



**RECIPE
COLLECTION**

*Photo from Cook, Eat, Live
Vegetarian*



SNACKS

AVOCADO HUMMUS RECIPE

200 g cooked chickpeas (drained & rinsed)
1 large avocado (I used 2 mini ones)
1 large clove garlic
3 Tbsp tahini
juice of 1 lemon
a big handful of fresh coriander
1/2 tsp ground cumin
salt & black pepper
olive oil

Put all the ingredients into a food processor (or use a stick blender) with a splash of olive oil and puree until smooth. You can add more oil if you need to get the right consistency. Taste and check seasoning.

Recipe from Cook, Eat, Live Vegetarian & Adapted from Kiran Tarun

ROASTED BEETROOT HUMMUS RECIPE

about 600 g beetroot
olive oil
salt & black pepper
thyme

Trim off the leaves, leaving about 2 inches of stalk attached and leave the root on. Cut into halves or quarters if large. Preheat the oven to 200 C and line a baking tray with baking paper. Lay the beets on the tray, drizzle with olive oil, season with salt & black pepper and some fresh or dried thyme leaves. Roast until tender all the way through. 30 mins to an hour depending on size. Leave to cool then cut off the stalks and roots and rub the skins off with kitchen paper.

400 g cooked chickpeas (1 tin/jar) drained & rinsed
4 Tbsp olive oil
3 Tbsp tahini
2 Tbsp fresh lemon juice
2 small cloves garlic, chopped
2 tsp ground cumin
salt & black pepper
sesame seeds & fresh dill for garnish (optional)

Roughly chop the beetroot and put half of it along with half of the chickpeas in a food processor and blend until finely chopped, scraping down the sides as necessary. Add the rest of the beetroot (saving some finely chopped for garnish) and the rest of the chickpeas and blend again to a paste, scraping down the sides.

Add the olive oil, tahini, lemon juice, cumin, salt & black pepper and blend to a smooth paste. Taste and adjust seasoning as required. Serve topped with some finely chopped beetroot, sesame seeds, a drizzle of olive oil and a sprig of fresh dill, if using.

Recipe from Cook, Eat, Live Vegetarian.

GUACAMOLE

1 avocado
Juice of 1 lemon
Pinch of sea salt flakes
Freshly cracked pepper to taste
2 tbsp greek youghurt
1/4 cup finely diced red onion

Put avocado flesh into a bowl with lemon juice salt pepper and mash with a fork until a smooth consistency. Add youghurt and red onion and mix well. Serve with Tortilla chips.

TORTILLA CHIPS

1 pack of corn tortillas
Olive oil
Salt & pepper

Lightly brush tortillas with olive oil and lightly sprinkle with salt and pepper. Cut the Tortillas into triangles. put them on a tray lined with baking paper and put in a 180°C oven for about 10 mins or until golden.

PRUNE POWER BALLS

1 cup of pitted soft prunes – chopped
1 cup of finely chopped pecans (or another raw nut)
1/4 cup dried goji berries
1/4 cup raw cacao powder
1 teaspoon of cayenne pepper
1/4 teaspoon of ground cinnamon
1/2 cup of desiccated coconut

Combine prunes, pecans, goji berries, cacao, cayenne pepper and cinnamon into a bowl and mix well. Roll mixture into little balls and roll onto a plate covered with the coconut to coat. These will last in the fridge for weeks.

Recipe from The 20/20 Diet – Lola Berry

MUESLI BARS

- 1 cup quinoa flakes
- 1 cup amaranth flakes
- 1 cup rolled millet
- ½ cup chopped macadamia nuts
- ¼ cup goji berries
- 1 vanilla pod – seeds scraped
- ¼ teaspoon of ground cinnamon
- ¼ cup extra-virgin coconut oil – melted
- ¼ cup maple syrup

Preheat oven to 180c.

Line a brownie or slice tray with baking powder.

In a large mixing bowl, combine all ingredients and mix well.

Spoon the mixture evenly into a tray and bake for 20 – 25 minutes or until golden brown on top. Allow to cool before cutting.

This will keep in an airtight container in the pantry for about a week or so.

Recipe from The 20/20 Diet – Lola Berry

VEGIE CHIPS

Finely sliced:

- Beetroot
- Carrot
- Sweet potato
- Parsnip
- Zucchini
- Eggplant
- Kale
- Chilli
- Lime juice
- Rock salt,
- Fennel seed
- Pepper
- Coriander seeds or any herbs, spices, etc.
- 1 tablespoon of fry safe coconut oil

Method

Preheat oven to 180c.

Toss sliced vegies with oil and any of your choice of herbs and spices.

Place on a tray lined with baking paper and bake for 10 – 15 minutes.

Recipe from The 20/20 Diet – Lola Berry

CINNAMON PEAR

1 pear – cored and thinly sliced
Cinnamon
Almond nut butter

Top pear slices with almond butter and sprinkle with cinnamon

Recipe from The 20/20 Diet – Lola Berry

SPICY APPLE

1 granny smith apple – peeled and cored
Macadamia nut butter
Cinnamon
Nutmeg

Slice apple, top with macadamia butter and sprinkle over nutmeg and cinnamon.

Recipe from The 20/20 Diet – Lola Berry

CLASSIC NUT MIX

3 of your favourite activated nuts – e.g. Brazil, Almond, Pistachio (you can activate nuts by soaking them in water overnight) rinsing them and then drying them)
Some dried figs
Pomegranate seeds
1 tablespoon of shaved coconut

Toss altogether

ACTIVATED APPLE CIDER VINEGAR NUT MIX

100g of your favourite nuts
2 tablespoons apple cider vinegar
Water

Soak nuts in water overnight and add the apple cider vinegar
Drain nuts after 6 – 12 hours and dry

Recipe from The 20/20 Diet – Lola Berry

PEP-ME-UP NUT MIX

Raw activated macadamia nuts
Goji berries
Raw cocoa nibs
Dried cranberries
Pepitas/ Pumpkin seeds
Pink Salt

Combine all ingredients and sprinkle over salt.

Recipe from The 20/20 Diet – Lola Berry

CHOCOLATE NUT BUTTER BALLS

1 cup rolled oats
1 medium banana
2 tablespoons of your favourite nut butter
1 tablespoon unsweetened organic cocoa powder
1 teaspoon vanilla essence
1 packet Stevia

Combine all ingredients in a bowl and mix thoroughly until completely combined.
Then using a tablespoon, scoop out mixture and roll into a ball.
Place on cookie sheet or plate and continue until all balls are made.
Refrigerate balls for at least an hour OR eat straight away

Adapted from Eat Yourself Skinny

NUTTY FIGS

4 fresh figs
10 raw pecans
Cinnamon

Slice figs in half and stuff with pecans and sprinkle with cinnamon.

Recipe from The 20/20 Diet – Lola Berry

FROGS ON LOGS

4 pieces of celery
Nut butter
Small handful of sultanas
Cinnamon and or nutmeg

Spread the insides of the celery with the nut bar.
Sit a few of the sultanas in each piece of celery and sprinkle over with cinnamon and or nutmeg.

Recipe from The 20/20 Diet – Lola Berry

SPICY ROASTED CHICKPEAS

1 tablespoon of cold pressed olive oil
1 teaspoon of chilli powder
1 teaspoon ground cumin
1/4 teaspoon sea salt
1/8 teaspoon cayenne pepper
200 grams of chickpeas, soaked overnight and drained

Preheat oven to 200c.

Arrange racks in top and bottom thirds of oven.

Stir together oil, chili powder, cumin, salt and cayenne in a large bowl. Add chickpeas and toss to coat. Divide chickpeas between two large rimmed baking sheets. Bake, shaking pans occasionally and rotating pans from top to bottom shelves after 20 minutes, until chickpeas are browned and crisp, about 35 to 40 minutes.

Adapted from Eat Yourself Skinny

POST-WORKOUT BANANA BITES

1 banana
3 tablespoons of your favourite nut butter

In a small bowl, mash one banana and whisk together with nut butter and set aside. Slice bananas into half-inch thick slices and lay out on a cookie sheet. Spread an even amount of nut butter mixture over top of the slices and place another slice on top. If the bananas start sliding around, feel free to add a bit more nut butter simply to make the mixture thicker. Place cookie sheet in the freezer for a minimum of 2 hours and enjoy after your long workout!

Adapted from Eat Yourself Skinny

HONEY DROP COOKIES

2 tbsp chia seeds (soaked in ¼ cup water)
½ cup buckwheat flour
½ cup quinoa flakes
1 tsp baking powder
¼ cup shredded coconut
¼ cup sunflower seeds
2 tbsp pepitas (pumpkin seeds)
1 banana, mashed
2 tbsp honey (plus more to serve)

Preheat the oven to 180°C and line a baking tray with baking paper.

Pour the chia seeds into a glass and soak in water for 5 minutes.

In a bowl, combine the buckwheat flour, quinoa flakes, baking powder, coconut, sunflower seeds and pepitas.

In a separate bowl, mash the banana with a fork until relatively smooth. Alternatively, blend the banana in a blender.

Pour the mashed banana into the bowl of dry ingredients.

Add the chia seeds and honey and mix well. It may take a while to completely combine the ingredients. The mixture should form soft, slightly sticky dough, with all the flour absorbed.

Roll into balls and squash down onto the baking tray. Press a thumb into each to form a small indentation (where the honey will sit).

Bake the cookies for 12-15 minutes.

Allow the cookies to cool completely before adding a dollop of honey into each indentation.

Makes 8-10 cookies.

Recipe from becheekyclean.com



BREAKFAST

DRIED APPLE AND FIG CHIA PORRIDGE

3 pieces of dried apple - chopped up
3 dried figs – halved
3 tablespoons of chia seeds
2 tablespoons raw cacao nibs
2 tablespoons of activated cashew nuts
2 tablespoons raw honey
1 cup of rice or nut milk

**Mix all ingredients together and leave covered in the fridge over night.
Serve in the morning.**

BIRCHER MUESLI

1 apple – unpeeled and finely chopped
1 punnet of mixed berries
The juice of 1/2 a lemon
1/2 teaspoon ground cinnamon
1 and 1/2 cups rolled oats
1/4 cup sultanas
1 1/4 cups 100% apple juice
Raw honey
1/4 cup linseeds
1/4 cup chia seeds
1/4 cup sunflower seeds
1/4 cup pepitas/pumpkin seeds
1 1/4 cups water
1/2 cup activated almonds – chopped

**Place the apple bits in the lemon juice
In a large bowl, mix together all ingredients except for the berries and honey.
Cover and refrigerate overnight.
Top with honey and berries
This should keep for about 3 days quite well**

STRAWBERRY CRUNCH

1 cup of chopped strawberries
1 tablespoon of coconut oil
Chia seeds
Desiccated coconut
Nutmeg

Toss strawberries with chia seeds, oil, coconut and sprinkle with nutmeg.

Recipe from The 20/20 Diet – Lola Berry

QUINOA AND COCONUT PORRIDGE

- 1 cup of quinoa
- 2 cups coconut milk (the drinking variety, not the one used for curries)
- 3 Medjool dates – chopped
- ½ teaspoon ground cinnamon
- ½ teaspoon ground nutmeg
- 1 fresh banana – peeled and chopped
- 1 teaspoon of desiccated coconut

Heat the quinoa and coconut milk in a saucepan over medium heat and slowly bring to the boil stirring continuously.

Add dates, cinnamon and nutmeg reducing the heat and simmer for 15 minutes.

Divide porridge into 2 bowls and top with almonds, banana and coconut.

Recipe from The 20/20 Diet – Lola Berry

BEST-EVER FRUIT SALAD WITH CHIA SEEDS

- 1 large pawpaw – peeled and cut into chunks
- 1 punnet of blueberries
- 1 punnet of raspberries
- 1 avocado – diced
- ½ bunch of fresh coriander – chopped
- Juice of 1 lime
- 2 tablespoons chia seeds

Place all ingredients in a bowl and toss together.

Serve this salad immediately, though it will keep for up to one day if stored in an air tight container.

Recipe from The 20/20 Diet – Lola Berry

GRAIN-FREE SOAKED CINNAMON MUESLI WITH BANANA AND MAPLE SYRUP

- ¼ cup of raw white quinoa
- ¼ cup buckwheat grouts
- ¼ cup millet
- ¼ cup amaranth
- 2 tablespoons pumpkin seeds
- 2 tablespoon sunflower seeds
- 2 tablespoons organic desiccated coconut
- ¼ teaspoon ground cinnamon
- 2 cups coconut water/milk
- 1 banana – peeled and chopped
- 1 teaspoon 100% pure maple syrup

Combine seeds, desiccated coconut and cinnamon in a bowl.

Add coconut water/ milk and mix well.

Cover and soak over night.

Scoop ½ cup into a bowl and top with banana and maple syrup. (Lasts up to 5 days in the fridge)

Recipe from The 20/20 Diet – Lola Berry

APPLE CINNAMON QUINOA CEREAL

- 1 cup uncooked quinoa
- 1 tablespoon of your favourite nut butter
- 2 granny smith apples -chopped
- 1 1/2 cups cold water
- 1 teaspoon cinnamon
- 1/2 teaspoon apple pie spice –
- 1/2 teaspoon ground cinnamon,
- 1/4 teaspoons ground nutmeg,
- 1/8 teaspoon ground allspice,
- 1/8 teaspoon ground cardamom
- 3 tablespoons coconut sugar
- 1/4 cup almond, hazelnut or rice milk
- 1 teaspoon of coconut oil – melted

Soak uncooked quinoa in a bowl of water for 5 minutes.

Meanwhile set a skillet over medium heat with the coconut oil and when skillet is hot, melt 1/2 the tablespoon of nut butter and add your chopped apples.

Cook about 5 to 10 minutes, until apples are soft and begin to caramelize, turning occasionally. Set aside.

Rinse and drain quinoa and add to a medium saucepan with 1 and a 1/2 cups of cold water and bring to a boil over medium-high heat, boil for one minute.

Reduce heat to low and cover pan, allowing quinoa to simmer for 10 minutes.

When quinoa is cooked, remove from heat and fluff with a fork. {Quinoa should have a little tail that appears on each grain when done}

Add remaining 1/2 tablespoon of nut butter, cinnamon, apple pie spice, coconut sugar and milk, stirring to combine.

Fold in apples and serve.

Adapted from Eat Yourself Skinny

CINNAMON AND HONEY SPICED GRAPEFRUIT

1 grapefruit – halved
1 tablespoon honey
1/2 teaspoon vanilla extract
Pinch of cardamom
Pinch of cinnamon
Pinch of nutmeg

Position oven rack so that it sits four inches below the broiler in your oven and preheat the oven to broil.

Place grapefruit halves in a small baking dish, drizzle with honey and vanilla extract and sprinkle spices over top and broil in the oven for 5 minutes.

Serve.

Adapted from Eat Yourself Skinny

NUT BUTTER GRANOLA APPLE RINGS

1 cup Cinnamon-Pecan Granola (recipe below)
1/4 cup your favourite nut butter
1 tablespoon honey
2 granny smith apples, cored and cut into 6 rings

Cinnamon-Pecan Granola:

1/4 cup coconut sugar
1 tablespoon water
2 tsp. coconut oil - melted
1/2 teaspoon ground cinnamon
1 cup raw rolled oats
1/2 cup chopped pecans

To make the granola:

Preheat oven to 150c .

Combine sugar and water in a medium microwave-safe bowl.

Microwave at HIGH 30 seconds or until sugar is dissolved and stir in oil and cinnamon.

Add oats and pecans, stirring until coated.

Spread oat mixture on a large rimmed tray and pop in the oven for 30 minutes or until browned, stirring twice.

Spread mixture in a single layer on baking paper to cool completely.

Store in an airtight container and this should keep.

For apple rings:

Place 1 cup of the granola mixture in a small dish.

Combine nut butter and honey in a small bowl, stirring until smooth and spread mixture evenly on 1 side of each apple slice.

Sprinkle evenly with granola.

RED BERRY CRUMBLE

Crumble:

½ cup buckwheat flour
¼ cup sunflower seeds
¼ cup hemp protein powder (or other)
½ tsp baking powder
2 tbsp chia seeds
½ cup shredded coconut
Pinch of cinnamon & nutmeg
2 tbsp coconut oil (melted)
¼ cup almond milk

Filling:

2 cups carrot
1 beetroot, peeled
¾ cup blueberries (fresh or frozen)
¾ cup raspberries (fresh or frozen)

Preheat the oven to 180 degrees celsius.

Combine the dry ingredients of the crumble component in a bowl.

Melt the coconut oil if necessary in the microwave for 20 seconds or on the stove.

Add the coconut oil and almond milk to the crumble bowl. The mixture should be viscous but completely covered in moisture. Add a splash of water if required.

In a food processor or blender, blend the carrot and beetroot until it is pulpy, but not completely smooth. Pour this into an oven-proof baking dish.

Add the raspberries and blueberries on top and press down into the carrot and beetroot mixture with the back of a spoon (or your hands!).

Spread the crumble mixture on top and flatten down, pressing it out to the edges of the dish.

Bake in the oven for 25-30 minutes.

Recipe from BeCheekyClean

COCONANA HONEYCOMB MUFFINS

3 bananas
1 tsp vanilla paste/1 vanilla bean split and scraped
2 tbsp almond milk
4 tbsp coconut oil
2 tbsp manuka honey
1 cup buckwheat flour
1/4 cup psyllium husk
2-3 tbsp bee pollen
1/4 cup shredded coconut
1 tsp baking powder
1/4 cup sunflower seeds
1/4 cup linseed
Pinch of Himalayan pink salt

Preheat the oven at 180°C

Blend bananas, vanilla, milk, oil and honey in a blender until smooth.

In a bowl, combine all the dry ingredients and add the banana mixture.

Spoon into 12 muffin cases (silicon or paper).

Bake for 25-30 minutes in the oven.

Serve with a drop of honey and a sprinkle of some more bee pollen on each muffin.

Makes 12 muffins.

Recipe from BeCheekyClean

BANANA MASH PANCAKES

1/2 cup buckwheat flour
1/2 tsp cinnamon
3 tbsp chia seeds
1 tsp baking powder
Pinch of pink Himalayan crystal salt
1 tbsp maple syrup
1/2 a mashed banana
1 egg (optional, may be omitted to be vegan)
1/2 cup almond milk

To serve:

1/2 banana
2 tbsp maple syrup

Combine the dry ingredients in a bowl.

In a separate bowl, combine the wet ingredients.

In a frypan greased with coconut oil, pour in about 4 tbsp of the mixture at a time.

Cook each side for about 1 minute or until the mixture starts to show bubbles.

Serve with the other half of the banana sliced on top and a drizzle of maple syrup as desired.

Recipe from BeCheekyClean

BAKED APPLE WITH PRUNES

- 1 Apple – cored
- 3 prunes – chopped
- 1/2 teaspoon apple pie spice –
- 1/2 teaspoon ground cinnamon,
- 1/4 teaspoons ground nutmeg,
- 1/8 teaspoon ground allspice,
- 1/8 teaspoon ground cardamom
- 1 teaspoon of Maple syrup

Preheat oven to 180c

Combine prunes, apple pie spice and maple syrup.

Stuff prune mixture into the apple.

In a baking dish add about 2 tablespoons of water and place apple in the middle of the dish, put in the oven and cook for 1 hour or until tender.

THE BIG BREAKFAST

- 1 large tomato – sliced in half
- 2 handfuls of spinach
- 3 small cup mushrooms - sliced
- ½ cup egg whites
- Himalayan Pink Rock Salt
- Organic Cracked Black Pepper
- 2 Garlic Cloves - crushed
- 3 teaspoons of cold pressed olive oil
- 1 Sprig of rosemary - picked

Preheat the oven to 180°C Place tomato on a baking tray with paper, add 1 teaspoon of olive oil, salt, pepper and rosemary and place in the oven for 20 minutes. Meanwhile whisk egg whites with salt and pepper, pour into a frying pan and stir until scrambled. Set aside. After cleaning, add the spinach to the pan with 1 teaspoon of olive oil, salt and pepper and sauté until wilted. Set aside and place the mushrooms in the pan with the garlic, 1 teaspoon of oil, salt and pepper. Cook the mushrooms until soft.

Place all ingredients on a plate and serve!




Photo from Fat and Happy Blog <http://www.fatandhappyblog.com/> “...is Turning Healthy! We are keeping the good fat and getting happy about living a more full and painfree life. I’m combining my cooking background and passion with a Health Coaching certification to guide myself and others to burn toxins, boost energy and mood, lose weight and increase our health and longevity without giving up flavor, rituals and dinners out with the gang. Read on, eat on and be Fat and Happy”

LUNCH

CHICKPEA AND TOMATO SALAD

A 1/2 litre jug of grape tomatoes - halved
100grams of chickpeas – soaked over night and drained
Handful of fresh basil - chopped
2 cloves garlic - minced
1 tablespoon of red wine vinegar
Apple cider vinegar
2 teaspoons of cold pressed olive oil
1/2 tablespoon honey
1/4 teaspoon sea salt

Slice tomatoes and toss everything together in a large bowl.
Cover and place in fridge, allowing flavors to marinate for up to 30 minutes.
Serve

Adapted from Eat Yourself Skinny

SPICY LIME SALSA

Tortilla chips
1/2 can diced tomatoes
1 green chilies
1/4 cup chopped red onion
1 cloves garlic - chopped
Juice of 1/2 lime
1/2 jalapeno - seeds removed and chopped
1/4 cup coriander leaves
1/4 teaspoon sea salt
1/4 teaspoon cumin

Place all ingredients in the bowl of your food processor and pulse until just combined for chunky salsa or pulse more for smoother salsa.
Serve with quinoa crackers.

Store in an airtight container in the fridge and it should keep for 3 days.

Adapted from Eat Yourself Skinny

BUTTERNUT PUMPKIN AND ROCKET SALAD

450grams butternut squash
1/2 tablespoon of cold pressed olive oil
100grams cannellini beans – soaked overnight and drained
1 cups fresh corn kernels
1/4 small red onion - sliced
1/4 cup chopped fresh basil
1.5 cups of rocket
Balsamic Vinaigrette:
2 tablespoons of balsamic vinegar
1/4 cup cold pressed olive oil
1 large shallot - minced
1 garlic clove - minced
1/2 tablespoon coconut sugar
1/4 teaspoon sea salt
1/4 teaspoon black pepper

Preheat oven to 200c.

Peel and seed the butternut squash and cut it into 3/4-inch cubes.

Toss squash with olive oil and place in a single layer on an aluminum foil-lined cookie sheet.

Bake 20 minutes, turning squash about 10 minutes in.

Cook until tender and allow to cool completely, for about another 20 minutes.

Meanwhile for the balsamic vinaigrette, whisk together balsamic vinegar, shallot, garlic, sugar, salt and pepper. Gradually add olive oil in a slow, steady stream, whisking until blended.

Once squash has cooled, toss together with cannellini beans, corn, red onion, basil and balsamic vinaigrette in a large bowl and chill, covered, for 2 to 4 hours.

Toss with rocket just before serving.

Adapted from Eat Yourself Skinny

HOMEMADE SALSA

5 small tomatoes
2 spring onions
2 cloves of garlic
1 small handful of coriander
1 jalapenos, seeded and deveined (unless you want it spicy!)
Salt and pepper to taste
Quinoa crackers
Chopped sticks of cucumber, celery and carrot

Clean tomatoes, remove stem, then gently cut an X on the bottom of the tomatoes.

Heat a large pot of water until boiling and add the tomatoes and boil for 10-15 seconds.

Remove from water and put into an ice bath.

Once the tomatoes have cooled, gently peel off the skin.

Place tomatoes, garlic, green onions, coriander, jalapenos, salt and pepper in a food processor or blender and puree until thoroughly mixed. Taste and re-season if necessary. Letting it sit in the refrigerator for a few hours lets the flavors combine and makes the salsa even better. Use as a dip for quinoa crackers and vegie sticks.

Recipe Adapted from Eat Yourself Skinny

MOJITO MELON SALSA

1/2 cup chopped watermelon
1/2 cup chopped cantaloupe
1/2 cup chopped honeydew
1/4 large cucumber, seeded and chopped
1/4 red onion, chopped
5 - 6 mint leaves, chopped
1 tablespoons chopped coriander
1 limes, juiced
1/4 teaspoon sea salt
1/4 teaspoon black pepper

Combine all ingredients in a bowl and add lime juice, salt and pepper.
Mix thoroughly.

Eat Yourself Skinny

MINTY MANGO SALSA

1 large ripe mango – peeled, seeded and diced
1 medium sweet red capsicum - diced
2 green chillis – finely sliced
1/4 cup chopped spring onions
1 tablespoon lime juice
2 teaspoons minced or finely sliced fresh mint leaves
1/4 teaspoon ground ginger
Quinoa crackers

In a small bowl, combine the mango, pepper, chillis, onion, juice, mint leaves and ginger.
Cover and refrigerate for at least 8 hours.
Serve with quinoa crackers.

Adapted from Eat Yourself Skinny

SPINACH AND EGG WHITE OMELET

3 egg whites
Handful of spinach
1/2 cup white onion
4 or 5 cherry or roma tomatoes
Salt and Preheat the oven to 400 degrees F. Spray a medium pepper, to taste
2 teaspoons of cold pressed olive oil

Heat a skillet over medium to high heat, pour in olive oil and sauté your chopped onion for 3 to 4 minutes, until translucent.

Add your spinach and sauté until just wilted.

Place spinach-onion mixture in a small glass dish and crack 3 egg whites over top.

Season with a bit of salt and pepper, add sliced tomatoes and bake in oven for 17 minutes.

Serve.

EGG & ZUCCHINI MUFFINS

7 egg whites
2 whole eggs
2 spring onions - chopped
1 carrots - shredded
1/4 red pepper - minced
1/4 zucchini – shredded
1/4 teaspoon basil
1/8 teaspoon oregano
Sprinkle of sea salt and pepper

Preheat oven to 180c.

Coat a muffin tin with spray and set aside.

Combine veggies in a large bowl and fill each muffin tin about 2/3 full.

Whisk eggs and seasonings in a large mixing bowl and using a 1/3-cup measuring cup, scoop egg mixture and fill each muffin tin to the top.

Bake muffins for 30 minutes, until they've risen and are slightly browned.

ROASTED-POTATO AND SWEET CORN SALAD

450 grams unpeeled red potatoes - diced into 1/2-inch cubes
1/2 medium red onion - thinly sliced
1 tablespoons of cold pressed olive oil
1 cups sweet corn
1/2 cup diced celery
1 teaspoon garlic powder
1/4 cup cold pressed olive oil
1/6 cup apple cider vinegar
1/2 cup thinly sliced fresh basil
Salt and pepper, to taste

Preheat oven to 200c.

Toss potatoes and onion with 2 tablespoons of cold pressed olive oil in a bowl; season with salt and pepper and spread evenly on tray with baking paper.

Bake until crispy yet fork-tender, 20 to 25 minutes.

Cool to room temperature and return to bowl, add corn, celery and garlic powder. Whisk olive oil and vinegar in a bowl, drizzle over potatoes and onions; toss to coat well.

Season with salt and pepper.

Cover and refrigerate at least 2 hours and up to 8 hours.

Stir in fresh basil before serving.

Adapted from Eat Yourself Skinny

SUMMER PEA, WATERMELON AND FARRO SALAD

1 cup uncooked farro
1 cup green peas
1/2 teaspoon sea salt
1/4 teaspoon freshly ground black pepper
1 cup cubed watermelon
1 cup coarsely chopped fresh flat-leaf parsley

Place farro in a large saucepan, and cover with water to 2 inches above faro and bring to a boil. Cover, reduce heat, and simmer for 23 minutes or until desired.

Add green peas to pan with farro, and cook for 2 minutes or until crisp-tender.

Drain and rinse farro mixture with cold water.

Combine farro mixture, with salt and black pepper in a large bowl.

Add the watermelon cubes and parsley, and toss gently to combine.

Serve.

Adapted from Eat Yourself Skinny

SPICY BALSAMIC AVOCADO SALAD

2 ripe avocados
1 roma tomato - seeded and chopped
1/2 red onion - chopped
1 jalapeno, chopped with seeds
2 tablespoons chopped coriander

Dressing:

Juice of 1 lime
2 tablespoons balsamic vinegar
1 tablespoons cold pressed olive oil
Pinch of sea salt and fresh ground pepper

Combine all ingredients of salad in a large bowl and toss.

Combine all dressing ingredients in a jar.

Shake vigorously until well blended.

Pour over the salad, mix well and serve.

Adapted from Eat Yourself Skinny

LOLA'S SUPER-FOOD SALAD

2 handfuls of baby spinach
2 handfuls of rocket
½ punnet of cherry tomatoes – quartered
4 stalks of celery – chopped
1 avocado – diced
kernels from 1 pomegranate
1 tablespoon of hemp seeds/hemp hearts
1 tablespoon of chia seeds
(you can soak these 5-10 minutes before hand to increase the health benefits)
1 teaspoon dulse flakes
Himalayan crystal salt (sea salt is fine though)

Dressing

1 tablespoon of Macadamia Oil
½ tablespoon of Apple Cider Vinegar

Combine all ingredients in a bowl and toss.

Drizzle over dressing.

Recipe from The 20/20 Diet – Lola Berry

SUMMER QUINOA SALAD

1 cup uncooked quinoa
1 red onion – chopped
7-8 small sweet capsicums - chopped
1 cup broccoli
1 cup corn
1 cup black beans – soaked overnight and drained
Juice of 2 lemons
1 tablespoon balsamic vinegar
1 tablespoon of cold pressed olive oil
1/2 teaspoon black pepper
1/2 teaspoon sea salt
Pinch of red pepper flakes
1 packet Stevia
Handful fresh basil - chopped

To make quinoa, rinse and soak for about 10 minutes in warm water.

Bring 1 1/2 cups of water to a boil in a small saucepan and drain quinoa and add to boiling water. Cover and reduce heat to a simmer, cooking for about 15 to 20 minutes.

Turn heat off and allow quinoa to sit for 5 minutes, then fluff with a fork, allow quinoa to cool before adding in the rest of the salad.

Meanwhile, sauté onion and sweet peppers with just a bit of olive oil until onion is translucent and peppers are soft, about 3 minutes.

Add mixture to cooled quinoa then add broccoli, corn and black beans, mixing well.

In a separate bowl, whisk together lemon juice, balsamic vinegar, olive oil, salt and pepper, Stevia and red pepper flakes.

Add to salad and toss well.

Once salad is coated, add fresh basil and allow to sit in the fridge for at least 4 hours.

Photo from Love and Olive Oil <http://www.loveandoliveoil.com/>

SESAME
CRUSTED
TOFU

DINNER

TOFU, SHITAKI AND BOK CHOY STIR-FRY

200g extra-firm tofu – sliced into square inch squares
1 tablespoons tamari
1/2 tablespoon coconut sugar
1/2 tablespoon cold pressed olive oil
2 spring onions - thinly sliced
1 tablespoons finely chopped fresh ginger
2 cloves garlic - finely chopped
250g fresh shiitake mushrooms – stems cut of an sliced
½ of a large bok choy – sliced into strips

In small bowl, combine soy sauce, coconut sugar and 1/2 cup water and set aside.

In a wok, heat 1 teaspoon of oil over medium heat.

Add spring onions, ginger and garlic and cook for 1 minute or until tender.

Stir in mushrooms and add 1/2 a cup of water, cover and cook, stirring occasionally for 5 minutes or until mushrooms are tender then transfer to a bowl.

Add the rest of the oil and bok choy to the wok, stirring frequently and cook for 5 minutes or until bok choy is tender.

Return all other ingredients and mixtures to the wok and cook for 2 minutes or until tofu is heated through and vegetables coated with sauce.

MOCK SUSHI

2 Raw Nori sheets
Half a head of green cabbage
Sprouts of your choice – e.g. snow pea sprouts
1 avocado
1 cucumber
A handful of coriander
2 tablespoons of tamari
Wasabi paste – you can make your own for a healthier option
1 tablespoon of lemon juice
Walnut Tuna Ingredients
3 cups of activated walnuts – soaked overnight and drained
3 tablespoons of lemon juice
3 tablespoons of cold pressed olive oil
3 tablespoons of tamari
1 teaspoon of garlic powder
1 small thumb of ginger
3 tablespoons parsley – finely chopped
½ brown onion
2 tablespoons of chopped dill
2 tablespoons chopped basil
1 carrot – diced
2 tablespoons sesame seeds

Place all ingredients except for the herbs, onion and sesame seeds into a food processor and process into a paste.

You can add water in small increments if it needs binding

Transfer to a mixing bowl and stir in remaining ingredients.

This mixture will keep for 5 days covered in the fridge.

Place Nori sheet shiny side down on a rolling mat or chopping board.

Place a large flat piece of cabbage onto the Nori so that it covers the entire piece.

Spread out walnut tuna mix so it covers the cabbage approximately 1 inch thick.

Add sliced cucumber, wasabi, tamari, lemon juice, sliced avocado, sprouts and coriander to one end in a line.

Carefully start rolling the sushi roll away from you, keeping the pressure on so the contents remain tightly closed. Once complete, leave an inch of the Nori sheet spare at the end so that you can dab water onto it and seal.

Slice with a sharp knife and serve.

Recipe from The Raw Food Kitchen

ASPARAGUS SOUP

- 1 tablespoon of cold pressed olive oil
- 4 cups of 100% natural vegetable stock
- 2 bunches of asparagus
- 2 large garlic cloves – minced
- 1 teaspoon sea salt

Cut ends of asparagus place on a tray and cover with olive oil, garlic and salt and place in the oven at 200c for 10 minutes or until soft.

Put asparagus and stock in a blender until smooth.

Serve.

VEGAN SWEET POTATO AND LENTIL SOUP

- 2 tablespoons cold pressed olive oil
- 1 medium onion - diced
- 2 small tomatoes - diced
- 1 teaspoon fresh ginger - minced
- 1 1/2 teaspoons turmeric
- 1 teaspoon cumin
- 1 teaspoon ground coriander
- 1/2 teaspoon cinnamon
- 1/8 teaspoon cayenne pepper
- Pinch of sea salt
- 2-3 medium sweet potatoes - peeled and cut into 3/4-inch cubes
- 7 cups 100% natural vegetable stock
- 1 cup brown lentils – soaked overnight and drained
- 1 cup baby spinach or kale

In a large pot, heat oil over medium heat and saute onion for about 2 minutes, until soft.

Stir in tomatoes and ginger, cooking for 3 minutes.

Stir in turmeric, cumin, coriander, cinnamon, cayenne and salt and cook for 2 minutes, tasting to make sure its to your liking.

Next add the sweet potatoes, stock and lentils.

Bring soup to a boil then reduce heat and cover, allowing to simmer for about 30 minutes.

Then add spinach (or kale) and simmer for an additional 10 minutes.

Adapted from Eat Yourself Skinny

QUINOA STUFFED BELL PEPPERS

1 medium onion - chopped
1 tablespoon of cold pressed olive oil
2 ribs celery - chopped
1 tablespoon ground cumin
2 cloves garlic - minced
1 jalapeno - seeded and chopped
1 can diced tomatoes - drained, liquid reserved
200grams black beans – soaked over night and drained
3/4 cup quinoa
1 1/2 cups water
4 large red bell capsicums, halved lengthwise, ribs removed
Sea salt and pepper to taste

Heat oil in saucepan over medium heat.

Sauté onion, celery and jalapeno for about 5 minutes, until soft, then add cumin and garlic and cook for an additional minute. Stir in drained tomatoes (reserving liquid) and cook for 5 minutes until most of the liquid has evaporated. Stir in black beans, quinoa and 1 1/2 cups water.

Cover and bring to a boil. Reduce heat to medium-low and simmer for about 20 minutes, or until quinoa is tender. Season with salt and pepper, if desired. Preheat oven to 350 degrees F and pour reserved liquid from tomatoes in the bottom of your baking dish. Fill each halved bell pepper with 3/4 cup quinoa mixture and place in baking dish. Cover with foil and bake 40 minutes. Transfer stuffed bell peppers onto serving dish and drizzle pan juices over top.

Adapted from Eat Yourself Skinny

ROCKLING AND FIESTA LIME BUCKWHEAT

2 Small fillets of Rockling or another small white fish

½ lemon squeezed

pepper

Sea salt flakes

½ tablespoon of coconut oil - melted

1 1/2 cups cooked buckwheat (per packet instructions)

¾ cup black beans – soaked overnight and drained and warmed

¾ cup cooked corn

1 large tomato - diced

1 large spring onion - diced fine

2-4 tablespoons chopped coriander (to your liking)

1 tablespoon fresh squeezed lime juice

Sea salt to taste

Rub fish with salt flakes, pepper and lemon juice.

Place in a bowl, pour over coconut oil and let sit.

In a large bowl, combine hot buckwheat, heated corn, heated beans, tomato, scallion, coriander, lime juice and salt if needed.

Toss and set aside.

In a frying pan, lightly fry Rockling until it is white and starting to flake.

Serve with the Buckwheat

TOFU STEAK WITH WAKAME SEAWEED AN SOY BEAN SALAD

For the Steak

250g plain firm tofu
50ml tamari
1 teaspoon sesame oil
1/2 chilli - seeded and finely chopped
2 cloves garlic - finely chopped
1 thumb of fresh ginger – peeled and grated

For the Salad

1/2 cup dry wakame seaweed
1 cup cooked and shelled soy beans
1 tablespoon rice vinegar
1 tablespoon tamari
2 tablespoons toasted sesame seeds
1-2 teaspoons agave nectar
1 clove garlic - minced
2 tablespoons cold pressed olive oil
1 tablespoon sesame oil
sea salt

For the Steak

Slice the tofu into even sized slices and drain the slices on paper towels.

Mix all the rest of the ingredients together and marinate the tofu slices in this mixture for 30 minutes.

Cook on a hot plate on medium heat, spooning more marinade over the tofu steaks as you go, cook for 3-5 minutes each side.

For the Salad

Put Wakame in a heatproof bowl and cover with boiling water, allowing to sit for about 10 minutes or until the wakame is soft and about double in size. Drain and reserve 1 tablespoon of the soaking liquid.

In a bowl whisk together the remaining ingredients except for the arame.

Add the wakame, soybeans and reserved liquid and stir to coat. Allow to sit for 30 minutes before serving.

This will keep for 3 days in the fridge if sealed in an airtight container.

MINISTRONE SOUP

1/2 bunch of celery – sliced into chunks
3 large potatoes – cubed
2 carrots – sliced into chunks
1 bulb garlic – peeled and bruised
1 large zucchini – cut into chunks
1 litre of natural vegetable stock
1 tin of diced tomatoes
1 cup quinoa – washed
100grams of butter or cannellini beans – soaked overnight
¼ cabbage – sliced
100grams green beans – top and tailed and halved
cold pressed olive oil.

Heat a pot over high heat and add carrot, celery, zucchini, potatoes, green beans and garlic and stir with a wooden spoon until softened and slightly browned.

Pour in stock and diced tomatoes, stir until boiling then reduce heat and let simmer for 20 minutes or until vegetables are soft.

Add quinoa, cabbage and cannellini or butter beans.

Simmer and stir until quinoa is cooked to your liking.

ROAST SALMON AND LEMON CHICKPEA SALAD

1 Fillet of Salmon – Deboned with the Skin off
1 tablespoon fresh parsley – chopped
1 tablespoon fresh lemon juice
1 and a ½ tablespoons of cold pressed olive oil
1/8 teaspoon crushed red pepper
1 small garlic clove - minced
200 grams chickpeas – soaked overnight and drained
Sea salt flakes
Organic cracked black pepper

Preheat the oven to 180c

Rub fish with salt flakes and pepper, place on a baking tray with baking paper and pour over ½ a tablespoon of olive oil.

Place in the oven and cook for 15 minutes or until cooked to your liking.

In a medium bowl, whisk together olive oil, lemon juice, crushed red pepper, garlic and parsley. Toss in chickpeas, cover and allow them to marinate for about 30 minutes at room temperature.

TUNA NICOISE SALAD WITH A SALSA VERDE

For the Salad

2 fillets of fresh tuna
cold pressed olive oil
2 potatoes – boiled and sliced with the skin left on
2 eggs – cooked and sliced
2 handfuls of green beans – cooked until tender, tailed and halved

For the Salsa Verde

½ cup parsley
½ cup basil
¼ cup mint
2 cloves garlic
1 teaspoon of capers
1 tablespoon of white wine vinegar
100ml of cold pressed olive oil
1 tablespoon of lemon juice

To make the Salsa Verde blend all ingredients to form a paste.
Arrange the still warm egg, potato and green beans on a plate.
Cover tuna in sea salt, black pepper and olive oil and place on a hot pan and sear for 2 minutes on each side.
Place tuna on plate and pour over Salsa Verde and serve.

STEAMED SNAPPER WITH QUINOA TABBOULEH

3 fillets of snapper
1/2 white onion finely diced
1 tablespoons of cold pressed olive oil
The juice of 1/2 lemon
Sea salt
1/2 cup of quinoa
1 bunches parsley - chopped
1/2 small bunch mint - chopped
3 tomatoes – finely deiced

Heat a wok full of water with a steamer attachment. Cover and wait for the water to boil.
Meanwhile, rub salt into snapper and place in a wooden basket steamer. Once the water is boiled, place the wooden steamer over the steamer attachment in the wok and steam until the snapper is white and cooked through. Meanwhile cook quinoa per packet instructions. Combine all ingredients and toss together.

PRAWN, SWEET POTATO AND SNOWPEA CURRY

- 1 tablespoon of cold pressed olive oil
- ½ teaspoon of ground cumin
- ½ teaspoon of fennel seeds
- ½ tablespoon of ground mustard
- ½ teaspoon of chilli flakes
- 1 can diced tomatoes
- ½ cup water
- 1 small sweet potato – diced into inch thick chunks
- ½ cup coconut milk
- 1 cup of halved snowpeas
- 250g prawns – shelled and cleaned
- ½ basil – shredded

Heat a pot over medium heat and add oil and stir in cumin and fennel for 30 seconds or until fragrant. Stir in mustard, chilli, turmeric and diced tomatoes and simmer for about 5 minutes or until thickened. Add water and simmer for another 5 minutes. Add sweet potato and cook until starting to soften then add coconut milk and cook for a further 10 minutes. Add snowpeas and cook for a further 2 minutes. Stir in prawns, cover and cook for 5 minutes, stirring occasionally. Stir in basil and serve.

STEAMED BLUE EYE WITH SAUTÉED BOK CHOY AND CHINESE BROCCOLI

- 1/2 cup tamari
- 1 teaspoon sesame oil
- Pinch of coconut sugar
- 2 fillets of blue eye cod
- 1 thumb of ginger – peeled and grated
- 2 spring onions – sliced on the diagonal
- 1 tablespoon of cold pressed olive oil
- 1 tablespoon cold pressed olive oil
- 1 bunch chinese broccoli
- 1 bunch or bok choy

Combine half of the tamari, sesame oil, and sugar and coat fish in mixture and sit for 5 minutes. Line steamer tray with baking paper and place fish on top, covering with spring onions and ginger. Cover and steam over wok for 10 minutes or until cooked to your liking. Meanwhile sauté greens in a wok with the olive oil until softened but broccoli is still firm then pour over tamari.

KEMI'S PUMPKIN CHILLI WITH AVOCADO SMASH

- 1 cup chopped butternut pumpkin
- 1 cup chopped zucchini
- ½ cup chopped capsicum
- 2 tablespoons pumpkin seeds
- 2 tablespoons of olive oil
- 2 medium tomatoes – finely diced
- 1 tablespoon of sweet paprika
- 1 tablespoon of finely chopped fresh green chilli
- 1 tablespoon of lemon juice
- 1 clove of garlic – crushed
- 1 teaspoon of ground coriander
- 1 teaspoon of finely chopped ginger
- ¼ teaspoon of sea salt
- ½ cup finely chopped flat-leaf parsley plus 4 sprigs to serve
- 1 large avocado – peeled and pitted

Place pumpkin, zucchini, capsicum, pumpkin seeds and olive oil in a food processor and pulse until it has the texture of a chunk pesto and spoon into a bowl.

Add all other ingredients (except for the parsley sprigs and avocado) and combine well.

Mash avocado roughly.

Divide pumpkin mix into 4 bowls, top with a dollop of avocado mash and a sprig of parsley.

This will keep for a day in an air tight container, you can eat as a dip with chopped veggies.

Recipe from The 20/20 Diet – Lola Berry

LEMON CHICKPEA QUINOA BURGERS

Makes 5 burgers

For the Burgers:

- 1/4 cup uncooked quinoa
- 1 (540mL) can of chickpeas, drained and rinsed
- 1/2 cup rolled oats
- 1/4 cup minced shallot
- 2 garlic cloves, minced
- 1 tablespoon lemon zest
- 2 tablespoons fresh lemon juice
- 1 large egg, lightly beaten
- 1 teaspoon cumin
- 1/2 teaspoon salt
- 1/2 teaspoon pepper
- 2-3 tablespoons packed minced basil (or parsley if you like)

For the Sauce:

- 1/2 cup plain Greek yogurt
- 1 tablespoon fresh lemon juice
- 1 tablespoon minced basil
- Salt and pepper

For Assembly:

- 5 whole grain hamburger buns
- Lettuce
- Feta cheese (low-fat, if desired)

Bring 1/2 cup water to a boil. Add quinoa, cover, reduce heat and let simmer 15 minutes. Remove from heat and keep covered for 5 minutes. Fluff with a fork and let cool slightly. Meanwhile, add chickpeas to the bowl of a food processor or mini chopper and pulse until they are finely ground. Transfer to a large bowl. Add oats to same food processor and pulse a few times to break them down into fine crumbs (but not a powder). Add to chickpeas in large bowl. Add to the bowl the shallots, garlic, lemon zest, lemon juice, egg, cumin, salt, pepper, and basil. Add quinoa. Mix everything together with a large fork until well combined. (note: leave the egg to mix in last if you want to be able to taste the mixture first and adjust seasonings or lemon juice to your liking). Divide and shape into 5 patties. Heat a non-stick skillet over medium-high heat and cook patties for about 4-5 minutes per side. Meanwhile, prepare yogurt sauce by mixing yogurt, lemon juice, and basil, and seasoning with salt and pepper to taste. Assemble burgers with yogurt sauce, lettuce, and feta on whole grain buns.

SESAME CRUSTED TOFU

For Tofu:

1 (16oz) package extra-firm tofu
1 egg
3 tablespoons panko bread crumbs
2 tablespoons white sesame seeds
1 tablespoon black sesame seeds
canola oil for frying
green onions, sliced

For Dipping Sauce:

2 tablespoons sugar
3 tablespoons lime juice
1 1/2 tablespoons fish sauce, or to taste
2 garlic cloves, minced
1/8 teaspoon crushed red pepper flakes, optional

Slice the tofu into half-inch-thick slices. Arrange on a layer of paper towels in a baking dish. Top with more paper towels, then another baking dish and some heavy objects, soup cans, or books. Let sit for at least one hour to allow as much moisture to drain from the tofu as possible.

While tofu is draining, prepare dipping sauce by combining sugar, lime juice, fish sauce, garlic, and red pepper flakes in a small bowl. Add more fish sauce, to taste, if desired.

In a shallow dish, beat the egg 1 teaspoon of water. In another shallow dish, stir together the panko and sesame seeds.

Working with one piece at a time, dip the tofu into the egg, then dredge it in the sesame-panko mixture until completely coated. Repeat with the remaining slices.

Heat a large nonstick frying pan over medium-high heat. Add about 2 to 3 teaspoons of oil, enough to form a thin layer on the bottom of the pan. Arrange tofu slices in pan and cook for about 3 to 4 minutes per side or until golden brown. Transfer to serving dishes; garnish with scallions and serve with dipping sauce.

Recipe from Alexandra's Kitchen.



SMOOTHIES & JUICES

YOUTHFUL BERRY BOOST SMOOTHIE

- 1 cup frozen mixed berries
- 1 heaped tablespoon of acai berry powder
- 1 vanilla pod – seeds scraped
- 1 tablespoon LSA (linseed, sunflower and almond)
- 1 cup coconut milk
- 1 cup almond milk (or an other nut milk)
- 1 teaspoon coconut sugar, coconut syrup or maple syrup

Blend

Recipe from The 20/20 Diet – Lola Berry

BLUEBERRY AND COCONUT CRUSH SMOOTHIE

- 2 handfuls of frozen blueberries or strawberries
- 1 handful cashew nuts
- 1 pinch cinnamon
- 600ml young coconut water

Blend

Recipe from The 20/20 Diet – Lola Berry

SUPERPOWER BANANARAMA SMOOTHIE

- 2 frozen bananas or mangoes
- 1 heaped tablespoon of LSA (linseed, sunflower and almond)
- 1 pinch cinnamon
- 1 pinch freshly grown cardamom
- 3 medjool dates
- 2 cups almond milk

Blend

Recipe from The 20/20 Diet – Lola Berry

GREEN GOODNESS SMOOTHIE

- 2 handfuls of baby spinach
- 1 frozen banana or mango
- 1 handful blueberries or strawberries
- ½ avocado
- 1 tablespoon extra-virgin coconut oil – melted
- 1 cup water
- ½ tablespoon flaxseeds

Blend

Adapted from The 20/20 Diet – Lola Berry

BEET BLOOD CLEANSER JUICE

- 2 carrots
- 1 medium beetroot
- 3 celery stalks
- 1 granny smith apple
- 1 lemon
- 1 thumb of ginger

Put all ingredients into a juicer.

Recipe from The 20/20 Diet – Lola Berry

HANGOVER CURE JUICE

- 2 lemons
- 1 grapefruit – skin removed
- 2 thumbs ginger

Put all ingredients into a juicer.

Recipe from The 20/20 Diet – Lola Berry

HANGOVER CURE JUICE

- 2 medium beetroots
- 1 carrot
- 1 yellow grapefruit – skin removed
- 1 red chilli
- 1 small chunk of fresh turmeric
- 1 thumb of ginger

Put all ingredients into a juicer.

Recipe from The 20/20 Diet – Lola Berry

TRIPLE-GINGER TWANG JUICE

- 2 carrots
- 1 yellow grapefruit – skin removed
- 1 lemon
- 2 thumbs of ginger
- 1 small chunk of fresh turmeric
- 1 small chunk of galangal

Put all ingredients into a juicer.

Recipe from The 20/20 Diet – Lola Berry

ALKALIZE ME JUICE

2 big handfuls of baby spinach
1 cucumber
1 zucchini
1 lemon
1 handful of mint leaves
1 thumb of ginger

Put all ingredients into a juicer.

Recipe from The 20/20 Diet – Lola Berry

MEAN GREEN JUICE

2 handfuls of spinach
1 cucumber
1 granny smith apple
1 lime
1 handful coriander leaves
1 handful mint
1 thumb of ginger

Put all ingredients into a juicer.

Recipe from The 20/20 Diet – Lola Berry

SKIN FOOD JUICE

1 handful mixed berries
2 small cucumbers
2 celery stalks
1 small chilli
1 handful of mint leaves

Put all ingredients into a juicer.

Recipe from The 20/20 Diet – Lola Berry

THE GREEN CURE JUICE

2 green apples
2 limes
1 tablespoon of wheat grass

Put all ingredients into a juicer.

SUPER SMOOTH SMOOTHIE

The flesh and water of 1 coconut
1 tablespoon of chia seeds – soaked overnight
½ cup blueberries
1 handful of baby spinach
1 teaspoon of spirulina
½ tablespoon flaxseeds

Put all ingredients into a blender and process until smooth.

RED LEMONADE

1 lemon (with skin)
1 orange (peeled)
2 large carrots
1 small beetroot/half a large beetroot
Juice ingredients together and add a little filtered water so that the juice is not too potent. I like to aim for 3/4 juice, 1/4 water.

Recipe from becheekyclean.com

GREEN TEA AND OAT SMOOTHIE

1 ripe banana, peeled
1 orange, peeled
1/2 kiwifruit, peeled
1/3 cucumber
1 large lettuce leaf
handful of Tuscan kale leaves
handful of grapes
1 cup Greek yoghurt
1/2 cup chilled water
1 tablespoon instant oats
1/2 teaspoon matcha (green tea powder)

Put all ingredients in the jug of a blender and blitz until smooth and creamy.

Tips

You could skip the oats if your blender isn't powerful enough. Using pure protein powder is an option. Yoghurt could be substituted with soy milk.

Recipe by www.cookrepublic.com

PEACH OAT SMOOTHIE

2 ripe peaches, quartered, pits removed
1 tbsp chia seeds
1/4 cup rolled oats (gluten free for G-free eaters)
1/2 frozen banana (peeled before freezing)
1/4 cup fresh orange juice
1/2 cup unsweetened almond milk
OPTIONAL: 1 Tbsp agave, maple syrup or stevia for added sweetness (or honey for non-vegan)

Add all ingredients to a blender and let set for 5-10 minutes so the oats and chia seeds can soak. Then blend until smooth.

To thicken, add another quarter-half a frozen banana. To thin, add more almond milk or OJ.

Taste and adjust flavor as needed. I added a touch of agave.

Serve immediately.

Recipe by Minimalist Baker

MY FAVOURITE GREEN SMOOTHIE

1 medium banana, previously peeled, frozen and quartered
1/2 cup mixed frozen berries
1 Tbsp flaxseed meal
1 heaping Tbsp natural, salted peanut butter
1/2 – 3/4 cup unsweetened vanilla almond milk
2 cups fresh spinach

Place all ingredients in a blender and blend until creamy, adding more almond milk or frozen berries (or bananas) to thin/thicken, respectively. Serve immediately or freeze to enjoy later. Although, it is best when fresh.

Recipe by Minimalist Baker

BLUEBERRY BANANA SMOOTHIE

1 cup frozen blueberries
2 bananas
1/2 cup turkish yoghurt
1/2 cup milk
Ice cubes

Put all ingredients in a blender and mix well!

Recipe by Linda (www.callmecupcake.se)

SOMETHING SWEET



BLUEBERRY PANCAKES

2 tbsp chia seeds (soaked in 1/4 cup water)
1 cup buckwheat flour
Pinch of Himalayan salt
1 tsp baking powder
3/4 cup blueberries (plus extra to serve)
3/4 cup almond milk (or other milk alternative)
1 tsp vanilla paste
2 tbsp maple syrup

Soak the chia seeds in a glass filled with 1/4 cup water. Stir to make sure all the seeds are covered in water and allow 5 minutes for the gel to form. (See chia 'egg' image below).

In a bowl, combine the buckwheat flour, salt and baking powder.

Stir in the almond milk, vanilla and blueberries.

Melt some coconut oil (or other oil) in a frypan over medium heat.

Pour palm-sized portions into the pan and cook each side until golden brown.

Serve the pancakes in a stack with maple syrup and extra blueberries.

RED BERRY CRUMBLE

Crumble:

1/2 cup buckwheat flour
1/4 cup sunflower seeds
1/4 cup hemp protein powder (or other)
1/2 tsp baking powder
2 tbsp chia seeds
1/2 cup shredded coconut
Pinch of cinnamon & nutmeg
2 tbsp coconut oil (melted)
1/4 cup almond milk

Filling:

2 cups carrot
1 beetroot, peeled
3/4 cup blueberries (fresh or frozen)
3/4 cup raspberries (fresh or frozen)

Preheat the oven to 180 degrees celsius.

Combine the dry ingredients of the crumble component in a bowl.

Melt the coconut oil if necessary in the microwave for 20 seconds or on the stove.

Add the coconut oil and almond milk to the crumble bowl. The mixture should be viscous but completely covered in moisture. Add a splash of water if required.

In a food processor or blender, blend the carrot and beetroot until it is pulpy, but not completely smooth. Pour this into an oven-proof baking dish.

Add the raspberries and blueberries on top and press down into the carrot and beetroot mixture with the back of a spoon (or your hands!).

Spread the crumble mixture on top and flatten down, pressing it out to the edges of the dish.

Bake in the oven for 25-30 minutes.

CACAO BERRY CAKE

1 egg white (1 tbsp water for vegan)
1/4 cup buckwheat flour
1 tbsp chia seeds
2 tbsp whey protein powder (or vanilla rice protein for vegan)
1/4 cup berries (mixed, frozen)
1 tbsp cacao
1/2 tsp baking powder

To Serve:

1/4 cup berries
Maple syrup

Combine the cake ingredients in a mug or ramekin, ensuring the berries are folded into the center of the mixture.

Microwave for 1 minute and 30 seconds.

Turn the mug upside down and transfer onto a plate.

Serve with berries on top and a drizzle of maple syrup if desired.

MINI CHOCOLATE PANCAKES WITH BERRY STACK

1 cup buckwheat flour
3 tbsp chia seeds
3 tbsp cacao
1 tsp baking powder
1/4 tsp Himalayan pink salt
1 vanilla bean, split & scraped*
1/2 cup almond milk
2 tbsp maple syrup

To serve:

1/2 cup frozen mixed berries
2 tbsp coyo (coconut milk yoghurt)

Combine dry ingredients in a bowl.

Add the wet ingredients and stir well.

Pour 2 tbsp portions of the mixture into a frying pan over medium-high heat (greased with coconut oil). Cook each side for one minute or flip when the pancakes start to bubble.

Rinse frozen berries in a cone-shaped glass with filtered water. Drain the water from the glass and turn upside down. Berries should have adhered to one another in a stack. If not, allow them to sit for 30 seconds in the glass. Arrange the pancakes on a plate. Spread coyo over the pancakes and place berry stack on top.

*Note: could replace the vanilla bean with 1 tsp vanilla essence or pure vanilla paste, however the bean itself is the cleanest option to use.

CHERRY APPLE CRUMBLE

1/2 apple, chopped
1/4 cup frozen cherries (approx. 10)
1 date, pitted & chopped
1 tsp coconut oil
2 tbsp coconut flakes/shreds
1 tbsp sunflower seeds
1 tsp raw buckwheat kernels
1 tbsp LSA* or almond meal
1 tbsp buckwheat flour
1 tbsp pecans, chopped

Pinch of the following:

Cinnamon
Nutmeg
Mesquite

Preheat the oven to 180°C.

Place apple slices in a round ramekin, with cherries and dates on top.

In a glass/microwavable bowl or jug, heat coconut oil in the microwave so that it becomes a liquid (approx. 20 seconds).

To this same bowl, add the remaining dry ingredients and combine.

Sprinkle the dry crumble on top of the fruit in the ramekin.

Bake for 20 minutes in the oven, or until the coconut appears crispy and golden.

*LSA is linseed, sunflower seeds and almonds churned into sprinkle-able granules, available in most supermarkets.

CARROT & ORANGE CAKE

1 egg white (1 tsp water for vegan)
1/4 cup buckwheat flour
1 tbsp chia seeds
2 tbsp whey protein powder (or sunwarrior rice protein for vegan)
1/4 orange (peeled and diced)
2 tbsp grated carrot
1/4 tsp nutmeg
1/4 tsp cinnamon
1/2 tsp baking powder

To Serve:

1 tsp honey
1 tsp grated carrot
1 tsp coyo

Combine the cake ingredients in a mug or ramekin.

Microwave for 1 minute and 30 seconds.

Turn the mug upside down and transfer onto a plate.

Serve with coyo, grated carrot and a squeeze of honey.

COCONUT CHIA PUDDING WITH PEAR & LEMON ZEST

1/2 cup chia seeds
1/4 cup filtered water
1/4 cup coconut shreds
1/4 cup hemp protein powder
1/4 cup plain organic greek yoghurt*
1 nashi pear, sliced
2 tbsp Five AM organic greek yoghurt (vanilla)*
Zest of 1/4 lemon

Soak chia seeds in 1/4 cup filtered water for 10-15 minutes.
Stir in coconut and protein powder, then microwave for 30 seconds.
Add plain greek yoghurt and stir well.

Arrange pear slices on top with Five AM yoghurt and lemon zest.

*Could be made without dairy (ie. Vegan/Paleo) with coyo instead of greek yoghurt.

COCONANA HONEYCOMB MUFFINS

3 bananas
1 tsp vanilla paste/1 vanilla bean split and scraped
2 tbsp almond milk
4 tbsp coconut oil
2 tbsp manuka honey
1 cup buckwheat flour
1/4 cup psyllium husk
2-3 tbsp bee pollen
1/4 cup shredded coconut
1 tsp baking powder
1/4 cup sunflower seeds
1/4 cup linseed
Pinch of Himalayan pink salt

Preheat the oven at 180°C.

Blend bananas, vanilla, milk, oil and honey in a blender until smooth.

In a bowl, combine all the dry ingredients and add the banana mixture.

Spoon into 12 muffin cases (silicon or paper).

Bake for 25-30 minutes in the oven.

Serve with a drop of honey and a sprinkle of some more bee pollen on each muffin.

BANANA MASH PANCAKES

1/2 cup buckwheat flour
1/2 tsp cinnamon
3 tbsp chia seeds
1 tsp baking powder
Pinch of pink Himalayan crystal salt
1 tbsp maple syrup
1/2 a mashed banana
1 egg (optional, may be omitted to be vegan)
1/2 cup almond milk

To serve:

1/2 banana
2 tbsp maple syrup

Combine the dry ingredients in a bowl.

In a separate bowl, combine the wet ingredients.

In a frypan greased with coconut oil, pour in about 4 tbsp of the mixture at a time.

Cook each side for about 1 minute or until the mixture starts to show bubbles.

Serve with the other half of the banana sliced on top and a drizzle of maple syrup as desired.

VIRTUOUS VEGAN CUPCAKES

1 cup non-dairy milk (eg. almond, soy, oat milk)
2 tsp apple cider vinegar
½ cup stevia
½ cup rice malt syrup
½ cup coconut oil
1 teaspoon vanilla paste
1.5 cup non wheat flour (eg. buckwheat, quinoa, coconut flour)
1 tsp baking powder
¾ tsp bi-carb soda
Pinch of Himalayan pink salt

Icing:

1 cup cashew nuts (soaked for 3 hours)
1 tsp vanilla paste
1 tbsp stevia
2 tbsp rice malt syrup
2 tbsp coconut oil
1 tbsp chia seeds
1 tsp mesquite (optional)
Pinch of Himalayan pink salt
¾ cup frozen raspberries
2 tbsp cacao powder

Preheat the oven to 180°C and line a muffin tray with 9 cupcake patties.

In a food processor, blend the milk and apple cider vinegar until frothy.

Add stevia, rice malt syrup, coconut oil (heated to liquid form) and vanilla and blend again.

Sift the flour (if possible) into the food processor. Add the baking powder, bi-carb soda and salt.

Blend well until a smooth batter forms.

Spoon the batter into the cupcake patties evenly and bake for 20-25 minutes, checking with a skewer.

For the icing, there is no need to rinse the food processor. Blend the cashew nuts, vanilla, stevia, rice malt syrup, mesquite and salt, leaving the coconut oil and chia seeds out for now.

As the mixture becomes smooth, add the coconut oil (in solid form) and chia seeds to help thicken.

Serve plain, or if desired, create raspberry icing by removing 2/3 of the mixture from the food processor and set aside in a bowl.

Add frozen raspberries to the 1/3 of the mixture left in the food processor and blend until smooth.

In the bowl with the remaining 2/3 of mixture, stir in 2 tbsp of cacao powder to create chocolate icing.

Place icing in the freezer while the cupcakes completely cool (but not too long), then ice as desired

HONEY BAKED PEARS

1 organic pear
2-3 tbsp high quality honey
cinnamon

Preheat the oven to 180°C and line a tray with baking paper.
Slice the pear into 1cm thick wedges and arrange together on the tray, keeping the slices close but separated. Sprinkle with cinnamon and bake in the oven for 10 minutes.
Take the slices out and flip each one over.
Drizzle the slices with honey and return to the oven for another 10 minutes.
Best served with a source of protein and fat, such as chia seeds and coconut yoghurt.

HONEY DROP COOKIES

2 tbsp chia seeds (soaked in ¼ cup water)
½ cup buckwheat flour
½ cup quinoa flakes
1 tsp baking powder
¼ cup shredded coconut
¼ cup sunflower seeds
2 tbsp pepitas (pumpkin seeds)
1 banana, mashed
2 tbsp honey (plus more to serve)

Preheat the oven to 180°C and line a baking tray with baking paper.
Pour the chia seeds into a glass and soak in water for 5 minutes.
In a bowl, combine the buckwheat flour, quinoa flakes, baking powder, coconut, sunflower seeds and pepitas.
In a separate bowl, mash the banana with a fork until relatively smooth. Alternatively, blend the banana in a blender.
Pour the mashed banana into the bowl of dry ingredients.
Add the chia seeds and honey and mix well. It may take a while to completely combine the ingredients. The mixture should form soft, slightly sticky dough, with all the flour absorbed.
Roll into balls and squash down onto the baking tray. Press a thumb into each to form a small indentation (where the honey will sit).
Bake the cookies for 12-15 minutes.
Allow the cookies to cool completely before adding a dollop of honey into each indentation.
Makes 8-10 cookies.

MANGO CREAM TARTS

Base:

- ¼ cup buckwheat flour
- ¼ cup desiccated coconut
- ¼ cup sunflower seeds
- 4 pitted dates
- 2 tbsp coconut cream

Cream:

- 1 ½ cup cashews (soaked for 4 hours)
- ¼ cup lemon juice
- 1 tsp vanilla paste/bean
- ¼ cup coconut nectar (or other sweetener)
- 1 tbsp mesquite powder
- 2 tbsp coconut oil
- 2 tbsp desiccated coconut
- 2 tbsp psyllium husk

Topping:

- 2 ½ cup frozen mango
- 2 tbsp water

Starting with the base, combine base ingredients in a food processor, leaving the dates and coconut cream out. Once the mixture is fine, add in dates and coconut cream.

Spoon 1/8 of the mixture into 8 silicon tartlet cases and let them set in the freezer while completing the next step. Combine all of the cream ingredients in a food processor. Bring tartlets out of the freezer and spoon 1/8 of the cream mixture into each one.

Let the cream layer completely set before adding the topping, allowing at least 4 hours in the freezer. Combine the frozen mango in a food processor with the water to ease the consistency.

Spread 1/8 of the topping onto each set tartlet. Allow to set in the freezer for a further 30 minutes to 1 hour. Let the tartlets stand for 10 minutes at room temperature before peeling back the silicon cases and serving.

ALMOND COOKIES

1 cup almond meal
1 cup quinoa flakes
1 cup coconut flakes
1/2 cup buckwheat flour
1/3 cup granulated stevia (or other sweetener)
1 tsp baking powder
1/4 cup peanut butter
1/3 cup coconut oil
1/2 cup almond milk
2 tbsp maple syrup
1/2 tsp vanilla paste

Preheat the oven to 180°C and line a baking tray with baking paper.

Combine the dry ingredients (up to baking powder on the list) in a bowl.

Melt the coconut oil and peanut butter in the microwave or on the stove.

Add the coconut oil, peanut butter and all remaining ingredients into the mixture.

Roll portions into balls (approx. 15) and flatten slightly with fingers, placing the balls evenly on the baking tray.

Apply a little bit of pressure with a fork to the top of each cookie to leave an indentation.

Bake for 10-12 minutes in the oven. Allow to cool and store in an airtight container.

Makes approximately 15 cookies.

STRAWBERRY CREAM TARTS

Base:

¼ cup buckwheat flour
¼ cup desiccated coconut
¼ cup sunflower seeds
4 pitted dates
2 tbsp coconut cream

Cream:

1 ½ cup cashews (soaked for 4 hours)
¼ cup lemon juice
1 tsp vanilla paste/bean
¼ cup coconut nectar (or other sweetener)
1 tbsp mesquite powder
2 tbsp coconut oil
2 tbsp desiccated coconut
2 tbsp psyllium husk

Topping:

2 ½ cup frozen strawberries
2 tbsp water

Starting with the base, combine base ingredients in a food processor, leaving the dates and coconut cream out.

Once the mixture is fine, add in dates and coconut cream.

Spoon 1/8 of the mixture into 8 silicon tartlet cases and let them set in the freezer while completing the next step.

Combine all of the cream ingredients in a food processor. Bring tartlets out of the freezer and spoon 1/8 of the cream mixture into each one.

Let the cream layer completely set before adding the topping, allowing at least 4 hours in the freezer.

Combine the frozen strawberries in a food processor with the water to ease the consistency. Spread 1/8 of the topping onto each set tartlet. Allow to set in the freezer for a further 30 minutes to 1 hour.

Let the tartlets stand for 10 minutes at room temperature before peeling back the silicon cases and serving.

CACAO BERRY CAKE

1 egg white (1 tbsp water for vegan)
1/4 cup buckwheat flour
1 tbsp chia seeds
2 tbsp whey protein powder (or vanilla rice protein for vegan)
1/4 cup berries (mixed, frozen)
1 tbsp cacao
1/2 tsp baking powder

To Serve:

1/4 cup berries
Maple syrup

Combine the cake ingredients in a mug or ramekin, ensuring the berries are folded into the center of the mixture.

Microwave for 1 minute and 30 seconds.

Turn the mug upside down and transfer onto a plate.

Serve with berries on top and a drizzle of maple syrup if desired.

THE CLEAN CHOCOLATE MOUSSE

1/2 avocado
1 banana
1 vanilla bean, split & scraped
3 tbsp cacao
1 tsp mesquite
1/2 tsp Himalayan pink salt
1/2 cup pure whey protein powder (vanilla pea/rice protein powder for vegan)
2 tbsp maple syrup
1/2 cup coconut cream

Combine all ingredients in a food processor or blender until smooth. Serve with shredded coconut. Keep leftovers in the fridge for up to 3 days.

STRAWBERRY AND BLUEBERRY SORBET

1/2 cup frozen blueberries
1/2 cup frozen strawberries
1/4 cup ice
2 tbsp almond milk
2 tbsp coyo (optional)

Blend together and serve with fresh mint. Makes enough for 3 servings. Leftovers can be stored in the freezer.

VEGAN BERRY CHEESECAKE:

Base:

1 cup macadamia nuts
1/2 cup walnuts
1/2 cup pitted dates
1/4 cup shredded coconut
Pinch of Himalayan pink salt

Filling:

3 cups raw cashews (soaked for 2-4 hours and then drained)
3/4 cup lemon juice
3/4 to 1 cup coconut nectar*
3/4 cup coconut oil
1 vanilla bean, split and scraped

Topping:

2 cups frozen mixed berries
1/2 cup pitted dates
1 cup sliced fresh strawberries to serve

Lightly grease a 22cm round springform tin with coconut oil and line base with baking paper. Place all ingredients for the crust except for the dates in a food processor until you get the texture of crumbs. Add dates and pulse until well combined. Press into the base of the spring form tin and pop into the freezer while you prepare the other components of the cheesecake. In a blender, blend all the ingredients for the filling at high speed until smooth. Pour onto the base layer and return to the freezer until set enough to pour berry mixture on top (about 1 hour). Wash out the blender and blend the frozen strawberries and dates on high speed until smooth. Pour on top of the cheesecake layer and return to the freezer for 4 hours or overnight. To serve, sit at room temp for 10-15 minutes. Carefully remove the sides of the springform tin and transfer the cheesecake onto a serving platter (you may need to use a sharp hot knife to ease the cheesecake from the tin). Gently peel away baking paper from base. Arrange sliced strawberries on top to serve. Keep cheesecake frozen when not being served.
*Note: coconut nectar can be replaced with maple syrup or honey.

COCONUT CHIA PUDDING WITH PEAR & LEMON ZEST

1/2 cup chia seeds
1/4 cup filtered water
1/4 cup coconut shreds
1/4 cup hemp protein powder
1/4 cup plain organic greek yoghurt*
1 nashi pear, sliced
2 tbsp Five AM organic greek yoghurt (vanilla)*
Zest of 1/4 lemon

Soak chia seeds in 1/4 cup filtered water for 10-15 minutes.
Stir in coconut and protein powder, then microwave for 30 seconds.
Add plain greek yoghurt and stir well.

Arrange pear slices on top with Five AM yoghurt and lemon zest.

*Could be made without dairy (ie. Vegan/Paleo) with coyo instead of greek yoghurt.

CARAMEL FUDGE BALLS

- 1 cup cashew nuts
- 1/2 cup walnuts
- 1/2 cup desiccated coconut
- 1/2 cup goji berries
- 1 tbsp mesquite powder
- 1/4 cup sunwarrior vanilla rice protein powder
- 2-3 tbsp rice malt syrup
- 3 tbsp lemon juice (freshly squeezed)

In a food processor, blend the cashews, walnuts and coconut together until it forms a granulated powder consistency.

Add the remaining ingredients and blend.

Roll into balls, roll in more desiccated coconut and refrigerate or serve immediately.

BLUEBERRY PANCAKES

- 2 tbsp chia seeds (soaked in 1/4 cup water)
- 1 cup buckwheat flour
- Pinch of salt
- 1 tsp baking powder
- 3/4 cup blueberries (plus extra to serve)
- 3/4 cup almond milk (or other milk alternative)
- 1 tsp vanilla paste
- 2 tbsp maple syrup

Soak the chia seeds in a glass filled with 1/4 cup water. Stir to make sure all the seeds are covered in water and allow 5 minutes for the gel to form. (See chia 'egg' image below).

In a bowl, combine the buckwheat flour, salt and baking powder.

Stir in the almond milk, vanilla and blueberries.

Melt some coconut oil (or other oil) in a frypan over medium heat. Pour palm-sized portions into the pan and cook each side until golden brown. Serve the pancakes in a stack with maple syrup and extra blueberries.

KEY LIME CHEESECAKE BITES RECIPE

Crust Ingredients:

- 1 Cup Pitted Dates
- 1 Cup Unsweetened Shredded Coconut
- 1 Cup Raw Cashews
- 1 Tsp Vanilla Extract

Filling Ingredients:

- 2 Cups Cashew Butter OR 3 Cups of Pre-Soaked Dates
- 1 Tsp Vanilla
- 2 Tbsp Honey (Optional if you like it sweet)
- 3 Packets of Truvia (or Stevia Brand of Choice)
- Zest of 1/2 Lime
- Juice of 1/2 Lime
- Extra Lime Zest for Topping

Using your small food processor bowl and blade blend all cheesecake filling ingredients until smooth and set aside.

Using your large food processor bowl and blade process all crust ingredients until dough like consistency with visible chunks of nut.

Grease an 8×8 baking pan or glass dish with a healthy oil.

Press crust mixture evenly into baking dish.

Top with cheesecake filling using a spoon or spatula to make sure the filling is evenly distributed over the crust.

Thinly sprinkle your extra lime zest over the top.

Cover with saran wrap and freeze overnight.

When you're ready to serve remove from the freezer, cut into squares and serve immediately.