

MENOPAUSE MASTERCHEF

COCONUT AND BANANA SMOOTHIE

Servings: 1

Prep time: 10 Mins

INGREDIENTS

150ml Coconut
Milk or yogurt
1x Banana
1/4 Avocado
6x Dates
1x Tbsp of Honey
to sweeten
1x Tbsp Flaxseed

This recipe is rich in probiotics and fibre which help to balance hormone levels and improve gut health

DIRECTIONS

1. Chop the banana and avocado and place it in a blender
2. Add coconut milk or yogurt and blend until smooth
3. Chop the dates and add them to the mix with the honey and flaxseed
4. Add ice and blend if you want a colder option



CARROT AND BEETROOT SMOOTHIE

Servings: 1

Prep time: 10 Mins

INGREDIENTS

1.5 cups of water
1.5 cups of chopped carrot
1/2 a cup of peeled beetroot
Handful of raw nuts
1x tbsp flaxseed
1x tbsp chopped ginger
1 tbsp honey

This recipe helps to balance oestrogen and boost progesterone.

DIRECTIONS

1. Peel the beetroot, then chop the beetroot and the carrot
2. Add the carrots, beetroot, nuts, flaxseed, ginger, honey and water to the blender and blend until smooth
3. Add ice and blend if you want a colder option





GREEN VITALITY SMOOTHIE

Servings: 1

Prep time: 10 Mins

INGREDIENTS

150ml Coconut
milk or yogurt
1x Banana
1/3 Avocado
1x Pear
2 handfuls of
Spinach
1x tbsp of Honey
1 tbsp of
Flaxseed

This recipe helps to
balance sugar and
oestrogen as well as
detoxifying the liver

DIRECTIONS

1. Chop the banana and avocado and place in blender
2. Add coconut milk and blend until smooth
3. Chop the pear into small chunks and add the pear, spinach, honey and flaxseed
4. Blend until smooth
5. Add ice and blend if you want a colder option





EVERYDAY NOURISH BOWL

Servings: 1

Prep time: 10 Mins

Cooking Time: 5 mins

INGREDIENTS

Base: Rice, quinoa or buckwheat

Protein: Eggs, Chicken, Lamb, Beef, Prawns or Mushrooms

Fats: Half an avocado or a handful of nuts

Vegetables: Carrot, radish, butternut squash, sweet potato, courgette, broccoli or tomatoes

Top: Seeds, beans and a healthy dressing of your choice

DIRECTIONS

1. Warm/cook base and place in bowl
2. Cook proteins and layer on top
3. Cook vegetables and layer on top
4. Top with seeds, beans and healthy dressing of your choice

This recipe helps to balance oestrogen, detox the liver and boost your energy levels





EVERYDAY SALAD BOWL

Servings: 1

Prep time: 20 Mins

Cooking Time: 10 mins

INGREDIENTS

Bowl of lettuce
Handful of shredded
veggies choose between
carrots, beets and
radishes
Cauliflower
Sweet Potato
1 portion of protein,
choose between eggs,
chicken, lamb, beef,
prawns, mushrooms
1 portion of fats, choose
between half an
avocado or handful of
nuts
Seeds
Coconut flakes
Pumpkin seeds
Basil
Garlic
Cider vinegar
Dressing

DIRECTIONS

1. Warm olive oil in a large pan over medium heat, add onion and until it's translucent
2. Add garlic and cook for a further 2 minutes
3. Add chopped cauliflower, sweet potato, water, cider vinegar, coconut flakes, salt
4. Cover and bring to boil. Reduce the heat and then simmer for 20 mins or until veggies are soft
5. Turn off heat and let the soup cool. Add the basil when cooked
6. Puree in a blender in batches until smooth and creamy
7. Pour into individual bowls and sprinkle with pumpkin seeds

This recipe helps to balance oestrogen, detox the liver and boost your energy levels



CAULIFLOWER AND SWEET POTATO SOUP

Servings: 4-6 Prep time: 30 Mins Cooking Time: 20 mins

INGREDIENTS

1x Tbsp olive oil
3x cups of water
1x onion
2x cloves of garlic
1x medium sweet potato
1x head of cauliflower
1x tbsp apple cider vinegar
Handful of coconut flakes
1.5 tsp salt
Handful of fresh basil leaves
Pumpkin seeds

This recipe helps to balance oestrogen, detox the liver and boost your energy levels

DIRECTIONS

1. Warm olive oil in a large pan over medium heat and add onion.
2. Cook until onion is translucent
3. Add garlic and cook for a further 2 minutes
4. Add chopped cauliflower, sweet potato, water, cider vinegar, coconut flakes and salt
5. Cover and bring to the boil. Reduce the heat and then simmer for 20 minutes or until veggies are soft
6. Turn off heat and let the soup cool. Add the basil when cooled
7. Puree in a blender in batches until smooth and creamy
8. Pour into individual serving bowls and sprinkle with pumpkin seeds



SQUASH, APPLE AND TURMERIC SOUP

Servings: 6

Prep time: 15 Mins

Cooking Time: 30 mins

INGREDIENTS

2x Tbsp olive oil
4x cups of water
1x onion
2x cloves of garlic
1x medium butternut squash
2x granny smith apples
Grated peel of a lemon
2x tbsp lemon juice
1.5 tbsp of ginger
1 tbsp of salt
0.5 cups of coconut butter
1.5 tsp turmeric powder
Pumpkin seeds

This recipe helps with gut healing and reducing inflammation

DIRECTIONS

1. Warm olive oil in a large pan over medium heat and add onion and garlic
2. Cook until golden brown
3. Add chopped butternut squash, apples, grated lemon peel, grated ginger, salt and 4 cups of water. Cover and bring to boil
4. Remove from the heat and stir in the coconut butter and lemon juice. Leave to cool for 10 mins. Add the turmeric and pepper
5. Puree in a blender in batches until smooth and creamy
6. Pour into individual serving bowls and sprinkle with pumpkin seeds



SESAME AND SUNFLOWER SEED BUTTER

INGREDIENTS

1 1/3 cups ground
white sesame
seeds.
1 1/3 cups
sunflower seeds
1 tablespoon vanilla
paste
1 tablespoon
ground cinnamon
Pinch of sea salt
½ cup melted
coconut oil
2 tablespoon maple
syrup

DIRECTIONS

1. Pulse the seeds in the food processor until crumbly.
2. Add the spices and salt.
3. With the food processor running, slowly drizzle in the coconut oil and the maple syrup, scraping down the sides as needed.
4. Blend until the butter reaches a smooth consistency. If the mixture is crumbly, add 2 tablespoon melted coconut oil at a time until the batter is smooth.
5. The butters keep well at room temperature for up to 2 weeks.



CARDAMOM AND CLOVE ALMOND BUTTER

INGREDIENTS

3 cups sprouted
Almonds

$\frac{1}{2}$ tbsp ground
cardamom

$\frac{1}{2}$ tbsp vanilla paste

1 tsp sea salt

$\frac{3}{4}$ cup avocado oil

1 tbsp maple syrup

Research indicates that sprouting certain grains and legumes can boost their antioxidants, amino acids and B vitamins.

DIRECTIONS

1. Pulse the nuts in the food processor until crumbly.
2. Add the spices and salt.
3. With the food processor running, slowly drizzle in the oil and the maple syrup, scraping down the sides as necessary.
4. Blend for 10 minutes until the butter reaches the desired consistency.
5. Keeps well in the refrigerator for up to 6 months.



CHOCOLATE RECOVERY SHAKE

INGREDIENTS

235 ml coconut
milk

1 tbsp low-carb
sweetener

2 tbsp
unsweetened cocoa
or cacao powder

2 tablespoon
almond butter

$\frac{1}{2}$ teaspoon
coconut flour

$\frac{1}{2}$ cup ice.

DIRECTIONS

1. Put all ingredients
in a blender
2. Blend until smooth

