

# HEAL

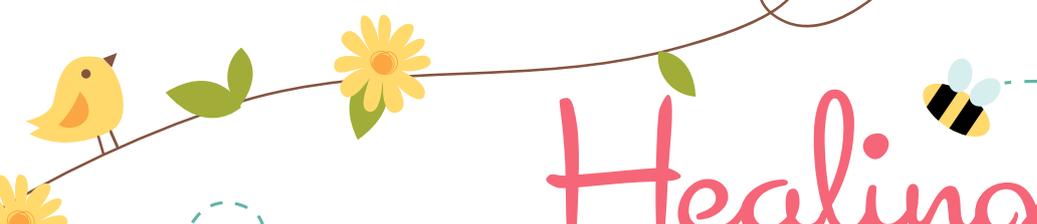
Your

# GUT

Lee Holmes

A step by step  
protocol to restore  
inner health

Includes 50 anti-inflammatory  
recipes to heal and nourish



# Healing MANIFESTO



Trust your gut  
**CHOOSE REAL FOODS**  
BUY SUSTAINABLE, ORGANIC, LOCAL

live with intention



practice  
wellness

**LAUGH  
A LOT  
MEDITATE**

appreciate life  
and others

DO WHAT  
YOU LOVE

**FEEL CONTENTMENT**



**LIVE BOLDLY**

forgive

[www.superchargedfood.com](http://www.superchargedfood.com)



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## ABOUT THIS BOOK

I wrote this book because after suffering my own health issues, I realised that finding helpful information and research was a slow and painstaking process to go through. When I was healing myself, there wasn't a lot of information that I could draw from easily and with so many conflicting and confusing messages I had no idea where to start. To eliminate the confusion I have decided to fast track all that I have learned and give to you every bit of information that I have discovered in one place, in an easily digestible format so that you can implement your own healing and enjoy your life.

This book will appeal to the growing number of people who suffer from modern day diseases that can be aggravated by diet and a poorly functioning digestive system. Whether you have an autoimmune or digestive disorder, food allergies or intolerances, conditions such as IBD, IBS, Crohn's disease, Celiac disease, leaky gut, inflammatory issues, thyroid problems, neurological disorders, obesity, diabetes, arthritis or fibromyalgia this book will provide you with information and a healing gut protocol along with anti-inflammatory recipes to really heal your gut so you can get back on track with your health. By following the protocol you'll feel more vibrant and alive and have energy to burn.

The recipes are there to heal your gut and also deliver vital nutrients, vitamins and minerals to provide energy and get your body systems functioning optimally. There's no reason to go on a starvation diet to heal yourself and lower inflammation in the body; this is a key factor to healing the gut. I'm going to show you how you can eat well with simple everyday foods which promote healing throughout your body.

“The recipes don't contain any hyper-processed food because indulging in real and nutrient rich food which is unprocessed is the best health insurance policy we have. I also include supplements that you can take during the four week protocol so that you can fast track your gut healing and supercharge your health.”





**PART 1**



*“The road to health  
is paved with good  
intestines”*

- Sherry A Rogers





# MY HEALING STORY

Six years ago I was forced to make a radical life change after being diagnosed with a non-specific autoimmune disease and fibromyalgia. In the first couple of years of my healing the pathway was not easy. I spent three months in hospital coming to terms with the illness, the crippling arthritis, I lost more than 15kgs, hives and bruises covered my body from head to toe and I had brain fog, hair loss and extreme fatigue. There were many days where I simply couldn't raise the energy to get out of bed.



During my time in hospital I was given a cocktail of drugs, everything from immuno-suppressants and antibiotics to steroids, anti-cancer drugs and anti-inflammatories, this was all in an effort to try and get the inflammation in my body under control. The big problem I had was that the drugs I was given made me feel worse, I was nauseous, tired, blurry and foggy.

It was during my time spent in hospital that I wondered if it could be diet related and whether if I healed my gut and gave my system a chance to recover then I would be able to regain my energy and health. It was then I began the process of healing my body. I was on a very restricted diet when I first got sick because my body reacted to everything I ate and I started developing allergies and intolerances. So I began by including lots of liquid foods in my diet because I figured they are easy to digest and I would be able to better absorb the nutrients. This process took about four weeks and it really gave my digestive system a chance to heal and recover.





# INSIDE YOUR GUT

To begin my expedition into healing my autoimmune disease naturally I had to do a lot of research on the gut and how it affects your health. Your gut is not just your belly or your waist line; it's the gateway to the health of your brain and immune system. 2000 years ago Hippocrates, an ancient Greek physician of the Age of Pericles said "All disease begins in the gut". It seems now more than ever that we should listen to this advice and look at where many of our health issues stem from; the gut.



“Hippocrates was known as the father of medicine. But modern day medicine has drastically swayed from this concept; focusing on treatments rather than causes.”

Whilst Hippocrates' message has been devastatingly overlooked, current research is beginning to point to the truth and depth of this simple idea. In fact, many researchers are beginning to state that the support of gut health, and restoring the integrity of the gut barrier will be one of the most important goals of medicine in the 21st century.



# GUT FLORA

Did you know that your body is made up of around 100 trillion living organisms? Although you can't see them, you have a smorgasbord of bacteria on, and in your body. They outnumber your own cells ten to one. They live in your hair, on your skin, inside your nose, your mouth; everywhere! But the largest concentrations of these teeny tiny bacterial entities live in your gut.

The world within your gut involves a multifaceted, interconnected, interdependent relationship between living organisms called micro flora. Micro flora is the complex, diverse microorganism species that live in your digestive tract. These organisms are also referred to as gut flora and are most easily understood as fitting into the categories of either 'good bacteria' or 'bad bacteria'.

'Good' or 'friendly' bacteria complete a multitude of tasks within your body, but some of the common responsibilities of these friendly microbes include working to regulate the gut by neutralizing some of the toxic by-products of your digestion, preventing the growth of harmful, pathogenic bacteria, controlling metabolism, reducing harmful substances such as carcinogens and toxins, gleaning and absorbing energy, nutrients and fatty acids from the foods you eat, producing hormones, training the immune system and communicating to your brain.

'Bad bacteria' are microbes capable of causing disease in the body by producing infection and increasing cancer risks. Research has found that the presence of particular harmful bacteria in mice led to overeating, metabolic damage and insulin resistance; highlighting a possible connection to obesity and weight disorders.

Researchers are finding out more and more about the important role of gut flora in achieving overall health. It has been found that dysregulated gut flora is linked to the development of a range of illnesses from autism and depression, to autoimmune conditions such as Hashimoto's, inflammatory bowel disease and type 1 diabetes.

“A healthy gut flora balance should include approximately eighty five percent good bacteria to around fifteen percent bad bacteria.”

However the modern diet that is high in sugar, carbohydrates, preservatives and additives is the perfect breeding ground for promoting an overgrowth of bad bacteria that will kill off your healthy gut flora very quickly. For a list of common additives click [here](#). Other causes of this imbalance include the intake of modern medicines such as antibiotics, or drinking tap water; which contains chemicals such as fluoride and chlorine that also kill off your good bacteria. If you suffer from acne, low energy, digestive problems, or low immunity; chances are that you have an imbalance in your gut flora that needs to be rectified.





# CANDIDA AND THE GUT

An imbalance in your gut flora can lead to an overgrowth of candida or yeast. Candida (*Candida albicans*) is a fungus, which is a form of yeast that lives naturally within the human body which aids with digestion and nutrient absorption. When it is out of balance Candida organism's levels of existence are kept in check by the good bacteria in your body but if there is an imbalance of bacteria candida can become destructive and can break down the wall of the intestine and penetrate into your bloodstream, releasing toxic by-products into your body and causing a raft of symptoms. If you have an autoimmune problem there's a good chance that you have an imbalance of flora in your gut and an overgrowth of yeast (candida) in your body.

## Ten common candida symptoms

1. Chronic fatigue, lethargy, brain fog
2. Muscle and joint pain and fibromyalgia
3. Skin and nail fungal infections athlete's foot or toenail fungus
4. Oral and vaginal thrush, urinary tract infections, rectal itching or vaginal itching
5. Irritable bowel syndrome and digestive disturbances such as bloating, gas, constipation, or diarrhea, new sensitivities to foods eaten regularly
6. Autoimmune diseases such as Hashimoto's thyroiditis, Rheumatoid arthritis, Ulcerative colitis, Lupus, Psoriasis, Scleroderma or Multiple sclerosis
7. Inability to concentrate, disorientation, poor memory, lack of focus, ADD, ADHD and headaches
8. Skin and allergy problems such as sinusitis, itching, hay fever, eczema, psoriasis, hives, rashes and recurrent colds or tonsillitis
9. Heart palpitations, irritability, mood swings, anxiety, or Depression
10. Sugar and refined carbohydrate cravings, sensitivities to chemicals and perfumes, alcohol intolerance, increased susceptibility to the side effects of medications



# SIMPLE YEAST TEST

Here's a simple test that you can do to see whether yeast has overgrown in your body. The test takes 15 minutes and all you need is a glass of water and your saliva.

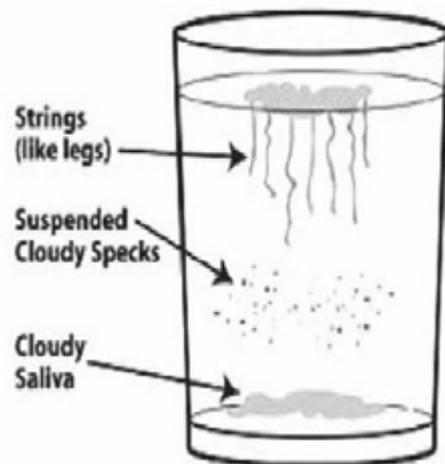
## Here's how to do it:

First thing in the morning place water into a glass and spit into it within thirty minutes of waking up. Make sure you do it first thing before you rinse, spit or eat or drink anything. It takes fifteen minutes for a result.

A normal result will show that your saliva will float on the surface, but if the glass is cloudy and your saliva sinks to the bottom of the glass like sediment, you may be seeing colonies of yeast. Also if the saliva on top has tiny strings that start to hang down that may look like jelly fish, or you see specks of yeast floating in the middle of the glass then this could also show you have too much yeast in your system.

This is a quick test that you can do at home but if you are worried it is always best to visit your local integrative medical practitioner who will be able to take swabs, samples, blood tests, stool tests or urine tests to check for yeast overgrowth.

## SALIVA TEST













The close connection between stress-related psychiatric symptoms such as anxiety and gastrointestinal disorders like irritable bowel disease provide further proof of the gut-brain axis exists. The impact of poor gut health on the functioning of the brain has been scientifically linked to a range of illnesses including ADHD, autism, chronic fatigue, OCD, Tourette syndrome, and anxiety and depression. The power of gut health is without a doubt paramount in the state of your mind and once I started paying attention to my gut, the anxiety and depression dissipated.

Research continues to link the state of the gut to many of the modern day illnesses people are facing. It seems that Hippocrates was right all along. And the key to maintaining the health of the gut can be found in another of Hippocrates wise statements:

“Let food be thy medicine, and  
medicine be thy food”





Did you know that the wheat you are consuming today has a completely different biological structure to the wheat consumed forty years ago? In the 1970's the old wheat grain known as Einkorn wheat was hybridized for the purpose of solving some of the world's hunger problems. The new genetically altered wheat grain was called Triticum Aestivum. It contains three times the chromosomal count of the original Einkorn grain and as a result formed a completely different plant.

This modern wheat produces ten times the yield of the old Einkorn grain. Sadly, this new form of wheat has made its way into western agriculture and is the most prevalent form of wheat we have today. It provides manufacturers with the greatest yield at the lowest price. Unlike the Einkorn grain it cannot grow in the wild. It requires domestication, intervention and fertilization by humans to grow and survive. This modern day wheat has been internally and structurally changed. Our bodies aren't used to this change, and due to its mass consumption, it explains the dramatic spike in autoimmune conditions in the last few decades. Autoimmune diseases are the second biggest killer in the Western world today.

Because wheat dominates the diet of so many people, gluten in all forms should be restricted in order to heal and repair the gut. Gluten cannot be easily digested; therefore it gradually deteriorates the gut lining causing leaky gut. When gluten leaks through the gut it can disrupt organ function, cause skin problems including fatigue, a foggy brain and feelings of anxiety and depression which is exactly what happened in my case. Many parents of children with autism have noticed a marked improvement in behaviour when taking their children off all forms of gluten.

### Foods that contain gluten and wheat include:

- ▶ Confectionary (almost all forms)
- ▶ Packaged foods and breakfast cereals
- ▶ Beer
- ▶ Salami and cured meats
- ▶ Breakfast cereals
- ▶ Muesli bars and muesli
- ▶ Lipstick and cosmetic products
- ▶ Vinegar and soy sauce
- ▶ Instant meals, frozen foods
- ▶ Most breads
- ▶ Baby food
- ▶ Salad dressings
- ▶ Sausages
- ▶ Packaged chips and crackers





**PART 2**

# HEALING AND TREATMENT PROTOCOL





# THE FOUR PHASES

Now that you understand the gut connections to other systems within the body it's a good time to get practical with how you can heal your own gut and bring about optimal health.

There are four phases to healing the gut and improving your health so let's get straight into it.

They are;

## PHASE 1

Heal your intestinal walls by giving your digestive system a rest and avoid foods which will irritate your gut. Reduce all heavy and hard to digest foods. For a four week period introduce an anti-inflammatory elemental diet and one that supplies your body with key nutrients using smoothies, juices, soups, stocks, mashes, sorbets and nutritional powders and supplements.

## PHASE 2

Detox your body. Aid the detoxification of your body by oil pulling, Epsom salts baths, dry body brushing and gentle movement. Gradually include a natural antibiotic/anti-fungal to kill off yeasts and bacteria, this needs to be done very slowly. Cleanse and sweep out the digestive system and support the liver whilst detoxing.

## PHASE 3

Introduce a healthy diet. Repopulate your gut with healthy flora and foods which promote healthy bacteria. Digestive enzymes can be used to assist the body to break down food so that symptoms are minimised.

## PHASE 4

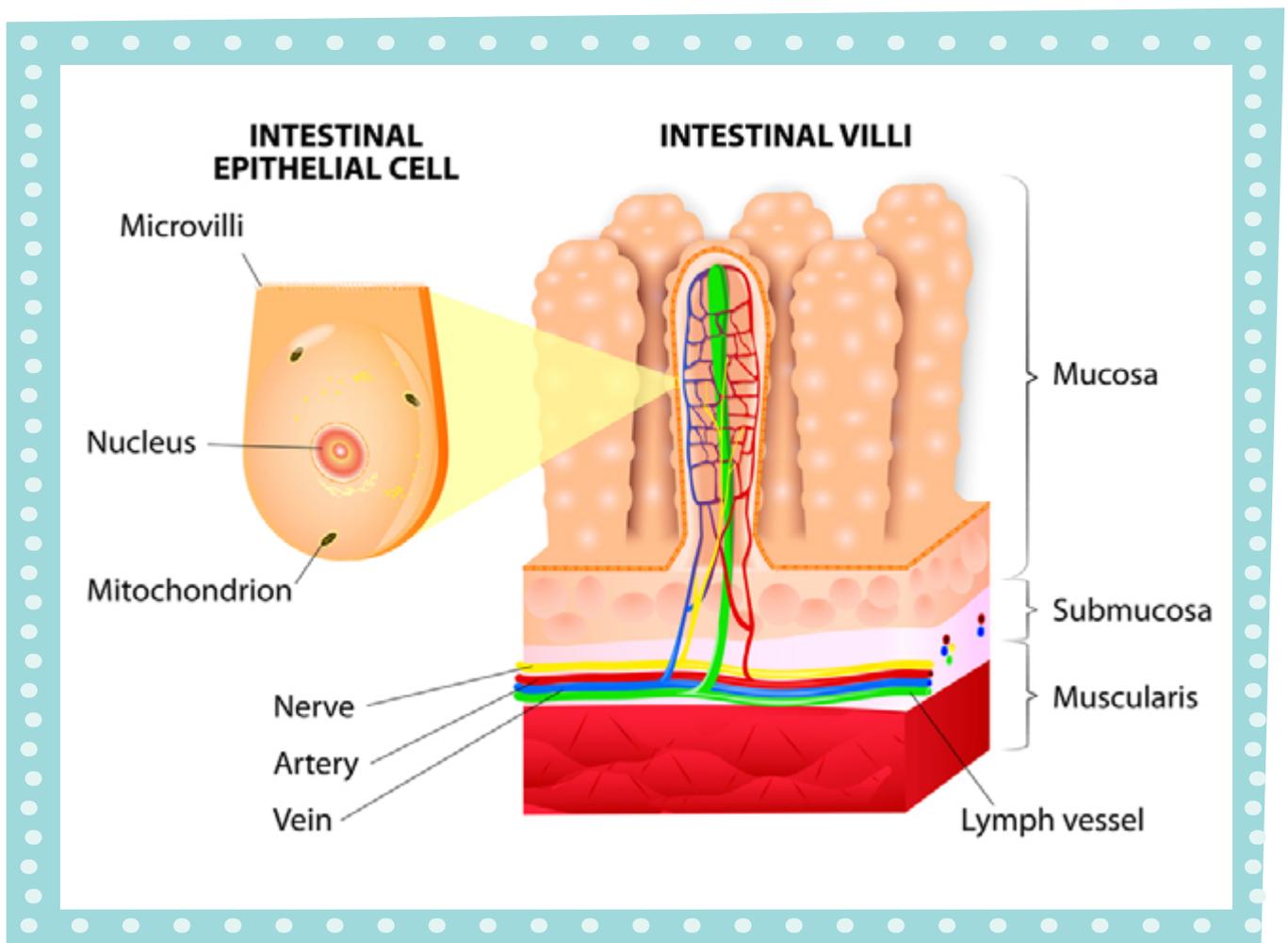
Detox your life, resolve and outstanding emotional issues, learn to love and nurture yourself and develop an attitude of gratitude.

Let's break down each phase and look at it in more detail. The first and most important phase of achieving a healthy gut is to heal the intestinal walls and create an environment where bad bacteria, yeasts and candida cannot survive or dominate. The following plan will rectify any permeable holes that may be leaking undigested food into your bloodstream, and create a strong 'net' that will be a safe home for your micro flora.



The gut wall acts as the gate keeper to decide what stays in, and what stays out; so it needs to be healed and healthy. Fortunately, the surface microvilli in the small intestine are highly regenerative. If given a total rest from everything that irritates and inflames them, they can recover fully in a matter of weeks. I noticed a dramatic increase in my overall health once the health of my gut was restored. It's really important to make changes in your own time and listen to your body and what it is trying to tell you.

Try not to force anything if it doesn't feel right. This book is just a guide for you to create your own healing plan. Don't beat yourself up if you fall off the wagon, it's completely natural to do that from time to time and to give in to cravings. Just take each day as it comes, allow your body the time and space to heal and don't be too hard on yourself.







When your symptoms have abated and your gut flora is once again in balance, you can re-introduce some of these foods into your diet again following the 80/20 rule which is to eat well 80 percent of the time and allow yourself 20% wiggle room.



## FOODS TO INCLUDE

To give your digestive system time to recover and heal itself, you'll need to consume all the following foods in liquid form for four weeks; whether it is fed through a juicer or whizzed up in a blender, mashed or squished.

Think freshly squeezed vegetable juices, soothing soups, nutrient packed smoothies, healing broths and slurpable sorbets. You'll find lots of healing recipes in the next chapter of the book and if you're confused or suffering from brain fog there's a weekly meal planner that you can follow along to inspire you with ideas over the four week period.



- ◆ Load up on non-starchy vegetables like artichokes, asparagus, broccoli, Brussels sprouts, cabbage, green beans, fennel, cauliflower, turnips, radishes, celery, cucumber, eggplant, onions, avocados, zucchini and squash. You can make them into warming delicious healing soups.
- ◆ Green vegetables will be your best friend during these four weeks. They're low in sugar, highly detoxifying, nutrient dense and energy boosting. So pack dark leafy greens like rocket, spinach and kale into your juices and smoothies. A bit of lemon or lime will take off any bitter edge.
- ◆ For fruits, stick to lemons and limes and the occasional serving of berries only.





**Snacks:** Soothing mint and ginger tea, homemade bone broth, homemade vegetable broth, green smoothies blended with coconut water or coconut milk. Avocados and a spoon full of coconut oil blended into a smoothie will make it creamy and filling.

**Lunch or dinner:** Thai coconut, hearty lamb, vegetable korma or any other soup made from sautéed, steamed or roasted vegetables, combined with herbs, spices and Celtic/Himalayan sea salt. Blend with bone broth, vegetable broth or filtered water. For a creamier soup blend with coconut milk.



## TIPS FOR JUICING

Juicing and making smoothies is a big part of the four week protocol, especially at breakfast time or afternoon tea when you feel like an easy snack. Let's face it, who wants to gnaw their way through a kale salad first thing in the morning anyway!



“Blending your vegetables makes mornings more convenient and a great way to give your belly a rest and boost incoming nutrients bioavailability.”



# WEEKLY MEAL PLANNER

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
After rising	Lemon and Garlic anti-viral 	Lemon and Garlic anti-viral	Aromatic Curry Leaf Tissane	Lemon and Garlic anti-viral 	Lemon and Garlic anti-viral	Basic Chicken Broth	Anti-inflammatory tea 
Breakfast	Blueberry smoothie 	Edible Smoothie	Purple Power 	Lee's Green Juice	Avocado Lassi 	Yellow squash mash	Basic Bone Broth
Mid-Morning	Curative coffee 	Dandy chai latte 	Curative coffee	Glass of egg milk 	Dandy chai latte	Chai egg milk	Curative coffee 
Lunch	Broccoli, Kale and Mint Soup	Hearty Lamb Soup Cumin shot	Watercress Soup	Creamy Mushroom Soup 	Superfood Soup	Avocado Soup 	Anti-inflammatory cauliflower
Dinner	French onion soup	Vegetable soup 	Savoury smashed root vegetables	Celery and leek soup 	Sage mashed cauliflower and mushy peas Cumin digestive aid	Thai coconut soup	Broccoli mash and yellow squash 
Dessert	Vanilla ice cream 	Custard	Coconut water with frozen blueberries blended	Tapioca pudding 	Raspberry gelato	Baked blueberry custard ramekin	Chai Custard







## HOW TO DO OIL PULLING

To oil pull, simply place one tablespoon of extra virgin cold pressed coconut oil into your mouth upon rising. It's best done on an empty stomach and before any liquids have been consumed. Swish the oil around the mouth for ten to twenty minutes, before spitting out.

Never swallow the oil as it will be full of toxins. You'll need to thoroughly brush your teeth afterwards to remove any excess oil. It is best to buy a specific toothbrush for oil pulling, and wash it thoroughly to prevent bad bacteria building up on the toothbrush. A 3% hydrogen peroxide solution will be effective at doing this.

Including this simple ritual into your day will provide other benefits for you including whiter teeth, clearer skin, healthier gums, fresh breath, clearer sinuses, for women regulated menstrual cycles, an improved lymphatic system, better sleep and increased energy. It's a brilliant, simple practice that will provide immense health benefits. It's well worth the swish!



### Supercharged Tip

Adding a couple of drops of oregano oil to your coconut oil will increase the bad-bug killing of your oil pulling regime. Oregano oil is a potent anti-fungal and anti-bacterial.

Make time for yourself to have an Epsom salts bath at least twice a week. When you have a bath with Epsom salts, the magnesium sulphate is absorbed through the skin, and draws toxins from the body. It also sedates the nervous system to relax you completely, reduces swelling, relaxes muscles, relieves muscular aches and pains and is also a natural emollient and exfoliator.



## HOW TO MAKE AN EPSOM SALTS BATH

The best way to make an Epsom salt bath is to add two standard cups of Epsom salts to a warm bath whilst the water is running. Once the bath is at the right level and temperature for you, climb in slowly and let your body soak for 15-20 minutes. Epsom salts can be used for a variety of beauty purposes too click [here](#) to find out more.



### Supercharged Tip

As Epsom salt soaks up excess oil from hair it can be added to your favourite shampoo when your hair is extra oily. Add about a quarter of a cup while you are shampooing. When it comes time for conditioning pour lemon juice through the hair for a natural rinse.

Salt water flushes and enemas can aid in detoxification. Read more about them on my website [here](#).



## NATURAL ANTIBIOTICS AND ANTI-MICROBIALS

Now it's time to cleanse and sweep out the digestive system and support the liver whilst detoxing. As discussed in the [candida and gut](#) section of the book, there are a number of supplements such as garlic, oil of oregano, black walnut, burdock root, goldenseal, olive leaf extract, grapefruit seed extract and pau d'arco that are used as natural options and have varying levels of anti-viral, anti-yeast, anti-fungal and anti-parasitic action.

Here is a breakdown of what each supplement does:

### Oil of oregano

The health benefits of Oil of Oregano are derived mostly from carvacrol and thymol, two powerful phenols that have the ability to kill harmful microbes in the body. It's a powerful anti-oxidant with anti-inflammatory properties. It's also anti-bacterial, anti-viral, anti-fungal and anti-parasitic. See study [here](#). Also effective in killing staphylococcus bacteria. Good for short term use. Very strong tasting.

### Burdock root

Helps to eliminate heavy metals from the body. The plant is anti-bacterial, anti-fungal and carminative. It has soothing, mucilaginous properties. Can be taken as a supplement or as a tea. Note that Burdock has been associated with poisonings because some products have been contaminated with root of belladonna or deadly nightshade. These herbs contain a poisonous chemical called atropine.























**PART 3**

# DETOX YOUR LIFE













I have personally scrapped every possible toxin from my beauty regime, including my everyday lotions and potions. These days, the only products I use on my skin are avocado and coconut oil or products from the [Nourished Life](#) store which is full of handpicked non-toxic products.

“Once you’ve re stocked your makeup bag and bathroom with safe, organic products, you will notice an improvement in your overall health, which in turn, will improve the way you look, especially in the long term.”

Never let yourself be fooled by the large claims of the cosmetic industry. There is no doubt that beauty comes primarily from within. It’s a huge misconception to think that layering ingredients on the outside of our bodies will make us beautiful. If you heal your gut and feed your body with a range of colourful, antioxidant rich, chemical free foods, and healthy fats, you’ll have yourself a one way ticket to a healthy, thriving colony of bacteria that will manifest in natural, glowing gorgeousness.







# SHOPPING LIST



Here is your everyday shopping list for the four week protocol and beyond.

Remember to consume food as close to its natural state as possible as it's much easier on the digestive system. If you have trouble finding ingredients click through the links in the shopping list to find them in the [Supercharged Food Co-op](#).

## Vegetables

- Asian Greens
- Asparagus
- Avocado
- Beetroot
- Bok Choy
- Broccoli
- Brussels Sprouts
- Butternut Pumpkin
- Cabbage
- Capsicum
- Carrots
- Cauliflower
- Celeriac
- Celery
- Cherry Tomatoes
- Chillies
- Cress
- Cucumber
- Daikon
- Eggplant
- Fennel
- Garlic
- Green Beans
- Kale
- Lettuce Greens
- Mushrooms
- Olives
- Onions
- Parsnips
- Peas
- Pumpkin
- Rocket
- Rutabaga
- Shallot
- Silverbeet
- Snow Peas
- Sweet Potatoes
- Squash
- Spinach leaves
- Spring Onion
- Sprouts (all)
- Swiss Chard
- Sweet Potatoes
- Tomatoes
- Turnip
- Water Cress
- Zucchini

## Eggs Organic

- Eggs

## Dairy (Full Fat)

- Organic Butter

## Meat

- Beef
- Lamb
- Pork
- Turkey
- Quail
- Bacon/ham (sugar and nitrate free)
- Chicken
- Duck
- Organ Meats
- Veal
- Seafood
- Fresh Fish
- Anchovies
- Prawns
- Squid
- Tuna
- Salmon wild caught
- Sardines
- Shellfish
- Sashimi
- Oysters
- Scallops
- Sea Vegetables

## Fats & Oils

- Extra Virgin Olive Oil (cold pressed)
- Coconut Oil (extra virgin)
- Seed & Nut Oils
- Sesame Oil
- Butter

- Ghee
- Flaxseed Oil
- Macadamia/Walnut Oil

## Seeds Nuts and Nut Butters

- Hazelnut
- Chia
- Brazil
- Macadamia
- Pecan
- Walnut
- Almond
- Pumpkin Seeds
- Chia Seeds
- Flaxseeds
- Sesame Seeds
- Sunflower seeds
- Pepitas
- Poppy seeds
- Pinenuts
- Almond slithers
- Tahini
- Sprouted Cereal
- Activated Nuts

## Grains, Flours and Baking

- Almond Flour
- Coconut Flour
- Tapioca Flour
- Hazelnut Flour
- Arrowroot Flour
- Arrowroot Powder
- Buckwheat Flour
- Buckwheat groats and pasta

- Brown Rice Flour
- Brown Rice
- White Rice
- Quinoa
- Quinoa Flakes
- Buckwheat
- Creamy Buckwheat
- Granola
- Millet
- Amaranth
- Gluten Free Self-Raising Flour
- Golden Flaxmeal
- Baking Powder (gluten and additive free)
- Bi Carb of Soda
- Desiccated coconut
- Brown Rice Puffs
- Cacao Powder
- Cacao Nibs
- Cacao Butter
- Coconut Flakes
- Coconut Butter
- Alcohol Free Vanilla Essence
- Vanilla Beans
- Crackers

### Fresh Herbs/Spices

- Basil
- Chives
- Mint
- Rosemary
- Oregano
- Cardamom
- Coriander
- Curry Leaf

- Parsley
- Sage
- Thyme
- Turmeric
- Curry Spices
- Dill
- Cumin seeds and powder
- Ginger, Nutmeg
- Cinnamon

### Condiments and Sweeteners

- Celtic Sea Salt
- Fresh Black Pepper
- Wheat Free Tamari Sauce
- Apple Cider Vinegar
- Stevia drops
- Stevia Powder
- Xylitol
- Vegetable stock (sugar and additive free)
- Tomato Paste
- Coconut Aminos
- Coconut nectar
- Dijon mustard
- Dulse flakes
- Nutritional Yeast Flakes
- Brown Rice Crackers
- Coconut Milk

### Milks and drinks

- Decaf Coffee/Tea
- Herbal Teas/Tisanes
- Dandelion Tea
- Mineral/Soda Water
- Young coconuts
- Coconut Water



**PART 4**

# HEALING RECIPES



### Smoothies and juices

1. [Supercharged shake](#)
2. [Cleanse and renew](#)
3. [Cumin Digestive Aid](#)
4. [Lemon and garlic anti-viral](#)
5. [Blueberry smoothie](#)
6. [Lee's green juice](#)
7. [Avocado lassi](#)
8. [Ginger mocktail](#)
9. [Purple power](#)
10. [Edible smoothie](#)
11. [Electrolyte balancer](#)
12. [Almond milk](#)
13. [Coconut kefir](#)
14. [Egg Milk](#)

### Coffees, Teas and Tisanes

15. [Anti-Inflammatory tea](#)
16. [Aromatic curry leaf tisane](#)
17. [Turmeric tea](#)
18. [Soothing mint and ginger](#)
19. [Dandy chai latte](#)
20. [Curative coffee](#)

### Bone broths

21. [Basic chicken broth](#)
22. [Beef broth](#)
23. [Lamb broth](#)

### Soups

24. [Pea and lamb](#)
25. [Anti-inflammatory cauliflower](#)
26. [Vegetable](#)
27. [Avocado](#)
28. [Turnip and cauliflower](#)
29. [Zucchini](#)

30. [Lettuce and coconut](#)
31. [Thai coconut](#)
32. [Super green](#)
33. [Celery and leek](#)
34. [Summer herb](#)
35. [Vegetable korma](#)
36. [Immune boosting garlic](#)
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### Easy to digest bowls and fermented

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# SMOOTHIES AND JUICES





# SUPERCHARGED SHAKE

SERVES 1

## Ingredients

- ▶ 250 ml or 1 cup almond milk
- ▶ 1 organic egg (optional)
- ▶ 600 mg calcium citrate powder
- ▶ 600 mg magnesium citrate powder
- ▶ 1 teaspoon dairy-free probiotic powder ([phase 3](#))
- ▶ 1 teaspoon vitamin C powder with bioflavonoids

## Method

Place all the ingredients in a blender and blend until smooth. Pour into a tall glass



# CLEANSE AND RENEW

SERVES 1

## Ingredients

- ▶ 1 TBS [Heal Your Gut Powder](#)
- ▶ 1/2 large ripe avocado, peeled and pitted
- ▶ 1 bunch English spinach, leaves only
- ▶ 1 small cucumber
- ▶ 2 sticks celery
- ▶ 250 ml or 1 cup coconut water
- ▶ 125 ml or 1/2 cup almond milk

## Method

Place all the ingredients in a powerful blender and whizz until smooth and creamy





# LEMON AND GARLIC ANTI-VIRAL



SERVES 2

## Ingredients

- ▶ 2 TBS lemon juice
- ▶ 2 tsp crushed garlic
- ▶ 5 cm (2 inch) knob of fresh ginger peeled and grated
- ▶ 2 TBS apple cider vinegar
- ▶ 500 ml (17 fl oz/2 cups) filtered water
- ▶ liquid stevia or stevia powder, to taste

## Method

Place the lemon juice, garlic, ginger and vinegar in a teapot

Bring the water to a rapid boil, then carefully pour it into the teapot, put the lid on and leave to steep for a few minutes

Add stevia to taste

Strain into mugs and enjoy immediately



# BLUEBERRY SMOOTHIE



SERVES 2

## Ingredients

- ▶ 375 ml or 1 1/2 cups almond milk
- ▶ 125 ml or 1/2 cup coconut milk
- ▶ 80 g 1/2 cup fresh or frozen blueberries
- ▶ 1 tsp finely grated lemon zest
- ▶ 1 TBS lemon juice
- ▶ 1/4 tsp liquid stevia or stevia powder
- ▶ 5 ice cubes
- ▶ coconut flakes, to serve

## Method

Place all the ingredients in a blender and blend until smooth

Pour into two tall glasses and serve with a sprinkling of coconut flakes





# LEE'S GREEN JUICE



SERVES 1

## Ingredients

- ▶ 1 bunch (about 350 g/12 oz) English spinach
- ▶ 1 handful mint
- ▶ 1 handful parsley
- ▶ 1 TBS lemon juice
- ▶ 1 Lebanese (short) cucumber, cut in half lengthways
- ▶ a few lettuce leaves
- ▶ 4 celery stalks
- ▶ 2-3 cm (3/4-1 1/4 inch) knob of fresh ginger, peeled
- ▶ 6 ice cubes



## Method

With the motor running, feed all the ingredients except the ice cubes into a juicer one at a time

Pour into a drinking glass, add the ice cubes and sip slowly to enjoy its benefits



# AVOCADO LASSI



SERVES 1

## Ingredients

- ▶ One small ripe avocado
- ▶ 1 cup ice cubes or crushed ice
- ▶ 1/4 cup coconut water
- ▶ 1/4 cup coconut milk
- ▶ Stevia to taste

## Method

Scoop avocado flesh into the blender and add remaining ingredients. Pulse, then blend until smooth

If needed, adjust the sweetness with stevia, and adjust the thickness with more coconut milk. Pour into a glass





# PURPLE POWER SMOOTHIE



SERVES 2

## Ingredients

- ▶ 1 cucumber
- ▶ 1/4 head of small purple cabbage
- ▶ 1/2 cup of frozen blueberries
- ▶ 1/2 cup spinach leaves
- ▶ 4 celery sticks
- ▶ 1 1/2 cups coconut water

## Method

Place all ingredients into a powerful blender and enjoy recovering with a friend



# EDIBLE SMOOTHIE



SERVES 1

## Ingredients

- ▶ 3/4 cup almond milk
- ▶ 1/2 cup mixed frozen berries
- ▶ 1 TBS lemon juice
- ▶ 1 TBS almond butter
- ▶ 1 tsp pure vanilla extract no alcohol
- ▶ zest from 1 small lemon
- ▶ pinch stevia powder (optional)

## Method

Place ingredients in glass jar overnight and place in fridge. In the morning pour ingredients into blender and process until completely smooth



# ELECTROLYTE BALANCER



SERVES 1

*This electrolyte balancing drink which will keep your body functioning well and keep you hydrated.*

## Ingredients

- ▶ Juice of half a lemon
- ▶ 1 tsp Celtic sea salt
- ▶ 1 cup warm water

## Method

Squeeze the juice into glass of warm water and add sea salt. Drink twice a day. Preferably upon rising and before meals



# COCONUT KEFIR



SERVES 2

*You will need a sterilised glass jar, blender, strainer, cheesecloth, elastic band, wooden spoon. (Avoid using metal and store in glass jar)*

## Ingredients

- ▶ 2 probiotic capsules or powder (dairy free)
- ▶ 1 1/2 cups coconut water or if you are using young coconuts you'll need about three (the coconut water should be room temperature)

## Method

If using coconuts, open coconuts and strain water into glass jar then add probiotic capsules and stir with a wooden spoon

Cover jar with cheesecloth and elastic band and place in cool dry dark place for 24-48 hours until ready, it should be ready when the water turns from clear to cloudy white and there is no sweetness

Add stevia to taste if you need to once it is prepared



# ALMOND MILK



**MAKES 550 ML**  
(19 FL OZ/2 1/2 CUPS)

## Ingredients

- ▶ 750 ml (26 fl oz/3 cups) filtered water, boiled, then cooled slightly
- ▶ 160 g (5 3/4 oz/1 cup) blanched or soaked almonds
- ▶ liquid stevia or stevia powder, to taste

## Method

Put the water and almonds in a blender and whirl until smooth

Place a fine sieve over a jug and pour in the almond milk, reserving the almond pulp left in the sieve

Sweeten the almond milk with stevia to taste

Transfer the liquid to a sterilised milk bottle, then cover and keep refrigerated



**Note:** you can make more almond milk by adding the almond pulp to the blender with more water (this can be done up to three times). The almond pulp will keep in a sealed container in the fridge for up to 3 days.

# COFFEES, TEAS AND TISSANES





# ANTI- INFLAMMATORY TEA



SERVES 1

## Ingredients

- ▶ 1 decaf teabag
- ▶ 60 ml (2fl oz/1/4 cup) boiling water
- ▶ 250 ml (9fl oz/1 cup) almond milk
- ▶ 1/2 tsp ground cloves
- ▶ 1/4 tsp ground cardamom
- ▶ 1/2 tsp ground turmeric
- ▶ 1/4 tsp ground cinnamon
- ▶ 1/4 tsp freshly grated ginger
- ▶ 6 drops stevia liquid

## Method

Steep the teabag in a mug of boiling water for 10 minutes

Heat the almond milk in a small saucepan over medium heat for 2-3 minutes and stir in the spices

Remove from the heat and pour into the mug with the tea

Add stevia and enjoy warm



# SOOTHING MINT AND GINGER



SERVES 2

## Ingredients

- ▶ 2.5 cm (1 inch) knob of fresh ginger, peeled and sliced
- ▶ 1 handful mint leaves
- ▶ 625 ml (21 1/2 fl oz/2 1/2 cups) boiling filtered water
- ▶ liquid stevia or stevia powder, to taste

## Method

Put the ginger in a freshly warmed teapot and add the mint

Carefully pour the water into the teapot, put the lid on and leave to steep for 5 minutes

Add stevia to taste

Drink warm, or chilled with ice cubes



# AROMATIC CURRY LEAF TISSANE



SERVES 1

Curry leaf tea is a South Indian natural remedy used for centuries to cleanse and treat the digestive system. The smell and taste of fresh curry leaves stimulates salivary secretions which release the secretion of digestive juices. To control indigestion and flatulence, add a spoonful of dried and ground curry leaves, and ginger in warm water.

Curry leaves can be purchased from your local Asian grocery store.

## Ingredients

- ▶ 1 cup warm water
- ▶ squeeze of half a lime
- ▶ 12 curry leaves (one sprig) (crushed with your hands to release the oil)
- ▶ stevia to taste
- ▶ 1 tsp grated ginger (optional)

## Method

Place leaves into tea pot

Pour in water

Add squeezed lime

Add stevia to taste

Let infuse for 5-10 minutes

Strain into a cup and enjoy



## Supercharged Tip

Nurture a small potted curry leaf plant at home. Curry plants are easy to maintain all they require is regular watering. Besides a bunch of medicinal benefits, the curry leaf plant has an added advantage of repelling insects and ensuring a fresh aroma in the house.





## TURMERIC TEA



SERVES 1

### Ingredients

- ▶ 250 ml (9fl) almond or rice milk
- ▶ 2 tsp ground turmeric
- ▶ 1 tsp finely grated ginger
- ▶ 6 drops stevia liquid

### Method

Add the almond milk to small saucepan and heat gently until it reaches room temperature

Add the turmeric and ginger to a mug

Pour a small amount of warm milk into the mug and stir to create a liquid paste, ensuring there are no lumps

Add the remaining milk and sweeten with stevia



## CURATIVE COFFEE



SERVES 1

### Ingredients

- ▶ 1 cup decaf Swiss water processed coffee made with hot water and then cooled slightly
- ▶ 2 tsp raw butter (omit if intolerant to dairy)
- ▶ 2 TBS extra virgin coconut oil

### Method

Place all ingredients in a blender and whizz for 30 seconds until it becomes a latte. Pour into a mug and sip slowly



# DANDY CHAI LATTE



SERVES 2

## Ingredients

- ▶ 3 cardamom pods
- ▶ 1 star anise
- ▶ 4 cloves
- ▶ 500 ml (17 fl oz/2 cups) almond milk
- ▶ 5 drops liquid stevia
- ▶ 2 dandelion tea bags (lactose free)
- ▶ 5 cm (2 inch) knob of fresh ginger, peeled and thinly sliced
- ▶ 1 cinnamon stick
- ▶ a pinch of grated nutmeg

## Method

Crush the cardamom, star anise and cloves lightly with the back of a spoon

Place in a saucepan and add the almond milk and stevia

Bring to the boil, reduce the heat to low and simmer for 5 minutes

Remove the saucepan from the heat and add the tea bags, ginger and cinnamon

Stir gently

Cover the pan and let the chai steep for 3 minutes

Strain, then allow to cool slightly

If you have a hand-held milk frother, now is the time to get frothing

Pour the chai into your favourite mug, sprinkle a little nutmeg on top and slowly sip

# BONE BROTH









## Ingredients

- ▶ Lamb Marrow bones work well for this broth, use 1 kilo
- ▶ 2 carrots
- ▶ 2 celery sticks
- ▶ 3 garlic cloves
- ▶ 1 onion peeled and quartered
- ▶ 1 bay leaf
- ▶ 2 TBS of apple cider vinegar
- ▶ Sea salt and freshly cracked black pepper to taste

## Method

Preheat oven to 200 degrees Celsius, melt some coconut oil in a casserole dish, place bones in dish and place in oven for about 30 minutes until browned. Remove and cool

Place bones in a large stock pot on stove top, cover with water and add remaining ingredients. Bring to moderate simmer then reduce temperature to its lowest setting. Simmer for 12-24 hours

Strain, let cool, and then refrigerate. You'll notice a layer of fat on the top once it has solidified

## ..... Supercharged Tip .....

Homemade Broth can be used as the liquid in making soups, stews, gravies, sauces, and reductions. It can also be used to sauté or roast vegetables or you can enjoy it straight from the bowl! Store in sealed glass jars in fridge or freezer or ice cube trays.



# SOUPS





# PEA AND LAMB



SERVES 3-4

## Ingredients

- ▶ 1 head garlic (corm)
- ▶ 3 TBS extra virgin olive oil
- ▶ 1 brown onion diced
- ▶ 3 sprigs thyme leaves only
- ▶ 300 gm lamb fillets or back strap cut thinly
- ▶ 1 litre beef stock
- ▶ 500g fresh shelled or frozen peas
- ▶ 1 TBS apple cider vinegar
- ▶ Celtic sea salt and freshly cracked black pepper
- ▶ Handful of parsley (reserve some for serving)

## Method

Heat oven to 200 degrees Celsius

Slice 1/4 inch off top of garlic bulb to expose cloves and place in oven for in a baking tray, drizzle with a little olive oil and roast for 30 -35 mins

In a soup pot place 2 TBS olive oil and onion and thyme leaves cook for about 5 mins

Add lamb and brown for a few minutes, stirring

Add stock, peas, apple cider vinegar and season then bring to boil, turn heat to low and add parsley and simmer with lid half on for a further 5 mins, or 15 mins for a stronger flavour

Ladle soup into food processor or blender

Take garlic from oven, squeeze out cloves and add to blender and blend until smooth

Serve with a sprinkle of fresh parsley and a drizzle of EV Olive Oil



# ANTI-INFLAMMATORY CAULIFLOWER



SERVES 4

## Ingredients

- ▶ 1 large head of cauliflower roughly chopped
- ▶ 1 TBS coconut oil
- ▶ 1/2 cup coconut milk
- ▶ 1 onion, chopped
- ▶ 3 garlic cloves minced
- ▶ 2 tsp finely chopped ginger
- ▶ 2 tsp turmeric
- ▶ 2 tsp curry powder
- ▶ 2 tsp cumin
- ▶ 2 cups vegetable stock
- ▶ Celtic Salt to taste
- ▶ Freshly ground pepper
- ▶ Chopped coriander or spring onion for garnish



## Method

Over a medium heat in a soup pan melt coconut oil and fry onion until browned

Add garlic, ginger, curry powder, turmeric, cumin and stir until fragrant about a minute

Add the cauliflower, vegetable stock, coconut milk and sea salt and bring to a boil

Reduce heat, cover and simmer 30 minutes

Soup can be blended in batches for a smoother consistency

Garnish with black pepper and fresh coriander or sliced spring onion



# VEGETABLE



SERVES 6-8

## Ingredients

- ▶ 2 TBS coconut oil
- ▶ 1 onion, diced
- ▶ 2 garlic cloves, crushed
- ▶ 3 celery stalks, diced
- ▶ 140 g (5 oz) sugar-free tomato paste (concentrated purée)
- ▶ 400 g (14 oz) tin chopped tomatoes (sugar and additive free)
- ▶ 150 g (5 1/2 oz) green beans, topped, tailed and cut into 3-4 cm (1 1/4-1 1/2 inch) lengths
- ▶ 1/4 cabbage, coarsely shredded
- ▶ 1/2 cauliflower, roughly chopped
- ▶ 2 zucchini (courgettes), diced
- ▶ 1 red capsicum (pepper), diced
- ▶ 1 green capsicum (pepper), diced
- ▶ 1 bunch kale or 1/2 bunch silverbeet
- ▶ (Swiss chard), stalks trimmed and leaves coarsely shredded
- ▶ 1 litre (35 fl oz/4 cups) additive-free vegetable stock or filtered water
- ▶ 1 handful herbs, such as parsley, thyme, rosemary and basil, chopped

## Method

Heat the coconut oil in a large heavy-based saucepan and lightly brown the onion, garlic and celery over medium heat for about 5 minutes. Stir in the tomato paste and chopped tomatoes and cook for a minute or two

Add the beans, cabbage, cauliflower, zucchini, capsicums and kale, and cook for 1-2 minutes more

Add the stock or water and, if necessary pour in enough extra filtered water to cover the vegetables

Bring to the boil, reduce the heat and simmer for 1 hour

If you prefer a smoother soup, transfer to a blender or use a hand-held blender and whiz until the desired texture is reached

Serve hot, sprinkled with the herbs





# AVOCADO SOUP MEXICAN STYLE



SERVES 4

## Ingredients

- ▶ 2 avocados, ripe, pitted, peeled, and mashed
- ▶ 2 TBS EV olive oil
- ▶ 1 brown onion, chopped
- ▶ 3-4 cups homemade vegetable stock
- ▶ 1/2 cup almond milk
- ▶ 1 lemon freshly squeezed
- ▶ 1 TBS lemon rind
- ▶ 1 tsp. paprika
- ▶ 1/2 tsp. ground cumin
- ▶ Pinch cayenne pepper
- ▶ 1 garlic clove, crushed
- ▶ Celtic sea salt
- ▶ Freshly ground pepper to taste
- ▶ Lime quarters to garnish



## Method

Sauté onions in olive oil until browned

Place all ingredients in a food processor and blend until combined

Place in bowl and chill until served



# TURNIP AND CAULIFLOWER



SERVES 4

## Ingredients

- ▶ 2 TBS olive oil
- ▶ 1 head cauliflower
- ▶ 2 small round turnips, chopped
- ▶ 1 large onion, chopped
- ▶ 2 garlic cloves crushed
- ▶ 3 sticks celery chopped
- ▶ 1 TBS fresh ginger, crushed and sliced into 2 or 3 chunks
- ▶ 2 TBS nutritional yeast flakes
- ▶ Handful of continental parsley
- ▶ 1 1/2 tsp ocean sea salt
- ▶ 1/4 tsp cracked pepper
- ▶ 3 cups homemade or no additive chicken broth or filtered water



## Method

Warm oil in a large pan and add onions, celery and garlic

Sauté over medium heat and stir until well coated with the oil then add cauliflower and turnip and cook for 10 mins

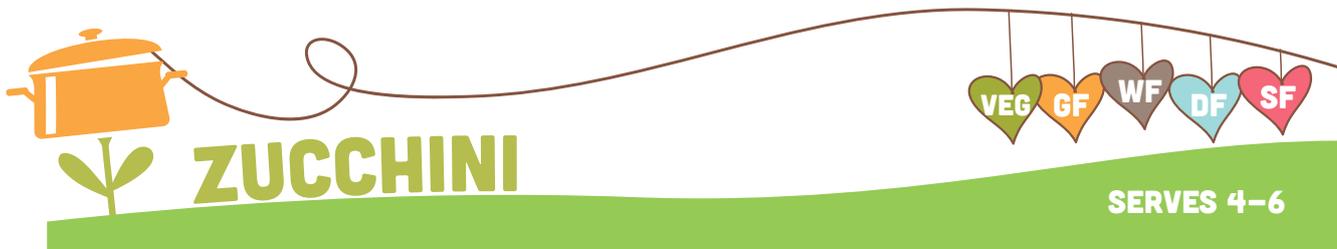
Add ginger, ocean sea salt and pepper, yeast flakes, parsley and stir well

Add chicken stock and bring to boil stirring a couple of times

Reduce heat and cover, cooking for 20 minutes

Transfer to blender, or use a hand-held blender, and puree

Return to the pan if it needs warming up



## Ingredients

- ▶ 1 TBS coconut oil
- ▶ 1 brown onion chopped
- ▶ 1 tsp minced garlic
- ▶ 2 tsp turmeric powder
- ▶ 1/2 teaspoon Celtic sea salt
- ▶ Pinch of freshly cracked black pepper
- ▶ 1 kg zucchini, trimmed and chopped
- ▶ 3 1/2 cups beef or chicken broth
- ▶ 1/2 cup organic coconut milk
- ▶ 1 tsp apple cider vinegar

## Method

In a medium saucepan heat the oil over medium-high heat

Add onion and garlic and cook, stirring, until soft, about 3 minutes

Add turmeric and season, stirring for about 30 seconds

Now place in zucchini, reduce to medium heat, and cook, until soft, 5 to 6 minutes

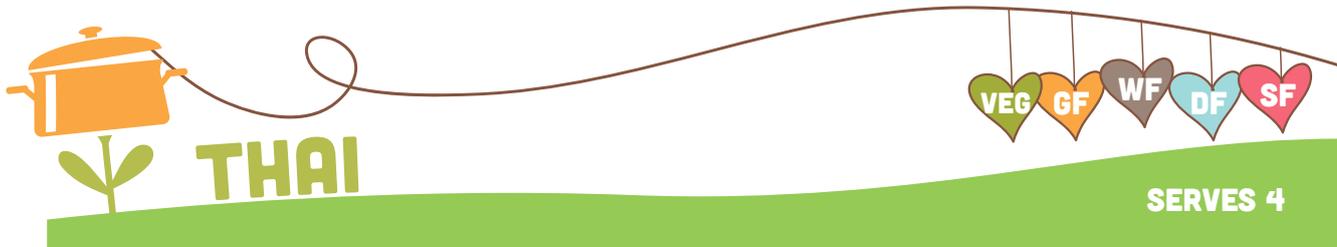
Add stock and bring to a boil

Reduce the heat and simmer for about 20 minutes until zucchini is tender

Remove from heat and blend

Return to saucepan and add coconut milk





## Ingredients

- ▶ 3 cups vegetable stock
- ▶ 3" piece of galangal (grated)
- ▶ 2 stalk lemongrass, cut into 2" pieces
- ▶ 3-4 kaffir lime leaves, torn
- ▶ 4 spring onions, sliced
- ▶ 7 drops liquid stevia
- ▶ 1 can coconut milk
- ▶ 3-4 red chillies, chopped fine
- ▶ 1 TBS apple cider vinegar
- ▶ 2 TBS wheat free tamari
- ▶ 2 carrots sliced
- ▶ 1 red capsicum sliced
- ▶ 1 cup mushrooms, quartered
- ▶ 3 TBS lime juice
- ▶ Zest of one lime
- ▶ 4 TBS coriander

## Method

In a stock pot bring vegetable stock to the boil add galangal, lemongrass, kaffir lime leaves, spring onion and stevia and bring it to the boil and then simmer 5 minutes

Add next five ingredients and cook for another 10 minutes until soft add capsicum and mushroom and continue cooking for five minutes on a medium heat

Remove the pot from heat and add lime juice and zest

Blend until smooth

Ladle into bowls and garnish with coriander



# SUPER GREEN



SERVES 2-3

## Ingredients

- ▶ 1 TBS EV Olive Oil
- ▶ 1 onion chopped
- ▶ 1 leek chopped
- ▶ 3 garlic cloves
- ▶ 2 sticks celery sliced
- ▶ 2 broccoli bunches chopped
- ▶ 1 bunch kale chopped
- ▶ 2 cups vegetable stock
- ▶ 1 can coconut milk (no additives)
- ▶ Pinch Celtic sea salt
- ▶ freshly ground pepper to taste
- ▶ 2 TBS Lemon and nutritional yeast flakes to serve



## Method

Heat olive oil in a heavy based pan and brown onions, leek and garlic and add celery

Add broccoli and kale and stir fry for 5 mins

Pour in stock and coconut milk

Bring to boil and then simmer for 15-20 mins

Transfer to blender and blend until smooth

Return to pan to heat

Season to taste

Stir in 2 TBS Lemon and sprinkle on nutritional yeast flakes to serve





## Ingredients

- ▶ 2 TBS coconut oil
- ▶ 1 medium brown onion
- ▶ 3 garlic cloves crushed
- ▶ 1/2 cauliflower chopped into florets
- ▶ 4 cups vegetable stock
- ▶ 1 tin coconut milk
- ▶ 2 cups fresh herbs such as basil, parsley, sage, chives, dill, tarragon, finely chopped
- ▶ 4 sprigs fresh thyme
- ▶ 1/4 cup watercress roughly chopped
- ▶ 1 cup chopped spinach
- ▶ 1 TBS lemon juice
- ▶ Celtic sea salt
- ▶ freshly ground pepper
- ▶ Pinch of nutmeg

## Method

In a heavy based pan, melt coconut oil and sauté onions until translucent, then add garlic and cook until soft

Add cauliflower florets and sauté until browned

Add vegetable stock and heat, add coconut milk and simmer for a few minutes

Add the chopped herbs, spinach and lemon juice

Partially cover and simmer on very low heat for 10 minutes. Be careful not to boil

Season and add nutmeg

blend down in a blender to refine further





# IMMUNE BOOSTING GARLIC



SERVES 3

*Roasting the garlic first will provide a mellow, sweet flavor*

## Ingredients

- ▶ 3 garlic heads, whole, unpeeled
- ▶ 2 TBS extra virgin olive oil
- ▶ 2 TBS unsalted butter
- ▶ 1 large brown onion, finely chopped
- ▶ 1 litre (35 fl oz/4 cups) home-made vegetable or chicken stock
- ▶ 1/2 tsp turmeric
- ▶ 1/2 tsp ground cumin
- ▶ 3 TBS apple cider vinegar
- ▶ 1 tsp Celtic sea salt
- ▶ freshly cracked black pepper
- ▶ 1 teaspoon dried mixed herbs, oregano,
- ▶ thyme and sage (optional)
- ▶ 60 ml (2 fl oz/1/4 cup) additive-free coconut milk (optional)

## Method

Preheat the oven to 175°C (345°F/Gas 3-4)

Cut the top off each garlic head, place on a baking tray and drizzle with 2 tablespoons olive oil

Transfer to the oven and cook for 45 minutes. Remove and cool

Once cooled, squeeze the garlic cloves out of the skin into a small bowl

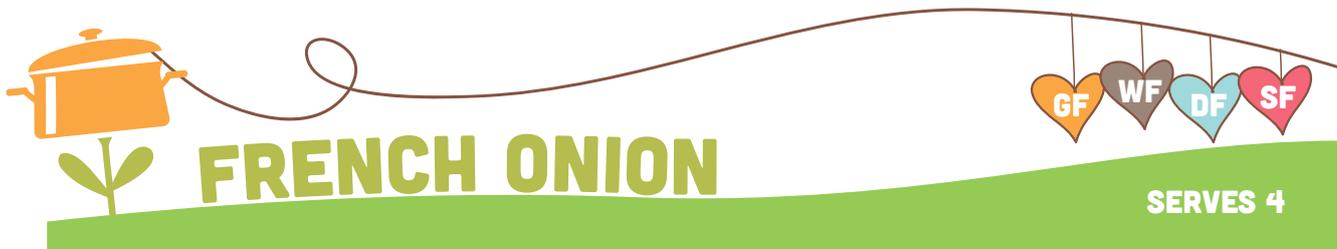
Transfer to a food processor and whizz for a few seconds. Set aside

Meanwhile, heat the butter in a large saucepan over medium heat

Add the onions and sauté for 10-15 minutes, or until translucent

Stir in the chicken stock, turmeric, cumin, apple cider vinegar, blended garlic, salt, pepper and herbs (if using) and bring to the boil. Reduce the heat to medium low, cover and cook for 30 minutes. Serve hot

**Note:** If you would like a creamier soup, stir in the coconut milk just before serving, and heat through.



*Onions have significant health benefits, reducing cholesterol and attacking bacteria that cause infection.*

### Ingredients

- ▶ 2 TBS olive oil
- ▶ 8 brown onions, thinly sliced
- ▶ 3 garlic cloves, finely chopped
- ▶ 2 litres (70 fl oz/8 cups) Homemade Chicken Stock or beef stock, or filtered water
- ▶ 1 handful fresh chives, chopped, to serve

### Method

Heat the olive oil in a large heavy-based saucepan over medium heat and brown the onions and garlic for about 8–10 minutes

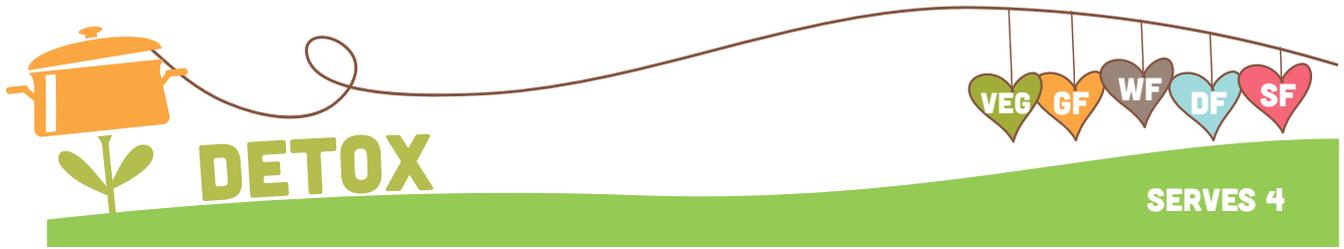
Add the stock or water, cover and bring to the boil

Simmer for about 30 minutes

Add sea salt and freshly ground black pepper to taste

Ladle into wide bowls and serve topped with chopped chives





## Ingredients

- ▶ 1 TBS coconut oil
- ▶ 1 brown onion chopped
- ▶ 1 leek, sliced
- ▶ 2 cloves garlic chopped
- ▶ 750 ml homemade stock of choice
- ▶ 500 g assorted green vegetables broccoli, spinach, zucchini, celery
- ▶ small bunch parsley, chopped
- ▶ 1 tbs lemon zest
- ▶ 2 TBS apple cider vinegar
- ▶ 2 tsp freshly grated ginger
- ▶ 1 bunch fresh chopped coriander
- ▶ 1/4 tsp ground black pepper

## Method

In a heavy bottomed pan, sauté onion, leeks and garlic in coconut oil

Add all vegetables and stock and bring to the boil then reduce to a simmer

Add remaining ingredients and cook for 15 mins







# BROCCOLI, KALE AND MINT SOUP



SERVES 3-4

## Ingredients

- ▶ 1 TBS EV Olive Oil
- ▶ 1 onion chopped
- ▶ 3 garlic cloves
- ▶ 2 broccoli bunches chopped
- ▶ 1 bunch kale chopped
- ▶ 1 leek chopped
- ▶ 2 sticks celery sliced
- ▶ 1 can coconut milk
- ▶ 2 cups vegetable stock
- ▶ 2 TBS Lemon
- ▶ Nutritional yeast flakes to serve



## Method

In olive oil brown onions, leek and garlic and add celery  
Add broccoli and kale and stir fry for 5 mins  
Pour in stock and coconut milk  
Bring to boil and then simmer for 15 mins  
Transfer to blender and blend until smooth  
Return to pan to heat  
Season to taste  
Stir in 2 TBS lemon and sprinkle nutritional yeast flakes to serve



# WATERCRESS LEEK AND COCONUT SOUP



SERVES 3

## Ingredients

- ▶ 1 brown onion diced
- ▶ 1 garlic clove crushed
- ▶ 1 leek, washed dried and finely sliced
- ▶ 1 medium round turnip diced
- ▶ 1 TBS extra virgin coconut oil
- ▶ 85 g watercress rinsed
- ▶ 1 can coconut milk 270 ml (no additives)
- ▶ 1 1/2 cups vegetable stock
- ▶ Pinch Celtic sea Salt
- ▶ Freshly cracked black pepper



## Method

Melt coconut oil and sauté onion and garlic until transparent

Add turnip, watercress, leek, coconut milk and stock

Bring to boil, cover and simmer for 20 minutes

Blend in a processor

Season to taste and reheat if needed



## Ingredients

- ▶ 1 TBS extra virgin olive oil
- ▶ 1 brown onion, finely diced
- ▶ 2 garlic cloves, finely chopped
- ▶ 2 large carrots, diced
- ▶ 1 TBS chopped rosemary
- ▶ 1 tsp Celtic sea salt
- ▶ Freshly cracked black pepper
- ▶ 750g fresh white capped mushrooms sliced
- ▶ 1.2 litres vegetable stock
- ▶ 2 TBS wheat free tamari
- ▶ 1 TBS apple cider vinegar
- ▶ 2 TBS tomato purée
- ▶ 2 TBS nutritional yeast flakes

## Method

In a heavy bottomed pan place olive oil and add the onion, garlic, carrots, rosemary, seasonings and sauté until cooked through

Add mushrooms and cook for five minutes

Now add stock, wheat free tamari, apple cider vinegar and tomato purée,

Cook for 15-20 mins

Serve in bowls



**EASY  
TO DIGEST  
MEALS**





# SAGE MASHED CAULIFLOWER



SERVES 2

## Ingredients

- ▶ 3 cups cauliflower florets
- ▶ 1 tbs fresh sage leaves roughly chopped
- ▶ 1 TBS almond butter
- ▶ 1 tsp salt
- ▶ 1/2 tsp black pepper
- ▶ pinch of nutmeg

## Method

Over a pan of boiling water place cauliflower florets in a steamer bowl and steam until soft

Remove from heat and combine all ingredients in a food processor and pulse until completely mashed together but not runny

Transfer to a bowl



# YELLOW SQUASH



SERVES 1

## Ingredients

- ▶ 130 g (4 1/2 oz/1 cup) diced yellow button (patty pan) squash
- ▶ 1 TBS organic butter if tolerated
- ▶ 1 tsp lemon juice
- ▶ liquid stevia, to taste

## Method

Steam the squash until just tender. Transfer to a blender or food processor and add the butter, lemon juice and a pinch of sea salt. Blend until smooth, then add a drop or two of stevia, to taste

Spoon the sauce into a serving bowl, or into a covered container if not using it straight away. It will keep in the fridge for 2 days



## MUSHY PEAS



SERVES 4

### Ingredients

- ▶ 2 TBS extra virgin olive oil
- ▶ 1 onion, chopped
- ▶ 2 garlic cloves, sliced
- ▶ 500 g (1 lb 2 oz) frozen peas
- ▶ 2 TBS chopped mint, to garnish
- ▶ 1 TBS nutritional yeast flakes

### Method

Heat half the olive oil in a small frying pan over medium-low heat and fry the onion and garlic until browned, about 4-5 minutes

Heat the remaining olive oil in a large saucepan over medium heat and cook the peas for 5 minutes, stirring occasionally

Stir in the onion mixture and reduce the heat to low, then cover and cook for 10 minutes. Mash gently with a fork

Scatter, mint and yeast flakes over the top and serve



## BROCCOLI MASH



SERVES 3-4

### Ingredients

- ▶ 2 broccoli stalks
- ▶ 3-4 cloves garlic
- ▶ 1 onion
- ▶ 2 TBS butter
- ▶ Celtic Sea Salt
- ▶ Freshly cracked black pepper

### Method

Boil broccoli in a pan of water until al dente then set aside

In a heavy bottomed pan heat butter and sauté onion and garlic

Place all ingredients into a blender and blend until smooth



# SMASHED ZUCCHINI WITH GARLIC AND MINT



SERVES 4

## Ingredients

- ▶ 4 large zucchini, cut into 3-inch lengths
- ▶ 3 TBS extra-virgin olive oil
- ▶ 1 brown onion chopped
- ▶ 4 garlic cloves, crushed
- ▶ 2 TBS mint roughly chopped
- ▶ Celtic Sea Salt and freshly ground pepper

## Method

Steam zucchini until soft, drain water and mash with a masher

In a heavy bottomed pan sauté onions until translucent then add garlic and cook for a minute or two

Add mashed zucchini and mint, and season to taste

Cook for 5 minutes and spoon into bowls





# DESSERTS











# BAKED BLUEBERRY CUSTARD RAMEKINS



SERVES 6

## Ingredients

- ▶ 400mls coconut milk
- ▶ 4 egg yolks
- ▶ 1 tsp vanilla extract no alcohol
- ▶ 1/3 cup blueberries

## Method

Pre-heat the oven to 140°C

Warm coconut milk in a pan over a medium heat

Whisk egg yolks to ribbon stage then slowly add them to the coconut milk

Add vanilla extract and stevia stir

Divide blueberries between ramekin dishes and pour egg mixture in

Place ramekins in a dish and fill with enough boiling water to submerge the bottom halves of the ramekins

Bake in the oven for 30-35 minutes, or until the custards wobble when shaken gently

Let cool then place in refrigerator until ready to serve



# RASPBERRY GELATO



SERVES 3

## Ingredients

- ▶ 195 g (6<sup>3</sup>/<sub>4</sub> oz/1<sup>1</sup>/<sub>4</sub> cups) cashews
- ▶ 2 tsp alcohol-free vanilla extract
- ▶ 105 g (3<sup>1</sup>/<sub>2</sub> oz/3<sup>4</sup>/<sub>4</sub> cup) frozen raspberries
- ▶ 1 TBS freshly-squeezed lemon juice
- ▶ 6 drops stevia liquid
- ▶ 125 ml (4 fl oz/1<sup>2</sup>/<sub>2</sub> cup) additive-free coconut milk

## Method

Place all ingredients in a high speed food processor and blend until smooth

Transfer into six individual ice cream molds or ramekins

Place in the freezer for 2 hours, until they have set

Remove from the molds before serving by running a warm knife along the outside edge of the molds





# KEFIR YOGHURT



SERVES 2

*Boost your inner ecosystem with beneficial bacteria to keep your immune system strong with this delicious yoghurt.*

*You will need a sterilised glass bowl or large jarl, blender, strainer, cheesecloth, elastic band, wooden spoon. (Avoid using metal and store in glass jar).*

## Ingredients

- ▶ 2 probiotic capsules or 1 TBS powder (dairy free)
- ▶ 3 young coconuts (room temperature)

## Method

Open coconuts and strain water into glass jar and set aside

Scrape out coconut flesh trying not to get any husk and place in a blender

Add coconut water and blend until creamy it should be the consistency of yoghurt

Pour mixture into a glass bowl and add probiotic capsule or powder

Cover bowl with cheesecloth and elastic band and place in cool dry dark place for 24-48 hours until ready, it should taste fairly sharp without a hint of sweetness. Add stevia to taste or serve with fresh berries



