

D A N C H U R C H I L L



*Mouthwatering*  
RECIPES

# DAN CHURCHILL

**M**y new awesome friends may this be my first gift to you!!! A cookbook that you can take anywhere. As always it includes my philosophy of color and its relationship with tastiness and healthy nutrients. But always remember flavor is always your number one priority. This book has helped a number of my friends inspire and motivate them into the lifestyle they have always wanted and now I want it to have the same affect on you! As I told you it is FREE, the only thing it will cost you are your enjoyment and new adventures of getting behind the pots and pans. Included in this book you will find:

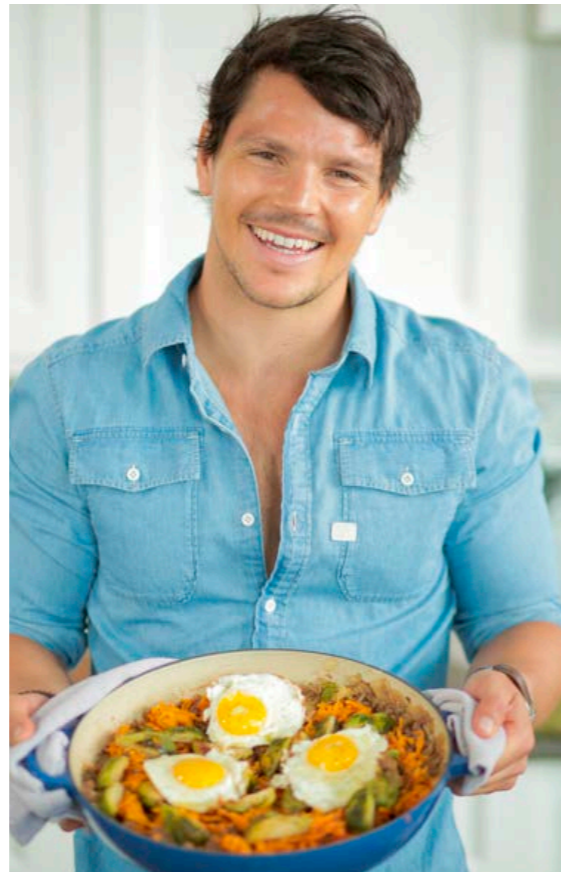
- 21 Sugar Free Recipes
- Easy to follow steps
- Nutritional Macronutrient breakdown
- Time Outline
- Skill Outline
- Cost Outline
- Minimal Ingredients
- Minimal Equipment
- NEW COLOR CODE

## SPECIAL FEATURES

With a nutrient breakdown of all the meals you will know exactly what is going into your body from a protein, fats and carbohydrate perspective. It is amazing once you know what you are actually consuming, how much more control you feel you have for your future. You may only need to look at this table once and then know what you are getting at a restaurant. May this be the first of many new light bulb moments on your healthy lifestyle journey ;)

## COLOR CODE

If you are like me and not a numbers guy then perhaps you will prefer this little snapshot to understand your intake. Simply by referring to the color code on each recipe you can comprehend the awesome nutrients.



Everything is all about staying in harmony, with more color density comes more nutrients and also more flavor.

By referring to this revolutionary key you will never have to do maths at a dinner table again! Whats even better... you will be able to shop with your eyes in the fresh produce section and know without looking at a label the awesome benefits you are about to cook up!

Thank you for clicking through my friends, stay up to date with the newsletter with more books for you to enjoy and exciting updates on what is going on in the world of healthy colorful food

## JUST TO LET YOU KNOW WHATS AHEAD

- Restaurant launch
- 2 New TV shows
- First Product Launch
- An exciting new partnership!

Much love!

xo DC

# THE COLOUR CODE

#COLORALWAYSWINS

## THE LABEL CATEGORIES

- GF** Gluten free
- P** Paleo
- LC** Low carb
- LS** Low/free of sugar
- VV** Vegan
- V** Vegetarian
- HP** High protein

## THE COLOR CATEGORIES

- Red:** apples, red berries, beets, peppers, tomatoes, potatoes
  - Antioxidants (vitamin A, vitamin C); skin, hair, bones, weight loss
- Orange:** oranges, squash, carrots, sweet potato, pumpkin, papaya, mango, nectarine
  - Vitamin A, vitamin C, potassium, lycopene (all great for cancer and heart disease prevention)
- Yellow:** lemon, corn, yellow carrots, pear, apple
  - Vitamin C, heart health, vision, digestion, immunity, skin, bones
- Green:** any kind of lettuce, greens, pesto, avocado, herbs, kiwi, lime, peas, leek, cucumber, celery, beans, endive, artichoke, broccoli
  - Calcium, vitamins B, C, E, K, magnesium, potassium, immunity, bones
- Blue/purple:** fish, blueberries, plum, raisin, olives, eggplant, blackberries
  - Antioxidants, resveratrol, immunity, cancer-fighting
- White:** cauliflower, white asparagus, garlic, onion, mushroom
  - Weight loss, blood pressure reduction, cancer-fighting
- Brown:** mushrooms, parsnips, potatoes, turnips, grains, nuts
  - Diabetes-fighting, heart health boosting, minerals, fiber, complex carbs, brain health
- Pink:** watermelon, berries, fish
  - Antioxidants, lycopene, omega-3s, riboflavin, calcium, bone health, vitamin D



DAN CHUCHILL / *Breakfast*

# STRAWBERRY BIRCHER MUESLI

SERVES	PREP TIME	COOK TIME	COST	SKILL
4	5	N/A	\$4-6	EASY

### INGREDIENTS:

- 2 Cup Oats
- 2 Tbsp Chia seeds
- 1/3 Cup Dessicated/Shredded Coconut
- 1/2 Cup Coconut/Dairy Yoghurt
- 1 Cup Frozen Strawberries
- 1 1/2 Cups Almond Milk
- Toppings
- Honey/Rice Malt Syrup
- Fresh Strawberries
- Walnuts
- Almond Milk

### METHOD:

Combine the oats, chia, coconut, yoghurt and 1 Cup of Almond milk into a mixing bowl and allow to set overnight

Add the remaining almond milk to a blender with the frozen strawberries and blitz until smooth.

To serve spoon the strawberry puree into a jar or bowl and top with bircher. Finish with your favourite toppings.

### HEALTH FACTS:

With the goodness of chia seeds involved this breakfast is packed full of the 20 amino acids you require for your daily protein benefits. It is one of those meals that will definitely keep you fuller for longer especially with its low GI count

### PERFECT FOR:

An antioxidant boost



DAN CHUCHILL / *Breakfast*

# SPICED QUINOA GRANOLA

SERVES	PREP TIME	COOK TIME	COST	SKILL
?	5	22	\$5	EASY

**INGREDIENTS:**

- 2 Cups of White Quinoa
- Pinch of Salt
- 1 tsp Cinnamon
- 1/2 Cup mix nuts
- 1/3 Cup Tahini
- 1/3 Cup Honey
- 1 Egg white

**METHOD:**

Preheat oven to 170 degrees C (340 F.)  
 In a large bowl combine your quinoa, salt, cinnamon and nuts then mix in your tahini, honey and egg white.  
 Evenly distribute on a lined baking tray and bake for 18-22 minutes stirring every 7 minutes or until golden.

**HEALTH FACTS:**

Quinoa is full of all 20 amino acids, and the combination of cinnamon and egg white adds to the metabolic boost and protein for weight loss and repair

**PERFECT FOR:**

Improving heart health

DAN CHUCHILL / *Breakfast*

# COCONUT EGG SCRAMBLE

SERVES	PREP TIME	COOK TIME	COST	SKILL
1	3	5	\$2-4	EASY

### INGREDIENTS:

- 3 Eggs
- 1/3 Cup Coconut Milk
- 2 tsp Olive oil
- Slice of Sourdough Toast
- Pinch of Salt
- Pinch of Pepper
- Pinch of Chilli Flakes

### METHOD:

In a bowl whisk your eggs until a ribbon like consistency is formed when fork or whisk is lifted. Then whisk in your coconut milk

In a medium hot pan add your oil and pour in your eggs. Using a spatula continue to move the eggs around so that it creates layers in the mix. Don't be afraid to tilt the pan to get all the mix in direct contact with the pan

Toast your bread, set aside

Season your eggs with salt, pepper and chill flakes and spoon onto your toast, Serve with avocado, coriander/cilantro and a squeeze of lime or lemon

### PERFECT FOR:

A post-workout refuel





DAN CHUCHILL / *Breakfast*

# HEALTHY GREEN SMOOTHIE BOWL

SERVES	PREP TIME	COOK TIME	COST	SKILL
1	5	N/A	\$2-3	EASY

### INGREDIENTS:

- 1/2 Cup Almond Milk
- 1 Frozen banana, chopped
- 1/2 Cup Spinach
- 1 Tbsp Almond Butter
- Toppings
- Peaches, sliced
- Granola
- Berries

### METHOD:

Combine the oats, chia, coconut, yoghurt and 1 Cup of Almond milk into a mixing bowl and allow to set overnight

Add the remaining almond milk to a blender with the frozen strawberries and blitz until smooth.

To serve spoon the strawberry puree into a jar or bowl and top with bircher. Finish with your favourite toppings.

### HEALTH FACTS:

Spinach is fantastic in that it is high in many micro vitamins such as Zinc & Iron. The former assisting the immune system, the latter looking after carrying oxygen around the body. It also contains flavonoids which are responsible for preventing your bad cholesterol from oxidizing. For this they are a solid antioxidant, protecting your body from creating cancer causing free radicals. Spinach is also a green that helps with leaning your body after a workout. Meaning it assist in weight loss too!

### PERFECT FOR:

A post-workout refuel



DAN CHUCHILL / *Breakfast*

# #GLUTENFREE BREAKY STACK

SERVES	PREP TIME	COOK TIME	COST	SKILL
2	10	7	\$4-6	MED

### INGREDIENTS:

- 1 Sweet Pototo, grated
- 5 Eggs
- Pinch of salt
- 1 Tbsp Olive/Macadamia/Coconut Oil
- 4 Rashes lean bacon
- Handful of Spinach
- Lemon Tahini Mayonnaise Dressing
- 1 Tbsp Whole egg mayonnaise
- 1 Tbsp Tahini
- Juice and Zest of a lemon
- Pinch of salt
- 1 Garlic clove, finely chopped

### METHOD:

Lightly beat and egg and combine it with the sweet potato along with a pinch of salt in a bowl. Using your hands form them into circular patties.

Add oil to a large frypan on high heat and cook sweet potato cakes for 2 mins on each side or until golden brown. Remove and set aside.

Combine all ingredients for dressing in a bowl and set aside, alternatively put them in a jar and shake just before serving.

Add bacon to the pan, you may need a dash of more oil, and cook for 2 mins on each side until golden brown, Finish off with the eggs frying sunny side up if you can, thats my favourite, for 2 minutes

Finish by wilting the spinach in the same pan for 30 seconds.

Place the sweet potato stack down, top with spinach, bacon, egg and a drizzle of lemon tahini mayonnaise dressing

### PERFECT FOR:

A high-protein brunch



DAN CHUCHILL / Lunch

# CAULIFLOWER RICE PILAF

SERVES	PREP TIME	COOK TIME	COST	SKILL
4	10	20	\$10	MED

### INGREDIENTS:

- 1/2 Cauliflower head, cut into florets
- 1 Tbsp Olive oil
- 1 Onion, sliced
- 2 Garlic Cloves, minced
- 1 Tbsp Turmeric
- 2 tsp Cumin
- 2 tsp Coriander, ground
- 1 tsp Chili Powder
- 1/2 Cup Chicken/Veg Stock
- Juice of 1/2 Lemon
- Salt & Pepper

### METHOD:

Pop cauliflower into Vitamix and pulse for 5 seconds or until it resembles the size of rice.

Add oil to a frypan on medium high heat and caramelize the onion for 5-7 minutes, before cooking the garlic for further 2 minutes

Stir cauliflower into the pan and cook until soft and moisture is gone, about 2 minutes my friends.

Fold through the spices along and pour in the stock. Season with salt and pepper and allow to simmer for 10 minutes or until liquid is gone.

You can have it on its own, or serve it with your favourite protein :)... I also like to add a some mint and yoghurt together and dollop on top. Enjoy my friends!

### HEALTH FACTS:

Gluten Free,

### PERFECT FOR:

A gluten-free weeknight meal





DAN CHUCHILL / Lunch

# THE COLORFUL BARLEY BOWL RECIPE THAT'S SO EASY TO MAKE

SERVES	PREP TIME	COOK TIME	COST	SKILL
4	10	30	\$8-12	EASY

## INGREDIENTS:

- 1 Cup of Barley
- 1 Can of Chickpeas
- 1 Cup of mixed Grape tomatoes, sliced
- 1 handful of Basil
- 3/4 Cup
- 3 Kale leaves, stalked removed
- 2/3 Cup Mozzarella sliced
- 3 Tbsp of Cobram Estate Extra Virgin Olive Oil
- Pinch of Salt & Pepper

## METHOD:

In a medium saucepan add the barley and 3 Cups of water. Bring to a boil and then turn heat to simmer to cook for 25-30 minutes. Barley should still hold it shape but be soft under the bite

Drain in a colander and run under cold water, set aside

Combine everything else in a bowl (I used a dutch oven... duh ) and drizzle over olive oil, salt and pepper serve into of 4-6 bowls pending how hungry you and your friends are!

## HEALTH FACTS:

??

## PERFECT FOR:

Workout recovery



DAN CHUCHILL / Lunch

# VEGETARIAN CURRY

SERVES	PREP TIME	COOK TIME	COST	SKILL
2	15	25	\$5-8	MED

## INGREDIENTS:

- Paste
- 1 Tbsp Oil
- 2 Garlic cloves
- 1 Onion, chopped
- 1 lemon grass stalk
- 1 Red Chilli
- Spice mix
- 1 Tbsp Turmeric
- 1 tsp Chilli Powder
- 1 Tbsp cumin
- 2 tsp coriander
- Pinch of Salt
- Pinch of Pepper
- 1 Cup Coconut Milk
- 3/4 Cup Vegetable stock
- 1 Cup Assorted chopped veggies (i did squash, broccoli, mushrooms)
- Juice of half a lemon
- 1 Cup Brown rice

## METHOD:

Put all the paste ingredients into a blender and blitz until its combined

On medium heat stir the paste until most the water has evaporated and its super aromatic (4 minutes)

Add in the spices, stir for 1 minute before pouring in the coconut cream to combine that yellows goodness

Pour in the stock to thin it all out... bring to a simmer and then add in your vegetables... cover with a lid, turn heat to low and allow flavors to get to know each other for 15-20 minutes

Cook rice to packets instructions.

Season sauce with salt, pepper and lemon juice and serve on top of the epic rice yew!

## PERFECT FOR:

Nourishing a crowd



DAN CHUCHILL / *Lunch*

# VEGAN SWEET POTATO JACKETS

SERVES	PREP TIME	COOK TIME	COST	SKILL
4	2	40	\$4	EASY

### INGREDIENTS:

- 4 Medium Sweet Potatoes, spiked with fork
- 1 Onion, sliced
- 2 Tbsp Olive Oil
- 1 Can Tomatoes, Chopped
- 1 Sprig of Rosemary
- Pinch of salt
- Half handful of fresh Basil, sliced
- 1/2 Cup Coconut Yoghurt

### METHOD:

Preheat oven to 180 degrees C. (400 F)

Place Sweet potatoes on a lined baking tray and cook for 30-40 minutes or until soft and juice

For the sauce, caramelize your onion in the olive oil on medium heat for 7-9 minutes or until golden.

Add in your tomatoes and rosemary and stir on high heat for 3-4 minutes or until all the liquid evaporates. Then sprinkle in your salt and fresh basil and stir for a further minute

To serve spoon a portion of the sauce over the jacket, having the strands of caramelized onion falling everywhere, dollop over some yoghurt and sprinkle with extra basil

### PERFECT FOR:

Boosting weight loss

DAN CHUCHILL / *Lunch*

# BEETROOT SEXY SOUP

SERVES	PREP TIME	COOK TIME	COST	SKILL
2	10	60	\$5-7	MED

## INGREDIENTS:

- 3 Medium Beetroots
- 2 Onions
- 2 Kale Leaves
- 500ml Stock (Chicken/Veg)
- Pinch of salt
- Juice of half a Lemon

- To Serve;
- 2 Tbsp Yoghurt (optional)

## METHOD:

Preheat your oven to 180 degrees C.

Wrap the beetroot in foil, line a baking tray and put the beetroot and onions whole on top and into the oven for 30 minutes.

Using a knife, pierce the foil to see if the beetroot is done. If there is no resistance, remove and allow to cool, keep onion cooking for a further 25 minutes or until well caramelised inside skin

Cut beetroot in half making it easier to peel away skin before chopping into smaller chunks and adding to a blender.

Peel away skin of onion and add caramelised flesh to blender along with kale, stock and salt

Blend until smooth then finish with lemon juice to taste and a dollop of yoghurt if your feeling like a bit of extra smoothness

## PERFECT FOR:

Improving athletic endurance





DAN CHUCHILL / *Dinner*

# GLUTEN FREE QUINOA PASTA

SERVES	PREP TIME	COOK TIME	COST	SKILL
2	5	25	\$6-8	EASY

### INGREDIENTS:

- 1 Cup Grape Tomatoes, halved
- 2 Garlic, cloves
- 1 Tbsp Extra Virgin Olive Oil
- Pinch of Salt & Pepper
- Quinoa Spaghetti Pasta
- 1/4 Cup Goats Cheese
- 1/2 Cup Fresh Basil
- 1/2 Cup Fresh Oregano

### METHOD:

Preheat oven to 375 F. or 190 C

Add Tomatoes, garlic, salt, pepper and olive oil to a pan, toss and place in the oven to cook and get jammy for 20-25 minutes

Meanwhile bring a pot of boiling water to a boil, add a pinch of salt and stir in your Gluten Free Quinoa Pasta. You want to cook it for 8 minutes where it is soft on the outside but has some strength to the centre (if you bite it, there should be a little bit stuck in your teeth )

Drain pasta and run under cold water to rid excess starch.

Transfer pasta to roasting stray and stir with basil, oregano and a further drizzle of olive oil. Finish with goats cheese and pepper and serve into bowl. Take a photo... let me know of the simply amazing job you have done and enjoy!

### HEALTH FACTS:

Quinoa contains all 20 amino acids... effectively eating this will help you repair your body and assist in lean muscle growth

### PERFECT FOR:

A healthier alternative.



DAN CHUCHILL / *Dinner*

# DIY POKE BOWL

SERVES	PREP TIME	COOK TIME	COST	SKILL
2	15	N/A	\$5-10	EASY

### INGREDIENTS:

- 1 Cup Brown Rice
- 1 Fillet of Sashimi grade Salmon, Skin and diced
- 2 Tbsp Soy Sauce/Tamari
- 2 tsp Sesame Oil
- 1 Cucumber
- 1 Tbsp Rice Wine Vinegar
- 1 tsp Chili Peppers
- 2 tsp Honey
- 1/2 Cup Sesame Seaweed
- 2 Scallions
- 1 tsp Black Sesame Seeds
- 1/2 Avocado
- 1 Tbsp Sriracha

### METHOD:

In a small saucepan combine rice with 2 cups of water, bring to a boil and turn heat to low. Cook for 12-15 minutes or until light and fluffy.

In a bowl combine the salmon, 1 tsp sesame oil and 1 Tbsp of Soy sauce, set aside

Remove ends of cucumbers, slice in half lengthways and then cut into moon shapes (semi-circles). Slice Scallions on an angle up until the green section and add to the bowl

Add the cucumber to a bowl with the vinegar, chili peppers, honey, remaining sesame and soy sauce. (You can put this in a jar to have for future eats... and the flavor gets better with time!)

Slice avocado 3/4 of the way through and push down to create a fan

To serve place rice in a bowl, top with the cucumber, seaweed, salmon, avocado, back sesame seeds and sriracha.

### HEALTH FACTS:

There is so much color going on in this bowl. Mix and match to your delight. Seaweed is rich in so many antioxidants, the salmon is packed full of omega 3 fatty acids for brain health and weight loss.

### PERFECT FOR:

A fresh high-protein dinner



DAN CHUCHILL / *Dinner*

# SUPER EASY LEAN TURKEY CHILI

SERVES	PREP TIME	COOK TIME	COST	SKILL
5	?	?	\$10-15	EASY

### INGREDIENTS:

- 3 Tbsp Cobram Extra Virgin Olive Oil
- 1 Onion, finely chopped
- 1 Carrot, finely chopped
- 1 Celery, finely chopped
- 3 Garlic cloves, finely chopped
- 1lb Turkey, ground
- 1 Tsp Dried Chili Peppers
- 1 Tbsp Cumin, ground
- 1 Tbsp Coriander, ground
- 1 Tbsp Paprika
- 2 tsp Oregano
- Pinch of Salt & Pepper
- 500ml Chicken Stock
- 1 Can Black Beans
- 1 Can Whole Tomatoes
- 1/3 Cup Apple Cider Vinegar
- 1 Cup Brown long grain rice
- 2 tsp Turmeric, ground
- Bunch of Cilantro

### METHOD:

Add oil to a stock/large pot on medium heat and caramelize your onion, carrot, celery and garlic for 7-9 minutes or until golden brown

Stir in your ground turkey meat allowing to cook out as much moisture as you can until it resembles a golden brown nature too.

To the pot add all your spices (except turmeric) and oregano along with your salt and pepper, give it a stir for a minute before pouring in your black beans, tomatoes, stock and vinegar.

Cover and bring to a boil before turning heat to low and leaving to simmer for 30-40 minutes (you can go longer for even more awesome flavor if you wish- I do 2 hours)

In a medium pot combine your rice with 2 1/2 Cups of water and the turmeric. Cover, bring to a boil and allow to simmer for 15 minutes or until rice is fluffy

Chop up 3 stalks of the cilantro, including both roots and leaves, and stirring into your pot. Season with more salt and pepper and vinegar if need be

Serve chili on turmeric rice with a dollop of yoghurt

### PERFECT FOR:

A healthy hearty dinner



DAN CHUCHILL / *Dessert*

# BEETROOT BROWNIES

SERVES	PREP TIME	COOK TIME	COST	SKILL
12	10	25	\$10	MED

### INGREDIENTS:

- 3 Medium Beets (Beetroot), peeled & Chopped
- 200g Dark Chocolate, chopped
- 1 tsp vanilla Extract
- 3 Tbsp Coconut oil or Butter
- 1/2 Cup Honey
- 3 Eggs
- 2/3 Cup Almond/Coconut/Gluten Free Flour
- 1 tsp Baking Powder
- Pinch of Salt

- For the sauce
- Salted Caramel Sauce

### METHOD:

Preheat your oven to 180 degrees C (350 F). Bring a pot of water to a boil and carefully add the beetroot to cook for 1 minute, drain and remove reserving 1/4 cup of the water.

Transfer the beetroot to a Vitamix or blender along with the chocolate, vanilla extract & oil or butter.

Whisk eggs and honey in a bowl until combined then beat in beetroot mix.

In a medium bowl combine the flour, baking powder and salt before folding into the beautiful red mix. Grease a 23cm x 23cm baking tray (9 inches x 9 inches) and transfer mix.

Carefully tap on the kitchen top to release any air bubbles and bake for 20-25 minutes or until centre no longer wiggles when shaken. Allow to cool before slicing, drizzle with Salted Caramel Sauce

Note: As long as the chocolate can fit inside the heat of the beetroot and the talent of the Vitamix will make it melt. Blitz until smooth

### HEALTH FACTS:

The red nature of this amazing dessert is strong for heart health assisting in the blood at a cellular level. Rich in glutamine it also becomes a win for intestinal immunity and recovery after a workout

### PERFECT FOR:

A date-night dessert





DAN CHURCHILL / *Dessert*

# ALMOND MILK HOT CHOCOLATE

SERVES	PREP TIME	COOK TIME	COST	SKILL
2	N/A	10	\$3-5	EASY

### INGREDIENTS:

- 2 1/2 Cups Almond Milk
- 2 Tbsp Cacao
- 2 tsp Cinnamon
- 1 1/2 Tbsp Honey/Agave

### METHOD:

Cacao is bursting with antioxidant compounds. These guys are around to prevent free radicals from developing into cancer cells. Considering Cacao is the foundation for chocolate, this can only mean good things right? Well it just means if used the right way the flavors of chocolate can be doing a lot more good than the manufactured high in sugar products

### HEALTH FACTS:

Cacao is bursting with antioxidant compounds. These guys are around to prevent free radicals from developing into cancer cells. Considering Cacao is the foundation for chocolate, this can only mean good things right? Well it just means if used the right way the flavors of chocolate can be doing a lot more good than the manufactured high in sugar products

### PERFECT FOR:

Boosting brain power



DAN CHUCHILL / *Dessert*

# APPLE CINNAMON SKILLET CAKE

SERVES	PREP TIME	COOK TIME	COST	SKILL
12	5 MINS	30 MINS	\$7-9	MED

### INGREDIENTS:

- 1/3 Cup Unsalted Butter (room temp.), + 1 Tbsp for Greasing
- 1/2 Cup Coconut Sugar
- 1 Egg
- 1 Cup Gluten Free Flour
- 1 tsp Baking Powder
- Pinch of Salt
- 1 tsp Cinnamon
- 1 Apple, cored and sliced into wedges
- 1/3 Cup Honey

### METHOD:

Preheat oven to 400 degrees F. (205 C.)  
 Grease a skillet pan with the 1 Tbsp of butter  
 In a bowl beat your sugar and butter together until it resembles a creamy texture  
 Whisk in the egg and mix until combined.  
 In a separate bowl fold your flour, baking powder, cinnamon and salt together and then mix in the wet ingredients  
 Heat Skillet pan on high heat pour in the batter, create a circular pattern with the sliced apples and drizzle over the honey, and extra cinnamon before baking in the oven for 20-25 minutes... Serve with Vanilla Ice cream or Natural Yoghurt.

### PERFECT FOR:

Boosting blood flow



DAN CHUCHILL / *Dessert*

# HEALTHY WHIPPED RICOTTA GLUTEN FREE

SERVES	PREP TIME	COOK TIME	COST	SKILL
4	5 MINS	25 MINS	\$4-8	MED

### INGREDIENTS:

- 2 Peaches, halved and seeds removed
- 1/3 Cup Honey
- 1 1/2 Cups or Whole Milk Ricotta
- Juice & Zest of 1/2 a Lemon
- 1 Tbsp Olive Oil
- 2 tsp Paprika
- 1/2 tsp Cayenne
- Pinch of salt
- 1/4 Cup of Pecans, crushed

### METHOD:

Preheat oven to 200 degrees C (390 F.)  
 Using a brush paint each half of the peach on the cut side with honey. Place on a lined baking sheet and bake for 20-25 minutes or until juicy. Set aside  
 In a Vitamix or blender add your lemon juice & zest along with 2 tsp of honey and blitz until smooth  
 Add oil to a frypan on medium high heat and fry peaches cut side down for 1-2 minutes or until golden. Mix remaining honey in a bowl with the cayenne and paprika.  
 To serve place a portion of the whipped ricotta in a bowl or plate, top with a peach, drizzle over honey and finish with a pinch of salt and pecans

### HEALTH FACTS:

Peaches are a rich source of vitamins A, E & C... all helping in healthy skin growth and care. They are rich source of antioxidants and in China their symbol is referred to as longevity (now thats not something you hear every day)

### PERFECT FOR:

Bone + joint health

DAN CHUCHILL / *Dessert*

# VEGAN COCONUT ICE CREAM

SERVES	PREP TIME	COOK TIME	COST	SKILL
3	5 MINS	1 MIN	\$5	EASY

### INGREDIENTS:

- 1/3 Cup Coconut Cream
- 1/2 Cup Shredded Coconut, Toasted
- 3 Frozen Bananas, chopped
- 2 Tbsp Almond Butter

### METHOD:

Pour in the gorgeous coconut cream into a Vitamix or blender and then finish with the rest of the ingredients. This will help the blade puree engulf all the tastiness... Blend until smooth

Pour into a container and pop in the freezer for a minimum of 20 minutes before serving

Top with extra toasted coconut

### PERFECT FOR:

A guilt-free dessert





DAN CHUCHILL / Snacks

# GLUTEN FREE YOGHURT FRUIT BARK

SERVES	PREP TIME	COOK TIME	COST	SKILL
5	5 MINS	N/A	\$5-7	EASY

### INGREDIENTS:

- 2 Cups Natural Yoghurt
- 1 Cup Favorite Berries
- 1/3 Cup Almonds, sliced

### METHOD:

Line a baking sheet with plastic wrap and spread the yoghurt to a thin 1/3 to 1/2 inch thickness (1-1.5cm)

Pop in your favorite berries and sprinkle over the nuts, then place in the freezer to set for 1 hour

Make your coco Choc sauce and drizzle over the top, place back in the freezer for a further 15 minutes or until set

Slice up the Bark and keep in the freezer until you want to devour

### HEALTH FACTS:

Yoghurt no doubt has high levels of calcium, great for our bones and lesser known the contraction of our muscles. Yoghurt is also great for our gut as it has large amounts of probiotics. These are important for our the digestion and cleaning of our stomach, think of them as super moms!

### PERFECT FOR:

An energy boost



DAN CHUCHILL / Snacks

# CASHEW NUT BUTTER

SERVES	PREP TIME	COOK TIME	COST	SKILL
4	N/A	N/A	\$4	EASY

### INGREDIENTS:

250g Roasted Cashews

### METHOD:

Pop the cashews into a blender and blitz for 6-8 minutes. Be sure to stop and loosen up the edges every couple of minutes to ensure all the nuts get mixed evenly.

Store in the fridge for lasting use

I love to separate the butter into different flavours. Once finished I store the raw butter in a container before adding cacao and cinnamon. Combined with the richness of the cashews the cacao produces a flavour similar to chocolate... winning!!!

### PERFECT FOR:

An antioxidant boost



DAN CHUCHILL / Snacks

# GOLDEN GOODNESS (RESCUE REMEDY)

SERVES	PREP TIME	COOK TIME	COST	SKILL
2	3 MINS	45 MINS	\$5	EASY

### INGREDIENTS:

- 1/2 Cup Dates, pitted and chopped
- 2 Cups Coconut milk
- 2 tsp Turmeric, ground
- 2 tsp Ginger, grated

### METHOD:

Pour Coconut milk into a small saucepan on low heat and bring to a simmer... whisk in the turmeric, ginger and dates... cover and allow to infuse for 40 minutes (the longer the more awesomeness that is created)

Strain solids and pour your epic rescue remedy goodness into a cup and wrap your arms around some healing goodness ?

### PERFECT FOR:

Reducing inflammation

# DAN CHURCHILL

INTERNATIONAL CHEF | BEST SELLING AUTHOR | TV HOST  
RESTAURATEUR | BRAND AMBASSADOR