

NATURAL WAY OF LIFE

Embrace Teresa Cutter's "keep it simple, keep it fresh and, whenever possible, make it yourself" philosophy with wholefood and plant-based recipes aimed at improving health and wellbeing

MUESLI WITH PEAR, BLUEBERRY AND TAHINI

Serves 2

"Pears and blueberries are low GI and rich in antioxidants and fibre that instantly makes you feel like a super warrior after eating them. A generous dollop of tahini helps to balance hormone levels and boosts calcium. This is my version of the classic bircher muesli that's just purely delicious."

INGREDIENTS

- 2 pears, thinly sliced or shaved on a mandoline
- 4 generous tbsp yoghurt (your choice Greek or coconut)
- 1 punnet blueberries
- 1 lemon
- 2 tbsp tahini
- 2 tbsp almonds, chopped
- 2 tsp hemp seeds
- 2 tsp raw honey

Arrange pears into serving bowls and dollop the yoghurt to the side. Add blueberries and the zest of 1 lemon, followed by a light squeeze of lemon juice over the pears. Drizzle over tahini then add almonds, hemp seeds and honey. Serve and enjoy.

Start the day right

**SWAP PEARS FOR OTHER
FRUITS IN SEASON,
SUCH AS KIWI OR MELON**





ROASTED CAULIFLOWER HUMMUS

INGREDIENTS

- 1 head cauliflower, cut into florets
- 3 generous tbsp extra virgin olive oil or avocado oil
- Generous sprinkle of sea salt
- 3 tbsp tahini
- 3-4 tbsp lemon juice
- Pinch of white pepper
- A little iced water to blend

Preheat your oven to 200C, fan-forced. Arrange cauliflower on to a baking tray, drizzle with olive oil and sprinkle with salt. Roast for 20-30 minutes or until softened. Transfer the cauliflower into a blender and add the tahini, lemon juice and white pepper. Blend until smooth, adding a touch more olive oil, some water and sea salt if required. Spoon into a serving bowl and drizzle over a little extra olive oil.

"I also love to drizzle over pomegranate molasses or top with parsley."

— TERESA CUTTER



BEAUTY SALAD

Serves 2

INGREDIENTS

- 60g baby spinach leaves or other leafy greens
- Handful sprouts
- 4 figs, cut in half
 - 2 oranges, peeled and sliced
 - 1 avocado
- 60g goat's feta or vegan feta

BLACKBERRY DRESSING

- 125g blackberries
- 3 tbsp lemon juice
- 2 tbsp extra virgin olive oil

Toss spinach and sprouts together in a large salad bowl. Arrange over the figs, slices of orange and avocado followed by the feta. Combine all the salad dressing ingredients by smashing the blackberries with a fork then mix with the lemon juice and olive oil. Drizzle dressing over the salad.

"Filled with the goodness of fibre-rich zucchini that's perfect for the whole family. I love that this cake is not too sweet, and it marries perfectly with omega-3-rich walnuts. I often also top with sliced figs and a little ginger, or a drizzle of warmed marmalade."



"RICH IN HYDRATING MINERALS, HEALTHY FATS AND VITAMIN C THAT CAN NOURISH THE SKIN, RESTORE COLLAGEN AND GIVE YOU THAT GLOW."

TRY
THIS
GARDEN
ZUCCHINI CAKE

INGREDIENTS

- 3 organic eggs
- 125ml (½ cup) pure maple syrup
- 250ml (1 cup) extra virgin olive oil
- 2 tsp vanilla extract
- Zest from 2 oranges
- 4 tsp baking powder
- Generous pinch of salt
- 240g wholemeal spelt flour
- 500g zucchini coarsely grated, moisture squeezed out
- 155g chopped walnuts
- Yoghurt frosting or ricotta to garnish (optional)

FOR A GLUTEN-FREE CAKE

400g almond meal and 50g coconut flour, reduce olive oil to 125ml and add an extra egg

**METHOD**

Preheat your oven to 160C, fan-forced. Combine eggs, maple syrup, olive oil, vanilla and orange zest in a mixing bowl. Add baking powder, salt and flour then mix until just combined. Fold in the zucchini and walnuts then pour into a lined baking tin. Bake for 45 minutes and cool. Top with yoghurt frosting or whipped ricotta if using.

Garnish with fresh herbs such as thyme, rosemary and bay leaf

5 WAYS WITH Teresa Cutter

1 PUT AWAY YOUR PHONE The festive season is about spending quality time with your family and friends. Do your best to be present and give them your undivided attention. This means putting away your phone for a few hours.

2 BE THE HOST WITH THE MOST By cooking at home for your friends and family, you can ensure only the best ingredients feature in your meals. Many of my recipes are easy to make, budget-friendly and only use a handful of ingredients while still offering great flavour that is sure to impress your guests.

3 GET OUTSIDE Christmas in Australia offers up beautiful weather, so try to get out into the sunshine! Simply spending five minutes outside has the power to re-centre you, boost energy and lower stress levels, enhance your concentration and quiet your mind.

4 DON'T RESTRICT YOURSELF Allow yourself to enjoy your favourite things in moderation, but without the guilt. The anxiety we feel when eating something we "shouldn't" has the potential to cause more harm to our bodies and minds than the food itself! Relax, enjoy your food and be grateful for the happy memories you will create.

5 REMEMBER TO REST Try to prioritise your sleep and downtime as much as your social time. Tune in and listen to your body. If you're tired and run-down, then maybe it's better to hit the hay rather than the dance floor.



Edited recipes from *Earth to Table* by Teresa Cutter, published by The Healthy Chef (RRP \$49.95). Photography: Paul Cutter