

Buckwheat Pancakes

By Felicity Lucas

ALLERGY INFO:

Free From: Gluten

Contains: Eggs, Milk



STATS	GRAMS	%
Calories per 100.0g		207
Carbohydrate:	34.3	66.3
Protein:	9	17.4
Fat	3.7	16.3
Alcohol:	0	0
Serves	4 – makes 8 x 8cm pancakes	

Quantity	INGREDIENTS
1 Large	Egg
45g	Low Fat, Plain Yoghurt
45g	Buckwheat Flour
45g	Rice Flour
1.5 teaspoon	Baking Powder (gluten free)

COOKING INSTRUCTIONS AND NOTES

Prep Time - 15 minutes

Cooking Time – 20 minutes

Calories – 84 per pancake

In a bowl combine the flours baking powder with a pinch of salt.

Add the egg and gradually whisk in the yoghurt and enough milk to give a thick, smooth batter the consistency of loosely whipped double cream.

Whisk in the olive oil.

Grease a non stick frying pan with a little oil and heat until hot.

Spoon some of the batter into the pan and quickly swirl and spread the batter thinly to an 8 cm circle.

Cook the pancake on one side until the bubbles appear then flip it over and cook the other side.

Transfer to a plate and stake between sheets of grease proof paper to keep warm while you cook the rest of the pancakes.

Serve with fresh fruit smashed avocado or a poached egg.

Cottage Pie

By Felicity Lucas

ALLERGY INFO:

Free From: Gluten

Contains: Milk

STATS:	Grams	%
Calories per 100.0g	62	
Carbohydrate:	9.8	63.5
Protein:	2.6	16.6
Fat	1.4	19.9
Alcohol:	0	0
Serves	5	

Quantity	INGREDIENTS
1kg	Sweet Potato
1 Tin	Baked beans (reduced sugar reduced salt)
1 Tin	Tomatoes
220g	Beef mince
3	Carrots
1 medium	Onion
70g	Green Beans
1 tablespoon	Tomato Puree
20g	Cheddar Cheese
1	Beef stock cube (low sodium)
1 tablespoon	Dried Thyme
Pinch	Salt
Pinch	Black Pepper

COOKING INSTRUCTIONS AND NOTES

Prep Time - 20 minutes

Cooking Time - 1 hour

Makes enough for 5 - 6 servings and lasts up to 3 days in the Fridge.

Turn on the oven to 200C / 180 C Fan.

Peel and chop the potatoes and boil in salted water until very tender.

Once tender, add black pepper, the grated cheese and mash. Set aside.

Whilst the potatoes are cooking, peel and chop the onions and peel and chop the carrots. Put 1 tablespoon of oil in a oven proof and hob proof dish. Heat the oil and then add the onions and carrots and cook gently for 5 minutes.

Add 1 tablespoon of tomato puree and cook for another 3 minutes.

Add the tomatoes, garlic, green beans, beef stock cube, 1 tablespoon of dried thyme and baked beans. Stir well. Add the beef mince and cook gently on the hob for 20 minutes. Once the 20 minutes are up, add the mashed potato on top and transfer to the oven and cook for 30 minutes. Keeps in the fridge.

Chicken and Olive Bake

From Health Food Cookbook by Jackie Burrow and Mary Norwak

ALLERGY INFO:

Free From: Gluten
May Contain: Sulphites
Contains:
Other properties:



STATS:	Grams	%
Calories per 100.0g	56	
Carbohydrate:	3.3	23.6
Protein:	7.2	52.1
Fat	1.5	24.3
Alcohol:	0	0
Serves	4	

Quantity	INGREDIENTS
4	Chicken Breast
4	Tomatoes
2	Peppers
2 medium	Onions
2 tablespoon	Tomato Puree
75g	Olives
1 tablespoon	Cider Vinegar
1 tablespoon	Olive Oil
Handful	Fresh Thyme
1 clove	Garlic
1 teaspoon	Dried Marjoram
Pinch	Salt
Pinch	Pepper black

COOKING INSTRUCTIONS AND NOTES

Prep time - 2 hours marinating plus 20 minutes extra preparation

Cooking Time – 60 minutes

Makes 4 portions that freezes well or keeps in the fridge for a couple of days.

Put the chicken in a shallow dish.

Mix together the vinegar, tomatoes, peppers, onions, garlic, marjoram, salt and pepper.

Pour over the chicken. Leave to marinate for 2 hours, turning the chicken once.

You can make this up in the morning and leave in the fridge during day whilst you are at work.

Heat the oil in a deep frying pan. Drain the chicken, reserving the marinade. Add the chicken to the pan and fry until golden brown on all sides.

Stir in the reserved marinade with the tomato puree and the olives.

Cover and simmer over a low heat for 1 hour. Taste and adjust the seasoning, sprinkle with fresh thyme and serve hot

Lentil Dhal

By Felicity Lucas

ALLERGY INFO:

Free From: Gluten

STATS:

	Grams	%
Calories per 100.0g	33	
Carbohydrate:	5.5	66.3
Protein:	2.4	29.2
Fat	0.2	4.5
Alcohol:	0	0
Serves	4	

Quantity

300 ml

225g

70g

1 small

2 tablespoons

1

Small Handful

2 cloves

1 thumb sized piece

½ teaspoon

½ teaspoon

½ teaspoon

½ teaspoon

INGREDIENTS

Water

Red Lentils

Green Beans

Onion

Fresh Lemon Juice

Vegetable Stock Cube (reduced sodium)

Fresh Coriander

Garlic

Ginger

Chilli flakes

Cinnamon ground

Turmeric ground

Ground Cumin

COOKING INSTRUCTIONS AND NOTES

Prep Time – 15 minutes

Cook – 30 minutes

Soak the lentils in cold water and drain. Chop the onions, beans and garlic.

Grate the ginger. Heat the oil in a saucepan and add the onion.

Fry for 5 minutes until soft and golden brown.

Add the garlic and fry for another minute or two then stir in the powdered spices, chilli flakes and the ginger. Keep stirring as you add the spices so they do not catch and burn.

Add the lentils and beans and stir again.

Add the water and bring to the boil.

Once it is boiling turn down to a simmer and cook for 30 minutes.

Make sure you use a slotted spoon to get rid of any scum that forms on the top.

Muesli

From Health Food Cookbook by Jackie Burrow and Mary Norwak

ALLERGY INFO:

May Contain: Hazelnuts, Pecans, Almonds, Cashews, Walnuts, Brazil nuts, Macadamias

Contains: Oats, Wheat, Tree Nuts, Sesame, Sulphites

STATS	Grams	%
Calories per 100.0g	429	
Carbohydrate:	42.1	39.3
Protein:	15.6	14.6
Fat	22	46.2
Alcohol:	0	0
Serves	12 ½ portions	



Quantity	INGREDIENTS
225g	Rolled Oats
100g	Wheatgerm
75g	Sunflower seeds
50g	Mixed nuts (no peanuts)
50g	Sesame seeds
20g	Dried Apricots
10g	Dried Apple
10g	Dried Dates
10g	Raisins

COOKING INSTRUCTIONS AND NOTES

Prep Time – 10 minutes

Cooking Time – None

Makes enough for 12.5 servings and lasts ages in an airtight container

Put the oats in a bowl, then stir in the remaining ingredients. Transfer to an airtight container.

For serving, use 40g of the muesli with milk or yoghurt and top with some fresh fruit like mango or Pineapple or Peach etc.

If you can't find wheatgerm, use Oatbran or just use extra rolled oats. You can also use this muesli in the overnight oats recipe. Keeps in the fridge.

Oriental Beef

By Felicity Lucas

ALLERGY INFO:

Contains: Wheat, Sesame, Soya, Sulphites

STATS:	Grams	%
Calories per 100.0g	43	
Carbohydrate:	4.4	40.6
Protein:	4.2	38.8
Fat	1	20.6
Alcohol:	0	0
Serves	5	

Quantity	INGREDIENTS
1 Tin	Tomatoes
1	Peppers
1 medium	Onion
100 ml	Water
175g	Lean Beef Steak
80g	Peas mange-tout
2	Fresh Chilli
2 tablespoon	Light Soy Sauce
1 tablespoon	Teriyaki Sauce
1	Beef stock Cube (reduced sodium)
3 cloves	Garlic
Drizzle	Sesame Oil

COOKING INSTRUCTIONS AND NOTES

Stir fry the vegetables in a sauté pan for 2 minutes and then add the beef and stir fry for another minute.

Add the ginger, garlic and chili and stir fry for a further 2 minutes.

Add the tomatoes and red wine and mix through.

Add the oxo cube and stock pot and stir.

Lastly add the sesame oil, soy sauce and Teriyaki sauce and cook on the hob for 30 – 40 minutes.

Protein Bars

By Felicity Lucas

ALLERGY INFO:

Contains: Oats, Peanuts

STATS:

	Grams	%
Calories per 100.0g	197	
Carbohydrate:	35.9	72.7
Protein:	3.7	7.5
Fat	4.4	19.8
Alcohol:	0	0

Quantity

2
168g
100ml
40g
40g
30g

INGREDIENTS

Bananas
Dried Dates
Black Tea
Rolled Oats
Peanut Butter (wholegrain)
Dried Apricots

COOKING INSTRUCTIONS AND NOTES

Prep Time – 15 minutes.

Cooking Time – 25 minutes.

Makes 8 and lasts up to 7 days in a sealed container in the fridge.

Grease a baking tray (12 cm by 8 cm) with oil and line with baking paper

Turn the oven onto 180C / 160 C Fan

Boil the kettle and make up tea with 100 ml of boiling water in a heat proof bowl and add the dates,

Let them soak for 10 minutes. Drain the dates and then chop very finely or use a food processor to puree.

In another bowl mash the bananas and then add the oats, peanut butter and apricots.

Add the data mixture to the banana mix and mix together well.

Press out into a baking tray. Make sure the mixture is evenly spread on the baking tray.

Cook for 25 minutes. Once cooked, take out the oven and cut into 8 squares.

Store in the fridge in a sealed container.

Spicy Mexican Bean Soup

By Lets Get Cooking

ALLERGY INFO:

Free From: Gluten

May Contain: Celery

STATS:	Grams	%
Calories per 100.0g	43	
Carbohydrate:	7.9	72.9
Protein:	1.8	16.3
Fat	0.5	10.8
Alcohol:	0	0

Quantity	INGREDIENTS
1 Tin	Tomatoes
300ml	Water
1 Tin	Red kidney Beans (canned in water)
1	Sweet potato
1	Pepper
1 medium	Onions
1	Carrots
2 cloves	Garlic
½ stock cube	Vegetable Stock Cube (reduced sodium)
1 teaspoon	Vegetable Oil
1 teaspoon	Chilli powder
1 teaspoon	Ground Cumin
1 teaspoon	Dried Oregano
Pinch	Black Pepper

COOKING INSTRUCTIONS AND NOTES

Peel the onion and chop into small pieces, then peel and press or finely chop the garlic (chop it as small as you can). Peel, top and tail the carrots (and the sweet potato if using) and chop into 1cm chunks. Wash the pepper, deseed and slice into 1cm pieces

Place the onion, garlic, carrots and (sweet potatoes if using) in the microwavable bowl and mix well. Place the bowl in the microwave and cook on full power for three minutes.

Measure 300ml/10fl oz of boiling water into a measuring jug, crumble in the stock cube and stir to dissolve.

Open the can of kidney beans, drain and rinse with cold water through the colander. Set aside.

Add the red pepper, oil and chilli powder to the microwaveable bowl. Add the cumin and oregano, if using. Stir and microwave on full power for one minute.

Stir in the chopped tomatoes, stock and black pepper, to taste (if using). Stir well again, then microwave on full power for 15 minutes, stirring every five minutes. Remove the soup from the microwave. Taste (take care the soup will be very hot) and add more black pepper if required (if using).

If you want smooth soup, rather than chunky soup, you can blend it at this stage. (Ladle a third of the soup into a jug blender. Holding a tea towel over the lid, blend the soup and pour into a clean mixing bowl. Repeat the process until all the soup is blended. Return to the microwave-safe bowl.) Add the kidney beans to the soup and microwave on full power for three minutes, stirring after two minutes. Remove the soup from the microwave and allow to stand for one minute before serving

Stuffed Peppers

From Health Food Cookbook by Jackie Burrow and Mary Norwak

ALLERGY INFO:

Free From: Gluten, Vegetarian

May Contain: Celery

Contains: Nuts, Milk, Sulphites

STATS:	Grams	%
Calories per 100.0g	66	
Carbohydrate:	5.7	34.3
Protein:	2.5	14.9
Fat	3.7	50.8
Alcohol:	0	0

Quantity	INGREDIENTS
4	Peppers
4	Tomatoes
300 ml	Water
175g	Rice (wholegrain)
1 medium	Onions
100g	Cheddar Cheese
50g	Pine nuts
25g	Raisins
½ stock cube	Vegetable Stock Cube (reduced sodium)
Handful	Fresh Parsley
½ teaspoon	Ground Cinnamon
Pinch	Black Pepper

COOKING INSTRUCTIONS AND NOTES

Prep Time – 30 minutes

Cooking Time – 40 minutes

Makes enough for 4 servings and lasts up to 2 days in the fridge.

Turn on the oven to 210C / 190 C Fan.

Cook the rice in the 300ml of water with a pinch of salt for 30 minutes or until the rice is tender and all the water has been absorbed.

Remove from the heat and gently fold in the chopped tomatoes, onions, pine nuts and raisins. Fold in most of the cheese, reserving a little for the topping, then fold in the parsley, cinnamon and pepper to taste.

Stand the peppers upright in a baking dish, cutting a small slice off the bottom if necessary. Divide the filling equally between the peppers, sprinkle with the reserved cheese and replace the lids.

Make up the vegetable stock cube with 5 tablespoons of water and pour into the baking dish. Cover with foil.

Bake in the oven for 30 to 40 minutes until the peppers are tender. Keeps in the fridge.

Three Bean Chilli

By Felicity Lucas

ALLERGY INFO:

Free From: Gluten Free, Vegan

STATS:

	Grams	%
Calories per 100.0g	60	
Carbohydrate:	9.8	65.7
Protein:	2.9	19.2
Fat	1	15.2
Alcohol:	0	0

Quantity

4
3 small
1 Tin
2 medium
1 Tin
1 Tin
1 Tin
175ml
3
1 tablespoon
1 tablespoon
1
3 cloves
Handful
1 thumb sized piece
1 teaspoon
1 teaspoon

INGREDIENTS

Carrots
Potatoes
Tomatoes
Onions
Broad Beans
Red Kidney Beans
Chick Peas
Water
Fresh Chilli
Tomato Puree
Olive Oil
Vegetable Stock Cube (reduced sodium)
Garlic
Fresh Coriander
Ginger
Ground Coriander
Ground Cumin

COOKING INSTRUCTIONS AND NOTES

Place a casserole dish on the hob and add some oil.

Add the onions and cook until soft and tender.

Add the tomato puree and cook for approximately 3 minutes, before adding the carrots, peppers, celery, chilies and garlic.

Cook for a further 2 minutes and add the ginger and stir. Add the remainder of the ingredients and bring to a simmer.

Cook on the hob for 1.5 hours or longer if you wish. You can cook it in the oven at 180 C for about 3 hours if you wish.