



healthy for life  
chiropractic bournemouth

## Eat For life Recipe Ideas

We hope you enjoy these paleo friendly recipes, if you have any you want to send into us then email them to us and we will add them to the collection! Remember whilst the sweet treats are as paleo friendly as we can make them they do still contain sugar so they are for an occasional treat!

### Thai Chicken with Basil and Coconut Milk

- 1 lb boneless skinless chicken breast
- 1 tablespoon oil
- 1 onion, finely chopped
- 2 tablespoons red chillies, finely chopped
- 1 cup fresh basil, finely shredded (or 1-2 tbsp dried basil)
- 2 tablespoons fish sauce
- 1 teaspoon fresh coriander roots (or 1 tbsp fresh coriander leaves)
- 1 tin coconut milk

#### Instructions

1. Heat oil in wok or deep pan.
2. Cook onions and chillies until soft.
3. Add chicken and stir fry until tender. Add basil, fish sauce, coriander and sugar. Cook for 1 minute.
4. Add coconut milk and heat through.
5. serve with cauliflower rice

### Cauliflower rice

Using food processor, process the florets of a whole cauliflower until small grains are formed. Steam these for few mins until soft and use as a replacement for rice!

### Sweet peppers Italian style

#### Ingredients

- Sweet peppers (red and yellow with a few green – 6 peppers will serve approximately 6 people with a tablespoon each)
- 2 cloves of garlic
- Olive oil
- Salt and pepper

## Instructions

Heat the grill. Halve the peppers, scoop out the seeds and any white flesh. Place on a baking tin with the cut sides down and grill until the skins blisters and blackens. Put the peppers in a plastic bag, seal and leave to cool down completely, then peel off all the charred skin reserving any juices. Cut the peppers into strips and place in a bowl with the juices. Chop the garlic finely and scatter over the peppers, season well with the salt and pepper and cover in olive oil.

## Ginger Tea

Use 175 g ginger for every 2 litres water.

Cut the ginger into small slices the width of a ten pence piece

Boil the ginger in the water for 5-10 mins and then leave to infuse for 6-12 hours with the lid on. Then strain out the ginger and enjoy!

## Fruity Nut and Seed Balls

**Ingredients:** A variety of nuts, seeds and dried fruit. (Cashews, Brazils and Almonds work well, all seeds), desiccated coconut.

## Instructions

Soak nuts, seeds and dried fruit overnight.

Drain all the water out

Add the rind of an orange (or a lemon) and cocoa powder if desired.

Blend the mix in blender and form into bite-sized balls.

Roll the balls in desiccated coconut to seal.

## Chocolate pudding recipe

### Ingredients

- 3 medium avocados;
- ¼ cup raw honey;
- ¼ cup and 2 tbsp cocoa powder;
- 3 tbsp almond butter or organic butter
- 1 tsp lemon juice;
- 1 tsp ground cinnamon;
- 1 tsp ground nutmeg;

## Instructions

Put everything into one big mixing bowl and use a stand mixer or a hand mixer to blend it all together. Of course, you can also use a blender or a food processor to do this job. I let mine blend until completely smooth and refrigerate to firm up a little.

## Chocolate & Beetroot Cake

### Ingredients

- 50 g cocoa powder
- 175 g ground almonds
- 2 tsp baking powder
- 200 g caster sugar
- 250 g cooked beetroot, in juice
- 3 eggs
- 200 ml light olive oil
- 100 g good quality plain dark chocolate, finely chopped

### Instructions

- 1 Preheat the oven to 180C/Gas 4.
- 2 Grease and line a 23cm (9in) loose-bottomed cake tin with baking parchment.
- 3 Sift the cocoa, ground almond and baking powder into a large mixing bowl. Add the sugar and mix with a wooden spoon to combine.
- 4 Drain the beetroot, reserving the juice, then put the beetroot in a food processor along with the eggs and the olive oil and blitz until smooth.
- 5 Now, make a well in the centre of the dry ingredients and beat in the beetroot mixture, a bit at a time to form a smooth batter.
- 6 Next, add the chopped chocolate and combine well. Pour the mixture into the prepared cake tin and bake for 40–45 minutes or until a skewer inserted into the centre of the cake comes out clean. Allow to cool in the tin for 5 minutes, then turn out onto a wire rack and cool.
- 7 To make the icing, simply mix the icing sugar with a little of the reserved beetroot juice to make a deep purple pourable icing. Drizzle the icing over the cake

Sift icing sugar on top to decorate if desired