

# Winter Detox Recipe







# Why do a winter Detox?

Brrr – it's cold outside!

So we're turning up our natural thermostat by hitting the gym for daily warm yoga and fiery FIIT30 sessions, swapping heels for flats so we can powerwalk everywhere, and spending our Sunday nights cooking up warming soups and stews for the week ahead.

Six healthy winter-warming recipes to take you from breakfast through to dinner with some hunger-busting snacks along the way.

It's your perfect day on a plate, guaranteed to raise your natural thermostat.

*Enjoy!*

## *Recipes*

**Breakfast:**  
Spiced buckwheat  
and amaranth  
porridge

**Lunch:**  
Beetroot, orange  
and lentil salad  
Tabouleh

**Dinner:**  
Pork with  
sage-roasted  
vegetables  
Curried lentil soup

**Snacks:**  
Cacao and  
peanut butter balls



# Spiced buckwheat and amaranth porridge

Serves 4



## Ingredients

- ¼ cup dry amaranth
- ⅔ cup raw buckwheat
- 1 tablespoon chia seeds
- 2 ⅔ cups water
- ½ cup non-fat milk
- 1 teaspoon ground cinnamon
- 1 teaspoon ground nutmeg
- 13 almonds, chopped
- ¾ cup non-fat natural yoghurt
- 2 teaspoons honey

## Method

1. Bring the water to a boil. Add the buckwheat, amaranth and chia seeds to the water. Cover, reduce the heat and simmer, stirring occasionally, for 15–20 minutes or until the porridge is creamy and the water has been absorbed. If the porridge dries out before the grains are cooked just add a little more water.
2. Remove the porridge from the heat. Add the milk, spices and almonds, stir, cover and set aside for 5 minutes.
3. Top with yoghurt and drizzle with honey.

### Nutritional value per serve

Energy 1010kJ | Carbs 35g | Protein 11g | Fats 6g





# Beetroot, orange and lentil

# salad

Serves 4

## Ingredients

2 medium oranges, peeled  
200g baby rocket  
2 cups reduced fat feta cheese,  
crumbled  
2 x 425g cans baby beetroot,  
drained and quartered  
1 tablespoon balsamic vinegar  
4 olive oil sprays  
½ cup uncooked lentils

## Method

1. Cook lentils as per packet instructions. Drain well.
2. In the meantime, segment oranges over a bowl and squeeze juice from membranes into the bowl. Keep the juice.
3. Combine lentils, oranges, rocket, beetroot and feta in a large bowl.
4. Whisk together vinegar and the orange juice. Drizzle dressing over salad and spray the salad with olive oil. Season with salt and pepper and toss gently.

### Nutritional value per serve

Energy 1453kJ | Carbs 34g | Protein 24g | Fats 10g



# Red Jewelled

## Tabouleh

Serves 4



### Ingredients

- 1 ½ cups dry quinoa
- 1 ½ cups drained chickpeas, rinsed
- 2 pomegranates, halved, seeds removed and reserved
- ¾ cup shallots, thinly sliced
- 1 ½ cups fresh mint leaves, chopped
- 2 cups fresh parsley, chopped
- 1 medium lemon, juiced
- ⅓ tablespoon olive oil

### Method

1. Cook the quinoa. Drain and put into a bowl.
2. Add the parsley, mint, pomegranate seeds, shallots, lemon juice, oil and chickpeas. Season with salt and pepper and mix well. Serve and enjoy.

### Nutritional value per serve

Energy 1445kJ | Carbs 51g  
Protein 16g | Fats 6g







# Pork

## with sage-roasted vegetables

Serves 4

### Ingredients

- 1 small sweet potato, thickly sliced
- 3 ½ small potatoes, thickly sliced
- 2 medium red onions, cut into wedges
- 2 medium green pears, cored, cut into wedges
- 1 tablespoon olive oil
- 360g lean pork cutlets, excess fat trimmed
- 3 dried sage leaves
- 4 olive oil sprays

### Method

1. Preheat oven to 180°C.
2. Place potato slices, onion wedges and pear wedges in a baking dish. Drizzle with olive oil and toss to coat. Roast for 20 minutes.
3. In the meantime, spray a non-stick frying pan with oil and heat over medium-high heat. Cook the pork cutlets for 2 minutes on each side or until golden brown.
4. Sprinkle the vegetables and pears with sage and mix well. Top with pork cutlets and bake until cooked to your liking.

### Nutritional value per serve

Energy 1416kJ | Carbs 34g | Protein 24g | Fats 10g



# Curried Lentil Soup

Serves 4



## Ingredients

- 1 cup dried lentils
- 1 large tomato, chopped
- 5 ½ cups vegetable stock
- 1 cups warm water
- ¾ cup chopped onion
- 4 garlic cloves, crushed
- 1 tablespoon curry powder
- ¼ cup parsley, finely chopped
- 1 ½ cups low-fat cottage cheese
- 1 ⅔ tablespoons olive oil

## Method

1. Add the olive oil to a saucepan and place over medium heat. Add the onion and garlic and cook for 1-2 minutes or until onion is soft. Add the curry powder and cook for 15 seconds or until fragrant.
2. Add the lentils, tomato, stock and warm water. Bring to the boil. Reduce heat and simmer, uncovered, for 15-20 minutes or until soup has thickened and lentils are cooked and soft. Remove from heat. If you prefer a smoother soup, allow the soup to cool slightly then blend with a handheld blender or in a food processor.
3. Serve the soup topped with cottage cheese and garnished with parsley. Enjoy.

### Nutritional value per serve

Energy 1402kJ | Carbs 30g | Protein 25g | Fats 11g



# Cacao

## and peanut butter balls

Makes 4 balls



### Ingredients

½ tablespoon light peanut butter  
2½ heaped tablespoons protein powder (low carb, high protein)  
½ cup rolled oats  
3 teaspoons honey  
1 tablespoon raw cacao powder  
1¼ tablespoons desiccated or shredded coconut

### Method

1. Add the ingredients in a bowl and mix well to combine. If the mixture is too dry add some water a little at a time until the mixture sticks together.
2. Roll mixture into 4 balls. Chill and serve or enjoy straight away.

### Nutritional value per serve

Energy 436kJ | Carbs 12g | Protein 6g | Fats 4g




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*move?*

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