



Overcoming Emotional Eating



Week 1 Recipe Pack



Green Juices & Smoothies

A.M. Smoothie

Makes 1 large glass

- 1 orange, peeled and pips removed
- 4 strawberries
- ½ a ripe avocado
- 2 handfuls of fresh parsley
- 1 tablespoon of extra virgin coconut oil
- ¼ teaspoon of chlorella or spirulina powder (optional)
- 1 tablespoon of hemp oil (optional)
- 2 dates, de-stoned
- 200ml water

Blend all of the ingredients together until the mixture becomes very smooth. If necessary, add more water to achieve the desired consistency.

Creamy Smoothie

Makes 1 large glass

- ¾ pint water
- 1 ripe banana, peeled
- 1 small ripe avocado, peeled and de-stoned
- ½ teaspoon spirulina
- ½ teaspoon turmeric (optional)
- ¼ inch fresh ginger
- ¼ lemon, juice of
- agave/honey to taste

Blend together all of the ingredients, until the mixture becomes smooth and creamy.

Vitality Smoothie

Makes 1 large glass

- 1 tablespoon of extra virgin coconut oil or ½ a ripe avocado
- 1 handful blueberries
- 3 unsulphured apricots (optional)
- 1 handful raspberries or strawberries
- 2 handfuls spinach
- 300ml of water

Blend all of the ingredients together until the mixture becomes very smooth. If necessary, add more water to achieve the desired consistency.



Breakfasts

Fruit Fusion Porridge with Ginger Cream

Serves 1

Porridge

- 2 handfuls of porridge oats
- ¼ teaspoon turmeric powder
- 300ml water

Put the porridge ingredients into a saucepan. Bring to the boil, then turn down to a simmer. Cook for 10 minutes or until your porridge is lovely and creamy.

Fruit

- Your choice of chopped orange, papaya, banana, fig, dates, mango and blueberries

Put your porridge in a bowl and top with your fresh fruit

Ginger Cream

- 2 handfuls hulled hemp seeds
- 2 medjool dates
- ½cm of fresh ginger root
- 100ml of water

Blend the hulled hemp seeds with the dates, ginger and water until smooth and creamy.

Pour over your fruit salad and indulge!

Hazelnut Hemp Milk

Serves 2

- ¼ cup hazelnuts, **soaked overnight and rinsed**
- ¼ cup whole hemp seeds, **soaked overnight and rinsed**
- 250ml water

To make the Hazelnut Hemp Milk, blend all the ingredients well. Strain through a fine sieve, muslin or nut milk bag.

Keeps in the fridge for 48 hours.



Superfood Muesli

Serves 1

- 1 handful Hazelnuts, **soaked overnight and rinsed**
- 1 handful of Pumpkin Seeds, **soaked overnight and rinsed**
- 1 handful of Sunflower Seeds, **soaked overnight and rinsed**
- 1 handful of hulled Hemp Seeds
- 1 handful Goji Berries, **soaked overnight**
- Fresh Fruit (e.g. Peach and Strawberry)
- 1 teaspoon of Bee Pollen (optional)

- Hazelnut Hemp Milk (optional)

Put the Hazelnuts, Pumpkin, Sunflower and Hemp Seeds in Water to soak the night before. In a separate container, soak the Goji Berries.

In the morning, rinse the Nuts & Seeds. Chop the hazelnuts, and put them in a bowl with the seeds and drained Goji Berries.

Top with Fresh Fruit and Bee Pollen, and add your Hazelnut Hemp Milk.

Wilted Cheesy Spinach with Avocado on Toast

Serves 1

- 5 handfuls spinach
- 2 tbsp extra virgin olive oil
- 1 tbsp nutritional yeast flakes (Engevita)
- 1 big pinch mineral salt
- 1 tsp lemon juice
- 1 small clove garlic, crushed (optional)

- 1 avocado, skinned and cut into cubes

- 2 slices wheat-free toast

Put your bread on to toast.

Chop your avocado and put to one side.

Put all the rest of the ingredients into a bowl and massage well using your hands, until the spinach is dark and wilted.

Stir in the avocado cubes.

Drizzle olive oil over your toast and top with the Cheezy Spinach and Avocado. If you like eggs, top with a poached egg or two 😊



Lunches

Nori Wraps

Serves 1

- 3 Nori Seaweed Sheets (preferably black)
- ¼ cup quinoa, cooked according to packet instructions

Your choice of the following:

- Raw Pate
- Wasabi Paste
- Finely Sliced Fresh Ginger
- Avocado
- Lettuce
- Tomato
- Cucumber
- Sprouts
- Celery
- Mushrooms
- Seeds
- Peppers
- Sun Dried Tomatoes
- Nama Shoyu or Tamari
- Etc!

Place your chosen ingredients with the cooked quinoa on a Nori Sheet and wrap!

Purple Salad

Serves 1 as a main or 3 as a side dish

- ¼ Red Cabbage, finely shredded
- ½ Beetroot, grated
- 2 Dates, chopped
- 1 Spring Onion
- ¼ Preserved Lemon rind, finely chopped, or zest of ¼ Lemon
- 4 tablespoons Olive Oil
- 2 tablespoons Apple Cider Vinegar

Mix all the ingredients together and marinate for at least 15 minutes, or overnight. This salad gets better with time and keeps in the fridge for up to 3 days.



Spiced Parsnip Soup

Makes 1 large bowl or 2 smaller bowls

- 250g Parsnips
- 2 sticks Celery
- 2 Spring Onions, white part only
- ½ teaspoon Ground Pepper
- 1 teaspoon Mineral Salt
- ½ teaspoon Ground Cumin
- ½ Green Chilli (optional)
- 2 tablespoons Coconut Oil/Butter
- 1 pint Water. Use half boiling Water, half cold Water if you like it warm

Heat your soup bowl.

Blend all the ingredients together until smooth and creamy. Drizzle with olive oil and wheat-free toast.

Spinach Soup

Makes 1 large or 2 medium bowls of Soup

- 3 handfuls young Spinach
- 1 Avocado
- 1 Spring Onion, white part only
- 1 cm Ginger, peeled
- ½ teaspoon Mineral Salt
- 300ml of water, made from 100ml cold water and 200ml boiling water

Heat your soup bowl.

Blend all the ingredients together until smooth.



Winter Red Pepper Hummus

Serves 2

- 1 Red Pepper, deseeded
- ¼ cup Sesame Seeds, **soaked for 6 hours or overnight***
- ½ cup Sunflower Seeds, **soaked for 6 hours or overnight ***
- 2 tablespoon Olive Oil
- ¼ Lemon, juice of
- 2 Spring Onions
- ½ teaspoon Smoked or plain Paprika
- 1 small slice of Ginger (optional)
- ½ teaspoon Salt

Blend all the ingredients together until smooth and creamy.

Serve with vegetable crudités, salad and/or raw crackers or wheat-free toast.

Keeps in the fridge for 3 days.

* You can make this hummus without soaking the seeds too.



Suppers

Mexican Bean Soup

Makes 1 large bowl or 2 smaller bowls

- ½ ripe Avocado
- 1 sun dried tomato
- 2 fresh tomatoes
- 1 celery stick
- 1 handful of fresh Coriander Leaves
- ¼ clove Garlic
- ½ Lime, juice of
- ¾ cup of cooked black beans
- ¼ teaspoon of smoked paprika
- ½ teaspoon ground coriander
- ½ teaspoon ground cumin
- ½ teaspoon Mineral Salt or to taste
- ½ pint Water

Put aside ¼ cup of the black beans.

Blend all the remaining ingredients until smooth.

Put the ¼ cup of whole black beans into the bottom of your bowl/s and pour in your soup.

Decorate with a gentle drizzle of Olive Oil, Coriander Leaves and a sprinkling of smoked paprika.

Raw Pesto & Pasta

Serves 1 – 2

- 1 handful Pine Nuts
- 4 tablespoons Olive Oil
- 1 handful of Fresh Basil
- 1 clove of Garlic (optional)
- 1 tablespoon Water
- ½ teaspoon mineral Salt
- 2 teaspoons lemon juice
- 1 tablespoon nutritional yeast flakes (e.g. Engevita)

- 1 Courgette, peeled into ribbons or spiralized for 'Pasta'
- 1 portion of gluten free pasta

To make the Pesto, blend all the ingredients together until smooth. According to your personal taste, add more Nuts for a deeper/creamier flavour, more Oil for an oilier texture, more Basil for a stronger flavour, or more Water if it's too rich.

Put your gluten free pasta on to cook, following the packet instructions.

Once your pasta is cooked, pour on the pesto and toss well before serving.



Spicy Tomato Soup

Makes 1 large bowl or 2 smaller bowls

- 3 Tomatoes
- 2 Celery stalks
- 1 Avocado, skinned and pitted
- 1 Date, stoned
- ½ inch Ginger, peeled
- ½ Garlic Clove
- 1 handful Coriander Leaves
- 1 teaspoon Mineral Salt
- ½ fresh Red Chilli, de-seeded, or ¼ teaspoon Chilli Powder
- 1teaspoon Lemon Juice
- ½ pint Water

Blend all ingredients until smooth and creamy.

Drizzle with cold-pressed oil and serve with toast.



Raw Stir Fry

Serves 1

- 1 Pak Choi, 2 leaves of Chard or 1 handful of Spinach
- ½ Red, Yellow or Orange Pepper
- 5 Baby Corn, or ½ Corn on the Cob
- 4 Mushrooms
- 10 Mange Tout

- ½ Red Chilli, de-seeded (optional)
- ½ inch of Ginger
- ½ clove of Garlic
- 1 Lime, Zest and Juice
- 1 tablespoon Fresh Coriander, chopped
- 3 tablespoons of Nama Shoyu or Tamari

Finely slice the Pak Choi, Chard or Spinach. Finely slice the Pepper into strips.

Cut the Baby Corn into quarters, length ways, or de-cob the Corn with a sharp knife. Slice the Mushrooms.

Cut the Mange Tout in half.

Put all these ingredients into a bowl and prepare the marinade as follows:

Finely chop the Chilli if using. Peel the Ginger and finely chop with the Garlic. Mix together with the Lime Zest and Juice, Coriander and Nama Shoyu or Tamari. Mix well and add the vegetables.

Leave to marinate for at least 10 minutes.

Serve as it is, or warm in a dehydrator or oven on the lowest setting with the door slightly open for 1 – 3 hours.



Veg Korma

Serves 1

Veg

- 3 mushrooms cut into bite size cubes
- 1 Yellow Pepper, cut into bite size pieces
- 1 stick of Celery, finely sliced
- 3 big Leaves Chard or Spinach, shredded
- ½ teaspoon ground Coriander
- ½ teaspoon ground Cumin
- 1 pinch Mineral Salt
- 2 tablespoons Extra Virgin Olive Oil

Mix all ingredients together and allow to Marinade for at least 60 minutes.

Korma Sauce

- 2 handful Cashews
- ¼ pint Water
- 1 teaspoon Mild Curry Powder
- ½" Ginger, peeled and chopped
- 1 pinch teaspoon Mineral Salt
- 1 Spring Onion, white part only
- 1 teaspoon of Lemon Juice

Blend the sauce ingredients until smooth.

Mix marinated veg and sauce together to make your Korma. Serve with cooked brown rice.



Treats & Snacks

Caramel Bliss Balls

2 handfuls un-sulphured Apricots
4 Dates
1 handful of hulled Hemp Seeds
1 handful Pumpkin Seeds
1 handful Sesame Seeds
1 handful chia Seeds
1 teaspoon Cinnamon
½ Lemon, Zest of
1 pinch Mineral Salt
4 tablespoons Coconut Butter

Melt the Coconut Butter over a bowl of hot water.

Blend or chop together the Apricots, Dates, Cinnamon, Lemon Zest and Salt until thoroughly mixed.

Add Seeds and combine with the Apricot mixture.

Shape the mixture into balls and put in the fridge to set.

Chocolate Pecan Brownies

Makes 8

If you want to eat these in the evening use cooked cocoa, because raw cacao is stimulating and will keep you awake.

- 1 cup oats, blended or processed in to flour
- 1 ¼ cups organic raisins dates, pitted
- ½ cup cooked cocoa or raw cacao
- 1 pinch of mineral salt
- 2 tsp vanilla essence
- 2 tbsp extra virgin coconut oil melted
- ½ cup pecan nuts, chopped

Put the pecan nuts to one side.

In a food processor, mix all the rest of the ingredients until finely combined.

By hand, mix the pecan nuts through your brownie mixture.

Shape the brownie mixture into a big square, about 2cm deep. Cut the big brownie square in to thirds one way, and then thirds the other way to make 9 smaller squares.

Keeps in a sealed container in the fridge for up to 3 weeks.