

INDEX

GOOD MORNING

How to Cook Boiled Eggs	13
Fried Eggs/Poached Eggs	15
Japanese Scrambled Eggs	17
Health Spa Frittata	19
Quiche Le Paul	21
Smashed Vegan Eggs	23
Gravlax W/ Cucumber + Yoghurt	25
Poached Pears	27
Yoghurt Bowl W/ Figs, Pistachio, Tahini + Honey	29
Breakfast Apple Loaf	31
Eggplant Omelette	33
Steamed Savoury Egg Custard	35
Apple + Maple Dutch Baby	37
Smoked Salmon Omelette	39
Buckwheat Crepes W/ Hot Chocolate Sauce	41
Low Carb Zucchini Fritters	43
Quinoa Spinach + Feta Muffins	45
Soft Polenta W/ Cherry Tomato + Poached Eggs	47
Easy Quinoa Porridge	49
Sunday Morning Pancakes	51
Rainy Day Ricotta Pancakes	53
Morning Melon	55
My Souflee Omelette	57
French Crepes W/ Blueberries	59
Berries W/ Kefir, Honey + Bee Pollen	61
Lemon Polenta Porridge	63
Un-fried Rice	65
French Toast Pudding W/ Banana + Blueberry	67
Porridge Bread	69
Power Porridge	73
Tuscan Beans W/ Kale + Tomato	75
Banana + Coffee + Walnut Bread	77
Zucchini Scrambled Eggs	79
Asparagus Omelette	81

FROM THE GARDEN

Cauliflower Salad W/Parsley, Capers + Lemon	85
Avocado, Citrus + Walnut Salad	87
Roasted Red Capsicum W/ Burrata	89

10 Mango Summer Salad	91
13 Asparagus + Mustardy Egg Salad	93
15 Chopped Persian Salad	95
17 Fattoush	97
19 Roasted Cauliflower W/ Lemon, Parsley + Mint	99
21 Roasted Pumpkin W/ Green Goddess Dressing	101
23 Beetroot W/ Blood Orange + Whipped Feta	103
25 Roasted Vegetable Salad	105
27 Asparagus W/ Baked Ricotta	107
29 Whole Eggplant W/ Caramel Onions	109
31 Autumn Figs W/ Roasted Onion, Walnuts + Basil	111
33 Roasted Carrot W/ Turmeric + Tahini	113
35 Market Garden Salad	115
37 Silken Tofu Salad	117
39 Nicoise Reinvented	119
41 Watermelon Salad W/ Smashed Blackberries	121
43 Summer Caprese Salad	123
45 Beetroot W/ Radicchio + Feta + Blackberry	125
47 The Big Caesar Salad	127
49 Tuna Tabouli	129
51 Avalon Beach Tabouli	131
53 Roasted Broccoli W/ Whipped Avocado	133
55 Polish Cucumber Salad W/ Yoghurt Dressing	135
57 Quinoa Salad W/ Whipped Hummus	137
59 Honeydew Melon + Cucumber Salad	139
61 Roasted Pumpkin W/ Yoghurt + Tahini	141
63 Tomato W/ Tonnato	143
65 A Salmon Salad For Lunch	145
67 Pink Grapefruit + Avocado Salad	147
69 Roasted Eggplant + Parsley, Mint Salsa Verde	149

SOUPS AND BROTHS

75	150
77 Goodness Dhal	153
79 Smashed Tomato + Pumpkin Soup	155
81 Life Restoring Vegetable Soup	157
	Pasta E Fagioli 159
82 Slurpy Noodle Soup	161
85 Ciocia's Chicken Broth	163
87 Lentils In Paris	165
89 A Simple Congee	167

Pure + Simple Cauliflower Soup	169
Feel Good Minestrone	171
5 Minute Gazpacho	173
My French Onion Soup	175
Immune Boosting Chicken Soup	177

WHATS FOR DINNER

Zucchini Frittata	181
Roasted Spaghetti Squash	183
Jewelled Persian Rice	185
Low Carb Portabello Pizzas	187
Spelt Testaroli (Tuscan Crepe Pasta)	191
Gluten-Free Testaroli	193
Fish Schnitzel + Tzatziki	195
Mushroom Stroganoff	197
1-Pan Pasta W/ Tomato + Feta	199
Creamy Cauliflower W/ Cheesy Crumbs	201
Healthy Beef Pie	203
The Perfect Vegetable Curry	207
Veggie Nachos W/ Sweet Potato Chips	209
Pan-Fried Fish W/ Zucchini Chips	211
Gluten-Free Ricotta Gnocchi W/ Tomato	213
Roasted Salmon W/ Tomato + Basil Sauce	215
Pasta W/ Roasted Tomato + Burrata	217
Chicken Cacciatore	219
Poached Salmon W/ Green Goddess Sauce	221
Persian Herb Omelette	223
Tuna Fritters	225
A Pizza With Benefits	227
Easy Coq Au Vin	229
Veggie Burgers	231
Smashed Broccoli Pesto Pasta	233
Braised Eggplant W/ Silken Tofu	235
Pumpkin + Tofu Curry	237
Eggplant Bolognese	239
Braised Chickpeas, Spinach + Yoghurt	241
Zucchini + Ricotta Tart	243
Genius Ratatouille	245
Fish In The Bag W/ Tomato, Wine + Saffron	247
1-Pot Tuna Rice	249

Mushroom Meatballs + Noodles	251
Cauliflower, Leek Mac + Cheese	253
Goodness Pasta W/ Avocado + Lemon	255
Fish In Summer Sauce	257
Baked Ricotta Dumplings In Tomato	259
Roast Pumpkin Galette	261
178 Eggplant Parmigiana	263
181 Fish Out Of Water	265
183 Linguini Vongole	269
185 Apricot Chicken	271
187 Vegan Spinach Tart W/ Tofu Ricotta	273
191 Pasta W/ Tuna In No-Cook Tomato Sauce	275
193 Mujaddara (Lentils + Rice)	277
195 Healthy Fish + Chips	279
197 Zucchini Risotto	281
199 Cauliflower Puttanesca	283
201 Sushi Bowl	285
203 Vegetarian Cottage Pie	287

SMALL BITES AND GRAZING BOARDS

209	288
211 Whipped Eggplant	291
213 French Mushroom Patè	293
215 Beetroot + Yoghurt Dip	295
217 Anytime Tuna Patè	297
219 Salmon Carpaccio	299
221 Gone Fishing	301
223 Spinach + Feta Stuffed Gozleme	303
225 Burnt Carrots W/ Beetroot + Yoghurt Dip	307
227 Simple Gravlax	309
229 Smashed Sardine Bruschetta	311
231 Quick + Easy Quiche	313
233 Rustic Wine Dipping Biscuits	315
235 Smoked Trout Rillettes	317
237 Smashed Guacamole W/ Crudités	319
239 Posh Lavosh	321
241 Make Perfect Hummus Every Time	323
243 Rustic Tomato Tart	325
245 Caponata	327
247 Genius 15-Minute Pizza	329
249 Whipped Cannellini + Vegetable Salad	331

Spinach + Ricotta Borek	333	Flourless Chocolate Olive Oil Cake	413	Chunky Raisin + Oatmeal Biscuits	491	Lemon Curd	567
Avocado Dip	335	Polish Ricotta Cake	415	4 Ingredient Protein Cookies	493	Chocolate Ganache	569
Dukkah	337	Mango, Avocado + Banana Pudding	417	CELEBRATIONS	494	Chocolate + Avocado Frosting	571
Labneh	339	Pear + Almond Tart	419	Birthday Cake	497	Milk Ganache	571
Labneh 3 Ways	341	Apricot Crumble	421	Gluten-Free Chiffon Cake	499	Hot Chocolate Sauce	573
DAILY BREAD	342	Gluten-Free Apple Crumble	423	A Better Pavlova	501	Cashew Choc Butter	575
Honey + Ricotta Bread	345	A Beautiful Lemon Cake	425	Royal Christmas Pudding	503	Cashew Cream	575
Seedy Gluten Free Bread	347	A Simple Pound Cake	427	Irene's Christmas Pudding	505	Yoghurt Frosting	577
The Perfect Focaccia	349	A Simple Orange Cake	429	Best Ever Fruit Cake	507	Yoghurt Shake	577
Gluten Free Focaccia	353	Almond Milk + Cherry Clafoutis	431	Teresa's Tiramisu	509	Spelt Crepes	579
Spelt Focaccia W/ Tomato + Provolone	355	Semolina + Olive Oil Syrup Cake	433	Vanilla Custard Crepe Cake	511	Gluten-Free Crepes	579
Cold Fermented 3 Day Pizza	357	Pumpkin Spice Cake	435	Tiramisu Crepe Cake	513	Socca Pancake Bread	580
Health Bread	361	Omg Chocolate Cupcakes	437	Stefan's Stollen	515	Tofu Ricotta	581
Soft + Fluffy Rice Bread	363	Lemon Sunshine Yoghurt Cake	439	The Only Chocolate Cake you'll Ever Need	517	Olive Oil, Oat + Spelt Pastry	583
Buttermilk Loaf	365	Rustic Strawberry Galette	441	A Drizzle Cake For Any Occasion	519	Foolproof Pastry	585
All Purpose Gluten Free Bread	367	Vegan Chocolate Sweet Potato Brownies	443	The Only Hot Cross Bun Recipe you'll Ever Need	521	Gluten-Free Pastry	585
Soup-Dipping Bread	369	Orange Cake W/ Honey + Polenta	445	Gluten Free Easter Buns	523	Quick + Easy Spelt Puff Pastry	587
Barmbrack Fruit Loaf	371	Rustic Plum Tart	447	LIQUID NOURISHMENT	524	Simple Olive Oil Pastry	588
Soft + Fluffy Potato Buns	373	Rice Pudding Cake	449	Immunity Blitz	527	Borek Dough	589
Zucchini, Date + Oat Scones	375	Creamy Dreamy Rice Pudding	451	Gut Loving Probiotic Lassi	529	The Best Way to Enjoy Garlic	591
Spelt, Raisin + Yoghurt Buns	377	Gut Nourishing Jelly	453	Mango Ice Smoothie	531	Olive Oil Mash	595
Chocolate + Banana Bread	379	Blueberry Galette	455	Sicilian Hot Chocolate	533	Cauliflower Mash	595
Banana Bread W/ Honey + Almond	381	Dutch Baby Apple Cake	457	Strawberry Glow Shake	535	Whipped Cannellini Beans	597
Sweetcorn Bread	383	Milk Pudding	459	Start The Day Coffee Shake	537	For the Love of Pesto	599
Quick + Easy Flatbread	385	3 Ingredient Blueberry Soft Serve	461	Tastes Just Like Vanilla Ice Cream	539	Pesto Genovese	601
Buckwheat Skillet Bread	387	COOKIES + BISCUITS	462	The Bounty Shake	541	Parsley Oil	603
Health Spa Bread	389	Tahini + Hemp Cookies	465	Matcha Milk	543	Salsa Verde	603
Teresa Cutter's Famous Pumpkin Bread	391	Honey + Vanilla Madelines	467	Post-Workout Protein Smoothie	545	Lemon Tahini Dressing	605
Olive Oil Scones	393	Espresso + Chocolate Macaroons	469	Nature's Vitamin Pill	547	Macadamia Parmesan	605
Ugly Scones	395	Bake At Home Choc-Chip Cookies	471	Everyday Greens	549	Bread Dipping Oil	607
CAKES & DESSERTS	396	Tea In Monte Carlo	473	Liver Flush	553	Simple French Dressing	607
Yogurt, Honey + Olive Oil Cake	399	Walnut Raisin Cookies	475	Heart Beat	555	Caramelised Onions	608
Upsidedown Pineapple Cake	401	Vanilla Tea Biscuits	477	Collagen Beauty Boost	557	Simple Vegetable Stock	609
Flourless Almond + Ricotta Cake	403	Soft + Chewy Almond Biscuits	479	Frozen Espresso Martini	559	Passata Tomato Sauce	611
Peach Pudding Cake	405	Semolina Honey Biscuits	481	BASICS + INCIDENTALS	560	Fresh Summer Sauce	613
Apple + Maple Tarte Tatin	407	Cappuccino Brownie Bites	483	Crème Pâtissière	563	No - Cook Tomato Sauce	615
Carrot Cake W/ Figs + Pistachio	409	Choc-Chip Olive Oil Cookies	485	Pouring Custard	565	How to Cook Basmati Rice	616
Magic Chocolate Pudding	411	Olive Oil Anzac Biscuits	487			How to Cook Jasmine Rice	617
		Spectacular Biscuits	489			Thank You	619
						Recipe Index	622