

MILLA'S RECIPE BOOK

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SALADS

Mushroom, Lettuce, and Pine Nut Salad

Ingredients:

- 4 cups mixed lettuce leaves (e.g., romaine, arugula, spinach)
- 1 cup button or cremini mushrooms, thinly sliced
- 2 tbsp pine nuts, lightly toasted
- 1 tbsp olive oil
- 1 tsp balsamic vinegar
- 1 tsp lemon juice
- Salt and pepper, to taste
- Optional: 1 tbsp grated Parmesan cheese (optional topping)

Instructions:

1. **Prepare the Ingredients:** Wash and dry the lettuce leaves. Slice the mushrooms thinly. Toast the pine nuts in a dry skillet over medium heat for 2-3 minutes until golden and aromatic.
2. **Mix the Dressing:** In a small bowl, whisk together olive oil, balsamic vinegar, lemon juice, salt, and pepper.
3. **Assemble the Salad:** In a large salad bowl, combine the lettuce, mushrooms, and pine nuts.
4. **Dress the Salad:** Drizzle the dressing over the salad and toss gently to coat.
5. **Optional:** Sprinkle grated Parmesan cheese on top for extra flavor.
6. **Serve:** Divide into two bowls and enjoy immediately.

Nutrient Breakdown (Per Serving):

Nutrient	Amount
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Calories	~140 kcal
Protein	~3 g
Carbohydrates	~5 g
Fat	~12 g
Saturated Fat	~1.5 g
Fiber	~2 g
Sugars	~1 g
Vitamin A	~50% of Daily Value
Vitamin C	~15% of Daily Value
Iron	~6% of Daily Value
Calcium	~4% of Daily Value

Green Bean, Tahini, and Courgette Salad with Nigella Seeds

Ingredients:

- 150g (about 1.5 cups) green beans, trimmed
- 1 medium courgette (zucchini), thinly sliced or spiralized
- 1 tbsp olive oil
- 1 tbsp tahini
- 1 tsp lemon juice
- 1/2 tsp honey or maple syrup
- 1 clove garlic, minced
- 1/2 tsp nigella seeds
- Salt and pepper, to taste
- Optional: a few sprigs of fresh dill or parsley for garnish

Instructions:

1. **Prepare the Green Beans:** Bring a pot of salted water to a boil. Add the green beans and blanch for 2-3 minutes until tender but still crisp. Drain and rinse with cold water to stop the cooking process.
2. **Cook the Courgette** (Optional): Heat 1 tsp olive oil in a skillet over medium heat. Sauté the courgette slices or ribbons for 2-3 minutes until slightly softened. Skip this step if you prefer raw courgette.

3. **Make the Dressing:** In a small bowl, whisk together the tahini, remaining olive oil, lemon juice, honey/maple syrup, minced garlic, salt, and pepper. Add a splash of water if needed to create a smooth, pourable consistency.
 4. **Assemble the Salad:** In a mixing bowl, combine the green beans and courgette. Toss with the tahini dressing until well coated.
 5. **Add Nigella Seeds:** Sprinkle the nigella seeds over the top, along with fresh herbs if using.
 6. **Serve:** Divide the salad between two plates and enjoy immediately.
-

Nutrient Breakdown (Per Serving):

Nutrient	Amount
Calories	~180 kcal
Protein	~5 g
Carbohydrates	~10 g
Fat	~13 g
Saturated Fat	~2 g
Fiber	~3 g
Sugars	~5 g
Vitamin A	~15% of Daily Value
Vitamin C	~25% of Daily Value
Iron	~8% of Daily Value
Calcium	~6% of Daily Value

Kale, Sweet Tahini, and Pomegranate Salad

Ingredients:

- 4 cups kale leaves, stems removed, chopped
- 2 tbsp pomegranate seeds
- 1 tbsp olive oil
- 1 tbsp tahini
- 1 tsp lemon juice
- 1 tsp honey or maple syrup
- 1 clove garlic, minced (optional)
- 1/2 tsp salt

- 1 tbsp water (adjust for dressing consistency)
 - Optional: 1 tbsp chopped almonds or walnuts for added crunch
-

Instructions:

1. **Massage the Kale:** Place the kale in a large bowl. Drizzle with olive oil and sprinkle with salt. Use your hands to massage the kale for 1-2 minutes until it becomes tender and vibrant green.
 2. **Make the Dressing:** In a small bowl, whisk together tahini, lemon juice, honey or maple syrup, minced garlic (if using), and water until smooth. Add more water if needed to achieve a drizzling consistency.
 3. **Assemble the Salad:** Toss the massaged kale with the tahini dressing until well coated.
 4. **Add Toppings:** Sprinkle pomegranate seeds over the salad and add nuts if desired for extra crunch.
 5. **Serve:** Divide into two bowls and serve immediately.
-

Nutrient Breakdown (Per Serving):

Nutrient	Amount
Calories	~170 kcal
Protein	~4 g
Carbohydrates	~12 g
Fat	~12 g
Saturated Fat	~1.5 g
Fiber	~3 g
Sugars	~6 g
Vitamin A	~90% of Daily Value
Vitamin C	~50% of Daily Value
Iron	~10% of Daily Value
Calcium	~10% of Daily Value

This vibrant and nutrient-dense salad combines the tanginess of pomegranate with the creamy tahini dressing.

Seaweed Salad with Sesame

Ingredients:

- 1 cup dried wakame seaweed (rehydrated as per package instructions)
 - 1 tbsp soy sauce or tamari (for gluten-free)
 - 1 tbsp rice vinegar
 - 1 tsp sesame oil
 - 1 tsp honey or agave syrup
 - 1 tsp fresh ginger, finely grated
 - 1 clove garlic, minced (optional)
 - 1 tsp sesame seeds (toasted, if possible)
 - Optional: 1/2 small cucumber, thinly sliced for extra crunch
-

Instructions:

1. **Rehydrate the Seaweed:** Soak the dried wakame in cold water for 5-10 minutes, or as directed on the package, until it expands. Drain and gently squeeze out excess water.
 2. **Prepare the Dressing:** In a small bowl, whisk together soy sauce, rice vinegar, sesame oil, honey or agave syrup, ginger, and garlic (if using).
 3. **Assemble the Salad:** In a mixing bowl, combine the rehydrated seaweed and cucumber slices (if using). Pour the dressing over and toss to coat.
 4. **Add Sesame Seeds:** Sprinkle toasted sesame seeds on top for garnish.
 5. **Serve:** Divide the salad into two bowls and enjoy immediately.
-

Nutrient Breakdown (Per Serving):

Nutrient	Amount
Calories	~70 kcal
Protein	~3 g
Carbohydrates	~8 g
Fat	~3 g
Saturated Fat	~0.5 g
Fiber	~3 g
Sugars	~2 g
Vitamin A	~5% of Daily Value

Vitamin C	~10% of Daily Value
Iron	~15% of Daily Value
Calcium	~5% of Daily Value
Iodine	High (seaweed is an excellent source)

Raw Broccoli and Roasted Almond Salad with Cranberries, Red Onion, Pumpkin Seeds, and Egg

Ingredients:

- 2 cups raw broccoli florets, finely chopped
- 2 tbsp roasted almonds, roughly chopped
- 2 tbsp dried cranberries
- 2 tbsp pumpkin seeds (toasted, if desired)
- 2 tbsp red onion, finely diced
- 2 large eggs (boiled to preference, sliced or quartered)
- 1 tbsp olive oil
- 1 tsp apple cider vinegar or lemon juice
- 1/2 tsp Dijon mustard
- Salt and pepper, to taste

Instructions:

- 1. Prepare the Ingredients:**
 - Finely chop the raw broccoli into small, bite-sized pieces.
 - Toast the pumpkin seeds lightly in a dry skillet over medium heat (optional).
 - Boil the eggs to your preference (soft, medium, or hard-boiled). Let cool, then peel and slice.
 - 2. Make the Dressing:**
 - In a small bowl, whisk together olive oil, apple cider vinegar (or lemon juice), Dijon mustard, salt, and pepper.
 - 3. Assemble the Salad:**
 - In a large bowl, combine broccoli, roasted almonds, cranberries, pumpkin seeds, and diced red onion.
 - Drizzle the dressing over the mixture and toss well to combine.
 - 4. Top with Eggs:**
 - Arrange the sliced or quartered eggs on top of the salad for a visually appealing finish.
 - 5. Serve:**
 - Divide the salad into two portions and enjoy immediately.
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Nutrient Breakdown (Per Serving):

Nutrient	Amount
Calories	~280 kcal
Protein	~12 g
Carbohydrates	~15 g
Fat	~20 g
Saturated Fat	~3 g
Fiber	~5 g
Sugars	~6 g
Vitamin A	~10% of Daily Value
Vitamin C	~70% of Daily Value
Iron	~10% of Daily Value
Calcium	~8% of Daily Value

This salad is nutrient-dense, balancing protein from the eggs, healthy fats and minerals, like Magnesium from almonds and pumpkin seeds, and a sweet-tart flavor from the cranberries. The raw broccoli provides a hearty crunch and is loaded with fiber, glucosinolates and Vitamin C.

Portuguese-Style Haddock or Mackerel Salad with Chickpeas

Ingredients:

- 2 haddock or mackerel fillets (about 200g or 7 oz each)
- 1 can (400g) chickpeas, drained and rinsed
- 1 medium red onion, thinly sliced
- 1 medium tomato, diced
- 1 small cucumber, diced
- 1/2 cup black olives, pitted and halved
- 1/4 cup extra virgin olive oil
- 1 tbsp white wine vinegar (or lemon juice)
- 1 tsp Dijon mustard (optional)
- 1-2 garlic cloves, minced
- 2 hard-boiled eggs, sliced
- Fresh parsley, chopped (for garnish)
- Salt and pepper, to taste

Instructions:

1. **Cook the Fish:**
 - Poach the haddock or mackerel fillets in a pot of simmering water for about 10-12 minutes or until cooked through. (Alternatively, you can grill or pan-fry the fish). Once cooked, flake the fish into large pieces with a fork and set aside to cool.
2. **Prepare the Salad Ingredients:**
 - While the fish is cooling, prepare the chickpeas, red onion, tomato, cucumber, and olives. Arrange these ingredients in a large salad bowl.
3. **Make the Dressing:**
 - In a small bowl, whisk together olive oil, vinegar (or lemon juice), Dijon mustard (if using), minced garlic, salt, and pepper.
4. **Assemble the Salad:**
 - Add the cooled, flaked haddock or mackerel to the salad bowl with the chickpeas and vegetables.
 - Pour the dressing over the salad and gently toss everything together to combine.
5. **Add Eggs and Garnish:**
 - Arrange the sliced hard-boiled eggs on top of the salad.
 - Garnish with fresh parsley.
6. **Serve:**
 - Divide the salad into two portions and serve immediately, or refrigerate for 30 minutes for a chilled salad.

Nutrient Breakdown (Per Serving):

Nutrient	Amount
Calories	~450 kcal
Protein	~30 g
Carbohydrates	~30 g
Fat	~25 g
Saturated Fat	~3.5 g
Fiber	~8 g
Sugars	~6 g
Vitamin A	~15% of Daily Value
Vitamin C	~20% of Daily Value

Iron ~15% of Daily Value

Calcium ~10% of Daily Value

This twist on a traditional Portuguese salad, replacing cod with haddock or mackerel, offers a healthy balance of protein, fiber, and healthy fats. The addition of chickpeas makes it more filling while keeping the flavors vibrant with the olives, fresh vegetables, and a light dressing.

SOUPS

Asian Bone Broth with Liver-Cleansing and Regenerative Vegetables and Herbs

Ingredients:

- 4 cups bone broth (beef, chicken, or vegetable broth)
- 1/2 cup shiitake mushrooms, sliced
- 1 medium turnip, peeled and diced
- 1 tbsp dried seaweed (wakame or kombu), rehydrated in water for 10 minutes
- 1 tbsp fresh ginger, thinly sliced or julienned
- 1/2 cup broccoli seed sprouts (or regular broccoli sprouts)
- 2 tbsp fresh chives, chopped
- 1 tbsp tamari or soy sauce (for gluten-free, use tamari)
- 1 tsp rice vinegar (optional)
- 1 tsp sesame oil (optional, for added flavor)
- 1-2 cloves garlic, minced (optional)
- 1 small chili pepper (optional, for a bit of heat)
- Salt and pepper to taste

Instructions:

1. **Prepare the Broth:**
 - In a large pot, bring the bone broth to a simmer over medium heat. If using store-bought broth, you can enhance its flavor by simmering it for 10-15 minutes with a piece of kombu or dried shiitake mushrooms (discard the kombu after steeping).
2. **Add the Vegetables:**
 - Once the broth is simmering, add the shiitake mushrooms, diced turnip, and ginger. Let the broth simmer for 10-15 minutes until the vegetables are tender.
3. **Add Seaweed and Garlic:**
 - Add the rehydrated seaweed (wakame or kombu) and garlic (if using). Continue simmering for an additional 5 minutes, allowing the flavors to meld together.
4. **Season the Broth:**

- Stir in the tamari or soy sauce, rice vinegar (if using), and sesame oil. Taste the broth and adjust seasoning with salt and pepper as desired. For added heat, you can also include a sliced chili pepper.
 - 5. **Finish with Fresh Herbs:**
 - Remove the pot from heat. Add the fresh broccoli seed sprouts and chopped chives to the broth. These will add a fresh, vibrant crunch to the soup.
 - 6. **Serve:**
 - Ladle the broth and vegetables into bowls and serve immediately. Garnish with additional chives or sprouts, if desired.
-

Nutrient Breakdown (Per Serving):

Nutrient	Amount
Calories	~150 kcal
Protein	~10 g
Carbohydrates	~12 g
Fat	~7 g
Saturated Fat	~1 g
Fiber	~3 g
Sugars	~5 g
Vitamin A	~20% of Daily Value

Vitamin C ~35% of Daily Value

Iron ~15% of Daily Value

Calcium ~8% of Daily Value

Potassium ~15% of Daily Value

Benefits of Key Ingredients:

- **Bone Broth:** Rich in collagen, amino acids (like glycine and proline), and minerals, which support joint, skin, and gut health while aiding detoxification.
- **Shiitake Mushrooms:** Known for their immune-boosting properties, shiitakes also provide antioxidants and support liver function.
- **Turnips:** A cruciferous vegetable that helps detoxify the liver and provides fiber, Vitamin C, and antioxidants.
- **Seaweed:** Packed with minerals like iodine and magnesium, seaweed supports thyroid health and detoxification.
- **Ginger:** Known for its anti-inflammatory and digestive properties, ginger helps stimulate liver function.
- **Broccoli Seed Sprouts:** Rich in sulforaphane, a compound that supports liver detox and enhances the body's ability to neutralize toxins.
- **Chives:** Offer a mild onion flavor while providing Vitamin K, antioxidants, and supporting digestive health.

This bone broth-based soup is perfect for detoxing, healing, and nourishing your body with vital nutrients. It's especially great for supporting liver health and regeneration.

Sweet Potato Soup with Sautéed Onion, Garlic, Tomato, and Fresh Coriander

Ingredients:

- 2 medium sweet potatoes (about 400g), peeled and diced
- 1 medium onion, finely chopped
- 2 cloves garlic, minced
- 1 medium tomato, chopped
- 1-inch piece fresh ginger, peeled and grated

- 1 tbsp olive oil (or coconut oil for a richer flavor)
 - 4 cups vegetable broth (or chicken broth)
 - 1 tsp ground cumin (optional for added warmth)
 - Salt and pepper to taste
 - 2 tbsp fresh coriander (cilantro), chopped (for garnish)
 - 1 tbsp lime juice (optional, for a bit of tang)
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Instructions:

- 1. Sauté the Aromatics:**
 - In a large pot, heat the olive oil over medium heat. Add the chopped onion and sauté for 3-4 minutes, until softened.
 - Add the minced garlic, grated ginger, and cumin (if using) to the pot. Sauté for another 1-2 minutes until fragrant.
 - 2. Cook the Tomatoes:**
 - Add the chopped tomato to the pot and cook for 3-4 minutes, stirring occasionally, until the tomato softens and releases its juices.
 - 3. Cook the Sweet Potatoes:**
 - Add the diced sweet potatoes to the pot, stirring to combine with the sautéed aromatics.
 - Pour in the vegetable broth, bringing the mixture to a boil. Once boiling, reduce the heat to a simmer and cook for 15-20 minutes, or until the sweet potatoes are tender.
 - 4. Blend the Soup:**
 - Once the sweet potatoes are tender, use an immersion blender to blend the soup until smooth. If you don't have an immersion blender, you can transfer the soup in batches to a regular blender. If the soup is too thick, add a little more broth or water to reach your desired consistency.
 - 5. Finish with Lime and Coriander:**
 - Stir in the lime juice (if using) and season the soup with salt and pepper to taste.
 - Ladle the soup into bowls and garnish with fresh chopped coriander.
 - 6. Serve:**
 - Enjoy your warming, flavorful soup immediately!
-

Nutrient Breakdown (Per Serving):

Nutrient	Amount
Calories	~200 kcal
Protein	~3 g

Carbohydrates	~40 g
Fat	~6 g
Saturated Fat	~1 g
Fiber	~6 g
Sugars	~8 g
Vitamin A	~200% of Daily Value
Vitamin C	~20% of Daily Value
Iron	~10% of Daily Value
Calcium	~6% of Daily Value

Health Benefits:

- **Sweet Potatoes:** High in beta-carotene (a precursor to Vitamin A), fiber, and antioxidants, they support immune health, skin health, and digestive function.
- **Onion & Garlic:** Known for their anti-inflammatory and immune-boosting properties, they help support the body's defenses and provide flavor depth.
- **Tomato:** Rich in lycopene, an antioxidant that supports heart health and helps reduce inflammation.
- **Ginger:** A potent anti-inflammatory that aids digestion and provides a warming flavor.
- **Coriander:** Offers digestive benefits, contains antioxidants, and adds a fresh, herbal note to the soup.

This sweet potato soup is warming, nourishing, and packed with nutrients to support immune health, digestion, and overall well-being.

Traditional Greek Fasolada Soup (Serves 2)

Ingredients:

- 1 cup dry white beans (such as kidney beans or cannellini beans), soaked overnight and drained
 - 1 medium onion, chopped
 - 2 cloves garlic, minced
 - 1 large carrot, diced
 - 1 celery stalk, diced
 - 1 can (400g) crushed tomatoes
 - 2 tbsp olive oil (extra virgin)
 - 1 bay leaf
 - 1 tsp dried oregano
 - 1/2 tsp dried thyme (optional)
 - 1/4 tsp smoked paprika (optional, for added depth of flavor)
 - 4 cups vegetable broth (or water)
 - Salt and pepper to taste
 - 1 tbsp fresh parsley, chopped (for garnish)
 - 1 tbsp fresh lemon juice (optional, for brightness)
-

Instructions:

- 1. Prepare the Beans:**
 - If you haven't soaked the beans overnight, you can quick-soak them by placing them in a pot, covering with water, and boiling for 2 minutes. Remove from heat, cover, and let sit for 1 hour before draining.
 - Once soaked and drained, set aside.
- 2. Sauté the Vegetables:**
 - In a large pot, heat the olive oil over medium heat. Add the chopped onion, garlic, carrot, and celery. Sauté for about 5-7 minutes, or until the vegetables soften and become aromatic.
- 3. Add the Tomatoes and Herbs:**
 - Stir in the crushed tomatoes, bay leaf, dried oregano, thyme (if using), and smoked paprika. Cook for another 3-4 minutes, allowing the tomatoes to break down and release their juices.
- 4. Add the Beans and Broth:**
 - Add the soaked beans to the pot and pour in the vegetable broth (or water). Bring the mixture to a boil, then reduce the heat and let it simmer for 45-60 minutes, or until the beans are tender and the flavors have melded together. Stir occasionally and check the consistency. If the soup gets too thick, add more water or broth to your liking.
- 5. Season the Soup:**

- Once the beans are cooked, taste the soup and adjust with salt, pepper, and additional herbs if needed.
6. **Finish with Lemon and Garnish:**
- Stir in the fresh lemon juice (if using) and garnish with chopped parsley before serving.
7. **Serve:**
- Ladle the soup into bowls and enjoy with a slice of crusty bread or a drizzle of extra olive oil on top.
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Nutrient Breakdown (Per Serving):

Nutrient	Amount
Calories	~300 kcal
Protein	~15 g
Carbohydrates	~45 g
Fat	~10 g
Saturated Fat	~1 g
Fiber	~12 g
Sugars	~6 g
Vitamin A	~60% of Daily Value
Vitamin C	~25% of Daily Value

Iron ~20% of Daily Value

Calcium ~10% of Daily Value

Health Benefits:

- **Beans:** A great source of plant-based protein, fiber, and complex carbohydrates, beans help support heart health, digestion, and provide steady energy.
- **Olive Oil:** Rich in healthy monounsaturated fats, olive oil supports heart health and provides antioxidants.
- **Tomatoes:** High in lycopene, an antioxidant linked to heart health, and packed with Vitamin C for immune support.
- **Carrots and Celery:** Provide vitamins, minerals, and fiber, promoting good digestion and overall health.
- **Herbs and Lemon:** Fresh herbs like parsley and lemon juice add antioxidants and a refreshing boost of flavor to the dish.

This **Fasolada Soup** is a wholesome and comforting meal that's perfect for any season. It's especially great during the colder months and is rich in plant-based nutrients.

Here's a recipe for **Portuguese Alentejano Tomato Soup with Fresh Peas and Egg**, a comforting and rustic dish from the Alentejo region of Portugal. This soup is made with ripe tomatoes, fresh peas, and finished with a poached egg. It's a simple yet flavorful meal.

Portuguese Alentejano Tomato Soup with Fresh Peas and Egg (Serves 2)

Ingredients:

- 3 large ripe tomatoes, chopped (or 1 can of whole tomatoes, drained)
- 1/2 cup fresh peas (or frozen peas if fresh isn't available)
- 1 medium onion, chopped
- 2 cloves garlic, minced
- 2 tbsp olive oil
- 1 tsp paprika (optional, for depth)
- 4 cups vegetable or chicken broth
- 1/2 tsp salt (adjust to taste)
- 1/4 tsp black pepper (adjust to taste)
- 1 bay leaf
- 2 large eggs
- Fresh cilantro or parsley for garnish
- 1 tbsp white wine vinegar (optional, for a touch of acidity)

- Crusty bread (optional, for serving)
-

Instructions:

- Sauté the Vegetables:**
 - In a large pot, heat the olive oil over medium heat. Add the chopped onion and garlic and sauté for about 5-7 minutes until softened and fragrant.
 - Cook the Tomatoes:**
 - Add the chopped tomatoes (or canned tomatoes) to the pot and cook for another 5-7 minutes, stirring occasionally, until the tomatoes break down and become soft.
 - Add the Broth and Seasoning:**
 - Pour in the vegetable or chicken broth, and add the paprika, salt, pepper, and bay leaf. Stir to combine and bring to a simmer. Let it simmer for about 10 minutes to allow the flavors to meld.
 - Add Fresh Peas:**
 - Stir in the fresh peas and cook for an additional 5 minutes, or until they are tender.
 - Poach the Eggs:**
 - Create small wells in the soup by gently pushing some of the vegetables aside. Crack the eggs directly into the soup, one at a time. Cover the pot and let the eggs poach in the soup for 4-6 minutes, depending on how runny you like your eggs. The whites should be set, but the yolks will remain soft.
 - Finish the Soup:**
 - Once the eggs are poached to your liking, carefully remove the bay leaf. If desired, add a tablespoon of white wine vinegar to the soup for added acidity and balance.
 - Serve:**
 - Ladle the soup into bowls, making sure to include one poached egg in each bowl. Garnish with freshly chopped cilantro or parsley.
 - Optional:**
 - Serve the soup with a side of crusty bread to soak up the delicious broth.
-

Nutrient Breakdown (Per Serving):

Nutrient	Amount
Calories	~250 kcal
Protein	~12 g

Carbohydrates	~25 g
Fat	~14 g
Saturated Fat	~2 g
Fiber	~6 g
Sugars	~7 g
Vitamin A	~20% of Daily Value
Vitamin C	~30% of Daily Value
Iron	~15% of Daily Value
Calcium	~6% of Daily Value

Health Benefits:

- **Tomatoes:** Rich in lycopene, an antioxidant that supports heart health and helps reduce inflammation.
- **Peas:** High in fiber, protein, and vitamins, peas help support digestion, heart health, and immune function.
- **Eggs:** A great source of protein, healthy fats, and essential vitamins, including Vitamin B12 and Vitamin D.
- **Olive Oil:** Provides healthy monounsaturated fats, which are heart-healthy and anti-inflammatory.

This **Alentejano Tomato Soup** is simple yet nourishing, offering a balanced mix of vegetables, protein from the egg, and healthy fats from olive oil. It's a perfect dish for a light but satisfying meal. Enjoy it with some fresh crusty bread for an authentic experience!

MAIN MEALS

White Fish Sautéed on a Bed of Onion and Fava Beans, Served with Steamed Courgette and Flavored Quinoa (Serves 2)

Ingredients:

For the White Fish and Fava Bean Bed:

- 2 white fish fillets (such as cod, haddock, or tilapia)
- 1 tbsp olive oil (for sautéing)
- 1 small onion, thinly sliced
- 1 cup cooked fava beans (or canned, drained and rinsed)
- 1 garlic clove, minced
- 1/2 tsp dried thyme (or fresh if available)
- Salt and pepper, to taste
- 1/4 tsp paprika (optional, for a touch of color)
- 1 tsp lemon juice (optional, for brightness)

For the Steamed Courgette (Zucchini):

- 2 medium courgettes (zucchini), sliced
- Salt and pepper, to taste
- 1 tbsp olive oil (for drizzling)

For the Flavored Quinoa:

- 1/2 cup quinoa (rinsed)
- 1 cup vegetable broth (or water)
- 1 tbsp olive oil or coconut oil
- 1/2 tsp cumin (for warmth)
- 1/4 tsp ground coriander (optional)
- Salt and pepper, to taste
- Fresh parsley or cilantro, chopped (for garnish)

Instructions:

1. Prepare the Quinoa:

1. **Cook the Quinoa:**

- In a medium saucepan, combine the rinsed quinoa and vegetable broth (or water). Bring it to a boil over medium-high heat, then lower the heat and cover the pot. Let it simmer for 15 minutes, or until the liquid is absorbed and the quinoa is tender.
2. **Season the Quinoa:**
- Once cooked, fluff the quinoa with a fork. Stir in the olive oil, cumin, ground coriander (if using), and season with salt and pepper to taste. Set aside, keeping it warm.
-

2. Prepare the Steamed Courgette (Zucchini):

1. **Steam the Courgettes:**
- Place the sliced courgettes in a steamer basket over boiling water (or use a steaming insert). Steam for 5-7 minutes, or until the courgettes are tender but still slightly firm. Alternatively, you can lightly sauté the slices in a pan with a small drizzle of olive oil for a few minutes.
2. **Season the Courgettes:**
- Once cooked, drizzle with olive oil and season with salt and pepper to taste. Set aside.
-

3. Sauté the White Fish on a Bed of Onion and Fava Beans:

1. **Prepare the Onion and Fava Bean Bed:**
- In a large sauté pan, heat 1 tbsp olive oil over medium heat. Add the sliced onion and cook for 3-4 minutes, or until softened and translucent.
 - Add the garlic, dried thyme, and paprika (if using), and cook for another 1-2 minutes, stirring occasionally, until fragrant.
 - Add the cooked fava beans to the pan, stirring them into the onion mixture. Season with salt and pepper to taste. Let the mixture cook for 2-3 more minutes until the beans are warmed through.
2. **Sauté the White Fish:**
- Push the onion and fava bean mixture to the side of the pan to create space for the fish fillets.
 - Add the fish fillets to the pan and cook for 3-4 minutes on each side (depending on thickness) until golden brown and cooked through. The fish should be opaque and easily flake with a fork. If desired, drizzle a bit of lemon juice over the fish as it cooks for extra freshness.
3. **Assemble the Dish:**
- On each plate, create a bed of the sautéed onion and fava bean mixture.
 - Place the cooked white fish fillet on top.
-

4. Serve:

1. **Plate the Dish:**

- Serve the sautéed white fish on the bed of onions and fava beans alongside the steamed courgettes and flavored quinoa.
 - Garnish with fresh parsley or cilantro for a burst of color and freshness.
-

Nutrient Breakdown (Per Serving):

Nutrient	Amount
Calories	~450 kcal
Protein	~35 g
Carbohydrates	~40 g
Fat	~15 g
Saturated Fat	~2 g
Fiber	~8 g
Sugars	~5 g
Calcium	~10% of Daily Value
Iron	~15% of Daily Value

Health Benefits:

- **White Fish:** A lean source of high-quality protein, white fish like cod or haddock is rich in omega-3 fatty acids, which support heart health and brain function.
- **Fava Beans:** High in fiber and protein, fava beans support digestive health and provide essential minerals like iron and potassium.
- **Courgettes (Zucchini):** Low in calories but high in water and fiber, courgettes are great for hydration and digestive health.
- **Quinoa:** A complete protein containing all nine essential amino acids, quinoa is also a great source of fiber, B vitamins, and iron, promoting energy and supporting overall health.
- **Olive Oil:** Rich in monounsaturated fats, olive oil is known for its heart-healthy properties and is a good source of antioxidants.

This dish offers a wonderful balance of protein, fiber, healthy fats, and fresh vegetables. It's a light yet satisfying meal that's packed with flavor and nutrients.

Mackerel with Roasted Sweet Potato, Pea, and Pesto Purée (Serves 2)

Ingredients:

For the Mackerel:

- 2 mackerel fillets (fresh or frozen, skin-on or skinless)
- 1 tbsp olive oil (for cooking)
- Salt and pepper, to taste
- 1/2 lemon (for squeezing over the fish)
- Fresh herbs (such as parsley or dill) for garnish (optional)

For the Roasted Sweet Potato:

- 2 medium sweet potatoes, peeled and cut into 1-inch cubes
- 1 tbsp olive oil
- Salt and pepper, to taste
- 1/2 tsp smoked paprika (optional, for extra flavor)
- 1/2 tsp garlic powder (optional)

For the Pea and Pesto Purée:

- 1 cup frozen or fresh peas (defrosted if frozen)
- 2 tbsp pesto (store-bought or homemade)
- 1-2 tbsp water or vegetable broth (to adjust consistency)
- Salt and pepper, to taste
- 1 tbsp olive oil (optional, for extra creaminess)

Instructions:

1. Roast the Sweet Potato:

1. **Preheat the Oven:**
 - Preheat your oven to 400°F (200°C).
 2. **Prepare the Sweet Potatoes:**
 - Toss the cubed sweet potatoes with 1 tbsp olive oil, salt, pepper, smoked paprika, and garlic powder (if using). Spread them in a single layer on a baking sheet lined with parchment paper.
 3. **Roast:**
 - Roast the sweet potatoes in the preheated oven for 25-30 minutes, flipping halfway through, until they are tender and slightly caramelized on the edges.
-

2. Prepare the Pea and Pesto Purée:

1. **Cook the Peas:**
 - In a small saucepan, bring a pot of water to a boil. Add the peas and cook for 2-3 minutes, or until tender. Drain and set aside.
 2. **Blend the Purée:**
 - In a food processor or blender, combine the cooked peas and pesto. Blend until smooth, adding water or vegetable broth, a tablespoon at a time, to achieve a creamy consistency. Taste and adjust seasoning with salt and pepper as needed. If you prefer a richer flavor, you can also add 1 tbsp of olive oil for extra creaminess.
-

3. Cook the Mackerel:

1. **Prepare the Fish:**
 - Pat the mackerel fillets dry with paper towels and season both sides with salt and pepper.
 2. **Sauté the Fish:**
 - Heat 1 tbsp olive oil in a non-stick skillet over medium heat. Once the oil is hot, add the mackerel fillets, skin-side down (if using skin-on fillets). Cook for 3-4 minutes per side, or until the fish is golden brown and cooked through. The fish should flake easily with a fork. If you're using skinless fillets, just cook both sides until golden and crispy.
 3. **Finish with Lemon:**
 - Once the mackerel is cooked, squeeze a little fresh lemon juice over the fillets for brightness.
-

4. Assemble the Dish:

1. **Plate the Dish:**
 - On each plate, spoon a generous portion of the pea and pesto purée.
 - Arrange the roasted sweet potato cubes next to the purée.
 - Place the mackerel fillets on top or beside the vegetables.
2. **Garnish:**
 - Garnish with fresh herbs like parsley or dill if desired for extra flavor and a pop of color.

5. Serve:

- Serve immediately while the mackerel is still warm, and enjoy the vibrant, flavorful combination of ingredients!
-

Nutrient Breakdown (Per Serving):

Nutrient	Amount
Calories	~450 kcal
Protein	~30 g
Carbohydrates	~40 g
Fat	~20 g
Saturated Fat	~3 g
Fiber	~8 g
Sugars	~10 g
Calcium	~6% of Daily Value
Iron	~15% of Daily Value

Health Benefits:

- **Mackerel:** A fatty fish rich in omega-3 fatty acids, which support heart health, brain function, and reduce inflammation.
- **Sweet Potatoes:** High in fiber, vitamins A and C, and antioxidants, sweet potatoes help with digestion, boost immunity, and promote healthy skin.
- **Peas:** Packed with plant-based protein, fiber, and essential vitamins like vitamin K, peas are great for supporting muscle function and overall health.
- **Pesto:** Made from basil, nuts (often pine nuts), and olive oil, pesto offers heart-healthy fats, antioxidants, and anti-inflammatory properties.
- **Olive Oil:** A great source of monounsaturated fats, olive oil helps maintain heart health and provides anti-inflammatory benefits.

This dish is not only delicious but also balanced with lean protein, healthy fats, fiber, and nutrients, making it perfect for a wholesome and satisfying meal.

Barbecue Chicken with Guacamole and Sweet Potato Oven-Fries (Serves 2)

Ingredients:

For the Barbecue Chicken:

- 2 boneless, skinless chicken breasts or thighs
- 1/2 cup barbecue sauce (choose your favorite, or use a homemade version)
- 1 tbsp olive oil
- Salt and pepper, to taste
- 1 tsp smoked paprika (optional, for extra smoky flavor)

For the Sweet Potato Oven-Fries:

- 2 medium sweet potatoes, peeled and cut into thin wedges
- 1 tbsp olive oil
- 1/2 tsp garlic powder
- 1/2 tsp smoked paprika
- Salt and pepper, to taste
- 1 tbsp fresh parsley or cilantro, chopped (optional, for garnish)

For the Guacamole:

- 2 ripe avocados, mashed
- 1/2 small red onion, finely chopped
- 1 small tomato, diced
- 1 garlic clove, minced
- 1 tbsp fresh lime juice (or lemon juice)
- Salt and pepper, to taste
- 1 tbsp fresh cilantro, chopped (optional)

Instructions:**1. Prepare the Sweet Potato Oven-Fries:**

1. **Preheat the Oven:**
 - Preheat your oven to 425°F (220°C).
 2. **Prepare the Fries:**
 - Toss the sweet potato wedges in a bowl with olive oil, garlic powder, smoked paprika, salt, and pepper until evenly coated.
 3. **Roast the Fries:**
 - Spread the sweet potato wedges in a single layer on a baking sheet lined with parchment paper or a silicone mat.
 - Roast for 25-30 minutes, flipping halfway through, until the fries are golden and crispy on the outside and tender on the inside.
-

2. Cook the Barbecue Chicken:

1. **Preheat the Grill or Pan:**
 - Preheat your grill or a grill pan over medium-high heat. If using a regular pan, heat 1 tbsp olive oil over medium-high heat.
 2. **Season the Chicken:**
 - Season the chicken breasts with salt, pepper, and smoked paprika (if using). If you're using bone-in chicken, you may want to cook them for a slightly longer time.
 3. **Grill or Sear the Chicken:**
 - Place the chicken on the grill or in the pan. Cook for about 5-7 minutes per side, or until the internal temperature reaches 165°F (75°C) and the chicken is fully cooked through.
 4. **Add Barbecue Sauce:**
 - During the last 2-3 minutes of cooking, brush the chicken with the barbecue sauce and cook for an additional minute or so on each side until the sauce is slightly caramelized. You can also cook the sauce into the chicken on a low heat if you're using a pan.
 5. **Rest the Chicken:**
 - Once cooked, remove the chicken from the heat and let it rest for a few minutes before slicing.
-

3. Prepare the Guacamole:

1. **Mash the Avocados:**
 - In a medium bowl, mash the ripe avocados with a fork until smooth, leaving some chunks if you prefer a more textured guacamole.
2. **Mix the Ingredients:**
 - Add the chopped red onion, diced tomato, minced garlic, lime juice, cilantro (optional), salt, and pepper. Stir to combine, adjusting seasoning to taste.

3. **Serve:**
 - Set the guacamole aside until ready to serve.
-

4. Assemble the Dish:

1. **Plate the Meal:**
 - On each plate, serve the barbecue chicken alongside a generous portion of sweet potato oven-fries.
 - Spoon a portion of guacamole on the side, or directly on top of the chicken if you prefer.
 - Garnish with fresh parsley or cilantro if desired.
-

5. Serve and Enjoy:

- Serve immediately while the chicken is warm, and enjoy the crispy fries, tender barbecue chicken, and creamy guacamole together.
-

Nutrient Breakdown (Per Serving):

Nutrient	Amount
Calories	~550 kcal
Protein	~35 g
Carbohydrates	~45 g
Fat	~25 g
Saturated Fat	~4 g
Fiber	~9 g

Sugars ~15 g

Calcium ~6% of Daily Value

Iron ~12% of Daily Value

Health Benefits:

- **Chicken:** A lean source of protein, which helps build muscle and supports the immune system. The addition of barbecue sauce provides a sweet and savory flavor without excess calories, especially if you choose a sugar-free or homemade sauce.
- **Sweet Potatoes:** Rich in complex carbohydrates, fiber, and vitamin A, sweet potatoes are great for energy, supporting healthy digestion, and boosting immunity.
- **Avocados:** A great source of healthy fats, particularly monounsaturated fats, which support heart health and help with nutrient absorption.
- **Cilantro:** Full of antioxidants, cilantro supports detoxification and digestion.

This **Barbecue Chicken with Guacamole and Sweet Potato Oven-Fries** is a flavorful, balanced meal that combines lean protein, healthy fats, and fiber for a satisfying dish. Perfect for a wholesome dinner with a touch of fun from the barbecue flavors!

Dairy-Free Honey Mustard Chicken with Millet (Serves 2)

Ingredients:

For the Honey Mustard Chicken:

- 2 boneless, skinless chicken breasts or thighs
- 2 tbsp Dijon mustard
- 1 tbsp honey (use maple syrup for a vegan version)
- 1 tbsp olive oil
- 1 tbsp apple cider vinegar (or lemon juice)
- 1 garlic clove, minced
- Salt and pepper, to taste
- 1 tsp dried thyme or rosemary (optional)
- Fresh parsley, chopped (for garnish)

For the Millet:

- 1/2 cup millet
 - 1 cup water or vegetable broth (for more flavor)
 - 1 tbsp olive oil (optional)
 - Salt, to taste
-

Instructions:

1. Prepare the Millet:

1. **Rinse the Millet:**
 - Rinse the millet under cold water to remove any excess starch.
 2. **Cook the Millet:**
 - In a medium saucepan, combine the rinsed millet and 1 cup of water or vegetable broth. Add a pinch of salt and bring to a boil over medium-high heat.
 - Once boiling, reduce the heat to low, cover the pan, and simmer for 15-20 minutes, or until the liquid is absorbed and the millet is tender.
 - Once cooked, fluff the millet with a fork and stir in 1 tbsp olive oil (optional) for added richness. Set aside and keep warm.
-

2. Prepare the Honey Mustard Chicken:

1. **Make the Marinade:**
 - In a small bowl, combine the Dijon mustard, honey (or maple syrup), olive oil, apple cider vinegar (or lemon juice), minced garlic, salt, pepper, and dried thyme or rosemary (if using). Whisk until the mixture is smooth and well-combined.
 2. **Marinate the Chicken:**
 - Place the chicken breasts or thighs in a resealable plastic bag or shallow dish. Pour the honey mustard marinade over the chicken and toss to coat. Marinate in the fridge for at least 15 minutes, or up to 1 hour for more flavor.
 3. **Cook the Chicken:**
 - Heat a non-stick skillet or grill pan over medium heat and add a little olive oil.
 - Once the pan is hot, add the marinated chicken. Cook for 5-7 minutes per side, or until the internal temperature of the chicken reaches 165°F (75°C) and the chicken is golden brown.
 - Remove from the heat and let the chicken rest for a few minutes before slicing.
-

3. Assemble the Dish:

1. **Plate the Millet:**
 - Spoon a generous portion of millet onto each plate.
2. **Top with Honey Mustard Chicken:**
 - Slice the cooked chicken and arrange it on top of the millet.
3. **Garnish:**

- Garnish the dish with freshly chopped parsley for a burst of color and freshness.
-

4. Serve and Enjoy:

- Serve the **Dairy-Free Honey Mustard Chicken** alongside the **millet** and enjoy this simple, flavorful, and nutritious meal!
-

Nutrient Breakdown (Per Serving):

Nutrient	Amount
Calories	~450 kcal
Protein	~35 g
Carbohydrates	~45 g
Fat	~18 g
Saturated Fat	~2 g
Fiber	~5 g
Sugars	~10 g
Calcium	~6% of Daily Value
Iron	~12% of Daily Value

Health Benefits:

- **Chicken:** A lean source of protein that helps build muscle and support the immune system.
- **Honey (or Maple Syrup):** Natural sweeteners that add flavor without refined sugars and provide trace amounts of vitamins and minerals.
- **Millet:** A gluten-free, whole grain that is high in fiber, protein, and essential minerals like magnesium and phosphorus, supporting digestion and heart health.
- **Olive Oil:** Rich in heart-healthy monounsaturated fats and antioxidants, olive oil contributes to overall wellness and helps reduce inflammation.

This **Dairy-Free Honey Mustard Chicken with Millet** is a balanced and flavorful dish that's full of protein, fiber, and healthy fats. It's perfect for a nutritious dinner that's both filling and satisfying.

DESSERTS

Dairy-Free Adzuki Bean Ice Cream with Stevia (Makes about 4 servings)

Ingredients:

- 1/2 cup dried adzuki beans (or 1 can cooked adzuki beans, drained and rinsed)
- 1 1/2 cups unsweetened coconut milk (or any plant-based milk of choice)
- 1/4 cup canned coconut cream (for creaminess)
- 1/2 tsp vanilla extract
- 1/4 tsp sea salt
- 2-3 tbsp stevia (or stevia extract, adjust to taste)
- 2 tbsp maple syrup (optional, for a touch of natural sweetness)
- 1/2 cup unsweetened coconut yogurt (optional, for extra creaminess)
- 1 tbsp arrowroot powder (optional, for texture)

Instructions:

1. **Cook the Adzuki Beans:**
 - If using dried adzuki beans, rinse them thoroughly, then place them in a pot with 2 cups of water. Bring to a boil, then reduce the heat and simmer for 45-60 minutes, or until tender. Drain the beans and let them cool.
 - If using canned adzuki beans, simply drain and rinse the beans.
2. **Blend the Beans:**
 - In a blender or food processor, combine the cooked adzuki beans, coconut milk, coconut cream, vanilla extract, sea salt, and stevia. Blend until smooth and creamy.
3. **Add Optional Ingredients:**

- If using coconut yogurt, add it to the blender and blend again. This will give the ice cream an extra creamy texture.
 - If you prefer a thicker texture, mix 1 tbsp of arrowroot powder with 2 tbsp of cold water, then add this slurry to the mixture and blend.
 - 4. **Taste and Adjust Sweetness:**
 - Taste the mixture and adjust the sweetness as needed by adding more stevia or a small amount of maple syrup for natural sweetness.
 - 5. **Chill the Mixture:**
 - Pour the mixture into a bowl and chill in the refrigerator for at least 1 hour, or until cold. This will help it freeze more evenly.
 - 6. **Churn the Ice Cream:**
 - Once the mixture is chilled, pour it into an ice cream maker and churn according to the manufacturer's instructions, usually for about 20-25 minutes until it reaches a soft-serve consistency.
 - 7. **Freeze the Ice Cream:**
 - Transfer the churned ice cream to a lidded container and freeze for at least 4 hours, or overnight, to firm up.
 - 8. **Serve:**
 - Scoop the adzuki bean ice cream into bowls or cones, and enjoy! If the ice cream is too hard, let it sit at room temperature for a few minutes to soften before serving.
-

Nutrient Breakdown (Per Serving):

(Assuming 4 servings)

Nutrient	Amount
Calories	~180 kcal
Protein	~5 g
Carbohydrates	~20 g
Fat	~12 g
Saturated Fat	~10 g

Fiber	~4 g
Sugars	~3 g (from stevia and beans)
Calcium	~5% of Daily Value
Iron	~10% of Daily Value

Health Benefits:

- **Adzuki Beans:** These small red beans are packed with plant-based protein, fiber, and antioxidants. They are also low in fat and provide essential minerals like iron and magnesium.
- **Coconut Milk and Cream:** Rich in healthy fats, coconut milk and cream add a creamy texture and support heart health.
- **Stevia:** A natural, zero-calorie sweetener that doesn't spike blood sugar levels, making it ideal for those looking to reduce their sugar intake.
- **Coconut Yogurt:** Provides additional probiotics for gut health (optional, but adds a nice tang and creaminess).

This **Dairy-Free Adzuki Bean Ice Cream** offers a delicious and healthy alternative to traditional ice cream, with the unique flavor of adzuki beans and a creamy texture, all without refined sugar or dairy.

Here's a recipe for a **Gluten-Free Pear Frangipane Tart**, a deliciously rich and nutty dessert with a naturally sweet pear topping. The frangipane filling, made from almonds, creates a fragrant and creamy layer that's perfect for pairing with ripe, juicy pears.

Gluten-Free Pear Frangipane Tart (Serves 8)

Ingredients:

For the Gluten-Free Tart Crust:

- 1 1/2 cups gluten-free all-purpose flour (or a blend with xanthan gum included)
- 1/4 cup almond flour (adds flavor and texture)
- 1/4 cup coconut flour (optional for a light texture)
- 1/4 cup cold unsalted butter or dairy-free butter, cut into cubes

- 1/4 cup maple syrup or honey (optional, depending on sweetness preference)
- 1 egg (or flax egg for vegan: 1 tbsp ground flax + 2.5 tbsp water)
- 1/4 tsp salt
- 1/4 tsp vanilla extract

For the Frangipane Filling:

- 1 cup almond flour (or finely ground almonds)
- 1/4 cup maple syrup or honey
- 2 tbsp coconut flour (for texture)
- 1/4 cup dairy-free butter, softened (or regular butter if not dairy-free)
- 1 large egg (or flax egg for vegan: 1 tbsp ground flax + 2.5 tbsp water)
- 1 tsp vanilla extract
- 1/2 tsp almond extract (optional, for a stronger almond flavor)
- 1/4 tsp salt

For the Pear Topping:

- 2 ripe pears (Bosc or Anjou pears work well), peeled, cored, and sliced thinly
- 1 tbsp lemon juice (to prevent browning)
- 1 tbsp maple syrup or honey (optional, for sweetness)

Instructions:

1. Prepare the Tart Crust:

- In a food processor, combine the gluten-free flour, almond flour, coconut flour (if using), and salt. Pulse a few times to mix.
- Add the cold butter cubes and pulse until the mixture resembles breadcrumbs.
- Add the egg (or flax egg), vanilla extract, and maple syrup (or honey), and pulse until the dough comes together. If the dough feels too dry, add a tablespoon of cold water at a time until it holds together.
- Press the dough evenly into the base and up the sides of a tart pan (8-inch round tart pan with removable bottom is ideal). Use your fingers to gently press and shape the crust.
- Place the tart shell in the refrigerator for 30 minutes to chill (this helps the crust maintain its shape during baking).

2. Bake the Crust:

- Preheat the oven to 350°F (175°C).
- Once chilled, line the tart crust with parchment paper and add baking beans or rice to weigh it down.
- Bake for 10-12 minutes. After that, remove the parchment paper and beans, and bake for an additional 5-8 minutes, or until the crust is golden brown and fully set.
- Remove from the oven and let it cool slightly while you prepare the filling.

3. Make the Frangipane Filling:

- In a bowl, beat the softened dairy-free butter (or regular butter) with the maple syrup (or honey) until smooth and creamy.
- Add the egg (or flax egg), vanilla extract, almond extract (if using), and salt, and continue to beat until well combined.

- Stir in the almond flour and coconut flour, mixing until smooth and well incorporated.
 - 4. **Assemble the Tart:**
 - Spread the frangipane filling evenly into the cooled tart shell, smoothing it into an even layer.
 - Arrange the pear slices on top of the frangipane filling, slightly overlapping them in a circular pattern.
 - 5. **Bake the Tart:**
 - Place the assembled tart in the oven and bake at 350°F (175°C) for 30-35 minutes, or until the frangipane is golden and set, and the pears are tender.
 - Check the tart halfway through baking; if the edges are browning too quickly, cover them with a strip of foil.
 - 6. **Finish and Serve:**
 - Once baked, remove the tart from the oven and let it cool in the pan for 10 minutes before transferring it to a wire rack to cool completely.
 - Optional: For a glossy finish, brush the pears with a little warmed maple syrup or honey.
 - Slice and serve as is, or with a dollop of whipped coconut cream or dairy-free vanilla ice cream.
-

Nutrient Breakdown (Per Slice) (Based on 8 slices):

Nutrient	Amount
Calories	~280 kcal
Protein	~6 g
Carbohydrates	~26 g
Fat	~18 g
Saturated Fat	~5 g
Fiber	~4 g

Sugars ~12 g (from fruit and natural sweeteners)

Calcium ~6% of Daily Value

Iron ~10% of Daily Value

Health Benefits:

- **Almond Flour:** A good source of healthy fats, protein, and fiber, it's rich in Vitamin E and magnesium.
- **Pears:** High in fiber, particularly pectin, which supports digestion, and packed with antioxidants like Vitamin C.
- **Coconut Flour:** Adds extra fiber and a light texture to the crust while keeping it gluten-free.
- **Butter (or Dairy-Free Alternatives):** Healthy fats for creaminess, and dairy-free options can be used for those with sensitivities.

This **Gluten-Free Pear Frangipane Tart** is a deliciously nutty dessert, with the perfect balance of sweetness from the pears and the almond-flavored frangipane filling. It's naturally gluten-free and can be made dairy-free and refined sugar-free as well. Let me know if you have any questions or would like more adjustments!

BIRTHDAY CAKE

Triple-Layered Vegan Cake (Serves 8-10)

Ingredients:

Layer 1: Dates, Pecans, and Coconut

- 1 1/2 cups Medjool dates (pitted)
- 1 cup raw pecans
- 1/2 cup unsweetened shredded coconut
- 2 tbsp coconut oil (melted)
- 1 tsp vanilla extract
- Pinch of sea salt

Layer 2: Chestnut Cream with Vanilla and Cardamom

- 1 cup cooked or canned chestnut puree
- 1/2 cup coconut cream (or any non-dairy cream)
- 1 tbsp maple syrup or agave syrup
- 1 tsp vanilla extract
- 1/4 tsp ground cardamom
- Pinch of salt

Layer 3: Cashew Cream with Matcha and Berry Swirl

- 1 cup raw cashews (soaked for 4 hours or overnight)
- 1/4 cup coconut milk (or any plant-based milk)
- 2 tbsp maple syrup
- 1/2 tsp vanilla extract
- 1 tsp matcha powder
- 1/4 cup mixed berries (strawberries, raspberries, blueberries, or your preference)
- 1 tbsp lemon juice (for the berry swirl)
- 1 tbsp maple syrup (for the berry swirl)

Instructions:

1. Prepare Layer 1 (Dates, Pecans, and Coconut):

- 1. Blend the Base:**
 - In a food processor, combine the dates, pecans, shredded coconut, melted coconut oil, vanilla extract, and a pinch of sea salt. Pulse until the mixture is sticky and begins to clump together. You may need to scrape the sides of the bowl a few times to get everything mixed evenly.
- 2. Form the Bottom Layer:**
 - Line the bottom of a 7-8 inch cake pan with parchment paper or lightly grease it with coconut oil. Press the date, pecan, and coconut mixture into the bottom of the pan to form a firm, even layer. Place the pan in the fridge to set while you prepare the next layer.

2. Prepare Layer 2 (Chestnut Cream with Vanilla and Cardamom):

- 1. Blend the Chestnut Cream:**
 - In a blender or food processor, combine the chestnut puree, coconut cream, maple syrup, vanilla extract, ground cardamom, and a pinch of salt. Blend until smooth and creamy. If the mixture is too thick, you can add a small amount of plant-based milk to loosen it up.
 - 2. Spread the Chestnut Layer:**
 - Remove the cake pan from the fridge, and pour the chestnut cream layer over the first layer of dates and pecans. Smooth it out evenly with a spatula. Place the cake pan back into the fridge to set while you prepare the final layer.
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3. Prepare Layer 3 (Cashew Cream with Matcha and Berry Swirl):

- 1. Make the Cashew Cream:**
 - In a high-speed blender, combine the soaked cashews, coconut milk, maple syrup, and vanilla extract. Blend until the mixture is completely smooth and creamy. If needed, add a little more plant-based milk to achieve a smooth consistency.
 - 2. Prepare the Matcha Layer:**
 - Divide the cashew cream into two portions. In one portion, whisk in the matcha powder until fully incorporated. The matcha layer should have a vibrant green color.
 - 3. Prepare the Berry Swirl:**
 - In a small saucepan, combine the mixed berries, lemon juice, and maple syrup. Heat on low for a few minutes until the berries break down and form a sauce-like consistency. You can mash the berries slightly with the back of a spoon. Once the berry sauce is ready, allow it to cool to room temperature.
 - 4. Assemble the Matcha and Berry Swirl:**
 - Gently spoon the matcha cashew cream over the chestnut cream layer, spreading it evenly. Then, drop small spoonfuls of the berry sauce on top of the matcha layer. Use a toothpick or skewer to swirl the berry sauce into the matcha cream, creating a marbled effect.
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4. Assemble and Set the Cake:

- 1. Layer Assembly:**
 - After preparing all three layers, cover the cake with plastic wrap or a lid, and place it in the fridge to set for at least 4 hours, or preferably overnight, to allow the layers to firm up.
 - 2. Serve:**
 - Once the cake has set, carefully remove it from the cake pan. Slice into wedges and serve as a beautiful, multi-layered dessert.
-

Nutrient Breakdown (Per Serving) (Approx. 1/10th of the cake):

Nutrient	Amount
Calories	~250 kcal
Protein	~5 g

Carbohydrates	~30 g
Fat	~16 g
Saturated Fat	~6 g
Fiber	~4 g
Sugars	~16 g (natural sugars from fruit and maple syrup)
Calcium	~4% of Daily Value
Iron	~8% of Daily Value

Health Benefits:

- **Dates and Pecans:** Dates provide natural sweetness and are rich in fiber, while pecans are a good source of healthy fats and antioxidants.
- **Chestnuts:** Low in fat and a good source of vitamin C, chestnuts are a healthier option for creamy fillings.
- **Cashews:** Cashews offer a creamy texture while providing healthy fats and protein.
- **Matcha:** Packed with antioxidants, matcha boosts metabolism and provides a natural energy boost.
- **Berries:** Full of vitamins and antioxidants, berries add natural sweetness and are great for skin health and immunity.

This **Triple-Layered Vegan Cake** offers a beautiful combination of flavors, from the nutty base to the smooth, spiced chestnut cream and vibrant matcha with berry swirl. It's perfect for a special occasion or as a healthy treat. Enjoy!

COOKIES

Gluten-Free, Dairy-Free, and Sugar-Free Almond Cookies (Makes about 12 cookies)

Ingredients:

- 2 cups almond flour (preferably blanched for a finer texture)
 - 1/4 cup coconut flour (helps with structure and texture)
 - 1/4 cup stevia (or sweetener of choice, adjust to taste)
 - 1/2 tsp baking soda
 - 1/4 tsp salt
 - 1/4 tsp vanilla extract
 - 1/4 cup coconut oil (melted) or avocado oil
 - 1 large egg (or 1 flax egg for a vegan option: 1 tbsp ground flaxseed + 2.5 tbsp water)
 - 1/4 cup unsweetened almond milk (or any plant-based milk)
 - Optional: 1/4 cup sliced almonds or almond slivers for topping
 - Optional: 1/4 tsp cinnamon for extra flavor
-

Instructions:

- 1. Preheat the Oven:**
 - Preheat your oven to 350°F (175°C). Line a baking sheet with parchment paper or a silicone baking mat to prevent sticking.
- 2. Mix the Dry Ingredients:**
 - In a large mixing bowl, combine the almond flour, coconut flour, baking soda, salt, and optional cinnamon (if using). Stir well to ensure the dry ingredients are evenly distributed.
- 3. Combine the Wet Ingredients:**
 - In a separate bowl, whisk together the melted coconut oil, egg (or flax egg), vanilla extract, and almond milk until smooth.
- 4. Combine Wet and Dry Ingredients:**
 - Add the wet ingredients to the dry ingredients and mix until a dough forms. The dough should be slightly thick but easy to handle. If it's too wet, you can add a bit more almond flour to thicken it.
- 5. Shape the Cookies:**
 - Scoop out spoonfuls of the dough and roll them into balls. Place the dough balls onto the prepared baking sheet, spaced about 2 inches apart. If you prefer flatter cookies, gently press each ball down with the back of a spoon or your fingers.
- 6. Add Optional Toppings:**
 - If using sliced almonds, press a few into the top of each cookie for added texture and visual appeal.
- 7. Bake:**

- Bake in the preheated oven for 10-12 minutes, or until the edges of the cookies are golden brown. Keep an eye on them to avoid over-baking, as almond flour cookies can brown quickly.
8. **Cool:**
- Remove the cookies from the oven and let them cool on the baking sheet for 5 minutes before transferring them to a wire rack to cool completely.
9. **Serve:**
- Enjoy these gluten-free, dairy-free, and sugar-free almond cookies as a delicious treat with your favorite beverage!
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Nutrient Breakdown (Per Cookie) (Based on 12 cookies):

Nutrient	Amount
Calories	~120 kcal
Protein	~4 g
Carbohydrates	~4 g
Fat	~10 g
Saturated Fat	~3 g
Fiber	~2 g
Sugars	~1 g (from almond flour and sweetener)
Calcium	~6% of Daily Value

Iron

~6% of Daily Value

Health Benefits:

- **Almond Flour:** A great source of healthy fats, protein, and fiber, almond flour also provides vitamins and minerals, including Vitamin E and magnesium.
- **Coconut Flour:** High in fiber and low in carbohydrates, coconut flour adds texture and helps absorb moisture in the cookies.
- **Coconut Oil:** Rich in medium-chain triglycerides (MCTs), coconut oil provides a quick source of energy and supports heart health.
- **Stevia:** A natural, calorie-free sweetener that does not spike blood sugar, making it ideal for those managing their sugar intake.

These cookies are a great guilt-free snack or dessert option for those avoiding gluten, dairy, and sugar. They have a delicious nutty flavor from the almonds and are perfectly crisp on the outside while soft on the inside. Enjoy!

ENERGY BALLS

Smooth Matcha and Maca Energy Balls (Makes about 10-12 balls)

Ingredients:

- 1 cup raw cashews
 - 1/2 cup unsweetened shredded coconut (plus extra for rolling)
 - 2 tbsp coconut flour (for binding and texture)
 - 1 tbsp matcha powder (ceremonial grade for the best flavor)
 - 1 tbsp maca powder (for energy and endurance)
 - 2-3 tbsp maple syrup or agave syrup (or to taste, depending on sweetness preference)
 - 1 tbsp coconut oil (melted, to help bind the ingredients)
 - 1/2 tsp vanilla extract
 - 1/8 tsp sea salt
 - 1-2 tbsp water (as needed, to adjust texture)
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Instructions:

1. **Process the Cashews:**

- In a food processor, pulse the cashews until they break down into a fine meal. Be careful not to over-process them into a paste.
 - 2. **Add Dry Ingredients:**
 - Add the shredded coconut, coconut flour, matcha powder, maca powder, and sea salt to the food processor. Pulse a few times to combine everything evenly.
 - 3. **Add Wet Ingredients:**
 - Add the maple syrup, melted coconut oil, and vanilla extract to the mixture. Pulse until everything is well combined and the mixture starts to clump together. If the mixture is too dry, add a tablespoon of water at a time until it reaches a dough-like consistency that you can easily roll into balls.
 - 4. **Roll the Balls:**
 - Using your hands, roll the mixture into small balls (about 1 inch in diameter). If you'd like, roll the balls in extra shredded coconut for a finishing touch.
 - 5. **Chill:**
 - Place the energy balls on a baking sheet or plate lined with parchment paper. Refrigerate for at least 30 minutes to firm them up.
 - 6. **Serve:**
 - Once chilled, your smooth matcha and maca energy balls are ready to enjoy! Store them in an airtight container in the fridge for up to 1 week.
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Nutrient Breakdown (Per Energy Ball) (Based on 12 balls):

Nutrient	Amount
Calories	~110 kcal
Protein	~3 g
Carbohydrates	~9 g
Fat	~7 g
Saturated Fat	~4 g
Fiber	~2 g
Sugars	~5 g
Calcium	~2% of Daily Value
Iron	~6% of Daily Value

Health Benefits:

- **Matcha:** Rich in antioxidants (particularly catechins) that boost metabolism and promote calm alertness, matcha is an excellent energy booster.

- **Maca:** Known for its energy-boosting and hormone-balancing properties, maca powder helps improve endurance and stamina.
- **Cashews:** Packed with healthy fats, protein, and magnesium, cashews are great for supporting heart health and energy levels.
- **Coconut:** Provides healthy fats and fiber, which help keep you feeling full and provide long-lasting energy.
- **Coconut Oil:** Helps bind the ingredients and provides a smooth texture, while offering medium-chain triglycerides (MCTs) that support brain and energy functions.

These energy balls are a great snack to have on hand for a natural energy boost, and they're perfect for pre- or post-workout, or as a healthy afternoon pick-me-up.

CHOCOLATE TRUFFLES

Here's a recipe for **Dark Chocolate Truffles with Coconut Cream, Dried Raspberries, and Rose Essential Oil**. These luxurious truffles combine the richness of dark chocolate with the smoothness of coconut cream, the tang of dried raspberries, and a delicate hint of rose essential oil, making them a perfect treat for special occasions or just to indulge yourself.

Dark Chocolate Truffles with Coconut Cream, Dried Raspberries, and Rose Essential Oil (Makes about 12-15 truffles)

Ingredients:

- 200g (7 oz) dark chocolate (70-90% cacao)
- 1/2 cup coconut cream (full-fat, canned)
- 2 tbsp maple syrup or stevia (optional, for added sweetness)
- 1/2 tsp organic cold-pressed rose essential oil (ensure it is food-grade and safe for consumption)
- 1/4 cup dried raspberries (crushed)
- 1 tbsp coconut oil (for extra smoothness)
- 1/4 cup cocoa powder (for rolling)
- 1/4 cup shredded coconut (optional, for rolling)

Instructions:

1. Prepare the Truffle Filling:

- In a medium saucepan, heat the coconut cream over low heat until it is warm but not boiling.
- Break the dark chocolate into small pieces and place it in a heatproof bowl.
- Pour the warm coconut cream over the chocolate. Let it sit for a minute to melt, then stir until the chocolate is completely melted and smooth.
- If you'd like extra sweetness, add maple syrup or agave syrup at this point and stir to combine.

- Add the rose essential oil and stir well to infuse the chocolate mixture with a subtle rose aroma.
 - 2. **Add Dried Raspberries:**
 - Gently fold in the dried raspberries into the chocolate mixture. You can crush some of the dried raspberries into smaller pieces for a more integrated texture, or leave them whole for a bit of bite.
 - 3. **Chill the Mixture:**
 - Allow the mixture to cool to room temperature, then place it in the refrigerator for about 1-2 hours, or until the mixture is firm enough to scoop and roll into balls.
 - 4. **Form the Truffles:**
 - Once the chocolate mixture is firm, scoop out small portions (about 1 tablespoon each) and roll them into balls with your hands. Work quickly, as the chocolate may soften if your hands are too warm.
 - If the mixture is too soft to form truffles, refrigerate for an additional 30 minutes until it firms up more.
 - 5. **Coat the Truffles:**
 - Roll the truffles in cocoa powder to coat them completely. For extra texture and flavor, you can also roll them in shredded coconut or crushed dried raspberries.
 - 6. **Chill and Set:**
 - Place the coated truffles back into the fridge for about 30 minutes to set and firm up.
 - 7. **Serve and Enjoy:**
 - Once chilled, your dark chocolate truffles are ready to enjoy! Store them in an airtight container in the refrigerator for up to 1-2 weeks.
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Nutrient Breakdown (Per Truffle) (Approx. 12 truffles):

Nutrient	Amount
Calories	~120 kcal
Protein	~1 g
Carbohydrates	~10 g
Fat	~9 g
Saturated Fat	~6 g
Fiber	~2 g
Sugars	~5 g
Calcium	~2% of Daily Value
Iron	~6% of Daily Value

Health Benefits:

- **Dark Chocolate:** Rich in antioxidants, particularly flavonoids, dark chocolate can improve heart health, boost mood, and protect against oxidative stress.
- **Coconut Cream:** Provides healthy fats, particularly medium-chain triglycerides (MCTs), which can boost energy and support brain health.
- **Dried Raspberries:** High in antioxidants, particularly vitamin C, dried raspberries also provide fiber and a burst of tangy flavor.
- **Rose Essential Oil:** Known for its calming properties, rose oil can help reduce stress and promote relaxation. The subtle floral flavor enhances the truffles' aroma and taste.
- **Coconut Oil:** Adds smoothness and helps to solidify the truffle mixture as it cools, while providing healthy fats.

These **Dark Chocolate Truffles with Coconut Cream, Dried Raspberries, and Rose Essential Oil** are a decadent, refined treat that will make any occasion feel special. Their creamy texture, rich chocolate flavor, and delicate floral notes from the rose oil are sure to delight your taste buds.