



## **Anti-inflammatory recipes**

My anti-inflammatory master drink is Golden Milk / Turmeric Latte (use fresh ingredients where possible):

### *Ingredients:*

- 1 cup coconut milk (I recommend Rude Health. This is a dairy substitute drink, not the coconut milk used for cooking. You can use almond milk, dairy, soya or any other, even water)
- 4-6 thin slices of fresh turmeric root (or 1/4 teaspoon of turmeric powder)
- a sprinkle of black pepper
- 2cm cinnamon bark or sprinkle cinnamon powder
- 2cm fresh chilli or sprinkle cayenne pepper
- 1 teaspoon Raised Spirit CBD Coconut oil (<https://georgemonkhouse.com/shop/cbd-coconut-oil/>)

Bring to the boil and simmer gently for 20 minutes for full medicinal effect. Strain and serve. Curcumin in turmeric is the anti-inflammatory. It is absorbed much better by the body when coupled with the piperine from black pepper. Coconut oil increases the absorption of both CBD and curcumin.

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## ***Breakfast***

### **Porridge**

#### *Ingredients:*

- 1 cup of oats (ideally organic whole oats)
- 3 cups of water (filtered or spring)
- a pinch of salt

#### *Method:*

Bring to the boil and simmer for 15 minutes, stirring often. This way a thick, creamy porridge results.

You can add anything such as a non dairy milk, coconut milk, raw honey, dates, banana, fresh berries, bee pollen, fig, avocado, plain Greek yoghurt, coconut flakes, nuts, seeds, dried apricots (unsulphured) or raisins, açai, gomasio...

Adding half a teaspoon of coconut oil is a great way to increase absorption and reduce hunger.



## **Congee**

Another legendary breakfast very similar to porridge, this Chinese classic is rice porridge.

### *Ingredients:*

1 cup of rice  
6 cups of water

### *Method:*

Bring to the boil and simmer for several hours, until the rice grains have broken down well for really easy digestion and have created a creamy texture.

Again, you can add anything, with congee being even more versatile than oat porridge and eaten as a snack at any time of the day. Try using chicken or vegetable stock instead of water, I love adding butternut squash, sesame seeds and medjool dates before adding the stock, add your homemade kimchi, ginger and vegetables or chicken, or shiitake mushrooms with fine beans, chilli, spring onions and minced beef. Let your imagination run wild. Congee traditionally will often have pickled radish, Chinese herbal medicines, fresh herbs, dried fruit, chilli, dried meat, fish, you name it.

## **Soaked oats**

### *Ingredients:*

1 cup of oats  
Non dairy milk of choice  
plain yoghurt or Greek yoghurt  
1 teaspoon chia seeds  
1 apple, grated

### *Method:*

Put the oats in a glass or bowl, add the chia seeds, grate the apple, add the non dairy milk and yoghurt. Cover and put in the fridge overnight. In the morning add what you wish; from raw honey to peach to bee pollen to coconut flakes to chocolate flakes.

## **Banana pancakes (for 2 people)**

### *Ingredients:*

3-4 medium bananas (5 if small, 2 if big)  
half a cup porridge oats  
half a cup of non-gluten flour (try ½ buckwheat, ½ tapioca)  
a sprinkle of cinnamon  
1-2 eggs (or vegan version 2-4 tablespoons of powdered flax seed soaked in water for 10 minutes) - the older/squishier the bananas the more the pancakes need to bind.



*Method:*

Mash up all the ingredients in a bowl.

Put a teaspoon of coconut oil in a frying pan on medium heat and add the pancake mix, spreading it out with the back of a spoon but still nice and thick.

Flip them over once they retain their shape. You can make them small or large (I like large as it's quicker but they can fall apart easier).

*Optional extras:*

raw honey or maple syrup

other fruit added to the mix before frying (chunky is great) - berries, apple, nectarine, golden kiwi

other fruit raw or cooked, on top of the pancake

plain yoghurt or coconut yoghurt

almond butter

**Clear skin smoothie**

berries

banana

apple

almond butter

spinach

flax seeds

(add water or coconut water as needed)

**Sweet Potato Fritters with Seaweed and Coriander** (serves 2-4)

by Wild Food Cafe ([wildfoodcafe.com](http://wildfoodcafe.com))

*For fritters:*

3 small-medium sweet potatoes

½ courgette

3 biodynamic free-range eggs (or for an egg replacement soak chia seeds in water for 10 minutes)

3 tablespoons of gluten-free oat flour or quinoa flour

1 onion, finely chopped

30g of roughly chopped coriander

15g of hijiki seaweed, pre-soaked (available online, health food stores, China town, etc.)

2 tablespoons of extra virgin olive oil

pinch of cayenne pepper

pinch of salt

a squeeze of half a lime

*For Coconut Aioli:*

1 clove of garlic, finely chopped

3-4 tablespoons of natural Coyo coconut yoghurt

1 tablespoon of olive oil

a squeeze of quarter of a lime

30g of finely chopped coriander



salt and pepper

*Method:*

Grate sweet potato and courgette by hand or in a food processor. Add all the ingredients to one large bowl and mix well.

Preheat a pan with 2-3 tablespoons of oil of your choice (we like coconut oil or sunflower oil for cooking) to medium heat. Form the pancakes in your pan, close the lid of the pan for a few minutes then flip the fritters carefully and pan-fry till golden on both sides.

To make the aioli simply mix all the ingredients above in a small bowl by hand or use a food processor or a blender for a smoother texture. Voila.

Serve hot with extra coriander, plenty of aioli, freshly ground black pepper and plenty of napkins.

**Supercharged Chia Pudding with Almond Cream and Fresh Fruit** (serves 2)

Put 4 tablespoons of chia seeds in a bowl and add 1½-2 glasses of water for 15mins. The chia seeds will absorb the water and become gloopy like frogspawn.

*Creamy layer:*

2 tablespoons of almond butter  
1 tablespoon of coconut oil  
1 tablespoon of raw honey  
3 dates  
1 tablespoon of mesquite (optional)  
Vanilla essence to taste  
Pinch of salt  
a squeeze of ½ lime

*Added extras:*

2 tablespoons of bee pollen  
2 tablespoons of hulled hemp  
2 tablespoons of cold-pressed flax oil (optional)

*Toppings:*

banana  
pear  
coconut chips  
or any other fruit of your choice

Soak chia seeds in a 1½ cups of water (make sure all the seeds are covered) for 10-15 minutes or overnight.

For creamy layer add almond butter, coconut oil, dates and honey in a blender with just enough water to cover the blades and get it started. Blend till all ingredients are smooth and well mixed in. Add the rest of the ingredients and blend again till you reach a smooth, creamy consistency.



*To serve:* divide soaked chia seeds into two serving bowls, pour almond cream on top, sprinkle with bee pollen and hulled hemp and finish off with a layer of fresh fruit and coconut chips.

### **Mediterranean wake up**

1 ripe avocado (cut into chunks)

Red, orange and yellow peppers (cut into chunks)

Red, orange and yellow tomatoes (small tomatoes cut in half or larger ones cut into chunks)

Spring onion (chopped)

Coriander (chopped)

1-3 free range, organic eggs - poached, fried or scrambled

A slice or two of pumpernickel bread.

Mix everything except the eggs up in a bowl with some extra virgin olive oil, balsamic vinegar and lime juice. Add the eggs on top.

Optional extras: chilli flakes or gomasio.

### **Perfect kedgerree**

Serves 4

#### *Ingredients:*

450g basmati rice

500g smoked haddock

120g butter

1 large onion, finely chopped

1 green chilli, deseeded and cut into thin rings

2 crushed cardamom pods

1 tbsp curry powder

2 hard-boiled eggs, peeled and cut in half

Small handful chives, chopped

½ lemon, cut into 4 wedges

Small bunch of coriander, chopped

#### *Method:*

1. Toss the rice briefly under running water and then put it in a large pan and cover with cold water. Leave for at least half an hour.

2. Drain the rice and discard the soaking water. Put it in a large pan on a medium heat with 585ml fresh water.

3. Bring to the boil, and give it a good stir. Cover tightly and turn the heat down very low. Cook for 25 minutes then take off the heat - don't take the lid off! - and place on a wet tea towel. Leave for five minutes then fork through to fluff up.

4. Meanwhile, put the fish, skin-side up, in a shallow pan over a low heat, and cover with boiling water. Allow to sit for 10 minutes, then take out of the water and, when cool enough to handle, pull the skin off and break into large flakes.

5. Melt the butter in a large frying pan over a lowish heat, and add the onion. Fry gently until softened, then stir in the chilli, cardamom pods and curry powder. Cook



for a couple of minutes, then tip in the rice and stir to coat. Add the fish flakes and heat through. Taste and season.

6. Put the eggs on top, scatter with chives and coriander, and serve with slices of lemon to squeeze over.

## ***Lunch***

### **Fish or meat with salad and green veg**

#### **Super Simple Stir Fry**

This is great to quick, easy and delicious healthy food. It is really basic – no fancy flavours except for those that come in the vegetables you are eating.

##### *Ingredients:*

Any vegetables you desire – it's a good idea to have onion, spring onion or leek as a base but even these aren't at all necessary.

Focus on dark leafy green veg but complement with mushrooms, peppers, carrots, you name it

Some spices like turmeric and black pepper, ginger, garlic

coconut oil

herbs such as coriander, basil or parsley

##### *Optional:*

salt and pepper

soy or tamari sauce

fresh chilli

lime juice

oyster sauce

##### *Method:*

Simply shallow fry the vegetables in the coconut oil for a few minutes until lightly stir fried. That is all. Add rice, quinoa or rice noodles at the end and serve.

### **Delicious Beetroot Soup**

Beetroot is an absolute super food:

The rich red-purple colour is provided by anti-carcinogens such as the antioxidant betacyanin, which are understood to prevent mutated cancerous growth of cells and have anti-inflammatory properties, and can greatly improve the uptake of oxygen. 250ml of the juice every day has been shown to reduce elevated blood pressure.



In Chinese dietetics, beetroot is known to bolster the quality of the Blood, improve circulation and regulate the intestines, helping relieve constipation and detoxify the intestines and Liver. Also, by nourishing the Blood, it helps improve sleep.

*Ingredients:*

1 tablespoon of virgin raw coconut oil  
1 medium onion, chopped  
3 cloves of garlic, diced  
1 knuckle of ginger, diced  
some turmeric  
6 medium (or 10 small or 4 large) beetroot - leave the skin on! Most of the nutrients are in the skin and peeling is so 1995...  
1 baking potato (I normally buy Maris Piper)  
500g of bone broth or 1 organic beef or vegetable stock cube  
1 teaspoon of horseradish or some fresh grated horseradish root  
salt and pepper to taste  
a handful of fresh coriander

*Method:*

Soften the chopped onion in the coconut oil for a few minutes on a low heat, then whack all the rest in and simmer for 20-30 minutes before blending to a rich, smooth consistency.  
Save a bit of coriander for decoration, and add a dollop of coconut yoghurt.

**Quinoa salad with butternut squash and halloumi**

*Ingredients:*

1½ cup quinoa  
2 spring onions, chopped  
1 large carrot, chopped  
1 red or yellow pepper, chopped  
1 cup peas  
1 cup red kidney beans, drained and rinsed  
1/2 butternut squash, chopped into chunks  
1 cup of pumpkin seeds  
15 cherry tomatoes, halved  
2 tbsp extra-virgin olive oil  
1 tbsp apple cider vinegar  
juice of ½ a lime  
2 tbsp finely chopped fresh parsley

*Method:*

1. Bring 3 cups of water to a boil in a saucepan. Add the quinoa, butternut squash and salt to taste. Reduce the heat to maintain a simmer, cover and cook until the water has been absorbed, about 12 minutes.  
2. Slice the halloumi and grill on each side until light brown. Chop into chunks.



3. Remove the quinoa from the heat and transfer to a large bowl. Stir in the spring onions, pepper, carrot and peas, and set aside to come to room temperature.
4. Add the tomatoes, pumpkin seeds, kidney beans, oil, lime, vinegar and parsley. Season to taste with salt and pepper and toss to combine.

### **Red Lentil Dahl Recipe**

#### *Ingredients:*

- 1 cup red lentils (orange lentils will work as well)
- 3 cups water
- 3 plum tomatoes
- 2 teaspoons grapeseed, vegetable, canola or other high-heat oil
- 1/2 cup white or yellow onion, finely chopped
- 2 medium cloves garlic, finely chopped and made into a paste\*
- 2 teaspoons of Bengali five spice mix (panch phoron) or 1/2 tsp black (or white) sesame seeds, 1/2 tsp cumin seeds, 1/2 tsp fennel seeds, 1/2 tsp mustard seeds, and (if available) 1/2 tsp fenugreek seeds
- 1 bay leaf
- 1 teaspoon turmeric
- 1 teaspoon kosher salt plus more to taste
- 1 lime, juiced (equal to about 2 tablespoons fresh lime juice)
- 8 sprigs cilantro, de-stemmed and chopped
- Cooked basmati rice, optional

*\*To create a garlic paste, finely chop the garlic, then sprinkle with a little kosher salt (to act as an abrasive) and crush with the side of a large chopping knife over the mixture until garlic breaks down and becomes paste-like.*

#### *Method:*

- 1 Rinse lentils and cook with water until soft: Place 1 cup of red lentils in a metal sieve. Rinse well with cold water. Pour cleaned lentils into a medium sauce pan. Add 3 cups of water. Bring lentils and water to a boil. Reduce heat, cover and simmer for 10 minutes or until the lentils are soft.
- 2 Blanch and chop the tomatoes: While the lentils are cooking in step 1, bring a separate small pot of water to a boil. Score the peel of the tomatoes with a sharp knife in the shape of an "X". Place the tomatoes in the boiling water and blanch for one minute. Remove the tomatoes to a bowl to cool. Once cool, peel the tomatoes and cut out and discard the tough stem end. Chop the tomatoes, or mash them, and set aside.
- 3 Sauté onions, garlic paste, spices: After the lentils in step 1 have cooked at least 5 minutes, start preparing the onions and spices. In a medium saucepan, heat the oil over medium heat. Add the chopped onions. Cook until translucent, about 3 minutes. Add garlic paste and cook for 1 minute more, stirring continuously, making sure that the garlic does not burn. Add the Bengali five spice. Cook and stir for another 2-3 minutes. Add bay leaf and turmeric. Stir.





4 Add cooked lentils, salt: To the onions and spices, add the cooked lentils along with the lentil cooking water. Add salt. Cook for 10 minutes.

5 Add lime juice, tomatoes, cook, then add cilantro: Add lime juice and tomatoes. Cook for 3-5 more minutes. Adjust salt if necessary.

Stir in chopped cilantro and remove from heat. Garnish with more chopped cilantro.

Serve with basmati rice or naan bread.

### **Salmon with beetroot, feta & rice**

#### *Ingredients:*

120g single salmon fillet

¼ tsp ground cumin

¼ tsp caraway seeds

1 tsp extra virgin olive oil plus extra to serve

60g (wild) rice

100g ready-cooked beetroot, cut any way you like

2 spring onions, sliced on a diagonal

juice ½ lemon

25g feta, roughly crumbled

#### *Method:*

Before you prep the veg, coat the salmon fillet in the spices and oil then set aside to marinate. In a small saucepan with a tight-fitting lid simmer the rice over a medium heat for 25 mins.

After 15 mins, season the salmon, then place the fish, skin-side down, in a cold non-stick frying pan (this will ensure you get an evenly crispy skin). Place over a medium-high heat and cook the salmon for 5 mins, then flip it over and cook on the other side for 1-2 mins more, depending on how you like it.

Drain the rice, then return it to the saucepan and toss with the beetroot, spring onions, lemon juice and seasoning to taste. Serve the rice alongside the spiced salmon with the crumbled feta and a drizzle of olive oil on top.

### **Raw Rainbow Noodle Bowl with Thai Peanut Sauce**

#### *Ingredients:*

##### *Thai Peanut Sauce*

¼ cup water

1 lime, juice of

3 tablespoon raw peanut butter

2 tablespoon date paste or other liquid sweetener

1 tablespoon coconut aminos

1 tbsp coconut vinegar

1 teaspoon minced garlic

1 teaspoon ginger

½ teaspoon red chili flakes

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##### *Rainbow Noodle Bowl*



1 package 16 oz. kelp noodles or rice noodles  
2 courgettes, spiralized or finely chopped  
1 teaspoon sesame seeds  
2 tablespoons peanuts  
Mixed veggies of choice

*Method:*

Add all ingredients for the sauce in a bowl and whisk together.  
Rinse kelp noodles and mix with spiralized courgette in a large mixing bowl.  
Chop up your favourite veggies and add to the mixing bowl. Try edamame, bell peppers, purple cabbage and green onions.  
Pour sauce over noodles and mix well.  
Let the sauce marinate for 10 minutes or longer, stirring occasionally.  
When you're ready to eat, sprinkle sesame seeds and peanuts.

**Easy Cauliflower Rice Burrito Bowls**

Serves 4

*Ingredients:*

1 (15-ounce) can black beans, drained and rinsed  
1 cup frozen corn kernels  
2 tablespoons water  
1/2 teaspoon chili powder  
1/2 teaspoon ground cumin  
3/4 teaspoon kosher salt, divided  
1 tablespoon olive oil  
1 medium head cauliflower (about 1 1/2 pounds), riced (or one 16-ounce bag riced cauliflower)  
1/3 cup chopped fresh cilantro, divided  
1/4 cup freshly squeezed lime juice (from 2 to 3 medium limes)  
1 cup diced or shredded cooked chicken (optional), warmed if desired  
1 cup pico de gallo or salsa  
1 medium avocado, peeled, pitted, and sliced

*Method:*

Place the beans, corn, water, chili powder, cumin, and 1/4 teaspoon of the salt in a small saucepan over medium-low heat. Cook, stirring occasionally, until heated through, 3 to 5 minutes. Remove from the heat.  
Meanwhile, heat the oil in a large, high-sided skillet over medium heat until shimmering. Add the riced cauliflower and the remaining 1/2 teaspoon salt. Cook, stirring occasionally, until the cauliflower is heated through and just tender, 3 to 5 minutes. Remove from the heat. Add 1/4 cup of the cilantro and the lime juice, and stir to combine.  
Divide the riced cauliflower among 4 bowls. Top with the bean and corn mixture, chicken if using, pico de gallo or salsa, and avocado slices. Sprinkle with the remaining cilantro and serve warm.

## ***Supper***

**Roast dinner, stews, meat and two veg. The regulars, only without wheat, dairy and refined sugar.**

### **Just Fruit (summertime)**

This is actually one of my all-time favourite dinners in the height of summer. In the name of keeping this meal as the lightest of the day and eating early (say 6pm) is to have only fruit, even better only one type of fruit. This takes it easy on the digestion, is super cleansing, delicious and as natural as it comes. Try half a watermelon, 5 mangoes, a bunch of grapes or 18 oranges. You'll be surprised how filling it is and how good it makes you feel.

### **Almond Chicken Soup with Sweet Potato, Collards, and Ginger**

#### *Ingredients:*

4 cups chicken stock  
½ yellow onion, diced  
1 minced garlic clove  
1 large sweet potato, peeled and diced (2 cups)  
8 ounces boneless, skinless chicken breast, cut into 1-inch pieces  
½ cup smooth almond butter  
1 cup collard leaves, coarsely chopped  
2 tablespoons minced fresh ginger  
Coarse salt and freshly ground black pepper  
1 lime, cut into wedges

#### *Method:*

1. Combine the stock, onion, garlic, and sweet potato in a stockpot and bring to a boil. Reduce the heat to a simmer and add the chicken, then cover and simmer for 20 minutes.
2. In a small bowl, whisk together the almond butter and 1/2 cup of the soup mixture into a thick paste. Add the collard leaves and ginger to the soup and bring to a boil, then reduce the heat and simmer, covered, for 5 minutes. Stir in the almond butter paste. Season with salt and pepper.
3. Ladle the soup into bowls, and squeeze with lime wedge.

### **Make Your Own Sushi**

#### *Ingredients:*

255g sushi rice  
55ml mirin  
340g/12oz sashimi quality tuna, cut into long thin strips  
5 sheets nori sushi sheets  
1 cucumber cut into 5 long pieces  
5 spring onions



3 tsp wasabi paste

*to serve:*

light soy sauce

Japanese pickled ginger

*Method:*

1. Rinse the rice very well under cold water. Drain thoroughly and put into a large saucepan that has a lid. Pour over 1 pint of water. Bring to the boil and allow to simmer for about 25 minutes or until nearly all the water has been absorbed. Remove from the heat, cover with a lid and allow to stand for 10 minutes.

2. Then tip the rice onto a large flat clean tray. A metallic is probably best as it will help the rice cool down quicker. Dress the rice with the mirin, turning frequently as this helps the rice to cool. Then fan with a fan or a magazine until the rice is room temperature (not essential but quite authentic).

3. To make the sushi take a Japanese bamboo sushi mat and place a sheet of seaweed on top. Have a small bowl of water to hand. Dip your fingers in the water before you touch the rice. Spread the rice over three quarters of the seaweed, take a little rice at a time and push it to the edges leaving a layer about  $\frac{1}{2}$  cm thick. Leave the quarter the furthest away from you plain.

4. Next smear a little wasabi in a line a little off centre nearest to your body. Follow with a layer of tuna, a spring onion and a piece of cucumber. Roll up the bamboo mat slowly, tucking in the closer end of the sushi roll to start a roll and press lightly with both hands. Remove the roll from the mat and leave to sit with the joining edges downwards. You can wrap in cling film and keep in a cool place until you are ready to serve. Don't place in the fridge as this dries out the rice.

5. To serve, using a lightly moistened sharp knife to trim the ends, then cut into 6-8 pieces. Serve with the pickled ginger and little bowls of soy sauce.

### **Chilli chicken ramen**

*Ingredients:*

500ml chicken stock

2 tbsp of sriracha sauce

150g of good egg noodles

1 chicken breast, marinated

handful of beansprouts

$\frac{1}{4}$  red onion, finely sliced

1 spring onion, chopped

1 fresh red chilli, sliced

to marinade chicken: 2 tbsp soy sauce & 1 tsp of freshly grated ginger

to garnish: a few sprigs of coriander,  $\frac{1}{4}$  lime

*Method:*

1. marinade chicken breast for 1 hour before placing in a hot oven until cooked through

2. cook egg noodles in pan of boiling water (follow packet instructions)

3. once noodles are cooked, drain and place into ramen bowl



4. add sriracha sauce and chicken stock, then stir to separate noodles
5. slice cooked chicken at 45°, placing gently on top of the noodles
6. add freshly chopped ingredients to the dish and garnish with lime + sprigs of coriander

### **Creamy Mushroom Risotto (Vegan)**

An easy, healthy weeknight meal that's super creamy and full of flavour.

Serves: 2

#### *Ingredients:*

1 tbsp olive oil  
1 shallot (or ½ white onion), diced  
3 garlic cloves, minced  
100g / 1 cup button mushrooms, thinly sliced  
100g / ½ cup risotto rice  
Approx 500ml / 2 cups vegetable stock  
(Optional) ½ tbsp white wine vinegar  
(Optional) 4 tbsp nutritional yeast flakes  
Fresh parsley, to serve  
Salt and pepper, to taste

#### *Instructions:*

1. Heat the olive oil in a large saute pan. Add the shallot and garlic and cook on a medium-low heat until softened.
2. Add the mushrooms and cook for a further minute.
3. Stir in the risotto rice and immediately pour in the stock and vinegar (if using). Bring to a boil then reduce to a simmer for approximately 30 minutes or until all the liquid has been absorbed and the rice is cooked. Add more hot water, if necessary.
4. Once cooked, stir in the nutritional yeast (if using), stir in a handful of chopped fresh parsley and season with salt and pepper.

### **Vegan Chilli Con Carne**

#### *Ingredients:*

2 tablespoons olive oil  
1 medium red onion, chopped  
1 large red bell pepper, chopped  
2 medium carrots, chopped  
2 ribs celery, chopped  
½ teaspoon salt, divided  
4 cloves garlic, pressed or minced  
2 tablespoons chili powder  
2 teaspoons ground cumin  
1 ½ teaspoons smoked paprika  
1 teaspoon dried oregano  
1 large can (28 ounces) or 2 small cans (15 ounces each) diced tomatoes\*, with their juices



2 cans (15 ounces each) black beans, rinsed and drained  
1 can (15 ounces) pinto beans, rinsed and drained  
2 cups vegetable broth or water  
1 bay leaf  
2 tablespoons chopped fresh cilantro, plus more for garnishing  
1 to 2 teaspoons sherry vinegar or red wine vinegar or lime juice, to taste  
Garnishes: chopped cilantro, sliced avocado, tortilla chips, sour cream or crème fraîche, grated cheddar cheese, etc.

*Instructions:*

1. In a large Dutch oven or heavy-bottomed pot over medium heat, warm the olive oil until shimmering. Add the chopped onion, bell pepper, carrot, celery and  $\frac{1}{4}$  teaspoon salt. Stir to combine and then cook, stirring occasionally, until the vegetables are tender and the onion is translucent, about 7 to 10 minutes.
2. Add the garlic, chili powder, cumin, smoked paprika (go easy on the paprika if you're sensitive to spice) and oregano. Cook until fragrant while stirring constantly, about 1 minute.
3. Add the diced tomatoes and their juices, the drained black beans and pinto beans, vegetable broth and bay leaf. Stir to combine and let the mixture come to a simmer. Continue cooking, stirring occasionally and reducing heat as necessary to maintain a gentle simmer, for 30 minutes. Remove the chili from heat.
4. For the best texture and flavor, transfer 1  $\frac{1}{2}$  cups of the chili to a blender and blend until smooth, then pour the blended mixture back into the pot. (Or, you can blend the chili briefly with an immersion blender, or mash the chili with a potato masher until it reaches a thicker, more chili-like consistency.)
5. Add the chopped cilantro, stir to blend, and then mix in the vinegar, to taste. Add salt to taste, too—I added  $\frac{1}{4}$  teaspoon more at this point. Divide the mixture into individual bowls and serve with garnishes of your choice. This chili will keep well in the refrigerator for about 4 days (I haven't tried, but I bet it would freeze well, too).

**Easy curried fish stew**

*Ingredients:*

6 spring onions

1 fresh red chilli

5 cm piece of ginger

olive oil

1 handful of curry leaves

1 teaspoon black mustard seeds

1 level teaspoon ground turmeric

$\frac{1}{2}$  teaspoon chilli powder

$\frac{1}{2}$  teaspoon cumin seeds

$\frac{1}{2}$  teaspoon fennel seeds

12 large raw shell-on king prawns, from sustainable sources

300 g brown rice

250 g ripe mixed-colour cherry tomatoes

1 x 400 g tin of light coconut milk



6 x 100 g white fish fillets , such as bream or haddock, skin on, scaled and pin-boned, from sustainable sources

*1 lemon*

*Method:*

1. Trim the spring onions and finely slice with the chilli, then peel and matchstick the ginger.
2. Put a 25cm shallow casserole pan on a medium heat with 1 tablespoon of oil, the spring onions, chilli, ginger, curry leaves and all the spices. Stir and fry for 5 minutes, or until lightly golden.
3. Meanwhile, remove the prawn heads and stir them into the pan as you go for serious added flavour, then add the rice and 1.2 litres of boiling water.
4. Simmer for 10 minutes while you peel the rest of the prawns (I leave the tails on), then use a small sharp knife to lightly score down the backs and devein them, which will mean they butterfly as they cook. Keep in the fridge until needed.
5. Halve and add the tomatoes to the pan, then cover with the coconut milk. Simmer for 20 minutes, then cut the fish in half across the middle and place in the pan for a further 10 minutes, or until the fish and rice are cooked through, adding the prawns for the last 5 minutes.
6. Pick out the prawn heads, squeeze out all the lovely juices, then discard, and loosen the stew with a little boiling water, if needed. Have a taste, and season to perfection with sea salt, black pepper and lemon juice.

## ***Snacks***

### **The Life-Changing Loaf of Bread (by Sarah Britton of [mynewroots.org](http://mynewroots.org))**

*Makes 1 loaf*

This is expensive but believe me it is so awesome you have to give it at least one go

*Ingredients:*

- 1 cup / 135g sunflower seeds
- ½ cup / 90g flax seeds
- ½ cup / 65g hazelnuts or almonds
- 1 ½ cups / 145g rolled oats
- 2 Tbsp. chia seeds
- 4 Tbsp. psyllium seed husks (3 Tbsp. if using psyllium husk powder)
- 1 tsp. fine grain sea salt (add ½ tsp. if using coarse salt)
- 1 Tbsp. maple syrup (for sugar-free diets, use a pinch of stevia)
- 3 Tbsp. melted coconut oil or ghee
- 1 ½ cups / 350ml water

*Method:*

1. In a flexible, silicon loaf pan combine all dry ingredients, stirring well. Whisk maple syrup, oil and water together in a measuring cup. Add this to the dry ingredients and mix very well until everything is completely soaked and dough



becomes very thick (if the dough is too thick to stir, add one or two teaspoons of water until the dough is manageable). Smooth out the top with the back of a spoon. Let sit out on the counter for at least 2 hours, or all day or overnight. To ensure the dough is ready, it should retain its shape even when you pull the sides of the loaf pan away from it.

2. Preheat oven to 350°F / 175°C.

3. Place loaf pan in the oven on the middle rack, and bake for 20 minutes. Remove bread from loaf pan, place it upside down directly on the rack and bake for another 30-40 minutes. Bread is done when it sounds hollow when tapped. Let cool completely before slicing (difficult, but important).

4. Store bread in a tightly sealed container for up to five days. Freezes well too - slice before freezing for quick and easy toast!

### **Coziest Banana Bread**

#### *Ingredients:*

¼ cup milk of your choice (coconut, almond, oat, hemp, cow, goat, soy...)

6 tbsp. olive oil, butter, ghee, coconut oil

6 tbsp. maple syrup

1 tsp. pure vanilla extract

2 ¼ cups mashed ripe bananas (approximately 5 medium bananas)

2 cups flour (I used equal parts light + whole spelt)

1 tsp. baking soda

1 tsp. baking powder

½ tsp. sea salt

1 cup chopped nuts + seeds (I used walnuts, pecans, and pumpkin seeds)

¾ cup chopped dark chocolate (1 standard 100 g bar) - optional

#### *Directions:*

1. Preheat oven to 350F.

2. Line an 8" x 8" cake pan or loaf pan with baking paper, or lightly oil and dust with flour, shaking out excess.

3. Put the milk, oil, maple syrup, vanilla, and bananas in a blender and blend until smooth.

4. In a large bowl combine dry ingredients. Add banana mixture and combine using as few strokes as possible. Fold in nuts and chocolate.

5. Pour into a cake pan and smooth the top. Bake until a toothpick inserted in the center comes out clean (time varies greatly according to oven - mine takes about an hour, but this recipe suggests only 30 minutes. Check periodically after the half hour mark.)

### **Raspberry and Rhubarb Crumble**

#### *Ingredients:*

4 sticks of rhubarb, cut in 1" pieces

1 small container of raspberries

couple splashes of Gran Marnier (or orange liqueur)

1-2 TB turbinado sugar (or regular sugar)

1 cup oatmeal





1/3 cup sliced almonds, crushed  
2 TB Smart Balance whipped butter (or regular butter)

*Method:*

In a deep baking dish, combine rhubarb, raspberries, Gran Marnier and sugar. Toss gently and let sit for 10 minutes. In small bowl, combine oatmeal and almonds with butter to make crumbly topping. Spread topping over fruit mixture and place in preheated oven. Bake for 30-40 minutes until bubbly and golden brown. Serve with vanilla ice cream, frozen yogurt or Greek yogurt for a delicious dessert.

### **Raw Vegan Chocolate Cake**

*Base:*

1 cup oats and/or walnuts  
1 1/2 cups dates

*Cake:*

2 cups cashews  
2 tablespoons cacao powder  
1 cup water  
Juice from 1 lemon  
1 cup dates  
1/4 cup coconut oil  
2 tablespoons maple syrup  
1 teaspoon vanilla extract

*Method:*

The base: Blend the oats and/or walnuts in a food processor, then add the dates, already chopped, until it all mixes well. Press into the bottom of a springform cake pan or adjustable pan and leave to set in the fridge.

The cake: Blend everything together until creamy and smooth. Add water or maple syrup if too thick, dates or nuts if too runny. Pour it on top of the base and leave in the fridge for 12 hours to set.

### **Toffee Cinnamon Oatmeal Cookie Bars**

(Vegan and gluten free)

*Ingredients:*

1 tablespoon (8 g) ground flax  
3 tablespoons (45 mL) water  
1/4 cup plus 1 tablespoon (75 mL) virgin coconut oil, softened  
2 tablespoons (30 g) natural smooth almond butter  
3/4 cup (120 g) coconut sugar\*  
1 teaspoon (5 mL) pure vanilla extract  
1/2 teaspoon baking soda  
1/2 teaspoon fine sea salt or pink Himalayan salt  
1 teaspoon cinnamon  
3/4 cup plus 1 tablespoon (108 g) oat flour\* \*



3/4 cup (75 g) gluten-free rolled oats  
3/4 cup (75 g) almond flour  
1/4 cup plus 1 tablespoon (60 g) non-dairy mini chocolate chips, divided

*Method:*

1. Preheat oven to 350°F (180°C) and line an 8-inch square pan with parchment paper.
2. Mix the ground flax and water in a small bowl or mug and set aside to thicken.
3. In a large mixing bowl, beat the coconut oil, almond butter, and sugar with electric beaters until combined.
4. Pour in the flax mixture and vanilla extract and beat until combined.
5. Add the baking soda, salt, and cinnamon and beat again.
6. Finally add in the oat flour, rolled oats, almond flour, and 1/4 cup of chocolate chips (reserving the 1 tablespoon for later) and beat until combined.
7. Spoon dough into prepared pan and spread out until smooth and even. Sprinkle the remaining chocolate chips on top and press down. I use a pastry roller to roll the dough out even.
8. Bake for 17 to 20 minutes, until lightly golden and firm around the edges. (The edges will be high and the middle portion will be sunken a bit. This is all normal!)
9. Gently place the pan on a cooling rack for 15 minutes. Then, carefully lift out the bars and place directly on cooling rack for another 10 minutes or so, until mostly cool. Slice and enjoy! Note: The bars will crumble slightly if sliced warm, but they firm up nicely when cooled.
10. Store leftovers in the fridge in an airtight container for up to 3 days, or in the freezer (tightly wrapped and placed in a freezer bag) for up to 3 to 4 weeks.

## ***Probiotics***

### **Homemade Sauerkraut #1 - Traditional**

1 whole white cabbage  
2 tablespoons of sea salt  
1 teaspoon of caraway seeds

Chop the cabbage up finely except for a couple of leaves (which you should set aside). Add to a large bowl with the salt and caraway seeds. Squeeze the cabbage in your hands until it breaks down and becomes soft, releasing its brine (juice) – at least 10 minutes. Once ready, pack it into glass jars leaving some room at the top. You **MUST** pack it tightly so there is no air in it, only brine covering all the cabbage. Add the unchopped leaves on the top to keep the chopped cabbage below the surface of the brine. Add water to top up if necessary. Seal the jar (if screw lid, put clingfilm over before screwing the lid on for an extra firm seal. Leave in a cool dark place for 5-14 days. Refrigerate after, it will keep for months. Eat a little every day.



### **Homemade Sauerkraut #2 - Anti Inflammatory**

1 whole savoy cabbage, finely chopped  
1 inch fresh tumeric root, finely chopped  
black pepper  
1 inch fresh ginger root, finely chopped  
1 inch fresh horseradish root, grated  
1 apple, grated  
sea vegetable such as kombu, soaked and finely chopped  
1 handful of coriander, chopped

Prepare the same as the first one, adding the additional ingredients only after you've squeezed the cabbage.

### **Homemade Sauerkraut #3 - Elise's recipe**

1 whole red cabbage, finely chopped  
1 apple, grated  
1 large carrot, grated  
1 large beetroot, grated  
2 small chillis  
1 teaspoon caraway seeds  
10 black peppercorns  
5 juniper berries (optional)  
4 cloves (optional)

Prepare the same as the first one, adding the additional ingredients only after you've squeezed the cabbage.

### **Homemade Kimchi**

#### *Ingredients:*

1 medium head (2 pounds) napa cabbage  
1/4 cup sea salt or kosher salt (see Recipe Notes)  
Water (see Recipe Notes)  
1 tablespoon grated garlic (5 to 6 cloves)  
1 teaspoon grated ginger  
1 teaspoon sugar  
2 to 3 tablespoons seafood flavor or water (optional, see Recipe Notes)  
1 to 5 tablespoons Korean red pepper flakes (gochugaru)  
8 ounces Korean radish or daikon, peeled and cut into matchsticks  
4 scallions, trimmed and cut into 1-inch pieces

#### *Equipment:*

Cutting board and knife  
Large bowl  
Gloves (optional but highly recommended)  
Plate and something to weigh the kimchi down, like a jar or can of beans



Colander

Small bowl

Clean 1-quart jar with canning lid or plastic lid

Bowl or plate to place under jar during fermentation

*Method:*

1. **Slice the cabbage:** Cut the cabbage lengthwise into quarters and remove the cores. Cut each quarter crosswise into 2-inch-wide strips.
2. **Salt the cabbage:** Place the cabbage and salt in a large bowl. Using your hands (gloves optional), massage the salt into the cabbage until it starts to soften a bit, then add water to cover the cabbage. Put a plate on top and weigh it down with something heavy, like a jar or can of beans. Let stand for 1 to 2 hours.
3. **Rinse and drain the cabbage:** Rinse the cabbage under cold water 3 times and drain in a colander for 15 to 20 minutes. Rinse and dry the bowl you used for salting, and set it aside to use in step 5.
4. **Make the paste:** Meanwhile, combine the garlic, ginger, sugar, and seafood flavor (or 3 tablespoons water) in a small bowl and mix to form a smooth paste. Mix in the gochugaru, using 1 tablespoon for mild and up to 5 tablespoons for spicy (I like about 3 1/2 tablespoons).
5. **Combine the vegetables and paste:** Gently squeeze any remaining water from the cabbage and return it to the bowl along with the radish, scallions, and seasoning paste.
6. **Mix thoroughly:** Using your hands, gently work the paste into the vegetables until they are thoroughly coated. The gloves are optional here but highly recommended to protect your hands from stings, stains, and smells!
7. **Pack the kimchi into the jar:** Pack the kimchi into the jar, pressing down on it until the brine rises to cover the vegetables. Leave at least 1 inch of headspace. Seal the jar with the lid.
8. **Let it ferment:** Let the jar stand at room temperature for 1 to 5 days. You may see bubbles inside the jar and brine may seep out of the lid; place a bowl or plate under the jar to help catch any overflow.
9. **Check it daily and refrigerate when ready:** Check the kimchi once a day, pressing down on the vegetables with a clean finger or spoon to keep them submerged under the brine. (This also releases gases produced during fermentation.) Taste a little at this point, too! When the kimchi tastes ripe enough for your liking, transfer the jar to the refrigerator. You may eat it right away, but it's best after another week or two.

*Notes:*

- **Salt:** Use salt that is free of iodine and anti-caking agents, which can inhibit fermentation.
- **Water:** Chlorinated water can inhibit fermentation, so use spring, distilled, or filtered water if you can.
- **Seafood flavor and vegetarian alternatives:** Seafood gives kimchi an umami flavor. Different regions and families may use fish sauce, salted shrimp paste, oysters, and other seafood. Use about 2 tablespoons of fish sauce, salted shrimp paste, or a



combination of the two. For vegetarian kimchi, use  $\frac{3}{4}$  teaspoon kelp powder (if available) mixed with 3 tablespoons water.

### **Homemade Kombucha**

#### *Ingredients:*

- 1 SCOBY (you can order one here if you can't make your own)
- 8 green tea bags (I used organic)
- 1 cup sugar (I used organic granulated white sugar)
- 1 gallon of water
- 1 gallon Mason jar
- 1 old t-shirt

#### *Method:*

1. Boil 64 oz of water (8 cups) in a large pot.
2. Add 8 green tea bags and allow to steep for 20 minutes. Remove the tea bags.
3. Add 1 cup of sugar and stir well.
4. Allow the tea to come to room temperature and pour into a clean one-gallon mason jar or crock.
5. Add 64 oz more water to the jar and place the SCOBY (along with any KT it came with) into the jar.
6. Cover with a piece of old t-shirt, and secure with a rubber band.
7. Allow the homemade kombucha to ferment in a dark place (mine was in the pantry) for 7-14 days. The fermentation time will vary depending on your location, your SCOBY and how sweet or sour you want the homemade kombucha. Sample by moving the SCOBY aside and taking a little out with a clean spoon. After this time, your tea may be slightly carbonated and will be unflavored (only tea-flavored). You may drink the homemade kombucha tea then or to do a second fermentation with different fruits for flavour and more carbonation.