

## **BREAKFAST (in 5 minutes)**

### **Banana Berry Nice Cream**

#### *Ingredients*

- 2 ripe bananas, peeled
- 2 cups frozen organic mixed berries

#### *Method*

Place all ingredients into a high-powered blender or food processor and blend until the consistency of a soft serve ice-cream. Serve with fresh fruit and granola in a bowl or glass.

#### *Tip*

If you don't have a high-powered blender, use a normal or hand-held blender and add some almond or coconut milk to facilitate fluidity!

## **DINNER (In 30 minutes)**

### **Massaman Curry (Serves 4)**

#### *Ingredients*

- 1 onion, diced
- 2 tomatoes, diced
- ¼ pumpkin, diced into 3cm cubes
- 5 potatoes, diced into 3cm cubes
- 2 tsp red chilli paste
- 1 tbsp Malaysian style curry paste
- 1¼ cups water
- 3 cups whole food coconut milk
- 4 tbsp soy sauce
- 2 tbsp raw sugar
- 1 lime/lemon, juiced
- 1 handful fresh coriander leaves
- salt & pepper
- 2 cups cooked brown rice to serve

## **LUNCH (in 10 minutes)**

### **Kale & Avocado Salad**

#### *Ingredients*

- 1 bunch of curly kale, roughly chopped
- 1/2 red onion, peeled and sliced into half moon shape
- 1 avocado
- Juice of 1 lemon
- Salt and pepper to taste

#### *Method*

Place all ingredients into a bowl and massage the avocado into the kale leaves until the leaves become soft. Serve.

#### *Tip*

You really can add ANYTHING to this salad to make it even tastier – think chopped up cold potatoes, grated carrot, chopped fresh tomatoes, lettuce leaves, broccoli florets, grated apple, a tin of drained/rinsed lentils – anything, so long as it is plant-based and fresh!

#### *Method*

*Prepare the whole food coconut milk*  
Place 2 cups shredded/flaked coconut and 4 cups boiling water into a high speed blender leave to soak for 20 minutes and then blend until you have a smooth coconut milk.

#### *To cook the curry:*

In a heated wok, add the diced onion and saute until browned. Add a dash of water, the diced tomato, the red chilli paste and the curry powder and stir until fragrant. Add one cup of water, the coconut milk, soy sauce, sugar, the diced pumpkin and potato and mix well. Cook until the potatoes and pumpkin are soft and the sauce has reduced and thickened. Add a squeeze of lime and sprinkle coriander leaves on top. For seasoning, add salt to your taste. Serve with cooked brown rice.