



Top 10 Recipes for Youthful Skin

(Vegetarian)





This recipe book contains all of the essential ingredients for youthful glowing skin.

You might notice rather a lot of berries – this is because they are packed full of an amazing array of compounds collectively known as ‘polyphenols’ which are powerful plant antioxidants that help to protect skin cells from damage.

It’s important to include lots of fibre rich vegetables in your diet to encourage healthy digestion and maintain a clear complexion. Some of my favourites come from the ‘brassica’ family, including kale, broccoli and cauliflower which are particularly helpful in supporting liver detoxification and balancing female hormones.

It’s not just digestive health that needs plenty of fruit and veg – vitamin C is your number one skin healing nutrient and is crucial for the production of collagen.

I love healthy fats in the form of coconut oil, avocados, olives, nuts and seeds, especially for dry skin. They provide a vital moisture boost and are second to none in helping to keep skin cells plumped and healthy. Every cell in our body is surrounded by a lipid (fatty) membrane and in order to encourage the exchange of nutrients to keep cells functioning optimally, it’s important this is kept fluid.

You’ll also find plenty of super powered spices in my dishes such as turmeric which have ‘anti-inflammatory’ properties and are tasty additions to any healthy diet.

I hope you love these recipes as much as I do.

Kyla



RASPBERRY & FLAXSEED PORRIDGE



INGREDIENTS (SERVINGS - 1)

150 g raspberries (fresh or frozen)
200 ml oat milk
50 g oats
1 tbsp ground flax / linseeds
2 tbsp protein powder

INSTRUCTIONS

1. In a pan with a dash of water, stew the berries on a low heat until soft.
2. Add the oat milk and oats and continue to cook on a low heat for a few minutes while stirring (the mix should still be quite runny)
3. Take off the heat and stir in the ground flaxseeds and whey protein and serve.

BLUEBERRY OVERNIGHT OATS & CHIA



INGREDIENTS (SERVINGS - 1)

2 tbsp porridge oats
2 tbsp chia seeds
3-4 tbsp probiotic yoghurt (or dairy-free alternative)
handful blueberries
nuts (optional for topping)

INSTRUCTIONS

Prepare this the night before by adding the oats and chia seeds to a glass jar – invest in one with a clamp-style lid (Kilner jar) or alternatively use a good quality BPA-free Tupperware container

1. Combine with the yoghurt and 100ml (1/3 mug) water and give the mix a good stir to make sure oats and seeds have enough liquid (the chia seeds form a gel-like consistency and have a tendency to clump together)
2. Top with blueberries and a sprinkle of nuts

Tip - If you need a little extra sweetness, add a drizzle of honey or maple syrup

BERRY BANANA SMOOTHIE



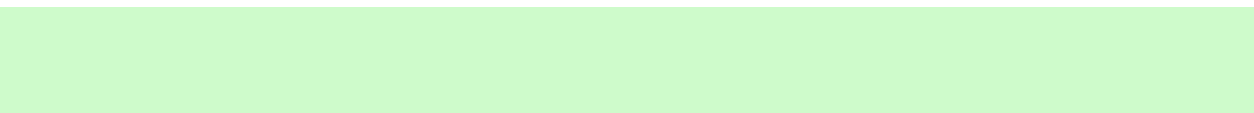
INGREDIENTS (SERVINGS - 1)

3-4 tbsp yoghurt 'Skyr' or 'Total' are good high protein options
2 handfuls mixed berries
1 banana
300 ml water (or plant based milk)
pinch cinnamon

INSTRUCTIONS

1. Blend all ingredients and serve

Tip - for a cold and refreshing smoothie, try using frozen banana or frozen berries



BROCCOLI AND CAULIFLOWER SALAD



INGREDIENTS (SERVINGS - 2)

2 florets broccoli
2 florets cauliflower
1 handful green beans
1 tin black beans
2 tbsp red quinoa (cooked)
3-4 radish (finely sliced)
1 handful pistachios
Dressing
1 tsp soy
1 tsp ginger (grated)
1 tsp extra virgin olive oil

INSTRUCTIONS

1. First quickly cook the cauliflower and broccoli in a bit of water – on the hob in a small saucepan with water or steam in the microwave. Don't overcook – we still want a bit of crunch here! Then do the same with the green beans or peas then set to cool
2. While they're cooking, cook your quinoa for 10-15 mins as directed, or if you have ready cooked just combine with all the other ingredients in a bowl
3. Mix up the dressing and give the whole combo a good stir
4. Serve with a good dollop of houmous if you fancy

TOMATO PASTA SAUCE



INGREDIENTS (SERVINGS - 4)

- 1 tsp coconut oil
- 1 small onion finely chopped
- 300 g chestnut mushrooms sliced - optional
- 2 - 3 cloves garlic crushed
- 1 - 2 tsp red chilli finely chopped, depending on heat preference
- 1/2 tsp dried herbs
- 1 tbsp capers drained and chopped
- 400 g chopped tomatoes tinned
- 1 tbsp fresh basil chopped - optional

INSTRUCTIONS

1. In a large non-stick pan, melt the coconut oil on a medium heat
2. Add the chopped onion and mushrooms and cook for a few minutes until the onions turn translucent
3. Throw in the garlic, chilli, herbs and capers and cook for a further 2 minutes
4. Pour the chopped tomatoes over the mix, stir and simmer gently for 5-8 minutes until the tomatoes turn into a thick sauce
5. Just before serving, add the fresh basil and stir through

Tip – a great sauce to go alongside bean pasta (for extra protein) and crumbled feta cheese

CRUNCHY KALE SALAD



INGREDIENTS (SERVINGS - 1)

3 cupped handfuls kale
1 handful baby tomatoes
1 sweet potato chopped and roasted
1/2 avocado sliced
1 lemon (juice of)
1 tbsp extra virgin olive oil
1 tbsp olive oil to roast
sprinkle pumpkin seeds
salt & pepper

INSTRUCTIONS

1. Pre-heat the oven to 180°C, then chop the sweet potato into small cubes and add to roasting tray. Drizzle with olive oil and season - we love adding smoked paprika and dried chilli for a spicy kick
2. Cook for approx. 40-45 minutes. To save time this can be done up to 3 days ahead of time
3. While the potato is cooking, chop the kale, slice tomatoes and avocado
4. Add kale to a bowl and dress with the juice of one lemon, salt and pepper, then use your hands to give it a good massage! This helps to break down the tough fibres of the kale leaves
5. Add leaves to the bowl or plate you'll be serving in and top with cooked sweet potato, tomatoes and avocado
6. Drizzle with extra virgin oil and sprinkle with pumpkin seeds, then season and serve

CARROT, GINGER AND TURMERIC SOUP



INGREDIENTS (SERVINGS - 4)

2 tbsp coconut oil	1 litre water
1 onion finely chopped	parsley chopped (for serving)
2 cloves garlic crushed	salt & pepper
1 inch fresh ginger peeled and grated	Toppings - Spiced chickpeas
1 inch turmeric peeled and grated	400 g chickpeas (1 tin) Rinsed
1/4 tsp ground cinnamon	1 tsp olive oil
1/8 tsp ground cayenne	1/4 tsp ground cumin
1 pinch salt	1/4 tsp ground paprika
650 g carrots chopped	1/4 tsp garlic powder

INSTRUCTIONS

1. Melt the coconut oil in a great big soup pot and fry the onions until softened
2. Stir in the garlic, ginger, turmeric, cinnamon, cayenne and salt and fry for another minute
3. Add the carrots and water and bring to a boil, then turn down the heat and simmer until the carrots are soft
4. Use a hand blender and blend until smooth, add water to thin if needed then taste and season
5. Toppings - Toss the chickpeas with olive oil, salt and spices then place on a baking sheet and roast in the oven at 200 deg C or Gas Mark 7 until lightly browned and crisp – this should take about 20 minutes

ROOT VEGETABLE CRISPS



INGREDIENTS (SERVINGS - 6)

2-3 parsnips
2-3 beetroots
2-3 carrots
drizzle olive oil
salt and pepper to season

INSTRUCTIONS

1. Preheat oven to 350 F / 180 C / Gas mark 4
2. Wash and peel the veg, then use a mandoline slicer or sharp knife to cut into wafer thin slices (too thick and they won't crunch up)
3. Then add to a bowl and dress with a splash of olive oil, salt and pepper so the veg are well coated
4. Lay the sliced veg in a single layer on a couple of baking sheets lined with parchment (baking) paper
5. Bake for 15 to 20 minutes, or until the veggies are dry and crisp. Watch them carefully toward the end, as they can burn quickly

CHOC-CHIP ALMOND & WALNUT BITES



INGREDIENTS (SERVINGS – 12 BALLS)

85 g dates (pitted)
120 g almond butter (sugar free)
50 g ground almonds
25 g walnuts
splash vanilla extract
To decorate
cacao powder (or cocoa powder)
desiccated coconut
ground nuts (or seeds)

INSTRUCTIONS

1. Whack the ingredients in a food processor
2. Mould into balls then roll in your decoration of choice and that's it!
3. Store in the fridge and munch as necessary

Tip - Freeze your energy bites and defrost a couple every day to avoid eating them all at once!

APPLE AND BERRY CRUMBLE



INGREDIENTS (SERVINGS - 6)

6 bramley apples (or Braeburn apples, cored and sliced – keep the skins on)
10 (50g) dates (finely chopped)
2 tsp cinnamon (ground)
100 g almond flour (ground almonds)
150 g oats
50 g coconut oil
200 g raspberries (or other berries)
2 tbsp hazelnuts (chopped)

INSTRUCTIONS

2. Preheat the oven to 160 deg C
3. Place the apples, chopped dates, 1 tsp. cinnamon and 200ml water into a saucepan and heat on a medium temperature with a lid on, until the apples begin to soften (approx. 10 mins)
4. In the meantime, mix the almond flour, oats, cinnamon and melted coconut oil together in a large bowl to create the crumble topping
5. Stir the raspberries into the cooked apples, keep on the heat for 5 mins and pour into a baking dish
6. Sprinkle the crumble topping over the fruit and bake in the oven at 160 dec C for 40 minutes
7. Sprinkle the chopped hazelnuts over the crumble when serving

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