



Cooking and eating for health and vitality

These are a couple of recipes for simple, delicious and nutritious dishes. If you want to let us know your experiences with these recipes, or send in variations of your own, we'd love to hear from you.

Quinoa Bake

Quinoa is a seed from South America. It contains all the essential amino acids, making it a complete protein unlike any other seed or grain - a true 'wonder seed!' It is easily digested, contains no gluten and is alkaline-forming in the body. It also stimulates the qi and has a warming effect on our system.

You can experiment with other fillings to make your own original bakes! And remember to let us know your results - it's great to share a recipe.

Preheat oven 160 c, 300 f, Gas 4
Serves 4

6 tbsp quinoa

wash well in cold water then cover with boiling water and simmer until water absorbed (10-15 min). Remove from heat and leave stand for 10 min (consistency should be soft - softer than if serving quinoa as an accompanying grain).

3 medium parsnips

Press into greased 8" flan dish - bottom and sides and bake in oven - 160 for 30 min - until golden and starting to crisp

2 tbsp olive oil
2 large onions - finely chopped
150g almonds - chopped
or roughly ground

cut into 1cm slices and steam until tender (20 min). Strain and set aside.

1 tbsp rosemary - chopped
2 tbsp parsley - chopped
2 tbsp tamari
2 tbsp rice flour

gently fry (sweat) onions until softened then add rosemary, almonds, rice flour - mix well then

add tamari and enough water to make a succulent consistency. Combine and remove from heat and stir in chopped parsley. Retain a little for garnish.

Assembly :

Make a layer of sliced parsnips on bottom
Press in onion mixture gently on top and then decorate with remaining parsnips.

Cover and bake in oven 140 c for 30 min.

Remove and let stand for 10 min before serving. Garnish with parsley.



Great with Home Made Tomato Sauce and green salad.



Butter Bean and Onion Humous

A highly palatable, creamy and delicate relation to the more common chick pea humous. Butter beans are high in magnesium, so nutritionally they score highly!

Experiment with other additions, such as roasted red peppers, coriander, or even beetroot. Do let us know your results.

1 large onion
1 tbsp olive oil

gently fry onions in olive oil with lid on pan until very soft. Remove from heat and set aside.
When cool - blend until smooth (or the consistency of your choice! - Alternatively, finely chop onion before cooking)

1 tin of butter beans
(strained and rinsed)
1 large tbsp tahini
Juice of half a lemon
1-2 cloves garlic
(finely chopped)

Add all ingredients into a blender and process until smooth consistency.

Add onions and mix till ingredients combined.

Serve with a drizzle of olive oil and a sprinkle of paprika.