

Shred Recipes Volume 3

Paleo Cereal

This is one of my most popular recipes. You can have this each day if you like. Vegetarian protein and plenty of fats for energy and to help assist with elimination.

One Serve

½ bobby banana or ½ green apple or one palm of berries
2 closed palmfuls of nuts & seeds
A drizzle of Coconut milk
Coconut yoghurt (optional)

Place all ingredients in a bowl and mix through. Enjoy!

Peanut Butter and Maple Syrup Crunch

Makes 4 cups (1 cup per serving)

1/3 cup smooth natural peanut butter
¼ cup coconut oil
¼ cup pure maple syrup
1 tsp vanilla bean paste
1 ½ cups rolled oats
1 ½ cups rolled barley
¼ cup amaranth
1/3 cup pumpkin seeds
2 tbsp golden flaxseeds (linseeds)
1/3 cup chopped roasted salted peanuts

Preheat oven to 160 degrees Celsius. Line two oven trays with baking paper.

Stir peanut butter, coconut oil, maple syrup and vanilla paste in a small saucepan over low heat until melted and smooth.

Combine oats, barley and amaranth in a large bowl, pour in peanut butter mixture. Stir until combined. Spread between trays in an even layer.

Bake for 20 minutes, stirring once. Stir in pumpkin seeds and flaxseeds. Bake for a further 30 minutes, stirring every 10 minutes, or until golden. Stir in peanuts. Cool on trays. Store in an airtight container.

Swap – You can replace rolled barley with extra rolled oats. You can replace the amaranth with chia seeds.

Do Ahead – The crunch will keep in an air tight glass jar or container for up to 1 month.

Serving Idea – Serve topped with coconut yoghurt, apple, raspberries, nut or soy milk, then drizzled with extra maple syrup.

Gluten Free Banana Pancake

Serves 1

2 eggs females/3 eggs for males
Dash of milk
1/2 bobby banana
Sprinkle of maple syrup
Sprinkle of cinnamon
1 to 2 TBS of Coconut Yoghurt

Place a coconut oil in a pan. Whisk eggs and milk together and pour into the frying pan. Slice the banana over the egg as it cooks. Flip over and cook the other side until egg is cooked through. Place on a plate and sprinkle cinnamon and maple syrup over the pancake. Top with coconut yoghurt.

Note: It may pay to cook the batch up in two or three separate pancakes for ease of flipping during cooking.



Green Smoothie

1 banana
2 handfuls baby spinach leaves
2 handfuls kale
½ - 1 cup mixed berries
1 tbsp flaxseed
1 tbsp chia seeds

500 ml coconut water
Extra plain water if needed

Blend and drink!

Lentil and Kumara Soup

Makes 8 x 1 cup serves

1 ½ cups onion, diced (approx. 1 onion)
2 stalks celery, diced
1 tbsp chopped ginger or ginger puree
1 tbsp oil
2 tsp mild curry powder
5 cups boiling water
1 cup red lentils
3 cups red kumara (approx. 2 kumara)
1 ½ tsp salt
200ml coconut cream / milk
Juice of 2 limes
Garnish – parsley

Saute onion, celery, ginger and oil in a pot until onion is clear.

Add spices and mix for around 30 seconds.

Add water, lentils and kumara and simmer for around 15 minutes or until lentils are soft and kumara is cooked.

Blend with a stick blender.

Mix in remaining ingredients and serve garnished with parsley.

Lazy Mans Roast Chicken & Vegetables (Serves 1)

1 palmful of supermarket Rotisserie Chicken
Up to 1 cup of roast pumpkin
1 red onion, quartered
Mixed greens
Gluten free gravy

Coat the pumpkin & red onion with olive oil and roast on 220 degrees fan bake for 20 minutes, turning once at the half way point. Remove skin from chicken and place a palm size portion on a medium sized plate. Add your pumpkin and any salad greens or boiled greens. Use a maggi gluten free chicken gravy.



Dark Chocolate Peanut Butter Mousse

Serves 4

1 package tofu, drained
120g dark chocolate (85 or 90%), finely chopped
¼ cup creamy peanut butter
¼ cup unsweetened cocoa / cacao powder
¼ cup unsweetened almond milk
½ cup coconut sugar

Combine dark chocolate, peanut butter, cocoa / cacao powder, almond milk and coconut sugar in a medium microwave-safe bowl. Microwave in 30 second intervals on half power, stirring between each, until chocolate is just melted through. Don't overheat.

Meanwhile place tofu in a food processor and blend until very smooth. Add in melted chocolate mixture and blend until just combined.

Pour mixture into a bowl and place in fridge for at least an hour to allow mousse to firm up a bit. When ready to serve, divide among four bowls, and top with coconut whipped cream and chocolate shavings, if desired.

Coconut whipped cream – google for plenty of recipes online!



Berry Smoothie Bowl

Serves 2

1 ½ cups raspberries (frozen or fresh)
½ cup blueberries (frozen or fresh)
½ cup coconut yoghurt
1 cup ice cubes
2 tbsp rice malt syrup
1 tbsp lemon juice

To serve

2 tbsp pumpkin seeds
2 tbsp chia seeds
2 tbsp goji berries
2 tbsp sunflower seeds
½ cup fresh berries

Place ingredient for the smoothie into a blender and process until smooth.

Pour the smoothie into 2 bowls and finish with the suggested toppings, or toppings of your choice.

Creamy Cruciferous Curry

Serves 4

2 onions, finely diced
4 cloves garlic, minced
3 carrots, diced

3 parsnips, diced
2 cups unsweetened soy, hemp or almond milk
1 head cauliflower cut into small florets
2 cups sliced mushrooms
1 tbsp curry powder
1 tsp turmeric
1 tsp cumin
2 cups cooked chickpeas or 1 can no-salt added or low-sodium chickpeas, drained
500g kale, tough stems removed, leaves chopped
1 cup frozen green peas
½ cup raw cashews, chopped

In a large pot over medium heat, water-saute onions, garlic, carrots and parsnips until onions are translucent (about 5 minutes). Stir in soy milk, cauliflower, mushrooms, curry powder, turmeric and cumin and cook for 10 minutes, covered, over medium heat. Stir in kale, green peas and chickpeas and continue to cook, covered for another 15 minutes, or until vegetables are tender. Top each serving with chopped cashews.

Optional – diced chicken may be added to the first stage of the recipe.

Rice Paper Summer Rolls with Satay Sauce

Note that chicken can be used in these rolls on a day where there is no animal meat in any other meal for that particular day. Also, the satay sauce is optional.

Green or purple cabbage, thinly sliced
Lettuce or baby spinach, thinly sliced
Carrot, thinly sliced
Cucumber, thinly sliced
Capsicum, thinly sliced
Avocado, thinly sliced
Mango, thinly sliced (optional)
Cooked chicken, thinly sliced (optional)

Soak rice paper as directed on the packet (normally in warm water for approx. 30 seconds until soft).

Place ingredients on top of each other near one end of the rice paper.

Fold rice paper over to encase all ingredients, then fold in the sides.

Keep rolling until complete and serve with satay sauce (optional).



Satay Sauce

½ cup peanut butter
2 tbsp tamari
2 tbsp sesame oil
1 lime, juiced and zested
1 tbsp coconut sugar
1 tbsp garlic, finely chopped
1 tbsp ginger, grated
1 tsp crushed red pepper flakes

Put all ingredients into a high speed blender and process until smooth, stopping to scrape down the sides once or twice as needed.

Buckwheat French Crepes

Crepe Ratio – 2 parts liquid, 2 parts egg, 1 part flour

For 2 large crepes –

2 eggs
115ml milk
55g buckwheat flour (100g = ½ cup)
Pinch salt
Coconut oil

Whisk eggs and milk together. Add flour and salt. Whisk fully.

Heat pan on low heat and bring up to medium-high heat.

Add oil. Once melted, swirl in the batter.

After 30 seconds – 1 minute (once edges start to curl up), run metal spatula under edges of crepe. Flip over. Cook 30 seconds then turn onto a cutting board.

Fillings

Ham & cheese

Fried egg

Fresh ricotta and chives

Salmon & capers

Pear, Walnut and Roquefort Salad

Serves 4

2 pears (more if pears are small)

Rocket leaves

100g roquefort cheese (or gruyere)

Handful of toasted walnuts

Dressing – olive oil

Peel and core the pears. Cut into quarters and slice into thin slices.

Place a handful of rocket on each plate and scatter pear slices over. Break up the cheese into small pieces and dot over the salad.

Sprinkle with a few toasted walnuts and drizzle everything with olive oil.



5 Minute Salad

This is simply a mix of raw vegetables as a salad. Throwing together what you have available and keeping it quick & simple. I've used a list of ingredients I commonly use.

Lettuce

Cherry Tomatoes

Carrots

Cucumber

Celery

Peppers

Green apple or pear slices

Avocado

A palmful of nuts & seeds

One hard boiled egg

Basil, parsley, coriander

Hummus

Dressing – Lemon juice & olive oil, plus salt & pepper