

Gut-friendly recipes

Nutrient-dense kitchen & nourishing traditions



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Dear reader,

Thank you for taking your first step towards a better health today by
downloading this book.

It has been such a delight putting together and sharing with you my
favourite recipes and kitchen hacks.

My sincere hope is that you will find joy in making and eating those
dishes, and find increased levels of energy and well-being as a result of
being well nourished.

My commitment to you is that all recipes follow this principle:

*To nourish from the inside out,
using traditional cooking methods that extract the best out of ingredients,
that avoid inflammatory ingredients and preparation methods,
that are free from gluten, yeast, sugar and milk.*

A lot of these recipes are ready under 30 minutes. Many require long
soaking or cooking, but little time actually standing in your kitchen.
All in all, preparing food is a labour of love and as such, requires some
kind of investment. But I find it oh so worthy. I hope you do too.

Drinks

Fermented drinks are potent ways to sneak in microbiome-friendly, health-promoting beneficial bacteria and enzymes.

The most common are Kefir, Kombucha and Kvass. The 3 King K.

Kefir is a fermented drink originating from the Caucasus and very popular in Russia and Eastern Europe. It is made from cow's milk (but goat or sheep milk also work) and kefir grains; but is free from lactose as the protein has been digested during the fermentation process. Thus it is non-inflammatory, easy to digest and with 13+ strains of lactobacilli, one of the most beneficial foods on the planet.

Kombucha is a fermented drink originating from China and very popular in Russia, where it is known as the Tea Mushroom. It is made from green tea and sugar but is low in sugar as the glucose has been digested during the fermentation process. Thus it is non-inflammatory, easy to digest and even promotes a healthy digestive system and microbiome.

Kvass has not been featured in this book you can easily find the recipe online. Kvass comes from Russia (again!) and is made from beets or stale rye bread and sea salt. The process is very similar to pickling and thus Kvass has a similar taste and enzymatic profile.

Spicy Chai

A WARMING ALTERNATIVE TO TEA

Serves 4 cups:

- 1 tsp. ginger, thinly sliced with a peeler or grated
- 4-5 star anise
- 1 tbsp. caraway seeds
- 1 tbsp. cardamom pods
- 1 cinnamon stick
- milk or vegan milk of your choice (optional)
- honey or coconut sugar or maple syrup (optional)

Place your spices in a pot, cover with water, bring to boil for 1 minute and leave to simmer for 3-5 minutes. Strain into a teapot. Serve with warm milk and/or sweetener of your choice.



Kefir

THE LACTOSE-FREE LIQUID YOGHURT

Kefir is now readily available in many supermarkets, but the home-made version will always be richer in beneficial bacteria so I would recommend home batch whenever possible.

You will need:

- 250mL kefir (any brand)
- 1L organic milk

Place both ingredients in a large jar with wide opening. Stir with a wooden spoon. Cover with a gauze or light teatowel. Leave in a warm place (next to the radiator for example) for 3 days. Stir well. Transfer into sealable recipients. Shake well before use.

Kefir is great in smoothies with berries and a little honey.

!!!Remember to save 250mL for your next batch.



Kombucha

THE PROBIOTIC LEMONADE

Kombucha is now readily available in many supermarkets, but the home-made version will always be richer in beneficial bacteria and lower in sugar so I would recommend home batch whenever possible.

Although the process needs a little getting around, it is relatively straightforward.

You will need:

- a large mason jar with a tap - it will make your life significantly easier
- a SCOBY, available online or email me to send you one (see last page for contact details)
- muslin or gauze and rubber band to attach it over the top of your mason jar
- swing-top glass bottles (total volume should equate your mason jar)
- 100g coconut sugar + 3 green tea bags per liter of water

If the mason jar is 2L, then you will need 2L filtered water + 200g coconut sugar + 6 green tea bags

Make sure all equipment is thoroughly cleaned.

Boil the water + tea + sugar for 30 minutes. Remove the tea bags and leave to cool until room temperature - you can check by inserting a finger, it should be slightly cool.

Place your SCOBY into the mason jar, fill it with the lukewarm tea, cover with muslin and hold in place with elastic band to keep away from dust, bugs, etc. Leave in a warm place for 2 weeks.

Taste your kombucha by withdrawing from the tap. If it is ready, first prepare a refill (using the above method) before drawing from the tap into the glass bottles.

The glass bottles will provide the second fermentation. This is when the kombucha gets fizzy. You can also experiment with flavours. Try adding grated ginger or turmeric or pieces of dried fruit.

You should never add these flavours to the main mason jar, only in the 2nd fermentation.

Taste your kombucha after one week. If it not fizzy enough, leave for few more days until the taste is perfect for you. There is a fair deal of trial-and-error, until you find your perfect balance.

NOTE: 1st fermentation is open air. 2nd fermentation is sealed.

NOTE: never touch the SCOBY with metal (remove jewellery!). Always use wooden or plastic.

Salads & Sides

Rocket Pear Parmesan

ITALIAN-INSPIRED STARTER OR SIDE SALAD

You will need, per person:

- 100g rocket salad
- 1/2 big pear - ideally Comice, French Butter or Anjou variety
- 40g parmesan
- 1 tbsp. balsamic vinegar
- 1 tbsp. extra virgin olive oil
- fresh basil
- pinch of sea salt

Rinse the salad, basil and pear. Break the salad and basil into smaller pieces with you hands. Prepare the sauce with the vinegar, olive oil, salt. Pour and mix well. Slice thinly the pear and add. Grate thinly the parmesan and add. Mix well. Let sit for 5-10 minutes and enjoy.



Quinoa Couscous

SUMMER VARIATION ON THE NORTHERN AFRICAN DISH

You will need, for 2 portions:

- 1 cup dry quinoa
- 200g. monkfish
- 1 orange
- 1 handful of raisins / sultanas
- 1 handful of walnuts
- 1/2 bunch mint
- 1/2 bunch coriander
- 2 tbsp. extra virgin olive oil
- 1 lemon juice
- 1 tsp. sweet paprika
- 1 tsp. cinnamon- pinch of sea salt

First, sprouting. Rinse the quinoa. Soak overnight in lukewarm filtered water. In the morning drain, rinse, and drain well. Leave in the bowl, covered.

Repeat the drain, rinse, drain and leave covered, morning and evening for 3 days or until you see the tails of the quinoa poking out. Also check for bubbles when you fill up the bowl with water - they are a good sign.

Bring to boil, cover and simmer for 5 min.

Place the monkfish to steam in a sieve above the quinoa and cook for another 5 min. Drain, reserve.

Filet the oranges. In order to do that, cut out the orange's top and bottom, then peel its skin with a knife. Then cut out the filets by slicing the knife along the inner skin edges.

Toss the filets into the salad. Add quinoa and fish. Chop grossly the raisins, walnuts, herbs and add to the salad. Add lemon juice and olive oil, sweet paprika, cinnamon and sea salt.



Shaved Fennel & Olive

REFRESHING, JUICY & CRUNCHY

You will need, for 4 portions:

- 2 small fennels
- 400g green olives (my favourites are Nocellara but if you're pressed for time choose 200g pitted ones)
- 1 bunch dill
- 2 tbsp extra-virgin olive oil
- 2 tbsp raw apple cider vinegar
- 1 tsp French mustard
- 1 tsp raw honey
- sea salt

Remove the branches and greens from the fennel. . Cut it into 2 in width, then shave it thinly using a mandolin or kitchen robot. Mix the mustard, honey, olive oil, vinegar and salt in a glass. Pour the dressing over the shaved fennel and massage it with your hand. Leave to marinate for 10 min. Pit the olives and chop them lengthwise. Chop the dill thinly. Toss into a salad bowl, mix well and serve.



Tuna & Egg Salad

A CLASSIC. SO VERSATILE

You will need, for 4 portions:

- 2 cans wild-caught tuna chunks in glass jar
- 3 eggs
- 1 small apple or 1/2 medium apple
- 2 Russian-style large gherkins (sweet pickled)
- 2 tbsp home-made mayo (see recipe)
- 1 tsp sea salt
- 1/2 lemon juice
- 1/2 bunch dill

Soft boil the eggs 6 minutes. Drain the tuna. Chop thinly all ingredients, mix well.

Best to leave for a few hours before enjoying (to allow all flavours to mix).

If your insulin levels are stable, you can add some boiled potatoes to the salad. Make sure they are organic as conventionally-grown potatoes are the single most pesticide-sprayed vegetable.



Soups

Soups are great during the cold days.
As a starter or main dish, they enable daily bone broth consumption inconspicuously. Variations are endless, so you will never get bored.

Bone Broth

THE BACKBONE OF ANY NOURISHING KITCHEN

Ideally, you want to invest in a large stockpot and recycle a few large glass jars, so you can make large batches and freeze. Thus you always have bone broth at your disposal to thaw and use in recipes. Boiling your veggies or preparing your sauces with bone broth will take flavours to the next level - promise! And guarantees a gut-friendly meal.

You will need:

- 1 organic chicken carcass (I cannot emphasise organic enough). Visit your local butcher to arrange him to save them for you, or save your Sunday roast leftovers.
- 1 tbsp sea salt
- 1 tbsp organic raw apple cider vinegar (ACV)

Place all ingredients in a large stockpot and fill with water. Leave for 30 min to allow the ACV to leech out minerals from the bones. Bring to boil, skim the scum with a slotted spoon and leave covered to simmer on lowest heat for 3h. When cool, remove the bones and pour into large glass jars to freeze. Use it to boil your veggies (except cruciferous like broccoli or cauliflower) and as a sauce base.



Winter Soup

EARTHY & NUTTY

You will need, per person:

- 2 medium-sized potatoes
- 1 handful of dried boletus (or fresh if it's autumn)
- 1/4 cauliflower
- 1 big Jerusalem artichoke
- 250mL bone broth
- 1 tsp avocado oil or butter to serve
- 1 tsp activated seed* and sprout mix to serve

Peel and chop the potatoes into small cubes and place them to boil for 10 minutes. Meanwhile, chop the cauliflower and add, with the boletus, to simmer for another 3 minutes. Meanwhile, peel whatever you can from the Jerusalem artichoke but don't worry about the small bits of skin left. Chop into small cubes and place into a blender or kitchen robot. Add the cooked potatoes, cauliflower and boletus, the broth and blend. Serve with avocado oil or butter and roasted seeds for decoration.

**for the activated seed recipe, see coconut bread recipe*



Beetroot & Coconut Soup

SWEET & CREAMY

You will need, for 2 portions:

- 1 vacuum-pack of pre-cooked organic beetroot
- 1/4 tin (100mL) coconut milk
- 200mL bone broth
- 1 pinch of pink pepper
- drizzle of balsamic vinegar cream (optional)
- sea salt to taste

In a blender, mix the beetroot, coconut milk and broth. Heat up in a pot. Add pepper, sea salt and balsamic vinegar. Et voila!



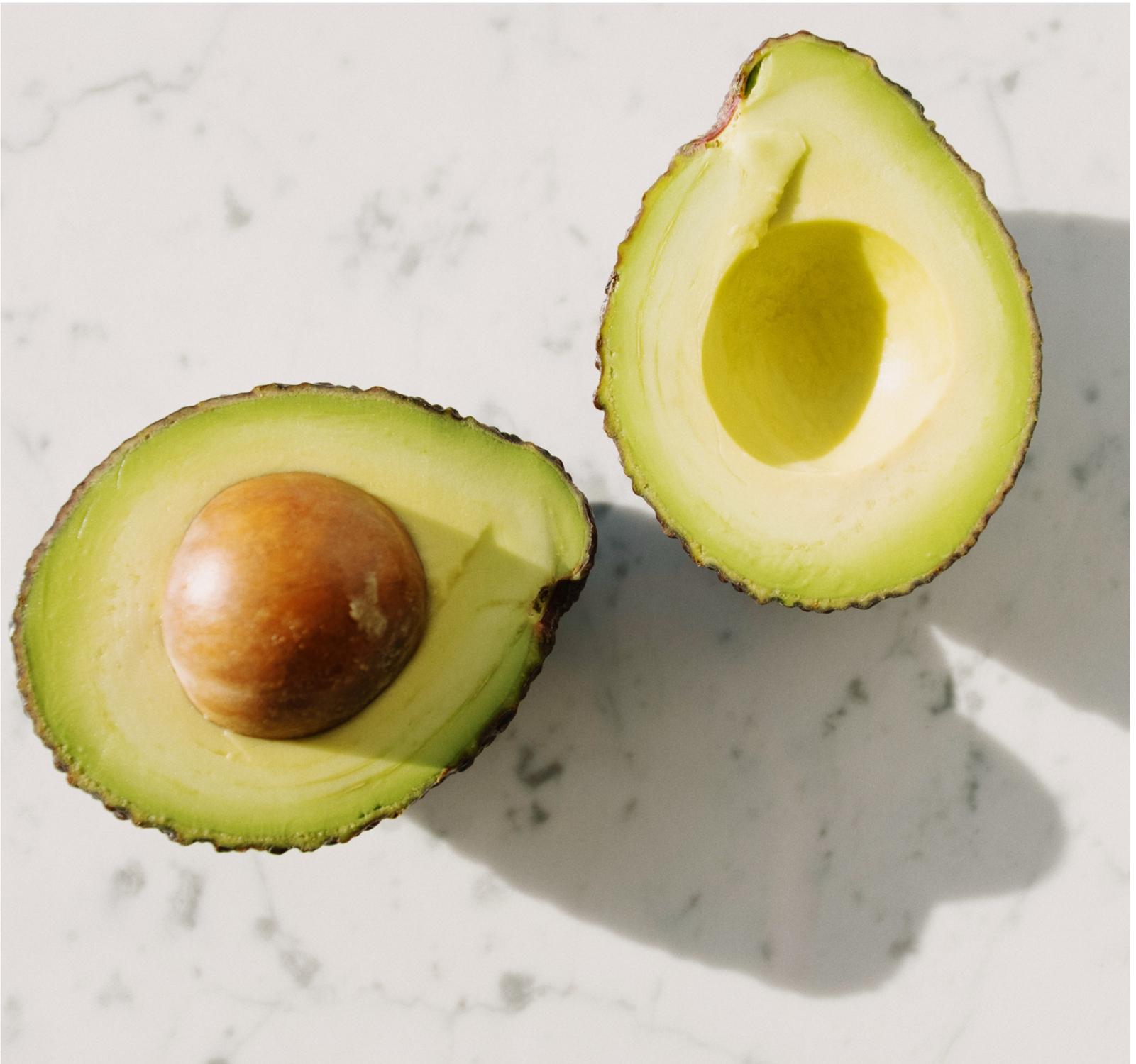
Avocado Soup

FORGET POT NOODLES

You will need, per person:

- 1/2 medium-sized ripe avocado
- 250mL bone broth
- 1 handful of fresh button mushroom or dried mushroom mix
- pinch of curry, nutmeg and sea salt

Place all the elements in a blender or kitchen robot. Bring to heat in a pot. Voila.



Pho

STAPLE OF VIETNAMESE CUISINE

You will need, for two servings:

- 500mL bone broth
- 200g beef / chicken / mushroom / tofu
- 200g brown rice noodles
- 50g soja sprouts
- 1/2 bunch of coriander
- 1/2 bunch of thai basil
- 1 bok choy
- 1 white onion
- 2 cloves garlic
- 1 thumb of peeled ginger
- chili if you're a fan
- 1 tsp. coriander seeds
- 1 tsp. fennel seeds
- 1 tsp. cardamom seeds
- 3 cloves
- 1 star anise
- 1 tbsp. apple cider vinegar (ACV)
- sea or Himalayan salt
- ghee or coconut oil for cooking

Start by removing the cardamom seeds from their hull (cut open in their length).

Chop the garlic, onion and ginger very small. Heat a wok pan or wide pot and melt 1 tbsp ghee. Sauté the garlic, onion, ginger, cardamom seeds, coriander seeds, fennel seeds, cloves and star anise under medium/high heat until brown. Chop grossly the meat or mushroom and add to the wok. Do not cook thoroughly, just make sure it is brown and well sautéd.

Meanwhile prepare the noodles as per packaging instructions, then throw them into the wok and sauté for a couple minutes.

Add your bone broth, salt to taste and ACV. Reduce the heat to minimum and cover. Let it simmer for a couple minutes.

Meanwhile rinse, drain and chop grossly the soja sprouts, bok choy and fresh herbs. Add them just before serving. Add the chili to taste.



Pozole

MEXICAN SOUP

You will need, for four servings:

- 500mL bone broth
- 200g beef / chicken
- 400g tomatoes or 1 tin cherry tomatoes
- 2 red peppers
- 1 sweetcorn
- 1 avocado
- 4 tbsp sour cream
- 1 bunch coriander
- Cholula hot sauce
- 2 lime
- 1 tbsp sweet paprika
- 2 tsp sea salt

Cut the meat into bite-size chunks and sauté for 2 minutes in a pan with butter or coconut oil, until brown but inside raw. Reserve.

Using a stockpot + steamer/metal sieve atop, boil the sweetcorn and steam the tomatoes and peppers, (whole) for 10 min. Immerse the tomatoes and peppers in cold water until cool, then peel. Chop them coarsely. Trim the sweetcorn. Add all to a pot with the broth and meat. Add paprika and sea salt. Simmer for 10 min. Cut the avocado in slices and add to the plate, with 1 tbsp sour cream, chopped coriander and 1/4 lime. Cholula sauce optional.



Breads

Grains, legumes (beans, lentils, pulses), seeds & nuts are the most toxic foods that exist, because of their high anti-nutrient content. What are anti-nutrients?

Nature devised protection mechanisms for each kingdom: humans have superior brains; animals have claws, horns and hooves; plants have phytate, lectins and oxalates.

These anti-nutrients are highly irritant to the gut, leech the body's natural mineral resources and trigger an inflammatory response - the root of most chronic illnesses.

Traditional kitchens around the world knew this and devised many ways to make those foods beneficial. Soaking, sprouting and fermenting increase those foods bio-availability and transform them from toxic to beneficial.

Unfortunately with modern constraints of productivity, efficiency and profitability, those essential preparations steps have been skipped altogether and contribute to the explosion of digestive and chronic disorders.

You have the chance today to improve significantly your health & wellbeing by making the time to prepare your food properly. Try it and see the difference, you won't go back - that's my promise.

Sourdough Buckwheat

CRISPY OUTSIDE & FLUFFY INSIDE

I owe this recipe to the fabulous Gretchy @gretchy

You will need:

- 500g raw buckwheat (buckwheat is naturally gluten-free)
- 4 cups warm filtered water
- 1.5 cup warm filtered water for batter
- 1 tsp fine Himalayan or sea salt

Soak buckwheat in 4 cups water overnight. Strain, don't rinse.

Blend strained buckwheat with 1.5 cups water and salt until combined. Put batter back in the bowl, cover with a towel and let it sit for 24h in a warm place (near the radiator or inside the oven with the light on). Batter is ready when it has risen and has some bubbles. Also it will make an awesome crackling sound when gently stirred.

Line a 2 inch cake pan with parchment paper and pour batter in. You may also pour into muffin forms for bite size portions. Bake in the oven for 1.5h at 180°C /350°F (30 minutes if muffin forms). Remove the parchment and let cool on a cooling grid.



Sprouted Quinoa

SPICY AND NUTTY

You will need:

- 2 cups dry quinoa
- 1/4 cup psyllium husk
- 1 heaped teaspoon quality sea salt
- 1 cup warm filtered water

Quinoa can be quite bland on its own so I invite you to get creative and spice it up. For this batch

I used:

- 1 tsp sweet paprika
- 1 tsp cumin
- 1 tsp ground ginger

First, sprouting. Rinse the quinoa. Soak overnight in lukewarm filtered water. In the morning drain, rinse, and drain well. Leave in the bowl, covered.

Repeat the drain, rinse, drain and leave covered, morning and evening for 3 days or until you see the tails of the quinoa poking out. Also check for bubbles when you fill up the bowl with water - they are a good sign.

Rinse and mix the quinoa in a food processor with the salt and water. Place back in the bowl, add the psyllium husk and stir well. [Optional: add your spice mix now]. Cover with a clean towel and leave in a warm place for 12 hours - near the radiator or in the oven with the light on.

Preheat your oven to 180°C/350°F and line a cake form with parchment paper. Transfer your batter to the cake form and bake for 1 hour.



Coconut bread

LOW-CARB

You will need:

- 200g creamed coconut
- 4 eggs
- 3/4 tsp baking soda
- 1/2 tsp sea salt
- 1 tsp cinnamon
- 1 tbsp activated nut butter (I used peanut)

First, activated nut butter.

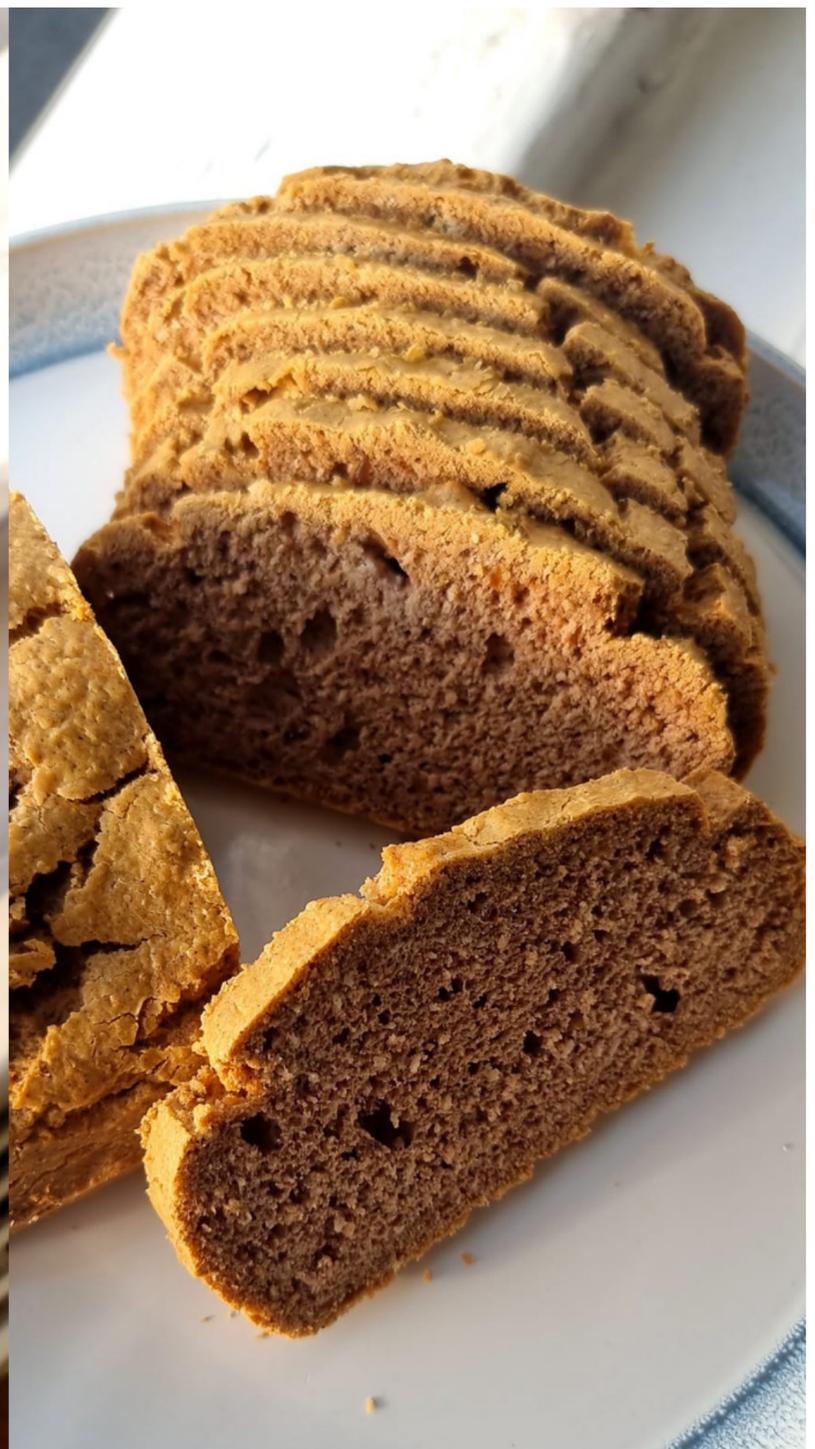
Soak overnight the nuts of your choice in a bowl with 2x lukewarm water and 1 tbsp sea salt.

In the morning, preheat your oven to 100°C/210°F. Rinse and drain well the nuts. Lay them on a parchment paper and roast in the oven until crunchy (min. 2 h., depending on the nuts).

Enjoy as such or for butter, blend in a food processor, adding 1 tbsp coconut oil at the time until smooth.

Preheat your oven to 150°C/300°F. Warm your creamed coconut in a loaf form until it's soft (that will grease the form at the same time ;)

Blend all ingredients in a food processor, pour into the greased loaf form and bake for 40 min. Leave to cool on a grid. Refrigerate before slicing.



Multi-seed Crackers

PERFECT FOR DIPPING AND SNACKING

You will need:

- 1.5 cup flax seed
- 1/2 cup chia seed
- 1/2 cup pumpkin seed
- 1 heaped teaspoon sea salt
- 2 cups filtered boiling water
- coconut oil to grease

Mix all the seeds and salt in a large bowl. Add the boiling water and mix well. Leave to soak overnight. At this point the mixture should have morphed into a squishy semi-solid blob.

Pre-heat your oven to 175°.

Lay a piece of baking paper the size of your oven grid on your countertop.

Grease it with coconut oil.

Pour the seed mix on the paper. Place a second layer of baking paper atop. Using a rolling pin, stretch the dough into a thin layer, making sure it is evenly thick (especially in the centre). Cut out and reserve the overflowing dough. Remove gently the top layer of baking paper. Repeat the process on another base of baking paper with the extra dough.

Slide onto an oven grid and bake for 30 minutes. Turn your oven grid around mid-way during the process. Switch your oven to grill function. Cut your cracker in the middle and turn it upside-down. Grill for a few minutes.

Leave to cool then cut into desired size.



Flaxseed Flatbread

PERFECT FOR TOASTING AND BUTTERING

You will need:

- 2 cups finely milled flaxseed
- 1/3 cup psyllium husk
- 1 tsp. quality sea salt
- 2.5 cup boiling filtered water
- coconut oil to grease

Mix the flaxseed, psyllium husk and salt in a large bowl. Add the boiling water and mix well. Leave to soak overnight. At this point you should have an elastic ball of dough.

Pre-heat your oven to 175°. Lay a piece of baking paper the size of your oven grid on your countertop. Melt a dollop of coconut oil and grease the baking paper.

Cut the dough in 3 pieces and place 1 on the paper. Place a second layer of baking paper atop. Using a rolling pin, stretch the dough into a thin layer, making sure it is evenly thick (especially in the centre). Cut out and reserve the overflowing dough. Remove gently the top layer of baking paper. Repeat the process on another base of baking paper.

Slide the 3 stretches of dough onto oven grids and bake for 30 minutes. Let cool and cut to desired size.



Snacks & Dips

Hummus

THE NO-BLOAT VERSION

You will need:

- 1 cup dry chickpeas
- 1 cube organic vegetable stock
- juice from 1 lemon
- 1 garlic clove (optional)
- 2 tbsp. tahini (sesame seed puree)
- 2 tbsp. extra virgin olive oil
- 1 tsp. sea salt

First, sprouting. Rinse the chickpeas. Soak overnight in lukewarm filtered water. In the morning drain, rinse, and drain well. Leave in the bowl, covered. Repeat the drain, rinse, drain and leave covered, morning and evening for 3 days or until you see the tails of the chickpeas poking out. Also check for bubbles when you fill up the bowl with water - they are a good sign.

Boil for 45 minutes with the organic vegetable stock. Strain and rinse. Add all your ingredients in a kitchen robot. Mix until smooth. If you find the consistency a bit thick, add filtered water - 1 tablespoon at a time. Serve with a drizzle of olive oil and roasted seed mix.



Salsa

ON TOAST, IN SAUCES, WITH STEAMED VEGGIES...

You will need:

- 1 tin (400 ml) of organic tomato puree
- 1 handful of capers
- 1 handful of Kalamata olives
- 1 red onion
- 3 tbsp. apple cider vinegar
- 3 tbsp. extra virgin olive oil
- sea salt & pepper

Slice thinly the onion and sweat it in a pan under medium heat until translucent and soft. Meanwhile, chop the capers and olives in small bits. Throw them in the pan and add the tomato puree. Reduce the heat to low, stir well and cover. Leave to simmer for 10 minutes. Add the oil, vinegar and salt and pepper to taste. Leave to cool and keep in a clean jar in the fridge for up to 5 days.



Mayonnaise

BACK TO BASICS

You will need:

- 2 pastured egg yolks
- 1 tsp. mustard
- 1/2 lemon juice
- 1/2 tsp sea salt
- 1/2 cup raw coconut oil
- 1/2 cup extra virgin cold-pressed olive oil
- 1 tbsp whey or sauerkraut juice or pickle juice (optional)

In a food processor, pulse to mix the yolks, mustard, lemon juice and salt. Melt the coconut oil until liquid (careful not to heat it as it will cook the eggs). Pour into a container with a spout, add olive oil. With the food processor on, start pouring the oil mix drop by drop until it emulsifies. Keep pouring drop by drop then start a slow steady stream. Add whey, blend briefly until incorporated. Place in a jar (previously sterilised by boiling for 2-3 minutes). If you added whey/sauerkraut/pickle juice, close the lid and leave on kitchen counter for 7h to allow the enzymes to develop. Keep in the fridge.



Kale Crisps

MOVIE NIGHTS

You will need:

- 200g. kale leaves
- 1 tbsp. extra virgin olive oil
- quality sea salt
- 1 tbsp. honey or maple syrup or molasses

Preheat the oven to 120°C.

Remove all kale stems.

Mix all ingredients in a very large bowl.

Line a baking tray with baking paper.

Spread the kale over the tray evenly.

Bake for 5 min or until crispy.

Check regularly that it doesn't burn, you may need to flip your tray to ensure even baking.

Leave to cool on the tray then onto a serving bowl (if you place the kale warm in a bowl, the moisture will soften the crisps again as they cool).



Sweet Potato Fries

BAKED, NOT FRIED

You will need, for 4 portions:

- 2 sweet potatoes
- 4 carrots
- 2 tbsp. olive oil
- 2 tsp. sea salt

Preheat your oven to 180°C. Lay a tray with baking paper. Peel the sweet potatoes and carrots. Cut them into thin sticks. Place into a bowl, add other ingredients. Mix well then transfer onto the baking tray and bake for 45 minutes. Switch to grill mode at the end for 5-10 minutes.



Mains

Chicken Liver & Pears

HOW TO INCONSPICUOUSLY HIDE THE LIVER INTO A SPICY STIR-FRY

You will need:

- 250g organic chicken liver
- 2 pears, Comice or another soft variety
- 1 large onion
- 1 tsp. ground cinnamon
- 1 tsp. ground cloves
- 3 star anise
- 1 tsp. sea salt
- ghee or duck tallow
- 1 shot of brown rum or brandy (optional)

Cut the pear in 4, clean the seeds and fibre. Chop into mouthfuls.

Cut the liver into mouthfuls. Chop the onion.

In a skillet, melt a dollop of ghee or duck tallow. Add the onion and the spices, cook under medium-high heat until soft and golden. Add the liver, cook for 2-3 minutes until brown. Reserve.

Melt a dollop of ghee or duck tallow. Add the pears, cook under medium-high heat for 1-2 minutes. Reduce the heat (add the rum or brandy) and cover. Leave to cook for 2-3 minutes. Mix it all in. Serve warm or cold.



Roasted Aubergines

WITH FETA AND CHICKEN LIVER

You will need, for 4 portions:

- 2 large aubergines
- 200g organic chicken liver
- 200g. feta cheese
- 4 tbsp. olive oil
- coconut oil
- 1 tsp. sea salt

Preheat the oven to 180°C/350°F.

Wash the aubergines. Line an oven tray with baking paper. Cut the aubergines in their length into thick slices. Drizzle with olive oil. Move onto the baking tray and bake for 30 minutes.

Meanwhile, cut the liver into bite-size chunks. Heat a pan, melt a dollop of coconut oil and sauté the liver until brown but still raw inside. Cut the feta into small chunks.

Add atop the aubergines the liver and feta. Sprinkle with salt. Bake for another 20 minutes.



Cabbage Rolls

WITH CHICKEN LIVER & APPLES

You will need, for 4 portions:

- 1 small red cabbage
- 400g organic chicken liver
- 2 large organic apples
- 1 large onion
- 1 tbsp raw organic ACV
- 1 tsp sea salt
- coconut oil for cooking

Boil the whole cabbage for 5 min. Immerse in cold water. Peel the outer leaves and save 10-12 large leaves. Shred the remainder of the cabbage.

Cut the liver in bite-size chunks. Chop the onion thinly. Core and cut the apple into small pieces.

In a pan under medium-high heat, sauté the onion with a dollop of coconut oil until translucent. Add the liver and cook for 3 min. Add the apple, sauté for 3 min. then reduce the heat to low, cover and leave to cook for 10 min.

Add ACV and salt, stir well.

Use this "mince" to fill cabbage leaves. Fold the sides in, then roll them closed (you can use toothpicks to hold them closed if necessary).

Heat in the pan, covered, under low heat.



Meatballs

COMFORT

You will need for 8-10 meatballs:

- 2 cans plum tomatoes
- 2 large onions
- 1 whole garlic
- 2 small carrots
- fresh thyme, rosemary, basil and oregano
- 400g organic grass-fed beef mince (5% fat)
- 1 large free-range egg
- 2 tbsp. coconut oil
- sea salt

Peel the garlic, onion and carrots. Chop thinly garlic + onions, grate the carrots. Melt 1 tbsp of coconut oil in a deep pan or wok under medium/high heat. Add the onion, garlic and carrots. Stir occasionally until golden and soft.

Chop the fresh herbs grossly and add to the wok. Leave for 5-10 minutes under medium heat. Add the tomato cans and 3 tsp. sea salt. Mix well, reduce the heat to low and cover. Leave to simmer for 20 minutes. Meanwhile, mix the mince in a bowl with an egg and 1 tsp. sea salt. Using your hands, shape the meatballs and squeeze them well to make sure they are compact - otherwise they will crumble during cooking. Heat up a skillet or frying pan and melt 1 tbsp coconut oil under high heat. Place half your meatballs, leaving enough space between them so they do not touch each other. Cook for 3 minutes, flip over and repeat on the other side. The goal is that both sides are nicely brown but the middle remains raw. Add the meatballs to your sauce, cover and cook for another 5 minutes.



Stuffed Peppers

ANOTHER WAY TO EAT MINCE

You will need, for 4 portions:

- 4 peppers
- 400g grass-fed mince meat 5% fat
- 100g raw milk cheddar
- 1 large onion
- 1/2 clove garlic
- fresh oregano, thymian and rosemary
- 2 tsp. sea salt
- coconut oil or ghee for the pan

Pre-heat the oven to 180°C. Chop the onion and garlic thinly. In a pan, melt a dollop of coconut oil or ghee and cook the onions and garlic until soft and golden. Transfer into a bowl. Add the meat and the grated cheese. Crush the herbs and salt and mix in.

Cut the top of peppers off, remove the seeds and white. Stuff them up, put their hat back on and place them bottom up (to keep them closed) in an oven dish. Bake for 40 minutes.



Stuffed Tomatoes

MEDITERRANEAN STYLE

You will need for 2 portions:

- 4 large Oxheart/heirloom tomatoes
- 200g wild-caught tuna in a glass jar / organic mince meat 5%
- 1 bunch of fresh basil
- 2 garlic cloves
- 2 shallots
- 4 tbsp. extra virgin olive oil
- pinch of sea salt

Pre-heat the oven to 180°C/350°F. Open the tomato 1/4 from the top, in order to have a body (3/4) and a hat (1/4). Empty the contents of the tomatoes into a blender. Be careful not to tear or damage the skin.

Tuna version: Add the remaining ingredients to the blender and blend grossly.

Meat version: Add the garlic and shallots to the blender then sauté in butter. Add the mince to your pan and sauté until brown on the outside (not fully cooked).

Place the empty tomatoes on an oven tray. Fill them up with the stuffing and close the hat. Add a drizzle of olive oil and sea salt over the tray. Bake for 30 minutes. For smaller tomatoes like in the pics, bake for 15 min.



Stuffed Squash

GREAT LOOKS YET LOW MAINTENANCE

You will need, for 4 portions:

- 1 large butternut squash
- 300g. wild-caught tuna in glass jar or organic mince meat 5%
- 120g. cheddar
- 1 tbsp. extra-virgin olive oil
- 2 tsp. paprika
- 2 tsp. cajun seasoning
- 1 tsp. sea salt
- 2 tbsp. activated peanuts*
- 1 tbsp. yoghurt
- 1 tbsp. pomegranate molasse
- fresh thyme

Preheat the oven to 180°C. Cut the squash in two lengthwise and remove the seeds. Place it on a tray and bake for 45min., turning it over half-way.

Flesh it out, leaving 1cm layer to avoid piercing the skin. Puree the flesh, then add drained tuna, 3/4 grated cheddar, olive oil, paprika, cajun seasoning and salt. Fill the empty halves with the mix and pat down to make sure it is compact. Top with the leftover cheddar and ground peanuts, spreading it evenly. Bake for another 30 minutes. Before serving, top with yoghurt, pomegranate molasses and fresh thyme.

**for activated peanuts recipe, see coconut bread*



Simple curry

USE YOUR CREATIVITY TO COME UP WITH 1001 VARIATIONS

You will need, for 2 portions:

- 1 cup dry quinoa
- 1 tin tuna OR 200g shrimp / chicken breast
- 1 tin coconut milk
- 1 broccoli or any green veg
- 1/2 bunch coriander
- 2 shallots
- 4 cloves garlic
- 1 tsp ground ginger, cumin, clove, turmeric, and ground coriander
- 5 cardamon pods
- 1 star aniseed
- salt to taste

First, sprouting. Rinse the quinoa. Soak overnight in lukewarm filtered water. In the morning drain, rinse, and drain well. Leave in the bowl, covered.

Repeat the drain, rinse, drain and leave covered, morning and evening for 3 days or until you see the tails of the quinoa poking out. Also check for bubbles when you fill up the bowl with water - they are a good sign.

Use a pot & steamer set or place a metal sieve above a pot. Quinoa in the pot with 3 parts water, chopped broccoli in the sieve, cover. Bring to boil then simmer under low heat for 8 min. Meanwhile, peel and chop finely the garlic and shallots. In a wok under medium heat, sizzle the garlic and shallots until translucent. Add the ground spices, stir and cook for 1-2 min. until they release their fragrance. Add the meat, stir. Turn the heat to low. Add the coconut milk and cover. Drain the quinoa and broccoli. Add to the wok, cover. Simmer for 10 min. Add the coarsely chopped fresh coriander.



Chicken Satay

FOR YOU PEANUT LOVER

You will need, for 4 portions:

- 800g. free-range chicken breast (ideally organic)
- 400mL / 1 can coconut milk
- 150g activated peanut butter*
- 50g tamarind sauce
- 30g organic tamari (it's a GF soy sauce)
- 1 whole garlic
- 1 thumb ginger
- 2 stems lemongrass
- 1 tbsp. coconut oil
- 1 bunch coriander

**for activated nut butter recipe, see coconut bread*

Start with peeling the garlic and ginger then chop thinly. Remove the outer layer of the lemongrass and chop grossly. Warm up a stir-fry pan or wok and melt a tbsp. coconut oil. Under medium-high heat, sizzle the garlic, ginger and lemongrass until golden. Meanwhile, rinse and pat dry the chicken breast. Chop into chunks about the size of 1/2 thumb. Add to the wok. When it turns golden, mix well and leave to golden again. You want all the sides of the chicken chunks to be golden, but the core still raw. Shake well the can of coconut and add to the wok, then add the peanut butter, tamarind sauce and tamari sauce. Stir well, reduce the heat to small, then leave to simmer for min. 15 min - or longer if you like it thicker. Chop the coriander grossly and add before serving.



Chicken Nuggets

PARMESAN, NOT BREADCRUMBS. BAKED, NOT FRIED

You will need, for 4 portions:

- 500g organic chicken breast
- 1 tbsp coconut aminos
- 200g parmesan
- 2 small / 1 large free-range egg

Rinse the meat. Cut the chicken into 1 inch x 1 inch cubes (about thumb size). Make sure to remove all connective tissue and nerves. Place in a bowl and add the coconut aminos. Mix well, cover and leave to marinate for an hour in the fridge. Break the eggs in a wide bowl and whisk lightly. In another bowl, grate the parmesan very thinly. Line an oven tray with parchment paper.

Pre-heat the oven to 180°C/350°F. Dip each piece of chicken in the eggs, then in the cheese and align on the tray. Bake for 5 min.



Desserts & Brunch

Pancakes

FLUFFY AND LIGHT

You will need, for 8 pancakes:

- 2 ripe bananas
- 6 medium-size pastured eggs
- 2 tbsp. gluten-free oats
- 1 tsp. baking soda
- pinch of quality sea salt
- coconut oil or ghee for the pan
- toppings of your choice (I used blackberries, raw honey and raw cacao nibs)

Mix all the ingredients in a bowl with a blender (except toppings obvs) until frothy. Preheat a wide pan and melt a small dollop of coconut oil. Using a larder, lay a layer of batter onto the pan. It should be just enough batter to spread easily and cover the whole surface of the pan but not "drool". Cook for 2 min. on medium heat. You know your pancake is ready when the edges are golden brown and it peels easily. Turn it over carefully and leave for 20 seconds only. Move onto a plate and cover. Repeat with the rest of the batter. Add the toppings of your choice and enjoy.



Olady

RUSSIAN KEFIR PANCAKES

You will need, for 4 portions:

- 150g GF oats, finally milled in a robot
- 250mL kefir
- 1 egg
- 1 tbsp. coconut sugar (optional)
- 1 tbsp. /12g. baking soda
- 1 tsp. sea salt
- 1 tbsp. coconut oil + for cooking
- sour cream (second best is cottage cheese)
- berries (frozen is most cost-effective)

Mix all the ingredients in a bowl with a blender (except sour cream and berries) until frothy. Preheat a wide pan and melt a small dollop of coconut oil. Using a larder, lay a layer of batter onto the pan. It should be just enough batter to spread easily and cover the whole surface of the pan but not "drool". Cook for 2 min. on medium heat. You know your pancake is ready when the edges are golden brown and it peels easily. Turn it over carefully and leave for 20 seconds only. Move onto a plate and cover. Repeat with the rest of the batter. Add your toppings and enjoy.



Roast Apples

SO SIMPLE, SO SATISFYING

You will need, for 4 portions:

- 4 large organic apples
- cinnamon
- sea salt

Preheat your oven to 160 degrees.

Cut your apples in 4, remove the trunk and lay them on parchment paper on the oven tray. Sprinkle with cinnamon and sea salt. Roast for 20-30 minutes depending how mushy you like them.

Serve with a roast as a side, or as dessert - on its own or topped with nice cream.



Lemon Curd

FOR LEMON PIES, OR JUST ON ITS OWN

You will need:

- 4 large pastured eggs
- 4 large organic lemons: juice + zest
- 175g salted cultured butter
- 4 tbsp coconut sugar

Juice the lemons and grate the zest.

Melt the butter until liquid.

Whisk the eggs in a saucepan then add sugar, butter, lemon juice and zest. Under medium heat, keep whisking for 7-8 minutes. Bring to minimal heat and whisk for another minute. Let it cool.

Pour into sterilised jars and keep refrigerated.



Coconut Cookie

QUICK & EASY FIX

You will need, for 4 portions:

- 4 eggs
- 3/4 cup honey
- 1 tsp vanilla
- 1/4 tsp salt
- 1/2 cup butter, melted
- 3/4 cup coconut flour

Preheat your oven to 180 degrees.

Lay a baking paper over your oven tray. In a mixing bowl, whisk together eggs, honey, vanilla, salt and butter. Slowly seep in the flour, while whisking continuously. Leave for 15 minutes to rest. Scoop onto the tray. Bake for 8-10 minutes depending on the size of your cookies.



No-Bake Carrot Cake

GET ONE OF YOUR 5-A-DAY

You will need, for 8 people:

For the cake:

- 4 carrots (circa 400g.)
- 100g. dates
- 100g. activated almond powder*
- 100g. activated pecan or walnut*
- 50g. raisins or sultanas
- 50g. coconut blossom sugar
- 1 tbsp. cinnamon
- 1 tsp. clove powder
- pinch of sea salt

For the frosting:

- 150g. cashew nuts
- 50g. coconut sugar or light honey
- 2 tbsp. coconut oil
- 1 vanilla pod or pinch of vanilla powder

Start with soaking the cashews in a bowl of hot water.

Peel the carrots and cut into pieces. Pit the dates. Mix all the cake ingredients into a kitchen robot until a consistent paste (this may take up to 5 minutes). Flatten the paste into a cake springform and leave in the fridge while preparing the frosting.

Empty the vanilla pod. Strain and rinse the cashews. Mix all the frosting ingredients into the kitchen robot. Lay over the cake.

Refrigerate for ideally 3-4 hours (but at least one hour) and serve with a sprinkle of cinnamon, clove and vanilla powders.

**for activated nut recipes, see coconut bread*



No-Bake Truffles

RAW ENERGY BALLS

You will need, for approximately 12 truffles:

- 1 cup melted coconut oil / butter
- 1 cup coconut sugar / maple syrup
- 1/4 tsp. sea salt
- 2 tbsp. filtered water
- 1.5 cup buckwheat flour
- 1/4 cup activated hazelnuts, finely chopped*
- 3 dried figs, finely chopped
- 3 Medjoul dates, finely chopped
- raw cocoa powder

In a mixing bowl, mix buckwheat flour, sea salt, hazelnuts, figs and dates. Add slowly the coconut oil / butter, coconut sugar / maple syrup and filtered water, making sure each element is well incorporated before adding the next. Freeze the dough for 10 minutes. Roll 2cm wide balls with your hands and dip them in the cocoa powder. You can use chopsticks to get them out and onto a tray. Freeze again for 10 minutes. Keep in the fridge.

**for activated nut recipe, see coconut bread*





Thank you!

I hope you enjoyed these recipes as much as I do.

If you are ready to take it to the next level,
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