

BREAKFAST RECIPES

BERRY BEAUTY BREAKFAST

Gluten Free, Dairy Free, Yeast Free, Low FODMAP

This breakfast gives a steady supply of energy, good digestion, regular elimination and really beautiful skin. Requires minimum preparation. The addition of berries ensures a good array of antioxidants.

Make it before you go to bed, and it'll be ready and waiting for you in the morning.

Serves 1

Ingredients:

Small pot of natural coconut yoghurt

200ml almond, hemp or rice milk

A handful, 45g of gluten free rolled oats

1 tbsp linseeds

1 tsp each of pumpkin, sesame, and sunflower seeds.

1 tbsp of raw pecans roughly chopped

* Splash of fresh not from concentrate apple juice, or better still, freshly juiced!

(Omit for low FODMAP and yeast free diet)

* ½ cup of berries

(Use raspberries for low FODMAP diet)

Method:

Take a small pot of natural coconut yoghurt, mix it with 200ml almond, hemp, or rice milk to form a shake. Throw in all the dry ingredients, stir through the apple juice if using and mix everything together. Add more milk to make a shake like consistency. The ingredients need plenty of liquid as they'll soak it up overnight.

Leave in the fridge to ferment overnight, and eat in the morning with half a cup of fresh berries.

Tip, no fresh berries, add frozen berries to the mix the night before for a hassle free way to increase your daily nutrients!

ZESTY BUCKWHEAT BERRY PORRIDGE

Gluten Free, Yeast Free, Dairy Free. Low FODMAP

As buckwheat isn't actually a grain, most people take very well to it, and it makes a nice change from oats. I've added in the zinobiotic here too for added fibre to keep those bowels moving and those blood sugars balanced. The nuts add protein and the cinnamon is a powerful antioxidant, both of which help balance blood sugar levels.

Serves 2

Indredients:

100g buckwheat flakes

100g raw cashew nuts

50g strawberries

40g blueberries

40g raspberries

½ tsp vanilla extract

1 tbsp maple syrup (omit yeast free diet)

2 scoops zinobiotic (omit low FODMAP)

Zest of an orange

Method:

Soak the buckwheat and cashew nuts in separate bowls overnight. In the morning, discard the water and blend together with the vanilla extract, orange zest, maple syrup and zinobiotic if using, until smooth.

Eat at room temperature, or heat through in a pan for a delicious warming bowl of loveliness.

Sprinkle with cinnamon, top with berries and add a dollop of coconut yoghurt.

CRUNCHY BANANA & PEANUT BUTTER SMOOTHIE BOWL

Gluten Free, Yeast Free, Dairy Free, Low FODMAP

Ingredients:

½ frozen banana, chopped (Yeast free, Low FODMAP, use unripe banana)

1 tbsp peanut butter

1 tsp maca

½ tsp cinnamon

1/3 cup almond milk

Peel banana, chop in half, place in a plastic food bag and freeze overnight.

In the morning, pop everything in a blender and blend on high until smooth, top with granola for a wonderful contrast to the silky-smooth smoothie bowl.

Topping:

2-3 tbsp toasted granola p x

No time to make granola use this speedy recipe instead.

Ingredients

1 tsp coconut oil

2 tbsp of roughly chopped nuts

1 tbsp of sunflower, pumpkin and sesame seeds

½ tsp cinnamon

Method

Melt the oil in a dry frying pan over a medium heat. Add the nuts and cinnamon and fry stirring constantly for 5 minutes or until toasted.

Sprinkle over smoothie bowl and enjoy

BERRY SMOOTHIE BOWL

Gluten Free, Dairy Free

This is one of my all-time favourite breakfasts. It takes a bit of effort to make, but is well worth it, as it truly is delicious. The combination of ingredients helps to cleanse and heal the body as well as provide lots of natural anti-inflammatories from the addition of ginger and turmeric. Beetroot helps cleanse the blood, and wheatgrass, cucumber, apple and lemon help cleanse the liver, as well as providing lots of antioxidants. The avocado which is a good source of vitamin E makes the smoothie deliciously thick and creamy. This smoothie bowl really is jam packed with nutritional goodness to set you up for the day ahead.

Serves 1

Ingredients:

Juice (Cold pressed juicers give the most nutrients).

1 medium raw beetroot

1 inch turmeric root

2 inch ginger root

1 unwaxed lemon

¼ cucumber

1 small apple

Blend

½ avocado

1 cube of frozen wheatgrass or 1tbsp of wheatgrass powder

½ frozen banana

½ cup frozen sour cherries.

To serve

Raw almonds

Hulled hemp

Basil leaves

Method:

Pop the juice ingredients into your juicer, then add the juice to a blender such as a Vitamix or Nutri Bullet.

Add the avocado, wheatgrass, banana and sour cherries.

Blend until smooth, approximately 20 seconds. For some crunch, add a small handful of raw almonds, blend on low for 5 seconds to break them up. Pour into a bowl and sprinkle with hulled hemp seeds and scatter with fresh basil leaves. Yum

Tip you can make a batch of juice and keep it in the freezer for future smoothie bowls. Keep in small glass jars, just be sure not to fill all the way to the top, or the glass may crack as the juice expands.

STRAWBERRY, VANILLA, AND MACA SMOOTHIE

Gluten Free, Dairy Free, Yeast Free

This smoothie is truly delicious and feels like such a treat. It's packed with antioxidants and vitamin C from the strawberries, lots of gut loving fibre from the zinobiotic as well as from the multi protein + which contains fibre and probiotics.

250ml almond milk

1 heaped tbsp maca powder

1 scoop sugar free low carb vanilla protein (Nuzest is good)

1 Scoop of multi protein plus (Cytoplan)

½ cup fresh or frozen strawberries

1 scoop zinobiotic

Add all ingredients to a blender such as a Vitamix or Nutribullet, blend on high until smooth. If using frozen strawberries, blend until room temperature.

APPLE BIRCHER MUESLI

Gluten Free, Dairy Free, Yeast Free

I love this super simple Bircher muesli, just remember to prepare the night before or give it at least an hour to soak if you forget.

Serves 2

Ingredients:

80g gluten free oats

Pinch of Himalayan pink salt

250ml almond milk, or other plant based milk

1tsp vanilla extract

2tsp cinnamon

25g sunflower seeds

25g pumpkins seeds

15g linseeds

1 tsp raw honey or maple syrup (optional, omit for yeast free diet)

Small pot of natural coconut yoghurt

Splash of fresh not from concentrate apple juice (omit for yeast free diet)

1 apple

1tsp coconut oil

Method:

Heat the oil in a pan over a low heat, add the sunflower, pumpkin seeds and cinnamon. Toast for a few minutes. Set aside to cool. Then keep in an airtight container.

Empty the pot of natural coconut yoghurt into a bowl, add the vanilla extract and salt. Mix with 250ml coconut or almond milk to form a shake. Grate the apple and stir through along with the apple juice and linseeds. Add more milk if needed to make a shake like consistency. The ingredients need plenty of liquid as they'll soak it up overnight. Stir through half the spiced seeds. Cover and pop in the fridge to ferment overnight.

In the morning take the Bircher out of the fridge & sprinkle the spiced seeds on top.

COCONUT BLINIS WITH STRAWBERRY COMPOTE

Gluten Free, Dairy Free, low FODMAP

Makes 8 blinis

I can't remember where I first got the recipe for these but knowing me I will have tweaked and changed them along the way. They are great for breakfast or as a snack.

Ingredients:

Compote

200g strawberries

1 tbsp maple syrup, or honey (maple for low FODMAP option)

½ tsp vanilla extract

2 ½ tsp chia seeds

Blinis

4 organic free rang eggs

1/2 cup coconut milk

½ cup coconut flour

1tsp bicarbonate of soda

½ tsp baking soda (check gluten free)

1 tsp vanilla extract

1 tbsp lemon juice

1 tbsp maple syrup

2 tbsp extra virgin coconut oil, melted

Pinch of Himalayan salt

To serve

Coconut yoghurt

Method

Put all the blini ingredients into a food processor, and blend until smooth.

Grease a frying pan with a little coconut oil. Heat the oil of a medium heat. Add a tablespoon of batter to the pan and cook for 3 minutes each side, or until golden. Keep under a warm grill until all blinis are cooked, or let cool and store in an airtight container in the fridge if you're eating them later. They'll keep for up to 2 days.

To make the compote

Blend the strawberries, maple syrup and vanilla extract in a food processor. Pour into a bowl and stir in the chia seeds mixing thoroughly. Add the mixture to a sterilised jam jar and pop in the fridge for 15-20 minutes to allow time to set

Serve blinis with fruit compote and coconut yoghurt. Delicious!

CARROT CAKE BREAKFAST MUFFIN

Gluten Free, Dairy Free

I love these, my all-time favourite cake has to be a carrot cake, and whilst I don't partake in it all that often for health reasons, these are a welcome treat. They're protein packed and I've purposefully reduced the sugar by limiting the dried fruit, honey and coconut sugar. The addition of cinnamon helps balance blood sugar levels, along with the protein, as well as adding some extra antioxidants. These are nice as a snack to or for breakfast. In terms of a portion, you would just have one.

Not suitable whilst following a low FODMAP or yeast free diet.

Makes 6

Ingredients:

100g walnuts

100g almonds

3 tbsp sultanas

4 tbsp buckwheat flour

3 large eggs

3 tbsp extra virgin olive oil

1 medium carrot, peeled and chopped into 4 equal amounts

1 small apple, peeled

1 ripe banana

1 tsp cinnamon

1 tsp mixed spice

1 tbsp coconut sugar

1 tbsp raw organic honey

1 tsp bicarbonate of soda

1 tsp arrowroot

2 tsp gluten free baking powder

Himalayan salt

To serve:

Coconut yoghurt

Tahini mixed with maple syrup

Method:

Preheat oven to 180

- 1 Grind the nuts in a food processor until fine, transfer to a large bowl, add the bicarbonate of soda, baking powder, arrowroot, cinnamon, mixed spice and sugar, stir through.
- 2 Place the carrot, and apple in a food processor, blend until finely chopped, add to the bowl and stir through.
- 3 Place eggs, olive oil, honey, banana in a food processor. Blend until smooth, pour into the bowl and lightly fold into nut mixture.
- 4 Fold through the buckwheat flour and sultanas, spoon mixture into a muffin tray.
- 5 Cook for 25 minutes.
- 6 Transfer to a wire rack to cool, once completely cool store in an air tight container in the fridge for up to 3 days or in the freezer for up to a month.

BANANA PANCAKES

Gluten Free, Dairy Free, Yeast Free, low FODMAP

Quick, easy simple pancakes, these pancakes are delicious and filling. I love the simplicity and with a few tweaks they can be enjoyed whatever dietary model you're following.

Serves 1-2

Ingredients:

1 ripe banana (Low FODMAP, Yeast free option unripe banana)

2 eggs

1 tsp ground cinnamon

Coconut oil

To serve:

Coconut yoghurt

*Organic berries (low FODMAP, raspberries)

Almond butter

Method:

- 1 Mash the banana in one bowl.
- 2 Beat the eggs in a jug.
- 3 Add the banana and the cinnamon to the eggs and beat together with a fork.
- 4 Heat the coconut oil in a large saucepan, drop a small amount of the 'batter' into the pan.
- 5 Cook on one side until bubbles appear. Flip and cook the other side. About a minute or so each side. Pancakes should be golden brown.

*Keep warm under the grill until all pancakes have been cooked.

VEGAN CHOCOLATE AND BANANA PANCAKES

Gluten Free, Dairy Free, Yeast Free, Vegan, Low FODMAP

Ingredients

3 tbsp buckwheat flour

1/4 cup coconut or almond milk (Plenish is s good brand)

1 tbsp raw cocoa powder

1/2 tsp bicarbonate of soda

1 ripe banana (Low FODMAP, Yeast free option unripe banana)

Blend everything to a smooth paste

Heat coconut oil in frying pan. Add small amount of batter, when bubbles form, flip and cook on the other side.

Serve with berries of your choice, (raspberries for low FODMAP diet)

Add almond butter for extra protein.

CHOCOLATE AND BANANA PANCAKES

Gluten Free, Dairy Free, Low FODMAP, Yeast Free

Serves 1

Ingredients:

2 large eggs

1 rounded tbsp raw cocoa powder

1 ripe banana (Low FODMAP, Yeast free option use unripe banana)

Pinch of Himalayan fine salt

Coconut oil or butter

Method:

Blend everything to a smooth paste

Heat 1 tsp coconut oil in frying pan. Add small amount of batter, when bubbles form, flip and cook on the other side.

Serve with berries of your choice, add nut butter for extra protein.

TOASTED GRANOLA

Gluten Free, Dairy Free, Yeast Free, low FODMAP

I love this in the morning with CoYo Coconut yoghurt. You can make it with or without grains by choosing to add or omit oats. Keep in an airtight container once cooled.

Ingredients:

- 100g each of sunflower seeds, pumpkin seeds, pecans, walnuts, sesame seeds,
- 100g desiccated coconut (Omit for low FODMAP)
- 200g of porridge oats
- 2 tbsp of linseeds
- 2 tbsp of chia seeds
- 3 tsp cinnamon
- 1 tsp vanilla extract, (optional)
- 2 tbsp maple syrup, palmyra jaggery (optional) (omit for yeast free diet)
- ¼ tsp Himalayan salt
- 2 heaped tablespoons of melted coconut oil

Method:

Pre-heat oven to 150 degrees.

Add the oats, nuts and seeds to a bowl. Stir in the cinnamon. Melt the coconut oil over a low heat. Once melted, sprinkle 2 tablespoons of Palmyra Jaggery or maple syrup into the oil and stir well. Pour over the dry ingredients, along with the salt and vanilla extract if using. Pour onto a lined baking tray, press down well and into corners.

Bake in a pre-heated oven at 120 degrees for 75 minutes
Leave to cool, then transfer to an airtight container.

CHOCOLATE GRANOLA

Gluten Free, Dairy Free, Yeast Free, low FODMAP

Yummy, yummy, yummy...the only problem with this breakfast is you can't stop eating it! Have a bowl full with hot or cold plant based milk, sprinkle over yoghurt, or use as a topper on porridge or a smoothie. Or simply nibble on as a snack.

Ingredients:

- 100g sunflower seeds
- 100g pumpkin seeds
- 100g pecans
- 100g almonds
- 200g jumbo oats
- 1 tsp cinnamon
- 2 tbsp raw cacao
- 1 tsp vanilla extract
- 1 tbsp maple syrup (optional) (omit for yeast free diet)
- ¼ tsp Himalayan salt
- 2 heaped tablespoons of melted coconut oil

Method:

Pre-heat oven to 180 degrees.

Pop the nuts into a food processor for 10 seconds, or give them a bash in a pestle and mortar.

Add the oats, nuts and seeds to a bowl. Stir in the cinnamon. Melt the coconut oil over a low heat. Once melted, add the maple syrup and stir well. Pour over the dry ingredients, along with the salt and vanilla.

Spread out evenly onto a lined baking tray, press down well into corners.

Bake in a pre-heated oven at 180 degrees for 35 minutes, or until toasted.

Leave to cool, then transfer to an airtight container.

BREAKFAST CHIA PUDDING

Gluten Free, Dairy Free, Yeast Free, low FODMAP

If you're pressed for time, this lovely bowl of goodness is simple and versatile. Make in batches and portion in small pots to take to work as a midday snack. Chia seeds are loaded with omega 3, cinnamon helps balance blood sugar levels, zinoibiotic provides essential fibre as well as also helping to balance blood sugar levels.

Serves 2

Ingredients

2 bananas, (low FODMAP / yeast free diet, unripe bananas)

2 tsp cinnamon

4 tbsp chia seeds

2 scoops zinobiotic fibre blend (omit for low FODMAP)

250ml coconut milk (low FODMAP, no inulin)

Blitz the bananas and coconut milk in a blender for 30 seconds or until smooth. Pour into 2 bowls, or a container, stir in the chia seeds and zinobiotic if using. Give it a good stir through, then leave in the fridge until set.

For variety add 1-2 tbsp of cacao powder for a chocolatey treat. You can also use a different plant milk and switch the cinnamon for ginger, add a squeeze of fresh orange or the zest of an orange. Experiment with the flavours you like.

SCRAMBLED TOFU

Gluten Free, Dairy Free, Yeast Free, low FODMAP

A vegan alternative to scrambled eggs. It's so easy to make, high in protein and healthy fats.

Serves 2

Ingredients:

- 225g firm tofu
- 2 teaspoons extra virgin olive oil or coconut oil

For the sauce

Ingredients:

- 1/4 tsp salt, preferably Kala Namak, Himalayan black salt, it tastes like real eggs!
- 1/4 tsp turmeric powder
- 1/2 cup water
- 1/4 cup nutritional yeast flakes
- Freshly ground black pepper

Press the tofu with kitchen roll to remove as much moisture from the tofu as possible. Wrap the tofu in a kitchen towel, place it on a plate and top it with something heavy, like a small iron skillet.

Next add oil to a frying pan and add the tofu. Use your spatula to break it into cubes. Continue breaking the tofu apart as it cooks.

Now to make the tofu scrambler sauce. Combine water, nutritional yeast flakes, turmeric, and black pepper. Stir it all together and then pour over the tofu in the skillet.

Cook until all the liquid has evaporated and your left with the seasoned scrambled tofu.

HERBY OMELETTE

Gluten Free, Dairy Free, Yeast Free. Low FODMAP

Omelettes are super versatile, eat for breakfast, lunch, or tea. This one is a no nonsense super quick and easy one to do. You can mix it up and add your favourite veggies and herbs. Fresh herbs

are nutrient dense so they're always the best option, but if you don't have any to hand, use the dried varieties.

Serves 1

Ingredients:

2 organic free-range eggs

1-2 tsp mixed dried herbs, or 1-2 tbsp any fresh herbs

1 tomato sliced

1tbsp coconut oil

Pinch of Himalayan pink salt

Freshly ground black pepper

½ lemon

Parsley to garnish

Method:

Lightly whisk the eggs in a jug, add the herbs, salt and pepper and stir through.

Melt the coconut oil in a frying pan over a medium heat.

Add the egg mixture to the pan and cook over a medium heat for a few minutes, when almost set, quickly fold in half.

Set on a warm plate, squeeze over the lemon, top with sliced tomato and dress with fresh parsley.

Great for lunch with a green side salad.

BREADS

FLAXSEED AND ALMOND BREAD

Gluten Free, Dairy Free, Yeast Free.

Totally Delicious, Nutritious Bread.

To make one small loaf you'll need:

4 Free range organic eggs

1 cup of ground flax seeds

1/2 cup ground almonds

2tbsp psyllium husk powder

3tbsp water

1tsp baking powder

Half tsp himalayan rock salt

1 Small loaf tin

- 6 Beat eggs with water in a bowl.
- 7 Mix dry ingredients in a separate bowl. Combine well.
- 8 Mix wet and dry ingredients together.
- 9 Transfer to loaf tin.

Cook on 180 for 25-30mins. Easy Peasy!

GLUTEN FREE SODA BREAD

450g gluten free flour (ideally use 2 or 3 different ones, seems to work best. Pick any 2 to 3 of the following: Millet, quinoa, soya, gram, rice, or buckwheat.

2tsp sodium bicarbonate

2tsp Xanthan Gum

300ml natural plant based yoghurt, coconut works well.

150ml warm filtered water

I sometimes throw in some seeds/spices to mix things up, pumpkin seeds work well and it's lovely made with fresh oregano.

Preheat oven to 200 degrees, gas mark 6. Sift the flour and mix in the raising agent, then stir in the yoghurt and warm water. Mix together well then coat the mixture in more flour and liberally coat your working surface. No kneading is necessary! What a joy! If making two small loaves, divide into two and make into fairly flat, oval shapes. Cut a cross on the top. Place on a floured tray and bake for 30 mins, then turn the oven down to 180, gas mark 4 for another 20 minutes. To test if it's ready, tap the bottom of the loaf and it should sound hollow. Leave to cool on a wire rack. Enjoy, I can never resist eating it when it first comes out of the oven!

WALNUT & BANANA BREAD

Gluten Free, Dairy Free, Yeast Free. Low FODMAP

Makes 8 slices

Ingredients:

Walnuts – 2 cups

Almonds – ½ cup

Pecans – ½ cup

Banana – 1 medium (*yeast free, low FODMAP, unripe banana)

Olive oil – 2tbsp

Honey – 1-2tbsp (optional, omit for yeast free and low FODMAP)

Baking powder (gluten free) 2 tsp

Eggs – 3 large free range organic.

Himalayan or sea salt, pinch

Method:

Grind the nuts and add to a mixing bowl, add the baking powder and mix well.

Blend the banana, olive oil, eggs and honey on slow in a food processor.

Stir into the nuts. Line a bread tin with parchment paper. Empty contents into the bread tin. Bake in oven 180 for 25-30 minutes. Check if cooked enough by sticking a knife into a few different places. When cooked it will come out clean.

RICE & BUCKWHEAT FLATBREAD

Gluten Free, Wheat Free, Dairy Free, Yeast Free, Low FODMAP

Ingredients

200g rice flour
200g buckwheat flour
240ml water
2 tbsp apple cider vinegar
1 tbsp ground golden linseed

Method

Soak the linseed in 2 tbsp water or 10 minutes.

Combine the waters in a large bowl, once combined stir through the water and vinegar. Add the pre-soaked gooey linseed mixture and combine to a dough like consistency.

Divide mixture into 6 balls & roll each ball between 2 sheets of parchment paper to flatten out.

Sprinkle each side with flour.

Heat a large, lidded frying pan. Cook each flatbread for 2 minutes each side with the lid on to retain the moisture.

COCONUT & PSYLLIUM FLATBREAD

Gluten Free, Dairy Free, Yeast Free.

Ingredients:

½ cup coconut flour
2tbsp psyllium husk powder
50g coconut melted or olive oil
½ tsp Himalyan salt
1tsp baking powder
1 cup of boiling water
Herbs/garlic/onion powder to flavour (optional)

Method:

Sieve the dry ingredients into a bowl and mix well.

Add the melted oil and mix well

Add the boiling water, half at a time and mix until a dough like mixture forms.

Divide mixture into 6 balls & roll each ball between 2 sheets of parchment paper to flatten out.

Dry fry in a pan for 2-3 minutes each side, until golden.

Top with veggies, salad, hummus, guacamole, avocado.... Use ingredients based on the diet you are following. Variety is key these flatbreads are super versatile.

LUNCH & DINNER RECIPES

We eat back to front in the UK, as a rule of thumb, eat like a king at breakfast and a pauper at dinner. This is because we use the calories during the day to give us energy. Digestive enzymes also tailor off during the day and are at their lowest in the evening. It's for this reason that raw food should be limited to daytime, as it's harder to digest. When we eat a heavy meal at night it simply sits there. Often impeding sleep and making us feel sluggish the next day. You'll find light recipes you can have for either lunch or dinner. If you work late, try having a bigger lunch and a simple bowl of soup for dinner.

COURGETTE & CARROT SOUFLE

Gluten Free, Dairy Free, Yeast Free, Low FODMAP

Ingredients

1 cup of grated carrots
1 cup of grated courgettes
1 large onion finely chopped (Low FODMAP, use green ends of spring onion or ¼ tsp asofeotida)
1 tbsp extra virgin olive oil
1 large free-range egg
Pinch of Himalayan salt
Grind of black pepper
Pinch of cumin, coriander, or cloves (optional)

Method

Preheat oven to 350 F/180C/Gas Mark 4

Soften onions in the oil over a low heat, add carrots and courgettes and cook on low for 5 minutes. Transfer to a bowl and mash until pureed or blend. Separate the egg and pour the egg white into a bowl and whisk until stiff. Add the yolk to the other bowl or blender and mix with other ingredients. Add the egg white and fold into the mixture. Add the herbs if using. Spoon mixture into a lined or greased baking tin and bake for 20-25 minutes.

Serve hot with a green side salad and tomatoes.

FRITTATA WITH TOMATO, BELL PEPPER & SPINACH

Gluten Free, Dairy Free, Yeast Free, Low FODMAP

Ingredients:

- 2 tablespoons, coconut oil
- 1 medium red bell pepper
- 2 medium tomatoes
- 1 cup spinach
- 10 large eggs
- 2 tablespoons chives or other fresh herbs of your choice

Method:

1. Melt the coconut oil in a cast-iron or similar oven safe skillet or frying pan
2. Add bell pepper and cook until tender. Add the tomatoes and cook for 2-3 minutes. Stir in spinach and cook until wilted. Stir to mix.
3. Add optional chives to the beaten eggs. Pour eggs over the veggie mixture. Stir to mix.
4. Cook for 4 minutes over medium heat. Then, place skillet under the preheated grill and continue to cook until done, about 5 minutes. Remove skillet and let cool slightly.

SWEET POTATO AND COURGETTE PANCAKES

Gluten Free, Dairy Free, Yeast Free, Low FODMAP

Ingredients:

35g courgette, grated
35g sweet potato, grated
1 egg beaten
2 tbsp buckwheat, brown rice, quinoa or millet flour
Large handful of chive, chopped
Green parts of 4 spring onions, chopped
2 ripe tomatoes
2 handfuls of rocket
Olive oil or coconut oil

Method:

1. Coarsely grate the courgette and sweet potato
2. Beat the egg and mix with the chopped spring onions, chives, flour, grated courgette and sweet potato. Season with Himalayan salt and freshly ground black pepper.
3. Heat a little oil in a large frying pan. Place heaped tablespoons of the mixture into the pan and cook for 2 ½ minutes until brown. Turn over and cook the other side for a further 2 ½ minutes.
4. Slice the tomatoes and sprinkle with salt and pepper and a little olive oil
5. Serve the pancakes with the rocket and tomato salad.

SWEET POTATO FRITTERS

Gluten Free, Dairy Free, Yeast Free. Low FODMAP

Serves 2

Ingredients:

2 organic free range eggs
2 small sweet potatoes, grated
1tsp turmeric
1tsp garam masala
¼tsp asofoetida (optional)
½tsp coriander
½tsp chilli flakes (optional)
2tbsp nutritional yeast, added B12 (optional)
2 tbsp millet flakes
2tbsp buckwheat flour
Himalayan salt and freshly cracked black pepper to season
1 tbsp virgin coconut oil

Method:

Combine the grated sweet potatoes, eggs and spices in a large bowl.

Season well.

Add the millet flakes, buckwheat flour and nutritional yeast, gently stir to combine.

Heat the coconut oil on a medium heat in a frying pan.

Using a large spoon, take a ¼ of the mixture and add it to the pan making a patty. Press the spoon on top of the mixture to evenly flatten, shape edges as desired.

Repeat for the next 3 fritters.

Cook on a medium heat for approximately 4 to 5 minutes until turning golden brown.

Flip and cook the other side.

Keep warm under the grill until you're ready to serve.

Serve with a selection of green leafy vegetables, or salad leaves

Rocket, green beans, broccoli 75g, bok choy 75g, cabbage 75g, collard greens 75g, chicory leaves 75g

MUSHROOM & THYME BURGER

Gluten Free, Dairy Free, Yeast Free. Totally Delicious Bean Burgers

I love the combination of mushrooms and thyme. Fresh thyme is definitely my preference, it's much more fragrant than dried. Experiment with using other beans, butter beans would be a good replacement for the soya beans.

1 cup, 240g of dry soya beans, soaked and cooked or 1 tin of soya beans

1 medium brown mushroom chopped

2 garlic gloves minced

1 shallot finely sliced

1tsp coconut oil (Suma odourless)

½ tsp Himalayan pink salt

Lots of freshly ground black pepper

1tbsp fresh thyme or 1tsp dried thyme

1 cup of buckwheat flour

Gently fry the garlic, mushrooms and shallots in a little coconut oil for 5 minutes

Add all ingredients to a blender, and blend on low to combine

Form into patties and coat in buckwheat flour.

Fry in a little coconut oil for 5 minutes each side, or bake in the oven at 180 degrees 25 minutes.

WILD RICE, BEET & WALNUT WARM SALAD

Gluten Free, Dairy Free, Yeast Free.

A simple, easy, nourishing meal for lunch or dinner. Wild rice contains magnesium as well as B

vitamins and iron. The beetroot leaves add additional folate, magnesium, B vitamins and vitamin K. Walnuts are a great source of omega 3 and the butter beans provide fibre and protein.

Ingredients

1 cup wild rice, cooked

5 large handfuls of beet leaves chopped (experiment with other leaves or even shredded cabbage)

¼ cup butter beans

½ cup of raw walnuts

2 tsp vegan miso paste

1 tsp tamari

Himalayan salt

Black pepper

Splash of water

Method

Add all ingredients with the exception of the miso and walnuts to a pan.

Cook for 5 minutes until leaves have wilted.

Add walnuts and miso and stir well. Cook on low for 2 minutes

Serve, enjoy

CORIANDER & PUMPKINSEED BURGERS

Gluten Free, Dairy Free, Yeast Free. Totally Delicious Soy Burgers.

These are super easy to make and totally delicious. They can be frozen once cooked. This recipe makes 4 burgers or 8 patties. Double up on the ingredients to make more if you want to have some in the freezer. Serve with greens and a little sweet potato.

Ingredients:

1 cup, 240g of dry soya beans, soaked and cooked or 1 tin of soya beans

2 garlic cloves minced

2 shallots finely sliced

1tsp coconut oil (Suma odourless)

½ tsp Himalayan pink salt

2 tbs Pumpkin seeds, lightly toasted

Lots of freshly ground black pepper

1 tsp Coriander powder

Large handful of fresh coriander chopped.

Sesame seeds to coat

Method:

Gently fry the garlic, and shallots in a little coconut oil - 5 minutes

Add all ingredients to blender to combine

Form into patties and coat in sesame seeds

Fry in a little coconut oil 5 minutes each side, or bake in oven 180 degrees 25 minutes.

SPICY LENTIL BURGERS

Gluten Free, Dairy Free, Yeast Free.

Makes 8 burgers

Ingredients

1 cup of brown lentils

2 ½ cups of warm filtered water

2 red onions, finely chopped

1 medium sized carrot, grated

1 medium sized courgette, grated

4 tbsp buckwheat flour

½ tsp ground gram masala

Pinch of chilli flakes (optional)

Pinch of Himalayan salt

Freshly ground black pepper

Method

Rinse lentils in a sieve, add to a small pan, pour over the water, bring to the boil, then reduce heat and simmer for 20 minutes with the lid on.

Add the carrots, courgettes, and onions and stir well. Add gram masala, flour and chilli flakes if using, season and mix well. Set aside to cool.

Meanwhile preheat the oven to 180 degrees.

Once cool enough to handle, take a small handful of the lentil mixture and form into burgers. Bake in the oven on a floured baking tray for 20-25 minutes.

CARROT & GINGER SOUP

Gluten Free, Dairy Free, Yeast Free, Low FODMAP

Ingredients:

1 celery stalk, finely chopped
1 tbsp coconut oil
2 tbsp coarsely grated ginger
½ tsp ground nutmeg
850ml low FODMAP stock, see recipe below
500g carrot sliced
400g cooked potato

Method:

Heat the oil in a large pan, add the celery, ginger and garlic infused oil, and fry for 5 mins until starting to soften. Stir in the nutmeg and cook for 1 min more.

Pour in the stock, add the carrots, potatoes and their liquid, then cover and simmer for 20-25 mins until the carrots are tender.

Scoop a third of the mixture into a bowl and blitz the remainder with a hand blender or in a food processor until smooth. Return everything to the pan and heat until warmed through.

Low FODMAP Stock

1 tbsp olive oil
2 carrots, diced
1 tbsp garlic infused oil
10 black peppercorns
2 sticks of celery, diced
3 tomatoes, diced
3-4 fresh parsley stalks, chopped
2 handfuls of chives, chopped

Method:

To make the vegetable stock, add the olive oil to a pan and heat on medium setting. Add the carrot and celery and sweat for 2-3 minutes. Add enough cold water to generously cover the vegetables. Turn up the heat to high. Add the garlic oil, peppercorns, tomatoes, and parsley. Bring to the boil, then simmer for 15 minutes. Pour the stock through a sieve. Discard the left-over vegetables. You could add these to a soup. The liquid stock is now ready. It can be stored in the fridge for up to three days or frozen in batches for future use.

COURGETTE & POTATO SOUP

Gluten Free, Wheat free, Dairy Free, Yeast Free, Low FODMAP

Ingredients

1tbsp coconut oil

1 courgette, chopped

1 celery stalk, finely chopped

1 medium sized potato, chopped

300ml low FODMAP stock (yeast free, if on a yeast free plan)

Himalayan salt and freshly ground black pepper

Handful each of fresh chives and parsley, chopped

Method

Heat the oil in a small saucepan, add the courgette and celery and fry over a gentle heat for four minutes.

Add the potato and stock, season, to taste, with salt and freshly ground black pepper and bring to the boil. Simmer for ten minutes, or until the potato is tender.

Blend, then stir in the herbs, pour into a bowl and serve.

COCONUT, ROCKET & WALNUT SOUP

Gluten Free, Dairy Free, Yeast Free, Low FODMAP

Ingredients:

1 bag of rocket

1 can coconut milk *

½ tsp asafoetida

2 tbsp walnuts

2 scoops of natural pea protein (optional)

1 Kallo yeast free stock cube, or Bouillon yeast free stock

½ tps of Himalayan salt

Lots of freshly ground black pepper

250ml boiling water

Method:

Tip the coconut milk into a medium size saucepan, add the rocket and bring to a simmer.

Once the rocket has wilted, add the asafoetida, salt, black pepper and water.

Cook for 5 minutes.

Add to the blender along with the pea protein powder if using.

Blend on high for 30-60 seconds, add walnuts and blend on a low setting for 5 to 10 seconds.

Serve, enjoy!

*Low FODMAP use inulin free coconut milk, check ingredients

MORROCAN BEAN SOUP

Gluten Free, Dairy Free, Yeast Free

Serves 4

Ingredients

2tbsp Extra Virgin Olive Oil

1 red onion finely chopped

3 cloves garlic, minced or finely chopped

1 litre of water

1 jar passata

400g tinned chickpeas, rinsed and drained

1 medium carrot diced

1 medium potato diced

1 courgette, quartered lengthways and sliced

1 bay leaf

1tsp dried thyme

1 tsp dried oregano

¼ tsp cinnamon

½ tsp cumin

½ tsp turmeric

2 tsp harissa paste (see page x)

Handful chopped fresh mint to garnish

Method:

Heat the oil in a large pan over a medium heat. Add the onions and garlic, cook stirring frequently for 2 minutes.

Stir in the passata, harissa, bay leaf and spices, cook for a further 2 minutes stirring frequently.

Add the water and stir in the chickpeas, carrot and potato, simmer for 15 minutes.

Add the courgette and cook for a further 10 minutes or until all vegetables are tender, but still have some bite.

Season with salt and pepper to taste. Add more harissa if desired.

Garnish with mint and serve alone or with a slice of gluten free soda bread (see page x)

Can also be served over wild rice, basmati brown rice or quinoa to make a heartier meal.

CREAM OF CELERY SOUP

Gluten Free, Dairy Free, Yeast Free.

Ingredients:

1 head of celery
2 medium leeks
2 small onions
1 small apple
2 garlic cloves
2 tsp fresh Rosemary
Large handful of fresh parsley
50g coconut cream
1 Kallo yeast free stock cube
½ tps of Himalayan salt
950ml boiling water
1 heaped tsp virgin coconut oil

Method:

Sweat the onions and leeks in coconut oil for 10 minutes on a low heat, stirring occasionally.
Add the chopped celery and apple, cook for another 5 minutes.
Add water, stock and coconut cream, simmer for 10 minutes.
Add chopped garlic and herbs, simmer for another 10 minutes.
Finish with 10-20 grinds of fresh black pepper, dependent on how peppery you like it, and ½ tsp Himalayan salt.
Blend and enjoy.

Nutrition Facts

Celery is an excellent source of vitamin C and fibre. It is also a very good source of potassium, folic acid, and vitamins B6 and B1, as well as being a good source of calcium and B2. Celery contains phytochemical compounds known as coumarins, which are being shown to be useful in cancer prevention. Coumarins also tone the vascular system, and help to lower blood pressure.

HOT SPICY AVOS

Gluten Free, Dairy Free, Yeast Free

2 large ripe avocados
½ cup coconut yoghurt
1 tbsp tomato puree
A pinch cayenne pepper
A pinch of Himalayan salt
Preheat oven to 180, Gas Mark 4

Cut the avocados in half and remove stones. Arrange in a shallow dish.

Mix the yogurt, tomato puree, salt and cayenne pepper, pour over the avocados and cook in the oven for 10 minutes.

Can be served hot or cold with a nourishing green spinach and tomato salad

WILD RICE, RED QUINOA, BEETROOT & POACHED EGGS

Gluten Free, Dairy Free, Yeast Free, Low FODMAP

Serves 2

Ingredients:

4 organic free-range eggs

50g wild rice

50g quinoa

1 medium beetroot, peeled and grated, (Low FODMAP, use half cup, 60g picked beetroot)

6 tbsp extra virgin olive oil

Dash of cider vinegar

2 tbsp chives, finely chopped

Himalayan salt

Black pepper

Pumkin seeds, lightly toasted

Method:

Cook the quinoa in a pan with a pinch of salt and 100ml water. Bring to the boil, then simmer on a medium heat for 15 minutes, or until cooked and all the water has evaporated.

Cook the wild rice in a separate pan for 20 to 45 minutes depending on the rice you have. See the pack for instructions.

Add 500ml of boiling water to a pan with a dash of cider vinegar and a pinch of salt. Keep on a high heat. Crack one egg at a time into a cup and then add to the pan, poach for 3 minutes, remove with a slotted spoon.

Drain the wild rice and add to the cooked quinoa, stir in the grated beetroot and olive oil, season well. Top with poached eggs and toasted pumpkin seeds. Sprinkle over with chopped chives.

ARTICHOKE & OLIVE TAPENADE CHICKPEA PASTA

Gluten Free, Dairy Free, Yeast Free

Serves 2

Ingredients:

Large handful fresh sage leaves

Large handful fresh basil leaves

1 pack of artichokes

1/2 pack of organic garlic, peppers & mustard seed olives The Real Olive company
2tbsps organic kalamata olive tapenade The Real Olive Company
Handful of cherry tomatoes
100g fresh chickpea pasta
1tbsp extra Virgin Olive oil
2 large handfuls of wild rocket

Method:

Pour the oil into a wide bottomed pan and heat on low for a minute. Add the sage leaves and cook on low heat for five minutes. Next add the basil leaves, cook for a further two minutes.

Pop the tomatoes in the oven on 180 to roast for 15 minutes

Add the artichokes and olives and stir in the tapenade.

Add the chickpea pasta. Stir well for 2 mins

Add 8 tbsps of hot water

Add 1 tbsp white wine, or white wine vinegar (optional).

Add the roasted tomatoes

Put the lid on and cook for a further 7 mins or until the pasta is soft

Season with Himalayan salt and freshly cracked black pepper

Serve on a bed of wild rocket

WILD RICE SALAD WITH EGGS

Gluten Free, Dairy Free, Yeast Free. Low FODMAP

Serves 2

Ingredients

3 free range eggs

250g Wild rice, cooked

200g sugar snap peas, sliced lengthways (Low FODMAP, use green beans instead)

2 red onions finely sliced into rings (Low FODMAP, use green ends of spring onion or ¼ tsp asofeotida)

30g flat leaf parsley, leaf only

1 torn round lettuce or 2 large handfuls of spinach or other salad leaves

2 tbsps small capers

4 tbsps extra virgin olive oil

1 small lemon, cut into 4 wedges

Method

Cook the eggs in a pan of boiling water for 5-7 minutes. Drain, then run under cold water. Shell and set to one side.

Whilst the eggs are cooking place the lettuce, sugar snap peas or green beans, parsley, red onion, or green ends of spring onions and cooked rice in a large bowl. Pour over the oil and squeeze over the lemon. Toss the salad to coat.

Divide the salad between 2 plates. Cut the eggs in half and add to the salad.

QUINOA, POACHED EGG, PESTO, OLIVE AND SUN-BLUSHED TOMATO WARM SALAD

Gluten Free, Dairy Free, Yeast Free. Low FODMAP

Serves 2

Ingredients

4 free range organic eggs
80-100g quinoa, cooked
120g sun-blushed tomatoes (Omit Low FODMAP, use ½ tin of canned mushrooms)
80g green pitted olives, sliced
150g pea shoots or baby leaf salad
Handful of fresh basil leaves
Small handful of raw nuts, chopped. (low FODMAP use walnuts or pecans)

Method

Bring a pan of water to the boil, add 1 tsp cider vinegar, crack the eggs one at a time into a cup, pour off any very runny white surrounding. Stir the water in the pan to create a whirlpool, reduce the heat so there's only soft bubbles forming, then slowly pour each egg into the water, make sure it's bubbling. Cook the eggs for 3-4 minutes each until the egg white is set, use a slotted spoon to lift out the egg, and place on kitchen roll. Depending on the size of your pan you could cook all the eggs at the same time.

Rinse the cooked quinoa in cold water, drain and set aside.

Make the pesto, (page x)

Add 4 tbsp of pesto to the quinoa and stir through

Arrange the quinoa, salad leaves, tomatoes, and olives over two plates, add the eggs and drizzle over with pesto. Dress with chop nuts of your choice and fresh basil.

BASIL TOFU PASTA BAKE

Gluten Free, Dairy Free, Yeast Free. Low FODMAP

Serves 2

Ingredients:

1 packet of firm tofu, cubed
2tbsp fresh basil, or ½ tsp dried
1 clove garlic, crushed (low FODMAP, 1-2tbsp of garlic infused oil)
1 small onion, chopped (low FODMAP, use green ends of spring onion or ½ tsp of asafoetida)
1 medium courgette, cubed
1/2 yellow pepper, cubed
8 tomatoes, chopped (Low FODMAP, use canned tomatoes)
2 tbsp tomato puree (no citric acid)
2 tbsp extra virgin olive oil
2 cups of buckwheat or brown rice pasta
Pinch of Himalayan pink salt
Freshly ground black pepper

Method:

Pop the tofu into a bowl, pour over the olive oil, basil and garlic, or garlic infused oil. Adjust the amount of olive oil if you're using garlic infused oil. Cover and leave in the fridge for 30 minutes to infuse. This can be prepared in advance and left overnight.

Preheat oven to 180

Cook the pasta according to the instructions.

Add the tofu, courgette, onion, and peppers to a medium sized pan. Cook gently until the pepper and onions have softened.

Add the chopped tomatoes and tomato puree, stir until heated through, add cooked pasta, mix carefully then transfer to a shallow oven-proof dish.

Bake in the oven for 20 to 25 minutes

BEETROOT AND BORLOTTI BEAN STEW & BURGER

Gluten Free, Dairy Free, Yeast Free.

Although a little time consuming, it's well worth the wait. Batch cooking is a great way to always ensure you have healthy meals to hand.

This wonderfully nourishing recipe makes two to three portions of stew and 6 big tasty burgers.

Ingredients:

Preparation time 35-45 minutes (45 if using fresh herbs)

Cook time 2.5h

Ingredients:

3 cans borlotti beans

2 large beetroot 700g diced into small pieces, about the size of a borlotti bean

4 medium red onions, 500g diced

4tbsp tamari

2 tbsp apple cider vinegar

Season with Himalayan pink salt and lots of freshly ground black pepper

2 tsp dried or 2 tbsp fresh rosemary

4 tsp dried or 4 tbsp fresh thyme

1 1/2 litres filtered water

2 cups walnuts

2 tbsp buckwheat flour

Method:

Add the beetroot, onion, borlotti beans herbs and water to a large pan. Pop the lid on and bring to the boil, reduce heat, and simmer half covered for 2 1/2 hours.

Transfer half the mixture to a large bowl and set aside.

To make the burgers:

Blend 2 cups of walnuts on high for 30 seconds or until completely ground.

Add walnuts and buckwheat flour to half of the beetroot mixture, stir well, ensuring all the mixture is evenly coated.

Take a large spoon and scoop up some mixture. Use your hands to form into burgers. Wrap burgers individually in parchment paper and keep in the fridge or freezer until you're ready to use. Use parchment paper to line a baking tray, pre-heat oven to 180 degrees and bake for 25 minutes.

MEDITERRANEAN ROASTED VEGETABLES

Gluten Free, Dairy Free, Yeast Free, Low FODMAP

This dish is quick and easy to do, freezes well and is super versatile. You can eat it alone with some hummus or enjoy it with some sweet potato, rice, or rice pasta.

Preparation time 10 minutes

Cooking time 65 minutes

Serves 4

Ingredients

1 medium aubergine, cubed

2 romano red peppers, chopped (Low FODMAP, omit, use extra aubergine and courgette)

1 courgette, cubed

1 punnet chestnut mushrooms, quartered (low FODMAP, use tinned mushrooms)

1 punnet cherry tomatoes, cut in half (Low FODMAP, use tinned tomatoes)

1 jar passata (Low FODMAP, use 2 tbsp tomato puree, mixed with 1/4 cup of water)

4 large garlic cloves, skin on (low FODMAP, use garlic infused oil)

¼ tsp red chilli flakes

4 tsp dried basil

Pinch Himalayan salt

2 tbsp extra virgin olive oil

Method

Cook the aubergine separately in a large pan with ½ cup of filtered water until soft.

Put the rest of the vegetables, and garlic if using in a large bowl, drizzle over the olive oil, season with salt and toss until evenly covered.

Transfer to a large Pyrex dish and cook in the oven at 180 degrees for 45 minutes.

Once cooked, peel the garlic, and add along with the rest of the vegetables to the pan with the aubergine, add herbs and chilli, pour over the passata, and cook over a medium heat for 20 minutes.

MENEMEN

Gluten Free, Dairy Free, Yeast Free, Low FODMAP

Serves 2

Ingredients

4 free range organic eggs

1 tbsp Capers

¼ cup of peas (Low FODMAP, ¼ cup tinned garden peas)

6 button mushrooms, quartered (Low FODMAP, use tinned mushrooms)

4 broccoli florets, sliced

2 handfuls of spinach

4 asparagus spears, chopped, (Low FODMAP, use green beans)

½ tsp cumin seed

½ tsp ground turmeric

¼ tsp asafoetida,

½ tsp ground coriander

2 tbsp garlic oil

Himalayan salt

Method

Add the oil to a large frying pan over a medium heat for 1 minute. Add the herbs and cook for another minute to let the herbs infused into the oil. Add the sliced broccoli florets and cook for 2 minutes, add the asparagus or green beans and mushrooms, cook for a further 2 minutes., add peas, capers and spinach. Stir well and cook for an additional 2 to 3 minutes. Beat the eggs and in a jug and pour over the vegetables stirring continuously until cooked. Season with salt to taste.

FENUGREEK CURRY

Gluten Free, Dairy Free, Yeast Free, Low FODMAP

Serves 4

Ingredients

1 small sweet potato, diced

1 large red pepper, cored and chopped (Low FODMAP, use green pepper)

1 broccoli head, chopped

3 small baby potatoes, diced

1 medium white onion (Low FODMAP, use green tops of one bunch spring onions)

160g green beans, trimmed and halved

1 tin chickpeas

1 cup red lentils (Low FODMAP, use tinned lentils)

1 jar passata (Low FODMAP, use 2 tbsp tomato puree, mixed with 1/4 cup of water)

1 can full fat coconut milk

½ cup plus 1 tbsp virgin coconut oil

Spice mix
2tsp cumin seed
2tsp black mustard seed
1 tsp coriander seed
3tsp ground turmeric
2tsp ground cumin
2tsp ground coriander
5tsp ground fenugreek
1tsp ground ginger
1 1/2 - 2tsp chilli flakes
1 1/2tsp Himalayan salt

Masala
3 large red chillies
2 medium turmeric root
2" ginger, peeled
5 garlic cloves (Low FODMAP, use 5 tbsp garlic infused oil)

Method

Melt ½ cup of coconut oil in a medium sized pan over a medium heat
Add seeds, when mustard seeds pop add rest of spices.
Blend chillies, garlic if using, ginger and turmeric root until fine. Add to spiced oil.
Rinse lentils 4 times in warm water, then cook for 20 minutes
Melt 1 tbsp coconut oil in a large pan. Add chopped vegetables and stir frequently until cooked.
About 20 minutes.
Drain and rinse lentils then add to the pan.
Add the spiced oil and masala to the pan and stir well. Cook for 5 minutes.
Add passata and coconut milk. Cook for a further 10 minutes with the lid on.

Serve with brown basmati or black rice.
Garnish with fresh coriander or fresh micro coriander herbs.

BLACKBEAN, MUSHROOM AND QUINOA

Gluten Free, Dairy Free, Yeast Free, Low FODMAP

Serves 2

Ingredients:

Quinoa 1 cup
Frozen spinach, 4 cubes
1 small red onion, chopped (Low FODMAP use green ends of 8 spring onions)
Black beans 1 cup (Low FODMAP use ½ cup tinned chickpeas)
5 chestnut mushrooms, quartered (low FODMAP, use tinned mushrooms)

Kallo yeast free stock cube
Himalayan salt
Freshly ground black pepper
Handful of fresh mint leaves, chopped
Couple of sprigs of fresh parsley chopped

Method:

Put everything except fresh herbs, in a medium pan.

Cover with filtered water and cook for 15 minutes.

Add chopped herbs. Cook for 5 minutes.

Serve

KOREAN SPICED TOFU WITH KIMCHI

Gluten Free, Dairy Free, Yeast Free, Low FODMAP

Nutrient dense, with lots of folate, vitamin C, beta carotene and magnesium coming from the combination of broccoli, pepper, spinach, carrot and oyster mushrooms. Good balance of protein and fibre, along with gut friendly kimchi which helps to repopulate the gut and aid digestive function.

Serves 2

Ingredients

1 tbsp coconut oil

½ cup red cabbage, thinly sliced

1 cup of broccoli, chopped into florets

1 carrot, peeled, chopped into 4 sections, and cut into thin sticks

1 small green pepper, cored and thinly sliced

1 oyster mushroom, sliced

1 cup spinach

1 pack of firm tofu or Feto (fermented tofu)

1-2 heaped tbsp kimchi (omit low FODMAP)

Korean Marinade

1 garlic clove, or 1 tbsp infused garlic oil (Low FODMAP use oil)

1 small red onion, sliced (omit low FODMAP)

2 tsp rice vinegar

½ tsp red chilli flakes

4 tbsp tamari

½ tsp asafoetida

1 tsp sesame oil

1 tsp root ginger peeled and grated

½ tsp Himalayan salt

Freshly ground black pepper

Method

Put all the ingredients for the marinade in a bowl and stir well.

Thinly slice the Feto, or Tofu, and lay in a shallow dish. Scatter the onion on top and pour over the marinade. Cover with clingfilm and leave in the fridge for up to 2 hours so as all the flavours can be absorbed.

Once marinated, heat the coconut oil in a wok and add the broccoli, green pepper, red cabbage, and carrot. Cook for 2-3 minutes until beginning to soften. Add the mushroom, marinated tofu and any remaining mixture and continue to stir fry for another 3-4 minutes until the tofu is cooked. Turn off the heat and stir through the spinach.

Serve with a small portion of wild rice and a spoonful of kimchi.

SPANISH OMELETTE

Gluten Free, Dairy Free, Yeast Free, Low FODMAP

Serves 2

Ingredients:

4 organic free-range eggs

½ tsp dried marjoram

1 small onion, chopped (Low FODMAP use green ends of 8 spring onions)

1 red pepper, chopped (Low FODMAP, omit)

1 small green pepper, chopped

1tbsp coconut oil

A cup of cooked chopped potatoes

Pinch of Himalayan pink salt

Freshly ground black pepper

Method:

Melt the coconut oil in a frying pan.

Whisk the eggs with marjoram, add a few grinds of fresh black pepper and a pinch of pink salt.

Add the onion to the pan and cook on a low/medium heat to soften, add peppers and potato, continue cooking for 5 minutes.

Pour over the whisked eggs.

Pre heat the grill.

Continue to cook the omelette for a few minutes, then put under the grill until golden.

Cut in half and serve with a big green salad.

CAULIFLOWER STEAKS

Gluten Free, Dairy Free, Yeast Free.

Serves 1

Ingredients:

1 small cauliflower

1 egg

1 tbsp nutritional yeast

1 Leek

1tsp asafoetida

4 cloves of garlic

4 sprigs of fresh Rosemary
Pinch of Himalayan pink salt
Freshly ground black pepper
Olive oil

Method:

Remove leaves and set aside. Slice cauliflower into two 2" steaks.

Cook the steaks for 10 mins in ½ cup of water with the lid on. Turn heat off and leave for 5 mins, then remove steaks from the pan, and set aside.

Slice the leek and transfer to a pan, cook in remaining water for 5 minutes. Add a few tablespoons of water if all the water has evaporated. Cook for 5 minutes or until soft. Remove from pan and set aside.

Heat 2tsp of olive oil in a frying pan, crush 3 of the 4 cloves of garlic and add to the along with the rosemary spring, cook for 2 minutes to allow the flavours to infuse the oil.

Meanwhile beat the egg in a small bowl, next add the nutritional yeast, asafoetida, and garlic along with a pinch of Himalayan salt, and grind of fresh cracked pepper. Pour the mixture over the steaks, turning steaks to cover. Add steaks to the pan, pour any remaining mixture on top and cook each side for 5 mins.

In a separate frying pan heat 1 tbsp olive oil, add the cauliflower leaves and cook for 5-7 minutes or until edges started to crisp and turn golden. Add the cooked leeks to heat through for a few minutes before serving.

SPICED AUBERGINE AND CHICKPEA STEW

Gluten Free, Dairy Free, Yeast Free. Low FODMAP

Serves 2

Ingredients:

1 medium aubergine diced
3 beef tomatoes chopped (Low FODMAP use 1 cup tinned tomatoes)

6 cherry tomatoes, halved
1 tin chickpeas
1 jar of olives 290g
1tsp Asafoetida
1/4-1/2tsp dried red chilli flakes
2tsp Tamari
1tbsp coconut oil
1/2tsp Himalayan pink salt
Freshly ground black pepper

Method:

Melt the coconut oil in a large saucepan or frying pan. Sauté the aubergine until soft and just

starting to brown.

Add the chopped tomatoes, chickpeas and olives. Cook for 10 minutes on medium heat.

Add the asafoetida, tamari, chilli, salt and pepper. Stir through, continue cooking for another 5 minutes.

Serve with a small portion of rice or quinoa, garnish with cherry tomatoes and flat leaf parsley.

*low FODMAP, 1/4 portion allowed.

BEAN CHILLI

Gluten Free, Dairy Free, Yeast Free. Low FODMAP

Who says you can't enjoy a chilli on a low FODMAP diet! Here I've selected low FODMAP beans to create a wonderfully aromatic, nourishing vegetable chilli.

Preheat oven to 180

Serves 8

Ingredients

2 tbsp olive oil

1 cup water

1 cup canned chickpeas

1/2 cup edame beans

1/2 cup sprouted mung beans

1/2 cup garbanzo beans

1 cup green beans, chopped

1 red pepper, finely chopped

1 yellow pepper, finely chopped

1 courgette, diced

1 punnet chestnut mushrooms, sliced (Low FODMAP, use tinned mushrooms)

1 680g jar tomato passata (Low FODMAP, use 2 tbsp tomato puree, mix with ¼ cup of water)

7 beef tomatoes or 12 regular tomatoes chopped (Low FODMAP, use 1 tin of tomatoes)

1tsp red chilli flakes

1 tsp paprika

1tsp ground cumin

1tsp ground cinnamon

1tsp mixed herbs

Handful fresh coriander

4 squares of 100% dark chocolate

1 tbsp tamari

1 tbsp apple cider vinegar

Method

Coat the peppers and tomatoes in olive oil and roast in the oven for 20 minutes.

Add the water to a large pan and bring to the boil. Add the green beans and cook on medium for 10 minutes, add the courgettes and cook for 5 minutes. Add the rest of the ingredients and cook for a further 5 minutes, stirring to combine. Add the cooked peppers, tomatoes and coriander. Stir

through and serve immediately with a small portion of wild or brown basmati rice or quinoa. Or let cool and refrigerate or freeze. Will keep for up to 3 days in the fridge or 4 months in the freezer

SUFFED ACORN SQUASH

Gluten Free, Dairy Free, Yeast Free

You can use acorn or pumpkin for this recipe. Pumpkins and squash provide some vitamin C, B6 and manganese. Although not a complete protein combining them with other food groups delivers all essential amino acids. Brown rice contains high levels of iron, good levels of B6, some magnesium and potassium. One cup has roughly 8g protein. Wild rice is lower in nutrients and protein but offers and nice texture to this dish.

Serves 2

- 1 Acorn squashes or small pumpkins. Slice in half and scoop out seeds.
- 120g basmati brown rice, cooked
- 55g wild rice, cooked
- 3tbsp extra virgin olive oil
- 1 medium onion, finely chopped
- 1 tbsp tamari
- ½ tsp Himalayan salt
- 1/2 tsp dried rosemary
- 1/2 tsp dried thyme
- 1 medium red pepper, seeds removed, finely chopped
- 1 medium yellow pepper, seeds removed and finely chopped
- 25g pinenuts
- 25g walnuts
- Small handful of flat leaf parsley chopped

Method

Preheat oven to 180

Sauté the onions and peppers in olive oil in a large frying pan over a low-medium heat for 5-7 minutes. Add the cooked rice and stir well. Add the nuts and continue to stir for a few more minutes. Add the dried herbs, chopped parsley and tamari, stir well.

Stuff the mixture into each squash, there will be plenty of mixture left over for a warm or cold salad for another day.

Pour a small amount of water into a Pyrex dish, about 2cm. Transfer the stuffed squash to the dish, cover with a lid or foil and bake for 40 minutes, or until the squash is tender. If using foil, make sure it doesn't touch the squashes.

SWEET POTATO MASH WITH PECAN AND ASPARAGUS

Gluten Free, Dairy Free, Yeast Free

Serves 4

Ingredients

- 1 large sweet potato, peeled and sliced
- 1 red pepper, seeds removed and diced
- 1 onion, chopped

1 large garlic clove, minced or finely chopped
150g raw pecans
400g trimmed and chopped green beans
2 tsp fresh oregano or ¼ tsp dried
1 tbsp flat leaf parsley chopped
1 tbsp coriander chopped
3tbsp extra virgin olive oil
Himalayan salt and fresh black pepper

Method:

Steam the sweet potato for 5 minutes. Add the beans and continue to steam for another 5 minutes or until soft. Whilst cooking, sauté the onion in oil for 5 minutes, or until soft, add the garlic and sauté for a further 2 minutes. Add the pepper and nuts. Continue to cook, stirring continuously until the peppers are cooked.

Set some of the herbs to one side.

Transfer the sweet potato to a warm bowl, add the herbs and season well. Mash everything together.

Spoon over the green beans, vegetables and nuts. Scatter over the remaining herbs.

SPICY TOFU, GREEN PEPPER & CARROT SPEEDY STIR FRY

Gluten Free, Dairy Free, Yeast Free. Low FODMAP

Ingredients

1 pack of Feto or firm Tofu, cubed
2 green peppers, de-cored and chopped
2 medium carrots, peeled and chopped into batons
Head of 1 small broccoli, chopped into florets
Handful of green beans, end removed and cut in half
2 tbsp coconut oil
Handful of fresh coriander leaves, chopped.

Method:

Heat 1 tbsp of the oil in a wok

Add the Feto and cook until golden stirring every few minutes to make sure each side is golden.

Set to one side

Add the other tbsp of oil to the wok and melt. Add the vegetables and cook stirring continuously until al dente.

Add the tofu to the wok, pour over the tahini sauce. Stir well to combine, sprinkle over the coriander leaves, and serve immediately. Can be ate alone or with a small portion of wholegrain rice, wild rice or quinoa.

For the sauce

Ingredients

3 tbsp tahini

Warm filtered water

½ tsp cumin

1 tsp tamari

1 tsp nutritional yeast

1 tsp lemon juice

Pinch red chilli flakes, optional

Pinch of Himalayan salt

Method:

Place the tahini in a cup or small bowl. Slowly add the water to make a runny consistency. Add the rest of the ingredients and mix well.

DIPS, SPREAD AND SAUCES

ROCKET AND WALNUT PESTO

Gluten Free, Dairy Free, Yeast Free. Low FODMAP

I love pesto, it's so versatile and can be made with different ingredients such as rocket or watercress instead of basil. And walnuts, or cashew nuts instead of pinenuts. If you don't have the ingredients to make it fresh, use a shop bought gluten free dairy free one.

Ingredients

100g walnuts

4 handfuls of fresh rocket or watercress

125ml extra virgin olive oil

1 medium clove of garlic (low FODMAP, 1tbsp garlic infused oil)

2 tbsp nutritional yeast

2 tbsp lemon juice

Grind up the walnuts in a blender until smooth, add the rest of the ingredients and blend until everything is well combined.

BASIL PESTO

Gluten Free, Dairy Free, Yeast Free. Low FODMAP

100g pine nuts

20g basil leaves

1 small garlic clove (low FODMAP, u1tbsp garlic infused oil)

125ml olive oil

1 tbsp lemon juice

1 tbsp nutritional yeast

Sea salt & freshly ground black pepper

Toast the pine nuts in a dry frying pan over a medium heat for 3 minutes, stirring frequently until golden.

Transfer pine nuts to a blender, add remaining ingredients and season with salt and pepper. Blend until combined about 35 seconds. Serve immediately, or keep in the fridge for up to 5 days or freeze for up to 1 month.

Serve over courgettie or gluten free pasta with grilled vegetables

SMASHED AVOCADO

Gluten Free, Dairy Free, Yeast Free. Low FODMAP

Whilst following a restricted diet it's important to get as much variety as possible. Although avocado is a high FODMAP food, it can be eaten in small quantities. Can be used as a snack on top of oat or rice cakes, or with some humous and crudites. I love it with a bean chilli. See page x)

1 large very ripe avocado
¼ lemon
Pinch Himalayan salt
Grind of black pepper

Method

Chop the avocado, add to a bowl, squeeze over the lemon, season and mash.

Serve on a slice of gluten free soda, or sourdough bread, or as an accompaniment to chilli, stew or salad.

*Low FODMAP 20g allowed

HARISSA PASTE

Gluten Free, Dairy Free, Yeast Free.

Makes 2 x 112g jars

Ingredients

250g tomatoes
100g hot chillies, such as Scotch bonnets
1 tsp caraway seeds
1 tsp cumin seeds
1 tsp coriander seeds
4 fat garlic cloves, peeled and roughly chopped
100g shallots, peeled and roughly chopped
½ tsp salt
50ml extra virgin olive oil

Method

Remove the stalks and calyxes from the chillies. The seeds and membranes inside the chilli contain most of the heat: you can choose to leave all the seeds in or, for a less intense paste, halve the chillies and cut at least some of the seeds out. To be honest, if you use Scotch bonnets, the paste will be pretty fiery whatever you do! Chop the chillies roughly.

Put the caraway, cumin and coriander in a dry frying pan and toast for a couple of minutes, shaking the pan to make sure they don't burn.

Put the tomatoes, chillies, toasted spices, garlic, shallots and salt in a food processor and blitz until well blended. Tip into a small saucepan and heat until boiling then simmer for about 10 minutes until reduced and starting to thicken. Leave to cool.

Pack into warm, sterilised jars, leaving a 1cm gap at the top. Pour oil over the paste to completely cover it. Seal the jars. Store in the fridge and use within 4 months.

If you want to extend the shelf life of the paste, pack in small, sealable containers and freeze. Once opened, keep in the fridge, making sure the paste in the jar is completely covered by a layer of oil.

Serving suggestions

Make into a stew by adding chickpeas, mushrooms and spinach. Also works well as a pasta sauce with gluten free rice or chickpea pasta! Or tasty rice dish, with basmati brown or wild rice. Add any vegetable combination for a healthy nutritious meal.

HEALTHY HUMMUS

Gluten Free, Dairy Free, Yeast Free, low FODMAP

Hummus is something I always have in the fridge. I literally have it with everything, well almost. Most people avoid houmous on a low FODMAP diet but it can be ate in moderation. 40-50g of houmous using canned chickpeas is well tolerated by most people.

2 cans of chickpeas (400g), 1 drained
1/2 cup of water
35g sesame seeds
1 tbsp extra virgin olive oil
60ml lemon juice
1 garlic clove peeled, (low FODMAP, 1tbsp garlic infuse oil)
1tsp ground cumin
Himalayan salt to taste

Put all ingredients, except salt into a blender, blend until smooth. Season to taste with salt.

Eat with celery and carrot sticks, wholegrain rice cakes, oat cakes, seeded thins or peppers.

SPICED COCONUT YOGHURT DIP

Gluten Free, Dairy Free, Yeast Free. Low FODMAP

Ingredients:

¼ lemon or ½ lime squeezed

¼ tsp cumin

400g coconut yoghurt

Method:

Add the lemon or lime juice and ground cumin to the coconut yoghurt and mix together.

Serve as an accompaniment to any salad or use as a dip with raw crudites.

RICH TOMATO SAUCE

Gluten Free, Dairy Free, Yeast Free.

Ingredients

1 medium sized onion

2tsp dried oregano or basil, or one of each

1 jar of passata

4 chopped sundried tomatoes

2 tbsp tomato puree

1 garlic clove

2 tbsp extra virgin olive oil

Method

Chop the onion

Heat olive oil in a pan, add onion and sweat for 10 minutes on a low heat.

Add chopped garlic, cook for another 2 minutes stirring frequently.

Add the dried herbs, passata, puree and sundried tomatoes

Cook for 20-30 minutes stirring occasionally.

YOGHURT AND CUCUMBER DIP

Gluten Free, Dairy Free, Yeast Free. Low FODMAP

Ingredients:

150g coconut yoghurt

¼ cucumber

2 cloves of garlic crushed or 4 tbsp

garlic infused oil

Squeeze of fresh lemon

1 tsp of fresh mint finely chopped

or ¼ tsp of dried

Pinch of Himalayan pink salt

Freshly ground black pepper

Method:

Peel the cucumber, grate, or chop then press out the liquid through a sieve.

Mix with the other ingredients.

Chill in the fridge until needed.

PUMPKINSEED BUTTER

Gluten Free, Dairy Free, Yeast Free. Low FODMAP

You will need a grinder for this recipe.

Ingredients:

100g pumpkin seeds

Warm filtered water

Method

Dry fry the pumpkin seeds for a few minutes over a low/medium heat.

Transfer to the grinder and grind until powdery.

Add to a small bowl and add a little warm filtered water to form a paste

CHOCOLATE SPREAD

Gluten Free, Dairy Free, Yeast Free.

Ingredients

1 cup ground seeds or nuts

2 tsp raw cacao powder

1 tbsp maple syrup

Method

Add the seeds and cocoa to a bowl. Stir through water to make a paste. Add the maple syrup and mix well to combine.

SAVOURY TAHINI DIP

Gluten Free, Dairy Free, Yeast Free. Low FODMAP

Ingredients

½ cup ground sesame seeds

Warm filtered water

½ tsp cumin

1 tsp tamari

1 tsp nutritional yeast

1 tsp lemon juice

Pinch red chilli flakes, optional

Pinch of Himalayan salt

Method

Grind the sesame seeds to a powdery consistency and slowly add warm filtered water to make a paste. Or use a shop bought tahini.

Add the rest of the ingredients and mix well.

Chapter 22 Gut healing snacks

Although I don't advocate snacking as a rule, as it's best to allow a good 5 hours in- between meals to allow the digestive system time to rest. Snacks can be an important part of a healthy diet for some. Eating the right food and snacks at regular intervals (approx. every 2-3 hours) can help to keep energy levels constant, food cravings down and prevents excessive hunger that may lead to overeating. Small, wisely chosen snacks between meals can promote good health and adds pleasure to life.

Smart Snacking Strategies

Here are some smart snacking strategies that can help make between-meal eating a nutritious, enjoyable part of your daily routine. If you'd like to master going without snacking I can help you achieve this. I used to be a serial snacker, but now I'm able to go long periods without food, through balancing my blood sugar levels.

- Prepare healthy snacks in advance.
- Keep a variety of ready-to-eat snacks on hand at home, at work or take them out and about with you.
- Snack with variety, balance and moderation in mind. Satisfy cravings with healthier alternatives.
- Snack consciously as snacking absentmindedly, while doing other things, other activities could lead to overeating.

Top Tips for Choosing Snacks

- Choose protein and carbohydrate combination snacks.
- Choose fibre rich and low sodium snacks.
- Choose food rich in good fats (ie) Essential fatty acids Omega 3&6. Oily fish, nuts such as walnuts which are higher in omega 3 than other nuts and flaxseeds, also called linseeds.
- Avoid processed or pre-packed snacks and meals.
- Avoid refined sugars and artificial sweeteners.
- Snack on foods that complement your meals and add variety to your diet.

Easy Snacks Ideas

- A piece of fruit with 5 or 6 raw nuts (Unroasted and unsalted).

- 1 piece of fruit with a handful of mixed seeds (sesame, pumpkin and sunflower).
- 2 oatcakes, with a thin scraping of nut butter, such as the *Meridian brand*.
- 2 oatcakes, or rice cakes with a choice of topping: cottage cheese; oily fish pate; hard-boiled egg with herbs, hummus, avocado, or guacamole.
- Raw vegetable crudités with your choice of healthy dip.
- Fresh veg/fruit smoothie (with/without nuts) or a vegetable Juice.
- Scrambled egg on 1 slice of home made gluten free toasted soda bread.
- Avocado on 1 slice of home made gluten free toasted soda bread.
- Small pack of lentils, or beans with salad. Try Merchant Gourmet for convenience.
- Small pack of salmon on quinoa with salad.
- Crab or other seafood sticks.
- Cereal bars; compare labels to choose one that is lower in fat, sugar and salt.
- 1 small bowl of porridge topped with fresh fruit, nuts and seeds with organic almond, oat or coconut milk.

SPICED LEEK BHAJIS

Gluten free, dairy free, yeast free

Ingredients

2 leeks
 3 large free range eggs
 1tsp cumin seeds
 1tsp ground turmeric
 1tsp ground coriander
 A pinch of red chilli flakes
 4 tbsp coconut or gram flour
 1 small lemon
 Pinch of Himalayan salt
 Grind of black pepper
 2 tbsp coconut oil

Method

Beat the eggs in a bowl, add the spices, fold in the flour, squeeze in the lemon, season well and mix together.

Thinly slice the leeks, add to a bowl and cover with boiling water, leave for a few minutes to soften before draining.

Add the leeks to the batter and fold until all the leeks are covered.

Shallow fry one rounded tbsp of battered leek mixture in coconut oil over a high heat for a few minutes each side until golden.

SPICED SWEET POTATO MUFFINS

Gluten Free, Dairy Free, Yeast Free

Fluffy, moist, and delicious gluten-free vegan sweet potato muffins with the perfect balance of sweet spice!

Ingredients

2tbsp ground flaxseed

6tbsp water

1 & ¼ cups of GF flour

1tsp baking powder

1tsp bi-carbonate of soda

Good pinch of Himalayan salt

1tsp cinnamon

1tsp cardamon

1tsp nutmeg

1tsp vanilla extract

½ cup of melted coconut oil

2/3 cup of coconut sugar (optional)

1 cup of mashed sweet potato

Method:

Preheat oven to 190c

Whisk ground flax seeds and water. Set aside to thicken.

Line a muffin tin with liners or generously grease the inside of each cup with coconut oil. Silicon muffin trays work well.

In a medium bowl, whisk together the flour, baking powder, baking soda, salt, cinnamon, nutmeg and cardamom.

In a large bowl, mix the coconut oil, vanilla, and flax liquid. Stir in coconut sugar and mashed sweet potatoes until blended.

Slowly add the dry mixture to the wet mixture and stir until combined.

Using a spoon to divide batter into the 12 muffin cups.

Bake for 18-20 minutes

Check cooked by inserting a toothpick into the middle of the largest muffin, if it comes out clean, they're done.

TOMATO SEEDED THINS

Gluten Free, Dairy Free, Yeast Free

When you need something with some crunch these seeded thins are delicious. I like to have them to hand to eat with humous, guacamole or almond butter. They're packed with fibre and protein.

Store in an airtight container for up to 7 days.

Makes 12 thins

Ingredients

1/2 cup golden linseed

¼ cup chia seeds

¼ cup sunflower seeds

4 sun blushed tomatoes

1 tbsp lemon juice

1 tbsp tamari

1 tbsp nutritional yeast

1/2 tsp gram masala

Pinch of Himalayan salt

Method:

Preheat oven to 150

Pop all ingredients into a blender along with ¼ cup of filtered warm water and blend on high for 30 seconds or until the mixture is stiff.

Spread the mixture evenly onto a lined baking tray using a spatula to push it into the corners. Score 12 rectangular shapes with a sharp knife and bake in the oven for 35-40 minutes or until crisp.

Transfer to a wire rack to cool. Once completely cool transfer to an airtight container.

11 snacks

Naughty but Nice Sweet Treats

Depending where you are at with your candida clearance you could have some of these little treats now and then. One of the hardest things my clients confess is staying away from sugar. In my opinion it's far better to have a natural alternative to a piece of cake or bar of milk chocolate. I also think when we limit ourselves too much we tend to overindulge. Therefore, a smart strategy could be to have a little bit of something you like now and again to prevent a sugar binge. You know yourself where you're at and if you could tolerate a little sugar. If you're at the beginning of your journey I'd recommend abstinence as much as possible until a level of yeast has been cleared. This will give you quicker results.

CRUNCHY ALMOND OATIE BISCUITS

Gluten Free, Dairy Free, Low FODMAP

Making your own biscuits is far healthier than buying shop bought ones. They are however still high in sugar, albeit unrefined sugar, and should be eaten in moderation.

Makes 12

Preheat oven to 180, 160 fan/gas.

Ingredients

110g of coconut oil

50g coconut sugar

1tbsp maple syrup

80g almonds

110g almond flour

110g Jumbo GF oats

Method

Melt the coconut oil over a low heat, then add the coconut sugar and maple syrup.

Roughly chop whole almonds.

In a bowl mix the whole rolled oats with the almond flour and a pinch of pink Himalayan salt. Mix in half the nuts, pour in the melted oil mixture, stir well to combine.

Roll into 12 large walnut size pieces, place on a lined baking tray and flatten slightly into 6cm rounds.

Scatter remaining nuts on top and cook for 15 minutes.

Leave for 10 minutes before transferring to a wire rack to finish cooling.

*Low FODMAP only one biscuit per serving

GINGER NUT BISCUITS

Gluten Free, Dairy Free, Low FODMAP

110g almond flour

50g buckwheat flour

50g rice flour

3/4tsp xanthan gum

¼ tsp Himalayan salt

¾ tsp ground ginger

1/4tsp ground cloves

½ tsp bicarbonate of soda

½ tsp gluten free baking powder

90g coconut oil

50g coconut sugar

1 tbsp maple syrup

1 tsp vanilla extract

1 egg (??) try recipe with and without

Method

Pre-heat oven to 180

Lined a baking tray with parchment paper.

Add the flour, xanthan gum, salt, spice, baking soda, bicarbonate of soda and sugar. Mix all the dry ingredients together.

Create a well in the centre and pour in the melted coconut oil, maple syrup, vanilla extract and the **egg**. Combine all the ingredients together to form a soft dough.

Roll into small balls and place onto the lined baking tray. Leave plenty of space between each biscuit, as they will spread out.

Bake for 10 minutes.

Remove from the oven, let cool for a few minutes before transferring to a cooling rack.

RAW NUTTY OAT BAR

Gluten Free, Dairy Free, Low FODMAP

Much healthier than your traditional flap jack with more protein and less fat due to using peanut butter instead of butter or margarine.

Makes 24 bars

Ingredients

2 cups of jumbo GF oats

¼ cup raw pecans

¼ cup mixed seeds (pumpkin, sesame, sunflower)

2 tbsp peanut butter

3 tbsp maple syrup

3 tbsp coconut oil

Method

Lightly grease a baking tray with oil then line with parchment paper

Place oats and almonds in a food processor and blend for 10-20 seconds until almonds are broken down. Tip into a large bowl then add the seeds and stir well.

Heat the maple syrup and coconut oil in a saucepan over a low heat, add the peanut butter and mix together. Pour over the oat mixture, mix really well. When cool enough use your hands to ensure the mixture is thoroughly combined.

Tip the mixture into the lined tray and press down evenly ensuring the mixture is evenly spread. Transfer to a freezer and freeze for 1 hour to set. Once set remove from freezer, and tip onto a chopping board. Cut into 24 bars. Wrap in greaseproof paper and store in an airtight container in the fridge or freezer.

RAW COCAO ENERGY BALLS

Gluten Free, Dairy Free

Makes 20 balls

Ingredients:

100g almonds

12 medjool dates

2 tablespoons of raw cacao powder

1 tablespoon of almond butter

1 tablespoon of coconut oil

Pinch of salt (optional)

Method:

Begin by placing the almonds in the food processor and pulsing until they are nicely crushed.

Add the Medjool dates and coconut oil and pulse until fully mixed.

Add the almond butter and cacao and then mix again in the food processor. Add a pinch of salt if desired.

Take a dessert spoon of the mixture and roll into a ball. Continue doing this until the mixture is finished. Place the rolled balls into the freezer for an hour, then remove and store in an airtight container in the fridge.

CHOCOLATE COCONUT PROTEIN BALLS

Gluten Free, Dairy Free

These easy to make tasty bites will keep you going in between meals and are a great healthy and nutritious alternative to processed snacks.

Ingredients:

- 1/2 cup of nuts
- 12 pitted dates, roughly chopped

- 1/3 cup of shredded unsweetened coconut
- 1/4 cup for rolling
- 1 ½ tbsp coconut oil
- 1 ½ tbsp cocoa powder
- A pinch of salt
- 1 tbsp water

Method:

- Pour the ingredients and blend until well mixed into a food processor and pulse until they are roughly chopped
- Spoon out mixture and roll into balls
- Coat each ball in the 1/4 cup of shredded coconut
- Place on a baking sheet in the fridge until they harden (approximately 30 minutes)
- Store in a container in the fridge for up to 2 weeks

CHOCOLATE BROWNIE

Gluten free, Dairy free, Yeast Free, Low FODMAP

A delicious and nutritious treat. Eat in moderation, these still contain sugar in the form of maple syrup.

Makes 10

Ingredients

1 scoop zero sugar vanilla protein powder, such as Nuzest

2 heaped tbsp raw cocoa

2 tbsp tahini

1 cup almonds ground but not too fine

2 tbsp maple syrup (Yeast Free, omit)

4 tbsp coconut oil

1 tbsp beyond greens udo's choice powder, Nutri Superfood or other green superfood powder.

Optional (Low FODMAP, omit)

Method

Melt the coconut oil over hot water

In a separate bowl mix the vanilla protein, raw cocoa and beyond greens powder if using.

Add the dry ingredients to the melted coconut oil, and stir in the tahini and maple syrup. Combine well.

Transfer to a square dish approximately 15cm by 15cm, lined with baking paper. Press into corners and even out mixture with a spatula.

Leave in the fridge for an hour or so until set.

Cut into 10 slices

CINNAMON APPLE CRUMBLE

Dairy free, Gluten Free, Yeast Free.

Simple, healthy dessert with cinnamon to help balance blood sugar levels, apples for fibre and pectin to aid digestive health and nuts to provide a good source of fibre, healthy fat and protein as well as vital vitamins and minerals.

Serves 4

Method

4 eating apples, cored, peeled and sliced

3 tsp ground cinnamon

1 tbsp maple syrup (Yeast Free, omit)

1 tbsp coconut sugar (Yeast Free, omit)

Pinch Himalayan salt

2 tsp lemon juice

¼ cup coconut oil, melted

¾ cup almonds

¾ cup of pecans, roughly chopped

Method:

Preheat oven to 180

Put the sliced apples, lemon juice, maple syrup and 2 tsp cinnamon into a bowl and mix well.

Transfer to a shallow baking dish and spread evenly along the base.

Add the almonds to a food processor and blend until fine, scrapping down the sides a few times to ensure an even consistency. Transfer to a large bowl and add the salt, coconut sugar, coconut oil and chopped pecans. Layer the mixture over the top of the fruit and bake for 45 minutes, until golden. Serve alone or with coconut yoghurt or chestnut ice cream

CHESTNUT ICE-CREAM

Gluten Free, Dairy Free

This recipe has been taken from my Vitamix recipe book. Ice-cream is a favourite of mine, but usually only something I partake of whilst on holiday. That was until I found this recipe.

Makes 960ml

Ingredient

1 cup roasted chestnuts

1 cup plant based vanilla yoghurt

10 pitted dates

4 cups ice cubes

Place chestnuts, yoghurt and dates into a food processor. Blend on low and gradually increase the speed to the highest setting for 30 seconds or until a smooth consistency has formed. Add the ice and increase speed gradually from low to high, blend for 20 seconds. You will need to stop and use a spoon to scrap the mixture off the sides several times until everything is fully combined and smooth.

Serve immediately.

BAKED CINNAMON APPLES

Gluten Free, Dairy Free, Yeast Free.

I'm always looking for ways to cut sugar. When we bake fruit, the sweetness increases so I decided to try a making a recipe that was completely devoid of sugar. These baked apples are simply beautiful.

Serves 4

Ingredients

4 medium sized cooking apples

2 heaped tsp cinnamon

4 tbsp extra virgin olive oil

Method

Preheat oven to 180 degrees

Score apples 1cm deep with a sharp knife all the way round.

Put the oil into a cup and add the cinnamon, stir well.

Place the apples in a shall pyrex dish. Pour over the cinnamon oil and use the spoon to coat the sides.

Bake in the oven for 15 minutes. Once cooked enjoy hot topped with coconut yoghurt.

DECADENT CHOCOLATE MOUSSE

Gluten Free, Dairy Free

Serves 2

1 packet silken tofu

40g raw cocoa

2 tbsp maple syrup or raw honey

½ cup frozen blueberries or cherries

2 tsp vanilla extract

2 tbsp almond butter

Pop all the ingredients in a food processor and blend until smooth. Transfer to a dish and chill for a couple of hours in the fridge until set.

Serve on its own or sprinkle with desiccated coconut, chopped nuts or berries.

DECADENT VANILLA MOUSSE

Gluten Free, Dairy Free, Yeast Free

Serves 2

Ingredients

1 packet silken tofu

20g zero sugar vanilla protein powder, such as Nuzest Clean Lean Vanilla Protein

½ cup rice milk

Method:

Pop all the ingredients in a food processor and blend until smooth. Transfer to a dish and chill for a couple of hours in the fridge until set.

Serve with fresh raspberries

GOOEY HALVA

Gluten Free, Dairy Free, Yeast Free, Low FODMAP

This is often my go to sweet treat as it's quick and easy to do, and tastes delicious.

Serves 1

1 heaped tsp tahini

1/2 tsp maple syrup

4 chopped pecans

¼ cup sour cherries (I use frozen cherries and heat them through in a pan until warm).

Method

Spoon the tahini into a small dessert bowl, drizzle over the maple syrup and stir well to combine, add the nuts and mix in. Pour over the warm cherries and add a dollop of coconut yoghurt.

Fermenting

HOME-MADE KEFIR

What is Kefir?.....

Kefir is a unique, living food, containing live enzymes, yeasts and many many strains of probiotic bacteria that benefit the digestive tract. Kefir is naturally probiotic, it is rich in antioxidants, antibodies and metabolites and essential vitamins and minerals.

Kefir is literally bursting with billions of naturally occurring probiotics, which develop during the natural fermentation process. It takes only a few days to make a batch of amazing traditional kefir.

The transformation of milk into kefir makes it superior to regular whole milk, because it is much easier for the body to digest and absorb its rich nutrient contents although all the goodness of the milk remains.

Kefir (pronounced *Ka-Feer*) is a fermented milk or water drink made with kefir grains that originated with shepherds of the north caucasus region.

Over the last few decades there has been much positive publicity for probiotic yogurts and drinks that so many of us now consume on a daily basis. As in much the same way, kefir grains offer a highly prosperous and health rich boost to your immune system.

Used to create a fermented milk drink not unlike many of the probiotic bottles found in your supermarket but completely natural and packed with more beneficial elements, Kefir is over laden with good bacteria, all of which are natural and organic. Using Kefir on a regular basis supports the balance of your intestinal flora. It improves your resistance towards disease and supports healthy bowel movements.

The bowels are dependent on the bacteria in our bodies. These bacteria need to be well balanced to have all body parts function properly, such as intestinal flora. Kefir contains the ingredients to support and strengthen these bacteria in our bodies

Good Bacteria!

For decades we have known that having positive bacteria is essential for our health. Milk Kefir provides, just like other yoghurt drinks, these positive bacteria but without the industrial additives and is less expensive. Moreover, Kefir contains additional positive bacteria which are all created by Mother Nature.

Kefir is easy to make at Home!

Kefir can also help to enhance bowel function. When bowel bacteria are absent, the function of peristalsis is impaired, and the amount of time it takes for food to pass completely through the system is much increased, Kefir can help rectify this.

Kefir can also help to control high cholesterol levels, thereby affording us protection from the cardiovascular damage.

Lactobacillus casei Defensis or Immunitas properties ensure a good distribution of healthy bacteria in the body. A must for when overcoming times when your body's defences are vulnerable, probiotic drinks help to maintain the immune system.

How to make water Kefir:

Equipment needed:

- Nonmetal strainer
- Wooden or plastic spoon
- 1 litre or larger glass jar with lid
- Bottles for storage

Ingredients:

- 1 Sachet of water kefir grains
- 3 Tablespoons organic raisins or other unsulphured dried fruit
- 65-70g Sugar
- 1/2 Organic lemon
- 1 Thin slice fresh ginger, peeled
- 750ml -1litre Filtered, chlorine-free water (leave boiled water over night to remove chlorine)

Method:

1. Dissolve sugar into water. Do not use honey in place of sugar. Honey has antimicrobial properties and will damage your water kefir grains or delay their proliferation.
2. Add water kefir grains, raisins, half a lemon and slice of ginger to the mixture of sugar water in a glass jar.
3. Allow your water kefir to brew in a lidded or covered glass jar at room temperature for 24 – 72 hours depending on the strength you prefer and the temperature of your home (Do not seal the lid!). The warmer your home is, the faster water kefir will brew.
4. Strain the water kefir grains, raisins, lemon and ginger from the water kefir and bottle the liquid into smaller containers.
5. Allow the smaller bottles to sit out for another 24 – 48 hours to continue fermentation and produce natural carbonation.
6. Serve cold over ice and enjoy!

Water kefir is remarkably versatile. This basic recipe can be altered slightly to introduce different beneficial herbs or flavors to produce a wide array of probiotic beverages. Some people enjoy replacing the ginger with fresh mint, anise or cardamom while others replace raisins with figs, or apricots.

Kefir is a fermented pro-biotic, enzyme-rich food filled with friendly micro-organisms that help balance your “inner ecosystem.” It is very similar to Kombucha but is made with milk or sugared water rather than tea and is made with live Kefir grains. It is far more nutritious and therapeutic than yogurt, it supplies complete protein, essential minerals, and valuable B vitamins.

- Kefir is very simple and inexpensive to make at home
- Kefir is excellent nourishment for pregnant and nursing women, the elderly, and those with compromised immunity.

-

Please note, it is not unusual for the grains to take a few brews to recover from being posted to you. Please ensure that you change the water ever 24-36 hours even if it does not appear that the drink is fermenting as it is vital to feed the grains. Grains can be stored in the fridge for up to 48 hours however the quicker they are used the better.

HOME-MADE SAUERKRAUT

Sauerkraut is exceptionally easy to make: Just add salt, (I use himalayan rock salt) to chopped or grated cabbage, (I like to use red cabbage as it has incredible gut healing potential). Squeeze the cabbage to get the brine out and ensure the cabbage is under brine when transferred to your mason jar. Leave the jar open for breathing space but ensure to cover the jar with a tea towel and elastic band to prevent any unwanted visitors getting in. You can also add a weight to the top of the cabbage to ensure it stays under brine. Check daily to ensure the cabbage stays under brine.

Here’s a few articles that will help you get up to speed if you haven’t made it before.

<http://wellpreserved.ca/preserving-autumn-cabbage-and-making-sauerkraut/>

<http://wellpreserved.ca/fermenting-sauerkraut-day-1/>

Salt to Cabbage Ratio

We’d recommend 3 tablespoons of salt per 5 pounds of vegetables.

I like to think of this as 2 teaspoons per pound or 450g as many of my ferments are smaller than 5 pounds and it’s easier to scale that way.

From my experience, more than this is not required and can simply slow or stop the process.

The Facts

Fermented foods add good bacteria to the gut. This good bacteria helps to do many things like strengthen the immune system and regulate appetite.

Fermented vegetables are a great and tasty way to get a daily dose of probiotics to maintain gut health.

Fermenting veggies is a cheap and tasty way of adding good bacteria to the gut!

Fermentation can also add nutritional value to whatever you ferment. The bacteria produce B vitamins, omega-3 fatty acids, and digestive enzymes not present before fermentation. During fermentation, good bacteria also helps predigest all the vitamins and nutrients in the vegetables themselves, making them more bioavailable to the body. The health pay off of this nutrient boost can be huge.

Gut Healing Juices and smoothies

Juice and Smoothie Recipes

Use fresh or frozen fruit in your smoothies. For frozen banana, peel the banana, cut in two and freeze in a plastic bag. If using fresh fruit, add an ice cube to keep the temperature right. No one wants a hot smoothie! Right! Where possible use raw and organic fruits and vegetables.

Make sure lemons are un-waxed.

For each smoothie recipe, simply tip the ingredients into a blender, and blend until smooth. Simple!

Smoothies

Nourish and Heal

Gluten Free, Dairy Free, Yeast Free

1 ripe avocado
250ml of nut milk or other non-dairy milk
1 lime, squeezed
¼ cucumber
Small handful of cashew nuts

Place everything in a blender and blend until smooth, 20-30 seconds

Spiced Digestive Berry Smoothie

Gluten Free, Dairy Free, Yeast Free, Low FODMAP

½ cup of alfalfa sprouts
1inch ginger root cubed (skin scraped off)
½ cup of blueberries (low FODMAP, use raspberries)
1 tbsp whole flaxseed/linseed
1 tsp coconut oil
1 cm slice of coconut (coconut blocks available at all supermarkets)
250ml pure filtered or spring water (or 1 cup of coconut/almond/hemp milk)

Place everything in a blender and blend until smooth, 20-30 seconds

Gas Reducing Soothing Smoothie

Gluten Free, Dairy Free, Yeast Free, Low FODMAP

¼ cucumber
½ cup of raspberries
4 mint leaves
4 basil leaves
250ml almond or hemp milk

Place everything in a blender and blend until smooth, 20-30 seconds

Healing Anti-oxidant Rich Smoothie

Gluten Free, Dairy Free, Yeast Free, Low FODMAP

1 cup spinach
½ banana (unripe/no brown spots)
½ cup of raspberries
½ cup of blueberries (Low FODMAP, omit)
½ glass hemp milk or almond milk
½ glass pure mineral, spring or filtered water

Place everything in a blender and blend until smooth, 20-30 seconds

Healing Detoxifying Smoothie

Gluten Free, Dairy Free, Yeast Free

1 large turmeric root or 2 medium ones
1 cup of strawberries
1 glass of coconut, almond or hemp milk
½ Avocado
Grind of fresh black pepper

Place everything in a blender and blend until smooth, 20-30 seconds

Cleansing Nourishing Smoothie Bowl

Gluten Free, Dairy Free, Yeast Free, Low FODMAP

½ frozen banana (Yeast Free, unripe banana)
½ cup of blueberries (Low FODMAP, 10 raspberries)
250ml plant milk
1 tsp vanilla extract
1 tbsp chia seeds
1 tbsp pumpkin seeds
1tbsp desiccated coconut

*Place the banana and berries in the blender along with the milk and vanilla extract. Once blended pour into a bowl and top with seeds and desiccated coconut.

Build your own:

Vegetable	Fruit	Herb	Milk
Alfalfa	Lemon	Ginger	Coconut
Spinach	Blueberry	Turmeric	Hemp
Kale	Raspberry	Mint	Almond
Cucumber	Strawberry	Cinnamon	Oat
Lettuce	Coconut	Basil	Hazelnut
Watercress	Kiwi	Lemon grass	Cashew
Rocket	Banana	Vanilla pod	
Pea shoots	Avocado	Cardamon	

Juices

Super Detox

Gluten Free, Dairy Free, Yeast Free

½ cucumber
 1 stick of celery
 1 lemon (unwaxed)
 1 small beetroot (raw)
 2 carrots
 1 small apple, or half big apple

Digestive Juice

Gluten Free, Dairy Free, Yeast Free

1 small apple, or half big apple
 1 small to medium fennel bulb
 1 small beetroot (raw)
 ½ cucumber
 2 inch ginger

Liver & Gut Cleansing Juice

Gluten Free, Dairy Free, Yeast Free

½ cucumber
 1 small beetroot (raw)
 1 lemon (unwaxed)
 1 lime (squeezed)
 1 carrot
**Limes need to be squeezed as the skin wont go through the blender.*

Anti-Inflammatory Juice

Gluten Free, Dairy Free, Yeast Free, Low FODMAP

1 carrot
 4 small or 2 medium turmeric root
 2 inch ginger root
 1 lemon (unwaxed)

½ apple or 1 small apple (Low FODMAP, omit)

**To ensure absorption of turmeric, place in the blender with ½ avocado, or 1tbsp coconut oil, or 1tbsp linseeds and 4 grinds of fresh black pepper, or a pinch of cayenne. Turmeric needs spice and fat to aid absorption.*

Any of the above can be added to the blender once juiced with ½ avocado and ½ frozen banana, ½ cup of frozen berries to taste. Or just avocado. When using avocado the juice will become mousse like.

Adding a handful of greens to the blender will increase your folate and calcium levels.

Digestive Tea (Bloating & Gas)

This Ayurvedic tea is a wonderful digestive tonic for reducing bloating and gas. Cumin coriander & fennel work together to help with detoxification, and supports the system to clear excess water and in doing so reduce water retention. Drinking Ayurvedic teas is a great way to reap the incredible medicinal benefits of these herbs and spices.

Cumin, coriander & fennel tea

Makes 2 servings

Ready in 8 minutes

500ml filtered water, boiled

¼ tsp cumin seeds

¼ tsp coriander seeds

¼ tsp fennel seeds

Toast the seeds in a dry flying pan over a medium heat until they become aromatic. Transfer the seeds to a pestle and mortar and bruise slightly to release the oils.

Allow the seeds to seep in the water for 5 minutes. Strain, serve and enjoy.

Digestive Tea (Digestion)

Purifying, healing, and beautifying. This particular Jamu tea originates from Indonesia. Jamu is similar to Ayurveda being a natural healing system. Turmeric supports the liver with detoxification, as well as purifying the blood, and reducing inflammation. Tamarind is rich in antioxidants, boosts metabolism, suppresses the appetite and lowers blood sugar levels. Galangal, a member of the ginger family aids in digestion.

This is a great little tonic for IBS, I love the combination of spices and the powerful synergistic effects they have. Overeating can be a big driver of IBS, so if that's something you struggle with make this one your tea of choice.

Ingredients

Makes 2 litres, ready in 2 hours, it'll be worth it!!

160g fresh turmeric root, unpeeled

40g fresh ginger root, unpeeled

80g seedless tamarind block

80g coconut blossom nectar

Freshly ground black pepper

Pink of pink salt

2 litres of water.

Equipment

Large heavy based stainless-steel pan

Blender

Plastic gloves, highly recommended, unless you want to look like you smoke 40 cigarettes a day!

Fine mesh sieve or strainer

Glass measuring jug

Sterilised glass bottles

A word of warning, any plastic utensils will stain, go with glass or stainless steel, or something black!

Method

Soak the turmeric, ginger roots in water for 2 minutes, then give them a scrub to remove any dust, and a final rinse.

Next, break up the tamarind block into small pieces and pop them into the pan along with the coconut nectar, pepper, salt and 500ml of the water. Place over a high heat, bring to a gentle simmer, reduce heat to low-medium and cook for 20 minutes, don't let it boil.

Meanwhile, cut the turmeric and ginger into chunks and blend with 500ml of water to a smooth paste. Add more water if needed so as you can blend to a smooth paste. Add to the pan along with 1 litre of water. Brew for about 30 minutes, stirring occasionally.

Once ready strain through a fine mesh metal sieve into a jug. Drink straight away, or transfer to the sterilised bottles. Seal tightly. Keeps in the fridge for up to 20 days.

Can be drunk hot or cold, ideally first thing in the morning on an empty stomach.