

# Gut Transformation Programme - Easy Cheats

In an ideal world, everything you eat and drink would be homemade from scratch, however for most of us, that's simply not realistic. In fact, it's vitally important that your diet isn't so high maintenance that it makes you feel stressed. No aspect of your health will benefit from that, especially not your gut. Here we've put together some 'easy cheats'; some quick 'off the shelf' options that are a pretty good second best.

Fermented foods		
Kombucha	<a href="http://www.equinoxkombucha.com">www.equinoxkombucha.com</a>	Original Wild Berry
	<a href="http://www.synerchikombucha.ie">www.synerchikombucha.ie</a>	Ginger & Lemongrass Oranges & Lemon Original Sencha Tea Raspberry & Rosehip
Coconut kefir	<a href="http://www.abelandcole.co.uk">www.abelandcole.co.uk</a>	COYO Organic Coconut milk kefir
Kimchi	<a href="http://www.lauriesfoods.co.uk">www.lauriesfoods.co.uk</a>	Hot & Smokey kimchi kraut BeetKraut - Juniper & Black Pepper
Sauerkraut	<a href="http://www.lauriesfoods.co.uk">www.lauriesfoods.co.uk</a>	Original sauerkraut
	<a href="http://www.hurlyburlyfoods.com">www.hurlyburlyfoods.com</a>	Organic lemon & ginger fermented raw slaw Organic turmeric & cumin fermented raw slaw
Ground Seeds		
	<a href="http://www.linwoodshealthfoods.com/uk">www.linwoodshealthfoods.com/uk</a>	Milled organic flaxseed
	<a href="http://www.naturya.com">www.naturya.com</a>	Organic superfood breakfast boost seed crunch
Protein powder		
	<a href="http://www.linwoodshealthfoods.com/uk">www.linwoodshealthfoods.com/uk</a>	Organic hemp protein + with flaxseed, chia seed, broccoli & spinach powder Organic hemp protein + with flaxseed, chia seed, cocoa and beetroot powder
	<a href="http://www.naturya.com">www.naturya.com</a>	Organic hemp protein powder
Cereal bars		
	<a href="http://www.deliciouslyella.com">www.deliciouslyella.com</a>	Peanut butter & raspberry energy balls Peanut butter & cacao energy balls Almond & blueberry protein ball Cashew & ginger energy ball
	<a href="http://www.planetorganic.com">www.planetorganic.com</a>	Luke's organic kale multigrain & seed chips
Soup		
	<a href="http://www.daylesford.com">www.daylesford.com</a>	Daylesford chicken broth with ginger & veg
Gluten-free porridge & muesli		
	<a href="http://www.natureshealthbox.co.uk">www.natureshealthbox.co.uk</a>	Amisa Organic gluten free express porridge oat sachets Amisa Organic porridge oats apple & cinnamon spice Amisa Organic four grain porridge

Bone broth / stock		
	<a href="http://www.pegotyhedge.co.uk">www.pegotyhedge.co.uk</a>	Pegoty Hedge's organic chicken stock
	<a href="http://www.coombefarmorganic.co.uk">www.coombefarmorganic.co.uk</a>	Organic Low FODMAP chicken bone broth Organic chicken bone broth
Dairy-free yoghurt & cheese		
	<a href="http://www.nushfoods.co.uk">www.nushfoods.co.uk</a>	Organic cashew milk dairy-free yoghurt
	<a href="http://www.planetorganic.com">www.planetorganic.com</a>	Organic almond yoghurt Organic coconut yoghurt Organic mango & coconut yoghurt
	<a href="http://www.sojade.co.uk">www.sojade.co.uk</a>	Organic natural hemp yoghurt Organic natural soya yoghurt
	<a href="http://www.newroots.ch/english">www.newroots.ch/english</a>	Free The Cow - Herbes de provence / Greek Style / Camembert / Chives Spread / Ricotta Natural Free The Goat - Ricotta, thyme & lavender
Vegan burgers & falafel		
	<a href="http://www.biona.co.uk">www.biona.co.uk</a>	Mini quinoa burger
	<a href="http://www.florentin-bio.com">www.florentin-bio.com</a>	Organic falafel bio Organic falafel & hummus dips Organic falafel nuggets
Houmous / Dips		
	<a href="http://www.rodandbens.com">www.rodandbens.com</a>	Chunky houmous Butterbean & chive dip
Ready-to-eat rice, grains, beans & lentils		
	<a href="http://www.merchant-gourmet.com">www.merchant-gourmet.com</a>	Champagne lentils (simply cooked) Puglia lentils with truffle infused oil Beluga lentils (simply cooked) British quinoa & wholegrain rice (simply cooked) Puy lentils (simply cooked) Quinoa (red & white) (simply cooked) Rainbow rice & green lentils (simply cooked) Superseeds with quinoa and chia (simply cooked) Wholegrain rice & seaweed (simply cooked)
Spice blends		
	<a href="http://www.naturya.com">www.naturya.com</a>	Organic turmeric superblend
Bread		
	<a href="http://www.biona.co.uk">www.biona.co.uk</a>	Millet wholegrain bread Rice wholegrain bread Rice & sunflower wholegrain bread

# Gut Transformation Programme – Shopping List

	Product	Website	Search
<b>Breakfast</b>	Quinoa flakes	<a href="http://www.revital.co.uk">www.revital.co.uk</a>	Revital wholefoods organic quinoa flakes
	Buckwheat flakes	<a href="http://www.revital.co.uk">www.revital.co.uk</a>	Revital wholefoods organic buckwheat flakes
	Millet flakes	<a href="http://www.planetorganic.com">www.planetorganic.com</a>	Planet Organic organic millet flakes
	Gluten-free oats	<a href="http://www.planetorganic.com">www.planetorganic.com</a>	Planet Organic organic gluten-free oats
	Teff	<a href="http://www.thelovegrass.com">www.thelovegrass.com</a>	Lovegrass wholegrain teff grain
<b>Flours</b>	Buckwheat flour	<a href="http://www.planetorganic.com">www.planetorganic.com</a>	Amisa buckwheat flour
	Coconut flour	<a href="http://www.revital.co.uk">www.revital.co.uk</a>	Tiana organic coconut flour
	Rice flour	<a href="http://www.healthysupplies.co.uk">www.healthysupplies.co.uk</a>	Clearspring brown rice flour
<b>Crackers</b>	Rice cakes	<a href="http://www.healthysupplies.co.uk">www.healthysupplies.co.uk</a>	Clearspring organic brown rice cakes
	Buckwheat cakes	<a href="http://www.planetorganic.com">www.planetorganic.com</a>	Fiorentini organic buckwheat cakes
	Organic multigrain rice cakes	<a href="http://www.healthysupplies.co.uk">www.healthysupplies.co.uk</a>	Clearspring multigrain rice cakes
	Brown rice sesame crackers	<a href="http://www.healthysupplies.co.uk">www.healthysupplies.co.uk</a>	Clearspring organic brown rice whole sesame crackers
	Buckwheat & chia crackers	<a href="http://www.planetorganic.com">www.planetorganic.com</a>	Rude Health organic buckwheat & chia crackers
<b>Pasta equivalent</b>	Buckwheat fusilli	<a href="http://www.planetorganic.com">www.planetorganic.com</a>	Amisa Organic gluten-free buckwheat fusilli
	Brown rice penne	<a href="http://www.planetorganic.com">www.planetorganic.com</a>	Amisa brown rice penne
	Brown rice fettuccine	<a href="http://www.healthysupplies.co.uk">www.healthysupplies.co.uk</a>	Rizopia organic brown rice pasta fettuccine
	Brown rice lasagne	<a href="http://www.healthysupplies.co.uk">www.healthysupplies.co.uk</a>	Rizopia organic brown rice lasagne
	Brown rice noodles	<a href="http://www.healthysupplies.co.uk">www.healthysupplies.co.uk</a>	King Soba Organic brown rice noodles
<b>Cooking ingredients</b>	Chia seeds	<a href="http://www.revital.co.uk">www.revital.co.uk</a>	Superfoodies organic chia seeds
	Walnut butter	<a href="http://www.planetorganic.co.uk">www.planetorganic.co.uk</a>	Sun & Seed raw organic walnut butter
	Hazelnut butter	<a href="http://www.planetorganic.co.uk">www.planetorganic.co.uk</a>	Raw Health raw organic hazelnut butter
	Sesame oil	<a href="http://www.healthysupplies.co.uk">www.healthysupplies.co.uk</a>	Clearspring organic sesame oil
	Water chestnuts	<a href="http://www.ocado.com">www.ocado.com</a>	Kingfisher sliced water chestnuts
	Soy sauce	<a href="http://www.ocado.com">www.ocado.com</a>	Kikkoman tamari gluten-free soy sauce
	Tofu	<a href="http://www.planetorganic.com">www.planetorganic.com</a>	Clearspring organic tofu firm and silken

# Gut Transformation Programme – Recipes

<b>Breakfast</b>	Cinnamon millet porridge, Quinoa porridge, Buckwheat pancakes with summer berries, Homemade raw muesli
<b>Lunch/Dinner</b>	Scrambled tofu, quinoa tabbouleh, Asian chicken & water chestnut patties, Grilled salmon with grilled lemon vinaigrette, Pesto, Carrot, coriander and red lentil soup, Grilled salmon with nicoise salad, Quinoa with butternut squash, Spicy quinoa, Chickpea and cauliflower curry, Turkey burgers, Roast cod on spiced puy lentils, Steamed fish with spicy sesame oil, Tofu and bean burgers, Chicken breast stuffed with olives, sage and walnuts, Lentil sweet potato burgers, Red rice salad, Millet falafel, Lemon garlic cod, Green rice, Lemon chicken and thyme salad
<b>Snack</b>	Carrot & parsnip chips, Kale chips, Black olive tapenade, Guacamole, Hummus, Flaxseed crackers, Cauliflower popcorn
<b>Stocks</b>	Vegetable stock, Chicken stock
<b>Fermented Foods</b>	Kimchi, Sauerkraut, Kombucha
<b>Smoothies</b>	Berry-protein Smoothie, Strawberry-coconut smoothie, Plant-power smoothie, Turmeric latte smoothie, Cacao power smoothie.
<b>Juices</b>	Carrot Parsley Juice, Cucumber & Lemon Refresher, Carrot Pineapple & Greens Juice, Pineapple Parsley Delight, Minty Grapefruit Juice, Pineapple Papaya Juice, Carrot & Greens, Citrusy Carrot Juice, Pineapple, Carrot & Ginger, Easy Greens Juice, Kale & Carrot Juice, Spinach Berry Blast

## Breakfast Recipes:

### Cinnamon Millet Porridge (Serves 2)

**You will need:**

100g millet flakes  
200ml water  
200ml almond milk  
½ tsp ground cinnamon  
Zest of half a lemon  
2 tbsp ground flaxseeds

**Method:**

Bring the water and milk to the boil, then add the millet and simmer for 12-15 minutes, until cooked and plump  
If it is too thick, add a splash of milk  
Take off the heat and stir in the cinnamon and zest  
Sprinkle the ground flaxseeds on top

### Quinoa Porridge (Serves 1)

**You will need:**

50g quinoa flakes  
Handful strawberries  
½ tsp cinnamon  
Coconut milk

**Method:**

Rinse the quinoa well and place in a pan with double the volume of water  
Bring to the boil, cover, reduce the heat and gently simmer for 10 minutes or until the grain unwraps itself  
Turn off the heat and leave to cool slightly, then drain away any remaining water  
Over a low-medium heat, mix together the quinoa and desired amount of milk, along with strawberries and cinnamon, until desired consistency reached

### Buckwheat Pancakes with Summer Berries (serves 6 large pancakes)

**You will need:**

355ml of water  
3 tbsp coconut oil  
120g buckwheat flour  
1 tsp aluminium free baking powder  
½ tsp salt  
1 tsp vanilla

**Method:**

Blend all ingredients together to make a batter  
Heat extra virgin olive oil in a non-stick frying pan  
Add spoonfuls of batter to make pancakes, about 8-10cm across  
Cook for a couple of minutes until set on the bottom and bubbles appear on the surface, then flip and cook the other side  
Keep the pancakes warm in a low oven while you finish up the batter  
Serve with chopped strawberries and blueberries

### Homemade Raw Muesli

**You will need:**

½ cup buckwheat groats  
½ cup quinoa/millet flakes  
½ cup coconut, dried, shredded, unsweetened  
¼ cup sunflower seeds  
1/8 cup chia seeds  
¼ cup chopped brazil nuts  
¼ cup hemp seeds

**Method:**

Mix all ingredients together in a bowl.  
Add almond milk and fresh fruit

# Lunch/Dinner Recipes:

## Scrambled Tofu

### You will need:

100g medium-firm tofu  
¼ cup water  
1 tsp gluten free tamari soy sauce  
¼ tsp ground turmeric  
½ cup diced or grated carrot and courgette  
1-2 tsp olive oil

### Method:

Place the water, soy sauce and turmeric in a bowl and mix well  
Crumble the tofu into the bowl using your fingers and add the vegetables  
Heat the oil in a small frying pan over medium heat and add the tofu and vegetable mixture  
Fry gently for about 5 minutes until the mixture is golden brown  
Serve with cooked rice

## Quinoa Tabbouleh (Serves 2)

### You will need:

370g cooked quinoa  
25g chopped parsley  
1 bunch spring onions chopped  
25g fresh mint  
Lettuce leaves whole  
45g olives, sliced  
120ml lemon juice  
1 tbsp minced fresh basil  
60 ml garlic infused olive oil  
Salt & Pepper

### Method:

Place all ingredients, except lettuce and olives into a mixing bowl and toss together lightly  
Chill for 1 hour or more to allow the flavours to blend  
Wash and dry the lettuce leaves and use them to line the salad bowl  
Add the tabbouleh and garnish with the olives

## Asian Chicken & Water Chestnut Patties

### You will need:

3 large organic skinless boneless chicken breasts,  
cut into 1.5 inch pieces  
1 can whole water chestnuts, rinsed and drained  
1 bunch spring onions, chopped  
2 garlic cloves, minced  
2 tbsp chopped fresh coriander  
¼ tsp salt  
2 tsp extra virgin olive oil (optional)

### Method:

Pulse chicken in a food processor until coarsely chopped  
Transfer to a large bowl  
Add water chestnuts, spring onions and garlic to processor and pulse until finely chopped  
Add the mixture to the chicken along with coriander and salt. Stir together with your hands until just combined  
Heat 1 tsp oil in a 12 inch non-stick skillet over a moderate heat until hot but not smoking  
Place patties in a skillet and cook until golden and just cooked through, about 4 minutes on each side

## Grilled Salmon with Grilled Lemon Vinaigrette (serves 4)

### You will need:

4 skinless boneless salmon fillets  
2 tablespoons extra virgin olive oil, plus 100ml for the vinaigrette  
Coarse sea salt  
2 lemons, halved  
2 tablespoons finely chopped fresh parsley  
2 tablespoons finely chopped chives  
Freshly ground black pepper

### Method:

Heat a grill or pan over a high heat  
Coat the fish with the 2 tablespoons of olive oil and sprinkle with a pinch of salt  
Grill until firm to touch and nicely browned, approx. 4 minutes on each side, depending on the thickness  
Grill the lemons at the same time for the vinaigrette  
Grill them alongside the salmon, cut side down, until they're softened and just beginning to char  
Transfer the salmon to a serving platter and let it rest while you prepare the vinaigrette  
Squeeze the grilled lemons into a bowl  
Whisk in the 100ml olive oil, stir in the herbs, and season to taste with salt and pepper  
Pour the vinaigrette over the salmon and serve immediately

## Pesto

### You will need:

1 bunch parsley  
2 bunches basil  
35g pine nuts  
1/8 tsp salt  
60ml olive oil (add more for a smoother consistency)

### Method:

Place all ingredients in a food processor and blend until smooth  
Great as a basis for a salad dressing – just add lemon juice; or as a raw pasta sauce

## Carrot, Coriander and Red Lentil Soup (Serves 4)

### You will need:

1kg carrots  
200g red lentils  
1 onion, chopped  
1.5L vegetable stock  
Good handful of coriander (fresh)

### Method:

Put all ingredients except coriander in a pan and simmer for 45 minutes.  
Add coriander and cook for couple of minutes.  
Blend until smooth

## Grilled Salmon with Niçoise Salad (Serves 4)

### You will need:

4 eggs  
125g fine green beans, trimmed and halved  
2 little gem lettuces  
1 red onion, thinly sliced  
4 tbsp black olives  
4 x 125g salmon steaks  
1 lemon, sliced into wedges  
Dressing:  
3 tbsp extra virgin olive oil  
1 tbsp lemon juice  
½ tsp Dijon mustard  
1 small clove of garlic, crushed

### Method:

Place the eggs in a saucepan of cold water. Bring to the boil and cook for 5 minutes. Drain and plunge into cold water, then peel.  
Steam or boil the green beans for 2 minutes. Drain.  
Tear the lettuce into bite sized pieces and place in a bowl with the onions, olives and green beans.  
Heat the grill. Brush the salmon steaks with a little olive oil then cook under the grill for about 2-3 minutes each side.  
Toss the salad with the dressing. Divide into 4 bowls. Place a salmon steak on top of each. Slice the eggs into quarters and arrange next to the salmon with the lemon wedges.

## Quinoa with Butternut Squash (Serves 4)

### You will need:

½ butternut squash, peeled and cut into small dices  
Extra virgin olive oil  
Coarse sea salt  
1 tbsp freshly squeezed lemon juice  
200g cooked quinoa  
3 spring onions, white and light green parts only thinly sliced  
Bunch of finely chopped Italian parsley

### Method:

Preheat the oven to 200°C/fan 180°C/gas mark 6  
Toss the squash with 2 tablespoons of olive oil and a pinch of salt on a sheet pan and roast until soft, for about 15 minutes.  
Meanwhile whisk the lemon juice with 3 tablespoons of olive oil in a large mixing bowl along with a big pinch of salt.  
While the squash is warm, toss it into the dressing bowl along with the quinoa, spring onions and parsley. Taste the mixture and add a bit more salt or lemon if you feel it needs it.

## Spicy Quinoa (Serves 4)

### You will need:

200g quinoa  
1 ½ tbsp olive oil  
½ onion diced  
1 tsp. grated fresh ginger root  
1 heaped tsp turmeric  
1 heaped tsp coriander  
¼ tsp ground cinnamon  
410ml water  
75g fresh or frozen peas  
Sea salt to taste

### Method:

Rinse quinoa with cold water.  
Place the oil and diced onions in a heavy saucepan, sauté the onions on medium heat for four to five minutes.  
Add the ginger root and quinoa. Cook for one minute stirring constantly. A fine, white spiral appears around the grain as it cooks.  
Stir in the turmeric, coriander, cinnamon and salt. Cook for one minute stirring occasionally.  
Add the water and bring to the boil. Cover, reduce heat, and simmer for 15 minutes.  
Stir in peas. Cover and cook for 4-5 minutes or until peas are tender and all the water has been absorbed.  
Fluff with a fork before serving.

## Chickpea and Cauliflower Curry (Serves 4)

### You will need:

2 tbsp coconut oil or mild or medium (not extra virgin) olive oil  
3 tbsp medium curry paste  
2 large onions, sliced  
½ cauliflower, broken into small florets  
200g chickpeas  
400ml can coconut milk  
210ml hot vegetable stock  
1 tbsp tamari  
250g fine green beans  
Handful of coriander, torn or roughly chopped  
A little sea salt

### Method:

Put the oil and the curry paste in a large frying pan or wok and fry the onions over a medium heat for around 5 minutes to soften them. Add the cauliflower and chickpeas to the pan and stir to coat them in the other ingredients.  
Pour in the coconut milk, stock and tamari, and stir. Bring to the boil, then cover and simmer over a gentle heat for around 30 minutes or until the cauliflower is fairly soft.  
Stir in the green beans and cook for another 5 minutes or so until they are tender. Check the seasoning, add salt if necessary and scatter with the coriander leaves before serving.

## Turkey Burgers (Makes 4 burgers)

### You will need:

4 shallots roughly chopped  
2 small cloves garlic, crushed  
2 teaspoons dried oregano crushed with your fingertips  
8 large basil leaves  
3 handfuls baby spinach  
Zest of 1 lemon  
1 teaspoon coarse sea salt  
Pinch of freshly ground black pepper  
500g turkey mince  
2 tablespoons extra virgin olive oil

### Method:

Blitz the shallots, garlic, oregano, basil, spinach, lemon zest, salt and pepper together in a food processor until finely chopped. Place the mixture in a large bowl along with the turkey and mix with your hands or a rubber spatula to thoroughly combine.  
Form the mixture into 4 patties. At this point it is ideal to refrigerate the burgers for a least 1 hour or as long as overnight, to really let the flavours settle in, but they'll still be A-OK if you don't have this extra time.  
Heat a grill or a grill pan over medium high heat. Brush the burgers with the olive oil and cook until firm to the touch and nicely browned, 7 to 8 minutes per side.

## Roast Cod on Spiced Puy Lentils (Serves 4)

### You will need:

2 tbsp. olive oil, plus extra for greasing  
2 tsp mild curry powder  
4 x 200g pieces thick cod fillet  
For the spiced puy lentils:  
200g puy lentils  
1 tbsp olive oil  
2 large garlic cloves, finely chopped  
½ tsp ground cumin  
1 small red onion, finely chopped  
4 tbsp fresh chicken stock  
Lemon juice, to taste  
3 tbsp chopped fresh coriander

### Method:

Preheat the oven to 220°C/fan 200°C/gas mark 7. Make the spiced lentils. Cook the lentils in a pan of simmering water for 20 minutes, or until tender.  
After 15 minutes, mix the olive oil for the fish with the curry powder. Brush all over the cod and season.  
Heat an ovenproof frying pan over a medium-high heat. Grease with a little oil and add the cod, meaty-side down. Fry for 2 minutes until light golden brown, turn over and transfer the pan to the oven. Roast for 5 minutes.  
Drain the lentils. Heat the oil in a clean pan. Add the garlic and cumin. Once sizzling, stir in the lentils, onion and stock, until warmed through. Add the lemon juice and season to taste. Stir in the coriander.  
Spoon onto warmed plates. Place the cod on top.

## Steamed Fish with Spicy Sesame Oil (Serves 4)

### You will need:

Four fillets of white fish (flounder, sole, cod, snapper, hake, halibut etc.)  
Tamari sauce  
Sesame oil

### Method:

Place the fish in a steamer, cover and cook until the fish is opaque, roughly 5-10 minutes depending on the thickness of the fish.  
Transfer the fish to a serving platter and finish it with a few drops of tamari sauce and sesame oil.  
Serve with green veg or salad

## Tofu and Bean Burgers (Makes 6-8)

### You will need:

1 onion, peeled and quartered  
1 garlic clove, peeled and chopped  
1 carrot, trimmed peeled and grated  
410g can red kidney beans, drained and rinsed  
220g tofu, cut in 2cm cubes  
75g sunflower seeds  
1 small bunch fresh parsley  
2 tsp wheat-free vegetable bouillon powder

### Method:

Preheat the oven to 200°C/fan 180°C/gas mark 6. Line a baking tray with greaseproof paper.  
Place all the ingredients in a food processor and blend until the mixture is roughly chopped but not smooth.  
Remove the blade, take handfuls of the mixture and shape into medium sized balls. Place on the baking tray and press down gently to form burger shapes. You should get 6-8 burgers.  
Transfer to the oven and bake for 25 minutes or until golden brown in colour.

## Chicken Breasts Stuffed with Olives, Sage and Walnuts (Serves 4)

### You will need:

4 organic or free range chicken breasts, skinless and boneless  
150g Kalamata olives, pitted  
1 garlic clove  
Handful fresh sage leaves  
100g walnut halves  
4 tbsp mild or medium (not extra virgin) olive oil plus a little extra  
Freshly ground black pepper

### Method:

Preheat the oven to 180°C/fan 160°C/gas mark 4. Rub a little oil over the base of a roasting tin.  
Carefully cut a slit in the side of each chicken breast to create a pocket.  
Blend, or finely chop and mix together, the olives, garlic, sage, walnuts and oil until fairly smooth.  
Stuff each chicken breast with the olive mixture. Rub the excess over the top of each chicken breast and place them in the roasting tin.  
Put the roasting tin on a baking tray and cook for around 20-25 minutes or until the meat juices run clear. Sprinkle with black pepper before serving.

## Lentil Sweet Potato Burgers (Makes 8 Burgers)

### You will need:

200g cooked lentils  
95g cooked quinoa  
1 small sweet potato, cooked and lightly mashed  
1 medium onion, finely chopped  
1-2 carrots, shredded  
2 large cloves crushed garlic  
½ tsp ground cumin  
1 tsp salt  
2 tsp extra virgin olive oil  
35g sunflower seeds  
A good grind of black pepper to taste

### Method:

Heat a large skillet over medium heat with 1 tsp oil. When oil is hot, add garlic and onion and sauté for about a minute. Add shredded carrot and cook until soft.  
In a large bowl, stir together the cooked lentils, quinoa, mashed sweet potato, garlic, onion, carrots, sunflower seeds, spices, and salt and pepper. Taste and adjust seasonings according to your palate. Let rest for a few minutes.  
Shape into patties.  
Heat a non-stick skillet on medium heat for about a minute. Add 1 tsp olive oil. Add burger and cook for about 5 minutes on each side, until browned. Flip and repeat.

## Red Rice Salad Recipe (3-4 Servings)

### You will need:

150g uncooked red rice  
300 ml stock – you can add vegetable bouillon to hot water  
1 tbsp pumpkin seeds  
1 tbsp sunflower seeds  
1 tbsp linseeds  
1 tbsp hemp seeds  
1 tbsp toasted pine nuts  
1/2 tsp chopped garlic  
2 spring onions, thinly sliced  
1/4 cucumber, sliced into matchsticks  
1/2 courgette, sliced into matchsticks  
2 tbsp chopped fresh herbs  
Salad Dressing:  
75ml (3 fl oz) olive oil  
2 tbsp lemon juice  
1 tbsp gluten free soy sauce (tamari)

### Method:

Cook the rice in the stock for about 20 mins or until cooked but with a little bite still. Once cooked, allow to cool, then add the rest of the ingredients and stir well

## Millet Falafel (Makes about a dozen 'falafel')

### You will need:

100g raw millet, rinsed  
Coarse sea salt  
50g cooked chickpeas, crushed with a potato masher  
4 spring onions, white and light green parts only, thinly sliced  
2 tbsp finely chopped Italian parsley  
1 lemon  
Extra virgin olive oil

### Method:

Combine the millet with 355ml of water and a big pinch of salt in a saucepan. Bring to a boil, lower the heat, cover the pot, and cook until the millet is very soft and all the liquid has been absorbed, 25 minutes.  
Stir the chickpeas, spring onions, and parsley into cooked millet. Using a microplane grater, zest the lemon and stir the zest into the millet mixture along with 2 tablespoons of olive oil. Using a potato masher, crush the mixture until it holds together a bit.  
Preheat the oven to 130°C/fan 110°C/gas mark 1/2 and line a baking sheet with parchment paper.  
Set a non-stick skillet over medium high heat and coat the bottom with a slick of olive oil. Drop large tablespoons of the millet mixture into the pan with a bit of space between each spoonful. Press each tablespoonful down with the back of the spatula to form a thick pancake. Cook until browned and crisp, about 3 minutes per side, set the cooked falafel on the prepared baking sheet and put them in the warm oven while you cook the rest of the millet mixture, adding more olive oil to the skillet if necessary.

## Lemon Garlic Cod (can also use Pollock) (serves 4)

### You will need:

4 cod fillets  
3 Tbsp lemon juice  
1 Tbsp olive oil  
1 clove minced garlic  
1 Tbsp chopped fresh parsley  
Black pepper to taste

### Method:

Preheat oven to 190°C/fan 170°C/gas mark 5.  
Coat a baking dish with olive oil. Rinse cod fillets and pat dry.  
Place fish in a baking dish. Pour lemon juice over fish, then drizzle olive oil on top.  
Sprinkle with garlic, parsley, and pepper.  
Bake in preheated oven until fish flakes with a fork, for about 20 – 25 minutes

## Green Rice (4 servings)

### You will need:

Approx. 250g basmati rice  
Handful of spinach  
Handful of coriander  
1/2 onion, diced  
1-2 cloves of garlic, crushed  
1-2 tbsp olive oil  
Approx. 300ml vegetable stock

### Method:

Add the spinach, coriander, onion and garlic to a food processor and blitz, adding about a tablespoon of olive oil as you blitz. You will now have a lovely green puree. Heat about 1 tbsp olive oil in a saucepan and add the green puree.  
Cook for 1-2 minutes and then add the basmati rice. Stir to ensure rice is coated with the green puree and then add the vegetable stock. Bring to a boil, then reduce the heat to a low simmer and cover the pan. Let it simmer on the low heat for 15 minutes, or as long as your package of rice indicates is the right cooking time for your rice.  
Serve as a side dish with chicken or fish.

## Lemon Chicken and Thyme Salad (Serves 4)

### You will need:

4 boneless skinless organic chicken breasts, cut into strips  
Zest and juice of 1 lemon  
1 tsp dried or a few sprigs of fresh thyme  
3 tbsp extra virgin olive oil  
150g bag of mixed salad leaves or 2 heads of Little Gem, pulled apart  
1 small red onion, halved and thinly sliced  
1 garlic clove, crushed  
Handful pitted black olives, halved

### Method:

Put the chicken pieces into a bowl, add the lemon zest, thyme, plenty of black pepper and salt to taste, then mix well with your hands. Heat 1 tbsp oil in a pan then fry the chicken for 8-10 minutes, until golden and cooked through. Meanwhile, spread the leaves and onion over a large platter or in a big salad bowl.  
Add the garlic and olives to the pan, then fry for 1 minute more. Spoon the chicken and olives onto the leaves. Take the pan off the heat then add the rest of the oil and lemon juice. Stir together well, scraping off any bits from the bottom of the pan. Check the seasoning, then pour over the chicken and salad.

## Carrot & Ginger Soup with kale shreds and toasted macadamias

### You will need:

8 cups chopped carrots  
5 cups chicken stock  
1 tablespoon fresh minced ginger  
Sea salt & black pepper  
1 cup kale, sliced into thin strips  
1-2 teaspoons olive oil  
2/3 cup macadamia nuts

### Method:

Add carrots, stock and ginger to a large soup pan. Bring to the boil over a high heat. Reduce heat to medium and simmer for about 20 minutes or until carrots are tender  
Add seasoning, remove from the heat and cool for about 25 minutes  
Preheat oven to 180 C, line a baking sheet with greaseproof paper and place the kale and nuts on the tray separately  
Drizzle oil over the kale and massage evenly into the kale, sprinkle with a dash of salt  
Bake kale and nuts  
After 5 minutes remove the nuts from the oven  
Continue to bake the kale for another 8-10 minutes, stirring occasionally (keep an eye on the kale to ensure it doesn't burn)  
Blend the soup to desired consistency  
Return soup to pan and reheat  
Serve the soup topped with kale and toasted macadamias.

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## Snack Recipes:

### Carrot & Parsnip Chips

#### You will need:

1 large parsnip, peeled and trimmed  
1 large carrot, peeled and trimmed  
2 teaspoons olive oil  
Sea salt (to taste)  
1 teaspoon fresh thyme leaves

#### Method:

Preheat oven to 160 Degrees Celsius  
Lightly oil a baking tray  
Using a vegetable peeler, create long strips of the carrots and parsnips and place on the baking tray  
Lightly and evenly cover the vegetables with olive oil  
Season with salt and sprinkle over the fresh thyme leaves  
Place tray in the oven and bake for approximately 35 minutes, turning a few times during cooking to ensure they are evenly baked.  
Serve immediately, or allow to cool and enjoy anytime.

### Kale Chips (multiple servings)

#### You will need:

Large head of kale  
Small bowl olive oil  
Iodized sea salt

#### Method:

Preheat oven to 220 degrees Celsius  
Remove kale from stalk, cutting the greens into strips  
Place a little olive oil in a bowl, dip your fingers and rub a very light coating of oil over the kale  
Lay the kale on a baking sheet and bake for 5 minutes or until it starts to turn a little brown  
Keep an eye on it; it can burn quickly  
Turn the kale over, add a little salt or cumin to taste and bake for another 5 minutes  
Remove and serve

### Black Olive Tapenade (Serves 4)

#### You will need:

200g drained pitted black olives  
4 spring onions chopped  
1 tsp lemon juice  
Drizzle of garlic infused olive oil

#### Method:

Blend all the ingredients in a food processor until smooth  
Transfer to a clean screwtop jar and place in the fridge until required  
It will keep for 5 days in the fridge

### Guacamole (Serves 4)

#### You will need:

4 Avocados  
Juice of 1 lemon  
2 garlic cloves, crushed  
½ bunch coriander, finely chopped  
½ bunch flat leaf parsley, finely chopped  
Freshly ground black pepper

#### Method:

Mash avocado with all other ingredients and add black pepper to taste.

### Hummus (Serves 4)

#### You will need:

200g dried chickpeas, cooked  
Juice of half a lemon  
1 large garlic clove  
1 tbsp tahini  
75ml extra virgin olive oil  
1 tsp sea salt to taste

#### Method:

Blend all the ingredients together until smooth and creamy. If you want a smoother consistency, add an extra drizzle of olive oil or a splash of water.  
Taste and adjust seasoning if required.

## Flaxseed Crackers (Serves 8)

### You will need:

200g ground flax seeds  
Juice from ½ lemon  
2 tbsp gluten free soy sauce (tamari)  
2 cloves garlic  
1 tbsp fresh ginger  
1 handful fresh herbs – Basil, Parsley or Oregano

### Method:

Place all the ingredients in a food processor/blender and blend until combined. (Most flax seeds will have been crushed but some will have remained almost whole which is fine but make sure the garlic and ginger is completely ground).  
Remove from the blender and spread on baking paper until it is ¼ inch thick or less.  
Dehydrate – place baking paper on a baking tray and place in the oven at 50°C/fan 30°C/Gas Mark ¼ (or less if possible). Dehydration may take up to 12 hours; after 6 to 8 hours turn over. The longer dehydration takes the crispier the crackers.

## Cauliflower Popcorn (4 servings)

### You will need:

2 Tbsp. olive oil  
2 heads cauliflower  
Salt to taste

### Method:

Preheat oven to 240°/fan 220°/gas mark 9. Brush 1 or 2 baking sheets with some olive oil. Cut cauliflower into 1" florets. Toss with olive oil and spread evenly on the baking sheet(s).  
Roast for about 10 minutes. Shake around or toss with a spoon so that they brown evenly. Roast for another 5 minutes. Taste at this point to see if they are done to your liking. Allow to cool for a few minutes before sprinkling with salt and serving. This may also be served at room temperature.

# Stock Recipes:

## Vegetable Stock

### You will need:

1 large yellow onion, peeled and roughly chopped  
2 large carrots, peeled and roughly chopped  
1 stalk celery, roughly chopped  
1 large leek, thoroughly washed and roughly chopped  
3 garlic cloves, peeled and whacked with the side of your knife  
4 sprigs of Italian parsley  
4 sprigs fresh thyme  
2 sprigs of fresh tarragon  
1 bay leaf  
1 teaspoon coarse salt  
1 teaspoon black peppercorns  
3 litres cold water

### Method:

Combine everything in a pot. Bring to a boil, lower the heat and simmer for 45 minutes. Let the stock cool and strain into a clean container. Discard the solids. Keeps for a week in an airtight container in the refrigerator or for 6 months in the freezer.

## Chicken Stock

### You will need:

1 whole 3-4 pound organic chicken, washed  
1 teaspoon black peppercorns  
1 bay leaf  
2 stalks celery, roughly chopped  
1 large onion, peeled and roughly chopped  
2 carrots, peeled and roughly chopped  
3 sprigs of parsley  
2 sprigs of thyme  
1 teaspoon coarse sea salt

### Method:

Put all the ingredients into a large soup pot, cover with cold water and bring to a boil over high heat. Skim any foam that rises to the top, turn the heat to low and simmer for 1 ½ hours. Let the stock cool then strain into containers to freeze for up to 6 months. Discard the cooked aromatics- their flavour will be spent at this point. The cooked chicken makes great chicken salad or you can shred it into strained broth, add a couple of fresh carrots cut into coins and some diced celery, and enjoy some delicious soup.

## Chicken Bone Broth Recipe

### You will need:

Organic chicken bones, either from last night's roast dinner or a chicken carcass (order online from Abel & Cole or Riverford Organic)  
2 tablespoons of raw apple cider vinegar or lemon juice  
2 small organic carrots, peeled and roughly chopped  
2 organic celery sticks, roughly chopped  
2 small red or white onions scrubbed, skins left on & quartered (the skin gives the broth colour; use red onions for a darker broth)  
2-3 garlic cloves, smashed & skins left on  
2 bay leaves  
10 peppercorns  
Approx 2 litres of cold, filtered or bottled mineral water  
Fresh herbs such as a bunch of chopped parsley with stalks (optional)  
Pinch of saffron (optional)

### Method:

Place the carcass in a large soup pan, add the filtered water & vinegar or lemon juice. Leave for 30 minutes.  
Add the remaining ingredients and cover with extra water. Bring to a simmer, uncovered, and cook for 3 hours being careful not to boil. You will need to keep skimming any impurities (if there are any floating at the top) every 30 mins or so.  
Once finished, add the parsley and let the broth cool slightly (about 20-30 mins).  
Sieve the broth into a large metal/glass bowl, straining the veg & bones at the same time. With a wooden spoon or spatula, you can push the veg through the sieve to extract as much liquid & nutrients as possible before discarding them. Now add the saffron to the warm broth.  
Transfer the cooled broth into glass jars/containers and keep in your fridge for up to a week (or freeze for up to 3 months).

**Notes:** You can roast the bones & veg in the oven prior to making the stocks for a deeper, richer broth. Don't add any salt until it is finished cooking as the evaporation process will concentrate the salt content further.

*(Recipe adapted from Carolyn Nicholas Functional Medicine Certified Health Coach)*

# Gut Transformation Programme - Fermented Foods

## How to Make Kimchi

The iconic food of Korean culture; Korean kitchens create more than 100 kinds of kimchi, using everything from cabbage to watermelon skin and even pumpkin blossom in summer. Kimchi is made by a process called lacto-fermentation; the same process used to create sauerkraut and traditional dill pickles. The term kimchi has been derived from the Korean word 'shimchae' which literally means 'salting of vegetables' and has been made in Korea since around the 7th century.

Kimchi is packed with a range of vitamins including vitamins A, C, B1 & B2, minerals iron, calcium & selenium, amino acids, antioxidants and probiotics. Kimchi's impressive nutritional profile means it can help to support digestion and elimination, immune health, cardiovascular health, protect against cancer and support weight management amongst many other benefits. A special type of kimchi known as 'space kimchi' has even been taken into space by astronauts!

### Ingredients:

- ✓ 1 litre glass jar with canning lid or plastic lid
- ✓ 1 medium head cabbage
- ✓ ¼ cup sea salt (free of iodine & anti-caking agents which can inhibit fermentation)
- ✓ Filtered water (chlorinated water can inhibit fermentation so use spring, filtered or distilled)
- ✓ 1 tablespoon grated garlic (5-6 cloves)
- ✓ 1 teaspoon grated ginger
- ✓ 1 teaspoon sugar
- ✓ 1-5 tablespoons Korean red pepper flakes (Kimchi can be made hot or mild depending on your preference)
- ✓ 225g Korean radish or daikon peeled and cut into matchsticks
- ✓ 4 spring onions, trimmed and cut into 1 inch pieces

### Method:

1. Slice the cabbage lengthways into quarters, remove the core, cut across each quarter into 2-inch strips.
2. Place cabbage and salt in a large bowl. Massage salt into cabbage until it starts to soften then cover the cabbage with water (you may want to use gloves for this bit!). Place a plate on top and weigh down with something heavy like a tin of beans. Stand for 1-2 hours.
3. Rinse the cabbage under cold water 3 times, drain in a colander for 15-20 minutes. Rinse and dry the large bowl.
4. Combine together garlic, ginger, sugar and 3 tablespoons water in a small bowl and mix to form a paste. Add the Korean red pepper (1-5 tablespoons according to your taste) and mix well.
5. Squeeze out any remaining water from the cabbage, return to the large bowl, add the radish, spring onions and paste. Mix together thoroughly to ensure all the vegetables are well coated (gloves useful again here!).
6. Put the kimchi into the jar. Press down well until the salty liquid rises above the vegetables. Leave at least 1 inch of space between the liquid and the top of the jar. Place the lid securely onto the jar.
7. Stand the jar in a bowl and leave to ferment at room temperature for 1-5 days. You may start to see bubbles in the jar and some of the liquid may leak out of the lid – the bowl will catch any overflow.
8. You can check the kimchi daily by pressing down on the vegetables with a clean spoon to make sure they remain submerged under the salty liquid. It's useful to regularly taste a little – when the kimchi is ripe to taste, transfer the jar to the fridge – it's best to leave it for another week or two before eating.

### Useful Resources:

*The Art of Fermentation* by Sandor Katz



# How to Make Sauerkraut

Sauerkraut was traditionally produced by European peasants to preserve the harvest for the less productive, colder months of the year. Whilst its main purpose was to keep hunger at bay during the winter months, it delivered added benefits of providing optimal nourishment too – the process of lactic acid fermentation increases vitamins (particularly Bs & C), food enzymes and beneficial bacteria. Nowadays, the health benefits of eating fermented foods such as sauerkraut are widely acknowledged, and what was once deemed to be humble peasant food is now considered to be a powerhouse of super nutrients.

## Ingredients:

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- ✓ 2 medium cabbage heads cored and finely shredded
- ✓ 2 tablespoons sea salt
- ✓ Glass jar with lid / sauerkraut crock or vegetable fermenter

## Useful Resources:

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*The Art of Fermentation* by Sandor Katz



## Method:

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1. Place the cabbage and salt in a large mixing bowl and massage them together thoroughly, using your hands (gloves optional).
2. When the cabbage starts to become limp and release its juice, transfer it to a sauerkraut crock or vegetable fermenter. Pack in the salted cabbage as tightly as possible, until the cabbage is completely covered by the liquid and tightly secure the lid. Getting vegetables submerged is the most critical factor to fermentation so you may need to use a weight to force them down to keep them submerged or add more water during the process if necessary.
3. When fermenting in a jar, remember the fermentation process generates carbon dioxide, which will build pressure in the jar, so release this daily, or as needed.
4. Allow to sit at room temperature undisturbed. After only 2-3 days, the vegetables will begin to transform, but traditionally fermentation takes place for a season or longer – leave for at least 1 month and up to 6 months. When the sauerkraut tastes to your liking, transfer to the fridge where it should keep for at least 6 months and up to 1 year.

## Variations:

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You can try mixing red cabbage with white cabbage, or dark leafy vegetables rich in chlorophyll, such as kale, or adding extra flavour with radishes, carrots, celery root, onion, garlic, caraway seeds or juniper berries.

# How to Make Kombucha

Kombucha is a fermented 'living' drink that is used as a functional food. It contains multiple species of yeast and beneficial bacteria, organic acids, active enzymes, amino acids, B vitamins and polyphenols produced by these microbes.

## Ingredients:

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- ✓ Kombucha culture (or SCOBY - symbiotic culture of bacteria and yeast)
  - ✓ 1.5 litre heat-resistant wide-necked glass container / jar (thoroughly washed and left to cool before using - avoid metal containers)
  - ✓ 3-4 organic black, green or white tea bags
  - ✓ 80-100g granulated sugar
  - ✓ Muslin cloth and elastic band to cover the jar
- For brewing supplies - [www.happykombucha.co.uk](http://www.happykombucha.co.uk)

## How to take?

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Start with small servings to assess how your body reacts and increase your intake slowly over a number of days.

**Week 1:** ¼ pint a day

**Week 2:** ½ pint a day

**Week 3 & ongoing:** as much as you like!

## Is it safe?

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Start slowly as recommended to assess your individual reaction to kombucha. If the scoby is healthy then the kombucha will be healthy.

## Does kombucha contain alcohol?

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It does contain a tiny amount of alcohol as a by-product of the fermentation process (about 1%). Such a small amount won't cause any problems unless you have alcohol sensitivities or drink much more than is recommended.

## Useful Resources:

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*The Art of Fermentation* by Sandor Katz

## Method:

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1. In a kettle, boil 1 litre of water.
2. Place 3-4 teabags and 80-100g granulated sugar into your heat-resistant glass container.
3. Pour the boiled water into the container with the tea bags and sugar, stir, leave to stand for 30 minutes, and then leave to cool.
4. When the container has cooled to room temperature place your SCOBY lightest side upwards in the top of the container and pour in the liquid from the SCOBY bag (retain approx. 125ml of the jar of kombucha to use as a starter tea in your next brew).
5. Secure the muslin cloth over the top of the jar with an elastic band.
6. Store the kombucha out of direct sunlight and in a constant room temperature (approx. 20-23C) – an airing cupboard or similar is ideal. Do not store at floor level or in an area that is walked past constantly.
7. Kombucha takes between 5 – 18 days to brew. After a few days, pour a small amount into a glass and have a sip. If the brew tastes fruity and not like tea, it's ready. The flavour is similar to apple cider vinegar and it should smell vinegary and a bit yeasty.
8. When your brew is ready, pour into the container you plan to keep your drink in, and place in the fridge. Leave approx. a quarter of the liquid with the scoby in the bottom of the original jar.
9. Leave for a few hours and then drink.
10. Kombucha will keep well in or out of the fridge; the longer you leave it, the fizzier it will get so you may need to let air out of the container regularly to avoid any explosions!

## How to Make Your Next Kombucha Batch

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1. While the kombucha is in its own juice in the glass container, you can start a new batch straight away as above.
2. Alternatively, cover the top of the jar with your muslin brewing cloth and leave your SCOBY sitting in its own juice. The SCOBY can be stored at room temperature in its own liquid for up to 5 days (it must not be left to go dry as this will damage the SCOBY).
3. If the SCOBY fails to float or generate a new film after a few days it is no longer viable.

## How long does it take?

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Bottling a finished batch of kombucha and preparing the next one takes about 20 minutes every 7-10 days.

# Gut Transformation Programme – Smoothie Recipes

**Method for all smoothie recipes:** Add all ingredients to a high-powered blender (NutriBullet or similar). Blend until smooth. Serve immediately.

**Please note:** You can make any of these smoothie blends thicker or runnier, simply by adding more or less liquid (dairy-free milk/water/iced tea). Use these recipes as a guide and add/remove/replace ingredients according to your individual taste.

## Berry-protein smoothie

1 cup frozen mixed berries  
1 tablespoon tahini  
200 / 250ml unsweetened almond milk  
¼ teaspoon cinnamon  
1 handful spinach  
1 tablespoon plant protein powder

## Plant-power smoothie

½ cup frozen courgette  
200 / 250ml unsweetened iced green tea  
¼ small cucumber  
¼ avocado  
½ teaspoon ground flaxseeds  
2 tablespoons dairy-free kefir

## Turmeric latte smoothie

½ carrot  
¼ small cucumber  
200 / 250 ml unsweetened almond milk  
1 tablespoon almond butter  
½ teaspoon grated fresh turmeric & ½ teaspoon grated fresh ginger OR organic turmeric spice blend  
Small handful ice

## Strawberry-coconut smoothie

1 cup frozen strawberries  
1 tablespoon coconut butter  
200 / 250 ml coconut water OR unsweetened iced fruit tea  
1 tablespoon plant protein powder

## Iced green tea power smoothie

200 / 250 ml unsweetened iced green tea  
1 small handful spinach  
¼ avocado  
1 teaspoon chia seeds  
2 tablespoons dairy-free kefir  
1 tablespoon plant protein powder  
Small handful ice

## Cacao Power smoothie

½ frozen avocado  
250ml hazelnut milk  
1 tablespoon gluten-free oats  
1 tablespoon raw organic cacao powder  
1 tablespoon plant protein powder  
1 teaspoon flaxseed oil

## Time-saving freezer tips!

- ✓ Mash up a ripe avocado with a dash of fresh lemon juice. Spoon into an ice cube tray. Freeze and add to smoothies when required.
- ✓ Freeze mixed bags of raw chopped cauliflower, cucumber and courgette and add ½ cup of these frozen veg chunks to your smoothies for extra nutrients and creaminess.
- ✓ Freeze fresh ginger - this makes it easier to grate & lasts longer too.
- ✓ Throw some finely chopped fresh herbs into your ice cube tray before you fill with filtered water. These are lovely added to green / veg based smoothies or simply to add extra flavour to a refreshing glass of water.
- ✓ Always keep a stash of mixed berries (raspberries, strawberries, blackberries & blueberries) in the freezer for an instant smoothie base.