



Carrot, Sweet Potato, & Ginger Soup

Serves 6

Ingredients:

- 2 cups washed and roughly chopped carrots
- 1 cup peeled, roughly chopped sweet potatoes
- 1 roughly chopped medium granny smith apple
- 1 cup washed and roughly chopped leeks
- 1 teaspoon peeled and minced garlic
- 1 teaspoon peeled, minced fresh ginger
- 2 teaspoons curry powder
- 5 cups low-in sodium vegetable stock
- 1 tablespoon freshly chopped parsley
- 1 tablespoon freshly chopped cilantro

How to Make:

1. Place all the ingredients (apart from the herbs) into a large saucepan, place on the stove and bring to a boil, then reduce the heat to a simmer, cook for 15 minutes until the carrots and potatoes are tender.
2. Allow to cool slightly, and then puree in a blender, working in batches if needed.
3. Return to heat and bring back to a simmer, stir in the parsley and cilantro, serve

Cauliflower Soup Made Easy

Serves 6

Ingredients:

- 4 cups florets of cauliflower
- 5 cups low-in sodium vegetable stock or low-in sodium chicken stock
- 2 slices turkey bacon
- ½ cup non-fat plain Greek yogurt
- ¼ teaspoon sea salt
- ¼ teaspoon freshly ground black pepper

How to Make:

1. Take a large saucepan and place in the cauliflower and stock, set over a medium heat bring to the boil and allow to simmer for 10 minutes or until the cauliflower is tender.
2. Meanwhile, place the turkey bacon on a paper towel lined plate, place the plate into the microwave and cook for 2 to 3 minutes or until the bacon is nice and crispy. Remove from the microwave and chop into small pieces.
3. Carefully tip the cauliflower and stock along with the yogurt and seasonings into a blender and blend until smooth, pour into six soup bowls and sprinkle over the turkey bacon, enjoy.



Chocolate & Nuts

Serves 20
Serving Size: 2 pieces

Ingredients:

- ¼ cup raw Brazil nuts
- ¼ cup raw almonds
- ¼ cup raw walnuts
- ¼ cup raw cashew nuts
- 4oz dark chocolate (70% cocoa) grated
- 1/8 teaspoon sea salt

How to Make:

1. Place all the nuts into a bowl and shake to mix.
2. Place the grated chocolate into a microwave proof bowl, place the bowl into the microwave and cook on high for 30 seconds, remove and stir the chocolate, place back in the microwave and cook for another 30 seconds, remove and stir. Continue until the chocolate has melted but has not burnt.
3. When the chocolate has melted, tip the nuts into the chocolate and stir to cover the nuts with the chocolate.
4. Take a sheet pan and line it with wax paper, then drop 1 teaspoon size clusters of the chocolate covered nuts onto the wax paper, lightly sprinkle with sea salt.
5. Pop the tray into the fridge until the chocolate nut clusters have set, remove from the paper and enjoy.

Popcorn “Old Bay Style”

Serves 4
Serving Size: 2 cups

Ingredients:

- 8 cups air-popped popcorn (from about ½ cup of kernels cooked in the microwave)
- 2 tablespoons roasted pumpkin seeds
- 2 teaspoons extra virgin olive oil
- 2 teaspoons old bay seasoning

How to Make:

Place all the ingredients into a zip lock bag and close the bag shut, shake the bag vigorously to cover all the popcorn in the seasoning, open the bag and enjoy.