

Recipes

Green Smoothie

1-2 handfuls of greens (spinach, kale, chard, lettuce)
250mls coconut water or filtered water
Fruit of choice (frozen banana, berries or mango are delicious)
2 tsp chia seeds
1-2tsp Flaxseed Oil or Hemp Oil
1 tsp Turmeric (if too much for taste add 1/2)
1/2 tsp Cinnamon
1 handful of cashew nuts or 1 tsp nut butter
Protein powder (optional) clean proteins only no mass building ones!
Blend and serve!

Green Smoothie Options and Flavours are endless! What makes a green smoothie? The green leafy vegetables of course!

Chia Seed Pudding

1/2 Cup Chia Seeds
2 Cups Coconut/Almond or Milk alternative
1-2 Tablespoons of Maple syrup or Honey
Berries or Fruit of choice
Cinnamon or vanilla or spice to taste

Mix all ingredients together in a bowl & let stand for 10 minutes! Viola a simple, yummy breakfast or snack or dessert! The flavour options are endless! I love using 1-2 tablespoons of Cacao or Dutch Coco to make a yummy chocolate pudding. Just use in replace of other spice. Mint also goes really well with these puddings. And they make a fabulous on-the-go breakfast or snack option!

Rainbow Juice

Celery
Carrot
Leafy green of choice
Beetroot
Red apple ½
Kiwi ½

Juice all ingredients and add filtered water if desired. Juices are great as snacks.

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Rainbow Salad

Rainbow salad is just a salad that has various vegetables in it including various colours.

Examples – Beetroot ferment, sweet potato, avocado, cashew nuts, boiled eggs, spinach, grated carrot, red capsicum with tahini dressing.

Make sure salads have oil added such as olive or flaxseed, it is a good way of increasing good fats. Add nuts and seeds to salads.

Always need protein such as eggs, chicken, fish, beans or leftovers.

Make them tasty; Instagram, Pinterest and Google have endless options & ideas!

Dressings

Tahini Satay

1-2 tablespoons (or to taste) Tahini (sesame seed paste)

Large squeeze lemon

Garlic

Boiling water

Mix paste, lemon and garlic pour in hot water and mix until combined and forms a sauce consistency. Great for meats such as turkey or chicken or over veggies.

Parmesan free Pesto

Blend olive oil, pine nuts, macadamia's or cashews, basil, kale & spinach with garlic and lemon juice.

Satay

Almond or other nut butter, coconut cream or coconut milk, garlic, lemon and turmeric use as marinade or sauce.

Salad Dressings

- Balsamic or Apple Cider Vinegar, garlic, herbs, lemon, olive or flax seed oil,
- coconut cream and pomegranate (if in season)
- avocado with lemon, salt, pepper and herbs.
- Tahini, water, lemon juice, herbs

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Chicken Bone Broth

1 chicken carcass (organic free range)
2-3L filtered water
2-3 cloves of garlic
1 teaspoon ginger
2 teaspoons Turmeric
2 tablespoons Apple Cider Vinegar
Herbs of choice (thyme, bay leaves, etc)
Any vegetables in fridge (carrot, leeks, broccoli, celery etc)

Place everything in a slow cooker and leave to cook (on low) overnight or all day (minimum 6 hours).
Use your Broth as a stock in soups or other recipes requiring stock.

Vegetable & bean Soup served with quinoa

2tbs Cold pressed Olive Oil
1 Brown or red onion
2-3 cloves garlic crushed
2 carrots
2 zucchini
3-4 stems of kale leaves (stalks removed)
1 cup of beans of choice (white, red, black eyed)
½ cup frozen peas
½ cup red cabbage
½ red capsicum
1 can tinned organic tomatoes
1-2 tsp oregano
1-2 tsp basil
1 tsp Turmeric
1-2 tsp paprika
1 tbs fresh parsley
Squeeze of half a lemon
5 cups chicken bone broth

Heat oil in a large saucepan over medium-high heat. Add onion and garlic. Cook, stirring, for 3 minutes. Add, carrot, zucchini, capsicum, oregano, paprika, basil, turmeric. Cook, stirring, for 5 minutes. Add tomatoes with lemon juice and stock. Cover. Bring to the boil. Reduce heat to low. Cover. Simmer for 30mins, skimming surface occasionally to remove scum. Add cabbage & kale. Partially cover. Simmer for 10 minutes. Stir in peas, beans and parsley. Simmer for 5 minutes or until peas are cooked. Season with salt and pepper. Serve with cooked Quinoa (cook according to packet instructions).

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Vegetarian Chilli

This is a Jamie Oliver recipe here is the link

<http://www.jamieoliver.com/recipes/vegetables-recipes/kerryann-s-chilli-con-veggie/#PELMM4yD5Ow5cRyZ.97>

I use chicken bone broth as my stock, I don't use chilli or nutmeg and I use whatever beans/lentils I have in the cupboard. I serve mine with zucchini noodles, cauliflower rice or over spinach. I serve my children's with rice.

Cauliflower and Vegetable Satay

Sauce

2-3 Tablespoon ABC Spread Nut Butter (to taste)

1 can organic coconut cream

2 tablespoons tamari

2 garlic cloves (crushed)

1 tsp ginger

1 tbs raw honey

1 tsp turmeric

Squeeze ½ lemon

Vegetables

½ Cauliflower

2 Zucchini

¼ broccoli

1 Bok choy or handful of spinach or kale

1 cup chickpeas (organic canned or precooked from dried)

In a saucepan over medium heat, stir & heat the garlic, ginger, turmeric, nut butter. Add lemon, coconut cream, tamari and honey. Stir or whisk over heat until sauce looks relatively smooth. Once slightly simmering add all vegetables and cook until just soft. Serve with brown or red rice, cauliflower rice or zucchini noodles.

NB/ for my children I serve with rice or rice noodles

Pulled Chicken

1 whole chicken (organic/free range if possible)

1 Lemons (cut into quarters)

3 cloves garlic

Mexican Spice Rub (see recipe below)

Place whole chicken in slow cooker, drizzle with olive oil & squeeze of lemon, rub with Mexican Spice Rub, place lemon and garlic in cavity. Cook on low overnight or on high for minimum 6 hours. Shred chicken and stir through sauce and extra spice mix. Serve with rainbow salad, guacamole, fermented vege and paleo wraps (brought or homemade).

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Mexican Spice rub

1 teaspoon chili powder (add more if you like)
1 teaspoon garlic powder.
1 teaspoon onion powder (or 2 teaspoons crushed dried fried onions)
2 teaspoon dried oregano.
2 teaspoons paprika.
2 teaspoons smoked paprika
2 teaspoons ground cumin.
Season with salt and pepper

Mix all herbs & spices in a bowl, store in an airtight container, use for to rub over chicken, fish or meats and add to tomato based sauces for Mexican flavoured dishes,

Sauce for Pulled Chicken

1 tablespoon tomato paste
1/2 teaspoon cumin
1 can (approx.400g) organic tomatoes or ¾ jar Organic Passata Sauce
2 tablespoons rice malt syrup
1 tablespoon cider vinegar
1 tablespoon honey (optional)
2 teaspoons Worcestershire sauce
1 teaspoon Dijon mustard
A few dashes Tabasco (optional)
Freshly ground pepper & salt (pink or sea salt)

In a saucepan over low heat mix the tomato paste and cumin. Add the tinned tomatoes or Passata Sauce and all remaining ingredients. Stir until combined and simmer for 5 to 10 minutes, until thickened to your liking. Taste and adjust salt, pepper, or other seasonings as you see fit.

This sauce will keep refrigerated for about 2 weeks or can be frozen for up to 3 months.

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