



LOW CARB LIVING

By

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WELCOME TO THE 'TASTE HEALTH' KITCHEN

I decided to kick off the new year by trying out a lower-carb diet. I've gone full-on ketogenic before for several weeks, so this time I was curious to see how it felt on a somewhat milder version and how hard or easy it was to manage things.

Like any dietary shift it took a little planning, but I actually found it more demanding when out and about, compared to at home.

Our meals and snacks at home are wholesome, but still needed some tweaks. We now eat less brown rice, potatoes and starchy vegetables and have stopped buying bread – hence the low-carb bread recipe in this book. But overall it was easier than I expected, though I did succumb to a sneaky roti at our local Indian and some truly gorgeous sourdough slices once or twice!

These new Taste Health recipes have been created for those who want to try a lower-carb diet but are perhaps not ready to go the Full Monty. Most of the recipes are low-carb but a few fall into the lower rather than low category.

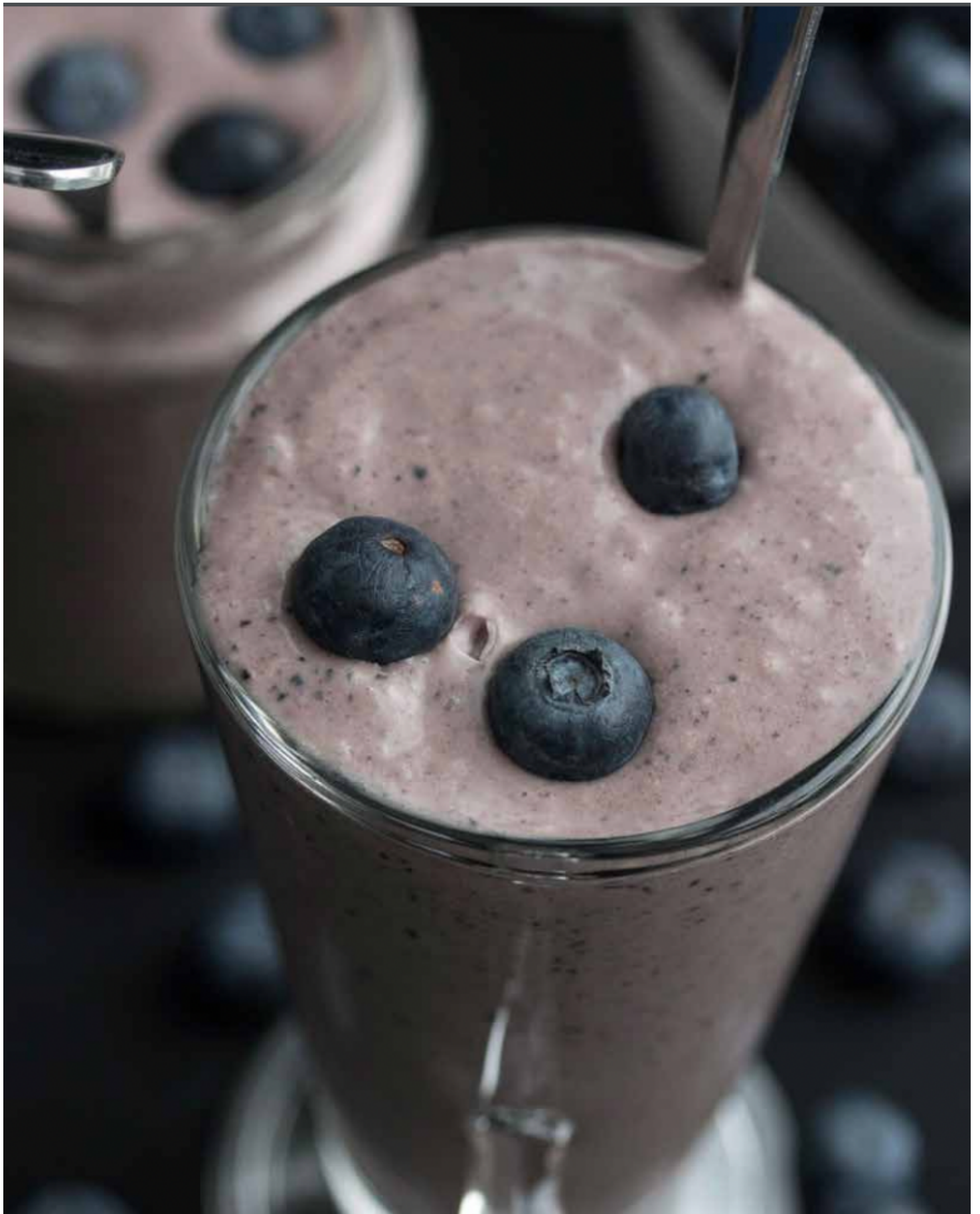
Again all the recipes are for tasty, practical dishes based on a range of wholesome foods to suit the whole family, or even if hosting a dinner party. Moreover, each recipe offers healthful alternatives for those who have intolerances to certain foods or ingredients, such as wheat and milk products.

As a chef and Director of Cooking Studies at the Institute, my top priority is ensuring that taste is not compromised – healthy food shouldn't be bland or boring! For those of you who know me and have experienced our Taste Health Kitchen you know the standards and quality I hold too. So I hope 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 other eBooks. We are happy to receive your comments and feedback.

Happy, healthy cooking!





ACAI, BLUEBERRY & AVOCADO SUPER SMOOTHIE

Acai, Blueberry & Avocado Super Smoothie

 Servings 4

A powerhouse of antioxidants, this nutrient dense smoothie will definitely put pep in your step! Rich in monounsaturated fats, dietary fibre, calcium, iron, magnesium and a host of other goodies this dreamy drink helps prevent ageing, improves digestion and immune function and so on. Scoop up on a spoon or slowly slurp. Enjoy



Low carb



Gluten free



Dairy free



Vegan



Vegetarian



Paleo



Sports Endurance & Recovery



Ingredients

- 2 heaped teaspoons acai powder
- 150 grams blueberries
- Juice of 1 orange
- 1 avocado
- 400 ml coconut milk
- 4–6 drops stevia (I used Via Health stevia drops from health store)
- 200 ml filtered water to thin down if required



Method

1. Blend all ingredients together till smooth, pour into a glass and enjoy!



Maggie's Tips

- Do your best to source organic & seasonal ingredients for smoothies!
- Make these into ice-lollies as treats (use little moulds)
- Purchase fruit, cut and prepack in individual freezer bags. Freeze and use as required.
- Try and introduce greens to smoothies: Peas, baby spinach, kale, broccoli etc.



**WHOLESOME LOW CARB,
GRAIN FREE SODA BREAD**

WHOLESOME LOW CARB, GRAIN FREE SODA BREAD

 **Servings** 1 Loaf

One of my new year resolutions was to develop a simple low-carb loaf, so I revisited my Wholesome Paleo Bread recipe. After discussing carbs and percentages with Richard, I got going – and got lucky first time – this loaf is really delicious! I hope you enjoy it as much as the IINH staff and students do!

 **Low carb**

 **Gluten free**

 **Vegetarian**

 **Diabetic Friendly**

 **Sports Endurance & Recovery**



Ingredients

- 80 grams almond flour
- 20 grams coconut flour
- 50 grams finely milled flax seed
- ½ teaspoon sea salt
- ½ teaspoon bread soda
- ¼ teaspoon baking powder
- 120 grams pumpkin, sunflower or sesame seeds
- 2 eggs
- 170 ml buttermilk
- 2 teaspoons blackstrap molasses
- 1 ½ tablespoons olive oil

Method

1. Pre-heat oven to 170 C, lightly oil a 1lb loaf tin and line with parchment or greaseproof paper
2. Sieve all dry ingredients into a bowl. Add in any seeds left in sieve.
3. In a small bowl mix the eggs, buttermilk, molasses and oil together until blended
4. Make a well in the flours. Add liquid, stir with your hand in a circular movement, bringing the excess flour from the outside to the centre until all mixed in. The mixture should have a light batter consistency.
5. Transfer the mixture into a lined loaf tin. Place in oven at 170 C for 15 minutes and then turn down to 150 C for about 20 mins or until bread is cooked.
6. Allow to cool on a wire rack.

Maggie's Tips

This loaf is quite costly to make, so you might want to ration your slices. After 2/3 days this bread starts to change texture, back to raw (I only discovered this when I found a 1 week old loaf in my fridge). The same happens if you leave it out on your kitchen counter. It does not go mouldy like normal bread but it becomes gooey :-). So going forward, if you need it to keep for longer, cut into slices, wrap and freeze. Take out and toast as needed



**SAUTÉED LAMB KIDNEYS WITH
CHORIZO, FLOWER SPROUTS
AND FETA**

SAUTÉED LAMB KIDNEYS WITH CHORIZO, FLOWER SPROUTS AND FETA

 Servings 2

The flavour of this dish is a real delight. The kidneys just melt in your mouth like little jewels, the chorizo adds a smoky depth and the dark green leaves complete the dish perfectly.

 Low carb

 Gluten free

 Dairy free

 Diabetic Friendly

 Sports Endurance & Recovery



Ingredients

- 1 medium onion (170 grams), sliced thinly
- 4–5 shitake mushrooms (60 grams), thinly sliced
- 3–4 Portobello mushrooms (150 grams), thinly sliced
- 50 grams chorizo, finely crumbed
- 200 grams flower sprouts, ends trimmed
- 4 lamb Kidneys
- 12 Kalamata olives
- 8–10 walnuts, lightly broken
- Dash of olive oil
- 20 grams butter (opt)
- Seasoning of Himalayan salt and cracked black pepper
- Feta crumble



Maggie's Tips

If you cannot source flower sprouts, substitute with shredded kale, cabbage or Brussel sprouts. If you don't to use Chorizo, replace with ½ teaspoon smoked paprika. Add to pan at stage 2 (cook onions slightly first – 5 minutes). Try this recipe with liver or heart, instead of kidneys.

Method

1. Blanch flower sprouts in boiling salted water for 3–4 minutes, refresh in cold water and dry in salad spinner, set aside until ready to assemble.
2. Heat a large frying pan until medium hot. Add a splash of olive oil followed by onions and cook on a low heat for 10 minutes until just softened and lightly caramelized. Remove from pan and set aside to later
3. Repeat process with mushrooms cooking for 10 minutes until they are soft and golden. Remove from pan and set aside to later.
- 4 Prepare the kidneys by peeling back the white membrane and cut off with a sharp paring knife. Slice into 4–5 symmetrical semi-circles, snip away the white fatty core. Set aside
- 5 To crumble chorizo, blend in a Magimix to breadcrumb texture. Heat a clean pan and add a good dash of olive oil, add chorizo and lightly sauté for 1–2 minutes. Remove chorizo from pan, keeping excess oil to cook the kidneys
- 6 Season kidneys, add to chorizo oil and over a medium-high heat, cook kidneys 2 minutes on each side. Add back to pan the chorizo, onions, mushrooms and gently toss all together.
- 7 Heat a 2nd pan over medium heat, add a dash of oil and flower sprouts, toss gently for 1–2 minutes then divide between serving dishes
- 8 Top with kidney mixture and crumble over feta. Serve at once.



**LEFT-OVER CHICKEN SALAD,
TOASTED WALNUTS, YOGHURT
TAHINI AND HERB DRESSING**



LEFT-OVER CHICKEN SALAD, TOASTED WALNUTS, YOGHURT TAHINI AND HERB DRESSING

 Servings 2

A great way to use up left-over roast chicken This wholesome dish is packed with a refreshing combination of crunchy vegetables, moist chicken breast, crispy salad leaves and creamy yoghurt dressing. Makes the perfect family supper or lunch box filler

 Low carb

 Gluten free

 Diabetic Friendly



Ingredients

- 1 leftover cooked chicken breast (or whatever parts you have), finely shredded
- ¼ butter head lettuce, leaves gently washed, dried and lightly torn
- Small handful of pea shoots
- ½ medium carrot, thinly sliced and cut into matchsticks
- ¼ medium kohlrabi, thinly sliced and cut into matchsticks
- ½ small red onion, thinly sliced
- 2-3 tablespoons walnuts, lightly crushed and toasted on pan

Yoghurt Tahini & Herb Dressing

- 1/2 tablespoon light tahini
- 2 tablespoons water
- 120 ml Greek yoghurt or Soya yoghurt
- ½ tablespoon lemon juice
- ¼ clove garlic, finely crushed
- ½ tablespoon coriander, finely chopped
- ½ tablespoon parsley, finely chopped
- ½ tablespoon dill, finely chopped
- Seasoning

Method

1. To make dressing: In a medium mixing bowl whisk together the tahini and the water until the tahini becomes smooth.
2. Add in the yoghurt, lemon juice, garlic, yogurt and chopped herbs. Season to taste and set aside.
3. Arrange salad ingredients on a large serving plate or individual serving dishes. Spoon over dressing. Serve at once.

Maggie's Tips

Play around with ingredients. Add avocado, asparagus spears, green beans, radish, boiled egg, diced cooked bacon or ham. If you do not have all the herbs don't worry. Just use whichever you have slightly - the sauce will still be really tasty.



CHU CHEE SEAFOOD CURRY

CHU CHEE SEAFOOD CURRY

 Servings 4-6

There is some effort involved in this recipe but I guarantee you won't open a jar of curry paste again once you taste it. It will beat your local Thai restaurant hands down (unless it's a Michelin star)!

**Weigh curry paste into 3 batches of 130 grams each. The two extra batches will keep in fridge up to 3 months or frozen up to 6 months. This curry freezes really well but personally I think like everything it's best eaten fresh.*



Low carb



Gluten free



Dairy free



Diabetic Friendly



Chu Chee Curry Paste

Makes 3 Batches

- 8 grams long dried red chillies
- 10 grams (1) fresh red chilli, seeds removed
- 20 grams galangal, chopped fine
- 50 grams fresh lemon grass, chopped fine (4-6 stems)
- 20 grams ginger, chopped fine
- 15 grams freshly simmered turmeric, chopped fine, or 1 teaspoon turmeric powder
- 150 grams shallots, chopped fine
- 120 grams chopped garlic
- 20 grams shrimp paste (opt)
- ½ -1 teaspoon salt
- 40 grams coconut oil

Method

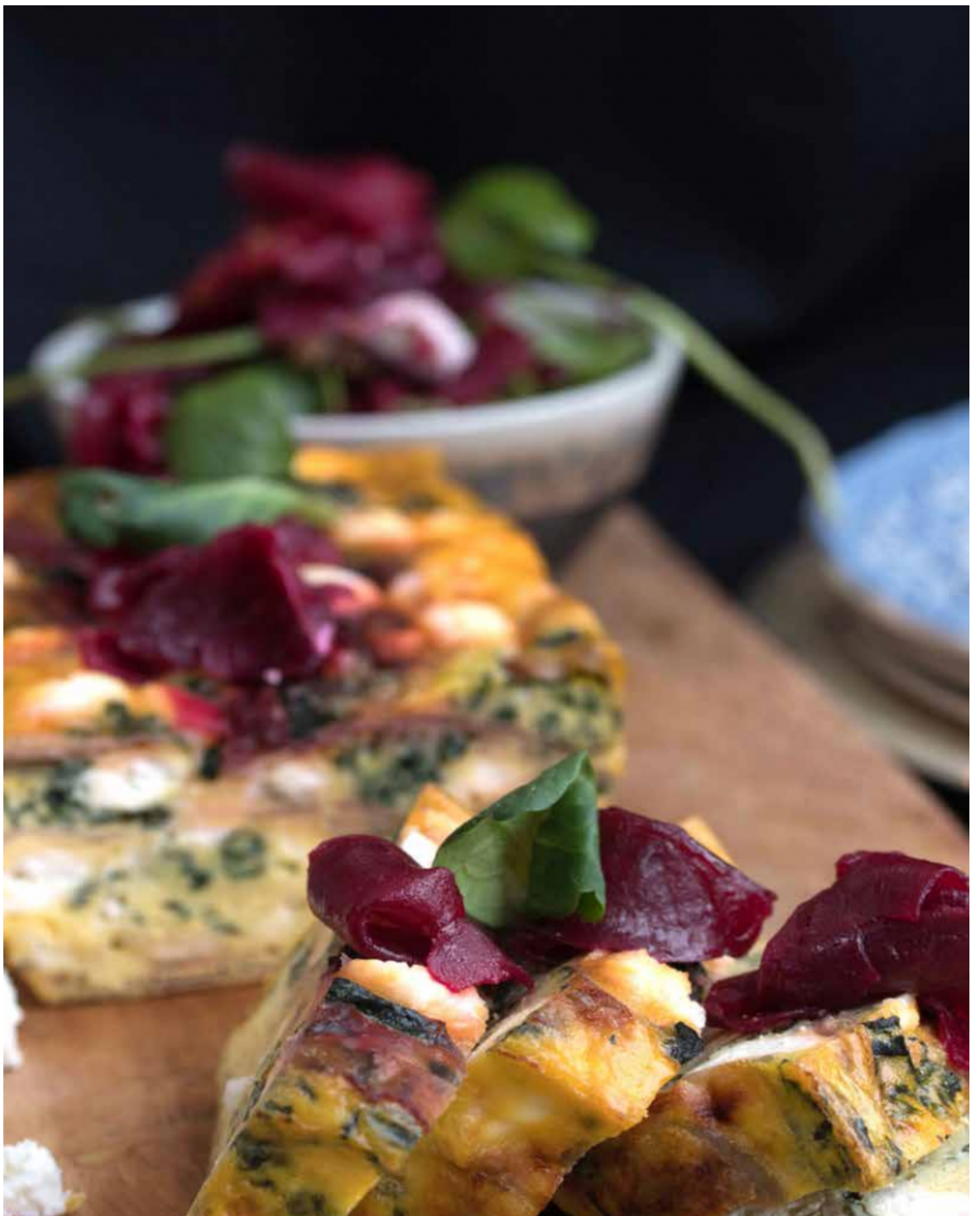
1. Cut large dried chilli into small pieces with scissors and soak in warm water until soft, about 3-5 minutes. Drain and dry.
2. Put chilli and salt in a small blender or mortar and blend or pound till smooth.
3. Add galangal, lemon grass, turmeric, ginger, coconut oil and blend or pound till smooth
4. Add garlic and shallots and blend or pound again till smooth.
5. Add shrimp paste if using and mix well

Chu Chee Curry

- 1 dessertspoon coconut oil
- 4 (800 grams) of a 'meaty' white fish, cut in chunks
- 130 grams curry paste
- 1/2 large red chilli, sliced finely
- 1 large bunch Thai basil, or mixture of normal basil and fresh mint, shredded
- 10 grams (10-12) kaffir lime leaves, stem removed and shredded finely
- 2 cans coconut milk
- 1-2 tablespoons fish sauce
- ½ -1 teaspoon coconut sugar
- 1/4 teaspoon pepper
- 100 ml chicken or fish stock (fresh, or 1/2-1 stock cube - 'Kallo')
- 20 grams fresh coriander, chopped
- Thai sweet basil and red chilli to garnish

Method

1. Heat wok, add coconut oil
2. Add curry paste and cook for 1 minute, then add stock and simmer for 2 minutes
3. Add coconut milk, kaffir lime leaves, basil and chilli - stir-fry for about 1 minute
4. Add fish sauce, sugar, pepper and fish. To avoid fish breaking up cook for only about 2 minutes, stirring occasionally and very gently
5. Serve hot, garnished with sweet basil, coriander and chilli



**KALE, GOATS CHEESE AND
BEETROOT FRITTATA**

KALE, GOATS CHEESE AND BEETROOT FRITTATA

 Servings 4

Frittata serves a whole lot of purposes: healthy breakfast, brunch or lunch, lunchbox filler and easy wholesome midweek supper. Eggs make a sustaining and nutrient rich meal. Organic eggs contain some omega-3. They are cheap, versatile, super nutritious and an essential in your pantry



Low carb



Gluten free



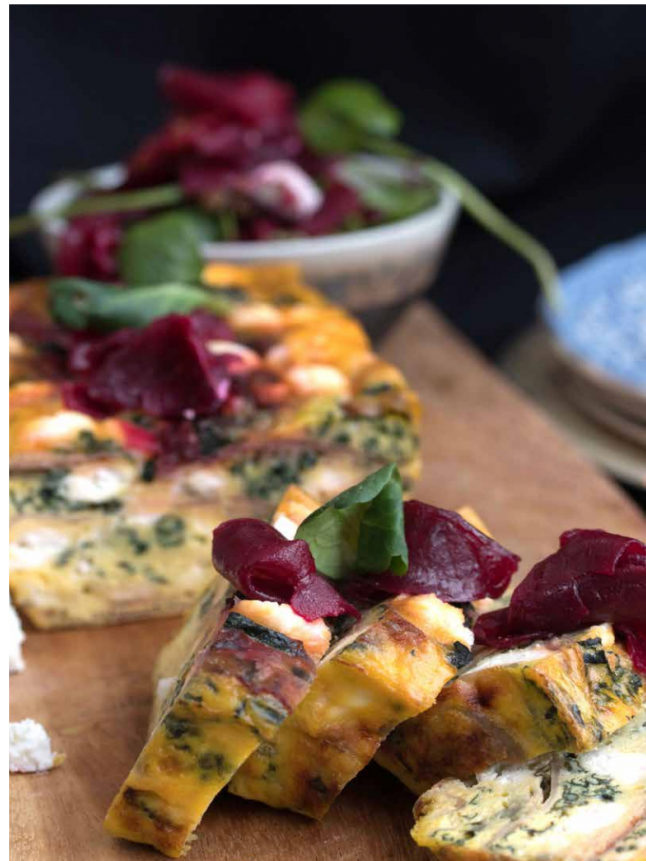
Vegetarian



Diabetic Friendly



Sports Endurance & Recovery



Ingredients

- 1 small head of kale, stems removed and finely shredded
- 1 small red onion, finely sliced (50 grams)
- 100 grams cooked beetroot, thinly sliced
- 1 tablespoon butter
- Dash olive oil
- 6 – 8 eggs (organic or free range if possible)
- 140 grams mild goats cheese
- 50 grams Parmesan or gruyere or your favourite hard cheese, finely grated
- Seasoning

Method

1. Blanch prepared shredded kale in boiling salted water for 3–4 minutes, strain and refresh in cold water. Dry off in a salad spinner or between layers of kitchen paper
2. Over medium–high heat melt butter and oil on pan. Gently fry onion until soft 5–8 minutes. Allow to cool slightly
3. In a medium–size mixing bowl, whisk together the eggs, goat's cheese, Parmesan, cooked onions and seasoning.
4. Line a 450 gram (2lb) loaf tin with parchment paper or heat a small ovenproof pan over low heat. Gently layer kale, beetroot along with egg mixture in loaf tin or oven proof pan. Cover pan with baking parchment first, then tinfoil. Transfer to oven for 45 – 60 minutes or until cooked. Remove foil and parchment for last few minutes of cooking.
5. Serve with green leaves or vegetables for brunch or lunch.

Maggie's Tips

To make a speedier version of above frittata, cook in individual oiled muffin tins for approximately 10 – 15 minutes or until cooked. Frittatas are great for using leftover vegetables, baked ham, smoked or fresh salmon, any assortment of fresh herbs, cheeses etc.



**SCORCHED CAULIFLOWER
STEAK, SMOKY AUBERGINE
AND YOGHURT CHUTNEY**

SCORCHED CAULIFLOWER STEAK, SMOKY AUBERGINE AND YOGHURT CHUTNEY

 Servings 4

Great as a vegan main course or in a buffet. The scorched cauliflower, smoky aubergine and yoghurt chutney all work well individually. This little dish can be served hot or slightly warm.



Low carb



Gluten free



Dairy free
(use soy)



Vegan
(omit cheese)



Vegetarian



Paleo



Sports Endurance & Recovery



Diabetic Friendly



Ingredients

- 700 grams of cauliflower
- Small handful of lambs lettuce
- 3 tablespoons pomegranate seeds

Marinade Dressing

- 1 tablespoon raspberry red wine vinegar or sherry vinegar
- 1 tablespoon extra virgin olive oil
- 1 tablespoon pomegranate molasses
- 1 teaspoon maple syrup
- ¼ teaspoon ground cinnamon
- Seasoning: Himalayan sea salt and crushed peppercorns

Smokey Aubergine & Yoghurt Chutney

- 1 medium aubergine
- 1 teaspoon light tahini
- 2 tablespoons olive oil
- 2 teaspoons lemon juice
- 1 small clove garlic (5 grams)
- ½ level teaspoon lightly toasted cumin seeds, ground
- 50–100 ml Greek yoghurt or Soya yoghurt
- Seasoning: Himalayan salt and cracked black pepper

Method

To make marinade dressing:

1. Mix all ingredients in a jar and shake until mixed
2. Remove outer leaves from the cauliflower, cut off bottom stem. Resting the cauliflower on a chopping board, use a large, sharp knife to cut each cauliflower into 3–4 slices of equal thickness. Lay the cauliflower 'steaks' on a flat tray and lightly brush with marinade dressing (keep some aside for drizzling later). Leave to marinate for 30

To make aubergine and yoghurt chutney:

3. Pierce the skin of aubergine with a fork and grill it over a hot gas hob, BBQ or electric grill until skin is burnt and flesh of aubergine is soft when you press it. This takes about 15–20 minutes, turning regularly with tongs, till completely charred and collapsed). Transfer the aubergine to a plastic bag and leave to cool.

Method (Contd.)

4. Peel off outer skin of aubergine and transfer flesh to a sieve, leave to drain for 20 minutes, transfer flesh to a flat dinner plate and mash with a fork. In a separate bowl add tahini, olive oil, lemon juice, crushed garlic, ground cumin seed, Greek yoghurt and seasoning and gently mix till tahini loosens up. Add mashed aubergine to the bowl and gently mix and season again to taste. (At this stage you can add back a little of the aubergine liquid for a more intense smoky flavour). Drizzle over a little olive oil and set aside until required
5. Heat a large char-grill pan to medium-high heat. Place cauliflower steaks on pan and grill 3 minutes each side or until charred and tender. Transfer to a plate and keep warm in a low oven.

To assemble:

6. Place cauliflower steaks on a platter or serving plate, top with the aubergine and yoghurt chutney and lightly drizzle with a little of left-over marinade dressing. Garnish with lambs lettuce and pomegranate seeds.
7. This little dish can be served hot or slightly warm. Enjoy





**SUMMER SQUASH, PETIT POIS &
QUINOA SALAD**

SUMMER SQUASH, PETIT POIS & QUINOA SALAD

 Servings 4

This salad will bring a smile to your face: Delicate golden summer squash, dark green courgette, bright green petit pois and fluffy nutty quinoa grains, all gently mixed to create a delicious, nutritious bowl of goodness. This is a great way to use up left-over quinoa, specially in a lunch box Experiment with seasonal and local ingredients.



Low carb



Gluten free



Dairy free



Vegan



Vegetarian



Diabetic Friendly



Ingredients

- 170 grams quinoa
- 340 ml vegetable stock
- 2 tablespoon extra-virgin olive oil
- 1 tablespoon lemon juice
- Himalayan sea salt and cracked black pepper to season
- Various squashes (2-4 about 400 grams), yellow courgette, green courgette, patty pan, summer crookneck etc.
- 100 grams petit pois
- 20 grams flat parsley, finely chopped
- 2 spring onion, finely chopped



Maggie's Tips

Any of the following will also work well in this dish. Quinoa has quite a high carbohydrate content but is also nutrient dense. I suggest boosting protein with shredded cooked chicken, fish such as prawns or organic salmon, crumbly sheep's feta cheese or goats cheese; also try adding toasted mixed nuts or mixed seeds etc. This will last 3-4 days in your fridge.

Method

1. Heat stock in saucepan to boiling. Place quinoa in a large bowl of water, swirl around, then rinse and drain in a sieve under tap. Add quinoa to boiling stock, give it a quick stir and then cover saucepan and return to boil. Cook on low simmer for 15-20 mins. Ideally there should still be a little crunch in the grains, and you'll notice a small white disc surrounding them; this is a sign that the quinoa is cooked, or very nearly. Liquid should have evaporated, but if not, drain off any excess water. Let the quinoa sit for 5-10 minutes before adding oil, lemon juice and seasoning, allow to cool.
2. Slice courgettes and patty pan thinly, lengthways (a mandolin is great for this). Heat chargrill pan until smoking hot, then lower heat slightly (no oil - we are dry grilling). Griddle the courgettes in batches, about 2 minutes per side, taking care not to crowd the grill pan. They should be tender, but with a crunch in the centre. Don't be tempted to move the courgette while it is cooking or you won't get the chargrill marks across the flesh. Transfer to wire rack to cool, and season with a little salt and cracked black pepper
3. Cook petit pois as per pack instructions, strain, transfer to a bowl of cold water to stop the cooking and help preserve the vibrant green colour. Strain and toss in a clean tea towel to remove any excess water just before assembling
4. Add parsley and spring onion to quinoa, gently mix. Add courgette, patty pan and petit pois, gently mix. Arrange on a nice platter to serve



‘LOWER-CARB’ BROWN RICE

'LOWER-CARB' BROWN RICE

 Servings 4

If you are not quite ready to go the full Monty with cauliflower rice, this simple combination is a delight and a gentle way to embrace this dilemma. Play around with quantities, add different spices and herbs – you might be surprised how much you enjoy this version of rice.



Low carb



Gluten free



Dairy free



Vegan



Vegetarian



Diabetic Friendly



Sports Endurance
& Recovery



Ingredients

- 150–250 grams raw cauliflower, cut into chunks
- 200 grams day-old cooked brown rice
- Dash olive oil
- Butter (optional)
- Pinch of ground cumin
- Himalayan salt and cracked black pepper to season



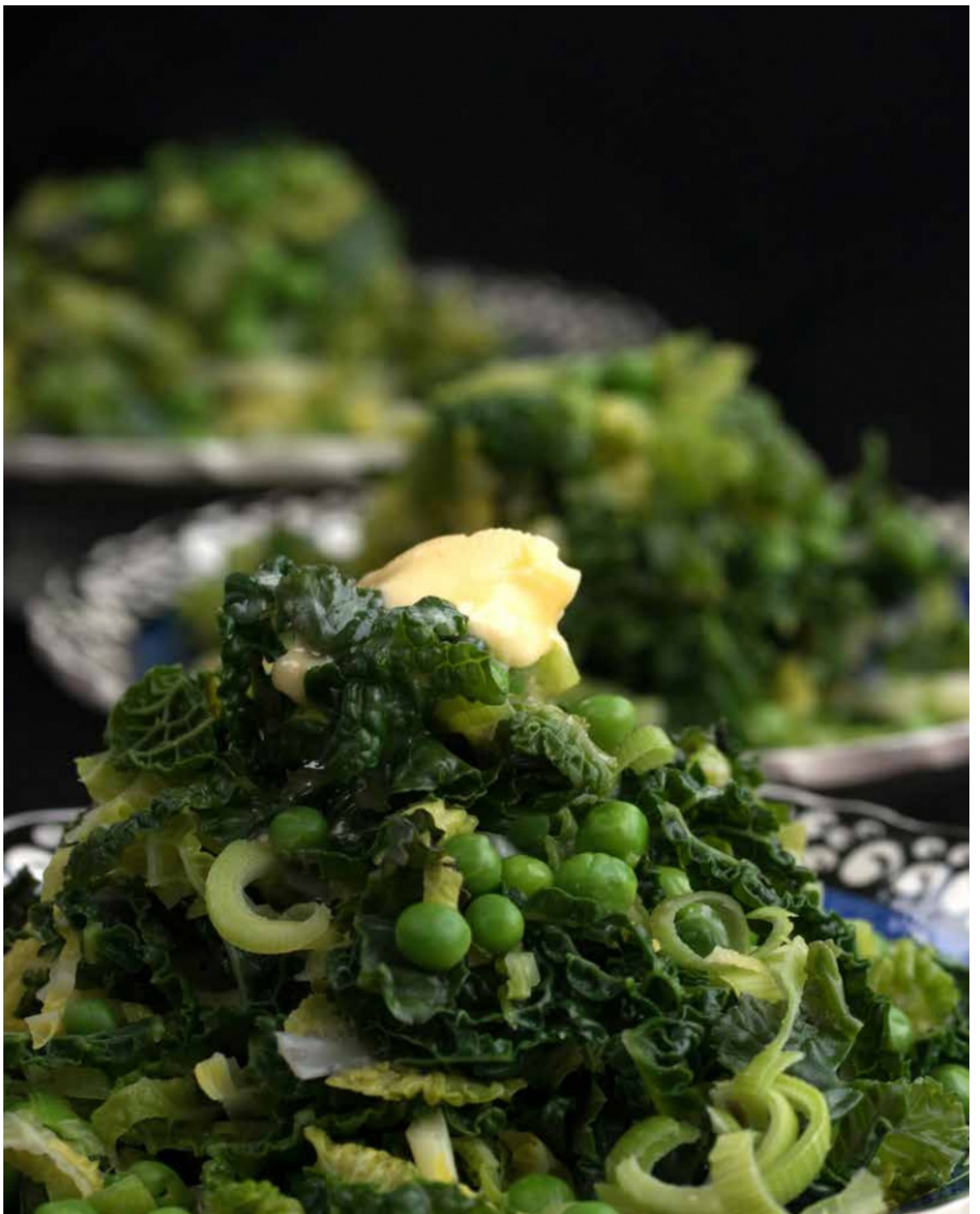
Method

1. Place cauliflower chunks in a food processor and pulse until broken into rice-size pieces.
2. Heat a deep pan or wok over medium heat. Add olive oil (and butter if using). Add brown rice and cook for 1–2 minutes until heated through, add cauliflower 'rice', cumin or spice of choice, salt and pepper. Keep stirring for 1 more minute. Fluff 'rice' with a fork and serve.



Maggie's Tips

- Additions when cooking brown rice: Add whole cloves, star anise, cinnamon bark, pink peppercorns, coriander seed, cardamom seed, bay leaf, curry leaf etc. These will add their own, gentle unique flavour.
- Add fresh chopped herbs at end.
- Any of the following are good: coriander, dill, parsley, mint, basil, chives just before serving
- Add stir-fry vegetables, or prawns or chicken (stir-fry separately and toss in with rice).



**BRAISED CABBAGE, LEEKS AND
PETIT POIS**

BRAISED CABBAGE, LEEKS AND PETIT POIS

 Servings 2-4

This sesame seaweed condiment originates from Japanese cuisine. It's usually made just with calcium-rich sesame seeds and sea salt, but I've given it a nutritional boost by adding seaweed, with all its important trace minerals.



Ingredients

- Dash of olive oil
- 40 grams butter
- 1 leek (100 grams), finely shredded
- 1 small head cabbage (250 grams), finely shredded
- 120 grams petit pois (defrosted)
- Himalayan salt and cracked black pepper

Method

1. Melt the oil and ½ the butter in a deep pan, add leek, cover with a lid and fry gently for 5–8 minutes until soft, stirring gently through the process
2. Add cabbage, stir through leek, cover with a lid and gently sauté over medium heat for 6–8 minutes, stirring occasionally. Add petit pois, cook for a further minute, season and serve.

Maggie's Tips

Add diced smoked bacon for a real bacon and cabbage experience. Dice 2–4 rashers and fry in a little olive oil until lightly golden and crisp. Transfer to kitchen paper. Add to cabbage at petit pois stage.



**BEETROOT AND BLOOD
ORANGE SALAD WITH ROASTED
RED PEPPER, CAMELIZED
PISTACHIO AND GOATS CHEESE**

BETROOT AND BLOOD ORANGE SALAD WITH ROASTED RED PEPPER, CARAMELIZED PISTACHIO AND GOATS CHEESE

 Servings 4

Sometimes the simplest ideas produce the most stunning looks and flavour with very little effort. Sweet earthy beetroot, tangy blood orange, smoky red peppers, creamy goats cheese and crunchy pistachio jewels. Fantastic as a starter or served with other dishes, or a meal in its own right.



Low carb



Gluten free



Dairy free



Vegetarian



Diabetic Friendly



Sports Endurance
& Recovery



Ingredients

- 250 grams raw beetroot
- 60 grams Pistachio nuts
- 1 tablespoon maple syrup
- 2 red peppers
- 3 blood oranges
- 120 grams goats cheese, crumbled
- Small handful purslane or land cress
- 2 tablespoons pomegranate seeds

Dressing

- 2 tablespoons extra virgin olive oil
- 1 tablespoon raspberry vinegar or red wine vinegar
- 1 ½ teaspoons honey
- Cracked black pepper



Maggie's Tips

If you can't find blood oranges, normal ones are fine. Walnuts can replace pistachios.

Method

1. Cover beetroot in a saucepan with cold water. Bring to boil and simmer until tender, 40–60 minutes depending on beetroot size. Drain. When cool, cut off roots and peel with your fingers. Carefully slice the beetroot into thin circles, then set aside
2. Preheat oven to 180C. Halve the peppers, removing seeds and membranes. Roast them until the skin blisters and turns black – about 30 minutes. Remove from oven, place in bowl and cover with cling film. The skins should then peel away easily. Cut in thin strips.
3. Dry roast pistachios on a small pan over medium heat for 1–2 minutes. Add 1 tablespoon maple syrup to lightly coat nuts and toast for 30–60 seconds until syrup evaporates. Remove from heat, transfer to parchment paper and leave to cool.
4. Peel the oranges and remove all the white pith. Slice off a good chunk from top and bottom and cut the remainder crosswise into circles ½ cm thick. Set aside
5. To make dressing: Mix all ingredients in a small jar, shake well. Set aside.
6. Arrange beetroot and orange slices, red pepper, pistachio nuts, purslane, goats cheese and pomegranate seeds on a platter. Drizzle with oil dressing and serve at once.



**GREEK YOGHURT, WALNUTS &
BLUEBERRIES**

GREEK YOGHURT, WALNUTS & BLUEBERRIES

 Servings 1

Since I started my low carb diet in January this has become my go-to breakfast. I love this little creamy bowl of goodness – so simple it doesn't involve much brain power early in the morning! The other great thing about this delish bowl is that it makes for a simple delightful dessert. Two great options from one simple recipe.



Low carb



Gluten free



Dairy free
(use soy)



Vegetarian



Vegan
(use soy)



Sports Endurance
& Recovery



Diabetic Friendly



Ingredients

- 200 grams Greek full-fat yoghurt
- Small handful chopped walnuts
- Small handful blueberries

Method

1. Spoon yoghurt into serving bowls, sprinkle with nuts and blueberries



Maggie's Tips

Try to source organic Greek yoghurt with a high fat content. Vary nuts – try chopped pecans, pistachios, cashews etc, or top with granola.



ACKNOWLEDGEMENTS


- Thanks for downloading this eBook. I hope you enjoy trying out these lower-carb recipes and love eating them as much as I do.
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- Thank you Eva for your fantastic multi-tasking skills while helping me create our 4th eBook. Your ability to turn your hand to everything constantly amazes us all! • Please keep in touch and share this book with friends, family and health enthusiasts. Remember to keep an eye on what's cooking in our Taste Health Kitchen and on our website generally.
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