

GO-TO RECIPES

FROM SEASON 1 GUESTS



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Introduction

Well, hello!

I'm so excited to be sharing this collection of recipes with you!

This is the first gift The Aging Project has given to its beautiful subscribers, and I hope there will be many more to come as we grow and learn together.

Inside you'll find healthy, go-to recipes from each of The Aging Project podcast's Season One guests - Dr. Frank Lipman, Simon Hill, Wendy Euler, Shannan Kennedy, Elise Catchlove, Ronni Kahn, Dr. Vonda Wright, Briony Benjamin, Katherine Maslen, Dr. Peta Wright, Marta Zaraska, and Gorgi Coghlan.

We handpicked this dream-team of aging experts for the first season of our podcast, and their recipes are as brilliant as the advice they share so candidly in their interviews with Shelley!

Aging well is something we all need to start talking about. Personally, I've come to realise we all need a support team to tackle life's big transitions, and my hope is that The Aging Project's podcast and community will become just that for all of us.

The podcast was created to answer the question of how to age well, with great health, vitality and style. What does that look and feel like? It's a big question, but an important one for all of us.

But, back to the food! We would love to see what you make from this beautiful collection of recipes. Please take a snap of your creations and tag us on Instagram or Facebook, and help inspire others in our community to try these wholefood recipes out for themselves.

Thank you for being here, and bon appétit!

Love,

Shelley, Amanda and Leesa

The Aging Project Team



LEMON-LIME BLISS BALLS



WHAT YOU NEED

500g pitted dates (soak for 10mins/then strain)

1 cup raw cashews

1 cup raw almonds

$\frac{3}{4}$ shredded coconut

$\frac{1}{3}$ cup white chia seeds

$\frac{1}{2}$ cup sunflower seeds

Zest of 1 lemon

Zest of 1 lime

Extra coconut for coating

WHAT TO DO

Place all ingredients in a food processor until well combined.

Roll tablespoon amounts of mixture into balls and coat with coconut.

Place in container in fridge or freeze until eaten.

NOTES

I have these when I need an afternoon treat or little lift so I don't get hangry!

Recipe by Romy Bursztyn, Integrative nutritionist and health coach



SILKEN TOFU MISO WITH EDAMAME



GORGIO COGHLANS MISO

WHAT YOU NEED

Miso Soup Paste or Powder
Extra Silken Tofu
Edamame

WHAT TO DO

Follow the packet instruction to make the soup.
Add small squares of the Tofu.
Serve with edamame on the side.

NOTES

Okay so I'm a really keen cook and I'm someone who is happy to spend 2 days on a recipe (food is our life!) however, I also adore super quick, cheap and healthy options for when you and your little ones are exhausted.

This is my go-to for our 10 year daughter Molly-Rose and us when we're tired and we need something nourishing, quick and healthy. It's easy, fun, and delicious. Super filling too with the tofu.



BIELER'S BROTH



WHAT YOU NEED

- 4 medium zucchini, ends discarded and sliced into rounds
- 400 g green beans, ends trimmed
- 2 stalks of celery, chopped
- 1-2 bunches parsley (flat or curly leaf), remove tough stems
- 4 cups of water

WHAT TO DO

Place all ingredients in a soup pot and bring to boil then simmer for 15mins or until vegetables are tender.

Puree soup with handheld blender or blend in batches.

Eat warm and fully feel your body receiving deep nourishment.

NOTES

I make this and freeze into small containers so I can have it every few days.

Ancient recipe from a doctor named Bieler – vegan and all vegetable based designed to restore acid-alkaline and sodium-potassium balance to organs and glands which suffer under stress.



TOFU SAN CHOY BOW

www.chupacabra.com.au



WHAT YOU NEED

¼ red onion diced finely
1 Tbsp ginger finely chopped
400g firm tofu crumbled
1 spring onion chopped
1 ½ cup cashews
¼ cup bean sprouts
1 tbsp chopped coriander
¼ cup crushed peanuts
1 bunch coriander (save some for garnish)
2 tsp sesame oil

1 tbs nutritional yeast
4 tsp soy sauce or coconut amino's
1 green or red chilli sliced
1 lime juice
1 tbsp hoi sin sauce
1 tbs san choy bow seasoning (optional)
Extra bean shoots
Fried shallots
Lettuce cups

WHAT TO DO

Blend tofu until it's all crumbled and a little wet.
Heat oil in a pan and fry red onion and ginger for a few minutes.
Then add the tofu, spring onion, cashews and peanuts.
Add the sesame oil, soy or coconut aminos, chilli, yeast, lime juice and hoi sin.
Mix through well and cook for around 5 minutes.
Turn off the heat and let cool for 10 minutes.
Add the coriander and bean shoot, toss through.
Taste and see how your seasoning is.
You can add more soy sauce and hoi sin if you would like a saucier mix.
Serve with more crushed nuts, chilli slices, bean sprouts, coriander and fried shallot.



BREKKIE SMOOTHIE



WHAT YOU NEED

Base

- 1 frozen banana
- ½ cup frozen blueberries
- ¼ cup frozen raspberries
- 1 scoop collagen powder (I like Gelpro)
- 1 large kale leaf (spine removed)
- Big handful baby spinach
- ¼ avocado
- ½ - 1 cup plant-based milk

Optional add-ins

- 2 x tsp "Foraged For You" The Mothers Blend powder (I swear by this for increased energy)
- 1 x tsp maca powder
- 1 x tsp camu camu (very high in Vit C)
- Flax/Hemp/Chia Seeds
- Protein Powder

Toppings

- Buckinis (my personal fave for a little crunch)
- Cacao Nibs
- Passionfruit
- Coconut
- Granola
- Nut Butter
- Hemp/chia seeds

WHAT TO DO

Blend until super creamy and then top with your favourite toppings.



CHOC TAHINI BISCUITS



WHAT YOU NEED

- 1 ½ cup (180g) almond meal
- 1/3 cup (80ml) tahini
- 1/2 cup (125ml) maple syrup
- 1/2 tsp (2g) baking soda
- 1 tsp (5ml) vanilla extract
- 2 tbs (23g) cacao
- Pinch sea salt (0.5g)

WHAT TO DO

Preheat oven to 180°C and line a baking tray with baking paper.
Combine all ingredients in a food processor until a soft dough forms.
Spoon out tablespoons of dough and form into balls.

Place them onto the baking tray and flatten with your hand.

Bake for 10 mins. Biscuits will come out soft and then harden and crisp once cool. For crispier texture bake for longer.

NOTES

Serving and storing leftovers: Serve immediately, store in an airtight container in the fridge for up to 10 days or freeze for up to 4 months.



VEGETARIAN COLLARD WRAP

www.drfranklipman.com



WHAT YOU NEED

- 4 large cleaned and dried collard green leaves
- 4 Tablespoons hummus
- 1/2 avocado sliced long ways
- 8 pieces of cucumber sliced very thinly
- 2 radishes sliced very thinly
- 1/4 red onion sliced very thinly
- 1 cup grated carrots
- 1/4 cup sprouts

WHAT TO DO

- Carefully trim the hard stem of the collard leaves
- Lay the leaves on a cutting board
- Spoon 1 Tablespoon of hummus onto each leaf
- Layer with the rest of the ingredients, distributing evenly among the 4 leaves
- Fold the top and bottom of the leaf inwards then tightly roll into a wrap



LOW CARB GRANOLA

www.drfranklipman.com



WHAT YOU NEED

- 1/2 cup raw sliced almonds
- 1/4 cup raw walnut pieces
- 1/4 cup raw cashew pieces
- 1/4 cup sunflower seeds
- 1/4 cup pumpkin seeds
- 1/4 cup unsweetened shredded coconut
- 3 tablespoons cacao nibs
- 1 tablespoon sesame seeds
- 1 teaspoon cinnamon
- Dash of sea salt
- 1 tablespoon maple syrup
- 1 1/2 tablespoons coconut oil, liquefied

WHAT TO DO

Preheat oven to 325 degrees. Line 2 baking sheets with parchment paper.

Mix all ingredients well and spread evenly onto baking sheets.

Bake for 20 – 25 mins until golden brown. Check frequently and stir often after the first 10 – 15 minutes as nuts can burn quickly. Remove from oven and allow to cool before storing in glass jars.

This keeps for about 4 weeks in a cool dry place.



BONE BROTH

www.drfranklipman.com



WHAT YOU NEED

You'll need 2 to 4 pounds of bones. They can be from poultry, fish, shellfish, beef, or lamb (look for 100 percent grass-fed or certified pastured meat). If using beef, try to include some meaty neck bones for maximum flavor. Another option: Use the carcass of a whole roast chicken, with any leftover meat on it. For this, you can use a smaller pot.

1 gallon water, or enough to cover the bones by a few inches

3 to 4 tablespoons apple cider vinegar (or some other natural vinegar) to draw out the minerals from the bones

Large (8- to 12-quart) pot or slow cooker

Mesh strainer or cheesecloth

WHAT TO DO

Place the bones in your pot, filling it at least halfway; cover with water to within 1 inch from the top. Add vinegar and let sit for 30 to 60 minutes. Bring to a boil, then turn down to a simmer.

While it simmers, you can use a spoon to skim off any scum that rises to the top. Reduce the heat, cover, and allow the broth to simmer very gently. Cook on low heat for at least 6 hours or overnight, to extract the most gelatin and nutrients from the bones. A few hours before it's done, throw in the vegetables, sea salt, and herbs, if you're using them.

Remove from the heat and let cool. Pick out the heavy bones and discard, then strain the broth through a fine-mesh sieve or cheesecloth-lined strainer set over another pot or large bowl. When the broth is cool, ladle it into glass mason jars. The solid fat can stay on top of the broth until you are ready to use it; discard the fat before pouring.

When your broth is cooled, it should wiggle like jelly due to the high gelatin content (the cooked form of collagen)—that's the indication of a nourishing broth. Don't worry: When you warm it up in a pan, it will liquefy.



CHICKPEA BLONDIES



WHAT YOU NEED

1 can (15 oz) chickpeas, rinsed and drained
1/2 cup natural almond butter or peanut butter
1/3 cup pure maple syrup or honey
2 teaspoons vanilla extract
1/2 teaspoon salt
1/4 teaspoon baking powder
1/4 teaspoon baking soda
1/3 cup chocolate chips
Dash of sea salt

WHAT TO DO

Preheat oven to 350 degrees F and grease 8x8 inch pan or line with baking paper.
In a blender or food processor, add all ingredients except chocolate chips and process until smooth and batter-like.
Spread batter evenly in prepared pan then add the chocolate chips on top.
Bake for 20-25 minutes or until toothpick comes out clean
Cool pan for 20 minutes on wire rack. Sprinkle with sea salt then cut into squares.
Makes 16 blondies.



MY MAMA'S YUMMY BLISS BALLS



WHAT YOU NEED

- 1 cup (160 grams) Medjool dates
- 1 cup (100 grams) Almond Meal
- 1/2 cup (35 grams) Shredded Coconut, (*Plus extra to roll the finished balls in*)
- 1/3 cup (35 grams) Rolled Oats
- 1/3 cup (80 ml) Coconut Oil
- 1/3 cup (40 grams) Cocoa Powder

WHAT TO DO

Soak the dates in a small amount of warm water for an hour. Drain excess water
(and remove seeds if they happen to have them)

Blend up the dates, almond meal, coconut, oats, coconut oil and cocoa until the mixture becomes sticky.

Put some shredded coconut into a small bowl.

Wet your hands so the mixture doesn't stick to them. Roll tablespoonfuls of mixture into balls with your hands, then roll them in the extra coconut. Store in a airtight container in the fridge for up to 5 days.

Delight everyone and feel like a domestic goddess/god.

NOTES

At your whim, feel free to add a tablespoon of Chia Seeds, Protein Powder, or Psyllium for extra fibre.



CHILLI TOFU SCRAMBLE

www.plantproof.com



WHAT YOU NEED

- 1 Can Black Beans Organic where possible
- 1 300g Smoked Tofu Must be Non GMO/Organic
- 1 Handful Cherry tomatoes
- 1/2 Tsp Cumin
- 1/2 Avocado
- Tbsp Olive Oil Extra virgin (can substitute for water to reduce calories)

- Fresh Chilli Chopped (as desired)
- 1 Bunch Chives (or coriander)
- 1 clove Garlic
- 1 tbsp Fresh Ginger
- 1 bunch Spring Onion (shallots)
- 1 tbsp Sunflower Seeds
- 1 Tbsp Turmeric

WHAT TO DO

Pull the tofu apart with your fingers into very small bits and then place in a bowl with the cumin, turmeric and olive oil.

Lightly pan fry chopped Spring Onion (shallots), garlic & ginger.

Place the beans in a pot and heat. Once hot, throw in the prepared tofu and chilli and stir in for 2-3 min until they are also hot.

Just before turning the stove off add in the cherry tomatoes for a minute.

Toast the bagel (or make your Mung Bean wrap) and then cover with the scramble tofu mix.

Top with avocado, cashew cheese, coriander and lightly pan fried sunflower seeds.

NOTES

This meal has approximately 25-30g of complete plant-derived protein and is a good source of vitamin c, b vitamins, Magnesium, dietary fibre, folate, iron & calcium. Did you know just 1 TBSP of turmeric has 16% of your daily iron requirements. Black beans are also loaded with iron.



BEETROOT HUMMUS

www.plantproof.com



WHAT YOU NEED

- 2 medium Roasted Beetroot, skin removed
- 1 can Chickpeas
- 1/2 Lemon (juice)
- 3 Garlic Cloves
- 1 tbsp Tahini
- 1 tbsp Coconut Yogurt
- Pink Salt & Pepper (to taste)

WHAT TO DO

Combine all ingredients into a Kitchen Aid or other food processor and blend until desired consistency is reached.
At halfway point, stop and scrape the ingredients down from the side of the work bowl and then continue.



SOBA NOODLE SALAD

www.plantproof.com



WHAT YOU NEED

Salad:

220 grams of dry soba noodles
1 bunch of asparagus
120 grams of snow peas
100 grams of frozen edamame
1 bunch broccolini
800 grams of tofu cubes (baked or seared)
4 spring onions

Dressing:

¼ cup of olive oil
1 tablespoon of cold pressed sesame oil
¼ cup of ACV (apple cider vinegar)
1 tablespoon of maple syrup
1/3 cup of tamari, soy sauce or coconut aminos
2 tablespoons of ginger, chopped
3 cloves of garlic, minced

Garnish:

Sesame seeds, avocado, coriander. Sprouts, chilli flakes

WHAT TO DO

Cook the soba noodles according to packet instructions.

Blanch the asparagus, snow peas, edamame and broccolini in a pan of simmering water for 1-2 minutes until bright green.

Drain and run under cold water and set aside in a large bowl.

Add tofu and toss in the spring onions.

Make the dressing by stirring together all the dressing ingredient in a jug.

Pour dressing over and toss well.

Serve between 4 bowls, and add your favourite toppings.



ROASTED BRUSSEL SPROUT CAESAR SALAD

www.theendlessmeal.com



WHAT YOU NEED

For the Salad

- 700 grams of Brussels sprouts
- 2 teaspoons olive oil
- 1 can of chickpeas, drained and dried well
- 1 tablespoon nutritional yeast
- 1/2 teaspoon garlic powder
- A good pinch of sea salt

For the Dressing

- 1 egg yolk, at room temperature (see post about how to easily pasteurize an egg yolk at home)
- 2 tablespoons fresh squeezed lemon juice
- 1 teaspoon Dijon mustard
- 3 anchovies, chopped to a paste
- 2 garlic cloves, grated on a Microplane or very finely minced
- 1/2 cup olive oil
- 1/4 cup freshly grated parmesan

WHAT TO DO

Preheat your oven to 200 degrees. Line 2 baking trays with parchment paper.

Toss the chickpeas with 1/2 teaspoon of olive oil, nutritional yeast, garlic powder and sea salt and place them on one of the prepared baking sheets. Roast them in the oven for 30-40 minutes, stirring occasionally, until they are mostly dry. They will continue to dry and crisp as they cool.

Cut half the Brussels sprouts in half. Shave the rest of the Brussels by cutting them in half, laying the flat sides down, and then thinly slicing them. Set aside 1 cup of the shaved Brussels. Add all the Brussels, except the ones you've set aside, to the other prepared tray, drizzle them with the remaining 1 1/2 teaspoons of oil and sprinkle the sea salt top. Use your hands to mix the Brussels around so that each piece is covered in oil. Bake the Brussels for 25 minutes, mixing halfway. Don't wait for the chickpeas to come out of the oven. Bake the Brussels and the chickpeas at the same time.

While the chickpeas and Brussels are cooking, prepare the dressing. Add the egg yolk to a medium sized bowl with the lemon juice, Dijon mustard, anchovies and garlic. Whisk in the oil very slowly, starting with just a few drops at a time, until the dressing is smooth and creamy. Stir in the parmesan cheese and season with sea salt and fresh cracked pepper, to taste. To assemble the roasted Brussels sprouts caesar salad, combine the roasted chickpeas and Brussels, the shaved Brussels you've set aside and toss with the dressing. Serve with extra lemon slices and a little extra parmesan on top.



SWEET POTATO RED LENTIL SOUP

www.allrecipes.com



WHAT YOU NEED

¼ cup olive oil
2 large sweet potatoes, peeled and chopped
3 large carrots, peeled and chopped
1 onion, chopped
½ cup of red lentils
½ teaspoon minced fresh ginger
½ teaspoon of ground black pepper

1 teaspoon salt
½ teaspoon of ground cumin
½ teaspoon of chilli powder
½ teaspoon paprika
4 cups of vegetable broth
1 can of coconut cream

WHAT TO DO

Melt the butter in a large, heavy bottomed pot over medium-high heat. Place the chopped sweet potatoes, carrots, apple, and onion in the pot. Stir and cook the apples and vegetables until the onions are translucent, about 10 minutes.

Stir the lentils, ginger, ground black pepper, salt, cumin, chili powder, paprika, and vegetable broth into the pot with the apple and vegetable mixture. Bring the soup to a boil over high heat, then reduce the heat to medium-low, cover, and simmer until the lentils and vegetables are soft, about 30 minutes.

Working in batches, pour the soup into a blender, filling the pitcher no more than halfway full. Hold down the lid of the blender with a folded kitchen towel, and carefully start the blender, using a few quick pulses to get the soup moving before leaving it on to puree. Puree in batches until smooth and pour into a clean pot. Alternately, you can use a stick blender and puree the soup right in the cooking pot.

Return the pureed soup to the cooking pot. Bring back to a simmer over medium-high heat, about 10 minutes. Add water as needed to thin the soup to your preferred consistency. Serve with yogurt for garnish.



CAULIFLOWER MAC AND CHEESE

www.danchurchill.com



WHAT YOU NEED

- 2 cups quinoa penne
- 2 tsp miso paste
- 1 cauliflower, stalk removed, florets chopped
- ½ cup coconut milk
- 2 tsp turmeric
- 2 tsp nutritional yeast (optional)
- ½ cup walnuts
- 1 cup oats
- 1 tbsp oregano, dried
- 3 tbsp olive oil
- 2 garlic cloves, finely chopped

WHAT TO DO

Preheat oven to 190 degrees Celsius (or 375 F). Spread cauliflower evenly onto a sheet pan or baking tray, drizzle with 2 tbsp of olive oil and a pinch of salt and roast for 20-25 minutes or until golden.

In a blender or food processor combine half the roasted cauliflower with the coconut milk, turmeric, miso paste, walnuts and nutritional yeast, set this paste aside (this can be useful for other dishes too).

Bring a medium pot of water to a boil, add a pinch of salt before adding your pasta. Cook for 8-10 minutes as quinoa pasta cooks quicker, but you can always follow the packet's instructions. Be sure to reserve some of the cooking liquid.

In a blender blitz the oats and oregano together until it resembles a crumb, set aside.

Add 1 tbsp of olive oil to a skillet on medium high heat and caramelize the garlic for 2-3 minutes, before adding in the cooked pasta, the cauliflower cheese paste and ½ cup of reserved cooking liquid.

Stir for 2-3 minutes or until sauce thickens, before adding in remaining cauliflower. Top with oat mix and serve.



FAVOURITE BROCCOLI SALAD

www.cookieandkate.com



WHAT YOU NEED

For Salad:

- 1 pound broccoli florets (from 1 ½ pounds broccoli stalks), thinly sliced and then roughly chopped (see photos)
- ½ cup raw sunflower seeds or slivered almonds
- ½ cup finely chopped red onion
- ½ cup grated sharp cheddar cheese (optional)
- ⅓ cup dried cranberries or dried tart cherries, chopped

For Dressing:

- ⅓ cup extra-virgin olive oil
- 2 tablespoons apple cider vinegar
- 1 tablespoon Dijon mustard
- 1 tablespoon honey
- 1 medium clove garlic, pressed or minced
- ¼ teaspoon fine sea salt

WHAT TO DO

Toast the sunflower seeds: Pour the sunflower seeds into a medium skillet over medium heat. Cook, stirring frequently (careful, they'll burn!), until the seeds are turning golden on the sides, about 5 minutes. Pour the toasted seeds into a large serving bowl.

Add the chopped broccoli, onion, cheese and cranberries to the serving bowl. Set aside.

In a 1-cup liquid measuring cup or small bowl, combine all of the dressing ingredients (olive oil, vinegar, mustard, honey, garlic and salt). Whisk until the mixture is well blended.

Pour the dressing over the salad and stir until all of the broccoli is lightly coated in dressing. I highly recommend letting the salad marinate for at least 20 minutes, or even overnight in the refrigerator.

Divide the salad into individual bowls and serve. Leftovers will keep well for 3 to 4 days in the fridge, covered.

