

*1st Edition*



# N O U R I S H

VITALITY HUB

VITALITY HUB

# NOURISH



WITH LOVE FROM OUR VITALITY HUB COMMUNITY

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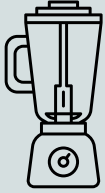
*Yummy inspo to keep those 3pm wandering eyes (or stomach) in check...*



*The Nourish Collection*  
**SMOOTHIES, JUICES  
AND BOWLS**

VITALITY HUB

# Smoothies



## METHOD

Blend together. Add 3-5 ice cubes if nothing frozen is used.

*Serves 1*



### FRENCH VANILLA

1 cup almond or cashew milk  
1 scoop/packet Vanilla Complete

**Variations:** add frozen cherries, strawberries, raspberries, blueberries, pineapple, mango, banana, or a combination of these for a creamy fruit smoothie!



### PURPLE PASSION

1 cup coconut water  
2-3 kale leaves  
1/2 frozen banana  
1 cup frozen blueberries  
1 tsp. chia seed  
1-2 tsp. cinnamon  
1 scoop/packet Vanilla Complete



### CHOCOLATE ALMOND

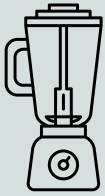
1 cup almond or cashew milk  
1 frozen banana  
8-10 raw almonds  
1 scoop/packet Chocolate Complete



### STRAWBERRY JULIUS

1 cup orange juice  
1 cup frozen strawberries  
1 handful spinach  
1 scoop/packet Vanilla Complete

# Smoothies



## METHOD

Blend together. Add 3-5 ice cubes if nothing frozen is used.

*Serves 1*

## SUPER GREENS SMOOTHIE

- 4 celery sticks
- 1 small cucumber
- 1 cup kale (stalk removed)
- 1/2 green apple
- juice from 1/2 lime
- 1 tbs coconut oil
- 1 cup pineapple
- 1/2 cup almond or coconut milk.

### METHOD:

Put all chopped ingredients into a high speed blender and cover with almond milk. Add water if you want to thin it out or make it last longer through the day. Blend until smooth.



## BERRY BEAUTIFUL

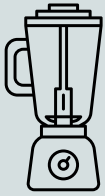
- 1 tbs flaxseeds
- 1 cup raspberries, blueberries, strawberries or a mix
- 1/2 banana
- 1/4 cup spinach
- 1 tbs almond butter
- squeeze of lemon juice.

### METHOD:

Add all chopped ingredients into a high speed blender and cover with filtered water. Blend until smooth.

OPTIONAL: You can also add half of a frozen zucchini, 1 tbsp of natural almond butter and 2 cups of liquid (mix of water and unsweetened almond milk) and ice cubes

# Smoothies



## METHOD

Blend together. Add 3-5 ice cubes if nothing frozen is used.

*Serves 1*



### GREEN GARDEN

- 1 cup unsweetened rice milk
- 2-inch piece of cucumber
- 2-3 kale leaves
- 1/2 cup spinach
- 1 cup frozen pineapple
- 2 Tbsp. flaxseed
- 1/2 cup water
- 1-2 dates (optional for sweetness)
- 1 scoop/packet Vanilla Complete



### DOUBLE CHOCOLATE GOODNESS

- 1 cup dark chocolate almond milk
- 1/2 avocado
- 1/2 banana
- 1 handful spinach
- 1 Tbsp. ground flaxseed
- 1 serving chocolate Complete



### GREEN WAKE UP

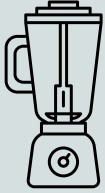
- 1 cup plant milk
- Handful baby spinach
- 1 banana
- 1 serving vanilla Complete



### CHOCOLATE BANANA

- 1 cup unsweetened almond milk
- 1/2 tsp. vanilla extract
- 1 ripe banana
- 1 Tbsp. yellow maca powder
- 1 serving chocolate Complete

# Smoothies



## METHOD

Blend together. Add 3-5 ice cubes if nothing frozen is used.

*Serves 1*



### CREAMY MANGO ORANGE JULIUS

1 cup unsweetened almond milk  
1/4 - 1/2 cup orange juice  
1 + 1/2 cups mango cubes or tropical mixed fruit  
1 serving vanilla Complete



### BLUEBERRY BLAST

1/2 cup water (add more for desired consistency)  
1/2 cup plant milk (add more for desired consistency)  
1/2 cup blueberries  
1/2 banana  
1 cup mixed greens (spinach, kale, chard)  
1 Tbsp. flaxseeds or chia seeds  
1 serving chocolate Complete



### SMOOTHIE PLUS+

1 cup soy or coconut milk  
2-3 kale leaves, torn into bite-size pieces  
1/2 - 1 banana  
1/2 cup mixed berries  
1 Tbsp. peanut butter (optional)  
2 Tbsp. ground flaxseed  
1 serving chocolate Complete



### LEAN GREEN POWER

4 cups water  
1 kiwi  
1 green apple  
1 large carrot  
1 cup kale  
1 banana  
1 serving vanilla Complete

# Smoothies



## METHOD

Blend together. Add 3-5 ice cubes if nothing frozen is used.

*Serves 1*

## CLEANSE SMOOTHIE

- 1 small cucumber
- 1 handful of parsley
- 2cm fresh turmeric (peeled if not organic)
- 1 peeled lime
- 1 peeled orange
- water to cover.

Chop all ingredients roughly.

Add to blender and cover with water. You can add around 2 cups, more if you want to stretch your smoothie out through the day.

Blend in a high speed blender until a smooth consistency. Keep half of the morning and drink the other half through the day if you wish.



## GRAPEFRUIT SMOOTHIE

- 1 pink grapefruit
- 1 carrot
- 1 small knob ginger
- 2 medjool dates - pitted
- 1 cup coconut yoghurt
- 1 tsp maca powder

Peel the grapefruit and add to the blender with the remaining ingredients.

Blend until smooth, adding water if needed.



# Smoothies



## METHOD

Blend together. Add 3-5 ice cubes if nothing frozen is used.

*Serves 1*



### GRASSHOPPER

- 1 cup unsweetened vanilla or chocolate almond milk
- 1/4 cup nut butter
- 1-2 drops peppermint extract or peppermint essential oil
- 1/2 banana
- 1 serving chocolate Complete



### HEALTH NUT

- 1 cup almond milk or other plant milk
- 1 banana
- 1 Tbsp. peanut butter
- 1 serving vanilla Complete



### POPEYE'S SPECIAL

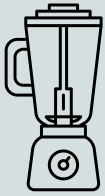
- 1 cup almond or coconut milk
- 1 Tbsp. peanut butter
- Handful spinach
- 1/2 cup blueberries or mixed berries
- 1 serving chocolate Complete



### GREEN MANGO DELIGHT

- 1 cup almond or coconut milk
- 1/2 cup kale
- 1/2 cup spinach
- 1 carrot, cut in pieces
- 1 small apple, cut in pieces
- 1/2 cup mango
- 1 serving vanilla Complete

# Smoothies



## METHOD

Blend together. Add 3-5 ice cubes if nothing frozen is used.

*Serves 1*

## GUT LOVING GREEN SMOOTHIE

2 cups baby spinach

JP+ Vanilla complete protein - 1 scoop (optional)

1 cup baby kale (if using a bunch, then make sure to remove the stalk)

1/4 avocado

1/2 lemon, peeled and chopped

1 medium green apple, chopped

1 cup unsweetened almond milk

1 tbs grated fresh ginger

1 heaped teaspoon chia seeds

1 mall drizzle of raw and unfiltered honey

filtered water if needed.

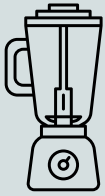
Ice Cubes.

## METHOD

In a high powered blender you want to add in all of your ingredients (except the water). Start off in slow speed and start to blend. Then, 15 seconds at high power, you may need to add a little water and blend again if needed to the desired consistency. Serve in a big glass with ice and a straw.



# Smoothies



## METHOD

Blend together. Add 3-5 ice cubes if nothing frozen is used.

*Serves 1*

## CHOCOLATE THICKSHAKE

- 1 scoop chocolate Complete protein
- 1 large tbsp cacao
- 1 frozen banana
- 6 large ice cubes
- 2 pitted date
- 1 cup coconut or almond milk
- 1 tbsp peanut butter (optional)
- 1 piece of dark chocolate, melted and drizzled over the top (optional)



Add all ingredients to a blender and blend until combined (it will be a nice, thick consistency). If you don't have a high powered blender, add the ice in last.

If it is too thick, add a dash more milk.

Pour into a glass to serve and if adding the melted dark chocolate, pour over the top before enjoying.

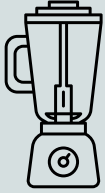


## CHERRY RIPE SMOOTHIE

- 1 sachet chocolate complete
- 1 cup frozen cherries
- 1/2 cup frozen coconut
- 1-2 cups coconut milk

Add all ingredients to a high powered blender and blend until smooth.

# Smoothies



## METHOD

Blend together. Add 3-5 ice cubes if nothing frozen is used.

*Serves 1*



### VANILLA BERRY SMOOTHIE

- 2 cups almond or coconut milk
- 1 frozen banana
- 1/4 frozen berries
- 1 tsp chia seeds
- 1 sachet vanilla complete



### GREEN VANILLA SMOOTHIE

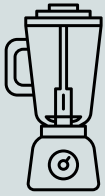
- 2 cups almond or coconut milk
- 1/4 cup frozen coconut
- 1 frozen banana
- 1 handful baby spinach
- 1 tsp chia seeds
- 1 sachet vanilla complete
- juice plus premium capsules



### CHOC PEANUT BUTTER BOWL

- 1 sachet chocolate complete
- 2 frozen bananas
- 1 tbsp organic peanut butter
- 1/2 cup coconut milk
- suggested toppings: vegan granola; shredded coconut; chia seeds; cacao nibs.

# Smoothies



## METHOD

Blend together. Add 3-5 ice cubes if nothing frozen is used.

*Serves 1*

## SALTED CARAMEL SMOOTHIE

- 1 scoop vanilla complete protein powder
- 2 pitted medjool dates
- pinch of himalayan salt
- 1 frozen banana
- 1 tbsp of natural peanut butter
- 1/2 tbsp vanilla extract
- 1 cup almond milk
- handful ice cubes
- 1 tbsp maca powder
- pinch cinnamon.



Place everything in blender and blend until smooth.  
You may need to add more/less liquid to gain desired consistency.

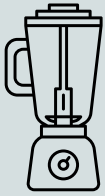


## MINT SLICE SMOOTHIE

- scoop chocolate complete protein powder
- 1 tbsp raw cacao
- 1 handful baby spinach
- 1 frozen banana
- handful of fresh mint leaves
- 1 cup almond milk
- handful of ice

Place everything in your blender and blend until smooth. You may need to add more/less liquid to gain desired consistency.

# Smoothies



## METHOD

Blend together. Add 3-5 ice cubes if nothing frozen is used.

*Serves 1*

## CHOC OVERLOAD SMOOTHIE

- 1 tbs flaxseeds
- 1/2 frozen banana
- 1 tbsp raw cacao powder
- 1 tbsp almond butter
- 1 scoop Chocolate Complete Powder
- 1 handful spinach
- 1 cup almond or coconut milk
- 2 each of your fruit, vegetable and berry capsules - whole

Soak flaxseeds in almond or coconut milk for 10 mins (or overnight if you're that organized!).

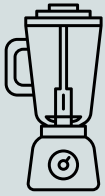


## CLEAN ICED MOCHA

- 1-2 cups unsweetened almond milk
- lots of ice
- 1 shot coffee (cooled)
- scoop vanilla or chocolate complete protein (depending if you want a coffee or a mocha)

Place it all in a shaker and shake it together. Pour over ice to enjoy. Alternatively, you can place everything in a blender and blend to enjoy it as a smoothie. If enjoying a mocha, make sure you sprinkle over some raw cacao on top for extra chocolate goodness. If needed, add a little water.

# Smoothies



## METHOD

Blend together. Add 3-5 ice cubes if nothing frozen is used.

*Serves 1*

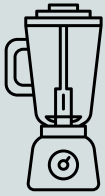
## CHOCOLATE SMOOTHIE BOWL

- 1 sachet chocolate complete
- 1 tbs almond butter
- 2 frozen bananas
- 1/2 cups coconut milk
- 1 tbsp cacao powder
- 1/4 cups buckinis
- 2 tbs shredded coconut
- 1 tsp cacao nibs

Blend chocolate complete, almond butter, bananas, cacao and coconut milk in a high powered blender until thick and creamy. Place in a bowl and top with buckinis, coconut and cacao nibs.



# Bowls



## METHOD

Blend together. Add 3-5 ice cubes if nothing frozen is used.

*Serves 1*

## DRAGONFRUIT SMOOTHIE BOWL

- 1 frozen banana
- 1/2 frozen zucchini
- 1 cup frozen dragon fruit
- 1 scoop vanilla complete protein powder
- 2 tsp hemp seeds
- 1 handful spinach
- 1/2-1 cup almond milk or coconut water/milk
- ice

Toppings: paleo muesli; fresh fruit; nuts and seeds.



## SNICKERS SMOOTHIE BOWL

- 1 scoop chocolate complete protein powder
- 1 cup almond milk
- 1 frozen banana
- handful of ice
- 1 tbsp natural peanut butter
- 1 tsp maca powder
- 1/2 frozen zucchini
- cinnamon
- toppings: hemp seeds; nuts; cacao nibs; paleo granola; peanut butter; pana organic cashew carame. (optional)

# Juices



## METHOD

Blend together. Add 3-5 ice cubes if nothing frozen is used.

*Serves 1*



## GREEN GOODNESS

- 1 apple
- 1 small cucumber
- 1 handful of parsley
- 1 large handful spinach
- 1/2 bunch celery
- 1 small knob ginger



## SUPER TOX JUICE

- 5 small beetroot
- 1/2 bunch celery
- 1 cucumber
- 1 small knob ginger
- 1 lemon
- 1 handful spinach
- 1 handful parsley
- 7 carrots



## LIVER LOVER

- 3 apples
- 5 small beetroot
- 1/2 bunch of celery
- 1 whole lemon (include peel if organic)
- 7 carrots

# Juices



## METHOD

Blend together. Add 3-5 ice cubes if nothing frozen is used.

*Serves 1*

## IMMUNITY ELIXIR

- 1 tbsp apple cider vinegar
- 1 tbsp lemon juice, freshly squeezed
- 1/4 tsp turmeric
- 1 cup hot or warm water
- 1 small drizzle of raw honey
- 1 big pinch of cayenne pepper powder

Place all your ingredients in a blender and blend. Drink immediately.



## MORNING GLORY

- 1-2 tbsp of psyllium husks
- 1 large glass of water or coconut water
- juice of 1/2 of a lemon
- 1 tbsp of apple cider vinegar

Juice the lemon. Mix all the ingredients together quickly and drink immediately (as it gets gummy very quickly).





*The Nourish Collection*

# BREAKFAST

VITALITY HUB



# ACTIVATED BREAKFAST OATS

*Serves 1*

## INGREDIENTS

1 cup oats  
2 cups almond or coconut milk  
(unsweetened)  
1/2 Scoop/ Packet of Complete  
(chocolate or vanilla)

1-2 tsp cinnamon  
1-2 tbsp chia seeds  
1-2 tbsp nut butter  
fresh fruit of choice to serve

## METHOD

Combine all ingredients to taste, adjust as needed.

Divide into glass jars and place in fridge overnight.

Serve with fresh fruit of your choice and add shredded coconut or seed mix.

# BANANA QUINOA PORRIDGE

*Serves 4 - 6*

## INGREDIENTS

500ml coconut or almond milk  
500ml filtered water  
1 cup quinoa flakes  
2 ripe bananas, peeled and sliced  
1-2 pinches of cinnamon  
2 tbsp chia seeds  
1 tsp vanilla extract  
1 tbsp maple or rice malt syrup



## METHOD

Combine the milk and water in a saucepan and bring to a simmer over medium heat. Add the quinoa flakes, banana, chia seeds, cinnamon, and vanilla extract with the milk and water. Cook until it begins to thicken, stirring continuously. Reduce heat to low as it becomes thick and remove and serve once it reaches a consistency you like.



# BREAKFAST OMELETTE

*Serves 2*



## INGREDIENTS

2 tsp organic butter  
1 leek - washed and chopped  
1 clove garlic - crushed  
1 handful spinach  
pinch of nutmeg  
5 button mushrooms - chopped  
5 organic eggs

## METHOD

Heat a small skillet over low heat and add 1 tsp butter. Then coat the pan and cook the leek, and garlic, stirring occasionally until soft and lightly browned.

Add spinach and stir until wilted. Add a pinch of nutmeg and some Himalayan salt. Place the mixture onto a plate while you prepare your omelette.

Heat the remaining 1 tsp butter in the pan and increase to medium-high.

Whisk all eggs in a bowl until combined. Pour in half of the egg mixture and be sure it coats the base of the pan. Reduce heat to medium.

Gently push cooked portions from the edges towards the centre so that the uncooked eggs can reach the hot surface.

Continue cooking, tilting the pan and moving the eggs until the top surface is thickened and set. Place half of the filling on the side of the omelette and fold the other side over. Slide onto a plate and cook the second omelette.



# BREAKFAST POWER BOWL

*Serves 1*

## INGREDIENTS

2 large handfuls of frozen mango  
1 handful of blueberries (fresh or frozen)  
1 handful of raspberries (fresh or frozen)  
1/2 cup coconut milk  
1 tbsp hemp seeds  
2 tbsp water-soaked chia seeds (soak overnight)  
1 scoop/sachet of Vanilla Complete

## METHOD

Place milk, frozen mango and berries in blender.

Blend on high.

Add the remaining ingredients (excluding toppings) and blend on high until a creamy consistency.

Top with shredded coconut, crushed nuts, LSA, figs etc.

## OPTIONAL TOPPINGS:

LSA (linseed, sunflower seed, and almond mix)

crushed nuts

shredded coconut

fresh figs





# BREAKY IN A JAR

*Serves 2*

## INGREDIENTS

1 cup mixed chopped fruit of your choice (e.g. banana, kiwi fruit, strawberries, pineapple)  
2 tbsp mixed seeds and nuts (e.g. chia, linseed, almonds, macadamias, pepitas)  
2 tbsp coconut yogurt  
ground cinnamon

You will need two 350ml jars.

## METHOD

Layer fruit, followed by yogurt, and the nuts and seeds mix in a jar.  
Make a couple and store them in the fridge.

# BREAKY MAGIC MUSHIES

*Serves 4*



## INGREDIENTS

4 portobello or field mushrooms, stalks removed and put aside  
1/2 cup walnuts  
1/2 cup mint leaves  
1/2 cup flat-leaf parsley  
1/2 cup basil leaves  
1 lemon, juiced, and zest  
1 1/2 cups gluten-free bread crumbs  
1 avocado, smashed  
avocado oil

## METHOD

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

For stuffing mixture combine herbs, walnuts, and mushroom stalks in a processor and lightly blend.

Place the stuffing mixture in a bowl and add the bread crumbs, lemon juice, zest, and a drizzle of avocado oil. Mix well.

Spoon mixture into mushroom heads then drizzle with more avocado oil and place on a baking tray in the oven.

Bake for approximately 10-15 minutes until the mushrooms look soft and the stuffing is golden on top.

Serve with smashed avocado on top.



A close-up photograph of a white ceramic bowl filled with granola. The granola consists of various nuts, seeds, and oats, some of which are coated in a dark, chocolate-like sauce. A dollop of white yogurt is visible on top of the granola. A silver spoon is partially visible in the bottom left corner of the frame. The background is softly blurred, showing another bowl of granola.

# CHARLIES CHOCCIE GRANOLA

*Serves 4 - 6*

## DRY INGREDIENTS:

- 2 cups oats (can be wholegrain/rolled/GF)
- 3/4 cup sliced almonds
- 1 heaped cup chopped hazelnuts
- 1 1/2 cups buckwheat
- 1 1/2 cups coconut chips
- 1/4 cup chia seeds
- 1/4 cup pumpkin seeds
- 1/4 cup cacao nibs
- 1/4 cup coconut sugar
- 1/2 tsp fine pink himalayan salt
- 1/2 cup goji berries

## WET INGREDIENTS:

- 1 tsp vanilla extract/powder
- 1/3 cup coconut oil
- 1/4 cup maple syrup
- 1/2 cup cacao
- 2 tbs peanut butter

## METHOD

Preheat the oven to 180 degrees on fan heat

Measure and place all dry ingredients in a big bowl, except for the goji berries (you will add these later). Add the wet ingredients into a pot and heat over low heat till all melted. Pour the wet ingredients into the dry ingredient bowl. Mix together until combined and all the dry ingredients have been covered with chocolate. Spread the mixture at about a 3cm depth on an oven tray - press down, this really helps with clusters

**OPTIONAL:** Sprinkle with a little bit of coconut sugar. Cook in the oven for 15 minutes or until golden. Leave to cool for at least 15 minutes so the clusters remain stuck together Mix through goji berries. Keep in an airtight container or jar. Enjoy but not all at once!

# CHACAI PUDDING

*Serves 1-2*



## INGREDIENTS

1 cup pure apple juice  
1 pack frozen pure açai or  
1 tablespoon açai powder  
4 tablespoons chia seeds  
1 banana or berries

## METHOD

This pudding is a great way to kick-start your day. The chia seeds provide you with an amazing amount of fiber, plus omega-3 which is great for brain health and the açai is super high in antioxidants. Make it the night before and you have breakfast sorted for the day ahead!

Pour apple juice and açai into a blender or food processor and blend until combined.

Pour into a jar and mix in chia seeds. Slice banana and stir through or add berries before serving.

Leave in the fridge overnight or for at least 2 hours



# CHIA PUDDING

*Serves 1*

## INGREDIENTS

4 tbs chia seeds  
1 cup almond or coconut milk  
1 sachet or scoop  
vanilla complete protein  
berries of choice

## METHOD

Place all ingredients in a jar and shake until well combined.

Leave in the fridge for the chia to plump up, shaking occasionally.





# GOURMET SCRAMBLED EGGS

*Serves 1*



## INGREDIENTS

1/4 red onion, finely diced

1 tsp coconut oil

1/2 tsp crushed chili

2 free-range eggs

Handful parsley

A few cubes of goats feta/coconut feta

Salt and pepper to season

## METHOD

Add coconut oil to the pan followed by onion and crushed chilli on medium heat.

In a bowl, crack eggs, add chopped parsley, feta and salt and pepper and whisk.

Once the onion has softened, add in egg mixture. Use a spatula to move the mixture into the middle.

Once the egg is cooked through, you're ready to eat!

Serve on a slice of sourdough or your favourite GF bread. I also love a sprinkle of chilli flakes on top!

# GREEN GARDEN FRITTATA

*Serves 4 - 6*



## INGREDIENTS

8 eggs

1 bunch of chopped asparagus

1 cup green peas

2 handfuls of spinach - roughly chopped

1/2 cup drained goats feta

1/4 cup parsley - chopped himalayan salt and pepper

## METHOD

Preheat oven to 200 degrees and grease a square pan. Take a sheet of baking paper, scrunch it up, and run it under water from the tap. Un-scrunch and drain excess water and line the baking tray. Welling it will make it fit better and keep in moisture. Take a mixing bowl and add 8 eggs. Whisk until combined and add a good amount of black pepper and salt. Add remaining ingredients and stir until combined. Pour mixture into a baking tray and cook for 30-35 minutes, until set in the center and lightly browned on top.



# HEARTY OATMEAL

*Serves 1-2*

## INGREDIENTS

1/2 cup rolled oats  
1 Tb chia seeds  
1 cup water  
1/2 tsp cinnamon  
Pinch of salt  
1/4 cup almond or plant-based milk  
1-2 Tb maple syrup

## INGREDIENTS

Raw almonds, Goji berries, Cacao nibs,  
Toasted coconut, Flax seeds,  
Dried cranberries, Cherries, Blueberries,  
Granola (sugar-free/gluten-free) Juice Plus+  
Vanilla Complete powder (1 scoop)

## METHOD

Boil 1 cup of water in a medium saucepan. Stir in oatmeal, chia seeds, and salt.

Lower heat to simmer and cook for about 10 minutes, stirring constantly, until thick and the water has evaporated.

Put oatmeal in a bowl, pour in milk, add desired toppings, and drizzle maple syrup on top.



# MANGO LIME CHIA PUDDING

*Serves 2 - 4*

## INGREDIENTS

1 ripe mango, diced  
2 1/2cm piece ginger, peeled and sliced  
1 cup coconut milk  
1 tsp maple syrup or honey  
Juice of 1 lime  
1/4 cup of chia seeds  
1/2 cup flaked coconut, toasted  
1/2 cup pistachios, toasted  
1 teaspoon ground cinnamon, to dust

## METHOD

Combine the mango, ginger, coconut milk, maple syrup, and lime juice in a food processor and blend until really smooth. Pour the mixture into a bowl, add the chia seeds, and whisk together to combine. Pour the mixture into two 250ml glasses. Let the pudding chill in the fridge for at least 3 hours, or overnight, then serve sprinkled with toasted coconut and pistachios and dusted with cinnamon.





# OVERNIGHT OATS

*Serves 4 - 6*

## INGREDIENTS

- 1 cup oats
- 2 cups unsweetened almond milk
- 1 sachet of complete powder (vanilla or choc)
- 2 tsp nut butter or raw chopped nuts
- 2 tsp cinnamon powder
- 1-2 tbsp chia seeds

## METHOD

Combine all ingredients, taste, and adjust, divide into 2 jars, and refrigerate overnight. This will last a couple of days in the fridge.

# PANCAKES

*Serves 4-6*

## INGREDIENTS

- 1 scoop/packet Vanilla Complete
- 1/2 Cup Egg Whites (3 Egg Whites)
- 1/2 Cup Uncooked Oatmeal
- 1/2 Medium Size Banana
- 1/2 Cup Blueberries
- 2 tsp Baking Powder

## METHOD

Combine all ingredients and whisk or blend together. (Add berries if desired.)

Pour 1/4 cup at a time onto a warm griddle or skillet on medium.

Flip occasionally until the edges brown.

Top with bananas, nuts, unsweetened coconut, berries, or your favorite toppings



# PROTEIN PANCAKES

*Serves 1-2*

## INGREDIENTS

1/2 cup coconut milk

2 eggs

3 tbs oats or quinoa flakes

1 sachet vanilla or chocolate complete powder

toppings of choice.

## METHOD

Place all ingredients in a high powered blender until smooth.

Heat pan over medium to high heat and melt 1/2 tsp coconut oil.

Cook 2 tbs of the batter until bubbling and cooked on one side. Flip and cook until browned.



# POWER UP BREAKFAST

*Serves 1-2*



## INGREDIENTS

- 5 sautéed mushrooms
- 6 cherry tomatoes
- handful baby spinach
- 1/2 avocado
- 2 poached eggs or scrambled egg whites
- 1 piece gluten-free toast (optional)

## METHOD

Prep each ingredient.

Poach or scramble the eggs. Saute the mushrooms.

Slice the tomatoes and avocado.

Wash and prep the spinach (saute it if you like until slightly wilted).

Toast bread.

Construct and enjoy.





# RUSTIC BEANS

*Serves 4 - 6*



## INGREDIENTS

1 tbs coconut oil  
1 large onion - chopped finely  
2 cloves garlic - crushed  
1/2 tsp mustard powder  
1/2 tsp mustard seeds  
1 can organic diced tomatoes  
1 tsp tomato paste  
1 tbs raw honey or maple syrup  
1/2 cup water  
1 tbs apple cider vinegar  
1 tbs Worcestershire sauce  
1 can white beans (drained and rinsed)  
1 can red kidney beans (drained and rinsed)  
1 can chickpeas (drained and rinsed)  
Himalayan salt and pepper to taste

## METHOD

Saute onion over low heat until soft.  
Add garlic and mustard powder and seeds and stir through.  
Add all remaining ingredients and stir to combine.  
Cover with lid and allow to simmer for 5-10 minutes.  
Remove lid and allow sauce to thicken over low heat - around 20 minutes.  
Taste and add seasoning if needed.  
Serve with fresh parsley, spinach and goats feta on organic sourdough bread.

# SAVOURY MINCE

*Serves 4 - 6*



## INGREDIENTS

1 brown onion - chopped  
1 large carrot - chopped  
1 zucchini - chopped  
500g organic beef or chicken mince  
1 tbs each ground cumin, paprika  
and oregano  
1/4 cup tomato paste  
1/4 cup beef or chicken bone broth

## METHOD

Heat coconut oil in a large pan and saute onion, carrot, zucchini and garlic for 5 minutes over medium/high heat.

Add spices and stir through until fragrant. Add mince and cook until browned.

Stir through tomato paste and stock and allow to simmer for another 5 minutes over a low heat.

Serve with your favourite sides.



# SMASHED AVO AND EGGS

*Serves 1*



## INGREDIENTS

1 Slice Gluten Free Bread, sliced and toasted

1-2 cooked eggs, poached or boiled

1/2 avocado, mashed

## METHOD

Spread avocado on the toast, add the egg/s and top with cracked pepper.





# SMOKED SALMON MUFFINS

*Serves 4*



## INGREDIENTS

8 eggs  
100g smoked salmon  
100g baby spinach (chopped)  
1 small bunch basil (chopped)

## METHOD

Preheat oven to 180 degrees and grease a 12 hole muffin tin and line with liners.  
Beat the eggs and mix in all ingredients, season well with Himalayan salt and pepper.  
Divide the batter between the liners and bake for 10- 12 minutes until cooked through. Allow to cool before removing

# SWEET POTATO HASH

*Serves 4 - 6*

## INGREDIENTS

500g sweet potato (cubed)  
1 punnet cherry tomatoes (sliced in half)  
100g spinach  
4 eggs  
1 tsp chilli flakes

## METHOD

Preheat your oven to 220 degrees.

Heat coconut oil in a large oven proof dish or pan and remove from heat.

Toss sweet potato cubes and halved tomatoes in oil and roast for 15 minutes.

Remove and add spinach, toss to combine and wilt and return to oven for 5 minutes.

Remove and make small gaps to crack eggs into, season eggs with salt and pepper.

Return to the oven for 3 minutes to cook eggs and serve from the pan.





# TOASTED COCONUT FRENCH TOAST

*Serves 1-2*

## INGREDIENTS

½ cup coconut milk  
1 tsp baking powder  
1 tsp cinnamon  
1 Scoop/Packet Vanilla Complete  
½ cup unsweetened coconut, shredded  
2-3 slices of gluten-free bread

## TOPPINGS (OPTIONAL):

Bananas, Strawberries, Raspberries, Blueberries, Nuts, Maple syrup

## METHOD

In a wide-rimmed shallow bowl, mix together coconut milk, baking powder, cinnamon, and Complete by Juice Plus+ Vanilla. Spread shredded coconut evenly out on a flat plate. Soak one slice of bread in the coconut milk mixture (both sides) and then transfer to the shredded coconut plate and fully coat both sides with coconut. Place on your air fryer rack, and set the temperature to 175°C for 4 minutes, or cook in a pan on low heat. While this is cooking, prepare the next slice of bread the same way. Once done cooking, remove and top with your favourite toppings.

# VANILLA PORRIDGE

*Serves 4 - 6*

## INGREDIENTS

120g oats  
320g coconut or almond milk  
240g water  
1 sachet of vanilla complete protein  
Pinch salt  
2 large bananas  
Almond butter  
100% maple syrup  
Cinnamon to taste  
Coconut oil

## METHOD

Add oats, milk, water, a complete sachet, and salt to a pot and cook on low - medium heat. Bring to boil and cook until creamy, stirring regularly and making sure it doesn't stick to the bottom of the pot. Meanwhile, heat the pan and add a drizzle of coconut oil. Slice bananas in half-long ways and pan fry until caramelized, adding a dash of maple at the last minute. Serve porridge in bowls. Top with a dusting of cinnamon, caramelized banana, a good tbsp almond butter, and a good drizzle of maple syrup.





*The Nourish Collection*

**MAIN DISHES  
LUNCHES & DINNER**

VITALITY HUB



# CHICKEN CURRY

*Serves 4 - 6*

## INGREDIENTS

4 potatoes - chopped  
3 tbs melted coconut oil  
1/2 lemon - juiced  
3 cloves garlic - crushed  
1 tbs dried oregano  
2 tbs rosemary - chopped  
Himalayan salt and pepper  
1/2 cup olives - pitted  
8 organic chicken thighs

## METHOD

Preheat oven to 200 degrees and line a large baking tray with paper. Place potatoes in a large bowl, drizzle with melted coconut oil, and stir through lemon, garlic, oregano, rosemary, salt, and pepper. Spread over a baking tray. Place chicken thighs in the same bowl and coat with leftover oil and herb mix. Place chicken on a baking tray, nestled in amongst the potatoes. Scatter olives over the tray and place in the oven to bake for 45 minutes or until chicken is cooked through. Serve with a fresh Greek Salad if desired - tomatoes, cucumber, and feta.

# CHICKEN WITH ZOODLES

*Serves 1-2*



## INGREDIENTS

1 chicken breast, pounded very thin  
1 tbsp olive oil  
salt and pepper  
1 anchovies  
pinch chili flakes (optional)  
2 cloves garlic, thinly sliced  
1 medium zucchini, spiralized  
1 tsp freshly grated lemon zest  
1 tbsp roughly chopped fresh basil  
(optional)

## METHOD

Brush the chicken breast with a little olive oil and season generously with salt and pepper.  
Heat a grill pan over medium-high heat. When the pan is very hot, add chicken and grill for about 3 minutes on each side (depending on thickness).  
While the chicken cooks heat a medium pan over medium-low heat. Add 2 tbsp olive oil, the anchovies, chili, and garlic, and cook for 1 to 2 minutes, or until the anchovies have begun to melt and the garlic smells fragrant.  
Add the zucchini and lemon zest, and season with salt and pepper. Cook the zucchini noodles until warmed through and just tender, about 2 minutes, tossing to combine all ingredients. Top the grilled chicken with sautéed zucchini noodles and garnish with fresh basil if desired.



# CHILLI CON CARNE

*Serves 4 - 6*

## INGREDIENTS

1/2 onion, diced  
400g red kidney beans OR beef mince  
1 can of organic tomatoes  
1 tbsp tomato paste  
1 red capsicum, diced  
1 carrot, diced  
1 celery stalk, sliced  
2 garlic cloves, thinly chopped  
1 tbsp smoked paprika  
1/2 tsp ground cumin  
1/2 teaspoon chili flakes (optional)  
1/2 cup vegetable stock OR broth  
Salt + pepper to taste  
1/2 cup corn kernels  
1 avocado  
1 lime  
1 lemon  
A handful of coriander - chopped  
Coconut oil  
Organic corn chips (optional)



## METHOD

In a pan, heat coconut oil on medium and sauté the onion until golden. If using beef mince, fry until lightly browned.

Add the garlic, spices, chili flakes, tomato paste, and kidney beans.

Add in the carrots, capsicum, and celery and sauté for 2-3 minutes.

Add the tomatoes and stock, stir, and leave to simmer for 10 minutes. Meanwhile, cut the avocado into thin slices and cut the lime and lemon into wedges.

Add the corn to the pan and stir to combine and allow to cook for a further minute or two to warm.

Transfer the chili to a serving dish and top with avocado slices, coriander, lemon, and lime wedges.

# CHILLI PRAWN SPAGHETTI

*Serves 4 - 6*



## INGREDIENTS

250g chickpea spaghetti  
1-2 chili, finely sliced (depending on how spicy you like it)  
4 cloves of garlic, finely sliced  
1/3 cup good quality olive oil  
16 medium green prawns, peeled and deveined  
1 punnet cherry tomatoes  
¼ cup fresh flat-leaf parsley, shredded  
1 cup baby spinach  
Sea salt flakes  
Cracked black pepper  
½ lemon

## METHOD

Cook the pasta to the packet instructions.

Heat the olive oil in a pan on medium heat and add the garlic and chili, cooking for a minute until fragrant. Add the prawns to the pan and continue cooking until the prawns are cooked through (about 2-3 minutes). Add the cherry tomatoes to the pan and cook for an additional 2-3 minutes.

After a minute, add the baby spinach to the pan. Remove the pan from the heat and stir through the fresh parsley, a sprinkle of sea salt flakes, and cracked pepper, and serve with a squeeze of fresh lemon juice.



# NACHOS

*Serves 4 - 6*

## INGREDIENTS

1/2 onion, diced  
400g red kidney beans OR beef mince  
1 can of organic tomatoes  
1 tbsp tomato paste  
1 red capsicum, diced  
1 carrot, diced  
1 celery stalk, sliced  
2 garlic cloves, thinly chopped  
1 tbsp smoked paprika  
1/2 tbsp ground cumin  
1/2 teaspoon chili flakes (optional)  
1/2 cup vegetable stock OR broth  
Salt + pepper to taste  
1/2 cup corn kernels  
1 avocado  
1 lime  
1 lemon  
A handful of coriander - chopped  
Coconut oil  
Organic corn chips (optional)

## METHOD

In a pan, heat coconut oil on medium and sauté the onion until golden. If using beef mince, fry until lightly browned.

Add the garlic, spices, chili flakes, tomato paste, and kidney beans. Add in the carrots, capsicum, and celery and sauté for 2-3 minutes. Add the tomatoes and stock, stir, and leave to simmer for 10 minutes. Meanwhile, cut the avocado into thin slices and cut the lime and lemon into wedges. Add the corn to the pan and stir to combine and allow to cook for a further minute or two to warm.

Transfer the chili to a serving dish and top with avocado slices, coriander, lemon, and lime wedges.



# ENCHILADAS

*Serves 4 - 6*

## INGREDIENTS

1 brown onion, chopped	2 zucchini, grated
1/2 red capsicum diced	1 lime
1 carrot, grated	2 cups vegan cheese
2 tbsp coconut oil	Coconut oil
2 1/2 cups passata	8 tortillas
1 tbs oregano	2 cups spelt flour
1 tsp cumin	2 tbsp coconut oil
1 tsp coriander	1/2 tsp salt
1 tsp smoked paprika	1/2 cup hot water
1 tsp garlic powder	1 tsp baking powder
2 cans black beans, drained and rinsed	

## METHOD

Preheat the oven to 200 C and grease a baking pan.

Combine the flour, baking powder and salt in a bowl. Add the coconut oil to the bowl and stir until combined. Add the hot water to the bowl and using a spoon, stir to combine into a dough ball. Allow the dough to rest until it's cool enough to knead.

Place the dough on a lightly floured board or bench and knead until it is soft, wetting your hands if necessary to help with the kneading process. Allow the dough to rest for 15 minutes.

Divide the dough in 20 equal sized portions and roll each portion into a ball. Sprinkle each ball with a little flour and roll each ball with a rolling pin into a tortilla shape, approximately 8 inches in diameter.

Spoon 1 1/2 cups of passata over the base of the pan.

Heat the coconut oil in a pan on medium heat and add the onion, cooking until soft. Add the capsicum, carrot and zucchini to the pan and cook for a further few minutes until soft. Add the oregano, cumin, coriander, smoked paprika and garlic powder to the pan and cook for a further minute. Add one can of black beans to the pan and stir to combine then remove from the heat. With a potato masher, mash the black beans and transfer the mixture to a bowl. Add 1/2 cup of vegan cheese to the black bean mix and a cup of passata and the other can of black beans. Stir to combine.

### TO COOK THE TORTILLAS:-

Heat a pan on medium to high heat and place a tortilla on the pan once hot. Cook for two minutes on each side and wrap in a tea towel to keep them warm and soft. Once the tortillas are cooked, spoon 2-3 tbsp of the bean mixture onto the edge of one tortilla and roll until you have wrapped the tortilla up. Place the tortilla seam side down into the prepared baking tray. Continue with the rest of the tortilla/bean mixture, placing into the baking tray as you go.

Once completed, sprinkle with the remaining vegan cheese and bake for 20-30 minutes until golden brown. Serve with fresh lime wedges and vegan sour cream if you're wanting an extra treat.



# FISH & CHIPS

*Serves 2 - 3*

## INGREDIENTS

2 fillets of barramundi or fish of choice, scaled, cleaned and de boned

3 large potatoes, 1cm thick cut

Salt/pepper

1 tbsp olive oil

1 egg, beaten

1 cup tapioca flour

1 lemon, wedges to garnish

1/4 cup fresh parsley, roughly chopped to garnish

## METHOD

### FOR THE CHIPS:

Preheat oven to 200 degrees, line a baking tray with baking paper. Scatter the potato chips across the baking tray, ensuring they aren't touching. Sprinkle with sea salt, pepper and a drizzle of olive oil. Bake in the oven for 40 minutes or until golden, turning chips half way through.

### FOR GRILLED FISH:

Heat coconut oil in large fry pan on medium heat. Season fish with salt and pepper.

Place the fish skin face down and cook for 5-7 minutes or until golden. Turn the fish over and cook for another 3-5 minutes or until tender

### FOR BATTERED FISH:

Heat the coconut oil in a large pan on medium heat. To batter the fish, pat dry each fillet with paper towel. Dip each fillet in the beaten egg and then coat in flour and repeat twice. Place fish in pan and cook for 3-5 minutes on each side.



# FISH PIE

*Serves 4-6*

## INGREDIENTS

1 head of cauliflower, cut into florets  
¼ cup nutritional yeast  
2 tbsp tapioca  
¼ cup olive oil  
1 cup almond milk  
1 onion, diced  
1 carrot, diced  
2 celery stakes, diced  
400g sweet potato, peeled and grated  
400g desiree potatoes, peeled + grated  
300g boneless salmon fillets, diced  
600g boneless skinless snapper OR a white fish that holds together, diced  
3 tbsp fresh dill, chopped  
1 tbsp baby capers, drained + rinsed  
100g baby spinach  
Coconut oil

## METHOD

Preheat oven to 200 C and grease a baking dish.

Steam cauliflower florets until soft. Once steamed, transfer to a blender and add the nutritional yeast, tapioca and almond milk. Blend until smooth.

Add 1 tbsp coconut oil to a pan and heat on medium. Add the onion and sauté until soft. Add the carrot and celery and continue sautéing until soft. Add the cauliflower sauce to the pan of vegetables and stir to combine. Squeeze any excess liquid from the potato and the sweet potato. Pour over the olive oil and toss to coat.

In another bowl, combine the fish, spinach, capers and dill. Season with salt and pepper and pour the cauliflower sauce over the top. Gently combine and transfer to the baking dish. Top with sweet potato mixture and cook in the oven for 30-40 minutes, ensuring the fish is cooked through and the top is crispy.



# BAKED CHICKEN AND RICE

*Serves 4-6*

## INGREDIENTS

4 tbs olive oil  
4 tsp lakanto (monk fruit sweetener)  
2 tsp dried oregano  
2 tsp paprika  
2 tsp garlic powder  
2 tsp onion powder  
2 tsp dried thyme  
2 tsp salt pepper to taste  
6 chicken thighs  
1 large onion - finely chopped  
4 garlic cloves - minced  
2 tbs olive oil  
1 1/2 cups hot chicken broth  
1 1/2 cups hot water  
2 tbs butter  
1 1/2 cups basmati rice - rinsed  
1 cup olives - pitted and chopped (optional)  
2 cubes frozen spinach fresh  
parsley - chopped

## METHOD

Preheat oven to 180 degrees.

In a bowl, mix together olive oil with lakanto, oregano, paprika, garlic, onion, thyme, salt and pepper.

Coat chicken in the mixture and set aside.

In a baking dish, add onion, garlic and olive oil with the chicken broth and water. Add in the butter and stir until completely melted. Add in the rice.

Bake for 20 minutes uncovered.

Remove from oven, add chicken thighs over the top and drizzle olive oil over the top of the chicken.

Bake for another 40 minutes, covering with foil if the chicken is browning too fast.

Once cooked, remove chicken and stir through olives (if using), spinach and chopped parsley.

VITALITY HUB



# FISH TACOS

*Serves 4 - 6*

## INGREDIENTS

500g Barramundi or Dory fillets, boned and skin off  
1 tsp ground cumin  
1 tsp garlic powder  
1 tsp ground coriander  
½ tsp smoked paprika  
½ tbsp chili powder (optional)  
½ cup tapioca  
Coconut oil 1 cup green cabbage, thinly sliced  
1 cup purple cabbage, thinly sliced  
½ cup plain coconut yogurt  
1 avocado  
½ lime, juice only  
¼ tsp ground cumin  
Sea salt flakes to taste

## TORTILLAS:

2 cups spelt flour  
2 tbsp coconut oil  
1/2 tsp salt  
½ cup hot water  
1 tsp baking powder

## METHOD

Combine the flour, baking powder and salt in a bowl. Add the coconut oil to the bowl and stir until combined. Add the hot water to the bowl and using a spoon, stir to combine into a dough ball. Allow the dough to rest until it's cool enough to knead. Place the dough on a lightly floured board or bench and knead until it is soft, wetting your hands if necessary to help with the kneading process. Allow the dough to rest for 15 minutes. Divide the dough in 20 equal sized portions and roll each portion into a ball. Sprinkle each ball with a little flour and roll with a rolling pin into a tortilla shape, approximately 8 inches in diameter.

## TO COOK THE TORTILLAS:-

heat a pan on medium to high heat and place a tortilla on the pan once hot. Cook for two minutes on each side and wrap in a tea towel to keep them warm and soft. In a bowl, combine the spices and the tapioca. Dip each piece of fish into the mixture to completely coat with the mixture.

## TO COOK THE FISH:-

Heat a pan on medium heat and add some coconut oil to the pan. Pan fry each piece of coated fish until golden on both sides (these also work well in the air fryer). In a blender, combine the coconut yoghurt, cumin, sea salt flakes, avocado and lime juice and blend until smooth. To assemble the tacos, place some cabbage in a tortilla, top with a piece of fish and some avocado sauce.



# FISH OR CHICKEN NUGGETS

*Serves 4-6*

## INGREDIENTS

500g fish fillets OR chicken mince  
1 cup almond meal OR rice crumbs  
2 tsp paprika  
1 tsp garlic powder  
1 tsp Himalayan salt  
1 egg, beaten

## METHOD

Preheat oven to 180 degrees, and line a baking tray.  
Mix almond meal, spices, and seasoning in a bowl.  
Beat the egg in a separate bowl.

### **For Fish Fingers:**

Dip the fish fillet into the egg, then into the almond meal, and coat well.  
Place on a lined baking tray.  
Brush with oil and bake until golden brown before cutting into fish fingers.

### **For Chicken Nuggets:**

Roll portions of mince and dip into egg then into almond meal mix (see above).  
Gently shape it into a preferred nugget or finger shape before placing it on a baking tray.  
Bake until golden brown.

**Tip:** You can also add grated vegetables or peas and corn to the mix



# 'FRIED' CHICKEN TERIYAKI BOWLS

*Serves 4-6*

## INGREDIENTS

8 chicken thighs (boneless) - cut into bite  
1/2 cup tapioca flour  
1 tsp white pepper  
1 tsp himalayan salt  
avocado oil or coconut oil to shallow fry  
2 cloves garlic - crushed  
3 tbs tamari  
3 tbs honey or maple syrup  
sesame seeds and sliced spring onion to garnish

## METHOD

Using a large pan, heat 1-2cm of oil and turn the heat to medium-high. While the oil is heating, place tapioca, white pepper, and salt in a large bowl and add chicken. Toss to coat completely.

Shallow fry chicken until golden on both sides, do this in batches to be sure not to overcrowd the pan.

While the chicken is cooking, mix together garlic, tamari, and honey in a bowl. When all the chicken is done, safely discard the cooking oil and place the pan over the heat again. Add the cooked chicken into the pan and coat with the tamari dressing, tossing to be sure no piece is missed. Serve with cauliflower rice and top with sesame seeds and chopped spring onion.





# GINGER STIR FRY

*Serves 4 - 6*

## INGREDIENTS

500g organic chicken cut into bite sized pieces\*  
2 tbs coconut oil  
4 garlic cloves - crushed  
6cm chunk of ginger - grated  
1/2 tsp chilli flakes  
1 cup chicken broth\*  
3 tbs tamari 1 tbs honey\*  
1/2 tsp white pepper  
2 tsp tapioca flour  
2 spring onions - sliced  
1 head broccoli - cut into bite sized pieces  
1 carrot - sliced into thin rounds  
1 capsicum - thinly sliced juice from 1 lime



## METHOD

Start by making the stir fry sauce.  
Heat 1 tbs coconut oil in a small saucepan over medium heat.  
Add ginger and garlic and cook until fragrant - about 1 minute.  
Add chilli flakes, broth, tamari, honey and white pepper.  
Create a 'slurry' by mixing the tapioca flour with 1 tbs water in a small bowl.  
Add this to the sauce and cook for one more minute, set aside sauce until needed.  
Heat 1 tbs coconut oil in a large wok or saucepan and brown chicken pieces all over.  
Add spring onions, broccoli, carrot and capsicum and fry until cooked to your liking.  
Pour in the stir fry sauce and mix through.  
Allow to cook for another few minutes or until chicken is cooked through.  
Squeeze lime juice over and season with salt if needed.  
Serve with Cauliflower Rice.

# GREEK LAMB SOUVLAKI

*Serves 4-6*



## INGREDIENTS

### FOR THE LAMB:

500g gram diced lamb  
3 cloves of garlic, crushed  
1 1/2 tbsp cumin  
1 1/2 tbsp coriander  
1 tbsp dried oregano  
Drizzle of olive oil  
Salt and pepper to taste

### FOR THE TZATZIKI:

1 1/2 cups plain coconut yoghurt  
2 tbsp olive oil  
1 tbsp red wine vinegar  
1 tbsp fresh dill, roughly chopped  
3 cloves garlic, finely diced  
1 cucumber, grated and liquid squeezed out  
2 tsp salt

### FOR THE SALAD:

2 tomatoes, diced  
1/2 small red onion, thinly sliced  
Handful flat leaf parsley, roughly chopped  
Handful fresh mint, roughly chopped  
1 small cucumber, diced  
1/4 cup goats feta, diced

### FOR THE FLAT BREAD:

250g spelt flour  
Pinch pink Himalayan salt  
1 Tbsp olive oil  
80ml warm water



# GREEK LAMB SOUVLAKI

*Serves 4-6*

## METHOD

To prepare the flat bread: Sift the flour into a bowl and make a well in the centre of the flour. Add the salt, olive oil and water to the centre and mix thoroughly until it comes together to form a dough. Sprinkle some flour over a bench or board and transfer the dough to the board. Knead the dough until it is smooth and then transfer it to a lightly oiled bowl.

Cover with a damp tea towel and leave it in the fridge to rest.

Combine the cumin, olive oil, garlic and oregano in a bowl and add the lamb.

Toss in the spices to coat and then thread onto skewers. In another bowl, add the tomato, onion, cucumber, parsley, mint and goats feta and toss to combine and set aside.

In another bowl, add the yoghurt, olive oil, lemon juice, vinegar, dill, salt, garlic. Then add the grated cucumber and stir to combine.

After 20 minutes, the dough should be ready to start cooking.

Divide it into equal parts the size of an egg and knead each egg into a round ball.

Roll the balls out with a rolling pin into circles about 3mm thick and 20cm in size. Preheat a BBQ or a grill pan and cook the lamb for a few minutes on each side.

While the lamb is cooking, place each flatbread onto the BBQ and cook for about 20-30 seconds on each side or until they look cooked.

To serve, add some lamb, tzatziki and salad onto your flatbread and enjoy.



# GREEK ONE PAN CHICKEN

*Serves 4*



## INGREDIENTS

- 1 tbs coconut oil
- 2.5cm knob ginger - grated
- 2 cloves garlic - crushed
- 2 tsp grated fresh or dried turmeric
- 1 ltr organic vegetable stock or bone broth
- 2 zucchinis - chopped
- big handful snow-peas
- 1 bunch broccolini - chopped
- 1 bag organic spinach
- 1 can coconut cream
- 1 serving dried rice noodles or konjac noodles
- dried chilli flakes.

## METHOD

- Heat coconut oil in a large pot over medium high heat and add ginger and garlic - cook for 2 mins.
- Add turmeric and heat until fragrant.
- Add in your chopped vegetables - zucchinis, snow-peas, broccolini (or whatever you have on hand! Get creative) and stir through.
- Pour over stock and coconut milk and bring to the boil.
- Once boiling, lower to a simmer.
- Season with salt and pepper.
- Leave to simmer for 15 minutes, or until vegetables are cooked.
- Add in dried rice noodles and spinach and stir through.
- Leave for 2-3 minutes for noodles to soften.
- Top with dried chilli and any of your favourite herbs.





# GREEN CHICKEN & GINGER QUINOA

*Serves 4*



## INGREDIENTS

- 1/2 cup coconut cream
- 2 tbs green curry paste
- 1 kaffir lime leaf - sliced
- 4 chicken thigh fillets
- 200g quinoa - cooked according to package instructions
- 2 spring onions
- 2 tbs grated ginger
- 1 small handful parsley - chopped finely
- 1 tbs sesame oil
- juice from 1/2 lime

## METHOD

Combine in a bowl coconut cream, curry paste and kaffir lime leaf and stir. Add in chicken and coat.

Leave to marinate for 20 minutes up to overnight

Preheat oven to 180 degrees and cook chicken thighs on a lined baking tray for 20 minutes or until cooked through.

In a bowl, combine quinoa, ginger, spring onions, parsley, sesame oil and lime juice and stir to combine.

Serve quinoa, cooked chicken together with a wedge of lime and garnish with parsley.



# GREEN PRAWN PASTA

*Serves 4*



## INGREDIENTS

1 head broccoli - cut into small pieces  
2 cloves garlic  
500g raw prawns - deshelled  
1/4 cup water  
olive oil to drizzle

3 zucchini - spiralized  
zest and juice of 1 lemon  
1 cup flat leaf parsley - chopped  
2 cups rocket  
nutritional yeast to serve (optional)

## METHOD

Place a pan over medium high heat and melt coconut oil.

Cook prawns, garlic and chilli until prawns are cooked through and set aside.

Add broccoli to the pan with water, cover and leave to steam for 3 minutes. Add prawns into the pan.

Pour lemon juice over and toss together.

Place parsley and rocket into the pan and toss everything to combine.

Serve in bowls and top with olive oil and nutritional yeast.

# GRILLED SALMON AND SALSA

*Serves 4*



## INGREDIENTS

### FOR THE SALMON:

- 1 1/2 tsp smoked paprika
- 1 1/2 tsp granulated garlic
- 1 1/2 tsp granulated onion
- 1 tbsp maple syrup
- 1/2 tsp black pepper
- 1 pinch of cayenne (optional)
- 4 pieces of skin on or off salmon
- 2-3 tbsp neutral cooking oil, such as grape-seed, avocado, or olive oil

### FOR THE SALSA:

- 2 heaped cups diced peaches, unpeeled (about 3 medium peaches)
- 1 medium ripe avocado, diced
- 1/4 cup finely diced red onion
- 1/4 cup chopped coriander
- 1 tbsp finely minced jalapeño (optional)
- 1tbsp fresh lemon juice
- 1/4 tsp salt

## METHOD

Whisk together paprika, garlic, onion, maple syrup, salt, pepper and cayenne. Rub spice mixture evenly on all sides of the salmon. Refrigerate uncovered while making the salsa and preheating the stove/BBQ for about 20 minutes.

Make the salsa. In a medium bowl, mix together the peaches, avocado, onion, coriander, jalapeño, lemon juice, and salt. Season to taste, adding more salt or jalapeño if you like. If your peaches are a bit tart, you can add a drizzle of maple syrup too.

Preheat the pan or the grill on a high heat. Brush all sides of the salmon with oil - about a tbsp. Brush a bit of oil onto the grill grates or the pan as well. Place the salmon skin side up on the pan and sear the flesh and cook until it starts to turn opaque. Gently, flip the fish to skin side down.

The salmon is perfectly cooked when the top and bottom are opaque and there is a nice translucent streak through the middle. (If you prefer your salmon more well-done, continue cooking to your preferred taste).

Remove from the pan and serve with salsa and more fresh herbs to garnish.

# HONEY CHICKEN

*Serves 4 - 6*

## INGREDIENTS

3 chicken breast fillets, diced  
½ cup tapioca flour  
1 cup spelt flour  
1 tsp baking powder  
1 cup water, ice cold  
1 tbsp sesame oil  
Pinch sea salt  
2 eggs  
2 tbsp sesame seeds  
Honey Sauce  
1/3 cup honey  
1 tbsp tamari  
1/4 cup water  
¼ tsp sesame oil  
1 tbsp apple cider vinegar  
2 tbsp tapioca 1 tbsp water

## METHOD

In a bowl, combine the tapioca flour, spelt flour, baking powder, sesame oil, eggs, sea salt and water, stir to combine. Coat the chicken pieces in the flour mixture until covered. Heat a medium fry pan with coconut oil on medium to high heat. Place the pieces of chicken into the pan, ensuring they don't touch and cook until golden on each side. Once cooked, transfer to a plate lined with baking paper.

Heat a saucepan on medium heat and add the honey, tamari, water, sesame oil and apple cider vinegar.

Whisk it together and allow it to come to the boil. In a bowl, combine the tapioca and the water.

Once the sauce is boiling, slowly add the tapioca to the sauce and whisk to combine, feel free to add more water if it's looking too thick or gluggy. Bring the sauce back to the boil, turn the heat down to low and allow it to continue to simmer for ten minutes. (If the sauce gets too thick, you can add a tbsp of water to thin it out a little). Pop the cooked chicken into the sauce and stir to coat.

Serve immediately and sprinkle sesame seeds over the top. Serve with steamed rice and vegetables.





# JENNY'S FAMOUS CHICKEN SOUP

*Serves 4-6*

## INGREDIENTS

Organic Chicken legs with skin - about 8

1 cup of rice

2 cartons of Organic chicken stock

1 medium yellow onion chopped fine

4 cloves of garlic

1 lemon

1 bay leaf

## METHOD

Sauté onion in olive oil.

Add garlic once onion is translucent.

Add chicken and brown the skin, add a little bit of chicken stock if the chicken starts to stick to the pot.

Add chicken stock and bay leaf, bring to the boil, reduce heat to med/low and simmer until chicken is cooked

Take the chicken out, let it cool and pull chicken apart.

Add the rice and cook until tender.

Once the rice is cooked add chicken back in and squeeze the juice of 1 lemon, season with salt and pepper. Remove bay leaf.

# KORMA CURRY

*Serves 4-6*

## INGREDIENTS

500g chicken breast, diced  
½ cup raw cashews  
1 can coconut milk  
2 tbsp coconut oil  
2 garlic cloves, crushed  
1 tsp ginger, minced  
1 onion, diced  
½ cup tomato paste  
1 tbsp curry powder  
½ tsp cumin  
½ tsp turmeric  
½ tsp ground cardamom  
½ tsp ground coriander  
½ tsp cinnamon  
¼ tsp ground cloves  
¼ tsp ground fennel  
1 tbsp coconut sugar  
Salt and pepper

## METHOD

In a blender, blend the cashews and coconut milk until a smooth sauce has formed. Set aside. In a pan, heat the coconut oil on medium heat and add the onion, garlic and ginger and sauté for a minute. Add the diced chicken and continue to sauté until the onions are soft and the chicken is lightly browned. Add the spices to the pan and continue to sauté for a further minute or two until the flavours are released. Add the tomato paste to the pan and stir to combine, cooking for a further minute or two. Add the blended cashew sauce to the pan and simmer until the chicken is cooked. Add the coconut sugar and salt and pepper to taste. Serve with rice or steamed vegetables.





# LOADED SWEET POTATO FRIES

*Serves 4 - 6*

## INGREDIENTS

1 large sweet potato, cut into thin fries  
1 avocado  
1/4 cup sour cream  
1 stalk spring onion, thinly sliced  
1/2 cup cherry tomatoes, halved  
1/4 cup corn kernels  
1/2 cup vegan cheese, grated  
1/4 cup alfalfa sprouts  
1 lemon, juiced  
Salt + pepper to taste

## METHOD

Preheat oven to 180 degrees and line a baking tray with baking paper.  
Spread out sweet potato fries and drizzle with coconut oil, bake for 30 mins or until golden.  
Sprinkle cheese on fries and place back in oven for another 5 minutes or until melted.  
Prepare sweet potato fries in a large bowl.  
Mash avocado, lemon, salt and pepper to create guacamole and place on top of fries.  
Add sour cream.  
Garnish fries with tomatoes, spring onion, sprouts and corn.



# MEATBALL CURRY

*Serves 4 - 6*

## INGREDIENTS

500g beef meatballs (eg. Cleavers Organic)  
1 brown onion - diced  
1 can organic tomatoes  
2.5cm ginger - minced  
2 tsp rendang curry spice mix  
1 tsp bone broth paste  
coconut cauliflower rice to serve

## METHOD

Heat a pan over medium high heat and add a dash of coconut oil.  
Cook onion until lightly browned.  
Add the spice mix and stir until fragrant.  
Add ginger and coat the onion.  
Add the meatballs and gently brown.  
Once completely coloured, add tinned tomatoes and bone broth paste.  
Bring to a boil and allow to simmer over a medium heat for 15 minutes.  
Serve with Coconut Cauliflower Rice, lightly steamed vegetables and a tablespoon of kimchi to aid digestion.

# MEXICAN NACHOS

*Serves 4 - 6*

## INGREDIENTS

500g organic beef or turkey mince, or  
1 tin black beans, drained and rinsed  
1 red onion, diced  
1 clove garlic, minced  
1 red capsicum, diced  
1 green capsicum, diced  
1 zucchini, diced  
2 tins diced tomatoes  
1 cup corn kernels  
1 tsp ground cumin  
1 tsp ground coriander  
½ tsp smoked paprika  
2 sweet potato, sliced into rounds, or  
organic corn chips.  
1 cup vegan cheese  
1 avocado  
1 lime  
¾ cup natural coconut yoghurt  
1 tbsp nutritional yeast  
1 jalapeno, sliced  
Salt and pepper to taste  
Coconut oil

VITALITY HUB



# MEXICAN NACHOS

*Serves 4-6*

## METHOD

Preheat oven to 200 degrees and line a baking tray.

Add the sliced sweet potato rounds and drizzle with a little olive oil.

Cook until lightly browned, turning half way.

Heat coconut oil in a pan on medium heat.

Add the diced onion and crushed garlic and sauté until soft. If using beef or turkey mince, add to the pan and cook until browned.

Add the red and green capsicum and zucchini to the pan and continue to cook until soft.

Add the corn and stir to combine.

Add the cumin, coriander and smoked paprika and stir until flavours are released.

Add the tinned tomatoes and black beans if using and stir until heated through.

On a lined baking tray or dish, spread the cooked sweet potato rounds or corn chips if using.

Top the sweet potato with the vegetable and mince mixture.

Sprinkle across vegan cheese.

Cook until the cheese has melted and remove from the oven.

While cooking, mash the avocado in a bowl.

In a separate bowl, combine the coconut yoghurt, nutritional yeast, the juice of one lime and salt and pepper to taste.

Top the nachos with coconut “sour” cream, avocado, and sliced jalapeños and serve



# NO BUTTER - BUTTER CHICKEN

*Serves 4-6*

## INGREDIENTS

500g chicken strips  
1 tbsp onion powder  
1 tsp garlic powder  
1 tsp ginger powder  
2 tsp curry powder  
1 tsp cumin  
1 tsp coriander  
1 can organic tomatoes  
1/4 cup natural coconut yoghurt  
2 tbs almond butter  
1 tsp himalayan salt  
2 tbs honey

## METHOD

Add spices, tomatoes, coconut yoghurt, almond butter, salt, honey and 1 cup of water into a blender and blitz until smooth. Heat a large pan over medium high heat and add 1 tbsp coconut oil. Brown chicken strips in the pan and then add blended curry mixture. Bring to a simmer and reduce heat to medium/low, cover the pan and cook for 10-12 minutes or until the chicken is cooked through. While the curry is cooking, prepare some cauliflower rice and steamed veg to serve with + fresh herbs to bring to life.



# PAD THAI

*Serves 4 - 6*

## INGREDIENTS

50g Pad Thai noodles, 100% rice noodles  
1/2 brown onion, diced  
1 carrot, thinly sliced  
1/2 red capsicum, thinly sliced  
1 small zucchini, thinly sliced  
1 egg 1/2 cup spring onion, thinly sliced  
1/2 cup bean sprouts  
1 lime, in quarters, to serve  
1 tbsp crushed peanuts, extra to serve  
1/2 cup coriander, roughly chopped

### SAUCE:

1 tbsp almond butter  
1 tbsp tamari  
3 tbsp water  
1 tsp sesame oil  
1 fresh chili, thinly sliced 2cm  
fresh ginger, grated  
1/2 lime, juice only

## METHOD

Place rice noodles in a bowl of boiling water. Heat coconut oil in a wok/fry pan, add onion, and sauté until lightly browned. Add capsicum, zucchini, and carrot, and fry for 2-3 minutes.

Whisk egg and add to veggies, stir to break up the egg and until no liquid remains.

In a blender, add all the sauce ingredients and blitz until smooth.

Add strained noodles and sauce to the vegetables and stir to combine.

Toss through crushed peanuts, coriander, and bean sprouts. Serve with fresh lime and extra peanuts.





# PRAWN THAI CURRY

*Serves 2 - 4*

## INGREDIENTS

Prawns  
2 heaped Tbsp your favourite  
Thai curry paste  
1 can coconut cream  
2 kaffir lime leaves  
1 lime, juiced  
Splash fish sauce, to taste  
Fresh coriander and/or Thai  
Basil leaves, to serve  
Brown rice is optional  
Steamed greens such as  
broccolini, green beans and  
zucchini.

## METHOD

Season and pan fry or bake your chosen protein in a little coconut oil until cooked to your liking. Meanwhile heat 1 tbsp of the coconut cream in a small saucepan, add the curry paste and cook for 1 minute while stirring. Add the remaining coconut cream, kaffir leaves and simmer for 10 minutes. While sauce is simmering, prepare noodles or rice as per packet instructions, and lightly steam your greens.

Season the sauce with the lime juice and fish sauce, and adjust to your taste. Add a little water if the sauce thickens too much- this will depend on the brand of coconut cream used. To plate up place your protein, veg and noodles in a bowl, and pour over the sauce, top with fresh herbs.

Sauce serves 2-4 people, depending how much you like.



# QUICK & EASY INDIVIDUAL BURRITO BOWL

*Serves 1*

## INGREDIENTS

- 1/2 cup mini peppers, chopped
- 1/2 cup red onion, chopped
- 1 Tbsp. vegetable broth or water
- 1/4 cup canned spicy black beans, drained
- 1-2 cups cooked rice or quinoa

## METHOD

Heat broth/water over medium-high heat and sauté peppers and onions until tender.

Heat up 1 serving of rice/quinoa.

Add sautéed mix and spicy beans.

Top with salsa, avocado slices, and hot sauce.





# QUICK FISH CURRY

*Serves 4 - 6*



## INGREDIENTS

- 2 tsp ghee
- 2 pieces white fish - barramundi, snapper etc
- 1 leek - halved and sliced
- 2 cloves garlic
- 1 tbs red curry paste
- juice of 1 lime
- 1 tbs honey
- 1 can coconut milk
- 250g konjac noodles

## METHOD

Preheat oven to 200 degrees.

Heat 1 tsp ghee in a large oven proof pan over high heat.

Cook white fish on each side until browned and place pan in preheated oven.

Let cook for 10 minutes or until cooked through while you make the sauce.

Heat remaining ghee in a medium sized pan over medium high heat and cook leek and garlic until soft and browned.

Add red curry paste and stir through until fragrant (about one minute).

Pour in coconut milk, lime juice and honey and continue to cook until it bubbles.

Prepare konjac noodles according to packet instructions and add into the curry sauce.

Serve the fish with the curried noodles on the side and drizzle any left over sauce over the top.



# SALMON + SLAWSALAD

*Serves 1*



## INGREDIENTS

1/2 purple cabbage  
1/2 cabbage  
2 tbs vegan mayo  
1 tbs hummus  
1/2 tbs tahini  
1/2-1 lemon (juice)  
Spinach or mixed leaves  
Coriander  
Salmon fillet  
Dill  
Black sesame seeds (to top)

## METHOD

Finely chop the cabbage and mix in a large bowl. In a small bowl add mayo, hummus, tahini and lemon juice and stir together. Add more lemon or other ingredients to taste. Pour dressing over cabbage and stir through. Cook salmon on pan for desired amount of time (we did it with crispy skin). While salmon is cooking, prepare plates. On a plate, add mixed leaves and slaw and garnish with coriander. Once salmon is cooked, place over salad and garnish with dill. Squeeze lemon over the top if desired and enjoy.

# SAUSAGE ROLLS

*Serves 4 - 6*

## INGREDIENTS

1 tin of black beans, rinsed +

drained

2 medium sweet potato, peeled

+ diced

1 onion, diced

1 carrot, grated

1 zucchini, grated

2 cloves of garlic, crushed

2 tbsp smoked paprika

1 tbsp tomato paste

1 packet Mountain Bread

2 eggs, whisked

Sesame seeds

Salt and pepper

## METHOD

Pre-heat oven to 200 degrees and line a baking tray. Place diced sweet potato on the baking tray and roast until soft. Remove sweet potato from the oven and pop them into a bowl. Mash until combined.

Add the black beans to the bowl and continue to mash with the sweet potato.

Add the onion, carrot, zucchini, garlic, paprika, salt and pepper and tomato paste and stir until combined. Place a piece of mountain bread on the bench and spoon approximately 3 tbsp of mixture onto the long edge of the mountain bread (leaving an inch at the edge). Roll the mountain bread until you have enclosed the sausage roll. Using a pastry brush, brush some of the whisked egg along the edge of the mountain bread wrap to seal. Once you have used up all the sausage roll mixture, slice each mountain bread log into 5 sausages rolls. Brush the top of each sausage roll with the egg wash, and sprinkle with sesame seeds. Place in the oven and cook until lightly browned, approximately 35 minutes.



# SIMPLE BOLOGNESE

*Serves 3*



## INGREDIENTS

1 brown onion - diced  
2 cloves garlic - crushed  
1 carrots - grated  
1 zucchini - grated  
1 can organic diced tomatoes  
1 bottle organic tomato passata  
1 tsp dried oregano  
1tbs dried thyme  
500g grass feed organic minced  
beef  
himalayan salt and pepper to  
taste  
chopped basil to serve

## METHOD

Heat a pan over medium high heat and add coconut oil. Brown onion and garlic then add dried herbs and coat. Add all ingredients into a slow cookers and cook on low for 6-8 hours.  
Stir through basil before serving.  
We recommend serving with zucchini or carrot noodles.





# POKE BOWL

*Serves 4-6*



## INGREDIENTS

1 piece sashimi grade tuna  
1 carrot, grated with a julienne peeler  
1 cucumber, grated with a julienne peeler  
1/4 of half a purple cabbage  
Packet frozen edamame - defrost  
1 packet brown rice chia noodles  
1 avocado, diced  
Sesame seeds to taste  
Black sesame seeds to taste  
1/4 cup tamari  
1/4 cup sesame oil  
1/4 cup rice wine vinegar  
1 tbsp honey

## METHOD

Place tuna in freezer for 15 minutes then remove and slice into desired size pieces with a sharp knife.  
Cook the noodles to packet instructions and then strain and allow to cool or run under cold water.  
Grate carrot + cucumber into ribbons. Slice cabbage + dice avocado.  
In a bowl, combine the sesame oil, tamari, rice wine vinegar + honey.  
Arrange the tuna, noodles, vegetables & avocado in a bowl each serving bowl. Pour over the dressing and sprinkle sesame seeds + black sesame seeds over the top.  
Serve with sriracha and kewpie mayo for an extra treat.

# SIMPLE SAN CHOY BOW

*Serves 4-6*



## INGREDIENTS

500g organic chicken mince  
1 small can water chestnuts - drained and sliced  
1 medium onion - diced  
1 small carrot - diced  
2 spring onions - sliced  
1 zucchini - diced  
1 clove garlic - minced  
2cm ginger - grated  
1/4 cup tamari  
2 tbs honey  
1/4 cup water  
1 tbs tapioca flour  
lettuce cups to serve

## METHOD

Remove and wash your lettuce cups, keeping them whole. In a large pan on high heat, fry onion, carrot and zucchini in 1 tbs coconut oil until browned and softened.

Add the minced garlic and ginger and stir through.

Add the chicken mince and break up and cook until completely browned.

Once chicken is cooked, add the water chestnuts. If the mix is sticking, turn the heat down to medium.

Pour in the honey and tamari and mix through.

Create a 'slurry' using 1/4 cup water and 1 tbs tapioca flour and mixing until smooth. Pour this into the mince mixture. It will thicken the sauce and make it glossy.

Continue to cook for 2 minutes.

Serve mince in the lettuce cups, or shred the lettuce and serve mince on top for messy eaters.





# SLOW COOKED BEEF TACOS

*Serves 4 - 6*

## INGREDIENTS

1kg beef chuck steak or brisket  
1 small onion, diced  
3 garlic cloves, crushed  
1 jalapeno, seeds removed and finely sliced  
1 can diced tomatoes  
2 tsp ground cumin  
1 tsp ground coriander  
¼ cup lime juice  
¼ tsp cayenne pepper  
Salt and pepper to taste  
1 lime  
¾ cup natural coconut yoghurt  
1 tbsp nutritional yeast  
Lettuce, sliced  
Tomato, sliced

## TORTILLAS

2 cups spelt flour  
2 tbsp coconut oil  
1/2 tsp salt  
½ cup hot water  
1 tsp baking powder

# SLOW COOKED BEEF TACOS

*Serves 4-6*

## METHOD

Combine the flour, baking powder and salt in a bowl. Add the coconut oil to the bowl and stir until combined. Add the hot water to the bowl and using a spoon, stir to combine into a dough ball. Allow the dough to rest until it's cool enough to knead.

Place the dough on a lightly floured board or bench and knead until it is soft, wetting your hands if necessary to help with the kneading process. Allow the dough to rest for 15 minutes.

Divide the dough in 20 equal sized portions and roll each portion into a ball. Sprinkle each ball with a little flour and roll with a rolling pin into a tortilla shape, approximately 8 inches in diameter.

To cook the tortillas, heat a pan on medium to high heat and place a tortilla on the pan once hot.

Cook for two minutes on each side and wrap in a tea towel to keep them warm and soft.

In a slow cooker, place the onion, garlic, jalapeño. Rest the beef on top of the onions and sprinkle with salt and pepper.

In a bowl, combine tinned tomatoes, lime juice, cumin, coriander and cayenne pepper. Pour the liquid over the top of the beef and cook on slow for 8-10 hours or high for 4-5 hours.

Once the beef is cooked, shred with two forks and stir to coat in the cooking juices.

In a separate bowl, combine the coconut yoghurt, nutritional yeast, the juice of one lime and salt and pepper to taste.

To assemble, place some lettuce and tomato inside a tortilla and top with shredded beef. Drizzle some coconut sour cream over the top





# SLOW COOKED BEEF STEW

*Serves 4-6*

## INGREDIENTS

1 tbs coconut oil  
750g chuck steak  
2 celery stalks - chopped  
2 carrots - chopped  
3 potatoes - chopped  
1 onion - quartered  
2 cloves garlic - crushed  
2 tbs coconut aminos  
2 + 1/2 cups bone broth  
2 tbs tapioca flour  
2 tbs fresh thyme  
1 bay leaf  
himalayan salt and pepper

## METHOD

Heat coconut oil in a fry pan and sauté garlic and onion at medium heat until softened.

Add to the slow cooker.

Toss steak in tapioca flour, salt and pepper and then add to the slow cooker.

Add the rest of the ingredients to the slow cooker and stir to combine.

Cook on low for 8 hours.



# SLOW COOKED DELICIOUS CHICKEN

*Serves 4 - 6*

## INGREDIENTS

1.5kg organic chicken thighs  
2 tbs curry powder  
1 tbs paprika  
1 tsp ground black pepper  
2 tsp himalayan sea salt  
4 cloves garlic - crushed

1 medium onion - chopped  
1 cup Brussel Sprouts - cleaned and halved  
2 cups celery - roughly chopped  
1 cup coconut milk  
1 cup chicken broth  
1 green chilli - thinly sliced

## METHOD

Place chicken thighs at the bottom of your slow cooker.

Mix the dry spices together and sprinkle over chicken.

Lightly toss to coat.

Place garlic, onions, carrots, brussel sprouts and celery on top.

Combine coconut milk and broth and pour over vegetables and chicken.

Cook on low for 6 hours. Top with green chilli before serving.



# SLOW COOKED LAMB SHOULDER

*Serves 4 - 6*

## INGREDIENTS

1 organic lamb shoulder  
2 brown onions- diced  
3 cloves garlic - minced  
1 knob ginger - grated  
1 tsp turmeric  
1 tbs ground cumin  
1 tbs ground coriander  
1/4 tsp cinnamon  
himalayan salt and pepper  
coconut oil for frying  
1 can diced tomatoes  
250 ml bone broth

## METHOD

In a pan, heat coconut oil and brown lamb shoulder on all sides.

Place in slow cooker insert.

In the same pan, brown onion, garlic and ginger until soft.

Add spices and himalayan salt and pepper, stir to combine.

Add diced tomatoes and bone broth and stir to combine.

Pour onion mix over lamb shoulder and cook on low for 10 hours.

When finished, pull lamb apart with two forks and serve with sauteed kale, cauliflower mash or your choice of sides.

# STICKY THAI CHICKEN

*Serves 4-6*

## INGREDIENTS

8 organic chicken thighs - chopped  
2 chopped lemongrass stalks -  
white part only  
1 tsp dried chilli flakes  
1/4 cup honey or maple syrup  
1/4 cup organic fish sauce  
1/4 cup tamari  
2.5 ginger - grated  
1 tbs sesame seeds

## METHOD

Place the chicken, lemongrass, chilli flakes (omit if feeding to children and add before serving), honey, fish sauce, tamari and grated ginger to a bowl or container and coat.

Leave for a few hours (tomorrow night if possible) but definitely doesn't matter if you can't! Bake for in a 200 degrees pre heated oven for 15 minutes, or until chicken is cooked through.

Serve with shredded cabbage salad or steamed vegetables.





# SWEET POTATO FISH CAKES

*Serves 3 - 4*

## INGREDIENTS

400g sustainably caught canned tuna  
handful spinach - chopped  
1 small sweet potato - grated  
1/2 cup peas  
2 eggs

1 tbsp sesame seeds  
1/2 - 1 cup coconut cream  
1 tsp thai red curry paste  
1/2 cup coconut flour

## METHOD

Preheat oven to 175 degrees.

In a small pot or frypan add the sweet potato, coconut cream and curry paste. Cook until sweet potato becomes soft and is able to be mashed with a fork (you may need to add a little more coconut cream as you go depending on the size of your sweet potato). Add all of the ingredients into a large bowl and mix thoroughly.

Roll the mixture into balls. Heat 1 tbs coconut oil in a pan over medium high heat and brown for 2 minutes each side.

Transfer to a baking tray and place in the oven for 15 minutes to cook through. Serve with sautéed veggies, in a salad or in a poke bowl.

# THAI COCONUT RICE

*Serves 4-6*

## INGREDIENTS

1 cup jasmine or brown rice  
1 cup water  
1 can (15 oz.) full-fat coconut milk  
1/2 tsp. fresh ginger, minced  
1 garlic clove, minced  
1/2 green pepper, diced  
1/2 red pepper, diced  
1 small onion, chopped (approx. 1/3 cup)  
2 carrots, peeled and diced  
2 tsp. toasted sesame oil or vegetable broth  
1/4 cup green onions, diced  
1 cup roasted peanuts, crushed

## METHOD

Add the rice, water, coconut milk, garlic, and ginger to a small pan. Cook on low heat for 30 minutes, mostly covered. Stir a few times to keep the rice from sticking on the bottom. Once cooked, cover and turn the heat off.

Heat toasted sesame oil/broth in large skillet on medium heat. Sauté peppers, onion, carrots, and jalapeño for about 10 minutes.

Remove from the heat.

Stir rice into the sautéed vegetables.

Add coriander, green onions, and peanuts. Serve hot.



# THAI CHICKEN PATTIES

*Serves 4-6*

## INGREDIENTS

400g chicken mince  
1tbsp Thai Red Curry Paste  
1 egg  
1/2 cup brown rice crumbs  
1tbsp fish sauce  
3 spring onions, sliced thinly  
Mixed salad greens

## DRESSINGS

1 birds eye chilli  
Juice of 1/2 lime  
1tbsp coconut sugar  
1 tbsp fish sauce

## METHOD

Add all ingredients to a bowl and combine well. Roll the mixture into large balls.

Heat a pan with a little coconut oil on medium heat. Once heated add chicken balls to the pan and press to flatten. Cook until lightly browned and then flip and cook until cooked through.

In a mortar and pestle add the chilli and grind until a paste. Add in the rest of the ingredients and stir to combine. Taste and add more fish sauce or coconut sugar to adjust taste.

To serve add the mixed greens, top with chicken patties and drizzle with dressing.



# BASIC STIR FRY SAUCE

*Serves 4 - 6*

## INGREDIENTS

- 1 cup vegetable broth
- 2 Tbsp. Braggs liquid aminos or tamari
- 1 Tbsp. coconut sugar
- 1 Tbsp. rice wine vinegar

## METHOD

Whisk ingredients together in a medium bowl.

To make this a thicker glaze, whisk in 1 tsp. cornstarch and let sit for ten minutes before adding to the stir-fry.





# HOISIN SAUCE

*Serves 4 - 6*

## INGREDIENTS

4 Tbsp. Braggs liquid aminos or tamari  
2 Tbsp. organic smooth peanut butter,  
room temperature  
1 Tbsp. molasses or honey  
2 tsp. rice vinegar  
1 clove garlic, minced  
1/8 tsp. ground black pepper

## METHOD

Combine ingredients and whisk until well blended. Goes well with tofu lettuce wraps and stir-fry.



*The Nourish Collection*  
**VEGETARIAN &  
VEGAN**

# ASPARAGUS SOUP

*Serves 1*



## INGREDIENTS

1 tbs coconut oil  
1 onion - diced  
2 sticks celery - diced  
1 bulb garlic - halved  
1 leek - diced  
1 large potato - diced  
600 mls water 6 asparagus spears  
1 tbs coconut yogurt  
dried chilli flakes  
almond flakes pumpkin seeds  
ground pepper

## METHOD

Heat coconut oil in a large pot over medium high heat. Cook onion, celery and garlic until tender then add in the potato and leek.

After 5 minutes, cover with boiling water and simmer for 10 minutes.

Add in the asparagus and cook for a further 5 minutes.

Allow to cool slightly and blend with a stick blender until smooth.

Check for seasoning.

Mix through coconut yogurt and chilli flakes.

Sprinkle over almond flakes and pumpkin seeds to serve.





# ASIAN STYLE PULLED JACKFRUIT TACOS

*Serves 4-6*

## INGREDIENTS

### FILLING:

1 can jackfruit in brine  
1 tbsp tamari  
1 tsp sesame oil  
1/2 tsp Chinese 5 spice  
1 fresh chilli, sliced  
1 cup purple cabbage, thinly sliced  
1 cup carrot, thinly sliced  
Handful of fresh coriander  
1 lime

### SAUCE:

1 clove garlic, thinly sliced  
1 tbsp peanut butter  
1 tbsp tamari  
1 tsp sesame oil  
1 tsp rice wine vinegar  
Coconut oil  
Salt and pepper to taste

### TORTILLAS:

2 cups rice flour  
2 tbsp coconut oil  
1/2 tsp salt  
1/2 cup hot water  
1 tsp baking powder

## METHOD

Combine the flour, baking powder and salt in a bowl. Add the coconut oil to the bowl and stir until combined. Add the hot water to the bowl and using a spoon, stir to combine into a dough ball. Allow the dough to rest until it's cool enough to knead. Place the dough on a lightly floured board or bench and knead until it is soft, wetting your hands if necessary to help with the kneading process. Allow the dough to rest for 15 minutes. Divide the dough in 20 equal sized portions and roll each portion into a ball. Sprinkle each ball with a little flour and roll with a rolling pin into a tortilla shape, approximately 8 inches in diameter.

To cook the tortillas, heat a pan on medium to high heat and place a tortilla on the pan once hot. Cook for two minutes on each side and wrap in a tea towel to keep them warm and soft. Drain and rinse the jackfruit. Pull apart into smaller pieces with a fork. In a pan, fry jackfruit, 5 spice, tamari and sesame oil, for 3-5 minutes, set aside. In a bowl, combine cabbage and carrot, set aside.

For the sauce, in a small saucepan, heat coconut oil on medium heat and fry garlic until golden. Add the remaining ingredients and stir until a smooth consistency is formed. To assemble, scoop jackfruit mixture onto tortilla, add cabbage/carrot mixture, a squeeze of lime juice and the homemade sauce. Top with fresh chili.

# ASPARAGUS + PEA RISOTTO

*Serves 4-6*



## INGREDIENTS

- 2 tbs ghee
- 2 medium leek - white part chopped
- 2 cloves garlic
- 1/2 tsp dried oregano
- 1 small head cauliflower - grated
- Bone broth - as needed
- 1 bunch asparagus - chopped
- 1 cup frozen peas
- 1 tbs lemon juice
- Nutritional yeast to serve
- 30g fresh parsley - chopped

## METHOD

Place a large pan over a medium heat and add ghee. When heated add leeks and garlic and cook softly.

Add oregano to the pan and stir through. Add cauliflower and stir through. Ladle one large spoonful at a time of bone broth into the risotto, stirring between, until cauliflower is tender. Stir through asparagus and peas and let heat through for 2-3 minutes on a low heat. You may need to add another ladle of broth if it becomes too dry. Gently stir through the lemon juice and nutritional yeast.

Serve in bowls and top with olive oil and parsley.



# BEETROOT, FETA & WALNUT SALAD

*Serves 1*



## INGREDIENTS

- 1 cup baby spinach
- 1 cooked beetroot, chopped
- 1/2 pack feta cheese, crumbled
- 1 handful walnuts
- 2 spring onions, sliced
- Sprig mint leaves, chopped

## DRESSING:

- 1 tbsp balsamic vinegar
- 1 tbsp honey

## METHOD

Combine all ingredients in bowl, then mix vinegar and honey and drizzle over the top.

# BUFFALO CAULIFLOWER

*Serves 4-6*



## INGREDIENTS

1 cup tapioca flour  
1 cauliflower, cut into small florets  
1/2 cup water  
1/2 cup plant milk  
2 tsp cumin, ground  
2 tsp paprika  
2 tsp garlic powder  
1/2 tsp Chili power (optional)  
1/4 cup ghee, melted  
Salt and pepper to taste

## METHOD

Preheat oven to 200 degrees and line a baking tray with baking paper.  
Cut cauliflower into small florets, wash and set aside.  
Whisk the remaining ingredients in a bowl until smooth consistency has formed with no lumps.  
Coat each cauliflower floret with the batter and place on baking tray.  
Bake until golden, turning florets half way so all sides are crispy.  
Serving suggestion: Serve with ranch or hot sauce for an extra treat





# CARROT AND ZUCCHINI FRITTERS

*Serves 1*



## INGREDIENTS

1 medium carrot  
1 medium zucchini  
4 spring onions, sliced  
1 egg  
1/2 cup gluten free flour  
1/4 tsp cayenne pepper  
crumbled goat's cheese  
olive oil

## METHOD

Grate carrot and zucchini and mix through chopped spring onions.  
Stir in goat's cheese, flour and egg. Season with salt and pepper.  
Make large spoonful of mixture and panfry until golden and cooked through.

# CAULIFLOWER GRITS

*Serves 4-6*



## INGREDIENTS

1 head cauliflower  
2 cups vegetable broth  
1 cup almond meal  
Garlic powder, salt & pepper

## METHOD

Cut the cauliflower florets off the stalk and into 1-2 inch pieces.  
Fill the food processor until half full. You may have to do two batches to avoid overfilling. Pulse until the cauliflower is finely chopped like grits.  
Add grits, broth, and almond meal in a medium sauce pot. Bring to a simmer over medium heat.  
Simmer and stir occasionally for 20 minutes until desired grit texture.  
Season with garlic, salt, and pepper. Serve immediately.



# CAULIFLOWER PIZZA

*Serves 4 - 6*



## INGREDIENTS

6 button mushrooms, thinly sliced  
1 large potato, thinly sliced  
2 garlic cloves, grated  
1 spring fresh rosemary  
1/4 cup organic goats cheese,  
crumbled  
1 tbsp tomato paste  
1/2 cup fresh rocket

1 tbsp balsamic vinegar  
1/2 tsp Italian herbs

### BASE:

1 large cauliflower head, grated  
1 egg, beaten  
1/3 cup goats cheese, crumbled  
Salt and pepper to taste

## METHOD

Pre heat the oven to 200 degrees.

Divide the cauliflower into large florets and grate, or blitz forests in a blender.

Place cauliflower in a nut bag or tea towel and squeeze out the excess liquid.

Combine the cauliflower, egg, cheese, salt and pepper in a large bowl.

Line a baking tray with a piece of baking paper and place the mixture on to the baking paper and press into an even circle, replicating a pizza base.

Bake for 25 minutes or until golden. Once cooked, cover the pizza base with the tomato paste, fresh garlic and Italian herbs.

Layer the pizza with potato, mushrooms, goats cheese and sprinkle with the rosemary leaves.

Place the pizza back in oven for another 10 minutes (or until golden). Garnish with fresh rocket and a drizzle of balsamic.



# CAULIFLOWER FRIED RICE

*Serves 4 - 6*



## INGREDIENTS

2 cloves garlic - sliced  
4 organic eggs  
1 onion - finely chopped  
2.5cm ginger - grated  
1 head cauliflower - blitzed to rice size  
50g bean sprouts  
4 spring onions - sliced  
1/2 red capsicum - chopped  
2 tbs tamari  
2 tbs sesame oil  
white pepper to taste

## METHOD

In a large fry pan, heat 3 tbs coconut oil and gently fry sliced garlic over medium heat until browned.

Set aside on kitchen paper to dry.

Mix eggs in a bowl and fry in same pan as a big flat omelette.

Slice into strips and set aside.

Heat another tbs coconut oil and cook onion and garlic until browned and softened.

Stir through cauliflower rice and cook for just 2-3 minutes.

Add in bean sprouts, spring onions and capsicum.

Mix tamari, sesame oil and white pepper in a bowl and pour over rice

Serve with fried garlic.



# CAULIFLOWER RICE

*Serves 4-6*



## INGREDIENTS

1 head of cauliflower  
1 Tbsp. olive/coconut oil or vegetable broth  
Salt & pepper

## METHOD

Cut the cauliflower florets off the stalk and into 1-2 inch pieces. Fill the food processor until half full. You may have to do two batches to avoid overfilling. Pulse until the cauliflower is evenly chopped in tiny rice-like shreds. Raw cauliflower rice can also be eaten as is or on top of salads. Sauté or Oven Roast.

### **SAUTÉ COOKING METHOD:**

Heat oil/broth on medium heat. Add cauliflower and stir gently. Cook uncovered for about 5-7 minutes until tender. Stir gently when needed. Don't over stir or it will become mushy.

### **OVEN ROAST COOKING METHOD:**

Preheat oven to 220 °C. Spread cauliflower and oil/broth onto a baking sheet. Roast for 20-25 minutes, tossing 2-3 times with a spatula. Salt and pepper to taste. You can also add minced garlic, lemon juice, or fresh herbs if desired for additional flavouring. Serve immediately or use as a substitute in any favourite rice recipe.



# CREAMY LEEK AND CAULIFLOWER SOUP

*Serves 4 - 6*

## INGREDIENTS

1 tbsp butter or ghee  
1 large cauliflower - chopped  
2 leeks - chopped  
4 cloves garlic  
1 small white potato, optional, chopped  
1 litre bone broth or chicken/veggie stock - or to desired consistency  
2 cups almond milk  
2 tbsp nutritional yeast, optional (added dairy free cheesy flavour)  
seasoning to taste

## METHOD

Pan fry leek in butter until softened.  
Add garlic, stirring continuously until fragrant.  
Add cauliflower and potato, stock and simmer for 20-30 minutes, until really tender.  
Add remaining ingredients.  
Transfer to a blender in batches and blend until really smooth and creamy.  
Sautè mushrooms in garlic and oil and top the soup.





# DIY BURRITO BOWL

*Serves 4 - 6*

## INGREDIENTS

### **FIRST LAYER:**

rice or quinoa

1-2 cups brown rice, jasmine rice, or quinoa (use a rice cooker or Instapot for quick prep)

Optional: add lime juice and cilantro after cooking.

### **SECOND LAYER:**

pinto, kidney, or black beans

(seasoned black bean recipe below)

### **THIRD LAYER:**

choice of veggies

Organic corn

Sautéed peppers and onions

Roasted sweet potatoes or butternut squash cubes

### **TOPPING OPTIONS:**

Green or red onion, chopped

Grape tomatoes, sliced

Fresh cilantro, chopped

Avocado, diced

Chopped lettuce

Salsa

Guacamole

Dairy-free sour cream

## METHOD

Layer, toss, top, and enjoy.

# EGGPLANT DUMPLINGS

*Serves 4-6*

## INGREDIENTS

1 cup buckwheat flour  
6 tbsp cold water  
2 cm fresh ginger, ground  
1/2 cup eggplant, diced  
1/2 cup organic silken tofu, diced  
Salt, pinch

## METHOD

Combine the flour, salt and water in a bowl.

Knead until a smooth round ball is formed. To create each single dumpling wrapper, use a small portion of the dough, rolling it into a ball and roll out into an oval shape and until 3mm thin.

Place eggplant, ginger and tofu into a blender and blend until combined.

Scoop a tsp of the mixture into the middle of the dumpling wrapper. Holding the mixture in, fold the dumpling in half. Press edges together to ensure there is no leakage.

On medium heat, fry dumplings in coconut oil until one side is golden.

Put 3 tbsp water into the pan and cover to steam. (Dumplings can also be steamed in bamboo steamers.) Steam until soft - about 5 minutes.

**Serving suggestion:** Serve with tamari and fresh chill.





# FRIED RICE

*Serves 4-6*

## INGREDIENTS

2 cloves garlic - sliced  
4 organic eggs  
1 onion - finely chopped  
2.5cm ginger - grated  
1 cup brown rice, cooked  
½ cup frozen peas  
1 carrot, diced  
50g bean sprouts  
4 spring onions - sliced  
1/2 red capsicum - chopped  
2 tbs tamari  
2 tbs sesame oil  
white pepper to taste

## METHOD

In a large fry pan, heat 3 tbs coconut oil and gently fry sliced garlic over medium heat until browned.  
Add the carrot to the pan and fry until soft.  
Set aside on kitchen paper to dry.  
Mix eggs in a bowl and fry in same pan as a big flat omelette.  
Slice into strips and set aside.  
Heat another tbs coconut oil and cook onion and garlic until browned and softened.  
Stir through cooked brown rice and cook for just 2-3 minutes.  
Add in bean sprouts, spring onions, capsicum and peas.  
Mix tamari, sesame oil and white pepper in a bowl and pour over rice.  
Serve with fried garlic.

# GREEN QUINOA CAKES



*Serves 4 - 6*

## INGREDIENTS

1 cup almond meal  
1/4 cup shredded coconut  
2 zucchinis - grated  
1 carrot - grated  
1 cup cooked quinoa  
1 tsp sea salt  
1 tbs turmeric  
2 eggs

## METHOD

Mix all ingredients in a bowl until well combined.  
The mixture should be moist and stay together.  
Heat coconut oil in a fry pan over a medium high heat.  
Roll 1/4 cup of the mixture and shape into a pattie shape and cook each side until browned.  
Serve with a raw salad or some steamed green vegetables.





# GREEN SHAKSHUKA

*Serves 4 - 6*



## INGREDIENTS

1 tbsp olive oil  
1 onion (peeled and diced)  
1 clove garlic (peeled and finely minced)  
3 cups broccolini  
3 cups baby spinach leaves  
2 tbsp coconut milk or cream  
1 tsp ground cumin  
1/4 tsp black pepper  
14 tsp salt (or to taste)

## GARNISH:

1 pinch of sea salt  
1 pinch of red pepper flakes  
4 eggs

## METHOD

Preheat the oven to 180 C

Add the broccolini to a large pot of boiling water and cook for 2 minutes. Drain and set aside.

Add the tbsp of olive oil along with diced onions to a large ovenproof pan or cast iron pan. Cook on medium heat for about 10 minutes or until the onions become translucent. Add the minced garlic and continue cooking for about another minute.

Cut the par-cooked broccolini into small pieces and stir into the onion and garlic mixture. Cook for a couple of minutes, then stir in the baby spinach leaves.

Continue cooking for another couple of minutes, stirring often, until the spinach begins to wilt.

Stir the ground cumin, salt, ground black pepper, and coconut milk. Make for wells in the mixture and crack an egg into each well, being careful not to break the yolks. Note that it is easier to crack each egg into a small bowl and then transfer to the pan.

Place the pan with the eggs into the pre-heated oven and cook for 10 to 15 minutes until the eggs are set to your liking. Sprinkle the cooked eggs with a dash of flaky sea salt and a pinch of red pepper flakes.



# HEALING NOODLE BROTH

*Serves 4 - 6*

## INGREDIENTS

1 tbsp coconut oil  
1 knob ginger - grated  
1 clove garlic - crushed  
2 tsp fresh or dried turmeric  
1 litre organic vegetable stock  
gave vege - zucchini, spinach, bok choy, snowpeas  
1 tin coconut cream  
vermicelli noodles

## METHOD

Heat oil in large pan over medium - high heat and add ginger and garlic.

Add turmeric and heat until fragrant.

Add your veggies and stir through before pouring in stock and coconut cream. Bring to the boil and lower to a simmer.

Continue to simmer until the veggies are cooked and add vermicelli noodles.

Top with baby spinach, mint, coriander or your favorite herbs.

# KALE AND WATERMELON SALAD

*Serves 4 - 6*



## INGREDIENTS

2 cups kale (sweet baby kale is the best)  
1 cup lettuce (any variety)  
1 medium cucumber  
1 and 1/2 cups watermelon, balled or cubed  
3/4 cup walnuts (halves or pieces is fine)  
3 Tbsp. blueberry, pear or regular balsamic vinaigrette  
Drizzle of avocado oil or safflower oil (optional)

## METHOD

Wash, rinse and spin sweet baby kale and lettuce together.  
Arrange in a bowl.  
Peel cucumber (optional) and cut into half moon shapes, or cube.  
Using a melon baller (or cookie scoop), scoop watermelon into balls and place on top of lettuce and cucumbers.  
Add walnuts.  
Drizzle with the balsamic vinaigrette of your choice.  
Spritz or drizzle with avocado oil or safflower (optional).





# KINDA RAW BROCCOLI SALAD

*Serves 4-6*



## INGREDIENTS

1-2 heads broccoli - chopped small  
1/4 cup cranberries or sultanas  
4 thin slices of lemon cut into 8ths.  
1/2 cup almonds, cashews or pepitas  
dill to taste  
olive oil  
salt and pepper

## METHOD

Preheat your oven to 200 degrees.

Place half the chopped broccoli on a baking sheet and coat in coconut or olive oil and salt. Roast for 20 mins, shaking it at halfway.

Place raw broccoli, sultanas/raisins, lemons and dill in a bowl and mix to combine. Spread nuts on a tray and place in oven with broccoli for 8 mins.

Combine all dressing ingredients in a jar and shake to combine.

When broccoli and nuts are done, mix through and coat with dressing to taste (not all of it, check to your taste).

This will last up to 2 days in the fridge with dressing.



# MASTER CLEANSE SALAD

*Serves 4 - 6*



## INGREDIENTS

- 1 small broccoli head, rinsed and cut in small florets
- 1 zucchini, shaved
- 1 avocado, peeled and cut in cubes
- 1 bunch watercress, rinsed
- 1 small red onion, cut in thin rings
- lemon or lime juice
- 1 tbsp extra virgin olive oil
- 1 tbsp dijon mustard
- 1 tbsp sea salt
- 1 tbsp chia seeds
- 1 cup toasted almonds, crushed

## METHOD

- Add the vegetables in a large bowl and toss to combine.
- Add the olive oil, lemon juice, mustard and sea salt in a small bowl and whisk to obtain a creamy dressing.
- Pour the dressing over the salad, add chia seeds and almonds and mix to combine.
- Set aside for 5/-10 minutes for the flavours to combine then serve.

# MIXED GREENS AND KALE HARVEST



*Serves 4 - 6*

## INGREDIENTS

8 cups kale and mixed greens  
2 avocados  
6 radishes  
2 blood oranges  
1/2 cup almonds, sliced  
3 Tbsp. olive oil  
Salt and pepper

## METHOD

Using your hands, lightly massage kale with olive oil.  
Toss in mixed greens.  
Slice radishes, section blood oranges, and dice avocado.  
Toss all together.  
Season with salt and pepper.  
Plate and garnish with sliced almonds.





# POTATO VEGGIE PANCAKE

*Serves 4-6*

## INGREDIENTS

1 can black beans  
1 carrot, grated  
1/2 onion, diced small  
2 medium potatoes  
4 spring onions, chopped  
1 cup corn  
1/2 tsp. garlic salt  
2 Tbsp. olive oil

## METHOD

Pre-heat oven to 220°C. Drain beans. Mash them well with a fork or crush between fingers. Add the remaining ingredients, except olive oil, and mix until well combined. The mixture will be thick. You may need to use your hands to help mix it all together. Heat olive oil in a cast iron skillet. When glistening and hot, add potato mixture and cook until bottom is starting to set. About 5-7 minutes. Place in the oven for another 7-8 minutes until fully cooked. Before you remove it from the oven, place under broiler (high) until the top is brown and crispy.

# PUMPKIN + CHICKPEA CURRY

*Serves 3*



## INGREDIENTS

1/2 butternut pumpkin  
1 red onion, diced  
1 can chickpeas  
2 handfuls spinach  
2 cloves garlic  
1 can coconut milk  
1 can diced tinned tomatoes  
1 tsp turmeric  
1 tsp ground cumin seeds  
1 tsp ground coriander seeds  
1 tsp garam masala  
Brown rice (to serve)  
Coconut yogurt (to serve)

## METHOD

Dice onion and chop pumpkin into bitesized pieces.  
In a fry pan/wok, fry off the onion, add in the spices and cook for a few minutes until fragrant.  
Add in the pumpkin. I usually don't cook with oil so instead, I add small amounts of water to awaken the pan and to stop the pumpkin from sticking. Cook until the pumpkin is soft





# RED LENTIL SOUP

*Serves 4 - 6*



## INGREDIENTS

2 tsp coconut oil  
1 brown onion - diced  
2 carrots - diced  
2 celery stalks - diced  
2 garlic cloves - crushed  
4cm ginger - peeled and  
grated  
3 tsp ground cumin  
3 tsp ground coriander  
1 + 1/2 cups red lentils  
1 ltr vegetable stock  
2 cups water  
Chopped fresh parsley leaves  
to serve

## METHOD

Heat coconut oil in a large non-stick frying pan over medium heat. Add onion, carrot and celery. Cook, stirring often, for 5 minutes or until softened.

Add garlic and ginger and cook for 1 minute or until fragrant. Add cumin and coriander and cook, stirring for 30 seconds or until fragrant.

Transfer to the bowl of your slow cooker.

Add lentils, stock and water.

Season with salt and pepper.

Cover with lid and cook on low for 4 hours or until thickened.

Divide between serving bowls and top with parsley and cracked pepper.

# QUINOA & GREEN PEA "RISOTTO"

*Serves 4 - 6*

## INGREDIENTS

2 Tbsp. coconut oil or vegetable broth  
2 cloves garlic, minced  
1 cup organic quinoa  
2 cups broth  
2 cups frozen green peas or shelled edamame, thawed  
3-4 green onions, finely chopped  
2 Tbsp. parsley or cilantro  
Sea salt to taste

## METHOD

Heat oil/broth over medium-high heat and sauté garlic 2-3 minutes.  
Stir in quinoa and cook 1-2 minutes or until lightly toasted.  
Pour in vegetable broth.  
Stir in peas/edamame, green onions, parsley/cilantro.  
Cover and cook 15 minutes or until liquid is absorbed.  
Season with sea salt.



# RUSTIC PUMPKIN SOUP

*Serves 4 - 6*



## INGREDIENTS

- 1kg butternut pumpkin
- 1 brown onion - sliced
- 2 cloves garlic - peeled
- 3 cups vegetable or bone broth
- 1 cup filtered water
- 1/2 cup coconut cream

## METHOD

Cut the pumpkin into 3cm cubes.

Remove the skin and seeds. Place the pumpkin, onion, garlic, broth and water in a large pot over a high heat.

Allow to boil, uncovered and then reduce heat to a rapid simmer and let cook until pumpkin is tender. You'll know it's done when a butter knife slides through.

Remove from heat, allow to cool slightly and blend with a stick blender.

Stir through coconut cream and season with salt and pepper to taste.

Ladle into bowls and top with roasted pumpkin seeds, chilli flakes and some goats feta if desired.



# SEASONED BLACK BEANS

*Serves 4*



## INGREDIENTS

2 cans (15 oz.) black beans,  
drained and rinsed  
1 Tbsp. vegetable broth or water  
3/4 cup diced sweet onion  
3 medium garlic cloves, minced  
1 tsp. chili powder  
1 tsp. garlic powder  
3/4 tsp. dried oregano  
1/2 tsp. fine sea salt, or to taste

## METHOD

Sauté the onion and garlic with broth/water along with a pinch of salt, for about 5 to 6 minutes until softened.  
Stir in the black beans, chilli powder, garlic powder, dried oregano, and salt.  
Cook for a few more minutes until heated throughout.



# SHOW STOPPER SALAD

*Serves 4 - 6*



## INGREDIENTS

1 medium sweet potato - chopped  
1 onion - quartered  
1 tbs fresh or dried rosemary  
1/2 cup quinoa  
4 cups mixed leaf lettuce - washed  
1/3 cup goats feta  
1/4 cup of pumpkin seeds  
1 tbs olive oil  
1 tbs balsamic vinegar  
3 soft boiled eggs - halved.

## METHOD

Preheat oven to 200°.  
Toss sweet potato and onion with 1/2 tbsp coconut oil and rosemary.  
Roast until tender, 20-25 minutes.  
Rinse quinoa well and combine with water in a sauce pan.  
Bring to a boil, reduce to low heat, cover, and let cook for 15 minutes.  
Remove from heat and let sit for another 5 minutes, still covered.  
Let sweet potatoes and quinoa cool while making soft-boiled eggs.  
In a large bowl combine lettuce, sweet potatoes, onion, quinoa, pepitas and goats feta.  
Drizzle olive oil and balsamic vinegar over salad and toss together.  
Top salad with eggs.



# SLOW COOKED JACKFRUIT STEW

*Serves 4-6*

## INGREDIENTS

3 cans jackfruit  
2 tsp onion powder  
1 tsp garlic powder  
1 tsp ginger powder himalayan salt and pepper  
1 onion - chopped  
2 carrots - chopped  
4 celery stalks - chopped  
1/4 cup tamari  
1/4 cup honey  
1 can coconut cream  
2 tsp sriracha  
1 tsp fish sauce (omit for vegan)  
3 medium sweet potatoes  
2 tbs butter (omit for vegan)

## METHOD

Drain the jackfruit from the cans and take out the triangles.

Cut the point of the triangle off and discard, the remaining part is the best at shredding. Place jackfruit in a bowl with onion, garlic and ginger powder, salt and pepper and mix until coated.

Add the the slow cooker with onion, carrots, celery, tamari, honey, coconut cream, sriracha and fish sauce and cook on low for 6-8 hours.

When the stew is almost ready, prepare your sweet potato mash by boiling the sweet potato until tender and mashing with organic butter and salt.





# SPICED QUINOA AND CARROT SALAD

*Serves 4 - 6*



## INGREDIENTS

- 1/2 cup quinoa
- 1 tsp ground cumin
- 1 tsp smoked paprika
- 1 tsp ground coriander
- 4 carrots
- 1 tbs honey
- juice of 1/2 a lemon
- 2 tbs olive oil
- 1/2 cup almonds
- 1/2 cup sultanas/raisins

## METHOD

Start by rinsing your quinoa under water for 30 seconds.

Strain and add to a saucepan with 1 cup of water and spices.

Season with a little salt and bring to the boil.

Once boiling, lower to a simmer and cook covered for 12 minutes. While quinoa is cooking, ribbon your carrots and combine in a large bowl with honey, lemon and olive oil.

Toss all ingredients together and let cool or eat warm.

Toss all ingredients together and let cool or eat warm.



# STICKY SWEET 'N SOUR TOFU

*Serves 4 - 6*

## INGREDIENTS

1 cup basmati rice  
2 cups water  
500g organic tofu OR 500g organic chicken breast fillet, diced into small chunks  
1 carrot, thinly sliced  
1 head of bok choy, sliced into squares  
1 cup white cabbage, sliced  
1/2 onion, diced  
2 cloves garlic, thinly diced  
1/4 cup pineapple, small chunks  
1 fresh chilli, sliced  
Small handful coriander, roughly chopped

### **FOR THE SAUCE:**

1/2 cup pineapple juice  
1/2 cup tamari  
1/2tsp rice wine vinegar  
1tsp sesame oil  
1tsp corn starch  
1/2 lemon  
1tsp honey

## METHOD

Cook the rice in a rice cooker or saucepan on medium heat with lid.

Heat a pan on medium and sauté the chicken (if using) onion, garlic, cabbage and carrot in coconut oil for three minutes.

Add the pineapple, tofu and bok choy to the fry pan and cook for another five minutes.

In a bowl, combine all the sauce ingredients and whisk until smooth. Add the sauce to the vegetables and toss to coat.

Serve a portion of rice on each plate and top with the sautéed vegetables.

Garnish with chilli and coriander to serve.

# STIR FRY VEGIES

*Serves 1*



## INGREDIENTS

2 Tbsp. peanut oil or vegetable broth

Dense vegetables: bell peppers, carrots, zucchini, carrots, cauliflower, broccoli

Tender vegetables: onions, snow peas, baby corn, mushrooms

1 Tbsp. fresh garlic, minced

1 Tbsp. fresh ginger, grated

Optional fresh herbs: basil and cilantro

Optional garnish: sesame seeds

## METHOD

Prep veggies into similar bite-size pieces.

Heat wok or skillet over medium-high heat until extremely hot. Add oil or vegetable broth.

The pan should be hot enough to make a sizzle when you add ingredients. First add dense vegetables, fry for 1 minute, and then stir.

Next add tender vegetables, fry for 1 minute, and then stir. Cook in batches if needed to avoid overcrowding the pan.

Add in garlic and/or ginger. Fry for 1 minute, this time stirring the veggies constantly with tongs or spatula to avoid burning the garlic/ginger.

Pour in enough prepared sauce to coat all the vegetables and cook until bubbly. Veggies should be crisp but tender by this point.

Turn off heat and stir in fresh herbs.

Serve plain or over rice, quinoa, spaghetti squash noodles, or rice noodles.





# SWEET POTATO & KALE

*Serves 4-6*

## INGREDIENTS

- 2 medium or large sweet potatoes
- 1 Tbsp. coconut oil
- Salt & pepper to taste
- 1 small bunch tuscan kale, de-stemmed and chopped

## METHOD

Peel potatoes and then crank them through the spiralizer. Raw sweet potatoes are tough so use those muscles to give it enough pressure.

Heat coconut oil in a skillet on medium-high heat.

Add sweet potato noodles. Sauté for about 5 minutes until noodles are warmed through and tender.

Add chopped kale and continue to sauté until wilted, about 2-3 minutes.

Season with salt and pepper. Serve immediately. Makes 2 servings.



# SWEET & CRISPY EGGPLANT BAO

*Serves 4 - 6*

## INGREDIENTS

### BAO BUNS:

2 cups and 2 tbsp rice flour  
6 tbsp coconut sugar  
10 tbsp tapioca flour  
1/2 tsp salt  
1 tbsp olive oil  
150-200ml almond milk  
2 tsp baking powder

### SAUCE:

1 cm ginger, crushed  
4 tbsp tamari  
1 tsp rice wine vinegar  
1 tsp organic miso paste

### FILLING:

1/2 eggplant, thickly sliced  
1/2 cup tapioca flour  
1 tsp sesame seeds  
1 tsp seaweed, finely chopped  
1 egg Enoki mushrooms, small  
handful  
6 lettuce leaves  
1/2 stalk spring onion, thinly sliced  
coriander, small handful roughly  
chopped

## METHOD

Place the flour, coconut sugar, tapioca and salt into a bowl and mix to combine. Gradually add in the milk and oil and knead until the dough is no longer sticky. Place the dough in a bowl and allow to rest covered with a tea towel for at least 15 minutes. Bring water in a thermomix or steamer to a rolling boil. Shape the bao buns by lightly dusting a bench and dividing the dough into 8 portions. Keep them in the bowl covered while you work with one at a time. Roll into a ball and with the palm of your hand, flatten. Place on the dusted board and with a rolling pin, roll into an oval shape. Fold in half and place a piece of baking paper underneath the dough and also inside the folded space. Place the buns in a steamer or in your thermomix steam tray and make sure they don't touch. Steam on high for 10 minutes and once done, turn off the heat and allow them to sit for a further 3 minutes in the steamer before opening the lid. Whisk egg in a small bowl. In another bowl combine salt, pepper, seaweed flakes, sesame seeds and almond meal.

Coat the eggplant slices in egg then almond meal mixture and repeat again in the egg then almond meal mixture. Heat coconut oil on medium heat and fry the eggplant until golden on each side. Remove from heat and place on a plate. Sauté the enoki mushrooms for 2 minutes or until soft. Whilst the buns steam, prepare the sauce in a small saucepan on medium heat. Add the ginger and sauté till golden. Then add the remaining ingredients and stir until combined. Prepare bao buns on a plate by placing a piece of eggplant, some spring onion, some enoki mushrooms, fresh coriander and chilli. Drizzle with the sauce.



# SWEET & SAVORY RICE WITH CASHEWS

*Serves 4-6*

## INGREDIENTS

- 2 Tbsp. coconut oil or vegetable broth
- 2 cloves garlic, pressed
- 1 small onion, chopped (approx. 1/3 cup)
- 1/4 cup carrots, finely shredded
- 1/4 cup raisins
- 2 Tbsp. freshly parsley, chopped (or 2 tsp. dried)
- 1/2 cup cashews chopped (larger pieces)
- 1 cup dry brown rice
- 2 + 1/2 cups water
- 1 tsp. sea salt
- Optional: 1/4 tsp. cayenne pepper

## METHOD

Heat oil/broth over medium-high heat and sauté onions, garlic, and carrots until tender. Stir in remaining ingredients except salt. Bring to a boil; cover, reduce heat to low, and simmer until rice is done and water is absorbed, about 45-50 minutes. Add salt.



# TOTALLY RAW BROCCOLI SALAD

*Serves 4 - 6*



## INGREDIENTS

6 cups broccoli - chopped fine  
1 stalks celery - chopped  
4 springs onions - sliced finely  
1 cup almonds - chopped  
1/2 cup pumpkin seeds.

## DRESSING

1 cup organic mayonnaise or veganaise  
2 tbs honey  
1 tbs apple cider vinegar  
1 tbs lemon juice  
1/2 tsp sea salt

## METHOD

Toss salad ingredients to combine.  
Put dressing ingredients into a small jar and shake until combined.  
Serve salad with dressing over the top.

# VEGGIE BURGERS

*Serves 4-6*

## INGREDIENTS

1 can black beans, rinsed  
2 medium sweet potato, peeled  
and sliced 1cm thick  
1/2 onion diced  
1 cup peas  
1 tsp onion powder  
1 tsp smoked paprika  
Pinch sea salt  
1/2 cup brown rice crumbs

## METHOD

Preheat the oven to 200 degrees and place sweet potato slices on a lined oven tray (don't worry about oil).  
Bake until soft and turn half way through (about 20-30 mins).  
Pop frozen peas in some boiling to defrost. Then drain once ready.  
Pan fry diced onion until soft. Add rinsed black beans and sweet potato to a blender and blend until combined.  
In a bowl mix everything together (sweet potato, black beans, peas, onion, spices and crumbs). Form into large patties and pan fry in coconut oil until crisp on each side.  
Serve as a burger or a burger bowl.

**Serving suggestion:** Serve with lettuce, tomato, cheese, carrot, grilled mushroom, avocado, grilled onion.





# ZUCCHINI SOUP

*Serves 4*



## INGREDIENTS

4-5 small zucchinis - cut into small pices  
1 small brown onion  
1 tbsp coconut flour  
3-4 cups chicken stock  
1 teaspoon curry powder  
salt and pepper to taste  
1/2 - 1 cup cut broccoli (small pieces)  
2 diced potatoes

## METHOD

Cut the zucchinis into small pieces and dice the onion. Fry both in either a dob of butter or a small of oil. Add coconut flour and stir. Add zucchini and onion to flour mix, just enoigh to mix through. Add chicken stock and curry powder. Stir through salt and pepper to taste. Add broccoli, cauliflower and potato. Stir and cook until soft. Blend in blender and enjoy!



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# SWEETS AND TREATS

VITALITY HUB

# 4 INGREDIENT PROTEIN BARS

*Makes 16*

## INGREDIENTS

3 cups gluten free rolled oats - Can substitute for quinoa flakes

4 scoops/packets of your JP+ vanilla complete protein powder

1 cup smooth almond butter - Can use any nut or seed butter

1 cup brown rice syrup

1 tbsp of almond milk

1 cup chocolate chips - Optional

## METHOD

Line a 10 x 10-inch pan with parchment paper and set aside.

In a large mixing bowl, add your gluten-free rolled oats with your protein powder and mix well. Set aside.

In a microwave-safe bowl or stove top, combine your almond butter (or nut/seed butter of choice) with your brown rice syrup (or sticky sweetener of choice) and melt until combined. Add your wet mixture into the dry mixture and mix until fully incorporated. If needed, add some more almond milk to form a thick batter.

Pour your no bake protein bar batter into the lined pan and press firmly in place. Melt your chocolate chips and drizzle over the top.

Refrigerate for 30 minutes, or until firm.

Slice and keep in the fridge for when needed.





# BANOFFEE CARAMEL SLICE

*Make 16*

## INGREDIENTS

### BASE:

- 1 cup oats
- 1 cup walnuts
- 2 tbs honey
- 2 tbs nut butter (I used almond)

### CARAMEL:

- 2 cups dates
- 1 tbs honey
- 1 banana
- 1 tbs instant coffee
- 2 tbs coconut sugar
- 1 tbs cacao (or chocolate complete protein powder)
- Pinch of salt

### TOP:

- 1 1/2 blocks dark chocolate
- 1 tbs coconut oil

## METHOD

Line a suitable cake tray with baking paper and soak dates in hot water before beginning.

### BASE:

Add all the ingredients for the base into a food processor and blend until combined. The texture should be crumbly and stick together when compressed.

Transfer the mixture to the lined tray and press down firmly to create a solid base.

### CARAMEL:

Remove dates from water and blend in a food processor until broken down slightly. Add rest of the ingredients and blend together until a smooth, thick mixture is formed.

Transfer into tray and spread evenly over the base. Store in fridge while preparing top layer.

### TOP:

Melt chocolate over stove with oil until smooth. Pour over caramel layer, spreading evenly. Allow slice to set in fridge until hard. Cut up slice when set and ENJOY!

# BLUEBERRY RIPES

*Makes 16*

## INGREDIENTS

### BASE:

1.5 cups natural almonds  
8-10 medjool dates  
3 tablespoons coconut oil  
1 teaspoon vanilla extract  
1 punnet fresh blueberries (or frozen if needed)

### TOPPING:

1 cup cacao butter  
1/2 cup cacao powder  
1/4-1/2 cup (depending how sweet you like it)  
rice malt syrup, honey or maple syrup

## METHOD

Start by blending the almonds into a meal in a food processor or blender.

Add the pitted medjool dates and blend again until combined. Pour in the coconut oil and vanilla and blend, if it's still a little dry, add more coconut oil. Line a tin with some glad-wrap and pour in the base.

Spread out evenly but don't push flat just yet. Sprinkle your blueberries (or cherries) over the top and push it all flat with your hands or the back of a large spoon.

Place in the freezer while you make the topping.

For the cacao topping, place a heatproof bowl over simmering water on the stove. Add the chopped cacao butter and stir until melted completely.

Whisk in the cacao powder and add your sweetener of choice.

Grab your slice from the freezer and pour the cacao mix over evenly. Let set for at least an hour and chop into bars



# NICE-CREAM

*Serves 2*

## INGREDIENTS

1 scoop or 1 sachet of Complete by Juice Plus+ Chocolate  
100 ml 1% skimmed milk (or an unsweetened plant-based milk)  
2 bananas, cut into chunks and frozen  
handful of hazelnuts, soaked in the milk

## METHOD

Prep your bananas. Peel and cut your banana in chunks. Freeze for at least 5 hours.  
Soak your nuts! Add the hazelnuts to the milk and allow it to rest for 15 minutes.  
Blend it! Add the frozen banana chunks, hazelnuts, milk and Complete by Juice Plus+ Chocolate powder into the a mixer. Blend gently (not too long) till it has a nice-cream consistency.  
Decorate with some berries of your choice and eat your NICE-Cream :-)

## TIPS

Make sure the peel and chop your banana before you freeze it. Otherwise, the skin is very hard to peel off. If you try to blend the banana whole, it may choke your blender.  
Freeze your milk in an ice cube tray for extra thickness.  
Soak the hazelnuts so that they blend well instead of having tiny pieces that feel like sand in your mouth.



# BULLETPROOF CHOC ICE CREAM

*Serves 10 - 12*

## INGREDIENTS

4 whole eggs  
4 egg yolks  
2 tsp vanilla  
10 drops of lime juice or apple cider vinegar  
50 grams of coconut oil  
50 grams of MCT oil  
100 grams of grass-fed butter (we use KerryGold or WestGold)  
70 grams of xylitol  
1/2 cup raw cacao powder

## METHOD

Blend everything until completely lump free in a high powered blender or Thermomix.

If churning, pour into churner and let process for around 20 minutes or until thick and creamy!

If not, simply pour into a dish and store in the freezer.



# CACAO DIGESTIVES

*Makes 20*

## INGREDIENTS

### BASE:

2 cups walnuts

2 cups shredded coconut

1/4 cup coconut oil

1/2 cup rice malt syrup or honey

### TOPPING:

1/4 cup coconut oil

1/4 cup coconut milk

1/2 cup rice malt syrup or honey

1/2 cup raw cacao powder shredded coconut to top

## METHOD

If baking—preheat oven to 180°C.

Place walnuts and coconut in a food processor and blend to a crumb.

Stir in coconut oil and sweetener, then press into a lined square baking tin.

Place in oven for 20 minutes, keep an eye on it to make sure it doesn't burn. Then let cool.

For my raw buddies—place in freezer while you make the delicious topping.

For the topping, place a small pot over a low heat.

Combine coconut oil, milk and sweetener in the pot and whisk.

Once combined, add raw cacao powder and whisk until the mixture thickens slightly and is lump free.

Pour hot topping over bars and sprinkle with shredded coconut.

Place in fridge to set for a few hours then slice into bars.





# CARAMELISED BANANA + CHOC MUFFINS

*Makes 20*

## INGREDIENTS

3 mashed bananas (1/2 extra one to top)  
1/3 cup coconut sugar  
1 egg  
1 heaped tbs crunchy peanut butter  
1 tbs tahini

1/4 cup almond/coconut milk  
1 1/2 cup self raising flour  
1 tbs maple syrup (extra to top)  
Chocolate  
A dash of each: Cinnamon; Nutmeg; Bicarb  
soda; Vanilla extract

## METHOD

Preheat the oven to 180C.

Add the 3 mashed bananas to a bowl and mix with coconut sugar and the egg.

Add cinnamon, nutmeg, vanilla, peanut butter and tahini and mix thoroughly.

Add plant milk of choice and bicarb soda.

Mix and then add flour.

Chop up chocolate into small chunks and add to mixture, gently stirring through.

Grease a cupcake tin and spoon in mixture.

Chop up banana and push a small piece into the top of each muffin, then top with maple syrup.

Bake in the oven for 18-20 mins or until the top of the muffins start to brown.

Remove from oven and let cool before removing from muffin tin.

# CHRISTMAS CRANBERRY SLICE

*Makes 16*

## INGREDIENTS

2 cups raw almonds  
8 medjool dates, pitted  
1/4 cup desiccated coconut  
2 heaped tbs raw cacao powder  
1/2 cup cranberries  
1/4 cup pepitas  
1 cup coconut oil

## METHOD

Blitz the almonds in a blender or food processor until they resemble breadcrumbs.

Add the pitted medjool dates and blend until completely combined.

Stir through the coconut, cacao powder, cranberries and pepitas then add the coconut all and mix until well combined.

Line a square tin with glad wrap and pour in the mixture. Press down using wet hands (this stops the mix from sticking to them) and leave in the freezer to set for 1 hour.

Slice into bars and serve! Keep stored in the fridge.





# CHOC BIRTHDAY CUPCAKES

*Makes 20*

## INGREDIENTS

3/4 cup raw cacao powder  
80 grams almond meal  
1 1/2 teaspoons GF baking powder  
1/4 teaspoon salt  
1/2 cup + 1 tablespoon (126 grams) coconut oil, melted  
2/3 cup honey or maple syrup  
1/2 cup unsweetened applesauce  
4 large eggs, room temperature - chia egg if vegan  
1 tablespoon vanilla extract

## FROSTING

1 cup vegan chocolate chips (we love Loving Earth)  
1/4 cup coconut milk  
1/4 cup butter - use coconut oil for vegan  
1 tsp vanilla pinch of salt

## METHOD

Preheat your oven to 175 °C and line a muffin pan. In a medium mixing bowl, stir together the raw cacao powder, almond meal, baking powder and salt. Set aside.

In a large mixing bowl, stir together the melted coconut oil, honey, applesauce, eggs and vanilla. Add the dry mixture to the wet and stir just until combined. Pour the batter evenly into the muffin liners, about 3/4 full. Bake for 25-28 minutes. A toothpick inserted in the middle should come out mostly clean.

While baking, make the frosting: Heat the chocolate, coconut milk, butter/coconut oil, vanilla and salt in a small saucepan over medium/low heat until totally combined and smooth. Let the mixture cool in the pan for 15 minutes then transfer to the fridge. Stir every 5 minutes for the next 15 minutes - put a timer on your phone for ease! If you don't stir every 5 minutes it becomes too hard, this process makes it more like a traditional frosting. You'll know it's ready when it is light like cake frosting.

When the cupcakes are finished, let cool for 5 minutes and then remove to a wire rack to cool completely. These do not taste very good straight out of the oven. I recommend letting them sit for 2 hours and then frosting.

# CHOCOLATE ICE-CREAM

*Serves 4-6*

## INGREDIENTS

2 cups of sliced frozen banana

¼ cup cacao

1 tsp vanilla powder or extract

1 tbsp coconut milk

## METHOD

Add all ingredients to a high powered blender, blend on high until smooth. You may need to add a dash more coconut milk to help the blender along. Transfer to a bowl to serve.





# CHOCOLATE LAYER CAKE

*Serves 4-6*

## INGREDIENTS

2 cups almond meal  
1/4 cup raw cacao powder  
1 teaspoon bi-carb soda  
1/2 teaspoon himalayan pink salt  
2 eggs  
2/3 cup maple/rice malt syrup  
1/3 cup water  
2 teaspoon vanilla paste

## FROSTING:

100g Loving Earth Mylk Chocolate  
4 tablespoons coconut oil  
4 tablespoons maple or rice malt syrup  
1/2 cup ABC or almond butter

## METHOD

Preheat oven to 175°C and grease a 20cm spring form round cake tin with coconut oil and line the base with baking paper.

Mix together almond meal, raw cacao, bi-carb soda and salt in a bowl until combined.

In a separate bowl, whisk eggs, maple syrup, water and vanilla.

Combine the wet ingredients with the dry and stir to combine. Pour half the batter into your pan and bake for 15 minutes.

Once cooked and slightly cooled, remove to cool further on a rack and cook the other half of the batter for 15 minutes also.

For the frosting, melt the chocolate and coconut oil in a heatproof bowl over simmering water on the stove. Once melted, remove from heat and stir in the syrup.

Leave to cool slightly.

Add in the ABC butter using a whisk.

If the topping is slightly runny, place in the fridge for 15 minutes to harden slightly and then whisk again.

Top one half of the cake with the frosting and then place other half on top and cover completely with the remainder of the frosting.

# CHOCOLATE PROTEIN MOUSSE

*Serves 3*

## INGREDIENTS

2/3 cup sugar-free coconut yogurt

1 sachet/scoop chocolate or vanilla complete protein powder

Grain free paleo muesli, raw nuts, toasted coconut and/or chopped fruit to serve

## METHOD

Mix yogurt and complete protein well.

Serve with desired toppings.



# RICH, COCONUT CHOCOLATE MOUSSE

*Serves 3*

## INGREDIENTS

organic raw dark chocolate  
15g organic unsalted butter  
2 cans coconut cream, refrigerated  
3 eggs, separated

## METHOD

Melt dark chocolate and butter in a bowl over simmering water on the stove. Set aside to cool completely.

Whisk egg whites in a clean bowl until stiff peaks form. Open cans of coconut cream and using a spoon, scoop out the thick cream into a large bowl and leave the coconut water in the can.

Whisk coconut cream until thickened slightly. In three batches, add egg whites and melted chocolate. Carefully fold together, be sure not to deflate this fluffy goodness.

Pour into individual cups or one large serving bowl and refrigerate for at least 2 hours, preferably overnight. Serve with fresh berries or a dusting of raw cacao powder.





# CHOCOLATE THICKSHAKE

*Serves 1-2*

## INGREDIENTS

- 1 scoop chocolate complete protein
- 1 large tbsp cacao
- 1 frozen banana
- 6 large ice cubes
- 2 pitted date
- 1 cup coconut or almond milk
- 1 tbsp peanut butter (optional)
- 1 piece of dark chocolate, melted and drizzled over the top (optional)

## METHOD

Add all ingredients to a blender and blend until combined (it will be a nice, thick consistency). If you don't have a high powered blender, add the ice in last. If it is too thick, add a dash more milk. Pour into a glass to serve and if adding the melted dark chocolate, pour over the top before enjoying.

# GOOD FAT CHOCOLATE MOUSSE

*Serves 4*

## INGREDIENTS

1 large avocado - pitted and scraped from the skin  
1 tbs almond butter  
1/4 tsp vanilla powder  
1/2 cup rice malt syrup  
1/4 cup raw cacao powder  
1/4 cup almond milk  
1/4 tsp liquid stevia  
2 tbs coconut oil

## METHOD

Place all ingredients in a blender or a Nutribullet and blitz until completely smooth.

Divide between 4 small serving bowls and let set in the fridge for 2 hours.





# GOOEY RAW FUDGE

*Makes 20*

## INGREDIENTS

1 cup raw cashews  
10 medjool dates, pitted  
2 tablespoon coconut oil  
1 teaspoon vanilla

### **FOR CARAMEL:**

1 tablespoon maca powder

### **FOR CHOCOLATE:**

1 tablespoon cacao powder

## METHOD

Soak cashews in hot water for 10 minutes. Drain and add cashews together with the remaining ingredients into a food processor. For caramel fudge add maca and for chocolate fudge add cacao. Blend for at least a full minute (possibly longer depending on the power of your processor). The mixture should come together and be smooth and sticky.

Line a loaf tin with baking paper and scrape mixture in. To flatten, get another piece of baking paper and press down with your knuckles. The mixture is sticky so it's not a good idea to use your bare hands. Set in the fridge for at least one hour, preferably overnight.

Slice into cubes once set and store in the fridge.

# HEALTHY SNICKERS SLICE

*Makes 20*

## INGREDIENTS

1 + 1/2 cups of almond meal  
1/2 cup rice malt syrup or maple syrup  
1/2 cup peanut butter  
1 tbs coconut sugar  
1/4 cup peanuts  
80g loving earth dark chocolate

## METHOD

Blend almond meal, rice malt syrup, peanut butter and coconut sugar until combined.  
Press mixture into a lined baking tin.  
Melt dark chocolate in a bowl over a saucepan of boiling water until smooth  
Sprinkle peanuts over base and pour melted chocolate over.  
Set in fridge.



# HUB CHOC CHIP COOKIES

*Makes 16*

## INGREDIENTS

1 cup coconut oil, melted  
1 & 1/4 cup coconut sugar  
1 egg plus  
1 egg yolk  
1 tbsp vanilla extract  
1 cup organic oats  
2 cups wholemeal spelt flour  
3/4 tsp pink Himalayan salt  
1 tsp baking soda  
1 tsp baking powder  
1 & 1/2 cups dark choc chips or dark  
choc block cut into small chunks

## METHOD

Preheat oven to 160 degrees. Line multiple baking trays with baking paper and lightly grease with coconut oil.

Add coconut oil & coconut sugar to a blender and blend until creamed (or use a hand mixer), I used a Vitamix. Add eggs and vanilla and blend until combined.

In a bowl, combine oats, flour, salt, baking soda and powder. Once combined add in the wet ingredients and mix until combined ensuring to scrape the sides of the bowl. Add in the chocolate and stir until combined.

Roll tablespoon sized balls and place on to baking tray. (Wet hands help to roll the dough easier). Cook for 12-16 minutes, checking to ensure they don't burn. They are cooked when lightly browned on the outside and still a little soft on the inside.

Once you removed from the oven, allow them to rest to cook and harden a little.





# PUMPKIN PIE WAFFLES

*Serves 4 - 6*

## INGREDIENTS

- 2 big tbsp vanilla complete protein
- 2 cups oat flour - (blend oats to form flour)
- 4 tsp baking powder
- 2 tsp cinnamon
- 1 tsp all spice
- 1 tsp nutmeg
- 1 tsp salt
- 2 cups pumpkin purée - (steam pumpkin and blend to puree)
- 2 eggs
- 3/4 cup almond milk
- 4 tbsp maple syrup
- 2 tbsp coconut oil

## METHOD

Heat waffle iron.

Mix dry ingredients in a bowl. In a separate bowl mix the wet ingredients. Combine wet and dry ingredients.

Spray waffle iron with coconut oil spray or brush in coconut oil. Add about 3 tbsp (depending on size of waffle iron) to each side.

Cook until set, about 3-4 mins or until the green light shows on your waffle iron.

# RAW CARAMEL SLICE

*Makes 20*

## INGREDIENTS

1/2 cup almonds  
1/2 cup walnuts  
8-10 dates  
1 tablespoon coconut oil

### **CARAMEL:**

8-10 dates  
2 tablespoons coconut milk  
1 teaspoon maca powder  
1 teaspoon vanilla extract  
1 tablespoon coconut oil

### **TOPPING:**

1 cup cacao butter  
1/2 cup cacao powder  
1/4 cup rice malt syrup or honey

## METHOD

Line a cupcake baking tray with 12 cupcake paper cases. Blitz almonds and walnuts in a food processor to a bread crumb consistency.

Add dates and coconut oil and blend until combined.

Scoop one tablespoon of the mixture into the bottom of the case and push down until firm.

Once finished, place in the freezer while you make the caramel.

Place all ingredients for caramel into a food processor and blend to a paste.

Grab your bases out of the freezer and scoop 1 teaspoon of the caramel into each case.

Flatten with wet fingers (so mixture doesn't stick) and place back in freezer.

To make the chocolate topping, melt cacao butter in a small saucepan over medium low heat and whisk in cacao powder and sweetener until completely combined.

Pour chocolate over your bases (1 tablespoon per slice) and place back in the freezer for at least an hour to set!



# SHARE COOKIE

*Makes 20*

## INGREDIENTS

1/3 cup butter or vegan butter  
1 cup coconut sugar  
1 egg 1 tsp vanilla powder OR 2 tsp vanilla extract  
1 cup of spelt flour  
¼ tsp baking soda  
1 scoop chocolate complete protein (optional)  
¼ cup cacao  
¼ cup coconut OR almond milk  
1/3 cup dark chocolate chips  
1/3 cup macadamias, roughly chopped  
Coconut yoghurt or ice-cream to serve

## METHOD

Pre-heat the oven to 160°C and line a baking tray.

Combine all ingredients except for the chocolate chips and macadamias in a blender.

Transfer the cookie dough to the lined baking tray and press the mixture out to approximately 26cm circle.

Scatter the chocolate chips and macadamias across the top of the dough and lightly press it in.

Bake for 20-30 minutes until firm to the touch.

Allow to cool slightly and serve with coconut yoghurt or ice-cream.

VITALITY HUB





# STICKY DATE COOKIES

*Makes 20*

## INGREDIENTS

1 + 1/2 cups pitted medjool dates  
1/2 cup coconut sugar  
125g organic butter or coconut oil  
1 tsp bicarb soda  
1 tsp cinnamon  
1 cup oats  
1 cup gluten free flour or spelt flour  
1 tsp vanilla extract  
1 egg  
pinch of salt

## METHOD

Preheat oven to 160 degrees and line a cookie tray.

Add dates, butter/coconut oil and coconut sugar to a small saucepan and gentle simmer for about five minutes until ingredients have melted, stirring continually.

Remove from heat and add the bicarb and stir. Allow to rest for a few minutes.

In a bowl combine oats, flour, cinnamon and salt. Add the egg, vanilla extract and date mixture and combine.

Once combined, roll into small balls and place on cookie tray, pressing down with a fork.

Bake for 12 minutes and remove from oven.

Allow to cool slight before transferring to a wire rack.

Best enjoyed slightly warm from the oven.

# SWEET POTATO BROWNIES

*Makes 16*

## INGREDIENTS

3 cups peeled & grated sweet potato  
2 eggs  
2 teaspoons vanilla extract  
1/2 cup coconut oil  
1/2 cup rice malt syrup  
2 heaped teaspoons baking powder  
1 teaspoon bicarb soda  
3/4 cup raw cacao powder  
2 tablespoons coconut flour

## METHOD

Preheat your oven to 180°C.  
Grease and line a square tray with baking paper.  
Mix together grated sweet potato, eggs, vanilla extract, coconut oil and rice malt syrup.  
Stir in the baking powder and bicarb.  
Whisk in the raw cacao powder and finally, add the coconut flour and combine.  
Pour into your baking tray and bake for 30 minutes or until a skewer comes out clean ... ish.  
I like them gooey!





# WHOLESOME HOT CHOCOLATE

*Serves 1*

## INGREDIENTS

- 1-2 tsp raw cacao powder
- 1 cups almond, coconut or rice milk (unsweetened is best)
- 1-2 tbs honey or rice malt syrup
- 1 tsp maca powder

## METHOD

Place all ingredients in a small saucepan over medium heat and allow to simmer. You can whisk gently while on the heat or transfer to a blender once slightly cooled to froth up your drink.



*The Nourish Collection*  
**SNACKS AND  
PROTEIN BALLS**



VITALITY HUB



# COLD HOT CHOCOLATE

*Serves 1*

## INGREDIENTS

7 dates, pitted  
1 serving chocolate Complete  
½ cup almond flour or almond meal  
3 Tbsp. hemp seeds  
1 tsp. vanilla extract

## METHOD

Process dates in a food processor until gooey.  
Add in remaining ingredients and process until sticky.  
Using about 1 heaping tbsp of the mixture at a time, roll between your hands to form 1-inch balls.  
Store in the refrigerator for up to 1 week in an airtight container or in the freezer.

# ALMOND JOY SNOW BALLS

*Makes 20*

## INGREDIENTS

1 cup medjool dates - pitted  
1 cup raw almonds (or 1/2 cup almond butter)  
1 serving chocolate complete  
1/4 cup unsweetened coconut - shredded  
pinch of sea salt  
1 tsp of almond extract (or vanilla extract)

## METHOD

Add all the ingredients to a food processor and blend until the nuts are well chopped and a thick "dough" starts to form - about 3-5 minutes. If the dough isn't coming together, try adding a teaspoon of water or almond milk at a time (up to two tbsp).

Using about 1 heaping tbsp of the mixture at a time, roll between your hands to form 1 inch balls.

Roll in coconut (optional).

Store in the refrigerator for up to 1 week in an airtight container or in the freezer.





## APRICOT DELIGHT BALLS

*Makes 20*

### INGREDIENTS

- 20g desiccated coconut
- 100g raw cashews
- 80g dried apricots
- 3 tbs coconut oil
- 1 sachet vanilla complete pinch pink himalayan pink salt

### METHOD

Add all ingredients into a high powered blender or thermomix and blend until combined.

Roll into small balls and then roll those in extra desiccated coconut.

# BANANA BREAD BITES

*Makes 20*

## INGREDIENTS

2 large ripe bananas - peeled and mashed  
60g organic honey or pure maple syrup  
60g coconut oil  
3 eggs  
1 tsp vanilla extract  
1 tsp cinnamon  
either - 200g gluten-free self-raising flour OR 200g almond meal  
1/2 tsp baking soda  
juice from 1/2 lemon

## METHOD

Preheat oven or air fryer to 160°C.  
Place banana, honey, coconut oil, eggs, vanilla in a bowl and mix well with a spoon.

### IF USING ALMOND MEAL:

Add baking soda and then pour lemon juice over the top to activate and watch it bubble a little. Add cinnamon and stir well to combine

### IF USING GLUTEN FREE SELF RAISING FLOUR:

Add flour and cinnamon to the mix and stir well to combine.

3. Grease a silicone ice cube mould tray and fill 3/4 full of mix. Bake in oven or air fryer for 20 min or until a skewer comes out clean
4. You can also add 1/2 cup of either vegan chocolate chips, blueberries, chopped dates or coconut flakes.





# BLUEBERRY BOMBS

*Makes 20*

## INGREDIENTS

ó cup raw cashews  
ó cup gluten-free quick-cooking oats  
3/4 cup dried blueberries  
¼ cup Medjool dates, pitted  
1 Tbsp. cacao powder  
ó tsp. vanilla extract  
Pinch of salt  
1 serving chocolate Complete

## METHOD

In a food processor, combine cashews, oats, blueberries, dates, cacao powder, vanilla, and salt until mixture is sticky.

Transfer to a bowl and refrigerate for 30 minutes.

Using about 1 heaping Tbsp. of the mixture at a time, roll between your hands to form 1-inch balls.

Store in the refrigerator for up to 1 week in an airtight container or in the freezer.



# COCOJI BALLS

*Makes 20*

## INGREDIENTS

1.5 cups walnuts or cashews  
3/4 cup of pepitas  
1/2 cup shredded coconut  
10 medjool dates, pitted  
1/2 cup goji berries  
1/4 cup coconut oil  
1/4 cup rice malt syrup (optional)  
1/4 cup chia seeds

## METHOD

Blend together nuts, pepitas and coconut to a breadcrumb consistency.  
Add pitted dates, coconut oil and rice malt syrup (if using) and blend again.  
Transfer to a bowl and stir in goji berries and chia seeds.  
Press into a lined tray or roll into balls and cover in desiccated coconut. Set in refrigerator.



# STRAWBERRY VANILLA BLISS BALLS

*Makes 20*

## INGREDIENTS

1 1/2 cup medjool dates, pitted  
1/2 cup shredded coconut  
1 sachet vanilla complete protein  
1 cup frozen strawberries  
2 tbsp melted coconut oil  
1 cup almond meal (or coconut flour)  
1/4 cup raw beetroot

## METHOD

Add dates, strawberries and beetroot to food processor and blend till smooth then add the rest of the ingredients

Transfer to a bowl and refrigerate for 30 minutes. Using about 1 heaping Tbsp. of the mixture at a time, roll between your hands to form 1-inch balls. Store in the refrigerator for up to 1 week in an airtight container or in the freezer.

# BRAIN BOOSTERS

*Makes 20*

## INGREDIENTS

ó cup raw cashews  
ó cup gluten-free quick-cooking oats  
3/4 cup dried blueberries  
¼ cup Medjool dates, pitted  
1 Tbsp. cacao powder  
ó tsp. vanilla extract  
Pinch of salt  
1 serving chocolate Complete

## METHOD

In a food processor, pulse almonds, walnuts, sunflower seeds, chia seeds, spinach, spirulina, and cinnamon. Do not over mix as the nuts will release fats and mixture will become oily.

Add banana, blueberries, and dates. Process until a dough is formed.

Add cacao nibs and pulse until thoroughly mixed.

Using about 1 heaping Tbsp. of the mixture at a time, roll between wet hands to form 1-inch balls.

Store in the refrigerator for up to 1 week in an airtight container or in the freezer.





# CHOC CHIP MUFFIN BALLS

*Make 20*

## INGREDIENTS

3 cups almond meal  
1 teaspoon baking soda  
1/2 cup coconut oil  
1/2 cup maple syrup or rice malt  
syrup  
2 eggs  
1 teaspoon vanilla extract  
1 cup dark chocolate chips

## METHOD

Preheat oven to 180°C.

In a large mixing bowl, combine almond meal and baking soda.

Make a well in the centre and add coconut oil, syrup, eggs and vanilla.

Using a whisk, stir the wet ingredients first until combined and then mix in the remainder.

Line a mini muffin tray with small cupcake papers and take tablespoon sized amounts of dough and roll into balls with your hands.

Bake for 15-17 minutes and leave to cool in the tray for 10 minutes.



# CHOC ORANGE BLISS BALLS

*Makes 20*

## INGREDIENTS

1 cup medjool dates - pitted  
2 scoops of chocolate  
complete protein powder  
2 tbsp raw cacao powder  
Zest from 2 oranges  
Juice from one orange  
2 tbsp almond butter  
2 tbsp coconut oil  
1 cup almond meal  
1/2 cup desiccated coconut

## METHOD

Place all of the ingredients into a food processor or a thermomix and blend until combines and sticky. You may need to pulse at the start until it starts to come together.

Try the mixture and adjust it to your taste or it may need a little more liquid (add water if so) or it may need more dry to bring it together more. Wet your hands thoroughly and roll mixture into bite size balls, roll in extra coconut and place in the freezer to set.

# COOKIE DOUGH BALLS

*Makes 20*

## INGREDIENTS

1 serving vanilla Complete  
1 + 1/3 cup cashews  
2/3 cup gluten-free oats  
5 Tbsp. raw unfiltered honey  
1/3 cup vegan mini chocolate chips  
1/2 cup almond meal

## METHOD

Blend cashews and oats in a food processor to a flour consistency.  
Pour into a bowl and stir in Complete and almond meal.  
Add raw honey and fold in chocolate chips.  
Using about 1 heaping Tbsp. of the mixture at a time, roll between your hands to form 1-inch balls.  
Roll balls in almond meal if desired.  
Store in the refrigerator for up to 1 week in an airtight container or in the freezer.



# CHOCOLATE MACADAMIA NUT

*Makes 20*

## INGREDIENTS

- 1 cup cashew butter
- 1 cup gluten-free oats
- 1 serving chocolate Complete
- ½ cup macadamia nuts - chopped
- ½ cup raw cocoa butter - chopped

## METHOD

In a large bowl, combine all of the ingredients and mix thoroughly. Using about 1 heaping Tbsp. of the mixture at a time, roll between your hands to form 1-inch balls. Store in the refrigerator for up to 1 week in an airtight container or in the freezer.



# RAW COOKIE DOUGH BALLS

*Makes 20*

## INGREDIENTS

1 cup organic gluten free oats  
1 cup raw cashews  
1 teaspoon organic vanilla extract  
1 tablespoon coconut oil  
2 tablespoons rice malt syrup  
50g Loving Earth Creamy Coconut Mylk Chocolate

## METHOD

First, blend together the oats and cashews until they become like a flour or fine meal. Add the vanilla, coconut oil and rice malt and blend again until completely combined. Chop the chocolate into small squares and stir through. Roll tablespoon sized balls in your hands and let set in the fridge for an hour.





# LEMON COCONUT

*Makes 20*

## METHOD

1 serving vanilla Complete  
1 + 1/3 cup gluten-free old-fashioned oats  
1 cup Medjool dates, pitted  
Juice from one large lemon  
1 tsp. pure vanilla extract  
1 tsp. pure lemon extract  
Unsweetened shredded coconut

## INGREDIENTS

Blend all ingredients (except coconut) in a food processor until well combined.

Using about 1 heaping Tbsp. of the mixture at a time, roll between your hands to form 1-inch balls, then roll in coconut.

Store in the refrigerator for up to 1 week in an airtight container or in the freezer.



# RAW CHOC BROWNIE BITES

*Makes 20*

## INGREDIENTS

1 cup walnuts  
1 cup almonds  
2 tablespoons cacao powder  
10 pitted medjool dates  
2 tablespoons coconut oil  
1/2 cup fine coconut  
50g of 70% dark chocolate - melted

## METHOD

Blend nuts and raw cacao in a processor until they form a fine meal.

Add pitted dates, coconut oil and fine coconut and blend until completely combined.

Press mixture into a small square lined baking tin and place in the freezer to set for an hour.

Once set, remove from the freezer and use a spatula to top with coconut chocolate butter, as much or as little as you'd like. I like a thin coating as it's quite rich.

Slice into small squares and grab whenever you need a healthy chocolate hit!

# RAW LAMINGTON BALLS

*Makes 20*

## INGREDIENTS

1 cup medjool dates  
1 cup desiccated coconut  
2 tbs raw cacao powder  
1 tsp vanilla extract powder  
1/4 cup coconut oil

## METHOD

Place all ingredients in a high powered blender, thermomix or food processor. Blend/process until you get your desired consistency - usually, they get sticky and all come together. If it's too dry, add more coconut oil.  
Store in a fridge.





# STRAWBERRY FIELDS FOREVER

*Makes 20*

## INGREDIENTS

1 cup strawberries  
1 cup gluten free oats.  
1/2 cup sunflower seeds  
1 serving vanilla complete  
2 tbsp coconut oil  
1/4 cup freeze dried strawberries

## METHOD

Place first 4 ingredients in a food processor with 1 tbsp of the coconut oil. Mix until it forms a ball (if the mixture looks dry, add the second tbsp of coconut oil). For extra sweetness, add 1-2 tbsp of honey or maple syrup.

Place the freeze-dried strawberries in a plastic bag and crush to a fine powder.

Using 1 heaping tbsp of the mixture at time, roll between your hands to form 1 inch balls. Roll balls in the dried strawberries immediately before serving so as not to become too soft.

Store in the refrigerator for up to 1 week in an airtight container or in the freezer.

# CASHEW CHEESE WITH VEGGIE STICKS

*Serves 4 - 6*

## INGREDIENTS

1 cup raw cashews  
1/4 cup filtered water  
1/4 cup nutritional yeast  
2 tbsp lemon juice  
2 cloves garlic  
2 tbsp white wine or apple cider vinegar  
(add less if vinegar)  
1 tbsp dijon mustard  
sea salt and pepper to taste

## VARIATIONS:

Sundried tomato: Add 1/2 cup sundried tomatoes  
Olive: 1/3 cup green olives  
Truffle: 2 tbsp white or black truffle oil, 1 tsp truffle sea salt  
Sliced raw vegetables of choice such as: carrot, capsicum, cucumber, broccoli, zucchini

## METHOD

Place all ingredients in blender and blend on high till you reach the desired consistency





# CLEAN HUMMUS

*Serves 4 - 6*



## INGREDIENTS

1 can chickpeas - drained  
1/3 cup tahini  
juice from 1/2 lemon  
1/4 cup organic olive oil  
1 clove garlic  
1/2 tsp paprika  
1 tsp salt

## METHOD

Place all ingredients in a food processor and blitz until smooth. Add a few tbs of water if needed.  
Add salt and pepper to taste.



# OVEN TOASTED PEPITAS

*Serves 4 - 6*



## INGREDIENTS

2 cups raw pepitas

2 tsp olive oil

1 tsp sea salt

## METHOD

Preheat oven to 170°C.

Line an oven tray with baking paper.

Mix all the ingredients together in a large bowl.

Spread the pepitas onto the lined oven tray.

Bake for about 10-15 minutes, shaking the oven tray at the half way mark.

Allow to cool then store in an air tight glass jar in your pantry.

# ONION RINGS

*Serves 4-6*

## INGREDIENTS

1 brown onion  
1 egg, beaten  
1 cup almond meal or tapioca  
flour

## METHOD

To prepare the onion, cut thick horizontal slices and separate rings.

Heat a fry pan on medium and warm coconut oil.

Dip the onion rings into egg, then coat with flour.

Repeat this process twice for a crispy batter.

Place in the fry pan for 2 minutes on each side or until golden.



# KALE CHIPS WITH PAPRIKA SALT

*Serves 4-6*



## INGREDIENTS

Curly kale 200g of leaves, washed thoroughly (make sure you remove the stalks and veins)

Olive oil

1 tsp smoked paprika

1 tsp of sea salt flakes

1/2 tsp of cumin

## METHOD

Heat the oven to 150 °C.

Cut out the woody stalks from the middle of the kale leaves and discard them, then chop the leaves into pieces. Pat the kale completely dry (otherwise it will steam rather than crisp), then put it into a large bowl. Drizzle over 1 tbsp of olive oil, then toss to coat the kale thoroughly.

(Don't be tempted to add any more oil, as this will also stop the kale from crisping.)

Line one or two baking sheets with baking paper and spread the kale over in a single layer.

Bake for 25-30 minutes (swapping the trays halfway if you're using 2 and you don't have a fan oven). Mix the paprika, salt, and cumin together, then sprinkle over the kale once it is cooked.

Eat straight away.





# BANANA FRITTERS

*Serves 4*

## INGREDIENTS

2 bananas  
2 tbsp maple syrup  
1/3 cup tapioca flour  
1 tsp cinnamon  
1 tbsp coconut sugar  
Coconut oil

## METHOD

Combine the tapioca, coconut sugar cinnamon in a bowl.

Coat the bananas in maple syrup using a pastry brush and then roll the bananas in the tapioca mixture until it's nice and thickly coated, you can do this process twice for an extra thick coat if you prefer. Heat a pan on medium heat and add some coconut oil. Cook the bananas on each side until crisp.

Serve immediately.

# FRUIT AND NUT SLICES

*Serves 4 - 6*

## INGREDIENTS

*Choose your fruit of choice:*

Banana

Apple

Kiwi Fruit

1 tbsp. of nut butter ( e. g. natural peanut butter, almond butter.

## METHOD

Slice your fruit and add the nut butter.



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# DETOX ICY POLES

*Makes 6 - 8*



## INGREDIENTS

Your favourite fruits - chopped or blended.  
Coconut water.

## METHOD

Place the fruits in the freezer moulds and top with coconut water.  
Freeze overnight.



# VHPROJECT44

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