

BANTING DIET

◦ Recipe Book



35

Delicious Banting diet recipes for
breakfast, lunch and dinner!

By Dr Grant Fourie

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Congratulations on taking the first step to your best lifestyle!

I am so excited to share some of my expertise with you. Understanding your extraordinarily unique body and the way it works is the first step to sustainable weight loss and optimal wellness! The BetYaLife weight loss and lifestyle management program is based on the principles of 4E Life and is not a one size fits all solution, it's an extensively researched, detailed program developed on the 4ELife principles designed to restore your body to it's natural, healthy state by evaluating how you respond to foods, toxins and everyday stresses....

First you **EVALUATE + ELIMINATE** then you **ENLIGHTEN+ENERGISE** and finally you reach your ideal **EQUILIBRIUM** (balance), so that you can live your best life with ease and simplicity while still looking good and feeling great!

Each of the resources available are here to guide you along each module of the course and is purely supplementary, so be sure to watch each lesson to the end.

Wishing you excellent health!

Dr Grant Fourie
Functional medicine practitioner

For additional resources and support:

Website and Blog

www.BetYaLife.co.za

Facebook:

<https://www.facebook.com/BetYaLife-Lifestyle-Programme-208659069154729/>

Twitter:

<https://twitter.com/BetYaLife>

Pinterest:

<https://www.pinterest.com/BetYaLifeSA/>

Google+:

<https://plus.google.com/108069083690559647921/posts?hl=en>

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Dr Grant Fourie uses a functional medicine approach to losing weight and wellness with The BetYaLife weight loss and lifestyle management program. There is no calorie counting or kilojoule counting on BetYaLife. Instead, we focus on everyday whole foods and provide a structured yet flexible meal plan that will become a way of life.

Introduction to the Banting Lifestyle

Making any lifestyle change is a daunting and often intimidating process. One is bombarded with a plethora of facts, myths and opinions. Knowing what is important and what can be ignored is not always that easy, when you embark on the Banting lifestyle change remember these ten universally accepted rules for following a Low Carb High Fat (LCHF) Lifestyle.

Starting the exciting journey towards your new Banting/LCHF Lifestyle can be daunting. The sheer volume of information, be it in books, magazine articles, and of course the internet can be equally intimidating for first time Banters. While it is important to reference relevant literature, the golden rules for following a Low Carb High Fat (LCHF) Lifestyle can be summarized into ten simple steps.

Banting rules for beginners

1. Eat fat, lots of it! Eating fat forms the core of the Banting diet. Contrary to popular belief, it will not make you fat and it is not bad for you, in fact, we need to eat fat, the more the better!
2. Eat vegetables, lots of them! We have been told this since we were children; the sad truth is though, your mom was right, you need to eat veg, lots of it. It is imperative to have a portion of at least one veg with each meal, ideally try stick to the green vegetables.
3. Do not snack, not even a little! Any diet is hard at first; you will have cravings and you will be lead into temptation, DON'T BE! If you are struggling with hunger pains during the day, rather try having a solid breakfast and increasing the amount of animal fat in your diet.
4. Do not bend the rules. You will only be cheating yourself! Banting does require discipline and consistency.
5. Do not eat if you are not hungry. While this may sound like common sense, the tendency to over or under eat is fairly common with people starting off on a Banting diet. Over time you will find that you portion sizes start to self-regulate and you will become more comfortable skipping meals if you are not hungry.
6. Do not overdo the protein. Banting is not a high protein diet. The primary objective of Banting is to reduce the number of carbs and increase your fat intake. If anything, the amount of protein you are eating should either reduce or remain the same, but never increase.
7. Read twice, eat once. Beware of products that are marketed as being healthy and diet friendly, they are frequently high in carbs. Take a few seconds to read the ingredient and nutritional information labels when you buy food. After a few weeks of reading labels, not only will it become second nature but you will also gain a sobering appreciation for the ingredients in what we eat.
8. Do not overdo the fruit and nuts. While fruit is often described as containing "good" sugar, with Banting, there is no such thing as good sugar. If you do crave fruit, berries are your best alternative but even they need to be eaten in moderation. Certain nuts can also be eaten in moderation, a perfect example being Macadamias. Try to avoid roasted and salted nuts though, rather stick to raw nuts.
9. Do not overdo the dairy. Although eating dairy has its benefits, dairy can be high in carbohydrates. We suggest that you try to limit your daily intake, when you do eat dairy however, select high fat products such as whole milk, double cream yoghurt, butter and even try using cream in your coffee. Try to avoid all of the low fat dairy choices.
10. Steer clear of the bottle. Hard we know but for Banting to be effective, you need to watch what you drink. If you struggle cutting back on alcohol, try sticking to dry wines, most spirits and light beers. Try to avoid any premixed or fruity alcohol drinks, beer or cocktails. Moderation is key, overindulging with alcohol will undermine a number of the benefits of Banting.

Banting Green List

Green is an all-you-can-eat list - you choose anything you like without worrying about the carbohydrate content as all the foods will be between 0 to 5g/100g. It will be almost impossible to overdo your carbohydrate intake by sticking to this group of foods.

Overeating protein is not recommended, so eat a moderate amount of animal protein at each meal. Include as much fat as you are comfortable with - bearing in mind that Banting is high in fat. Caution: even though these are all-you-can-eat foods, only eat when hungry, stop when full and do not overeat. The size and thickness of your palm without fingers is a good measure for a serving of animal protein.

ANIMAL PROTEIN

(unless these have a rating, they are all 0g/100g)

- ☒ All eggs
- ☒ All meats, poultry and game
- ☒ All natural and cured meats (*pancetta, parma ham, coppa etc*)
- ☒ All natural and cured sausages (*salami, chorizo etc*)
- ☒ All offal
- ☒ All seafood (*except swordfish and tilefish - high mercury content*)
- ☒ Broths

NUTS AND SEEDS

- ☒ Almonds
- ☒ Flaxseeds (*watch out for pre-ground flaxseeds, they go rancid quickly and become toxic*)
- ☒ Macadamia nuts
- ☒ Pecan nuts
- ☒ Pine nuts
- ☒ Pumpkin seeds
- ☒ Sunflower seeds
- ☒ Walnuts

FATS

- ☒ Any rendered animal fat
- ☒ Avocado oil
- ☒ Butter
- ☒ Cheese - firm, natural, full-fat, aged cheeses (*not processed*)
- ☒ Coconut oil
- ☒ Duck fat
- ☒ Ghee
- ☒ Lard
- ☒ Macadamia oil
- ☒ Mayonnaise, full fat only (not from seeds oils)
- ☒ Olive oil

FLAVOURINGS AND CONDIMENTS

All flavourings and condiments are okay, provided they do not contain sugars and preservatives or vegetable (seed) oils.

DAIRY

- | | |
|--|---|
| ☒ Cottage cheese | ☒ Full-cream milk |
| ☒ Cream | ☒ Hard cheeses |
| ☒ Cream cheese | ☒ Soft cheeses |
| ☒ Full-cream Greek yoghurt | |

For those who are not lactose intolerant, dairy (full cream) is fine. However, we have found that some people are losing dramatically more weight if they omit dairy when Banting. Others can consume dairy without it having an effect on their weight loss goals. We have left dairy on the Green List, but you will need to monitor your weight loss levels and your dairy intake. If you find that you are not losing enough weight and are consuming dairy, then try cutting out dairy. Unfortunately, dairy is unique to every person as lactose is a form of carb that everyone responds to differently.

VEGETABLES

- ☒ All green leafy vegetables (*spinach, cabbage, lettuces etc*)
- ☒ Any other vegetables grown above the ground (*except butternut*)
- ☒ Artichoke hearts
- ☒ Asparagus
- ☒ Aubergines
- ☒ Avocados
- ☒ Broccoli
- ☒ Brussel sprouts
- ☒ Cabbage
- ☒ Cauliflower
- ☒ Celery
- ☒ Courgettes
- ☒ Leeks
- ☒ Mushrooms
- ☒ Olives
- ☒ Onions
- ☒ Peppers
- ☒ Pumpkin
- ☒ Radishes
- ☒ Sauerkraut
- ☒ Spring onions
- ☒ Tomatoes

SWEETENERS

- ☒ Erythritol granules
- ☒ Stevia powder
- ☒ Xylitol granules

Banting Orange List

Orange is made up of ingredients containing between 6g and 25g of carbs per 100g (6% - 25%). Chart your carbohydrates without getting obsessive and still obtain an excellent outcome. If you are endeavoring to go into ketosis, this list will assist you to stay under a total of 50g carbs for the day. These are all net carbs and they are all 23 to 25g per indicated amount. Ingredients are all fresh unless otherwise indicated.

VEGETABLES

- ☒ Butternut 1.5 C
- ☒ Carrots 5
- ☒ Sweet potato 0.5 C

NUTS

- ☒ Cashews, raw, 6 T
- ☒ Chestnuts, raw, 1 C

SWEETENERS

- ☒ Honey 1 t

KEY

C = cups per day
T = tablespoons per day
t = teaspoons per day
g = grams per day

For example: 1.5 apples are all the carbs you can have off the orange list for the day (if you want to go into ketosis and make sure you are under 50g total carbs for the day).

FRUITS

- ☒ Apples 1.5
- ☒ Bananas 1 small
- ☒ Blackberries 3.5 C
- ☒ Blueberries 1.5 C
- ☒ Cherries (sweet) 1 C
- ☒ Clementines 3
- ☒ Figs 3 small
- ☒ Gooseberries 1.5 C
- ☒ Grapes (green) under 1 C
- ☒ Guavas 2
- ☒ Kiwi fruits 3
- ☒ Litchis 18
- ☒ Mangos, sliced, under 1 C
- ☒ Nectarines 2
- ☒ Oranges 2
- ☒ Pawpaw 1
- ☒ Peaches 2
- ☒ Pears (Bartlett) 1
- ☒ Pineapple, sliced, 1 C
- ☒ Plums 4
- ☒ Pomegranate ½
- ☒ Prickly pears 4
- ☒ Quinces 2
- ☒ Raspberries 2 C
- ☒ Strawberries 25
- ☒ Watermelon 2 C

Banting Red List

Red will contain all the foods to avoid as they will be either toxic (e.g. seed oils, soya) or high-carbohydrate foods (e.g. potatoes, rice). We strongly suggest you avoid all the items on this list, or, at best, eat them very occasionally and restrict the amount when you do. They will do nothing to help you in your attempt to reach your goal.

FATS

- ☒ All seed oils (safflower, sunflower, canola, grapeseed, cottonseed, corn)
- ☒ Chocolate
- ☒ Commercial sauces, marinades and salad dressings
- ☒ Hydrogenated or partially hydrogenated oils including margarine, vegetable oils, vegetable fats

BEVERAGES

- ☒ Beer, cider
- ☒ Fizzy drinks (sodas) of any description other than carbonated water
- ☒ Lite, zero, diet drinks of any description

SWEETENERS

- ☒ Agave anything
- ☒ Artificial sweeteners (aspartame, acesulfame K, saccharin, sucralose, splenda)
- ☒ Cordials
- ☒ Dried fruit
- ☒ Fructose
- ☒ Honey (except for 1 t on orange list)
- ☒ Malt
- ☒ Sugar
- ☒ Sugared or commercially pickled foods with sugar
- ☒ Sweets
- ☒ Syrups of any kind

STARCHY VEGETABLES

- ☒ Beetroots
- ☒ Legumes
- ☒ Parsnips
- ☒ Peanuts
- ☒ Peas
- ☒ Potatoes (regular)

MEAT

- ☒ All unfermented soya (vegetarian “protein”)
- ☒ Meats cured with excessive sugar
- ☒ Vienna sausages, luncheon meats

GENERAL

- ☒ All fast food
- ☒ All processed food
- ☒ Any food with added sugar such as glucose, dextrose etc

DAIRY / DAIRY-RELATED

- ☒ Cheese spreads, commercial spreads
- ☒ Coffee creamers
- ☒ Commercial almond milk
- ☒ Condensed milk
- ☒ Fat-free anything
- ☒ Ice cream
- ☒ Puddings
- ☒ Reduced-fat cow's milk
- ☒ Rice milk
- ☒ Soy milk

BAKED GOODS

- ☒ All flours from grains - wheat flour, cornflour, rye flour, barley flour, pea flour, rice flour etc
- ☒ All forms of bread
- ☒ All grains - wheat, oats, barley, rye, amaranth, quinoa, teff etc
- ☒ Beans (dried)
- ☒ “Breaded” or battered foods
- ☒ Brans
- ☒ Breakfast cereals, muesli, granola of any kind
- ☒ Buckwheat
- ☒ Cakes, biscuits, confectionary
- ☒ Corn products - popcorn, polenta, corn thins, maize
- ☒ Couscous
- ☒ Crackers, cracker breads
- ☒ Millet
- ☒ Pastas, noodles
- ☒ Rice
- ☒ Rice cakes
- ☒ Sorghum
- ☒ Spelt
- ☒ Thickening agents such as gravy powder, maize starch or stock cubes

FRUITS AND VEGETABLES

- ☒ Fruit juice of any kind
- ☒ Vegetable juices (other than home-made with Green list vegetables)

BANTING BREAKFAST RECIPES

Poached summer fruit with spiced yoghurt



Recipe Ingredients

For the Poached Fruit

- ☒ 600ml water
- ☒ 2 tsp vanilla essence (or seeds of 1 vanilla pod)
- ☒ 1 cup of strawberries (ripe, fresh fruit)
- ☒ ½ Peach
- ☒ ¼ Apple

For the Spiced Yoghurt

- ☒ 250ml (1 cup) double cream Greek yoghurt
- ☒ ¼ tsp fine cinnamon seeds of 3 cardamom pods (remove husks and use a pestle and mortar to pound the seeds to a fine powder)
- ☒ 1 tsp honey

Recipe Directions

For the Poached Fruit

1. Heat the water, and vanilla in a medium sized pot on the stove and bring to a simmer.
2. Halve the large fruit and remove the pits/stones. Remove green tops from strawberries and keep them whole.
3. Start with the larger fruit, and cook them in the liquid in batches, about 3 to 5 minutes at a time, until just tender. Remove with a slotted spoon and set aside. Cook the strawberries last, for just 1 minute, then remove and set aside. Reserve the cooking liquid.
4. Cool the fruit and liquid slightly, then return the fruit to the liquid to cool completely in the fridge

For Spiced Yoghurt

Mix all the ingredients for the spiced yoghurt together. Taste, and add more spices if desired. Serve with the poached fruit and a little of the poaching liquid.

TIP: The poached fruit will keep well in the fridge, covered, for a few days. Serve cold or at room temperature.

Bacon and Egg Cups



Recipe Ingredients

- ☒ a little melted butter for greasing
- ☒ 6 rashers back or streaky bacon
- ☒ 40g grated parmesan
- ☒ 2 eggs

Recipe Directions

1. Preheat your oven to 200C.
2. Grease two cups of a large muffin pan (or use ramekins) with a little melted butter.
3. Lay the bacon strips in the cups (or ramekins), overlapping so that there are no holes in the cup. Bake in the oven for 5 minutes to "set" the cup.
4. Take them out, sprinkle them with cheese before cracking the egg into the cup. Fold the ends of the bacon over the yolk of the egg.
5. Return to the oven and bake for a further 15 minutes.
6. Allow to cool for a few minutes and remove from the ramekins, using a paring knife or palette knife.
7. This is delicious served with a little salad of rocket leaves, halved cherry tomatoes and sliced avocado. In this shot, we've garnished them with a little dollop of cream cheese.

Cauli Kedgeree



Recipe Ingredients

- ✓ 2 large eggs, boiled, peeled and quartered
- ✓ 680g smoked haddock fillers
- ✓ 2 bay leaves
- ✓ 3 cups uncooked cauli-rice
- ✓ 25g butter
- ✓ 2 tablespoons grated ginger
- ✓ 2 onions, finely sliced
- ✓ 1 clove garlic, chopped
- ✓ 2 heaped teaspoons curry powder
- ✓ 1 tablespoon mustard seeds
- ✓ 1 x 400g tin whole peeled tomatoes, blended
- ✓ the juice of 2 lemons
- ✓ 20g coriander, roughly chopped
- ✓ 1 red chilli, finely chopped

Recipe Directions

1. Place the fish and the bay leaves in a shallow pan and add enough water just to cover it. Bring the pan up to the simmer and simmer for 5 minutes. Drain the fish and set aside.
2. Melt the butter in a large pan and fry the onions until soft and golden. Add the ginger and garlic and fry for a further minute or two.
3. Add the curry powder and mustard seeds and cook for 1 minute. Pour in the chopped tomato and lemon juice and simmer the sauce for a few minute.
4. While the sauce is cooking, flake the fish.
5. Finally stir in the fish, cauli-rice, chilli and coriander and warm through.
6. Season well with salt and pepper
7. Garnish with the eggs and serve.

Parmesan and Walnut Crusted Tomatoes



Recipe Ingredients

- ☑ 4 large beefy tomatoes, cut in half
- ☑ 80g butter
- ☑ 80g finely grated parmesan or strong hard cheese
- ☑ 80g roughly chopped or ground walnuts
- ☑ 4tbs chopped basil or pesto
- ☑ Salt and pepper

Recipe Directions

1. Preheat the oven to its maximum temperature (you could also use the grill).
2. Stab the meat of the tomatoes repeatedly until some of it starts to loosen.
3. Place them on a tray and squeeze a quarter of the butter down onto each one.
4. Season with salt and pepper and pop them into the oven for 10 minutes or until brown on the edges.
5. While the tomatoes are roasting, mix the pesto/basil, the nuts and the cheese together.
6. When the tomatoes are done, pour the juice from the tray into the crust mixture and mix.
7. Pack the crust mixture on top of each tomato and place back in the oven for another 5 minutes or so. They should go a beautiful golden brown.

Coconut French Toast



Recipe Directions

1. Whisk the eggs very well and place in a flat bowl.
2. Heat a frying pan with the butter to a medium heat.
3. Soak the bread in the egg mixture for a few second on either side, so that the egg is sucked into the bread.
4. Fry the bread until golden on both sides.
5. To make the coulis/compote, place the berries in a pan with the xylitol and bring to simmer (the berries should release their own liquid – no need to add water). For a compote, leave the berries whole. For a coulis, simply puree the mixture using a food processor or a stick blender.
6. Serve the French toast with the coulis, almonds and yoghurt

Recipe Ingredients

- ☑ 2 eggs, whisked
- ☑ 2 slices banting coconut bread
- ☑ 2tbs butter for frying
- ☑ berry coulis/compote:
- ☑ ¼ cup of berries (your favourite)
- ☑ 2tbs of xylitol
- ☑ serve with:
- ☑ 1tbs berry coulis
- ☑ ¼ cup double thick Greek yoghurt
- ☑ 6 raw, whole almonds, roughly chopped

Banting Toad in the Hole



Recipe Ingredients

- ☒ a good dollop of butter for frying and greasing
- ☒ 12 pure meat pork sausages
- ☒ 8 eggs
- ☒ 250ml cream
- ☒ 8 sage leaves, finely chopped
- ☒ a handful of parsley, chopped
- ☒ 80g spinach
- ☒ 150g rosa tomatoes

Recipe Directions

1. Preheat the oven to 180°C.
2. Halve the rosa tomatoes and place them on a baking tray with salt and pepper. Bake them for 15 minutes in the oven until they are slightly roasted.
3. Melt a little butter in a pan and gently fry the spinach until it is soft. Remove from the pan and squeeze out and any excess liquid.
4. Melt a little more butter in the pan and fry the pork sausage over a medium heat until nicely browned on either side.
5. Whisk together the eggs, cream, sage, parsley and a good douse of salt and pepper.
6. Grease an ovenproof dish well and arrange the sausages, spinach and roasted tomatoes at the bottom. Pour the egg mixture over the top.
7. Bake in the oven for 20 minutes to 25 minutes until it is golden and no longer runny.

Baked Eggs with Haddock, Cheddar and Spinach



Recipe Directions

1. a little butter for greasing
2. 1tbs butter
3. 80g baby spinach
4. 100g grated cheddar cheese
5. 4tbs cream
6. a pinch of nutmeg
7. 200g smoked haddock, cut into chunks
8. 8 eggs

Recipe Ingredients

- ✓ Preheat the oven to 180°C.
- ✓ Grease four large ramekins, enamel cups or ovenproof bowls with a generous amount of butter.
- ✓ Heat a frying pan with the butter and fry the spinach until it is wilted. Take off the heat and squeeze out any extra juice from the spinach.
- ✓ Divide the spinach and haddock between the ramekins and break two eggs into each one. Top the eggs with a tablespoon of cream, a pinch of nutmeg and some grated cheese. Season well with salt and pepper.
- ✓ Bake for 15 – 20 minutes in the oven, just until the eggs are cooked and they are golden on top. Serve immediately with a squeeze of lemon.

Cheese-and-herb Muffins



Recipe Ingredients

- ☑ 1 1/2 cups almond flour
- ☑ 1/2 cup coconut flour
- ☑ 2 teaspoons baking powder
- ☑ 2 tablespoons chopped fresh herbs like parsley, basil, thyme or chives
- ☑ 1 1/2 - 2 cups grated cheddar
- ☑ 2 spring onions, sliced
- ☑ 3 eggs
- ☑ 3/4 cup Greek yoghurt
- ☑ 1/3 cup melted butter

Recipe Directions

1. Preheat the oven to its maximum temperature (you could also use the grill).
2. Stab the meat of the tomatoes repeatedly until some of it starts to loosen.
3. Place them on a tray and squeeze a quarter of the butter down onto each one.
4. Season with salt and pepper and pop them into the oven for 10 minutes or until brown on the edges.
5. While the tomatoes are roasting, mix the pesto/basil, the nuts and the cheese together.
6. When the tomatoes are done, pour the juice from the tray into the crust mixture and mix.
7. Pack the crust mixture on top of each tomato and place back in the oven for another 5 minutes or so. They should go a beautiful golden brown.

Power Chai



Recipe Directions

1. Pour the water into a pot and get on the heat
2. Gently crack the cardamom, cloves and peppercorns and fennel in a pestle and mortar and add them to the water
3. Now add the teabags, the cinnamon and the fresh ginger
4. Bring the water to the boil and simmer for 10 minutes and then keep warm for another five minutes while the flavors infuse
5. Pour the tea through a sieve into a mixing bowl or bucket
6. Add in the butter and the coconut oil and blitz with a stick blender

Recipe Ingredients

- ☒ 2 cinnamon sticks
- ☒ 8 whole cardamom pods, lightly crushed
- ☒ 8 whole cloves
- ☒ 1 teaspoon whole black peppercorns
- ☒ 1 giant knob of ginger, peeled and sliced
- ☒ 4 rooibos teabags
- ☒ 3 cups water
- ☒ 160g Butter
- ☒ 4tbs coconut oil
- ☒ 1 teaspoon fennel

Almond and Poppy Seed Bread



Recipe Directions

1. Preheat the oven to 180°C.
2. Grease a small loaf tin.
3. Whisk together the eggs and the water in a bowl until well combined.
4. Place the rest of the ingredients in another bowl and stir to combine.
5. Fold the eggs into the dry ingredients and mix well.
6. Pour the mixture into the greased loaf tin and bake in the oven for 30 – 35 minutes.
7. Allow to cool and serve.
8. This loaf will last for a few days in the fridge.

Recipe Ingredients

- ☒ 4 eggs
- ☒ 3 tbsp water
- ☒ 1 cup dark flax meal, or flax seeds that you grind yourself
- ☒ 1/2 cup ground almonds
- ☒ 1 tsp baking powder
- ☒ 1 tsp salt
- ☒ 1 tsp caraway seeds
- ☒ 1 tsp Xylitol
- ☒ 1/2 tsp Xanthan gum
- ☒ 2 tbsp poppy seeds
- ☒ 1/4 cup sunflower seeds
- ☒ 1/4 cup flaked almonds

Lamb Neck Potjie



Recipe Ingredients

- ☑ 8 slices lamb necks
- ☑ 1 1/2 teaspoons ground cloves
- ☑ 1 1/2 teaspoons ground cinnamon
- ☑ 2 teaspoons sweet paprika
- ☑ 3 cm fresh ginger, finely chopped
- ☑ 1 large onion roughly chopped
- ☑ 2 red peppers, sliced
- ☑ 2 garlic cloves, crushed
- ☑ 50g tomato paste
- ☑ 250ml red wine
- ☑ 1 tin whole peeled tomatoes whizzed with a stick blender
- ☑ 1½ cup beef stock
- ☑ 250g broccoli and cauliflower pieces
- ☑ 1 tablespoon chopped fresh coriander
- ☑ 3 tablespoons coconut oil

Recipe Directions

1. Season the meat on both sides with salt and pepper
2. Get a large potjie heated to a medium heat with a little bit of coconut oil
3. Add in the meat in one layer and fry it until it is brown on both sides
4. Remove the browned meat from the pot and repeat until you have browned off all of the meat
5. Keep the fat from the meat in the pot and keep the temp high
6. Now, add in the cloves, cinnamon, paprika and ginger and fry in the pot until they become fragrant
7. Add the onion and peppers and fry until soft and golden
8. Add the garlic and stir for a minute
9. Then, add in the tomato paste and fry until there is a sticky dark sediment on the bottom of the pot
10. Pour in the wine and stir it properly, using a wooden spoon to scrape the sediment off the bottom of the pot
11. Now add the meat, the stock and the tinned tomatoes
12. Place the lid on top and let it simmer for about an hour and a half
13. Check it, give it stir and cover again, turn the heat down if necessary, and leave to slow cook for as long as possible (if it looks dry please add more stock or water depending on saltiness)
14. At two hours, open it up and add in the cauliflower and broccoli, stir it and pop the lid back on for 15 minutes
15. Finally, add in the coriander, give it a good stir and serve with double thick greek yoghurt and spicy cauliflower rice

Sage and Blue Cheese Roasted Squash



Recipe Directions

1. Steam or boil the squash until it is soft and tender (approx. 5 - 7 minutes).
2. Remove from the water and place in a tray.
3. Crumble an equal amount of blue cheese over each squash half.
4. Melt the butter in a pan and gently fry the sage until it goes golden.
5. Spoon the butter over each squash half and pop under the grill until the cheese is dark brown.

Recipe Ingredients

- ☒ 4 small squash (round ones like acorn or gem) cut in half, seeds removed
- ☒ 150 g blue cheese
- ☒ 100 g butter
- ☒ 1 handful sage leaves
- ☒ Salt and pepper

Thai Steamed Fish Pocket



Recipe Ingredients

- ☑ 200 ml coconut cream
- ☑ 2 limes
- ☑ 2 tbsp fish sauce
- ☑ 1 tbsp Thai chilli and garlic sauce
- ☑ 1 tsp red curry paste
- ☑ 2 spring onions, finely chopped
- ☑ 1 handful fresh coriander, roughly chopped
- ☑ 2 small heads bok choy, cut in half lengthways
- ☑ 2 x 200 g portions of white fish (hake, cod, pollock etc.)

Recipe Directions

1. In a bowl, combine everything apart from the bok choy and the fish.
2. Lay out two large sheets of heavy-duty aluminium foil. Top each large sheet with a similar-sized sheet of greaseproof paper or baking parchment.
3. In the centre of each sheet, place two pieces of bok choy.
4. Place a fish portion on top of each one and raise the edges of the foil to create a bowl.
5. Pour half of the sauce into each 'bowl' and scrunch the sides together to close the pocket.
6. Place this in a preheated oven at 200 degrees (Gas 6) for 12 minutes, or directly on the braai coals for 8 minutes.
7. Serve and pour the sauce from the pocket over the fish.

*Note: you can use the same sauce pocket recipe with prawns or mussels.

Super Beef Burgers



Recipe Ingredients

For the burger patties:

- ☒ 800g best-quality beef mince
- ☒ 1 onion, finely chopped
- ☒ 10g chopped parsley
- ☒ 2 eggs
- ☒ salt and pepper
- ☒ 3 tablespoons butter, for frying

For the burger:

- ☒ 8 pieces crispy bacon
- ☒ 4 thick slices of cheddar
- ☒ 4 pieces of lettuce
- ☒ 2 tomatoes, sliced
- ☒ 4 gherkins, sliced
- ☒ 1 red onion, halved and thinly sliced
- ☒ a little butter for the rolls

To make the burger buns:

- ☒ 1.5 cups almond flour or ground almonds
- ☒ 5 tablespoons psyllium husks
- ☒ 2 teaspoons baking powder
- ☒ 1 teaspoon salt
- ☒ 3 egg whites
- ☒ 1.5 tablespoons white wine vinegar
- ☒ 7/8 cup boiling water (quite specific!)
- ☒ 1 egg, beaten, for brushing
- ☒ 1 tablespoon sesame seeds (optional)

Recipe Directions

1. To make the burgers:
2. In a bowl, mix together the burger patty ingredients, except the butter, using your hands.
3. Heat a little butter in a frying pan and fry off a teaspoon of the mixture. Taste it for seasoning. Add a little more salt and pepper if necessary.
4. Shape the prepared mince into 4 generous burger patties. Expect them to thicken as they cook, so make them a little thinner than the end size you want.
5. Heat the butter in a frying pan and fry the patties for about 4 minutes per side. Make sure they are dark and golden. Lay the bacon and cheese over each patty and place a lid over the pan for a minute. This will heat the bacon through and melt the cheese.
6. While the patties are cooking, construct your burgers. Start with lettuce, tomato, gherkin and sliced onion, layered with homemade ketchup and mayo. Top the pile with the cheesy beef patty and any other toppings that take your fancy. Finish off with the top of the burger bun, then prepare for burger bliss.

To make the burger buns:

7. Preheat the oven to 180 deg.
8. Combine the ground almonds, psyllium husks, baking powder and salt in a bowl. Sieve them well. If not enough ground almond gets through the sieve, replace it with some more.
9. Add the egg whites and vinegar to the dry ingredients and mix well.
10. Finally, add the boiling water, stirring until the mixture is a doughy consistency.
11. Grease a baking tray and wet your hand to shape the dough into burger buns. Place them on the greased baking tray, brush each one with a little beaten egg and sprinkle a few sesame seeds on top, if you like.
12. Bake the buns for about 55 minutes until they're golden and cooked through.
13. Remove from the oven and allow to cool.

Lancashire Hot Pot with Crispy Sweet Potato Topping



Recipe Ingredients

- ☒ 1.2kg (2.65lbs) lamb neck, sliced
- ☒ salt and pepper
- ☒ 4 tablespoons butter and/or lard
- ☒ 4 lamb's kidneys, cored, skinned and chopped quite small (optional)
- ☒ 500g (1.1lbs) onions, peeled and quartered
- ☒ 850ml (30 fl. oz) beef stock
- ☒ 2 teaspoons Worcestershire sauce
- ☒ 1 bay leaf
- ☒ 3 sprigs fresh thyme
- ☒ 500g (1.1lbs) sweet potato, peeled and thinly sliced
- ☒ melted butter for brushing

Recipe Directions

1. Preheat the oven to 160°C (320°F).
2. Season the lamb neck well with salt and pepper.
3. Heat the butter and/or lard in a large, deep frying pan and brown the meat, a few pieces at a time until golden on all sides. Set aside. Do the same with the kidneys.
4. Heat a wide, flat casserole pot. Add a little more butter and/or lard, and slowly fry the onions until golden brown and soft.
5. Add the meat and give everything a good stir to combine.
6. Slowly pour in the stock and the Worcestershire sauce. Add the bay leaf and the fresh thyme and bring everything to a simmer. Simmer very gently for about 1 1/2 hours until the meat starts to soften and the sauce thickens. Season with salt and pepper.
7. Arrange the sweet potato slices in a circular pattern on top of the meat, overlapping each one as you go. Brush with the melted butter and season with salt and pepper.
8. Cover the casserole dish with a tight-fitting lid and place in the oven for 30 minutes.
9. Take the lid off, turn the oven up to 190°C (374°F) and cook for a further 20 minutes.
10. Turn on the oven grill and grill the casserole for a minute or two to crisp up the potatoes.
11. Serve hot.

Beef Bourguignon with Cauli-Mash



Recipe Ingredients

- ✓ 1kg beef chuck or shin, cut into large cubes and seasoned with salt and pepper
- ✓ 100g butter
- ✓ 250g button mushrooms
- ✓ 20 cocktail onions, peeled
- ✓ 1 onion, chopped
- ✓ 1 leek, chopped
- ✓ 2 stalks celery, chopped
- ✓ 250g streaky bacon, diced
- ✓ 3 cloves garlic, chopped
- ✓ 2 bay leaves
- ✓ 4 large sprigs thyme
- ✓ 750ml red wine
- ✓ 200ml beef stock
- ✓ chopped parsley for garnishing

For the cauli-mash:

- ✓ 800g cauliflower, broken into florets
- ✓ 100g butter
- ✓ Salt and pepper

Recipe Directions

1. Melt the butter in a heavy based casserole pot.
2. Add the seasoned beef pieces and brown them well in the pot. It is best to do this in batches so that you can get great colour on the beef.
3. Remove the beef from the pot and set aside.
4. Add the cocktail onions to the pot and allow them to brown well. Add the button mushrooms and fry until soft. Remove the onions and the mushrooms from the pot and set aside.
5. Add the diced onion, celery, leek and bacon to the pot and gently fry until soft.
6. Return the beef to the pot with the minced garlic, bay leaves, thyme, red wine and stock.
7. Allow everything to simmer gently for at least an hour and a half, until the meat is tender. It may take a little longer if the pieces of beef are bigger.
8. Add the onions and mushrooms and cook for a further 30 minutes. Season well with salt and pepper.
9. Serve with cauli-mash and a sprinkle of chopped parsley.
10. To make the mash, steam the cauliflower until it is mushy (always steam and never boil your veggies; boiling will literally wash the nutrients away). Using a stick blender or a food processor, purée the cauliflower until it is smooth. While continuing to purée, add the butter and beat until smooth and silky.

Scotch Eggs



Recipe Ingredients

- ✓ 5 eggs
- ✓ 200g pure pork sausage mince
- ✓ 1 onion, finely diced
- ✓ 2tbs chopped parsley
- ✓ 1tbs chopped sage
- ✓ salt and pepper
- ✓ butter for greasing and frying

Recipe Directions

1. Preheat the oven to 180°C.
2. Put a pot of water onto the stove to boil. When it starts boiling, carefully place the eggs in the water. Stir them gently for about a minute. This keeps the yolk in the centre of the egg as they are cooking. Boil the eggs for seven minutes and refresh them in ice cold water.
3. Carefully peel the eggs and set them aside.
4. In a bowl mix together the mince, herbs, onion and seasoning.
5. Divide the mince into five and wet your hands. Carefully mould the mince around the eggs, making sure there are no holes and no egg showing through.
6. Tear off five pieces of tin foil, about four times the size of the eggs. Grease each one well with some butter. Place the egg in the tin foil and roll them up like a Christmas cracker.
7. Place them on a baking tray and cook them in the oven for 12 minutes, until the mince has set. Remove them from the oven and carefully remove the tin foil.
8. Heat a frying pan with a little butter and fry each egg on all the sides to give them a golden brown colour.
9. They can be eaten hot or cold with some delicious mustard or part of a banting Ploughman's Platter. Some other Ploughman's platter ingredients: sesame biscuits and seed crackers, assorted cheeses and cold meats, pickles, olives and gherkins, sausages and mustards, chicken liver pate, tapenade and pesto

Beef Moussaka Topped with Creamy Parmesan



Recipe Ingredients

- ✓ 4 eggs
- ✓ 3 tbsp water
- ✓ 1 cup dark flax meal, or flax seeds that you grind yourself
- ✓ 1/2 cup ground almonds
- ✓ 1 tsp baking powder
- ✓ 1 tsp salt
- ✓ 1 tsp caraway seeds
- ✓ 1 tsp Xylitol
- ✓ 1/2 tsp Xanthan gum
- ✓ 2 tbsp poppy seeds
- ✓ 1/4 cup sunflower seeds
- ✓ 1/4 cup flaked almonds

Recipe Directions

1. Preheat the oven to 200°C.
2. In a medium sized pot, melt the butter and add the onions and garlic. Gently fry them until they are soft.
3. Add the mince and fry with the onions until it is browned. Keep stirring the mince to make sure that “meat balls” don’t form. You want it to be properly separated.
4. Add the cinnamon and cook for 30 seconds.
5. Add the tomatoes, wine and stock. Cook the mince on a medium heat for about 30 minutes until the liquid has reduced and it is a thick, meaty sauce. Season well with salt and pepper and stir in the chopped parsley and mint.
6. While the mince is cooking, lay the aubergines on a baking tray and brush well with melted butter. Season well with salt and pepper and roast in the oven for 20 minutes until they are soft.
7. To make the moussaka, grab a lasagne dish and layer the aubergines between the mince. We try and get at least three layers of aubergines. Make sure you start and finish with the mince. If you want to make this a treat dish, you can also layer some crumbled feta cheese in with the aubergine.
8. Top with the reduced cream and the grated parmesan.
9. Bake in the oven for 25 minutes until it is bubbling and golden.
10. Serve with a fresh Greek salad.

Beef Goulash Soup



Recipe Ingredients

- ☑ 4tbs butter
- ☑ 2 white onion, chopped
- ☑ ½ cup grated carrot
- ☑ 2 stalks celery, sliced
- ☑ 3 cloves garlic, sliced
- ☑ 1 red pepper, diced
- ☑ 150g beef mince
- ☑ 125g button mushrooms, quartered
- ☑ ½tsp paprika
- ☑ 1tsp smoked paprika
- ☑ 2tsp ground cumin
- ☑ 2tsp ground cinnamon
- ☑ 1tbs dried thyme
- ☑ 1tbs tomato paste
- ☑ 1 bay leaf
- ☑ 1 x 400 tin whole peeled tomatoes, blended
- ☑ 750ml chicken stock
- ☑ ½ cup Greek yoghurt or sour cream
- ☑ 3tbs chopped parsley

Recipe Directions

1. In a pot sauté the onions, carrot, celery, mushroom and red pepper in the butter until soft and beginning to colour.
2. Add the garlic, cumin and cinnamon and sauté until the mixture becomes aromatic.
3. Add the beef mince and fry until browned. Make sure to stir it well while it is cooking so that no meaty lumps form.
4. Add the paprika, smoked paprika, thyme, tomato paste and bay leaves and gently fry for a minute,
5. Add the tinned tomatoes and chicken stock and simmer for 30 minutes.
6. Remove from the heat and stir in the yoghurt and chopped parsley.
7. Season well with salt and pepper.

Frozen Strawberries and Yoghurt



Recipe Directions

1. Dip the strawberries in the yoghurt
2. Pop into the freezer

Recipe Ingredients

- ☒ 10 Strawberries
- ☒ 1 Cup of Yoghurt
- ☒ 1t Honey

Banting Cocoa



Recipe Directions

1. In a small pot whisk together the water and the cocoa powder.
2. When it comes to the simmer, pour in the cream and vanilla and simmer to heat through.
3. Add a little xylitol if you like your cocoa sweet.

Recipe Ingredients

- ☒ 3tbls good quality dark cocoa powder
- ☒ 200ml water
- ☒ 250ml cream
- ☒ 1tsp vanilla extract
- ☒ a little xylitol for sweetness

Cauliflower Base Pizza



Recipe Ingredients

- ☑ Nonstick spray
- ☑ 2 1/2 cups cauliflower, grated (about 1/2 a large head)
- ☑ 1 large egg, lightly beaten
- ☑ 1 1/4 cups shredded part-skim mozzarella cheese
- ☑ 2 tablespoons grated parmesan cheese
- ☑ Kosher salt and freshly ground black pepper
- ☑ 1/4 cup tomato sauce
- ☑ 1 cup grape tomatoes, sliced in half
- ☑ 2 cloves garlic, sliced
- ☑ 1/4 teaspoon crushed red pepper flakes
- ☑ Fresh basil leaves, optional

Recipe Directions

1. Line a rimmed baking sheet with parchment paper, and preheat oven to 425°F.
2. Grate the cauliflower using a box grater until you have two cups of cauliflower crumbles. Place in a large bowl and microwave for seven to eight minutes, or until soft. Remove from the microwave and let cool.
3. Mix in the egg, one cup mozzarella, parmesan cheese, and salt and pepper. Once combined, pat into a 10-inch round on the prepared pizza pan. Spray lightly with nonstick spray and bake for 10 to 15 minutes, or until golden.
4. Top the pizza with the sauce, 1/4 cup mozzarella, grape tomatoes, garlic, and red pepper flakes. Bake in the oven until melted and bubbly, another 10 minutes. Top with basil before serving

Note*:

Add your preferred toppings to this delicious base.

Kiwi and Kale Smoothie



Recipe Directions

1. Place all ingredients, including the ice, in a good-quality blender and blend until smooth. Pour into a glass and drink immediately.

Recipe Ingredients

- ✓ 50g kale, with the thick rib removed, washed and chopped
- ✓ 1 green apple, peeled, cored and roughly chopped
- ✓ 1 kiwi fruit, peeled and roughly chopped
- ✓ 1/4 avocado, peeled
- ✓ 1 teaspoon grated fresh ginger
- ✓ 6 fresh mint leaves
- ✓ 125ml coconut water
- ✓ 1 cup ice cubes

Chicken Yakitori Skewers with Cucumber Spaghetti Salad



Recipe Directions

TO MAKE THE CHICKEN:

1. In a bowl, mix together the mirin, soya sauce and honey. Add the chicken to the marinade and leave it to stand for 30 minutes.
2. Soak 8 wooden kebab sticks in water and make the skewers, alternating the chicken and the spring onion.
3. Heat a heavy-based frying pan to a medium heat and grill the kebabs for 10 minutes on each side until golden and cooked through. These are fantastic cooked on the braai too, or you can fry them for 2 minutes on either side, then bake them at 200°C for 12 minutes until cooked.

TO MAKE THE SALAD:

4. In a large bowl, mix together the cucumber, mange tout and bean sprouts.
5. In a separate bowl, whisk together the remaining salad ingredients to make a dressing. Toss the cucumber mix in the dressing and serve immediately with the chicken skewers. Garnish with a little fresh coriander.

Recipe Ingredients

FOR THE CHICKEN:

- ✓ 3 tablespoons sake mirin
- ✓ 2/3 cup tamari soya sauce
- ✓ 2 tablespoons honey
- ✓ 800g deboned chicken thighs, cut into thirds
- ✓ 8 spring onions, cut into 3cm lengths

FOR THE SALAD:

- ✓ 1 English cucumber, julienned or cut into noodles
- ✓ 125g mange tout, shredded
- ✓ 1 cup bean sprouts
- ✓ 1 teaspoon salt
- ✓ 2 tablespoons white wine vinegar
- ✓ 2 tablespoons sesame oil
- ✓ 1/2 teaspoon honey
- ✓ 1 teaspoon lemon juice
- ✓ 1 tablespoon grated fresh ginger
- ✓ 1 clove garlic, crushed
- ✓ 2 tablespoons toasted sesame seeds

Kiddies “Crustless” Quiches



Recipe Ingredients

- ☑ 2 tablespoons butter
- ☑ 1 onion, roughly chopped
- ☑ 250g (9oz) ham, roughly chopped
- ☑ 4 eggs
- ☑ 2 egg yolks
- ☑ 500ml (2 cups) cream
- ☑ salt and pepper
- ☑ 1 cup grated Cheddar cheese

Recipe Directions

1. Preheat the oven to 180°C (356°F).
2. Melt the butter in a frying pan and gently fry the onion until soft. Add the ham and remove the pan from the stove.
3. Whisk together the eggs, egg yolks and cream with a little salt and pepper.
4. Grease a large 12-cup muffin pan.
5. Spoon the onion-and-ham mixture into the bases of the muffin pan and sprinkle over the grated cheese.
6. Pour the egg-and-cream mixture into each muffin cup until it is about 1mm from the top.
7. Bake for about 25 minutes, until the egg mixture is set and the top is golden. Cool for 10 minutes and remove from the tin.
8. Serve hot or cold.

Anti-Oxidant Boosting Salad



Recipe Directions

1. To make the dressing, whisk together all the ingredients.
2. To make the salad, toss all the ingredients together in a salad bowl, except the feta and sunflower seeds; add these on top afterwards.
3. Drizzle with the salad dressing and serve.

Recipe Ingredients

For the salad:

- ✓ 1 tablespoon raspberry or red wine vinegar
- ✓ 4 tablespoons olive oil
- ✓ 1 clove garlic, crushed
- ✓ 1 teaspoon Dijon mustard
- ✓ salt and pepper

For the salad:

- ✓ 2 handfuls spinach leaves
- ✓ 1 handful fresh kale, shredded
- ✓ 100g broccoli florets, blanched
- ✓ 100g Brussels sprouts, roasted until crispy
- ✓ 1 small beetroot, peeled and shredded
- ✓ 1 carrot, peeled and shredded
- ✓ 1/2 stalk celery, finely sliced
- ✓ 1 avocado, peeled and sliced
- ✓ 100g raspberries
- ✓ 100g strawberries, trimmed and quartered
- ✓ 50g toasted sunflower seeds
- ✓ 100g Danish-style feta

Thai Red Chicken Curry



Recipe Ingredients

- ✓ 6tbs coconut oil
- ✓ 8 deboned chicken thighs, cut into thirds
- ✓ 1 heaped tbs red curry paste
- ✓ 1 clove garlic, chopped
- ✓ 1 heaped tbs grated ginger
- ✓ 1 lemongrass stalk, halved lengthways and bruised
- ✓ 1 cup chicken stock
- ✓ 1 cup coconut milk
- ✓ 2/3 of a cup coconut cream
- ✓ 2 aubergines, cut into large dice
- ✓ 4 lime leaves
- ✓ 125g mange tout or sugar snaps
- ✓ 1 cup coriander, roughly chopped
- ✓ a handful of basil, roughly chopped
- ✓ 1 tbs fish sauce
- ✓ 1 tbs xylitol
- ✓ the juice of 1 fresh lime

Recipe Directions

1. Preheat the oven to 200°C.
2. Place the aubergine on a roasting tray. Melt 3 tablespoons of coconut oil and drizzle over the aubergine. Roast in the oven for 25 minutes until golden and soft.
3. Heat a deep frying pan with 2 tablespoons of coconut oil and sear the chicken so it is nicely browned. Remove from the pan and set aside.
4. Add the rest of the coconut oil and fry the curry paste for a minute until it just starts to get fragrant. Add the ginger and garlic.
5. Pour in the chicken stock, coconut milk, coconut cream, lime leaves and lemongrass and leave the curry to simmer for 10 minutes until it starts to thicken. This may take a little longer, depending on the heat of your stove. You want the sauce to be the thickness of cold coconut cream.
6. Add the chicken, aubergines and sugar snaps, and leave it to simmer for a further 5 minutes.
7. Take the curry off the heat and stir in the herbs, fish sauce, xylitol and fresh lime juice. If you would like to add a little more salt, add some more fish sauce.
8. Serve with cauliflower.

Chicken Espetada with Warm Pesto Veggies



Recipe Directions

1. Preheat the oven to 180°C.
2. Gently melt the butter and the coconut oil together.
3. Place the vegetables on an oven tray and drizzle with the melted butter and coconut oil. Season well with salt and pepper.
4. Roast in the oven for 35 minutes until they are soft and golden. Remove from the oven and toss the pesto through while the vegetables are hot.
5. While the vegetables are roasting, make the chicken skewers. In a bowl, toss the chicken pieces in the herbs and dried garlic and season well with salt and pepper. Make the skewers with the chicken.
6. Melt the butter in a frying pan and brown the chicken kebabs until they are golden all over. Place them on a baking tray and pop them in the oven for 10 minutes.
7. Place the roasted vegetables on the rocket or spinach on a plate. Top with the chicken skewer and drizzle in a little olive oil.

Recipe Ingredients

- ✓ 6 deboned chicken thighs, cut in half
- ✓ 2 wooden skewer, soaked in water
- ✓ 1tbls butter
- ✓ for the herb rub:
- ✓ 1tbls dried Italian herbs
- ✓ 1tsp dried thyme
- ✓ 1tsp dried garlic flakes
- ✓ salt and pepper
- ✓ For the roasted vegetables
- ✓ 4 courgettes, cut into 4
- ✓ 8 button mushrooms
- ✓ ½ red pepper, cut into thick strips
- ✓ 20g butter
- ✓ 20g coconut oil
- ✓ 3 handfuls of rocket or spinach
- ✓ 4tbls pesto

Chicken stuffed with goats cheese and bacon with lemony green beans and toasted almonds



Recipe Ingredients

- ☑ 75g cubed bacon
- ☑ 2 chicken breasts (with or without skin is up to you)
- ☑ 75g goats cheese, at room temperature
- ☑ Salt and freshly ground black pepper
- ☑ 1 Tbsp olive oil
- ☑ 100g green beans, trimmed on both ends
- ☑ Zest and juice of 1/2 a lemon
- ☑ Small handful almonds (raw or roasted), roughly chopped

Recipe Directions

1. Fry the bacon until lightly golden, remove from the pan with a slotted spoon and set aside to drain on some kitchen paper.
2. Season the chicken breasts with a little salt and black pepper on both sides and then slice them open down the middle of one side, leaving the other side still attached, and flip open like a book.
3. Mix together the bacon and goats cheese with a fork, adding in a little extra black pepper but no salt, the goats cheese is salty enough.
4. Fill each breast with the filling, then close gently.
5. Heat 1 Tbsp olive oil in a pan over medium-high heat and fry the chicken breasts for 4-5 minutes on each side, or until a golden crust has formed and the meat has cooked through.
6. Remove from the heat and set aside to rest.
7. Meanwhile, cook the green beans in boiling water for 1-2 minutes, remove and refresh under cool water so that they keep their bright green colour.
8. Drizzle with a little lemon juice, add the lemon zest and almonds and serve immediately with the chicken.

Low-Carb Egg-Crust Breakfast Pizza with Pepperoni, Olives, Mozzarella, and Tomatoes (Gluten-Free)



Recipe Ingredients

- ☑ 2 tsp. olive oil (depending on your pan)
- ☑ 2 eggs, beaten well
- ☑ 4-5 small grape tomatoes, thinly sliced
- ☑ 6 slices turkey pepperoni, cut in half to make halfmoon pieces
- ☑ 6 - 8 black olives, thinly sliced
- ☑ 1/4 C low - fat mozzarella, cut into small cubes
- ☑ Spike Seasoning, to taste (about 1/2 tsp.)
- ☑ Dried oregano, to taste (about 1/4 tsp.)

Recipe Directions

1. Preheat broiler in oven or small toaster oven. Break eggs into a small bowl and beat well.
2. Slice tomatoes and olives, cut pepperoni in half, and cut mozzarella into small cubes.
3. Add olive oil to the omelet pan and heat over medium heat until the pan is starting to get hot, about 1 minute.
4. Add the eggs, season with Spike Seasoning and oregano, and cook until eggs are starting to set on the bottom, about 2 minutes.
5. Sprinkle on half each of the tomatoes, pepperoni, olives, and mozzarella, followed by a second layer with half of each. (Be sure there is plenty of cheese on the top layer.)
6. Cover the pan and cook until the eggs are mostly set and cheese is starting to melt, about 3 - 4 minutes.
7. Put pan under the broil and cook until the cheese is nicely melted and the top is starting to brown, about 2 - 3 minutes with oven broiler or 4 - 5 minutes in a small toaster oven broiler. Serve hot

Banting Chocolate Fudge



Recipe Directions

1. Melt butter in a small saucepan over medium heat. Add heavy cream and cream cheese. Whisk until smooth.
2. Add xylitol and adjust for taste. Heat until bubbling; stir constantly. Reduce heat and stir in cocoa and salt and blend well.
3. Pour into a buttered dish and set in the fridge for a few hours. Cut and keep refrigerated.

Recipe Ingredients

- ☑ 2 Tablespoons of butter
- ☑ 1/2 cup of cream
- ☑ Half a cup of cream cheese
- ☑ 2 tablespoons xylitol
- ☑ 2 Tablespoons cocoa powder
- ☑ 1/8 Teaspoon salt

Banting Cheesecake topped with Berry Coulis



Recipe Directions

For the crust:

1. Preheat oven to 180 degrees and grease spring form pan with butter.
2. Combine all the crust ingredients and mix well. Pour into the greased dish, spread evenly and bake in the oven for 15 minutes or until lightly browned. Allow to cool for 5 minutes.

For the filling:

3. Beat the cream cheese, xylitol and vanilla extract in a mixer on medium until fully combined. Add the eggs and continue mixing on medium just until the mixture is smooth.
4. Pour the filling over the crust, spread evenly and bake in the oven for 30 minutes or until the centre is set.
5. Cool on a wire rack for 30 minutes and enjoy

For the Berry Coulis:

6. Simmer all but the psyllium over medium heat for a few minutes until butter is melted. Then add 1 tbsp. psyllium husks, to thicken. Pour this mixture over the cheesecake before it sets.

Recipe Ingredients

For the crust:

- ✓ 2 large eggs, beaten till frothy
- ✓ 1 cup almond flour
- ✓ 1/3 cup Xylitol
- ✓ 1 teaspoon baking powder

Filling:

- ✓ 500g's full cream cheese, softened (Philadelphia or similar)
- ✓ Half a cup of sour cream
- ✓ 1/2 cup Xylitol
- ✓ 1 tablespoon vanilla extract
- ✓ 3 large eggs

Berry Coulis

- ✓ 1 tbsp butter
- ✓ 1 tbsp xylitol
- ✓ 1 cup blueberries.
- ✓ 1 tbsp psyllium husks to thicken

Cauli-Rice



Recipe Ingredients

- ☑ 1 Head of cauliflower – stalk and all, just remove the leaves
- ☑ 1 Tbs butter
- ☑ 1 Tbs olive oil
- ☑ 1 small garlic clove (optional)
- ☑ Salt and pepper to taste

Recipe Directions

1. In a food processor with the grating attachment or grate on the large hole side of a cheese grater the entire head of cauliflower including the stalk.
2. In a large frying pan, heat your olive oil and butter till it's nice and hot. Don't add the cauliflower too soon, otherwise it will release it's moisture and broil rather than fry and the texture will be a bit spongy. So let the pan get nice and hot first.
3. Once the olive oil and butter start to bubble add the grated cauliflower in batches, you don't want to crowd the pan otherwise it won't cook through evenly. Frying and flipping with a spatula until it just starts to get some colour. Watch that it doesn't burn though. Go for nipped brown edges rather than black char.
4. Depending on what you're serving the cauli rice with, you could add a small garlic clove for extra flavour, but it's up to you.
5. You may need to add some more butter and oil as you go if you find the pan is drying out after the first batch.
6. You can either serve straight away, or store in the fridge for a later meal. It freezes really well too. When you want to use it, just defrost and give a quick toss through in a hot pan and some fresh butter and it's good to go.

Veggie-Packed Bobotie



Recipe Ingredients

- ✓ 5 tablespoons butter
- ✓ 1 onion, chopped
- ✓ 2 carrots, peeled and chopped
- ✓ 1 red pepper, seeded and chopped
- ✓ 1 cup grated courgette
- ✓ 1 tablespoon grated fresh ginger
- ✓ 3 cloves garlic, crushed
- ✓ 1 tablespoon mild curry powder
- ✓ 1 teaspoon turmeric
- ✓ 2 teaspoons ground cumin
- ✓ 2 teaspoons ground coriander
- ✓ 3 whole cloves
- ✓ 5 whole allspice
- ✓ 2 tablespoons honey (optional)
- ✓ 1 tablespoon red wine vinegar
- ✓ 1 x 400g tin whole peeled tomatoes, blended
- ✓ 800g beef mince
- ✓ 1 teaspoon dried mixed herbs
- ✓ salt and pepper
- ✓ For the custard
- ✓ 1 cup milk
- ✓ 2 eggs, beaten
- ✓ 8 bay leaves

Recipe Directions

1. Melt the butter in a wide-based pot and gently fry the onion, carrots, red pepper and courgette until soft. Stir in the ginger and the garlic and fry for minute or so. Add the spices and fry for another minute to release their flavour.
2. Pour in the honey, vinegar and tomato, and bring to the boil.
3. Mix in the remaining ingredients, ensuring that everything is combined well; you don't want meatballs in your mince.
4. Cook for about 15 minutes, stirring all the time. When it's done, season well with salt and pepper.
5. Spread the mixture in a greased ovenproof dish.
6. To make the custard, lightly beat together the milk and the eggs.
7. Press the bay leaves into the bobotie mixture and carefully pour over the custard.
8. Bake for about 30 minutes, until the egg topping has set.

Chicken Noodle Salad



Recipe Directions

1. In a bowl mix together the ingredients for the dressing, and set aside.
2. To make the salad, place the chicken and vegetables in a bowl and mix together well.
3. Toss through the dressing, sprinkle with the toasted sesame seeds, then serve immediately.

Recipe Ingredients

For the dressing:

- ☑ 3 tablespoons tamari soya sauce
- ☑ 1 tablespoon sesame oil
- ☑ 1 tablespoon honey
- ☑ 1 tablespoon lemon juice

For the salad:

- ☑ 1 cup shredded roast chicken
- ☑ 1 large carrot, peeled and thinly sliced into noodles (or shredded or julienned)
- ☑ 1/4 cucumber, peeled and thinly sliced into noodles (or shredded or julienned)
- ☑ 50g mange tout, thinly sliced (or shredded or julienned)
- ☑ 1 stalk celery, thinly sliced using a peeler
- ☑ 1/2 cup Chinese bean sprouts
- ☑ 1 teaspoon toasted sesame seeds