

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

Bone broth / stock		
	www.pegotyhedge.co.uk	Pegoty Hedge's organic chicken stock
	www.coombefarmorganic.co.uk	Organic Low FODMAP chicken bone broth Organic chicken bone broth
Dairy-free yoghurt & cheese		
	www.nushfoods.co.uk	Organic cashew milk dairy-free yoghurt
	www.planetorganic.com	Organic almond yoghurt Organic coconut yoghurt Organic mango & coconut yoghurt
	www.sojade.co.uk	Organic natural hemp yoghurt Organic natural soya yoghurt
	www.newroots.ch/english	Free The Cow - Herbes de provence / Greek Style / Camembert / Chives Spread / Ricotta Natural Free The Goat - Ricotta, thyme & lavender
Vegan burgers & falafel		
	www.biona.co.uk	Mini quinoa burger
	www.florentin-bio.com	Organic falafel bio Organic falafel & hummus dips Organic falafel nuggets
Houmous / Dips		
	www.rodandbens.com	Chunky houmous Butterbean & chive dip
Ready-to-eat rice, grains, beans & lentils		
	www.merchant-gourmet.com	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		
	www.naturya.com	Organic turmeric superblend
Bread		
	www.biona.co.uk	Millet wholegrain bread Rice wholegrain bread Rice & sunflower wholegrain bread

Gut Transformation Programme – Shopping List

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

Gut Transformation Programme – Recipes

Breakfast	Cinnamon millet porridge, Quinoa porridge, Buckwheat pancakes with summer berries, Homemade raw muesli
Lunch/Dinner	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
Snack	Carrot & parsnip chips, Kale chips, Black olive tapenade, Guacamole, Hummus, Flaxseed crackers, Cauliflower popcorn
Stocks	Vegetable stock, Chicken stock
Fermented Foods	Kimchi, Sauerkraut, Kombucha
Smoothies	Berry-protein Smoothie, Strawberry-coconut smoothie, Plant-power smoothie, Turmeric latte smoothie, Cacao power smoothie.
Juices	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.

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:

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

Useful Resources:

The Art of Fermentation by Sandor Katz



Method:

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:

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:

- ✓ 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

How to take?

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?

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?

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:

The Art of Fermentation by Sandor Katz

Method:

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

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?

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.