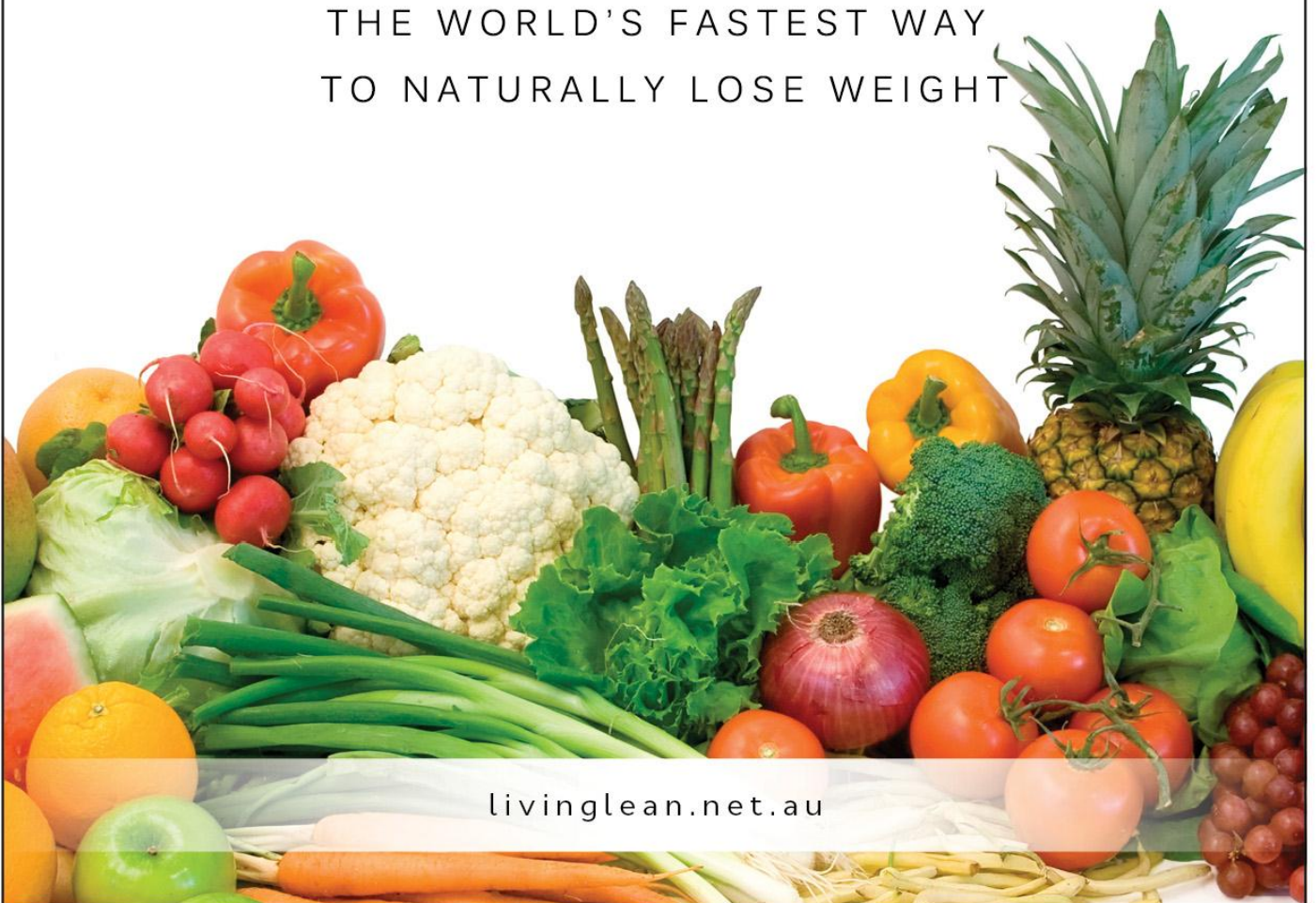

LIFESTYLE RECIPE BOOK

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THE WORLD'S FASTEST WAY
TO NATURALLY LOSE WEIGHT



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Breakfasts

Quinoa Crepes with Cinnamon Cream

Serves : 6
Prep & Cooking time : 2 hrs 15 minutes

1 cup Quinoa flour
2 eggs (1 egg equals 1 tablespoon ground flax seed simmered in 3 tablespoons of water)
1.5 tbs Olive Oil
½ tsp Himalayan Salt
½ litre of Water
1 tbs Coconut Butter

Cream

½ cup Almond Meal
1 tsp Cinnamon
¼ tsp Nutmeg (optional)
½ cup Soy Milk
¼ tsp Vanilla Extract
Stevia to taste

Blend or whisk all ingredients for crepes for 1 minute. Slowly add the water. Mix until texture is smooth.

Let it stand for 2 hours, with a cloth over the top of the bowl.

Butter up your pan at medium heat with coconut butter and add enough mixture to give you the size crepes you desire.

In a blender, add all ingredients to make the cream. Blend until smooth.

You may add Stevia to taste to sweeten if required.

Blueberry, Apple and Ginger Muesli

Serves : **4**
Prep & Cooking time : **3 minutes**

1 cup Almond Meal
1 Apple, grated
1 cup Buckwheat Sprouts
½ tsp Cinnamon
½ tsp Nutmeg
¼ cup Blueberries
½ cup Soy Milk or Almond Milk
Grated Ginger to taste

Combine apple, cinnamon, nutmeg, ginger and buckwheat sprouts in a bowl
Incorporate the almond meal
Pour milk and top with blueberries

Living Lean Muesli

Serves : **8**
Prep & Cooking time : **3 minutes**

½ cup Pumpkin Seeds
3 cups Spelt Oats
Handful Goji Berries
½ cup LSA mix
1 cup Raw Almonds
¼ cup Walnuts
¼ cup dried organic Banana
¼ cup bitter 100% Cocoa chips

Measure all ingredients and mix in a container.
Serve with hot water, almond milk or soy milk

Spelt Oats

Serves : **2**
Prep & Cooking time : **3- 5 minutes**

$\frac{3}{4}$ cup Spelt Oats
1 $\frac{1}{2}$ cups hot Water
2 Lemons, juiced

For a warm porridge mix all ingredients in a pan and simmer to the consistency desired

For cold oats, place flakes in a bowl and pour over almond milk or soy milk
Try it mixed in with Stevia and a little cinnamon or nutmeg

Toast with Almond Spread

Serves : **1**
Prep & Cooking time : **3 minutes**

1 slice Spelt or Quinoa Bread
½ cup Nut Grain from your Almond Milk
1-2 tbs Tahini
1 pinch Himalayan Salt

Combine the almond nut and pine nut mix left over from your almond milk, in a bowl with tahini and the salt. Mix until smooth
Add a little hot water if the mix isn't as smooth as you would like
Spread evenly on toast and top with sliced banana (optional)

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Salads & Vegetables

Three Bean and Chia Salad

Serves : 4
Prep & Cooking time : 10 minutes

200 g Green Beans, halved
200 g frozen edamame Beans
150 g frozen Sweetcorn
400 g can red kidney Beans drained and rinsed
2 tbsp. Chia seeds
DRESSING
3 tbs Olive oil
1 tbs red wine Vinegar
1 tsp wholegrain mustard
1 tsp Agave syrup
4 tsp fresh Tarragon, finely chopped
Salt and pepper, optional

Put the green beans, edamame and sweetcorn in a pan of boiling water. Bring back to the boil, then simmer for 4 minutes, or until the green beans are just tender. Drain, rinse with cold water, then drain again and put into a bowl. Add the kidney beans and chia seeds and toss gently together.

To make the dressing, place all the ingredients in a jam jar, screw on the lid and shake well. Drizzle over the salad, toss gently and serve immediately.

Broccoli Salad

Serves : **4**

Prep & Cooking time : **5 minutes plus 1 hour chilling time**

1 head Broccoli

1 large Red Onion, chopped

½ cup Parsley, chopped

1 cup Celery, diced

2 Spring Onions, chopped

20 grams Pine nuts

1/3 Vinaigrette

Cut Broccoli into small pieces

Mix ingredients and chill for 1 hour

Good For You Cobb Salad

Serves : **2**
Prep & Cooking time : **45 minutes**

100g wild rice
2 large eggs
1 tbsp. olive oil, for trying
2 rashers bacon, cut into 2cm pieces
1 small avocado, sliced
2 tomatoes, cut into quarters
30g watercress
2 tbsp. fresh chives, finely snipped to garnish

DRESSING

2 tbsp. cider vinegar
1 tbsp. lemon juice
2 tbsp. Dijon mustard
1 garlic clove, crushed
2 tbsp. olive oil

Put the rice in a small saucepan with 350 ml of cold water and place over a high heat.

Bring to the boil then reduce the heat to low. Simmer the rice for 25 min, or until tender. Drain and set aside.

To make the dressing, place all the ingredients in a small bowl and whisk until thoroughly combined.

Bring a saucepan of water to the boil and add the eggs. Simmer for 10 minutes. Remove the eggs from the pan and run them under cold water. Peel the shells and cut into quarters, then set them aside.

Heat the oil in a small saucepan over high heat. Fry the bacon for 4-5 minutes, stirring continuously, or until crispy and golden.

Layer the rice, bacon, avocado, tomatoes, eggs and watercress between two bowls. Garnish with the chives and drizzle over the dressing. Serve.

Roast Vegetable and BuckWheat Salad

Serves : 4
Prep & Cooking time : 10 minutes

2 bunches baby rainbow carrots, trimmed ,scrubbed
2 red capsicums, coarsely chopped
1 red onion, cut into wedges
2 tbs extra virgin olive oil
¼ cup fresh orange juice
1 tsp cumin seeds
2 tsp finely grated fresh ginger
1 garlic clove, crushed
1½ tbs red wine vinegar
1 cup firmly packed coriander and parsley leaves
100 g reduced fat fetta, crumbled
40 g baby rocket leaves
¼ cup roasted almonds, coarsely chopped

Preheat the oven to 200' C. Spread the vegies over 2 baking trays lined with baking paper, then drizzle with half the oil. Season. Roast for 15 min. Whisk the orange juice, cumin, ginger, garlic and 1 tbsp. honey in a bowl, then drizzle over the vegies. Roast, turning halfway, for a further 20 min or until tender. Meanwhile, heat a non-stick frying pan over medium heat. Add the buckwheat and cook, stirring, for 2 minutes or until toasted. Set aside to cool for 5 minutes.

Bring a saucepan of water to the boil over high heat. Add the buckwheat to the pan, then reduce the heat to medium-low and simmer for 5 min or until the buckwheat is al dente. Drain and refresh under cold running water. Spread over a tray lined with paper towel to dry. Whisk the vinegar, remaining oil and honey in a bowl. Season. Add the buckwheat, herbs, feta, rocket and roaster vegies and toss to combine. Divide among plate and top with almonds.

Grilled Zucchini And Spring Onions With Baby Spinach and Hazelnuts

Serves : 2
Prep & Cooking time : 10 minutes

1 medium to large zucchini, sliced lengthways into thin strips
3 medium spring onions
Knob of coconut oil or ghee, melted
Sea salt and black pepper
½ rbs fresh lemon juice
1 tbs cold-pressed olive oil
½ garlic cloves, minced
½ fresh chili (such as Serrano), minced
½ tbs raw honey
1½ organic lemons, zest grated
2 handfuls baby spinach
¼ cup toasted baby spinach
¼ cup toasted hazelnuts, roughly chopped

Heat a grill pan over high heat. Lightly rub the zucchini strips and spring onions with oil and season, then add to the hot pan and cook for 3-5 min, until tender and charred. Remove from the pan and set aside on a plate
Whisk the lemon juice, oil, garlic, chilli, honey and zest of 1 lemon in a small bowl. Place the spinach in a serving bowl, pour over the dressing and toss to combine. Arrange the veg on top, sprinkle over the hazelnuts and remaining lemon zest, and serve.

Greek Salad

Serves : **4**

Prep & Cooking time : **10 minutes plus 1 hour marinate time**

1 Cucumber, cubed
1 Red Capsicum
3 Roma Tomatoes, sliced in quarters
1 clove Garlic, minced
10 Black Olives
300 grams Hard Tofu
1 Iceberg Lettuce
1/2 Red Onion, finely chopped
1tsp Lemon juice
1 tsp Oregano
¼ cup Olive Oil

Blend the garlic, olive oil, oregano, lemon juice

Add the tofu and leave to marinate for at least 1 hour

Add the tomatoes, capsicum, cucumbers, olives, onions and stir all ingredients together

Tear the lettuce into eatable pieces and place in a bowl

Pour the vinaigrette mixture onto the lettuce

Lean Living Coleslaw

Serves : 6

Prep & Cooking time : 5 minutes plus 1 hour refrigeration

1 cup Red Cabbage, shredded

2 cups Green Cabbage, shredded

1 Red Onion, shredded

3 Carrots, shredded

¼ cup fresh Parsley, chopped

½ Lemon juiced

¼ cup Olive Oil

Himalayan Salt and Pepper to taste

Combine cabbage, onion and carrot in a large bowl

Blend oil, salt and pepper, lemon juice and parsley

Combine all ingredients and refrigerate for 1 hour prior to serving

Carrot, Cucumber and Mint Salad

Serves : **4**

Prep & Cooking time : **2 minute plus 20 minutes refrigeration**

5 large Carrots, grated

1 Cucumber, diced

½ cup Mint leaves, chopped

2 tbs Apple Cider Vinegar

2 tbs Flax Seed Oil or Garlic Mayo

Mix and refrigerate for 20 minutes

Apple, Red Cabbage, Carrot and Sesame Seed Salad

Serves : 4
Prep & Cooking time : 5 minutes plus 20 minutes refrigeration time

½ Red Cabbage, shredded
1 Green Apple, shredded
3 carrots, sliced
½ cup Almonds
Sesame Seeds
2 cups Spinach leaves
½ lemon juice
2 tbs Olive Oil
Himalayan salt and Pepper to taste

Put all ingredients in a bowl and squeeze the lemon over the salad
Let it sit in the refrigerator for 20 minutes
Serve and sprinkle with sesame seeds

Quinoa, White Bean, Mint and Parsley Salad

Serves : 4

Prep & Cooking time : 3 minutes plus 24 hours refrigeration time

1 cup Quinoa, cooked
2 cups white Cannellini Beans, cooked
1 cup fresh Mint, chopped
1 cup Celery, chopped
Small handful parsley, chopped
1 tsp Sesame Oil
½ Lemon, juice
Himalayan Salt to taste

Put all ingredients into a small bowl and mix until the oil and the lemon juice is well spread

Refrigerate overnight for a better texture and a fresh minty taste

Living Lean Tabouli

Serves : **4**
Prep & Cooking time : **5 minutes plus 1 hour refrigeration time**

½ cup Quinoa, cooked
2 cups Parsley, chopped
2 large Tomatoes, diced
1 Red Onion, diced
1 Cucumber, peeled and diced
1 Lemon juice
1 tbs Sesame Seeds
1 tbs Mint, chopped
1 tbs Olive Oil

Combine and mix well all the ingredients in a bowl and refrigerate for at least 1 hour



Rainbow Salad

Serves : **4**
Prep & Cooking time : **8 minutes**

1 Yellow Capsicum, sliced long
1 Red Capsicum, sliced long
1 Green Capsicum, sliced long
1 cup Red Cabbage, sliced
1 cup Snow Peas queued
1 Carrot, Shredded
6 Baby corn, boiled
8 Yellow Squash, halves
½ Green Chilli (optional)
1 tsp Sesame Seeds
1 Garlic clove, minced
Himalayan salt to taste
¼ cup Olive Oil

In a wok, steam fry yellow squash, salt and garlic until squash is at desired firmness

Add snow peas and corn steam for 3 minutes

Put the veggies in a bowl and add the capsicums, carrot, sesame seeds and oil.

Mix well with the cabbage and serve on the plate. Add salt to taste

Quinoa Salad

Serves : 4 - 6
Prep & Cooking time : 55 minutes

1 cup quinoa
1 ½ cups reduced salt vegetable stock
2 lemons
500g pumpkin, cut into 1 cm cubes
½ cup chickpeas (cooked or tinned)
5 shallots, quartered
¼ cup walnuts
2 cups rocket
100g feta cheese, crumbled
½ cup balsamic vinegar

Pre-heat oven to 200 degrees C.

Place quinoa, stock and juice of 1 lemon in a pot. Simmer with lid on for 15 minutes. Set aside.

Cut the remaining lemon into wedges.

Drizzle 2 tbs olive oil over a large baking tray. Place into oven to warm the oil.

Remove tray from oven and place pumpkin, chickpeas, shallots and lemon. Toss well to coat.

Return to the oven and cook for 20-25 minutes until chickpeas are crisp and pumpkin tender.

Remove from the oven and allow to cool slightly.

Dry roast the walnuts in a hot pan.

Add balsamic vinegar to a small pan and heat over medium heat. Allow vinegar to simmer and whisk for 4-5 minutes until reduced by half. Set aside to cool.

Combine all ingredients and dress with balsamic vinegar.

Beetroot and Fennel Stack

Serves : **4**
Prep & Cooking time : **35 minutes**

3 Big Beetroot, 5cm diameter
1 Fennel, finely shredded on a mandolin
1/2 bunch thyme
¼ cup Olive Oil
¼ cup Hazelnut Oil
¼ cup Hazelnuts, crushed
2 tbs Apple Cider Vinegar
¼ cup Spring Onions, chopped
2 tbs Raw Honey
Himalayan Salt and Pepper to taste

Cut the beet in slices of 5cm x 5cm and 1 cm thick and oven baked at 180 degrees c for 30 minutes
Peel the skin off the edges and let the slices cool in the refrigerator
Arrange the slices one on top of the other, alternating between the beet and the fennel, stack of 5
Blend the oils, vinegar, spring onions, honey and salt , pepper to taste
Last, place the tower in the centre of the plate and pour the vinaigrette
Pour the toasted hazelnuts and place a small amount of thyme on top of the tower

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Soups & Others

Broccoli & Lemon Soup with Quinoa & Fetta

Serves : 4
Prep & Cooking time : 30 minutes

1/3 cup tricolored quinoa
1 tbsp. extra-virgin olive oil, plus extra to server
1 brown onion, finely chopped
2 garlic cloves, crushed
2 potatoes (about 300 g), peeled and chopped
1 large head broccoli (about 480 g), stems and florets separated
4 cups salt-reduced chicken stock
100g baby spinach leaves
½ cup fresh mint leaves
2 tbsp. lemon juice
2 tbsp. finely grated lemon rind
80 g reduced- fat smooth feta, crumbled
Baby herbs, to serve

Place the quinoa and 150 ml water in a sauce pan over high heat. Bring to the boil. Reduce the heat to low, then cook, covered, stirring occasionally, for 10-12 minutes or until just tender. Drain and refresh under cold running water. Meanwhile, heat the oil in a pan over medium heat. Add the onion and garlic. Cook, stirring, for 3 minutes or until soft. Stir in the potatoes and broccoli stems. Add the stock and 100ml water. Bring to the boil over high heat. Reduce the heat and simmer for 10 minutes or until the potato almost soft. Add the broccoli florets and simmer for 6 minutes until just tender. Add the spinach and mint. Simmer for 1 minutes until wilted. Process until smooth with a stick blender. Stir in the lemon juice and season. Divide among bowls, top with quinoa, rind, feta and herbs, drizzle with the oil and serve.

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Snacks

Herbed Black Quinoa Muffins With Sweet Potato And Caramelized Onions

Serves : **10**
Prep & Cooking time : **1 hour 30 minutes**

¼ cup black quinoa, washed and soaked 12-24 hours in 1 cup filtered water
Pinch of sea salt
2 tbsp. ground flaxseeds
¼ cup plus 1 tbsp. extra virgin olive oil
1 onion, diced
2 tbsp. chopped thyme, plus thyme to garnish
1 tsp. sea salt, plus extra pinch
1 ½ cup sprouted spelt flour or sprouted whole wheat flour
1 tbs. aluminum-free baking powder
¼ tsps. bicarb soda (baking soda)
1 cup mashed sweet potato (see tip, left)
2 tsps. unpasteurized apple cider vinegar
1 tsps. Tamari

To cook the quinoa, drain and rinse it ,then place it in a small pan, add ¼ cup filtered water and a pinch of salt; bring to the boil, Reduce the heat to low, cover or over and simmer for 15 min or until all the water is absorbed.(if you don't soak quinoa first, increase the water by 2 tbsp. and cook for 20 minutes) Remove from the heat and sit, covered, for 10 minutes; fluff with a fork. Measure out ½ cup and set aside. Reserve the rest.

To make the muffins, preheat the oven t in a bowl and o 180'C. Line a muffin tin with 10 muffin cases. Place the flaxseeds and soymilk and whisk. Set aside to thicken.

Warm 1 tbsp. olive oil in a frying pan over medium heat. Add the onion and sauté for 5 min or until golden brown. Add the sage, thyme and ½ tsps. salt; reduce the heat to low and cook for another 5 min or until caramelized. Set aside.

Sift the flour, baking powder and bicarb soda into a bowl and stir to $\frac{3}{4}$ cup filtered water, vinegar, tamari and a the remaining $\frac{1}{2}$ tsps. Salt to flaxseeds/soy milk mixture and whisk until smooth. Add the remaining oil; whisk again and add the flour mixture. Use a rubber spatula to stir the mixture gently until it's almost combined, then fold in the cooked quinoa and onions.

Divide the mix between muffin cases, filling them all the way to thyme and a sprinkle of the remaining quinoa. Bake for 40-50 remaining or until a toothpick inserted in the centre comes out clean. Remove from the oven and leave the muffins in the tin for 5 minutes before transferring them to a wire rack to cool slightly before serving.

Kale and Beetroot Chips

Serves : **4**
Prep & Cooking time : **15 minutes**

Bunch of Kale (spine removed), roughly chopped
2 x large Beetroots, skin removed and thinly sliced
2 tsp Olive Oil
Himalayan Salt to taste

Pre heat oven to 200 degrees
Wash and dry the Kale
Lay flat on an oven tray
Drizzle with Olive Oil and season with Salt
Bake in the oven until crisp and crunchy

Bruschetta

Serves : **6**
Prep & Cooking time : **10 minutes**

6 slices Spelt or Quinoa bread
2 tbs Olive Oil
2 cloves of Garlic, peeled and halved
8 Roma Tomatoes
1 Red Onion, finely chopped
1 bunch Chives, finely chopped
2 tbs fresh Basil leaves, chopped
1 tbs Olive Oil for drizzling
1 Red Chilli (optional)
Himalayan Salt and Pepper to taste

Place the slices of bread on a grill plate and brush both sides with olive oil
Grill until browned and then turn them over, apply more olive oil and brown this side

Take the bread out of the grill and rub one side with garlic cloves

Cut and deseed the tomatoes, combine with onion, basil, chives, chilli, olive oil and chopped garlic cloves

Drizzle olive oil and season to taste

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Mains

Socca With Grilled Asparagus, Dill & Fetta

Serves : 4
Prep & Cooking time : 45 minutes

2 ½ tbsp. coconut oil or ghee, melted
4 medium onions (about 500 g), cut into rounds
A few pinches sea salt
2 tsps. balsamic vinegar
1 bunch (about 300 g) green asparagus, stalks removed
1 bunch (about 370 g) white asparagus (use more green asparagus if you can't find white), stalks removed
75 g goat or sheep's feta (optional)
1 bunch fresh dill, chopped
Fresh black pepper
Cold-pressed olive oil, to serve (optional)

SOCCA

1 cup chickpea flour
¾ tsps. sea salt
½ tsps. black pepper
3 tbsp. ghee or coconut oil, melted, plus extra for frying

To make the socca batter, sift the flour, salt and pepper in a large bowl. Whisk in 1 ¼ cup warm water and the 3 tbsp. melted ghee or oil, then let it sit, covered, for at least 30 minutes.

Over high heat, melt some of the extra ghee or oil in a large pan. Once it's very hot, pour in one quarter of the batter and tilt the pan so it coats the base evenly. Cook for 5-8 minutes, until bubbles form on the surface and the batter turns from shiny to opaque, then flip over and cook for a few minutes, until browned. Remove from the pan and set aside under a tea towel to keep warm. Repeat with the remaining batter.

For the topping, heat 2 tbsp. ghee in a large pan, add the onions and salt, and stir a coat.

Cook over medium heat, stirring occasionally. When the pan is dry, add the balsamic vinegar. cook for 20-25 min, or until the onions are golden and caramelized, then transfer to a bowl.

Preheat a grill pan over high heat. Rub the asparagus with the remaining ghee, then add them to the pan and cook, for 5-10 minutes, turning once, until tender and slightly charred.

To serve, cover each warm socca with the caramelized onions, asparagus and feta and sprinkle over the dill. Season with salt and pepper and drizzle with oil.

Spicy Cauliflower & Chickpea Fritters

Serves : 6
Prep & Cooking time : 25 minutes

500 g cauliflower florets
150 g bean(chickpea) flour
1 long fresh green chili ,finely chopped
2 ½ tsps. garam masala
1 ¼ ground turmeric
3 green shallots, thinly sliced
1/3 cup chopped fresh coriander
3 tbsp. ground cumin
3 eggs
1 lemon, rind finely grated , juiced
¼ cup coconut oil
¾ cup low-fat greek yoghurt
Baby spinach leaves, to serve
Mixed baby tomatoes, sliced, to server

Process the cauliflower until finely chopped, and transfer to a large bowl. Add the flour, chili, garam masala, turmeric, 2 shallots, 2 tbsp. of coriander, and 2 ¾ tsps. of cumin Season. Make a well in the centre. Whisk the eggs, 1 tbsp. water, lemon rind and 1 tbsp. of lemon juice in a jug. Add to the well, and stir until combined. Heat 1 tbsp. of oil in a non-stick frying pan over medium heat. Spoon four ¼ cupful's of the mixture into a pan. Spread with a spoon. Cook, turning for 4 minutes or until golden. Transfer to a plate lined with paper towel and cover.

Repeat, in 2 more batches, with the remaining oil and batter to make 12 fritters. Combine the yoghurt, 2 tsps. of lemon juice and the remaining shallot, coriander and cumin in a small bowl, Season, Serve the fritters with the baby spinach, tomato and yoghurt mixture.

Pomegranate-Glazed Lamb & Lentils Salad

Serves : 6
Prep & Cooking time : 50 minutes

1 bunch baby carrots, trimmed
2 red capsicum, coarsely chopped
1 large red onion, cut into wedges
1 tbsp. extra virgin olive oil, plus olive oil spray
Salt and pepper
2 tbsp. pomegranate molasses
2 mini lamb leg roasts
2 tsps. honey
½ tsp. ground ginger
60 g baby salad leaves
1 cup firmly packed fresh mint and coriander leaves.
400g can lentils, rinsed, drained
Low-fat Greek yoghurt, to serve

Preheat the oven to 210°C. Line 2 baking trays with baking paper. Combine the carrots, capsicums, onion and oil on 1 prepared tray. Season, Roast, stirring halfway, for 30 minutes or until golden.

Heat a frying pan over medium-high heat. Spray with oil. Season the lamb. Cook , turning for 5 min or until browned. Place in the oven to roast for 12 min.

Combine the molasses, honey, coriander, cumin and ginger in a bowl , Pour over the lamb. Roast for another 5-6 minutes or to your liking. Transfer the lamb to a plate, reserving the molasses mixture to a frying pan.

Transfer the molasses mixture to a frying pan over medium heat and bring to the boil. Simmer for 2 minutes or until thickened. Set aside to cool. Toss the salad leaves, herbs, lentils and vegies in a bowl. Divide among plates. Top with the lamb and yoghurt. Drizzle the molasses. Serve.

Grain- Free Black Kale Sushi Rolls With White Miso Ginger Sauce

(Makes 25-30 pieces)

Prep & Cooking time : 25 minutes

1 cup sunflower seeds
1½ tbsp. tea salt, plus ½ tsps. extra.
4 parsley roots(about 500g;parsnips or cauliflower also work),peeled and roughly chopped.
1 tbsp. fresh lemon juice
5 nori sheets
5-10 leaves black kale or other dark leafy green, tough ribs removed and leaves cut into thin strips
1 small beetroot, cut into long sticks
3 spring onions, white and green parts cut into long sticks
1 ripe avocado, pitted and cut into long strips
Black or white sesame seeds lightly toasted

White Miso Ginger Sauce

(makes about ½ cup)

¼ cup white miso
½ tbsp. brown rice vinegar
2 tbsp. minced fresh ginger
½ tsps. pure maple syrup

To make the sauce, combine all the ingredients in a bowl and whisk to blend. To make the “rice”, combine the sunflower seeds, salt and 2 cups water in a small bowl, and soak for atleast 4 hours, or overnight. Drain and rinse well, then place in a food processor and pulse to finely chop-don’t over process or you’ll end up with sunflower butter! Set aside in a bowl.

Without cleaning the food processor, add the parsley root, lemon juice and extra salt and pulse into grains about the size of rice, then fold into the sunflower mixture. Season with salt if needed.

Place a sushi mat (or some plastic wrap) on a clean cutting board with the slats of the mat running horizontally. Put a sheet of nori, shiny side down, on the mat, 2cm from the edge closest to you. Using damp hands spread over a thin, even layer of the “rice”, leaving a 3 cm- wide border along the edge that’s furthest from you.

Arrange one-fifth of the kale, beetroot, carrot, spring onion and avocado strips horizontally across the center of the rice, then sprinkle with sesame seeds. Use your thumbs and forefingers to pick up the edge of the mat closest to you, and use your other fingers to hold the filling while you roll the mat over to enclose the roll.

Gently pull the mat as you go to create a firm roll.

Continue rolling until all the “rice” is covered with the nori and you have a neat roll. Shape your hands around the mat to gently tighten the roll, then use a sharp, wet knife to cut the roll into 5 or 6 sushi pieces. Repeat the process to use up all the ingredients. Arrange the sushi on a platter and serve with the white miso ginger sauce.

***Parsely roots are a separate vegetable from parsley.**

Flatbread Pizza with Lime Zest

Serves : 2
Prep & Cooking time : 25 minutes

Quinoa flour adds extra nutrients and appeal to these energy-packed, homemade, flatbread pizzas, topped with vibrant vegetables and drizzled with garlic oil.

50g crème fraiche
150 g zucchini, shredded into ribbons
55 g cherry tomatoes, quartered
50 g ricotta cheese
1 garlic clove, crushed
2 tbsp. olive oil

PIZZA BASE

100g wholemeal plain flour
50 g quinoa flour
 $\frac{3}{4}$ tsp bicarbonate of soda
1 tbs olive oil
1 tbs wholemeal plain flour for dusting
Salt(optional)

Preheat the oven to 200°C. To make the pizza bases, put the flour and bicarbonate of soda in a mixing bowl, season with salt, if using, and stir. Add the oil, then gradually mix in 2 tbs of warm water or just enough to make a soft but not sticky dough. Lightly dust a work surface with flour. Knead the dough on the surface with flour. Knead the dough on the surface for 2 minutes, or until the dough is smooth and slightly elastic.

Put two baking trays in the oven to get hot. Divide the dough into two pieces. Roll out each piece to a circle about 5 mm thick. Remove the baking trays from the oven and, working quickly, lay the dough on top. Spread the crème fraiche over the dough, then sprinkle with the zucchini and tomatoes. Blob the ricotta in small dollops on top.

Bake the pizzas for 7-10 minutes, or until the crust is crispy and slightly puffed up, and the ricotta has started to turn golden. Mix the garlic and oil together in a jug, and drizzle over the pizza. Serve.

Prawn-Filled Sweet Jacket Potatoes

Serves : 4
Prep & Cooking time : 1 hour 15 minutes

These zesty prawn and mango salsa-crammed sweet jacket potatoes will be loved by adults and children alike.

4 sweet potatoes, scrubbed and picked with a fork
85 g frozen sweet corn
125 g plum tomatoes, cut into cubes
4 spring onions, finely chopped
1 mango, cut into cubes
15 g fresh coriander, finely chopped
1 red chilli, deseeded and finely chopped (optional)
Salt and pepper
300 g cooked and peeled prawns
1 lime, finely zested and juiced
300 g low-fat cottage cheese

Preheat the oven to 200°C. Put the potatoes on a baking tray and bake for 1 hour, or until they feel soft when gently squeezed.

Meanwhile, bring a saucepan of water to the boil, add the sweet corn and cook for 3 minutes, or until tender. Drain then rinse.

Put the prawns and lime zest and juice in a bowl and season. Cover and chill in the fridge.

Put the potatoes on a serving plate, slit in half and open. Top with the cottage cheese, then fill with salsa and prawns.

Chia-Crusted Salmon and Green Herbs Salad With ACAI Dressing

Serves : 4
Prep & Cooking time : 25 minutes

¼ cup chia seeds
4 x 150g skinless salmon fillets
¼ cup coconut oil

Green Herb Salad

1 cup rocket
1 cup baby spinach leaves
10 snow peas, thinly sliced
½ cup fresh coriander leaves
¼ cup fresh coriander leaves
¼ cup fresh basil leaves
¼ cup fresh dill sprigs
1 tbsp. flaked almonds, lightly toasted
1 tbsp. sesame seeds, lightly toasted
1 tbsp. pumpkin seeds, lightly toasted

ACAI DRESSING

¼ cup extra virgin olive oil
¼ cup unhulled tahini
1 tbs apple cider vinegar
3 tbs acai and berry powder
1 tbs coconut nectar

Sprinkle the chia seeds onto a plate. Press one side of each salmon fillet into the seeds.

Heat 1 tbs coconut oil in a large non stick frying pan over medium-high heat. Cook the salmon, chia side down, for 1-2 minutes or until golden. Turn and cook for a further 2 min. Rest the salmon on paper towel, chia side up.

To make the green herb salad, combine the rocket, spinach, snow peas and herbs in a large bowl. Combine the almonds, sesame seeds and pumpkin seeds in a separate bowl.

TO make the dressing , put all the ingredients in a blender and blend until smooth.

Just before serving, pour the dressing over the salad and sprinkle with the almond and seed mixture. Lightly toss everything together and serve immediately with the salmon.

Roasted Sweet Potato, Zucchini & Goats Cheese

Burgers

Serves : 4 - 6
Prep & Cooking time : 20 minutes plus 20 minutes cooling time

500 grams sweet potato, peeled and cut into 2 cm dice
3 tsp ground cumin
3 tbs Macadamia oil
2 medium zucchini, grated
80 grams rolled oats, plus 50 gram extra for crust
100 gram Goats Cheese (optional)
40 grams pine nuts, lightly toasted
2 tbs chives, finely chopped
Handful parsley, chopped
4 spelt hamburger buns
Lettuce, chopped
Tomato, sliced
Chilli or satay sauce

Pre-heat oven to 200 degrees and line a large baking tray with non-stick baking paper.

Place the sweet potato in a plastic bag and add 2 tbs of the macadamia oil and cumin. Shake to coat, then pour out onto baking tray and season. Bake for 25 minutes or until golden.

Transfer to a large bowl and mash. Allow to cool.

Squeeze the moisture from the zucchini and add to the sweet potato along with the rolled oats, goats cheese, pine nuts and herbs.

Season with salt and pepper.

With clean hands mix all ingredients and divide into 4 – 6 patties.

Place the extra oats onto a plate and press each pattie onto the oats to cover on all sides.

Heat the extra oil in a large non stick fry pan.

Cook over a medium heat for 3 minutes each side.

Toast the hamburger buns and top with lettuce and tomato and Soup your favourite chilli or satay sauce.

Cashew and Ginger Stir Fry

Serves : 4
Prep & Cooking time : 30 minutes

1 1/3 cups slivered Cashews
5cm piece fresh Ginger, thinly sliced
2 Garlic cloves
1 can drained rinsed Water Chestnuts
1 bunch Spring Onion, finely chopped
1 Red Capsicum, sliced long
1 cup Zucchini, cubed
1 cup Broccoli florets
1 pack Smoked Tofu, cubed
1 cup tailed Snow Peas
1 tsp Olive Oil
1 tsp Sesame Oil
1 ¼ cup water + 1 tsp Himalayan Salt
1 tsp fresh Basil, chopped
1 tsp fresh Coriander, chopped
Handful Mung Beans, garnish
1 Green Chilli, garnish

Toast the cashews in the oven 180 degrees Celsius for 10 minutes until golden
In the wok gently heat up a little water and add the garlic and the ginger and leave for 1 minute

Add the vegetables, first with the broccoli as it is the toughest to cook

When the veggies are beginning to soften add the chestnuts and the tofu

Add the salty water and the herbs, bring to boil and simmer for 5 minutes

Bring the whole wok content into a bowl and add the oil and toss

Add cashews and serve on a plate topped with mung beans and sliced chilli

Asparagus and Zucchini Crepes with Hollandaise Sauce

Serves : 4
Prep & Cooking time : 25 minutes

2 bunches Asparagus
1 Zucchini, diced
¾ cup Soft Tofu
2 tbs Lemon juice
1 tbs Olive Oil
½ tsp Himalayan Salt
Pinch Turmeric
Pinch Paprika
Pinch Cayenne Pepper

See buckwheat pancakes recipe

Break foot off the asparagus and stir fry with the zucchini. Add salt to the pan and cook until asparagus is vivid green and a touch soft. Drain

Open crepes onto a plate and lay asparagus and zucchini onto it and roll

Blend all other ingredients together and pour over pancakes

Char Grilled Calamari

Serves : **2**
Prep & Cooking time : **10 minutes**

2 Calamari
Garlic mayo to taste
4 cups Rocket leaves
2 tbs Balsamic Vinegar
2 tbs Flax Seed Oil
3 tbs Lemon Grass
½ Lemon, juice
2 Garlic cloves, minced,
Small pinch paprika
30 grams pine nuts, toasted
Himalayan Salt
1 cup Spelt Bread Crumbs
3 tbs Olive Oil

Slice your calamari and dip it in a mix of bread crumbs, paprika, garlic and lemon grass

Put your olive oil in a pan and heat up gently. Fry the calamari for 3 minutes and add ¼ cup water, cover and simmer until calamari are tender

In a bowl mix rocket flax oil, pine nuts, lemon juice and vinegar, add salt to taste
Mix calamari into the bowl and add rest of the crumbs to

Scallop and Chilli Prawn Salad

Serves : 2
Prep & Cooking time : 10 minutes

½ Red Onion, chopped
1 Avocado, pitted cubed
1 Red Chilli, chopped
1 Green Chilli, chopped
1 tsp Coconut Oil
1 pinch Himalayan Salt
2 cups Baby Spinach leaves
250 grams cooked Prawns
250 gram cooked scallop

Put avocado, chilli and red onion together with the spinach and toss until the avocado creams the leaves

Add the Coconut oil, scallops and prawn's in the salad and mix

Napolitano Pasta

Serves : 4
Prep & Cooking time : 25 minutes

1 cup Spelt Pasta
2 Spring Onion, chopped
½ cup fresh Basil leaves, chopped
½ cup parsley, chopped
¼ cup Olive Oil
1 pinch Himalayan Salt
2 Garlic Clove, minced
8 Roma Tomatoes, cubed
1 Red Chilli, finely sliced (optional)

Fry spring onion and garlic until soft

Mix in a bowl with olive oil and cubed tomatoes add salt to taste

Cook your pasta al dente and drain

In a bigger bowl incorporate your pasta, the tomato mix and the fresh herbs and chilli

Enjoy cold or warm

John Dory Kebabs

Serves : **4**
Prep & Cooking time : **30 minutes**

1 Fillet John Dory
1 tsp fresh Coriander
1 clove Garlic
2 sticks Celery, finely chopped
1 pinch Chilli Powder
1 tsp Turmeric
1 tsp Curry Powder
1 pinch Himalayan Salt
3 large Green Chilli, finely diced

Salsa

5 Tomatoes, diced
1 Onion, chopped
1 Avocado, chopped
1 pinch Himalayan Salt

BBQ fish on flat plate.

When the fish is cooked bring all the ingredients into a bowl and mash together until it is like dough

Roll into small sausages approximately 4 cm long and place a skewer in the centre.

Bake in the oven for 20 minutes at 180 degrees Celsius

Mix the salsa.

Top cooked Kebabs with fresh salsa.

Sesame Tuna Steak with Bok Choy and Asparagus

Serves : 4
Prep & Cooking time : 6 minutes

2 head Bok Choy
1 bunch Asparagus
1 Garlic clove, minced
½ tsp Ginger
1 tsp Olive Oil
¼ tsp Himalayan Salt
Sesame Seed, toasted
1 tsp Sesame Oil
1 small Tuna Steak Filet

Steam asparagus and bok Choy, drain and mix in a bowl with olive oil, garlic, ginger and salt

In a shallow bowl spread the sesame seeds

Coat the tuna pieces in sesame oil and bathe the pieces in sesame seeds

Make sure the pan is hot. Lay the tuna slices onto the pan for 30 seconds and flip over for 30 seconds. Your tuna is ready!

Serve with Bok Choy and Asparagus

Quiche

Serves : 4
Prep & Cooking time : 50 minutes

Pastry:

1/3 cup Almond Meal
½ cup Buckwheat Flour
2 tsp Water
1 tbs Olive Oil
2 tbs Tahini
1 tsp Himalayan Salt
1 tsp Chilli Powder

Filling:

1 Onion, sliced
1 tsp Garlic, crushed
2 cups floret Broccoli, steamed
1 tsp Dijon Mustard
½ cup Parsley
½ tsp Ground Chilli
1 tsp Himalayan Salt
150 grams firm Tofu
150 grams white Cannellini Beans

Mix pastry ingredient together until the mix becomes doughy
Lay in an aluminium foil pie crust plate
In a bowl, blend garlic, mustard, chilli, tofu, beans, parsley and salt
Stir in the broccoli and the onions
Pour mix into the pie shell
Bake in the oven 35-40 minutes at 180 degrees Celsius

Spelt Pasta with Lentil Sauce

Serves : 4
Prep & Cooking time : 30 minutes

1 packet Spelt Pasta, cooked
2 Onions, chopped
2 Garlic clove, chopped
2 tbs Olive Oil
1 cup Red Lentils
3 cups Vegetable Stock
1 cup Passatta
Small bunch Basil, roughly chopped

Sweat onion and garlic in oil until translucent
Add lentils and bring to the boil. Reduce the heat to low, cover the pan and simmer for 15 minutes or until the lentils are tender, stirring occasionally
Add passatta and basil and stir over low heat until combined. DO NOT boil.
Add pasta and stir well

Rice Paper Rolls

Serves : **4**
Prep & Cooking time : **30 minutes**

Iceberg Lettuce, thinly sliced
Carrots, sliced long and thin
Cucumbers, sliced long and thin
Red Capsicum, sliced long and thin
Red Chilli, sliced long and thin
Mung Beans
Coriander leaves
Rice Paper Rolls

Dipping Sauce

1/3 cup Raw Almond spread
2 tbs Tahini
1 tbs Sesame Oil

Bathe the rice paper in a plate filled with hot water until the paper softens and turns transparent
Pull out of the water and lay in a wet plate
Layer the coriander leaves, the carrots, cucumbers, capsicum, Mung Beans, chilli with the desired quantity and fill with iceberg lettuce
Close sides onto content and roll the rice paper tight onto the vegetables.
Refrigerate for at least 20 minutes to allow the paper to become firm again
Blend almond spread, tahini and sesame oil and use to dip your rice paper rolls

Quinoa Bake

Serves : 4 - 6
Prep & Cooking time : 1 hour 10 minutes

1 Quinoa packet mix
1 Onion, diced
1 clove Garlic
1 Zucchini, chopped
1 Carrot, chopped
½ Cauliflower, head cut into florets
Himalayan Salt
2 tsp Mixed Herbs
Small handful of Parmesan Cheese
Tomato Relish

Pre-heat oven to 180 degrees celcius.

Cook quinoa according to the packet instructions. Drain and rinse.

Saute onion then add garlic, zucchini, celery, carrot and cauliflower. Cook for 3 – 5 minutes and season with the salt and herbs.

Combine quinoa and vegetables and place into a loaf pan and sprinkle with parmesan cheese. Bake for 30 -40 minutes until golden.

Serve with tomato relish.

Mediterranean Melt

Serves : **1**
Prep & Cooking time : **35 minutes**

1 slice of Spelt Bread
¼ Avocado
4 slices tomato
10 g Spanish Onion
4 x 5mm thick slices eggplant
¼ red capsicum
15-20g Cheese sliced thinly
Handful of Baby rocket
Olive Oil spray
Himalayan salt
Pepper

Place the eggplant on an oven tray with baking paper. Spray with olive oil & sprinkle with salt & pepper. Cut the ¼ capsicum in half & also place on the baking tray with skin facing up. Place in the oven for approximately 20minutes, or until the eggplant starts to go brown. Remove the capsicum & place into a plastic bag to sweat. Once the capsicum is cooled remove the skin & discard leaving the flesh. *(Note this step can be carried out a day or two before & refrigerated)*

Toast the bread, spread with avocado & then top with tomato slices. On a separate plate place the eggplant on the bottom, layer with capsicum, onion & then cheese. Place in the microwave for 30seconds or until the cheese melts. Then using a knife carefully lift on top of the toast with tomato & then place the rocket on top.

Quinoa Puttanesca

Serves : **4**
Prep & Cooking time : **30 minutes**

250g quinoa, cooked (any style)
1 tbs olive oil
2 garlic cloves, finely diced
2 red chillis, finely diced (remove seeds to reduce chilli hit)
2 tbs capers, rinsed
10 black olives, sliced in half lengthways
2 ripe tomatoes, diced
1 cup passata (can use one can diced tomatoes instead of tomatoes and passata)
1 bunch asparagus OR beans, diced
half bunch spinach, roughly chopped
10 basil leaves, torn

Heat saucepan, med-high heat. Add olive oil, garlic and chillis. Cook until fragrant, don't let garlic burn.

Add olives and capers. Heat through for approx 1 min.

Add diced tomatoes, heat 1 min. Add passata, stir through and reduce heat to a simmer.

Add beans/asparagus, spinach and basil. Stir through, allow to heat..

Stir through quinoa and serve hot

Spelt pasta can be substituted for quinoa

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Desserts

Mint Chip Ice Cream Sandwiches

Serves : 4
Prep & Cooking time : 20 minutes plus 4 hours soaking and 4 hours freezing

1 cup raw cashews, soaked for at least 4 hours, then drained and rinsed
¼ cup raw honey or pure maple syrup, plus 2 tbsp. maple Syrup, plus 2 tbsp. extra
1 small ripe avocado, sliced
2 tbsp. coconut oil, melted
14 drops food-grade peppermint oil or ½ cup lightly packed fresh mint leaves (about 40 leaves)
Cacao nibs (optional), for garnish
Raw Chocolate Cookies
¼ cup raw honey or pure maple syrup
3 tbsp. coconut oil
2 tbsp. cacao butter
5 tbsp. cacao powder
Pinch sea salt
¼ cup cacao nibs

Combine the cashews, honey, avocado, coconut oil, peppermint oil or mint leaves, and ½ cup water in a food processor and blend on high until smooth. Adjust the sweetness and mintiness to taste. Pour into an airtight container and place in a freezer for at least 3-4 hours. It will be kept in the freezer for up to 2 weeks-if it lasts that long!

Remove 20 minutes before assembling the sandwiches.

To make the cookies, heat the small saucepan over low heat, and melt the honey, coconut oil, and cacao butter. Remove from the heat and whisk in the cacao powder and salt until smooth.

On a tray lined with baking paper, drop 1 tbsp. of the mixture and spread into thin wafer. Sprinkle with 1 tbsp. cacao nibs. Repeat until you have 12 cookies. Freeze the cookies until solid before serving. You can store them in an airtight container in the freezer for up to 1 month.

Raw Key Lime Coconut Tarts

Serves : 6
Prep & Cooking time : 15 minutes plus 3 hours freezing

1 cup raw nuts(such as almonds and pecans),soaked for 8 hours
5 tbsp. unsweetened shredded coconut
1 cup large dates(About 7),preferably Medjool
A few pinches of sea salt

Tart Filling

3 ripe avocados, pitted, flesh scooped out
¼ cup pure maple syrup or raw honey
1½ tbsp. coconut oil, melted
¼ cup freshly squeezed lime juice
2 pinches fine sea salt
1 organic lime, zest grated

To make the crust, pulse the nuts in a food processor until chunky. Add the coconut, dates and salt, and continue to pulse until they form a solid mass. when the mixture is squeezed together.

Line a 6-cup capacity muffin tin with plastic wrap. Divide the mixture into 6 golf-ball-size portions and press into each cup, spreading up the sides, to create a tart shell. Place the tin in the freezer for at least 1 hour. (When you're ready to fill them, remove them from the tin by pulling up the edges of the plastic wrap.)

To make the filling, combine the avocados, maple syrup, coconut oil, lime juice and salt in a food processor and blend on high, until smooth. Add more sweetness if needed. If the avocados are overripe, add more lime juice to taste.

Spoon the filling into the tart shells and sprinkle over the zest. Return to the tin and put in the freezer for at least 2 hours. Remove 15-20 minutes before serving.

Camu and Lemon Cheese Cake

Serves : 8

Prep & Cooking time : 35 minutes plus 2 hours freezing

1 cup unsweetened shredded coconut

½ cup almond meal

5 pitted dates

Lemon and Orange slices, to serve,

Lemon and orange zest, to garnish

Pure maple syrup, to serve

Filling

1½ cups raw cashews, soaked in water for 2 hours, drained

¼ cup coconut oil, melted

1 lemon, juiced and grated

¼ cup raw honey or coconut nectar

1½ tbs camu powder

Grease a 20 cm springform cake tin and line the base and side with baking paper. Process the coconut, almond meal and dates in a food processor until crumbly. Add 1 tbsp. water, a little at a time, and process until a sticky dough forms. Using a slightly damp hands, press the mixture into the tin, then place in the fridge.

To make the filling, blend the cashews, coconut oil and lemon juice in a high – powered blender until smooth, stopping to scrape down the sides as you go. This may take up to 5 minutes. Add the lemon zest, honey(or coconut nectar) and camu powder. Blend on high speed for 30 seconds is well combined. Spoon the filling onto the base and freeze for 2 hours or until set. Remove the cake from the tin and bring it to room temperature. Serve topped with some citrus slices and zest and a drizzle of maple syrup.

Roasted Fig Raspberry Tart with Toasted Almond crust

Serves : 6
Prep & Cooking time : 1 hour 30 minutes
Make 23 cm tart

3 tbs extra virgin olive oil, plus more for oiling
2/3 cup toasted almonds
¼ cup regular rolled oats
¼ tsp sea salt
2/3 cup whole spelt flour
3 tbs maple syrup
1 tbs vanilla extract
¼ tsp almond extract
Cream, to serve(optional)

Tart Filling

450 g fresh ripe figs, stemmed and cut in half
2 tsp extra virgin olive oil
2 tbs maple syrup
¾ cup apple juice, plus 1 tbs
¾ tsp agar flakes
1 tsp arrowroot
½ tsp vanilla extract
2 cups fresh raspberries

To make the pastry, preheat the oven to 180°C. Line the bottom of a 23 cm springform tin with baking paper and lightly oil the sides,. Coarsely grind a third of the almonds, the oats and salt in a food processor. Transfer to a bowl and stir in a spelt flour. Roughly chop the remaining almonds, add to the bowl and mix. Drizzle in the olive oil and mix with a fork until the flour is moistend.

Add the maple syrup, vanilla and almond extract and mix until the pastry is moist but not sticky. Wash and dry your hands, then press the pastry evenly into the prepared tin. Press 1.2 cm up the sides, leaving the top uneven. Prick the bottom several times with a fork and bake for 18 minutes or until golden. Set aside to cool.

To make the filling, heat the oven to 200°C. Line a baking tray with baking paper. Add the figs and drizzle with oil and 1 tbs maple syrup, then toss to coat.

Spread over the tray cut-side up and roast for 25 min or until the figs begin to caramelize. Set aside to cool.

Combine $\frac{3}{4}$ cup apple juice and the agar flakes in a heavy-bottomed pan and bring to the boil. Whisk, cover the pan, reduce the heat to low and simmer for 5 min or until the agar has dissolved. In a small bowl, dissolve the arrowroot in the remaining apple juice and drizzle into the agar mixture, whisking until it returns to a simmer and thickened but not yet begun to set.

Place the figs in a bowl and pour in the agar mixture. Stir gently with a spatula to combine. Add the raspberries and toss gently until evenly distributed. Transfer the mixture to a baked tart shell.

Refrigerate for 20-30 minutes or until set. Serve with cream (optional).

Best Raw Brownies

Serves : **18**
Prep & Cooking time : **20 minutes**

1 cup hazelnut meal
1 cup desiccated coconut
1/3 cup chia seeds
1/3 cup cacao powder
Pinch of sea salt
1/2 cup coconut oil, melted
1/3 cup rice malt syrup or pure maple syrup
1 tsp vanilla chocolate syrup
1 tsp vanilla bean paste
3/4 cup coconut chocolate spread

Grease a 16 X 26cm slice tin and line with the base and sides with baking paper, extending approximately 4 cm over the sides.

Combine the hazelnut meal, coconut, chia seeds, cacao powder and salt in a bowl.

Put the coconut oil, rice malt syrup (or maple syrup) and vanilla bean paste in a separate bowl and whisk until combined. Pour into the dry ingredients and mix well.

Press the mixture into the slice tin and smooth over with the back of a spoon. Spread a decent layer of coconut chocolates spread over the top and place in the freezer for 30 minutes to set.

Cut the brownie into 18 pieces. Store in the fridge for up to one week. Bring to room temperature before serving.

Chocolate Mousse

Serves : **4**
Prep & Cooking time : **30 minutes**

300 grams pack Silken Tofu
2 tsp Natural Cocoa, unsweetened
Stevia to taste
Cocoa Chips

Mix tofu and cocoa in a blender
Taste and sweeten with stevia (or natural honey)
Refrigerate until serving time then sprinkle cocoa chips on top
Add more stevia or honey to taste, remembering that honey is acidic

Lime and Coconut Tart

Serves : 4
Prep & Cooking time : 35 minutes plus 2 hours refrigeration

Pastry:

1/3 cup Almond Meal
2/3 cup Quinoa Flour
1/2 tsp Cinnamon
1 pinch Ground Clove
¼ tsp Nutmeg
5 tsp Alkaline Water
3 tbs Olive Oil
2 tbs Tahini

Filling:

1 can Coconut Milk
½ cup Coconut, shredded
½ cup LSA mix
3 Lime juice
2 Majhool Dates, minced

Place all pastry ingredients in a food processor until the mix forms crumbs
Press the crumbs into the base of a 20cm spring form tin
Bake in preheated oven 200 degrees Celsius for 15 minutes or until lightly browned
Place filling ingredients in a food processor and mix
Pour mixture into a pan and bring to boil at low heat
Boil for 3 minutes, simmer for 5 minutes
Pour over crust and refrigerate for 2 hours

Banana, Raspberry and Vanilla Muffin

Serves : 4
Prep & Cooking time : 35 minutes

5 cups White Beans, cooked
½ cup Raw Honey or Stevia
½ cup Almond Meal
1/4 cup Buckwheat Flour
¼ cup Quinoa Flour
½ cup Raspberries
1 banana, mashed
2 tsp Vanilla Essence

Blend beans until smooth then add the honey and blend again.

Add dry ingredients and banana and mix well

Lastly add the raspberries

Place in the pre-heated oven (180 degrees) for 25 minutes or until cooked.

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