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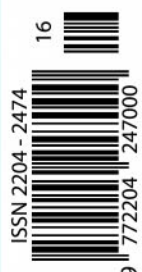
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Plums

There are more than 200 varieties of plum that all come within the umbrella of the two main types: European and Japanese plums. Plum trees are believed to be among the first domesticated trees grown for purpose. While plum trees are beautiful, we mostly grow them for their fruit, which is delectable eaten fresh but can also be used to make jams, puddings and crumble. Plum trees grow on every continent except Antarctica.





Barbecue

It's not really certain where the term "barbecue" originated. The standard explanation is that when the Spanish landed among the Caribbean islands, they used the word "barbacoa" to refer to the local natives' method of slow-cooking meat over a wood fire. Whatever the origin of the term, it's certain that true barbecue is more than just slapping something on a grill. Genuine barbecue is cooked over indirect heat, usually a wood fire, and takes a long time. Meat is the usual food item of choice and the flavour resulting from authentic barbecue is a combination of smoke, meat juices, fat and added herbs and spices. The great benefit of barbecue is it allows an abundance of food to be cooked at once so the ravenous hordes can be fed.







Vinegar

Vinegar is an incredibly diverse friend to have in your kitchen. It can tenderise in a marinade, act as a preservative, help poach your eggs and add flavour to just about any dish. Throughout history, this multifaceted food has been put to many uses. In the Middle Ages, alchemists would pour vinegar over lead to make a sweet-tasting substance called "sugar of lead"; it may have been tasty but don't try it at home. Diluted vinegar was drunk by Roman legionnaires as an energising tonic called posca and Japanese samurai similarly drank a rice vinegar drink to boost their strength. These ancient uses by the Romans and Japanese echo into the modern day where many people start their days with a glass of water topped with lemon and vinegar.

FROM THE EDITOR

Let's talk gribble. I guess, before we can talk gribble, we'd better define what it is. I recently had the chance to meet a lady who now lives and works in Australia but who was born and raised in Devon, England. We talked about lots of things — it wasn't an entirely gribble-based conversation — but at one point when talking about her love for her homeland, she indicated that she missed "gribble".

I wanted to commiserate with her but I had no idea what "gribble" might be. It sounded like it could be anything from an unedifying conversation to an uncomfortable skin condition. A polite inquiry yielded the answer that gribble is the term the good folk of Devon use to describe the leftover batter from deep-fried fish. A bit of journalistic research has since revealed that in different parts of the UK, gribble is variously known as scraps, dubs, bits or scratchings. Apparently, in some fish-and-chip shops, you can just ask for a bit of gribble with your chips, while in others, you have to pay for it.

It's always interesting to hear of a cultural food practice that you have not been aware of. As we discussed the possible merits or demerits of gribble, one member of our group observed, "I know you eat healthily Terry — you probably don't eat fish and chips."

This wasn't the first time someone had made a comment like this to me. When you are a writer who writes about health and the editor of magazines like *EatWell* and *WellBeing*, people make assumptions. I'll let you in on a secret, though: I love fish and chips. On a recent trip to the UK, I made a point of visiting "chippies" everywhere from London to Inverness. I didn't know it, but I was sampling gribble along the way.



I'm not advocating eating fish and chips every week. I'm certainly not touting gribble as a superfood. What I do believe is that life — and food — is to be enjoyed.

Primarily, your food needs to nourish you, secondly, it should not do you any harm and then it should please you. If you are an *EatWell* reader, you know what is good food and what isn't. I'd suggest that eating whole, nourishing food 90 per cent of the time is what we should aim for. Then, when you do eat food purely for pleasure, don't waste time feeling guilty.

You can have your gribble and enjoy it.

Terry

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On the cover:

Adam's Berry Nice-Cream Cake

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Photographer: Adam Guthrie,
Christie Connelly

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 our food, so we want to hear from you. Let us know how you enjoyed the recipes you created 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

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OUR CHEFS



CHRISTIE CONNELLY

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



MEG THOMPSON

MEG THOMPSON

Meg is a practising naturopath, mother, writer 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 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



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OUR CHEFS



DANIELLE MINNEBO



RAQUEL NEOFIT

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, free-range 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 danielleminnebo.com

RAQUEL NEOFIT

Raquel is a recipe developer and writer who loves sharing her passion for and knowledge of all things food and travel. She lives by the motto: "Life in balance".

As a parent, Raquel is passionate about healthy food and raising her two girls to make the most of life while passing on her philosophy of life in balance and teaching them to respect and value the world we live in.

As a writer for the indoor horticulture industry, Raquel is determined to change the way we look at hydroponics and educate consumers on the benefits of eating produce grown in a protected environment. Over the years, she has met many protected cropping farmers and found they all have two things in common: dedication to producing the most nutritious and best-tasting produce possible; and enthusiasm for changing the rules of pest management by avoiding pesticides in their greenhouses.

Raquel's passion for food and cooking stems from a childhood in which most vegetables were frozen and dinner was usually meat and three veg, with a lamb roast on Sunday nights, always cooked old-school in a pound of dripping! So, for many years, she endeavoured to broaden her palate and fell in love with many exotic techniques from around the world — but with a healthy twist.

Connect with Raquel Neofit at raquelneofit.net

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OUR CHEFS



ADAM GUTHRIE

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 he'd had a heart attack and being told by his cardiologist that he would be on daily medication 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 needs 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 iffeelgood.com.au and gives keynote talks, live cooking demonstrations and cooking classes on the subject of healthy eating and living well.

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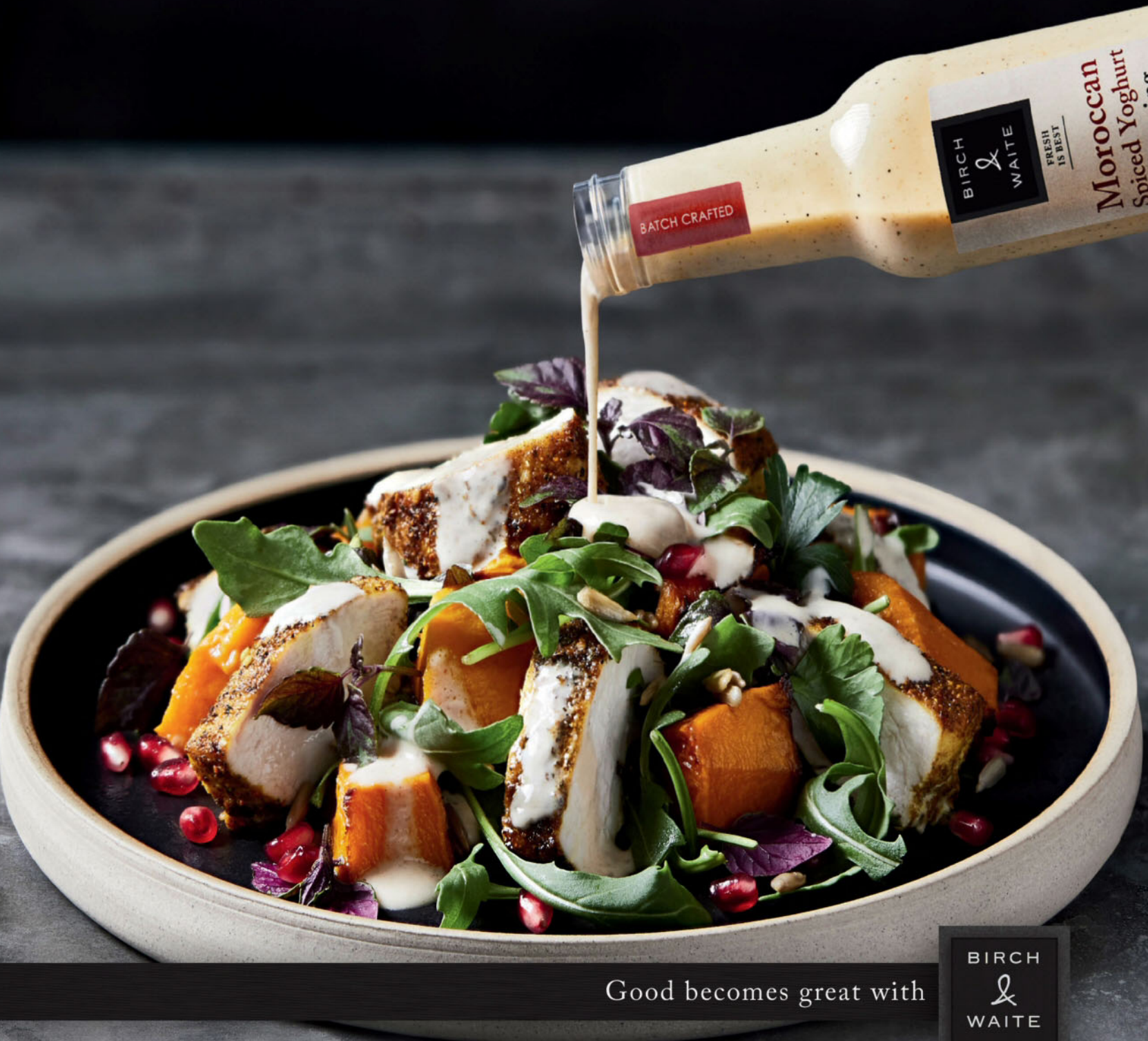


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Meg's Romesco & Roasted-Cauliflower Open Sandwich with Limey Avocado Crème

SUPER SANDWICHES

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ROMESCO & ROASTED-CAULIFLOWER OPEN SANDWICH WITH LIMEY AVOCADO CRÈME

RECIPE / MEG THOMPSON

This is the ideal work lunch for the day after enjoying my spiced roasted-cauliflower recipe if you have any leftovers. It takes a little prep, but the idea is that you make up the Romesco and Limey Avocado Crème to have on hand as needed, and you can also replace the roasted cauli with any leftover roasted vegies, or even a slice of tofu, tempeh or chicken. This way, you will have a number of lunches ready to go with minimal effort.

Serves: 4



Romesco

4 red capsicums
1 jalapeño
2 tsp smoked paprika
2 cloves garlic, peeled & chopped
1 small lemon
1 tbsp sherry vinegar
¼ cup olive oil
1 cup almonds, lightly toasted
¼–½ cup coriander
Sea salt, to taste

Limey Avocado Crème

1 avocado
¼ cup yoghurt
1 tbsp lime juice
1 tbsp olive oil
Sea salt, to taste

Good-quality bread of choice

Leftover roasted cauliflower, vegetables, tempeh, tofu or chicken

Preheat oven to 200°C.

Slice capsicums in half, remove the seeds and place cut side down on lined baking tray.

Place in oven for 10–15 mins or until a little blackened on surface. Remove from oven and place in bowl and cover with plate to trap steam. Leave for 5 mins.

Once capsicums are cool enough to hold, peel and pop into food processor.

Add remaining romesco ingredients and blitz to chunky consistency.



Danielle's Beef, Caramelised Onion & Blue Cheese Sandwich



Meg's Spiced Sweet Potato Fritter Sandwich

Store in airtight container in fridge.

To make avocado crème, combine all ingredients thoroughly in blender or with stick blender. Store in airtight jar in fridge until needed.

To assemble, toast slice of bread and smother with generous amount of romesco.

Add roasted cauliflower (or substitute) and drizzle with avocado crème.

BEEF, CARAMELISED ONION & BLUE CHEESE SANDWICH

RECIPE / DANIELLE MINNEBO

The key to this decadent sandwich is the caramelised onion relish. It's beautiful in this dish with the blue cheese and beef, but leftovers are also fantastic on a cheese board. Delicious!

Serves: 4



Onion Relish

3 tbsp olive oil
4 large red onions, thinly sliced
Pinch sea salt
¼ cup balsamic vinegar
2 tbsp coconut palm sugar

Beef Burger

500g grass-fed beef mince
1 clove garlic, crushed
1 tsp sea salt
2 tsp smoked paprika
2 tsp wholegrain mustard
2 tbsp tomato paste
1 egg
1 tbsp olive oil

8 slices good-quality gluten-free bread
100g blue cheese
2 cups mixed salad greens

To make onion relish, heat oil in large frypan over medium heat. Add onion and sea salt. Turn heat to low and cook for 45 mins, stirring occasionally.

Increase heat to medium and add balsamic vinegar and coconut palm sugar. Cook for a further 15 mins until you have sticky onion relish. Set aside and allow to cool.

To prepare beef burgers, add beef mince, crushed garlic, sea salt, smoked paprika, wholegrain mustard, tomato paste and egg to mixing bowl. Mix until well combined and

divide mixture into 4–6 portions. Shape each into a patty.

Heat oil in large frypan over medium heat. Add patties and cook on each side for 8 mins. Remove from heat and allow to cool slightly.

Place generous spoonful of onion relish onto each patty. Pop onto slice of bread and top with blue cheese, salad greens and another piece of bread.

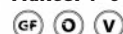
Serve immediately.

SPICED SWEET POTATO FRITTER SANDWICH

RECIPE / MEG THOMPSON

These fritters make a great bread substitute but could also work as an open sandwich just piled with the fillings and eaten with a knife and fork. They are protein-rich and bursting with healthy fats, so you don't need too many to keep you satiated for the afternoon.

Makes: 4–5 patties



1 medium sweet potato (around 400g), or leftover roasted sweet potato
1 large clove garlic, chopped
1 tsp ground cumin
½ tsp smoked paprika
½ tsp sea salt
1 cup almond meal
1 egg
Olive oil, to shallow fry
1 avocado
2 thin slices feta
Mixed salad selection such as cabbage, rocket, spinach

If not using left-over roasted sweet potato, cut sweet potato into large chunks and roast at 200°C for 25–30 mins, or until cooked through.

Remove skin, mash and add garlic, cumin, smoked paprika, salt, almond meal and egg and mix well to combine.

Form into 4–5 patties and pop in fridge for approx. 30 mins to set before cooking.

Place frypan on medium heat, add a little oil and place 2–3 patties in pan. Cook for 4–5 mins, or until golden, then flip over to repeat on other side. If browning too quickly, turn down heat a little.

Repeat with other 2–3 patties.

Once cooked, top with avocado, feta and greens (or your choice of toppings) and enjoy.



Try this loaf for a delicious,
gluten-free treat.



Meg's Chocolate Banana Bread Sandwich

CHOCOLATE BANANA BREAD SANDWICH

RECIPE / MEG THOMPSON

This banana bread is a delicious, nourishing, gluten-free option that stands very nicely on its own or made into a sandwich. It's inspired by Alexx Stuart, but I've changed the recipe to make a chocolate version and it's delicious!

Makes: 1 loaf



- 3 eggs
- 2 ripe bananas, mashed
- 100mL rice-malt syrup
- 50g buckwheat flour
- 30g coconut flour
- 30g cocoa
- 1 tsp baking powder
- 1 tsp cinnamon
- 80g ghee, melted and cooled
- Nut butter, for sandwiching

Preheat oven to 180°C.

Whisk eggs in mixing bowl.
Add mashed banana and mix.
Add all other ingredients (except nut butter) and combine well.
Transfer to loaf tin lined with baking paper and bake for approx. half an hour, or until skewer comes out clean.

Remove from oven and allow to cool for 5–10 mins before transferring to wire rack.

Once cooled, slice into pieces and sandwich together with nut butter.

SUPER ROAST SANDWICH

RECIPE / RAQUEL NEOFIT

Make the most of your Sunday roast and save some slices for the next day to create this Super Roast Sandwich. This is one of those things best eaten hot! Add a layer of baby spinach if you want some freshness.

Serves: 4



- ½ cauliflower, cut into large steaks through middle
- Olive oil
- Sea salt & pepper
- Ground cumin
- 2-3 Spanish onions, quartered or cut into 8 wedges if large
- Balsamic vinegar

Leftover roast lamb or beef

Rolls of choice

Dijon or wholegrain mustard

Preheat oven to 190°C.

Rub cauliflower steaks with olive oil, season with sea salt and pepper, sprinkle with ground cumin and place on oven tray.

Toss onion wedges in balsamic vinegar and season. Place on tray with cauliflower. Bake for about 35 mins or until cooked through.

Add roast lamb or beef to oven tray about 10 mins before vegetables are cooked, to heat through.

Generously spread rolls with mustard and layer roast meat, cauliflower steaks and balsamic onion and serve.



Raquel's Super Roast Sandwich

Goodbye Boring School Lunches!



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RECIPES SUPER SANDWICHES

PICNIC MINI-COB STACKS

RECIPE / RAQUEL NEOFIT

We've all seen those brilliant layered cobs that are filled with all the colours of the rainbow. Well, here's a one-person-wonder version!

Serves: 2



Light rye round rolls or rolls of choice
Avocado or favourite condiment
Mozzarella, sliced
Chargrilled capsicum
Marinated eggplant
Sundried tomatoes
Fresh parsley leaves
Marinated artichoke
Basil leaves
Baby spinach

Cut tops off rolls and set aside. Remove most of bread from inside rolls to hollow interior.

Spread interior with avocado or your favourite condiment.

Layer with other ingredients. Once you've done 2 layers of each ingredient, place roll top on and wrap tightly with baking paper or clingfilm.

Place in fridge for a couple of hours, then serve when ready to picnic!

BÁNH MI (VIETNAMESE-STYLE BAGUETTE ROLL)

RECIPE / RAQUEL NEOFIT

Bánh mi is classic Vietnamese street food served in a crusty French-style baguette. As delicious as they are, I've given them a healthy makeover, but you can serve your bánh mi in any style of roll you like.

Serves: 4-6



6 sage leaves
1 piece pork belly
Olive oil
Sea salt & pepper
Rolls of choice, sliced

Filling

2 shallots, thinly sliced
2 carrots, julienned
Splash red wine vinegar
1 spring onion, sliced down the middle
1 red chilli, thinly sliced
1 Lebanese cucumber, sliced in long lengths
Handful coriander leaves
Splash tamari

Preheat oven to 220°C.

Lay sage leaves on bottom of roasting dish or tray.

Thoroughly dry skin of pork belly with paper towel. Rub bottom of belly with olive oil and season, then lay it over sage leaves.

Rub sea or Himalayan salt into skin and roast until skin has crackled and belly is cooked through. This should take about 1 hour depending on size of the belly piece.

Once cooled, slice into strips as thin as possible.

Cover shallots and carrot in red wine vinegar and steep for approx. 30 mins, then drain.



Raquel's Picnic
Mini-Cob Stacks



Raquel's Vietnamese-
Style Baguette Roll

Slice bread lengthways.
Layer vegetables on bottom of rolls.
Drizzle a small amount of tamari on top inside of roll, place your roast pork over it, close it up and enjoy.

LAMB & FETA MEATBALL FLATBREADS

RECIPE / CHRISTIE CONNELLY

This is the sandwich you make when you are feeling hungry! The oiliness of the lamb is offset nicely by the salty feta, cool cucumber and creamy tahini yoghurt. Make it fun for kids by opening up the pita pockets and hiding the meatball treasure inside.

Serves: 4



500g lamb mince
1 egg
1 tsp ground sumac
½ cup chopped flat-leaf parsley
100g feta cheese, plus extra to garnish
2 tbsp toasted pine nuts

2 tbsp olive oil
½ cup Greek-style yoghurt
1 tbsp tahini
Juice ½ lemon
Salt & pepper
4 pita pocket flatbreads
1 Lebanese cucumber, peeled into strips
½ red onion, thinly sliced

Place lamb mince, egg, sumac, parsley, feta and pine nuts in bowl. Mix well to combine. Shape into small meatballs about 2cm in diameter.

Heat olive oil in large frypan. Add meatballs and cook for 8-10 mins, turning occasionally to brown all sides. Set aside to cool slightly.

Place yoghurt, tahini and lemon juice in bowl and mix briskly to combine. Season with salt and pepper and mix again.

Spread on flat breads and top with a few meatballs. Garnish with cucumber, onion and extra feta. Serve immediately.

The complete range
of flavours and
ingredients in this
meal will satisfy
any hunger.





RECIPES SUPER SANDWICHES

ROASTED VEGIES & GOAT'S CHEESE FETA WRAP

RECIPE / CHRISTIE CONNELLY

This is the perfect sandwich to take to work as there are no soggy ingredients and it keeps well. Saying that, if you like freshly made sandwiches, simply pack the ingredients separately, then wrap up right before you eat it. Roasted vegie sandwiches always attract a premium price but are so cheap to make yourself.

Serves: 4



- 1 medium sweet potato, peeled & diced
- 2 small beetroots, peeled & diced
- 1 tbsp cold-pressed olive oil
- 4 mountain bread wraps
- 2 big handfuls rocket leaves
- ½ red capsicum, diced
- 2 tbsp goat's cheese feta

Preheat oven to 200°C.

Place sweet potato and beetroot on roasting tray. Drizzle with oil and season with salt and pepper. Bake for 20 mins or until tender.

Place mountain bread on chopping board. Arrange rocket leaves, capsicum, feta, sweet potato and beetroot.

Roll up and serve immediately.

"RAVIOLI" & EGG MAYO SANDWICH

RECIPE / CHRISTIE CONNELLY

I'm forever trying to make sandwiches fun. I flatten bread with a rolling pin and roll it up to make wrap sandwiches; I fold bread in half and seal the edges to make pocket sandwiches; I gather the edges at the top to make dumpling sandwiches, and more. Here, I've cut the bread into small squares to resemble Italian ravioli pasta. Try it. I'm sure it will be a hit.

Serves: 4



- 3 eggs
- 2 tbsp good-quality mayonnaise
- Salt & pepper
- 8 slices multigrain bread
- Raw vegetable sticks, to serve

Place eggs in small saucepan and cover with cold water. Heat on medium for 12 mins. Drain and peel. Add to bowl with mayonnaise and a little salt and pepper. Mash with fork and set aside.

Cut crusts off bread. Save in a container in the freezer and use for breadcrumbs at another time. Or feed them to the chooks, like we do. Roll bread flat with rolling pin, then slice each into quarters.

Spoon a little egg mixture onto each square and top with another square. Seal edges using fork. Press down firmly to make little indentations and make sure it seals properly on all sides. Repeat with remaining bread and egg mixture.

Serve on plates with vegie sticks.



Christie's Roasted Veggies & Goat's Cheese Feta Wrap

No soggy ingredients makes this the perfect work sandwich.

RAINBOW TRIPLE-DECKER SANDWICHES FOR HIGH TEA

RECIPE / ADAM GUTHRIE

Everyone loves high tea sandwiches: small bites of deliciousness, presented beautifully for a foodie indulgence.

Serves: 2



Hummus

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

- 1 carrot
- ½ beetroot
- 9 slices wholemeal bread, crusts removed
- 3 Lebanese cucumbers, very thinly sliced
- 28 long chives
- Edible viola flowers

Place all hummus ingredients except water in blender and puree. Slowly add water and puree.

Divide prepared hummus into 3 batches.

To make carrot hummus, add carrot to blender and add one-third hummus. Blend until hummus is smooth and orange. Place in container.

For beetroot hummus, add beetroot to blender and add one-third hummus. Blend until hummus is smooth and purple.

To prepare triple-layered sandwiches, lay out 3 bread slices and spread each slice with a different-coloured hummus.

Next, place cucumber slices on top of each colour; these will be bottom layers of triple-layer sandwiches.

Next, spread 3 more slices of bread with other coloured hummus. Choose a different colour from base colour and place on top of cucumber-covered slices.

Then, final slices can be carefully placed on top and cut into four squares with knife.

Wrap 1 long thin chive around each sandwich and tie at top with a little knot. Trim ends of chive to neaten then place an edible viola flower on top of each sandwich. Serve on china plate for indulgent high tea.

Enjoy immediately.



Christie's "Ravioli" & Egg Mayo Sandwich



Adam's Rainbow Triple-Decker Sandwiches



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RECIPES SUPER SANDWICHES

MULTIGRAIN SOURDOUGH WITH CUCUMBER, AVOCADO, HUMMUS & SPINACH

RECIPE / ADAM GUTHRIE

There is a huge selection of different types of bread you can try that will make this simple sandwich into a gourmet treat.

Serves: 1



- 2 slices multigrain sourdough
- 1 tbsp hummus
- ½ cucumber, thinly sliced
- ¼ avocado, sliced
- 1 tbsp red onion, sliced into crescents
- Handful baby spinach leaves

Place a slice of sourdough on work surface and spread with hummus. Top with cucumber, avocado, red onion and spinach leaves, then add top slice of bread. Wrap sandwich in greaseproof paper and tie with string.

HUMMUS, CARROT & ICEBERG LETTUCE SANDWICHES

RECIPE / ADAM GUTHRIE

Keeping things simple is a great way to ensure your children eat their sandwiches and get the energy they need for the day.

Serves: 1



- 2 slices wholemeal sourdough
- 2 tsp hummus
- ¼ carrot, grated
- ¼ cup finely shredded iceberg lettuce

Place slice of sourdough on work surface and spread with hummus. Top with lettuce and grated carrot, then add top slice of bread. Cut in half for small hands.



These yummy ingredients will go well with any bread you fancy.

Adam's Multigrain Sourdough with Cucumber, Avocado, Hummus & Spinach



Adam's Hummus, Carrot & Iceberg Lettuce Sandwiches

Photography: Adam Guthrie, Danielle Minnebo



GOLDEN TURMERIC EGG WRAPS

RECIPE / DANIELLE MINNEBO

These colourful golden egg wraps are perfect for lunchboxes. The eggs and yoghurt provide a good serve of protein and healthy fats, which are both important for sustained energy into the afternoon. The turmeric not only adds a lovely vibrant colour but is also rich in antioxidants and anti-inflammatories.

Serves: 4



4 hard-boiled eggs, peeled
100g Greek yoghurt
¼ tsp ground turmeric

1 tsp wholegrain mustard

Pinch sea salt & pepper

4 mountain bread wraps

Assorted raw vegetables, cherry tomatoes,
cucumber or capsicum, sliced

Grate eggs and add to mixing bowl along with yoghurt, ground turmeric, wholegrain mustard, sea salt and pepper. Mix together until well combined.

Divide mixture between 4 mountain bread wraps. Spread mixture down centre of wraps and roll up tightly. Cut each into 3 pieces and add to lunchbox along with assorted vegetables.



Danielle's Golden Turmeric Egg Wraps



PESTO CHICKEN SANDWICH

RECIPE / DANIELLE MINNEBO

Rocket pesto (recipe on page 95) is beautiful teamed with cooked chicken and goat's feta. This sandwich can be made the night before and will keep well for lunch the next day.

Serves: 2



- 1 cooked chicken breast
- ½ cup rocket pesto
- 75g goat's feta, crumbled
- 4 slices good-quality gluten-free bread
- 1 cup mixed salad greens

Cut chicken breast into small pieces and add to mixing bowl along with pesto and goat's cheese. Mix together until well combined.

Divide mixture into 2 and fill each sandwich, top with salad greens and final piece of bread.



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Fruit for DINNER

Fruit is such a delightful, palate-pleasing snack on its own that you can lose sight of what a wonderful and nutritious addition it can be to meals. If you want to incorporate fruit's pleasures into mealtimes, try Preserved Lemon, Goji Berry & Chickpea Stew; Fig & Goat's Cheese Pizza; Jackfruit with Soft Tacos, Salsa & Greens; Peach Caprese Salad; Pork Cutlets with Maple-Roasted Pears; Prawn & Pineapple Skewers; and Sumac Salmon with Mango, Grapefruit & Avocado Salsa

PRESERVED LEMON, GOJI BERRY & CHICKPEA STEW

RECIPE / MEG THOMPSON

Deliciously nourishing and slightly tangy, this stew is perfect for lunch or dinner. The preserved lemon adds a punchy burst of flavour, and the gojis lend an antioxidant and anti-inflammatory hit.

Serves: 4



- 1 tbsp oil
- 1 onion, diced
- 2 cloves garlic, diced
- 2 unpeeled carrots, diced
- ½ tsp sea salt
- 400g tin chickpeas, drained & rinsed
- 400g tin tomatoes
- ¼ cup red lentils
- 2 cups stock or broth
- ½ preserved lemon, seeds removed
- 1 cinnamon stick
- 2 tbsp goji berries
- 60–75g kale, roughly chopped
- Yoghurt & parsley, to serve

Place oil, onion and garlic in saucepan and cook over low–medium heat for a few mins.

Add carrot and salt and cook for another 5 mins, until starting to soften.

Add chickpeas, tomato, lentils, stock, preserved lemon, cinnamon stick and goji berries and simmer on low for 20 mins, or until lentils are cooked.

Add kale and cook for another couple of mins.

Turn off heat, remove preserved lemon and cinnamon stick and serve topped with yoghurt and parsley, as desired.

SUMAC SALMON WITH MANGO, GRAPEFRUIT & AVOCADO SALSA

RECIPE / MEG THOMPSON

This dish is a wonderful, omega-3-rich meal with a fruity, zesty salsa. For this recipe, the salmon has been baked, but you could just as easily pan-fry it if you prefer. The sumac adds a strong antioxidant note with a lovely lemony flavour. Serve alongside sautéed greens or your favourite cooked grains.

Serves: 2



- ½ tsp sumac
- ½ tsp cumin
- Pinch sea salt
- 2 fillets salmon, pin-boned
- Oil
- ½ mango, peeled & diced
- ¼ grapefruit, peeled & diced
- 2 tbsp avocado, diced
- 1 tbsp roughly chopped fresh coriander

Preheat oven to 200°C.

Combine sumac, cumin and salt in small cup or bowl.

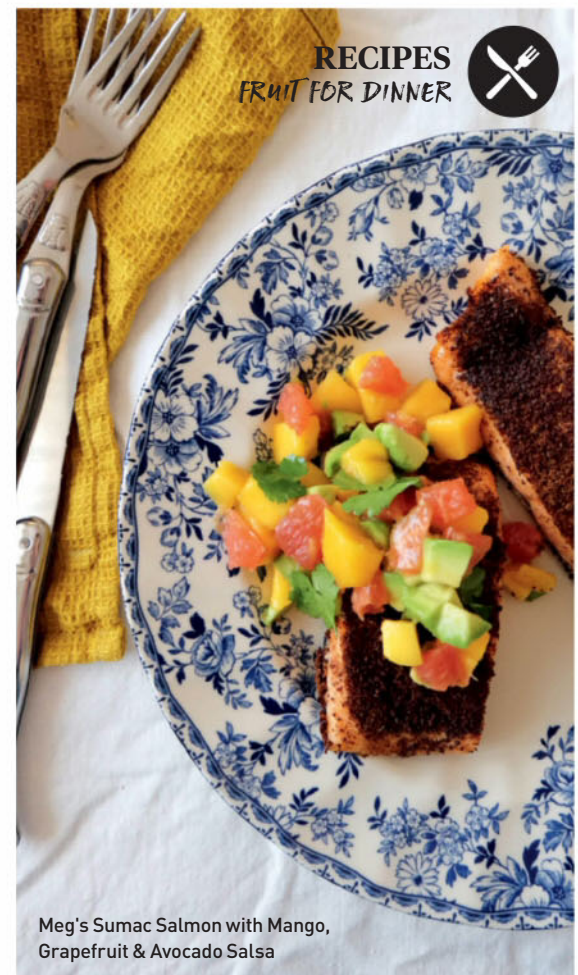
Place salmon fillets on lined baking tray and brush a little oil on top.

Sprinkle over a good coating of spice mix.

Bake for 10–15 mins, or until cooked to your liking.

While salmon is cooking, combine mango, grapefruit, avocado and coriander with pinch of salt in small bowl.

Once salmon is cooked, serve topped with salsa and a side of greens or grains, as desired. Enjoy immediately.



Meg's Sumac Salmon with Mango, Grapefruit & Avocado Salsa

STRAWBERRY & HALOUMI SALAD

RECIPE / MEG THOMPSON

This nutritious salad combines the mineral-rich talents of leafy greens and the protein-rich deliciousness of haloumi, along with a sweet pop of vitamin C-rich strawberries to bring it all together.

Serves: 1



- 100g haloumi
- Splash olive oil
- Handful green beans, tips removed
- 100g leafy greens of choice, such as spinach, watercress & rocket
- 4–5 strawberries, tops removed & sliced
- ¼ cup walnuts, roughly chopped

Dressing

- 3 tbsp extra-virgin olive oil
- 1 tbsp apple-cider vinegar
- 2 tsp seeded mustard
- 2 tsp maple syrup
- Good pinch sea salt

Slice haloumi and sauté with oil in frypan over medium heat until golden on both sides.

Remove haloumi and throw green beans into same pan. Stir for about 10 secs then turn heat off but leave in pan. The residual heat will be enough to cook them a little more, until just tender.

Meanwhile, place all dressing ingredients in small bowl or cup and stir to combine. This will make more than you need for this salad. Place leftovers in airtight jar and store in fridge.

To assemble salad, arrange greens, haloumi, beans, strawberries and walnuts in bowl and drizzle over dressing.

Serve on its own or with crusty bread.

Meg's Strawberry & Haloumi Salad



This salad goes perfectly with fresh, crusty bread.



FIG & GOAT'S CHEESE PIZZA

RECIPE / RAQUEL NEOFIT

Pizza is such a quick and easy meal. Nowadays, there are so many options for a healthy base. Whether you go for a wholemeal flatbread base or your favourite homemade recipe, this fig and goat's cheese pizza will be devoured in no time.

Serves: 1-2



- Pizza base of choice
- Olive oil
- 80g goat's cheese, sliced
- 3-4 fresh figs, sliced

Preheat oven to 220°C.

Drizzle pizza base with small amount of olive oil, lay goat's cheese on base then top with sliced figs.

Drizzle over a little extra olive oil and bake until base is cooked through.

Slice and serve immediately.

Tip: If you want to serve this pizza as an after-dinner treat, it's delicious drizzled with honey.

MANGO & PRAWN SALAD

RECIPE / RAQUEL NEOFIT

Mango adds a delicious natural sweetness and is a great salad addition.

Serves: 2



Salad

- 1 large mango, sliced into long slivers
- 60g baby spinach
- Handful baby kale
- Small handful fresh coriander leaves
- 3 spring onions, sliced
- 1 small Lebanese cucumber, julienned
- Israeli couscous, cooked as per packet instructions

- 12 large raw prawns, peeled & deveined
- Olive oil
- Sea salt & pepper
- Pinch chilli flakes
- Juice 1 lemon
- Diced red chilli & parsley, to garnish

Heat grill pan over high heat.

Assemble salad ingredients and Israeli couscous in bowl.

Toss prawns in olive oil, sea salt, pepper and chilli flakes, then grill for 1 min or so each side or until just cooked through and place on top of salad.

Squeeze over lemon juice, season with sea salt and pepper and drizzle over a little olive oil. Garnish with chilli and parsley and serve.

Tip: Add some extra flavour to the couscous by sautéing in garlic olive oil and nob of cultured butter, then add the same cup measure of chicken or vegetable stock instead of water. Simmer over low heat until the liquid is dissolved, stirring occasionally.



Raquel's Fig & Goat's Cheese Pizza



Raquel's Mango & Prawn Salad

PRAWN & PINEAPPLE SKEWERS

RECIPE / RAQUEL NEOFIT

Prawns and pineapple are a match made in heaven! Or perhaps in the tropics. The hum of heat from the chilli flakes really brings everything together beautifully.

Serves: 2



- Olive oil
- Pinch dried chilli
- Sea salt & pepper
- 12 raw prawns, peeled, deveined & tails left on
- 24 pineapple chunks
- Lettuce leaves
- 1 lime, quartered & little zest removed
- Fresh chilli, finely chopped

Combine olive oil, dried chilli, sea salt and pepper in bowl and add prawns. Marinate for 15 mins.

Heat non-stick grill pan over high heat.

Thread chunks of pineapple on skewers, alternating with prawns. Repeat so you have 3 prawns on each skewer.

Lay lettuce leaves on plates.

Grill until prawns just turn opaque.

Place on lettuce cups and squeeze over a little lime juice, lime zest and top with chilli.

Tip: These don't take long to cook through, so don't leave them. You can also slide them off the skewers and onto the lettuce cups. They look great on a platter to feed a group of people, too, and your guests can just grab one and go.



These tasty skewers cook fast, you won't need to leave them on the grill for long.



Raquel's Prawn & Pineapple Skewers



JACKFRUIT WITH SOFT TACOS, SALSA & GREENS

RECIPE / ADAM GUTHRIE

Jackfruit is an amazing ingredient that's not commonly used. It's very easy to cook and gives an amazing "pulled pork" texture that vegans and vegetarians can enjoy.

Serves: 1



Jackfruit

- 1 can green jackfruit, drained
- ¼ cup BBQ sauce
- 1 onion, sliced into thin crescents

Salsa

- ½ cup diced ripe papaya
- ½ red capsicum, diced
- Few sprigs coriander, roughly chopped
- 1 tsp lime juice
- Pinch salt

Cashew Sour Cream

- ½ cup cashews, soaked in hot water for 30 mins
- Juice 1 lemon
- ½ tsp salt

- 4 cups baby spinach leaves
- 8 soft flour tortillas
- Sambal oelek or small red chilli, sliced thin (optional)
- Fresh sprigs coriander

Place green jackfruit in saucepan and add BBQ sauce. Marinate for 30 mins. Heat frypan and sauté onion with a little water until caramelised, about 10 mins. Add jackfruit and heat through, then set aside.

To make salsa, combine ingredients in small bowl.

To make cashew cream, place drained cashews in high-speed blender with lemon juice and salt and blend until completely smooth. Store in airtight container in fridge until required.

To assemble tacos, place handful of baby spinach leaves on tortilla, add small amount of jackfruit onto each, then top with papaya salsa, drizzles of cashew sour cream and dashes of sambal oelek or slices of fresh chilli, if desired. Add a few fresh coriander leaves and serve.

RED RICE SALAD WITH MANGO, AVOCADO & GREENS

RECIPE / ADAM GUTHRIE

Red rice is not used as much as it should be. Did you know it's full of minerals and tastes amazing? Try it out tonight.

Serves: 4



- 2 cups uncooked red rice
- Handful fresh mint, finely chopped
- Handful fresh parsley, finely chopped
- 1 ripe avocado, seed & skin removed, flesh chopped into bite-sized cubes
- Handful baby spinach, finely shredded
- 2 ripe mangoes, skin & seed discarded, flesh chopped into bite-sized cubes
- ½ cup walnuts



Adam's Jackfruit with Soft Tacos, Salsa & Greens

The jackfruit in these vegan tacos provides a lovely meaty texture.

Dressing

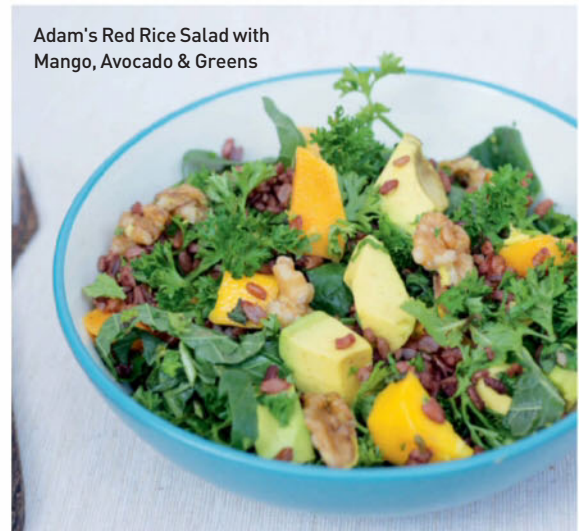
- Zest & juice 1 orange
- Juice 1 lemon
- Salt & pepper, to taste

Add 2 cups uncooked red rice and 4 cups cold water to saucepan. Add lid and bring to boil. Cook 40 mins or until all the water is absorbed and the rice is *al dente*. Cool.

Add all dressing ingredients to bowl. Place in large salad bowl: cooled cooked red rice, chopped mint and parsley, avocado, baby spinach, mango and walnuts.

Add dressing and mix ingredients gently until evenly distributed. Place into 4 bowls and serve.

Adam's Red Rice Salad with Mango, Avocado & Greens





Royal Blue



Slate



Black



White

Which colour are you?



Racing Green



Stainless Steel



Cranberry



Cream



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90CM



Classic/Classic Deluxe



Kitchener



Nexus



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Professional+FX/P



Professional+

100CM



Professional+FX

110CM



Professional+



Classic/Classic Deluxe



Nexus



Elan



The sweetness of the fruit gives this salad a wonderful balance of flavour.



Adam's Fennel, Orange & Chickpea Salad

Christie's Iceberg, Orange & Haloumi Salad with Hot Smoked Salmon



ICEBERG, ORANGE & HALOUMI SALAD WITH HOT SMOKED SALMON

RECIPE / CHRISTIE CONNELLY

On a hot night, this is a fantastic dinner to quickly throw together. Iceberg lettuce might seem old-fashioned, but nothing beats it for crunch and hydration. Swap out the orange for seasonal stone fruit or mango for a sweet change.

Serves: 4



- 200g haloumi, sliced thickly
- 1 small iceberg lettuce, shredded
- 1 small carrot, julienned or grated
- 1 Lebanese cucumber, sliced into half-moons
- 300g hot smoked salmon, flaked
- 2 oranges
- 2 tsp Dijon mustard
- 4 tbsp cold-pressed olive oil
- 1 tsp fresh lemon juice
- ¼ tsp freshly ground white pepper
- Salt, to taste

Pat haloumi slices dry with clean tea towel then pan-fry on both sides for 30 secs until golden-brown. You'll need to do this in batches. Let cool on clean tea towel while you make salad.

Mix lettuce, carrot and cucumber in large bowl and divide onto 4 serving plates. Top with hot smoked salmon pieces. Slice haloumi into bite-size pieces and arrange on top. Set aside.

Peel oranges with small sharp knife, then segment while holding over bowl to catch juice. Arrange segments on top of salads, then squeeze out remaining flesh to get juice.

Spoon out 2 tbsp of juice and put it into another small bowl. Add the mustard, oil, lemon juice and pepper. Mix briskly to combine and season with a little salt.

Spoon over the salad and serve.

FENNEL, ORANGE & CHICKPEA SALAD

RECIPE / ADAM GUTHRIE

The sweetness of the fruit in this dish creates a beautifully balanced salad.

Serves: 4



- 2 tbsp grain mustard
- 1 tbsp maple syrup
- Juice ½ lemon
- Salt & pepper, to taste
- ½ fennel bulb, finely sliced
- 1 small red cabbage, finely shredded
- 2 oranges, cut into wedges
- 1 avocado, sliced into strips
- Handful spinach
- ½ cup cooked chickpeas

Place mustard and maple syrup in airtight container. Squeeze in lemon juice and pinch salt and pepper. Seal with lid and shake well.

Assemble salad on large platter and pour over dressing.

Lightly toss and serve.

PEACH CAPRESE SALAD

RECIPE / CHRISTIE CONNELLY

This dish is my fruity take on the traditional caprese salad of tomato, mozzarella and basil. At the height of summer, it's the ultimate fuss-free dinner, using fragrant, in-season peaches. Find the very best mozzarella, cold-pressed olive oil and balsamic vinegar you can get your hands on — it makes all the difference as there are so few ingredients.

Serves: 4



4 balls fresh mozzarella*, sliced
2 large peaches, sliced
½ cup basil leaves

½ cup olive oil

Cracked pepper

2 tbsp aged balsamic vinegar

Crusty bread, to serve

Arrange mozzarella and peach slices, overlapping slightly, on serving plates or large platter. Scatter over basil leaves. Drizzle with a little olive oil and cracked black pepper.

Pour rest of olive oil into small dish and add balsamic vinegar. Serve alongside plates with crusty bread for dipping.

*Fresh mozzarella are white balls of fresh cheese sold in tubs. Not to be confused with hard mozzarella that is yellow and wrapped in plastic or grated in packs.





PORK CUTLETS WITH MAPLE-ROASTED PEARS & BRAISED RED CABBAGE

RECIPE / CHRISTIE CONNELLY

Braised red cabbage is a Hungarian childhood favourite of mine. My mum would make the cabbage simply with butter, but here I've jazzed it up with apple and red onion. This dish also works as a warm salad. Just slice up the pork and pears, then mix with the cooked cabbage and finish with chopped roasted walnuts.

Serves: 4



- 2 pears, halved & cored
- 1 tbsp coconut oil
- ¼ cup maple syrup
- Salt & pepper
- ¼ red cabbage, shredded
- ¼ red apple, grated
- ¼ red onion, thinly sliced
- 2 tbsp butter
- ¼ tsp ground white pepper
- 4 pork cutlets

Preheat oven to 180°C.

Rub pear halves with coconut oil and place on baking tray lined with non-stick paper. Pour over maple syrup and sprinkle with a little salt and pepper. Mix to coat and bake for 20 mins until soft and lightly golden at edges. Keep warm.

Meanwhile, place cabbage, apple and onion in saucepan with lid. Pour in ¼ cup water and cook, covered, on low heat for 10 mins. Stir occasionally. Add 1 tbsp butter, white pepper and a little salt. Stir well then let sit off the heat, lid on, until ready to serve.

Melt remaining 1 tbsp butter in large oven-safe frypan and cook pork cutlets for 4 mins on each side until golden brown but not quite cooked through. Place in oven for 5 mins to finish cooking.

To serve, pile cabbage mix on the centre of serving plates, then top with pork and a pear half. Drizzle with any pan juices from the pork or pears.

Serve immediately.



“MY DAILY GREEN SUPERFOODS COMBO”

Lucinda Dennis

Lucinda Dennis, age 29

Founder of Snowluxe.com

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Poor eating habits and stress have become synonymous with the modern lifestyle, so it's no wonder allergies, recurring colds, flus, chronic fatigue, and so many forms of under-active and over-active immune system dysfunction are on the rise.

That's why a nutrient rich wholefood diet is essential for a healthy immune system.

Super Greens is a combo of four of nature's most nutrient rich wholefoods - Spirulina, Chlorella, Barley Grass and Wheat Grass which contain a vast array of natural vitamins and minerals and are high in anti-oxidants to assist in the removal of free radicals.

To optimise your daily nutritional intake, simply blend Synergy Natural Super Greens powder with juice, seasonal fruits or your choice of liquid base for a delicious smoothie. Or take as tablets if preferred.



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SPONSOR RECIPES
NULAC



CapriLac Goat Yoghurt & Broccoli Salad



CapriLac Goat Yoghurt is a natural creamy unsweetened Greek-style yoghurt. It's the perfect accompaniment to a healthy breakfast mixed with pieces of fresh fruit and is ideal for using in Mediterranean and Indian-style meals. Goat milk is easier to digest and may prove beneficial to those with an intolerance of cow's milk.

NULAC

CAPRILAC GOAT YOGHURT & BROCCOLI SALAD

RECIPE / NULAC

This salad is great for last-minute invites to barbecues and dinners and can be made vegetarian by simply omitting the bacon.

Serves: 6



- 1 head broccoli, chopped into small pieces
- ¼ cup diced red onion
- ¼ cup sunflower seeds
- ¼ cup raisins
- 3–4 slices bacon, cooked crispy & crumbled (optional)
- 200g CapriLac Goat Yoghurt
- 1½ tbsp white vinegar
- Salt & pepper, to taste

Combine broccoli, onion, sunflower seeds, raisins and bacon in large bowl. Set aside.

Stir together CapriLac Goat Yoghurt and vinegar in small bowl.

Pour over broccoli mix and stir evenly to coat. Season with salt and pepper.

CAPRILAC GOAT MILK & YOGHURT ALFREDO

RECIPE / NULAC

Creamy and rich, this sauce puts the natural tang of CapriLac Goat Milk and Yoghurt to good use, spicing up the typical alfredo recipe.

Serves: 4



- 2 tbsp butter
- 1½ tsp crushed garlic

1 cup CapriLac Goat Milk
 1 cup CapriLac Goat Yoghurt
 ½–¾ cup grated pecorino cheese, plus extra
 Salt & pepper, to taste
 1 packet fettuccine noodles, cooked

In medium saucepan, melt butter over medium heat and stir in garlic. Stir in CapriLac Goat Milk.

Remove from heat and allow to cool for 2–3 mins. Gradually whisk in CapriLac Goat Yoghurt.

Add pecorino cheese to sauce and stir until melted. (If cheese doesn't melt completely because sauce is too cool, return to stove on low for a couple of mins.)

Add salt and pepper to taste and toss with fettuccine, top with black pepper and cheese.

CAPRILAC GOAT YOGHURT TZATZIKI

RECIPE / NULAC

Whip up our quick CapriLac Goat Yoghurt Tzatziki, pair it with a brioche bun and your favourite patty and you've got yourself a complete meal! Great for lunches made the night before or for a speedy dinner when you're on the go.

Serves: 4



CapriLac Goat Milk & Yoghurt Alfredo

4 veggie, beef or chicken patties
 200g CapriLac Goat Yoghurt
 1 red onion, diced
 1 cucumber, diced
 3 tbs chopped fresh dill
 1 avocado, smashed
 8 lettuce leaves
 4 brioche buns

Warm up frying pan and cook patties.

Mix CapriLac Goat Yoghurt with red onion, cucumber and fresh dill. Add avocado, lettuce and patty to buns.

Top with CapriLac Goat Yoghurt Tzatziki and serve.

For more information visit caprilac.com

CapriLac Goat Yoghurt Tzatziki





Bliss Balls Three Ways



Table of Plenty's Kefir Fermented Drink is the easy way to make your tummy smile. With 10 times more live cultures than yoghurt and available in three delicious flavours, it's the tastiest way to get your daily dose of probiotics.

TABLE OF PLENTY

BLISS BALLS THREE WAYS

RECIPE / @HEALTHFORHAPPY

Serves: 4-6



- 1 cup cashews
- 1 cup Table of Plenty Crunchy Fruit-Free Muesli
- 1½ cups dried dates (soaked in boiling water for 5 mins, then drained)

Optional Bliss Ball Ingredients

- Matcha: 2 tbsp matcha powder
- Salted Caramel: 1 tbsp mesquite powder & pinch sea salt
- Chocolate Coconut: 2 tbsp cacao powder & ¼ cup desiccated coconut

Place cashews and Crunchy Fruit-Free Muesli in food processor and process until no large chunks remain.

Add dates and process until mixture comes together.

Add additional flavours (if desired) and mix together.

Roll mixture into small balls. Coat in matcha powder or desiccated coconut.

Refrigerate for at least 20 mins.

Best kept in the fridge.

CLASSIC APPLE CRUMBLE

RECIPE / @WANDERCOOKS

Serves: 8



Filling

- 4 medium-sized green apples, thinly sliced
- 1 tsp lemon juice
- 1 tsp cinnamon
- 1 tsp raw sugar
- 1 tsp cornflour

Crumble Top

250g Table of Plenty Pink Lady Apple & Almond Muesli or oats

1/3 cup honey

250g plain flour, plus 55g in reserve

200g butter, room temperature

Sprinkle raw sugar, to garnish

Coconut cream or Greek yoghurt, to serve

Preheat oven to 180°C.

Line deep, circular baking dish or cake dish with half the apple slices. Sprinkle with lemon juice, half the cinnamon, half the raw sugar and half the cornflour. Top with remaining apple slices and sprinkle with remaining cinnamon, raw sugar and cornflour.

Place muesli in mixing bowl with honey and 250g flour. Melt butter in small dish then pour over dry ingredients. Mix until ingredients combine. If needed, add extra flour in small amounts until crumble mixture is slightly moist and crumbly. It should hold its shape but not be too sticky.

Spoon mix over apple filling. Press down firmly for an even layer of crumble, or rough it up with fork for extra crunch once baked. Garnish crumble with extra raw sugar then bake for 30–45 mins or until golden brown.

Serve warm with coconut cream or your favourite Greek yoghurt.

HEALTHY ROCKY ROAD

RECIPE / @THE_WHOLESOME_NUTRITIONIST

Serves: 8



3/4 cup melted extra-virgin coconut oil

3/4 cup raw cacao powder

Pinch salt

1/3–1/2 cup sweetener of choice (rice-malt syrup, honey or maple syrup), depending on taste

1 cup nuts/seeds of choice

1/2 cup dried cranberries

3/4 cup coconut flakes

1/2 cup Table of Plenty Crunchy Fruit-Free Nutty Muesli

1/4 cup frozen raspberries

In large bowl, combine melted coconut oil, cacao powder and salt until well combined, then add rice-malt syrup (or alternative sweetener) and whisk until smooth.

Reserve approx. 1 tbsp each of nuts/seeds, cranberries, coconut and muesli.

Add remaining ingredients to chocolate mixture, (except raspberries and reserved ingredients) and mix until everything is coated well.

Line slice tray with clingwrap or baking paper. Pour mixture into tray and spread into even layer, pressing down firmly with back of spoon. Top with raspberries and remaining ingredients, pressing down firmly into mix to make sure they stick.

Place in fridge or freezer to set before cutting slab into chunks.

The Breakfast Parfait



RAW CHOCOLATE BROWNIES

RECIPE / @HEALTHFORHAPPY

Makes: 8 squares



1 cup mixed nuts

3/4 cup raw cacao powder

2 cups pitted dates (soaked in warm water for 10 mins, then drained)

2 cups Table of Plenty Crunchy Fruit-Free Nutty Muesli

1/4 cup water

1 tbsp raw cacao powder, for dusting

Add nuts and cacao powder to food processor and blend until they resemble a crumble.

Drain dates and add to mix, processing until dates, nuts and cacao come together.

Transfer mixture to large mixing bowl.

Add Crunchy Fruit-Free Nutty Muesli and mix with spoon. Add water if necessary to bring mixture together.

Line small baking dish with clingwrap or baking paper. Press mixture into dish and refrigerate for 30 mins.

Remove mixture from refrigerator and cut into 8 rectangular bars. Dust with cacao powder (optional) and serve.



Raw Chocolate Brownies

THE BREAKFAST PARFAIT

RECIPE / @THE_WHOLESOME_NUTRITIONIST

Makes: 8 squares



1 cup Table of Plenty Crunchy Fruit-Free Nutty Muesli

150g thick Greek yoghurt or Natural Probiotic Kefir

1 cup fresh or frozen berries

Coconut flakes, nuts/seeds, cherries, fresh fruit, to serve

Take 2 glass jars or glasses and start by placing layer of Table of Plenty Crunchy Fruit-Free Nutty Muesli in each jar. Top with layer of yoghurt or kefir mix, then layer of berries. Repeat with remaining muesli, yoghurt mix and berries.

Top with coconut flakes, some crunchy muesli and a sprinkle of nuts/seeds/fruit to serve.

For more information visit tableofplenty.com.au



Classic Apple Crumble



Healthy Rocky Road

Long, Lazy LUNCHES

Lunch during a busy workday is one thing, but then there are those times on the weekend, or perhaps on holiday, when you can take the time to prepare and enjoy a meal that's both sustaining and delicious.

When those languorous luncheons beckon, treat yourself to one of these delightful options: Spiced Roasted Cauliflower with Chickpea Salad; Sweet Potato & Ricotta Lasagne; Eggplant Stuffed with Lebanese Rice & Slow-Braised Beans; Lentil & Mushroom Bolognese Pasta Cakes; Moroccan Lamb Stew with Fruity Couscous; or Mushroom & Capsicum Fajitas.



Meg's Spiced
Roasted Cauliflower
with Chickpea Salad



SPICED ROASTED CAULIFLOWER WITH CHICKPEA SALAD

RECIPE / MEG THOMPSON

This showstopping salad is really easy to put together. The most difficult part is making sure the cauliflower is cooked properly. Packed with loads of glorious fibre, calcium, B vitamins, iron and vitamin C, this dish will literally make your life better.

Serves: 4



1 head cauliflower
2 tsp ground cumin
1 tsp garam masala
1 tsp turmeric
1 tsp smoked paprika
½ tsp sea salt
2 tbsp oil

Dressing

120g tahini
150g yoghurt
1½ tbsp lemon juice
½ garlic clove, peeled & finely chopped

400g tin chickpeas, drained & rinsed
½ pomegranate
⅓ cup almonds, lightly toasted
¾ cup parsley
Olive oil
Sea salt

Preheat oven to 190°C.

Carefully cut as much cauliflower stem away as you can, leaving florets intact. Place on lined baking tray.

Combine spices and salt with oil and brush over cauliflower, covering as much surface as you can.

Bake for 60–90 mins. This will vary depending on size of cauliflower. When cooked, you will be able to stick knife into it with little resistance and it will be browned on top. If browning too quickly on the surface, cover for part of cooking time.

While cauliflower is cooking, make tahini dressing by combining ingredients in bowl.

Make salad by combining chickpeas, pomegranate seeds, almonds and parsley with drizzle of olive oil and pinch of sea salt.

Serve arranged together as shown in picture or cut individual pieces of cauliflower and mix with salad topped with dressing.

PUMPKIN, GORGONZOLA & HONEY TART

RECIPE / MEG THOMPSON

If you're making the pastry, you can start this recipe the day before and leave the pastry in the fridge overnight to save time.

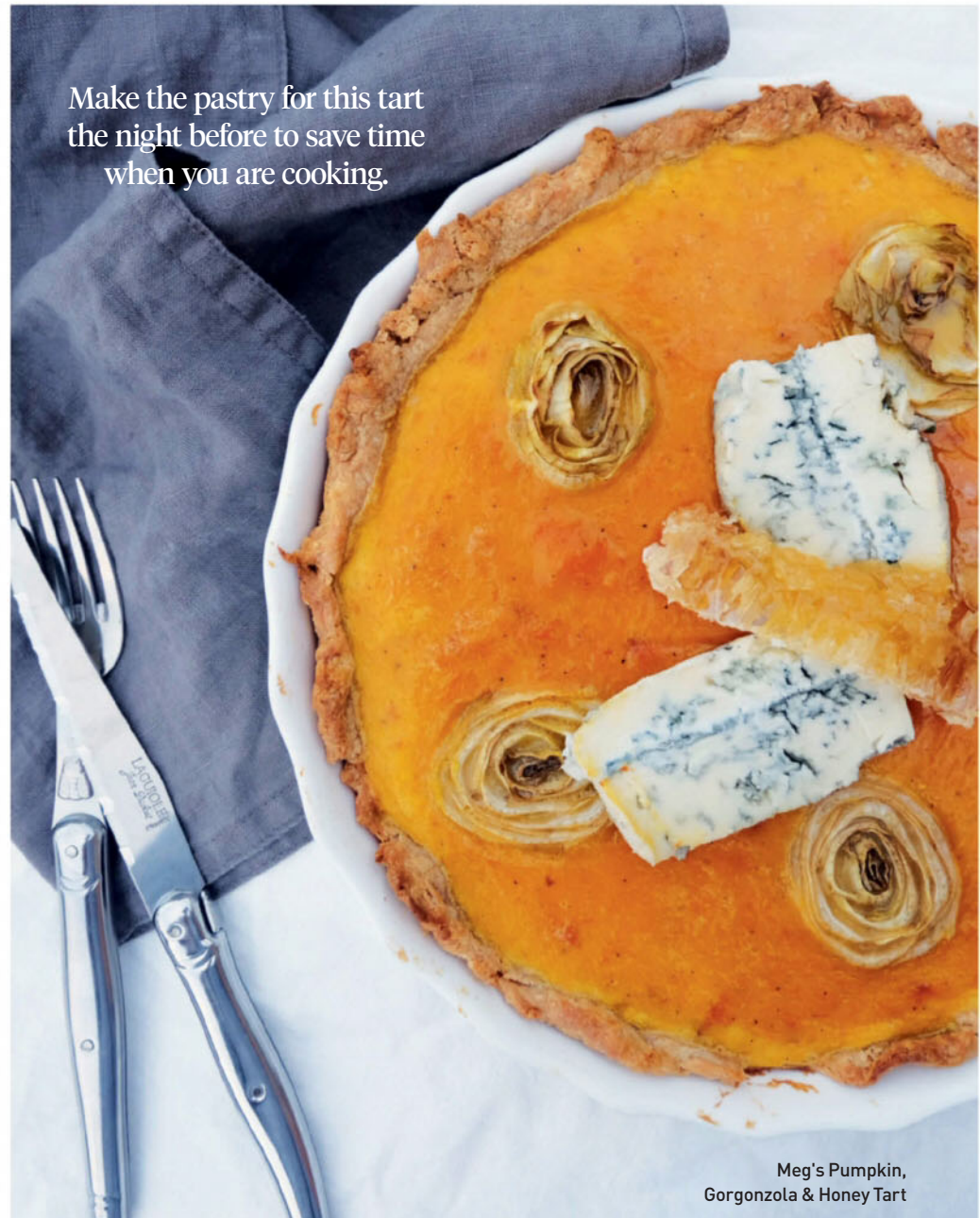
Serves: 6



Pastry*

250g white spelt flour
125g butter, chilled & cut into cubes
1 egg
1 tbsp chilled water

*You can substitute good-quality shop-bought shortcrust pastry if you wish



Meg's Pumpkin, Gorgonzola & Honey Tart

Filling

500g pumpkin, cubed
oil
5 eggs
½ cup milk of choice
½ tsp sea salt
1 head witlof or 1 leek
2 slices gorgonzola cheese
Slice honeycomb or 1 tbsp raw honey

Preheat oven to 180°C.

To make pastry, place flour and butter in food processor and process until mixture looks like breadcrumbs. Whisk together egg and water. With processor running, add egg and water mix and process until mixture just starts to come together in large clumps. Don't go as far as it forming a ball.

Tip mixture on bench and form a ball. Press down to flatten, wrap in clingfilm and refrigerate at least 2 hours, or overnight.

Remove from fridge and allow to come to room temperature.

Spread baking paper on bench, place pastry

on top and another piece of baking paper on top.

Roll out pastry between baking paper to prevent sticking to bench, turning dough as needed.

Roll out dough to approx. 3mm thick.

Peel off top layer of baking paper and lay pastry in tart tin, then peel off baking paper.

Press pastry into sides of tin and cleanly cut away excess.

For filling, drizzle pumpkin with a little oil and bake for around 20 mins in a 200°C oven or until soft.

Remove from oven and mash well. Add eggs, milk and salt and whisk together until combined. Pour into pastry-lined tart dish.

Cur 1–2cm slices of witlof (or leek) across and keep hold of it so it keeps its shape. Place in pumpkin mixture and arrange in little roses dotted around tart.

Bake for 1 hour at 190°C or until filling is cooked through and pastry is golden.

Remove from oven and immediately lay gorgonzola and honey in centre of tart so the heat melts it slightly. Serve warm.



RECIPES

LONG, LAZY LUNCHES

SWEET POTATO & RICOTTA LASAGNE

RECIPE / MEG THOMPSON

This dish is a comforting family favourite with a twist. This version swaps pasta sheets for thinly sliced sweet potato. If you can slice the sweet potato with a mandoline or food processor attachment, you'll get the best result but, if you don't have either, a sharp knife and a steady hand will do the job.

Serves: 6



- 1 onion, diced
- 2 cloves garlic, diced
- 1 tbsp oil
- 400–500g good-quality turkey, chicken or beef mince
- 2 tsp ground cumin
- 1 tsp smoked paprika
- 2 tbsp fresh oregano (or 1 tsp dried)
- ½ tsp sea salt
- 400g tin crushed tomatoes or passata
- 350g ricotta
- 1 egg
- ¼ tsp sea salt
- Black pepper, to taste
- 1 small sweet potato, sliced very thinly
- 6 slices mozzarella cheese

Preheat oven to 180°C.

Place onion, garlic and oil in saucepan and cook until soft.

Add mince and cook for a few mins, stirring every so often to lightly brown meat.

Add cumin, paprika, oregano and salt and cook for 1 more min.

Add tomato and cook for another 5 mins on low.

In bowl, mix together ricotta, egg, salt and pepper until well combined.

Line bottom of baking dish with sweet potato slices. You want them to overlap slightly so you have a completely covered space.

With slotted spoon, spoon into dish half the meat mix. Using this spoon stops you bringing too much excess water into the dish.

Next, spread over ricotta mix in even layer.

Add another layer of potato, being careful to overlay slightly to completely cover cheese mix.

Add remaining meat mixture and top with slices of mozzarella.

Bake for approx. 30 mins or until potato is cooked through. Serve warm.

MUSHROOM & CAPSICUM FAJITAS

RECIPE / ADAM GUTHRIE

Serve this dish as one big snack where everyone can help themselves and make their own fajitas.

Serves: 4



- ½ red onion, finely sliced into crescents
- 2 garlic cloves, minced
- 1 red capsicum, thinly sliced
- 10 large mushrooms, thinly sliced
- Salt & pepper
- 8 corn tortillas

Salsa

- ¼ red onion, finely diced
- 1 garlic clove, minced



There is no pasta in this lasagne, just delicious sheets of sweet potato.

Meg's Sweet Potato & Ricotta Lasagne

- 4 tomatoes, roughly chopped
- Handful fresh coriander, roughly chopped
- Pinch salt

Guacamole

- 2 avocados, mashed
- 1 garlic clove, minced
- Juice 2 small limes
- Pinch salt
- 1 tsp finely chopped red chilli

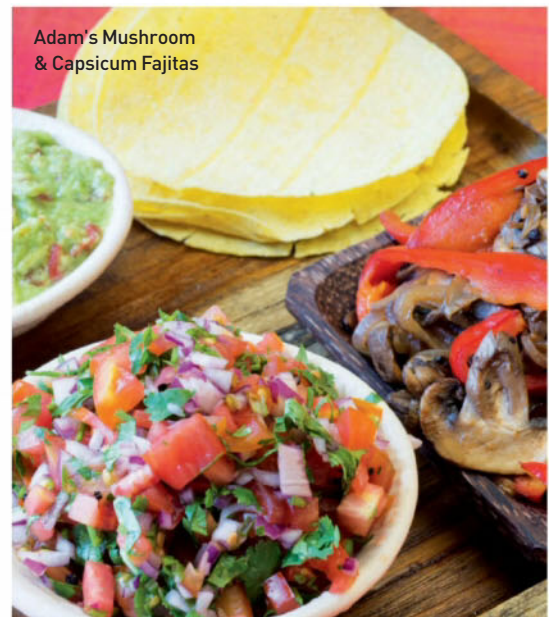
Heat frying pan. Add onion, garlic and capsicum and sauté for 2 mins. Add 1 tbsp water and cook until evaporated. Add mushroom, season with salt and pepper and sauté for 2 mins.

To make salsa, place all ingredients in bowl and mix well.

To make guacamole, place all ingredients in bowl and mix well.

Place all ingredients on table.

Serve immediately with tortillas.



Adam's Mushroom & Capsicum Fajitas

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RECIPES

LONG, LAZY LUNCHES

VEGAN PUMPKIN, ZUCCHINI "NO PASTA" LASAGNE

RECIPE / ADAM GUTHRIE

Although this dish takes a little longer to cook, it's a wonderful exercise in mindfulness and slowing down.

Serves: 8



- 4 cups Mexican bean mix (recipe below)
- ¼ medium unpeeled pumpkin, thinly sliced
- 3 large zucchinis, thinly sliced lengthwise
- 3 cups cashew sour cream (recipe below)
- ½ cup nutritional yeast
- 3 handfuls greens, shredded (spinach, Swiss chard or kale)

Mexican Bean Mix

- 1 onion, diced
- 2 garlic cloves, finely chopped
- 1 small red chilli, sliced
- 1 tbsp ground cumin
- 1 tbsp ground coriander
- 1 red capsicum, sliced
- 1 tin tomatoes
- 1 cup liquid vegetable stock
- 3 cups cooked red kidney beans

Cashew Sour Cream

- 1 cup cashews, soaked in boiling water for 15 mins, then drained
- ½ cup water
- ½ tsp apple-cider vinegar
- Juice ½ lemon
- salt to taste

Preheat oven to 200°C.

To make bean mix, heat frying pan over high heat. Add onion and garlic and sauté until golden brown.

Add a little water to deglaze pan. Add chilli, cumin and coriander and stir.

Add capsicum and stir. Add tomato, stock and kidney beans and mix well.

Reduce heat and simmer for 10 mins. Stir bean mix and gently mash with potato masher.



Adam's Vegan Pumpkin, Zucchini "No Pasta" Lasagne

To make cashew sour cream, place cashews in blender with other ingredients. Puree to smooth, creamy consistency. Add more water if needed. Refrigerate until required.

Spread ½ cup bean mixture in bottom of baking dish.

Top with half the pumpkin then half the zucchini. Top and spread evenly with half the cashew sour cream. Sprinkle over half the nutritional yeast. Top with remaining bean mix, pumpkin and zucchini. Spread with remaining cashew sour cream and sprinkle with remaining nutritional yeast. Cover with foil.

Bake for 40 mins. Remove foil and bake for further 10–15 mins or until golden. Remove from oven and stand for 10 mins.

Serve warm with handful greens.

HUMMUS, TABOULI & MIXED BEANS WITH LEBANESE BREAD

RECIPE / ADAM GUTHRIE

The elements of this dish come together to create harmony in every bite. Serve it at your next picnic.

Serves: 8



- 1 packet wholemeal Lebanese bread

Hummus

- 2 x 400g tins chickpeas, drained
- ¼ cup tahini
- 1–2 cloves garlic
- 1 tsp salt or to taste
- ½ cup lemon juice
- 1½ cups water

Four-Bean Salad Mix

- 400g tin mixed beans
- 400g tin kidney beans
- 1 cup water, to cover
- 3 cloves garlic, minced
- ⅓ cup balsamic vinegar
- Handful parsley, chopped

Quinoa Tabouli

- 1 cup cooked quinoa
- Large bunch flat-leaf parsley, finely chopped
- ½ cup finely chopped mint
- 3 spring onions, finely sliced
- 1 tomato, diced
- Juice 1 lemon

To make hummus, add ingredients to processor and puree for 5 mins until very smooth. Serve in shallow bowl.

Cover beans in saucepan with water and add garlic. Bring to boil and remove from heat. Add balsamic vinegar and chopped parsley. Serve in bowl with liquid included.

Place all quinoa tabouli ingredients in bowl and mix together well. Serve quinoa, bean mix and hummus in separate bowls with wholemeal Lebanese bread.



Adam's Hummus, Tabouli & Mixed Beans with Lebanese Bread

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RECIPES

LONG, LAZY LUNCHES

EGGPLANT STUFFED WITH LEBANESE RICE & SLOW-BRAISED BEANS

RECIPE / CHRISTIE CONNELLY

Long lunches always involve Lebanese food for our family. Not only because it's our heritage but it's just so well suited to picking and grazing, with lots of dips, salads, pickles and slow-cooked dishes. Try using flatbread to scoop up these saucy beans; it's the traditional way to eat them.

Serves: 4



2 nests egg vermicelli (see note)
2 tbsp cold-pressed olive oil,
plus extra for drizzling
1 cup long-grain rice, washed
2 large eggplants, halved lengthwise
400g tin green lentils, drained
2 tbsp pine nuts, toasted
Salt & pepper

Slow-Braised Beans

2 tbsp cold-pressed olive oil
½ brown onion, chopped
2 garlic cloves, chopped
500g green beans, ends trimmed
1 tbsp tomato paste
½ tsp ground cumin
½ tsp ground cinnamon
Salt & black pepper

Yoghurt

½ cup Greek-style yoghurt
1 tbsp tahini
Juice 1 lemon

Crush egg vermicelli nests with hands into medium saucepan so they are in short pieces. Add olive oil and stir frequently over high heat for 2 mins until noodles turn dark golden-brown and smell nutty. They can easily burn so watch carefully.

Add washed rice and stir to combine.

Add 2 cups cold water and bring to boil. Cover and turn heat down to low. Cook for 15 mins without removing lid until all liquid is absorbed.

Meanwhile, start beans. Add oil and onion to medium saucepan with lid. Cook on low for 5 mins, until starting to brown at edges. Add garlic and cook for 30 secs more. Add beans, tomato paste, cumin, cinnamon and 1 cup cold water. Season with salt and black pepper.

Cover and cook on medium for 45 mins until soft. Check regularly and top up with a little water if getting dry. They should be saucy.

Meanwhile, heat oven to 200°C and scoop out flesh of eggplants, leaving 1cm border. Keep flesh for another use. Add drained lentils and toasted pine nuts to rice and stir through. Season with salt and pepper and scoop into eggplants. Place on tray and drizzle with extra olive oil. Bake for 25 mins until eggplant is tender.

Mix together yoghurt, tahini and lemon juice until well combined. Serve on top of eggplant with beans on the side.

Note: Not to be confused with Vietnamese rice vermicelli. Egg vermicelli is sold in supermarkets in the dried pasta section and looks like thin spaghetti shaped into round nests.



Christie's Eggplant Stuffed with Lebanese Rice & Slow-Braised Beans

MOROCCAN LAMB STEW WITH FRUITY COUSCOUS

RECIPE / CHRISTIE CONNELLY

My favourite thing about visiting Morocco is discovering all the different ways sweet and savoury flavours can be combined into one dish. Oh, and feasting for hours at a time, on multiple courses! This type of meal is perfect for a lazy lunch when you've got plenty of time to digest the meat before bedtime. Make it paleo/gluten-free by substituting the couscous with cauliflower "rice", but still flavour it with the dried fruit to get that sweet/savoury hit.

Serves: 4



1 tbsp ghee
1 onion, diced
500g diced lamb leg or shoulder
1 tsp ground cinnamon
1 tsp paprika
1½ tsp ground cumin
1½ tsp ground coriander
½ tsp chilli powder
Salt & black pepper
1 large tomato, diced
3 medjool dates, pitted & diced
2 large carrots, sliced
2 tbsp chopped preserved lemon rind
2 cups diced pumpkin
10 pitted green olives

Fruity Couscous

2 cups dry couscous
6 medjool dates, pitted & diced
10 dried apricots (sulphite-free), diced
1 tsp lemon zest
1 tsp orange zest
1 tbsp ghee
2 tbsp finely chopped mint leaves

Heat ghee in large saucepan with lid. Add onion and cook over medium heat until translucent. Turn heat up to high and add diced lamb. Brown on all sides for 5 mins then sprinkle in the cinnamon, paprika, cumin, coriander and chilli. Season with salt and black pepper and stir to coat the meat.

Add tomato, dates, carrot, preserved lemon rind and 1 cup cold water. Stir to combine and lower heat to medium-low.

Cover and cook for 45 mins to 1 hour, stirring occasionally, until lamb is very tender. Then add diced pumpkin and olives and cook, covered, for further 15 mins until pumpkin is tender. Take off heat and let sit while you make couscous.

Place dry couscous in large bowl. Add chopped dates, apricot, lemon and orange zest and ghee. Pour over 2 cups boiling water and cover with tea towel. Leave for 5 mins to absorb water. Fluff with fork and mix in chopped mint

Serve with lamb stew.



Christie's Moroccan Lamb Stew with Fruity Couscous

Replace the couscous with cauliflower rice in this stew to make it gluten-free.

LENTIL & MUSHROOM BOLOGNESE PASTA CAKE

RECIPE / CHRISTIE CONNELLY

The combination of finely chopped mushrooms and nutty lentils gives a real beef mince-like texture and appearance. So much so that my taste testers didn't realise there wasn't any meat in this dish! This recipe also works well using a muffin tin for individual lunchbox portions.

Serves: 4



- 200g (1 cup) dried green lentils (soaked overnight if time allows)
- 300g mushrooms
- 2 tbsp cold-pressed olive oil
- 1 red onion, diced
- 1 stalk celery, diced
- 1 carrot, diced
- 2 garlic cloves, diced
- 1 tbsp chopped thyme leaves
- 2 tbsp chopped flat-leaf parsley
- 4 tomatoes, diced
- 1 tbsp tomato paste
- Salt & pepper
- 400g dried spaghetti
- 50g Parmesan cheese, grated
- 400g ricotta cheese
- 2 eggs
- Pinch ground nutmeg

Line base and sides of 24cm springform cake tin with non-stick paper.

Place lentils in large stockpot. Cover with cold water and bring to boil. Cook for 30–45 mins, until tender. They will cook quicker if soaked overnight. Drain and set aside.

Place mushrooms in food processor and blitz until finely chopped. Set aside.

Heat olive oil in large stockpot and add onion, celery and carrot. Cook on medium for 5 mins until vegetables soften. Add garlic and cook for 1 min more, then add mushrooms and cook for 5 mins until wilted.

Add lentils, thyme, parsley, tomatoes, tomato paste and 1 cup cold water. Season with salt and pepper and cook for 15–20 mins, until tomatoes break down to form thick sauce.

Meanwhile, boil spaghetti according to package instructions. Drain and put back in pot. Pour in sauce and most of Parmesan, and mix well. Add pasta to cake tin, leaving 5cm-deep space at top.

Heat oven to 180°C. Place ricotta, eggs and nutmeg in bowl and mash together with fork until well combined. Spoon over pasta and sprinkle with remaining Parmesan.

Place cake tin on large baking tray lined with non-stick paper or foil. This is because it might leak sauce.

Bake for 30 mins until top is golden brown and crispy.

Allow to cool for 15 mins, then run knife around sides and release spring-form tin. Allow to cool another 10 mins, then slice and serve. It will be easier to slice when not too hot.

Serve immediately.



Christie's Lentil & Mushroom Bolognese Pasta Cake



RECIPES

LONG, LAZY LUNCHES

PLOUGHMAN'S BOARD

RECIPE / DANIELLE MINNEBO

The caramelised onion relish from the Beef, Caramelised Onion & Blue Cheese Sandwich (recipe on page 21) is perfect for a cheese board and even better for a ploughman's board. Feel free to pick a selection of cheeses. You can even add some boiled eggs if you like.

Serves: 4-6



Seeded Crackers

- 1 cup buckwheat flour
- 1 cup brown rice flour
- ½ cup pepitas
- 1 tsp sea salt
- 1 clove garlic, crushed
- 1 tsp finely chopped thyme
- ¼ cup ghee
- 1 egg
- 1 cup water

½ cup Caramelised Onion Relish (see recipe on page 21)

- 2 good-quality cheeses of choice
- 1 punnet fresh cherry tomatoes

Preheat oven to 200°C.

Add flours, pepitas and sea salt to mixing bowl. Mix together until combined, then add garlic, thyme and ghee. Rub mixture together until it resembles fine breadcrumbs.

Add egg and water and mix together to form dough. Roll dough out directly on baking paper until approx. 3mm thick. Cut shape and size of crackers into dough.

Bake for 30 mins, then turn heat down to 150°C and bake for further 20 mins. You want crackers to be completely dry and crunchy.

Serve crackers on nice serving board alongside onion relish, selection of cheeses and fresh cherry tomatoes.



Danielle's Ploughman's Board



Danielle's Lemon Cakes

LEMON CAKES

RECIPE / DANIELLE MINNEBO

A long, lazy lunch is not complete without something sweet to finish. These lemon cakes are very simple to make and a healthier version than the traditional ones.

Makes: 12



- 100g butter, room temperature
- ¾ cup coconut palm sugar
- zest & juice 1 lemon
- 2 eggs
- 200g blanched almond meal
- 1 tsp baking powder

Preheat oven to 200°C. Grease and line 12-hole muffin tray.

Add butter, coconut palm sugar and lemon zest to bowl. Beat together until mixture is light and fluffy.

Add 1 egg and continue to beat until combined. Add the second egg and beat until combined.

Add almond meal, baking powder and lemon juice. Gently mix together until a smooth batter forms.

Spoon mixture into each mould and bake for 20 mins until golden brown. Allow to cool before serving.

FARMER'S SALAD

RECIPE / DANIELLE MINNEBO

A farmer's salad is basically a salad that showcases all the wonderful vegetables in season. It's very simple to put together, looks colourful on a serving platter and is a beautiful dish to enjoy for lunch. Feel free to replace any of the vegetables I have used with others that are in season and abundant at your local farmer's market.

Serves: 4



- 8 chat potatoes, boiled & cooled
- 8 baby carrots, boiled & cooled
- 3 baby beetroots, boiled & cooled
- 6 whole radishes, thinly sliced



Danielle's Farmer's Salad

- ½ red onion, thinly sliced
- ½ cup fresh flat-leaf parsley
- 2 hard-boiled eggs, peeled & cut into quarters

Dressing

- Juice 1 lemon
- 1 tsp Dijon mustard
- 4 tbsp extra-virgin olive oil
- 2 tbsp honey
- Pinch salt & pepper

Cut chat potatoes, baby carrots and baby beetroots in half or quarters if large. Scatter over large white platter, along with sliced radish, red onion, flat-leaf parsley and hard-boiled eggs.

Add all ingredients for salad dressing to jar, shake well until combined and set aside.

Dress salad just before serving.

The new last course.

SWEET AFTER-DINNER DIPS



Designed for sharing, Heritage After-Dinner Dips are the sweet finish to any meal. The tempting range of goat cheese and espresso infused mascarpone sweet based dips are best served after dinner with biscotti, sweet almond bread or fresh slices of fruit.

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NIRVANA HEALTH

CARAMEL BANANA & COCONUT SMOOTHIE BOWL

RECIPE / NIRVANA ORGANICS™

Makes: 1 bowl



- 1 frozen banana, frozen
- 1 fresh banana, a few slices reserved for topping
- 1 serving Nirvana Organics™ Stevia Liquid Caramel (20 drops)
- 100mL coconut water
- 30mL coconut cream
- ½ tsp vanilla essence
- Rollled oats (or granola)
- 1 tsp Nirvana Organics™ Cinnamon Surprise Xylitol

Blend bananas, liquid caramel, coconut water, coconut cream and vanilla essence in blender or food processor until smooth.

Pour into a bowl and top smoothie mixture with oats, banana slices and Cinnamon Surprise Xylitol.

BANANA & WALNUT BREAD

RECIPE / NIRVANA ORGANICS™

Makes: 1 loaf



- 2 eggs
- 2 overripe bananas, mashed
- ½ cup skim milk
- ¾ cup unsweetened apple sauce
- 1 tsp vanilla extract
- 2¼ cups wholewheat flour
- 1 tsp Nirvana Organics™ Stevia Extract Powder
- 1 tsp baking soda
- 1½ tsp Nirvana Organics™ Cinnamon Surprise Xylitol
- ¼ tsp Nirvana Organics™ Himalayan Crystal Salt Fine
- 1 cup chopped walnuts

Preheat oven to 180°C and prepare loaf pan.

Beat eggs by hand. Add banana, milk, apple sauce and vanilla extract.

In separate bowl, combine dry



Nirvana Organics™ Stevia is an all-natural, healthy sweetener that can be used to replace sugar. Made with Australian certified organic stevia, this sweetener contains no calories or carbohydrates. Not only does it taste great, Nirvana Organics™ Stevia is also good for you.

ingredients — flour, Nirvana Organics Stevia™ Extract Powder, baking soda, Cinnamon Surprise Xylitol and Himalayan Crystal Salt.

Add scoops of dry ingredients to egg mixture, mixing after each scoop, until all combined.

Stir in walnuts.

Pour into loaf pan and bake for 45 mins to 1 hour.

Allow to cool before cutting. Enjoy fresh or toasted with butter.

CHOC-CHIP PEANUT BUTTER COOKIES

RECIPE / NIRVANA ORGANICS™

Makes: 24 cookies



- ½ cup Nuttelex (or butter)
- ¼ cup coconut oil
- ½ cup Nirvana Organics™ Xylitol
- ½ tsp Nirvana Organics™ Stevia Extract Powder
- 2 tsp vanilla extract
- 2 large eggs
- ½ tsp baking soda
- ½ tsp Nirvana Organics™ Himalayan Crystal Salt Fine
- 3 cups almond meal
- 1 cup chocolate chips
- 4 tbsp crunchy peanut butter

Preheat oven to 180°C.

Mix together Nuttelex, coconut oil, xylitol and stevia. Add vanilla extract and eggs, mixing until incorporated. Mix in baking soda and Himalayan salt. Add almond meal, beating well after each addition. Fold in chocolate chips and peanut butter.

Form dough into tbsp rounds and place on baking paper about 5cm apart. Bake for 15 mins, or until golden brown around edges.

Cool and enjoy.

Choc-Chip Peanut Butter Cookies



Banana & Walnut Bread

Coconut & Berry Popsicles



COCONUT & BERRY POPSICLES

RECIPE / NIRVANA ORGANICS™

Makes: 6-8 popsicles



- 2 cups coconut water*
- 1 cup strawberries
- 20 drops Nirvana Organics™ Stevia Liquid Concentrate (adjust to desired sweetness)
- 1 cup blueberries

Using blender, combine 1 cup coconut water with strawberries and 10 drops Nirvana Organics™ Stevia Liquid and blend until smooth. Pour into another container and set aside.

Next, blend 1 cup coconut water with blueberries and an additional 10 drops Nirvana Organics™ Stevia Liquid.

Fill each popsicle mould halfway with blueberry mix. Freeze mix for 15 mins.

Slowly pour strawberry mix over top, filling each mould to top.

Freeze for at least 4 hours or until popsicles are frozen solid.

Before serving, run moulds under warm water to release popsicles.

*For a creamier option, substitute part coconut water with milk of choice.

For more information visit
nirvanahealthproducts.com



SPiral FOODS

COLD SOBA NOODLE SALAD WITH SMOKED SALMON, EDAMAME & PONZU

RECIPE / SPIRAL FOODS

Serves: 4



- 1 packet Spiral Organic Soba Noodles
- Dash Spiral Organic Toasted Sesame Oil
- 200g smoked salmon, roughly shredded
- ½ bunch spring onions, rounds
- 2-3 shallots, shaved, depending on size
- 8-10 cherry tomatoes (halved or quartered)
- 1 bunch coriander
- 75-100g blanched edamame beans
- 1 small knob ginger, julienned
- 100mL Spiral Ponzu
- Small handful fried garlic or garlic chips

Cook soba noodles in boiling water. Once *al dente*, drain and refresh under

cold water. Lightly oil with some toasted sesame oil and set aside.

In bowl, toss smoked salmon with remaining ingredients (excluding noodles and garlic chips) and dress with ponzu

Place noodles in rustic pile on plate.

Over top, layer up salad and garnish with garlic chips.

PINK LADY MISO PORRIDGE

RECIPE / SPIRAL FOODS

Serves: 4



- 1.25L water
- ¼ cup semolina
- 1½ cups rolled oats
- 3 Pink Lady apples, peeled & coarsely grated
- 2 tsp Spiral Foods Organic Shiro Miso
- 2 tbsp brown sugar, plus extra to serve
- Soy milk, to serve (optional)



Spiral Foods is excited to introduce its new Organic Coconut Butter! Made from 100 per cent pure organic coconut, this moreish spread is creamy and perfect for cooking or baking, spread on toast or straight from the jar. Available at Woolworths and all good food stores.

Bring 1.25L water to boil. Reduce heat to very low then whisk in semolina. Add oats and stir regularly until oats are soft and have absorbed most of water.

Remove from heat, stir through grated apple, miso and sugar.

Serve immediately with extra brown sugar and soy milk, if desired.

AVOCADO SOUP

RECIPE / SPIRAL FOODS

Serves: 2



2 tsp Spiral Dashi Powder

100mL hot water

200mL cold water

1 ripe avocado

200mL soy milk

Salt & pepper, to taste

Fresh coriander leaves, to garnish

Fried shallots, to garnish

Dissolve dashi powder in hot water, add cold water and set aside in fridge to chill.

Scoop avocado flesh into blender. Add some dashi water and blend to smooth. Add remaining dashi water slowly and mix well. Add soy milk and mix again to make smooth soup. Add salt and pepper to taste.

Pour soup into glasses, garnish with coriander and fried shallots.



Avocado Soup

AGEDASHI TOFU

RECIPE / SPIRAL FOODS

Serves: 4



Sauce

1 cup water

½ tsp Spiral Dashi Powder (vegan or bonito)

1 tbsp Spiral Tamari

1 tbsp Spiral Mirin

Spiral Organic Sunflower Oil, for frying

1 pack tofu, quartered & wrapped with paper

towel to remove excess moisture

Cornflour or potato flour

1 tbsp finely grated daikon white radish

1 tbsp finely diced spring onions/chives

1 tbsp finely grated ginger

Chilli powder (optional)

To make sauce, in small pot, boil water, add dashi, tamari and mirin. Stir and set aside.

Over medium heat, add sunflower oil to 1–2cm depth in frypan.

Thinly coat tofu with corn/potato flour and remove excess flour.

Once oil is hot, add tofu and fry until lightly golden brown on all sides. Remove and place on paper towel to remove excess oil.

Place tofu in 4 small bowls, pour sauce around pieces.

Garnish with condiments and serve.

For more information,

visit spiralfoods.com.au



Agedashi Tofu



Pink Lady Miso Porridge





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Braised Beef Cheeks
with Orecchiette



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BRAISED BEEF CHEEKS WITH ORECCHIETTE

RECIPE/FALCON

Serves: 6



- 2 tbsp olive oil
- 3 beef cheeks
- Sea salt & freshly ground black pepper
- 2 onions, finely chopped
- 1 stick celery, finely chopped
- 1 carrot, finely chopped
- 3 cloves garlic, finely chopped
- 3 Roma tomatoes, chopped
- 2 fresh bay leaves
- 2 rosemary sprigs, chopped
- 250mL red wine
- 500mL beef stock
- 1 tbsp balsamic vinegar
- 750g orecchiette pasta
- 40g unsalted butter
- ½ bunch flat-leaf parsley, chopped
- Parmesan cheese, to serve

Preheat oven to 140°C fan-forced.

Place half the oil in large heavy-based ovenproof saucepan over high heat. Season beef cheeks with salt and pepper and brown all over, then remove from pan.

Turn heat to medium-low and add remaining oil, onion, celery and carrot and cook until onion is soft, then add garlic and tomato and cook for 1-2 mins.

Return beef cheeks and add herbs, wine, stock and vinegar and season with salt and pepper. Cover tightly with lid, transfer to oven for 3½-4 hours, until tender.

Meanwhile, in last 20 mins of beef cooking time, cook orecchiette in salted boiling water according to packet instructions.

Remove beef from oven and discard bay leaves. Use two forks to pull apart and shred meat into sauce, then add butter. Stir cooked pasta through sauce, season with salt and pepper and top with fresh parsley and grated Parmesan cheese.

CARAMELISED ONION OMELETTE WITH GOAT'S CHEESE & THYME

RECIPE/FALCON

Serves: 4



Caramelised Onion

20g unsalted butter
1 tbsp olive oil
2 red onions, sliced
1 clove garlic, chopped
2 tbsp balsamic vinegar
1 tbsp brown sugar
Salt & pepper

6 eggs, beaten
1 tsp thyme leaves, chopped & divided
Sea salt & black pepper
1 cup fresh sourdough breadcrumbs
20g unsalted butter, plus 50g, melted
¼ cup grated Parmesan cheese
50g mild goat's cheese
Watercress or rocket leaves, to serve

To make caramelised onion, melt butter and olive oil in frypan over medium heat. Add onion and garlic and cook, stirring, for 10 mins until soft. Add balsamic vinegar and sugar and cook for a further 5 mins until dark and slightly sticky. Season with salt and pepper and allow to cool.

Add caramelised onion to beaten eggs, along with ½ tsp thyme. Season with salt and pepper and mix well.

Preheat oven to 200°C Fanned Grilled function. Place breadcrumbs, 50g melted butter, remaining thyme and Parmesan in bowl, season with salt and pepper and stir to combine.

In medium ovenproof frypan, over medium heat, add 20g butter to melt, then pour in egg and onion and cook for 3–4 mins until bottom is golden.

Crumble over goat's cheese, followed by breadcrumb mixture. Place frypan under grill and cook for 2–3 mins until breadcrumbs are golden and crisp and egg is set.

Serve topped with dressed salad greens.

DUKKAH-ROASTED EGGPLANT WITH MINT & POMEGRANATE

RECIPE/FALCON

Serves: 6–8



Hazelnut Dukkah

150g hazelnuts, toasted & skins removed
2 tbsp coriander seeds
2 tbsp cumin seeds
1 tsp dried thyme
1 tsp sea salt
Freshly cracked black pepper
100g sesame seeds, toasted
1 tsp sumac

2 eggplants
¼ cup olive oil
2 tbsp hazelnut dukkah (recipe above), plus extra
Salt & pepper
¼ cup pine nuts, toasted
Handful fresh mint leaves, roughly chopped
½ pomegranate, deseeded

Tahini & Yoghurt Dressing

1 cup Greek yoghurt
1 tbsp tahini
1 tsp honey
Juice ½ lemon
Salt & pepper

Preheat oven to 200°C fan-forced.

To make dukkah, place hazelnuts in mortar and pestle and pound until nuts are crushed, then transfer to bowl. Alternatively, use pulse function in food processor. Place coriander, cumin and thyme in dry frypan and toast until lightly golden and aromatic. Cool, then transfer to mortar and pestle along with salt and a few grinds of pepper and pound until spices are ground. Add spice mix to hazelnuts; add sesame seeds and sumac and mix well.

Cut eggplants in half lengthwise, then each half into either 3 or 4 wedges depending on size of eggplants.

In small bowl, mix together olive oil and dukkah spice, then arrange eggplant wedges on baking paper-lined tray and brush wedges with the dukkah oil, season with salt and pepper and roast for 25–30 mins, until cooked through and golden brown. Cool slightly, then transfer to serving dish.

For dressing, whisk together all ingredients, then drizzle over eggplant. Sprinkle with pine nuts, mint, pomegranate seeds and extra dukkah and serve.

PUMPKIN MUFFINS WITH MAPLE CARAMEL & PECANS

RECIPE/FALCON

Makes: 12



Maple Caramel

1 cup maple syrup
20g unsalted butter
½ tsp sea salt flakes
¼ cup cream

500g pumpkin, peeled, deseeded & diced
100g unsalted butter, melted
½ cup buttermilk
¾ cup (150g) brown sugar
2 eggs
3 cups plain flour
2 tsp baking powder
¼ tsp baking soda
1 tsp fine salt
2 tsp ground cinnamon
1 tsp ground nutmeg
1 tsp ground ginger
½ cup toasted pecan nuts, chopped

Preheat oven to 160°C fan-forced. Grease and flour 12-hole muffin tray.

For maple caramel, place maple syrup in large saucepan (maple syrup will bubble up a lot) over medium heat and cook for 5–10 mins until reduced slightly. Add butter, salt and cream and whisk until smooth. Set aside to cool and thicken.

Place pumpkin in steamer over saucepan of boiling water and steam for 10 mins until soft. Drain on paper towel to remove excess



Pumpkin Muffins with Maple Caramel & Pecans

moisture. Mash or transfer to food processor and blitz into smooth puree.

Transfer to large bowl, add melted butter, buttermilk, sugar and eggs. Whisk to combine.

In another bowl, add flour, baking powder, baking soda, salt and spices and mix together, then fold dry ingredients into pumpkin mixture until just combined.

Spoon batter into muffin tin and bake for 18–20 mins, until cooked.

Turn out warm muffins on serving board and pile up, drizzle with maple caramel, scatter over pecan nuts and serve warm.

For more information visit andico.com.au



Dukkah-Roasted Eggplant with Mint & Pomegranate



Caramelised Onion Omelette with Goat's Cheese & Thyme



DESSERTS WITHOUT CHOCOLATE

Desserts can be the lovely finishing touch to a meal with friends or just a moment of sweet indulgence amid your busy life. Unfortunately, it's all too tempting to turn to chocolate as your dessert of choice and, if you haven't made an *EatWell* cacao-based chocolate with a low-GI sweetener, you can be consuming too much sugar. The great news is you can break out of the chocolate mould and enjoy chocolate-free desserts that are fresh and luscious, such as Raspberry & Star Anise Friands; Quinoa Crepes; Salted-Caramel Banana Nice-Cream; Cranberry Grape Granita; Vegan Banana Cupcakes with Caramel Frosting; and a Honey, Vanilla & Raspberry Pav-Eringue.

CHAI TEA LOAF

RECIPE / DANIELLE MINNEBO

This delicious tea loaf is something you have to try. It contains all the lovely aromas and flavours of a cup of chai tea. Plus, there are no added sugars as the dates add enough sweetness. Delicious!

Makes: 1 loaf



4 cups Deglet Nour dates
2 cups water
2 black tea bags
¼ cup olive oil
3 eggs
¼ tsp ground black pepper
2 tsp ground cinnamon
1 tsp ground cardamom
¼ tsp ground cloves
1¼ cups blanched almond meal
¾ cup buckwheat flour
1 tsp baking powder

Preheat oven to 180°C. Grease and line bread tin.

Add dates, water and tea bags to large saucepan. Place over medium heat and bring to boil. Reduce to simmer, cover and cook for 30 minutes. You'll know this is ready when the dates have absorbed all the water and have gone very soft and mushy.

Remove tea bags, mash dates into paste and allow to cool completely.

Add date paste to large mixing bowl along with olive oil and eggs. Mix together until well combined.

In separate bowl, add spices and remaining dry ingredients. Mix until combined.

Mix wet date mixture with dry ingredients and pour mixture into bread tin. Bake for 45 minutes or until skewer comes out clean.

Danielle's Mango Frangipane Tart



STRAWBERRY & ELDER FLOWER JELLIES

RECIPE / DANIELLE MINNEBO

These are the most deliciously light and summery jellies. Feel free to use any other berries in this recipe. Elderflower would also work very well with blackberries or blueberries.

Serves: 4



500g fresh strawberries, halved
1 cup water
¼ cup elderflower syrup
2 tbsp gelatine powder
4 tbsp plain coconut yoghurt
Handful fresh mint leaves
Extra strawberries, for decoration

Add strawberries to saucepan along with water. Bring to gentle simmer and cook for 5–10 mins, until strawberries have started to break down.

Remove from heat and add elderflower syrup and gelatine powder. Mix together well and allow gelatine to dissolve in hot strawberry mixture. Strain mixture and remove strawberry pulp, leaving lovely pink strawberry liquid. (However, if you don't strain it, there's a rustic texture and it's less wasteful.)

Allow strawberry mixture to cool slightly, then divide between 4 clear glasses. Pop in fridge and allow to set for minimum 4 hours, longer if possible.

Just before serving, top with coconut yoghurt, fresh mint leaves and additional fresh strawberries.

MANGO FRANGIPANE TART

RECIPE / DANIELLE MINNEBO

This recipe is a bit of a showstopper and worth the extra work to put together. The frangipane mixture is a lovely light almond filling that teams very well with both mango and passionfruit.

Serves: 8



Pastry

1½ cups buckwheat flour
2 tbsp coconut palm sugar
¼ cup ghee, room temperature
1 egg
¼ cup cold water

Filling

125g ghee, room temperature
125g coconut palm sugar
3 eggs
125g blanched almond meal
30g buckwheat flour
3 passionfruit
1 large mango, thinly sliced

Preheat oven to 180°C. Grease and line circular tart tray.

Add buckwheat flour, coconut palm sugar and ghee to mixing bowl. Using hands, rub ghee into flour and sugar until mixture resembles breadcrumbs. Add egg

If there are ever any leftovers of this delicious dish, they go well on muesli or even toast.



Danielle's Strawberry & Elderflower Jellies

and cold water and mix together until dough is formed. Wrap dough in plastic and pop in fridge for 30 mins.

Remove dough from fridge and roll onto floured surface. Roll until approx. 2mm thick.

Gently place pastry into tart shell and press into base. Tidy sides and make sure pastry is even thickness all around. Blind bake for 15 mins, until lightly brown. Allow base to cool before adding filling.

While pastry is baking, prepare filling. Add ghee and coconut palm sugar to bowl and beat together until mixture is creamy and fluffy. Add 1 egg at a time, beating each into mixture.

Add almond meal, buckwheat flour and pulp from 2 passionfruit. Fold into mixture gently until well combined.

Pour into pre-baked tart base and decorate with sliced mango. Spend a little extra time doing this to make the dessert shine once baked.

Bake for further 40–50 mins, until top is golden brown and frangipane mixture is set. Allow to cool before decorating with pulp from remaining passionfruit.



RECIPES

DESSERTS WITHOUT CHOCOLATE

SPICE-BAKED BANANAS

RECIPE / MEG THOMPSON

This is the easiest dessert ever! In no time at all, you will have deliciously gooey bananas that are wonderful as they are or served with yoghurt. If you happen to have any leftovers, use them as a topping for porridge or toast.

Serves: 2



2 bananas, peeled and sliced in half lengthwise

¼ tsp ground cinnamon

¼ tsp mixed spice

1 tbsp melted coconut oil

Yoghurt or coconut yoghurt, to serve

Crushed nuts or seeds, to serve

Preheat oven to 180°C.

Place banana slices on lined baking tray.

Sprinkle over spices and drizzle over coconut oil.

Bake for 10–15 mins or until bananas are slightly squishy to touch.

Serve with yoghurt, coconut yoghurt or some crushed nuts and seeds, as desired.

GINGERY PEAR & RHUBARB CRUMBLE

RECIPE / MEG THOMPSON

Zesty and comforting, this dessert is easy to put together. Pears are a fabulous source of fibre and, coupled with the nutty topping, make a protein- and nutrient-rich option. Feel free to substitute different fruits in place of the pear and rhubarb.

Serves: 6



Crumble

30g coconut oil

135g ground almonds

35g walnuts, roughly chopped

1 tsp vanilla

1 tbsp maple syrup

Approx. 500g pears, cored & diced

Approx. 200g rhubarb, diced

½ tsp ground ginger

½ tsp orange zest

Yoghurt or coconut yoghurt, to serve

Preheat oven to 180°C.

Combine coconut oil, almonds, walnuts, vanilla and maple syrup in bowl and mix together well. Place bowl in fridge while you prepare fruit.

Place pear and rhubarb in saucepan with 1 tbsp water over low–medium heat. Add ginger and orange zest, stir though and cook until pear is just tender, around 8 mins.

Take small ovenproof dish (I used 20cm × 13cm) and pour in fruit. Sprinkle over crumble to cover fruit and place in oven.

Cook for around 25–30 mins on 180°C, or until golden. Serve with yoghurt or coconut yoghurt, as desired.

Meg's Spice-Baked Bananas



Meg's Gingers Pear & Rhubarb Crumble



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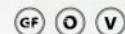


RASPBERRY & STAR ANISE FRIANDS

RECIPE / MEG THOMPSON

Friands are a cross between a cupcake and a muffin in texture and are usually made with almond flour. I was inspired to use ground star anise as in one of Yotam Ottolenghi's wonderful recipes but have changed it a bit to make it gluten-free and less sweet. The ghee in this recipe makes these friands lactose-free and also makes them incredibly nourishing. You can, of course, use butter instead, but the ghee lends a beautiful caramel quality.

Makes: 10-12



120g almond meal
60g buckwheat flour
1½ tsp ground star anise
Small pinch salt
150g coconut sugar
150g egg whites (from approx. 4 eggs)
100g ghee, melted
Zest 1 lemon
½ cup raspberries, fresh or frozen, halved

Preheat oven to 190°C.

Sift first four ingredients together into bowl.

Add coconut sugar to blender and blitz to make fine powder. Add coconut sugar to dry mix and stir to combine.

In separate bowl, whisk egg whites for a few secs to froth them up a little and add to mix.

Add ghee (make sure it's cool or you will cook the eggs) and lemon zest and mix to combine.

Divide mixture into greased muffin tray, or into patty pans, filling each to around two-thirds the way up the side. Place 3 or 4 halved raspberries into each friand.

Bake for 18-20 mins or until golden and skewer comes out clean. Leave to cool for 10 mins in tin before transferring to rack to cool completely. These are best eaten the day of baking but will keep for 3-4 days.



Meg's Raspberry & Star Anise Friands



THREE GRANITAS: MANGO, RASPBERRY & WATERMELON

RECIPE / RAQUEL NEOFIT

Fruit granitas are quick to put together and cleansing for the palate. Style them up by serving in wine or cocktail glasses.

Serves: 6-8



Mango Granita

¼ cup coconut sugar

1 cup water

1 large mango, peeled and chopped

Juice 2 limes (about 60mL) & a few slivers lime zest

Small mint leaves, to garnish

Heat coconut sugar and water in small pot over medium-low heat until dissolved.

Blitz mango in food processor or blender and add to coconut sugar water. Add lime juice and stir to combine.

Place mango mix in metal tray and freeze for 4-5 hours.

Remove from freezer and scrape with fork. Serve in glasses topped with a few slivers of lime zest and mint leaves.

Raspberry Granita*

2 cups frozen raspberries

1 cup water

1 tbsp micro basil leaves, chopped

Juice 1 lemon

Blend all ingredients in food processor and place in metal dish.

Freeze for 4-5 hours then scrape with fork.

Place shavings in glass to serve and garnish with fresh basil leaves.

*This granita is quite tart; for a sweeter version, combine ¼ cup coconut sugar in small saucepan with the water and heat over medium-low heat until dissolved then continue as instructed.



These crepes are great if you want to avoid wheat.

Raquel's Quinoa Flour Crepes

Watermelon Granita

1.2kg watermelon flesh

1½ cups water

½ cup coconut sugar

30mL lime juice

Small mint leaves, to garnish

Blitz watermelon in food processor or blender.

Heat water and coconut sugar in small saucepan over medium-low heat until dissolved.

Combine all ingredients (except mint leaves) in large metal pan and freeze for 4-5 hours.

Scrape top with fork and place shavings in glass to serve.

Garnish with small fresh mint leaves.

Tip: Freeze a long red chilli for a few hours and grate a small amount over the top of granita for a little heat kick.

HONEY, VANILLA & RASPBERRY PAV-ERINGUE

RECIPE / RAQUEL NEOFIT

I call this a "pav-eringue" (pavlova/meringue) because the outside doesn't crisp up like a pavlova made with sugar. I also love making a square version of this dessert and cutting it into rectangles to serve.

Serves: 6-8



5 egg whites

90g honey

Splash lemon juice

Splash vanilla extract

Whipped cream, to serve

Raspberry sauce, to serve

Fresh raspberries, to serve

Preheat oven to 140°C.

Beat egg whites in mixer until stiff peaks form. Very slowly, drizzle in honey, pausing every 20 secs or so to allow honey to properly incorporate into egg whites.

Add lemon juice and vanilla extract and carefully fold through.

Gently spoon meringue onto baking tray lined with baking paper.

Bake for 15-18 mins or until slightly firm to the touch.

Leave oven door ajar, turn off heat and let cool for about 40 mins in open oven.

Serve with whipped cream, raspberry sauce and fresh raspberries.

Note: The honey will turn the outside colour of this meringue quite dark. Don't worry — it will taste great!

QUINOA FLOUR CREPES

RECIPE / RAQUEL NEOFIT

This recipe is a great option if you're avoiding traditional flour. You can sweeten it by adding 1 tbsp coconut sugar if you like. My kids certainly prefer it that way. Honey works well as a sweetener, too.

Serves: 3-4



1¼ cups quinoa flour

2 large eggs, lightly beaten

1 cup milk

40g cultured butter, melted

Pinch sea salt or Himalayan salt

Berry compote or sauce, to serve

Fresh berries, to serve

Place quinoa flour in bowl and create well in centre.

Add eggs and milk and slowly combine with wooden spoon. Add butter and salt and beat well.

Allow to stand for approx. 1 hour.

Heat non-stick crepe pan over medium-low heat, brush a touch of butter or olive oil over pan and pour on enough batter to thinly cover base of pan.

Cook for about 1 min, then turn. Cook for 1 min on other side and remove from pan. Repeat step.

Serve crepes with berry compote or berry sauce and mixed berries.



Raquel's Honey, Vanilla & Raspberry Pav-eringue



SALTED-CARAMEL BANANA NICE-CREAM

RECIPE / ADAM GUTHRIE

This delicious "nice-cream" is super healthy and will surprise and delight the whole family.

Serves: 2



Salted Caramel

- 1/4 cup peanut butter
- 2/3 cup soy milk
- 4 medjool dates, pitted
- 1/8 tsp Himalayan salt
- 1/2 tsp vanilla

Banana Nice-Cream

- 1 tbsp macadamia nuts, roughly chopped
- 1 tbsp cocoa nibs
- 3 bananas
- 4 dates, pitted
- 1/2 tsp Himalayan salt
- 1/2 tsp vanilla paste

- 1 tbsp macadamia nuts, chopped, to serve
- 1 tbsp cacao nibs, chopped, to serve

Place all caramel sauce ingredients in high-speed blender and puree until silky smooth.

Add all nice-cream ingredients to blender and blend to ice-cream consistency. Place in glass and top with chopped macadamia nuts and cacao nibs.

VEGAN BANANA CUPCAKES WITH CARAMEL FROSTING

RECIPE / ADAM GUTHRIE

There is absolutely no reason that you have to miss out on treats if you follow wholefood plant-based recipes such as this delicious cupcake mix.

Makes: 8 cupcakes



- 1 cup fresh medjool dates, pitted & chopped
- 1/2 cup hot water
- 3 large ripe bananas, mashed
- 1 tsp apple-cider vinegar
- 2 tbsp maple syrup
- 1/4 cup aqua faba (liquid from a tin of chickpeas)
- 2 tsp vanilla essence
- 2 1/2 cups rolled oats, blended to flour
- 2 tsp baking powder
- 1 tsp bi-carb soda
- 1 tsp cinnamon

Date Frosting

- 2 cups medjool dates, pitted
- 1 cup boiling water
- Pinch salt
- 1 tsp vanilla paste

Preheat oven to 170°C.

Place 8 cupcake paper cups in muffin tray.
 Combine chopped dates and hot water in small bowl. Stand for 10 mins to soften dates. Place banana, soaked dates, apple-cider vinegar, maple syrup, aqua faba and vanilla essence in blender and blend. Set aside.



Adam's Salted Caramel Banana Nice-Cream

Everyone will enjoy this naturally sweetened, vegan "ice-cream".



Adam's Vegan Banana Cupcakes with Caramel Frosting

Place oat flour, baking powder, bi-carb soda and cinnamon in large mixing bowl. Mix well, then add banana mixture and stir with fork.

Spoon mixture into prepared cupcake papers. Bake until golden brown on top, about 40 mins.

Place on cooling rack until completely cool.

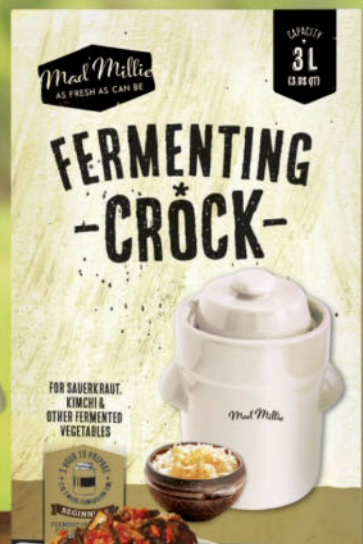
To make date frosting, place dates in basin of high-speed blender. Pour boiling water over and let sit for 10-15 mins or until dates are very soft. Blend on high until very smooth. Add salt and vanilla paste and blend until mixed well. Chill frosting until completely cool (about 2 hours) before spreading on cupcakes.

Use piping bag to create perfect cupcake frosting twirls.

Store in fridge before serving.

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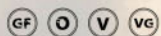


CRANBERRY GRAPE GRANITA WITH GRAPE SALAD

RECIPE / CHRISTIE CONNELLY

This dessert is super refreshing after any meal, especially a rich or spicy one; cranberry juice is known to aid digestion. This recipe makes a large amount but keeps well in the freezer for up to a month.

Serves: 4



150g (1 cup) red seedless grapes
500mL cranberry juice, plus 3 tbsp extra

Grape Salad

250g punnet strawberries, washed & hulled
3 tbsp coconut sugar
150g red & green seedless grapes, halved
5 fresh mint leaves, finely chopped
1 tsp vanilla bean paste or pure extract

Place grapes and 2 cups cranberry juice in blender and pulse for 10 secs until grapes are finely chopped but not completely smooth. You want some texture. Pour into shallow, freezer-proof container (stainless steel is best) and place in freezer for 4 hours or overnight.

Meanwhile, make salad. Slice strawberries thinly and place in glass or ceramic dish. Sprinkle with coconut sugar and mix to combine.

Cover and place in fridge for 4 hours until juices are released and form syrup. You can keep in fridge overnight if needed.

When you are ready to serve, add grapes, mint, vanilla and remaining 3 tbsp cranberry juice to strawberries and stir to combine. Remove granita from freezer and scrape with fork to create fluffy ice crystals. Spoon salad into serving glasses and top with a few spoonfuls of granita. Serve immediately.

BERRY NICE-CREAM CAKE

RECIPE / ADAM GUTHRIE

Nice-cream is a fantastic healthy dessert made from wholefoods that will satisfy your sweet tooth.

Serves: 2



Base

- 2 cups dates, pitted
- 1 cup almond meal
- 1 cup shredded coconut
- 1 tsp ground cinnamon
- 1 tsp vanilla extract

Nice-Cream

- 1 cup frozen blueberries
- 1 cup frozen raspberries
- 2 large frozen bananas

1 punnet fresh blueberries, to garnish

Whizz all base ingredients in food processor to form ball. Prepare 22cm or 24cm spring-form cake tin with greaseproof paper on base and around sides.

Using fingers, carefully spread mixture to consistent depth over base of spring-form tin. A depth of 1–2cm is ideal.

Blend berries and bananas to soft ice-cream consistency in blender or food processor. If too frozen, add a little coconut water to get it moving, but the nice-cream should be as thick as possible. Use wooden spoon to mix after stopping processor each time.

Pour mixture into spring-form tin and spread surface over base, leaving top smooth.

Top cake with layer of fresh blueberries. Carefully place cling wrap over top of cake and place on level surface in freezer for 4–6 hours.

May need to thaw a little before serving if frozen overnight.

COCONUT & STRAWBERRY JELLY WITH HONEY-& BASIL-MARINATED STRAWBERRIES

RECIPE / CHRISTIE CONNELLY

Grass-fed gelatine has loads of health benefits, such as skin healing and gut repair. A really easy way to eat gelatine is in homemade jelly. My kids absolutely love this creamy strawberry jelly, especially if I cut it into cubes and pile it high in the centre of a plate for dessert. Any leftover marinated strawberries are delicious in a smoothie for breakfast with coconut yoghurt, coconut water and ice.

Serves: 4



- 250g punnet strawberries, washed & hulled
- 250mL drinking coconut milk (in carton)
- 1 tsp pure vanilla extract
- 1 tbsp raw honey
- 1 tbsp grass-fed gelatine powder

Marinated Strawberries

- 250g punnet strawberries, sliced
- 2 tbsp chopped basil leaves
- 2 tbsp raw honey

Place 250g strawberries, coconut milk, vanilla and honey in blender. Blitz until smooth. Strain



Adam's Berry Nice-Cream Cake

into mixing jug and discard seeds. You should have 500mL of liquid. If there is less, top up with a little extra coconut milk.

Pour 200mL of mixture into small saucepan. Sprinkle over gelatine and let sit for 2 mins to bloom (soak in). Then, heat on medium, stirring constantly until gelatine dissolves and mixture gets very hot, but don't let it boil. Check gelatine has dissolved by rubbing a bit between forefinger and thumb; it should feel smooth. If you feel any grains, keep stirring. When dissolved, pour back into measuring jug and whisk briskly until combined. Pour into four ramekins and set in fridge for 2–3 hours.

Meanwhile, place sliced strawberries in glass or ceramic bowl with basil and honey. Stir well, cover and leave in fridge to marinate until ready to serve. Stir every so often.

Serve jelly with spoonful of marinated strawberries on top.



Christie's Coconut & Strawberry Jelly with Honey-&-Basil-Marinated Strawberries

MANGO POPSICLES

RECIPE / CHRISTIE CONNELLY

There's nothing more fun or easy than pulling some homemade popsicles out of the freezer for dessert. Best of all, you know exactly what's in them, so you can gobble them down with a smile.

Makes: 6



- 2 ripe mangos, diced
- 2 tsp pure vanilla extract
- ¼ cup coconut water
- 2 tbsp coconut yoghurt
- 375mL drinking coconut milk (in carton)

Place all ingredients in high-powered blender and blitz until smooth. Pour into popsicle moulds and freeze for 2 hours.

Enjoy icy cold.



Christie's Mango Popsicles



Herby Vegetable Croquettes

MORLIFE

HERBY VEGETABLE CROQUETTES

RECIPE / MORLIFE

Makes: 20 croquettes



- 6 potatoes, peeled & chopped
- 1 carrot, grated
- 1 zucchini, grated
- 1 egg, beaten
- 1 sachet Morlife Spinach, Herb & Onion SUPERDIP Mix
- ½ cup chopped parsley
- ½ cup gluten-free breadcrumbs
- 2 cups extra-virgin olive oil

Boil potatoes until soft (approx. 20 mins). Drain and mash.

Stir in grated vegetables, egg and Morlife Spinach, Herb & Onion SUPERDIP Mix sachet.

Roll potato mix into balls, flattening slightly so they can cook through.

Mix parsley through breadcrumbs in separate bowl.

Lightly roll potato balls in breadcrumb mix. Lay on plate and refrigerate for 20 mins.

Place large saucepan over medium heat with cooking oil. Test to see if oil is heated, using small piece of bread. If bread bubbles and fries immediately, oil is ready.

Shallow-fry croquettes in saucepan until golden on all sides. You may need to reduce heat if burning too quickly.

Alternatively, you can bake croquettes at 180°C, until golden.

CHOC PEANUT BUTTER PROTEIN SMOOTHIE BOWL

RECIPE / MORLIFE

Serves: 1



- Smoothie Bowl**
- 3 frozen bananas
- 500mL coconut milk
- 2 scoops Morlife Plantiful Protein



Morlife's new Plantiful Protein has sprouted and answers every vegan and gluten-free dream! Boasting a high superfood profile with added magnesium and zinc, Plantiful Protein contains a delicious cacao flavour.

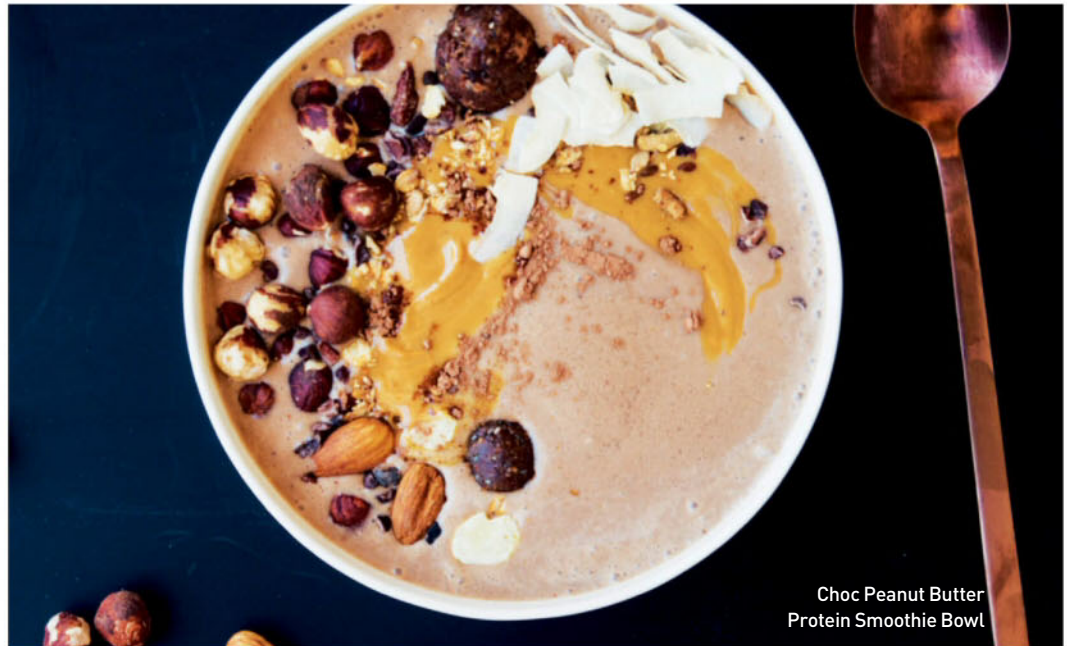
1 tsp Morlife Certified Organic Cacao Powder
2 tbsp natural peanut butter

Toppings

1 tbsp natural peanut butter
Handful hazelnuts
2 tbsp raw almonds
1 tbsp Morlife Cacao Nibs
Handful coconut flakes
3 tbsp toasted muesli
2 Double-Chocolate Cacao Protein Balls (see below recipe)

Place all smoothie ingredients in blender and blend until smooth. Pour smoothie into small bowl.

Top with topping ingredients.
Serve immediately.



Choc Peanut Butter Protein Smoothie Bowl

DOUBLE-CHOCOLATE CACAO PROTEIN BALLS

RECIPE / MORLIFE

Makes: 12 balls

GF O V VG

½ cup shredded coconut
½ cup almonds
2 tbsp Morlife Certified Organic Chia Seeds
10 medjool dates
3 tbsp almond butter
3 tbsp maple syrup
3 scoops Morlife Plantiful Protein
1 tbsp Morlife Certified Organic Cacao Powder plus 1 tbsp extra, for dusting

Blend all ingredients in food processor until mixture starts to stick together and resembles chocolate dough.

Using spoon, scoop out heaped tbsp-sized portions. Form into approx. 3cm balls.

Dust with remaining cacao powder and place in fridge for at least 30 mins to firm.



Double-Chocolate Cacao Protein Balls

SMOKY SPIRULINA POPCORN

RECIPE / MORLIFE

Makes: 1 cup popped popcorn

GF O V VG

4 tbsp olive oil
¼ cup corn kernels
2 tsp garlic powder
1 tsp onion powder
1 tsp Morlife Certified Organic Spirulina
3 tbsp nutritional yeast
½ tsp sea salt
½ tsp smoked paprika

Heat 1 tbsp olive oil in pan and add corn kernels, ensuring lid is on. Once most kernels have popped, turn heat off and leave lid on.

Combine 3 tbsp olive oil with seasoning in large bowl then add popcorn. Using 2 spoons, toss popcorn, ensuring that seasonings and spices are incorporated well.

Serve immediately.



Smoky Spirulina Popcorn

For more information visit morlife.com



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PRO-MATRIX

NAKED WHEY SPINACH PIE WITH CHICKPEA CRUST

RECIPE / PRO-MATRIX

Serves: 8



400g tin chickpeas, drained
½ cup Pro-Matrix Naked Whey Protein Powder
2 tbsp olive oil
6 pieces bacon
2¼ cups egg whites
1 cup milk
300g fresh spinach, roughly chopped
30g crumbled blue cheese
½ tsp salt

Preheat oven to 180°C. Lightly grease 25cm pie pan.

Pulse chickpeas, protein powder and olive oil in food processor and spread dough evenly over pie pan.

Bake crust for 15–20 mins.

Meanwhile, place bacon in skillet and cook over medium-high heat until crispy. Remove from heat and crumble.

Whisk together bacon, egg whites, milk, spinach, cheese and salt in bowl. Pour into pie pan over pre-baked crust.

Bake at 180°C for 40 mins or until set.

Serve immediately.

ROUGH WHEY CHOC COCONUT ICE-BLOCKS

RECIPE / PRO-MATRIX

Makes: 6–8



60g Pro-Matrix Rough Whey Protein Powder
1 tin coconut milk

Blend ingredients and pour into ice-block moulds.

Add paddle-pop stick and freeze. Enjoy on a hot summer's day.

WICKED WHEY CHOCOLATE CAKE

RECIPE / PRO-MATRIX

Serves: 8-10



$\frac{3}{4}$ cup Pro-Matrix Wicked Whey Protein Powder
2 steamed unsalted beetroots
 $\frac{1}{2}$ cup rolled oats
180mL coconut milk
30g 100 per cent cocoa powder
30g almond butter
15g coconut flour
15g cocoa nibs
1 tsp dried thyme
Greek yoghurt & fresh raspberries, to serve

Preheat oven to 160°C. Lightly grease loaf or cake tin.

Blend all ingredients (except yoghurt and raspberries) in large bowl. Place mixture in tin and bake for 45 mins.

Serve with Greek yoghurt and raspberries.

WILD WHEY CHIA SEED PUDDING

RECIPE / PRO-MATRIX

Makes: 4



2 cups coconut milk
30g Pro-Matrix Wild Whey Protein Powder
 $\frac{1}{4}$ tsp cinnamon
 $\frac{1}{2}$ cup chia seeds
Kiwifruit, Greek yoghurt & blueberries, to serve

Blend coconut milk, Pro-Matrix Wild Whey Protein Powder and cinnamon until smooth, then whisk in chia seeds.

Pour mixture into container and place in fridge overnight to gel.

When ready to serve, place slices of kiwifruit around edge of glass and add 2 tbsp of pudding. Follow with 2 tbsp of yoghurt and another 2 tbsp of pudding.

Top with a final tbsp of yoghurt and some fresh blueberries.

For more information visit promatrix.com.au



Wicked Whey Chocolate Cake



Wild Whey Chia Seed Pudding



Rough Whey Choc Coconut Ice-Blocks



ORGRAN

BANANA BREAD CAKE & LEMON CREAM CHEESE FROSTING

RECIPE / @DRAWSPIRATIONS

Serves: 6



Banana Bread Layer

- 4 overripe bananas
- 4 tbsp coconut oil
- 1 tsp ORGRAN No Egg™ Egg Replacer
- 1 tsp vanilla extract
- ½ cup coconut sugar
- 1½ cups ORGRAN All Purpose Plain Flour
- ¼ tsp pink salt
- 1 tsp cinnamon

Cheesecake Layer

- 250g vegan cream cheese, softened
- ½ cup xylitol birch (or sweetener of choice)
- 1 tbsp vanilla extract
- ½ cup coconut milk
- 1 tbsp agar agar

Preheat oven to 180°C.

In large bowl, mash bananas with fork. Add coconut oil, ORGRAN No Egg™ Egg Replacer, vanilla extract and coconut sugar. Stir until combined. Add ORGRAN All Purpose Plain Flour, pink salt and cinnamon.

Stir until just combined. Don't over mix.

Pour banana bread batter into greased spring-form pan and bake for 30 mins or until the top is set.

In blender, add softened cream cheese, sweetener and vanilla and blend on low until combined.

Heat milk over stovetop until hot and add agar agar powder. Quickly stir until dissolved (approx. 4–5 mins). Pour agar mixture into cream cheese mixture and whisk until smooth. Pour cheesecake mixture over baked banana bread and cool for 4 hours or overnight.

Garnish with lemon zest and lemon slices. Enjoy!



Combining the goodness of black beans and rice flour, ORGRAN Black Bean Wafer Crackers act as the ideal entertainer for a delightfully lighter snack. The nutritional components of these legumes allow you to enjoy a few mouthfuls between meals without the worry. Try the chia, buckwheat and quinoa flavours!

Crispi Raw Brownies



CRISPI RAW BROWNIES

RECIPE / @HEALTHFORHAPPY

Serves: 6



- 1 cup cashews
- ½ cup raw cacao powder
- 1½ cups dates, pitted (if dried, soak in boiling water for 5 mins)
- 5 ORGRAN Quinoa Crispbread™
- ½ cup walnuts, chopped
- 1 tsp extra cacao powder (optional)

Place cashews and cacao powder into food processor and blend.

Add dates and blend until mixture sticks together. Mixture should be more on the sticky side.

Place ORGRAN Quinoa Crispbread™ into sealed bag and bang with rolling pin until crumbled.

Add crumbled Orgran Quinoa Crispbread™ and chopped walnuts to brownie mixture and mix to combine.

Press brownie mixture into lined container or tray and freeze for 1 hour or refrigerate for 3 hours. Once set, cut into desired number of pieces and dust with cacao powder.

Serve and enjoy.



HERB HUMMUS WITH QUINOA WAFER CRACKERS

RECIPE / @FEELGOODFOODIE.AU

Serves: 4



- 400g tin organic chickpeas
- ½ cup parsley
- ¼ cup chives
- ¼ cup dill
- ½ cup extra-virgin olive oil (plus extra to drizzle)
- ½ cup lemon juice (extra may be required)
- 2 garlic cloves
- 2 tbsp tahini
- 2 tbsp water
- 1 tsp sea salt
- ½ tsp ground cumin
- ¼ tsp cayenne pepper
- Chopped herbs of choice, to serve
- 1 packet ORGRAN Quinoa Wafer Crackers, to serve
- Vegetable sticks, to serve

Rinse and drain chickpeas and prepare all other ingredients.

Add all ingredients (except those to serve with) to food processor and blitz until smooth.

If hummus is too thick, add 1 tbsp lemon juice at a time until consistency is smoother.

Place hummus in bowl, drizzle olive oil over and scatter herbs over. Serve with ORGRAN Quinoa Wafers Crackers and vegetable sticks.

Hummus will keep in fridge in airtight container.

Herb Hummus with Quinoa Wafer Crackers



For more information visit orgran.com

SOUTH AMERICAN STYLE

The many plains of the South American continent mean plants and livestock that are suited to that environment feature in the region's cuisine. There's plenty of beef and lamb combined with grains, beans and root crops, flavoured with hot spices. Savour some South American flavour with dishes including Chimichurri Lamb; Cassava Wedges with Chipotle Yoghurt Sauce; Chorizo & Lentil Soup; Lamb Ribs with Potato; Carrot Rice with Fried Egg; and Chocolate Black Bean Mole.



Christie's Carrot Rice with Fried Egg

CARROT RICE WITH FRIED EGG

RECIPE / CHRISTIE CONNELLY

Adding carrot to rice is a Columbian recipe I absolutely love and my kids do, too! It's such an easy way to add a serve of vegetables to a carb side dish. Slap a fried egg on top with some raw chopped veg on the side and you've got a balanced dinner in a flash.

Serves: 4



- 2 tbsp coconut oil or butter
- 1 large carrot, grated
- 2 cups uncooked long-grain rice, thoroughly rinsed
- Salt & pepper
- 4 eggs
- 1 avocado, diced
- 1 tomato, diced
- ¼ cup coriander leaves

Add 1 tbsp coconut oil or butter to medium saucepan and add grated carrot and rinsed rice. Season with salt and pepper and add 2½ cups cold water. Bring to boil over high heat, then turn down to low and cover. Cook for 15 mins without lifting the lid until all water is absorbed. Set aside with lid on.

Add remaining coconut oil or butter to frying pan and crack in eggs. Fry to your liking.

Fluff rice with fork and serve topped with an egg and garnished with a little diced avocado, tomato and coriander leaves.

BLACK BEAN BEEF MINCE TACOS

RECIPE / DANIELLE MINNEBO

Black beans are used a lot in South American cooking. They are rich in potassium, B vitamins and fibre. Serve these tacos with Mango & Grilled Corn Salsa (recipe to the right).

Serves: 4



- 8 taco shells
- 2 tbsp olive oil
- 1 red capsicum, finely diced
- 1 red onion, finely diced
- 1 carrot, finely diced
- 1 clove garlic, crushed
- 1 tsp sea salt
- 300g grass-fed beef mince
- 275g tin black beans
- 1 tbsp smoked paprika
- 1 tsp ground cumin
- 1 tsp ground coriander
- ½ tsp chilli powder
- 3 tbsp tomato paste
- Lime wedges, to serve

Preheat oven to 200°C. Place taco shells on tray and bake for 15 mins.

Heat olive oil in large frypan over medium heat. Add capsicum, onion, carrot, garlic and sea salt. Sauté for 15 mins, until vegetables have softened and sweetened.

Increase heat slightly and add beef mince and black beans. Cook for further 5 mins, stirring continuously.

Reduce heat to medium, add spices and tomato paste. Cook for a further 10 mins, remove from heat and allow to cool slightly before serving. The

Danielle's Black Bean Beef Mince Tacos



Don't be tempted to add water to the black bean mix; keep it dry to hold the tacos together.

mixture may seem a little dry and you may be tempted to add water, but don't. You want it to hold up well in the tacos and not make them go soft.

Serve in tacos with wedges of lime and Mango & Grilled Corn Salsa (recipe below).

MANGO & GRILLED CORN SALSA

RECIPE / DANIELLE MINNEBO

Mango and corn may seem like an unusual combination, but trust me it really works. Serve this on top of Black Bean Beef Mince Tacos (recipe to the left).

Serves: 4



- 1 tbsp ghee
- 3 corn cobs
- 1 mango, peeled & diced
- ½ red capsicum, finely diced
- ¼ red onion, finely diced
- ½ cup roughly chopped coriander
- Juice 1 lime
- 1 tbsp extra-virgin olive oil
- ½ tsp sea salt

Heat ghee in large frypan over high heat. Add corn cobs and cook for 10 mins. Make sure heat is high and you continue to turn corn cobs. Remove from pan and allow to cool before cutting off kernels from cob.

Add corn to bowl along with all remaining ingredients. Mix together well and serve alongside Black Bean Beef Mince Tacos (recipe to the left).



Danielle's Mango & Grilled Corn Salsa



CHILLI CHOCOLATE CRACKLE

RECIPE / DANIELLE MINNEBO

Chocolate and chilli are a common combination in South American cuisine. The chilli adds a kick of heat, which helps balance out the sweetness of the chocolate. Feel free to top this with your choice of toasted nuts and seeds.

Makes: 12 pieces of chocolate

GF O V

200g dark chocolate (70% cocoa)

½ tsp chilli powder

½ cup toasted pepitas

¼ cup toasted walnuts

¼ cup toasted almonds

1 tbsp coconut palm sugar

Pinch sea salt

Break dark chocolate into pieces and add to mixing bowl. Bring pot of water to simmer and place bowl of chocolate over top. Melt chocolate until there are no lumps and mix chilli powder through.

Pour chocolate onto lined baking tray. Spread to approx. 3mm thick. Sprinkle over pepitas, walnuts, almonds, coconut palm sugar and sea salt.

Pop in fridge and allow to set for 2 hours before cutting into segments and serving.



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Meg's Mexi Bowl with Spirulina Black Rice

MEXI BOWL WITH SPIRULINA BLACK RICE

RECIPE / MEG THOMPSON

Black rice is a variety that's really high in antioxidants, particularly anthocyanins, which help to protect our cells and fight off disease. It has comparable levels to those of blueberries but with more fibre. Spirulina is a form of blue-green algae that's packed with minerals, protein, antioxidants and chlorophyll. Both ingredients come together in this dish to nourish your body and delight your taste buds.

Serves: 2



- 1/3 cup uncooked black rice
- 1/2 brown onion, peeled & chopped
- Oil or ghee
- 1 large garlic clove, peeled & chopped
- 1 tsp ground cumin
- 1/4 tsp ground coriander
- 1/2 tsp smoked paprika
- 1/2 tsp dried oregano
- 1/8 tsp cayenne pepper (optional)
- 1 small corn cob, kernels sliced off
- 3/4 cup cooked black beans (around 1/2 a 400g tin)
- 200g crushed tomatoes or passata
- 1/4 cup stock or broth
- 1/4 tsp dulce flakes (optional)
- 1/4 tsp spirulina powder
- Pinch sea salt
- Large handful leafy greens
- 1/2 lime
- 1 avocado, roughly mashed
- Yoghurt or sour cream, to serve
- Fresh coriander, to serve
- Jalapeños, to serve

Rinse and cook black rice using absorption method. It should take around 30 mins, so keep an eye on it as you may need to add a little extra water if boiling dry.

In separate saucepan, add onion and a little oil or ghee and cook for a few mins until soft. Add garlic and spices and cook for another min.

Add corn, beans, tomato and stock to mix and simmer for at least 20 mins. Taste and add a little sea salt if necessary, depending on the saltiness of stock.

Once rice is cooked, you should have around 1 cup. Stir spirulina through with pinch sea salt and taste. If you think you can add more spirulina, go for it. Remember that you are pairing it with other bits and bobs, so you won't be eating this on its own. Divide rice and leafy greens between 2 bowls. Add some bean mix to each.

Add a good squeeze of lime to mashed avocado and add to bowl.

Finish with yoghurt, fresh coriander and loads of jalapeños.

GRILLED PAWPAW SALAD

RECIPE / MEG THOMPSON

Pawpaw is a wonderfully nutritious fruit. It's absolutely chock-full of vitamin C, folate, vitamin A, magnesium, antioxidants and fibre. However, my favourite thing about pawpaw is it contains papain, an enzyme that works to digest protein. Your gut will love this salad!

Serves: 1



1/4-1/2 pawpaw, peeled, seeds removed & sliced into thick slices

Melted coconut oil

Sea salt & ground black pepper

1/2 red capsicum, julienned

1/4 cup red or white cabbage, shredded

2 tbsp pepitas

Handful coriander leaves

Juice 1/2 lime

Extra-virgin olive oil, to taste

Brush pawpaw with a little coconut oil and sprinkle over a little sea salt and black pepper.

Place on griddle pan and cook on medium-high for a few mins, until you achieve some nice grill marks. Flip over and repeat. If you don't have griddle pan, use frying pan.

Combine capsicum, cabbage and pepitas and squeeze over lime juice, drizzle over olive oil and pinch sea salt and mix well.

Cut pawpaw into bite-size pieces and lay on top.

Meg's Grilled Pawpaw Salad



You can grill your papaya for this salad on a griddle or in a frying pan.



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CHOCOLATE BLACK BEAN MOLE

RECIPE / MEG THOMPSON

Whoever invented mole should really have a medal. A traditional Mexican sauce, it is spiked with spices, chilli and a little dark chocolate. This version is packed full of beautiful vegies and legumes and is rich in fibre to nourish your gut and microbiome. I love serving this dish with some corn chips and yoghurt, but you could also use it as a taco filling, alongside rice or with an egg on top for breakfast.

Serves: 4-5



1 onion, diced
2 cloves garlic, chopped
2 tbsp oil or ghee
2 tsp ground cumin
2 tsp ground coriander
½ tsp ground cinnamon
1 tsp smoked paprika
½ tsp dried oregano
250g sweet potato, diced
400g tin tomatoes

Tin black beans, rinsed & drained
1 corn cob, kernels sliced off
50g red capsicum, diced
½ cup broth or water
¼-½ tsp sea salt
10-12g good-quality dark chocolate
Yoghurt, to serve
coriander, to serve
pepitas, to serve
chilli, to serve
corn chips, to serve

Add onion and garlic to large saucepan with oil or ghee and sauté until soft.

Add spices and oregano and cook for 1-2 mins, until fragrant.

Add sweet potato, tomato, black beans, corn, capsicum, broth/water and salt and simmer, covered, for 10 mins.

Add chocolate and continue to simmer until vegetables are cooked through.

Serve with yoghurt, coriander, pepitas, chilli and corn chips, as desired.





The lemon butter baste will flame impressively when it hits the grill, so stand back.

CLASSIC SOUTH AMERICAN RIBS & POTATO

RECIPE / RAQUEL NEOFIT

Traditionally, a South American potato salad is made with a rich mayonnaise. This dish is a lighter, healthier version that uses natural yoghurt instead of mayo. This dish relies on high-quality lamb. In South America, when they use this butter baste, they don't marinate the meat before cooking, so the flavour of the lamb really shines.

Serves: 2



Lemon Butter Baste

100g cultured butter, melted
4 cloves garlic, chopped
Juice & zest 1 large lemon
Olive oil
Sea salt & pepper

South American-Style Potato Salad

300g baby potatoes
5 tbsp natural or Greek yogurt
Handful parsley, chopped
Juice & zest 1 medium-sized lemon

1 rack good-quality lamb ribs

To make lemon butter, combine all ingredients in bowl.

For potato salad, steam or boil potatoes until cooked through. Combine all other ingredients in bowl, add potatoes and toss to coat.

Cook lamb on very hot barbecue, constantly basting with butter mix until cooked to your liking. Rest for 2–3 mins.

Place everything on platter to serve.

Tip: The butter baste will cause the barbecue to flame up, so watch your fingers and make sure you use a long-handled basting brush!

CHIMICHURRI LAMB

RECIPE / RAQUEL NEOFIT

Chimichurri is a classic South American condiment that gives so many dishes a fresh and zesty boost. It can also be used as a marinade and will keep in the fridge for a few days. You want to taste a little zing from the vinegar in this recipe; make sure you taste it on its own to check the acidity and adjust with more vinegar or olive oil if necessary.

Serves: 4



Chimichurri Sauce

1 large bunch parsley, chopped
½ head garlic, finely chopped
1 tsp dried oregano
1 tsp paprika
2 tbsp white vinegar
½–1 cup olive oil

700g Lamb shoulder or 8 lamb chops

Combine all sauce ingredients in jar and shake to combine.

Marinate lamb in half chimichurri sauce for a couple of hours then cook on hot barbecue to your liking. Rest for 2–3 mins.

Drizzle fresh chimichurri sauce over lamb to serve.



Raquel's Classic South American Ribs & Potato



Raquel's Chimichurri Lamb



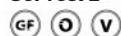
Raquel's Cassava Wedges with Chipotle Yoghurt Dipping Sauce

CASSAVA WEDGES WITH CHIPOTLE YOGHURT DIPPING SAUCE

RECIPE / RAQUEL NEOFIT

Cassava is a root vegetable that's used widely in many South American dishes. You'll find it in South American, Spanish and Asian grocers in the freezer. Allow one large cassava per person.

Serves: 2



- 4 large pieces cassava
- Olive oil
- Dried oregano
- Sea salt & freshly ground pepper

Yoghurt Dipping Sauce

- 1 can chipotle peppers in adobo sauce
- ½ cup natural or Greek yogurt

Preheat oven to 200°C.

Allow cassava to defrost a little and slice into thick wedges.

Drizzle with olive oil, sprinkle over dried oregano and season with sea salt and pepper.

Place on baking tray and bake for 40 mins or until brown on outside and cooked through.

Combine 1 tbsp of adobo sauce from chipotle peppers with yogurt and stir to combine.

Serve immediately.

BLUE CORN TORTILLA CHIP SALAD

RECIPE / CHRISTIE CONNELLY

This salad has all the colours of the rainbow for maximum nutrients and taste. It's also a great one to pack for work or school — just be sure to pack the corn chips in a separate container so they don't get soggy.

Serves: 4



- 2 tomatoes, diced
- 1 red capsicum, diced
- 1 green capsicum, diced
- 1 cup kidney beans, rinsed
- 2 corn cobs, kernels sliced off
- 1 red onion, diced
- ½ cup coriander leaves



Serve the corn chips that go with this salad in a separate bowl so they don't get soggy.

Christie's Blue Corn Tortilla Chip Salad

- Juice 1 lime
- 3 tbsp cold-pressed olive oil
- Salt & pepper
- 2 avocados, diced
- 1 tsp chilli sauce
- 4 cups blue corn tortilla chips

Place tomato, capsicum, kidney beans, corn, onion and coriander leaves in large bowl and mix to combine. Add half the lime juice and olive oil and season with salt and pepper. Spoon into serving bowls or large platter.

Mash avocado with remaining lime juice and chilli sauce. Season with salt and pepper. To serve, dollop avocado on top of salad and arrange blue corn tortilla chips around edges.



Christie's Colombian-Style Lentil Soup

COLOMBIAN-STYLE LENTIL SOUP

RECIPE / CHRISTIE CONNELLY

For so few ingredients, this soup packs a flavour punch! Try to buy the chorizo from a butcher, as a good-quality sausage will have lots of smokiness and spices, which will give the soup even more depth.

Serves: 4



- 2 fresh chorizo sausages (not cured), thickly sliced
- ½ onion, diced
- 1 garlic clove, diced
- 1 spring onion, sliced
- 1 carrot, grated
- 3 tomatoes, diced
- ¼ tsp ground cumin
- 1½ cups dried green lentils
- Salt & pepper
- 1 potato, diced
- ¼ cup coriander leaves, to garnish

Cook chorizo slices in large stock-pot for 3–4 mins on high heat until golden on both sides. You don't need to add oil, as it will leach out while cooking.

Remove chorizo to plate with slotted spoon, leaving oil in pot. Turn heat down to medium. Add onion, garlic, spring onion, carrot and tomato and cook for 10 mins until tomato softens and breaks down to form thick sauce.

Add cumin and lentils and season with salt and pepper. Add 6 cups water then cover and simmer for 45 mins to 1 hour, until lentils are tender. Top up with a little water occasionally if it becomes dry.

Add potato and chorizo slices and cook for 15 mins more, uncovered, until potato is tender.

Serve in bowls topped with coriander.

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Vegetable Lasagne with
Vegan Ricotta Cheese



The Mad Millie Vegan Cheese Kit makes it easy to create a range of delicious vegan cheeses, such as mozzarella, haloumi, cream cheese, mascarpone, ricotta and feta. Designed for any kitchen, the kit requires no specialised equipment or experience.

MAD MILLIE

VEGETABLE LASAGNE WITH VEGAN RICOTTA CHEESE

RECIPE / MAD MILLIE

Serves: 8

GF O V VG

Vegan Ricotta Cheese (all included in kit)

- 1 cup raw almonds or macadamias
- ½ tsp cheese salt
- ⅛ tsp citric acid
- ½ cup water

Lasagne

- 1 tbsp olive oil
- 1 small onion, diced
- 2 carrots, diced
- 1 zucchini, diced
- 6–8 mushrooms, chopped
- Italian herbs

- Salt & pepper
- 300g spinach
- 1 jar vegan pasta sauce
- No-boil vegan lasagne noodles (1 pack contains approx. 12 sheets)
- Fresh basil leaves, to garnish

To create ricotta cheese, simply follow steps included with Vegan Cheese Kit. Set aside.

Preheat oven to 190°C.

Heat olive oil on medium in frypan. Add onion and sauté for 5 mins.

Add carrot, zucchini, mushroom, Italian herbs and some salt and pepper. Continue to sauté for another 2–3 mins.

Mix freshly made vegan ricotta with spinach leaves.

Put roughly ¾ cup pasta sauce into bottom of large rectangular baking dish, then add layer of lasagne noodles on top.

Zucchini & Vegan Haloumi Fritters



Cover with half the vegan ricotta cheese and half the vegetables, then add another layer of lasagne noodles.

Add another layer of sauce, with ricotta on top, followed by more vegetables.

Add final layer of lasagne noodles and top with remaining sauce.

Cover with lid or tin foil and bake for around 40 mins in centre of oven.

Remove from oven and rest, covered, for 10 mins, then remove cover and garnish with basil.

ZUCCHINI & VEGAN HALOUMI FRITTERS

RECIPE / MAD MILLIE

Serves: 2

GF O V VE

Vegan Haloumi (all included in kit)

½ cup raw cashews
½ cup water
1½ tsp agar agar
½ tsp cheese salt
⅛ tsp tapioca flour
1½ tsp olive oil

Fritters

4 medium-sized zucchinis, grated
Zest & juice 1 lemon
2 tbsp chopped basil
1 tbsp chopped coriander
2 tbsp chopped mint
¼ tsp salt
Black pepper
1 tbsp finely ground flaxseeds
1 tbsp vegan-friendly margarine

To create vegan haloumi, simply follow steps included with Vegan Cheese Kit. Set aside.

Place zucchinis on tea towel. Using tea towel, wrap grated zucchini and tightly squeeze out as much excess water as you can, then place in mixing bowl.

Gently grate vegan haloumi and add to mixing bowl with grated zucchini.

Add lemon zest to bowl with chopped herbs, salt and pepper.

Combine ground flaxseeds with 3 tbsp water to form binding agent.

Add to other ingredients in bowl and mix well.

Heat frying pan and melt margarine. Add 3–4 tbsp of mixture into frying pan for 2 mins on each side or until golden.

Squeeze lemon juice over fritters.

VEGAN PANCAKES WITH VEGAN MASCARPONE

RECIPE / MAD MILLIE

Serves: approx. 4

O V VE

Vegan Mascarpone (all included in kit)

½ cup raw cashews
½ cup water
½ tsp cheese salt

Pancakes

1½ cups white spelt flour
1½ tsp gluten-free baking powder

⅛ tsp salt

3 tbsp organic raw sugar

1½ cups unsweetened coconut milk

3 tbsp organic canola oil

1 tbsp vegan-friendly margarine

Fruit, to serve

To create mascarpone simply follow steps included with Vegan Cheese Kit. Set aside.

Mix spelt flour, baking powder, salt and sugar in large bowl. Add coconut milk and canola oil, then let rise for 5 mins.

Heat frypan and melt margarine over medium heat.

Spoon in mixture and heat until edges are golden brown, around 5 mins.

Flip pancake and cook for another 3 mins.

Serve pancakes with good helping of vegan mascarpone.

Garnish with your favourite fruit.

For more information
visit madmillie.com



Vegan Pancakes with
Vegan Mascarpone



THAT'S AMORE CHEESE

FRUIT SALAD ROLL

RECIPE / DARIO DI CLERICO,
THAT'S AMORE CHEESE

Serves: 4



- 1 That's Amore Bocconcini Leaf Mozzarella, drained & dried
- 1 peach, thinly sliced
- 1 apple, thinly sliced
- 1 kiwifruit, thinly sliced
- 1 punnet strawberries, thinly sliced

Lemon, Lime & Bitters Ricotta Mousse

- 1 That's Amore Ricotta Cheese
- Zest 1 lemon
- Zest 1 lime
- 5 drops bitters
- 100g stevia sugar

Lay out double layer of cling wrap. Open and lay sheet of mozzarella on top of cling wrap. Place all fruit on top of mozzarella, in whatever pattern you like. We choose to keep fruit separate but you are more than welcome to mix it up. With the help of cling wrap, roll mozzarella into tight cylinder. Wrap tightly in cling wrap and tie off extra wrap on both ends to make a "mozzarella Christmas cracker" shape and place in fridge.

In stand mixer, add ricotta, lemon and lime zest, 5 drops bitters and stevia. Mix until smooth and luscious.

Take mozzarella roll out of fridge, cut in slices 2cm thick and carefully remove cling wrap. Serve on plate using mousse as dipping sauce.



Squacquerone, a popular cheese from the Italian region Emilia-Romagna, is a delicious, fresh cheese with a tangy taste. This cheese is made year-round from whole pasteurised cow's milk.

Without rind, squacquerone is white, soft, fluffy and spreadable. It melts easily and is good as a filling for pasta and breads and for use in desserts.

Fruit Salad Roll

BURRATA WITH TOMATO TWO WAYS

RECIPE / DARIO DI CLERICO,
THAT'S AMORE CHEESE

Serves: 4



Tomato Puree

1 tbsp olive oil
1 onion, chopped
1 garlic clove, crushed
400g tin chopped tomatoes
½ tsp dried oregano
Salt & pepper

2 That's Amore Burrata
16 heirloom tomatoes
1 tbsp extra-virgin olive oil
1 tbsp balsamic vinegar
15 fresh basil leaves, julienned

To make tomato puree, heat olive oil in large saucepan, add onion and garlic and cook on low heat until soft. Add tomato and oregano. Season generously and simmer for 20 mins. Cool, then blend until smooth. Set aside.

Place tomato puree on serving plate. Drain burrata of its water and place on top of puree.

Cut each tomato in half through stem end and distribute around cheese. Drizzle tomato and burrata generously with olive oil and balsamic vinegar and sprinkle salt and pepper.

Scatter basil leaves and serve.

SQUACQUERONE, ROCKMELON & BRESAOLA

RECIPE / DARIO DI CLERICO,
THAT'S AMORE CHEESE

Serves: 4



1 That's Amore Squacquerone
1 splash milk of choice
1 rockmelon, skin & seeds removed
1 thick slice sourdough bread
12 slices bresaola
50mL extra-virgin olive oil

Preheat oven to 200°C.

Using food processor, blitz squacquerone with milk. Place mixture in piping bag.

Slice rockmelon as fine as you can, aiming for a ribbon-like effect.

Cut sourdough in cubes, place in baking tray and bake for 5 mins.

On plate, pipe squacquerone mousse and place rockmelon ribbon, bresaola and croutons.

Drizzle with olive oil and serve.

For more information visit
thatsamorecheese.com.au



Burrata with Tomato Two Ways



Squacquerone, Rockmelon & Bresaola



CHRIS'

GOAT'S CHEESE SUMMER PLATTER

RECIPE / CHRIS'

Serves: 4



- 1 Chris' Heritage Goat's Cheese, Fig & Pistachio After-Dinner Dip
- 1 Chris' Heritage Goat's Cheese, Orange & Poppy Seed After-Dinner Dip
- 1 punnet figs, quartered
- 1 orange, sliced
- 1 packet pistachios
- 1 pear, sliced
- Dessert wine (optional)

Remove foil from dips and sprinkle the enclosed sachet of poppy seeds over the Heritage Goat's Cheese, Orange & Poppy Seed Dip. Drizzle the honey sachet over the Heritage Goat's Cheese, Fig & Pistachio Dip.

Place dips in middle of platter and serve with the rest of ingredients.

SWEET ITALIAN-INSPIRED PLATTER

RECIPE / CHRIS'

Serves: 6-8



- 2 Chris' Heritage Mascarpone Amaretto Flavour Espresso Crème After-Dinner Dips
- 1 Chris' Heritage Mascarpone Mocha Salted Caramel After-Dinner Dip
- Plums, sliced
- Almond biscotti
- Dried fruit crackers
- Italian sweet biscuits



Designed for sharing, Chris' Heritage After-Dinner Dips are the perfect sweet finish to any meal. Served in Chris' reusable terracotta pots, they are best served after dinner with biscotti, sweet almond bread or fresh slices of fruit. Available at selected Woolworths stores nationally.

Goat's Cheese Summer Platter

Baked Goat's Cheese, Fig & Pistachio Platter

Cheese platter or board
Espresso coffee or amaretto, to serve
1 block dark chocolate

Place Chris' Heritage Mascarpone After-Dinner Dips in the centre of serving board.
Arrange other ingredients around dip and serve immediately.
Enjoy with coffee, amaretto or beverage of choice.

BAKED GOAT'S CHEESE, FIG & PISTACHIO PLATTER

RECIPE / CHRIS'

Serves: 1-2



1 Chris' Heritage Goat's Cheese, Fig & Pistachio After-Dinner Dip

Fresh pears
Dried fruit crackers
Cheese platter or board
Red wine, to serve (optional)

Preheat oven to 180°C. Remove foil from dip and drizzle included honey sachet* over top. Place pot on tray and on middle shelf of oven.
Bake for approx. 5-6 mins or until warm.
Place Chris' Heritage Goat's Cheese, Fig & Pistachio After-Dinner Dip in centre of serving board or platter.
Arrange other ingredients around dip and serve immediately.
Enjoy with red wine or beverage of choice.
* Honey may crystallise at temperatures below 4°C. Warm sachet in microwave (high at 1000W) for 5 secs or as required to allow easy flow of honey.

For recipe and entertaining ideas visit eatloveshare.com.au



Sweet Italian-Inspired Platter



Baked Goat's Cheese, Fig & Pistachio Platter



COOKING WITH ROCKET

The peppery flavour of rocket has been used in salads since Elizabethan times. It does go wonderfully well in salads but your sampling of this nutritious, tasty leafy green does not have to end there. Let yourself take off with these rocket recipes: Rocket, Parsley & Hazelnut Soup; Rocket & Prosciutto Omelette; Pizza with Wilted Rocket, Cherry Tomato, Scalloped Potato & Cashew Cheese; Rocket, Roasted Pumpkin & Israeli Couscous; and Rocket & Macadamia Pesto.



Danielle's Rocket &
Caramelised Fig Salad

AVOCADO, GREEN BEAN & ROCKET BRUSCHETTA

RECIPE / ADAM GUTHRIE

Rocket is a leafy green that has a punch of flavour. Remember, a little goes a long way.

Serves: 4



8 slices sourdough bread
 ½ cup water
 1 garlic clove, thinly sliced
 2 handfuls green beans, topped & tailed
 ½ tsp caraway seeds
 2 avocados, mashed
 Handful rocket
 Handful sunflower seeds
 Juice 1 lemon
 Salt & pepper

Heat frying pan on high heat. Place a few sourdough slices into pan at a time and toast on both sides. Remove from pan and set aside. (Or use toaster.)

Add ½ cup water to pan and add sliced garlic, beans and caraway seeds. Stir until water is absorbed and beans are a bright green colour.

To serve, place sourdough on board. Spread each slice with mashed avocado, then add a few rocket leaves and top with some cooked green beans. Sprinkle with sunflower seeds, squeeze over lemon juice and season with salt and pepper, to taste.

ROCKET & CAMELISED FIG SALAD

RECIPE / DANIELLE MINNEBO

Sometimes, it's the simple food combinations like figs, walnuts and feta that taste the best. Serve with a side of protein, such as some roasted chicken or a piece of fish.

Serves: 4



5 fresh figs
 1 tsp coconut palm sugar
 60g baby rocket
 ½ cup walnuts, toasted
 150g goat's cheese feta
 2 tbsp extra-virgin olive oil
 2 tbsp caramelised balsamic vinegar

Preheat oven to 200°C.

Line baking tray with baking paper, cut figs in half and place face up on tray. Sprinkle with coconut sugar and bake for 15 mins. Remove from oven and allow to cool before using in salad.

Spread rocket on large serving platter. Place caramelised figs on top of rocket and scatter toasted walnuts and goat's cheese feta. Just before serving, drizzle on olive oil and caramelised balsamic vinegar.

ROCKET & MACADAMIA PESTO

RECIPE / DANIELLE MINNEBO

Macadamia nuts help make this pesto extra creamy. They are a rich source of healthy mono-unsaturated fats, which are good for heart health. I have made this pesto using



Wait until you are serving
before drizzling on olive oil and
balsamic vinegar.

a mortar and pestle as it creates a chunky texture, but you can use a food processor to make it a speedier process.

Makes: approx. 200g jar



½ cup macadamia nuts
 1 garlic clove, crushed
 ½ tsp coarse sea salt
 60g baby rocket
 2 tbsp extra-virgin olive oil
 Zest 1 lemon
 1 tbsp lemon juice

Add macadamia nuts, garlic and sea salt to mortar and pestle. Pound gently until macadamias are broken down into coarse crumble. Gradually add rocket and olive oil, continuing to pound. Add lemon zest and juice, check seasoning and add a further pinch of sea salt if needed.

This pesto will keep in a sealed jar in the fridge for up to 7 days.



Danielle's Rocket &
Macadamia Pesto



The sweet smokiness of the slow-roasted pumpkin makes this dish special.

ROASTED PUMPKIN & PESTO ROCKET SALAD

RECIPE / DANIELLE MINNEBO

Be sure to take the time to roast the pumpkin as instructed. It creates a sweet and smoky roasted pumpkin that becomes the hero of this salad.

Serves: 4

GF O V VG

Roasted Pumpkin

- ½ pumpkin (approx. 450g), cut into 1cm cubes, skin on
- 2 tbsp olive oil
- 1 tsp sea salt
- 1 tsp smoked paprika
- 1 clove garlic, crushed
- 2 tsp fresh thyme
- 60g baby rocket
- ½ cup toasted pepitas
- 1 avocado, sliced
- ¼ cup Rocket & Macadamia Pesto (recipe on previous page)

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

Add pumpkin pieces to bowl along with olive oil, sea salt, smoked paprika, garlic and thyme. Mix together until pumpkin is well coated in oil and spices. Spread pumpkin on roasting tray and bake for 40 mins.

Spread rocket on large serving platter. Scatter over roasted pumpkin, toasted pepitas and sliced avocado. To finish, dollop pesto throughout salad and mix all together just before serving.

ROCKET OIL

RECIPE / MEG THOMPSON

This is such a simple recipe and a lovely way to use up any excess greens or herbs. Here, I have used it on a simple roast vegetable combination but really the options are endless. This oil works best used with nice, strong flavours such as basil, mint, nettle or rocket, as in this recipe.

Makes: 1 cup

GF O V VG

1 cup rocket

¾ cup extra-virgin olive oil

¼ tsp salt, or more to taste

Blanch rocket in boiling water for just 5–10 secs and immediately run under cold water to stop cooking and maintain beautiful green colour.

Drain and squeeze out excess water, add to blender with oil and salt.

Blitz until lovely and smooth.

Store in airtight jar in fridge.



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RECIPES

COOKING WITH ROCKET

Meg's Rocket, Parsley
& Hazelnut Soup

ROCKET, PARSLEY & HAZELNUT SOUP

RECIPE / MEG THOMPSON

This is a gorgeous, versatile soup that elevates the often overlooked but nutrient-rich parsley to a starring role. Vary the consistency by adding a little less liquid and all of a sudden you have a sauce to use on pasta, roasted vegies or even as a dip.

Serves: 2

GF O V VG

1 small onion, diced
1 tbsp olive oil
2 small garlic cloves, chopped
1 large potato, skin on & diced into 2cm cubes
500mL vegetable stock or broth
50g parsley, roughly chopped

75g rocket, roughly chopped
¼ cup hazelnuts, lightly toasted,
plus extra to serve
½ tsp sea salt, to taste
Olive oil, to serve

Place onion and oil in saucepan and sauté over low heat until soft.

Add garlic and cook for another 2 mins.

Add potato and cook over medium heat for around 5 mins, stirring frequently.

Add stock and cook for about 10 mins until potato is just tender.

Add parsley, rocket, nuts and sea salt and cook for 2 mins until greens are wilted.

Remove from heat and blitz with stick blender until smooth.

Serve topped with extra hazelnuts and olive oil.



ROCKET & NETTLE PESTO

RECIPE / MEG THOMPSON

There are not many situations that don't benefit from a lashing of pesto. This pesto is really easy, versatile and, most importantly, delicious.

Makes: 1½ cups



2 packed cups greens — rocket and nettle, basil, celery leaf, parsley, silver beet, broccoli, mint or spinach

1 cup finely grated Parmesan or pecorino

¾ cup extra-virgin olive oil

½ cup pine nuts, lightly toasted (or roughly chopped walnuts, almonds, macadamias, pistachios, pecans, hazelnuts, pumpkin seeds or sunflower seeds)

1–1½ cloves garlic, finely grated

Sea salt, to taste

If using nettle, wearing some washing-up gloves, pick leaves from tougher stems and blanch in boiling water for 1 min. Drain and rinse under cold water immediately.

Squeeze out excess water and add greens to blender or food processor along with half the cheese, oil, half the nuts, garlic and good pinch of sea salt. Blitz to combine but keep some texture.

Stir through remainder of cheese and nuts.

I like to do this so there are some surprise whole nuts and larger pieces of cheese, but feel free to blitz to the same consistency if you prefer.

Taste and add more salt as needed.

Store in airtight jar in fridge for 1–2 weeks, or freeze for 3 months.



Meg's Rocket & Nettle Pesto

ROCKET, ROASTED PUMPKIN & ISRAELI COUSCOUS

RECIPE / RAQUEL NEOFIT

This is a quick and easy side dish to any main meal, or a delicious and moreish light lunch. Try serving it with roasted chicken and allow the chicken to rest over the salad so the juices seep into the couscous.

Serves: 2



6cm-piece butternut pumpkin, diced into 1cm pieces

Olive oil

1 tsp cumin

1 tbsp cultured butter

3 spring onions, sliced

2 cloves garlic, chopped

Handful parsley, chopped

Baby asparagus, cut into 2cm pieces

60g rocket

1 cup uncooked Israeli couscous

1 cup water or vegetable stock

Preheat oven to 200°C.

Toss pumpkin pieces in olive oil and cumin. Place on oven tray and roast for about 20 mins or until soft.

Place butter and 1 tbsp olive oil in medium-sized saucepan over medium heat. Add spring onion and sauté for 1 min. Add garlic, parsley and asparagus and sauté for a further 2 mins.

Add rocket and stir through. As it starts to soften, add roasted pumpkin and couscous and stir.

Add stock or water, turn heat to low and allow to cook until water has absorbed, stirring occasionally.

Divide between serving bowls and enjoy.

Raquel's Rocket, Roasted Pumpkin & Israeli Couscous



This makes a nutritious light lunch or a side dish for any main meal.



ROCKET & PROSCIUTTO OMELETTE

RECIPE / RAQUEL NEOFIT

Add some leftover roast chicken for a great afternoon snack. This dish is quick, healthy and delicious.

Serves: 2



- 4 sprigs rosemary
- 1 packet truss cherry tomatoes
- Olive oil
- Sea salt & pepper
- 4 eggs
- Splash tamari
- 2 spring onions, thinly sliced
- 1 large mushroom, sliced
- 60g rocket
- Grated Parmesan cheese
- 6 slices prosciutto

Preheat oven to 200°C. Place rosemary sprigs in small baking dish. Place tomatoes on top, drizzle with olive oil and season with salt and pepper. Bake until softened.

Crack eggs into bowl, add grind of pepper and splash of tamari and whisk well.

Add drizzle of olive oil to 20cm frypan over medium-low heat. Add spring onion, mushroom and grind of sea salt and pepper, and fry 1 min. Add half the rocket and stir for 1 more min.

Add whisked eggs to pan, stirring gently for first 30 secs. Pop on lid and allow to cook for about 2 mins. Flip omelette and add Parmesan cheese.

Slide omelette onto plate and top with remaining rocket and prosciutto.

Tip: Flip the omelette onto a plate when it's time to turn it over, then use the plate to slide it back into the frypan. It should easily hold its form this way.



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This salad goes perfectly with lamb cutlets coated in olive oil and cumin.

MIDDLE EASTERN ROCKET & POMEGRANATE SALAD

RECIPE / RAQUEL NEOFIT

I love this salad served with lamb cutlets. Simply coat the cutlets in olive oil and cumin and flash fry them. The juices from the lamb mix in with the salad dressing beautifully!

Serves: 2 as a main or 4 as a side

GF O V VG

- 120g rocket
- 1 pomegranate, seeds removed
- 3 spring onions, sliced
- 6 radishes, thinly sliced
- 1 firm tomato, diced
- ½ Lebanese cucumber, diced
- Sea salt & freshly ground pepper

Dressing

- 1 garlic clove, crushed
- 30mL olive oil
- 1 tbsp pomegranate molasses
- 1 tbsp balsamic vinegar
- Pinch sumac

Layer salad ingredients in large, shallow salad bowl.

Combine dressing ingredients, drizzle over salad and serve immediately.

Tip: Cut the pomegranate in half, lay it cut side down in your palm and firmly tap the back of it with a wooden spoon to remove those gorgeous little jewels inside.

WHOLEMEAL PIZZA

RECIPE / ADAM GUTHRIE

Being able to enjoy a healthy version of pizza helps your family stay on track with good health.

Serves: 4

O V VG

Pizza Sauce

- 6 tomatoes, cut into large pieces
- 1 garlic clove, peeled
- 1 onion, chopped
- 4 tsp dried Italian herbs
- Salt & pepper, to taste

Cashew Cheese (makes 1.5 cups)

- 1 cup cashews, soaked in water overnight
- ½ cup water
- ¼ cup lemon juice
- ½ tsp salt, to taste

- 4 Lebanese flatbreads
- 8 potatoes, very thinly sliced then cooked in boiling for 10 mins
- 2 cups rocket
- 1 red onion, cut into crescents
- 16 cherry tomatoes, halved
- 2 cups cashew cheese (recipe above)
- Nutritional yeast flakes

Preheat oven to 220°C.

Place tomato, garlic, onion and dried Italian herbs in blender and blend to smooth sauce. Pour mixture into frypan, bring to boil and

reduce to thick sauce. Season and set aside.

Drain cashews. Place in blender with water, lemon juice and salt. Puree until consistency is of thick yoghurt. Add more water if needed. Set aside.

To assemble pizzas, cover base of Lebanese flatbreads with sauce. Top with cooked potato rounds, rocket leaves, red onion and cherry tomatoes. Spoon over cashew cheese and bake for 15 mins. Remove when base is crispy and serve topped with nutritional yeast.

When serving, add large handful of fresh rocket leaves on top of pizzas.



Adam's Wholemeal Pizza



BROWN RICE, ROAST PUMPKIN & ROCKET SALAD

RECIPE / ADAM GUTHRIE

I can never get enough of rocket, especially in a salad. It goes really well with sweet flavours, such as in this dish featuring delicious roast pumpkin.

Serves: 4

GF O V VG

- ½ pumpkin, peeled & seeded, cut into 2cm cubes
- 2 cups uncooked brown rice
- 5 cups water
- Handful baby rocket
- Handful fresh mint leaves
- 1 cup almonds
- 1 cup raisins

Dressing

- Juice 1 lime
- 1 tbsp tamari
- 1 garlic clove, minced
- ½ tbsp maple syrup

Preheat oven to 200°C.

Place sheet of baking paper on baking tray. Arrange pumpkin in single layer on prepared tray. Place tray in oven and bake for about 30 mins or until light brown and tender. Remove and set aside.

Meanwhile, place saucepan on high heat with 2 cups brown rice and 5 cups water. Bring to boil. Reduce heat, cover and cook until all water is absorbed and rice is tender (do not overcook).

Place dressing ingredients in small bowl and whisk well to combine.

In large bowl, place rice, roasted pumpkin, rocket, mint leaves, almonds, raisins and dressing. Gently stir until well combined and serve immediately.



TURMERIC: SPICE OF LIFE?



Turmeric is touted in some quarters as a cure-all, but is this spice as healing as they say?

A recent parody I saw on social media had an unqualified woman spruiking the talents of turmeric on a fictional TV show. The woman claimed that turmeric could cure all human ailments, including depression and cancer, and the segment ended with her being disgraced and thrown out for having no evidence to back up her claims.

It was very funny, but I couldn't help feeling a little sad that they had chosen turmeric as their subject, given its legitimacy and genuine supportive research. I can absolutely see the temptation to label it a cure-all as, on many levels, turmeric really does celebrate a broad list of indications for use. Turmeric, I've got your back — this is my little ode to you.

IN PRAISE OF TURMERIC

Turmeric, or *Curcuma longa*, is a herb from the same family as ginger. Ayurvedic and Chinese medicine have used it heavily both in a culinary sense and in medicinal treatment for inflammatory conditions and digestive disorders. We now see this golden spice popping up in cafes and in the media, but does it really live up to the hype?

Aside from its strong anti-inflammatory benefits, turmeric is a powerful antioxidant. Oxidative stress and the low-grade inflammation that comes with it are major causes of many modern diseases. Not only does turmeric offer free-radical scavenging activity of its own, but it also enhances the effectiveness of other antioxidants (such as glutathione) within the body.

Nervous system and brain

Neurodegenerative disorders are another example where turmeric's anti-inflammatory and antioxidant nature shows promising results. Both oxidative stress and inflammation play a big role in these disorders, including Alzheimer's and Parkinson's diseases and dementia, and turmeric may help to slow their progression.

Exciting new research into the use of turmeric for depression is showing some wonderfully positive results. One Australian study from 2017 by Lopresti and Drummond showed an improvement in depressive and anxiolytic symptoms in patients with major depressive disorder, using a turmeric extract that combined both curcumin and the volatile oils from turmeric.

Anti-microbial

Turmeric has a wonderful anti-microbial quality and has been used to preserve food. This anti-microbial and antifungal activity inhibits the growth of various parasites and bacteria, including *Giardia lamblia*, *aspergillus* and *aflatoxin*, and is protective against malaria. On the flip side, turmeric plays the role of a prebiotic, encouraging the growth of some lactobacillus species of bacteria and contributing to a healthy microbiome.

Liver and heart

Turmeric is protective of the liver and is beneficial for cholesterol via the improvement of the excretion of cholesterol and promotion of healthy bile flow. It can lower LDL cholesterol and triglycerides and also displays a mild anti-platelet and anti-coagulant effect. This is great news for our hearts.

Digestion

Turmeric has a relaxing, anti-spasmodic effect on the digestive system, which pairs beautifully with the anti-inflammatory and liver-protective effects. Studies show support for a reduction in abdominal pain and discomfort, the resolution of peptic ulcers and the improvement of ulcerative colitis symptoms.

Cancer

There are some promising studies showing the effectiveness of turmeric in protecting against cancer by influencing cellular proliferation and encouraging apoptosis (programmed death of misbehaving cells), as well as inhibiting metastasis. It may also help slow the progression of breast, ovarian, cervical, skin, stomach, colon, brain, blood, bone, liver and oral cancers.

Curcumin, one of turmeric's active constituents, may also enhance the effectiveness of some chemotherapy drugs, helping to sensitise cancer cells to the chemotherapy.

IN THE INTEREST OF BALANCE

If there is a downside to our beloved turmeric, it would probably be the poor absorption of some active constituents — curcumin, for example. Curcumin has received the lion's share of attention and research, but it's important to understand that this is only one constituent of turmeric as a whole.

Turmeric contains polyphenols, curcuminoids and volatile oils. Although it's wonderful to have good-quality research to support the

use of turmeric, focusing the research on a limited number of constituents that seem to be producing the response can be problematic. For one, we are neglecting the other constituents of turmeric that we haven't "discovered" yet, which may well be equally effective. Second, by not considering turmeric as a whole, and instead focusing on single components, we are neglecting the synergy of all the known and unknown constituents working together.

We see this principle across many other foods and indeed in life — the whole is greater than the sum of its parts. The volatile oils within turmeric, for example, show anti-inflammatory, anti-microbial and kidney-protective effects as well as metabolic benefits, and they also improve the absorption of curcumin.

COOKING WITH TURMERIC

Turmeric is a popular addition to curries, stews, soups, lentil dishes and sauces, and I love to add some to rice when cooking.

When choosing fresh turmeric, go for a nice, firm piece and avoid any that is shriveled looking. You don't have to peel it if you don't want to. Just give it a good wash or brush with a veggie brush and then finely grate it into your cooking as needed.

It stores well in a paper bag in the veggie crisper of your fridge but, if you go through it fairly quickly, it's also fine left at room temperature.

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



Turmeric is a powerful antioxidant.

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GUT



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THE ART OF yoghurt MAKING

The best yoghurts come directly from the farm,
produced by farmers who are dedicated to the complete
cycle of farm-to-table sustainability.

WORDS / RAQUEL NEOFIT

To explore what it takes to make high-quality yoghurt, we've found three very different yoghurt makers who all have something in common: they produce a completely natural yoghurt made with milk from their own ethically raised animals.

As Simon Schulz from Schulz Organic Dairy explains, "It's very simple to make yoghurt but you need the right raw ingredients to make it special." He also recommends you find a product you can relate to, one that benefits the whole chain of production, from the animals to the pot, and not just corporate greed.

All three farmers we talked to don't buy in standardised milk or use milk solids to thicken their yoghurt; they use only what they milk from their own animals. The rest is up to nature and their very special recipes.

All yoghurt begins with a milk product, be it cow, sheep or even coconut "milk" for vegans, then cultures of bacteria are added to coagulate the milk proteins.

MILK MATTERS

The most important ingredient in your tub of yoghurt is the milk that it's made from. There are many types and qualities of milk in Australia. Commercially, most of them are standardised to reflect a particular taste and texture, but not when it comes from these artisan producers.

Whether we're talking to Heidi Fallding and her partner David Marks from the biodynamic Marrook Farm on the North Coast of NSW, Simon Schulz from Schulz Organic Dairy in Victoria, or Klein Wang of Fourteen Sheep in the Grampians, they all whole-heartedly agree on one important factor: the health of the animal producing the milk, along with freshness, is imperative to the end result.

An animal that's lived a healthy and happy life, free to roam pastures and consume a natural, organic diet will always produce better-quality milk. "Milk that's been cultured within 24 hours produces a cleaner-tasting yoghurt because the pH levels change once the animal has been milked," says Wang.

The pH of the milk determines the quality and taste of the yoghurt. "If we leave the milk for too long within the allowed time frame, the pH gets really low, which means acidity is already forming and yoghurt made from that milk doesn't taste as good as if the milk is six or 12 hours old," Wang adds.

BACTERIA AND CULTURES

The next step in your yoghurt journey is the bacteria or culture. Bacteria consume the milk sugars to produce lactic acid. As this process occurs, the milk proteins curdle to produce yoghurt. The bacteria also play a major role in the flavour profile of yoghurt, giving it the tang you've come to know.

Lactic acid lowers the pH of milk, changes the protein structure and adds texture. The longer a yoghurt is fermented or incubated, the tarter or tangier the taste.

"The two main cultures found in most yoghurt products are *Lactobacillus bulgaricus*, and *Streptococcus thermophilus*," Fallding says. "Then we reach the extra beneficial



probiotic cultures that most artisan yoghurt producers will also include: *Lactobacillus acidophilus*, *Lactobacillus casei* and *bifidus*. These probiotics encourage a healthy digestive system and offer an excellent immunity boost."

You often won't find these extra probiotic cultures in mass-produced yoghurt made from standardised milk products. It's also important to remember that the sooner you eat the yoghurt, the more live bacteria it will have.

Once the bacteria are added to the milk, they begin to rapidly multiply, but it's thought that if the yoghurt sits in the fridge for too long, the colony will start to degrade. A handcrafted yoghurt should only have five to seven weeks expiry. "Any longer and I'd be suspicious that they'd re-pasteurised the yoghurt after it's been made, and that kills off the live bacteria," Fallding says.

THE LIVESTOCK

With a herd of Jersey and Friesian cows on his Victorian farm, Schulz says the breed of cow has a direct influence on the end product. "Friesian cows tend to produce a low-component-based milk — so lower fat, lower protein — and they yield a lot more, so they can produce more volume," Schulz adds. "We've blended our cows at a certain ratio so the milk is not too rich and not too light."

By owning their own herds, these farmers have full control over what the animals are eating and how they are cared for, ensuring everything they do is beneficial to the animal. According to Schulz, "Our focus has always been on the cow and producing milk from a cow, not standardising the milk and not homogenising the yoghurt, so you get that layer of cream on top."

Many commercial yoghurts are made from skim milk and then the cream is added back into the yoghurt along with milk solids to thicken it, but an artisanal yoghurt is generally made from the milk before it is skimmed, allowing the cream to float to the top. If you don't like it, simply skim it off.

TO HOMOGENISE OR NOT

"What makes a handmade, pot-set yoghurt unique is that you can cut it with a spoon and it holds its form — it's not a dense liquid. It's a set form and that's why the cream rises to the top," Schulz says, leaving behind what he calls the "natural cream golden plug". This is also a good sign the milk hasn't been homogenised.

Fallding believes that non-homogenised milk is the way to go and is finding more and more research to back up her theory. Most commercial milk is homogenised so that the fat globules explode and are distributed throughout the milk, preventing the cream from rising to the top.

FROM MILK TO YOGHURT

"Temperature, time and acidity are the key factors when you're making yoghurt; the temperature you inoculate at and the temperature you stop the inoculation at," Fallding says.



The breed of cow influences the yoghurt produced.

The milk is pasteurised at around 80°C, then the temperature is brought down to somewhere around 40–42°C and the bacteria are added to acidify the milk.

Individual tubs are then filled and stored in an incubator where they sit for a certain period of time depending on the producer's recipe. "That is a trade secret!" says Schulz when I ask him how long this part of the process takes. "But the incubator is set around the same temperature as what we call the inoculation, which is around 41°C and it's ready to eat in about 24 hours from that time," he adds.

Shelf life is another telltale sign that distinguishes a handcrafted product. A long shelf life most likely means the yoghurt has been pasteurised after they've made it, a process that will kill off the live bacteria, according to Fallding.

“
It's very simple to
make yoghurt but you
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ingredients to make
it special.
”

SUSTAINABILITY

All these farmers agree that sustainability is important in this farm-to-table approach. It means they can care for their land and their animals, and have total control at every step.

Fallding's farm is Demeter certified and is committed to biodynamics. "We feel it's the only method that really nurtures soil health, making it a living, dynamic environment. When the soil is healthy, the plants are healthy and the animals that eat the plants are healthy, which means the milk they give us can then make a good product for people to eat," Fallding says.

It all comes back to keeping things as pure and simple as possible.

SHEEP MILK — THE LIGHTER SIDE OF LACTOSE

There are many types of milk that can be made into yoghurt, but sheep milk is a fantastic option for people who are lactose intolerant. "It's not completely lactose-free, but it typically sits at around 2 per cent, whereas cow milk is around 4–6 per cent. Interestingly, it's creamier and richer than cow's milk, though," Wang says.

"The research we've done shows that sheep milk has higher amounts of protein and fat compared to cow milk. And the nutritional value in sheep milk is very high."

Wang's sheep yield about one litre of milk per animal per day. The farm has many ewes and alternates milking, so production is rather small. The farm doesn't separate the lambs from the mothers and refuses to exhaust the mothers' milk supply so they'll have nothing left to feed their lambs.

"You have to make the animal happy before you can obtain product from them — that's our philosophy, to make a fair trade on what we ask from our animals and look after their welfare.

"Sustainability is also important. When the weather is good, our sheep feed on the grassy pastures; when it's bad, we feed them the hay and oats we harvested the year before," Wang says.

Raquel Neofit is a recipe developer and freelance writer specialising in food, horticulture, travel and all things lifestyle-related. Follow Raquel's quest for a "life lived in balance" on Instagram @raquelineofit





EARTH'S BOUNTY

THAI PASTA SALAD WITH SPICY CASHEW DRESSING

RECIPE / GOOD CHEF BAD CHEF

Serves: 2



250g wholemeal spaghetti
 ¼ cup Earth's Bounty Activated Cashews
 1 tbsp extra-virgin olive oil
 1 tbsp fish sauce
 1 tbsp tamari or soy sauce
 1 tbsp honey
 Juice 1 lime
 1 cup julienned carrot
 ¼ cup finely chopped fresh coriander
 ¼ cup finely chopped fresh basil
 ¼ cup finely chopped fresh mint
 3 red chillies, julienned

½ bunch asparagus,
 blanched & cut through middle

Fill large saucepan with water and bring to boil. Add pasta and cook for 10–15 mins or until *al dente*. Let cool to room temperature.

In blender, thoroughly combine cashews, olive oil, fish sauce, soy sauce, honey, lime juice and enough water to make runny consistency.

In large mixing bowl, add remaining ingredients (except asparagus) and pasta and gently combine.

Mix through cashew dressing.

Serve in large decorative plate with asparagus on top.

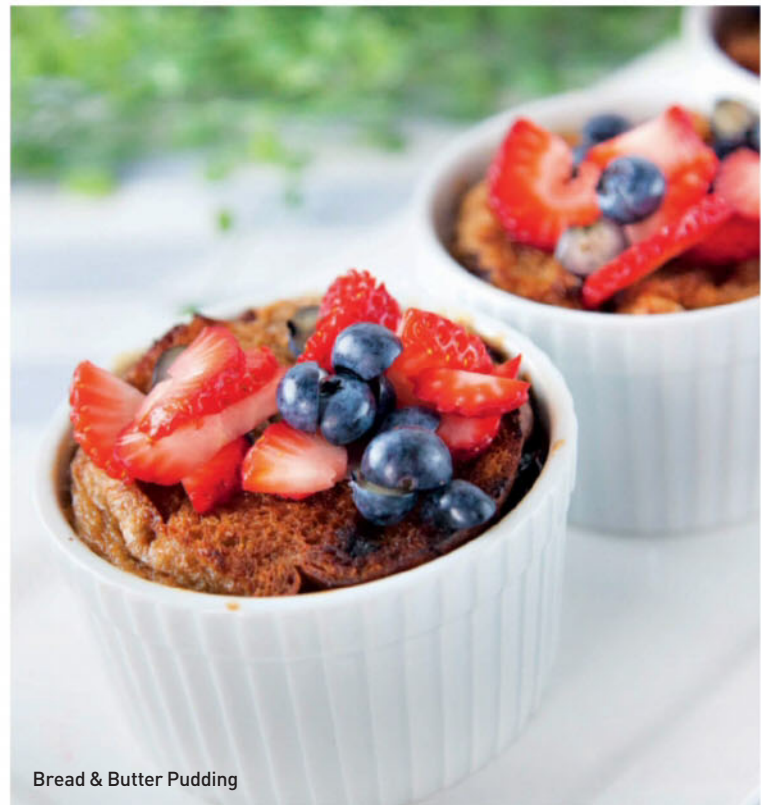
Keep any leftovers in the fridge.



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Easy Prawn San Choy Bao



Bread & Butter Pudding

RAW NUT FRUIT CRUMBLE

RECIPE / GOOD CHEF BAD CHEF

Serves: 2



- ¼ punnet strawberries, quartered
- ½ cup cubed papaya
- ¼ cup blueberries

Toppings

- ½ cup Earth's Bounty Walnuts
- 2-3 fresh dates, pitted & chopped
- 1 tbsp Earth's Bounty Activated Sunflower Kernels
- 1 tbsp Earth's Bounty Blanched Almonds Ground (almond meal)
- 1 tbsp desiccated coconut
- 1-2 tsp raw cacao powder
- 1 tbsp melted coconut oil

Arrange fruit in bowl.

In food processor, combine walnuts, dates and sunflower seeds and pulse until just crumbled. Add almond meal, desiccated coconut and cacao and mix well. Pour in coconut oil with motor running until mixture resembles crumble mix.

Spoon crumble mixture over fruit.



Raw Nut Fruit Crumble

BREAD & BUTTER PUDDING

RECIPE / GOOD CHEF BAD CHEF

Serves: 4-6



- 8 slices (400g) gluten-free fruit loaf, toasted
- 2½ cups soy or almond milk
- 4 eggs
- 1 tbsp honey
- 50g cashew butter
- ¼ cup mixed dried fruit
- 4 tbsp Earth's Bounty Activated Nut & Seed Mix
- 1 tbsp melted coconut oil
- Berries, to serve

Preheat oven to 180°C. Line baking dish with baking paper.

Cut bread with cookie cutters that fit

ramekins. In bowl, mix together soy or almond milk, eggs and honey, until slightly thickened.

Spread one side of each slice of bread with nut butter.

Arrange layers of bread, dried fruit and Earth's Bounty Activated Nut & Seed Mix and pour over almond milk mixture. Brush top with coconut oil.

Bake for 30-35 mins or until golden and set, then let stand for 10 mins. Serve with berries.

EASY PRAWN SAN CHOY BAO

RECIPE / GOOD CHEF BAD CHEF

Serves: 4



- 250g prawns, shelled & deveined
- 1 tsp sesame oil
- 1cm-knob ginger, finely grated
- 1 clove garlic, finely grated
- 1 tbsp soy sauce

- 1 large red chilli, deseeded & finely chopped
- ½ avocado, pitted & diced
- ¼ bunch coriander, washed & finely chopped (including stems)
- ¼ bunch mint, chopped
- 4 iceberg lettuce leaves, as cups
- 2 tbsp roughly chopped Earth's Bounty Activated cashews
- 1 lime, cut into wedges

Marinate prawns in bowl with sesame oil, ginger, garlic, soy sauce and chilli. In large pan, cook prawns for about 5 mins. Leave to cool.

Once cooled, roughly chop and place in large bowl with avocado, coriander and mint. Mix through.

Serve a couple of spoonfuls of prawn mixture in each lettuce cup topped with chopped cashews and squeeze of lime.

For more information visit earthsbounty.com.au



PEARL RIVER BRIDGE

SOY SAUCE CHICKEN WINGS RECIPE / PEARL RIVER BRIDGE

Serves: 2



- 6 chicken wings
- 1 tbsp Pearl River Bridge Superior Light Soy Sauce
- 1 tbsp Pearl River Bridge Premium Oyster-Flavoured Sauce
- Cornstarch, to coat
- Oil

Seasoning

- ½ tsp cornstarch
- 2 tbsp water

- 1 tsp chopped ginger
- 1 tsp chopped garlic
- ½ tsp sugar
- Handful white sesame seeds

Marinate chicken wings in Pearl River Bridge sauces for 15 mins.

Coat chicken wings in cornstarch

and deep-fry until golden. Set aside.

Mix together seasoning ingredients.

Sauté ginger and garlic until fragrant, then add sugar, seasoning and chicken wings. Cover and cook until done.

Garnish with white sesame seeds and serve.

MUSHROOMS IN OYSTER SAUCE

RECIPE / PEARL RIVER BRIDGE

Serves: 3



- Oil
- ½ tsp chopped ginger
- 250g mushrooms, chopped
- A few spring onions, chopped

Seasoning

- 2 tbsp Pearl River Bridge Premium Oyster-Flavoured Sauce
- 1 tsp Pearl River Bridge Superior Light Soy Sauce
- ½ tsp sugar



Use Pearl River Bridge Superior Light Soy Sauce as a dipping sauce with your favourite Asian snacks or add it to stir-fries and marinades for an extra flavour infusion. It's so versatile!

Heat oil in frypan and sauté ginger until fragrant. Add mushroom and stir-fry for 3 mins over high heat.

Add Pearl River Bridge Premium Oyster-Flavoured Sauce, Pearl River Bridge Superior Light Soy Sauce and sugar and keep stirring for 2 mins.

Garnish with spring onion and serve.

SWEET & SOUR MEATBALLS WITH MASHED POTATO

RECIPE / PEARL RIVER BRIDGE

Serves: 2



2 potatoes, peeled
10g butter
30mL cream
Salt & pepper
300g minced pork
1 egg
2 tbsp Pearl River Bridge Mushroom-Flavoured Superior Dark Soy Sauce
Olive oil, for frying

Sauce

2 tbsp brown sugar
1 tsp cornstarch
375mL water
4 tbsp Pearl River Bridge Rice Vinegar
1 tbsp Pearl River Bridge Superior Light Soy Sauce

Boil potatoes for 30 mins and mash.

Heat frypan over low heat, add butter, cream and salt and pepper. Mix in mashed potato.

Combine minced pork and egg. Add Pearl River Bridge Mushroom-Flavoured Superior Dark Soy Sauce and salt. Mix thoroughly and shape into golfball-sized balls, then fry in oil for 3 mins. Remove and drain.

Combine brown sugar, cornstarch, water, Pearl River Bridge Rice Vinegar and Pearl River Bridge Superior Light Soy Sauce and mix thoroughly in pot. Add meatballs and bring to boil. Reduce heat and simmer for 30 mins, then serve.

SWEET & SOUR RIBS

RECIPE / PEARL RIVER BRIDGE

Serves: 4



600g spare ribs, cut into pieces
A few spring onions, chopped

Sauce

2 tbsp Pearl River Bridge Superior Light Soy Sauce
4 tbsp Chinkiang vinegar
1 tbsp cooking wine
3 tbsp sugar
5 tbsp water

Blanch spare ribs in boiling water for several minutes, then rinse and drain well.

Combine sauce ingredients in pot and bring to boil over medium-high heat, then add spare ribs. When boiling again, reduce heat, cover and simmer for 1 hour until sauce thickens.

Serve immediately garnished with spring onion.

For more information visit pearlriverbridge.com

Mushrooms in Oyster Sauce



Sweet & Sour Meatballs with Mashed Potato



Sweet & Sour Ribs





Cream Cheese, Salmon,
Red Onion & Capers

CORN THINS®

CREAM CHEESE, SALMON, RED ONION & CAPERS

RECIPE / CORN THINS®

Serves: 1



Cream cheese
2 CORN THINS® slices
Smoked salmon
Red onion, thinly sliced
Capers

Spread cream cheese across CORN THINS® slices then top with smoked salmon and onion.

Sprinkle with capers and serve.

BRUSCHETTA

RECIPE / CORN THINS®

Serves: 1



1 tomato, diced
½ garlic clove, finely grated
¼ small onion, finely diced
1-2 tsp olive oil
Salt & pepper, to taste
2 CORN THINS® slices
A few basil leaves

Mix together tomato, garlic, onion and olive oil in small bowl. Add salt and pepper to taste.

Top CORN THINS® slices with bruschetta mix and basil.



CORN THINS® are not rice cakes. Made from corn, they taste delicious — like popcorn squished into a healthy crispbread. Plus, they're gluten-free, non-GMO and contain good levels of fibre. You can enjoy them on their own or with your favourite toppings. Great-tasting, they are found in the biscuit aisle of most supermarkets.



Chicken Spread & Watercress

CHICKEN SPREAD & WATERCRESS

RECIPE / CORN THINS®

Serves: 1



- 2 tbsp chicken spread (recipe below)
- 2 CORN THINS® slices
- Watercress

Chicken Spread

- 1 roasted/poached chicken breast, shredded
- 2 tbsp sour cream
- 1 tbsp mayo
- ½ stalk celery, finely chopped
- Juice ½ lemon
- 2 tbsp toasted flaked almonds
- Salt & pepper

To make chicken spread, mix together all ingredients.

Spread chicken spread across CORN THINS® slices, top with watercress leaves and serve.

FALAFEL, PICKLES, TABOULI & HUMMUS

RECIPE / CORN THINS®

Serves: 1



- 2 tbsp hummus
- 2 CORN THINS® slices
- 2 tbsp tabouli
- Pickles
- 1 falafel, homemade or store-bought (sliced)

Spread hummus across CORN THINS® slices, then top with tabouli, pickles and sliced falafel.

Serve immediately.

For more information, visit cornthins.com



Falafel, Pickles, Tabouli & Hummus



Bruschetta



SWEET CORN

Sweet corn is packed full of nutrients that protect your heart and eyes. You can add the luscious variety of corn to your meals in everything from stir-fries and salads to barbecues.

Corn is a term that has been used to describe whatever is the leading cereal grain in a given area. In England for many centuries, “corn” referred to wheat. In Ireland and Scotland, “corn” was oats. It’s all very confusing and makes it virtually impossible for marketers to come up with snappy names for their breakfast cereals.

In Australia today, the term “corn”, or “sweet corn”, refers to *Zea mays*, the plant that produces delicious golden corn cobs, and this is the plant we are talking about here. Around the world, this plant has often been referred to as “maize” and it has a long history of use.

The first domestication of corn in Mexico and Central America dates to somewhere between 9000 and 8000 BCE. By the time of the Mayan and the Olmec civilisations, around 2000 to 1500 BCE, corn had been adopted as a staple food but also played a role in everyday rituals and religious ceremonies. Today, corn is still a popular food, though no longer quite so sacred since a lot of it has now been genetically modified.

While corn is regarded as a grain, the sweet corn kernels are actually the fruit of *Zea mays*. Typically, we think of corn as the familiar golden-yellow variety, but there are more than 100 varieties, with some red, pink, blue or purple in colour.

While corn will occupy loads of your garden space — out of all proportion to its yield — the sheer delight of its taste may make you want to grow it.

GROWING YOUR CORN

Sow fresh corn seed directly into your garden patch in blocks rather than long rows, with the plants 20–30 centimetres apart. Planting in blocks helps with germination and pollination later. Wait until the soil warms, frosts have passed and temperatures are above 16 degrees Celsius before planting. In humid and tropical areas, it’s best to avoid the wet season with its heavy rainfall and humidity.

Corn grows in all climatic zones in Australia but it prefers full sun and needs some protection from wind. What corn really needs is a nutrient-rich soil, so try planting after peas or

beans and add plenty of manure because corn is a heavy feeder.

For some added pep in the soil, fertilise with seaweed solution. Hill up soil around the stems when plants are about 30cm high to encourage stability and root growth. Mulch your corn with pea straw or lucerne.

POPCORN

Zea mays averta is the variety of corn specifically bred for popping. Research from the American Chemical Society has found that if the dried kernels are “air popped” rather than popped in oil or butter, the antioxidant polyphenol content of the corn remains largely intact, yielding around 300 milligrams of polyphenols per 10 grams of corn kernels.



“

...sweet corn is such a versatile and tasty food that the only real limit to what you do with it is your imagination.

”

Corn grows well with pumpkins, squash, cucumbers and beans. It is usually ready to harvest at 12–14 weeks. Test your cobs by parting the top of the leaves and piercing a kernel. If it gives out a milky substance and is soft, it's ready for picking. When the "silk" on the cob withers that's another sign of readiness. Twist the cob by hand and pull down to pick.

YOUR HEALING CORN

As a food, corn provides fibre, B vitamins and antioxidants. It contains around 10–11 per cent protein, which is low compared to other grains but still useful. Yellow corn varieties provide good amounts of the antioxidant nutrients lutein and zeaxanthin.

These are compounds known as xanthophylls, which are yellow pigments that occur naturally in many plants and vegetables. In nature, lutein and zeaxanthin appear to absorb excess light energy to prevent damage to plants from too much sunlight, especially from high-energy light rays known as "blue light".

In addition to being found in plants, lutein and zeaxanthin are found in high concentrations in the macula of the human eye, giving the macula its yellowish colour. In fact, the macula is also called the macula lutea (from the Latin *macula*, meaning "spot", and *lutea*, meaning "yellow").

It's believed that lutein and zeaxanthin in the macula block blue light from reaching the underlying structures in the retina, thereby reducing the risk of light-induced oxidative damage that could lead to macular degeneration (AMD). They are also believed to help reduce the risk of developing cataracts.

CORN AND GM

In 1994, no farm acreage in the United States had been planted with genetically modified (GM) corn plants, but today more than 70 per cent of all 91 million acres of corn in the US are planted with genetically modified varieties.

For instance, some corn has been modified to become more insect-resistant by transferring a gene from the soil bacterium, *Bacillus thuringiensis*, into the corn (known as Bt corn). A protein toxin produced by this bacterium helps kill certain insects that might otherwise eat the corn.

There is no substantial research on the health impact of GM corn, but inserting novel proteins into food does raise the risk of adverse reactions. Organic foods, of course, are non-genetically modified. In Australia, genetically modified corn is currently not allowed (although GM corn ingredients can be imported in some foods).

Any seed you seek in this country should be non-GM but, in case seed somehow comes from another source, it helps to be aware of what is happening overseas.

CORN IN YOUR KITCHEN

The best way to eat sweet corn is to pick it and cook it within an hour of eating. However, if you haven't grown your corn, then when choosing your cob, look for husks that are green and fresh as well as tassels at the end that are fine and silky (as opposed to dry and browned). For a real test, peel back the top of the husk and push your fingernail into a kernel; if it's fresh and good-quality, you should get a spit in the eye.

Sweet corn will taste better the closer you eat it to when it was picked. Fresh is best in so many ways but if you want to be eating sweet corn out of season, you can freeze the kernels but not the cob.

There are many options for eating your corn, but the best may be simply to cook it in boiling water. Don't add salt to the water as this will make the kernels toughen. Outside of this, sweet corn is such a versatile and tasty food that the only real limit to what you do with it is your imagination.

To prod that culinary imagination, though, you could try combining some corn with chickpeas in a burger, make a tasty sweet corn side dish, sprinkle kernels into a salad, toss some kernels into a stir-fry or throw a butter-brushed cob on the grill.

Corn grows well in full sunlight.



Coat corn in butter and herbs and grill it on the barbecue.

CORN SILK TEA

While you will get a lot of food value from your corn crop, you can also get some medicinal qualities from a frequently disregarded part of the corn plant — corn silk, which can be used to make a healing tea that has a range of benefits.

Corn silk tea is diuretic but it also has a soothing effect on the urinary tract. Herbalists use corn silk in combination with other herbs to treat problems such as cystitis, urethritis and prostatitis.

To make a cup of the tea, you need 2 tsp fresh or dried corn silk. Pour 1 cup boiling water onto it and leave to infuse for 10–15 minutes. The fresh form is best but if your crop is not producing when you need the tea, then dried corn silk will do.

Ideally, you should have the tea three times a day if you want a medicinal effect.

WHAT'S IN SEASON?

These are the fruits and vegetables that are in season and so will be the freshest.

SUMMER

VEGETABLES

asparagus	okra
beans	onions
capsicum	peas
celery	potatoes
chillies	radish
cucumbers	sweetcorn
eggplant	watercress
lettuce	zucchini

FRUIT

apricots	oranges
avocados	papaya
bananas	passionfruit
blackberries	pawpaw
blueberries	peaches
cherries	pears
figs	pineapple
grapes	plums
melons	rambutans
limes	raspberries
lychees	red currants
mangoes	black currants
mangosteens	strawberries
nectarines	tomatoes

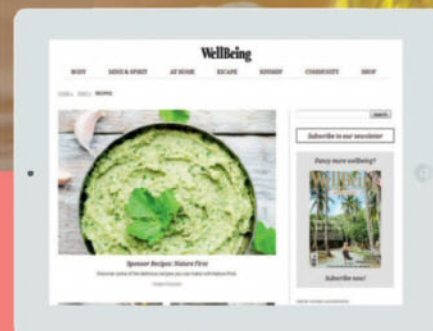
SEASONAL TIP: When choosing iceberg lettuce, go for a head that is compact, firm and yet springy. A very hard head of lettuce may be over-mature and bitter.

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STONE FRUIT SEASON

We chat to two husband-and-wife teams who are equally passionate about growing healthy, fresh and flavoursome stone fruit.

WORDS / KATE DUNCAN

Walk into your local farmers' market and you'll find the fruit shelves bursting with colours: red, pink, purple, yellow and orange. The sweet smell of ripe fruit lingers in the air and everyone seems happier, chirpier, more at ease. There are samples of nectarines, peaches, plums, apricots and cherries at the counter; you take a wedge or two. Sweet juice from the fleshy, plump slice trickles down your chin, leaving you sticky yet profoundly satisfied. Stone fruit season is here.

As a fellow stone fruit enthusiast, you might circle this time of year in your calendar, knowing that delicious, sweet fruits will soon surround you. But for passionate growers like Gaethan and Nicole Cutri, this is when their hard work and long hours pay off.

The husband-and-wife team own Cutri Fruit, a farm located in the Swan Hill region of Victoria. They currently have 680 hectares with roughly 225,000 stone fruit trees and 11,500 avocado trees. There, they grow white and yellow peaches and nectarines, apricots and plums.

Third-generation farmer Gaethan grew up on a stone fruit farm in Woorinen in Swan Hill, but moved away to study and practise law. Over the years, he watched his parents transition the grape farm into a stone fruit farm. Not long after he met Nicole, they moved back to the farm to assist Gaethan's parents.

When asked about their beginnings, Nicole reflects fondly, "Working through the harsh conditions of farming together certainly tested the early years of our marriage. From planting trees in minus seven degrees, thinning trees through weather that was so cold we couldn't feel our faces nor our fingers, to watching the wild Mallee dust storms blow through and blacken the skies during the middle of the day, shaking all the trees of their fruit ... it was tough."

GROWING STONE FRUIT

Due to the high penetration rates of the sun, the nearby Murray River and thriving microclimate, the Swan Hill region is renowned for excellent growing conditions. Although stone fruit thrive in a hot and dry

climate, a certain number of chill units or hours are needed for the fruit to set throughout winter. High chill units ensure high brix (sweetness) levels and optimal colour, size and flavour of the fruit.

Unfortunately, as Gaethan and Nicole found out in 2010, growing stone fruit in its ideal climate still comes with challenges, namely unpredictable weather conditions. Not long after they purchased the business from Gaethan's parents, they suffered a one-in-a-hundred-year rain event that flooded the Woorinen farms and killed off more than 50,000 trees. At that point, it was quite literally sink or swim. They swam, purchasing more land at a nearby farm in Wood Wood, which thankfully was on higher ground.

"The devastation we experienced at the time of the flood forced us to diversify our crops," says Nicole. "The soil at Wood Wood is much richer than the soil at Woorinen and it drains better. Plus, the pH levels are excellent, which helps our trees grow. Being higher up is also a huge advantage as we're less likely to be affected by frost — which we've had plenty



of this past winter," says Nicole, going on to share that it's good to diversify the locations in case of other weather events.

"Now we're so heavily invested in the business, financially and emotionally, we couldn't imagine not doing what we're doing. We've definitely weathered through some tough storms, but have strengthened not only the business but also our relationship," Nicole says.

OBSERVING THE CROPS

Calling Gaethan a "fruit-growing nerd", Nicole proudly shares that her husband has travelled the globe to study the most effective growing techniques. "He loves the science behind fruit production and is always researching and looking at ways to improve our growing techniques with technology," she says.

The Cutris' use of advanced technology methods ensures their crops produce high-quality stone fruit each year. "We monitor irrigation using soil moisture probes located at different depths, such as 10–80 centimetres, every five minutes, as well as aerial imagery (heat maps and NDVI) and direct plant sensors (dentrometers). These systems ensure that we use the minimum amount of water necessary to sustain the crops," Gaethan explains.

GROWING ORGANIC

Further south, nestled in the foothills of Mount Alexander in Victoria's Harcourt, Katie Finlay speaks of her husband, Hugh, with the same fondness, calling him a "self-confessed soil and microbe nerd".

The couple own Mt Alexander Fruit Gardens, a small-scale business that's been in the family since 1971. The property is one of Harcourt's longest-running orchards, having been planted in 1888 with Katie's grandfather working on the farm when he was young. In 1998, the couple took over the farm from Katie's father, Merv. "Dad decided to sell and I suddenly realised I couldn't stand for the farm not to be in the family, so I found my 'inner farmer' and we returned home," Katie says. For the first year or two, the couple did an informal apprenticeship with Merv before exploring different growing methods, such as diversifying crops and going organic.

On their farm, they have 6500 fruit trees: cherries, apricots, peaches, nectarines, plums, apples and pears. Katie shares that they have a policy to "grow as much diversity as possible, so we've got about 140 different varieties within those fruit types".

The diversity of the crops is what sets them apart from other fruit growers. "Because we sell at farmers' markets (also wholesale and online), it works really well for us to have a really good range of different fruit each week during our harvest period. We harvest for a really long time, which is one of the ways we're different from other commercial orchards, who generally have much fewer varieties and much bigger quantities," Katie says.

In 2008, Mt Alexander Fruit Gardens was certified organic. "Going organic made us realise we are much more soil farmers than we are fruit farmers," Katie explains that in an organic system, if you don't have the soil working and healthy, then nothing else works.



Cherries are a fleshy stone fruit from plants of the genus *Prunus*.

"Our trees' nutrition comes from the soil, so the soil has to be healthy, full of active soil microbes, organic matter and worms. We have granitic sandy soil at the surface of all our crops, which gives fruit great flavour, colour and texture," Katie says.

“

We've now got organic solutions for every pest or disease that has been a problem for us in the past.

”

PESTS AND DISEASES

As the Finlays have found out first-hand, growing organic doesn't come without challenges. "Getting wiped out by fungal disease is one of our biggest challenges," says Katie. "We don't have access to fungicides that are often used in commercial orchards but each time we've had a wipeout, we've learned more about the health of our soil and how to build it up quickly.

"When we first went organic and stopped using pesticides and spraying for woolly aphids, we noticed that within a year, all the woolly aphids had disappeared. Woolly aphids are one of the worst pests you can get as a farmer and we realised we were killing all the woolly aphids' predators.

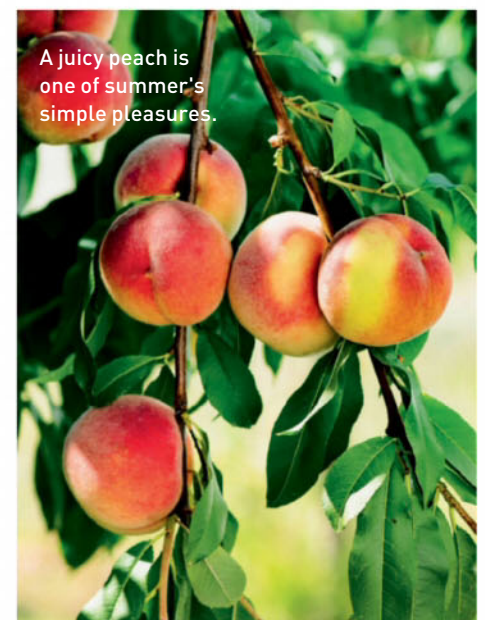
"We don't have a problem with those pests any more," Katie shares, adding that has happened for quite a few other pests. "We were creating the problems by using the spray. Now we have an organic solution for every pest or disease that has been a problem for us in the past."

FUTURE PLANS

The Finlays own 24ha but only grow stone fruit on about 5ha of their farm. After receiving government funding, they're in the process of setting up a new farming model. "We decided we wanted to bring other young farmers onto our farm to run farming enterprises alongside our orchard. Soon, we will be setting up an organic farming alliance that's going to have us a micro-garden, a micro-dairy and a vermouth producer, and then maybe poultry, bees and a cafe down the track," Katie says.

"For Hugh and me, it's simultaneously our growth plan but also our succession plan. We want to find a new way to create pathways for young farmers who don't have access to land and at the same time find a way for us to gracefully step back from being farmers, yet still be here to mentor. We're not ready to do that yet, but we want to set something up for when that time comes."

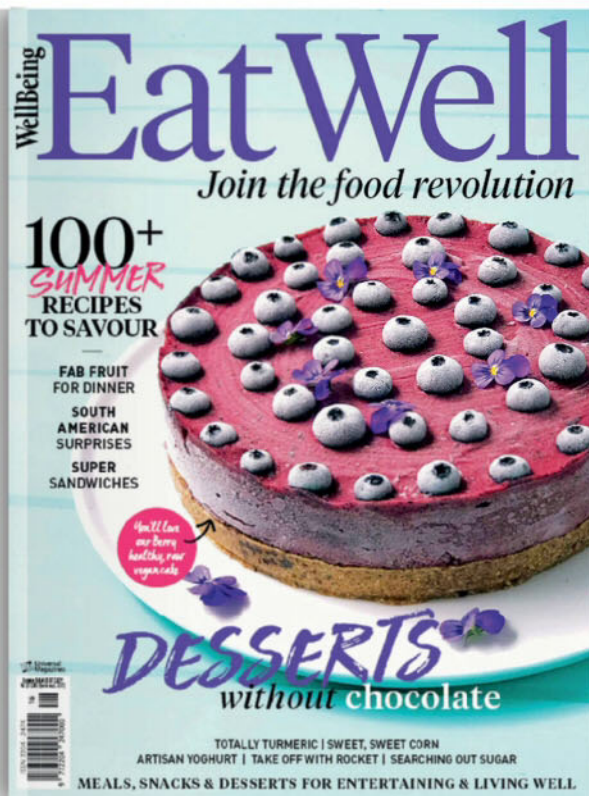
Kate Duncan is deputy editor of EatWell magazine.



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THE SUGAR DETECTIVES

Sugar is a versatile ingredient offering appealing flavour and texture to food. However, experts warn we are eating too much sugar, and processed foods are the culprits.

WORDS / JANAI VELEZ

Caramelised for cookies, aerated for meringues, dissolved for lollies and fizzy drinks ... “treat” foods form the biggest part of our sugar intake and we eat and enjoy them in full knowledge of their high sugar content. However, sugar is also lurking in many other processed foods, even savoury products and food marketed as “healthy”.

Sugar has many diverse roles in food manufacturing, from adding sweetness to improving texture and preserving. So, of course, it’s used in almost everything.

THE SUSPECTS

“A lot of processed foods have added sugar,” says Dr Peter Brukner, professor of Sports Medicine at La Trobe University and convener of SugarByHalf, an independent, not-for-profit organisation that aims to halve Australia’s average added-sugar consumption.

Even foods often considered healthy, such as breakfast cereals, muesli bars, salad dressings and savoury sauces, can have significant

amounts of added sugar. There are some tricks to finding the hidden sugars, though.

First, check the ingredients list. If “sugar”, or one of its many disguises (such as malt syrup, corn syrup, maltose, sucrose, golden syrup, caramel and honey, just to name a few) are listed as the first, second or third ingredient, that’s a good indication that the product is high in sugar.

Another thing to check on the food label is the nutrition information table. It shows the total sugars (both naturally occurring, such as fructose found in fruit and lactose in milk, and added sugars). “In particular, I look at the average quantity per 100 grams — we like that to be under 5g,” says Dr Brukner.

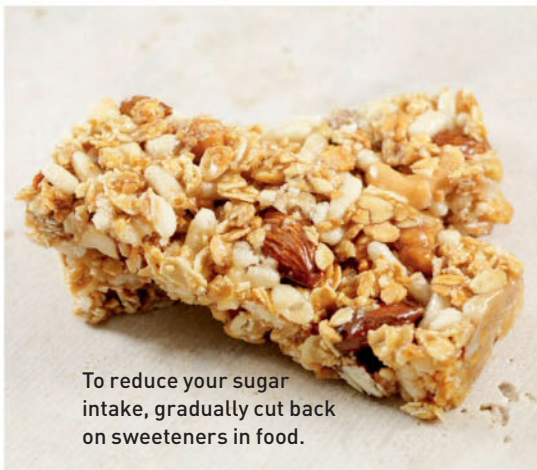
“If you’re looking at a yoghurt, for instance, a natural Greek yoghurt will have about 4g of sugar [per 100g], which is from the lactose that is in dairy. Anything more than that and you know they’ve added sugar to it. Five grams is a pretty good cut-off.”

However, it’s important to take into account the nutritional value of foods,

even those with added sugar. Nicole Senior is an accredited practising dietitian and nutritionist and editor of the Sugar Research Advisory Service newsletter, *Sweet Bites*. She says small amounts of added sugar shouldn’t deter people from eating nourishing foods.

“In something like baked beans, which are a highly nutritious, well-liked legume, worrying about the sugar might put people off eating them, whereas the amounts are very small. It’s not so much hidden sugars but sugars in plain sight that we need to be most concerned about.”

A 2016 study from The University of Sydney, which examined the intake and food sources of added sugar in the Australian population, found that “80–90 per cent of the daily added sugar intake came from high-sugar energy-dense and/or nutrient-poor foods”. This means most of the sugar we eat comes from really obvious places: discretionary foods such as sweetened drinks, cakes, biscuits and sweet spreads.



To reduce your sugar intake, gradually cut back on sweeteners in food.

“

Even foods often considered healthy, such as breakfast cereals, muesli bars, salad dressings and savoury sauces, can have significant amounts of added sugar.

”

THE GOOD AND THE BAD

Sugar serves a functional purpose in many foods. For example, it acts as a preservative in jams and salad dressings to keep them from spoiling and extend their shelf life. In bread making, sugar helps yeast grow and creates softness. It also adds colour to baked goods. As the batter/dough is heated, a reaction occurs, which contributes to the brown colour seen on the surface of cakes, cookies and breads. For frozen desserts, sugar lowers the freezing point so tiny ice crystals are formed, creating a smooth texture.

Sugar also has many uses in savoury foods. Adding sweetness to foods balances sour, salty and bitter flavours. For example, sugar is used in tomato sauce not only because of its preservative properties and for flavour enhancement but also because it balances the natural acidity found in tomatoes.

Different types of sugars offer different textures and flavours. “When you’re looking to either cook at home or make a product, you’re looking for the best sugar for the job,” says Senior. However, as for nutritional value, she says all sugars are very similar. Dr Brukner agrees. “Whether it’s brown sugar or white sugar or whatever sugar, it’s just sugar and there’s nothing beneficial about that. It’s what we refer to as empty calories — you’re getting calories but nothing else.”

“

There’s one very simple solution and that’s to eat real foods, not processed foods.

”

When sugar isn’t used in foods that usually contain sugar, something else needs to be used to replace it. “What you’ll find is a lot of ‘no added sugar’ foods will have a lot more food additives: artificial sweeteners and other additives that help with texture. When you use sugar, it provides texture as well as flavour and can provide other technical roles as well.”

There are many health concerns associated with eating too much sugar, but additives can cause their own, different health issues.

For example, sugar alcohols (used as a sugar alternative) can lead to tummy upsets. Sugar alcohols are a FODMAP — carbohydrates that can cause digestive issues for people who are sensitive to them.

“These sugar alcohols and the like may not be fully digested and they can ferment and create gas in the bowel, and that’s uncomfortable, especially if you have a sensitive digestive system like people with irritable bowel syndrome,” says Senior.

THE VERDICT

To reduce your sugar intake, Senior suggests gradually cutting back on sweeteners in food. “Don’t try to do it straight away, because you’ll really notice it and your food will not taste acceptable to you. But if you gradually reduce how much sugar you add to your food and how many sweet foods you have, you’re retraining your taste buds. There’s the classic example of people who have sugar in their tea and coffee. If they just take it out, it tastes horrible but if they gradually cut back, then they get used to the taste. And I think it’s the same with foods. Just try to have fewer really sweet things over time.”

Lifestyle and budgets, however, can make it difficult to cut back on sugar. “There are two issues that we’re chronically short of — we’re short of time and we’re short of money. It’s very convenient to have packaged foods rather than making our own,” says Dr Brukner. It’s not always easy, but he encourages people to cook as often as possible and to get their children involved, too, because most processed foods we eat contain added sugar.



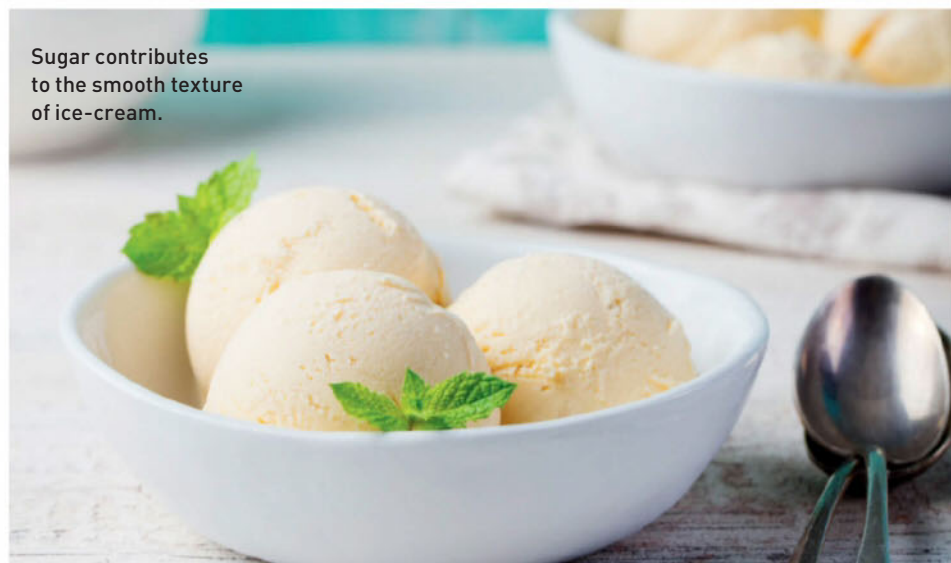
Sugar is used in jams to extend the shelf life.

“There’s one very simple solution and that’s to eat real foods, not processed foods,” says Dr Brukner. “They don’t have to put labels on real food — there are no additives and so on. I think the best way around this is to focus largely on real foods, like vegetables, fruits, meat, dairy, eggs and nuts, and try to avoid processed foods as much as possible. Then you know exactly what you’re getting.”

Always buy the best fresh foods you can afford. Case closed.

Janai Velez is a writer and researcher at Australian craft magazine Homespun. She loves stories that celebrate creativity and inspire a healthy lifestyle.

Sugar contributes to the smooth texture of ice-cream.



WHAT'S ON

What's coming up for you



Freshly made meringues at the South Melbourne Night Markets.

Photography: Getty Images

JANUARY 4–FEBRUARY 22, MELBOURNE, VIC SOUTH MELBOURNE NIGHT MARKETS

This year, the South Melbourne Night Markets are celebrating their 10th birthday! The twilight markets attract a passionate community of locals along with visitors to Melbourne and beyond. Enjoy the balmy summer nights with delicious and cheap street fare from local breweries, restaurants, cafes, food trucks and carts. Plus, a wide variety of entertainers and musicians will perform, showcasing emerging talent as well as crowd favourites. If wandering aimlessly along the streets of Melbourne sampling gourmet food and wine is your thing, we suggest you head on down to South Melbourne.

southmelbournenightmarket.com.au

FEBRUARY 16–18, APOLLO BAY, VIC APOLLO BAY SEAFOOD FESTIVAL

When was the last time you had freshly caught crayfish or abalone? It's been some time for us at *EatWell*, which is why we're looking forward to the Apollo Bay Seafood Festival. Held at picturesque Apollo Bay in Victoria, the three-day festival is perfect for the whole family and includes more than just a bounty of seafood, although the fresh calamari, snapper, scallops and mussels are what draws locals and tourists to this wonderful festival. You will also find fresh fruit, vegetables, olives, wine, oils, truffles and cheese along with interactive workshops, cooking demonstrations, family fun and live entertainment.

apollobayseafoodfestival.com

FEBRUARY 4–28, MELBOURNE, VIC SUSTAINABLE LIVING FESTIVAL

The impact of climate change on our planet no longer lies in the realm of future predictions. At *EatWell*, we're always looking for new ways to reduce our ecological footprint and decrease our food and plastic waste. The Sustainable Living Festival, now in its 19th year, is Australia's largest event of its kind. Providing us with solutions to the ecological and social challenges we face, the festival raises awareness and encourages individuals and communities across Victoria to host and promote sustainability events. With interactive workshops, talks, demonstrations, exhibitions, films and live performances on offer, this wonderful event is a must-do for anyone concerned about the future of our planet.

slf.org.au

FEBRUARY 2–4, LAUNCESTON, TAS FESTIVALE

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festivale.com.au

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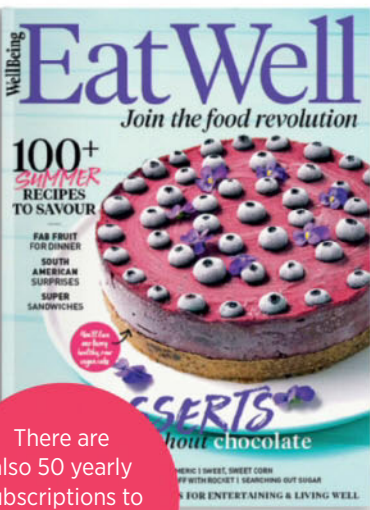


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W: southerncrosspottery.com.au



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W: madmillie.com



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W: spiralfoods.com.au

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W: orgran.com



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W: cornthins.com



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W: caprilac.com

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W: nirvanahealthproducts.com

FALCON

Falcon creates recipes that are easy to follow, helping to remove the angst that comes with trying new and exciting meals. These delicious recipes have been tried and tested by expert home economists and are sure to tantalise your senses.
W: andico.com.au/recipes



PEARL RIVER BRIDGE SUPERIOR LIGHT SOY SAUCE

Use Pearl River Bridge Superior Light Soy Sauce as a dipping sauce with your favourite Asian snacks, or add it to stir-fries and marinades for an extra flavour infusion. It's so versatile!
W: pearlriverbridge.com



PRO-MATRIX

From the rich pastures of Australia and New Zealand, Pro-Matrix is a 100 per cent natural protein engineered to contain only essential ingredients free from everything artificial. Pro-Matrix has an incredible amino acid profile, supporting your body with the many health benefits associated with whey protein. Pro-Matrix is a great addition to sweet and savoury recipes and available in certified grass-fed flavours — Naked Whey®, Wicked Whey®, Rough Whey® and Wild Whey® — as well as certified organic flavours — Naked Whey®, Buzz Whey® and Mellow Whey™.

W: promatrix.com.au



ZEBRA DREAM

Zebra Dream creates unique and deliciously nutritious flavours that are full of swirls, chunks and surprises. We obsess over bringing out the best in every ingredient by creating unique combinations of the exotic mixed with the familiar. We are exceptionally proud of our honest ingredients list, which contains the freshest Fairtrade and sustainably sourced organic ingredients available.

W: zebradream.com



SYNERGY NATURAL

Synergy Natural Super Greens Powder combines four of nature's most calorie-sparse and nutrient-dense wholefoods: spirulina, chlorella, barley grass and wheatgrass. Boasting an extraordinary array of easily digestible nutrients, fat-burning compounds, vitamins, minerals, proteins and phytochemicals, the powder packs a true superfoods punch.

W: synergynatural.com

CHRIS'

Designed for sharing, Chris' Heritage After-Dinner Dips are the perfect sweet finish to any meal. Served in Chris' reusable terracotta pots, they are best served after dinner with biscotti, sweet almond bread or fresh slices of fruit. Available at selected Woolworths stores nationally.

W: eatloveshare.com.au



MORLIFE

Morlife's new Plantiful Protein has sprouted and answers every vegan and gluten-free dream! Boasting a high superfood profile with added magnesium and zinc, Plantiful Protein contains a delicious cacao flavour.

W: morlife.com



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COFFEA

A genus of flowering plants whose seeds, are called coffee beans.



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