

# RECIPES

Here is a selection of easy and delicious hormone-balancing recipes taken from my 30 Days to Happy Hormones online course. Try them on your family too; they'll be surprised how tasty they are!

## SMOOTHIES

### Very Berry Breakfast Smoothie (Serves 1)

#### INGREDIENTS

25g of gluten free oats  
1 scoop protein powder (vanilla works well here)  
1 scoop Superfood greens  
1 tbsp coconut oil  
400ml milk of your choice (regular, almond or coconut)  
1/2 banana  
1 tbsp mixed seeds  
150g frozen berries – blueberries, raspberries, blackberries, cranberries  
1 tbsp maca powder (optional)  
Handful of ice

#### METHOD

Blend all ingredients well and enjoy!

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### Detox Smoothie (Serves 1)

#### INGREDIENTS

1 scoop protein powder (organic whey or plant based)  
1 scoop superfood greens (I like Life Drink by Terra Nova, but use your favourite)  
5cm piece of cucumber  
Handful of lettuce  
2cm piece courgette  
2cm piece celery  
1/2 apple  
1/2 avocado  
Handful of herbs (I like parsley and mint)  
Squeeze lemon juice  
400ml unsweetened coconut water or filtered water  
Handful of ice

## METHOD

Blend all ingredients well and enjoy!

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## Maca Chocolate Smoothie (Serves 1)

### INGREDIENTS

250ml almond milk (unsweetened)  
half a can of coconut milk  
1 tbsp maca  
1 tbsp raw cacao  
1/2 banana  
1 tsp cinnamon  
1 scoop protein powder (Vanilla or chocolate)  
1 scoop Superfood greens  
some ice cubes

### METHOD

Blend all ingredients well and enjoy!

### OPTIONAL ADD-INS:

Coconut oil  
Olive oil  
Flax or hemp oil  
Maca powder  
Ground flaxseeds  
Seeds (raw and unprocessed) – pumpkin, sunflower seeds, chia seeds, hemp seeds, sesame seeds  
Cinnamon  
Greens – kale, salad leaves, cabbage, chard, etc  
Avocado  
Herbs – parsley, mint, coriander, basil  
Fresh ginger, lemon, lime, orange  
Berries  
Cucumber, celery, fennel  
Nut butters – almond, cashew, hazelnut, macadamia  
Vanilla paste  
Raw cacao powder or nibs

# BREAKFASTS

Breakfast is important to fuel you after your overnight fast, and by making it protein/fat based, your blood sugar will be nice and balanced from the start. It will also keep you full til lunchtime.

If you're busy in the morning and don't have much time, then throwing together a smoothie (and taking it with you) is a great option. If you've made a batch of granola then you can have that with full fat organic milk, a non-dairy milk or natural yoghurt (coconut yoghurt is a great option).

Or you can make a Bircher muesli the night before and it's ready to go in the morning.

If you have a bit more time or are fairly hungry, you can make eggs pretty quickly. I love to make pancakes at the weekend, so have included one of my favourite pancake recipes.

## Two eggs (serves 1)

### INGREDIENTS

2 eggs (fried in coconut oil, poached, boiled or scrambled)  
Bacon (organic, free range) or smoked salmon (wild Alaskan)  
Assorted veg (eg spring onions, greens, spinach, peppers)

### METHOD

Cook eggs however you like them – scrambled, poached, fried in coconut oil.  
Grill the bacon and/or fry assorted veg in some coconut oil, or add smoked salmon. Serve with eggs.

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## Bircher muesli (serves 2)

### INGREDIENTS

125g gluten-free oats  
480ml almond milk (unsweetened) or any other milk of your choice  
1 apple, grated or sliced  
1/2 banana, sliced  
Juice of half an orange  
Squeeze of lemon  
1 tbsp mixed seeds (flax, hemp, sunflower, pumpkin)  
1 tbsp chia seeds  
1 tsp honey (raw preferably)  
1 tsp cinnamon

### METHOD

Mix the oats, milk, cinnamon, lemon and orange juice, and leave to soak overnight in the fridge. When you're ready to eat it, add your choice of toppings (eg grated apple, banana, honey, seeds).

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## Paleo banana pancakes (makes 10 small pancakes)

### INGREDIENTS

60g almond flour  
60g coconut flour

3 eggs  
1 ripe mashed banana  
1 tsp baking powder  
1/2 tsp salt  
1 tsp cinnamon  
1 tsp vanilla paste

#### METHOD

Blend all ingredients together to make a batter.

Heat coconut oil in a pan. Add spoonfuls of batter to make small pancakes. Leave to cook on a low heat for a few minutes until firm, then flip and cook the other side.

Top with berries, some raw honey, nuts, seeds, coconut cream or natural yoghurt.

These will keep in the fridge for a few days.

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## Granola (serves 8–10)

#### INGREDIENTS

25g gluten-free porridge oats  
45g buckwheat or quinoa flakes  
50g flaked almonds  
50g pecans, roughly chopped  
50g walnuts, chopped  
75g sunflower seeds  
75g pumpkin seeds  
2 tbsp flaxseeds  
1 tsp cinnamon  
4 tbsp melted coconut oil  
125ml freshly squeezed orange or apple juice (or coconut water)  
1 tbsp raw honey  
100g goji berries

#### METHOD

Mix all ingredients together apart from the goji berries. Mix in melted coconut oil, honey and juice or coconut water. Spread mixture on a greased baking tray and bake in a low oven for 30–40 minutes, stirring half way through. After cooling, add in the berries and store in an airtight container.

# LUNCHES/DINNERS

I've included a selection of some of my favourite lunch and dinner recipes. The beauty of these recipes is that they are easy to make and very versatile. You can use dinner leftovers for next day lunch too!

## Gem lettuce tuna wraps (serves 1)

*A great alternative to your tuna sandwich!*

### INGREDIENTS

2 gem lettuces  
1 tin tuna  
2 tbsp organic yoghurt (or coconut yoghurt)  
1 tbsp tahini  
3 spring onions, chopped small  
1/4 of a red pepper, chopped small  
1/2 avocado, chopped small  
Juice of half a lemon  
Salt and pepper

### METHOD

Pull apart the gem lettuce 'wraps'.  
Mix up the tuna with all the other ingredients.  
Pile into each lettuce wrap.

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## Creamy coconut lentil soup (serves 4)

*Packed with nutrients!*

### INGREDIENTS

200g red lentils  
1 tbsp coconut oil  
600ml chicken stock (or vegetable stock)  
400ml coconut milk  
1 onion  
2 cloves garlic  
2.5cm fresh ginger  
1 tsp turmeric  
1 tsp cumin powder  
1 organic red pepper  
Pinch of chilli flakes  
Salt and pepper  
Juice of a lemon  
Handful of coriander

### METHOD

Soak lentils in water with a tbsp of cider vinegar for a few hours, then rinse them well.  
Fry onion, garlic and ginger in coconut oil until soft. Add red pepper, cumin and turmeric and cook for a few minutes. Add lentils, stock, chilli and coconut milk and simmer for one hour, stirring occasionally. Check the lentils are tender, add the seasoning and lemon juice and then serve with a handful of coriander (or parsley).

## Sardine pâté (courtesy of Ceri Jones, [www.naturalkitchenadventures.com](http://www.naturalkitchenadventures.com))

*Try this even if you're not a fan of sardines – I promise it's delicious and a great way of getting your Omega 3s*

### INGREDIENTS

1 tin of sardines (in olive oil)  
1 clove garlic, minced  
2 tbsp natural or coconut yoghurt  
Juice of 1 lime  
20g fresh coriander  
1/2 tsp sea salt  
Good twist black pepper  
Pinch of cayenne pepper

### METHOD

Drain the sardines, reserving the oil. Place in the food processor with the rest of the ingredients and blitz to a spreadable consistency, adding a little of the reserved olive oil if necessary. Taste and adjust seasoning if necessary. Transfer to a small pot, cover and refrigerate until ready to eat. Serve with oatcakes or in little gem lettuce boats.

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## Tomato basil chicken (serves 2)

*A staple in our house*

### INGREDIENTS

1 tbsp lemon juice  
2 tsp rosemary  
2 tsp olive oil  
2 organic chicken breasts  
1 tbsp coconut oil  
2 large or 4 medium tomatoes, diced  
1 tbsp fresh basil  
2 onions, minced  
2 tsp balsamic vinegar  
Salt and pepper

### METHOD

Combine lemon juice, rosemary, oil, salt and pepper in a medium dish and add chicken. Coat on all sides; cover and refrigerate for 1/2 to 1 hour. Drain marinade and discard.

Grill chicken for 6–8 minutes on each side.

Heat coconut oil and cook onions until soft. Add tomatoes, basil and balsamic vinegar and heat through. Serve with chicken.

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## Chilli and garlic prawns (serves 2)

*Buttery garlicky prawns, what's not to like?*

### INGREDIENTS

300g raw king prawns  
1 red chilli – deseeded and chopped small  
3 cloves garlic, minced  
2 tbsp butter (or coconut oil)

## METHOD

Heat up coconut oil or butter in frying pan. Add chilli and prawns. Add the garlic and cook until prawns are pink (don't overcook or they will be chewy).

Eat as they are for a quick lunch or serve with rice noodles, vegetables and brown rice or cauliflower rice.

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## Vegetable frittata (serves 1)

*So quick and versatile – you can add bacon or smoked salmon if you want to jazz it up*

### INGREDIENTS

2 organic eggs  
1 tbsp coconut oil  
100g cherry tomatoes, cut in half  
2 spring onions  
Large handful of spinach  
1 tbsp nutritional yeast flakes (or grated cheese)  
Handful of basil  
Handful of parsley

### METHOD

Whisk the eggs with 2 tbsp of water.

Heat the coconut oil in an ovenproof frying pan with 1 tbsp of water. Add the tomatoes, onions and spinach and cook until spinach begins to wilt. Sprinkle over the herbs. Pour in the eggs, cook lightly then sprinkle on nutritional yeast flakes (or cheese) and transfer to a preheated oven. Bake for 10–12 minutes until well-risen and golden brown. If you don't have an oven-proof frying pan, you can put the pan under a hot grill until the eggs are cooked through and golden brown.

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## Quinoa tabbouleh with feta (serves 4–6)

*A great dish to make and store in the fridge for lunches and side dishes*

### INGREDIENTS

250g cooked quinoa (or mix of quinoa and lentils)  
1 bunch spring onions, chopped  
1/2 red or yellow pepper, chopped  
Handful fresh mint  
Handful chopped parsley  
1 garlic clove, chopped  
1 fresh red chilli, finely chopped  
Small cucumber, chopped  
Small punnet of cherry tomatoes (or 2 large tomatoes), chopped small  
100g feta cheese, cubed  
1 tbsp hemp seeds (or other seeds of choice)  
Juice of 1 lemon  
3 tbsp olive oil  
Salt and pepper

### METHOD

Place all ingredients in a mixing bowl and toss together lightly. Chill for 1 hour or more to allow flavours to blend.



## Roast cod and lentils (serves 4)

*A really tasty way of eating fish*

### INGREDIENTS

2 tbsp coconut oil, plus extra for greasing  
2 tsp mild curry powder  
4 x 200g pieces thick cod fillet  
For the lentils:  
200g puy lentils  
2 tbsp coconut oil, melted  
2 large garlic cloves, finely chopped  
1 medium-hot red chilli, deseeded and finely chopped  
1/2 tsp ground cumin  
1 small red onion, finely chopped  
1 leek, sliced and chopped  
4 tbsp fresh chicken stock  
Lemon juice, to taste  
3 tbsp chopped fresh coriander

### METHOD

If lentils are not precooked, cook them in a pan of simmering water for 20 minutes, or until tender. After 15 minutes, mix the melted coconut oil for the fish with the curry powder. Brush all over the cod and season.  
Bake in the oven for 10–12 minutes.  
Drain the lentils. Heat the remaining oil in a clean pan. Add the onions, garlic, chilli and cumin. Once sizzling, stir in the lentils and stock, until warmed through. Add the lemon juice and season to taste. Stir in the coriander.  
Spoon onto warmed plates. Place the cod on top.

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## Thai green chicken curry (serves 2–3)

*This one ticks all the boxes for me*

### INGREDIENTS

1 tbsp coconut oil  
2 chicken breasts  
1 large onion  
2 garlic cloves  
1 inch piece ginger  
1 red chilli  
Packet of Thai green paste  
Handful green beans/sugar snaps  
Handful of mushrooms  
1/2 can coconut milk  
100ml chicken stock  
Handful of coriander, chopped

### METHOD

Heat coconut oil in pan. Add onion and gently fry til soft. Add chopped ginger, chilli and garlic, cook for a minute.  
Add mushrooms and cook for a minute or two. Add chicken pieces and brown. Add chicken



stock and coconut milk, salt and pepper, stir and leave to simmer for 15 minutes, then add green beans/sugar snaps and cook for another 5 minutes.  
Add a sprinkling of coriander and serve in a bowl, with brown rice or quinoa.

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## Baked sweet potato with hummus (serves 2)

*Homemade hummus is the best!*

### INGREDIENTS

2 sweet potatoes  
1 x 400g can chickpeas, rinsed and drained  
2 tbsp tahini  
1 garlic clove (or 1 tsp garlic powder)  
Juice of a lemon  
2 tbsp olive oil  
Salt and pepper

### METHOD

Roast the sweet potatoes in a tray for 40 minutes.  
Meanwhile make the hummus. Mix all ingredients in food processor/blender, adding extra oil according to preferred consistency.  
Cut the sweet potatoes lengthways and dollop in the hummus. Serve with salad.

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## Healthy fried chicken (serves 2)

*A great alternative to chicken nuggets for the kids!*

### INGREDIENTS

2 organic chicken breast pieces, chopped into bite-sized chunks  
1 egg, beaten  
1 cup coconut or almond flour  
1 tbsp coconut oil

### METHOD

Heat up coconut oil in frying pan. Put beaten egg in a wide bowl, coconut or almond flour in another bowl. Dip chicken pieces in egg, then the flour. Repeat one more time.  
Fry chicken until golden on both sides.  
Serve with green salad, vegetables, brown rice or sautéed greens.

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## Sautéed greens

*Who says greens are tasteless?*

### INGREDIENTS

Large bunch of greens (e.g. kale, chard, collard greens, cabbage)  
2 cloves garlic  
1/2 inch of fresh ginger  
1/2 small red chilli, deseeded (optional)  
1 tbsp coconut oil  
2 tsp sherry or cider vinegar  
Salt and pepper

## METHOD

Wash greens and slice thinly. Heat coconut oil in a large frying pan. Add chilli, ginger and garlic. Then add greens and cook until wilted. Add vinegar, salt and pepper and serve.

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## Home-made chicken stock

*A great source of collagen – good for your gut, skin, bones and joints. You can use this stock in soups, sauces and gravies.*

## INGREDIENTS

Bones from a whole organic chicken (or 2!)

1 bay leaf

2 stalks celery, roughly chopped

1 large onion, peeled and roughly chopped

2 carrots, peeled and roughly chopped

Handful of herbs (optional)

Salt and pepper

## METHOD

Put all the ingredients into a large soup pot, cover with cold water and bring to a boil over high heat. Turn the heat to low and simmer with the lid on for 5–10 hours to really get the juices out of the bones.

Let the stock cool then strain into glass containers (I use old jars) to freeze for up to six months.

This is great to do in a slow cooker – you can leave it on low overnight.

# DESSERTS

I love desserts! And I know a lot of women who find it hard to give up a sweet treat for good. The good news is that these recipes are not going to derail your healthy lifestyle, as long as you eat them in moderation of course.

## Healthy chocolate mousse (makes 8-10)

*You won't believe how good this tastes (hint – you can't taste the avocado!)*

### INGREDIENTS

1 ripe avocado  
1 tbsp raw cacao powder  
50g soft pitted dates  
1 tbsp raw honey  
1 tbsp coconut cream  
Juice of a lime

### METHOD

Blend all ingredients together until smooth, adjust sweetener to your taste and pop into fridge for a few hours to firm up.

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## Coconut mango cream (serves 1)

*A delicious tropical treat!*

### INGREDIENTS

1 small tub of coconut yoghurt (I like Coyo or Coconut Collaborative)  
1 tsp vanilla paste  
1 mango, peeled and chopped

### METHOD

Whizz up all ingredients in a blender, chill and serve.

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## Super berry 'cheese' cake

*A great dessert to make to impress your friends and family*

### INGREDIENTS

#### Base:

320g nuts (almonds, macadamias or hazelnuts)  
90g pitted medjool dates

#### Filling:

300g cashew nuts, soaked in water overnight, then drained  
Juice of 1 lemon  
3 tbsp maple syrup or coconut nectar  
3 tbsp coconut oil, warmed  
1 tsp vanilla paste

#### Top:

90g pitted medjool dates  
250g fresh or frozen berries (you can choose raspberries, strawberries, blueberries or a mixture)

## METHOD

Grease a 22cm round tin or dish with butter or coconut oil. Blitz the base ingredients in a food processor until well combined. Press the mixture into the dish and pop in to the fridge to set. For the filling, put all the ingredients plus 100ml of water into a blender and blend until smooth. Pour over the base and put into freezer for a couple of hours to set. For the topping, put ingredients into a blender and blend until smooth. Pour over the cheesecake and it's ready to serve.

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## Raw chocolate truffles (makes 8-10)

*I'd keep these to yourself!*

### INGREDIENTS

- 50g walnuts
- 50g hemp or chia seeds
- 100g dates
- 1 tbsp ground almonds
- 1 tbsp almond butter
- 50g cacao powder
- 1 tbsp maca powder
- 2 tbsp raw honey
- Crushed seeds or coconut for rolling

### METHOD

Mix all ingredients in a food processor until you can mould into ball shapes. Coat each truffle in mixed crushed seeds or desiccated coconut. Chill in fridge until set.