

BONUS RECIPE CHAPTER

Natural Solutions to Diabetes

How To
Prevent, Treat And Reverse
Type 2 Diabetes And Prediabetes



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Introduction

Congratulations on taking the first step in improving your health and reversing your prediabetes or type 2 diabetes.

I once heard a saying that says, '*take the first step and keep walking*' and that is so helpful and often it is important just to get started.

It can be off-putting to see recipes with long lists of ingredients that are going to be time consuming shopping for them as well as making the dish. Of course, that can be very different when you are cooking for guests and you want to make something special. But it is so important to have quick and easy recipes to prepare on a day-to-day basis that are healthy and nutritious and that the family will enjoy and can share with you.

Most people are short of time nowadays and so it makes sense to use the meal planners in this book to help you keep on track while you are establishing new eating habits. This makes shopping easier each week and also not having to think about what you are going to eat all the time, because it is planned out ready for you.

Some of the recipes are numbered in this chapter and they link back to the meal planners in the main book to make it easy to create what you need for that day.

You may only be cooking for others once a day and be able to choose your own food for breakfast and lunch. All of this is meant to be flexible so mix and match your meals and snacks wherever you want to.

You could begin slowly with the meal planners and just start with having the lunches. To help you keep on top of the amount of carbohydrates you are eating, I've included weights for the carbs in the recipes included with this book.

There are going to be times when you want a dessert or a 'treat' so it was important to include these in this chapter. There are some lovely ones that even those who normally eat sugar can enjoy with you. I have also included some smoothie recipes as you may enjoy those too.

It is also important that you include some protein in with the fruit and vegetables as mentioned in the recipes.

Additionally, included in this chapter are sauces and dressings as it can make a meal much more interesting to add a sauce but many of the shop bought ones are sugar-laden so it was important to share some lovely choices with you.

I am sure some of you will create your own favourite recipes that are working well for you on your path to good health so it would be wonderful if you are happy to send them in to me at reception@glenvillenutrition.com and, in due course, I will put together another free recipe chapter for everyone to share and put your name by the side of your recipe.

Also, if you have any feedback you would like to share about which recipes you enjoy the most and why, then do keep in touch on the same email address above.

I do understand that making changes can be difficult at first but sometimes making small changes slowly can give you the confidence and motivation to keep going and you can make bigger changes as you go along. And then those changes become habits and part of your daily routine so don't require effort. Also, the motivation becomes easier as you start to feel well in yourself, getting your energy back, sleeping well and less aches and pains.

And remember, all the time that your goal is to save yourself from debilitating problems such as potential blindness, kidney failure, heart attacks, stroke and lower limb amputation.

There is a wonderful saying from Jim Rohn, an American motivational speaker who said '*Take care of your body. It's the only place you have to live.*' And you want your body (and mind) to serve you well by nourishing it with the food you eat.

I hope you enjoy the recipes and wishing you the best of health.

Marilyn Glenville PhD

If you would like further support and find out how a GNC Nutrition Consultation can help you – why not book a **FREE 10 minute discovery call** with one of my nutrition team.

You can book it [here](#)

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Breakfast Recipe - Seed and Nut Sandwich Bread

Ingredients

1 1/2 cup almond meal
 6 tbsp sunflower seeds
 6 tbsp pumpkin seeds
 4 tbsp chia seeds
 3 tbsp flax seeds
 1/3 cup almonds
 2 tbsp coconut flour
 1 tsp baking soda
 3 eggs
 3/4 cup almond milk
 1/3 cup olive oil
 1 tbsp maple syrup
 1 tbsp cider vinegar
 1/2 teaspoon salt

Instructions

1. Preheat the oven to 350°F/180°C
2. Mix the pumpkin, sunflower, flax and chia seeds in a bowl, set aside 3 tablespoons.
3. Place the almonds in a food processor and pulse a few times.
4. Add the remaining seeds and pulse until coarsely ground.
5. Add the almond meal, coconut flour and baking soda and pulse until combined.
6. Add the eggs, almond milk, olive oil, honey, vinegar and 1/2 teaspoon of salt and process until well combined.
7. Allow the batter to rest for about 5 minutes to ensure the moisture is absorbed by the coconut flour.
8. Line an 8" x 4" loaf pan with parchment paper.
9. Pour the mixture into the pan and smooth it out with a spatula, then sprinkle with the reserved mixed seeds.
10. Bake for 45 – 50 minutes, or until the bread is golden-brown and a metal skewer or knife inserted in the centre comes out clean.
11. Remove from the oven and let cool completely.
12. Remove the bread from pan.
13. Wrap the cooled bread in foil or plastic wrap, or place it in a plastic bag and store in refrigerator for up to 5 days.



Seed and Nut Sandwich Bread		
Nutritional Information		
	Per 1 full recipe % Reference Intake RI	
Energy	6191.4 kJ / 1478.8 kcal	74 %
Fat	110 g	157 %
Of which Saturates	15.6 g	78 %
Of which Mono-unsaturates	38.2 g	
Of which Poly-unsaturates	46.3 g	
Carbohydrates	36.3 g	
Of which Sugars	21.5 g	
Of which Starches	9 g	
Fibre	39.8 g	
Protein	64.6 g	129 %
Salt	0.6 g	11 %
Vitamin C	2.4 mg	3 %
Vitamin A	199.5 µg	25 %
Calcium	724.1 mg	91 %
Iron	19 mg	135 %
*Reference Intake Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs		

Breakfast Recipe - Homemade No Added Sugar Muesli and Ground Seed Mix (Recipe 3)

Preparation time 5 minutes

Many shop bought mueslis have added vegetable oil which is unnecessary and may contain trans fats or added sugars or sweeteners.

Make your own and store in an airtight jar for use as you wish.

Just mix: Jumbo oatflakes, chopped almonds, walnuts, hazelnuts, sunflower seeds, pumpkin seeds, chopped apricots, sultanas, dried cranberries. Try mixes of rice, millet or quinoa flakes with the oat flakes.

For extra flavour use toasted oatflakes (spread the oatflakes on a shallow oven tray and place in the oven at 180°C for about 10 minutes).

1 serving = 3-4 tbsp

Ingredients - Ground Seed Mix

Linseeds (flaxseeds)
Sesame seeds
Sunflower seeds
Pumpkin seeds
Hemp seeds

Instructions

1. Mix 3 tbsp flaxseeds to 1 tbsp of each of other seeds.
2. Grind in spice/coffee grinder and keep in an airtight sealed container in the fridge.

Portion = 1 - 1 1/2 tbsp.

Use on porridge or cereal.

Can also use in soups, stews & salad dressings



Homemade No Added Sugar Muesli		
Nutritional Information		
	Per 1 full recipe % Reference Intake RI	
Energy	1935.6 kJ / 462.3 kcal	23 %
Fat	29.3 g	42 %
Of which Saturates	2.8 g	14 %
Of which Mono-unsaturates	12.9 g	
Of which Poly-unsaturates	11.1 g	
Carbohydrates	37.7 g	
Of which Sugars	25.6 g	
Of which Starches	0.6 g	
Fibre	7.9 g	
Protein	11.7 g	23 %
Salt	0 g	0 %
Vitamin C	1.3 mg	2 %
Vitamin A	23 µg	3 %
Calcium	75.1 mg	9 %
Iron	3 mg	22 %
*Reference Intake Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs		

Ground Seed mix		
Nutritional Information		
	Per 1 full recipe % Reference Intake RI	
Energy	1339.9 kJ / 320 kcal	16 %
Fat	27.6 g	39 %
Of which Saturates	3.1 g	15 %
Of which Mono-unsaturates	7.1 g	
Of which Poly-unsaturates	15.7 g	
Carbohydrates	2.4 g	
Of which Sugars	0.8 g	
Of which Starches	1.2 g	
Fibre	8.5 g	
Protein	12.9 g	26 %
Salt	0 g	1 %
Vitamin C	0.4 mg	1 %
Vitamin A	0.6 µg	0 %
Calcium	76.8 mg	10 %
Iron	3.6 mg	26 %
*Reference Intake Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs		

Breakfast Recipe - Fruit Compote (Recipe 4)

Ingredients

Use a mixture of different fruit e.g. apples, plums, pears, apricots, fresh or frozen mixed berries.

Instructions

1. Simply stew fruit in a little water for 6 – 8 minutes until soft.

Serve with natural probiotic yoghurt, some nuts and seeds.

Fruit Compote		
Nutritional Information		
	Per 1 full recipe % Reference Intake RI	
Energy	2259 kJ / 539.5 kcal	27 %
Fat	2.7 g	4 %
Of which Saturates	0.2 g	1 %
Of which Mono-unsaturates	1 g	
Of which Poly-unsaturates	0.6 g	
Carbohydrates	110.6 g	
Of which Sugars	102.5 g	
Of which Starches	0.1 g	
Fibre	23.4 g	
Protein	6.9 g	14 %
Salt	0 g	0 %
Vitamin C	94.9 mg	119 %
Vitamin A	217.5 µg	27 %
Calcium	94.8 mg	12 %
Iron	2.5 mg	18 %
*Reference Intake Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs		



Breakfast Recipe - Chia Jam

Most jams contain at least 50% sugar. For a quick and healthier version, try making this simple chia jam using fresh seasonal fruit or even frozen fruit.

Preparation and cooking time 15 minutes

Ingredients

2 cups fruit e.g. nectarines, berries

1/2 tbsp chia seeds

1/2 tbsp maple syrup

(optional, should not be needed with ripe fruit)

Instructions

1. Heat fruit in a saucepan for around 10 minutes, breaking it up as it cooks until no chunks remain
2. Add chia seeds and stir well to combine
3. Taste and add maple syrup if necessary
4. Place in a glass jar with a lid and store in the fridge for up to 7 days. Will thicken as it cools

Chia Jam		
Nutritional Information		
	Per 1 full recipe % Reference Intake RI	
Energy	350 kJ / 83.6 kcal	4 %
Fat	2.3 g	3 %
Of which Saturates	0.2 g	1 %
Of which Mono-unsaturates	0.2 g	
Of which Poly-unsaturates	1.7 g	
Carbohydrates	7.8 g	
Of which Sugars	6.3 g	
Of which Starches	0.3 g	
Fibre	7.8 g	
Protein	2 g	4 %
Salt	0 g	0 %
Vitamin C	23.9 mg	30 %
Vitamin A	1.6 µg	0 %
Calcium	61.4 mg	8 %
Iron	1.5 mg	11 %
*Reference Intake Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs		



Breakfast Recipe - Smoothies

If you are going to have a smoothie then make sure you add some protein in with the fruit and vegetables. I am not suggesting you add in protein powder but the protein from nuts and seeds.

There are a few examples below and just put all the ingredients in the blender and whizz:

Smoothie 1

1 cup of frozen (or fresh) mixed berries, 5 fl oz of soya, almond or coconut milk or water, 5-6 fl oz water, 1 heaped tablespoon almonds and seeds (e.g. sesame, pumpkin, flaxseeds), 1 tablespoon flaxseed oil

Smoothie 2

Berry booster – blend together a 9oz pot of with 2 tablespoons mixed berries, 1 tablespoon of ground seeds / nut and 1 tablespoon flaxseed oil

Smoothie 1		
Nutritional Information		
	Per 1 full recipe % Reference Intake RI	
Energy	141.8 kJ / 339.6 kcal	17 %
Fat	22.9 g	33 %
Of which Saturates	22 g	22 %
Of which Mono-unsaturates	3.7 g	
Of which Poly-unsaturates	12 g	
Carbohydrates	22.2 g	
Of which Sugars	16.9 g	
Of which Starches	1.3 g	
Fibre	11.7 g	
Protein	5.2 g	10 %
Salt	0.1 g	1 %
Vitamin C	44.4 mg	55 %
Vitamin A	103 µg	13 %
Calcium	133 mg	17 %
Iron	2.8 mg	20 %
*Reference Intake Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs		

Smoothie 2		
Nutritional Information		
	Per 1 full recipe % Reference Intake RI	
Energy	1764.4 kJ / 421.4 kcal	21 %
Fat	28.2 g	40 %
Of which Saturates	4.1 g	20 %
Of which Mono-unsaturates	4.6 g	
Of which Poly-unsaturates	17.7 g	
Carbohydrates	18.1 g	
Of which Sugars	17.7 g	
Of which Starches	- g	
Fibre	8.8 g	
Protein	15.6 g	31 %
Salt	0.4 g	6 %
Vitamin C	6.8 mg	9 %
Vitamin A	0 µg	0 %
Calcium	78.9 mg	10 %
Iron	1.8 mg	13 %
*Reference Intake Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs		



With thanks to Heather Leeson, my senior nutritionist in Ireland for this recipe

Breakfast Recipe - Smoothies

Smoothie 3

2 cups of watercress, 1 frozen banana, $\frac{3}{4}$ cup of frozen mixed berries (or fresh strawberries or blueberries), $\frac{1}{4}$ cup of nuts or raw seeds (sunflower seeds, walnuts, flax seeds or almonds, or a combination), 1-2 cups of water or coconut water

Smoothie 4

2 raw beetroots, peeled and chopped, 1 eating apple, 1 cup of berries, 1 inch slice of grated ginger, 1 tablespoon of cashews, 1-2 cups of water

Smoothie 3		
Nutritional Information		
	Per 1 full recipe % Reference Intake RI	
Energy	1738.1 kJ / 415.1 kcal	21 %
Fat	13.6 g	19 %
Of which Saturates	2 g	10 %
Of which Mono-unsaturates	2.2 g	
Of which Poly-unsaturates	8.2 g	
Carbohydrates	45.9 g	
Of which Sugars	34.5 g	
Of which Starches	7.2 g	
Fibre	20.2 g	
Protein	12.2 g	24 %
Salt	0.4 g	7 %
Vitamin C	67.8 mg	85 %
Vitamin A	112.2 μ g	14 %
Calcium	216.7 mg	27 %
Iron	2.9 mg	20 %
*Reference Intake Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs		



Smoothie 4		
Nutritional Information		
	Per 1 full recipe % Reference Intake RI	
Energy	1195.3 kJ / 285.5 kcal	14 %
Fat	4.2 g	6 %
Of which Saturates	0.7 g	4 %
Of which Mono-unsaturates	2 g	
Of which Poly-unsaturates	0.8 g	
Carbohydrates	49.1 g	
Of which Sugars	41.6 g	
Of which Starches	3.4 g	
Fibre	12.4 g	
Protein	5.7 g	11 %
Salt	0.4 g	6 %
Vitamin C	28.8 mg	36 %
Vitamin A	37.7 μ g	5 %
Calcium	101.2 mg	13 %
Iron	2.8 mg	20 %
*Reference Intake Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs		

With thanks to Heather Leeson, my senior nutritionist in Ireland for this recipe

Starters & Light Bites Recipes - Pitta Pizza (Recipe 19)

Serves 2

Preparation time 5 minutes, cooking time 5 minutes

Ingredients

2 wholegrain pitta breads
1/2 - 1 tbsp tomato puree / passata
Sliced tomatoes
Roast peppers / artichoke (from jar)
Fresh mozzarella or feta
Basil and mixed salad

Instructions

1. Preheat grill.
2. Split 2 wholegrain pitta breads in half and spread each half with 1/2 - 1 tbsp tomato puree / passata.
3. Top with thinly sliced tomatoes, roast peppers / artichoke (from jar) and some fresh mozzarella or feta.
4. Grill in the oven until browned, sprinkle with some fresh basil and serve with a mixed salad

Pitta Pizza		
Nutritional Information		
	Per 1 full recipe % Reference Intake RI	
Energy	1744.9kJ / 416.8 kcal	21 %
Fat	6 g	9 %
Of which Saturates	2.8 g	14 %
Of which Mono-unsaturates	1.5 g	
Of which Poly-unsaturates	1.6 g	
Carbohydrates	67.6 g	
Of which Sugars	10.2 g	
Of which Starches	49.5 g	
Fibre	12.8 g	
Protein	17.9 g	36 %
Salt	1.9 g	31 %
Vitamin C	32.2 mg	40 %
Vitamin A	112.3 µg	14 %
Calcium	133.5 mg	17 %
Iron	4.9 mg	35 %
*Reference Intake Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs		



Starters & Light Bites Recipes - Mixed Vegetable Frittata (Recipe 2)

Serves 2

Preparation time 10 minutes, cooking time 15 minutes max

Ingredients

4 large organic eggs

1/2 tbsp olive oil

Roasted butternut squash (use leftovers – alternatively use any other roasted or cooked vegetables e.g. courgettes, peppers, tomatoes)

Large handful of fresh baby spinach

Marjoram (tsp fresh, or 1/2 tsp dried) or replace with pinch dried mixed herbs

Olive oil for frying

Serve half frittata with green salad and use half for lunch next day, or keep two quarters in the fridge for snacks

Instructions

1. Roughly chop leftover squash or other vegetables
2. Heat frying pan with olive oil, add vegetables and sauté for 2 minutes to heat through
3. Add spinach and herbs
4. Roughly beat 4 eggs and pour over vegetable mixture.
5. Cook for a further 2 – 3 minutes on hob
6. Then cook top of frittata under pre-heated grill
7. Alternatively place the egg and vegetable mix into an oven-proof dish and bake in a preheated oven at 180°C/350°F/gas4 for 15-20 mins.

Mixed Vegetable Frittata		
Nutritional Information		
	Per 1 full recipe % Reference Intake RI	
Energy	1747.3 kJ / 417.3 kcal	21 %
Fat	28.2 g	40 %
Of which Saturates	7.5 g	38%
Of which Mono-unsaturates	13.1 g	
Of which Poly-unsaturates	3.6 g	
Carbohydrates	10 g	
Of which Sugars	4.3 g	
Of which Starches	2.7 g	
Fibre	4 g	
Protein	27 g	54 %
Salt	0.7 g	12 %
Vitamin C	23.7 mg	30 %
Vitamin A	998.2 µg	125 %
Calcium	176.4 mg	22 %
Iron	4.1 mg	29 %
*Reference Intake Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs		



Starters & Light Bites Recipes - Spinach, Tomato and Goat's Cheese Frittata (Recipe 10)

Serves 2

Preparation time 10 minutes, cooking time 15 minutes max

Ingredients

Olive oil for frying
1 red onion (optional) sliced or diced
Bag of fresh baby spinach
6-8 cherry tomatoes, halved
4 large organic eggs
80-100g goat's cheese
Fresh basil leaves (optional)

Serve half frittata with green salad and use half for lunch next day, or keep two quarters in the fridge for snacks.

Instructions

1. Heat frying pan with drop of olive oil, add red onion and sauté for 3-5 minutes.
2. Add tomatoes and spinach
3. Roughly beat 4 eggs and pour over vegetable mixture.
4. Cook for a further 2 - 3 minutes on hob
5. Top with crumbled goat's cheese
6. Then cook top of frittata under pre-heated grill
7. Alternatively place the egg and vegetable mix into an oven-proof dish and bake in a preheated oven at 180C/350F/gas4 for 15 minutes. Take out of the oven and add the crumbled goat's cheese, then put back in oven for another 5 minutes til cheese has melted.
8. Garnish with fresh basil

Spinach, Tomato and Goat's Cheese Frittata		
Nutritional Information		
	Per 1 full recipe % Reference Intake RI	
Energy	2946.7 kJ / 703.8 kcal	35 %
Fat	9 g	66 %
Of which Saturates	21.2 g	106 %
Of which Mono-unsaturates	15.3 g	
Of which Poly-unsaturates	4 g	
Carbohydrates	17.6 g	
Of which Sugars	10.7 g	
Of which Starches	2.9 g	
Fibre	8.9 g	
Protein	50.9 g	102 %
Salt	2.3 g	38 %
Vitamin C	92.7 mg	116 %
Vitamin A	1882.4 µg	235 %
Calcium	534.5 mg	67 %
Iron	11.9 mg	85 %
*Reference Intake Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs		



Starters & Light Bites Recipes - Edamame Bean and Chilli Dip (Recipe 14)

Ingredients

3 cups frozen edamame (soy) beans, thawed
1 clove of fresh garlic, crushed
1/2 - 1 fresh chilli
5 tablespoons extra virgin olive oil / hemp seed oil
1/2 - 1 cup fresh coriander, roughly chopped
1 - 2 tbsp fresh mint, rough chopped (optional)
Pinch sea salt

Instructions

1. Place all ingredients in a blender and blend

Edamame Bean and Chilli Dip		
Nutritional Information		
	Per 1 full recipe % Reference Intake RI	
Energy	4929.1 kJ / 1177.3 kcal	59 %
Fat	91.9 g	131 %
Of which Saturates	12.3 g	61 %
Of which Mono-unsaturates	55.3 g	
Of which Poly-unsaturates	17.2 g	
Carbohydrates	200.4 g	
Of which Sugars	10.6 g	
Of which Starches	7.8 g	
Fibre	25.5 g	
Protein	56.4 g	113 %
Salt	0.9 g	14 %
Vitamin C	35.1 mg	44 %
Vitamin A	133.6 µg	17 %
Calcium	332.6 mg	42 %
Iron	12.6 mg	90 %
*Reference Intake Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs		



Starters & Light Bites Recipes - Smoked Mackerel Pâté (Recipe 16)

Serves 2-4

Preparation time 10 minutes

Ingredients

2 – 3 tsp fresh horseradish root
(or use creamed horseradish)
2 Smoked mackerel fillets (skinned)
4 spring onions
Juice of 1/2 lemon (plus zest, optional)
2 - 3 tbsp natural yoghurt
Finely ground pepper to taste

Biona is a good brand of strong horseradish available in health food stores.

Beware of high sugar content in some brands.

Instructions

1. Finely grate horseradish root if using
2. Place all ingredients into a blender and pulse to mix. Avoid over blending
3. Add more horseradish to achieve a hotter taste
4. Add more yoghurt to make it creamier
5. For dairy free version use soya yoghurt

Stores in airtight container in fridge for 2-3 days

Smoked Mackerel Pâté		
Nutritional Information		
	Per 1 full recipe % Reference Intake RI	
Energy	1442.2 kJ / 344.5 kcal	17 %
Fat	23.8 g	34 %
Of which Saturates	5.9 g	30 %
Of which Mono-unsaturates	0 g	
Of which Poly-unsaturates	0.1 g	
Carbohydrates	9.6 g	
Of which Sugars	3.7 g	
Of which Starches	1.5 g	
Fibre	2.1 g	
Protein	22.5 g	45 %
Salt	2.4 g	39 %
Vitamin C	20.6 mg	26 %
Vitamin A	30.1 µg	4 %
Calcium	45.1 mg	6 %
Iron	0.9 mg	7 %
*Reference Intake Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs		



Healthy Snacks - Protein Power Balls

Makes 30 – 40

Preparation time 25 min

Ingredients

1 cup peanut / almond / hazelnut butter
2 1/2 cups shelled hempseeds
(or milled flaxseeds if not available)
1 tbsp carob powder
1/2 cup nuts (any combination of peanuts,
sliced almonds, chopped walnuts, chopped cashews,
toasted coconut)
1/2 cup dried fruit (raisins, sultanas, cranberries,
chopped apricots, chopped dates)

Instructions

1. Mix all the ingredients together until well combined. If mix is too dry add more nut butter. Roll into small balls and eat!

Keep dipping hands in bowl of clean water to prevent mixture from sticking

Can be rolled in finely chopped nuts and seeds

Can be frozen with greaseproof paper separating the layers for up to one month

Protein Power Balls		
Nutritional Information		
	Per 1 full recipe % Reference Intake RI	
Energy	13869.1 kJ / 3312.6 kcal	166 %
Fat	270.6 g	387 %
Of which Saturates	27.5 g	137 %
Of which Mono-unsaturates	115.5 g	
Of which Poly-unsaturates	112.3 g	
Carbohydrates	66.7 g	
Of which Sugars	48.4 g	
Of which Starches	2.9 g	
Fibre	54.4 g	
Protein	134.9 g	270 %
Salt	0.1 g	2 %
Vitamin C	0.4 mg	0 %
Vitamin A	0.7 µg	0 %
Calcium	1106.2 mg	138 %
Iron	36 mg	257 %
*Reference Intake Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs		



Healthy Snacks - Nutty Protein Balls

Ingredients

1 cup raw, whole almonds
1 cup of Medjool or soft dates
1 tbsp almond or cashew butter
3 tbsp coconut oil
3 tbsp carob or raw cacao powder
2 tsp ground cinnamon
1 tsp maple syrup

Instructions

1. Put the almonds in the food processor and blitz until crumb consistency
2. Add the rest of the ingredients and process until well combined
3. Using damp hands roll the mixture into balls and place in fridge

Nutty Protein Balls		
Nutritional Information		
	Per 1 full recipe % Reference Intake RI	
Energy	5761.4 kJ / 1376.1 kcal	69 %
Fat	114.2 g	163 %
Of which Saturates	39.3 g	197 %
Of which Mono-unsaturates	48.7 g	
Of which Poly-unsaturates	18.9 g	
Carbohydrates	51.7 g	
Of which Sugars	42.3 g	
Of which Starches	3.1 g	
Fibre	23.8 g	
Protein	31.8 g	64 %
Salt	0 g	0 %
Vitamin C	0.2 mg	0 %
Vitamin A	4.2 µg	1 %
Calcium	493.8 mg	62 %
Iron	6.3 mg	45 %
*Reference Intake Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs		



Healthy Snacks - Apricot Cashew Nut Bites

Ingredients

1 cup cashew nuts
(or pecans, walnuts or other nuts or seeds)
Pinch sea salt
1/2 cup dried apricots
1/2 cup Medjool or other soft dates (pitted)
1 large tbsp. almond butter
(or hazelnut, peanut or other nut butter)
1/2 cup shelled hemp seeds/sesame seeds
1/2 tsp cinnamon (or replace with vanilla or other spices)

Instructions

1. Place the nuts in a food processor and blend until coarsely ground
2. Add remainder of ingredients and blend until dried fruit is well chopped and mixture holds together when pressed. Add a tiny splash of water if too dry
3. Roll mixture into small balls and store in an airtight container in the fridge (will keep for up to 2 weeks) or in the freezer (will keep for up to 2 months)

Apricot Cashew Nut Bites		
Nutritional Information		
	Per 1 full recipe % Reference Intake RI	
Energy	5633.9 kJ / 1345.6 kcal	67 %
Fat	84.3 g	120 %
Of which Saturates	12.9 g	64 %
Of which Mono-unsaturates	38.2 g	
Of which Poly-unsaturates	26.4 g	
Carbohydrates	105.4 g	
Of which Sugars	75 g	
Of which Starches	32 g	
Fibre	18.8 g	
Protein	44.1 g	88 %
Salt	0.1 g	1 %
Vitamin C	1.3 mg	2 %
Vitamin A	120.7 µg	15 %
Calcium	209.8 mg	26 %
Iron	16.5 mg	118 %
*Reference Intake Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs		



Healthy Snacks - Chocolate Cranberry Bites

Preparation time 10 minutes

Ingredients

1 cup pecans or use a mix of walnuts, cashews, hazelnuts
1 1/2 tbsp raw cacao or carob powder
3/4 cup soft pitted dates
1 tsp vanilla extract
1 tbsp. ground linseeds / shelled hemp seeds
2. tbsp. dried cranberries (or quantity as desired)

Instructions

1. Blitz nuts and cacao powder in a food processor until coarsely ground
2. Add dates, vanilla extract and linseeds / hemp seeds and blend until smooth.
3. Add cranberries and pulse briefly
4. Press the mixture firmly into a plastic container and freeze for 1 hour to set. Store in the fridge (will keep for up to 2 weeks) or in the freezer (will keep for up to 2 months)

Chocolate Cranberry Bites		
Nutritional Information		
		Per 1 full recipe % Reference Intake RI
Energy	4981.4 kJ / 1189.8 kcal	59 %
Fat	92.1 g	132 %
Of which Saturates	48 g	48 %
Of which Mono-unsaturates	46.9 g	
Of which Poly-unsaturates	30.7 g	
Carbohydrates	58.6 g	
Of which Sugars	50.6 g	
Of which Starches	1.2 g	
Fibre	29.5 g	
Protein	23 g	46 %
Salt	0 g	0 %
Vitamin C	1.2 mg	1 %
Vitamin A	5.8 µg	1 %
Calcium	202.6 mg	25 %
Iron	8.1 mg	58 %
*Reference Intake Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs		



With thanks to Heather Leeson, my senior nutritionist in Ireland for this recipe

Soup Recipes - Vegetable and Lentil Soup (Recipe 1)

Serves 6

Preparation time 10 minutes, cooking time 30 minutes

Ingredients

2 tbsp olive oil
4 cloves garlic, crushed or finely grated
2 onions, finely chopped
4 carrots, chopped
2 sticks celery, chopped (optional)
2 tsp ground cumin
2 tsp ground coriander
1 tbsp fresh rosemary
1 mug red lentils
8 cups vegetable stock
Bag baby spinach, washed
Salt & pepper
1 tbsp fresh parsley (optional)
2 tbsp fresh coriander (optional)

Instructions

1. Heat a large wide saucepan, add the oil and gently sweat the onions, garlic, celery and carrots for 5 minutes
2. Add the coriander, cumin and rosemary and continue to cook gently for 2 minutes. Then add in the lentils and vegetable stock and cook for 15 minutes, until the lentils are disintegrating and the carrots are cooked
3. Add in the spinach, season well and cook for another 2 minutes
4. Blend with food processor or hand blender if desired
5. Finely chop fresh parsley and coriander if using and sprinkle on top

Vegetable and Lentil Soup		
Nutritional Information		
	Per 1 full recipe % Reference Intake RI	
Energy	5177.1 kJ / 1236.5 kcal	62 %
Fat	35 g	50 %
Of which Saturates	5 g	25 %
Of which Mono-unsaturates	21.8 g	
Of which Poly-unsaturates	6.1 g	
Carbohydrates	143.3 g	
Of which Sugars	22.4 g	
Of which Starches	105.6 g	
Fibre	45.1 g	
Protein	62.7 g	125 %
Salt	1.7 g	28 %
Vitamin C	140.8 mg	176 %
Vitamin A	3317.4 µg	415 %
Calcium	675 mg	84 %
Iron	28.6 mg	204 %
*Reference Intake Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs		



Soup Recipes - Leek and Pea Soup (Recipe 9)

Serves 4-6

Preparation time 10 minutes, cooking time 15 minutes

Ingredients

1 tbs olive oil
2 leeks, chopped, washed & well drained
1 teaspoon soft thyme leaves
1 garlic clove, finely chopped
900ml (1 1/2 pints) vegetable stock
275g frozen petit pois / peas
1 round lettuce, washed and chopped
1 tbs finely chopped mint
Ground black pepper to taste

Instructions

1. Heat the oil in a saucepan and cook the leeks with the thyme and garlic over a gentle heat, til soft but not brown about 10 minutes. Add a drop of water if necessary to prevent sticking
2. Add the stock and bring to the boil. Add the peas and the lettuce and continue cooking until the peas are tender – c. 2 minutes
3. Stir in the mint and liquidise using a hand blender
4. Season to taste with black pepper

Leek and Pea Soup		
Nutritional Information		
	Per 1 full recipe % Reference Intake RI	
Energy	2404.8 kJ / 574.4 kcal	29 %
Fat	17.7 g	25 %
Of which Saturates	2.8 g	14 %
Of which Mono-unsaturates	10 g	
Of which Poly-unsaturates	3.1 g	
Carbohydrates	58.3 g	
Of which Sugars	26.5 g	
Of which Starches	113.6 g	
Fibre	28.9 g	
Protein	24.8 g	50 %
Salt	2.6 g	43 %
Vitamin C	75.8 mg	95 %
Vitamin A	3165.3 µg	396 %
Calcium	386.8 mg	48 %
Iron	14.3 mg	102 %
*Reference Intake Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs		



Soup Recipes -

Tomato and Lentil Soup (Recipe 17)

Serves 4-6

Preparation 15 minutes, cooking time 45 minutes

Ingredients

1/2 cup dried red lentils
 2 pint of vegetable stock
 2 x 400g tins tomatoes
 2 white onions, chopped
 5 garlic cloves, crushed
 2 carrots, chopped
 1 courgette, chopped
 1/2 Butternut squash, chopped (optional)
 Flat leaf parsley and/or coriander 1 handful, chopped
 Rosemary & thyme – 1 stalk each (optional)
 1 tspn smoked paprika
 1 tsp turmeric
 1 tsp ground cumin

Instructions

1. Healthy sauté the onion in a couple of tbsp stock, add garlic, carrots, courgette and squash and sauté for few minutes on a low heat.
2. Add rest of the stock, then add lentils, rosemary, thyme, paprika, turmeric, cumin, salt and pepper and cook on a medium heat for about, half an hour, or, until lentils are fully cooked.
3. Add the tomatoes and cook for another 15 mins on a low heat. Add parsley and coriander 2 minutes before soup is ready.
4. Take out the stalks of rosemary & thyme before serving

Experiment with different herbs, whatever's available. Dried works well if you don't have fresh

Tomato and Lentil Soup		
Nutritional Information		
	Per 1 full recipe % Reference Intake RI	
Energy	3465.4 kJ / 827.7 kcal	41 %
Fat	9.6 g	14 %
Of which Saturates	2.7 g	14 %
Of which Mono-unsaturates	1.3 g	
Of which Poly-unsaturates	2.3 g	
Carbohydrates	122.2 g	
Of which Sugars	41.8 g	
Of which Starches	57.1 g	
Fibre	41.1 g	
Protein	40.3 g	81 %
Salt	8.6 g	143 %
Vitamin C	230.9 mg	289 %
Vitamin A	2429.3 µg	304 %
Calcium	589.9 mg	74 %
Iron	20.3 mg	145 %
*Reference Intake Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs		



Soup Recipes -

Spicy Carrot and Lentil Soup (Recipe 18)

Serves 6

Preparation time 10 minutes, cooking time 25 minutes

Ingredients

1/2 tbsp coconut or olive oil
 1 onion, finely chopped
 2 cloves garlic, grated / crushed
 Large piece of fresh ginger, grated
 1 red chilli, finely chopped (optional)
 1 tsp curry powder / Thai curry paste
 1 kg carrots
 1 cup red lentils
 750ml vegetable stock
 1/2 can coconut milk

Also delicious with baby spinach added in for last minute of cooking

Instructions

1. Heat saucepan. Add oil and onion and cook for 2 minutes, then add in garlic, ginger and chilli and cook for an addition 3 – 4 minutes until soft.
2. Add in the curry powder / paste and cook for another minute, then add in the carrots, lentils, stock and coconut milk.
3. Bring to the boil and simmer for 15 – 18 minutes until carrots and lentils are cooked
4. If liked use a hand blender to blend until smooth
5. Freeze leftover coconut milk for future use

Spicy Carrot & Lentil Soup		
Nutritional Information		
	Per 1 full recipe % Reference Intake RI	
Energy	4188.1 kJ / 1000.3 kcal	50 %
Fat	49 g	70 %
Of which Saturates	32.3 g	162 %
Of which Mono-unsaturates	10.2 g	
Of which Poly-unsaturates	2.6 g	
Carbohydrates	94.1 g	
Of which Sugars	53.8 g	
Of which Starches	17.7 g	
Fibre	40.3 g	
Protein	20.8 g	42 %
Salt	1.9 g	32 %
Vitamin C	70 mg	88 %
Vitamin A	8353.1 µg	1004 %
Calcium	380.6 mg	48 %
Iron	6.6 mg	47 %
*Reference Intake Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs		



Mains Recipe - Quick Tofu Casserole with Vegetables (Recipe 5)

Serves 4

Preparation time 15 minutes, cooking time 40 minutes

Ingredients

1 teaspoon olive oil
1 teaspoon cumin seeds
1 teaspoon curry powder, medium
1 medium onion(s), chopped
1 medium pepper, red, deseeded and chopped
200g parsnips cut into chunks
200g carrot sliced
400g canned tomatoes, chopped
150g regular tofu cut into chunks
450ml of hot water
200g cauliflower, broken into florets
100 green beans, halved
Soya sauce to taste

Instructions

1. Preheat the oven to Gas Mark 4/180°C/
fan oven 160°C.
2. Heat the oil in a flameproof casserole dish and add the cumin seeds. Cook for a few moments to toast them lightly. Add the curry powder, onion, pepper, parsnips, carrots, tomatoes, tofu and water. Add the soya sauce to taste. Cover and transfer to the oven to cook for 30 minutes.
3. Add the cauliflower and beans to the casserole, stirring them in. Cover and cook for a further 10 minutes.

Quick Tofu Casserole with Vegetables		
Nutritional Information		
	Per 1 full recipe % Reference Intake RI	
Energy	20805.6 kJ / 670.1 kcal	34 %
Fat	17 g	24 %
Of which Saturates	3 g	15 %
Of which Mono-unsaturates	6.5 g	
Of which Poly-unsaturates	5 g	
Carbohydrates	79.6 g	
Of which Sugars	47.4 g	
Of which Starches	17.7 g	
Fibre	37.1 g	
Protein	35.5 g	71 %
Salt	67 g	67 %
Vitamin C	365.5 mg	457 %
Vitamin A	1974.4 µg	247 %
Calcium	820.6 mg	103 %
Iron	11.9 mg	85 %
*Reference Intake Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs		



Mains Recipe - Healthy Salmon Burgers (Recipe 6)

Serves 4

Preparation time 10 minutes, cooking time 12 minutes

Ingredients

4 boneless, skinless salmon fillets, cut into chunks
1 - 2 tbsp thai red curry paste e.g. Thai Gold
Thumb-sized fresh ginger root, grated
1 clove garlic, grated or finely chopped
Handful green beans, roughly chopped
2 tsp soy sauce
Handful fresh coriander, roughly chopped
Spray vegetable oil

If you don't like spicy food use less curry paste or omit altogether.

Instructions

1. Preheat oven to 190°C
2. Put all ingredients except oil into a food processor and pulse until roughly minced
3. Shape mix into burger patties and chill for 5 minutes if time allows
4. Spray baking tray lightly with vegetable oil, place burgers on and cook for 12 minutes or until completely cooked
5. While fish is cooking prepare salad of lettuce, grated carrot, shredded white or red cabbage, sliced spring onion & cucumber. Make dressing from 3 tbsp olive oil, 1 tbsp lime juice / white wine vinegar / mirin, 1 tbsp soy sauce, pinch sugar. Use 1-2 tbsp to coat salad and serve with burgers

Healthy Salmon Burgers		
Nutritional Information		
	Per 1 full recipe % Reference Intake RI	
Energy	2073.4 kJ / 495.2 kcal	25 %
Fat	11.1 g	16 %
Of which Saturates	2.4 g	15 %
Of which Mono-unsaturates	0 g	
Of which Poly-unsaturates	0.1 g	
Carbohydrates	13.9 g	
Of which Sugars	1.5 g	
Of which Starches	2.6 g	
Fibre	1.7 g	
Protein	84 g	168 %
Salt	6.7 g	111 %
Vitamin C	1.8 mg	2 %
Vitamin A	6.8 µg	1 %
Calcium	18.4 mg	2 %
Iron	0.6 mg	4 %
*Reference Intake Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs		



Mains Recipe -

Roast Vegetable Ratatouille with Cod and Butterbeans (Recipe 7)

Serves 4

Preparation time 10 minutes, cooking time 45 minutes

Ingredients

2 onions, cut into wedges
2 red peppers, cut into chunks
2 courgettes, cut into chunks
1 small aubergine, cut into chunks
6 tomatoes, quartered
6 cloves of garlic, peeled
1 tbsp olive oil
4 cod fillets
Small handful basil leaves (optional)
1 tin butterbeans, drained

Can use any firm fish fillets for this recipe.
Or omit for vegetarians.

Instructions

1. Preheat oven to 200°C
2. Put all vegetables and garlic in a roasting tin, season and toss in olive oil.
3. Roast in oven for 25 - 30 minutes, then add in basil, cod and butterbeans and roast for a further 12 - 14 minutes, until fish and vegetables are done

Make up additional quantities of the roast vegetables to freeze or store in the fridge for 2 - 3 days. Can be added to soups, salads, frittata

Roast Vegetable Ratatouille with Cod and Butterbeans		
Nutritional Information		
	Per 1 full recipe % Reference Intake RI	
Energy	5142.7 kJ / 1228.3 kcal	61 %
Fat	22 g	31 %
Of which Saturates	3 g	15 %
Of which Mono-unsaturates	10.4 g	
Of which Poly-unsaturates	3.2 g	
Carbohydrates	107.2 g	
Of which Sugars	63 g	
Of which Starches	5.6 g	
Fibre	54.9 g	
Protein	111.4 g	223 %
Salt	4.3 g	72 %
Vitamin C	436.8 mg	546 %
Vitamin A	692.8 µg	87 %
Calcium	399.9 mg	50 %
Iron	9.9 mg	71 %
*Reference Intake Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs		



Mains Recipe -

Warm Spicy Prawn Salad with Lime Soy Dressing (Recipe 20)

Serves 2

Preparation time 10 minutes, cooking time 10 minutes

Ingredients

2 tbsp sesame seeds
1/2 tbsp olive oil
3 cloves garlic, grated
1/2 red chilli pepper (optional)
5 spring onions (scallions), sliced
2 large handfuls cooked frozen prawns, defrosted
Mixed salad leaves
1 red / yellow pepper, thinly sliced
1/2 cucumber, peeled and finely sliced

Small piece ginger, grated

Juice of 2 limes

1 tbsp soy sauce

1 tbsp sesame seed oil (optional)

150ml rapeseed / olive oil

Vary salad ingredients as you prefer

Warm Spicy Prawn Salad with Lime Soy Dressing		
Nutritional Information		
	Per 1 full recipe % Reference Intake RI	
Energy	4783 kJ / 1142.4 kcal	57 %
Fat	84.5 g	121 %
Of which Saturates	9 g	45 %
Of which Mono-unsaturates	49.8 g	
Of which Poly-unsaturates	23.2 g	
Carbohydrates	29.6 g	
Of which Sugars	12.7 g	
Of which Starches	10.5 g	
Fibre	7.9 g	
Protein	65.8 g	132 %
Salt	8.1 g	135 %
Vitamin C	266.8 mg	333 %
Vitamin A	288.6 µg	36 %
Calcium	364 mg	45 %
Iron	4.7 mg	34 %
*Reference Intake Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs		

Instructions

1. Heat stir-fry / frying pan and toast sesame seeds for 2 – 3 minutes until golden. Remove and keep to one side
2. Heat pan again and gently fry 3/4 garlic, 3/4 spring onions and all of chilli for 2 minutes
3. Add in prawns and stirfry on higher heat for another 2 – 3 minutes until warmed through
4. Place salad leaves, pepper and cucumber in bowl
5. Make dressing by mixing together remaining spring onion and garlic with lime juice, soy sauce, sesame oil and rapeseed / olive oil
6. Just before serving add prawns to salad, pour over 2 – 4 tbsp of the dressing, toss and scatter sesame seeds on top

For vegetarian version replace prawns with chickpeas, mixed beans or tofu



Mains Recipe -

Cod with Basil and Lemon Chickpeas (Recipe 21)

Serves 2

Preparation time 5 minutes, cooking time 10 minutes

Ingredients

1/2 tbsp. olive oil
2 cloves garlic, grated or crushed
1 tin chickpeas
1 unwaxed lemon, zested and juiced
3 - 4 tbsp vegetable stock
2 fillets of cod or other firm white fish
Handful fresh basil
Salt and pepper to taste

Try gurnard or pollack as a sustainable alternative to cod. For vegetarian version serve chickpeas with sautéed tofu or haloumi

Instructions

1. Heat a pan, add olive oil, chickpeas and lemon zest and cook for 2 - 3 minutes
2. Add in vegetable stock and place fish on top
3. Cover and steam for 5 - 7 minutes, depending on thickness of fish
4. Season, scatter some torn basil leaves on top and serve with some steamed green vegetables

Cod with Basil and Lemon Chickpeas		
Nutritional Information		
	Per 1 full recipe % Reference Intake RI	
Energy	3679.5 kJ / 878.8 kcal	44 %
Fat	25.3 g	36 %
Of which Saturates	2.9 g	15 %
Of which Mono-unsaturates	11.8 g	
Of which Poly-unsaturates	5.3 g	
Carbohydrates	71.3 g	
Of which Sugars	17.5 g	
Of which Starches	56.7 g	
Fibre	26.9 g	
Protein	70.9 g	142 %
Salt	2.5 g	42 %
Vitamin C	8 mg	26 %
Vitamin A	4.8 µg	1 %
Calcium	193.9 mg	24 %
Iron	4.1 mg	30 %
*Reference Intake Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs		



Mains Recipe - Asian Salmon (Recipe 23)

Serves 4

Preparation and cooking time 15 minutes

Ingredients

4 salmon fillets, sliced into 2 cm slices
4 tbsp soy or tamari sauce
2 garlic cloves, finely grated
Thumb-sized knob of ginger, grated
1/2 green chilli, finely chopped
1 tbsp rapeseed oil
200g baby spinach / shredded spinach leaves

Instructions

1. Toss the fish with the soy/tamari sauce, garlic, ginger and chilli. Heat the oil in a wok and add the fish and its marinade. Stir for couple of minutes until fish is almost cooked
2. Throw in the spinach and a splash of water and let everything simmer for 3 mins, until the greens have wilted. Spoon everything onto a plate and serve with steamed green beans or broccoli
3. Make it vegetarian - use cubes of tofu instead of the fish. You can also try leaving in the marinade for 10 minutes before cooking, to give more flavour.

Asian Salmon		
Nutritional Information		
	Per 1 full recipe % Reference Intake RI	
Energy	4233.2 kJ / 1011.1 kcal	51 %
Fat	60.2 g	86 %
Of which Saturates	7.2 g	36 %
Of which Mono-unsaturates	31.5 g	
Of which Poly-unsaturates	19.2 g	
Carbohydrates	10 g	
Of which Sugars	1.5 g	
Of which Starches	5.4 g	
Fibre	5.3 g	
Protein	106.9 g	214 %
Salt	10.3 g	171 %
Vitamin C	58.7 mg	73 %
Vitamin A	937.7 µg	117 %
Calcium	232.1 mg	29 %
Iron	6.5 mg	47 %
*Reference Intake Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs		



Mains Recipe - Seatrout in a Parcel with Steamed Vegetables (Recipe 24)

Serves 4

Preparation time 5-10 minutes, cooking time 8 minutes

Ingredients

Large fillet of seatrout into 4 pieces

1tsp fresh basil / tarragon / parsley, small knob butter

Or 1/2 tbsp. crème fraiche and a little grated garlic

Or squeeze of lemon juice, splash of olive oil and pinch dried mixed herbs

A selection of fresh vegetables -

green beans, broccoli, carrots, courgette, cabbage, kale, mange tout.

Instructions

1. Preheat oven to 180°C.
2. Divide a large fillet of seatrout into 4 pieces.
Place each piece of fish on a piece of greaseproof paper, season and add
1 tsp fresh basil / tarragon / parsley,
small knob butter
Or 1/2 tbsp. crème fraiche and a little grated garlic
Or squeeze of lemon juice, splash of olive oil and pinch dried mixed herbs
3. Seal package and bake for 8 - 12 minutes (depending on size) until cooked through
4. While fish is cooking steam some a selection of fresh vegetables - green beans, broccoli, carrots, courgette, cabbage, kale, mange tout.
Replace trout with any other fish fillets such as salmon, hake or cod

Seatrout in a Parcel with Steamed Vegetables		
Nutritional Information		
	Per 1 full recipe % Reference Intake RI	
Energy	4286.8 kJ / 1023.9 kcal	51 %
Fat	38.3 g	55 %
Of which Saturates	12.1 g	60 %
Of which Mono-unsaturates	9.4 g	
Of which Poly-unsaturates	7.1 g	
Carbohydrates	0.1 g	
Of which Sugars	0.1 g	
Of which Starches	0 g	
Fibre	0 g	
Protein	159.7 g	319 %
Salt	1.5 g	24 %
Vitamin C	0.2 mg	0 %
Vitamin A	295.1 µg	37 %
Calcium	166.8 mg	21 %
Iron	2.6 mg	19 %
*Reference Intake Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs		



Mains Recipe - Tandoori Salmon with Steamed Vegetables (Recipe 8)

Serves 4

Preparation 10 mins, cooking 10 mins

Ingredients

2 – 3 tbsp natural yoghurt
2 cloves garlic, crushed
1 lemon, juiced
1 tsp grated fresh ginger
1 tbsp tandoori or other curry paste
4 salmon fillets
Broccoli, divided into florets
Handful frozen peas per person
Bunch asparagus, trimmed

Or replace with other seasonal vegetables

Instructions

1. Preheat the oven to 180°C
2. Mix the yoghurt, garlic, lemon juice, ginger and curry paste together and spread over the salmon
If possible do this at least 20 mins before cooking (or do in morning)
3. Wrap the salmon in greaseproof paper and bake in the oven for 8 – 10 minutes
4. While salmon is baking steam the vegetables

Tandoori Salmon with Steamed Vegetables		
Nutritional Information		
	Per 1 full recipe % Reference Intake RI	
Energy	4348.2 kJ / 1038.6 kcal	52 %
Fat	55.1 g	79 %
Of which Saturates	8.2 g	41 %
Of which Mono-unsaturates	0.1 g	
Of which Poly-unsaturates	0.4 g	
Carbohydrates	33.2 g	
Of which Sugars	14.4 g	
Of which Starches	8.5 g	
Fibre	14.3 g	
Protein	92.2 g	184 %
Salt	3.3 g	55 %
Vitamin C	107.5 mg	134 %
Vitamin A	240.9 µg	30 %
Calcium	164.1 mg	21 %
Iron	6.2 mg	44 %
*Reference Intake Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs		



Mains Recipe - Spanish Fish Stew (Recipe 11)

Serves 4

Preparation 15 minutes, cooking time 35 minutes

Ingredients

1 tbsp olive oil
2 onions, finely sliced
1 red pepper, sliced into small strips
1 yellow pepper, sliced into small strips
300g sweet potato, cut into small cubes
1 tsp smoked paprika
2 garlic cloves, grated / crushed
Zest and juice of 1 lemon
1 tin chopped tomatoes
1 tsp vegetable bouillon e.g. Marigold / 1 veg stock cube e.g. Kallo
200g frozen prawns (cooked)
1 tin chickpeas, drained
600g skinless cod or other white fish fillets, cut into large chunks
Handful fresh parsley, chopped
Pack green beans

Spanish Fish Stew		
Nutritional Information		
	Per 1 full recipe % Reference Intake RI	
Energy	8156.3 kJ / 1948.1 kcal	97 %
Fat	34.6 g	49 %
Of which Saturates	5.3 g	27 %
Of which Mono-unsaturates	13.8 g	
Of which Poly-unsaturates	8.1 g	
Carbohydrates	173.8 g	
Of which Sugars	67.6 g	
Of which Starches	100 g	
Fibre	56.6 g	
Protein	197.4 g	395 %
Salt	9.9 g	166 %
Vitamin C	569.3 mg	712 %
Vitamin A	3173.1 µg	397 %
Calcium	898.7 mg	112 %
Iron	16.8 mg	120 %
*Reference Intake Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs		

Instructions

1. Heat a large frying pan or pot and add the oil, followed by the onions, peppers and sweet potato. Cover the pan and leave to sweat for about 10 minutes on a low heat
2. Add the garlic and the paprika and cook for another 2 minutes
3. Then add the lemon juice and zest, tinned tomatoes, 1/2 can water and the bouillon / stock cube, season and simmer on a low heat for 12 - 15 minutes until sweet potatoes are almost done
4. Add in the chickpeas and stir through. Then place the fish pieces on top of the stew, cover and cook for a further 4 minutes. Stir in the prawns and cook for a further 2 - 3 minutes until the fish is cooked and the prawns heated through.
5. Sprinkle with the chopped parsley
6. While the fish stew is cooking steam the green beans



Mains Recipe - Vegetable Chilli (Recipe 15)

Serves 4-6

Preparation time 10 minutes, cooking time 35 minutes

Ingredients

1 tbsp olive / rapeseed oil
1 large / 2 small onions, chopped
2 cloves garlic, crushed
1 yellow pepper, diced
1 red pepper, diced
200g mushrooms, roughly sliced
2 courgettes, diced
2 – 4 tsp Cajun spice powder
(or use 1/2 chilli powder, 1/2 ground cumin)
2 cans chopped tomatoes
1 can kidney beans, drained
1 can butter beans / mixed beans, drained
Natural yoghurt to serve

Vegetable Chilli		
Nutritional Information		
	Per 1 full recipe % Reference Intake RI	
Energy	6461.7 kJ / 1543.3 kcal	77 %
Fat	24.6 g	35 %
Of which Saturates	4.5 g	23 %
Of which Mono-unsaturates	10.4 g	
Of which Poly-unsaturates	4.2 g	
Carbohydrates	200.4 g	
Of which Sugars	75.3 g	
Of which Starches	52.2 g	
Fibre	69.1 g	
Protein	85.8 g	172 %
Salt	5.9 g	98 %
Vitamin C	529.5 mg	662 %
Vitamin A	428.2 µg	54 %
Calcium	696.9 mg	87 %
Iron	22.9 mg	164 %
*Reference Intake Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs		

Instructions

1. Heat the oil in a large pan and cook the onions and garlic for 2 minutes, then add in the peppers, mushrooms and courgettes and cook for a further 5 minutes until beginning to soften.
 2. Add in the Cajun spice and fry for a further 2 minutes, then add in tinned tomatoes and cook uncovered for 15 minutes
 3. Add in the beans and cook for an additional 10 minutes
 4. Serve with wholegrain rice potato, topped with 1/2 tbsp crème fraiche
- If you don't like spice then omit spice powder



Mains Recipe - Vegetable and Prawn Stir-fry (Recipe 13)

Serves 2

Preparation time 15 minutes, cooking time 6 minutes

Ingredients

1/4 head broccoli, chopped into florets
2 carrots, chopped into narrow pieces
1 red / orange pepper, finely chopped
Large handful beansprouts
1/4 red / white cabbage, shredded
1/2 tbsp. olive / sunflower / stirfry oil
1/2 bag frozen cooked prawns
1/2 tbsp. sesame seeds

For stir-fry sauce

2 tbsp soy sauce
1/2 tbsp sherry / rice wine (optional)
1 tsp sesame seed oil
1/2 tbsp fish sauce (nam pla) (optional)
2 cm fresh ginger, grated
2 cloves garlic, finely chopped / grated
fresh chilli, finely chopped (optional)

Vegetable and Prawn Stir-fry		
Nutritional Information		
	Per 1 full recipe % Reference Intake RI	
Energy	2889.3 kJ / 690.1 kcal	35 %
Fat	24.5 g	35 %
Of which Saturates	4 g	20 %
Of which Mono-unsaturates	13.4 g	
Of which Poly-unsaturates	5.6 g	
Carbohydrates	55 g	
Of which Sugars	41.1 g	
Of which Starches	6.6 g	
Fibre	29.6 g	
Protein	46.4 g	93 %
Salt	9.3 g	155 %
Vitamin C	483.1 mg	604 %
Vitamin A	1296 µg	162 %
Calcium	557.1 mg	70 %
Iron	6.5 mg	47 %
*Reference Intake Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs		

Instructions

1. Dry roast sesame seeds in a hot pan for 1-2 minutes until golden
2. Make up stir-fry sauce by mixing all ingredients together
3. Heat stirfry pan, add oil and stirfry broccoli, carrots & pepper on high heat for 2 minutes. Add cabbage and cook for additional minute, then add prawns, beansprouts and stirfry sauce and cook for an additional 2 – 3 minutes until prawns heated through



Mains Recipe -

Ratatouille with Feta Cheese and Mixed Beans (Recipe 12)

Serves 4

Preparation time 10 minutes, cooking time 40 minutes

Ingredients

2 onions, cut into wedges
2 red peppers, cut into chunks
2 courgettes, cut into chunks
1 small aubergine, cut into chunks
6 tomatoes, quartered
6 cloves of garlic, peeled
1 tbsp olive oil
Small handful basil leaves (optional)
1 tin mixed beans, drained
150g feta cheese

Instructions

1. Preheat oven to 200°C
2. Put all vegetables and garlic in a roasting tin, season and toss in olive oil
3. Roast in oven for 20-25 minutes, then add in basil and beans and roast for a further 10 minute
4. Finally top with crumbled feta cheese (or you can use goat's cheese or buffalo mozzarella) are replace in oven for a further 3 - 5 minutes or until the cheese has melted

Ratatouille with Feta Cheese and Mixed Beans		
Nutritional Information		
	Per 1 full recipe % Reference Intake RI	
Energy	5771.2 kJ / 1378.4 kcal	69 %
Fat	51.8 g	74 %
Of which Saturates	23.6 g	118 %
Of which Mono-unsaturates	17.1 g	
Of which Poly-unsaturates	3.7 g	
Carbohydrates	126.1 g	
Of which Sugars	69.7 g	
Of which Starches	5.6 g	
Fibre	54.5 g	
Protein	69.8 g	140 %
Salt	4.6 g	77 %
Vitamin C	436.5 mg	546 %
Vitamin A	873.1 µg	109 %
Calcium	952.5 mg	119 %
Iron	5.8 mg	42 %
*Reference Intake Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs		



Mains Recipe - Poached Salmon with Mustard Herb Sauce (Recipe 22)

Serves 2

Preparation 5 mins, cooking 6 mins

Ingredients

- 2 skinless salmon fillets
- 1 tsp peppercorns
- 2 tbsp fresh herbs e.g. tarragon, parsley, chopped
- 2 tsp wholegrain mustard
- 2 tbsp white wine vinegar or lemon juice
- 2 tbsp olive or rapeseed oil

Instructions

1. Bring a shallow pan of water to the boil, reduce to a simmer and drop in the peppercorns and salmon fillets. Cover the pan and cook for 5 – 6 minutes
2. Put all the other ingredients into a small food processor and blend until smooth. Alternatively use a hand blender
3. Remove the salmon from the poaching liquid and serve topped with the sauce and with a variety of steamed vegetables

Poached Salmon with Mustard Herb Sauce		
Nutritional Information		
	Per 1 full recipe % Reference Intake RI	
Energy	2071.1 kJ / 494.7 kcal	25 %
Fat	30.6 g	44 %
Of which Saturates	4.1 g	20 %
Of which Mono-unsaturates	21.7 g	
Of which Poly-unsaturates	3.4 g	
Carbohydrates	4.2 g	
Of which Sugars	1.3 g	
Of which Starches	0.1 g	
Fibre	1.1 g	
Protein	49.3 g	99 %
Salt	1.6 g	27 %
Vitamin C	0 mg	0 %
Vitamin A	0 µg	0 %
Calcium	34.3 mg	4 %
Iron	1.1 mg	8 %
*Reference Intake Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs		



Sauces and Dressings -

Simple Salad Dressing

Ingredients

6 tbsp olive oil
3 tbsp lemon juice / white wine vinegar
1 tsp Dijon / wholegrain mustard
1 crushed clove of garlic

Instructions

1. Place 6 tbsp olive oil, 3 tbsp lemon juice / white wine vinegar, 1 tsp Dijon / wholegrain mustard, 1 crushed clove of garlic into a jam jar. Replace lid and shake well.
Will keep in fridge for a few days.
- 1 tsp honey can be added to make dressing slightly sweeter.
1 serving = 1/2 tbsp



Sauces and Dressings -

Asian-style Salad Dressing

Preparation time 10 minutes

Ingredients

Small piece fresh ginger, grated
Juice of 2 limes
1 tbsp soy sauce
1 tbsp sesame seed oil (optional)
150ml olive oil

Instructions

1. Place ingredients in a screw top jar and shake well to mix
2. Will keep in the fridge for up to 3 days. Shake before use

Asian-style Salad Dressing		
Nutritional Information		
	Per 1 full recipe % Reference Intake RI	
Energy	2179.2 kJ / 520.5 kcal	26 %
Fat	57.4 g	82 %
Of which Saturates	8 g	40 %
Of which Mono-unsaturates	40.1 g	
Of which Poly-unsaturates	7.7 g	
Carbohydrates	3.4 g	
Of which Sugars	0.6 g	
Of which Starches	0.5 g	
Fibre	0.2 g	
Protein	0.7 g	1 %
Salt	0.8 g	14 %
Vitamin C	10.3 mg	13 %
Vitamin A	0.8 µg	0 %
Calcium	7.7 mg	1 %
Iron	0.4 mg	3 %
*Reference Intake Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs		



Sauces and Dressings-

Red Pesto

Preparation time 10 minutes

Ingredients

- 1 1/2 cups sundried tomatoes in oil
- 1/2 cup chopped almonds
- 1 1/2 cups olive oil (use oil that tomatoes were stored in)
- 1 clove garlic, crushed or grated (optional)
- 2 handfuls fresh basil
- 1 tbsp. balsamic vinegar
- 1/2 tsp cayenne pepper

Instructions

1. Blend sundried tomatoes and almonds in food processor for a minute or two
2. Then add in remaining ingredients and blend until desired consistency achieved
3. This will keep in the fridge for up to 2 weeks. Store in a jam jar or other air tight container and ensure that the pesto is covered with a thin layer of olive oil

Red Pesto		
Nutritional Information		
	Per 1 full recipe % Reference Intake RI	
Energy	7420.1 kJ / 1772.3 kcal	89 %
Fat	181.3 g	259 %
Of which Saturates	21.3 g	107 %
Of which Mono-unsaturates	119 g	
Of which Poly-unsaturates	22.3 g	
Carbohydrates	16.7 g	
Of which Sugars	11 g	
Of which Starches	1.3 g	
Fibre	16.6 g	
Protein	17.2 g	34 %
Salt	3.4 g	57 %
Vitamin C	2.6 mg	3 %
Vitamin A	32.4 µg	4 %
Calcium	196.6 mg	25 %
Iron	3.6 mg	26 %
*Reference Intake Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs		

Ways to use red pesto

1. Mix 1 tbsp. pesto with 3 tbsp. full fat natural yoghurt to make a healthy dip. Perfect for parties and for lunchboxes
2. Toss pesto through some wholegrain pasta and serve with a green salad
3. Crunchy pesto cod - mix pesto with wholemeal breadcrumbs and use to top white fish e.g. cod. Bake in oven and serve with steamed vegetables
4. Pesto pizza - spread 2 tsp. pesto on a wholegrain wrap, top with veg and mozzarella / feta and bake for 6-8 minutes
5. Use as marinade for grilled prawns or fish
6. Spread a wholegrain toasted pitta bread with 1/2 tbsp. red pesto. Fill the pitta with green salad and a little soft goat's cheese



Sauces and Dressings -

Simple Tomato and Red Pepper Sauce

You may be surprised to learn that many commercial brands of tomato sauce contain added sugar. Check the labels of the products you buy or try this simple recipe. Extra sauce can be frozen to be used later or kept in the fridge for 4 days.

Preparation and cooking time 30 minutes

Ingredients

2 tbsp. olive oil (or use the oil from the peppers)
 1 large / 2 small red onions, finely chopped
 2 cloves garlic, crushed
 2 tins organic whole plum tomatoes, sugar free
 1/2 jar roasted peppers (stored in olive oil), drained
 Salt and pepper

Instructions

1. Gently fry the onions and garlic in the olive oil over a low heat for 6 minutes or until softening
2. Add in the tomatoes and peppers and simmer uncovered over a low heat for 20 minutes
3. Blend with a stick blend and season to taste
4. For extra protein and to make a more filling sauce add a cup of red lentils with the tomatoes and peppers
5. For a more traditional Italian tomato sauce omit the peppers and add a handful of fresh basil when blending

Simple Tomato and Red Pepper Sauce		
Nutritional Information		
	Per 1 full recipe % Reference Intake RI	
Energy	1974.8 kJ / 471.7 kcal	24 %
Fat	29.4 g	42 %
Of which Saturates	4.1 g	20 %
Of which Mono-unsaturates	20.1 g	
Of which Poly-unsaturates	3.8 g	
Carbohydrates	41.3 g	
Of which Sugars	30.4 g	
Of which Starches	2.3 g	
Fibre	19.9 g	
Protein	9.9 g	20 %
Salt	3.6 g	60 %
Vitamin C	171.1 mg	214 %
Vitamin A	704.8 µg	88 %
Calcium	354.2 mg	44 %
Iron	7.6 mg	54 %
*Reference Intake Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs		

Use this sauce as a base for cooking white fish. Simply place the sauce in a pan, top with a fillet of fish, cover and simmer gently for 10 – 14 minutes or until fish is cooked.

It can also be used as a base for a soup. Just thin with 750ml water and 2 tsp. vegetable bouillon for tomato and red pepper soup.



Sauces and Dressings - Healthy Teriyaki Sauce

Preparation time 10 minutes

Ingredients

¾ cup mirin, rice wine
 1 cup soya sauce
 4 tbsp. lime juice
 3 tsp. ground ginger/thumb size piece fresh ginger, grated
 1 clove garlic, grated
 1 tbsp. sesame seeds, lightly toasted
 2 spring onions, finely sliced

Instructions

1. Place mirin, soya sauce, lime juice, ginger and garlic in a saucepan. Bring to the boil and simmer gently for 5 minutes
2. When serving, top with sesame seeds and spring onions
3. Store in the fridge for up to 3 days

Healthy Teriyaki Sauce		
Nutritional Information		
	Per 1 full recipe % Reference Intake RI	
Energy	13.7 kJ / 0.9 kcal	0 %
Fat	0 g	0 %
Of which Saturates	0 g	0 %
Of which Mono-unsaturates	0 g	
Of which Poly-unsaturates	0 g	
Carbohydrates	0.1 g	
Of which Sugars	0.1 g	
Of which Starches	0 g	
Fibre	0 g	
Protein	0.1 g	0 %
Salt	0.1 g	0 %
Vitamin C	0.1 mg	0 %
Vitamin A	0 µg	0 %
Calcium	0.3 mg	0 %
Iron	0 mg	0 %
*Reference Intake Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs		

For Teriyaki salmon, poach salmon fillets in Teriyaki sauce in covered pan over medium heat for 8 – 12 minutes, depending on thickness of fillet. Serve with stir fried vegetables and brown rice.



Sauces and Dressings - Spiced Seeds

Ingredients

1 tsp coconut oil
250g mixed seeds
(pumpkin, sunflower, sesame, linseed)
1/2 -1tsp. smoked paprika
1/2 -1tsp cinnamon
2 tsp tamari
1-2 tsp maple syrup

Instructions

1. Preheat oven to 160°C and line a baking sheet with greaseproof paper
2. Mix all ingredients together in a bowl and spread onto baking sheet. Cook for 15-20 minutes until golden. Stir once or twice during cooking
3. Allow to cool and store in an airtight container. Use as a snack or to liven up salads or scatter on top of soups
4. Try using 1 tsp mixed spice, 1 tsp cinnamon and 1/2 tsp cayenne pepper with an extra teaspoon maple syrup for a sweeter version. Or use curry powder or other spice blend for a different flavour

Spiced Seeds		
Nutritional Information		
	Per 1 full recipe % Reference Intake RI	
Energy	2166.1 kJ / 517.4 kcal	26 %
Fat	41.4 g	59 %
Of which Saturates	6.1 g	30 %
Of which Mono-unsaturates	9 g	
Of which Poly-unsaturates	23.9 g	
Carbohydrates	19.7 g	
Of which Sugars	9.7 g	
Of which Starches	7.9 g	
Fibre	7.2 g	
Protein	18.1 g	36 %
Salt	0.6 g	9 %
Vitamin C	1.2 mg	2 %
Vitamin A	77.8 µg	10 %
Calcium	74.8 mg	9 %
Iron	4.1 mg	29 %
*Reference Intake Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs		



There will be times when you want something sweet so I have included some suggestions here.

Dessert Recipes - Lemon and Coconut Pancakes

Ingredients

115g (4oz) wholewheat, barley or rye flour
2 organic eggs, beaten
200ml (7fl oz/³/₄ cup) soya milk or other non-dairy milk
30ml (2 tablespoons) olive oil
Juice of 2 lemons
Coconut milk
15ml (1 tablespoon) desiccated coconut

Instructions

1. Sift the flour into a bowl, make a well in the middle and gradually beat in the eggs, soya milk and oil, either by hand or with a mixer.
2. When smooth, leave to stand for 30 minutes.
3. Heat a small frying pan and brush with oil.
4. Drop 30ml (2 tablespoons) of the batter, swirl around and cook until bubbles rise and the underside is golden brown.
5. Toss the pancake over and cook the other side.
6. Put the lemon juice in a mixer with the coconut milk and desiccated coconut and blend.
7. Roll up each pancake with a little sauce in the middle and pour some more sauce over the top of pancake.

Lemon and Coconut Pancakes		
Nutritional Information		
	Per 1 full recipe % Reference Intake RI	
Energy	4426.5 kJ / 1057.3 kcal	53 %
Fat	61 g	87 %
Of which Saturates	124 g	124 %
Of which Mono-unsaturates	24.1 g	
Of which Poly-unsaturates	5 g	
Carbohydrates	84.7 g	
Of which Sugars	8 g	
Of which Starches	58.2 g	
Fibre	17.6 g	
Protein	31.8 g	64 %
Salt	0.3 g	5 %
Vitamin C	37.2 mg	46 %
Vitamin A	131.7 µg	16 %
Calcium	77.6 mg	10 %
Iron	4.2 mg	30 %
*Reference Intake Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs		



Dessert Recipes -

Baked Apples with Sultanas

Ingredients

- 4 eating apples
- 4 tbsp organic sultanas (no minerals or preservatives)
- 4 tsp water
- 1/2 tsp cinnamon

Instructions

1. Preheat the oven to 190°C or gas mark 5.
2. Core the apple and put in a greased small ovenproof dish.
3. In a bowl, mix the sultanas with the water and cinnamon and put 1 tbsp of the mixture in the hole in the apple
4. Bake in the oven for 40 mins or until soft.
Serve with goat, sheep, soya or plain live yogurt.

Baked Apples with Sultanas		
Nutritional Information		
	Per 1 full recipe % Reference Intake RI	
Energy	496.9 kJ / 118.7 kcal	6 %
Fat	0.3 g	0 %
Of which Saturates	0.1 g	0 %
Of which Mono-unsaturates	0 g	
Of which Poly-unsaturates	0.1 g	
Carbohydrates	26.3 g	
Of which Sugars	23.8 g	
Of which Starches	0.2 g	
Fibre	4.7 g	
Protein	0.7 g	1 %
Salt	0 g	0 %
Vitamin C	8.4 mg	10 %
Vitamin A	5 µg	1 %
Calcium	14.2 mg	2 %
Iron	0.2 mg	2 %
*Reference Intake Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs		



Dessert Recipes -

Rice Pudding

Ingredients

100g easy-cook brown rice
 1 cup of raisins (without mineral oil and preservative)
 600ml (1 pint) unsweetened soy milk, rice, oat milk
 1 tsp allspice
 1 tsp cinnamon

Instructions

1. Preheat the oven to 350°F/180c
2. Grease an oven proof dish.
3. Wash the rice and sprinkle it into the base of the dish. Add the raisins and milk and sprinkle the cinnamon and allspice evenly over the surface.
4. Cover, preferably with a glass lid then bake in the oven for 2 hours.

Rice pudding		
Nutritional Information		
	Per 1 full recipe % Reference Intake RI	
Energy	4744.4 kJ / 1133.2 kcal	57 %
Fat	9.4 g	13 %
Of which Saturates	1.8 g	9 %
Of which Mono-unsaturates	2.8 g	
Of which Poly-unsaturates	3.1 g	
Carbohydrates	232.3 g	
Of which Sugars	96.2 g	
Of which Starches	137.2 g	
Fibre	20.9 g	
Protein	24.1 g	48 %
Salt	0.8 g	13 %
Vitamin C	4.2 mg	5 %
Vitamin A	371.3 µg	46 %
Calcium	878.9 mg	110 %
Iron	8.7 mg	62 %
*Reference Intake Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs		



Dessert Recipes - Mixed Berry Fool

Ingredients

450g (1lb) mixed berries (frozen or fresh)
225g (8oz) soft tofu, chilled
Dash of vanilla extract
Soya milk, as required

Instructions

1. Reserve a few berries for decoration.
2. Put all the ingredients, except the soya milk, in a blender and process well until smooth. Add the soya milk to achieve the required thickness, (it should be like cream whipped to soft peaks).
3. Spoon the mixture into clear glasses and decorate with the berries.
Chill before serving.

Mixed Berry Fool		
Nutritional Information		
	Per 1 full recipe % Reference Intake RI	
Energy	1764.8 kJ / 421.5 kcal	21 %
Fat	7.9 g	11 %
Of which Saturates	1.2 g	6 %
Of which Mono-unsaturates	1.6 g	
Of which Poly-unsaturates	4.4 g	
Carbohydrates	54.6 g	
Of which Sugars	42.2 g	
Of which Starches	2.3 g	
Fibre	11.5 g	
Protein	22.4 g	45 %
Salt	0.4 g	6 %
Vitamin C	42.9 mg	54 %
Vitamin A	107.1 µg	13 %
Calcium	406.3 mg	51 %
Iron	4.9 mg	35 %
*Reference Intake Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs		



Dessert Recipes -

Coconut Orange Jewels

Ingredients

1 cup desiccated coconut
 1 cup walnuts
 1 cup wholemeal/spelt flour
 1/8 tsp sea salt
 1/2 cups soft dates, chopped
 1 tsp orange rind
 1/2 cup orange juice
 1/4 cup oil

Instructions

1. Preheat the oven to 350°F/180c
2. Chop walnuts until they are fine.
3. Add the coconuts, flour and salt to the walnuts.
4. Mix the wet ingredients in a blender
5. Add the wet ingredients to the dry ingredients
6. Oil a baking tray
7. Form the mixture into walnut size balls
8. Bake for 10 minutes

Tip

If the dates are hard, then heat the orange juice, pour over the dates, soak until soft and then chop them.

Coconut Orange Jewels		
Nutritional Information		
	Per 1 full recipe % Reference Intake RI	
Energy	10186.3 kJ / 2433 kcal	122 %
Fat	192.2 g	275 %
Of which Saturates	69.5 g	348 %
Of which Mono-unsaturates	50.4 g	
Of which Poly-unsaturates	62.4 g	
Carbohydrates	129.3 g	
Of which Sugars	57.9 g	
Of which Starches	65.6 g	
Fibre	37.8 g	
Protein	42.9 g	85 %
Salt	0.1 g	2 %
Vitamin C	63.5 mg	79 %
Vitamin A	17.3 µg	2 %
Calcium	190 mg	24 %
Iron	9.7 mg	69 %
*Reference Intake Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs		



Dessert Recipes -

Walnut and Lemon Bread

This can be made as a loaf or spooned into muffin cases (makes 24 muffins).

Ingredients

1/2 walnuts
 1/2 cup of apple juice
 1/4 cup of lemon juice
 1/2 cup of oil
 1/2 cup of maple syrup
 2 cups of wholemeal flour/spelt
 Grated peel of two lemons (better to get them unwaxed)
 2 tsp baking powder
 Pinch of sea salt

Instructions

1. Preheat the oven to 375°F/190c
2. Lightly roast and then chop the walnuts
3. Blend together the lemon juice, rind, apple juice, oil and maple syrup
4. In a bowl combine together the flour, baking powder and salt
5. Add the wet ingredients to the dry and mix to a smooth batter.
6. Fold in the walnuts
7. Pour into muffin cases or an oiled loaf tin.
8. Bake for 15 minutes
9. Reduce the heat to 350°F/180°C and cook for another 20 minutes.

Walnut and Lemon Bread		
Nutritional Information		
		Per 1 full recipe % Reference Intake RI
Energy	11076.3 kJ / 2643.4 kcal	132 %
Fat	152.5 g	218 %
Of which Saturates	19.5 g	98 %
Of which Mono-unsaturates	85.1 g	
Of which Poly-unsaturates	42 g	
Carbohydrates	274.9 g	
Of which Sugars	129.7 g	
Of which Starches	129.4 g	
Fibre	30.1 g	
Protein	44.4 g	89 %
Salt	0.1 g	2 %
Vitamin C	99.6 mg	124 %
Vitamin A	2.2 µg	0 %
Calcium	299.7 mg	37 %
Iron	13.7 mg	98 %
*Reference Intake Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs		



Dessert Recipes - Quinoa Pudding

Serves 4

Ingredients

2 cups water
1 cup quinoa, rinsed
2 tbsp tahini
2 tbsp maple syrup
2 eggs lightly beaten
2 cups soya milk
1 tbsp vanilla
pinch of sea salt
1/4 tbsp grated lemon zest
1/4 cup dates, chopped
1/4 cup of currants
1/4 cup of ground toasted almonds
freshly grated nutmeg

Instructions

1. Bring the water to the boil and add the quinoa. Lower heat and cook for 10 minutes or until the water is absorbed. Allow to sit for 5 minutes.
2. Preheat oven to 325°F.
3. Cream the tahini with the maple syrup.
4. Stir in the eggs, soya milk, vanilla, salt and lemon zest.
5. Add quinoa, dates, and currants and mix well.
6. Oil a casserole dish and sprinkle the bottom with 2 tablespoons of nuts.
7. Pour in quinoa mixture and top with remaining nuts and nutmeg.
8. Bake for 50 minutes or until set.

Quinoa Pudding		
Nutritional Information		
	Per 1 full recipe % Reference Intake RI	
Energy	6281.3kJ / 1500.3 kcal	75%
Fat	53.1 g	76%
Of which Saturates	8 g	40%
Of which Mono-unsaturates	13.1 g	
Of which Poly-unsaturates	15.8 g	
Carbohydrates	181.2 g	
Of which Sugars	84.3 g	
Of which Starches	90.6 g	
Fibre	22.1 g	
Protein	53.2 g	106 %
Salt	0.5 g	8 %
Vitamin C	1.8 mg	2 %
Vitamin A	159.6 µg	40 %
Calcium	543.3 mg	68 %
Iron	12.6 mg	90 %
*Reference Intake Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs		



Dessert Recipes - Tropical Ice Lollies

Preparation time 10 minutes

Ingredients

2 ripe peaches, quartered and stoned
or 1/2 ripe pineapple, cored and roughly chopped
100ml tinned unsweetened coconut milk
(chose one with at least 98% coconut)
1/2 tsp vanilla extract (with peaches)
or small knob fresh ginger, grated (with pineapple)

Instructions

1. Place ingredients in a blender until smooth
2. Pour into 4 ice lolly moulds and freeze for at least 3 hours

You can replace the peaches with 2 handfuls of berries, 1/2 small pineapple or other fruit of your choice

Tropical Ice Lollies		
Nutritional Information		
	Per 1 full recipe % Reference Intake RI	
Energy	1541.8 kJ / 368.3 kcal	18 %
Fat	3.4 g	5 %
Of which Saturates	2.1 g	10 %
Of which Mono-unsaturates	0.3 g	
Of which Poly-unsaturates	0.4 g	
Carbohydrates	78.3 g	
Of which Sugars	70.4 g	
Of which Starches	0 g	
Fibre	11.8 g	
Protein	5.2 g	10 %
Salt	0.1 g	2 %
Vitamin C	236.1 mg	2954 %
Vitamin A	62.1 µg	8 %
Calcium	76.8 mg	10 %
Iron	2.1 mg	15 %
*Reference Intake Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs		



With thanks to Heather Leeson, my senior nutritionist in Ireland for this recipe

Dessert Recipes -

Berry Frozen Yoghurt

Preparation time 5 minutes

Ingredients

300g frozen berries
4-6 tbsp natural yoghurt
1 tbsp maple syrup (optional)

Instructions

1. Place ingredients in a food processor and blend until smooth
2. Serve immediately
3. Store in the freezer for up to 2 months.

Remove from freezer 20 minutes before serving to allow to soften slightly

Berry Frozen Yoghurt		
Nutritional Information		
	Per 1 full recipe % Reference Intake RI	
Energy	274.6 kJ / 65.6 kcal	3 %
Fat	0 g	0 %
Of which Saturates	0.1 g	1 %
Of which Mono-unsaturates	0 g	
Of which Poly-unsaturates	0 g	
Carbohydrates	13.2 g	
Of which Sugars	11 g	
Of which Starches	0 g	
Fibre	1.9 g	
Protein	1.3 g	3 %
Salt	0 g	1 %
Vitamin C	7.5 mg	9 %
Vitamin A	18.8 µg	2 %
Calcium	42.9 mg	5 %
Iron	0.5 mg	3 %
*Reference Intake Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs		



With thanks to Heather Leeson, my senior nutritionist in Ireland for this recipe

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