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**RECIPES: AUTUMN 2019**

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# CAESAR, SMOOTHIE & COOKIES

Breakfast, lunch and even morning tea are taken care of thanks to these nutritious bites from The Healthy Chef, Teresa Cutter.



## Smoked salmon Caesar salad

A quick and healthy nourishing salad that's rich in protein, antioxidants, minerals and heart-healthy mono-unsaturated fats to boost metabolism, support glowing skin and restore hormone health.

Serves 2

### Ingredients

Salad:

1 baby cos lettuce,  
washed and cut in half  
200g smoked salmon  
or ocean trout  
1 avocado, cut in half  
2 tablespoons hemp seeds  
½ small red onion, thinly sliced  
2 toasted nori sheets  
2 tablespoons capers

Apple Cider Vinegar Dressing:

2 tsp Dijon mustard  
2 tbsp apple cider vinegar  
6 tbsp extra virgin olive oil

Vegan Parmesan:

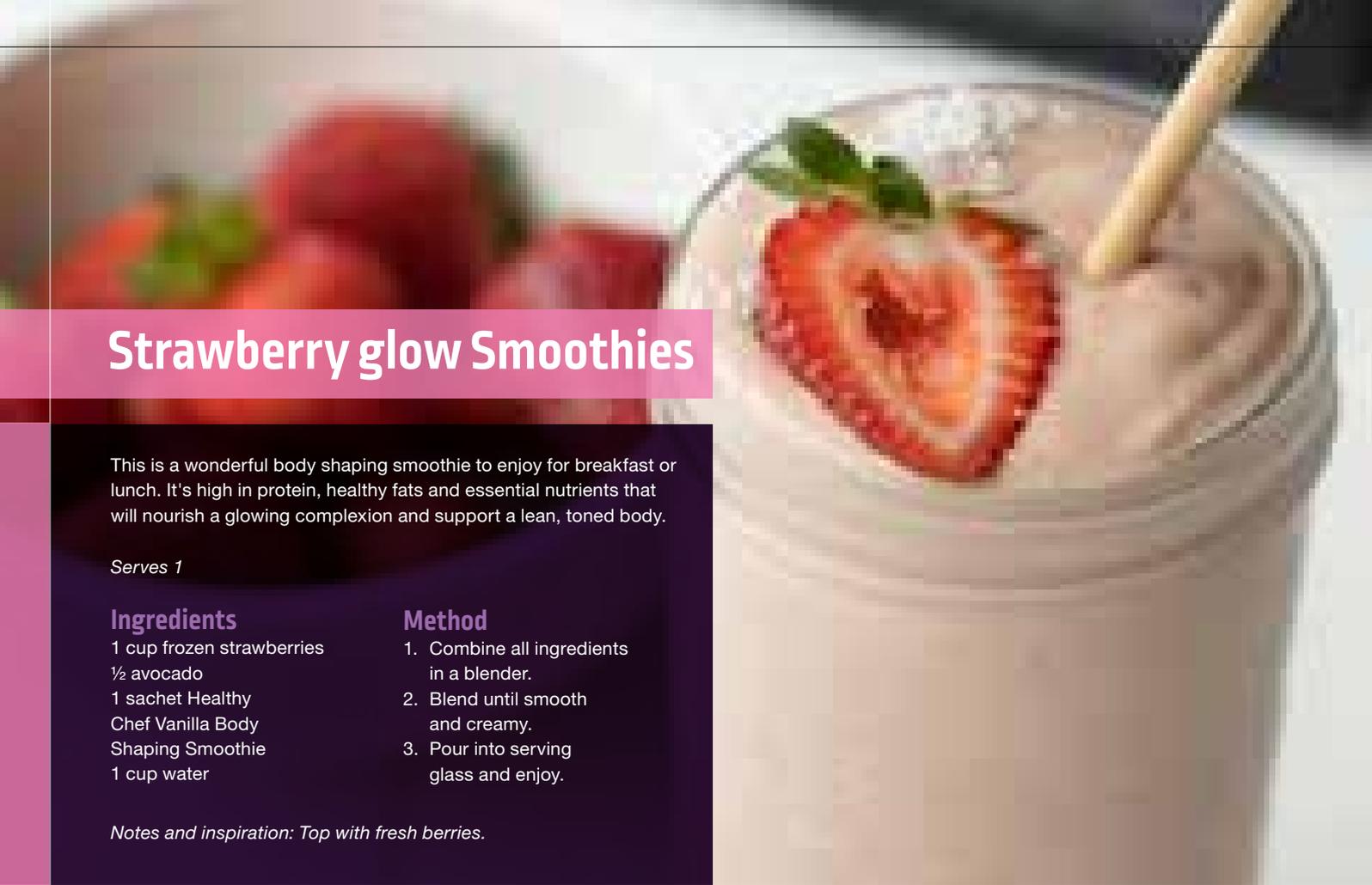
¼ cup brazil nuts or  
macadamia nuts  
½ small clove garlic  
Pinch sea salt  
½ teaspoon ground turmeric

### Method

1. Make the vegan parmesan by placing the nuts, garlic, salt and turmeric in a food processor or blender.
2. Process for a few seconds until crumbly and golden.
3. Combine the dressing ingredients and set aside.
4. Arrange cos lettuce onto 2 serving plates.
5. Top each salad with ½ avocado and sprinkle with hemp seeds.
6. Garnish with sliced red onion, nori, parmesan and capers.
7. Arrange over the salmon then spoon over the dressing.
8. Enjoy!

*Notes and inspiration:*

*Macadamia Parmesan will store in the fridge for up to 2 weeks.*



## Strawberry glow Smoothies

This is a wonderful body shaping smoothie to enjoy for breakfast or lunch. It's high in protein, healthy fats and essential nutrients that will nourish a glowing complexion and support a lean, toned body.

Serves 1

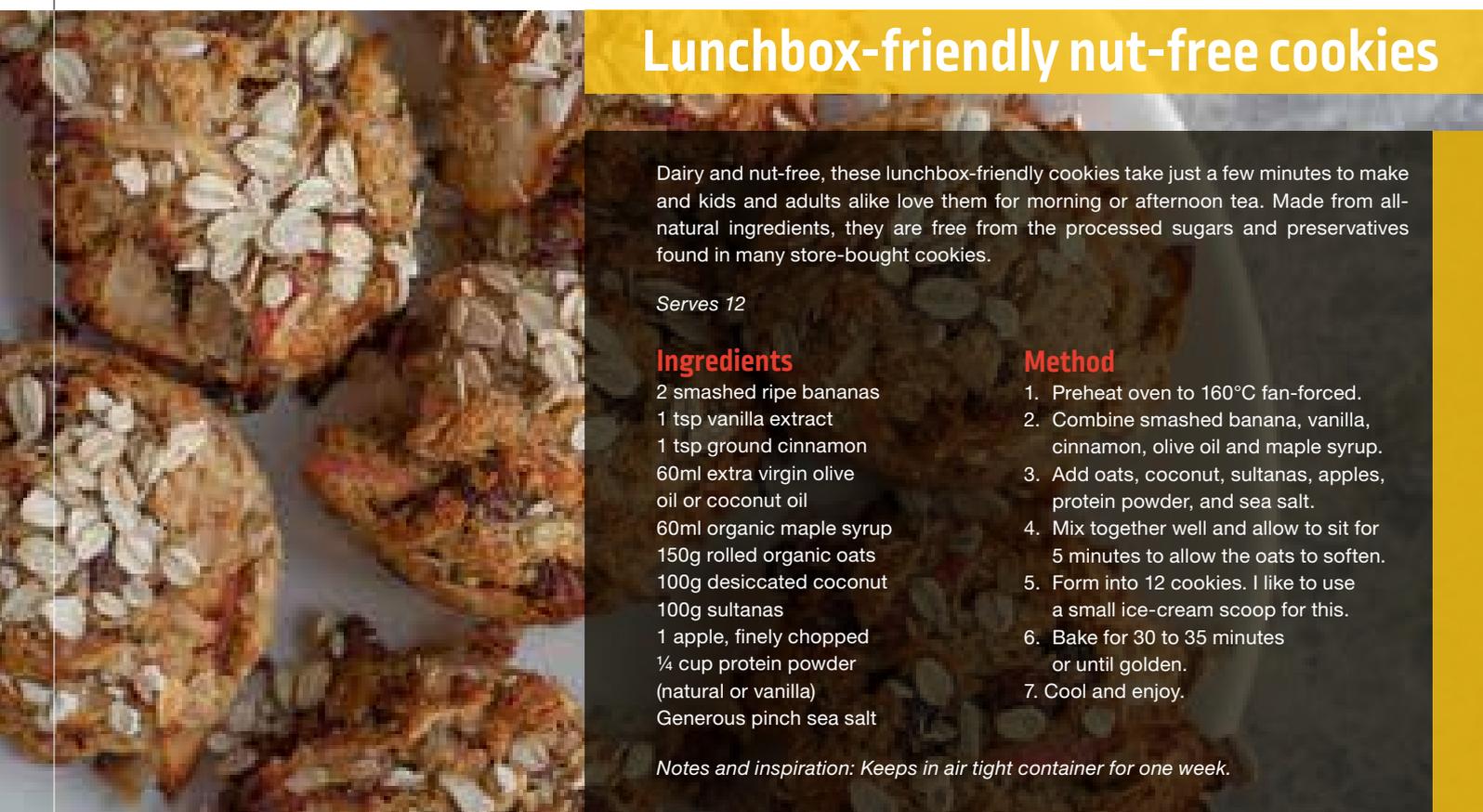
### Ingredients

1 cup frozen strawberries  
½ avocado  
1 sachet Healthy Chef Vanilla Body Shaping Smoothie  
1 cup water

### Method

1. Combine all ingredients in a blender.
2. Blend until smooth and creamy.
3. Pour into serving glass and enjoy.

Notes and inspiration: Top with fresh berries.



## Lunchbox-friendly nut-free cookies

Dairy and nut-free, these lunchbox-friendly cookies take just a few minutes to make and kids and adults alike love them for morning or afternoon tea. Made from all-natural ingredients, they are free from the processed sugars and preservatives found in many store-bought cookies.

Serves 12

### Ingredients

2 smashed ripe bananas  
1 tsp vanilla extract  
1 tsp ground cinnamon  
60ml extra virgin olive oil or coconut oil  
60ml organic maple syrup  
150g rolled organic oats  
100g desiccated coconut  
100g sultanas  
1 apple, finely chopped  
¼ cup protein powder (natural or vanilla)  
Generous pinch sea salt

### Method

1. Preheat oven to 160°C fan-forced.
2. Combine smashed banana, vanilla, cinnamon, olive oil and maple syrup.
3. Add oats, coconut, sultanas, apples, protein powder, and sea salt.
4. Mix together well and allow to sit for 5 minutes to allow the oats to soften.
5. Form into 12 cookies. I like to use a small ice-cream scoop for this.
6. Bake for 30 to 35 minutes or until golden.
7. Cool and enjoy.

Notes and inspiration: Keeps in air tight container for one week.

### Teresa Cutter, aka The Healthy Chef

Teresa Cutter is one of Australia's leading authorities on healthy cooking. A chef, nutritionist and fitness professional, she is author of the *Purely Delicious* and *Healthy Baking* cookbooks, available from [thehealthychef.com](http://thehealthychef.com). The *Healthy Chef Recipe App* is available from the App Store and Google Play.