

Taste Health Kitchen

A woman with brown hair tied back, wearing a black chef's uniform, is cooking on a gas stove. She is using tongs to handle a piece of food in a black frying pan. The kitchen is modern with white cabinetry and a large window that looks out onto a lush green garden. The text 'Taste Health Kitchen' is overlaid at the top, 'Recipes by Maggie Lynch' is overlaid on the right side, and 'Irish Institute of Nutrition & Health' is overlaid at the bottom.

Recipes by
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Welcome to the Taste Health Kitchen

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This latest sample of our favourite Taste Health dishes is designed to entice you into our world of delicious, nutritious whole foods. It's a small collection of tasty yet practical recipes for people keen to explore and enjoy a wider range of wholesome foods. Moreover, each recipe offers healthful alternatives for those who have intolerances to certain foods or ingredients, such as wheat, gluten and milk products.

As a chef and Director of Cooking Studies at the Institute, my top priority is to ensure that taste is not compromised when creating wholesome dishes – healthy food shouldn't be bland or boring! My hope is that you – like me – get inspired to create delicious meals that will leave you and your loved ones feeling nurtured, energised and satisfied.

Please download this ebook and share the link with family and friends. Visit our website – www.iinh.net and sign up to our blog for updates on nutrition courses and cooking classes – including more ebooks! Your opinions are very important to us and we are happy to receive comments and feedback.

Happy, healthy cooking!

Maggie



Pina Colada Super Nutrient Smoothie

Packed with vitamins and anti-inflammatory goodies, smoothies can be a great way to enjoy an abundant intake of fruit and vegetables. Blending instead of juicing ensures that all nutrients and fibre remain preserved. Smoothies are great before and after exercise, and you can vary ingredients to suit your schedule and preferences. This little number is a taste of sunshine the whole family will enjoy and can be ready in under five minutes.

Serves 2-4

Ingredients

- 200 ml coconut milk
- ½ fresh pineapple
- 2 bananas
- ½ teaspoon turmeric
- 1 teaspoon bee pollen
- 2 tablespoons coconut oil
- Filtered or mineral water
- Ice

Method

Blend all ingredients, pour into a glass and enjoy!

Maggie's Tips

Add green leaves and avocado for a more nutrient dense smoothie.

Freeze in little popsicles to make healthy ice lollies for the little ones.

Gluten free

Dairy free

Diabetic friendly

Low GI

Vegetarian

Vegan

Paleo



Coconut, Orange and Cardamon Pancakes

These divine gluten-free golden pancakes are quick and simple to make and a real hit all round. They are even tastier and lighter than with a standard pancake recipe, and fairly low GI due to the coconut flour and yoghurt. Add a teaspoon of raw cacao for super chocolaty pancakes.

Makes about 20

Ingredients

- 40 grams coconut flour
- 150 grams brown rice flour
- 1 lightly rounded teaspoon baking powder
- ½ teaspoon fine sea salt
- ½ teaspoon bread soda
- ⅛ - ¼ teaspoon cardamon
- ⅛ teaspoon cinnamon
- 5 grams (1 full tsp) coconut sugar or xylitol
- 2 large eggs
- Zest of ½ orange
- Juice of 1 orange
- 200 grams coconut milk
- 250 grams soya yoghurt
- 120 ml soya milk
- Coconut oil to cook

Method

1. Sieve all dry ingredients into a bowl.
2. Whisk eggs, orange zest plus juice, coconut milk, soya yoghurt and soya milk together in another bowl. Stir in the dry ingredients and mix to a smooth, thick and creamy batter.
3. Heat a pan over medium heat, add a little coconut oil, then spoon mixture onto pan. Allow bubbles to appear before turning over. Cook for one more minute then serve with your favourite topping.

Maggie's Tips

I am sure we have all experienced the first pancake looking a mess. This is mainly because the pan was not hot enough. Also, you need very little oil or butter on the pan – it should be very lightly coated and might need to be oiled once more during the cooking process.

Allow the batter to sit for at least 15 minutes. You may need a small splash of liquid to thin the mixture slightly. Make and cook pancakes in one large batch and freeze in little ziplock bags. Reheat in toaster.

Gluten free

Dairy free

Diabetic friendly

Low GI

Vegetarian



Wholesome Paleo Bread

The aroma of freshly baked bread wafting through the kitchen brings back wonderful childhood memories. My mum baked soda bread every day for 50 years! When I close my eyes I can still see her turning the floury loaf on the pan and smell that mouth-watering bread.

For people who eat gluten free or paleo, finding a healthy bread that's really tasty can be a lifelong quest! Though the flours used here lend themselves better to cakes and muffins, this recipe transforms them into a really satisfying bread. Duck eggs are superior to hen eggs here, due to their higher protein content. Along with the flax seeds the eggs create the structure and lightness of this loaf.

Serving: 1 medium loaf

Ingredients

- 50 grams almond flour
- 40 grams coconut flour
- 30 grams chestnut flour
- 50 grams tapioca flour
- ½ teaspoon sea salt
- 1 small teaspoon (3 grams) bicarbonate of soda
- 5 grams (1 dsp) milled flax or chia seed
- 25 grams pumpkin, sunflower or sesame seeds
- 3 duck or 4 large hen eggs, separated
- 125 grams sweet potato, baked and mashed
- 150 ml almond milk
- 1 ½ tablespoons olive oil

Method

1. Pre-heat oven to 190° C, lightly oil a 2 lb loaf tin and line with parchment or greaseproof paper.
2. Sieve all dry ingredients into a bowl. Add in any flax/sunflower seeds left in sieve.
3. Separate eggs and set aside the whites. In a small bowl mix the egg yolks, mashed sweet potato, oil and almond milk into a runny consistency.
4. Whisk egg whites to a stiff peak.
5. Make a well in the flours and add most of the sweet potato mixture. Stir with your hand in a circular movement, bringing the excess flour from the outside to the centre until all mixed in.
6. Gently fold in the egg whites. The mixture should have a light batter consistency.
7. Transfer the mixture into the lightly oiled lined loaf tin. Place in oven for 10 minutes at 190° C and then turn down to 150° C or until bread is cooked (30 minutes).
8. Allow to cool on a wire rack.

Gluten free

Dairy free

Diabetic friendly

Low GI

Vegetarian

Paleo

Maggie's Tips

This loaf is expensive to make, so you might want to ration your slices.

It is best stored in the fridge. If you need it to keep for longer, cut into slices, wrap and freeze. Take out and toast as needed.



Beetroot, Coconut and Lime Soup

The wonderful vibrant colour of this soup makes everyone smile, yet is so easy to make, as well as delicious, healthy and dense with flavour. The natural sweetness of coconut marries beautifully with the earthiness of beetroot. The Thai flavours caress this gorgeous soup with a ray of sunshine!

Serves 6-8

Ingredients

- 240 grams finely diced onions
- 60 grams finely chopped ginger
- 40 grams finely chopped garlic
- 2 stems lemon grass, cut in half crossways and lightly bashed
- 2 large kaffir lime leaves
- 800-1000 ml homemade vegetable stock (or 2.5 vegetarian stock cubes)
- 600 grams cooked beetroot (fresh is best, or vacuum – but not pickled)
- 2 cans coconut milk
- Juice of 1-2 limes
- Seasoning

Method

1. In a large pan, fry the onions for 5-10 minutes until soft, then add the chopped garlic, bruised lemongrass, ginger and kaffir lime leaves and continue cooking for 3-4 minutes to release their flavour.
2. Add the chopped beetroot and the vegetable stock and bring back to a simmer for 20-30 minutes. Remove lemongrass and lime leaves then blitz with a stick blender. Add the coconut milk and bring back to a simmer again.
3. Add juice of fresh limes and season to taste. Serve at once.

Maggie's Tips

Beetroot has a low GL (specially when raw), so it helps keep blood sugar stable. The red pigment in beetroot is believed to contain certain anti-cancer agents. Beetroot is used in traditional Chinese medicine to strengthen the blood. Fresh beetroot is available from about July to January.

This soup is an easy starter or brunch dish with which to impress your dinner guests, but it can be cooked ahead of time. It also freezes really well, so you can batch cook and freeze in portions.

Gluten free

Dairy free

Diabetic friendly

Low GI

Vegetarian

Vegan

Paleo



Courgette, Kohlrabi and Parmesan Slaw

A deliciously simple salad bursting with flavour that takes just 10 minutes to make. Add lightly toasted cashews or pine nuts, vary the cheese (goat's or sheep's feta works fine), and sprinkle with chopped parsley, chervil or torn basil for more tastes of summer.

Kohlrabi is a member of the cabbage family. It is really a stem swollen into a ball and comes in two colours, pale greeny white or vibrant purple.

It is known as an excellent blood and kidney cleanser. As it helps stabilise blood sugars it is useful for hypoglycaemia and diabetes. Like its cabbage relatives it has anti-cancer properties. Kohlrabi is an excellent source of vitamin C and potassium, also high in fibre and low in calories.

Kohlrabi tastes somewhere between turnip, radish, horseradish and celeriac, and is eaten raw or cooked. It is good when grated, julienned or sliced into salads. When cooked it has a creamy texture and tastes more like turnip.

Serves 2-4

Ingredients

- 2 medium courgettes
- 1 small kohlrabi
- 100 grams aged Parmesan
- 4 tablespoons extra virgin olive oil
- Smoked sea salt or other flavoured salt (I love smoked chipotle)

Method

1. Use a julienne peeler or vegetable spiraliser to cut the courgette length-ways into noodles, until you reach the seeds.
2. Using a mandolin or very sharp knife slice the kohlrabi very thin, then into matchsticks. You can also use a vegetable spiraliser.
3. Use a julienne peeler, microplane or grater to shave Parmesan into strands.
4. Gently mix all above ingredients in a bowl, season and serve on a nice platter or individual dishes. Garnish with extra Parmesan and a drizzle of olive oil.

Gluten free

Dairy free – See Maggie's Tips

Diabetic friendly

Low GI

Vegetarian

Vegan – See Maggie's Tips

Paleo – See Maggie's Tips

Maggie's Tips

For dairy free option: use a goat's or sheep's cheese.

For paleo or vegan option: omit cheese.



Bacon and Cabbage Frittata

Frittata combinations are endless and so quick and simple to make. They are a great way of using up leftovers and lovely served with a nice green salad or some green vegetables like broccoli, peas, beans etc. Mostly I make mine vegetarian but every now and again I add in some smoked mackerel or fresh salmon, or in this case some diced bacon.

Eggs make a sustaining and nutrient rich meal. Organic eggs contain omega-3 essential fatty acid. They are cheap, really versatile and a great addition to your pantry.

Frittata is best cooked on the day and served at room temperature.

Serves 4

Ingredients

- 6 eggs
- 100 grams good quality cheese
- 4 slices bacon (organic or free range) – diced and fried
- 1 small head of black kale chopped and blanched in boiling water for 1-2 minutes, then blanched in chilled water and excess water squeezed out
- 4 spring onions, chopped fine
- 20 grams flat parsley, chopped fine
- Salt /pepper
- Olive oil for pan

Method

1. Lightly fry diced rashers on a small pan and drain on kitchen paper.
2. Blanch chopped kale in boiling salted water for 1-2 minutes, then drain and squeeze out excess liquid.
3. Place eggs in a bowl and season. Beat lightly and whisk in cheese, add spring onions, parsley, rashers and kale.
4. Heat small pan and lightly oil, remove excess oil with kitchen paper then pour in egg mixture. Cook for approximately one minute on low heat, then cover lightly with tin foil and bake in oven at 150° C until set and golden, about 20-25 minutes.
5. Serve with mixed baby leaves or simple green vegetables.

Gluten free

Dairy free – See Maggie's Tips

Diabetic friendly

Low GI

Vegetarian – See Maggie's Tips

Paleo – See Maggie's Tips

Maggie's Tips

To make a speedier version of this frittata, cook in individual oiled muffin tins for about 10 minutes or until cooked.

Frittatas are a perfect food for a child's lunch box.

For dairy free or paleo version – use goat's or sheep's cheese.

For vegetarian option – omit bacon.



Summer Salad of Thai Beef

Thai cuisine embraces some of the world's most vibrant and interesting dishes, with its delicate balance of flavours and fresh, wholesome ingredients. This Thai beef salad is a real winner. The fresh ingredients – mint, coriander, shallots, fresh lime juice – used in the dressing and the crunchy fresh textures of the leaves, cucumber, baby tomatoes and red onion will transport you to the land of a thousand smiles!

Serves 4-6 as a main course

Beef

- 450 grams fillet of beef or striploin (whole or cut into steaks)
- Seasoning of sea salt and cracked pepper
- Dash of olive or coconut oil for searing beef

Thai marinade for meat

- 15 grams chopped mint leaves
- 15 grams chopped coriander leaves
- 2 cloves garlic, finely chopped
- 3 tablespoons soya sauce
- 3 tablespoons Thai fish sauce
- 3 tablespoons lime juice
- 50 grams coconut sugar or any brown sugar
- ½ red chilli, seeded, finely chopped

Salad

- Mixed green leaves washed and dried (spinach, cos, rocket or cress)
- Handful of mint and coriander leaves, torn
- ½ cucumber, seeds removed and sliced thinly
- 1 small red onion, halved and finely sliced
- 8-10 cherry tomatoes, halved
- 2 tablespoons petit pois, cooked and refreshed (optional)
- 2 tablespoons toasted cashew nuts (toast raw nuts in dry pan)

Gluten free

Dairy free

Diabetic friendly

Low GI

Paleo

Method

1. Season the beef and lightly rub with olive oil. Heat a large oven proof pan until very hot, then add beef and fry on all sides until browned (about 2 minutes on each side until caramelised).
2. Place in pre-heated oven at 200° C for 10-20 minutes, cook rare to medium. (Cooking time depends on size of fillet). Best sliced cold for the salad.
3. Remove from oven and allow to rest. Best used when cold for the salad. (Slice as thinly as possible).
4. Mix marinade ingredients in a large bowl, then add the sliced beef.
5. Gently toss the salad ingredients in a separate bowl.
6. To serve, arrange leaves, salad ingredients and meat together on a nice platter, drizzle with the remaining marinade.

Maggie's Tips

The dressing can be made in advance but recheck the seasoning before using as the balance of flavours can become more salty, sweet or sour. If this happens, adjust to taste.

The fillet of beef can be cut into 3 cm steaks. Follow step 1 but cook for slightly longer on each side. Remove from pan and allow to rest before slicing thinly at an angle.

The beef is best cooked medium-rare and allowed to rest. When cool, place in the freezer for 30-40 minutes and then slice as thinly as possible.

This dish also works well with loin or fillet of lamb. For vegetarian option, use tofu.

Any leftover marinade can be kept for flavouring a stir-fry, e.g. brown rice with vegetables and chicken, lamb, beef or seafood.



Broccoli, Mango and Caramelised Hazelnut Salad with Sour Cream, Feta and Orange Dressing

The vibrant colour of the broccoli and mango together is amazing, and the salad dressing is just to die for. It works as a delicious light starter, a side dish for supper, or as part of a buffet. It is best assembled at the last minute but all ingredients can be prepared in advance. For variation, use blood oranges instead of mango, caramelised almonds instead of hazelnuts. For younger children, maybe keep the dressing separate.

Broccoli is a fantastic vegetable in the fight against cancer. It helps regulate insulin and blood sugar so is good for people with diabetes or trying to manage their weight. It has anti-aging properties and supports skin and eye health, among other benefits. It is a great vegetable to include in your daily diet, either steamed, boiled, or stir-fried, or used raw or in juices.

Ingredients

- 250 grams broccoli florets
- 1-2 tablespoons maple syrup or honey
- 2 tablespoons hazelnuts
- 2 tablespoons pomegranate seeds
- ½ small red onion, thinly sliced
- 1 small ripe mango, diced
- Crushed pink peppercorns

Dressing

- 200 grams sour cream (1 small tub)
- 200 grams feta cheese, crumbled
- 1 tablespoon maple syrup or runny honey
- 200 ml freshly squeezed orange juice
- ¼ orange zest

Method

1. Cook broccoli in boiling salted water for 2-3 minutes. Refresh in cold water, drain and pat dry in kitchen paper. Set aside.
2. Dry roast the hazelnuts on a small pan over medium heat for 1-2 minutes, add maple syrup/honey to lightly coat the nuts, then toast for another 30-60 seconds. Remove from heat, transfer to parchment paper and allow to cool.
3. To make dressing, whisk all above dressing ingredients in a small bowl. Set aside.
4. Arrange broccoli on a platter and lightly scatter red onion, pomegranate, mango, hazelnuts and peppercorns over it.
5. Dressing can be served on the side or drizzled lightly over broccoli.

Gluten free

Dairy free – See Maggie's Tips

Diabetic friendly

Low GI

Vegetarian

Vegan – See Maggie's Tip

Paleo – See Maggie's Tip

Maggie's Tips

For vegan option use Coyo natural coconut yoghurt and omit feta.

Omit sweetener as coconut yoghurt is already naturally sweet, add in the zest and juice of the orange and use as dressing.

For dairy free and paleo version use sheep's feta or goat's cheese.



Super Greens Pesto

Laden with goodness, flavour and colour, this is a great way to get kids eating greens. The avocado gives a lovely creamy texture similar to cheese. Don't worry if you don't have all the herbs listed – this pesto recipe will work with any combination.

Serves 6-8

Ingredients

- 2-3 cloves chopped garlic (15-20 grams)
- Zest of ½ lemon
- 1 tablespoon lemon juice (1/2 lemon)
- 1 tablespoon raw cashew nuts
- 20 grams watercress or kale, large leaves shredded
- 20 grams spinach
- 30g fresh basil leaves
- 30 grams flat parsley leaves
- 30 grams coriander leaves
- 200 ml extra virgin olive oil
- ½ avocado, lightly mashed (approx. 40 grams)
- Sea salt and black pepper

Method

1. Use a mortar and pestle or food processor. With the latter, place garlic, lemon zest, lemon juice, cashew nuts, watercress, spinach, basil, parsley and coriander leaves in food processor and blitz for about one minute until finely chopped. A mortar and pestle will take longer as you do it in stages.
2. Add avocado and slowly add enough olive oil to bind the sauce and give a light runny consistency.
3. Season with salt and cracked pepper and store in a jar in fridge for up to 2 weeks.

Maggie's Tips

To store pesto, transfer to a glass jar, cover with an extra drizzle of olive oil and keep in fridge for up to 2 weeks, or put in ice cube dishes and freeze.

Pesto can be used in various pasta dishes, soups and salads, and in fish, chicken and vegetarian dishes.

Gluten free

Dairy free

Diabetic friendly

Low GI

Vegetarian

Vegan

Paleo



Pan Seared Salmon, Nori and Garlic Butter, Minted Peas, New Potatoes

A very simple to prepare family dinner. Oily fish such as salmon, herring (or kippers), sardines, mackerel and trout are top sources of omega-3 essential fatty acids and also contain vitamin D.

Try to include oily fish in your diet 1-2 times per week. Salmon is lovely served hot or cold. If you can afford wild salmon, treat yourself when in season. Next best is farmed organic.

Serves 2-4

Ingredients

- 2-4 organic or wild salmon fillets, skinned, filleted and pin-boned
- Olive oil or butter to cook
- Nori and garlic butter to garnish (see recipe below)
- 100 grams frozen peas
- 2-4 fresh mint leaves, finely shredded
- New potatoes to serve

Nori and Garlic Butter

- 200 grams butter
- 1 teaspoon nori flakes
- ½ clove crushed garlic
- ½ teaspoon cracked pink peppercorns
- 1 tablespoon chopped herbs of choice

Blend the butter, nori, garlic, peppercorns and herbs in a Magi mix. Spread onto parchment paper and roll into a cylinder shape. Wrap in cling film and store in fridge.

Gluten free

Dairy free – See Maggie's Tips

Diabetic friendly

Low GI

Paleo – See Maggie's Tips

Method

1. First prepare the nori and garlic butter and keep in refrigerator.
2. Brush the salmon pieces with melted butter or olive oil. Heat frying pan until hot and pan-fry salmon for 4-6 minutes, turning once after about 3 minutes.
3. Simmer peas 2-3 minutes, drain, season and toss with shredded mint, butter or olive oil.
4. Place portion of peas on plate, sit the salmon alongside and top with a slice of nori and garlic butter. Serve with boiled, buttered new potatoes.

Maggie's Tips

Use nori and garlic butter as a spread for garlic bread; to flavour soups; over fish such as scallops, stir-fry prawns, white fish, whole fish, mussels on top of steak, e.g. 'surf and turf', over roast potatoes; tossed through pasta etc.

Ask your fish monger to skin, fillet and pin-bone your fish for you, it will save you time and he will only be too delighted to help out.

For dairy free version – use dairy free spread or coconut oil.

For paleo version – swap new potatoes for sweet potato or totally omit.



Maggie's Tips

Use this quinoa recipe as a base for other dishes and salads. For a dairy free or vegan version, use tofu and follow paneer instructions.

Tandoori Spiced Quinoa, Beetroot Paneer, Petit Pois with Toasted Cashew Crumble

Quinoa can rightfully be called a 'superfood'. It contains quite high levels of protein so is very useful in a vegetarian/vegan diet. It is rich in calcium and other minerals like magnesium, iron and copper, and has very high levels of fibre. Eating quinoa regularly can help support the many people who have low levels of magnesium, such as those prone to migraines, digestive problems, and those with type 2 diabetes.

Quinoa is a really versatile grain for use in soups, casseroles, salads, burgers, or as a high-protein breakfast porridge (great with walnuts!).

Serves 4-6 or more as part of a buffet

Quinoa

- 1 tablespoon coconut oil, plus extra for dressing quinoa
- 170 grams quinoa
- 340 ml lightly flavoured stock
- 2 teaspoons of your favourite tandoori spice mix
- ½ level teaspoon turmeric powder
- 1 small cinnamon stick
- 2 whole cloves
- 2 cardamon pods, whole
- Zest of 1 lime
- Juice of ½-1 lime
- 1 small bunch fresh coriander
- 100 grams cashew nuts, toasted and lightly crushed

Paneer Marinade

- 150 grams paneer cheese, cut into 1cm lengths or diced
- 2 teaspoons finely grated cooked beetroot
- Small squeeze of fresh lime juice
- Pinch of freshly ground toasted cumin seeds
- Pinch of garam masala
- ¼ teaspoon finely grated garlic
- ¼ teaspoon honey
- 2 teaspoons coconut oil
- Seasoning

Gluten free

Low GI

Dairy free – See Maggie's Tip

Vegan – See Maggie's Tip

Diabetic friendly

Vegetarian

Method

1. First soak paneer in boiling water for 5 minutes to help soften its texture when cooked. Meanwhile, mix the marinade ingredients in a bowl. Drain and rinse paneer, then marinate it for at least half an hour, or overnight – the longer the better.
2. Heat coconut oil in a saucepan. Add tandoori mix, turmeric, cinnamon, cloves and cardamon. Cook for 30 seconds, then add stock to saucepan and bring to simmer.
3. Whilst stock is heating, rinse quinoa in a large bowl of water by swirling around, then rinse under a tap and add it to boiling stock. Give it a quick stir and then cover saucepan and bring to boil again. Cook on a low simmer for 15 minutes. Ideally there should still be a little crunch in the grain. When a tiny white disc appears around the grain, the quinoa is ready. Drain any excess water. Let the quinoa sit for 5-10 minutes before fluffing up with a fork.
4. Cook petit pois as per pack instructions, refresh in cold water and set aside until ready to combine. Dry roast the cashew nuts over low heat for 2-3 minutes, then lightly crush with mortar and pestle.
5. Fluff the quinoa with a fork and add lime juice, zest of lime, melted coconut oil and coriander. Mix through. Add half the cooked peas and cashews, season to taste.
6. Remove paneer from marinade and drain. Season with sea salt then grill on a heated grill pan until browned on the edges (around 5 minutes), turning once. Transfer to plate and keep warm.
7. Spoon quinoa into a large serving dish and top with paneer, remaining petit pois and crushed cashews. Best served warm, but also good at room temperature. A mint and yoghurt raita adds a lovely creaminess to this dish.



Raw Dark Chocolate, Bailey's, Avocado Mousse with a Toasted Pistachio and Bee Pollen Crumble

Well, if you love chocolate this really is a super healthy super-fix! Quick to make, but for best results you do need a high power blender to get a very creamy textured mousse.

Bee pollen is a rich source of various nutrients, particularly B vitamins.

Serves 4-6 or more

Mousse

- 5 medjool dates (60 grams), pitted
- 1 tablespoon raw cacao
- 1 medium avocado
- 1 tablespoon Bailey's
- Liquid from soaked dates

Topping

- 1 tablespoon toasted pistachio nuts, ground
- 1 dessertspoon bee pollen

Method

1. To make mousse: For best results soak pitted dates overnight in boiling water, then remove dates and keep the liquid. Combine soaked dates, avocado, Bailey's and cacao with a little of the date liquid in a high speed blender and blend until smooth and creamy. Add in extra liquid to for a lighter mousse.
2. Spoon into 2-4 serving dishes and allow to chill in fridge.
3. Whilst mousse is chilling toast pistachio nuts on a dry pan for 2-3 minutes, transfer to blender and pulse to resemble fine breadcrumbs. Add some bee pollen and sprinkle the mix on top of the mousse just before serving.

Gluten free

Dairy free

Diabetic friendly

Low GI

Vegetarian

Vegan - See Maggie's Tip

Paleo - See Maggie's Tip

Raw

Maggie's Tips

If Bailey's is not your tippie and you prefer a dairy free, vegan option, omit the Bailey's and replace with the same amount of freshly squeezed orange juice and zest of 1/4 orange. This will keep in your fridge for a couple of days.

Acknowledgements

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- Lastly, please keep in touch and share this book with your family and friends. And remember to check what's coming up next in our Taste Health Kitchen.

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The Irish Institute of Nutrition & Health

