

PREDIABETES COOKBOOK

A close-up photograph of a white, square-shaped bowl filled with a vibrant orange-red tomato soup. A small sprig of fresh green basil leaves is garnished on top. The bowl sits on a white square plate, which is placed on a bright green, textured placemat. In the blurred background, a slice of rustic bread is visible on the left, and a white bowl containing a green salad with dark olives is on the right.

A DELICIOUS **DIABETES.CO.UK** COOKBOOK



Prediabetes Cookbook

Introduction

Welcome to the Diabetes.co.uk Prediabetes Cookbook. I have got a fantastic selection of dishes in store for you that are high in fibre and protein while only containing moderate carbs and low amounts of saturated fat!

Don't forget to share a picture of your own dishes on our [Facebook page](#) and on the [Diabetes Forum](#)!

There's a healthy selection of breakfasts including a Fruity Quinoa porridge and Mixed Berry Granola with an Omega Mix. We have prepared 10 healthy soups including a Homemade Minestrone, Sweet and Sour Tofu Soup and Black Bean and Kidney Bean Soup. Fancy a salad? Well, we also have 10 mouth-watering salads for you, including an Avocado Salad with Tomatoes and Red Onions, Chick Pea and Red Cabbage Salad and Chicken Caesar Salad. For your lunches you need to look no further as we have dishes ranging from a Three Veg Tortilla, Fish Cakes and a delicious Chicken and Broccoli Casserole.

For dinner we have an array of great dishes, including Veggie Mince with Brown Rice, Chicken Tikka Masala and Cod with Garlic and Spinach. And you don't have to go without dessert! We have ensured that the delicious desserts included fit your dietary needs too. We have a selection of ten desserts, including Raspberry Ice cream, Strawberry Sorbet and Yoghurt Berry Parfait. We've tried to include foods that have been linked to positive benefits for people with prediabetes. We want you to have the healthiest year ever! I hope you enjoy making the dishes as much as I did!

Love Shanta



A little about Prediabetes

What is Prediabetes?

Have you been informed that your blood sugar is too high, but not yet at diabetic levels? Then it is possible you may be prediabetic.

Prediabetes is a condition where blood sugar levels are high, although not high enough to be classed as type 2 diabetes. The good news is that you can reverse this condition through key lifestyle changes.

The key to reversing prediabetes is to reverse insulin resistance. Insulin is a hormone that is created by the pancreas to move blood sugar from the blood stream and into the cells to use as energy. If the sugar cannot be moved into the cells, it builds up in the blood stream, which, over time, can damage the body.

Importance of Diet for Prediabetes

Diet plays a crucial role in the treatment of prediabetes. An unhealthy diet can lead to obesity, a major risk factor of prediabetes and type 2 diabetes. This is because obesity increases insulin resistance. A study has shown that losing around 5 to 7 percent of body weight, and maintaining that weight loss, can reduce the risk of prediabetes developing into type 2 diabetes by a whopping 58%. Combining this with at least 150 minutes of exercise a week, you can lower the risk of developing type 2 diabetes even more.



What foods are best?

Carbs?

People with prediabetes have a certain degree of insulin resistance; this makes it difficult for their bodies to process Carbohydrates.

One simple way to help your body is to replace carbs such as white rice, potatoes, and white bread. Fibre rich unrefined foods like brown rice, whole grain breads, grain cereals and vegetables are low-carb alternatives. Foods such as these are nutritionally rich and have less of an impact on blood sugar levels. They can help you to lose weight and keep blood sugar saturation down.

Research has shown that when individuals consumed a **moderate amount of Carbohydrates (around 150g per day)** and opted for foods with a lower glycaemic impact, their glucose levels after eating were lower regardless of weight loss compared to a high carb diet.

One of the key things to consider when you are trying to manage your weight is the way that you prepare your food. Limiting butter or oil to fry onions, sauté vegetables, mash potatoes or scramble eggs can help to reduce the overall calorie intake of that meal. It is also important to restrict fats and oils added to foods prior to consumption, such as, butter, margarine, cream cheese, and salad dressings. These often contain a lot of fat, added sugar and salt and are low in dietary fibre.



What foods are best?

Fats?

Losing weight and keeping to a moderate carb diet are essential for those with prediabetes to try and avoid the development of type 2 diabetes.

It is also essential to lower intake of saturated fats. These fats are high in calories and can trigger changes in blood lipid levels which can increase the risk of heart disease, one of the most common causes of death for people in the UK. A great way of lowering the levels of saturated fats in your diet is to substitute vegetarian sources of protein for your meat, especially red meat. Great protein alternatives include: soya, tempeh, tofu, beans and lentils.

The total fat content of a meal should be 18%, of which only 5% should be saturated. So in a 100g serving, only 5g can be saturated of a total 18g of fat. For prediabetics, 150g of carbs a day is recommended, which should be around 45% of daily calorie intake.

Certain research also suggests that becoming vegetarian after being diagnosed with prediabetes can help. This is not essential, however, omitting meat from a few meals a week and replacing it with fish or a vegetarian option can enable you to lower your overall weekly calorie intake and help lower the body's inflammation and insulin resistance.



Prediabetes Cookbook

Contents

Breakfasts

Chia Delight (v)
Fruity Quinoa Porridge (v)
Mango and Muesli Mix (v)
Barley Porridge (v)
Oaty Bran Breakfast (v)
Mushroom Surprise (v)
Poached Eggs on Spinach (v)
Scrambled Eggs on Rye Bread (v)
Strawberry and Quinoa Glory (v)
Blueberry Smoothie (v)

Soups

Minestrone (v)
Sweet and Sour Tofu Soup (v)
Spiced Parsnip Soup (v)
Spinach Soup (v)
Zesty Lentil Soup (v)
Tomato Soup (v)
Black & Kidney Bean Soup (v)

Green Soup (v)

Chicken Soup

Watercress Soup with Pancetta

Lunches

Peperonata (v)
Sweet Potato Frittata (v)
Three Veg Tortilla (v)
Chick Pea and Carrot Stew (v)
Red Lentil Curry (v)
Cauliflower, Carrot and Pea Chili (v)
Spinach and Mushroom Curry (v)
Pan Fried Greens with Bacon & Mushrooms (v)
Fish Cakes
Chicken & Mushroom Kebabs
Lemon Glazed Chicken
Chicken & Broccoli Casserole
Zingy Whole mackerel
Salmon in Basil Sauce



Prediabetes Cookbook

Contents

Prawns with Tomatoes

Salads

Tomato & Mozzarella Salad w/
Herb Dressing (v)

Avocado Salad with Tomatoes &
Red Onions (v)

Chick Pea & Red Cabbage (v)

Summer Vegetable Salad (v)

Bell Pepper & Chicory Salad (v)

Chicken Caesar Salad

Hot Smoked Salmon Salad

Prawn & Asparagus Salad

Tomato and Celeriac Salad (v)

Bean Salad (v)

Dinners

Veggie Shepherds Pie (v)

Veggie Mince & Brown Rice (v)

Cheesy Polenta & Mushrooms (v)

Multi-Green Special (v)

Veggie Lasagne (v)

Tangy Quorn Stir Fry (v)

Cod and Parsley Parcels

Tasty Trout Treats

Cod with Garlic and Spinach

Chicken Burgers

Chicken Tikka Masala

Tandoori Chicken

Spiced Chicken with Minty
Couscous

Lamb Steaks in a Tomato Sauce

Chicken in Balsamic Sauce

Desserts

Raspberry Icecream (v)

Ginger Icecream (v)

Strawberry Sorbet (v)

Fruit Semi Freddo (v)

Yoghurt Berry Parfait (v)

Mini Pavlovas (v)

Pumpkin Bread (v)

Chocolate & Brandy Mousse (v)



Prediabetes Cookbook

Contents

Banana Bread Muffins (v)

Frosted Nut and Carrot Cake
Bars (v)



Chia Wonder

Serves 4

50g chia seeds

200ml almond milk, unsweetened

100ml water

100g quinoa

½ tbsp. raw cacao powder

Stevia to sweeten

Preparation Method

Put the milk, quinoa and water in a pan and bring to the boil. Allow the mixture to simmer for 15 minutes.

Mix the cooked quinoa, chia seeds, cacao powder and Stevia together. Serve in breakfast bowls, with a garnish of fruit and nuts of your choice and enjoy!

Chia seeds are excellent promoters of good health and wellbeing as they are high in Omega-3 Fatty Acids which are great for reducing inflammation, improving cognitive functioning and lower cholesterol. They are also high in fibre which lowers inflammation and cholesterol and antioxidants which help protect the body from free radicals, aging and cancer.

Nutritional value per serving

Calories: 215 | Total fat: 15.5g | Saturated Fat: 5g | Carbohydrates: 32g | Protein: 5.9g | Fibre: 4g



Fruity Quinoa Porridge

Serves 4

- 120g quinoa, rinsed
- 300ml unsweetened almond milk
- 120ml water
- 120ml plain soya yoghurt
- 2 tsp. sweetener
- 100g strawberries
- 1 green pear
- 1 red pear
- ¼ tsp. of cinnamon powder
- 1 tsp. vanilla extract

Preparation Method

Put the almond milk, quinoa and water in to a pan and bring to the boil.
Add the cinnamon and vanilla extract.
Then allow the mixture to simmer and cover.
Cook for around 15 minutes until soft, stirring frequently.
If the mixture is too watery cook a little while longer. Alternatively, if the



Preparation Method (cont)

mixture is too thick add a little water.

Serve hot and enjoy!

Nutritional value per serving

Calories: 200 | Total Fat: 10g | Saturated Fat: 2.5g | Carbohydrates: 33g | Fibre: 3g | Protein: 4.3g



Mango & Muesli Mix

Serves 4

- 150g porridge oats
- 1 apple, grated
- 80ml unsweetened almond milk
- 80ml pressed apple juice
- 2 tbsp. honey
- ½ tsp. ground cinnamon
- 300ml water
- 250g soya yoghurt
- 1 small ripe mango in small chunks
- 200g strawberries, quartered

This is a tasty, healthy breakfast you can prepare before it is needed.

It is full of fantastic fruity flavours and the muesli part of it can be prepared up to 4 days in advance of serving as long as it is kept chilled.

Add the fruit in when you wish to serve this breakfast.

Preparation Method

Mix the oats, grated apple, almond milk, apple juice, honey and cinnamon in a saucepan. Place pan on a medium heat, adding the water. Bring the mixture to the boil and simmer for 3 minutes. Stir in the yoghurt, strawberries and mango.

Nutritional value per serving

Calories: 290 | Total Fat: 7.1g | Saturated Fat: 2.5g | Carbohydrates: 45g | Fibre: 6.9g | Protein: 8.1g



Barley Porridge

Serves 4

475ml unsweetened almond milk

½ tbsp. agave nectar

80g barley flakes

1 tsp. powdered cinnamon

A split vanilla bean or 1 tsp. vanilla essence

1 tbsp. sultanas

2 tbsp. sunflower seeds

2 tbsp. flaked almonds

2 tbsp. pumpkin seeds

A pinch of ground nutmeg

This is a lower carb version of traditional porridge.

Flaked barley is readily available in supermarkets.

The agave nectar, a vanilla bean, and sultanas act as healthy sweeteners. The flaked almonds and seeds add that extra crunch and texture and are bursting with vitamins and nutrients.

Preparation Method

Heat up the milk with the agave nectar, the cinnamon and vanilla essence/bean

Place the barley flakes and sultanas in the pan and cook on a low heat for 10 minutes.



Preparation Method (cont.)

Stir the mixture until it thickens and the barley softens.

Whilst this is happening, toast the sunflower seeds, flaked almonds and pumpkin seeds in a non-stick frying pan until they are light brown.

Divide the porridge between 4 bowls, add the toppings from the pan and dust with some ground nutmeg.

Nutritional value per serving

Calories: 260 | Total Fat: 14.1g | Saturated Fat: 5.5g | Carbohydrates: 33g | Fibre: 5.3g | Protein: 10.1g



Oaty Bran Breakfast

Serves 4

100g of porridge oats

50g handful of bran flakes

25g almonds, roughly chopped

25ml water

1 tbsp. agave nectar

1.5 tbsp. of runny honey

½ tbsp. olive oil

Preparation Method

Preheat the oven to Gas Mark 3 or 160°C.

Crush the bran flakes and combine all the dry ingredients in a large bowl.

Mix the agave nectar, honey, oil and water in a saucepan. Bring the mixture to the boil and boil for 2 minutes, stirring continuously. Pour this syrup on to the muesli and mix thoroughly.

Put the muesli on baking parchment in a baking tray and bake for 15 minutes stirring at intervals of 5 minutes.

Don't let the muesli totally dry out when in the oven, otherwise it will harden once cool.



Preparation Method (cont.)

When cool place in an airtight container and have a handful for breakfast as and when you wish.

Nutritional value per serving

Calories 168 | Total Fat 4.6g | Saturated Fat 0.4g | Carbohydrates 25g | Fibre 4.2g | Protein 4.4g



Mushroom Surprise

Serves 2

- 2 Portobello mushrooms
- 1 tsp. garlic, finely chopped
- 1 tbsp. cheddar cheese, finely grated
- 1 tsp. dried thyme or rosemary
- 4 tsp. olive oil
- 2 large eggs
- Salt and pepper to taste

Preparation Method

Preheat the oven to 200°C/Gas Mark 6.

Place the mushrooms on a baking tray lined with foil.

Sprinkle the mushrooms with the garlic, salt and pepper to taste.

Bake for up to 10 minutes or until tender.

In the mean time, whisk the eggs in a bowl and flavour with salt and pepper to taste.

Heat the olive oil in a frying pan and over a low to medium heat and cook the eggs. Stir gently while cooking until the egg is cooked through



Preparation Method (cont)

and set.

When the mushrooms are cooked, spoon half of the egg mixture over each mushroom. Sprinkle with cheese and the thyme/rosemary.

Serve immediately.

Nutritional value per serving

Calories 135 | Total Fat 5g | Saturated Fat 2.5g | Carbohydrates 10g | Fibre 2.8g | Protein 10.5g



Poached Eggs On Spinach

Serves 1

200g spinach

8 large free range eggs

Half a tablespoon of vegetable oil

Himalayan sea salt and black pepper,
to taste

Preparation Method

Poach the eggs for 4 minutes.

Whilst the eggs are poaching, cook the spinach in a pan with a little olive oil. Place the wilted spinach on a serving plate, topped with egg.

Breakfast is served!

Nutritional value per serving

Calories: 220 | Total fat: 11g | Saturated Fat: 3.2g | Carbohydrates: 16g | Protein: 6.2g | Fibre: 21.1g



Scrambled Eggs on Rye Bread

Serves 1

2 eggs

20ml semi skimmed milk

Salt and freshly ground black pepper
to taste

One slice of rye bread, toasted

Preparation Method

Whisk the eggs in a jug adding the milk and half of the salt and pepper.

Add the mixture to a non-stick pan.

Using a whisk keep the eggs moving for a couple of minutes until cooked.

Serve on the toasted rye bread and season to taste.

Nutritional value per serving

Calories: 238 | Total fat: 11.4g | Saturated Fat: 3.2g | Carbohydrates: 19g | Protein: 17.6g | Fibre: 1.9g



Strawberry and Quinoa Glory

Serves 8

50g quinoa

150ml water

200g strawberries

300ml semi skimmed milk

2 tsp. sweetener

½ tsp. vanilla essence

Preparation Method

Add 150ml of water to the quinoa and boil for approximately 15 minutes.

Remove from the hob and place aside.

Blend the milk, quinoa, sweetener, vanilla essence and strawberries until they are totally smooth.

Serve in a tall glass.

Nutritional value per serving

Calories 210 | Total Fat 2.4g | Saturated Fat 0.5g | Carbohydrates 15.2g | Fibre 3.4g | Protein 6.2g



Blueberry Smoothie

Serves 1

100 ml of skimmed milk

100g of blueberries

50ml of low fat plain yogurt

2 tsp. sweetener

2 tsp. vanilla extract

Preparation Method

Whizz all the ingredients in a blender.

The smoothie is now ready to serve and enjoy.

Nutritional value per serving

Calories: 120 | Total Fat: 1.5g | Saturated Fat: 0.1g | Carbohydrates: 23.0g | Fibre: 3.0g | Protein: 6.2g



Minestrone Soup

Serves 4

200g broad beans, shelled
110g mange tout, cut into juliennes
½ a celery stick, finely chopped
1 large onion finely chopped
3 garlic cloves, finely chopped
1.5 tbsp. olive oil
1 medium carrot, fine chopped
1 tomato, peeled and finely chopped
1 tsp. tomato puree

1.2 l water
30g spaghetti, broken into 1 inch lengths
½ tbsp. fresh parsley, finely chopped
Salt and freshly ground pepper to taste
Basil leaves for garnishing

Preparation Method

Fry the onions and garlic on medium heat for around 4 minutes. Add in the carrot and celery. Cook for another couple of minutes.

Place the onion mixture in a medium saucepan and pour in the water. Bring to boil, then simmer for 10 minutes.

Cook the broad beans in boiling water for 3 minutes or so. Take out and drain in a colander.

Place the mange tout in the hot water and boil for a minute. Drain and



Preparation Method (cont)

place aside.

Add in the tomato and tomato puree and cook for another minute. Puree a quarter of the soup mixture and a quarter of the bean mixture in a blender and put to the side.

Add the spaghetti to the remainder of the soup and cook for around 7 minutes until done. Stir in the puree and cook for a couple of minutes. Add in the remaining broad beans, mange touts as well as the parsley and season.

When you wish to serve the soup, ladle it in to bowls and decorate with sprigs of basil.

Nutritional value per serving

Calories 211 | Total fat 12g | Saturated Fat 4g | Carbohydrates 19g | Protein 2.9g | Fibre 8g



Sweet & Sour Tofu Soup

Serves 8

1.2L vegetable stock

1.5 tbsp. soy sauce/coconut aminos

2 tsp. sweetener

½ tbsp. of red Thai curry paste

Juice of half a lime

A carrot, cut into juliennes

30g baby spinach

175g tofu, diced

Preparation Method

Heat up the vegetable stock in a big pan and add in the red curry paste. Stir thoroughly on a medium heat until the paste has fully dissolved.

Add in the sweetener, soy sauce/coconut aminos and carrots; simmer for 5 minutes.

Divide the tofu into four bowls and top with hot soup. Garnish with spinach and enjoy!

Nutritional value per serving

Calories 100 | Total Fat 12g | Saturated Fat 3.5g | Carbohydrates 13g | Fibre 1g | Protein 6g



Spiced Parsnip Soup

Serves 6

1 medium potato

700g parsnips

An onion, finely chopped

2 tbsp. olive oil

4 cloves of garlic, finely chopped

½ tbsp. ground ginger

1.5 tsp. ground turmeric

2 tsp. cumin seeds

1 tsp. black mustard seeds

1.5 tsp. ground coriander

1 litre of vegetable stock

275ml of natural low fat yoghurt

1 tbsp. fresh lemon juice

Salt and pepper to season

Freshly ground nutmeg to garnish

Preparation Method

Put the potato, parsnips and onion in a pan with 50ml of water. Bring the water to the boil, turn the heat down and cook the mixture for another 10 minutes.

Add in the spices, ginger, garlic and lemon juice. Stir thoroughly and cook for a further 2 minutes. Pour the stock in and season thoroughly.



Preparation Method (cont)

Once again bring the mixture to the boil, cover and simmer for around 15 minutes. Whizz the mixture in the blender and place back in the pan. Next stir the yoghurt in, season and serve with a garnish of fresh parsley and a sprinkle of ground nutmeg.

Nutritional value per serving

Calories: 250 | Total fat: 10.5g | Saturated Fat: 2g | Carbohydrates: 35g | Protein: 6g | Fibre: 9.4g



Spinach Soup

Serves 6

75g butter

1 large onion, finely chopped

3 garlic cloves, finely chopped

2 medium potatoes, peeled and diced

625g vegetable stock

900ml milk

625g fresh spinach, washed if necessary and roughly chopped

Zest and juice of a lemon

Ground or freshly grated nutmeg, to taste

Preparation Method

Melt the butter in a large lidded saucepan, add the onion and garlic and fry gently for 5-6 minutes until softened.

Stir in the potato and continue to cook gently for 1 minute. Pour in the stock and simmer for 8-10 minutes until the potato starts to cook. Pour in



Preparation Method (cont)

the milk and bring up to a simmer, then stir in half the spinach and the lemon zest.

Cover and simmer for 15 minutes until the spinach has completely wilted down. Allow to cool for about 5 minutes.

Pour the soup into a blender. Add the rest of the spinach as this will keep the soup bright green and fresh tasting. Whizz till silky smooth and season with salt, pepper and nutmeg.

To serve, heat the soup through, ladle into bowls and swirl in some double cream.

Nutritional value per serving

Calories: 250 | Total fat: 15.5g | Saturated Fat: 8.2g | Carbohydrates: 18.4g | Protein: 9.6g | Fibre: 3.2g



Zesty Lentil Soup

Serves 2

- 1 onion, roughly chopped
- 1 large carrot, peeled and grated
- 1 tbsp. olive oil
- A pinch chilli flakes (optional)
- 1 tsp. cumin seeds
- 3 tbsp. red lentils (or puy)
- 1 x 400g tin chopped tomatoes
- 300ml vegetable stock
- 1 lime, juice and zest

Preparation Method

Cook the onion and carrot in a little oil until softened then add the chilli flakes (if you want to include them) and cumin.

Cook for a minute then tip in the lentils, tomato and stock.

Simmer for 15-20 minutes until the lentils are soft.

Blitz briefly with a stick blender so you have a semi-smooth texture.

Stir in the lime juice and zest before serving.

Nutritional value per serving

Calories 174 | Total Fat 3g | Saturated Fat 0.3g | Carbohydrates 28.3g | Fibre 9.3g | Protein 5.6g



Tomato Soup

Serves 2

- 1-1.25kg ripe tomatoes
- 1 medium onion
- 2 cloves of garlic
- 1 large carrot
- 2 celery sticks
- 2 tbsp. olive oil
- 2 tsp. tomato purée
- 2 bay leaves
- 1.2 litres hot vegetable stock
- Fresh basil to garnish

Preparation Method

Firstly, prepare your vegetables. Wash the tomatoes and cut each one into quarters slicing off any hard cores.

Peel the onion, garlic and carrot and chop them into small pieces. Chop the celery into roughly the same size pieces.

Add the olive oil into a large heavy-based pan and heat it over a low heat. Add the onion, garlic, carrot and celery.



Preparation Method (cont)

Gently cook for approximately 10 minutes until the vegetables are softened.

To the vegetables, add the tomato purée, tomatoes and black pepper.

Add the bay leaves and leave to simmer on a low heat for approximately 10 minutes until everything shrinks down in the pan and the juices are flowing.

Stir frequently until the vegetables are thoroughly mixed together.

Slowly pour in the hot stock.

Turn up the heat and let the mixture bubble, then turn the heat down to low.

Replace the lid and cook gently for a further 23-30 minutes stir the soup every 5 minutes or so to stop it sticking to the bottom of the pan and to keep the heat evenly distributed.

When cooked, turn the heat off, give the soup a good stir and remove all of the bay leaves.

Slowly pour the mixture into a blender and blitz until smooth.

Serve with a sprinkling of torn basil leaves.

Nutritional value per serving

Calories: 123 | Total fat: 7g | Saturated Fat: 1g | Carbohydrates: 13g | Protein: 4g | Fibre: 4g



Black and Kidney Bean Soup

Serves 2

175g tinned black beans, rinsed and drained

175g tinned kidney beans, rinsed and drained

1.2l vegetable stock

1 tbsp. olive oil

An onion, finely chopped

3 cloves of garlic, chopped fine

A stalk of celery, finely chopped

A carrot, finely chopped

2 tsp. of oregano

1 tsp. freshly ground pepper

1 tsp. sea salt

Preparation Method

Boil the two types of beans in fresh water and simmer for ten minutes. Then drain.

Heat the olive oil on medium heat. Then fry the onions for around 5 minutes. Add the vegetables, oregano and salt and pepper.



Preparation Method (cont)

Next add in the beans and vegetable stock. Cover and cook for a further 10 minutes. You can eat the soup as it is or you can blend the soup so it is half pureed.

Garnish with parsley and tuck in!

Nutritional value per serving

Calories: 170 | Total fat: 3.5g | Saturated Fat: 0.5g | Carbohydrates: 23g | Protein: 11g | Fibre: 7g



Green Soup

Serves 4

50ml olive oil

An onion, finely chopped

3 garlic cloves, finely chopped

1 celery stick, finely chopped

1 courgette, roughly chopped

A broccoli head, chopped

1.5 l vegetable stock

120g green beans, chopped

120g green peas

120g asparagus, trimmed and sliced
into inch long pieces

100g spinach leaves

Preparation Method

Heat up the olive oil in a pan and fry the onion, garlic and celery until they have slightly browned. Add in the courgette and broccoli; cook for 5 minutes.

Pour the stock in and bring the entire mixture to the boil.



Preparation Method (cont)

Simmer for a few minutes and stir in the green beans, peas, asparagus and spinach. Simmer for another 5 minutes until the vegetables are cooked through.

Season with salt and freshly ground black pepper.

Whizz in a blender and serve!

Nutritional value per serving

Calories: 100 | Total fat: 2g | Saturated Fat: 1g | Carbohydrates: 18g | Protein: 4g | Fibre: 15g



Chicken Soup

Serves 4

1 fresh whole chicken, with giblets removed

3 leaves

2 tablespoons of herbs (rosemary, thyme, sage, marjoram)

2 cloves of garlic, finely chopped.

6 stalks of celery, sliced.

2 onions, finely chopped

Salt to taste.

Juice of 1 fresh lemon

Preparation Method

Place the whole chicken in a large enough pan to cover fully and submerge in water.

Place the herbs in a sachet of cheesecloth and put in the pan with the chicken, so you can remove the sachet easily once the herbs have flavoured the water and created a stock.

Bring the stock to the boil; lower heat and simmer for 45 minutes until the chicken easily pulls away from the bone.



Preparation Method (cont)

Take the sachet of herbs and the chicken out of the stock. Tear off a third to one half of the meat and shred it, depending on how much you want to garnish the soup with. Put this meat to one side.

Skim any surface fat off and add the vegetables and lemon juice to the broth.

Remove the remaining meat from the bones, break it up and place back into the stock and cook for another 15 minutes.

Remove from heat and whizz in a blender.

Spoon into bowls and garnish with the cooked shredded chicken you put aside earlier.

Nutritional value per serving

Calories: 160 | Total fat: 9g | Saturated Fat: 4.5g | Carbohydrates: 5g | Protein: 13g | Fibre: 1g



Watercress Soup with Pancetta

Serves 4

150g watercress

2 rashers of pancetta or other bacon

20g butter

1 small potato, peeled, washed and diced

2 cloves of garlic, peeled and finely chopped

1 litre vegetable stock

1 tbsp. olive oil

Preparation Method

Place the butter and olive oil in a pan with the onions and cook over a medium heat until the onions have softened.

Add the potato, stock and garlic into the onion mixture.

Simmer the mixture for approx. 10 minutes, until the potatoes have softened.

Blend the soup to a fine consistency.

Fry the pancetta lightly and cut into small pieces.



Preparation Method (cont)

Add the watercress to the mixture.

Remove the soup from the heat and blend once again until it has a smooth consistency.

Add the pancetta before serving.

Nutritional value per serving

Calories 200 | Total fat 12.6g | Saturated Fat 3.8g | Carbohydrates 13g | Fibre 2.0g | Protein 25.3g,



Peperonata

Serves 4

- 2 red peppers cored and sliced thinly
- 2 yellow peppers cored and sliced thinly
- Half a courgette, chopped roughly
- 400g tinned tomatoes
- 2 red onions, peeled and sliced thinly
- 4 cloves of garlic peeled and crushed
- 2 tbsp. olive oil
- Salt and pepper to taste

Preparation Method

Heat up the olive oil on medium heat in a medium sized pan.

Add the red onions and garlic. Cook for up to 5 minutes, stirring every minute.

Place the peppers in the pan. Season to taste.

Put the tomatoes in the pan and cook, without the lid on, for approximately 15 minutes.

Nutritional value per serving

Calories 7 | Total Fat 3.9g | Saturated Fat 0.7g | Carbohydrates 9.5g | Fibre 2.2g | Protein 1.7g



Sweet Potato Frittata

Serves 4

- ½ sweet potato, sliced and parboiled
- 5 eggs, beaten
- 1 tbsp. olive oil
- 1 medium onion, chopped finely
- 50ml skimmed milk
- 100g low fat cheddar cheese, grated
- ½ tsp. dried oregano
- ½ tsp. dried thyme
- ½ tsp. pepper

Preparation Method

Preheat the oven at 200C or Gas Mark 4. Put the olive oil in a medium frying pan on a medium heat. Add the onion and sweet potato and cook for around 5 minutes until the sweet potato is cooked. Set aside.

Place the eggs in a bowl and stir the milk and cheese into it. Season with thyme, oregano, salt and pepper and mix. Mix the sweet potato mixture in with the egg and place in an ovenproof dish and bake for 25 minutes.

Nutritional value per serving

Calories: 200 | Total Fat: 13.0g | Saturated Fat: 4.2g | Carbohydrates: 9.2g | Fibre: 1.9g | Protein: 14.3g



Three Veg Tortilla

Serves 4

400g white onions, finely chopped

6 large eggs

100g spinach, finely chopped

100g potatoes

1 tbsp. olive oil

Juice and zest of a lemon

Preparation Method

Peel the potatoes, boil them and then dice them into small pieces.

For the next stage place two tablespoons of olive oil in a large frying pan on a low heat. Cook the onions until they soften. This should take around 5 minutes.

Then beat the eggs with a pinch of salt and pepper. Turn the heat up under the onions and cook until they are browned. Add the spinach and potatoes and fry for a couple of minutes.

Stir in the eggs and cook for around 5 minutes. Next, transfer the eggs to a pre heated grill and cook for 5-8 minutes until the eggs are golden.

Nutritional value per serving

Calories: 250 | Total Fat: 15.0g | Saturated Fat: 3.4g | Carbohydrates: 20.0g | Fibre: 4.2g | Protein: 11.9g



Chickpea & Carrot Stew

Serves 4

- | | |
|----------------------------------|---------------------------|
| 1 tbsp. olive oil | ½ tsp. turmeric |
| 1 red onion, sliced | ½ tsp. ground ginger |
| 2 cloves of garlic, chopped | ½ tsp. cayenne pepper |
| 100g spinach | 1 tsp. ground cumin |
| 1 x 400g tin of chickpeas | 1 bay leaf |
| 140g carrots, chopped | 1 tsp. ground coriander |
| 2 celery sticks, chopped | 1 tbsp. crème fraîche and |
| 1 x 400g tin of chopped tomatoes | ground paprika |
| 1 tbsp. tomato purée | |

Preparation Method

Heat olive oil in a frying pan, adding the onions, garlic and celery to a frying pan. Cook until the onions and celery have softened.

Transfer to a large saucepan add the rest of the ingredients (apart from the crème fraîche and paprika).

Leave to infuse over a medium heat for 30-40 minutes, check that the carrots are cooked. Garnish with crème fraîche and paprika.

Nutritional value per serving

Calories: 356 | Total fat: 6.7g | Saturated Fat: 0g | Carbohydrates: 16g | Protein: 10.6g | Fibre: 51g



Red Lentil Curry

Serves 4

- 100g red lentils, rinsed
- 1 medium onion, finely chopped
- 4 garlic cloves, finely chopped
- 1 tsp. ginger, finely chopped
- 2 tsp. fresh coriander, finely chopped
- 1 tsp. turmeric powder
- 100g tomatoes, finely chopped
- 1 tbsp. vegetable oil
- 1.2 litres boiling water
- Salt to taste

Preparation Method

Put the vegetable oil on medium heat.

Once it is hot, add the onion, ginger and garlic. Stir every minute or so, until the onions are brown, this should take around 5 minutes.

Next, add the finely chopped half a tin of tomatoes.

Add the spices, salt and water. Allow everything to cook for a few minutes.



Preparation Method (cont)

In a separate medium pot with the boiling water, add the rinsed lentils.

Bring this mixture to the boil.

Add the tomato mixture to the lentils and water.

Keep the lid slightly ajar and allow the lentils to simmer for approximately 30 minutes, until the lentils are tender.

If the lentils need to be cooked any more, do so, checking its consistency.

Add more water if you need to.

Serve with fresh chopped coriander.

Nutritional value per serving

Calories: 205 | Total fat: 8g | Saturated Fat: 5g | Carbohydrates: 25g | Protein: 10g | Fibre: 9g



Cauliflower, Carrot & Pea Chilli

Serves 4

250g cauliflower

120g peas, frozen or fresh

2 small carrots, peeled and chopped into inch long thins

100g canned tomatoes, finely chopped

2 tsp. coriander, finely chopped

5 cloves of garlic, finely chopped

3 tsp. ginger, finely chopped

1 medium onion, sliced

2 green chillies, finely chopped

2 tsp. garam masala

300ml of water

1 tbsp. vegetable oil

Salt to taste

Preparation Method

Place the cauliflower and carrots in a medium-sized pan. Then add 300ml water and bring to the boil.

Add the peas, cover and lower the heat. Cook for four minutes, then drain all the vegetables and place to one side.

Put a tablespoon of oil in a saucepan on a medium heat and fry the onion until golden brown. Add in the ginger and garlic and cook for a minute or so. Next add the tomatoes, garam masala, coriander and chillies and cook for five minutes.



Preparation Method (cont.)

Place the parboiled vegetables into the tomato mixture and cook for a couple of minutes, adding some water if the mixture sticks.

The dish is now ready to serve with a garnish of fresh coriander.

Nutritional value per serving

Calories: 220 | Total fat: 5g | Saturated Fat: 1g | Carbohydrates: 18g | Protein: 15g | Fibre: 5g



Spinach & Mushroom Curry

Serves 4

- 300g spinach, finely chopped
- 20 button mushrooms sliced
- 4 cloves garlic, finely chopped
- 1 tsp. ginger, finely chopped
- 1 green chilli, finely chopped
- ½ tsp. coriander powder
- 1 tsp. cumin powder
- 1 tsp. mustard seeds
- 1 tsp. cumin seeds
- 1 red onion, finely chopped
- 1 tsp. amchoor powder (unripe green mango powder) available in Indian food shops
- ½ tbsp. vegetable oil

Preparation Method

Heat your oil in a medium sized pan and add your onion, ginger and garlic.

Spinach is a great ingredient to cook with and include in your diet, as it has a host of anti-inflammatory and anti cancer effects within the body.

The minerals in spinach help to alkalise the body, balancing the highly acidic diets most of us have which drain our energy levels, increase obesity and create many health problems.

Mushrooms are a great addition to the diet of those who have diabetes as they contain no fat, no cholesterol and are very low in carbs, yet high in protein, vitamins, minerals and fibre.

They also contain natural insulin and enzymes which help break down the sugar or starch in food.



Preparation Method (cont.)

Sauté for three minutes.

Then add the green chilli, cumin and, mustard seeds.

Add the green spinach and cook for 5 minutes.

Now add the chopped mushrooms and salt to taste.

Cook for a further 3 minutes.

Add the garam masala and the amchoor powder, cooking for two to three minutes more.

The dish is now ready to serve.

Nutritional value per serving

Calories: 107 | Total fat: 9.2g | Saturated Fat: 5.5g | Carbohydrates: 7.2g | Protein: 3.9g | Fibre: 2.1g



Pan Fried Greens with Bacon and Mushrooms

Serves 4

- 400g thick cut bacon
- 400g summer greens, finely chopped
- 200g button mushrooms, halved
- 200g fresh spinach
- 1 onion, roughly chopped
- 1 yellow bell pepper, roughly chopped
- 2 tsp. chilli sauce
- 4 tbsp. light soya sauce
- 2 tbsp. rice vinegar
- 3 separate tsp. of vegetable oil
- Salt and pepper to taste

This recipe is a great way to make an incredibly tasty dish with greens and strips of pork.

It is delightful as well as being low in calories, fat and Carbohydrates.

Preparation Method

Make the sauce in a mixing bowl by combining the soya sauce, rice vinegar, chilli sauce and 1tbsp. of vegetable oil.



Preparation Method (cont.)

Heat another tablespoon of oil in a medium sized pan and fry the bacon for up to three minutes.

Fry the onion in another pan with the last tablespoon of oil until browned. Add the bell pepper, then the mushrooms and summer greens.

Add the bacon to the rest of the ingredients and add the spinach and sauce.

Cook for a further couple of minutes and serve.

Nutritional value per serving

Calories 110 | Total Fat 4.3g | Saturated Fat 0.5 | Carbohydrates 15.2 | Fibre 3.9 | Protein 4.5g



Fish Cakes

Serves 4

400g cod, baked and shredded

200g potatoes boiled

1 egg yolk

1 tbsp. coriander, freshly chopped

Zest of a lemon

Salt and freshly ground pepper to taste

Plain flour to dust

3 eggs

100g fine Wholemeal bread-crumbs

Vegetable oil for frying

Preparation Method

Mash the boiled potatoes and place in a large bowl along with the fish, egg yolk, lemon zest and seasoning.

Shape the mixture into 8 patties, then dip into the flour and let them stand till they are firm.

Have two bowls, one with the beaten eggs and the other with the breadcrumbs. Dip the patties in the beaten eggs, then the breadcrumbs. Fry for approximately 3 minutes on each side. Drain any excess fat off on some kitchen roll and serve with a side of your favourite veg!

Nutritional value per serving

Calories 243 | Total Fat 6.6g | Saturated Fat 1.8g | Carbohydrates 16g | Fibre 1.1g | Protein 28g



Chicken & Mushroom Kebabs

Serves 4

- 250g skinless chicken breasts, diced
- 200g mushrooms, roughly chopped
- 1 red bell pepper, roughly chopped
- 1 green bell pepper, roughly chopped
- 2 onions, sliced roughly
- 3 tsp. garlic, finely chopped
- 3 tsp. ginger, finely chopped
- 1 tsp. green chilli, finely chopped,
- 3 tbsp. light soy sauce
- Salt and pepper to taste

Preparation Method

Combine the garlic, ginger, chilli and soy sauce to make the marinade. Place the chicken in the marinade and set aside to marinate for at least an hour at room temperature or overnight in the fridge.

Thread a chicken piece, a slice of green bell pepper, a slice of mushroom and a slice of red bell pepper onto the BBQ skewer.



Preparation Method (cont.)

Repeat the process until the skewer is full.

Grill the kebabs for approximately 10 minutes, turning frequently during cooking.

Nutritional value per serving

Calories 210 | Total fat 7.2g | Saturated fat 3.1g | Carbohydrates 13.4g | Fibre 1.4g | Protein 18.0g



Lemon Glazed Chicken

Serves 4

- 4 chicken breasts, skinless
- Juice and zest of 2 lemons
- 2 tsp. garlic, peeled and finely chopped
- 1 green bell pepper, chopped into squares
- 1 tbsp. Dijon mustard
- 2 tbsp. vegetable oil
- Salt and pepper to taste

Preparation Method

Preheat the oven to 200°C/Gas Mark 6.

Cut the chicken into bite-size pieces.

Heat a tablespoon of oil in a frying pan and add the chicken. Cook for approx. 5 minutes or until the chicken turns white in colour.

Mix the mustard, garlic and lemon juice and zest in a bowl and marinate the chicken for at least an hour.

Transfer marinated chicken to an ovenproof dish, cook in the pre-heated oven for approx. 25 minutes or until thoroughly cooked through.



Preparation Method (cont.)

Place in the pre heated oven for around 25 minutes until cooked.

Nutritional value per serving

Calories 200 | Total Fat: 14.2g | Saturated Fat 6.1 | Carbohydrates 2.0g | Fibre 0.3g | Protein 5.8g



Chicken and Broccoli Casserole

Serves 4

500g skinless chicken breasts, diced
300g can condensed cream of mushroom soup
100ml semi skimmed milk
100g mild cheddar, grated
300g fresh broccoli, washed and cut into florets
1 large white onion, peeled and chopped finely
1 tsp. fresh basil, finely chopped
¼ tsp. freshly ground pepper
1 tbsp. vegetable oil

This Chicken and Broccoli Casserole is a delicious lunch.

Its fabulous array of flavours produces a delicious, filling Summer delight.

Preparation Method

Preheat oven to 175°C/Gas Mark 5.

Put the oil in a medium sized pan over medium heat, add the chicken and cook until it is white on all sides.

Then place the soup in a large bowl and add in the chicken, milk,



Preparation Method (cont.)

cheese, broccoli, white onion, fresh basil and pepper.

Mix ingredients thoroughly before transferring to a casserole or oven proof dish.

Bake in the preheated oven for 45 minutes.

Nutritional value per serving

Calories 210 | Total Fat 8.8g | Saturated Fat 4.5 | Carbohydrates 7.4g | Fibre 1.7g | Protein 24.5g



Zingy Whole Mackerel

Serves 4

- 4 small whole mackerel, gutted and cleaned
- 4 tsp. garlic, finely chopped
- 4 tsp. ginger, finely chopped
- 1 large red chilli, deseeded and finely chopped
- 2 limes, zest and juice
- 1 tbsp. sesame oil
- 1 tbsp. olive oil
- 1 tsp. Thai fish sauce

Preparation Method

Wash the mackerel and score both sides of each mackerel five or six times, avoiding hitting the bone.

In a bowl, combine the sesame oil, garlic, ginger, chilli, lime zest and juice and the Thai fish sauce.

Coat each mackerel with the marinade. Leave for an hour.

Shallow fry the mackerel for several minutes each side until the fish is charred and the eyes have turned white.



Preparation Method (cont.)

Place all of the fish in a large dish and cover with any leftover marinade and seasoning to taste, leave to stand for about 3 minutes before serving with a side of salad.

Nutritional value per serving

Calories 250 | Total fat 8.5g | Saturated fat 2.4g | Carbohydrates 0.0g | Dietary Fibre 0.0g | Protein 22.0g



Salmon in Basil Sauce

Serves 4

4 salmon steaks (approx. 200g each)
5 tbsp. olive oil
200g fresh basil
Juice of 2 lemons
Salt and freshly ground black pepper to taste

Preparation Method

Preheat the oven on Gas Mark 190°C/Gas Mark 5.

Remove the basil leaves from their stalks and whizz the leaves in a food processor.

Add the lemon juice and some seasoning. Then slowly mix in the olive oil and place aside.

Brush the steaks with some olive oil and bake in the oven for around 15 to 20 minutes.

Drizzle the basil sauce on top of the fish and tuck in!

Nutritional value per serving

Calories 250 | Total Fat 14.2g | Saturated Fat 3.1g | Carbohydrates 4.0g | Dietary Fibre 1.3g | Protein



Prawns with Peas in a Tomato Sauce

Serves 4

190g uncooked king prawns, deveined and shelled, with their heads removed,

6 ripe large tomatoes, cut into wedges

250g frozen peas

A small onion, peeled and finely chopped

2 tbsp. tomato purée

2 cloves of garlic, finely chopped

1 tsp. fresh ginger, finely chopped

1 tbsp. fresh coriander, finely chopped

1 sprig fresh thyme

2 tsp. fresh parsley, finely chopped

1 tbsp. extra virgin olive oil

Salt and freshly ground black pepper to taste

This dish makes for an aromatic, light lunch or supper, full of great flavours.

You could easily make this with homegrown tomatoes and peas for a true organic taste.

Top Tip:

To de-vein king prawns, get a small paring knife and slice down the back of the prawn about half way through. Use a fork to pull out the vein.

Preparation Method

Heat the oil in a frying pan.

Fry the onions on medium heat till golden brown.



Preparation Method (cont.)

This usually takes around 3 minutes.

Keep 6 of the tomato wedges aside. Chop the rest in a food processor along with the garlic and ginger.

Put the tomato mixture in a large pan, adding the whole tomato wedges, tomato puree and the herbs.

Allow the mixture to cook for around 5 minutes.

Add the peas and prawns.

Simmer till the prawns are cooked through. This should take around 10 minutes.

Season to taste with salt and freshly ground black pepper.

Nutritional value per serving

Calories 240 | Total fat 2.0g | Saturated fat 1g | Carbohydrates 19g | Fibre 6g | Protein 24g



Tomato & Mozzarella Salad

Serves 4

4 large tomatoes

100g mozzarella cheese

5 garlic cloves, finely chopped

2 tbsp. extra virgin olive oil

3 tbsp. fresh basil, finely chopped

Salt and freshly ground pepper to taste

Preparation Method

Slice the tomatoes and the mozzarella and place in a bowl.

Add in the basil, garlic and olive oil and combine.

Season to taste and enjoy!

Nutritional value per serving

Calories 175 | Total Fat 11.4g | Saturated Fat 4.5g | Carbohydrates 12.2g | Fibre 27.2g | Protein 6.3g



Avocado Salad with Tomatoes & Red Onions

Serves 4

200g mixed salad, finely chopped

2 medium avocados, cut into small chunks

1 medium red onion, finely chopped

4 medium tomatoes on the vine, chopped

50g fresh parsley, finely chopped

2 tsp. dried oregano

2 tsp. extra virgin olive oil

This salad is a great fresh tasting and healthy dinner to have at the end of a busy day at work.

Preparation Method

Place all the ingredients together and mix thoroughly without mashing the avocados.

Nutritional value per serving

Calories 48 | Total Fat 3.3g | Saturated Fat 0.5g | Carbohydrates 5.2g | Dietary Fibre 2.3g | Protein



Chick Pea & Red Cabbage Salad

Serves 4

400g tinned chickpeas, drained and rinsed

50g red cabbage, finely shredded

50g fresh garden peas

½ red onion, grated

2 cloves of garlic, finely chopped

1 tsp. dried oregano

2 tbsp. lemon juice

1 tbsp. red wine vinegar

2 tbsp. olive oil

Preparation Method

Combine all the ingredients together and mix well.

Then season to taste.

Nutritional value per serving

Calories 128 | Total Fat 5.3g | Saturated Fat 1.5g | Carbohydrates 19.2g | Dietary Fibre 3.7g | Protein



Summer Vegetable Salad

Serves 4

- 100g fresh green beans
- 100g fresh sugar snaps
- 50g finely sliced yellow summer squash
- 100g courgette, finely sliced
- 50g red onions, finely sliced
- 100g carrots, coarsely grated
- 2 small tomatoes, chopped into small cubes
- 4 tsp of minced chives
- 2 tsp of dried basil

Preparation Method

Boil two inches of water in a pan.

Put the green beans, sugar snaps, yellow squash, courgette and onions in it.

Lower the heat; cover the pan and simmer for 3 minutes, until the vegetables are crisp and tender.

Then drain the vegetables and rinse under cold water.



Preparation Method (cont.)

Pat the vegetables dry.

Place vegetables into a bowl with the remaining ingredients.

Stir in gently.

Place in the fridge until serving.

Nutritional value per serving

Calories 100 | Total Fat 2g | Saturated Fat 0.2g | Carbohydrates 12g | Fibre 4g | Protein 2g



Bell Pepper & Chicory Salad

Serves 4

3 heads of chicory, finely sliced
1 yellow bell pepper, finely sliced
1 red bell pepper, finely sliced
2 new potatoes, cooked and finely sliced
A handful of alfalfa sprouts
2 tbsp. of coriander, finely chopped
2 tbsp. of vinaigrette

Vinaigrette

2 tsp. of grainy mustard
1 tbsp. balsamic vinegar
2 tbsp. of lemon juice
3 tbsp. of extra virgin olive oil
Salt and freshly ground black pepper to season

Preparation Method

Combine the lemon juice, balsamic vinegar and mustard to make the vinaigrette

Then slowly stir in the olive oil.

Season to taste with salt and pepper.

Combine all the dry ingredients in a bowl, then add the vinaigrette and serve!

Nutritional value per serving

Calories 356 | Total Fat 6.7g | Saturated Fat 0g | Carbohydrates 16g | Fibre 51g | Protein 10.6g



Chicken Caesar Salad

Serves 4

- 1 large head of Romaine lettuce, roughly torn
- 400g of diced, cooked, skinless chicken breast
- 100g freshly grated parmesan cheese
- 120ml low-fat plain yoghurt
- 2 tbsp. fresh lemon juice
- 2 tsp. olive oil
- 1 tsp. Dijon mustard
- 2 cloves of garlic, finely chopped
- 1 tbsp. olive oil
- 50g stale bread cubes
- Salt and freshly ground pepper to season

Caesar Salads are notorious for being high in fat due to their creamy dressings and fat laden croutons. They can also be high in carbs.

This Caesar Salad is low fat and low carb, using home made croutons.

Preparation Method

Heat a griddle pan on low heat and add the olive oil.

Place the bread cubes in it and sauté.



Preparation Method (cont.)

Once the bread cubes are golden brown, season to taste.

Allow to cool.

Place the Romaine lettuce in a large bowl.

Put the chicken and bread cubes in it and sprinkle the cheese on top.

Combine the yoghurt, lemon juice, olive oil, Dijon mustard and garlic then mix well.

Then drizzle the dressing on to the salad.

Toss gently until combined.

Season to taste with freshly ground black pepper.

Nutritional value per serving

Calories 200 | Total Fat 4.8g | Saturated Fat 2.5g | Carbohydrates 22.5g | Dietary Fibre 2.6g | Protein 20.1g



Hot Smoked Salmon Salad

Serves 4

4 salmon steaks, hot smoked and skinned

100g new potatoes, cooked and chopped (use celeriac if you are on a very low carb diet)

100g asparagus tips

2 tsp. parsley, finely chopped

2 tsp. mint leaves, finely chopped

2 spring onions, chopped

70g radishes

1½ tbsp. lemon juice

This dish is a real treat. It is a perfect combination of sumptuous smoked salmon and delicate celeriac, asparagus and herbs.

Preparation Method

Boil some water in a medium sized pan.

Boil the potatoes until cooked.

Place the asparagus tips in the water for 2 minutes just as the potato begins to cook.



Preparation Method (cont.)

Drain the water and wait for the potatoes and asparagus to cool.

Combine the potatoes, asparagus, parsley, mint, spring onions and radishes.

Place the asparagus, celeriac, salad, onions, radishes and herbs in a big bowl.

Mix the lemon juice and olive oil to make a dressing.

Drizzle two thirds of the dressing onto the salad mixture and mix well.

Spread onto a large flat dish.

Then break the salmon onto this mixture and sprinkle with the chopped onions.

For the final touch, drizzle with the rest of the dressing.

Nutritional value per serving

Calories 300 | Total Fat 19.5g | Saturated Fat 3.5g | Carbohydrates 13.5g | Dietary Fibre 2.1g | Protein



Prawn & Asparagus Salad

Serves 4

400g asparagus, woody stems removed

220g cooked king prawns

80ml extra virgin olive oil

1 garlic clove, finely chopped

1 tbsp. fresh parsley, finely chopped

Juice of 1 lemon

Salt and black pepper to taste

This salad makes for a light lunch or supper.

It is low in carbs and fat as well as being high in protein.

Preparation Method

Boil some water in a medium sized pan.

Boil the asparagus for 3 minutes.

Drain the asparagus.

Put the prawns in the boiling water for 30 seconds.

Place the prawns in a large bowl.

Slice the asparagus spears and place in the bowl with the prawns.

Add the remaining ingredients and mix together. Season to taste.

Nutritional value per serving

Calories 320 | Total Fat 10.1g | Saturated Fat 3.2g | Carbohydrates 15.4g | Fibre 4.5g | Protein 20.1g



Tomato and Celeriac Salad

Serves 4

200g celeriac, peeled and cut into juliennes

200g small tomatoes, sliced thinly

200g fennel, chopped finely

Parsley to garnish

The Dressing:

2 tbsp. balsamic vinegar

2 tbsp. olive oil

2 tbsp. Dijon mustard

Preparation Method

First of all you need to boil the celeriac for around 10 to 15 minutes until it is cooked.

Then combine the balsamic vinegar and mustard and gradually stir in the oil.

Stir all the other ingredients in with the celeriac and add the dressing.

Nutritional value per serving

Calories 250 | Total Fat 15.3g | Saturated Fat 3.1g | Carbohydrates 10.6g | Fibre 2.5g | Protein 5.2g



Bean Salad

Serves 4

100g black eyed beans, drained and rinsed

50g kidney beans, drained and rinsed

175g green beans, sliced

2 small onions, finely sliced

4 cloves of garlic, minced

Finely chopped fresh coriander to garnish

Salt and freshly ground pepper to season

Preparation Method

Gently fry the onions in oil for a couple of minutes. Add in the garlic and chilli and cook for a minute or so.

Blanch the green beans for a minute or so. Drain and mix all the beans together in a big serving bowl. Place the onion mixture on top, mix together and season.

Let the salad rest for half an hour or so for the flavours to take hold.



Preparation Method (cont.)

Garnish with coriander before serving!

Nutritional value per serving

Calories: 310 | Total Fat: 14g | Saturated Fat: 4g | Carbohydrates: 24g | Fibre: 9g | Protein: 11.5g



Veggie Shepherd's Pie

Serves 4

250g vegetarian mince

1 medium potato, washed, peeled and cubed

5 medium carrots, washed, peeled and chopped

20 button mushrooms, roughly chopped

150g peas

200g tomatoes, finely chopped

100g spinach, finely chopped

1 tbsp. tomato puree

75g cheddar cheese, grated finely

1 onion, finely chopped

1 tbsp. vegetable oil

Salt and freshly ground pepper to taste

Preparation Method

Preheat oven on 200°C/Gas Mark 6.

Boil the potato and carrots for around 7 minutes until cooked.



Preparation Method (cont.)

Fry the onions in the oil until golden brown.

Add the veggie mince to the onions and cook for a couple of minutes.

Add the mushrooms, tomatoes and tomato puree and cook for another 3 minutes. Season to taste.

Put the entire mixture in an ovenproof dish.

Place the potato and carrots in a colander. Then mash with the cheese. Season and put on top of the mince mixture.

Pop into the oven for around 25 minutes until cooked.

Nutritional value per serving

Calories 320 | Total Fat 13.0g | Saturated Fat 5.3g | Carbohydrates 15.3g | Fibre 6.8g | Protein 9.5g



Veggie Mince with Brown Rice

Serves 4

400g veggie mince

400g canned tomatoes, finely chopped

2 onions, chopped

4 cloves of garlic, finely chopped

100ml water

1 tbsp. olive oil

1 tbsp. tomato puree

Season with salt and pepper

400g of cooked brown long grain rice (100g per serving)

Preparation Method

Sauté the onions and garlic in the olive oil over a medium heat until softened. Add the veggie mince and cook for up to 5 minutes until browned.

Stir in the tomatoes and tomato puree and cook for about 3 minutes. Add in the water, cover the pan and cook over a low heat for around 10 minutes until the sauce is thick and rich. Season to taste.

Serve with cooked brown rice.

Nutritional value per serving

Calories 130 | Total Fat 3.5g | Saturated Fat 0.5g | Carbohydrates 31.5g | Fibre 5g | Protein 22.3g



Cheesy Polenta with Mushrooms

Serves 5

- 500g ready made polenta
- 100g onions, peeled and finely chopped
- 20 button mushrooms
- 100ml single cream
- 100ml semi skimmed milk
- 2 cloves of garlic, peeled and finely chopped
- 2 tbsp. butter
- Salt and pepper to taste

Polenta, or maize meal, has grown in popularity in the UK within the last decade.

I first discovered this cheesy mushroom polenta dish at one of my favourite restaurants and I often go back just for that lunch!

However, this recipe enables you to bring the sumptuous tasting dish into your own home.

You can buy ready made polenta from supermarkets; it is usually found near the dried pasta.

Preparation Method

Preheat the oven at 200°C/Gas Mark 6

Heat the butter in a medium sized pan. Fry the onions in the butter until they soften. This can take a few minutes.

Then add the mushrooms and garlic and cook through for a couple of minutes.

Remove from the hob.



Preparation Method (cont.)

Add the cream and milk slowly to the onion mixture and then place back on the burner.

Place the required number of servings in the oven and bake for 15 minutes.

Heat the sauce through once the polenta is hot and serve.

Nutritional value per serving

Calories 300 | Total Fat 6.2g | Saturated Fat 1.7g | Carbohydrates 21.0g | Fibre 1.0g | Protein 2.5g



Multi-Green Special

Serves 4

- 120g kale, washed and chopped
- 120g spinach, washed and chopped
- 120g watercress, washed and chopped
- 120g shelled pistachios
- ½ cucumber, chopped in to small pieces
- 2 tbsp. fresh mint, chopped finely
- 2 tbsp. parsley, finely chopped
- 1 large avocado, chopped into small pieces
- 1 tsp. ginger, finely chopped

For the Dressing

- Juice and rind of a lemon
- 2 tbsp. olive oil

Preparation Method

Mix together the lemon juice, the rind and the olive oil.
Place all the salad ingredients into a bowl and toss well.



Preparation Method (cont.)

Drizzle the dressing over the salad.

It is now ready to serve.

Nutritional value per serving

Calories: 235 | Total Fat: 15.1g | Saturated fat 2.0 | Carbohydrates 12.3g | Fibre 2.0 | Protein 6.5g



Vegetarian Lasagne

Serves 4

200g aubergine, finely chopped

150g of mushrooms, finely chopped

200g of tinned tomatoes, finely chopped

200g courgette, thinly sliced into strips

250g low fat cottage cheese

50g mild cheddar, grated

1 medium onion, finely chopped

2 tbsp. olive oil

1 tsp. mixed herbs

Salt to taste

An egg

Preparation Method

Preheat the oven to 170°C/Gas Mark 4.

Put the finely chopped aubergine, mushrooms and onion in some heated oil in a large saucepan for a few minutes.

Add the tomatoes, herbs and salt and mix well.

Remove from heat and place aside.

Blend the cottage cheese and egg for the cheese sauce and set aside.

Layer the bottom of a baking tray with the strips of courgette and season with salt.



Preparation Method (cont.)

Grill the strips on both sides until they are cooked and a little dehydrated; the intention is to extract their moisture.

Layer an ovenproof dish with a thin layer of the aubergine mixture.

Then add a layer of courgette strips and a layer of cheese sauce.

Repeat this process until you have used up all the ingredients.

Sprinkle the dish with grated cheese.

Bake on 170°C/Gas Mark 4 for around 35-45 minutes.

You will know the lasagne is cooked when it is crispy and has a golden top.

Allow to rest for 20 minutes prior to cutting and serving up.

Nutritional value per serving

Calories: 208 | Total Fat: 7.0g | Saturated Fat: 3.6g | Carbohydrates: 13.5g | Fibre: 5.4g | Protein: 13.5g



Tangy Quorn Stir Fry

Serves 4

400g Quorn pieces

1 tbsp. tomato sauce

0.5 tbsp. soy sauce/coconut aminos

1 tbsp. agave nectar

1 green chilli, finely chopped

1 tbsp. tandoori masala powder

2 tbsp. vegetable oil

Salt to taste

Preparation Method

Marinate the Quorn in the tomato sauce, soy sauce/coconut aminos, agave nectar, chilli, tandoori masala powder and salt for an hour.

Heat the vegetable oil in a wok and stir fry the Quorn for around 5-7 minutes until cooked.

Nutritional value per serving

Calories: 200 | Total Fat: 9g | Saturated fat 2g | Carbohydrates 13.5g | Fibre 2g | Protein 0.5g



Cod and Parsley Parcels

Serves 4

4 cod fillets, approx. 170g each,
skinned

2 tsp. butter

1 tbsp. plain flour

500ml semi-skimmed milk

3 tbsp. fresh parsley, finely chopped

2 tbsp. lemon juice

Salt and pepper to taste

This is a great British favourite. The white béchamel sauce is easy to make, creating a light base for this delicious dish

It is an ideal supper, light yet filling. Cod is classically low in calories and fat, yet high in protein.

Preparation Method

Place the milk to boil with lemon juice and salt and pepper.

Once boiled, leave to cool for 30 minutes.

Next melt the butter on a low heat and add the flour, whisking thoroughly. Stir and cook for a minute or so.

Add the milk little by little, whisking constantly.

Return to the heat, stirring continuously and bring to the boil.

Simmer for 10 minutes.



Preparation Method (cont.)

Add salt and pepper to taste.

Place the cod fillets in the pan and poach over a low heat for 4–6 minutes, without the sauce boiling until the fish is cooked.

Turn each piece of fish over after 2 minutes.

Place the fish fillets in a serving dish and spoon over with the parsley sauce.

Nutritional value per serving

Calories 170 | Total Fat 5.2g | Saturated Fat 2.8g | Carbohydrates 8.5g | Fibre 0.2g | Protein 22.0g



Tasty Trout Treats

Serves 4

800g trout fillets, boneless

Juice and rind of a lemon

250g of green beans, cut into inch
thins

4 spring onions, chopped into small
pieces

1 tbsp. Dijon mustard

1 tbsp. runny honey

1 tbsp. light soya sauce

2 tbsp. vegetable oil

Salt and freshly ground pepper to taste

This trout dish is tangy and a great supper. It is simple to cook, yet flavoursome. Tangy Trout Treats are quick to cook and make for a light supper treat.

Preparation Method

Preheat the oven to 200°C/Gas Mark 6.

Lightly oil a baking tray.

Place the trout on it.



Preparation Method (cont.)

Then spread the lemon juice and rind over the top.

Season with freshly ground pepper and salt.

Cook in the oven for 15 minutes.

Boil the green beans for about 5 minutes.

When cooked drain and add the chopped spring onions.

In a small bowl mix together the mustard, honey and soya sauce.

Mix in with the green beans and onions and serve with the trout.

Nutritional value per serving

Calories 300 | Total Fat 15g | Saturated Fat 3.9g | Carbohydrates 9.8g | Fibre 0.9g | Protein 28g



Cod with Garlic Spinach

Serves 4

3 tbsp. olive oil

3 garlic cloves, crushed

720g fresh baby leaf spinach,
rinsed

4 cod fillets (approximately 180g
each)

Salt and freshly ground pepper

200g vine tomatoes

Preparation Method

In a frying pan over a medium heat add 2 tbsp. of olive oil. Add the crushed garlic cloves. To this, add the rinsed spinach.

Turn on the grill and place the vine tomatoes and cod sprinkled with salt and pepper under to cook.

Make sure the cod is completely cooked through ensuring that the fish is opaque and flakes easily (approximately 10 minutes)

Serve with the cod piled on the spinach topped with the tomatoes.

Nutritional value per serving

Calories 340 | Total Fat 16g | Saturated Fat 2.4g | Carbohydrates 8.6g | Fibre 4.8g | Protein 46.9g



Chicken Burgers

Serves 4

- 400g chicken mince
- 100g carrots, coarsely grated
- 2 medium onions, finely chopped
- 2 tsp. garlic, finely chopped
- 2 tsp. ground cumin
- 2 tbsp. skimmed milk
- ¼ tsp. dried Italian seasoning, crushed
- ¼ tsp. black pepper
- Salt to taste

Preparation Method

In a mixing bowl, combine the carrots, onions, garlic, cumin, milk, Italian seasoning, pepper and salt together.

Add the chicken mince and mix thoroughly.

Shape into patties and fry for around 4 minutes each side.

Serve with slices of tomato and lettuce.

Nutritional value per serving

Calories: 240 | Total Fat: 13.0g | Saturated Fat: 3.1g | Carbohydrates: 3.5g | Fibre: 1.5g | Protein: 28.9g



Chicken Tikka Masala

Serves 4

400g boneless chicken breasts,
cut into small pieces

1 small onion, finely chopped

2 tsp. fresh ginger, finely chopped

6 cloves garlic, crushed

400g tinned tomatoes, finely
chopped

100g low fat plain yoghurt

50ml skimmed milk

3 tsp. cumin powder

3 tsp. garam masala

1 tsp. turmeric

1 green chilli, finely chopped

2 tsp. fresh coriander, finely
chopped

2 tbsp. vegetable oil

Salt to taste

Preparation Method

Place a large pan on medium heat and add a tablespoon of oil.

Add the chicken and seal so that it is white all over.

Then heat the other tablespoon of oil in a frying pan on medium heat and fry the onions until they are golden brown.

Add the ginger and garlic, cook for a minute.



Preparation Method (cont.)

Stir in the tomatoes, cumin powder, garam masala, chilli and salt. Cook for another few minutes.

Then add the yoghurt. Lower heat and simmer for 5 minutes.

Add chicken and simmer for around 15-20 minutes until it is cooked through.

For the final touch add the coriander and serve.

Nutritional value per serving

Calories: 240 | Total fat: 4.5g | Saturated Fat: 2.2g | Carbohydrates: 4.8g | Protein: 24.5g | Fibre: 2g



Tandoori Chicken

Serves 4

- 4 skinless chicken thighs
- Juice of 2 lemons
- 210ml plain yogurt
- 2 red onions, finely chopped
- 2 tsp. finely chopped ginger
- 4 cloves garlic, finely chopped
- 4 tsp. tandoori masala powder
- ½ tsp. garam masala
- ½ tsp. ground cumin
- ¼ tsp. turmeric
- 1 chilli, finely chopped
- 1 tbsp. vegetable oil

Preparation Method

Turn on the oven at 200°C/Gas Mark 6.

Place the oil in a pan on medium heat and seal the chicken, ensuring it is white all over. This will take approximately 5 minutes.

Set it aside on a plate.



Preparation Method (cont.)

Then mix the lemon juice, tandoori masala powder and red onions in a large shallow dish.

Mix up all of the other ingredients and add the sealed chicken to the mixture.

Cover and chill for an hour. If you have time, leave the chicken to marinade over night, the longer the chicken marinates for, the tastier it will be.

Place the entire mixture in to an ovenproof dish and cook for half an hour.

Serve with some fresh coriander.

Nutritional value per serving

Calories: 171 | Total fat: 7g | Saturated Fat: 3.5g | Carbohydrates: 5g | Protein: 24g | Fibre: 0g



Spiced Chicken & Minty Cous Cous

Serves 4

2 small chicken breasts

1 garlic clove, crushed

1 red chilli, finely chopped

2cm of fresh root ginger, peeled +
grated

1 tsp. ground cumin

½ tsp. turmeric

2 tbsp. extra virgin olive oil

Pinch of sea salt

75g couscous

Mint leaves finely chopped

Juice and rind from half a lemon

Preparation Method

Cut the chicken in to slices, and place in a medium sized bowl.

Cover the chicken with the crushed garlic, finely chopped red chilli, the fresh root ginger and the spices.

Add the grated rind of the lemon and squeeze over the juice.



Preparation Method (cont.)

Add half of the olive oil and ensure all of the chicken is equally coated in the mixture.

Cover with cling film and place in the fridge for a minimum of 30 minutes but ideally 3-4 hours.

Cover the 75g of couscous with boiling water, cover and leave to absorb for 5 minutes.

Meanwhile dry fry the chicken pieces over a medium heat in a non-stick griddle pan until they are cooked through.

Fluff the couscous with a fork and add the finely chopped mint leaves, the remainder of the olive oil and a squeeze of lemon juice.

Serve the couscous in a bowl or plate topped with the chicken and a sprig of mint.

Nutritional value per serving

Calories: 315 | Total fat: 8.6g | Saturated Fat: 3.1g | Carbohydrates: 12.3g | Protein: 32.2g | Fibre: 2.1g



Lamb Steaks in a Tomato Sauce

Serves 4

4 lamb leg steaks

400g tinned chopped tomatoes

1 tsp. cumin seeds

1 tsp. ground coriander

1 clove of garlic, finely chopped

2 tbsp. vegetable oil

Salt and freshly ground pepper to taste

A sprig of fresh coriander to garnish

Preparation Method

In a medium sized pan, heat a tablespoon of oil and cook the lamb steaks so they brown on both sides. This will take around 5 minutes.

Once cooked, place the lamb steaks on some kitchen roll to drain.

Place the other tablespoon of oil in a pan on medium heat.

Fry the spices for around a minute.

Add the chopped tomatoes to the pan with the spices, mix thoroughly.



Preparation Method (cont.)

Add the lamb back into the pan with the sauce.

Then simmer the dish on a low heat for ten minutes.

If the mixture thickens before the lamb is cooked through, add some water.

Serve the dish with freshly chopped coriander and a side of salad.

Nutritional value per serving

Calories 200 | Total fat 12.5g | Saturated Fat 5.0g | Carbohydrates 3.8g | Fibre 1.1g | Protein 16.1g



Chicken with Mushrooms in a Balsamic Sauce

Serves 4

- 450g of chicken breasts,
- 2 tsp. garlic, finely chopped
- 1 green pepper, chopped into fine slices
- 2 tbsp. dark balsamic vinegar
- 20 button mushrooms
- 1 large onion, finely sliced
- 1 tbsp. olive oil
- Salt and freshly ground pepper to taste

This dish combines the wonderful flavours of chicken, mushrooms and balsamic vinegar. It is a light yet filling dinner.

Preparation Method

Preheat the oven at 200°C/Gas Mark 6.

Heat the oil in a medium sized pan.

Then seal the chicken in the heated oil by cooking on both sides till the meat whitens. Drain and place aside to cool down.

In a bowl; place the slices of pepper and onion. Add the garlic and mushrooms. Then pour on the balsamic vinegar.



Preparation Method (cont.)

Next put the cooled chicken in the marinade.

Season with salt and freshly ground pepper.

Leave in the fridge to marinate for an hour.

Cook for 30 minutes.

Nutritional value per serving

Calories 300 | Total fat 10.2g | Saturated fat 4.9g | Carbohydrates 12.5g | Fibre 2.0g | Protein 35.5g



Raspberry Ice Cream

Serves 4

100g raspberries (fresh or frozen)

100ml whipping cream

100ml single cream

2 tbsp. Stevia

3 tbsp. agave nectar

1 tsp. vanilla extract

This raspberry ice cream is a lower carb take on the average raspberry ice cream. This dish is packed with the wonderful flavours from the creams, agave nectar and sweetener!

Preparation Method

Whizz the ingredients in a blender.

Pour into an empty ice cream tub and place in the freezer.

Stir it every 2 hours over the course of 6 hours. Then scoop out and relish!

Nutritional value per serving

Calories: 250 | Total Fat: 18g | Saturated fat 12g | Carbohydrates 22g | Fibre 0.9g | Protein 1.8g



Ginger Ice Cream

Serves 4

250ml semi skimmed milk

200ml double cream

2 tbsp. Stevia

4 medium egg yolks

Stem ginger 50g

Plus a little extra for decoration

The combination of the stem ginger, milk, eggs and cream gives this ice cream a delicate yet punchy flavour.

Preparation Method

Place the milk, cream and Stevia in a pan on low heat and heat through, stirring throughout. Melt the Stevia and bring the mixture slowly to the boil.

Beat the egg yolks in a bowl. Slowly whisk in the milk and cream mixture. Pour this all into an old ice cream tub, place the lid on and allow it to set in the freezer for 3 hours.

Whizz the stem ginger in a food processor. Add a quarter of the ice cream mixture at a time and whizz. Taste the ice cream and check if you are happy with the quantity of ginger in it.

Return the ice cream to the ice cream tub and freeze for 3 hours.



Preparation Method (cont.)

When you wish to serve the ice cream, allow it to be at room temperature for 10 minutes beforehand. Serve with berries of your choice, fruit coulis and stem ginger.

Nutritional value per serving

Calories: 303 | Total Fat: 26.5g | Saturated fat 14g | Carbohydrates 13g | Fibre 1g | Protein 7.3g



Strawberry Sorbet

Serves 4

80g cream cheese

100g strawberries

4 tsp. Stevia

200g whipped cream

This is a rich and tangy dessert for strawberry lovers everywhere!

Preparation Method

Whizz the cream cheese, strawberries and Stevia together.

Fold the cream in gently. Then transfer to freezer until firm.

Nutritional value per serving

Calories: 205 | Total Fat: 17.8g | Saturated fat 11g | Carbohydrates 16.3g | Fibre 0.5g | Protein 3g



Fruit Frenzy

Serves 4

100g canned pears, drained
100g canned peaches, drained
60ml water mixed with 1 tbsp. Stevia
100g raspberries
1 tbsp. cornflour
1.5 tbsp. agave nectar
180ml semi skimmed milk

This dessert is so simple to make yet extremely tasty.

It combines lots of fruit and cream, swirled through with a fruit coulis, for a delicious dish!

Preparation Method

Warm up the water and Stevia to make a syrup and pour onto some of the raspberries, saving some for a garnish. Then place the mixture in the fridge.

Combine the agave nectar and cornflour with 2 tablespoons of the milk.

Bring the remainder of the milk to boil, stirring in the cornflour mixture until it thickens. Take off the hob and cool.

Whizz the pears and some of the peach chunks in a blender till smooth, saving some peaches for a garnish.



Preparation Method (cont.)

Purée the Stevia/raspberry mixture and put aside.

Add the thickened milk custard mixture to the pears and peaches mixture and stir well. Pour the Stevia/raspberry mixture into a sundae/dessert dish. Top with custard mixture and garnish with the fruit set aside.

Chill for over an hour and enjoy!

Nutritional value per serving

Calories 135 | Total fat 2.4g | Saturated Fat 1.3g | Carbohydrates 22.4g | Fibre 2.5g | Protein 3.2g



Yoghurt Berry Parfait

Serves 4

180g blueberries

120g raisins

180g raspberries

400ml thick cream, whipped

2 tbsp. raspberry coulis

180g blackberries

This dessert is so simple to make yet extremely tasty.

It combines lots of fruit and cream, swirled through with a fruit coulis, for a delicious dish!

Preparation Method

Put the blueberries and raisins in a dessert bowl until it is around a third full.

Spoon on the whipped cream and layer on the raspberries.

Combine the fruit coulis with the remaining cream for a marbled effect and pour onto the raspberries. Top with blackberries and sprigs of mint.

Nutritional value per serving

Calories: 469 | Total fat: 38g | Saturated Fat: 23g | Carbohydrates: 21g | Protein: 3g | Fibre: 11g



Mini Pavlovas

Serves 4

4 egg whites

¼ tsp. cream of tartar

1 tsp. vanilla extract

Pinch of salt

25g Stevia

This is a nice little desert that is sure to impress.

It is an old favourite which will go down great following a good Sunday roast or other family meal.

Preparation Method

Preheat your oven at Gas Mark 1 or 140°C.

Line a baking tray with greaseproof paper, greasing it well with butter.

With an electric whisk, beat the egg whites until they are stiff, adding a pinch of salt and the cream of tartar. Fold the vanilla extract and Stevia into the egg whites.

Spoon the correct amount of mixture for a nest size of your choice on to the baking tray. Leave a dip in the middle for the topping. Repeat to make more nests until you have run out of the mixture.

Bake in the pre heated oven for half an hour. It is crucial that you do not open the door to the oven during these 30 minutes as you will crack the meringue. Also ensure that you do not open the oven door for at least two hours.



Preparation Method (cont.)

Top with meringue nests with your choice of toppings. My favourite is whipped cream, chopped almonds, passion fruit pulp and kiwi. Scrumptious!

Nutritional value per serving

Calories 85 | Total fat 0g | Saturated Fat 0g | Carbohydrates 1g | Fibre 0g | Protein 16g



Pumpkin Bread

Serves 4

60ml almond milk

60ml coconut milk

4 free range eggs

280g pumpkin purée

2 tbsp. raw honey

1 tsp. vanilla extract

100g almond flour

50g self raising flour

½ tsp. cloves

½ tsp. nutmeg

½ tsp. ginger

1 tsp. cinnamon

1 tsp. baking soda

1 tsp. Himalayan salt

Preparation Method

Preheat the oven to Gas Mark 4 or 180°C.

In a large bowl, mix together the milks, oil, eggs, pumpkin purée, honey and vanilla extract.

In another bowl, stir together the dry ingredients.

Fold into the wet ingredients and combine well. Spoon into a greased loaf tin and bake for about 40 minutes. Allow to cool before cutting and serving.

Nutritional value per serving

Calories: 153 | Total fat: 10.4g | Saturated Fat: 2.4g | Carbohydrates: 9.6g | Protein: 5g | Fibre: 1.4g



Chocolate & Brandy Mousse

Serves 4

100g unsweetened dark chocolate

4 medium eggs, separated

1 tbsp. brandy

1 tbsp. Stevia

Berries of your choice to decorate

Preparation Method

Break the chocolate into tiny pieces and melt in a bowl over a pan of simmering water.

Stir thoroughly. Then mix the brandy with the egg yolks and stir into the melted chocolate.

With a hand whisk, whisk the egg whites until they form peaks, whilst adding the Stevia.

Fold the egg whites into the chocolate with a metal spoon.

Spoon the mousse into four containers and place in the fridge to chill for a minimum of 3 hours.

Decorate with berries and enjoy!

Nutritional value per serving

Calories: 213 | Total fat: 18g | Saturated Fat: 10g | Carbohydrates: 8g | Protein: 9.5g | Fibre: 4g



Banana Bread Muffins

Serves 12

200g of bananas, mashed
100g of self raising flour
100g of almond flour
2 eggs
60 ml of water
2 tsp. of sweetener
100ml of unsweetened apple juice
1 tsp. vanilla extract
1 tsp. cinnamon
2 tsp. baking powder

Do you ever wonder what to do with those very ripe bananas left over in the fruit bowl. Well I have come up with this Banana Bread Muffin to solve that little problem. These muffins are a tasty, healthy treat.

Preparation Method

Preheat oven to 175C or Gas Mark 5. Grease a muffin tin or place muffin liners on a baking tray.

Then mix all the dry ingredients together. Follow this by adding all the wet ingredients and mixing thoroughly. Fill the muffin tins to half full. Bake in a hot oven for 20 minutes. Allow to cool before serving.

Nutritional value per serving

Calories: 70 | Total Fat: 2.5g | Saturated Fat: 0.0g | Carbohydrates: 11.5g | Fibre: 1.1g | Protein: 2.1g



Frosted Carrot and Nut Cake Bars

Serves 20

300g plain flour	3 egg whites, lightly beaten
100g whole wheat flour	100g olive oil
4 tbsp. runny honey	100ml skimmed milk
2 tsp. sweetener	2 tbsp. double cream
1 ½ tsp. cinammon	100g low fat cream cheese
1 tsp. baking powder	100g low fat yoghurt
Pinch of salt	1 tsp. vanilla extract
200g carrots, finely grated	
300g chopped walnuts, toasted	

Preparation Method

For the cream cheese topping whisk the cream cheese with an electric mixer on medium speed until it becomes smooth. Then mix in the yoghurt until the mixture is smooth. Next, mix in the double cream mixture and add the vanilla extract.

Place the cream cheese topping in the fridge whilst you make the carrot and nut bars. Preheat the oven to Gas Mark 4 or 150C.



Preparation Method (cont.)

Line a 9x9x2-inch baking tray with cooking parchment, ensuring that the parchment covers the edges of the tray. Then set the tray aside.

In a big bowl, mix together the plain flour, whole wheat flour, sweetener, cinnamon, baking powder, and salt.

Next add the carrots and 200g of the nuts as well as the eggs, oil, honey, sweetener and milk.

Stir thoroughly until the mixture is combined and spread it evenly in the pan. Bake in the oven for between 15 and 20 minutes. Then cool the bars in the pan on a wire rack.

Using the edges of the parchment remove the uncut bars from the baking tray. Then spread them evenly with Cream Cheese Topping.

Sprinkle the remaining 100g of nuts on top and slice into 20 bars.

Nutritional value per serving

Calories: 140 | Total Fat: 7.2g | Saturated Fat: 2.1g | Carbohydrates: 16.0g | Fibre: 1.1g | Protein: 2.9g



Disclaimer

This book is for informational (and delicious) purposes only

The information provided in this recipe book should not be considered complete, nor should it be relied on to suggest a course of treatment for a particular individual, nor is it intended to refer you to a particular medical professional or health care provider.

It should not be used in place of a visit to, consultation with, or the advice of a doctor, DSN or other qualified health care provider. The material in the recipe book is made available with the understanding that we are not engaged in providing professional advice.

Information in the recipe book is not exhaustive and does not cover all/any aspects of diabetes, ailments or physical conditions or their treatment.

Should you have any health care related questions, call or see your doctor or other qualified health care provider promptly. You should never disregard medical advice or delay in seeking it because of something you have read in the recipe book.

No promises are being made that the information in this recipe book will be error free, or that it will provide specific results.

The recipe book is provided "AS-IS" without any warranty, and the use of the recipe book is solely at your own risk. Before relying on the material in the recipe book, users should independently verify the accuracy, the completeness, and the relevance for their purposes, obtaining professional advice when appropriate or applicable as the material in the recipe book may include opinions, recommendations, or content from third parties, which may not reflect your views.

By accepting and using the recipe book and any information contained in the recipe book or related to the recipe book, you understand and acknowledge that your sole and exclusive remedy with respect to any defect in or dissatisfaction with the recipe book or the information contained in the recipe book is to cease using the recipe book. You further understand and acknowledge that everyone that has contributed or prepared this recipe book or that has distributed or otherwise shared this recipe book disclaims any liability to you, and all such persons are not liable for losses or damages which may result through the use of the information, products, and service presented in this recipe book or any other materials or information relating to the Recipe Book. The statements in this recipe book have not been evaluated by any authority. These recipes are not intended to treat or cure any disease or condition.