

NOURISH AND NURTURE YOUR BODY FOR THE 30 DAY CLEANSE AND RESTORE



The aim of this cleanse is not to deprive our bodies but to *nourish* and *nurture* ourselves with wholesome quality food.

These are some suggested guidelines for what to incorporate into your diet and some recipes our team loves.

Of course, you will have your own dietary guidelines (dairy free, gluten free, nut free, vegan etc) but these are just a guide and can be tailored for your family's needs.

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Get Your Meals Organised!

Here are some great suggestions

Breakfast Options

- Eggs with greens (balances out the acidity of the eggs). Can be a salad or lightly steamed or sautéed
- 1/2 Avocado with a bowl of oatmeal
- Occasional protein smoothie with nut milk
- Veggie smoothie with ginger and turmeric
- Miso soup
- Bone broths
- Banana Pecan Spice Bread (grain free) see recipe
- Chia Seed Puddings (see recipe)

Lunch Options

- Avocado or guacamole with lightly steamed veggies
- Hummus with carrots, cucumbers, raw broccoli
- Salad with olive oil, lemon, pumpkin or sesame seeds, sprouts
- Vegetable or chicken soup
- Smoothie with coconut oil, nut butter and choice of 2 fruits
- Nut butter on carrots or cucumbers, sunflower seed butter is a favourite, limit this to a few times a week for best results (can be mucus provoking)
- Turkey, Chicken breast on salad, or with steamed veggies (for those that eat meat)

Snack Options

- Fruit (apples, bananas, berries, pears) and Raw veggies
- Nuts
- Hummus
- Seaweed
- Protein Balls

Dinner Options

- Steamed veggies with quinoa
- Rice, beans and avocado
- Soup or vegetarian chili
- Salad with seeds, vegetables, seaweed
- Spagetti Squash with tomatoes and basil and olives (see recipe)
- Baked sweet potato with broccoli or cauliflower and coconut oil
- lightly sautéed veggies and gluten free organic pasta (coconut oil, umeboshi vinegar (plum) and gomasio to garnish)
- Steamed Artichokes
- Romaine lettuce grass fed beef tacos.

Jade Balden's

CLEANSE & RESTORE DIET SUGGESTIONS

Do Eat Often



Eat more greens: Kale, spinach, broccoli
They're packed with vitamins, minerals and fiber but low in calorie



Beans, peas & lentils: presoak &/or sprout a variety of beans, peas, & lentils
They are high in protein, iron, fiber and vitamin B



Vegetables: Sweet potatoes, bell peppers, Carrots,
They are packed with vitamins, fibers, minerals



Healthy Fats: Avocado, Nuts, Seeds, eggs, olives
They are high in protein, iron, fiber and vitamin B



Wild Mercury-Free Seafoods: Shrimp, wild salmon, wild tuna, lobster
High in protein, healthy fats

Eat in Moderation



Lean meat sparingly: Grass fed beef, organic chicken, organic turkey, organic lamb
The amino acids in proteins are the building blocks of every cell in your body.



Butter & oil: Grass fed butter, Olive oil, organic coconut oil, organic avocado oil, sesame oil
Healthy Monounsaturated Fats, Antioxidants, Anti-Inflammatory Properties



Sweeteners: Real honey, pure maple syrup, stevia, monk fruit, agave, xylitol, raw coconut sugar
We want to make sure these sweeteners have the natural fibers to help with healthy metabolism and insulin.



Flours: Coconut, Almond, Hazelnut, Chestnut, Cassava, Sweet potato, Arrowroot
These are healthier flours that aren't overly processed and laden with chemicals

Cut out...

- Refined sugars, sweets, candy
- Coffees, teas, alcohol
- Soy products
- Corn products
- Wheat products
- Commercial dairy products
- Bad oils (Canola, Vegetable, Margarine)



dōTERRA Cleanse Products

- Lifelong Vitality Pack (Optimal Nutrition)
- TerraZyme (Food Enzymes)
- Zendoctrine Softgels (Organ cleanser essential oils)
- Zendoctrine Complex (Organ cleanser herb)
- PB Assist (Probiotics)
- GX Assist (GI Cleanser essential oil blend)
- DDR Prime (Cellular Blend)
- Lemon essential oil

Additional Products

Slim & Sassy (aka Smart & Sassy: Weight management)
Copaiba Softgels (Muscles, Joints, Nerves)
Turmeric Or DigestZen Softgels (Digestive support)

30 Day CLEANSE AND RESTORE

GROCERY LIST

PROTEINS

- Chicken (free range if possible)
- Turkey
- Salmon
- Other Fish
- Tofu
- Beans (Black, Pinto, White)
- Lentils
- Garbanzo Beans

NUTS

- Almonds
- Walnuts
- Pecans
- Pistachios
- Macadamia
- Nut Butters (no peanut)

FRUITS

- Raspberries (all Berries)
- Pomegranates
- Bananas
- Blueberries
- Lemons
- Limes
- Apples
- Plums

VEGGIES

- Arugula
- Artichoke
- Mushrooms
- Swiss Chard
- Asparagus
- Dandelion Greens
- Tomatoes
- Bean Sprouts
- Onions
- Beets
- Parsley
- Bell Peppers
- Radishes
- Celery
- Cucumbers
- Broccoli
- Garlic
- Brussel Sprouts
- Snap Peas
- Cabbage
- Green Beans

HEALTHY FATS

- Ghee
- Extra Virgin Olive Oil
- Coconut Oil/ Butter
- Sesame Oil
- Avocado Oil
- Tahini

SEEDS/ GRAINS

- Chia
- Flax
- Hemp
- Pumpkin
- Sesame
- Bob's Red Mills Oatmeal
- Quinoa
- Brown & White Rice

APPROVED TO COOK & SEASON MEALS

- Coconut Oil
- Olive Oil
- Ghee
- Nut Butters
- Nuts & Seeds (Hemp, Chia, Flax, Pumpkin & Sesame)
- Coconut Milk
- Unsweetened Almond Milk
- Vinegars: Balsamic, Apple Cider, Wine
- Low Sodium Vegetable Broth
- Bragg's Amino Acids
- Dijon Mustard
- Sea Salt & Black Pepper
- Turmeric, Cayenne, Thyme, Cumin, Sage, Oregano, Onion Powder, Basil, Cinnamon, Coriander, Cilantro, Curry Spice, Dill, Parsley, Paprika, Sun-Dried Tomatoes
- Tomato Sauce



Breakfast

Banana Pecan Spice Bread (Grain Free)

Ingredients

1. 100g activated* (or raw) pecans, plus extra for decorating
2. 230g activated* almonds (or 250g raw)
3. 4 medium eggs, separated
4. 200g bananas, peeled, cut into 3cm slices (fresh or frozen)
5. ½ tsp sea salt
6. 60g ghee or coconut oil
7. 3 tsp cinnamon
8. ½ tsp mixed spice
9. 2 Tbsp honey (opt)
10. 100g sultanas



*(activated means soaked then dehydrated so they're really dry and crisp - makes them easier to digest)

Method

1. Preheat oven to 170C. Line loaf tin (28x12cm) with baking paper, and set aside.
2. Roughly chop pecans by hand, and set aside.
3. Use almond meal instead of almonds - skip step of milling almonds.
4. Whip egg whites in a clean bowl with an electric mixer, until stiff peaks form. Set aside.
5. Mix almond meal, bananas, egg yolks, salt, ghee, cinnamon, mixed spice and honey in a food processor until well combined. (If mixing by hand, mash bananas well first.)
6. Turn batter out into a large bowl, and mix through sultanas and pecans.
7. Gently (but thoroughly) fold through the whipped egg whites.
8. Place batter into lined loaf tin (28x12cm). Decorate with some chopped pecans and thin slices of banana, if desired.
9. Place into preheated oven and cook for 1 hour at 170C. Turn oven down to 150C, cover with foil, and continue cooking for 20 mins. Bread is done when a sharp knife inserted into centre of bread comes out clean.
10. Take out of oven and let sit for 15-20 minutes (covered) before slicing.
11. Serve fresh or toasted, spread with ghee or butter, if tolerated.
12. Wrap well and store in the fridge for up to a week, or freeze for up to 4 months

Variations

Nut Free: Swap almonds for pepitas, and mix through sunflower seeds instead of pecans.

Sultanas: Swap for chopped dates, or leave out if preferred.

Nuts: Swap pecans for walnuts; swap almonds for raw cashews/macadamias.

Fats/Oils: ghee or coconut oil could be swapped for butter, macadamia oil or avocado oil if preferred.

Coconut Spice and Roasted Chia Seed Puddings

Ingredients

Roasted Strawberries

1. 500g - 750g fresh strawberries
2. 1-2 Tablespoons honey (or to taste)
3. 1/2 tsp vanilla powder or vanilla bean paste



Chia Pudding

1. 1000g coconut milk (buy preservative free coconut cream and mix half and half with water).
2. 90g chia seeds
3. 2 Tablespoons raw honey
4. 1 tsp ground cinnamon
5. 1/2 tsp ground nutmeg
6. 1/4 tsp ground ginger (opt)
7. 1/4 tsp ground cardamom (opt)
8. 1 tsp vanilla bean powder or vanilla bean paste

To serve

1. thick coconut cream (see below)
2. honey to drizzle
3. extra cinnamon and nutmeg to sprinkle

Roasted Strawberries

1. Preheat oven to 180C.
2. Wash, hull and halve the strawberries and place in a large baking dish.
3. Drizzle with honey, add vanilla, and mix in. Spread strawberries out over base of dish so they are in a single layer.
4. Cook for 20 mins, or until strawberries are soft and juicy, and juices are beginning to caramelize around the edges. Set aside to cool.

Chia Pudding

1. Place all pudding ingredients into bowl and mix 5 sec/speed 3.
2. Cook 5 mins/37C/speed 2.
3. Remove pudding to a dish and place in fridge until ready to assemble. If you don't have a Thermomix, mix together chia pudding ingredients and place in fridge to 'gel' for at least an hour.

To Assemble

1. Place 2-3 Tablespoons pudding in base of each glass.
2. Add 2 Tablespoons roasted strawberries.
3. Repeat layers, finishing with strawberries, with a dollop of coconut cream on top, a drizzle of honey, and a sprinkle of spices.

Notes

1. Puddings may be made a few hours ahead and stored in fridge until ready to serve.
2. Or leave off coconut cream until ready to serve, and the puddings with strawberries will last up to 5 days in the fridge, sealed in jars for ready-to-go snacks!

Sweet Treats/Snacks

WILD ORANGE BLISS BALLS

- 10 medjool dates
- 1 tbsp coconut oil (or a little less)
- 4-6 drops Wild Orange essential oil
- 1/2 cup shredded coconut
- 1 cup cashew nuts (or any nuts or seeds)
- 1/2 cup goji berries
- 1/4 cup cacao powder

Blitz all ingredients together.
Roll mixture into small round balls,
place in sealed container in fridge.



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Apricot Bliss

INGREDIENTS

- 1 cup dried apricots (organic)
- 10 medjool dates, pitted
- 2 tbsp cacao powder
- 1 cup pecans
- 2 tbsp cacao ribs
- 1 tsp "Superfeast" Mason's Mushrooms (Immune & Gut Tonic)
- 1 tsp coconut oil
- 4 drops Red Mandarin essential oil
- 2 drops Turmeric essential oil
- 2 drops Cassia essential oil
- 10 drops Tangerine essential oil
- 1 tsp bee pollen (optional, if vegan leave out)

METHOD

Mix essential oils into coconut oil then add all other ingredients and blend to desired texture.
Roll into balls and refrigerate - keeps refrigerated.
Makes 20 bliss balls.

Coating suggestions:

- Desiccated coconut
- Bee pollen
- Chia seeds
- Sunflower seeds
- Cacao powder
- Nuts
- Sesame seeds
- Hemp seeds



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Choc Bliss Balls

- 3/4 cup cashews
- 3/4 cup almond
- 1 cup walnuts
- 1/2 cup pepitas
- 15 drops Green Mandarin essential oil
- 2 drops Tangerine essential oil
- 1 drop Turmeric essential oil
- 6 drops Cardamom essential oil
- 2 drops Cinnamon Bark essential oil
- 15 Medjool dates, pitted
- 3 tbsp cacao powder
- 2 tsp Superfeast "Mason's Mushrooms"
- 1 tsp Superfeast "1 am Gaia"
- 1/3 cup cacao ribs
- 1/4 cup bee pollen (optional - leave out if vegan)
- 1 tsp coconut oil

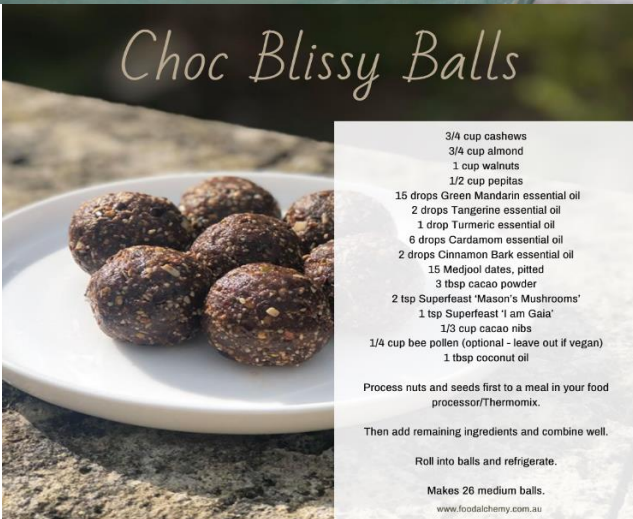
Process nuts and seeds first to a meal in your food processor/Thermomix.

Then add remaining ingredients and combine well.

Roll into balls and refrigerate.

Makes 26 medium balls.

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Omega Bliss Balls

- 1 cup almonds, activated is best
- 15 medjool dates, pitted
- 1/4 cup golden flax meal
- 1 tbsp chia seeds
- 1 tbsp hemp seeds
- 1/4 cup cacao powder
- 1/3 cup activated buckwheat
- 6 drops Peppermint essential oil

Grind almonds to a meal in a Thermomix or food processor.
Add medjool dates, blend so it starts to come together.
Add remaining ingredients.
Roll into balls.
Set in fridge, store in fridge, and enjoy!

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Superman / woman combo!

- Super quick!
- Super simple!
- Super yummy!



Winter Bliss Balls

- 1/2 cup pepitas
- 1/2 cup sunflower seeds
- 1 cup desiccated coconut, plus extra for rolling

Blitz until fine in a food processor or Thermomix.

Then add:

- 1 1/2 tbsp of coconut oil, softened
- 10 drops Lime essential oil
- 3 drops Ginger essential oil
- 3 cups sundried organic apricots
- 1/4 cup shredded coconut

Blitz all ingredients until they come together.

Roll into small balls and roll in the desiccated coconut.

Set in fridge, serve with joy to warm you this winter!



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Jade's Salsa

- 1 large purple onion
- 2 Serrano peppers
- 1 Jalapeño pepper
- 7-10 Ripe tomatoes
- 3 Cloves minced garlic
- 1 bunch of cilantro
- Salt & Pepper (to your taste)
- 1-2 Lime juice

- 2 drops each of dōTERRA Lime and Lemon essential oil
- 1/2 drop of each dōTERRA Cilantro oil and Cumin oil (use a toothpick)

Dice onions, peppers, and tomatoes as fine as you like. Add garlic, chopped cilantro leaves, lime juice, salt & pepper and essential oils. Mix together and serve.



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HEALTHY AVOCADO OIL CHOCOLATE CAKE

Ingredients

125 ml (½ cup/4 fl oz) Extra Virgin Avocado Oil	3 teaspoons gluten free baking powder
125 ml (½ cup/4 fl oz) almond milk	60 g (½ cup/2 oz) dark cocoa powder or Healthy Chef Naked Chocolate
125 ml (½ cup/4 fl oz) pure maple syrup	300 g (3 cups/10½ oz) almond meal
4 organic eggs	avocado frosting to serve (see inspiration)
2 teaspoons vanilla extract	

Method

PREHEAT oven to 160°C (320°F) fan forced.

COMBINE avocado oil, almond milk, maple syrup, eggs and vanilla into a bowl.

ADD the baking powder, Healthy Chef Naked Chocolate and almond meal.

MIX well until combined.

SPOON into a 20cm (9 -inch) baking tin lined with baking paper.

BAKE The cake for 45 - 50 minutes or until cooked through.

REMOVE from the oven and cool.

GENEROUSLY spread with ganache or healthy avocado chocolate frosting and enjoy

Notes And Inspiration

To make the avocado frosting combine the flesh from 2 ripe avocados, 125 ml (½ cup/4 fl oz) pure maple syrup, 125 ml (½ cup/4 fl oz) coconut cream, 2 teaspoons vanilla extract, 60 g (½ cup/2 oz) dark cocoa powder and a generous pinch of sea salt. Blend until smooth and use as the frosting for the cake.



Main Meals and Lunches

AVOCADO EGG CUP

Ingredients: 2 medium-large avocados, 4 small eggs, toppings (such as feta, bell pepper, corn, pitted olives, green onion, salt and pepper.)

Directions: Preheat your oven to 400 degrees F. Cut each avocado in half and carefully remove the pits. using an ice cream scoop or spoon, take some of the flesh out to create a bigger space for your egg and toppings (chop the avocado and use as topping too, or mash with lime to eat on the side).

Gently crack an egg into each avocado cup. Sprinkle with your favourite toppings, then transfer the avocado halves to a baking sheet. Season with sea salt and fresh ground black pepper to taste. Bake in your preheated oven for 12-15 minutes, or until the eggs are cooked to your liking.



GREEN SMOOTHIE RECIPE

This is the best to make in the morning and then put in a jar for the day, to drink as a snack or throughout the day, great way to get so many wonderful nutrients in!! I love it, and I hope you will too. It is cold, so if you choose to have it the morning, have some herbal tea before you enjoy this to fuel your digestive fire.

- 1 young coconut (water and the meat scraped out) (Or you can use a cup of boxed coconut water and spoon of coconut oil)
- 2 stalks of celery
- 2 leaves of kale, Swiss chard, spinach, romaine lettuce, bok choy, or any mixture of these. * This you can vary, depending on what you like and what is in the house) Some parsley and or cilantro (can use 1 drop of doTERRA oil for heavy metal detox)



FISH TACO

Ingredients

- ¼ purple cabbage, shredded
- 1 medium jicama, peeled and grated
- 2 red, orange, or yellow bell peppers, sliced or diced
- 1 red onion, diced
- ½ bunch fresh cilantro, chopped
- juice of 4 limes
- 1½ pounds cod, halibut or mahi mahi
- 2 teaspoons cumin
- 2 teaspoons garlic powder
- 1 teaspoon cayenne or chipotle (optional)
- 1 tablespoon coconut oil
- 1 head romaine or butter lettuce, washed and separated

Avocado Cream Sauce

- ¼ cup cashews (soaked for 20 minutes before)
- ⅓ cup lime juice
- 2 cloves garlic
- ¼ teaspoon salt
- 1 jalapeño (optional)
- water to blend
- 2 ripe avocados



Instructions

1. Start by preparing all of the vegetables. In a medium bowl, toss the cabbage, jicama, bell peppers, onions and cilantro. In a medium bowl, toss the vegetables with the lime juice. Set aside.
2. Chop the fish into bite-sized pieces and place it in a shallow dish. In a small bowl, mix together the cumin, garlic powder and cayenne or chipotle if desired. Sprinkle the spice mix evenly over the fish and set it aside to allow it to marinate while you make the Avocado Cream Sauce.
3. Add the drained cashews, lime juice, garlic, salt and jalapeño to a high-powered blender and blend well, adding only enough water to facilitate blending. Add the avocados and puree. Transfer the sauce to a serving bowl.
4. Heat a medium skillet over medium heat. Add the coconut oil and then the fish. Cover and cook 5–7 minutes, stirring every few minutes to ensure the fish is cooked on all sides. Remove the fish to a serving bowl.
5. To construct the tacos, start with a lettuce leaf, add fish and veggie toppings, and finish with avocado cream sauce.

BLACK RICE & VEGGIE STUFFED CAPSICUM

Dice whatever veggies you have available!

I used:

Pumpkin

Sweet potato

Onion

Zucchini

Tomato

Mushrooms

Parsley

Add 2 vegetable stock cubes for extra flavour

A drizzle of Olive oil

Passata

Combine all ingredients, stuff your capsicum and bake for approx 1.5 - 2 hours at 180 degrees celsius!

Delicious & Nutritious! ❤️

Simmer black rice for 30 minutes



CABBAGE SOUP

This is one of the easiest, quickest and delicious ways to detoxify. This will also help you safely lose weight. The soup also contains onions and garlic which are good sources of sulfur that helps detox toxic metals. Sulfur containing foods help to ensure that the Sulfation detox pathway in the liver is working well. Sulfation is the way the liver detoxes some drugs, food additives, toxins from intestinal bacteria, and some environmental toxins.

Ingredients

- 1 large cabbage
- 3 large carrots
- 2 large onions
- 2 large cloves garlic
- 1 bunch of celery
- 2 leeks
- 1 large head of fennel
- 3 inch piece of fresh ginger root grated or finely chopped
- 6 – 9 large tomatoes or 1 - 14 oz boxed organic tomatoes
- 2 tablespoons tomato paste
- 2 stems lemon grass finely chopped (optional)
- serve with lemon juice.

Directions

Chop all vegetables into small cube sizes. Chop garlic smaller.

In a large soup pot lightly sauté garlic, leeks and onions in olive oil. Add chopped celery and carrots once onions are translucent. Next, add the cabbage.

Then add Lemongrass and tomato puree. Cover with filtered water (not tap water). Bring to a boil and cook on high heat for 10 minutes then bring the heat down to a simmer for about an hour and until vegetables are tender.

LOVE YOUR LIVER SALAD

This salad contains unique detoxifying antioxidants from beets and healthy fats from avocado, protecting your liver against the damage of free radicals.

Prep Time

10 mins

Ingredients

3-4 medium beets roasted and cut into small cubes

2 avocado fruits peeled and cut into small cubes

1 cup fresh rocket leaves

6-8 fresh mint leaves

1/2 cup cooked quinoa

1 tbsp mixed seeds chia, sesame, sunflower, pumpkin seeds

For the dressing

1/2 inch ginger piece minced

1 tbsp lime juice

1 tbsp apple cider vinegar

1/2 tsp sea salt

2 tsp tahini

Instructions

Add all the ingredients except rocket and mint for the salad into a medium bowl, and mix to combine.

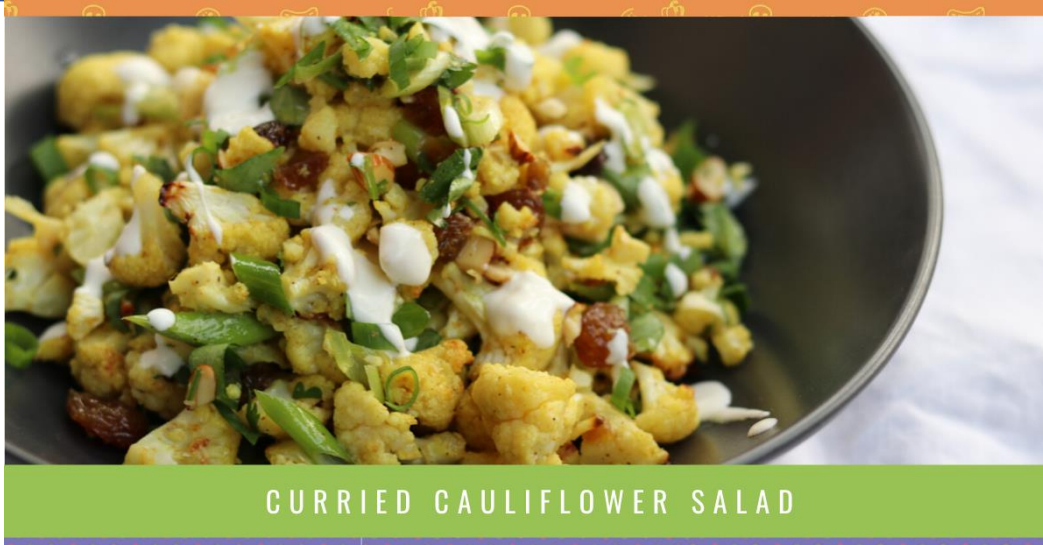
In a blender add the dressing ingredients and process to obtain a creamy liquid.

Pour the dressing over the salad and mix to combine.

Add the rocket and mint, and mix carefully.

Serve immediately.





INGREDIENTS

- 1 medium cauliflower, trimmed, cored and cut into bite-sized florets
- 1 teaspoon madras curry powder
- 2 tablespoon olive oil
- Salt, pepper
- 6 dried apricots, chopped
- 1 tablespoons dried currants
- 4 spring onions, white and light green parts thinly sliced
- ½ cup coriander or mint leaves, chopped
- ¼ teaspoon ground cumin
- 2 tablespoons olive oil
- ½ lemon, juiced
- 1/3 cup almonds, roasted and chopped
- ¼ cup natural yoghurt

INSTRUCTIONS

1. Preheat oven to 200 degrees C. Place cauliflower on a large baking tray, sprinkle with curry powder, olive oil, salt and pepper. Toss well to coat, then spread into a single layer over the tray. Bake in the oven for 10-15 minutes, or until just tender. Set aside to cool.
2. Once cooled, add to a large bowl with the dried fruit, spring onions, herbs, cumin, olive oil and lemon juice. Taste and add a little more salt, pepper or lemon juice, if needed.
3. Transfer to a serving bowl or large plate, scatter with almonds and drizzle over yoghurt (you may need to thin the yoghurt with a little water if it is a bit thick to drizzle).

NOTES

Keeps well in the fridge for 2-3 days.

Dairy-Free: Swap yoghurt with coconut yoghurt.

Cucumber Salad

INGREDIENTS

- 1 AVOCADO, DICED
- 1 TOMATO, DICED
- 1/2 RED ONION, SLICED
- 1/2 CUCUMBER, DICED
- 1 TABLESPOON OLIVE OIL
- 1 TEASPOON SALT
- 1 TABLESPOON LEMON JUICE
- 1 TOOTHPICK MARJORAM OIL

DIRECTIONS

COMBINE AVOCADO, TOMATO, RED ONION, AND CUCUMBER IN BOWL. SET ASIDE. POUR OLIVE OIL INTO SMALL BOWL AND MIX IN TOOTHPICK DIPPED IN MARJORAM ESSENTIAL OIL. COMBINE OLIVE OIL MIXTURE AND VEGETABLES. ADD LEMON JUICE AND STIR. TOP OFF WITH SALT AND SERVE IMMEDIATELY.



Roasted Vegetable Salad for Hormone Balance

A nourishing salad with roasted vegetables, quinoa and other nutrient-packed foods, created to balance the hormone production and reduce PMS.

Servings: 2

Ingredients

- 2 sweet potatoes
- 1 red bell pepper
- 2 carrots
- 1 yellow onion
- 4 garlic cloves
- 1 tbsp pumpkin seeds lightly toasted
- 1 pomegranate seeds only
- 3-4 kale leaves chopped
- 1 bunch fresh parsley finely chopped
- 1/2 cup quinoa uncooked
- 2 dried apricots diced
- 1 tbsp olive oil
- 1 tsp cumin



Roasted Vegetable Salad Dressing

- 1 tsp turmeric powder
- 1 tsp ginger freshly grated
- 2 tbsp lemon juice freshly squeezed
- 1/2 tsp salt
- 2 tbsp extra virgin olive oil
- Pinch of freshly ground black pepper
- 2 tbsp water
- 2 tsp Dijon mustard

Instructions

1. Preheat the oven to 200C/392F. Line a baking sheet with parchment paper.
2. Prepare the veggies - peel the sweet potatoes, carrots and onion and cut into cubes. Dice the bell pepper and add them onto the baking sheet. Add cumin, drizzle olive olive oil and toss to coat evenly. Bake for 20 minutes then remove from the oven.
3. While the veggies are roasting, prepare the quinoa. Rinse it well and add it into a pot with 1 cup water. Bring to boil over medium heat, simmer over low heat for 15 minutes. Turn off the heat, lid the pot and set aside (the quinoa will absorb the steam and get fluffy).
4. In a large bowl combine the quinoa, roasted vegetables, chopped kale and parsley, dried apricots, pumpkin and pomegranate seeds,
5. Add the dressing ingredients into a jar, lid the jar and shake well to combine.
6. Drizzle the dressing over the salad then toss to combine.
7. Divide into serving bowls and serve warm.



CULTURED CASHEW CHEESE

INGREDIENTS

- 2 cups raw cashews
- ½ -¾ cup of filtered water
- Zest of 1 small lemon
- 1/2 tsp onion powder
- 1/2 tsp fine sea salt
- ½ teaspoon dried thyme
- 2 high strength probiotic capsules (see note).
- Extra virgin olive oil

INSTRUCTIONS

1. The night before, soak the cashews in water, cover, and leave to soak at room temperature overnight (or at least 6 hours). If soaking for longer than 8 hours (or it is really warm in the house), soak in the fridge. In the morning, drain and rinse the cashews well.
2. The next day, place the cashews and all the other ingredients into a high-speed blender. Start with ½ cup water and add more, if necessary. Blend until smooth paste forms.
3. Transfer the mixture to a bowl. Stir through the probiotics, discarding the outer capsule.
4. Put the mixture into a sterilized glass jar and cover with a small amount of olive oil (just enough to cover completely). Close the jar securely with a lid and place the jar at room temperature, out of direct sunlight for 2 days (48 hours). After 48 hours you can pour the olive oil out or leave it and store it in the fridge. The olive oil will help preserve the cream cheese in the fridge for longer. Once the olive oil seal is broken, use within 7 days.

NOTES - Probiotic: I used Metagenics Ultra Flora Restore Dairy Free

THAI COCONUT CHICKEN SOUP RECIPE



INGREDIENTS:

- 4 cups low-sodium chicken broth
- 2 stalks fresh lemongrass, cut in half and smashed
- 1 medium knob of ginger, peeled and coarsely chopped
- 1–2 bird's eye chili peppers, optional
- three 13.5-ounce cans coconut milk
- one 4-ounce jar Thai red curry paste
- 2 tablespoons grass-fed butter or coconut oil
- 2 pounds boneless skinless chicken thighs, chopped
- 2 red onions, chopped
- 2 large Japanese sweet potatoes, diced
- 1 head broccoli, chopped
- one 13.5-ounce can bamboo shoots, drained
- 1 bunch scallions, chopped
- juice of two limes

DIRECTIONS:

1. In a large pot or dutch oven, bring the broth, lemongrass, ginger, and optional chili peppers to a boil over medium-high heat. Decrease heat to medium-low and simmer while you prepare the rest of the ingredients.
2. In a medium pot, heat the coconut milk to a low boil over medium-high heat. Add the red curry paste and whisk to combine until smooth and fully incorporated. Turn off heat and set aside.
3. In a large skillet, heat the butter or oil over medium heat. Once the butter is melted or the oil is shimmering, add the chicken thighs and cook for 5 minutes, stirring occasionally. Add the onions and sweet potatoes and cook 5 minutes more. Turn off heat and set aside.
4. Remove the lemongrass, ginger and chili peppers from the broth with a handled sieve or slotted spoon and discard.
5. Increase heat to medium and add the coconut-curry mixture, chicken and vegetable saute, broccoli, and bamboo shoots. Simmer for 10 minutes.
6. Turn off the heat and add the scallions and lime juice. Stir, cover and allow the soup to rest for 10 minutes to allow the flavors to marry.



CAULIFLOWER PIZZA BASE (DAIRY FREE)

INGREDIENTS

- 1 head cauliflower, cut into florets (about 750g), lightly steamed.
- ½ cup almond meal
- 2 tablespoons flaxmeal
- 2 large eggs, whisked
- 2 tablespoons extra-virgin olive oil
- 1 teaspoon dried italian seasoning
- ¼ teaspoon red chilli flakes (optional)
- 1 teaspoon sea salt

INSTRUCTIONS

1. Preheat the oven to 200 degrees celsius. Line a large baking tray with baking paper and brush with olive oil.
2. Add half the cauliflower to the bowl of a large food processor and pulse to a rice-like consistency. Transfer to a large bowl lined with a clean tea towel. Repeat with the remaining cauliflower. Bring the towel together and squeeze all the excess moisture from cauliflower. Tip out the liquid and add the dry cauliflower to the bowl, along with all the remaining ingredients. Mix well.
3. Divide the mixture in half. Press half the mixture over the lined baking tray and shape into a circle with your hands, about 1cm thick.
4. Bake in the oven for 25-30 minutes, or until golden, flipping halfway to ensure even cooking. You can flip by laying another piece of baking paper over the top and flipping over.
5. Remove from the oven, top with pizza toppings (less is more!), then bake for a further 8-10 minutes. You can also freeze bases, lay a piece of baking paper between each base and store in a ziplock freezer bag.

SPAGHETTI SQUASH

Ingredients

- 1 Spaghetti Squash
- 2 yellow onions
- 2 cloves of garlic
- 2 boxes of organic tomatoes
- 1 tablespoon of tomato paste
- 1 cup of kalamata olives
- fresh basil if possible
- can add steamed broccoli
- salt and pepper to taste

Directions

- Preheat oven to 350 degrees
- Cut spaghetti squash lengthwise in half and place cut side down on the lightly oiled baking sheet, (previously remove and discard seeds) and bake 30 minutes in the preheated oven, or until a sharp knife can be inserted with only a little resistance. Remove squash from oven and set aside to cool enough to be easily handled.
- Meanwhile, heat olive oil in a skillet over medium heat. Cook and stir chopped onions in oil until translucent (aka "sweat the onions"). Add garlic; cook and stir until fragrant, 2 to 3 minutes. Stir in tomatoes and paste and cook until tomatoes are warmed through.
- Add olives in the end to warm
- Use a large spoon to scoop the stringy pulp from the squash and place in a medium bowl. Toss with sauce and any extra vegetables, and basil.

This can also be made with homemade pesto sauce.



THAI GREEN CURRY BASE



This is so great to make ahead – its easy to make in bulk and then use to quickly whip up busy weeknight meals. 😊 You can load it with beautiful vegies and bamboo shoots too.

INGREDIENTS

- 🌶️ 4 small green chillies (red bird's eye will work too), chopped (deseed if you want to reduce heat)
- 🌶️ 6 long green chilis, chopped
- 🌶️ 2 red shallots, chopped
- 🌶️ 2 lemongrass stems, bruised with the back of a knife and finely chopped
- 🌶️ Thumb-sized piece galangal, grated (if you can't find it, replace with ginger and a good whack of black pepper)
- 🌶️ Thumb-sized piece ginger, grated
- 🌶️ 5 cloves garlic (or more if you like), chopped
- 🌶️ 2.5 tsp dried shrimp paste (omit for veggie but add a touch of something salty like soy)
- 🌶️ 2 tsp lime zest
- 🌶️ A couple of kaffir lime leaves finely sliced (if you can get them)
- 🌶️ 1 tsp ground coriander
- 🌶️ 1 tsp ground cumin
- 🌶️ 1/4 tsp pepper
- 🌶️ 1/4 tsp turmeric
- 🌶️ 2 tbsp chopped coriander/cilantro root and stem (yes the STEM AND ROOTS - clean well!)
- 🌶️ 1/4 cup coriander / cilantro leaves

DIRECTIONS

Chop everything to a manageable size and then grind in a mortar and pestle or throw in a blender/food processor. To cook into a curry, add paste to a hot pan with some oil (peanut/soy/coconut work best) and cook until very fragrant, being careful not to burn, then add palm (or brown sugar), fish (or soy) sauce and coconut cream and bring to the boil - reduce heat, add whatever veggies and/or protein you would like and simmer until everything is ready.

Curry pastes can also be used as tasty marinades or worked into any number of other dishes for a bit of a fusion twist. I strongly recommend having a few basic curry paste recipes up your sleeve (or in your fridge).

ADDITIONAL RESOURCES

These are some additional foody resources you might like to take a look at with good wholesome family friendly recipes:

Jo Witton Quirky Cooking (Instagram)

Teresa Cutter _Healthy Chef (Instagram)

For the Family: Natural Super Kids - Recipe Vault - (naturalsuperkids.com)

www.rebekahteng.com/tag/recipes

The_gut_fix_mummy (Instagram)

