

The **SMOKO** COOKBOOK



FUELLING YOUR SHEARING PERFORMANCE

Hi, thank you for investing in this book. My name is Matt Luxton and I am truly grateful to have been exposed to your industry since November 2014. I have been fortunate enough to play sport across the world and competed with the worlds best in the sport of Ironman Triathlon, so I feel your pain. I also own my own fitness business in which we work with clients to help them look, feel and perform better every day. Having co-authored an Amazon Best Selling book, won the UK's Most Innovative Fitness Entrepreneur Award and built my very own bespoke facility I have been able to help many people achieve their goals no matter their geographical location.

Having been given the privilege and opportunity to work with Matt Smith, in the build up to his successful record attempt I was given a real insight into the demands of your sport, but was left wondering why hasn't someone given these guys and girls the level of nutritional and sports conditioning advice that sports of similar duration have been afforded.

I believe that in time, the sport of shearing no matter the shearers perceived level will be given the respect it deserves from my profession as a health and fitness coach and those around it to bring knowledge that will help you all become healthier, fitter and faster shearers. First though you need to start treating your body like any other endurance athlete if you want to perform well day after day.

In many ways this is just the start for me of what I hope we can bring to you all. It is definitely not meant to be the "bible" of nutrition for shearers but hopefully a really useful tool that you can turn to year round for ideas and inspiration.

I have included alongside the recipes some information on

- **Hydration**
- **Magnesium**
- **Recovery**
- **Clarity of Mind**

For now, I wish you every success and if you ever want any advice, it is ok to ask for help.

My Best

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HYDRATION

Hopefully we are all aware that water is good for us, but I don't think people truly understand how essential water is for our health. Most people don't know or realise what happens to our body if we don't take in enough water on a daily basis.

Long-term dehydration can lead to a whole host of problems ranging from:

- Low back pain
- Neck pain
- Angina
- Headaches
- Depression
- High blood pressure
- Pain
- High cholesterol
- Weight gain
- Asthma
- Allergies
- Diabetes

The key point to mention here is that rehydrating doesn't happen by drinking water alone. To simply drink water alone could lead to a symptom known as hyponatremia, which in the long and short of it equates to the minerals being flushed out of the cell and a low sodium level in the blood. It can be fatal.

My suggestion to you is to get a sweat test done to find out how much sodium you lose when you sweat so that you know how much to put back in per hour. I would also suggest that you get a good electrolyte powder that you can put in your water whilst you shear, that way you don't have to play catch up at the end of the day and you could alleviate the symptoms of cramp.

For general health at the time of writing the advice we give to clients is to aim for 1 litre of water for every 50lbs of body mass, outside of what they drink during exercise. For shearers, I would suggest this and then to make sure you are drinking and eating enough you should be weighing at the start and end of each day, with the goal of being a similar weight at the same point in the day 24 hours later. Clearly if you have excess body fat to lose you may do this over an extended period of shearing, but rapid weight loss should be avoided. To put this in perspective, when Matt Smith did his 9 hour world record, he only lost just over 1kg all day.

Straight after shearing (within 30 minutes) I would recommend that you get some liquid protein on board. I would go with 20-40g of protein powder depending on your own preferences, handful of mixed frozen berries, banana and 500-700ml of water, almond milk or coconut milk. This would be best blended up first thing in the morning and kept in a fridge or cool box until you drink it.

MAGNESIUM

Magnesium is a mineral that's vital to too many of the body's functional processes to count but including the synthesis of proteins, the transmission of nerve signals, the production and transportation of energy from food and detoxification. During exercise and times of stress, like shearing, it typical to find a state of low magnesium which is associated with the damage of cells from free radical damage. At this time alkaline minerals leak out through the cell wall.

Perhaps it's detoxification, when one considers the modern diet that most people consume, that explains the enormous depletion of magnesium that most people seem to suffer from or maybe it's the ever-increasing amount of calcium and calcium supplements that many people are consuming, but whatever the reason, people are more in need of magnesium supplementation now than ever before. Magnesium is used to clean the cells, particularly in an age where heavy metals are seeping into our diets and environments. Magnesium is also lost during the excretion of urine when liver is detoxing.

Just make sure that whatever form of magnesium you opt to supplement with, it's not the oxide version which is practically useless for improving your health. Instead opt for any of the 'ate' versions of magnesium such as magnesium citrate, malatate, glyconate, orotate, sulfate or magnesium chloride.

My preference at the time of writing is transdermal magnesium spray, which you spray onto the skin directly. This is backed by science to prove the absorption rate is better and it gets into the sites that you as shearers need most; forearms, lower back, hamstrings and quadriceps. Normally best once you have had a shower as the pores are open.

The alternative is tablet form, of up to around 400mg a day seems to work best for most people, though this is largely individual with some people

tolerating less. One of the signs that you've taken too much is diarrhoea so build up slowly.

It is best to take oral magnesium about 60-90 minutes before bed... it'll help you sleep better too as it is a natural muscle relaxant, which extends to the muscles of the arteries and helps to improve blood flow to the extremities. If you get cold hands and toes, magnesium may be your best friend.

RECOVERY

Cortisol and Stress Management

Many of us have different stresses in our lives, some of which may result in a lack of sleep, due to increased/decreased mental stimulation or strain. Others may experience organisational stress, such as work patterns or personal illness due to a lack of or too much exercise and/or poor nutrition.

When we experience excessive stress, whether it's chronic or acute, we secrete a hormone known as cortisol. This hormone acts as a signal to the brain and increases our demand for carbohydrates and fats. This demand unfortunately leads us to make poor nutritional choices, usually when we are disorganised (another cause of stress). This sugar and fat intake has to be stored somewhere and the body tends to store stress related calories around the midriff.

Cortisol is useful when you need it to get fired up for something but the trouble is that people don't give their bodies a chance to allow this to switch off when it should!! Subsequently this blocks our happy hormones (serotonin), growth hormones and sex hormones from doing their jobs efficiently. Aside from many other roles, these hormones are essential to maintaining muscle mass and an elevated resting metabolic rate. When excessive cortisol suppresses these, we ultimately burn muscle as a fuel for energy, because the cortisol tells the body to hold on to as much fat as possible and release as little as possible for energy.

When it comes to food, you need to make this as easy as possible. Unfortunately, 'dieting' sends alarm bells of 'pointless calorie counting' and 'silly slimming shakes' through most people's minds. Here are some tips that will help take that stress away this week:

1. Never starve yourself (eat every 3-4 hours)
2. Eat more of the right foods (Avoid sugar and packet foods)

3. Try to get to bed before 10pm at least 4 times this week and sleep for 7-8 hours.
4. No white light within 45-60 mins of bed time

If you would like to know more about this subject I can highly recommend 'The Cortisol Connection Diet' by Shawn Talbott.

Clarity Of Mind

Having had the privilege of working either one to one or through online coaching with a good number of shearers, there is one thing that is very clear.....hard work is not holding most of you back. However, being prepared to work smart and hard is where the game changes and this booklet of recipes will change the game for some of you. I am really aware that nutrition won't take someone who has a poor skill level to the top, in whatever sport, but for those who have that skill level already and that work ethic this can take you to the next level. When we sharpen our nutrition and lifestyle, the results can almost appear on a level of invincibility from the inside and outside. I am not sure who said it to me but I love this quote "What the mind can believe the body can achieve." So if you are ready to up your game take a read below and then start taking action.

Take Responsibility

This is perhaps the most important aspect of success in any aspect of life. In our culture, we seem to play the blame game. Even with the weather, if it snows, we seem to want to blame someone for it! Too often when something bad happens in life, we see the classic 'pass the buck'. It's always someone else's fault when things go wrong. No-one is willing to step forward and say "yes it was my fault, I accept responsibility." I think that is one of the reasons that I love action takers like shearers, people who can stand up and take some responsibility for their own destiny! Only when you can do this will you begin to build success.

Work ethic

Vince Lombardi said, **“The harder you work, the harder it is to surrender”**.

Something that Matt Smith mentioned, was that on his record day he knew how hard all of his family and support crew had worked; there was no way he was surrendering.

As I said, not the issue when it comes to most shearers and certainly not the ones I have had the privilege of working with, but we now need to transfer some of the skill set into the work ethic around nutrition preparation and lifestyle to help you get the most from your body.

Keep Your Eyes on the Prize – Over and Around Mountains

You and I have met people I am sure who we believe could definitely be much more successful and achieve great things in life but never do because they constantly allow themselves to be shackled by all the things which hold them back. These include fear, unambitious friends and colleagues, “Sappers” as Sir Clive Woodward would call them, alcohol, drugs, short-term focus and a whole range of restrictive influences.

We are all ‘murderers’, in that we all have great ideas that we don’t even give a chance to grow. So I urge you to be consistent in your pursuit of your goal and acknowledge that some days you have to go around the mountain and not over it. Some days you can full steam ahead over the mountain with “pick axes and climbing gear” and other days you have to walk around the mountain and take things a little slower.

A New Beginning

For many of you this booklet will help you look, feel and perform better. Some will wish they had access to this when they were younger, but remember though; it's never too late. You may remember when Andre Agassi used to be at the top of the tennis hierarchy then found himself languishing at 141 in the world. He then decided that if he got himself into such great physical shape that he could out fight anyone on the court and stay on his side of the net for as long as it took he could recover his former self. He was soon back where he KNEW he belonged. No matter how old you are it's not too late. Don't use marriage, kids, career problems or anything else as excuses. Like Matt Smith said to me, I could have used the fact I had over 1000 sheep, a 9-month-old baby and busy business as an excuse not to attempt the world record, but he didn't and look at the result he achieved.

You have the power to change and improve your lifestyle if you want to. The key is to set your vision so far in the distance it is impossible to have limits and in doing so set smaller milestones along the way to try and achieve.

“What lies before us and what lies behind us are small matters compared to what lies within us” (Ralph Waldo Emerson).

Let Yourself Be Successful!!!

Now.....

You have some more knowledge and recipes in the following pages, you now need to take action.

A decision and saying you are going to make changes minus the action = more stress.

Decision + Knowledge + Action however is where the RESULTS come.

Give yourself permission to win.

Strive for excellence not perfection.

Excellence is bettering yourself, perfection is not achievable.

A little bit better each day and you are winning!

That is all for now, please enjoy the recipes.



Smoothies & Breakfasts

CHIA CEREAL WITH CARDAMOM, BLUEBERRIES AND WALNUTS

Serves 1

Ingredients

- 3 tbsp chia seeds
- 200ml almond milk (or coconut milk)
- 1 tsp flaked almonds
- Pinch of ground cardamom
- 50g blueberries
- 4 walnuts, chopped roughly

Method

1. In a bowl, mix the chia seeds, flaked almonds and almond milk, cover and refrigerate overnight or for several hours.
2. Remove from the fridge and stir in cardamom, blueberries and nuts.
3. Serve and enjoy.

SUNRISE SMOOTHIE

Serves 1

Ingredients

- 1 ripened banana
- 150ml coconut milk (rice or almond milk also work well)
- 1 tsp organic cashew nut butter
- 1 tsp coconut oil
- 1/2 tsp raw cacao powder
- Handfull of fresh spinach
- 2-3 ice cubes

Method

1. Place all ingredients into a blender with ice cubes and blend until smooth.
2. Serve immediately.

GREEK BREAKFAST CRUNCH

Serves 2

The crunch for this recipe makes a great granola alternative and can be stored in an airtight container for a few days.

Ingredients

- 100ml/3-1/2 fl oz Greek, goat or live yoghurt

For the crunch

- 1 teaspoon coconut oil
- 30g/1 oz chopped hazelnuts
- 30g/1 oz sunflower seeds
- 30g/1 oz pumpkin seeds
- 30g/1 oz gluten free oat bran
- 30g/1 oz organic gluten free oat flakes
- 1/2 teaspoon ground cinnamon

Method

1. For the crunch – heat the oil in a large frying pan.
2. Add the nuts, seeds, oat bran, oats and cinnamon and heat gently whilst stirring. The mixture will turn pale golden in colour and you will smell it toasting.
3. Remove from heat and tip on to a plate to cool.
4. Split the mixture between two bowls, layer both with yoghurt.
5. Sprinkle with cinnamon to finish.
6. Serve warm sprinkled with a little more cinnamon.

BEETROOT, LEMON AND GINGER BREAKFAST ZING

Serves 2

Ingredients

- 2 raw beetroots
- 6 sticks of celery
- 2 carrots
- 1 apple
- 1/2 cucumber
- 1/4 lemon with rind
- 1/4 tsp ginger
- Ice cubes to serve

Method

1. Wash the fruit & vegetables, removing stalks.
2. Turn on juicer and push all ingredients through, finishing with the ginger.
3. Sip the juice and adjust to suit taste, to sweeten the juice add another half an apple.

SPICED QUINOA PORRIDGE

Serves 2

Ingredients

- 100ml boiling water
- 100ml coconut milk
- 50g quinoa
- 1/4 tsp ground cinnamon
- 1/4 tsp ground ginger
- Juice of 1/2 lemon
- Zest 1/2 orange
- 1 apple, cored & grated
- 2 tbsp sunflower seeds

Method

1. Put the quinoa into a saucepan.
2. Add in ground spices & lemon juice.
3. Pour water & coconut milk in to the saucepan & stir well.
4. Bring to the boil and cook over a medium heat until the mix has thick consistency.
5. Stir in the orange zest.
6. Serve in to bowl, top with grated apple and sunflower seeds.

COCONUT AND BERRY SMOOTHIE

Serves 1

Ingredients

- 200ml coconut milk
- 50g blueberries
- 50g blackberries
- 1 tsp almond butter
- 1 small banana
- 1/2 tsp cocoa powder
- Sprig of mint
- Ice cubes

Method

1. Place all ingredients into blender and blend
2. Drink immediately and enjoy.

CINNAMON RICE PUDDING

Serves 4

Ingredients

- 325g long grain brown rice
- 1.5 litres rice/coconut milk
- 1 cinnamon stick, snapped in half
- Juice and zest of a lemon

Method

1. Place the rice, rice/coconut milk, cinnamon and lemon juice in a medium sized pan and bring to the boil, lower the heat and simmer for 30-40 minutes, stirring occasionally.
2. Add a little extra rice milk if required.
3. It is ready when the rice is tender and the liquid is absorbed.
4. Serve hot or cold sprinkled with lemon zest.

VITAMIN C EXPLOSION

Preparation time: 5 minutes

Ingredients

- 1 cup blackcurrants
- 1 cup redcurrants
- 2 kiwi fruit, peeled
- 2 oranges, peeled
- 1 cup apple juice
- 1/2 cup ice

Method

Blend all ingredients until smooth.

CLEANSING BLEND

Preparation time: 5 minutes

Ingredients

- 1 raw beetroot
- 2 carrots
- 1 cup spinach
- 1/4 cucumber

Method

Put all ingredients through juicer and serve.

GREEN ENERGY

Preparation time: 5 minutes

Ingredients

- 4 small broccoli florets
- 3 apples
- 1/2 cup spinach
- Lime juice

Method

1. Put broccoli, spinach and apples through juicer.
2. Pour into cup.
3. Add lime juice.

ALMOND BUTTER BANANA SPLIT

Preparation time: 5 minutes

Ingredients

- 1 banana
- 1 tbsps organic almond butter

Method

1. Split banana length ways – try not to split banana completely.
2. Spread peanut butter where you have made the split.
3. Wrap in tin foil.
4. Eat cold. No cooking required.

MORNING SMOOTHIE

Preparation time: 5 minutes

Ingredients

- 1 medium banana
- 1/2 cup whole strawberries
- 1+1/2 cups milk – rice or oat
- 2+1/2 tbsps almond butter
- 1 tbsp flaxseed oil
- 1 tbsp LSA
- 1 egg, free range and organic (ideally)

Method

Blend all ingredients until smooth.

GREEN SMOOTHIE

Preparation time: 5 minutes

Ingredients

- 1 banana
- 1 large handful Asian greens or spinach
- 1 kiwi fruit
- 1 tbsp honey
- 1 tbsp flaxseed oil
- 1 tbsp LSA
- 1 cup water

Method

Put all ingredients in a blender and blend until smooth.



Pancakes & Omelettes

PROTEIN PANCAKES

These pancakes can be made the night before and warmed through or eaten cold.

Ingredients

- 4 eggs, whisked
- 1/2 tsp cinnamon
- 1 tsp organic cashew nut butter
- 1 banana, well ripened
- 1 tbsp coconut milk (or almond milk)
- 6 walnuts
- Seeds of 1 whole vanilla pod (optional)
- 100g mixed berries (frozen berries will also work)
- 1 tsp coconut oil for frying

Method

1. Place all ingredients except berries, walnuts and coconut oil into a blender.
2. Pulse until smooth and frothy, should be a nice pale colour.
3. Chop walnuts roughly in a bowl, add berries then pour egg mixture in and stir well.
4. Heat oil in a large frying pan on medium heat.
5. To make 3 small pancakes in the first batch, use a ladle and pour a small amount of the egg mixture into the pan.
6. When bubbles start to form on top flip over and cook until brown on the underside.
7. Keep warm until the second batch is made.
8. Serve warm sprinkled with a little more cinnamon.

BANANA AND ALMOND PANCAKES

Serves 2

Ingredients

- 2 eggs, whisked
- 250ml coconut or almond milk
- 1 large ripe banana
- 30g almond flour (ground almonds)
- 1 tsp cashew or almond butter
- 2 tsp coconut oil
- Juice of 1 lemon
- Pinch Himalayan sea salt
- 2 tbsp blueberries
- 1 tsp ground cinnamon

Method

1. Place all ingredients except blueberries, oil and cinnamon into a blender.
2. Pulse until mixture forms a light batter, add more milk if needed.
3. Melt coconut oil in frying pan on a medium heat.
4. Place a large tbsp of batter into pan and cook for 2-3 minutes, when bubbles start to show flip over to cook underside.
5. Repeat with remaining mixture and keep pancakes warm.
6. Wipe frying pan clean and heat, then dry fry blueberries until start to pop.
7. Serve pancakes with warm blueberry mix sprinkled with cinnamon.

BLUEBERRY OMELETTE

Who says omelettes have to be savoury? This sweet version makes a great alternative!

Ingredients

- 2 eggs
- 1 tsp of ground cinnamon
- Splash of vanilla extract
- 1 punnet of blueberries
- 1 tbsp almond oil

Method

1. Warm about $\frac{3}{4}$ of the blueberries in a pan on a low heat with a tiny bit of water.
2. Whisk the eggs, add the cinnamon, the vanilla and the rest of the blueberries.
3. Heat the oil in a pan and add in the mixture, heat until the mixture has solidified.
4. Serve with the warmed blueberries and a sprinkle of cinnamon.

BREAKFAST COURGETTE PANCAKES

Serves 1

Ingredients

- 1 medium sized courgette
- 1 medium sized spring onion
- 1 large egg
- Salt to taste
- Pepper to taste
- 2 tbsp coconut oil for frying

Method

1. Grate courgette into a small bowl.
2. Finely chop 1 spring onion and mix with the courgette.
3. Combine 1 large egg into the bowl and mix thoroughly adding salt and pepper to taste.
4. Heat oil in frying pan and spoon 3 mounds of the courgette mixture into the pan and fry until lightly browned, pressing down to flatten. Flip pancake until browned on both sides.

ALMOND PANCAKES

Serves 1-2

Ingredients

- Coconut oil
- 1 cup almond flour
- 2 eggs
- 3-4 tbsp of coconut milk
- 1 vanilla pod, split, and with the seeds scraped out
- 1 tbsp of ground cinnamon

Method

1. Mix eggs, coconut and vanilla in a bowl and whisk together.
2. Sift in almond flour and cinnamon.
3. Heat a large pan over a medium heat; add a tsp of coconut oil to the pan and add pancake batter in small rounds, quickly turning the pan around to spread the pancake.
4. Cook until brown on the underside, about 45 seconds and then flip to brown other side.

BANANA AND CINNAMON OMELETTE

Serves 1

Ingredients

- 1 chopped up banana
- 3 whole eggs
- 2 tbsp cinnamon
- 1 tbsp olive oil

Method

1. Heat the oil in pan on a medium heat, then add the chopped banana. Heat until it softens.
2. While the banana is warming, beat the 3 eggs in a bowl.
3. Pour the eggs over the banana.
4. When the omelette is almost cooked, sprinkle the cinnamon over the top to serve.



Bars & Snacks

BREAKFAST MUFFINS

Makes one dozen (12)

These muffins store in a sealed container for up to 3 days and make a great alternative when you need breakfast on the run.

Ingredients

- 2 large eggs
- 150ml pot of organic live yoghurt
- 50ml coconut oil, melted
- 100g pureed apples
- 1 ripe banana, mashed
- 1 tsp vanilla extract
- 200g buckwheat/rye or gluten free oat flour
- 1+1/2 tsp baking powder
- 1+1/2 tsp bicarbonate of soda
- Pinch of salt
- 1+1/2 tsp cinnamon
- 50g rolled gluten free oats, plus extra for sprinkling
- 100g blueberries
- 2 tbsp mixed seeds, we used pumpkin, sunflower and linseed
- 1+1/2 tsp stevia honey if required – try to avoid using if you can

Method

1. Heat oven to 180°C. Line a 12-hole muffin tray with 12 large muffin cases.
2. In a jug mix the eggs, yoghurt, oil, apples, banana, honey and vanilla.
3. Sift the flour, baking powder, bicarbonate of soda, salt, and cinnamon into a large bowl.
4. Add in the oats and berries and mix to combine.
5. Pour the wet mix into the dry and mix briefly until you have a smooth batter, don't over-mix, as it will make the muffins heavy. Spoon the batter between the cases.
6. Sprinkle the muffins with the extra oats and the seeds.
7. Bake for 25-30 minutes until golden and well risen, (when a skewer is inserted into the muffin and it comes out clean).

APRICOT FLAP JACKS

Serves 12-16 bars

Ingredients

- 200g gluten free porridge oats
- 2 tbsp raw honey
- 2 tbsp organic full fat butter
- 1 tbsp coconut palm sugar
- 10 apricots or 1/2 grated apple
- 50g almond flakes

Method

1. Melt the honey, coconut sugar and butter together in a pan over a gentle heat.
2. When thoroughly melted, mix in the gluten free oats, grated apricots, flaked almonds and press the mixture into a buttered cake tin an 8 inch square tin does well.
3. Bake in the oven for 15-20 minutes at 180°C or until just beginning to brown.
4. Cut lines into the 'cake' while still warm. Cool and break into bars.

PEANUT ENERGY BARS

Makes 12-16 bars

Ingredients

- 200g of gluten free porridge oats
- 4 large tbsp of organic cashew nut butter
- 50g organic full-fat butter
- 2 chopped bananas
- 3 tbsp of raw honey/coconut palm sugar
- 100g of 3 seed mix (flax seed, sunflower, pumpkin)
- Handful of mixed walnuts, crushed
- 50g flaked almonds
- Zest of lemon & orange

Method

1. Pre heat oven at 180°C.
2. Melt butter, nut butter and honey/sugar in a large saucepan.
3. Mash bananas and add to saucepan.
4. Once mixture is melted reduce temperature to lowest mark
5. Add oats, seeds, nuts, lemon & orange zest and mix together well.
6. Place baking paper into baking tin and grease with butter.
7. Place mixture into tin and spread evenly, 1 inch thick.
8. Sprinkle seeds and drizzle honey over mixture to finish.
9. Place in oven for 20-30 minutes until golden brown.
10. Take out to cool and then cut into bars.
11. Serve with tbsp of Greek yoghurt and enjoy!

APPLE AND CINNAMON COOKIES

Ingredients

- 2 large apples, peeled, cored and cut into eighths
- 2 cups of sliced almonds
- 2 tsp of melted coconut oil
- 4-5 pitted dates
- 2 tsp of vanilla extract (alcohol free)
- 1 tbsps of cinnamon
- 1 cup of finely shredded unsweetened coconut
- A pinch of salt
- 3 large eggs (organic ideally) lightly beaten (Flaxseed and water can be used in place of eggs to bind the mixture)

Method

1. Preheat oven to 180°C.
2. Grate the apples using the shredder attachment on the food processor.
3. Put the almonds, cinnamon, coconut oil, dates and vanilla into a food processor and pulse until coarsely chopped.
4. Add the apples, shredded coconut and salt to a large bowl and stir together. Then add the eggs and mix evenly.
5. Using an ice cream scoop, place the mixture on to baking paper and flatten down the dough into a cookie shape.
6. Place in the oven for 25-30 minutes turning the tray halfway through.
7. Allow to cool on a wire rack. Enjoy!

BANANA AND DATE TEA LOAF

Ingredients

- 200g Spelt Flour (I use wheat-free self raising flour)
- 1 tsp of bicarbonate of soda
- A good handful of chopped dates (obviously de-stoned)
- 2 mashed bananas (good way to use up over-ripe ones)
- Good handful of raisins
- About a third of a cup of coconut oil
- 1 tsp vanilla extract

Method

1. Mix the flour and bicarbonate of soda with 250ml water to make batter.
2. Add in the dates and raisins and mix well.
3. Add both amounts of oil, water, bananas and vanilla and beat well.
4. Pour into a lined loaf tin and bake at 220°C for about half an hour or until well risen and a skewer comes out clean. Enjoy, lovely warm or cold.

PROTEIN BALLS

A great snack to have post workout or post shearing in your smoko's.

Ingredients

- 10-12 whole, pitted Medjool dates
- Handful of raw almonds
- 2 tbsp shredded coconut
- 3 tbsp organic natural almond or cashew butter
- 1/2 cup of natural/vegan protein powder. Vanilla or chocolate are the best.

Method

1. Place the dates, almonds and nut butter into a food processor and mix for 1-2 minutes or until the ingredients has combined to make a thick mixture.
2. Remove and place mixture into a bowl, add 1/2 cup of natural vanilla protein powder, and 2 tbsp of shredded coconut.
3. Mix all of the ingredients well with your hands and roll into balls, the balls should fit into the centre of the palm of your hand. It's best to wet hands first.
4. Place the protein balls into the fridge for 1-2 hours to set.

COCO-NUTTY POWER BALLS

Ingredients

- 1 cup of soft pitted dates
- 1 cup of shelled hemp seeds
- 1/2 cup of almonds or any nut will do
- 1 cup of raw shredded coconut
- A pinch of Himalayan sea salt

Method

1. Place all ingredients except 1/2 the coconut in a food processor and whiz until blended. Don't let it get too smooth; if it's too wet, add some more hemp; if it's too dry, add a little water.
2. Roll into balls, rub into leftover coconut and chill for an hour or so in the fridge.

HEALTHY NUTELLA

Serves 1-2 people

Ingredients

- 1 scoop of Sun warrior/vegan chocolate protein powder
- 1-2 tsp of organic grass fed butter
- 1 tbsp of hazelnut butter
- Pinch of raw honey, if needed

Method

1. Place butter in a bowl and place under grill for about 2 minutes until liquid has started to form.
2. Remove then add protein powder and hazelnut butter.
3. Mix thoroughly; if too dry add more melted butter.
4. Taste and add Honey if necessary.
5. If more chocolaty taste is required then add 1 teaspoon of raw cacao powder.
6. Spread on rice cakes or eat as it is.

FIVE MINUTE RAW CACAO BARS

Makes 10 bars

Ingredients

- 100g cashews
- 100g pitted dates
- 25g raw cacao powder
- 25g raw cacao nibs

Method

1. Place the cashews into a food processor and process until they are well ground.
2. Add the dates, cacao powder and process until the mixture is starting to clump into a large mass.
3. Add cacao nibs and pulse to combine.
4. Line an 8 X 12 inch baking dish with tin foil.
5. Empty the dough into the foil and press it down with your fingers ensuring it is uniformly thick and even. Refrigerate for about 1 hour.
6. Cut into 10 bar shapes and serve.

MULTI-FLAVOURED BARS

You will need a food processor for this recipe.

Ingredients

- 250g bag of stoned dates
- 250g raisins
- 250g walnuts (you can substitute with most nuts here)
- 150g desiccated coconut

Method

1. Whizz the whole lot up in a food processor until starting to bind together.
2. Then spread onto a large baking sheet with greaseproof paper bars or roll straight into marble sized balls.
3. Leave in the fridge for 48 hours so they set, making them easier to cut in to chunks.

Chocolate version

1. Add organic cacao powder before you blend together.

Chocolate & orange version

1. Add cacao with grated rind and juice of one orange.

Gingerbread

1. Replace walnuts with cashews and add 1 to 2 tsp of ground ginger powder.

MATT'S BROWNIES

Ingredients

- 240g drained chickpeas (1 tin)
- 150ml freshly squeezed orange juice
- Grated orange peel (1/2)
- 3 eggs
- 2 ripe bananas
- 80g cocoa powder
- 30g ground almonds
- 1 tsp of baking powder
- 1/2 tsp of bicarbonate of soda
- Handful of crushed walnut halves or any preferred nuts

Method

1. Mash up the chickpeas, bananas (make sure these are really ripe), add the eggs, all other ingredients and mix together.
1. Line a baking tray with parchment paper greased with coconut oil.
1. Pop them in a preheated oven for 20–25 min at 190°C (or until toothpick inserted in centre comes out clean).

ALMOND PÂTÉ

Keeps for three days in the fridge.

Ingredients

- 200g pre-soaked whole almonds
- 75g pine nuts
- 2 tbsp lemon juice
- 2 tbsp olive oil
- 1 clove garlic, peeled and crushed
- 3 tbsp chopped fresh basil

Method

1. Drain the almonds and then place in a food processor with all other ingredients and 2 tbsps of water.
2. Blend until smooth.
3. Transfer into a small bowl, cover and place in fridge to set.
4. Serve with vegetable crudités.

COURGETTE AND NUT FRITTERS

Serves 2-3

Preparation time: 10 minutes

Cooking time: 10–15 minutes



Ingredients

- 1+1/2 large courgettes, grated
- 1 large onion, chopped finely
- 1/4 cup ground pecans or almonds
- mixed herbs
- sesame seeds (optional)

Method

1. Pre heat oven to 180°C.
2. Fry onion until translucent.
3. Mix in with other ingredients.
4. Make into palm size fritters and cook until golden brown.
5. Coat with sesame seeds, if using.
6. Serve hot or cold.

SESAME AND OAT COOKIES

Makes 8 – 10 cookies

Preparation time: 1 hour

Cooking time: 15 minutes

Ingredients

- 1 cup rolled oats
- 1 cup oats groats, ground
- 1 cup sesame seeds
- 1 cup sultanas
- 1/2 cup coconut
- 1/2 cup dates
- Orange rind, grated (1/2)
- 2 oranges, juiced

Method

1. Soak dates for 1 hour in water, remove excess water after.
2. Grind sesame seeds until fine.
3. Mix dry ingredients together.
4. Add other ingredients and form into biscuits.
5. Place on floured tray.
6. Bake at 150°C in the oven for 15 minutes. Keep an eye on them.

NUT AND SEED MIX WITH SUN DRIED (BROWN) APRICOTS

Preparation time: 15 minutes

Ingredients

- 3 cups sunflower seeds
- 3 cups pumpkin seeds
- Tamari

Method

1. Place seeds in a frying pan without any oil.
2. Dry roast seeds, stirring occasionally.
3. Listen for a popping sound. This will tell you they are roasting.
4. The roasting process could take 15 – 20 minutes.
5. When seeds are done and still hot, sprinkle with tamari to your taste.
6. Stir until seeds are covered with tamari.
7. Make in bulk and store in an airtight container.
8. Keep a little container in your bag for when you are out and about.
9. Add sundried (brown) apricots if you like them.

DATE AND WALNUT BARS

Preparation time: 20 minutes

Ingredients

- 1 cup ground oats groats
- 1/2 cup sesame seeds, ground
- Extra whole sesame seeds
- 3/4 cup walnuts, ground
- 2/3 cup dates chopped
- 1 pear finely chopped
- 1 teaspoon cinnamon

Method

1. Place dates, cinnamon and pear in a pan with a little water and cook on a low heat to form a paste.
2. The paste may be a little chunky.
3. Mix the rest of the ingredients in bowl.
4. Form into bars.
5. Roll in sesame seeds.
6. Place in fridge to set.
7. Store in airtight container.

DATE AND PECAN SLICE

Serves 4

Preparation time: 15 minutes

Cooking time: 15–20 minutes

Ingredients

- 1 cup oats groats, ground
- 1 cup oatmeal
- 1 cup coconut
- 1/2 cup pecans, ground finely
- 3 chopped dates
- 1 pear thinly sliced
- 1 tsp cinnamon

Method

1. Combine 2/3 cup of dates, cinnamon and pear in a pot with a little warm water (250ml).
2. Cook on low heat to form a paste-like consistency.
3. It may be a little chunky.
4. Mix dry ingredients together.
5. Combine dry ingredients with date and pear mixture.
6. Press half of the mixture into a tray.
7. Press the remaining dates on top.
8. Spread the rest of the mixture on top, pressing firmly.
9. Bake in oven for 15- 20 minutes.

CURRIED NUTS

Makes 4-1/2 cups

Preparation time: 5 minutes

Cooking time: 10 – 15 minutes

Ingredients

- 500 grams mixed nuts
Brazil, almonds, macadamias, cashews
- 1 egg white
- 2 tbsps curry powder
- 1 tsp cumin

Method

1. Pre-heat the oven to 150°C.
2. Spread the nuts in a single layer on a baking tray and bake for 10 minutes.
3. Whisk the egg white until frothy, add the nuts, curry powder, cumin and sea salt.
4. Toss together and return to the oven for a further 10 -15 minutes, then allow to cool.

Meals



SWEET POTATO & APPLE SOUP

Serves 2

Ingredients

- 2 tsp butter
- 1+1/2 leeks, thinly sliced
- 1 small carrot, thinly sliced
- 300g sweet potatoes, peeled and diced
- 1 large green apple, peeled and diced
- 500ml (1 pint) water
- Freshly grated nutmeg
- 110ml (4 fl oz) fresh apple juice
- 110ml (4 fl oz) coconut cream
- Salt and pepper
- Snipped fresh chives or coriander, to garnish

Method

1. Melt the butter in a large saucepan over a medium-low heat. Add the leeks, cover and cook for 6-8 minutes, or until soft, stirring frequently.
2. Add the carrot, sweet potatoes, apple and water. Season lightly with salt, pepper and nutmeg to taste. Bring to the boil, reduce the heat and simmer, covered, for about 20 minutes, stirring occasionally, until the vegetables are very tender.
3. Allow the soup to cool slightly, and then transfer to a blender or food processor and purée until smooth, working in batches if necessary. (If using a food processor, strain off the cooking liquid and reserve. Purée the soup solids with enough cooking liquid to moisten them, then combine with the remaining liquid.)
4. Return the puréed soup to the saucepan and stir in the apple juice. Place over a low heat and simmer for about 10 minutes, until heated through.
5. Stir in the cream and continue simmering for about 5 minutes, stirring frequently, until heated through. Taste and adjust the seasoning, adding more salt, pepper and nutmeg, if necessary.
6. Ladle the soup into warmed bowls, garnish with chives or coriander and serve.

AVOCADO AND BEAN FRITTATA

Serves 4

Best made the night before and served cold, also makes a great lunch served with a green salad.

Ingredients

- 8 eggs, whisked
- 400g tinned kidney beans, washed and drained
- 1 ripe avocado, chopped into 1 cm cubes
- 1 red onion, chopped finely
- 1 clove of garlic, crushed
- 6 asparagus spears, cut into 1 cm pieces
- 1 red pepper, chopped
- 1/2 tsp dried chilli flakes (optional)
- 1 beef tomato, sliced thinly
- Himalayan sea salt and black pepper to taste
- 1 tbsp of chopped coriander
- 1 tsp coconut oil

Method

1. Preheat oven to 180°C.
2. Heat oil in large frying pan the sauté onion and garlic for 2 -3 minutes before adding in red pepper and asparagus. Cook for a further 3- 4 minutes until all vegetables are softened but not overcooked then leave to cool.
3. Once the vegetables are cool combine these in a bowl with eggs, chilli flakes, kidney beans and avocado then season.
4. Pour into a deep spring based tin or casserole dish and bake in the oven for 20 minutes.
5. Remove from oven and sprinkle over coriander then place tomato slices on top.
6. Bake for a further 10 minutes or until egg is completely set. Leave to cool in fridge before slicing into quarters.

SMOKEY BEAN & SWEET POTATO SALAD

Serves 4

Can be enjoyed hot or cold and is delicious served wrapped in little gem lettuce cups.

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Ingredients

- 1 tbsp coconut oil
- 1 red onion, chopped finely
- 2 cloves garlic, sliced finely
- 500g sweet potato flesh, cut into 1 cm cubes
- a pinch of Himalayan sea salt
- 1 tsp smoked paprika
- 1 tsp ground cumin powder
- 1 tsp garam masala powder
- 350ml vegetable stock
- 1 red chilli, finely diced
- 400g tinned butter beans (drained and rinsed)
- 400g tinned green lentils (drained and rinsed)
- 400g tinned chopped tomatoes
- 50g fresh mint, chopped
- 50g fresh coriander, chopped
- Juice of 1 lime
- 100g fresh spinach

Method

1. Heat the oil in a deep frying pan then add the chopped onion, garlic, chilli, paprika, cumin, and garam masala. Cook through for 2–3 minutes to toast spices.
2. Add in sweet potato and fry for a further 3 – 4 minutes, stirring to make sure spices don't burn.
3. Season then stir in vegetable stock and tinned tomatoes. Bring to the boil then the lower heat and simmer with a lid on for 10 minutes.
4. Add butter beans and lentils to the pan then simmer for a further 15 minutes until sweet potato is tender and stock is reduced.
5. Remove from heat and stir in lime juice, mint and coriander.
6. Check for seasoning before stirring in spinach and serve.

EASY PEASY QUICHE

Serves 4

Can be made ahead of time and eaten hot or cold.

Ingredients

- 6 free range eggs, whisked
- 2 tbsp almond milk
- 100g button mushrooms, sliced
- 8 cherry tomatoes, halved
- 8 asparagus spears, chopped
- 2 cloves garlic, sliced
- 2 shallots, chopped finely
- 1 tsp coconut oil
- 1 tsp gluten-free baking powder
- 1/2 tsp dried chilli flakes (optional)
- A pinch of Himalayan sea salt
- Black pepper to taste
- 100g feta cheese
- Handful of fresh spinach
- 1 spring based tin or greased cake tin

Method

1. Preheat oven to 180°C, Gas mark 5.
2. Heat oil in frying pan and sauté shallots, garlic, chilli flakes, asparagus and mushrooms until softened.
3. Take off the heat and stir in spinach then leave to cool
4. Mix eggs and almond milk in a large bowl then whisk in baking powder.
5. Add in sautéed vegetables and season well.
6. Carefully pour mixture into a spring based tin and place on middle shelf in oven for 15 minutes.
7. Remove from oven, add tomatoes and crumble feta on top before baking for a further 10 minutes.
8. Test with a skewer by placing into centre of quiche, the skewer should come out clean.
9. Leave to cool before slicing into wedges and serve.

CHICKPEA BURGERS

(Makes about 20 mini burgers)

These are also really nice when they're cold as a snack and they taste great with a yoghurt and cucumber salsa!

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Ingredients

- 410g chickpeas, drained and rinsed
- 410g red kidney beans, drained and rinsed
- 1 carrot, grated
- 1 red onion, grated
- 50g sunflower seeds
- 1 garlic clove, finely chopped
- 1 big handful of chopped coriander
- 1 tbsp of wheat-free vegetable bouillon powder

Method

1. Preheat oven to 220°C and line a large baking tray with greaseproof paper.
2. Place everything into a food processor (or hand blender) and pulse for 5-10 seconds until the mixture is fairly coarse. Turn off processor, and mix up with spatula, before pulsing again for another 10-15 seconds.
3. Using the spatula, pop all of the mix into a big mixing bowl.
4. Wet your hands under tap, and then shape mix into small 'golf ball' sized patties. Pop onto baking tray, and then push the tops down with back of spoon to flatten into burger shape.
5. Bake for around 15-16 minutes until lightly coloured.
6. Remove, and allow to cool slightly.

For the yoghurt salsa simply mix live organic yoghurt with diced cucumber, a splash of olive oil and a few sprigs of fresh mint.

CHICKEN WRAPS WITH PESTO-YOGHURT DRESSING

Serves 2

Ingredients

- 2 skinless chicken breasts, cut into strips
- 1 small tomato, sliced
- 1 tbsp fresh oregano leaves
- 1 or 2 large leaves of Romano lettuce
- Coconut oil

Dressing

- 1/3 to 1/2 cup plain, active-culture yoghurt
- 1 tbsp coarsely chopped pine nuts or walnuts
- 1 clove garlic, peeled
- 2 tbsps olive oil
- 1 cup fresh basil leaves, shredded
- Pinch of sea salt

Method

1. Heat the olive oil in a skillet and add the chicken strips and oregano. Cook the chicken thoroughly, then set aside.
2. Put the pine nuts/walnuts and the garlic into the food processor or blender until finely minced. Add the olive oil and pulse several times. Add in the basil, yoghurt, and salt. Pulse until thoroughly mixed.
3. Lay the lettuce leaf flat on a plate. Spread the whole of the leaf with the dressing and then assemble your chicken and tomato slices. Wrap, secure with a toothpick and serve.

CHILLI CHICKEN WITH CHICKPEA MASH

Serves 4

Ingredients

- 4 skinless chicken breasts
- 1 tbsp olive oil
- 8 tsp harissa (chilli) paste

Chickpea mash

- 2 tbsp olive oil
- 2 garlic cloves, crushed
- 1 x 400g tin chickpeas (no salt or sugar added)
- 4 tbsp rice or almond milk
- 3 tbsp chopped fresh coriander

Method

1. Make shallow cuts in each chicken breast. Place chicken in a dish and brush with the olive oil and coat both sides of each breast with the harissa paste. Season and cover the dish with foil and marinate in the fridge for at least 30 mins.
2. Preheat oven to 220°C. Transfer the chicken breasts to a roasting tin and roast for about 20-30 mins until they are cooked through.
3. Meanwhile, make the chickpea mash. Heat the oil in a saucepan and gently fry the garlic for a minute, then add the chickpeas and milk and heat through for a few minutes. Transfer to a blender or food processor and puree till smooth.
4. Season to taste and add the fresh coriander.
5. To serve, divide the chickpea mash up between 4 and top with 1 chicken breast and garnish with coriander. Add a portion of green veg or green salad.

PESTO TURKEY BURGER

Serves 4

Ingredients

- 400g turkey mince
- 8 sun-dried tomatoes
- 1 sweet red pepper, coarsely chopped
- 1 shallot, coarsely chopped
- 3 tbsp walnut pesto (see below)
- Sea salt
- Freshly ground black pepper

Walnut Pesto

- 100g walnuts
- 1 clove garlic
- ½ tsp salt
- ¼ tsp pepper
- 3 cups fresh basil leaves
- Extra virgin olive oil to blend

Method

1. Put the walnuts, garlic, salt and pepper in the food processor and pulse until coarsely ground. Add the basil and pulse a couple of times. With the food processor on, drizzle in the olive oil until your desired consistency is reached.
2. Place the turkey in a large bowl.
3. Combine sun-dried tomatoes, red pepper, and shallot in a food processor and pulse until finely chopped then add to turkey mixture.
4. Add pesto to turkey and mix all ingredients well with your hands to combine. Season with salt and pepper.
5. Form into medium sized patties and refrigerate until ready to grill.
6. Preheat grill to medium.
7. Grill burgers for approximately 5 minutes on each side or until cooked through.

THAI TURKEY LETTUCE WRAPS

Ingredients

- 1 tbsp coconut oil
- 1 red onion chopped
- 2 garlic cloves chopped
- 1 lb turkey mince
- 3 tbsp sanchi soy sauce
- Juice of 3 limes
- 1 bunch spring onions (thinly sliced)
- 2 red chillis seeded, de-veined, and thinly sliced
- Handful chopped coriander
- Handful chopped mint
- Little gem lettuce leaves

Method

1. Heat oil over medium heat in a large non-stick pan. Lightly sauté red onion until it begins to soften, about 5 minutes.
2. Add turkey and stir fry, then add chilli & garlic ,Continue to cook until no longer pink or about 15 minutes. Drain any juice or fat and turn off the heat, cooling meat for 5 minutes.
3. Add soy sauce, coriander, mint and lime juice to turkey and stir.
4. Taste for seasoning then put in a serving bowl.
5. To serve, put mince in a lettuce leaf, then top with some spring onions.

SWEET POTATO CHIPS

Serves 2

Ingredients

- 2 medium sweet potatoes
- Tbsp of melted coconut oil
- Salt
- Pepper
- Paprika (natural)

Method

1. Pre heat fan oven to 220°C.
2. Peel and chop sweet potato into similar chip sized pieces (use a very sharp knife).
3. Place in a bowl.
4. Pour in melted coconut oil.
5. Add salt and pepper and paprika.
6. Mix thoroughly.
7. Put in oven for 12-15 mins (this is dependent on the chip size-just don't let them go brown).
8. Take out of the oven and turn over (watch your fingers they'll be hot).
9. Put back in oven for 8-10 mins again don't let them go brown.
10. Remove and let cool for a few mins and enjoy.

MINI QUICHES

Serves 2- 3

Preparation time: 10 minutes

Cooking time: 30 minutes

Ingredients

- 4 eggs
- 150ml water
- 1 small courgette, grated
- 5-6 cherry tomatoes, quartered
- 1 onion, chopped finely
- 2 garlic cloves ,chopped finely

Method

1. Pre-heat oven to 180°C.
2. Whisk the eggs and water in a bowl.
3. Add other ingredients and combine well.
4. Evenly divide mixture in a non-stick muffin tray.
5. Cook for 30-40 minutes until cooked through.
6. Serve hot or cold. May be left to cool and reheated at work.

HOT OR COLD STUFFED PEPPERS

Preparation time: 10 minutes

Cooking time: 45 minutes

Ingredients

- 4 medium red bell peppers
- 1-1/2 cups cooked rice
- 1-1/2 cups cooked cubed chicken
- 1 cup chopped celery
- 1/4 cup chopped onion
- 1 tsp curry powder
- 2 eggs, free range and organic, beaten
- Salt and pepper

Method

1. Cut the tops off peppers, removing seeds and membranes.
2. Cook peppers in simmering water to cover for 10-15 minutes.
3. Drain.
4. Combine cooked rice, chicken, celery and onion in a mixing bowl.
5. In a separate bowl combine egg, curry powder, salt and pepper.
6. Gently toss egg mixture with rice and chicken mixture.
7. Fill peppers and place in a greased, shallow baking dish.
8. Add enough water to cover the bottom of the baking dish.
9. Bake peppers at 350C for 30 minutes or until tender.

BEEF AND LETTUCE PARCELS

Serves 4

Preparation time: 10 minutes

Cooking time: 10 minutes

Ingredients

- 2 tsps of olive oil or coconut oil
- 500g beef, chopped into bite size pieces
- 1 onion, chopped
- 2 -3 cloves garlic, chopped
- 1 tbsp tamari
- 1 carrot, grated
- 1/2 cup coriander leaves
- 12 large lettuce leaves
- 1/2 cucumber, peeled, chopped

Method

1. Heat oil in a wok.
2. Add the onion, garlic and beef and cook for 5-6 minutes until the meat is browned all over.
3. Cook for a further minute and then add coriander.
4. Leave the beef to cool.
5. Wrap the beef tightly in the lettuce leaves garnished with cucumber, carrot and extra coriander.
6. Lie face down to keep wrapped up.

LAMB MEATBALLS

Serves 2-4

Preparation time: 15 minutes

Cooking time: 30 minutes

Ingredients

- 1 large onion, chopped
- 1 clove garlic, chopped finely
- 1 tsp spice mix
- 250g lamb, chopped finely
- 1/2 cup coriander, chopped finely
- 1 egg, beaten
- 1/2 cup brown rice
- 2-1/2 cups water

Method

1. Pre-heat oven to 180°C.
2. Bring water to the boil and add rice.
3. Reduce heat and simmer for 30–35 minutes.
4. Meanwhile, heat oil in pan and cook onion, garlic and spice mix on a low heat until onion is soft and translucent.
5. Combine all ingredients in a bowl.
6. Form into balls and bake in oven for 30 minutes or until cooked through, turning to cook all sides.
7. Serve hot with salad or freeze for later use.

