

@peanut.head

www.peanut-head.com



THE GUT FRIENDLY RECIPE BOOK

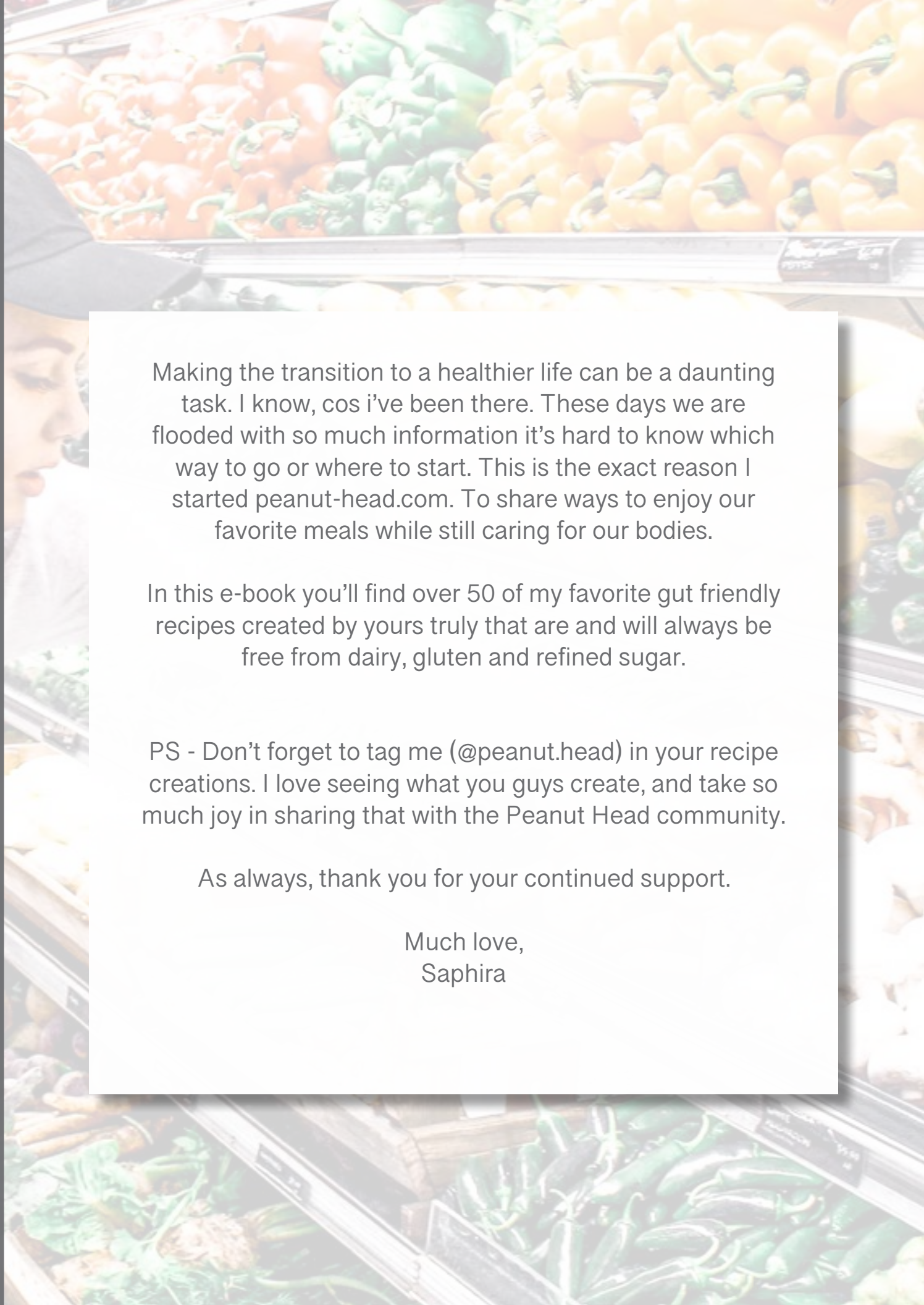
contents



A Note From Me	3
Pantry Staples	4
Snacks	8
Breakfast	12
Dinner	27
Treats	35
Drinks	54



A note from me



Making the transition to a healthier life can be a daunting task. I know, cos i've been there. These days we are flooded with so much information it's hard to know which way to go or where to start. This is the exact reason I started peanut-head.com. To share ways to enjoy our favorite meals while still caring for our bodies.

In this e-book you'll find over 50 of my favorite gut friendly recipes created by yours truly that are and will always be free from dairy, gluten and refined sugar.

PS - Don't forget to tag me (@peanut.head) in your recipe creations. I love seeing what you guys create, and take so much joy in sharing that with the Peanut Head community.

As always, thank you for your continued support.

Much love,
Saphira

pantry staples

I've started this book with a shopping list of what I consider to be pantry staples. So before you delve into the world of healthy eating I suggest a trip to your local health food store to stock up on these essentials as you'll be seeing them pop up quite frequently throughout this recipe book.

These are foods I use on a regular basis and what make up the most of my diet.

- ✓ Apple cider vinegar
- ✓ Fresh fruit: bananas, berries, limes, lemons
- ✓ Fresh vegetables: spinach, kale, avocado, beetroot, carrots, cucumber, sweet potato, zucchini, cauliflower, broccoli
- ✓ Gluten free flour: almond flour, coconut flour, cassava flour, tiger nut flour, gluten free baking flour
- ✓ Grains: buckwheat, quinoa, brown rice, oats
- ✓ Legumes: lentils, black beans, & chickpeas
- ✓ Nuts: almonds, brazil, cashews, hazelnuts, walnuts
- ✓ Nut & seed butters: almond, cashew, sun butter, tahini
- ✓ Oils: coconut oil, olive oil, avocado oil
- ✓ Plant based milk: almond, oat, cashew, coconut
- ✓ Sweeteners: coconut sugar, maple syrup, brown rice syrup, honey
- ✓ Seasoning: cinnamon, chili flakes, turmeric, paprika, cumin, pink himalayan salt
- ✓ Seeds: pumpkin, flax, sunflower, chia, hemp
- ✓ Superfoods: bee pollen, cacao, spirulina, Neu Day collagen, cacao nibs, coconut flakes, bone broth

snacks

Bliss Balls - Chocolate

Bliss Balls - Lemon Coconut

Curried Hummus

Grain Free Bread

Matcha Coconut Butter

Zucchini Muffins

Bliss Balls Chocolate



Gosh I do love a good bliss ball, or in this case Chocolate Collagen Bliss Ball. These little bites of energy are packed with so much goodness that work amazingly together to give you a slightly sweet and salty chocolate boost as soon as you bite into it. Round this off with hints of the almond butter, a coating of shredded coconut and it'll be hard to just stop at one.

Makes 8

1/3 cup crushed walnuts
1/4 cup almond butter
1 scoop Neu Day 5 Type Collagen (optional)
1 scoop chocolate protein powder of choice
1/4 cup brown rice syrup
1/3 cup raw cacao powder
Pinch sea salt
1/3 cup shredded coconut (for rolling)

Mix all your ingredients together in a medium bowl.

Mixture should be wet enough so that it can hold its shape but not so wet that its hard to handle. Add more sweetener/ almond butter if its too dry or more protein powder/ cacao if its too wet.

Put your shredded coconut in a separate small bowl, roll your mixture into small balls and coat in the shredded coconut.

Repeat until you've used up all your mixture.

Refrigerate for 30 mins - 1 hour before enjoying.

Bliss Balls Lemon



These balls of lemon coconut goodness are full of healthy fats and have just a little bit of sweetness that pairs together so well with the tangy addition of lemon zest.

Makes 8



1/2 cup macadamia nuts
1/4 cup shredded coconut + 1 tbsp for rolling
1/4 cup oats
2 tbsp rice malt syrup, or maple syrup
Zest from 1 lemon
2 tsp lemon juice
Pinch of pink salt



In a food processor mix together all your ingredients except the extra tablespoon of coconut, until well incorporated.

Spoon out the mixture with a tablespoon and roll into even sized balls.

Place your shredded coconut into a small bowl and toss your balls through this ensuring they're well coated.

Transfer to the fridge for 30 minutes to firm up.

Enjoy x



Curried Hummus

This hummus recipe goes out to all the peeps out there who can't handle garlic too well. I went through a stage of not being able to tolerate garlic at all and sadly every hummus in Wholefoods contained this otherwise good for you ingredient.

So I decided to take matters into my own hands and create this easy Garlic Free Hummus recipe for days when you want something to dip your chips or crudites into.

Makes 1 bowl

1 x 15oz can drained and rinsed organic chickpeas
1/4 cup extra virgin olive oil
1/4 cup tahini
2 tsp curry powder
1/2 tsp cayenne pepper
1/2 tsp pink salt
Cracked pepper
Juice from 1 lemon

Throw all ingredients in a food processor and whiz on high until smooth and creamy.

Spoon onto a serving plate, drizzle with more olive oil and garnish with toppings such as crushed pistachios and sesame seeds.

Serve & enjoy.

**Store any leftovers covered and in the fridge.



Grain and Yeast Free Bread

Wow! Is all you'll have to say when you cut into this gut friendly loaf of bread. This bread is soft, spongy, and has those air bubbles throughout that you would usually only achieve from a regular yeast & gluten filled loaf. So throw out your rock hard gluten free bread, go grab the ingredients to make this and never go without a good loaf again.

Makes 12 slices

1/2 cup tahini
1/4 cup coconut oil, melted
6 eggs
1 tbsp maple syrup
1 tsp apple cider vinegar
1 cup tiger nut flour
1/4 cup milled flax seeds
1/2 tsp Pink salt
1 tsp baking powder
1/2 tsp baking soda

Preheat oven to 350F bake, Grease your loaf tin and line each way with parchment paper

In a medium bowl add tahini, coconut oil, eggs, maple syrup and apple cider vinegar. Using an electric beater (or hand whisk) beat until well incorporated and slightly bubbly.

In a separate bowl add in all your dry ingredients, mix well Add the wet to the dry and mix until you have a smooth batter (it will be slightly runny)

Pour into lined loaf tin and bake for 40 minutes. Allow to cool for 5-10 minutes before removing from the loaf tin and slicing.

Keep stored on the counter in an airtight container for times when you want a sandwich or a delicious piece of toast.

Matcha Coconut Butter



This 2 ingredient Matcha coconut butter would have to be one of the most easy, yet rewarding recipes I can share with you guys. We all know how expensive Coconut Butter can be. Why spend upwards of \$10 on a jar when you can make it at home for a mere \$4?

And not to worry, if you don't have matcha on hand (or if you don't like it) but lets be real, who doesn't like Matcha!? Then just sub it out and have it au naturale. Just as tasty, maybe not as antioxidant rich and definitely not as green, but delicious in it's own right.

Makes 1 small jar



1 12oz bag of unsweetened coconut flakes or shredded coconut
1/2 tsp ceremonial grade matcha powder



In a completely dry blender add in your bag of coconut flakes.

Blend on low for 3 minutes. The coconut should move in on itself, around the blade and break down over this 3 minutes into a liquid coconut butter. If the coconut gets stuck, or stops moving simply use your tamper (if you have a Vitamix) to push it into the blade, or turn it off and scrape down the sides.

Once the coconut butter turns into liquid, add in your matcha powder and blend just until combined.

Pour into a glass jar and enjoy.

* If your kitchen is on the cooler side the coconut butter will solidify in the jar. To get it back to liquid, either place the jar in a pot of hot water or microwave on a very low heat for 20 seconds.

Zucchini Muffins

These Zucchini Muffins are everything you get from the traditional Zucchini Bread and for a snacker like me these are a great nibble in-between meals.

Makes 12 Muffins

3 medium zucchinis (2 cups after water is drained out)
1/2 cup coconut oil, gently melted
1/3 cup coconut sugar
1/2 tsp baking soda
1 1/2 tsp baking powder
3 eggs
2 tsp cinnamon
1 1/2 cups gluten free baking flour
2 tbsp coconut flour
1/2 tsp pink salt
1/2 cup almond milk
1 tsp apple cider vinegar

Preheat oven to 350F on bake

Grate zucchini with a box grater and squeeze out as much liquid as you can. Do this by using a sturdy nut milk bag or pressing into a fine sieve. (This step is very important and contributes to the overall texture of the muffins). The amount of zucchini once all liquid is removed should equal 2 cups.

In a separate cup mix your almond milk with apple cider vinegar and set aside to sour.

In a bowl mix together all your dry ingredients. Add in your zucchini and mix until well combined and there are no visible clumps. Make a well in the center and add your eggs, stir to combine. Stir in your coconut oil until well combined. Add your soured milk and mix well. (Dough should now be smooth and thick).

Spoon mixture evenly into a lightly greased muffin tin (can also use muffin cups for easier removal) Bake for 20 minutes, muffins are done when a skewer can be inserted and comes out clean. Remove from the oven and let cool slightly.

Serve warm with Tahini and Almond Cream Cheese or store in an airtight container for nibbles later.



did you know

We all should be soaking our Oats for at least 7 hours before eating them?

Whether or not you end up cooking them after, this is an important step in making the grain easily digestible and by getting the most out of it's nutrients. Ever since people first started eating oats, they either soaked or fermented them first. And when oats were first packaged and sold in grocery stores, there were even soaking instructions on the box. You never see that anymore.

This misguided practice of consuming large amounts of unprocessed bran generally improves colon transit time at first but may lead to adverse effects in the long run. Although the reasons are pretty full on when it comes to the science of our bodies i'll try put it simply..

All grains contain phytic acid (this is an organic acid in which phosphorous is bound) in the outer layer of bran. Untreated phytic acid can combine with calcium, magnesium, copper, iron especially zinc in the intestinal tract and block their absorption. By soaking our grains it allows the enzymes and other helpful organisms break down and neutralise this phytic acid.

As little as seven hours of soaking in warm water will neutralize a large portion of phytic acid in grains. The simple practice of soaking cracked or rolled cereal grains overnight will vastly improve their nutritional benefits.

breakfast

- 5 Ingredient Waffles
- Acai Bowl
- Buckwheat Bircher
- Chia Pudding
- Keto Friendly Pancakes
- Green Smoothie Bowl
- Overnight Protein Oats
- Savory Breakfast Bowl
- Shakshuka
- Superfood Granola
- Sweet Potato Breakfast Bowl
- Sweet Potato Toast
- Turmeric Waffles
- Zucchini Fritter Stack

5 Ingredient Waffles



If you like your waffles crispy on the outside yet fluffy on the inside, then these bad boys will be right up your alley. To be honest, I don't think I'd ever had waffles before moving to America. I never saw them as a healthy option and usually they're not when bought at a cafe. But the beauty of this recipe is they're made from good for you ingredients yet they taste perfectly decadent you would never guess!

Makes 3 waffles



2 eggs
1/3 + 1/4 cup cassava flour
1/3 cup almond milk
1 tsp baking powder
1 tsp vanilla

To Serve:
Maple syrup
Blueberries
Chocolate Chips



Using an electric beater, beat eggs in a medium bowl. While beating, add in your milk and vanilla.

Add the cassava flour and baking powder, beat until you have a smooth but thick batter.

Heat waffle iron to the highest setting. Grease lightly with coconut oil (or your oil of choice)
Spoon 1/3 of the mixture onto the middle of the waffle iron. Close the lid and let cook till the green light indicates it's done. Repeat this step till you've used the entire batter.

Stack the waffles high (or share) then top with your favorite toppings.



Acai Bowls

Since arriving in California I have had some amazing Acai bowls but trust me on this there is an art to this and one can easily turn an otherwise smooth thick and vibrant bowl into an icy, mushy mess. To me, it comes down to 2 things - quality of produce and ratios. Now maybe it's just my preference but I prefer my Acai and Pitaya to be thick, and not too icy.

It needs just the right amount of creaminess with fresh and vibrant toppings and adding the wrong kind of granola or sweetener can transform an otherwise healthy breakfast into a calorie and sugar loaded treat.

Serves 2

- 1 frozen unsweetened Acai packet
- 1/2 cup frozen blueberries
- 4 bananas (cut into coins and frozen)
- 2 tbsp almond butter
- 1/2 cup unsweetened almond milk

To Serve:

- Fresh berries
 - Bee pollen
 - Nut Butter
 - Cacao Nibs
 - Puffed Quinoa
 - Coconut Flakes
 - Grain Free Protein Bar
-

Snap your Acai pack in half and blitz in your high powered food processor or Vitamix. Once the Acai is broken down to tiny pieces, add in the frozen bananas and blitz on high until the frozen banana has also broken down to small pieces. *You may need to stop a few times to scrape down the sides depending on how sturdy your machine is.

Add in 1/2 c almond milk, and nut butter this helps with the texture and smoothness of your Acai.

Continue to blend until your mixture is smooth and silky. Transfer to 2 bowl and top with your favorite assortment of toppings



Buckwheat Bircher

If you're after a nutritious and satisfying breakfast option to kick start your working week – a buckwheat bircher is the way to go. Great for those that want to experience a comforting bowl of oatmeal but perhaps can't tolerate gluten, follow a raw diet or just after something a bit more fresh on those warmer summer mornings.

Fun Fact: Although it's name would suggest otherwise, the triangular buckwheat seed is not a kind of wheat grain or cereal, but is in actual fact a fruit seed that is closely related to the rhubarb family.

This recipe calls for a small amount of "planning ahead" as it does require a bit of soaking prior to the prep. The soaking process allows the food to soften which will give you a creamier/smooth consistency once it's all blended together. It also helps to release certain enzymes and nutrients from the food that assist in the digestion process.

Serves 4

2 organic apples
1 cup buckwheat groats
3/4 cup walnuts
3/4 cup coconut water or nut milk
1/2 cup nut milk
1 tsp vanilla essence
1 tsp cinnamon

Cover your buckwheat with water, leave to sit overnight (at least 7 hours). Do the same for your walnuts. Once your nuts and buckwheat have been soaked, drain the water and rinse well.

Cut up your apples into small cubes. Place all ingredients into a food processor and blitz on high until all ingredients have combined well and you've reach a smooth consistency. (You may need to stop the food processor a few times during this process to scrape down the sides).

Spoon into your breakfast bowl and top with your favorite toppings. (I personally like grated apple, bee pollen, mixed berries and a drizzle of maple syrup).

Enjoy, share with friends or transfer to 3 separate jars/containers and pop in the fridge for an on the go mid week breakfast option.



Chia Pudding

Chia pudding would have to be one of the easiest and most nourishing breakfast options out there. Chia seeds are an excellent source of omega-3 fatty acids, rich in antioxidants, and also provide fiber, iron, and calcium.

They're not overly expensive and this recipe is made with just 3 ingredients so there's minimal fuss with great reward.

I love making a batch of this in the evening, so that in the morning all I need to do is add my desired toppings, and enjoy.

Serves 1

4 tbsp chia seeds
1/2 cup nut milk of choice
1 tsp vanilla extract

To serve:
Berries
Bee Pollen
Cacao Nibs
Coconut flakes
Pumpkin Seeds

Place your chia seeds, milk and vanilla in a small bowl.

Stir well and refrigerate for at least 30 minutes.

Once set, serve with your choice of toppings.

Enjoy x

Keto Friendly Pancakes

Made from just 5 ingredients, these low carb pancakes are not only delicious but wholesome too. Harnessing the main components that make up a pancake

I made a few tweaks here and there to make them as nutritious as possible without over complicating the process or removing that indulgent feeling you get from each bite.

Makes 4

1/4 cup almond flour
1 tbsp coconut flour
2 eggs
1/4 cup almond milk
15g scoop vanilla protein powder

To serve:
Almond butter
Coconut butter or yogurt
Coconut flakes
Cacao nibs

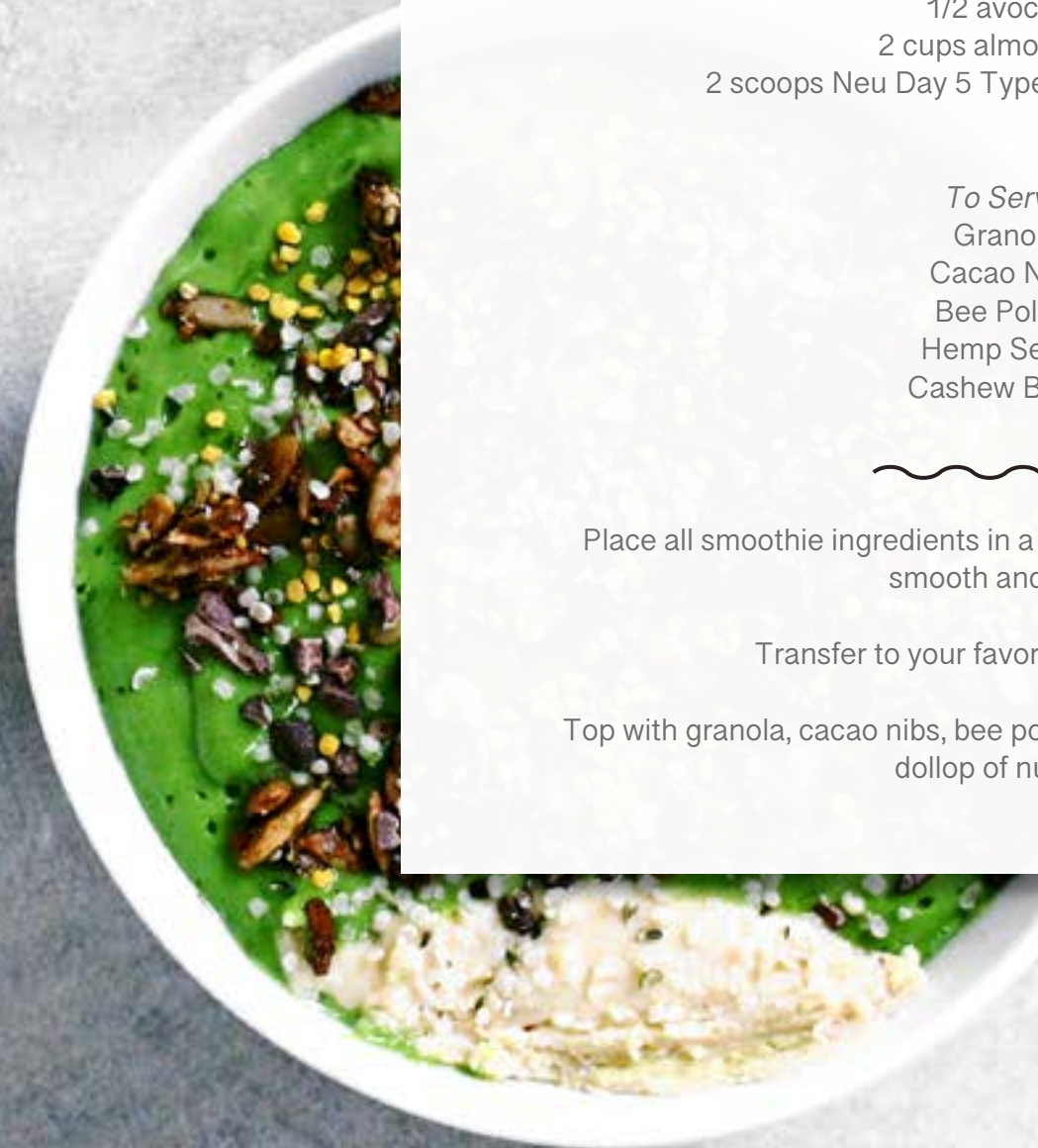
Throw all your pancake ingredients in the blender. Blend until you have a smooth and airy batter.

In 1/4 cup increments, spoon out onto a lightly greased frying pan. Cook on each side for 3-4 mins. Repeat until you've used the entire batter

Stack em high and top with a drizzle of almond butter, a dollop of coconut butter or yogurt, and a sprinkle of cacao nibs & coconut flakes.



Green Smoothie Bowls



These smoothie bowls are the perfect breakfast option when you still feel like something super nourishing yet have a big appetite.

If you can, freeze your avocado prior to making this, it will make your smoothie bowl that much more creamy.

Makes 2

1 frozen banana
1 cup steamed then frozen cauliflower
2 cups spinach
1/2 avocado
2 cups almond milk
2 scoops Neu Day 5 Type Collagen (optional)

To Serve:
Granola
Cacao Nibs
Bee Pollen
Hemp Seeds
Cashew Butter

Place all smoothie ingredients in a high powered blender, Blend till smooth and creamy

Transfer to your favorite smoothie bowls

Top with granola, cacao nibs, bee pollen, hemp seeds and a generous dollop of nut butter



Overnight Protein Oats

Soaked overnight in a jar this is a massive time saver in the morning. If you're one of those people who find themselves rushing out the door each morning then this a great grab and go breakfast.

Serves 1



1/2 cup gluten free rolled oats
2 tbsp chia seeds
1 cup plant based milk
1 scoop plant based protein powder

Optional extras:


1 tbsp cacao or cinnamon
1 tbsp cacao nibs
1/2 tsp vanilla essence



Place all ingredients in your favorite mason/jam jar including any optional extras you like. Mix well and set aside – you can leave this on the bench but make sure it is covered.

The next morning top with favorite toppings such as berries, coconut flakes, cacao nibs and bee pollen and you've got yourself a quick and delicious breakfast to go.

Enjoy x



Savory Breakfast Bowl

This bowl is every bit nutritious as it is delicious! Containing all the macro and micro nutrients you need to thrive for the rest of the day. To make it completely Paleo just sub out the hummus for some cashew cheese or sun butter (trust me on that one)

Serves 1

1 egg
1/2 avocado, sliced
1/2 sweet potato
1/2 head dino kale
1/4 cup micro greens
1 tbsp hummus
1 tsp bee pollen
1 tsp cumin
Salt and Pepper
Avocado oil for cooking

Preheat oven to 395F bake.

Keeping the skin on, cut your sweet potato into small chunks. Lightly coat in avocado oil, cumin, salt and pepper. Lay out on a baking tray lined with parchment paper, bake for 30-40 mins.

Bring a small saucepan of water to boil. Once it's at a light boil, carefully add your egg, cook for exactly 7 minutes. Once cooked rinse with ice cold water and set aside to peel later.

De stalk and cut your dino kale into small pieces, saute in a fry pan with 1 tbsp avocado oil until just wilted.

Transfer to a bowl, then layer on your avocado, micro greens, cooked sweet potato and a dollop of hummus.

Peel your egg, cut in half lengthwise then carefully place on top. Sprinkle with bee pollen and black sesame seeds (optional).

Enjoy x

Shakshuka



The combination of warming spices, fresh herbs, chicken sausage and a cracked egg all cooked in a simple marinara sauce make this Moroccan inspired breakfast dish the perfect option for those cooler mornings when a smoothie just won't cut it.

One of my favorite things about this dish is the ability to bulk it up with any fresh veggies you have on hand. And the best bit? It's all made in one skillet, so the clean up is oh so easy.

Serves 1

1/4 cup red onion, diced
3 white mushrooms, sliced
1 tsp turmeric
1 tsp cumin
1/2 tsp salt
Freshly cracked black pepper
1 Chicken Sausage, chopped
1 1/2 cups marinara sauce
1 large egg
Avocado oil for cooking

Toppings:
Microgreens
Bee Pollen
Avocado

Grease a small skillet with avocado oil.

Saute red onion, mushrooms, spices and sausage until cooked through. Stir in the marinara sauce then crack an egg in the middle.

Cover and cook on medium heat for 3-5 minutes, until the egg has just cooked. Remove from the heat and sprinkle on your toppings.

Enjoy straight from the skillet with some freshly toasted bread.

Superfood Granola

This granola is full of some of my favorite superfoods, and was specially created for all the gluten and fructose free peeps out there who still love some granola crunch with their breakfast.

This recipe is packed with healthy fats and protein so we don't need to be eating this by the bowlful. The best way to enjoy this nutrient dense dish is sprinkled on your smoothie bowl, over your morning yogurt, or even on top of your oats to add a little bit of sweetness and crunch to your morning.

Makes 2 Jars

1/2 cup buckwheat
1 cup mixed nuts (i used almond and walnuts)
2 tbsp pepitas
1/4 cup sunflower seeds
1 tbsp flax seeds
1 1/2 tsp cinnamon
3 tbsp cacao nibs
1/4 cup toasted coconut flakes
2 tbsp rice malt syrup, honey or maple syrup

Preheat oven to 325F bake.

In a food processor throw in your buckwheat, cinnamon, nuts and seeds. Leaving out the cacao nibs coconut flakes and sweetener. Pulse just a few times until the nuts have broken down. You still want your granola chunky so be sure not to over process

Stir in the sweetener so your mixture is evenly coated. Lay out mixture evenly onto a baking dish lined with parchment paper.

Bake for 15 minutes or until golden, every 5 minutes check on the granola and toss around to ensure it doesn't stick or burn. Remove from oven and leave to cool completely, this is when the granola will start to harden.

Stir through your coconut and cacao nibs, then transfer to 2 medium jam jars and store in the pantry for up to 2 weeks.



Sweet Potato Toast

Sweet potato toast is the perfect vessel for your favorite breakfast toppings. Here I've used a generous slathering of beetroot hummus and perfectly sliced avocado. It's Whole30 friendly, vegan, grain free, and full of fiber. A breakfast win in my books.

Makes 2 slices



1 large sweet potato
Avocado Oil spray

Topping Ideas:

Beet hummus & avocado
Avocado & soft boiled egg
Nut butter & tomato (trust me on this)
Nut butter, banana & cinnamon



Preheat oven to 395F bake.

Wash your sweet potato, leave the skin on. Cut your sweet potato into 2 1/2 inch slices at the longest point.

Lightly spray with oil on each side then lay flat on a baking tray and bake for 15-20 minutes on each side.

Remove from the oven and top with your favorite toppings.

Enjoy x



Sweet Potato Yogurt Bowl

This breakfast bowl is perfect on a cool fall morning when you need something more warming than a smoothie and more comforting than a piece of toast. I also love how this bowl is grain free, paleo and has no added sugar.

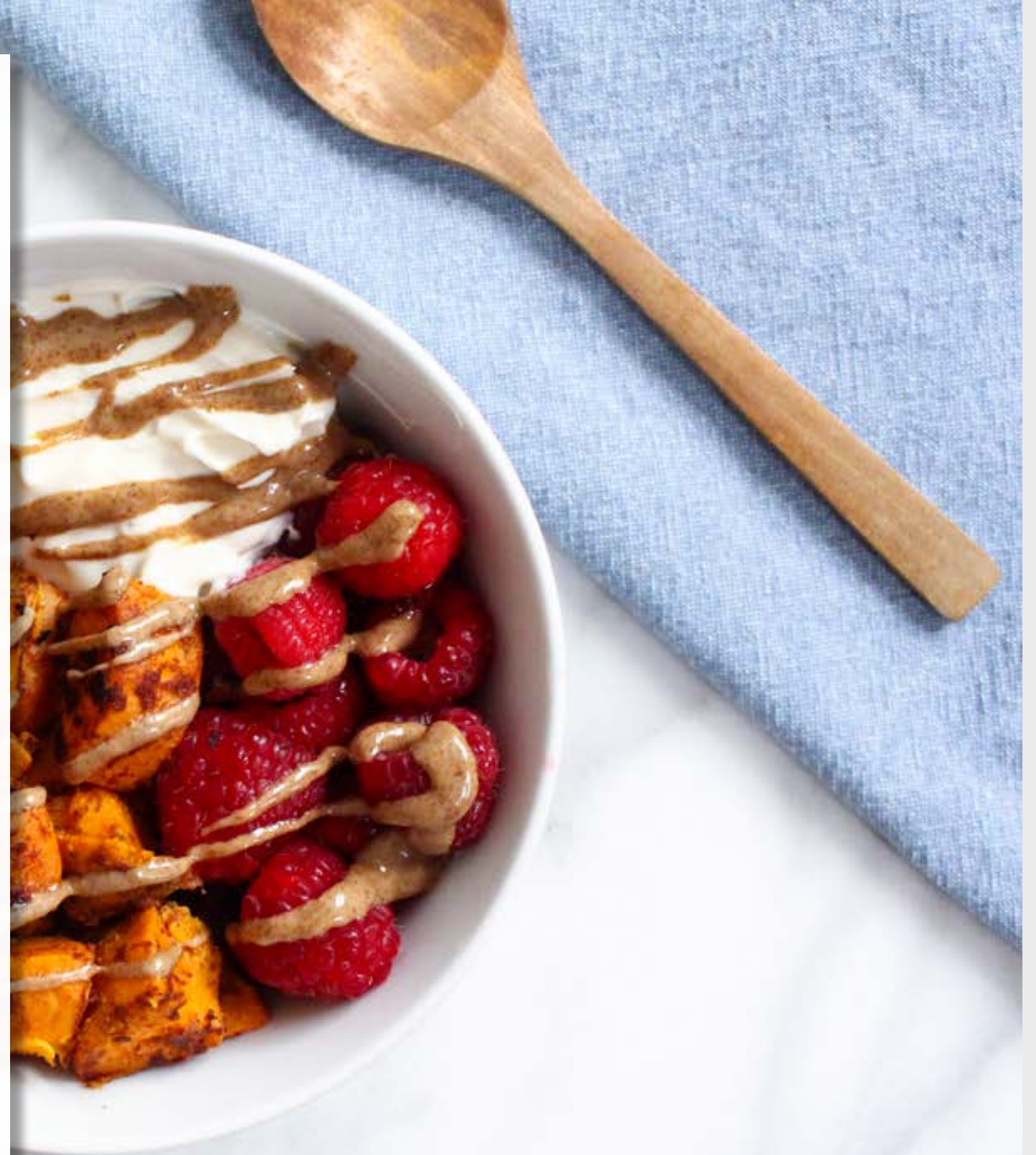
Serves 1

1 sweet potato
1/2 tsp cinnamon
1 tbsp ghee, melted
1 tsp vanilla
1/4 cup raspberries
3 tbsp plain coconut or almond yogurt
1 tbsp almond butter

Preheat oven to 395F bake. Cut sweet potato into small cubes, place in a small bowl. In a small jar mix together melted ghee, vanilla and cinnamon. Coat sweet potato with the ghee mixture.

Lay on a baking tray lined with parchment paper, ensuring the sweet potato is spaced out. Bake for 40 mins until slightly crispy and golden.

Place in your favorite breakfast bowl and serve with fresh raspberries, yogurt and a drizzle of almond butter





Turmeric Waffles

It's remarkable how easy these waffles are to make. What's even more remarkable is how decadent they taste when in actual fact they're full of good for you ingredients. The addition on turmeric powder increases the anti-inflammatory value of this breakfast fav. The result? A crispy, yet light and fluffy waffle that'll be a regular for Sundays at home.

Makes 3

3 eggs
3 tbsp plant milk
3/4 cup almond flour
3 tbsp coconut flour
1 tsp baking powder
1 tbsp tahini
1 tsp turmeric powder
Pinch Salt

To Serve:
Fried egg
Avocado
Tahini

Whisk your egg, tahini and milk together in a medium bowl. Add in the remaining ingredients, whisk well.

Spoon out 1/3 mixture on a preheated & greased waffle iron. Cook on the highest setting until green light indicates its cooked.

Remove and repeat until you've used all your batter.

Serve with your favorite toppings.

Zucchini Fritters



These Zucchini Fritters are made with just 3 main ingredients and are 8g net carbs for 4 which make them Keto friendly & super easy to make. I used turmeric to add a little anti-inflammatory action, but feel free to sub for your fav herb/spice.

Makes 4 largish fritters

2 cups grated zucchini
3 eggs
2 tbsp coconut flour
1/2 tsp turmeric
Cracked black pepper

To Serve:
Avocado
Turkey bacon
Microgreens

Place your grated zucchini between some paper towels and squeeze as much water out of them as you can, set aside.

In a medium bowl whisk together your eggs, coconut flour and spices. Stir in your grated zucchini.

In a warmed skillet greased with ghee or coconut oil, spoon out the zucchini mixture into medium sized circles. Cook for 3-4 minutes before flipping over cooking for a further 3-4 minutes.

Stack em up and top with turkey bacon, half an avocado and a sprinkle of microgreens or if you're feeling it, top with a soft poached egg.

Enjoy x



dinner

Cauliflower Crust Pizza
Creamy Chicken Salad
Grain Free Turkey Bolognese
Miso Salmon and Veg
Paleo Chicken Tenders
Taco Salad
Veggie Buddha Bowl



Cauliflower Crust Pizza

This all greens pizza, with a cauliflower crust would have to be my new favorite way to have pizza night. I mean not to toot my own horn but this recipe is BOMB. From the oil free basil pesto on the base of this crust that holds together perfectly to the crispy veggie toppings, pizza night has never been so healthy.

Makes 1 10" pizza

Oil Free Basil Pesto:

1 pack herb basil
1/2 cup raw cashews
2 tbsp Kite Hill cream cheese
Juice from 1 lemon
Dash of water as needed
Pink salt to taste

Cauliflower Base:

2 lbs organic cauliflower
3 tbsp coconut flour
2 pasture raised eggs
S&P to taste

Toppings:

Sauteed broccolini
Sauteed brussel sprout leaves
Radish sprouts
2 tbsp Kite Hill almond ricotta

Preheat oven to 395F bake

Chop your cauliflower into small pieces and blitz in your food processor until you get a cauliflower rice consistency. (If you have a small food processor like me you may need to do this in 2 smaller batches). Cook cauliflower rice in 3/4 cup boiling water for 5 minutes. Strain in a nut milk bag or if you don't have one a sieve works well and then transfer to a thin dish towel.

At this point the water will be pretty hot so let cool while you make your pesto

In a food processor blitz your cashews into small pieces. Add the basil, lemon juice, cream cheese and salt. Blend until smooth. You can add a dash of water at this point to make the sauce smoother. Set aside for later

Once the cauliflower rice has cooled squeeze as much of the water out as possible this is going to take a bit of arm power and some time but this is an important step. Fold the cauliflower into a bowl and add in your eggs and coconut flour. Season with S&P and mix well

Transfer to a non stick lightly greased tray and mold out your pizza base approximately 1/2 inch thick in a shape of your choosing. Bake in the oven for 25-30 minutes until lightly golden

Remove from the oven, spread the pesto over the base, top with your broccolini and brussel sprout leaves and place back in the oven for 10 minutes to allow the veggies to crisp up. Remove from the oven and top with a sprinkle of almond ricotta and radish sprouts.

Cut into desired pieces, serve and enjoy!



Creamy Chicken Salad

Ladies and Gentleman, I present to you, the chicken salad of your dreams. One that is full bodied, creamy, but not too heavy, undertones of citrus and will leave you and your belly completely satisfied. Oh and did I mention it's completely soy, nut and dairy free?? Yup! But you wouldn't guess by looking at (and tasting) it!

Serves 2

150g shredded chicken
200g romaine, roughly chopped
1/2 avocado
1/4 cup wholegrain mustard
1/4 cup natural coconut yogurt
1/4 cup olive oil (or can use avocado oil)
Half a lime
Salt & Pepper
Microherbs for garnish

In a small bowl combine mustard, yogurt, olive oil, lime and salt & pepper. Stir well, until you have a thick, creamy dressing. Set aside

Add your shredded chicken to a medium bowl. Cut up your avocado into small chunks, add to the bowl with the dressing. If you're adding any extra veggies, add them in here.

Stir everything together until chicken is fully coated

Divide your romaine into 2 salad bowls. Top each bowl with the chicken salad mixture then top each bowl with micro herbs

Serve and Enjoy! x

Grain Free Turkey Bolognese



This dish is one of my favorite go to dinners when I feel like something comforting but not too heavy. The best part about it? It satisfies both me and my husband. I make the same bolognese for both of us and serve mine on a bed of cauliflower rice and his with some brown rice spaghetti.

Serves 2

1 lb minced turkey meat
24oz jar Raos Homemade marinara sauce
3 medium carrots
1/2 medium white onion
1 tbsp italian seasoning
1/2 tsp garlic powder (only if you can tolerate it)
1/4 cup chicken bone broth
1/4 tsp pink salt
1/4 tsp black pepper

To serve:
Cilantro
Coconut yogurt
Cauliflower rice or brown rice spaghetti

Dice white onion. Peel and grate carrots. Cook both over a medium heat with bone broth until onions turn translucent.

Add the turkey meat, breaking it down with the back of a wooden spoon. Cook until meat is cooked through (5-10 mins). Add more broth if needed. Add italian seasoning, garlic powder (if using) salt and pepper and marinara sauce.

Cover and simmer for 10 minutes.

Steam cauliflower rice, till cooked through. Transfer to a bowl and serve with turkey bolognese a dollop of yogurt and cilantro.

Miso Salmon and Veg

If you were like me and hated brussels as a kid, then prepare to have your mind changed with these miso roasted brussels. And because the miso shouldn't stop there, I broiled the salmon with a miso paste which takes this fish to an entirely different level.

This is a great dinner option when you don't want to spend too much time in the kitchen. All you need is a few baking trays and you're golden.

Serves 2

~~~~~  
2 wild caught salmon fillets  
1 head broccolini  
1 lb brussel sprouts  
1/2 tsp garlic powder (optional)  
2 tbsp white miso paste  
3 tbsp avocado oil  
2 lemons  
Black pepper to taste  
~~~~~

Preheat oven to 400F. Rinse brussels, cut off ends, cut in half and place in a bowl. In a small glass whisk together 2 tbsp avocado oil, 1 tbsp miso paste and juice from 1 lemon. Coat brussels in this mixture and lay flat on a baking tray lined with parchment paper. Roast for 40 minutes, tossing the brussels half way through.

Rinse salmon fillets and pat dry. In a small glass add in juice from 1 lemon, cracked black pepper and 1 tbsp miso paste. Using a brush, brush mixture over the salmon fillets. Place on a baking tray lined with parchment paper, ready to broil.

Rinse broccolini, trim and cut into thin strips. Coat in 1 tbsp avocado oil and some freshly cracked pepper. Lay on the baking tray next to roasted brussels, once they are 30 minutes in (10 minutes to go)

Once brussels have roasted for 40 mins. Turn on the broiler. Keep baking tray with brussels and broccoli in the oven and broil salmon for 7 mins (medium rare) or 9 mins (medium).

Keep an eye on the roasted veggies during this process. They should crisp up nicely but we don't want them to burn.

Remove everything from the oven. Serve and enjoy x



Paleo Chicken Tenders



These Whole 30 approved Paleo Chicken Tenders are the perfect finger food for when you feel like a protein rich snack or have guests over and don't want them going hangry. Or do what I did and serve them for lunch on a bed of arugula and avocado! #yum

The coating is a mixture of grain free flours. I used cassava flour as the base coating and a mixture of tiger nut & coconut flour in the spice mix. Feel free to change up these flours depending on what you have on hand. Almond flour works good in the spice mix, as does a gluten free blend for the base (however this would make it non compliant for Whole 30 and no longer Paleo)

Makes 15 tenders

1 lb chicken tenders
1/3 cup cassava flour
2 eggs
1/3 cup tiger nut flour
1/3 cup coconut flour
1 tsp cumin
1 tsp turmeric powder
1/2 tsp chili powder
Salt & pepper
Olive oil spray

Preheat oven to 350F. Trim chicken tenders, rinse then pat dry, set aside. In a small bowl add your cassava flour, set aside. In a separate small bowl whisk together 2 eggs. In a third small bowl add your tiger nut flour, coconut flour, spices and salt and pepper. Stir well, set aside.

Line a baking tray with parchment paper, set aside.

Take your first piece of chicken, coat it lightly in the cassava flour. Next, completely coat it in the egg mixture, letting any excess drip off. Lastly, coat in the spice mix ensuring you have an even coat. Place on the baking tray and repeat until you've used up all your chicken. Lightly spray with olive oil and bake for 12 mins.

Remove from the oven, gently turn tenders over with tongs. Spray with olive oil and return to the oven for a further 12 mins.

Serve with your fav sauce/dip or on a salad and enjoy. x

Taco Salad



Who said Taco Tuesday always had to involve corn or wheat filled bread? This healthier alternative includes all the trimmings you'll need next time you crave Mexican, while still keeping it light and leaving room for dessert.

Serves 2

1 head romaine lettuce
3 persian cucumbers
1/2 punnet cherry tomatoes
1 avocado
1 lb minced turkey meat
2 tsp mexican seasoning
Handful cilantro
1/2 medium white onion

Mango Pineapple Salsa:

1 mango
1/2 small pineapple
1 green jalapeno
1/4 red onion
1 lime

Make the salsa: Dice mango, pineapple, jalapeno and red onion. Mix together in a bowl, add juice from the lime. Mix well and set aside to marinate.

Make turkey meat: Dice white onion, cook in a medium skillet with a dash of avocado oil or bone broth, until translucent. Add in the turkey meat, breaking meat down with the back of your spoon. Cook for 5-10 mins before adding in your mexican seasoning. Cook for a further 5-10 mins.

Prep your salad bowl: Wash romaine and slice into thin strips. Place in the bowl as a base. Dice the cucumber and cherry tomatoes, divide in two and place on top of romaine. Cut avocado into chunks, add into each bowl.

Spoon desired amount of cooked turkey meat into each bowl and finish off with a handful of cilantro and salsa.

Veggie Buddha Bowl



Buddha Bowls, or as some like to call Macro Bowls are the perfect way to get in a variety of colorful veggies, and easily gets your meal to that Eat The Rainbow status. I just love that every bite is different, and you never end up with a boring forkful. This Vegan Buddha bowl is also a great dinner option when you have a bunch of veggies in the fridge that need using up. Just throw them all on a baking tray and pop em in the oven.

Makes 2 bowls

- 1 medium sweet potato (purple or regular)
 - 1 tbsp melted coconut oil
 - 2 tsp paprika
 - 1 tsp pink salt
 - 1 punnet of whole brown mushrooms
 - 2 tbsp liquid amino's (or coconut amino's)
 - 1 romaine lettuce head
 - 1 zucchini
 - 1/2 large avocado
 - 1/2 cup micro herbs
 - 2 tbsp hemp seeds
 - 1 cup cooked quinoa
 - 2 tbsp tahini
 - Juice from 1 lemon
 - Freshly cracked black pepper
-

Preheat oven to 375 F bake. Prepare all your fresh produce by washing thoroughly under cool water. Set aside. Peel your sweet potato and cut into 1/2 cm slices. Place sweet potato in a zip lock bag with the coconut oil, paprika, and salt. Seal bag and shake ingredients around until sweet potato is completely coated in spices. Lay out sweet potato onto a lined baking tray, and bake for 37 minutes, total. After 30 minutes flip over each piece and bake for a further 7 minutes.

15 minutes into your baking time, Prepare your mushrooms and zucchini for baking. Cut the mushrooms in half, place in a bowl and toss with the liquid amino's. Lay out on one side of a large baking tray. Cut your zucchini into 1 cm thick slices and lay on the other side of the baking tray. Bake for 15 minutes

While your veggies are baking, prepare your bowls. Roughly chop your romaine and evenly place on the bottom left of each bowl, then spoon your quinoa mix on the bottom right. Cut your avocado into quarters and evenly slice each quarter, place on top of the romaine. Sprinkle the hemp seeds over the avocado. Lay out your micro herbs next to the avocado, still on top of the romaine.

Prepare your tahini drizzle by mixing the tahini with lemon juice and 2-3 tbsp water. Set aside. Once veggies are cooked, lay out your zucchini, sweet potato and mushrooms on top of the quinoa. Drizzle the tahini sauce on top. Season with some black pepper, and enjoy.



treats

no bake

Chocolate Mousse
Chunky Mint Slice
Choc Chip Cookie Dough Balls
Coconut Matcha 'Macaroons'
Fruit & Nut Chocolate Bars
Pumpkin Butter Cups
Peanut Butter Cookie Dough Bites
Raw Mini Cheesecakes
Salted Caramel Slice

baked

Best Cookie Ever
Beetroot Brownies
Carrot Skillet Cake
Chickpea Blondies
Double Chocolate Brownies
Most Popular Pumpkin Cake
Pink Velvet Cupcakes
Vegan Banana Bread

Chocolate Mousse



Smooth, chocolatey, refined sugar free and 100% vegan, this healthy mousse recipe is sure to impress even the conventional mousse lovers. I've sneakily used avocado as a base which makes this dessert super creamy (and trust me there's no hint of avocado in sight)

With the addition of nut butter and maple syrup this velvety mousse has the perfect combination of sweet and salty. Topped with some fresh berries to cut through the rich flavor this is sure to be a crowd pleaser.

Serves 2

1 avocado
1/2 can full fat coconut milk
1/3 cup cacao powder
1 tsp vanilla
2 tbsp maple syrup or honey

Place all ingredients in a food processor or blend and blitz until smooth

Transfer to a container and place in the fridge for 1 hour before serving with some fresh berries.



Chunky Mint Slice

The whole point of making these desserts for me is fooling the taste buds, and incorporating as many nutrient dense ingredients as I can. I want people to be able to enjoy a gut friendly dessert as much as they would any other dessert.

I detoured a bit from a traditional thin mint slice, I find with many vegan treats, they're loaded with nuts and can be a little too dense for my liking. SO instead I used a blend of coconut and cauliflower, which resulted in a significantly lighter texture. The base is a walnut, cacao and maple syrup mix which adds a nice biscuity contrast to the filling. Needless to say this slice is 100% vegan, gluten & grain free, paleo friendly, and free of all refined sugars.

Makes 9 squares

Base

2 cups walnuts
1/2 cup cacao powder
3 tbsp maple syrup
3 tbsp coconut oil, melted

Filling

8oz bag unsweetened coconut shreds or 3/4 cup coconut butter
150g steamed cauliflower rice
5 drops liquid chlorophyll or 1 tsp matcha powder for color
1/4 tsp peppermint extract
1/4 cup maple syrup

Top

100g block dark mint chocolate
1 tbsp coconut oil

In a food processor blend down your coconut until you get coconut butter (this will take some time, but be patient it will turn into coconut butter, alternatively use coconut butter from the jar). Add cauliflower to a blender with the coconut butter, chlorophyll (or matcha), peppermint extract and maple syrup. Blend until smooth and set aside.

In a food processor add your walnuts, pulse until broken down. Add 1/2 cup cacao powder, maple syrup and melted coconut oil, blend until a ball forms. Press into a loaf tin lined with parchment paper. Follow with the mint coconut layer, place in the freezer for 10-15 minutes while you complete the next step

Over a medium heat, gently melt down your mint chocolate with coconut oil until you have a smooth melted chocolate. Remove loaf tin from the freezer and pour the melted chocolate on top, ensuring you have an even layer. Return to the freezer for 30 minutes to set.

Keep an eye on the top layer, once it's nearly set, score the top of the slice where you plan on making the slices to allow for a more seamless cutting process and to avoid the top chocolate layer from breaking. Keep any leftovers in the freezer.



Choc Chip Cookie Dough Balls

This is one of those desserts you'd be proud to bring along to any dinner party if you're looking to impress your friends without having to break the bank or your nails in the process

Makes 10 balls



1/2 cup tiger nut flour
1/4 cup coconut oil, melted
1/4 cup maple syrup
1 cup sunflower seed butter (or
your choice of nut butter)
1 tsp vanilla
1/2 cup semisweet chocolate chips
1 scoop collagen (optional)



In a bowl mix together all your ingredients except the chocolate chips until you have a smooth cookie dough like batter.

Fold in chocolate chips and refrigerate for 20-30 mins.

Take out of the fridge and roll into 10 even sized balls. Place on a tray and into the freezer to set for 30 minutes.

Enjoy straight away and store any leftovers in a tupperware in the freezer.



Coconut Matcha Macaroon

This raw vegan take on a macaroon contains just 4 ingredients and make for a great pop in your mouth mid afternoon treat.

Don't have any matcha on hand? No prob, feel free to change it up with any flavor you're feeling. Cacao powder is a great option if you're feeling indulgent. Or keep it OG and add a little vanilla or lemon zest to the mix for a little zing.

Makes 10

1 1/2 cups shredded coconut
1/2 cup melted coconut oil
1 tsp vanilla essence
1 tsp ceremonial grade matcha
1/4 cup brown rice syrup or honey

In a food processor add your coconut and blend until the mixture starts to turn into coconut butter but still has some texture to it.

Add in the sweetener, matcha, vanilla and melted coconut oil and process until well combined. Transfer to a bowl and refrigerate for 30-45 minutes. You want the mixture to be firm but not solid.

Using an ice-cream scoop (I use a mini one) scoop out the mixture, press it into the scoop to ensure an even shape and release the scoop onto a serving plate. Repeat until you've gone through the entire batch.

Place in the fridge for another 30-45 mins to harden and enjoy!

Can be kept in an airtight container in the fridge for at least 2 weeks.

Fruit and Nut Chocolate Bars

This chocolate is a taste of nostalgia for me – chunks of dried fruit & nuts in amongst some good old fashioned chocolate take me back to my Cadbury eating days. This is where the inspiration for my very own rendition of my childhood fav – Fruit & Nut Chocolate bars came from.

This recipe contains just a few ingredients – all natural and in their most raw state. The good fats from the coconut combined with protein from the nuts will assist in the slow release of the natural sugars from the fruit which means you won't get any quick spikes in blood sugar levels and you won't be feeling that all too familiar sugar crash after enjoying a piece or 3 when the mid afternoon cravings hit.

Makes 12 Squares



1/2 cup cacao butter, grated or in buttons
1/2 cup coconut oil
1/2 cup raw cacao
1/2 cup rice malt syrup
1/2 cup mixed raw nuts and dried fruit
(i used almonds, peanuts, cranberries, currants and raisins)
Pinch of pink himalayan salt



In a double boiler gently melt down the cacao butter, add in your coconut oil and rice malt syrup and whisk well. Add the cacao powder and a pinch of salt to taste and whisk vigorously for 1 minute.

Stir through the dried fruit & nuts and transfer to a medium sized tupperware container, lined with parchment paper. Cover and place in the freezer for 30 minutes to set. Once the mixture has solidified, remove from the container, cut into small 2x2cm pieces and enjoy with family or friends.

This chocolate is best kept in an airtight container in the fridge for up to 2 weeks (if it lasts that long).



Pumpkin Butter Cups

Move over Peanut Butter cups, you're getting a baby sister. Her name is Pumpkin Butter Cups and I'm sorry to say she's better tasting than you. She's full of Fall delight and pumpkin spice.

These Pumpkin Butter cups are deceptively easy to make, and will be the perfect Halloween Treat for when the time comes, but to be honest you'll want to make these year round cos they're that good.

It's recommended you use silicone mini muffin tin. It is the perfect size for these Pumpkin Butter Cups and the silicone aspect allows for easy removal.

Makes 8

100g block super dark chocolate
1 tbsp coconut oil (or ghee)
1/4 cup canned pumpkin puree
2 tbsp almond butter
1 tsp pumpkin pie spice
1 tbsp coconut sugar
1/2 tsp vanilla

Gently melt down your chocolate in a small saucepan. Add in the coconut oil (or ghee), stirring well, ensuring you don't overheat the chocolate. Remove from the heat. Using a teaspoon, spoon the chocolate into 8 of your mini muffin tin molds. Place in the freezer while you make your pumpkin filling, roughly 5 minutes.

In a small bowl whisk together all your remaining ingredients. Once your chocolate has set, remove from the freezer and spoon a small amount of pumpkin filling into each of the molds, roughly 1 teaspoon worth. Tip - you don't want the mixture to touch the sides, this will allow for a smoother outer chocolate layer.

Cover each mold with the remaining chocolate, ensuring the pumpkin filling is completely covered. Place back in the freezer for 10 minutes, to set.

Gently pop out of the silicone mold and enjoy. Store any left overs in a tupperware container in the fridge.

Peanut Butter Cookie Dough Bites

If you have as much of a weakness for peanut butter and chocolate as I do I apologize in advance for what I'm about to lay before you. Although these doughy balls are 100% natural, free from gluten, refined sugar, dairy and are completely raw this is still a decadent dessert and should be eaten in moderation.

BUT in saying that, technically they're made from all natural ingredients so it really wouldn't be the end of the world if the whole batch magically made its way into your mouth and speaking from experience these balls of peanut butter heaven are hard to stop at just one.

Makes 10

Batter

¾ cup peanut butter
3 tbsp maple syrup
2 tbsp coconut flour
¼ tsp pink himalayan salt
5 tbsp cacao nibs or vegan choc chips

Coating

3 tbsp coconut oil
3 tbsp cacao powder
3 tbsp maple syrup
Pinch of pink himalayan sea salt
Cacao nibs (for aesthetic factor)

In a bowl mix the peanut butter and maple syrup together vigorously for 60 seconds. In this time the peanut butter should turn from runny to a thicker consistency. The more you stir the thicker it will get. Add in the coconut flour a little bit at a time, stirring again vigorously until you've got yourself a thick batter. Warning – quite a bit of muscle is required for this step, if you're anything like me you may need a break in between the mixing.

Add the salt and cacao nibs stirring until well combined. By now the mixture should stick together quite nicely and easily be rolled into a ball. Take small spoon sized pieces from the batter, roll into individual balls and place on a tray lined with parchment paper. Once they're all rolled out pop in the freezer while you prepare your chocolate.

In a saucepan over a very low heat gently melt your coconut oil. Next, whisk in your maple syrup, cacao and salt making sure they're mixed well. Remove from the heat and allow to cool to room temperature.

Using a fork, dip the balls into the melted chocolate. Tap off excess chocolate on the side of the pot and repeat for the remaining balls. ensure you don't discard the leftover chocolate.

For added texture, roll the balls in cacao nibs then place on a tray lined with parchment paper. Place back in the freezer to harden for approx. 10 minutes and repeat the chocolate dipping step to get a nice thick chocolate coating. Place back in the freezer for another 10 minutes or until the chocolate layer has set.

Raw Mini Cheesecakes

If there's anyone out there who wants to have their cake and eat it too it's me. There's nothing more satisfying than a perfect little morsel size of chocolate indulgence after dinner or when 3pm cravings come knocking.

Completely vegan, gluten free, soy free and raw these cheesecakes turned out super creamy and delicious. As long as you have a food processor they are also pretty darn easy to make. Either use a silicone mini muffin tray or go all in and make one large "cheesecake" using a 9 inch spring form tin.

Makes 16 Minis

Base

1 cup of almond meal
1 tbsp cacao powder
1 1/2 tbsp coconut oil
1 tbsp maple syrup
pinch salt
4 medium strawberries
(fresh or freeze dried)

Filling

1 cup cashews
(soaked for at least 4 hrs)
1 cup almond milk
1/4 cup maple syrup
1/2 cup cacao powder
2 tbsp coconut oil
pinch salt

Garnish

freeze-dried strawberries
cacao nibs

Throw all your base ingredients (except the strawberries) in a food processor and whiz on high until mixed together well. Using a tablespoon, spoon out the mixture and press into each of the mini muffin molds. I used the back of the spoon to get an even, smooth surface. The mixture should spread over 16 mini molds.

Cut your strawberries into even quarters and lay one quarter into each of the molds. This is so each cheesecake has a burst of berry sweetness with each bite. Place tray in the freezer while you work on the filling.

In your food processor throw in your cashews and whiz on high until they're completely blended, add in the remaining filling ingredients and blitz until you have a smooth yet runny consistency. Remove your tray from the freezer and spoon out the filling into each of the molds, right up to the top. Return to the freezer for 4 hours or until firm.

For the last pretty touches, garnish with cacao nibs and a few pieces of smashed freeze dried strawberries.

Enjoy once slightly thawed and keep in the freezer for up to 2 weeks.

Salted Caramel Slice

I was having a bit of trouble coming up with an accurate name for this dessert. So I thought to myself, in terms of taste what are all these ingredients most like?

Well, we have the biscuity chocolate base under an almond butter filling that has hints of sweet caramel from the coconut sugar, add a layer of salted chewy chocolate on top and I think it fits somewhere between a snickers and a salted caramel brownie.

So there you have it – a salted caramel brownie with no baking required. Free of gluten, refined sugar, and animal products.

Makes 12

Base

1/2 cup almond meal
(can substitute this for 1/2 cup walnuts or oats if preferred)
1/4 cup raw cacao powder
2 tbsp maple syrup
1 tbsp melted coconut oil
pinch sea salt

Filling

1/2 425g can of chickpeas
drained and rinsed
3 tbsp almond butter
2 tbsp coconut syrup/nectar
2 tbsp coconut sugar
1 tbsp melted coconut oil
1/2 tsp pink salt

Chocolate

1/2 cup cacao butter, grated
1/3 cup raw cacao powder
1/2 tsp sea salt
1/4 maple

In a food processor blitz all your ingredients for the base until combined well. Press mixture into a small slice tin (roughly 20cm x 15cm) lined with parchment paper ensuring the mix is tightly packed down and evenly spread. Place in the freezer to set while you make the filling.

In a food processor blitz chickpeas until completely mashed, add in remaining filling ingredients and process until mixed well and you have a smooth batter. Best to taste test at this point if you need to, add a little more coconut sugar to achieve more of a caramel flavor.

Transfer filling mixture to your slice tin, spread over your base mixture ensuring its evenly covered and return to the freezer while you prepare the chocolate layer.

In a double boiler, gently melt down your cacao butter until its liquid, quickly add remaining chocolate ingredients, whisk well and remove from heat. The chocolate mixture will become quite thick, this is normal.

Transfer chocolate to your slice tin and evenly spread over your filling with a spatula. Feel free to use your hands in this step to ensure the chocolate is evenly spread. Before the chocolate sets, cut into 5x5cm squares.

Place back into the freezer for 10 minutes or until the chocolate becomes solid. Remove brownie from the tin, serve and enjoy.



Best Cookie Ever

This cookie is so good, I made a business around it and I've never actually shared this recipe with anyone, until now!

With the amount of recipe testing I did to make the worlds greatest chocolate chip cookie, it's safe to say I'm cooked out. But in all honesty, this is the best cookie I've ever made **and** eaten. It's soft and chewy, vegan, gluten free and contains no refined sugar.

Makes 12

1/3 cup almond butter
1/4 cup brown rice malt syrup
1/3 cup coconut sugar
2 tbsp ground flax + 4 tbsp warm water
Scant 1/4 cup coconut oil, melted
1 tsp baking powder
1/2 + 1/3 cup gluten free flour
(i use Trader Joes gluten free baking flour)
2 tsp coconut flour
2 tsp vanilla extract
Pinch pink salt
100g block dark chocolate
(or chocolate chips)

In a small bowl mix together ground flax and warm water. Set aside to set.

In a medium bowl whisk together almond butter, rice malt syrup and coconut oil until incorporated. Mix in the flax egg and vanilla, set aside.

In a separate bowl combine the flours, baking powders and sea salt. Add to the wet mixture, stirring well until a dough forms.

Break your dark chocolate into rough pieces. Stir into the cookie dough and refrigerate for 30-60mins.

Preheat oven to 350F. Using a small ice cream scoop, scoop out dough and place on a baking tray lined with parchment paper. Ensuring there's enough room between each cookie to spread out when baking.

Bake for 11 mins. Remove from the oven and allow to cool slightly before handling.

Enjoy and store any leftovers in an airtight container on the counter or fridge for more chewy cookie.



Beet Brownies

These chocolate beet brownies, are the epitome of fudgey. And the best bit? They're full of protein, grain free, sugar free, AND nut free. Serve slightly warm from the oven with a dollop of coconut yogurt and these will hit the spot any time of the day

Makes 9



210g (2 small) beets, peeled and boiled
1/3 cup chocolate protein powder
1/3 cup cacao powder
1/3 cup coconut oil
1/4 cup coconut sugar
3/4 cup cassava flour
4 eggs
1/4 cup water
1/2 cup chocolate chips
1 tsp vanilla
1 tsp baking powder
Dash sea salt



Preheat oven to 350F bake, blend your beets in a blender or food processor, set aside. Gently melt down the coconut oil and chocolate chips in a small saucepan, set aside.

Using an electric beater, whisk your eggs and vanilla until light and fluffy. Add in cacao, coconut sugar, protein powder, salt and baking powder, whisk some more. Add in the cassava flour, water, melted chocolate mix and beets and stir well.

Transfer to a 9x9 baking tin heavily greased with coconut oil. Bake for 20-22 minutes

Remove from the oven and let cool before cutting into 9 squares.

Enjoy with a dollop of yogurt.

Keep any leftovers in an airtight container on the counter.



Carrot Skillet Cake

This is a super easy way to achieve a carrot cake without worrying about it not rising, or going hollow in the middle (cos I know we've all been there at least once on our lives). There's something about cutting a triangle out of this warm fluffy skillet cake that's oh so satisfying.

Top it with some coconut butter and you've got some carrot cake heaven in yo mouth.

Serves 6

2 eggs
1/3 cup applesauce
1/4 cup maple syrup
1 cup grated carrot
(approx 2 medium carrots)
3/4 cup gluten free baking flour
1 tsp cinnamon
1 tsp nutmeg
1/2 tsp baking powder
1/2 tsp baking soda
1 tbsp apple cider vinegar
1/2 cup walnuts, roughly chopped

Preheat oven to 350F. In a medium bowl whisk together eggs, with applesauce and maple syrup. Stir in grated carrot (approx 2 medium carrots).

In a separate bowl mix together gluten free flour, cinnamon, nutmeg and baking powder, add to the wet mixture and stir well.

In a small bowl stir baking soda with apple cider vinegar, allow to bubble and stir into batter.

Mix in walnuts and transfer entire batter to a small skillet, lightly greased.

Bake for 30 minutes until golden brown on the top. Remove, allow to cool slightly and enjoy with some coconut butter, or coconut yogurt.

Double Chocolate Brownies

Crispy on the outside, gooey on the inside. Just how I like my brownies. This recipe would have to be one of my most indulgent and was the most saved on my IG for all time. If I could suggest one recipe out this whole book to make first - this would definitely be it.

Makes 9

4 eggs
3/4 cup cacao powder
1 1/4 cup gluten free baking flour
1 cup melted coconut oil
1 3/4 cup coconut sugar
2 cups chocolate chips
1 tsp vanilla
1 tsp baking powder
1 tsp salt

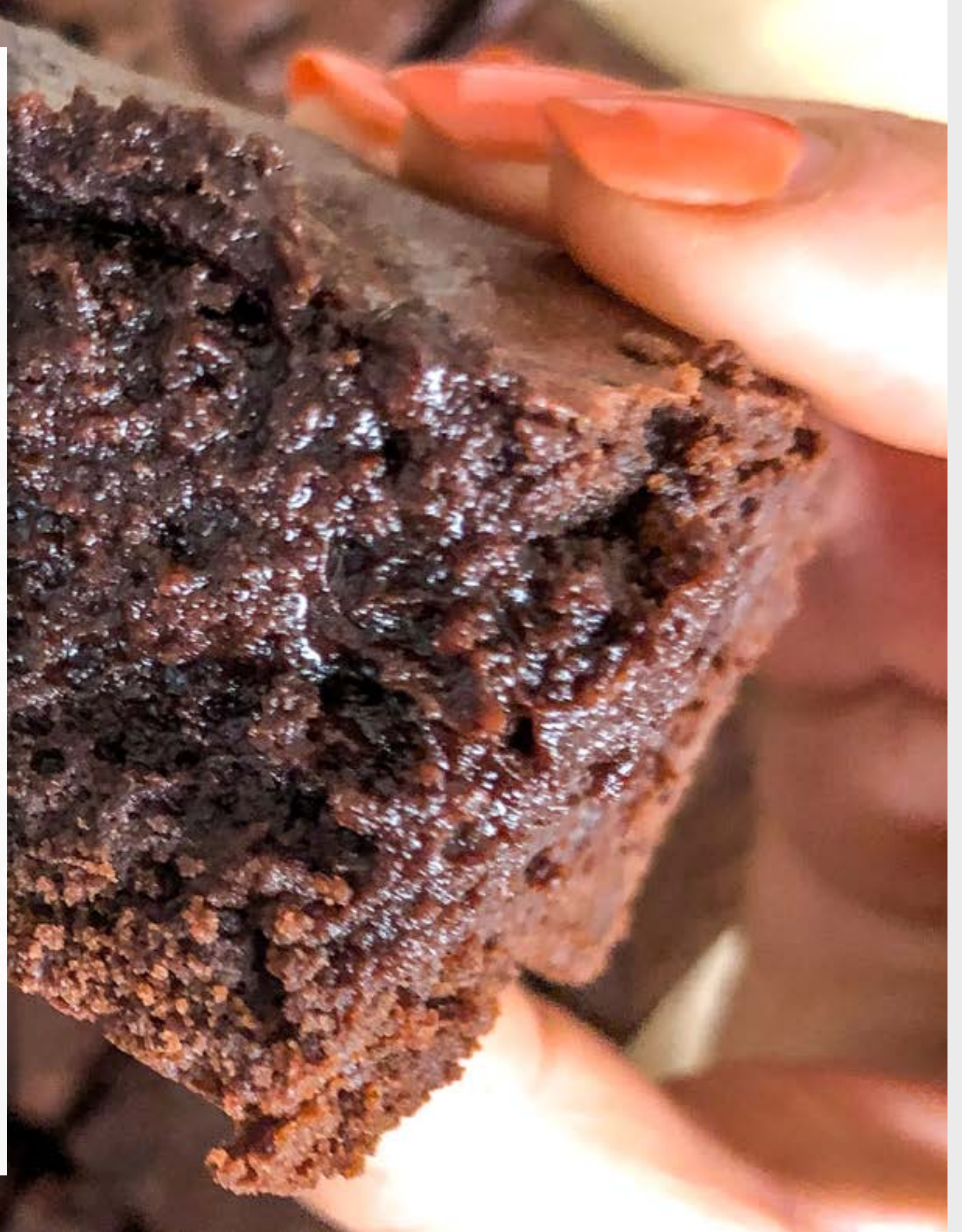
Preheat oven to 350F. Line a 9x9 brownie with parchment paper, set aside.

In a saucepan gently melt together the coconut sugar, 1 cup of the chocolate chips and coconut oil.

While that's melting, whisk the eggs & vanilla together. Stir in the salt, baking powder, and cacao powder. Pour in the melted chocolate, oil, sugar mix. Stir till smooth. Add the flour and remaining chocolate chips, stirring till incorporated.

Pour into your prepared brownie pan and bake for 25-27 mins. The brownies should be cooked on the top but still gooey in the middle. They will cook and harden up more once they cool down a bit so be sure to wait till they're completely cooled before cutting into them. Cut into 9 squares and enjoy.

These are best kept in an airtight container on the counter.



Chickpea Blondies

These vegan blondies taste so deliciously doughy you would never guess they're free of gluten, refined sugar and full of wholesome ingredients that are loaded with protein and iron.

Now I know there are probably a few of skeptics out there thinking chickpeas in a blondie? What the? But trust me, they make the base of these delightful morsels soft and dense and that chickpea taste is completely covered up by the addition of peanut butter.

Makes 9

- 1 x 15 oz can chickpeas (drained and rinsed well)
- 1/2 cup peanut butter or almond butter
- 1/2 cup maple syrup
- 1/2 cup gluten free flour
- 1 tsp pink salt (leave out if your peanut butter is already salted)
- 100g dairy free chocolate, chopped roughly into chunks

In a food processor mix together your chickpeas, salt, peanut butter and sweetener until well combined. You may need to stop and scrape the sides down a few times to ensure the chickpeas are mixed well.

Add the oat flour and mix on high until a dough forms. Fold in your chocolate chunks and transfer to a brownie tin lined with baking paper and bake at 350F for 20 minutes. The top of the blondies should be slightly crisp - this is when you know they are done.

Remove from the oven and set aside to cool.

Once cool, remove from your baking dish, cut into squares and enjoy.

These are best stored in an airtight container in the pantry and can be kept for up to 1 week.

Cookie Dough Bars

These bars are a re make from my grain free cookie dough balls, except I adjusted a few things here and there, subbed the tiger nut flour for a more accessible coconut flour and topped em with a nice decadent layer of chocolate.

Seriously super easy to make, and most of the time required is just waiting for them to set. Another thing to note here is they're also nut free, so if you're allergic or reducing your nut intake these will be right up your alley.

Makes 9

1/2 cup coconut oil, melted
1/2 cup maple syrup
1/2 cup coconut flour
1 cup sun butter
2 tsp vanilla
1/2 cup chocolate chips

Top Layer

100g dark chocolate
1 tbsp maple syrup
1 tbsp coconut oil

In a bowl mix together coconut oil, maple syrup, vanilla, coconut flour, sunflower seed butter, and chocolate chips. Transfer to a brownie tin lined with parchment paper, and place in the freezer for 15 mins.

While that's setting, place dark chocolate into a saucepan with coconut oil. If your chocolate is extremely dark and bitter, use the extra tablespoon of maple syrup. Gently melt down until you have a smooth chocolate sauce.

Remove the cookie dough from the freezer, pour over the chocolate mix and return to the freezer for a further 60 mins. One thing I like to do at this point is score the top of the bars where I plan on slicing them so you don't end up with cracked chocolate once its completely set. Once set, cut the cookie dough into squares, then pull them out by lifting the parchment paper.

Enjoy, then store any leftovers in the freezer in a tupperware container for 1-2 months (if they last that long).





Most Popular Pumpkin Cake

This Pumpkin Cake is my most viewed recipe on the blog. And for good reason! It's grain free, moist, refined sugar free, dairy free, moreish and is bound to impress your friends at your next dinner party.

But what would cake be without a good icing? And this 2 ingredient coconut butter icing is my absolute fav! It tastes everything like a regular icing would except without all that sugar and is super quick to create.

Makes 9 pieces

Cake Batter

2 cups (250g) paleo baking flour
1/2 + 1/3 cup melted coconut oil
1 (15 oz) can pure pumpkin puree
4 eggs
1 cup coconut sugar
2 tsp baking powder
1 tsp baking soda
1 tsp salt
2 tsp ground cinnamon
1 tsp ground ginger
1 tsp nutmeg
1/2 tsp ground cloves
2 tsp vanilla extract

Coconut Icing

3/4 cup coconut butter
1/3 cup maple syrup
4 tbsp water

Lightly spray an 8x8 cake tin with oil. Preheat oven to 350F bake. In a medium bowl mix together your flour, baking powder, baking soda, spices & salt. Set aside.

In a separate bowl whisk together your melted coconut oil, eggs, coconut sugar, pumpkin puree & vanilla. Add the wet ingredients to the dry and mix well. Transfer to your greased cake tin, bake for 40-43 mins. Once a skewer comes out clean when inserted, remove from the oven and allow to cool completely before transferring to a plate.

While the cake is cooling make your coconut butter icing by adding your liquid coconut butter to a food processor. *If your coconut butter is solid, gently heat it by microwaving it on low for 30 seconds or placing it in a saucepan of hot water. Add in your maple syrup and water and blend on low for 2 minutes, until you have a thick icing consistency.

Pour onto the cooled cake and place cake in a cool area of the kitchen to allow the icing to set a little. Once icing is slightly solidified, cut cake into squares and enjoy x

This cake is best kept in an airtight container on the counter. If it's place in the fridge it will dry up.

Pink Velvet Cupcakes

If I told you the frosting was dairy, nut AND sugar free would you believe me? Well, if you knew me by now you'd know I don't tell fibs, so yes as decadent and sugar filled as it looks, it's actually a pretty healthy frosting!

It gets it's amazing color from the addition of beet juice, only sweetened with stevia and is made with a base of tofu based cream cheese and coconut yogurt. Throw in a little vanilla and you have a deliciously creamy and decadent frosting to slather onto of your cupcake.

Makes 10

Batter

1/4 cup coconut yogurt
3/4 cup coconut sugar
1/4 cup coconut oil
2 eggs
1/3 cup plant based milk
2 tbsp beet juice
1 1/3 cup gluten free baking flour
1 tbsp coconut flour
2 tbsp cacao powder
1 tsp vanilla
3/4 tsp baking soda
1 tsp baking powder
1 tsp apple cider vinegar
Dash sea salt

Icing

6 oz unsweetened coconut yogurt
6 oz tofutti cream cheese
1-2 scoops stevia powder
2 tbsp beet juice
1 tsp vanilla
Piping bag

Preheat oven to 350F bake. In a medium bowl, using an electric beater, beat together your coconut yogurt and coconut sugar until creamy. Add in the eggs, beat until incorporated. Follow with the melted coconut oil and beet juice, beat until smooth and slightly foamy.

In a separate bowl add your milk, apple cider vinegar and baking soda. Stir well and set aside to activate. In another separate bowl mix together all your dry ingredients. Add all your wet ingredients to the dry, mix until fully incorporated and you have a smooth batter. Fill your muffin tin cavities with the liners. Using a measuring cup (1/4 cup works well) spoon batter into each cavity, filling only 1/2 - 2/3 of the way full.

Bake for 18-20 minutes, or until a skewer comes out clean when inserted. Let them completely cool while you make your frosting.

In a medium bowl add together the cream cheese and yogurt. Using an electric beater, beat until smooth. Add your stevia, beet juice and vanilla. Beat until fully incorporated, transfer to a piping bag with a nozzle already inserted. Set aside to pipe onto your cupcakes once they've cooled completely.

Serve and Enjoy. Store any leftovers in an airtight container in the fridge.



Vegan Banana Bread

This banana bread is so soft and spongy you would never guess it's gluten free, vegan, oil free, nut free and only sweetened with maple syrup and apple sauce. So drop everything you're doing and go make this now.

Makes 10 slices



4 tbsp ground flax seeds + 8 tbsp warm water
2 spotty bananas
1/3 cup unsweetened applesauce
3/4 cup coconut sugar
1 tsp vanilla essence
1 cup gluten free baking flour
1/3 cup coconut flour
1 tsp cinnamon
1 tsp baking powder
1 tsp baking soda
1tbsp apple cider vinegar
1 cup semisweet chocolate chunks



Preheat oven to 350F.

In a small bowl mix ground flax seeds with warm water, set aside. In a food processor blitz together bananas, apple sauce, coconut sugar and vanilla essence till smooth. Add your flax mixture, blend again till incorporated.

In a medium bowl, add in flours, cinnamon and baking powder.

In a small bowl stir baking soda with apple cider vinegar. Stir and let bubble before adding to the dry mix along with your wet mix.

Stir well then add in chocolate chunks. Transfer to a loaf tin lined with parchment paper. Bake for 45mins

Once baked, allow to cool before topping with melted coconut butter and a sprinkle of choc chips and coconut shreds



drinks

Blueberry Beauty Smoothie
Celery Juice (in a blender)
Chocolate Protein Smoothie
Creamy Collagen Coffee
Green Smoothie
Matcha Latte
Turmeric Latte





Blueberry Beauty Smoothie

This smoothie is the perfect mix between beautifying and damn right deliciousness. Frozen bananas are a must in this combo and give this smoothie that luscious thickness.

The smoothie itself is great for those trying to avoid nuts, but if you're all good with it, feel free to sub the coconut butter for almond or cashew butter to add a little healthy fat to the mix.

Serves 1



1 1/2 frozen bananas
1/2 cup frozen blueberries
1 tbsp coconut butter
1/2 cup coconut milk
1 scoop Neu Day 5 Type Collagen powder



Place all smoothie ingredients in your high powered blender.

Blend till smooth and creamy.

Transfer to a large glass and top with a drizzle of almond butter.



Celery Juice

You don't need a fancy juicer to reap the benefits of this hydrating morning juice. All you'll need for this recipe is a good powered blender and a nut milk bag for the straining process.

Makes 16oz



1 whole bunch organic celery
1/4 cup filtered water



Wash your celery well. Cut off any loose leaves and the end and then into smallish pieces. (around 2-3 inches long).

Add to a blender with the water and blend until the celery is completely broken down.

Pour into a nut milk bag with a large bowl sitting underneath to catch the juice. (I like to use one with a spout on the side to allow for an easy pour).

Using your hands, squeeze the nut milk bag to ensure you get all the juice out and just left with the pulp. Use the pulp as fertilizer or compost or discard.

Pour the juice into a large glass, and enjoy!

Chocolate Protein Smoothie

When you feel like some chocolaty but still nutritious, go for this low sugar veggie packed protein smoothie.

Don't have collagen? Opt for a vanilla or chocolate protein powder instead to keep the protein level high.

Serves 1

~~~~~  
1 zucchini, steamed then frozen  
1 cup cauliflower, steamed then frozen  
1/2 cup unsweetened almond milk  
2-3 tbsp cacao powder  
1 tbsp almond butter  
1 scoop Neu Day 5 Type Collagen (optional)

To Serve:  
Hemp seeds  
Cacao nibs

~~~~~  
Place all smoothie ingredients in your high powered blender.

Blend till smooth and creamy.

Transfer to a large glass and top with coconut flakes and cacao nibs.



Creamy Collagen Coffee

If you're one of those people who like you coffee, milky, creamy and that perfect amount of foam on top then this Collagen coffee will be sure to please.

The addition of Neu Day 5 Type Collagen adds the perfect thickness and helps a tonne with achieving that froth we all aim to achieve when you don't have a barista making it for you.

Serves 1

1 shot of espresso
1 cup almond milk
1 tbsp almond milk creamer
1 tsp vanilla essence
1 scoop Neu Day Collagen

Over a low heat add your milk and creamer.

Allow to heat just slightly before adding in your collagen.

Using a milk wand, whisk your collagen into the milk and froth it up.
Add vanilla at the end then pour into your fav mug with a shot of espresso first.

Enjoy x



Green Smoothie

If you're new to the green smoothie game then this will be your jam. Why? Because it gives you all the benefits from the spirulina, ginger and spinach while also being super creamy.

The small addition of frozen banana gives you the thickness you always need in a good smoothie while also providing a smidge of sweet to counteract any bitterness from the greens.

Serves 1



1/2 frozen banana
1 frozen zucchini
1 tsp spirulina
1 cup spinach
1 cup almond milk
1 tbsp coconut butter
1 inch nub of ginger
1 scoop Neu Day 5 Type Collagen (optional)

To serve:
Granola



Place all smoothie ingredients in your high powered blender.

Blend till smooth and creamy.

Transfer to a large glass and top with your favorite granola.

Matcha Latte

Matcha is made from whole green tea leaves that are ground up and made into a fine powder. Although Matcha does contain caffeine (around 34mg per cup) it provides more of a long lasting, steady boost of energy, resulting in somewhat of a calm alertness.

This recipe, is perfect when you feel like a cuppa, and need a good steady stream of energy and perhaps met your quota of coffee for the day. Or skip the coffee altogether and go straight for this cup of green, antioxidant rich goodness.

Serves 1

~~~~~  
1 cup almond milk  
1 scoop Neu Day 5 Type Collagen powder (optional)  
1 tsp ceremonial grade Matcha powder  
1 tsp vanilla extract  
~~~~~

Gently heat your almond milk in a saucepan with 1/4 c water. Pour into a high powered blender that handles hot liquids (vitamix or a blendtec)

Sift in your matcha.

Add the collagen and vanilla. Blend until smooth and slightly frothy.

Transfer to your favorite mug and enjoy.

Turmeric Latte

Try this super simple elixir next time you feel like a hot cuppa that's both caffeine free and full of anti inflammatory properties.

Serves 1

1/2-1 tsp turmeric powder
1 cup almond milk
2 drops stevia or 1 tsp sweetener of choice
Pinch black pepper

Gently heat almond milk in a small saucepan.

Place heated milk with remaining ingredients into a Vitamix.
Important - please ensure your blender can take hot liquids.

Blend till creamy and the milk has frothed up.

Pour into your favorite mug and enjoy.