



SASSY *mama* ^{SG}
THE GO-TO GUIDE FOR MODERN MAMAS

SASSY MAMA'S HEALTHY RECIPES



By Karin G. Reiter

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Your journey towards Health begins Here.

Recipes

By Karin G. Reiter

To my husband, who had the patience to teach me how to cook and love healthy food. You are my inspiration.

Breakfast

You are what you eat so don't
be cheap, easy or fake.

Omega packed Swiss Bircher Muesli

Ingredients (serves 4)

- 2 cups rolled oats
- 1/2 a cup of dried un-sweetened coconut strips
- 1 large apple (peeled if not organic) and grated
- 6 tbsp natural non-sweetened yoghurt
- 1 tbsp pumpkin seeds
- 1 tbsp sunflower seeds
- 1 tbsp organic sun-dried goji berries
- 1 tbsp organic sun-dried raisins
- 1 tbsp flax seeds
- 1 tbsp chia seed
- 1 tsp of ground cinnamon
- 2 cups of filtered water

Place all the ingredients except the apple & yogurt in a bowl and add just enough warm filtered water to cover them.

Grate the apple into the mixture.

Add the yogurt and mix well.

The mixture will be watery but have no fear, after an overnight rest in the fridge it will have the perfect consistency.

Leave in the fridge overnight.

Serve with fresh blueberries, raspberries and blackberries for extra antioxidants.

Home - made Muesli

High fiber & nutrient breakfast containing many vitamins, minerals and antioxidants. Make and keep in an air tight container or glass jar and use as a snack or breakfast.

Ingredients

- 2 cups rolled oats
- 1 cup puffed millet or quinoa
- 1/3 cup pumpkin seeds
- 1/3 cup sunflower seeds
- 1/4 cup organic, sun-dried goji berries (optional)
- 1/4 cup of dried un-sweetened coconut strips
- 3 tbsps chopped almonds
- 1/4 cup organic raisins
- 3 tbsps chia seeds or wheat germ
- 1-2 tbsps of ground cinnamon/nutmeg (to taste)

Mix together all the ingredients in a large bowl. Serve with yoghurt, low fat or almond milk and fresh fruit.



Gluten Free Muesli

Ingredients

- 2 cups puffed brown rice
- 2 cups puffed corn
- 2 cups puffed millet
- 2 cups rice flakes
- 1/2 cup organic raisins
- 1/2 cup pumpkin seeds
- 1/2 cup sunflower seeds
- 1/2 cup sun dried organic goji berries (optional)

Cinnamon and Nutmeg sprinkled on top

Combine the ingredients in a large bowl; store in an airtight container.



Muesli & Yogurt Parfait

Ingredients (serves 1)

- 4 tbsps homemade muesli (see recipe above)
- 1 cup of low fat unsweetened natural yogurt
- 3 large sliced organic strawberries
- 10 raspberries
- 10 blueberries
- 1 tsp of chia seeds

Place half of the yogurt at the bottom of the glass cup, the next layer is the blueberries, followed by the muesli, the strawberries, the remaining half of the yogurt and top off with the raspberries and some fresh mint to garnish. Sprinkle the chia on top and enjoy!

Almond Butter and Banana on Toast

High fiber & nutrient breakfast containing many vitamins, minerals and antioxidants. Make and keep in an air tight container or glass jar and use as a snack or breakfast.

Ingredients (serves 1)

- 1 tbsp almond butter or 2 tbsps of ricotta cheese
- 2 small slices whole-grain, wholewheat sourdough, pumpernickel or sprouted bread
- 1 banana
- pinch of ground cinnamon

Divide ricotta or nut butter between slices of toast

Top with banana slices and sprinkle with cinnamon

Scrambled eggs with tomato and spinach breakfast

Ingredients (serves 2)

2 whole eggs

2 egg whites

1 tsp coconut oil/grape seed oil

1/2 cup spinach (you can use defrosted drained spinach)

1 chopped tomato

2 tbsp chopped goats feta cheese

1 tbsp of pre-sprouted flaxseeds, un-toasted wheat germ or chia seeds

Piece of whole grain/sour-dough/sprouted toast to serve with avocado or tahini

Heat oil in small pan; add spinach and tomato. In a small bowl whisk the eggs together. Pour the eggs over the spinach and tomatoes and start to scramble. Just before its ready top with feta cheese and flaxseed/wheat germ/chia seeds.



Smoothies/Shakes

Get yourself a juicer and a blender, they create instant meals that nourish and satisfy you. When choosing juices I always opt for freshly squeezed juices and always include vegetables in my juice.

Protein Shake

Ingredients (serves 1)

2 scoops of strawberry or vanilla flavoured protein powder dissolved in a cup of organic regular milk or rice/almond milk.

If you don't have protein powder you can use 1tbsp of organic peanut butter + 1 cup almond milk.

1 Banana

1/2 cup mixed frozen berries

1 tbsp pre-sprouted flaxseeds or chia seeds or un-toasted wheat germ

Blend all together and enjoy.

Energy Smoothie

This smoothie is perfect before a training session

Ingredients (serves 2)

2 scoops of strawberry or vanilla flavoured protein powder dissolved in a cup of organic regular milk or rice/almond milk.

If you don't have protein powder you can use 1tbsp of organic peanut butter + 1 cup almond milk.

1 Banana

1/2 cup mixed frozen berries

1 tbsp pre-sprouted flaxseeds or chia seeds or un-toasted wheat germ

Blend all together and enjoy.

Anti Aging Coconut, Banana & Raw Chocolate Shake

Ingredients (serves 2)

- 1 cup of fresh coconut water (use the Thai coconuts if possible) or
- 1 cup of almond milk
- 1 tbsp of pre soaked flax seeds
- 1 scoop of protein powder (optional)
- 1 tbsp of raw cacao powder
- 1 tsp probiotic powder (optional)
- Dash of cinnamon
- Flesh of a coconut
- 1 Banana
- 1 Tsp of raw honey or stevia to taste (optional)
- Pinch of Himalayan or sea salt (optional)

Blend all ingredients well, adding ice or additional water to produce desired consistency. Top with 1 tsp of raw cacao nibs.

Chocolate mint smoothie

Ingredients (serves 2)

- 1 cup almond milk
- 1 cup ice
- 2 tbsp raw cacao
- 1 tbsp cacao nibs
- bunch of washed mint leaves
- 1 date, or 1 tbsp of raw wild honey or 1-2 drops of stevia

Blend all ingredients well, adding ice or additional water to produce desired consistency.

Beauty Smoothie

Ingredients (serves 2)

- 2 oranges, peeled and cut into sections
- 1/2 chopped mango
- 1/2 cup sliced frozen (unsweetened) strawberries (organic if possible)
- 1 medium carrot, peeled and shredded
- 1/2 cup almond milk
- 1tbsps chia seeds
- 2 tbsps hemp seeds
- 1 tbsp fresh lime juice
- 1 tbsp good quality honey (manuka)

Place all ingredients in a blender or food processor and blend until smooth

Green machine smoothie

Ingredients (serves 2)

- 1 cup water
- 1 cup frozen berries
- 2 cups frozen spinach
- 1 banana
- 1 scoop of vanilla or strawberry protein powder
- 1 tbsp natural un sweetened yogurt
- 1 tbsp of pre-sprouted flaxseeds or chia seeds
- Ice

Blend all together

Tropical swirl

Ingredients (serves 2)

- 1 scoop whey protein vanilla
- 1 tbsp vital greens (Spirullina, Chlorella)
- 1 tbsp chia seeds or pre-spouted flax seeds
- 1 coconut water + flesh
- 1 banana
- 1/4 small pineapple
- Small bunch of fresh washed mint leaves
- Ice

Blend all together and enjoy

Supernatural raw protein smoothie

Ingredients (serves 2)

- 1 medium beetroot (roasted). If you have a high speed blender then you can go for a raw beetroot
- 2 tbsp of hemp seeds
- 1 tbsp chia seeds or pre-spouted flax seeds
- 1 cup of fresh or frozen berries
- 1 cup of cut up apple or pear chunks
- 3/4 cup of water / almond milk / natural unsweetened yogurt
- 1 date to sweeten

Blend all together & enjoy!

Middle Eastern smoothie

Ingredients (serves 2)

1 Banana

2 dried figs (soaked in warm water overnight)

1 tbsp raw tahini (sesame seed paste)

1 cup of almond milk

Dash of cinnamon

Dash of mineral salt

Blend and enjoy

*This smoothie is super high in calcium



Juices

Focus on inclusion, not exclusion—once you eat enough good whole foods you won't have room for the bad foods.

The Liver cleanser

6 carrots
1 green apple
1 beetroot
1/2 lemon or small lime
Small slice of ginger

Tropical cyclone

2 mangos
2 cups of spinach or kale stems
1 kiwi
1/2 lime
5-6 fresh mint leaves

Minty watermelon

2 cups of watermelon
1/2 cucumber
5-6 mint leaves
1/2 lemon or lime

Green Love

2 x sticks of celery
1/2 medium cucumber
Handful of spinach
1 tbsp of vital greens (spirulina, chlorella, barley greens) mixed in
a little filtered water
1 slice of lime
1 apple
1 pear

Energize

* freshest juice on earth and the best way to start your morning

1/4 small pineapple

1 stick celery

1/2 a cucumber

1 tbsp of vital greens (spirulina, chlorella, barley greens) mixed in a little filtered water

Small piece of lime (peeled)

1 x apple & handful of mint leaves



Winter Warmers

Your will power is like a muscle, the more you use it, the stronger it gets.

Remedy for -"I'm coming down with the flu"... sniffles, flu & cough

Ingredients

- 1 tbsp of minced or sliced ginger
- Juice of 1 lemon
- 1tsp of turmeric spice or grated fresh turmeric root
- 1 cinnamon stick

Place the mixture in a tea pot. Boil water and pour over the mixture. Let it settle for 10 min. Drink all day. Rug up and let it make you sweat away the illness. If your throat is sore take a tsp of manuka honey 3 times a day. Rest as much as possible!

Heavenly Hot or Iced Chocolate

Ingredients (serves 2)

- 2 cups almond milk
- 2 tbsp of raw cacao powder
- 1/2 tsp of cinnamon
- 2 tbsp of coconut flower nectar

Put all the ingredients in a saucepan and heat, just before it boils then take of the stove and serve with your favorite home-made cookie.

*If you wish to make this in sumer, add ice and blend all together instead of heating in a saucepan.

Home made Almond Milk

Ingredients

1 cup fresh raw almonds

Filtered water

Muslin cloth or nut milk bag

Blender

Soak the nuts in the filtered water overnight at room temperature

Drain and rinse the nuts

Place the nuts in the blender and cover the nuts with 4 cups of filtered water

Blend on high speed until fluffy

Cover the blender with muslin or milk bag and pour the mixture over a large bowl

Squeeze the milk through like you are milking a cow

Keep in a glass jar for up for 3 days

*For kids add 2 dried pitted dates and 1tsp real vanilla to the mixture before blending

* You can freeze whats left of the nuts and use it for cakes and cookies

To see a video of how to prepare this nut milk, [click here](#) or visit my blog: www.nutritiousndelicious.com/blog/about/media.

Apple cider for cold nights

Ingredients

3 x apples

Good pinch of cinnamon

Juice the apples and pour in to a saucepan. Slowly heat but do not boil. When nice and hot, pour in to a mug, add cinnamon.

Salads

Eat a rainbow, choose a colourful variety of fruits and vegetables to ensure you're getting the most nutrients for your body, which in turn leads to you feeling satisfied.

House salad

Ingredients (serves 1)

Can of tuna/ salmon in water / crab meat/ 70g grilled or poached chicken breast / 2 hard-boiled eggs/ sardines/ 50g low fat feta cheese

1 cup cooked chickpeas

1 cup rocket/ spinach/ lettuce/ watercress

1 tomato cut into wedges

1/2 cucumber sliced thin

1 yellow/orange/red capsicum de-seeded and sliced into thin strips

1 grated carrot

1/2 grated beetroot

3 sliced fresh mushrooms

For the dressing: 1 dessert spoon of extra virgin olive oil, juice of half a lemon, 1 tsp balsamic vinegar and pepper to taste. Optional extras: blanched green beans, asparagus, onion, sprouts- the more the merrier....

Spinach salad

This salad is high in folic acid and B12 (which helps the body absorb and metabolise folic acid) and omega 3.

Ingredients (serves 2)

Box of spinach leaves (preferably organic)

1/2 avocado

2 corn on the cob, steamed and then slice off the corn kernels

2 boiled eggs cut into 4

2 shredded carrots

1/4 purple onion chopped fine

1 cucumber chopped.

5 walnuts chopped

Mix all together and add olive oil (extra virgin cold pressed), white wine vinegar, salt, pepper and juice of one lemon.

Roasted pumpkin, green bean & balsamic salad

Ingredients (serves 4)

1 large piece of Kent pumpkin, peeled, seeded and cut into 3cm pieces

2 large handfuls of long green beans- steamed but still firm

1tbsp coconut flower nectar (or good quality honey)

2tbsp extra virgin cold pressed olive oil

Sea salt flakes

Dressing:

1/3 cup balsamic vinegar

1tbsp dijon mustard

1 clove garlic crushed

1/4 cup extra virgin cold pressed olive oil

Dash of lime juice

To make the dressing whisk all the dressing ingredients together.

Preheat the oven to 180 C°. Line the baking tray with baking paper.

Place the pumpkin on the prepared tray. Drizzle with the olive oil and coconut flower nectar (or honey) and salt flakes. Cover well.

Steam the beans until bright green and then wash with cold water. Set aside to cool.

Once the pumpkin is baked soft combine with the beans and the dressing

Potato, Tuna and Egg Salad

Ingredients (serves 2)

- 6 new baby potatoes (preferably organic)
- Handful of green beans- steamed but firm
- 2 tbsps natural yogurt (greek)
- 1 tsp lime zest
- 2 tsps lime juice
- Can of tuna in spring water, flaked
- 3 green onions finely sliced
- 1 tbsp fresh flat-leaf parsley chopped
- 2 hardboiled eggs quartered

Steam the potatoes and beans separately till soft and leave to cool

Quarter the potatoes, add the beans, tuna, eggs onion and parsley.

To dress mix the yogurt with the lemon rind, lemon juice salt and pepper and pour over the salad.

Tuna and white bean salad

Ingredients (serves 1)

- 1 canned tuna in extra virgin olive oil
- Juice of 1 lemon
- 1 can white beans, drained and washed or better yet soak your own white beans overnight and cook till soft
- 2 large handfuls of washed baby spinach or rocket leaves

Toss all the ingredients together and combine with the lemon juice.

Salt and pepper to taste.

Roasted Vegetables with chickpeas and paprika yogurt

Ingredients (serve 4)

- 1/2 cup cooked chickpeas
- 1 sweet potato
- 1 carrot
- 1 red onion
- 1 Beetroot
- 1 zucchini
- 1 tbsp of extra virgin olive oil
- 1 cup greek yogurt or goats yogurt
- 1 tsp paprika
- Juice from 1/2 lemon or lime
- Bunch of fresh mint- chopped
- Bunch of fresh parsley- chopped
- Bunch of fresh rocket leaves

Heat your oven to 180 C°.

Peel and chop the vegetables (zucchini, sweet potato, carrot, beetroot, onion) and place in a shallow baking tray. Cover with olive oil and some sea salt and roast for 1 hour or till soft.

Cool the vegetables.

Prepare the yogurt: mix the lemon/lime juice with the paprika and add in the chopped herbs.

Mix the roasted vegetables with the cooked chickpeas and garnish with the baby rocket leaves. Serve with the herbed/spiced yogurt.

Millet and Mung Bean salad

* Recipe by Ayurvedic Medicine practitioner Diana Boteva Gaertner

Ingredients (serves 4)

1/2 cup millet

1 cup mung beans (soaked overnight and if possible sprouted)

1 bunch of parsley finely chopped

1/2 bunch of mint finely chopped

1/2 bunch of dill finely chopped

2 tbsp of raw sunflower seeds

1-2 tbsp of dried cranberries (depends how sweet you like it)

Juice of 1 lemon

Salt and pepper to taste

3-4 tbsp of extra virgin cold pressed olive oil

2 tbsp of balsamic vinegar

Cook the millet with 1 cup of water till all the water has evaporated

Cook the mung beans in water until soft (about 15-20 min)

Mix in a large bowl the millet, mung beans, cranberries, herbs, seeds

Add seasoning, lemon juice and olive oil. Mix and enjoy!



Azuki Bean Spread

* Recipe by Ayurvedic Medicine practitioner Diana Boteva Gaertner

Ingredients (serves 4)

3/4 cup of azuki beans (you can also use mung beans) soaked over night and sprouted

1 large onion, chopped

Juice of 1/2 a lemon

1/4 cup extra virgin olive oil

Salt and pepper to taste

2 cloves of garlic- optional

Cook the azuki beans in water until soft, drain

Cook the onion in about 4 tbsps of warm water until the onion is clear and cooked.

Place all the ingredients in a food processor or blender. Mix till the texture is soft while adding in the olive oil.

Citrus fennel salad

Ingredients (serves 2)

1/2 orange

1/2 pink grape-fruit

1/4 pomello

1/2 avocado

2 large fennel bulbs

Bunch of washed mint leaves

Dressing:

1 tbsp extra virgin cold pressed olive oil, juice of 1 lime, salt and pepper to taste.

Cut and peel the citrus fruits leaving the flesh only. Slice thinly the fennel and avocado. Chop the mint leaves. Pour the dressing over the salad and mix.

Autumn Salad

Ingredients

Bunch of Butter Lettuce washed and dried
1 medium sweet potato chopped into cubes and roasted
1/4 head of broccoli steamed and broken into small bunches
Handful of sprouts (I use sweet pea and alphapha)
1 tbsp of dried cranberries
1 tbsp of hemp seeds (or any other raw seeds)

Dressing:

1/2 an avocado
2 tbsps of balsamic vinegar
2 tbsps of fresh orange juice
1 tbsp of fresh lime or lemon juice
1 tbsp of coconut flower nectar or maple syrup
Cracked pepper and sea salt to taste
*If you want to dilute it you can add a little warm water

Layer the salad with leaves, sprouts, broccoli and sweet potato, cranberries and seeds.

In a blender blend the ingredients for the dressing till smooth and creamy.

Mix the dressing with the ingredients and serve.

Goats cheese, roasted beetroot, fig and walnut salad

Ingredients (serves 2)

- Mixed baby greens washed and dried
- 4 figs, washed and quartered
- 2 baby beetroots or 1 large beetroot roasted and quartered
- 3 tbsp of crushed walnuts (raw & unsalted)
- 2 tbsp of crumbed goats cheese

Dressing:

- 1 tbsp extra virgin cold pressed olive oil, 1tbsp of balsamic vinegar, 1/2 tbsp of good quality honey or coconut flower nectar salt and pepper to taste.

Mix the salad ingredients together and pour the dressing on top.

Veggie Wrap

Perfect for work or school lunch

Ingredients (serve 1)

- 1 wholemeal wrap
- 3 tsbeps of home-made hummus OR avocado OR homemade pesto
- 1 cup baby spinach or rocket leaves
- 1/2 cup grated beetroot
- 1 cup grated carrot
- 1 tbsp pre-sprouted pumpkin seeds

Lay the wrap onto a bench, spread over the hummus. Combine the spinach, beetroot, carrot and pumpkin seeds. Roll it up and enjoy.

No fuss, super easy salad sides:

Cabbage salad: chop the cabbage thinly (can be a purple or green cabbage), dress with extra virgin olive oil, lemon juice and salt & pepper and garnish with sesame seeds.

Carrot salad: grate 4 carrots, add the juice of 2 oranges and garnish with crushed walnuts and mint leaves.

Tomato & basil: half the tomatoes from 2 boxes of cherry tomatoes, add a handful of torn basil and garnish with pine nuts. Dress with extra virgin olive oil with salt and pepper.

Tomato & rocket: half the tomatoes from 2 boxes of cherry tomatoes, add a handful of chopped baby rocket leaves and garnish with sunflower seeds. Dress with extra virgin olive oil with salt and pepper.

Beetroot salad: roast 2 large beets till soft. Grate. Add 3-4 tbsp of greek yogurt, 1 minced garlic clove, salt and pepper and mix.

Cucumbers and dill: slice 4 cucumbers extra thin, arrange on a platter and sprinkle with chopped dill. Dress with 1 tsp white wine vinegar and a touch of salt and pepper.



Soups

Good nutrition is not about deprivation or restriction, it is about understanding what food is made up of and how you can ensure your food choices link in with the goals you have for your body, and ultimately your life.

Asparagus & Minted Pea Soup

Ingredients

3 bunches asparagus chopped

1 large zucchini

2 leeks sliced

1 cup of frozen peas

1/4 cup of RAW cashew nuts

Salt & pepper to taste

Mint to garnish

Sauté leeks in 1/4 cup of warm water, until leeks are soft.

Add remaining ingredients apart from mint and cover with warm water or vegetable stock. Bring to the boil slowly. Reduce heat & simmer for 15 minutes.

Place soup ingredients into blender & blend until smooth. Reheat, garnish with mint & serve.



My mother's comforting orange soup

Needless to say this is one of my children's most favourite soups. I started giving this to my son when he was only 7 months old. It's a staple in my house.

Ingredients

- 1/2 barley soaked overnight and rinsed
- 1/2 cup red lentils soaked overnight and rinsed
- 3 cups of grated zucchini
- 1 cup grated carrots
- 3 cups of grated pumpkin
- 3 cups of grated sweet potato
- 1 large tomato chopped small
- 4 cloves of garlic chopped small
- 1 large onion chopped small

Fry the onion in some coconut oil or boiling water

Add in the grated vegetables, barley and lentils, mix and stir

Cover with boiling water to cover the vegetables

When the water boils add in the garlic and tomato and turn the heat down to let it simmer

When the barley and lentils are soft add in black pepper, paprika and salt to taste

Vegetable Soup

The soup is a very healthy, low fat, low calorie alternative to cream based soups.

It has plenty of fibre from the vegetables.

Vitamin A in the form of beta carotene is found in high amounts in the sweet potato, carrots and broccoli (which is a strong antioxidant that helps keep eyes healthy, skin subtle and youthful and is a cancer preventer).

Onion, garlic and chilli have antibacterial and antiseptic properties that can help prevent respiratory diseases (colds and flu's), which is pretty handy during the winter season.

Fresh herbs add flavour and taste and useful antioxidants, mineral and vitamins.

This soup will help you feel warm and full and keep you from munching on "unhealthy" snacks.

Ingredients

1 sweet potato

3 organic celery stalks

5-6 yellow zucchini

1 head of broccoli

1/2 head of cauliflower

3 carrots

1 cup of green peas

1 onion

2 cloves of garlic

Fresh herbs: dill, coriander

Chilli (optional)

Salt and pepper.

Chop up the vegetables and place in pot. Cover with home-made chicken or vegetable stock.

Bring to the boil and simmer until all the vegetables are soft.

Orange Lentil Soup

Ingredients

500 grams orange lentils
1/2 pack fresh parsley
Large handful of celery leaves
1 large brown onion
2 peeled and chopped carrots
Salt and pepper to taste

To serve:

Juice of a fresh lime or half a lemon
Greek yogurt or goats yogurt
Sumac spice

Place the onion, lentils, carrots, celery leaves and parsley in the pot. Cover with filtered water about 3-4 cm above the ingredients. Bring to the boil, while stirring (make sure to stir in the white foam or remove it). Cook on low heat for another 15-20 min until the lentils, carrots and onion are very soft. Remove the parsley and celery leaves. Blend till smooth. Add salt and pepper to taste.

To serve: place soup in bowls, add a dollop of yogurt, 1/2 tsp of lime or lemon juice and a dash of sumac. It's optional to add some chopped coriander on top to give it a green "ting"!

Roasted Tomato Soup

Ingredients (serves 4)

- 8-9 ripe tomatoes washed and quartered
- 2 large carrots peeled and chopped
- 2 cans of chopped or whole tomatoes
- 2 large purple onions peeled and quartered
- 4 garlic cloves peeled
- 2 leeks washed and chopped (white part only)
- Bunch of fresh rosemary and thyme
- 1 tsp of dried sweet basil
- Salt and pepper to taste
- 1-2 tbsps of extra virgin cold pressed olive oil
- Boiling water

Place the onion, carrots, garlic cloves, tomatoes on a lined baking tray. Drizzle olive oil on top and place the rosemary & thyme leaves around the vegetables. Sprinkle the dried basil on top. Roast for 15-20 min till the vegetables are softish. In a large pot fry the leeks in 4 tbsps of boiling water until they are soft. Add in the roasted vegetables (minus the herbs) and stir. Add in the 2 cans of chopped tomatoes. Add in 1 cup boiling water. Bring to the boil, then reduce heat. Cook on low heat for another 15-20 min until the carrots are very soft. Blend till smooth. Add salt and pepper to taste.

Leek, Potato and mushroom soup

Ingredients

- 5 large potatoes, peeled and chopped
- 1 box of button mushrooms washed and chopped
- 2 leeks washed and chopped (white part only)
- Boiling water
- Salt and Pepper

Fry the leeks in 4-5 tbsps of boiling water till they are soft. Add in the mushrooms. Let them sweat a little. Add in the potatoes. Cover with boiling water (about 2 cm above the vegetables). Bring to the boil and then lower the heat. Cook till all the vegetables are soft.

Blend till smooth. Add salt and pepper to taste.



Dips

Build your menus around some of the well known superfoods so you can ensure you are getting a wide spectrum of vitamins, minerals, phytonutrients and antioxidants (and basically, more nutritional bang for your buck!)



Guacamole: Blend one avocado, one tomato, one lime- juiced, garlic, one small chili & a bunch of coriander.

Tzatziki: Mix a 1/2 cup of Greek low fat yogurt, bunch of chopped fresh dill, 1 grated garlic, 1/2 chopped cucumber & juice from 1/2 lemon. Season with salt and pepper.

Hummus: Blend 2 and a half cups cooked chickpeas, 1 cup raw tahini (sesame seed paste), juice of 1 lemon, 2- 3 cloves of garlic (optional), 1-2 tbsps of filtered water, 1 tsp paprika, Salt/pepper to taste. Refrigerate, can last for 3-4 days.

*Tip: for smooth hummus use warm chickpeas.

White bean mash: Soak 500 grams of white beans in filtered water overnight. Drain and wash the beans and then cook them till they are very very soft. Place the beans in a blender, add 1-2 cloves of fresh garlic and a big bunch of fresh parsley and blend till smooth.



Mains

Try to avoid “white foods”
(white bread, white rice,
white pasta, white flour, salt
& sugar).

Vegetarian Recipes

Spinach and Ricotta Pie

Ingredients (serves 2)

2 boxes (250g) of frozen spinach, thawed and drained (make sure to squeeze out all the fluids)

500g low fat ricotta or cottage cheese

8 mushrooms chopped

2 eggs whisked

1 tbsp of grated mozzarella or parmesan cheese

3 tbsp of whole grain flour

1tbsp of pine nuts

Salt and pepper to taste

Preheat the oven to 180 C°

Mix all ingredients except mozzarella and pine nuts in a bowl and spoon into the baking dish.

Sprinkle mozzarella/parmesan & pine nuts on top and bake for 20-30 min till golden.

Serve with brown rice and salad.

African Rice

Ingredients (serves 2)

2/3 cups brown rice (preferably basmati)

1/3 cup french lentils

1 medium carrot, grated

1 medium onion, chopped

1-2 cloves of garlic, minced

1/2 tsp paprika

1/4 tsp ground cumin

Salt and pepper to taste

3 tbsp of filtered water

2 cups of filtered water

Fry the onion and garlic in 3 tbsp of filtered water until soft. Add the carrot and stir for about 1 min. Add the ground cumin, paprika, salt and pepper. Stir and let the aroma of the spices come into your kitchen. Add the rice and mix. Cover the rice with about 2 cups of filtered water and cook until all the water has evaporated. Sometimes you will have to add more water depending on the rice you choose to cook with.

Vegetarian "meat balls"

* Recipe by Ayurvedic Medicine practitioner Diana Boteva Gaertner

Ingredients (serves 4)

1 cup millet

2 cups water for the millet

1 cup adzuki beans- soaked over night

1 egg OR 1 tbsp of tahini

Fresh herbs (mint, parsley, basil, spring onion)

1 big onion- chopped small

2 cloves of garlic

Salt

Pepper

Cumin spice

Sauce:

Chopped spring onion

1 cup organic Greek/natural yogurt

Salt/pepper

1 tbsp olive oil (extra virgin cold pressed)

Add the Millet to the water, bring to the boil, then lower the heat. Let it cook for about 15 min until all the water has evaporated.

Cook the soaked adzuki beans in water for about 20 min until soft, drain the water.

Cook the onion in a large frying pan with 5-6 tbsp of water until the onion becomes brown.

Add the onion, adzuki beans and millet to the food processor or blender. Add in the fresh herbs, salt, pepper, cumin spice and garlic.

Blend. If the mixture is runny add more millet, if the mixture is dry add some water or coconut/olive oil.

Once you have the mixture, wet your hands and prepare small balls.
You can then bake the balls for about 20 min in an oven of 160-170 C° or fry them in coconut oil till brown on both sides.

Super Iron veggie balls

Ingredients (serves 4)

- 1/2 box of thawed frozen spinach, drained and squeezed well (to get rid of all the excess fluids)
- 1 large sweet potato
- 2 large zucchini
- 1 onion
- 3 cloves of garlic
- 1 tbsp of extra virgin olive oil
- Handful of chopped dill and parsley
- 1 tsp salt
- 1 tsp ground cumin
- 1 tsp paprika
- 1/2 tsp turmeric
- 4 tbsp of spelt flour

Heat your oven to 180 C°.

If you have a high speed blender then you can blend all of the vegetables together (except the spinach) along with the tbsp of olive oil, if not you can grate them. Make sure to drain all the excess fluids well so that the mixture won't be too fluid.

Mix in the egg, flour, spinach and spices.

Line a baking tray with baking paper and place small balls of the mixture 5 cm apart.

Bake for 10-15 min, remove and brush with a little olive oil, then bake for another 5-10 min or until the balls are golden.

Broad bean patties

Ingredients (serves 4)

500g frozen broad beans
1/2 cup split peas (soaked overnight for at least 12 hours)
1 brown onion chopped small
2 cloves of garlic chopped small
1/3 cup of gluten free flour
1 egg or 1 tbsp of tahini paste
1-2 tbsp coconut oil to cook with
Salt and pepper to taste

Tzaziki:

Mix a 1/2 cup of Greek low fat yogurt, bunch of chopped fresh dill,
1 grated garlic, 1/2 chopped cucumber & juice from 1/2 lemon.
Season with salt and pepper.

Cook the broad beans until soft. Drain. Peel.

Cook the peas until soft. drain.

Mash the peas and broad beans in a large bowl. Cool.

Mix the onion, garlic, flour, egg/tahini into a paste and add seasoning.

Wet your hands and make small balls from the mixture.

Place the balls on a tray in the fridge for them to set.

Prepare the tzaziki.

Heat the oil in the pan. Cook the patties until golden brown from both sides.

Serve patties with tzaziki.

Majadra- Middle Eastern Rice & Lentil dish

Ingredients (serves 4)

1/2 a pack of green lentils (soaked overnight)

1 brown onion chopped

2 cups of basmati rice (Preferably brown)

2 tbsp of grape seed oil or coconut oil

Cinnamon spice

Cumin spice

Paprika spice

Soy Sauce or Tamari

Salt & pepper

Rinse the soaked lentils in cold water and place in a saucepan with filtered water. Bring to a boil and cook for 5 minutes until the lentils are soft but not too soft (hint- do not let them loose their shape). Once done, remove and rinse in cold water

In the same saucepan (or use a rice maker if you have one), prepare the rice.

Once the rice is prepared, fry the onion with the spices - black pepper, cinnamon and cumin in the coconut oil or grape seed oil, add some salt to prevent it from burning. Then add the lentils and stir for 2 mins, add the prepared rice and mix it gently together. Season to taste with more salt, soy sauce and cumin. Let it rest for few minutes with the cover on.

Red lentil, sweet potato and carrot stew dish

Ingredients (serves 4)

1 pack of Red lentils soaked for a least 1 hour

1 chopped onion

1 chopped garlic

2 diced carrots

2 sweet potatoes diced

Cumin spice

Salt & pepper to taste

In a pot, add some grape seed/coconut oil. Fry the garlic, onion, sweet potatoes and carrots for a few minutes, and add some spices - black pepper, pinch of salt and cumin. Pour boiling water to cover all vegetable and cook for 15mins. Check to see if the potatoes and carrots are soft and then add the lentils. Add some boiling water if required, Mix all well and cook for another 5 mins, the lentils take very quick to cook. Add more seasoning if needed.

Serve with brown rice or quinoa along with a fresh salad.



Yellow submarine dish

Ingredients (serves 4)

- 1 chopped onion
- 1 chopped garlic
- 1 grated carrot
- 2 cups of basmati rice (preferably brown)
- 1 pack of organic firm tofu, diced
- 1 small pack of pine nuts
- 2 tbsp of sultanas
- Cinnamon stick
- Turmeric spice
- Cumin spice
- Salt & pepper

In a pot, heat grape seed or coconut oil, add the onion, garlic and carrots. Add the tofu and rice and stir. Season with salt and pepper. Stir well for few minutes and add turmeric powder (or freshly grated turmeric), some cumin and 1 cinnamon stick. Add the pine nuts, sultanas and pour water to cover the dish (2-2.5 cm above the rice). Mix it well and bring to a boil, then cook for about 15-20mins, until all the water has evaporated and the rice is ready. Remove from the heat, adjust the seasoning and place a towel on the pot cover to allow it to continue to absorb all the tastes for about 30mins

For meat lovers, you can replace the tofu with a meat version. Use grass fed organic minced beef and fry it for a few minutes when you are frying the onion and carrots. Make sure you dice it thinly when it's frying using a wooden cooking spoon.

Potato's in spicy tomatoes

Ingredients (serves 4)

- 6 medium sized organic potatoes cut to cubes, peel on
- 1 tbsp of grape seed oil
- 1 medium chopped onion
- 2 garlic cloves
- 1 chopped chili (optional)
- 1 can of dices tomatoes (or fresh ones, even better)
- 1 tbsp of stevia/coconut flower nectar
- Pepper and salt and paprika

In a pan, heat up the oil and added the onion garlic and chili. Add some salt and pepper and cover, stir so it doesn't burn. Add the potatoes and fry them a little. Add the diced tomatoes and stevia. Fry for 2-3 minutes, add salt pepper and paprika. Cover with boiling water and let it cook until the potatoes are soft and the liquid reduced slightly.

Couscous Tagine dish

Ingredients (serves 4)

- 1 box of whole wheat couscous
- 1 cup of cooked chickpeas
- 2 potato's peeled and chopped into cubes
- 1 sweet potato peeled and chopped into cubes
- 1 carrot peeled and chopped into cubes
- 1 onion peeled and chopped into cubes
- 3 cloves of garlic minced

2 tsp of paprika
2 tsp of turmeric
1 cinnamon stick
Salt/pepper to taste
Bunch of fresh coriander to garnish
Chopped almonds to garnish

Fry the onion and garlic in 2-3 tbsp of boiling water till soft. Add in the vegetables and stir. Add in your spices (cinnamon, turmeric, paprika) and stir till the aroma starts to spread in the kitchen. Add boiling water (just enough to cover the vegetables). Note: if you have homemade chicken stock you can use that for extra flavor. Bring to the boil and lower the heat. Cook till the vegetables are soft and turn the heat off. Add in the whole wheat couscous and close the lid. The couscous will absorb the water. Let it rest for 5 min until there is no more water and the couscous is ready. Mix in the cooked chickpeas, garnish with fresh coriander and serve with Tzaziki.

Fish Recipes

Grilled Salmon with tomato salsa

Ingredients (serves 1)

1 piece of fresh wild salmon
1/2 cup brown rice
2 fresh tomatoes
bunch of fresh basil
2 small limes
1 tbsp olive oil
1 tbsp of pine nuts

Wash and clean the salmon. Cover with the juice of 1 lime and add some salt and pepper. Grill for 20 min or until light pink.

Salsa: chop the tomatoes and basil and chilli. Dress with the juice of 1 lime, olive oil and salt pepper.

Serve the fish on top of the rice and the salsa on top of the fish and sprinkle with pine nuts.

Asian Fusion Fish Curry

Ingredients (serves 4)

300g white fillet fish (grouper, snapper)

2 carrots

1 tbsp of coconut oil

5 potatoes (Organic)

1 sweet potato

2 onions

4 garlic cloves

1 chili (optional)

1 chopped tomato

1 tbsp of cumin seeds

3 tbsps of red curry paste (containing shallots, ginger, curry etc)

2 cans of lite coconut milk

Coriander seeds

1 cup of fresh purified water

1 tbsp of fish sauce

Pinch of salt

Black pepper to taste

Lime Zest

Spring onion, sprouts and coriander to garnish

Cut the fish to medium cube pieces.

Chop all the vegetables into bite size pieces.

Heat the coconut oil in a medium size pot and add the red curry paste once the oil is hot. Fry for about 1 min until a beautiful aroma starts to spread through the house, then add the chili, garlic, onion and stir. Add the rest of the vegetables (potato, carrots, sweet potato, tomato...), the coconut milk, water, coriander seeds and fish sauce. Bring everything to a boil and simmer. Cook for ~20mins, until the potatoes/carrots and sweet potatoes are soft.

Add boiling water if more fluids are required. Add the fish pieces in last (once all the vegetables are cooked) and continue to cook for about 5-10 mins until fish is cooked. Season with some salt and pepper.

Add the sprouts and lime zest

Garnish with chopped spring onion and some coriander

Serve with steamed brown rice

Sicilian Sashimi

Ingredients (serves 2)

2 White Fish fillets (mullet, snapper, white bait)

Juice of one lime

Zest of one lime

1 tbsp olive oil

Pomegranate seeds from 1 pomegranate

2 cm piece of fresh ginger- grated

Pinch of Himalayan mineral salt

Bunch of baby basil leaves- washed

Slice the fish very thinly into long strips.

Cover with the juice of one lime, add a pinch of salt and let it rest for a couple of minutes.

Add the lime zest, the pomegranate seeds, olive oil and ginger. Toss.

Garnish with fresh baby basil leaves.

Sesame fish fillets

Ingredients (serves 4)

- 4 fillets of fresh white fish (e.g. Snapper, sole)
- 8 tbsp of Raw tahini (sesame seed paste)
- 1/2 cup of water
- 1 lemon - for juice and zest
- 1tbsp of olive oil
- Tbsp of paprika, salt, black pepper and cumin
- 1 clove of garlic
- Bunch of parsley/coriander

Mix the raw tahini with water, lemon juice chopped garlic and the spices. Stir well until the tahini is smooth but liquid enough to cover the fish easily. Adjust the seasoning with salt or spices

Chop fresh parsley/coriander and add to the mix (remember to leave some for garnishing)

In a baking tray, massage the fillets with some olive oil and cover them with the tahini mix. They should be well covered

Oven grill for about 15-20mins at 200C° (flip sides after 10 mins)

Garnish with lemon zest and some chopped parsley/coriander

Fish in Miso sauce

Ingredients (serves 4)

4 fillets of fresh white fish (snapper, cod)

2 spoons of organic black miso paste

Chopped spring onions

2 cloves of garlic

Fresh ginger

1 tbsp of coconut nectar/stevia

1 tbsp of rice wine vinegar

Cracked black pepper

1/5 cup of hot water

1 Lime

In a bowl, melt the miso paste with hot water, add the nectar, garlic and spices. As the miso is salty you will need to balance the taste with the nectar which is sweet. Add chopped ginger and lime zest. Mix well and add the spring onions. Once the marinade is ready, cool for 20mins and add the fish into it. Cover the fish well and let then rest for 30-40mins.

Oven grill the fish at 200C° for about 15mins. While the fish is being grilled, heat up a pan and pour the marinade in. Stir well while it comes to a boil. Pour the reduced marinade on the prepared fish and serve.

Garnish with some fresh chopped ginger and zest.



Desserts

Keep yourself and your family far away from sugar and its products. Too much sugar creates blood sugar highs and lows, causing mood swings and food cravings.

Summer strawberry & banana ice-cream

Freeze 1-2 chopped bananas and 4-5 strawberries (after they have been washed and cleaned), overnight (allow at least 12 hours to freeze).

Place the frozen fruit in a blender, add 1/4 cup of water and blend on high till its smooth and has an ice-cream texture. Garnish with fresh mint and serve immediately.

* if you need it a little sweeter you can add a pitted date before you blend.

Warm Apple Cake

One of the most comforting cakes perfect for a wintery Saturday afternoon with a cup of tea.

Ingredients

3 apples grated (if organic leave skin on)

1 cup coconut flower nectar

2 tsps of stevia

3 eggs

1 cup coconut oil

1/2 tsp baking soda

2 cups of self raising flour

1 tsp cinnamon powder

1 tsp real vanilla bean paste or extract

1 cup of pitted dates or raisins

Heat the oven to 180 C°

Mix the apples, stevia, coconut flower nectar, eggs, oil in one bowl.

Add in the baking soda, cinnamon, vanilla and raisins.

Add in the flour, be careful not to over mix

Place the mixture in what ever baking tray you wish (muffins, English cake) and bake till golden (30-40 min)

Chocolate treats

Ingredients

- 1/4 cup raw cacao powder
- 1/2 cup tahini paste
- 1 cup almond meal
- 2tbsp coconut oil
- 1/2 cup coconut flesh
- 1/2 cup desiccated coconut
- 1/3 cup coconut flower nectar

Blend all the ingredients, refrigerate for 1/2 hour and then roll into little balls. You can decorate with Shredded coconut.

Roasted apples with cinnamon and vanilla

Ingredients (serves 4)

- 4 apples
- 2 tsps ground cinnamon
- 2 tsps of vanilla bean paste
- 1 tsp of coconut sugar
- Warm water

Core apples and pare 2cm strip of skin from around middle of each apple or pare upper half of each to prevent splitting. Place apples upright in un-greased baking dish. Sprinkle the sugar around the tops of the apple, divide the cinnamon and vanilla between the apples so that it covers the centre of each apple.

Pour water (1/2 cm deep) into baking dish. Bake uncovered in 180 C° until tender when pierced with fork, 30 to 40 minutes. Time will vary with size and variety of apple. Spoon syrup in dish over apples several times during baking.

Chia & Coconut Bliss

Ingredients (serves 4)

1 1/2 cups of coconut milk

4 tbsp of coconut flower nectar or maple syrup or 3-4 drops of stevia

1 tsp of vanilla extract

1/3 cup of Chia seeds

Chopped Mango to serve

Mix the coconut milk with the coconut flower nectar, vanilla extract till smooth. Add the Chia seeds Divide between 4 cocktail glasses and garnish with chopped mango. Let it sit at room temperature and serve or alternatively chill in the refrigerator.

* For a more chocolaty taste add 2 tbsp of raw cacao powder and mix well.

Mango and Coconut Sago

*Recipe by Ayurvedic Medicine practitioner Diana Boteva Gaertner

Ingredients (serves 4)

1/2 cup pearl sago

1 cup coconut cream

1.5 cups of water

1/2 cup coconut sugar or xylitol

1 mango

Dice the mango into small pieces. Mash into a puree. Set aside.

Place the sugar, coconut milk, water and sago into a saucepan and cook over a gentle heat. Stir consistently until the sago is in a porridge form and has dissolved all the water and sugar.

DO not let the mixture boil as this will cause the coconut milk to split. Keep stirring so that the sago won't form any clumps. If you think the mixture is too sticky you may add some water.

When the sago becomes translucent (clear) then its ready. Gently fold in the mango puree or pour the mixture into serving glasses and top with the mango puree. The pudding can be served hot or cold.

Oatmeal, Banana and Dark Chocolate cookies

Ingredients (makes 24 smallish cookies)

3 large, ripe bananas, well mashed (about 1 1/2 cups)

1 tsp real vanilla extract

1/4 cup coconut oil

2 cups rolled oats (not instant)

2/3 cup almond meal

1/3 cup coconut, finely shredded & unsweetened

1/2 tsp cinnamon

1/2 tsp fine sea salt

1 tsp baking powder

175 grams of 70% good quality dark chocolate bar chopped into small chunks

Preheat oven to 180 C°.

In a large bowl combine the wet ingredients together: bananas, vanilla extract, and coconut oil.

In another bowl combine together the dry ingredients: oats almond meal, shredded coconut, cinnamon, salt, and baking powder.

Add the dry ingredients to the wet ingredients and stir until combined. Fold in the chocolate chunks.

The dough is a little bit looser than a standard cookie dough, don't worry about it. Make small drops of the dough 5 cm apart.

Bake for 15-20 minutes.

Oat and Date Cookies

Ingredients (makes 24 smallish cookies)

1/2 cup organic butter room temperature

1/4 cup of good quality honey or coconut flower nectar

1 organic egg, room temperature

2 tsps vanilla extract

1 cup whole wheat flour

2 cups rolled oats

1/2 tsp baking powder

1/2 tsp sea salt

1 tsp ground cinnamon

1 cup chopped up dried dates

Preheat oven to 180 C°.

Beat the butter and honey/coconut flower nectar in a standing mixer for 1 minute.

Add the eggs and vanilla extract and beat for another minute on medium speed or until smooth.

In a separate bowl, mix and combine the dry ingredients (flour, oats, baking powder, salt and cinnamon).

Slowly add the dry ingredients into the wet and mix to incorporate.

Stir in the dates then drop 1 table spoon of dough for each cookie onto a lined baking sheet.

Bake for 12-14 minutes.

Banana and wheatgerm muffins

Wheat germ contains 23 nutrients and has more nutrients per gram than any other grain or vegetable. It also has a high concentration of complex carbohydrates and protein making these muffins super healthy.

tip: use super ripe bananas

Ingredients

- 1/2 cup wholemeal flour
- 1/2 cup all purpose flour
- 1 cup wheat germ
- 1 tsp baking soda
- 1/2 tsps baking powder
- 1 tsp salt
- 1/2 cup agave syrup, coconut flower nectar or real maple syrup
- 3 tbsps coconut oil
- 1 large organic egg
- 1 tbsps real vanilla extract
- 3 large ripe and mashed bananas

Preheat oven to 180 C°.

Combine dry ingredients in a bowl.

In a standing mixer combine the 3 bananas, agave/coconut flower nectar or maple, coconut oil, vanilla extract and egg.

Gently mix in the dry ingredients until combined. Do not over-mix.

Grease or line muffin cups and fill 3/4 full with the mixture.

Bake 15 minutes for mini muffin cups, 20 for regular muffin cups or until a toothpick comes out clean.

Cool and serve.

Pumpkin/ sweet potato , chia and maple muffins

Ingredients

- 1 tbsp chia seeds
- 1 cup whole wheat flour
- 1/2 cup regular flour
- 2 tsps cinnamon
- 2 tsps baking soda
- 1/2 tsp salt
- 2 cups of roasted, mashed pumpkin or sweet potato
- 2 organic eggs
- 1/4 cup coconut oil
- 1 cup pure maple syrup or 1/2 cup coconut flower nectar
- 1 tbsp real vanilla extract

Preheat the oven to 180 C°.

Mix dry ingredients together in a bowl.

In a separate bowl, mix all wet ingredients.

Fold the wet ingredients into the dry ingredients and spoon into paper-lined muffin or greased muffin tins.

Bake for 25–30 minutes or until a toothpick inserted into the middle of a muffin comes out clean.





About Nutritious N' Delicious

Nutritious N' Delicious was born out of love and the passion of helping people, through simple strategies to take hold of their own health. Founded in 2011 in Australia, by Karin G. Reiter, and now successfully operating in Asia, our aim is to make sure our Nutritious N' Delicious friends are provided with the best possible guidance for a healthier life style. Our aim is to educate, to ask questions and to bring to light the importance of natural, simple, organic and nourishing foods. Come and join us on a journey to build the new, healthy, happy, radiant you.

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