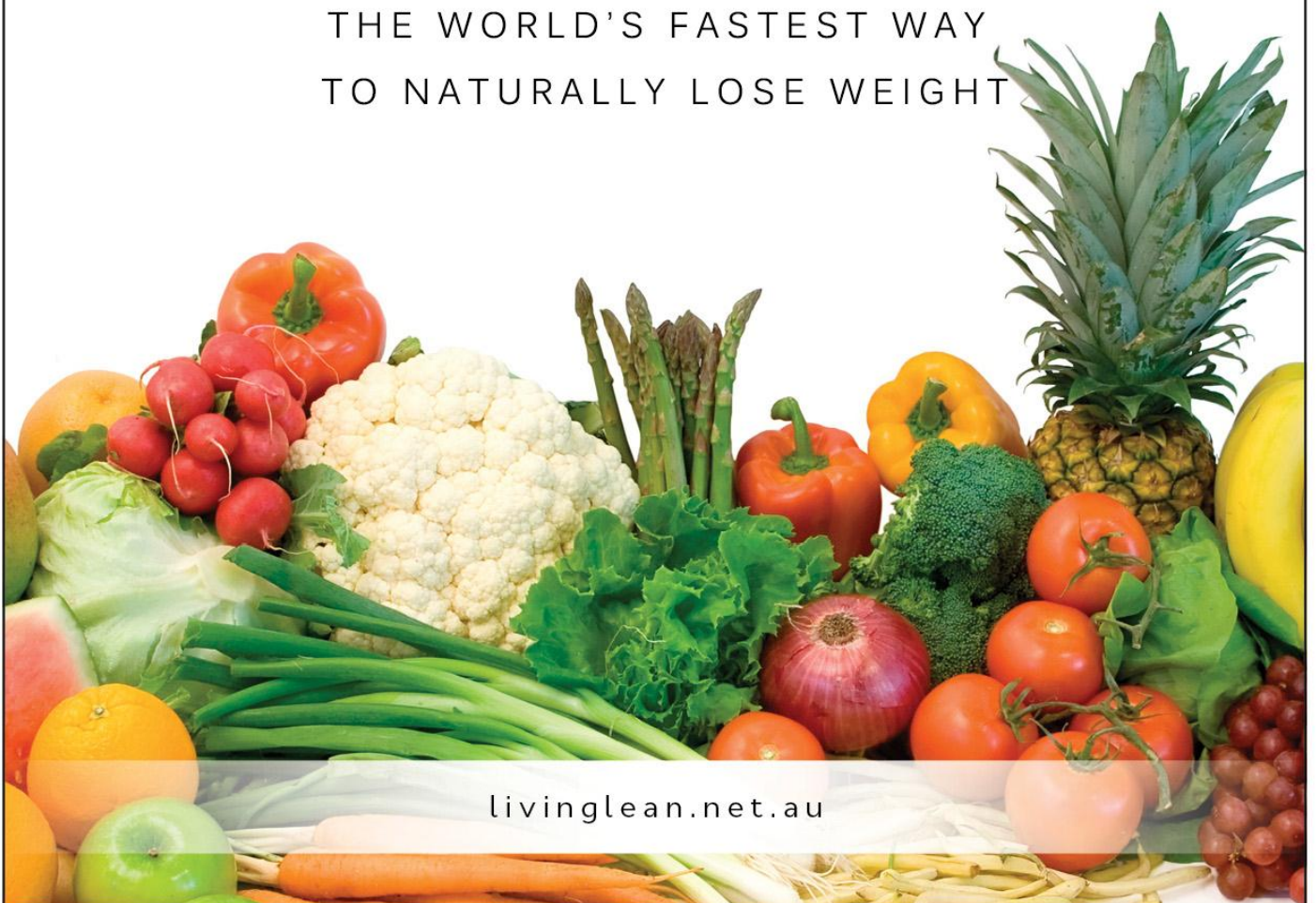

WEIGHT LOSS RECIPE BOOK

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THE WORLD'S FASTEST WAY
TO NATURALLY LOSE WEIGHT



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Smoothies & Drinks

Green Power

Serves : 1

Prep time : 2 minutes

- 2 handfuls kale stalks removed
- 1 medium size cucumber, unpeeled
- 1 handful coriander
- 1 celery stick
- 1 tiny piece of jalapeno pepper
- 1 lime, squeezed

Combine the kale and cucumber in a juicer. Then, in order, add the coriander, celery and jalapeno. Stir as you squeeze in the lime juice. Drink immediately or pour into an airtight container and keep in the fridge for up to 12 hours.

The BEE

Serves : 2

Prep time : 2 minutes

230 ml almond milk

1 banana, peeled

½ tsp bee pollen

1 tsp raw honey

2 dates, stones removed

2 tbsp sesame seeds

Pinch ground cinnamon

Combine all the ingredients in a blender. Drink immediately or pour into an airtight container and keep in the fridge for up to 12 hours.

Beetroot Toner

Serves : 1

Prep time : 2 minutes

2 carrots,peeled

1 whole beetroot with greens well-scrubbed and unpeeled

1 green apple, unpeeled

1 handful watercress

Place the carrots in a juicer, then add the beetroot, apple and watercress in order. Stir as you go to make the flavor stronger and fuller. Drink immediately or pour into an airtight container and keep in the fridge for up to 12 hours.

Green Power House

Serves : 1

Prep time : 2 minutes

2 green apples, unpeeled

1 celery stick

Thumb size piece of fresh root ginger, unpeeled

1 handful coriander

1 lemon , squeezed or juiced.

Combine the apple, celery, ginger and coriander in a juicer and add the lemon juice last. Drink immediately or pour into an airtight container and keep in the fridge for up to 12 hours.

The Ultimate Chocolate Smoothie

Serves : 2

Prep time : 2 minutes

230 ml almond milk

1 whole avocado peeled

100 ml fresh coconut water

1tsp. raw cacao powder

1tsp sesame seeds

Combine all the ingredients in a blender. Drink immediately or pour into an airtight container and keep in the fridge for up to 12 hours.

Sally's Go-to Smoothie

Serves : 2

Prep time : 2 minutes

- 1 avocado, halved, peeled, stone removed
- 1 cup broccoli florets
- 1 cup kale. Stalks removed
- 1 cup baby spinach
- 2 celery stalks
- 1 frozen banana
- 2 passion fruit, pulp extracted
- Large handful mint leaves
- 1 tsp chia seeds
- 1 tbs cleansing fibre powder(available at health food stores)
- 1 lemon, juiced
- 1 teaspoon stevia

Place all the ingredients in a blender with 2 cups water and ½ cup ice cubes. Blend until desired consistency is reached. The blended passionfruit seeds can make the smoothie a bit gritty. If that doesn't appeal to you, keep them whole by stirring them in after the other ingredients have been blended

Mango Smoothie

Serves : 1-2

Prep time : 2 minutes

1 Mango (skin and seed removed)

1 cup of Ice (alkaline water)

Blend all ingredients

Avocado Breakfast

Serves : 1-2

Prep time : 2 minutes

1 Avocado

1 cup Passatta

½ Lemon, juiced

Himalayan salt, to taste

Blend all ingredients

Apple, Celery and Carrot Juice

Serves : 1-2

Prep time : 2 minutes

1 Apple

3 Carrots

4 Celery Sticks

Place all ingredients into juicer and pour into glass

Beetroot and Carrot Juice

Serves : 1-2

Prep time : 2 minutes (not including refrigeration)

1 Beetroot

3 Carrots

½ Lime, peeled

Ice cubes (alkaline water)

Place all ingredients into juicer then pour over ice.

Make sure your carrots and beetroot are refrigerated before juicing. It will ensure a better taste. This drink can be very sweet.

Date Shake

Serves : 1

Prep time : 2 minutes (not including refrigeration)

2 fresh Dates, pitted

1 cup fresh Coconut Milk

Freshly grated Cinnamon to taste

Refrigerate coconut milk before use to allow for better taste

Use a hand electric blender to mix the ingredients

Blend at high speed until the drink turns more into a chocolate colour or until the dates are completely chopped into very small pieces (approximately 2 minutes)

Bloody Mary

Serves : 1

Prep time : 4-5 minutes

2 Tomatoes, peeled

4 Pale Green Celery sticks

½ Green Chilli

Himalayan Salt

Fresh Water

Ice cubes

Cut the tomatoes into wedges and puree the tomatoes with a fork and hand remove the peel

Put the tomatoes in a blender along with 3 juiced celery sticks, chilli and salt to taste and blend until smooth

Carrot Zinger

Serves : 1 - 2

Prep time : 2 minutes

4 Carrots

1 Cucumber

½ celery stick

1 small piece Garlic Root

Juice all and enjoy

Almond Milk

Serves : 1

Prep time : 24 hours

1 cup fresh Almonds

1 cup Pine Nuts

Alkaline water

Stevia (to taste)

Soak almonds overnight in a bowl of alkaline water.

Blend adding small amounts of water at a time.

Strain through a cheesecloth.

Living Lean Lime Spider

Serves : 1

Prep time : 2 minutes

2 Limes

1 tsp Living Lean Alkalizing powder

Pure Alkaline Water

Ice cubes (alkaline water)

Place the ice cubes in a glass

Muddle the lime for its juice and pour over ice together with the greens

Add water to fill the glass

Drink up

Go Go Green Super Juice

Serves : 1

Prep time : 2 minutes

2 Celery sticks

½ Cucumber

½ Apple

1 small piece of Lime, peeled

½ ripe Avocado

Ice cubes

Place the ice cubes in a glass

Juice the celery, apple, lime and cucumber and pour over ice to chill the juice

Blend avocado, juice (leave out the ice) until smooth

Home-Made Lemonade

Serves : 1

Prep time : 5 minutes

2 Apples

5 Lemons, cut into circles

3 cups Fresh Water

Ice cubes (alkaline water)

Stevia, to taste

Pass the apples through a juicer

Pour juice into a large jug and add lemons and water

Stir well until you can see the lemon particles in the water

Adjust with Stevia

Refrigerate for 1 hour

Pour over ice when serving

Hot Lemonade

Serves : 1

Prep time : 2 minutes

Boil some water add fresh lemon slices

You may choose the amount of lemon you put in your water

Adjust taste with Stevia if required

Lime Summer Fresh

Serves : 1

Prep time : 4 – 5 minutes

Handful Mint leaves

4 Lime wedges

Splash of Water

Ice cubes (alkaline water)

Muddle the wedges into a glass

Add mint leaves and muddle again

Add ice cubes

Add a splash of water and a straw

Blueberry Smoothie

Serves : 1

Prep time : 2 minutes

1 ½ cups Almond Milk

2 cups Blueberries (frozen)

Stevia to taste

Ice cubes (alkaline water)

Mix all ingredients together and serve.

Banana Smoothie

Serves : 1

Prep time : 2 minutes

1 ½ cups Soy Milk

1 banana

Stevia to taste

Ice cubes (alkaline water)

Blend all ingredients together and serve

Blueberry, Mango and Strawberry Smoothie

Serves : 1

Prep time : 2 minutes

1 ½ cups Almond or Soy Milk

1 cup Blueberries (fresh or frozen)

½ punnet Strawberries

1 Mango

Ice cubes (alkaline water)

Blend all ingredients together and serve

Peach and Strawberry Smoothie

Serves : 1

Prep time : 2 minutes

1 ½ cups Soy Milk

½ punnet Strawberries

1 x Peach (seed removed)

Ice cubes (alkaline water)

Blend all ingredients together and serve



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Salads & Vegetables

Fruit Salad

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

1 Banana
½ cup Blueberries
1 Kiwi fruit
Handful Grapes
½ Mango
1 Peach
2 slices Watermelon
1 Apricot

Roughly chop all ingredients, mix and serve

Steamed Greens

Serves : 2 - 4
Prep & Cooking time : 7 - 10 minutes

Asparagus
Broccoli
Bok Choy
Chinese Broccoli
Kale
Green beans
Snow peas
Brussels Sprouts
Zucchini

Select any green veggies you can find and steam them lightly

Vinaigrette

Serves : **4**
Prep & Cooking time : **2 minutes**

¼ cup Flax Seed or Olive Oil
1 tsp fresh Chives
1 fresh Lemon, juiced
1 tbs Apple cider Vinegar
1 fresh Roma Tomato
1 clove Garlic (optional)
Himalayan Salt and pepper to taste

Blend all and mix with your veggies or salad

Beetroot, Asparagus, Kale and Pine Nut Salad

Serves : 2
Prep & Cooking time : 30 minutes

1 bunch Baby Beetroot
1 bunch Asparagus, trimmed
2 cups Kale leaves
Handful Rocket leaves
2 tbs Pines Nuts, toasted

Dressing

1 tsp Dijon Mustard
1 tbs Balsamic Vinegar
2 tbs Olive Oil

Preheat oven to 200 degrees Celsius
Bake beetroot in foil for 25 minutes or until tender
Wash under cold running water to remove skin and cut in half
Cook asparagus in boiling water for 1-2 minutes, then plunge into cold water
For the dressing, place ingredients in a bowl and whisk
Arrange rocket and kale on a platter, and top with beetroot and asparagus
Sprinkle with pine nuts and spoon over the dressing

String Beans, Almonds and Cashew Salad

Serves : 4
Prep & Cooking time : 10 minutes

2 cups fresh Green Beans, trimmed
¼ cup Almonds, toasted
¼ cup Cashews, toasted
1 clove Garlic, minced
4 thin slices of fresh Ginger
3 tbs Sesame Oil
2 pinch Himalayan Salt
1 tsp Curry Powder
2 tsp Raw Honey
¼ cup Water (for stir frying)

Bring a pot of water to a boil and add beans for 3 minutes
Remove from pot and immediately plunge into a bowl of cold water. Allow to sit for a minute or two, then drain and set aside
In a bowl whisk sesame oil, garlic, ginger, raw honey, curry and salt
Mix Green Beans to dressing and stir fry until beans are at desired firmness
Add cashews and Almonds and serve

Brazilian Tomato Salad

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

5 Tomatoes, cut in wedges
Handful of chives, sliced thin
2 tbs Olive Oil
1 Garlic clove
Himalayan Salt, to taste
Fresh Basil

Place the cut tomatoes and chives in a bowl and pour Himalayan Salt over it. Let the tomatoes sweat for 10 minutes at room temperature
Add the oil and the fresh basil before serving

Cucumber Salad

Serves : 2

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

2 cups Cucumbers, sliced long

2 tbs Parsley, chopped

¼ cup Mint

2 sprigs Lemon Thyme, finely chopped

½ Lemon juice

1 tbs Olive Oil or Flax Seed Oil

Combine the cucumbers, parsley, mint, thyme, lemon juice, oil in a small bowl
Chill for several hours or overnight. Toss before serving

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Soups & Others

Chilled Broad Bean Soup

Serves : **6**
Prep & Cooking time : **20 minutes**

3½ cups vegetable stock
650 g fresh young broad beans, shelled
3 tbsp. lemon juice
2 tbsp. fresh summer savory, chopped
Salt and pepper
6 tbsp. Greek-style natural yoghurt to serve
1 tsp. chopped fresh mint, to garnish

Cut pumpkin in half and remove seeds and skin and cut flesh in small pieces
Bring water to boil with the salt and add pumpkin, onion, coconut milk,
cinnamon and nutmeg
When the pumpkin is soft, blend all with an electric mixer
Serve in a bowl or cup

Living Lean Pumpkin Soup

Serves : 6 - 8
Prep & Cooking time : 20 minutes

2 Butternut Pumpkin
1 Onion, chopped
3-4 cups Water with Himalayan Salt to taste
1 can Coconut Milk
1 tbs Ground Cinnamon
1 tbs Ground Nutmeg

Cut pumpkin in half and remove seeds and skin and cut flesh in small pieces
Bring water to boil with the salt and add pumpkin, onion, coconut milk,
cinnamon and nutmeg
When the pumpkin is soft, blend all with an electric mixer
Serve in a bowl or cup

Roasted Pumpkin Soup

Serves : **10 -12**
Prep & Cooking time : **35 minutes**

2 Butternut Pumpkin
1 Onion, chopped
3-4 cups Vegetable Stock
Salt and Pepper to taste

Preheat Oven to 180 degrees Celsius
Cut pumpkin in half and remove seeds and skin and cut flesh in small pieces
Lay pumpkin on a roasting tray with the onion and season.
Roast until just coloured.
Blend Pumpkin and Onion with warmed vegetable stock until desired consistency is achieved.
Serve in a bowl or cup

Tomato & Basil Soup

Serves : 4
Prep & Cooking time : 45 minutes

1 Onion, diced
1 Carrot, diced
2 Celery, diced
1 tsp Himalayan Salt
2 tins Whole Peeled Tomatoes
Small handful of Basil
2 cloves garlic
1 tsp Chilli, optional
½ Avocado

Sweat the garlic, carrot, celery and onion until translucent
Add tomatoes, chilli and salt
Gently simmer for 20 minutes
Add Basil and blend
Top with avocado



Pea, Asparagus & Mint Soup

Serves : 6 - 8
Prep & Cooking time : 25 minutes

1.5 cups fresh or frozen peas
2 bunches fresh asparagus, cut into 2 cm pieces
Small handful of mint, chopped
½ tsp Himalayan Salt

Bring a saucepan of water to the boil. Add salt.
Gently boil asparagus until just under cooked.
Leaving asparagus in the saucepan add the peas and cook until just tender.
Remove from heat and drain, reserving about a cup of the liquid.
Blend all ingredients into a thick soup. Add mint and blend again.
Use reserved water to loosen mixture to desired consistency.
Serve

Vegetable Soup

Serves : 4 - 6
Prep & Cooking time : 30 minutes

1 bunch of Asparagus
2 Onion, diced
3 Carrots, diced
3 sticks of Celery, diced
½ jar marinated Artichokes
½ head of Cauliflower
½ Cabbage
1 cup fresh or frozen Peas
2 cloves Garlic
1 tbs Living Lean Greens
1 jar Passatta
1 tsp Himalayan Salt

Sweat garlic, onion, celery, carrot until translucent
Add cauliflower, cabbage, artichoke and asparagus and cook for 2 minutes
Add greens and stir in passatta and salt
Simmer for 20 minutes
Add peas and spinach and cook for 2 minutes
Blend and serve

Cauliflower Soup (Recipe 1)

Serves : 4 - 6
Prep & Cooking time : 25 minutes

1 Onion, chopped
1 punnet Cherry Tomatoes
6 yellow Squash
1 head Cauliflower
3 clove garlic
Olive oil
1 litre non sweetened Soy Milk

Preheat oven to 180 degree Celsius
Lay all vegetables in a single layer on baking paper and drizzle with olive oil
Bake in oven until just starting to colour
Place the soy milk into a saucepan and warm (do not boil)
Place all vegetables and milk into a blender in batches and blend until smooth
Season to taste and serve

Coconut, Lemongrass and Lime Soup

Serves : 6-8
Prep & Cooking time : 20 minutes

1 tbsp (30 mL) sesame oil
1 tbsp (30mL) olive oil
1 clove garlic, minced
½ red onion, finely chopped
1 tbsp (30mL) fresh ginger,
chopped
1 celery stalk, finely chopped
1½ cups (375mL) vegetable stock
2 cans (14 oz/400mL each)
coconut milk
1 small red chilli, minced
1 Small green chilli, minced

1 fresh lemongrass stalk left whole, top cut off and pounded to release aromatics and flavours

1 fresh lemongrass stalk, top cut off and thinly sliced

Small handful of Thai basil leaves

Juice from 1 lime

Himalayan Sea salt and fresh ground pepper

½ cup (125mL) red capsicum, julienned

½ Mung Beans

Handful of finely chopped coriander, to garnish

Heat up the sesame and olive oil in a large pot and sauté the garlic, onion, ginger and celery until translucent, about 4 to 6 minutes. Add the vegetable broth, coconut milk, chilli's and lemongrass stalks. Allow to simmer over low heat for at least 10 minutes.

Add salt and pepper to taste. Add the Thai basil leaves and lime juice and serve garnished with capsicum, mung beans and coriander.

Avocado, Coconut & Carrot Soup

Serves : 6
Prep & Cooking time : 20 minutes

1 ripe avocado, peeled
1 small clove garlic, chopped
4 medium carrots, peeled and juiced
2 stalks celery, juiced
4 cups (1L) coconut milk
2 tsp (10mL) freshly squeezed lime juice
½ cup (125mL) roasted pine nuts, coarsely chopped
1 tsp (5mL) yellow curry paste
Small handful of fresh cilantro leaves, torn
Himalayan sea salt and freshly ground black pepper

In a blender, combine the avocado, garlic, carrot juice, celery juice, coconut milk, lime juice, curry paste, half of the cilantro leaves, and salt and pepper to taste. Blend until smooth. Serve garnished with pine nuts and the remaining cilantro leaves.

Cauliflower Soup (Recipe 2)

Serves : 4
Prep & Cooking time : 15 minutes

1 White Leek, sliced
1 Cauliflower
1 tsp Flax Seed, grounded
1 Garlic clove, chopped
½ tsp Nutmeg
1 tsp Himalayan Salt
3 cups water

Steam-fry the leek with the garlic in boiling water-incorporate leek mixture, cauliflower, flax seed powder, nutmeg and salt.

Boil for 5 minutes before blending with an electric mixer

Cream of Broccoli Soup

Serves : **4**

Prep & Cooking time : **1 hour 20 minutes**

1 Onion, diced

2 cups Broccoli, roughly chopped separating stalks for florets

2 tsp Olive Oil

4 cups of Vegetable Stock

2/3 cup Coconut Cream

Dash of Paprika

Himalayan Salt, to taste

2 cups Avocado

Heat oil in large saucepan and sauté onion and broccoli stalks for 5 minutes

Add broccoli florets and stock and simmer for 15 minutes

Let soup cool

Blend, add coconut cream and blend again

Serve warm with a dash of paprika and top with avocado

Lentil & Vegetable Soup

Serves : 4
Prep & Cooking time : 35 minutes

8 Spring Onions or 1 small leek
2 tbs Olive Oil
3 tsp Curry Powder
5 cups Vegetable Stock
1 cup Red Lentils
425 gram can tomatoes
250 grams broccoli, roughly chopped
2 zucchini, sliced

Chop spring onion. Heat oil; add spring onion or leek. Add curry powder, stir over medium heat for 5 minutes.

Add stock, lentils and undrained tomatoes; bring to boil. Reduce heat to low and simmer, covered, for 15 minutes or until lentils are tender. Stir occasionally to prevent sticking.

Add broccoli and zucchini; simmer for another 5 minutes.

Serve

Pumpkin & Split Pea Soup

Serves : 4
Prep & Cooking time : 30 minutes

2 Onions, finely diced
2 cloves Garlic, minced
2 tbs Olive Oil
5 cups Vegetable Stock
1 cup Split Peas
1 medium Butternut Pumpkin
1 handful fresh herbs, optional

Saute the onion and garlic in oil until translucent. Add remaining ingredients and bring to the boil. Reduce heat and simmer until pumpkin and peas are tender, approx 20 mins. Blend soup and serve with fresh herbs if desired.

Cucumber, Avocado & Mint Soup

Serves : 6
Prep & Cooking Time : 10 minutes

3 medium peeled cucumbers, coarsely chopped
1 ripe avocado, peeled
¼ cup (60mL) freshly squeezed lime juice
1 small clove garlic, chopped
Small handful of fresh mint leaves, torn, leaving some for garnish
½ tsp (2mL) cumin powder
Small handful of fresh cilantro leaves, torn
¼ tsp (1mL) freshly ground black pepper
½ tsp (2mL) Himalayan sea salt
1 cup (250mL) coconut milk
½ green chilli, for garnish
1 tsp (5mL) green onion, for garnish
Fresh mint leaves, for garnish

Combine cucumber, avocado, lime juice, garlic, ¾ of the mint, cumin, cilantro, pepper, and sea salt in blender and puree. Add coconut milk and lightly blend, adjusting salt if needed. Serve chilled in bowls and top with chilli and green onions. Garnish with a sprig of fresh mint.

Roasted Capsicum & Sweet Potato Soup

Serves : 6 – 8
Prep & Cook time : 25 minutes

2 large sweet potatoes, peeled and cubed
1 cup (250mL) chopped onions
¼ cup (60mL) grapeseed oil
½ tsp cumin
Himalayan Sea salt and freshly ground black pepper

1 cup (250mL) chopped celery
1 cup (250mL) chopped carrots
1 clove garlic, minced
4 large red Capsicum, coarsely chopped
4 to 5 cups (1 to 1.25L) vegetable stock
1/2 cup (250mL) coconut milk
½ cup coconut cream
Large handful of fresh basil, thinly sliced

Preheat oven to 190°C.

Place the sweet potatoes and the onions on a baking sheet. Drizzle with a little of the grapeseed oil and sprinkle over cumin. Season with salt and pepper to taste. Toss to coat. Roast for 20 minutes or until golden. Set aside.

Heat the remaining grapeseed oil in a stockpot over medium-high heat. Add the celery, carrots, garlic, and salt to taste. Stir in the capsicum and sweet potato into mixture and cook on medium for 10 minutes.

Add the vegetable stock and coconut milk and cream. Season with salt and pepper. Increase heat to high and bring to a boil. As soon as it starts boiling, reduce heat to a simmer. Simmer soup, uncovered, for 15 to 20 minutes.

Remove from heat.

Using a blender, puree the soup to the desired consistency. Adjust seasoning. Stir in most of the basil, reserving a few leaves for garnish. Serve garnished with the remaining basil leaves.

Potato and Leek Soup

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

2 leeks, finely chopped
2 large onions finely chopped or 4 small onions
2 teaspoons olive oil
2 minced garlic cloves
4 potatoes
4 cups reduced salt vegetable stock
2 cups water

Halve leeks lengthways and wash them under cold water then thinly slice before finely chopping onions.

Using a large soup/ stock pot add the olive oil the leek and onion then cook, stirring often, for 5 minutes. Add the minced garlic and cook another 1 minute. Add all remaining ingredients and boil until the potato is tender. Use a stick blender or food processor to puree the soup.



Tomato Soup

Serves : **4**
Prep & Cooking time : **60 minutes**

12 tomatoes
4 large cloves of garlic
1 large onion (cut into quarters)
500 ml of salt reduced vegetable stock
Salt & pepper
1/4 cup olive oil
10 fresh basil leaves
1/4 teaspoon stevia

Place the Tomatoes in a large oven, and sprinkle on a couple of good pinches each of salt and ground black pepper. Bake in a moderate oven for about half an hour.

Add vegetable stock, stevia and basil leaves and bake for a further 20 minutes. Blend and serve.

Curried Lentil and Pumpkin Soup

Serves : 6 - 8
Prep & Cooking time : 30 minutes

1 tablespoon olive oil
1 onion, finely chopped
1 clove garlic, crushed
2 teaspoons Madras curry powder
1 1/2 cups dried red lentils
1.75kg butternut pumpkin, peeled, seeds removed, and chopped
5 cups vegetable stock

Heat oil in a large heavy-based saucepan over medium heat. Add onion and garlic, cooking for 2 to 3 minutes until soft. Stir in curry powder and cook, stirring, for 30 seconds. Add lentils, pumpkin, and stock. Stir until well-combined. Bring to the boil. Reduce heat to medium-low. Cook, partially covered, for about 20 minutes, stirring regularly until pumpkin is just tender. Serve immediately, topped with a dollop of natural yoghurt if desired.

Slow Roasted Vegetable Soup

Serves : 6
Prep & Cooking time : 2 hours 20 minutes

1 large red onion, peeled
200g carrot, peeled
200g sweet potatoes, peeled
200g butternut pumpkin, peeled and seeded
200g red capsicum, deseeded
200g tomatoes
3 cloves garlic
1 -2 tablespoon olive oil
2 sprigs Rosemary
1 1/2 litres Vegetable stock
Fresh ground black pepper

Preheat the oven to 150°C.

Chop the peeled and deseeded butternut pumpkin, sweet potato, capsicum, onion and carrot into nice big chunky pieces - 2inch diameter will be fine.

Cut the tomatoes into similar sized chunks, and remove the seedy-jelly bit.

Toss the vegetables with the olive oil until they're nicely coated and add the rosemary.

Place in the oven for about 1 1/2 - 2 hours, adding the whole garlic bulb after the first hour. The veg should now be cooked, slightly caramelised and almost chewy, with a much more intense and mellow flavour.

Remove the rosemary sprigs and place all veggies in a pan. Squeeze the garlic out of their papery husks into the pan too and add stock.

If there is any gooey residue on the bottom of the roasting tin, pour a little of the stock into it and scrape it into the pan, as this is where the serious flavour is! Liquidize the soup in batches and reheat. Check seasoning and serve in big bowls with a swirl of greek yogurt on top.

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Snacks

ACAI Berry Jam

Serves : **1 cup**
Prep & Cooking time : **45 minutes**

¼ cup chia seeds
½ cup apple juice
1 cup mixed berries
2-3 tbsp. pure maple syrup
1 tbsp. acai and berry powder
(or ½ tbs acai powder and ½ tbsp. mixed berry powder)
1 tbsp. beetroot powder
1 tbsp. camu powder

Combine the chia seeds and apple juice. Soak for 30 minutes or until the juice is absorbed and the chia seeds have softened.

Puree the berries in a small food processor, then place in a sauce pan with the maple syrup and chia mixture. Simmer, stirring occasionally to stop it from sticking, for 10 minutes or until the jam has thickened. Stir in the lemon juice, acai, berry, beetroot and camu powders.

Store in an airtight container in the fridge for up to 2 weeks- if it lasts that long as kids tend to devour it by the spoonful!

Chilli Chickpea Dip

Serves : 6 - 8
Prep & Cooking time : 3 minutes

1 cup Chick Peas, cooked
½ Lemon juice
1 clove Garlic
½ green Chilli
1 tbs Olive Oil
¼ tsp Paprika
Himalayan Salt to taste

Blend all ingredients until smooth
Enjoy with steamed carrots and broccoli florets or raw cucumber

Creamy Guacamole

Serves : 6 - 8
Prep & Cooking time : 3 minutes

1 Spring Onion
1 tbs fresh Parsley, chopped
1 Garlic cloves, minced
300 grams Cannellini Beans, cooked
½ fresh Lemon juice
1 tbs Apple Cider Vinegar
½ tsp Celery Salt
1 large ripe Avocado, pitted and peeled
Himalayan Salt and Chilli Powder to taste

Blend all ingredients until texture is smooth

Bean and Rosemary Dip

Serves : **4**

Prep & Cooking time : **25 minutes plus overnight soaking**

1 cup cannellini beans
1 cup good quality vegetable stock
2 cloves garlic
1 tbsp rosemary leaves, finely chopped
Handful Parsley, chopped
Juice 1 small lemon

Put the beans in a large bowl, cover with water and soak for several hours or until soft. Drain and rinse under cold water. Put the beans in a saucepan and cover with water. Cover and bring to a boil, reduce heat and simmer for 1 hour. When ready, they should be tender but still hold their shape. Process the beans and any remaining liquid in a food processor.

Heat $\frac{1}{4}$ cup of the stock in a saucepan, add the garlic and rosemary and cook for 2 minutes. Add the bean puree and mix well. Add remaining stock, if needed, and cook for 10 minutes until the mixture is smooth and thick. Remove from heat and allow cooling. Add the lemon juice, and season with salt and fresh pepper to taste. Mix well.

Spoon the bean dip into a serving bowl, garnish with rosemary and serve with steamed carrots.

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Mains

Butter Pumpkin And Sage Tofu Lasagne

Serves : 8
Prep & Cooking time : 2 hours

2 butternut pumpkin(about 2.7kg), cut in quarters
½ cup extra virgin olive oil, plus 2 tbsp. for onions and extra for brushing and oiling
3½ tsps. sea salt
Freshly ground black pepper
4 onions, quartered and thinly sliced
10 garlic cloves, cut into 6 mm slices
2x 425g blocks pain, firm tofu, rinsed and patted dry
5 tbsp. brown rice vinegar
1/3 cup chopped sage, plus 8 whole leaves to garnish
1 packet no-boil whole wheat lasagna sheets

To make the pumpkin puree, preheat the oven to 200°C. Rub the pumpkin with oil and place it cut-side down on a tray lined with baking paper. Roast for 50 minutes or until you can pierce the flesh easily with a knife. Cool, then scoop out the seeds and peel off the skin. Place the pumpkin in a food processor with 1½ tsps. salt and a pinch of pepper. Blend until smooth, then remove.

Warm 2 tbsp. oil in a frying pan over medium heat and sauté the onions for 10 minutes, until starting to brown. Add 1tsp. Salt, lower the heat and cook for 15-20 minutes or until caramelized. Set aside half and place the rest in the food processor.

Warm ½ cup oil in a pan over medium heat. Add the garlic, reduce the heat and simmer for 10 minutes, until soft and golden. Set aside. Crumble the tofu into food processor and add the vinegars, 1 tsp. salt, a pinch of pepper and the garlic. Blend until smooth, scraping down the sides. Add ½ cup sage and blend until combined. Set aside ½ cup for garnishing.

To assemble the lasagna, preheat the oven to 190 °C. Brush a 20 cm X 30 cm dish with oil. Spread ¾ cup puree over the base and top with layer of lasagna. Add 1 ½ cup puree, then top with half the tofu “ricotta”. Repeat a layer of lasagna and 1 ½ cups of lasagna. Cover with the remaining ricotta, then the

remaining puree. Spoon 8 dots of the reserved ricotta on top, press a sage leaf into each and season with pepper.

Cover with baking paper and then foil and bake for 50 minutes. To test, insert a knife into the Centre of the lasagna- you shouldn't feel any resistance. IF the pasta is still firm , cook, covered, for another 5-10 minutes before serving.

Asian Vegetable Stir Fry

Serves : 4
Prep & Cooking time : 30 minutes

Small handful of Almonds
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 cup Bok Choy
1 cup cauliflower
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

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 cauliflower as it is the toughest to cook then the broccoli
When the veggies are beginning to soften add the chestnuts
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 almonds and serving on a plate

Vegetable Green Curry

Serves : 4
Prep & Cooking time : 12 minutes

1 Onion, chopped
1 Broccoli head, in florets
½ Cauliflower, in florets
½ cup Coconut Milk
¼ cup fresh Coriander leaves
2cm radius Ginger piece
10cm Lemon Grass stick
1 Green Chilli, minced
1 Lime, juiced
1 Bok Choy
½ tsp Green Curry Paste

In a wok stir fry the spring onion, broccoli, cauliflower, ginger, lemon grass and chilli in ¼ cup water

After 4 minutes squeeze lime juice and stir into ingredients

Pour the coconut milk and add the green curry paste and the coriander leaves

Simmer and cover for 5 minutes

Delicious over steamed quinoa

Sweet Potato, Carrot and Avocado Terrine

Serves : 4 - 6
Prep & Cooking time : 1 hour 30 minutes

Sweet Potato and Carrot Layer:

1 ½ cup chopped Carrots
1 sweet potato
1 1/3 Almond Meal
1 tsp chopped fresh Mint
1 tbs chopped Chives
1 tbs parsley
¼ cup pine nuts
Salt and Pepper to taste
¼ tsp Agar Agar

Avocado Layer:

1 large avocado
1 cup Almond Meal
2 tsp Lime juice
Himalayan Salt to taste
¼ tsp chilli Powder

Steam the sweet potato and carrots until tender bright orange, 2 minutes. Drain and cool

Make sure agar agar is dissolved in ¼ cup boiling water and cool

Place the sweet potato, carrots, the agar agar mix, the mint, parsley, pine nuts, almond meal, the basil and chives, in the blender until smooth like a puree
Layer half of the mix in the bottom of a loaf tin and keep the second half for later.

Place the avocado, almond meal, lime juice, chilli and salt in the blender until it turns into a smooth mixture

Place on top of the sweet potato and carrot layer.

Repeat for a second layer.

Refrigerate for at least 1 hour

Turn the terrine onto a plate

Garlic Mayo

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

2-3 Garlic cloves
150 grams Silken Tofu
150 grams Cannellini Beans
¾ cup Olive oil
1/2 Lemon, juiced
Himalayan Salt and Pepper to taste

Crush the garlic cloves and blend with beans and tofu until smooth
Gradually add the oil into the beans and tofu at maximum speed until the ingredients are well incorporated and the texture is light and fluffy. You can also manually beat the oil into the beans and tofu mixture until the mayo is smooth
Season to taste

Stuffed Avocado Slice

Serves : 2
Prep & Cooking time : 5 minutes

¼ cup Pine Nuts
8 cherry tomatoes, halved
1 Avocado
½ Lemon for juice
1 teaspoon Flaxseed Oil
¼ cup Parsley, finely chopped
1 Celery stick, diced
1 Garlic clove
Celtic Salt and Pepper to taste

Slice the avocado in half

In a bowl combine the parsley, tomatoes, celery, garlic, oil, salt and pepper and mix until all ingredients are well incorporated together

With a spoon, place mixture into avocado and squeeze lemon juice over it

Pumpkin and Sweet Potato Pie w/ Almond Crust

Serves : 4 - 6
Prep & Cooking time : 30 minutes

Almond Crust

2 cups - Almonds (preferably soaked & dehydrated)
1/3 - 1/2 cup - Majhool Dates (remove pits first!)

Pumpkin Pie Filling

1 cup - shredded pumpkin or (no need to peel)
1 cup – shredded sweet potato
1 cup Dates (remove pits first)
1/2 cup - Almonds (soaked at least 8 hours, then peeled)
2 teaspoons – cinnamon
1 teaspoon – ginger
1/2 teaspoon - ground cloves
1/2 teaspoon – nutmeg
1/2 cup - alkaline water

Mix all ingredients in Food Processor. Add a little water if necessary to mix.
Form into Crust in a pie plate.

Mix shredded pumpkin and sweet potato and water in Food Processor for several minutes. Add other ingredients and mix for several more minutes or until well-mixed. Spoon into Almond Pie Crust. Best if chilled several hours before serving.

Tofu Red Curry

Serves : 4
Prep & Cooking time : 12 minutes

250g Hard Tofu
1-3 tsp red curry paste (add more for a spicier taste)
1 medium onion sliced
1 can coconut cream or milk
250ml vegetable stock (to add extra sauce)
3 cups mixed vegetables (capsicum, bamboo shoots, pumpkin, zucchini, peas, beans etc)
coriander, chopped
lime juice

In a wok, heat the curry pasts until fragrant (approx 1-2 mins)
Add the onion and bamboo shoots, stir-fry for 1 min.
Add coconut cream/milk, tofu and vegies. Mix, add vegetable stock if you would like more sauce in the meal.
Reduce heat and stir for 4-5 mins until vegetables are tender.
Add the chopped coriander and squeeze of lime to taste.
Serve hot with quinoa

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Desserts

Custard and Berries and Bananas

Serves : 4
Prep & Cooking time : 35 minutes

4 Fresh Majhool Dates, pitted finely chopped
¼ cup Alkaline Water
1 tbs LSA mix
2 ½ cups Soy Milk or Almond Milk
½ tsp Vanilla Extract
Stevia, to taste
¼ cup blueberries
1 banana, sliced

Bring water to a boil and add the dates and turn off the heat. Let it rest for 10 minutes

In the same pot, add the milk the LSA mix and vanilla.

Adjust with stevia to taste

Bring the mixed ingredients to boil and simmer for 5 minutes

Let the mixture cool and pour into dessert cups

Serve with fresh berries and bananas.

Coconut or Nut Ice Cream

Serves : 4
Prep & Cooking time : 60 minutes

3 tbs LSA mix
2 cups Soy Milk
½ cups Dates, chopped
1 tsp Vanilla extract
¾ cup Pine Nuts
1 cup Coconut Milk
¼ cup Pecan Nuts
¼ cup Walnuts

Coconut Ice cream:

In a saucepan combine the LSA Mix with the soya milk, dates and the vanilla extract, mix well
Bring to boil, stirring constantly and simmer for 2 minutes
Cover with a lid and allow to cool
Place mixture in ice cube trays and freeze

Nutty Ice Cream:

Place the nuts in a food processor until fine
Add 1/3 cup coconut milk and process again
Place mixture in ice cube trays and freeze
Combine the two ice cream cubes and the remaining coconut milk and blend until desired texture



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