MINDFUL EATING
Healthy recipes designed to nourish your mind and feed your soul.

A recipe book curated by Dr. Elise Bialylew
**INTRODUCTION**

Hi,
I'm Elise Bialylew, the founder of Mindful in May and the Mind Life Project. I'm a doctor, mindfulness meditation teacher and coach who is passionate about teaching people how to harness the power of their minds to enhance their lives through mindfulness.

Mindfulness, the practice of paying attention in the present moment with openness and acceptance, can be done through formal meditation practice or through bringing a particular type of presence and attention to our everyday activities.

Many people find it hard to find time to meditate. Mindful eating is one way that you can experience the benefits of a mindfulness practice in an everyday activity.

Mindful Eating is a nourishing practice which supports you to bring more presence, appreciation and wellbeing into your life.

In this Mindful Eating recipe book, I have gathered some of Australia's most inspiring foodie-wellbeing bloggers who share recipes that will nourish your body and mind.

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**About Elise + Mindful in May**

Elise Bialylew is a coach, meditation teacher and social entrepreneur who trained as a doctor and psychiatrist. She left the hospital wards to pursue a deeper calling to start a global meditation movement and founded Mindful in May an online global meditation campaign for social good in 2012. The campaign has taught thousands of people from around the world to meditate and raises funds to bring clean safe drinking water to those living in developing countries.

Elise combines her deep psychological understanding, her training in mindfulness meditation, and her passion and creativity to coach people to discover their own life purpose and turn their ideas into action.

She thrives on helping people make positive change in their lives through learning to master their minds, free themselves from self-limiting beliefs and reach their full potential.

She has attended regular silent meditation retreats to deepen her understanding of the mind, and trained with some of the world's leading meditation teachers including Jon Kabat-Zinn. Her writing and work have been featured in the Huffington Post, New York Times, United Nations and on National Australian Television.

Sign up to Elise's free monthly newsletter to receive tips on living well www.mindlifeproject.com

Purchase Elise's audio guided mindfulness meditations for greater calm, clarity and happiness here (www.mindlifeproject.com/shop)

Take the self guided Mindful Month meditation program with The Mindful Month ebook companion (www.mindlifeproject.com)

Elise offers one-on-one Skype coaching and public and corporate mindfulness training at www.mindlifeproject.com

Interested in having Elise Speak at your next event about Mindfulness? You can contact her at www.mindlifeproject.com/contact

Join Mindful in May, a global mindful movement and meditate with thousands of people from around the world whilst raising money for a good cause (follow on Facebook, Twitter and Instagram).
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MINDFUL EATING
A recipe book curated by Mindful in May

Healthy recipes designed to nourish your mind and feed your soul.

Eating is something we do each day but so often we don’t appreciate or even taste our food, as we rush through meals or eat while on the go. Using our meals as a trigger to be mindful is an easy way to slow down and bring more mindfulness into everyday life.

HOW TO HAVE A MINDFUL MEAL

Here are five principles to explore when having a Mindful Meal:

1. Arriving at food  Take a moment before taking your first mouthful to notice the food and bring a sense of appreciation to the effort it has taken to grow and cook the food.

2. Experiencing food  Notice every aspect of the food itself before, during and after eating it. Notice the different colours, textures and smells.

3. Tune into the body  Pay attention to your body as you eat. Notice the movement of muscles, limbs, fingers, lips, teeth and tongue. Tune in to your level of hunger and notice if you are eating despite feeling full.

4. Chew patiently  It’s not easy, but try to slow down, bring mindfulness to actually chewing your food rather than eating it without properly digesting it.

5. Pause frequently and consider silence  Experiment with having five minutes of silent eating. Set your timer and notice what it’s like to eat with others in silence. If talking, be fully present in conversation. Slow down and bring full attention to your conversation with others during the meal.

Eating mindfully simply means bringing your full attention to the experience of eating, really experiencing the flavours and textures of the food.

Choose one meal in the day today that you will eat mindfully. Notice how different it may be to your usual way of eating.

Enjoy the recipes that follow and remember even a few moments of mindfulness in your day can bring more calm and connection into everything you do.

Happy eating,
Dr Elise Bialylew
Founder of Mindful in May + The Mind Life Project
Did you know: Most of the fats you will find in an avocado are monounsaturated (in the form of oleic acid). Monounsaturated fat is considered to be a “good fat”, which serves to reduce levels of bad cholesterol in your blood, at the same time promoting healthy blood flow to your brain, lowering blood pressure and the decreasing the likelihood of stroke. Have an avo☺

SWEET POTATO BURGERS WITH EDAMAME GUACAMOLE

By Kate Bradley, Kenko Kitchen.

First things first. Steam your sweet potato and once softened place in a mixing bowl with your tin of chickpeas (drained and rinsed of course!). Next, get mashing. You still want it to be quite chunky however so don’t make it super smooth!! Then add your sesame seeds, spices and chilli and mix it all up. Don’t be put off by the fact the mixture is still kind of like mashed potato consistency (as essentially it is). Add in your salt and pepper to taste. Play around with the spices - your taste buds may like more or less of one or the other so it’s all about tasting as you go!

When you’re ready, grab handfuls of the mixture and pat it into a ball. Roll gently in either polenta or maize flour and place in a fry pan with a dash of oil.

You have to be kind of careful when flipping these babies - don’t be alarmed if they squish a bit! The mixture will make around 8 patties - so you can either make yourselves two burgers each (just double the mushrooms needed), or what I like to do is just have an extra patty on the side of my burger.

Whilst you’re cooking your patties, in another fry pan, fry up your mushrooms again, in a bit of oil until cooked. If you don’t have two fry pans - try cooking up your patties first and place them in the oven on around 150-180 degrees to stay warm. Alternatively you can just cook your mushrooms in the oven around 180 with a drizzle of oil - or even have them raw!

For the guacamole - place all ingredients in a food processor and blitz until smooth!

Next all we have to do is assemble. Place one mushroom on your plate - put on your patty, some guacamole and snow pea shoots. I also like to put on a hot sauce with mine and some goats cheese and place your secondary mushroom on top.

SERVES 4

For the burger:
8 large flat mushrooms
1 tin chickpeas
1 large sweet potato
2 tbsp sesame seeds
1 tsp ground cumin
1/4 tsp cayenne pepper
1/2-1 tsp cinnamon
1 tsp turmeric
Pinch chilli flakes
Sea salt and pepper
polenta/maize flour to roll in

For the guacamole:
1 cup edamame
1 avocado
3 cloves garlic
3 tbsp chopped coriander
juice 1 lime
1 tbsp olive/coconut oil
1/4 tsp cayenne pepper
salt

MIND FOOD
feed your brain and nurture your mind...
RICH CHOCOLATE BROWNIE

By Alice Nichols, The Whole Daily.

thewholedaily.com.au

SERVES 10

2 cups of almond meal
1 cup of raw cacao powder
125 grams of butter – melted
1/2 teaspoon salt
4 eggs, lightly beaten
1 cup of rice malt syrup
1 cup whole sulphate free apricots

Preheat oven to 160 degrees C.

Mix all of the ingredients together until thoroughly combined. Grab 2 pieces of baking paper and press them into a 20cm cake tin. Spoon your mixture in, smooth the surface and cook in a 160C oven for 30-40 minutes or until the center of the brownie is still soft but not ‘gooey’. Remove from the oven and allow to sit for 15 minutes before turning out and slicing.

Can be eaten hot with cream or ice-cream or cold with your fingers.

CACAO

Did you know: Raw cacao is one of the highest plant based sources of magnesium, the most deficient mineral in those living in the Western world. Magnesium is important in converting glucose into energy to fuel the brain. It is also considered the highest antioxidant food on earth, a natural mood elevator and an anti depressant.

MIND FOOD

feed your brain and nurture your mind...
EGGS

Did you know: Eggs are egg-ceptionally good for healthy brains and memory. Not only do they contain abundant folate, choline and vitamin B12, but the yolks of free-range hens are an important source of omega-3 fatty acids, which play a vital role in building the brain itself.

GREEN EGGS

By Jaqueline Alwill, The Brown Paper Bag

thesbrownpaperbag.com.au

SERVES 10

1/2 teaspoon coconut oil
2 eggs, beaten
1 teaspoon spirulina
1 large handful baby spinach
Pinch Celtic salt
Freshly ground black pepper

Warm your coconut oil in a saucepan over medium heat.

Whisk together eggs and spirulina, then pour into the saucepan and spread evenly.

Drop baby spinach around the eggs and allow to cook 2 minutes before folding the omelette onto itself to ensure the spinach wilts.

Cook a further 1 minute then remove from pan and serve with Celtic salt and freshly ground black pepper.
CHARLIE’S SALAD WITH CRISPY SALMON

By Lola Berry.

lolaberry.com

In a big salad bowl throw in all your chopped veggies and herbs, chilli flakes and olives, then pour the 4 tablespoons of olive oil over the salad, give it a few shakes of good quality salt and pepper, then give it a nice mix. Serve half the mixture up on a big plate, and the other half on another. Then set the salads aside while you cook the salmon.

Heat your pan up quite high, add the coconut oil (be careful because the extra virgin kind will spit!), then place both the pieces of salmon in the pan skin side down, and cook for about 3 minutes, then flip them over and cook for a further minute. Now this method of cooking means the skin will be crispy but the inside will still be a little rare, if you like your salmon a bit more cooked so you can leave it on for another minute.

Serve your salmon on top of the salad, season with salt and pepper and enjoy.
**CAPSICUM & WALNUT DIP**

By Shan Cooper, My Food Religion.

*myfoodreligion.com*

**SERVES 4**

- 2 red capsicum, deseeded
- 3 cloves garlic
- Handful fresh basil leaves
- 1 tablespoon fresh grated ginger
- 2 tablespoons coconut aminos (or tamari)
- Juice 1 lemon
- 1 tablespoon apple cider vinegar
- 1 cup lightly toasted walnuts (or nuts of your choice)
- About 2 tablespoons olive oil
- Pinch salt & pepper

In the food processor add everything except capsicum & nuts and blitz until all chopped as best you can. Add capsicum & nuts and pulse a few times until it is the chunkiness you like. That is it. Done. Easy!

**WALNUTS**

Did you know: Ever noticed how walnuts look like the same shape as the human brain? Considered the ultimate brain superfood, walnuts are replete with omega 3 fatty acids, an essential fatty acid to keep the brain functioning normally. Low omega 3 intake has been linked to depression, so eat a fistful of walnuts and keep your mind clear.
SALTED ALMOND BUTTER CHOC COOKIES
By Melanie Lionello, Naturally Nutritious.

melanielionello.com

MAKES 12

1/2 cup almond butter
1/3 cup rapadura or coconut sugar
1/2 cup buckwheat flour
1-2 tablespoons almond milk
1 egg
1/2 cup chopped good quality dark chocolate
Sea salt

Preheat oven to 160 degrees C.

Place almond butter and egg into a bowl and mix with an electric mixer on low until combined.

Add in the sugar, flour, and a big pinch of sea salt and combine again. Add the almond milk in only if the mixture is quite dry/hard to combine.

Place small balls (1 teaspoon) of dough onto a baking tray lined with baking paper until all the mixture is gone. Slightly flatten the cookie balls out and sprinkle with sea salt.

Place in oven for 15-20 minutes until golden brown.

Devour!

ALMONDS

Did you know: Packed full of mono-unsaturated fats and antioxidants, almonds serve to lower your risk of heart disease. Research has also shown that almonds keep your cholesterol levels in check!
SPRING SPINACH SALAD

By Kavisha Jega

kavishajega.com

SERVES 2

4 cups fresh baby spinach
1 punnet strawberries, chopped
1 avocado, cubed
1 red onion, thinly sliced
½ cup chopped pecans
2 tablespoons olive oil or avocado oil
Fresh-shaved parmesan cheese OR goats cheese, to taste (optional)
Squeeze of lime
Salt and pepper to taste

Add all ingredients to a large bowl and mix well to combine. Serve.

STRAWBERRIES

Did you know: Strawberries rank number two among the top ten fruits in antioxidant capacity? A perfect match for heart health, this nutrient rich, sweet and delicious heart shaped ruby fruit also controls the major risk factors associated with heart disease.
Heat a heavy based fry pan over a medium heat and add the hazelnuts to toast. Stir occasionally and watch like a hawk to avoid burning. Should take about 10 minutes. Alternatively you can roast them in the oven at 180 degrees C for 10 minutes, tossing once.

Transfer the hazelnuts to a clean tea towel and rub to remove the skins. The skins need to be mostly removed as they add a bitter flavour. Once the skins are removed, roughly chop and add to a large mixing bowl.

Using a sharp knife, remove the skin and pith of the oranges and then carefully slice into rounds. Alternatively, you could segment the orange, however this requires a bit of knife skill and patience, which I cannot be bothered with. Add these to the mixing bowl.

Peel the beetroot and then using a mandolin, bad ass knife skills or a grater finely slice. Recommend you wear gloves unless you want beetroot stained hands. Add the slices to the mixing bowl.

Finally add the remaining ingredients – feta, rocket, good crack of black pepper, pinch of salt and parsley. Then drizzle with the dressing ingredients. Toss until thoroughly combined and transfer to a salad bowl for serving.

To make this low FODMAP – If beetroot really isn’t your thing the only other low FODMAP substitute that I can think of would be raw zucchini, which you could finely slice of use a vegetable peeler to make ribbons with. Goats cheese can also be omitted if you want to make it vegan.

Did you know: Beets promote blood flow to your brain! They contain high concentrations of nitrates, which are converted into nitrites by bacteria in your mouth. Nitrites help open blood vessels in the body, increasing blood flow to the brain and oxygenating the body. Sharpen your mind and your memory, with a beetroot boost today.
QUINOA TABOULEH
By Sun Hyland, New Earth Catering
newearthcatering.com

1 cup quinoa
6 ripe fresh tomatoes
1 1/2 cups water
1 lemon
1 large bunch flat parsley
50ml olive oil
Fresh ground pepper
1/2 cup kalamata olives
1/2 teaspoon salt

Slice a few pieces of rind from the lemon.
Rinse the quinoa thoroughly in a fine mesh strainer. Cook with the water, lemon
peel and salt. It’s ready when the quinoa shows its little tails and all the water
has been absorbed. Allow to sit for 5 mins.

Tip the quinoa into a wide salad bowl. Sprinkle with half the olive oil and
cracked pepper and then use a wooden spoon or paddle to gently turn the qui-
noa over. This action simultaneously allows steam to be released from the hot
grain, separates the quinoa grains and coats them with the olive oil. Continue
to do this (gently now!) until the quinoa is cool enough to touch.

Dice the tomato as finely as you can manage. Rinse the olives and slice long-
ways.
Rinse and spin the parsley. Remove any very large stems. Chop finely.

Juice the lemon and stir into the quinoa. Add the tomatoes, parsley and olive
and stir through gently.

OLIVES
Did you know: Olives contain biophenols, which prevent the formation
of bad (LDL) cholesterol, in turn protecting against high blood pressure
and cardiovascular disease. Hearts love olives!
BANANA BREAKFAST BREAD

By Camilla Ferraro

camillaferraro.com

Preheat oven to 160 degrees C.

Grease and line a standard loaf tin (approx. 12 x 22 cm) with baking paper.

In a large bowl mix together dry ingredients (almond meal, flaxseed meal, psyllium, baking powder, cinnamon, vanilla).

In a separate bowl, whisk together the wet ingredients (olive oil, eggs, milk and maple).

Add the wet ingredients to the dry, and stir until just combined. Fold in the mashed banana into the batter. Pour mixture into loaf pan and distribute evenly using a spatula.

Place into preheated oven for around 50-60 minutes or until golden brown and a skewer (inserted into centre) removes clean.

Allow banana bread to cool for 10-15 mins before removing from pan. Loaf will be easier to slice when completely cool, so "attempt" to be patient.

Banana bread is best eaten fresh on day of baking or toasted 1-2 days after. Store in refrigerator or alternatively slice thick and freeze in individual portions.

Notes

1. LSA (a mix of linseeds, sunflower seeds and almonds) can be substituted for straight flax meal.

2. Feel free to adjust the sweetness of the loaf to your own tastes; if you have very ripe bananas then the maple syrup can be omitted.
COCONUT YOGHURT

By Amy Crawford, The Holistic Ingredient.

thelholisticingredient.com

MAKES 1 ½ - 2 CUPS

1 can coconut milk or cream, full fat
2 tablespoons tapioca or arrowroot flour
1 heaped teaspoon rice malt syrup, raw honey or pure maple syrup
3 capsules probiotic powder

Sterilise a glass bowl in boiling water. Heat the coconut milk/cream in a small saucepan over low heat until lukewarm. Pour into the sterilised bowl, retaining approximately 1/2 cup in the saucepan. Add the flour to the saucepan and stir to dissolve. Pour into the bowl.

Stir in the contents of the probiotic capsules. Place the bowl in a warm place for 24 hours, covered with a tea towel (a counter beneath a window works well or in the oven with just the light on). Place the yoghurt into the fridge to chill. The yoghurt will thicken and become tarter with each passing day. We find two to three days produces a great result. It should keep for up to two weeks in the fridge.

Notes

1. The added sweetener is not absolutely necessary, although bacteria love to feed on sugar.

2. Coconut milk brands vary, as do probiotic capsules. You many need to adjust the measurements to produce yoghurt of your preferred consistency. Coconut cream will also produce a thicker yoghurt.

PROBIOTICS

Did you know: These live micro organisms, known as ‘good’ or ‘friendly’ bacteria, improve and maintain the health of your gut and therefore your health and vitality. The word probiotic actually means “for life”: pro + bios = “for life”. For us to maintain a healthy digestive system we must ensure our ‘good bacteria’ is plentiful and in balance.

BELLY FOOD

Often referred to as our ‘second mind’, our understanding of the gut-mind connection is stronger than ever before. Nurture your insides, your overall health and your mind with these recipes…
ARTICHOKE

Did you know: Artichokes may be useful in treating chronic digestive complaints such as irritable bowel, a sensitive stomach and flatulence. Get some artichokes in your tummy!

ROASTED ARTICHOKE, PROSCIUTTO AND ALMOND SALAD

By Sarah Jenkins, Lady Homemade
ladyhomemade.com

Prepare your artichokes as per the guide on The Kitchn.

Once your artichokes are prepped, pop them into a ceramic roasting dish with the water, wine, clove of garlic, salt, pepper and the zest and juice of one lemon.

Cover with foil and roast for 15 minutes at 180 degrees C, then remove the foil and cook for a further 10-15 minutes. Use a knife to see if they are tender and then set aside to cool slightly.

Whilst the artichokes are roasting, heat a fry pan and toast your almonds until golden brown and set aside.

Then in the same pan crisp up your prosciutto in batches or alternatively you can lay strips out on a roasting dish and crisp up in oven. This normally takes 15 minutes or so. Either method is fine. Once cooked and crisp, break into shards.

To assemble - place spinach leaves, warm artichokes, most of the almonds and half the prosciutto in a bowl. Pour over the dressing and toss to coat everything. Transfer everything to a serving bowl or platter and top with the remaining prosciutto shards and almonds and serve!

To make dressing - put everything in a jar and shake it like you mean it.

SERVES 4-6 PEOPLE AS A SIDE

4 medium size globe artichokes
2 lemons
2 cloves garlic
1/2 cup verjuice or white wine
(can be substituted for water)
1/2 cup water
6-7 thin slices prosciutto
1/2 cup of flaked almonds
2 large handfuls baby spinach, washed and dried

For the dressing:
1 tablespoon white wine vinegar
1/2 teaspoon Dijon mustard
3 tablespoons olive oil
salt and pepper
VERY LEMONY COCONUT & MINT CHEESECAKE SMOOTHIE

By Amy Crawford, The Holistic Ingredient.

theholisticingredient.com

SERVES 1

1 cup almond milk (or milk of choice)
1 scoop pure whey protein (or an egg, optional)
6 mint leaves
Grated peel of 1/2 lemon
Juice of 1/2 a lemon
2 tablespoons coconut cream
2 tablespoons natural yoghurt
1-2 tablespoons coconut nectar, to taste (or choice of sweetener)
1 tablespoon chia seeds
1 tablespoon ground flaxseed or LSA
1/4 teaspoon vanilla powder or essence

Throw all of the above in a blender and blend until smooth. Allow to sit for 15 minutes to let the chia seeds work their magic and thicken the smoothie up even more.

CHIA

Did you know: Chia is the richest plant based source of Omega 3, protein and antioxidants. These tiny seeds are also full of fibre, about 20% soluble. Soluble fibre serves to promote a healthy digestive system by feeding the good microbes in your gut.
CARROT CAKE QUINOA PORRIDGE

By Lesh Karan, The Mindful Foodie.

themindfulfoodie.com

In a pot, gently heat the oil. Add the quinoa flakes and spices, and toast for about a minute, stirring frequently. Next, add the grated carrot, cashew milk, water, currants and sugar/syrup. Bring to a gentle simmer and stir continually. The porridge is done when it has thickened to your liking (about 2–4 minutes). You can always add more water or milk if it gets too thick.

Sprinkle over the toppings and serve immediately. Extras can be refrigerated for up to 3 days.

Variations:
1. Different flakes – you can also try this porridge with the same amount of amaranth flakes.
2. Can’t find flakes – try cooked quinoa grains instead of quinoa flakes; just reduce the liquid to 1/2 cup milk and 1/2 cup water, then add more liquid if needed.

QUINOA

Did you know: Quinoa, while used much like other grains, is actually a seed. Still, quinoa is very gentle on your digestive system, and contains B vitamins and fibre that nourish your digestive tract. A warming and light porridge is a great way to start your day.

BELLY FOOD: nurture your insides...

SERVES 2-3

For the porridge:
1 tablespoon coconut oil
1 cup quinoa flakes
1 teaspoon cinnamon
1 teaspoon ground cardamom
1/2 cup grated carrot
2 tablespoons sulphur-free currants
Pinch nutmeg
2 teaspoons coconut sugar or maple syrup
1 cup cashew nut milk (or milk of choice)
1 cup water

Toppings:
Pecans (or nuts of choice)
Coconut or rapadura sugar
TURMERIC

Did you know: One of the most medicinal spices known to man, turmeric, is a powerful anti-inflammatory that has been shown to aid in the digestion of food. Because of its strong astringent qualities, turmeric can help seal the lining of the bowel and digestive tract, effectively blocking the condition commonly referred to as leaky gut syndrome. It has also been known to soothe a general stomach upset. Fresh or jarred, turmeric needs to be the new pantry staple.

TURMERIC CHAI TEA
(AN ANTIBACTERIAL TONIC)

By Jessica Cox

jessicacox.com.au

SERVES 1
6 cloves
4 cardamom pods
4 peppercorns
2 star anise
1 teaspoon freshly grated turmeric (or powdered if unavailable)
1 teaspoon ground cinnamon
1 teaspoon raw honey (optional)
1 cup water
1 cup dairy-free milk such as organic non-GMO soy/almond/rice/coconut

Place water and milk in a saucepan and add all of the spices. Bring to a simmer and let the chai infuse for around 10 - 15 minutes, depending on the depth of flavour you like.

When you are happy with the flavour, strain the chai as you pour it into a mug. Add the honey and enjoy while still hot.
SESAME SEED & TURMERIC SWEET POTATO WEDGES

By Jessica Cox

jessicacox.com.au

SERVES 2

800 grams of sweet potato (skin on), cut into wedges
1 heaped teaspoon potato starch or arrowroot flour
1 teaspoon turmeric
3 teaspoons sesame seeds
2 tablespoons unrefined rice bran oil, grapeseed oil or coconut oil
Salt and pepper

For the aioli:
1/3 cup good quality mayonnaise
1/2 clove garlic, crushed

Preheat your oven to 220 degrees. You need a really good high heat to get sweet potato wedges going and develop a good crunchy crust.

Once the sweet potato is cut into wedges pop them in a large sized baking dish. You want enough room so that when they are spread out the wedges will not touch each other. This allows room for the heat to circulate and again stop sogginess. Before spreading out your wedges add the potato starch and toss through the wedges to coat them well. The starch creates a lovely light seal that helps lock in the moisture and creates a “to die for” crust. Now, add 2 teaspoons of the sesame seeds, the turmeric and a liberally seasoning of salt and pepper. Toss well again to coat.

Add the oil and toss once more to coat the wedges. Some of the seeds will fall off the wedges but this is fine. These will stick together in the pan and basically create little crunchy bites of heaven. Now spread out the wedges so they are not touching each other in the pan. If your pan is too small and they are laying on top of each other then you need a bigger pan.

Place in the oven to bake. At the 20 minute mark remove them and turn the sweet potato wedges over with a spatula. Sprinkle over the remaining sesame seeds and place back in the oven for the remaining 10 minutes. If the wedges look like they need a little longer at the 30 minute mark then simply give them another 5-10 minutes as deemed needed.

Whilst the wedges are cooking, prepare the aioli by combining the mayo and crushed garlic in a small bowl. Set aside.

Remove the wedges from the baking dish and serve whilst still hot with a side of aioli. Lovely with an organic steak and a light green salad.
LIME & ALMOND MUFFINS

By Sun Hyland, New Earth Catering

newearthcatering.com

1 cup almond meal
1/2 cup buckwheat flour
1/2 cup brown rice flour
1/2 cup coconut sugar
1 heaped teaspoon baking powder
2/3 cup extra virgin olive oil
1 lime
1/2 cup soy milk

Preheat oven to 170 degrees C.

Use the fine side of a grater to remove about 1/4 the rind from the lime. Give the grater a good bang to collect as much rind as you can. Now juice the lime.

Place the almond meal, flours, sugar and baking powder in a mixing bowl. Mix well with a wooden spoon to aerate, and remove any lumps.

In a separate bowl or jug, mix together the olive oil, soy milk and lime juice and rind.

Stir the wet ingredients into the dry mix. Stir until you have a smooth, even batter.

Tips and tricks:

Over the years I have made a lot of muffins, and I generally always make them vegan, and often gluten free. As a result I find it really easy now, and I’m sure anyone could find it just as easy, but there are a few tricks that really help.

1. Always combine the dry ingredients first before adding any wet. Give them a really good stir, or if you like, sift and then stir. This is not just to remove the lumps and mix the ingredients; it also aerates the flour, making a lighter muffin.

2. When adding the wet ingredients into the dry mix, be careful not to over-stir. This can make the mix gluey and stodgy.

3. If your mix feels a little too wet, carefully mix through a few spoonfuls of almond meal or desiccated coconut. If it’s too dry, add a splash of soymilk or apple juice.
BASIC CHOCOLATE BLISS BALLS

By Kavisha Jega
kavishajega.com

2/3 cup almonds
1 cup almond meal
6 tablespoons raw cacao
10 pitted Medjool dates
1 tablespoon vanilla extract
2 tablespoons melted coconut oil
Desiccated coconut (to roll in)

Using a food processor, blend all ingredients (except coconut) together in a food processor until combined in a sticky ball.

Roll the mixture into even sized balls (should get about 15-20 balls depending on the size) and then roll the balls in the coconut to coat the outside.

Store in an airtight container in the fridge.
PULLED PORK & APPLE

By Shan Cooper, My Food Religion

myfoodreligion.com

3 green apples, peeled & chopped roughly
Boneless leg of pork, fat layer removed
500ml chicken stock
1/4 cup sage, finely chopped
1 onion, finely diced
3 cloves garlic, crushed
Big pinch salt & pepper

Add chopped apples to the bottom of your slow cooker. In a frypan, sauté onion & garlic with salt & pepper. Add pork and seal on all sides.

Transfer pork & onion mix to the slow cooker on top of the apples, pour over stock. Turn on the slow cooker & let that baby work its magic for at least 4 hrs.

Add the sage just before serving and stir through. Serve with lots of steamed greens.
VANILLA BEAN ICE CREAM

By Buffy Gill, Be Good Organics
begoodorganics.com

MAKES 700ML

1 cup cashews, soaked for 3 hours, rinsed and drained
400ml coconut milk/cream
2 vanilla beans, scraped or 1 teaspoon vanilla powder
2 tablespoons coconut nectar
2 tablespoons coconut oil, softened
⅛ teaspoon guar gum
Pinch sea salt

Blend all ingredients in a high-speed blender until super smooth, scraping down the sides in between as needed. You should have absolutely no cashew bits left, it should feel like a silky cream.

Pour into a large ice cube tray, or a tray lined with baking paper and freeze overnight.

In the morning, turn out your ice cubes, or your ice cream block and slice into fingers, then add them to your food processor. You may want to wait 5 -10 minutes here for the cubes/slices to soften ever so slightly. Now pulse and then blend on low to medium (not high) until you have a smooth creamy ice cream. This is what gives the ice cream it’s light fluffy texture, by adding air particles. Pour back into your tray (unlined) and put in the freezer again for a few hours or overnight.

To serve, bring the ice cream out for 5-10 minutes or so before scooping.
Thank you to our wonderful friends for contributing their mindful meals!

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