
BEST OF

THE CONSCIOUS KITCHEN



AN E-COOKBOOK

ROZ MCINTOSH



BREAKFAST

- 5** SUNRISE CHIA PUDDING
- 7** MILLET PORRIDGE WITH ROASTED WINTER FRUIT
- 9** EGGS WITH GREENS, SHIITAKE MUSHROOMS & HARRISSA
- 11** GUT LOVING MANGO AND GINGER SMOOTHIE
- 13** CHOCOLATE AND CINNAMON PULL-APART SCONES



SUNRISE CHIA PUDDING

2 SERVINGS

This chia pudding is a gorgeous way to start your day. It is made ahead of time so you have more space in your morning to enjoy a moment of peace, before the onslaught of demands and expectations begin. It does include a raw egg, but don't fret. It is a wonderful source of protein and don't forget we often consume raw egg in mayonnaise without question. Just ensure that your egg is free range if not organic, and wash it before cracking. (It is best to avoid raw egg if you are pregnant).

1 ripe banana

3/4 cup coconut yogurt

3/4 cup fresh orange juice

1 raw egg

1/2 cup white chia seeds

Place all the ingredients except the chia seeds into a high speed blender.

Blend until smooth.

Pour a quarter of the liquid into a large jar, add half of the chia seeds and stir.

Then add the remainder of the liquid and chia seeds.

Mix well and chill overnight.

TOP IT WITH

1 handful of diced pineapple
1 dollop coconut yogurt
orange zest
coconut chips



CREAMY MILLET PORRIDGE WITH ROASTED WINTER FRUIT

6 SERVINGS

Porridge is simple, sustaining and comforting but I bet you didn't know porridge can be made with all sorts of different grains other than traditional oats. Have you tried buckwheat or millet porridge?

They are both delicious, gluten free and a wonderful source of slow release carbohydrates to keep you going all morning.

The recipe suggests soaking the grains overnight. This is important to remove phytic acid and lectins which can damage the gut lining and disrupt nutrient absorption. But the upside of this prep is that cooking time in the morning is decreased.

1 cup millet or buckwheat groats

**1/2 cup raw almonds / sunflower seeds /
pumpkin seeds**

2 pears quartered

2 persimmons quartered

4 tamarillos peeled

Soak the grains and the nuts or seeds in a large bowl with 4 cups of filtered water overnight.

In the morning drain and rinse well.

Pour the grains and nuts into a blender and add 4 cups of filtered water.

Pulse until the grains are cut but still have some texture.

Transfer to a large pot and cook gently until the porridge thickens.

To make the roasted fruit..

Pre-heat the oven to 180°C.

Place the fruit in a small lined baking tray.

Roast for 25 - 30 minutes until soft and golden.

Serve with the roasted fruit, a handful of walnuts and your favourite milk.

Store remaining porridge in a glass container in the fridge for a quick and nourishing morning meal.



EGGS WITH WILTED GREENS, SHIITAKE MUSHROOMS & HARRISSA

1 SERVING

Personally, I find a breakfast like this is an amazing way to start the day. It gives me boundless energy and I'm much more likely to continue to eat well throughout the rest of the day.

Experiment and see for yourself how your body responds. Everyone is different, so it is a matter of trial and error to discover what foods work best for your unique body.

This also makes an incredibly easy and nutritious lunch.

1 teaspoon olive oil

2 free range eggs

1 large handful of silverbeet/spinach/kale

4 shiitake mushrooms, sliced (sub with button mushrooms)

1 tablespoon Harissa paste

salt and pepper

In a small frying pan heat the olive oil.

Add the mushrooms and fry for a minute or two.

Add the greens and a dash of water.

Cover and steam for a minute.

Remove the lid and make little holes for your eggs, crack the eggs into these holes.

Cover again and cook until the eggs have set to your liking.

Spoon over the Harissa and season.



MANGO & TURMERIC SMOOTHIE

1 SERVING

Who loves a good smoothie?

I certainly do, but not when the weather is cold. A smoothie in winter chills me to the core and I end up sitting on the heater, fantasizing about hot baths and puffer jackets.

But when the weather begins to warm up they are certainly back on the menu.

I like this one because of the addition of turmeric. Not only is Turmeric very powerful anti inflammatory, but it is a warming spice, so it takes the edge off the freeze and warms you from the inside out. Add a pinch of black pepper to increase the absorption.

1 frozen banana

(if not using frozen banana add a handful of ice to chill the smoothie)

1/2 ripe mango peeled

1/2 cup coconut cream

2 cm slice of fresh turmeric

2 tablespoons of hemp seeds

1 cup filtered water

pinch of black pepper

Place all the ingredients into a blender and whizz it up for 20 - 30 seconds and you're done!



CINNAMON & CHOCOLATE PULL-APART SCONES

YIELDS 6 ROLLS

I reckon these are the perfect weekend treat. They are super easy to put together and don't take ages to make, unlike traditional cinnamon rolls which use a bread dough.

I've used spelt flour because it is lower in gluten and I find it bakes beautifully. However you could use plain flour equally well.

The result is soft, tender and simply delicious. The perfect thing to enjoy with a hot drink on a lazy Sunday morning.

1 1/2 cups spelt flour (or plain flour)

3 teaspoons baking powder

pinch salt

60g butter, cold

1 egg separated

1/2 - 1 cup plain yogurt (pouring consistency)

FILLING

3 tablespoons coconut sugar

30g butter

2 teaspoon cinnamon

100g dark chocolate, chopped

Preheat the oven to 220°C. Line a oven proof shallow dish with baking paper. (I used a 21cm round quiche pan).

In a large bowl, add the flour, baking powder & salt.

Grate in the cold butter.

Rub mixture with fingertips until a fine breadcrumb consistency.

Using a butter knife, mix in the yolk and yogurt a little at a time, until a soft slightly wet dough forms.

Flour your worktop and gently roll out the mixture to form a rectangle.

Sprinkle evenly over the rectangle dough, the sugar, cinnamon and chocolate.

Grate over the second measure of butter.

Roll up the rectangle to form a log, sealing the end with a brush of egg white.

Using a sharp wet knife, cut the log into 6 rounds. Place the rounds into your lined dish and brush the tops with the egg white.

Bake in the oven for 15- 20 minutes.

Serve immediately.



SOUPS & SALADS

- 17** BROCCOLI AND PEA SALAD WITH GOAT FETA
- 19** GOLDEN ROASTED CAULIFLOWER SOUP WITH HAZELNUTS
- 21** LEMONY LENTIL SALAD WITH CAPERS AND PINE NUTS
- 23** PUMPKIN AND CAULIFLOWER SALAD WITH CUMIN AND LIME
- 25** GENTLY SPICED PUMPKIN SOUP



BROCCOLI, PEA AND FETA SALAD

SERVES 4 AS A LIGHT LUNCH OR 2 HUNGRY PEOPLE

Greens are foundational to a healthy immune system, so try and get them on your plate whenever you can.

The brassica family of vegetables are also great for balancing your hormones. They assist the liver to detoxify used hormones such as oestrogen.

So if you have any hormonal issues this salad is for you!

1 small head of broccoli

1 cup frozen peas, defrosted

1/4 cup Italian parsley, chopped

1/4 cup mint, chopped

1/2 teaspoon lemon zest

100g feta

FOR DRESSING

1 tablespoon of lemon juice

2 tablespoons olive oil

Preheat the oven to 200°C

Roughly chop the florets of broccoli, including the stems (peel the stems and thinly slice) .

Spread the broccoli over a lined baking tray and toss with 1 tablespoon of olive oil.

Roast in the oven for 10-15 minutes, until tender but retaining a bite.

Transfer broccoli to a large bowl and add the remaining dressing ingredients and toss.

Finally crumble the feta over the top and serve.



GOLDEN ROASTED CAULIFLOWER SOUP WITH HAZELNUTS

SERVES 8

There are two things that are always hanging out in my fridge, chicken broth and vegetables. These two ingredients come together in various combinations and this was my latest, and perhaps one of the yummiest! There are two star ingredients in this recipe... chicken broth and cauliflower.

Broth is wonderfully soothing for the gut and contains vital collagen for a healthy skeletal system and glowing skin. Cauliflower belongs to the brassica family of vegetables and is helpful for balancing hormones.

If you haven't roasted cauliflower before then I strongly recommend you give this a go. It is simply delicious!

**1 whole cauliflower, chopped
into florets**

1 whole garlic bulb

2 tablespoons olive oil

1 teaspoon sea salt

1.5 liters chicken stock

50 g goat feta

1/2 cup toasted hazelnuts

Preheat the oven to 200°C.

In a large heavy bottomed oven proof dish with a lid (I use my LeCreuset casserole dish) add the cauliflower, garlic, salt and olive oil. Mix.

Cover the pot with a lid and place in the oven.
Cook for 45 minutes, until golden and soft.

Remove from the oven and squeeze out the soft garlic from the peel back into the casserole dish with the cauliflower. Throw garlic skins into the compost bin.

Add the chicken stock and heat on the stove top until simmering.

Using a stick blender, blend until smooth. Season to taste.

Serve topped with a crumble of feta and a sprinkle of toasted hazelnuts



LEMONY LENTIL SALAD

SERVES 4

If you haven't tried Lentils in a salad, then this recipe is must try. It will last in your fridge for a few days, which makes for easy meal prep and it's delicious.

Lentils are a wonderful source of folate. Just one cup provides 90% of your daily requirements!

Why is folate so important?

You've probably heard about it's importance when it comes to pregnancy, as it is critical to prevent birth defects. Folate also functions to support the red blood cell production and prevent anemia, allows nerves to function properly, helps prevent osteoporosis-related bone fractures, and helps prevent dementia's including Alzheimer's disease.

This recipe is one of the yummiest ways to incorporate more lentils into your daily diet.

2 cups Du Puy (French) lentils (dry)

1 shallot or 1/2 red onion, finely diced

2 cloves garlic, minced

1/2 cup parsley, chopped

1/3 cup capers, roughly chopped

zest of 3 lemons

juice of 2 lemons

3 tablespoons olive oil

1/4 cup pine nuts

mixed green leaves

Rinse the lentils well, drain.

Place lentils in a pot, cover generously with water and bring to the boil.

Lower to a simmer and cook for 15 - 20 minutes. (be careful not to over do them or you will have mush not salad - not a good look).

While the lentils are simmering place all the other ingredients except the green leaves in a large bowl and mix well.

When the lentils are cooked, rinse under cold water to stop the cooking process.

Now place the lentils in the bowl and combine.

* This salad will last well in your fridge for 2-3 days.



PUMPKIN & CAULIFLOWER SALAD WITH CUMIN & LIME

SERVES 4 - 6

This is one of my absolute favourite salads. It is warming, grounding and flavourful. I just can't get enough of the spices in this salad and, when they are roasting, the kitchen is filled with the most amazing aroma.

Give this one a go... I guarantee it will become a favourite of yours as well.

800 g pumpkin, diced

1/2 onion, sliced

4 large garlic cloves, crushed

1 teaspoon fresh ginger, finely grated

**1/2 teaspoon fresh turmeric, finely grated
(could use ground instead)**

1 tablespoon sweet paprika

1/4 teaspoon cayenne (optional)

1 tablespoon cumin seeds

1 tablespoon brown mustard seeds

1 teaspoon salt

generous grind black pepper

4 tablespoons olive oil

1/2 cauliflower (300 g), cut into florets

1/3 cup cashew pieces

1/2 cup fresh coriander, chopped

double handful of salad greens

1 lime

Heat the oven to 180°C fan bake.

Place all the pumpkin, onion, garlic, ginger, turmeric and all the spices onto a lined baking tray along with the olive oil.

Mix well using your hands.

Place into the oven for 20-25 minutes.

Remove from the oven and add the cauliflower. Mix and return to the oven for a further 10 minutes.

Remove the tray again and sprinkle with the cashew nuts.

Place back into the oven for a final 3-5 minutes, until the cashews are golden.

Sprinkle with chopped coriander and serve atop salad greens, a further drizzle of olive oil and a squeeze of lime juice.



GENTLY SPICED PUMPKIN SOUP

SERVES 8

At the end of summer there is a tonne of pumpkins around and it is hard to think of what how to best utilize the abundance. So here is a recipe for a delicious Indian inspired Pumpkin Soup.

1 large pumpkin, peeled & cut into cubes

1 onion, peeled & quartered

1 bulb garlic, end cut off

1 teaspoon finely grated ginger

1 teaspoon cumin seeds

1 teaspoon mustard seeds

1 tablespoon sweet paprika

1 teaspoon turmeric

1/4 - 1/2 teaspoon cayenne (optional)

1 teaspoon salt

200ml coconut cream

Preheat the oven to 180°C.

Mix all the ingredients except for the coconut cream in a large bowl.

Spread out over a large lined baking tray.

Roast for 45 minutes until pumpkin is tender.

Squeeze out the roasted garlic and compost the skin.

Transfer the mixture into a large pot and add enough water to enable you to blend using a stick blender.

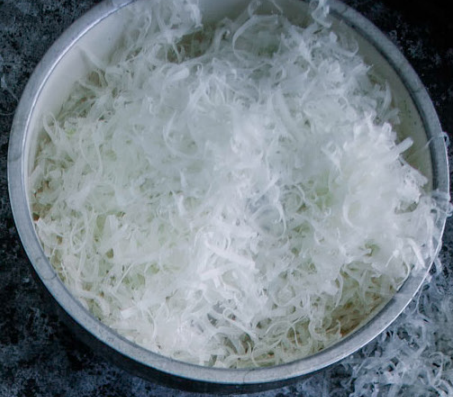
Blend until smooth.

Finally add the coconut cream and serve.



MAINS

- 29** ALL THE GREENS MINESTRONE
- 31** NOURISHING NACHOS
- 33** MORROCCAN LAMB BURGER
- 35** HEART WARMING LENTIL DAHL
- 37** SWEET ROASTED FENNEL AND GOAT CHEESE QUICHE



ALL THE GREENS MINESTRONE

SERVES 4-6

This soup takes literally minutes to come together and is a delicious way to pack in loads of green goodness into your day.

Bone broth takes it to the next level. Bone broth is nourishing for the gut and provides many of the building blocks required for repair and maintenance.

I find that gently cooked vegetables can be so much easier on the gut. So if you are someone who struggles to digest a lot of cold salads, I highly recommend trying a soup like this, even in summer.

2 tbsp extra virgin olive oil

3 cloves garlic, crushed

1 onion, finely chopped

1 leek, white part only, finely chopped

1.5 liters chicken stock

1 small fennel bulb (180 g), thinly sliced

2 stalks of celery, sliced

2 cups frozen peas

1 cup green beans chopped in 2 cm lengths

4 cups kale or spinach leaves

sea salt and black pepper

3/4 cup good quality store bought pesto

finely grated parmesan to serve

Heat the oil in a large saucepan over a medium heat.

Add the onion garlic and leek and cook, stirring occasionally for 5-7 minutes.

Add the fennel, celery, peas and beans and cook for a further 5 minutes or until the vegetables are tender.

Add the stock and bring to the boil.

Add the kale and salt and pepper and stir to combine.

Divide between serving bowls and top with a dollop of pesto and a generous grate of parmesan.



NOURISHING NACHOS

SERVES 4 - 6

Mexican food, such as tacos, burritos and nachos, are always a hit in my house. Maybe it's because my Grandmother owned a Mexican restaurant in San Francisco, and perhaps it's in my genes? This basic recipe makes an appearance on our family table most weeks in various forms.

2 tablespoons olive oil

1 onion, finely diced

4 cloves garlic, crushed

600 g grass-fed beef mince

1 tablespoon ground cumin

1 tablespoon ground coriander

2 tablespoons smoked paprika

1 tablespoon dried oregano

2 teaspoons salt

1 cup organic passata

1 cup organic bone broth

1 can red kidney beans, drained

chipotle peppers in adobo sauce to taste (optional)

3 sweet potatoes, cut into wedges

Preheat the oven to 200°C.

Line a baking tray with baking paper.

Place the sweet potato wedges on the tray and drizzle with olive oil and a sprinkling of sea salt.

Roast in the oven for 20 minutes until soft and golden.

While the sweet potatoes cook...

Heat olive oil in a large heavy based saucepan.

Add the onion and cook until soft.

Add the garlic and stir for a further minute.

Add the mince and break apart and brown on a high heat.

When the beef is brown and any liquid has evaporated, stir through the spices and oregano along with the salt.

Pour in the passata and broth.

Lower the heat to reduce while stirring occasionally.

Finally add the beans and spicy chipotle pepper if you desire a little extra heat. Heat through.

Serve with guacamole and a simple tomato, coriander a red onion salsa, crispy kale and extra



MORROCAN LAMB BURGER

SERVES 4

We all love a good Burger, right ? Homemade is so much healthier and the kids have fun making their own.

We mixed it up the other day and added some spicy Harissa paired with cooling mint, salty halloumi and creamy hummus. This one is inspired!

Lamb Patties

650 g fresh not pre-frozen lamb mince

2 tablespoons Harissa paste (I used Julie Le Clerc Harissa)

1 teaspoon sea salt

1 handful fresh mint, finely chopped

Add all the ingredients for the patties into a large bowl.

Mix together with your hands and form burger patties.

Heat a large skillet or barbecue on high heat.

Cook the patties for 4-5 minutes on each side, or until the juices run clear.

Accompaniments

200g halloumi cheese, sliced

1 tub garlic hummus

lettuce

red onion, sliced

Harissa paste

4 burger buns (I used Vogels gluten free burger buns)

At the same time on the grill or a separate frying pan, fry the halloumi cheese until golden.

Grill or toast the burger buns.

When the patties are cooked, allow to rest while you assemble the accompaniments.

Place the burger patties, buns and accompaniments on the table and let everyone make their own burger.



HEART-WARMING LENTIL DAHL

SERVES 4

This delicious Dahl is one of those dishes, that is the food equivalent of a warm hug.

Legumes such as lentils and other beans are vital for balancing your hormones because they contain soluble fibre. Waste products contained within bile can only pass out of your system when bound to insoluble fibre. If there is insufficient insoluble fibre, this waste is simply reabsorbed adding to your toxin and hormone load.

200g red lentils, washed and drained

1/2 teaspoon ground turmeric

1 1/2 teaspoons sea salt

50g chopped fresh coriander

1/4 - 1/2 teaspoon cayenne pepper (optional)

2 tablespoons olive oil

1 teaspoon whole brown mustard seeds

1 teaspoon whole cumin seeds

1 small onion, peeled and chopped

15 fresh curry leaves

1 teaspoon fresh ginger, peeled and finely grated

4 cloves of garlic, peeled and crushed

Put the lentils and 700 ml of water into a medium saucepan.

Bring to the boil, but do not let it boil over.

Skim off the froth and add the turmeric.

Stir and gently simmer for 40 minutes.

Add the salt, coriander and cayenne if using.

Cover and lower the heat and simmer for a further 10 minutes.

Meanwhile, pour the olive oil into a small frying pan and set over a medium heat.

When warm, put in the mustard and cumin seeds.

Gently fry for a minute then add the onion and the curry leaves.

Stir and fry until the onion starts to brown.

Now add the ginger and garlic.

Fry for a further minute, then empty the contents of the pan into the lentils.

Stir to mix.

Serve with basmati rice or cauliflower rice, toasted cashews and a dollop of yogurt.



SWEET ROAST FENNEL AND GOAT CHEESE QUICHE

YIELDS 1 26CM QUICHE

Sweet roasted fennel and creamy goat cheese makes this quiche absolutely delicious. If fennel isn't your thing substitute with any other roasted vegetable such as pumpkin.

It is perfect for sharing with family for a Sunday lunch or even taking on a picnic.

Filling

2 bulbs fennel, cut in 6ths

1 tablespoon olive oil

4 stems of broccolini, cut in half length-ways

large handful of baby spinach

2 tablespoons pesto (store bought is fine)

8 eggs, whisked

1/4 cup cream

100g soft goat cheese

salt and pepper

Pastry

2 cups spelt flour (could use plain)

125g butter

1/4 teaspoon salt

1/4 -1/2 cup ice water

Preheat the oven to 180°C.

Grease and line a 26 cm tart tin with baking paper. (Ensure it goes up the sides of the tart tin). Add the chopped fennel to a small baking dish and drizzle with the olive oil. Roast in the oven at 180°C until soft and golden (roughly 40 minutes).

Meanwhile, make the pastry...

Into a food processor place the flour and butter. Pulse to a fine breadcrumb-like consistency. Add the ice water slowly, pulsing as you go, until the pastry begins to come together. Tip the mixture out onto a floured work surface. Using your hands, bring the pastry together into a ball, wrap and place in the fridge for at least 1/2 an hour to chill.

To assemble the tart...

Remove the fennel from the oven and set aside to cool.

Remove your pastry from the fridge and gently roll it out on a floured surface.

Gently transfer it to the greased and lined tart tin. Pick the base with a fork.

Blind bake the pastry in the oven at 180°C, for 10-15 minutes.

Remove the blind filling and replace in the oven for a further 10 minutes until firm and golden.

Spread the base of the tart with pesto.

Arrange the kale, then fennel and broccolini around the tart.

Pour over the eggs whisked with the cream (if



SWEETS

- 42** GRAIN-FREE CHOCOLATE CAKE
- 44** ANZAC BISCUITS
- 46** CACAO AND ORANGE DOUGHNUTS
- 48** LITTLE SNICKERS BITES
- 50** CLASSIC APPLE PIE



DECADENT GRAIN-FREE CHOCOLATE

MAKES ONE LARGE CAKE

I know, I know, lots of chocolate cake recipes promise that “this is the only recipe you’ll ever need”, but seriously this is the only chocolate cake recipe you will EVER, EVER need!

Believe me, I have been on the hunt for the perfect cake recipe that satisfies my nutritionist scrutiny and foodie taste buds for a long time. Not to mention my super fussy kiddos!

And yes, it is actually quite healthy!

It happens to be grain free, refined sugar free and dairy free. Plus, as a bonus it is super simple to make and requires no tedious creaming of butter and sugar and no fancy kitchen equipment.

Oh, and did I mention this cake is utterly delicious, moist and decadent ??

280 g blanched almond flour

120 g tapioca flour

80 g fine coconut flour

120 g coconut sugar

**60 g cacao powder (could also use
cocoa powder here)**

3 teaspoons baking powder

1 teaspoons baking soda

4 eggs

**1/4 - 1/2 cup maple syrup (depending
on taste buds).**

5 tablespoons coconut oil, melted gently.

2 teaspoons vanilla paste

2 milk (coconut, dairy, almond, oat)

Icing

1/4 cup coconut cream

100g dark chocolate

Preheat the oven to 180°C.

Grease and line a large loose bottom cake tin.

In a smaller bowl, whisk together the eggs, maple syrup, melted coconut oil and vanilla, then add the water and mix well.

Mix the wet ingredients with the dry ones.

Spoon the mixture into the prepared cake tin.

Gently tap the tin to spread the mixture evenly and avoid air bubbles.

Place in the oven at 180°C for 50 - 70 minutes until the cake springs back when touched and a skewer comes out clean.

To make the icing...

Heat the coconut cream gently in a small pot.

Once it is beginning to simmer slightly, turn off the heat and add the chocolate, broken into pieces.

Gently whisk until well incorporated, thick and creamy.

Allow to cool before spreading over the completely cooled cake.

Top with chopped nuts, flowers or fresh fruit.

*** I used a large cake tin with a hole in the center. If you are using a regular shaped tin, you will need to cook the cake for up to half an hour longer.**



SIMPLE ANZAC BISCUITS

YIELDS 16 - 20 BISCUITS

I love ANZAC biscuits and they are perfect for putting into lunch boxes.

I have made this recipe gluten free if using the quinoa flakes (available at health food stores) and replaced the usual sugar and golden syrup with healthier alternatives. You can also make them dairy free by using coconut oil instead of butter.

1 cup brown rice flour or spelt flour if they don't need to be gluten free

1/2 cup coconut sugar

1 1/4 cup desiccated coconut

1 1/2 cup quinoa flakes or fine rolled oats

2 tsp cinnamon

140 g butter or coconut oil

4 tbsp maple syrup / honey

1 tsp baking soda

4 tbsp boiling water

Heat the oven to 165°C. Grease a baking tray with oil or butter.

Place the dry ingredients into a large bowl and mix well.

Melt the butter and syrup in a small pot.

In a small bowl dissolve the baking soda in the boiling water then add to the butter and syrup.

Stir the frothy butter mixture into the dry ingredients.

Roll tablespoons full of mixture onto balls and place on the trays. Press down slightly with your fingers.

Bake at 165°C for about 20 minutes or until golden.

I sometimes turn off the oven and let them sit there with the door slightly ajar and fan on for a further 15 - 20 minutes to really dry and crisp them up.



CACAO AND ORANGE DOUGHNUTS

YIELDS 12

I often find myself trying to alter recipes with a healthy twist and I have finally perfected a recipe that works every time. These doughnuts are indulgent without the trans fat and refined carbohydrate ingredient list. They also happen to be gluten free, refined sugar free, dairy free and grain free, making them paleo friendly and easy on the digestion.

You'll find this recipe surprisingly easy to make if you can get your hands on either a metal or silicone doughnut pan. They usually come in 6's, this recipe makes 10-12 doughnuts, so either buy two, or reuse the same one again with the remaining mixture. Alternatively simply halve the recipe if you only want to make 6.

Ooh and did I mention they are kid friendly too? These doughnuts got a 10/10 from both my young in house critics, and that is saying something!

140 g blanched almond flour

60 g tapioca flour

30 g coconut flour

40 g cacao powder

60 g coconut sugar

2 teaspoons baking powder

1 teaspoon baking soda

2 eggs

2 tablespoons maple syrup

2 tablespoons coconut oil, melted

1 teaspoon orange zest

1 cup coconut milk

Icing

100 g dark chocolate, at least 70% cocoa.

1/2 cup chopped walnuts

Preheat the oven to 180°C.

Generously grease the pan with coconut oil, butter or ghee.

Sift all the dry ingredients into a large bowl.

In a smaller bowl, whisk together the eggs, maple syrup, melted coconut oil and orange zest, then add the water and mix well.

Mix the wet ingredients with the dry ones.

Spoon two tablespoons full of mixture into each doughnut round.

Gently tap the tin to spread the mixture evenly and avoid air bubbles.

Place in the oven at 180°C for 15 - 18 minutes until the doughnuts spring back when touched.

Allow to cool completely before icing.

To make the icing...

Break up the chocolate and place into a small pot.

Set the pot inside another larger pot with a little water on the bottom.

Place this over a medium heat and gently melt the chocolate.

Allow the chocolate to cool slightly before pouring over the cold doughnuts.



LITTLE SNICKERS BITES

YIELDS 12 SERVINGS

These are the real deal my dear friends!

This happy little bite is truly a match made in heaven. A soft caramel center, crunchy peanuts and a crisp chocolate exterior.

I think these little snickers bites might make the perfect gift or after dinner treat, and they are healthy enough to enjoy regularly.

1 1/2 cups Medjool dates

1/2 cup almond butter

1 cup roasted peanuts

100g dark chocolate, at least 70% cacao

extra chopped peanuts for decorating

In a food processor mix the dates with the almond butter until combined. You may need to scrape down the sides several times.

Transfer to a bowl and stir in the peanuts. It will be very sticky!

Line a small square Tupperware container with baking paper. (Mine was 14 cm square)
Transfer the sticky mixture to the Tupperware container and press down into it using the back of a warm wet metal spoon.

Chill in the freezer for 1 hour.

Melt the chocolate in a small saucepan over another pan filled with simmering water.

Remove the caramel slab from the Tupperware container and cut into squares using a large knife.

Using a toothpick stab each square and dip in the melted chocolate.

Transfer to a sheet of baking paper to set.
Sprinkle with chopped peanuts before the chocolate sets.

Best stored in the fridge or freezer.



TRADITIONAL APPLE PIE

YIELDS 1 PIE

This recipe is an ode to my Grandma Sandy who was very well known for her Apple Pie. I would have to say Apple Pie is my favourite comfort food. Served with whipped cream or vanilla ice-cream, it's my idea of heaven. I hope this recipe will make you a legend in your family too.

Basic Pastry

250g plain or spelt flour (could use plain)

1/4 teaspoon baking powder

180g cold butter, chopped

80ml ice water

Filling

8 - 10 Granny Smith (green)

apples, peeled, cored and finely sliced.

1 1/2 tablespoon orange juice

1 teaspoon orange zest

1 teaspoon cinnamon

1/2 cup coconut or brown sugar

1/3 cup ground almonds

1 egg white, lightly beaten, for brushing.

Preheat the oven to 175°C.

To make the pastry...

Place the flour, baking powder and cold butter in a food processor and process until the mixture resembles fine breadcrumbs.

With the motor running, gradually add the water until the mixture comes together.

Tip the mixture out into a floured surface and knead a few times, before wrapping in plastic wrap and placing in the refrigerator for 30 minutes.

While the pastry is chilling make the filling.

Mix all the ingredients, except almond meal, in a large bowl.

Take the chilled pastry from the fridge and halve. Roll out each piece until 3mm thick. Line the base of a lightly greased 22cm pie tin with a piece of pastry.

Sprinkle over the almond meal and pack the apple mixture in tightly. Top with the remaining pastry. Press the edges to seal and trim the excess.

Cut several slits in the top of the pastry and brush with egg-white and a sprinkle of extra sugar. Bake the pie for 45 - 50 minutes, or until the pastry is golden and the apple tender.



DRINKS

- 54** ALCOHOL FREE MINT MARGARITA
- 56** MATCHA AND COCONUT LATTE
- 58** CACAO AND CHAGA HOT CHOCOLATE
- 60** REFRESHING SUMMER SWITCHEL
- 62** TURMERIC LATTE



ALCOHOL-FREE MINT MARGARITA

4 SERVINGS

Drinking alcohol is so intertwined with our social lives and sense of fun that it can be hard to cut down and prioritise your health if you don't have a satisfying alternative.

So, if you are looking for a drink that will leave you feeling fresh and energized in the morning, this is it.

Refreshing and zingy, this drink could become your new best friend, minus the nasty hang-over!

ice

juice of 4 limes

handful of fresh mint leaves, crushed

1 bottle lemon and ginger kombucha

pink Himalayan sea salt

Pour the salt into a saucer and rub 1/4 of a lime around the rim of each glass.

Then dip the mouth of the glass in the salt.

Add the juice of one lime to each glass.

Next add the crushed mint leaves.

Mix together.

Add ice and top up with kombucha.

Give the drink one final mix and then serve.



COCONUT MATCHA LATTE

1 SERVING

Matcha is finely ground powder of specially grown and processed green tea leaves. What makes it so special is the tea plants are grown in shade for three to four weeks before harvest and the stems and veins are removed before processing.

This produces pure green tea leaf powder which is very high in antioxidants and a catechin called EGCG (epigallocatechin gallate), which is believed to have cancer-fighting effects on the body.

Research papers report that Matcha also contains L-Theanine which is known as the relaxation amino acid. When given to human volunteers, it caused a significant increase in alpha waves of the brain in the occipital and parietal regions, roughly 40 minutes after administration.

The increase in alpha waves produced significant relaxation in the body without any additional drowsiness or any form of impaired function.... Hey, that sounds pretty cool!

So... because green tea does contain caffeine you will get a boost of energy without the jitters... so you can be alert, calm and focused throughout your day. I like the sound of that, don't you?

1/4 cup coconut cream

3/4 cup hot water

1 teaspoon premium Matcha powder

3 - 4 drops liquid stevia

Add all the into a blender, whizz it up briefly and serve.

Sit, sip and let those alpha waves (the ones that you get when meditating), wash over you!



CACAO AND CHAGA HOT CHOCOLATE

1 SERVING

Chaga (*Inonotus obliquus*) is a mushroom that grows in the temperate regions of the Earth and is known as “King of the Medicinal Herbs.” Used for thousands of years, Chaga is revered for being the most adaptogenic substance on the earth, supporting your body to return to its natural capacity to resist stress. It has been used by shamans and herbalists as the ultimate tonic to support immune-building that specialises in adapting the body towards a revered level of health.

Supports:

- High antioxidant content - ORAC of 50,000
- Building of the immune system
- Assist the body to adapt to external and internal stress
- Immune defences
- High levels of anti-aging enzyme superoxide dismutase
- Protective of the skin and the DNA
- Best food source of melanin
- Nutrient density, containing B vitamins, flavonoids, phenols, minerals, and enzymes

So, all in all, it's an amazing little fungus!

1 tablespoon raw cacao powder

1/2 teaspoon Chaga powder (I used

SuperFeast Chaga)

1/4 cup coconut cream

3/4 cup hot water

1/4 teaspoon cinnamon

6 drops stevia

Add all the ingredients to a blender and whizz briefly.
Enjoy!



REFRESHING SUMMER SWITCHEL

1 SERVING

Sometimes water alone just WILL NOT DO and you need something truly refreshing and hydrating. Switchel is also known as “hay-makers punch” because it was traditionally enjoyed by farmers after a long day toiling in the fields.

It is usually made with vinegar, water and flavoured with ginger and a little honey. But you can change up any of these ingredients with whatever flavourings you like.

Switchel is a wonderful way of incorporating all the wonderful probiotic properties of apple cider vinegar into your diet in the most delicious way.

juice of one lime or lemon

1 teaspoon raw honey

**40mls apple cider vinegar (I used Wild
dispensary's Fire Cider)**

1/4 teaspoon ginger finely grated

ice

200ml soda water

In a large glass add the citrus juice and honey.

Stir until dissolved, then add the cider vinegar and ginger, mix well.

Finally add the ice and top up with soda water.



TURMERIC LATTE

1 SERVING

A wonderfully comforting drink to have on a cold day, this turmeric latte contains all kinds of anti-inflammatory goodness.

The addition of black pepper is purely to assist in the absorption of curcumin which is the anti-inflammatory compound found in turmeric.

1/4 cup coconut cream
1 teaspoon turmeric fresh or ground
1 teaspoon freshly grated ginger
1/4 teaspoon cinnamon
1 tablespoon Great Lakes Collagen (optional)
Pinch black pepper
4 drops of stevia
1 cup hot water
sprinkle of nutmeg

Place all the ingredients into a blender and mix, or alternatively if your blender doesn't cope well with hot stuff, heat on the stove and mix using a stick hand blender.

Finally grate a little nutmeg on top and enjoy.



ABOUT ME

Hi there, my name is Roz.

I'm a Photographer, Stylist, Integrative Nutritionist and Mum to two young children.

As a photographer and stylist, I have a passion for working with health-conscious businesses to create beautiful, engaging content to support their brand aesthetic and individual story.

Here at The Conscious Kitchen my nutrition philosophy is based on how food makes you feel on a physical and emotional level.

Recipes from The Conscious Kitchen are "up-graded" to be less inflammatory and more nutrient-dense, giving you increased energy, balanced hormones, and improved digestion.

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