

2023

DECEMBER



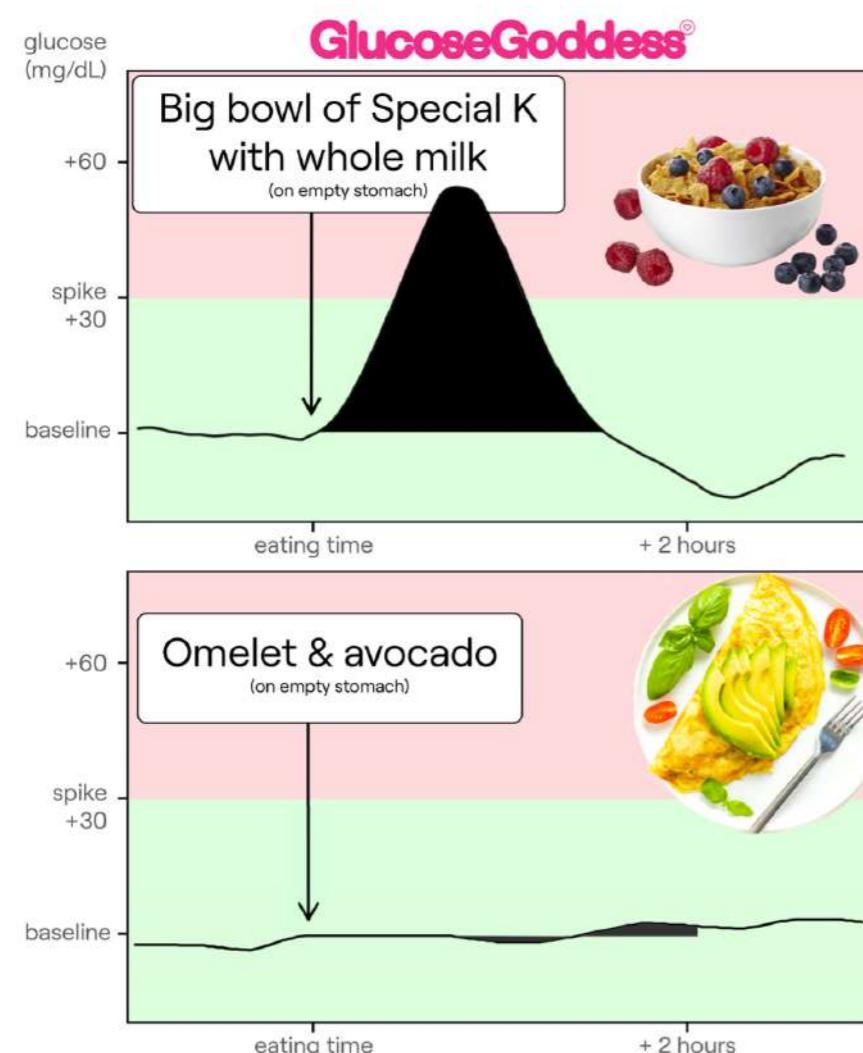
How the Recipe Club works

Hi! And welcome. Here's the deal: glucose spikes can mess up your life. Most of us experience them, and they lead to cravings, brain fog, irritability, skin issues, hormonal imbalances, type 2 diabetes, and much more.

My Recipe Club is going to help you avoid them with key principles:

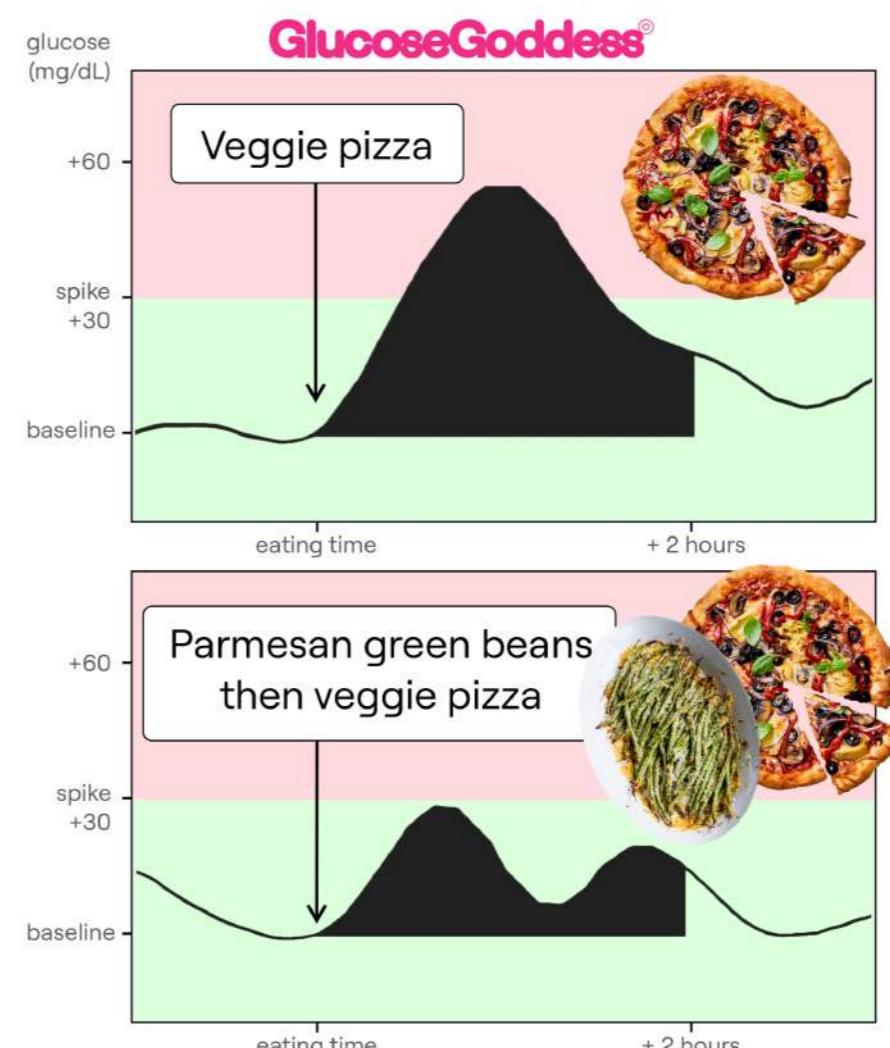
Savoury breakfasts

They're centered around protein and they avoid starting the day with a rollercoaster. They are the most important.



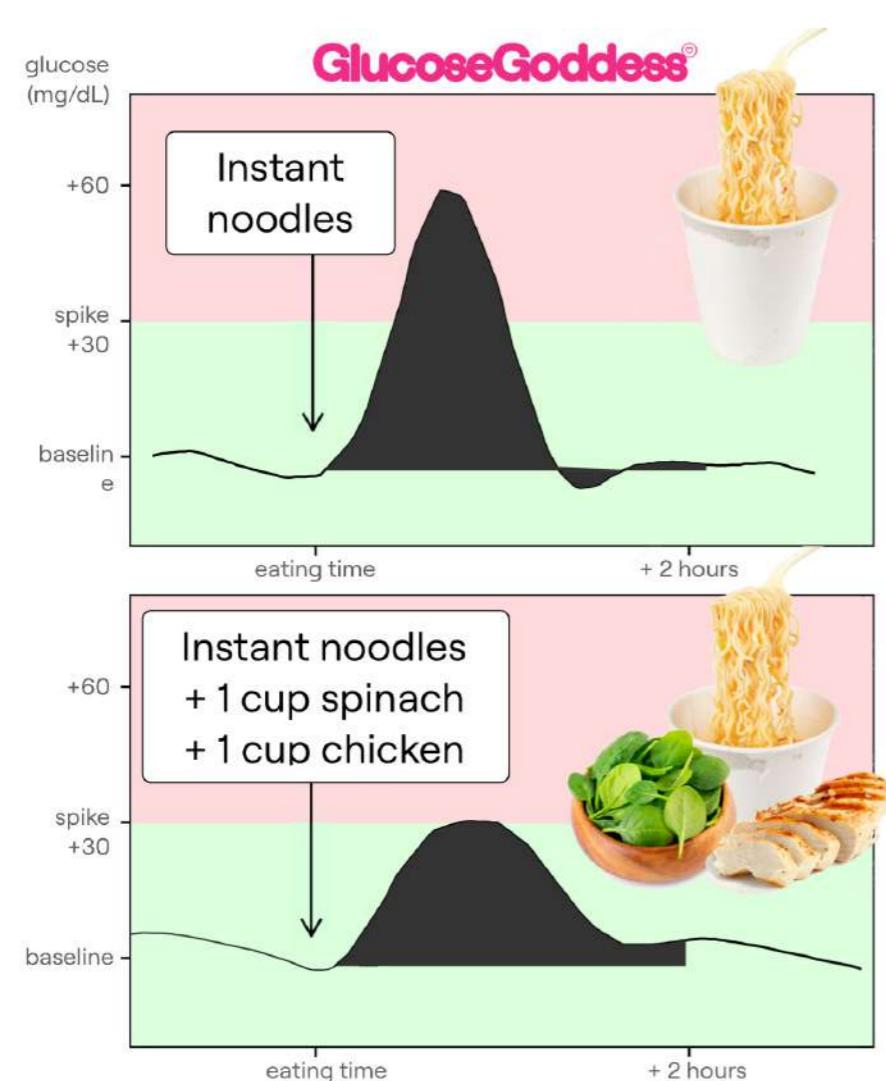
Veggie starters

To eat before a main dish. The fiber in them will keep you steady for the rest of the meal.



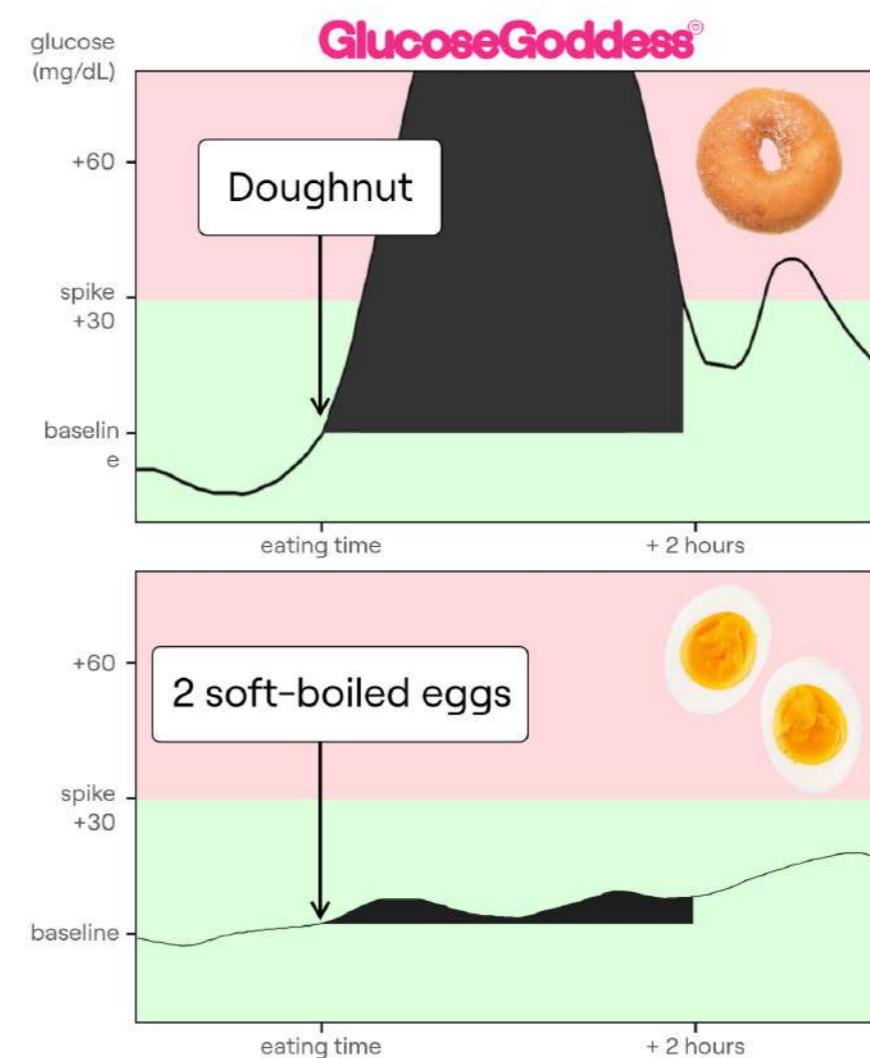
Main dishes

They all contain a good mix of protein, fat, and fiber. To eat after a veggie starter.



Savoury snack

Keep your sugary snacks for dessert after a main meal. These savoury snacks will keep you steady and avoid starting a cravings cycle.



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SAVOURY BREAKFASTS

Spinach, ricotta & hazelnut rolls

Avocado & nut butter toasts

The Best Bagels

VEGGIE STARTERS

My sister's brussel sprout salad

Roasted aubergine with curried yoghurt & coriander

Roast tomatoes with cinnamon, ginger & thyme

ANYTIME MAIN DISHES

Roast chicken with pine nut, parsley & olive salsa

Kale risotto with balsamic roast tomatoes

Duck cassoulet

ANYTIME SNACK

Your new favorite bread

DECEMBER 2023

SAVOURY BREAKFASTS

Your savoury breakfast should keep you satiated for 4 hours. If that's not the case, increase the amount of protein in the recipe.



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SPINACH, RICOTTA & HAZELNUT ROLLS

What you need:



Ready rolled shop bought puff pastry, halved lengthways



300g frozen spinach



100g/ ½ cup soft ricotta cheese



60g/1/2 cup cheddar cheese, grated



¼ teaspoon nutmeg



35g/ ¼ cup blanched hazelnuts, roughly chopped

+ 1 tablespoon olive oil, salt and pepper

A little parcel of joy! This recipe makes enough for two portions, but you can refrigerate the rolls once they are made and cook them fresh in the coming days.

How to make it:

- Preheat the oven to 180°C fan/200°C/400°F/Gas 6 and line a baking tray with baking parchment. To defrost the **spinach**, place it in the microwave for 2-3 minutes. When ready, allow to cool and then squeeze out as much liquid as possible.
- Mix the **spinach** with the **ricotta**, **cheddar cheese**, **nutmeg** and **hazelnuts** until thoroughly combined. Season generously with **salt** and **pepper**.
- Shape the spinach mixture into a long sausage shape, the same length as the **pastry**. Place in the middle of the pastry, bring the edges together and seal tightly. Cut the pastry into four, brush with **olive oil** and bake in the oven for 20 minutes.

Makes: 2 portion

Prep time: 15 mins / Total cook time: 25 mins

This recipe is **VEGETARIAN**

HOW TO MAKE IT VEGAN AND DAIRY-FREE:

Use vegan puff pastry, and plant based soft cheese and cheddar cheese.

HOW TO MAKE IT DAIRY-FREE:

Use gluten-free puff pastry.



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AVOCADO & NUT BUTTER TOASTS

What you need:



2 slices of nut and seed loaf (recipe at end of PDF)



½ avocado, peeled and sliced



2 teaspoons almond butter



Squeeze of lemon juice

+ salt and pepper

I know this one sounds a bit weird. Until you try it. Super quick, super easy, and will keep your hunger at bay for a while. You can increase the amount of almond butter in the recipe if you need to (that's what contains the protein).

How to make it:

- Spread the **nut butter** onto the slices of **seed and nut loaf**, top with **avocado**, squeeze a little **lemon juice** on top and season with a pinch of **salt** and **pepper**.

Makes: 1 portion

Prep time: 5 mins

This recipe is **VEGAN**, **VEGETARIAN**,
DAIRY-FREE and **GLUTEN-FREE**



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THE BEST BAGELS

What you need:



½ small red onion, finely sliced



2 tablespoons apple cider vinegar or red wine vinegar



1 bagel, sliced in half



2 tablespoons cream cheese



2 pieces of smoked salmon



1 teaspoon capers
+ salt and pepper

Title says it all. My go-to morning bagel recipe. Also great if you are hosting and want something stunning to put on the table.

How to make it:

- Place the sliced **onion** in a small bowl and cover with **vinegar**. This gently pickles the onion.
- Toast the **bagel**, top with **cream cheese, smoked salmon, capers** and your **pickled red onion**. Season with a little **salt** and **pepper**. If you have any fresh dill, it makes a lovely garnish.

Makes: 1 portion

Prep time: 7 mins

HOW TO MAKE IT VEGAN OR VEGETARIAN:

Slice a small aubergine and drizzle with some harissa, olive oil, salt and pepper . Roast in the oven until golden and charred and use instead of salmon. Use a plant based soft cheese.

HOW TO MAKE IT DAIRY-FREE:

Use a plant based soft cheese.

HOW TO MAKE IT GLUTEN-FREE:

Use gluten-free bagels.

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VEGGIE STARTERS

Add one of these veggie starters to the beginning of lunch or dinner. The fiber in the veggies will reduce the glucose spike of the rest of the meal.



My sister's BRUSSEL SPROUT SALAD

Counts as your vinegar hack too.

What you need:



12 brussels sprouts, finely sliced



Small bunch of coriander, roughly chopped



2 teaspoons apple cider vinegar



1 tablespoon pomegranate seeds



1 tablespoon smoked almonds



1 tablespoon tahini

+ 1 tablespoon olive oil,
salt and pepper

This recipe comes to me from my sister – she makes batches of this wonderful salad and feeds us all for days with it! I love it. If you're not in the habit of eating lots of veggies, the raw sprouts can surprise your stomach, so start with a small portion.

How to make it:

- Toss the sliced **brussels sprouts** and **coriander** with the **olive oil** and **apple cider vinegar**. Season with **salt** and **pepper**.
- Arrange on a plate and top with **pomegranate seeds** and **smoked almonds**. Drizzle the **tahini** all over.

Makes: 1 portion
Prep time: 10 mins

This recipe is **VEGAN**, **VEGETARIAN**,
DAIRY-FREE and **GLUTEN-FREE**



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ROASTED AUBERGINE

with curried yoghurt & coriander

What you need:



1 medium aubergine,
sliced into 8 lengthways



2 tablespoons full fat Greek
yoghurt



¾ teaspoon curry powder



1 teaspoon lime juice



Small bunch of coriander,
roughly chopped

+ 2 tablespoons olive oil,
salt and pepper

I'm forever inspired by the chef Ottolenghi. This is a riff on one of his recipes, and the great thing is that it is as good eaten cold as it is warm. A great little dish to have on standby in your fridge.

How to make it:

- Preheat the oven to 200°C Fan/220°C/425°F/Gas 7. Lay the **aubergine** on a baking tray lined with baking parchment. Drizzle the **olive oil** all over, season with **salt** and **pepper** and roast in the oven for 25–30 minutes, or until golden and slightly charred.
- Mix the **Greek yoghurt**, **curry powder** and **lime juice** together. When the aubergine is ready, allow to cool slightly, then top with the yoghurt mix and **coriander**.

Makes: 1 portion

Prep time: 5 mins / Total cook time: 30 mins

This recipe is **VEGETARIAN** and **GLUTEN-FREE**

HOW TO MAKE IT VEGAN OR DAIRY-FREE:

Use a plant based yoghurt instead of Greek yoghurt.



ROAST TOMATOES *with cinnamon, ginger & thyme*

What you need:



3 medium vine tomatoes,
halved



¼ tsp ground cinnamon



1 teaspoon finely grated
fresh ginger



3 sprigs thyme, leaves
picked

+ 2 tablespoons olive oil,
salt and pepper

This is an unusual flavour combination but works so brilliantly. It's a great veggie starter but if you double up on the recipe you'll have the brilliant beginnings of a savoury breakfast for the next day. Add some eggs, and voilà!

How to make it:

- Preheat the oven to 200°C Fan/220°C/425°F/Gas 7. Lay the **tomatoes**, cut side up, on a baking tray lined with baking parchment. Place in the oven for 20 minutes.
- Mix the **cinnamon, ginger, thyme** and **olive oil** together and season with **salt** and **pepper**.
- Remove the tomatoes from the oven and spoon the olive oil mixture all over. Roast for a further 15 minutes. Serve on their own or have with some lettuce on the side.

Makes: 1 portion

Prep time: 5 mins / Total cook time: 35 mins

This recipe is **VEGAN, VEGETARIAN,**
DAIRY-FREE and **GLUTEN-FREE**

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ANYTIME MAIN DISHES

After a veggie starter or on their own, get ready to meet these seriously tasty main dishes.

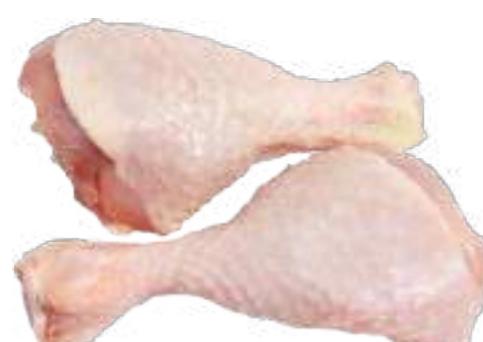


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ROAST CHICKEN

with pine nut, parsley & olive salsa

What you need:



2 chicken legs

1 lemon, cut into wedges
and seeds removed

1 tablespoon capers

12 pitted olives, a mix of
green and black if
possible, roughly chopped

1 tablespoon pine nuts

Small handful of parsley,
finely chopped (about 2
tablespoons)

+ 3 tablespoons olive oil,
salt and pepper

I'm obsessed with the olives and capers mix in here! Sometimes I double the salsa quantity and serve with roasted sweet potatoes. A dream.

How to make it:

- Preheat the oven to 180°C fan/200°C/400°F/Gas 6. Place the **chicken legs** and **lemon wedges** onto a baking tray lined with baking parchment. Drizzle with 1 tablespoon of **olive oil** and roast in the oven for 35 minutes.
- Mix the **capers**, **olives**, **pine nuts** and **parsley** together. When the chicken is ready, remove from the oven. Use tongs to squeeze the juice from the cooked **lemons**. Push the chicken to one side and add the salsa. Mix the salsa with the lemon juice in the pan and then spoon all over the chicken when serving.

Makes: 2 portions
Prep time: 10 mins / Total cook time: 35 mins

This recipe is **DAIRY-FREE** and **GLUTEN-FREE**

HOW TO MAKE IT VEGAN OR VEGETARIAN:

Substitute two medium aubergines for the chicken. Slice them in half lengthways, drizzle with the olive oil and roast in the oven for 35 minutes. Continue the recipe as above, but increase the pine nuts to 3 tablespoons.



KALE RISOTTO

with balsamic roast tomatoes

What you need:



1 medium leek, finely sliced



150g / $\frac{3}{4}$ cup arborio rice



200g cherry tomatoes



2 tablespoons balsamic vinegar



200g kale



1 garlic clove

+ 2 tablespoons olive oil,
salt and pepper

This main absolutely needs a veggie starter before it – because rice turns to glucose as digested. Try it after the brussel sprout salad.

How to make it:

- Preheat the oven to 180°C fan/200°C/400°F/Gas 6. Place a medium saucepan (one with a lid) on a medium heat and sauté the **leek** in 1 tablespoon of olive oil for 2-3 minutes, or until slightly softened. Add the **arborio rice**, 400ml of **water** and a generous pinch of **salt**. Bring to the boil, stir, place the lid on top and transfer to the oven for 20 minutes. Stir halfway through.
- Place the **tomatoes** onto a baking tray lined with baking parchment. Drizzle the **balsamic vinegar** all over along with the remaining **olive oil**. Season and roast in the oven for 15 minutes.
- Meanwhile, bring a small sauce pan of water to the boil, add the **kale** and **garlic** and simmer for 2 minutes. Drain, and reserve 2 tablespoons of the cooking water. Place in a food processor and blitz until smooth.
- Remove the risotto and tomatoes from the oven. Stir the blitzed kale through the risotto, season well with **salt** and **pepper**, divide between two plates and top with the roast tomatoes.

Makes: 2 portions

Prep time: 10 mins / **Total cook time:** 20 mins

This recipe is **VEGAN**, **VEGETARIAN**,
DAIRY-FREE and **GLUTEN-FREE**



MAINS

DUCK CASSOULET

What you need:



2 duck legs



2 toulouse sausages, or
good quality pork sausages,
cut into 1 cm pieces



70g / ½ cup diced
pancetta



1 medium leek, cut into
1cm rounds



3 garlic cloves, peeled and
roughly chopped



400ml chicken stock



1 400g tin haricot beans,
drained

+ 1 teaspoon olive oil, salt
and pepper

For when I have some time at home and want a beautifully comforting dish for dinner.

How to make it:

- Preheat the oven to 160°C fan/180°C/350°F/Gas 4. Place a casserole dish on a medium heat with 1 teaspoon of **olive oil**. Sear the **duck legs** (skin side down) and **sausages** for about 5 minutes, or until golden brown. Remove from the dish and set aside.
- Add the **pancetta**, **leek** and **garlic** to the casserole dish and saute for 2-3 minutes. Pour in the **stock**, return the duck legs and sausages to the pan, place the lid on top and transfer to the oven for 1 hour.
- Carefully remove the dish from the oven and stir in the **haricot beans**. Return to the oven, uncovered, for a further 25 minutes. Serve with greens.

Makes: 2 portions

Prep time: 10 mins / Total cook time: 1 hour 30 mins

This recipe is **DAIRY-FREE**

HOW TO MAKE IT VEGAN OR VEGETARIAN:

Use 4 plant based sausages and omit the duck and pancetta. Use vegetable stock instead of chicken stock and stir in a teaspoon of marmite or vegemite at the end of cooking to give depth of flavour.

HOW TO MAKE IT GLUTEN-FREE:

Make sure the sausages you use are gluten-free.

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ANYTIME SNACK

The secret to snacking without starting a cravings rollercoaster? Snack on savoury foods – and keep the sweets for dessert after a meal.



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YOUR NEW FAVORITE BREAD

What you need:



2 tablespoons flax seed meal



50g chia seeds



2 tablespoons coconut oil, melted



100g pistachios



100g pumpkin seeds



50g walnuts

+ sea salt

Okay. This is SERIOUSLY the best bread - because it's so full of seeds and nuts, it barely spikes your glucose levels. It'll become your new favorite recipe. I'm obsessed. My mom too.

How to make it:

- Preheat the oven to 180°C fan/200°C/400°F/Gas 6. Line a 1 lb (450g) loaf tin with baking parchment.
- Mix the **flax seed meal**, 25g of **chia seeds** and the **coconut oil** in a bowl and add 130 ml of hot water. Set aside for 10 minutes to thicken.
- Place the remaining **chia seeds**, **pistachios**, **pumpkin seeds**, **walnuts** and **sea salt** into a bowl. Transfer half of this mix to a food processor and blitz until you have a coarse meal.
- Return to the bowl with the whole nuts and seeds, stir to combine, add the thickened flaxseed mixture and mix together thoroughly. Transfer to the loaf tin and press down firmly with the back of a spoon. Bake for 40 minutes, then remove from the tin, place on a baking tray and bake for another 20 minutes. When ready, allow to cool completely before slicing. This will keep for a week and a half and is best kept in the fridge.

Makes: 1 loaf

Prep time: 10 mins / Total cook time: 1 hour

This recipe is VEGAN, VEGETARIAN,
DAIRY-FREE and GLUTEN-FREE

SEE YOU IN JANUARY!

