



# EARTH TO TABLE DELIGHTS

Recipes Teresa Cutter, *The Healthy Chef*, [www.thehealthychef.com](http://www.thehealthychef.com)

YUM. | TERESA CUTTER

## THE JET LAG SMOOTHIE

*This is my MUST HAVE anti jet lag elixir when I've come off a long plane flight and need instant revitalisation. Rich in hydrating antioxidants and minerals to help bring your body back into balance.*

### { INGREDIENTS }

- 250 g (8 oz) green grapes, washed
- 1/2 teaspoon matcha green tea
- 1 slice of fresh ginger
- 1/4 fresh lime with the skin
- 250 ml (1cup/8 fl oz) water
- ice to blend

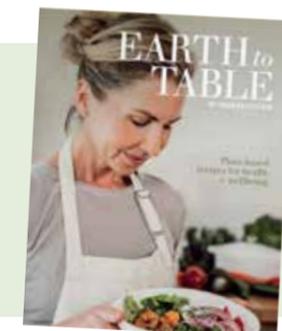
Combine grapes, matcha, ginger, lime, water and ice into a blender.  
Blend until smooth, green and fabulous.  
Pour into a serving glass and enjoy.

INSPIRATION: This is also the perfect smoothie to enjoy after a workout in the gym.  
Add a slice of pineapple.

+ Serves 1 + Prep: 5 min.



**EARTH TO TABLE** is a stunning cookbook focusing on plant-based, vegan and vegetarian recipes that everyone will love. Straight from the farmers market to the table, savour a mouth-watering Roasted Vegetable Ratatouille drizzled with balsamic or a Detox Pumpkin Soup. You'll love Teresa's Spinach, Ricotta + Sweet Potato Tart and a wholesome Roasted Cauliflower, caressed with Tahini + Pomegranate. \$49.95. [www.thehealthychef.com](http://www.thehealthychef.com)



## KALE + ZUCCHINI FRITTATA

*This is a delicious meal that I often make for my weekday lunches or dinners. High in antioxidants, minerals and protein to support a healthy metabolism.*

{ INGREDIENTS }

- 1 leek, finely sliced
- 2 tablespoons extra-virgin olive oil
- 3 zucchini (courgette), cut into rounds
- 1 bunch kale or cavolo nero, washed, trimmed and finely shredded
- 90 g (3 oz) baby spinach
- 6 organic eggs sea salt to taste
- 90g (3 oz) goats feta

Preheat your oven to 180°C (350°F) fan forced. Sauté leek in olive oil until softened, then add the shredded kale and cook through for 5 minutes until wilted. Add the zucchini and spinach and cook for a further 5 minutes. BREAK eggs into a bowl, season with a little salt, then lightly whisk and pour over the vegetables in the pan. Crumble over the feta cheese and bake for 20 - 30 minutes until golden.

INSPIRATION: Serve with fresh leafy greens drizzled with lemon and olive oil.

+ Serves 6 + Prep: 15 min. + Cook: 30 min.





## WORLDS HEALTHIEST CHOCOLATE CAKE

*This chocolate cake is brimming with antioxidants to boost energy and promote wellbeing. I love that's its super-moist and rich in heart healthy essential fats from the avocado oil. This cake is gluten free, dairy free and refined sugar free, making it the perfect healthy treat for everyone.*

### { INGREDIENTS }

- 125 ml (½ cup/4 fl oz) extra virgin avocado or olive oil
- 125 ml (½ cup/4 fl oz) almond milk
- 125 ml (½ cup/4 fl oz) pure maple syrup
- 4 organic eggs
- 2 teaspoons vanilla extract
- 3 teaspoons gluten free baking powder
- 60 g (½ cup/2 oz) dark cocoa powder
- 300 g (3 cups/10½ oz) almond meal
- avocado frosting to serve (see inspiration)

Preheat your oven to 160°C (320°F) fan-forced. Combine avocado oil, almond milk, maple syrup, eggs and vanilla into a bowl. Add the baking powder, cocoa and almond meal and mix through until combined. Bake for 45 minutes until cooked then remove from the oven to cool. Combine frosting ingredients until smooth then ice the cake generously.

Store in the fridge until ready to serve. Double the recipe if making a double layered cake with frosting.

INSPIRATION: To make the avocado frosting combine the flesh from 2 ripe avocados, 125 ml (½ cup/4 fl oz) pure maple syrup, 125 ml (½ cup/4 fl oz) coconut cream, 2 teaspoons vanilla extract, 60 g (½ cup/2 oz) dark cocoa powder and a generous pinch of sea salt. Blend until smooth and use as the frosting for the cake.

+ Makes 1 cake + Prep: 5 -10 min. + Cook: 45 min.

