



Mother's Day eBook



G'day!

It's time to celebrate the wonderful female figures in your life - or just your loved ones in general.

You'll find lots of healthy and tasty treats in this eBook that you can make with them or to show them how much you really care. Did someone say breakfast in bed?

Happy Mother's Day to everyone!

Lots of love,

Sam xx

Pistachio & Fig Bircher

Serves 1 **Preparation** 10 mins **Refrigeration Time** Overnight

Ingredients

1/2 cup rolled oats
1 tablespoon chia seeds
1 tablespoon linseed meal
1/2 teaspoon vanilla extract
1/2 teaspoon ground cinnamon
1/2 cup greek yoghurt
1/3 cup coconut milk (from carton)

Ingredients to Serve:

1 blood plum, sliced into wedges
2 tablespoons walnuts, roughly chopped
1/2 tablespoon maple syrup

Method

1. Place all of the bircher ingredients into a bowl and stir to combine. If required, add a splash more coconut milk to reach your desired consistency. Cover and refrigerate overnight, or if you're short on time leave it to sit for at least 20 minutes so the liquid can absorb.
2. When ready to serve, top the bircher with the plum and walnuts. Drizzle over the maple syrup and enjoy.



Pumpkin & Goat's Cheese Frittata

Serves 6 **Preparation 15 mins** **Cook 65 mins**

Ingredients

1 red onion, sliced
2 cups pumpkin, cut into cubes
1 zucchini, sliced
1 tablespoon extra-virgin olive oil
1 cup swiss brown mushrooms, sliced
2 cups kale, roughly chopped
10 free-range eggs, whisked
1/3 cup greek yoghurt
1 teaspoon thyme
Salt and pepper, to taste
120g goat's cheese, crumbled

Method

1. Preheat the oven to 180 degrees celsius, on a fan forced setting.
2. Add the red onion, pumpkin and zucchini to a baking dish and drizzle over the olive oil. Place the dish in the oven and cook for 25 minutes, until softened.
3. After this time, add the mushrooms and kale to the baking dish.
4. Combine the whisked eggs, greek yoghurt, thyme, salt and pepper in a bowl, then pour over the vegetables in the baking dish.
5. Crumble the goat's cheese over the top and place in the oven to cook for 20 minutes uncovered.
6. After this time, cover the frittata and cook for another 20 minutes, or until it has set.
7. Remove from the oven and slice to serve.





Choc Peanut Butter Fudge

Serves 30 **Preparation** 15 mins **Cook** 5 mins **Refrigeration Time** 2 hours

Ingredients

1 jar smooth peanut butter
1/3 cup coconut cream
2 tablespoons maple syrup
1 teaspoon vanilla extract
Pinch of salt
100g 85% dark chocolate
1/4 cup coconut oil

Method

1. Line a brownie tray or rectangular tray with baking paper.
2. Place the peanut butter, coconut cream, maple syrup, vanilla extract and salt into a food processor.
3. Melt the dark chocolate and coconut oil, then add this into the food processor as well.
4. Turn the food processor on and combine the ingredients until they become a fudge-like consistency.
5. Transfer the mixture into your tray/s and smooth down the top.
6. Place the fudge into the fridge to allow it to set.
7. Remove the fudge and slice it into small pieces. Store in the refrigerator or freeze to keep for longer.



Moussaka

Serves 4 **Preparation 20 mins** **Cook 60 mins**

Ingredients

1 eggplant, sliced
1/2 tablespoon extra-virgin olive oil
Salt and pepper

Ingredients for the Cauliflower Mash:

4 cups cauliflower, cut into florets
1 clove garlic
Pinch nutmeg
1/4 cup parmesan cheese
1/4 cup extra-virgin olive oil
Salt and pepper, to taste

Ingredients for the Sauce:

1/2 tablespoon extra-virgin olive oil
1 brown onion, diced
3 garlic cloves, minced
600g lamb mince

1 can diced tomatoes
2 tablespoons tomato paste
1 teaspoon dried oregano
1/2 teaspoon ground cinnamon
Salt and pepper, to taste

Ingredients to top:

1/2 cup parmesan cheese, grated

Ingredients for the pesto:

1 bunch basil
2 cloves garlic
1/4 cup parmesan
1/4 cup cashews
1/4 cup extra-virgin olive oil
1/2 lemon, juiced
Salt and pepper, to taste

Method

1. Preheat the oven to 180 degrees Celsius, on a fan forced setting.
2. Place the eggplant on a lined baking tray, drizzle over the olive oil and season with salt and pepper. Place the tray in the oven to cook for 15-20 minutes, until the eggplants are golden.
3. In the meantime, boil the cauliflower until it is soft enough to stab with a fork. Once it is cooked, drain the water but reserve a small amount to help it blend.
4. While this is cooking, heat the olive oil in a frying pan and add the onion. Sauté for 3-4 minutes, until it begins to go translucent.
5. Add the garlic and sauté for another 1-2 minutes until golden.
6. Next, add the lamb mince and cook for 7 minutes, turning occasionally to brown on all sides.
7. After this time, add the diced tomatoes, tomato paste, oregano and ground cinnamon. Season with salt and pepper and stir. Leave this to cook for 15-20 minutes, stirring it occasionally.
8. Place the cauliflower and water in a food processor. Then, add the garlic, nutmeg, parmesan, extra-virgin olive oil, salt and pepper. Blitz to combine into a smooth consistency.
9. When everything is ready, pull out a baking tray and assemble the moussaka by adding half of the sauce mixture to the bottom of it. Top this with half of the eggplant slices, followed by the remaining sauce mixture. Add the last of the eggplant slices, then the cauliflower mash.
10. Complete the layers with the parmesan cheese, then place the moussaka in the oven to bake for 30 minutes, until golden on top.

Raspberry Waffles

Serves 2 Preparation 10 mins Cook 15 mins



Ingredients

1 cup spelt flour
2 free range eggs
3/4 cup coconut milk (from carton)
1.5 teaspoon baking powder
1 cup raspberries
Coconut oil, for cooking

Ingredients to Serve:

1/2 cup Greek yoghurt
2/3 cup fresh raspberries
2 teaspoons maple syrup

Method

1. Add the flour, eggs, coconut milk, baking powder, and raspberries into a food processor or blender and combine until smooth.
2. Pour some of the batter into a waffle maker and cook until golden.
3. Repeat with the remaining batter.
4. Divide the waffles between two plates and top each with some Greek yoghurt, fresh raspberries and maple syrup.

Turkish Baked Eggs

Serves 2 **Preparation** 5 min **Cook** 10 min

Ingredients

4 free-range eggs
1 cup Greek yoghurt
1 garlic clove, minced
1 tbs lemon, zest
2 tbs fresh dill, finely chopped
2 tbs butter
2 tsp paprika
1 tsp chili flakes
2 slices sourdough
Fresh parsley to garnish, optional

Method

1. Mix the yoghurt, garlic, lemon zest and dill together in a bowl. Spoon yoghurt over serving plates to create a bed for the eggs.
2. Heat a fry pan over medium heat and melt the butter. Add the paprika and chili flakes and cook for 1 minute until fragrant. Take off the heat and set aside.
3. Bring a saucepan of water to the boil and poach eggs to your liking. Meanwhile, toast the bread.
4. Once the eggs are cooked, drain on a piece of paper towel and place onto the bed of yoghurt. Drizzle over the chili butter, garnish with parsley and serve with sourdough.





Jam Drops

Serves 20 **Preparation** 20 mins **Cook** 60 mins

Ingredients

Ingredients:

½ cup butter, softened

½ cup stevia or coconut sugar

1 tsp vanilla extract

1 free-range egg

1 ¼ cup whole meal self-raising flour

Jam:

2 cups berries – raspberries, blue-berries or strawberries or a mix

1-2 tbs stevia, optional

1 tsp lemon juice

2 tbs chia seeds

Method

1. Add the berries, stevia and lemon juice to a sauce pan and simmer for 5 minutes over medium heat. Roughly mash the berries with a spoon or fork to break them up. Once softened, remove from the heat and stir in the chia seeds. Set aside to cool and set.

2. Preheat oven to 180 degrees Celsius and line 2 baking trays.

3. Beat the butter, stevia and vanilla together until pale and creamy. Add the egg and beat until combined. Sift in the flour then fold in until it forms a dough.

4. Roll the dough into balls and place onto the baking tray. Make a small indent into the centre of each ball and spoon in ½ tsp jam.

5. Bake for 15 minutes until lightly golden. Allow to cool completely and enjoy.

Note: Reserve the extra jam and store in fridge.

Salmon & Veggies

Serves 4 **Preparation** 10 mins **Cook** 50 mins

Ingredients

½ sweet potato, diced
1 tbs extra-virgin olive oil
4 fillets salmon
4 cups mixed lettuce
1 cup cherry tomatoes, halved
½ avocado, cubed
1 Lebanese cucumber, sliced
2 tbs Danish feta, crumbled
2 tbs fresh dill

Dressing:

2 tbs extra-virgin olive oil
2 tbs balsamic vinegar
1 tsp raw honey or maple syrup
Salt and pepper, to taste

Method

1. Preheat oven to 200 degrees Celsius and line a baking tray. Place sweet potato on the baking tray, drizzle with olive oil, season with salt and pepper and toss to coat. Bake for 30 minutes, or until golden and caramelized, flipping halfway.
2. After 20 minutes, preheat a fry pan over medium heat. Place the salmon in the fry pan, season with salt and pepper and cook for 10 minutes, until golden and crispy all over.
3. Mix all salad ingredients and roast pumpkin together in a bowl. Whisk the dressing ingredients together and drizzle over the salad. Toss to coat.
4. Serve the salad with crispy salmon and garnish with fresh dill.



Hummingbird Cake

Serves 10-12 **Preparation** 10 mins **Refrigeration time** Overnight **Cook** 50 mins

Ingredients

1 large banana, mashed (or 2 smaller)
150g fresh pineapple (approx. 2/3 cup), finely chopped
1 free-range egg
1/3 cup almond milk
1/4 cup extra-virgin olive oil
1 tsp vanilla extract
1/2 cup stevia or coconut sugar
2 cups wholemeal self-raising flour
1 tsp baking soda
½ cup desiccated coconut
¼ cup pecans or walnuts, roughly chopped

Frosting:

1 cup Greek yoghurt
2 tbs maple syrup
1 tsp vanilla extract

Method

1. Add the yoghurt and salt to a bowl and mix to combine. Line a colander with a cheesecloth and place over a bowl. Spoon the yoghurt into the cheesecloth, place a bowl or jar on top to weigh it down and place in the fridge overnight. The liquid will separate leaving a thick yoghurt called labneh.
2. Preheat the oven to 180°C and line a cake tin (approx 20x20cm).
3. Combine banana, pineapple, egg, milk, olive oil, vanilla extract and stevia/sugar. Mix to combine.
4. Sift in flour and baking powder, add coconut and fold with a spatula until just combined. Pour mixture into the baking tin and bake for 30 - 35 mins or until a skewer comes out with a few crumbs.
5. While the cake is baking, combine the labneh, maple syrup and vanilla to make up the frosting. Once cake has cooled completely, spread the frosting over and sprinkle with chopped nuts.



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