

BARLEY BREAKFAST

- 4 c water
- 1 c barley (or can use millet)
- ½ c dates
- 1 c sultanas, raisins, or any dried fruit
- 1 t sea salt
- ½ -1 c *toasted, chopped almond

Place barley, cold water and salt in a crockpot set to low. Cover and leave overnight. About 15 mins before serving add dried fruit. Grated apple and coconut cream may be stirred through just before serving. Sprinkle almonds over top. *Toast almonds in 180° oven for 8 mins. This takes about 4-5 hours to cook. To cut cooking time, start barley in ½ of the water while crockpot is heating on high. When barley comes to the boil and pot is hot, pour into crockpot with the remaining half of the water. This cuts cooking time to 3-4 hours. This recipe can be cooked in a saucepan over slow heat for approx 60 mins.

NUT CREAM

- 1 c raw cashews or almonds
- ½ t vanilla essence
- 2 T maple syrup, honey or ½ c chopped dates
- 2 c water

Blend thoroughly. Use hot water for a warm nut cream. May use brazil nuts, almonds, macadamias

CARROT AND CASHEW ROAST

- 1 onion, chopped
- 1 t tahini
- 1-2 cloves garlic, crushed
- 1 t Celtic sea salt
- 1 t miso extract
- 4 carrots, cooked and mashed
- juice of ½ lemon
- 1 c raw cashews, roughly chopped
- ¼ c water drained from carrots
- 2 c soft wholemeal breadcrumbs

Fry the onion and garlic in a little water until soft. Mix together with all the other ingredients and season to taste. Place the mixture in a prepared loaf tin. Pack firmly. Cover with foil and bake 180° for 1 hour.

NUT MINCE

- ⅔ c sunflower seeds
- ⅔ c oatmeal
- ⅔ c pecans (or walnuts)
- Celtic sea salt to taste
- basil to taste
- ¼ c chopped parsley

Grind nuts and seeds in the blender. Dry fry these in a frying pan until light brown, approx 10 minutes. Add to your favourite sauce or gravy and simmer for a few minutes. This makes a tasty savoury to use over spaghetti or rice. Use other nuts, seeds or grains for different flavours.

CHICKPEA KORMA

1 T oil
2 onions, finely chopped
2 T ginger, grated
2 t cumin
2 t coriander
2 t Healthy Curry powder (see recipe)
2 cans chopped tomatoes
300g silver beet, fresh or frozen, chopped
2x cans chickpeas, drained and rinsed
1 t Celtic sea salt (or to taste)
¼ - ½ can coconut cream

Saute onions until soft. Add ginger and spices and cook for 2 minutes. Add tomatoes, chick peas and silver beet and simmer for a further 10 minutes, allowing flavours to mingle. Just before serving add coconut cream and stir through.

If cooking in advance, cook everything except coconut cream, chick peas and silver beet and store in fridge.

Serve on rice. Garnish with coriander or parsley. Serves 6.

HEALTHY CURRY POWDER

1 tbs tumeric
1 tbs coriander
1 tsp garlic powder
1 tsp Celtic sea salt
2 tsp cumin
1 tsp fennel
1 tsp fenugreek powder

Grind all together in food processor, store in an airtight container.

LENTIL SOUP

2 c dry brown lentils
2 cloves garlic, crushed
½ c chopped celery
1 medium onion, chopped
2-4 T olive oil
2 c diced carrots
3 T tomato paste
2 medium potatoes cut in small cubes
440g can tomatoes, chopped
½ t oregano
½ t savoury
2 T Celtic sea salt
2 litres water

Cook lentils in water for approx 40 minutes. Add potatoes and simmer until tender. Add rest of the ingredients and simmer about 30 minutes. Add more water if desired. This soup is delicious by itself, or pour over cooked potatoes, a bed of rice or poured over toast for a quick wholesome meal. Serves 12 cups. You can turn this into a stew, use less water, approx 1½ litres water.

PUMPKIN COOKIES

1½ c cooked pumpkin
1½ c rolled oats (or rice flakes for gluten free)
¼ c honey
1 c finely chopped dried pineapple (rinsed and drained)
½ c chopped walnuts
½ c coconut
½ t vanilla
½ t coriander

Mash the well drained pumpkin, and add the rest of the ingredients. Place on oiled baking tray and bake 180° for 40-45 minutes.

NUT BARS

½ c finely chopped dates
4 T light tahini
½ c raw cashews, lightly chopped
½ c honey
1¼ c sunflower seeds
½ c almonds, chopped
1 t vanilla
2-3 rice cakes, crumbled

Mix all ingredients together well. Press onto an oven tray and bake 180° for 20 minutes. Can drizzle melted soy carob over this.

CARAMEL CORN CRUNCH

½ - ¾ c unpopped (to make approx 4 litres of popcorn)
½ c date sugar (grated)
¼ c honey or maple syrup
½ t Celtic sea salt
¼ c oil
½ t vanilla
2 c raw peanuts (or nuts or seeds of your choice)

Measure out the popcorn seeds and pop the corn. Place popcorn in a large bowl. Stir. Remove hard unpopped corn pped corn. Place on a sprayed oven tray and bake at 180° for 25 mins. from bottom of the bowl. Mix all the other ingredients together. Stir this mixture through the po

ROASTED PUMPKIN SEED DIP

1 c green pumpkin seeds (pepitas)
1 clove garlic, peeled and sliced
1 small onion, roughly chopped
3-4 T lemon juice (to taste)
1 t Celtic sea salt
3-4 T virgin olive oil

Place pumpkin seeds on an oven tray. Place in a preheated 170° oven for 10-12 minutes or until lightly toasted, or toast in a dry electric frypan (low to medium heat) for about 10 minutes, stirring at times. Allow to cool. Place seeds in a dry kitchen whiz and whiz until reasonably fine. (You may be able to use your blender if you don't have a whiz). Remove from whiz. Place onion and sliced garlic and whiz until finely chopped. Add pumpkin seeds and rest of ingredients, leaving the olive oil until last. If you find this a little dry, add a little water to the dip. Delicious on crusty sourdough bread or crackers.