



Beetroot and Apple Crunch

Ingredients:

2 medium sized beetroot, peeled and cut into quarters
2 large crisp apples (pink lady or granny smiths are good)
½ medium sized red salad onion
Juice of 1 lemon
Salt to taste

Method:

1. Place beetroot, apples, red salad onion and lemon juice into food processor or Thermomix bowl and chop (Thermomix **speed 5** for **4-8 seconds**) or grate the beetroot, apples and red onion on a hand grater in the absence of a food processor.
2. Add Salt to taste.

Serving Suggestion:

Serve on lettuce leaf, top with Raw Citrus Dressing and chopped chives or finely sliced green spring onion

Citrus Dressing

Ingredients:

150g or 1 cup raw cashew nuts
Juice of 2 oranges
Juice of 1 lemon
1 tablespoon honey
1 teaspoon celtic salt

Method:

1. Place raw cashew nuts, orange juice, lemon juice, honey and salt into blender or Thermomix bowl and blend until smooth and creamy (Thermomix **speed 9** for **1 minute**).
2. Chill and store in a covered jar in the refrigerator. Will keep up to 5 days in refrigerator.

Note: This mixture will thicken as it chills or it may be cooked for a thicker consistency, however heat will destroy vitamin C content.

To cook: pour mixture from blender into saucepan and cook until thickened, stirring constantly. Then return mixture to blender and blend again until very smooth. For the Thermomix method, **cook** for **4 minutes** at **100°C** on **speed 2** and then **pulverise** on **speed 9** for **30 seconds** to achieve a very smooth consistency.

Green Minty Dream

Ingredients:

Fresh mint leaves to taste

2 cups baby English spinach

1 large ripe pineapple, peeled, cored, cut into 2cm cubes and frozen

Method:

1. Place mint leaves and baby spinach leaves into food processor or Thermomix bowl and **chop for 2 seconds** on **speed 9**. Scrape down sides of bowl with spatula.

2. Add frozen pineapple pieces and **pulverize** on **speed 9** for **60 seconds**.

Serve frozen alone or with fresh fruit.

Walnut Lentil & Zucchini Burgers

Ingredients:

20 g dry chick peas, ground to flour (or 20 g purchased besan flour)
1 cup rolled oats (or ½ cup buckwheat for gluten free)
Celtic salt, to taste
2 zucchini, peeled and roughly chopped
1 cup walnuts
1/4 cup lentils, cooked in 1 cup water and drained
1 onion, peeled and cut into quarters
1 tomato, cut into quarters

Method:

1. Place chick pea flour, rolled oats (or buckwheat for gluten free) and Celtic salt into food processor or Thermomix and grind until oats are like flour (Thermomix: **grind** for **one minute** on **speed 9**). Set aside in large mixing bowl.
2. Place zucchini, walnuts, lentils, onion and tomato into food processor or Thermomix bowl and process until well combined (Thermomix: **speed 9** for **5 seconds** using spatula to assist).
3. Combine with dry ingredients in mixing bowl and stir well.
4. Line oven tray with baking paper.
5. Form mixture into burgers and then place onto prepared baking tray.
6. Bake in oven at 180°C (360°F) for 20 minutes on each side. Baking time may vary depending on individual oven.

Date and Tomato Chutney

Ingredients:

1 medium onion, peeled and finely diced (or cut into quarters for Thermomix)
1 cm slice of fresh root ginger, peeled and finely grated (or cut into quarters for Thermomix)
2 tbsp (40 ml) of water
2 medium tomatoes, diced (or cut into quarters for Thermomix)
1 cup pitted Iranian cooking dates roughly chopped
Juice of 1 lemon
Celtic salt, to taste

Method:

1. Place onion and ginger into saucepan and sauté in the water until onion has softened (Thermomix: place onion and ginger into Thermomix bowl and **chop** on **speed 9** for **2 seconds**, add in the water and **sauté** for **2 minutes** at **100°C** on **speed 1**).
 2. Add tomatoes and dates to the onion and ginger in saucepan and cook until tomatoes have cooked and dates have softened (Thermomix: add tomatoes and dates and **cook** for **5 minutes** at **100°C** on **speed 1**).
 3. Mash mixture in saucepan with a fork, or blend with a stick blender, or pour into a blender and blend until desired consistency is achieved (Thermomix: **pulverize** on **speed 9** for **10 seconds**).
- Finally add lemon juice and salt to taste.