

Healthy Family MEAL PLAN 24



Created by our team of Nutritionists and Naturopaths



<i>Meal Plan</i>	<i>Breakfast</i>	<i>Lunch/Snacks</i>	<i>Dinner</i>
<i>Monday</i>	Gut Healing Apple Sauce stirred through Healthy Porridge	Super Easy Spinach & Feta Quiche/ Happy Hot Chocolate	Slow Cooked Lamb + Pear Stew w Greens
<i>Tuesday</i>	Gut Healing Apple Sauce, Greek Yoghurt & Almonds	Super Easy Spinach & Feta Quiche/ Happy Hot Chocolate	Leftover Slow Cooked Lamb + Pear Stew w Greens
<i>Wednesday</i>	Digestion Plus Smoothie + a Boiled Egg	Platter w Sardines, Olives, Crackers + Veggies Sticks/ Hormone Balancing Bites	Slow Cooker Chicken Tortilla Soup
<i>Thursday</i>	Healthy Porridge	Leftover Chicken Tortilla Soup/ Sliced Pear + Greek Yoghurt	Spicy Sausage, Potato & Brussel Sprout Tray Bake
<i>Friday</i>	Leftover Sausage Bake + a Fried Egg	Immune Boosting Miso Soup/ Hormone Balancing Bites	Vegan Mushroom Risotto
<i>Saturday</i>	Sourdough (or GF) French Toast w Fresh Fruit	Immune Boosting Miso Soup/ Sliced Pear + Greek Yoghurt	Fish Patties + Salad
<i>Sunday</i>	Warming Winter Shakshuka w Chickpeas	Fish Burgers using Leftover Patties + Salad/ Rice Cake + Nut Butter	Pumpkin Dahl + Rice w Steamed Veg

Breakfast

Gut Healing Apple Sauce



Ingredients:

- 6 apple, preferably organic, cored and chopped (keep skin on)
- ½ cup water
- 1 ½ teaspoon cinnamon
- 1 tablespoon freshly grated (peeled) ginger (optional)

Instructions:

1. Put all ingredients in a covered, heavy-bottomed pan.
2. Cook for about 15 minutes over medium heat, stirring regularly. Cook until soft with rough shapes, no longer identifiable as apple slices.
3. Allow to cool slightly, then puree in a blender (you can also leave whole and eat as stewed apple). For super smooth puree you can strain by pushing the puree through a fine sieve or nut milk bag.
4. Cover and store in the fridge. Eat warm or cold. Keeps 3-4 days in the fridge. Can also be frozen (in portions) and reheated as required.

Notes:

Under-ripe and green apples are the highest in pectin.

Optional - stir in probiotic or prebiotics powder when serving.

For sweeter - add a little raw honey after taking off the heat.

As a whole meal and to boost gut healing properties, serve with organic, natural yoghurt, fresh blueberries and almonds.

Digestion Plus Smoothie



Ingredients:

- 1 cup fresh pineapple, core included
- 1 kiwi, peeled
- 1 large handful baby spinach
- Juice from ½ small lemon
- 1 teaspoon finely grated ginger
- ½ cup mint leaves
- 2 tablespoons white chia seeds
- 1 cup coconut water
- 1 cup ice
- 1-2 high quality probiotic capsules, our casing removed (optional)

Instructions:

1. Blend all the ingredients in a high speed blender until smooth. Juice can be stored in the fridge in an airtight jar up to 24 hours. Shake before serving.

Healthy Porridge



Ingredients:

- 1 cup oats (use whole or rolled oats as they are lower G.I.)
- 1 ½ - 2 cups of water or milk

Choose among these extra nourishing toppings:

- L.S.A, chopped pear, yoghurt and 100% pure maple syrup
- Banana, whey protein and chia seeds
- Chopped macadamias, honey and goji berries
- Pepitas, sulphur free sultanas, grated apple and cinnamon
- Cacao powder, blueberries and honey
- Walnuts, butter and sulphur free dried apricots

Instructions:

1. Place ingredients into a saucepan and stir over medium heat while bringing up to the boil.
2. Turn down to low and cook for another few minutes until thick and creamy.

Notes:

Instead of using oats try rolled quinoa, spelt or rye. Quantities are the same.
Use milk alternatives such as almond or coconut.

Sourdough Starter



Ingredients:

- ¼ cup (30g) unbleached plain flour
- ¼ (30g) wholemeal flour
- 6 tablespoons (60g) room temperature filtered water

Instructions:

1. Combine the filtered water and flour in a small bowl. Stir vigorously to combine into a thick batter, with no dry lumps remaining. Cover with a tea towel and sit in a warm spot for 2-3 days (out of direct sunlight).
2. After 2-3 days, check and see if there are any bubbles on the surface and around the sides, if not, sit for another day. When it is ready it will start to have a cheesy smell, indicating it is time to be fed.
3. Discard half of the starter and add another 60g of the 50/50 flour blend and 60g of room temperature filtered water. Stir well, cover again and set aside for another 8-12 hours. After this time, it should start to be bubbly and active.
4. Discard half the mixture again and add 90g of the flour blend and 90g of filtered water. Allow to ferment for another 8-12 hours. Repeat this process until you get a creamy, bubbly starter with a pleasant yeasty scent. You will also notice

that it begins to follow a steady pattern of increasing in volume a few hours after feeding, then deflating again. To test if it is ready, you can drop 1 tablespoon into a large glass of filtered water. If it floats at the top the yeast is active enough to bake bread, if it sinks, continue for another 1-2 feeding cycles.

5. Continue feeding the starter with equal amounts of starter, 50/50 flour blend and filtered water every day (once every 24 hours). It can be any amount but 90-100g of each produces a good amount of starter, without wasting too much flour.

6. If you want to bake regularly, keep the starter at room temperature and feed daily. If you want to bake less regularly you can store the starter in the fridge and feed once per week. However you will need to do a full cycle of feeding at room temperature before using.

Basic Sourdough Bread - Flour Wheat + Salt



Ingredients:

Levain:

- 1 tablespoon sourdough starter (see recipe for “Sourdough Starter”)
- 200g room temperature filtered water
- 100g unbleached white bakers flour
- 100g wholemeal bakers flour

Bread:

- 700g + 50g room temp filtered water
- 800g unbleached white bakers flour
- 100g wholemeal bakers flour
- 100g rye flour
- 20g fine sea salt

Notes:

Gluten Free Alternatives - Traditional sourdough baking relies on the gluten in the bread to form the shape and rise of the loaf, so you can't replace the bulk of the flour with gluten free alternatives and follow the same steps. It is a different process to make GF sourdough.

For those with mild gluten sensitivity, the fermentation process helps break down some of the gluten and may assist with tolerance. The longer you ferment (up to 24 hours in the fridge), the more digestible it will become.

Ingredients:

1. Make the levain (8-12 hours ahead) -- Combine the ingredients for the levain in a medium bowl and mix well. Cover and let sit for 8-12 hours. To test if it is ready, drop 1 tablespoon of levain into a large glass of room temperature filtered water. If it is ready, it will float at the top, if it sinks, let it sit for another hour and test again.
2. Mix the bread dough and let rest (allow about 40 minutes to 1 hour) -- For the bread dough, place 700g filtered water in a large bowl. Add the levain and mix with your hands to disperse the levain evenly through the filtered water.
3. Add the flours, with your hands, mix the dough into a ragged mass, rubbing the newly formed dough against the side of the bowl to pick up any stray bits of dry flour. Continue to mix until all the dry lumps are integrated into the dough, about 3-4 minutes. The dough will be quite sticky. Cover the bowl and let sit for 30-40 minutes.
4. Sprinkle the salt over the dough along with the last 50g of filtered water. Incorporate into the dough by squeezing it between your fingers. Form the dough into a rough ball by folding the sides on top of itself. Transfer, seam side down, to a large clean bowl. Glass is great, so you can observe the fermentation process through the sides. Cover with a clean tea towel.
5. Bulk fermentation (3-4 hours) -- The dough will now go through “bulk fermentation” for 3-4 hours and will have to be regularly “turned”. No kneading is required. After the first 30 minutes of fermentation, dip one hand into some filtered water to prevent it from sticking, grab the bottom of the dough on one side, stretch it up and fold it back over the ball of dough. Repeat with all sides. Watch this video if you are unsure.
6. Repeat the turning of the dough every 30-40 minutes throughout the bulk fermentation, after the first 2 hours, turn the dough more gently to prevent deflating the dough. See below for “How do I know if my dough is ready to shape?”.

7. Shape the loaf (30-40 minutes) -- Using a large spatula (a dough spatula is great for this), carefully pull the dough onto the bench top (no need for flour). You want to come around the sides of the dough to release it from the bowl, so you don't deflate the loaf.
8. Lightly flour the surface of the dough with plain flour. Using a bench knife, or large sharp knife, cut the dough into two equal portions. The recipe makes 2 loaves of bread.
9. Flip each loaf so that the floured side rests on the bench. Working on one loaf at a time, fold the cut side of the dough onto itself, so that the floured side becomes the outer surface. Using a bench knife, or any large metal scraper and one hand, work each piece of dough into a round shape. You are working to create tension on the outer surface of each loaf. The technique is demonstrated here. After shaping both loaves, lightly flour the dough, cover with a clean tea towel and let sit for 20-30 minutes.
10. To form the final loaf shapes, using the bench knife, flip each loaf so the floured surface is resting on the bench. Fold the part of the dough closest to you up and over the middle third of the round. Stretch out the dough horizontally on the right and fold it over the middle, toward the left, stretch out the dough horizontally to the left and fold over the middle to the right. Stretch out the part of the dough furthest from you and fold toward the middle. Taking hold of the dough nearest to you, wrap it up and over, while rolling away from you so the smooth side is now on the top. See this video. Flour the surface of the dough, rubbing off any excess.
11. Line two medium bowls or proofing baskets with a clean tea towel. Using the bench knife, lift each loaf off the bench and transfer to the bowl/basket, smooth side down, so that the seam is facing up. If you choose not to do the Fridge Fermentation step below, cover your loaves and sit them in a warm spot for 3-4 hours (2 hours if the temperature is very warm).
12. Fridge fermentation (optional, but recommended, 8-24 hours) -- will increase the digestibility of bread. Cover the loaves with a tea towel, then a plastic bag and place in the fridge. You can leave to ferment for 8 to 24 hours. 8-12 is a good place to start.

13. Baking the bread -- Place a large cast iron dutch oven with lid in the middle of the oven and preheat to 260°C (500°F) Note, the dutch oven will get VERY hot, so you need thick oven mitts to prevent burns. Take one of the loaves out of the fridge and uncover.

14. Cut out a piece of baking paper into a circle of about 30cm diameter. Turn the bread out onto the baking paper, seam side down. Lightly flour the surface of the loaf and brush off any excess flour.

15. You will now need to 'score' the loaf, using a thin razor blade, or very thin sharp knife (a razor blade like this is best. You can score the bread in whatever way you like - this is a whole art in itself for some bakers - but an easy place to start on a round loaf is a square. Make 4 long, quick cuts forming a large square shape on the top of the loaf.

16. Remove the hot dutch oven pan from the oven, carefully remove the lid. Holding the sides of the baking paper, carefully lower the bread into the pan. Cover with the lid. Reduce the oven temperature to 230°C (450°F). Bake the loaf for 20 minutes. Remove the lid and bake for another 20-25 minutes, until deeply caramelised (the edges formed by the scoring may be a little burnt and that is okay). Remove from the oven and place the bread on a cooling rack. Do not be tempted to cut it while it is hot! Repeat the steps to bake the second loaf - first remove it from the fridge and sit at room temperature while you reheat the oven to 250°C. Also place the dutch oven in the oven to reheat. Allow the breads to completely cool before cutting.

Warming Winter Shakshuka With Chickpeas



Ingredients:

- 3 tablespoons extra-virgin olive oil
- 1 large leek (white and light green part only), thinly sliced
- 1 red capsicum, thinly sliced
- 3 garlic cloves, sliced
- 1 teaspoons cumin
- 1 teaspoon smoked paprika
- ½ teaspoon chili powder (optional)
- 2 x 400g cans diced tomatoes
- Salt, pepper
- 1 can chickpeas, drained and rinsed well
- 4 cups washed and shredded spinach (or other winter green, such as silverbeet, kale or beet greens).
- 6 eggs
- 100g sheep's milk feta
- ½ packed cup fresh coriander leaves, chopped

Instructions:

1. Preheat the oven to 200 degrees C.
2. Heat a large (oven safe) fry pan over medium heat, add the oil. Once the oil begins to shimmer, add the onion, red capsicum and a good pinch of salt. Sauté until nice and soft, for 15 minutes (worth taking the time to bring out the flavours).
3. Add the garlic and the spices, cook for 1-2 minutes.
4. Stir through the tomatoes and another good pinch of salt and some cracked pepper. Cook for about 10 minutes, on a simmer.
5. Stir through the chickpeas and shredded spinach, until the spinach has wilted (may need to add in batches).
6. Crack the eggs over the top of the sauce.
7. Sprinkle over the feta, then place in the oven for about 10 minutes, or until eggs are just set – best if yolks are left runny and whites are cooked through.
8. Remove from the oven, sprinkle with chopped coriander. Serve with fresh sourdough bread, or cooked quinoa.

Notes:

Want extra spice? Delicious with 2 tablespoons of harissa paste.

Don't have chickpeas? Use any other canned bean, such as cannellini beans, or leave it out.

Add meat? Delicious with minced lamb added. Brown 500g lamb in the pan after sautéing the peppers and onion.

Snacks

Happy Hot Chocolate



Ingredients:

- 1 tbsp cacao powder
- 1 1/2 teaspoons grass-fed butter
- 2 teaspoons honey or maple syrup (see note)
- 1/2 cup milk of choice (organic full cream, almond, coconut)
- 1/4 tsp cinnamon
- 1 cup boiling water

Instructions:

1. Add all ingredients to a blender. Blend on high until smooth and creamy. Transfer to a mug and enjoy!

Notes:

Adjust the sweetness according to the age and taste of your child. An older child may prefer 1 tablespoon sweetener.

Variations: For dairy-free, use 1 teaspoon coconut oil and dairy-free milk.

To boost brain health - sub butter with 1/2 teaspoon Metagenics Brain Care for Kids (a peppermint flavoured omega 3 fatty acid liquid).

Hormone Balancing Bites



Ingredients:

- 1 cup walnuts
- ¼ cup pumpkin seeds
- ½ cup pitted medjool dates, packed (approx. 8 dates)
- 2 - 3 tablespoons almond butter or tahini (start with 2 and increase if a little dry)
- 1 tablespoon maple syrup (optional)
- ¼ cup cacao powder
- ¼ cup desiccated coconut flakes
- ¼ cup ground flaxseed (ground fresh)
- ¼ tsp cinnamon powder
- 2 tablespoons maca powder (optional)
- Pinch of sea salt

Instructions:

1. Put the walnuts and pumpkin seeds into your food processor and pulse until they are coarsely ground.
2. Add in the dates, almond butter, maple, cacao powder, coconut, flax meal, cinnamon, maca (if using) and sea salt. Pulse until a thick dough forms. You might have to add a little water or extra almond butter to get the dough to form nicely,

Lunch

Super Easy Spinach & Feta Quiche



Ingredients:

- 1 onion (finely chopped)
- 1 cup chopped greens (spinach, kale, silverbeet or chard)
- 100g cheddar cheese (grated)
- 100g feta (crumbled)
- 4 eggs
- 330ml milk
- 80g SR flour
- Chopped tomatoes (for topping)

Instructions:

1. Preheat oven to 180C.
2. Wilt greens in frying pan and set aside.
3. Combine onion, cheese, feta and reserved greens in a bowl and mix.
4. Whisk eggs, milk and flour in a separate bowl.
5. Pour into cheese bowl, mix together and then pour into greased baking dish.
6. Place chopped tomatoes on top
7. Cook for approximately 40 minutes or until cooked through.

Notes:

With the recipe you can add ingredients you have on hand in the fridge: mushrooms, capsicum, leftover meats, mozzarella. Use the recipe as a guide and use up ingredients you already have. Serve with salad.

Immune Boosting Miso Soup



Ingredients:

- 2 tablespoon oil
- 1 onion, thinly sliced
- 1 small sweet potato (approx 180g), peeled and cut in small cubes.
- 8-10 shiitake mushrooms, sliced
- 3 garlic cloves, thinly sliced
- ½ teaspoon fine sea salt
- ½ cup dried arame, soaked and drained (see note)
- 8 cups water
- 1 tablespoon fresh ginger juice (see note)
- 1 tablespoon lemon juice
- 1 cup chickpea or sweet white miso (unpasteurised)
- 2 spring onions, white and green portions thinly sliced for garnish

Instructions:

1. Heat oil in a large pot. Add onions, sweet potato, shiitakes, garlic and salt. Saute covered for approximately 10 minutes on low heat.
2. Add seaweed. Continue to saute covered for another 10 minutes.

3. Add water, bring to a boil. Reduce heat to low and simmer uncovered for another 10-15 minutes. Turn off heat. Let broth stand for 5-10 minutes. Add ginger and lemon juice.
4. In a small bowl, add 2 cups of the broth to the miso and dissolve. Add miso mixture to soup. Remove from heat to prevent overheating the miso and destroy the beneficial bacteria.
5. Taste, add a little more salt, if needed. Serve, garnished with spring onions.

Notes:

Arame is a type of seaweed, you can also use wakame, or slice some nori sheets and add when serving.

Make ginger juice by grating a 5cm piece of peeled ginger, then squeezing tightly in muslin or a nut milk bag over a bowl.

Add extra veg? Just before turning off the heat, add 1 cup of thinly sliced kale or cabbage.

Add protein? Add 200g of diced tofu when adding seaweed.

Dinner

Slow Cooked Lamb + Pear Stew



Ingredients:

- 1 teaspoon sea salt (see notes)
- ½ cup flaked almonds, toasted
- 2 teaspoons grated fresh ginger
- 2 Moroccan spice mix (see notes)
- ½ packed cup coriander leaves, chopped
- 2 tablespoons olive oil, ghee or coconut oil
- 500 ml salt-free chicken or vegetable stock
- 2-3 pears, peeled and cut into medium chunks
- 2 cinnamon quills (optional)
- 2 garlic cloves, minced
- 1 large onion, sliced
- 1 kg diced lamb

Moroccan Spice Mix. If you can't find it, make your own:

- 2 teaspoon ground cumin
- 2 teaspoon ground coriander
- 1 teaspoon ground ginger
- ½ teaspoon turmeric
- ½ teaspoon cinnamon
- ½ teaspoon allspice
- ½ teaspoon ground black pepper
- ¼ teaspoon cayenne pepper (optional)

Instructions:

1. Preheat the oven to 150°C.
2. Toss the lamb in 1 teaspoon salt (set aside for 30 minutes at room temperature, if time permits).
3. Heat the oil/ghee in a large cast iron crock pot over med-high heat. Brown the lamb in batches, set aside.
4. Lower heat to medium. Add the onion, stir with a wooden spoon, scraping any bits of brown meat that may be stuck to the pan. Cook for 7-8 minutes until onion is soft and translucent. Add ginger, garlic and spices, and cook until aromatic.
5. Add a little stock and scrape any spices stuck to the bottom of the pan, add remaining stock and return meat to the pot. Bring to a slow boil. Add the lid to the crock pot and transfer to the oven. Cook for 2 hours (or until lamb starts to become soft and break apart easily with a fork). Stir through the pear, check the seasoning, adding a little more salt/pepper if needed, and cook in the oven covered for another 30 minutes.
6. Serve crock pot at the table scattered with toasted almonds, coriander leaves, quinoa or crusty bread and winter vegetables, such as braised greens, steamed green beans or broccoli.

Notes:

Salt - check to see if there is salt in your Moroccan spice mix and/or stock before adding salt to the recipe. The 1 teaspoon of salt is based on a salt-free stock and spice mix.

Slow Cooker Chicken Tortilla Soup



Ingredients:

- 1 tsp cumin
- 2 tsp smoked paprika
- 1/2 tsp dried oregano
- 3 cloves garlic (minced)
- 2 Tortilla Wraps
- 1 can 400g chopped Tomatoes
- 120g (1 cup) Corn
- 1 Lime (juice)
- 1/4 cup Chopped fresh coriander (cilantro)
- 1 Red Capsicum (Bell Pepper), finely chopped
- 700g (1 1/2 lb) Chicken (SEE NOTE 1)
- 1 medium Onion, finely chopped (SEE NOTE 2)
- 1 litre (4 cups) Chicken Stock (SEE NOTE 3)
- 1 can 400g Black Beans (drained) (SEE NOTE 4)
- Toppings of Choice (SEE NOTE 5)

Instructions:

Soup:

1. Add the chicken to the slow cooker. Sprinkle with the cumin, smoked paprika, and the dried oregano.
2. Add the garlic, onion, capsicum (pepper), tomatoes, chicken stock, black beans and corn. Stir to combine and place the lid on.
3. Cook on HIGH for 5 hours or LOW for 7 hours.
4. Remove the chicken and shred using two forks. (SEE NOTE 6)

Instructions:

Tortilla Strips (SEE NOTE 7):

1. Pre heat oven to 180c (350F) and line a baking tray with baking paper or brush with oil.
2. Brush each tortilla lightly with oil and slice into strips.
3. Arrange the strips on the tray and bake for approx 8-12 mins, until the strips are crisp and golden.
4. Allow to cool, in the tray, before serving.

Notes:

- 1 - I used breast meat in these photos but if you prefer you can replace the breast meat with thigh meat or even use a combination of both. Use skinless.
- 2 - I used a red onion in these photos but you can use a brown or white onion if you prefer.
- 3 - For babies and young children, you want to watch the sodium levels. Use a homemade stock or low sodium stock.
- 4 - You can replace the black beans with a different bean if you prefer. We often use red kidney beans.
- 5 - Topping suggestions (in addition to the tortilla strips) include avocado, grated cheese, sour cream, extra lime & coriander
- 6 - If your children prefer smooth soups then blend at this stage. You want to make sure the chicken is removed before blending.
- 7 - The tortilla strips can be made in advance.

Spicy Sausage, Potato & Brussel Sprout Tray Bake



Ingredients:

- 6 medium (600g) potatoes (dutch cream or kipfler), peeled and cut into 2 ½ cm cubes
- 1 tsp cumin seeds
- Salt, pepper
- 3 tablespoons olive oil
- 6 good-quality thick sausage (any type, spicy is delicious. I used lamb and harissa)
- 1 large leek, thinly sliced
- 1 tsp lemon rind
- 500 g brussels sprouts, trimmed and halved
- 1 cup flat-leaf Italian parsley, tender leaves and stems (about 1/2 bunch), roughly chopped

Instructions:

1. Preheat the oven to 215 degrees C.
2. Spread potato over two medium baking trays lined with baking paper (or 1 large if you have a large oven). Toss with olive oil, cumin seeds, salt and pepper.

3. Coat the sausages lightly with olive oil, place them between the potatoes in a single layer, divided between the two trays. Roast for 20 mins.
4. Meanwhile, add the Brussel sprouts and leek to a large bowl, add 2 tablespoons of olive oil, zest of 1 lemon and ½ tsp salt, toss well.
5. After 20 mins, turn the sausages and flip the potatoes. Add Brussel sprouts cut side down between the sausages and potatoes, scatter any remaining leek from the bowl over the top. Cook for another 15-20 minutes.
6. Serve on a large platter sprinkled with parsley and a side of sauerkraut.

Vegan Mushroom Risotto



Ingredients:

- 6-7 cups vegetable stock
- 2 tablespoons extra-virgin olive oil
- 1 onion, finely chopped
- 3 cloves garlic, minced
- 350g mushrooms, sliced
- 1 ½ cups risotto rice
- 1 teaspoon dried thyme (or 2 teaspoons fresh)
- 1 ½ tablespoons mirin
- 1 tablespoon umeboshi vinegar (see note)
- Salt, pepper, to taste.

Instructions:

1. Bring stock to a simmer in a saucepan over medium heat. Taste and add a little salt if necessary. Leave simmering on the stove.
2. Heat oil in a large saucepan over medium heat. Add onions and cook until just tender, 3-5 minutes. Add mushrooms. Cook, stirring for another 3 minutes. Add garlic and thyme. Cook until aromatic, about 1 minute. Season with salt/pepper. Continue to cook until tender. Add rice and stir to coat in mushroom mixture.

3. When the rice is hot, add in enough stock to just cover the rice. Cook, stirring often. Once the stock has been absorbed and rice is almost dry, add another ladle or two. Continue cooking and stirring. Repeat until rice is just tender, but still al dente.

4. Add mirin and vinegar. Taste and add more salt, pepper, if necessary. Serve right away.

Notes:

When eating a plant-based diet it is important to eat both grains and legumes to obtain all the essential amino acids. They don't need to be eaten at the same meal, but they do need to be eaten over the same day. To boost the protein content of this meal, add some chickpeas or white beans, or eat a snack of veggie sticks and hummus as a starter, for example.

Two traditional Japanese ingredients, mirin and umeboshi vinegar are added in place of wine and parmesan cheese, for sweetness, umami and acidity. However, if you can't find these ingredients, you can add ½ cup white wine at the start, just before adding the first ladle of stock and finish with ¼ cup nutritional yeast.

Fish Patties



Ingredients:

- 1 egg
- Zest of 1 lemon
- 1 Tsp coconut flour
- 1 Tsp Dijon mustard
- Sea salt & pepper to taste
- Coconut oil for pan-frying
- 200 g cooked or tinned fish, mashed up
- 1 large clove of garlic, finely chopped
- 2 Tbsp finely chopped fresh chives
- 1/4 red onion, finely chopped
- Juice of a lemon to squeeze

Instructions:

1. Combine onion, garlic, chives, mustard, sea salt, pepper, coconut flour and egg in a small mixing bowl to combine.
2. Add in fish and mix together until the salmon is well incorporated.
3. Heat coconut oil in a pan and form the mixture into patties.
4. Cook in pan for a couple of minutes on each side. Serve with salad or veggies.

Pumpkin Dahl



Ingredients:

- 2cm ginger, grated
- 1/2 tsp ground turmeric
- 2 cloves garlic, crushed
- 1 x 400g can of coconut milk
- 2 cups of pumpkin (chopped into 2cm squares)
- 1 tsp ground cumin
- 250g red split peas
- 1 tbsp olive oil
- 1 onion, diced
- 200ml water

Instructions:

1. Saute onion, garlic and ginger in olive oil for a few minutes.
2. Add cumin and turmeric and cook a minute.
3. Add pumpkin and lentils, cook for a minute and mix together.
4. Add coconut milk & water, bring to the boil and then cover and simmer for approximately 20 minutes until the liquid is absorbed and the lentils and pumpkin are cooked.

Notes:

Serve with rice, quinoa cauliflower rice (use what you already have in the pantry). Add some steamed greens and a fried egg or you could have without the egg.



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