

## Volume 2 Recipes

### Raw Date Granola

Makes 2 to 3 servings

2 cups dates  
¼ cup coconut flakes  
¼ cup almonds  
¼ teaspoon of kelp sea salt

Process all ingredients in a food processor until combined. Store granola in a jar in the fridge for up to two weeks. Personally I recommend adding a tablespoon of coconut yoghurt to the bowl and a dollop of coconut cream.

### Vegetable Sticks & Hummus



Serves 1

A generous helping of vegetable sticks (carrots/celery/cucumber)  
2 to 3 Tablespoons of Hummus

Simply chop up your raw veges and combine with some hummus.  
Alternatively use a half avocado. Season well.

### Berries & Cream

*I've adjusted this recipe to reduce food wastage, so the cream may be a little runny.*

Serves 2 to 3

Up to 4 cups of assorted berries  
½ cup of coconut cream  
¼ teaspoon grated ginger  
1 teaspoon maple syrup  
2-3 tbsp Lemon juice  
Few drops of vanilla essence (optional)  
1 tsp lemon zest  
4 leaves of fresh mint (as a garnish)

Divide the berries into two bowls. Place the coconut cream into a mixing bowl. Add the vanilla, maple syrup, ginger and the lemon juice. Whisk until the mixture is smooth. Top with lemon zest & mint.

## Jacket Potatoes & Mexican Beans



*This recipe has been adapted to be more time efficient for you. The family will love this recipe! It's basically nachos without the chips. Feel free to double this recipe for a family of four. I make a big batch and eat it over two or three days. Swap the potato for kumara or pumpkin if you prefer.*

Serves 2 to 3

- 2 large potatoes (leave skin on!)
- 1 can of Watties Mexican beans
- 1 can of tomatoes
- 2 carrots
- 3 sticks of celery
- 1 tbsp garlic (I used minced)
- 1 tsp cumin
- 3 pinches of kelp sea salt
- 3 tbsp of Hummus (one for each serving)
- Parsley as a garnish
- 1 tbsp of coconut oil
- Little bit of water

Pre heat the oven to 200 degrees Celsius. Slice the potatoes in half and poke holes in several places with a fork. Bake for 45 to 60 minutes. While the potatoes bake, heat the coconut oil in a saucepan on a moderate heat. Add minced garlic. Dice the celery & carrots and add to the pan. Constantly stir to avoid sticking to the pan and add small amounts of water as you go. Sautee until carrots are soft. This takes about 10 to 15 minutes. Add the can of beans and tomatoes. Stir well and simmer for 15 minutes, stirring constantly.

I like to slice my potatoes longways and crossways, in a hash tag configuration (#####). Pour the bean mix over the potato and add a tablespoon of hummus on top. Sprinkle parsley over as a garnish.

## Fruit Skewers with Strawberry Drizzle

*The fruits below are just an example –use any seasonal fruits you like. This is a great after school snack for the kids to get involved in.*

Serves 4

8 skewers  
3 Kiwifruit  
1 cup of berries  
2 bobby bananas  
1 cup of dates  
1 cup of strawberries  
Splash of water if needed for the sauce

Combine the dates and strawberries into a blender and blend until smooth (you may need to add a splash of water). Peel and arrange the rest of the fruit on the skewers. Drizzle with sauce.

## Warm Apples with Caramel Dip



*If you are working with dry dates, soak them for one to two hours to soften them.*

Serves 1 to 2

1 large apple sliced  
6 dates pitted  
¼ teaspoon cinnamon

Heat the sliced apple in the microwave for 20 to 30 seconds. Blend the dates and cinnamon with a splash of water in a food processor until combined with a smooth consistency.

### Baked Pears (or Apples)



Serves 2

2 pears

2 tsp maple syrup

¼ cup chopped walnuts

½ tsp cinnamon

Preheat the oven to 175 degrees Celsius. Slice the pears length ways and remove seeds. Place the pears face up in a roasting tray. Brush with maple syrup over the face. Divide the walnuts evenly across the pears and sprinkle cinnamon over the top. Bake for 20 to 30 minutes. If having for breakfast add some coconut yoghurt on the side.

### Roast Falafel & Veges



*I haven't included a recipe here, this is really just baked falafels with boiled greens and some kumara or pumpkin on the side. Add some gluten free gravy if you like. Perfect when you can't be bothered cooking! Buy the falafel pre-frozen or if you prefer you can buy the pre-made mix and shape them yourself. Follow the cooking instructions for the falafel.*

### Banana Nut Milkshake

*We make this at home for the kids at 3pm. But it is another great option when you are craving something sweet and can't be bothered cooking. Use this at anytime of the day.*

Serves 2 to 3

1 tsp vanilla essence

400ml rice or oat milk

2 to 3 frozen bobby bananas

3 dates

Sprinkle of cinnamon

1 closed palmful of nuts & seeds (optional)

Place all ingredients in a blender and whizz it up. If you don't want it too cold, use fresh bananas instead of frozen. The nuts and seeds are optional. If you feel you need something more filling, include them.

### **Avocado Boats with Mexican Beans**

*Avocados are always more expensive during winter. But when it comes to a filling health food they go a long way. One avocado serves two to three people, so it can be quite economical. Also consider shopping at farmers markets to get a better deal. Even when avocados are out of season we will still shop around and get them. We just don't eat as many of them in the colder months. I have added optional Mexican Beans to this recipe as a carb to help you sleep better and wind down during the evening.*

Makes 4 serves

2 avocados  
1 cup of diced cucumber  
¼ cup of diced onion  
1 tsp minced garlic  
½ lemon juiced  
2 pinches of kelp sea salt  
2 pinches of cayenne  
1 ½ cups of diced tomato  
2 tins of Mexican Beans (optional)

Slice the avocados length ways. Remove the stones. Combine the rest of the ingredients in a bowl and scoop the salsa into the centre of each avocado and serve. Add ½ can of heated Mexican beans to each serve if desired.

### **Grape Slushy**

*You can use either frozen or refrigerated grapes for this recipe.*

Serves 2 to 3

3 cups of grapes  
3 cups of coconut water

Blend the grapes and coconut water together until well combined. Serve and enjoy

## Orange & Olive Salad

Serves 2 to 4

6 oranges  
¼ cup sliced olives  
¼ cup of finely chopped parsley  
¼ cup thinly sliced red onion  
1 avocado or use hummus  
Black pepper

Peel the oranges. Slice into discs and arrange onto plates. Top with other ingredients.

## Wild Blueberry Pancakes



Makes 4 servings

2 ripe bananas  
4 tbsp raw honey  
1 tbsp baking powder  
½ tsp sea salt  
½ cup water  
2 cups almond flour  
¼ cup potato starch  
1 tbsp coconut oil  
1 cup wild blueberries  
½ cup maple syrup

For the batter, blend the bananas, honey, baking powder and sea salt together with the water until smooth. Add the almond flour and potato starch and continue to blend until a thick, even batter forms.

To cook on the skillet – heat a little of the coconut oil in a large ceramic nonstick skillet over medium heat. Pour the batter into the skillet by heaping tablespoons to create small pancakes. Sprinkle a few wild blueberries over the tops. Use the back of a spoon to smooth the batter evenly into a circle. Cook the pancakes for 2 ½ - 3 minutes, then flip and cook for 4 minutes on the other side.

To bake in the oven – Preheat the oven to 160 degrees Celsius. Using the coconut oil, lightly grease two baking trays lined with parchment paper. Spoon the batter into 3-inch circles, smoothing evenly. Sprinkle a few wild blueberries over the tops. Bake the pancakes for 8-10 minutes until the edges turn golden, then flip and bake 2 minutes more.

Combine the maple syrup and remaining wild blueberries in a small sauce over medium heat, stirring frequently until hot and well combined. Serve atop the pancakes and enjoy!

Note: if you run into trouble using a skillet, try the baking method for best results.

### **Lentil Dahl**



Serves 4

3 cloves garlic

Thumb-sized piece of ginger (or 1 tsp minced)

½ bunch spring onions

1 x 400g can chickpeas

1 x 400g tin of cooked lentils

1 tbsp oil

1 handful baby spinach

1 x 400g tin coconut milk

Juice of ½ lime

10-15 cherry tomatoes

2 tbsp curry powder

2 tsp ground cumin

1 tsp salt

1 tbsp tamari / soy sauce

½ tsp black pepper

Peel and finely chop the garlic and ginger. Finely chop the spring onions. Drain the tinned chickpeas and lentils and rinse thoroughly, keeping them separate. Chop the cherry tomatoes in half.

Heat 1 tbsp oil for 1 minute in a large saucepan on high heat. Add the garlic, ginger, and spring onions and cook for 1 minute. Add the tomatoes and cook for a further 2 minutes. Then add all remaining ingredients, bring to the boil, stirring occasionally to make sure it

doesn't stick to the bottom. Leave to simmer for a further 3-5 minutes. Taste and adjust seasoning to your palette – if it's flat add more salt, if too creamy add more lime juice, if too earthy add 1 tbsp maple syrup.

Serve with a small portion of rice if you wish.

## **Chickpea Curry**



Serves 4

- 1 chopped red or brown onion
- 1 tsp minced garlic
- 1 tsp minced ginger
- 1 tbsp curry powder (optional)
- 1 tsp coriander
- 1 tsp cumin
- 1 can chopped tomatoes
- 1 can coconut milk
- 1 can chickpeas
- 1 tsp salt
- 1 tsp black pepper
- Lime juice

Heat water or oil in a pan over medium-high heat. Saute onion for a couple of minutes, then add garlic, ginger and spices. Cook for another 2 -3 minutes then add tomatoes and chickpeas.

Add remaining ingredients and let simmer for 10-15 minutes.

Note: This recipe can easily be bulked up by adding another 1-2 cans of legumes, such as black beans, red kidney beans, cannellini beans etc.



## **Apple Pie Overnight Oats**

Serves 2

1 ½ cups unsweetened almond or rice milk

2-3 pitted dates

1 tbsp raisins

Sprinkle of ground cardamom

¼ tsp ground cinnamon

Sprinkle ground cloves

¼ cup unsweetened apple sauce

½ cup diced apples

1 cup rolled oats

Blend the milk with the dates, raisins, spices and applesauce.

Combine the blended milk with the apples and oatmeal in a medium bowl.

If the mixture is too thick, add a little more milk

Cover and let sit in the fridge for at least an hour or overnight.

Recipe easily doubles or triples for leftovers.

## **Banana Strawberry Smoothie**

Serves 2

1 banana

½ cup frozen strawberries

1 cup plant-based milk or water if preferred

Blend together and done!

## **Fruit Salad with Leafy Greens**

Serves 1

Simply chop up 1-2 pieces of your favourite seasonal fruit and serve on a bed of baby spinach.

## **Baked Kumara Fries with Mexican Beans**

Serves 1

1-2 kumara

1 can Watties Mexican Beans

Wash and chop kumara into 'fries'. Roast at 200 degrees Celsius until tender (roughly 20-25 minutes). Serve with a sprinkle of kelp sea salt and heated Mexican beans.