



BOMBAY SLAW



SERVES 8-10

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INGREDIENTS

1 red cabbage
1 white cabbage
4 red onions
6 carrots, large
1 coriander bunch
4 limes, juice of
300ml sweet chilli sauce
250g Bombay mix
Sea salt & black pepper

METHOD

1. Evenly shred all the vegetables and grate the carrot. Pour in lime juice and the sweet chilli sauce and season.
2. Marinate in the fridge for at least two hours, allowing the flavours to develop.
3. Stir through the Bombay mix and serve.





COFFEE & HAZELNUT FRIANDS

MAKES 12-15

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INGREDIENTS

5 egg whites
1½ cups ground hazelnuts
1½ cups gluten free pure icing sugar
2/3 cup gluten free plain flour
150g butter, melted & cooled
35ml espresso coffee, cooled
90g dark chocolate, chopped

METHOD

1. Preheat the oven to 170°C. Grease and flour 2 x 8 hole Australian friand tins or mini muffin moulds.
2. Combine all the dry ingredients. Lightly beat the egg whites and add cooled melted butter and cooled coffee to the dry ingredients.
3. Divide the mixture evenly into the moulds and bake for approximately 15 minutes, or until firm to touch. Allow to rest and turn onto a wire rack to cool.
4. Lightly dust with icing sugar and serve with a crisp, fruity, freshly brewed filter coffee.





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CLARE'S SPICY NUTS

INGREDIENTS

200g almonds
100g cashew nuts
100g pecans
200g sunflower seeds
150g pumpkin seeds
2 egg whites
4 tsp caraway seeds
2 tsp crushed chillies
1 tsp chipotle chilli
or smoked paprika
2 tsp cumin seeds
4 tsp sea salt
3 tbsps honey
1 tbsps brown sugar

METHOD

1. Pre-heat oven to 200°C.
2. Whisk egg whites to form soft peaks.
3. Add spices to nuts and fold in whisked egg whites, ensuring all nuts are coated in your spice mix.
4. Add the honey and brown sugar, again gently mixing through.
5. Transfer to a baking tray or two (keep to one layer of nuts for even toasting) and cook for 20 mins, or until the nuts have browned. Stir after 10 mins.
6. Store in an airtight jar.



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Per 100g: Kcals 486 Fat 39.3g Sat Fat 4.4g Carbs 22.8g OWS 15.3g Pr 15.2g Salt 2.0g

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SUNFLOWER SEED & ORANGE ENERGY BALLS

MAKES 14

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INGREDIENTS

170g pitted dates
100g oats
80g pitted prunes
100ml orange juice
60g sunflower seeds
12g cocoa powder
Orange zest
Sunflower seeds, blended

METHOD

1. Blend all ingredients together in a food processor to combine.
2. Roll into balls.
3. Coat in the blended sunflower seeds.
4. Chill.

Per portion: Kcals 98 Fat 2.6g Sat Fat 0.4g Carbs 16.7g OWS 11.0g Pr 2.3g Salt 0g

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CHORIZO, LENTILS, FETA & AVOCADO

SERVES 2

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INGREDIENTS

160g puy lentils
60g avocado
30g sliced chorizo
30g feta
20g soya beans

METHOD

1. Cook lentils, refresh and chill.
2. Defrost soya beans.
3. Crumble feta.
4. Prepare avocado, cut each half into two and slice each quarter into six.
5. Place lentils onto base of plate, fold chorizo in half lightly, lay in avocado, then scatter the beans and feta over.

Per portion: Energy 1159 kJ/277 Kcal Fat 13g Saturates 4.9g Sugars 1.6g Salt 0.3g

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