespoon of lemon juice. Blend until smooth.
3. Add to the blender 4 bananas, 6 tablespoons of honey, vanilla bean powder, and heavy coconut milk. Blend until smooth.
4. Slice the remaining 2 bananas and arrange at the bottom of the pie crust. Pour the blended filling into the crust.
5. Chill in the fridge for at least 2 hours prior to serving.

Yields one deep-dish pie



Mini lavender coconut cream pies

- 2 cups cashews
- 1 cup unsweetened shredded coconut
- 2 1/2 cups dates
- 1/2 tablespoon dried lavender*
- 4 cups coconut whipped cream
- 4 drops lavender essential oil (optional)

Directions:

1. For the crust, place the cashews, shredded coconut, dates, and dried lavender into the food processor and process together until well combined. Press the crust mix into the bottom of a 4 mini pie pans.* Place the crusts in the freezer for 30 minutes.
2. In a metal bowl, whisk together the coconut cream and lavender oil until smooth. Fill each pie crust with coconut cream and allow to set in the freezer for ten more minutes before serving.

Notes:

- The dried lavender and lavender essential oil need to be food grade.
- A regular 9-inch (22 cm) pie tin may be used in place of mini pie pans.

Yields four 4-inch mini pies (10 cm)



Peach pie with mint and honey

- **3 cups dates**
- **1 1/2 cups unsweetened shredded coconut**
- **5 mint leaves**
- **1/2 teaspoon lemon zest**
- **6 large peaches**
- **4 tablespoons honey**
- **2 tablespoons lemon juice**

1. For the crust, place the dates, shredded coconut, mint leaves and lemon zest into a food processor and pulse until well combined. Press the crust mix firmly into the bottom of a 9-inch (22 cm) pie pan. Place the crust in the freezer for 30 minutes.
2. Peel and slice all 6 of the peaches into a medium bowl. In a small bowl, whisk together lemon juice and honey until combined. Pour over the peaches and toss gently to coat. Arrange the peaches in the pie crust and serve!

Yields one 9-inch pie (22 cm)



Mango tart

- **2 cups dates**
- **2 cups dried mulberries**
- **1/2 teaspoon of lime zest**
- **3 cups of fresh mango**
- **1 tablespoon of lime juice**
- **1/8 teaspoon curry powder (optional)**

1. For the crust, place the dates and mulberries into the food processor and process until well combined.
2. Press the crust mix firmly into the bottom of an 8-inch (20 cm) tart pan. Place the tart pan in the freezer for 30 minutes.
3. To make the filling, blend the mango, lime juice and (if you're feeling adventurous) the curry powder together until smooth.
4. Pour the blended mango filling into the pie crust and allow to set in the freezer for 15 more minutes.

Yields one 8-inch tart (20 cm)



Raspberry Jam Tart

- **5 cups dates, divided**
- **2 cups dried mulberries**
- **4 cups raspberries, divided**
- **1/4 cup lemon juice**

1. For the crust, place 4 cups of the dates and the dried mulberries in the food processor and process until well combined.
2. Press the crust mix evenly into the bottom of an 10-inch (25cm) tart pan. Place the crust in the freezer for 30 minutes.
3. Blend 2 cups of raspberries, 1 cup of dates and 1/4 cup of lemon juice until smoothly combined. Pour into the tart crust.
4. Top with the remaining raspberries and chill in the fridge for 30 minutes prior to enjoying!

Notes: This tart stores in the fridge for 3 days. The crust will keep in the freezer for up to 4 weeks.

Yields one 10-inch tart (25 cm)



Mixed Berry Pie

- 2 cups walnuts
- 1 cup unsweetened shredded coconut
- 3 cups dates
- 6 cups mixed berries (raspberries, strawberries, blackberries, blueberries)
- 2 tablespoons of honey
- 2 tablespoons of lemon juice
- 1 cup of coconut whipped cream (optional)
- 1/4 teaspoon lemon zest (optional)

Directions:

1. For the crust, place the walnuts, shredded coconut, and dates into the food processor and process until well combined. Press the crust mix into a 9-inch (22 cm) pie pan and place the crust in the freezer for 30 minutes.
2. In a small bowl, whisk together the lemon juice and the honey until well combined.
3. Place all of the berries into a large bowl and toss gently to combine with the lemon juice and honey mixture. Pour the coated berries into the pie shell.
4. Serve topped with coconut cream and lemon zest if desired and enjoy!

Yields one 9-inch pie (22 cm)



Strawberry Basil Pie with a Pistachio Crust

- **1 1/2 cups pistachios**
- **2 cups dates**
- **1/2cup unsweetened shredded coconut**
- **1/4 teaspoon sea salt**
- **1/2 teaspoon lemon zest**
- **7 large leaves of basil (optional)**
- **6 cups strawberries**
- **4 tablespoons of honey**
- **2 tablespoons lemon juice**

Directions:

1. For the crust, place the pistachios, dates, shredded coconut, sea salt, lemon zest and basil leaves into the food processor and process until well combined.
2. Press the crust mix into the bottom of a 9-inch (22 cm) pie pan. Place the crust in the freezer for 30 minutes.
3. Slice strawberries in half and place into a large bowl. Toss gently with lemon juice and place into the fridge for 20 minutes.
4. Remove strawberries from the fridge, drain off excess liquid, toss gently with honey. Pour the strawberries into the pie crust and serve topped with extra honey if desired.

Yields one 9-inch pie (22 cm)



Cherry Pie

For the crust:

- 1/4 cup ground flaxseeds
- 1/2 cup applesauce
- 2/3 cup coconut sugar
- 1/2 cup melted coconut oil
- 2 cup gluten free oat flour
- 2/3 cup brown rice flour
- 1/4 cup tapioca flour

Filling:

- 7 cups fresh or frozen pitted cherries
- 1/3 cup + 2 tbsp maple syrup
- 1/3 cup + 1 tbsp arrowroot starch or tapioca flour
- 1 tbsp vanilla extract

To serve:

- 1/3 cup coconut whipped cream (optional)

Directions:

1. To make the crust, combine the ground flaxseeds, applesauce, coconut sugar, and coconut oil in a bowl. Whisk until uniform.
2. In another bowl, whisk together the oat flour, brown rice flour and tapioca flour.
3. Add the wet ingredients to the dry and stir until you get a uniform soft dough. Refrigerate for 30 minutes.
4. Preheat oven to 350°F/180°C.
5. Roll the dough out between two sheets of parchment paper, then transfer to a 9-inch (22 cm) pie dish. Using your hands, press the dough evenly into the bottom and sides of the dish. You can use a glass to flatten the bottom. Prick the dough a few times with a fork. Refrigerate until needed.
6. To make the filling, combine the cherries, maple syrup, arrowroot and vanilla in a large saucepan. Bring the heat to medium-high and cook, stirring often, until you get a very thick mixture.
7. Transfer filling to prepared crust and bake for 25-30 minutes, until the crust is browned. Cool pie completely before serving, then serve with a dollop of whipped cream (if using).

Serves 6-8, Yields one 9-inch pie (22 cm)



Pumpkin Pie

For the nut-free crust:

- 2 cups gluten-free oat flour
- 1/4 cup solid coconut oil
- 3 tbsp maple syrup
- 1-3 tbsp water

For the grain-free crust:

- 2 cups almond flour
- 1/4 cup solid coconut oil
- 3 tbsp maple syrup
- 1-2 tbsp water, if needed

For the filling:

- 2 1/2 cups pumpkin puree
- 2/3 cup coconut milk or unsweetened almond milk
- 2 1/2 tbsp arrowroot flour
- 1/3 cup maple syrup
- 1/4 cup coconut sugar
- 1 tsp vanilla paste or alcohol-free vanilla extract
- 1 tbsp pumpkin pie spice

To serve:

- 1/2 cup coconut whipped cream (optional)
- 1-2 tsp ground cinnamon

1. Preheat the oven to 350°F/180°C. Grease a 9" pie dish and set aside.
2. Make the base by adding the gluten-free oat flour or almond flour and coconut oil to a food processor and pulse until you have fine crumbs.
3. With the motor running, add the maple syrup followed by the water (if needed) until the dough sticks together when pressed between fingers.
4. Place the dough in the pie dish and press evenly to the bottom and up the sides. Refrigerate until needed.
5. Make the filling by adding the pumpkin puree, coconut milk, arrowroot flour, maple syrup, coconut sugar, vanilla paste/alcohol-free vanilla extract and pumpkin spice to a blender and blend until smooth. Pour into the prepared crust and bake for 55-60 minutes, until the crust is golden and the filling is set. If the crust begins to brown quite quickly then cover the edges with tin foil or a pie crust protector (this is more likely to happen with the grain-free crust).
6. Remove the pie from the oven and cool at room temperature for at least 1 hour, then transfer to the fridge and cool for a further 4-6 hours or overnight.
7. Slice and serve with coconut whipped cream (if using) and a sprinkle of ground cinnamon.

Serves 6-8



Dutch Apple Pie

For the crust:

- 3 tbsp ground flaxseeds
- 1/3 cup applesauce
- 1/2 cup coconut sugar
- 1/3 cup melted coconut oil
- 1 1/2 cup gluten free oat flour
- 1/2 cup brown rice flour
- 3 tbsp tapioca flour

Crumble topping:

- 3/4 cup gluten free oat flour
- 1/3 cup brown rice flour
- 3 tbsp maple syrup
- 2 tbsp melted coconut oil

Filling:

- 8 cups sliced cored and peeled apples
- 1/2 cup coconut sugar
- 2 tbsp potato starch
- 1/2 teaspoon ground cinnamon
- 1 tablespoon lemon juice

To serve:

- 1/3 cup coconut whipped cream (optional)

1. To make the crust, combine the ground flaxseeds, applesauce, coconut sugar and coconut oil in a bowl. Whisk until uniform.
2. In another bowl, whisk together the oat flour, brown rice flour and tapioca flour.
3. Add the wet ingredients to the dry and stir until you get a uniform soft dough. Refrigerate for 30 minutes.
4. Preheat oven to 350°F/180°C.
5. Roll the dough out between two sheets of parchment paper, then transfer to a 9-inch (22 cm) pie dish. Using your hands, press the dough evenly into the bottom and sides of the dish. You can use a glass to flatten the bottom. Prick the dough a few times with a fork. Refrigerate until needed.
6. To make the crumble topping, combine the oat flour and brown rice flour in a small bowl. Whisk until uniform, then pour in the maple syrup and coconut oil. Rub the wet ingredients into the dry until you get a crumbly mixture. Set aside.
7. To make the filling, combine the apple slices, coconut sugar, potato starch, cinnamon, and lemon juice in a very large bowl. Stir until evenly coated.
8. Remove the crust from the fridge and layer apple slices tightly in the pie dish. Top with crumble and bake for 30 minutes until the crust is browned, then cover and cook for a further 20-30 minutes until the apples are cooked through.
9. Cool for at least 1 hour, then serve with a dollop of whipped cream (if using).

Serves 6-8, Yields one 9-inch pie (22 cm)



Pineapple Upside Down Cake

For the pineapple:

- 1 tbsp melted coconut oil
- 1/4 cup coconut sugar
- 1/2 medium-sized pineapple, cut into thin half moons

For the cake:

- 2 cups gluten-free oat flour
- 1/2 cup coconut flour
- 1/2 cup brown rice flour
- 1 1/4 cups coconut sugar
- 2 tsp baking powder
- 1 cup unsweetened applesauce
- 2/3 cup full-fat coconut milk
- 1/4 cup melted coconut oil
- 1 tbsp ground flaxseeds

Directions:

1. Preheat oven to 350°F/180°C.
 2. Brush a cake pan lightly with coconut oil. Sprinkle coconut sugar all over the bottom, then arrange pineapple slices on top. Set aside.
 3. To make the batter, whisk together the oat flour, coconut flour, brown rice flour, coconut sugar, and baking powder in a large bowl. Set aside.
 4. In another bowl, add the applesauce, coconut milk, coconut oil, and flaxseeds. Whisk until uniform.
 5. Add the wet ingredients to the dry and stir until you get a uniform and very thick but pourable batter. Pour into prepared baking pans.
 6. Bake for 35-40 minutes until lightly browned on top and a toothpick inserted comes out clean.
 7. Cool for 15 minutes in the pan. Loosen from the sides, place a serving tray on top, and gently turn over. Cool completely before serving.
- Best enjoyed on the day of baking. Leftovers can be kept in an airtight container at room temperature.

Serves 4-6



Wild Blueberry Buckle Cake

Streusel topping:

- **1/4 cup gluten free oat flour**
- **1/4 cup brown rice flour**
- **1 tbsp coconut sugar**
- **1 1/2 tbsp maple syrup**
- **1 tbsp melted coconut oil**

Cake:

- **1 cup gluten-free oat flour**
- **1 cup brown rice flour**
- **2 tbsp potato starch**
- **2/3 cup coconut sugar**
- **2 tsp baking powder**
- **1/2 tsp baking soda**
- **1 cup unsweetened almond milk or light coconut milk**
- **1/2 cup unsweetened applesauce**
- **1/4 cup melted coconut oil**
- **1 tsp alcohol-free vanilla extract or vanilla powder**
- **1 cup frozen or fresh wild blueberries (or regular fresh blueberries if needed)**

Directions:

1. Preheat oven to 350°F/180°C. Line an 8 or 9 inch (20-22 cm) springform baking tin with parchment paper. Set aside.
2. Make the streusel by combining the oat flour, brown rice flour, and coconut sugar in a small bowl. Whisk until uniform, then pour in the maple syrup and coconut oil. Rub the wet ingredients into the dry until you get a crumbly mixture. Set aside.
3. In a medium-sized bowl, whisk together the oat flour, brown rice flour, potato starch, coconut sugar, baking powder, and baking soda. Whisk until uniform and lump-free.
4. In another bowl, whisk together the almond milk, applesauce, coconut oil, and vanilla until uniform. Pour the wet ingredients into the dry. Stir until evenly mixed. The batter should be very thick but pourable. Add a bit more flour or milk if needed to get this consistency. Gently fold in the wild blueberries. Pour the batter into the prepared baking tin and top with the streusel. Bake for 45-50 minutes, until browned on top and toothpick inserted comes out clean.
5. Cool for 5 minutes in the baking tin, then gently remove and place on a wire rack to cool completely. Best enjoyed on the day of baking.

Serves 6-8 Yields one 9-inch pie (22 cm)



Spice Cake

- **2 cups gluten-free oat flour**
- **1 cup almond flour**
- **1 cup coconut sugar**
- **1 tsp baking powder**
- **1 tsp baking soda**
- **2 tsp ground cinnamon**
- **1 tsp ground ginger**
- **1/4 tsp ground cloves**
- **1/4 tsp ground nutmeg**
- **1/4 tsp ground cardamom**
- **1 tsp vanilla powder or alcohol-free vanilla extract**
- **1 1/3 cup unsweetened almond milk**
- **1/3 cup unsweetened applesauce**

Cashew icing (optional):

- **1 cup raw cashews, soaked for at least 2 hours in water**
- **1/4 cup maple syrup**
- **3 tbsp freshly-squeezed orange juice or water**

1. Preheat oven to 350°F/180°C. Line a 9-inch (22 cm) brownie pan with non-stick parchment paper.
2. Add the oat flour, almond flour, coconut sugar, baking powder, baking soda and spices to a medium-sized bowl. Mix well and set aside.
3. In a jug or bowl, combine the almond milk and applesauce. Mix well, then add to the dry ingredients and stir until uniform.
4. Pour into the prepared pan and bake in the oven for 50-60 minutes or until a toothpick inserted comes out clean. Cool for 5 minutes in the pan, then remove and cool completely on a cooling rack.
5. To make the cashew icing, combine the soaked cashews, maple syrup and orange juice/water in a high-speed blender and blend until very smooth, scraping down the sides as needed.
6. Spread the icing evenly on the cake and top with pomegranate seeds. Cut into squares and serve immediately.

Serves 6-8, Yields one 9-inch pie (22 cm)



Carrot Cake

- 2 tbsp ground flaxseeds
 - 1/3 cup water
 - 1 cup unsweetened almond milk
 - 1/4 cup melted coconut oil
 - 3/4 cup coconut sugar
 - 1 tsp vanilla powder or alcohol-free vanilla extract
 - 1 1/4 cups gluten-free oat flour
 - 3/4 cup brown rice flour
 - 1/3 cup finely chopped walnuts, more to serve
 - 1 tsp baking powder
 - 1/2 tsp baking soda
 - 2 tsp ground cinnamon
 - 1/4 tsp ground ginger
 - 1/4 tsp ground cardamom
 - 1/4 tsp ground cloves
 - 2 cups grated carrots
 - 1/3 cup raisins
- Cashew icing (optional):
- 1 cup raw cashews, soaked at least 2 hours in water
 - 3 tbsp maple sugar
 - 1/4 cup coconut milk
 - 1 1/2 tbsp lemon juice
1. Preheat oven to 350°F/180°C. Line a 9-inch (22 cm) brownie pan with non-stick parchment paper. In a medium-sized bowl, whisk together the ground flaxseeds and water. Set aside for 5 minutes.
 2. Add the almond milk, coconut oil, coconut sugar, and vanilla to the bowl. Whisk until uniform. In another bowl, add the oat flour, brown rice flour, chopped walnuts, baking powder, baking soda, cinnamon, ground ginger, ground cardamom, and ground cloves. Whisk until uniform.
 3. Add the dry ingredients to the wet, stirring until you get a uniform batter. Stir in the grated carrots and raisins until evenly dispersed. Pour batter into prepared brownie pan and bake for 40-45 minutes until browned on top and a toothpick inserted comes out clean. Cool for 5 minutes in the pan, then remove and cool completely on a cooling rack.
 4. To make the cashew icing, combine the soaked cashews, maple sugar, coconut milk, and lemon juice in a high-speed blender and blend until very smooth, scraping down the sides as needed. Add a bit of water if necessary to blend. Refrigerate until needed.
 5. When the cake has cooled, spread the icing evenly on the cake and top walnut pieces. Cut into squares and serve immediately.

Serves 6-8, Yields one 9-inch pie (22 cm)



Wild Blueberry Bars

For the filling:

- **1 3/4 cups wild blueberries or regular blueberries**
- **1/4 cup raw honey or maple syrup**
- **1 tsp lemon juice**
- **2 tbsp arrowroot starch**
- **1/2 tsp alcohol free vanilla extract or vanilla powder**

For the base and topping:

- **1 cup gluten-free rolled oats**
- **2 cups gluten free oat flour**
- **1/2 cup coconut sugar**
- **1/2 tsp ground cinnamon**
- **2 tbsp maple syrup**
- **1/2 cup melted refined coconut oil**

1. Preheat oven to 350°F/180°C. Line an 8x8 inch (20x20cm) pan with parchment paper. Set aside.
2. To make the filling, place a small pot over medium-high heat. Add the wild blueberries, raw honey or maple syrup, lemon juice, arrowroot, and vanilla extract or powder. Stir until evenly mixed. Bring the mixture to a simmer and cook, stirring often, until thick and bubbly, about 2-3 minutes. Remove and set aside to cool for 10 minutes.
3. To make the base and topping, combine the oat flour, oats, coconut sugar and cinnamon in a large mixing bowl. Pour in the melted coconut oil and stir until the dough clumps together. Place 2 cups of the mixture into the prepared pan and set aside the rest. Press the mixture evenly to the base of the pan using your fingers or a flat-bottomed glass.
4. Pour the blueberry filling on top of the base and spread out evenly. Sprinkle the rest of the crumb mixture over the filling. Bake for 30-35 minutes, until the filling is bubbly and the top golden. Remove from oven and cool completely before slicing into bars.

Makes 12 bars, Yields one 8x8-inch pie (20x20 cm)



Strawberry Lemon Bars

For the jam:

- **2 1/2 cups fresh strawberries, hulled and quartered**
- **3 tbsp lemon juice**
- **1 tsp zest**
- **1/4 cup maple syrup**
- **3 tbsp chia seeds**

For the crumb:

- **1 cup walnuts**
- **1/2 cup unsweetened shredded coconut**
- **2 tbsp maple syrup**
- **1 tsp coconut oil**
- **1/4 tsp salt**

For the base:

- **2 cups almond flour**
- **2 tbsp coconut oil**
- **1/4 tsp salt**
- **1-2 tbsp water**

1. Place the strawberries, lemon juice, zest and maple syrup in a saucepan over medium-high heat and bring to a simmer. Cook for 10-15 minutes, until the strawberries are soft. Mash gently with the back of a wooden spoon and take off heat. Stir in the chia seeds and leave aside to cool.
2. Preheat the oven to 350°F/180°C. In a food processor, combine the almond flour, coconut oil and salt and process until the texture resembles breadcrumbs. With the motor running, pour in the water and process until the mixture comes together into a dough.
3. Line a 9x9 (22x22 cm) inch baking tin with parchment paper and spread the mixture on top, pressing down firmly and evenly. Place in the oven and cook for 10-12 minutes, until the base is a golden color. Let cool.
4. Make the crumb by combining the walnuts, coconut, maple syrup, coconut oil and salt in a food processor and blitzing until you get a fine mixture.
5. When the base has cooled, spread the jam mixture on top and cover with the crumb. Place in the oven and cook for 12-15 minutes, until it is golden on top. Let cool completely before cutting.

Serves: 9-12, Yields one 9x9-inch pie (22 x 22 cm)



Cinnamon Streusel Cake

For the Streusel:

- **1/3 cup gluten free oat flour**
- **1/3 cup brown rice flour**
- **2 tbsp coconut sugar**
- **2 1/2 tsp cinnamon**
- **2 tbsp maple syrup**
- **2 tbsp melted coconut oil**

For the Cake :

- **1 cup gluten-free oat flour**
- **1 cup brown rice flour**
- **2 tbsp potato starch**
- **1/2 cup coconut sugar**
- **2 tsp baking powder**
- **1/2 tsp baking soda**
- **1 cup unsweetened almond milk or light coconut milk**
- **1/2 cup unsweetened applesauce**
- **1/4 cup melted coconut oil**
- **1 tsp alcohol-free vanilla extract or vanilla powder**

Directions:

1. Preheat oven to 350°F/180°C. Grease a 9-inch (22 cm) brownie pan with coconut oil or line with parchment paper. Set aside.
2. Make the streusel by combining the oat flour, brown rice flour, coconut sugar, and cinnamon in a medium-sized bowl. Whisk until uniform, then pour in the maple syrup and coconut oil. Rub the wet ingredients into the dry until you get a crumbly mixture. Set aside.
3. In a medium-sized bowl, whisk together the oat flour, brown rice flour, potato starch, coconut sugar, baking powder, and baking soda. Whisk until uniform and lump-free. In another bowl, whisk together the almond milk, applesauce, coconut oil, and vanilla until uniform.
4. Pour the wet ingredients into the dry. Stir until evenly mixed. The batter should be very thick but pourable. Add a bit more flour or milk if needed to get this consistency. Pour half of the batter into the prepared baking tin and top with half of the streusel. Pour in the rest of the batter and top with rest of the streusel.
5. Bake for 30-35 minutes, until browned on top and toothpick inserted comes out clean. Cool for 5 minutes in the baking tin, then gently remove and place on a wire rack to cool completely. Best enjoyed on the day of baking.

Serves 6-8, Yields one 9-inch pie (22 cm)

