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From the Editor

Why does food matter? If you are reading *EatWell*, that's probably a question you have

asked and answered for yourself. Unfortunately, if you look at the way many people, and even food regulators, act in relation to food, it appears that not everyone has contemplated why food matters. So let's make a list.

At its most obvious, and basic, food matters because it is fuel for your body; that's why your food should be as lovingly raised as possible, but "nutrition" is so bleeding obvious that we don't need to go on further about it.

Food also matters because if you are a parent it's an expression of your love and care for your children. When they are begging you for the sugary snack their friends have at school, it's an expression of your love, and a chance to model deliberate living, to give them a more nourishing alternative. In the same way, the food you choose is an expression of your relationship with yourself; choosing junk food on a regular basis has scary implications.

In a heavily secular world, food is also a way to connect to life. Knowing what you are eating, who grew it, where they grew it, how they grew it, how it got to you and how it was prepared for your consumption gets you in touch with the essence of your life. Thinking about your food is thinking about your life. How can you live a conscious life if your food results



from unconscious, or indifferent, choices?

Your behaviour around food is also a powerful way of shaping the world. Making a choice for sustainable, organic where possible, Fairtrade (when applicable), preferably locally grown food has an impact on how global trade, agriculture and society are shaped.

Put all this together and food becomes your avenue to finding meaning. That doesn't mean you need to approach each mouthful of your life with piety and chanting. What it does mean is that being aware of, and happy with, the food you eat is much more than what to put on the plate. Your food is an expression of who you are ... OK, that may be a touch concerning if you are sitting down to a plate of black pudding, or even a bowl of mixed nuts, but it's also a lovely and empowering thing.

Feel the love, feel the power and never forget that food matters because you do.

Terry

Give us **FOODBACK**

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



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Kids get hungry during the day at school and they need brain fuel, so why not send them off with things you are happy for them to chow down on, such as Cheese & Buckwheat Bars, Tahina Nut Slice, Carrot & Zucchini Ropes, Cacao Bomb Crackles, or Lamb Sausage & Basil Egg Muffins?

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GF Gluten Free

O Omnivore Friendly

V Vegetarian Friendly

VE Vegan Friendly



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Lee Holmes

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

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

After being diagnosed with a crippling autoimmune disease in 2006, Lee travelled the world discovering foods that could be used to heal her body at a cellular level. After discovering many nutrient-rich and anti-inflammatory foods and changing her diet, Lee recovered. Her mind alive with ideas for new recipes, she wanted to share her creations with the world and superchargedfood.com was born.

Supercharged Food is all about making small and realistic changes every day. It's about making healthy choices through

knowledge and empowerment. Lee's blog has become one of the leading health and lifestyle blogs in Australia. From posting recipes, her passion to share her story and help others has snowballed and the blog has recently taken home the overall prize at the Bupa Health Influencer Awards as well as the best blog in the Healthy Eating category.

Connect with Lee Holmes at superchargedfood.com



Meg Thompson

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

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

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

Here, her love affair with cooking and creating delicious recipes using seasonal produce flourished. She shares recipes and knowledge about food, the best preparation methods and how to use them to best benefit health. Meg seeks to encourage others to learn, try new things and rediscover the joy of cooking and eating. Her recipes are approachable, thoughtful and bursting with nutrition.

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

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

Connect with Meg at mywholefoodromance.com



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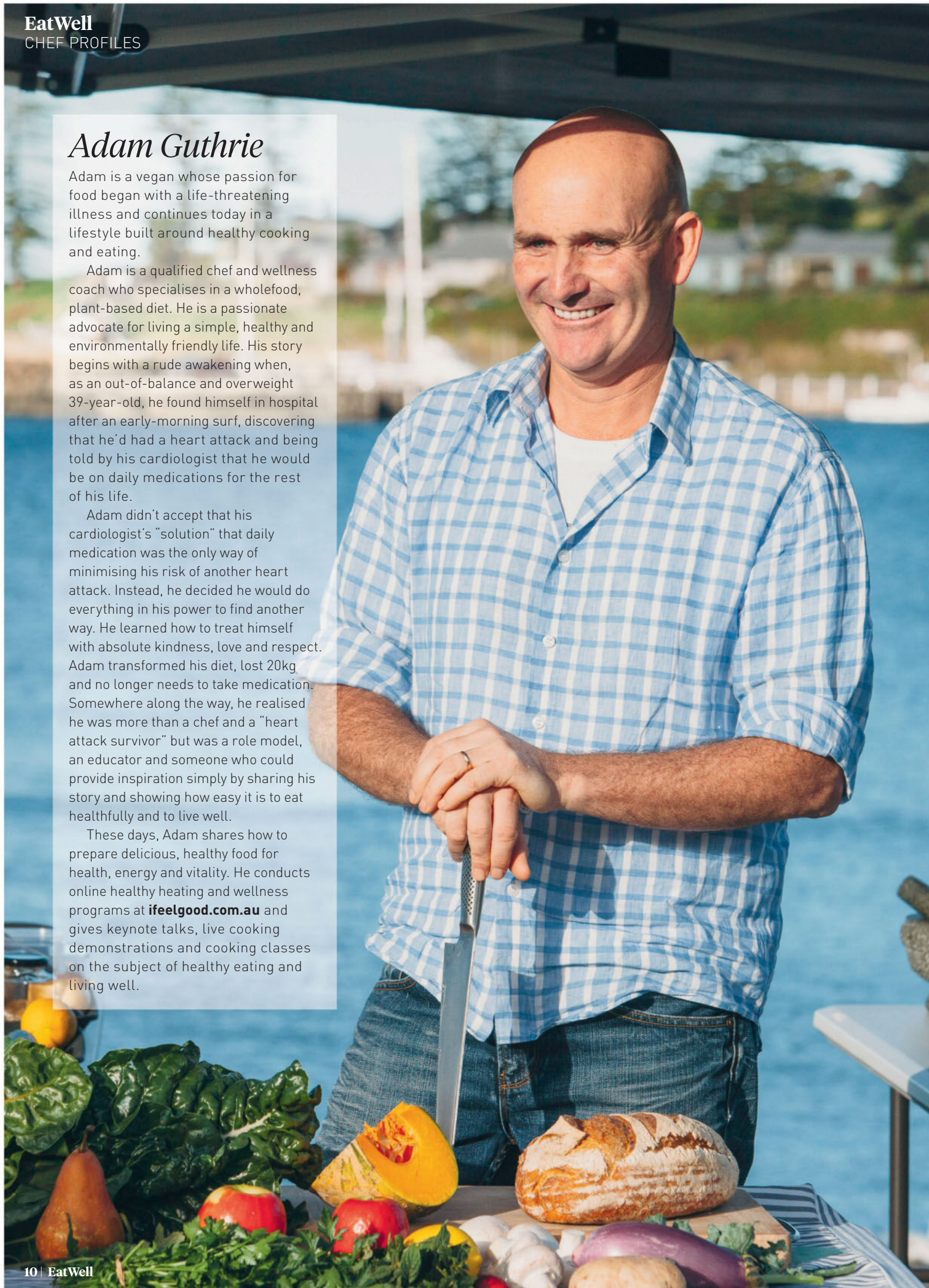
Adam Guthrie

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

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

Adam didn't accept that his cardiologist's "solution" that 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 ifeelgood.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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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 foodtonourish.com.au



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

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Weekend breakfast

Weekend breakfasts don't have to be about hurriedly getting fuel for the day. Why not luxuriate with Baked Mediterranean Eggs, Slow-Cooker Hash, Smoked Salmon Breakfast Pizza or Sautéed Mushrooms with Kale, Avocado & Tomato on Sourdough?

SMOKED SALMON BREAKFAST PIZZA

RECIPE / CHRISTIE CONNELLY

Pizza for breakfast? Yes, please! These are super-quick to whip up and can be batch-cooked on a tray under the grill. Nothing could be easier for a lazy weekend brekkie and they are customisable, to boot. Try prosciutto or roasted tomatoes instead of salmon.

Serves: 4



2 tbsp olive oil
4 eggs
4 wholemeal pita pockets

4 tsp tomato paste
4 sprigs kale, stems removed
& leaves chopped
12 baby bocconcini
1 avocado, peeled & sliced
200g smoked salmon
Salt & pepper, to serve

Heat 1 tbsp olive oil in large frying pan and crack in eggs. Fry for 3 mins until crispy underside with a runny yolk, or to your liking. Leave in pan to keep warm.

Heat overhead grill in oven on high. Place pita pockets on flat roasting tray and put in oven on top rack closest to grill. Toast for 30 secs, then

flip and toast for 30 secs. Remove tray from oven, but keep grill on.

Carefully, as the tray will be hot, spread each pita pocket with 1 tsp of tomato paste. Massage kale leaves with the other 1 tbsp of olive oil (to prevent from burning) and scatter on top of tomato paste. Arrange 3 bocconcini on each pocket and place back under grill for 1 min until cheese has melted.

Remove and place on serving plates. Top each with avocado, smoked salmon and fried egg. Season with salt and pepper and serve immediately.



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BANANA, BERRY & GRANOLA BOWL RECIPE / ADAM GUTHRIE

A healthy, refreshing and tasty way to start your day, this bowl will definitely hit the spot. Starting your day with this meal will leave you full, satisfied and energised as it's full of antioxidants and wholefood carbohydrates.

Serves: 2



Granola (6 serves)
800g organic raw muesli
2 cups apple puree
1 tsp vanilla essence
1 tsp ground cinnamon

Banana & Berry Whip (2 serves) 2 ripe bananas, peeled 1 cup frozen mixed berries

Preheat oven to 180°C and line 2 baking trays with greaseproof paper.

Place all granola ingredients in large bowl and mix well. Spread mixture evenly over both trays and place in oven for 10 mins.

Remove trays from oven, give mixture on each tray a good stir, then place back in oven and cook for a further 10 mins.

Remove from oven and set aside to cool. Once cool, place granola in an air-tight jar.

To make banana and berry whip,

place all ingredients in high-powered blender and blend until consistency of a soft-serve ice-cream.

To serve, place banana berry whip in a bowl and then top with a handful of granola.

SAUTÉED MUSHROOMS & KALE WITH AVOCADO & TOMATO ON SOURDOUGH RECIPE / ADAM GUTHRIE

Whether I'm at home or at a cafe, this is my go-to breakfast every Sunday. It's super-tasty, extremely satisfying and very easy to make. Most cafes will make a version of this for you if you ask. If they don't have kale, just ask for spinach instead.

Serves: 4



8 mushrooms, sliced
2 handfuls kale, shredded
½ loaf sourdough bread, sliced
& toasted
1 avocado, mashed
1 tomato, sliced
½ tsp rock salt
½ lemon

Heat frying pan on high heat and add mushrooms to pan. Sauté for a couple of minutes, add kale and splash of water and sauté until kale is soft. Add pinch of salt and remove from heat.

Top sourdough with avocado, tomato, mushroom and kale, and sprinkle with some rock salt.

Squeeze over a little lemon juice and serve.

VEGAN OMELETTE RECIPE / ADAM GUTHRIE

Even though it doesn't look like eggs before cooking, the finished result is nearly identical to the real thing. It's slightly crisp on the outside, fluffy on the inside, savoury, satisfying, has a beautiful golden hue and is packed full of plant-based protein. I've filled it with capsicum, mushroom and spinach, but you can stuff it with any of your favourite sautéed veges.

Serves: 1



150g silken tofu
1 tbsp nutritional yeast flakes
1 tbsp cornflour
1 tbsp soy milk
½ tsp turmeric



*You can replace the kale
with spinach if that's
more to your taste.*



Adam's Sautéed Mushrooms & Kale
with Avocado & Tomato on Sourdough



RECIPES WEEKEND BREAKFAST

Adam's Vegan Omelette



Pinch salt

¼ red capsicum, thinly sliced

½ large mushroom or two small mushrooms, thinly sliced

Handful spinach

In a blender, place tofu, nutritional yeast flakes, cornflour, soy milk, turmeric and salt, and puree.

Heat non-stick pan over medium heat and add tofu batter from blender. Spread batter around pan, and place capsicum, mushroom and spinach on top.

Cover with lid and cook for 5 mins on low heat. Remove lid and turn heat to high to seal omelette.

With a spatula, fold half the omelette over onto other half to form a crescent, and serve.

CHOCOLATE PANCAKES RECIPE / MEG THOMPSON

Grain-, sugar-, dairy- and gluten-free, these tasty pancakes are simple to make and a lovely way to start your weekend.

Makes: 5 small pancakes



1 ripe banana

1 egg

2 tbsp desiccated coconut

1 tbsp cacao powder

⅓ tsp baking powder

¼ tsp vanilla

Coconut oil, for cooking

Yoghurt & berries, for topping

Add banana, egg, coconut, cacao, baking powder and vanilla to blender and blend to combine.

Add a teaspoon or two of coconut oil to frypan on medium heat.

Pour small scoops of mix into pan, roughly about 3 tablespoons is enough to make one pancake.

Cook on medium-high heat until small bubbles appear on top.

Take care when flipping pancakes. As they are grain-free, they can be fragile, so carefully flip them and cook for another couple of minutes on the other side, or until golden.

Continue until all pancakes are cooked. Top with yoghurt and berries, as desired, and serve.

Meg's Chocolate Pancakes



These simple pancakes contain no sugar, dairy, gluten or grain.

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The citrus in this porridge is a great alternative to your usual creamy options.



Meg's Spiced Citrus Quinoa Porridge

SPICED CITRUS QUINOA PORRIDGE

RECIPE / MEG THOMPSON

The citrus in this dish makes a fresh change from the usual creamy versions of porridge. You can serve it with fresh or frozen berries and a little yoghurt or milk of your choice.

Serves: 2

GF O V VG

- ¾ cup quinoa, rinsed
- 1 cup fresh orange juice
- 1 tbsp coconut paste (or coconut oil if you can't find it)
- ¼ tsp ground cinnamon
- ½ tsp vanilla extract or ½ vanilla bean, split & seeds scraped
- Pinch sea salt

Place all ingredients in saucepan and bring to low simmer.

Cover with lid and cook for 15–20 mins, or until cooked to your liking.

BREAKFAST HASH

RECIPE / MEG THOMPSON

An easy weekend breakfast that can be created with whatever vegies you have in the fridge. Left-over roasted vegetables are particularly good to use, or you can easily make it from scratch as I have done here. Finish it off with a good dose of fresh herbs and some freshly ground black pepper and you have a winner.

Serves: 2

GF O V

- 1 tbsp ghee, butter or coconut oil
- 1½ cups sweet potato, unpeeled, washed & chopped into small dice
- ½ cup celery, chopped
- 2 cloves garlic, peeled & roughly chopped
- ½ cup chopped cauliflower
- ½ cup roughly chopped leafy greens
- 2 eggs
- ¼ cup feta (optional)
- Fresh herbs & cracked black pepper, to serve

Pop frypan over medium heat and add ghee (or butter or oil).

Add sweet potato and cook, stirring frequently, until potato is starting to get a nice caramelised coating and is about half-cooked.

Add celery, garlic and cauliflower, and cook for a couple of minutes.

Add leafy greens and stir through.

Make two spaces in vegie mix and crack an egg into each.

Crumble over feta if using and continue to cook until eggs are cooked to your liking.

Serve with lots of fresh herbs and season with sea salt and cracked black pepper, as desired.

BAKED MEDITERRANEAN EGGS

RECIPE / DANIELLE MINNEBO

There's nothing better than warm baked eggs on a lazy Sunday morning. This would be perfect served with some thick toasted spelt sourdough bread.

Serves: 4

GF O V


- 2 tbsp olive oil
- ½ red capsicum, finely diced
- ½ red onion, finely diced
- Pinch sea salt
- 2 tsp smoked paprika
- 2 tsp ground cumin
- 2 tbsp tomato paste
- 4 fresh tomatoes, roughly chopped
- 2 tbsp white-wine vinegar
- Handful kalamata olives, chopped
- Handful fresh coriander, chopped
- 4 eggs

Preheat oven to 200°C. Place 4 small ramekin dishes on flat tray.

Heat olive oil in small saucepan over medium heat. Add capsicum, red onion and sea salt, and cook for 5 mins. Add smoked paprika, cumin and tomato paste, and cook for a further minute, stirring continually. Add chopped tomato



Meg's Breakfast Hash



*Baking in the oven for
20 minutes will cook
the egg white but leave
the yolk runny.*

Photography by Danielle Minnebo

Danielle's Baked
Mediterranean Eggs



Danielle's Potato Rösti with Poached Eggs

Using a waxy potato like a Desiree will keep this light and crunchy.

and white-wine vinegar, reduce heat to low and simmer for 5 mins until tomato has broken down. Remove from heat and stir through olives and coriander.

Divide tomato sauce between the 4 ramekin dishes. Don't fill all the way to the top, leaving enough room for egg. Crack 1 egg into a small bowl, then using a spoon make well in centre of tomato sauce and gently pour egg in. Do the same with remaining eggs.

Bake for 20 mins until egg white has set but the yolk is still runny.

POTATO RÖSTI WITH POACHED EGGS

RECIPE / DANIELLE MINNEBO

I find this recipe works best using a waxy potato, such as a Desiree. This will help keep the rösti light and crunchy.

Serves: 4



Potato Rösti

- 4 large waxy potatoes, peeled
- 1 egg
- 3 tbsp buckwheat flour
- Pinch sea salt & pepper
- 3 tbsp olive oil

- Handful fresh chives, finely chopped
- Handful fresh dill, finely chopped
- Pinch sea salt & pepper
- ¼ cup white vinegar
- 4 eggs

Keeping potatoes whole, add to large pot of water and bring to the boil. Reduce to simmer and cook for 20 mins only. It's important you don't cook the potatoes all the way through. Drain and cool potatoes until cool enough to handle.

Grate potatoes and add to bowl along with egg, buckwheat flour, sea salt and pepper. Mix together with a fork until nice and combined.

Heat olive oil in large frypan over a medium heat. Spoon potato mixture into the frypan and form into a fritter. You should be able to fit about 4 fritters into a frypan. Cook for 5 mins on each side until golden-brown and crispy. Continue until you have used all batter.

Add chives, dill, sea salt and pepper to a plate, mix together and set aside.

Add white vinegar to saucepan of water and bring to the boil. Reduce to simmer and gently add eggs one by one.

Simmer for 4 mins, then gently remove eggs with slotted spoon. Pop eggs into herb mixture and roll until covered.

Serve 2 potato röstis topped with a poached egg and enjoy.

PINEAPPLE & PASSIONFRUIT PANCAKES

RECIPE / DANIELLE MINNEBO

This recipe works well to create light and fluffy pancakes. But it would also be perfect in a waffle maker to make amazing waffles.

Serves: 4



- 110g almond meal
- 90g tapioca flour
- 55g coconut flour
- 5g baking powder
- 2 eggs
- 400mL almond milk
- Olive oil or butter
- 3 slices fresh pineapple, peeled & cut into wedges
- Pulp from 4 passionfruit
- Greek yoghurt, to serve

Combine all the dry ingredients in large bowl. Add eggs and almond milk and whisk until well combined.

Heat a little olive oil or butter in frypan over medium heat and spoon batter into pan. Push 2 pieces of pineapple into batter and cook for 2



Danielle's Pineapple & Passionfruit Pancakes



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Coconut Chia Panna Cotta

Serves 4

Ingredients:

- 2 cups Organic Coconut Cream
- 1/4 cup Lotus Organic Black Chia Seeds
- 1 tsp vanilla bean paste
- 2 tbsp maple syrup
- 2 cups frozen berries
- Seasonal fruits

Method:

In a small pan combine the coconut cream, chia, vanilla and maple syrup. Stirring with a spoon or whisk over medium heat and bring to a simmer. Take off the heat and leave to cool slightly.

Divide half the mixture between 4 small glasses then sprinkle over half the berries. Pour over the rest of the mixture and sprinkle over the rest of the berries and seasonal fruits.

Refrigerate until set.





Throw this in the slow cooker and then put your feet up while it cooks.

Photography by Christie Connelly

Christie's Slow Cooker Breakfast Hash

mins. Then flip pancake over gently and cook for further minute. Continue until you have used all batter and pineapple. Before serving, top with passionfruit pulp and serve with Greek yoghurt.

**SLOW COOKER
BREAKFAST HASH**

RECIPE / CHRISTIE CONNELLY

This is a great breakfast for the kids and they can help with the grating and layering as there are no hot stoves to contend with. Simply chuck it all in, then put your feet up with the newspaper while breakfast cooks itself.

Serves: 4



- 3 medium potatoes, skin on, scrubbed & grated**
- 1 cup grated cheddar cheese**
- 2 medium tomatoes, thinly sliced**
- ¼ cup pitted mixed olives**
- 2 spring onions, thinly sliced**
- 4 large eggs**
- 125mL pure cream**
- ½ tsp sweet Hungarian paprika**
- Salad leaves, to serve**
- Toast, to serve**

Layer half of the grated potatoes into pot of slow cooker. Top with half the grated cheese, half the sliced tomatoes, half the olives and half the spring onions. Season with

salt and pepper.

Layer with rest of grated potatoes, then tomatoes, olives and onions, finishing with cheese as last layer.

In a bowl, whisk together eggs, cream and paprika. Season with salt and pepper and pour over potato mixture. Shake pot a little to make sure egg distributes evenly. Cook on high for 1.5 hours.

Divide the hash into portions by slicing with spatula inside slow cooker and lifting out.

Serve hot or warm with salad leaves and toast.

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Photography by Christie Connelly

This fun dish is a great way to get your vegies early in the day.

Christie's Capsicum Egg & Mushroom Stack

CAPSICUM EGG & MUSHROOM STACK

RECIPE / CHRISTIE CONNELLY

This is a really fun way to eat eggs, especially for kids, plus it's nice to get a big dose of vegies early in the day.

Serves: 4



- 8 large portobello mushrooms, wiped clean
- 4 tbsp olive oil, plus extra to serve
- 6 eggs
- ¼ cup milk
- ½ tsp ground paprika
- ½ tsp dried oregano

- 2 tbsp crumbled feta
- 2 large red capsicums
- 4 handfuls baby spinach leaves
- Olive oil

Heat oven to 200°C.

Place mushrooms stem side up on roasting tray. Drizzle with 2 tbsp of olive oil and season with salt and pepper. Bake for 15 mins until tender. Turn off oven and keep mushrooms warm in it while you prepare eggs.

Whisk together eggs, milk, paprika, oregano and feta in large bowl until well combined. Set aside.

Prepare capsicums by slicing each one horizontally into 4 rings so you

end up with 8 rings. Place rings flat on chopping board and carefully remove membrane and seeds with small knife.

Heat 1 tbsp of oil in a large frying pan and add four capsicum rings. Spoon some egg mixture into the centre of each ring and cook for 2 mins until set underside. Carefully flip and cook for 1–2 mins on other side. Keep warm and repeat with remaining capsicum rings and egg mixture.

To serve, place a handful of baby spinach leaves on each plate, then top with 2 mushrooms and capsicum eggs layered alternately. Drizzle with a little olive oil and serve immediately.

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BERRY SMOOTHIE BOWL WITH BARLEY CLUSTERS RECIPE / @FIT_AND_NOURISHED

Serves: 1



- ½ frozen banana
- ½ cup frozen berries
- ½ cup milk of choice or coconut water
- 1 scoop protein powder (optional)

Toppings

- ½ tsp chia seeds
- ½ banana, sliced
- ¼ cup blueberries
- 1 peach, sliced
- ¼ cup Goodness Superfoods better for U! Barley Clusters

Blend all smoothie ingredients together in blender until smooth, serve in bowl and add toppings.



BLUEBERRY PASSION PARFAIT RECIPE / @HEALTHYEATING_JO

Serves: 2



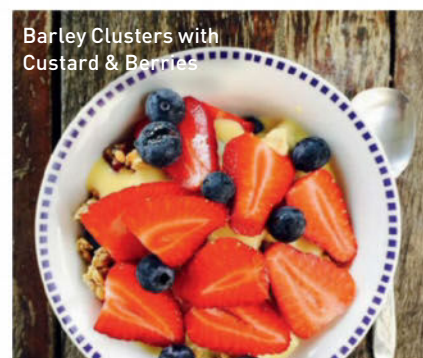
- 1 cup frozen blueberries
- 1 frozen banana
- 1 tsp Natvia Natural Sweetener
- ½ scoop vanilla protein powder
- ½ cup unsweetened almond milk
- ¼ cup coconut water
- ½ tbsp chia seeds

Toppings

- Pulp 1 passionfruit
- ½ cup Greek yoghurt
- ¼ cup steel-cut oats
- ¼ cup Goodness Superfoods better for U! Barley Clusters

Blend all smoothie ingredients together in blender until smooth.

Serve in glass or jar with toppings.



BARLEY CLUSTERS WITH CUSTARD & BERRIES RECIPE / @JULIEMEEK1

Serves: 1



- ½ cup Goodness Superfoods better for U! Barley Clusters
- ½ cup custard of choice
- ½ cup strawberries, sliced
- ¼ cup blueberries, sliced

Mix all ingredients and serve in bowl.

BANANA & AVOCADO SMOOTHIE BOWL RECIPE / @FEATHERANDIRON

Serves: 1



- 1 frozen banana
- ⅓ ripe avocado
- 1 medjool date
- ½ cup almond milk

Toppings

- 1 banana, sliced
- 1 tsp cacao nibs
- ¼ cup Goodness Superfoods better for U! Barley Clusters
- 2 tbsp cashews & walnuts

Blend all smoothie ingredients together in blender until smooth.

Serve in bowl with toppings.

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Schoolyard snacks

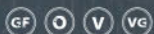
Kids get hungry during the day at school and they need brain fuel, so why not send them off with things you are happy for them to chow down on, such as Cheese & Buckwheat Bars, Tahina Nut Slice, Carrot & Zucchini Ropes, Cacao Bomb Crackles or Lamb Sausage & Basil Egg Muffins?



APPLE DONUTS RECIPE / MEG THOMPSON

Super easy and loads of fun for kids to prepare, these apple “donuts” bring out the fun side of apples. These toppings are just suggestions as the options are endless and can be tailored to your child’s taste, or to your pantry.

Serves: 2-4



2 apples, sliced horizontally
Your choice of nut butter, tahini, honey, coconut, dried fruit, cacao nibs, seeds, nuts, chia seeds, fruit, cheese, dips, for toppings

Core apples using apple corer.

Slice apples horizontally so you end up with apple rings, or donut shapes.

Top with desired topping. I find it best to start with one of the stickier toppings, then decorate with the dry.

Sandwich two together if packing into lunchbox. Otherwise, enjoy as is.

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afternoon snack

lunch

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Adam's Veggie Sausage Rolls

CARROT & ZUCCHINI ROPES RECIPE / ADAM GUTHRIE

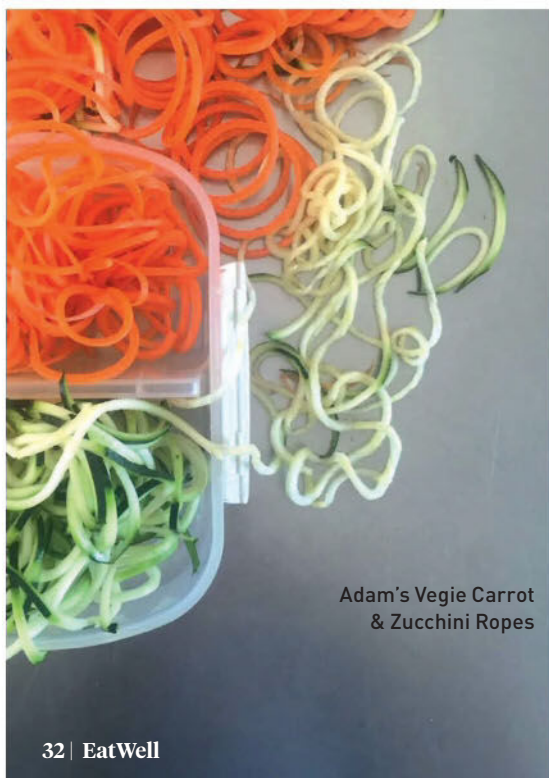
I was asked to do a whole-food plant-based lunchbox project teaching year 2 students at Cambewarra Public School and this is one of the schoolyard snacks we made. Interesting shapes get kids' attention and the students loved preparing them. If you don't have a spiraliser you can use a wide-spaced peeler to cut the carrot and zucchini into long, flat ribbons.

Serves: 1

GF O V VG

½ carrot
½ zucchini

Place carrot and zucchini in spiraliser and turn handle to make long ropes. Pack into container and place in lunchbox ready for school.



Adam's Veggie Carrot & Zucchini Ropes

VEGIE SAUSAGE ROLLS RECIPE / ADAM GUTHRIE

It's time to give the humble sausage roll a healthy makeover that will please every kid. These are packed full of veggies and are great cold, which makes them ideal for a schoolyard snack. They are also great as finger foods at a barbecue, or add a salad for a delicious dinner.

Makes: 8

O V VG

1 onion, finely diced
2 carrots, grated
Handful kale or spinach, shredded
1 zucchini, grated
1 corn cob, kernels removed
1 small cauliflower, grated
1½ cups cooked chickpeas
1½ cups cooked brown rice
Salt & pepper, to taste
1 cup frozen peas
1 tbsp vegetable stock powder
4 sheets pre-rolled puff pastry
¼ cup soy milk
2 tbsp sesame seeds

Preheat oven to 180°C.

Heat frying pan on a high heat, add onion and sauté until translucent. Add a little water to deglaze pan and sauté until golden brown. Add carrots, spinach, zucchini, corn kernels and cauliflower to mix and sauté for a minute until vegetables slightly wilt. Turn off heat and set aside.

In a bowl, add cooked chickpeas and mash to a paste, then add cooked brown rice. Add cooked vegetables to bowl and mix well.

Add salt and pepper to taste and peas and, when mixture has cooled, mix with hands. Add stock powder and mix well.

Cut a sheet of puff pastry in half and place some vegetable mixture down centre of puff pastry. Fold one half of pastry over vegetables and then overlap other half to cover. Place roll on baking tray with seam facing down and repeat.

Brush pastry with soy milk and sprinkle with sesame seeds. Trim ends off rolls if desired and cut in half.

Place in oven for 20 mins or until pastry is golden-brown.

BROWN RICE NORI ROLL RECIPE / ADAM GUTHRIE

Brown rice is not traditionally used for sushi in Japan, but since it's such a healthy whole grain, I decided to bend the rules. Our children loved these nori rolls growing up. Not only are they a satisfying and easy-to-handle schoolyard snack, they are a great after-school snack, too.

Makes: 4 rolls

O V VG

2 cups brown rice
½ cup sushi rice vinegar
½ carrot, cut into matchstick-size pieces
½ cucumber, cut into matchstick-size pieces
½ avocado, sliced
4 nori seaweed sheets
Soy sauce packets, to serve

Rinse rice in water three times, straining and replacing water each time.

Place rinsed rice in a pot with 2 cups of water and stir. Place pot on high heat, cover with a lid and bring to the boil. Once boiling, reduce heat to very low and cook until all water is absorbed. When the water is absorbed, remove from heat and let stand for 15 mins.

Place cooked rice on baking tray and add sushi vinegar, then mix with a spoon. Evenly spread rice over tray to cool.

When rice is cool, place nori sheet on bamboo mat. Spread cooled rice over one half of nori sheet. Place carrots, cucumber and avocado in a line lengthways across centre of rice. Roll mat over rice starting from end closest to you. Wet end of nori furthest from you, then continue to roll into log.

Wet a sharp knife and slice nori roll into 8 rounds. Place sushi round into tub with small container of soy sauce and pop into lunchbox.



*These make a
great after-school
snack too.*



Adam's Brown
Rice Nori Roll

Photography by Greg Twemlow



Allow this to cool before slicing and it will be easier to cut into bars.

Danielle's Cheese & Buckwheat Bars

CHEESE & BUCKWHEAT BARS RECIPE / DANIELLE MINNEBO

This is a great savoury schoolyard snack in which you can use any leftover vegetables, but I find kale works well. These would also work very well cooked as muffins instead of bars.

Makes: 20 bars



- 1½ cups buckwheat flour
- 1 cup almond meal
- 1 tsp baking powder
- ½ tsp sea salt
- 2 cups tasty cheese, grated
- 1 cup kale, finely chopped
- ½ red onion, finely chopped
- ¼ cup chives, chopped
- 3 eggs
- ¼ cup olive oil

Preheat oven to 200°C. Grease and line standard brownie tray.

Combine buckwheat flour, almond meal, baking powder and sea salt in large bowl. Add tasty cheese, kale, red onion, chives, eggs and olive oil. Mix together until well combined.

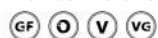
Pour mixture into lined tray and bake for 30 mins.

Allow to cool before cutting into bars.

STRAWBERRY CREAM BLISS BALLS RECIPE / DANIELLE MINNEBO

These bliss balls make the perfect schoolyard snack. They are free from nuts, gluten and dairy, and the strawberries and goji berries provide a rich source of antioxidants. You can replace the dried strawberries with any other dried fruit, such as apricots, raisins, sultanas or dates.

Makes: 20 bliss balls



- 2 cups dried strawberries
- 1 cup goji berries
- 1½ cups puffed quinoa
- ½ desiccated coconut
- 1 tsp vanilla bean powder

Add all ingredients to food processor, but keep ¼ cup of desiccated coconut aside in a small bowl. Blend for 5 mins until mixture holds together when pressed into a ball. Remove mixture from blender and add to a large bowl.

Take a small part of mixture and, using hands, roll into a ball. You can make these any size you wish, but I keep them to bite-sized balls. Once rolled into a ball, coat in desiccated coconut. Continue process until you have used all mixture and have about 20 bliss balls.

These will keep in a container in the fridge for up to 3 weeks — if they last that long!



*Keep these balls in
the fridge for up to
three weeks.*

Danielle's Strawberry
Cream Bliss Balls

Photography by Danielle Minnebo



Meg's Tahini Nut Slice



Meg's Pumpkin & Feta Bread

PUMPKIN & FETA BREAD RECIPE / DANIELLE MINNEBO

This pumpkin bread is nutrient-rich, high in protein and fibre, free from grains and gluten, and is the perfect way to sneak some vegetables into your child's snack foods.

Makes: 10 thick slices



- 2 cups raw pumpkin, grated
- ½ onion, finely diced
- 1 cup tapioca flour
- ½ cup almond meal
- 1 cup coconut flour
- 2 tsp baking powder
- ½ tsp sea salt
- 4 eggs
- ½ cup almond milk
- ½ cup extra-virgin olive oil
- 100g feta, crumbled (optional, leave out to make dairy-free)

Preheat oven to 200°C. Grease and line bread tin with olive oil and baking paper.

Add all ingredients to large bowl and mix well until combined.

Your mixture will seem a touch dry due to coconut flour. Don't add more

liquid to mixture because, as pumpkin cooks, it will release a lot of water and make bread nice and moist. Spoon mixture into bread tin and make sure to flatten and push right into each corner.

Bake for 1 hour. You'll know it's ready when firm to touch in the middle and has a nice golden colour. Allow to cool before removing from tin and make sure loaf is completely cool before you start slicing it or you'll end up with a lot of crumbs.

Note: If your child's school is a nut-free zone, simply replace almond meal with ground sunflower seeds and almond milk with rice milk.

TAHINI NUT SLICE RECIPE / MEG THOMPSON

Full of protein and healthy fats to keep little bodies nourished and their blood sugar stable, this slice is always a hit.

Makes: 12–15 slices



- 1 cup dates, pitted
- ⅓ cup tahini
- ⅓ cup nut butter
- ¼ cup honey
- ½ tsp vanilla extract
- ½ tsp fine sea salt
- 1½ cups brown rice/quinoa/millet puffs
- ½ cup nuts, roughly chopped
- ½ cup seeds, such as sesame & sunflower
- 100g good-quality dark chocolate (optional)

Combine dates, tahini, nut butter, honey, vanilla and salt in food processor and process until well combined. If dates are too hard, soak in hot water for 5 mins before beginning.

Transfer to bowl and mix through rest of ingredients with your hands.

Press into lined dish and pop in fridge for at least 4 hours or overnight to set.

If using chocolate, melt and drizzle over top.

BLUEBERRY MINI MUFFINS RECIPE / MEG THOMPSON

Packed with loads of protein, healthy fats and wholegrain goodness, these mini muffins are sturdy enough to withstand the lunchbox and delicious enough not to return home again.

Makes: about 32



- 2 cups spelt flour
- ½ cup desiccated coconut
- ½ cup rolled oats
- ½ tsp baking soda
- ⅓ cup freshly squeezed orange juice
- ⅓–½ cup coconut milk
- ⅓ cup coconut oil, macadamia oil or butter
- ⅓ cup maple syrup
- 2 tbsp tahini or nut butter
- ½ tsp pure vanilla essence
- 1 cup fresh or frozen blueberries

Preheat oven to 180°C.

Combine spelt flour, coconut, oats and baking soda in a bowl.

In a separate bowl, add orange juice, coconut milk, oil, maple syrup, tahini and vanilla, whisking with a fork to combine.

Add wet mix to dry and gently stir to combine, trying not to over-mix.

Fold in blueberries.

Spoon into mini muffin tins or patty pans and bake for 18–20 mins, or until skewer comes out clean.



Meg's Blueberry Mini Muffins

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Serve these muffins hot or cold as they will keep in the fridge for four days.

Lee's Lamb Sausage & Basil Egg Muffins

LAMB SAUSAGE & BASIL EGG MUFFINS RECIPE / LEE HOLMES

Give these a whirl and you'll never look at fast-food sausage-and-egg muffin the same way. Pack them into a lunchbox, parade them at picnics or enjoy them sizzling, just out of the oven beside a simple salad. These muffins taste delicious cracked open and spread with butter. For a cheesy version, add a quarter of a cup of grated cheese into the mix.

Makes: 12 muffins



Coconut oil or unsalted butter,
for greasing
12 eggs

4 large handfuls basil leaves, chopped
Celtic sea salt & freshly cracked black
pepper, to taste

500g lamb sausages, cooked & chopped
into bite-sized pieces

Preheat oven to 180°C. Grease 12-hole
muffin tin.

Crack eggs into large bowl and whisk
together. Add basil and season. Divide

sausage pieces evenly over base of
muffin holes. Pour over scrambled eggs
and cook in oven for 15–20 mins.

Remove from oven and allow to cool
on a wire rack for 5 mins. Run a knife
around the outside of each muffin to
loosen, before turning them out from
the tin.

They're delicious served warm or cold
and will keep in a sealed container in the
fridge for up to 4 days.

CRUNCHY CHICKEN DRUMMERS RECIPE / LEE HOLMES

Drummers are a healthy protein-rich
bite for kids — chicken drummers, that
is! These sticks are a good source of B
vitamins, lack of which has been linked
to low mood, so maintaining a steady
level could help keep kids' moods stable.
When cooking this recipe, always make
extra. They're a great addition to the
lunchbox when cold and a warm dinner
or snack. When packing them in a
lunchbox, add an icepack just to ensure
they'll stay cold until lunchtime.

Serves: 4–8



2 tbsp melted butter
90g brown rice crackers
8 chicken drumsticks, skin removed
if preferred
1 large egg, lightly beaten

Preheat oven to 200°C and line
roasting tin with foil and brush with
melted butter.

Place brown rice crackers in
zip-lock bag, close bag and crush
contents to fine crumbs with a rolling
pin. Dip 1 or 2 drumsticks at a time
in egg, then add to zip-lock bag and
shake to coat chicken evenly.

Transfer to prepared roasting
tin and bake for 30–35 mins or until
chicken is cooked through and coating
is browned and crispy.

Lee's Crunchy Chicken Drummers



English Tea Shop



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Pineapple, Mint Detox Ice Tea

To make one litre Refreshing Detox Iced Tea: Brew 6 bags Detox Me in 500 ml of freshly boiled water for 2-3 minutes. Add another 500 ml of warm water.

Then add ½ cup of crushed pineapple, fresh mint leaves, a squeeze of lime juice (1 whole lime) and a hint of Manuka honey to taste.

This is just one of many recipes you can try.



RECIPES HEALTHY SCHOOLYARD SNACKS

CACAO BOMB CRACKLES RECIPE / LEE HOLMES

Using real food will teach your child to appreciate food's natural flavours and develop an understanding of what real food actually tastes like. This recipe is the perfect example. If you skip the sugar-filled, artificially flavoured party treats and instead opt for a healthier version, it will ensure you are meeting your child's nutritional needs. These crackles have a good supply of magnesium and iron from the raw cacao and B vitamins from brown rice puffs.

Makes: 12

GF O V VG

2 cups brown rice puffs
1/3 cup coconut sugar
6 tbsp coconut oil
2 tbsp coconut butter
3 tbsp cacao powder
1 tsp vanilla extract
1/2 cup desiccated coconut

Line 12-cup muffin pan with paper cup liners.

Place rice puffs in a bowl.

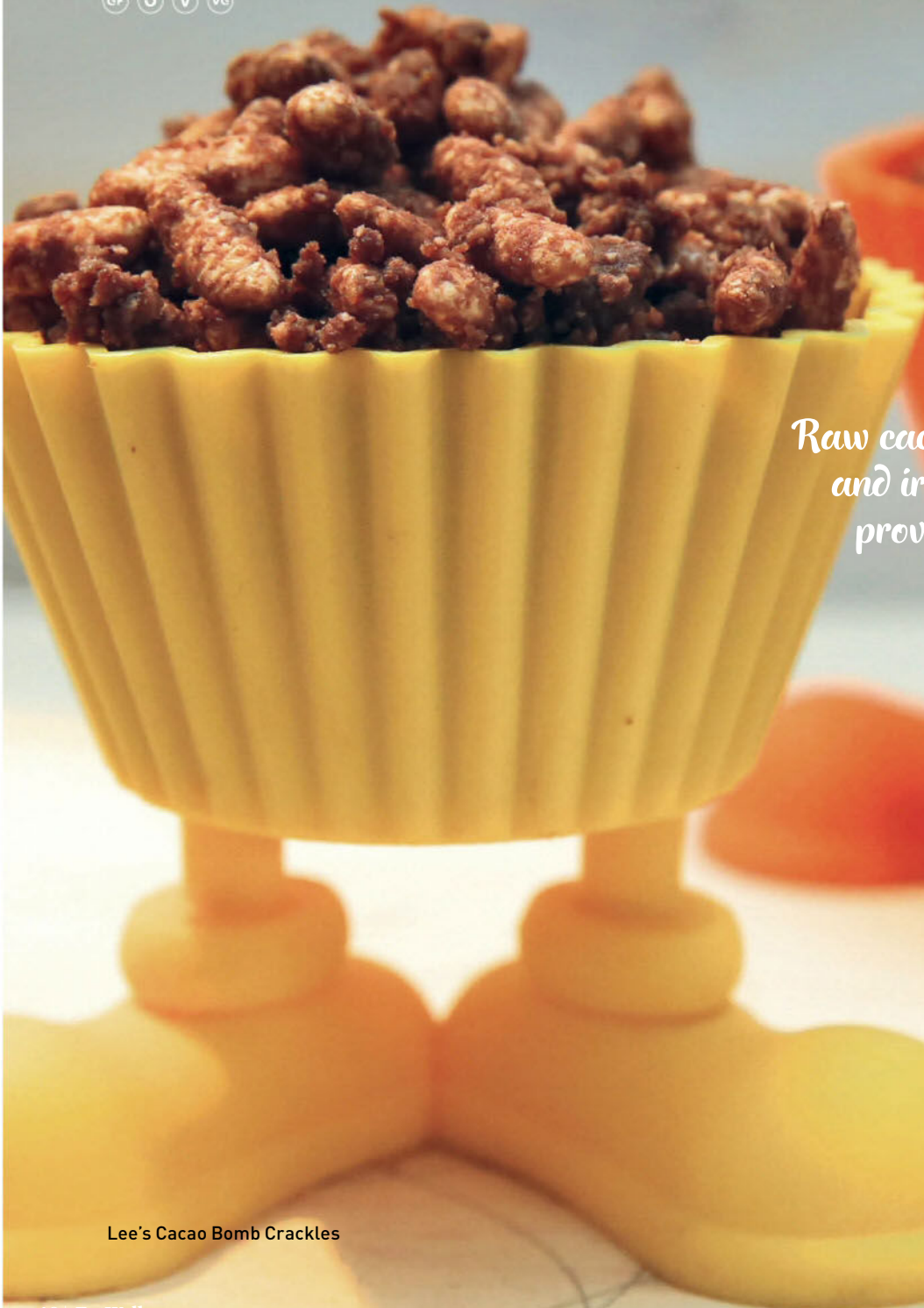
In food processor, process coconut sugar until it resembles a fine powder.

Place another bowl over boiling water on the stovetop on medium heat and add coconut sugar, coconut oil and butter, vanilla and cacao powder. Stir until melted.

Add desiccated coconut and stir well.

Remove from heat and add to the brown rice puffs and stir. Then spoon mixture into liners.

Place in refrigerator to set.



Raw cacao gives magnesium and iron and brown rice provides B vitamins.

Lee's Cacao Bomb Crackles

Photography by Lee Holmes



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Originally from Greece, Chris Tassios started Chris' Dips to bring some of the flavours of his homeland, such as caviar and tzatziki, to the tables of Australians. Thirty years on, Chris' Dips continues to create mouth-watering dips that make entertaining easy.



POTATO BOMBA
RECIPE / CHRIS' DIPS

Serves: 6



- 400g can tuna in olive oil, mashed finely, including oil
- 150g Chris' Traditional Cheese & Chive Dip
- 2 tbsp small capers
- 2 tbsp lemon juice
- 2 tbsp chives, very finely chopped

Potato Bomba

- 6 cups mashed potato
- 1 tbsp sea salt & pepper
- ½ tsp white pepper
- 2 cups plain flour
- 3 tbsp smoked paprika
- Pinch salt
- 4 eggs
- 200g panko breadcrumbs
- Oil, to deep-fry
- Extra Chris' Traditional Cheese & Chive Dip, to serve
- Lemon quarters, to serve
- Chervil or micro herbs, to garnish

In a large bowl, combine mashed tuna, Chris' Traditional Cheese & Chive dip, capers, lemon juice and chives, then refrigerate covered till ready to use.

Season mashed potatoes with salt and pepper, take 25g ball and flatten

between palms of your hands.

Place 1 heaped teaspoon of filling into middle of ball and work potato around filling to form a closed ball. Repeat until you have used all mix.

Refrigerate balls until chilled, or overnight.

Once potato balls are firm, coat in flour seasoned with smoked paprika and pinch of salt.

Whisk eggs in deep bowl and place panko breadcrumbs in separate tray.

Dip balls one at a time in egg wash, then evenly coat in panko breadcrumbs.

Place crumbed balls aside in fridge to set.

In a deep pot, heat oil to 160°C and line a tray with a paper towel for finished balls.

Gently lower balls into oil, being careful not to overcrowd and cook until golden.

To serve, smear a spoonful of remaining dip across a small plate and settle balls on dip. Serve with lemon wedges and some micro herbs.

RAINBOW CHARD SPANAKOPITA
RECIPE / CHRIS' DIPS

Serves: 6



- 2-3 bunches rainbow chard, finely shredded
- 250g firm Greek feta
- 250g ricotta, well-drained

5 eggs

4 spring onions, finely chopped

2 dill sprigs, chopped

1 tsp ground nutmeg

2 tbsp breadcrumbs

½ tsp freshly ground white pepper

Sea salt

200g Chris' Traditional Spring Onion Dip

Lemon juice, to taste

375g filo pastry

125g butter, melted

2 tbsp sesame seeds

Preheat oven to 180°C.

Saute chard on high heat until tender. Transfer chard to colander and squeeze out as much excess water as possible.

In a bowl, gently work feta, ricotta, eggs, spring onions, dill, nutmeg, breadcrumbs and pepper together with a fork and season to taste with sea salt.

Fold Chris' Traditional Spring Onion Dip and lemon juice (to taste) through chard and cheese mixture until combined.

On a clean bench, lay single sheet of filo pastry down and brush with melted butter.

Lay another sheet on top of first and repeat with butter until you have made 6 layers of filo. Leave last sheet unbuttered.

With pastry sheets facing you horizontally, spread 2 tablespoonfuls



Potato Bomba



Rainbow Chard Spanakopita



Baked Pumpkin & Chorizo Salad



Charred Sourdough Soldiers with Roasted Cherry Tomatoes

of mixture 100mm from right of pastry, leaving a 25mm border on top and bottom.

Brush pastry to right of filling with butter and fold buttered pastry over filling, creating a neat parcel.

Spoon another equal amount of filling beside to right of parcel and again butter pastry to left of new filling and fold parcel onto itself, creating 2 layers of filling.

Spread 1 tablespoon of filling on centre of parcel and brush pastry to left of parcel, folding pastry over filling and sealing all edges with your hands.

Brush top and sides of parcel with butter, using fork to prick some holes all the way through parcel to allow excess steam to escape while baking.

Sprinkle with sesame seeds.

Place spanakopita on baking sheet lined with baking paper and bake for 35–40 mins, until golden and flaky.

To serve, cut the parcel into 6 equal pieces.

BAKED PUMPKIN & CHORIZO SALAD

RECIPE / CHRIS' DIPS

Serves: 4



500g pumpkin, cut into even 4cm-thick wedges

Extra-virgin olive oil

Sea salt flakes, to taste

1 red onion, diced into 3mm rings

4 chorizo sausages, cut into 2cm slices

200g Chris' Traditional Hommus Dip

Juice 1 lemon

Bunch rocket, fresh

1 pomegranate, halved

Bunch mint

Preheat oven to 180°C.

Lay pumpkin wedges on baking tray and brush with a little olive oil and season. Roast in oven for 10 mins until almost tender.

Place red onion in ice water.

Preheat BBQ grill plate and quickly grill chorizo for colour, then set aside.

Grill par-baked pumpkin wedges for 2–3 mins.

Place 100g of Chris's Traditional Hommus Dip in a bowl and squeeze in lemon juice and a tablespoon of extra-virgin olive oil, thinning Chris' Traditional Hommus Dip down to a drizzling consistency. Add extra salt to taste.

While pumpkin wedges are grilling, dollop on left side of large serving platter remaining 100g Chris Hommus Dip and swoosh it through middle of platter with the back of a medium serving spoon.

Place grilled pumpkin over top of Hommus swoosh. Scatter rocket over pumpkin followed by chorizo.

Crack and deseed half of pomegranate over grilled pumpkin wedges by tapping with a spoon. Then top with red onion rings. Rip and sprinkle mint loosely over top. Squeeze juice of other half of pomegranate over top.

Finish by dressing with generous amount of Hommus over top. Finish with an extra pinch of salt and pepper, then serve.

CHARRED SOURDOUGH SOLDIERS WITH ROASTED CHERRY TOMATOES

RECIPE / CHRIS' DIPS

Serves: 6



$\frac{3}{4}$ cup white cider vinegar

2 tsp caster sugar

$\frac{1}{2}$ tsp sea salt

2 red onions, sliced very thinly into rings

18 vine-ripened cherry tomatoes

3 tbsp extra-virgin olive oil, plus extra to serve

6 slices sourdough bread

3 whole cloves garlic, peeled

100g Chris' Traditional Three Olive Dip

$\frac{1}{2}$ bunch Continental parsley, loosely chopped

Sea salt, to serve

Preheat oven to 180°C.

In a bowl or jar, mix vinegar, sugar and salt.

Blanch onion in hot water for 20 secs, then drain and place in vinegar solution for about 30 mins.

Place cherry tomatoes on oven tray, lightly brush with oil, season with salt and roast for 15 mins or until split. Set aside ready for assembly.

Preheat grill pan. Brush bread slices with oil and char on high heat to deep brown, almost black, on both sides. Lightly rub presentation side of toast with fresh garlic clove and drizzle with a little extra oil. Cut each slice into 3 even soldiers.

Spread generous layer of Chris's Traditional Three Olive Dip on each soldier, smash 2–3 roasted cherry tomatoes on top, loosely cover with some pickled red onion and garnish with parsley.

Drizzle with a little extra oil, season and serve while toast is still warm.

For more information visit eatloveshare.com.au



SPONSOR RECIPES CAPE GRIM BEEF

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BEEF FLANK TORTILLAS WITH CHARGRILLED CORN

RECIPE / KATE GIBBS
@KATEGIBBS

Serves: 4



Green Goddess Dressing

½ bunch spring onions, finely sliced diagonally
½ tsp sesame oil

½ tbsp soy sauce or tamari
½ tbsp sherry vinegar
1 tsp rice bran or grapeseed oil
Pinch salt

2 cobs corn
1 tbsp unsalted butter, softened
Sea salt
500g Cape Grim flank steak
1 tsp rice bran oil
8 corn tortillas

Kewpie mayonnaise, to serve
1 lime, cut into wedges, to serve
Shichimi togarashi, to serve

To make Green Goddess Dressing, combine all ingredients in a bowl. Season with a pinch salt and set aside.

Heat chargrill plate to high. Brush corn with butter and season. Grill, turning every 2–3 mins, until tender and slightly charred, 10 mins. Set aside to cool slightly.

Bring steak to room temperature and season generously with sea salt and freshly ground black pepper. Drizzle over 1 teaspoon of oil to coat. Heat frypan to medium-high and grill steak until crust forms, about 2 mins for rare, then turn and repeat. Transfer to a board to rest 5 mins. The meat will be rare — cook a little longer for medium-rare.

Meanwhile, dry toast tortillas in a pan until warmed through, then set aside.

To serve, place on separate plates and bowls Green Goddess Dressing, mayonnaise and tortillas. Cut corn from cob and place in serving bowl. Thinly slice beef and transfer to a plate. Offer lime wedges for squeezing and togarashi for sprinkling over tortillas.

Tip: Shichimi togarashi is a Japanese chilli spice with orange and sesame seeds. You can buy it from good Asian grocers.

BEEF CHEEK RAGU WITH PAPPARDELLE & GREMOLATA

RECIPE / KATE GIBBS
@KATEGIBBS

Serves: 4–6



Gremolata

½ bunch parsley, finely chopped
Zest & juice 1 lemon
1 tbsp extra-virgin olive oil
1 garlic clove, minced
Sea salt & cracked pepper, to taste

4 (about 1.2kg) Cape Grim beef cheeks, cut into 3–4cm cubes
Sea salt



Beef Flank Tortillas with Chargrilled Corn



Beef Cheek Ragu with Pappardelle & Gremolata

- 2 tbsp extra-virgin olive oil, plus extra
- 1 onion, chopped
- 1 carrot, chopped
- 1 stick celery, chopped
- 8 cloves garlic, peeled & crushed
- 500mL red wine
- 500mL chicken or vegetable stock
- 1 x 400g tin chopped tomatoes or 6 medium ripe tomatoes, chopped
- 1 bay leaf
- Sprig fresh thyme
- 1 tbsp tomato paste
- 300g durum wheat semolina pappardelle

For Gremolata, combine all ingredients in a small bowl, season with sea salt and freshly ground black pepper and set aside.

Bring beef cheeks to room temperature and season. Heat casserole dish with lid to medium-high, add oil and sear meat until golden-brown all over, then transfer to bowl.

In same pot, heat 1 teaspoon of oil if needed and add onion, carrot and celery. Sauté on medium heat until onion turns translucent, about 5 mins, then add garlic. Cook 5 mins, until softened, then return beef cheeks to pot.

Add wine and bring to simmer, then add stock, tomato, bay leaf, thyme and tomato

paste. Bring to simmer and cook over medium heat, covered, for 2-2½ hours (stirring and checking regularly) until cheeks are completely tender.

Remove lid and let simmer 20 mins to reduce and thicken liquid, if desired.

Cook pappardelle according to packet instructions and divide between bowls. Top with spoonfuls of ragu and gremolata to serve.

Tip: This dish can be done in a pressure cooker or slow cooker. For slow cooker, cook as above. For pressure cooker, omit chicken stock from recipe and cook at medium pressure for 45 mins, natural release. To reduce liquid a little once lid is removed, let simmer 20 mins.

PORTERHOUSE ROAST WITH CHARRED GREENS & MINT
RECIPE / KATE GIBBS
@KATEGIBBS

Serves: 4-6



- 1 tbsp extra-virgin olive oil
- 1.3kg Cape Grim porterhouse roast
- Sea salt & ground black pepper
- 3-4 sprigs fresh thyme



Porterhouse Roast with Charred Greens & Mint

- 1 cup peas
- 800g small Brussels sprouts
- 3 tsp extra-virgin olive oil
- Juice ½ lime
- 1 tsp reduced balsamic vinegar
- ½ bunch mint, leaves picked
- Charred greens, to serve
- Mint leaves, to serve

Preheat oven 180°C.

Drizzle oil over beef and rub in to coat completely. Season liberally with sea salt and freshly ground black pepper.

Heat oven-proof roasting pan on stovetop and brown beef on all sides. Top beef with thyme, place pan in oven and cook 45 mins or until internal temperature is 62-63°C for medium-rare.

Meanwhile, blanch peas in salted boiling water 2-3 mins, until just tender, then strain and set aside.

For sprouts, halve small sprouts and quarter large ones so they're around same size. Pat sprouts dry with kitchen towel if wet from washing.

In oven-proof roasting tray or pan, heat oil on stovetop and add Brussels sprouts cut side down, being careful not to overcrowd pan. Do in batches if needed. Sprinkle with 1 teaspoon of sea salt. When sprouts are turning golden on one side, turn over using kitchen tongs and place tray in same oven as beef for 12-15 mins, until tender when pierced with a knife.

Add sprouts to a bowl with peas, lime juice, balsamic and mint leaves, toss to combine, season with salt and pepper.

Let beef rest 10 mins, then slice and serve with greens and mint.

For more information visit
capegrimbeef.com.au



Borderland Organics is proud to be a key supplier of organic grapes and tomatoes across both Woolworths and Coles supermarkets Australia-wide.



MINI TOMATO, BASIL & PEACH SKEWERS
RECIPE / BORDERLAND ORGANICS

Serves: 2, or per person, per skewer



- Handful Borderland Organics red & yellow mini tomatoes
- 1-2 avocados, diced (not too ripe so it will stay on skewer)
- 2-3 peaches, chopped
- Handful basil leaves

Lime Oil

- 1/3 cup olive oil
- 1 garlic clove, crushed
- 2 tsp lime juice
- 1 tsp orange juice
- Salt & pepper

Mix oil ingredients together and let sit at room temperature for at least 30 mins. Remove garlic just before serving.

Assemble skewers with tomato, avocado, peach and basil leaves and drizzle with lime oil, salt and pepper.

Chill until ready to serve.

SPAGHETTI WITH CHERRY TOMATO SAUCE
RECIPE / BORDERLAND ORGANICS

Serves: 4



- 2 x 250g punnets Borderland Organics cherry tomatoes, halved
- 150mL olive oil
- 6 garlic cloves, sliced
- 2 long red chillies, deseeded & finely chopped

Mini Tomato, Basil & Peach Skewers





Spaghetti with Cherry Tomato Sauce

- 6 anchovy fillets in oil, drained
- 1 tbsp capers, rinsed & drained
- 2 tbsp white wine
- 400g gluten-free spaghetti
- Juice 1 lemon
- ¼ cup flat-leaf parsley, finely chopped
- Grated parmesan, to serve

Preheat oven to 180°C.

Place cherry tomatoes on baking tray and drizzle with 2 tablespoons of oil. Roast for 20 mins until collapsed.

Heat remaining oil in large frypan over medium heat. Cook garlic, chillies and anchovies for 1–2 mins, stirring, until anchovies melt. Add capers, white wine and cherry tomato, bring to a simmer, then continue to cook, stirring until thick. Season to taste.

Cook pasta according to packet instructions until *al dente*, drain, and toss with sauce. Add lemon juice, parsley and parmesan.

MINI TOMATO & ROCKET SALAD
RECIPE / BORDERLAND ORGANICS

Serves: 4



- 250g punnet Borderland Organics cherry tomatoes, quartered
- 250g punnet Borderland Organics yellow cherry tomatoes, quartered
- Salt & pepper
- 50g rocket, stalks removed
- 3–4 tbsp good-quality olive oil

Put tomatoes in a bowl and toss with salt and pepper. Add rocket leaves and toss.

Pile salad into centre of large bowl-shaped plate and drizzle with olive oil. Serve immediately.

GRILLED CHICKEN BREAST WITH YELLOW CHERRY TOMATOES
RECIPE / BORDERLAND ORGANICS

Serves: 4



- 250g punnet Borderland Organics yellow cherry tomatoes
- 1½ tbsp extra-virgin olive oil
- 2 garlic cloves, minced
- 1 tbsp balsamic vinegar
- 3 tbsp fresh basil, chopped
- Freshly ground black pepper
- ¼ tsp salt
- 4 skinless, boneless chicken breast halves
- 2 tbsp chopped flat-leaf parsley
- 1 tbsp chopped thyme

Prepare hot BBQ. Away from heat source, lightly coat grill rack with cooking spray.

Arrange tomatoes skin side down on grill rack. Grill until skins begin to blacken, about 5 mins. Transfer to bowl, cover with plastic wrap and let steam until skins loosen, about 10 mins.

In small frying pan, heat olive oil over medium heat. Add garlic and saute until softened, about 1 min. Remove from heat and set aside.

Peel tomatoes. In blender or food processor, combine tomatoes, garlic with oil, and vinegar. Pulse until well blended. Stir in 1 tbsp of basil and some pepper.

Sprinkle chicken breasts with salt and pepper. In shallow dish, stir together parsley, thyme and the remaining 2 tablespoons of basil. Dredge chicken in the herb mixture, coating completely. Grill chicken, turning once, until browned on both sides and no longer pink inside, about 4 mins each side.

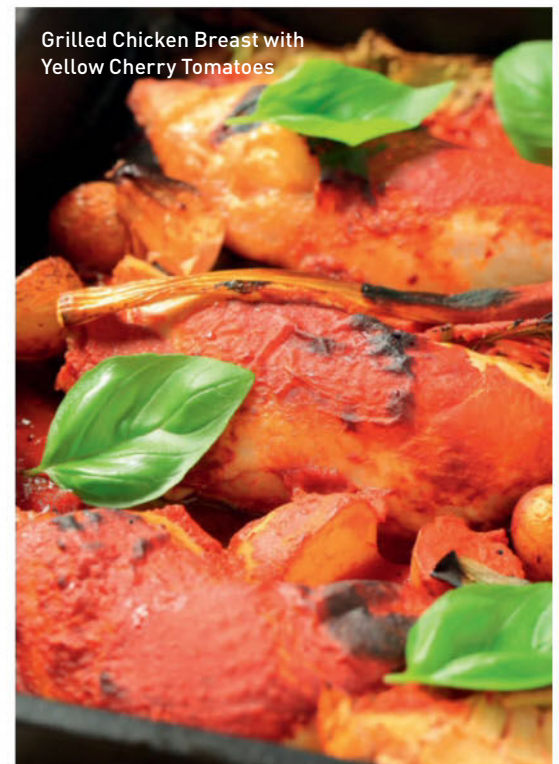
Transfer chicken breasts to warmed individual plates. Spoon tomato sauce on top, dividing evenly. Serve immediately.

For more information visit borderland.com.au

Mini Tomato & Rocket Salad



Grilled Chicken Breast with Yellow Cherry Tomatoes





Greek style

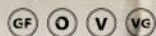
Many Greek dishes have Arabic, Persian and Turkish roots, and the result is a delicious fusion of flavours that are as healthy as they are delicious. Try some Oregano Lamb Skewers, Spanakopita (Spinach Pie), Smoked Salmon Taramasalata, Zucchini & Bean Moussaka or Cyprus-Style Potato & Beetroot Salad.



SUNFLOWER SEED FALAFEL BALLS WITH TAHINI DIPPING SAUCE
RECIPE / LEE HOLMES

Unfortunately, the kebab-shop versions of these popular plant-based pleasures are full of refined wheat and fried in cheap seed oils. Cook them at home to ensure an array of healthy ingredients in every bite with these cashew-based and sunflower seed delights.

Makes: 4-5



Tahini Dipping Sauce
3 tbsp tahini
6 drops stevia liquid

2 tbsp lemon juice
Pinch Celtic sea salt

Falafel

½ cup sunflower seeds
½ cup cashews
1 tbsp organic nut butter, softened
2 tbsp chopped basil leaves
½ tsp ground cumin
2 tbsp lemon juice
1 tsp chopped coriander leaves
2 tbsp chopped red capsicum
1 garlic clove, minced
¼ shallot, chopped
Pinch Celtic sea salt
¼ cup toasted sesame seeds, for coating
Lettuce leaf, to serve

Preheat oven to 220°C and line baking tray with baking paper.

To make tahini dipping sauce, place all ingredients in food processor with 2 tablespoons of filtered water and blend until smooth and creamy.

Place all falafel ingredients, except sesame seeds and lettuce, in a food processor and pulse until blended. Use an ice-cream-scoop to form round balls. Roll in sesame seeds, transfer to baking tray and bake for 20 mins, or until crispy.

Serve in lettuce leaf and dress with tahini dipping sauce.



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*Source: Seçil Kenar, Tarihinden Tarifine Bulgur, Doğan Egmont Publishing A.S., pp. 58-59 ISBN 978-605-09-0867-1.

*Duru Bulgur is available in both white and brown varieties in a range of sizes.



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This vegan moussaka will make you believe you are on Mykonos.



Lee's Lentil & Sunflower Seed Moussaka

LENTIL & SUNFLOWER SEED MOUSSAKA
RECIPE / LEE HOLMES

Now, there's absolutely no need to dream of Greek Island getaways. This vibrant vegan moussaka will do the trick, sweeping you off on a sensory experience potent enough to make you believe you're dancing on the white sands of Mykonos.

Serves: 3-4



Filling & Sauce

- 100g eggplant, sliced
- 100g zucchini, sliced
- 2 garlic cloves, minced
- 1 onion, sliced
- 3 tbsp olive oil
- 1 shallot, chopped
- 2 tbsp apple cider vinegar
- 2 cans chopped tomato
- 2 cans lentils, lightly drained
- ½ cup vegetable stock
- 2 tbsp oregano
- ½ tsp cinnamon

Sunflower Seed Cheese Topping

- 1 cup sunflower seeds, soaked in water for 3 hours
- 2 garlic cloves
- Juice ½ lemon
- 3 tbsp nutritional yeast flakes

- Pinch sea salt
- 6 tbsp filtered water
- 2 tbsp nutritional yeast flakes, for topping

Sprinkle eggplant and zucchini slices with Celtic sea salt and let sit in a colander to drain, about 30 mins. Then rinse off salt.

Brush eggplant and zucchini with olive oil.

Place in 200°C oven for 20 mins until browned.

To make sauce, sauté garlic and onion until browned.

Add vinegar, tomato, lentils, stock, oregano and cinnamon.

Cover and simmer on medium to low, for about 15 mins.

To make sunflower seed cheese, place all ingredients in food processor and mix until a smooth paste. For a creamier cheese, add filtered water. Place in refrigerator to firm up.

In a casserole dish, place a layer of cooked eggplant and zucchini and pour sauce over all sliced vegetables.

Add another layer of vegetables, then sauce. Ensure top layer is vegetables, and final layer is sunflower nut cheese.

Sprinkle final layer with nutritional yeast flakes.

Bake in oven at 220°C for about 15-20 mins or until top is crispy.

GREEK OLIVE TAPENADE
RECIPE / LEE HOLMES

Simple and packed with flavour, this pairs nicely with a slice of homemade bread. I love to enjoy this with my chia and flaxseed loaf.

Makes: 1 cup



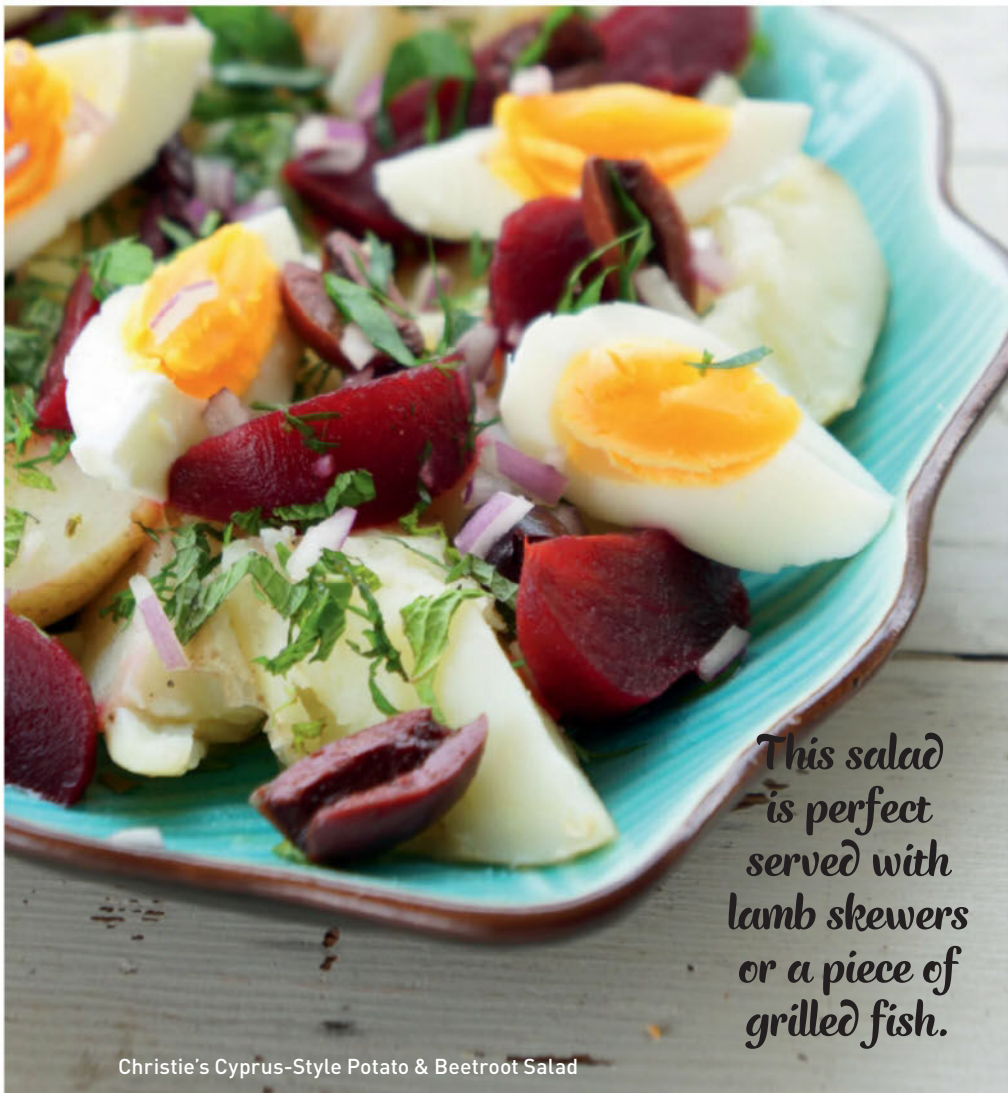
- 150g pitted black olives
- 6 basil leaves
- 2 garlic cloves, coarsely chopped
- 3 anchovy fillets
- 1 tsp capers
- 1 tbsp chopped parsley
- 1 tsp lemon juice
- 3 tbsp extra-virgin olive oil
- Freshly ground black pepper, to taste

Place olives, basil, garlic, anchovies, capers, parsley and lemon juice in a food processor and whiz to a paste. With motor running, slowly add olive oil until desired consistency is reached. Add freshly ground black pepper to taste.

Cover and refrigerate until ready to serve. The tapenade will keep in an airtight container in the fridge for a week.



The tapenade will keep in an airtight container in the fridge for a week.



Christie's Cyprus-Style Potato & Beetroot Salad

This salad is perfect served with lamb skewers or a piece of grilled fish.

CYPRUS-STYLE POTATO & BEETROOT SALAD

RECIPE / CHRISTIE CONNELLY

This is a beautiful, fresh potato salad with no gluggy mayonnaise in sight! The addition of beetroot adds a lovely colour as well as many health benefits, such as aiding digestion and being packed full of antioxidants. This salad is perfect served with lamb skewers or grilled fish.

Serves: 4 as a side dish



- 2–3 small beetroots, skin on, scrubbed
- 500g small waxy potatoes
- 2–3 sprigs dill, leaves picked
- 2–3 sprigs mint, leaves picked & chopped
- Juice ½ lemon
- 1 tbsp red-wine vinegar
- 80mL cold-pressed olive oil, plus extra for garnish
- 2 hard-boiled eggs, peeled & sliced
- 1 red onion, finely diced
- 2 tbsp pitted kalamata olives
- 2–3 sprigs parsley, leaves picked & chopped

Place beetroot in small saucepan and cover with cold water. Bring to the boil and cook for 10 mins or until tender when pricked with a knife. Drain and allow to cool.

Place potatoes in large saucepan and cover with cold water. Bring to the boil and cook for 10 mins until tender when pierced with knife. Drain and, while still hot, quarter and place on serving platter (use tongs to transfer if they're too hot to handle!).

Quickly place dill, mint, lemon juice, vinegar and olive oil into small bowl and whisk to combine. Pour over potatoes and gently toss.

Slice beetroot into thin wedges and arrange on top of potatoes. Scatter over sliced egg, red onion, olives and parsley. Season with salt and pepper, drizzle with a little extra olive oil and serve. Can also be served chilled if you want to make ahead of time.

OREGANO LAMB SKEWERS WITH FETA & OLIVE DIP

RECIPE / CHRISTIE CONNELLY

It's more traditional to serve Greek-style lamb with a dip like tzatziki, but I prefer this cheesy, textured dip instead. Serve it with my Cyprus-Style Potato Salad for a complete meal.

Serves: 4



- 12 bamboo skewers
- 1kg diced lamb
- 1 red onion, sliced into 3cm squarish chunks
- 1 red capsicum, sliced into 3cm squarish chunks
- ¼ cup olive oil
- Juice 1 lemon
- 2 tbsp fresh oregano leaves
- 1 tbsp fresh dill leaves

Dip

- 200g feta cheese, crumbled
- ¼ cup olive oil
- Zest & juice 2 lemons
- ½ cup black kalamata olives, pitted & roughly chopped
- 1 tbsp fresh mint leaves
- 1 tbsp fresh dill leaves

Soak skewers for 1 hour in cold water so they don't burn when you cook them.

Thread lamb, onion and capsicum onto skewers alternately. Place into wide, deep dish, big enough to fit them in one layer. Set aside.

In a small bowl, add olive oil, lemon juice, oregano and dill. Whisk to combine and pour over lamb skewers. Refrigerate for 1 hour to marinate. You can skip this step if you are running short on time.

Meanwhile, make the dip. Whisk all ingredients in a bowl and place in fridge to thoroughly chill and let flavours mingle.

Heat BBQ or griddle pan on high. Season skewers with salt and pepper and cook for 3–4 mins on each side for medium or until done to your liking. Serve with dip and Cyprus-Style Potato and Beetroot Salad.



Christie's Oregano Lamb Skewers with Feta & Olive Dip

Dipping just got healthy!



DOWN **2** EARTH

Some of us think dip is for entertaining only. However at Chris' we see dip as an everyday ingredient for easy recipe creations or snacking on-the-go... and it's not all bad.

Chris' **NEW** Down2Earth range is made locally from nutrient-dense wholefoods with premium spices and super food ingredients, providing a healthy alternative to the rich dips that we typically indulge in with friends.

The enticing flavour combinations include Sweet Potato & Harissa Hommus, Spiced Roasted Carrot & Turmeric, Mexican Style Bean & Corn Salsa and Japanese Style Eggplant & Miso. Made from the freshest locally sourced ingredients, the Down2Earth range makes flavourful snacking and preparing a clean meal simple!

Find them in the dip aisle at Woolworths.





Christie's Smoked Salmon Taramasalata



Adam's Spanakopita

SMOKED SALMON TARAMASALATA RECIPE / CHRISTIE CONNELLY

This dip is traditionally made with cod roe, which can be a little tricky to get if you don't have a local fishmonger. That's why I've used smoked salmon, which is readily available. It's best served with fresh crunchy vegies as there's already bread in the recipe.

Serves: 4



- 150g stale white bread, crusts removed
- ¼ red onion, finely grated
- Juice 1 lemon
- 80g smoked salmon
- ½ tsp salt
- ¼ tsp white pepper
- 80mL olive oil

Place bread in bowl and cover with cold tap water. Immediately drain water and squeeze bread with hands to remove excess liquid.

Put wet bread in food processor and add onion. Blend until well combined, then add lemon juice, smoked salmon, salt and pepper.

Leave motor running and slowly drizzle in olive oil through chute until a smooth paste is formed. Serve as part of a mezze platter with pita bread, olives and crunchy raw vegies.

SPANAKOPITA RECIPE / ADAM GUTHRIE

Spanakopita, or spinach pie, is a Greek savoury pastry traditionally made with chopped spinach, feta cheese, onion, egg and seasoning, wrapped in filo pastry. During Lent and other religious fasts, vegan versions are prepared

without eggs or dairy products by combining spinach, onion and green herbs like dill, parsley or celery, and binding them with a little wheat flour. My version uses tofu to replace the feta; simply place firm tofu in a food processor and blend until it resembles ricotta, then season with salt and pepper to taste.

Serves: 6



- 1 onion, finely diced
- 2 garlic cloves, crushed
- 10 button mushrooms, sliced
- 1 bunch spinach leaves, shredded
- 700g firm tofu
- ½ tsp nutmeg
- ½ tsp lemon zest
- 2 tbsp finely chopped fresh dill
- Salt & freshly ground pepper, to taste
- 5 sheets filo pastry
- 1 tbsp soy milk
- 1 tbsp sesame seeds

Preheat oven to 180°C.

Heat frypan and sauté onion and garlic for 1 min, then add mushrooms and continue to sauté for 2 mins. Add spinach leaves and allow to soften, then remove from heat.

Break up tofu into pieces and place in processor. Add nutmeg, lemon zest, dill, salt and pepper to taste and process to a ricotta cheese-like consistency. Mix tofu with mushroom.

Lay 5 sheets of filo pastry and add mixture. Fold pastry to form a strudel. Brush strudel with 1 tablespoon of soy milk and sprinkle with sesame seeds. Bake in preheated oven at 180°C for 20 mins.



Adam's Zucchini & Bean Moussaka

This vegan moussaka is all about the yummy, wobbly béchamel sauce.

ZUCCHINI & BEAN MOUSSAKA RECIPE / ADAM GUTHRIE

I've taken a classic moussaka recipe and transformed it into a vegie delight. A good moussaka is all about the lush, generous top layer of wobbly béchamel sauce. My version is hearty and delicious. I think it's one of the most fabulous things you can eat — you'll love it and return for seconds!

Serves: 8



- 1kg medium-size zucchini, each sliced lengthways into 3 strips
- 4 cups bean sauce
- 4 cups béchamel sauce
- Salt & pepper, to taste
- Finely chopped parsley, to serve

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Adam's Vegan Tzatziki

- 1 litre soy or almond milk
- 2 bay leaves
- ¼ tsp ground allspice
- ½ tsp ground nutmeg
- Salt & pepper, to taste

Preheat oven to 200°C.

Heat heavy-based frypan and place zucchini strips in pan. Season strips with a pinch of salt and pepper and cook until brown, then turn over and brown other side. Remove and set aside on a plate.

To make bean sauce, heat frypan and sauté onion and garlic until slightly brown. Add celery and sauté for a minute, then add vegetable stock and deglaze pan for a few seconds. Add beans and mash them into a mince. Add all remaining ingredients except salt and pepper. Stir to combine. Bring to the boil, then reduce heat and simmer for 15 mins. Remove from heat, add salt and pepper to taste and set aside.

To make béchamel sauce, place flour in 1 cup of milk and stir to make a thick but pourable slurry, adding more milk if required. Place remaining soy milk, bay leaves, allspice and nutmeg in saucepan and bring to simmer. When simmering, pour in flour/milk slurry and whisk until it boils and becomes thick. Reduce heat and simmer for 5 mins. Add salt and pepper to taste. Remove from heat and set aside.

To assemble moussaka, lay half of the grilled zucchini on the base of a 20cm × 30cm baking dish and cover with half of the bean sauce. Add remaining zucchini slices on top and spread with remaining bean sauce. Spread béchamel sauce evenly over top. Cover with aluminium foil and bake for 30 mins. Then remove foil and bake for a further 10 mins. Let sit for a few minutes. Sprinkle with chopped parsley, then cut into 8 even-sized pieces and serve.

VEGAN TZATZIKI RECIPE / ADAM GUTHRIE

Cashews are my go-to ingredient for non-dairy sauces, as they make everything rich and creamy.

Makes: 2 cups

GF O V VG

- 1 cup raw cashews, soaked in water overnight
- 2 garlic cloves, peeled
- Juice 2 medium-sized lemons
- ½ cup water
- 1 large Lebanese cucumber, grated
- Salt & pepper, to taste

Discard water from cashews and place cashews in high-powered blender. Add garlic, lemon juice, water and blend until the consistency of thick yoghurt.

Pour cashew yoghurt into a bowl, add grated cucumber and salt and pepper to taste.

SLOW-COOKED LAMB SHANKS RECIPE / DANIELLE MINNEBO

This recipe is best prepared in a large cast-iron pot (with lid). If you don't have a cast-iron pot, a slow cooker will work just fine.

Serves: 4

GF O

- 4 small lamb shanks
- 1 onion, finely chopped
- 2 cloves garlic, crushed
- 5 stalks rosemary
- 1 jar passata
- 2 cups chicken stock
- 1 tsp sea salt
- Splash olive oil
- 5 potatoes
- 1 bunch kale

Preheat oven to 130°C.

Put lamb shanks, onion, garlic, rosemary stalks, passata, chicken stock, sea salt and olive oil in cast-iron pot. Cover with lid and cook for 4 hours.

45 mins before you pull lamb out of oven, start preparing potatoes and kale. You can either roast or boil and mash potatoes, whichever you prefer.

To cook kale, heat a little olive oil in a frypan. Strip leaves from stalks and add to frypan with a pinch of sea salt. Cook kale fast over high heat for 30 secs only, continually tossing kale.

After 4 hours, remove lamb shanks from oven and set aside to rest. Using a spoon, skim fat from top of tomato sauce. If you have cooked shanks in a slow cooker you will need to reduce sauce in a saucepan over medium heat until nice and thick.

Serve lamb shanks with mashed potato and kale, topped with sauce.

ORANGE, HONEY & ALMOND CAKE RECIPE / DANIELLE MINNEBO

This amazing orange cake is rich and moist, almost like an orange mud cake. The honey and orange syrup adds a beautiful glaze and amazing flavour.

Makes: 12 slices

GF O V



Danielle's Slow-Cooked Lamb Shanks

Bean Sauce

- 1 large onion, finely diced
- 2 garlic cloves, crushed
- 2 celery stalks, peeled & finely diced
- 125mL vegetable stock
- 2 × 400g cans black beans or red kidney beans
- 3 tbsp finely chopped parsley
- 1 tsp dried oregano
- 1 × 400g can diced tomato
- 1 tbsp tomato paste
- 1 tsp ground cinnamon
- ½ tsp ground allspice
- 1 bay leaf
- Salt & pepper, to taste

Béchamel Sauce

- ¾ cup wholemeal plain flour



Danielle's Orange,
Honey & Almond Cake

- 3 cups almond meal
- 1 cup coconut palm sugar
- ¼ cup coconut flour
- 1 tsp baking powder
- Zest & juice 2 large oranges
- 3 eggs
- ½ cup olive oil
- 1 cup almond milk
- 6 tbsp raw honey

Preheat oven to 200°C. Grease and line standard cake tin.

Add almond meal, coconut palm sugar, coconut flour and baking powder to large bowl and mix until combined. Add zest of 2 oranges and juice of 1 orange, eggs, olive oil and almond milk. Mix until well combined and pour into lined cake tin.

Bake for 40 mins until cake is golden-brown on top and firm to touch.

Add juice of 1 orange and honey to small saucepan and bring to a simmer. Simmer for 5 mins until a thick syrup.

Allow cake to cool before removing from tin. Pour syrup over top of cake, allowing it to absorb into cake, and serve.



Danielle's Honey, Walnut
& Fennel Cookies

*Fennel seeds
add an amazing
aniseed flavour
to these cookies.*

HONEY, WALNUT & FENNEL COOKIES

RECIPE / DANIELLE MINNEBO

The honey in these cookies makes them soft on the inside but still crunchy on the outside. The fennel seeds add an unusual touch but an incredibly delicious aniseed flavour.

Makes: 12 cookies



- 1 cup almond butter
- ¾ cup honey
- 1½ cups almond meal
- 1 cup walnuts
- ¼ cup coconut palm sugar
- 1 egg
- Pinch sea salt
- 3 tsp fennel seeds

Preheat oven to 200°C. Grease and line standard baking tray.

Add almond butter, honey, almond meal, walnuts, coconut palm sugar, egg, sea salt and 1 teaspoon of fennel seeds to food processor. Blend for 1 minute until all ingredients have combined and a dough is formed.

The dough will feel sticky to touch due to the honey. Wet your hands before scooping some dough out and rolling it into a ball. Press ball onto baking tray and continue this process until all dough has been used. Leave about 1cm of space between each biscuit to allow it to expand. Wet a fork and use it to press down each biscuit, then sprinkle some fennel seeds on top of each biscuit.

Bake for 30 mins. Allow to cool before removing from baking tray.



If you are looking for a gluten- and dairy-free treat that your guests and family will remember, you can't go past Leda Bakery Choc-Chip cookies. These homestyle cookies are made with all-natural, wholesome ingredients and are packed with flavour and crunch.



Banana Cream Golden Crunch Pots



**BANANA CREAM
GOLDEN CRUNCH POTS**
RECIPE / LEDA NUTRITION

Serves: 1



Caramel Sauce

- 1 cup raw or coconut sugar
- 1 tbsp water
- 1 tsp lemon juice

- ½ cup heavy cream, warmed
- ¼ tsp sea salt, to taste
- 60g butter, cubed

- 250g packet Leda Nutrition's Golden Crunch Cookies (or box Leda Gojo's)
- 3 ripe bananas, thickly sliced
- Plain yoghurt, to top
- Chocolate, shaved, to serve
- Shredded coconut, to serve

Begin making caramel sauce. Over medium heat, combine sugar, water and lemon juice but do not stir, until it reaches a golden caramel colour, tilting the pot from time to time.

Once golden, remove from heat and slowly add warmed cream and stir in salt.

Return to heat and continue to cook, stirring occasionally over medium-low temp for about 5 mins or until sauce has thickened. Remove from heat and stir in butter.

In a food processor, pulse Golden Crunch Cookies until broken up but not too fine.

Fill bottom of cups with crumb mix.

Make layer or 2 of banana slices and drizzle with a little caramel sauce. Top with yoghurt and shaved chocolate.

For a delicious chocolatey surprise, replace Golden Crunch Cookies with Leda Gojo's broken up in jar.

**GLUTEN-FREE MIXED
BERRY CHEESECAKE**
RECIPE / LEDA NUTRITION

Serves: 1



Mixed Berry Coulis

- 2 tbsp raw or coconut sugar
- 200g mixed berries

**205g packet Leda Gluten Free
Arrowroot Biscuits**

- 65g butter, melted
- 2 × 250g blocks Philly Cream Cheese, room temperature
- 100g raw or coconut sugar
- 2 tbsp mixed berry coulis
- 250mL fresh cream, whipped

- 1 cup mixed berries, fresh or frozen
- Mint leaves, to garnish

To make coulis, combine sugar, berries and just enough water to cover bottom of saucepan. Bring to boil over medium-high heat. Reduce heat to medium-low and cook until sugar is dissolved, about 8 mins. Remove from heat and allow to cool completely.



Gluten-Free Mixed Berry Cheesecake

Place mixture in blender and puree until smooth. Pass through fine-mesh colander and discard solids.

Grease 20cm round spring-form pan.

Using food processor, process biscuits until fine crumbs, add butter and continue to process until combined.

Press biscuit mixture over base of prepared pan. Refrigerate for 10–20 mins.

Meanwhile, using electric hand or bench mixer, beat cream cheese, sugar

and coulis until smooth and creamy. Fold in whipped cream.

Pour mixture into prepared pan and smooth over top using flat knife or spatula.

Top with mixed berries and drizzle with additional coulis.

Cover and refrigerate overnight or allow at least 4 hours to set. Remove and serve with fresh mint leaves.

GLUTEN-FREE GINGER SLICE RECIPE / LEDA NUTRITION

Serves: 1



Base

- 155g Packet Leda Nutrition's Gingernut Cookies
- 150g Leda Nutrition's Arrowroot Biscuits
- ¼ cup toasted almonds
- Handful pitted dates
- Handful dried apricots
- 65g butter, melted

Topping

- ⅓ cup mascarpone cheese
- 1 tbsp raw or coconut sugar
- ½ tsp vanilla extract
- ⅔ cup plain yoghurt
- Dark chocolate, shaved, to serve

In a food processor, blend cookies, biscuits and almonds to a fine crumb. Add dates, apricots and melted butter and pulse a few times until fruit is chopped and well combined.

Press mixture into a lined slice tin, evenly and about 15mm thick. Refrigerate for at least 1 hr.

To make topping, whisk mascarpone, sugar and vanilla in small bowl. Add yoghurt and whisk until smooth. Refrigerate until chilled, then top biscuit base and decorate with dark chocolate. Slice and serve.

For more information visit ledanutrition.com



Gluten-Free
Ginger Slice



Mckenzie's is an Australian family-owned and operated food manufacturer of a large range of legumes, including lentils, beans and peas. McKenzie's French Style Lentils are grown in Australia and renowned for their deep nutty flavour and their ability to hold their shape when cooked.



French-Style Lentil & Quinoa Salad

FRENCH-STYLE LENTIL & QUINOA SALAD
RECIPE / MCKENZIE'S

Serves: 6 as a side, 4 as a main



- ¾ cup McKenzie's French Style Lentils
- ¾ cup McKenzie's White Quinoa
- 1 red apple, quartered, cored & finely sliced
- 1 Lebanese cucumber, finely sliced into batons
- 3 celery stalks, finely sliced
- 5 spring onions, finely sliced

Dressing

- 2 tbsp olive oil
- 4 tbsp apple cider vinegar
- 1 tbsp stevia
- 2 tsp lime or lemon juice

Prepare and cook lentils and quinoa in separate saucepans as per directions on packs. Take care not to overcook. Drain and set aside to cool.

To prepare dressing, place all ingredients in a small bowl and whisk to combine.

In a salad bowl, combine cooked and well-drained lentils and quinoa, apple, cucumber, celery and spring onions. Pour over dressing and mix well.

Tip: Making this salad ahead of time allows the flavours of the dressing to intensify through the salad ingredients.

CHICKEN STUFFED WITH LENTILS, SAGE & PROSCIUTTO
RECIPE / MCKENZIE'S

Serves: 4



- ¼ cup McKenzie's French-Style Lentils
- Olive oil spray
- 4 chicken breast fillets, skin off
- 1 tbsp olive oil
- 100g prosciutto, thinly sliced
- 1 small onion, finely chopped
- 1 garlic clove, crushed
- 1 tbsp fresh sage leaves, finely sliced
- Handful baby spinach leaves, finely sliced
- McKenzie's Whole Black Peppercorns, to taste
- Squeeze lemon juice

Prepare lentils as per instructions on pack. Drain thoroughly and set aside.

Preheat oven to 180°C. Cover baking tray with foil and spray lightly with olive oil spray.

To prepare chicken breasts, take each breast and place on chopping board. Cover with sheet of baking paper and, using meat hammer/tenderiser or rolling pin, flatten each breast to a thickness of about 1cm.

Heat oil in frypan. Add prosciutto,



Chicken Stuffed with Lentils, Sage & Prosciutto



Mediterranean Grain Salad with Yoghurt

onion, garlic and sage leaves and cook, stirring frequently until onion is soft. Stir through lentils and spinach leaves until just heated through and spinach leaves have just wilted but not lost colour. Season with pepper to taste and squeeze lemon juice over the mixture. Set aside.

On each chicken breast, spread one-quarter of lentil mixture across whole breast and roll up from shortest side.

Carefully lift each breast onto prepared baking tray, seam side down. Spray each breast lightly with olive oil spray, cover tray with foil so no steam can escape and place in oven.

Cook for 35 mins, or until cooked through. Rest for 10 mins with foil still over chicken. Cut each breast into 5 "wheel" slices to serve. Pour any remaining juices over each breast.

MEDITERRANEAN GRAIN SALAD WITH YOGHURT

RECIPE / MCKENZIE'S

Serves: 4



- 1/2 cup McKenzie's French Style Lentils
- 1/2 cup McKenzie's White Quinoa
- 1 small red onion, finely chopped
- 2 tbsp pepitas, toasted
- 2 tbsp sunflower seeds, toasted
- 2 tbsp pine nuts, toasted
- 2 tbsp salted baby capers, rinsed
- 1/2 cup currants
- 1 cup firmly packed parsley leaves
- 1 cup firmly packed coriander leaves
- 1/4 cup lemon juice
- 1/3 cup olive oil
- 1 tsp cumin seeds, toasted
- 1 cup Greek-style yoghurt
- 1 1/2 tbsp honey
- 1/2 cup flaked almonds, roasted

Cook lentils and quinoa, separately, according to packet directions.

Combine lentils and quinoa in large bowl. Add onion, seeds, pine nuts,



Lentil, Beetroot & Feta Salad

capers, currants, herbs, juice and oil; stir until well combined.

Stir cumin seeds into the yoghurt in small bowl.

Serve salad on a large platter, top with spoonfuls of yoghurt, drizzle with honey and scatter with almonds.

LENTIL, BEETROOT & FETA SALAD

RECIPE / MCKENZIE'S

Serves: 4



- 1 cup McKenzie's French Style Lentils
- 3 cups water
- 1 bay leaf
- 3 tbsp olive oil
- 2 tbsp lemon juice
- 1 tbsp Dijon mustard
- 1 garlic clove, crushed
- McKenzie's Himalayan Pink Rock Salt, to taste
- McKenzie's Whole Black Peppercorns, to taste
- 1/2 red onion, finely sliced

425g can whole baby beets, drained & cut in halves

1/2 cup chopped Italian parsley

1/2 cup chopped coriander leaves

1/2 cup crumbled feta cheese

2 tbsp pumpkin seeds, lightly toasted

In medium saucepan bring lentils, water and bay leaf to boil over medium-high heat. Reduce heat and simmer until tender, about 25 mins. Drain off any excess water and remove bay leaf.

Combine olive oil, lemon juice, Dijon mustard, crushed garlic and salt and black pepper. Pour over warm lentils and lightly toss.

In serving bowl, lightly toss dressed lentils together with red onion, baby beets, parsley and coriander. Top with crumbled feta and pumpkin seeds.

Tip: Replace canned beetroot with warm roasted fresh beetroot.

For more information visit
mckenziefoods.com.au



Duru Bulgur is made from 100 per cent hard durum wheat that is steamed, dried and ground into grains in a special stone mill. Duru Bulgur can be used as a healthy alternative to pasta, rice or couscous in your favourite recipes for soup, salads or as a side dish.



Bulgur Salad with Fruits



Bulgur Salad

BULGUR SALAD WITH FRUITS
RECIPE / DURU BULGUR

Serves: 4



- 1 cup Duru Extra Extra Coarse Bulgur
- 2 cups hot water
- 1-2 drops vanilla essence (optional)
- ½ apple or pear, chopped
- ½ pomegranate or 8-10 strawberries, chopped
- 1 banana, chopped

- ½ orange or pineapple, chopped
- ½ cup honey
- Mint leaves, to serve

Cook bulgur with hot water on low heat until all water is absorbed, about 15 mins.
Wash bulgur under cold water and drain well.
In a large bowl, add vanilla, fruits, honey and bulgur.
Serve cold and, if desired, with fresh mint.

BULGUR SALAD
RECIPE / DURU BULGUR

Serves: 4



- 1 cup Duru Fine Bulgur
- 2 cups hot water
- 2 tsp salt
- 2 cherry tomatoes, chopped
- 3-4 thin green onions, finely chopped
- ¼ bunch parsley, finely chopped
- 3 tbsp lemon juice
- 2 tbsp mint, finely chopped
- 1.5 tbsp olive oil
- Pepper, to taste (optional)
- Lemon slices, to serve
- Lettuce leaves, to serve

Pour boiling water and salt over bulgur to cover until water is absorbed.
Once absorbed, drain off excess water.
In a big bowl, mix tomatoes, green onions, parsley, lemon juice, mint, olive oil and pepper. Add bulgur and blend.
Serve with lemon and lettuce leaves.



BULGUR WITH MUSHROOMS RECIPE / DURU BULGUR

Serves: 4



- 1 tbsp olive oil
- 1 tsp butter
- ¼ red kapia pepper, diced
- 1 green capsicum, diced
- 100g mushrooms, chopped
- 1 onion, finely chopped
- 1 cup Duru Extra Extra Coarse Bulgur
- ½ tsp salt
- 2 cups boiling water
- Bunch dill, finely chopped

Place olive oil and butter in wide, shallow pot. After butter melts add red kapia and green capsicum. After peppers are roasted, add mushroom and onion, and stir fry.

Add Duru Extra Extra Coarse Bulgur. Add salt and boiling water. Cook for 15 mins at low heat until peaks are formed.

Allow bulgur to rest for 20 mins before serving, and garnish with dill.

BULGUR WITH CHICKPEAS & LENTILS RECIPE / DURU BULGUR

Serves: 4



- 1 tbsp olive oil
- 1 tsp butter
- 1 red onion, finely chopped
- ¼ red kapia pepper, diced
- 1 tsp pepper paste
- 1 cup Duru Extra Extra Coarse Bulgur
- ⅓ cup pre-cooked chickpeas
- ½ cup pre-cooked green lentils
- 1 tsp red pepper flakes
- 1 tsp black pepper
- 1 tsp salt
- 2 cups boiling water

Add olive oil and butter to wide, shallow pot. When butter is melted, add onion and stirfry until pink. Add red kapia pepper and stir for 1 min.

Add pepper paste and bulgur and stir for another minute. After stirring, add chickpeas and lentils, following with red pepper flakes, black pepper, salt and boiling water.

Cook at low heat for 15 mins until peaks are formed. Serve bulgur after allowing to rest for 20 mins.

For more information visit
durubulgur.com.au



Bulgur with Mushrooms



Bulgur with Chickpeas & Lentils



Fish on the menu

Fish is a great source of protein and healthy omega-3 fats, but it's more than a health choice — it's a flavour choice, too. Beautifully prepared fish can be an absolute joy as you will find with our Quick Fish & Broccoli Curry, Teriyaki Salmon, Coconut Fish Bites, Stir-Fried Red Prawns, and Barramundi En Papillote.

TERIYAKI SALMON WITH CUCUMBER & SESAME SALAD

RECIPE / DANIELLE MINNEBO

This dish is quick to prepare and perfect for a weekday meal or something to impress your dinner guests with on the weekend. It's a light and fresh meal, plus the salmon is a great source of protein and omega-3 fatty acids.

Serves: 2



Teriyaki sauce

- 4 tbsp tamari sauce
- 1 tbsp fish sauce
- 2 tbsp raw honey
- 2 tsp grated ginger
- 2 cloves garlic, crushed

- 2 tbsp olive oil
- 2 salmon fillets (tail pieces)
- 2 tbsp white sesame seeds, toasted

Cucumber salad

- 2 Lebanese cucumbers
- ¼ red onion, finely sliced
- Handful fresh coriander, roughly chopped
- Juice ½ lemon
- 2 tsp black sesame seeds, toasted

Add tamari sauce, fish sauce, honey, grated ginger and crushed garlic into small saucepan. Place over medium heat and cook for a few minutes until honey has melted and sauce has thickened. Remove from heat and set aside.

Heat olive oil in large frypan

over medium heat and place salmon fillets in frypan, skin side down. Brush teriyaki sauce thinly on top of salmon. Flip fillets after 3 mins and cook for a further minute on this side. Brush skin of salmon with teriyaki sauce, then remove from frypan and brush top of the salmon again with more teriyaki sauce and sprinkle toasted white sesame seeds over top.

To prepare cucumber salad, cut thin ribbons from cucumber using vegetable peeler. Add to a bowl along with red onion, coriander, lemon juice and toasted black sesame seeds. Toss together gently until salad is well combined.

make at home superfood snacks



www.funch.com.au

Funch's Superfood Snack Mixtures include a Superfood Snack (Muesli) Bar Mixture, five different Protein Power Ball Mixtures and a No Bake Superfood Slice Mixture. These easy to make, healthy snacks are similar to the 'cake mix' concept, except with Funch products you end up with a delicious, wholesome, healthy snack. Funch is bridging the gap between health and convenience, giving busy people a great snack food choice as each Funch recipe is packed with great wholesome ingredients.

which is your favourite flavour?



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Danielle's Mini Fish Pot Pies

MINI FISH POT PIES RECIPE / DANIELLE MINNEBO

These are well worth the extra bit of time it takes to make the buckwheat pastry. To make this recipe dairy-free, simply replace the sour cream with equal parts of cashew cream cheese.

Serves: 4



Pastry

- 100g butter
- 1½ cups buckwheat flour
- Handful fresh dill, finely chopped
- Pinch sea salt
- ½ cup water

Filling

- 2 tbsp olive oil
- 1 tbsp butter
- 1 red onion, finely diced

- 6 kale leaves, finely chopped
- ¼ cup fresh dill, chopped
- ¼ cup fresh chives, chopped
- Pinch sea salt & pepper
- 150g salmon fillet (skin removed), cut into cubes
- ½ cup sour cream
- 1 egg, beaten

Preheat oven to 200°C. Grease 4 small ceramic pie ramekins.

To make pastry, add butter, buckwheat flour, dill and sea salt to food processor and blend until it resembles fine breadcrumbs. Add water and blend for a further 30 secs until a dough is formed. Remove dough, wrap in clingwrap and store in fridge for 30 mins.

Heat olive oil and butter in large frypan over medium heat. Add onion and kale, and sauté for 10 mins until caramelised. Remove from heat and add to mixing bowl, along with dill, chives, sea salt, pepper, salmon and sour cream. Mix until well combined and set aside.

Remove pastry from fridge and roll out on flat surface. Place 1 ceramic ramekin face down on pastry. Using a knife, cut a wide circle around it. Repeat 8 times. Gently lift 4 pastry circles into base of each ramekin, pushing pastry up the side. The pastry is quite delicate and might tear, so just push it back together again once in the ramekin. Blind bake pastry ramekins in oven for 10 mins.

Remove from oven after 10 mins and divide fish mixture between ramekins. Top each with another pastry circle, pushing it down around the edges. Brush each top with beaten egg and bake for a further 15 mins.

THYME & LEMON FLATHEAD WITH BUCKWHEAT SALAD RECIPE / DANIELLE MINNEBO

Don't miss the crucial step in this salad, which is toasting the buckwheat after it has been boiled. If you skip this step you won't get the beautiful crunchy bits in this salad. You can use whiting fillets instead of flathead fillets if the cost of flathead is too high.

Serves: 4



- 1 cup buckwheat, raw
- 1 Lebanese cucumber, finely diced
- ¼ red onion, finely diced
- 1 garlic clove, crushed
- ¼ cup sundried tomatoes, finely diced

- 2 tbsp olive oil
- Juice 1 lemon
- Pinch sea salt & pepper
- 4 flathead fillets
- Zest 1 lemon
- 1 tsp chopped thyme
- 1 tsp chopped oregano
- Pinch sea salt & pepper
- 1 tbsp olive oil
- Handful fresh oregano

Preheat oven to 200°C.

Add buckwheat to medium saucepan with 3 cups of water and bring to the boil. Reduce to simmer and cook for 20 mins. Strain and rinse buckwheat before spreading it out on a baking tray. Roast in oven for 30 mins until crunchy around the edges.

Add buckwheat to a large bowl along with cucumber, red onion, garlic, sundried tomatoes, olive oil, lemon juice, sea salt and pepper. Mix until well combined and set aside.

Place the fish fillets in a bowl along with lemon zest, thyme, oregano, sea salt, pepper and olive oil. Mix together until the fish is well coated.

Heat frypan over medium heat and add fish fillets. Cook for 2–3 mins on each side and remove from heat.

I love serving this on a large platter. Pile buckwheat salad down the centre of the platter, top with flathead and finish with a scattering of fresh oregano leaves and a drizzle of olive oil.

SMASHED SARDINES ON TOAST RECIPE / LEE HOLMES

Sardines may not immediately strike you as a happy food, but these little guys are sky high in mood-boosting omega-3 fatty acids and vitamin B₁₂ as well as being loaded with minerals such as calcium, iron, magnesium, potassium and zinc. Although fresh is best, canned sardines in extra-virgin olive oil are a convenient option, as they require minimal preparation.

Serves: 1



- ½ avocado, peeled & pitted
- 1 tbsp lime juice
- 1 tsp chopped red chilli (optional)
- Pinch Celtic sea salt
- Freshly cracked black pepper
- 2 slices gluten-free bread, toasted
- Small handful rocket leaves
- 120g canned sardines, smashed
- Extra-virgin olive oil, for drizzling



Danielle's
Thyme & Lemon
Flathead
with Toasted
Buckwheat Salad

Fresh is best but canned sardines in extra virgin olive oil are convenient and require minimal preparation.



RECIPES FISH ON THE MENU

Place avocado, lime juice, chilli, salt and pepper in a bowl and mash together with a fork.

Spread avocado mixture over bread and top with rocket and smashed sardines.

Drizzle with extra-virgin olive oil and serve.

ASPARAGUS, MUSHROOM & SALMON FRITTATA

RECIPE / LEE HOLMES

A true "beauty food", talented salmon is a notable source of omega-3 fats, the ultimate beautifying nutrients, along with other healthy fats, that can improve

your skin's look and feel. It will fuel your body with vitamin B₁₂ to regulate blood pressure, along with vitamin D and selenium to promote healthy hair, skin, nails and bones.

Serves: 4



- 8 eggs**
- 125mL almond milk**
- ½ tsp sea salt**
- 2 tbsp nutritional yeast flakes (optional)**
- 2 bunches asparagus, woody ends trimmed, cut into 4cm lengths**

1 cup sautéed mushrooms
200g cooked salmon

Preheat oven to 180°C and grease round 22cm pie dish.

Whisk eggs in large bowl, then whisk in almond milk, salt and yeast flakes, if using.

Scatter asparagus, mushrooms and salmon in pie dish and pour egg mixture over top.

Bake for 25–30 mins, or until frittata is set in the middle and top is puffy and slightly browned.

Serve with a crisp green salad.



Lee's Asparagus, Mushroom & Salmon Frittata

Photography by Lee Holmes



 Certified organic

 GF Gluten free

 Non GMO

 Fructose free



The Global Organics range is designed to bring only the purest, richest flavours from around the globe to Australian kitchens, at an affordable price. Each of the Global Organics lines are hand selected based on their organic principles, flavour and affordability.

New to the range is the Global Organics coconut products. Organic, gluten free, non GMO and direct from the source, these lines will add an authentic coconut flavour to your next dish.



Christie's Quick Fish & Broccoli Curry

WHOLE SIDE OF SALMON WITH BROWN BUTTER SAUCE

RECIPE / CHRISTIE CONNELLY

All you need is a super fresh side of salmon and a little butter, and you will have a show-stopping lunch or dinner prepared with very little effort. Salmon is full of omega-3s for brain power and goes well with many different vegetables, from beetroot to kale to crunchy roast potatoes.

Serves: 4



1.5kg side of salmon, in 1 piece

Salt & pepper

1 tbsp butter, plus 75g butter

2 tbsp finely chopped sage leaves

2 tbsp finely chopped marjoram leaves

1 tbsp finely chopped parsley leaves

Sea salt & black pepper

Heat oven to 200°C. Run clean hands over flesh side of salmon to feel for any stray bones. Pick them out with fish tweezers.

Season skin with salt and pepper. Heat large oven-proof roasting tin on stove and melt butter. Place salmon skin side down and cook for 5 mins until skin begins to crisp. Season flesh with salt and pepper, then carefully turn over and place in oven.

Cook for 20 mins until barely cooked through. Time will depend on thickness of fish, so check at 20 mins and then at 5 min intervals until done to your liking.

While fish is cooking, make sauce. Place butter, sage and marjoram into saucepan and melt over high heat. Swirl pan using a flick of the wrist for 2–3 mins, until melted. Continue cooking for 2–3 mins more until a light-brown colour. Watch it like a hawk because it can burn in a second. Stop just before desired colour as butter will continue to darken slightly.

Take off heat and immediately throw in parsley. Careful — it may splatter. Pour over salmon and serve.

COCONUT FISH BITES

RECIPE / CHRISTIE CONNELLY

These are baked, not fried, so they are a much healthier take on crumbed fish. Speaking of crumbs, there are none! I've used brown rice flour and coconut to coat, which makes them gluten- and dairy-free.

Serves: 4



1 cup brown-rice flour

Salt & pepper

¾ cup shredded coconut

2 tbsp sesame seeds

½ cup coconut milk

1 tbsp tamari sauce

500g fish fillets, such as cod, salmon, monkfish, swordfish

2–3 tbsp melted coconut oil

Heat oven to 200°C and line baking tray with non-stick paper.

Place flour on a plate and season with salt and pepper. Mix to combine. Place coconut and sesame seeds on another plate and mix to combine. Pour coconut milk and tamari sauce into a bowl and stir to combine.

Chop fish into 3cm cubes. Dip into flour, then coconut milk, then shredded coconut mixture, pressing firmly to coat. Place on lined tray and brush all over with coconut oil.

Bake for 10 mins, then turn each one over using tongs and bake for a further 5–8 mins until golden brown and cooked all the way through.

Serve with salad or in a wrap, as pictured (see image to the right).

QUICK FISH & BROCCOLI CURRY

RECIPE / CHRISTIE CONNELLY

This recipe is for when you definitely want curry in a hurry! It's less than 20 minutes from raw to ready, plus it's super-creamy but completely dairy-free.

Serves: 4



1 tbsp coconut oil

1 clove garlic, finely chopped

3cm piece fresh ginger root, grated

1 tbsp mild curry powder

2 tomatoes, diced

Salt

½ cinnamon stick

200mL coconut cream

125mL coconut milk

400g firm white-flesh fish, diced into 3cm cubes

1 small head broccoli, cut into florets

Heat coconut oil in large, deep frying pan over low heat and add garlic, ginger and curry powder. Fry for 1 min until fragrant, then add tomatoes and cinnamon stick and stir to combine.

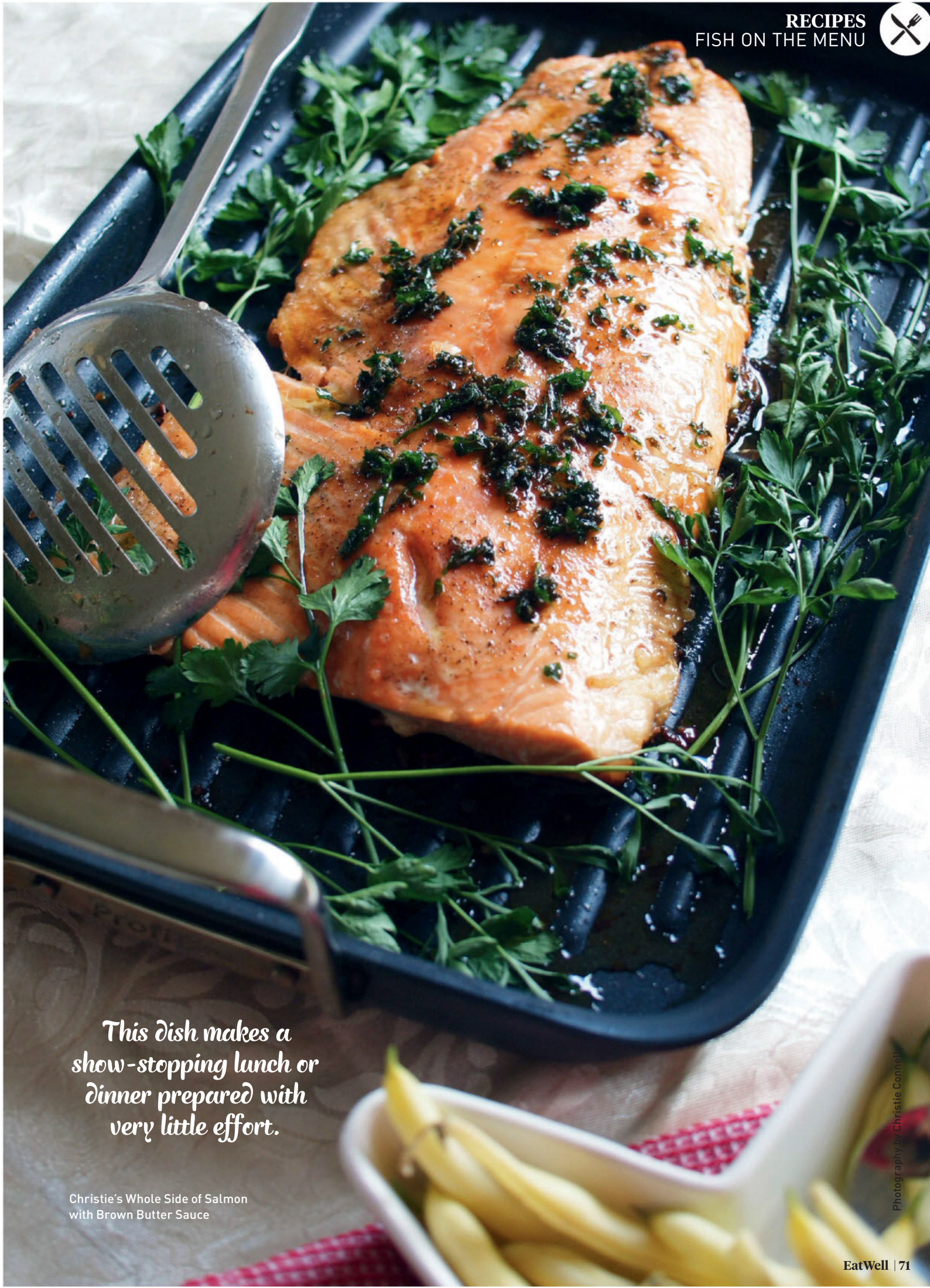
Pour in coconut cream, coconut milk and 1 cup of water. Increase heat to medium and simmer for 5 mins until tomatoes start to soften. Mash tomatoes with a fork into sauce to thicken it, then add salt, to taste.

Add fish and broccoli and simmer for 5 mins more, stirring occasionally, until fish is cooked through and broccoli is tender.

Discard cinnamon stick and serve with rice or cauliflower rice.



Christie's Coconut Fish Bites



*This dish makes a
show-stopping lunch or
dinner prepared with
very little effort.*

Christie's Whole Side of Salmon
with Brown Butter Sauce

Photography by Christie Connell



*Turmeric adds taste
and anti-inflammatory
action to your dishes.*

**FRAGRANT
TURMERIC FISH CURRY
RECIPE / MEG THOMPSON**

Turmeric is becoming well known for its health benefits, particularly its role in reducing inflammation in the body. The great thing is that it's easy to incorporate into your diet, both in fresh and ground forms. Adding turmeric to curries, soups, casseroles and stews is easy, or add some ground turmeric when cooking rice or other grains to allow it to absorb some of the goodness while cooking. Both black pepper and fat help with the absorption of turmeric, and both have been included in this recipe.

Serves: 2



- 1 tbsp mustard seeds
- 1 tsp curry powder
- ½ tsp chilli powder
- ½ tbsp ginger, finely grated
- 2 cloves garlic, peeled & chopped
- 1 tbsp finely grated fresh turmeric
- ¼ tsp fine sea salt
- 1 tbsp coconut oil or ghee
- 400mL coconut milk
- 1 tbsp coconut sugar
- 300g firm white fish fillets, bones & skin removed, cut into 5cm pieces
- 1 bunch bok choy
- ½ tbsp lime juice
- Black pepper, to taste
- Fresh coriander, to serve

Add mustard seeds, curry powder, chilli powder, ginger, garlic, turmeric and sea salt to food processor and process to a fine paste.

Add coconut oil to large saucepan or shallow pot over medium-high heat, then add turmeric paste.

Cook, stirring frequently, for a few minutes until fragrant.

Add coconut milk and coconut sugar and bring to a low simmer. Continue to cook over low heat for 5 mins until curry has reduced slightly.

Add fish and cook for 8-10 mins.

Add bok choy and cook for another couple of minutes, or until fish is cooked to your liking.

Finish with lime juice and add black pepper and coriander to serve.

Meg's Fragrant Turmeric Fish Curry

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The parcels create a mini steamer that infuses the fish with fantastic flavours.



Meg's Barramundi en Papillote

BARRAMUNDI EN PAPILOTE
RECIPE / MEG THOMPSON

A French-inspired dish that provides a healthy and delicious way to enjoy fish. Feel free to mix up the ingredients to your liking as the parcels create mini-steamers that infuse the fish with fantastic flavours.

Serves: 2



- 1 leek, sliced
- Knob butter, ghee or coconut oil
- 2 cloves garlic, peeled & roughly chopped
- 1 tbsp capers
- 200g cherry tomatoes
- 1 tbsp dry white wine (or verjuice)
- 2 fillets barramundi
- 4 sprigs thyme
- Juice & rind ½ lemon

Preheat oven to 220°C.

Add leek and a little butter, ghee or coconut oil to frypan and sauté for 5 mins, stirring occasionally.

Add garlic and cook for another few minutes.

Add capers, cherry tomatoes and wine/verjuice, stir and then take off heat.

Tear two pieces of baking paper several times larger than each piece of fish, and place 1 fillet in the middle of each. Transfer to baking tray.

Divide leek and tomato mix between the two, arranging on top and around fish. Add thyme sprigs onto each piece.

Using a vegetable peeler, peel 4 pieces of lemon rind and add 2 to each piece of fish.

Wrap up fish into parcels by folding over baking paper and tucking under sides so steam will not escape when cooking.

Place parcels in oven and bake for around 12–15 mins, or until fish is cooked.

Finish with a good squeeze of lemon juice and serve with salad or vegetables as desired.

LEMONGRASS & GINGER SALMON
RECIPE / MEG THOMPSON

This is a super-easy meal to prepare that is really delicious. Suitable for the whole family, this salmon is great served with greens, rice, soba noodles or potatoes.

Serves: 4–6



- 1kg salmon fillet
- 2 stalks lemongrass, sliced
- 1 bunch coriander, stalks chopped off & reserved
- 2.5cm piece ginger, peeled & grated
- 4 cloves garlic, peeled & roughly chopped
- ½ cup tamari
- 1 tbsp honey
- 2 red chillies, sliced

Place salmon, skin side down into baking dish.

Using mortar and pestle, crush and bruise lemongrass.

Add coriander stalks, ginger and garlic and combine with lemongrass.

Add tamari, then pour over salmon. Cover, pop into fridge and marinate for at least 1 hour.

Meanwhile, preheat oven to 200°C.

Remove salmon from fridge, drizzle over honey and bake for 10 mins, or until salmon is cooked to your liking.

Serve with coriander leaves and chilli, and with sides of your choice.



Meg's Lemongrass & Ginger Salmon

Photography by Meg Thompson

We are passionate about health, for everyone



Serving suggestion only



Fruit Free Clusters

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

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

Find them in the health aisle of your local supermarket.

food for health 



Telephone 1300 881 277 | hello@foodforhealth.com.au | www.foodforhealth.com.au



Food for Health Fruit Free Clusters are a delicious mix of chia, hazelnuts, almonds, pecans, buckwheat and linseeds. They are gluten-free and have a tasty nutty cinnamon flavour, perfect to accompany yoghurt for a healthy start to your day.

GLUTEN-FREE MUESLI PARFAIT WITH BERRIES & YOGHURT
RECIPE / FOOD FOR HEALTH

Serves: 1



- ½ cup Food for Health Gluten-free Muesli
- 1 tbsp chia seeds
- 1 tbsp rice-malt syrup
- ½ cup blueberries
- ½ cup strawberries, halved
- ½ cup raspberries
- 2 tbsp yoghurt

Mix together gluten-free muesli, chia seeds and rice-malt syrup in bowl.

Lay mixed fruit in bottom of jar.

Top with layer of yoghurt, then place muesli mix on top.

Finish with another layer of yoghurt and top with remaining berries.



Gluten-free Muesli Parfait with Berries & Yoghurt

CRUNCHY RAW CHOC BANANA MOUSSE
RECIPE / FOOD FOR HEALTH



Chocolate Avocado Mousse

200g dark (60%) chocolate, broken into pieces

1 firm ripe avocado, mashed

1 ripe banana, mashed

2 tbsp rice-malt syrup

½ cup water or coconut milk

½ cup Food for Health Superfood Muesli

1 tsp ground cinnamon

Sliced banana, to garnish

Melt chocolate in double boiler or in glass bowl set above pot of simmering water (make sure water does not touch bottom of bowl or it will risk the chocolate burning or becoming grainy).

Place avocado, banana, rice-malt syrup, water or coconut milk, muesli, cinnamon and melted chocolate in food processor and blend together until smooth.

Spoon into serving glasses and chill in fridge for 10–15 mins.

Garnish with sliced banana and serve.



Crunchy Raw Choc Banana Mousse

**RAW RASPBERRY
CHIA COCONUT SLICE**
RECIPE / FOOD FOR HEALTH

Makes: 16 slices



Base

½ cup cashews
2 cups shredded coconut
¼ cup Food for Health High
Protein Seed Mix
2 tbsp rice-malt syrup

Topping

½ cup cashews
1 cup shredded coconut
1 cup coconut cream
½ cup melted coconut oil
⅓ cup rice-malt syrup
1 tsp vanilla bean, grated
1 cup fresh raspberries

To make base, place cashews, coconut,
Food for Health High Protein Seed Mix
and rice-malt syrup in food processor and
process until smooth.

Spread mix into slice tray lined with
baking paper and press firmly. Refrigerate
for 30 mins or until firm.

To make topping, place cashews,
coconut, coconut cream, coconut oil,
rice-malt syrup and vanilla bean into food
processor and blend until smooth. Pour
over top of firm base.

Place raspberries on top.

Refrigerate for up 4 hours or until set.

Cut into desired-size pieces and enjoy.

For more information visit
foodforhealth.com.au

Raw Raspberry
Chia Coconut Slice





Buderim Ginger's famous zingy Ginger Refresher Cordial is perfect for any occasion. Make your own ginger beer with a dash of soda water, use in cocktails or fruit juices, or spice up your cooking repertoire. There are so many ways to enjoy the great taste of Ginger Refresher.



Ginger Marinated
Chicken Skewers



Summer Prawns

**GINGER MARINATED
CHICKEN SKEWERS**
RECIPE / BUDERIM GINGER

Serves: 8



- 1 bunch coriander
- 8 garlic cloves
- ½ tsp ground white pepper
- ⅓ tsp salt
- Juice & zest 1 lime
- 60mL Buderim Ginger's Ginger Refresher Cordial
- 2 chicken breasts

Combine coriander root and stems, garlic, pepper, salt, lime zest and lime juice in food processor. Add Ginger Refresher Cordial to moisten mix. Blend marinade

until pureed.

Slice chicken into strips and mix into marinade. Leave for at least 2 hours.

Place chicken strips on skewers and barbecue on flat plate.

Serve with rice and coriander leaves.

SUMMER PRAWNS
RECIPE / BUDERIM GINGER

Serves: 2



- 250g small green prawns with or without tails or 6-10 larger whole raw prawns, peeled
- 1 tbsp Buderim Ginger's Ginger Refresher Cordial
- 2 spring onions, sliced on diagonal, including green tops

- Zest & juice ½ lime
- 1 tbsp macadamia oil
- 2 tbsp coriander leaves, torn
- Dutch red, Serrano or birdseye chilli or your choice, finely sliced
- Sichuan salt & pepper or fried shallots, to serve
- Steamed snow or sugar peas, broccoli florets or asparagus spears, to serve
- Cooked rice, to serve

If using whole large prawns, remove shells from just above tail to just below head. Cut down back of prawn and devein, but leave orange roe, if desired. With scissors, cut off legs and head just behind eyes or remove head and butterfly prawns.

Combine Ginger Refresher Cordial, onion, lime zest and juice and oil. Gently stir, cover and stand for at least 30 mins.

Heat medium-sized frying pan until

very hot and surface seems to shimmer. Add prawns and marinade, fry over high heat, stirring gently for about 1–5 mins, depending on size of prawns, but don't overcook. Toss through coriander leaves and chilli.

Serve immediately garnished with a sprinkling of Sichuan salt and pepper or fried shallots.

For an alternative to plain boiled or steamed rice, gently fold through 2–3 teaspoons Ginger Refresher Cordial.

Serve accompanied by your choice of greens.

GINGER & SOY DRESSING RECIPE / BUDERIM GINGER

Makes: approx 125mL

GF O V VG

1/3 cup soy or tamari sauce

2 tbsp rice-wine vinegar

2 tsp sesame oil

2 tsp Buderim Ginger's Ginger Refresher Cordial

2 green shallots, finely chopped, to serve

1 tbsp toasted sesame seeds, to serve

Add soy sauce, rice-wine vinegar, sesame oil and Ginger Refresher Cordial to bowl. Whisk to combine well.

To serve, decant into small jug and sprinkle finely chopped shallots and toasted sesame seeds on top.



Ginger & Soy Dressing



Ginger & Raspberry Ice Cream Bars

GINGER & RASPBERRY ICE CREAM BARS RECIPE / BUDERIM GINGER

Serves: 16

GF O V

1 1/2 cup Buderim Ginger's Ginger Refresher Cordial

1/2 cup water

300g fresh or frozen raspberries

500mL thickened cream

1 cup Buderim Ginger's Crystallised Ginger, finely diced

Place 1 cup of Ginger Refresher Cordial, water and raspberries in a blender and mix until smooth.

Strain berry mix to remove all seeds. Place in refrigerator until required.

In a mixing bowl, add cream and beat until firm peak consistency. Add remaining Ginger Refresher Cordial and Crystallised Ginger. Stir gently to combine. Place cream mix into baking pan and smooth surface until flat. Place in freezer until frozen.

Remove frozen cream mix and pour over raspberry puree. Place in freezer until frozen.

When set, cut into bars and serve immediately or place in airtight container and re-freeze for later consumption.

MELONADE RECIPE / BUDERIM GINGER

Serves: 1

GF O V VG



Melonade

6 frozen watermelon balls

15mL fresh lime juice

45mL fresh watermelon juice

20mL Buderim Ginger's Ginger Refresher Cordial

40mL soda water

Slice lime, to garnish

Mix Ginger Refresher Cordial with soda water and set aside.

Fill a chilled tall glass with layered mix of ice and frozen watermelon balls. Squeeze over fresh lime, add watermelon juice and pre-mixed Ginger Refresher Cordial. Add a wheel of lime as garnish.

For more information visit
buderimginger.com



Coconut oil

Coconut oil is stable at high temperatures and it gives a sweet flavour to your dishes. The medium-chain saturated fats it contains are also good for you, so why not try these recipes using coconut oil, such as a Vegan Baked Mango Cheesecake, Cauliflower & Coconut Nasi Goreng, Roasted Vegies with Maple Toasted Seeds, Eggplant & Green Bean Curry, and Lemonade Cupcakes?



CRANBERRY & WALNUT GRANOLA RECIPE / LEE HOLMES

One-quarter of a cup of walnuts can give you nearly 95 per cent of your daily omega-3 requirements, and the huge amount of B vitamins they contain can not only help reduce stress but keep your skin looking young, delaying the occurrence of fine lines and wrinkles. If you like a lighter granola, add puffed buckwheat or brown rice puffs and top with chia or flax.

Serves: 4



- 1½ cups quinoa or brown rice flakes
- ¾ cup walnuts, chopped
- ½ cup dried cranberries

- 3 tbsp sunflower seeds
- 2 tbsp pepitas
- 2 tbsp almond flakes
- 1 tbsp flaxseeds
- ½ tsp ground cinnamon
- ½ tsp freshly grated nutmeg
- ¼ cup coconut oil
- ¼ cup rice-malt syrup, or sweetener of your choice
- ½ tsp alcohol-free vanilla extract
- ¼ cup coconut flakes
- Almond milk, to serve

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

Combine quinoa, walnuts, cranberries, sunflower seeds, pepitas, almond flakes, flaxseeds, cinnamon and nutmeg in a bowl and mix well.

Place coconut oil in saucepan over medium heat and heat until melted. Add rice-malt syrup and vanilla and stir for 30 secs. Remove from heat.

Pour liquid mixture over the dry ingredients and stir well, ensuring dry ingredients are coated thoroughly.

Transfer granola to baking tray in a single layer, then cook in oven for 20 mins, stirring frequently and breaking up any clumps that form. Remove from oven, add coconut flakes and bake for a further 5 mins.

Remove from oven and cool.

To serve, place in a bowl and top with almond milk. It also tastes great on its own.

This granola keeps for 4 weeks in an airtight container in a cool, dry place.



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Wheat free ✓ Dairy free ✓ Vegan ✓

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Lee's Red Onion Bhajis with Minted Raita

RED ONION BHAJIS WITH MINTED RAITA RECIPE / LEE HOLMES

Bring a little bit of Bollywood into your kitchen with these exotic vegetarian morsels. Bhajis are the Indian version of vegetable fritters, and are perfect as a colourful entree or canape at your next backyard soiree.

Makes: 10–12

GF O V

- 1 cup superfine besan (chickpea flour)
- ½ tsp gluten-free baking powder
- 1 tsp chilli flakes
- 2 tsp curry powder
- 1 tsp ground coriander
- 1 tsp cumin
- 1 tsp turmeric
- 2 garlic cloves, crushed
- 2cm piece ginger, finely chopped
- Celtic sea salt & freshly ground black pepper
- 1 red onion, finely chopped
- 4 tbsp extra-virgin coconut oil or ghee, for frying

Minted Raita

- ½ cup full-fat Greek yoghurt
- 2 tbsp mint, chopped
- 1 small garlic clove, crushed

To make bhajis, sift besan and baking powder into a large bowl. Add spices, garlic and ginger and season with salt and pepper. Add 150mL of cold water to make a thick batter, then add onion and stir until well coated.

Heat coconut oil in heavy-based frying pan over medium heat. Add a tiny bit of mixture to test oil temperature — if it bubbles, the oil is hot enough. Cooking several bhajis at a time, add a heaped tablespoon of mixture and shallow-fry until golden brown on each side; I like to form a tablespoon of the mixture into a patty before frying to help keep the shape.

Transfer to paper towel to soak up excess oil and cook remaining batter.

To make raita, mix together all ingredients and place in serving bowl.

EGGPLANT & GREEN BEAN CURRY RECIPE / LEE HOLMES

There's nothing quite as disappointing as an undercooked eggplant, but the soft creaminess of a perfectly cooked eggplant is the epitome of culinary perfection. Slowly simmered and intermingled with sizzling spices and

gorgeous herbs, this curry will whisk you away to eggplant heaven.

Serves: 4

GF O V VG

Curry Paste

- 1 large brown onion, chopped
- 3 garlic cloves, chopped
- 2 thumb-sized pieces ginger, chopped
- 1 large red chilli, finely chopped
- 1 tsp ground cumin
- 1 tsp ground coriander
- 1 tsp ground cardamom
- 1 tsp turmeric
- 1 tsp curry powder

- 4 tbsp extra virgin coconut oil
- 6 eggplants, cut into 6cm wedges
- 300mL tomato passata (pureed tomatoes)
- 270mL coconut milk
- 300g green beans
- Celtic sea salt
- Freshly ground black pepper
- ½ cup activated almonds, roughly chopped, to serve
- Handful coriander leaves, chopped, to serve
- Juice 1 lime
- Lime halves, to serve

Place all curry paste ingredients in food processor with 2 tablespoons of filtered water and whizz together for a few secs.

Heat 2 tablespoons of coconut oil in a large frying pan over medium-high heat and fry eggplants until browned. Remove from pan and set aside on paper towel to drain.

Heat remaining coconut oil in pan and cook curry paste ingredients for about 3 mins. Add eggplant and stir so it's well covered in paste. Add tomato passata and coconut milk and simmer, partially covered, for 10 mins. Add green beans and cook for a further 6 mins.

Season with salt and pepper, add almonds, coriander and lime juice and serve with lime halves on the side.

COCONUT MACAROONS WITH CHOCOLATE GANACHE FILLING RECIPE / MEG THOMPSON

Super simple and really delicious, these biscuits are also allergy friendly. Eat them on their own, or sandwich them together with some healthy chocolate ganache, as we've done here.

Makes: 16 macaroons

GF O V



Lee's Eggplant & Green Bean Curry



Meg's Coconut Macaroons with Chocolate Ganache Filling

Coconut Macaroons

2 cups almond flour, or
finely ground almond meal
¼ tsp baking soda
¼ tsp fine sea salt
⅓ cup coconut oil, melted
¼ cup raw honey
1 tbsp vanilla
1 tbsp coconut milk

Ganache

¼ cup coconut oil (liquefied)
¼ cup raw cacao
¼ cup raw honey
1 tbsp coconut milk

Preheat oven to 180°C.

Combine almond flour, baking soda and salt in large bowl.

In another bowl, whisk together coconut oil, honey, vanilla and coconut milk.

Add wet ingredients to dry.

Spoon out tablespoon-sized scoops of mixture and arrange about 6cm apart on a tray lined with baking paper.

Pop into oven and bake for about 12 mins, careful not to over-bake.

Remove from oven and cool on wire rack. While biscuits are cooling, make ganache by mixing coconut oil, cacao and honey together in a small bowl. Using hands, mix until there are no lumps, then add coconut milk and combine.

Spread a layer of ganache over a completely cooled biscuit and top with another biscuit to make a sandwich.

LEMONADE CUPCAKES RECIPE / MEG THOMPSON

These cupcakes really do taste like lemonade. They have a lovely zing from the lemon and ginger, and highlight the use of coconut oil as a fat in baking. Because coconut oil hardens at cooler temperatures, these cupcakes have the best texture if enjoyed soon after baking. Alternatively, warming them slightly in the oven before eating will give you the same result.

Makes: 6 cupcakes

○ V VG

1½ cups unbleached spelt flour
1 tsp baking powder
2 tsp ground ginger
¼ tsp fine sea salt
¼ cup melted coconut oil
½ cup maple syrup
½ cup plus 1 tbsp coconut milk
(or milk of your choice)
½ tsp vanilla extract



Meg's Lemonade Cupcakes

Meg's Peppermint Ice Cream with Chocolate 'Ice Magic'

*Play around with
this; replace spinach
with berries or create
a chocolate version
using cacao.*



Zest 1 large lemon
½ tsp apple cider vinegar
Rhubarb, berries & yoghurt,
for topping

Preheat oven to 180°C.

Place spelt flour, baking powder, ginger and sea salt in a bowl, whisking to combine.

In a separate bowl, stir together coconut oil, maple syrup, milk, vanilla, lemon zest and apple cider vinegar.

Add wet mix to dry and stir to combine, whisking out any lumps.

Divide into muffin tin lined with patty pans and place in oven for 15–18 mins, or until slightly golden on top and skewer comes out clean.

Top with stewed or fresh fruit and yoghurt, or enjoy as is.

PEPPERMINT ICE CREAM WITH CHOCOLATE 'ICE MAGIC' RECIPE / MEG THOMPSON

This dairy-free ice-cream alternative can easily be altered to take on different flavours. Replace spinach with berries, for example, or create a chocolate version using cacao.

Serves: 8

GF ○ V VG

2 cups raw cashews, soaked in water
for 4 hours or overnight
½ cup water
4 ripe bananas, peeled, cut into chunks
& frozen for at least 4 hours
Generous ½ cup maple syrup
1 tsp vanilla extract
⅓ cup spinach (or small amount
of spirulina if preferred)



The secret ingredient for the lush texture in this gluten-free cake is cooked quinoa.

Christie's s Chocolate Quinoa Cake

3 drops food-grade peppermint oil, or to taste
2 tsp vodka (optional but will help ice-cream not freeze too hard)

'Ice-magic'

1 tbsp coconut oil
1 tbsp raw cacao
1 tbsp maple syrup
Pinch sea salt

To make ice-cream, rinse cashews and add to blender with water. Blend until smooth.

Add banana, maple syrup, vanilla, spinach, peppermint oil and vodka if using, and blend again until smooth.

Pour into freezer-safe dish. I use a loaf tin so it's deep enough to scoop out once the ice-cream has frozen.

Line top of mix with baking paper and place in freezer overnight.

To make 'ice-magic', add all ingredients to small saucepan and warm gently over low heat, stirring to combine.

Spoon over ice-cream to serve.

CHOCOLATE QUINOA CAKE
RECIPE / CHRISTIE CONNELLY

Here's a cake that is gluten-, dairy- and nut-free and still delicious enough to serve as a celebration dessert. It has the best texture for a gluten-free cake and it's all thanks to the secret ingredient: cooked quinoa.

Serves: 4

GF O V

300g cooked quinoa*
80mL coconut milk
1 large overripe banana, peeled & flesh mashed
2 tsp vanilla bean paste (or pure extract)
4 eggs
¼ cup melted coconut oil
¾ cup Dutch cocoa powder
½ cup brown sugar
½ cup rapadura sugar
2 tsp baking powder
1 tsp bicarb soda

Heat oven to 180°C. Grease and line 20cm round cake tin.

Place cooked quinoa, coconut milk,

banana and vanilla in a food processor and blitz for 30 secs until smooth paste forms. Add eggs and coconut oil and blitz for 1 min until smooth batter forms.

In a separate large bowl, add cocoa powder, both sugars, baking powder and bicarb soda. Whisk to combine well and make sure there are no lumps of bicarb soda. Add wet mix from food processor and fold together gently until combined.

Pour into cake tin and smooth top. Bake for 45 mins until centre is firm to touch and skewer comes out with a few moist crumbs. Cool in tin for 10 mins then invert on rack to cool completely before serving dusted with extra cocoa powder and maybe a dollop of whipped coconut cream.

*¾ cup of dry quinoa (red, white or mixed) will yield about 2¼ cups of cooked quinoa. First rinse quinoa in a sieve then place in medium saucepan with lid. Add 1½ cups of cold tap water and bring to the boil. Once boiling, put lid on and turn heat down as low as it will go and cook for 15 mins until all water is absorbed. You'll know it's cooked when you can see a little sprout tail appear on each seed and the texture is *al dente* when tasted. Use in recipe from step 2.

VEGAN BAKED
MANGO CHEESECAKE

RECIPE / CHRISTIE CONNELLY

The texture of this is a little firmer than a dairy-based cheesecake, but the jelly-like topping is beautiful. It's absolutely jam-packed with nutritious ingredients so you can enjoy your dessert without the guilt.

Serves: 4

O V VG

Crust

100g almonds
50g rolled oats
30g shredded coconut
8 medjool dates
2 tsp coconut oil, melted if firm

Filling

300g vegan cream cheese
125g silken tofu
1 tsp pure vanilla extract
125mL melted coconut oil
125mL coconut milk
2 tsp maple syrup
1 tsp guar gum

Topping

2 tsp chia seeds
125mL coconut milk

300g mango (whole weight), peeled, deseeded & flesh roughly chopped

Heat oven to 200°C and grease and line 22cm round cake tin with non-stick baking paper. Set aside.

To prepare crust, place almonds, oats and coconut in bowl of food processor and blitz until very finely chopped. Then add dates and coconut oil and pulse until it forms a sticky dough. Press evenly into base of cake tin using fingertips. Bake in oven for 10 mins, then set aside. Turn oven temperature down to 170°C.

Now make the filling. Wash out food processor and add cream cheese, silken tofu, vanilla, coconut oil, coconut milk and maple syrup. Process for 1 min until silky smooth. With the motor still running, sprinkle in guar gum and process for 30 secs more until mixture thickens.

Pour over crust and tap cake tin on the bench a few times to settle mixture and smooth top. Before you put it in the oven, place a small roasting tray or oven-proof dish half-filled with water on bottom shelf of oven. This will create extra moisture while it cooks. Place cheesecake on middle shelf and bake for 40 mins until firm with a slight wobble in the centre. Place cake in fridge for 1 hour.

Meanwhile, make topping. Soak chia seeds in bowl with 4 tablespoons of water for 10 mins until a thick gel. Add to (clean) food processor along with coconut milk and mango. Process until combined.

Remove cheesecake from fridge and pour over mango topping; it should be very thick. Smooth with a knife and place back in fridge to chill for 3 more hours or overnight. Slice and serve when chilled.

COCONUT OIL ROASTED VEGIES WITH MAPLE TOASTED SEEDS **RECIPE / CHRISTIE CONNELLY**

This side dish is the definition of “eat the rainbow every day”. Make it into a main meal salad by serving it mixed with a handful of baby spinach and some pan-fried haloumi or a poached egg.

Serves: 4

GF O V VE

2 large portobello mushrooms, thickly sliced
1 red onion, sliced into 8 wedges
500g pumpkin, sliced into 3cm chunks
1 large red capsicum, sliced into 3cm chunks
4 small beetroot, quartered
1 large zucchini, sliced into 3cm chunks

2 tbsp coconut oil
Salt & pepper, to taste

Maple Toasted Seeds

1 tbsp coconut oil
2 tbsp pine nuts
2 tbsp pumpkin seeds
1 tbsp white sesame seeds
1 tbsp black sesame seeds
1 tbsp maple syrup

Heat oven to 200°C. Place all vegetables on large roasting tray, separating into their own sections, if you like (this just stops the beetroot juice rubbing onto other vegies and ruining pretty colours of final dish). Drizzle with coconut oil and gently mix each vegetable section to coat. Season with salt and pepper and roast for 20 mins or until tender.

Meanwhile, make toasted seeds. Place coconut oil in small saucepan with pine nuts. Cook over medium heat, stirring constantly, for 2–3 mins until starting to turn a light golden-brown. Add pumpkin and sesame seeds and cook, stirring, for 30 secs more. Take off heat and stir in maple syrup.

Drizzle over vegies and serve.

RAW CHOCOLATE ORANGE TART **RECIPE / DANIELLE MINNEBO**

This is an incredibly rich dessert, so slice this tart thinly and enjoy! It needs to be stored in the fridge or the filling will soften and melt.

Makes: 10 pieces

GF O V VE

Crust

100g medjool dates
150g activated or roasted almonds
3 tbsp coconut oil, melted if firm

Filling

140g cashew nuts
180g coconut oil
140g maple syrup
120g cacao powder
Pinch sea salt
Zest 1 orange
Handful cacao nibs

Pop dates and almonds into food processor and blend for 1 min, until a fine crumb. Add coconut oil and blend again for a few seconds.

Tip contents into tart tin and, using fingers, press mixture into bottom of tart tin and up along sides. Pop into fridge to set while you prepare filling.



Christie's Vegan Baked Mango Cheesecake



Christie's Coconut Oil Roasted Veggies with Maple Toasted Seeds



Danielle's Raw Chocolate Orange Tart



Danielle's Lemon Poppy Seed Cupcakes

To make this into a full size cake just double the recipe.

Pop cashew nuts into same food processor and blend for 5 mins until a smooth butter. You may need to stop the blender and scrape down the sides and then continue to blend. Add coconut oil and blend for another 15 secs. Pour mixture into large bowl and add maple syrup, cacao powder, salt and orange zest. Mix gently until all ingredients have combined to a smooth and glossy mixture.

Remove tart tin from fridge and gently pour mixture into tin. Pop back into fridge to set for 1 hour.

Before serving, sprinkle some more orange zest over the top along with cacao nibs.

LEMON POPPY SEED CUPCAKES RECIPE / DANIELLE MINNEBO

Coconut oil adds a great flavour to desserts and works very well in these lemon poppy seed cupcakes. This recipe can easily be made into a cake by doubling it.

Makes: 12 cupcakes

GF O V

- 3 large eggs
- 75g coconut palm sugar
- 75mL melted coconut oil
- Zest & juice 1 lemon
- 2 tbsp poppy seeds, plus extra to serve
- 1 tsp baking powder
- 2 cups almond meal
- ½ cup tapioca flour

- Icing**
- Zest & juice 1 lemon
 - 1 cup cashew nuts
 - 1 tbsp honey

Preheat oven to 200°C. Line cupcake tray with cupcake wrappers.

Add eggs to large mixing bowl along with coconut palm sugar, coconut oil, and zest and juice of lemon. Beat together until well combined, then mix through remaining dry ingredients — poppy seeds, baking powder, almond meal and tapioca flour.

Spoon batter into each cupcake wrapper until you have no batter left. Bake for 20 mins until golden-brown.

While cupcakes are baking, prepare icing. Add cashew nuts, honey, lemon zest and juice to food processor and blitz until a smooth and creamy spread.

Once cupcakes have cooled, gently spread cashew and lemon icing on each cake and sprinkle poppy seeds on top.

CAULIFLOWER & COCONUT NASI GORENG RECIPE / DANIELLE MINNEBO

This dish is much lighter than the traditional fried rice. It's packed with a lot more vegetables and using cauliflower is a good trick to create the texture and look of rice without all the heavy carbohydrates.

Serves: 4

GF O V

- 2 tbsp coconut oil
- 1 clove garlic, crushed
- 1 knob ginger, finely grated
- ½ red chilli, finely chopped
- 1 onion, finely diced
- 1 carrot, finely diced
- ½ red capsicum, finely diced
- 1 head cauliflower, grated
- 3 tbsp fish sauce
- 2 tbsp tamari sauce
- Large handful kale, roughly chopped
- Handful fresh coriander leaves, chopped
- 6 eggs (optional)
- 2 Lebanese cucumbers, sliced

Have everything prepared before you start cooking. Chop all vegetables and prepare cauliflower. The quickest way to prepare cauliflower is to stick it through the food processor on the grater setting. For this recipe you'll need about 4 cups of grated cauliflower. If your cauliflower is very large you'll have more than 4 cups, but it freezes well for next time.

Heat coconut oil in either wok or large, deep frypan. Add garlic, ginger, chilli, onion, carrot and capsicum and cook over medium heat until soft. Add cauliflower and continue to cook for another 10 mins, until it begins to soften. Add fish sauce, tamari sauce, kale and 2 eggs. Mix everything together well and cook for another 2 mins until egg is cooked. Mix through chopped coriander and put aside.

In a separate frypan heat a little more coconut oil and fry 4 eggs.

To plate up, put a serve of cauliflower into a small bowl and pack it in tight. Then flip it out onto a plate. Top with 1 fried egg and decorate with sliced cucumber.



Danielle's Cauliflower & Coconut Nasi Goreng

Photography by Danielle Minnebo



Energize Me

gluten free
lactose free

Deb Pozingis

Contains deliciously simple and easy whole food recipes that are gluten free, dairy free, healthy and satisfying.

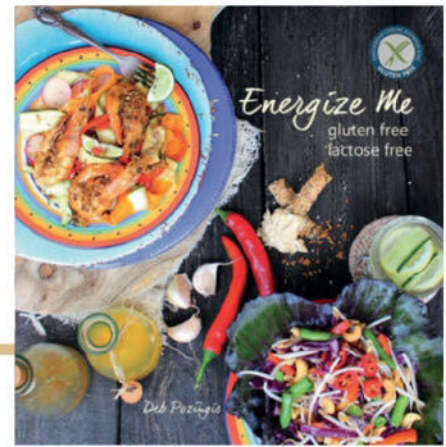
Recipes: Detox chia breakfast juice, coconut chocolate smoothie, tasty beetroot dip, gluten free pizza bases, fermented foods, raw orange cake and organic homemade chocolate.



now available worldwide www.energizemefc.com
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Energize Me Gluten and Lactose Free cookbook contains 76 deliciously simple and easy wholefood recipes that are gluten free, dairy free, healthy and delicious. It's a complete healthy eating plan that includes smoothies, breakfasts, dips, soups, mains, snacks and healthy desserts.



Poached Eggs on Sweet Potato Hash Brown

POACHED EGGS ON SWEET POTATO HASH BROWN
RECIPE / ENERGIZE ME

Serves: 2



- 3 eggs (1 for hash brown, 2 to poach)
- 1 cup sweet potato, grated
- ½ cup beetroot, grated
- ¼ cup coconut flour
- ½ diced onion (optional)
- 2 tbsp chia seeds
- Pink mineral salt & cracked black pepper, to taste
- 1 tsp coconut oil
- Fresh dill, chopped tomato, to serve

Add one egg, sweet potato, beetroot, coconut flour, diced onion, chia seeds, pepper and salt and mix well.

Heat coconut oil in a pan on low heat. Place a spoonful of mixture rolled into a ball into the pan and flatten into hash brown shape. Repeat with the rest of the mixture.

Cook both sides for several minutes.

While hash browns are cooking, poach remaining 2 eggs.

Place another pan or pot on heat with 5cm hot water and bring to simmer, then add two eggs and cook for several minutes until egg white is solid.

(Optional: a little apple cider vinegar can be added to poached egg water.)

Place hash brown on plate, add poached egg on top, garnish with a little fresh dill and cracked pepper. Fresh tomato can also be added as side serve.

PRAWNS ON ZUCCHINI STRIPS
RECIPE / ENERGIZE ME

Makes: 2-4



- 2 tsp cumin seeds
- 2 tsp fennel seeds
- 2 tsp coriander seeds
- 2 tsp mustard seeds
- 1 clove garlic, crushed (optional)
- 2 tsp sesame seed oil or olive oil
- 12 green prawns

- 2 zucchini, cut into thin ribbons
- 1 carrot, cut into thin ribbons
- 3 radishes, finely sliced
- Juice 1 lemon
- Black pepper & pink mineral salt, to taste
- 2 tsp chia seeds
- 2 lemons, juice & wedges, to serve

Heat pan on medium heat and add cumin, fennel, coriander and mustard seeds, stirring constantly for a few minutes until you can smell the aroma of the spices.

Place in mortar or spice grinder and grind to fine powder.

Place spice powder in a glass bowl with crushed garlic and 1 teaspoon sesame seed oil and mix well. Coat prawns with this mix and place in fridge for 15 mins to marinate.

Add zucchini, carrot and radish to a bowl with juice of 1 lemon, pepper and salt, and toss gently.

Heat pan on low-medium heat, add 1 teaspoon sesame seed oil and cook prawns for a couple of mins or until they go pink.

Add vegetable pasta strips to pan for 2 mins and toss with a little oil and lemon juice.

Place on serving plate, sprinkle with chia seeds and serve with extra lemon wedges on the side.



Prawns on Zucchini Strips



Blueberry or Apple
& Chia Muffins

BLUEBERRY OR APPLE & CHIA MUFFINS

RECIPE / ENERGIZE ME SUPERFOODS

Makes: 8-9 muffins



- 15 dates, finely chopped
- ¾ cup filtered boiled hot water,
to soften dates
- 1½ cups almond meal or
gluten-free flour
- 1 tbsp chia seeds
- 1 tsp bicarb soda
- 4 eggs, organic if possible
- 1 tsp vanilla extract (optional)
- ¼ cup coconut oil
- 1 cup fresh blueberries or
1 diced apple
- Handful shredded coconut

Preheat oven to 175°C.

Place chopped dates in hot water in small bowl to soak.

Place dry ingredients in large glass bowl and add eggs and vanilla extract. Mix for 30 secs, then add date water mixture and coconut oil and mix well.

Gently fold blueberries or diced apple into mixture.

Place mixture in muffin trays and sprinkle with shredded coconut and bake for 18-20 mins.

Place on cooling rack and, once muffins reach room temperature, place in airtight container and put in fridge.

MANGO & PINEAPPLE FRUIT GELATO

RECIPE / ENERGIZE ME SUPERFOODS

Makes: 8-10 serves



- 2 cups fresh pineapple
- 1 cup mango
- 1 orange, zest & juice

- 1 lemon, juice
- 1 cup coconut milk

Place all ingredients into a blender or food processor and blend until smooth.

Scoop into BPA free icy pole moulds or freezer safe container and freeze for several hours until firm.

Scoop gelato into glass bowls and serve with chopped nuts and shredded coconut.

BERRY COCONUT FROZEN GELATO

RECIPE / ENERGIZE ME SUPERFOODS

Makes: 8-10 serves



- 2 cups strawberries
- ½ cup raspberries or blueberries
- 1 cup coconut milk or cream
- 1 lemon, squeeze
- ¼ cup shredded coconut
- 1 tsp coconut sugar (optional)

Place all ingredients into a blender or food processor and blend until smooth.

Scoop into BPA free icy pole moulds or freezer safe container and freeze for several hours until firm.

Scoop gelato into glass bowls and serve with extra berries and a sprig of mint.

For more information,
visit energizemefc.com



Mango & Pineapple Fruit Gelato

Berry & Coconut Frozen Gelato



Global Organics Coconut Sugar is produced from sap collected from the flower of the coconut plant. This sweetener has a caramel flavour and is a healthy alternative to normal sugar in cooking and baking recipes.



**GO BANANAS ICE-CREAM
RECIPE / GLOBAL ORGANICS**

Serves: 6



- 1 x 400g Global Organics Coconut Cream
- ¼ cup Global Organics Coconut Sugar
- 1 tbsp vanilla extract

- 1 tsp lime juice
- 4 bananas, diced & frozen

Place coconut cream in blender with coconut sugar, vanilla extract and lime juice. Slowly add banana and blend on high until smooth.

Place in freezer for 2 hours and serve.

Go Bananas Ice-Cream



Kiwi Matcha Chia Pudding

**KIWI MATCHA CHIA PUDDING
RECIPE / GLOBAL ORGANICS**

Serves: 6



- 1 can Global Organics Coconut Cream
- 3-4 tbsp Global Organics Coconut Sugar
- 1 tsp matcha powder
- ¼ cup black chia seeds
- 4 kiwifruit
- Strawberry sauce

Warm coconut cream in small pan over low heat and add coconut sugar, matcha and chia seeds. Whisk well then refrigerate until cool and set. Whisking eliminates any lumps in coconut cream and speeds up setting of pudding.

Puree kiwifruit and divide between 6 glasses, then freeze for 20-30 mins to set. Divide pudding between glasses and drizzle over strawberry sauce.

Chocolate Brownies



CHOCOLATE BROWNIES
RECIPE / GLOBAL ORGANICS

Serves: 20



- 4 large eggs
- 1 cup unsweetened cacao powder
- 1 cup of Global Organics Coconut Sugar
- ¼ cup plus 1 tbsp Global Organics Raw Coconut Oil
- 2 tsp vanilla extract
- ½ tsp salt

Preheat oven to 170°C. In a bowl, mix together all ingredients until smooth.

Pour into greased loaf pan and bake for 25–30 mins. Brownies will be soft in the middle at 30 mins, so leave to cool for at least 30 mins before serving.

SPRINGTIME SANGRIA
RECIPE / GLOBAL ORGANICS

Makes: 8 drinks



- 2 cups boiling water
- 2 black teabags
- 2 cinnamon sticks
- ½ cup Global Organics Coconut Sugar
- 3 cups pomegranate juice
- 1 orange, sliced into thin rounds
- 1 tbsp lemon juice
- 1 lemon or lime, sliced into thin rounds
- 1 apple, cored & cut into ½ inch chunks
- 3 cups carbonated water

Pour boiling water over teabags and cinnamon sticks and steep for 5 mins. Discard teabags and stir in sugar to dissolve.

In large jar or pitcher, combine tea, cinnamon sticks, pomegranate juice, orange, lemon juice, lemon or lime rounds, and apple. Refrigerate for at least 1 hour, preferably overnight.

Just before serving, stir in carbonated water. Serve in glass over ice.

APPLE MOJITO
RECIPE / GLOBAL ORGANICS

Serves: 4–6



- 2 apple & ginger teabags
- ½ cup Global Organics Coconut Sugar
- 1 red apple, thinly sliced

Apple Mojito



- 1 green apple, thinly sliced
- 1 lime, thinly sliced
- 1 cup mint leaves
- Ice
- 1L sparkling or still water

In small glass, pour half a cup of boiling water over teabags and sugar. Leave to infuse for 10 mins or until cool.

Toss apple and lime slices into large jug with mint leaves. Squeeze teabags well.

Add 1–2 cups of ice, pour over tea and top with still or sparkling water.

For more information visit
globalorganics.com.au

Springtime Sangria





Juice your way to good health with a Kuvings Whole Slow Juicer. *Choice* recommended, quiet, easy to clean, squeezing and pressing all fruit and vegetables. Has the strongest motor and lowest RPMs, making a delicious cold-pressed juice with ease.



Tangy Tomato Juice



TANGY TOMATO JUICE
RECIPE / KUVINGS AUSTRALIA

Serves: 1

GF O V VC

- 3 tomatoes, chopped
- 2 pears, chopped
- ¼ lemon, peeled & chopped
- Handful spinach
- ½ bunch parsley
- 1 onion, peeled & chopped

Juice in Kuvings Whole Slow Juicer, alternating ingredients.

PURPLE CABBAGE JUICE
RECIPE / KUVINGS AUSTRALIA

Serves: 1

GF O V VC

- 2 stalks celery
- ½ lemon, with rind
- ¼ red cabbage

Purple Cabbage Juice



- 1 cup blueberries
- 1 carrot, soaked & chopped
- 1 orange, peeled & chopped

Before extracting, soak cabbage and carrot in cold water for about 30 mins.

Juice in Kuvings Whole Slow Juicer, alternating ingredients.

LOTUS ROOT ENERGY BOOST JUICE

RECIPE / KUVINGS AUSTRALIA

Serves: 2



- ½ lotus root, chopped
- ¼ beetroot, chopped
- 2 pears, chopped

Juice in Kuvings Whole Slow Juicer, alternating ingredients.

RED VITAMIN RADISH JUICE

RECIPE / KUVINGS AUSTRALIA

Serves: 2



- 2 radishes, chopped
- 2 tomatoes, chopped
- 3 carrots, chopped
- ½ lemon, peeled & chopped

Juice in Kuvings Whole Slow Juicer, alternating ingredients.

For more information visit kuvings.net.au



Lotus Root Energy Boost Juice



Red Vitamin Radish Juice





Burgers

Burgers don't have to be dull, unhealthy fare. They can be delicious, healthy and easy mealtime options, and they don't have to feature a chunk of beef! Discover our scrumptious variety of healthy burgers including fish, lamb, tempeh, herbed quinoa, and pulled pork.

**RICE & CHICKPEA
VEGIE BURGERS
RECIPE / ADAM GUTHRIE**

These legume and rice meatless patties deliver a filling plant-based protein and carbohydrate combo. The patties freeze well and are also excellent cooked on the barbecue. You can either make veggie burgers using a food processor or make them as per this recipe by mashing with your hands. While using a food processor is quick, it tends to over-process the ingredients, leaving the burgers without much texture (ie, mushy). Mashing everything by hand will give your arms

a good workout while at the same time giving the patty body and texture.

Makes: 8 patties



- 2 cups cooked chickpeas
- 2 cups cooked brown rice
- 1 carrot, grated
- 1 onion, finely diced
- 1 garlic clove, finely chopped
- 1 cup frozen peas, defrosted
- 1 heaped tsp ground cumin
- 1 heaped tsp ground coriander
- 1 heaped tsp powdered vegetable stock
- 1 tbsp soy sauce

- 2 tbsp wholemeal flour or chickpea flour
- 8 wholemeal bread slices or buns, to serve
- 1 Lebanese cucumber, sliced
- 1 tomato, sliced
- ¼ Iceberg lettuce, shredded
- Favourite sauce (tomato, BBQ, satay etc)

Preheat oven to 240°C.

Place chickpeas in a bowl and mash with hands until a smooth paste. Add brown rice and carrot and mash into a firm paste.

Heat frying pan over high heat and sauté onion and garlic until soft and brown. Add a little water to deglaze pan and sauté until water evaporates.

Add sautéed onion and garlic to bowl of chickpeas and rice. Add peas, spices, vegetable stock powder and soy sauce and mash well with hands. Then add wholemeal flour or chickpea flour and mix well.

Form into 4 large or 8 small patties. Place patties on lined baking sheet and bake in oven for about 20 mins or until the patties are crisp on outside.

Assemble in wholemeal bun with cucumber, tomato, lettuce and your favourite sauce.



Photography by Adam Guthrie

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RECIPES BURGERS

Adam's Tofu, Tempeh
& Spinach Burgers

If you don't want to use bread you can stuff these into large lettuce cups.



TOFU, TEMPEH & SPINACH BURGERS RECIPE / ADAM GUTHRIE

Eating these burgers will automatically make you feel healthier and more energised. They are delicious hot or cold, plus you can serve them without buns by stuffing them into large lettuce cups and top with caramelised onion, fresh tomato and avocado.

Makes: 8 patties



- 1 large bunch spinach
- 1 onion, finely diced
- 2 garlic cloves, finely sliced
- 15 medium mushrooms, sliced
- 500g tempeh
- 250g firm tofu
- 3 cups quick-cook oats
- 2 tbsp soy sauce
- 3 tbsp vegetarian oyster sauce
- 2 tbsp Dijon mustard
- Juice 1 lemon
- 8 wholemeal bread or buns, to serve
- 2 cucumbers, sliced
- 2 tomatoes, sliced
- 2 handfuls lettuce leaves
- Sweet chilli sauce, to serve

Preheat oven to 200°C.

Place large pot filled with water on high heat and bring to the boil. Add spinach leaves and cook for 1 minute, then strain and cool under cold running water. When cooled, finely chop spinach.

Heat frying pan on high heat and add ½ cup of water. Add onion, garlic and mushrooms and sauté until all water is absorbed. Set aside.

In large bowl, crumble tempeh and tofu, then mash with hands to a ricotta-like consistency. Add oats, spinach, soy sauce, vegetarian oyster sauce, Dijon mustard and lemon juice. Mix well with hands.

Add sautéed mushrooms, garlic and onion mixture and mix well. Form into patties and place in oven to cook for 30 mins.

To serve, assemble bread with salad ingredients and top with a patty and sweet chilli sauce.

MUNG DAL & QUINOA BURGERS RECIPE / ADAM GUTHRIE

Any time I have leftover cooked quinoa, I make these little patties. They're good hot or cold and are well suited to fighting afternoon hunger pangs. Depending on the season, you can add a handful of very

finely chopped or grated this-or-that: broccoli, asparagus or cauliflower, for example. They're also great just as a patty drizzled with sweet chilli sauce.

Makes: 8 patties



Adam's Mung Dal & Quinoa Burgers



The trick with these fish burgers is to keep it simple.



1 cup mung dal
1 cup quinoa
4 cups water
1 onion, sliced into large rings
2 cups rolled oats
1 tbsp nutritional yeast flakes
1 tbsp ground cumin
3 tbsp tomato puree
1 carrot, grated
1 red onion, finely diced
1 bunch parsley, chopped
1 tsp salt
Polenta, to coat burgers
1 loaf sourdough, sliced
Handful rocket leaves
1 tomato, sliced
Barbecue sauce, to serve

Preheat oven to 200°C.

Add mung dal and quinoa to saucepan, pour over water and bring to the boil. Simmer for 10 mins or until all water is absorbed.

Heat frypan, add onion rings and sauté until golden-brown. Add a tablespoon of water and cook until evaporated. Remove from frypan and set aside.

When quinoa and dal is cooked, remove from stove and place in mixing

bowl. Add rolled oats, nutritional yeast, ground cumin, tomato puree, carrot, red onion and parsley. Mix all ingredients well and add salt, to taste.

Place a cup of polenta on a plate ready to coat burgers. Take small handfuls of mixture and shape into patties, then coat each patty with polenta. Place patties on baking tray lined with greaseproof paper and place in oven. Cook on each side for 10 mins.

Toast sourdough and assemble burgers with rocket and sliced tomato. Top with fried onion and serve with barbecue sauce.

FISH BURGERS **RECIPE / LEE HOLMES**

Got a hankering for a burger and chips? Try this healthy match made in heaven. When it comes to fish burgers, sometimes less is more: the trick with this burger is to keep it simple. Before you know it, this dish will be a repeat performer on your weekly lunch menu. Serve it with a basket of crunchy sweet-potato fries.

Serves: 2



2 tbsp mayonnaise
4 slices gluten-free bread, toasted
2-4 lettuce leaves
½ Lebanese cucumber, sliced
½ avocado, sliced
8 cherry tomatoes, halved
1 tbsp extra-virgin olive oil
4 garlic cloves, thinly sliced
2 (about 200g) skinless white fish fillets, medium thickness
Sea salt & freshly ground black pepper
1 lime, quartered, to serve

Spread mayonnaise over 2 slices of toasted bread. Arrange lettuce leaves, cucumber, avocado and tomatoes on top.

Heat olive oil in frying pan over medium-low heat and briefly fry garlic slices until golden. Remove from pan and set aside.

Add fish fillets to pan and fry until cooked through, about 2-3 mins on each side. Remove from pan and place a fillet on top of each open burger.

Sprinkle fish with sea salt and freshly ground black pepper, then scatter garlic slices over the top. Place remaining slices of toasted bread on each burger. Serve immediately with lime quarters.

These burgers can be prepared in the morning or even the day before so they are ready to go at a moment's notice.



LAMB BURGERS RECIPE / LEE HOLMES

The best thing about these burgers is you can prepare them in the morning or the day before and have them ready to go at a moment's notice, especially if you don't feel like cooking after a busy day at work. Crunchy parsnip chips are the perfect partner to these super-easy and delicious crowd pleasers.

Serves: 4



- 500g minced lamb
- ½ onion, finely chopped
- 2 garlic cloves, crushed
- 1 egg, lightly beaten
- 1 tsp finely chopped rosemary leaves
- Sea salt & freshly ground black pepper
- 1 tbsp extra-virgin olive oil
- 8 slices gluten-free bread, toasted
- 1 Lebanese cucumber, thinly sliced

- 2 tomatoes, sliced
- 1 avocado, sliced
- 2 tbsp aioli

Combine lamb, onion, garlic, egg and rosemary in a bowl and season well with sea salt and freshly ground black pepper. Divide mixture into 4 equal portions, then shape each into a patty using hands.

Heat olive oil in frying pan and add patties. Cook over medium heat for about 6 mins each side, or until crusty brown on outside and cooked through.

Top 4 bread slices with cucumber, tomato and avocado. Place a patty on each with a dollop of aioli. Crown with remaining toasts and serve straight away.

SUPERCHARGED SALMON PATTIES RECIPE / LEE HOLMES

Delicious and satisfying, these salmon patties with zucchini taste delicious and the lemon zest imparts a flavourful zing. Enjoy the patties fresh out of the pan with healthy fries and a zingy salad, or refrigerate them and use them for a healthy lunchbox treat.

Serves: 6



- 2 zucchini, grated
- 1 large turnip, peeled & grated
- 415g can pink salmon, well drained & roughly broken up
- 1 tsp lemon zest
- 2 eggs, beaten
- Sea salt & freshly ground black pepper
- Extra-virgin olive oil, for pan-frying

A few parsley sprigs, to garnish
Mayonnaise, to serve

Squeeze excess water out of grated zucchini and turnip to ensure patties will be dry and won't fall apart.

Place grated zucchini and turnip in a bowl with salmon, lemon zest and egg. Season well with sea salt and freshly ground black pepper and mix together well. Divide mixture into 6 portions and shape each into a patty.

Heat a little olive oil in frying pan and fry half the patties over medium heat until lightly browned and cooked through, about 5 mins each side. Remove patties from pan and keep warm while cooking remaining patties.

Serve patties warm, garnished with parsley sprigs and a dollop or two of mayonnaise.

PULLED PORK BURGER WITH HOMEMADE BARBECUE SAUCE & QUICK PICKLED CABBAGE RECIPE / CHRISTIE CONNELLY

Don't be scared off by the long ingredient list for the spice mix. It's well worth the effort for the flavoursome return on investment! Ditto the homemade barbecue sauce, which can be stored in the fridge for up to a month and trotted out proudly for summer barbecues.

Serves: 6-8



- 1 tbsp cayenne pepper
- 3 tbsp brown sugar
- 3 tbsp pink Himalayan salt
- 2 tbsp ground black pepper
- 1 tbsp garlic powder
- 1 tbsp onion powder
- 2 tsp chilli powder
- 2 tsp dry mustard powder
- 1 tsp ground star anise
- 1 tsp ground cumin
- 2 tbsp light olive oil
- 1.5kg boneless pork shoulder
- 6-8 fresh bread rolls, to serve

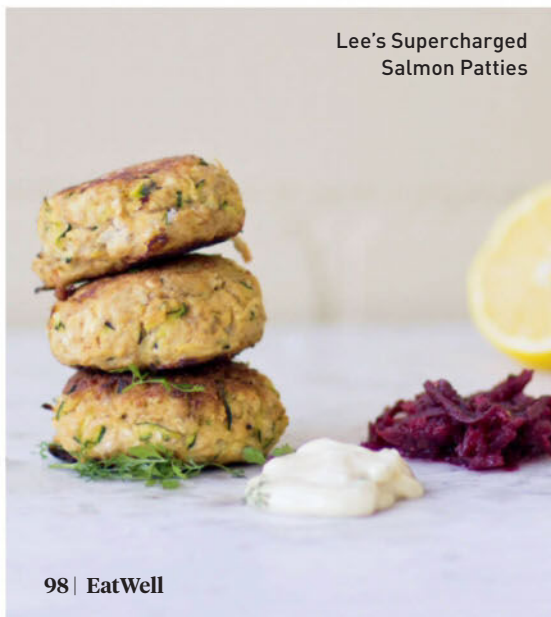
Preheat oven to 200°C.

Place all spices in large mixing bowl and stir until thoroughly combined. Rub olive oil all over the pork shoulder, then massage with the spice mix, pressing as much on as possible.

Place on rack in roasting tray, fat side up, and pour 500mL of water into tray. Cover tightly with foil and cook at 200°C for 30 mins.

Turn heat down to 150°C and cook

Lee's Supercharged
Salmon Patties





GRILLED SWORDFISH BURGER WITH SPICY MAYO RECIPE / CHRISTIE CONNELLY

Fish burgers always need a good sauce to make them soar, in my humble opinion. I am slightly obsessed with Sriracha, a Thai hot chilli sauce, and sneak it in anywhere I can. Here it works beautifully mixed with mayo and lime juice.

Serves: 4



- 4 swordfish steaks
- 2 tbsp olive oil
- Salt & pepper
- 4 tbsp mayonnaise
- 1 tbsp Sriracha sauce
- Juice ½ lime
- 4 fresh bread rolls
- 1 large avocado, quartered
- 2 radishes, thinly sliced
- 4 handfuls lettuce

Brush swordfish with olive oil on both sides and season with salt and pepper. Heat griddle pan or frypan over high heat and cook fish for 3–4 mins on each side or until done to your liking. Set aside to rest for 5 mins.

Place mayonnaise, Sriracha sauce and lime juice in small bowl and stir to combine. Season with a little salt and set aside.

Slice bread rolls in half and use one-quarter of the avocado for each roll to spread on both sides. Place piece of fish on bottom of each roll and top with spicy mayo, radish and lettuce. Put tops on and serve immediately.





RECIPES BURGERS



Christie's Pulled Pork Burger
with Homemade Barbecue
Sauce & Pickled Cabbage

*You can store this
home-made barbecue
sauce in the fridge for
up to a month.*

for 4.5 hours or until meat flakes easily. Check every 45 mins and top up water as necessary.

Remove layer of fat in one piece and discard. Use two forks to shred pork meat, then mix with half of barbecue sauce (recipe below).

Serve on lightly toasted rolls with quick pickled cabbage (recipe below).

Barbecue Sauce

- 1 cup cold water
- 1 cup tomato passata
- 1 cup rapadura sugar
- 1 tbsp garlic powder
- 1 tbsp Worcestershire sauce
- 2 tbsp molasses

Place all ingredients in medium saucepan and bring to the boil over high heat. Boil hard for 5 mins then turn down to medium and simmer for 5 mins more until thickened.

Use immediately or store in sterilised bottle in fridge for up to a month.

Quick Pickled Cabbage

- 2 cups red cabbage, shredded
- 1/3 cup apple cider vinegar
- 2 tbsp maple syrup
- 1/2 tsp salt
- 1/4 tsp fennel seeds

Place shredded cabbage in wide, shallow bowl and sprinkle with salt. Place all other ingredients in small saucepan and stir over medium heat until hot but not yet boiling.

Pour over cabbage and leave to sit for 1 hour on bench, stirring every 15 mins or so. Then place in fridge until ready to serve burgers.

PORTOBELLO MUSHROOM & BRIE BURGER

RECIPE / CHRISTIE CONNELLY

You definitely will not miss the meat in this burger! Mushrooms have a positive influence on blood lipids, blood glucose, immunity and weight control, and offer many essential nutrients and antioxidants. Plus, they're delicious!

Serves: 4



- 2 eggs
- 1/4 cup milk
- 1/4 cup plain flour
- 1 cup panko breadcrumbs
- Salt & pepper
- 4 large Portobello mushrooms, stems trimmed
- 2 tbsp melted coconut oil
- 4 fresh bread rolls
- 2 tbsp butter

- 4 handfuls rocket leaves
- 8 slices brie cheese
- 4 tbsp cranberry sauce

Preheat oven to 200°C.

Whisk together eggs and milk in a bowl and set aside. Place flour and breadcrumbs on separate plates. Season flour with salt and pepper and gently mix.

Wipe mushrooms all over with damp cloth to remove dirt and make them slightly moist. Dip in flour and shake off excess. Dip in egg mixture, making sure all surfaces are coated. Place on breadcrumb plate and use fingers to press breadcrumbs on firmly and evenly.

Place mushrooms on roasting tray and brush with coconut oil. Bake for 20 mins until cooked through and tender and crispy on the outside.

Slice bread rolls in half and toast under a grill. Butter both sides. Place bottoms on plates and top with a handful of rocket leaves, a mushroom, 2 slices of brie and a dollop of cranberry sauce. Put tops on and serve immediately.

TEMPEH BURGERS

RECIPE / MEG THOMPSON

Tempeh is a wonderful source of protein and has a lovely amount of iron and magnesium, too. It's a fermented soy product, making it easily a more efficient fuel for the body. Be sure to choose a good-quality tempeh, as I find some taste quite floury. You can also buy marinated tempeh, which is delicious in this recipe. I like Tally Ho brand. The addition of the kimchi makes it reminiscent of a Reuben sandwich, only with extra goodness!

Serves: 2



Christie's Portobello
Mushroom & Brie Burger

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 NO WORRIES

Meg's Tempeh Burgers



- 1 tbsp coconut oil or ghee
- 200g tempeh, cut into burger-sized squares
- 2 tbsp hummus
- 1 cup shredded red cabbage
- ½ cup leafy greens
- ¼ cup kimchi or sauerkraut
- 2 wholegrain or sourdough rolls

Place frypan on medium–high heat and add oil.

Once melted, add tempeh and cook until nicely golden.

Flip and cook other side, then remove from heat.

Assemble burger by layering all other ingredients inside rolls and serve with a side salad, pickles or just on their own.

JERK CHICKEN BURGERS RECIPE / DANIELLE MINNEBO

This is a punchy burger with a great hit of chilli. Feel free to add an extra chilli to the paste if you like it hot, or leave it out if you prefer it milder.

Serves: 2



- ¼ red onion
- 1 garlic clove
- 1 red chilli
- 1 tbsp coconut palm sugar
- 1 tbsp white vinegar
- 1 tsp peppercorns
- 1 tsp ground allspice
- 1 tsp ground cinnamon
- 1 tsp sea salt
- 1 chicken breast, sliced
- 2 tbsp coconut oil
- 2 fresh pineapple slices
- 1 avocado
- 4 slices spelt sourdough bread
- 1 cup mixed greens



Danielle's Jerk Chicken Burgers

Add red onion, garlic, chilli, coconut palm sugar, vinegar, peppercorns, allspice, cinnamon and sea salt to small food processor and blend into fine paste.

Add sliced chicken to bowl along with spice paste. Coat chicken well and set aside to marinate for a minimum of 1 hour.

Heat coconut oil in large frypan over medium heat. Add chicken pieces along with pineapple slices. Cook for 5 mins on each side before turning. Cook for a further 5 mins until both chicken and pineapple have caramelised and chicken is cooked through.

Mash avocado and spread on one side of sourdough. Top with jerk chicken, pineapple, fresh greens and the other sourdough piece. Use a skewer to hold everything together.

HERBED QUINOA & LENTIL BURGERS WITH TAHINI SAUCE RECIPE / MEG THOMPSON

These are fabulous! Packed with protein and delicious to eat as-is with tahini sauce, as a burger or as part of a salad.

Makes: 8 small patties



- ⅔ cup quinoa flakes
- 300g cooked du Puy lentils
- ½ carrot, washed & roughly chopped
- ½ cup parsley
- ½ cup coriander
- 1 spring onion, chopped
- ¼ tsp sea salt, or to taste
- ¼ tsp black pepper, or to taste
- Coconut oil, for frying

Tahini sauce

- 75g tahini
- 1 small garlic clove, crushed

Meg's Herbed Quinoa & Lentil Burgers with Tahini Sauce



- Juice ½ lemon
- ¼ tsp cumin
- Pinch sea salt

Add quinoa flakes, lentils, carrot, parsley, coriander, spring onion, sea salt and black pepper to food processor and process until combined.

Scoop out around 2 tablespoons of mix and roll into a ball, then flatten slightly into a burger shape. Continue with remainder of mix.

Add coconut oil to frypan on medium heat, add burgers in batches and cook until golden. Flip and cook other side, then remove from heat.

To make tahini sauce, blitz all ingredients with stick blender, taste and add seasoning as necessary.

MINI HALOUMI SLIDERS RECIPE / MEG THOMPSON

A perfect little appetiser, these haloumi sliders are simple to prepare and can be adjusted to suit your taste or the ingredients you have available.

Makes: 6–8 sliders



- 200g haloumi
- Coconut oil or ghee for frying
- 3–4 tbsp hummus
- 3–4 small wholegrain dinner rolls, sliced in half
- 3–4 leaves kale
- 1 avocado, peeled & sliced
- 6–8 cherry tomatoes
- Toothpicks (optional)

Slice haloumi into small 5cm × 5cm pieces thick.

Place in hot frypan with a little ghee or coconut oil and cook until golden.

Meg's Mini Haloumi Sliders



Flip and cook for another minute until golden and remove from heat.

To assemble sliders, spread some hummus on each roll, then top with a torn kale leaf, a piece of haloumi, avocado and a cherry tomato held in place with a toothpick.

SWEET CORN BURGERS RECIPE / DANIELLE MINNEBO

Burgers don't have to be heavy or unhealthy. Using Iceberg or Cos lettuce leaves is a great way to bundle everything up without the use of a burger bun.

Serves: 4



- 3 ears corn
- 4 eggs
- Pinch sea salt
- ½ red capsicum, finely chopped
- Handful coriander leaves, chopped
- ½ red onion, finely sliced
- 3 tbsp coconut flour
- 2 tbsp olive oil

- Cucumber Tzatziki**
- 5 tbsp Greek yoghurt
 - 1 Lebanese cucumber, chopped
 - Handful mint, chopped

- Iceberg lettuce, to serve
- 100g fresh rocket, to serve
- 100g grated cheese, to serve

Remove corn kernels from corn and add half to food processor with eggs and pinch of sea salt. Blend for 1 min until a batter is formed.

Pour batter into bowl and add remaining corn kernels, capsicum, coriander, red onion and coconut flour. Mix together until well combined.

Heat olive oil in large frypan over medium heat. Add 2 spoonfuls of batter and form a fritter. Continue this until you have 4–5 fritters in your pan. Cook for 4 mins on each side until a lovely golden colour. Continue until you have used all the batter.

To make cucumber tzatziki combine yoghurt, cucumber and mint in a bowl.

To serve, place large Iceberg lettuce leaf on plate, place handful of fresh rocket in centre and top with sweet corn fritter. Add spoonful of tzatziki and handful of grated cheese. Gently, fold over each side of lettuce leaf until you have a wrapped parcel.

SPINACH & FETA BURGERS RECIPE / DANIELLE MINNEBO

This spinach and feta burger works well on a burger bun but also inside a large lettuce leaf. Any leftovers are also nice crumbled into an omelette.

Serves: 6



- 250g frozen spinach, defrosted
- 200g feta, crumbled
- 1 garlic clove, crushed
- ¼ cup chopped chives
- ¼ cup chopped sundried tomatoes
- 2 eggs
- 3 tbsp coconut flour
- Pinch sea salt & pepper
- 2 tbsp olive oil
- 6 large lettuce leaves
- 1 avocado, sliced

Squeeze water out of defrosted spinach and put spinach in large bowl. Add feta, garlic, chives, sundried tomatoes, eggs, coconut flour and season with sea salt and pepper. Using a fork, mix



Meg's Sweet Corn Burgers

Danielle's Spinach & Feta Burgers



everything together well.

Wet hands and divide mixture into 6 large burger-sized patties. Use hands to combine tightly so the patties hold their shape.

Heat olive oil in large frypan over medium heat. Add burger patties and cook on each side for 5 mins until golden-brown.

Serve inside large lettuce leaves topped with avocado.



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Super Greens Crush

SUPER GREENS CRUSH
RECIPE / MORLIFE

Serves: 1



- 1 cup baby spinach leaves
- Handful fresh mint leaves
- Handful fresh parsley leaves
- 1 green apple, quartered
- 1 cucumber, sliced
- Juice ½ lemon
- 4 celery stalks, halved
- 2-3cm knob fresh ginger, peeled
- ½ cup ice cubes
- 1 serve Morlife Alkalisating Greens pH7.3 Boosting Powder
- Honey, to sweeten (optional)

Add all ingredients to blender and blend well. If needed, add a little water to aid in blending process.

ENERGISING MUESLI
RECIPE / MORLIFE

Serves: 1



- ½ cup Morlife Natural Muesli
- 1 tbsp almonds, chopped
- 1 tbsp pecan nuts, chopped
- 1 tbsp sunflower seeds
- 1 tbsp pumpkin seeds
- Dash almond milk
- Pinch ground cinnamon
- ¼ cup fresh pomegranate arils

Add muesli to bowl and add extra nuts and seeds.

Pour over almond milk and top with pinch of cinnamon and pomegranate arils.

For more information visit alkalisatinggreens.com.au

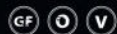


Energising Muesli



**PAPAYA COCONUT
SMOOTHIE**
RECIPE / MORLIFE

Serves: 1



- 1/2 ripe papaya
- 1/2 cup coconut milk
- 1/2 cup almond milk
- 1/2 tsp Morlife Chia Seeds
- 1/2 tsp honey

Add all ingredients to blender
and process until smooth.



Outback Spirit products feature Australian native ingredients that have been ethically harvested or cultivated in Australia's pristine wilderness regions. Outback Spirit uses natural ingredients sourced from the rainforests of Cape York and the vast deserts of Central Australia to create chutneys, dressings, herbs and seasonings.



GOAT'S CHEESE OUTBACK TOMATO CHUTNEY & GREEN OLIVE GALETTE

RECIPE / ROBINS FOODS

Makes: 1 x 20cm galette



- 1 sheet butter puff pastry
- 1 jar Outback Tomato Chutney
- 150g green olives, pitted & halved
- 120g goat's cheese
- Fresh basil, chopped
- 1 egg & ½ tbsp milk, for egg wash
- Olive oil, for brushing

Preheat oven to 220°C.

Line large baking tray with baking paper. Using a plate or cake tin as a guide, cut a 20cm round from pastry sheet. Place galette on baking tray.

Score an inner circle approximately 2cm from outside edge of galette. Filling will sit within this inner circle and will allow rim of puff pastry to rise around it.

Spread Outback Tomato Chutney over inner circle of pastry. Be careful not to spread over scored line, as any filling lying on 2cm edge will inhibit pastry rising.

Arrange olives over chutney, then crumble goat's cheese evenly over olives, followed by basil.

Place galette in fridge to rest for at least 30 mins. (All puff pastry must be rested after working and before baking to prevent shrinkage.)

Using small pastry brush, very carefully and lightly brush 2cm pastry edge with egg wash, ensuring it doesn't dribble down outer edge of galette.

Bake for about 15 mins until pastry is light golden-brown, then reduce temperature to 180°C and continue to bake until pastry is a deep uniform golden-brown and base is completely cooked (approx. 40–45 mins).

Remove from oven and slide onto cooling rack. Just before serving, lightly brush surface of galette with olive oil.



Goat's Cheese Bush Tomato & Green Olive Galette

BUSH TOMATO STUFFED EGGPLANT BRAISED IN OUTBACK TOMATO SAUCE

RECIPE / ROBINS FOODS

Serves: 4



- 4 small whole eggplants, ends trimmed
- 1 tbsp olive oil
- 2 cloves garlic, crushed
- 1 medium onion, finely diced
- 2 middle rashers bacon, sliced into slim batons
- 1 leek, finely sliced
- 2 medium tomatoes, chopped
- 1 jar Outback Tomato Chutney
- Zest 1 lemon
- ½ bunch coriander, leaves chopped
- Black pepper & salt, to taste
- 120g goat's cheese

Sauce

- 1 x 400g can crushed tomatoes
- 1 bottle Outback Tomato Ketchup
- Zest & juice 1 lemon

Preheat oven to 200°C.

Using a sharp knife, make a wide slit in each eggplant and, using a dessertspoon, scoop out flesh, making sure you leave

a good layer of eggplant flesh intact (approx. 1–2cm).

In a saucepan, heat olive oil, add garlic and onion and sauté until tender. Add bacon, leek and tomato and cook for a further 2–3 mins.

Add Outback Tomato Chutney and the lemon zest and cook for a further 5 mins or until sauce has reduced and texture is gooey.

Remove from heat and fold through the chopped coriander and season with pepper and salt.

Half-fill each eggplant and add half the goat's cheese evenly among eggplants. Complete filling eggplants with bush tomato-flavoured mixture and top with remaining goat's cheese.

For sauce, mix crushed tomatoes with the Outback Tomato Ketchup and lemon zest and juice.

Spoon into base of casserole or baking dish and place prepared eggplants on sauce.

Bake for 1 hour or until eggplants are completely cooked and tender. Sauce should be reduced and thick. Serve immediately with sauce. Accompany with salad of rocket, Iceberg lettuce, fresh ripe pear, thin slices of avocado, shaved parmesan and balsamic vinegar.



Bush Tomato Stuffed Eggplant Braised in Bush Tomato Sauce

LEMON MYRTLE FISHCAKES WITH WILD LIME CHILLI GINGER SAUCE

RECIPE / ROBINS FOODS

Makes: 24 fishcakes



1kg firm fish fillets (such as flathead, snapper or bream)
25g unsalted butter
2 cloves garlic, crushed
1 large onion, very finely diced
3 tsp dried Outback Spirit Lemon Myrtle
1 tsp Outback Spirit Mountain Pepper
1 large egg, lightly beaten
½ tsp salt
1 cup fresh breadcrumbs
Juice 1 lemon
½ cup plain flour
Vegetable or peanut oil, for frying
Outback Spirit Wild Lime Chilli Ginger Sauce, to serve

Process fish fillets in food processor until flesh is like mince and place in large bowl.

Melt butter in small saucepan and cook garlic and onion until softened. Stir into minced fish. Add 2 teaspoons of lemon myrtle, mountain pepper, egg, salt, breadcrumbs and citrus juice and mix thoroughly to form firm paste.

Combine remaining lemon myrtle and



Lemon Myrtle Fishcakes with Wild Lime Chilli Ginger Sauce

flour and spread on flat bowl or plate.

Form fish paste into 24 evenly sized cakes and dust with seasoned flour, shaking off any excess.

Heat vegetable oil in frying pan until very hot. Shallow-fry fishcakes, a few at a time, turning as they turn golden-brown on both sides. Drain on kitchen paper and serve hot with Outback Spirit Wild Lime Chilli Ginger Sauce.

POTATO & MOUNTAIN PEPPER GNOCCHI WITH BUTTER SAUCE

RECIPE / ROBINS FOODS

Makes: 4



1kg floury potatoes (such as Coliban or Idaho)
Salt, to taste
2 tbsp Outback Spirit Mountain Pepper
2 egg yolks
100g plain flour

Butter Sauce

120g unsalted butter
1 tsp Outback Spirit Mountain Pepper
½ cup freshly grated parmesan, to serve

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

Place potatoes on tray and bake for about 1 hour or until completely cooked.

Remove potatoes from oven and, as soon as they are cool enough to handle, peel away skins by rubbing with fingers. Mash peeled potatoes with salt and

mountain pepper until very smooth.

Add egg yolks and flour to potato and mix thoroughly to form dough. Turn out onto lightly floured bench and knead dough until smooth and elastic.

Form dough into a long sausage shape and cut into pieces. Remember that gnocchi expand a little when cooked, so don't make them too big.

If you like, use a fork to press tines to mark one side of gnocchi in traditional way. This helps cooked gnocchi hold sauce better.

Place gnocchi on non-stick paper-lined platter or tray, ensuring they don't touch and stick together. Rest in refrigerator for 30 mins before cooking. This is an important step: if you cook gnocchi as soon as you have formed them, they may disintegrate in boiling water. Resting them ensures they keep their integrity and shape.

Bring a large saucepan of lightly salted water to the boil and add gnocchi in batches. Cook for 4–5 mins or until gnocchi are tender and start to rise to the surface.

Remove carefully with slotted spoon and drain well.

To make sauce, while gnocchi are cooking melt butter with mountain pepper in saucepan over low heat. Divide gnocchi among serving plates, pour butter sauce over and finish with sprinkling of parmesan.

For more information visit outbackspirit.com.au

Potato & Mountain Pepper Gnocchi with Butter Sauce



Dairy with a difference

With lactose intolerance and cow's milk alternatives on the rise, and large conglomerates dominating the milk market, you'd be forgiven for thinking independent dairies are done. Think again. We meet two dairy farmers who are doing things their own way.

WORDS / DANIELLE KIRK

When 19 sturdy, purebred Holstein cows meander up the rise for their 4am milking at The Pines Kiama, they get one hell of a view. From the quaint dairy shed that's perched atop a hill alongside a pine tree that reaches to the sky, the girls can see the township of Kiama and the ocean beyond stretching out to the east; to the west, lush green peaks roll into the New South Wales interior. You could gaze at it all day — but there's milking to be done.

Kel Grey and his father Garry start milking each cow by hand and then pop on the mechanical milking machine. Each morning 500-odd litres of milk gets pasteurised. In the afternoon, the milking starts again. It's the age-old rhythm of dairy farms everywhere.

This 70ha property has been in the Grey family since 1854 and, now, sixth-generation dairy farmer Kel is continuing the tradition. After working back-to-back winters as a ski instructor in the US and Thredbo through his 20s, Kel returned to The Pines full-time in 2008, bringing with him his wife Mahlah and a business plan to value-add so the young couple could make a go of it. Garry was on contract with Dairy Farmers at the time, milking 24 head of cattle and scratching his head over what to do about succession planning. His arms were wide open.

Seven years of hard yakka later and the Greys are two years into bottling and delivering their full-fat single-origin non-homogenised milk, labelled simply as The Pines Kiama, to a loyal local following and sending it off daily to delis and trendy retailers in Sydney and Canberra. They sell

farm-fresh gelato at local markets and supply it to two gelato outlets in Berry and Gerringong. They make yoghurt, too, when people ask for it.

All these offerings are produced in their onsite factory, a large shed equipped for storing, pasteurising and bottling milk as well as for making gelato and yoghurt. Two staff — one full-time, one part-time — have come on board to help them meet demand, which is growing all the time. Kel and Mahlah will start selling at Sydney's weekly Eveleigh Markets, a honeypot for city gourmants, this summer, after the organisers beseeched them.

“
To eke out a living
and keep hold of
their land, says Julie,
farmers had to get “a
little more innovative”.

MILK LIKE IT USED TO BE

The Pines Kiama is a stunning illustration of a small-scale dairy revolution. In an industry dominated by a few large conglomerates, which contract farmers to supply milk that goes into big-brand bottles, it's refreshing to hear of dairy farmers creating a sustainable, independent income stream — and winning. It's brave to step away from a single, secure customer, particularly when your farm's at stake, but the Greys show it's possible when you've planned well and

your product's special.

A few things set The Pines Kiama milk apart. First, Mahlah says, it's minimally processed “to maintain the structure of the milk as close to nature as intended”. A layer of cream rests atop their non-homogenised milk, so you have to shake the bottle to unite the two, plus it's heated to the lowest temperature permissible by the food authority to keep it “as close to raw as possible” for the health benefits that offers.

Second, it's a high-quality, smooth-drinking drop. “The reason we've chosen to do what we're doing is because of the Holsteins' particular milk,” says Mahlah. “Each composition of the milk is different. Jersey [cows] have a far larger fat molecule in their milk that's quite irregular; the Holstein fat molecules are smaller but also more uniform. So, for drinking milk, on the palate the Holstein milk is far smoother.” Regular safety and quality tests always yield excellent results, she says. “We know we've got really high-quality milk and we take a lot of pride in that fact.”

The Greys' dairy products are well positioned in a market where people are clamouring for high-quality foods that are good for them and let them get closer to the maker. Mahlah has noticed this phenomenon in the past few years and she attributes their success to it. “People want to know where their food comes from,” she says. “We've seen a huge increase in awareness with farmers' markets and buying direct from small producers.”

AN ALTERNATIVE EMPIRE

Julie and Sandy Cameron of Victoria's Meredith Dairy have a few years on Kel and Mahlah: they've been doing marvellous things with milk since 1992, when they started making goat's cheese. They've had great success since, expanding into products that now encompass a marinated goat's cheese, chèvre, fresh goat's curd and pot-set sheep's and goat's milk yoghurts. You'll spy the label in healthfood stores, speciality retailers and now Coles and Safeway outlets, too.

Theirs is a story of getting creative in the face of adversity. As a young couple, Julie, a trained nurse, and Sandy, a vet, moved back to Sandy's family farm in 1989 to join his folks in raising merino sheep for wool. Then the bottom fell out of the wool market. The Australian Wool Corporation abolished the floor price for wool, halving producers' income overnight, and then sold off its huge stockpile of wool so farmers couldn't sell their own even if they wanted to.

To eke out a living and keep hold of their land, says Julie, farmers had to get "a little more innovative". Sandy had studied out-of-season breeding of sheep and goats, so they started to investigate ways to use his expertise. "It's something that is quite unique, so we looked at things like growing milk-fed lamb and Cashmere goats," says Julie. "Then we had a chance meeting with a cheesemaker who basically said to us, the best cheese in the world is made from sheep's milk, and we had the sheep, so we thought, well, let's give that a go."

It took three years for them to switch to dairy farming, she says. "We actually had to build a dairy and we had to build a facility to make the cheese in, and we had to buy the equipment and also the animals. Then you get them pregnant and it takes five months' gestation before they lamb and then we had to milk them and process the milk, and then, of course, things always go wrong when you start things up!" Their first cheese went on sale in 1992.

FROM LITTLE THINGS ...

More than two decades on, Meredith Dairy has become a keystone of its regional community, employing about 100 people from nearby Meredith to work on the farm and in the cheese factory. Julie and Sandy have won a swathe of awards for

their products, which are popular among people who love the quality and taste, as well as the increasing number who seek an alternative to cow's milk dairy.

They've won awards for their broad-ranging sustainability work, too. Key initiatives include offsetting any fossil fuels they use by planting 3000–5000 trees a year on their property, and replacing the petrol they use in the onsite power plant required to run the cheese factory with as much biofuel as possible. It hasn't rained much at the property this summer but, when it does, they collect the rainwater runoff from all the rooftops.

The Camerons also practise a "paddock to plate" philosophy, Julie says. They grow their own wheat, barley and other supplementary grain for the animals, so they know it's of high quality. Post-harvest, the straw is collected for animal bedding and the manure from those beddings is used to fertilise the paddocks. Plus, they use whey, a highly nutritious byproduct of making cheese that's also quite toxic to soil, to fatten the cattle they sell for beef.

Another interesting thing they've done is to divide their 4000 acres into smaller, more manageable farms. Says Julie, "Rather than having lots of animals — I'm talking 7000 animals — at one site, what we've decided to do is set up smaller farms and collect milk from those farms." They staff those with families who care for their own goats and have their own houses, hay sheds, equipment and the like onsite. This also eases the strain on the land.

COMMON GROUND

These two couples have a great deal in common. They're passionate, creative and driven. They've built sustainable businesses that have enabled them to successfully transition back to the family farm and care for it. They have strong connections to their communities. They also work very hard. "One of the challenges is, it's every day," says Julie, whose longest-ever holiday was 10 days. "We milk the animals all year round; they've got to be milked twice a day every day, and the cheese factory functions every single day, so every day we've got people here processing milk. You can't just switch it off."

Perhaps most importantly, though, the Camerons and Greys have created a way that multiple generations can coexist on their farms. At Meredith Dairy, Julie and Sandy's youngest hopes to start working in the cheese factory when she turns 15; Sandy's 86-year-old father still gets to round up sheep or move the cattle or check the water or electric fences. Kel and Mahlah's two young children see their grandfather every day as he tends to the beloved herd he has carefully bred. Garry gets to spend his retirement not being retired at all, if he chooses, but continuing to be involved in what he has put a lifetime of heart and soul into.

It's beautiful to behold.

RESOURCES

- **Meredith Dairy**, meredithdairy.com
- **The Pines Kiama**, thepineskiama.com.au





SPONSOR RECIPES CORN THINS

Corn Thins® are not rice cakes. They're made from corn and taste delicious, like popcorn squished into a healthy crispbread. Corn Thins are gluten-free, non-GMO and full of fibre. Enjoy them on their own or with your favourite toppings.



Margarita

MARGARITA RECIPE / CORN THINS

Serves: 1



- 1 tbsp tomato paste
- 2 slices Corn Thins Corn Cakes
- 6–8 cherry tomatoes, sliced in half
- 2 tsp parmesan cheese
- 1 tbsp mozzarella cheese
- Small bunch oregano leaves

Spread tomato paste across Corn Thins slices, top with cherry tomatoes, parmesan and mozzarella cheese.

Place on a tray and put in preheated oven at 180°C until cheese melts.

Take out of oven, then sprinkle on oregano leaves and pepper as desired.

LEFTOVER ROAST BEEF RECIPE / CORN THINS

Serves: 1



- 4 thin slices roast beef
- Small handful baby spinach leaves
- 2 tbsp garlic aioli
- 2 slices Corn Thins Corn Cakes
- 1 tsp chutney

Garlic aioli

- 4 egg yolks
- 3 garlic cloves, crushed
- 28g white vinegar
- Pinch salt
- 4 cups extra-virgin olive oil
- 28g lemon juice
- Water, as required, (usually similar amount as vinegar)
- Pepper & salt, to taste

To make aioli, mix yolks, garlic, vinegar and water with pinch of salt in food processor. Pulse and mix until garlic and yolk are well mixed and mixture is smooth. Drizzle oil into food processor as it is mixing yolk/garlic mix on high. Once emulsion has started to form in processor, oil can be added in a steadier stream. Finally, add in lemon juice, pepper and salt to taste.

Spread garlic aioli across Corn Thins slices, then layer with slices of roast beef, top with chutney and a few spinach leaves. Add pepper as desired.

HUMMUS, GOAT'S CHEESE & CARROT RECIPE / CORN THINS

Serves: 1



- 2 tbsp hummus
- 2 slices Corn Thins Corn Cakes
- 50g goat's cheese
- ½ carrot, shredded
- Sprinkle pine nuts
- Sprinkle currants
- Sprinkle chopped parsley

Spread hummus across the Corn Thins slices, then either spread or crumble goat's cheese onto slices. Top with shredded carrot, then sprinkle pine nuts, currants and parsley on top.

NIÇOISE
RECIPE / CORN THINS

Serves: 1



- 1 tsp niçoise dressing (vinegar, olive oil & basil leaves)
- 2 tbsp mayonnaise
- 2 slices Corn Thins Corn Cakes
- 1 boiled egg, cut into four slices
- ½ 95g can tuna
- ⅛ onion, sliced
- 3–4 cherry tomatoes, halved
- Few slices red capsicum
- Small handful olives
- Small handful rocket
- Pepper & salt, to taste

Make niçoise dressing simply by blending 3 parts olive oil, with 1 part vinegar and some crushed basil leaves.

Spread mayonnaise across Corn Thins slices, then top with egg, tuna, onion, tomatoes, capsicum, olives and rocket leaves. Finally, drizzle with niçoise dressing. If desired, add pepper and salt.

MANGO & FRESH BERRIES
RECIPE / CORN THINS

Serves: 2



- 1 fresh mango, sliced
- 100g mixed berries
- 250g yoghurt
- 2 slices Corn Thins Corn Cakes, crushed

Add sliced mango to bottom of 2 large glasses or small bowls, add mixed berries and yoghurt. Finally, add crushed Corn Thins slices to top for texture and taste.

For more information visit cornthins.com



Hummus, Goat's Cheese & Carrot



Niçoise



Mango & Fresh Berries

Melting moments

Gnocchi, those humble, homemade dumplings that are beloved in Italy, can be tricky for home cooks to master. Two Italian chefs share their secrets.

WORDS / DANIELLE KIRK

If you've ever been to Italy and eaten good gnocchí (pronounced nyocky), you'll remember it. Those soft, pillowy, bite-sized dumplings typically served in a simple sauce as a *primi piatti*, or first course, are commonplace in their mother country but, for overseas visitors, gnocchí — like much Italian food — can astound with its quality and simplicity and the care with which it's made.

Fortunately, it's possible to find gnocchí like that in Australia. We're blessed to have a rich Italian migrant culture and you can track down melt-in-your-mouth gnocchí if you find the right restaurant or know the right people. It's also possible to buy readymade gnocchí in a packet; however, once you try the real deal, you'll never go back to eating those dense, nuggetty imposters.

Gnocchí can be easy to make at home, too, once you know the basics. It is, after all, largely a homemade preparation in Italy. What if you lack a *nonna* to teach you? It's true that gnocchí can become lumpy, chewy, smoochy and altogether unpleasant, but never fear. Here, two Italian culinary experts share their tips for creating tiny pillows of perfection.

WHAT IS GNOCCHI?

Gnocchí is a simple dish but its variations are legion. While often associated with northern Italy, these dumplings are found across the peninsula and their base ingredients vary, depending on where they're made: flour, semolina, breadcrumbs, chestnut flour, ricotta or vegetables from pumpkin to spinach to the classic potato.

"There doesn't exist just one way to make the gnocchí, because every region, every family, every town has a different recipe," tells Carmine Costantini, owner of Osteria La Passione, a tiny, unassuming restaurant in the Melbourne suburb of Richmond that focuses on high-quality fresh, organic, seasonal food with Italian flavours.

"The basic gnocchí is potato gnocchí, but you can make it in a thousand different ways." His signature dish is a light, tender pumpkin and potato gnocchí served with porcini sauce, an award-winning combination in his native Italy that his customers here love.

At its purest, however, gnocchí has just two ingredients: potato and flour. This is the style Luciana Sampogna teaches students to make at Cucina Italiana, her Italian cooking school in the Sydney suburb of Annandale. It's also the most challenging.

"There are two gnocchí recipes you can start with," says Sampogna, a Venetian who studied with master pasta-makers the Simili Sisters in Bologna. "There's the easy version; this is when you add eggs, you add Parmesan ... you add all those things because they bind. The difficult one is the one with only potato and flour. And you've got to get it right because, if you don't, it's a problem."

What makes this recipe so tricky is that it relies on balancing the potato, the flour — and moisture. "With gnocchí, it is the weather that makes you or breaks you," Sampogna explains. "You're going against all the humidity in the air ... so you need to find ways

that you can have something tender but that you're not going to be using a lot of flour. That's the balance."

Less moisture means using less flour; this means the gnocchí will be lighter. Too much moisture or flour and your gnocchí will either break apart when you cook them or become heavy and dense.

“
For overseas visitors [to Italy], gnocchí — like much Italian food — can astound with its quality and simplicity and the care with which it's made.
”

FINESSING THE BASICS

To get the potato-flour-moisture balance right, Sampogna's first secret is to work on top of wood: it soaks up some moisture. "If you don't, don't ask for miracles. If you work on marble, it's fine for people making gnocchí with gluten-free flour because that flour is very dry — it's constantly looking for liquid. However, when working with gluten flour, if you work on a marble surface you'll have to constantly add more and more and more flour — and it's a disaster."

Now let's turn to the ingredients. Sampogna uses a less refined type 0 flour; type 00 is good for pasta but "too powdery for this simple gnocchí".



Sampogna's second secret is to use pink potatoes such as Desiree or Pontiac, because their waxy flesh helps bind the flour. For his pumpkin-potato gnocchi, which involves other binding ingredients, Costantini uses yellow Nicola potatoes: a starchier variety with a buttery flavour.

Whatever your potato choice, leave the tubers whole with the skin on when you place them in a pan of cold water, salted to taste, that's then brought to the boil. It's essential, Sampogna says, to leave the potatoes unpeeled during cooking so less moisture enters the flesh. "You need to understand what carbohydrates do: they grab the water," she says. "The potato expands because the water is inside — your worst nightmare. But you want to cook the potato, so the important thing is that the potato has the skin on."

Once the potatoes are cooked, remove the skin to allow the steam to escape and press the flesh through a potato ricer: a utensil that looks and works like an oversized garlic crusher. Its tiny holes give a fine-textured potato "flour", which is then spread out on a surface to allow more steam to escape. A potato ricer is "imperative" for tender gnocchi, Sampogna asserts. Never mash the potato because, "If you're mashing it, you're mashing water! There is no escape for [the water]."

At this point, our two gnocchi artisans diverge again. Sampogna cools her potato completely before adding flour. "When it's cold, the steam has disappeared. If I work with the potato hot, all I'm doing is adding more flour because the potato's full of steam." Hot potato is Costantini's preference because "this is what an old lady when I was very, very young was teaching me"; plus, it makes his starchy potato choice more "gluey". He cools it down by adding cold pumpkin, which has been roasted and drained in a colander overnight to create a dry, "beautiful, sweet pulp".

To create her simple dough, Sampogna uses another tool — a small metal sheet with a wooden handle — to combine her potato and flour, which she has sifted together with a pinch of salt. For 1kg of fresh Desiree potatoes, she starts with 150g of flour, reserving an additional 50g to include if needed. (If using gluten-free flour, follow the same recipe but use 20 per cent less flour.)

Sampogna firmly presses the ingredients together with the flat of the blade then draws them together with the blade edge, pressing, collecting and adding more flour if necessary. Once a soft dough forms, she shapes it into a log, dusts it with flour, covers it and lets it sit for at least 30 minutes.

For his signature gnocchi, Costantini works on a marble bench. He adds the flour, potato and pumpkin mixture, salt, Parmesan and a pinch of nutmeg, combining it quickly until it forms a dough, which he lets relax for a few minutes.

SHAPING & COOKING

Now it's time to shape the gnocchi. Cut it into small pieces and then, working on a lightly floured surface, roll each piece into a cylinder about 1–2cm thick. Keep the weight in the heel of your hands when rolling, Sampogna advises, so you don't press too hard with your fingertips. This ensures the gnocchi stays nice and light. Cut each cylinder into 2–3cm lengths.

At this stage, Sampogna adds the traditional horizontal markings to the gnocchi. She uses a ridged wooden paddle to mark one side of each *gnoccho*, pressing her thumb gently into the back to leave an indentation and create little *topini*, or "mice". Costantini prefers his unmarked, saying, "My grandma, my mother used to do it, but today I think 90–95 per cent of the restaurants try to be more modern. [The ridges] are not really important; it's the quality of the ingredients that is very important, and the skill."

The finished dumplings go on a flour-dusted tray and get covered with a tea towel, ready for cooking. First, though, Sampogna says it's important to test a few pieces of gnocchi to judge how much water is in the dough. "Get a little pan, boil the water and, if the gnocchi don't collapse (disintegrate), go ahead and make the rest. If they collapse, add a little bit more flour to the dough."

Now it's time for the cooking process, and Costantini walks us through his. "I boil water, salt it and put in just a little bit of olive oil so the gnocchi don't stick together." He gently adds enough gnocchi to fit the base of the pan, using two or three pans if needed. "If you put in too many [gnocchi], they stick together and become a frittata!"

The pieces will sink to the bottom of the pot — but, Costantini warns, don't be tempted to stir them. "The gnocchi is very soft so, when you put it in the water, don't touch it! Leave it for a few seconds and then I like to just shake the water in the pot a little so that when the water starts to boil again, the gnocchi starts to rise." When it comes to the top, let the gnocchi boil for 1–2 minutes. It's then ready to remove, strain and toss through a simple sauce, such as the ragu or porcini sauce that Costantini pairs with his potato-pumpkin pillows or the tomato sauce Sampogna chooses.

How will you know your gnocchi is right? Try a piece. Gluten-free gnocchi will be slightly chewy — that's unavoidable, Sampogna says. As for the standard kind, "When the gnocchi melts in your mouth, you know it's correct."



Spinach Gnocchi

Seasonal fruit & vegetables | summer

These are the fruits and vegetables that are in season and so will be the freshest.

Summer

Vegetables Asparagus, beans, capsicum, celery, chillies, cucumber, eggplant, lettuce, okra, onions, peas, potatoes, radish, sweet corn, watercress, zucchini.

Fruit Apricots, avocados, bananas, blackberries, blueberries, cherries, figs, grapes, melons, limes, lychees, mangoes, mangosteens, nectarines, oranges,

papaya, passionfruit, pawpaw, peaches, pears, pineapple, plums, rambutans, raspberries, red and black currants, strawberries, tomatoes.

Seasonal growing tip: Mulch your corn (*Zea mays*) as it grows with pea straw or lucerne.





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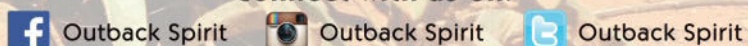
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Greek Yoghurt

GREEK YOGHURT
RECIPE / MAD MILLIE

Makes: approx. 750g



- 1L UHT milk or fresh full-fat homogenised milk
- 1 sachet Mad Millie Yoghurt Culture

If using UHT milk, heat milk to 40°C in a pot on the stove.

If using fresh full-fat homogenised milk, first heat milk to boiling point in a pot on the stove. Once at boiling point, leave milk to cool to 40°C.

Once milk is at 40°C, sprinkle in yoghurt culture.

Maintain milk at 40°C for 12–24 hours in a water bath in sink or incubator until milk sets.

Once milk has set, place in refrigerator and leave overnight.

For a thicker yoghurt, drain

yoghurt through sterilised cheesecloth until yoghurt has reached desired thickness.

KEFIR
RECIPE / MAD MILLIE

Makes: approx. 1L



- 1L milk (the higher the fat content, the thicker the kefir will be) or coconut water or juice
- 1 sachet Mad Millie Kefir Culture

Add milk or coconut water or juice to Mad Millie 1L jar with lid or similar.

Add 1 sachet of culture and replace jar lid, shake to mix culture through thoroughly.

Remove lid, cut square piece of muslin cloth or similar sterile material, double layered, to cover top of jar.

Secure with rubber band.

This allows gas to escape during acidification process and will protect kefir from any foreign objects while sitting on the bench. For a fizzy kefir, simply replace jar lid without muslin cloth and tightly secure on jar to prevent gas from escaping.

Allow kefir to sit at room temperature (20–30°C) for 24 hours.

Once acidification period is complete, kefir will be set if using milk. If using juice, it will not be set but will become less sweet in taste when done.

Remove muslin cloth if used and replace lid. Then shake kefir vigorously before storing in refrigerator.

Shake kefir each time before pouring.

BERRY BREAKFAST
IN A JAR
RECIPE / MAD MILLIE

Kefir



Serves: 1



- ½ cup oats
- ½ cup Mad Millie Kefir, made with milk
- ¼ cup runny Mad Millie Greek Yoghurt or milk
- 4–5 whole almonds
- 1 tsp sunflower seeds
- 1 tsp linseeds
- Handful blueberries and/or raspberries, fresh or frozen

Add all ingredients to Mad Millie 350mL Jar or similar and mix well, making sure all oats are covered and leave in fridge overnight.

Next day, cover with more thawed or fresh berries, then eat straight from jar!

SAUERKRAUT RECIPE / MAD MILLIE

Makes: approx. 2.4L



- 2 medium-sized white cabbages, finely chopped
- 2½ tsp non-iodised salt (either Mad Millie's Artisan Salt, unrefined salt, or natural sea salt)

Sterilise all equipment thoroughly with Mad Millie steriliser or boiling water and leave to drip dry.

Place chopped cabbage in mixing bowl and sprinkle over salt.

Mix salt into cabbage with clean, sterile hands until juices are released (about 5 mins).

Pack cabbage tightly into crock, pressing it down with your hand or back of spoon. When full (there should be some space left at the top), place weights on the top. Cabbage should be covered with juices. If there is not enough brine to cover cabbage, make extra by dissolving 1 tbsp salt in 1L boiling water. Allow to cool to room temperature before adding just enough to cover cabbage.

Cover with lid and pour water around moat edge to create water seal, which allows gas to escape but nothing to enter. Ensure water level is above holes in lid at all times. Water will evaporate, so continue to top up over waiting period.

Leave to ferment at around 20°C. After 3–7 days, taste sauerkraut using sterile fork or spoon to take sample then replace lid immediately. When ready, it should have sour tang and colour should have changed from white/green to yellow (for



Berry Breakfast in a Jar

green cabbage) or from red to pink (for red cabbage). You can keep fermenting sauerkraut for up to 2 weeks.

Once ready, transfer to glass jars (if desired) and move to fridge (will continue to ferment slowly and maintain all healthy flora. Flavour/texture may change over time). Can be kept in fridge for 2–3 months or longer.

Tip: For faster, more consistent fermentation, use Mad Millie Culture.

Dissolve 1 sachet of Aromatic Mesophilic or Fermented Vegetable Culture into 2 tsp water and 1 tsp sugar.

Add mix to shredded cabbage and salt. Mix with your hand for 5 mins to get juices out.

Pack in crock and leave to ferment. Fermentation will be faster; within 5 days, it should be nearly ready to transfer into fridge.

For more information visit madmillie.com



Sauerkraut



Mediterranean wisdom

Do you want to live longer, prevent chronic disease, maintain a healthy weight — and enjoy mealtimes? Look to the Mediterranean, and take note.

WORDS / DANIELLE KIRK

Alongside that tiny thing called Western civilisation, much sound health advice has come out of the Mediterranean region over the centuries. “Let food be thy medicine and medicine be thy food,” advised the father of Western medicine, Hippocrates, over 2500 years ago. The philosopher Plato counselled that an excess of food caused ailments so should be avoided, while his student Aristotle wrote, “It is well to be up before daybreak, for such habits contribute to health, wealth and wisdom.”

“

Today’s inhabitants of the Mediterranean basin share more than just geographic proximity and wise ancestors. They enjoy a traditional style of eating that ... has been lauded by researchers and foodies alike.

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Today’s inhabitants of the diverse Mediterranean basin share more than just geographic proximity and wise ancestors. They enjoy a traditional style of eating that, in keeping with the healthy teachings of the ancients, has been lauded by researchers and foodies alike.

Characterised by its emphasis on seasonal fruits and vegetables, fresh fish, flavoursome herbs and spices, cheese and yoghurt, lashings of olive oil and a regular — but modest — intake of wine, the “Mediterranean diet” has become fashionable in recent years because of the health benefits it offers. Numerous studies have proven the diet’s effectiveness in the prevention of chronic disease, including diabetes, dementia and heart disease, its promotion of longevity and its role in healthy weight management.

This is the diet that not only helps people to look good and stay well, but also tastes great.

WHAT IS THE MEDITERRANEAN DIET?

The Mediterranean diet wasn’t intentionally designed as a way to boost human wellbeing or longevity. As nutritionist Conner Middelmann-Whitney notes in her book, *Zest for Life: The Mediterranean Anti-Cancer Diet*, people living in the Mediterranean basin have been eating like this for thousands of years, simply due to the climatic and ecological conditions of their region.

Mediterranean countries share mild, rainy winters and hot, dry summers, but diverse soils and microclimates mean a wide variety of foods and flavours exist. Each area has its specialties. For example, North Africa and the Middle East have their herbs and spices, pulses and fresh and dried fruits; Spain, its garlic, beans and almonds; Italy, its durum wheat and Parmesan; Greece,

its olives and sheep’s milk cheeses.

Traditional food patterns of this region share many traits, however, and these are what make the Mediterranean way of eating special.

The archetypal Mediterranean diet was a simple one eaten by peasants and was heavily plant-based. Because their environment didn’t lend itself to raising animals intensively, people consumed plenty of cultivated and foraged plant foods, including filling beans and legumes, aromatic herbs and pungent spices. The diet’s almost vegetarian nature was reinforced by the religious practices that dominated the region’s eating habits until late last century and often limited or restricted meat, Middelmann-Whitney writes.

What small amounts of animal protein people ate were in the form of wild-caught fish, wild rabbits, game birds such as ducks or quail, the odd goat, dairy products from their own ewes or goats, eggs or poultry from their chooks, and foraged animals such as snails or frogs.

Traditionally, people ate unrefined grains, mostly as sourdough bread baked from whole barley or spelt flour, or water-based gruels. Sugar was largely absent; nuts and fresh or dried fruits, however, were abundant. Processed foods were non-existent. Wine, typically red, was consumed daily, but taken in small quantities and with meals.

Two additional, fundamental elements featured at mealtimes and continue to be the axis Mediterranean

meals revolve around today. One is on the table: olive oil. Olive trees are abundant in many countries surrounding the Mediterranean Sea and olive oil has been the principal form of fat there for thousands of years, prized for both its flavour and its nutritional punch.

The final element isn't about nutritional intake at all; rather, it's *how* people dine. What distinguishes the Mediterranean way of eating from that of different cultures, writes Middelmann-Whitney, is that people take the time to prepare, sit down and savour good food three times a day in the company of friends and loved ones. Further, a typical meal includes a variety of foods and dishes, the ingredients are all high quality and conviviality is at the heart of the meal.

In countries like Italy or Greece, mealtimes are shared, leisurely occasions that are enjoyed consciously, without distraction or guilt, as a celebration of pleasure and living. Eating lunch at the desk or snacking between meals is scorned. At lunchtime, office workers enjoy a meal together at a restaurant; on Sundays, extended families gather for long lunches filled with relaxation, food and laughter.

TOP 10 CHARACTERISTICS OF A MEDITERRANEAN DIET

1. High intake of fruits and vegetables
2. High intake of olive oil
3. High intake of legumes, whole grains, nuts and seeds
4. Frequent use of aromatic herbs and spices
5. Moderate-to-high intake of fish and eggs
6. Moderate intake of dairy products, mostly as cheese and yoghurt
7. Low intake of meat and meat products, eg processed meats
8. Moderate consumption of wine with meals
9. Absence of mass-produced processed foods; low intake of sugar, refined flour products and industrially refined fats
10. Central role of conviviality: sharing food and drink with others

Source: Conner Middelmann-Whitney, *Zest for Life*

Part of what makes the Mediterranean way of eating so special is that it's not simply about diet: it's about celebrating life.

HEALTH BENEFITS

Scientists have been interested in the Mediterranean diet since the 1950s, when American epidemiologist Ancel Keys headed up a major study across Greece, Finland, Japan, Italy, the Netherlands and the US. People from the Greek island of Crete, despite eating lots of fat, were shown to have very low rates of heart disease and certain cancers and a high life expectancy. In contrast, northern European people eating a diet high in animal fats had the highest rate of heart disease.

Researchers decided it was the Cretans' diet — the classic Mediterranean diet as described above, with olive oil as the central fat — that proffered protection from heart disease.

Since then, a substantial body of research has reinforced the benefits of Mediterranean-style living. Much of this has focused on the diet, though researchers have also investigated how broader lifestyle factors affect health outcomes.

In a major study conducted in the early 1990s in Lyon, France, on people who'd already had a heart attack, half were placed on a Cretan diet and half on a low-fat diet. After two years, those on the Mediterranean diet were shown to be 70 per cent less likely to die of a second heart attack than those on the low-fat regime.

Another large, well-known 10-year study involved more than 7000 Spanish people at risk of heart disease and diabetes. Half ate a low-fat diet; half ate a Mediterranean diet supplemented with either extra-virgin olive oil or nuts. Those on the Mediterranean-style diet were 52 per cent less likely to develop diabetes, had significantly fewer risk factors for heart disease, cancer and dementia, and were at 30 per cent less risk of dying from heart disease, stroke and other cardiovascular problems.

Further evidence of the diet's beneficial effects comes from reviews of all the main studies conducted between 1966 and 2010, involving more than 2 million people. Greater adherence to a traditional Mediterranean diet was found to be associated with an 8 per

cent reduction in overall mortality, a 10 per cent lower risk of dying from cardiovascular diseases, a 6 per cent lower incidence of, or mortality from, cancer and a 13 per cent lower risk of dying from Parkinson's disease or Alzheimer's disease.

Eating the Mediterranean way helps with weight management, too. The diet is high in good fat, yet studies show it doesn't lead to weight gain, can promote weight loss and is more sustainable than other diets long term. This is because the diet has olive oil as the main fat and is also very high in fibre, with almost 1kg a day of fresh fruit and veg, writes dietitian and researcher Dr Catherine Itsiopoulos in *The Mediterranean Diet*.

Many studies into diet and longevity, together with a large global anthropological study that included the Greek island of Ikaria, also show that people following a Mediterranean diet — plus those with an active and social lifestyle typical of Mediterranean inhabitants — live longer and stay healthier as they age. Other characteristics of the Mediterranean lifestyle thought to aid longevity include not smoking, family coherence and regular afternoon naps.

Sadly, many citizens of modern-day Greece, Spain and Italy no longer eat their traditional diet, having replaced it with lower-quality fast food, and their health has declined as a result. The flip side to this is it demonstrates the great impact diet can have and that anyone wishing to improve their health can simply alter the way they eat. Combine that with a social, active lifestyle and you're on a winner.

EAT LIKE A MEDITERRANEAN

How can you eat the Mediterranean way when you live on the other side of the world? It's easy: follow the top 10 characteristics of the diet provided. The basic ingredients are available everywhere and, when it comes to fresh produce, just choose what grows best in your area as well as what's in season.

And, beyond what you put in your mouth, consider *how* you eat it. Learn from that Mediterranean wisdom: take your time preparing and eating your food, use the best-quality ingredients you can afford and enjoy your meal in the company of others; or, if eating alone, set the table for one, relax and savour the experience.



News feed

The latest food findings in bite-sized morsels

COMPILED BY / TERRY ROBSON

CACAO LOWERS BLOOD PRESSURE

This new research actually involved two studies. In both studies participants drank either a drink containing a cacao flavanol, or a placebo, twice a day for four weeks. The first study involved two groups of men, one under age 35 and the other aged between 50 and 80. Dilation of arteries improved in those who had the flavanol drink and in the older group there was also a drop of 4 points in systolic blood pressure in response to flavanols. In the second study subjects were men and women aged 35–60. Again the flavanols increased vasodilation by around 21 per cent and decreased systolic blood pressure by around 4 points and diastolic blood pressure by around 3 points. Cacao and its flavanols certainly seem to be good for your heart but, alas, chocolate with all its additives and processing may not be so sweet.

Source: *Age & British Journal of Nutrition*

“WALK AND EAT” ADDS KILOS

Eating on the go can make you eat more and contribute to weight gain. In this study females were given a muesli bar to eat under three different circumstances. One group was asked to watch a five-minute clip of a sitcom while eating, another group was asked to walk around the corridor while eating, and the final group was asked to sit opposite a friend and talk while they ate. After this, all groups completed a questionnaire and then a taste test involving four different bowls of snacks containing chocolate, carrot sticks, grapes and potato chips. After they left

the room the researchers measured how much they had eaten. The results showed the women ate more if they had eaten the muesli bar while walking around and specifically they ate on average five times more chocolate. If you want to maintain healthy weight, it's better to “sit and savour” rather than “eat and run”.

Source: *Journal of Health Psychology*

PROTEIN FOR YOUR HEART

Eating good-quality protein can protect your heart by lowering your blood pressure via relaxing your arteries. This study used data drawn from 2000 female twins. Each subject was investigated to establish their blood pressure and blood vessel thickness, then the results were compared to their diets. The results showed that those women who consumed the highest amounts of amino acids, components of protein, had lower blood pressure and reduced arterial thickness. However, the source of the amino acids and protein was important. Foods like meat, fish,



dairy, beans, lentils, legumes in general, broccoli and spinach are all good protein sources. However, the greatest benefit in this study as far as blood pressure goes was found when the protein came from plant-based sources. The interesting thing, additionally, was that protein intake was found to have as much impact on blood pressure as factors like salt intake, physical activity and alcohol consumption.

Source: *Journal of Nutrition*

WINE TASTING

A wine's “terroir” derives from the French word *terre* meaning “land”, so it acknowledges that the taste and odour of a wine is a result of the land on which the grapes that make the wine are grown. In a new study, researchers from the University of Lincoln (UK) and the University of Auckland (NZ) wanted to see how regional variations in yeast species might impact terroir. The analysis involved investigating the six different yeast populations from the six different wine-growing regions in New Zealand. Using Sauvignon Blanc grapes, they found that concentrations of 39 different compounds derived from yeast impact on wine flavour and that 29 of those compounds varied according to the region from which the yeast originated. This points to the fact that in terms of agriculture we need to take a holistic view that incorporates biological as well as climatic variants in raising our crops.

Source: *Scientific Reports*

FOOD FACT

Eating tomatoes improves the function of your blood vessels.



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Maia's Best Green Juice

by Maia Bedson

Here is my favorite and most-often made green juice. Guaranteed to super-boost your energy levels.

Ingredients

Half bunch of kale – stems and spines removed. Kale is one of the most nutritious plant foods on the planet. If you only could grow one vegetable, kale would be the one to choose;

Half bunch spinach or chard (silverbeet) – stems and spines removed. They contain a unique combination of phytonutrients that detoxify and regenerate us on a cellular level;

1 large or 2 medium cucumber's – sliced into middle-finger lengths (or more if they are plentiful – I personally think it's hard to overdo cucumbers with their wealth of anti-oxidants and hydration benefits). Forget coconut water – go for cucumber water. (hmmm, there could be a fortune to be made here);

1 whole lemon – sliced, peel included. For the Vitamin C content, cleansing properties, ability to eliminate excess mucus in the body and alkalizing effects. Lemons can also make your sink sparkle, lighten your hair and make your elbows look like an angel's (but that is a topic for another article);

Knob of ginger – thumb size and sliced. Useful for so many conditions such as inflammation, nausea, digestive upsets and hypertension. May even be able to solve any financial problems (I might have made up that part).

Method

Juice all ingredients, alternating them so that the items with more juice, like the cucumbers and lemon slices help the juicing of the green leaves and ginger. Depending on the type of juicer, it can help to put the ginger through last so that the fibres don't clog the juicer.

Drink straight away and await lift off!



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Vegetable
Cornbread Muffins



**VEGETABLE CORN
BREAD MUFFINS**
RECIPE / LOTUS

Serves: 6



- 1½ cups Lotus Organic Plain or Spelt Flour
- 1 tbsp Lotus Gluten Free Baking Powder
- ½ tsp Lotus Fine Sea Salt
- 1 tbsp Mexican spice mix
- 2 cups Lotus Gluten Free Cornflakes
- 1¼ cups milk of choice
- 1 egg
- ⅓ cup oil or melted butter
- 1 cup diced vegetables
- 1 cup diced or grated cheese

Preheat oven to 180°C.

Sieve together flour, baking powder, salt and spice.

Mix Cornflakes and milk in separate bowl. Whisk egg and oil into milk and add vegetables and cheese to the milk mix. Combine with flour mix, stirring to mix well.

Pour into greased muffin tins or paper-lined patty tins and bake for 20 mins, or until golden and cooked through.

Serve warm or cold, plain or with butter.

- 1 cup Lotus Organic Quinoa Flour
- ¼ cup Lotus Potato Flour
- 1 tsp Lotus Gluten Free Baking Powder
- 1 tsp ground cinnamon
- 1 tsp ground ginger
- ¼ tsp ground cloves
- ¼ tsp Lotus Fine Sea Salt
- 1 tsp baking soda
- 1 cup Lotus Organic Rapadura Sugar
- ½ cup Lotus Organic Blackstrap Molasses
- ⅓ cup coconut oil
- 1 cup unsweetened apple sauce

Preheat oven to 180°C and line a medium-sized baking dish with parchment paper.

In small bowl, stir together linseed and warm water until mixture is thick and creamy. Set aside for at least 10 mins. Sift dry ingredients (except sugar) into large mixing bowl. In another mixing bowl, combine sugar, molasses, coconut oil, apple sauce and linseed mixture. Whisk until blended. Add dry ingredients to wet and blend further.

Pour batter into prepared baking dish. Bake for 35 mins or until set in middle (when checked with a skewer, should come out clean).

Leave to cool in pan then turn out and slice. Serve buttered with your choice of spread.

This can also be baked as a loaf. It will take 30–40 mins to cook.

For an egg-free version, use 1 tablespoon Lotus Chia Seeds mixed with 2 tablespoons water to replace eggs.

GERMAN GINGERBREAD
RECIPE / LOTUS

Makes: 10 slices



- 2 tbsp Lotus Organic Linseed Meal
- 6 tbsp warm water
- 1 cup Lotus Organic Millet Flour



German Gingerbread

PEAR & CRANBERRY AMARANTH ALMOND CRUMBLE

RECIPE / LOTUS

Serves: 6-8



- 3-4 large pears, peeled, cored & sliced
- 1 tsp vanilla extract
- 1 cup cranberries
- 2 tbsp Lotus Organic Rapadura Sugar
- 1 tsp Lotus Baking Powder
- ½ cup Lotus Organic Amaranth Flakes Rolled
- ½ cup Lotus Organic Millet Flour
- 50g melted coconut oil
- ½ cup flaked almonds
- 2 tbsp iced water

Preheat oven to 180°C.

Arrange pears in base of baking dish. Mix vanilla extract with cranberries and sprinkle over pears.

Combine remaining ingredients to make crumble topping. Bake for 20-30 mins or until crumble is golden and cooked through.

CHILLI-CHEESE CORNBREAD

RECIPE / LOTUS

Serves: 6-8



- 2 tbsp sunflower oil
- 1 cup Lotus Polenta
- 2 tsp Lotus Gluten Free Baking Powder
- 1 tsp Lotus Fine Sea Salt
- 1 tbsp Lotus Organic Raw Honey
- 1 cup buttermilk
- 2 large eggs
- 1 small red chilli, finely diced
- 1 cup diced tasty cheese

Preheat oven to 180°C, grease baking dish with oil and place in oven to warm.

Combine dry ingredients in large bowl. Whisk together wet ingredients, including chilli but not cheese.

Using wooden spoon, combine wet and dry ingredients to form batter then add cheese.

Carefully pour into hot baking dish and return to oven. Bake for 30-40 mins or until set in middle.

Allow to cool for 5-10 mins before slicing.

For more information, visit lotuspantry.com.au



Pear & Cranberry Amaranth Almond Crumble



Chilli-Cheese Cornbread



Summer Seasonal Eating

With the longer, hotter days and balmy evenings, we instinctively reach for a different kind of nourishment: lighter, hydrating and more colourful fare that is quickly cooked or often enjoyed close to its natural state. And there is a good reason for that.

Seasonal eating has our backs. What was once our only way of eating is now a conscious choice, given the hyper-availability of food these days. Those who follow the seasonal path are rewarded with better produce, tastier food and food that's at its nutritional peak. It's also generally more economical to eat this way. I love the way it keeps me excited about my produce, too. Waiting for the first summer peach, tasting crisp asparagus in spring and enjoying fresh figs in their delightful but brutally short season. It's a far more meaningful way to eat.

The way we cook and eat our food also differs seasonally. In winter, food is cooked and eaten in a way that allows maximum nourishment to be extracted from the produce. Food is often slow-cooked, baked and stewed, and is designed to warm and ground the body.

In contrast, summer brings the heat, so we move to a diet rich in foods with a higher water content and lower digestive requirements. We use simple, cooler foods to hydrate, replenish and energise. We use our ovens less and reach more often for raw foods. Cooking and eating light and regularly are the most conducive to good health at this time.

Summer seasonal eating has an added benefit of helping to rejuvenate but also to protect us from the sun. The sun's ultra-violet light depletes the natural protective system of our skin and leads to oxidation and the formation of free radicals. However, anti-inflammatory and antioxidant compounds slow this reaction, neutralising free radicals and preventing the damage they cause.

Some nutrients show a protective effect against sun damage, including betacarotene, vitamins C, E, A and D, selenium and healthy fats. And in a wonderful coincidence, our summer bounty is loaded with these nutrients and qualities. Here are a few of my favourites.

BERRIES

High in antioxidants and phytonutrients, berries are an obvious choice for summer. Rich in vitamin C in particular,

berries help to support and protect your skin, immune system and general health. They are also low-GI, making them an ideal and delicious summer snack.

Eat your berries raw to get the most phytonutrient bang for your berry. Frozen berries still maintain most of their health potential and provide a more cost-effective means of enjoying them. Adding berries to your diet is probably one of the easiest things you will ever do. Topping off your breakfast, eaten with yoghurt or nuts, frozen into home-made icy poles, added to smoothies, or just eaten alone, berries are Mother Nature's confectionery.

Perhaps not an obvious choice, but goji berries are a brilliant option for these summer months. Gojis are reported to be effective in protecting against UV radiation damage to the skin via antioxidant pathways. Containing vitamin C, carotenoids, essential fatty acids, vitamin E and B vitamins, they also score high marks on antioxidant scales.

CUCUMBER

Anti-inflammatory qualities, antioxidants and phytonutrients, along with a wonderfully high water content, make cucumbers a front-runner for summer. Did you know that the skin and seeds of cucumber are actually more nutrient-dense than the flesh? Buying organic or growing your own is your best bet.

Dip slices into hummus or tzatziki for a delicious and immediately cooling snack. Make them the hero of your salad with their crispy deliciousness, or juice them along with some leafy greens, green apple and ginger for a delicious summer cocktail. Using a spiraliser or vegetable peeler to make cucumber noodles as an alternative or to use together with zucchini noodles is another great way to include cucumbers in your diet.

WATERMELON

A summer classic, watermelons are incredibly cooling in nature and their plentiful water content makes them ideal for rehydrating tired bodies. But



they are not just all water. Watermelons contain antioxidants, flavonoids, vitamin C and a little vitamin A to back up their impressive, crowd-pleasing nature. Along with eating it straight up, watermelon is great juiced with mint and lime, or diced and skewered with feta chunks.

“

Those who follow the seasonal path are rewarded with better produce, tastier food and food that's at its nutritional peak.

”

AVOCADOS

Avocados need a special mention here due to their nutrient profile. Healthy fats and vitamins C and E make them useful for new skin formation and burn protection. Being rich in healthy fat, they also assist in the absorption of many of the phytonutrients from other foods. When you are enjoying your avocado, be sure to collect all the flesh from close to the skin, as this is where the highest concentration of nutrients lies.

In general, a simple, seasonal, wholefoods diet full of good-quality fats, leafy greens, brightly coloured fruit and vegetables, and nuts and seeds is the perfect way to maintain your health and protect yourself from sun damage during the summer. Of course, eating a handful of goji berries won't replace wearing a hat, using sunscreen or other sun protection strategies, but it's exciting to eat seasonally and appreciate the intelligence of Mother Nature.

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

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Eggplant — the delicious “mad apple”

In our Kitchen Garden feature we look at how to grow a plant in your garden and then use it in your kitchen. This issue, we discover the many joys of eggplant.

WORDS / TERRY ROBSON

Eggplant was originally named because its previous, but now rarer, colour was white and, of course, the fruit is almost egg-shaped. It is a vegetable that has spawned much consternation and many theories.

In much of Europe, eggplants are called aubergines, but they have had a more colourful name in the past. A few centuries ago, northern European people believed it could produce insanity, which led to it also being called the “Mad Apple”. Long before Europeans came across it, though, eggplant was being grown in India and China. It was introduced to Africa around 1500 years ago and then into Italy in the 14th century CE. It subsequently spread throughout Europe and the Middle East and, centuries later, was brought to the Western Hemisphere by European explorers.

Although it has a long and rich history, eggplant did not always hold the revered place in food culture that it does today, especially in European cuisines. As a result of the truly bitter taste of the early varieties, it seems that people also felt it had a bitter disposition, hence its link to insanity and also leprosy. For these unfounded reasons for many centuries after its introduction into Europe, eggplant was used more as a decorative garden plant than as a food. Not until new varieties were developed in the 18th century did eggplant lose its

bitter taste and sour reputation, leaving it the highly valued plant we have today.

GROW YOUR EGGPLANT

When to plant: Plant seedlings — a good way to get your crop going quickly — or sow seeds directly into the ground in spring. Space about 60cm apart. Eggplants need a long and hot growing season with ideal temperatures ranging from 21°C to 30°C.

Climate: Grows all year in the tropics and warmer climates where plants remain productive over more than one season. In cooler climates it's treated as an annual that usually survives in the warmer months. Frost sensitive.

Aspect/placement: Likes full sun, but on very hot days protect fruit from scorching.

Specific needs: Likes well-drained organic soil prepared with well-rotted manure before planting. In cooler climates, select fast-maturing varieties. Plants reach about one metre and might need staking. Mulch with pea straw, leaving the stem exposed. Water young plants regularly and feed with liquid seaweed. Eggplant will grow in a pot.

Companion planting: Beans.

Harvesting: Usually fruit starts to ripen after about 12 weeks. Pick when skin is shiny and firm and watch out for the prickles at the base of the fruit. Don't leave on the bush for too long as over-mature fruit can taste bitter. Frequent harvesting will also keep the plants bearing.

EGGPLANT IN YOUR KITCHEN

Eggplant may be steamed, fried, baked or stuffed. While the eggplant skin is edible, it can be bitter and, depending on your taste, you may want to peel it. If you can, though, keep the skin on your eggplant as it contains the powerful antioxidant, nasunin, one of the most healing ingredients in eggplant. To get around bitterness problems, pick your eggplants when they are young and small as the skin is less bitter.

If you aren't growing your own, be sure to choose an eggplant with smooth, evenly coloured skin and a bright-green stem. Choose smaller eggplants so they will be less bitter.

Don't cut the eggplant until you are ready to eat it as it will darken with exposure to air, although brushing with lemon juice will keep the flesh light if you need to keep it for a short time.

Salting is often recommended for eggplant but it's really only to improve the texture if it's to be fried, and even then there are other ways. The problem with frying eggplant is it soaks up almost all of the oil in the pan, which is why so many eggplant dishes are heavy. To get around texture and oil absorption issues when frying eggplant, try roasting it before adding it to the stir-fry. Roasted eggplant is delicious and, as long as you don't need firm slices, roasting reduces oil absorption.

To roast your eggplant, place the slices in the oven at about 230°C for 20–25 minutes, depending on size.

If for some reason you are baking whole eggplant, be sure to puncture the skin in several places so it doesn't burst (it can be quite explosive in the oven).

Eggplant is also tasty when grilled or steamed and tossed in a dressing.

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Green
Goodness
Smoothie



GREEN GOODNESS SMOOTHIE
RECIPE / AMAZONIA

Serves: 1



- 250mL coconut water
- ½ avocado
- ½ frozen banana
- 2 handfuls baby spinach
- 1 serve Whole Slimmer's Protein, any flavour
- 1 serve Whole Digestive Greens
- Natural sweetener, to taste (optional)
- Cacao nibs, to serve

Combine ingredients in blender and serve in a jar or glass with a sprinkle of cacao nibs.

SLIM BERRY SMOOTHIE
RECIPE / AMAZONIA

Serves: 1



- ¾ cup frozen berries
- 1 serve Whole Slimmer's Protein in vanilla & coconut
- 1 serve Whole Prebiotic-probiotic
- 1 tbsp chia seeds
- 200mL coconut water
- 50mL coconut cream

Add ingredients to blender and combine. Enjoy immediately.

Slim Berry
Smoothie



BANANA CINNAMON SMOOTHIE
RECIPE / AMAZONIA

Serves: 1



- 250mL almond milk
- 1 frozen banana
- 1 serve Whole Slimmer's Protein in vanilla & coconut
- 1 tsp cinnamon
- Mint leaves, to serve

Add ingredients to blender and combine. Serve with a few springs of mint and enjoy.



Banana
Cinnamon
Smoothie



Skinny
Berry-Cacao
Smoothie

**SKINNY BERRY-CACAO
SMOOTHIE**
RECIPE / AMAZONIA

Serves: 1



- 300mL rice milk
- ½ cup frozen raspberries
- ½ cup frozen blueberries
- 1 serve Whole Slimmer's Protein in cacao & cashew
- 1 tsp cacao powder
- 1 tsp chia seeds

Combine ingredients in blender. Serve immediately and enjoy.

SLIMMER'S PROTEIN YOGHURT
RECIPE / AMAZONIA

Serves: 1



- 200mL coconut cream
- 1 serve Whole Slimmer's Protein in vanilla & coconut
- 1 serve Whole Prebiotic-probiotic

Combine ingredients in blender and transfer to glass container.

Allow to sit at room temperature for 4 hours to culture. Refrigerate and serve cold.

Slimmer's
Protein
Yoghurt



Stim & Trim
Shake



SLIM & TRIM SHAKE
RECIPE / AMAZONIA

Serves: 1



- 250mL coconut water
- ⅓ cup coconut yoghurt or unsweetened natural yoghurt
- 1 tbsp chia seeds
- 1 serve Whole Slimmer's Protein

- in vanilla & coconut
- 1 cup ice cubes
- 1 tsp cinnamon (optional)

Combine ingredients in blender and enjoy.

For more information
visit wholelivenutrients.com



Blueberries — eyes, hearts & minds

The pigments from yummy blueberries are known to be good for your eyes, but research shows they are also good for your heart and mind.

WORDS / TERRY ROBSON



Blueberries (*Vaccinium* spp.) were originally a wild crop, growing in cold swamps in northern America and Europe. They were introduced to Australia in the 1960s and grow on bushes in clusters and, unlike other berries, do not continue to ripen after picking. The pigments that colour the fruit are also the ones that provide antioxidant effects.

Until recently, you could only grow good blueberries in cold climates. Now there are blueberry varieties that can grow even into the tropics. 'Rabbit's Eye', also known as 'Brightwell', is hardy, offers a large harvest and is ideal for the home garden.

'Misty' is one of the most attractive blueberries with bluish-green leaves that contrast with striking pink-and-white spring flowers. You can get an even bigger harvest when you plant it with other varieties. It's a favourite in the subtropics and gives good-sized fruit with delicious flavour. It will also do extremely well in pots.

'Golfcoast' is another variety that tolerates low-chill environments well, while a good cool-climate option is the 'Blue Rose' blueberry.

As mentioned, blueberries will not ripen once picked, making them an ideal fruit to consume locally grown.

BLUEBERRIES AS MEDICINE

Eye, eye

Blueberry's cousin the European bilberry (*Vaccinium myrtillus*) came to prominence during World War II when British pilots flying night missions over Germany found they could see better when they had been eating bilberry jam. Much subsequent research has supported the fact that the antioxidant anthocyanins from bilberry

act in the retina to support night vision and it's likely that the antioxidant-rich blueberry cousins around the world have some similar benefits.

A study published in 2008 in the *Journal of the Korean Ophthalmological Society* showed that treatment with standardised bilberry extract improved electrophysiological responses in the eyes of those with myopia. Studies have also demonstrated that bilberry extract can also help to relieve eye strain. Whether you are experiencing visual fatigue, eye strain, myopia or poor night vision, bilberry (and therefore probably blueberry) is useful for enhancing your eyesight.

Blueberries and blood pressure

When researchers from Harvard and East Anglia Universities examined data from 181,000 adults over a 14-year period (*American Journal of Clinical Nutrition*) they found that people who consumed high levels of anthocyanins had an 8 per cent reduction in their chances of developing high blood pressure when compared to people who consumed low levels of anthocyanins. The best source of anthocyanins in the diet of the people in the study was tea, but the best food source was blueberries followed by orange juice, apples, red wine and strawberries. People who ate a serving of blueberries once a week were 10 per cent less likely to develop high blood pressure than those who never ate them.

Blueberry memories

In a study published in the *Journal of Agricultural and Food Chemistry* researchers asked a group of people in their 70s who were showing early signs of memory loss to drink two-and-a-half

cups of commercial blueberry juice daily for 12 weeks. Drinking the blueberry juice led to improved paired associate word learning and improved word list recall. There was also a trend toward reduced depressive symptoms and lower glucose levels.

Blueberries and cholesterol

Hamsters fed blueberry byproducts by researchers had total cholesterol levels that were between 22 and 27 per cent lower than hamsters who were given no blueberry at all in their diet. Additionally, levels of very low density lipoprotein (VLDL — a bad form of cholesterol) were about 44 per cent lower in all blueberry-fed hamsters. Using a genetic test called real-time reverse transcription polymerase chain reaction (RT-PCR), the researchers established that the blueberry was switching off genes in the liver that either make cholesterol or use cholesterol. The net result: lower cholesterol levels.

Blueberries fight fat

In a study from the journal *Experimental Biology*, researchers extracted the polyphenols from blueberries and used them on tissue cultures of fat cells taken from mice. The polyphenols were found to have two significant effects. First, the fat cells exposed to blueberry phenols differentiated to a lesser degree than other fat cells, so there were fewer fat cells. Second, the fat content of each cell among the cells exposed to blueberry phenols was significantly lower than among other fat cells. The highest dose of blueberry phenols yielded a 73 per cent reduction in fats.

Awakened Presence Wellness



Vera West

Vera is a teacher, Counsellor, Journey Practitioner and nutritionist who is passionate about health and wellbeing. Over the past 14 years her purpose has been to facilitate transformation for her clients on a physical, emotional and spiritual level. Vera has embarked on a world of nutritional health in order to assist her clients to make better, conscious lifestyle choices. She now only works with high frequency, bioavailable products that support the body, mind and soul and is helping individuals create a lifestyle that incorporates financial abundance and health so that overall wellness is maximised.

As Melbourne's pioneer with FGXpress products, Vera can nurture and coach you as to the best way to optimise FGX powerstrips, solar strips and the innovative, cutting edge, Ketopia.



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To contact Vera you can call her on **0411 208 288**
or log onto **www.verawest.fgxpress.com**





Well Naturally Chocolate Melts are the perfect ingredient for creating amazing desserts. Made with 70 per cent cocoa and sweetened with stevia, these chocolate melts are packed with antioxidants and have zero calories, making them a delicious and healthier choice.



Chocolate Panna
Cotta Delights



**CHOCOLATE PANNA
COTTA DELIGHTS**
RECIPE / HAYLEY CAVICCHIOLO
@NOURISHEDHABITS

Creamy and cool, these individual desserts are made even more sublime with warm melted chocolate adorning the crown. Sprinkled with berries and nuts, they're sure to impress.

Serves: 8-10



- 2½ cups coconut milk
- 2 packs Well Naturally Melts
- 4 tbsp Natvia
- 1 tsp vanilla extract
- 2½ tbsp powdered gelatine,
dissolved in 2 cups boiling water

Berries, oranges or roasted hazelnuts,
to serve

Coconut cream or natural yoghurt,
to serve

In a pan over medium heat, heat milk until it begins to simmer. Add Melts, Natvia and vanilla extract and stir gently with whisk for a few minutes until mixture reaches boiling point.

Add gelatine mixture (through a strainer to avoid any lumps forming) to chocolate and continue to whisk over heat until well combined.

Remove from heat and pour into individual silicon moulds. Allow to cool slightly before placing in fridge to chill and set for several hours or overnight.

Turn out from moulds and serve with fresh orange segments or berries, crushed roasted hazelnuts and a dollop of whipped coconut cream or yoghurt.

Tip: A spoonful of melted Well Naturally Melts also goes deliciously well on top.

**CREAMY CHOCOLATE
CUSTARD FRUIT FLAN**
RECIPE / HAYLEY CAVICCHIOLO
@NOURISHEDHABITS

Dive into silky chocolate heaven with this luxurious flan. Made with rich, dark chocolate, the smooth texture is beautifully balanced by a crumbly, biscuit-like base.

Serves: 12



- Base**
- 2½ cups walnut meal
 - 2 tbsp coconut flour
 - 3 tbsp Natvia
 - ½ tsp ground ginger
 - 3 cups melted coconut oil
 - 1 egg, beaten

- Chocolate Custard Filling**
- 1 can coconut milk



**Creamy Chocolate
Custard Fruit Flan**

Turn down heat to lowest point and start pouring cacao mixture into simmering pan of coconut milk, being sure to continue whisking entire time. Keep whisking until custard comes back to a light simmer and begins to thicken.

Remove custard from heat and continue whisking for about 1 min while it begins to cool.

Add Melts and keep stirring until custard is smooth.

Allow to cool slightly before pouring custard into prepared flan case and placing in fridge to chill and set for several hours or overnight.

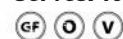
Serve flan with berries or fruits or your choice.

Tip: To prevent a skin from forming on custard, press clingwrap up against surface of custard. Remove immediately before pouring custard into flan case.

**CHOC MINT CHIP
ICE-CREAM CAKE**
RECIPE / HAYLEY CAVICCHIOLO
@NOURISHEDHABITS

Zing, crackle and crunch! This fun chocolate mint ice-cream treat will excite guests at your next garden party. Keep them guessing with surprises of sugar-free mint chips throughout.

Serves: 10-12



- 1 pack Well Naturally Melts
- 4 cups gluten-free puffed rice
- 2L vanilla ice-cream, softened slightly
- 2 x 45g Well Naturally Peppermint Chip Milk Chocolate bars, coarsely grated

Melt Well Naturally Melts as per package instructions.

Mix chocolate through puffed rice until completely combined.

Pour mixture into small, 8-9 inch, greased spring-form tin and press evenly into bottom and up sides of tin before placing in freezer until firm, 5-10 mins.

In separate bowl, mix together ice-cream and grated peppermint chocolate and spoon over chocolate base, using spatula to spread evenly.

Cover tin and place in freezer to set completely, at least 2 hours.

Serve immediately with grated Well Naturally Peppermint Chip Milk Chocolate bars sprinkled on top.

For more information
wellnaturally.com.au



**Choc Mint Chip
Ice-Cream Cake**

- 4 tbsp Natvia
- 1 tsp vanilla extract
- ¼ cup arrowroot powder, sifted
- 1 tbsp raw cacao or cocoa
- 1 pack Well Naturally Melts
- Fruits of choice, to serve

Preheat conventional oven to 170°C.

In large mixing bowl, whisk together walnut meal, coconut flour, Natvia and ginger until combined, ensuring any clumps are broken up.

Add melted coconut oil and beaten egg and mix through until evenly combined and mixture can be formed into large ball.

Using fingers or base of a glass to ensure even pastry width, press dough into greased flan case with removable

base (for ease of removing flan once ready to serve).

Bake in oven for 20-25 mins until evenly cooked and golden-brown in colour. Remove from oven to cool.

To make filling, shake can of coconut milk for a few seconds before pouring half into a medium-sized saucepan along with Natvia and vanilla to a simmer over low heat.

While milk mixture is heating, whisk together remaining coconut milk, arrowroot powder and cacao in separate bowl until free of lumps. Mixture will look similar to batter in consistency.

When coconut milk mixture begins to simmer, take about ¼ cup of it and gradually whisk into arrowroot mixture.



The Gawler Foundation's *Eat Well: Be Well* cookbook is an essential guide for anyone wanting to adopt a plant-based wholefoods diet. Learn how to prepare delicious, nutritionally balanced meals for increased health and vitality.



Buckwheat Tabouli

BUCKWHEAT TABOULI
RECIPE / THE GAWLER
FOUNDATION

Serves: 4



- 1 cup buckwheat kernels
- 1 tbsp lemon juice
- 2 tbsp olive oil
- 3 tomatoes, finely diced
- 1 Lebanese cucumber, finely diced



Panzanella

- ½ bunch parsley, finely chopped
- ½ bunch mint, finely chopped
- 2 spring onions, finely sliced
- 2 leaves kale, stalk removed & finely sliced

Soak buckwheat kernels in 6 cups of water for 1 hour. Drain and rinse.

Bring large pot of water to the boil and cook buckwheat until tender, about 20 mins. Drain and rinse again.

While still warm, drizzle with lemon juice and olive oil and mix through. Allow to cool slightly.

Add remaining ingredients and toss to combine.

PANZANELLA
RECIPE / THE GAWLER
FOUNDATION

Serves: 4



- 250g sourdough bread (optional: choose gluten-free variety, if preferred)
- 4 large sweet, ripe tomatoes

- 1 small red onion, thinly sliced
- Handful basil leaves, torn
- Handful Continental parsley leaves, torn
- 2-3 tbsp balsamic vinegar
- 4 tbsp olive oil
- Freshly cracked black pepper, to taste

Preheat oven to 180°C.

Break bread into bite-sized chunks and bake in oven for 5 mins until golden and toasted all over. Allow to cool.

Roughly chop tomatoes, retaining juices, seeds and flesh. Place tomato, onion and fresh herbs in serving bowl.

Add cooled bread and dress with balsamic vinegar and olive oil.

Gently toss salad, seasoning to taste.

FIG & BANANA
CHOCOLATE CAKE
RECIPE / THE GAWLER
FOUNDATION

Makes: 2 loaves



- 250g dried figs
- Pinch vanilla powder
- 2 tbsp allergy-free, aluminium-free baking powder
- 1 tsp bicarb soda
- Juice & zest 1 lemon
- ½ cup boiling water
- 1 cup buckwheat flour
- ½ cup rice flour
- 2 tbsp cocoa
- 2 bananas, sliced

Preheat oven to 150°C.

Simmer figs and vanilla in 500mL water until soft.

Place baking powder, bicarb, lemon juice and lemon zest in large mixing bowl then pour ½ cup boiling water over and allow to dissolve.

Add softened figs along with cooking liquid and puree with hand blender.

Add remaining dry ingredients and banana to mixing bowl and stir with

wooden spoon.

Pour into 2 lined loaf tins and bake for 1–1.5 hours, checking at 10 min intervals after first hour.

Cakes are ready when skewer comes out clean.

Cool in tin before turning out and dusting with cocoa.

ALMOND, CHIA & FRUIT TRUFFLES RECIPE / THE GAWLER FOUNDATION

Makes: 24 truffles

GF O V VG

1¾ cups raw almonds, skin on
2 cups dried fruit (figs, apricots
& dates), roughly chopped
2 tsp vanilla powder
Zest ½ lemon
1 tbsp lemon juice
¼ cup chia seeds & ground almond
meal, mixed, reserved for rolling

Add all ingredients except chia and almond meal to food processor and process until mixture starts to come together.

Taking teaspoon-sized portions of mixture, roll into bite-sized balls, then roll in reserved chia seed/almond meal mixture to coat.

Truffles can be stored for up to 3 days in refrigerator.

For more information
visit gawler.org



Fig & Banana Chocolate Cake

Almond, Chia
& Fruit Truffles



What's On

WHAT'S COMING UP FOR YOU

FEBRUARY 12–14, LAUNCESTON, AU

Festivale

Festivale is one of Tasmania's most popular food events, attracting around 35,000 patrons each year. Originally established in 1988 as a multicultural street party, it has evolved into a three-day celebration showcasing the very best of Tasmanian food, wine, beer, arts and entertainment. Held under historic elm trees in Launceston's beautiful City Park, the outdoor event is one of the best food and wine festivals in Australia. We know that to be true and that's why we're giving you plenty of time to book flights and head south. Festivale is a fantastic reason to explore Tassie and uncover its hidden beauty.

festivale.com.au

FEBRUARY 19–21, CANBERRA, AU

Canberra Food & Wine Expo

The annual Canberra Food & Wine Expo is back! If you're a lover of fine food and wine, mark this three-day event on the calendar. Enjoy free tastings and samples from some of Canberra's best producers, plus listen as keynote speakers and exhibitors share insights on food, glorious food. Whether you consider yourself a foodie, a wine connoisseur or a novice wanting to know more, there are plenty of workshops, cooking demonstrations and events for you to explore. Go hungry for knowledge and you'll leave with a belly and mind full.

foodandwineexpo.com.au

FEBRUARY 20, APOLLO BAY, AU

Apollo Bay Seafood & Produce Festival

Are you a seafood lover? We sure are at EatWell and, like us, if you appreciate freshly caught and flavoursome crayfish, abalone, calamari, snapper, scallops, mussels and flake, we strongly suggest a visit to the Apollo Bay Seafood & Produce Festival. Held at picturesque Apollo Bay in Victoria, the festival is perfect for the whole family and includes more than just a beautiful bounty of seafood. You can also find fresh fruit, vegetables, olives, wine, oils, truffles and cheese — yes, please! Enjoy a full day of workshops, cooking demonstrations, family fun, live entertainment and, of course, fabulous fresh seafood at the Apollo Bay Seafood & Produce Festival this February.

apollobayseafoodfestival.com

MARCH 4–13, MELBOURNE, AU

Melbourne Food & Wine Festival

Each year, food and wine lovers in their thousands flock to Victoria to discover the gourmet delights it is most famous for. For just over a week, people gather in laneways, on rooftops, and in restaurants, farms and wineries to attend the Melbourne Food & Wine Festival. More than 200 events are held in the city of Melbourne, yet the festival sprawls even further: you can journey to the Mornington Peninsula, taste the Great Ocean Road and uncover what the Yarra Valley and Dandenong Ranges have to share. Traverse the entire countryside to discover Victoria's best kept secrets. Is it time for a family road trip? The journey and destinations are sure to include fabulous food, delicious wine and stunning views.

melbournefoodandwine.com.au



Give us **FOODBACK**

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

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A bundle perfect for Healthy Living!

WellBeing magazine is Australia's leading natural health and living journal, which offers an intelligent reading experience. It reviews the latest developments in natural living and provides inspiration for a way of life that is authentic and meaningful.

EatWell magazine showcases regular tips from the chefs and bloggers who have helped us put each issue together. It includes more than 70 recipes EVERY edition, giving you quick, tasty and healthy meal solutions.

These magazines are bi-monthly titles and will be released alternatively each month.

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Funch mixtures make nutrient-dense, energising, superfood snacks. All the wholesome, natural ingredients are pre-prepared in a single packet. Just add two simple ingredients to create the finished and delicious Funch snack.



SUPERFOOD SNACK BAR
RECIPE/FUNCH

Serves: 12-18



- 85g butter or 40g coconut oil
- 50g honey or 90g rice-malt syrup or maple syrup
- 1 packet Funch Superfood Snack Bar Mix

Preheat oven to 180°C and grease and line baking tray.

Melt together honey and butter in saucepan. Thoroughly combine Funch mix with honey and butter mixture.

Spread mixture into lined baking tray. Press firmly into tray until packed.

Bake for 15 mins on low oven shelf, or until golden-brown.

Leave in tray to cool. When cooled, cut into desired-size bars while still in pan.

Store in airtight container in cool cupboard or fridge.

NO BAKE SUPERFOOD SLICE
RECIPE/FUNCH

Serves: 12-18



- 2 tbsp coconut oil
- 3 tbsp rice-malt syrup
- 1 packet Funch No Bake Superfood Slice Mix

Melt coconut oil and rice-malt syrup in saucepan. Thoroughly mix together Funch, coconut oil and rice-malt syrup.

Evenly spread mixture into lined loaf tin (10cm x 20cm) and press firmly into tray.

Freeze or refrigerate for 30 mins before cutting into slices.

Store in airtight container in fridge for up to 10 days. Also suitable to freeze for up to 3 months.

CACAO & CHIA
PROTEIN POWER BALL
RECIPE/FUNCH

Serves: 15-20



- 1 cup fresh dates (8-10), pitted & soaked in boiled water for 10 mins
- 1 packet Funch Protein Power Ball Mix
- 2 tbsp melted coconut oil
- 1-3 tbsp water

Drain dates and mash with fork or food processor.

Thoroughly mix Funch, coconut oil and dates. Gradually add 1-3 tbsp water until mixture is at a consistency you prefer. The more water you add the softer the balls.

Using hands, roll mixture portion (approx. 1 tbsp) into tight balls.

Refrigerate for 30 mins or longer before consuming.

Once rolled, store in airtight container in fridge for up to 10 days. Also suitable to freeze for up to 3 months.

Tip: Roll your balls in coconut, cacao, cacao nibs, crushed pepitas or chia seeds.



Cacao & Chia Protein Power Ball

Superfood Snack Bar

No Bake Superfood Slice



Vanilla & Coconut Protein Power Ball

VANILLA & COCONUT PROTEIN POWER BALL

RECIPE/FUNCH

Serves: 15–20



3 tbsp coconut oil
3 tbsp rice-malt syrup
1 packet Funch Protein Power
Ball Mix
1–3 tbsp water (optional)

Melt together coconut oil and rice-malt syrup in saucepan.

Thoroughly mix Funch, coconut oil and rice syrup. If required, gradually add 1–2 tbsp of water until mixture is at a consistency you prefer. The more water you add, the softer the balls.

Using hands, roll mixture portion (approx. 1 tbsp) into tight balls.

Refrigerate for 30 mins or longer before consuming.

Once rolled, store in airtight container in fridge for up to 10 days. Also suitable to freeze for up to 3 months.

Tip: Roll balls in coconut or crushed almonds, or add lemon zest for a citrus flavour.

For more information visit funch.com.au



We hand pick the best fruit from the best location on the tree. This fruit is exposed to the sun so therefore has naturally higher sugars, intense colour and full rich flavours. With many new emerging varieties of plums, you could be amongst the first in the country to try this delicious fruit.



Plum Smoothie



PLUM SMOOTHIE
RECIPE / THE MONTAGUE TREE

Serves: 4



- 4 large The MONTAGUE TREE plums, stones removed & quartered, placed in a plastic bag & frozen for 2 hours
- 4 tbsp natural yoghurt
- 600mL almond, soy, coconut or dairy milk
- 1 tbsp flax seeds
- 1 tbsp grated ginger

Place all ingredients in blender and blend until combined and creamy.

Pour equal amounts into 4 chilled glasses and serve immediately.

PLUM & RICOTTA PANCAKE STACK
RECIPE / THE MONTAGUE TREE

Serves: 4



- Pancake Mix**
- 225g plain flour
- 1 tsp baking powder
- Pinch sea salt
- 300mL milk
- 2 tbsp natural yoghurt
- 1 egg, beaten

Oil for frying pancakes

- Ricotta Filling**
- 250g ricotta cheese
- 1 plum, pureed (to make 2 tbsp)
- ½ tsp caster or brown sugar
- ½ tsp cinnamon

3 plums, finely sliced, to serve
Golden syrup, to serve

To make pancake batter, place flour, baking powder and salt in large mixing bowl, stir to combine and make well at bottom.

Blend milk, yoghurt and egg in another bowl with whisk, then pour slowly into flour mix, stirring gently with wooden spoon as you pour to avoid lumps.

Cover and allow to stand for 30 mins in refrigerator.

Meanwhile, prepare ricotta filling by mixing all ricotta filling ingredients together in mixing bowl. Cover and set aside in refrigerator.

Prepare pancake pan by heating really well with a little oil. When hot, pour in ⅓ cup of batter or desired size and cook for 3 mins or so on each side until golden.

Place a pancake on each serving plate and top with ricotta filling and slices of fresh plums. Finish with drizzle of golden syrup. Repeat to make pancake stack.

Plum & Ricotta Pancake Stack





Plum & Chocolate
Self-saucing Pudding

PLUM & CHOCOLATE SELF-SAUCING PUDDING RECIPE / THE MONTAGUE TREE

Serves: 6



1½ cups self-raising flour
3 tbsp cocoa powder
Pinch salt
⅓ cup caster or brown sugar
80g butter, melted & cooled
20g coconut oil, melted & cooled
2 eggs, beaten
1 cup full-cream milk
6 whole plums

Sauce

1 cup coconut sugar
1½ cups boiling water
3 tbsp cocoa powder
1 tsp instant coffee

Cream or ice-cream, to serve

Preheat oven to 180°C.

Prepare baking dish by greasing inside with butter and dusting with flour.

Sift flour, cocoa and salt together in large mixing bowl.

Whisk sugar, melted butter and coconut oil together with eggs, then whisk in milk.

Slowly add egg mixture to flour using wooden spoon until a thick chocolate batter forms.

Pour batter into prepared baking dish, then evenly place plums in batter and top with coconut sugar. Combine cocoa and coffee with the boiling water, gently pour over batter and bake for 40 mins or until cooked.

Serve with cream or ice-cream.

BBQ CHICKEN SKEWERS WITH SPICY PLUM SAUCE RECIPE / THE MONTAGUE TREE

Serves: 4



2 tbsp olive oil
1 medium red onion, diced
1 clove garlic, diced
1 birdseye chilli, seeded (optional)

1 tbsp grated fresh ginger
2 tbsp tomato paste
2 plums, stones removed & quartered
⅓ cup white wine
8 chicken tenderloins, threaded onto metal skewers
Sea salt & ground black pepper, to taste
Lemon wedge, to serve

To make plum sauce, heat 1 tbsp of oil in saucepan over medium heat and gently sauté onion, garlic, chilli and ginger, stirring with wooden spoon. Add tomato paste, plums and white wine and keep cooking for a further 5 mins until plums are cooked through.

Allow to cool slightly, then puree until a thick sauce. Set aside.

Meanwhile, heat rest of oil on grill plate until hot and barbecue chicken skewers for 4 mins on each side.

Serve with a side of grated slaw and place spicy plum sauce in small dish. Season dish with sea salt and pepper.

For more information visit
montaguefresh.com.au



BBQ Chicken Skewers
with Spicy Plum Sauce

Food Source

PRODUCTS & SERVICES FROM OUR ADVERTISERS

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W: kuvings.net.au



MAGIMIX

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W: magimix.com.au



MORLIFE

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

W: morlife.com



BORDERLAND ORGANICS

Borderland Organics is proud to be a key supplier of organic grapes and tomatoes across both Woolworths and Coles supermarkets Australia-wide.

W: borderland.com.au

NATURALLY YARRA VALLEY

At 100 per cent Australian-owned Naturally Yarra Valley, they are blending imagination and nutrition to create flavour sensations you can't resist. You can trust that every mouthful of their all-natural premium muesli range, which has been hand-selected for wholesome goodness with no hidden nasties! **W:** yarravalleygourmetfoods.com.au



FOOD FOR HEALTH

Food for Health Fruit Free Clusters are a delicious mix of chia, hazelnuts, almonds, pecans, buckwheat and linseeds. They are gluten-free and have a tasty, nutty, cinnamon flavour,

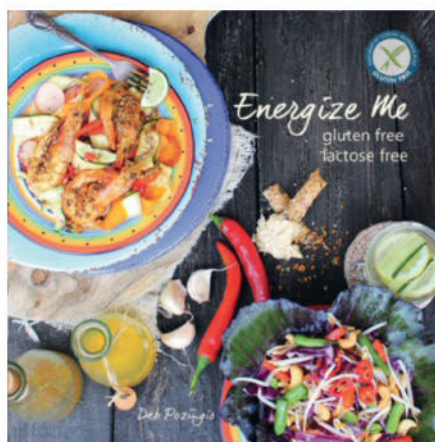
perfect to accompany yoghurt for a healthy start to your day. **W:** foodforhealth.com.au



GLOBAL CAFÉ DIRECT

This award-winning coffee is a blend of high-altitude-grown Central American and South American Arabica beans, which are Fairtrade, organic certified and free of pesticides. The beans are roasted and blended to produce a smooth, medium-bodied espresso. Fairness never tasted so good.

W: globalcafedirect.com.au



ENERGIZE ME SUPERFOODS

Energize Me Gluten and Lactose Free contains 76 deliciously simple and easy wholefood recipes that are gluten-free, dairy-free, healthy and delicious. It's a complete healthy eating plan that includes smoothies, breakfasts, dips, soups, mains, snacks and healthy desserts. **W: energizemefc.com**

GOODNESS SUPERFOODS

Delicious, better for U! Barley Clusters are made with the super grain BARLEYmax™, which is fibre-rich and helps keep you balanced on the inside. The better for U! Barley Clusters are an excellent source of fibre and contain 30 per cent less sugar than other leading cluster brands. Awarded a 5 star health rating due to the very high level of whole grains and prebiotics for digestive balance, nourishing the good bacteria inside the gut. **W: goodnesssuperfoods.com.au**



LIEBHERR

Announcing the release of two new built-in underbench wine cellars. The dual zone UWTeS 1672 and single zone UWKeS 1752 built-in underbench wine cellars are the only solution when it comes to premium, in-home, professional wine storage. Both Liebherr wine cellars feature insulated glass with UV protection framed in stainless steel, dimmable LED lighting, activated charcoal filters and telescopic wooden shelves. To maintain the perfect temperature, they can be set to a precise temperature between 5°C and 20°C.

W: andico.com.au/liebherr/wine-cellar



GLOBAL ORGANICS

Global Organics Coconut Sugar is produced from sap collected from the flower of the coconut plant. This sweetener has a caramel flavour and is a healthy alternative to normal sugar in cooking and baking recipes.

W: globalorganics.com.au



CAPE GRIM BEEF

The pristine pastures and clean air of Tasmania, King Island and Flinders Island provide the perfect environment to grow Cape Grim Beef. Since 2006, the brand has developed a reputation for providing 100 per cent grass-fed premium-grade beef sought after by butchers and chefs who have built their careers on choosing the best produce and letting it speak for itself.

W: capegrimbeef.com.au

MCKENZIE'S BLACK BEANS

McKenzie's Black Beans have a dense and meaty texture, making them popular in vegetarian dishes, salads and Mexican cuisine. They're an excellent source of protein and fibre.

W: mckenziefoods.com.au



MAD MILLIE

Mad Millie makes handcrafted foods easy and quick by providing you with kits, including the specialised equipment, ingredients and knowhow to get started right away. Know exactly what goes in your food, avoid nasty additives and make it just how you like it! **W: madmillie.com**



WELL NATURALLY

Well Naturally No Sugar Added Chocolate Melts are the perfect ingredient for creating amazing treats and desserts. Made with 70 per cent cocoa and sweetened with stevia, these chocolate melts are packed with antioxidants and have zero calories, making them a delicious and healthier choice.

W: wellnaturally.com.au



TRENTHAM TUCKER

Trentham Tucker first started in 1984 in a small country kitchen in Trentham, Victoria, devoted to maintaining the tradition of delicious home baking. Now from the Melbourne premises, Trentham Tucker ensures everything is handmade from the finest-quality pure Australian ingredients, rich farmhouse produce and natural fruits. Old-fashioned love and care are the secret ingredients to the classic recipes of Trentham Tucker.

W: trenthamtucker.com.au

CHRIS' DIPS

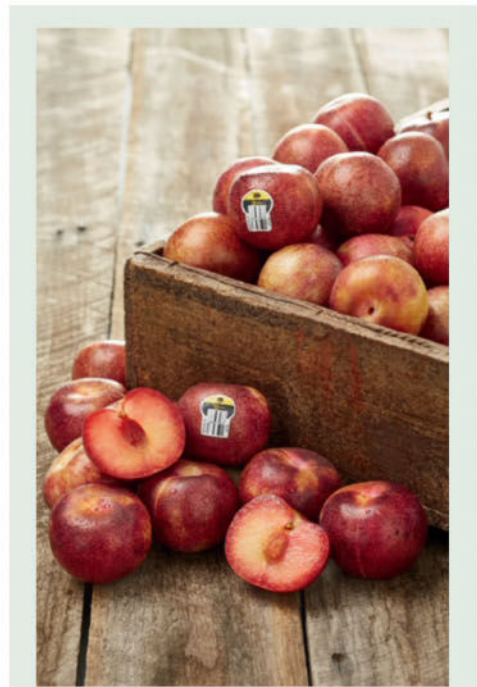
Originally from Greece, Chris Tassios started Chris' Dips to bring some of the flavours of his homeland, such as caviar and tzatziki, to the tables of Australians. Thirty years on, Chris' Dips continues to create mouth-watering dips that make entertaining easy.

W: eatloveshare.com.au



BOB'S RED MILL 1-TO-1 GLUTEN FREE BAKING FLOUR

Bob's Red Mill Gluten Free 1-to-1 Baking Flour makes it easy to transform traditional recipes to gluten-free. Simply follow your favourite baking recipe, replacing the wheat flour with this extraordinary blend. Ideal for cookies, cakes, brownies, muffins and more! **W:** bioliving.com.au



THE MONTAGUE TREE

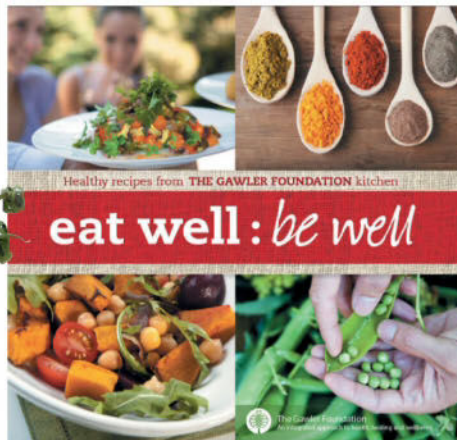
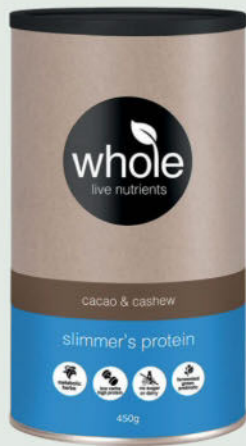
At Montague they hand-pick the best fruit from the best location on the tree. This fruit is exposed to the sun so has naturally higher sugars, intense colour and full, rich flavours. With many new emerging varieties of plums, you could be among the first in the country to try this delicious fruit.

W: montaguefresh.com.au

AMAZONIA

Whole Live Nutrients Slimmer's Protein is a comprehensive protein blend designed to assist with natural and healthy slimming by helping to keep you fuller for longer, support metabolism and keep cravings at bay. Enjoy this all-natural, vegan and sugar-free product because you deserve to be the best version of you.

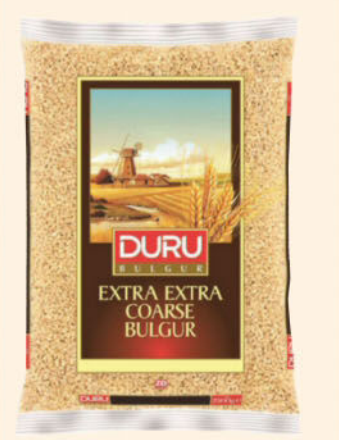
W: amazonia.com.au



THE GAWLER FOUNDATION

The Gawler Foundation's *Eat Well : Be Well* cookbook is an essential guide for anyone wanting to adopt a plant-based wholefoods diet. Learn how to prepare delicious, nutritionally balanced meals for increased health and vitality.

W: gawler.org



DURU BULGUR

Duru Bulgur is made from 100 per cent hard durum wheat that is steamed, dried and ground into grains in a special stone mill. Duru Bulgur can be used as a healthy alternative to pasta, rice or couscous in your favourite recipes for soup, salads or as a side dish.

W: durbulgur.com

BUDERIM GINGER

Buderim Ginger's famous zingy Ginger Refresher Cordial is perfect for any occasion. Make your own ginger beer with a dash of soda water, use in cocktails or fruit juices, or spice up your cooking repertoire. There are so many ways to enjoy the great taste of Ginger Refresher.

W: buderimginger.com



CORN THINS

Corn Thins are not rice cakes. They're made from corn and taste delicious, like popcorn squished into a healthy crispbread. Corn Thins are gluten-free, non-GMO and full of fibre. Enjoy them on their own or with your favourite toppings.

W: cornthins.com



FALCON

Falcon's Classic offers everything you'd expect from a traditional range cooker. With bevelled doors, elegant windows and a towel rail, it makes a classic statement in any kitchen. The Classic is available in 110cm and 90cm sizes, in an array of colours and fuel options.

W: andico.com.au



BLIND TIGER ORGANIC GIN

We search the world for the most sustainable, organic botanicals to create a complex, exotic, yet elegant and aromatic gin. Juniper berry provides a backbone of

fresh spring forest and citrus notes. Coriander enhances the citrus characters of the juniper, while angelica root gives a delightfully aromatic and heady note of musk. Summer savory completes the botanical mix and contributes a subtle, mint-like, peppery character. Delicious!

W: blindtigergin.com.au



FUNCH

Funch mixtures make nutrient-dense, energising, superfood snacks. All the wholesome, natural ingredients are pre-prepared in a single packet. Just add two simple ingredients to create the finished and delicious Funch snack.

W: funch.com.au

ROBIN FOODS

Outback Spirit products feature Australian native ingredients that have been ethically harvested or cultivated in Australia's pristine wilderness regions. Using wild, natural ingredients sourced from the tropical rainforests of Cape York, the vast arid deserts of Central Australia and the temperate southern or sub-alpine regions of Victoria, SA and Tasmania, these gluten-free chutneys, sauces, dressings, herbs and seasonings will brighten every dish.

W: outbackspirit.com.au

LOTUS FOODS

Lotus Organic Raw Australian Honey is extracted straight from bee hives here in Australia. It's packed at a low temperature of 42°C, allowing the honey to remain raw and 100 per cent natural. Use on toast or bread or as a natural sugar replacement in cooking and baking.

W: lotusfoods.com.au



LEDA NUTRITION

If you are looking for a gluten- and dairy-free treat that your guests and family will remember, you can't go past Leda Bakery Choc-Chip cookies. These homestyle cookies are made with all-natural, wholesome ingredients and are packed with flavour and crunch. **W:** ledanutrition.com

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