

Katrina Love Senn

44

easy to make
Recipes

KATRINA'S WEIGHT LOSS RECIPES

Fast and fabulous vegetarian recipes
for natural weight loss and healing.

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Introduction

Welcome to **Katrina's Weight Loss Recipes**: *Fast and fabulous vegetarian recipes for natural weight loss and healing.*

This ebook is a companion piece to my book '**Losing Weight is a Healing Journey**: A woman's guide to losing weight naturally'. To download the first chapter of this book for free please see www.losingweightisahealingjourney.com

Today there is much confusion around food, particularly around 'what to eat' and 'what not to eat'. I created this recipe ebook to bring some common sense to the discussion by sharing some of my favourite 'Real Food Recipes' that can be used as a natural part of your everyday lifestyle.

These real food recipes will fill your cells with nutritional goodness and will help you to lose weight easily and effortlessly.

I encourage you to listen to your own body and allow it to guide you to connecting with the foods that fill you with health and energy. Whenever you can, always choose local, organic food.

Enjoy these recipes and I wish you all the very best on your journey towards health and wellbeing.

With love

A handwritten signature in a dark, cursive script that reads "Katrina". The letters are connected and fluid, with a large, sweeping 'K' and a trailing flourish at the end.

Katrina Love Senn

PS. Real food works. Overleaf you will see my before and after photos that highlights the transformation that I experienced by integrating more real foods into my daily life.

Before



After



To find out more about my story and how I healed my body and lost over 60 pounds with real food please see my website

www.KatrinaLoveSenn.com

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Breakfast



Princess Porridge

Ingredients

- ½ cup rolled oats
- 1 ½ cups water (or coconut milk)
- Good pinch sea salt

Equipment

- 1 x small-medium sized pot
- 1 x wooden spoon
- 1 x beautiful serving bowl

Method

Cook the oats, water and sea salt together for 10 minutes, or until the oats become transparent.

KATRINA'S QUICK TIPS

- Cook the oats with a handful of washed raisins. As the porridge cooks, the raisins will become plump and juicy.
- Serve the porridge in a beautiful bowl.
- To add some colour and texture to your porridge add in a handful of washed, fresh strawberries, sliced bananas, honey and non-dairy milk or apple juice (as desired).
- For extra texture, add dried fruit and nuts such as coconut, banana chips, chopped up apricots, dates, figs, prunes, walnuts, almonds, sunflower seeds, pumpkin seeds or sesame seeds.
- For more nutrition, add super-foods such as blueberries, raw chocolate or carob powder, chia or bee pollen.
- This dish is a great start to a cold, wintry morning. A big bowl of steaming porridge is very filling and it will probably get you through the morning, right up to lunchtime.



Fruit Salad and Coconut Yogurt

Ingredients

- Selection of fresh fruit as desired: raspberries, bananas, apples and kiwifruit
- Coconut yoghurt (I use a brand called Coyo)
- Honey

Equipment

- 1 x chopping board
- 1 x knife
- 1 x beautiful serving bowl

Method

Wash fruit well. Chop it roughly into bite-sized pieces.

Then place it in your serving bowls. Serve with a generous spoon of coconut yoghurt on top.

Drizzle honey over the fruit and coconut yoghurt. And enjoy!

KATRINA'S QUICK TIPS

- Look for seasonal fruits for that extra flavour and nutritional boost.
-



Baked Granola

Ingredients

- 3 cups of rolled oats
- 2 teaspoons cinnamon
- 3 – 5 Tablespoons of butter, ghee or coconut oil
- 3 Tablespoons of honey
- 1 cup desiccated coconut or coconut flakes
- ½ cup sunflower seeds and pumpkin seeds
- ¼ cup sesame seeds

Equipment

- 1 x large flat baking tray

Method

Place the oats, cinnamon and butter or coconut oil in a large flat baking tray. Add the butter and honey (in big blobs) on top of the oats. You may want to add a bit more or less but typically I add enough to ensure that the oats will become well coated with the butter when it melts.

Place in oven for 10 minutes at 200C (or until the oats start to turn golden brown). Watch the oats carefully as they change colour quickly! When the muesli is almost cooked, add nuts and seeds as desired. Cook for a further 5 or 10 minutes, just enough to gently toast the nuts and seeds, turning them golden brown.

Leave the mixture to cool completely and then store in a dry container.

KATRINA'S QUICK TIPS

- For a vegan alternative, use olive or coconut oil, instead of butter.
 - For a raw alternative, simply mix together ingredients in a bowl and store.
 - If you want crunchy clusters, do not stir the granola as it cooks.
 - Add chopped dried fruit as desired: figs, prunes, apricots, dates, banana chips, pineapple chunks, apple chunks or papaya chunks.
 - This healthy and easy-to-make breakfast treat lasts really well.
-



Swiss Style Bircher Muesli

Ingredients

- 3 cups of rolled oats (finely ground variety is best)
- 1 - 2 cups coconut milk (or liquid of your choice)
- 1 - 2 apples (grated)
- ½ cup raisins or chopped dates
- 1 cup of organic Greek yoghurt
- 1 - 2 Tablespoons honey
- ½ - 1 cup different seeds of your choice
- 1 teaspoon cinnamon

Equipment

- 1 x mixing spoon
- 1 x big mixing bowl

Method

Combine rolled oats, liquids, grated apples, honey, cinnamon and seeds in a big bowl. Soak overnight. Add dried fruit of your choice and stir in the yoghurt.

This healthy and easy-to-make breakfast treat lasts for at least 5 days when kept in the refrigerator. Serve with sliced banana. I also love to top it with super foods such as goji berries.

KATRINA'S QUICK TIPS

- It is a great recipe to make at the start of the week. You will know that you always have something fast and healthy to eat in the morning for breakfast.
 - For a vegan alternative, leave out the yoghurt (or use ½ coconut yogurt) and more liquids instead. I like to use organic non-dairy milk (oat, coconut, soy or almond). Fresh apple juice (not from concentrate) is also very tasty.
 - Serve in a glass for a special occasion and topped with fresh or dried fruit as desired, such as goji berries and/or bee pollen.
 - Add roasted nuts for an extra crunch.
-



Katrina's Scramble

Ingredients

- 1 - 2 Tablespoon oil
- 1 onion
- 1 clove garlic
- 5 -6 cherry tomatoes
- 1 avocado
- 4 eggs
- 4 Tablespoons water/non-dairy milk
- Sea salt and cracked black pepper
- Chopped parsley
- Spring onions (or other herbs)

Equipment

- 1 x chopping board
- 1 x knife
- 1 x medium-sized mixing bowl
- 1 x whisk
- 1 fry pan

Method

Heat oil in a fry pan. Add chopped onions, garlic, tomatoes and a generous pinch of sea salt and cook until onions are transparent.

Beat the eggs in the mixing bowl and add enough water to the mixture to make it 'runny'.

Pour into the pan and cook until firm on the bottom and starting to set around the edges. When firm, but still not set stir the egg mixture 3 or 4 times. Allow some mixture to turn golden brown and the rest to set.

On each plate arrange the greens, the tomatoes and sliced avocado.

Serve hot, drizzled with olive oil, sea salt, spring onions and fresh herbs.

KATRINA'S QUICK TIPS

- Use extra virgin olive oil, ghee or coconut oil.
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Poached Eggs on Spinach and Rye

Ingredients

- 2 free-range, organic eggs per person
- Cold pressed oil of your choice
- Spinach
- Rye Bread (or sour dough, spelt or wholegrain bread)

Equipment

- 1 x chopping board
- 1 x knife
- 1 x slotted spoon and paper towels
- 1 fry pan and small pan

Method

Fill your fry pan with cold water until it is $\frac{3}{4}$ filled. Place over heat until it starts to boil gently. Reduce heat to medium-low temperature. (Note: you want to be able to see small bubbles in the water!)

Break the eggs very softly into the simmering water and throw away the shells. Leave the eggs to cook for a few minutes.

You will see the egg white change colour from transparent to white and the yolks will get firmer, the longer you leave them in the water.

Cook until the desired texture and remove from the hot water with a slotted spoon. Pat the eggs with a paper towel to remove any excess water.

Cook the spinach in a small pan. Add enough water to create steam and cook the spinach. Add a sprinkle of sea salt.

Serve the eggs and spinach on bread (Sour dough, wholegrain, spelt or rye). Serve hot, drizzled with oil, sea salt, spring onions, sliced vegetables and fresh herbs.

KATRINA'S QUICK TIPS

- My favourite oils are either chilli oil or white truffle oil
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Lunch



Open Salad Sandwich

Ingredients

- 2 slices wholegrain bread (gluten free if best)
- Handful of rocket leaves
- Handful of mixed salad greens
- 1 avocado
- 1 tomato
- Extra virgin olive oil
- Lemon juice or apple cider vinegar
- Chopped up parsley

Equipment

- 1 x chopping board and sharp knife
- 1 x large serving plate

Method

On a large plate arrange 2 slices of wholegrain bread.

On the side, arrange the mixed lettuce leaves, the rocket, sliced up tomatoes and sliced up avocado.

For the dressing, drizzle over the olive oil, lemon juice (or apple cider vinegar), with a dash of sea salt.

KATRINA'S QUICK TIPS

- Feel free to be creative and add in any other suitable vegetables you may have in the cupboard!
 - Add a hardboiled, sliced egg to the sandwich
 - Add grated carrot or beetroot to the sandwich
 - Omit the bread and enjoy as a big salad if desired. You can always substitute the bread for oatcakes, rice cakes or Ryvita crackers.
 - Add hummus or pesto to the sandwich for a delicious herby, basil-kick!
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Wheat-Free Vegetarian Wrap

Ingredients

- 1 - 2 wheat-free wraps (I use Ezekiel wraps)
- 2 – 3 generous Tablespoons of humus
- Handful of mixed lettuce
- 2 carrots grated
- 1 avocado
- Fresh herbs

Equipment

- 1 x chopping board
- 1 x sharp knife
- 1 x large serving plate

Method

On a large serving plate, lay out your wrap and spread it generously with humus.

Add the grated carrot, mixed salad, avocado slices and sprinkle over with fresh herbs. Season generously with fresh lemon juice and sea salt.

Then roll the wrap up tightly, making sure that it sticks together, using more humus if necessary.

KATRINA'S QUICK TIPS

- Serve with a side salad with freshly grilled tomatoes, drizzled with olive oil and sea salt.
 - Spring onions or red onions work well with this dish – either added to the wrap or as part of the side salad.
 - Feel free to be creative and add in any other suitable vegetables you may have in the cupboard! Hot vegetables such as sliced mushrooms cooked in a little garlic butter/oil are a tasty addition.
 - If you cannot find wheat-free wraps, use organic wholemeal pita breads instead.
-



Vegetable Rainbow Pasta

Ingredients

- 1 cup gluten free spiral pasta
- 2 cups water
- 1 Tablespoon of olive oil
- Dash of sea salt
- 2 - 3 Tablespoons coconut oil
- 4 small broccoli florets (more or less as desired)
- 1 courgette (zucchini)
- 1 clove garlic
- 2 Tablespoons of tamari or liquid aminos
- Handful of green salad leaves e.g. arugula (rocket) or spinach

Equipment

- 1 x medium sized pot
- 1 x chopping board and sharp knife
- 1 x baking oven tray

Method

Boil the water. Add the olive oil, sea salt and pasta. Cook the pasta over medium heat for 10 minutes or until cooked. Drain pasta and rinse in cold water. Place in a bowl and drizzle over some olive oil and a dash of sea salt. Set aside.

Melt the coconut oil on high in a wok or fry pan and add all the chopped vegetables. Stir fry over a high heat until they are soft and cooked. Turn off heat and add the spinach, tamari (or liquid aminos sauce) and the finely chopped garlic. Place the lid on the vegetables and leave them to steam for a few more minutes. Add the vegetables to the pasta stirring well. Taste test. If they need some more flavours add some more tamari or sea salt.

KATRINA'S QUICK TIPS

- Serve with parsley to garnish and wedges of fresh lemon
 - Make sure that the pasta is coloured with a natural food ingredient (red- beetroot, green-spinach etc)
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Kimchi on Basmati Rice

Ingredients

- 1 – 2 Tablespoons of olive oil
- 1 x avocado
- 1 cup basmati (or brown) rice
- 2 cups cold filtered water
- Handful of seeds
- Kimchi (organic if possible)
- Hummus

Equipment

- 1 x medium sized sauce pan and lid

Method

Cook the rice by first measuring out 1 cup of rice and then rinsing it well in a sieve under running cold water.

Place your rice in the saucepan on high with 2 cups cold filtered water. Bring to the boil. Then reduce heat. Simmer for another 5 minutes or so, then turn off, leaving it to continue cooking with the lid on.

Get your plates ready. Serve up the rice and generously chop up the avocado and place on the plate. Add the kimchi and any other things you have on hand.

Decoratively drizzle the olive oil over your plate and serve.

KATRINA'S QUICK TIPS

- Serve with parsley to garnish and wedges of fresh lemon.
 - I like to use pumpkin, sunflower and black sesame seeds
 - You can buy Kimchi from most asian grocery stores. Another addition or possible substitute is sauerkraut.
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Grilled Mediterranean Medley

Ingredients

- 2 Tablespoons of coconut oil or olive oil
- 2 x garlic cloves
- 1 x capsicum (or peppers)
- 3 x zucchini (or courgettes)
- 1 x lemon (optional garnish)
- Finely chopped parsley (optional garnish)
- Sea salt (optional)

Equipment

- 1 x chopping board
- 1 x sharp knife
- 1 x baking oven tray

Method

Melt the coconut oil on high (using a gas element if possible) in a wok or fry pan and add the finely chopped capsicums and zucchini chunks.

Chop the garlic and add in towards the end once the vegetables are starting to cook and get soft.

Serve on a big plate of fresh greens, decorated with the parsley and a generous squeeze of fresh lemon (and sea salt if desired).

KATRINA'S QUICK TIPS

- Serve with parsley to garnish and wedges of fresh lemon
-



Goats Cheese and Pumpkin on Quinoa

Ingredients

- 1 cup quinoa
- 2 cups water
- ½ pumpkin (peeled)
- 3 cups of water
- Feta cheese (as desired)

Equipment

- 1 x chopping board
- 1 x sharp knife
- 2 x saucepans

Method

Cook the quinoa in water on medium heat for 10 mins (or until you see white tails sprout from the quinoa seeds). Drain away the excess water and place the quinoa into a big bowl.

Chop the pumpkin into bite-sized pieces and cover with water for 10-15 minutes until soft.

Whilst still hot, drain the pumpkin and add to the quinoa. Mix well.

Crumble the goat's cheese generously on top. Season with sea salt if desired. Serve warm or cold.

KATRINA'S QUICK TIPS

- Don't throw the excess water away from the pumpkin. Use it as a base for a soup. If you don't want to use it right away freeze it.
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Dinner - Soups



Chunky Tomato and Herb Soup

Ingredients

- 10 big ripe and juicy tomatoes
- 1 onion
- 6 cloves garlic
- Generous amount of fresh herbs such as fresh basil, parsley, oregano and chives, chopped or cut into strips with scissors
- ½ – 1 cup yoghurt, coconut milk or oat cream
- 1 teaspoon black pepper
- 1 ½ teaspoon sea salt
- Fresh herbs and lemon for garnish

Equipment

- 1 x chopping board and sharp knife
- 1 x large pot
- 1 x wooden spoon
- 1 x blender or food processor

Method

In large pot, quarter and cook the onions in olive oil. Add garlic, basil, oregano, chives and chopped, unpeeled tomatoes.

Lower heat to medium, cover and cook for 20 minutes, stirring occasionally.

When tomatoes are cooked, let cool for a bit and then blend in a food processor or high-speed blender for one minute.

Return to the pot. Taste test and if you want more creaminess, add yoghurt or oat cream. Season the soup with sea salt and pepper as desired. Sprinkle finely chopped herbs and sliced lemon on top.

KATRINA'S QUICK TIPS

- I like to squeeze in a little fresh lemon juice just before serving.
-



Asian Rice Noodle Soup

Ingredients

- 2 cloves garlic finely chopped
- 1 – 2 onions finely chopped
- 1 Tablespoon olive oil
- 6 cups of water
- 6 teaspoons organic miso paste
- 1 packet thin vermicelli rice noodles
- 1 packet of mung beans
- Peas (still in their pods - cut on a diagonal)
- Lemon
- Sea salt

Equipment

- 1 x chopping board
- 1 x sharp knife
- 1 x large pot

Method

Stir fry the chopped up onions in oil until transparent and cooked. When golden brown add in water, miso paste and garlic.

Heat until boiling and turn down to simmer. Cook on low for 10 minutes or so and then add the rice noodles. Continue cooking on low until the noodles are soft and the soup is flavoursome.

Season the soup with sea salt and lemon juice to your taste.

To serve place the noodles and soup broth in a big soup bowl. Decorate the soup with generous amounts of fresh, crunchy mung beans and sliced peas.

KATRINA'S QUICK TIPS

- Instead of miso paste, you could also add vegetable stock cubes to taste (approximately 2-3 stock cubes).
 - My favourite brands of vegetable stock are called Herbamere and Kallo.
-



Tuscan Bean Soup

Ingredients

- 2 large onions
- 3 large carrots
- 4 stalks of celery
- 5 cloves garlic
- 3 Tablespoons olive oil
- 3 tomatoes
- 1 tin of butter beans
- 1 tin of chickpeas (or another kind of bean variety)
- 6 cups water (or more)
- 2 teaspoons of organic vegetable stock
- 3 teaspoons mixed herbs (dried or fresh)
- 2 bay leaves
- 1 teaspoon red chilli flakes
- Dash of sea salt and black pepper
- Juice of a lemon squeezed
- Finely chopped fresh parsley

Equipment

- 1 x chopping board and sharp knife
- 1 x large pot
- 1 x wooden spoon

Method

Into a large pan, add the diced onions, carrots, celery and garlic. Sauté on medium heat for 3 – 5 minutes.

Add to the vegetables the diced tomatoes, beans, chickpeas, water, vegetable stock, mixed herbs, bay leaves and chilli flakes.

Simmer for 30 – 40 minutes until the vegetables are well cooked and the flavors are mixed thoroughly. Taste-test and add salt, pepper, more fresh (or dried) parsley and lemon as desired.

KATRINA'S QUICK TIPS

- You could use freshly soaked and cooked beans instead of the tins, though this is a much more time consuming option.
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Green Pea and Spinach Soup

Ingredients

- 1 cup water
- 1/4 cup soaked cashews (or 1/2 avocado)
- 1 clove garlic
- 1 1/2 cups frozen green peas (no need to thaw)
- 2 cups fresh baby spinach, packed
- 1 tablespoon fresh lemon juice
- 1 tablespoon chopped fresh mint
- Sea salt and fresh ground black pepper, to taste
- Spring onion (cut on diagonal for garnish)

Equipment

- 1 x high speed blender (Vita-mix if possible)

Method

Place the water, cashews (or avocado) and garlic into blender and blend until completely smooth.

Add the peas, spinach, lemon juice and fresh mint. Blend again at high speed for a few minutes until it's warm, thick and smooth.

Taste and add freshly ground black pepper, salt and additional lemon juice, if needed. Serve with fresh lemon squeezed on top.

KATRINA'S QUICK TIPS

- To serve hot (without the Vita-mix) make the soup as directed in a food processor and then warm it gently on the stove until it's the desired temperature.
 - The cashews give this soup a wonderful flavor but if you want to make it nut-free, substitute avocado instead.
-



Moroccan Lentil Soup

Ingredients

- 2 cups split red lentils
- 3 - 4 cups water
- 2 onions
- 2 Tablespoons of coconut oil
- 2 – 5 garlic cloves
- Juice of 3 large lemons
- 3 - 4 cups water
- Generous amounts of sea salt to taste

Equipment

- 1 x chopping board
- 1 x sharp knife
- 1 x citrus juicer
- 2 x medium sized sauce pans

Method

Wash the lentils and then place them in the cooking pot. Cook the lentils in the water. When cooked, drain away the cooking water.

In a separate pot, cook the onion in some coconut oil until transparent.

Add the lemon juice and finely chopped up garlic to the onions and cook for another minute or so.

Finally add the lentils and 2nd amount of water. Cook everything together for about 20 – 30 minutes, adding more or less water, until the soup becomes the right thickness for you. Season with generous amounts of sea salt and more lemon juice if desired.

Serve in big soup bowls with fresh parsley and a generous squeeze of lemon juice.

KATRINA'S QUICK TIPS

- Can add a dollop of fresh plain (Greek or organic) creamy yoghurt to serve and fresh coriander herbs if desired.
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Leek and Fennel Soup

Ingredients

- 3 Tablespoons of olive oil
- 2 large bulbs of fennel (cut in half)
- 1 onion
- 3 leeks
- 2 sweet potatoes
- 1 clove garlic
- 2 carrots
- 8 cups water (approximately)
- 2 -3 teaspoons of vegetable stock powder
- Sprouted lentils (for garnish)
- Fennel greens (for garnish)
- Lemon and sea salt

Equipment

- 1 x big pot
- 1 x wooden spoon
- 1 food processor or high speed blender

Method

In a big pot, place the olive oil and vegetables, including the sliced onion, cleaned and chopped leeks, sweet potatoes, carrots and fennel together until everything starts to cook and sweeten. Add the chopped garlic.

Add water to the vegetables. Bring to the boil, add the stock powder and then reduce the heat and cook another 30 minutes over low heat, stirring occasionally to dissolve the stock.

Cook until the vegetables are tender and the sweet potatoes have begun to thicken the soup, about 20 minutes or so.

Blend all together in the food processor or blender. Taste test and add fresh lemon juice and salt for taste.

KATRINA'S QUICK TIPS

- You can sprout the lentils at home or buy lentils that are sprouted from a health food shop.
-

Dinner - Salads



Herb Pesto and Cranberry Salad

Ingredients

- Large bunch of cranberries (washed)
- Salad greens: arugula/rocket, spinach, lettuce
- 2 x tomatoes (quartered)
- 1 cup of washed fresh coriander, parsley or basil leaves
- ¼ (approximately) cup of extra virgin olive oil
- 1 - 2 cloves of garlic
- ½ x lemon (juiced)
- ½ cup Engevita flakes
- Handful of pine nuts or almonds
- Dash of sea salt and fresh lemon (for garnish)

Equipment

- 1 x food processor or high speed blender
- 1 x large salad bowl
- 1 x large spoon

Method

Place the salad greens in a bowl. Wash the cranberries and set aside.

Make the herb pesto sauce in your high-speed blender by blending the herbs, garlic, lemon juice, olive oil, nuts and Engevita flakes together until well blended. Taste and add sea salt if desired.

Adjust taste by adding more lemon or olive oil as needed.

Arrange the bowl by adding the pesto over salad greens and then decorate with the tomatoes and cranberries on top.

KATRINA'S QUICK TIPS

- Can use Parmesan cheese instead of Engevita flakes.
-



Mediterranean Greek Salad

Ingredients

- 1 slice of feta cheese
- 5 ripe vine tomatoes
- 2 red onions
- 1 cucumber (peeled)
- 1 capsicum
- Extra virgin olive oil
- Dried herbs
- Sea salt and cracked black pepper

Equipment

- 1 x chopping board and sharp knife
- 1 x large platter or large bowl
- 2 x serving spoons

Method

Slice the tomatoes, either into wedges or slices. Thinly slice the red onions and cut the capsicum and cucumbers into bit-sized pieces. Once all the vegetables are cut, then get your bowl out and get ready to layer the ingredients.

Start with the tomatoes and capsicums and lettuce. Sprinkle over the onions and cucumbers.

Place the feta cheese on top of your salad. Sprinkle with sea salt, black pepper and herbs. Pour the extra virgin olive oil generously over the salad.

Serve this salad with a good dollop of Greek yoghurt. Enjoy!

KATRINA'S QUICK TIPS

- Can also add some green salad leaves if desired
 - This can also be served with baked or steamed fish.
-



Tomato and Artichoke Salad

Ingredients

- Lettuce or bag of mixed, fresh salad greens
- Handful of rocket leaves
- Artichokes in olive oil (glass jar if possible)
- 4 ripe tomatoes
- 2 ripe avocados
- Variety of sprouts (optional)
- Extra virgin olive oil
- Apple cider vinegar
- Fresh lemon juice
- Dash sea salt and fresh black pepper

Equipment

- 1 x chopping board
- 1 x sharp knife
- 1 x large mixing bowl

Method

In a large glass bowl, mix rocket leaves with the fresh salad greens.

Chop up the artichokes until they are in chunky, bite-sized pieces. Chop up the tomatoes in quarters until a good mix of colours is achieved. Halve the avocados, remove the stone carefully and cut the avocados into bite-sized pieces. Add in sprouts if you have them.

Now season with a dressing made from mixing the olive oil, apple cider vinegar and/or the lemon juice, sea salt and fresh black pepper.

KATRINA'S QUICK TIPS

- Feel free to be creative and chop up and add in any other suitable vegetables you may have in the cupboard!
 - Fresh herbs, olives and marinated peppers are also a very tasty addition.
-



Pomegranate and Goats Cheese Salad

Ingredients

- Mixed salad green leaves
- Mixture of fresh herbs
- 1 large ripe pomegranate
- 1 x packet of soft goat cheese
- 2 ripe avocados

Equipment

- 1 x long serving platter
- 1 x chopping board
- 1 x sharp knife

Method

Arrange washed and dried salad greens on the serving platter.

Chop up the avocados and mixed herbs and sprinkle generously on the plate. Save a handful of herbs for decoration.

Now de-seed your pomegranate – this is a messy job no matter how you do it - so just relax into it and enjoy the process! Arrange over the salad leaves and fresh herbs.

Finally arrange blobs of goat cheese all over your dish. Decorate the dish with your remaining chopped herbs.

KATRINA'S QUICK TIPS

- This is a lovely, colourful dish which makes it perfect for 'special' occasions. I like to make it for Christmas or Thanks-giving, as it creates an especially beautiful, dinner party centrepiece.
 - I love to use fresh mint and parsley in this dish.
-



Avocado, Egg and Fresh Herb Salad

Ingredients

- 2 avocados
- 2 tomatoes
- Red onion, cut into fine, thin strips
- 1 - 2 peppers cut into strips – either red, orange, yellow, green pepper
- Chunk of goat cheese
- 2 hard boiled eggs, sliced or cut into quarters
- Olives - green, brown, red, stuffed olives
- Fresh herbs - selection of mint, basil, sage, dill, parsley,
- Fresh greens – selection of rocket, lettuce or spinach leaves
- ⅓ cup apple cider vinegar (or lemon juice)
- ½ cup organic olive oil
- ½ cup oil (chia or walnut is nice!)
- Sea salt and pepper
- 1 teaspoon honey (or handful of fresh raspberries)

Equipment

- 1 x large salad bowl
- 1 x chopping board
- 1 x knife

Method

Chop everything up and mix together in a large salad bowl. In a glass jar, shake the dressing ingredients. Drizzle the fresh dressing over the salad.

KATRINA'S QUICK TIPS

- Be creative, create a masterpiece of rainbow colours and textures - it will look and taste amazing!
 - A crunchy addition is sunflower and pumpkin seeds cooked in Tamari
 - Some tasty additions are: lightly steamed asparagus stems (cut up), or steamed broccoli florets. You can also sprinkle on sunflower seeds, mung beans or alfalfa sprouts.
-



Julienne Vegetable Sprout Salad

Ingredients

- 1 – 3 x baby beetroot
- 3 – 4 x baby carrots
- Handful of Chinese cabbage
- 2 x small zucchini (or ½ cucumber)
- 1 x punnet baby tomatoes
- Handful of rocket leaves
- 1 x punnet sunflower or mung bean sprouts
- 2 x lemons (cut in half)

Equipment

- 1 x chopping board and sharp knife
- 1 x julienne shredder/peeler
- 1 x large mixing bowl

Method

Shred (or finely slice) the beetroot, carrots, Chinese cabbage and the zucchini (or cucumber) into fine strips. Chop the tomatoes into bite sized chunks and wedges. Add in the rocket leaves and the fresh sprouts.

Squeeze fresh lemon juice over the salad. Sprinkle sea salt over the salad and serve.

KATRINA'S QUICK TIPS

- Julienne vegetables are not a type of vegetable, but rather a beautiful way of preparing and serving vegetables. A julienne cut is a fancy sort of finely cut vegetable that can add appeal to lots of different kinds of dishes including stirfrys, salads and more.
 - The trick to this recipe is to cut your vegetables finely. If you have a julienne slicer then I recommend you use that (or even consider buying one if you don't), otherwise use a very sharp knife to create this effect with your veges.
 - A yummy addition is to liberally add apple cider vinegar with the lemon juice.
 - My favourite sprouts are a selection of sunflower, alfalfa or mung beans.
-

Dinner - Mains



Roast Winter Vegetables

Ingredients

- 4 – 6 small baby onions
- 5 cloves garlic
- 3 - 4 carrots
- 2 sweet potatoes
- ½ pumpkin
- Fresh rosemary sprigs
- Drizzle olive oil and honey
- Sea salt /cracked black pepper to flavour

Equipment

- 1 x chopping board
- 1 x sharp knife
- 1 x large mixing bowl
- 1 x baking tray
- 1 x oven

Method

Heat the oven to 200 degrees. Peel the onions and place in your mixing bowl. Add the garlic cloves unpeeled.

Chop the carrots, sweet potatoes and pumpkin into even, bite-sized pieces.

Place everything into the big mixing bowl. Generously add the olive oil and honey, then mix well until the vegetables are well covered in olive oil. Then add in the rosemary sprigs.

Place the vegetables on the baking tray and cook for 20 – 30 minutes until soft on the inside and golden crunchy on the outside. You can season with sea salt and/or pepper. Leave to cool and serve with a big green salad.

KATRINA'S QUICK TIPS

- Feel free to be creative and add in any other suitable vegetables you may have in the cupboard such as parsnips, beetroots and/or organic baby potatoes.
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Chilli Chive Poached Egg on Spinach

Ingredients

- 2 free-range, organic eggs per person
- Cold pressed oil of your choice
- Chilli flakes
- Spinach
- Handful of chives

Equipment

- 1 x chopping board
- 1 x knife
- 1 x slotted spoon and paper towels
- 1 fry pan and small pan

Method

Fill your fry pan with cold water until it is $\frac{3}{4}$ filled. Place over heat until it starts to boil gently. Reduce heat to medium-low temperature. (Note: you want to be able to see small bubbles in the water!)

Break the eggs very softly into the simmering water and throw away the shells. Leave the eggs to cook for a few minutes.

You will see the egg white change colour from transparent to white and the yolks will get firmer, the longer you leave them in the water.

Cook until the desired texture and remove from the hot water with a slotted spoon. Pat the eggs with a paper towel to remove any excess water.

Cook the spinach in a small pan. Add enough water to create steam and cook the spinach. Add a sprinkle of sea salt.

Serve the eggs on a generous serving of steamed spinach, drizzled with olive oil, sea salt, chives and chilli flakes.

KATRINA'S QUICK TIPS

- I love to use infused oils such as chilli oil or white truffle oil.
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Pumpkin and Coconut Curry on Millet

Ingredients

- 1 onion
- 1 – 2 Tablespoons olive oil
- 1 - 2 Tablespoons curry paste
- 4 ripe tomatoes
- Bunch of fresh coriander (root and leaves)
- ½ butternut pumpkin
- 1 tin coconut milk
- 4 or 5 lime leaves (fresh or frozen)
- 2 Tablespoons tamarind paste
- 1 Tablespoon coconut sugar
- Handful of rocket leaves or spinach
- 1 cup millet
- 2 ½ cups water

Equipment

- 1 x chopping board
- 1 x sharp knife
- 1 x large mixing bowl
- 1 x tin opener
- 2 x cooking pots

Method

Gently boil the millet in lightly salted water for 25 minutes or until ready. When cooked, rinse and set aside to cool while you prepare the curry.

Peel and chop the onion. Cook it with olive oil. After a few minutes add the curry paste, chopped tomatoes and washed, chopped fresh coriander.

Cut the pumpkin in half and remove the pumpkin skin and seeds. Cut the pumpkin into bite sized cubes cook the pumpkin until it turns a golden brown colour. When done, add the coconut cream, lime leaves and tamarind paste. Leave the sauce to cook thoroughly, about 15 minutes, allowing the delicate flavours to fragrantly infuse. Cool for 5 minutes. Add a dash of sea salt and coconut sugar to taste. Serve with fresh greens on millet.

KATRINA'S QUICK TIPS

- Alternatives to coconut sugar are brown sugar or palm sugar



Red Thai Curry with Vegetables

Ingredients

- 1 - 2 Tablespoons of coconut oil
- 1 - 2 Tablespoons curry paste
- 1 - 2 red and yellow peppers (cut into chunks)
- 1 - 2 onions (cut into small chunks)
- 6 ripe tomatoes
- ½ head broccoli (cut into small florets)
- 1 - 2 courgettes (cut into chunks)
- 1 tin coconut milk
- Sea salt to taste
- Water

Equipment

- 1 x large sized pot
- 1 x knife and chopping board

Method

Cut all the vegetables into bite-sized pieces. Set aside.

In a pot on medium heat, melt the olive or coconut oil. Add the curry paste, onion and peppers. Stir and add the tomatoes and add 1 cup of water (or more if needed) to create a nice sauce-like consistency.

Now add in the coconut milk and cook on a medium heat, bringing everything to a gentle boil. Add in the courgettes and broccoli.

Serve in a bowl, decorated with fresh coriander leaves on a bed of brown rice, millet or quinoa.

KATRINA'S QUICK TIPS

- Use organic coconut milk if possible
 - You can also add in 1 – 2 Tablespoons of tomato paste for an extra tomato taste. If you do, add in a ½ - 1 teaspoon of honey and a sprinkle of sea salt.
 - You can add in extra greens such as torn spinach leaves, chard, chinese cabbage or chopped kale.
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Fresh Basil and Pesto on Quinoa

Ingredients

- 1 cup quinoa
- 2 cups water
- Big handful basil
- 1 clove garlic
- Dash sea salt
- 2 Tablespoons Parmesan cheese (optional)
- ½ - ¾ cup extra virgin olive oil
- 1 lemon (juice)
- Generous handful of nuts
- Selection of fresh green salad leaves and chopped baby tomatoes.

Equipment

- 1 x medium sized pot
- 1 x chopping board and knife
- 1 x citrus juicer (optional)
- 1 x food processor or hand blender

Method

Boil the water and simmer the quinoa for 10 minutes or until cooked. Quickly rinse the quinoa in cold water and drain in a colander or sieve.

In the food processor or blender place the basil, garlic, sea salt, cheese (if desired). Slowly add the olive oil to create a rich pesto sauce. Add enough oil to get the desired consistency for your pesto. Add in about half the amount of lemon juice.

At this stage do a taste test. The pesto sauce should have balanced flavours. Add, more lemon juice, sea salt or fresh basil as desired.

To serve, place the warm quinoa in a bowl (for each person). Decorate with green leaves and pesto sauce. Arrange the chopped tomatoes and then drizzle olive oil, a dash of sea salt and a quarter slice of lemon on top.

KATRINA'S QUICK TIPS

- For a vegan alternative, replace the Parmesan cheese with Engevita (yeast flakes).
- My favourite nuts are either pine nuts or walnuts.



Spinach, Capsicum and Herb Frittata

Ingredients

- 1 tablespoon of butter, ghee or coconut oil
- 2 - 3 eggs per person
- 1 Tablespoon of water (or non-dairy milk) per egg
- 1 capsicum finely chopped
- 2 - 3 tomatoes (chopped)
- Handful of spinach (chopped)
- Fresh parsley (finely chopped)

Equipment

- 1 x medium sized frypan
- 1 x chopping board and sharp knife
- 1 x bowl and wire whisk (or fork)

Method

In a frypan, melt the oil/butter. Cook the capsicums and tomatoes on high, until the capsicums start to cook and turn light golden colour. Turn the heat to low.

Working quickly, break the eggs into a glass bowl. Add the liquid and beat the eggs with a wire whisk until well combined. Pour into the fry pan. Sprinkle the spinach on top and place the lid on securely, keeping all the heat inside to gently cook the frittata and gently steam the spinach.

Keep an eye on the egg frittata, letting it rise and become puffy on top but not burn on the bottom of the pan! Let the spinach steam. You'll see it becoming green and tender. Once cooked, take off the heat and add the fresh parsley. Cut the frittata into generous pieces and eat immediately.

KATRINA'S QUICK TIPS

- You can also use oat cream in place of water and non-dairy milk
 - Fresh basil is another herb that combines well with this dish and also tastes lovely - add this just before you eat.
 - Serve with fresh salad, goats cheese and grated carrot, grated beetroot with a dash of olive oil and apple cider vinegar.
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Dessert



The Really Good Chocolate Brownie

Ingredients

- 1 ½ cups of pecans
- Dash sea salt
- 1 ½ cups of dates
- ½ cup cocoa powder
- 5 Tablespoons of coconut
- 4 Tablespoons honey or maple syrup
- 1 teaspoon pure vanilla essence

Equipment

- 1 x food processor
- 1 x wooden spoon
- 1 x cake tin

Method

Grind pecans in your food processor until finely ground and kind of ‘crumbly’. Add the dates, cocoa, coconut and vanilla essence and blend again until the mixture sticks together, but don’t let it get too creamy.

If too wet, add a little more cocoa powder or coconut. If too crumbly add a little liquid. (I use coconut milk or water).

Transfer to a cake tin and chill for 2 hours in the refrigerator. Decorate with raspberries or strawberries, chocolate sauce, yoghurt or coconut chips, as desired.

KATRINA’S QUICK TIPS

- Swap the cocoa for raw chocolate powder (cacao) or carob powder.
- For a decadence or special occasion, use this as a base and top with the chocolate filling from the ‘Chocolate Oat Slice’ recipe.
- For a special occasion, make a simple chocolate sauce from melted coconut butter, chocolate powder (your choice) and a sweetener of your choice. Drizzle it over your dish and then place it to set for a few minutes in the freezer.



Baked Apple Crumble

Ingredients

- 4 - 6 apples
- ½ teaspoon spices (cardamom, nutmeg, cinnamon, cloves)
- 6 whole cloves
- ½ - 1 cup water
- 2 - 3 cups rolled oats or quinoa flakes
- ½ - 1 cup melted coconut oil (or organic butter or olive oil)
- 1 teaspoon vanilla essence
- 2 Tablespoons honey
- 1 teaspoon cinnamon and/or ¼ teaspoon nutmeg (if desired)

Equipment

- 1 x apple peeler or sharp knife
- 1 x chopping board
- 1 x mixing bowl
- 1 x baking dish
- 1 x medium sized saucepan

Method

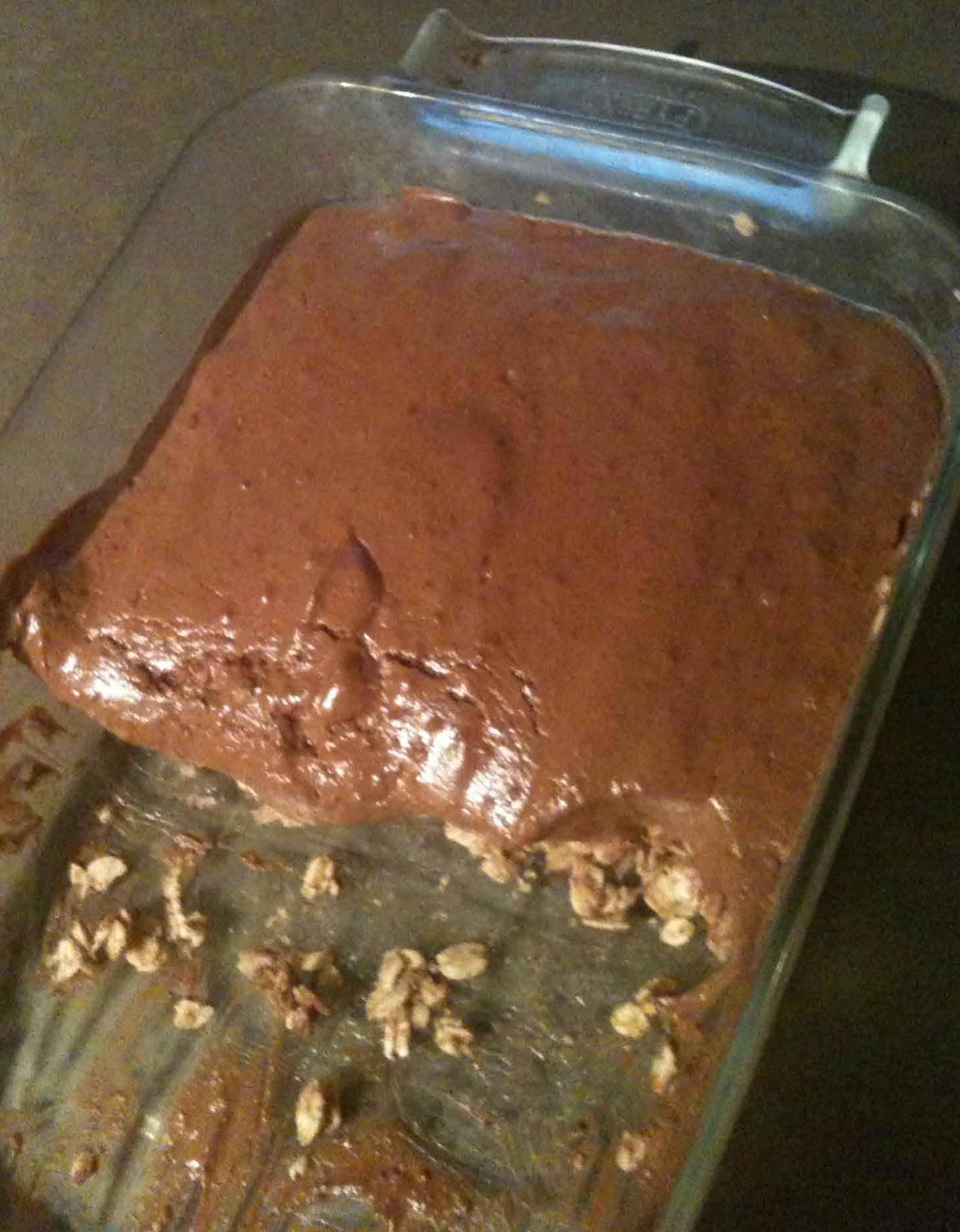
Peel and cut up apples into chunks. Add in the water, a few whole cloves and sprinkle of cardamom or mixed spices if liked. Cook the apples and spices in the saucepan and put straight into the baking dish.

In your separate mixing bowl, prepare the crumble by mixing together the oats or quinoa flakes, oil, vanilla essence, sweetener and spices. Add a small amount of water if needed, to get the right kind of crumbly texture.

Place the crumble on top of the apple and bake at 180 degrees until the apple stews and crumble is golden brown.

KATRINA'S QUICK TIPS

- Serve with a dollop of fresh greek yogurt, coconut yogurt or oat cream.
 - Replace honey with maple syrup or malt brown rice syrup.
 - Alternatively you can stew the apple first in a pot, then put the unbaked crumble on top of the stewed apple and cook the crumble under the grill.
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Chocolate and Oat Slice

Ingredients

Base:

- 2 cups rolled oats (fine)
- 3 – 4 Tablespoons coconut oil
- 1 – 2 Tablespoons honey
- 1 teaspoon cinnamon
- 2 Tablespoons cocoa powder

Filling:

- 2 cups cashew nuts
- ¼ - ½ cup maple syrup or apple juice
- 1 teaspoon vanilla essence
- Dash of sea salt
- 3 Tablespoons cocoa powder
- Water or non-dairy milk as required

Equipment

- 1 x blender or food processor
- 2 x mixing bowl
- 1 x wooden spoon
- 1 x spring form (removable base) or cake tin

Method

Soak the cashews in warm water in a mixing bowl for 30 minutes. Set aside.

Soften or melt the coconut oil over gentle heat. Add in the honey, vanilla essence and rest of dry ingredients. Massage this mixture until you obtain a crumbly texture but one that sticks together to make your cheesecake 'base'. Add small amount of liquid if needed.

Press this mixture into a spring form tin or cake dish. Put in the freezer to set.

In a blender mix the soaked cashews, maple syrup/apple juice, vanilla essence and sea salt together. Blend together until thick, creamy and smooth. Add in the cocoa powder. Add liquid if needed. Once desired consistency is reached, pour on to the chilled base. Set in the fridge.

KATRINA'S QUICK TIPS

- Replace cocoa powder with raw cacao powder or carob powder.
- Replace honey with apple juice, stewed apple, agave or pure maple syrup



Very Berry Sorbet

Ingredients

- 1 cup mixed frozen berries
- 2 x frozen bananas
- ¼ - ½ cup maple syrup or honey
- ½ - 1 cup soaked cashew nuts
- ½ - 1 teaspoon vanilla essence
- Water or non-dairy milk (as required)
- Raw chocolate nibs to decorate
- Frozen berries to decorate

Equipment

- 1 x food processor or high speed blender
- 2 x glass dishes to serve

Method

In your processor or high speed blender, blend the frozen berries and banana. Slowly add enough liquid (water or milk) to get a wonderful creamy consistency. Work quickly, adding the maple syrup/honey, cashews and vanilla essence to your berries if desired.

Pour into a parfait dish and decorate with frozen berries and chocolate nibs.

Leave to set in the refrigerator or freezer.

KATRINA'S QUICK TIPS

- For a Mango Sorbet, swap the berries for mangos.
 - For Chocolate Sorbet, swap the berries for cacao powder or carob.
 - To make a nut free sorbet, simply omit the maple syrup/honey, cashew nuts and vanilla essence.
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Chocolate and Coconut Slice

Ingredients

- 1 cup rolled oats
- Seeds or chopped nuts of your choice (a handful or so)
- ½ cup chopped dried apricots or raisins
- ¼ cup honey
- 1 banana (mashed)
- 1 x teaspoon pure vanilla essence
- ½ cup cocoa powder
- 100 grams butter or coconut oil
- Dash of sea salt
- Coconut (for garnish)

Equipment

- 1 x mixing bowl and spoon
- 1 x small saucepan
- 1 x baking tin

Method

Into a big bowl, mix together the rolled oats, nuts, dried apricots, honey, mashed banana, vanilla essence, coconut, cocoa powder and salt.

Melt or soften the butter/oil and add. Mix everything together.

Do a quick taste test. If too dry, add another banana. If too wet, add some more rolled oats, coconut or nuts.

When you are happy with the consistency and taste, press into the baking tin. Sprinkle with coconut and pop in the freezer to set.

KATRINA'S QUICK TIPS

- Use raw cacao powder, carob or cocoa (more or less to taste)
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Raw Chocolate Mousse

Ingredients

Chocolate Mousse:

- ¼ cup pitted dates, soaked in hot water until soft
- ¼ cup honey
- 1 x teaspoon pure vanilla essence
- 3 x ripe and creamy (soft) avocados
- ½ cup raw cacao powder (more or less to taste)
- ¼ - ½ cup dairy-free milk (Organic almond milk or fresh apple juice)

Topping:

- 1 x banana (sliced)
- Coconut nectar or maple syrup to serve

Equipment

- 1 x blender or food processor
- 1 x small bowl
- 2 - 4 x beautiful bowls

Method

In a small bowl, pour the hot water over the dates until well covered. Leave for 5 -10 minutes until the dates become soft. Blend the dates, honey, vanilla essence, chocolate powder and avocados together and process until the ingredients become super smooth. Add extra liquid as needed and process briefly until you get the perfect consistency.

Scoop the mousse into beautiful wine or cocktail glasses (sundae dishes are also great!) Presentation is key! Chill the mousse. Serve with thinly sliced banana and drizzled generously with coconut nectar (or maple syrup).

KATRINA'S QUICK TIPS

- Can replace honey with maple syrup, coconut nectar or agave
- Can replace raw cacao powder, carob or cocoa
- Can replace almond milk with coconut, rice or any other dairy free milk

Juices, Smoothies and Shakes



Fruity Juicy Water

Ingredients

- Fresh water
- Fresh mint
- Lemons (unwaxed skins)
- Strawberries

Equipment

- 1 x glass water jug
- 1 chopping board
- 1 x sharp knife

Method

Wash the mint and break into mint sprigs.

Chop up the lemons as pretty as you can, leaving the skin on. Place them both in the water jug.

Chop up the strawberries and place in the glass jug.

Add the fresh water. Leave for at least 1 hour. During this time the taste of the fruit and mint will infuse the water, giving the water a delicious fruity taste.

KATRINA'S QUICK TIPS

- Choose organic fruit if you can
 - Use pure, filtered water
 - Fresh chopped pineapple is a pretty (and very tasty) addition
 - As you drink the water, simply refill it when the water is about half way and the flavours will keep infusing the next batch of water.
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Miracle Weight Loss Juice

Ingredients

- 2 red apples
- 4 pink grapefruits
- 2 lemons
- Piece of fresh ginger
- 2 Tablespoon aloe vera juice

Equipment

- 1 x juicer
- 1 x chopping board and sharp knife
- 1 or 2 x tall glasses

Method

Remove the skins from lemons and grapefruits.

Juice them, along with the apple and fresh ginger.

Add in the aloe vera juice at the end. Give it a quick stir with a wooden stirrer (or chop stick).

Then drink immediately or within 24 hours.

KATRINA'S QUICK TIPS

- I often like to double the recipe and store the leftover drink in the fridge for a quick and healthy snack for later in the day.
 - Add watermelon and juice it with the other ingredients.
 - Add fresh mint and juice it with the other ingredients.
-



Detoxifying Green Juice

Ingredients

- A big bunch dark greens (like spinach or kale)
- 1 cucumber
- 2 apples or pears
- 2 celery stalks
- Small piece fresh ginger
- Squeeze of ½ freshly squeezed lemon

Equipment

- 1 x juicer
- 1 x chopping board and sharp knife
- 1 x blender (optional)
- 1 or 2 x tall glasses

Method

Juice the first 5 ingredients.

Squeeze a generous amount of lemon juice in at the end.

Serve immediately!

KATRINA'S QUICK TIPS

Variations:

- Juice kiwifruits or watermelon.
 - I often like to double the recipe and store in fridge. Drink within 24 hours.
 - Dilute the juice with filtered water if desired.
-



Cleansing Watermelon and Mint Juice

Ingredients

- 1 ripe watermelon chilled
- 1 generous bunch of fresh mint
- ½ lemon

Equipment

- 1 x juicer
- 1 chopping board and sharp knife
- 1 or 2 x tall glasses

Method

Wash the mint leaves well. Cut the watermelon and lemon in half and cut off the skin.

Place the watermelon, lemon and mint in the juicer, leaving several chunks of fruit for a pretty garnish for your glass.

Serve and enjoy!

KATRINA'S QUICK TIPS

- Chill your glasses in the freezer in summer time.
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Healing Green Smoothie

Ingredients

- A big bunch dark greens (like spinach or kale)
- 2 apples or pears
- 1 banana
- 1 cup water
- Squeeze of 1/4 fresh lemon

Equipment

- 1 x blender
- 1 x knife and chopping board
- 1 -2 x big glasses

Method

Wash and cut all ingredients into chunks, removing the apple stalk and seeds. Place everything in the blender, setting aside the lemon.

Blend all ingredients on high, adding more water if needed to get a good consistency.

Blend well to ensure that the green leaves are well blended. Squeeze lemon juice in at the end as this really helps to make a fabulous tasting healing drink. Serve immediately!

KATRINA'S QUICK TIPS

Variations:

- For creaminess add avocados or fresh coconut meat
 - Add peeled kiwifruits or grapefruit.
 - Presentation is everything. Always serve your smoothies in beautiful glasses.
 - My favourites are tall cocktail glasses or big red wine goblets.
-



Tropical Fruit Smoothie

Ingredients

- ½ pineapple
- 1 mango
- 1 banana
- 1 apple
- Water to mix

Equipment

- 1 x blender
- 1 x sharp knife and chopping board

Method

Cut the pineapple and mango in half and remove the skin. Cut them up and place them in your blender.

Peel and de-core the apple. Add into your blender with the banana. Blend together until pureed. Add water and place the blender on high speed until your perfect consistency is obtained.

KATRINA'S QUICK TIPS

- Replace the water with a non-dairy milk and/or Greek organic yoghurt to obtain a thicker, creamier consistency.
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Vanilla Crunch Shake

Ingredients

- 1 cup almond milk
- 1 banana
- ½ cup muesli
- Handful sunflower seeds
- Handful pumpkin seeds
- 1 – 2 teaspoons pure vanilla essence
- 1 teaspoon honey
- Water to dilute if desired

Equipment

- 1 x blender
- 2 x glasses

Method

Blend everything together on high speed until thick and creamy.

If the mixture is too thick, thin it down by adding some cold water. Blend again on low to mix.

KATRINA'S QUICK TIPS

- Substitute the almond milk for any non-dairy milk of your choice
 - Add any fresh or dried fruit or berries as you desire for an endless variety of flavours
 - This makes a great breakfast shake, as well as an 'any-time-of-the-day' snack.
-



Chocolate Shake

Ingredients

- 2 cups almond milk
- 1 - 2 bananas (frozen or fresh)
- 4 Tablespoons cocoa (or cacao powder)
- 1 Tablespoons honey

Optional (for decoration)

- Cacao nibs/chocolate shavings
- A few frozen raspberries

Equipment

- 1 x blender
- 2 x tall glasses

Method

Blend everything together on high speed until thick and creamy.

If the mixture is too thick, thin it down by adding some cold water or almond milk. Blend again on low-medium speed to mix thoroughly.

Once mixed, then pour your shake into the glasses. Decorate creatively with cacao nibs and raspberries.

KATRINA'S QUICK TIPS

- Substitute the cocoa, for raw cacao powder or carob powder
 - Substitute the almond milk for any non-dairy milk of your choice
 - Add any fresh or frozen fruits for an endless variety of flavours
 - Replace the honey with ½ cup apple juice
-