



Cauliflower & Fennel soup:

Ingredients:

- 1 medium leek – finely chopped
- 1 medium fennel – finely chopped (substitute celery if needed but fennel is way nicer)
- 2 cloves crushed garlic
- 1 head cauliflower (chopped – or use bought “riced cauliflower”)
- 3-4 sprigs fresh rosemary
- ½ tsp quality sea salt & black pepper
- chicken bone broth (the thick kind with all that good stuff in it OR vegetable broth)
- 1-2 tbsp white or chick pea miso paste
- 1-2 tbsp ghee or avocado oil
- OPTIONAL – one small potato (if you want it more “hearty” but it is equally good without)

In a large saucepan, sauté the leeks, then fennel and garlic until transparent. Add cauliflower, potato, salt and pepper – sauté for 10 minutes. Then, dump it all into large pot with the bone broth and rosemary – bring to the boil and simmer for 25 minutes. Then let sit. When cooled to warm, add in miso paste, adding in 1 tbsp first, taste it, then more if you like. Blend it all and enjoy!

Serve with some avocado chunks in it, and kale chips, or parmesan crisps.
Also good with crackers & hummus.

VARIATIONS:

Make it Indian: You can also make amazing variations of this soup base, adding in Indian spices like cumin, coriander, turmeric, mustard seeds, ginger...and adding shitake mushrooms, yellow squash and a parsnip (the secret ingredient). Totally amazing.

Make it coconut creamy:

Reduce or eliminate the fennel and just stick to the cauliflower, leek and garlic with the bone broth. ADD one jalapeno pepper, and a cup of coconut milk. Blend.



Butternut squash soup

INGREDIENTS:

1 leek or white onion

1 fennel

1 medium sized butternut squash

chicken bone broth (I use "Roli Roti" from Whole Foods or Costco) or vegetable stock

fresh sage or rosemary

¼ tsp nutmeg

½ tsp quality salt and black pepper

1-2 tbsp white or chick pea miso (if needed – taste first)

avocado oil (or ghee)

Cut up butternut squash into large chunks or in half – brush with the oil and place on large baking tray. Sprinkle with salt and pepper and nutmeg. Roast until the squash is tender and slightly browned. Meanwhile, sauté the onion/ leek and fennel. When squash is cooked, peel away the skin and combine all ingredients into large pot with the stock or broth. Simmer for 10 mins on low heat and let cool. Blend until smooth, adding in miso to taste.

Serve with either the following:

Fresh arugula, spinach or cilantro (increases nutrition)

Hunk of great cheddar or goat cheese (seriously good)

Avocado chunks (filling healthy fats)

Kale chips – adds crunch

Salad with some protein, or crackers and hummus.



Broccoli & Cashew soup:

Ingredients:

1 leek or white onion

1 fennel

2 cloves garlic

1 large head of broccoli/2 small ones) You can also substitute asparagus or combine broccoli & asparagus. Equally good.

1 small zucchini

Chicken bone broth: (I use "Roli Roti" from Whole foods or Costco) or vegetable stock

Fresh herbs (whatever you have – Thyme, oregano or rosemary)

Raw cashews (1 cup – soaked in water for 1 hr if possible)

Sea salt & black pepper

White Miso if needed. Blend and taste before adding.

Soak raw cashews in water.

Sautee leeks, fennel, & garlic in ghee or avocado oil until almost transparent.

Season with salt & pepper. Add zucchini, then asparagus or broccoli – sautee covering pan from time to time...the key is UNDERCOOKING the green veg. You want the color to be "bright" green, and still crunchy. Then, add this into the bone broth or stock with the herbs.

Simmer until all veg are tender (and still bright green). Turn off heat and let sit. Then blend in the raw soaked cashews, miso if you like. Very creamy and surprisingly delicious, and an easy way to get a ton of green veggies in.



Roast Beet Soup

Ingredients:

1 leek or red onion

1 fennel

3 beets (red or golden or both – whatever you like (roast wrapped up in foil (lined with baking paper) in the oven, then cooled)

2-3 cloves garlic

fresh dill and fresh cilantro

sea salt & pepper

chicken bone broth or veggie stock

saukraut (2-4 tbsp – to taste)

avocado oil (or good quality fat)

Wrap scrubbed beets together into a little foil parcel (lined with parchment paper) until cooked (approx an hour). Sauté leek/onion and fennel, then garlic, season with salt & pepper. Combine with bone broth/stock & simmer. Add roasted beets and let it all cool. Blend together, adding sauerkraut and a handful of fresh dill and fresh cilantro, and half an avocado if you want it thick. Totally amazing.

Serve with crackers & dip,

Some goat cheese, or some parmesan or kale chips. Very zingy and satisfying.

Quick sautéed veggies & poached eggs:



Ingredients:

½ medium red onion
mushrooms (I like shitake)
½ small delicata squash or ½ small sweet potato (finely chopped)
zucchini squash or summer squash
kale, or spinach or arugula (whatever dark green veg u have)
2 eggs
ghee
coconut aminos (or braggs will do, but coconut is so much better)
¼ tsp quality sea salt & pepper

Finely chop the sweet potato (and microwave for 2 minutes to soften). Finely chop all veggies. Sauté in ghee the onions, delicata (or microwaved sweet potato), then shitake mushrooms), zucchini – in the ghee. ..using lid to trap and “sweat” everything – be sure that everything stays “bright” in color so as to not overcook. Season and when getting dry add in a splash of coconut aminos. Take off the heat. Poach the 2 eggs – keeping yolks soft. Serve the eggs over bed of veggies.

Add a side of avocado and splash of hot sauce if you like...or Moroccan sumac is fab. This works for brunch, lunch, a quick and very nutritious meal anytime – ready in 15 mins flat.

Healthy Thai curry



Ingredients:

- 1-2 tbsp coconut oil (or avocado oil)
- Can coconut milk
- 1 medium sized onion (diced)
- 2-3 cloves garlic
- 1 inch fresh ginger
- 1 lime
- 2/3 jar Green curry paste (I used "Meghalaya" brand)
- 1 tbsp Thai fish sauce (I used "red boat") - if not available use soy sauce

One large chicken breast OR tofu if vegetarian

Butternut squash or small sweet potato (diced 1 inch cubes)

Whatever veggies u have in fridge - aim for different colours like something green (asparagus/ broccoli/ kale, something yellow (yellow zucchini/ summer squash), something red - red peppers...and some kind of mushroom - I like shitake although any will do. Aim for a balanced variety, chopping the vegetables in like sizes.

Once you have sautéed the onion and protein (either chicken or tofu) in the oil and curry paste, garlic, ginger and fish sauce, pour in can of coconut milk. Then add in the starches the veggies, then add in others in progressively so that the ones that are wickets to cook (red peppers for example) come last. Aim for the veggies to retain their vibrant colours, then turn off the heat and let it sit for 5 mins, then serve over brown or black rice (the most nutritious) for else rices cauliflower. (See recipe for that)

Top it off with fresh cilantro if you like, and add some roasted cashews or almonds for a satisfying crunch. In our home this serves the two of us for 2 dinners or hearty lunches.