

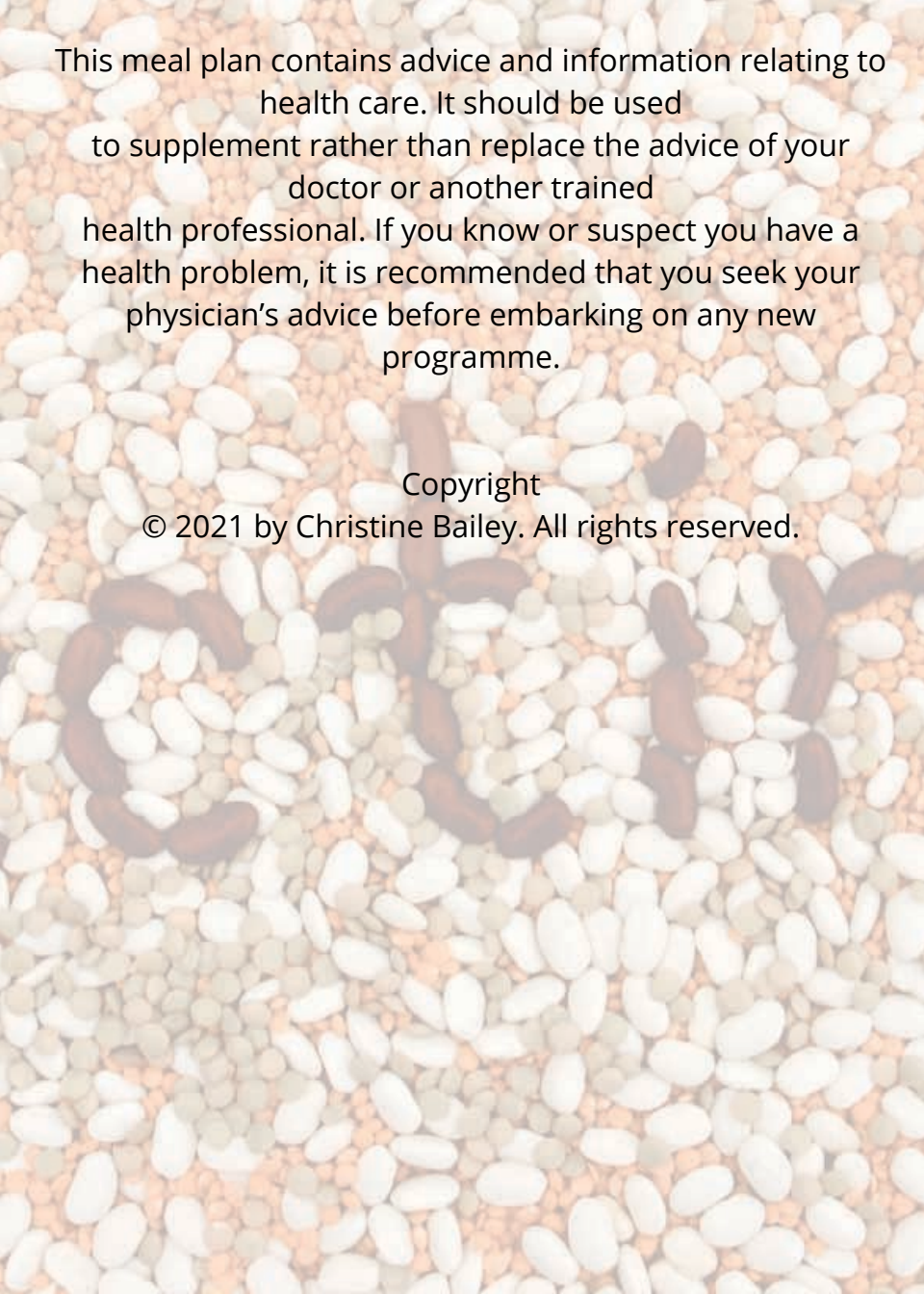
# LOW LECTIN MEAL PLAN

Nourishing Recipes on a lectin  
free diet

[www.christinebailey.co.uk](http://www.christinebailey.co.uk)



Copyright 2021

The background of the page is a dense, textured pattern of various beans and lentils. The colors range from light beige and off-white to dark brown and reddish-brown. The shapes are mostly oval and kidney-shaped, typical of lentils and beans. The overall appearance is that of a healthy, natural food source.

This meal plan contains advice and information relating to health care. It should be used to supplement rather than replace the advice of your doctor or another trained health professional. If you know or suspect you have a health problem, it is recommended that you seek your physician's advice before embarking on any new programme.

Copyright

© 2021 by Christine Bailey. All rights reserved.

# The Low Lectin Diet

Welcome to our low lectin meal plan. The focus of this meal plan is your nourish your body while avoiding foods high in lectins. All the recipes and gluten free and the focus is on keeping the diet not only healthy but simple to follow and of course delicious to eat.

There are many versions of lectin free diets out there and variations in which foods to avoid and those to include. My focus is to include as many foods as possible that are nourishing to the body. In addition we look for ways to save you time and effort in the kitchen by including recipes that can be made in advance and frozen in portions. This means that if you are cooking for one or a large family you can follow this plan.

Please note that this is not the same as the Plant Paradox Diet which has various phases to the program.

It can be difficult following a low lectin diet while vegan. This is because all beans and pulses need to be avoided. However some people are able to eat tempeh and natto which can provide a good source of protein. In addition hemp protein powder can also be used to increase your protein intake. If you are not vegan you can use whey protein powder.

# Why Lectin Free?

Lectins are microscopic proteins that plants evolved to defend themselves from predators, including insects and animals. They are essentially indigestible and for some people this can mean they pose potential health issues when it comes to our gut and immune response.

Lectins are one of the most significant sources of food sensitivity. The Lectin Avoidance Diet is an elimination diet that helps you figure out which foods are more and which are less inflammatory for you. Remember everyone is different by following this plan for a month and then gradually adding back in foods you may identify your key triggers.

In plants, lectins are concentrated in seeds, early-stage leaves, and roots. Leaves typically contain fewer lectins, although this may vary from plant to plant.

As Lectins aren't digested or degraded easily they can enter the bloodstream, activate the immune system, and promote inflammation. Lectins have the ability to bind to gut lining cells, cause cell damage, and increase the uptake of intestinal content - in doing so they can promote intestinal permeability and systemic inflammation.

When lectins are absorbed into the bloodstream, they can over-stimulate your immune response, increase your sensitivity to other foods, and worsen allergies and histamine intolerance. There is also concern that in genetically susceptible people they can trigger an autoimmune response and / or aggravate existing inflammatory conditions.

Lectins also have the potential to affect the composition of the gut bacteria and may cause dysbiosis or gut imbalances. Certain types of lectins may also cause insulin resistance, obesity, and neurotransmitter imbalances affecting mood and cognition

**Following a low lectin diet may therefore help with ongoing chronic fatigue and fibromyalgia, Brain fog, Histamine intolerance, Irritable Bowel Syndrome and reduce inflammation associated with autoimmune conditions and ongoing health problems.**

**Some people also like to purchase digestive enzymes to help further - these are available from Natural Dispensary e.g Deflect Lectin Blocking Formula**  
<https://naturaldispensary.co.uk>



## What Foods are High in Lectins?

Generally speaking, all grains and legumes have more lectins than anything else. In some cases, pressure cooking can reduce the lectin content. Nightshade vegetables, squashes, and select nuts and seeds are also rich in lectins. A full list of the foods that are low in lectins is listed below.

As the diet removes many of the starches it is recommended you include some prebiotic fibre like inulin, flaxseed, psyllium. This helps to maintain a healthy diverse gut flora.

### Foods to Include

Bok choy

Broccoli

Brussels sprouts

Cabbage (green and red)

Cauliflower

Collard greens

Fermented vegetables: raw sauerkraut, kimchi

Kale

Kohlrabi Napa cabbage

Radicchio

Swiss chard

Watercress

Artichokes  
Asparagus  
Bamboo shoots  
Beetroot  
Butter lettuce  
Carrot  
Celeriac  
Celery  
Chicory and Endive  
Daikon radish  
Fennel  
Garlic  
Ginger  
Horseradish  
Jerusalem artichokes  
Kale  
Leeks  
Lemongrass  
Lettuce  
Mushrooms  
Okra  
Onions and shallots  
Parsnip  
Radishes  
Sea vegetable mixes  
Spinach  
Water chestnuts  
Herbs - basil, thyme, parsley, coriander etc

## **Fats**

Avocado oil and avocado

Coconut oil and coconut

Cod liver oil

Macadamia oil

Medium-chain triglycerides (MCT oil)

Olive oil

Rice bran oil

Rapeseed oil

Sesame oil

Walnut oil

Ghee

Organic butter

Black cumin seed oil

## **Nuts and Seeds**

Almonds - ideally blanched

Brazil nuts

Chestnuts

Coconut milk (unsweetened dairy substitute)

Tahini and sesame seeds

Flax seeds

Hazelnuts

Hemp seeds

Hemp protein powder

Macadamia nuts

Pecans

Pili nuts

Pistachios



Pine nuts  
Psyllium  
Walnuts

## **Starches**

Baobab fruit  
Cassava (similar to tapioca)  
Celery root (celeriac)  
Glucomannan (konjac root)  
Green plantains  
Green bananas  
Green mango  
Green papaya  
Millet  
Parsnips  
Persimmon  
Sorghum  
Sweet potatoes or yams  
Tiger nuts  
Turnips  
Kelp noodles e.g <https://amzn.to/3buy95K>  
Miracle Noodles often made of konjac  
<https://amzn.to/3ucPylK>  
Pasta Slim e.g <https://amzn.to/3bovWc4>  
Shirataki noodles e.g <https://amzn.to/2OYfhoh>

## **Protein**

Bone broth and collagen powder

Fish

Seafood

Chicken

Cricket flour

Turkey

Duck

Quail

Eggs

Beef

Lamb

Pork

Liver

Venison

Tempeh

Quorn products (only certain ones .eg frozen chicken style pieces)

Natto e.g Japan Centre online (check ingredients)

Dairy products - ideally limit or avoid as common allergen and select Goats or Sheep's or Buffalo

## **Fruits**

Apples

Apricots (fresh)

Blueberries

Blackberries

Cherries

## **Fruit**

Dates (fresh)

Figs (fresh)

Grapefruit

Kiwis

Lemons

Limes

Nectarines

Mango

Oranges

Passionfruit

Pineapple

Peaches

Pears

Plums

Pomegranates

Raspberries

Strawberries

## **Dairy & Dairy Alternatives**

Coconut yogurt and coconut yogurt

Goat and sheep kefir (plain)

Goat yogurt (plain)

Sheep yogurt (plain)

Whey protein isolate powder

Almond milk

Goat milk

Hemp milk

## **Flavourings**

Most herbs and spices (not chilli)

Coconut aminos

Curry paste Extracts

Fish sauce

Miso

Mustard

Nutritional yeast

Pure vanilla extract

Sea salt and black pepper

Tahini

Vinegars

Wasabi

Cocoa and 75% dark chocolate

Coffee and Tea

## **Baking Flours**

Almond (blanched)

Arrowroot

Cassava

Chestnut

Coconut

Green banana

Hazelnut

Sesame (and seeds)

Sweet potato

Tiger nut

Tapioca starch

## **Sweeteners**

Erythritol

Honey, ideally local or manuka (in moderation)

Inulin (chicory root)

Monk fruit (luo han guo,

Stevia

Xylitol

Yacón

## **The Key Foods to Avoid**

All grains

Nightshades, including tomatoes, peppers, potatoes, and aubergine, chilli

Gluten from wheat, rye, barley, malt

Oats

Legumes and all beans including soy (except fermented) and peanut; cashews are part of the bean family and are not allowed

Dairy, including milk and milk products as cheese, cottage cheese, yogurt, and kefir (small amounts fermented may be tolerated but best to avoid)

## **Following the plan**

Below is a meal plan with recipes for you to follow. We make use of leftovers so if you are cooking for a large number you may need to double some of the recipes. Soups will also freeze. All the breads, bars, brownies etc freeze as well.

For vegan options you will need to potentially add some hemp protein powder to smoothies and make use of natto or tempeh for some additional protein. Most of the recipes can be made vegan so a separate meal plan has not been provided just for vegan options.

Quick options - make up batches of cooked vegetables or salads for easy snacking. Avocado with sea salt or guacamole and vegetable sticks, nuts, pieces of allowed fruit, seeded crackers, 2 squares dark chocolate, coconut yogurt, paleo granola are all easy options

Recipes highlighted in red indicate using leftovers

**The first three days are lower calorie as they are designed as a kick start cleanse. If you do not want to lose weight then add in an extra snack each day.**

# MEAL PLAN

## Kick Start with a 3 day Cleanse

### Day 1

**Breakfast** - Green Clean Smoothie

**Lunch** - Broccoli Tahini Soup, side salad

**Dinner** - Asian Coleslaw with salmon fillet (or pan fried tempeh) sauteed pak choy and cabbage

**Snacks** - Green Clean Smoothie, Creamy Kale Crisps

### Day 2

**Breakfast** - Berry Nut Smoothie

**Lunch** - Broccoli Tahini Soup, side salad

**Dinner** - Asian Cauliflower, side salad

**Snacks:** 1/2 avocado with sea salt, handful of nuts

### Day 3

**Breakfast** - Avocado Antioxidant Burst

**Lunch** - Celeriac and Apple Soup, side salad, millet bread

**Dinner** - Leftover Asian Coleslaw, fillet or chicken or tempeh, side salad

**Snacks:** Kale crisps or nori sheets, miso soup



## Day 4

**Breakfast** - Millet Bread, 1/2 avocado and / or smoked salmon

**Lunch** - Kale Salad with protein on the side

**Dinner** - Celeriac and Apple Soup, side salad, millet bread

**Snacks** - vegetable sticks and guacamole

## Day 5

**Breakfast** - Pear Granola and coconut yogurt

**Lunch** - Kelp Noodles with tamarind and lemon grass dressing

**Dinner** - Turkey Gingered Patties (pan fried tempeh), steamed greens of choice and kale salad

**Snacks:** Paleo Chocolate Bread or twix slice

## Day 6

Breakfast - Millet porridge

Lunch - **Turkey Gingered Patties and side salad**

Dinner - Saffron and Turmeric Coconut Soup with prawn dumplings, side salad

Snacks: 1/2 avocado with salt, nori crisps or kale crisps

## Day 7

**Breakfast:** Smoked salmon, 1/4 avocado, spinach and mushrooms

**Lunch:** **Saffron and Turmeric Coconut Soup with prawn dumplings, side salad**

**Dinner:** Lebanese Chicken salad with seeded crackers

**Snacks:** **Paleo Chocolate Bread or twix style slice**

## Day 8

**Breakfast** - Grapefruit, **Paleo Chocolate Bread or millet bread with nut butter**

**Lunch** - **Lebanese Chicken salad with seeded crackers**

**Dinner** - Steamed fish (tempeh) with salsa verde, steamed greens and salad

**Snack** - Apple with nut butter

## Day 9

**Breakfast** - Green Clean Smoothie

**Lunch** - Vietnamese Prawn Salad (replace prawn for 1/2 avocado)

**Dinner** - One Pot chicken (tempeh) with millet, side salad

**Snacks:** 1/2 avocado with sea salt

## Day 10

**Breakfast** - Coconut yogurt with berries and seeds

**Lunch** - **Leftover one pot chicken with millet, side salad**

**Dinner** - Marinated Mushrooms, Asparagus with Tahini Dressing, green salad.

**Snacks:** Satsuma, 2 squares dark chocolate

## Day 11

**Breakfast:** Berry Nut Smoothie

**Lunch:** Hot and Sour Soup, seeded crackers or millet bread

**Dinner:** Baked sweet potato with protein of choice, steamed greens

**Snacks:** **Healthy twix slice**

## Day 12

**Breakfast** - Protein Waffle or Millet porridge

**Lunch** - Massaged Green Bowl

**Dinner** - Quorn (or tempeh / chicken Curry), cauliflower rice

**Snacks** - kale crisps

## Day 13

**Breakfast** - 1/2 Grapefruit, Pear Granola with almond milk

**Lunch** - Leftover quorn curry, side salad

**Dinner** - Millet bowl

**Snacks:** Apple and handful of nuts

## Day 14

**Breakfast** - Antioxidant Avocado Smoothie

**Lunch** - Millet bowl

**Dinner** - Cauliflower pizza and salad or soup of choice

**Snacks:** Miso soup, guacamole and celery sticks

## Day 15

**Breakfast:** Smoked salmon, 1/4 avocado and seeded crackers

**Lunch:** Cauliflower pizza and salad or soup of choice

**Dinner:** Baked sweet potato, steamed vegetables, salad, protein of choice

**Snacks:** piece of Fudge, satsuma

## Day 16

**Breakfast** - Pear Granola with almond milk

**Lunch** - Kale Salad with protein of choice

**Dinner** - Asian Cauliflower, side salad

**Snacks** - Satsuma, Handful of nuts

## Day 17

**Breakfast** - Berry Nut Smoothie

**Lunch** - **Leftover kale salad** with omelette or protein of choice

**Dinner** - **Asian Cauliflower, side salad**

**Snacks:** Piece of fudge, apple

## Day 18

**Breakfast** - Green Clean Smoothie

**Lunch** - Avocado and citrus salad

**Dinner** - Broccoli and Tahini Soup, Millet bread, side salad

**Snacks:** Handful of nuts, kale crisps

## Day 19

**Breakfast:** Millet Porridge

**Lunch:** **Broccoli and Tahini Soup, Millet bread, side salad**

**Dinner:** Steamed fish (or tempeh) with salsa verde, steamed greens and salad

**Snacks:** Paleo Chocolate Bread or piece of fudge

## Day 20

**Breakfast** - Paleo Chocolate bread / millet bread with nut butter

**Lunch** - Hot and Sour Soup, side salad

**Dinner** - Easy Chilli mince and cauliflower rice

**Snacks** - Apple, handful of nuts

## Day 21

**Breakfast** - Millet porridge

**Lunch** - Saffron and Turmeric Coconut Soup with prawn dumplings

**Dinner** - Easy Chilli with steamed vegetables and baked sweet potato

**Snacks:** Seeded crackers or kale crisps

## Day 22

**Breakfast** - 1/2 avocado, seeded crackers, grilled mushrooms

**Lunch** - Marinated Mushrooms, Asparagus, Tahini Dressing, green salad

**Dinner** - Kelp Noodles, tamarind and lemon grass dressing

**Snacks:** Coconut yogurt and berries

## Day 23

**Breakfast:** Antioxidant Avocado Smoothie

**Lunch:** Kelp Noodles with tamarind and lemon grass d

## Day 24

**Breakfast** - Clean Green Smoothie

**Lunch** - Kale salad with protein of choice

**Dinner** - Quorn Curry with cauliflower rice

**Snacks** - Chocolate Coffee Cake

## Day 25

**Breakfast** - Millet Porridge

**Lunch** - Avocado Citrus Salad

**Dinner** - Creamy Chicken Traybake

**Snacks:** Apple / Satsuma

## Day 26

**Breakfast** - Grapefruit, smoked salmon (or avocado) and seeded crackers

**Lunch** - Celeriac and Apple Soup, salad and seeded cracker

**Dinner** - Herby Millet Bowl

**Snacks:** Coconut yogurt and berries

## Day 27

**Breakfast:** Antioxidant Avocado Smoothie

**Lunch:** Herby Millet bowl

**Dinner:** Celeriac and Apple Soup, side salad

**Snacks:** Beetroot Brownie or piece of fudge

## **Day 28**

**Breakfast** - Pear Granola with yogurt

**Lunch** - Kale salad with protein of choice

**Dinner** - Asian Cauliflower, side salad

**Snacks** - Chocolate Coffee cake or piece of fruit and nut butter



# RECIPES

## Breakfasts

### Green Clean Smoothie

You could increase the protein with a scoop of approved protein powder or collagen

Serves 2

250ml coconut milk or almond milk

1 stick of celery

Zest and Juice of 2 limes

½ ripe avocado

Handful of parsley leaves

2-3 mint leaves

Handful of spinach leaves

1tsp xylitol or Manuka honey

Handful of crushed ice

Simply place all the ingredients in a high speed blender and process until smooth and creamy.

Nutrition per serving 67kcal, Fat 5g, Carbs 3.3g, Protein 1.5g

## **Berry Nut Smoothie**

Serves 1

120g frozen berries

2-3 cauliflower florets frozen

250ml almond milk

1tsp almond nut butter

1 scoop (30g) collagen powder or other protein powder

Simply place all the ingredients in a high speed blender and process until smooth and creamy.

Nutrition per serving 186kcal, Fat 4g, Carbs 9.9g, Protein 22.4g

## **Avocado Antioxidant Burst**

Serves 2

1 small ripe avocado

5 strawberries

Handful of spinach leaves

1tsp acai powder or other berry powder, optional

250ml pure pomegranate Juice

150ml water

Place all the ingredients in a blender and process until smooth. Add a little more water if needed to thin

Nutrition per serving 169kcal, Fat 9.9g, Carbs 16.5g, Protein 1.5g

## Protein Waffle

Easier to make more than 1 and they can be frozen or used later in the day as a snack

Serves 1

30g-50g protein powder approved

60g egg whites from a carton

2tbsp almond milk

3-4tbsp apple puree (use baby puree)

1/2 tsp baking powder

Little vanilla extract

- Blend everything together add a little more milk to thin as needed but it should be quite thick
- Heat the waffle iron with oil and pour over batter. Cook according to instructions

Nutrition per serving 159kcal, Fat 1.4g, Carbs 7.7g, Protein 28.6g



## Pear Granola

**This stores well for 2 weeks.**

2 pears, chopped

2 tbsp fresh orange juice

1tsp vanilla extract

1 tsp ground cinnamon

75g coconut oil, melted

100g flaked almonds

100g chopped almonds or mixed seeds (no chia)

100g pistachio nuts (or walnut pieces)

100g raw coconut flakes

100g raw macadamia nuts, roughly chopped

30g flaxseed

30g hemp seeds (shelled)

½ tsp sea salt

- Preheat the oven to 180C. Line two baking sheets with parchment paper, foil, or silicone liners.
- In a food processor or high speed blender, add the pear, orange juice, vanilla, cinnamon and coconut oil and blitz until smooth – it should form a thick paste.
- Put the dry ingredients in a large bowl. Pour over the pear paste and mix thoroughly with your hands. Spread out on the baking sheets evenly. Bake for 30 minutes stirring often. occasionally. Allow to cool and then store in an airtight container.

Nutrition per 50g 237kcal, Fat 21.5, Carbs 4.1g, Protein 5.5g

## Millet Porridge

**You can make this the day before and reheat if wished.  
Leftovers can keep until the next day**

Serves 4

125g millet grain

750ml water

2 ripe pears, peeled, cored and diced

150ml almond milk or coconut milk

30g tahini

Cinnamon to taste

xylitol to taste or honey

- Put the millet and water in a saucepan and bring to the boil. Simmer, covered, for 15 minutes.
- Add the pear and milk and continue to cook for a further 15 minutes until all the water has been absorbed. Stir in the tahini, cinnamon and xylitol to taste.

Nutrition per serving 208kcal, Fat 5.8g, Carbs 30.7g, Protein 5.5g

## Broccoli Tahini Soup

Use leftovers for the next day (can freeze). Adding the nutritional yeast will increase the protein content

Serves 2

1 tbsp olive oil or avocado oil  
1 small onion, chopped  
2 garlic cloves, crushed  
1tbsp nutritional yeast flakes, optional  
1cm/1/2in piece of root ginger, peeled and grated  
300g broccoli, cut into florets  
400g/14oz can coconut milk  
200ml/7fl oz/scant 1 cup vegetable stock  
sea salt and ground black pepper

### Topping

15g tahini  
50g coconut yogurt  
1 tbsp lemon juice  
1 tbsp chopped coriander/cilantro leaves

- Heat the oil in a large saucepan over a medium heat and cook the onion, garlic and ginger for 3–4 minutes until the onion begins to soften. Add the broccoli, leek, milk, yeast flakes and vegetable stock. Bring to the boil then reduce the heat and simmer gently for 10 minutes or until the broccoli is just soft. Season with salt and pepper to taste.

- Meanwhile mix together the tahini, yogurt and lemon juice
- with 1 tablespoon water or enough to form a thick sauce.
- Ladle the soup into bowls and swirl in the tahini cream,
- then scatter over coriander/cilantro leaves and serve.

Nutrition per serving 363kcal, Fat 28.1g, Carbs 12.9g,  
Protein 10.8g



## **Celeriac Apple Soup**

**Freeze or serve the rest the next day**

Serves 2

1tbsp avocado or olive oil

1 onion chopped

1 garlic clove

1 leek chopped

300g celeriac, peeled and cut into chunks

1 apple, chopped

200ml vegetable stock

300ml almond or coconut milk

Salt and pepper to taste

- Heat the oil in a large pan and saute the onion, garlic and leek for 2-3 minutes. add the rest of the ingredients. Bring to the boil then cover and simmer for 20 minutes until the celeriac is really soft.
- Blend with a stick blender and season to taste. Add a little more water or almond milk to thin as needed.

Nutrition per serving 138kcal, Fat 5.9g, Carbs 11.5g, Protein 4.5g

## Asian Coleslaw

Serves 8

- ¼ cabbage
- ¼ celeriac
- 2 carrots
- 2 apples
- 4 spring onions, sliced
- Handful of coriander leaves
- Handful of mint leaves
- Sea salt
- Black pepper

### Dressing

- 4tbsp lime juice
- 2tbsp coconut aminos
- 1tsp grated ginger
- 1 garlic cloves
- 1tbsp xylitol
- 2tsp sesame oil
- 125ml extra virgin olive oil
- ½ tsp smoked paprika



- 
- Ideally use the grater attachment grate the vegetables and apples and place in a large bowl. Season and toss in the chopped herbs.
- To make the dressing whisk all the ingredients (or blend) then pour over the vegetables. Toss well.
- This will keep in the fridge for 2-3 days

Nutrition per serving 190kcal, Fat 16.7g, Carbs 6.6g, Protein 1.4g

## **Kelp Noodles with tamarind and lemon grass dressing**

Use any of the allowed noodles if wished. For Vegetarian/vegan option use a bag of frozen quorn pieces or tempeh pan fried.

Serves 4

4 chicken breasts, salmon fillets or 350g raw prawns (or quorn or tempeh)

1tbsp fish sauce

4tbsp coconut aminos

30g Manuka or local honey (or xylitol)

200g baby spinach leaves

340g bag kelp noodles rinsed well

2 carrots, cut into julienne

2 sticks celery, chopped

Fresh coriander, chopped

Fresh mint, chopped

5 Spring onions, sliced

### **Dressing**

100g tamarind liquid prepared in a jar

4tbsp water

1tbsp olive or avocado oil

Juice of 2 limes

2tbsp coconut aminos

2tbsp Manuka or local honey

1tsp grated ginger

1 garlic clove, crushed

1/2 tsp Smoked paprika

Black pepper to taste

1tsp Lemon grass puree (or 1 stalk)

- Make up the dressing. Simply place all the ingredients in a blender and blitz until smooth.
- Place the protein option in a bowl and pour over the fish sauce, coconut aminos and honey. Season well. If possible leave to marinate for 30 mins or 1 hour.
- Either bake, griddle or pan fry the protein in a little olive oil until cooked.
- Place the noodles and vegetables in a large bowl with the herbs. Drizzle over a little dressing and toss well.
- Spoon onto plates and top with the protein. Drizzle extra dressing to serve.

Nutrition (using chicken) 302kcal, Fat 4.1g, Carbs 34.9g, Protein 27.8g

# Marinated Mushrooms, Asparagus with Tahini Dressing

Serves 4

3tbsp olive oil or avocado oil

1 tbsp white-wine vinegar

1 tbsp honey (ideally Manuka honey) or yacon syrup

Juice and zest of 2 lemons

½ tsp ground cumin

Fine sea salt and black pepper

350g chestnut mushrooms, sliced or mixed mushrooms

120g Coconut yogurt

30g tahini paste

1 small clove garlic, crushed

250g asparagus

60g toasted walnuts and roughly chopped

1 tbsp chopped dill

1 tbsp fresh parsley

- Whisk together the oil, vinegar, yacon syrup, juice of one lemon, about half a teaspoon of sea salt and some black pepper.
- Put all the mushrooms in a large bowl, pour over the dressing, stir, making sure all the mushrooms are coated, and leave to marinate for an hour.
- Meanwhile, make the sauce. In a small bowl, mix the yogurt, tahini, garlic, the juice of the other lemon and a little salt. Whisk well – this can be kept in the fridge until needed.

- Steam or blanch the asparagus very briefly about 1 minute then dip into cold water before draining. Add to
- the mushrooms with the nuts and herbs
- Serve in small bowls or plates, topped with a dollop of thick tahini sauce.

Nutrition per serving 298kcal, Fat 25.1g, Carbs 7.3g, Protein 8.9g

## Millet (cornbread style) Bread

**This will freeze well. I have not tried it vegan but suspect you could make it vegan replacing eggs with 2tbsp flaxseed ground in 5tbsp water**

Makes 12 chunks

130g millet flour

125g walnut pieces

35g tapioca flour

35g cassava flour

1tsp baking powder

1/2 teaspoon bicarbonate of soda

1/2 tsp salt

150g coconut cream (can)

2tbsp lemon juice

2 eggs

60g olive oil

1 tablespoon honey (or xylitol)

1 teaspoon vanilla, optional

- Line a 20cm square baking tin with parchment paper.
- Preheat the oven to 180C, Gas mark 4.
- Place the flours and walnuts in a food processor and blitz to break up the walnuts until fine. Add the remaining ingredients and beat until you have a batter.
- Spoon the batter into the tin.
- Bake in the oven for 30 minutes. Allow to cool in the tin and cut into chunks.

Nutrition per chunk 190kcal, Fat 12.4g, Carbs 15.2g, Protein 4.2g



## **Saffron and Turmeric Coconut Soup with prawn dumplings**

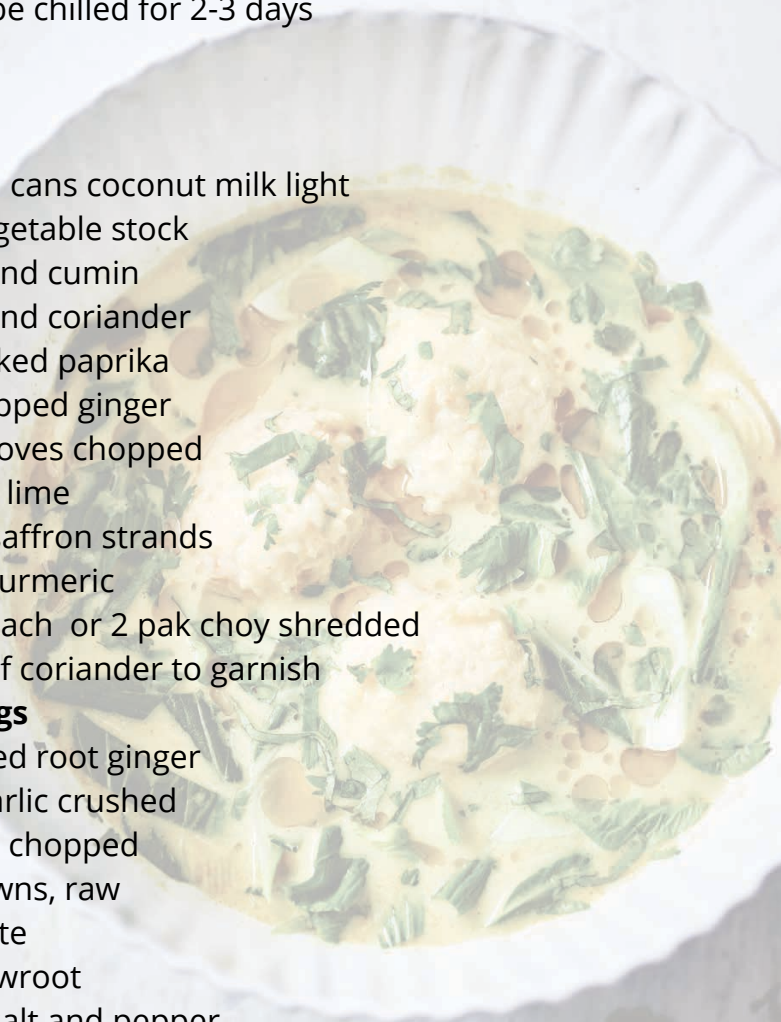
For vegan replace dumplings with sauteed tempeh pieces.  
This can be chilled for 2-3 days

Serves 4

2 x 400ml cans coconut milk light  
200ml vegetable stock  
1tsp ground cumin  
1tsp ground coriander  
1tsp smoked paprika  
1 tsp chopped ginger  
2 garlic cloves chopped  
juice of ½ lime  
pinch of saffron strands  
pinch of turmeric  
200g spinach or 2 pak choy shredded  
handful of coriander to garnish

### **Dumplings**

1tsp grated root ginger  
1 clove garlic crushed  
1/2 onion chopped  
200g prawns, raw  
1 egg white  
2tsp arrowroot  
pinch of salt and pepper



- Make the dumplings – place the ginger, garlic,
- shallots in a food processor a process until finely chopped. Add the prawns, egg white, arrowroot and seasoning. Process to combine. Form into little balls. Chill if time.
- Place the coconut milk with the stock in a pan and heat
- gently. Add the spices, lime juice , saffron and turmeric and simmer gently. Drop in the dumplings and spinach. When the balls rise to the surface they are cooked. Spoon into bowls and serve.

Nutrition per serving 226kcal, Fat 16.5g, Carbs 5.5g, Protein 13.1g

## Hot and Sour Soup

Serves 2

- 1 small handful of dried seaweed, such as nori, dulse, wakame (or sea vegetable mix)
- 500ml/17fl oz/2 cups vegetable stock
- 1cm/1/2in piece of root ginger, peeled and grated
- 1cm/1/2in piece of turmeric root, peeled and finely grated or 1/2 tsp dried turmeric
- 1/2 tsp smoked paprika
- Pinch of cayenne pepper
- 2 spring onions/scallions, sliced
- 2 shiitake mushrooms, thinly sliced
- 1 small carrot, cut into thin matchsticks
- 225g/8oz can bamboo shoots, drained
- 1 tbsp mirin
- 1 tbsp coconut aminos
- 1 tbsp rice vinegar
- 1 handful of bean sprouts
- 150g/5 1/2oz tempeh pan fried first
- 2 tsp white miso paste
- 1 tbsp arrowroot
- 1 egg, beaten (optional)
- 1 chopped spring onion/scallion, to garnish

- Put the seaweed in a small bowl and cover with water. Leave to soak for 15 minutes, then drain.
- Pour the stock into a saucepan over a medium-high heat and add the seaweed, ginger, turmeric, spices, spring onions/scallions, mushrooms and carrot, then bring to the boil. Reduce the heat and simmer for 5 minutes or until the vegetables are tender. Add the bamboo shoots, mirin, coconut aminos, vinegar, bean sprouts, tempeh and miso.
- Put the arrowroot in a bowl and add 3 tbsp water. Mix well and add to the soup. Stir until it begins to thicken, about 5 minutes. Slowly drizzle the egg into the soup to form ribbons, stirring as you pour.
- Ladle the soup into bowls and garnish scattered with the spring onion, then serve.

Nutrition per serving 256kcal, Fat 11.8g, Carbs 8.3g, Protein 23.5g

## **Lectin Free Tomato Style sauce**

**Use this for pizza topping and for the chilli recipe if wished**

1tbsp olive oil  
2 white onions, finely chopped  
4 garlic cloves, crushed  
2 celery stalks, chopped  
100g sweet potato diced  
1 small beetroot, chopped  
3 carrots chopped  
1tsp sea salt  
pinch of black pepper  
1tbsp lemon juice  
pinch of xylitol or honey  
400ml vegetable stock or water

- Heat the oil in a large pan Saute the onion, garlic, celery for 2-3 minutes. Add the remaining ingredients and simmer covered for 15 minutes until tender.
- Blend until smooth. This will keep in the fridge for 3-4 days and will freeze well.

Nutrition per recipe 421kcal, Fat 11.5g, Carbs 62g, Protein 6.6g

## Simple Kale Salad

Serves 2

200g chopped kale leaves  
2tbsp nutritional yeast flakes  
1/2 ripe avocado  
1tbsp apple cider vinegar  
1tsp ground cumin  
1tsp garlic salt

Place the kale in a large bowl. Add the remaining ingredients and using your hands massage the ingredients into the kale squeezing to wilt the kale.

This will keep in the fridge for 3-4 days

Nutrition per serving 127kcal, Fat 7g, Carbs 4.6g, Protein 7.9g



## Avocado Citrus Salad

Serves 2

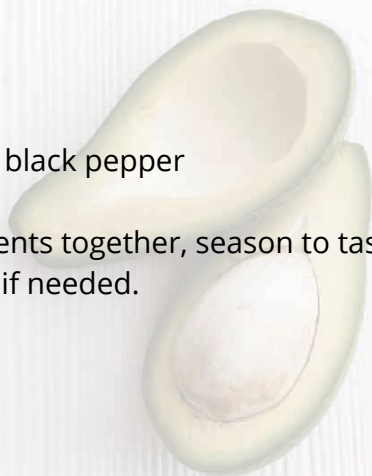
- 15g or 2 handfuls mixed sea vegetables
- Two large handfuls of rocket leaves / lettuce
- 1 ripe avocado
- 1 orange, peeled
- ½ red onion, diced
- Handful of bean sprouts
- 2 carrots grated
- 2 stalks celery, chopped
- 30g toasted seeds

### Dressing

- 1tbsp white miso paste
- ½ tsp. grated root ginger
- 1tbsp xylitol
- 3 tbsp mirin
- Juice of 1 lemon
- 1tbsp sesame oil
- 2tsp olive oil

sea salt and freshly ground black pepper

Mix all the dressing ingredients together, season to taste and set aside. Add a little water if needed.



Soak the sea vegetables in water according to the packet instructions then drain. Place the lettuce in a bowl with the sea vegetables and remaining ingredients. Drizzle over a little of the dressing and toss gently.

Nutrition per serving 392kcal, Fat 22.9g, Carbs 24.4g, Protein 12.7g



## Asian Cauliflower

**Replace bacon and eggs with pan fried tempeh or quorn pieces. Reheat for lunch the next day or serve cold.**

Serves 2

1 small head of cauliflower, separated in florets  
8 slices of streaky bacon or pancetta , cut into small dice  
2 large eggs  
1 piece of fresh root ginger, grated  
1 small onion, finely chopped  
150g sliced shittake mushrooms  
Handful of chopped coriander leaves  
Handful of chopped basil  
Handful of chopped mint  
1-2 tablespoons of coconut aminos  
Rice vinegar to taste  
Fish sauce to taste

- Place the cauliflower in a food processor and pulse until finely chopped
- Fry the bacon in a pan until crispy. Remove from the pan
- Pour the beaten egg into the pan to form an omelette. Remove from the pan and slice thinly

- Place a little coconut oil in the pan then sauté the onion, garlic and ginger.
- Add the mushrooms and cauliflower and season. Place the lid on a steam fry for 5 minutes. Once softened add the aminos, fish sauce, vinegar and herbs. Just before serving add the bacon and egg and season to taste.

Nutrition per serving 253kcal, Fat 12.6g, Carbs 13.6g, Protein 18.8g

## **Vietnamese Prawn Salad**

A delicious main course salad - tangy and zesty thanks to the delicious lime and chilli dressing. For a vegan option use canned chickpeas or pan fried tofu instead of prawns and replace the fish sauce with a little extra coconut amino

Serves 4

300g raw prawns, fresh  
1tbsp olive oil or coconut oil  
2 pak choy, halved or quartered lengthways  
2 large carrots, cut into fine strips, julienne  
150g mushrooms, sliced  
4 radishes, sliced  
1 red onion, diced  
Handful of fresh coriander leaves, chopped  
Handful of fresh mint leaves, chopped  
Bag of kelp noodles (340g) drained and washed

### **Dressing**

1tsp smoked paprika  
pinch of cayenne pepper  
1/2 tsp lemon grass puree or 2 lemon grass stalks chopped  
1/2 tsp chopped garlic, (2 garlic cloves)  
1/2 white onion, chopped  
1tbsp fresh ginger chopped  
3tbsp fish sauce  
2tbsp coconut aminos  
3tbsp xylitol  
6tbsp lime juice  
pinch of black pepper

- Dry the prawns in kitchen towel.
- Heat the oil in a large saute pan and fry the prawns for 2-3 minutes until pink all over and cooked. Remove from the pan.
- Place the pak choy in the same pan and saute with mushrooms for 1-2 minutes just to wilt slightly. Add in the kelp noodles and toss well.
- Place all the prepared vegetables in a large bowl and toss in the pak choy, mushrooms, noodles and prawns.
- To make the dressing simply place all the ingredients in a blender or nutri bullet and process until smooth. Season to taste.
- Pour a little of the dressing onto the salad, scatter over the fresh herbs and toss lightly again.
- Place on plates and serve with the dressing on the side.
- You can keep the extra dressing in the fridge for up to 1 week.

Nutrition per serving 165g, Fat 3.2g, Carbs 15.5g, Protein 16.1g

## Easy Chilli

For a vegan option crumble in 400g tempeh

Serves 4

1tbsp olive oil or avocado oil

1 onion, chopped

pinch of cayenne pepper

1/2 tsp smoked paprika

salt and pepper

400g lamb or turkey mince (or tempeh)

1 lamb or chicken stock cube

1 batch of the lectin free tomato sauce

200g baby spinach leaves

To serve cauliflower rice and salad

- Heat the oil in a casserole dish. Brown the meat with the onion for 5-10 minutes stirring regularly.
- Add the remaining ingredients (except spinach) and bring to a simmer.
- Cover and cook for 30 minutes. Add a little extra water if needed. Stir in spinach at the end of cooking
- Serve with cauliflower rice or baked sweet potato.

Nutrition per serving 345kcal, Fat 19g, Carbs 17.5g, Protein 22.6g (with lamb mince)

## **Turkey Gingered Patties**

These can be frozen as well.

Serves 4

400g turkey mince

3tbsp fish sauce

2cm piece of fresh root ginger

2 spring onions, chopped

1 garlic clove, crushed

1tbsp coconut aminos

Coconut oil or olive oil for frying

### **Salsa**

100g finely chopped fresh pineapple

1 chopped ripe avocado

1 red onion, handful of

coriander leaves, chopped

juice of 2 limes or to taste

Place all the ingredients in a food processor and process until thoroughly combined. Shape into little patties. Heat some oil in a frying and brown the patties all over for 2-3 minutes. Drain on kitchen paper.

Make up the salsa by mixing all the ingredients together.

Serve with the patties.

Nutrition per serving 207kcal, Fat 8.1g, Carbs 6.4g, Protein 26.1g

## Cauliflower Pizza

You can either use pesto or make up the lectin free tomato sauce

Serves 4

1 head cauliflower, riced (blitz in a food processor)

75g ground almonds

100g grated cheese or vegan cheese (check ingredients)

2 organic eggs

1/2 teaspoon garlic salt

1tbsp nutritional yeast flakes, optional

1 tsp mixed dried herbs

**Pizza Toppings: (choose as wished)**

Pesto for base

Olives, Sliced onions, cooked vegetables of choice

Chorizo slices / quorn pieces / ham etc

Grated cheese, nutritional yeast flakes, coconut cheese for vegan option)

- Preheat oven to 220C, gas mark 7. Line a baking tray with parchment or non stick silicone.
- Place the cauliflower in a bowl and microwave for 3 minutes or saute in a little oil for 2-3 minutes. Place it in a clean tea towel and squeeze any liquid. Place in a bowl with the remaining ingredients for the crust. Mix well.

- Spread cauliflower mixture into a large rectangle or circle onto the prepared baking sheet. Bake for 20 minutes, or until golden.
- Top with pesto or the lectin free tomato sauce, cheeses and toppings Place into oven and bake until the cheese has melted, about 5 minutes.

Nutrition base only 222kcal, Fat 14.6g, Carbs 5.4g, Protein 16g



## Herby Millet Bowl

This will keep in the fridge for 2-3 days.

Serves 4

140g millet

375ml vegetable stock

a pinch of saffron strands, optional

2tbsp capers

1 anchovy chopped

1 garlic clove, crushed

handful of mint leaves

Handful of coriander leaves

handful of parsley leaves

45ml avocado oil (or walnut oil)

45ml olive oil

3tbsp red wine vinegar

2 celery stalks, chopped

1 head of broccoli, cut into florets (cooked or raw)

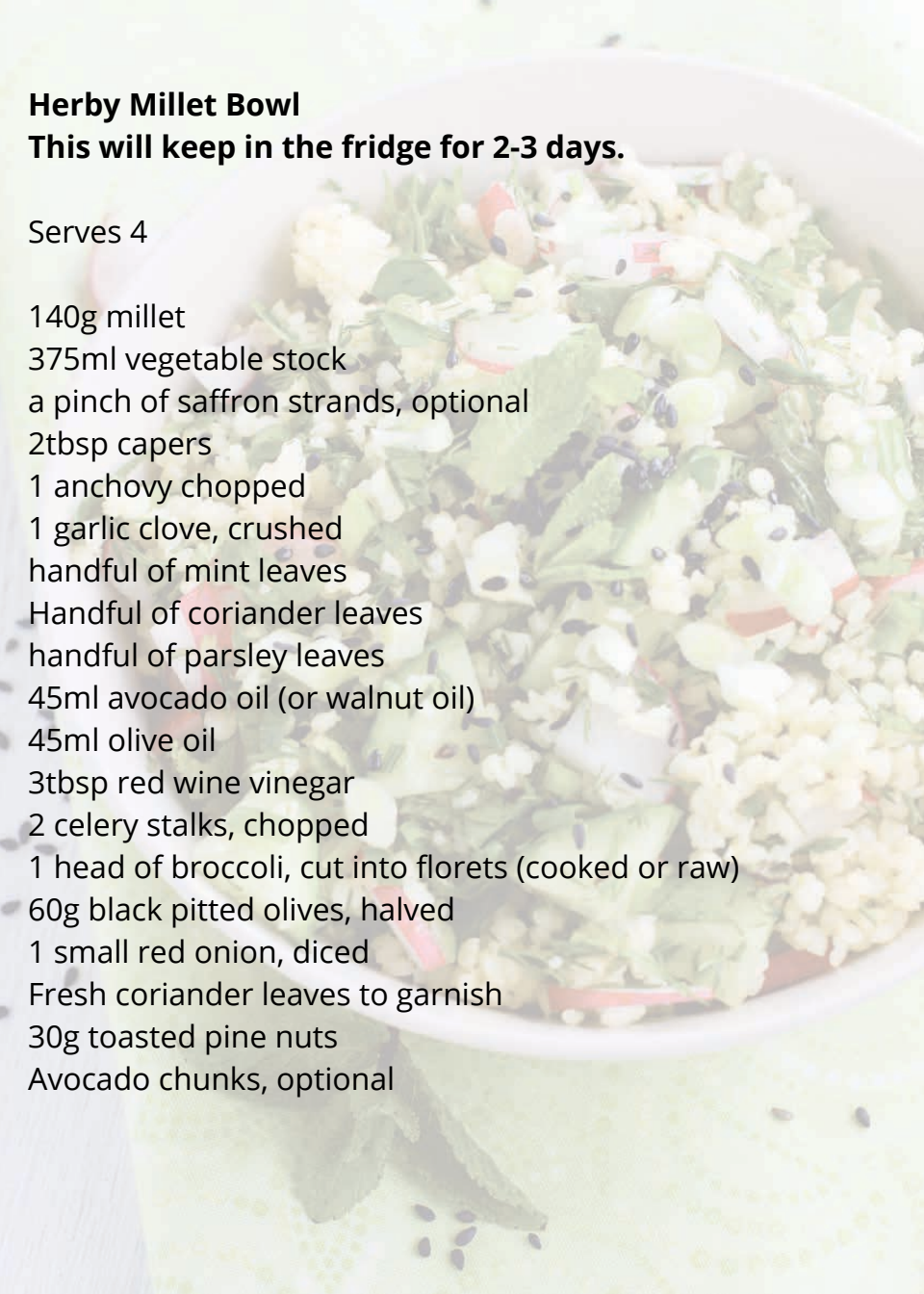
60g black pitted olives, halved

1 small red onion, diced

Fresh coriander leaves to garnish

30g toasted pine nuts

Avocado chunks, optional



- Put the millet in a sieve and rinse well. Transfer to a saucepan and pour over the vegetable stock and add the saffron.
- Bring to the boil over a medium heat, then turn the heat down to low, cover and leave to simmer for 15 minutes
- until the quinoa is tender. Leave the lid on and allow it to steam for a further 5 minutes.
- Transfer to a large bowl.
- Place the capers, anchovy, garlic, herbs, oils and vinegar in a food processor and pulse lightly to combine.
- Place the millet and remaining ingredients in a large bowl and mix gently. Pour over the dressing and toss to coat.

Nutrition per serving 458kcal, Fat 31.5g, Carbs 30.4g, Protein 9.3g

## One Pot Chicken with Millet

Instead of chicken use quorn, tempeh or prawns

Serves 4

1 tbsp olive oil

1 onion, chopped

1 garlic chopped

400g chicken pieces

150g millet

4tbsp pesto (check labels)

400ml chicken stock

1 head of broccoli, cut into florets

Salt and pepper

- Preheat the oven to 180C, gas mark 4.
- Heat the oil in a large ovenproof casserole dish with a lid.
- Saute the onion, garlic and chicken for 5 minutes to brown the chicken. Stir in the remaining ingredients and bring to the boil.
- Cover the pan and place in the oven. Cook for 30 minutes. Season with salt and pepper to serve.

Nutrition per serving 380kcal, Fat 11.9g, Carbs 32.2g, Protein 32.4g

## **Quorn Curry with Cauliflower Rice**

Equally delicious with chicken or fish or use panfried tempeh

Serves 4

1 lemongrass stalk, chopped

handful of coriander leaves

1 small onion, chopped

2 garlic cloves, crushed

2cm piece root ginger, grated

1tbsp honey

1tbsp coconut aminos

1tbsp fish sauce

1/2tsp turmeric

1tsp garam masala

400ml can coconut milk

1 bag of frozen chicken style quorn pieces (500g) or 400g chicken cut into pieces.

1tbsp olive or avocado oil

2 pak choy cut into strips

100g asparagus cut into large pieces

100g mushrooms, sliced

2 spring onions, chopped

### **Cauliflower rice:**

1 cauliflower

1tbsp olive oil

1tsp coconut aminos, optional

Sea salt and black pepper

- Place the lemongrass, coriander, onion, garlic, ginger, honey, garlic, coconut aminos, fish sauce, garam masala and coconut milk in a blender and process until smooth. If you have time pour over the quorn or chicken and marinate for 1 hour or overnight.
- Heat the oil in a deep frying pan. Spoon in the quorn or chicken pieces reserving the marinade and stir fry for 3-5 minutes. Add the marinade with the remaining ingredients and simmer for 10-15 minutes until the chicken is cooked.
- Meanwhile make the cauliflower rice. Place the cauliflower florets in a food processor and blitz until rice like. Heat the oil in a large frying pan and saute the cauliflower for 2-3 minutes with coconut aminos. Spoon onto plates or bowls and top with the curry. Scatter with spring onions to serve.

Nutrition per serving 316kcal, Fat 16.4g, Carbs 16.4g, Protein 23.7g

## **Lebanese Chicken Salad**

**This is equally delicious with hot smoked fish or tempeh chunks**

### **Serves 2**

2 chicken breasts, skinless, about 250g

1tbsp sumac

1tbsp olive oil

Juice of ½ lemon

1 Romaine lettuce, shredded

2 carrots, julienne

4 spring onions, sliced

2 stalks celery, chopped

8 radishes, thinly sliced

handful of parsley, chopped

Handful of mint, chopped

Sea salt and black pepper

### **Dressing**

Juice and zest of 1 lemon

3tbsp olive oil

1tbsp walnut oil

1tbsp honey

1/2tsp sumac

- Place the chicken in a shallow dish. Mix together the olive oil, lemon juice and sumac and pour over the chicken. Leave to marinate for 30 minutes.

- Preheat the oven to 220C, gas mark 7. Place the chicken
- in a roasting tin and cook for 15 minutes until cooked through. Remove from the oven and allow to cool. Slice.
- Mix the ingredients together for the dressing and season to taste.
- Combine the vegetables for the salad in a large bowl and toss in a little of the dressing. Top with the chicken and serve with additional dressing.

Nutrition per serving 411kcal, Fat 24.5g, Carbs 16.8g, Protein 27.3g

## Steamed Fish with Salsa Verde

Serves 2

2 Sea bass fillets, skinned or other white fish

1 lemon sliced

### Salsa Verde

1 bunch of parsley

1 bunch of basil leaves

handful of mint leaves

2 garlic cloves, crushed

2 anchovies

2tbsp capers

2tbsp red wine vinegar

1tsp Dijon mustard

sea salt and pepper

½ red onion, diced

50ml olive oil

- Preheat the oven to 200C, gas mark 6.
- Place all the ingredients for the salsa verde in a food processor except the oil and pulse until the mixture is roughly chopped. Gradually add the oil and pulse to combine.



- Lay out 2 square sheets of baking paper each large enough to wrap around the fish fillets. Drizzle the paper with a little oil and top with the fish fillets. Season and lay over a
- couple of lemon slices. Place a spoonful
- of the salsa verde on top of the fillets reserving the remaining.
- Wrap up each fish parcel, tucking the ends under. You can secure the parcels in foil if wished. Transfer the parcels to a baking tray. Bake for 12-15 minutes until just cooked. Serve the fish with additional salsa verde.

Nutrition per serving 410kcal, Fat 35.2g, Carbs 1.6g, Protein 21.3g

## **Creamy Chicken Traybake**

**This is delicious with chicken or fish - you will need to reduce the cooking time for fish. You can also use tempeh or quorn if wished.**

Serves 4

3tbsp honey

2tbsp almond nut butter or tahini

3tbsp coconut aminos

pinch of cayenne pepper

1/2 tsp smoked paprika

1/2 tsp ground cumin

2 garlic cloves crushed

5tbsp lime juice

3tbsp olive oil

Black pepper to taste

400g chicken breast fillets or cut up chicken breasts into large pieces

1 head of broccoli, cut into florets

2 carrots, cut into slices

1 sweet potato, peeled and cut into chunks

- Mix together the first 10 ingredients and whisk well. Place the chicken and vegetables in a baking dish and toss in the sauce. Ideally marinate in the fridge for 30 mins.
- Preheat the oven to 190C, gas mark 5.
- Bake the chicken and vegetables for 30-40 minutes until the chicken is completely cooked through.

## Massaged Green Bowl

**You could add toasted millet bread croutons to this if wished**

Serves 2

50g walnuts pieces

½ tsp garlic powder

½ tsp onion powder

1 tsp olive oil

1 large head of romaine lettuce, cut into large chunks

2 handfuls of watercress or rocket/arugula

1 head broccoli, cut into florets and steamed

1 apple, cored and diced

2 celery stalks, finely diced

1 small handful of flat-leaf parsley leaves

30g Greek style vegan cheese (or sheep cheese)

### **Almond dressing**

¼ tsp Dijon mustard

1 tbsp apple cider vinegar

3 tbsp extra virgin olive oil

10g almond nut butter or tahini

- Place the walnuts in a bowl with the spices and oil and toss. Place in a frying pan and stir over a medium heat to toast lightly.
- Make the dressing by whisking all the ingredients together and season to taste. Add a little water if needed
- Place all the salad ingredients in a large bowl and pour over the dressing. Mix well to coat thoroughly.

Nutrition per serving 575kcal, Fat 49.4g, Carbs 13.2g, Protein 14.1g

## **Creamy Kale Crisps**

Serves about 6

200g chopped kale leaves

3tbsp apple cider vinegar

1tbsp tahini

1tbsp nutritional yeast flakes

1tsp garlic salt

1tsp xylitol

1/2 tsp smoked paprika

1-2tbsp water to blend

- Place the kale in a large bowl.
- Place all the other ingredient in a blender and process until smooth.
- Pour the creamy mixture over the kale and then with your hands massage it into the kale.
- Spread the kale out over several baking sheets lined with non stick parchment or teflex.
- Bake in the oven at 160C for 30 minutes stirring occasionally. Turn off the oven and leave to crisp up.
- You can also dry them at 60C for 4-6 hours in the oven if your oven goes down to this temperature.

Nutrition per serving 49kcal, Fat 2.9g, Carbs 1.8g, Protein 2.9g

## Maca Tahini Fudge

A wonderful healthy indulgent treat and a great way to sneak in some protein and superfoods. You can either use a 20cm square tin or a 2lb loaf tin in this recipe. Cut into small pieces and keep in the fridge or freeze.

Makes around 20 pieces

80g coconut oil

40g xylitol

80g cacao butter

80g tahini

60g collagen powder or legal protein powder

pinch of salt

2tbsp maca powder

1tsp vanilla extract

optional - add in a little baobab or lucuma powder if wished

- Place the coconut oil, xylitol, cacao butter and tahini in a small pan and heat gently to dissolve the oil. Beat with a wooden spoon.
- Add the remaining ingredients and beat well. For a smoother texture you can pour this into a nutribullet and blend briefly.
- Pour into a lined baking tin and place in the fridge for 1-2 hours to set.
- Cut into pieces.

Nutrition per piece 119kcal, Fat 10.5g, Carbs 2.7g, Protein 3.1g

## **Chocolate Paleo Bread**

**You can freeze this - cut into slices first - you could add some chocolate chips to the batter too**

**Makes 10 slices**

225g almonds ground up until fine in a blender or food processor (not shop bought almond flour)

2tbsp cocoa powder

30g coconut flour

1tsp bicarbonate of soda

1tsp baking powder

60g olive oil

5 eggs

1 green banana or 100g apple puree

1tbsp honey or xylitol

- Heat the oven to 180C gas mark 4 and line a 2lb loaf tin
- Place the almond flour, cocoa powder, coconut flour, baking powder and bicarbonate of soda in a bowl.
- Mix well. In a blender blend up the olive oil, eggs, banana or apple and honey.
- Add the wet ingredients to the bowl and beat well Pour the mixture into a loaf tin and bake in the oven for 40 minutes until golden and firm

Nutrition per slice 260kcal, Fat 21.8g, Carbs 5.5g, Protein 10.3g



## Seeded Crackers

A fabulous way to cram in plenty of healthy fats, protein and fibre as well as phytoestrogenic seeds. These will keep well in an airtight container

Makes around 24 crackers

60g almonds

60g hazelnuts

60g pumpkin seeds

125g sunflower seeds

140g flaxseeds

30g psyllium husks

30g ground flaxseed

60g melted coconut oil

1 egg - optional

1tsp salt or garlic salt

1tbsp nutritional yeast flakes

200ml warm water - if not using the egg you may need a little more water

- Place the almonds, hazelnuts, and pumpkin seeds into a food processor and process to form a fine coarse flour. At this point all the remaining ingredients and pulse to combine. If you want more whole seeds in your crackers you could simply beat all these ingredients into the flour by hand to avoid breaking them up too much. You should have a soft slightly wet dough.
- Divide the dough into two pieces
- Preheat oven to 170C.
- Place half the dough on to a piece of baking parchment then cover with cling film. Roll into a rectangle. Place the baking parchment on a tray then cut the rectangle into small crackers with a knife. Repeat with the remaining dough.
- Bake the crackers for 20 minutes. Flip the dough over and bake for another 20 minutes. If you want them crisper you may wish to leave them in the oven for a little longer.
- Allow to cool then place in an airtight container.

Variations - sweet option - try using 30g cacao powder, 30g xylitol or honey

Savoury variations - I like to add in olives and herbs

Nutrition per cracker 153kcal, Fat 12.3g, Carbs 3.8g, Protein 4.7g

# Healthy Twix Slices

Makes 25

## Shortbread base:

225g almond flour

60g collagen protein powder (or hemp protein or whey)

100g melted coconut oil

1tbsp xylitol

1 tsp vanilla extract

Pinch of sea salt

## Filling

250g almond nut butter

100g yacon syrup or runny honey

100g cacao butter

1 teaspoon vanilla extract

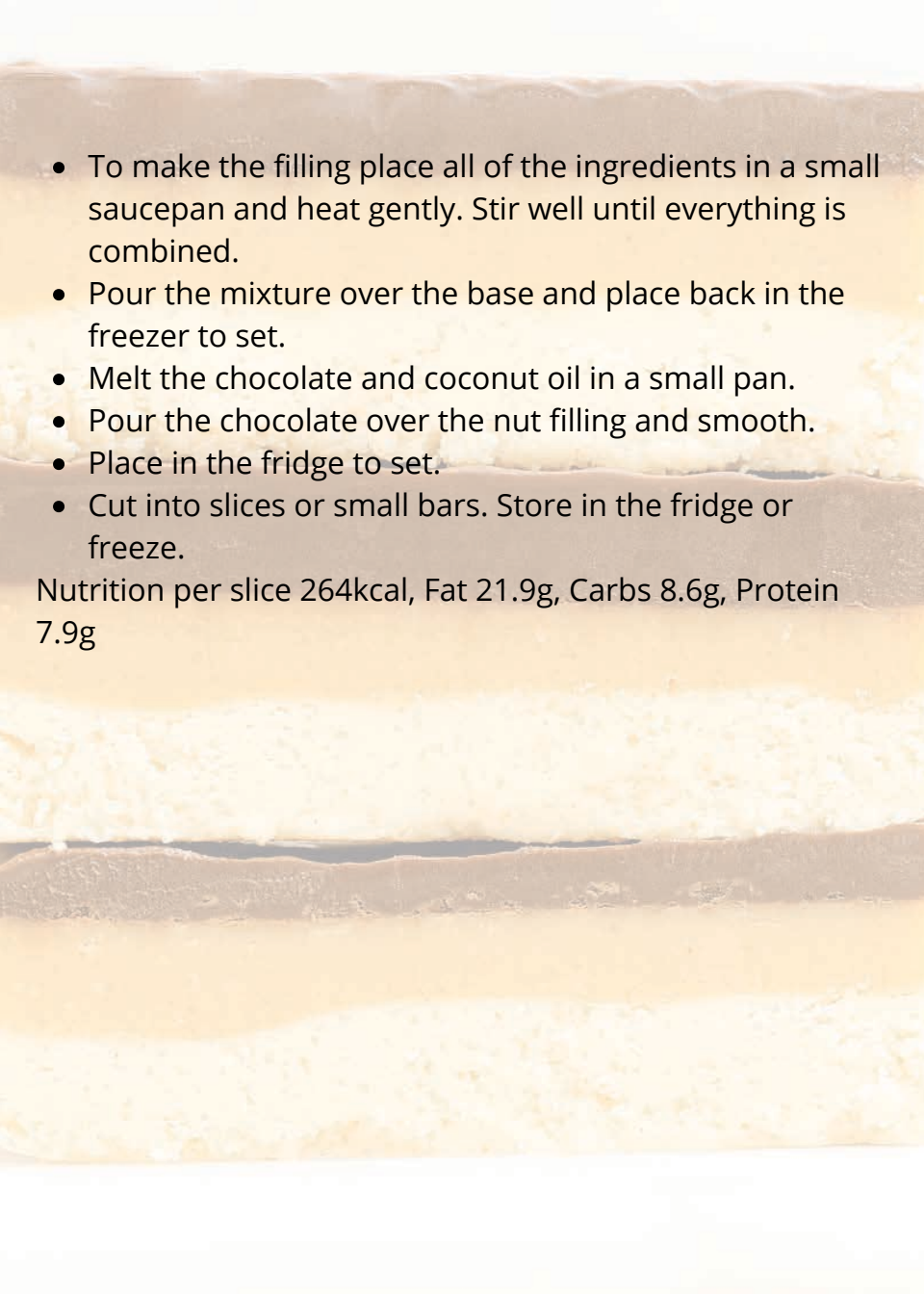
1/4 teaspoon sea salt

## Chocolate topping

250g dark chocolate chips

1 tablespoon coconut oil

- Line a 20cm square tin with parchment paper
- Place all the ingredients for the base in a food processor and blitz until it comes together. If too dry add a little lemon juice or water.
- Press into the base of the tin. Freeze to firm up while you make the filling.

- 
- To make the filling place all of the ingredients in a small saucepan and heat gently. Stir well until everything is combined.
  - Pour the mixture over the base and place back in the freezer to set.
  - Melt the chocolate and coconut oil in a small pan.
  - Pour the chocolate over the nut filling and smooth.
  - Place in the fridge to set.
  - Cut into slices or small bars. Store in the fridge or freeze.

Nutrition per slice 264kcal, Fat 21.9g, Carbs 8.6g, Protein 7.9g

## **Beetroot Brownie**

**These can be frozen too.**

Makes 16

125g cooked beetroot (about 2 beetroots)

200g almond nut butter

200g dark chocolate

75g xylitol

3 eggs

1tsp vanilla extract

30g cacao powder

60g ground almonds

1tsp ground cinnamon

1tsp bicarbonate of soda

1tsp baking powder

60g shelled hemp seeds

Preheat the oven to 180C, gas mark 4.

Line a 20cm square tin with parchment paper

Place the nut butter, dark chocolate and xylitol in a pan a warm gently to melt the chocolate.

Allow the chocolate to cool slightly. Place in a food processor with the remaining ingredients except the seeds and process until smooth.

- Stir in hemp seeds using. Spoon the mixture into the tin. Bake in the oven for 25 minutes. Allow to cool then cut into bars. This can be frozen for up to 3 months.

Nutrition per portion 224kcal, Fat 15.3g, Carbs 11.9g,  
Protein 8.8g

## Celebration Chocolate Coffee Cake

Makes 1 large cake (7inch) serves 12-14. This can be frozen

Makes 1 x 7 inch cake / Serves 12

300g almond flour

100g tapioca flour

115g cocoa powder

30g protein powder (chocolate or vanilla) or collagen powder

30g coconut flour

125g xylitol

2 tsp bicarbonate of soda

2 tsp baking powder

1/2 tsp sea salt

1tsp vanilla extract

4 eggs or flax eggs (mix 4 tbsp of flax meal with 10tbsp water)

300g coconut milk

100g coconut yogurt

100g dairy free spread or softened coconut oil

1 tbsp apple cider vinegar

### Filling / Icing

2 x tubs dairy free cream cheese

2tsp instant coffee

100g finely ground xylitol (use a nutri bullet)

To decorate - grated chocolate or chocolate chips

- Preheat the oven to 180C, gas mark 4. Grease and line two 7 inch spring form cake tins.
- Place all the ingredients in a food processor and process until smooth and creamy.
- Divide the batter between the two cake tins and smooth the tops.
- Place in the oven for 30 minutes until cooked through.
- Allow the cakes to cool in the tins. Remove from the tins and place on a wire rack to cool completely.
- Meanwhile make the filling - beat together the ingredients until smooth. Spoon the filling into a piping bag.
- Place one of the cakes on a cake stand. Pipe half of the filling on the top of the cake then place the remaining cake on top. Pipe the remaining icing on top of the cake then scatter over a little grated chocolate or chocolate chips.



## Easy Guacamole

You could add a little ground cumin for extra flavour if wished. Serve with crackers or vegetables

Makes 4 servings

2 small ripe avocados

1tbsp lime juice

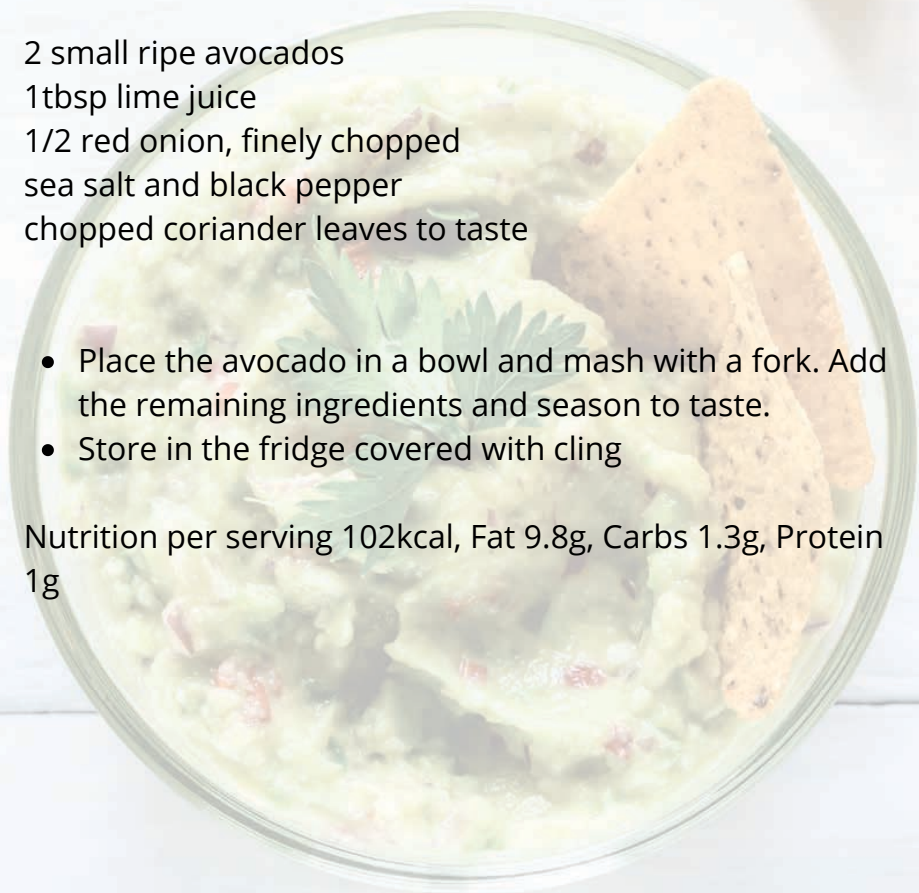
1/2 red onion, finely chopped

sea salt and black pepper

chopped coriander leaves to taste

- Place the avocado in a bowl and mash with a fork. Add the remaining ingredients and season to taste.
- Store in the fridge covered with cling

Nutrition per serving 102kcal, Fat 9.8g, Carbs 1.3g, Protein 1g



**Copyright 2021**  
**[www.christinebailey.co.uk](http://www.christinebailey.co.uk)**

