

OVER
80
RECIPES
INSIDE!



healthy eating

delicious recipes for your
Optimum high-speed blender

FROOTHIE
A BETTER LIFE



CONGRATULATIONS

AND WELCOME TO FROOTHIE!

We hope that you enjoy creating these deliciously healthy recipes
in your Optimum high-speed blender.

love from friends of



FROTHIE
A BETTER LIFE



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all recipes are created by friends of frootie

chapter one

SMOOTHIES AND DRINKS



SUPERCHARGE ME GREEN SMOOTHIE

Easy and affordable to make this smoothie is well balanced with protein, carbohydrates, good fats and lots of fibre. It's great for the start of your day or as a 'pick me up' drink later on.

INGREDIENTS

- 1 banana (fresh or frozen)
- 1 kiwifruit
- 1 green apple
- 5 small leaves of kale
- 3 small leaves of silver beet
(or 2 tsp of spirulina powder
if you don't have fresh greens)
- 1 tbs flax seeds
- 2 tbs sunflower seeds
- 2 tbs Sacha Inchi protein powder
(or Pea protein)
- 300ml coconut water or purified water

METHOD

Place the ingredients in your Optimum high-speed blender jug and blend until smooth (about 30-45 seconds).



*supercharge me green smoothie
serves one*

by Milena Maksimovska, Naturopath, Medical Herbalist, BHSc (Complementary Medicine) MAX Health Store www.maxhealthstore.co.nz

APPLE PIE SMOOTHIE

INGREDIENTS

- 2 peeled apples
- 1 frozen banana
- 2 tbs coconut butter
- 1 cup homemade
almond milk
- 1 vanilla pod
- ½ tsp cinnamon
- Pinch of nutmeg
- Quarter of an avocado
- 1 tbs maple syrup

METHOD

Blend in your Optimum high-speed blender on 6 until smooth. Serve.



apple pie smoothie

by Nicole English www.rawkiwi.com

CARAMEL SMOOTHIE

INGREDIENTS

- 1 frozen banana, chopped (peel your banana prior to freezing)
- 6 Medjool dates, seeds removed
- ½ cup coconut milk
- ½ tsp concentrated natural vanilla extract
- 1 cup water

METHOD

Place all of the ingredients into your Optimum high-speed blender and blend at high speed until smooth. Serve, drink and enjoy!



caramel smoothie - serves one

by Bianca Slade Wholefood Simply www.wholefoodsimply.com

CARIBBEAN GREEN SMOOTHIE

INGREDIENTS

- 2 cups spinach, fresh (tightly packed)
- 1 cup orange juice
- 1 cup frozen mango
- 1 cup frozen peaches
- 1 banana
- 1 tsp maca powder
- 1 tsp spirulina
- 1 tsp chia seeds

METHOD

Tightly pack your leafy greens into a measuring cup and toss into your Optimum high-speed blender. Add orange juice and blend together until all leafy chunks are gone. Next add all other ingredients and blend until smooth.



caribbean green smoothie

by Joseph Di Bennardo Smoojie www.smoojie.com.au

CHOCOLATE SHAKE

The following raw chocolate shake recipe is so simple but so divine.
Served chilled in a tall cold glass, it's a true treat.

INGREDIENTS

- 1 medium ripe banana
(1 cup banana)
- ¼ cup cashews
- 1 tbs raw cocoa powder
(cocoa powder)
- 1 tbs honey
- ¾ cup water

METHOD

Place the ingredients into your Optimum high-speed blender and blend until smooth.

TIP: Adjust measurements to suit your taste. I like to go easy on the cocoa powder and then add more if necessary.



*chocolate shake smoothie
serves one*

by Laura-Jane Rawtarian www.therawtarian.com
[@therawtarian](https://www.facebook.com/therawtarian)
www.twitter.com/therawtarian www.youtube.com/therawtarian

CRANBERRY BANG SMOOTHIE

INGREDIENTS

- 1 cup cranberries, or ½ cup unsweetened cranberry juice
- 1 cup baby spinach
- 2 stalks celery
- ½ cup mixed berries, fresh or frozen
- ¼ avocado
- 1 tbs chia seeds
- 1 tsp ginger
- ½ - 1 cup coconut water, as desired

METHOD

Add all of the ingredients to your Optimum high-speed blender in the order above. Blend until smooth.



by Marc Dellapia Body Styling Fitness
www.bodystylingfitness.com [@bstylingfitness](https://www.instagram.com/bstylingfitness)

cranberry bang smoothie

FUJI APPLE SMOOTHIE

INGREDIENTS

- ½ - 1 cup kale
- 1 Fuji apple with skin
- ¼ cup mango, fresh or frozen
- ¼ cup raspberries
- 1 small cucumber
- 2 tbs goji berries
- ¼ cup filtered water, more as desired

METHOD

Add all of the ingredients to your Optimum high-speed blender in the order above. Blend until smooth.



*fuji apple smoothie
serves one*

GET HOOKED GREEN SMOOTHIE

A good starter smoothie for anyone wanting to get hooked on green smoothies!

INGREDIENTS

- 2 ripe bananas
- 1 Medjool date
- 1 cup water (or almond milk)
- 2 handfuls baby spinach leaves

METHOD

Throw everything in your Optimum high-speed blender and blend away! Use the tamper if needed. Blend until smooth.



*get hooked green smoothie
serves one*

GREEN PINA COLADA MOCKTAIL

Want a delicious mocktail that not only tastes good but alkalises, hydrates, fills you up and heals your body at the same time? This smoothie is fantastic if you want to provide an alcohol free alternative. It's Dairy Free, Gluten Free, Raw, Refined Sugar Free, Alcohol Free, Vegan Friendly AND taste great!

INGREDIENTS

- 1-2 cups fresh pineapple, skin removed
- 1-2 frozen bananas
- 200g coconut meat or coconut yoghurt
- 1-2 cups coconut water
- 1-2 cups greens of your choice (spinach, mixed leafy greens or lemon sorrel work best)
- 1 tbs MicrOrganics Superfoods green powder (or green powder of your choice)
- 1 tbs Coconut Magic coconut oil
- 1 scoop Sunwarrior Vanilla Protein (optional)

METHOD

Place all of the ingredients into your Optimum high-speed blender and blend until smooth. Serve in fancy glasses at parties to impress guests.



*green pina colada mocktail
serves one - two*

by Rory Bland The Whole Food Dude www.thewholefooddude.com

LEMON BASIL SMOOTHIE

INGREDIENTS

- 2 bananas
- ½ cucumber
- ¼ cup fresh basil
- 1 handful of spinach
- 1-2 tbs lemon juice
- 1 tsp chia
- 1 cup almond milk



*lemon basil smoothie
serves one*

METHOD

Place all of the ingredients in your Optimum high-speed blender in the above order. Blend until smooth and creamy! TIP: For an extra creamy smoothie, peel and freeze the bananas before blending.

by Marc Dellapia Body Styling Fitness
www.bodystylingfitness.com @bstylingfitness

LIQUID PUMPKIN PIE

INGREDIENTS

- 1 cup pumpkin purée
- 1 cup coconut milk
- 50g palm sugar
- ¼ tsp nutmeg (or to taste), plus extra, to serve
- ½ tsp cinnamon



*liquid pumpkin pie
serves two*

METHOD

Place all of the ingredients in your Optimum high-speed blender and blend until creamy. Sprinkle with a little extra nutmeg.

by Nikki Medwell Bed & Broccoli

www.bedandbroccoli.com.au www.facebook.com/bedandbroccoli

MATCHA GREEN TEA, COCONUT & MANGO SMOOTHIE

INGREDIENTS

- 1 organic young coconut
- 1 serving Bare Blends Organic Vanilla Bean Native WPI
- 1 frozen mango cheek
- 1 passionfruit
- 2g matcha green tea powder (approx. 1 tsp)
- 50ml hot water



matcha green tea, coconut & mango smoothie

METHOD

Whisk hot water and matcha powder in a bowl until completely dissolved and foamy on top. Allow to cool slightly while preparing other ingredients. Open the coconut and pour the water into your Optimum high-speed blender, then scoop out the flesh with a spoon and add it (make sure you remove any woody fragments first). Add the fruit, Organic Vanilla Bean Native WPI and the bowl of matcha tea to your Optimum high-speed blender. Blend until smooth, and serve in the coconut.

by Bare Blends www.bareblends.com.au

MANGO SMOOTHIE

INGREDIENTS

- ½ peeled mango, seeded
- ½ cup natural low-fat yoghurt
- ½ chilled mineral
or soda water
- Pinch of nutmeg and
a sprig of fresh mint,
to serve



mango smoothie - serves one

METHOD

Place mango in your Optimum high-speed blender and purée. Add in the remaining ingredients and blend until frothy. Serve immediately.

By Sally Symonds www.sallysymonds.com

NASHI PEAR & GINGER SMOOTHIE

Who doesn't love Nashi pears! The ginger in this recipe takes the edge off the greens and elevates it to the next level!



nashi pear & ginger smoothie

INGREDIENTS

- 1 big handful organic spinach
- 1 Nashi pear
- ½ frozen banana
- 1 serve Bare Greens
- 1cm piece of ginger
- 250ml almond milk / coco-quench / coconut water or other

METHOD

Blend all ingredients for 20 seconds in your Optimum high-speed blender. Enjoy!

by Bare Blends www.bareblends.com.au

PINA COLADA SMOOTHIE



pina colada smoothie - serves two

INGREDIENTS

- 2 cups pineapple
- 1 frozen banana
- 1 cup coconut water or water
- ½ cup coconut cream
- 1 tsp cinnamon (optional)
- ½ tsp nutmeg
- 1 tsp maca powder or protein powder
- ½ cup cashews and almonds (optional)

METHOD

Place all ingredients in your Optimum high-speed blender. I like to start by putting the nuts in first with the frozen banana and then the water. Add the other ingredients, and blend until smooth. Great for breakfast or lunch. The coconut cream just gives it a creamier more decadent finish.

by Rochelle Cook Chelle's Raw Food Kitchen www.chelleskitchen.com

RASPBERRY & MANGO SMOOTHIE



raspberry and mango smoothie serves one

INGREDIENTS

For the base:

- 1 cup of frozen raspberries
- 4 frozen bananas
- 1 fresh, ripe bananas
- A little filtered water or coconut water

For the top:

- 1 cup of frozen mango, or 1 fresh mango
- 2 ripe bananas

METHOD

Blend the base ingredients in your Optimum high-speed blender until smooth (don't over-blend). Pour into desired glass or jar. Blend the mango and pour on top of the base. Use water sparingly as you need to have the layers thick like ice-cream.

by Nicole English www.rawkiwi.com

RASPBERRY, WATERMELON & MINT SMOOTHIE



*raspberry, watermelon and mint smoothie
serves one*

METHOD

Place all ingredients into your Optimum high-speed blender and blend for about 30 seconds. Pour into a special glass, relax and enjoy. Yummy.

Extra: Scoop out the young coconut flesh from your coconut after you have removed the water and place it in the blender too. Gives the smoothie a little more body and tastes divine.

by Rochelle Cook Chelle's Raw Food Kitchen www.chelleskitchen.com

RAW VEGAN WARRIOR SMOOTHIE

One of my favourite green smoothies on the go is the "Raw Vegan Warrior". This fuels me for hours upon hours and gives me all the nutrition I need for optimum performance throughout the day. The lemon juice helps to preserve the antioxidants longer, which is fantastic if you aren't drinking it straight away.

INGREDIENTS

- 1-2 scoops raw protein powder of your choice
- 4-5 bananas (using frozen bananas gives a creamy texture)
- 3 tbs chia seeds
- 2 Medjool dates
- 1 cup kale
- 1 cup sprouts of your choice
- 1 whole coconut (flesh and water)
- 1 tbs Coconut Magic coconut oil
- Juice of 1-2 lemons

METHOD

Place all ingredients in your Optimum high-speed blender and hit blend. Serve into a large jar or glass bottle to take with you on the road.



raw vegan warrior

by Rory Bland The Whole Food Dude www.thewholefooddude.com

SPICED CHOCOLATE- CHAGA ELIXIR

INGREDIENTS

3 cups hot, brewed Chaga tea*
¼ cup hemp seeds
¼ cup cashews, soaked
3 tbs cacao powder
3 tbs coconut sugar
1 tbs lucuma (optional)
1-½ tsp cinnamon
Pinch – ¼ tsp cayenne powder
¼ tsp vanilla powder
Pinch of salt



*spiced chocolate-chaga elixir
serves two - three*

METHOD

Place all ingredients in your Optimum high speed blender and blend on high for a few minutes until you have a warm and creamy drink. Taste and adjust any flavours to your preference (more sweetness, more spiciness, etc.). If you prefer your elixir extra hot, pour into a pan and warm gently over low heat.

* or substitute with 3 cups hot water and 2 sachets instant Chaga powder.

NOTE: You can also add warm ingredients in the jug but NEVER place hot ingredients (above 70°C = 160°F) into the blender.

by Emma Coconut & Berries www.coconutandberries.com

SPINABANGO SMOOTHIE



*spinabango smoothie
serves one - two*

INGREDIENTS

1-2 cups baby spinach
1 cup frozen mango
Small handful fresh basil leaves
1 cup filtered water

METHOD

Blend ingredients together in your Optimum high-speed blender and serve chilled.

by Kisane Appleby Realistically RAW You www.RealisticallyRAWyou.com

VANILLA, PEAR & CASHEW SMOOTHIE

INGREDIENTS

- 1 pear
- 1 serving Bare Blends Organic Vanilla Bean Native WPI
- 1 handful raw organic cashews
- 1 frozen banana
- 250ml organic almond milk
- Cinnamon, to taste



*vanilla, pear & cashew smoothie
serves one*

METHOD

Soak the cashews for 6 hours to obtain the creamiest result (optional). Blend all ingredients in your Optimum high-speed blender for 20 seconds. Top with cinnamon. Enjoy!

by Bare Blends www.bareblends.com.au

chapter two

BREAKFASTS



ACAI BERRY GRANOLA BOWL

Açaí berries are a deep blue-purple fruit from the açaí palm tree, native to Central and South America. The fruit pulp is freeze dried and sold as a powder. They are antioxidant superstars, and help fight free radical damage, which may help reduce the risk of heart disease and cancer. Açaí berries are low GI, so give you a nice slow release of energy.

INGREDIENTS

1 heaped tbs freeze dried açaí berry powder
1 frozen banana
½ cup frozen berries
1 Medjool date, pitted
½ cup apple juice, coconut water or almond milk
1 tbs hemp seeds (optional, but adds a lovely creamy texture)
¾ cup granola

Topping

Sliced banana
Goji berries
Bee pollen

METHOD

Blend the açaí powder, banana, berries, Medjool date, juice and hemp seeds till nice and creamy. Pour over your granola. Decorate with banana, goji and bee pollen. It's like having dessert for breakfast, and not feeling bad about it!



*açaí berry granola bowl
serves one*

by Lauren Glucina, Holistic Health Coach, Raw Foods Chef and Educator, Student of Natural Medicine Ascension Kitchen www.ascensionkitchen.com rawdessertsapp.com facebook.com/ascensionkitchen instagram.com/rawdessertsapp twitter.com/laurenglucina

BLACKBERRY & APPLE SKILLET BREAKFAST CRUMBLE

Warming and comforting, seasonal blackberries and apples are coated in an autumnal spiced crumble.

INGREDIENTS

Crumble

100g raw almonds
130g toasted muesli
¼ tsp freshly grated nutmeg
½ tsp ground cinnamon
Pinch sea salt
50g molasses sugar*
4 tbs coconut oil, melted

Filling

150g blackberries
300g apples
50g molasses sugar
¼ tsp grated nutmeg
½ tsp ground cinnamon



*blackberry apple skillet breakfast crumble
serves four*

METHOD

Preheat oven to 190°C/350°F. Grind almonds in your Optimum high-speed blender. Combine in a mixing bowl with the muesli, spices, salt and sugar. Stir in the melted coconut oil until well combined and set aside. Peel and coarsely chop the apples into ¾ inch chunks. Stir the spices into the sugar and set aside. Heat your oven proof skillet over a medium-high heat. Cook the blackberries and apples for a few minutes in the dry pan. The liquid from the fruit will keep it from sticking to the pan. When the fruit has softened slightly sprinkle over the spiced sugar and stir well to combine. Cook for a further minute or so until the sauce is nice and thick. Remove from the heat and sprinkle over the crumble topping. Bake for 20-25 minutes, until the top is golden and the fruit juices are thick and bubbling. Allow to cool slightly before serving. Alternatively, leave to cool and reheat in the morning for breakfast.

* Or as dark brown a sugar you can get.

by Elizabeth, Elizabeth's Kitchen Diary www.elizabethskitchendiary.co.uk

BLENDER PANCAKES

INGREDIENTS

450ml skim milk
150g caster sugar
2 eggs
1 tsp vegetable oil
1 tsp vanilla essence
2 cups (250g) plain flour
1 ½ tbs baking powder



blender pancakes - serves 6

METHOD

Place milk, sugar, eggs, oil and vanilla in the blender. Add flour and baking powder. Blend until smooth. Heat a lightly oiled frying pan over medium high heat. Pour or scoop the batter onto the pan, using approximately four tablespoons for each pancake. Brown on both sides and serve hot.

RAW CASHEW YOGHURT



Kick-start your morning with this creamy yoghurt topped with fruit, crumbled nuts and dates.

raw cashew yoghurt - serve as desired

INGREDIENTS

1 cup cashews
½ cup water
3 tbs shredded coconut
1½ tbs honey
1 tbs lemon juice
1 tbs vanilla extract
Pinch sea salt
⅓ cup coconut oil

METHOD

Place all ingredients into your Optimum high-speed blender. Blend until it reaches a thin yoghurt-style consistency. There should be absolutely no grittiness or chunks of anything left. Transfer into a bowl and refrigerate for at least 2 hours. You now have raw yogurt! Tip: Always store your raw yogurt in the fridge.

by Laura-Jane Rawtarian www.therawtarian.com www.facebook.com/therawtarian
[@therawtarian](https://twitter.com/therawtarian) www.youtube.com/therawtarian

CRUNCHY MANGO, CHIA & BUCKWHEAT PORRIDGE

This cool porridge breakfast bowl is delicious for those summery months!

INGREDIENTS

2 tbs buckwheat
Filtered water
1 heaped tbs chia seeds
1 cup homemade almond milk
1½ cups frozen mango
1 cup buckinis*
1 tbs Coconut Magic coconut nectar
1 tsp vanilla powder

Topping

Blueberries
Drizzle of Coconut Magic
coconut nectar



*crunchy mango, chia & buckwheat
porridge - serves two*

METHOD

Place buckwheat in a small bowl and cover with filtered water. Set aside to soak for 10 minutes. Place chia seed in the bowl of your Optimum high-speed blender and cover with half of the almond milk. Leave chia seeds to soften while you drain and rinse the buckwheat. Add buckwheat, mango, buckinis, coconut nectar and vanilla powder to the chia seed mixture. Process until well combined, pouring the remaining almond milk in as you go. Do NOT over blend. Scrape down the sides if needed. Final texture should be creamy with a delicious crunch. Serve in bowls topped with blueberries and a drizzle of coconut nectar!

*Buckinis are soaked, sprouted and dehydrated buckwheat.

Delicious and crunchy!

by Roe Roberston Realistically RAW you www.RealisticallyRAWyou.com

GREEN SMOOTHIE BOWL



green smoothie bowl - serves one

INGREDIENTS

1 frozen banana
1 avocado
1 heaped tsp spirulina
1 tbs honey
½ tsp cinnamon
2 cups oat milk

Topping

Cacao nibs, chia seeds,
crushed activated almonds,
crushed pistachios, bee
pollen & goji berries.

METHOD

Blend all smoothie ingredients together until a beautiful smooth consistency in your Optimum high-speed blender and pour into a bowl. Top with your desired amount of topping ingredients. Enjoy!

by Melissa Sinclair 10 Minutes a Day www.my10minutesaday.com
[@10_MINUTESADAY](https://www.facebook.com/10MinutesADay)

RAW OATMEAL

Raw oatmeal is a perfect way to start your morning. Top with your favourite fruit or whatever suits your fancy!

INGREDIENTS

- 1 ¼ cup steel cut oats
- 1 ½ cups water
- 1 apple (or equivalent to 1 cup of cut apples)
- 1 tbs raisins

METHOD

The night before, place the water, raisins and then the steel cut oats into your Optimum high-speed blender. Let them sit overnight. In the morning, blend. While the water and oats are blending, chop the apple and then add it to the blender, too. Continue blending until the oatmeal is a nice, smooth texture. Eat!

I love to top this oatmeal with more whole raisins and a sprinkle of cinnamon. This recipe for raw oatmeal makes for a very filling breakfast. TIP: You don't have to pre-soften the ingredients, but it makes for a creamier, softer oatmeal.

raw oatmeal - serves one to two people



chapter three

MILK AND CHEESE



by Laura-Jane Rawtarian www.therawtarian.com www.facebook.com/therawtarian
[@therawtarian](https://twitter.com/therawtarian) www.youtube.com/therawtarian

CASHEW CHEESE ROUNDS

This vegan cheese is absolutely delicious!! The taste and texture are amazing and it goes extremely well with crackers, salad, grapes and on its own. Give it a go, you'll impress all your friends with this recipe.

INGREDIENTS

½ cup + 2 tbs raw cashews
¼ cup nutritional yeast
½ tsp garlic powder
1 tsp salt
1 + ¾ cups soya milk
½ cup agar flakes,
or 8 tsp agar powder
½ cup vegetable oil
2 tbs white miso
1 tbs lemon juice
Handful of thyme



*cashew cheese rounds
makes three small ramekins*

METHOD

Lightly oil 2-3 small ramekins. Grind the cashews in your Optimum high-speed blender, but do not allow it to turn into a paste. Add the nutritional yeast, salt, thyme and garlic powder. Pulse a few more times to blend in the spices.

Combine the soy milk, agar, and oil in a saucepan and bring it to boil, over high heat. Decrease the heat to low, cover and simmer for 10 minutes, stirring occasionally. Allow the milk mixture to cool slightly before gradually pouring through the feeding tube with the blender running. Blend for about 1 minute, or until the mixture is very smooth and creamy. Add in the miso, lemon.

Transfer the cheese to a container; cover and refrigerate until it is very firm, about 1 and half hours. Once it is firm, use a knife to gently remove the cheese from the ramekin. Grate or slice the cheese as desired. The cheese will keep for 4 days, covered and refrigerated.

by Essential Vegan essentialvegan.co.uk/

VANILLA ALMOND MILK



INGREDIENTS

1 cup almonds, soaked
8-12 hours (overnight)
4 cups water
½ tsp pure organic
vanilla extract
3-6 Medjool dates, pitted
(optional)

METHOD

Rinse soaked almonds thoroughly and place in the Optimum high-speed blender. Add water and blend for 1-2 minutes until smooth.

Using the nut-milk bag, strain the almond milk to separate the gritty almond pulp from the milk. Almond milk is now ready.

Store almond pulp in freezer for use later in other raw recipes.

vanilla almond milk - makes 1 litre

by Laura-Jane Rawtarian www.therawtarian.com www.facebook.com/therawtarian
[@therawtarian](https://twitter.com/therawtarian) www.youtube.com/therawtarian

SNACKS



APRICOT GOJI BALLS

*Vegan friendly little treats of apricot, goji berry, coconut and cashews.
Little balls of heaven!*

INGREDIENTS

200g soft, dried apricots
250g raw cashew nuts
25g desiccated coconut
25g goji berries
1 tsp vanilla extract
(optional)

METHOD

Add the cashew nuts to your Optimum high-speed blender and blitz until they resemble fine meal. Add the other ingredients and blend until the mixture turns into a solid mass and comes away from the side of the jug. Scoop out balls of the mix and with your hands, roll into bite size balls (about one tablespoon). Chill in the fridge until ready to eat.



apricot goji balls - makes 24

CHOCOLATE CHIA SEED PROTEIN BLOCKS

INGREDIENTS

200g dried dates, soaked in
100ml water for 20 minutes
3 tsp chia seeds, soaked in
6 tsp water for 10 minutes
20g hemp powder
25g pecans
25g cocoa powder
4-5 drops natural vanilla,
peppermint or almond
essence
3 tbs agave syrup
4 tbs desiccated coconut
(2 for the mix and 2
to coat)



*chocolate chia seed protein blocks
makes 12*

METHOD

Blend all of the ingredients except two tablespoons of desiccated coconut in your Optimum high-speed blender until smooth. Pile the mixture onto a sushi mat lined with cling film. Roll the mat, straightening the cling film as you go. Tuck in the ends to make a neat roll then place in the fridge for at least 2 hours.

Remove the cling film and place on a wooden board. Cut into slices about 1cm thick. Spread the other two tablespoons of desiccated coconut.

by Jayne Rodgers Veggie Runners
www.veggierunners.com

CHOCOLATE PRETZEL ENERGY BARS

*These no bake bars haven't
added sugar and are a great
pick me up!*

INGREDIENTS

150g dates
50ml hot water
150g almonds
100g Brazil nuts
4 tbs chia seeds
200g dark chocolate
25g pretzels

METHOD

Line your tray with baking parchment. Chop your dates into little pieces and soak in the hot water and set aside. Use a bowl that will be big enough for all of the ingredients later.

Roast your nuts under a hot grill until they start to turn a deeper brown and smell lovely. Process your nuts in your Optimum high-speed blender until they're a fine rubble. Some big bits remaining are fine. Add them, along with your chia seeds, to your dates.

Melt your chocolate in a heat-proof jug. Add 150g of the chocolate to your date and nut mixture and mix well. Press the mixture into your tray. Pour the remaining chocolate into a plastic sandwich bag. I find the easiest way to do this is to put the bag in a glass, open it wide, and pour (hence melting the chocolate in a jug earlier).

Get your pretzels and tray of goodies nearby. Cut a tiny 2mm hole in your sandwich bag and start streaking the chocolate all over the surface of the date bar. When around two-thirds of the mixture has been drizzled, quickly press your pretzels into the sticky surface, then keep pouring the rest of the chocolate. If you squeezed the last tablespoon of chocolate straight out of the bag into your mouth, I'm sure nobody will judge you. Leave to rest for at least 20 minutes, then transfer to the fridge for a few hours to set.

by Emma Coconut & Berries www.coconutandberries.com



*chocolate pretzel energy bars
makes 9 X 9 tray of bars*

RAW CUCUMBER BITES

Next time you're heading to a gathering and want to take something different that's also gluten free, dairy free, paleo and vegan friendly, give these a go. They're fresh, full of flavour, they look oh so cute!

*raw cucumber bites
serve as desired*

INGREDIENTS

- 1 cup raw cashews, soaked overnight
- ¼ cup lemon juice
- Pinch of sea salt
- 2 tbs fresh dill, chopped finely
- 1 tbs fresh chives, chopped finely
- 2 Lebanese cucumbers, sliced into 5mm thick rounds
- ½ punnet cherry tomatoes, halved

METHOD

For the cashew cream: Put the cashews, lemon juice and salt in your Optimum high-speed blender, and blend until smooth. If the mixture is too sticky, add a tiny bit of water (a tsp at a time) to get it going. Add the dill and chives, and pulse until herbs are mixed through. To build your bites, use the cucumber slice as your base, add one heaped teaspoon of cashew cream mix, and top with a cherry tomato. Yum!



by Kisane Appleby Realistically RAW You www.RealisticallyRAWyou.com

GINGERBREAD SPICED PROTEIN GRANOLA BARS

INGREDIENTS

Spices

- ¼ tsp ground cloves
- ½ tsp ground cinnamon
- ½ tsp vanilla extract

Dry

- 1 cup oats
- 2 cups nuts and seeds of your choice
- ½ cup vegan protein powder

Wet

- 1 cup dried or fresh dates, roughly chopped
- ½ cup raisins
- 1½ cups warm water
- ½ tsp miso paste (or sea salt)
- 1 inch piece of root ginger
- ½ cup crystallised ginger (optional)
- Chocolate chips (optional)
- Dried cranberries (optional)

METHOD

Preheat oven to 160°C. Line your tin with baking parchment. Blend the oats in your Optimum high-speed blender to make a fine flour. Mix this with the spices and protein powder, if using, in a large mixing bowl. Soak your raisins and dates in warm water for 5 minutes, then blend in your Optimum high-speed blender with the miso and root ginger. Blend for a couple of minutes to ensure the ginger has turned to mush. Pour the date mixture into the dry ingredients and stir thoroughly, to ensure there are no powdery pockets lurking at the bottom.

Blend 1 cup of your nuts and seeds for a few seconds to make a fine rubble, then tip into the other ingredients. Roughly chop the other cup of nuts, and add to the mixture and stir. If you are using any of the optional extras, you'll want them hidden at the bottom, so the sugars in them don't burn in the oven. So, spread them on your baking parchment before pouring the mixture over. Wet your hands, and spread the mixture with your fingers. Bake for 20-25 minutes, until it begins to colour and becomes a bit more firm to the touch.

by Bibi Rodgers Veggie Runners www.veggierunners.com



makes 14

RASPBERRY SNOWBALLS



raspberry snowballs - makes 24

INGREDIENTS

210g cashew nuts
140g fresh raspberries
120g Medjool dates
100g desiccated coconut, for coating

METHOD

In your Optimum high-speed blender, blitz the cashew nuts first until they become ground, then add in the remaining ingredients excluding the coconut and blitz briefly until it's well combined, but not too much - you don't want it to be too soft, just pliable.

Scrape into a bowl and using a tbs for measurement, roll out into balls. Gently roll in desiccated coconut and refrigerate until ready to eat. Can be frozen.

by Shaheen Allotment 2 Kitchen www.allotment2kitchen.blogspot.co.uk

SWEET POTATO & FRESH GINGER PROTEIN BALLS

Sweet Potato and fresh ginger taste so warmly, vibrantly, autumnal together. Set off with nut butter and rolled in coconut, linseeds or cocoa, these vegan little energy bites are as moreish as truffles.

INGREDIENTS

Protein balls

125g (1½ cups) rolled oats
200g (1 cup) cooked sweet potato, mashed
125g (½ cup) nut butter
Large pinch of grated fresh ginger
1 tbs agave nectar or honey
½ tsp vanilla extract
1 tbs skimmed milk powder or vanilla protein powder

To Finish

Coconut, milled linseeds, cocoa, sesame seeds, chopped nuts, etc., whatever you have or prefer for rolling.

METHOD

Blitz all the ingredients in your Optimum high-speed blender until combined. Roll into teaspoon sized balls, then roll in the coconut, cocoa etc. and store in the refrigerator or freezer.



sweet potato and fresh ginger protein balls

by Kate Hackworthy Veggie Desserts www.veggiedesserts.co.uk

BREADS & CRACKERS



ALMOND-OAT

FLATBREAD WITH TOMATOES & BASIL CREAM

INGREDIENTS

Almond-oat flatbread

- ¾ cup almond meal*
- ¾ cup oat flour*
- ½ tsp baking powder
- ¼ tsp salt
- 1 tbs ground flax
- 3 tbs water + 1-2 tbs water, if necessary
- 1 tbs olive oil
- 1-2 tbs chopped fresh herbs (optional)

Basil cream**

- ½ cup cashews, soaked at least 30 minutes and drained
- ½ cup water
- ½ tsp salt
- Handful of fresh basil (12 medium-large leaves)

Toppings

- 1-2 large tomatoes, thinly sliced
- Handful of fresh basil leaves
- Basil cream



*almond-oat flatbread
with tomatoes & basil cream
serves 2*

recipe continues on next page

METHOD

For the flatbread, preheat oven to 180°C/350°F. In a small bowl, stir together the flax and water and set aside to thicken. Combine all the dry ingredients in a medium bowl (almond meal, oat flour, baking powder, salt and herbs if using).

Add the flax mixture and olive oil and stir well to combine. I find it easiest to use my hands. If it is a little dry and crumbly add a little extra water, half a tablespoon at a time, until it comes together into a dough. It should be a little bit sticky.

Roll out between two sheets of parchment paper until fairly thin (2mm-ish) and shape into an oblong (or whatever shape you like!). Remove top sheet of parchment paper and bake for 20-25 minutes, until just beginning to turn golden at the edges and firm to the touch.

Prepare the basil cream while the flatbread is baking. In your Optimum high-speed blender, simply blend all the ingredients until completely smooth. Pour into a bowl and refrigerate to store. Once the flatbread has finished baking, arrange the sliced tomatoes on top, drizzle generously with the basil cream and scatter over the basil leaves.



*almond-oat flatbread
with tomatoes & basil cream
serves 2*

Notes: * Grind whole almonds or oats in your Optimum high-speed blender to make meal and flour. **You will not need all the basil cream but leftovers are great as a dip for crudités or a pasta sauce with a little nutritional yeast stirred in.

HERBES DE PROVENCE SEED & NUT CRACKERS

Easy, nutritious, satisfying, and delicious. No soaking or faffing, just a quick spin in your Optimum high-speed blender, roll and bake.

INGREDIENTS

- 2 cups mixed raw, unsalted nuts and seeds*
- 2 heaped tbs nutritional yeast**
- ½ tsp ground pepper
- ½ – ¾ tsp fine salt
- 2 heaped tsp Herbes de Provence (or mixed dried herbs of choice***)
- 1 medium egg OR equivalent vegan 'egg' such as Orgran
- 1½ tbs water
- Poppy seeds, to sprinkle
- Sesame seeds, to sprinkle

METHOD

Preheat the oven to 150°C/300°F. Line a baking tray with parchment paper or Silpat. Coarsely grind the nuts and seeds in your Optimum high-speed blender. You want a coarse mix that is just beginning to clump together. I found it best to whiz on a medium speed and then pulse once it was evenly chopped but not small enough to use as dough.



*herbes de provence seed
& nut crackers
makes 22*

HERBES DE PROVENCE SEED & NUT CRACKERS, CONTINUED...

Pour the 'dough' into a mixing bowl. Crumble with your fingers to break up any lumps then stir in the dry ingredients. Take a pinch to test for seasoning, adjusting as needed. Stir in the egg/vegan egg and the water; mix to form a stiff dough.

Roll out as thinly as you can between two pieces of parchment paper. NOTE: The ones in the photo are not as thin as they can go but they will be more snappy if you go further. Top with the extra seeds, slightly pressing them on nut and seed crackers. Cut into strips or shapes.

Transfer to your lined baking tray and bake in the centre of the oven for 30 minutes. For further crispness, use a spatula to lift the baked crackers onto a baking rack and return to the oven (lowest shelf) for a further five minutes. This will pull out any residual moisture from the bottom of the cracker. Allow to cool completely before storing in a sealed container.

* I used broken cashews, pumpkin seeds and sunflower seeds ** For a savoury almost cheese-like flavour *** Not old stuff from the back of the cupboard, please!



*herbes de provence seed & nut crackers
makes 22 or 1 baking tray*

SWEET TOMATO BRUSCHETTA WITH OLIVE TAPENADE

The glorious sweetness of late season tomatoes and salty, deep olive tapenade. Can it get any better? Bruschetta makes the perfect starter, snack or light lunch. The best food is simple and fresh.

INGREDIENTS

- 1 white French stick, cut diagonally into 2cm slices
- 6 red Santini tomatoes*, diced
- 6 Orange Rapture tomatoes, diced
- 1 tbs extra virgin olive oil
- 1 tsp balsamic vinegar

Tapenade

- 50g mixed olives, stone removed
- Juice of ½ unwaxed lemon
- Pinch sea salt
- Handful of fresh basil leaves

METHOD

Heat a griddle pan and place the bread slices flat onto the pan. Toast over a medium-high heat for 4-5 minutes until crisp and golden.

In the meantime, combine both varieties of tomatoes, olive oil and balsamic vinegar in a bowl and set aside. Place the olives, lemon juice and sea salt in your Optimum high-speed blender and mix over a low speed until combined but still textured.

To assemble, place the toasted bread onto a serving board. Spoon over the tomato mixture and flatten slightly. Add a tsp sized amount of tapenade on top of each bruschetta. Finish with a basil leaf.

*If Santini tomatoes are not available purchase the best tomatoes you can afford to buy - this is the trick to a great bruschetta.



serves two - four

CONDIMENTS

DIPS & SAUCES



CHILLI, CARROT & CORIANDER PÂTÉ

makes a good bowl full for sharing ...



*chilli, carrot & coriander pâté
serves two - four*

INGREDIENTS

- 1 x 400g tinned chickpeas, drained and rinsed
- 2 large carrots, peeled and sliced (lightly blanched, optional)
- Small handful of fresh coriander leaves
- 2 tbs good olive oil (or more if too dry)
- Pinch of chilli flakes or chilli powder, to taste
- Salt and pepper, to taste

METHOD

Start of slow and blitz all the ingredient in Optimum high-speed blender, then increase speed. Stop, taste and tweak seasoning before blitzing to a smooth pâté like consistency. Scrape into ramekins or an attractive plate and serve chilled or at room temperature.

PISTACHIO & CARROT SPREAD

chapter seven

INGREDIENTS

300g carrots, peeled,
boiled and cooled
150g unsalted pistachios,
shelled
½ cup low-fat yoghurt
1 tsp dried sage
Cracked black pepper,
to taste



*pistachio & carrot spread
serves four*

METHOD

Rough chop the carrots and add to your Optimum high-speed blender along with the other ingredients and purée to smooth consistency. Serve with crisp bread or fresh vegetables.

SIDES, SALADS & DRESSINGS



10-MINUTE CAULIFLOWER RICE

A brilliant substitute for white rice, made from the humble cauliflower.

INGREDIENTS

1 medium cauliflower

METHOD

Peel or cut off all the leaves and the stalk of the cauliflower and put these to one side; you could add them to a dish to accompany the rice! Break the cauliflower into rough florets and process in your Optimum high-speed blender until the same size and texture as rice.

Tip into a microwavable dish and cover, then cook on high for around 7 minutes or until cooked through. Serve immediately.



*10-minute cauliflower rice
serves two*

by Kevin Chambers-Paston The Crafty Larder www.thecraftylarder.co.uk

COCONUT AVOCADO FRIES WITH COCONUT, CASHEW & CARDAMOM DIP

This is so simple. Creamy, coconut-y avocado slices baked to a gentle crispness, then dipped in a cardamom-infused coconut and cashew dip.

INGREDIENTS

Avocado fries

½ cup unsweetened shredded coconut
1 tbs icing sugar
2 ripe but firm avocados

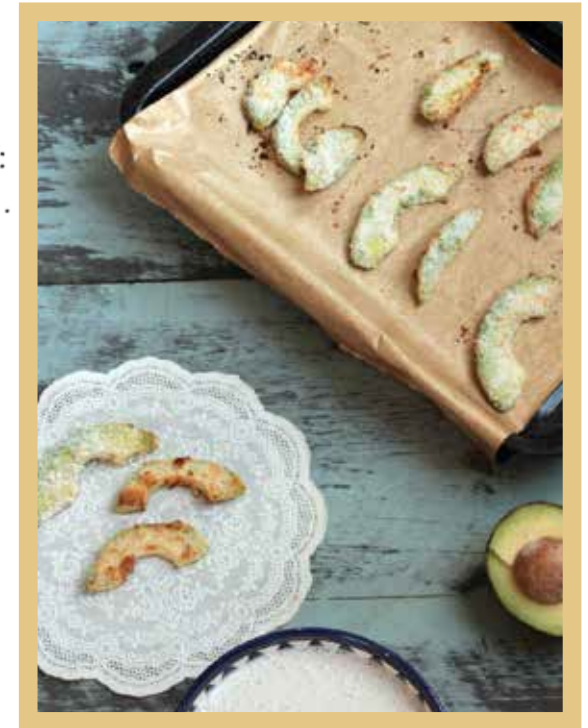
Dip

5 cardamom pods
250ml (1 cup) coconut cream
½ cup cashews
1 tbs icing sugar
(or sweetener of choice)
1 tsp coconut oil

METHOD

For the avocado fries, preheat oven to 190°C (375°F). Line a baking tray with parchment paper. Blitz the coconut in your Optimum high-speed blender until fine (making coconut flour). Slice the avocados into strips, then coat the pieces in the coconut flour. Place onto a lined baking tray and bake for 8-10 minutes until golden.

For the dip, remove the seeds from the cardamom pods and grind them in a pestle and mortar. Add them, along with all other ingredients, to your Optimum high-speed blender and blitz until smooth. Keep in the fridge until ready to use.



*coconut avocado fries with coconut
cashew & cardamom dip - serves six*

by Emma Coconut & Berries www.coconutandberries.com

PERFECT YORKSHIRE PUDDINGS

INGREDIENTS

2 large eggs,
at room temperature
1 tsp salt
1½ cups milk,
at room temperature
1 cup plain flour
A little oil

METHOD

Make sure all your ingredients are at room temperature before beginning. Put all of the ingredients except for the oil into your Optimum high-speed blender. Blitz until completely smooth. Now, this is the important bit: cover it, and let it sit on the bench for one hour.

Preheat your oven to 230°C/450°F. Place a small amount of oil into each cup of a 12 cup muffin tin. Place the tin into the hot oven to heat up until the oil is hot and sizzling. Remove from the oven and quickly divide the batter amongst each muffin cup, filling them about two-thirds full.

Return to the oven and bake for 20 minutes, until well risen, browned and crispy, reducing the oven temperature by 10 degrees every five minutes. Serve hot with plenty of gravy!!



*perfect yorkshire puddings
serves twelve*

chapter eight

SOUPS



BETROOT SOUP



beetroot soup - serves four

INGREDIENTS

10 fresh beetroot, peeled, trimmed and washed
3 garlic cloves, crushed
3 onions, diced
2 cups low-fat natural yoghurt
Cracked black pepper

METHOD

Preheat oven to 250°C. Roughly chop the beetroot and bake on an oven tray lined with baking paper until cooked through (approx. 60 minutes) and set aside to cool.

Heat non-stick pan over medium heat; add onion and garlic and cook until soft. Add beetroot and 4 cups of water to the saucepan. Bring to a boil, then reduce heat and simmer for 15 minutes. Allow mixture to cool for about 10 minutes.

Place all the ingredients into your Optimum high-speed blender, place the cover on top but remove the centre cap and cover with a towel to let steam escape. Blend until smooth. Season to taste. Serve in bowls with a large dollop of yoghurt on top.

NOTE: You can also add warm ingredients in the jug but NEVER place hot ingredients (above 70°C = 160°F) into the blender.

by Sally Symonds www.sallysymonds.com

CARROT & LEEK SOUP



*carrot & leek soup
serves four - six*

INGREDIENTS

1 tbs sunflower oil
1 onion peeled and chopped
2 cloves garlic, peeled and chopped
3 carrots (350g approx), peeled and chopped
2 large leeks (300g approx), sliced
2 sticks celery
1 tsp mixed herbs
1 tsp paprika
4 cups (1L) vegetable stock
1 small sweet potato, peeled and chopped
1 small white potato, peeled and chopped

METHOD

In a large heavy bottomed saucepan, heat the oil. Add the onion and cook for a few minutes until soft. Add the leeks and cook for a few minutes.

Add the garlic. Add the carrots, sweet potato and potato. Stir and cook for a few minutes until starting to soften.

Pour in the stock and add the herbs and paprika. Stir, bring to the boil and simmer for about 30 minutes until all the vegetables are soft.

Place in your Optimum high-speed blender and blend until smooth. Return to the pan and reheat. Adjust seasoning with salt and pepper.

NOTE: You can also add warm ingredients in the jug but NEVER place hot ingredients (above 70°C = 160°F) into the blender.

by Penny Ritson [Penny's Recipes www.pennysrecipes.com](http://www.pennysrecipes.com)

CAULIFLOWER COCONUT & LIME SOUP



*cauliflower coconut & lime soup
serves two - four*

INGREDIENTS

½ tbs coconut oil
1 medium onion, finely chopped
1 tsp ground coriander
1 medium cauliflower, broken into florets (approx 4 cups)
3 cups (750ml) vegetable stock
½ cup full-fat coconut milk
2-3 tbs lime juice
Salt, to taste

METHOD

Heat the coconut oil in a large pot over medium heat. Add the onion and cook for 6-8 minutes. Add the ground coriander and cook, stirring, for a further minute, to bring out its flavour. Add the cauliflower, vegetable broth and coconut milk, stir to combine, cover and bring to the boil. Reduce heat to a simmer and cook, covered for 10-15 minutes, or until the cauliflower is very soft. Remove from heat and add the lime juice.

Leave to cool for 10 minutes or so before pouring carefully into your Optimum high-speed blender and blending until very smooth. Return to the pot to warm through again before serving. Adjust salt and lime amounts to preference.

NOTE: You can also add warm ingredients in the jug but NEVER place hot ingredients (above 70°C = 160°F) into the blender.

by Emma Coconut & Berries www.coconutandberries.com

RAW CORN CHOWDER

When you want comfort food, this thick and creamy raw corn chowder will hit the spot!

INGREDIENTS

1 cup fresh corn kernels
¼ cup cashews
¾ cup water
¾ tsp sea salt
½ cup fresh corn kernels, additional
Coriander, to serve (optional)
Pepper, to taste

METHOD

Peel your corn on the cob. Slice the kernels off the cob by holding the corn cob vertically and carefully slicing down toward your cutting board. If you're using canned corn, make sure to rinse and drain the corn kernels. Pat dry with a clean tea towel.

Add all ingredients (except the second amount of corn and the pepper) into your Optimum high-speed blender. Blend on high until very smooth and well-blended. Blend for an abnormally long time because you want this raw corn chowder recipe to be slightly warm when coming out of the blender. Pour corn mixture into a bowl(s).

Add remaining corn and stir with a spoon. Garnish with pepper and chopped coriander, if using. Eat this raw corn chowder recipe immediately, while still warm from the blender.

TIP: you'll need 3-4 cobs of corn for this recipe. This recipe makes one large single serving, or two small appetiser servings.

NOTE: You can also add warm ingredients in the jug but NEVER place hot ingredients (above 70°C = 160°F) into the blender.

by Laura-Jane Rawtarian www.therawtarian.com [@therawtarian](https://www.facebook.com/therawtarian) www.twitter.com/therawtarian www.youtube.com/therawtarian



*raw corn chowder
serves four - six*

LENTIL SOUP

INGREDIENTS

1 tbs groundnut oil
1 medium onion,
peeled and diced
2 cloves garlic,
peeled and crushed
2 tsp cumin seeds
2 sticks celery, chopped
2 medium carrots,
peeled and chopped
1 tbs tomato purée
1 tsp coriander
4 cups (1L) vegetable stock
150g red lentils
Salt and black pepper,
to taste



lentil soup serves four - six

METHOD

Heat the oil in a large heavy-base saucepan. Add the onion and sweat for a few minutes. Add the cumin seeds and cook for a further 10 minutes, stirring occasionally. Add the garlic, celery and carrots. Sweat for a couple of minutes.

Add the stock. Stir in the tomato purée and coriander. Add the lentils. Stir, bring to the boil and then simmer gently for 30 minutes.

Place in your Optimum high-speed blender and blend until smooth. Re-heat and season with salt and black pepper to taste. Serve with some crusty bread.

NOTE: You can also add warm ingredients in the jug but NEVER place hot ingredients (above 70°C = 160°F) into the blender.

by Penny Ritson Penny's Recipes www.pennysrecipes.com

MEDITERRANEAN SOUP

INGREDIENTS

4 tomatoes
2-3 zucchini
1 small brown onion
1 small garlic clove
1 cup of raw cashews,
soaked overnight
1 avocado (optional)
1 tbs of organic olive oil
1 tsp fresh oregano leaves
1 stock cube (yeast and
MSG-free)
2-3 cups of boiling water
½ tsp Himalayan salt
Cracked black pepper,
to taste



Mediterranean soup - serves six

METHOD

Soak cashews overnight. Wash all veggies. Chop roughly and add to your Optimum high-speed blender.

Add the oregano and garlic to the blender, along with the rinsed cashews and avocado, if using.

Boil your water and add the stock cube and water to the blender with a good crack of salt and pepper, and a small amount of the olive oil.

Whiz this all up and keep slowly adding the olive oil. Blend until smooth and creamy.

NOTE: You can also add warm ingredients in the jug but NEVER place hot ingredients (above 70°C = 160°F) into the blender.

by Tammy Rice Naturally Radiant www.naturallyradiant.com.au

PEA SOUP

INGREDIENTS

250g dried marrowfat peas
Boiling water, for soaking
2 tsp bicarbonate soda
1 tsp butter
2 medium leeks, sliced
1 medium carrot, peeled
and chopped
1 medium potato, peeled
and chopped
4 cups (1L) vegetable stock
150g red lentils
Salt and black pepper, to taste



pea soup

serves four to six

METHOD

Place the marrowfat peas in a bowl. Measure 1.5 litres boiling water. Add 2 tsp bicarbonate of soda. Pour over peas and leave to soak overnight, or at least 12 hours.

Rinse the peas thoroughly to prepare for use. In a large saucepan, heat the butter. Add the leek and sauté for a few minutes. Add the carrot and potato and sweat for a few minutes.

Add the peas and stock. Bring to the boil and simmer for about 20 minutes until the vegetables are soft. Season with salt and black pepper. Place in your Optimum high-speed blender and blend until smooth. Return to the saucepan to heat through. Serve with crusty bread.

NOTE: You can also add warm ingredients in the jug but NEVER place hot ingredients (above 70°C = 160°F) into the blender.

by Penny Ritson Penny's Recipes www.pennysrecipes.com

PUMPKIN SOUP

INGREDIENTS

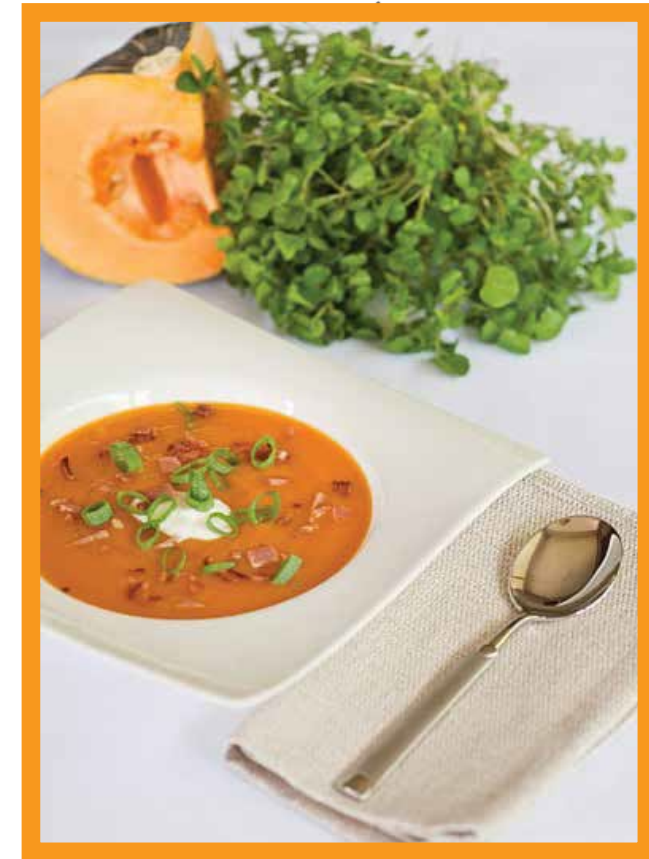
300g pumpkin
3 tbs low-fat ricotta
2 tbs low-fat milk
1 tsp fresh rosemary,
chopped
Cracked pepper, to taste
1 green onion, thinly
sliced, to serve
Low-fat bacon, diced and
fried, to serve

METHOD

Cook pumpkin until tender. Place peeled, seeded pumpkin, along with ricotta and milk into your Optimum high-speed blender and purée until smooth.

Mix in by hand the rosemary. Warm on stove-top.

Serve and garnish with sliced green onions and crispy bacon, if desired.



pumpkin soup - serves one

NOTE: You can also add warm ingredients in the jug but NEVER place hot ingredients (above 70°C = 160°F) into the blender.

by Sally Symonds www.sallysymonds.com

ROASTED CAULIFLOWER, GARLIC & CUMIN SOUP

INGREDIENTS

1 head cauliflower, chopped
into florets
4-5 cloves garlic, peeled
1 tbs olive oil
1 tsp cumin seeds
1 medium onion, diced
1 handful fresh thyme,
chopped
3 cups vegetable stock
1 cup unsweetened rice milk
Salt and pepper, to taste

METHOD

Preheat your oven to 200°C.
Chop the cauliflower into florets
and coat in olive oil, salt and pepper.
Place cauliflower and garlic cloves
in a large baking dish and roast until
golden, about 20-30 minutes. Heat
some oil in a large pot over medium
heat. Sauté the onion for about 5
minutes until soft and fragrant. Add
the thyme and cumin seeds and continue to sauté for a minute or two. Add the stock
and roasted cauliflower, bring to a boil, reduce the heat and simmer, covered,
for 20 minutes.

Using your Optimum high-speed blender, purée the soup until creamy and
smooth. While you blend, add in the rice milk and combine. Season with salt and
pepper, olive oil and fresh thyme leaves.

NOTE: You can also add warm ingredients in the jug but NEVER place hot
ingredients (above 70°C = 160°F) into the blender.

by Hannah Horton Health Yeah www.healthyeah.co.nz



*roasted cauliflower, garlic &
cumin soup - serves four*

ROASTED SQUASH (PUMPKIN) & TOMATO SOUP

INGREDIENTS

2 tablespoons olive oil
½ medium Crown Prince
squash or Queensland
Blue pumpkin
1 large onion, peeled and
quartered
450g tomatoes, quartered
2 carrots, peeled and
quartered lengthways
2 garlic cloves, peeled
4 cups (1L) vegetable
stock
2 tsp paprika
¼ tsp cayenne pepper
Salt and black pepper, to taste

METHOD

Preheat the oven to 180°C. Remove the seeds from the pumpkin and cut into
chunks. Brush each piece with olive oil and place on a baking tray. Place the
tomatoes, carrots, onion and garlic on another baking tray. Drizzle with olive
oil then stir gently to coat in the oil. Place both the trays in the oven for about
45 minutes.

Scrape the soft squash/pumpkin flesh from the skin and place in a large
saucepan. Add all the other vegetables to the saucepan. Add the stock, paprika
and cayenne pepper. Stir and bring to the boil. Simmer for 5 minutes. Place in
your Optimum high-speed blender until smooth. Season to taste with salt and
black pepper.

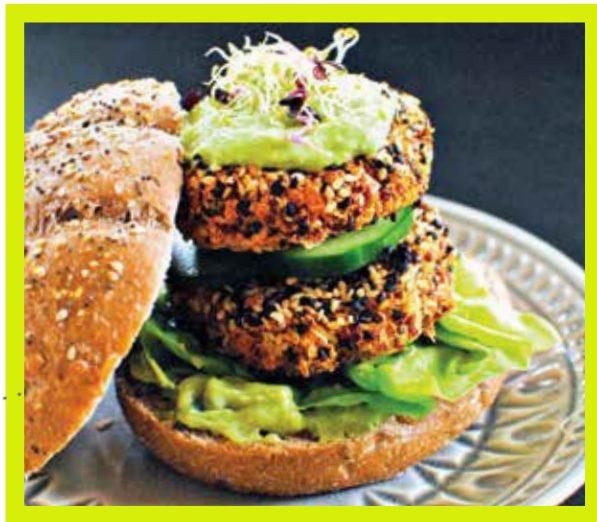
NOTE: You can also add warm ingredients in
the jug but NEVER place hot ingredients
(above 70°C = 160°F) into the blender.

by Penny Ritson Penny's Recipes www.pennysrecipes.com



*roasted squash (pumpkin) & tomato soup
serves four - six*

MEALS



2-MINUTE GREEN SPAGHETTI SAUCE

INGREDIENTS

1 ripe avocado
100g frozen peas
1 handful spinach
1 handful coriander
1 handful parsley
4 tbs parmesan or
nutritional yeast
200ml a2 milk
Salt and pepper
Spaghetti, to serve



two-minute green spaghetti sauce - serves four

METHOD

Cook spaghetti until it is al dente. In the blender, whiz up the peas, spinach, coriander, parsley, coriander, parsley, parmesan and a2 Milk.

Season with salt and pepper. You can whiz the sauce for a few minutes until it is hot, or warm it in a pan before adding the spaghetti.

Coat the spaghetti in the sauce and serve.

CARROT & CORIANDER FALAFEL WITH LEMON TAHINI SAUCE

INGREDIENTS

Falafel

- 1 large carrot, grated
- 1 onion, chopped finely
- 1 small red chilli, chopped finely
- 400g can of chickpeas, drained and rinsed
- 2 tsp ground cumin
- 1 tsp smoked paprika
- 30g coriander, chopped roughly, stalks included
- 2 tbs sunflower oil, plus extra for shallow frying
- 2 tbs plain flour

Lemon tahini sauce

- 2 tbs light tahini
- Juice of 1 un-waxed lemon
- Handful of flat-leaf parsley
- 2 tbs cold water

To serve

- 4 flat breads, warmed
- 2 handfuls of fresh lettuce
- Handful of flat-leaf parsley
- Pinch of sea salt, to taste

METHOD

Add carrot, onion, chilli, chickpeas, cumin, paprika, coriander and sunflower oil to your Optimum high-speed blender and combine until semi-smooth. Dust a clean surface with flour and make small balls with the mixture, coating each in a little flour. Heat enough sunflower oil in a pan to shallow fry. Add the falafel to the pan when the oil is hot, cooking for a few minutes each side, until golden and crispy. Drain on absorbent paper. To make the sauce, combine the light tahini, lemon juice, parsley and cold water and whisk gently. To assemble, place lettuce and falafel on the flat breads and generously spoon over sauce. Garnish with parsley and a sprinkle of sea salt.

by Katy Beskow Little Miss Meat Free www.littlemissmeatfree.co.uk



carrot & coriander falafel with lemon tahini sauce - serves two makes approx ten falafel

CAULIFLOWER PIZZA

INGREDIENTS

Pizza crust

- 2 small or 1 large cauliflower
- 100g cheddar cheese, grated
- 75g mozzarella cheese, grated
- 2 eggs beaten

Toppings

- 1 small red capsicum, diced
- 4 tbs tomato purée
- 2 tsp mixed herbs
- 2 cloves garlic, crushed
- 100g goat's cheese, sliced
- 6 slices chorizo, diced
- Handful olives, halved

METHOD

Preheat the oven to 200°C. Prepare two baking trays with greased baking parchment. Remove the leaves from the cauliflower. Roughly chop into florets. In batches, place in your Optimum high-speed blender and whiz until its like breadcrumbs. Use the tamper to push the florets down as they are pulverised. Place the finished product in a large microwaveable bowl. Microwave on a high setting for 6 minutes. Stir in the cheeses and eggs. Spread in a circle on each of the baking trays, to about a 2mm thickness, smoothing out with the back of a spoon. Bake in the oven for 20 minutes.

Place the tomato purée in a bowl and add the herbs and crushed garlic. When the pizza bases are a light golden brown, smooth on the tomato purée mixture. Arrange the other toppings how you like them. Return to the oven and bake for a further 10-15 minutes. Serve immediately.



cauliflower pizza - makes two pizzas

by Penny Ritson Penny's Recipes www.pennysrecipes.com

CORIANDER & COCONUT CURRY

An aromatic herb based Asian style curry that cooks in minutes.

INGREDIENTS

Curry paste

A large bunch of coriander, leaves and stalks roughly chopped
1 red chilli, chopped*
1 large clove garlic
1 knob of ginger, peeled
Zest & juice of 1 lime
2 tbs dark soy sauce
100ml coconut cream or coconut milk
A splash of water or vegetable stock (optional)

Curry

1 tbs groundnut/sunflower oil
1 clove garlic, finely chopped
6 chestnut mushrooms, cut into quarters
1 red capsicum, sliced into thin strips
150g French beans, blanched
A handful of frozen peas, blanched

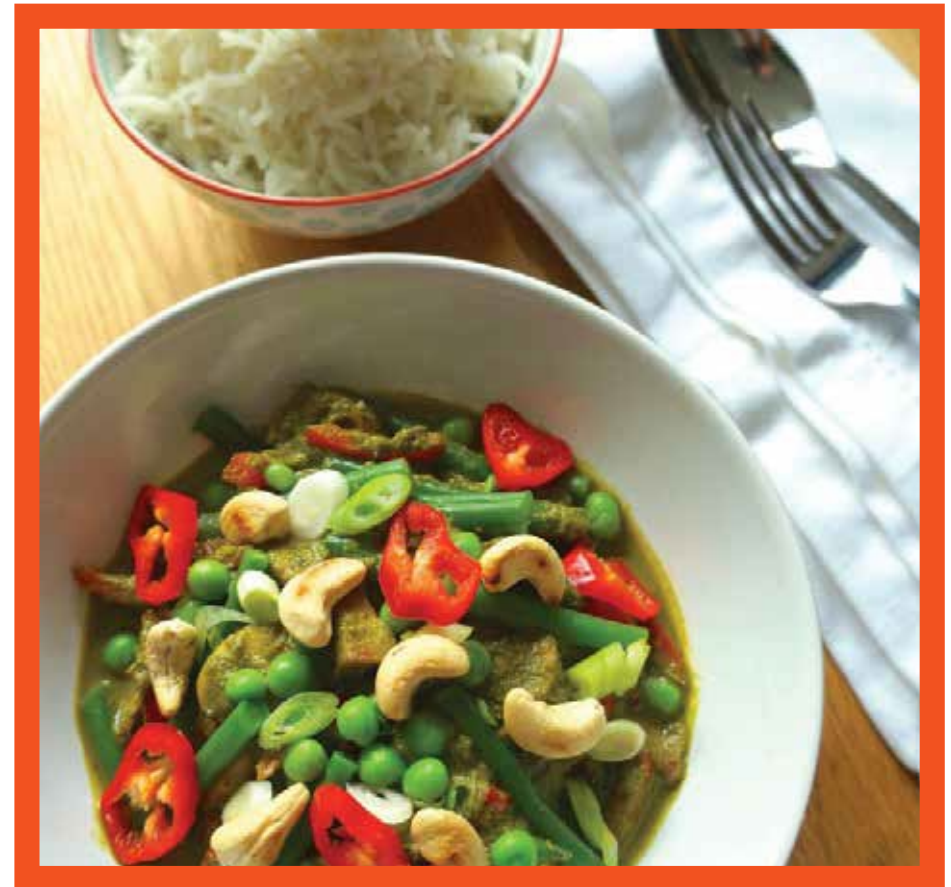
To serve

2 spring onions, thinly sliced
1 red chilli, chopped
Handful of cashew nuts, toasted**
Basmati rice, cooked***

METHOD

For the paste, place all of the ingredients into your Optimum high-speed blender and blitz until a thick paste forms. This takes about a minute. Add a splash of water or vegetable stock to loosen the paste if necessary. Store in a sterilised jam jar/glass bottle until you need to use it. It will keep in the fridge for up to four days.

For the curry, heat the oil in a wok until very hot, then add in the chopped garlic, frying until the edges turn golden brown. Add the mushrooms and red capsicum and fry for a couple of minutes over a high heat before adding in half the



coriander & coconut curry - serves two

quantity of the curry paste (keep the other half for another curry). Continue frying for a further two minutes before adding the peas, French beans, salt and pepper. Add a few splashes of water or vegetable stock to loosen the curry sauce. Allow the flavours to cook together for a further two minutes, then remove the curry from the heat. Check the seasoning and add more if necessary.

To serve, place rice in a couple of shallow bowls before adding your coriander and coconut vegetable curry. Sprinkle over the spring onions, red chilli and toasted cashew nuts.

* Remove membrane & seeds if you like less heat.

** Fry in a dry pan until the nuts turn golden brown, then remove from the heat.

*** Cook rice at the same time as the curry.

By Laura Scott How to Cook Good Food www.howtocookgoodfood.co.uk

EASY ALKALINE DINNER BOWL WITH CREAMY VEGAN DRESSING

INGREDIENTS

Salad

- 1 cup uncooked millet, soaked and rinsed
- 400g can brown lentils
- 2 cups vegetable stock
- 3 zucchini, sliced
- 1 small head of broccoli, lightly steamed
- 100g rocket*

Dressing

- 1 avocado
- 2 garlic cloves, peeled
- ½ cup water
- 4 tbsp extra virgin olive oil
- ¼ tsp Himalayan sea salt
- 3 tbs fresh lime or lemon juice
- 1½ cups basil



easy alkaline dinner bowl with creamy vegan dressing - serves five

METHOD

Add the millet and vegetable stock to a medium pot. Bring to a boil, then reduce heat to medium-low. Cover and simmer for about 20 minutes, or until the water is absorbed. Remove from heat and leave lid on to steam for another 5 minutes. Fluff with a fork.

Meanwhile, gently pan fry the zucchini, broccoli (I gave the broccoli a quick steam beforehand) and any other green veggies you are using together with a generous lug of olive oil, sea salt, and cracked pepper, until cooked.

Throw all the dressing ingredients into your Optimum high-speed blender. Process until smooth, scraping down the sides as you go. Adjust seasoning to taste. Then put it all together! Toss the millet, lentils and pan fried veggies together in a large serving dish. Season. Top generously with rocket and drizzle over the dressing.

* Feel free to add any other green veggies you like - sugar snap peas, green beans, asparagus - they'll all taste awesome.

by Hannah Horton www.healthyeah.co.nz

KIMCHI QUINOA BURGERS WITH JALAPEÑO AVOCADO MAYO

This burger is a budget-minded fare – and full of digestion-friendly probiotics and fibre. Use any beans you fancy – not baked though! The black and white sesame seeds add gorgeous crunch but substitute with Panko crumbs, or even left 'naked' – these burgers will still be incredibly tasty.

INGREDIENTS

Burgers

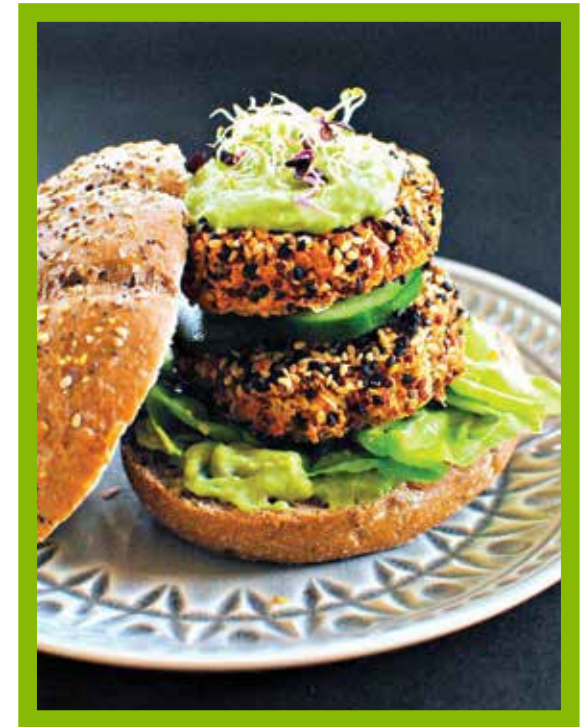
- 1 cup quinoa, cooked and cooled
- 1½ cup beans*, lightly mashed
- ¾ cup cabbage, chopped (or radish kimchi, drained, liquid reserved)
- 2 spring onions, sliced
- 1 chia egg** (or medium hen's egg)
- 2 tsp Korean pepper flakes (optional)
- 2 tbs oil

Avocado jalapeño mayo

- ½ ripe avocado
- 1 tbs lime juice
- 1 spring onion, roughly chopped (optional)
- ½ jalapeño pepper, de-seeded
- 2-inch piece cucumber, peeled
- Pinch salt

To serve

- Soft lettuce
- Sprouts
- Wholemeal bread roll
- Cucumber slices



kimchi quinoa burgers with jalapeño avocado mayo - makes five - six

recipe continues on next page

METHOD

Place all of the burger ingredients, minus the sesame seeds and spring onions, into your Optimum high-speed blender. Pulse until you get a half smooth and half chunky mix. Stir in the chopped onion. Or, you could blend half and mash in the remaining. Clean out the blender jug. Sprinkle the seeds onto a plate and, with damp hands, divide the quinoa mixture into five or six balls; press into burger shapes. Lightly coat the burgers in the seeds and place onto a plate or baking sheet, place in the fridge to cool for 20 minutes.

Now make the yummy green mayo. Place all of the ingredients into your Optimum high-speed blender and blend until smooth. Taste for seasoning and adjust as needed. Make double if you like, because it's delicious and makes a great, quick, guacamole. Preheat your oven to 180°C/350°F.

When the burgers are chilled, pop onto an oiled tray and into the preheated oven; bake for 15 minutes. Carefully flip the burgers and bake for a further 10 minutes. When the burgers are almost ready, heat the oil in a sauté pan over a medium flame. Put the burgers into the pan and cook for 1½ minutes on each side. Any longer and the sesame seeds may burn. If you aren't coating the burgers then you may wish to fry a little longer to get a nice crust.

Serve on soft lettuce leaves or in a wholemeal roll/bun, topping with the avocado and jalapeño mayo, cucumber slices and sprouts.

TIP: These are GORGEOUS with sweet potato wedges and extra kimchi!

* I used borlotti beans

** a chia egg is made by mixing 1 tablespoon ground chia seeds and 3 tbs water, or in this case kimchi liquid topped up with water. This is what I did, although I used whole chia seeds in this instance.

LEMON THYME CHICKEN BREAST BURGERS



INGREDIENTS

- 2 chicken breasts
- 1 lemon with rind
- 2 tbs thyme
- ¼ cup bread crumbs
- Pinch sea salt and pepper
- 1-2 tbs olive oil
- Salad, to serve

METHOD

Place all ingredients, except the olive oil, in your Optimum high-speed blender on low (or pulse), until well combined.

Using your clean hands, form patties in your desired size. Drizzle the oil in a large fry-pan and cook the chicken patties on medium heat, until golden brown. Ensure you flip the patties and that they are cooked all the way through.

Serve immediately with a side salad.

ROASTED RED CAPSICUM PASTA

This is not only quick and easy to make, but delicious. A creamy and rich sauce created using roasted red peppers, goats cheese, cream, Parmesan and milk.

INGREDIENTS

- 340g dried pasta (such as fusili or linguine)
- 2 tbs olive oil
- 2 cloves of garlic, peeled and minced
- 1 medium onion, peeled and diced
- ½ cup (110ml) milk
- ½ cup (110ml) single cream
- 115g crumbled goats cheese
- ½ cup (90g) Parmesan cheese, grated, plus more for serving
- 1 jar of roasted red capsicum, drained and chopped
- Fine sea salt and freshly ground black pepper, to taste



*roasted red capsicum pasta
serves four*

METHOD

Cook the pasta in a large pot of lightly salted water according to package directions. Drain well and keep warm. Heat the olive oil in a large saucepan over medium heat. Add the onions and garlic. Cook, stirring, until softened but not browned. Add the milk, cream and both cheeses. Cook and stir to melt the cheese. Add the red capsicum and heat through.

Pour into your Optimum high-speed blender and blitz until smooth. Return to the pan. Add the pasta and toss to coat. Season to taste with salt and pepper. Serve immediately, with additional Parmesan cheese for sprinkling.

NOTE: You can also add warm ingredients in the jug but NEVER place hot ingredients (above 70°C = 160°F) into the blender.

by Marie Rayner The English Kitchen www.theenglishkitchen.blogspot.com

THAI CHICKEN WITH PEANUT DIPPING SAUCE

- 8 boneless, skinless chicken thighs
- Bamboo skewers, soaked in water for approximately 30 minutes (optional)

Marinade

- 2 tbs light soy sauce
- 2 tbs tamarind Paste
- 1 tbs ginger, peeled and grated
- 2 cloves garlic, peeled and minced
- 2 spring onions, minced, both the green and the white parts
- Salt and freshly ground black pepper, to taste

Sauce

- ¼ cup fresh coriander leaves
- 4 tbs smooth unsweetened peanut butter
- 2 tbs rice wine vinegar
- 2 tbs tamarind paste
- 2 tbs soy sauce
- 1 tbs runny honey
- 1 tbs ginger, peeled and grated
- 1 clove garlic, peeled and minced
- Zest and juice of 1 lemon and 1 orange
- 2 spring onions, minced, both the green and the white parts
- ½ jalapeño pepper, cored, seeded and minced*
- Crushed red pepper flakes, to taste



*thai chicken with peanut
dipping sauce - serves four*

recipe continues on next page

METHOD

First make the marinade for the chicken. Stir together all the ingredients in a shallow glass bowl or a large zip lock bag. Mix them well. Add the thighs, turning them over in the mixture and rubbing it in to coat them well. Cover and set aside at room temperature for at least half an hour, or for best results, cover and leave in the refrigerator overnight.

While the chicken is marinating, you can make the peanut sauce. Combine all the ingredients in your Optimum high-speed blender. Purée until smooth. Serve immediately, or store, covered, in the refrigerator for up to a week for later use.

You can either cook the chicken on a grill or on top of the stove. Remove the chicken from the marinade and season lightly. Thread chicken on to the soaked bamboo skewers, if using, and either place on the heated grill or in a heated heavy skillet that you have sprayed with some cooking oil. Cook for 5 to 6 minutes per side, basting with some of the marinade, until it is golden brown with slightly darker edges. If you are cooking it on the grill, move it to the sides and put the lid down, cooking it for another 2 to 3 minutes. If you are cooking it in a skillet, lower the heat, cover and cook for another 2 to 3 minutes, or until the juices run clear. Discard any remaining marinade.

Remove from the grill or the pan and place on a heated serving plate to rest. Brush with some of the peanut sauce and let rest, covered loosely in foil for about 5 minutes. Serve hot, with the remaining dipping sauce on the side. Delicious!

*Wear gloves to do this and DON'T rub your eyes or lips while preparing jalapeño.

VEGAN PARMESAN, ROSEMARY & SHALLOT SAUSAGES WITH TOMATO GRAVY

INGREDIENTS

Sausages

- 200g extra firm or soft tofu
 - 2 cups (100g) breadcrumbs
 - ½ cup (65g) shallots, finely chopped
 - 1 tsp dried mustard powder
 - 1 tsp fine smoked sea salt
 - 12 grinds ground black pepper
 - 2 tsp fresh rosemary, finely chopped
 - 2 tbs nutritional yeast flakes, finely ground
 - 2 tbs ground almonds
 - 2 tbs unsweetened almond or soy milk, omit if using soft tofu
- Olive oil to grease and fry

Gravy

- 1 tbs olive oil
- 70g (about 4 large) shallots, sliced
- 50g sun-dried tomatoes in oil, drained
- 2 cups (500ml) vegetable stock*
- 2 tbs soy cream
- 10 grinds freshly ground black pepper



vegan parmesan, rosemary & shallot sausages with tomato gravy makes six sausages

METHOD

Instructions if using soft tofu: Drain the tofu (there is no need to press). Place everything except the milk into a large bowl and mix thoroughly with your hands. When well mixed and thick in texture, wash then grease your hands with some olive oil and shape into 6 sausages. I find it easiest to grease a ¼ cup measuring cup and press the mixture in, scoop it out then squeeze and roll into sausage shapes.

Lay out on a plate lined with cling film, cover with cling film and chill for at least 1 hour. Instructions if using extra firm tofu: Crumble the tofu (no need to press) into your Optimum high-speed blender and add the milk. Process until fine in texture and well mixed. Add everything else except the shallots and blend well, it should just come together like a dough and should be able to grab a bit of the mixture and squish it together easily.

Now add the shallots and pulse a few times until well mixed and the shallots are a little smaller - you still want bits of shallots in here though so don't over mix. Grease your hands with olive oil and shape into 6 sausages. Lay out on a plate lined with cling film, cover with cling film and chill for at least 1 hour.

To fry, add 1½ tbs of olive oil to a large non-stick frying pan and heat to medium. Add the sausages, turning to coat in the oil and fry, turning frequently until equally golden brown all over.

For the gravy, heat the olive oil in a frying pan then gently fry the shallots and pepper until the shallots are really soft and caramelised, a nice golden brown will do.

Tip into your Optimum high-speed blender with the sun-dried tomatoes and half the vegetable stock. Blend until really smooth then add the rest of the stock and blend again. It will be really watery looking at this point, that's OK! Pour the mixture into a saucepan and bring to medium heat, reduce to low and simmer with the lid off for about 20 minutes until it has reduced in volume and is thicker. Pour in the cream and stir well.

*First, a note on the vegetable stock, it provides a lot of the flavour in this gravy so make sure you use one you really love the taste of.

chapter ten

DESSERTS & TREATS



MANGO SORBET



mango sorbet - serves four

INGREDIENTS

- ½ cup lemon juice
- 1 tablespoon coconut nectar
- 2 bananas
- 1 ½ cup frozen mango pieces

METHOD

Place the lemon juice, coconut nectar, banana and mango pieces in your Optimum high-speed blender on high and using the temper blend until smooth. Serve immediately.

CACAO & FIG CHEESECAKE WITH RASPBERRIES

INGREDIENTS

Crust

- 1 cup pecans
- 1 cup Medjool dates
- ½ cup raw cacao
- 2 tbs chia seeds
- 3 tbs coconut sugar
- Pinch of salt

Filling

- 1 cup cashews, soaked overnight
- 1 cup almonds, hot soaked overnight and peeled
- ½ cup raw Coconut Magic coconut nectar
- ½ cup Coconut Magic coconut oil liquid
- 2 tbs lime juice
- 6 figs, soaked in 1 cup of water for 3 hours, chopped, ¾ cup of soaking liquid reserved
- ½ tsp salt
- ½ tsp liquid Stevia (optional)
- ¼ cup cacao
- 1 tbs lime juice
- 2 Medjool dates



cacao & fig cheesecake with raspberries

recipe continues on next page

METHOD

For the crust, blend the ingredients together in your Optimum high-speed blender until it pulls away from the edges and starts to form a ball. Press the crust into the bottom of desired pan, about ¼ inch (0.6cm) thick. Set aside in the freezer while you are making the filling.

For the filling, add cashews, almonds, coconut nectar, coconut oil, reserved fig soaking liquid, lime juice, figs and salt to your Optimum high-speed blender. Mix until totally smooth, scraping down the sides of the blender as necessary. Also utilising your tamper will be helpful to keep it all moving. Remove ½ of the mixture and pour over the crust. Smooth out as much as possible.

Put the cheesecake back in the freezer. Add the cacao, lime juice and dates to the remaining cashew mixture blending it together, scraping down again, until the mixture is uniformly combined.

Wait 1 hour before attempting to put the chocolate layer over the top of the pale layer. Smooth over with a knife or offset spatula. Put back in the freezer for another few hours until solid right through. Remove from freezer and leave in the fridge a few hours before serving. Decorate either with thawed frozen or fresh raspberries. You can also use freeze dried raspberries or strawberries and crush them over the top.

RAW HAZELNUT BROWNIE

INGREDIENTS

- ½ cup raw cacao
- ½ cup hazelnuts, soaked overnight
- ½ cup cashews, soaked overnight
- 2 tbs chia powder*
- 2 figs, soaked for 2 hours
- 4 Medjool dates
- A splash of almond milk



raw hazelnut brownie

METHOD

Drain and rinse nuts. Put cashews, figs and dates in your Optimum high-speed blender on low speed, use tamper to mix it up. Add chia powder and cacao and blend until smooth. Lastly add hazelnut and blend until they are roughly chopped (you want them to be a little chunky).

Remove from your Optimum high-speed blender and push into a square pan and chill for 3-4 hours. Turn it out and cut into squares. Enjoy!

*You can grind chia seeds in your Optimum high-speed blender in quantities of ½ cup or more. Store excess ground seeds in a sealed container in a cool dry place.

RAW CHERRY PIE

Gluten free, dairy free, cane sugar free and of course delicious!

INGREDIENTS

Base

- 1 cup almonds
- 1 cup desiccated coconut
- 15 dried dates, soaked in water for 10 minutes
- 3 heaped tbs cacao powder
- 1 tsp vanilla powder
- Coconut oil, for greasing the tin

Filling

- 250g cashews
- ½ cup coconut oil
- 2 cups of fresh cherries, pitted
- 1/3 cup honey
- Extra cherries, for serving

METHOD

Place your almonds and coconut into your Optimum high-speed blender and blend until it reaches a coarse, gravel-like consistency. Add the dates, cacao and vanilla powder and blend on a low speed, stopping occasionally to scrape down the sides, until your becomes slightly sticky (you can test this by pressing a small amount between your thumb and forefinger). Press the mixture into the base and up the sides of a 25-30cm flan tin with a loose base, which has been greased with coconut oil. Next, blend all the filling ingredients on a medium to fast speed until super smooth. Pour into your flan tin and refrigerate until set. If you like, you can transfer to the freezer and it will set faster. Serve with fresh cherries stacked on top.



raw cherry pie - serves twelve

RAW CHOCOLATE CARAMEL CHEESECAKE

INGREDIENTS

Crust

- 1 cup shredded coconut
- 1 cup almonds
- 10 Medjool dates, pitted
- 1 tbs raw cacao
- Pinch salt

Filling

- 2 cups cashews, soaked 4 hours, drained and rinsed
- ½ cup honey
- ⅓ cup raw cacao
- ¼ cup lemon juice
- ⅓ cup coconut oil
- 2 tsp vanilla extract
- 2 tbs water 'caramel'
- 1 cup pitted Medjool dates
- ½ cup almond milk
- 1 tbs honey
- 1 tsp vanilla extract
- Pinch of salt

To serve

- ¼ cup roasted pistachios
- ¼ cup roasted almonds
- A sprinkle of salt



raw chocolate caramel cheesecake

by Jules Galloway - Naturopath

www.julesgalloway.com www.facebook.com/JulesGallowayHealth

recipe continues on next page

METHOD

For the crust, place the almonds in your Optimum high-speed blender and pulse until they form a coarse gravel. Add the coconut and pulse to combine.

Add the remaining ingredients and blend, using the tamper, until the crust is well combined and holding together when pinched. Press firmly into a spring-form cheesecake pan and pop into the fridge to set for at least an hour before adding the topping.

For the filling, combine all ingredients in your Optimum high-speed blender and blend until smooth. Pour on top of your crust and pop into your freezer to begin setting while you make your caramel topping.

For the caramel, combine all ingredients in your Optimum high-speed blender, and blend on medium using the tamper. You will need to continue scraping down the sides of the blender and pulsing until the caramel is nice and smooth. Spread over your chocolate cheesecake.

To serve, roughly chop the nuts and mix in a bowl together with the sprinkle of salt. Dust the outside of your cheesecake with the salted nuts, serve and enjoy! To store, keep refrigerated.

RAW CHOCOLATE MOUSSE PIE

INGREDIENTS

Base

1 cup cashews, soaked
for one hour and
drained

¼ cup dates, pitted

Mousse

1 large ripe avocado

1 tbs cacao powder

¾ cup dates, pitted

¼ cup Coconut Magic
coconut oil



raw chocolate mousse pie

METHOD

For the base, blitz all ingredients in your Optimum high-speed blender until you get a buttery consistency. Press firmly and level into a dish greased with some coconut oil.

For the mousse, blitz all ingredients in your Optimum high-speed blender. Pour on top of base and level out. Cover and pop in fridge or freezer to set.

Slice and serve with yoghurt and berries.

RAW COCONUT & VANILLA CUPCAKES

INGREDIENTS

Cupcakes

- 1 cup Coconut Magic coconut flour
- 1 cup coconut milk
- 1 ripe banana
- 2 tsp vanilla extract
- 1 tbs raw honey

Icing

- 1 cup cashews, soaked for 6-8 hours, drained
- ¼ cup coconut milk
- 1 tbs raw honey
- 1 tsp vanilla extract



*raw coconut & vanilla cupcakes
makes fifteen cupcakes*

METHOD

Blitz cupcake ingredients in your Optimum high-speed blender. Press firmly into cupcake trays which have been lightly greased with coconut oil.

Place trays in freezer at least one hour.

Place icing ingredients in your Optimum high-speed blender and blend until smooth. Store in refrigerator for one hour.

Remove the cupcakes from the freezer and the icing from the refrigerator. Using a piping bag, pipe icing on to the cupcakes. Dust with cacao (optional). Serve! If not eating immediately, store in the freezer.

by Sheree Adams [@beingmybestme](http://www.facebook.com/beingyourbestyou)

RAW CHOCOLATE & COCONUT ROUGH

INGREDIENTS

- ½ cup dry pitted dates
- ½ cup cacao
- ½ cup coconut oil
- ½ cup shredded coconut



raw chocolate coconut rough

METHOD

Blitz ingredients in your Optimum high-speed blender. Pour into shallow dish and pop in freezer for 30-60 minutes until set.

Slice into bite size pieces once it has set. Store in fridge.

by Sheree Adams [@beingmybestme](http://www.facebook.com/beingyourbestyou)

DAIRY-FREE STRAWBERRY ICE-CREAM

A creamy dairy free ice-cream alternative.

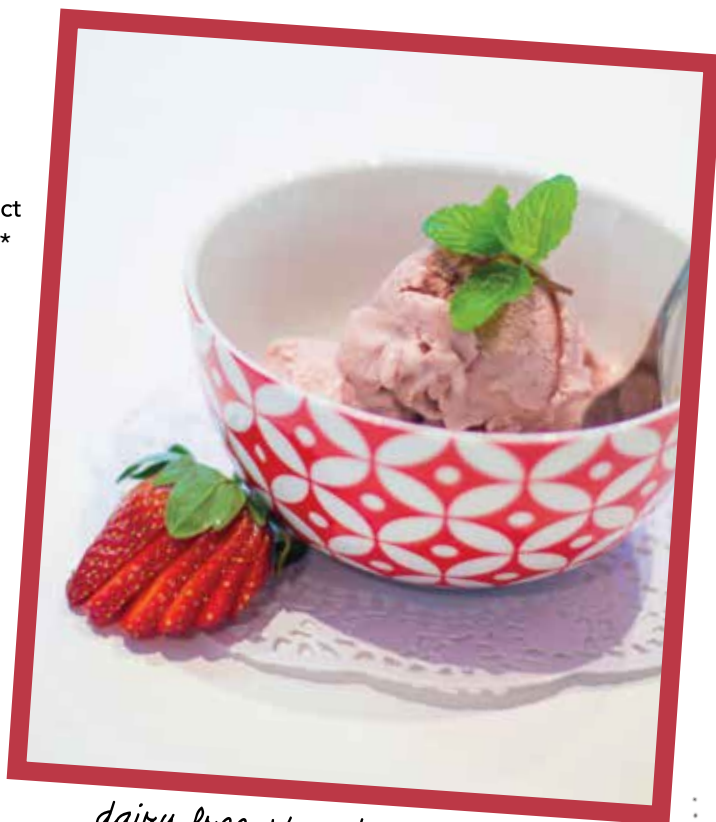
INGREDIENTS

- ½ cup coconut cream
- 2 tbs Coconut Magic coconut nectar
- 1 banana
- 1 tsp vanilla paste or extract
- 2 cups frozen strawberries*

METHOD

Place all ingredients in your Optimum high-speed blender in the order listed and blend until smooth. Ready to serve or can be frozen for later. Ice-cream will be like soft serve if eaten immediately. If freezing you will find it goes quite hard and will need some time to soften before eating.

*May substitute with any other frozen fruit, as desired.



*dairy free strawberry ice-cream
serves two - three*

by Rochelle Cook Chelle's Raw Food Kitchen www.chelleskitchen.com

MANGO JELLY

INGREDIENTS

- 2 x 425g tins sliced mango in light syrup
- 1 tbs lime juice
- 100g caster sugar
- 250ml orange juice
- 6 leaves gelatine



mango jelly - serves six

METHOD

Empty the contents (fruit and juice) of the mango tins into your Optimum high-speed blender and pulse until smooth. Add the lime juice, pulse to combine. Soak the gelatine leaves in water for 5 minutes.

Meanwhile put the orange juice and sugar in a saucepan and heat until the sugar has dissolved and it is just gently simmering. Squeeze excess water from the gelatine leaves and add to the pan.

Allow to dissolve and stir gently. Add the mango mixture to the liquid and stir well. Place all the liquid in a large bowl, jelly mould, or individual serving bowls. Leave in the fridge to set for around 12 hours.

by Penny Ritson Penny's Recipes www.pennysrecipes.com

MAPLE-ROASTED NUT BUTTER BROWNIES

INGREDIENTS

250g (2 cups) mixed nuts, roughly chopped*
1 tbs maple syrup
1 tsp coarse sea salt
4 tsp ground flax
3 tbs water
1½ cups (155g) almond meal, sifted**
¾ cup + 2 tbs (85g) oat flour, sifted
½ cup (60g) cocoa powder
2 tbs arrowroot or tapioca flour
¼ tsp baking soda
¼ tsp salt
75g dark chocolate (70% cocoa solids), plus 25g for topping
6 tbs (80g) coconut oil
1 cup (150g) coconut sugar, ground***
¼ cup (60ml) almond milk
2 tbs instant coffee (optional)
2 tsp vanilla extract



*maple-roasted nut butter brownies
makes sixteen brownies*

METHOD

Preheat the oven to 200°C/400°F, spread the chopped nuts on a parchment-lined baking tray and bake for 3-5 minutes. Drizzle over the maple syrup, sprinkle with sea salt and stir. Bake for 3-5 minutes longer. Cool. Lightly oil a 9x9" brownie pan and line with two sheets of parchment paper, going in opposite directions, for easy removal. Whisk together ground flax and water and set aside to thicken. In a large bowl, sieve together the almond meal, oat flour, cocoa, arrowroot, baking soda and salt. Melt chocolate in a glass bowl over boiling water, along with the coconut oil. When melted, whisk in ground coconut sugar, almond milk, instant coffee (if using), vanilla and flax mixture. Add wet ingredients to dry and stir well. Fold in 75 g/2.5 oz (approx 1/3) of the roasted nuts and spoon batter into the prepared pan. Spread evenly with a spatula and smooth over the top.

Reduce heat to 180°C/ 350°F and bake brownies for 25-30 minutes. Leave to cool completely (at least one hour) before topping. While cooling, add the remaining nuts to your Optimum high-speed blender and blend until you have a very smooth nut butter. Spread nut butter over brownies (you may not need all of it) and chill for 10 minutes.

Place remaining chocolate in a freezer bag and put in a bowl of boiling water for 10 minutes to melt. Remove from water and set aside for 5 minutes to thicken slightly, snip a tiny corner off the bag and drizzle chocolate generously over brownies. Leave to set completely before slicing into squares.

* You can use any nuts here but I liked the flavour of the mix I used, which included Brazil nuts, almonds, walnuts, hazelnuts and pecans.

** I grind my own meal and flours using my Optimum high-speed blender which has a jug specially designed to be able to grind grains and nuts.

*** I prefer to use ground coconut sugar for a better brownie texture. You can also substitute with cane sugar.

MINI RAW CHOCOLATE CAKES

INGREDIENTS

Base

- 1 cup almonds
- 1 cup soft dates
- ¼ cup shredded coconut
- 1 tsp pure vanilla

Almond fudge

- ¼ cup coconut butter*
- ¼ cup raw almond butter
- ¼ cup Coconut Magic
coconut nectar

Icing

- 1 cup soft dates
- ¼ cup of Coconut Magic
coconut oil
- ¼ cup cacao powder
- 1 tsp pure vanilla



*mini chocolate cakes raw
serves twelve*

METHOD

Place all the base ingredients in your Optimum high-speed blender and process until the mixture holds together. (Add a teaspoon of water if needed).

Press a tbs of mixture into muffin tins. Clean your Optimum high-speed blender and blend together the ingredients for the 'almond fudge' until well blended. Add mixture to your bases and clean the blender. Place 'chocolate icing' ingredients into Optimum high-speed blender and blend until smooth. Spread icing over cupcakes. Place in the freezer to set.

* not to be confused with coconut oil.

by Nicole English www.rawkiwi.com

RAW OREO COOKIES

INGREDIENTS

Biscuits

- 1 cup almond meal
- 150g Medjool dates, pitted
- 3 tbs Coconut Magic
coconut oil
- 2 tbs cacao powder
- Water, if needed*

Centre cream

- 1 cup cashews, soaked 2-4
hours, drained
- ¼ cup coconut milk
- 1 tbs raw honey



raw oreo cookies - makes 8

METHOD

For the biscuits, place all of the ingredients in your Optimum high-speed blender and blitz until combined. Using one tablespoon of mixture to form 16 biscuits and pop in the fridge.

For the cream, blitz the cream ingredients in your Optimum high-speed blender until a creamy consistency.

Pull your biscuits from the fridge. Spoon about 2 heaped teaspoons of cream onto 8 of your biscuit bases. Top the biscuits with the remaining bases.

Refrigerate before serving.

* Add a tablespoon of water at a time whilst blending, if required.

by Sheree Adams [@beingmybestme](http://www.facebook.com/beingyourbestyou)

ROASTED BEETROOT & RAW CACAO NIB CUPCAKES

INGREDIENTS

Cupcakes

- 3 medium beetroot
- 2 tbs sunflower oil
- 50g raw cacao nibs
- 225g self-raising flour
- ½ tsp bicarbonate of soda
- 180g light brown sugar
- 125g butter or
130ml sunflower oil
- 100g dark chocolate (70% cocoa solids)
- 3 large free range eggs

Icing

- 300g icing sugar
- 4 tbs butter or solid coconut oil
- 2 tbs full-fat milk or non-dairy milk
- 1 tbs roasted beetroot purée
- Cacao nibs, for decoration



*roasted beetroot & raw cacao nib cupcakes
makes twelve*

METHOD

Preheat oven to 200°C/425°F. Wash the beetroot thoroughly under cold water to remove any traces of dirt. Leave 2-3 cm of stalk at the top and the root tail intact. Place the beetroot on a baking tray and drizzle with the sunflower oil.

Roast for 90 minutes, turning every 20-30 minutes, until the beetroot is tender. A knife will slide in and out of the beetroot easily when it is ready. Remove from the oven and allow to cool completely.

When cooled, the skin will slip off. Discard the skin, top and bottom, and purée the whole beetroot in your Optimum high-speed blender. You will likely need to use the blender tamper to keep things moving.

Preheat oven to 180°C/350°F. Line a 12-hole cupcake tin with large paper cupcake cases. Blend the cacao nibs in your Optimum high-speed blender until they form a powder. Sift the flour, ground cacao nibs and bicarbonate of soda into a large bowl. You may have some cacao which won't fit through the sieve, just chuck it in the bowl along with the rest and stir in the sugar. Break the dark chocolate into small pieces in a heat proof bowl and suspend over a pan of barely simmering water. Usually I boil the kettle, pour it into a pan, place the bowl on top and leave it off the heat, stirring once or twice, until it has melted.

If using the butter, add the butter along with the chocolate to melt. If using oil, add the oil along with the eggs after the chocolate has melted. Stir 250g of room temperature beetroot purée into the dry ingredients, along with the chocolate mixture. Stir until just combined. Spoon into the paper cupcake cases. They will be full, but rest assured it will be OK. Bake for 25-30 minutes in the centre of the oven until a skewer, inserted into the centre of a cake comes out clean. Transfer to a wire rack to cool completely.

To make the frosting, sift the icing sugar into your Optimum high-speed blender and blend with the softened butter, milk and beetroot purée until it reaches the desired consistency. Using a plastic disposable piping bag, pipe swirls of frosting on the top of the cupcakes. Decorate with cacao nibs. Store in an airtight container. Cupcakes will keep for a few days.

RAW WHITE CHOCOLATE & POMEGRANATE BARK

INGREDIENTS

½ cup raw cashews
100g cacao butter
¼ cup coconut milk
½ tsp vanilla powder
1 tbs honey
2 tbs desiccated coconut
3 tbs dried pomegranate seeds



raw white chocolate pomegranate bark

METHOD

In your Optimum high-speed blender, pulse your cashews until they become a fine powder. Next, gently melt your cacao butter in a double boiler, being careful not to heat it above 46°C (if you want your dessert to be officially considered raw).

Once your cacao butter is all melted, blend it together with your cashews, coconut milk, vanilla powder and honey, on a medium speed, until smooth and creamy.

Cover a good sized dinner plate with foil, and gently pour the mixture onto the plate until it's about 2-3mm thick. Sprinkle generously with desiccated coconut and dried pomegranate seeds and refrigerate for 2-3 hours, or until set.

Break up into random sized chunks and serve.

by Jules Galloway - Naturopath www.julesgalloway.com
www.facebook.com/JulesGallowayHealth

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