



The Beauty Cookbook

INTERNAL COSMETICS

Recipes by

Sam Murphy

ABOUT

Beauty truly is an inside job. Feel and look like the best version of yourself with our collection of nutrient dense recipes, designed to revitalise your beauty and re-energise your health from the inside out.

Did someone say delicious and nutritious Ingestible Beauty recipes made easy? Yes, we did. Forget those beautiful yet time-consuming recipes that we all know we are not really going to make and enjoy, our top 10 recipes FREE!!
100% Natural, gluten-free, dairy-free and high in collagen. Our collection of raw, clean eats and drinks are rejuvenating, revitalising, nutrient-dense and all include Belle and Beau. A delicious way to beautify your hair, skin, nails and body with every bite! Remember to Join Qt online to keep up to date with new releases, weekly recipes, wellness tips and beauty news.
Recipes by Sam Murphy. Enjoy, we do!





MEET SAM

📷 @samkristinemurphy

Hey! My name is Sam.

I am a passionate foodie, creative powerhouse & wellness advocate and the brains behind the popular and creative recipes you find here at Qt. I am a best selling cookbook author and photographer, having worked alongside a variety of international brands such as Food Network & BuzzFeed. However, for me - home is where the heart is, thus it gives me great pleasure to work alongside Qt For You. Food has been my artistic medium for over 10 years and it gives me great pleasure sharing my wealth of knowledge and passion for creating nourishing, healthy and show-stopping recipes that are easy, effortless and delicious. As I get older, I am finding great joy in using natural ingredients that support the bodies regenerative processes. Back to basics is key.

Like many of us, I have faced many challenges in life ~ and have found what I put into my body greatly affects how I feel and thrive in life. The recipes I have created for you are things I & those around me love to eat and leave me feeling my absolute best.

I know & trust you will love them too!

With love, Sam.

Sam Murphy

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BLUEBERRY LAVENDER CHIA PUDDING

Serves: 1 Prep Time: 15 minutes

INGREDIENTS

- 3 tbsp chia seeds
- 1/2 cup coconut milk (more as needed)
- 1/2 tbsp honey
- 1-2 drops lavender oil
- 2 tsp Qt Bellē powder
- 1/2 cup frozen blueberries, defrosted
- 1/2 cup coconut yoghurt
- Sliced figs, optional

METHOD

1. Whisk together chia seeds, coconut milk, honey, lavender and Bellē powder. Allow to rest for 5 minutes until chia seeds absorb liquid. Add more coconut milk if desired.
2. Spoon into a small glass or glass jar.
3. Top with blueberries and coconut yoghurt and sliced figs (optional)

Breakfast that ticks all the boxes? If you are short on time in the mornings, this nutrient-rich, healthy and easy recipe is a great one to meal prep in advance for the week. Chia seeds are a powerhouse of nutrition, rich in fiber, omega-3 fatty acids, and antioxidants. Plus, they are super satiating, which will keep you feeling full all the way until lunchtime! The addition of blueberries, rich in fibre, along with a whopping dose of potassium, folate, and vitamins C and B6 makes this breakfast one of the best ways to start the day.





HONEY ROASTED PEAR COLLAGEN SPRITZER

Serves: 2 Prep Time: 20 minutes

INGREDIENTS

Honey Roasted Pear Purée;

- 5 pears, halved
- 3 tbsp honey

Drink:

- 4 tbsp pear purée
- 4 tsp Qt Bellé powder
- Few tsp water
- 1 cup soda water
- Ice

METHOD

1. Make the pear purée ahead of time. Preheat your oven to 200°C and remove seeds from pears. Coat generously in honey and bake on a lined baking tray for 15-20 minutes until soft and golden. Allow to cool slightly before removing skin.
2. Blend roasted pears in a blender until silky smooth. Set aside to cool. Any leftover purée can be stored in sealed jar in the refrigerator for up to 1 week.
3. Divide the Bellé powder between two glasses. Add a small amount of water to each glass and whisk until Belle has dissolved.
4. Next, divide the pear purée between the two glasses. Add soda water & ice, stir well and enjoy.

STRAWBERRY BASIL SODA

Serves: 2 Prep Time: 20 minutes

INGREDIENTS

- 2 tsp Qt Bellē powder
- 3 tsp water
- Juice of 1 lime
- 4-5 strawberries, diced
- 4-5 basil leaves
- 1/2 cup ice
- 1 cup sparkling mineral water

METHOD

1. Whisk together Bellē powder and water in a glass until Bellē has absorbed.
2. Add diced strawberries, lime juice, basil leaves and ice.
3. Top with sparkling mineral water



STRAWBERRY DELIGHT GUMMIES

Serves: 2 Prep Time: 30 minutes

INGREDIENTS

- 1 cup strawberry juice
- 1/2 cup coconut milk
- 2 tbsp honey or maple syrup
- 4 tbsp Qt Bellé powder
- 4 tbsp grass-fed gelatin

METHOD

1. In a small saucepan, whisk together all ingredients except gelatin until well combined.
2. Sprinkle gelatin over and allow to sit for 5 minutes to bloom the gelatin.
3. Heat over medium heat until glossy (do not boil)
4. Pour into silicone moulds and chill for approximately 1 hour until firm.
5. Keep gummies in the refrigerator in a sealed container for up to 2 weeks.
6. (Simply blend 2 cups strawberries with 1 cup water and strain)



IMMUNE BOOSTING GREEN SMOOTHIE

Serves: 2 Prep Time: 5 minutes

INGREDIENTS

- 1 cup frozen papaya
- 1 frozen banana
- 1 cup kale
- 1/2 inch knob of turmeric
- 2 tsp Qt Bellè powder
- 1/4 tsp spirulina
- 1 cup filtered water (more as desired)
- Juice of 1/2 lime

METHOD

1. Blend all ingredients in a high speed blender until smooth. Add more water as required to reach desired consistency. Pour into two glasses and enjoy!
2. This recipe is packed full of nutrients including Collagen & Vitamin C to help strengthen your immune system and optimise your health, wellness and beauty from the inside out. To be your best self, try incorporating these 9 natural supplements to boost immunity into your daily diet to reap the benefits.

COLLAGEN FROSE

Serves: 2 Prep Time: 10 minutes

INGREDIENTS

- 1 bottle of rosé
- 3 tbsp honey
- Handful of frozen strawberries
- 5 tbsp Qt Bellē Powder

METHOD

1. Pour the rose into a sealed container or ice cube trays and freeze overnight. The rose will not completely freeze, it should just be slushy.
2. The next day, blend the frozen rose with honey, frozen strawberries and Bellē Powder.
3. Enjoy straight away or return to freezer and serve when ready.



METHOD

1. Whisk together raspberry juice, water, honey and Bellē until Bellē has dissolved.
2. Pour into a small saucepan, sprinkle gelatine over top and allow to sit for 5 minutes to bloom.
3. Heat over a medium heat until glossy.
4. Disperse into gummy bear moulds and chill until firm.
5. Store in airtight container in refrigerator for up to 2 weeks.

* To make raspberry juice blend 1 cup raspberries with 1 cup of water and strain.

BELLĒ BEAUTY BEARS

Prep Time: 10 minutes Chill Time: 30-40 minutes

INGREDIENTS

- Ingredients:
- 1/2 cup raspberry juice
- 1/2 cup water
- 1 tbsp honey
- 2 tbsp Qt Bellē Powder
- 4 tbsp grass fed gelatin





ANZAC BISCUIT

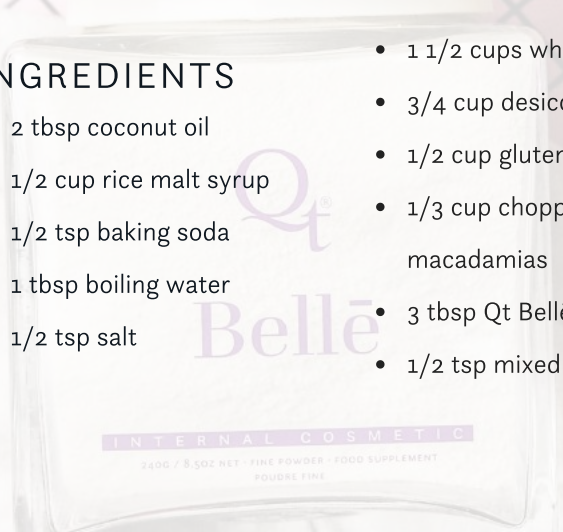
Serves: 2 Prep Time: 30 minutes

INGREDIENTS

- 2 tbsp coconut oil
- 1/2 cup rice malt syrup
- 1/2 tsp baking soda
- 1 tbsp boiling water
- 1/2 tsp salt
- 1 1/2 cups wholegrain oats
- 3/4 cup desiccated coconut
- 1/2 cup gluten free flour
- 1/3 cup chopped macadamias
- 3 tbsp Qt Bellē powder
- 1/2 tsp mixed spice

METHOD

1. Preheat oven to 175°C & line a cookie sheet with baking paper.
2. Melt the butter, coconut oil and rice malt syrup in a small saucepan.
3. Whisk together the baking soda and boiling water in a small bowl until it fizzes.
4. Remove butter from heat and add the baking soda mix - set aside.
5. In a large bowl, mix the rest of the ingredients together.
6. Add the melted butter mixture and mix until everything binds into a dough.
7. Roll into balls and flatten into circles. Bake cookies for approximately 10 minutes until golden. Allow to cool completely before serving.



HOT CROSS BANANA BREAD

Prep Time: 15 minutes Cook Time: approximately 1 hour

INGREDIENTS

- 4 large bananas, mashed
- 1 egg, beaten
- 1/3 cup honey
- 3 tbsp butter or coconut oil, melted
- 1/2 cup almond milk
- 8 drops orange essential oil
- 1 1/2 tsp mixed spice
- 1 tsp cinnamon
- 1 cup almond meal
- 1 cup gluten free oat flour
- 1 1/4 cup gluten free flour
- 3 tbsp Qt Bellē powder
- 3 tsp baking powder
- 1/2 tsp salt
- 1/2 cup chocolate chips (for topping)
- 1 banana, sliced in halve (for topping)

METHOD

1. Preheat oven to 175°C & line a loaf tin with parchment paper.
2. Mix together the bananas, egg, honey, melted butter and almond milk until well combined.
3. Fold through the dry ingredients.
4. Pour into the loaf tin and top with chocolate chips and the sliced banana.
5. Bake for approximately 1 hour until a toothpick comes out clean.
6. Allow loaf to cool slightly before slicing. Serve with butter or your favourite spread.





CINNAMON COLLAGEN PANCAKES

Serves: 2 Prep time: 10 minutes Cook time: 10 minutes

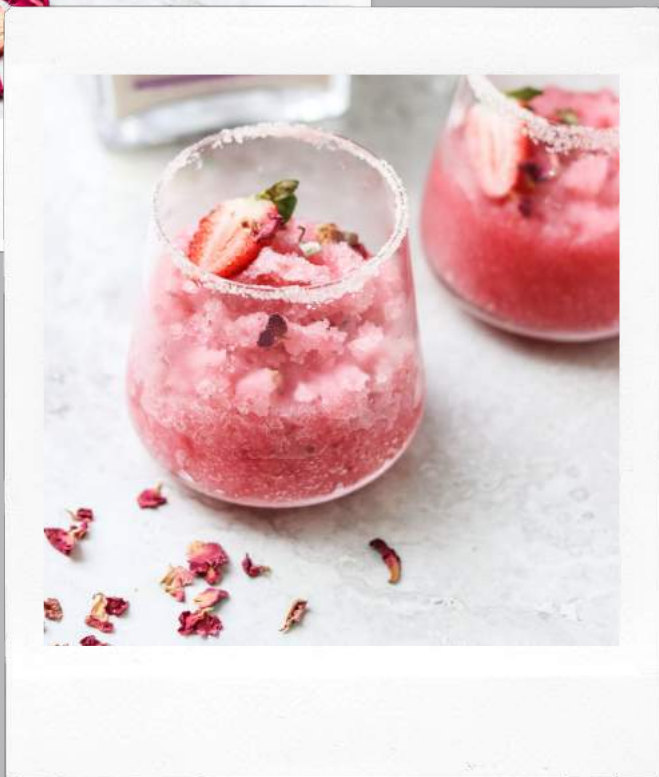
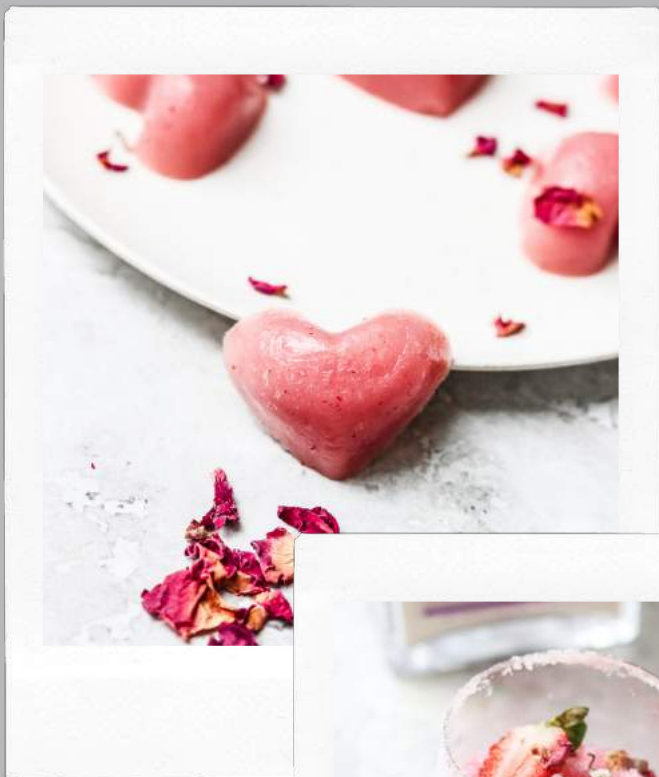
INGREDIENTS

- 1 egg
- 1/2 cup plant based milk
- 2 tbsp honey
- 1 cup oat flour
- 1/2 cup almond meal
- 2 tbsp Qt Bellē
- 2 tbsp protein powder of choice
- 1 tsp cinnamon
- 2 tsp baking powder
- 1-2 tsp coconut oil or butter for frying

METHOD

1. Whisk together the egg, milk and honey.
2. Add the rest of ingredients and beat until well combined.
3. Heat the coconut oil in frying pan. Using a measuring cup, spoon 1/3 cup batter into centre of frying pan. Cook on a medium heat for a few minutes & once bubbles start to form, flip the pancake. Repeat process for the rest of the batter
4. Top with grilled banana, almond butter, blueberries, honey and pistachio.

To serve; grilled banana, almond butter, blueberries, honey, pistachios.



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