

# CREATE CALM SPOIL YOURSELF RECIPES



Aside from being super tasty these recipes are bursting with vitamins, minerals and phytochemicals that come from fruits, vegetables, nuts, seeds, whole grains and legumes.

These plant foods contain no cholesterol and are low in saturated fat. They make a healthy change to muffins, pastries, crisps and energy drinks that many people consume in the afternoon as their energy levels begin to drop.

I hope you enjoy these recipes and the benefits to your mood, concentration and energy levels that they may bring.

Warmest regards,

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# RECIPES

1. Banana Blueberry Blast
2. Chocolate smoothie
3. Cilantro/Coriander Dip with crackers
4. Fruit with Nutty Seed Crumble
5. Green Smoothies
6. Guiltless Chocolate Pudding
7. Mango Smoothie
8. Orange Quinoa or Cous Cous salad
9. Rice Paper Rolls
10. Walnut Wraps



# BLUEBERRY BANANA BLAST

## INGREDIENTS

- 1 cup orange juice
- 1 cup frozen blueberries
- 1 peeled banana
- 2 tablespoons ground flaxseeds



## METHOD

Blend all the ingredients until smooth. If you are using whole flaxseeds then blend these into a powder first before adding the other ingredients to the blender. You can also substitute the flaxseeds with chia seeds. Store in an airtight cup until consuming.

## NUTRITION INFORMATION

Flaxseeds are also known as linseed. Both flaxseeds/linseeds and chia seeds contain omega 3 fatty acids. Flaxseeds also contain lignans which are associated with reduced risk of breast and prostate cancer. It is best to store flaxseeds in the fridge to preserve their nutrient content. Blueberries contain phytochemicals that are good for the eyes. Blueberries are an amazing food – they are low in sugar but high in nutrients. Research has found that berry intake is linked to reduced risk of cancer and diabetes. Berries are also very good for the brain and are linked with reduced risk of cognitive decline, and an improvement in memory.



# CHOCOLATE SMOOTHIE

Recipe from the book *Eat to Live* by Dr Joel Fuhrman

## INGREDIENTS

- 1 tablespoon flaxseeds
- 2 cups frozen blueberries
- 1 banana
- 4 dates (pitted)
- 1 cup soy milk
- 1 handful of baby spinach
- 2 tablespoons of raw cacao powder



## METHOD

Add everything to a blender. Blend until smooth and enjoy!!

## NUTRITION INFORMATION

In addition to tasting sensational, cacao is very high in magnesium. Magnesium helps to support the nervous system and can help to ward off muscle cramps.

Phytochemicals found in blueberries are good for the eyes. The banana and dates provide healthy sources of sweetness in the recipe and provide nutrients and minerals that processed sugar does not. The baby spinach is another source of magnesium, folic acid and chlorophyll. The calcium in many green leafy vegetables such as baby spinach is absorbed by the body more than from dairy milk.



# CILANTRO/CORIANDER DIP

## INGREDIENTS

- 2 cups fresh coriander (cilantro) leaves
- 1/2 cup raw cashews roughly chopped
- 1- 2 garlic cloves (optional)
- 2 tsp fresh ginger
- 2 teaspoons lime juice
- 1 small red chilli, seeded and chopped (optional)
- Sea salt to taste (optional)



## METHOD

1. Mix the coriander, cashew nuts, garlic, ginger and chilli in a food processor until well blended.
2. Add the lime juice and season with salt and black pepper if you wish.
3. Serve with corn chips, rice crackers or vegetable sticks.  
Tip: This makes a nice pesto for pasta.

## NUTRITION INFORMATION

Cilantro helps to eliminate heavy metals from the body. Cashews are lower in fat than other nuts. They contain a high portion of oleic acid (heart-healthy monounsaturated fat). You will notice that many other dip recipes use cheese or dairy. Cheese and dairy are sources of saturated fat which is not good for the body. High levels of saturated fat clog the arteries. Cheese in particular contains high amounts of fat and cholesterol. Garlic has been found to contain anti-angiogenic compounds (help to prevent blood supply to tumours) and ginger is a good digestive tonic.



# FRUIT WITH NUTTY SEED CRUMBLE

## INGREDIENTS

1 cup almonds

1 cup cashews

$\frac{3}{4}$  cup pepitas (pumpkin seeds)

Sliced fruit – apple, banana, strawberries etc.



## METHOD

1. Place the almonds, cashews and pepitas in a blender and blend until it becomes a crumbly consistency and begins to stick to the sides of the blender. Avoid blending for too long or it will turn into a nut butter (if you prefer this then keep on blending!).
2. Chop up the fruit.
3. Dip the fruit into the nut mix and eat, or sprinkle the nut mix over the fruit. Store mixture in an airtight container the fridge. You can also sprinkle this over your breakfast cereal and onto your desserts.

## NUTRITION INFORMATION

Nuts contain many nutrients and minerals. Studies have shown that nuts are good for heart health with 5 or more servings of nuts per week found to reduce the risk of coronary heart disease. Nuts have also been found to lower cholesterol levels and to help people lose weight (though for people needing to lose large amounts of weight fat intake should be limited). Almonds are high in antioxidants and calcium. Pepitas are high in zinc, iron, calcium and phytochemicals and may help to prevent prostate cancer.



# GREEN SMOOTHIES

## INGREDIENTS

Choose from the recipe that you like below...

- 1 banana, 2 nectarines, 4-5 bok choy leaves (stems removed) and 1 cup water
- 1 orange, 1-2 bananas, 1.5 cups frozen mango, 5 kale leaves (vein removed), a small handful of cashews and 2 cups water
- 1 cup strawberries, 2 bananas, ½ bunch of romaine lettuce, and 2 cups water
- 3 bananas, 2 tablespoons of carob or cocoa powder, 10 – 12 mint leaves, 2 cups baby or English spinach and 1.5 cups water



## METHOD

Place the ingredients into a high powered blender. Blend until smooth and serve! If taking to work store in an airtight container and store in the fridge.

## NUTRITION INFORMATION

Green smoothies are bursting with goodness. The act of blending everything together makes it easier for the body to absorb these nutrients. Green leafy vegetables are incredibly nutrient-dense. Research has shown that greater intake of green leafy vegetables is associated with reduced risk of cardiovascular disease. The other nutritional benefits depend on the fruits that you use. Beneficial nutrients may include carotenoids such as beta-carotene (good for the eyes and skin), magnesium, vitamin C etc. Carob powder gives a chocolate taste and is high in calcium.



# GUILTLESS CHOCOLATE PUDDING

Recipe by Robyn Chuter ND ([www.empowertotalhealth.com.au](http://www.empowertotalhealth.com.au))

## INGREDIENTS

- 1.5 cups raw cashews
- ½ - ¾ cup non-dairy milk
- 2 cups organic baby spinach or English spinach
- 2 cups frozen blueberries
- 2/3 cups pitted dates
- 3 tablespoons of raw cacao
- 1 teaspoon of vanilla extract (alcohol-free)
- ½ raw beetroot (peeled)



## METHOD

1. If using dried dates, place in warm water to soak while preparing the rest of the ingredients.
2. Blend the cashews, beetroot and non-dairy milk together in a blender until smooth.
3. Add the dates and blend until creamy. Next add the spinach, blueberries, cacao and vanilla and blend until you reach a creamy consistency. If your blender is not high powered then you may need to stop and stir a couple of times.
4. Serve and enjoy! Eat as a pudding or you can also use this as a dip for chopped fruit.

## NUTRITION INFORMATION

This is the healthiest chocolate pudding that I have ever encountered! Where to start with the health benefits? We have covered the health benefits of baby spinach, cacao, cashews and blueberry above. Dates are high in various vitamins and minerals including beta-carotene, lutein (good for the eyes), iron and fibre. You can't taste the beetroot in this recipe although beetroot is long known for its blood building properties and has been found to be helpful for those with anaemia.



# MANGO SMOOTHIE

## INGREDIENTS

- 1 cup frozen mango (skin removed)
- 1 cup frozen, chopped banana
- 1 cup non-dairy milk
- 1 fresh orange (peeled)
- 1.5 cups baby spinach



## METHOD

Add all ingredients to blender. Blend until the smoothie reaches a creamy consistency and serve!

## NUTRITION INFORMATION

Mangoes are high in vitamin C and carotenoids (these convert to vitamin A in the body). These two vitamins support the immune system and carotenoids are also good for skin health. They are also high in potassium which is known to curb fluid retention and play a role in healthy heart rate and blood pressure. Non-dairy milks such as soy and almond milk do not contain any cholesterol and only miniscule amounts of saturated fat. Dairy (and meat) produce Insulin-like Growth Factor (IGF-1) in the body that are found in higher levels in people with cancer. It is believed that IGF-1 helps cancer cells to spread (metastasis). Plant based diets without animal-derived foods have been shown to lower IGF-1 and increase protective IGFBP (protective binding proteins) therefore offering cancer-protective benefits. For many people plant-based milks don't create mucous and sinus congestion problems often associated with dairy milk.



# ORANGE COUS COUS OR QUINOA SALAD

This recipe can be made gluten-free by using quinoa instead of cous cous.

This recipe is adapted from the book *The McDougall Program for Maximum Weight Loss* by Dr McDougall.

## INGREDIENTS

2 cups cooked cous cous or 2 cups cooked quinoa

2 oranges, peeled and chopped

3 tbsp. organic raisins or sultanas  
(sulphur-dioxide free)

½ tbsp. ground cinnamon

½ cup almonds



## METHOD

1. When the cous cous or quinoa is cooked, allow it to sit and cool.
2. Add the remaining ingredients, stir and serve

## NUTRITION INFORMATION

Raisins contain resveratrol which is thought to protect the cardiovascular system. Many people think that resveratrol is only found in wine but other foods such as grapes, blueberries, peanuts etc. contain resveratrol so it isn't necessary to drink wine to get resveratrol in the diet. Cinnamon has traditionally been used to lower blood glucose levels and has been found to lower fasting blood sugar levels in diabetics.



# RICE PAPER ROLLS

## INGREDIENTS

- 2 packets flavoured/marinated tofu (I like satay flavour)
- 1 packet vermicelli noodles
- 1 bunch of Vietnamese mint &/or coriander (cilantro)
- 3 medium carrots
- 3 cucumbers
- 1 packet rice paper roll sheets
- ½ bunch of greens (e.g. lettuce, Chinese cabbage)



## METHOD

1. Cook the vermicelli noodles and put aside for use. Wait until they cool before using them. They only need to be cooked for a short time.
2. Chop the tofu into thin strips. Chop the vegetables you are using into thin shreds or grate them.
3. Dip the rice paper roll sheets into a bowl of hot water and fold into rolls as per instructions on packet.
4. Serve and enjoy! Serve with satay sauce, coriander dip or sweet chilli sauce etc. You can also add other vegetables such as spring onions or finely sliced bell-peppers (capsicum).

## NUTRITION INFORMATION

Tofu contains a high amount of protein. Although there have been concerns around unprocessed soy the research is clear that *unprocessed soy foods* such as tofu, tempeh and edamame are a healthy part of the diet with many health benefits. Research has shown that this includes a reduction in cancer of the prostate, lung, stomach and colon. Always try to buy organic tofu.



# WALNUT WRAPS

## INGREDIENTS

- 1.5 cups walnuts
- 6 large Chinese cabbage leaves
- 1.5 tsp powdered cumin
- Ginger to taste (fresh or powdered)
- 1 tsp soy sauce or tamari  
(tamari is gluten-free)
- 1 tsp fresh chopped chilli or chilli sauce
- Fresh coriander/cilantro or basil
- Lemon juice to taste
- 1 – 2 large tomatoes
- ½ avocado thinly sliced (optional)



## METHOD

1. Soak the walnuts in water for 1 hour. Discard the soak water. Place the soaked walnuts, cumin, ginger, chilli, soy sauce or tamari into a blender or food processor. Blend until it is well-combined but still a bit chunky.
2. Dice the tomato and chop the cilantro/coriander or basil.
3. Place the walnut mix into the centre of a large cabbage leaf just before eating. Top this with the tomato, fresh herbs, avocado and lemon juice and enjoy!

## NUTRITION INFORMATION

Walnuts contain omega 3 fatty acids. Soaking the walnuts before eating them eliminates anti-nutritive substances. Avocado is a way to introduce a creamy texture to dishes and contains various antioxidants such as vitamin E.

