



NOURISHING

KIDS

BY AMY CRAWFORD



NOURISHING KIDS

I recall the evenings I was made to stay at the table until I had finished every last (stone cold) brussels sprout, every last morsel of broccoli. My mother was of the “you’ll sit there until its all gone, thank you” ilk.

I appreciate however that the kitchen table ‘battle’ is one not all parents have the time (nor energy) for. Combined with a widening breadth of intolerances and allergies and supermarket shelves full to the brim with processed foods, its no wonder many parents are left scratching their heads in frustration.

Nourishing Kids was born out of a desire to extend the ‘whole foods reach’ from the big to the little kids; to help mums, dads, grandparents and carers to better nourish their children, by showing them how to incorporate goodness into their food (and of course disguising it wherever possible).

You’ll find ideas for all occasions – breakfasts, lunchboxes, party time and tea time – simple recipes to ensure children receive the nutrients they need to sustain their energy and concentration every single day.

Gluten, refined-sugar, additive and nut-free, you can rest assured the little people in your life are getting the very best start.





ABOUT AMY CRAWFORD

As the wearer of multiple hats, my biggest passion is undoubtedly whole foods – nourishing my body with as many life-giving foods as I can muster and helping educate others, showing them how simple this process can be.

Diagnosed with Chronic Fatigue Syndrome in early 2011 my world as I knew it was flipped on its side; I was rendered capable of very little. Blessed with the opportunity to transform my life, I ate as close to nature as possible. By detoxifying my life from every angle, I made a very slow yet gradual recovery.

I am now a certified [Health Coach](#), [Reiki Master](#), [CTC Practitioner](#), recipe book author and motivational speaker. Touching on all topics relating to whole foods, clean living and boundless energy, the online 'wellness hub' [The Holistic Ingredient](#), was launched out of a desire to share my journey and inspire others to great health.

My first book, *A Nourishing Kitchen*, touches on every meal (and snack) of the day and is a true testament to the diet that facilitated my recovery. The second, *A Nourishing Morning*, focuses on those hours before midday when it is so essential that we properly fuel our bodies.

Nourishing Kids was designed in response to the pleas from mums and dads looking for healthy alternatives to processed foods; for new and exciting ways to feed their children in a landscape of intolerances and allergies. Recognising that not all children appreciate veggies as much as I, I've done my very best to hide them at every opportunity.

Mums and Dads, you can thank me later ;-)

Amy x



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BREAKFAST



BOUNCING BANANA BERRY MILK



TOY SOLDIERS TOAST
(GLUTEN FREE BREAD)



JAMMY RASPBERRY GOO



BERRY BRAINY SMOOTHIE



SUNSHINEY SUMMER CEREAL



BOUNCING BANANA BERRY MILK



BOUNCING BANANA BERRY MILK



SERVES 4

YOU'LL NEED

- 4 cups water
- 2 cups fresh strawberries
- 1 cup sesame seeds, soaked overnight in water
- 1 large banana
- 1/3 cup maple syrup or rice malt syrup
- 1 teaspoon pure vanilla extract

METHOD

Strain the sesame seeds of the water they have been soaking in.

Place the sesame seeds in a high-powered blender and blend for approximately 2 minutes. Pour the mixture through a nut bag or strainer into a large bowl, ensuring all liquid is squeezed out of the pulp.

Return the milk to the blender, add all the other ingredients and blend until very smooth.

Store in the fridge in an airtight bottle or jug for up to 3 days.

Handy Tip: The sesame pulp can be dehydrated and used as meal (as you would almond meal) in baking, in porridge, soups etc.



**TOY SOLDIERS TOAST
(GLUTEN FREE BREAD)**



TOY SOLDIERS TOAST

(GLUTEN FREE BREAD)



YOU'LL NEED

- 1 ½ cups sorghum flour
- 1 ¼ cups water, lukewarm
- 1 cup tapioca flour
- 2/3 cup buckwheat flour
- 3 tablespoons coconut oil, melted
- 2 eggs, whisked
- 2 tablespoons white chia seeds
- 2 tablespoons raw honey or rice malt syrup, warmed to be runny
- 1 ½ tablespoons dry active yeast
- 1 ½ teaspoons apple cider vinegar
- 1 ¼ teaspoons sea salt

METHOD

Into a small mixing bowl combine the lukewarm water, yeast, chia seeds and sweetener. Allow to stand on the kitchen bench for 10 minutes. The mixture will become slightly frothy as the yeast activates.

In a large bowl, combine the flours, coconut oil, eggs, apple cider vinegar and salt and stir to combine. Make a well in the centre and pour in the yeast mixture. Using a wooden spoon, combine until a tacky gluten free dough is formed. Cover with a tea towel and allow the dough to rise in a warm spot on the kitchen bench for 40 minutes.

Preheat oven to 180°C. Grease a 25cm x 15cm (approx) loaf tin with coconut oil.

Turn dough into the prepared loaf tin and allow to rise for a further 20 minutes - keep a watchful eye, it may run over the sides! Place into oven and bake for 45-50 minutes.

Once cooked a golden crust will result and a skewer inserted into the middle of the loaf should come out clean. Another handy trick to tell if your loaf is cooked on the inside - tap it with the back of a dessertspoon, it should sound 'hollow'. If not, place it back into the oven for another 5 minutes.

Remove the loaf from the oven and turn onto a wire rack. Make sure the loaf is completely cool before you cut it - if you can resist!



JAMMY RASPBERRY GOO

 MAKES 1-1½ CUPS

YOU'LL NEED

1 ½ cups raspberries, fresh or frozen
1/4 cup water
3 tablespoons chia seeds
3 tablespoons rice malt syrup
Seeds of one vanilla pod

METHOD

Combine all the ingredients in a bowl and stir well. Use a fork to mash up the raspberries. Cover and place in the fridge for a minimum of one hour or overnight.

Store the jam in a sterilised airtight container in the fridge for up to 10 days.

**I SQUISH BEAUTIFULLY
BETWEEN PIKELETS!**

BERRY BRAINY SMOOTHIE

 SERVES 1

YOU'LL NEED

1 banana
1 handful blueberries
1 cup milk of choice (almond, rice or coconut)
2 heaped tablespoons yoghurt (Greek, natural or coconut)
1 tablespoon beetroot, grated
1/2 teaspoon pure vanilla extract

METHOD

Place all ingredients into a blender and combine until smooth.

Handy Tip: Go gently with raw beetroot, it can give food a dirty taste, so start small for success!

SUNSHINEY SUMMER CEREAL

 MAKES 6-8 CUPS

YOU'LL NEED

2 cups puffed brown rice
3/4 cup dehydrated mango/banana/pineapple, chopped
2/3 cup puffed amaranth
2/3 cup quinoa flakes
2/3 cup unsweetened coconut flakes
2/3 cup mixed seeds of choice
1/4 cup pure maple syrup
1/3 cup coconut oil, melted
1 tablespoon coconut sugar
2 teaspoons pure vanilla extract
1/2 teaspoon ground nutmeg
1/2 teaspoon ground cinnamon

METHOD

Preheat oven to 110°C. Line a baking tray with baking paper.

Leaving the spices and dried fruit aside, combine all dry ingredients in a large mixing bowl.

In a small saucepan over low heat combine the spices, vanilla, maple syrup, coconut sugar and coconut oil until the coconut sugar has dissolved. Remove from heat and pour over the dry ingredients. Use both hands to combine.

Spread the mixture evenly across the baking tray. Bake for 45 minutes, stirring the mixture at intervals to ensure even cooking.

Remove from oven, allow to cool then add the dried fruit. Store in an airtight container for maximum crunch.

LUNCHBOX



CRAZY CHOCOLATE CUPCAKES



ROWDY ROLL UPS



MUNCHABLE MUESLI SQUARES



STRAWBERRY RIPE BLISS BALLS



TINY PEOPLE



SNACKY CRACKERS



CHOCY MUD



EGG-CELLENT EGG BOMBS

CRAZY CHOCOLATE CUPCAKES



MAKES 12

YOU'LL NEED

- | | |
|--------------------------------|---------------------------------|
| 1 ½ cups water | 1/3 cup coconut milk |
| 1 cup uncooked quinoa | 4 eggs |
| 1 cup coconut sugar | 1 ½ teaspoons baking powder |
| 1/2 cup raw beetroot, grated | 1/2 teaspoon baking soda |
| 3/4 cup organic butter, melted | 1/2 teaspoon sea salt |
| 1/2 cup cacao powder | 1 teaspoon pure vanilla extract |

METHOD

Preheat oven to 180°C. Line a 12 hole muffin tin with baking paper.

Rinse quinoa thoroughly. Bring the quinoa and water to the boil on your stove. Cover, reduce heat and simmer for ten minutes. Turn off the heat and leave the covered saucepan on the stove, lid on, for a further ten minutes. Fluff with a fork.

Combine coconut milk, eggs and vanilla in a blender. Add 2 ½ cups of cooked quinoa, butter, grated beetroot, coconut sugar, salt, baking powder, baking soda and cacao. Blend again until combined.

Dollop into prepared muffin tray. Bake for 30 minutes or until a skewer is removed clean. Remove from the oven and cool in the pan before turning out onto a wire rack. Best stored in an airtight container in the fridge, for up to 5 days.



ROWDY ROLL UPS



ROWDY ROLL UPS



MAKES APPX. 8
LONG ROLL UPS

YOU'LL NEED

1 cup fruit puree (we use 1/2 cup each of fresh or frozen raspberries and apple puree)

1 cup coconut or natural yoghurt

2 tablespoons rice malt syrup

METHOD

Oven: 50°C

Or Dehydrator: 50-60°C

Place 1/2 cup yoghurt in a high-powered food processor. Add 1/2 cup of raspberries and 1 tablespoon rice malt syrup. Combine until smooth. Add more sweetener if necessary. Pour onto prepared silicon mat or on baking paper on oven tray.

Repeat with the remaining ingredients and the apple puree.

Dehydrate for approximately 8 hours (possibly longer if in oven) or until the fruit is dry, tacky and pliable. Place a sheet of baking paper over the fruit leather and using scissors, cut both the paper and leather into lengths. Roll the fruit with baking paper into cylinders and store in an airtight container in the fridge.

MUNCHABLE MUESLI SQUARES


MAKES 3
CUPS

YOU'LL NEED

2/3 cup apple sauce
1/2 cup flax seeds
1/2 cup pumpkin seeds
1/2 cup hemp seeds
1/2 cup shredded coconut
2 tablespoons chia seeds

2 tablespoons ground cinnamon
2 tablespoons coconut sugar
1 tablespoon coconut oil
1/4 teaspoon sea salt

METHOD

Preheat oven to 180°C. Line a baking tray with baking paper.

Place all ingredients into a high-powered food processor and combine until smooth, yet still with a little crunch.

Turn the batter onto the prepared baking tray. Place another sheet of baking paper over the top and use a rolling pin to flatten the batter to 0.25cm. Remove the top sheet of baking paper.

Use a sharp knife and a ruler to scour 2cm squares into the batter.

Place into the oven for 20-25 minutes. Remove and break the squares apart. Turn off the oven and return the tray to the oven to sit in the warm air for another hour, or until the squares are dry and crisp.



STRAWBERRY RIPE BLISS BALLS


**MAKES 18
BALLS**

YOU'LL NEED

- 3 cups desiccated coconut, plus extra for rolling
- 2 cups pumpkin or sunflower seeds
- 200g fresh strawberries, finely chopped
- ½ ripe avocado
- 3 tablespoons rice malt syrup
- 3 tablespoons carob powder
- 3 tablespoons coconut flour
- 2 tablespoons chia seeds

METHOD

Blend pumpkin seeds in a high powered food processor to a flour consistency. Add all ingredients except the strawberries and combine until smooth.

Transfer to a mixing bowl and stir in the strawberries.

Spread extra coconut onto a plate. Roll the mix into bite size balls then coat in the coconut.

These balls are moist so best stored in an airtight container in the fridge.



TINY PEOPLE


MAKES 30
BISCUITS

YOU'LL NEED

- 1 cup coconut flour
- 1 cup arrowroot flour
- 6 tablespoons rice malt syrup, warmed to be runny
- 6 tablespoons coconut oil, melted
- 1 tablespoon cacao powder
- 2 teaspoons vanilla essence
- Pinch sea salt

METHOD

Preheat oven to 160°C. Line a baking tray with baking paper.

Combine all ingredients, except the cacao in a large mixing bowl. Knead very well with your hands to combine. This mixture needs to be worked to hold together.

Divide the mixture in half. Leave one half aside (for vanilla cookies) and add the cacao to the other half (for chocolate cookies) and knead again. Firmly shape the two mixtures into separate balls.

Place the vanilla dough between two sheets of parchment paper and use a rolling pin to flatten to 0.5cm thickness. Repeat for the cacao dough. Use a small teddy or gingerbread shaped cookie cutter to cut shapes. Carefully lay the biscuits onto the prepared baking tray. Bake for 8-10 minutes or until the vanilla cookies are golden.

Handy Tip: Coconut flour is quite a crumbly flour to work with. Adding a little extra coconut oil to the dough will assist with holding the dough together if your dough is falling apart.



**SNACKY CRACKERS
WITH CHOCCY MUD**

SNACKY CRACKERS

CHOCGY MUD

↪ WE LIKE TO HANG TOGETHER ↩

THIS IS THE MOST SCRUMPTIOUS RECIPE AND ONE OF THE BEST WAYS I'VE SEEN TO HIDE VEGGIES! KNOW THAT I WOULD SERVE THIS TO ADULTS FOR DESSERT: IT'S THAT'S GOOD! INSPIRED BY OUR DEAR FRIEND JACKIEISLES.COM

 MAKES 25 BITE SIZE CRACKERS

YOU'LL NEED

3/4 cup sorghum flour
3/4 cup brown rice flour
6 tablespoons water
4 tablespoons coconut oil
2 tablespoons tapioca flour
2 tablespoons ground flax
2 tablespoons sesame seeds
1 tablespoon rice malt syrup
1 tablespoon nutritional yeast
1/2 teaspoon baking powder
1/2 teaspoon sea salt, plus extra for sprinkling.

METHOD

Preheat oven to 180°C

Place all ingredients into a food processor and combine. Turn onto a large sheet of baking paper. Cover with another sheet of paper. Use a rolling pin to roll the dough to 0.2cm.

Remove the top sheet of parchment paper and use a knife and a ruler to scour/cut square crackers into the dough.

Slide the dough onto a baking tray and bake for 15 minutes or until golden brown and crispy. Allow to cool before breaking crackers apart.

 SERVES 4

YOU'LL NEED

3/4 cup mixed cooked vegetable puree (carrot, pumpkin, spinach etc)
1/2 avocado
1/4 cup cacao powder
2-3 tablespoons rice malt syrup
1 tablespoon coconut oil
1 teaspoon pure vanilla extract
Pinch sea salt

METHOD

Combine all ingredients in a blender and combine until smooth. Serve dip style with crudités or crackers.



EGG-CELLENT EGG BOMBS



EGG-CELLENT EGG BOMBS



MAKES 12

YOU'LL NEED

12 large eggs, whisked

150g Parmesan cheese, grated

4-6 rashers of nitrate free bacon,
finely chopped

6 cherry tomatoes, halved

1/2 brown onion, peeled, finely chopped

1 tablespoon raw apple cider
vinegar (ACV)

2 teaspoons coconut sugar

2 teaspoons coconut oil, melted

1/2 teaspoon sea salt

Cracked black pepper to season

METHOD

Preheat oven to 180°C . Grease and line a non-stick muffin tray. Line a baking tray with baking paper.

Toss the tomato quarters in ACV, coconut sugar and 1 teaspoon of coconut oil in a bowl. Turn onto the baking tray and roast for 15 minutes.

Place a frying pan over medium heat adding the remaining coconut oil. Add the onion and bacon and sauté until just brown. Spoon into the base of the muffin moulds.

Season whisked eggs with salt and pepper, pour over the bacon and onion mix, sprinkle with cheese and place in the oven for 5 minutes. Remove from oven, gently place ½ a tomato on top of each muffin (the egg will have slightly set). Cook for 10-15 minutes or until golden.

PARTY TIME



CRAZY CARAMEL CORN



SAUSAGE DOGS IN BLANKETS



LAYERED RAINBOW CAKE



VOLCANO CRACKLES



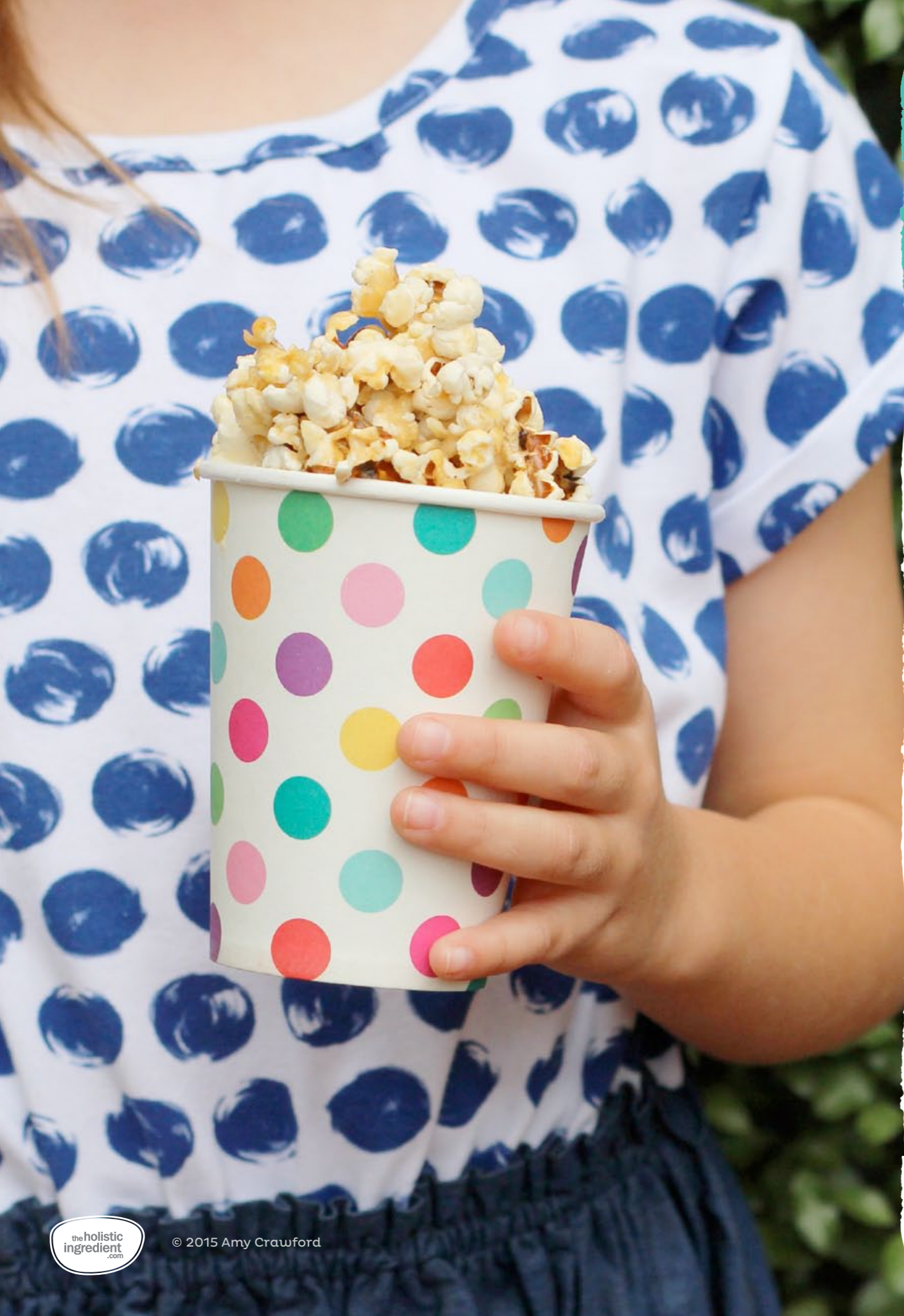
PRETTY PRINCESS PIKELETS



MONSTER MUNCHIES



CRAZY CARAMEL CORN



CRAZY CARAMEL CORN


MAKES
4 CUPS

YOU'LL NEED

- 1/2 cup popping corn kernels
- 1/3 cup honey
- 3 tablespoons water
- 2 tablespoons coconut oil
- 1 tablespoon sesame seeds
- 1 heaped tablespoon full fat coconut milk
- 1 teaspoon pure vanilla extract
- 1 teaspoon lemon juice
- Pinch sea salt

METHOD

Preheat oven to 180 degrees C. Line a baking tray with baking paper.

Warm the coconut oil in a large saucepan over medium heat. Add a few kernels to the oil. If they pop or start to spin the oil is hot enough. Pour in the corn kernels, put the lid on the saucepan and allow the corn to pop. Remove from heat.

To make the caramel combine the honey, water, coconut milk, vanilla and lemon juice in a small saucepan. Bring to the boil over medium heat. Reduce heat, stirring continuously for 8 minutes.

Spread the popcorn over the baking tray. Drizzle with caramel and sprinkle with sesame seeds and sea salt to taste. Refrigerate for an hour or until the caramel is firm.

If not eaten same day this recipe is best stored in an airtight container in the fridge.



SAUSAGE DOGS IN BLANKETS

SAUSAGE DOGS IN BLANKETS

DIPPY TOMATO SAUCE
FOR DIPPING, OF COURSE!


MAKES 20
SMALL ROLLS

YOU'LL NEED

For the pastry:

1 ¾ cups tapioca flour
1 ½ cups unsalted butter
¾ cup ice water
1/3 cup sorghum flour
1/3 cup white rice flour
1 ½ teaspoons sea salt
1 egg

For the filling:

250 grams beef mince
250 grams pork mince
1/2 onion, finely chopped
1 garlic clove, finely chopped
1 egg
1 small carrot, grated
1 small apple, grated
1 cup baby spinach leaves,
finely chopped

1/2 bunch parsley, finely chopped
3 tablespoons tomato sauce
1 tablespoon oregano (dried or fresh)
1 tablespoon basil (dried or fresh)
1 tablespoon whole grain mustard
Sesame seeds to sprinkle on top
Sea salt and pepper to season
Coconut oil for greasing

METHOD

Start with the pastry. Chop the butter into cubes and place on a plate, allowing space between each piece. Place in the freezer for a minimum of one hour. You want your butter to be frozen.

Place the flours, salt and butter in a food processor. On VERY low speed combine the mix, turning it off to scrape down the sides occasionally. You should still have chunks of butter in your mix. Pour in the iced water and allow the food processor to run on low speed until just combined with the flours.

Turn the dough onto the bench and knead, turning and folding as you do. The dough will still be lumpy and will need some working to further combine. Fold and knead, fold and knead. Fold the dough into a flattened square, as you are folding and kneading. Wrap in plastic wrap and place in the fridge for an hour minimum.

Now for the filling. Remove from the fridge and roll out to 0.3 cm thickness square on a piece of baking paper. You may need to let the dough sit on the bench for 20 minutes if the dough is initially too firm to work with. Cut the pastry into squares (approx 30cm x 30cm). Return sheets of pastry to the fridge for a further hour.

Heat a small skillet over medium heat and grease with coconut oil. Sauté the onion and garlic for 5-10 minutes or until clear and golden. Remove from heat.

Place all remaining ingredients (1 egg only) into a large mixing bowl and combine. Add the onion and garlic mix. Combine.

Preheat oven to 200°C. Line a baking tray with baking paper. Now to put them together. Crack the remaining egg into a mixing bowl and whisk. Cut each of the pastry squares in half. Spoon sausage mix onto the pastry, forming a 2cm wide x 1cm high sausage down the length of the pastry. Brush one edge of the pastry with the egg wash and roll the pastry over the sausage mix, binding the pastry on the side with the egg. Place the rolls folded side down, brush with the egg wash, sprinkle with sesame seeds and then cut the rolls into 8-10.

Transfer to prepared baking tray. Place into the oven and bake for 30-35 minutes. Done!





LAYERED RAINBOW CAKE



MAKES 1 X 25CM
DIAMETER
ROUND CAKE

YOU'LL NEED

3/4 cup sorghum flour
3/4 cup tapioca flour
2/3 cup rice malt syrup
1/2 cup coconut flour
1/2 cup coconut milk
1/2 cup water
3 tablespoons chia seeds, soaked
in 1/2 cup water*
3 tablespoons coconut oil, melted
2 teaspoons pure vanilla extract
1 1/2 teaspoons baking powder
1 teaspoon baking soda
1 teaspoon lemon juice
Pinch sea salt

For the ganache:

2 ripe avocados
4 tablespoons rice malt syrup
1/3 cup (heaped) raw cacao powder
2/3 teaspoon vanilla powder or
(or 1 of essence)

For the layer:

1/2 cup [Jammy Raspberry Goo](#)

Optional:

Assorted coloured fruit for decoration.

METHOD

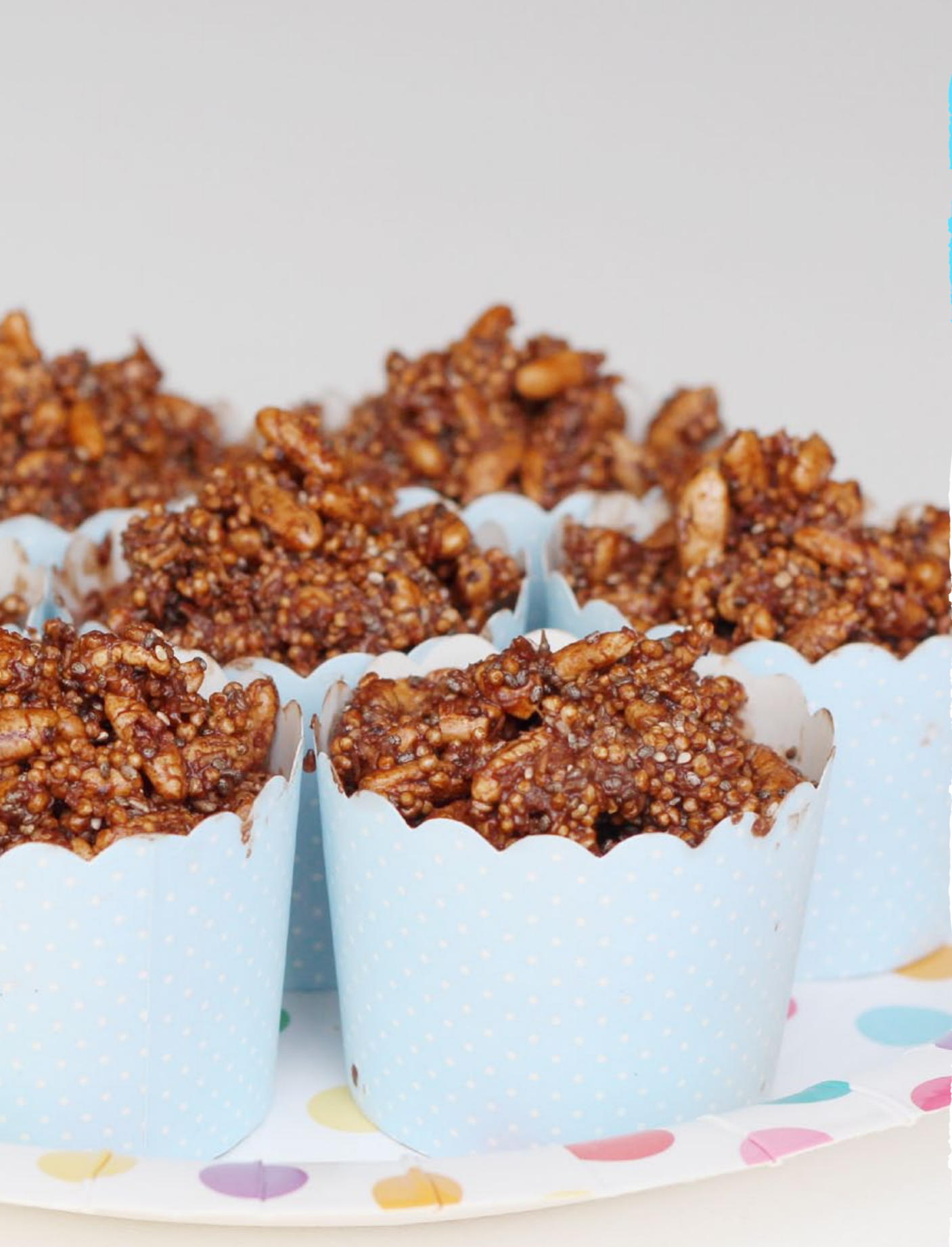
Preheat oven to 180°C. Line a round baking tin with baking paper (or simply grease with coconut oil).

*Soak the chia seeds for a minimum of 10-15 minutes; you want to ensure the seeds soften, so they don't remain crunchy within the cake.

Combine all wet ingredients in a mixing bowl. Sift flours into a large bowl and add remaining dry ingredients. Add wet mix to dry mix and stir to combine. Pour batter into prepared baking tin. Bake for 40-45 minutes or until firm and skewer inserted into centre comes out clean. Allow to cool in tin before turning onto a wire rack.

While the cake is cooking prepare the ganache by combining all ingredients in a food processor until silky smooth. Add more cacao or sweetener if you can still taste the avocado. You may like to add a drizzle of water to thin the ganache slightly.

Once the cake is cool, use a large knife to gently slice it through the middle. Layer with [Jammy Raspberry Goo](#) and sandwich the cake back together. Spread the ganache over the cake and decorate with rainbow fruit.



VOLCANO CRACKLES



**MAKES
8-10**

YOU'LL NEED

2 cups brown rice puffs
3/4 cup puffed amaranth
1/2 cup desiccated coconut
1/3 cup coconut oil, melted
1/3 cup cacao butter, melted

1/3 cup cacao powder
3 tablespoons rice malt syrup
2 tablespoons chia seeds
1 teaspoon vanilla extract
Pinch sea salt

METHOD

Combine all ingredients in a large mixing bowl. Spoon into patty pans and press down firmly. Place in fridge to set.

Store crackles in the fridge in an airtight container for up to 1 week.

SERVE ME OOZING WITH
JAMMY RASPBERRY GOO!



PRETTY PRINCESS PIKELETS


MAKES 40
SMALL
PIKELETS

YOU'LL NEED

- | | |
|---|--------------------------------|
| 1 ½ cups buckwheat flour | 2 teaspoons baking powder |
| 1 cup tapioca flour | 2 eggs |
| 2 tablespoons coconut flour | 1 teaspoon apple cider vinegar |
| 2/3 cup milk of choice (coconut milk, almond milk, rice milk etc) | Pinch sea salt |
| 3 tablespoons raw honey | Coconut oil for frying |

METHOD

In a large mixing bowl whisk the eggs. Sieve the flours into the bowl and add all remaining ingredients. Stir to combine, ensuring no lumps in the batter.

Heat a frying pan over medium heat and melt 1 teaspoon coconut oil. Spoon dessertspoons of the mixture into the pan. Cook for 1 minute or until bubbles form. Flip and cook for less than a minute or until golden. Repeat with the remaining batter, adding more coconut oil as required.

Eat warm or store in an airtight container for 5 days.



MONSTER MUNCHIES


SERVES
2-4

YOU'LL NEED

- 2 sweet potatoes
- 2 large white potatoes
- 2 beetroots
- 1 tablespoon coconut oil, melted
- Sea salt

METHOD

Preheat oven to 100°C. Line two large baking trays with baking paper.

Peel the potatoes, sweet potatoes and the beets. Slice each of your root vegetables carefully with a mandolin or large peeler to approximately 3mm thickness. Using shaped cookie cutters, cut the slices into shape.

Place coconut oil into a bowl and add the vegetables, coat well. Sprinkle with sea salt. Arrange the shapes in a single layer on the baking trays and bake for 30 minutes. Remove from the oven and rotate the trays, switching their positions. Bake for a further 30 to 40 minutes or until starting to brown, removing any chips that appear ready. Remove from oven when crispy.

These munchies are best eaten immediately.

TEA TIME



CRUNCHY CHICKEN NUGGETS



DIPPY TOMATO SAUCE



FISHY FISH FINGERS



WICKEDLY WONDERFUL WEDGES



HAPPY HAWAIIAN PIZZAS



MEAN & GREEN ICECREAM



SAUCY SPAGHETTI SPIRALS



**CRUNCHY CHICKEN NUGGETS WITH
DIPPY TOMATO SAUCE**

CRUNCHY CHICKEN NUGGETS

DIPPY TOMATO SAUCE

← WE LIKE TO HANG TOGETHER →

 MAKES APPROXIMATELY 30 NUGGETS

YOU'LL NEED

2 chicken breasts
2 eggs, whisked
1/2 cup tapioca flour
1/2 cup sesame seeds
4 teaspoons smoked paprika
1 teaspoon sea salt
Cracked pepper to season
3 tablespoons coconut oil for frying

METHOD

Cut the chicken breasts into bite size pieces.

In a small bowl combine the tapioca, paprika, salt and pepper. Sprinkle the sesame seeds onto a plate.

Dip the chicken nuggets into the egg mix and then roll in the tapioca mix. Dip again in the egg and coat in the sesame seeds.

Heat a frying pan over medium heat and add the coconut oil. Add the nuggets and fry for 3 minutes. Flip the nuggets and fry for a further 3 minutes, or until golden. Remove from pan and place on a paper towel.

 MAKES 2 CUPS

YOU'LL NEED

2 cups cherry tomatoes, quartered
1 dessertspoon coconut or apple cider vinegar
3 teaspoons coconut sugar
2 teaspoons fish sauce

METHOD

Place all ingredients into a small saucepan over low-medium heat and bring to the boil. Reduce to a simmer, stirring occasionally for 25-30 minutes or until the mixture thickens to resemble caramelised jam. Remove from heat.

If the kids prefer a smoother sauce, simply puree the sauce in a food processor.

This jam can be served hot or cold. Store in a sterilised glass jar in the fridge for up to two weeks.



**WICKEDLY WONDERFUL WEDGES
WITH FISHY FISH FINGERS**

FISHY FISH FINGERS

↪ WE LIKE TO HANG TOGETHER ↩

WICKEDLY WONDERFUL WEDGES

THIS WICKEDLY WONDERFUL RECIPE
WAS INSPIRED BY THE
EVER-TALENTED [JESSICA COX](#)

 MAKES APPROXIMATELY 12 FINGERS

YOU'LL NEED

500g white fish
2 eggs, whisked
1/4 cup sesame seeds
1/4 cup sunflower seeds
1/4 cup coconut flakes
1/4 cup tapioca flour
Sea salt to taste
Cracked black pepper
3 tablespoons coconut oil for frying

METHOD

Cut fish into 10cm long strips.

Place sesame seeds, sunflower seeds and coconut flakes into a high-powered blender. Pulse to create a smooth flour like consistency. Transfer to a bowl.

Crack the eggs into a small bowl and whisk. Place the tapioca, salt and pepper in another bowl.

Coat the fish in the tapioca, dunk in the egg and then roll in the coconut seed mix.

Melt the coconut oil in a pan over medium heat. Cook fish fingers for approximately 2 minutes on each side or until golden and cooked through. Remove from the pan and transfer to a paper towel to drain any excess oil.

 MAKES APPROXIMATELY 30 NUGGETS

YOU'LL NEED

800 grams of sweet potato (skin on), cut into wedges
3 teaspoons sesame seeds + more for sprinkling
2 tablespoons coconut oil, melted
1 heaped teaspoon potato starch or arrowroot flour
1 teaspoon turmeric powder
Sea salt and pepper

METHOD

Preheat oven to 220°C.

Cut the sweet potato into wedges. Combine the sesame seeds, flour, turmeric, salt and pepper in a mixing bowl. Toss the sweet potato in the mix, coating generously. Spread wedges out on a large baking tray, ensuring they don't touch each other. Drizzle with coconut oil and sprinkle over a handful more of sesame seeds.

Place in the oven. After 20 minutes, remove and turn the wedges over with a spatula. Place back in the oven for a further 10 minutes or until they are crispy around the edges. Remove the wedges from the baking dish and serve whilst still hot.



HAPPY HAWAIIAN PIZZAS


MAKES 4
SMALL CRUSTS

YOU'LL NEED

For the base:

- 1/2 large cauliflower head
- 1/4 cup mozzarella cheese, grated
- 1/4 cup parmesan cheese, grated
- 1 egg
- 1 tablespoon buckwheat flour
- 1 tablespoon nutritional yeast (optional)
- 1 clove garlic, crushed
- 1/4 teaspoon sea salt

For the topping:

- 1 – 1 1/2 cups fresh pineapple, diced
- 1 cup mozzarella cheese, grated
- 150 grams (appx) nitrate free ham
- 1/2 cup [Dippy Tomato Sauce](#)

METHOD

Preheat oven to 180°C. Line a baking tray with baking paper.

Thoroughly wash and dry the cauliflower. Chop it up roughly and blend in a food processor until the cauliflower resembles nut meal (slightly grainy).

Transfer the cauliflower to a nut milk bag (or tea towel) and use your hands to wring out as much moisture as you can.

Place the cauliflower in a large mixing bowl with all remaining ingredients. Combine.

Use your hands to divide the mixture into 4. Roll into firm balls and place on prepared baking tray. Flatten the balls into crusts of 0.5 cm thickness.

Place into the oven and bake for 20 minutes before using a spatula to flip them over. Return to oven and cook for a further ten minutes. Your crusts should be golden brown and slightly crispy on the edges. Remove from oven, add toppings of choice and return to oven for 15 minutes or until the cheese has melted.



MEAN & GREEN ICECREAM



MEAN & GREEN ICECREAM


SERVES 4

YOU'LL NEED

- 2 cups frozen pineapple, chopped
- 1 cup frozen spinach
- 1 frozen banana
- 1/2 cup full fat coconut milk
- 3 tablespoons honey
- Mint (optional extra)

METHOD

Place all ingredients in a high-powered blender and combine until smooth. This ice cream can be returned to the freezer or served immediately.



SAUCY SPAGHETTI SPIRALS

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SERVES 4

YOU'LL NEED

- 2 medium zucchini
- 1 onion, finely chopped
- 1 carrot, grated
- 1 stick celery, finely chopped
- 1 red apple, grated
- 1/2 red capsicum, finely chopped
- 500g grass fed beef mince
- 1 cup water
- 1 375g jar additive free passata
- 2 tablespoons tomato paste
- 1 garlic clove, crushed
- 1 teaspoon smoked paprika
- 1/2 teaspoon ground cinnamon
- Coconut oil for sautéing
- Sea salt and pepper to taste

METHOD

Heat a large casserole dish over medium heat and add coconut oil. Sauté the onion, garlic, carrot, capsicum, celery and apple until soft. Add the beef and cook until browned (5-10 minutes).

Add the tomato paste and water and cook for about 3 minutes. Stir through the passata, cinnamon and paprika. Cover the dish and cook over a low heat for 45 minutes to an hour, or until the sauce thickens. Season well.

To make the zucchini noodles run the zucchini along a mandolin to form long spaghetti strips, or through a spirooli. Heat a frying pan over medium heat and add 1 teaspoon coconut oil.

Toss zucchini in the oil for 1-2 minutes.

Divide zucchini spaghetti onto plates and top with bolognese sauce. Or if preferred, return the bolognese to the pan and combine with the noodles.



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