



# veggie superpowers

eat right and feel amazing



## Super summer food



### Course aims:

- ✓ To recognise seasonal ingredients and why they should be used
- ✓ To gain confidence in preparing quick- and easy-to-create healthy, tasty meals
- ✓ To describe the importance of eating a varied diet
- ✓ To identify methods of choosing healthier options



### Contents:

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## Introduction

Summertime is such a wonderful season for delicious food. Summer invokes images of picnics, barbeques, outdoor parties, huge fresh salads, ice cold drinks and lots of glorious seasonal fruit and vegetables tasting their best. I hope this course inspires you to try something new and have a few dishes up your sleeve, both for cooking to impress and to give you quick and easy go-to meals so that you can always pick the tasty, healthy options.

## What's in season?

Eating in season is always something you should aim for:

- It can save you **money** (fruit and vegetables can be sold more cheaply when they are more available).
- Foods in season **taste better** – they can be picked when ripe and the most full of flavour.
- It has **health** benefits. Fruit and vegetables begin to decrease in nutrition as soon as they're picked. If foods have to be picked then shipped around the world, they will have lost more nutrients before they reach you. Foods that have spent longer in the sun will have higher levels of antioxidants.
- It's good for the **environment** as food doesn't have to be shipped from the other side of the world when it's in season in the UK.
- It encourages you to eat **variety** and to be **creative** if you always make the effort to eat whatever is in season at the time. In turn you'll get a wider range of nutrients and have more interesting healthy food to eat so you don't get bored of your kitchen and turn to takeaway, ready-meals or eating out too often.




















### In season in summer (June to August)

| Fruits       |  | Vegetables               |  |  |
|--------------|--|--------------------------|--|--|
| Apricots     |  | Aubergine                |  |  |
| Blackberries |  | Basil                    |  |  |
| Blueberries  |  | Beetroot                 |  |  |
| Cherries     |  | Broad Beans              |  |  |
| Currants     |  | Broccoli                 |  |  |
| Elderflowers |  | Carrots                  |  |  |
| Gooseberries |  | Chives                   |  |  |
| Kiwi         |  | Coriander                |  |  |
| Loganberries |  | Courgettes               |  |  |
| Peaches      |  | Cucumber                 |  |  |
| Plums        |  | Fennel                   |  |  |
| Raspberries  |  | Fresh Peas               |  |  |
| Strawberries |  | Garlic                   |  |  |
|              |  | Green Beans              |  |  |
|              |  | Lettuce and Salad Leaves |  |  |
|              |  | Mangetout                |  |  |
|              |  | New potatoes             |  |  |
|              |  | Pak choi                 |  |  |
|              |  | Parsley                  |  |  |
|              |  | Radishes                 |  |  |
|              |  | Rocket                   |  |  |
|              |  | Runner Beans             |  |  |
|              |  | Salad Onions             |  |  |
|              |  | Spinach                  |  |  |
|              |  | Summer cauliflower       |  |  |
|              |  | Tomatoes                 |  |  |
|              |  | Watercress               |  |  |



## Sample meal plan: Super summer food

 = recipe included in recipe pack     = recipe available online at [veggiesuperpowers.com](http://veggiesuperpowers.com)

|           | Day 1  | Day 2   | Day 3   | Day 4  | Day 5  |
|-----------|--|---|---|--|--|
| Breakfast | As you like it muesli<br>   | Fill me up till lunch green smoothie<br> | The healthy fry-up<br>   | Buckwheat strawberry pancakes<br> | Summer smoothie sundae<br>                                |
| Snack     | Lemon cashew balls<br>  | Houmous with veg sticks (Leftover)  | Frozen banana chocolate lollies<br>                                | Raw broccoli florets or tenderstem broccoli with tahini  | Superfood chocolate bark<br>                              |
| Lunch     | Roasted cauliflower, lentil and pomegranate warm salad + tahini harissa dressing<br>  | Rice wraps with dipping sauce (leftovers)   | Feast of a salad with courgette noodles<br>                      | Burgers with salad (leftovers)   | Falafel in wraps or with salad (leftovers)   |
| Snack     | Sundried tomato houmous with veg sticks and oat cakes<br>   | Raspberries & sunflower seeds with coconut yogurt   | Trail mix (almonds, brazil nuts, pumpkin & sunflower seeds, chopped apricots, dark chocolate (optional) etc)  | Sliced apple with almond butter/handful of almonds   | Roasted chickpeas<br>                                   |
| Dinner    | Vietnamese style rice wraps with tangy cashew cucumber and mint dipping sauce<br>   | Raw veggie pad thai<br>                | Sweet potato and quinoa burgers with salad or steamed greens<br> | Falafel wraps<br>               | Marinated vegetable skewers with almond satay sauce<br> |
| Notes     | Make extra rice wrap rolls to have leftovers for lunch on day 2.<br>Make extra courgette noodles for the salad at lunch on day 3.<br>Leftover burgers will form dinner for day 4.<br>Leftover falafel will form lunch for day 5. |   |   |  |  |





# Recipes

## Buckwheat strawberry pancakes

### INGREDIENTS | makes 10-12 8cm pancakes

1 cup hemp milk\*  
1/2 cup brown rice flour  
1/2 cup buckwheat flour  
1 tbsp ground flaxseed  
1/4 cup cashews  
2 tbsp maple syrup (optional)  
2 tsp baking powder  
pinch salt (optional)  
8 average sized strawberries + 10 roughly chopped and reserved  
2 tbsp coconut oil for frying

#### Hemp milk\*

2 tbsp hulled hemp seeds  
1 cup filtered water  
1/2 tsp vanilla

Simply blend and it's ready to use.

#### Berry compote:

1/2 cup summer berries eg blackberries, loganberries, raspberries  
1/2 tbsp water  
1/2 tsp arrowroot

### METHOD

1. Place the hulled hemp seeds, water and vanilla in the blender and blend to form the hemp milk.
2. Add all the remaining pancake ingredients, except the chopped strawberries, into the blender and blend until smooth. Stir in the chopped strawberries.
3. Melt a little coconut oil in a frying pan over a medium heat.
4. Pour about 1/4 cup batter into the pan for each pancake. Cook for 2-3 minutes, until soft bubbles form on top, then flip and cook for another 1-2 minutes until lightly browned.
5. While the pancakes are cooking, combine the berries, water and arrowroot in a small pot over a low heat. Use a fork to gently break down the berries so that they open to release their juices. Heat until warm and the desired thickness.
6. Serve the pancakes with the berry compote spooned over the top. Drizzle over some extra maple syrup if you like it a bit sweeter.





## Summer smoothie sundae

### INGREDIENTS | serves 1-2

#### For the kiwi sorbet:

1 kiwi, chopped and frozen overnight  
1-2 tsp water

#### For the smoothie:

1/2 ripe mango (fresh or frozen)  
6 strawberries, hulled  
1/2 cup raspberries  
1/2 avocado  
Juice of 1/2 lime  
2 tbsp coconut yogurt  
1 tbsp hulled hemp seeds  
1 tsp coconut oil  
1 medjool date (optional – if you like things a bit sweeter)  
Handful fresh mint leaves (optional)  
Handful spinach (optional)

#### To top:

Bee pollen (optional)

This recipe needs a bit of prep the night before – don't forget to freeze your kiwi!



### METHOD

1. Have your smoothie ingredients to hand.
2. Add the frozen kiwi to the blender (a mini food processor may be better for this if you have one) and blend until it forms a smooth icy mixture. If it doesn't form a smooth consistency, add water 1 tsp at a time until it comes together. Scrape down the sides to help. Remove from the blender and place in a bowl to set aside.
3. Add all the smoothie ingredients to the blender and blend until smooth. Add a dash of water if it's too thick.
4. Place the smoothie mix in your chosen glass then carefully top with the kiwi sorbet.
5. Garnish with bee pollen, if using, and a raspberry, strawberry and sprig of mint to prettify if you like.
6. Enjoy with a spoon or, if you'd like to water it down to a thinner consistency, then you can slurp it up with a thick straw.



## Vietnamese style rice wraps with tangy cashew cucumber and mint dipping sauce

### INGREDIENTS | serves 2+

#### Wraps:

12 sheets rice paper circles  
1 cup mangetout  
1 cup baby sweetcorn, halved lengthways  
1 red pepper, sliced lengthways  
1 cup beansprouts  
2 baby pak choi  
2 carrots julienned or finely sliced  
2 organic eggs, whisked and cooked in sesame oil as an omelette  
handful fresh coriander  
1 inch fresh ginger finely chopped  
2-3 tbsp tamari soy sauce

#### Dipping sauce:

3/4 cup cashews, soaked for 2-4 hours  
1/2 cup cucumber, roughly chopped  
1 tbsp apple cider vinegar  
2 tbsp cup extra virgin olive oil  
juice 1/2 lemon (1 tbsp)  
1 tbsp maple syrup  
1/2 tbsp onion powder  
1 tsp sea salt  
1 garlic clove, peeled  
1/4 cup fresh mint leaves  
1/4 cup fresh parsley leaves



### METHOD

1. Place all the dip ingredients in a blender and blend until smooth. Refrigerate until required.
2. Dip a piece of rice paper in warm water to soften and lay out on a flat surface.
3. Arrange all the wrap ingredients in the centre of the circle. Don't over-fill or it will be hard to roll and may tear. Add a few drops of tamari at the end but not too much or it will be over-salty.
4. Roll the wrap up, leaving the long edges open.
5. Soak a second piece of rice paper and lay on a flat surface. Place the roll along the centre of the new piece of rice paper, fold the end edges in first then roll up.
6. Serve the rolls along with the dipping sauce.





## Roasted cauliflower, lentil and pomegranate warm salad with tahini harissa dressing

**INGREDIENTS** | Serves 2 for a main meal or 4 as a side

1 small head cauliflower cut into florets and sliced (about 400g)  
1/2 tbsp rapeseed oil  
1/2 pack rocket  
Handful pomegranate seeds  
1/4 cup parsley roughly chopped  
1/2 pack puy lentils  
Salt and pepper

### Dressing:

2 tbsp tahini  
2 tbsp water  
1/2 lime  
1 tbsp natural yogurt (I like sheep's or coconut)  
1/2 tsp harissa paste  
Pinch sea salt



### METHOD

1. Pre-heat the oven to 180°C. Place the cauliflower in a roasting tin and drizzle with the rapeseed oil and some salt and pepper. Roast for about 20 minutes or until nicely browned but be careful not to burn it. Toss after 10 minutes.
2. While the cauliflower cooks, assemble the remaining salad ingredients in bowls. Place all the dressing ingredients in a bowl and mix well or blend in a small food processor.
3. When the cauliflower is ready, top the salad and drizzle over the dressing.







## Raw veggie pad thai

### INGREDIENTS | serves 2

1 large courgette  
2 medium carrots  
4 spring onions  
1 cup bean sprouts  
1/4 cup sunflower seeds  
2 tbsp black sesame seeds (or white if you don't have black)  
Handful fresh coriander, chopped  
2 large handfuls rocket or watercress



#### Sauce:

1 baby avocado or half a larger one  
2 tbsp almond butter  
2-3 tsp grated ginger  
1 garlic clove minced  
Juice of a lime, about 2 tbsp  
1 tbsp tamari sauce  
1 tbsp runny honey  
Pinch cayenne  
About 3 tbsp water to thin

### METHOD

1. Toast the sunflower seeds in a large dry pan on a medium-high heat for a few minutes until lightly toasted, tossing often.
2. Place all the sauce ingredients in a small food processor and blend until smooth.
3. Spiralise the carrots and courgette. Place in a large bowl with the spring onions and bean sprouts. Add the sunflower seeds, sesame seeds and coriander - reserve a bit of each of these for topping each dish.
4. Add the sauce to the bowl and mix well to coat.
5. Divide rocket/watercress into 2 bowls and top with the noodle mix and then the reserved seeds and coriander.







## Falafel wraps

### INGREDIENTS | serves 4

240g dried chickpeas, soaked overnight in plenty of water  
2 tbsp tahini  
1 large garlic clove, crushed,  
1 inch fresh ginger, grated  
1 tsp ground cumin  
1 tsp ground coriander  
1 tbsp extra virgin olive oil  
handful coriander, roughly chopped  
1/2 chilli, finely chopped (optional)  
5 tbsp sesame seeds  
sea salt and freshly ground black pepper

This recipe needs a bit of prep the night before – don't forget to soak your chickpeas!



#### **Tahini dressing:**

5 tbsp tahini  
5 tbsp water  
Juice of a lime  
Sea salt and cayenne pepper, to taste

Add tahini to a small bowl, add the water and stir in thoroughly. Add the lime juice and seasoning. Stir well then taste for seasoning and adjust as necessary. Can also be made in a small food processor.

4 wraps or pitta breads of choice  
2 ripe avocados, sliced and de-stoned  
2 tomatoes, sliced  
salad leaves of choice

### METHOD

1. Pre-heat the oven to 180°C.
2. Drain the chickpeas and rinse well then drain thoroughly.
3. Place chickpeas, tahini, garlic, ginger, cumin, ground coriander and oil in a food processor and whizz until smooth. Stir in the fresh coriander and chilli if using.
4. Form the mixture into about 16 small patties, flattening gently on either side with your palms. Roll lightly in the sesame seeds and press the seeds into them. Place on a baking sheet lined with parchment paper.
5. Bake for 10 minutes then turn the patties over and bake for another 10 minutes until they are lightly golden.
6. Assemble the wraps, adding salad leaves, avocado, tomato and drizzling over the tahini dressing.



## Raw mini Bakewell tarts

### INGREDIENTS | Makes 10

#### **Crust:**

1 cup dates  
1/2 cup almonds  
1/2 cup pecans  
1/4 cup organic desiccated coconut  
1 tbsp coconut oil + extra for greasing  
2 tsp honey or maple syrup

#### **Filling:**

1 cup cashews  
1/4 cup + 2 tbsp almond milk  
1/4 cup maple syrup  
1/4 cup coconut oil, softened  
1/2 tsp vanilla extract  
1/2 tsp almond extract, or more to taste

#### **Jam:**

1/3 cup raspberries (fresh, or frozen and thawed) + 5 reserved for garnish  
1 tbsp chia seeds  
1 tsp maple syrup



### METHOD

1. Grease the moulds of a cupcake tin with a little coconut oil.
2. Add all the crust ingredients to a food processor and whizz until a fine crumb is formed that holds together when squeezed.
3. Press the crust mix into the cupcake tin moulds, pushing up around the sides. Try to make it quite thin but not so thin it risks breaking (about 3-4 mm). Place in the freezer for at least 30 minutes.
4. Meanwhile, make the jam by blending the raspberries, chia seeds and maple syrup in a small food processor until smooth. Refrigerate.
5. Add all the filling ingredients to a blender and blend until smooth.
6. After 30+ minutes of freezing the crusts, place a tsp of jam in the bottom of each tart then spoon the filling in and top with half a raspberry. Return to the freezer for at least 1-2 hours. Store in the freezer. Remove from freezer 10 minutes before you want to eat them so they're not too hard.



## Frozen banana chocolate lollies

### INGREDIENTS | serves 2-4

1 ripe banana  
1 tbsp cacao butter  
2 tbsp cacao powder  
1 tbsp coconut oil  
1 tsp honey  
1 tbsp hazelnuts, chopped  
sea salt (optional)  
Short lolly sticks



### METHOD

1. Cut the banana into 4 pieces. Push a lolly stick into the bottom of each piece. Place in the freezer on a baking sheet for at least 3 hours.
2. Place the cacao butter, cacao powder, coconut oil and honey into a heat-proof bowl sitting over a pan of water over a low heat (but so the bowl is not touching the water – a “double boiler”). Stir until all the ingredients have melted.
3. While it is melting, gently roast the chopped hazelnuts in a dry frying pan – watch them and toss regularly as they will catch quickly. You just want them to be lightly toasted.
4. Take out the banana pieces and pour the chocolate mixture all over them.
5. Sprinkle over the chopped nuts and a little sea salt if you are using it. The chocolate mixture will set quickly so you need to be quick to add the nuts.
6. Enjoy straight away or store in the freezer. If you freeze them, you may need to get them out 10 minutes or so before you eat them so you can get your teeth properly into the banana!





## Bonus recipes

### Lemon cashew balls

*Taken from: 'Cook Happy, Cook Healthy', by Fearne Cotton, June 2016.*

#### INGREDIENTS | Makes 18-20 balls

100g raw unsalted cashew nuts  
6 Medjool or 10 regular dates, pitted  
grated zest of 1 unwaxed lemon  
2 tbsp desiccated coconut  
1 tbsp coconut oil, melted  
1 tbsp chia seeds  
small pinch sea salt



#### METHOD

Place all ingredients in the bowl of a food processor and blitz for 1 minute, or until the mixture sticks together when you press it between your fingers.

Shape the mixture into 18-20 balls (roughly 1 heaped teaspoon for each). Store in an airtight container in the fridge or freezer.



## Muesli as you like it

### INGREDIENTS | 10 servings

4 cups oats  
1/2 cup almonds or flaked almonds  
1/2 cup macadamia  
1/4 cup brazil nuts, chopped  
1/2 cup sunflower seeds  
1/2 cup pumpkin seeds  
1/4 cup sesame seeds  
1/2 cup dried apricots, chopped (organic/sulphite free – sulphites are a common allergen)  
1/2 cup dried unsweetened cranberries

#### To serve:

unsweetened non-dairy milk (see recipes for instant hemp seed milk above, for example)  
1/2 cup blueberries (fresh, or frozen and defrosted)

Optional:

1-2 tbsp chia seeds (see below)

### METHOD

Combine all ingredients in a large storage container and mix well.

Like the trail mix recipe above, the ingredients you use for your muesli 'as you like it' mix are up to you, so experiment or pick out your own personal favourites. Just be mindful of the balance of carbohydrates (eg in high GI dried fruit) to protein and fat (eg in the nuts and seeds). Enjoy with fresh non-dairy milk.

If you have any difficulty with digestion generally, make this up the night before to soak in the fridge overnight and this will help to improve the digestibility. Even better, add 1-2 tbsp chia seeds and stir in well. Chia seeds have a coating that absorbs water and creates a wonderful 'mucilaginous' texture that is wonderful for soothing the digestive tract. *Plus* they are high in fibre, a good protein source and contain omega-3 oils. Give them a go!



<http://authoritynutrition.com/11-proven-health-benefits-of-chia-seeds/>



## The healthy fry-up

**INGREDIENTS** | serves 1 (increase portion sizes for more)

1/2 red onion  
1-2 large tomatoes  
1 tbsp olive oil + a little extra  
pinch sea salt, black pepper  
1/2 cup mushrooms  
1/2 tin organic, naturally sweetened baked beans  
1/2 avocado, sliced  
1-2 eggs  
1/2 tbsp white wine vinegar  
1 piece seedy flatbread, lightly grilled if you wish

Try making your own!  
Ask me for a super  
easy recipe.



## METHOD

1. Pre-heat the oven to 180°C.
2. Cut the onion into wedges and the tomatoes in half and place in a small roasting tray.
3. Drizzle with the olive oil and sprinkle on the sea salt and black pepper and place in the oven for about 20 minutes or until everything is softened nicely. Check regularly and stir the onion once or twice.
4. Meanwhile, slice the mushrooms and place in a frying pan with a little olive oil and/or a splash of water and sauté for 10 minutes, tossing often, or until all the liquid has evaporated and the mushrooms are softened.
5. Meanwhile, gently heat the baked beans in a small saucepan.
6. Slice the avocado.
7. Bring a pan of water to the boil. Add the vinegar. Swirl the water then quickly drop the eggs into the whirlpool. Turn down the heat and cook for a couple of minutes then remove with a slotted spoon and place on some kitchen towel.
8. Assemble all the components on a pre-warmed plate and lap it up.





## Notes



## Notes