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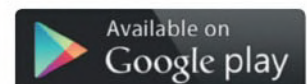
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# From the Editor

**H**ow do you spell "food"? OK, I've given you a big clue there, but stay with me on this. I am going somewhere with it.

In a position like this one, editing a magazine like *EatWell*, I am blessed to meet some amazing people. It seems that people who care about food and want to either grow it or prepare it in a meaningful and sustainable way have a magic about them. I find foodies to be passionate, genuine, caring people and I could tell you many stories of inspiration from those people I meet, but today I want to share one story with you that brought a tear to my eye.

I was on a dairy farm being shown around it by the owner who, for the sake of anonymity, we'll call Dairy Dave. A few years ago, Dairy Dave and his wife, WholeMilk Helen (again, not her real name), had decided to stop selling milk to supermarkets or dairy conglomerates but to sell their own product. They pasteurise their milk but they don't homogenise it. Dairy Dave keeps his herd small because he cares about the welfare of the cows and he talks about them very affectionately.

In addition to milk, Dairy Dave and WholeMilk Helen have taken to producing gelato that, again, they sell direct at markets and the like. Dave and Helen have travelled the world studying how artisans make use of their milk and turn it into things like gelato and cheese.

At the time I was visiting their farm they were in the process of buying a



new machine to help in processing their milk. In talking about this, Dairy Dave was becoming more and more excited and I remember very clearly that he said, "I'm really excited about this new machine because it will really respect the milk."

I was glad that he had his back to me at that point, as he gestured where the new machine would soon stand, because that was when a tear sprang to my eye. In that sentence he had clarified for me the magic ingredient that genuine foodies have: respect. They respect the needs of the food as they grow it, they respect the nature of the food as they process it and cook it, and they respect the people who will consume the food. People who are truly engaged with food are deeply conscious of what they do and that awareness manifests as gentle, genuine respect in how they live.

So, getting back to my original question, how do you spell "food"? I spell it: r-e-s-p-e-c-t.

Terry

## Give us **FOODBACK**

We want your feedback: *EatWell* is all about building a sharing community of people who care about the origins, quality and enjoyment of food, so we want to hear from you. Let us know how you have found some of the recipes you have made from this issue, share the improvements you might have made or even send us one of your own favourite recipes. We will publish as many of your insights and contributions as we can. Send your feedback to Kate at [kduncan@universalmagazines.com.au](mailto:kduncan@universalmagazines.com.au)



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## Lee Holmes

Lee's food philosophy is all about S.O.L.E. food: sustainable, organic, local and ethical. Her main goal is to alter the perception that cooking fresh, wholesome, nutrient-rich meals is difficult, complicated and time-consuming.

Lee says, "The best feeling I get is when I create a recipe using interesting, nourishing ingredients and it knocks my socks off. Then I can't wait to share it with my community and hear their experiences."

After being diagnosed with a crippling autoimmune disease in 2006, Lee travelled the world discovering foods that could be used to heal her body at a cellular level. After discovering many nutrient-rich and

anti-inflammatory foods and changing her diet, Lee recovered. Her mind alive with ideas for new recipes, she wanted to share her creations with the world and [superchargedfood.com](http://superchargedfood.com) was born.

Supercharged Food is all about making small and realistic changes every day. It's about making healthy choices through knowledge and empowerment. Lee's blog has become one of the leading health and lifestyle blogs in Australia. From posting recipes, her passion to share her story and help others has snowballed and the blog has recently taken home the overall prize at the Bupa Health Influencer Awards as well as the best blog in the Healthy Eating category.

Connect with Lee Holmes at [superchargedfood.com](http://superchargedfood.com)



## Lisa Guy

Lisa is a Sydney-based naturopath, author and passionate foodie who runs a naturopathic clinic called Art of Healing. Lisa is a great believer that good wholesome food is one of the greatest pleasures in life and the foundation of good health. Lisa encourages her clients to get back to eating what nature intended: good, clean, wholesome food that's nutrient-rich and free from high levels of sugars, harmful fats, artificial additives and pesticides. Her aim is to change the way people eat, cook and think about food.

Lisa sees a wide spectrum of clients in her clinic, ranging from people with severe anxiety, mums with postnatal depression and people with adrenal exhaustion, to couples having difficulty conceiving and parents who need help with their little fussy eaters. Being a mum of two small girls, Lisa has a particular passion for supporting women through pregnancy and beyond and for children's health and nutrition.

Lisa is an avid health writer, being *The Telegraph's* Body + Soul's resident nutritionist and a regular contributor to WellBeing. Lisa is frequently quoted in many leading Australian magazine publications promoting the natural way to better health. Lisa is also an author of five books to date, including *My Goodness: all you need to know about children's health and nutrition*, *Pregnancy Essentials*, *Heal Yourself*, *Listen to your Body* and *Healthy Skin Diet*.

Connect with Lisa at [artofhealing.com.au](http://artofhealing.com.au)






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## Adam Guthrie

Adam is a vegan whose passion for food began with a life-threatening illness and continues today in a lifestyle built around healthy cooking and eating.

Adam is a qualified chef and wellness coach who specialises in a wholefood, plant-based diet. He is a passionate advocate for living a simple, healthy and environmentally friendly life. His story begins with a rude awakening when, as an out-of-balance and overweight 39-year-old, he found himself in hospital after an early-morning surf, discovering that he'd had a heart attack and being told by his cardiologist that he would be on daily medications for the rest of his life.

Adam didn't accept that his cardiologist's "solution" of daily medication was the only way of minimising his risk of another heart attack. Instead, he decided he would do everything in his power to find another way. He learned how to treat himself with absolute kindness, love and respect. Adam transformed his diet, lost 20kg and no longer need, to take medication. Somewhere along the way, he realised he was more than a chef and a "heart attack survivor" but was a role model, an educator and someone who could provide inspiration simply by sharing his story and showing how easy it is to eat healthfully and to live well.

These days, Adam shares how to prepare delicious, healthy food for health, energy and vitality. He conducts online healthy heating and wellness programs at [ifeelgood.com.au](http://ifeelgood.com.au) and gives keynote talks, live cooking demonstrations and cooking classes on the subject of healthy eating and living well.



## Christie Connelly

Christie publishes the popular Australian food blog *Fig & Cherry* featuring healthy, family-friendly meals and sweet treats with mouth-watering photography to match. Christie lives with her husband and two young children on the far north coast of NSW, enjoying the beach, local produce and a relaxed country lifestyle.

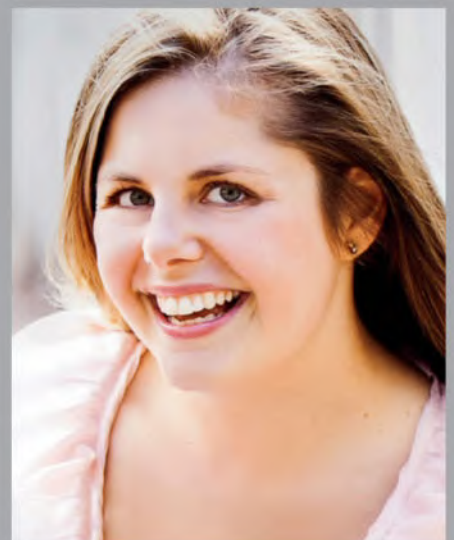
She draws recipe inspiration from her Hungarian and Lebanese heritages, her travel adventures and, of course, the amazing fertile soil of the Northern Rivers with its abundance of local organic fruits, vegetables, delicious native produce and

healthy free-range-reared animals.

Her passion is educating parents, grandparents and carers how to shop for, prepare and cook healthy, nutritious food and to encourage children to enjoy it as well. With one child on the autism spectrum, she also has a strong interest in helping parents whose children have special needs or restricted eating.

Why not make yourself a cup of tea and head on over to her blog for a little bit of pure and healthy indulgence? After all, as Christie says, "Food is love, so embrace it with gusto!"

Connect with Christie at [figandcherry.com](http://figandcherry.com)



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## Danielle Minnebo

Danielle is a university-qualified nutritionist, a passionate home cook and founder of Food to Nourish. Danielle's love affair with cooking started at a very young age in the kitchen where she was taught to cook by her mother. She went on to complete an Advanced Diploma in Nutritional Medicine and a Bachelor of Health Science in Complementary Medicine. She is completing her Master of Human Nutrition through Deakin University. Danielle is passionate about helping people form a better understanding of nutrition and a healthier relationship with the food they eat. In fact, she's on a mission to help spread the *real* food message to as many people as possible. This involves breaking common diet myths and re-educating people on what real food is actually about.

This means ditching the low-fat products and processed and refined foods. It means embracing what real food has always been: vegetables, fruits, butter, animal fats, ethically sourced meats, freerange eggs, organic full-fat dairy products, grains, nuts and seeds. In 2013, Danielle founded Food to Nourish and started producing a range of organic healthfood snacks that are now sold in healthfood stores around Australia. Every one of these products is lovingly handmade by Danielle and her wonderful team of helpers in the Food to Nourish kitchen. Throughout her work as a nutritionist, Danielle's basic principles have always come back to how we cook and prepare our food. She believes it really is as simple as combining wholefood ingredients in the right way to create tasty dishes that are nutrient-dense and full of flavour.



Connect with Danielle at  
[foodtonourish.com.au](http://foodtonourish.com.au)



## Meg Thompson



Meg is a practising naturopath, cook, mother, writer, health advocate and passionate wholefood enthusiast based in Melbourne.

Meg's interest in health, food and the role of food as medicine has shaped her career and lifestyle. Following an early career in psychology and education, she completed studies in naturopathy, nutrition and herbal medicine and now runs a successful clinical practice.

As her practice grew, Meg found that most of her work centred around educating patients on the benefits of a diet diverse in fresh and whole foods. So she sought to share her views and passion with a larger audience through her blog *My Wholefood Romance*.

Here, her love affair with cooking and creating delicious recipes using seasonal produce flourished. She shares recipes and knowledge about food, the best preparation methods and how to use them to best

benefit health. Meg seeks to encourage others to learn, try new things and rediscover the joy of cooking and eating. Her recipes are approachable, thoughtful and bursting with nutrition.

This love of education has now stretched to include lecturing at one of the natural medicine colleges in Melbourne and presenting occasional workshops. Her first book on gut health and the benefits of fermentation was published recently.

Aside from writing and contributing recipes to *EatWell*, Meg develops recipes and menus for clients and businesses. She works from a philosophy that food is much more than something to fill our bellies, but a source of nourishment, deliciousness, education, ritual and celebration, best shared with those we love.

Connect with Meg at  
[mywholefoodromance.com](http://mywholefoodromance.com)

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# Christmas meals

*Christmas is a time for entertaining and enjoying meals with family and friends. You can do all of that and be healthy at the same time with meals like walnut crusted chicken stuffed with quinoa, slow roasted lamb with mint and pomegranate salad, beetroot orange and walnut terrine, pan-fried brussels sprouts with pistachios and bacon, and raw berry and chocolate torte.*

## **CRANBERRY & SAGE ROASTED CHICKEN** **RECIPE / DANIELLE MINNEBO**

This roast chicken recipe contains all the traditional flavours of Christmas: zesty tangelos, crispy sage and tangy cranberries. It's a fresh and light alternative to traditional roast turkey.

**Serves: 6**



- 100g butter, room temperature
- 5 tangelos
- Zest 1 tangelo
- 20 sage leaves
- 1 garlic clove
- ¾ cup dried cranberries
- ½ tsp sea salt
- 1.5kg whole chicken
- 2 red onions, roughly sliced
- 1 tbsp olive oil
- 1 bunch fresh kale, stalks removed
- ½ cup pecans, toasted

Preheat oven to 180°C.

Add butter, zest of one tangelo, 15 sage leaves, garlic clove, ¼ cup of dried cranberries and sea salt to a food processor. Blend until a smooth butter with flecks of sage and cranberries.

Add chicken to roasting tray, breast side up. Cut one tangelo into wedges and stuff into cavity of chicken. Tuck red

onions in around outside of chicken and drizzle with olive oil.

Using hands, gently loosen skin from breast, being careful not to create any holes. Push one tablespoon of butter mixture underneath skin of each breast. Rub another tablespoon of butter mixture over outside of chicken.

Juice two tangelos and pour juice over chicken and onions. Roast chicken in oven for 1 hour and 40 mins, basting with juices every 40 mins. Remove from oven and allow to rest in roasting tray for 5 mins.

Melt remaining tablespoon of butter mixture in a large frypan over a high heat and add kale leaves. Cook fast and hot for 1 min, making sure to continually toss kale.

Remove kale from pan and add remaining 5 sage leaves. Cook for 1 min until crispy.

Place roast chicken on large serving dish and surround with kale leaves. Cut and peel remaining tangelos into segments and tuck these among kale leaves. Scatter half a cup of dried cranberries, toasted pecans and roasted red onion throughout salad. Place crispy sage leaves on top of chicken and serve chicken juices from pan in a jug on the side.

Danielle's Cranberry & Sage Roasted Chicken

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Lisa's Walnut Crusted Chicken Stuffed with Quinoa & Cranberries with Apple Gravy

## WALNUT CRUSTED CHICKEN STUFFED WITH QUINOA & CRANBERRIES WITH APPLE GRAVY

### RECIPE / LISA GUY

Chicken is a great lean protein source and is high in tryptophan, an amino acid needed to make serotonin and melatonin — two of the brain's calming and sleep-inducing neurotransmitters. Walnuts are a great source of omega-3 essential fatty acids, beneficial for brain function and memory, and for good cardiovascular health.

**Serves: 4**



1/3 cup quinoa, rinsed well  
 1 cup water  
 1/4 cup dried cranberries, roughly chopped  
 1/4 cup pistachios or almonds, roughly chopped  
 1/4 cup parsley, chopped  
 Juice 1/2 lemon  
 Zest 1 lemon  
 Pinch sea salt

2 organic chicken breasts, butterflied & flattened  
 Toothpicks or baking string  
 3/4 cup walnuts

#### Apple gravy

Cold-pressed olive oil  
 1 large onion, finely chopped  
 2 apples, peeled & cored, finely chopped  
 Small handful thyme  
 1 tbsp raw honey  
 1 heaped tbsp plain wholemeal flour

1 cup chicken stock  
 1/2 cup apple cider or apple juice

Preheat oven to 200°C and line baking tray with baking paper.

In a small saucepan bring water to the boil then add quinoa. Cover and simmer for 15 mins, until light and fluffy. Add a little extra water if needed. Set aside in a small bowl.

Add cranberries, pistachios, parsley, lemon juice and zest, and sea salt. Combine gently.

Spoon quinoa mixture down the centre of chicken breasts, then roll and fasten with toothpicks or baking string.

Blitz walnuts in food processor until a crumbly texture, then pour onto a plate. Roll chicken in walnuts, pressing firmly into the chicken.

Place chicken on baking tray and bake for 30 mins.

While chicken is cooking, start making gravy.

Heat a large frypan on medium heat with some olive oil. Add onion, apples and thyme, and cook for around 20 mins until soft, stirring often. Remove pan from heat and add a little water, honey and flour. Put pan back on heat and stir until well combined. Pour in stock and apple cider and mix well. Allow sauce to boil until it reaches desired thickness.

When chicken is cooked through, remove from oven and slice and serve with apple gravy on the side.

## PAN-FRIED BRUSSELS SPROUTS WITH PISTACHIOS & BACON

### RECIPE / LISA GUY

Brussels sprouts are super brassicas, meaning they're rich in sulphur compounds, the powerful antioxidants that support healthy liver function, and boost detoxification.

**Serves: 4**



400g Brussels sprouts, cut in half  
 1/4 cup pistachios, roughly chopped

Cold-pressed olive oil

2 rashers sulphur-free bacon, fat trimmed, diced

1 clove garlic, finely chopped

Juice 1/2 lemon

1 tbsp chopped parsley leaves

Place Brussels sprouts in a medium-sized bowl and cover with boiling water. Leave for 4 mins, then strain well.

In a frypan on medium heat, dry-roast pistachios and set aside in a small bowl.

Add a little olive oil to pan, then add bacon, cooking for a few minutes until it starts to go crispy. Set aside with pistachios.

Add Brussels sprouts and garlic to pan and cook for 5 mins, tossing regularly, until tender.

In a medium-sized bowl, add Brussels sprouts, pistachios and bacon, and toss with lemon juice and parsley.



*Lemon and parsley add flavour and antioxidant punch to this yummy side dish.*

Pan-fried Brussel Spouts with Pistachios & Bacon



Lisa's Festive Roast Vegies

### FESTIVE ROAST VEGIES RECIPE / LISA GUY

Orange vegetables are jam-packed with beta-carotene goodness, which has antioxidant and anti-inflammatory properties to help support immune health and reduce inflammation and oxidative stress in the body.

**Serves: 4**



- 1 medium orange sweet potato, skin on & cut lengthways into thick wedges
- 1 medium white sweet potato or 2 potatoes, skin on & cut lengthways into thick wedges
- 3 small beetroots, washed well, leaving some green stalk at the top, skin on & quartered
- 1 bunch baby carrots, some green stalk at the top
- 2 red onions, cut into quarters
- 1 bulb garlic, skin on, cut in half through the middle
- ¼ cup balsamic vinegar
- Cold-pressed olive oil
- Pinch sea salt
- Small handful fresh thyme

Preheat oven to 200°C and line 2 baking trays with baking paper.

Place vegetables and garlic on baking trays. Drizzle with a little olive oil, sprinkle on some sea salt and toss gently.

Bake vegetables for around 50 mins, flipping after 30 mins.

Remove from oven, cover vegies in balsamic vinegar and toss. Return to the oven for another 15 mins or until vegies are all cooked through.

Serve the vegies warm, topped with fresh thyme.

### HEALTHY MINI FRUITCAKES WITH CASHEW CREAM RECIPE / LISA GUY

This is a great healthy alternative to traditional fruitcake. The cake is an excellent source of dietary fibre, important for keeping cholesterol levels in check, and it promotes better digestive function and lowers your risk of bowel cancer. Mangoes are full of beta-carotene, which is converted to vitamin A in the body, to boost immunity and vision and improve the health of your skin.

**Makes: 12 mini fruitcakes**



- 240g fresh mango flesh, diced
- ⅔ cup orange juice, freshly squeezed
- 350g mixed sun-dried fruit (date, apple, pear, apricot, sultanas, cranberries), diced
- 1¼ cups self-raising wholemeal flour
- 1 tsp baking powder
- 1 tsp allspice
- 2 eggs, lightly beaten
- ½ cup almond flakes
- ½ cup crushed walnuts

#### Cashew nut cream

- 1 cup raw cashew nuts, soaked overnight in water
- ¼ cup coconut milk
- ½ tsp vanilla bean extract
- 1 heap tsp raw honey or maple syrup
- 12 cherries

Preheat oven to 180°C and lightly grease muffin tin. Place a cut-out circle of baking paper in the centre of each.

In saucepan over medium heat, add mango, orange juice and dried fruit. Cook for 5 mins, stirring frequently.

Place flour, baking powder and

allspice in a large bowl and combine the dry ingredients well.

Mix lightly beaten eggs through dry mix until well combined.

Gently mix through fruit mixture and almond flakes and walnuts.

Pour mixture into muffin holes and bake for around 30 mins.

While cakes are cooking start making cashew cream. Drain cashews and place them in food processor with coconut milk, vanilla and honey, and blend until a creamy, smooth consistency.

When cakes are cooked an inserted skewer should come out cleanly from the centre. Remove from oven, cover with foil and allow to cool completely. Once cooled, run a knife around outside of cakes and remove from tins, turning them upside down on a plate ready for decorating.

Top cakes with a good spoonful of cashew nut cream and a cherry.



*These tasty morsels are a delicious alternative to traditional fruit cake.*

Lisa's Healthy Mini Fruit Cakes with Cashew Cream



## RECIPES CHRISTMAS MEALS

### RAW BERRY & CHOCOLATE TORTE RECIPE / LEE HOLMES

If you want to make friends, this tantalising torte is a sure-fire way to do it. Who could resist a rich, chocolaty dessert that is completely guilt-free? You and your new best friends will be bursting with bliss after just one bite.

**Makes: 1 cake**



#### Base

- 1½ cups raw walnuts
- Zest 1 lemon
- ¼ cup melted extra-virgin coconut oil
- ½ cup dried berries
- 1 tsp stevia powder

#### Filling

- 1 cup raw unsalted cashews, soaked in water for 2 hours or overnight
- ⅓ cup raw cacao powder
- 115g cacao butter, grated & melted
- 2 tbsp rice-malt syrup or 1 tsp stevia powder
- 2 tbsp additive-free coconut milk
- Juice 1 lemon
- 2 cups mixed berries, plus extra, for decorating

To make base, place walnuts in a food processor and blend until finely chopped. Transfer to a bowl and add lemon zest.

Place coconut oil and dried berries in food processor and blend. Add to walnut mixture and combine well.

Press mixture into a 20cm springform cake tin and chill in the freezer for 30 mins.

To make filling, place all ingredients in food processor and blend until smooth.

Remove base from freezer and spoon filling over the top.

Chill for 2 hours in the fridge, or 1



Lee's Raw Berry & Chocolate Torte

*Keeps in the fridge for up to a week or in the freezer for two weeks.*

hour in the freezer, until set. Scatter over extra berries before serving.

This will keep in an airtight container for up to 1 week in the fridge, or 2 weeks in the freezer.

### OVER THE RAINBOW SALAD WITH TAHINI & LEMON DRESSING RECIPE / LEE HOLMES

Combine any raw vegies in this kaleidoscopic feast for a completely balanced meal. It's easy to throw together and deliciously healthy. The tahini and lemon dressing tastes so much better than any pre-packaged dressing you would buy in the grocery store, and it takes a nanosecond to prepare.

**Serves: 2**



- 2 cups mixed salad greens
- 1 red onion, sliced
- 1 small beetroot, thinly sliced or spiralsed
- ½ cup purple cabbage, shredded
- 1 red capsicum, seeds & membrane removed, diced
- 1 yellow capsicum, seeds & membrane removed, diced
- 1 carrot, thinly sliced or spiralsed
- 1 cucumber, diced
- 1 avocado, peeled, stone removed & sliced into wedges
- Sprinkle pepitas
- Handful bean sprouts
- 1 tbsp sesame seeds, to garnish

#### Tahini & Lemon Dressing

- ½ cup tahini
- 1 tbsp freshly squeezed lemon juice
- 5 drops stevia liquid
- 1 tsp Celtic sea salt, to taste

Place all salad ingredients, except sesame seeds, in a bowl and carefully mix together.

To make dressing, place all ingredients in a bowl with 60mL of filtered water and blend until a smooth paste forms. Add more filtered water, if required.

Dress salad, sprinkle over sesame seeds and serve immediately.



Lee's Over the Rainbow Salad with Tahini & Lemon Dressing



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12. **Eliminate Smelly Hands** - To get rid of garlic, onion or fishy smells from your hands, wet and then sprinkle on Bi-Carb. Rub hands together well. Rinse and dry.
13. **Clean Dirty Microwave** - Place a bowl filled with water and 2 tbs of Bi-Carb in your microwave. Cook on high for 1 minute. Wipe down the microwave with a clean cloth.
14. **Cleaning Non-Stick Pans** - Make a solution of 2 tbs Bi-Carb, 110ml vinegar, 225ml water. Put this mixture into the pan and boil for 10 minutes. Wash as normal.
15. **Non-Toxic Oven Cleaner** - Use Bi-Carb paste and scrub oven with a clean cloth. Rinse well. When clearing electric ovens be careful not to get any on the element as this may cause it to corrode.
16. **Deodorise Refrigerator** - Place a small open container of Bi-Carb in your fridge to eliminate unwanted food odours. Replace monthly.
17. **Cleaning Stainless Steel Appliances** - Rub stainless steel with a moist cloth and dry Bi-Carb to shine. Rinse and dry.
18. **Clean Baby Bottles** - Safely clean baby bottles by placing 2 tps of Bi-Carb into the bottle, pour in hot water, leave to soak then rinse well.
- Cleaning Stainless Sinks** - Sprinkle dry Bi-Carb on a damp sponge, scrub the sink and rinse clean.
- Cleaning Kids Lunch Boxes** - Use Bi-Carb solution to clean stained and smelly lunch boxes.
- Fire Extinguisher** - Scatter Bi-Carb by the fire to help put out small kitchen fires.

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Adam's Christmas  
Nut Roast



### CHRISTMAS NUT ROAST RECIPE / ADAM GUTHRIE

For the past 20 years this nut roast has been the centrepiece of our Christmas lunch. Make sure you make at least two because non-vegan family members take a piece, too, and always come back for seconds. You also want to ensure there are enough leftovers. The leftovers make great burgers grilled on the barbecue for a delicious Boxing Day lunch.

**Serves: 6**



- 1/3 cup almonds
- 1/3 cup cashews
- 1/3 cup walnuts
- 500g tofu
- 2 cups cooked brown rice
- 1 onion, finely chopped
- 2 garlic cloves, finely chopped
- 10 medium mushrooms, finely chopped
- 1 tbsp finely chopped fresh rosemary
- 1 tbsp finely chopped fresh sage
- 3 tbsp tamari
- Salt & pepper, to taste
- Baking paper

Heat oven to 180°C.

Place almonds, cashews and walnuts in a food processor and chop until they look like breadcrumbs, then place in a large mixing bowl. Add tofu and cooked rice and mash with your hands until they resemble a ricotta-type consistency.

Heat a frypan on a high heat. Add 1/2 of water and sauté onions and garlic until water evaporates.

Add mushrooms, rosemary and sage and sauté until mushrooms are soft.

Add all sautéed vegetables to nut, tofu and rice mixture. Mix in tamari and salt and pepper to taste.

Line a rectangular loaf tin with baking paper. Ensure all sides are lined and that there is plenty of paper overhanging the tin to fold over and enclose the top. Spoon in the nut roast mixture. Fold over the excess baking paper to completely cover the top of the mixture.

Bake for 45 mins, remove from oven and let stand for 5 mins. Place roast on a chopping board or platter. Slice and serve with gravy.

### VEGETABLES ROASTED WITH GARLIC & ROSEMARY RECIPE / ADAM GUTHRIE

Roast vegetables are so simple to make. I no longer use oil when roasting because I now follow a wholefood plant-based diet, which recommends no oil because it damages your endothelial cells and is calorie rich and nutrient poor. As a result of eliminating refined oils I was able to recover from a heart attack, no longer require medication, and lost 20kg.

**Serves: 4**



- 2 large potatoes, quartered
- 1/4 large pumpkin, chopped into 10cm cubes
- 2 large beetroots, peeled & quartered
- 2 large carrots, quartered lengthways
- 1 yellow pepper, cut into thick strips
- 1 red onion, peeled, cut into eighths
- 4 garlic cloves, chopped
- 2 large sprigs fresh rosemary
- Salt & pepper, to taste

Heat an oven to 200°C.

Place all the chopped vegetables onto baking trays. Add the rosemary sprigs and a few pinches of salt. Place in the oven and cook for 20 mins.

Remove the vegetables from the oven and turn the vegetables over. Then place them back in the oven and cook for a further 15 mins.

Adam's Vegetables  
Roasted with Garlic  
& Rosemary



## ZUCCHINI & TOMATOES SEASONED WITH MINT RECIPE / ADAM GUTHRIE

When I was a kid my mum used to cook zucchini, tomato and onion together. It was one of my favourite vegetable dishes to have with mashed potatoes. You can jazz it up by adding herbs. I've added mint to this Christmas version, but basil, oregano or marjoram would work well with tomato.

**Serves: 4**

GF O V VG

½ onion, finely diced  
1 garlic clove, chopped  
2 zucchini, cut into bite-size pieces  
2 cups cherry tomatoes, halved  
Handful fresh mint, roughly chopped  
2 tbsp water  
Salt & pepper, to taste

Heat a large frypan on a high heat and add onion and garlic. Add 2 tablespoons of water and sauté until water has evaporated and onions are golden brown.

Add zucchini and tomatoes and sauté until al dente, then add mint and season to taste.

Mix well and serve on a platter.

## FRUIT MINCE PIES RECIPE / DANIELLE MINNEBO

These fruit mince pies are a healthier and lighter version than your traditional fruit mince pies, so you can enjoy them without the guilt.

**Makes: 12 pies**

GF O V



Adam's Zucchini & Tomatoes Seasoned with Mint

*You can replace the mint with basil, oregano, or marjoram according to taste.*

### Pastry

1 cup almond meal  
½ cup tapioca flour  
¼ cup coconut flour  
4 tbsp coconut palm sugar  
150g butter, cut into small cubes  
1 egg, beaten (optional)

### Filling

1 apple, coarsely grated  
1 cup raisins  
1 cup sultanas  
½ cup mixed peel  
½ cup almond flakes  
Juice & rind 1 orange  
3 tbsp brandy (optional)  
1 tsp mixed spice  
1 tsp cinnamon

Preheat oven to 200°C.

In a large bowl, combine almond meal, tapioca flour, coconut flour and coconut palm sugar.

Add butter and, using fingertips, rub butter into dry ingredients. Be patient, as this will take time. Once butter is fully rubbed in you'll see dough start to come together.

Press dough into a large ball, cover with clingwrap and place in fridge for 15 mins to firm up. If mixture is crumbly and won't come together into a ball, just add a tiny bit of water and keep adding water until dough forms. Make sure not to add too much water; it should need no more than 2-3 tablespoons. This dough is crumblier than normal pastry dough.

Combine filling ingredients in a large bowl. Mix well and set aside.

Grease a 12-hole muffin tray with butter. Remove pastry from fridge and remove clingwrap. Flour the bench with tapioca flour and begin to gently roll out dough. Be gentle when rolling and don't be too concerned about cracks that appear. Roll out dough to about 3mm thick.

Cut 12 pastry circles and gently lift circles into muffin holes. The pastry will crack and crumble a bit as you move it to the muffin hole, but simply press into the bottom of the hole so it all comes together again with no holes or gaps.

Spoon 1 tablespoon of fruit mixture in each.

Top each pie with a triangle, star or circle of pastry. Before placing in oven, brush with beaten egg to help give the pastry a nice golden colour.

Bake for 20 mins, then cool completely before removing from muffin holes.

Danielle's  
Fruit Mince Pies





## RECIPES CHRISTMAS MEALS

### LAYERED QUINOA TRIFLE RECIPE / LEE HOLMES

Layers and layers of health-promoting ingredients make this Christmassy dessert one that you can indulge in all year round.

**Serves: 4**



- 100g quinoa, rinsed
- ½ tsp ground cinnamon
- Pinch Celtic sea salt
- ¼ cup unsweetened almond milk
- ½ tsp alcohol-free vanilla extract
- 6 drops stevia liquid or 1 tbsp rice-malt syrup
- 1 tbsp slivered almonds
- 2 bananas, sliced
- ½ cup Greek-style yoghurt
- 4 tbsp coconut flakes
- ½ cup mixed berries
- 1 tsp almond butter, melted
- 1 tbsp chia seeds, for sprinkling

Bring 1 cup water to the boil in a large saucepan. Add the quinoa, return to the boil, cover and reduce the heat to low for 12–15 mins or until all water has been absorbed. Remove from heat and set aside to cool.

Place quinoa in a bowl and stir through cinnamon and salt.

In a saucepan over medium–low



Lee's Layered Quinoa Trifle

heat, warm almond milk for 3–4 mins. Stir in vanilla as well as stevia or rice-malt syrup.

Add a couple of spoons of quinoa to four glass jars, or glasses. Mix through almond milk and follow with layers of slivered almonds, banana slices, yoghurt, coconut flakes and berries. Repeat until jars are full, with berries as top layer.

Top with melted almond butter and chia seeds.

### SLOW ROASTED LAMB WITH MINT & POMEGRANATE SALAD RECIPE / DANIELLE MINNEBO

Christmas dishes are often rich, heavy meals that leave you feeling full and bloated. This dish is the perfect alternative as it's fresh and light, with festive colours.

**Serves: 6**



- 2kg lamb leg
- 1 lemon, cut into wedges
- 1 onion, cut into quarters
- 1 tbsp ground cumin
- 1 tbsp dried mint
- 1 tsp sumac
- 1 tbsp ground coriander

- 1 tsp sea salt
- 2 cups fresh mint leaves
- 1 cup pomegranate seeds
- ½ cup pistachio nuts, roughly chopped

Preheat oven to 150°C.

Place leg of lamb into roasting dish and tuck lemon and onion pieces in around sides. Mix ground cumin, dried mint, sumac, ground coriander and sea salt together in a small bowl. Sprinkle lamb leg generously with spice mix, making sure that it's completely covered.

Cover roasting dish with foil, making sure sides are sealed. Roast for 3 hours, remove foil and continue to roast for another hour or until meat is tender and falling off the bone.

Shred meat from bone and place on large serving platter. Tuck fresh mint leaves in among the meat, creating little pockets of fresh mint. Scatter pomegranate seeds and pistachio nuts over the top.

Just before serving, pour some juices from roasting pan over lamb salad and serve remaining pan juices in a jug on the side.

Danielle's Slow Roasted Lamb with Mint & Pomegranate Salad



*A jug of festive glaze adds flavour and texture to your chicken.*

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## RECIPES CHRISTMAS MEALS

### BEETROOT, ORANGE & WALNUT TERRINE RECIPE / MEG THOMPSON

I got the inspiration for this meal from a similar terrine that used goat's cheese and beets. Adding the orange, nuts and herbs through the cheese gives it more texture and makes the flavours really interesting. This is a special dish that looks fabulous on the Christmas table.

**Serves: 6**



- 3 medium-large beetroots, ends trimmed
- 450g soft goat's cheese or chevre
- 1 clove garlic, peeled & grated
- 2 tbsp fresh dill, or more to taste
- 1 tsp lemon juice
- Sea salt & black pepper, to taste
- ¾ cup walnuts
- 1 orange, sliced & peeled

Preheat oven to 180°C.

Place beetroot in baking dish and add enough water to cover about 1cm of the beetroot. Cover with lid and bake at 180°C for an hour, or until just tender. Once cool, slice into half-centimetre slices.

Place goat's cheese, garlic, dill and lemon juice in a bowl and mash together to combine well. Add salt and pepper to taste.

Line a loaf tin with baking paper and use slices of beetroot to line bottom of tin. This will end up being the top of your terrine.

Spread on a layer of cheese mix, then another layer of beetroot slices.

After another layer of cheese, spread walnuts across, another layer of cheese and then orange slices.

You should have enough cheese to make another layer of cheese followed



Meg's Beetroot, Orange & Walnut Terrine

by a final layer of beetroot. This is just a recommended layering; you can mix it up as you like.

Fold over ends of baking paper to cover terrine and place in fridge for at least 4 hours, or overnight, to set.

Turn out terrine onto serving plate.

### GOLDEN ROAST CHICKEN WITH WILD RICE, CRANBERRY STUFFING & FESTIVE GLAZE RECIPE / MEG THOMPSON

A lovely, comforting dish that combines a delicious nourishing stuffing and a tangy glaze to serve.

**Serves: 4-6**



- Festive glaze**
- 1 cup orange juice
- ½ cup cranberry juice
- ½ cup red wine
- 2 tsp honey
- Sprig thyme
- Pinch sea salt

- Stuffing**
- 1 small brown onion, finely diced
- 1 tsp ghee

- 1 tbsp finely diced garlic
- 1 tbsp pine nuts
- 2 tbsp dried cranberries
- ½ tsp oregano
- ½ tsp thyme
- ½ tsp sea salt
- 1 cup cooked wild rice
- ¾ cup almond meal
- 1 egg, lightly beaten

- 1 chicken, approx. 1.3-1.5kg, room temperature
- 2 x ½ tsp sea salt
- 2 tbsp butter or ghee, melted
- 1 tbsp olive oil
- ½ tsp thyme
- 1 tsp finely diced garlic

Preheat oven to 200°C.

For glaze, place all ingredients in saucepan and simmer for 1 hour until reduced by 75 per cent. Strain through fine sieve. Set aside.

For stuffing, fry onion in ghee until soft. Set aside to cool.

Combine garlic, pine nuts, cranberries, oregano, thyme and salt in a medium bowl. Add rice, almond meal and onion and mix well before stirring egg through. Set aside.

Stuff chicken with prepared stuffing, then use baking string to tie legs together to hold stuffing in chicken.

Sprinkle half a teaspoon salt over chicken and gently massage into skin.

Place in oven safe dish and bake breast-side up for 25 mins per 500g.

Halfway through baking time, combine melted butter, olive oil, thyme garlic and salt. Using pastry brush, gently paint chicken with butter mixture until well covered. Return to oven to complete baking. Once ready, allow to stand for 10 mins before carving.

Serve with roast vegetables, citrus salad and jug of festive glaze.



Meg's Golden Roast Chicken with Wild Rice, Cranberry Stuffing & Festive Glaze



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Meg's Ancient Grain  
Salad with Trimmings



**ANCIENT GRAIN  
SALAD WITH TRIMMINGS**  
RECIPE / MEG THOMPSON

This salad is delicious, nourishing and full of protein, minerals, healthy fats and fibre. It's a guaranteed crowd pleaser in both taste and content. I'm a huge fan of crunch in salads and this dish delights with every mouthful.

**Serves: 2**



**Dressing**

¼ cup plain yoghurt

½ tsp cumin seeds, lightly toasted & crushed  
½ tbsp honey

¼ cup shelled pistachios  
½ cup almonds, chopped  
¼ cup pine nuts  
1 cup cooked quinoa (or farro, freekeh or brown rice)  
½ cup cooked du Puy lentils  
1 tbsp capers  
¼ cup dried cranberries, currants or fresh pomegranate arils  
4 tbsp fresh parsley, torn

1 tbsp lemon juice  
1 tbsp olive oil  
¼ tsp sea salt

Combine dressing ingredients and set aside.

Lightly toast pistachios, almonds and pine nuts.

Place all salad ingredients in a bowl and stir to combine.

Spoon over half the dressing and gently mix through.

Drizzle rest of dressing over and serve.



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**CELERY JUICE SHOTS**  
**RECIPE / KUVINGS AUSTRALIA**

**Serves: 1**



2 stalks celery  
½ lemon, with rind

Juice in Kuvings Whole Slow Juicer one stalk at a time until a smooth consistency. This shot is perfect for reducing inflammation of joints.

**KALE JUICE**  
**RECIPE / KUVINGS AUSTRALIA**

**Serves: 1**



3 stalks kale  
½ lemon, with rind  
Knob ginger, peeled  
5 Granny Smith apples

Juice kale first, then add other ingredients and juice. This juice tastes great and is full of health benefits.

**CARROT, CELERY, BROCCOLI,  
CUCUMBER & PEAR JUICE**  
**RECIPE / KUVINGS AUSTRALIA**

**Serves: 2**



2 carrots  
1 celery stalk  
1 cucumber  
1 broccoli, chopped  
1 pear, halved

Juice in Kuvings Whole Slow Juicer, alternating between carrots, celery, cucumber, broccoli and pear.

*For more information visit*  
[kuvings.net.au](http://kuvings.net.au)



Celery Juice Shot



Carrot, Celery, Broccoli,  
Cucumber & Pear Juice

Kale Juice



Adam's Hummus  
& Grilled  
Vegetable Salad

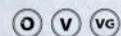
# Snacks for the guests

*When the guests arrive you want to feed them well before the main meal, so why open a packet when you can prepare fresh blackberry and ricotta crostini, "seanuts", mushroom and capsicum fajitas, or sesame sugar snap pea sticks?*

## **HUMMUS & GRILLED VEGETABLE SALAD RECIPE / ADAM GUTHRIE**

This is a great, delicious dish if you're having guests over. If you cook the vegetables and make the hummus a few days beforehand, a simple assembly on a platter is all you need to do.

**Serves: 8**



2 red capsicums  
1 zucchini, sliced lengthwise  
1 eggplant, halved lengthwise  
Juice 1 lemon  
1 garlic clove, finely chopped  
1 tsp sumac  
Handful mixed baby salad greens  
1 sourdough loaf or wholemeal  
Lebanese bread

### **Hummus**

2 garlic cloves, peeled  
¼ cup tahini  
½ cup lemon juice  
1 tbsp salt  
2 cups water  
3 cups cooked chickpeas

Place two red capsicums over open flame on gas stove or barbecue and char on all sides. When capsicums are charred, place in a plastic bag and let cool.

When capsicums are cool, peel off burnt skin while running under cold water. Remove core and seeds and slice capsicum into thin ribbons.

Heat skillet or frypan on high heat. Place zucchini strips on skillet and grill until char lines form on one side. Turn zucchini over and char other side.

Meanwhile, place strips of capsicum in a bowl. Squeeze lemon juice into a glass and add garlic, zucchini and capsicum.

Place eggplant slices on skillet and grill until charred on one side, then turn and char other side. Add grilled eggplant to bowl and add sumac. Mix well.

To make hummus, add all ingredients except water into food processor. Puree and slowly add 2 cups of water. Process until smooth.

To serve, spread hummus on a platter. Top hummus with grilled vegetables, then top vegetables with salad greens. Serve with sliced sourdough or wholemeal Lebanese bread.



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## RECIPES SNACKS FOR GUESTS

### SPICED NUT & SEED MIX RECIPE / LISA GUY

Nuts and seeds make an excellent protein-rich snack to help keep blood sugar levels balanced and sugar cravings at bay. They also provide plenty of zinc to support strong immune function and healthy skin, magnesium needed for energy production, and healthy fats.

**Makes: 2½ cups**

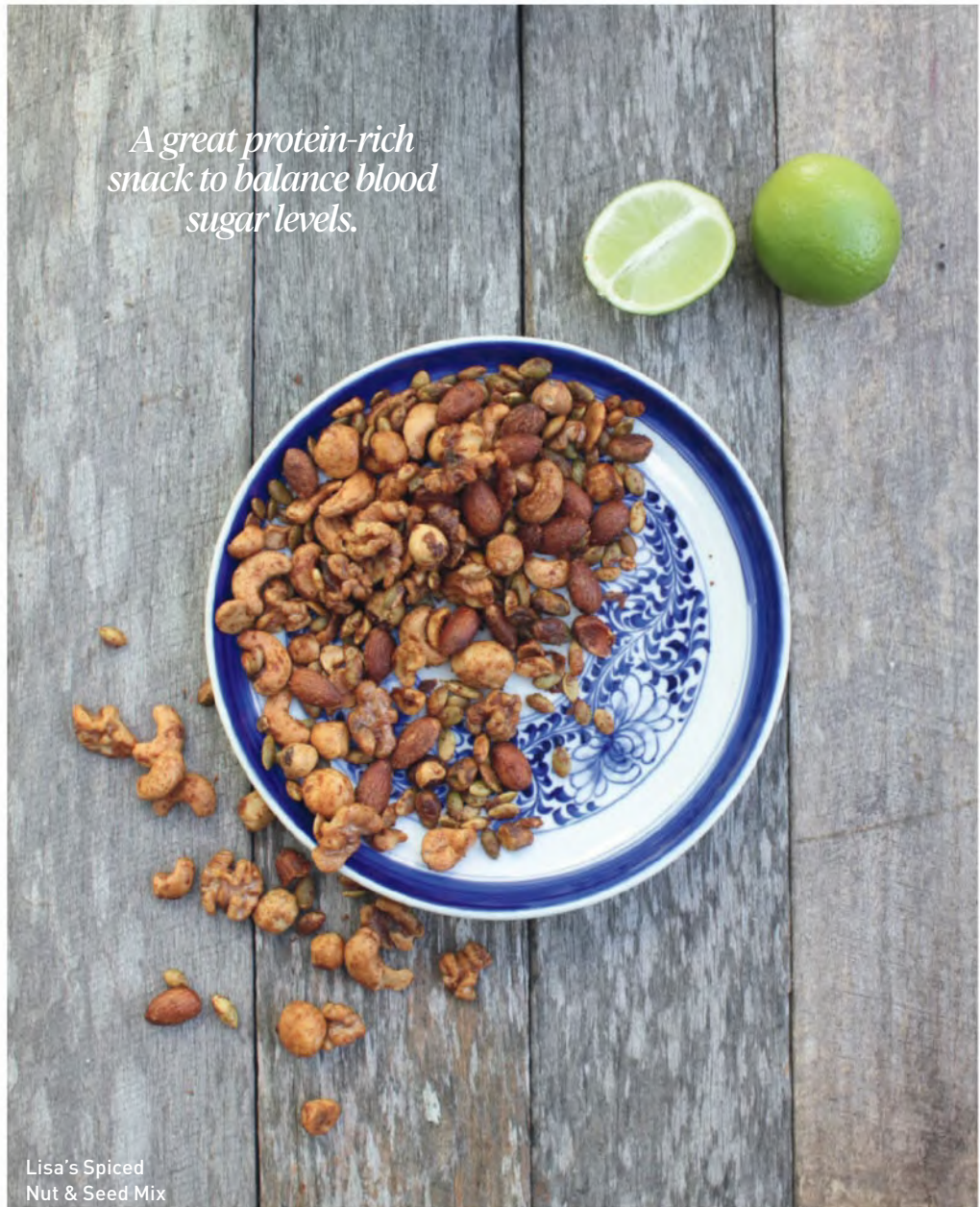
GF O V VG

- 1 tbsp coconut oil
- 1 tbsp maple syrup
- 1 tsp cayenne pepper
- ½ tsp sea salt
- 1 tsp paprika
- 1 tsp cumin
- 1 tsp cinnamon
- 2 cups raw mixed nuts (almonds, cashews, pistachios, walnuts,



Lisa's Beetroot Chips

*A great protein-rich snack to balance blood sugar levels.*



Lisa's Spiced Nut & Seed Mix

### hazelnuts, Brazil nuts) ¼ cup pumpkin seeds

Preheat oven to 160°C. Line baking tray with baking paper.

In a small bowl combine coconut oil, maple syrup and spices.

In a medium bowl combine nuts and seeds, then pour over maple syrup mixture. Gently toss until combined and nuts and seeds are well coated.

Pour mixture onto baking tray and spread out evenly.

Place in oven for around 20–25 mins, until nuts and seeds are lightly toasted. Toss nuts and seeds after 10 mins.

Allow nuts and seeds to cool before eating. You can store them in an airtight container in the fridge for up to 2 weeks.

### BEETROOT CHIPS RECIPE / LISA GUY

These tasty chips are a healthy alternative to commercial chips high in unhealthy fats and sodium. Beetroots are

rich in protective antioxidants and dietary fibre. Coconut oil is a healthy oil to cook with that won't turn into a harmful trans fat when heated.

**Serves: 2-3**

GF O V VG

### 2 large beetroots, washed & tops removed Cold-pressed coconut oil Sea salt

Preheat oven to 180°C and cover large baking tray with baking paper.

Very thinly slice beetroots with a mandolin.

Lightly brush beetroot slices with coconut oil and sprinkle with sea salt. Try to get beetroot slices as thin as possible and don't overdo the coconut oil or the chips won't go crispy.

Place on tray and bake for around 40 mins, flipping after 15 mins.

Allow to cool completely before eating so they go nice and crisp.



Lisa's Roast Pumpkin & Garlic Hummus

*Serve this hummus with crusty bread, crackers, or veggie sticks.*

## ROAST PUMPKIN & GARLIC HUMMUS

RECIPE / LISA GUY

Eating garlic regularly can help reduce cholesterol and triglyceride levels. Garlic also helps to thin the blood, which reduces the risk of heart attack. Garlic contains an active compound called allicin, which has potent immune-enhancing and antimicrobial properties. Crushing or cutting garlic activates the allicin.

**Serves: 6-8**

GF O V VG

- 3 garlic cloves, unpeeled
- 500g Kent or Jap pumpkin, peeled & cut into chunks
- 2 x 400g cans organic chickpeas, drained & rinsed
- ¼ cup tahini
- ¼ cup cold-pressed extra-virgin olive oil
- Juice 1 large lemon
- 1 tsp ground cumin

- 1 tsp paprika
- Pinch sea salt
- Flaxseeds, pepitas or chopped pistachios, to serve

Preheat oven to 200°C.

Put garlic and pumpkin pieces on baking tray lined with baking paper. Drizzle in a little olive oil and place in oven for around 40 mins, until golden and cooked through. Set aside to cool before adding to other ingredients.

Place chickpeas, tahini, olive oil, lemon juice, roast pumpkin, peeled garlic, spices, and a pinch of sea salt in food processor. Blend until hummus is smooth and well combined. Add a little water if too thick.

Place hummus on serving plate or bowl. Drizzle with olive oil and sprinkle with nuts or seeds of your choice. Serve with crusty bread, crackers or veggie sticks.

## BUTTERNUT COOKIES

RECIPE / LEE HOLMES

These dangerously delicious butternut cookies are a keeper, and will elicit a wow reaction from all. Amazingly, if they haven't been devoured by hungry mouths, they will stay crispy on the outside and gooey on the inside for days. Good to have on hand when unexpected visitors drop by. You can warm them in the oven for that just-baked feeling too.

**Makes: approx 24 cookies**

GF O V

- 1 cup coconut flour
- ¼ tsp gluten-free baking powder
- 1½ tsp stevia powder, plus extra to dust
- Pinch sea salt
- 200g cashew butter
- 4 eggs, lightly beaten
- 2½ tsp natural vanilla extract
- 2 tbsp coconut oil
- 2 tbsp coconut milk

Preheat oven to 175°C and grease baking tray.

In a bowl, mix together coconut flour, baking powder, stevia and salt.

Warm cashew butter slightly, then mix with eggs, vanilla, coconut oil and coconut milk until smooth.

Add to dry ingredients and mix well to form a dough. Roll out dough between two sheets of baking paper to a thickness of 6-8mm. Cut out shapes using cookie cutter and place on greased baking tray (these cookies won't spread during baking).

Bake for 20-25 mins, or until cookies are crisp and golden.

Leave to cool a while on tray before transferring to wire rack to cool completely. Dust with extra stevia if desired.

The cookies will keep in an airtight container for several days.



Lee's Butternut Cookies



Lee's Seanuts

**SEANUTS**  
**RECIPE / LEE HOLMES**

These remind me of the Asian snack ikan bilis: delicious dried anchovies often served with nuts. The addition of the sardines makes these nuts absolutely and undeniably delicious.

**Serves: 4**



- 2 cups almonds
- 2 x 45g tins sardines, chopped
- 8 garlic cloves, sliced
- 2 tbsp extra-virgin olive oil
- 1 tsp Celtic sea salt
- 6 drops stevia liquid
- 2 tbsp grated lime zest, plus extra for serving

Soak almonds in 750mL filtered warm water overnight (optional).  
Preheat oven to 200°C.  
Place all ingredients, except lime zest, in a bowl and stir to combine.  
Place almond mixture on baking tray and sprinkle with lime zest.  
Cook in oven for 25 mins, stirring after 15 mins.  
Remove from oven, transfer to bowl and serve sprinkled with additional lime zest, if desired.  
The seanuts will keep for 5–7 days in an airtight container.

**LOVE HEART CHOCOLATES**  
**RECIPE / LEE HOLMES**

When the superiority of homemade chocolate is so simple to achieve, it surprises me that people still choose to frequent confectionery aisles. Whether

you're indulging in a little self-love or wanting to impress that special someone, these creations exude adoration.

**Serves: 2**



- 40g shaved cacao butter
- ¼ cup coconut butter
- ¼ cup raw cacao powder
- 3 tbsp extra-virgin coconut oil
- 1 tbsp alcohol-free vanilla extract
- 10–12 drops stevia liquid, or 1 tsp powder, or to taste

To make dark chocolate, melt butters in a bowl over a saucepan of boiling water. Add other ingredients and whisk until smooth.

Place in love heart moulds and freeze for 30 mins.

Remove from freezer and wait a few minutes before popping chocolate out of moulds. If in hard moulds, tap bottoms until hearts fall out.

Alternatively, to make white chocolate, follow same method but omit cacao powder.

The chocolates will keep in the freezer for up to 1 month. You can make other versions to suit your taste by adding orange or peppermint extract, crushed raw almonds, walnuts or cashews.



Lee's Love Heart Chocolates

Photography by Steve Brown



## MUSHROOM & CAPSICUM FAJITAS

RECIPE / ADAM GUTHRIE

You can serve this dish as one big snack where everyone helps themselves and makes their own wraps, or you can cut the tortillas into triangles, bake them in the oven and serve them as chips alongside the other dishes as dips.

**Serves: 4**

GF O V VG

½ red onion, finely sliced  
2 garlic cloves, minced  
1 red capsicum, thinly sliced  
10 large mushrooms, thinly sliced  
Salt & pepper, to taste

### Salsa

¼ red onion, finely diced  
1 garlic clove, minced  
4 tomatoes, roughly chopped  
1 handful fresh coriander, leaves & stems chopped  
Pinch salt

### Guacamole

2 avocados, mashed  
4 tomatoes, roughly chopped  
1 garlic clove, minced  
Juice 2 small limes  
Pinch salt  
1 tsp red chilli, finely chopped  
8 corn tortillas, gluten-free if needed

Heat frypan and sauté onion, garlic and capsicum for two mins. Add 1 tablespoon of water and cook until it has evaporated.

Add mushrooms and sauté for 2 mins, then add salt and pepper. Mix well and set aside.

To make the salsa, place all ingredients into a bowl and mix well with a pinch of salt.

To make the guacamole, mix everything together in a bowl.

Place salsa, guacamole and cooked mushroom mixture in separate serving bowls. Place eight corn tortillas on a plate. Each person may serve themselves by placing a spoonful of each dish into a tortilla then wrap and enjoy.

## TLT (TEMPEH, LETTUCE, TOMATO SANDWICH)

RECIPE / ADAM GUTHRIE

If you are moving towards a plant-based diet and are craving a BLT, here's a vegan version. You can replace the tempeh with thinly sliced pieces of tofu for the same effect.

**Serves: 4**

GF O V VG

### Marinade

2 tbsp brown sugar or maple syrup  
¼ cup tamari  
2 tbsp balsamic vinegar

250g tempeh, thinly sliced  
2 cups cherry tomatoes, sliced  
1 small head lettuce  
8 slices sourdough bread, gluten-free if needed, toasted  
Egg-free mayonnaise or your favourite sauce  
Salt & pepper, to taste

Mix marinade ingredients together and pour over tempeh. Mix tempeh around to ensure it's all covered.

Heat frypan and add marinated tempeh strips. Turn over when brown on one side. Add left-over marinade and turn tempeh strips again. Cook until marinade is absorbed. Remove tempeh from pan and set aside.

Heat a clean frying pan on high heat. Add cherry tomatoes and sprinkle with salt and pepper to taste. Cook until brown and soft.

Place slice of toast on a board and top with lettuce, tempeh, tomatoes and your favourite sauce or mayonnaise. Top with a slice of toast and serve.

Adam's TLT (Tempeh, Lettuce, Tomato) Sandwich



*A delicious  
vegan version  
of a BLT.*





Meg's Carrot Pesto & Walnut Crostini

*Easy and quick to make but very satisfying.*

### CARROT PESTO & WALNUT CROSTINI

RECIPE / MEG THOMPSON

A delicious and vibrant snack, these are easy and quick to make and are nourishing enough to keep hungry visitors satisfied while they are waiting for your main event.

**Serves: 8**



- 4 medium carrots, washed, skin on & steamed until just tender
- 1 tbsp olive oil
- ¼ cup grated Parmesan cheese
- ¼ tsp sea salt
- ½ tsp ground cinnamon
- 8 slices good-quality bread, gluten-free if needed
- ½ cup walnuts

Place all ingredients except bread and walnuts into food processor and process until smooth.

Pop bread into oven or under grill to lightly toast, then allow to cool.

Spread carrot mix onto bread and top with walnuts.

### BLACKBERRY & RICOTTA CROSTINI

RECIPE / MEG THOMPSON

This dish is deliciously simple yet fabulously tasty. The slight tartness of the blackberries against the sweet ricotta and fresh mint is sure to be a crowd-pleaser.

**Serves: 8**



- ½ cup blackberries
- 1 tbsp orange juice
- 8 slices good-quality bread, gluten-free if needed
- 1½ cups ricotta
- 1 tbsp honey
- Handful fresh mint

Place blackberries and orange juice into small saucepan and cook over low heat for 5 mins, until berries have

softened but still maintain most of their form.

Pop bread into oven or under grill to lightly toast, then allow to cool completely. Spread bread with generous layer of ricotta and spoon over some blackberries.

Finish with drizzle of honey and sprinkling of mint.



Meg's Blackberry & Ricotta Crostini

Photography by Meg Thompson

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Meg's Summer  
Vegetable & Prosciutto  
Mini Frittatas



### SUMMER VEGETABLE & PROSCIUTTO MINI FRITTATAS

RECIPE / MEG THOMPSON

Almost a mini meal, these frittatas can be tweaked to your liking by adding or taking away any of the vegies, herbs or other ingredients.

**Makes: 6-8 mini frittatas**



1 corn ear, kernels removed  
1 small zucchini, diced  
¼ red capsicum, diced

¼ cup peas  
4 eggs  
Black pepper & sea salt, to taste  
1 tsp dried oregano  
Handful chopped fresh parsley or basil  
¼ cup olives  
3-4 slices prosciutto  
¼ cup feta

Preheat oven to 180°C and lightly grease large-hole muffin tin.

Place corn, zucchini, capsicum and peas in frypan and sauté until just tender.

Meanwhile, whisk together eggs and add pepper and salt, oregano, parsley/basil and olives.

Once ready, add vegetable mix to bowl.

Tear slices of prosciutto in halves and arrange one piece in each muffin tin hole.

Spoon over about ¼ of a cup of vegetable mix into each space.

Roughly crumble feta and divide between frittatas.

Bake for approximately 20 mins, or until egg is cooked.



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## Tuna Quinoa Salad

Serves 5

### Ingredients:

- 1/2 cup uncooked Lotus Organic Royal White Quinoa
- 1/2 cup uncooked Lotus Organic Royal Red Quinoa
- 2 cups water
- 3 cans of Wild Planet Albacore Tuna
- 1 jar of Global Organics Pesto Rosso
- 1 tbsp flat leaf parsley
- 1 cup of frozen peas
- 100g semi dried tomatoes
- Handful of basil leaf
- Fresh cracked black pepper, to taste

### Method:

Combine the quinoa, water and salt in a medium saucepan. Bring the water to a boil, then reduce to a simmer and cover for 15 minutes.

Remove from the heat, keeping the pan covered and let it stand for 5 minutes or until the remaining water is absorbed. Remove the lid and gently fluff the quinoa.

In a large pan with medium heat, toss together the quinoa, pesto, frozen peas and the tuna for few minutes, then mix in the rest of the ingredients. Season with salt and black pepper to taste.

Serve warm, at room temperature or chilled.



## SESAME SUGAR SNAP PEA STICKS

### RECIPE / MEG THOMPSON

I love sugar snap peas. They are delicious raw and add a fantastic crunch to any meal. Dressed simply with sesame seeds, they make a delicious snack any time of the day.

**Serves: 2-3**

GF O V VG

1 cup sugar snap peas, ends removed  
½ tsp sesame oil  
Pinch sea salt  
1 tbsp sesame seeds

Blanch peas in boiling water for 1 min, then drain and run under cold water to stop further cooking and maintain vibrant green colour.

Place in a bowl and add oil, salt and sesame seeds, tossing to coat. Serve as is or thread on a skewer for fun.

Meg's Sesame Sugar  
Snap Pea Sticks

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## SPONSOR RECIPES AUSTRALIAN BLUEBERRIES

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Blueberry & Chia  
Breakfast Pudding

### BLUEBERRY & CHIA BREAKFAST PUDDING WITH PISTACHIO, VANILLA & ROSEWATER RECIPE / AUSTRALIAN BLUEBERRIES

**Serves: 2**



#### Blueberry, Vanilla & Rosewater Jam

2 × 125g punnets Australian  
Blueberries

2 tsp honey, plus extra to drizzle  
(optional)

1½ tsp rosewater

½ vanilla bean, seeds scraped

#### Chia pudding

1¼ cups milk

1 tsp honey

4 cardamom pods, split

⅓ cup chia seeds

1 tbsp pistachios, finely chopped

Scoop natural yoghurt, to serve

¼ cup flaked almonds, lightly toasted

1 tbsp pistachios, coarsely chopped

To make blueberry jam, combine blueberries, honey, rosewater and vanilla in a small saucepan.

Set over low heat and gently simmer for 5–10 mins, until blueberries soften and begin to collapse to make a chunky

jam. Set aside to cool.

Prepare chia pudding by heating milk, honey and cardamom together in a small saucepan over low–medium heat for 3–4 mins, or until it reaches scalding point. Set aside to infuse for 10 mins.

Strain milk into a medium bowl, add chia seeds and stir to combine. Set aside for 10–15 mins, stirring occasionally to break up any lumps, until seeds absorb liquid and swell to make a thick pudding consistency. Add pistachios and stir.

To assemble, place a large spoonful of jam into base of two serving glasses or bowls. Cover with chia pudding and spoon over remaining jam.

Top with a dollop of yoghurt and sprinkle with toasted flaked almonds and pistachios.

Drizzle with honey for additional sweetness if desired.

### ENERGISER SMOOTHIE RECIPE / AUSTRALIAN BLUEBERRIES

**Serves: 2**



1 tbsp chia seeds

125mL coconut water

3 × 125g punnets Australian

Blueberries

½ avocado

½ frozen banana

½ cup coconut yoghurt

1 tbsp LSA

1 tbsp lemon juice

Mix together chia seeds and coconut water in a small bowl. Set them aside for 10–15 mins, until seeds absorb liquid and swell.

Combine chia seeds and remaining ingredients in a blender and blend until smooth and creamy.

Pour into glasses and drink immediately.



Energiser Smoothie



Superfood Salad

**SUPERFOOD SALAD**  
**RECIPE / AUSTRALIAN**  
**BLUEBERRIES**

**Serves: 4-6**



- ½ cup mixed quinoa, or red, black or white, soaked in cold water for 30 mins, drained & rinsed
- 2 cups red cabbage, finely shredded
- 2 cups kale, finely shredded
- 1 small beetroot, peeled & coarsely grated
- 2 x 125g punnets Australian Blueberries
- ½ cup almonds, roasted & coarsely chopped
- 1 large handful sunflower sprouts or pea shoots
- 1 large handful mint leaves, coarsely chopped
- ¼ cup pumpkin seeds
- 2 tbsp sunflower seeds
- 1 tbsp chia seeds
- 2 tsp sesame seeds
- 2 tsp caraway seeds
- 1 cup puffed amaranth or millet

**Dressing**

- Zest 1 orange
- Juice ½ orange juice
- ¼ cup pomegranate molasses
- 1 tbsp maple syrup
- ½ tsp sesame oil
- ⅓ cup rice-bran oil
- Sea salt & freshly ground black pepper

Place quinoa in a medium saucepan with 1 cup of water and bring to the boil. Decrease heat and gently simmer for 15–20 mins, until all liquid has been absorbed and quinoa is tender with a slight bite. Spread out on a large tray and set aside to cool.

Combine cabbage, kale, beetroot, blueberries, almonds, sunflower sprouts and mint in a large bowl.

Combine pumpkin, sunflower, chia, sesame and caraway seeds in a pan and toast over medium heat, stirring occasionally, until they colour and begin to pop. Set aside to cool.

To prepare dressing, combine orange zest and juice, pomegranate molasses, maple syrup and sesame oil in a small bowl. Gradually whisk in rice-bran oil to combine and make a thick dressing. Season with salt and pepper.

Add cooled seeds to the other salad ingredients. Pour over dressing and toss to coat. Add puffed amaranth and toss once more.

Serve immediately.

**BLUEBERRY BREAKFAST BAR**  
**RECIPE / AUSTRALIAN**  
**BLUEBERRIES**

**Makes: 12 bars**



- 1¼ cups plain flour
- 1 tsp ground cinnamon
- 1 tsp baking powder
- 2 cups rolled oats
- ¼ cup almonds, finely chopped
- ¼ cup pecans, finely chopped
- ¼ cup shredded coconut
- 2 tbsp pumpkin seeds
- 1 tbsp sunflower seeds
- ¾ cup rice-malt syrup
- 125g butter
- ½ tsp bicarb soda

**Filling**

- ¼ cup rice-malt syrup
- 40g butter, cubed & softened
- Zest & juice 1 lemon
- 2 tbsp plain flour
- ½ tsp ground cinnamon
- 4 x 125g punnets Australian Blueberries

Preheat oven to 180°C. Line a 20x30cm Swiss-roll pan with baking paper.

Sift flour, cinnamon and baking powder together into a large bowl. Add oats, almonds, pecans, coconut and pumpkin and sunflower seeds and stir to combine.

Melt rice-malt syrup and butter together in a small saucepan and stir in bicarbonate of soda. Pour into dry ingredients and stir to combine.

Using wet hands or back of a spoon, press half the oat mixture into base of prepared pan. Bake for 12 mins, or until golden-brown. Set aside to cool.

Meanwhile, to make filling, combine rice-malt syrup, butter, lemon zest and juice, flour and cinnamon in a medium bowl and mix until smooth. Add blueberries and stir to combine.

Spread filling over cooled base to cover completely. Scatter knobs of remaining oat mixture all over. Bake for a further 30–40 mins, until golden-brown and filling begins to bubble through topping.

Remove from oven and set aside to cool completely. Slice into 12 even-sized bars.

Eat as a snack or wrap in baking paper for breakfast on the go.

**For more information visit**  
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Blueberry Breakfast Bar



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**RUSTIC BAKED EGGS**  
RECIPE / CHRIS' DIPS

**Serves: 2**



- 1 tbsp olive oil
- 1 large onion, finely chopped
- 400g can cannellini beans, rinsed & drained
- 1 long red chilli, seeds removed & finely diced
- ½ red capsicum, cut into strips
- ½ green capsicum, cut into strips
- Salt & pepper
- 400g can chopped tomatoes
- 2 eggs
- Fresh sourdough loaf, gluten-free if needed, cut into thick slices
- 1 tub Chris' Down 2 Earth Spiced Roasted Carrot & Turmeric Dip
- Handful chopped parsley, to serve

Preheat oven to 200°C.

Heat oil in oven-safe frypan over medium heat, add onion and cook for 2–3 mins until softened. Add beans, chilli and capsicum, season with salt and pepper and cook for 2 mins.

Add tomatoes and cook for 3–4 mins until sauce is slightly reduced.



Rustic Baked Eggs

Break eggs carefully on top of vegetable sauce, place frypan in oven and bake for 20 mins (or until eggs are just set).

Lightly brush thick slices of sourdough with olive oil and place under preheated grill until lightly toasted.

Decant Spice Roasted Carrot & Turmeric Dip into serving bowl.

Top baked eggs with roughly chopped parsley, salt and pepper and serve immediately with toasted sourdough and dip on the side.

**GRILLED CHERMOULA CHICKEN SKEWERS**  
RECIPE / CHRIS' DIPS

*Chermoula is a Moroccan sauce made from coriander, parsley and various spices. It's typically used as a marinade with lamb, chicken or fish.*

**Serves: 4**



- ½ brown onion, roughly chopped
- ¼ cup fresh parsley leaves, roughly chopped
- ¼ cup fresh coriander leaves, roughly chopped
- 2 cloves garlic, roughly chopped
- 2 tbsp olive oil
- 2 tbsp fresh lemon juice
- 1 tbsp paprika
- 2 tsp ground cumin
- 2 tsp ground coriander
- ¼ tsp chilli flakes
- ¼ tsp turmeric
- ¼ tsp salt
- 6 boneless skinless chicken thighs, cut into bite-sized pieces
- Bamboo skewers, soaked in water
- 1 lemon, to serve
- 1 x 190g Tub of Chris' Down 2 Earth Sweet Potato & Harissa Hommus Dip

To make chermoula, in the bowl of a food processor, combine brown onion, parsley, coriander and garlic. Process until everything is finely chopped, then slowly drizzle in oil until mixture comes



Grilled Chermoula Chicken Skewers

together into a thick paste.

Add lemon juice, paprika, cumin, coriander, chilli flakes, turmeric and salt, and pulse 2–3 times to combine.

Transfer chicken to zip-lock plastic bag and add chermoula. Toss to coat chicken evenly with marinade, then transfer to refrigerator to marinate for at least 1 hour (or overnight if you're preparing in advance.)

Once nicely marinated, thread marinated chicken pieces onto skewers.

Preheat lightly oiled grill to medium-high. Cut lemon in halves and lightly grill. Put aside to serve with finished skewers.

Arrange skewers on hot grill and cook, turning occasionally, for 10–15 mins or until chicken is cooked through and golden-brown on the outside.

While chicken is grilling, decant Chris' Down 2 Earth Sweet Potato & Harissa Hommus Dip into a bowl. Serve as a dipping sauce alongside finished skewers.

**MISO & EGGPLANT  
OMELETTE HAND ROLLS**  
RECIPE / CHRIS' DIPS

**Serves: 4**



- 1 cup brown rice, rinsed well & drained
- 2¼ cups water
- 2 eggs
- 3 tsp toasted sesame oil
- 1 tbs unfiltered apple-cider vinegar
- 1 tsp granulated stevia
- ¼ cup Chris' Down 2 Earth Japanese Style Eggplant & Miso Dip
- 4 sheets nori seaweed
- ½ large carrot, peeled & julienned
- ½ red capsicum, julienned
- ¼ telegraph cucumber, julienned
- ½ avocado, thinly sliced
- Organic tamari, fresh chilli and white sesame seeds, to serve

Place the brown rice and water in small saucepan over high heat and bring to the boil. Reduce heat to low, cover and simmer for 25–30 mins, or until all water has been absorbed.

Beat eggs with 2 tsp of toasted sesame oil. Heat small frying pan over medium–high heat, add remaining 1 tsp of toasted sesame oil and swirl to coat base of pan. When heated through, add egg mixture and agitate with spatula to create scrambled eggs. Transfer to bowl and allow to cool.

Once rice has cooked, remove from heat and allow to cool for 5 mins. Add apple cider vinegar and stevia, stir and allow to cool.

Transfer Down 2 Earth Japanese

Style Miso & Eggplant Dip to a piping bag or plastic zip-lock bag with corner snipped off with scissors.

When everything has cooled to room temperature, cover a bamboo sushi mat with cling wrap (this will make it much easier to roll your hand rolls) and lay a sheet of nori on top with the rougher of the two surfaces facing up.

Carefully spread thin layer of rice over almost entire surface, leaving just 1cm border along top edge, furthest from you. In a straight and horizontal line, arrange small amount of carrot, capsicum, cucumber, egg and avocado across the length of the rice-covered nori sheet.

Pipe a layer of dip onto eggs and vegetables, then carefully roll up hand roll by folding bottom edge of mat over filling and pulling taut towards you. Continue to roll, constantly pulling taut until the entire nori sheet has been rolled up.

Serve hand rolls whole or sliced into rounds, with tamari, freshly sliced chilli and white sesame seeds, as desired.

**ROAST PUMPKIN &  
CHORIZO PIZZA**  
RECIPE / CHRIS' DIPS

**Serves: 4**



- 800g butternut pumpkin, peeled & cut into 1cm cubes
- 1 tbs cold-pressed coconut oil
- Salt & pepper
- 4 pizza bases
- 1 tub Chris' Down 2 Earth Sweet Potato



Roast Pumpkin & Chorizo Pizza

- & Harissa Hommus Dip
- 250g coarsely grated mozzarella
- 250g chorizo, thinly sliced
- 2 Roma tomatoes, finely sliced
- 1 bunch basil, roughly torn
- 80g rocket salad mix
- Lemon wedge, to serve
- Fresh herbs, to serve

Preheat oven to 200°C.

Place pumpkin on lined baking tray, top with coconut oil and season with salt, pepper and fresh herbs. Toss to combine.

Roast for 20 mins or until tender.

Place pizza bases on large baking trays. Spread with Chris' Down 2 Earth Sweet Potato & Harissa Hommus Dip. Top with mozzarella, chorizo, tomato, pumpkin and basil.

Bake for 10 mins or until golden and crisp. Top with rocket salad mix and a squeeze of lemon juice, and serve immediately.

**For more information visit**  
[eatloveshare.com.au](http://eatloveshare.com.au)



Miso & Eggplant  
Omelette Handrolls



The 12 Health gluten- and dairy-free vanilla muffin mix is an all-rounder that can be paired with any fresh flavour you like. With over 8g of protein per serve, naturally sweetened with NatVia, you'll feel great devouring these delicious muffin-based snacks.



**GINGERBREAD MUFFINS WITH  
LEMON COCONUT ICING**  
RECIPE / 12 HEALTH

**Serves: 6**



- 8g fresh ginger, finely sliced
- 80mL coconut oil
- 1/3 cup unsweetened apple sauce
- 1 bag 12 Health Vanilla Protein Muffin Mix
- 2 eggs or vegan replacement
- 1/3 cup almond milk
- 50g NatVia

- 1 can coconut cream, stored in fridge for 24 hours
- 2g lemon zest
- 40mL lemon juice
- Lemon slices, to serve (optional)

Preheat oven to 180°C and line or grease a six-pan muffin tray.

Place ginger in small pot, add coconut oil and apple sauce. Heat until coconut oil has melted, then stir.

Whisk eggs for 1 minute and combine with almond milk.

Pour 12 Health Vanilla Protein Muffin

Mix into large bowl, add coconut oil mixture, eggs and almond milk.

Spoon mixture evenly into muffin pan and bake for 14–16 mins or until cooked through. Set aside to cool.

To make icing, blitz NatVia in food processor until it resembles a fine powder.

Scrape hard coconut cream into bowl along with NatVia, lemon zest and juice. Blend with a stick blender until thickened.

Top each muffin with icing mixture and serve with a slice of lemon if desired.



Gingerbread Muffins  
with Lemon Coconut Icing



Cinnamon Jam Pro-Nuts

## CINNAMON JAM PRO-NUTS

RECIPE / 12 HEALTH

Serves: 12



### Chia jam

20g NatVia

1 cup raspberries, fresh or frozen, plus extra to serve

2 tbsp chia seeds

3 tbsp water

1 bag 12 Health Vanilla Protein Muffin Mix

60g NatVia

1 tbsp cinnamon

2 eggs or vegan replacement

$\frac{2}{3}$  cup almond milk

80mL coconut oil

To make chia jam, place jam ingredients in blender and blitz until smooth, adding more water if desired.

Pour mixture into small saucepan and heat over medium heat until mix begins to boil. Reduce heat and stir for 3–5 mins. Set aside to cool.

To make doughnuts, preheat oven to 180°C and grease non-stick doughnut pan with coconut oil.

Combine 12 Health Vanilla Protein Muffin Mix, NatVia and cinnamon in

large mixing bowl.

Whisk eggs, milk and coconut oil for one minute and add to dry mix, stirring until just combined.

Spoon mixture into doughnut pan, making sure to cover centre spike to enclose bottom of each doughnut.

Bake for 12–14 mins or until cooked though.

Pipe raspberry chia jam into centre of each doughnut and top with a fresh raspberry if desired.

**For more information visit**  
**[12health.com.au](http://12health.com.au)**

# Seafood

*Seafood is so fresh and healthy at the same time it is a wonderful part of your weekly meal planning. The great thing is that the sea offers such a diversity of options that your taste and flavour choices are almost infinite. You can try: almond crusted fish and chips, quick tuna cakes, buckwheat pasta with flaked trout, salmon chowder, and steamed prawn and shiitake mushroom dumplings just for starters.*

## **BUCKWHEAT PASTA WITH FLAKED TROUT RECIPE / LEE HOLMES**

This recipe is a healthy substitute for a number of ingredients. By swapping out traditional, white pasta and adding in nutrient-rich eggs and buckwheat pasta, this dish gains many health-giving properties. Crumbled goat's cheese gives a luxurious creamy taste and is freshened up with zesty lemon and chopped chives. This simple dish is wonderful for a simple dinner or filling lunch and also perfect for a healthy lunchbox.

**Serves: 2**



1 generous-sized fresh ocean trout fillet  
125g uncooked buckwheat pasta  
2 egg yolks  
Zest & juice 1 lemon  
Celtic sea salt  
Freshly ground black pepper  
1½ tbsp salted baby capers, rinsed  
2 tbsp extra-virgin olive oil, plus extra to serve  
2 large handfuls baby rocket  
2 tbsp chives, finely chopped  
90g crumbled goat's cheese  
½ lemon, cut into wedges

Line bamboo steamer with baking paper and steam trout over saucepan of gently simmering water for 5–6 mins, or until fish flakes when gently touched with a fork.

Remove from steamer, flake flesh a part with fork, removing any bones, and set aside.

Cook pasta according to packet instructions. Strain, reserving a little cooking water in saucepan.

Return pasta to saucepan and quickly stir through egg yolks, lemon juice and zest, and a generous pinch of Celtic sea salt and pepper. Gently stir through flaked trout and capers and add olive oil.

To serve, mix rocket, chives, goat's cheese and extra olive oil, if desired, through pasta and pop a wedge of lemon on the side.

It's delicious served with a simple green salad.



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Lisa's Healthy Fish & Chips with Tartar Sauce

## HEALTHY FISH & CHIPS WITH TARTAR SAUCE

### RECIPE / LISA GUY

This delicious dish is a great alternative to greasy takeaway fish and chips, which are loaded with harmful trans fats that raise your risk of heart disease and cancer. In this meal you'll get a good dose of healthy polyunsaturated fats, including beneficial omega-3s, needed for healthy cardiovascular and brain function.

**Serves: 4**



Cold-pressed olive oil

3 large sweet potatoes, cut into thick strips

Pinch sea salt & black pepper

1–2 tbsp paprika

1 cup raw whole almonds, roughly chopped

3 tbsp coriander seeds

3 tbsp cumin seeds

¼ cup sesame seeds

4 small white fish fillets, from a sustainable source

#### Tartar sauce

½ cup Greek yoghurt

1½ tbsp capers, roughly chopped

1 heaped tsp Dijon mustard

1 small shallot, finely chopped

1 tsp finely chopped parsley leaves

1 tbsp lemon juice & zest

Preheat oven to 200°C and line 2 baking trays with baking paper.

Drizzle potatoes with a little olive oil and sea salt, then place on baking tray. Sprinkle with paprika and cook for around 40 mins.

Dry-roast almonds, coriander and

cumin seeds in a frying pan and add sesame seeds at the end. Place nuts and seeds in food processor and blitz to a crumbly consistency with small pieces. Pour mixture onto a plate.

Place fish fillets on a separate plate and drizzle over a little olive oil. Place fillets one at a time in nut mixture and press into fish. Place fish on baking tray and bake for around 20 mins until fish is cooked through.

To make tartar sauce, mix together all sauce ingredients in a small bowl and serve with fish and chips.

## SALMON CAKES TOPPED WITH AVOCADO & PINEAPPLE SALSA

### RECIPE / LISA GUY

Oily fish like salmon is jam-packed with beneficial unsaturated omega-3 fatty acids, which are highly beneficial for cardiovascular health. These good fats help reduce inflammation that can damage blood vessels, help to lower triglyceride levels and blood pressure, and reduce blood clotting and artery calcification, reducing the risk of stroke and heart disease.

**Makes: 12 small fishcakes**



2 large potatoes, cut into chunks

Olive oil

350g boneless salmon fillets (around 3 fillets)

1 tsp English mustard

Zest & juice ½ lemon

Small handful fresh coriander or parsley leaves, roughly chopped

1 spring onion, finely chopped

#### Salsa

1 avocado, diced

1 cup small diced pineapple

Juice & zest 1 lime

¼ small red onion, finely diced

¼ cup roughly chopped coriander leaves

Cook potatoes in a medium pot of boiling water for around 15 mins, until tender. Drain and put in a medium bowl, then roughly mash.

In a frypan on medium heat, splash a little olive oil and cook salmon for 4–5 mins each side. Don't overcook. Put salmon on a plate and break into smaller pieces.

Add mustard, lemon juice and zest, coriander, spring onion and salmon to potato, and combine.

Shape into small fish cakes, around ¼ of a cup of mixture for each. Dust with a little flour then cook in a frypan with olive oil on medium heat for around 3–4 mins each side.

For the salsa, combine all ingredients in a medium bowl then top each fishcake to serve.



Lisa's Salmon Cakes Topped with Avocado & Pineapple Salsa

## STEAMED PRAWN & SHIITAKE MUSHROOM DUMPLINGS

RECIPE / LISA GUY

Shiitake mushrooms have been found to boost the immune system and kill off viruses and bacteria. Prawns supply zinc, which boosts immune function and enhances fertility and reproductive health, omega-3 fats for better memory and brain function, and protein needed to repair and rejuvenate the body.

**Makes: 24 dumplings**



- ¼ cup dried shiitake mushroom pieces
- 300g green tiger prawns, shelled & deveined, tails removed, roughly chopped
- Big handful baby spinach
- 2 shallots, finely chopped
- 1 tsp grated ginger
- 1 garlic clove, finely chopped
- ½ tbsp tamari
- 24 wonton wrappers

Photography by Cath Muscat & Lisa Guy



*Dip your fingers in water before “pinching” your dumplings.*

Lisa's Steamed Prawn & Shiitake Mushroom Dumplings

Soak dried shiitake mushrooms in boiling water for 30 mins. Drain and place in food processor.

Place prawns in food processor and add spinach, shallots, ginger, garlic and tamari. Blitz until combined but still a little chunky.

Add 2 teaspoons of mixture in centre of each wonton wrapper. Dip your finger in some water and run it along the sides of the wrapper and then bring edges together and twist.

Once you have made all dumplings, cut out a circle of baking paper to put inside bamboo steamer, then place dumplings on paper. You'll have to do them in lots unless you have a multi-storey steamer. Bring some water to boil in a frypan and sit steamer in the middle. Steam each lot of dumplings for around 9 mins. Delicious served with steamed Asian greens.

## SALMON CHOWDER RECIPE / LEE HOLMES

Chow down on this chowder to experience the gut-healing effects of wild-caught salmon. The fatty acids in salmon have been linked to protection against several gastrointestinal diseases through their anti-inflammatory activity and their ability to boost healthy microorganisms in the gut.

**Serves: 4**



- 1 tbsp extra-virgin coconut oil
- 4 salmon fillets, skin & bones removed

- ½ onion, diced
- 2 garlic cloves, chopped
- 1 celery stalk, diced
- ½ tsp curry powder
- 1L chicken stock
- 2 turnips, peeled & cut into 2.5cm cubes
- 1 tsp dried parsley
- 1 cup additive-free coconut milk
- Celtic sea salt & freshly cracked black pepper, to taste
- Fresh flat-leaf parsley or micro parsley, to garnish

Melt half the coconut oil in a large frying pan over medium heat. Add salmon and cook for 3 mins on each side or until just cooked. Set aside until cool enough to handle, then flake into pieces.

Melt remaining oil in a large saucepan over medium heat. Add onion, garlic, celery and curry powder, and cook, stirring frequently, for 3–4 mins or until onion is translucent. Add stock, turnip and parsley, and cook, covered, for 20 mins or until turnip is soft.

Add coconut milk and stir to combine, then remove from the heat and allow to cool slightly. Transfer to food processor or blender and purée until smooth. Add flaked salmon to puréed mixture.

Season to taste, garnish with fresh parsley, and serve.

Lee's Salmon Chowder



Meg's Smoked Trout Dip

*This dip is a nourishing and sustaining snack for adults and kids.*



**SMOKED TROUT DIP**  
**RECIPE / MEG THOMPSON**

Full of protein and healthy fats, this dip makes a nourishing and sustaining snack that suits both adults and kids alike. The dip is great on its own or delicious as the base for an open-style sandwich.

**Serves: 2**



- 100g smoked trout
- 2 tbsp plain yoghurt
- 1-2 tsp dill, roughly chopped
- 1 tsp lemon juice
- ½ tsp lemon zest
- Freshly cracked black pepper & sea salt, to taste
- 1 tbsp lightly toasted pine nuts or sunflower seeds

Flake trout with a fork and set aside.

Combine all ingredients except pine nuts, then gently stir through trout.

Serve topped with pine nuts along with your favourite cracker, bread, wrap or crudité's.

**WHOLE BAKED SALMON**  
**WITH PARSLEY & WALNUTS**  
**RECIPE / LEE HOLMES**

Salmon is a great source of protein and contains minerals such as iodine, potassium and zinc. Salmon contains omega-3 fats which are the ultimate anti-ageing nutrient. They also form a large part of the structure of your brain and nerve tissues. For optimum health benefits salmon should be consumed at least three times a week.

**Serves: 8**



- 3-4kg fresh whole salmon, scaled & gutted
- 1 small bunch flat-leaf parsley, chopped
- 1 cup whole walnuts
- 3 tbsp extra-virgin olive oil
- 3 lemons, 2 sliced
- Celtic sea salt & freshly ground black pepper, to taste

Preheat oven to 180°C.

Wash salmon and pat dry with paper towel inside and out.

With a knife, make slices into the salmon and fill with parsley and walnuts.

Place foil on large baking tray. Place fish on top in the centre or diagonally if too large. Drizzle oil and squeeze lemon on top.

Place a few slices of lemon inside salmon and on top and season well.

Wrap the foil to make a loose parcel.

Bake for 30 mins or until cooked through. To check that the fish is cooked, take a clean skewer and push it into the deepest part of the fish, just behind the head.

Remove foil and squeeze extra lemon and olive oil over fish.



Lee's Whole Baked Salmon with Parsley & Walnuts

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**TUNA FISHCAKES**

**RECIPE / DANIELLE MINNEBO**

This is the perfect meal if you need to put dinner on the table in 30 minutes. Just serve with some fresh salad greens and avocado.

**Serves: 3**



- 90g tinned tuna in olive oil
- ½ zucchini, finely grated
- ½ red onion, finely diced
- 1 tbsp fresh dill, chopped
- 1 tbsp fresh chives, chopped
- 2 tbsp capers, chopped
- 3 eggs
- 2 tsp Dijon mustard
- 3 tbsp coconut flour
- Pinch salt & pepper

Add all ingredients to a bowl, including tuna olive oil, and mix together until well combined. If you only have tuna in brine, drain it, and you will only need to add 2 tablespoons of coconut flour as the mixture will be too dry otherwise.

Heat a little olive oil in a large frypan, add 1 tablespoon of mixture and shape into a round cake. Continue until you have 4 fishcakes in the frypan. Cook fishcakes on each side until golden-brown. You'll get about 8 fishcakes from this mixture.

Serve fishcakes with chopped avocado, fresh salad and a wedge of lemon.

**JERK SALMON OVER QUINOA SALAD**

**RECIPE / DANIELLE MINNEBO**

The jerk seasoning gives this salmon a nice kick of heat and a beautiful caramel colour when cooked. It's a fun and fresh dish served with an easy quinoa salad.



Danielle's Tuna Fish Cakes

**Serves: 4**



**Jerk mix**

- 1 tsp allspice berries, whole
- 1 tsp peppercorns, whole
- 1 clove garlic, whole
- 1 tbsp olive oil
- 1 tsp ground ginger
- ½ tsp chilli powder
- 2 tsp coconut palm sugar
- ½ tsp sea salt

**4 salmon fillets**

- 1 tbsp olive oil
- 1 red onion, finely diced
- ½ tsp sea salt
- 1 tsp ground ginger
- 1 tsp smoked paprika

**1 cup quinoa**

**3 cups water**

**Handful fresh coriander, chopped**

**1 avocado, roughly chopped**

**1 lemon or lime, cut into wedges**

**2 cups kale**

To make the seasoning, add allspice berries, peppercorns and garlic to mortar and pestle and grind to a fine paste. Combine olive oil, ground ginger, chilli powder, coconut palm sugar and sea salt. Continue to grind until well combined. Coat salmon pieces in spice mix and set aside.

To a saucepan, add olive oil, red onion and sea salt, and cook over medium heat for 5 mins.

Add ginger, smoked paprika and quinoa and cook for 30 secs, stirring the mixture continuously.

Add 3 cups of water and bring to a simmer. Simmer for 15 mins until most of the water has been absorbed. Remove from heat, cover with lid and set aside for 10 mins.

Heat some olive oil in a frypan over medium heat and cook salmon fillets for 5 mins on each side.

Fluff quinoa with a fork and mix through chopped coriander.

To serve, place a large handful of kale into the bottom of a large bowl, top with a serving of quinoa, a grilled salmon fillet, chopped avocado and some extra coriander. Serve with a wedge of lemon or lime.



Danielle's Jerk Salmon over Quinoa Salad

# Shake it off

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Meg's Lemony Salt  
& Pepper Fish



*This dish is great to serve  
alongside veges or your  
favourite grain.*

Meg's Zesty Prawns with Zucchini Noodles & Coriander Pesto



*This meal is easy, quick to prepare and loaded with protein and healthy fats.*

### LEMONY SALT & PEPPER FISH RECIPE / MEG THOMPSON

As a quick and easy way to cook any white fish, this dish is great to serve alongside vegies or your favourite grain. Add extra black pepper at the end if you like it really peppery.

**Serves: 3**



- 2 cloves garlic, peeled & roughly sliced
- ½ chilli, seeded & sliced
- 2 tbsp ghee
- Zest & wedges 1 lemon
- 12–15 cherry tomatoes
- 450–500g firm white fish, cut into pieces
- ½ tsp sea salt
- ½ tsp cracked black pepper, or more to taste
- 2 tbsp fresh dill, torn

In a frypan, sauté garlic, chilli and ghee over low–medium heat for 2 mins, until soft.

Add lemon zest and tomatoes and cook for another minute.

Sprinkle fish with salt and pepper.

Increase heat to medium–high and

add fish to frypan — you may need to cook in 2 batches depending on size of pan.

Cook for 2–3 mins on each side, or until fish is cooked to your liking.

Transfer to serving plates and serve topped with fresh dill, lemon wedges and extra black pepper if desired.

### ZESTY PRAWNS WITH ZUCCHINI NOODLES & CORIANDER PESTO RECIPE / MEG THOMPSON

Light and fresh, this meal is easy and quick to prepare and boasts protein, healthy fats, fibre and a great amount of leafy greens.

**Serves: 2**



#### Pesto

- ½ cup coriander
- ¼ cup rocket
- ½ cup raw cashews
- ¼ cup olive oil
- ¼ tsp sea salt
- ¼ tsp maple syrup
- 1–2 tsp lemon juice
- 8 prawns, peeled & heads removed

¼ tsp sea salt & black pepper, to taste

Juice ½ lemon

1 large zucchini

1 large clove garlic, peeled & chopped

1 red chilli, sliced

1 avocado, sliced

To make pesto, combine all ingredients in food processor or blender and blend until smooth. Taste and add seasoning if needed.

Place prawns in a bowl and sprinkle over sea salt, black pepper and lemon juice. Set aside.

Using spiraliser or vegetable peeler, make zucchini into noodles.

Transfer to a bowl and add pesto, stirring through to coat noodles as evenly as you can.

Heat frypan to medium–high heat and add the garlic and chilli. Cook for 2 mins, then add prawns. Cook for 2 mins on each side, then remove and arrange on top of noodles.

Serve topped with avocado and lemon wedge.



*Salmon contains omega-3  
fats which are beneficial  
for good eyesight.*

*We are passionate about  
health, for everyone*



Serving suggestion only




## Fruit Free Clusters

Food for Health's fruit free clusters were created by our founder, and naturopath, Narelle... so they are not only made with healthy nutritious ingredients, but they are also made with passion and plenty of love!

The clusters are a delicious mix of chia, hazelnuts, almonds, pecans, buckwheat and linseeds. They are gluten free and fructose free and have a delicious nutty cinnamon flavour, perfect accompanied with yoghurt for a healthy start to your day.

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Banana Coconut Protein Smoothie



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Banana Bread

**BANANA BREAD**  
RECIPE / GLOBAL ORGANICS

**Serves: 10**



- 3 over-ripe bananas
- 5 tbsp organic honey
- 6 tbsp Global Organics Raw Coconut Oil, slightly melted, more to serve
- 1 tbsp vanilla
- 4 eggs
- 1 cup Global Organics Coconut Flour
- ¼ tsp sea salt
- 2 tsp cinnamon
- ½ tsp bicarb soda
- Fresh berries, to serve

Preheat oven to 190°C. Oil a large rectangular bread tin, then line with baking paper.

Mash bananas in a bowl and stir through honey, coconut oil, vanilla and eggs. Add coconut flour, sea salt, cinnamon and bicarb soda and stir until combined.

Spoon batter into lined baking tin. Cook for 1 hour until edges are golden

brown. Remove from the oven and let cool in tin, then turn out onto a wire rack.

Serve warm with a spread of Global Organics Coconut Oil and berries.

**RAW COCONUT CHOC BALLS**  
RECIPE / GLOBAL ORGANICS

**Serves: 12**



- ½ cup walnuts
- ½ cup almonds
- 12 medjool dates, pitted
- 2 tbsp cacao
- 1 tbsp Global Organics Raw Coconut Oil
- 1 tsp vanilla
- 1 cup Global Organics Shredded Coconut

In a food processor, process nuts until crumbly pieces form and pour into bowl.

Place dates in food processor and process until sliced into small pieces with a sticky consistency. Add nuts to dates with cacao powder, coconut oil, 2 tablespoons of shredded coconut and vanilla. Pulse until combined.

Form mixture into small bite-sized balls and roll balls over remaining shredded coconut so it sticks to the outside. Refrigerate to serve.

This recipe can also be made into bars.



Raw Coconut Choc Balls

Sweet Potato  
& Coconut  
Cream Soup



### SWEET POTATO & COCONUT CREAM SOUP RECIPE / GLOBAL ORGANICS

Serves: 4



1 tbsp Global Organics Raw Coconut Oil  
1 onion, peeled & finely chopped  
1 garlic clove, crushed  
1.25cm piece ginger, peeled  
750g sweet potato, peeled & diced  
1 tbsp lemongrass, chopped  
600mL low-sodium vegetable stock  
600mL Global Organics Coconut Cream  
½ lime, juiced  
Himalayan salt & black pepper, to taste  
Pepitas, to serve  
Basil leaves, to serve

Heat coconut oil in large saucepan and gently fry onion, garlic and ginger for 5 mins. Add sweet potato and lemongrass and cook for further 5 mins.

Add stock and bring to boil. Reduce heat and simmer, covered, for 20 mins until vegetables are tender.

Cool the soup slightly, then place in a blender with half of the coconut cream and process until smooth. Return soup to saucepan and add remaining coconut cream. Heat soup to just before boiling point and add lime juice and salt and pepper to taste.

Serve in bowls and garnish with pepitas and basil.

### LEMON CREAM BARS RECIPE / GLOBAL ORGANICS

Serves: 9



#### Crust

½ cup raw almonds  
1 medjool dates, pitted  
¾ cup Global Organics Coconut Flour  
6 tbsp Global Organics Raw Coconut Oil, melted

#### Lemon Coconut Filling

2 cups Global Organics Coconut Cream

3 tsp lemon zest  
¼ cup lemon juice  
1-2 tbsp Global Organics Maple Syrup  
¼ cup Global Organics Shredded Coconut

Preheat oven to 175°C and line a 20×20cm pan with baking paper.

In a food processor, pulse almonds and dates until finely chopped. Don't pulse for too long or you will end up with almond butter.

In a medium mixing bowl, combine the coconut flour with the coconut oil until a smooth paste forms. Stir in almonds and dates and press into base of prepared pan.

Bake crust in oven for roughly 8 mins or until edges have browned. Remove from oven and allow to cool.

Meanwhile, add coconut cream, lemon zest, lemon juice and maple syrup to food processor. Process until smooth. Taste filling and add more maple syrup or lemon juice if needed to get desired flavour.

Pour filling over crust. Spread across pan. Sprinkle with shredded coconut and lightly press into filling.

Place pan in freezer for an hour until filling has set completely. Cut into bars and carefully remove from pan, place on a different plate and set in fridge.

For more information, visit [globalorganics.com.au](http://globalorganics.com.au)



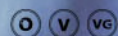
# Moroccan style

*Thanks to its cultural history and geography Moroccan cuisine is a blend of many influences including Arabic, Moorish, Berber and Mediterranean. The results is a unique and delicious blend of foods usually showcasing spices, featuring recipes like lamb and lentil soup, tofu ball tagine, cauliflower couscous, chermoula swordfish, and harissa lamb cutlets.*

## **SWEET POTATO, MUSHROOM & DATE TAGINE RECIPE / ADAM GUTHRIE**

When making vegetable tagines, the combinations are endless. As long as you have the base flavour profiles of cinnamon, cumin, mint, parsley, preserved lemon, thyme, cloves or any combination of these along with any of your favourite vegetables, you will be able to make a great tagine.

### **Serves: 4**



1 onion, finely sliced  
2 garlic cloves, finely sliced

2 tsp fresh ginger, grated  
1 tbsp ground cumin  
2 tsp ground paprika  
1 tsp cinnamon  
2 whole cloves  
1 tbsp preserved lemon  
2 cups vegetable stock  
4 large portobello mushrooms, cut into big chunks  
1 large sweet potato, cut into bite-size cubes  
2 parsnips, sliced into 1cm thick rounds  
6 fresh medjool dates, pips removed, cut in halves  
2 cups wholemeal couscous, cooked  
A few fresh coriander sprigs

Heat tagine or regular pot over a high heat. Add onion, garlic and ginger and spread around pan. Add cumin, paprika, cinnamon, cloves and preserved lemon and stir.

Add vegetable stock, mushrooms, sweet potato, parsnips and dates, then cover.

After 10 mins, stir and cook for about another 5 mins or until sweet potato and parsnips are soft. Casserole should be thick and juicy.

Serve with wholemeal couscous and top with a sprig of fresh coriander.

Adam's Sweet Potato, Mushroom & Date Tagine

PEACE

# Buderim Ginger™

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## Merry Christmas

Partridge in the pear tree

Naked Ginger

French Hens

Calling Birds

Golden Rings

Geese a laying

Ginger Marmalade

Maids Milk

Ginger Refresher

Lord of the Leaps

Ginger Beer

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Christie's Chermoula  
Swordfish with Carrot  
Salad & Avocado Puree

*If you have some  
marinade left over,  
store it in the fridge for  
up to a week and use  
it on chicken or baked  
eggplant.*

### MOROCCAN-SPICED PUMPKIN CURRY RECIPE / CHRISTIE CONNELLY

A heavily spiced, but light textured tomato-based curry that can be ready in less than half an hour, this is the perfect mid-week vegetarian meal that can be adapted to suit your family's favourite vegies. Be guided by the seasons and swap pumpkin for sweet potato or beans for broccoli.

**Serves: 4**



#### Simple Moroccan spice mix

1 tsp each of ground cumin, ground coriander, ground cinnamon, ground ginger & ground turmeric  
½ tsp each of ground chilli powder, ground nutmeg & ground white pepper

1 tbsp olive oil  
1 brown onion, diced  
400g can diced tomatoes  
1kg pumpkin (whole weight), peeled, deseeded & diced  
400g can chickpeas, drained & rinsed  
100g green beans, sliced into short lengths  
Salt, to taste  
4 tbsp plain yoghurt, to serve  
Coriander leaves, to garnish  
Cooked couscous or rice, to serve

Make spice mix by combining all spices in a small bowl, stir well and set aside.

Heat olive oil in a deep, heavy-based saucepan and fry onion for 5 mins until golden brown. Add spice mix and stir to coat onion, then add can of diced tomatoes. Fill empty can with water and pour in, too.

Add pumpkin, chickpeas, beans and season with salt. Simmer over medium heat, partially covered, for 15 mins or until pumpkin is tender but not mushy.

Serve garnished with yoghurt and coriander over couscous or rice.

### CHERMOULA SWORDFISH WITH CARROT SALAD & AVOCADO PUREE

RECIPE / CHRISTIE CONNELLY

This recipe combines sweet and savoury elements, which is the hallmark of many Moroccan recipes. You might be surprised to see dates in the salad, but they marry beautifully with the other salty, fresh and punchy flavours. If you have some marinade left over, store it in the fridge for up to a week and use it on chicken or baked eggplant.

**Serves: 4**



#### Chermoula marinade

½ cup flat-leaf parsley, lightly packed  
½ cup coriander, lightly packed  
2 cloves garlic  
½ preserved lemon, rind only  
Juice ½ lemon  
¼ cup olive oil  
1 tsp cumin seeds  
2 tsp smoked paprika  
½ tsp chilli flakes  
Pinch salt

4 swordfish steaks

#### Avocado puree

2 large avocados, flesh scooped out  
4 tbsp crumbled feta cheese  
1 lime, juiced  
2 tbsp olive oil

#### Carrot salad

3 medium carrots, grated  
6 medjool dates, finely chopped  
½ cup coriander leaves, lightly packed  
¼ cup mint leaves, lightly packed  
2 tbsp olive oil  
Juice ½ lemon  
2 tbsp chermoula marinade

To make marinade, place the parsley, coriander, garlic, preserved lemon and lemon juice in food processor and blitz until finely chopped. Drizzle in olive oil with motor running until a thick paste is formed, adding extra olive oil if necessary. Stir in cumin, paprika, chilli flakes and salt. Set aside two tablespoons of marinade to use for salad.

Brush marinade generously on both sides of swordfish steaks and set aside.

Place avocado flesh and feta cheese in a bowl and mash vigorously with a fork or potato masher. Whisk in lime juice and olive oil until smooth and season with salt and pepper. Set aside.

To make salad, place grated carrots in a large mixing bowl and add dates, coriander and mint. In a small bowl, whisk together olive oil, lemon juice and chermoula. Pour over carrot and gently toss. Set aside.

Heat griddle pan on high heat and cook swordfish for 4–5 mins on both sides or until done to your liking.

To serve, dollop some avocado puree on plate, top with fish and finish with salad.



Christie's Moroccan-  
Spiced Pumpkin Curry

**HARISSA LAMB CUTLETS WITH PRESERVED LEMON YOGHURT**  
**RECIPE / CHRISTIE CONNELLY**

This is such an easy way to spice up lamb cutlets and is lovely served with a cold salad of cooked Israeli couscous mixed with diced tomato, cucumber and fresh mint, with a lemon and olive oil dressing.

Serves: 4



- 1 tbsp olive oil
- 12 lamb cutlets
- 2 tbsp harissa paste
- Mint & coriander leaves, to garnish

**Yoghurt sauce**

- 1 cup thick Greek-style yoghurt
- 1 tbsp tahini
- 2 tbsp finely chopped preserved lemon peel
- ½ tsp cumin seeds
- ½ tsp sumac
- Pinch salt

Heat griddle pan over high heat and brush with olive oil.



Lee's Moroccan Soup

Brush lamb cutlets with harissa paste on both sides. Place six on griddle and cook for 3 mins, then flip and cook for 2 mins more for medium, or to your liking.

Transfer to a plate and brush with more harissa paste. Allow to rest, covered loosely, while you cook remaining cutlets. Allow last cutlets to rest while you make sauce.

Place all yoghurt sauce ingredients in a bowl and whisk until combined. Serve alongside cutlets on a platter scattered with fresh mint and coriander.

**MOROCCAN PUMPKIN SOUP**  
**RECIPE / LEE HOLMES**

Immerse yourself in the magic of Morocco with this delightful bowl of delectability. A melting pot of nurturing spices, this exotic vegetarian feast will quell your hunger and ignite your senses.

Serves: 3



- 2 tbsp cold-pressed extra-virgin olive oil
- 1 brown onion, chopped
- 2 garlic cloves, finely chopped
- 500g butternut pumpkin, diced
- 400g tin chickpeas
- 1L vegetable stock
- 7 drops stevia liquid
- Juice & zest 1 lemon
- ½ tsp ground cinnamon
- ¼ tsp ginger
- ¼ tsp turmeric
- ¼ tsp nutmeg
- Celtic sea salt & freshly ground black pepper
- ¼ cup coriander leaves, chopped

Add olive oil to large saucepan over medium-low heat and sauté onion and garlic for 3-5 mins, until soft and translucent.

Add pumpkin, chickpeas, stock, stevia, lemon juice and zest, spices and salt and pepper and simmer, partially covered, for 20 mins, or until pumpkin is tender.

To serve, ladle into bowls and top with chopped coriander.

*This is an easy way to spice up lamb cutlets*



Christie's Harissa Lamb Cutlets with Preserved Lemon Yoghurt



## RECIPES MOROCCAN STYLE

### MOROCCAN HARISSA PASTE RECIPE / LEE HOLMES

Harissa is a hot chilli paste that's commonly found in North African cooking, mainly Moroccan, Algerian and Tunisian cuisines. It's added to couscous, soups, pastas and other recipes. It can also be bought in Middle Eastern stores.

**Makes: 1 cup**

GF O V ve

- 10 small red chillies, seeds removed
- 3 garlic cloves, peeled & minced
- ½ tsp Celtic sea salt
- 2 tbsp extra-virgin olive oil
- 1 tsp ground coriander
- 1 tsp ground caraway seeds
- ½ tsp ground cumin

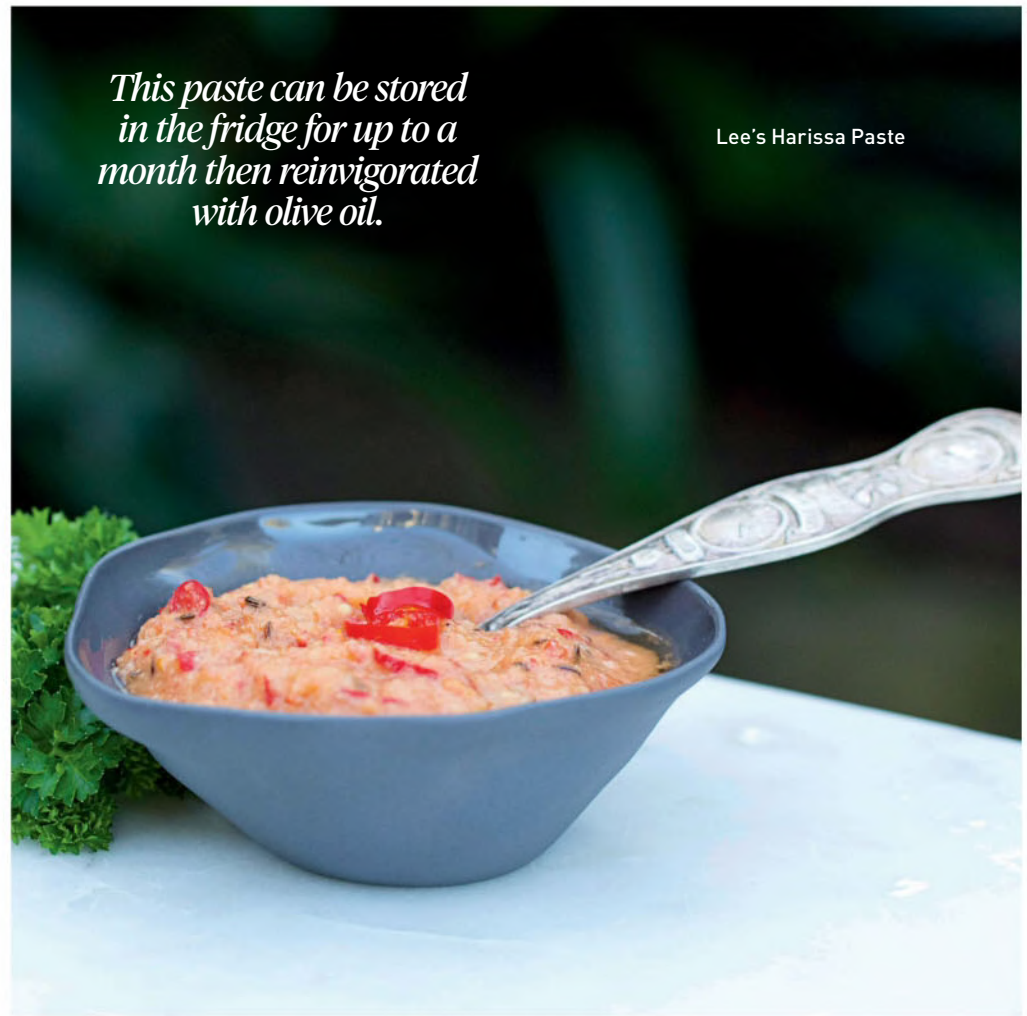
Place all ingredients in food processor and blend until smooth.

Store paste in a sealed container in the fridge for up to a month. It can be reinvigorated with a dash of extra-virgin olive oil.

### MOROCCAN LAMB & LENTIL SOUP

RECIPE / LEE HOLMES

Any time is a good time to pluck your soup pot from its nesting place and bring the tastes of westerly North Africa to your home. Feast your eyes on all the delicious flavoursome and nutritious ingredients and eat to your heart's content.



*This paste can be stored in the fridge for up to a month then reinvigorated with olive oil.*

Lee's Harissa Paste

**Serves: 4**

GF O

- 2 tbsp extra-virgin olive oil
- 1kg diced lamb (shoulder or leg), fat trimmed
- 1 brown onion, finely sliced

- 1 tbsp ground turmeric
- 1 tbsp ground ginger
- 1 tbsp ground cinnamon
- 1 tbsp harissa or harissa paste
- 215g lentils
- 2L chicken stock
- 1 egg (optional)
- 1 large tomato, diced
- Juice 1 lemon
- 1 bunch baby English spinach
- 1 bunch coriander, leaves only, to serve

Heat 1 tablespoon of oil in a frying pan over high heat and sear lamb for 5 mins. Remove from heat and set aside.

In a separate large saucepan over high heat, add remaining olive oil and onion and cook for 3 mins, stirring until onion has caramelised. Reduce heat to medium and add turmeric, ginger and cinnamon to pan and cook for a few minutes.

Add lamb to pan and stir. Add harissa and lentils and stir well, then add chicken stock, reduce heat and simmer covered for 1 hour or until lamb is tender.

In a cup, lightly whisk egg (if using). Whisk it into soup mixture, stirring constantly. Add tomato, lemon juice and English spinach and simmer for 5 mins.

Serve in bowls, topped with fresh coriander.



Lee's Lamb Soup

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*Turn this soup into a stew by adding potatoes and cooking it a little longer until it thickens.*



Adam's Moroccan-Style Red Lentil Soup

**MOROCCAN-STYLE RED LENTIL SOUP**  
RECIPE / ADAM GUTHRIE

This is a great soup. It can also be turned into a casserole stew just by adding some potatoes and cooking it a little longer until the liquid thickens.

**Serves: 4**



- 1 onion, finely diced
- 2 garlic cloves, finely sliced
- 1 carrot, diced
- 2 celery sticks, diced
- 1 small red chilli, finely diced
- 1 tsp cumin
- 1 tsp ground coriander
- 1 tsp ground turmeric
- 1 cinnamon stick
- 400g tinned tomatoes
- 2 cups red lentils
- 8 cups vegetable stock
- Salt & pepper, to taste
- Juice ½ lemon
- Handful parsley, roughly chopped
- Handful mint, roughly chopped

Heat pot over high heat and add onion, garlic, carrots, celery and chilli and sauté for a couple of minutes. Add

spices, tomato, lentils and vegetable stock. Cover and bring to the boil.

When boiling, remove lid, stir and reduce heat. Cover and continue to simmer for about 20 mins.

After 20 mins, remove lid and stir. Test that lentils are soft, remove cinnamon stick and add half the soup to a blender and puree until smooth. Add the pureed half of the soup to the un-pureed soup and stir well.

Test for seasoning, squeeze in the lemon juice and stir. Add parsley and mint and stir. Serve.

**MOROCCAN TOFU BALL TAGINE**  
RECIPE / ADAM GUTHRIE

If you have an allergy to soy, you can replace the tofu in this recipe with cooked chickpeas. Just place them in a food processor and pulse to a thick paste, then follow the recipe.

**Serves: 4**



- Tofu balls**
- ½ onion, finely diced
- 250g firm tofu
- 1 cup cooked brown rice

- ½ tsp paprika
- 2 tbsp cornflour
- Salt, to taste

**Sauce**

- 2½ cups vegetable stock
- ½ onion, finely diced
- ½ tsp paprika
- ½ tsp ground turmeric
- ½ tsp ground cumin
- 1 tbsp raw sugar
- Juice 1 lemon
- 1 handful fresh coriander, leaves & stems, roughly chopped
- 1 cup couscous, cooked

To make balls, add all ingredients to bowl and mash with your hands. Roll into 12 balls, roughly the size of a golf ball.

To make sauce, heat a deep frying pan on high heat. Add half a cup of stock and onion and sauté for 1 min. Add spices and sugar, stir well, then add remaining vegetable stock. Add tofu balls.

Cover and simmer on low heat for 15 mins. Gently spoon sauce over balls and simmer for another 5 mins. Add lemon juice and coriander and serve with couscous.

*If you like you can replace  
tofu in this recipe with  
cooked chickpeas.*



## RECIPES MOROCCAN STYLE

### CAULIFLOWER COUSCOUS RECIPE / MEG THOMPSON

This dish is delicious on its own or as a side. Providing a great way to sneak in some extra nutrition, the cauliflower couscous also works as an allergy-friendly, high-fibre alternative to traditional couscous. This dish is great as leftovers with a poached egg.

**Serves: 4**

GF O V VG

500g cauliflower, roughly chopped

1 small onion, peeled & diced

3 tbsp mustard seeds

1 tbsp ghee or coconut oil

½ tsp curry powder

½ tsp ground turmeric

¼ tsp ground cinnamon

½ tsp chilli flakes

2–3 tsp lemon juice

¼ tsp sea salt

3–4 leaves silverbeet, kale or other leafy green, roughly chopped

2 tsp tamari

¼ cup cashews or pepitas

¼ cup coconut flakes

¼ cup coriander

Using a food processor, process cauliflower to rice-like consistency.

In large frypan, sauté onion and mustard seeds in ghee or coconut oil on medium heat for a few minutes, until soft.

Add curry powder, turmeric and cinnamon and cook for another minute.



Meg's Cauliflower Couscous

Add cauliflower and cook, stirring occasionally for 5–10 mins, until cauliflower is cooked to your liking.

Add chilli flakes, lemon juice and sea salt. Taste and add extra seasoning if desired.

Transfer to large serving bowl.

Using same frypan, sauté leafy greens for a minute until wilted. Add tamari, stir through and remove from heat.

Add greens to cauliflower mix.

Lightly toast cashews and coconut flakes on a baking tray in the oven.

Serve couscous on its own or as a side topped with cashews, coconut flakes and coriander.

### ORANGE, DATE & MINT SALAD RECIPE / MEG THOMPSON

A simple, fresh and fragrant salad that's perfect for summer. The oranges provide a delicious dose of vitamin C delivered with other traditional Moroccan ingredients such as dates and cinnamon.

**Serves: 2**

GF O V VG

2 oranges, peel on, sliced & cut around slices to remove peel

2 dates, pips removed & sliced

2 tbsp almonds, roughly chopped

Handful fresh mint

¼ tsp ground cinnamon

Extra-virgin olive oil, to serve

Arrange orange slices on a plate.

Scatter over dates, almonds, mint and cinnamon, and finish with a drizzle of extra-virgin olive oil if desired.

Meg's Orange, Date & Mint Salad



*A simple, fresh and fragrant salad that's perfect for summer.*

Photography by Meg Thompson

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*You can spice up your labneh with a little orange or lemon zest, or garlic and herbs.*

Meg's Roasted Carrot Salad with Labneh

**ROASTED CARROT SALAD WITH LABNEH**  
RECIPE / MEG THOMPSON

Making your own labneh is super-easy and gives you the opportunity to play around with flavours. Below is the recipe for a plain labneh, but you can spice it up with a little orange or lemon zest, or garlic and herbs.

**Serves: 2**



- ½ cup plain yoghurt, Greek or thick style
- 1 bunch Dutch carrots, topped
- ¼ tsp cinnamon

- ¼ tsp ground coriander
- ¼ tsp ground cumin
- Pinch sea salt
- 1 tbsp oil
- 1 tsp sesame seeds
- 2 tsp finely chopped parsley
- ¼ cup walnuts
- 2 tbsp fresh mint
- 1 egg, poached
- Black pepper, to serve

To make labneh, line a sieve with a piece of cheesecloth or clean tea towel. Sit the sieve over a bowl, and spoon yoghurt into cloth.

Fold ends of cloth over yoghurt to

protect it, and place in fridge for at least 3 hours or overnight.

Place carrots on baking tray, sprinkle with cinnamon, coriander, cumin, salt and oil, and toss to combine.

Bake at 180°C for 10–15 mins, or until carrots are just tender. Transfer to serving plate.

Once labneh is ready, scoop into balls (you can use an ice-cream scoop) and roll in sesame seeds and parsley to coat.

Add balls of labneh to carrots and top with walnuts, mint and poached egg. Finish with a little freshly ground black pepper if desired.

# Health is a habit, not an event



*“Many people only start to create healthy habits when their life is on the line. In some cases it is too late. When edifying your delicate body with the right nutrition, your body becomes a miraculous self-healing machine. Even your mind and emotions are interconnected with your physical health.”*

Manon de Jongh is passionate about helping others becoming healthier, happier and more successful. She believes in complete whole-food nutrition, great life style and unblocking the heart and mind for total wellness. She offers empowering consultations by skype/phone and wholesome nutritional products for optimum health. Here is what she highly recommends and offers.



## POWERstrips



PowerStrips are a Class 1 medical device uniquely designed to provide temporary relief of minor aches and pains. Featuring a fusion of modern technology and ancient energies, PowerStrips provide effective pain-relieving results to areas of the body that are in need

of a little extra love. PowerStrips are officially certified as 'free of all banned substances, performance enhancers and drugs' by the world's premiere institution in the world, the Banned Substances Control Group BSCG. PowerStrips are also used by professional athletes to enhance performance as PowerStrips increases the cardio vascular system with energy, minerals, nutrients and oxygen.

## KETOPIA

Commercialism drove man to invent new foods that were cheap to produce and addicting to consume. We are now the sickest, heaviest generation ever. It's time to press the reset button.

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**Contact Manon de Jongh for more information and consultations:**

0431 286 940 | [manon@thetahalingpower.com.au](mailto:manon@thetahalingpower.com.au) | [www.thetahalingpower.com.au](http://www.thetahalingpower.com.au)

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**M**orlife is a functional food company specialising in nutrient-dense foods that boost the body's wellness. The Morlife Dark Chocolate Coated Super Berries are high in antioxidants; not only great for guilt-free snacking, but also a perfect addition to sweet recipes.



**DARK CHOCOLATE  
INDULGENCE MUFFINS**  
RECIPE / MORLIFE

**Makes: 12-16 muffins**



- 2½ cups plain flour
- 1 tbsp baking powder
- ½ tsp baking soda
- ½ tsp salt
- 10 tbsps unsalted butter, softened
- 1 cup coconut sugar
- 4 tsp Morlife Chia Seeds
- 1 cup plain yoghurt
- 1 cup almond milk
- 1 cup Morlife Dark Chocolate Coated Goji Berries
- 500g Morlife Dark Chocolate Coated Blueberries

Adjust oven rack to middle-lower part of oven. Preheat oven to 190°C.

Whisk together flour, baking powder, baking soda and salt, and set aside.

In a large mixing bowl, cream butter and sugar together, beating until fluffy. Add chia seeds, yoghurt and almond milk and beat until mixed through.

Fold in Morlife Dark Chocolate Blueberries and Goji Berries.

Use standard 12-hole muffin tins. Coat each muffin cup lightly with olive oil. Distribute muffin dough equally among the cups.

Bake until muffins are golden-brown, about 25-30 mins. Set on wire rack to cool for 5 mins.

Remove muffins from tin and serve slightly warm.

**COCONUT YOGHURT  
WITH NUTTY TOPPING**  
RECIPE / MORLIFE

**Serves: 1**



- 1 large kiwi fruit, peeled & chopped
- ½ cup strawberries, chopped, plus extra for serving
- 3 tbsps flaxmeal
- 1 cup coconut yoghurt
- 1 tbsp Morlife Chia Seeds
- ½ cup mixed chopped macadamia nuts, pecans & walnuts

Mix kiwi fruit, strawberries and flaxmeal through yoghurt and place in a serving bowl.

Top with chia seeds, nuts and extra strawberries.



Dark Chocolate Indulgence Muffins



Coconut Yoghurt with Nutty Topping

## WARM BROCCOLINI SALAD

### RECIPE / MORLIFE

Serves: 1

GF O V VG

2 bunches broccolini, ends trimmed  
1 onion, diced  
¼ cup Morlife Dried Cranberries  
100g cherry tomatoes, halved  
Juice 1 lemon

1 tbsp Morlife Flaxseed Oil  
2 tbsp fresh parsley  
2 tsp dried oregano and thyme (or mixed herbs)  
Himalayan salt & freshly ground pepper, to taste  
2 tbsp sliced almonds, to serve

Steam broccolini and onion together in frypan until just softened.

Place cooked broccolini and onion mix in a bowl with cranberries and cherry tomatoes.

Pour over lemon juice and flaxseed oil, sprinkle with herbs and season with salt and pepper.

Mix everything together and sprinkle with sliced almonds to serve.

*For more information visit [morlife.com](http://morlife.com)*

Warm Broccolini Salad





**SPONSOR RECIPES**  
MICROORGANICS GREEN NUTRITIONALS

**M**icrOrganics Green Nutritionals began selling the iconic Hawaiian Pacifica Spirulina range of products in Australia over 20 years ago and has now expanded to offer some of the world's most nutrient-rich superfoods, including Australian Organic Supergrass, Green Calcium, Green Superfoods with marine plant minerals and the amazing new Hawaiian Natural Astaxanthin products.



Apricot Dream Smoothie



- 1 can chickpeas
- 2 tbsp tahini
- 2 tbsp olive oil
- 2 garlic cloves, crushed
- Pinch sea salt
- 1 tbsp MicrOrganics Green Nutritionals Australian Supergrass Powder

Add all ingredients to a food processor and mix well. Serve in a small bowl.

**GREAT GRAPES SMOOTHIE RECIPE / MICROORGANICS GREEN NUTRITIONALS**

Get your daily dose of vitamin C with this deliciously refreshing smoothie.

**Serves: 1**



- 1 cup grapes
- ½ cup strawberries
- 1 banana
- 1 cup coconut milk
- 1 tbsp MicrOrganics Green Nutritionals Australian Supergrass Powder

Add all ingredients to a blender and process until smooth.

Serve in large glass.

**APRICOT DREAM SMOOTHIE RECIPE / MICROORGANICS GREEN NUTRITIONALS**

This cheerful smoothie is loaded with nutrients to help lift your spirits.

**Serves: 1**



- 2 apricots
- 1 banana
- ½ cup goji berries
- 1 cup coconut milk
- 1 tbsp MicrOrganics Green Nutritionals

**Green Superfoods Power**

Add all ingredients to a blender and process until smooth.

**AUSTRALIAN SUPERGRASS HUMMUS RECIPE / MICROORGANICS GREEN NUTRITIONALS**

Packed with protein, this spin on the classic dip will become a family favourite.

**Serves: 2**



Australian Supergrass Hummus



Great Grapes Smoothie

**NUTTY BERRY SMOOTHIE**  
**RECIPE / MICROORGANICS**  
**GREEN NUTRITIONALS**

*Your taste buds will sing and dance with this sweet and nourishing smoothie.*

**Serves: 1**



- 1½ tbsp almond butter
- 1 cup coconut milk
- 1 tbsp chia seeds
- 1 cup strawberries
- 1 tbsp MicrOrganics Green Nutritionals Green Calcium Powder

Add all ingredients to a blender and process until smooth.  
Serve in large glass.

**For more information visit**  
**[greennutritionals.com.au](http://greennutritionals.com.au)**

Nutty Berry Smoothie



# Kids' breakfast

*Kids can be fussy eaters and in the rush of a busy morning it can be too easy to slip into less than wonderful breakfast choices. With just a little planning you can make breakfasts for your kids that are as healthy as they are delicious including banana berry parfait, apple & zucchini muffins, blueberry & coconut pikelets, and a kid's power smoothie.*

## **APPLE & ZUCCHINI BREAKFAST MUFFINS RECIPE / DANIELLE MINNEBO**

Apple and zucchini may sound like an unusual combination, but it works very well. These muffins are great prepared in advance and make the perfect breakfast for when you need to get the kids out the door quickly.

**Makes: 12 muffins**



### **Topping**

½ cup desiccated coconut

1 tsp cinnamon  
1 tsp coconut palm sugar

¼ cup coconut flour  
1½ cups almond meal  
½ cup tapioca flour  
½ cup coconut palm sugar  
1 tsp cinnamon  
1 tsp baking powder  
2 eggs  
¼ cup olive oil  
1 cup almond milk  
2 apples, peeled & diced  
1 zucchini, finely grated

Preheat oven to 180°C and line 12-hole muffin tray with muffin papers.

Combine desiccated coconut, cinnamon and coconut palm sugar and set aside.

In a large bowl, add all other dry ingredients and mix well. Set aside.

In another bowl, whisk together eggs, olive oil, almond milk, diced apple and grated zucchini. Pour wet ingredients into dry ingredients and stir until just combined.

Spoon the mixture into each muffin case and top with a tablespoon of desiccated coconut mix. Bake for 40 mins until tops are golden brown.

A blue ceramic bowl filled with fresh, ripe blueberries sits on a light-colored wooden surface. Several blueberries are scattered on the wood around the bowl. The background is a soft-focus wooden texture.

# Almighty Australian blueberries.

Great news. Blueberries are now in season  
for you to enjoy all summer long!

For more berry tasty recipes visit  
[australianblueberries.com.au](http://australianblueberries.com.au)

Christie's Coconut  
Rice Pudding

*Make this pudding  
ahead and serve in  
portions throughout  
the week.*



### COCONUT RICE PUDDING RECIPE / CHRISTIE CONNELLY

This luscious and creamy dairy-free pudding is perfect as a tasty dessert or a cheeky breakfast. It's great to make ahead and serve in portions throughout the week. Simply reheat in a saucepan with some extra coconut milk or water.

**Serves: 6-8**

GF O V VG

- 2 cups water
- 1 cup short grain rice (I used sushi rice, but arborio is also good)
- Pinch salt
- 1L coconut milk
- 2 tbsp rapadura sugar, or sweetener of choice
- 1 cinnamon stick
- 1 vanilla bean, seeds scraped, or 1 teaspoon pure vanilla extract
- Pinch ground cinnamon, to garnish

Place water, rice (unwashed) and salt in large saucepan. Bring to the boil over high heat then reduce to a simmer for 5 mins until most of the water has been absorbed. Stir occasionally to make sure rice isn't sticking or becoming mushy. Set aside.

Pour coconut milk into medium saucepan and add sugar, cinnamon and vanilla seeds and bean. Heat on medium,

stirring constantly until just below boiling point, about 3 mins. Fish out cinnamon stick and vanilla bean and discard.

Pour milk mixture into rice and stir constantly over medium-high heat until rice is tender and liquid thickens slightly and is absorbed, about 15 mins. It will thicken further in the fridge, so make sure it's still a bit runny.

Divide between 6-8 small ramekins/bowls, sprinkle with cinnamon and chill in the fridge for 2 hours or leave overnight.

The pudding will keep in an airtight container in the fridge for up to a week, but can also be eaten right away.

### ON-THE-GO BLISS BALLS RECIPE / CHRISTIE CONNELLY

These are an excellent raw veggie-hider: carrot, baby spinach and even beetroot can be snuck in undetected! I also boost them with a tablespoon of psyllium husks to keep the kids regular.

**Makes: 20 balls**

GF O V VG

- 1 cup nuts (pecans, almonds, walnuts or macadamias, or a mix)
- 10 medjool dates, pitted
- 2 tbsp honey (or maple syrup to make vegan)
- ¼ tsp Himalayan pink salt
- 4 tbsp raw cacao powder
- 1 tbsp chia seeds, soaked in 2 tbsp water
- 2 tbsp grated carrot, zucchini or baby spinach
- ½ cup shredded coconut

Place nuts in food processor and blitz until consistency of breadcrumbs. You can leave them a bit chunkier if your kids like it. Add dates and blitz until finely chopped.

Add all other ingredients and blitz until mixture pulls into a ball.

Dampen your hands, then roll small balls in the palm of your hand until round. Press into coconut. Put in fridge to chill for about 1 hour until firm.

They keep for about a week in the fridge. Keep them in the freezer for up to a month and defrost in the fridge overnight as needed.

**Note:** If you can only find dried dates, soak in warm water for about 30 mins and drain before using.



Christie's On-the-Go Bliss Balls

## ZUCCHINI & CRANBERRY PANCAKES

RECIPE / CHRISTIE CONNELLY

A great way to get some vegies into the kids and they're also delicious sandwiched together with sweet mascarpone cream. Or make them small like pikelets and stack high for a fun breakfast. Try making a double batch and freeze in between greased paper, then defrost in the fridge as needed.

**Serves: 4**



- 2 medium zucchini, coarsely grated
- 1 cup plain flour
- 2 eggs
- ½ cup cranberry juice
- 1 tbsp cranberry sauce
- Salt & pepper
- ½ cup pistachio nuts (unshelled weight; when shelled, will give ¼ cup)
- 8–10 mint leaves, finely chopped
- Butter or olive oil, for pan frying
- 4 tbsp mascarpone or cream cheese
- 2 tbsp cranberry sauce

Place grated zucchini in a clean tea towel to soak up excess moisture. Set aside.

Place flour, eggs, cranberry juice and cranberry sauce in mixing bowl. Whisk together until well combined. Season with salt and pepper. Add zucchini, pistachios and mint to batter and mix well. It should be very thick.

Heat non-stick, heavy-based frypan over medium heat and add a little butter or oil. Ladle in some batter and smooth out to form a flat, even circle. Cook for 3 mins until the underside is golden brown,



Christie's Zucchini & Cranberry Pancakes

*Make a double batch and freeze in between greased paper, then defrost in the fridge when needed.*

then flip and cook for 1–2 mins more.

Keep warm in a low oven while you repeat with remaining batter to make 8 large pancakes.

Whisk together mascarpone and cranberry sauce and serve dolloped on top or sandwiched between pancakes.

**Serves: 2**



- 1 cup rolled oats
- 1 tbsp sunflower seeds
- 1 tbsp pumpkin seeds
- 1 tbsp almond flakes
- 1 cup milk (cow's, almond, coconut)
- ¼ cup sugar-free natural yoghurt
- 1 grated apple
- ½ cup mixed berries
- Drizzle raw honey, to serve (optional)

Soak oats, sunflower and pumpkin seeds, almond flakes and milk in a container in the fridge overnight.

In the morning, gently stir through yoghurt, apple and berries, and drizzle with a little raw honey if desired.

## BERRY BIRCHER MUESLI

RECIPE / LISA GUY

Yoghurt is a wonderful source of protein and calcium for kids. Yoghurt is a probiotic-rich food providing important beneficial bacteria that help maintain a healthy balance of bacteria in the gut, which is vitally important for your child's digestive and immune health. Not all yoghurts are created equal, though, so always choose yoghurt with no added sugars.

Lisa's Berry Bircher Muesli





Lisa's Nourishing Porridge Two Ways

**NOURISHING PORRIDGE TWO WAYS**  
**RECIPE / LISA GUY**

Oats are a fabulous source of dietary fibre to help promote good digestive health and bowel regularity, as well as give kids a sense of satiety after eating their breakfast. Oats are rich in complex carbohydrates, which provide kids with a slow and steady supply of energy to fuel their bodies and brains, without causing sharp spikes in blood sugar levels.

**Serves: 2**



**Blueberry, Apple & Chia**

- 1 cup rolled oats
- 1½ cups milk (cow's, almond, coconut)
- 1 small apple, grated
- ⅓ cup blueberries
- 1 tbsp chia seeds
- Drizzle raw honey, to serve (optional)

Place oats and milk in a small saucepan and cook on medium heat for 3 mins.

Gently stir through apple, blueberries and chia seeds, and cook for a further minute or until creamy.

Serve topped with a little drizzle of raw honey if desired.

**Banana, Cinnamon & Almond**

- 1 cup rolled oats
- 1½ cups milk (cow's, almond, coconut)
- 2 tbsp roughly chopped almonds or almond flakes
- 1 ripe banana, diced
- ½ tsp ground cinnamon
- Drizzle raw honey, to serve (optional)

Place oats, milk, almonds, banana and

cinnamon in a small saucepan and cook on medium heat for 4 mins, until oats are soft.

Serve topped with a little drizzle of raw honey if desired.

**KID'S POWER SMOOTHIE**  
**RECIPE / LISA GUY**

Avocados are a wonderful nutrient-rich food for children as they contain high levels of healthy unsaturated fats, which are a great source of energy, along with supporting brain and nervous system development. Avocados also provide plenty of vitamin E, a potent antioxidant, and immune supportive beta-carotene. The dark-green flesh just beneath the skin of the avocado actually contains the highest concentration of carotenoids, so

try to save as much of the dark-green outer flesh as you can.

**Serves: 1**



- 1 cup milk (cow's, almond, coconut)
- 1 frozen ripe banana
- Big handful mixed berries
- 2 tsp chia seeds
- 2 heaped tsp almond butter
- 1 tbsp sugar-free yoghurt or kefir
- ¼ small avocado
- Drizzle raw honey, to serve (optional)

Place all ingredients in food processor and blend until well combined.

This makes a lovely thick smoothie. For a thinner consistency, add more milk.



Lisa's Kid's Power Smoothie

Photography by Lisa Guy



Danielle's Blueberry & Coconut Pikelets

**BLUEBERRY & COCONUT PIKELETS**  
RECIPE / DANIELLE MINNEBO

These pikelets are the perfect thing to whip up on a Sunday morning for breakfast. Feel free to replace the blueberries with other berries, such as strawberries or raspberries.

**Makes: 10 pikelets**



- 1 cup wholemeal spelt flour
- ¼ cup coconut flour
- ⅓ cup desiccated coconut
- ⅓ cup coconut palm sugar
- 1 tsp baking powder
- 2 eggs
- 1 cup almond milk
- 100g fresh blueberries
- Knob butter
- Greek or coconut yoghurt, to serve

Add dry ingredients to a bowl and mix together well. In another bowl, whisk together eggs and almond milk, then add dry ingredients, whisking until a thick batter. Mix blueberries through batter.

Melt butter in frypan over medium heat. Then, using a tablespoon, spoon mixture into frypan, forming small pikelets. Cook for 1 minute until bubbles appear on the surface. Turn and cook on other side for a further minute.

Serve with Greek yoghurt or coconut yoghurt.

**RAINBOW BREAKFAST PARFAIT**  
RECIPE / DANIELLE MINNEBO

This breakfast is great to serve in a recycled jar and it's a bit of fun — perfect to eat on the run if you just pop the lid on! Feel free to use any combination of fruit, nuts and seeds in this recipe; it would work well with banana or grated apple.

**Serves: 4**



- 2 oranges, peeled & cut into segments
- ½ cup pepitas, toasted
- 150g mixed fresh or frozen berries, sliced
- ½ cup quinoa flakes
- ¼ cup chia seeds
- 1 cup Greek yoghurt

Place orange segments in bottom of each glass jar. Top with a sprinkle of toasted pepitas, fresh berries, quinoa flakes and chia seeds.

Make final layer a few tablespoons of Greek yoghurt and top with a fresh berry. You can layer this however you like — get creative and get the kids to give you a hand.



Danielle's Rainbow Breakfast Parfait

*Serve this parfait in a recycled jar and it's perfect to eat on the run if you just pop the lid on!*

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Adam's Scrambled Tofu on Sourdough

*A great option if your kids have an egg allergy or intolerance.*

### SCRAMBLED TOFU ON SOURDOUGH RECIPE / ADAM GUTHRIE

If you have an egg allergy or intolerance, or have just become vegan, this crumbled firm tofu will give a similar texture to that of scrambled eggs.

**Serves: 4**



- 1 tsp ground cumin
- 1 tsp ground coriander
- 1 tsp ground turmeric
- 375g firm tofu, grated
- 1 cup frozen peas
- 1 carrot, grated
- 1 med broccoli, diced
- 3 button mushrooms, sliced
- 1 capsicum, diced
- 2 tbsp tamari
- 2 handfuls spinach leaves, finely shredded
- Salt, to taste
- 1 sourdough loaf, toasted

In a small bowl, place cumin, coriander and turmeric, then set aside.

Heat wok on high heat and add grated tofu and spices. Mix well.

Add vegetables except spinach and stir well over a high heat for 2 mins. Add tamari and continue to stir over a medium heat. Add shredded spinach leaves and season with salt to taste.

Serve on toasted sourdough.

### BANANA BERRY PARFAIT RECIPE / ADAM GUTHRIE

I can eat this parfait seven days a week. I love frozen berries pureed with banana and this recipe is packed with antioxidants. Top it with your favourite granola for a bit of crunch.

**Serves: 2**



- 4 frozen bananas
- 2 cups frozen berries
- 1/8 cup maple syrup

Place all ingredients in food processor. Blend until smooth and serve immediately.

### CHOCOLATE CHIA PUDDING RECIPE / ADAM GUTHRIE

Chia is high in protein and omega-3s, making it the vegan equivalent to fish when it comes to healthy omega-3s.

**Serves: 4**



- 1 tbsp cocoa or cacao powder
- 1 tbsp maple syrup
- 1/4 cup chia seeds
- 1 cup soy or nut milk
- 1/2 tsp vanilla essence

Place all ingredients in a bowl and whisk until cocoa or cacao powder has dissolved. Place in fridge overnight to set.



Adam's Chocolate Chia Pudding



Adam's Banana Berry Parfait

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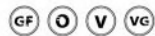
**A**mazonia's Raw Greens blend has been created with a comprehensive array of greens to cover all bases. It contains a nutrient-dense mix of leaves, juices, herbs, sprouts, algae and sea minerals. The living formula retains all the digestive enzymes needed for optimal absorption. Combined with a refreshing mint flavour, getting your daily greens has never been so easy.



**DETOX IN A GLASS**  
**RECIPE / AMAZONIA**

*This blend is especially good when your liver needs some extra loving.*

**Serves: 1**



- 250mL coconut water
- ½ lemon, peeled
- 1 small apple, cored & chopped
- Handful spinach
- Handful kale
- Fresh mint
- 1 serve Amazonia Raw Greens
- 1 tsp Amazonia Raw Pre-Probiotics (optional)

Combine ingredients in blender and serve immediately.

**PAPAYA ORANGE THICKSHAKE**  
**RECIPE / AMAZONIA**

*Full of beautifying enzymes and collagen-boosting vitamin C for radiant skin.*

**Serves: 1**



- 250mL coconut water
- 1 small orange, peeled & chopped
- 1 cup frozen papaya
- ¼ avocado
- 1 serve Amazonia Raw Vitamin C

Combine ingredients in blender and serve immediately.

**RAW PRE-PROBIOTIC PEANUT BUTTER BITES**  
**RECIPE / AMAZONIA**

*Roll these balls in Raw Multi, Raw Vanilla Protein and shredded coconut.*

**Serves: 1**



- ⅓ cup raw cashews
- 1 cup organic peanut butter
- 1 tsp cacao powder
- 1 cup medjool dates
- 1 tsp cacao nibs
- 1 serve Amazonia Raw Pre-Probiotic
- 1 tbsp coconut oil

Combine ingredients in food processor, then shape into balls.



Papaya Orange Thickshake



Detox in a Glass



Pre-probiotic Peanut Butter Bites



Green Guru Smoothie Bowl



Cacao Berry Green Smoothie

**GREEN GURU SMOOTHIE BOWL**  
**RECIPE / AMAZONIA**

*A wonderful Monday morning detox smoothie to set your week right.*

**Serves: 1**



- 200mL coconut water
- 1 frozen banana
- ¼ avocado
- 2 handfuls baby spinach
- 1 serve Amazonia Raw Slim & Tone Vanilla Cinnamon Protein

1 tsp Amazonia Raw Greens

Combine ingredients in blender and serve immediately.

**CACAO BERRY GREEN SMOOTHIE**  
**RECIPE / AMAZONIA**

*You can omit the banana and increase the raspberries to one cup for a lower-sugar version.*

**Serves: 1**



- 250mL coconut milk
- 2 handfuls fresh greens
- ½ frozen banana
- ½ cup frozen raspberries
- 1 serve Amazonia Slim & Tone Cacao Macadamia Protein
- ½ tsp spirulina

Combine ingredients in blender and serve immediately.

**For more information visit [amazonia.com.au](http://amazonia.com.au)**



## SPONSOR RECIPES BUDERIM GINGER

**B**uderim Ginger has been supplying the kitchens of Australia since 1941. Buderim's Naked Ginger adds a zing to everything with its smooth, velvety texture without the crystallised coating. A sensational fat-free snack, a flavour burst when baking and delicious with cheese, this great Australian product is also gluten-free.



Ginger Fruit Frappe

### GINGER FRUIT FRAPPE RECIPE / BUDERIM GINGER

**Serves: 1**



- 80mL Buderim Ginger Ginger Revitalise Cordial Mixer
- 1 banana, chopped
- 1 orange, chopped
- 1 cup pineapple, chopped
- Juice ½ lime
- ½ cup crushed ice

Blend ingredients in a blender until smooth consistency.  
Serve in a tall glass.

### GINGER HEALTH BARS RECIPE / BUDERIM GINGER

**Makes: 12**



- ½ cup plain flour
- ½ cup self-raising flour
- 1 cup rolled oats
- ⅔ cup shredded coconut
- ⅔ cup brown sugar
- 1 cup Buderim Ginger Naked Ginger, finely diced



Ginger Health Bars

- 130g butter, melted
- 1 egg, lighted whisked
- 100g dark chocolate, roughly chopped

Preheat oven to 180°C. Line a 17×27cm slice pan with baking paper.

Sift combined flours into medium-sized bowl. Add oats, coconut, sugar, and Naked Ginger. Stir to combine.

Gently melt butter in a small saucepan, over low heat.

Make well in centre of dry mix and add melted butter, then egg. Use a wooden spoon to stir. Then add chocolate.

Spoon mixture into prepared pan and use back of egg lifter to smooth out surface.

Bake in preheated oven for 20–25 mins or until golden brown. Remove from oven and allow to cool. Place in refrigerator and when completely cold, cut into bars to serve.

### CHOCOLATE & GINGER TARTLETS RECIPE / BUDERIM GINGER

**Makes: 6**



- 3 tbsp Buderim Ginger Original Ginger or Lemon & Lime Marmalade
- 6 prebaked individual pastry tartlets
- 125g Italian-style mascarpone
- 4 pieces Buderim Ginger Naked Ginger, finely chopped
- 50g dark cooking chocolate or 70% cocoa dark chocolate, melted
- 2–4 pieces additional Buderim Ginger Naked Ginger, finely sliced, to serve

Divide and spread marmalade on the base of each of the tartlets

Combine mascarpone and finely chopped Naked Ginger, mix well.

Divide and carefully spread mascarpone mixture over marmalade, piling more in centre to form pyramid shape.

Carefully melt chocolate either over hot water or as per instructions. If chocolate is too thick, just add drop of vegetable oil to make chocolate more manageable to dip tartlets. Keep chocolate over bowl of hot water.

Dunk each tartlet case into melted chocolate face down, so chocolate liberally coats filling of each tart.

Decorate with finely sliced Buderim Ginger Naked Ginger.



Chocolate & Ginger Tartlets

## GINGER & FRUIT PUDDING RECIPE / BUDERIM GINGER

**Serves: 10**



100g Buderim Ginger Glacé  
Ginger, finely chopped  
150g raisins  
150g sultanas  
150g currants  
¼ cup brandy  
⅔ cup unbleached or regular  
plain flour  
½ tsp mixed spice  
¼ tsp freshly grated nutmeg  
Pinch ground cinnamon  
Pinch salt  
½ small lemon, finely grated  
125g butter  
⅓ cup firmly packed dark brown  
sugar, dark muscovado sugar or  
molasses sugar  
2 eggs

You need to begin pudding the night before boiling. In a bowl or plastic bag, place ginger, dried fruits and brandy. Stir or massage to combine thoroughly. Cover bowl or secure plastic bag and set aside 12 hours for brandy to absorb into fruits.

Carefully butter 5-cup heatproof pudding basin and lid.

Sift together flour, spices and salt, stir in lemon rind.

Cream butter and sugar until light, creamy and fluffy.

Add eggs about one tablespoon at a time, beating well after each addition.

If mixture starts to curdle, add about 1 tablespoon of flour mixture.

Fold in flour mixture. Finally, stir in soaked fruit mixture.

Spoon into prepared pudding basin.

Cover top of pudding bowl with double-thickness of buttered greaseproof paper, then pudding basin lid.

Place in large saucepan with enough fast-oiling water to come up ¾ of pudding basin. Boil steadily, keeping a vigilant eye on it, replenishing with boiling water from time to time over a period of 4 hours.

Serve the pudding with ice cream and/or custard.

## RICH FRUIT CAKE RECIPE / BUDERIM GINGER

**Serves: 20**



100g Buderim Ginger Glacé  
Naked Ginger, finely chopped  
125g raisins, chopped in half  
125g sultanas  
80g currants  
50g glacé cherries, cut in half  
100mL cream sherry or sweet sherry  
1¼ cup unbleached or regular plain flour  
½ tsp baking powder  
½ tsp mixed spice  
125g butter  
125g firmly packed dark brown or dark  
muscovado sugar  
3 eggs, lightly beaten  
30g slivered almonds, roughly chopped  
60g whole blanched almond, to serve

You need to begin cake the night before baking. In a bowl or plastic bag, place Glacé Ginger or Naked Ginger, dried fruits, cherries and sherry. Stir or massage to combine, cover bowl or secure plastic bag and leave to soak for 12 hours.

Carefully butter or grease a 20cm round or square cake pan. Line only base with a disc of non-stick baking paper.

Preheat oven to 150°C.

Sift together flour, baking powder and spice.

In large bowl, cream butter and sugar until soft, creamy and fluffy.

Add eggs, a portion at a time, beating well after each addition. If mixture starts to curdle, add about 1 tablespoon of flour mixture.

Fold in flour mixture. Finally, stir in soaked fruit mixture and chopped almonds, mix gently until well combined.

Spoon mixture into prepared cake pan. If desired, arrange blanched whole almonds around perimeter of cake, pressing down very gently, otherwise they will disappear on baking.

Bake in preheated oven for 3–3½ hours or until when cake is tested with fine cake skewer it comes out clean. Cool on wire cake rack for 30 mins, then remove cake from cake pan and place on cake rack to finish cooling.

**For more information visit**  
[buderimginger.com/recipes](http://buderimginger.com/recipes)



# Pizza

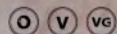
*By definition pizza is a flat bread with something on it and variations on this have been found in many cultures from Egypt to Persia, but undoubtedly modern Pizza owes its origins to Italy. Of course, in the hands of fast food chains pizza can be reduced to tomato, meat and cheese but in your kitchen it can be so much more.*

*Why not try: cauliflower-crusted tomato & rocket pizza; roasted summer berry & goat's cheese pizza; potato, caramelised onion & buffalo mozzarella pizza; or spinach, macadamia cheese & roast garlic pizza.*

## **PUMPKIN EGGPLANT, ROCKET & CASHEW CHEESE PIZZA RECIPE / ADAM GUTHRIE**

Nuts make a tasty non-dairy cheese. This pizza recipe uses cashews, but I encourage you to experiment with other nuts to find your favourites.

**Makes: 4**



### **Cashew cheese**

1 cup raw cashews  
1 cup boiling water  
Salt & pepper, to taste  
½ cup water

### **Tomato sauce**

6 tomatoes, sliced

1 clove garlic, peeled  
1 sprig marjoram  
1 sprig golden oregano  
Salt & pepper, to taste

1 eggplant, sliced  
4 wholemeal Lebanese flat breads  
Handful baby spinach  
¼ pumpkin, peeled & finely sliced  
Handful rocket

Preheat oven to 220°C. Pour boiling water over 1 cup of raw cashews and soak for 10 mins.

Meanwhile, place eggplant on lined baking tray and cook for 15 mins.

Place tomatoes, garlic and herbs in a blender and blend to a smooth tomato

sauce. Pour into frypan and bring to the boil and reduce. Season to taste with salt and pepper. Allow to simmer for 3 mins and set aside.

Drain cashews and add to blender with half a cup of water and salt and pepper. Blend to a smooth creamy paste. Place in a bowl and set aside.

Remove eggplant from oven and set aside.

To assemble, spread each Lebanese base with tomato sauce. Place some baby spinach and rocket leaves, sliced pumpkin and eggplant on top. Spoon over some cashew cream paste. Bake for 15 mins.

Remove from the oven and serve topped with fresh rocket.

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Lisa's Cauliflower-Crusted Tomato, Mozzarella & Rocket Pizza



## CAULIFLOWER-CRUSTED TOMATO, MOZZARELLA & ROCKET PIZZA

RECIPE / LISA GUY

Cauliflower is a sulphur-containing brassica that can naturally increase your glutathione levels. This vital compound is one of the body's most important antioxidants and also plays a major role in liver detoxification. Tomatoes are a rich source of lycopene, a potent antioxidant that has been found to be beneficial for warding off heart disease and several types of cancers. Tomato pastes and passata are particularly rich sources of this protective antioxidant.

**Makes: 1 large pizza**



### Base

½ medium cauliflower, chopped  
50g almond meal  
1 egg, lightly whisked  
1 tsp Italian herbs or dried basil  
Pinch sea salt & pepper

¼ cup passata\*

Handful grated mozzarella cheese  
Handful cherry tomatoes  
Handful basil leaves  
Handful rocket

Preheat oven to 210°C and line baking tray with baking paper.

Blitz cauliflower in food processor in two lots, to a fine rice-like consistency.

Place cauliflower on tray and place in oven for 15–20 mins. Place in a large bowl and allow to cool.

Once cooled, add almond meal, egg, herbs, sea salt and pepper, and stir until well combined.

Place mixture on paper-lined tray. Spread out into a circle, around 30cm round. Make edges thicker. Bake for 20 min until golden brown.

Take base out and allow to cool a little. Turn oven up to 240°C.

Spread base with passata, add cheese and tomato and bake for another 12–15 mins. Top with rocket and basil and serve.

\* Passata is a fresh (uncooked) tomato puree usually found in bottles in supermarkets and green grocers.

## KALE PESTO, ARTICHOKE & EGGPLANT WHOLE WHEAT CRUSTED PIZZA

RECIPE / LISA GUY

Kale is loaded with cancer-protective compounds, together with high levels of antioxidants and anti-inflammatory nutrients, including omega-3 fats and vitamins C and A. This super veggie will also provide you with plenty of vitamin K, needed for healthy bones healthy and blood clotting, along with sulphur compounds to support the body's ability to detoxify harmful toxins and carcinogens.

**Makes: 1 large pizza**



### Base

200g whole wheat flour  
½ tbsp instant active yeast\*  
1 tbsp olive oil  
½ tsp salt  
¾ cup warm water

### Pesto

2 cups fresh basil leaves  
1 cup chopped kale, stalks removed  
¼ cup olive oil  
3 tbsp lemon juice  
3 tbsp pumpkin seeds  
1 garlic clove  
Pinch sea salt  
1 heap tbsp parmesan cheese

2 baby eggplants, cut into thin slices lengthways

3 marinated artichokes, quartered

40g crumbled feta

Basil leaves, for topping

Put baking tray in oven and preheat to 240°C.

Place flour in large bowl and add yeast. Make a well in the middle then add olive oil, salt and water. Using a rubber

spatula, mix until well combined.

On a floured board, knead dough for around 5 mins, until it becomes elastic and smooth. When you stick your finger into it, it should bounce back.

Coat a large bowl with olive oil and place dough in, covering in oil. Cover the bowl then let sit somewhere warm for around 1–2 hours until it doubles in size.

Meanwhile, make pesto by mixing everything together in a food processor until smooth.

Place eggplant slices on a baking tray, brush with a little olive oil, and put under griller for around 4 mins each side.

Once dough has risen, place on a lightly floured board and, using a rolling pin, flatten out to size of baking tray. Make crust as thin as possible. Place base on baking paper then spread kale pesto over base. Add eggplant, artichokes and cheese.

Remove tray from oven and slide pizza onto tray. A hot tray will help make base crispier.

Bake for around 15–20 mins, until the crust has lightly browned.

When cooked, remove from oven and sprinkle with fresh basil leaves.

\* If you have active yeast (not instant) you will need to mix it with the water first and add ½ tsp of sugar. Stir well and wait 5 minutes until it starts to bubble (proofing the yeast), then add yeast water to flour. If yeast doesn't dissolve or bubble, it's dead and you need to start again with active yeast.



Lisa's Kale Pesto, Artichoke & Eggplant Whole Wheat Crusted Pizza



## ROAST PUMPKIN, CARAMELISED ONION & GOAT'S CHEESE PIZZA

RECIPE / LISA GUY

Onions are packed with sulphur, which is needed to make collagen in the skin and assist with liver detoxification. Onions also provide plenty of quercetin, an important flavonoid that helps protect against cardiovascular disease, having antioxidant and anti-inflammatory action.

**Makes: 1 large pizza**



- 450g pumpkin
- Pinch sea salt
- Cold-pressed olive oil
- 2 large onions, finely chopped
- 1 clove garlic, finely chopped
- 1 tsp raw honey
- 1 large Lebanese bread, for base
- 3 tsp tomato paste
- 1 tbsp fresh rosemary
- 60g goat's cheese
- ¼ cup baby spinach leaves
- Handful pumpkin seeds

Preheat oven to 200°C and line baking tray with baking paper.

Chop pumpkin into small cubes and place on tray, then season with sea salt. Cook for around 30 mins, turning after 20 mins, until pumpkin is cooked through.

While pumpkin is cooking, caramelize onions. Heat frypan on medium heat with a splash of olive oil. Add onion and cook for around 20 mins, stirring often, until onion is soft and golden brown. Make sure you don't turn the heat up too high

or the onion will burn. Add garlic and honey for last 5 mins.

After you take out pumpkin turn oven up to 220°C ready for pizza.

Place Lebanese bread on baking tray and spread with tomato paste.

Spread cooked onion evenly over base, followed by pumpkin, and sprinkle with rosemary. Crumble pieces of goat's cheese over top and sprinkle with some spinach leaves. Bake for around 15 mins or until crust looks crisp.

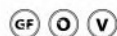
Serve topped with extra baby spinach.

## PIZZA WITH TOMATO, ROCKET, OLIVES & BASIL

RECIPE / LEE HOLMES

This traditional-tasting pizza is more like the real thing than those store-bought varieties that taste like soggy cardboard with runny tomato sauce and rubbery processed cheese. This homemade version, on the other hand, tastes positively gourmet and is gluten-free. Scatter it with your favourite toppings and enjoy.

**Makes: 2 small pizzas**



- Base**
- 1¼ cups finely ground almond meal
- 2 eggs, beaten
- 2 tbsp extra-virgin olive oil
- 2 tbsp nutritional yeast flakes
- 1 tsp finely chopped oregano or basil
- 2 garlic cloves, crushed
- ¼ tsp sea salt
- 1 tsp apple cider vinegar

Extra almond meal, for rolling dough

- 2 tbsp sugar-free tomato paste (concentrated purée)
- ½ cup sun-dried tomatoes or ½ cup oven-roasted tomatoes, sliced
- 10 pitted olives, halved
- 1 tbsp nutritional yeast flakes
- 1½ cups rocket
- 1 cup basil leaves

Preheat oven to 220°C and lightly grease pizza pan or large baking tray.

To make pizza base, place almond meal in large bowl, add all other ingredients and mix until a loose dough. If the dough feels wet, add more almond meal and work it in with your hands until smooth. Shape dough into a ball.

Cut dough in half. Roll out each portion between two sheets of baking paper to make two thin circles about 20cm in diameter, rolling from the inside of each circle outwards in a clockwise motion. Add more almond meal if dough becomes too sticky.

Place pizza bases side by side on prepared pizza pan/baking tray and bake in the oven for 10 mins.

Remove pizza bases from oven and spread with tomato paste, leaving a 5mm border of dough uncovered. Scatter tomatoes and olives over top. Sprinkle with yeast flakes.

Return pizzas to oven for another 7–10 mins, or until glistening and crispy. Scatter rocket and basil over each and serve.

Lisa's Roast Pumpkin, Caramelized Onion & Goat's Cheese Pizza



Lee's Pizza with Tomato, Rocket, Olives & Basil



*Don't turn the heat up too high or your onion will burn.*



## RECIPES PIZZA

### FRIDAY NIGHT PIZZA RECIPE / LEE HOLMES

This pizza is the perfect indulgence without the guilt. There are two options for bases to choose from — both deliver all the satisfaction of a regular pizza, but without the gnawing tummy pain that accompanies gluten-filled crusts. Quick and easy to make, the bases are crisp yet soft and light with a subtle texture, and the herbs and spices add an extra flavour boost. To veganise, swap the spinach base for a cauliflower base, omit the goat's cheese and replace with three tablespoons of pesto.

**Makes: 2 small pizzas**



#### Spinach base

Cold-pressed extra-virgin olive oil, for greasing

1 cup English spinach leaves

1 egg, whisked

1 cup grated cheddar cheese

1 tsp dried basil

½ tsp oregano

Celtic sea salt

Freshly ground black pepper

#### Cauliflower base

Cold-pressed extra-virgin olive oil, for greasing

1 tbsp chia seeds

1 cup cauliflower, cooked & shredded

1 cup almond meal

½ cup nutritional yeast flakes

1 garlic clove, finely chopped

1½ tsp dried Italian herbs

Pinch caraway seeds

3 tbsp tomato paste (concentrated purée)



Lee's Friday Night Pizza

*Quick and easy to make, the bases are crisp yet soft and light.*

½ cup crumbled goat's cheese  
4 tomatoes, thinly sliced  
Nutritional yeast flakes, to serve

To make spinach base, preheat oven to 220°C and lightly grease 30cm pizza tray with olive oil.

Place spinach leaves in food processor and pulse.

Place egg, cheese and herbs in a large bowl and add spinach. Stir to combine well and season with salt and pepper to taste.

Spread dough evenly onto prepared pizza tray and bake for 12–15 mins, or until the edges begin to brown.

Remove from oven and set grill to high. Top base with tomato paste, goat's cheese and tomato slices and grill for 2–3 mins. Sprinkle with nutritional yeast flakes and serve.

For cauliflower base, preheat oven to 230°C and lightly grease 30cm pizza tray with olive oil.

Place chia seeds and 60mL of water in a bowl and set aside for 15 mins.

Add soaked chia seeds to a large bowl with all other ingredients and mix well.

Spread dough evenly onto prepared pizza tray and bake for 12–15 mins, or until edges begin to brown.

Remove from oven and set aside to cool. Preheat grill to high. Top base with tomato paste, goat's cheese and tomato slices and grill for 5 mins. Sprinkle with nutritional yeast flakes and serve.

### OLIVE, ROCKET & ANCHOVY CAULIFLOWER PIZZA RECIPE / LEE HOLMES

You may crinkle your nose up a little at the thought of substituting cauliflower for flour in this recipe, but prevail it does.

Quick and easy to make, the base is crisp yet soft and light with subtle texture, the herbs and garlic adding extra flavour throughout. The minimalist topping is the perfect balance with salty anchovies, beautiful fresh greens and herbs, finished the only way a pizza should be — with a generous sprinkle of vitamin B-rich nutritional yeast flakes.

**Makes: 1 large pizza**



#### Base

1 cup cauliflower, cooked & shredded

1 egg

1 cup almond meal

1–2 cloves garlic, finely chopped

Pinch caraway seeds

½ cup nutritional yeast flakes

1½ tsp Italian herbs

2 tsp parsley

3 tbsp tomato paste

Handful rocket & spinach

10 pitted olives, halved

6 anchovy fillets, cut into thin strips

½ cup nutritional yeast flakes or mozzarella

Preheat oven to 230°C and brush baking tray with olive oil.

In a bowl, combine cauliflower, egg, almond meal, garlic, seeds and nutritional yeast flakes. Scoop out mixture with a spoon and press evenly on pan to make a square shape.

Sprinkle base evenly with herbs and bake for 12–15 mins.

Remove and let cool slightly, then add tomato paste, greens, olives, anchovies and nutritional yeast flakes.

Place under a high heated grill for 5 mins to warm toppings.



Lee's Olive, Rocket & Anchovy Cauliflower Pizza



Adam's Eggplant & Broccoli Pizza

## EGGPLANT & BROCCOLI PIZZA RECIPE / ADAM GUTHRIE

I'm into quick and easy cooking, especially when it comes to making pizza. If you don't have the time to make a pizza base from scratch, wholemeal Lebanese bread makes a delicious base.

**Makes: 4**



### Tomato sauce

- 1 onion, finely chopped
- 4 cloves garlic, crushed
- 4 tomatoes, blended in food processor
- 2 tbsp tomato paste
- 1 tsp fresh marjoram leaves
- 1 tsp fresh oregano leaves

4 wholemeal Lebanese flat breads

### Topping

- 1 capsicum, sliced
- 10 button mushrooms, sliced
- 1 zucchini, sliced diagonally
- 1 eggplant, chopped into 1cm cubes
- Small handful broccoli florets
- 10 kalamata olives, pitted & halved
- Small handful rocket leaves or spinach

Preheat oven to 200°C.

Heat frypan over high heat and sauté onion and garlic for 2 mins until brown. Add a tablespoon of water and cook until it evaporates. Add pureed tomatoes, tomato paste, marjoram and oregano. Cook over medium heat for 5 mins.

To assemble pizza, spread tomato

sauce over each Lebanese bread and add topping ingredients.

Cook pizza for 15 mins. Remove from oven and top with fresh rocket or spinach and serve.

## SPINACH, MACADAMIA CHEESE & ROAST GARLIC PIZZA

RECIPE / ADAM GUTHRIE

Vegan pizzas can be made with a great base topped with your favourite vegetables. However, if you are craving a cheesy pizza, this macadamia cheese adds the delicious, missing flavour.

**Makes: 4 pizzas**



### Macadamia cheese

- 2 cups raw macadamias, soaked for at least 1 hour
- ¼ cup lemon juice
- 1 cup water
- ¾ tsp salt

1 tbsp nutritional yeast

1 tsp white miso

- 8 cloves garlic, skin on
- 4 wholemeal Lebanese flat breads
- ½ cup pasta tomato sauce
- 4 handfuls baby spinach
- 10 cherry tomatoes, cut in halves

Preheat oven to 220°C.

To make macadamia cheese, combine all cheese ingredients in high-speed blender and process until smooth. Taste and add more salt if necessary, then set aside.

Place garlic cloves in oven and roast for 15 mins. Remove from oven and peel. Discard skin and mash roasted cloves.

Place a Lebanese bread on baking tray. Spread with tomato sauce, garlic cloves and baby spinach leaves, covering entire base.

Pour half the macadamia cheese over the top and place cherry tomatoes on top of cheese. Cook pizza for 15 mins until base is crisp and top golden.



Adam's Spinach Macadamia & Roast Garlic Pizza

*This macadamia "cheese" is an excellent option for vegans.*



Meg's Roasted Summer Berry & Goat's Cheese Pizza

### ROASTED SUMMER BERRY & GOAT'S CHEESE PIZZA RECIPE / MEG THOMPSON

This pizza celebrates summer's berries fabulously. The roasting of the berries makes them gooey and, when paired with the goat's cheese, you have a beautiful, slightly sweet, slightly savoury treat.

**Makes: 2 pizzas**



6g yeast  
120mL lukewarm water  
175g spelt flour (plus extra for kneading)  
5g sea salt  
1 tbsp olive oil

½ cup goat's cheese  
½ cup mixed berries  
Snow pea sprouts, rocket or mint, to garnish

Pinch salt, to serve  
Olive oil, to serve

Mix yeast into water and leave to sit for 5 mins.

Combine flour and salt and make a well in the centre. Add water, yeast and oil to well and mix to combine.

Bring mix to a ball and transfer to a lightly floured bench. Knead for a good 5 mins, sprinkling on some extra flour if needed to stop mix sticking to bench and hands.

Return to bowl, cover and pop in a warm place for 2 hours and let it rise.

Remove dough from bowl and knead a couple of times. Break dough in half and roll or just pull into shape.

Arrange the goat's cheese and berries on top and bake at 180°C for 15 mins, or until the base is golden and cooked.

Top with greens, along with pinch of salt and drizzle of olive oil if desired.

5g sea salt  
1 tbsp olive oil

1 large brown onion, peeled & sliced  
3 cloves garlic, peeled & sliced  
1 tbsp oil or ghee  
1 small sweet potato or mix of white & sweet potato, halved, steamed until just tender & sliced  
1 large ball buffalo mozzarella, sliced  
Sprig rosemary  
Sea salt & black pepper  
Large handful rocket  
Olive oil, for serving

Mix yeast into water and leave to sit for 5 mins.

Combine flour and salt and make a well in the centre. Add water, yeast and oil to well and mix to combine.

Bring mix to a ball and transfer to a lightly floured bench. Knead for a good 5 mins, sprinkling on some extra flour if required to stop mix sticking to bench and hands.

Return dough to bowl, cover and place in warm place for 2 hours and allow to rise.

Remove dough from bowl and knead a couple of times. Break dough in half and roll or just pull into shape.

Sauté onion and garlic in oil or ghee over low heat until soft and caramelised. Spread over base of pizza.

Arrange potato and buffalo mozzarella onto pizza base and sprinkle over some rosemary leaves.

Pop into oven at 180°C for 15 mins, or until base is golden and cooked.

Season with sea salt and black pepper, and finish with rocket and a drizzle of olive oil.



Meg's Potato, Caramelised Onion & Buffalo Mozzarella Pizza

### POTATO, CARAMELISED ONION & BUFFALO MOZZARELLA PIZZA RECIPE / MEG THOMPSON

One of my all-time favourite pizza toppings, with the buffalo mozzarella taking it to the next level of deliciousness. Using sweet potato not only gives the pizza more colour, it ramps up the nutrition, providing a lower GI, higher fibre option and a good hit of vitamin A to boot.

**Makes: 2 pizzas**



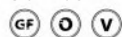
6g yeast  
120mL lukewarm water  
175g spelt flour (plus extra for kneading)



**ROASTED EGGPLANT PIZZA**  
**RECIPE / MEG THOMPSON**

I love the simplicity of pizza. You can keep it super simple or add any combination of ingredients you like. Sliced fresh figs are a wonderful addition when in season.

**Serves: 2**



¼ cup basil or any herb pesto  
1 medium or large eggplant, sliced lengthways into 1–1.5cm slices  
100g cherry tomatoes, halved  
100g goat's cheese, ricotta or mozzarella

Handful olives  
1 tbsp fresh oregano

Spread pesto over eggplant slices. Add the cherry tomatoes, cheese, olives and oregano.

Place in the oven at 180°C for 20 mins, or until the eggplant is cooked.

Meg's Roasted Eggplant Pizza

*Sliced fresh figs, when in season, are a wonderful addition to this pizza.*

Photography by Meg Thompson





# Lettuce — leaves you wanting more

In our Kitchen Garden feature we look at how to grow a plant in your garden and then use it in your kitchen. This issue, we discover the crispy delight of lettuce.

WORDS / TERRY ROBSON

**L**ettuce first appeared near the Mediterranean basin more than 4000 years ago. Initially it was probably just regarded as a nuisance weed but it wasn't long before it was appreciated as a food and a medicine. Hippocrates, the father of modern medicine, advocated its use. In ancient Rome it was prescribed to relax the bowels, and indeed Augustus (first emperor of the Roman Empire from 27 BCE to 14 CE) was so impressed with lettuce he erected a statue in its honour.

Lettuce's name comes from the Latin for "milk" (because of the white sap of the stem), echoed in the name of its major chemical, lactucin. In folklore, lettuce is said to have a calming effect on the body, so much so that if you can eat several heads of it you may become euphoric. Perhaps this is why rabbits always seem so happy ... or is it the reason they breed so often?

For years Australians ate only iceberg lettuce, but recently new types such as cos (called romaine in USA and the staple ingredient of Caesar salad), loose-leaf, and butterhead lettuce have become very popular. Here's a brief guide to these lettuce types:

**Iceberg** (crisphead) has green leaves on the outside and whitish ones on the inside. This variety of head lettuce has a

crisp texture and a mild taste.

**Cos** (also known as romaine) is a variety of head-forming lettuce comprising deep green, long leaves with a crisp texture and deep taste.

**Butterhead** features tender large leaves that form a loosely arranged head that's easily separated from the stem. It has a sweet flavour and a soft texture.

**Loose-leaf** includes broad, curly-leaf varieties that are green and/or red. These lettuces offer a delicate taste and a mildly crispy texture. They don't form true heads but have leaves joined at the stem. All coral, baby-leaf and salad mix lettuces belong to the loose-leaf lettuce group.

## GROW YOUR LETTUCE

**When to plant:** Sow all year, but it can go to flower in the hottest months. Stagger planting for a continuous harvest. Sow directly into soil between 3mm and 5mm deep. Mix seed with coarse sand to help with spacing. Light helps germination so don't cover them. Thin to about 100mm between plants.

**Climate:** Lettuces grow in all areas of Australia. In warmer subtropical and tropical regions, plant in cooler, shaded areas of the garden and try the loose-leaf varieties.

**Aspect:** Plant in full sun, but it will tolerate some shade. Lettuce grows

well in pots but be sure to use a quality organic potting mix.

**Specific needs:** Grow lettuces quickly for crisp and tender leaves. Prepare the soil with compost and well-rotted manure and keep well watered and mulched to protect shallow roots. It's best to fertilise fortnightly with seaweed solution.

**Companion planting:** Grows well with carrots, radishes and beans.

**Harvesting:** Mature in 8–11 weeks, but start picking leaves on non-hearting varieties as soon as they are ready.

## LETTUCE IN YOUR KITCHEN

Whatever lettuce you choose you will need to wash it. Preferably use cold water, as this will keep the lettuce crisp. It's important to dry your lettuce very well before you use it as wet lettuce tastes soggy and salad dressing won't stick to it. Just pat it dry with a paper towel.

The obvious use of lettuce is in salads and on sandwiches but you don't have to stop there. Lettuce is so versatile you can combine it with almost any food you can think of, from vegies and nuts to meats or cheeses. You could, for instance, use cos lettuce leaves as the base for a lettuce wrap with your choice of nuts, vegetables, chicken and baked tofu (you don't always need bread to make a sandwich!).

Match  
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RECIPE  
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**W**ell Naturally No Sugar Added Chocolate Melts are the perfect ingredient for creating amazing treats and desserts. Made with 70 per cent cocoa and sweetened with stevia, these chocolate melts are packed with antioxidants and have zero calories, making them a delicious and healthier choice.



Buckwheat  
Chocolate  
Lollipops



**BUCKWHEAT  
CHOCOLATE LOLLIPOPS**  
RECIPE / WICK NIXON,  
[FACEBOOK.COM/  
WICKEDWELLBEING](https://www.facebook.com/wickedwellbeing)

*Filled with nuts and seeds and with a crunchy outer layer, these delightful lollipops are the perfect size for kids' lunchboxes and double as a sweet treat for adults.*

**Makes: 10 lollipops**



- 2 cups raw cashews
- ½ cup pumpkin seeds
- 4 tbsp cacao powder
- 4 medjool dates (soaked in boiling water for 5 mins & drained, keeping a small amount of water)
- 1 tsp NatVia Sweetener Icing Mix (mixed with water to make a paste)

- 1 tsp vanilla essence
- ½–¾ cup Well Naturally No Sugar Added Dark Chocolate Melts
- Bamboo sticks, cut in half
- 1 cup buckwheat groats

Place cashews, pumpkin seeds, cacao powder, dates, icing mix and vanilla essence in a food processor. Process until finely chopped and evenly combined.

Roll mixture into small balls and refrigerate overnight, or for at least 3 hours.

In a small bowl, place Melts over a simmering saucepan of water approximately one-third full, ensuring the water does not touch the bowl. Stir until melted. Remove from heat.

Place a ball in the melted chocolate and roll until evenly coated.

Remove chocolate-coated ball by inserting a bamboo stick (will act as the handle).

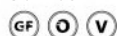
Roll ball in buckwheat groats and place neatly on a tray. Repeat until all balls are rolled and coated.

Place tray in refrigerator until chocolate lollipops are set.

**BLACK FOREST  
PROTEIN SMOOTHIE**  
RECIPE / HAYLEY CAVICCHIOLO,  
[@NOURISHEDHABITS](https://www.instagram.com/nourishedhabits)

*This delicious smoothie is like a liquid cherry chocolate bar — but much more filling thanks to the protein it contains. Lusciously good.*

**Serves: 1**



- 2 scoops chocolate protein powder
- ½ cup fresh or frozen cherries, pitted
- ½ frozen ripe banana
- 1 heaped tbsp Well Naturally No Sugar Added Dark Chocolate Melts
- ¾ cup coconut or almond milk
- 4 ice cubes
- 1 tsp NatVia or 1–2 drops liquid stevia, to taste

**Well Naturally No Sugar Added Rich Dark  
Chocolate shavings, to garnish**  
1 cherry, to garnish

Place all ingredients except garnishes in high-speed blender and blend to a smooth, thick consistency.

Garnish with Well Naturally Chocolate shavings and cherry. Enjoy.

Black Forest  
Protein Smoothie



**DOUBLE CHOCOLATE  
COCONUT PANCAKES**  
RECIPE / HAYLEY  
CAVICCHIOLO, @  
NOURISHEDHABITS

*Start your day the delicious way with a wonderful helping of these nutrition-packed pancakes. Fluffy and warm, these pancakes will quickly entice the whole family to the breakfast table.*

**Makes: 10 pancakes**



- ½ cup coconut flour
- 2 tbsp chocolate protein powder
- 2 tbsp NatVia
- 1 tbsp psyllium husks
- 1 tsp baking powder
- 6 eggs
- ½–1 cup coconut milk (depending on consistency)

- 1 tsp vanilla extract
- ¼ cup unrefined virgin coconut oil, melted
- ½ cup Well Naturally No Sugar Added Dark Chocolate Melts
- 1 cup Well Naturally No Sugar Added Dark Chocolate Melts, for topping
- Additional coconut oil for pan
- Sliced banana, flaked coconut, chopped nuts, to serve

In a large bowl, whisk together dry ingredients.

In a separate bowl, whisk together eggs, milk, vanilla and coconut oil and pour into dry mix. Beat together until thoroughly combined. Batter should be slightly thicker than that of regular wheat flour pancakes.

Stir in ½ cup of Well Naturally Melts. Heat a large, flat-based frypan

over medium heat and brush or spray with a little coconut oil.

Scoop about 2 tablespoons of batter into pan and spread into a circle. Repeat to fill pan, usually 3 or 4 pancakes will fit.

Cook until bottom is golden-brown and top is set around edges. You will see little bubbles start to form — a good sign that it's cooked through and ready to flip.

Flip and continue cooking until second side is golden-brown. Remove from pan and keep warm while repeating process with remaining batter until finished.

Serve with melted Well Naturally Melts and your choice of toppings.

**For more information visit [wellnaturally.com.au](http://wellnaturally.com.au)**



Double Chocolate  
Coconut Pancakes



**G**oodness Superfoods are Better For U! Freekeh is delicious roasted grain from highly nutritious young green wheat. It's as easy to prepare as rice or pasta. Freekeh is a good source of fibre, a source of protein, and has a low GI.



Freekeh Salad



**FREEKEH SALAD**  
**RECIPE / GOODNESS**  
**SUPERFOODS**

**Serves: 2**



- 1 cup cooked Goodness Superfoods Roasted Cracked Wholegrain Freekeh
- ½ punnet cherry tomatoes
- 1 small salad onion, diced
- 1 small can sliced beetroot, drained, or red shredded cabbage

- 1 Lebanese cucumber, chopped
- ½ cup fresh pomegranate seeds
- 250g chicken
- 1 small can chickpeas or 4 bean mix, drained
- 2–3 tbsp chopped coriander leaves
- ¼ cup chopped walnuts or pecans

**Dressing**

- 2 tbsp olive oil
- 1 tbsp honey
- 1 tbsp lemon juice

- 1 tsp brown sugar
- ½ tsp pepper
- ½ tsp salt

Toss all salad ingredients in large bowl.

Mix dressing ingredients and shake well.

Add dressing to salad just before serving. Serve as is or with crusty bread.



Vegetarian  
Freekeh Pilaf

## FREEKEH BURGERS RECIPE / GOODNESS SUPERFOODS

**Serves: 4**



1 large onion, finely chopped  
2 medium carrots, grated  
1 large clove garlic, crushed  
30mL olive oil  
250g cooked Freekeh  
¼ cup parsley, chopped  
1 egg  
100g breadcrumbs  
Salt & pepper, to taste

Wholegrain flour for coating Goodness  
Superfoods Better For U! Barley Wraps  
Salad greens, to serve

Fry onion, carrot, and garlic in olive oil until soft and lightly browned. Transfer to bowl and combine freekeh and parsley.

Add egg and process mixture in a blender until mixture binds together, then add breadcrumbs, salt and pepper, and refrigerate for half an hour.

Shape mixture into burgers and lightly coat in wholegrain flour.

Lightly fry in olive oil, taking care when turning burgers. Drain on paper towel and serve with Goodness Superfoods Better For U! Barley Wraps and salad greens.

**For more information visit  
[goodnesssuperfoods.com.au](http://goodnesssuperfoods.com.au)**

## VEGETARIAN FREEKEH PILAF RECIPE / GOODNESS SUPERFOODS

**Serves: 6**



1 tbsp extra-virgin olive oil  
2 cloves garlic, crushed  
1 onion, finely diced  
1 red capsicum, diced  
350g Goodness Superfoods Roasted  
Wholegrain Freekeh  
1L salt-reduced vegetable stock  
1 bay leaf  
1 cup cherry tomatoes, halved  
Handful basil leaves, torn  
Salt & pepper  
50g feta cheese

Preheat oven to 180°C.

Heat oil in ovenproof saucepan and add garlic and onion. Sauté for a few minutes until translucent.

Add capsicum and sauté a few more minutes.

Add freekeh, stock and bay leaf. Cover with lid and bring to the boil. Place in oven and cook for 45 mins or until stock is absorbed and freekeh is cooked.

Add tomatoes and basil and season to taste. Crumble feta over top.

## HOMEMADE MINISTRONE SOUP WITH WHOLEGRAIN FREEKEH RECIPE / GOODNESS SUPERFOODS

**Serves: 6-8**



1.5 cups cooked Goodness Superfoods  
Wholegrain Freekeh  
1 tsp olive oil  
1 brown onion, chopped  
1 clove garlic, crushed  
1.5L vegetable stock  
1 cup chopped carrots  
1 cup chopped spinach  
1 cup chopped zucchini  
1 cup chopped celery  
1 cup chopped string beans  
1 can lentils, drained

Prepare freekeh according to instructions on pack and set aside.

Heat oil into a large saucepan on low heat and add onion and garlic and sauté until fragrant.

Add water and stock to pot and bring to boil. Next, add all vegetables and reduce heat to a simmer.

Cook for approximately 20 mins or until vegetables are softened.

Add lentils and freekeh 10 mins before serving.



Homemade Minestrone  
Soup with Wholegrain  
Freekeh



Freekeh Burgers



# Mighty mushrooms

Do you know just how much work goes into growing those delicious mushies you love to eat? Here, two certified organic growers tell us the whole story.

WORDS / DANIELLE KIRK

“So, do you want to buy a mushroom farm?” That’s the first sentence that crackles down the telephone line from long-time organic mushroom producer Andrew Cowan. He’s joking, of course — but only half. The second-generation farmer actually loves what he does; however, in the entire 24 years he’s been getting out of bed seven days a week to grow his finicky fungi, he’s had just two weeks off.

Yet Cowan’s raising mushrooms, not children. Surely he could put someone else in charge of his farm on the outskirts of the regional Victorian town of Benalla for a few weeks and take a holiday? As it turns out, growing certified organic mushrooms — which is what Cowan has been doing since he attained certification through Australian Organic (then Biological Farmers of Australia) 19 years ago — is a tough, tremendously involved operation.

“Growing organically isn’t new or high-tech; it’s old-tech — how they did it back in the 50s,” says Cowan, who started growing mushrooms with his father and now runs the farm with his wife Jill and son Jake. “The problem is, when you’re talking about organics, the expenses are so high that to be able to manage it and be *viable* is a whole new story.”

That shouldn’t really surprise, given that organic mushrooms are sold at a sizeable premium above conventional mushrooms at wholesale, and for even more at retail. However, the process

is so challenging that seven would-be certified organic mushroom growers have gone under in the time Cowan has been farming, making Benalla Mushrooms the largest, longest-running producer of certified organic mushrooms in Australia.

“*If a disease such as cinnamon mould — Cowan’s current bête noire — takes hold in one of his eight growing rooms and spreads, it can ultimately cause the entire crop within that room to fail.*”

## FINICKY FUNGI

The difficulties of growing fungi without synthetic-chemical aids are many.

First, there are high overheads. A large expense is the power required to operate the “growing rooms”: artificial environments, much like cold rooms, in which you can create optimal temperature and moisture levels that, ideally, defy the seasons outside. “You’re manipulating the room so you’re growing mushrooms 52 weeks of the year,” explains Cowan. “That’s the trick. But it’s maintaining the [electricity] costs that’s the bigger trick.”

Add to this the expense of buying

commercial organic compost — what’s called “phase one” in the industry — plus the other inputs, such as peat, packaging, transport and labour, and you’ve got one pricy operation.

All mushroom growers face such costs. However, two interlinked challenges mean organic growers achieve lower yields than other producers. Many predatory pests and diseases can attack mushrooms and, whereas conventional farmers have synthetic pesticides and fungicides to keep the nasties at bay, organic growers have few weapons at their disposal and limited research available to help.

“There’s no one researching products to help [organic mushroom growers] here in Australia,” says Cowan. “We have to look overseas to see if there’s anything that’s allowable under the certified banner; otherwise, you’re looking at other industries in the organic field to see what they use to see if it might be applicable to us.”

“We can use some really basic things, like certified organic apple cider vinegar, which does take care of some predatory moulds. But you’ll use it once and think, ‘Wow, this is fantastic; it’s working!’ Then you use it in another room and go, ‘Wow, it did nothing.’ And then you’ll look for something else. You’re constantly trying to achieve a viable crop.”

According to Cowan, hygiene is critical for pest and disease control. That’s why, unlike most small farms that buy in compost blocks that are pre-spawned

with fungi, he buys in phase one and pasteurises it onsite before spawning it himself. This minimises the introduction of any invasive pests or diseases, allowing him to better track and manage any issues before they get bigger.

He also vigilantly monitors, records and regulates the moisture and humidity levels in the growing rooms, and grows fewer mushrooms than conventional farms to reduce damages. If a disease such as cinnamon mould — Cowan's current *bête noire* — takes hold in one of his eight growing room and spreads, it can ultimately cause the entire crop within that room to fail, leading, he says, to losses of tens of thousands of dollars.

When things are going really well at Benalla Mushrooms, the Cowans and their 18 staff produce 2–2.5 tonnes a week of common white mushrooms, *Agaricus bisporus*, as well as Swiss Browns, or *Agaricus bitorquis*. These varieties, at different growing stages, evolve from button mushrooms to large cups to field mushrooms to portobellos. A bad week could yield a tonne or less.

"The amount of crop failures or reduced crops we have is phenomenal," Cowan says. "There's always something trying to attack you and, being organic, you're just trying to maintain it. ... Growing mushrooms is a hard thing at the best of times, but growing organic mushrooms is twice as hard."

### PASSION & COMMITMENT

The latest casualty of the certified organic mushroom industry is Streamside Mushrooms, situated on a farm at Lockwood South, just out of Bendigo. Its owner Lance Robertson, a pioneer of the field like Cowan, has decided to get out after 20-plus years. Happily, there's a phoenix rising from the ashes: Melbourne couple Chris McLoughlin and Natalie Nguyen recently purchased the farm and picked their first mushie crop — grown under the banner of their business The Organic Mushroom Farm — this September.

As owners of online organic fruit and veg distribution service Earth & Sky Organics, the couple knew they were entering a tough field. However, McLoughlin, who had wanted to get into farming for years and has a keen interest in mushrooms, leapt at the opportunity of filling Robertson's shoes. After all, he knew a tremendous market for certified organic mushrooms exists in Australia,

one serviced by Benalla Mushrooms, and now McLoughlin himself.

First, though, the savvy entrepreneur prepared a secret weapon. He asked if Robertson could mentor him, Natalie and their two staff for a few years. "The basis for all of Lance's knowledge is that he had to learn the production process from scratch," explains McLoughlin. "He made every mistake you could possibly make, and had all the diseases, and had all the grief — and hopefully he has done that for us!"

“

*“[Lance] made every mistake you could possibly make, and had all the diseases, and had all the grief — and hopefully he's done that for us!”*

”

"The knowledge that Lance has ... it would have been a shame to let go of that, because [growing organic mushrooms] is a really hard thing to do; it takes years of learning. I think if Lance closed up shop and no one learnt from him, all his knowledge would have disappeared and it would have been very hard then to go and start a mushroom farm."

McLoughlin aims to sell standard white mushies and Swiss Browns, plus a few specialty varieties, under their NASAA organic certification. Unlike Cowan, who supplies two major organic wholesalers rather than the public directly, McLoughlin plans to sell through multiple streams.

"A lot of Andrew's mushrooms go up to Sydney and Lance's used to come down to Melbourne, so we'll probably slot back into that arrangement," he says. "We'll also sell to a couple of agents in the wholesale market, distribute direct to shops, do some farmers' markets and distribute direct through my online business."

He reckons the pressure for growers to produce year-round is what has caused so many of his predecessors to fail. "The margin for error these days is a lot less. When Andrew and Lance were operating for their first 10 years, they probably had a bit more wiggle room; more time to make mistakes and learn all the ins and outs. Some of the guys who started in the past 10–15 years wouldn't have had that

grace and it can only take a couple of bad months to kill the whole thing."

From his farm, just a couple of hours east, Cowan says it's a bit more than that. "Normally, the other organic mushroom farms that come on board have chopped the price out of it, thinking they have to do that to achieve a sale. But the problem is, they're working on good times. If, growing organically, you can get 75 per cent of the time as good time ... that's fine. But that 25 per cent is a killer."

Against such doom and gloom, why does our new farmer McLoughlin think he'll survive where so many others haven't? "We believe we've got a team that's super-passionate about learning stuff. We've got a guy who's super-knowledgeable about the whole process and is willing and wanting and able to teach us ... And then, beyond the farm gate, we're confident we can distribute and do that strongly."

As for committed organic mushroom farmer Andrew Cowan, why hasn't he sold that farm yet? "I enjoy it — I really do. You're constantly thinking; you're constantly working out new ways to do things. I've been here since day one and the farm is always evolving."

"I tell any person who's growing any produce, whatever it is, look at the organic path. It's growing so rapidly, we can't keep up. We're not even close to it. We're in the process of building more rooms. People say, 'Look, you've just talked about how hard it is!' But we've been doing it for so long now, what else do I do?"

"Because it's not a job. It's a lifestyle. When things are going well, I love it. When I'm having issues, I hate it, but I enjoy that my brain is constantly working."





## SPONSOR RECIPES 1-2-3 GLUTEN FREE

**1** -2-3 Gluten Free mixes are produced in a dedicated gluten-free, allergen-free facility in the United States. The facility is free of gluten/wheat, dairy/casein, soy, eggs, peanuts, tree nuts and sesame. The company rigorously tests every batch and the products are certified gluten-free by The Gluten Free Certification Organisation (GFCO).

Anzac Biscuits



### ANZAC BISCUITS RECIPE / 1-2-3 GLUTEN FREE

**Makes: 24 biscuits**



- 1 cup 1-2-3 Gluten Free Multipurpose Flour, sifted
- 1 cup rice flakes or other gluten-free cereal
- $\frac{2}{3}$  cup desiccated coconut
- $\frac{2}{3}$  cup brown sugar

- $\frac{1}{2}$  cup butter
- 2 tbsp golden syrup
- $\frac{1}{2}$  tsp gluten-free bicarb soda
- 2 tbsp boiling water

Preheat oven to 150°C.

In a large bowl, combine 1-2-3 Gluten Free Multipurpose Flour, cereal, coconut and brown sugar.

In a small saucepan, combine butter and golden syrup and stir over a gentle

heat until melted.

Mix bicarb soda with boiling water in a small bowl and add to melted butter mixture.

Stir butter mixture into dry ingredients.

Lightly grease two oven trays.

Place tablespoons of mixture on trays, allowing room for spreading.

Bake for 20 mins.

Loosen while warm, then cool



Banana Cake

**BANANA CAKE**  
**RECIPE / 1-2-3 GLUTEN FREE**

**Makes: 1 cake**



- 2 large ripe bananas, lightly mashed
- ½ cup sour cream
- 2 eggs
- Zest 1 lemon
- 1 tsp vanilla extract
- ¼ cup oil
- 1 pack 1-2-3 Gluten Free Sweet Goodness Pan Bars Mix

Preheat oven to 180°C.

Generously spray 23cm spring-form pan with non-stick spray. Line bottom of pan with circle of wax paper. Then spray top of wax paper with non-stick spray.

In bowl of a mixer with paddle

attachment, place banana, sour cream, eggs, lemon zest, vanilla extract and oil. Mix well. Add 1-2-3 Gluten Free Sweet Goodness Pan Bars Mix to bowl and mix well. Scrape down and ensure mix is well incorporated.

Pour mixture into greased pan. Bake approximately 50 mins, until toothpick inserted in centre comes out clean. Once pan is removed from oven, cake will begin shrinking from sides. Cool approximately 10 mins in pan. Then invert onto wire rack. Remove bottom of pan and wax paper and re-invert onto cake plate to cool.

**VEGIE PIZZA**  
**RECIPE / 1-2-3 GLUTEN FREE**

**Serves: 2-4**



- 1 packet 1-2-3 Gluten Free Southern Glory Scone Mix
- 6 tbsp unsalted butter, very cold, cut into pieces
- ¾ cup milk
- ⅔ & ¼ cup whipped cream
- Cream cheese, softened
- ½-¾ cup ranch dressing
- Vegetables of choice (broccoli, cauliflower, carrots, mushrooms), chopped & cooked

Preheat oven to 190°C and line baking tray with baking paper.

Place 1-2-3 Gluten Free Southern Glory Scone Mix in food processor, add butter and pulse until mixture resembles coarse meal.

Add ⅔ cup of cream to mix. In a separate bowl, mix milk and ¼ cup of cream together and add to scone mix. Pulse until dough just begins to come together into a ball.

Spread dough out into greased cookie sheet.

Bake for 20 mins or until lightly browned. Cool.

In a separate bowl, mix cream cheese and ranch dressing. Spread creamed ranch mixture on top of pizza dough. Cover pizza with vegetables. Cut and serve.

**For more information visit**  
**123glutenfree.net.au**



Veggie Pizza



# Frozen goodness

Summer's here — and that means that it's time for all of us to scream for (sugar-free) ice-cream

WORDS / DANIELLE KIRK

It's that time of year, Australia. It's time for sweat to run down in rivulets behind your knees, causing your skin to stick to plastic chairs. It's time for wet laundry to turn crispy within minutes of pegging it up on the Hills Hoist. It's time for the beach and rivers, for BBQs and thongs, and for what may be that most wonderful of all summery things: ice-cream.

A frozen scoop of delight is the pinnacle of many childhood days, the sweet, creamy treat topping off a sunny afternoon perfectly — providing, of course, it finds its way safely to hungry mouths rather than falling to the floor. Melting, wasted ice-cream? Now, that's the height of all disasters! With adults, too, ice-cream's a hit. Whether it's a small-batch, artisanal, salted-caramel gelato or an out-of-the-tub bowlful of aerated, big-brand vanilla ice-cream, we grownups love it.

Thanks to this cross-generational Aussie fondness for a frozen sweet, we're expected to help manufacturers' revenues grow by an annualised 13.6 per cent to AU\$1.1 billion in the five years through 2015-16. The biggest winners during this time, according to IBISWorld researchers, have been — and will continue to be — niche operators that provide premium ice-cream and gourmet gelato products. The biggest winners within that group? Those that offer guilt-free pleasures to satisfy health-conscious purchasers.

Two riders of that healthy wave are Booza and Cocofrio, small start-ups that in 2013 both released dairy-free and sugar-free ice-creams. In an industry dominated by mainstream

products that commonly include wheat-based glucose syrup, refined sugar and countless thickeners and additives, these ice-cream makers were clever. They created alternatives that were sweet, creamy, frozen, flavoured like those you buy by the scoop at a fancy provedores — and healthy into the bargain.

## THE SWEET SWITCH

You'd have to be living under a rock to not know that sugar — specifically refined sugar, sucrose removed from the matrix of its plant source — can harm your health. Sucrose is made up of one molecule of fructose and one molecule of glucose, and it's the fructose that's the troublemaker.

Fructose exists in three forms: as part of sucrose; as free molecules (for example in fruit); and as part of carbohydrate chains such as the fructans in some vegetables and wheat. While glucose is used by the body for energy, fructose must be metabolised by the liver and is converted directly to fat. Fructose has also been shown to block the hormones that tell you when you're full, so you keep eating. In the long term, both outcomes can lead to obesity and diabetes. For people with fructose malabsorption, fructose can also induce abdominal pain and symptoms of irritable bowel syndrome.

When Melbourne Tintin Sealey first started to avoid sugar for health reasons, she was frustrated by the lack of fructose-friendly sweet treats around. She'd already been considering manufacturing certified organic ice-cream, and decided to make it

healthy and suitable for people with allergies as well. She worked with food technologists to create Cocofrio: a certified organic ice-cream alternative that's sugar-, dairy- and gluten-free, and comes in 10 flavours.

The sweetener Sealey uses is rice malt syrup. Unlike other sweeteners like sugar, honey, maple syrup, coconut sugar and agave, which contain from 50-90 per cent fructose, rice malt syrup contains none. It's subtle in sweetness, however, so Cocofrio products also contain a little stevia "to boost the sweetness profile".

“  
*In an industry dominated by mainstream products that commonly include wheat-based glucose syrup, refined sugar and countless thickeners and additives, these ice-cream makers were clever.*  
”

Sweetness is one of the roles sugar plays in ice-cream, but it also controls the amount of ice that forms in the final product. Because sugar lowers the freezing point, the more sugar that ice-cream contains the softer it will be. Rice syrup doesn't create that same effect, so Sealey uses guar gum to "make the mixture thicker and emulsify the ingredients."

Fat is another essential ingredient

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in ice-cream. It lends structure, flavour and creaminess, and stabilises the tiny air bubbles that influence the creaminess. In these respects, coconut milk is similar to dairy cream. “We use coconut milk as opposed to nut milks because it’s very rich and creamy, similar to dairy, but there’s the added bonus of the health benefits,” says Sealey.

What other ingredients do her ice-creams contain, and how would she make them at home? “I’ll first get a very rich, full-fat coconut milk — preferably a certified organic one — then add rice syrup, a bit of stevia and a bit of vegetable gum, just to make it a little bit thicker. Then, depending on the flavour I’m making, I’ll add that. For example, if I’m making a green tea ice-cream, I’ll add the matcha powder.”

On the stovetop, Sealey heats that mixture to just above 80°C to pasteurise it — a process that kills any microorganisms present. “After that, I’ll let it cool down to maybe 30°C, put it in a big bowl, then put it in the fridge and let it sit overnight. The next step is to put the bowl of your domestic ice-cream maker in the freezer, let it freeze overnight, then the next day use it to churn the cooled mixture.”

Why leave the mixture in the fridge overnight, rather than just an hour or two? Letting it chill for at least 10 hours “hydrates the mixture and ages it, so that the ingredients bind together”. Also, says Sealey, “You need the mixture to be cold so that, when you churn it, it will create a really creamy ice-cream.”

### BRANCHING OUT

In the Sydney foodie hub of Marrickville, Tedy Altree-Williams and her brother Jilbert El-Zmetr create some sugar-free goodness under the brand Booza. For two years, they crafted a Middle Eastern-style ice-cream that’s dense and elastic — a quality unique to the ice-creams of that region and one gained through the use of two regional ingredients: mastic, from Chios in Greece, and salahb, the powdered root of an orchid native to the Middle East. Then they decided to branch out.

“We thought, ‘We’ve got the facilities to produce ice-cream, why don’t we look into other alternatives?’, because people had been asking if we did sugar-free, vegan and so on,” says Altree-Williams. “Also, at the same time, I cut

“*We use coconut milk as opposed to nut milks because it’s very rich and creamy, similar to dairy, but there’s the added bonus of the health benefits.*”

sugar from my diet completely, and I was looking at alternate ways of eating. We’ve always had wholefoods growing up, being Lebanese, but looking at what was out there and what was out on the market, we thought it would be a great idea to make another, sugar-free line.”

As artisanal ice-cream makers, the siblings had the breadth to experiment. They chose to use coconut milk to create a vegan ice-cream, and to use xylitol to sweeten it. Explains Altree-Williams, “We wanted a product for someone who has given up sugar, so we’re not going to sweeten it with honey or maple or coconut sugar or agave; we’re going to try to keep the carbohydrate component quite low. That’s why we started with xylitol.

“Xylitol is also excellent because it’s almost a 1:1 substitute to sugar and it has similar properties, so it helps with the softening of the ice-cream’s texture and it also adds sweetness.”

The process behind Booza’s three sugar-free ice-cream varieties — vanilla bean, matcha green tea and dark chocolate — is similar to that of its Melbourne counterpart. Altree-Williams pasteurises the coconut milk and coconut cream then adds the dry ingredients, xylitol and vanilla bean, as well as some guar gum and locust

bean gum to stabilise the mixture, add thickness and prevent an icy end-product. Once the xylitol’s dissolved, she adds cacao or matcha powder, and then lowers the mercury.

“We drop the temperature down to 4°C and, once the mixture’s cooled to 4°C, it gets transferred to the batch freezer: that’s the actual churning ice-cream machine. Once it goes in there, after about 20 minutes it comes out and is piped into the retail cups. It then goes into a blast chiller set at -35°C.”

The blast chiller rapidly cools the ice-cream, minimising the formation of ice crystals. Explains Altree-Williams, “So, you know when you’ve got ice-cream at home in the freezer, and you take it out and in, out and in, out and in? You get ice crystals forming on the top. That happens due to the temperature changes.” She recommends eating bought ice-cream within a few days to prevent this from happening; and, if you’re making it at home, to eat it that same day.

“When you’re making ice-cream at home, it’s absolutely delicious, but you have to have it straight away,” she says. “You’re not adding any stabilisers, you haven’t blast-frozen it and, while your domestic ice-cream machine is really good, it doesn’t work at the same capacity as an industrial machine when it comes to minimising ice crystals; it can whip it at a greater power than your domestic machine.

But, with more whipping, surely there comes more air and less goodness? “No, it’s still a thick and creamy ice-cream — that’s just the style we like. It’s thick, it’s dense, it’s not as airy as your cheap conventional ice-cream, so you know that you’re not getting air, you’re getting the real coconut cream, the real cacao and it’s all mixed in beautifully.”



Photography by Istock



# Seasonal fruit & vegetables | spring & summer

*These are the fruits and vegetables that are in season and so will be the freshest.*



## Spring

**Vegetables** Artichoke, Asian greens, asparagus, avocados, broad beans, green beans, broccoli, cabbage, carrots, cauliflower, chokos, cucumbers, leeks, lettuce, morel mushrooms, salad onions, spring onions, peas, snow peas, sugar snap peas, sweet potato, potato, pumpkin, silverbeet, spinach, watercress, zucchini flowers.

**Fruit** Lady Williams apples, bananas, cherries, cumquats, grapefruit, lemons, loquats, lychees, Ellendale and Murcott mandarins, mangoes, honeydew melons, rockmelons, watermelons, blood oranges, Seville oranges, papaya, pawpaw, smooth leaf pineapple, starfruit, strawberries, tangelos.

## Summer

**Vegetables** Asparagus, beans, capsicum, celery, chillies, cucumbers, eggplant, lettuce, okra, onions, peas, potatoes, radish, sweetcorn, watercress, zucchini.

**Fruit** Apricots, avocados, bananas, blackberries, blueberries, cherries, figs, grapes, melons, limes, lychees, mangoes, mangosteens, nectarines, oranges, papaya, passionfruit, pawpaw, peaches, pears, pineapple, plums, rambutans, raspberries, red and black currants, strawberries, tomatoes.

### SEASONAL TIP

*Passionfruit grows upwards, so you get lots of fruit for little space. It will grow in pots and in hot areas — you can even grow a passionfruit vine up a tree.*



**M**ckenzie's Coconut range is made from harvested coconut and includes Desiccated Coconut, Moist Coconut, Shredded Coconut and Toasted Coconut Chips. It also includes all-natural and gluten-free Coconut Flour. All products are packed in a convenient zip-lock bag for extra freshness.



Bliss Balls

**BLISS BALLS**  
RECIPE / MCKENZIE'S

**Serves: 12**



- 1 cup dates, pitted
- 1 cup mixed nuts (almonds, cashews & walnuts)
- 1/3 cup McKenzie's Coconut Flour
- 1/2 cup McKenzie's Shredded Coconut
- 1/3 cup cacao powder
- 1/4 cup coconut oil, melted
- 1/2 cup McKenzie's Desiccated Coconut

Soak dates in warm water for 20 mins to soften. Drain dates, reserving liquid.

Add dates, nuts, flour and shredded coconut to food processor and mix until it resembles fine crumbs.

Add cacao powder and coconut oil and blend. If mixture is too dry add a quarter of a cup of soaking liquid from dates and blend. Mixture needs to be moist enough to roll into balls.

Roll into mini golf balls. Continue until all mixture is used. Roll each ball in desiccated coconut to coat.

Store in sealed container in fridge.

**ENERGY BALLS**  
RECIPE / MCKENZIE'S

**Makes: 30-35 balls**



- 1/2 cup dried McKenzie's Chick Peas
- 1 cup raw mixed nuts (almonds, walnuts, hazelnuts & brazil nuts)

- 1 Cup McKenzie's Natural Oats
- 1/2 cup McKenzie's Shredded Coconut
- 1 tsp McKenzie's Cinnamon Powder
- 1/3 cup dried cranberries
- 2 tbsp raisins
- 2 tbsp finely diced dried apple
- 3 tbsp honey
- 1 tsp vanilla extract

Prepare chickpeas by cooking in one-and-a-half cups of water until well cooked (approx 1 hr).

Meanwhile, place the nuts and oats in food processor and blend well until coarse.

Place nut mix into large bowl and add coconut, cinnamon and dried fruits and mix thoroughly.

Place warm chickpeas in food processor with two tablespoons of water, honey and vanilla and puree to smooth paste.

Spoon chickpea mix into dry ingredients and stir until combined. Mixture should combine to form balls easily.

Roll mixture into balls about the size of a walnut. Place in airtight container and store in fridge.



Energy Balls



Homemade Granola Bars

### HOMEMADE GRANOLA BARS RECIPE / MCKENZIE'S

**Makes: 15 bars**



2 cups McKenzie's Natural Whole Oats  
 ¼ cup McKenzie's Desiccated Coconut  
 ¼ cup McKenzie's Coconut Flour  
 ½ cup chopped almonds  
 ½ cup chopped dried apricots  
 ½ cup pitted & chopped dates  
 1 tsp McKenzie's Ground Cinnamon  
 ⅓ cup honey  
 3 large eggs  
 2 tbsp coconut oil, melted  
 2 tbsp water

Preheat oven to 180°C. Lightly grease 22x33cm slice tray.

Mix all dry ingredients first, then add wet ingredients. Place all mixture into food processor or blender and pulse a few times until ingredients are chopped well and sticking together.

Press mixture into prepared pan and bake for 15–20 mins or until edges are browned slightly. Cool completely before slicing.

Store in airtight container in fridge.

### BERRY & COCONUT PANCAKES RECIPE / MCKENZIE'S

**Serves: 12**



1½ cups milk  
 1 egg  
 2 tsp vanilla essence  
 2 cups self-raising flour  
 ¼ tsp McKenzie's Bi-Carb Soda  
 ⅓ cup caster sugar  
 ⅓ cup McKenzie's Desiccated Coconut  
 1½ cups fresh or frozen mixed berries  
 25g butter, melted  
 1 cup fresh berries, to serve

In a jug, whisk together milk, egg and vanilla.

Sift flour and bi-carb into a bowl. Stir in sugar and desiccated coconut.

Make a well in the centre and add milk mixture and mixed berries. Whisk until just combined.

Heat large non-stick frying pan over medium heat. Brush pan with melted butter. Using a quarter of a cup of mixture per pancake, cook pancakes until bubbles appear on surface (about 3–4 mins). Turn and cook for a further 3

mins or until cooked through.

Transfer to a plate. Repeat with remaining mix. Ensure pan is brushed with melted butter between batches.

Top with butter, fresh berries and thick vanilla yoghurt.

### CHOC CHIP COOKIES RECIPE / MCKENZIE'S

**Makes: 20 cookies**



⅔ cup McKenzie's Coconut Flour  
 ⅓ cup McKenzie's Arrowroot  
 ½ tsp McKenzie's Baking Powder  
 ¼ tsp McKenzie's Bi-Carb Soda  
 ⅓ cup coconut sugar  
 1 tsp vanilla essence  
 4 tbsp coconut oil, melted  
 4 tbsp unsalted butter, softened  
 2 eggs  
 ½ cup chocolate chips or cacao nibbles  
 3–4 tbsp water

Pre-heat oven to 180°C.

In a large bowl, combine all dry ingredients.

Stir in vanilla, coconut oil, softened butter, eggs and chocolate chips.

Add enough water so that batter starts to hold together.

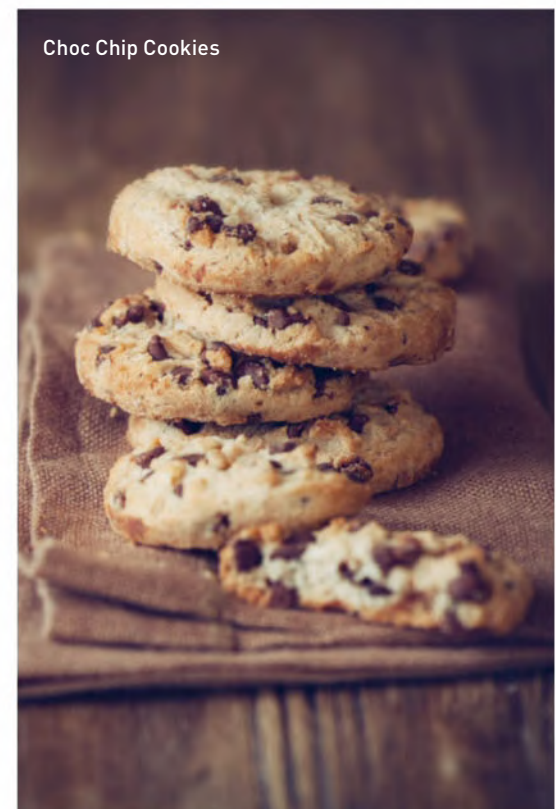
Drop tablespoons of mixture 5cm apart on trays.

Bake cookies for 14–16 mins. Allow to cool on trays.

**For more information visit**  
[mckenziefoods.com.au](http://mckenziefoods.com.au)



Berry & Coconut Pancakes



Choc Chip Cookies



# A natural force

Cooking, at its heart, is all about controlling the heat in order to transform food, so let's look at how different temperatures affect your ingredients.

WORDS / DANIELLE KIRK

Ever since our forebears learnt that fire could transform food, we've been exploring ways to control heat to create edibles that please. Today's kitchens may be full of gadgets but there are two appliances that most people use daily: the combined fridge and freezer, and the stove.

The fridge/freezer helps you prevent food from spoiling; the stove helps you to make it safer, easier to digest and more pleasant to eat. As chemistry professor Robert L Wolke writes in *What Einstein Told His Cook*, "The manipulation of foods in our kitchens seems to involve a continual round of heating and cooling, of using figurative fire and ice. Only, today, we do those jobs with gas and electricity."

“  
*Changing the temperature of food via an external source, such as an oven, transforms it at the molecular level — and one of the key molecules altered is water.*  
”

## A TASTY SCIENCE

What exactly does heating and cooling do to food? Let's start with some definitions. Heat is energy that all atoms, those tiny particles that make up matter, possess. All food has heat — even ice cubes — because the molecules in it are constantly moving. Temperature, on the other hand, is, according to Wolke, "just a convenient number by which we humans express how fast the molecules are moving. If the molecules of one substance are moving

faster, on average, than those of another, we say that the first substance has a higher temperature ... than the other."

Changing the temperature of food via an external source, such as an oven, transforms it at the molecular level — and one of the key molecules altered is water. Many fresh foods, such as meat, poultry, fruits and vegetables, contain at least 75 per cent water, while other foods, like milk, contain about 85 per cent or more. When you turn the heat down by freezing your food, what you're actually doing is freezing H<sub>2</sub>O into tiny ice crystals — and these are what make solid foods like meat and vegetables hard. When you turn the temperature up, you're also working with water. When you heat a pot of water, for example, you're giving the molecules more energy so they move faster than usual and some of the water escapes as steam. This is what happens to water molecules within food, too.

Cooking also sets off complex chemical and physical transformations that alter the flavour, texture, colour and nutritional composition of food. These changes vary, depending on an ingredient's molecular makeup and the cooking method used. For example, when you brown meat, it undergoes a process called the Maillard reaction: a series of complex, cascading chemical interactions that start at around 140°C. Essentially a chemical reaction between an amino acid (a building block of protein) and a sugar (ie glucose, fructose or lactose), the Maillard reaction generates many of the flavours and colours we associate with cooked foods.

Other ways cooking can transform ingredients include:

- Caramelisation: the breakdown of sugar molecules into its base molecules, glucose and fructose,

giving food a nutty flavour and golden-brown colour

- Degradation of starchy carbohydrates, or polysaccharides: a process that lends a natural sweetness to cooked starchy foods
- Colour loss: when foods — typically fruits and vegetables — lose pigment, generally through long cooking methods
- Protein denaturation: a process in which protein molecules break apart, changing the texture of food; for example, this is what makes runny eggs set and meat become more tender.

## CONTROLLING HEAT

Leaving aside the elements of food preparation, it seems that cooking is all about mastering heat. As New York-based top chef Daniel Boulud writes in *Notes on Cooking*, "The chef's job [is] to employ heat to transform ingredients ... Whether it is extracting and reabsorbing juice in roasting, or braising and reducing, or sautéing then caramelising, you are working the moisture in the food you are preparing; and then concentrating it, reintegrating it back into the ingredient ... No matter how you apply heat, this is the transformational aspect of cuisine. How good your food is depends on how well you control this force of nature."

Controlling heat isn't as easy as it sounds, though, because there are so many variables to take into account. For example, what do you use to heat your food: a charcoal barbecue, a gas cooktop or an electrical slow cooker? How well does your cooking device regulate and distribute heat? How quickly or slowly does that heat build — and when do you know when your food has been hot enough for long enough?

Three types of cooking methods exist — dry heat, moist heat and combination — and food can be cooked in air, fat, water or steam. Remember that temperature

changes move moisture, so when working out how best to cook a tasty morsel, consider the moisture content of both the initial ingredients and the

desired product.

Here are some common cooking methods and how you can use them to harness heat to best effect.

Method	Description	Temperature	Suitable foods	Tips
<b>Baking</b> (dry heat)	During baking, moisture within the food is converted to steam, which combines with the dry heat of the oven to cook the food	180°C in a conventional oven (some smaller cakes can be cooked at 190–200°C for a shorter time)	Cakes, muffins, cupcakes	Fan ovens can dry a cake slightly, so use the conventional setting when baking. Place the pan in the middle of the oven to ensure even cooking Start with room-temperature ingredients
<b>Boiling &amp; blanching</b> (moist heat)	Boiling involves cooking foods in a boiling liquid; blanching involves immersing food in boiling liquid for a short time before plunging it in icy water to stop the cooking process	100°C	<b>Boiling:</b> vegetables, rice, pasta <b>Blanching:</b> vegetables, fruits	Use salted water when blanching vegies to enhance colour and taste
<b>Frying</b> (dry heat)	Cooking food in oil or fat at high temperatures to sear it; includes stir-frying, deep-frying and shallow-frying	Up to 200°C, depending on the method used	Battered or breaded fish or vegies, chicken, chips, doughnuts	Only use oils that are stable at high temperatures and have a high smoke point, ie ghee (clarified butter), coconut oil, sesame oil. Avoid trans fats, eg margarines, which have negative health properties
<b>Barbecuing/ grilling</b> (dry heat)	Cooking using a direct, dry heat; the source is typically gas or charcoal	Depends on ingredient; typically upward of 200°C	Fish, meat, vegetables, bread	Ideal for smaller cuts of meat, such as a steak or chicken breast
<b>Roasting</b> (dry heat)	Cooking using dry heat, typically in an oven or over an open flame	Depends on ingredient; generally at least 160°C	Meat, vegetables	Take your roast out of the fridge 15–20 mins before cooking so it cooks more evenly
<b>Simmering &amp; Poaching</b> (moist heat)	Simmering involves cooking food in a liquid that's held below boiling point; it's a gentler, slower method than boiling. Poaching is similar but is even gentler as it doesn't create bubbles	Simmering: 85–95°C Poaching: 70–85°C	<b>Simmering:</b> Vegetables, soups, sauces <b>Poaching:</b> Fragile foods such as eggs, fish	Simmering is great for enhancing the flavour of stews, moist meat dishes and soups
<b>Steaming</b> (moist heat)	Cooking by steam, generated by boiling water that sits below the food	Steam released from water past 100°C	Vegetables, fish	Steaming is a simple, quick method of cooking vegetables that helps minimise nutrient loss
<b>Braising &amp; stewing</b> (combination)	Braising is slow cooking in liquid that partially covers whole meat cuts (eg lamb shanks); stewing is similar, but involves covering smaller chunks of meat entirely with liquid	Typically 150–160°C	Meats, vegetables, fruit	Sear your meat first, to get the delicious flavours that result from the Maillard reaction. Braising and stewing are useful for tenderising tougher cuts of meat

As with most things, mastery of heat just comes with practice. If you're starting out in the kitchen, you'll be fine if you follow the recipe and learn how best to work with the heat your cooking appliance emits. Then it's a case of experiment, experiment, experiment — and enjoy.

### 5 TEMPERATURE TIPS

- 1. Always preheat the oven** for at least 15 minutes before you insert your food.
- 2. Don't crowd the pan.** If you want to sear your meat, make sure there's enough space between the pieces. If they are too close together, they'll create too much moisture to caramelize. Work in batches if you need to. Also, pat down your food before you apply dry heat: excess moisture will steam what you're trying to cook by another method.
- 3. Use a cold pan for butter.** Butter added to a hot pan burns on contact because it contains dairy; its proteins and sugars turn from brown to black and will taste bitter

instead of sweet.

- 4. Use a hot pan for oil.** Add oil directly to an already-hot pan; in a matter of seconds, it will become hot enough to cook your food. If it starts to smoke, throw it out and start again.
- 5. Fire trumps radiation.** The microwave can be fine for reheating certain foods; otherwise it distances you from cooking and its elemental pleasures. Don't let a machine do your job. You are the cook; it is your fire, your blade, your hands, your finesse that provide the meal's soul.  
**Source:** *Notes on Cooking*, Lauren Braun Costello and Russell Reich.

### WHAT'S THAT SMOKE?

Fats differ in chemical makeup and stability, so when cooking with them it's important to choose one suited to the temperature you're using. When a fat starts to smoke, it has reached what's called a "smoke point" and starts to break down. This process releases harmful free radicals and a substance called acrolein, the chemical that gives burnt foods their acrid flavour and aroma.



# News feed

The latest food findings in bite-sized morsels

COMPILED BY / TERRY ROBSON

## SPICY FOOD PROLONGS LIFE

In this study, researchers looked at data gathered from more than 487,000 participants in the China Kadoorie Biobank. All the subjects also completed a questionnaire about general health, physical measurements and consumption of spicy foods, red meat, vegetables and alcohol. The average follow-up time of the study was 7.2 years and the results showed that, compared to people who ate spicy foods less than once a week, people who ate spicy dishes once or twice a week had a 10 per cent reduced risk of death from any cause. Those who ate spicy foods 3–5 or 6–7 days a week were at a 14 per cent reduced risk of death. Specifically, spicy food consumption was associated with lower risk of death from cancer, ischaemic heart disease, and respiratory diseases.

**Source:** *British Medical Journal*

## APPETISERS ALTER MAINS

A new study has shown that how much you enjoy your appetiser affects how you experience your main course. The study involved subjects eating a main course of pasta with garlic and olive oil (pasta aglio e olio) and rating how much they enjoyed it. Before the main course the subjects ate either a mediocre appetiser or a more delicious appetiser. Both appetisers were bruschetta, but the mediocre bruschetta was made with blended olive oil and dried basil, while the better bruschetta was made with extra-virgin olive oil, fresh basil and the addition of balsamic vinegar and lemon zest. The pasta dish, which was

the same in both cases, was rated much more highly when consumed after the mediocre bruschetta. Food, like every other experience, is contextual, and if you have just had a delicious appetiser the main course will suffer a little by comparison.

**Source:** *Food Quality and Preference*

## ARE FOODIES ALSO FATTIES?

This study involved women who completed questionnaires on their healthiness, lifestyle and general psychology. To establish whether they were adventurous with their food, the women were shown a list of 16 foods and asked if they would be willing to try or eat them more than once. If a subject said yes to nine or more of the foods, then she qualified as a “foodie” or adventurous eater. The 16 foods were kale, seitan, quinoa, seaweed, bean sprouts, beef tongue, eel, quail eggs, rabbit, kimchi, tempeh, venison, polenta, liver, raw oysters and pork belly. The results showed that being a foodie (adventurous eater) strongly correlated with a lower BMI than being a non-foodie. Foodies were healthier eaters, tended to exercise more, were more likely to cook to connect to their heritage and were more likely to host friends for dinner than non-adventurous eaters.

**Source:** *Obesity*

## FAT SEEKING FAT

A new study involved three groups of rats; one group given a low-fat diet containing equal amounts of mono-unsaturated fat and saturated fat, the second group given a high mono-unsaturated fat diet, while the third

group had a high saturated fat diet. The high fat diets were exactly the same in terms of sugars, proteins, calorie density and fat (only the type of fat was different). In all groups the animals were free to eat as much as they wanted. After eight weeks all the rats in all groups were of similar body weight but the rats in the saturated fat palm oil group had reduced dopamine function. Those rats sought to compensate for the deadening of the dopamine system in their brain by increasing reward-seeking behaviour; so consuming saturated fat may actually lead to seeking out more high-fat or high-sugar foods to get the same level of reward.

**Source:** *Neuropsychopharmacology*

## FOOD FACT

Unlike other berries, blueberries do not continue to ripen after picking.



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Quinoa & Coconut Porridge

**QUINOA & COCONUT PORRIDGE**  
RECIPE / LOTUS

**Serves: 4**



- 175g Lotus Organic Royal White Quinoa
- ½ vanilla pod, split & seeds scraped out, or ½ tsp vanilla extract
- 15g coconut cream
- 4 tbsp Lotus Black Chia Seeds
- 125g coconut yoghurt
- Fresh berries & chopped Lotus Organic Raw Almonds, to serve

Soak quinoa overnight in cold water. Drain and rinse quinoa and place in a pan with vanilla, coconut cream and 600mL water.

Place pan on medium heat and cover and simmer for 20 mins. Stir in chia with another 300mL water and cook gently for 3 mins. Stir in coconut yoghurt.

Serve in bowls with fresh berries and almonds.

**QUINOA & TUNA SALAD**  
RECIPE / LOTUS

**Serves: 5**



- 1 cup Lotus Organic Royal White Quinoa
- 2 cups water
- Salt, to taste
- 1 jar pesto
- 1 cup frozen peas
- 3 x 140g tins tuna
- 1 tbsp flat-leaf parsley
- 100g semi-dried tomatoes
- Handful basil leaves
- Cracked black pepper, to taste

Combine quinoa, water and salt in a medium saucepan. Bring to a boil, then reduce to simmer and cover for 15 mins. Remove from heat, keeping pan covered and let it stand for 5 mins, or until the remaining water is absorbed. Remove lid and fluff quinoa.

In a large pan on medium heat, toss together quinoa, pesto, frozen peas and tuna for few minutes, then mix in rest of ingredients.

Season with salt and black pepper, to taste, and serve warm.



Quinoa & Tuna Salad

## QUINOA & VEGETABLE SOUP RECIPE / LOTUS

**Serves: 6**



- 1 tbsp coconut oil
- 1 medium onion, finely chopped
- 2 cloves garlic, minced
- 400g chopped tomatoes
- 1 red capsicum, chopped
- 1 large leek, chopped
- ½ cup Lotus Organic Royal White Quinoa
- 4 cups low-sodium vegetable stock
- ½ tsp Lotus Fine Sea Salt
- 2 tbsp fresh parsley leaves, chopped

In a large stockpot, heat oil over medium-high heat until melted. Add

onion and garlic and cook for 6–8 mins or until golden and soft.

Stir in tomato, capsicum, leek, quinoa, stock, 1 cup of water and salt. Bring to a boil over high heat.

Reduce heat to medium-low, cover and cook 20 mins or until quinoa is cooked and vegetables are tender. Stir in parsley and serve.

## QUINOA PILAF RECIPE / LOTUS

**Serves: 4**



- 2 cups Lotus Organic Royal White Quinoa
- 4 cups vegetable stock

- 1 cup chopped kale
- ½ cup diced tomato
- 1 eggplant, chopped
- Handful crumbled feta, to serve
- Lemon juice, to serve

Preheat oven to 170°C.

Place all ingredients, excluding feta and lemon, in a casserole dish and cook for 1 hour.

Remove from oven and allow to cool for 10 mins. Serve with crumbled feta and a squeeze of lemon juice.

*For more information visit  
[lotusfoods.com.au](http://lotusfoods.com.au)*

Quinoa & Vegetable Soup



Quinoa Pilaf





## Food to rock your festive season

Summer holidays and Christmas time mean indulgence, but the right foods can help you indulge a little and still feel good and be healthy.

The festive season is upon us. Love it or loathe it, it is unapologetically crazy. I'm from the "love it" side of the fence, fully endorsing the liberal application of Christmas music, decorations and festive accessories. For many of us, the silly season comes with a healthy dose of social activities, alcohol, late nights and overindulgence.

I'm certainly not going to tell you to avoid X, Y and Z during the greatest time of the year (subject to opinion), but I am encouraging you to include some of nature's goodies to support your body, particularly your liver, during this time. This will ultimately improve your experience of the festive season — a lofty claim perhaps, but allow me to explain.

### FOOD FOR FUN

Detoxification itself is actually just a process of transformation and it is constantly going on in your body. In addition to filtering your blood and producing bile, the liver converts and excretes toxins via two phases of detoxification. Simply put, during phase one, toxins are converted to a more water-soluble and less damaging form. In phase two they are rendered less active and transported out of your body.

Ordinarily, detox diets would call for you to avoid any substances that may overload this process, namely alcohol, caffeine, sugar, processed foods and other chemicals. When this is not always possible to avoid entirely, there are certain food choices that can enhance and protect the process of detoxification, improving your chances of making it through December in the best health possible.

### Go greens

First, green vegetables. Yes, an obvious choice, but they are just magical for improving overall detoxification. Including a daily dose of greens, in particular bitter greens such as rocket, watercress, dandelion, witlof and mustard greens, in your diet is great for healthy digestion and bowel function, and helps to stimulate the liver and kidneys to support detoxification and blood purification.

Try to get into the habit of incorporating a side salad with your

main meal, or throw them onto savoury breakfasts, into smoothies, or use in pestos and sauces. Coriander is another great example and is particularly good for detoxification; binding and excreting heavy metals and other toxins from your body. Try my coriander pesto recipe included with the prawn and zucchini noodle recipe in this issue, or add to a soup, stirfry, curry and any of the Mexican-inspired dishes.

### Sour support

In keeping with this theme, sour-tasting food friends such as lemon, lime, radicchio, sauerkraut and kimchi will stimulate the liver to produce bile. Bile assists the body with the digestion of fats, aids healthy bowel function and improves the elimination of toxins from the body.

### Fermented friends

The fermented vegetables like sauerkraut and kimchi, and fermented drinks such as kombucha and kefir, deserve a special mention. They are real everyday superfoods. Fermented foods assist in liver detoxification by protecting the body's stores of one of the main antioxidants in this process: glutathione. They also protect the liver cells themselves and assist with the breakdown and elimination of toxins. If that's not enough, how about assistance with a strong immune system, healthy skin and brain function, along with the central benefit of improving the balance of bacteria in the gut. Go team fermented!

It's a good idea to start slowly if you are not used to having fermented vegies, as their detoxification effects can be quite strong. Over time, build up to an ideal daily consumption of around half a cup for maximum benefit.

### Cruciferous cleansing

Another way that you can support your body during this time is by loading yourself up on cruciferous vegetables. Broccoli, cauliflower, kale, Brussels sprouts and cabbage all work to support phase one and two liver detoxification pathways, primarily due to compounds called isothiocyanates.

The high fibre content of cruciferous vegies also makes them perfect to support healthy digestive function.



### Sulphur solutions

Sulphur-containing foods such as eggs, onions, garlic, and cruciferous vegetables all support phase 2 liver detoxification. The sulphur molecule attracts toxins and free radicals, gathering them up and ushering them out of the body.



*The humble beetroot is another liver-loving vegetable that has been shown in studies to protect the liver from damage.*



### Beet & B vitamins

The humble beetroot is another liver-loving vegetable that has been shown in studies to protect the liver from damage and to improve phase two liver detoxification. It also has a traditional use with liver stagnancy, purification of the blood, and for liver problems in general.

The process of liver detoxification is also heavily reliant on B vitamins. We have a higher requirement for B vitamins during times of stress, which unfortunately can be abundant at this time of year. Keep your natural supply up by including some beautiful wholegrains (oats, brown rice), beans, quinoa, eggs, fish and leafy greens in your diet. Think about any refined or white grains you may use currently that you could swap for the wholegrain version.

So there you have some liver-loving suggestions to see you through the summer festivities. Remember also to stay well hydrated, rest when you can and move your body daily.

*Meg Thompson is a practising naturopath, cook, mother, writer, health advocate and passionate wholefood enthusiast, based in Melbourne, Australia.*



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# The king of fruits

To know a food is, usually, to love a food and in our Food Profile we get intimate with some of our favourites. In this issue, we become matey with mango.

WORDS / TERRY ROBSON

**T**oday, mangoes are loved worldwide for their taste but they have a rich history. Fossil evidence suggests they date back around 30 million years in northeast India, Myanmar (Burma) and Bangladesh. Their popularity in that region is reflected in the legendary tale about Buddha, who was presented with the gift of a mango grove so he could rest in its shade.

The rest of the world discovered mangoes when Buddhist monks took mango plants with them on voyages to eastern Asia in the 4th and 5th centuries BCE. Another 2000 years later, in the 15th century, Portuguese explorers discovered the fruit and took it to the rest of the world.

With a world production of over 18 million tonnes per year, the mango is among the most popular fruits in the world. Mexico is the largest producer of this delicious food due to its popularity in the United States, Central America and the Caribbean. There are over 50 varieties of mangoes sold around the world.

## AUSTRALIAN VARIETIES

### Kensington Pride (also known as the Bowen)

This is a soft, medium-sized (300–600g) mango with golden flesh, a sweet, tangy flavour and a rich orange skin tinged with a pink or red blush. It is the most popular variety grown in the tropical and subtropical regions

of Australia, making up 70 per cent of all trees planted, and is available from late September to March.

### Calypso

The Calypso is a trademarked variety of mangoes that have a firm fibreless flesh and a smooth, deep orange skin. Calypsos are available from October to March.

### R2E2

The R2E2 mango sounds like it belongs in *Star Wars* but it is in fact a large, round mango (around 600g but up to one kilogram) with firm yellow flesh and deep orange skin tinged with red. It has a long shelf life and is available from November to February.

### Honey Gold

This mango has firm, juicy flesh and, as the name suggests, a golden apricot-yellow colour. Honey Golds are available from November to March.

Other mango varieties available later in the season (from around January to March) are the Palmer, Keitt, Kent and Pearl.

## NUTRITIONALLY DELICIOUS

When you savour delicious and succulent mangoes you're probably not thinking about the health benefits in every bite. A common nickname for mangoes is actually "the king

of fruits" since, beyond their sweet, luscious taste, mangoes also contain an abundance of vitamins, minerals and antioxidants that support your health.

Mangoes are a good source of vitamin C, beta-carotene, copper, B vitamins and fibre as well as being low in fat. In one cup (165g) of mango you get:

- Kilojoules: 414
- Protein : 1.35g
- Total Fat: 0.63g
- Carbohydrates: 24.72g
- Fibre: 2.6g

## MANGO LOWERS BLOOD SUGAR

So deliciously seductive is this fruity child of summer that eating mangoes seems an indulgence whereas, in fact, they can even be good for your blood sugar.

This was shown in a study from Oklahoma State University (*Nutrition and Metabolic Insight*) that involved obese adults with a BMI between 30 and 45. The participants consumed 10g of freeze-dried mango daily (equivalent to 100g or half a fresh mango) for 12 weeks. Aside from taking the mango, the subjects maintained their usual diet, exercise habits, and medications.

At the beginning of the study, then after six weeks, and again at the end of the study, the subjects had measurements taken of height, weight, waist circumference and hip circumference. They also had



blood tests at these times assessing triglycerides, HDL cholesterol, glucose, HbA1c (a measure of blood sugar levels over the past three months) and insulin levels.

After the 12 weeks the researchers found that blood-sugar levels dropped by an average 4.41mg/dl (approx 0.25mmol/l). This drop held true for males and females although the drop in males was greater. While overall body weight and waist circumference stayed the same, there was a drop in hip circumference in males.

The effect seen here is thought to be due to an antioxidant found in mangoes called mangiferin. As well as being an antioxidant, mangiferin has been shown to block several inflammatory pathways. So, although this was only a small pilot study and further, larger trials need to be done, there is enough here to suggest that you can enjoy the delights of the mango without a guilty conscience.

“  
*Buddhist monks took mango plants with them on voyages to eastern Asia in the 4th and 5th centuries BCE.*  
”

#### BUYING & STORING

Mango, papaya, kiwifruit and pineapple are among the fruits the United States Environmental Working Group found to carry the lowest amounts of pesticide residues. So if you are purchasing conventionally grown, rather than organically grown, fruits then mangoes are among the best choices.

One of the best ways to choose your mango is to use your nose. A ripe, fresh mango will have that typical fragrant, tropical, peachy smell as well as a full colour and will give slightly to the touch. Stay away from very soft or bruised fruit. An unripe mango has no scent and will have an unpleasant taste if eaten raw. Beware of buying completely green mangoes as they many never ripen.

But be aware that mangoes do not necessarily need to be evenly coloured all over. Some mangoes have a greater degree of “blush” than others and different varieties naturally develop different skin colours. As mentioned, you should avoid bruised mangoes but do not be deterred by small marks or skin blemishes. These are normal and are easily caused by the fruit rubbing against a branch or another piece of fruit on the tree. Small skin marks will not affect the internal quality of the flesh.

If you want your mango to last a few days at home before eating, select a slightly firmer mango with tight skin.

If the mango isn't ripe but not totally green, you can store it on your benchtop for up to one week to ripen. Once ripe, though, you need to act quickly and either eat it or put it in the fridge for up to five days.

“  
*So deliciously seductive is this fruity child of summer that eating mangoes seems an indulgence whereas in fact they can even be good for your blood sugar.*  
”

#### EATING YOUR MANGOES

Mango really doesn't need anything to make a delicious food but you can get a little experimental if you want to. Mango makes a great afternoon snack when served with a bit of muesli or dry roasted nuts. Mango also makes a great addition to a fruit salad, stirfry or seafood dish.



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**STICKY SICHUAN PEPPER  
OXTAIL WITH PURPLE  
CABBAGE SLAW**

**RECIPE / KATE GIBBS**

**@KATEGIBBS**

**Serves: 4-6**



- 1.5-2kg Cape Grim Oxtail
- 1/3 cup oil
- 50g ginger, thinly sliced
- 10 cloves Australian garlic, peeled & lightly crushed
- 2 birdseye chillies
- 3 star anise
- 2 tsp Sichuan peppercorns, coarsely ground in a mortar & pestle
- 1/2 tbsp sugar
- 1/3 cup rice wine or sake
- 1/2 cup soy sauce, plus extra
- 1 tbsp rice-wine vinegar
- 1 cup quality chicken stock or water

**Cabbage slaw**

- 1/2 small red cabbage, finely shredded
- 1/2 bunch coriander, roots, stalks & leaves chopped

- 2 shallots, finely sliced diagonally
- Juice 1/2 lemon
- 1 tbsp Dijon mustard
- 1/2 tsp sea salt
- 1/2 tbsp Japanese mayonnaise (Kewpie)

Preheat oven to 165°C. Pat dry Cape Grim Oxtail with paper towel.

Heat three tablespoons of oil in an oven-proof pot with a lid over medium-high heat and brown oxtail all over in batches, being careful not to overcrowd pan. Transfer to bowl or plate.

Discard oil in wok and wipe down with paper towel, then return pot to medium heat. Add remaining oil and ginger and cook until golden brown, about 5 mins. Return oxtail to pan with garlic, chilli, star anise, Sichuan pepper and sugar. Use a wooden spoon to toss ingredients together until sugar has caramelised.

Add rice wine, half a cup of soy and rice-wine vinegar and let simmer over medium heat, turning meat to coat well in soy, then add chicken stock or water and return to simmer.

Place lid on pot and braise in oven for 3-3 1/2 hours, turning meat after about 1 hour, until meat easily comes away from the bone.

Let meat sit on stove, covered, about 30 mins, then use a spoon to carefully remove and discard most of the fat from the top. Return pot to stove and simmer, uncovered, to thicken and reduce liquid further if needed.

Meanwhile, make purple cabbage slaw by combining cabbage, coriander and shallots in a bowl. In a small jar, shake together lemon juice, Dijon mustard, salt and mayonnaise, then drizzle over cabbage to taste.

To serve, arrange oxtail on serving platter with a spoonful of sauce and cabbage slaw.

**Tip:** This dish can be done in a pressure cooker or slow cooker. For slow cooker, omit oven step and cook 3-3 1/2 hours. For pressure cooker, omit chicken stock or water from recipe and cook at medium pressure for 1 hour. To reduce liquid, remove lid and let simmer for 20 mins.



Sticky Sichuan Pepper Oxtail with Purple Cabbage Slaw

## MISO-MARINATED FLAT IRON STEAK WITH SOBA NOODLES & YUZU KOSHO

RECIPE / KATE GIBBS

@KATEGIBBS

Serves: 4



- 300g dried green-tea soba noodles or plain soba
- 1 tsp sesame oil, plus extra
- ¼ cup sesame seeds, plus extra
- ½ bunch coriander, roots & stalks finely chopped, leaves torn
- ¼ cup white or red miso
- ¼ tsp yuzu kosho, to taste
- 2 tsp sake
- 2 tsp mirin
- 550g Cape Grim Flat Iron or Oyster Blade Steak
- 1 tsp extra-virgin olive oil
- 1 nori sheet, cut into strips
- 3 spring onions, thinly sliced diagonally
- 2 eggs, soft boiled, peeled & halved
- Sesame oil
- Soy sauce, to serve (optional)
- 1 birdseye chilli, thinly sliced, to serve

Cook noodles in large saucepan of boiling water according to packet instructions. Drain and rinse under cold running water. Place in a bowl with sesame oil, sesame seeds and roots and stalks of coriander, toss to combine and set aside.

For Cape Grim Steak, combine in a bowl the miso, yuzu, sake and mirin and whisk. Rub over steak and let marinate

1 hour in fridge. Return steak to room temperature.

Meanwhile, heat large frypan over medium high heat, remove excess miso from steak and drizzle over olive oil to coat completely.

Grill steak in frypan until just golden, about 1 min, then turn and repeat, being careful not to let it burn. Turn again until each side has cooked 3–4 mins for medium-rare. Set aside on a board to rest 5 mins. Slice steak thinly.

Divide noodles between individual bowls, top with nori, spring onions and coriander leaves. Top each bowl with half an egg, add a few drops of sesame oil to each egg and scatter over extra sesame seeds. Serve with soy sauce and chilli.

**Note:** You can buy yuzu kosho in Asian food stores and good delicatessens.

## GRILLED HANGER STEAK SANDWICH WITH CHIMICHURRI & SPICED MAYO

RECIPE / KATE GIBBS

@KATEGIBBS

Serves: 4



### Chimichurri

- ½ cup red-wine vinegar
- 1 tsp salt
- 3 garlic cloves, minced
- 1 golden shallot, finely chopped
- 1 birdseye chilli
- 1 bunch coriander, leaves, stalks & roots finely chopped

½ bunch flat-leaf parsley, finely chopped

2 sprigs fresh oregano

½ cup extra-virgin olive oil

600g Cape Grim Hanger Steak

3 tsp extra-virgin olive oil

Sea salt & freshly ground black pepper

¼ cup Japanese mayonnaise

2 tbsp fresh lemon juice

¼ tsp smoked paprika

8 slices sourdough, toasted

1 cup baby rocket or 6 baby cos leaves

To make chimichurri, combine all ingredients in a bowl and whisk with a fork. Set aside and refrigerate for at least 1 hour and up to 24 hours.

Bring Cape Grim Steak to room temperature, drizzle over oil to coat, then season. Heat large, heavy-based frypan over a high heat. Add steak and grill until it forms a brown crust on one side, about 2–3 mins, then turn and cook the other side, about 2 mins for rare.

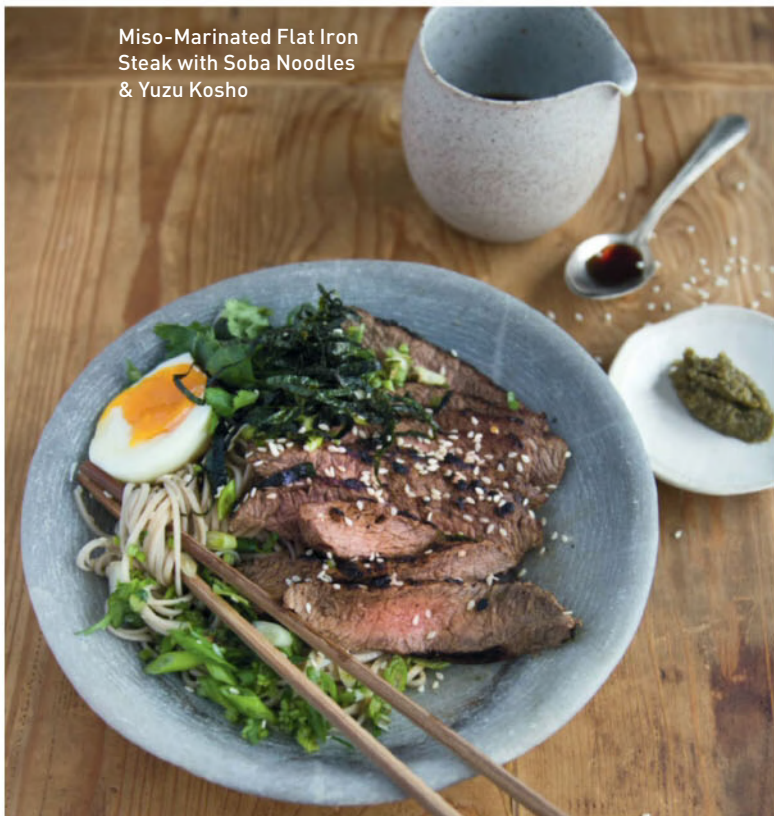
Transfer steak to a board and let rest 5 mins.

Combine mayonnaise, lemon juice and paprika in a bowl and whisk lightly.

To make sandwich, thinly slice steak across the grain. Top half the bread slices with greens, divide steak between sandwiches, drizzle over chimichurri and spiced mayonnaise, then place final slices on top.

**For more information visit**  
[capegrimbeef.com.au](http://capegrimbeef.com.au)

Miso-Marinated Flat Iron Steak with Soba Noodles & Yuzu Kosho



Grilled Hanger Steak Sandwich with Chimichurri & Spiced Mayo





# Hearty tomatoes

Tomatoes are a wonderful food, not just for their diversity of uses in the kitchen but because they are so healing for your body.

WORDS / TERRY ROBSON

**T**omatoes serve no end of purposes: they are essential for a bruschetta, add something wonderful to a gazpacho, bring a dash of colour to your kitchen decor, can be grown almost anywhere and make for an entertaining evening discussing about what makes a fruit a fruit (tomatoes are a fruit, should you be wondering).

Every year, more than 130 million tons of tomatoes are produced around the world and it is a food that is regarded as being grown “worldwide”. There are more than 7500 varieties, which originally were yellow in colour when they were grown first by the Aztecs of Central America. Introduced into Spain in the 16th century, tomatoes were not eaten for a couple of hundred more years in Europe because people thought they might be poisonous. They loved the look of them, though, and used them for decoration. Originally, they were small and yellow and called *pomo d’oro*, or apple of gold, and red tomatoes were not discovered for some time.

Tomatoes (like so many other foods) are supposed to be aphrodisiacs. At one stage, because of their supposed powers, they were forbidden to women. On the strength of this, the French (of course) translated the Italian *pomo d’oro* to *pomme d’amour* — apple of love! Tomatoes are now almost universally loved.

Nutritionally, they are very rich, containing good amounts of vitamins

C and A, and lycopene (a powerful antioxidant and cancer-preventing substance). Although technically a fruit, their acidic taste means they are used mostly in savoury dishes.

“

*Naturally ripened tomatoes are nutritionally superior to immature fruits.*

”

## YOUR HEALING TOMATOES

Tomatoes are packed with nutrition. They contain lots of vitamin C, carotenes and potassium. However, a fully ripe one contains up to four times more betacarotene than a green tomato. This is where growing your own tomatoes and eating them after they have ripened on the vine is such a big advantage.

Lycopene is a carotenoid, related to betacarotene and found in high concentration in tomatoes. In recent times, it’s lycopene that has been gaining a lot of attention for its healing potential, but it is by no means the end of tomato’s nutritional bonanza.

Tomatoes also provide fatty acid derivatives (including 9-oxo-octadecadienoic acid), vitamin A and bone-healthy vitamin K. They are also

a source of vitamin B6, folate and fibre. Understandably, tomatoes have a range of health benefits.

## PROSTATE PROTECTION

Studies are showing that men who eat a lot of tomato products may be protected against developing prostate cancer. One study has suggested that consuming tomato-based foods may reduce DNA damage in the prostate cells of men diagnosed with prostate cancer. The report found that those who consumed one daily pasta dish with a tomato-based sauce for three weeks had lower levels of DNA damage in prostate cells. The pasta eaters also had lower levels of prostate-specific antigen (PSA), a blood protein that’s used to measure prostate cancer risk.

The researchers in this case attributed their findings to lycopene, which other studies have found to lower prostate cancer risk. Lycopene concentration in the prostate increased by nearly 300 per cent with a daily tomato sauce serving. However, tomatoes’ prostate protection goes further than lycopene.

Tomatoes also contain alpha-tomatine, a saponin phytonutrient, which has demonstrated the ability to alter metabolic activity in developing prostate cancer cells. It has also been shown to trigger programmed cell death (apoptosis) in prostate cancer cells that have already been fully formed.



## BONE HEALTH

A study (*Journal of Nutrition Health and Aging*) was designed in which tomatoes and other dietary sources of lycopene were removed from the diets of postmenopausal women for a period of four weeks, to see what effect lycopene restriction would have on bone health. At the end of four weeks, women in the study started to show increased signs of oxidative stress in their bones and unwanted changes in their bone tissues. The study investigators concluded that removal of lycopene-containing foods (including tomatoes) from the diet was likely to put women at increased risk of osteoporosis.

## STROKE PROTECTION

Research has also shown that eating tomatoes on a regular basis will lower your risk of stroke. In a study done by researchers from the University of Eastern Finland (published in the journal *Neurology*) the aim was to find out what impact blood lycopene levels might have on risk of stroke. The researchers gathered 1031 men aged 46–65 and tested them periodically over a 12-year time frame. Over the 12 years, 67 of the men suffered a stroke. Comparison of lycopene levels found that the men with the highest levels of lycopene were 59 per cent less likely to suffer an ischaemic stroke (due to a blood clot) than those with the lowest blood levels. That would suggest that somehow the antioxidant actions of lycopene lower the chance of clotting and stroke.

## HEART PROTECTION

A study from the journal *Molecular Nutrition & Food Research* has found that tomatoes contain a substance dubbed 9-oxo-octadecadienoic acid (9-oxo-ODA). The researchers have found that this substance can treat conditions that feature abnormal blood fats (dyslipidaemia) such as cholesterol and triglycerides. The research showed that 9-oxo-ODA suppressed the accumulation of triglycerides in the liver. Additionally, it increased the expression of genes involved in fatty acid oxidation.

## TOMATOES AND BLOOD VESSELS

One study published in *PLOS ONE* involved 36 patients with cardiovascular disease (CVD), who were compared to

36 “healthy” people without CVD. The people in the study continued with their regular diets over the course of two months, but half of each group was randomly assigned to take a pill containing 7mg of lycopene daily. That amount of lycopene is equivalent to 900g of fresh tomatoes or one tablespoon (15mL) of tomato paste. At the beginning and end of the study the subjects’ forearm blood flow, arterial stiffness, cholesterol and blood fats were measured.

Even though the subjects who had CVD were taking statin drugs at the beginning of the trial, they still showed as having blood vessels that were not as healthy as those in the “healthy” participants. The endothelium is the lining of blood vessels and in narrowing of the arteries the endothelium cells don’t respond properly to acetylcholine.

The results of the study showed that after two months of taking lycopene people with CVD showed a 53 per cent improvement in the response of their endothelium to acetylcholine, apparently because of an increase in nitric oxide production. The researchers say this shows that tomato consumption would improve the function of blood vessels.

## TOMATOES AND BREASTS

The effect of tomatoes on a hormone called adiponectin has suggested that they may be useful in preventing breast cancer. In a study (*Journal of Endocrinology and Metabolism*) researchers analysed postmenopausal women for 20 weeks. For the first 10 weeks the women consumed a tomato-rich diet that involved consumption of about 25mg of lycopene a day. That means about eight fresh tomatoes a day or 55g of sundried tomatoes. For the next 10 weeks the women followed a soy-rich diet in which they consumed at least 40g of soy protein daily. They were asked to refrain from eating all tomato or soy products for two weeks before each phase.

Blood analysis showed that when consuming the tomato-rich diet the women had a 9 per cent increase in levels of a hormone called adiponectin, which is involved in regulation of fat and sugar levels, and there’s also evidence that increasing adiponectin reduces breast cancer risk.

## THE ORGANIC DIFFERENCE

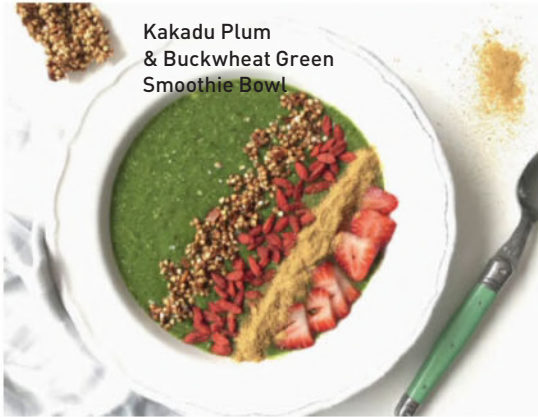
Some commercial tomatoes, not organic ones, are picked when green and are then ripened using a gas called ethylene. Ethylene is produced by many fruits as a catalyst for the ripening process. The tomatoes are then chilled for transport and subsequent sale. The problem is that chilling breaks down chemicals that contribute to tomato flavour and when ripened off the vine tomatoes also lack the nutrients of their naturally ripened counterparts. Naturally ripened tomatoes are nutritionally superior to immature fruits.

The nutritional superiority of organic tomatoes was highlighted in a study published in 2012 in the *Journal of Agricultural and Food Chemistry*. The research, performed by researchers from the University of Barcelona, analysed the chemical structure of the ‘Daniela’ variety of tomato. They detected 34 different beneficial compounds in both the organic and conventional versions. However, they found that, overall, the organic tomatoes contained higher levels of the antioxidant polyphenols.

The researchers believe this difference between organic and conventional tomatoes can be explained by the manure used to grow them. Their explanation was, that since organic farming does not use nitrogenous fertilisers, then plants respond by activating their own defence mechanisms, increasing the levels of all antioxidants. The more stress plants suffer, the more polyphenols they produce. So organic growing is a bit more stressful for the tomato, making it healthier, and also tastier, for you.



**D**id you know that Australian superfoods are some of the most nutrient-dense foods on the entire planet? Well, thanks to The Australian Superfood Co, these native ingredients are now easy to get your hands on in Freeze Dried Powders, Air Dried Fruit Packs and delectable Raw Bars. Enhance your cooking with the intoxicating flavours of quandong, wattleseed, riberry, lemon myrtle and more.



**Kakadu Plum & Buckwheat Green Smoothie Bowl**



**Choc-Coconut & Davidson Plum Truffles**



**Finger Lime & Sweet Sesame Tuna Sashimi Bowls**

**KAKADU PLUM & BUCKWHEAT GREEN SMOOTHIE BOWL**

RECIPE / AUSTRALIAN SUPERFOODS CO

*With the highest concentration of vitamin C of any plant, Kakadu plum is a superfood in every sense of the word.*

**Serves: 1**



- 1 frozen banana
- 1 medjool date, pitted
- 2 cups spinach
- ½ cup coconut water
- 1 tsp Australian Superfoods Co Freeze Dried Kakadu Plum
- ¼ cup gluten-free oats

**Garnish**

- 1–2 tbsp goji berries
- 2 strawberries, sliced
- 1 tsp Australian Superfoods Co Freeze Dried Kakadu Plum
- 2 tbsp activated buckwheat granola

In a blender, combine banana, date, spinach, coconut water, Australian Superfoods Co Dried Kakadu Plum and oats. Blend for 1–2 mins or until preferred consistency is reached.

Transfer blended mixture into a bowl and garnish with goji berries, strawberries, Kakadu Plum and activated buckwheat granola.

Enjoy chilled.

**CHOC-COCONUT & DAVIDSON PLUM TRUFFLES**

RECIPE / AUSTRALIAN SUPERFOODS CO

*A convenient, nutritious and portion-controlled treat that's high in calcium, vitamin E and zinc. Experiment with other Australian superfood powders as coatings for a colourful variety of flavour and appearance.*

**Makes: 18 truffles**



- ½ cup almond meal
- 1 tbsp chia seeds
- 1 cup desiccated coconut
- 1 tsp Australian Superfoods Co Freeze Dried Davidson Plum
- 1 cup medjool dates, pitted
- ¼ cup raw cacao
- ½ cup gluten-free rolled oats
- Pinch sea salt
- 1 tbsp coconut nectar
- 1 tbsp coconut oil
- 1 tsp vanilla bean extract

**Coatings**

- 2 tbsp chia seeds
- 2 tbsp Australian Superfoods Co Freeze Dried Davidson Plum
- ¼ cup desiccated coconut

Combine all dry ingredients in a blender.

In a small mixing bowl, whisk all wet ingredients to combine. Add to blender

and pulse until a cookie-dough-like mixture forms.

Prepare mixing bowl full of clean, warm water (for wetting and cleaning hands) and place each coating ingredient on a separate plate. Roll each truffle ball in one of these coatings and set aside.

Wet your hands between rolling each ball to avoid contaminating coatings. This will also make rolling less sticky.

**FINGER LIME & SWEET SESAME SASHIMI BOWLS**

RECIPE / AUSTRALIAN SUPERFOODS CO

*Bento meets bush tucker. Sweet yet salty and delightfully refreshing, this Australian rendition of a Japanese favourite is bursting with folate, potassium and vitamin E. Enjoy with a pair of chopsticks and a side of miso soup.*

**Serves: 2**



- 1 Lebanese cucumber, finely sliced
- 1 tbsp rice-wine vinegar
- 1 tsp coconut sugar
- Pinch sea salt
- ¼ cup crispy fried shallots
- 1 bunch bok choy, chopped
- ½ cup pickled ginger
- 2 spring onions, finely sliced
- ½ cup basil leaves, roughly chopped
- 2 tsp Australian Superfoods Co Freeze Dried Finger Lime

240g sashimi-grade raw tuna  
 2 tbsp sesame seeds  
 2 nori sheets  
**Sweet Sesame & Soy Dipping Sauce**  
 1 tbsp coconut sugar  
 1 tbsp rice-wine vinegar  
 Juice ½ lime  
 1 tbsp sesame oil  
 2 tbsp tamari  
 2 spring onions, finely sliced

In a small serving bowl, combine cucumber, rice-wine vinegar, 1 tsp coconut sugar, sea salt and 2 tbsp shallots. Set aside.

In a small bowl, whisk together sweet sesame and soy dipping sauce ingredients to combine.

Divide bok choy between two serving bowls, then top each bowl with a portion of cucumber mixture, 2 tbsp crispy shallots, a quarter of a cup of pickled ginger, spring onions, basil leaves and a splash of the sauce.

To make tuna, spread Australian Superfoods Co Freeze Dried Finger Lime on a plate and press tuna into powder, coating evenly on either side. Repeat step with sesame seeds, then slice tuna carefully into bite-sized pieces.

To serve, layer nori sheet, tuna and ¼ cup pickled ginger. Serve alongside sweet sesame sauce and bok choy salad.

### **RIBERRY, CHICKPEA & QUINOA SALAD WITH SEARED LAMB** RECIPE / AUSTRALIAN SUPERFOODS CO

*Sweet, spicy, soft and crunchy, this dish is "fruitful" in folate, manganese and calcium. For vegetarians, increase the quantity of quinoa, beans, riberry and chickpeas and omit the lamb.*

**Serves: 4**



1 tsp vegetable stock powder  
 1 pinch saffron  
 1 cup quinoa  
 1 zucchini, shaved  
 1 tsp olive oil  
 Salt & pepper, to taste  
 4 radishes, finely sliced  
 3 radicchio leaves, finely sliced  
 ¾ cup dried apricots, chopped  
 400g tin butterbeans, rinsed  
 400g tin chickpeas, rinsed  
 Rind ½ lemon  
 ½ pomegranate, seeded  
 2 tbsp slivered almonds, lightly toasted  
 2 tbsp pine nuts, lightly toasted  
 ½ cup mint, roughly chopped  
 ½ cup parsley, roughly chopped  
 4 lamb fillets

#### **Dressing**

1 tbsp hot water  
 1 tbsp raw honey  
 4 tbsp Australian Superfoods Co Air Dried Ribberries, rehydrated\*  
 1 tbsp olive oil  
 1 tbsp lemon juice  
 Salt & pepper, to taste

Combine vegetable stock powder, 2 cups water, saffron and quinoa in a small saucepan over high heat. Bring to the boil, reduce heat to low then cover and simmer for 25 mins or until almost all liquid has been absorbed. Remove from heat and stand covered for 5 mins.

Combine dressing ingredients in a small jar and set aside to rest.

In a large mixing bowl, combine zucchini, 1 tsp olive oil, and salt & pepper. Stir through quinoa, radish, radicchio, dried apricots, butterbeans and chickpeas.

Sprinkle with lemon rind, pomegranate seeds, nuts and herbs.

Dress salad before serving.

To cook lamb, heat barbecue to high

heat. Cook for 3–4 mins on a flat plate on both sides. Rest for 10 mins before slicing.

Serve lamb with salad.

\*Soak in cool water for 3–4 mins and then drain.

### **DAVIDSON PLUM & MACADAMIA CRUMBLE** RECIPE / AUSTRALIAN SUPERFOODS CO

*An antioxidant powerhouse with anti-diabetic effects and the capacity to reduce hypertension and obesity — that's Davidson plum for you!*

**Serves: 6**



6 Australian Superfoods Co Air Dried Davidson Plums  
 2 tsp vanilla bean paste  
 6 tbsp maple syrup  
 6 nectarines, sliced  
 ¾ cup raspberries  
 1 tbsp lemon juice  
 3 tbsp coconut oil  
 Pinch sea salt  
 1 cup gluten-free oats  
 ½ cup flaked quinoa  
 ½ cup crushed macadamias  
 1 tbsp shredded coconut  
 ½ tsp cinnamon  
 ⅓ cup natural yoghurt

Preheat fan-forced oven to 180°C.

Boil half a cup water in a small pot, add Australian Superfoods Co Air Dried Davidson Plums, 1 tsp of vanilla bean paste and two tablespoons of maple syrup. Lower to a gentle simmer and stir occasionally until liquid is absorbed.

Place nectarines and raspberries in a greased baking dish (or individual ramekins) and add Davidson Plum mixture and lemon juice. Stir to combine.

Heat a small skillet over a low flame and add coconut oil, one teaspoon vanilla bean paste, four tablespoon maple syrup and sea salt. Stir to combine (careful not to burn), then set aside.

In a mixing bowl, combine oats, quinoa and macadamia nuts. Pour coconut oil and maple syrup mixture over the top and mix together.

Spread oat mixture on top of fruit and sprinkle with shredded coconut and cinnamon. Bake for 20 mins or until nectarines are tender and the crumble is golden.

Serve with a side of natural yoghurt.

**For more information visit**  
[austsuperfoods.com.au](http://austsuperfoods.com.au)



Riberry, Chickpea & Quinoa Salad with Seared Lamb



Davidson Plum & Macadamia Crumble

# Food Source

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Magimix presents the new Le Duo Plus XL juicer and salad maker. Made in France, this brilliant machine will juice just about any fruit or vegetable plus, with the optional salad kit, make healthy living a breeze. Included is a 30-year warranty on the motor.  
W: [magimix.com.au](http://magimix.com.au)



### 12 HEALTH

Our gluten- and dairy-free vanilla mix is an all-rounder and can be paired with any fresh flavour you like. With over 8g of protein per serve, naturally sweetened with natvia, you'll feel great devouring this delicious batch of muffins.  
W: [12health.com.au](http://12health.com.au)



### CHRIS' DIPS

Searching for a healthy snack that's full of flavour? The Down2Earth range by Chris' Dips features wholefoods, premium spices and superfood ingredients, providing a healthy alternative for snacking on the go. W: [eatloveshare.com.au](http://eatloveshare.com.au)

### BUDERIM GINGER

Buderim Ginger has been supplying the kitchens of Australia since 1941. Buderim's Naked Ginger adds a zing to everything with its smooth, velvety texture without the crystallised coating. A sensational fat-free snack, a flavour burst when baking and delicious with cheese, this great Australian product is also gluten free. W: [buderimginger.com](http://buderimginger.com)



### GOODNESS SUPERFOODS

Goodness Superfoods are Better For U! Freekeh is delicious roasted grain from highly nutritious young green wheat. It's as easy to prepare as rice or pasta. Freekeh is a good source of fibre and protein and has a low GI. W: [goodnesssuperfoods.com.au](http://goodnesssuperfoods.com.au)

### BUTTERFINGERS

Butterfingers Gluten Free Macadamia and Pure Butter Shortbread varieties are deliciously smooth and use only all-natural Australian ingredients that are free from preservatives and artificial colours. Enjoy with friends or just treat yourself! Butterfingers is proudly Australian owned and operated. W: [butterfingers.com.au](http://butterfingers.com.au)





## ANGOVE

Angove quietly leads the way in organic viticulture and winemaking. Its organic wines are made without the use of synthetic chemicals, pesticides and herbicides. Angove wines are just as nature intended, crafted with just the gentlest touch from passionate winemakers. W: [angove.com.au](http://angove.com.au)



## CAPE GRIM BEEF

The pristine pastures and clean air of Tasmania, King Island and Flinders Island provide the perfect environment to grow Cape Grim Beef. Since 2006, the brand has developed a reputation for providing 100 per cent grass-fed premium-grade beef, sought after by butchers and chefs who have built their careers on choosing the best produce and letting it speak for itself. W: [capegrimbeef.com.au](http://capegrimbeef.com.au)

## KUVINGS WHOLE SLOW JUICER

Juice your way to good health with a Kuvings Whole Slow Juicer. Choice recommended, the juicer is quiet, easy to clean, squeezing and pressing all fruit and vegetables. It also has the strongest motor and lowest RPMs, making a delicious cold-press juice with ease. Juicing whole fruit and vegetables means less preparation time, making your day-to-day Kuvings juicing a pleasure. W: [kuvings.net.au](http://kuvings.net.au)



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## GLOBAL ORGANICS

Global Organics Raw Coconut Oil is cold pressed from mature coconuts. Sourced from Sri Lanka, it can be used in cooking to replace butter or other high-in-saturated-fat oils, on the body as a daily moisturiser or as a deep hair treatment. W: [globalorganics.com.au](http://globalorganics.com.au)



## AUSTRALIAN SUPERFOOD CO

Did you know that Australian superfoods are some of the most nutrient-dense foods on the entire planet? Well, thanks to The Australian Superfood Co, these native ingredients are now easy to get your hands on in Freeze Dried Powders, Air Dried Fruit Packs and delectable Raw Bars. Enhance your diet and cooking with the intoxicating flavours of quandong, wattleseed, Kakadu plum, finger lime, riberry, lemon myrtle and Davidson plum. W: [austsuperfoods.com.au](http://austsuperfoods.com.au)

## AMAZONIA

Amazonia's Raw Greens blend has been created with a comprehensive array of greens to cover all bases. It contains a nutrient-dense mix of leaves, juices, herbs, sprouts, grasses, algae and sea minerals. The living formula retains all the digestive enzymes needed for optimal absorption. With a refreshing, natural mint flavour, getting your daily green hit has never been so easy. W: [amazonia.com.au](http://amazonia.com.au)



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1-2-3 Gluten Free mixes are produced in a dedicated gluten-free, allergen-free facility in the United States. The facility is free of gluten/wheat, dairy/casein, soy, eggs, peanuts, tree nuts and sesame. The company rigorously tests every batch and the products are certified gluten-free by The Gluten Free Certification Organisation (GFCO). W: 123glutenfree.com

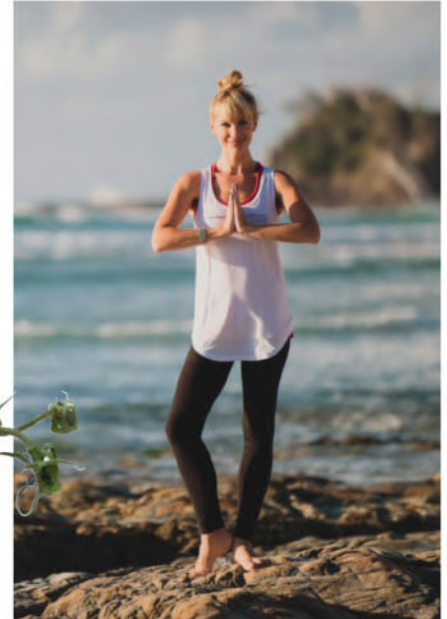


**YARRA VALLEY GOURMET FOODS**

Yarra Valley Gourmet Foods brings together the freshest local produce to create an all-natural range of beautifully packaged gourmet preserves. Produced in small batches from the finest, pure ingredients, they make simple food with extraordinary flavour. W: [yvfg.com.au](http://yvfg.com.au)

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Treat yourself to an affordable health-boosting retreat at Byron Yoga Retreat Centre. The three- or eight-day programs include yoga and wellness sessions, relaxation by the heated swimming pool and healthy vegetarian meals featuring produce grown in the organic gardens. W: [byronyoga.com](http://byronyoga.com)



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Our award winning coffee is a blend of high altitude-grown Central American and South American Arabica beans, which are fair trade, organic certified and free of pesticides. Our beans are roasted and blended to produce a smooth, medium-bodied espresso. Fairness never tasted so good. W: [globalcafedirect.com.au](http://globalcafedirect.com.au)



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McKenzie's Coconut range is made from harvested coconut and includes Desiccated Coconut, Moist Coconut, Shredded Coconut and Toasted Coconut Chips. It also includes all-natural and gluten-free Coconut Flour. All products are packed in a convenient zip-lock bag for extra freshness. W: [mckenziefoods.com.au](http://mckenziefoods.com.au)

**MICROORGANICS GREEN NUTRITIONALS**

MicOrganics Green Nutritionals began selling the iconic Hawaiian Pacifica Spirulina range of products in Australia over 20 years ago and has now expanded to offer some of the world's most nutrient-rich superfoods, including Australian Organic Supergrass, Green Calcium, Yaeyama Pacifica Chlorella, Green Superfoods with marine plant minerals, and the amazing new Hawaiian Natural Astaxanthin products. W: [greennutritionals.com.au](http://greennutritionals.com.au)



## AUSTRALIAN BLUEBERRIES

Grown on farms around Australia, blueberries are plump, juicy and delicious. They are gently hand picked with special care, travelling from field to fridge in just 24 hours. It's all so that you can enjoy the freshest, ripest blueberries Australia has to offer.

W: [australianblueberries.com.au](http://australianblueberries.com.au)



## FOOD FOR HEALTH

Food for Health Fruit Free Clusters are a delicious mix of chia, hazelnuts, almonds, pecans, buckwheat and linseeds. They are gluten free and have a tasty, nutty cinnamon flavour, perfect to accompany yoghurt for a healthy start to your day. W: [foodforhealth.com.au](http://foodforhealth.com.au)

## TRENTHAM TUCKER

Trentham Tucker first started in 1984 in a small country kitchen in Trentham, Victoria, devoted to maintaining the tradition of delicious home baking. Now from our Melbourne premises, Trentham Tucker ensures everything is handmade from the finest-quality pure Australian ingredients, rich farmhouse produce and natural fruits. Old-fashioned love and care are the secret ingredients to the classic recipes of Trentham Tucker.

W: [trenthamtucker.com.au](http://trenthamtucker.com.au)



## MORLIFE

Morlife is a functional food company specialising in nutrient-dense foods that boost the body's wellness. The Morlife Dark Chocolate Coated Super Berries are high in antioxidants; not only great for guilt-free snacking, but also a perfect addition to sweet recipes. W: [morlife.com](http://morlife.com)



## WELL NATURALLY

Well Naturally No Sugar Added Chocolate Melts are the perfect ingredient for creating amazing treats and desserts. Made with 70 per cent cocoa and sweetened with stevia, these chocolate melts are packed with antioxidants and have zero calories, making them a delicious and healthier choice.

W: [wellnaturally.com.au](http://wellnaturally.com.au)



# What's On

## WHAT'S COMING UP FOR YOU

### NOVEMBER 1–30, MELBOURNE, AU

#### *The Age Good Food Month*

This month-long celebration showcases Melbourne's most interesting and innovative restaurants, cafes and bars. From passionate chefs and winemakers to delightful local producers and farmers, *The Age Good Food Month* festival shares Melbourne's culinary diversity and vibrant culture with the world. With long lunches, pop-up parties, workshops and bar hops, it's the place to be if you love food and socialising. Be sure to head along: you won't be disappointed and you definitely won't leave hungry!

[melbourne.goodfoodmonth.com](http://melbourne.goodfoodmonth.com)

### NOVEMBER 12–29, MELBOURNE, AU

#### Melbourne Night Noodle Markets

Melbourne's beautiful Birrarung Marr will be transformed into a popular hawker-style marketplace filled with delicious and interesting food, bars, live music and family entertainment. As in Sydney, the Night Noodle Markets are held across 18 evenings, giving you plenty of time to enjoy the smells, colours and sounds of an Asian feast. With more than 50 food stands and trucks, all Asia is represented: from Korea, Vietnam, China and India to Malaysia, Myanmar and Nepal, there's something — and seconds and thirds — for us all.

[melbourne.goodfoodmonth.com/noodlemarkets](http://melbourne.goodfoodmonth.com/noodlemarkets)

### NOVEMBER 20–22, MARGARET RIVER, AU

#### Margaret River Gourmet Escape

If you can make it happen, this weekend is not to be missed. With chefs travelling to the Margaret River wine region from all over the world, including Mexico, Russia, Chile and Thailand, this festival celebrates global food and wine talent like no other. Boasting a long list of events such as farmers' markets, workshops, wine tasting, long lunches, food trails, high teas and forest feasts, this stunning festival is an experience every gourmet food lover must add to their prawn-bucket list.

[gourmetescape.com.au](http://gourmetescape.com.au)

### NOVEMBER 28–29, SYDNEY, AU

#### Rootstock Sydney

Rootstock Sydney is our kind of festival: a unique not-for-profit, sustainable food and wine festival; a place where winemakers, grape growers, chefs, artists and thinkers come to drink, feast and share laughter together. The festival will be held at Carriageworks, with its main focus on "natural" wines with organic, biodynamic, sustainable and minimal intervention production techniques. Rootstock showcases local and international winemakers and their wares, gourmet food and fascinating talks by the greatest game changers in the business. Whether you talk wine tannins, guzzle a bottle a week or just enjoy the cheeky Friday night tippie, Rootstock Sydney is for you.

[rootstocksydney.com](http://rootstocksydney.com)

### DECEMBER 28–3, HOBART, AU

#### The Taste of Tasmania

If you're like us and enjoy celebrating delicious food and wine at New Year, it's time to discover The Taste of Tasmania. Noted as one of Australia's most popular food festivals, the gathering shares not only Tassie's best local produce, producers and vibrant culinary style but also its stunning natural landscapes. From fresh oysters, ocean trout, mussels and salmon sausages to pepperberries and hazelnut ricotta, the Taste of Tasmania will tantalise and awaken tastebuds you didn't know you had. With activities for the kids and whisky trails for the adults, the whole family welcome 2016 with a bang of fireworks and fun. Forget the weight-loss resolutions for now; the Taste of Tasmania is a time to celebrate fantastic food and wine in Australia's southern heart.

[thetasteoftasmania.com.au](http://thetasteoftasmania.com.au)

#### Give us **FOODBACK**

We want your feedback: *EatWell* is all about building a sharing community of people who care about the origins, quality and enjoyment of food, so we want to hear from you. Let us know how you have found some of the recipes you have made from this issue, share the improvements you might have made or even send us one of your own favourite recipes. We will publish as many of your insights and contributions as we can. Send your feedback to Kate at [kduncan@universalmagazines.com.au](mailto:kduncan@universalmagazines.com.au)

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