



# *The Additive Free Pantry*

ADDITIVE-FREE BREAKFASTS



# About Tanya Winfield



Tanya Winfield is a mother of three who created Additive Free Pantry to help parents understand the chemical minefield that can be consumed by children and adults on a daily basis.

Kelsea, Kade and Fletcher are the three reasons behind Tanya's business. All of her children have benefitted from eating additive-free, whether it be minimising behavioural problems, decreasing health issues or purely eating more wholesome foods.

Fletcher, Tanya's youngest child, has been known to have some behavioural issues when eating foods full of additives. Interestingly, teachers and friends of Fletch are surprised to think he would misbehave. He is smart, funny

and loving but can throw a temper tantrum at the flick of a switch. To this day, Tanya watches Fletcher's food intake because if she lets a colourful treat slip through, her son becomes very irritable, in turn disrupting the household.

Tanya's eldest son, Kade was diagnosed with asthma at the age of 2 1/2 years old. Since eating additive free for 6 years he has not been to the hospital, taken a preventative or needed to use a nebuliser for his asthma.

Kelsea, Tanya's daughter suffered from intense acne in her teenage years. Removing processed foods and eating wholesome foods free from chemicals, helped Kelsea improve her acne prone skin. Aware of the reasoning behind her bad skin, Kelsea decided to continue the additive-free journey when she recently moved out of home. She has used her mother's recipes from over the years to continue her additive-free journey with ease and simplicity.

Additive-Free Breakfast has been created for parents to help their children start every-day the right way - additive-free!

# Welcome

Dear Reader,

This little recipe book has been created by request. My intention behind Additive-Free Breakfast is to motivate parents to provide their children with the most important meal of the day - free from harmful chemicals.

Many families are strapped for time and children can be fussy eaters and I have tried my best to cater for everybody. I have made the recipes quick, delicious and additive free for every family to enjoy. After all, breakfast is my favourite meal of the day.

I believe every child should be sent to school for a day of play and education, having had a wholesome, nutritious and additive-free breakfast.

I prefer to make the effort now, everyday with the brands, recipes and food choices that I make...because my boys are worth it.

It's simple. I am the mother. I make the choices that I see best fit for MY family. I hope that some of these Additive Free Breakfasts suit YOUR family too.

"Because our children are worth it!"

Much love.

Tanya x



<b>Hot Brekkies</b>	<b>4</b>
Baked Smoked Salmon Eggs	5
Chocolate Pancakes	6
Dippy Eggs	7
Holly's French Toast	8
Mum's Mushrooms	9
Poached Eggs	10
Porridge with Chia almonds & Maple Syrup	11
Sissy's Scrambled Eggs	12
<b>Cold Brekkies</b>	<b>13</b>
Bircher Muesli	14
Cacao & Chia CADA	15
Chia Seed Breakfast Pudding	16
Homemade Muesli	17
<b>On The Run Brekkies</b>	<b>18</b>
Banana Balls	19
Breakfast Banana Bread	20
Brekky Bliss Balls	21
Breakfast Bliss Balls	22
Breakfast Muffins	23
Nut Pulp Breakfast Bars	24
<b>Liquid Brekkies</b>	<b>25</b>
Homemade Nut Milk	26
Banana Nut Milk Smoothie	27
Green Smoothies	28
Creamy Smoothies	33
Juicing	35



*Hot Brekkies*

# Baked Smoked Salmon Eggs

---

- 4 free range eggs
- 8 slices smoked salmon
- handful baby spinach
- fresh dill, chopped
- Herbamare
- parmesan or block cheese, grated to sprinkle on top

Spray or grease 4 ramekin dishes.

Preheat the oven to 180c

Layer 2 slices of smoked salmon in dish, followed by a few baby spinach leaves.

Crack egg into dish, sprinkle with Herbamare and chopped dill. Add grated cheese of choice.

Place ramekins onto a baking tray and bake in oven for approximately 20 minutes or until the egg white is cooked through and the yolk is cooked to your desired texture.

Serve with sourdough toast.

**Variations:** You can pretty much use any variety of fresh or dried herbs of your choice. Try mushrooms or tomato instead of smoked salmon. My kids are not fans of either of those options so we stick to the smoked salmon variety. Try layering the dish with a slice of soft bread first. You can always bake the bread first for a few minutes before adding the other ingredients. A light covering of butter or oil will help the bread crisp up nicely.

Enjoy!

# Chocolate Pancakes

---

- 1 handful of dark choc drops
- Ghee or butter for pan
- 1 tablespoon chia seeds
- 2 cups plain wholemeal or spelt flour (use any flour of your choice)
- 2 cups milk (any choice)
- 2 eggs
- 1 teaspoon baking powder
- 1 teaspoon chia seeds

Place all ingredients except the choc drops into a large bowl and mix well with a wooden spoon.

Add choc drops and mix gently.

Allow the mixture to rest for a few minutes to thicken a little.

Melt butter or ghee in heated pan and cook 3 pancakes at a time.

Flip when little bubbles appear.

**Variations:** These have no extra sugar added as the chocolate is enough. Just be sure that you get an even spread of the chocolate in every pancake or otherwise there will be one cranky kid at the breakfast table. I usually have a few left over and these get put into lunch boxes or saved for afternoon tea.

## Dippy Eggs

---

- 4 free range eggs room temperature
- 2 slices of bread
- salt and pepper to taste

Boil the kettle. Place boiled water into a medium saucepan. Use enough water to just cover the eggs. Bring the water to boil on the stove.

Gently place one egg at a time into the boiling water with a dessert size spoon. Place lid on pot and allow to boil for 4 minutes.

Cook toast and cut into fingers. Drain water from pot. Carefully remove the eggs from the pot and place in egg cups. Allow to stand for about 30 seconds to a minute. Carefully cut the top off the egg. Sprinkle salt and pepper on top.

If the egg is still not completely cooked to your desire then leave the top on for a few more minutes as the eggs will keep cooking once removed from the pot.

**Variations:** You can use asparagus spears instead of bread or sprinkle with kelp and Herbamare instead of salt and pepper.

**TIP:** Herbamare is an organic herb sprinkle found in the health food section of most supermarkets. It is certified organic and adds a hint of flavour to any savoury dish without all of the other nasties additive-free people try to avoid.



# Holly's French Toast

---

- Maple syrup - the real stuff, not the imitation as they are usually full of crap
- 6 free range eggs
- 1 cup milk of choice
- Sprinkle of nutmeg
- 12 slices bread
- Ghee for pan
- Banana - chopped
- Berries - chopped

Whisk egg, milk and nutmeg in a large bowl.

Place bread into mixture so both sides are covered.

Be sure to allow any excess mixture to drip off before placing in a heated pan with melted butter or ghee.

Cook until golden on each side Serve top with fruit and 100% maple syrup.

*Holly is the young daughter of a family friend who makes this most weekends for her family. We were blessed enough to have stayed over on one of these weekends and I can tell you I was loving Holly's French Toast.*

**Variations:** Feel free to use coconut oil instead of Ghee and coconut milk instead of normal milk.

## Mum's Mushrooms

---

- 8 button mushrooms
- Herbamare organic sprinkle
- Ghee or nut oil of choice

Cut mushrooms into 1/2 cm slices.

Place into large pot or pan.

Sprinkle with Herbamare to suit taste.

Add a dob of ghee or oil of choice.

Pan fry until darkened and soft.

**Variations:** Serve with poached, scrambled or fried eggs, baked beans, grilled tomato and avocado. The options are endless. I have these as a side at dinner too. My adult daughter is a vegetarian so this is a go to dish for anytime of the day for her when she has a sleepover at our house. My boys hate mushrooms so it is guaranteed that my husband and I get to enjoy them all to ourselves. Happy days.

A sprinkle of basil is also tasty. Add any herbs that make your tastebuds happy.

## Poached Eggs

---

- 2 free range eggs (per person)
- Water
- sea salt

Preheat the water and add a sprinkle of sea salt. Once the water is close to boiling create a little mini whirl pool with a large slotted spoon. Crack the egg into the water while it is still swirling.

The cooking time will depend on the temperature and the texture that you prefer your eggs to be cooked. (I prefer mine to be semi hard, though still spill out a little when I break them open on my toast to sprinkle a little extra sea salt and black cracked pepper.) This will take about 3 to 5 mins depending on your desired egg texture.

I find that having a large pan 3/4 full of water works the best. My eggs cook quicker and look more appetising when there is enough water for them to float in without touching the bottom of the pan. Poaching free range eggs for breakfast or dinner (gets done in our house regularly) is a quick hearty meal.

I love my eggs on top of smoked salmon or a bed of baby spinach.

My dad taught me to poach eggs way back when I was a teen. It was his go-to breakfast and it is now mine too.

*Please note that I had a few fails when I was young and started to poach eggs. Though now it is known in my home that poached eggs is my thing.... who would have thought?! Scrambled is my daughter's thing, while eating them (anyway they come) is my husband's thing!*

## Porridge with Chia almonds & Maple Syrup

---

- ½ cup organic oats
- ¾ cup nut milk or filtered water (use any milk of choice)
- Flaked almonds
- 1 teaspoon chia seeds
- Maple syrup

Place oats and milk/water into a small saucepan.

Place over low heat.

Be sure to keep mixing throughout the cooking process otherwise the oats will burn quickly. Cooking with gas will make the process even faster.

Using unprocessed oats over traditional oats will also ensure faster cooking time as well.

Add extra milk or water if you need too.

Once cooked place into a serving bowl, add extra milk of choice, sprinkle with chia seeds, flaked almonds and a drizzle of maple syrup.

**Variations:** Porridge can be topped with whatever takes your fancy. At the moment I am loving banana, chia seeds, shredded coconut and a drizzle of raw organic honey. I cannot get enough.



## Sissy's Scrambled Eggs

---

- 4 free range eggs
- Dried basil, sprinkled
- Herbamare, sprinkled
- ¼ cup milk of your choice
- 2 pieces of toast
- Ghee for greasing the pan

Place all ingredients (except for ghee and toast) into a large bowl and whisk well.

Melt ghee in heated pan.

Add the mixture to the pan once ghee is melted.

Be sure to keep moving the mixture as it cooks.

Eggs are easy to overcook this way.

Once they are clumping together and the mixture is no longer runny, they are as good as done.

Place on top of toast.

Serve with a sprinkle of sea salt and pepper or kelp and dill. Mix it up and use whatever fresh or dried herbs that your tastebuds enjoy.

**TIP:** If you aim to use 2 free range eggs per person, it's a good day.

**Variations:** Add a side of smashed avocado and a serve of the previous recipe of Mum's Mushrooms. Also mix through some crumbled feta after cooking eggs.



*Cold Brekkies*

## Bircher Muesli

---

- ½ cup organic oats
- 1 apple roughly chopped
- 2 tablespoons yoghurt
- ½ cup apple juice

Place all ingredients into a large bowl.

Mix well to ensure the oats and apple are coated with the liquids.

Cover and place in the fridge overnight.

In the morning add frozen berries of your choice, sliced almonds and chia seeds.

This is a very fast and tasty breakfast. I just have to remember the night before to make it, that's all.

**Variations:** Use any juice of your choice. Just be sure your yoghurt is not full of additives. You can use a green or red apple...completely up to you and what you have on hand.

## Cacao & Chia CADA

---

- 1 cup organic shredded coconut
- 1 apple cut into quarters
- ½ cup dates
- ½ cups almonds
- 2 tablespoons raw powdered cacao
- ⅛ cup (2 tablespoons roughly) chia seeds

Place all ingredients into a high powered food processor.

Pulse for 3 seconds or until the nuts, dates and apple are at the desired consistency. Store in a container in the fridge for up to 5 to 6 days.

I eat this for breakfast or lunch. Lets get serious, I have also eaten it for dinner and dessert on occasion. I add yoghurt, berries, banana or extra flaked coconut because that is how I like it.

The original recipe was created by Fleur and Kim from Like Chocolate for Women. CADA stands for the first 4 ingredients...coconut, apple, date and almonds. Do yourself a favour and google Like Chocolate for Women. You will be glad you did.

**Variations:** The addition of the cacao just happened one day when I wanted something chocolatey, and I have been known to add chia seeds to anything not nailed down, so that was bound to happen really.

Some mornings my boys will eat this with yoghurt in a glass. They like it because it seems like dessert for breakfast.



# Chia Seed Breakfast Pudding

---

- 1/4 cup chia seeds
- 3/4 cup coconut cream
- Berries
- Banana
- Organic shredded coconut
- Sliced almonds
- Walnuts chopped

Place chia seeds and coconut cream into a jar or container and mix well. Allow the mixture to sit for about 10 to 15 minutes in the fridge or on the bench. Once all of the liquid has been absorbed you can top with the remaining ingredients.

You can layer them in a glass jar as this is pleasing to the eyes or you can whack it all in a bowl and enjoy.

At first I found the taste super bland, hence the need for berries, banana and nuts. My very first attempt at chia seed pudding was vile. So make it to suit your taste buds so you actually enjoy it. I found the texture was a little weird at first, though I must admit, I am a fan now.

I love chia seeds in just about everything, salads, muesli, baking and desserts, so it was about time I tested out the chia pudding craze.

**Variations:** Some great options are to use nut milk, coconut water instead of coconut cream. Add organic raw cacao powder or Berry Choc Chunk for a chocolate hit. Maple syrup, any nut of your choice, frozen mango, extra coconut or milk yoghurt. The options are endless.

## Homemade Muesli

---

- 3 cups organic oats
- 1 cup shredded or desiccated organic coconut
- ½ cup chia seeds
- ½ cup sunflower seeds
- ½ cup sliced or slivered almonds
- ½ cup organic dried apricots chopped
- ½ pepitas or pumpkin seeds
- ¼ cup walnuts chopped
- ⅓ cup almond meal
- Small handful dried cranberries or raisins (sulphur free)

In a large container with a lid, place all of the ingredients and give it a good shake.

I store our muesli in a large glass cylinder type container.

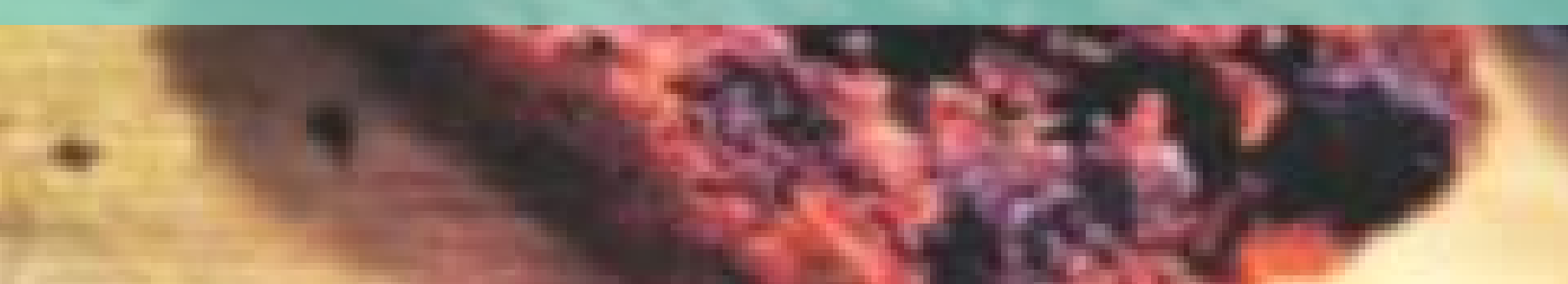
My boys are not fussed on muesli, though I enjoy it with coconut yoghurt, fresh banana, strawberries and passionfruit. I have been known to have this for a quick dinner when I am swamped and unorganised or as an early dinner if I'm traveling for a presentation.

Rarely do I actually have milk with my muesli. I will sprinkle a little over a fruit salad for dessert or as a light summer lunch option.

**Variations:** Add any sulphur free dried fruit that you enjoy. I must admit, dried fruit is my weakness.



*On The Run Brekkies*



## Banana Balls

---

- 1 large banana
- 1 tablespoon raw cacao powder
- 2 tablespoon chia seeds
- 1½ cups cashew nuts
- ½ cup desiccated organic coconut

Ground cashews in a processor until desired size.

Add all other ingredients, except coconut and mix well. Using your hands roll into balls about the size of golf balls. Roll in coconut.

Place in an airtight container in the fridge.

**TIP:** I make these the night before when I know I have limited time the next morning.

Because cacao is in the recipe the kids will not see any browning banana. Try using any nuts that your kids enjoy.



## Breakfast Banana Bread

---

- 2 bananas
- 15 dates chopped
- ½ cup boiling water
- 1 free range egg
- 1 teaspoon baking powder
- 2 cups almond meal
- ½ cup organic shredded coconut with extra to top

Chop dates in a food processor. Place boiling water on top and allow to sit for 2 minutes.

Add all ingredients and mix well. Place in a lined bar tin. Sprinkle with extra coconut.

Bake for about 45 minutes in a preheated moderate oven (180c) until cooked through. Allow to cool and slice.

**TIP:** Bake this as muffins or mini muffins if that will help to get your children eating breakfast. I make my own almond meal. I process the nuts (of choice) for about 30 seconds, it may take longer depending on the power of your processor and the amount of nuts. I don't mind it a bit grainy as it also adds bulk to the baking.

## Brekky Bliss Balls

---

- 1 ½ cups macadamia nuts
- ½ cup dried organic coconut and a little extra for rolling
- 2 tablespoons cashew or any nut butter
- ½ cup dried organic apricots
- ⅓ cup organic coconut oil
- ¼ cup chia seeds
- ½ cup dried cranberries (craisins)
- ¼ cup flaxseed (linseed)

Place all ingredients into a high powered food processor. Blend on high until the ingredients come together easily.

Roll into small balls and roll in extra dried organic coconut. Place in an air tight container in the fridge for up to a week.

I will normally give these Breakfast Bliss Balls to my children with a smoothie of some type. These are sweet (I have got a couple of sweet tooth's in my household) and still full of goodness to help them get on their way to learning at school.

My kids will normally have nuts at some time during the day. I just make sure it is before or after school with my youngest, as his school (like many others) is nut free. The older one is now in high school and to his delight he loves that he now has the option to take food made with nuts to school.

**Variations:** In all honesty there are so many options for a good Breakfast Bliss Ball. My good friend Jade, from Cairns created a super tasty bliss ball using pecan nuts. The flavour was so different to using almonds or walnuts as I had done for so long.

## Breakfast Bliss Balls

---

Here are some ideas for ingredients to make up your own combo:

*nuts - pecans, walnuts, almonds, cashews, hazelnuts*

*organic dried coconut*

*coconut oil*

*dried fruit of choice (without sulphur dioxide - 220) dates, sultanas, apricots, apple, figs, cranberries, pear, pineapple & peach cacao*

*nut butters*

*maple syrup, honey, agave or rice malt syrup - choose your go to sweetener*

*chia seeds*

*sunflower seeds*

*pepitas - pumpkin seeds*

*linseeds - flaxseeds*

*LSA - linseed, sunflower seeds & almonds ground finely*

*psyllium husks*

*superfood powders such as Natural Protein Powder, Maca, Super Greens and Reds or Acai Berry Blend (Nutra Organics found online via my website - [www.additivefreepantry.com](http://www.additivefreepantry.com))*

**TIP:** Tropical Harvest has a great variety of dried fruits without the harmful food additive 220 added.

To purchase online just visit [www.tropicalharvestqld.com.au](http://www.tropicalharvestqld.com.au)

## Breakfast Muffins

---

2 cups wholemeal spelt flour  
½ cup raw cacao powder  
15 dates  
1¼ cup milk  
1 free range egg  
3 tablespoons coconut oil  
½ cup dark choc drops  
1 teaspoon vanilla  
1 cup walnuts chopped  
2 teaspoon baking powder  
½ teaspoon baking soda (bi carb soda)

Grease a 12 hole muffin tray. Chop dates in food processor transfer to a large bowl. Add oil, vanilla and egg. Whisk gently until egg is mixed well. Add flour, baking soda, baking powder and cacao. Add milk and mix all ingredients with a wooden spoon. Add choc drops and walnuts. Mix gently. Fill the muffin cups or tray hole to about 3/4 full.

Bake in a moderate (180c) for about 15 to 20 minutes.

Allow to cool once cooked.

**TIP:** These are great for breakfast on the go. I bake these and wrap individually for the days when I have to leave early or when I am just so unorganised (yep, it happens). My eldest boy is turning into one of those teenagers that has to whinge about most healthy foods. I don't mind the small amount of chocolate in this recipe if it means he eats breakfast and gets some good brain food (nuts) for concentration at school.

Try any flour or nut combo that your family enjoys. I must admit, I will down one of these for afternoon tea, if they are left laying around.

## Nut Pulp Breakfast Bars

---

1 cup (roughly) almond pulp - left over from making homemade nut milk  
½ cup cacao powder  
½ cup cashews  
½ cup dried organic coconut  
1 cup dried sulphur free apricots  
2 tablespoons maple syrup

Blend the cashews in a high powered food processor for few seconds.

Add remaining ingredients and blend well.

Push mixture into a lined square glass baking dish.

Place in the freezer to set.

Cut into bar portions.

These are best kept in the freezer until ready to eat., perfect for breakfast and an afternoon snack. I just let them sit out on the bench for a few minutes before calling the boys to the table to eat.

These are so quick and easy to make, super tasty, filling and full of protein. Plus I love that I have somewhere to put my left over nut pulp when making a fresh homemade nut milk smoothie. I hate waste, so this is a winner all round.



# Liquid Brekkies

# Homemade Nut Milk

---

- Makes 1 Litre -

- 1 cup almonds brazil or cashew nuts soaked in filtered water overnight if possible
- 3 cups filtered water
- 1 nut milk bag or muslin

Blend on high for about 30-60 seconds, depending on your blender.

Place nut milk bag inside a large bowl.

Pour the nut mixture into the nut milk bag and pull drawstring closed. Squeeze the nut milk through the bag or muslin until the nut pulp is drained free from any excess moisture.

I pop my nut milk in a glass bottle or jar suitable to hold up to 1 litre and store in the fridge for up to 3 days.

**Variations:** Feel free to add a dash of organic vanilla essence or maple syrup if you don't want to drink the nut milk on its own. Im not a fan of the taste myself, so I add a dash of sweet goodness and the world is a better place.



## Banana Nut Milk Smoothie

---

- 1 litre of homemade nut milk
- 2 frozen bananas
- 2 tablespoons raw organic cacao
- 1 heaped tablespoon Berry Choc Chunk (optional - Nutra Organics)
- ¼ cup organic maple syrup
- 1 handful baby spinach leaves (optional)

Try adding organic maca powder or a top quality protein powder for a hit of super food goodness.

Nutra Organic have a great range of superfood and protein powder options to add to smoothies, cooking and baking to boost your family's health requirements. For more information visit [www.additivefreepantry.com](http://www.additivefreepantry.com)

# Green Smoothies

---

## What is in a Green Smoothie?

The options for green smoothie combinations are endless.

If you need to start off a little sweeter to get the kids or yourself for that matter drinking green smoothies then add more fruit. You can always reduce the amount later. I must admit, when I started drinking them about 2 years ago, I was able to taste the “greenness”. I had to start out with a higher fruit ratio than I do now. It helped that I made my smoothies with fruit cold from the fridge or cut up frozen portions from the freezer. A room temperature green smoothie is not something I am busting to have. The colder, the better for me. This may be something that suits you better too.

I change my greens around most days. I buy what is in season or available in my local farmers market. I do try to grow some as well, though anyone who knows me well, knows I am a little challenged when it comes to having a green thumb (I think it is my rebellious teenage years that had me working on the family farm all those years ago).

### I usually work with:

- lettuce (any type)
- baby spinach
- beet greens (left over from the fresh beetroot I buy for salads and juices)
- cucumber
- bok choy (any Asian greens, though some carry a little heat hit) bok choy
- silver beet
- kale
- avocado
- zuchinni
- mint
- Parsley

## **The fruit and sweet options are also endless:**

- green apple
- red apple
- pear
- mango
- banana
- orange
- strawberries
- blueberries
- watermelon
- rockmelon
- nectarines
- peaches
- passionfruit
- kiwi fruit

Filtered water or coconut water will help with the consistency and thickness. Add extra water if needed as some people prefer a more juice like consistency. I have one child who does not like the texture of a smoothie.

You may like to add a little something extra like a superfood powder or protein to your smoothies. I like adding organic maca powder. I can never taste it when I do. If I add too many strong flavoured super foods I can taste it, and I do not like my green smoothie taste sensation being altered. If I am taking a spoonful of spirulina for example I will have that on its own in a mouthful of juice as I prefer it that way instead of in my green smoothie. My husband will add protein powder to his at times too. So choose what makes you happy, your body healthy and your taste-buds sing.

## **Making Green Smoothies**

I always add in some frozen fruit as I like my smoothies to be nice and cold. At the odd times I have not had frozen fruit, I find my smoothie is not as enjoyable. I also make sure all of the other fruit and vegetables being used have been refrigerated.

I enjoy drinking my green smoothies out of a large glass or a wide rimmed glass jar, such as Mason Ball jars. They are the perfect size. I got mine online, but you can find them at \$2 shops.

There are so many different varieties of green smoothie to create. Pineapple and mint or pineapple and parsley are two of my favourite combinations when pineapples are in season. Stone fruit such as nectarines are so sweet in green smoothies.

I will usually use frozen berries or frozen mango when there is a change of season and I can no longer get the fruits I was having. I buy my bananas in bulk when they are on sale or plentiful and make sure I freeze a whole heap for another day. I peel, cut up and freeze in serving sizes suitable to my family. If I am making a green smoothie I will blend up around 2 litres and serve it to whomever is in my home at the time or save it for myself to drink throughout the day.

These are one of my favourite things to make when I have a busy day with work or I am traveling with a presentation. They are filling and fuel my body full of goodness. Plus they are so quick to make and clean up. All I need is a little cooler bag, an ice brick for traveling and a straw. Can I suggest testing out the quantities on what your tastebuds like. Ideally more greens than fruit is the perfect choice, though sometimes I enjoy something sweet and more fruit in my juice or smoothie is what I have.

Some of my favorite combos are:

- *pineapple, mint and cucumber*
- *frozen berries, pear, spinach, lime, parsley and banana*
- *mango, mint, peach, any greens and banana*
- *apple, cucumber, pear and spinach*
- *watermelon, mint and cucumber*
- *banana, berries and avocado*
- *kiwi fruit, greens and berries*
- *any greens, passionfruit and banana*

As you can see this list can go on and on and on....

### **MAMS Smoothie**

1 cup frozen mango  
1 apple  
2 sprigs fresh mint  
1 cup baby spinach  
1 cup water

### **Summertime Smoothie**

1 cup frozen berries  
1 cup pineapple  
2 sprigs fresh mint  
1-2 cup lettuce  
1 cup water

### **Hulk Smoothie**

1 pear  
1 cup frozen mango  
1 cup lettuce/spinach  
1 cup water  
2 kiwi

### **Anytime Smoothie**

2 frozen bananas  
1 orange  
1 apple  
1 cup water  
2-3 kale leaves

### **Date This Smoothie**

6 dates  
1 cup frozen mango  
1-2 cups baby spinach  
1 cup water (optional)

### **Fresh as Smoothie**

1 cup watermelon  
2 sprigs fresh mint  
1 medium cucumber  
1 cup ice cubes

### **Banana Berry Bliss Smoothie**

2 frozen bananas  
1 kiwi fruit  
1 cup frozen strawberries  
1 cup lettuce  
1 cup water (optional)

### **Lemon Berry Smoothie**

6 dates  
1 lemon/lime, peeled  
1 cup mixed berries  
1-2 cups baby spinach  
1 cup water (optional)

### **Mango Berry Sorbet Smoothie**

2 cups baby spinach  
2-3 sprigs fresh mint  
1 cup frozen berries (any)  
1 cup frozen mango  
1 cup water (optional)

### **Peachy Pear Smoothie**

2 sprigs fresh mint  
1 cup water or ice  
1 zucchini  
1 pear  
2 frozen peaches

### **Good Stuff Smoothie**

1 pear  
1 cup frozen blackberries  
1 kiwi fruit  
1 cup water or ice  
1-2 cups best greens/b-spinach

### **Creamy Green Smoothie**

2 frozen peaches  
½ - 1 cup coconut cream  
(depending on consistency)  
2 frozen bananas  
1 zucchini

### **Best Berry Smoothie**

1 handful beet greens  
1 cup frozen raspberries  
1 cup water  
2 pears

### **Rocklime Smoothie**

1 lime, peeled  
1 handful lettuce  
1 cup rockmelon  
1-2 frozen bananas

### **Apple & Mango Smoothie**

1 apple  
1 cup water  
1 handful b-spinach/beet greens  
1 cup frozen mango

### **Morning Smoothie**

1 handful of spinach or any leafy greens  
1 handful lettuce or beet greens  
1 large glass of filtered water  
2 frozen bananas  
2 pears  
1 teaspoon maca powder

## Creamy Smoothies

---

As you can see there are endless combinations for green smoothies. I go for what is in my fridge at the time, what is in season and available to me. I love using frozen fruit. I also like to have them really thick at times. So I leave the water out or just add less.

**There are so many extras you can add to the top or end of your smoothie such as:**

- maple syrup
- chopped or slivered nuts
- dried organic coconut
- diced fresh or frozen berries
- chia seeds
- manuka honey
- protein powders
- spices
- bee pollen
- cacao nibs
- diced sulphur free dried fruit
- maca powder
- spirulina
- wheatgrass
- acai berry blends
- camu camu
- lucuma
- maqui
- inca inchi
- mesquite
- superfood powders
- coconut oil
- fresh herbs

Have a play around and get creative. You may find you come to like and even look forward to the good old green smoothie. I certainly do.



### **Purple Power Thick-Shake**

1 cup frozen mango  
1 cup frozen blueberries  
2 sprigs of fresh mint  
½ cup nut milk of choice  
1 cup natural yogurt

This is super thick. I topped with some slivered almonds, chia seed, and shredded dry organic coconut. This one requires a spoon to consume. Just add more milk if you do not want it to be too thick.

### **Vanilla Berry Smoothie**

1 cup vanilla yoghurt  
½ cup milk of choice  
1 cup frozen raspberries  
½ cup frozen strawberries  
½ teaspoon vanilla essence

### **Banana Cinnamon Smoothie**

2 frozen bananas  
½ teaspoon cinnamon  
1 cup milk of choice  
Maple syrup or honey to taste

### **Creamy Cashew Smoothie**

¼ cup cashew or oats, ground in processor  
1 cup natural yoghurt  
1 cup frozen blueberries  
½ cup cranberry juice

Just add more juice if you don't want it so thick.

### **Lemon Berry Smoothie**

½ cup fresh lemon juice  
Zest of one lemon  
1 cup yoghurt  
1 cup frozen berries of choice

### **Mango Madness**

1 cup frozen mango  
1 frozen banana  
½ - 1 cup coconut cream

Add some milk of choice if you want it a little thinner.

### **Coconut Thick-Shake**

1 cup coconut milk  
2-3 frozen bananas  
1 tablespoon nut butter  
1 tablespoon raw cacao powder

## Juicing

---

I LOVE a freshly made juice in the morning. I have been making them for the family for about 6 years. In those 6 years you may ask how many times my family have made me a fresh juice in the morning. None. Ever. The entire family hate the sound of the juicer, though they all seem to line up of a morning for the taste sensation. Funny that! It is like an alarm clock. It goes off most school days at about 7am, give or take. I just do not feel right without my morning juice or green smoothie. The times that I go without for whatever reason, I find I miss it. I make them differently every day so it is not the one flavour that I long for. It is the freshness and nutrients I think.

I usually make a 250 ml glass for my daughter, husband and myself. While the boys get about half of that. I'm known to add extra stuff to everyones drinks too. Winter finds me adding echinacea to fight off any cold and flu symptoms. Sometimes I add a good probiotic as well such as In-Liven from Miessence or Changing Habits probiotic as they are in powder form and I just keep them in the fridge for when I need them. My children are so used to having these added flavours that it is never questioned or whinged about, it just is and so they drink it.

I always provide the boys with a straw to drink their juices. It started out this way when they were younger as the beetroot or carrot "fluff" would leave a very noticeable ring around their mouth. How is it, that little people can never feel food on their face?

When I juice, I use only fruit and vegetables from the fridge. I find I enjoy them so much more cold. I can do room temperature, though cold just goes down so much better.

In summer I have been known to add in some ice cubes to make the juice a little more refreshing. Morning is when I do the majority of my household juicing, though throughout summer the juicer does come out for afternoon tea and hot summer afternoon refreshments.

One of my favourite simple juices is from Jason Vale from Hungry for change. His video on Lemon Sherbet somehow hit my inbox and I was hooked. I made it one hot summers afternoon for the kids and it is now a family favourite. Fletcher loves it and will always choose it if given the chance. To watch the quick video go to <http://www.youtube.com/watch?v=ju2zuRljc-k> .

These are just some of my favourite morning juices. My kids drink them too. I do not make different combinations for every person because that would be insane. I will sometimes make an extra one for me to have later in the day. I usually do this if I am traveling or have a presentation on a little later in the day. I have the juice on the way for afternoon tea or as a mini dinner until I can eat on my way home.

- Lemon Sherbet - lemon and red apple
- celery, carrot and apple
- beetroot, carrot, celery and apple
- pineapple, mint and cucumber
- kiwifruit, cucumber, celery, parsley and pear
- beetroot, zucchini, pear and lemon
- lemon, carrot and apple
- kale, pear, cucumber and kiwifruit
- orange, apple, mint and celery

I don't mind adding a touch of ginger, although I find it is too hot for my kids at times.

Play around with whatever juice combination you like. Everyone will have an opinion as to what is the best combination for health benefits and nutrients that are or can be absorbed. I just drink them because I love the taste and I know how good I feel when I do drink my daily fresh juices of a morning.

I try to avoid juicing oranges for myself as they have been known to cause migraines. My family love oranges, so on the odd occasion I will make mine up first, then create a juice full of oranges for everyone else. I must admit, I forget everyone else in the household likes oranges. Hey, if they felt

compelled to make it themselves or me for that matter, they all know where the juicer lives, in the cupboard, next to the toaster, beside the bread boards...just saying.

Lucky for them, I enjoy the juice more than I detest the cleaning up of the equipment.

I rarely juice baby spinach as I'm horrified at the amount of juice I get out of the 2 handfuls of leaves. I would sooner use the baby spinach in smoothies as nothing is wasted. I have found that some Asian greens are a little too hot for my boys liking. My husband loves things spicy, though I am not a fan...funny that.

If you are looking for some juicing inspiration may I suggest you grab a copy of Fat, Sick and Nearly Dead by Aussie Joe Cross. The story is inspiring to say the least. I had been juicing for about 3 years when I watched this video. I have never done a juice fast, though I completely understood the feeling of energy and vitality that the people in the video shared.

# Thank You

To each and everyone of you who wakes up every day and decides to care. Because our children are worth it!

“The more grateful you are, the more you get to be grateful for. It’s that simple. ” – Louise L Hay

A massive thank you goes to Matt Retford, my web guy/creative director. Everything you see in this booklet was designed by Matt. So creative, honest, clever, skilled and capable. Your ideas, direction and capability is endless. Watch out world, this guy has something to offer.

My husband, Jason is always on the mark, straight to the point and secretly thinks I’m the ducks guts ;) ...You had me at hello.

My first born, Kelsea is my go to auto corrector, slap in the face and proof reader. Kels always says it how it is and I kind of love her for it. Thank you for entering this world and giving me the name, Mum.

My eldest boy Kade is the reason I get to do what I love everyday. Asthma may have seemed like an unlikely gift, though through that you help me on my journey to inspire other mums to look at food as our medicine, not the puffa as the only solution.

Fletcher, my “character” child is living proof that better food choices allow for better behaviour. Better behaviour makes you a joy to be around, a focused student, a happy friend, a loving grandchild and a stellar human being.

Blessed I am to call all three of you my children.

My mum is my biggest support. Her love is unwavering, honest and perfectly pure. How did I get so lucky?

Nim makes the best kind of dad. He may not have given me life, though he loves me like he did :)

My brother, Dru never doubted me for a minute. That right there, is a lot to be thankful for.

All my love,  
Tanya x