

Purple Root Salad- serves me till its gone

Be not alarmed if you hate beetroot - I guarantee this will not be like the slimy pickled experience you have had before!

A staple in my repertoire that can be varied seasonally.

Ingredients:

2 large beetroot - grated

4 medium carrots - grated (roughly the same amount of each, but this can be altered to taste)

Seasoning (salt and pepper) to taste and/or **herbs** and **spices** - I like cumin seeds or cumin powder with root vegetables.

Dijon dressing - see below - or any favorite dressing, the Tahini dressing works well, so does a citrus or orange dressing)

Then add (or not, its good like this with some **Salad Sprinkles** on top) anything such as dried fruit, orange slivers, tomato, cucumber, cooked green or black lentils, etc etc)

Mix together with the dressing and serve on a bed of greens. (Spinach, rocket, lettuce etc) and enjoy!

Marinated Salad Sprinkles

Salad feeling a little boring? This is for you. Also makes a nice snack food.

Ingredients:

Any Seeds such as: Pumpkin, sunflower, sesame, flax (linseed), Hemp. (seeds are better for you than nuts)

Put the seeds you are using into a bowl. (quantity of at least a cup, its not worth the gas for less!)

Into the bowl add:

A glug of olive oil, soy sauce, garlic, herbs, seasoning to taste and leave to marinade for a couple hours. It could be a day or more in the fridge or just until you are ready with the next hot oven. The seeds should be covered but not swimming in the marinade. Can vary the marinade to be more curry flavoured with curry powder or cumin seeds etc

Heat a baking tray (I do this when the oven is on for something else), tip the bowl full of seeds onto the hot tray and spread out so that it is a thin-ish layer. Put back in the oven and keep an eye, stirring every so often so that they brown evenly.

Cooking time will vary depending on the amount you have and how thick the layer of seeds are. but total oven time is about 15 - 20 mins.

When pale toasty golden remove and allow to cool.

Dijon Salad Dressing

Ingredients:

1/2 cup extra virgin olive oil

1/4 cup cider vinegar or fresh lemon juice

1 tablespoon Dijon mustard

2 teaspoons of agave nectar, raw honey, or pure maple syrup

1/4 - 1/2 teaspoon of sea salt

1 crushed garlic clove

Black pepper to taste

optional - oregano, majoram, thyme, etc

Everything goes into the blender and blitz until smooth and creamy.

Stores in a glass jar for a week or two.

Easy Tasty Thai Soup - serves 2

Make the soup base then add any amount of prepared and sliced / chopped raw vegetables and simmer

Base Ingredients:

1 tin of coconut milk (400ml - 14 fl oz)

Same of fish stock (or chicken, or vegetable stock)

Thai curry paste (Red, green or yellow Thai curry paste - amount dependent on strength. 1 teaspoon to 1 tablespoon)

Soy sauce, (Tamari, Shoyu)

2 tablespoons oil

Heat oil in a saucepan and add Thai paste. Cook for about a minute then add all the above ingredient.

Simmer for about 5 mins then **add any of the following ingredients:**

1 peeled and sliced carrot

Hand full of green beans or spinach or tomato or finely sliced broccoli etc

Some cooked fish, chicken, beef, Tofu or prawns

Some Rice noodles (also known as glass noodles) - they cook in about a minute or two so add into simmering liquid

Other asian style pre cooked noodles

Other options,

Some Thai fish sauce - just a splash or two, a squeeze of lemon juice.

And there you have it - in no time a delicious soup!

Apple Pie for Breakfast! - serves 4

Craftily I snuck this in at the end to see if you are still here!

Not my normal suggestion for breakfast, but as a treat or if you are having family resistance to eating well in the morning this could be just the thing.

You will need a **slow cooker** preferably with a slow, med, high setting, for best results but if you are up early or breakfasting late you could try a low oven setting and see how you go or a couple of hours.

Best thing, do all this the night before and wake up to breakfast!

How does it get any better than that!

Ingredients:

1 cup of organic oats (gluten free)

2 cups nut milk (almond, hemp etc)

2 cups filtered water

2 eating apples cut into chunks

1 tablespoon of sweetener - honey, agave nectar, pure maple syrup

1 tablespoon of cinnamon

1 tablespoon of ground flax seeds (see below)

1 tablespoon chopped walnuts

1/4 - 1/2 teaspoon of sea salt or pink Himalayan salt

Grease your slow cooker dish with oil.

Put everything in the dish, lid on, turn to low and go to bed.

Hey presto - breakfast ready in the morning!