



Overcoming Emotional Eating



Week 4 Recipe Pack



Green Juices & Smoothies

Banana, Maca & Alfalfa Smoothie

See week 2 recipe pack

Creamy Smoothie

See week 1 recipe pack

Vitality Smoothie

See week 1 recipe pack

Workout Smoothie

See week 3 recipe pack



Breakfasts

Coconut Banana Porridge

Serves 1

- 1 handful of almonds, soaked overnight & then rinsed
- ½ cup of raw buckwheat, soaked overnight & then rinsed
- 3 tablespoons of desiccated coconut, soaked in ½ cup of water for at least 1 hour or overnight
- 1 small pinch of mineral salt
- 1 teaspoon of raw agave syrup or honey (optional)
- ½ cm of fresh ginger (optional)
- 1 banana, peeled and sliced

Blend the soaked and rinsed almonds and buckwheat with the coconut, coconut soak water, ginger, raw agave and salt until smooth and creamy. Put the mixture into a bowl and top with sliced banana.

Note: Great with some raw cacao powder blended in too.

Keeps for 24 hours in the fridge.

Fruit Fusion Porridge

See week 1 recipe pack

Hazelnut Hemp Milk

See week 1 recipe pack

Spiced Apple Compote with Cashew Yoghurt

See week 3 recipe pack



Tomato Chickpeas with Marinated Mushrooms

Serves 1

Tomato Chickpeas

- 2 tomatoes
- ½ clove garlic (optional)
- ½ inch ginger
- 1 large pinch mineral salt
- 1 date, pitted
- ¼ lime, juice of

Blend all the above ingredients until smooth.

- 2 handful sprouted chickpeas, lightly mashed

Combine sauce and sprouted chickpeas. Heat over the lowest flame, stirring continuously until warm (not hot), or place in a dehydrator for one hour.

It will keep for 24 hours.

*Marinate for at least 30 minutes or overnight.

Marinated Mushrooms

- 4 brown mushrooms or 1 portobello mushroom
- 4 tablespoons of extra virgin olive oil
- 1 tablespoon of tamari
- black pepper to taste (optional)
- 1 or 2 raw crackers or a slice of wheat-free toast

Whisk the olive oil and tamari in a bowl until they are thoroughly combined. Slice the mushrooms and toss them in the oil and tamari, making sure each slice is completely covered in the sauce. Leave to marinate for at least 30 minutes, in an airing cupboard or dehydrator if you have one.

Drain the marinade and serve your mushrooms on top of raw crackers or wheat-free toast.

Any leftover marinade is delicious used in salad dressings.

Vitality Boost Muesli

See week 2 recipe pack



Lunches

Beetroot Almond Pâté

Makes enough for 2 servings

- ½ cup of almonds, soaked overnight, drained and rinsed
- 1 small beetroot or half a large one, grated
- ¼ of a lemon, juice of
- ½ a clove of garlic, peeled
- 1 tablespoon of nutritional yeast flakes
- 1 teaspoon of cumin seeds
- 1 big pinch of mineral salt, or to taste
- 50ml of water

Blend all the ingredients together to get a smooth pâté consistency.

Keeps in the fridge for 3 days.

Chilli sin Carne

See week 3 recipe pack (Suppers)

Nori Wraps

See week 1 recipe pack

Spicy Chickpea Hummus

See week 2 recipe pack

Spicy Tomato Soup

See week 1 recipe pack (Suppers)

Spinach Soup

See week 1 recipe pack



Tajine

Serves 2

Sauce

- ½ teaspoon Ground Cumin
- 1 pinch Ground Cinnamon
- ½ teaspoon smoked paprika
- ½ teaspoon Turmeric
- 1 tablespoon Olive Oil
- 1 teaspoon Lemon Juice
- ¼ Preserved Lemon Rind or ½ a Lemon, zested
- 1cm fresh Ginger
- 3 Tomatoes
- 2 spring onions, pale part
- ¼ teaspoon Mineral Salt
- 1 un-sulphured Apricot

Blend all the sauce ingredients until smooth

Veg

- 1 cup of small cauliflower florets
- ½ courgette, cut into 1cm cubes
- 1 celery stick, finely sliced
- ½ red pepper, cut into 1cm cubes
- 6 green olives, pitted and quartered
- 4 un-sulphured apricots, chopped
- 1 handful of fresh coriander, chopped

Mix your chopped veg in a bowl with the olives, apricots, fresh coriander and sauce.

You can eat the Tajine straight away, or allow the veg to soften by leaving to marinade for at least an hour or overnight.

Serve with salad and/or cooked brown rice.

Keeps in the fridge for 2 days.



Suppers

Butternut Parmesan Tagliatelle

See week 3 recipe pack (Lunches)

Korma

See week 1 recipe pack

Mexican Bean Soup

See week 1 recipe pack

Mushroom Satay

See week 2 recipe pack

Pesto Pasta

See week 1 recipe pack

Portobello Steaks with Parsnip Mash

See week 2 recipe pack (Lunches)

Spinach Soup

See lunch recipes



Treats & Snacks

Fridge Macaroons

Makes 8

- 1/2 cup ground almonds
- 1 cup desiccated coconut
- 3 tbsp coconut oil, melted
- 1/2 tsp vanilla essence
- 1/4 tsp almond essence
- 1 pinch mineral salt
- 2 tbsp raw honey / raw agave

Line a plate or small tray with greaseproof paper.

Thoroughly mix all the ingredients together using your hands.

Lightly squeeze the mixture into rough clumps about 3cm across and place them directly on a plate. Don't worry if they don't hold together very well - when you chill them the coconut oil will solidify to hold your macaroons together.

Chill and keep in the fridge in a sealed container.



Mini Raspberry Cheesecakes

Makes 2 mini cheesecakes

Crust

- ½ cup of freshly ground almonds
- 1 big pinch of mineral salt
- ¼ cup of medjool dates, pitted

Mix the ground almonds and salt together. Sprinkle a fine layer over the bottom of your chefs rings or mini cake tins.

Process the remaining ground almonds, salt and medjool dates together until the dates are completely chopped. Divide the mixture between your 2 chefs' rings or cake tins.

With wet hands, press the mixture into the base and up the sides until you have your cheesecake pastry case. When the mixture sticks to your fingers, re-wet them before continuing.

Filling

- ¾ cup of cashew nuts
- 2 teaspoons of lemon zest (about 1 lemon)
- 2 tablespoons of lemon juice
- 2 tablespoons of extra virgin coconut oil, melted
- 3 tablespoons of water
- 1 tablespoon of vanilla essence or seeds from 2 vanilla beans
- ½ teaspoon of nutritional yeast flakes

Blend all the ingredients together until smooth and creamy. Fill your crust cases evenly with this mixture and place in the fridge to set.

Topping

- 100g raspberries
- 2 tablespoons of raw agave syrup
- ½ teaspoon of balsamic vinegar
- 3 tablespoons of extra virgin coconut oil, melted
- raspberries to decorate

Blend all the topping ingredients together and pour over your cheesecakes.

Arrange your decorative raspberries prettily on top. Put the cheesecakes in the fridge to set for at least 2 hours.

Just before serving, remove your cheesecakes from their moulds and plate up. Keep in the fridge for up to 3 days. Freezes well without the fresh raspberries on top