



Green Citrus Zing

Ingredients:

6 kale leaves, centre stalk removed
1 cup fresh parsley leaves, stems removed
Juice of 2 oranges
Juice of 1 lemon
Juice of 1 lime
1 thin slice of ginger, or more to taste (optional)
10 ice cubes (optional)
Dilute with water to taste

Method:

Place kale, parsley, orange juice, lemon juice, lime juice, fresh ginger, and ice cubes into blender or Thermomix bowl and pulverize on high speed. Gradually add in the water while blending and continue to process until very smooth (Thermomix: speed 9 for 1 minute).

Pour into glasses and drink immediately or store in a covered container in refrigerator. Best used immediately or on the same day.

Raw Chia Porridge

Ingredients:

½ cup activated almonds
1 cup chia gel
2 ripe bananas
2 cups water
½ cup pitted dates
2 tablespoons desiccated coconut
1 additional cup of chia gel (optional)

1. Place activated almonds, chia gel, bananas, water, dates and coconut together in a blender or Thermomix bowl and pulverize on high speed until thick and creamy (Thermomix **speed 9** for **1 minute**).
2. Stir in additional chia gel after blending for a textured consistency (optional)
3. Serve with fresh fruit of your choice.

Reasons for activating nuts and seeds:

Nuts contain enzyme inhibitors, which act by binding to enzymes and decrease and/or block their actions. The enzyme inhibitors are beneficial to nuts, as they prevent the nuts from prematurely sprouting, however they also act on our digestive enzymes, preventing their proper digestion and absorption. Nuts and seeds also contain small amount of phytic acid, which our digestive system is also unable to break down. Soaking nuts in warm water will neutralize these enzyme inhibitors, and also help encourage the production of beneficial enzymes. These enzymes, in turn, increase many vitamins, especially B vitamins. It also makes these nuts much easier to digest and the nutrients more easily absorbed.

To activate almonds: soak for 12 hours in filtered water and then drain and rinse. Store in freezer or dehydrate on raw food setting in dehydrator for 8 hours or more, until crunchy when cooled.

To make Chia Gel: combine 1 part of dry chia seeds with 9 equal parts of water. Stir briskly to prevent clumping and allow to stand for 20 minutes. Store in an air tight jar in the refrigerator. Chia Gel will keep for up to 3 weeks in refrigerator.

Macadamia Nut Pastry

Ingredients:

- 1 cup spelt or wheat grain
- 1 cup whole grain rolled oats
- 1 cup macadamia nuts
- ½ tsp Celtic salt
- ½ cup (125 ml) water

Method:

1. Place wheat or spelt grain into coffee grinder or Thermomix bowl, grind to flour (Thermomix **speed 9** for **60 seconds**) and then transfer flour into large mixing bowl.
 2. Place oats into coffee grinder or Thermomix bowl, grind to oat flour (Thermomix **speed 9** for **20 seconds**) and then transfer oat flour into bowl and combine with wheat/spelt flour.
 3. Place macadamia nuts and salt into blender or Thermomix and grind to a smooth butter consistency (Thermomix **speed 9** for **8 seconds**).
 4. Transfer macadamia nut butter into large mixing bowl and rub into the wheat/spelt and oat flours.
 5. Add about ½ cup water to form a soft dough and set aside for 15 minutes. Adjust water as necessary.
 6. Roll out between two layers of baking paper and line pie dish or individual flans with the pastry.
 7. Prick in a few places with a fork and bake in oven at 180°C (350°F) for about 15 minutes or until lightly browned.
- Cool and then freeze in freezer bags until needed.

Savoury Corn Tarts

Ingredients:

50 g polenta (corn meal)

100 g raw cashew nuts

1 medium brown onion, peeled and chopped into quarters

2 cups (500 ml) water

½ tsp Celtic salt or to taste

Raw corn kernels stripped from 2 cobs of uncooked corn

1 quantity Macadamia Nut Pastry

Method:

1. Place polenta, raw cashew nuts, onion, water and salt into blender and blend until smooth (Thermomix **speed 9** for **20 seconds**).
2. Pour into saucepan and cook until thickened, stirring constantly or leave in Thermomix and **cook at 100°C** for **15 minutes** on **speed 3**.
3. Pour from saucepan into blender and blend until smooth or leave in Thermomix and increase to **speed 9** for **60 seconds**.
4. Stir the raw corn kernels into the cooked mixture.
5. Spoon into prepared pastry shells and allow to cool to set.
Re-heat in oven as required.