



Summer Healthy Food (III)

RECIPE CARDS

20



CELEBRATING 20 YEARS

Starters



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



Tomato, Strawberry & Basil Salad with Balsamic Reduction

Starter



3 servings



15 minutes

INGREDIENTS

1 cup cherry tomatoes, halved
1 cup fresh strawberries, hulled and sliced
1 small handful fresh basil leaves, torn
1 tablespoon olive oil
1/2 teaspoon sea salt
Freshly ground black pepper to taste
1/4 cup balsamic vinegar

This salad is a hydrating, anti-inflammatory powerhouse. Strawberries and tomatoes both contain vitamin C and lycopene, which can support the immune system and help protect against cellular damage. Basil contains flavonoids and natural oils with antibacterial and calming properties, while the olive oil provides healthy monounsaturated fats to support nutrient absorption.

DIRECTIONS

1. In a small saucepan over medium heat, pour in the balsamic vinegar.
2. Allow it to simmer gently for 8–10 minutes, stirring occasionally until it reduces by half and takes on a syrupy consistency.
3. Remove from heat and allow to cool slightly.
4. In a mixing bowl, combine the halved cherry tomatoes and sliced strawberries.
5. Drizzle with olive oil and season with salt and black pepper.
6. Gently toss to combine.
7. Add the torn basil leaves just before serving to keep them fresh and aromatic.
8. Plate the salad and drizzle with the cooled balsamic reduction.
9. Serve immediately.





Green Apple, Fennel & Walnut Slaw

Starter



2 servings



20 minutes

INGREDIENTS

- 1 green apple, julienned or finely sliced
- 1 small fennel bulb, thinly sliced
- 1/4 cup walnuts, toasted and roughly chopped
- Juice of 1 lemon
- 1 tablespoon olive oil
- 1 teaspoon Dijon mustard
- 1/2 teaspoon maple syrup
- Pinch of sea salt
- Fresh parsley or dill for garnish (optional)

Green apples are rich in fibre and polyphenols that promote digestive health and support detoxification. Fennel is a soothing herb known to calm bloating and aid gut motility, making it particularly gentle on sensitive digestive systems. Walnuts provide omega-3 fatty acids and antioxidants to help reduce inflammation and support brain function.

DIRECTIONS

1. In a small bowl, whisk together the lemon juice, olive oil, Dijon mustard, maple syrup, and a pinch of sea salt to create the dressing.
2. Using a mandolin or sharp knife, slice the fennel bulb and green apple very thinly.
3. Add them to a large bowl and toss immediately with the dressing to prevent browning.
4. Top with toasted walnuts and herbs, if using.
5. Chill for 10–15 minutes before serving to allow the flavours to meld.





Peach & Cucumber Chilled Soup

Starter



4 servings



10 minutes

INGREDIENTS

2 ripe peaches, peeled and chopped
1/2 large cucumber, peeled and chopped
1/2 avocado
Juice of 1 lime
1/4 cup coconut milk
2–3 fresh mint leaves
Pinch of sea salt
Cracked black pepper to taste

Peaches are packed with vitamins A and C, supporting skin health and immune function, while cucumber and mint offer hydration and a cooling effect on the body. Avocado and coconut milk provide healthy fats, aiding the absorption of fat-soluble vitamins and supporting cellular repair—especially important for those undergoing treatment.

DIRECTIONS

1. Place the peaches, cucumber, avocado, lime juice, coconut milk, mint, salt, and pepper in a blender.
2. Blend until very smooth, scraping down the sides as needed to ensure a creamy texture.
3. Taste and adjust lime juice or salt if necessary.
4. Pour into bowls or jars and chill in the refrigerator for at least 30 minutes to allow the flavours to meld and for the soup to become properly refreshing.
5. Serve cold with a small mint leaf on top for garnish.





Mango, Red Pepper & Lime Salsa with Flax Crackers

Starter



4 servings



20 minutes (+ optional time for making flax crackers)

INGREDIENTS

Ingredients for the salsa

- 1 ripe mango, peeled and diced
- 1/2 red bell pepper, finely diced
- 1 spring onion, finely chopped
- Juice and zest of 1 lime
- 1 tablespoon fresh coriander (cilantro), chopped
- 1/2 teaspoon grated ginger
- Pinch of sea salt

Optional flax crackers

- 1/2 cup ground flaxseeds
- 1/4 cup water
- Pinch of salt
- Optional: herbs or garlic powder for extra flavour

DIRECTIONS

1. For the salsa, combine the diced mango, red bell pepper, spring onion, lime juice and zest, chopped coriander, grated ginger, and salt in a bowl.
2. Stir well to combine.
3. Let sit for at least 10 minutes so the flavours meld.
1. To make the flax crackers, mix ground flaxseeds, water, salt, and optional herbs in a bowl.
2. Stir to create a thick paste, then spread thinly onto a parchment-lined baking tray.
3. Bake at 160°C (320°F) for about 20 minutes or until crisp.
4. Break into crackers once cooled.
5. Serve the salsa with the crackers or spooned over steamed vegetables or grain bowls.

This dish combines powerful antioxidants from mango, red pepper, and lime to help neutralise free radicals. The ginger and coriander offer digestion-boosting properties, while flaxseed crackers are rich in omega-3s and fibre—great for hormone balance and supporting heart health.



Chilled Zucchini & Herb Soup

Starter



2 servings



25 minutes
(including cooling)

INGREDIENTS

2 medium zucchinis, chopped
1 small leek or 1/2 onion, sliced
1 garlic clove, minced
1 tablespoon olive oil
1 cup vegetable broth (low sodium)
1/2 avocado
1 tablespoon lemon juice
2 tablespoons fresh parsley or dill,
chopped
Salt and pepper to taste

Zucchini is light and hydrating, while avocado offers healing fats and vitamin E to protect cell membranes. The herbs provide antioxidant support, and the leek offers gentle prebiotic fibre for digestive health. This soup is easy to digest and soothing for inflamed or sensitive stomachs.

DIRECTIONS

1. In a medium saucepan, heat olive oil and gently sauté the leek or onion with garlic for 4–5 minutes until soft and fragrant.
2. Add the chopped zucchini and cook for another 5 minutes, stirring occasionally.
3. Add the vegetable broth, bring to a gentle simmer, and cook for another 7–8 minutes until the zucchini is tender.
4. Remove from heat and allow to cool slightly.
5. Transfer to a blender and add the avocado, lemon juice, and herbs.
6. Blend until very smooth.
7. Taste and adjust seasoning with salt and pepper.
8. Chill in the refrigerator for at least 15–20 minutes before serving.
9. Serve cool, garnished with a sprig of dill or a swirl of olive oil.



Main Courses

A close-up photograph of a gourmet main course plate. The dish features two seared scallops with a golden-brown crust. A mound of chickpeas is topped with fresh microgreens and a drizzle of sauce. A decorative orange garnish, possibly a pumpkin or squash, is artfully arranged around the food. The background is a dark, textured surface.

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



Stuffed Sweet Potatoes with Quinoa, Kale & Tahini Drizzle

Main Course



2 servings



45 minutes

INGREDIENTS

- 2 medium sweet potatoes, scrubbed
- 1/2 cup uncooked quinoa (yields 1.5 cups cooked)
- 1 cup kale, chopped and massaged
- 1/4 cup pomegranate seeds (optional)
- 2 tablespoons tahini
- 1 tablespoon lemon juice
- 1 small garlic clove, finely grated
- 1 tablespoon warm water
- Salt and black pepper to taste

Sweet potatoes are rich in beta-carotene and fibre, which support immune health and digestion. Quinoa is a complete protein with anti-inflammatory properties. Kale delivers calcium, vitamin K, and cancer-fighting phytonutrients. Tahini adds healthy fats and minerals, while garlic and lemon promote detoxification and boost antioxidant defences.

DIRECTIONS

1. Preheat the oven to 200°C (400°F).
2. Pierce the sweet potatoes with a fork and bake them directly on the oven rack or a tray lined with parchment paper for about 35–40 minutes, or until soft and tender when pierced.
3. Meanwhile, rinse the quinoa thoroughly under cold water.
4. Place it in a saucepan with 1 cup of water and a pinch of salt.
5. Bring to a boil, then reduce heat to low, cover, and simmer for about 15 minutes, or until the quinoa has absorbed the water.
6. Remove from heat and fluff with a fork.
7. Massage the chopped kale with a few drops of lemon juice and a pinch of salt for 1–2 minutes until it softens and becomes bright green.
8. In a small bowl, whisk together tahini, lemon juice, grated garlic, warm water, salt, and pepper to make a creamy dressing. Add more water for a thinner consistency if needed.
9. Once the sweet potatoes are ready, slice them open and fluff the insides slightly.
10. Fill each one with a layer of quinoa, a handful of kale, and a sprinkle of pomegranate seeds.
11. Drizzle with tahini sauce before serving.



Lentil & Roasted Carrot Patties with Yoghurt Sauce

Main Course

 3 (makes 6 patties)  40 minutes

INGREDIENTS

1 cup cooked green or brown lentils
2 large carrots, peeled and chopped
1/4 cup oats
1/4 red onion, finely chopped
1 garlic clove, minced
1 teaspoon cumin
1 tablespoon olive oil
Salt and pepper to taste

Yoghurt Sauce

1/2 cup plain unsweetened Greek or coconut yoghurt
1 teaspoon lemon juice
1 tablespoon chopped fresh mint
Pinch of salt

Lentils offer protein and iron, which can support energy levels, especially during fatigue. Carrots provide beta-carotene for skin and immune support. The yoghurt adds probiotics and gut-friendly bacteria, while mint calms the digestive system.

DIRECTIONS

1. Preheat oven to 200°C (400°F).
2. Toss the chopped carrots with a little olive oil and roast for 20–25 minutes until tender and slightly caramelised.
3. In a food processor, pulse together the lentils, roasted carrots, oats, onion, garlic, cumin, salt, and pepper until a chunky dough forms. Do not over-blend—it should retain texture.
4. Shape the mixture into 6 patties and place on a parchment-lined baking tray.
5. Drizzle or brush with a little olive oil.
6. Bake for 15 minutes, flip, and bake for another 10 minutes until golden and firm.
7. To make the yoghurt sauce, stir together the yoghurt, lemon juice, chopped mint, and salt.
8. Serve patties warm with a spoonful of yoghurt sauce and a green salad.





Chickpea & Spinach Coconut Curry

Main Course



4 servings



35 minutes

INGREDIENTS

- 1 tablespoon coconut oil
- 1 small onion, finely chopped
- 2 garlic cloves, minced
- 1 inch fresh ginger, peeled and grated
- 1 teaspoon ground turmeric
- 1 teaspoon ground cumin
- 1/2 teaspoon ground coriander
- 1/4 teaspoon chilli flakes (optional)
- 1 can (400g) chickpeas, drained and rinsed
- 1 can (400ml) coconut milk
- 2 cups fresh spinach, washed
- 1 small tomato, chopped
- Salt to taste
- Juice of 1/2 lemon
- Fresh coriander to garnish (optional)

DIRECTIONS

1. Heat the coconut oil in a large saucepan over medium heat.
2. Add the chopped onion and sauté for 5–7 minutes until soft and golden.
3. Add garlic and ginger and cook for another minute until fragrant.
4. Stir in turmeric, cumin, coriander, and chilli flakes, cooking for 1 minute to release the spices' aromas.
5. Add the chopped tomato and cook until softened, about 3 minutes.
6. Add chickpeas and stir well to coat them in the spice mixture.
7. Pour in the coconut milk and bring to a gentle simmer.
8. Reduce heat and let it simmer uncovered for 15 minutes, stirring occasionally, until slightly thickened.
9. Stir in the spinach and cook for 2–3 minutes until wilted.
10. Finish with lemon juice and a touch of salt to balance the flavours.
11. Serve warm, garnished with fresh coriander, and accompanied by brown rice or quinoa.

Chickpeas provide plant-based protein, fibre, and essential minerals like iron and zinc. Spinach adds folate, magnesium, and chlorophyll—important for supporting red blood cell production and detoxification. Coconut milk contains lauric acid, which has antiviral and immune-supportive properties. Turmeric and ginger are both anti-inflammatory and may help manage pain or digestive discomfort.



Summer Shrimp & Avocado Salad Bowl

Main Course



4 servings



10 minutes

INGREDIENTS

400 g cooked shrimp
1 diced avocado
1 cup halved cherry tomatoes
1 chopped cucumber
handful of cilantro
juice of 1 lime
drizzle of olive oil
salt and pepper

Shrimp is a lean source of protein and selenium; avocado offers healthy fats and potassium; tomatoes and cucumber hydrate and bring antioxidants; cilantro supports detoxification and has calming phytonutrients.

DIRECTIONS

1. In a large bowl, gently stir together shrimp, avocado, tomatoes, cucumber, and cilantro.
2. Squeeze lime juice and drizzle olive oil, then toss lightly and season.
3. Serve immediately while fresh.





Cold Soba Noodle Salad with Edamame

Main Course



2 servings



25 minutes

INGREDIENTS

- 100g soba noodles (buckwheat-based)
- 1/2 cup shelled edamame (frozen or fresh)
- 1/2 cucumber, julienned
- 1 carrot, julienned
- 1 spring onion, thinly sliced
- 1 tablespoon sesame seeds

Dressing:

- 2 tablespoons tamari or low-sodium soy sauce
- 1 tablespoon toasted sesame oil
- 1 tablespoon rice vinegar
- 1 teaspoon grated fresh ginger
- 1/2 teaspoon maple syrup
- Juice of 1/2 lime

Soba noodles made from buckwheat offer plant-based protein and are low on the glycemic index, helping maintain stable blood sugar levels. Edamame is rich in isoflavones, which may support hormonal balance. Ginger and sesame oil promote digestion and reduce inflammation, while raw vegetables boost enzyme intake and hydration.

DIRECTIONS

1. Cook soba noodles according to package instructions (usually 6–8 minutes in boiling water).
2. Drain and rinse under cold water to stop the cooking process. Set aside.
3. Bring a small pot of water to a boil and blanch the edamame for 2–3 minutes until tender. Drain and let cool.
4. In a bowl, whisk together tamari, sesame oil, rice vinegar, ginger, maple syrup, and lime juice to make the dressing.
5. In a large bowl, toss together the cold soba noodles, edamame, cucumber, carrot, and spring onion. Pour over the dressing and toss well.
6. Sprinkle with sesame seeds before serving.





Snacks & Smoothies

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



Strawberry Basil Chia Pudding

Snacks & Smoothies



2 servings



10 minutes (plus 4 hours chilling)

INGREDIENTS

1 cup unsweetened almond milk
1/2 cup fresh strawberries, chopped
1 tablespoon maple syrup
1/2 teaspoon vanilla extract
1/2 teaspoon finely chopped fresh basil
3 tablespoons chia seeds
Fresh strawberries and basil leaves for garnish

Chia seeds are loaded with omega-3 fatty acids and soluble fibre, supporting brain health and gut regularity. Strawberries provide vitamin C and antioxidants that help neutralise free radicals. Basil offers anti-inflammatory and antimicrobial compounds, supporting immune resilience and reducing oxidative stress.

DIRECTIONS


1. In a blender, combine almond milk, chopped strawberries, maple syrup, vanilla extract, and basil.
2. Blend until smooth and pink in colour. Pour the mixture into a bowl and stir in chia seeds.
3. Mix thoroughly to ensure chia seeds are evenly distributed.
4. Let sit for 10 minutes, then stir again to prevent clumping.
5. Transfer to serving jars or bowls and refrigerate for at least 4 hours (or overnight) to allow the pudding to thicken.
6. When ready to serve, top with sliced strawberries and a small basil leaf for a refreshing finish.






Frozen Avocado Lime Mousse

Snacks & Smoothies

 3 servings

 15 minutes (plus 2 hours freezing)

INGREDIENTS

1 ripe avocado
Juice and zest of 1 lime
2 tablespoons maple syrup
1/4 teaspoon vanilla extract
2 tablespoons coconut cream
(scooped from chilled full-fat
coconut milk)
Pinch of sea salt
Lime slices and mint for garnish

Avocado provides healthy monounsaturated fats, which support heart health and cellular repair. Lime offers a vitamin C boost and enhances digestion, while coconut cream contains medium-chain triglycerides (MCTs), which are easier to digest and provide quick energy—especially beneficial for those with low appetite.

DIRECTIONS

1. Scoop out the avocado flesh and add it to a blender with lime juice, zest, maple syrup, vanilla extract, coconut cream, and a pinch of salt. Blend until the mixture becomes smooth and airy.
2. Spoon the mousse into small ramekins or dessert bowls.
3. Place in the freezer for 1.5 to 2 hours until slightly firm but still creamy.
4. Before serving, allow to sit at room temperature for 5–10 minutes.
5. Garnish with a thin slice of lime and a mint leaf.





Watermelon & Mint Smoothie

Snacks & Smoothies



2 servings



5 minutes

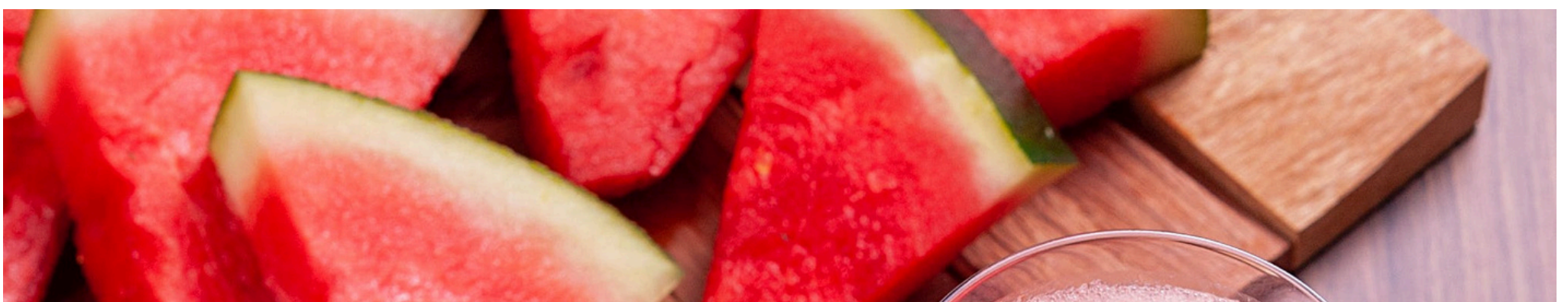
INGREDIENTS

- 2 cups seedless watermelon, cubed
- 1/2 cup coconut water
- 5–6 fresh mint leaves
- Juice of 1/2 lemon
- 1/2 cup ice (optional for thickness)

Watermelon is extremely hydrating and rich in lycopene, an antioxidant linked to reduced cancer risk and skin protection. Mint aids digestion and offers a cooling sensation that can relieve nausea. Coconut water replenishes electrolytes and helps maintain hydration during summer heat or treatment side effects.

DIRECTIONS

1. Add all ingredients to a high-speed blender and blend for 30–45 seconds until smooth.
2. Taste and adjust mint or lemon to preference.
3. Serve immediately in chilled glasses.
4. Optionally, garnish with a mint sprig or thin slice of lemon.





Peach & Almond Milk Lassi

Snacks & Smoothies



2 servings



10 minutes

INGREDIENTS

2 ripe peaches, peeled and sliced
1 cup unsweetened almond milk
(or coconut milk for a creamier
version)
1/4 teaspoon ground cardamom
1 tablespoon maple syrup or raw
honey (optional)
1/2 teaspoon vanilla extract
Ice cubes (optional)

*Peaches offer beta-carotene,
vitamin C, and hydration.*

*Cardamom supports digestion and
has mild antimicrobial properties.
Almond milk is a gentle, non-dairy
option that supports calcium intake
without the potential inflammatory
effects of traditional dairy.*

DIRECTIONS

1. Place peaches, almond milk, cardamom, sweetener, and vanilla extract in a blender.
2. Blend on high until smooth and frothy.
3. Add a few ice cubes if a colder texture is preferred.
4. Pour into glasses and serve chilled.
5. Optionally, dust with extra cardamom on top for an aromatic touch.





Coconut Blueberry Nice Cream

Snacks & Smoothies



2 servings



10 minutes (plus 4 hours freezing)

INGREDIENTS

- 2 frozen bananas, chopped
- 1/2 cup frozen blueberries
- 1/4 cup full-fat coconut milk
- 1 teaspoon vanilla extract
- 1 tablespoon shredded coconut (optional)

Bananas and blueberries are rich in potassium, fibre, and antioxidants that support heart and brain function. Coconut milk adds healthy fats for sustained energy and improved absorption of fat-soluble nutrients. This dessert is free from added sugars and dairy, making it gentle on the digestive system.

DIRECTIONS

1. In a powerful blender or food processor, combine bananas, blueberries, coconut milk, and vanilla.
2. Blend until thick and creamy, scraping down the sides as needed.
3. The texture should resemble soft serve.
4. Transfer to a container and freeze for 3–4 hours for a scoopable texture.
5. If frozen solid, let it sit at room temperature for 10 minutes before serving.
6. Serve in bowls with a sprinkle of shredded coconut on top if desired.

