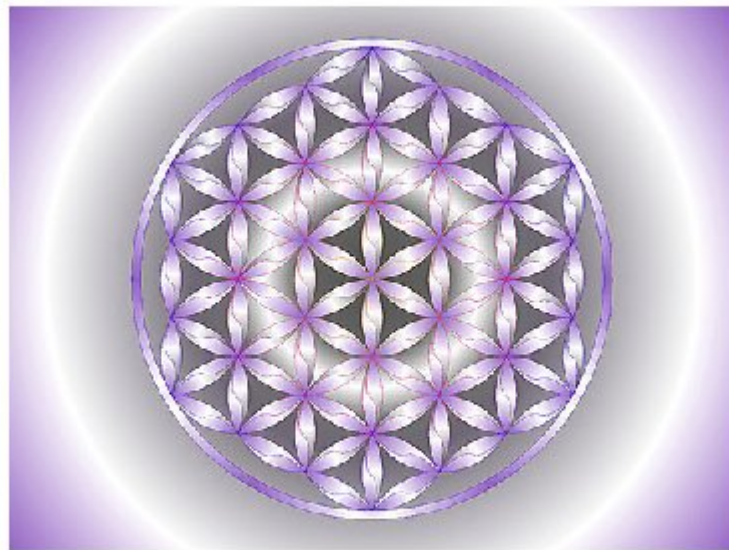


EATING SIMPLY TO
SIMPLY LIVE



*Eating simply to simply live,
To my body I do give,
Nature's bounty, a loving gift,
A source of nourishment to uplift.*

*For a truth that I have found,
Is that food grown in the ground,
Gives everything the body does need,
To perform each and every deed.*

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This is a book of recipes that started out for personal use and as a way of sharing recipes with friends. Each of us that have added recipes to this compilation have come from variant backgrounds in regards to cooking and the way in which we ate. Ultimately, we have come to a decision for the physical benefit that being healthy gives, that of ability. Ability to continue to enjoy life. When we feed the body naturally - nature...ally - , nature becomes our ally. It is now becoming a 'trend' to eat 'power' or 'super' foods for the amazing benefits that each plant product gives the body. Well, here's something that they won't say to you because they are selling their 'brand product' - ALL OF NATURE IS YOUR ALLY. Each and every food is utilised by the body for a purpose. Nature is our ally because nature provides us with everything that the body requires to continue the ABILITY to enjoy life.

Whole Food Signatures: *"Every whole food has a pattern that resembles a body organ or physiological function and that this pattern acts as a signal or sign as to the benefit the food provides the eater."*

<http://www.dontolmaninternational.com/portal/content/view/24/95/>

<http://fedupwithfoodadditives.info/>

<http://coconutresearchcenter.org/>

<http://notmilk.com/>

<http://madcowboy.com/>

The above internet links are provided for your benefit to research this information further yourself.

There are canned products that we utilise, like tomatoes and coconut cream. If you are unable to gain the fresh ingredients, then using organic canned products might be an alternative because they can be easily found in most supermarkets. Locally grown food is recommended, which means growing your own could also be an option for you. Having no 'numbers', preservatives, artificial colourings, artificial flavourings, or any other additive, such as vitamins, pesticides, etc, means you are eating naturally and the body can utilise the energy that was being taken up with dealing with all of the 'man made extras' and the problems that they create within the physicality.

Love the experience of creating a meal. There's truth in the sayings, *"It tastes better when it's cooked with love"*, and, *"There's nothing like a home cooked meal"*. Ask a chef if they love cooking.

Eating Simply To Simply Live gives you the opportunity to see what we have created with the natural products that we have available where we live. Some of you may have access to a lot of various natural foods, others may have little access, either way, these recipes are merely ideas of one way that food can be combined for a meal. These recipes aren't the only way, they are merely one way, and we encourage you to experiment with your own ideas to benefit by Eating Simply To Simply Live. ☺ Enjoy ☺

Dips & Snacks



😊 Bean Dip with Guacamole 😊

Awesome Mexican style dip that is great served with guacamole and organic corn chips.

INGREDIENTS

| | |
|---------------------------------|-----------------------|
| <i>Red Kidney beans</i> | <i>125 gms</i> |
| <i>Cannellini beans</i> | <i>125 gms</i> |
| <i>Organic crushed tomatoes</i> | <i>2 cans</i> |
| <i>Red onion</i> | <i>1 large</i> |
| <i>Celery</i> | <i>1 stalk</i> |
| <i>Carrot</i> | <i>1</i> |
| <i>Garlic</i> | <i>2 cloves</i> |
| <i>Chilli</i> | <i>To taste</i> |
| <i>Herb or sea salt</i> | <i>“ “</i> |
| <i>Parsley</i> | <i>“ “</i> |
| <i>Organic corn chips</i> | <i>1 x 250 gm bag</i> |

Method

- Soak and cook legumes (beans) and then, using the back of a fork, mash them into a paste like consistency.
- Chop garlic and finely chop the vegetables & fry in saucepan with oil and chilli until softened.
- Add tomatoes and cook for about twenty minutes to reduce the amount of liquid.
- Add beans, parsley & salt, stir and heat through.

Variation:

Use various types of beans. Add chopped olives and or mushrooms.

☺ Cannellini Bean Dip ☺

INGREDIENTS

| | |
|---------------------------------------|---|
| <i>400gms Cannellini beans</i> | <i>Grated rind and juice of 1 lemon</i> |
| <i>2 Tblsps Olive oil</i> | <i>1 garlic clove, finely chopped</i> |
| <i>2 Tblsps chopped fresh parsley</i> | <i>2 small chillies - mild</i> |
| <i>Herb or sea salt</i> | <i>Pepper</i> |

Method

- Soak and cook beans.
- Drain and mash them with a fork when tender.
- Add all of the other ingredients and mix well.

Variation:

Garlic chives instead of garlic clove.
Tabasco sauce instead of chillies.
Dust with cayenne pepper.

Serving suggestions:

With corn chips, on roast vegetables or use as a sandwich/wrap spread.

😊 Hommus 😊

Great to have on hand to use at any time.
Chickpeas are a great source of protein making them a healthy snack.

INGREDIENTS

| | |
|--|-------------------------------|
| <i>1 ½ cups cooked, dried chickpeas or 1 can</i> | <i>1 handful of parsley</i> |
| <i>1 heaped teaspoon tahini</i> | <i>Herb or sea salt</i> |
| <i>1 clove garlic</i> | <i>Pepper</i> |
| <i>Juice from ½ lemon</i> | <i>¼ tsp Cumin (optional)</i> |
| <i>1 tblsp olive oil</i> | |

Method

- If using dried peas, soak and cook until tender.
- Place all ingredients into blender, mix until smooth.
- Keep refrigerated until ready to use.

Serving suggestions:

*Great on wraps, bread or toast with tabouleh and salad.
Also great as a dip for carrot and celery sticks.*

☺ Hot Bean Dip ☺

A base recipe for a nutritious dip that can be spiced up and added to.

INGREDIENTS

| | |
|----------------------|-----------------|
| <i>Refried beans</i> | <i>1 can</i> |
| <i>Spuds</i> | <i>2 medium</i> |
| <i>Red lentils</i> | <i>½ cup</i> |

METHOD

- Quarter and steam the spuds. Boil the lentils.
- Mash in saucepan and add refried beans.

Variation:

Add diced onion or parsley. Use kidney beans. Add chilli or other spices.

Serving suggestions:

Excellent with corn chips.

😊 Marinated White Radish 😊

INGREDIENTS

| | |
|--------------------------------------|--------------------------|
| <i>2 large white radishes</i> | <i>½ cup soy sauce</i> |
| <i>1 large clove garlic, crushed</i> | <i>1 tblsp olive oil</i> |

Method

- Slice radishes into small rounds.
- Add other ingredients and mix well. Too easy!

Serving suggestions:

Mix into salads, on salad sandwiches/rolls or with other nibbles.

😊 Olive Spread 😊

An easy to prepare & yummy spread.

INGREDIENTS

| | |
|--|------------------------|
| <i>Seeded black or kalamata olives</i> | <i>½ cup or 60 gms</i> |
| <i>Olive oil</i> | <i>2 Tblsps</i> |
| <i>Garlic</i> | <i>1 clove</i> |
| <i>Fresh parsley</i> | <i>2 tsps</i> |

METHOD

Blend all ingredients... easy 😊

Serving suggestion:

Spread on toast 😊

😊 Pineapple Cream Sauce 😊

INGREDIENTS

| | |
|---|----------------------------|
| <i>140ml can coconut cream</i> | <i>1 clove garlic</i> |
| <i>2-2.5cm slice pineapple, chopped</i> | <i>Black pepper</i> |
| <i>1 large mint leaf</i> | <i>Herb or sea salt</i> |
| <i>2 sprigs of parsley</i> | <i>Pinch Nutmeg</i> |
| <i>Squeeze lemon juice</i> | <i>Pinch Chilli flakes</i> |

Method

Place all ingredients in blender. Mix on high until smooth.

Serving suggestions:

This is a great dipping sauce for fritters. It also tastes superb in a mixed salad with croutons.

☺ Spiced Kala Chana Snack ☺

Fried and spiced black chickpeas that are great kept in a bowl and used as finger food. White chick peas may be used also.

INGREDIENTS

| | |
|--------------------------|---------------------|
| 250g Kala Chana | 2tsps oil |
| ½ inch fresh ginger | 1 tsp chilli flakes |
| 1tbs black mustard seeds | 1 tsp rock salt |
| 2tsps cardamon powder | 1tsp vege salt |
| 2tsps garam masala | |

METHOD

- Soak peas for 4 hrs or overnight. Drain, cover with water in large saucepan and cook for 45min or until tender, drain.
- Heat oil in frypan. Fry all ingredients until aromatic.

Variation:

To make it a more-ish appetizer, stir in some coconut cream and chopped avocado. Use cucumber slices to dip.

Serving suggestions:

Serve with rice that has coconut cream stirred through it and cubes of steamed or baked sweat potato.
Serve in or with a salad.

😊 Spicy Red Lentil Dip 😊

The spices weren't measured for this dish so the amounts are approximations... just taste it as you make it and adjust the flavours anyway you like. Remember that spices in a meal increase in intensity over time.

INGREDIENTS

| | |
|--|--|
| 1 cup of dry red lentils. | 2 heaped dessertspoons of peanut butter. |
| 1 carrot - grated. | 1/2 red onion - thin sliced and diced. |
| 4 button mushrooms - sliced thin. | 1 garlic clove - crushed. |
| 1 1/2 cm cube of ginger - grated or chopped. | Garam masala - 3 tsps. |
| Cumin - 2 tsp | Some fresh grated turmeric, about a 1 cm cube. |
| Sea salt. | Black pepper |
| 1/4 tsp of peri peri or chilli | Oil for frying |

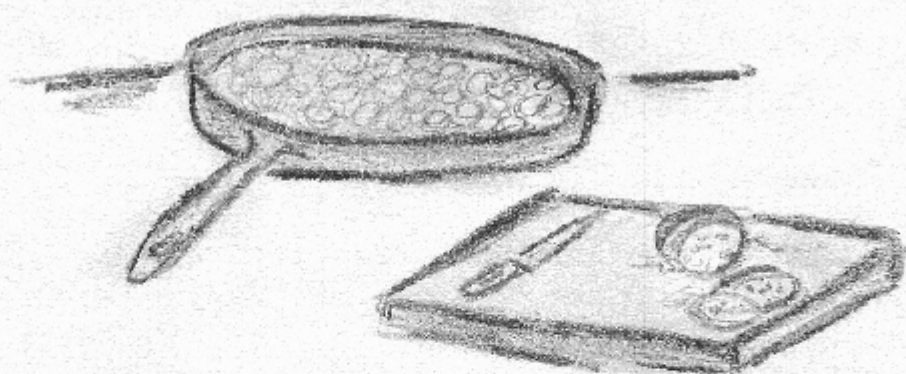
Method

- Cook the lentils until they are ready... approx. 20 minutes.
- Fry the garlic, ginger, onion and spices in oil for a minute then add the carrot and mushrooms, stirring for a couple of minutes.
- Drain and add the cooked lentils, add the peanut butter and stir the flavours through. Cook till you are satisfied with the flavour and consistency.

Variation:

For a saucier consistency add some of the liquid that was used to cook the lentils. I cooked it for somewhere between 5 and 10 minutes to use as a sauce but the liquid reduced a lot and it became a great dip 😊

Meals



😊 Adzuki, Squash & Seaweed 😊

Adzuki are a red bean with a sweet, nutty flavour. This is a very simple meal to prepare. Adzuki bean dishes are often accompanied with rice or coconut milk. Makes two servings.

INGREDIENTS

| | |
|---|-----------------------------|
| <i>Adzuki beans</i> | <i>250 gms</i> |
| <i>Butternut squash</i> | <i>1 cup, diced</i> |
| <i>Ginger root</i> | <i>1 tsp, grated</i> |
| <i>Seaweed (your choice such as dulce, kombu, kelp, etc.)</i> | <i>1 – 2 tblsp, chopped</i> |
| <i>Fresh parsley</i> | <i>1 tblsp, chopped</i> |
| <i>Black pepper</i> | |

Method

- Soak the beans overnight, drain and place in saucepan with double the volume of water.
- Add the seaweed and bring to the boil and then simmer for 45 minutes.
- Add the squash and ginger and simmer for another 30 minutes.
- Garnish with parsley, and black pepper.

Serving suggestions:

Serve with jasmine rice that has coconut cream mixed through it.

😊 Asian Style Rice Noodles 😊

This makes two servings. Simply use a whole packet of noodles (200gms) and double the other ingredients for more servings.

INGREDIENTS

| | |
|--|------------------------------------|
| <i>½ packet (100gms) Vermicelli rice noodles</i> | <i>20g dried shitake mushrooms</i> |
| <i>Corn kernels from ½ a cob</i> | <i>Bok choy – chopped</i> |
| <i>3 spring onions – chopped</i> | <i>1 clove of garlic – crushed</i> |
| <i>1cm cube of ginger</i> | <i>Dried seaweed to taste</i> |
| <i>1 tblsp of coconut or rice bran oil</i> | <i>Soy sauce or tamari</i> |

Method

- Place vermicelli and chopped shitake mushrooms in saucepan, cover with boiling water and let stand whilst preparing other vegies (approx. 10 min.).
- In a pan, fry the chopped veg, ginger & garlic in oil until softened.
- Drain the noodles and mushrooms and add them to the vegies.
- Stir in soy sauce to taste.

Serving suggestions:

With rice is nice 😊

😊 Basic Fritters 😊

Makes approximately 16 medium sized fritters.

INGREDIENTS

| | |
|--------------------------------------|---|
| <i>1 cup besan (chick pea) flour</i> | <i>Salt, pepper</i> |
| <i>1 cup plain flour</i> | <i>Curry spices or herbs (dried or fresh)</i> |
| <i>1 cup water</i> | <i>Lemon juice (optional)</i> |
| <i>½ grated carrot</i> | |
| <i>½ grated zucchini</i> | <i>Oil for shallow to medium depth frying</i> |
| <i>Fresh corn kernels from 1 cob</i> | <i>1 Diced red onion</i> |

Method

- In a large bowl mix flours with selected spices, herbs, salt and pepper.
- Add water gradually until a batter consistency is formed.
- Add grated and diced vegetables. Mix thoroughly.
- Squeeze of lemon and/or extra water may be added.(thin enough to enable it to be spooned into frypan).
- Heat oil in frypan.
- Add heaped tablespoons.
- Fry for approx 2 mins or until brown, then flip.
- Remove from pan and drain on absorbent paper.

Variation:

*Other vegetables such as spinach and spring onions may be used.
Pineapple tastes great also.*

Serving suggestions:

Great with pineapple cream sauce and salad. May be used as burgers on toast or rolls.

☺ Bean, Veg & Rice Curry ☺

Serves approx 6 people

INGREDIENTS

| | |
|--|---|
| <i>1 large clove of garlic - crushed</i> | <i>1 large onion – cut into small slices</i> |
| <i>1 large carrot - grated</i> | <i>1 large zucchini – grated</i> |
| <i>Quarter of a cauliflower – roughly chopped</i> | <i>1 can of red kidney beans or fresh kidney beans soaked and cooked.</i> |
| <i>1 can of chick peas or fresh soaked and cooked.</i> | <i>Corn kernels from 1 cob</i> |
| <i>2 cans of crushed organic tomatoes</i> | <i>1 x 270ml can of coconut cream</i> |
| <i>2-3 cups of cooked rice</i> | <i>1 tblsp of oil</i> |

Spices:

1 tblsp of mild curry powder or make your own using spices such as....

| | |
|------------------------------|------------------|
| <i>Turmeric</i> | <i>Coriander</i> |
| <i>Cumin</i> | <i>Cardamon</i> |
| <i>Garam Masala</i> | <i>Chilli</i> |
| <i>Sea salt & Pepper</i> | |

Method

- Heat oil and add garlic and vegetables fry and stir frequently for three to five minutes.
- Add curry powder (or curry spices), chilli salt and pepper.
- Stir and fry for two minutes.
- Add canned tomatoes, cover and simmer gently until vegetables are tender.
- Add beans, coconut cream and cooked rice. Mix thoroughly.
- Gently simmer for two minutes.
- Turn off heat, cover and let sit for five minutes. (This helps the rice to absorb some liquid and thicken the curry.)

Variation:

Add green beans, spinach and/or diced sweet potato or pumpkin.

Serving suggestions:

Hot on its own or served cold the next day in lettuce leaves or with Green Salad.

😊 Calzoni 😊

Vegetable Pastie. This is a recipe for 4 large calzoni. Any filling you like can be used. Try fruit for dessert calzoni eg; blueberries or apples... ala apple turnovers, and dust with sugar or drizzle on honey.

INGREDIENTS

PASTRY:

| | |
|------------------|--------|
| Wholemeal Flour. | 4 Cups |
| Sesame seeds | 2 TBS |
| Salt | 1 tsp |
| Olive Oil | 1 TBS |
| Water | |

In a mixing bowl combine everything except the water, and then add enough water to make a soft dough.

Roll out four dinner plate sized portions on a floured surface.

FILLING:

| | |
|-----------------|------------------|
| Cabbage | ¼, chopped |
| Onion | 1 diced |
| Garlic | 1 clove, crushed |
| Carrots | 2, grated |
| Sweet Potato | 1 steamed. |
| Tomatoes | 2 chopped |
| Chilli | 1 tsp |
| Parsley | Chopped |
| Salt and pepper | |

Any other spices for desired taste.

Silver beet or spinach

METHOD

- Fry garlic, onions for one minute. Add other vegies and spices.
- Fry till cooked.
- Add the sweet potato and mash through.
- Chop the silver beet. Place it onto the pastry but only cover half of each portion (the pastry will be folded over later).
- Place the mixed vegies onto the silver beet.
- Fold the other half of the pastry over the mixture and press the edges together with a fork to join them and seal it into a pasty shape.
- (Optional) - Brush with oat, rice or other milk and sprinkle on sesame seeds.
- Bake in oven at 200C until the pastry is cooked. (approx 30 min)

Variation:

Experiment with any ingredients you like. Fill with leftovers, etc. Use fruit for sweet ones, etc.

😊 Chickpea & mushroom pasta 😊

For a quicker version you can use tinned organic chickpeas. Otherwise soak the fresh chickpeas for four hours or leave them to soak overnight. The amounts below make enough pasta and sauce for four to five servings.

INGREDIENTS

| | |
|-----------------|----------------------------|
| Chick peas | 1 cup |
| Organic pasta | 500g |
| Mushrooms | 2 cups |
| Carrot | 1 |
| Red onion | 1 |
| Garlic | 1 – 2 cloves |
| Tinned tomatoes | 2 |
| Coconut cream | 1 x 270ml tin |
| Parsley | 1 tblsps |
| Thyme | 1 tsp |
| Chilli | Pinch. |
| Nutmeg | ½ tsp or to desired taste. |

Method

- Cook the chickpeas
- Chop the garlic and onion and fry in a large saucepan with oil.
- Grate the carrot and slice the mushrooms and add to the saucepan
- Add the spices and tinned tomatoes and let it reduce.
- Stir in the coconut cream.
- Add to cooked pasta.

Variation:

*Flavour with any spices you like; sage & basil are tasty additions.
Add sultanas and seeds.*

😊 Coconut rice 😊

A simple and quick meal that has few ingredients and tastes magnificent.

INGREDIENTS

| | |
|----------------------|---|
| <i>Jasmine rice</i> | <i>1 – 2 cups</i> |
| <i>Coconut cream</i> | <i>1 x 270ml tin</i> |
| <i>Cinnamon</i> | <i>1 fresh stick or couple of tablespoons of powdered cinnamon.</i> |

Method

- Simply cook the rice and then mix through the coconut cream and cinnamon.
- If you use a rice cooker, you can place a fresh cinnamon stick in the cooker with the rice.

Variation:

*Sultanas added to it are great and make it extra sweet.
Other dried and chopped fruit and/or seeds and nuts may
also be added.*

☺Creamy Leek & Mushroom Noodles☺

AWESOME!!!!!!

Serves 3

INGREDIENTS

| | |
|--|--|
| <i>Mushrooms</i> | <i>3 cups</i> |
| <i>Leeks</i> | <i>3</i> |
| <i>Coconut cream</i> | <i>2 x 270ml cans</i> |
| <i>Garlic</i> | <i>2 cloves</i> |
| <i>Dried Oregano</i> | <i>1 tsp</i> |
| <i>Chilli flakes</i> | <i>½ tsp</i> |
| <i>Japanese Noodles – we use Udon organic noodles.</i> | <i>1 packet (Available from health food shops, Asian shops and Asian section of super markets)</i> |
| <i>Oil</i> | <i>1-2 tblsps</i> |

METHOD

- Dice mushrooms, thinly slice leeks and crush garlic.
- Heat oil, add veg, oregano and the herbs.
- Cook until leeks are tender.
- When it has reduced add coconut cream and cook for further five minutes.
- Cook Udon noodles as per directions. Add the sauce.

Variation:

If leeks are unavailable, use onions and shallots.

Serving suggestions:

Serve on Udon noodles with slices of avocado and chopped fresh parsley.

😊 Dahl 😊

INGREDIENTS

| | |
|----------------------|--------------------------------|
| <i>Brown Lentils</i> | <i>500 gms</i> |
| <i>Carrot</i> | <i>1 grated</i> |
| <i>Sweet Potato</i> | <i>1 roughly chopped</i> |
| <i>Onion</i> | <i>1 med – finely chopped</i> |
| <i>Garlic</i> | <i>1 large clove – crushed</i> |
| <i>Coriander</i> | <i>2 tsps</i> |
| <i>Turmeric</i> | <i>2 tsps</i> |
| <i>Sea Salt</i> | <i>2 tsps</i> |
| <i>Garam Masala</i> | <i>2 tsps</i> |
| <i>Cardamon</i> | <i>2 tsps</i> |
| <i>Cumin</i> | <i>1 tsp</i> |
| <i>Chilli</i> | <i>1 tsp</i> |

METHOD

- Fry onion, carrot, garlic until tender.
- Add spices – fry for 1 minute
- Add lentils – stir and add enough water to cover – simmer (add more water when necessary) for 20 minutes
- Add sweet potato.
- Continue cooking until lentils and potato are tender and the mixture has a thick consistency.

Serving suggestions:

Serve with rice, flat bread (home baked – see recipe) and salad

😊 Honey Soy Stir Fry 😊

Serves 4

INGREDIENTS

| | |
|---|---|
| <i>1 pkt of wheat or rice stir fry noodles.</i> | <i>1 bunch of bok choy - chopped</i> |
| <i>1 large onion roughly chopped</i> | <i>3 spring onions – chopped</i> |
| <i>1 head of broccoli – chopped including the stem.</i> | <i>1 large carrot – sliced</i> |
| <i>Corn kernels of 1 cob</i> | <i>1 large zucchini – diced</i> |
| <i>8 mushrooms – diced</i> | <i>1 – 2 handfuls of whole snow peas</i> |
| <i>1 tblsp of oil</i> | <i>½ piece of ginger – finely chopped</i> |

SAUCE

1 Heaped tblsp of honey
Garlic, 1 clove - crushed
½ cup of soy sauce or tamari
¼ cup of sesame seeds

Method

- Heat oil in wok and fry on medium to high heat all the stir-fry ingredients until just tender.
- Cook the noodles in a saucepan of water, drain when ready.
- In a bowl stir the sauce ingredients until blended and add to the ingredients in the wok. Stir for two minutes.
- Add the noodles and mix thoroughly.

Variation:

Other vegetables such as cabbage or spinach may be used. Add chopped pineapple for that extra sweet flavour.

☺ Leek & Lentil Soup ☺

Serves 6

INGREDIENTS

| | |
|------------------------------|--------------------------------|
| <i>3 leeks</i> | <i>2 carrots</i> |
| <i>2 stalks of celery</i> | <i>1 large clove of garlic</i> |
| <i>500gms of red lentils</i> | <i>Sea salt</i> |
| <i>Pepper</i> | <i>Oil</i> |
| <i>Parsley - fresh</i> | <i>Water</i> |

Method

- Heat oil, add chopped ingredients and fry for approximately five minutes.
- Add red lentils, salt, pepper and enough water to cover.
- Bring to the boil then simmer adding water when necessary to reach desired thickness. It takes approximately an hour for all ingredients to cook.

Variation:

Add pumpkin, ginger and freshly grated tumeric.

Serving suggestions:

Serve with toast, fresh parsley and/or process the cooked meal in a food processor and serve.

☺ Polenta Pie ☺

Polenta (corn meal) is easy to prepare. This dish is delicious, nutritious and easy to create. Corn is often genetically modified so it is definitely worth using only organic corn products.

INGREDIENTS

| | |
|-------------------------|----------------------------|
| <i>Dried mushrooms</i> | <i>About 2/3 cup</i> |
| <i>Broccoli</i> | <i>1 medium sized head</i> |
| <i>Polenta</i> | <i>1 cup</i> |
| <i>Rice or oat milk</i> | <i>2 cups</i> |
| <i>Water</i> | <i>2 cups</i> |
| <i>Olive oil</i> | <i>1 Tblsp</i> |
| <i>Tomato</i> | <i>1</i> |
| <i>Lemon thyme</i> | <i>1 – 2 tsp</i> |
| <i>Salt</i> | <i>1 tsp</i> |

METHOD

- Put mushrooms and ½ cup of boiling water in bowl to re-hydrate. Set aside.
- Grease 10 inch, deep-dish, pie pan.
- In a large pot, combine remaining 1 1/2 cups hot water, milk and salt; bring to boil.
- Reduce heat to medium-low and slowly drizzle in polenta, whisking constantly.
- Continue to cook, stirring frequently, until polenta is as thick as mashed potatoes, about 6 to 8 minutes.
- Stir in broccoli, mushrooms and their liquid.
- Spread polenta mixture evenly in prepared pan.
- Dice tomato and sprinkle the pieces on top.
- Bake 20 to 25 minutes or until edges begin to brown.
- Cool at least 30 minutes, or serve at room temperature.

Variation:

Try various vegies like cauliflower, onion, grated carrot, spinach or zucchini. Add spices and/or herbs ie parsley, chives or thyme. Sumac and sunflower seeds sprinkled on top of the diced tomato are great.

Serving suggestion:

GREEN AVO SALAD (we used lettuce, spinach, cucumber, alfalfa sprouts and avocado with the classic dressing tossed through-tres yummy

😊 Potato Crusted Veg Bake 😊

Delicious bake of vegies topped with mashed spud and potato chips.

INGREDIENTS

FILLING:

| | |
|---|------------------|
| Dried Brown lentils | 1 Cup, cooked |
| Broccoli | 2 cups, chopped |
| Onion large | 1 thinly sliced |
| Garlic | 1 clove, crushed |
| Carrot | 1 grated |
| Tinned tomatoes | 2 |
| Eggplant | 1 sliced |
| Zucchini small | 1 diced |
| Cumin, turmeric, coriander, cardoman, garam masala, chilli, salt, pepper. | 1 tsp of each |

TOPPING:

| | |
|--------------------|-------------------------|
| Potatoes | 5 medium |
| Plain potato chips | 1 small packet, crushed |

METHOD

- Steam potatoes and sliced eggplant.
- Mash potatoes.
- Line greased baking dish with eggplant.
- Fry onion, garlic, carrot and zucchini in large saucepan until tender.
- Add spices and cook for 1 min.
- Add lentils and tomatoes, cover and cook for 5 minutes.
- Pour over eggplant.
- Cover with mashed potato.
- Sprinkle with crushed chips.
- Bake in moderate oven until browned.

Serving suggestions:

Serve with Tossed green salad

☺ Stuffed Pimply Squash ☺

There are many ways to stuff veggies, here is one recipe for inspiration. ☺

INGREDIENTS

| | |
|-----------------------|---------------------------------|
| 1 large pimply squash | ½ - 1 cup of mushrooms |
| 1 celery stick | 3 tomatoes |
| 1 onion | ½ a capsicum |
| Parsley | Basil |
| Garlic | 1cm cube of ginger |
| Salt & Pepper | Thyme |
| Sage | Enough breadcrumbs for topping. |

Small handful of crushed walnuts.

Method

- Bake the squash, whole, in oven at 200c.
- Chop onion, garlic and ginger and fry in pan for 1 – 2 minutes
- Finely chop the celery & capsicum, chop the mushrooms & tomatoes and add the lot to the pan.
- Add the herbs, salt & pepper.
- Stir and fry till soft.
- Remove the squash when it has cooked through (use a fork or knife to pierce it and see if it is tender).
- Cut the squash in half lengthways and scoop out the seeds and stringy bits.
- Fill the halves with the veggie and herb fry up, top with breadcrumbs and walnuts and place in oven. Bake at 200c until top browns.

Variation:

Stuff it with other ingredients ☺

Serving suggestions:

Serve on a bed of rice and top with a sauce of your choice.

😊 Sweet Beans & Rice 😊

An easy & quick sweet dish.

Serves 2-3

INGREDIENTS

| | |
|---------------------------|-------------------------------|
| <i>Haricot/Navy beans</i> | <i>250g, cooked</i> |
| <i>Red Onion</i> | <i>1 chopped</i> |
| <i>Garlic</i> | <i>1 clove crushed</i> |
| <i>Olive Oil</i> | <i>1 tblsp</i> |
| <i>Mushrooms</i> | <i>2 cups diced</i> |
| <i>Molasses</i> | <i>2 tblsps</i> |
| <i>Lime</i> | <i>Juice of ½</i> |
| <i>Cardamon</i> | <i>2 tsps</i> |
| <i>Sweet potato</i> | <i>1 Sliced & steamed</i> |
| <i>Green capsicum</i> | <i>sliced</i> |
| <i>Rice.</i> | <i>For serving</i> |

METHOD

- Fry onion and garlic in oil until tender.
- Add mushrooms and fry for another minute.
- Add all other ingredients and cook for five minutes.
- Serve over bed of rice and slices of steamed sweet potato.
- Garnish with slices of capsicum.

Serving suggestions:

Serve with lemon wedges

😊 Tunisian Veg & Rice 😊

Serves 2-3

INGREDIENTS

| | |
|--|--|
| <i>1 clove of garlic – chopped</i> | <i>2 medium potatoes - diced</i> |
| <i>1 sweet potato - diced</i> | <i>2” thick piece of pumpkin - diced</i> |
| <i>1 Carrot - diced</i> | <i>1 parsnip - diced</i> |
| <i>½ cup cooked kidney beans</i> | <i>½ cup of cooked cannelloni beans</i> |
| <i>1 tblsp Oil</i> | <i>Jasmine rice</i> |
| <i>Sea salt - 1 tsp</i> | <i>Pepper</i> |
| <i>¾ cup of water</i> | <i>Turmeric</i> |
| <i>Tunisian spice mix – 1 tblsp</i> | |
| <i>(Or mix together paprika, caraway seeds, coriander, cumin, chilli & spearmint.)</i> | |

Method

- Heat oil in large saucepan and add all the chopped vegies and garlic.
- Stir on low heat for two minutes.
- Add Tunisian spice mix, sea salt and black pepper.
- Stir for another minute
- Add water, cover and simmer on low heat for approx. five – ten minutes (until vegies are tender).
- Add beans, stir and heat through.

Serving suggestions:

*Serve with jasmine rice cooked with 1 tsp of turmeric,
lemon wedges on the side.*

*Garnish with tomato wedges sprinkled with finely chopped
fresh basil and parsley.*

😊 Wraps 😊

This is a recipe for four medium sized wraps. Used with Mountain bread.

INGREDIENTS

| | |
|------------------------|--------------------|
| <i>Avocado</i> | <i>1 – 2</i> |
| <i>Tahini</i> | <i>1 tblsp</i> |
| <i>Cucumber</i> | <i>¼ - ½</i> |
| <i>Tomato</i> | <i>1 – 2 small</i> |
| <i>Alfalfa Sprouts</i> | |
| <i>Grated carrot</i> | <i>½</i> |
| <i>Grated Beetroot</i> | <i>¼</i> |
| <i>Haricot beans</i> | <i>½ - ¾ cup</i> |
| <i>Lemon juice</i> | <i>½ lemon</i> |
| <i>Herb salt</i> | |
| <i>Pepper</i> | |
| <i>Parsley</i> | <i>Flat Bread</i> |

METHOD

- Mash the avocado.
- Chop and dice the other ingredients.
- Mix to combine.
- Place lettuce leaf on flat bread, spoon over mixture and wrap.

Variation:

Go for it! 😊

salads



😊 Fireside Fruit Salad 😊

This is a salad we came up with while sitting by the fire when camping. We had some tangelos that were given to us and we had collected oranges and grapefruits from trees in the area. We had baked vegies in foil one night and in the morning, just for fun, we decided to wrap up fruit in foil and place them on the hot coals so we could have a warm meal. 😊

INGREDIENTS

1 tangelo, 1 grapefruit and 1 orange wrapped in foil and placed on hot coals from a campfire. (or put 'em in the oven if you are at home).

Sunflower seeds

Raisins

Olive oil

Mixed nuts

Herb salt

Pepper

Method

When you reckon the fruit is hot, pull it from the fire, peel the skin off and chop them up. Chuck them into a container and add the other ingredients and mix thoroughly.

Variation:

Whatever fruit is available.

Serving suggestions:

A warm breakfast to eat by the camp fire

😊 Green Avo Salad 😊

Fresh & tasty; serve with the DYNAMIC DRESSING (see recipe in sauces section) for an awesome combo.

INGREDIENTS

One avocado

Lettuce

Silverbeet or spinach

*One sliced burpless
cucumber*

Sprouts

Method

Roughly chop all ingredients and then toss them into a salad bowl 😊.

😊 Jazzy Rice Salad 😊

Serves 4

INGREDIENTS

| | |
|---------------------------------------|------------------------|
| <i>3 cups Cooked Jasmine Rice</i> | <i>1 stick Celery</i> |
| <i>1 large piece Broccoli</i> | <i>2 Tomatoes</i> |
| <i>2 Zucchini's</i> | <i>Parsley</i> |
| <i>1 cob Corn</i> | <i>Herb salt</i> |
| <i>Sunflower seeds</i> | <i>Pepper</i> |
| <i>Soy sauce</i> | <i>Thyme</i> |
| <i>Lemon juice</i> | <i>Alfalfa sprouts</i> |
| <i>Olive oil</i> | |

Method

- Steam chopped broccoli, zucchini and corn cob.
- Dice celery and tomatoes.
- Place rice in individual bowls or 1 large bowl.
- Add vegetables, seeds, herbs, lemon juice, olive oil and soy sauce to taste.
- Mix thoroughly and serve.

Variation:

Steamed onion or other veg may be used. Sultanas, sesame or poppy seeds are a yummy addition. Nuts such as walnuts are also great.

Serving suggestions:

May be eaten hot or cold in lettuce leaves.

😊 Potato and Bean Salad 😊

Serves 4

INGREDIENTS

| | |
|--|-----------------------------------|
| <i>4 large potatoes</i> | <i>Garlic chives</i> |
| <i>4 sweet potatoes</i> | <i>1 red onion, thinly sliced</i> |
| <i>1 tblsp chopped parsley</i> | <i>Herb salt</i> |
| <i>1 cup cooked cannellini beans</i> | <i>Black pepper</i> |
| <i>1 tblsp Sunflower seeds</i> | |

Method

- Cube and steam potatoes.
- Add other ingredients and mix well. Too easy!

Variation:

Add steamed broccoli.

Serving suggestions:

Cover with 'spicy and nutty sauce' or dressing of your choice.

Serve with green avo salad.

😊 Rice and Hazelnut Green Salad 😊

This one was inspired while thinking of a meal using hazelnuts and leftover rice from the previous night's dinner.

INGREDIENTS

| | |
|----------------------------|--------------------------|
| 3 cups cooked Jasmine Rice | 2 tbsps Hazelnuts |
| 8 Snow peas | 1 Carrot |
| ½ Capsicum | 8 Lettuce leaves |
| 1 Cucumber | 1 punnet Cherry tomatoes |
| 1 tbsp Sunflower seeds | 1 stick Celery |
| Corn from 1 cob | Squeeze Lime juice |
| 1 tbsp Tamari | Pepper |
| Herb salt | |

DRESSING

| | |
|-----------------------------------|---------------|
| 1 tbsp warmed Coconut oil | ¼ tsp Paprika |
| ½ cup Lime & lemon & orange juice | ¼ tsp Nutmeg |
| Herb salt | Pepper |

Method

- Mix tamari through the cooked rice, chop all of the salad ingredients and mix it all together adding seeds and nuts.
- Mix the dressing ingredients together and pour over the salad.

Variation:

This dressing may be too citrissy for some, but hey, whatever takes your fancy. 😊

😊 Rice Noodle Salad 😊

INGREDIENTS

| | |
|--------------------|-------------------------|
| Vermicelli noodles | 100 g |
| Chick peas | 1 tin (drained). |
| Capsicum | 1 diced |
| Spring onions | 2 diced |
| Carrot | 1 small, grated. |
| Beetroot | grated |
| Oranges | 2 peeled and diced. |
| Corn | Kernels from 1 raw cob. |
| Celery | 1 large stick, diced. |
| Parsley | Sprouts |

METHOD

- Pour boiling water over noodles and let soak for 3 minutes then drain.
- Prepare ingredients as above.
- Combine in a large salad bowl.

Variation:

Replace chickpeas with other legumes. Add nuts.

Serving suggestions:

Dress with DYNAMIC DRESSING. Serve on plate of lettuce.

☺ Tossed Crouton Salad ☺

INGREDIENTS

| | |
|---------------------------------|--------------------------------|
| <i>Iceberg lettuce</i> | <i>1 diced Cucumber</i> |
| <i>Endive</i> | <i>1 chopped Tomato</i> |
| <i>1 grated Carrot</i> | <i>1 diced Avocado</i> |
| <i>½ diced Red capsicum</i> | <i>¼ cup Sunflower seeds</i> |
| <i>1 diced Celery stick</i> | <i>Handful Alfalfa sprouts</i> |
| <i>Corn kernels off one cob</i> | <i>½ tsp herb salt</i> |
| <i>4 slices wholemeal bread</i> | |

Dressing

| | |
|------------------------------|----------------------------|
| <i>1 cove garlic-crushed</i> | <i>Juice 1 lemon</i> |
| <i>2 tsps brown sugar</i> | <i>1 can coconut cream</i> |

Method

- Break iceberg lettuce and endive into small pieces.
- Toast bread and cut into cubes.
- Place into large salad bowl with remaining ingredients.
- Mix sauce ingredients together and toss through salad.

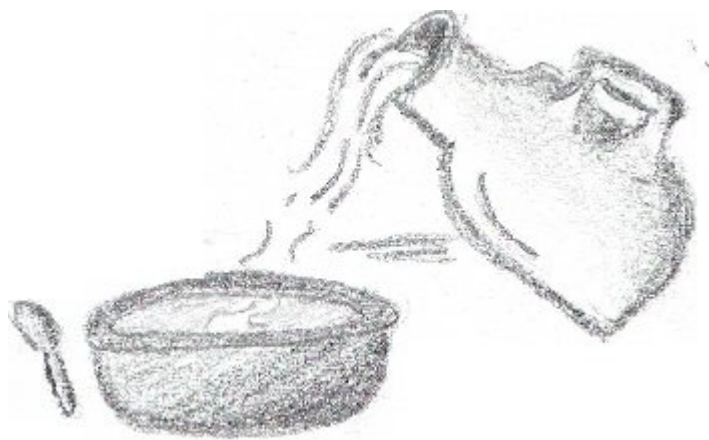
Variation:

Dress with the sweet mayo sauce (see recipe) instead.
Add cooked chickpeas, chopped snow peas.
Add sunflower seeds.

Serving suggestions:

Yummy on it's own, with hot chips or put into a wrap.

Sauces



😊Creamy Tomato & Mushroom Sauce😊

A favourite 😊

INGREDIENTS

| | |
|---|----------------------------|
| <i>1 x 270ml tin of Coconut cream</i> | <i>1 tin of tomatoes</i> |
| <i>Clove of garlic, crushed</i> | <i>1 chopped red onion</i> |
| <i>Plenty of mushrooms - sliced</i> | <i>Thyme</i> |
| <i>Basil</i> | <i>Nutmeg</i> |
| <i>Chilli</i> | <i>Pepper</i> |
| <i>Herb salt</i> | |

Method

- Heat oil, fry garlic, onion, mushrooms until soft
- Add tomatoes and spices, simmer until reduced
- Add coconut cream and mix through while heating for approx. five minutes.

Variation:

Add desired seeds and sultanas.

Serving suggestions:

Is awesome over baked veg.

😊 Dynamic Dressing 😊

A simple dressing that tastes great and compliments almost any salad and the coconut cream variation is awesome!!

INGREDIENTS

Juice of one lemon.

Olive oil. About ten percent more than the amount of lemon juice.

One clove of garlic; crushed.

Crushed black pepper.

Herb or sea salt.

One tsp of brown sugar.

Method

Combine in jar and shake and mix well. Keep in fridge.

Variation:

Replace the lemon juice with the juice of an orange for a fruitier flavour.

For a creamy dressing simply replace the olive oil with a 270ml can of coconut cream.

😊 Mexole Sauce 😊

This has a great guacamole flavour. It is easy to prepare as no cooking is involved and it also makes a great dip. The combination of spring onions and lemon juice give it a great tangy flavour.

INGREDIENTS

| | |
|---------------------------|----------------------------|
| <i>3 Spring onions</i> | <i>1 Avocado</i> |
| <i>5 Cherry tomatoes</i> | <i>2 tsps Oat milk</i> |
| <i>Paprika</i> | <i>1cm piece Ginger</i> |
| <i>¼ tsp Chilli</i> | <i>Herb salt</i> |
| <i>Pepper</i> | <i>Squeeze Lemon juice</i> |
| <i>Few sprigs Parsley</i> | |

Method

Combine all ingredients in a processor, adding amounts to desired taste and thickness.

Variation:

The first time we had this it may have had nutmeg in it... ?



Serving suggestions:

As a sauce on rice, veg and legumes or as a dip.

😊 Mousse Sauce 😊

This sauce was made to go on rice and vegies, the ingredients are varied and it came out tasting a bit like a mousse.

INGREDIENTS

| | |
|---------------------------------------|--------------------------------|
| <i>1 1/2 avocados</i> | <i>1 banana</i> |
| <i>½ a can of coconut cream</i> | <i>2 heaped tsps of tahini</i> |
| <i>2 heaped tsps of peanut butter</i> | <i>Walnuts</i> |
| <i>Sunflower seeds</i> | <i>Sesame seeds</i> |
| <i>½ cup of oat milk</i> | <i>Nutmeg</i> |
| <i>Paprika</i> | <i>1 Chilli - chopped</i> |
| <i>1cm piece Ginger - chopped</i> | <i>Herb salt</i> |
| <i>Pepper</i> | |

Method

- Combine all of the ingredients except for the chilli and ginger in a blender, adding nuts, seeds and spices to desired taste.
- Fry the ginger and chilli in a saucepan then add the mixed ingredients and warm through... voila!

Variation:

Add cocoa for a chocolate flavour.

Serving suggestions:

As a sauce on a meal of rice and veg or eat as a dessert.

😊 Pasta Sauce 😊

INGREDIENTS

| | |
|---|--------------------------------|
| <i>2 cans of crushed organic tomatoes</i> | <i>1 red onion – sliced</i> |
| <i>2 cloves of garlic - crushed</i> | <i>10-12 mushrooms-chopped</i> |
| <i>¼ tsp nutmeg, thyme, oregano</i> | <i>2 shallots-diced</i> |
| <i>Herb salt</i> | <i>Pepper</i> |
| <i>1 tblsp Olive oil</i> | <i>Fresh parsley</i> |

Method

- Fry garlic, onion, mushrooms and shallots in oil for 1 minute.
- Add remaining ingredients and cook until vegies are soft and mixture thickens.

Variation:

Add olives.

Serving suggestions:

Serve on a pasta of your choice with green salad.

😊 Peanut Sauce 😊

INGREDIENTS

| | |
|---|------------------------------|
| <i>1 crushed clove of garlic</i> | <i>1 small onion – diced</i> |
| <i>½ inch piece of ginger</i> | <i>Lemon juice</i> |
| <i>1 cup of peanut butter</i> | <i>Water</i> |
| <i>Chilli (to taste)</i> | <i>Salt and pepper</i> |
| <i>Dessicated coconut – 1 dessert spoon</i> | <i>Handful of sultanas</i> |
| <i>1 tblsp of brown sugar</i> | <i>1 tblsp Oil</i> |

Method

- Heat oil in saucepan and fry garlic, ginger onion and chilli until soft
- Add peanut butter, coconut, and squeeze of lemon juice, sultanas and salt and pepper.
- Continually add water while stirring over heat until desired consistency is reached.

Variation:

Fruit chutney could be used instead of sultanas.

Serving suggestions:

Goes great with steamed veg and rice for a 'gado gado' kind of meal.

Use as a dip.

Spread on toast or rice cakes.

☺ Spicy Nutty Sauce ☺

An amazingly delicious spicy & nutty, sweet flavoured sauce that is simple to make.

INGREDIENTS

| | |
|---------------|-----------------|
| Coconut cream | 1 x 270ml can |
| Garlic | 1 Clove |
| Chilli | 1 Fresh |
| Sweet paprika | ½ tsp |
| Nutmeg | 1 tsp |
| Lemon thyme | 1 tsp |
| Tahini | 3 heaped tsps |
| Peanut butter | 1 heaped tsps |
| Parsley | Sunflower seeds |
| Herb salt | Black pepper |

METHOD

Blend... awesome! ☺

Variation:

Be inspired. ☺

Serving suggestions:

Great poured over a POTATO & BEAN SALAD (see recipe). It's also a great dip.

☺ Sultana & Seed Sauce ☺

INGREDIENTS

| | |
|--|--|
| <i>1 red onion</i> | <i>1 – 2 cloves of garlic</i> |
| <i>Handful of mushrooms</i> | <i>1 can of organic crushed tomatoes</i> |
| <i>Sesame seeds</i> | <i>Sunflower seeds</i> |
| <i>Poppy seeds</i> | <i>Linseeds</i> |
| <i>1 x 270 ml can of coconut cream</i> | <i>Basil</i> |
| <i>¼ tsp Sage</i> | <i>½ tsp Oregano</i> |
| <i>1/2 tsp Thyme</i> | <i>¼ tsp Chilli</i> |
| <i>1 tblsp Parsley</i> | <i>Herb salt</i> |
| <i>Pepper</i> | <i>¼ tsp Nutmeg</i> |

Method

- Chop the garlic & onion and lightly fry them in a pan for a minute.
- Add the chopped mushrooms, salt, pepper and nutmeg and cook until mushrooms brown.
- Add the tomatoes, seeds and sultanas and stir through.
- Add the other herbs and cook until the liquid reduces.
- Add the coconut cream and heat it through.

Serving suggestions:

Awesome ladled over steamed or baked veg, noodles, pasta, etc.

😊 Sweet Mayo 😊

A versatile mayonnaise that also makes a great dipping sauce.

INGREDIENTS

| | |
|-------------------|---------------------------------|
| Coconut cream | 1 small can, 140 ml. |
| Pineapple | A one-inch ring cored & peeled. |
| Spring onion | 1 |
| Mint leaf | 1 large |
| Parsley | 2 sprigs |
| Garlic | 1 clove |
| Pepper | |
| Herb or sea salt | |
| Nutmeg | 1 level tsp |
| Chilli flakes | ¼ - ½ tsp to taste. |
| Squeeze of lemon. | |

METHOD

Mix in blender.

Variation:

Be creative.

Serving suggestions:

Anywhere you like to use mayonnaise, or as a dipping sauce for fritters. Excellent stirred through potato salad or coleslaw.

😊 Tahini & Poppy Seed Sauce 😊

A rich creamy sauce that goes well with rice and stuffed pimplly squash.

INGREDIENTS

*1 x 270ml can of coconut
cream*

2 – 3 tblsps of tahini

A handful of poppy seeds.

½ dozen button mushrooms

Thyme 1 - 2 tsps

1 clove Garlic

Salt and pepper

Method

- Fry garlic, poppy seeds and mushrooms until the mushrooms are soft.
- Add the coconut cream, tahini, thyme, salt and pepper.
- Cook for five to ten minutes so the flavours mix well and stir the tahini through thoroughly to thicken the sauce.
- Note: the tahini can make this sauce very rich so you may like to add it a little at a time.

Variation:

Add sultanas to sweeten it up.

Serving suggestions:

Stirred through jasmine rice and / or ladled over stuffed veggies.

😊 Tangy Ginger & Veg Pasta Sauce 😊

A great, thick pasta sauce. The spring onions and lemon juice give it a wonderful tang.

INGREDIENTS

| | |
|--|---------------------------------|
| <i>Ginger – 2cm piece finely chopped</i> | <i>4 spring onions chopped.</i> |
| <i>1 tin of tomatoes</i> | <i>Coriander</i> |
| <i>Oregano</i> | <i>Chilli</i> |
| <i>Snow peas</i> | <i>1 small head of broccoli</i> |
| <i>1 Squash</i> | <i>1 green capsicum</i> |
| <i>3 Avocados</i> | <i>Kalamata olives</i> |
| <i>Small can of coconut cream</i> | <i>Sunflower seeds</i> |
| <i>Walnuts</i> | <i>Juice of half a lemon</i> |
| <i>Salt and pepper</i> | <i>Oil for shallow frying</i> |

Method

- Fry the ginger, spring onions, and herbs with oil in a large saucepan.
- After a couple of minutes add the tomatoes and cook for a further five minutes.
- Chop the other veg, except for the avocado, and add to the saucepan.
- Cook till veg has softened.
- Add the coconut cream and reduce for a few minutes.
- Once it has cooked to your desired texture, simply add the seeds and walnuts, slice the avocado and add to the sauce.
- Flavour with lemon juice.

Serving suggestions:

Mix it through 500gms of cooked spelt pasta.

😊 Tomato, Avo and Tahini Sauce 😊

INGREDIENTS

| | |
|--|--------------------------------|
| <i>1 Can diced tomatoes</i> | <i>2 cloves crushed garlic</i> |
| <i>½ cup oat milk</i> | <i>3 tablespoons tahini</i> |
| <i>5 fresh basil leaves, chopped</i> | <i>Herb salt</i> |
| <i>Ground black pepper</i> | <i>2 mashed avocados</i> |

Method

- Gently heat the can of tomatoes, garlic, tahini and basil in frypan.
- Add milk and stir until smooth and combined.
- Gently cook for 1min.
- Remove from heat and add mashed avocados, mix thoroughly.
- Add salt and pepper to taste.

Serving suggestions:

Pour over or mix through baked or steamed vegetables,
Rice and Sunflower Seeds.

☺ Warm Avocado Sauce ☺

INGREDIENTS

| | |
|---------------------------------|------------------|
| Avocado | 1 |
| Sunflower seeds or Pine nuts | ¼ cup |
| Garlic | 1 clove, crushed |
| Herb Salt | |
| Lemon juice | ½ lemon |
| Tahini | 2 –3 tbsps |
| Ground Pepper Melange | |
| Coconut milk | 1 x 270ml can |

METHOD

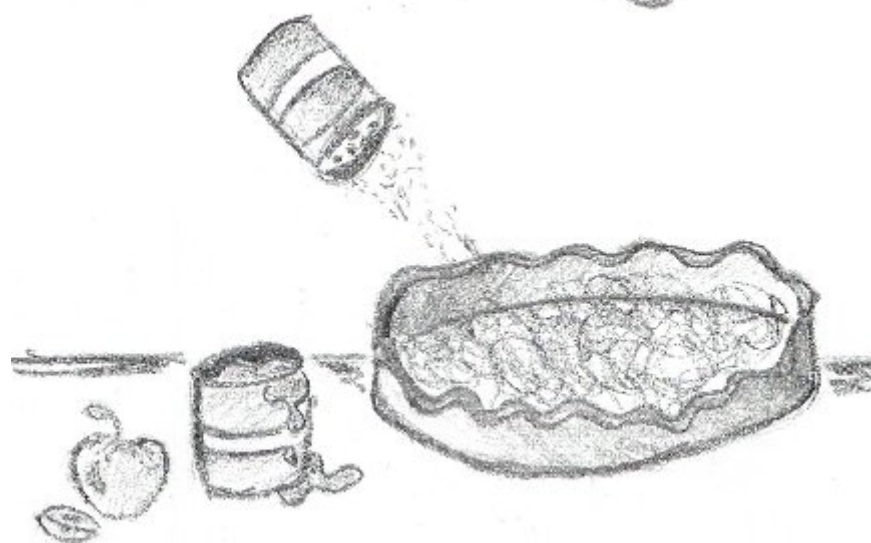
- Combine everything except the avocado in saucepan or frypan.
- Heat gently to boiling point.
- Mash avocado in bowl.
- Remove from heat and mix through the mashed avocado.

Serving suggestions:

Serve on steamed veg, udon noodles and haricot/navy beans.

Pour over steamed cauliflower.

Desserts



😊 Avocado Pie 😊

The first time we made this dessert we used macadamia nuts. They can be expensive so simply use whatever nuts you like.

INGREDIENTS

BASE:

| | |
|-------------------------------------|--------------------------------|
| <i>Nuts</i> | <i>1 - 1 ¼ Cup whole nuts.</i> |
| <i>Spelt flour (or other flour)</i> | <i>½ - ¾ cup</i> |
| <i>Honey</i> | <i>3 dessert spoons</i> |
| <i>Olive oil</i> | <i>2 dessert spoons</i> |
| <i>Water</i> | |

FILLING:

| | |
|----------------------|-----------------------|
| <i>Avocados</i> | <i>2</i> |
| <i>Coconut Cream</i> | <i>2 x 270ml tins</i> |

METHOD

- Grind the nuts and combine the ingredients to make dough, adjusting the amount of water and flour as necessary.
- Roll out and press into bottom and sides of 20cm pie dish.
- Bake for 20 minutes at 180C or until done. (When the edges begin to brown)
- Whiz up avo's and cream and pour onto the cooked base in the pie dish.
- Set in fridge.

Serving suggestions:

Serve with fruit of your choice

😊 Amazing Apple Pie 😊

INGREDIENTS

FILLING:

| | |
|----------------------------|---|
| <i>Granny smith apples</i> | <i>6</i> |
| <i>Raw sugar</i> | <i>To desired taste, up to 2 Tblsps</i> |
| <i>Cinnamon</i> | <i>1 tsp</i> |
| <i>Sultanas</i> | <i>½ cup</i> |

PASTRY:

| | |
|---------------------------------|--|
| <i>Plain or wholemeal flour</i> | <i>2 Cups</i> |
| <i>Raw sugar</i> | <i>To desired sweetness up to 1 ½ Tblsps</i> |
| <i>Olive oil</i> | <i>2 Tblsps</i> |
| <i>Pinch of sea salt</i> | <i>Water, rice or oat milk.</i> |
| <i>Juice of one lemon</i> | |

METHOD

- Place flour, sugar and salt in large bowl.
- Add olive oil, lemon juice and enough water to make stiff dough.
- Roll out 2 rounds on floured board to fit 10 inch pie dish.
- Place base in greased pie dish and bake for 10 min in mod oven.
- Slice apples and pile in dish.
- Sprinkle with sugar, cinnamon and sultanas.
- Cover with other pastry round.
- Trim and seal edges.
- Make 3 cuts in top, brush with milk and sprinkle with sugar.
- Bake in slow to moderate oven for 1 hour.

Serving suggestions:

Top with any, or a mixture of, the following: refrigerated coconut cream, avo, nuts, seeds, dried fruit, tahini, etc.

😊 Fruit & Nut Based Pie 😊

INGREDIENTS

BASE:

| | |
|---|--------------|
| <i>Dates</i> | <i>3</i> |
| <i>Cashews (unsalted)</i> | <i>1 cup</i> |
| <i>Dried apricots</i> | <i>8</i> |
| <i>Pecans</i> | <i>½ cup</i> |
| <i>Mixed nuts (unsalted) & raisins/sultanas</i> | <i>1 cup</i> |
| <i>Sesame seeds</i> | <i>¼ cup</i> |
| <i>Sunflower seeds</i> | <i>¼ cup</i> |
| <i>Dried figs</i> | <i>2</i> |
| <i>Drizzle of Olive oil</i> | |

FILLING:

| | |
|---------------------------|-------------------|
| <i>Coconut cream</i> | <i>270 ml can</i> |
| <i>Bananas</i> | <i>2 large</i> |
| <i>Honey</i> | <i>1 tblsp</i> |
| <i>Natural sugar cane</i> | <i>1 tblsp</i> |

TOPPING:

| | |
|--|------------------------|
| <i>Fresh fruit slices ie; mango, strawberry or passionfruit.</i> | <i>Crushed almonds</i> |
| <i>Mint leaves.</i> | |

METHOD

BASE:

- Process in blender, one cup at a time.
- Roll out and press into bottom and sides of a pie dish.

FILLING:

- Process ingredients for one minute.
- Pour onto base.
- Top with mango slices, strawberries or passionfruit.
- Garnish with mint leaves
- (Optional) Sprinkle with chopped almonds.

☺ Pie with Polenta Base ☺

INGREDIENTS

BASE:

| | |
|-------------------------|-----------------------|
| <i>Polenta</i> | <i>1 cup</i> |
| <i>Walnuts</i> | <i>½ cup, chopped</i> |
| <i>Oat or rice milk</i> | <i>2 cups</i> |
| <i>water</i> | <i>1 ½ cups</i> |

TOPPING:

| | |
|-----------------------------|------------------------|
| <i>Coconut cream</i> | <i>1-2 270 ml cans</i> |
| <i>Bananas</i> | <i>2</i> |
| <i>Dried fruit</i> | <i>Handful</i> |
| <i>Avocado</i> | <i>½ -1</i> |
| <i>Nuts and seeds</i> | <i>2 tblsps</i> |
| <i>Honey</i> | <i>1 tblsp</i> |
| <i>Allspice or cinnamon</i> | <i>½ tsp</i> |

METHOD

- Bring water and milk to the boil. Gradually add polenta, stirring continuously until smooth and thick and wooden spoon stands up in the mixture. Add the walnuts.
- Pour into large pie or baking dish, press into bottom and sides and let set.
- Blend all the other ingredients; pour onto base and let set in fridge.

Variation:

Experiment ☺

Serving suggestions:

Top with fresh fruit ☺

😊 Apple & Rhubarb Crumble 😊

An amazingly delicious dessert. The amounts of sugar may be varied according to taste.

INGREDIENTS

FILLING

6 Green apples
1 tblsp raw sugar

½ bunch rhubarb
Sultanas (optional)

TOPPING

250g Instant organic oats
1 tblsp sesame seeds
1 tblsp honey
¾ cup oil

1 tblsp Sunflower seeds
½ cup desiccated coconut
1 tblsp brown sugar

Method

- Chop rhubarb, place in 12" round baking dish. Sprinkle with sugar.
- Peel & slice apples, place on top of rhubarb
- Heat oil & honey over gentle heat until nearly boiling.
- Mix together oats, seeds, coconut and sugar.
- Pour in oil and honey and mix thoroughly.
- Press mixture evenly over the apples in the baking dish.
- Sultanas may be added to topping or placed in with fruit
- Bake in moderate oven for one hour or until topping browns.

Serving suggestions:

With coconut cream.

With avocado and walnuts or a mixture of all of the above.

😊 Apple Crumble 😊

An amazingly delicious dessert.

INGREDIENTS

Filling:

*6 Green apples
Sultanas (optional)*

1 desert sp raw sugar

Topping:

*250g Instant organic oats
1 tblsp sesame seeds
Oil – $\frac{3}{4}$ cup*

*1 tblsp Sunflower seeds
 $\frac{1}{2}$ cup desiccated coconut
Honey 1 tblsp*

Method

- Peel & slice apples, place in 12" baking dish & sprinkle with sugar.
- Heat oil & honey over gentle heat until nearly boiling.
- Mix together oats, seeds and coconut.
- Pour in oil and honey and mix thoroughly.
- Place mixture evenly over the apples in the baking dish
- Sultanas may be added to topping or placed in with fruit.
- Bake in moderate oven for one hour or until topping browns.

Variation:

Add other fruit such as blueberries or pears.

Serving suggestions:

*With coconut cream from the fridge and cinnamon powder.
With avocado and walnuts or a mixture of all of the above.*

😊 Banana Split 😊

INGREDIENTS

Simple mousse (see recipe)

1 Banana

Crushed nuts & seeds

Cinnamon

Golden syrup or honey

Optional ingredients:

Tahini

Peanut butter

Avocado

Mango slices

Cherries.

METHOD

Place the peeled banana in a shallow dish and layer on any ingredients that you like. Too easy 😊

Variation:

If you choose not to make the mouse, you could replace it with coconut cream that has been left to set in the fridge.

☺ Coconut Summer Roll ☺

INGREDIENTS

| | |
|---------------------------------|-----------------|
| <i>Tahini</i> | <i>3 tblsps</i> |
| <i>Honey or date/rice syrup</i> | <i>3 tblsps</i> |
| <i>Sunflower seeds</i> | <i>85g</i> |
| <i>Desiccated coconut</i> | <i>55g</i> |
| <i>Wheat germ or bran</i> | <i>30g</i> |
| <i>Raisins</i> | <i>115g</i> |
| <i>Carob powder</i> | <i>2 tsp</i> |
| <i>Nuts</i> | <i>½ cup</i> |
| <i>Dried fruit</i> | <i>½ cup</i> |
| <i>Sesame seeds</i> | <i>1 tblsp</i> |

METHOD

- Mix the tahini and honey or syrup together.
- Grind the seeds and nuts and chop the larger fruit up into small pieces.
- Combine all the ingredients and mix well.
- Form a soft dough to be made into cylindrical rolls. You can adjust the consistency by adding more seeds/nuts, coconut or wheat germ if it is too soft (or carob powder depending on how rich you would like it) and tahini or honey if it is too dry.
- Roll the dough into two lengths and set it in the fridge. (You may need to wrap it in cling foil to help it stay together.)
- Cut into slices and serve.

😊 Fruit & Coconut Rice Slice 😊

Created using leftover rice. This can be made with Coconut Cream that has been refrigerated to reduce setting time. (We keep cans of coconut cream in the fridge so there is always one or two tins ready to be used for desserts.)

INGREDIENTS

Base:

| | |
|----------------------|-------------------------------------|
| <i>Rice</i> | <i>2-3 cups cooked Jasmine rice</i> |
| <i>Sultanas</i> | <i>Handful; approx. ½ cup</i> |
| <i>Cinnamon</i> | <i>2-3 tsps or to taste.</i> |
| <i>Coconut cream</i> | <i>1 x 270ml tin</i> |

Filling:

| | |
|---------------------|----------------------------|
| <i>Green apples</i> | <i>6 peeled and sliced</i> |
| <i>Passionfruit</i> | <i>1</i> |
| <i>Raw sugar</i> | <i>2 tblsps</i> |

Topping:

| | |
|----------------------|----------------------|
| <i>Bananas</i> | <i>3 mashed</i> |
| <i>Coconut cream</i> | <i>1 x 270ml tin</i> |

Method

- **Base:** Mix all the ingredients thoroughly together and press into 10" or 12" pie dish.
- **Filling:** place apples in a saucepan with a small amount of water and simmer until soft
- Add passionfruit pulp & sugar.
- Stir and simmer until sugar is dissolved (a thick consistency is desirable)
- Allow to cool and pile onto the rice base.
- **Topping:** Blend cream & bananas until smooth and spread on to the filling.
- Place in fridge to set overnight.

Serving suggestions:

Top with chopped walnuts and cinnamon and fruit such as banana slices, strawberries or passionfruit.

☺ Fudgelicious ☺

A healthy carob and peanut butter fudge that is utterly delicious.

INGREDIENTS

| | |
|---------------------------|---------------------------|
| <i>Honey</i> | <i>12 dessert spoons.</i> |
| <i>Peanut butter</i> | <i>12 dessert spoons.</i> |
| <i>Sesame seeds</i> | <i>1/3 of a cup.</i> |
| <i>Sunflower seeds</i> | <i>1/3 of a cup.</i> |
| <i>Carob powder</i> | <i>2/3 of a cup</i> |
| <i>Desiccated coconut</i> | <i>1/4 of a cup</i> |
| <i>Sultanas</i> | <i>1/4 of a cup</i> |

METHOD

Combine honey and peanut butter in a saucepan, heat gently, stir occasionally. When combined, remove from heat and immediately add other ingredients, except the sultanas, and mix well.

Grease a pan/tin of desired shape and depth and press the mixture into it, smoothing the top. Press in the sultanas and fridge until firm.

Variation:

*Replace honey with maple syrup or other sweetener.
Replace carob with cocoa. Only need half as much as cocoa as it is a lot sweeter.*

Serving suggestions:

*Top with CAROB MOUSSE (see recipe).
Layer with avocado and mousse, or peanut butter and mousse,
etc. ☺*

😊 Simple Mousse 😊

INGREDIENTS

| | |
|---|--------------------|
| <i>Coconut cream - refrigerated</i> | <i>270ml can</i> |
| <i>Tahini</i> | <i>1 - 2 tbsps</i> |
| <i>Carob powder</i> | <i>1- 2 tbsps</i> |

METHOD

Mix in bowl, whisk with fork.

Variation:

You may use cocoa powder instead of carob powder for a chocolate flavour.

Serving suggestions:

On BANANA BREAD or BANANA SPLIT (see recipes).

😊 Carob Mousse 😊

Rich and luscious, this was first created using leftover FUDGELICIOUS (see recipe) ingredients and with each subsequent creation the amounts changed slightly... so the below amounts are approximations 😊.

By using a can of coconut cream from the fridge it sets immediately.

INGREDIENTS

| | |
|--------------------|-------------------------------|
| Tahini | 1 – 2 dessert spoons |
| Carob powder | Quarter to one third of a cup |
| Coconut cream | 1 x 270 ml – refrigerated |
| Banana | 1 |
| Sesame seeds | 1 tblsp |
| Sunflower seeds | 1 tblsp |
| Desiccated coconut | 1 dessert sp |
| Honey | 1 tsp |

METHOD

Combine everything in blender. 😊 easy peasy.

Serving suggestions:

Spread over avocado and FUDGELICIOUS... amazing! 😊

Goes well with avocado &/or banana on bread, toast or rice cakes.

On plain rice cakes. Crushed nuts sprinkled on top.

With peanut butter on any of the above. 😊 etc, etc.

😊 Top Toast 😊

Method

Spread peanut butter and honey on toast and top with slices of banana and sprinkle on sultanas, sesame seeds and cinnamon.

Variation:

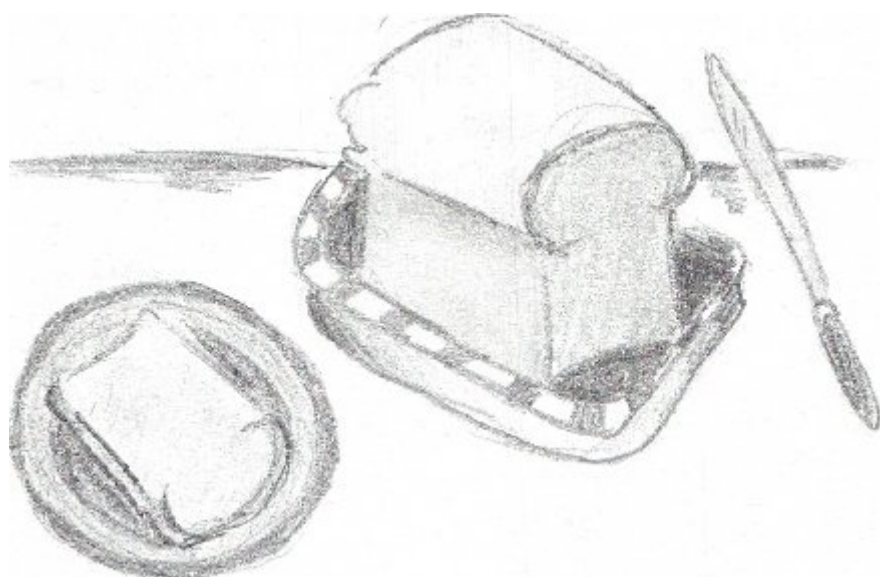
Drizzle the honey on after the banana to help keep the sesame seeds on top.

Substitute cocoa for the cinnamon.

Serving suggestions:

Great for brekky 😊

Bredds



☺ Avo & Herb Damper ☺

The avocado flavour is amazing in this recipe and you can have a lot of fun creating with different herbs.

INGREDIENTS

| | |
|---|---|
| <i>Wholemeal self raising flour.</i> | <i>4 Cups</i> |
| <i>Avocado</i> | <i>1 Large – mashed.</i> |
| <i>Rice or oat milk</i> | <i>1 Cup</i> |
| <i>Water</i> | <i>½ Cup</i> |
| <i>Fresh or dried herbs. (eg; parsley, thyme, chives & oregano)</i> | <i>½ Cup fresh or ¼ Cup dried, chopped.</i> |
| <i>Salt (optional)</i> | <i>1 tsp</i> |
| <i>Sweet paprika</i> | <i>½ tsp</i> |

METHOD

- *Sift flour (and baking powder if used) into a large bowl. Add salt if desired.*
- *Add mashed avocado and use fingertips to rub into the mixture until it resembles breadcrumbs.*
- *Make a well in centre of mixture, pour in water and milk and add chopped herbs. Mix in until it forms a soft dough and knead.*
- *Form into any desired shape and place on greased and floured baking tray. Brush top with milk and sprinkle on paprika. Slit top with a floured sharp knife.*
- *Bake at 200 C (400 F) for approx. 25 minutes then lower heat to 180 C (350 F) for another ten minutes. An indication that a loaf is ready is a hollow sound when the bottom is tapped or when a skewer comes out clean.*

Variation:

Haven't made it yet but tomato and herb damper sounds great. ☺

☺ Banana Bread ☺

INGREDIENTS

| | |
|------------------------------|----------------------|
| <i>Wholemeal S.R. flour</i> | <i>3 - 4 cups</i> |
| <i>Crushed Walnuts</i> | <i>½ cup</i> |
| <i>Olive oil</i> | <i>1 tblsp</i> |
| <i>Cinnamon or All Spice</i> | <i>2 heaped tsps</i> |
| <i>Water</i> | |
| <i>Bananas</i> | <i>2 - 3</i> |

METHOD

- Mash the bananas
- Combine flour, walnuts and spices.
- Add the bananas, mixing through with fingers until mixture resembles breadcrumbs.
- Add oil
- Preheat oven – 200C
- Add enough water to make a firm dough.
- Knead
- Place on oiled and floured pizza tray and bake at 200C for twenty-five minutes.
- Reduce oven to 180C and bake for further 10 minutes.

😊 Easy Flavoured Breads 😊

Bread is a lot of fun to make and it is awesome having fresh warm bread from the oven with its wonderful baked aroma. This recipe is very easy. The bread has a scone like taste and texture.

INGREDIENTS

Flour - 4 cups

Use at least half self-raising flour so that the bread rises. We use 50% wholemeal self-raising and then add any of an assortment of other flours for different flavours and textures, such as: spelt; coconut flour; rye; barley; or maize; to make up the other 50%. Or you can simply use all self-raising flour.

Water

Mixed seeds & grains

Salt

Chopped dried fruit & nuts

Cinnamon or All Spice

1 tblsp oil

METHOD

- Combine flour and oil and any ingredients you like to make a fruity or wholegrain bread. Simply leave out the spices if you would like a plain bread.
- Preheat oven – 200C
- Add enough water to make a firm dough.
- Knead
- Shape and place on oiled and floured pizza tray.
- Bake at 200C for twenty five minutes
- Reduce heat to 180C for further ten minutes.
- Remove from oven and allow to cool

Variation:

See BANANA BREAD recipe.

Add cocoa (1 – 2 tblsp) for CHOCOLATE BREAD, it is awesome.

Use dried or fresh herbs to make herb bread.

😊 Flat Bread 😊

INGREDIENTS

| | |
|-------------------------|------------------------------|
| <i>Wholemeal Flour.</i> | <i>4 Cups</i> |
| <i>Sesame seeds</i> | <i>2 tbsps</i> |
| <i>Salt</i> | <i>1 tsp</i> |
| <i>Olive Oil</i> | <i>1 tbsps</i> |
| <i>Water</i> | <i>Enough to make dough.</i> |

METHOD

In a mixing bowl combine everything except the water, and then mix through the water a little at a time to make a soft dough. Roll out on a floured surface. Bake under a grill turning once.

Variation:

Try other flours and combinations of flours.

Serving suggestions:

*Pizza toppings; avocado; peanut butter; etc
Great with soup.*

😊 Pizza Base 😊

Homemade pizzas rock! Making your own base is easy and a great way to introduce children to cooking. How many children do you know that don't enjoy pizza? The amounts below are enough for two medium size pizza bases.

INGREDIENTS

| | |
|--|--|
| <i>3 cups of plain or wholemeal organic flour.</i> | <i>Approx. 1 ½ cups of rain or spring water (tap water has chlorine and often fluoride added to it).</i> |
| <i>4 tsps of herb salt.</i> | <i>Pasta sauce</i> |

METHOD

- Mix well and knead for one minute.
- Form into two round balls and then, using a rolling pin (a glass bottle can be used if you don't have a rolling pin), roll out onto a floured board.
- Place onto oiled pizza trays.
- Cook in mod oven for 10 min.
- Turn over and cook a further 5 min.
- Turn over and spread on a sauce and desired toppings i.e. mushrooms, capo, pineapple, onion, corn and olives.
- Cook in oven until brown.

Variation:

Add sesame seeds to the dough 😊

😊 Yeast Free Bread 😊

A delicious bread that is extremely easy to make with any type of flour that you like. For different flavours just add seeds, nuts, dried fruit and/or spices. See the variations below for fabulous flavours. Flours have different absorbency rates; simply vary the amount of water used to create the desired texture of the dough.

INGREDIENTS

| | |
|----------------------|-----------------|
| <i>Flour</i> | <i>3 Cups</i> |
| <i>Water</i> | <i>1 ½ Cups</i> |
| <i>Baking powder</i> | <i>1 tblsp</i> |
| <i>Olive oil</i> | <i>1 tblsp</i> |
| <i>Sea salt</i> | <i>1 tsp</i> |

METHOD

- Sieve flour and baking powder into large bowl. Add salt, water and olive oil. Knead gently.
- Place in greased and floured loaf pan or shape dough as desired and place on greased and floured baking tray.
- Bake at 190 C in preheated oven on middle rack for 50 – 55 minutes.
- Cut bread when it has cooled to maintain it's form.

Variation:

Triune bread for a triune being: 1 cup each of rye, spelt and barley flour with linseeds, sesame seeds and sunflower seeds.

Rye bread: all rye flour or combo of flours with rye being the dominant one.

Raison bread: raisons/sultanas and cinnamon or all spice.

Apple & cinnamon: add chopped apple and cinnamon or all spice or pimento.

Serving suggestions:

Eat fresh... awesome 😊 yum, yum.