

CORN, QUINOA & HERB FRITTERS

Makes about 12

1 cup cooked quinoa – cooled to room temperature (I use the tri colour quinoa but any is fine)
1 can 400g corn kernels
(or kernels from 3 fresh cobs)
3 spring onions, finely diced
½ cup fresh herbs, roughly chopped (I love coriander and mint)
4 eggs, lightly beaten
¼ cup flour
(buckwheat, wholemeal or spelt)
1 tbsp nutritional yeast (optional)
Salt & pepper to taste
Coconut oil for cooking



Combine all fritter ingredients in a large mixing bowl and stir well to form a chunky batter.

Heat coconut oil in a frying pan over medium heat.

Use a heaped tablespoon of batter for each fritter and cook for a couple of minutes on each side.

Serve with roast veggies and leafy greens, avocado and extra fresh herbs + Spiced tahini dressing.

VARIATIONS: Add peas, feta, grated, carrot, grated zucchini or cooked chicken

YELLOW NICE-CREAM

A healthy dessert the whole family will love!

Serves 4

4 Frozen bananas
1 cup frozen mango
½ cup coconut cream/milk
1 tsp vanilla essence
To serve
¼ cup chopped peanuts
¼ cup shredded coconut



Chop bananas and mango and place in a food processor and let sit for 2 mins to let thaw a little.

Add coconut milk and blitz until super smooth and creamy.

Top with nuts and coconut and eat immediately or I often freeze in portion sizes for later and add nuts and coconut when serving.

Perfect for pimping your lunchtime salads!

CLASSIC MUSTARD VINAIGRETTE

½ cup extra virgin olive oil
¼ cup apple cider vinegar
¼ cup lemon juice
1 heaped tsp Dijon mustard
Pinch of chili flakes - optional
Salt & pepper to taste

Combine all ingredients in a jar, screw lid on tightly and shake until well combined.



CREAMY LEMON DRESSING

¼ 100g cup natural Greek yoghurt
1 tbsp extra virgin olive oil
Zest and juice of a lemon
1 tbsp rice malt syrup or ½ tbsp honey
Salt to taste
Combine all ingredients in a jar, screw lid on tightly and shake until well combined.

