

2024

APRIL



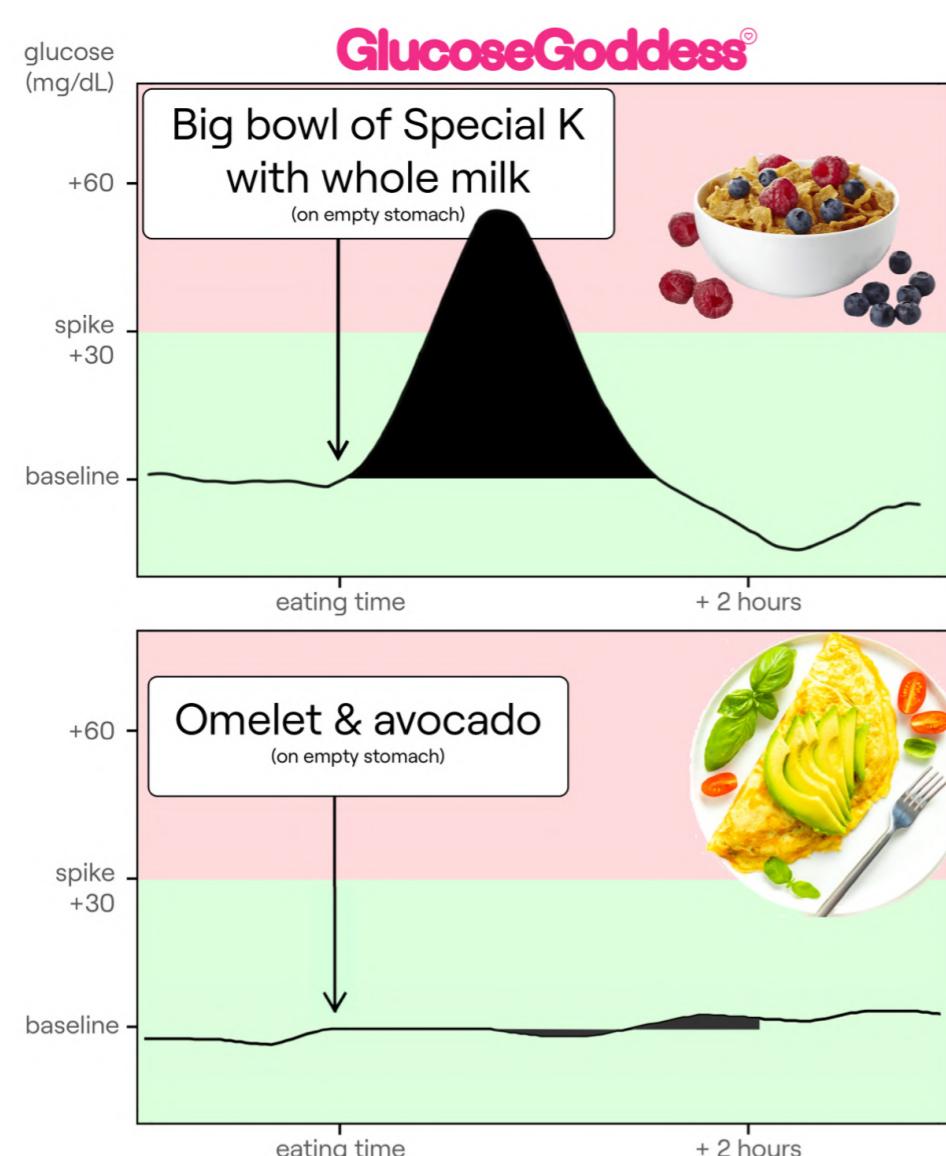
How the Recipe Club works

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:

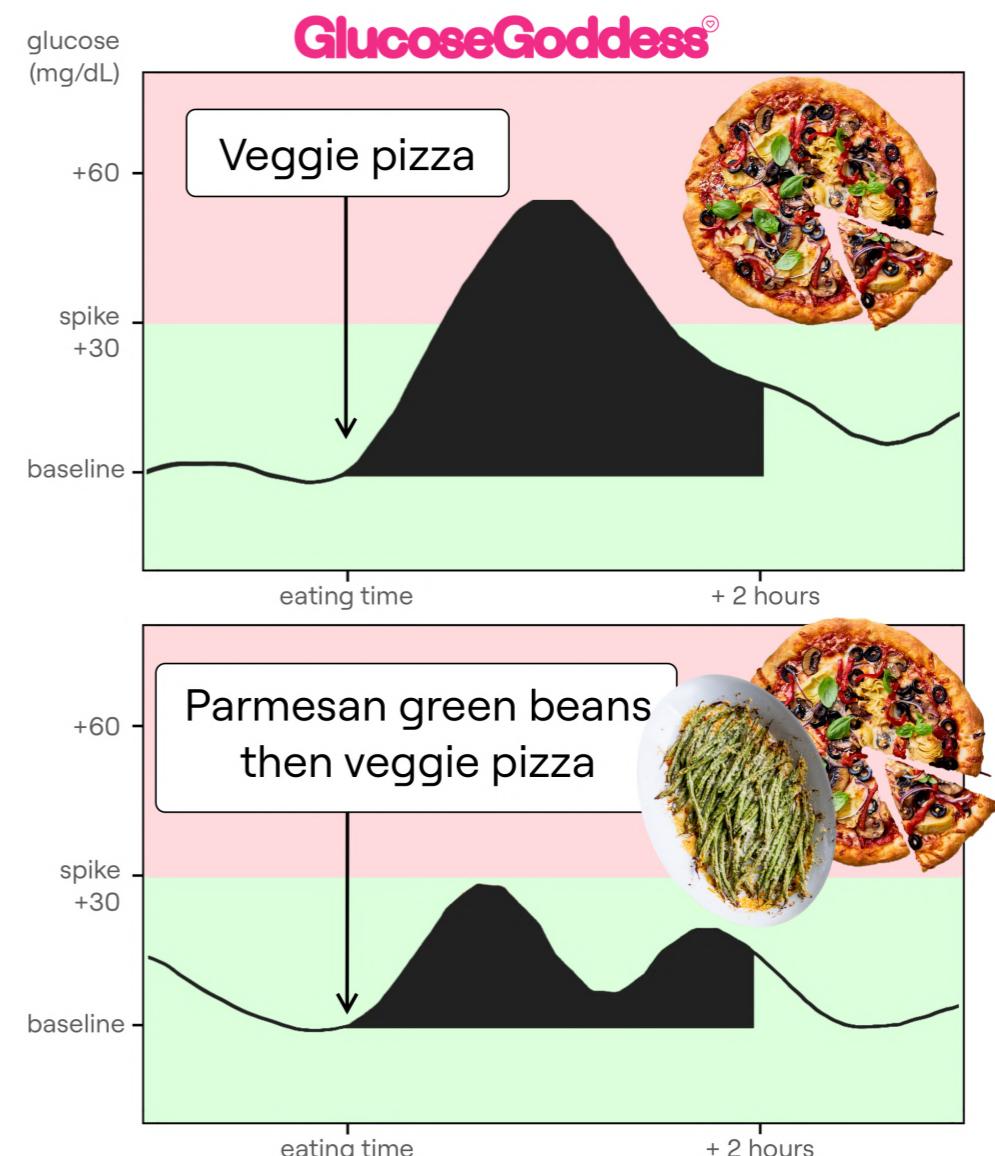
Savoury breakfasts

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



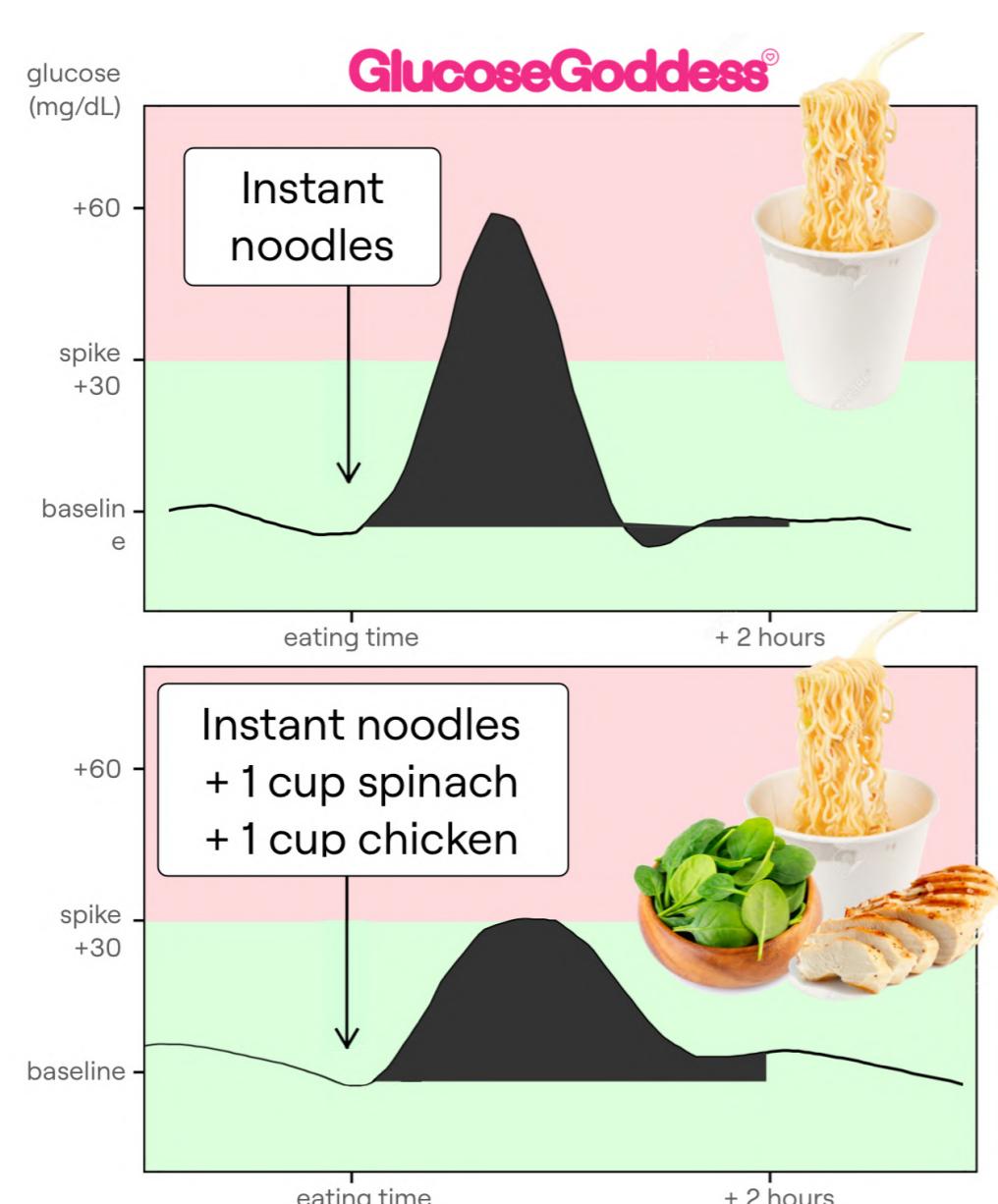
Veggie starters

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



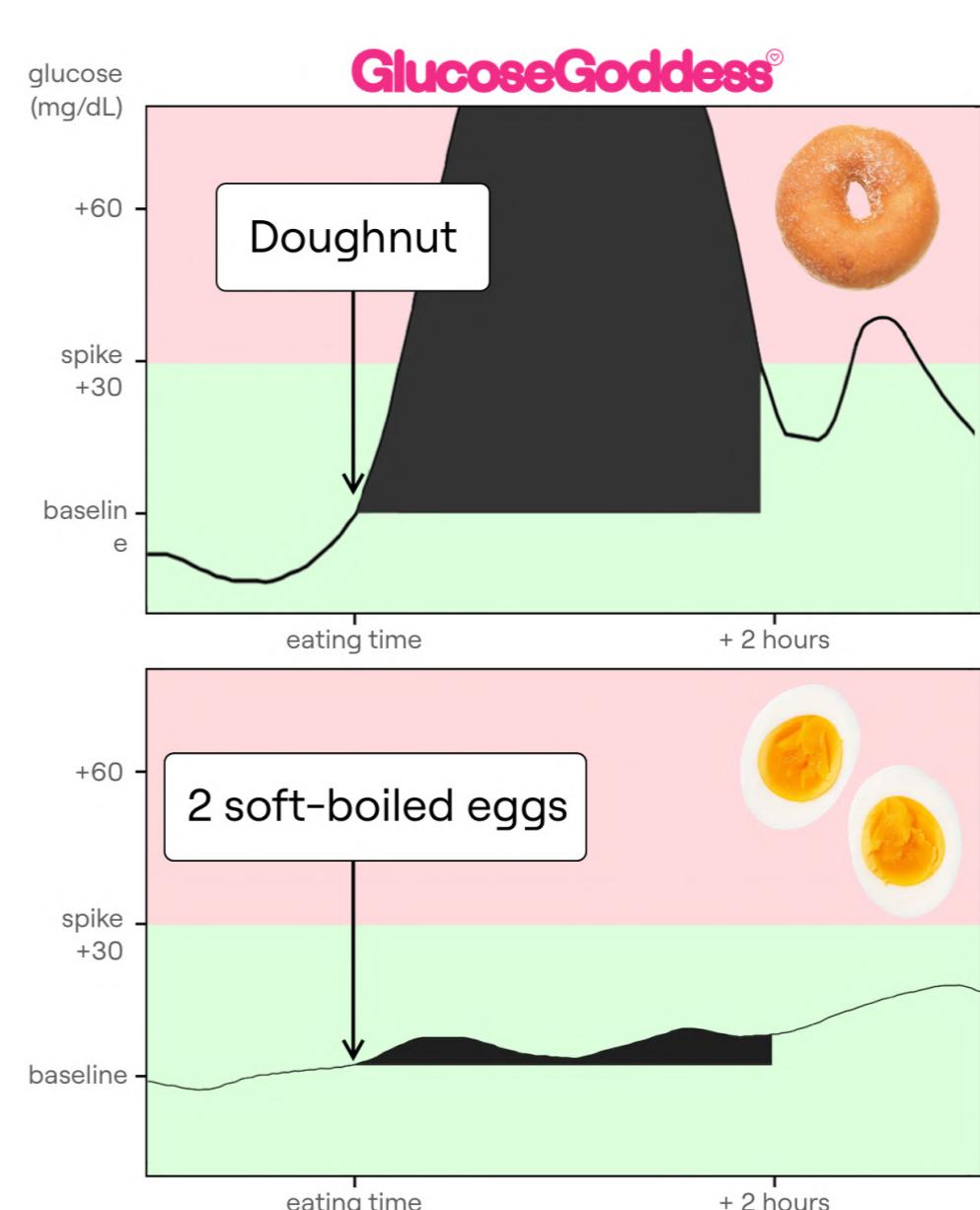
Main dishes

They all contain a balanced mix of protein, fat, and fiber. To eat after a veggie starter when you can.



Savoury snack

Keep your sugary snacks for dessert after a main meal. These snacks will avoid starting a cravings cycle.



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SAVOURY BREAKFASTS

Chocolate protein muffins

Blueberry bowl

Sunny mackerel

VEGGIE STARTERS

Broccoli, pea & tarragon soup

Tahini tomatoes

Fennel salad

ANYTIME MAIN DISHES

The best vegan ‘meat’balls

Delicate filo tarts

Seared peppered tuna

ANYTIME SNACK

Sesame seaweed crackers

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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.

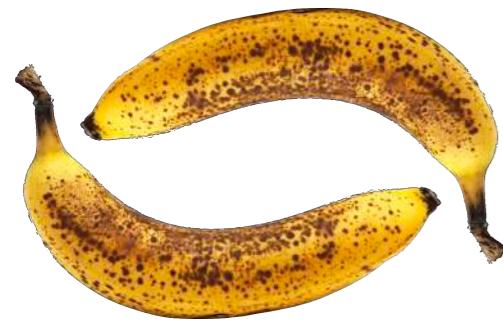


dreamy CHOCOLATE PROTEIN MUFFINS

What you need:



4 tablespoons ground flaxseed



2 ripe bananas



60g (½ cup) unsweetened protein powder



1 teaspoon baking powder



4 tablespoons cocoa powder



3 tablespoons almond butter

Greek or plant-based yoghurt for topping (optional)

Chocolate in the morning is usually synonymous with a big glucose spike... Well, not this time. These muffins will make your breakfast chocolate dreams come true, without a spike!

How to make it:

- Preheat the oven to 200°C/180°C fan/350°F/Gas 6. Mix the **ground flaxseed** with 8 tablespoons of **water** to make 4 flax eggs. Set aside.
- Pulse the **bananas** in a food processor until smooth. Add the flax eggs, **protein powder**, **baking powder**, **cocoa powder**, **almond butter** and 50mL (¼ cup) **water**. Blitz until you have a smooth batter. Add 20mL (1 or 2 tablespoons) more water if the mixture is stiff. (The ripeness of your bananas will influence this so add more water if needed).
- Spoon into 8 silicone muffin cases, place on a baking tray and bake for 15-20 minutes, or until a skewer inserted comes out clean. I love to eat these muffins topped with a generous spoonful of greek or plant based yoghurt.

Makes: 8 muffins

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

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



BLUEBERRY BOWL *with apple, chia & nut butter*

What you need:



100g (½ cup) full fat greek yoghurt



50g (½ cup) blueberries



½ apple, diced



2 tablespoons unsweetened nut butter



30g (½ cup) toasted flaked almonds



1 ½ tablespoons chia seeds

I've been on a battle against granola for years now – because most granolas are too sweet for a morning savoury breakfast. Let me know what you think of this good-for-your-glucose alternative.

How to make it:

- Spoon the **greek yoghurt** into a bowl and swirl to cover the base. Top with **blueberries**, **apples**, **nut butter**, **flaked almonds** and **chia seeds**.

Makes: 1 portion

Prep time: 5 mins

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

HOW TO MAKE IT VEGAN OR DAIRY-FREE:

Omit the greek yoghurt and use soy or coconut yoghurt instead.



SUNNY MACKEREL *with beetroot & fried eggs*

What you need:



1 small beetroot, peeled and grated



5 sprigs of dill, finely chopped



50g (3 heaped tablespoons)
full fat greek yoghurt



1 fillet of cooked smoked
mackerel, skin removed



2 medium eggs



1 tablespoon mixed seeds

+ 1 tablespoon olive oil,
salt and pepper

I woke up and was craving something really delicious and REALLY savoury. Boom. The sunny mackerel breakfast was born. You can add a slice of sourdough bread to soak up the yumminess.

How to make it:

- Place the **beetroot**, **dill** and **yoghurt** in a bowl and mix until just combined. Season with **salt** and **pepper**.
- Place a medium frying pan on a high heat with the **olive oil** and when hot, fry the **eggs** for 3 minutes, or until the whites are set and the yolks still runny. Season with a little salt and pepper.
- Serve the eggs on a large plate with the **mackerel**, beetroot and dill and scatter mixed seeds all over.

Makes: 1 portion

Prep time: 10 mins / Total cook time: 3 mins

This recipe is **GLUTEN-FREE**

HOW TO MAKE IT VEGAN OR VEGETARIAN:

Mix 120g (3/4 cup) of tinned chickpeas or black beans (drained and rinsed) with the beetroot. Increase the yoghurt to 100g (1/3 cup) and use soy yoghurt instead of greek yoghurt if vegan. Add 2 extra sprigs of chopped dill for flavour. Season well. Fry 2 slices of smoked tofu in the olive oil for a couple of minutes on each side. Serve with the beetroot, dill and bean mixture, top with mixed seeds and squeeze a little lemon juice all over before serving.

HOW TO MAKE IT DAIRY-FREE:

Use soy yoghurt instead of greek yoghurt.

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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.



BROCCOLI, PEA & TARRAGON SOUP

What you need:



1 medium onion, peeled and finely chopped



2 garlic cloves, peeled and roughly chopped



½ head of broccoli, finely chopped



100g (⅔ cup) frozen peas



4 sprigs of tarragon, leaves picked, or 1 tablespoon dried tarragon



600mL (20 fl oz) vegetable stock

+ 1 tablespoon olive oil, salt and pepper

Soups aren't the *best* veggie starters, because by blending the veggies we reduce the power of the fiber particules in them. But sometimes, I really want a veggie starter soup, and this is my new go-to. The key for a veggie starter soup: don't add potatoes (as those contain starch and will cause a spike).

How to make it:

- Place a medium saucepan with the **olive oil** over a low heat and sauté the **onions** and **garlic** for 5 minutes, until soft and translucent.
- Add the **broccoli**, **peas**, **tarragon** and **stock**. Bring to the boil, reduce to a simmer and cook for 10 minutes.
- Remove from the heat and blitz until smooth. Season with **salt** and **pepper** and serve. A few pumpkin seeds scattered on top of the soup make a delicious addition.

Makes: 4 portions

Prep time: 10 mins / Total cook time: 15 mins

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



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TAHINI TOMATOES

What you need:



350g (2 ½ cups) cherry tomatoes



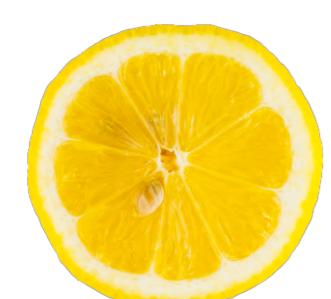
2 garlic cloves, skin left on



90g (½ cup) Greek yoghurt



2 tablespoons tahini



Zest and juice of ½ lemon



½ teaspoon sumac

+ 2 tablespoons olive oil,
salt and pepper

Obsessed. My favorite creation of the month.
Eat with a spoon!

How to make it:

- Preheat the oven to 220°C/200°C fan/400°F/Gas 7. Put the **tomatoes** and **garlic cloves** into a medium roasting dish, toss with the **olive oil** and a pinch of **salt** and **pepper**. Roast in the oven for 15 minutes.
- In a bowl, mix the **yoghurt**, **tahini**, **lemon zest** and **juice** together and season with salt and pepper.
- When the tomatoes are ready, remove from the oven. Carefully squeeze the garlic from its skin and mash it into the yoghurt.
- Divide the tahini yoghurt between two plates, top with the tomatoes and their juice and finish with **sumac**.

Makes: 2 portions

Prep time: 10 mins / Total cook time: 15 mins

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

HOW TO MAKE IT VEGAN OR DAIRY-FREE:

Replace the greek yoghurt with a plant based yoghurt.



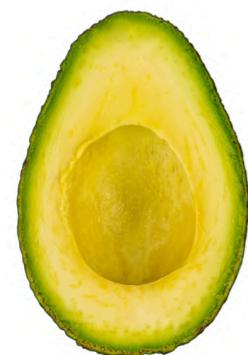
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FENNEL SALAD

with basil & avocado dressing

Counts as your vinegar hack too.

What you need:



½ small avocado



6 sprigs of basil, leaves picked



1 teaspoon nutritional yeast (optional)



1 teaspoon Dijon mustard



1 ½ tablespoons apple cider vinegar



1 small fennel bulb, finely sliced

+ 1 ½ tablespoons olive oil,
salt and pepper

I was looking at smoothie recipes with avocados, and I thought – wouldn't it be cool to make a blended avocado-based dressing for a veggie starter?

How to make it:

- Place the **avocado**, $\frac{3}{4}$ of the **basil leaves**, **nutritional yeast** (if using), **Dijon mustard**, **apple cider vinegar**, **olive oil** and 2 tablespoons of **water** in a blender and blitz until smooth. Season with **salt** and **pepper**.
- Transfer to a bowl and add the **sliced fennel**. Toss to coat and serve with the remaining basil leaves on top.

Makes: 1 portion
Prep time: 8 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.



THE BEST VEGAN 'MEAT'BALLS

in comforting tomato sauce

What you need:



1 tin (400g / 14oz) chopped tomatoes



5 garlic cloves, peeled and roughly chopped



1 small onion, peeled and finely chopped



1 tin (400g/14oz) black beans, drained and rinsed



50g (2oz) walnuts



20g (1 cup) fresh basil, plus extra to garnish

+ 4 tablespoons olive oil,
salt and pepper

You might have noticed I'm parmesan-obsessed by now... Well, I grate a ton of parmeson on top of these. SO delicious!

How to make it:

- Place the **tinned tomatoes**, 2 tablespoons **olive oil**, 1 teaspoon **chopped garlic** and 200mL of **water** in a small saucepan and simmer on a medium heat for 15 minutes, or until the sauce has reduced slightly and thickened. When ready, blitz until smooth and season with **salt** and **pepper**.
- Saute the **onions** and remaining garlic for 5 minutes in 1 tablespoon of olive oil until softened. Transfer to the bowl of a food processor along with the **black beans**, **walnuts** and **basil**. Season with salt and pepper and blitz until almost smooth. Refrigerate the mixture until cool (this helps mould the balls).
- Create 12 small balls with the black bean mixture. Heat 1 tablespoon of olive oil in a large frying pan and fry the balls for 2-3 minutes on each side until they have taken on some colour. Pour the tomato sauce into the pan and heat through. Serve the 'meat'balls on their own or with a small portion of pasta on the side.

Makes: 2 portions

Prep time: 10 mins / Total cook time: 25 mins

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



MAINS

DELICATE FILO TARTS *with leeks & bacon*

What you need:



2 sheets filo pastry



2 pieces streaky bacon,
finely sliced



1 large leek, quartered
lengthways and finely
sliced



100g (⅓ cup) frozen peas,
defrosted



2 tablespoons creme
fraiche



5 sprigs of parsley, leaves
picked and finely chopped

+ 3 tablespoons olive oil,
salt and pepper

How to make it:

- Preheat the oven to 200°C/180°C fan/350°F/Gas 6. Slice each piece of **filo pastry** in half. Brush one piece all over with **olive oil**, fold in half and brush with olive oil again. Place the pastry into a silicone muffin case, folding the excess pastry into the case, creating a neat little filo pastry cup. Repeat to create 4 filo cases.
- Bake in the oven for 7–8 minutes, or until golden and crisp. When ready, set aside.
- Heat 1 tablespoon of olive oil in a large frying pan and fry the **bacon** for 4–5 minutes, until crisp. Remove and set aside. Tip the **leeks** into the pan and sauté for 7–8 minutes with the lid on, stirring occasionally, until soft.
- Return the bacon to the pan, add the **peas, creme fraiche** and **parsley**. Heat everything through, season with **salt** and **pepper** and serve in the filo pastry cups.

Makes: 2 portions

Prep time: 10 mins / **Total cook time:** 15 mins

HOW TO MAKE IT VEGAN OR VEGETARIAN:

Omit the bacon, season with 1 tablespoon of nutritional yeast for umami flavour and use a vegan or dairy-free creme fraiche or cream alternative.

HOW TO MAKE IT DAIRY-FREE:

Use a vegan or dairy-free creme fraiche or cream alternative.

HOW TO MAKE IT GLUTEN-FREE:

Don't use any pastry and serve the leek, pea and bacon mixture with some tinned white beans instead.



SEARED PEPPERED TUNA *with baked fennel & coriander relish*

What you need:



1 large fennel bulb,
quartered lengthways



10g bunch of coriander
(~4-5 sprigs)



Juice of ½ lime



2 tuna fillets



1 tablespoon sesame
seeds

+ 2 tablespoons olive oil,
salt and pepper

My take on the peppered steak dish – why not on fish?

How to make it:

- Preheat the oven to 200°C/180°C fan/350°F/Gas 6. Place the **fennel** in a small roasting tin, drizzle with ½ tablespoon **olive oil** and season with **salt** and **pepper**. Roast in the oven for 30 minutes.
- Place the **coriander**, **lime** and 1 tablespoon of olive oil in a blender and blitz until smooth. Season with salt and pepper.
- When ready to serve, place a large frying or griddle pan over a very high heat. Drizzle the remaining olive oil over the **tuna** and season generously with freshly ground black pepper. Sear the tuna for 1½ minutes on each side.
- When ready, serve with the fennel, drizzle the coriander sauce all over and finish with **sesame seeds**.

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

Omit the tuna and marinade 2 (100g/3.5oz) slices of firm tofu in 4 tablespoons of soy sauce for at least 30 minutes. Pan fry in olive oil for 2 minutes on each side.

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ANYTIME SNACK

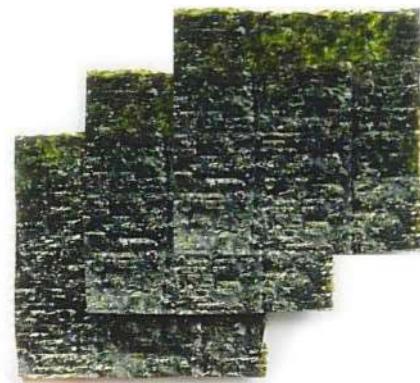
The secret to snacking without starting a cravings rollercoaster? Snack on savoury foods – and keep the sweets for dessert after a meal.



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SESAME SEAWEED CRACKERS

What you need:



3 sheets nori



150g (1 ¼ cups) ground flaxseed



80g (½ cup) sesame seeds



2 tablespoons chia seeds



3 tablespoons soy sauce or
gluten-free tamari sauce

A great snack for kids and adults alike. PS: When you buy the nori sheets, make sure they just contain roasted seaweed, and don't have any extra ingredients like oils.

How to make it:

- Preheat the oven to 180°C/160°C fan/320°F/Gas 4 and line a 15 by 10 inch baking tray with baking parchment (if you don't have one this big you can divide the mixture between two smaller baking trays).
- Place the **nori sheets** in the bowl of a food processor and blitz until they are very finely chopped. Transfer to a bowl, along with the **ground flaxseed**, **sesame seeds** and **chia seeds**. Mix the **soy sauce** with 250mL **water** and pour into the dry ingredients. Mix everything together well and spread in a thin even layer on the baking tray. Use a sharp knife to mark out 20 medium sized crackers.
- Bake in the oven for 40 minutes. Allow to cool before removing from the tray. The crackers will keep in an airtight container for up to 1 week and can be refreshed in the oven for 5 minutes to make them crispy again.

Makes: 20 crackers
Prep time: 10 mins / Total cook time: 40 mins

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

SEE YOU
IN MAY!

