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# Summer Healthy Food (II)

RECIPE CARDS

2



CELEBRATING 20 YEARS

# Starters



*Start your meal with light, nutrient-rich dishes that  
awaken the palate and prime the body.*



# Chilled Carrot Ginger Soup with Coconut Milk

## Starter



4 servings



45 minutes

(including chilling)

## INGREDIENTS

- 1 tablespoon olive oil
- 1 small yellow onion, diced
- 4 large carrots, peeled and sliced
- 2 teaspoons freshly grated ginger
- 2 cups low-sodium vegetable broth
- 1/2 teaspoon ground turmeric
- 1 cup unsweetened coconut milk (full-fat preferred)

Salt and pepper to taste

Fresh mint leaves, for garnish

*Optional: 1/2 teaspoon lemon zest for brightness*

*This soup is a gentle digestive tonic.*

*Carrots are rich in beta-carotene, which the body converts to vitamin A, supporting immune function and eye health. Ginger and turmeric offer potent anti-inflammatory and nausea-reducing properties, beneficial during or after treatment. Coconut milk provides healthy fats to support energy and absorption of fat-soluble vitamins, while serving chilled makes this soup refreshing and easy to tolerate on hot days.*

## DIRECTIONS

1. In a medium saucepan, heat the olive oil over medium heat.
2. Add the diced onion and sauté for about 5–7 minutes, stirring occasionally, until it turns translucent and starts to soften.
3. Add the grated ginger and stir for another minute until fragrant.
4. Next, add the sliced carrots and stir to coat them well in the onion and ginger mixture.
5. Pour in the vegetable broth and bring the mixture to a gentle boil. Once boiling, reduce heat to low, cover, and simmer for 20–25 minutes or until the carrots are fork-tender.
6. Stir in the turmeric and coconut milk and cook for an additional 5 minutes to let the flavours blend.
7. Remove the soup from heat and allow it to cool slightly before transferring it to a blender (or use an immersion blender).
8. Blend until completely smooth and creamy.
9. Taste and season with salt, pepper, and lemon zest if using.
10. Transfer to a container and chill in the refrigerator for at least 1 hour before serving.
11. Serve cold, garnished with a few mint leaves.



# Beetroot Carpaccio with Lemon-Tahini Drizzle

## Starter



2 servings



30 minutes

### INGREDIENTS

- 2 medium beets (red or golden), scrubbed
- 2 tablespoons tahini
- 1 tablespoon fresh lemon juice
- 1 teaspoon maple syrup
- 1 teaspoon olive oil
- 1–2 tablespoons water (as needed to thin)
- Sea salt to taste
- Fresh parsley or microgreens, for garnish

*Beets are high in antioxidants like betalains, which help reduce oxidative stress and support detoxification pathways in the liver. Their natural sweetness can appeal to altered tastebuds during treatment. The lemon-tahini sauce adds calcium, magnesium, and healthy fats—crucial for supporting nervous system health and reducing inflammation. This starter is also fibre-rich, aiding in digestion and blood sugar stability.*

### DIRECTIONS

1. Begin by boiling or steaming the beets until tender, which may take about 20–25 minutes depending on their size.
2. Once fork-tender, drain and allow to cool enough to handle.
3. Use a paper towel to rub off the skins (they should slide off easily).
4. Slice the beets very thinly using a sharp knife, arranging them in a circular pattern on a plate like carpaccio.
5. In a small bowl, whisk together tahini, lemon juice, maple syrup, and olive oil.
6. Gradually add water, one teaspoon at a time, until the dressing is smooth and pourable.
7. Season with a pinch of sea salt.
8. Drizzle the dressing generously over the beet slices and garnish with chopped parsley or microgreens.







# Cucumber and Avocado Gazpacho

## Starter



4 servings



20 minutes + 1  
hour chilling

## INGREDIENTS

- 2 large cucumbers, peeled and chopped
- 1 ripe avocado, peeled and pitted
- 1/4 cup fresh lime juice (about 2 limes)
- 1 small garlic clove, minced
- 2 tablespoons extra virgin olive oil
- 1/4 cup fresh coriander leaves (or parsley if preferred)
- 1/2 cup cold water (plus more to adjust consistency)
- Salt and freshly cracked pepper to taste
- Ice cubes (optional, for extra chill before serving)

*Cucumbers are over 95% water, making them one of the most hydrating foods—ideal for maintaining fluid balance during treatment. Avocados offer a soothing texture and supply heart-healthy monounsaturated fats, which also aid in nutrient absorption and provide sustained energy. The lime juice adds a burst of vitamin C, helping boost immune function and collagen production.*

## DIRECTIONS

1. Place the peeled cucumbers into a blender.
2. Add the ripe avocado, lime juice, minced garlic, olive oil, and coriander leaves.
3. Begin blending while gradually adding the cold water. Blend until the texture becomes smooth and velvety, stopping to scrape down the sides if needed.
4. If the consistency is too thick, add more cold water, one tablespoon at a time.
5. Season with salt and pepper and give it a final blend.
6. Transfer the gazpacho to a covered container and refrigerate for at least 1 hour to chill thoroughly.
7. When ready to serve, give it a stir and pour into individual bowls.
8. Optionally, add a few ice cubes to each bowl and garnish with a few extra coriander leaves.





## Zucchini Ribbon Salad with Pumpkin Seeds and Lemon Vinaigrette

### Starter



2 servings



12 minutes

### INGREDIENTS

- 2 medium zucchinis
- 1 tablespoon pumpkin seeds
- 1 tablespoon fresh lemon juice
- 1 teaspoon apple cider vinegar
- 1 tablespoon olive oil
- Sea salt and cracked pepper to taste
- 1 teaspoon chopped fresh dill or basil

*Zucchini is rich in vitamin C and fibre while being easy on digestion — a perfect choice when taste or appetite is low. The lemon vinaigrette helps stimulate digestive enzymes, aiding nutrient uptake. Pumpkin seeds are tiny nutritional powerhouses, packed with magnesium, zinc, and plant-based protein, which support immunity and cellular repair.*

### DIRECTIONS

1. Using a vegetable peeler, slice the zucchini lengthwise into thin ribbons.
2. Place them in a medium-sized bowl.
3. In a small dish, whisk together the lemon juice, apple cider vinegar, olive oil, salt, pepper, and chopped herbs until well emulsified.
4. Pour the vinaigrette over the zucchini ribbons and toss gently to coat.
5. Let the salad sit for 5–10 minutes to allow the flavours to meld and soften the ribbons slightly.
6. Toast the pumpkin seeds in a dry pan for 2–3 minutes over medium heat until fragrant.
7. Sprinkle the seeds over the top just before serving for added crunch.





# Fresh Watermelon and Mint Salad with Lime Zest

## Starter

 4 servings  10 minutes

### INGREDIENTS

- 1 cup cantaloupe, balled or cubed
- 1 cup honeydew melon, balled or cubed
- 1 cup watermelon, balled or cubed
- 2 tablespoons chopped fresh mint
- Zest of 1 lime
- Juice of 1/2 lime
- Pinch of sea salt (optional)

*Watermelons are rich in water content, making this dish highly hydrating—essential for individuals undergoing chemotherapy or radiation. They also contain potassium and vitamin C, both of which help regulate hydration, support heart health, and bolster the immune system. Mint not only lifts the flavour but can also help soothe nausea and digestive discomfort.*

### DIRECTIONS

1. Prepare the watermelon by using a melon baller or cutting it into small, uniform cubes.
2. Mix the three types of melon in a large bowl.
3. Sprinkle with chopped fresh mint, lime zest, and a squeeze of lime juice.
4. Toss gently to coat all pieces evenly.
5. Taste and add a pinch of salt if desired, which can help bring out the sweetness.
6. Chill before serving for a more refreshing experience.



# Main Courses



*Hearty dishes with balanced nutrition to support strength and well-being.*







# Quinoa and Grilled Vegetable Bowl with Basil Pesto

## Main Course



4 servings



45 minutes

### INGREDIENTS

- 1 cup quinoa, rinsed well
- 2 cups water or low-sodium vegetable broth
- 1 red bell pepper, cut into strips
- 1 zucchini, sliced into rounds
- 1 small eggplant, cut into half-moons
- 1 red onion, quartered
- 2 tablespoons olive oil
- Salt and pepper to taste

#### For the Basil Pesto

- 1 cup fresh basil leaves
- 1/4 cup pine nuts (or walnuts)
- 1 garlic clove
- 1/4 cup olive oil
- 2 tablespoons nutritional yeast (optional for a cheesy flavor)
- Juice of 1/2 lemon
- Salt to taste

### DIRECTIONS

1. Start by cooking the quinoa. In a medium saucepan, bring 2 cups of water or broth to a boil.
2. Add the rinsed quinoa, reduce heat to low, cover, and simmer for 15 minutes or until all the liquid is absorbed. Remove from heat, fluff with a fork, and set aside.
3. While the quinoa cooks, preheat a grill or grill pan to medium-high.
4. Toss the chopped vegetables in olive oil, season with salt and pepper, and grill for 4–5 minutes per side until tender and lightly charred. Set aside.
5. To make the pesto, combine the basil leaves, nuts, garlic, olive oil, lemon juice, nutritional yeast (if using), and a pinch of salt in a blender or food processor.
6. Blend until smooth, adding more oil or a spoonful of water if needed to achieve a creamy consistency.
7. Assemble the bowl by placing a scoop of quinoa in each dish, topping it with grilled vegetables, and drizzling generously with pesto.
8. Serve warm or at room temperature.

*Quinoa is a complete protein, making it an ideal foundation for a plant-based meal. It's also high in magnesium and fibre, supporting muscle function and digestion. Grilled vegetables offer antioxidants and phytonutrients that combat oxidative stress. The basil pesto provides heart-healthy fats and anti-inflammatory compounds from garlic and herbs, enhancing flavour and nutritional potency.*



# Lentil and Sweet Potato Patties with Tahini Dressing

## Main Course



4 servings



50 minutes

### INGREDIENTS

- 1 cup cooked brown or green lentils
- 1 medium sweet potato, peeled and grated
- 1/2 cup rolled oats
- 1/4 red onion, finely chopped
- 1 garlic clove, minced
- 1 tablespoon ground flaxseed + 3 tablespoons water (flax egg)
- 1 teaspoon ground cumin
- Salt and pepper to taste
- Olive oil for pan-frying

#### *Tahini Dressing*

- 2 tablespoons tahini
- Juice of 1/2 lemon
- 1 teaspoon maple syrup
- Warm water to thin

### DIRECTIONS

1. Preheat your oven to 180°C (350°F) or prepare a non-stick skillet for frying.
2. Mix the ground flaxseed and water in a small bowl and let it sit for 5–10 minutes to form a gel.
3. In a large mixing bowl, combine the cooked lentils, grated sweet potato, oats, chopped onion, garlic, cumin, and the flax egg.
4. Mix thoroughly. If the mixture feels too loose, add a few more oats. Shape into small patties with your hands.
5. Lightly brush or drizzle a skillet with olive oil.
6. Cook patties over medium heat for 3–4 minutes on each side until golden brown. Alternatively, bake for 25–30 minutes, flipping halfway.
7. For the dressing, whisk tahini, lemon juice, maple syrup, and warm water until smooth and pourable.
8. Serve the patties warm with a drizzle of tahini dressing and a side of greens.

*Lentils are high in protein and iron, supporting energy levels and tissue repair. Sweet potatoes are rich in beta-carotene, which supports immune and skin health. Flaxseeds provide omega-3s, which help reduce inflammation, and tahini adds calcium and healthy fats essential during treatment recovery.*



## Stuffed Bell Peppers with Brown Rice, Herbs, and Chickpeas

### Main Course



4 servings



60 minutes

### INGREDIENTS

- 4 medium bell peppers (any colour)
- 1 cup cooked brown rice
- 1 cup cooked chickpeas (or canned, rinsed)
- 1/2 red onion, finely chopped
- 1 clove garlic, minced
- 1 medium tomato, diced
- 1/4 cup chopped fresh parsley
- 1 teaspoon ground cumin
- 1/2 teaspoon smoked paprika
- 2 tablespoons olive oil
- Juice of 1/2 lemon
- Salt and pepper to taste

*This dish is rich in plant-based protein and fibre, which support gut health and blood sugar stability—key during cancer recovery. Brown rice provides sustained energy, and chickpeas contain iron, folate, and antioxidants. Bell peppers add a burst of vitamin C and immune-supportive flavonoids, making this a hearty and nourishing summer main.*

### DIRECTIONS

1. Preheat the oven to 180°C (350°F).
2. Slice the tops off the bell peppers and carefully remove seeds and membranes.
3. Lightly brush the outside with olive oil and set in a baking dish upright.
4. In a large skillet, heat 1 tablespoon of olive oil over medium heat.
5. Add onion and garlic, cooking for about 3–5 minutes until softened.
6. Stir in the tomato, cumin, and smoked paprika.
7. Cook another 2–3 minutes, then add chickpeas and rice.
8. Mix well and cook for a further 5 minutes to allow flavours to meld.
9. Remove from heat and stir in parsley, lemon juice, salt, and pepper.
10. Spoon the mixture into each hollow pepper, gently pressing down to fill evenly.
11. Drizzle a little olive oil over the tops.
12. Cover the baking dish with foil and bake for 30 minutes.
13. Uncover and bake for an additional 10–15 minutes until peppers are tender but still hold shape.



## Chilled Soba Noodles with Edamame and Sesame-Lime Dressing

### Main Course



2 servings



30 minutes

### INGREDIENTS

- 150g soba noodles
- 1 cup shelled edamame (fresh or frozen)
- 1 small cucumber, julienned
- 1 small carrot, grated or julienned
- 2 spring onions, sliced
- 1 tablespoon sesame seeds, toasted
- Fresh coriander for garnish (optional)

#### *For the Dressing*

- 2 tablespoons sesame oil
- 1 tablespoon tamari or low-sodium soy sauce
- 1 tablespoon fresh lime juice
- 1 teaspoon maple syrup
- 1 teaspoon grated ginger

### DIRECTIONS

1. Bring a large pot of water to a boil and cook the soba noodles according to the package instructions (usually 5–7 minutes).
2. Drain and rinse under cold water to stop cooking and remove excess starch.
3. While noodles cook, steam or boil edamame for about 4–5 minutes until tender.
4. Rinse under cold water and set aside.
5. In a large mixing bowl, whisk together the sesame oil, tamari, lime juice, maple syrup, and grated ginger until emulsified.
6. Combine the noodles, edamame, cucumber, carrot, and spring onion in the bowl. Toss gently with the dressing until well coated.
7. Sprinkle with toasted sesame seeds and garnish with coriander if desired.
8. Serve immediately or chill in the fridge for 20 minutes before serving.

*Soba noodles are made from buckwheat, which is gluten-free and rich in rutin, an antioxidant that supports blood vessel health. Edamame provides complete protein and isoflavones that may help modulate estrogen activity—important in hormone-related cancers. The lime-ginger dressing supports digestion and adds a refreshing, cooling quality.*





# Baked Falafel with Cucumber-Dill Yoghurt Sauce

## Main Course



4

servings



20 minutes

### INGREDIENTS

- 1 1/2 cups cooked or canned chickpeas, drained and rinsed
- 1/2 red onion, roughly chopped
- 2 garlic cloves
- 1/4 cup fresh parsley
- 1/4 cup fresh coriander
- 1 teaspoon ground cumin
- 1/2 teaspoon ground coriander
- 2 tablespoons oat flour (or chickpea flour)
- Salt and pepper to taste
- Olive oil spray for baking

#### For the Yoghurt Sauce

- 1/2 cup plain dairy-free or Greek yoghurt
- 1/4 cucumber, grated and squeezed of excess water
- 1 tablespoon fresh dill, finely chopped
- Juice of 1/2 lemon
- Salt to taste

### DIRECTIONS

1. Preheat the oven to 200°C (400°F) and line a baking tray with parchment paper.
2. In a food processor, pulse the chickpeas, onion, garlic, parsley, coriander, cumin, and ground coriander until a coarse mixture forms.
3. Scrape down sides as needed.
4. Transfer to a bowl and stir in oat flour, salt, and pepper.
5. Mix well and let sit for 10 minutes so the mixture holds together.
6. Shape into small balls or patties and place on the baking sheet. Lightly spray with olive oil.
7. Bake for 20–25 minutes, flipping halfway through, until golden and crisp.
8. For the sauce, combine all ingredients in a bowl and stir well. Chill until ready to serve.
9. Serve the falafel warm or at room temperature with the cool yoghurt sauce.

*Chickpeas are rich in fibre and plant protein, helping regulate blood sugar and provide lasting energy. Herbs like parsley and dill offer anti-inflammatory and detoxifying properties. Baked instead of fried, this falafel is gentler on digestion and lower in fats while still offering deep flavour and satisfaction.*

A close-up photograph of a variety of fresh fruits arranged in a dark, rustic bowl. The fruits include a large slice of kiwi showing its green flesh and black seeds, several bright red strawberries with green leaves, several blueberries, two dark red cherries, and several triangular slices of watermelon. The background is white.

# Snacks Smoothies

Quick, cooling, and packed with nutrients to support hydration, energy, and wellbeing.



# Peach and Basil Smoothie

## Snacks & Smoothies



2 servings



10 minutes

### INGREDIENTS

- 2 ripe peaches, peeled and pitted
- 1/2 frozen banana
- 1/2 cup Greek yogurt or non-dairy alternative
- 1/4 cup fresh basil leaves
- Juice of 1/2 lemon
- 1/2 cup cold water or coconut water
- 3–4 ice cubes (optional)

### DIRECTIONS

1. Add all the ingredients to a high-speed blender: start with the peaches and banana, followed by yoghurt, basil, lemon juice, and water.
2. If you prefer a chilled smoothie, add the ice cubes.
3. Blend on high until smooth and creamy, about 45–60 seconds.
4. Taste and adjust with more lemon if needed.
5. Pour into two glasses and serve immediately.

*Peaches are hydrating and packed with antioxidants like beta-carotene, while basil offers anti-inflammatory compounds that may help combat oxidative stress. The yogurt adds gut-friendly probiotics and protein, supporting digestion and immune function—important for those undergoing treatment. This smoothie is refreshing, light, and a great way to start or brighten a warm day.*





# Mango Coconut Chia Pudding

## Snacks & Smoothies



2 servings



10 minutes (plus  
overnight chilling)

### INGREDIENTS

- 1 cup coconut milk (light or full-fat, depending on preference)
- 1/2 cup fresh mango, diced
- 3 tablespoons chia seeds
- 1 teaspoon maple syrup or honey (optional)
- A pinch of ground cardamom or cinnamon (optional)

### DIRECTIONS

1. In a mixing bowl, whisk together the coconut milk, maple syrup (if using), and cardamom or cinnamon.
2. Stir in chia seeds and let sit for 10 minutes, then stir again to prevent clumping.
3. Cover and refrigerate overnight or for at least 6 hours.
4. When ready to serve, spoon the pudding into glasses and top with diced mango.
5. For extra flair, garnish with a few toasted coconut flakes or a mint sprig.

*Chia seeds are nutrient powerhouses, offering omega-3 fatty acids, fibre, and protein. These help reduce inflammation and regulate blood sugar—important for cancer care. Mango provides vitamin C and enzymes that support digestion. Coconut milk contains healthy fats that aid in nutrient absorption. The result is a creamy, tropical dessert that's as indulgent as it is healing.*







# Frozen Berry Yoghurt Bark

## Snacks & Smoothies



6–8 pieces



10 minutes prep + 2  
hours freeze time

### INGREDIENTS

- 1 1/2 cups plain Greek yoghurt or coconut yoghurt
- 1 tablespoon honey or maple syrup (optional)
- 1/2 cup fresh blueberries
- 1/2 cup sliced strawberries
- 2 tablespoons pumpkin seeds
- 1 tablespoon chia seeds

*This frozen treat combines gut-friendly probiotics from yoghurt with antioxidant-rich berries and anti-inflammatory seeds. Chia seeds and pumpkin seeds offer fibre and minerals like magnesium and zinc, supporting immune and cellular health. Perfect as a light summer snack or a guilt-free dessert.*

### DIRECTIONS

1. Line a baking sheet with parchment paper.
2. In a bowl, stir together the yoghurt and honey until smooth.
3. Spread the mixture evenly across the lined tray to about 1/4-inch thickness.
4. Scatter the berries, seeds, and chia evenly over the yoghurt.
5. Gently press them down to ensure they adhere.
6. Place the tray in the freezer for at least 2 hours, or until fully firm.
7. Once frozen, break into pieces by hand or cut with a sharp knife.
8. Store in a sealed container in the freezer until ready to enjoy.





# Watermelon and Lime Granita

## Snacks & Smoothies



4 servings



15 minutes active, 4  
hours freeze time

### INGREDIENTS

- 4 cups seedless watermelon,  
cubed
- Juice of 2 limes
- 1 teaspoon maple syrup  
(optional)
- Fresh mint leaves for  
garnish

*Watermelon is incredibly hydrating and contains lycopene, an antioxidant linked to reducing cancer risk. The lime adds a boost of vitamin C and digestive enzymes. This granita is a soothing, cooling dessert ideal for hot days when appetite may be low, but hydration and refreshment are essential.*

### DIRECTIONS

1. Place the watermelon cubes in a blender with lime juice and maple syrup, if using.
2. Blend until smooth.
3. Pour the mixture into a shallow freezer-safe dish and freeze for 1 hour.
4. After an hour, use a fork to scrape the icy edges into the centre.
5. Return to the freezer.
6. Repeat this scraping every 30–60 minutes for the next 3–4 hours until the granita has a fluffy, snow-like texture.
7. Serve in small, chilled bowls or glasses with a sprig of fresh mint.





# Avocado Chocolate Mousse

## Snacks & Smoothies



2 servings



15 minutes

### INGREDIENTS

- 1 ripe avocado
- 2 tablespoons raw cacao powder
- 2 tablespoons maple syrup or date syrup
- 1/4 cup almond or oat milk (adjust for desired consistency)
- 1/2 teaspoon vanilla extract
- A pinch of sea salt

*Avocados are rich in healthy fats, especially oleic acid, which help reduce inflammation and support brain and heart health. Raw cacao is a potent source of antioxidants like flavonoids that combat oxidative stress. This mousse is nutrient-dense, satisfying, and free of refined sugars —ideal for sensitive appetites.*

### DIRECTIONS

1. Scoop the avocado into a food processor.
2. Add cacao powder, maple syrup, milk, vanilla, and sea salt.
3. Blend on high for 1–2 minutes, stopping to scrape down the sides as needed, until the mixture is completely smooth and creamy.
4. Taste and adjust sweetness or thickness with extra syrup or milk if desired.
5. Spoon into small bowls or jars.
6. Chill in the fridge for 30 minutes before serving for best texture.

