

# Biggest Ever Community Detox!



15th - 21st Feb



## Delicious detox recipes

### *Lemon Miso Dressing*

Add the juice of ½ a lemon to 1 teaspoon of Shiro Miso and stir well. Add a few drops of toasted sesame oil, sesame seeds, chopped fresh coriander or chili flakes if desired.

### *Agave sweetened Poached Rhubarb*

Trim Rhubarb stalks and cut into 4cm sticks. Place in a pot with a tablespoon of Agave nectar, some lemon peel, some cloves and a few crushed cardamom pods and add just enough water to cover the bottom of the pot. Place on the stove on a low heat with the lid on for 15 minutes, or until the rhubarb is soft and cooked.

### *Power Balls (makes about 25)*

- 1 cup "ABC" Spread
- 1 cup rolled grain (oats, quinoa, amaranth, spelt or a combination)
- ¼ cup raw cacao powder (optional)
- ½ cup Agave Nectar or raw Honey
- ½ cup walnuts
- ½ cup chopped dried fruit (apricots, cranberries, golden berries, goji berries)
- 1 cup desiccated coconut (toasted if preferred)

Mix all ingredients except the coconut together in a large bowl. Get your hands in there to thoroughly combine the mix. When mixed, roll into golf ball sized balls and then roll in the coconut. Refrigerate for 1 hour and enjoy. Power balls should keep for 1 week in an airtight container in the fridge.

### *Agave and Banana Nut Muffins*

- 1 ½ cups spelt flour
- ½ cup old fashioned rolled oats
- 1 ½ teaspoons gluten-free baking powder
- ¼ teaspoon baking soda
- 1/8 teaspoon salt
- 2 organic eggs, beaten
- 1 cup mashed banana
- ¾ cup Agave nectar
- 3 tablespoons olive oil
- 1/8 cup chopped walnuts
- 1/8 cup chopped pecans

Preheat oven to 160 degrees. Grease muffin tins and flour lightly. Combine flour, oats, baking powder, baking soda, and salt in a large mixing bowl. In another bowl, combine eggs, bananas, Agave nectar, and olive oil. Add wet ingredients to dry ingredients, stirring just until combined. Batter will be lumpy. Fold in walnuts and pecans. Fill muffin cups 2/3 full. Bake for 20 to 25 minutes, or until lightly browned.

### *Mini Frittatas*

- ½ cup diced zucchini
- ½ cup freshly shelled peas
- ½ cup quartered cherry tomatoes
- ½ cup chopped fresh mixed herbs
- 1 finely chopped small Spanish onion
- 2 cloves finely chopped garlic (optional)
- 6 organic eggs, beaten with a little milk
- Sesame Seeds
- Salt and Pepper to taste

Combine all ingredients in a large mixing bowl and spoon into lined mini-muffin or friand trays. Sprinkle with sesame seeds and bake at 170 degrees Celsius for 20 minutes or until just firm. Cool on rack before removing from trays.

### *Gorgeous Green Rice Pilaf – Courtesy of Stephanie Willaton from the book "Nourish"*

- 1 cup long-grain brown rice
- 1 ½ cup stock or water
- ½ teaspoon coarse sea salt
- 1-2 spring onions, green tops only, finely sliced
- ½ cup parsley, roughly chopped
- ¼ cup coriander, roughly chopped
- ½ cup roasted sesame seeds
- Fine sea salt and freshly cracked peppercorns, to taste
- 1-2 tablespoons extra virgin olive oil, coconut oil, ghee or butter

Wash and drain the rice, then place in a saucepan with the stock/water and coarse salt. Cover, bring to the boil, then simmer on a low heat for 20 minutes or until all the liquid is absorbed and the grains are tender. Cool, then combine with the spring onion, herbs and seeds. Season with salt and pepper and oil/butter/ghee to taste, and serve warm or at room temperature.

### *Green Curry of seasonal vegetables with Blue Eye Cod*

- 1 tablespoon organic sesame oil
- 2 tablespoons Herbie's Green Curry Mix
- ½ tablespoon fish sauce
- 1 large carrot, julienned
- 1 large zucchini, cut into 2cm chunks
- ½ cup fresh shelled peas
- 1 cup organic coconut milk
- 500g Blue Eye Cod (or other white, firm fleshed fish) cut into chunks
- 1 handful of mixed Thai Basil and Coriander leaves, roughly chopped

Heat oil in wok or deep saucepan, add spice mix and carrot. Add the fish sauce and coconut milk and bring to the boil while stirring constantly. Reduce heat, add the fish and zucchini and simmer until the fish is tender and flakes easily. Add the peas. Stir through chopped herbs just before serving on a bed of beautiful Brown Jasmine rice.

Recipes sourced from:

"Nourish – creating delicious food from wholesome ingredients" By: Stephanie Willaton