

Glucose Goddess

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.



PRETTY PEPPERS

with blue cheese dressing

Counts as your vinegar hack too.

What you need:



3 peppers, mix of colours,
sliced into wedges and
seeds removed



25g blue cheese, such as
stilton



2 tablespoons full fat
Greek yoghurt



1 tablespoon milk



1 tablespoon apple cider
vinegar

+ 1 tablespoon olive oil,
salt and pepper

Peppers not only make a great veggie starter, but they are very good for our health because they pack a bunch of vitamins and antioxidants. I love roasting them like this and adding some vinegar on top. This recipe will reappear in your kitchen time and time again once you have tried it! And beware: the dressing is delightfully addictive.

How to make it:

- Preheat the oven to 220°C fan/240°C/475°F/Gas 9. Place the **sliced peppers** on a baking tray and drizzle with **olive oil**. Season with **salt** and **pepper** and roast in the oven for 20 minutes.
- To make the dressing, whisk the **blue cheese**, **yoghurt** and **milk** together until smooth. Stir in the **apple cider vinegar** and season.
- When ready, spoon the dressing all over the peppers and serve. Garnish, optionally, with ground pepper and fresh parsley.

Makes: 1 portion

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

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

HOW TO MAKE IT VEGAN OR DAIRY-FREE:

Use a vegan cheese alternative. You can find vegan blue cheese, but you could use vegan feta or vegan parmesan also. Use a plant based yoghurt alternative and a plant based milk.



TO DIE FOR COTTAGE CHEESE & COURGETTES

ALSO COMPLETES THE VINEGAR HACK

What you need:



60g/ ¼ cup full fat cottage cheese



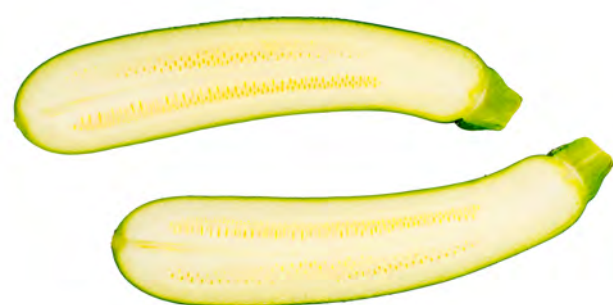
1 tablespoon finely grated parmesan cheese



1 tablespoon finely chopped parsley



1 tablespoon ACV



1 medium courgette, sliced into 0.5cm circles

+ 1 tablespoon olive oil, salt and pepper

This is a grown up version of my childhood favorite: courgettes and parmesan.

How to make it:

- Mix the **cottage cheese**, **parmesan**, **parsley** and **ACV** together in a bowl and season. Set aside.
- Heat the **olive oil** in a medium frying pan and saute the **courgettes** for about 3 minutes, or until slightly softened and golden. Season with **salt** and **pepper**.
- Serve the courgettes on top of the cottage cheese mixture and drizzle the oil from the pan all over.

Makes: 1 portion

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

VEGETARIAN, GLUTEN-FREE

HOW TO MAKE IT VEGAN OR DAIRY-FREE:

Instead of using cottage cheese, mix 2 tablespoons of tahini with about 2 tablespoons of cold water, until smooth. Add 1 tablespoon soy sauce or tamari, 1 teaspoon ACV and some chopped parsley if you have it.



MISO GREEN BEANS

with cashews

What you need:



30g/ ¼ cup cashew nuts



150g green beans



2 teaspoons white miso



2 teaspoons apple cider vinegar



½ teaspoon sesame oil

+ Salt and pepper

More veggie starter fun! Enjoy the crunchiness of the beautiful green beans while your body rejoices in all that fiber. And we also recruit the help of vinegar here to reduce the spike of our meal even more.

How to make it:

- Toast the **cashew nuts** in a dry frying pan over a medium heat until turning golden brown. Remove from the heat and finely chop.
- Place the **green beans** in a saucepan of boiling water and cook for 2 minutes, drain and keep warm.
- Mix the **miso**, **apple cider vinegar** and **sesame oil** together until smooth.
- Serve the green beans on a plate, drizzle the miso dressing all over, and finish with the chopped cashew nuts. Optionally, sprinkle some chopped fresh parsley and ground pepper on top.

Makes: 1 portion

Prep time: 7 mins / Total cook time: 3 mins

VEGAN, VEGETARIAN, GLUTEN-FREE, DAIRY-FREE

Counts as your vinegar hack.

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