



# 28-DAY GUT RESTORE MEAL PLAN

## RECIPES

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## 28 DAY GUT RESTORE MEAL PLAN

# Breakfast Recipes



# Almond Oatmeal Porridge with Mango & Blueberries



A classic breakfast, this is nonetheless delicious and satisfying. The primary type of soluble fiber found in oats is beta-glucan, which, studies have shown, aids digestion, increases satiety, and suppresses the appetite. They also feed your gut bacteria, reduce inflammation, and provide a range of vitamins and minerals including B vitamins and magnesium. The banana also adds another source of magnesium as well as potassium.

**SERVES 1.**

## INGREDIENTS:

- ☆ 1 cup purified water
- ☆ 1 cup plant milk of choice
- ☆ ¾ cup gluten-free rolled oats
- ☆ ¼ cup almond meal
- ☆ ½ banana, mashed
- ☆ Pinch of fine sea salt
- ☆ 2 tbsp chopped almonds
- ☆ 1 tbsp sunflower seeds
- ☆ 1 mango, diced.
- ☆ Handful fresh blueberries

## DIRECTIONS:

- Add oats, almond meal, sea salt, mashed banana, water and milk to a saucepan and cook on low heat. Stir constantly to avoid sticking until a soft boil begins. Remove from heat.
- Pour into a bowl and add chopped almonds, sunflower seeds, mango and blueberries and enjoy while warm.



# Amaranth Porridge with Almond Nut Butter & Berries



Amaranth is a nutritious, gluten-free grain that provides ample fiber, protein and micronutrients. Being high in fiber, it makes it filling and helps aid digestive health, cholesterol, and blood pressure, and slows the absorption of sugars to let the body keep up with energy production. Not having enough fiber can lead to constipation, bloating, and other digestive symptoms. Amaranth is also a rich source of minerals such as calcium, magnesium, copper, and zinc. Like most nuts, seeds, and grains, it does contain some phytic acid, a molecule that can bind to many minerals and keep us from digesting and using these vital nutrients. To neutralize most of the phytic acid, it's best to soak the grains before cooking.

**SERVES 2.**



## INGREDIENTS:

- ☆ 1 cup organic amaranth grain
- ☆ 1 ½ cups water
- ☆ 1-2 tbsp almond nut butter
- ☆ Handful strawberries, chopped
- ☆ Handful blueberries
- ☆ 2 tsp sesame seeds
- ☆ 1 tbsp pumpkin seeds
- ☆ ½ tbsp hemp seeds

## DIRECTIONS:

- Bring 1 ½ cups water and ¼ teaspoon salt to a boil in a medium pot. Add amaranth, reduce heat and simmer, covered, until liquid is absorbed, about 20 minutes.
- Top with almond butter, strawberries, blueberries and seeds. Enjoy!

# Banana & Nectarine Breakfast Smoothie



Bananas are a staple in smoothies, however, not just because they add bulk. Bananas are incredibly healthy, convenient, delicious, and one of the most inexpensive fresh fruits you can buy. Ripe bananas are actually a low FODMAP food, making it a great food for anyone who has a sensitive stomach, except of course, if you have an allergy to them. Bananas are rich in soluble fiber which helps to balance blood sugar levels. What's more, pectin — a fiber found in both ripe and unripe bananas — may help prevent constipation and soften stools.

**SERVES 1.**



## INGREDIENTS:

- ☆ 2 nectarines, seed removed
- ☆ 1 frozen banana
- ☆ ½ cup almond milk (or plant-based milk of choice)
- ☆ ½ cup plant-based yogurt
- ☆ 1 tbsp ground flaxseed
- ☆ 2 tbsp gluten-free, rolled oats
- ☆ 1 tsp vanilla extract
- ☆ ½ tsp cardamon

## DIRECTIONS:

- Combine all ingredients in a blender and blend on high speed until smooth.
- Pour into a glass and serve immediately.

# Chocolate Smoothie Bowl with Homemade Granola



This smoothie bowl is a delicious way to start your day. The addition of cacao not only satisfies your chocolate cravings for the day, but it is high in antioxidants to protect your body's cells from free radicals. Cacao is also rich in magnesium and has even been shown to have prebiotic activity, helping to fuel the growth of beneficial bacteria in your gut and rebalance digestive health.

**SERVES 1**



## INGREDIENTS:

- ☆ 1 banana
- ☆ 1 ½ tbsp cacao powder
- ☆ ½ cup plant-based milk of choice
- ☆ 1 tsp vanilla extract
- ☆ 1 tbsp ground flaxseed
- ☆ 1 tbsp hemp seeds
- ☆ 2 tbsp almond butter
- ☆ ½ cup Homemade Granola

## DIRECTIONS:

- Combine all ingredients in a blender and blend on high speed until smooth.
- Pour into a bowl, add ½ cup of homemade granola and serve immediately.

# Blueberry Buckwheat Porridge



Not only is buckwheat gluten-free for those who are celiac or gluten intolerant, it is also full of fiber and magnesium, making it a great ingredient to kickstart your digestive system for the day. With flaxseeds, chia seeds and hemp seeds, this recipe is also packed with healthy fats and various minerals to enhance your nervous system function, boost your heart health and reduce inflammation.

**SERVES 1.**



## INGREDIENTS:

- ☆ ⅓ cup buckwheat kernels
- ☆ 2 tbsp flaxseed meal
- ☆ 1 cup boiling water
- ☆ 1 cup plant-based milk of choice
- ☆ 1 tsp cinnamon
- ☆ ¾ cup frozen blueberries, thawed
- ☆ Handful of hazelnuts, chopped roughly
- ☆ 1 tbsp almond butter (you can add a dash of cacao to make it chocolatey)
- ☆ Hemp seeds and chia seeds for sprinkling on top

## DIRECTIONS:

- In a food processor, mill the buckwheat until it becomes a powder. Add to a small saucepan with the flaxseed meal, boiling water and cinnamon.
- Cook on low heat, gradually adding the milk, until it becomes a porridge-like consistency. This takes about 3-5 minutes. Add more milk for a runnier porridge.
- Pour the porridge into a bowl, add some cold milk if desired and top with the blueberries, hazelnuts, and nut butter. Sprinkle on hemp seeds and chia seeds.

# Choc-Orange Chia Pudding



This chia pudding is a wonderfully delicious breakfast that's full of omega-3 fatty acids and protein and tastes like dessert! Omega-3 fatty acids play a vital role in many aspects of health, especially brain function and heart health. Apart from lowering heart disease risk, omega-3s are very effective in reducing inflammation and supporting digestive function, reducing blood pressure and even helping to prevent and treat depression. The chia pudding and compote can be premade. Simply reheat the compote and serve with fresh berries.

**SERVES 1-2.**



## INGREDIENTS:

- ☆ ½ cup buckwheat (can also use gluten-free oats)
- ☆ 1 tsp vanilla extract
- ☆ 2 tbsp cacao powder
- ☆ 4 tbsp chia seeds
- ☆ 1 tbsp flaxseed meal
- ☆ 2 tbsp mashed banana
- ☆ 5 drops orange oil (can also use orange peel)
- ☆ 1 ¾ cup non-dairy milk

## METHOD:

- Place the buckwheat or gluten-free oats in a food processor and blend until it becomes a fine powder. Sift the cacao and add to the buckwheat.
- Add the rest of the ingredients and combine by using a low setting on the food processor. The chia seeds should remain whole but should be evenly distributed throughout the liquid.
- Pour into a bowl and place in the fridge for approximately 30 minutes
- Once the chia pudding has set top with nut butter, seeds and blueberries.

# Egyptian Ful Medames



Ful medames, also known as foul mudammas or ful/foul, is a traditional breakfast or brunch meal popular across the Middle East. It is commonly eaten during Ramadan as it is filling and nourishing. Rich in protein and fiber, it assists with both digestion and blood sugar regulation and feeds the beneficial bacteria in your gut. Add as many vegetables as you like to increase your nutrient intake. Best served with gluten-free bread or a gluten-free whole grain such as quinoa.

**SERVES 1.**



## INGREDIENTS:

- ☆ ½ cup dry fava beans
- ☆ Salt
- ☆ ½ tsp cumin seeds, freshly toasted
- ☆ Juice of ½ lemon
- ☆ 1 garlic clove, minced
- ☆ 1 tbsp tahini
- ☆ ½ tbsp extra virgin olive oil
- ☆ Chili flakes, pinch
- ☆ ¼ cup chopped parsley
- ☆ 1 tomato, sliced
- ☆ ½ small cucumber, sliced

## DIRECTIONS:

- Soak the dry fava beans in plenty of water overnight (beans will expand in size). Drain and discard the water and place the beans in a large saucepan. Add about 5 cups of water, bring to a boil over medium-high heat, then cover and let simmer for about 1 hour.
- Using a mortar and pestle or an electric grinder, grind the garlic cloves, cumin seeds and a pinch of salt. If you don't have a grinder, use ground cumin and mince the garlic very fine.
- Combine the olive oil, cooked fava beans (with water), tahini and garlic cumin paste in a saucepan. Cook over medium-high heat, stirring frequently until it becomes thick.
- Add lemon juice, salt, and a pinch of chili flakes to taste. If desired, mash one-third of the beans with a potato masher to thicken. Serve with gluten-free pita bread, sliced veggies, parsley and olives.

# Herbed Lentils with Butternut Squash & Cashew Hummus



Not only are lentils rich in protein, they're also a great source of fiber, minerals and B vitamins. Flavored with herbs and garlic and served with butternut squash and cashew hummus, this is a filling breakfast that will help stabilise your blood sugar levels throughout the day, promote healthy digestive function, and feed the beneficial bacteria in your gut.

**SERVES 2.**

## INGREDIENTS:

- ☆ 2 tbsp extra-virgin olive oil
- ☆ 1/2 brown onion, diced finely
- ☆ 2 cloves garlic, crushed
- ☆ 1/2 cup brown lentils
- ☆ 1 cup water
- ☆ 1 tsp ground ginger
- ☆ 1 tbsp dried oregano
- ☆ 1 tbsp fresh parsley
- ☆ 1/2 tsp fine sea salt
- ☆ 3/4 cup diced butternut squash  
(roughly 1cm cubes)

## CASHEW HUMMUS:

- ☆ 1/2 cup raw cashews, soaked in a  
bowl of water for at least 2 hours
- ☆ 1/2 cup cooked chickpeas
- ☆ Juice of 1 lemon
- ☆ 2 tbsp tahini
- ☆ 1 garlic clove, minced
- ☆ 1/2 tsp sea salt

## DIRECTIONS:

- Turn on the oven to 180°C or 350°F. Place the butternut squash on baking paper and lightly drizzle over 1 tbsp extra virgin olive oil. Bake in the oven for 20 minutes or until the butternut squash is cooked.
- Meanwhile, pour the rest of the olive oil into a pot on the stove and heat on medium heat. Add the onion and garlic and cook until the onion is soft and translucent.
- Wash the lentils in water and then add to the pot along with the ginger and oregano. Pour in the water and bring to a boil. Turn down the heat and let simmer until the lentils are soft, about 20 minutes.
- To make the cashew hummus, combine ingredients in a food processor and blend until the mixture is creamy. You may need to stop and scrape down the sides of the food processor once during the blending process. If you want the hummus to have a thinner consistency, you can add 1-2 tbsp of water to the mixture.
- Once the lentils are cooked, add the parsley. Serve with butternut squash and cashew hummus. Season with salt to taste.



# Homemade Austrian Pancakes with Cranberry Jam & Apple Puree



This shredded pancake is a healthier version of the Austrian Kaiserschmarrn. It's free from milk, eggs and wheat flour, which means it's vegan and gluten-free. The combination of sparkling water and baking powder makes it as fluffy as any kaiserschmarrn.

**SERVES 2.**

## INGREDIENTS:

- ☆ 1 ½ cups oat flour (or gluten-free flour)
- ☆ 1 tsp baking powder
- ☆ Pinch of salt
- ☆ ½ tsp vanilla extract
- ☆ 2 flax eggs (2 tbsp flaxseed meal)
- ☆ ½ cup almond or soy milk
- ☆ ⅔ cups sparkling water
- ☆ 1 tbsp corn starch
- ☆ 1 tsp olive oil
- ☆ Handful of raisins
- ☆ ½ cup sugar-free apple sauce, for serving\*
- ☆ Powdered monk fruit, xylitol or erythritol sugar, for serving

## CRANBERRY SAUCE:

- ☆ 4 oz frozen cranberries
- ☆ 4 oz frozen strawberries
- ☆ 1 tbsp stevia or ½ cup monk fruit sweetener/erythritol/xylitol
- ☆ ⅔ cup water
- ☆ ½ tsp vanilla extract
- ☆ 1 tsp orange zest

## DIRECTIONS:

- In a large mixing bowl, combine the oat flour, baking powder, salt, and vanilla. Add water and milk and whisk.
- Heat some oil in a pan. Pour the batter into the pan when it is hot, add raisins, and bake over medium heat until the bottom is cooked through.
- Cut the pancake in four parts and then flip each piece over and cook for another 2-3 minutes.
- Once cooked, break into pieces with a wooden spoon or spatula.
- Meanwhile, to make the cranberry sauce, combine the cranberries, strawberries, sweetener, water, and orange zest in a saucepan. Bring to a boil, then reduce heat to a gentle simmer. Simmer for 10-15 minutes, until the cranberries have popped and released their juices. Remove from the heat, stir in the vanilla extract, and let cool.
- Serve the chopped pancake pieces right away with apple sauce and the cranberry and strawberry jam.

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\* You can either buy apple sauce (make sure the only ingredient is apples) or make it yourself. To make it yourself, peel and core 3 apples. Cut into small cubes, sprinkle with 1-2 tbsp lemon juice and cook for about 15 minutes over low heat. Purée with an (immersion) blender.



# Homemade Granola



Homemade granola is often tastier, healthier and more economical than the store-bought version. You get to decide exactly which ingredients and nutrients go into it to fuel your body. You will find that making granola isn't hard, time consuming or expensive, rather it can be a fun, creative and rewarding endeavor. This is an easy and versatile granola that you can get creative with over time and add different nuts, seeds, spices and dried fruits. Granola can be enjoyed alone with plant-based milk of choice or paired with chia pudding, overnight oats, fresh fruit, coconut yogurt, smoothies and smoothie bowls. Granola is convenient and can be taken almost anywhere to provide an energy-boosting snack. When stored in an airtight container at room temperature, your granola will last up to 2 months.

**SERVES 4.**

## INGREDIENTS:

- ☆ 2 cups gluten-free rolled oats
- ☆ ½ cup raw pecans
- ☆ ½ cup hazelnuts
- ☆ ¼ cup pumpkin seeds
- ☆ ¼ cup almond butter
- ☆ ½ tsp vanilla extract
- ☆ 2 tbsp chia seeds
- ☆ ¼ cup dried, sugar-free cranberries

## DIRECTIONS:

- Preheat oven to 300°F. Combine oats, chopped nuts, pumpkin seeds, chia seeds, and cranberries.
- Pour almond butter and vanilla extract over the oat mixture. Stir to combine until oats are wet.
- Spread the mixture evenly over a baking sheet. Place in oven and toast for 8-10 minutes until golden and crispy.
- Remove from oven and allow to cool completely before serving with plant-based milk or yogurt and storing the remaining granola in an airtight container.



# Matcha Green Tea Smoothie Bowl



Smoothie bowls are a fun way to slow down and enjoy your smoothie as more of a meal with a spoon (as opposed to slurping it down with a straw). Plus, you get to add more nutritious foods as toppings like fruit, nuts, and seeds. Matcha is a type of powdered green tea that has been traditionally used in Japan, and has become popular in the United States and around the world. It is high in antioxidants as well as the amino acid, L-theanine which has been shown to have a beneficial effect on the intestinal microbiota. Along with banana, and the various toppings, you're giving your body a boost of nutrients including vitamin C, magnesium, omega-3 fatty acids and potassium.

**SERVES 1.**



## INGREDIENTS:

- ☆ ⅓ cup plant-based milk or choice (plus more as needed)
- ☆ 1 banana, peeled, sliced and frozen
- ☆ ¼ cup frozen or fresh chopped pineapple
- ☆ 1 tsp matcha powder
- ☆ 1 cup fresh baby spinach, packed
- ☆ 2 medjool dates, pitted
- ☆ 1 tbsp chia seeds and flaxseeds
- ☆ 1 tsp pumpkin seeds
- ☆ 1 kiwi fruit, sliced
- ☆ Handful blueberries
- ☆ 1 tbsp coconut flakes
- ☆ 2 tbsp homemade granola
- ☆ 2 sprigs mint leaves

## DIRECTIONS:

- Add frozen banana, pineapple, milk, matcha powder, spinach, and dates to a blender and blend on high until creamy and smooth. Add only enough milk to help it blend properly, you don't want it too runny.
- Scoop into a bowl and top with seeds, kiwi, blueberries, coconut flakes, homemade granola and fresh mint.

# Nutritiously Sublime Green Smoothie



This is a nutrient-dense, power-packed smoothie! Rich in plant-based goodness, fiber, and a wealth of vitamins and minerals such as magnesium, omega 3s, and vitamin C, this smoothie is a great way to start your day. If you don't have time to make this smoothie in the morning, you can make it the night before and store it in the fridge overnight so it's ready to go.

**SERVES 1-2.**

## INGREDIENTS:

- ☆ 1 cup baby spinach or kale
- ☆ ½ small avocado
- ☆ ½ fuji apple, core removed
- ☆ ½ kiwi, peeled and chopped
- ☆ ¼ cup cucumbers, sliced
- ☆ ½ cup frozen pineapple
- ☆ ½ cup frozen mango
- ☆ 1 banana, peeled and frozen
- ☆ 2 tbsp gluten-free rolled oats
- ☆ ¼ cup cashews, soaked the night before
- ☆ 2 tbsp pepitas
- ☆ 1 medjool date
- ☆ ¾ cup almond milk or plant-based milk of choice
- ☆ 1 tbsp chia seeds

## DIRECTIONS:

- Add all ingredients to your blender except for the chia seeds and blend well until smooth. You may need to stop half-way through and mix with a spoon to get the spinach leaves off the side of the blender. Add more liquid as needed.
- Pour in a glass, top with chia seeds, and enjoy!



# Turmeric Millet Porridge with Assorted Nuts



Though technically a seed, millet offers similar health benefits to other grains but is gluten-free and low FODMAP. It is rich in dietary fiber, both soluble and insoluble. The insoluble fiber in millet is a prebiotic which supports the good bacteria in your gut as well as adds bulk to your stools. It is also rich in minerals like calcium, copper, iron, magnesium, phosphorus, potassium, and selenium as well as essential vitamins like folate, pantothenic acid, niacin, riboflavin, and Vitamins B6, C, E, and K.

**SERVES 1-2.**

## INGREDIENTS:

- ☆ 110g millet
- ☆ ½ cup mashed banana
- ☆ 300ml almond milk
- ☆ 100ml water
- ☆ ½ tsp turmeric, ground
- ☆ ½ tsp cardamon, ground
- ☆ ½ tsp cinnamon
- ☆ 1 tsp vanilla extract
- ☆ A handful of nuts and seeds of choice

## DIRECTIONS:

- Rinse the millet in a sieve, then place in a saucepan.
- Add almond milk, water, turmeric, cardamon, cinnamon, vanilla and mashed banana. You can add more water as you cook if needed. Bring to a boil over low heat, then leave to simmer for 10-12 minutes, stirring frequently until the millet grains are tender but not sloppy.
- Scoop into a bowl and top with assorted nuts and fruit.

# Vegan Oatmeal Pancakes with Berries



This is a very easy gluten-free pancake recipe using basic pantry staples. If you have oats, you can simply add them to a blender or food processor to create a flour. The overripe banana acts as the egg replacement to make these pancakes vegan. Feel free to add in different spices and superfood powders such as turmeric or matcha tea powder to further flavor and even color your pancakes.

**1-2 SERVINGS (MAKES APPROXIMATELY 4 PANCAKES).**



## INGREDIENTS

- ☆ 2 tbsp olive oil (1 tbsp for cooking, 1 tbsp for in the pancake mix)
- ☆ 1 overripe banana
- ☆ 1 tsp baking powder
- ☆ ½ cup plant-based milk of choice
- ☆ 1 cup gluten-free oat flour
- ☆ ¼ tsp vanilla extract
- ☆ ¼ tsp fine sea salt

## DIRECTIONS:

- Wipe a large skillet with 1 tbsp of olive oil and turn to medium heat to heat up.
- Option to use a high-speed blender and blend, or alternatively use a large mixing bowl with whisk or fork and combine all ingredients except the oat flour.
- Process or whisk in the oat flour last to combine.
- Reduce the heat to low and use a ⅓ or ¼ measuring cup to pour pancake batter into the skillet.
- Allow bubbles to form around the edges and wait until the outer edges turn slightly golden, approximately 2 - 3 minutes. Use a spatula to flip the pancake and cook for an additional 2 - 3 minutes.
- Place the pancake on a baking sheet lined with parchment or wax paper and store inside of the oven at 200 degrees F to keep warm. Do not stack the pancakes.
- Enjoy with berries, sliced banana or any nut/seed butter and fresh or dried fruits of choice.

# Zucchini Scrambled Turmeric Tofu



Tofu is a game-changer for anyone plant-based. It contains several anti-inflammatory, antioxidant phytochemicals making it a great addition to an anti-inflammatory, gut-friendly diet. Tofu is also a good source of ‘complete’ protein — meaning that it has a well-balanced amino acid profile — in addition to potassium, magnesium, iron, copper and manganese.

**SERVES 1-2.**

## INGREDIENTS:

- ☆ 1 tbsp olive oil
- ☆ 2 tbsp sundried tomatoes, sliced
- ☆ 1 zucchini, chopped into small chunks
- ☆ 300g firm tofu, drained
- ☆ 1 tsp Dijon mustard
- ☆ ½ tsp garlic powder
- ☆ ½ tsp turmeric
- ☆ ¼ tsp salt
- ☆ 2 tbsp nutritional yeast flakes
- ☆ Freshly ground pepper
- ☆ ¼ tsp red pepper flakes

## DIRECTIONS:

- Heat 1 tablespoon of olive oil in a large pan over medium-high heat.
- Add the zucchini, sun-dried tomatoes and a pinch of salt and black pepper. Sauté for 5-8 minutes then remove zucchini and tomatoes from the pan and set aside.
- Crumble the tofu into the pan and add the nutritional yeast flakes, Dijon mustard, garlic powder, turmeric and red pepper flakes. Stir well and sauté until the tofu is heated through (approximately 5 minutes).
- Add the cooked zucchini and sun-dried tomatoes and mix well into the tofu mix. Serve by itself or with gluten-free toast.



## 28 DAY GUT RESTORE MEAL PLAN

# Sweet Things A-Z



# Baked Pears with Vegan Cream Cheese & Walnuts



Enjoy a tasty dessert packed with health benefits! Warm, sweet pears combine irresistibly with juicy flavors to create an easy-to-make treat that'll be good for your body as well. Rich in vitamins A and E plus potassium, this dessert is also full of fiber thanks to its naturally high levels of pectin — helping you keep regular while eliminating cholesterol from the system.

**SERVES 2.**



## INGREDIENTS:

- ☆ 2 large ripe pears
- ☆ 1/3 cup walnuts
- ☆ 1/t tsp ground cinnamon
- ☆ 2 tsp honey

## FOR THE SWEET VEGAN CREAM CHEESE:

- ☆ 1 1/2 cups raw cashews, soaked in cool water for 2-3 hours
- ☆ 1/2 cup water
- ☆ 1/4 cup monk fruit sweetener/erythritol/xylitol
- ☆ 3 tbsp lemon juice
- ☆ 1 tsp apple cider vinegar
- ☆ 1 tsp vanilla extract

## METHOD:

- Preheat the oven to 350°F.
- Cut the pears in half and place on a baking sheet. Using a measuring spoon, scoop out the seeds. Sprinkle with cinnamon and drizzle honey over each pear half.
- Bake in the oven for 30 minutes or until you can easily pierce the pears with a knife. Remove and set on a plate to let cool slightly.
- Meanwhile, to make the sweet vegan cream cheese, combine ingredients in a food processor and blend until the mixture is smooth and creamy. Scrape down sides as needed.
- Spread 1-2 tablespoons of the vegan cream cheese on the top of each of the pears, and serve, sprinkled with walnuts and honey.



# Blueberry & Mango Ice-Cream Cake



This super simple and delicious vegan dessert is the perfect make-ahead treat! Loaded with healthy blueberries known for their powerhouse antioxidant content, which help reduce blood pressure and improve insulin sensitivity, plus mangoes' fibery goodness that provide a boost to your immune system — this sweet treat will keep you feeling good inside & out.

**MAKES 6.**

**INGREDIENTS:**

- ☆ ½ cup blueberries, fresh or frozen
- ☆ ¾ cup mango, fresh or frozen
- ☆ Juice and zest of 1 small lemon
- ☆ 2 tbsp coconut cream

**FOR THE BASE:**

- ☆ ¼ cup raw almonds
- ☆ ¼ cup raw pecans
- ☆ 1 cup pitted dates
- ☆ 2 tbsp shredded coconut
- ☆ 1 tbsp coconut oil

**GARNISH:**

- ☆ Handful fresh blueberries
- ☆ Pistachios, chopped

**METHOD:**

- Prepare 6 silicon muffin trays and set aside.
- To make the base, add almonds and macadamias to a food processor and pulse for a few seconds. Add the remaining ingredients and blend until crumbly.
- Press the mixture into the silicon muffin trays with your fingers and place in the freezer for 20 minutes.
- To make the berry and mango layer, combine all ingredients in a food processor and blend until smooth.
- Once the bases have set, spoon the berry and mango mixture on top and place back in the freezer to set.
- 5 minutes before serving, remove cakes from freezer and garnish with pistachios and blueberries.

# Chocolate Avocado Mousse



Indulge your sweet tooth with a delicious, guilt-free Avocado Chocolate Mousse! Not only is this vegan dessert dairy-, gluten-, and sugar-free, but the creamy avocado base makes it significantly lower in unhealthy fats. For an extra special treat, you can add garnishes like fresh fruit or nuts to complete the indulgent experience.

**SERVES 2.**



## INGREDIENTS:

- ☆ 1 very ripe banana, peeled
- ☆ 1 ripe avocado
- ☆ 1 tbsp hazelnut or almond butter
- ☆ ¼ cup raw cacao powder
- ☆ 1 tsp vanilla extract
- ☆ 1-2 tbsp coconut milk

## METHOD:

- Place the banana, avocado, nut butter, cacao powder, coconut milk and a pinch of salt in a food processor and blend until smooth.
- Pour into a bowl, then cover and chill for 30 minutes or until set. Serve with cacao nibs or berries.

# Coconut Matcha Panna Cotta



Try this Coconut Matcha Panna Cotta for a delightful treat that's both guilt-free and healthful! Deliciously creamier than regular pudding, yet lighter in texture than custard — it packs quite the punch with its powerful antioxidants. Together with EGCG catechins which fight cancer, as well as L-theanine which promotes relaxation, you can now enjoy an indulgent snack while taking care of your body at the same time.

**SERVES 2.**

## INGREDIENTS:

- ☆ 1 cup thick coconut cream
- ☆ ½ tsp agar agar
- ☆ ¼ cup hot water
- ☆ ¼ cup monk fruit sweetener/erythritol/xylitol
- ☆ 1 tsp organic matcha powder
- ☆ 1 tsp vanilla extract
- ☆ Handful blueberries
- ☆ 1-2 tbsp coconut flakes

## METHOD:

- Grease 2 x 4-ounce ramekin dishes with coconut oil and set aside.
- Add the coconut cream, sweetener, vanilla extract, and matcha powder to a saucepan and heat over low-medium heat until the sweetener dissolves and the mixture is simmering.
- Meanwhile, add the agar agar to hot water and stir until there are no lumps and the agar agar is fully dissolved.
- Pour the agar agar into the warm coconut cream and whisk to combine. Bring to a gentle boil, and whisk continuously for 3 minutes, until the mixture thickens.
- Remove from heat and immediately divide between the ramekin dishes.
- Refrigerate for at least 1 hour.
- Garnish with blueberries and coconut flakes and enjoy.



# Hemp & Fig Almond Butter Cookies



Bite into a burst of flavor with these scrumptious home-made cookies! With an abundance of essential nutrients, they're the perfect way to nourish both your body and mind. Enjoy omega 3s, fiber and magnesium from hemp seeds and flaxseeds as well as plenty of fiber. Whether you enjoy them for breakfast or devour them after dinner, these delightful treats will have everyone asking for more!

**MAKES 12 COOKIES.**

## INGREDIENTS

- ☆ ½ cup brown rice flour
- ☆ 2 tbsp golden flaxseed, ground
- ☆ 2 tbsp brown flaxseed meal
- ☆ 4 tbsp hemp seeds
- ☆ Pinch of sea salt
- ☆ 7 tsp monk fruit sweetener
- ☆ ½ cup almond butter
- ☆ ⅓ cup almond milk
- ☆ 1 tbsp vegan butter, melted
- ☆ 1 tsp vanilla extract
- ☆ 6 dried figs, chopped into 1 cm bites
- ☆ ¼ cup vegan sugar-free dark chocolate chips

## METHOD:

- Preheat the oven to 400°F or 205°C and prepare a baking tray with baking paper.
- Mix together all the dry ingredients. Add the wet ingredients (except the figs and choc chips) and combine well until the mixture is moist and holds together.
- Stir through the figs and choc chips. Shape the dough into cookies and place them on the baking tray.
- Bake for 12 to 15 minutes (12 minutes will leave them softer, 15 minutes will make them crunchier).
- Let them cool for 5 minutes and then enjoy. They will keep in the fridge for 2 to 3 days. Alternatively, these cookies can also be eaten raw. Instead of baking them in the oven, leave them in the fridge for 2 hours instead.



# Peanut Butter Chocolate Brownie

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Satisfy your sweet tooth and promote good health with these delicious, waist-friendly chocolate brownies. A great pick-me up snack! Rich in magnesium and other amazing nutrients thanks to the use of pure raw cacao powder (not cocoa) — your body and your taste buds will be thanking you for it.



## INGREDIENTS:

- ☆ 1 cup buckwheat flour
- ☆ 1 cup almond meal
- ☆ ½ tsp baking soda
- ☆ 1 tsp baking powder
- ☆ 1 flax egg
- ☆ ¼ cup cacao powder
- ☆ 1 tsp vanilla extract
- ☆ ⅓ cup olive oil
- ☆ ¼ cup monk fruit sweetener/  
erythritol/xylitol
- ☆ 2 tbsp almond butter
- ☆ ¾ cup plant-based milk
- ☆ ½ cup dairy-free chocolate  
chips (optional)
- ☆ ¼ cup organic runny peanut  
butter
- ☆ ¼ cup toasted hazelnuts,  
roughly chopped

## METHOD:

- Preheat the oven to 180°C or 350°F and line a 9-inch square baking tray with baking paper.
- To make the flax egg, combine 1 tbsp ground flaxseed with 2 ½ tbsp water. Mix well with a fork and set aside.
- In a large bowl, combine buckwheat flour, almond meal, baking soda, baking powder, sweetener, and cacao powder and mix well.
- In a small saucepan, combine the flax egg and plant-based milk. Slowly add this to the dry ingredients and mix gently.
- Stir in the olive oil and vanilla extract and then lightly fold in the chocolate chips.
- Transfer the mixture into the square cake tin. Drizzle over the peanut butter and then bake for approximately 30 minutes or until cooked in the middle.

# Rhubarb & Almond Muffins



There's nothing quite like the flavour of freshly-harvested rhubarb, and these scrumptious gluten free muffins have it in spades! With a blend of aromatic cinnamon and cardamom plus zesty orange zest, they make an excellent treat for any occasion — snack time, teatime or even brunches with family. Baked to perfection using almond meal, best yet is that you can enjoy them knowing they're also vegan-friendly and dairy-free.

**MAKES 9-12.**

## INGREDIENTS:

- ☆ 1 ¼ cup almond meal
- ☆ ¾ cup brown rice flour
- ☆ ½ tsp bicarbonate of soda
- ☆ 1 ½ tsp baking powder
- ☆ ½ tsp cinnamon
- ☆ ¼ tsp cardamom
- ☆ 1 tsp vanilla extract
- ☆ ¾ cup monk fruit sweetener/  
erythritol/xylitol
- ☆ 1 tsp apple cider vinegar
- ☆ 5 tbsp olive oil
- ☆ ¼ cup unsweetened apple  
sauce
- ☆ ⅓ cup non-dairy milk of  
choice
- ☆ 1 ½ cups chopped rhubarb
- ☆ Zest of 1 orange

## METHOD:

- Preheat the oven to 180°C or 350°F and line a small muffin tin with paper cases.
- In a bowl, coat the chopped rhubarb in 1 tbsp monk fruit sweetener.
- In a separate mixing bowl, combine brown rice flour, almond meal, sweetener, orange zest, bicarbonate of soda, baking powder, cinnamon, and cardamom.
- Add olive oil, apple sauce, vanilla extract, apple cider vinegar, and milk. Whisk the mixture together.
- Add in the chopped rhubarb (saving some bits for the top) and stir to distribute evenly throughout the mixture.
- Scoop the mixture into the muffin cases and top with the spare rhubarb.
- Bake for approximately 20-30 minutes or until a skewer comes out clean. Remove from the oven and place on a wire rack to cool slightly before enjoying.



# Strawberry & Rhubarb Crumble



Enjoy the perfect harmony of sweet and tart flavors with this guilt-free Healthy Strawberry and Rhubarb Crumble. Not only is it super easy to make, but its nutritious ingredients are also beneficial for your health — packed full of antioxidants that help fight against cancer as well as fiber great for gut wellness! A delicious dessert or even breakfast dish you can feel good about eating.

**SERVES 4.**

## INGREDIENTS:

- ☆ 2 cups rhubarb, chopped
- ☆ 2 cups strawberries (fresh or frozen), sliced
- ☆ ¼ cup monk fruit sweetener or sweetener of choice
- ☆ 2 tsp arrowroot powder (or ½ tbsp corn starch)
- ☆ Juice of ½ lemon
- ☆ 1 tsp vanilla extract
- ☆ 1 ½ tsp orange zest

## TOPPING:

- ☆ 1 cup gluten-free rolled oats
- ☆ 1 cup roasted pecans, roughly chopped
- ☆ ½ cup almond flour
- ☆ ¼ cup monk fruit sweetener or sweetener of choice
- ☆ 1 tsp cinnamon
- ☆ ¼ cup vegan butter
- ☆ Pinch salt
- ☆ 1-2 tbsp water

## METHOD:

- Preheat the oven to 180°C or 350°F.
- Add the chopped rhubarb and strawberries to a large mixing bowl. Mix the lemon juice, orange zest, vanilla extract, sweetener, and arrowroot powder together and then add to the mixing bowl, stirring well until everything is combined.
- Place in a 9 x 9-inch baking dish.
- To make the crumble, place the ingredients in a food processor and pulse until well combined. The mixture should be sticky and clump together. Add more vegan butter to make it more wet or almond flour to make it more dry.
- Sprinkle the crumble mixture over the top of the fruit and bake for 40-45 minutes or until the top is golden brown and the fruit is soft. Let cool slightly before serving.



## 28 DAY GUT RESTORE MEAL PLAN

# Sides & Staples





# Creamy Tahini Drizzle



This delicious creamy tahini sauce is made with simple ingredients such as all-natural tahini, lemon juice and optional flavor add-ins. This recipe is plant-based and nut-free and can be used as a dressing or dip for tons of different recipes. Store in a sealed container in the fridge for up to one week.

**MAKES 1 CUP.**

## INGREDIENTS:

- ☆ 1 tbsp extra virgin olive oil
- ☆ 1 tsp sesame oil
- ☆ ¼ cup fresh lemon or lime juice
- ☆ ½ cup tahini
- ☆ 1 tbsp ginger, minced
- ☆ 1 clove garlic, optional
- ☆ ¼ tsp cumin powder
- ☆ ¼ tsp paprika powder
- ☆ ¼ tsp fine sea salt
- ☆ pinch of black pepper

## METHOD:

- Process all of the tahini dressing ingredients minus the oils in a high-speed blender.
- Add purified water one tablespoon at a time to aid in the blending process. Alternatively, whisk all of the ingredients together with a fork or whisk.
- Pour in the oils last to emulsify.

# Peanut Butter Sauce

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Peanut Butter Sauce is a great staple to have to give that extra flavor to dishes. Peanuts are rich in protein, fat, and fiber. While peanuts may have a large amount of fat, most of the fats they contain are known as heart-healthy unsaturated fats. This sauce can be stored in a sealed container in the fridge for up to 6 days.

**MAKES 1 CUP.**



## INGREDIENTS:

- ☆ ½ cup organic peanut butter
- ☆ 4 tbsp tamari
- ☆ 2 tbsp apple cider vinegar
- ☆ 2 tsp monk fruit sweetener/erythritol/xylitol
- ☆ 2 tsp dried ginger
- ☆ 2 tbsp water

## METHOD:

- In a food processor, add peanut butter, tamari, apple cider vinegar, brown sugar, ginger and water. Process until smooth and set aside.

# Brazil Nut Parmesan



If you love your parmesan on pasta but are looking to go plant-based, try this dairy-free parmesan alternative. This Brazil Nut Parmesan is a great addition to add to pastas, risottos and Mediterranean-style dishes. To give it more flavor, you can add some dried herbs such as basil, oregano, rosemary or thyme. Brazil nuts are the number one source of selenium. In fact, the average Brazil nuts contains 175% of the required daily amount of this mineral!

**MAKES 1 ½ CUPS.**

## INGREDIENTS:

- ☆ 1 cup raw unsalted Brazil nuts
- ☆ 1 tbsp nutritional yeast
- ☆ ½ tsp onion powder or granules
- ☆ ¼ tsp garlic powder
- ☆ ½ tsp salt

## METHOD:

- Place Brazil nuts to a food processor and pulse until the nuts become a fine crumbly texture.
- Add the remaining ingredients and pulse again until all ingredients are well combined and evenly ground.
- Store in an airtight container and keep refrigerated.



# Vegan Feta

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This vegan feta is salty, creamy, and surprisingly easy to make. It can be prepared in under 10 minutes and left to set in the fridge overnight for use all week on salads, sandwiches, and any other dish you desire.

It's also made with healthy, whole-food ingredients. Almonds, for example, contain lots of healthy fats, fiber, protein, magnesium, and vitamin E, and tofu is a rich source of plant-based protein.

## INGREDIENTS:

- ☆ 1 cup blanched almonds
- ☆ 7 oz extra firm tofu, pressed, rinsed and patted dry
- ☆ ¼ cup lemon juice
- ☆ 2-3 tbsp brine from a jar of green olives
- ☆ 1 tbsp white or rice vinegar
- ☆ 1 ½ tsp fine sea salt
- ☆ ½ tsp onion powder
- ☆ ¼ tsp garlic powder
- ☆ 1 tbsp white miso paste

## METHOD:

- Place almonds in a bowl and cover with warm water. Soak for one hour, then drain and pat dry.
- Place the almonds along with all the rest of the ingredients in a food processor and blend until creamy. Scrape down the sides as needed.
- Adjust the taste and consistency as needed with lemon juice, garlic powder, or salt.
- Place mixture into a sealable Tupperware or bowl. Cover and place in the fridge to firm up overnight.
- Cut into feta-like cubes and store in the fridge for up to 7 days.

# Sauerkraut



Sauerkraut is a low-calorie anti-inflammatory delight that is rich in fiber and antioxidants. In addition to probiotics, sauerkraut is a good source of Vitamin C, Vitamin K, calcium, potassium, and phosphorus. Thanks to all these nutrients, sauerkraut improves digestion and immune function, reduces inflammation and allergies, boosts cognitive performance and mood, and provides protection from carcinogens. The most basic sauerkraut can be created from simply cabbage and salt. Green cabbage is the traditional preparation, though red can be used as well.



## INGREDIENTS:

- ☆ 1 large head of cabbage
- ☆ 3 tbsp salt
- ☆ 1 tbsp caraway seed

## METHOD:

- Shred cabbage, mix with salt, and allow to stand 10 minutes.
- Massage cabbage, squeezing out juices and stir in the caraway seeds
- Pack into a container so that the cabbage is completely submerged in its juice.
- Place a quartered onion on top to weigh it down and cover container with a lid.
- Check frequently to ensure cabbage remains submerged and skim off any mold or discolored cabbage near the surface.
- Allow it to ferment for four weeks before refrigerating.

# Kimchi



Kimchi is the iconic food of Korean culture. There are countless variations of this classic recipe that vary by region and even family. Cabbage is seasoned with spices, typically including flaked pepper and pureed ginger, garlic, and onion. The spices are traditionally mixed with a starchy base to form a paste before being mixed with the cabbage. With cabbage as the primary ingredient, the benefits of consuming kimchi are very similar to sauerkraut.

## INGREDIENTS:

- ☆ 1 pound of Chinese cabbage
- ☆ 1 daikon radish
- ☆ 1-2 carrots
- ☆ 1-2 onions
- ☆ 3-4 cloves of garlic
- ☆ 3-4 hot red peppers
- ☆ 3 tablespoons freshly grated ginger root

## METHOD:

- Prepare a brine of 4 tablespoons salt dissolved in 4 cups of water.
- Coarsely chop the vegetables and add to the brine, placing a plate on top to keep them submerged. Soak for a few hours or overnight and then drain the brine.
- Blend the spices into a paste.
- Mix vegetables with spices and stuff them into a fermentation jar. Apply weight and cover with a cloth to keep flies away.
- Taste daily, ferment for about a week, then store in the fridge.



# Pickles

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Pickling is an Eastern European tradition that features an array of vegetables fermented in salty brine. Pickled vegetables are also a product of lactic acid fermentation and have similar nutritional benefits as kimchi and sauerkraut thanks to living probiotic cultures which increase the concentration of nutrients in the ferment and enhance the absorption of nutrients when consumed. Spices commonly used for pickling add flavor, inhibit the growth of mold, and contribute more bacteria to the culture.

## INGREDIENTS:

- ☆ 12 oz small cucumbers
- ☆ 6 tbsp sea salt
- ☆ 3-4 tablespoons of dill seeds
- ☆ 2-3 heads of peeled garlic
- ☆ 1 pinch of black peppercorns

## METHOD:

- Thoroughly dissolve salt in half a gallon of water to create a brine.
- Place spices in a crock or another fermentation vessel and add cucumbers.
- Pour brine over cucumbers and place a plate and weight on top to keep them submerged. Cover with a cloth.
- Check frequently to ensure cucumbers remains submerged and skim off any mold near the surface.
- Allow to ferment for 1-4 weeks (depending on temperature).
- Move to the fridge when they have achieved the desired degree of sourness.



## 28 DAY GUT RESTORE MEAL PLAN

# Lunch/Dinner Recipes A-Z





# Asparagus & Basil Tart



This is an easy and delicious asparagus tart recipe with no eggs, no dairy and a gluten-free crust. It is loaded with protein, fiber and an array of minerals and vitamins. The nutritional yeast and turmeric give the tart an inviting yellow color and cheesy flavor. Asparagus is low in calories but boasts an impressive nutrient profile. Asparagus is particularly high in insoluble fiber, which adds bulk to stool and supports regular bowel movements. It also contains a small amount of soluble fiber, which dissolves in water and forms a gel-like substance in the digestive tract. Soluble fiber feeds the friendly bacteria in the gut.

## INGREDIENTS:

### ***Crust:***

- ☆ 2 cups brown rice flour
- ☆ ½ tsp salt
- ☆ ½ cup vegan butter, cold and cut into small pieces
- ☆ 2 tbsp coconut yoghurt
- ☆ 5 tbsp cold water

### ***Filling:***

- ☆ 1 yellow onion, finely diced
- ☆ 2 cloves garlic, minced
- ☆ 14 oz silken tofu
- ☆ 3 tbsp nutritional yeast
- ☆ 2 tbsp plant-based milk of choice
- ☆ ¼ cup fresh basil leaves
- ☆ ½ tsp turmeric
- ☆ ¼ tsp salt
- ☆ ¼ tsp black pepper
- ☆ 6 fresh asparagus spears, roughly chopped
- ☆ ⅓ cup peas, fresh or frozen

### ***For the garnish:***

- ☆ 4 asparagus spears, cut in half lengthways
- ☆ 2 tbsp peas, fresh or frozen
- ☆ Fresh basil leaves

## METHOD:

- In a large bowl, mix together the flour and the salt. Add the cold butter, coconut yoghurt and cold water and combine. Knead with your hands until the dough starts to clump together.
- Continue to knead on a floured surface until the dough is smooth. Roll into a bowl, wrap in plastic cling wrap and refrigerate for 30 minutes.
- Preheat the oven to 375°F/190°C and prepare a 23cm round baking dish by spraying with a little cooking oil.
- After 30 minutes, remove the dough from fridge and press into the baking dish making sure the bottom and the sides are evenly covered. Prick the bottom a few times with a fork and then place in the oven and bake for 15 minutes.
- Meanwhile, heat oil in a medium fry pan on medium heat. Add onions and sauté until soft and translucent. Add minced garlic and cook for a further 2 minutes. Remove from heat and set aside.
- Place the silken tofu, nutritional yeast, turmeric, plant milk, basil, salt and pepper, into a food processor and blend until smooth and creamy. Stir in onions, garlic, chopped asparagus and peas.
- Pour the tofu filling into the baked crust. Smooth over the surface of the mixture, and top with asparagus spears and peas. Bake for 45 minutes or until a skewer inserted into the quiche comes out clean.
- Top with fresh basil leaves and serve warm.



# Baked Sweet Potato Quinoa Salad with Figs & Pomegranate



This exotic salad is not only a delight for the taste buds, it's also visually beautiful. Figs are rich in dietary fiber and as a result, have a variety of health benefits. They may improve digestion and decrease constipation, balance blood sugar, and improve heart health. They are also a good source of bone-friendly minerals including magnesium, calcium, and phosphorus.

**SERVES 2.**

## INGREDIENTS:

- ☆ 1 orange sweet potato,  
chopped in large chunks
- ☆ 2 cups tricolor quinoa
- ☆ 4 figs, cut in quarters
- ☆ 1 cup arugula, tightly packed
- ☆ ½ cup pomegranate seeds
- ☆ 5-6 Brussel sprouts, cut in half
- ☆ ½ cup Vegan Feta

## FOR THE DRESSING:

- ☆ 1 tbsp olive oil
- ☆ 3 tsp rice wine vinegar
- ☆ 1 tsp Dijon mustard
- ☆ 1 tsp honey
- ☆ Pinch salt
- ☆ Black pepper

## METHOD:

- Preheat the oven to 200°C or 390°F.
- On a prepared baking tray, place the sweet potato and Brussel sprouts and drizzle with oil. Place in the oven and cook for approximately 35-45 minutes until you can easily pierce the sweet potato with a knife.
- Meanwhile, rinse the quinoa and place in a medium saucepan. Add water and bring to a boil. Reduce heat and let simmer for 15 minutes or until the water is absorbed. Remove quinoa from heat and fluff with a fork.
- To make the dressing, place the ingredients in a small container and whisk to combine.
- Once the quinoa, sweet potato, Brussel sprouts have slightly cooled, combine in a bowl along with the arugula, figs, and pomegranate seeds. Pour over the salad dressing and top with vegan feta.



# Beet & Lentil Salad with Vegan Feta & Creamy Tahini Dressing

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This is a very easy meal to make that doesn't involve too much hands-on. Beets are highly nutritious and contain a small amount of almost all of the vitamins and minerals your body needs! Beets also promote digestive health and keep you regular. The lentils make this dish highly satisfying and will keep you full until your next meal.

**SERVES 2.**



## INGREDIENTS:

- ☆ 4 small beets, cut in half
- ☆ 2 cups green lentils
- ☆ 1 bay leaf
- ☆ 8 cups water
- ☆ 1 cup arugula
- ☆ ½ green apple, sliced thinly
- ☆ ¼ cup crumbled Vegan Feta
- ☆ Balsamic vinegar
- ☆ Pinch salt
- ☆ Pinch black pepper

## METHOD:

- Preheat the oven to 200C (390F). Place the beetroot on a large baking tray, add the salt and pepper, then drizzle with olive oil. Make sure all the beets are covered in oil.
- Roast in the oven for approximately 40-50 minutes, until you can easily pierce the beets with a sharp knife.
- Meanwhile, rinse the lentils and place in a medium to large saucepan. Add the water and bay leaf. Bring the pot to a boil, reduce heat to a very low simmer, cover the pot with a lid and cook for 20-30 minutes or until tender but not mushy. Drain the lentils and remove the bay leaf.
- Arrange the lentils, arugula, beetroot, and apple slices on a plate. Top with vegan feta and drizzle with balsamic vinegar.

# Butternut Squash Carrot Soup



This is a quick and easy pureed soup that only takes thirty minutes to make. The coconut milk can easily be substituted with other unsweetened plant milks of choice and different spices and herbs can be added to change up the flavors. Orange produce is known for its Vitamin C content which is important for the immune system and wound healing. They're also high in potassium, a mineral that helps regulate blood pressure and ensures proper functioning of the muscles and nerves.

**SERVES 2.**

## INGREDIENTS:

- ☆ 1-2 tbsp extra virgin olive oil
- ☆ 1 clove garlic, minced
- ☆ 1 tsp fresh turmeric, grated
- ☆ 1 tsp fresh ginger, grated
- ☆ 1 small onion, diced
- ☆ ¼ tsp cinnamon powder
- ☆ 2 cups coconut milk
- ☆ 1 cup butternut squash, bite size cubes, peeled
- ☆ ½ cup carrot, bite size cubes, peeled
- ☆ ½ tsp fine sea salt
- ☆ ¼ tsp black pepper

## METHOD:

- Use a steamer to cook the butternut squash and carrot until a fork easily pierces the flesh.
- While the squash and carrot steam, sauté garlic, ginger, turmeric, and onion with oil in a medium saucepan over low-medium heat. Sauté until the onion is soft and translucent, stirring frequently.
- Stir in the cinnamon powder to coat.
- Once the squash and carrot are soft, add to the pan and stir together to combine.
- Remove from heat and add in batches to your blender or food processor (depending on the size of your blender) with coconut milk, sea salt and black pepper.
- Blend until a creamy puree has been achieved.
- Return the pureed soup to a pot and reheat soup over low heat.
- Taste test and add additional salt as needed to enhance the flavor.



# Chickpea Buddha Bowl



Buddha bowls are a tasty way of packing a load of vitamins and minerals into one meal. This one contains sweet potatoes, known for their potassium and vitamin A. Thanks to their fiber content, sweet potato can aid with digestive issues and support overall gut health. Broccoli's another main feature of this dish. It is also high in many nutrients, including fiber, vitamin C, vitamin K, iron, and potassium. Interestingly, broccoli also has more protein than most other vegetables.

**SERVES 2.**

**VEGETABLES:**

- ☆ 2 tbsp olive oil
- ☆ 1 red onion, cut into wedges
- ☆ 4 small sweet potatoes, cut into cubes
- ☆ 1 bunch broccoli, large stems chopped
- ☆ 1 cup kale, stems removed
- ☆ Salt and pepper to taste

**CHICKPEAS:**

- ☆ 1 x 400g (14 oz) chickpeas, cooked and drained
- ☆ 1 tsp ground cumin
- ☆ ½ tsp garlic powder
- ☆ Salt and pepper to taste
- ☆ ½ tsp dried oregano
- ☆ ½ tsp turmeric
- ☆ 1 tbsp black sesame seeds

**METHOD:**

- Preheat oven to 350°F/180°C. Line a baking sheet with non-stick baking paper.
- Toss the sweet potato and onion wedges in a little oil and arrange them on the sheet.
- Roast for about 15 minutes, then remove from oven, turn the sweet potatoes and add the broccoli. Drizzle the broccoli with a little oil and season with salt and pepper.
- Bake for another 10 minutes or so, then remove from oven and add kale. Drizzle kale with a little oil and season with salt and pepper. Bake for another 5 minutes, remove from oven and set aside.
- Put the chickpeas in a bowl with the seasonings and toss together.
- Heat a wok over medium heat with a tablespoon of oil. Add chickpeas and cook until golden brown. Remove from heat and set aside.
- Divide vegetables among three serving bowls, add chickpeas and top with black sesame seeds.



# Chickpea Tofu Mango Curry



This creamy dreamy chickpea coconut mango curry is bursting with fresh, fruity flavors and deep spices. This recipe only takes about 30 minutes to make and it tastes great as leftovers the next day. It's packed with protein from the tofu and chickpeas that will make your gut bugs happy. Serve with quinoa or another gluten-free grain of choice.

**SERVES 2.**



## INGREDIENTS:

- ☆ 1 tbsp olive oil
- ☆ 1 medium yellow onion, diced
- ☆ 1 medium red bell pepper, sliced
- ☆ 2 garlic cloves, minced
- ☆ 1 tbsp ginger, minced
- ☆ 2 tsp ground cumin
- ☆ 2 tsp ground coriander
- ☆ 2 tsp garam masala
- ☆ 1 tsp ground turmeric
- ☆ 400ml (14 oz) coconut milk
- ☆ 1 ½ cups (14 oz) chickpeas, cooked and drained
- ☆ 1 cup fresh or frozen mango
- ☆ 1 cup vegetable stock
- ☆ 4 oz firm tofu, cubed
- ☆ 1 red chili, deseeded and thinly sliced
- ☆ Handful natural cashews
- ☆ Fresh coriander
- ☆ Pinch salt

## METHOD:

- Heat the oil in a large fry pan and sauté the onion and red bell pepper for a few minutes until softened.
- Add the garlic, ginger, and spices and cook for a further 2 minutes until fragrant.
- Stir in the coconut milk, chickpeas, mango and stock. Bring to a boil, then reduce heat and let simmer for 10 minutes. Add more water if needed.
- Add the tofu and cashews and cook for a further 5 minutes.
- Garnish with fresh coriander and chili and serve with quinoa.

# Coconut Quinoa Vegetable Bowl



This colorful veggie bowl is a delicious way to incorporate a variety of vegetables into your diet. It is satisfying, flavorful, versatile, and tasty. Quinoa is one of the richest sources of plant-based protein. It also offers great benefits for your gut health. In fact, several studies have suggested that quinoa has prebiotic effects, as its non-digestible ingredients stimulate the growth and activity of beneficial gut microbes. To add a bit of crunch to this meal, roast the chickpeas in the oven first.

**SERVES 2.**

## INGREDIENTS:

- ☆ 1 ½ cups quinoa
- ☆ 1 can unsweetened coconut milk
- ☆ 2 cups baby spinach leaves
- ☆ ½ cup red cabbage, shredded
- ☆ ½ cup chickpeas, rinsed and drained
- ☆ 1 small sweet potato, peeled and cubed
- ☆ ½ cup carrot, grated
- ☆ 1/3 cup edamame beans
- ☆ 1 tbsp extra virgin olive oil
- ☆ 2 tbsp lemon juice
- ☆ Pinch of salt

## METHOD:

- Preheat oven to 350°F. Place the cubed sweet potato on a tray, drizzle with olive oil and bake for approximately 15-20 minutes until soft. Remove from oven and set aside.
- Heat oil in a medium saucepan over medium heat. Add quinoa and cook, stirring often, until golden, about 5 minutes. Add coconut milk, a pinch of salt and 1 ½ cups of water and stir to combine. Bring to a boil, reduce heat, cover and simmer until quinoa is tender and liquid is evaporated, 20-25 minutes. Let sit for 10 minutes and then fluff with a fork.
- Place washed spinach leaves on a plate, spreading them out evenly. Top with coconut quinoa followed by sweet potato, carrot, chickpeas, and edamame beans.
- Drizzle with olive oil and lemon juice and enjoy.



# Colorful Quinoa Salad



This quinoa salad not only brightens up the table with its vibrant colors, it's also rich with nutritional goodness. It's full of antioxidants, packed with protein and contains all your macronutrients. Quinoa contains twice as much fiber as other grains. It's also packed full of iron and rich in magnesium.

**SERVES 2.**

## INGREDIENTS:

- ☆ 1 cup tricolor quinoa
- ☆ 2 cups water
- ☆ 1 cup shredded red cabbage
- ☆ ½ cup, diced cucumber
- ☆ 1 carrot, grated and sliced in strips
- ☆ ⅓ cup, sliced radishes
- ☆ ½ cup diced red bell pepper
- ☆ ½ cup chopped continental parsley
- ☆ 10 cherry tomatoes, sliced in half
- ☆ 2 tbsp pepitas
- ☆ 1 tbsp sesame seeds

## DRESSING:

- ☆ Juice of one lemon
- ☆ 1 tbsp garlic-infused oil
- ☆ 1 tbsp raspberry vinegar

## METHOD:

- Rinse quinoa and place in medium saucepan. Add water and bring to boil. Reduce heat and let simmer for 15 minutes or until the water is absorbed. Remove quinoa from heat and fluff with a fork.
- Place red cabbage, cucumber, carrot, radishes, red pepper, parsley, tomatoes and seeds in a large bowl. Once slightly cooled, add the cooked quinoa.
- In a small bowl, mix together lemon juice, garlic-infused oil and raspberry vinegar. Pour dressing over salad and stir to combine.
- Serve warm or chill in the refrigerator until ready to eat.



# Creamy Cashew Mushroom Spaghetti



For all the lovers of white sauce pasta, this recipe is for you. With cashews to add the creaminess and nutritional yeast to give it a cheesy flavor, this dish is a great alternative to one of your favorite comfort foods. The mushrooms also add great flavor. Mushrooms are a rich, low calorie source of fiber, protein, and antioxidants. They have been shown to protect against cancer, promote lower cholesterol, and support a healthy immune system.

**SERVES 2.**



## INGREDIENTS:

- ☆ ½ cup cashews
- ☆ 2 tablespoon sunflower seeds
- ☆ 2 tbsp boiling water
- ☆ Drizzle extra virgin olive oil
- ☆ 2 cloves garlic, minced
- ☆ ⅓ cup almond milk
- ☆ Juice of ½ a lemon
- ☆ 2 tbsp nutritional yeast
- ☆ Pinch salt
- ☆ 1 cup sliced button mushrooms
- ☆ 150g of your favourite dried gluten-free spaghetti
- ☆ Handful continental parsley, chopped
- ☆ Pinch red chili flakes

## METHOD:

- Place the cashews and sunflower seeds in a small bowl with the boiling water, leave to soak for approximately 5 minutes.
- Add the soaked cashews and seeds, along with the almond milk, boiling water, lemon juice, olive oil, garlic, and nutritional yeast to a food processor, and blend until smooth and creamy. Season with salt to taste.
- Cook the pasta in salted boiling water in a medium-sized saucepan according to package directions, adding the mushrooms 1 minute before the pasta is done cooking. Reserve a mugful of the pasta cooking water and drain the pasta and mushrooms.
- Return the pasta and mushrooms to the saucepan and pour in the sauce. Gradually add some of the pasta cooking water, about ¼ cup, and stir until the pasta is coated and the sauce is thick and glossy. Add more pasta cooking water if needed to loosen the sauce. Garnish with fresh parsley and red chili flakes and serve immediately.

# French Ratatouille with Brazil Nut Parmesan



The French have been cooking ratatouille for over a hundred years.

Ratatouille is a great way to use up surplus vegetables. It's also a great dish to make ahead of time as you can freeze it and it reheats beautifully. Ratatouille is anti-inflammatory and heart-healthy and is full of antioxidants. It's also gut-friendly as it helps to feed to good bacteria in your colon. It can be served as a side or with gluten-free bread as a hearty main.

**SERVES 2.**

## INGREDIENTS:

- ☆ 1 aubergine, diced into ½ inch cubes
- ☆ 1 zucchini, diced into ½ inch cubes
- ☆ 2 yellow squashes, diced into ½ inch cubes
- ☆ 2 fresh tomatoes, diced
- ☆ 2 cans crushed tomatoes
- ☆ ½ red bell pepper, diced
- ☆ 1 small yellow onion, diced
- ☆ 2 garlic cloves, crushed
- ☆ 3 tbsp olive oil
- ☆ 1 tsp paprika
- ☆ 1 tsp honey
- ☆ ½ tsp dried oregano
- ☆ ⅓ tsp smoked paprika
- ☆ ¼ tsp red chilli flakes
- ☆ ½ tsp ground ginger
- ☆ 1 tbsp tomato paste
- ☆ 1 tbsp balsamic vinegar
- ☆ Sprigs of fresh thyme
- ☆ Salt and black pepper, to taste
- ☆ ½ cup Brazil Nut Parmesan

## METHOD:

- Preheat the oven to 425°F. Line two large trays with parchment paper. Place the diced eggplant on one tray and drizzle with olive oil and salt.
- On the other baking tray, place the bell pepper, zucchini and yellow squash and drizzle with olive oil and salt. Place the mixed vegetables on the top rack of the oven and the eggplant on the middle rack. Cook for approximately 25-30 minutes until the vegetables are soft and cooked. Toss the vegetables over halfway through the cooking. The mixed vegetables may take a little longer than the eggplant. Add the fresh thyme for the last 5-10 minutes of baking.



- Meanwhile, heat 1 tbsp of olive oil in a large pot over medium heat. Add the onion and a pinch of salt. Cook, stirring occasionally, until the onion is translucent and starting to caramelize.
- Add the garlic, dried oregano, and red chilli flakes and stir, cooking until fragrant. Add the fresh tomatoes, the crushed tomatoes and the tomato paste. Stir through the honey. Reduce the heat to medium-low and let simmer.
- Once the vegetables are cooked, add them into the simmering tomato sauce along with the paprika, smoked paprika, ginger, and balsamic vinegar. Stir to combine and continue simmering for 5 minutes.
- Remove the pan from the heat. Stir in 1 tbsp olive oil, and season to taste with salt and black pepper.
- Serve with thyme and top with Brazil Nut Parmesan.

# Gluten-free Tortillas with Bean Sauce, Vegetables & Broccoli Sprouts



These gluten-free tortillas are easy to make with just two ingredients (water and salt not included). You can quickly prepare them in about 15 minutes! With the combination of protein-packed beans and an array of vegetables, this makes for a colorful and ultra-healthy dish.

**MAKES 4 TORTILLAS.**

## INGREDIENTS:

### ***For the tortillas:***

- ☆ 1 cup chickpea flour
- ☆ ½ cup tapioca flour
- ☆ ¾ cup water
- ☆ 1/3 tsp salt

### ***For the bean sauce:***

- ☆ ½ small yellow onion
- ☆ 1 ½ cup borlotti beans, soaked and precooked
- ☆ 1 cup diced tomatoes
- ☆ 3 tbsp tomato paste

- ☆ 1 tsp cumin, ground

- ☆ 1 tsp coriander, ground

- ☆ ½ tsp paprika

### ***For the toppings:***

- ☆ 1 ½ cup sweet corn kernels (fresh or frozen)
- ☆ 1 cup red cabbage, shredded
- ☆ 1 cup arugula
- ☆ 1 avocado, diced
- ☆ ½ cup Broccoli sprouts
- ☆ Tahini dressing

## METHOD:

- To make the tortillas, process the ingredients in your food processor. Alternatively, you can whisk them together in a bowl. Add more water if needed to reach desired consistency.
- Heat a little oil in a fry pan over medium heat. Pour approximately ⅓ cup of the batter in the fry pan and cook for 2 minutes on low-medium heat. Flip the tortilla and cook on the other side for 1 minute.
- To make the bean sauce, fry the onion in a little oil in a fry pan on medium-low heat until soft and translucent. Add the spices and cook for a further 2-3 minutes. Add the beans, diced tomatoes and tomato paste. Bring to a boil and then reduce heat and let simmer for 10 minutes.
- Place the tortillas on a plate, first add the beans and then top with the remaining ingredients. You can either have the corn kernels raw, or you can lightly fry them in a bit of oil.



# Green Lentil & Vegetable Soup



This lentil-vegetable soup is packed with kale and tomatoes for a filling, flavorful main dish. Lentils are an excellent source of B vitamins, iron, magnesium, potassium, and zinc. They're also a great source of plant-based protein and fiber which helps to keep you regular and promotes a healthy gut microbiome.

**SERVES 2.**

## INGREDIENTS:

- ☆ 1 tbsp extra-virgin olive oil
- ☆ 1/2 yellow onion, diced
- ☆ 1 potato, peeled and diced in small pieces
- ☆ 1 carrot, diced
- ☆ 1 celery stalk, chopped finely
- ☆ 2 cloves garlic
- ☆ 1 1/2 –2 cups vegetable stock
- ☆ 1/2 cup green lentils
- ☆ 2 tomatoes, diced in small pieces
- ☆ 2 tsp fresh thyme, chopped
- ☆ 1/4 tsp salt
- ☆ 1/4 tsp black pepper
- ☆ 1/4 tsp red pepper
- ☆ 1 cup kale, roughly chopped
- ☆ 1/2 tbsp red wine vinegar

## METHOD:

- Heat the olive oil in a large pan over medium heat. Add the onion, chopped carrot and celery and cook, stirring occasionally until softened.
- Add the garlic and cook until fragrant.
- Stir in the vegetable stock, lentils, potatoes, tomatoes, thyme, salt and pepper, and bring to a boil. Once boiling, cover and reduce heat, letting simmer until the potatoes and lentils are tender, approximately 20 minutes. Add water as needed to reach desired consistency.
- Stir in kale and cook for a further 5 minutes until the leaves are soft.
- Remove from heat and stir in vinegar. Adjust the seasoning by adding salt and pepper.



# Greek-style Lima Bean Stew



This is a delicious and hearty Mediterranean dish to be enjoyed with a side of gluten-free bread. Lima beans are a great source of protein and are high in fiber to help promote digestion, regulate blood sugar, and lower cholesterol. They are also rich in potassium, iron, magnesium, and vitamin C.

**SERVES 2.**



## INGREDIENTS:

- ☆ 2 cups lima beans
- ☆ 1 onion, peeled and cut in half.
- ☆ 2 cloves garlic, minced
- ☆ 1 red bell pepper, sliced in strips
- ☆ ½ tsp salt
- ☆ 2 tbsp extra virgin olive oil
- ☆ 2 cups diced tomatoes
- ☆ ½ cup tomato puree (passata)
- ☆ 1 tbsp dried oregano
- ☆ 2 tsp dried parsley
- ☆ 1 cup tightly packed spinach
- ☆ Black pepper, to taste

## METHOD:

- Heat olive oil in a cooking pot over medium heat. Add the onion and cook until soft and translucent. Add the garlic and red bell pepper and cook for a further 2 minutes.
- Stir in the tomatoes and tomato paste along with the beans, oregano, and parsley. Add 2 cups of water and bring to a boil.
- Reduce heat and simmer for approximately 45 minutes until the sauce thickens and the beans are tender.
- Add spinach and cook for a further 2 minutes until the spinach wilts. Season with salt and pepper and serve warm.

# Hearty Cauliflower Curry



This heart cauliflower curry is a great dish for a cold winter's night.

Like other vegetables, cauliflower contains a compound called sulforaphane which helps to fight cancer. It also helps to support gut health and, as a result, improves your defence against infection. It is also a good source of vitamin K, folate and vitamin C.

**SERVES 2.**

## INGREDIENTS:

- ☆ 2 tbsp olive oil
- ☆ 1/4 cup diced onion
- ☆ 2 stalks celery, thinly sliced
- ☆ 1 clove garlic, minced
- ☆ 1/2 tsp ground coriander
- ☆ 1/2 tsp ground cumin
- ☆ 1/2 tsp ground ginger
- ☆ 1/2 tsp powdered turmeric
- ☆ 1/4 tsp red chilli flakes
- ☆ 1 cauliflower, cut into small florets
- ☆ 1 carrot, cut into small pieces
- ☆ 1/4 cup brown lentils
- ☆ 3 tomatoes, diced
- ☆ 1 tsp salt
- ☆ 2 cups vegetable stock
- ☆ 1 cup, packed baby spinach leaves

## METHOD:

- In a cooking pot or large pan, heat oil over medium heat. Add onion and celery and sauté about 5 minutes.
- Add minced garlic and continue to sauté vegetables for another 5 minutes or until vegetables are softened.
- Next add the powdered spices, coriander, cumin, ginger, turmeric, and the red pepper flakes. Stir to combine and sauté until spices are fragrant, about 1 minute.
- Now add the lentils, cauliflower pieces, carrots, diced tomatoes, salt and stock.
- Bring to a boil over high heat, then reduce heat, cover, and let simmer until lentils are cooked and cauliflower is tender, about 20 minutes.
- Uncover, add spinach and simmer for another 3 to 4 minutes. Season to taste with additional salt and pepper if needed.
- Serve with quinoa or other gluten-free grain of choice.



# Japanese Soba Noodle Soup with Mushrooms & Tofu



This Japanese Soba Noodle Soup is fresh, appetizing and extremely nutritious. It's also versatile as you can customize your meal with the vegetables you have at home. Soba noodles are made from buckwheat and are therefore naturally gluten-free. They're high in protein and fiber, making a meal that leaves you satisfied and full of energy for the rest of the day.

**SERVES 2.**

## INGREDIENTS:

- ☆ 5 oz soba noodles
- ☆ 2 tbsp sesame oil
- ☆ 3-4 cups vegetable broth
- ☆ 2 garlic cloves, minced
- ☆ 6 shiitake mushrooms, sliced
- ☆ 2 tbsp tamari sauce
- ☆ ¼ cup white miso paste
- ☆ 2 tsp ginger, minced
- ☆ 2 green onions, thinly sliced
- ☆ 5 oz soft or firm tofu, cubed
- ☆ 1 cup tightly packed kale, chopped
- ☆ 1 tbsp sesame seeds
- ☆ Pinch black pepper

## METHOD:

- Bring a pot of water to the boil. Add the soba noodles and cook for about 4 minutes until tender. Drain and set aside in a bowl of cool water.
- In a large saucepan, heat the oil over medium heat. Add the mushrooms and green onions, season with salt, and cook until the mushrooms are soft. Add the garlic, ginger, and miso, and cook for a further 3 minutes.
- Add the broth, drained noodles and tamari sauce and bring to a boil. Reduce the heat and add in the kale and cubed tofu.
- When ready to serve, garnish with green onions and sesame seeds.



# Lemon Artichoke Pasta



This lemon and artichoke pasta is quick and simple to make but does wonders for your gut health. Artichokes contain inulin, a type of fiber which acts as a prebiotic. In fact, artichokes are one of the richest food sources of prebiotic fiber. Artichokes are also loaded with vitamins and minerals such as vitamin C, vitamin K, folate, phosphorus and magnesium, and they're also a potent source of antioxidants.

**SERVES 2.**



## INGREDIENTS:

- ☆ 4 oz gluten-free pasta of choice
- ☆ 2 tbsp olive oil
- ☆ 2 tbsp vegan butter
- ☆ 1 green onion, chopped
- ☆ 2 cloves garlic, minced
- ☆ 2 tsp dried basil
- ☆ Zest and juice of 1 lemon
- ☆ ½ tsp red chili flakes
- ☆ Pinch salt
- ☆ Pinch black pepper
- ☆ 4-5 artichoke hearts, chopped
- ☆ Handful fresh parsley

## METHOD:

- Bring a large pot of salted water to a boil. Cook the pasta according to the package instructions. Drain the pasta.
- Meanwhile, to make the sauce, heat the olive oil in a pan over medium heat. Add the artichoke hearts in a single layer and let cook for 3 minutes until browned on one side. Flip them over and cook for a further 3 minutes. Remove the artichokes from the pan.
- Add the butter and green onion to the pan and cook until the shallots are tender. Add the garlic, basil, lemon zest, and lemon juice. Stir constantly, until the sauce begins to slightly thicken.
- Add the paste and artichokes and stir until the pasta is coated with the sauce. Add the parsley and chili flakes and season with salt and pepper. Serve immediately.

# Lentil Meatballs with Kale Salad & Tahini Dressing



These vegan lentil meatballs are easy to make, packed with flavor and loaded with plant-based protein. They vary in nutrients depending on what type of lentils you use, but most of them all contain high traces of magnesium, zinc, iron and folate. Lentils are also a great source of prebiotic carbohydrates, acting as a fuel for our gut bacteria.

**SERVES 2.**

## INGREDIENTS:

### *For the meatballs (makes 12):*

- ☆ ½ cup dried French lentils
- ☆ 1 cup vegetable stock
- ☆ 1 tsp olive oil
- ☆ ½ small yellow onion, diced
- ☆ ⅔ cup carrots, grated
- ☆ 1 clove garlic, minced
- ☆ 1/3 cup gluten-free rolled oats
- ☆ 1 tbsp chopped continental parsley
- ☆ 1 tbsp tomato paste

☆ 1 tsp dried oregano

☆ ¼ tsp salt

☆ Pinch black pepper

☆ 1 flax egg

### *For the salad:*

☆ 1 ½ cups kale, shredded

☆ 1 small avocado, diced

☆ Handful almonds, chopped

☆ ½ cup Creamy Tahini Drizzle

## METHOD:

### *To make the lentil meatballs:*

- Rinse the lentils well under cool water and drain.
- Add them to a medium saucepan with the vegetable stock. Bring to a boil over medium high heat and then reduce to a low heat and let simmer for approximately 20 minutes, or until the lentils are tender. Make sure there's enough water throughout the cooking process- you want the lentils to always be just barely covered with liquid. Once cooked, drain off any excess liquid and set aside.
- Meanwhile, heat the olive oil in a medium fry pan over medium-low heat. Once hot, add the onion and cook until the onion is translucent and lightly brown, approximately 6 minutes. Stir in the carrots and cook for another 2 minutes, then stir in the garlic and cook until fragrant, about 1 additional minute.



- Place the oats and parsley in a food processor fitted with a steel blade, then pulse a few times to begin breaking up the oats. Add the cooked lentils, onion mixture, tomato paste, oregano, salt, and pepper. Pulse a few times to start combining the mixture.
- To make the flax egg, combine 1 tbsp of ground flaxseed with 2 ½ tbsp cool water. Mix well with a fork and allow to sit for 5 minutes until the mixture has become gel-like.
- Add the flax egg to the rest of the ingredients in the food processor and pulse a few more times until the mixture is combined but the lentils still have some texture. Set aside and let rest for 15 minutes or refrigerate overnight.
- Preheat the oven to 220°C or 425°F. Line a large baking tray with baking paper. You can even coat the paper with non-stick spray.
- Roll the lentil mixture into balls that are roughly about the size of a golf ball. Arrange them in a single layer on the baking sheet and spray the tops with the non-stick olive oil. Cook for 10 minutes, then turn, spray again, and continue baking 8 to 10 additional minutes, until the meatballs are browned and lightly crisp.

### *To prepare the dish:*

- Lightly steam the kale leaves in a steamer for 1-2 minutes until the leaves are tender.
- Place on a plate and add the lentil meatballs, avocado, and almonds. Add a few dollops of the Creamy Tahini Drizzle and enjoy.

# Lettuce Leaf Quinoa & Vegetable Cups with Peanut Butter Sauce



A fun way to load up on some vegetables, these quinoa lettuce wraps are filling but don't leave you feeling heavy and full. The addition of the peanut sauce will have you craving more.

**SERVES 2.**

## INGREDIENTS:

- ☆ ½ yellow onion, chopped finely
- ☆ 1 ½ cups quinoa
- ☆ 3 cups vegetable stock
- ☆ ½ tsp ground cumin
- ☆ ½ tsp ground coriander
- ☆ 1 garlic clove, minced
- ☆ 4 large romaine lettuce leaves
- ☆ 1 carrot, sliced thinly
- ☆ 1 red bell pepper, sliced thinly
- ☆ ½ cup purple cabbage, shredded
- ☆ Handful sprouts
- ☆ ¼ cup Peanut Butter Sauce

## METHOD:

- Cook quinoa in a medium saucepan with vegetable stock until soft. When water has absorbed, turn off the heat and fluff with a fork.
- Heat oil in a fry pan on medium heat and add onion and sauté until soft and translucent. Add the garlic, cumin and coriander and cook for a further 2 minutes. Add quinoa and stir to combine. Remove from heat.
- Place lettuce leaves on a plate. Divide quinoa mixture among the four leaves and add carrot, cabbage, red bell pepper, and sprouts. Drizzle with peanut sauce and serve.



# Miso Ramen Noodle Bowl with Tempeh



This Miso Ramen Noodle Bowl with Tempeh is fresh, appetizing and extremely nutritious. It's also versatile as you can customize your meal with the vegetables you have at home. The ramen soup can also be made to be thick or thin, spicy or not spicy, salty or not salty. Being a rich source of probiotic bacteria, miso helps support gut health and immune function, and helps fight infections.

**SERVES 2.**

## INGREDIENTS:

- ☆ 2 serves dried ramen (gluten-free) or soba noodles
- ☆ 1 tsp olive oil
- ☆ ½ brown onion, diced
- ☆ 2 cloves garlic, minced
- ☆ 1 tsp ginger, minced
- ☆ 1 tbsp miso paste
- ☆ 3 cups vegetable stock
- ☆ 1 tbsp tahini
- ☆ ½ tbsp tamari sauce
- ☆ Dash of rice wine vinegar
- ☆ 1 cup bok choy (or other Asian greens)
- ☆ 1 large carrot, cut in half length-ways and sliced thinly
- ☆ 1 cup butter beans
- ☆ 100g tempeh, sliced and cut into triangles
- ☆ Spring onions, chopped finely
- ☆ Sesame seeds
- ☆ ½ lime, cut in half again
- ☆ Chilli flakes, optional
- ☆ Pinch salt

## METHOD:

- Soak the beans in cool water for a minimum of 5 hours and as long as 8 hours or overnight. Ensure that the beans are fully submerged.
- In a saucepan, add the beans and 3 cups of water and bring to a boil. Reduce heat, add salt, and let simmer for approximately 1 hour until the beans are tender.
- Add the onion and oil to a medium-sized pot over high heat. Sauté the onion for a few minutes until it is translucent. Add the garlic, ginger and miso paste and sauté for a further 2 minutes until fragrant.

- Add the stock, tahini, tamari sauce and vinegar (optional) and reduce the heat. Let the broth simmer for approximately 10 minutes to allow the flavors to develop. Add some water to the pot if the broth is evaporating too quickly.
- If you would like a thick soup, use a stick blender to puree all the ingredients in the pot until smooth. If you would like a thin soup, pour the soup through a sieve into a bowl, discard the solids and return the liquid to the pot.
- Bring the soup to a boil. Add the noodles, bok choy, carrot pieces and butter beans to the pot and cook for 5 minutes or until the noodles are tender.
- Meanwhile, fry the tempeh in a bit of olive oil until slightly golden.
- Pour half the soup, noodles and vegetables into a bowl and top tempeh pieces, spring onion, sesame seeds, lime pieces and chilli flakes if desired.
- Pour the remaining soup into a glass container and keep in the fridge to eat as leftovers.



# Mushroom Stuffed Sweet Potato



The intense flavor and meaty texture of mushrooms makes them a great meat substitute. Mushrooms are a rich, low-calorie source of fiber, protein, and antioxidants. They have been shown to protect against cancer, promote lower cholesterol, and support a healthy immune system.

**SERVES 2.**

## INGREDIENTS:

- ☆ 4 medium sweet potatoes
- ☆ 2 tbsp extra virgin olive oil
- ☆ 1 clove garlic, minced
- ☆ 1 small onion, finely chopped
- ☆ 250g brown mushrooms (or Portabella), sliced
- ☆ 1 red bell pepper, chopped into small pieces
- ☆ 1 tbsp fresh thyme leaves, picked off stems
- ☆ Pinch salt
- ☆ Pinch black pepper
- ☆ Handful fresh parsley

## METHOD:

- Preheat the oven to 180°C or 350°F.
- Place the sweet potatoes, whole, onto a baking tray and use a fork to poke a few holes in the top of each.
- Drizzle with olive oil and bake for about 1-1 ½ hours until the sweet potatoes are soft.
- Once cooked, remove from the oven and cut a slice length-ways down each, trying not to cut the whole way through.
- Meanwhile, heat the olive oil in a pan. Add the onion and cook until soft and translucent. Add the garlic and cook for another 2 minutes.
- Add the mushrooms, bell pepper, salt, pepper and thyme and cook until everything is soft, about 10 minutes.
- Divide the vegetable mixture into four and spoon into each sweet potato. Bake in the oven for a further 5-10 minutes.
- When ready to serve, top with a handful of parsley.

# Quinoa Stuffed Bell Peppers



These Mexican inspired quinoa stuffed bell peppers are surprisingly easy to make and don't require too much hands-on. Quinoa is rich in antioxidants, packed with protein and contains all your macronutrients. Quinoa contains twice as much fiber as other grains, making it a superfood when it comes to gut health. These stuffed bell peppers can be served on their own as a complete meal, or alongside a light salad.

**SERVES 2.**



## INGREDIENTS:

- |                               |  |
|-------------------------------|--|
| ☆ 2 large yellow bell peppers | ☆ 1 tsp paprika                        |
| ☆ ¾ cup quinoa                | ☆ 2 tsp dried oregano                  |
| ☆ 1 ¼ cup vegetable broth     | ☆ 2 tbsp nutritional yeast             |
| ☆ ½ medium onion, diced       | ☆ ¼ cup chopped parsley                |
| ☆ 1 garlic clove, minced      | ☆ ¼–½ tsp red chilli flakes (optional) |
| ☆ 1 tsp cumin                 |  |

## METHOD:

- Preheat the oven to 180°C or 350°F. Prepare a baking tray with parchment paper.
- Cook quinoa in a medium saucepan with 1 cup vegetable broth until soft. When water has absorbed, turn off the heat and mix with a fork to fluff the quinoa.
- Sauté onion in skillet until soft. Add garlic, cumin, paprika and oregano. Cook for another minute.
- Add quinoa along with nutritional yeast into onion mix and combine well.
- Cut the tops off the bell peppers and remove seeds. Place the bell peppers on the baking tray.
- Spoon the quinoa mixture inside the peppers and place the top of the peppers back on. Drizzle with olive oil and bake in the oven for 20 minutes or until the bell pepper is soft.
- Garnish with chopped parsley and serve immediately.

# Roasted Tomato & Fennel Soup with Basil & Garlic Pesto



This deliciously flavoursome, Italian-inspired soup brings the best out of seasonal fennel and tomatoes. Roasted with garlic and onion to intensify the flavors, this soup is a great starter for a cold night's dinner or it can also be served as a cold dish in summer. Tomatoes are the major dietary source of the antioxidant lycopene, which has been linked to many health benefits, including reduced risk of heart disease and cancer. They are also a great source of vitamin C which is essential for a healthy immune system.

**SERVES 3.**

## INGREDIENTS:

- ☆ 750g firm, ripe tomatoes
- ☆ 1 tsp honey
- ☆ ½ fennel bulb
- ☆ 1 onion, peeled
- ☆ 3 cloves garlic, unpeeled
- ☆ Extra virgin olive oil
- ☆ ½ tsp smoked paprika
- ☆ Salt and freshly ground pepper
- ☆ 2 cups vegetable stock
- ☆ ¼ cup red quinoa grain, rinsed and drained

## PESTO:

- ☆ 1 garlic clove
- ☆ 4 tbsp extra virgin olive oil
- ☆ 1 ½ packed cup fresh basil leaves
- ☆ Pinch salt

## METHOD:

- Preheat the oven to 190°C (375°F).
- Cut the tomatoes into quarters, place in a deep baking dish and drizzle with honey. Cut the fennel and onion in half, then slice and place together on a baking tray with the unpeeled garlic. Drizzle the vegetables with extra virgin olive oil, season with salt and pepper and smoked paprika and place in the oven to roast. The fennel and onion will take about 20-30 minutes and the tomatoes 40-50 minutes.
- Once cooked, remove the skins from the tomatoes and squeeze the garlic out of its skin. Puree all the vegetables, then place in a saucepan with the stock and bring to the boil.
- When the soup begins to boil, add the quinoa grain, reduce the heat, cover, and cook on low heat for 15 minutes.
- Meanwhile, to make the pesto, place ingredients in a food processor and blend.
- Remove the soup from the heat and stir in the pesto. Adjust the seasoning and serve with a drizzle of extra virgin olive oil.



# Vegan Omelet with Peas & Asparagus



A delicious and healthy alternative to an omelet, this dish is easy to make and has a good dose of plant-based protein. It is also versatile as you can add whatever vegetables you would like. Asparagus is low in calories and a great source of nutrients, including fiber, folate and vitamins A, C and K. It helps to improve digestion, lower blood pressure and promote a healthy weight.

**SERVES 2.**

## INGREDIENTS:

### *“Egg” batter:*

- ☆ 1 green onion, chopped
- ☆ 14 oz firm silken tofu, drained
- ☆ 2 tbsp nutritional yeast
- ☆ 3 tbsp chickpea flour
- ☆ 1 tbsp corn starch
- ☆ 1 tbsp olive or avocado oil
- ☆ 1 tsp garlic powder
- ☆ ½ tsp turmeric
- ☆ 1 tsp vegetable stock
- ☆ ½ tsp sea salt
- ☆ Pinch black pepper
- ☆ ¼ cup soy milk

### *Filling:*

- ☆ 1 green onion, chopped
- ☆ 1 clove garlic, minced
- ☆ 1 cup spinach, tightly packed
- ☆ 1 cup peas (fresh or frozen)
- ☆ 2 tbsp Vegan Feta, crumbled
- ☆ 4-6 asparagus spears (2 spears chopped)
- ☆ Handful sunflower seeds
- ☆ Handful, sprouts

## METHOD:

- Cook onion in 1 tsp olive oil over medium-high heat until soft and translucent.
- Add the onion to a blender along with tofu, nutritional yeast, oil, garlic powder, and turmeric. Blend until smooth, adding about a tablespoon of soy milk to help it blend.
- Add the corn starch and stock, and slowly add the chickpea flour, and puree again until the mixture is combined and thick, resembling a pancake batter. Add more soy milk if too thick or chickpea flour if too runny. Season with salt and pepper and set aside.

- Heat 1 tbsp vegan butter or oil in a fry pan, sauté 2 cloves of garlic, green onion, chopped asparagus spears and peas for 10 minutes. Add the spinach and cook until the spinach is wilted. Remove from pan and set aside.
- In a fry pan, add 1 tsp of vegan butter and coat the pan. Add half the tofu batter and spread it evenly with a spatula to cover the bottom of the pan. Cover and cook for 5-7 minutes, or until the top is dry.
- Gently loosen the omelet from the bottom of the pan with a spatula and carefully flip and cook it for another 2 minutes.
- Loosen the omelet again and add 3 tbsp of toppings to one side of the omelet. Gently fold over the other half of the omelet and transfer onto a serving plate. Repeat with the remaining batter and fillings.
- To serve, garnish with asparagus, Vegan Feta, sunflower seeds, and sprouts.



# Vegan Sandwiches with Beetroot Hummus, Pickles & Raw Vegetables

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In addition to bringing a pop of color to your plate, beets are highly nutritious and packed with essential vitamins, minerals, and plant compounds, many of which have medicinal properties. They are low in calories yet high in valuable vitamins and minerals. In fact, they contain a bit of almost all of the vitamins and minerals your body needs! Beetroots also promote digestive health, keep you regular, and prevent various digestive diseases.

**SERVES 1.**

## INGREDIENTS:

- ☆ 2 slices of gluten-free bread
- ☆ ½ carrot, chopped in thin strips
- ☆ ½ cucumber
- ☆ ¼ red bell pepper, sliced thinly
- ☆ 1 pickle, sliced
- ☆ Handful sprouts of choice

### *Beetroot hummus:*

- ☆ 1 small raw beetroot, peeled
- ☆ ½ cup cooked chickpeas
- ☆ 1 tbsp water
- ☆ 2 tbsp lemon juice
- ☆ 1 tbsp tahini
- ☆ ½ tbsp olive oil
- ☆ ½ tsp cumin
- ☆ 1 clove garlic
- ☆ Pinch salt

## METHOD:

- Preheat the oven to 390°F or 200°C. Dice the beetroot into ½-inch (1cm) cubes and place on a lined baking tray. Roast for 30-40 minutes or until cooked through. Set aside to cool.
- To make the hummus, add all the ingredients to a food processor and blend until smooth. Adjust the taste with lemon, tahini, olive oil, and salt to your liking.
- Spread the beetroot hummus on 1-2 pieces of bread and layer the vegetables, pickles and sprouts. Top with another slice of bread to make a sandwich and enjoy!

# Vegan Shakshuka



Shakshuka is a classic Middle Eastern and North African dish made from simple, healthy ingredients. It can easily be prepared in 20 minutes. This dish is wonderfully flavoursome with the abundance of spices and herbs it contains. Cumin is an important spice used a lot in Indian and Middle Eastern food. Like so many herbs and spices, cumin has a soothing effect on the digestive system to help counter flatulence and dyspepsia. Coriander is valued for its cooling quality and its detoxification capabilities.

**SERVES 2.**



## INGREDIENTS:

- ☆ ½ brown onion, chopped
- ☆ 15 oz diced tomatoes
- ☆ 28 oz (roughly 3 cups) dried beans (use a mixture of butter, borlotti, or pinto beans)
- ☆ 1 tbsp cumin seeds, whole
- ☆ 1 tsp paprika
- ☆ 1 tbsp dried oregano
- ☆ 1 tsp ground coriander
- ☆ ½ tsp garam masala
- ☆ Pinch of cayenne pepper
- ☆ ¼ – ½ tsp ground chilli
- ☆ Handful of spinach

## METHOD:

- Soak the beans in cool water for a minimum of 5 hours and as long as 8 hours or overnight. Ensure that the beans are fully submerged. Drain.
- In a saucepan, add the beans and 3 cups of water and bring to a boil. Reduce heat, add salt, and let simmer for approximately 1 hour until the beans are tender.
- Lightly roast the cumin seeds in a fry pan until slightly brown and add the rest of the spices and herbs. Transfer to a grinder and grind until the spice mixture is like sand.
- Slightly fry the onion in a large frypan and add the ground herbs and spices.
- When the onions are brown, add the diced tomatoes and beans and let simmer for about fifteen minutes.
- With a potato masher, lightly mash the beans to desired texture. Add the spinach and cook for a further few minutes until wilted.
- Enjoy with quinoa or another gluten-free whole grain.

# Vegetable Stir Fry with Marinated Tofu



This recipe is perfect for a quick and delicious weekday supper- and also an ideal way to pack vegetables into your day. This recipe is versatile as you can easily swap any of the vegetables for ones you have in the fridge. The peanut butter and miso paste also add an incredible richness to the dish.

**SERVES 2.**

## INGREDIENTS:

- ☆ 2 portions of brown rice noodles, cooked according to the instructions on the pack
- ☆ 1 large carrot, sliced into long thin strips
- ☆ 1 green onion, chopped
- ☆ 1 red bell pepper, sliced
- ☆ 1 tbsp of black sesame seeds
- ☆ ½ red chilli, deseeded and sliced
- ☆ Handful of lentil sprouts (or other sprouts of choice)

## MARINADE:

- ☆ 1 tablespoon miso paste
- ☆ ⅓ cup extra virgin oil
- ☆ ¼ cup lime juice
- ☆ 1 clove garlic, crushed

## SAUCE:

- ☆ 1 tbsp of peanut butter
- ☆ 1 tbsp of toasted sesame oil
- ☆ 1 tsp brown rice miso paste
- ☆ Juice of 1 lime



## METHOD:

- Add marinade ingredients to a food processor and blend to combine. Pour marinade over the cubed tofu, then cover and place in the refrigerator for 1 hour, turning and shaking a few times.
- Heat up a tbsp of oil in a fry pan, and on medium heat, fry the tofu on all sides until golden brown.
- In a small bowl, mix together the sauce ingredients.
- Place a large pan over medium heat and add a drizzle of sesame oil. Once warm, add the red bell pepper, carrot pieces, and green onions.
- Stir well and cook for 3 minutes before adding the noodles, tofu, sesame seeds, and sauce.
- Mix well and cook for a further 5-10 minutes until everything has warmed through.
- Top with fresh chilli and lentil sprouts before serving.

# Zucchini Noodles with Pistachio & Pumpkin Seed Pesto & Brazil Nut Parmesan



If you're a die-hard Italian food fan but want to watch your carb intake, this recipe makes for a great alternative. The pistachio and pumpkin seed pesto is a delicious twist to the traditional pesto. This dish is full of fiber, essential fatty acids, magnesium and zinc — nutrients that are essential for a healthy gut.

**SERVES 2 (WITH LEFTOVER PESTO).**

**INGREDIENTS:**

☆ 4 medium zucchinis

***Pesto:***

☆ ½ cup cashews

☆ ½ cup pistachios

☆ ½ cup pumpkin seeds

☆ ½ cup packed kale

☆ 2 cups packed basil leaves

☆ ⅔ cup extra-virgin olive oil

☆ 3 garlic cloves

☆ Handful cherry tomatoes

☆ 1 tsp sea salt

☆ 1 tsp cracked pepper

☆ 2 tbsp Brazil Nut Parmesan

**METHOD:**

→ To make the noodles, shred the zucchini into strips using a spiraliser. Place the noodles in a fry pan and set aside until you make the pesto.

→ To make the pesto, process all the ingredients in a food processor until evenly ground into a thick pesto. Adjust according to your taste preferences by adding more salt or garlic. It's better to leave the pesto thick because the zucchini noodles will give a lot of moisture to the recipe.

→ Place the fry pan with the noodles over a low heat and add 2 tbsp water. Coat the noodles in as much pesto as you like and cook until most of the moisture is evaporated. Scoop the noodles into bowls and serve with cherry tomatoes and Brazil Nut Parmesan.