

18

PASSOVER FRIENDLY

delicious

RECIPES

FOR

vitality



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I love how this time of the year brings families together. Spending many hours around the dinner table with delicious food, funny stories, and possibly a little too much to drink. However, with all of this fun, it is very easy to lose sight of being mindful with eating and to return to old habits. In the eight days of Passover many of us consume foods that we have worked hard all year to consciously remove from our diets due to the negative impacts they may have on our health. This is why I have created this ebook of flavoursome, appealing, healthy meals that will not only help you keep on track during this holiday period, but will also be of benefit to you all year round. All the recipes are designed to work with people that have decided to reduce or remove wheat, gluten, meat and dairy from their diets.

In good health,

Keren xx



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Nutty green smoothie

(Makes 1 serve)

Ingredients:

- 2 cups fresh spinach
- 1 frozen banana (peel banana and put in freezer for at least 3 hours)
- 1 cup frozen strawberries
- $\frac{3}{4}$ cup unsweetened almond milk
- 3-4 mint leaves
- 2 tablespoons almond butter

Method:

Place the spinach, strawberries, almond milk and mint into a blender and blend on high until smooth.

Then add the banana and almond butter and blend just enough to mix in the banana. Do not over blend.

Raw coconut and chia bircher muesli

(Makes 1-2 serves)

Ingredients:

- $\frac{1}{3}$ cup milk of your choice (dairy or non dairy)
- 1 teaspoon vanilla essence
- $\frac{1}{2}$ red apple – grated
- 1 teaspoon cinnamon
- juice 1 lime
- 2 tablespoons mixed pumpkin and sunflower seeds
- 1 tablespoon chia seeds
- 1 tablespoon unsweetened shredded coconut

Method:

In a cereal bowl, mix all ingredients together and place in fridge for 30 minutes or overnight. In the morning add extra seeds and coconut and a splash of milk.



Chocolate coco-nutty granola clusters



(1/2 cup equals 1 serve)

Ingredients:

3 cups coconut flakes
 2 cups mixed almonds, cashews,
 pecans, walnuts and pumpkin seeds,
 roughly chopped
 2 tablespoons chia seeds
 1 teaspoon ground cinnamon
 80 – 100g melted coconut oil
 1/2 cup raw cacao powder

Method:

Preheat the oven to 120 degrees
 Celsius and line a baking tray with
 baking paper.

Combine all the ingredients, then spread evenly on the prepared tray. Bake for 15-20 minutes or until golden, turning halfway through the cooking time.

Keep stored in an airtight container

Raw muesli

(Makes 4 cups. 1/2 cup equals 1 serve)

Ingredients:

2 cups coconut flakes
 1 cup mixed sunflower seeds, pumpkin seeds and chia seeds
 1/3 cup goji berries
 1/2 teaspoon grated nutmeg
 1 teaspoon ground cinnamon

Method:

Combine all ingredients and keep stored in an airtight container in fridge.

To serve add 1/2 - 3/4 cup milk of your choice. For a little sweetness you can drizzle one tablespoon of honey on top.

Leak and kale frittata

(Serves 2)

Ingredients:

1 tablespoon olive oil
 4 eggs, 3 egg whites & 1 yolk
 1 garlic clove, minced
 2 leeks, rinsed and sliced
 ½ onion, diced
 2 cups kale, washed and sliced
 1 cup baby spinach
 2 tablespoons sundried tomato, chopped
 1 red pepper, diced
 10 Kalamata olives, sliced (optional)
 2 tablespoons milk or almond milk
 salt and pepper to taste

Method:

Preheat oven to 175 degrees

Cook spinach and kale in ¼ cup water in a covered saucepan until just wilted. Drain and set aside.

In a mixing bowl, whisk together the eggs and almond milk. Add the chopped sundried tomatoes and peppers and sprinkle with salt and pepper (add olives here if using). Set aside. Heat olive oil over medium-low heat in an oven proof skillet. Sauté leek and onion for about 4-5 minutes. Add garlic and cook for another minute.

Spread spinach mixture evenly over bottom of skillet. Pour egg mixture over the top. Use a spatula to lift the spinach mixture along the sides of the pan and tip slightly to allow the egg mixture to flow underneath.

When the mixture is about half set, put the whole skillet in the oven. Bake in the oven for 10 minutes until the frittata is completely set and golden.

Alternatives: add any vegetables you like to mixture. Mushrooms and zucchini also make very good frittatas.



Chia seed scramble

(Serves 2)

Ingredients:

4 eggs

2 teaspoons dairy / almond milk

2 tablespoons chia seeds

1 tablespoon coconut oil

2 garlic cloves, minced

1 brown onion, chopped

¼ cup chopped red and yellow capsicum

1 large handful of baby spinach leaves

Chopped coriander leaves to garnish

Method:

Whisk the eggs and almond milk together in a bowl. Drop in the chia seeds and let it sit for about 15 minutes – the mixture should thicken up as the chia seeds expand.

Heat the oil in a medium frying pan over medium heat and sauté the garlic and onion until translucent. Add the capsicum and cook for about 3 minutes. Pour in the egg mixture and stir with a fork until it is almost set. Add the spinach and cook for about 1 minute or until the leaves have wilted. Top with the coriander and serve.

Salt and pepper crackers



(Serves: 20 crackers)

Ingredients:

2 cups blanched almond flour

1 large egg

½ teaspoon sea salt

½ teaspoon black pepper

Method:

Place almond flour, egg, salt and pepper in food processor. Pulse until dough forms. You may need to add a little water. Place dough between 2 pieces of baking paper and roll out dough to 2mm thick. Cut into 5cm squares and sprinkle with salt and pepper.

Bake in oven for 12-14 minutes at 170 degrees

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Spinach loaf

(Makes 1 Loaf)

Ingredients:

2½ cups almond flour

¼ teaspoon sea salt

1½ teaspoons baking powder

¼ teaspoon baking soda

2 bunches English spinach, stems removed, leaves blanched and drained

3 eggs, beaten

¼ cup milk of your choice

1 teaspoon freshly squeezed lemon juice

60g coconut oil, melted (replace with olive oil)

1 tablespoon apple cider vinegar

Method:

Preheat oven to 175 degrees and grease and line a 20 x 9 cm loaf tin with baking paper.

In a large bowl, combine the almond flour, salt, baking powder and baking soda.

Whizz the spinach leaves in a food processor (or chop them finely) and add to the bowl, along with the eggs, milk, lemon juice, coconut oil and vinegar. Mix thoroughly.

Spoon the mixture into the prepared tin and level the surface with the back of a spoon dipped in cold water.

Bake the loaf on the middle rack of the oven for about 45 minutes, or until a skewer inserted in the centre comes out clean.

Turn out onto a wire rack to cool.

This loaf will keep for up to 1 week in an airtight container in the fridge, or can be frozen for up to 1 month

Quinoa rainbow salad

(Serves 4-6)

Ingredients:

1 cup uncooked quinoa
 1 red capsicum, diced
 1 yellow capsicum, diced
 1 green capsicum, diced
 2 celery stalks, diced
 3 spring onions, sliced diagonally
 Few sprigs of fresh mint and parsley
 1 lemon, juiced
 2 tablespoons olive oil
 Salt & Pepper to taste



Method:

Cook quinoa as per instructions.

Make sure that you soak the quinoa the night before to remove any of the bitterness and rinse well before cooking. I also like to cook mine in vegetable stock to add some more flavour.

Whilst the quinoa is cooking, prepare all other vegetables and herbs.

Combine cooked quinoa with vegetables and then dress with lemon juice, olive oil and seasonings.

Seeded leaf salad with cashew nut mayo

(Serves 2)

Ingredients:

1/3 cup sunflower seeds
 1/3 cup pumpkin seeds
 4 cups mixed salad leaves
 1 avocado, peeled and cubed
 2 tomatoes, finely diced
 2 Lebanese cucumbers, diced
 1 carrot, peeled into ribbons
 freshly ground black pepper

Cashew nut mayo:

1/4 cup raw cashews
 2 teaspoons apple cider vinegar
 pinch of sea salt
 1/4 shallot, finely diced
 1 tablespoon honey
 1/3 cup filtered water

Method:

Dry toast the seeds in a frying pan over medium heat for 2-5 minutes or until brown. Remove and set aside to cool.

Place the mayo ingredients in a food processor with 1/3 cup filtered water and blend until smooth and creamy.

Arrange the salad ingredients in a bowl, reserving a few of the seeds to scatter on top.

Gently stir in the dressing to evenly coat the salad. Add the black pepper, the reserved seeds and serve.

Zoodles with mint and pumpkin seed pesto

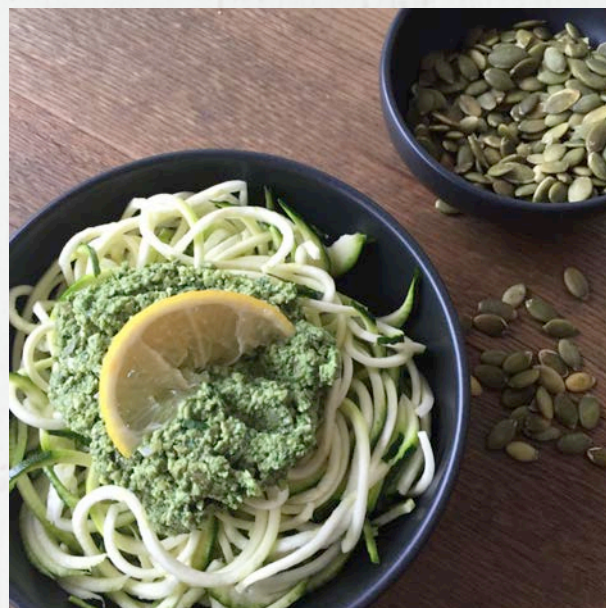
(Serves 3)

Ingredients:

2 tablespoons olive oil
4 large zucchinis

Mint Pesto:

1 cup pumpkin seeds
1 large clove garlic, minced
2 tablespoons chopped chives
1/2 cup fresh mint leaves
1 1/2 cups loosely packed basil leaves
Juice half lemon
1/3-1/2 cup filtered water
Salt and pepper to taste



Method:

Blend or process mint pesto ingredients. Add water as needed and season to your liking. Set aside.

Julienne the zucchinis into matchsticks or use a veggie spiralizer to make 'spaghetti'. Lightly sauté the zucchini noodles in some olive oil for a few minutes then toss with as much pesto as you would like. Loosen with a little warm water to make it saucier.

Check seasoning and finish with pumpkin seeds, fresh mint and basil.

Roasted pumpkin and sweet potato soup



(Serves 4-6)

Ingredients:

- 2 tablespoons olive oil
- 4 cloves garlic, skin in tact
- 2 brown onions, cut in half
- ½ butternut pumpkin, peeled and roughly chopped
- ½ jap pumpkin, peeled and roughly chopped
- 1 small sweet potato, peel and roughly chopped
- 6 cups vegetable stock
- salt and pepper, to taste

Method:

Pre-heat oven to 200 degrees.

Place pumpkin, sweet potato, onions and garlic on a tray lined with baking paper. Drizzle with olive oil. Bake in oven for 45-60 minutes until vegetables are soft and charred.

Remove vegetables from oven and allow to cool for 5 minutes before transferring to a blender. Add vegetable stock and seasoning and blend until smooth.

Zucchini and dill soup

(Serves 4-6)

Ingredients:

- 1 tablespoon olive oil
- 1 leek, sliced and washed
- 2 cloves garlic, minced
- 6 large zucchinis, chopped
- 2 carrots, chopped
- 6 cups vegetable stock
- salt & pepper to taste
- ¼ cup fresh dill, chopped

Method:

Heat oil over medium heat in heavy based saucepan. Add leek and sauté for 5 minutes. Then add garlic and stir for 1-2 minutes, making sure it doesn't burn.

Add zucchini and carrots, stirring for a couple of minutes. Pour in vegetable stock and season to taste.

Cook for about 20-30 minutes until vegetables are tender. Add fresh dill and then blend soup until nice and smooth.

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Sweet potato zucchini and carrot fritters

(Makes 12 fritters)

Ingredients:

1 small sweet potato, peeled and grated
2 zucchini's, grated
1 carrot, grated
1 garlic clove, minced
2 eggs, beaten
¼ cup almond meal
½ teaspoon sea salt
¼ teaspoon cracked pepper
Coconut oil or olive oil for shallow frying

Method:

Preheat oven to 180 degrees

In a food processor, grate vegetables then transfer to a strainer and squeeze excess moisture.

Transfer to a bowl and add other ingredients, mixing well.

Heat preferred oil on medium heat and add 1 spoonful of the mixture for each fritter, flattening with a spatula. Allow to brown on one side (approx. 2-3 minutes) before flipping.

Once browned, remove onto a paper towel to allow excess oil to be drained.

Transfer onto tray and finish off in the oven for 15-20 minutes.

Raw almond butter brownies

(Makes 16 brownies)

Ingredients:

Brownie:

- 3 cups almonds
- 2 tablespoons almond butter
- 25 medium, soft dates, pitted (or 20 soaked Medjool dates)
- 3 tablespoons cacao powder

Almond cacao frosting

- 3 tablespoons almond butter
- 1 tablespoon coconut oil
- ½ tablespoon cacao powder
- 1 date (optional)



Method:

Grind almonds in a food processor until flour. Add in the cacao powder and the almond butter, then blend a little longer. Add in the dates and process until everything sticks together. Press the batter out in a lined tin and set aside.

Blend together all ingredients for the frosting in a blender (or in the food processor). When the mixture is smooth (it will be a little runny), frost the brownie and let it sit in the fridge for at least an hour or so before slicing and serving.

Superfood trail mix

(Serves 4 (1 serve = ½ cup))

Ingredients:

- ½ cup pumpkin seeds
- ½ cup sunflower seeds
- ½ cup unsweetened shredded coconut
- ½ cup goji berries
- 2 tablespoons cacao nibs

Method:

Combine all ingredients and store in jar in the fridge



No bake salted chia bars

(Makes 8-10 bars)

Ingredients:

1 cup pitted Medjool dates, packed
 1 cup raw almonds
 ½ cup walnuts
 ¼ cup unsweetened shredded coconut

5 tablespoons raw cacao powder
 2 tablespoons chia seeds
 ½ teaspoon salt (more for sprinkling)
 1 tablespoon water (if needed)

Method:

Line an 8 x 8in pan with parchment paper or plastic wrap and set aside.

Place all ingredients in a large food processor and process for a couple minutes until the "dough" forms a ball. If it's too crumbly, add 1 tablespoon water. You want the nuts in small pieces, so you may need to move everything around with a fork and keep blending.

Remove dough from food processor and press into lined pan until smooth and even. Sprinkle lightly with salt. Freeze for at least two hours before cutting into 8-10 bars. Store bars in fridge or freezer.

Coconut bliss balls

(Makes 8-10 balls)

Ingredients:

1 cup finely shredded coconut
 3 tablespoons coconut oil
 3 tablespoons maple syrup or honey
 ½ teaspoon vanilla extract
 1½ cups dark chocolate chips
 sea salt



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Method:

Combine coconut, coconut oil, maple syrup (honey), and vanilla extract in a blender or food processor. Blend until well combined into a thick 'crumb'.

Use your hands to mould the coconut crumb into bite-sized balls. They should stick together nicely. Place the balls on a piece of wax paper.

Melt chocolate chips and use a spoon to gently drizzle the melted chocolate over each coconut ball. You want enough to fully cover the top and sides of each ball, but not so much that it makes a large pool around the base.

Sprinkle each ball with a bit of sea salt while the chocolate is still moist.

Refrigerate for two hours (to harden) and enjoy!

Work with me

Congratulations! If you are reading this, then it means you want to create a healthier version of you, which is great! Maybe you'd like to embark on a 3 or 6 month program with me for some long lasting, long term changes to your health and lifestyle?

I practise a holistic approach to health & wellness, which means that I look at how all areas of your life are connected.

I question everything. Does stress at your job or in your relationship cause you to overeat? Does lack of sleep or low energy prevent you from exercising? As we work together, we will look at how all parts of your life affect your health as a whole.

My approach is not about a "diet", not to dwell on calories, carbs, fats and proteins. It is not to create lists of restrictions or good and bad foods. Instead, I work with my clients to create a happy, healthy life in a way that is flexible, fun and rewarding. I have learnt innovative coaching methods, practical lifestyle management techniques, and over 100 dietary theories; everything from Ayurveda, gluten-free, and Paleo to raw, vegan and macrobiotics and everything in between.

Together we will work to reach your health goals in areas such as achieving optimal weight, reducing food cravings, increasing sleep, and maximising energy. As we work together, you will develop a deeper understanding of the food and lifestyle choices that work best for you and implement lasting changes that will improve your energy and balance and give you a longer, healthier and happier life now and in the future.

I look forward to working with you.

In good health,

Keren xx



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