



THE RECIPES

RED PEPPER SPAGHETTI

- 1 large courgette

FOR THE RED PEPPER SAUCE

- 1½ cups chopped tomatoes ● 1 medjool date, pitted ● ½ red bell pepper ● ¼ cup olive oil ● 1 garlic clove, crushed ● ¼ cup tightly-packed basil leaves ● 1 teaspoon salt

1 Make 'spaghetti' from one large courgette using a spiraliser, or to make linguine strips top and tail the courgette then slice into thin strips with a vegetable peeler or mandoline. Stack the strips on top of each other and slice lengthways.

2 Combine the red pepper sauce ingredients in a blender until smooth. Pour the red pepper sauce over the courgette and serve.

SWEET ALMOND WRAPS

- 2-3 romaine lettuce leaves ● Carrot, sliced thinly ● Pepper, sliced thinly ● Alfalfa or broccoli sprouts

FOR THE SWEET TOMATO BUTTER

- 2 tbsp almond butter ● 3 sun-dried tomatoes, soaked for 1 hour ● 2 tbsp lime juice ● 3 tbsp sun-dried tomato soak water

1 Using a sharp knife, cut down both sides of the centre stem of each Romaine leaf, so you are left with two leaf halves. Discard the stem.

2 Blend all the sweet tomato butter ingredients in a food processor until smooth.

3 Spoon some butter onto each half leaf to cover. At the thinnest end of the leaf, place remaining filling ingredients and roll the leaf up creating a wrap. Serve with the end of the leaf sat under the wrap to keep it from unravelling.



POWER SALAD

- 2 cups spinach ● 1 romaine lettuce leaf ● 1 carrot, shredded ● 1 spring onion, chopped ● ½ avocado, chopped ● ¼ cup cashew nuts ● ⅓ cup sunflower seeds

FOR THE DRESSING

- 3 tbsp olive oil ● 1 tsp apple cider vinegar ● 1 tbsp lemon juice ● Pinch of sea salt

1 Place all salad ingredients in a bowl.

2 Combine all dressing ingredients, pour over the salad and serve.

CHEESY ROMAINE SALAD

- ½ head romaine lettuce, chopped ● ½ red pepper chopped ● 1 spring onion

FOR THE DRESSING

- 2 tbsp lemon juice ● ½ cup cashew nuts, soaked ● 1 avocado ● 2 tbsp nutritional yeast ● ¼ cup water ● 1 teaspoon salt

1 Place the lettuce, red pepper and spring onion in a bowl. Combine all dressing ingredients in a blender until smooth.

2 Spoon a heaped tbsp of dressing over the salad and mix well. Grind together or crush pine and brazil nuts with a pinch of salt and sprinkle on top for a 'cheesy' twist.

SPINACH PESTO LASAGNE

- 2 courgettes, peeled ● Pinch of Celtic sea salt ● 1 tbsp olive oil ● 1 tomato, sliced into rounds

FOR THE SPINACH PESTO

- 1 cup packed spinach ● 1 cup fresh basil ● 4 sun-dried tomatoes, soaked in water for 20 minutes ● 1 tbsp lemon juice ● 3 tbsp sun-dried tomato soak water ● 1 tbsp olive oil

FOR THE TOMATO SAUCE

- 1 cup tomatoes ● 5 sun-dried tomatoes, soaked ● 2 tbsp olive oil ● 1 teaspoon salt ● ½ red onion, chopped

1 Using a mandoline or vegetable peeler, make lengthwise strips of courgette. Place in a shallow dish with the salt and olive oil and mix in with your hands.

2 Meanwhile, make the two sauces by blending the ingredients for each in a food processor until smooth.

3 Place three courgette strips on a plate, followed by three more in the opposite direction making a grid. Place two rounds of tomato on top, then spoon over some pesto sauce, followed by some tomato sauce.

4 Repeat the layering process, sprinkle with dried oregano or fresh basil and serve.

VEGETABLE PAD THAI

- 1 carrot, peeled and julienned ● ¼ red pepper, julienned ● ½ courgette cut into thin strips with a peeler ● 1 spring onion, finely chopped ● ¼ red onion, sliced thinly ● 6 basil leaves, sliced ● 1 tbsp lime juice ● 2 tbsp tamari

PAD THAI SAUCE

- 1 tbsp almond butter ● 1 tbsp tahini ● 1 tbsp sun-dried tomato powder* ● 2 tbsp lemon juice ● 1 inch ginger root, peeled ● 1 clove garlic ● 1 tbsp tamari ● 2-3 tbsp water

1 Stack the courgette strips on top of each other and slice them lengthways creating 2-3 sets of linguine strips (depending on the courgette size).

2 Place the remaining ingredients in a bowl and leave to marinate.

3 Put the sauce ingredients into a small blender and mix until creamy. With your hand, transfer the pad Thai vegetables into a new bowl squeezing slightly to drain off the marinade. Pour the sauce over the vegetables, leave a few minutes for the courgette to soften slightly, and serve.

*Sun-dried tomato powder can be made by grinding up sun-dried tomatoes in a pestle & mortar or coffee grinder.

Natural Health recommends consulting your doctor or health professional before embarking on a new diet plan

