

Chia omega super milk

Makes approx 750 ml Total Preparation time: 3 minutes

Ingredients

750 g water
60 g hempseed
30 g chia seed
60 g lucuma powder
1-2 tbsp honey
½ t vanilla

Method

1. Place all ingredients into mixing bowl and blend together for **1 min/speed 9**.
2. Allow to stand for a few minutes to thicken.

Green smoothie

Makes approx 1 serving Total Preparation time: 3 minutes

Ingredients

250 ml water
1 banana
1 kiwi fruit
1 cup spinach
5 pitted dates or dried figs
1 tbsp honey

Method

1. Place all ingredients into mixing bowl and blend together for **1 min/speed 9**.

Alkaline avocado power smoothie

(Avocado Shake Recipe)

Makes approx 1 serving Total Preparation time: 3 minutes

Ingredients

1 cucumber
2 tomatoes
1 avocado
1 handful spinach leaves
1 lime
½ red pepper
½ tsp Thermomix vegetable stock
1 scoop Mega Greens (optional)
½ cup sprouts (optional)
1 tbsp Udo's Choice (optional)

Method

1. Place all ingredients into mixing bowl and blend together for **1 min/speed 9**.

Sorbet

(Bao Sorbet/Ice lollies)

Immune Boosting

Makes approx 10 ice lollies Total Preparation time: 20 minutes excluding time to freeze the fruit

Ingredients

1 pineapple peeled and frozen
1 apple peeled and frozen
1 lemon peeled and frozen
1 tbsp baobab powder
1 tsp camu-camu powder
1 tbsp honey

Method

1. Place all ingredients into mixing bowl and blend together for **1 min/speed 9**.

Cook's notes

- You can alternatively juice the fruit, blend in the baobab, camu-camu and honey and freeze into lollies.

Bread

(Superfood bread)

Makes one loaf

Ingredients

500 g cold water
180 g almonds
180 g pumpkin seeds
80 g pumpkin seeds
140 g buckwheat or brown rice flour
100 g sunflower seeds
15 g psyllium husk powder
20 g chia seeds
2 tbsp of dried mixed herbs (basil, rosemary, thyme, oregano)
Himalayan rock salt and pepper to taste

Method

1. Place the almonds and 180g pumpkin seeds in the mixing bowl and blend for **20 sec /speed 10** until a smooth flour forms.
2. Add the remaining pumpkin seeds, buckwheat or brown rice flour, sunflower seeds, psyllium husk powder, dried herbs and salt and mix for **20 sec/speed 3 / reverse**.
3. Program **1 min/speed 3/ reverse** and pour the water through the hole in the lid whilst the Thermomix is running.
4. With the aid of the spatula give it a good stir.
5. Let the mixture sit for an hour or so to fully absorb all the water and firm up.
6. Preheat oven to 180°C
7. Only once the mixture is nice and firm, should you place it into the loaf tin
8. Grease the base of a loaf tin with coconut or olive oil, pour the mix in and firmly press it down with a spoon or spatula.
9. Place the bread in the oven and bake for 40 min to an hour, until the top begins to brown and you can pull a knife out of the middle without any mix sticking to it.

Cook's notes

- You can store the bread in the fridge as it makes it last longer, or you can freeze it.
- Slice it before freezing to make toasting easier.
- Best enjoyed with blended avocado, salt, pepper and sliced tomato or smothered in your favorite toppings.

Tomato and carrot crackers

Ingredients

90 g almonds
90 g cashews
60 g sunflower seeds
60 g pumpkin seeds
60 g linseeds/flaxseeds
2 carrots
2 tbsp of tomato puree or 4 large cherry tomatoes
2 tbsp of cold water
3 tsp of dried oregano
a sprinkling of poppy seeds (optional)
Himalayan rock salt

Method

1. Pre-heat the oven to 190C.
2. Place the carrots in the mixing bowl and grate at **5 sec/ speed 7**. Set aside.
3. Place the almonds and cashews in the mixing bowl and **turbo three times**.
4. Add the rest of the ingredients including the grated carrots and blend **30 sec/speed 2/ reverse**.
5. Spread this mixture out really thinly on parchment paper laid on a baking tray – use a spatula to get the mixture really thin.
6. Then cut the crackers, using a knife, into the shape you want.
7. Bake for 10-20 minutes, until the crackers are hard and ever so slightly brown on the top. Then remove them and allow them to cool and fully set before taking them off the tray.

Dip

Makes one small bowl

Total Preparation time:

Ingredients

1 avocado
100g of frozen peas at room temperature
4 Brazil nuts
2 – 3 tbsp of water
handful of fresh mint leaves
1 juicy lime or lemon, 2 if they're not very juicy
1 tbsp of apple cider vinegar
Himalayan rock salt

Method

1. Place all ingredients into mixing bowl and blend together for **1 min/speed 9**.
2. Scrape sides down with the TM spatula and blend for a further **30 sec/speed 10**.

Creamy Sun-Dried Tomato Zucchini Fettuccine

Serves 4

Total Preparation time: 7 min

Ingredients

3 large zucchinis (courgette)
115 g cashews
250 ml water
15 g packed sun-dried tomatoes plus extra for garnish
1 tbsp extra virgin olive oil
½ fresh lemon juice
2 garlic gloves
2 tbsp fresh chives (1tsp dried)
2 tbsp fresh basil (1tsp dried)
2 tbsp fresh thyme (1 tsp dried)
Sea salt and black pepper to taste
Pinch of cayenne (optional)

Method

1. Cut the Zucchini into curls or ribbons or slice thinly with a vegetable peeler into thin strips and place aside.
2. Place all the rest of the ingredients into the mixing bowl and blend for **1 min/ speed 9**.
3. Scrape sides down with the TM spatula and blend for a further **20 sec/speed 9**.
4. Lightly sauté or dip the zucchini in boiling water to heat up the noodles.
5. Toss the fettuccine with the sauce and garnish with the extra's

Cook's notes:

- You can add any of the following extra's- fresh chopped tomato, sun-dried tomato, fresh thyme and chives, chopped olives or any toppings you like.

Raw chocolates

Ingredients

200 g cacao butter
100 g coconut oil
80 g raw honey or stevia to taste
170 g Organic cacao powder
Seeds of 1 vanilla pod
½ tsp organic non irradiated cinnamon powder

Optional

Goji berries
White mulberries
Nuts of choice

Method

1. Place the cacao butter in the mixing bowl and blend for **2 min / 50°C / speed 1**.
2. Add the coconut oil, honey and vanilla seeds and blend for **20 sec/ speed 3**.
3. Add any nuts, or berries of choice. Stir 10 sec / speed 1
4. Pour into chocolate moulds or ice trays and allow to set in the fridge.