

Nature's Magick

Holistic Retreats

HORMONE BALANCING MENU

*Plant-based and gluten-free therapeutic recipes
3-4 Servings*

CHICKPEA TOFU WITH LENTILS, GREEN BEANS AND SPINACH

1. 150g chickpea flour
2. 1 tsp salt
3. 720ml water Coconut oil
4. 120g spinach
5. 2 tbsp olive oil
6. 90g lentils by choice – pre cooked
7. 100g green beans
8. 15g dill, finely chopped
9. 40g walnuts, roughly chopped
10. 20g pumpkin seeds,
11. ½ lemon, cut into wedges
12. 3 tbsp extra virgin olive oil
13. ½ tsp maple syrup (more is optional)
14. ½ tsp turmeric powder
15. ¼ tsp black pepper
16. Pinch of cayenne pepper

Method:

1. Start with the tofu by lightly oiling a 1 lb loaf tin.
2. Place the chickpea flour in a bowl with the salt and turmeric, slowly adding half the water (360ml) whisking to combine smoothly.
3. Boil the remaining water in a saucepan, reduce the heat to a simmer and quickly add the chickpea flour mixture beating vigorously for 8-10 minutes so the mixture becomes thick, smooth and glossy.
4. Pour into the loaf tin and leave to cool at room temperature for approximately 45 minutes – 1 hour (the longer it sits the firmer it will get).
5. Then make the lemon oil. Blend the lemon and olive oil in a bullet or blender.
6. Push through a sieve or use a nut milk bag to strain and transfer the sauce to a jug.

7. Whisk in the honey or maple syrup. Taste and adjust, then set aside whilst you prepare the rest of the recipe.
8. Place a small saucepan of water on to boil, salt the water. Trim the green beans and then cook in the water for 4-5 minutes until tender but crunchy. Drain and either drop the beans into a bowl of cold water or run cold water over them for 2 minutes. This stops the beans over cooking from their residual heat.
9. Heat a small sauce pan and toast first the walnuts (and put in a small bowl) and then the pumpkin seeds (transfer to the same bowl). Then heat 1-2tbsp of olive oil in the pan and gently wilt the spinach and season. Remove the pan from the heat and keep to one side.
10. Place the lentils in a bowl, season and add the chopped dill, nuts, green beans and dress in half the lemon oil.
11. Then turn out the chickpea tofu and slice into desired shape – a rectangle works well.
12. Start to dress the plate. Neatly place the lentils into the centre of the plate. Top with the spinach then top with a slice of the tofu. Dress the plate with the remainder of the oil and serve.

MORINGA MOUSSE

1. 1 ripe banana
2. 2 ripe avocados
3. 1 tbsp moringa powder
4. 7 pitted dates
5. 80ml oat milk

Method: Blend all ingredients.

CONSCIOUS SMOOTHIE

1. 80g cucumber
2. 40g rocket
3. 20g kale
4. 20g spinach
5. 1 avocado
6. 20g fennel bulb
7. 1 lemon with skin
8. 1 clove garlic
9. thumb size ginger with skin
10. water (depends how liquid or thick you prefer)

Method: Blend all ingredients.

SPICED OVERNIGHT OATS WITH DATE SYRUP

1. 40g oats
2. 130ml coconut milk
3. half star anise
4. 2tsp cinnamon
5. 1tsp ginger powder

6. 2tsp turmeric powder
7. 1/4tsp nutmeg
8. 1/2tsp cardamom powder
9. 1/2tsp all spice
10. 1/2tsp cayenne pepper
11. 1/2tsp freshly ground black pepper
12. 1tbsp maple syrup

Method: Mix all ingredients in a jar and leave it in the fridge overnight. If it's too spicy for your taste you can reduce the quantity of the spices.

DATE SYRUP

1. 2 handfuls pitted dates
2. 350ml water
3. 1/2tsp cinnamon
4. 1tsp maca powder (optional)

Method: Blend all ingredients in a blender.

ALKALINE KALE SALAD WITH GOJI BERRIES AND WALNUTS

1. 150g kale
2. handful goji berries (soak in water for 15min to soften)
3. handful walnuts (chopped)
4. 2tbsp nutritional yeast flakes
5. 1tbsp sesame seeds
6. 1 clove garlic (minced)
7. juice of 2 limes
8. 1/2tbsp apple cider vinegar (organic with mother)
9. 1tbsp extra virgin olive oil
10. 1/2tbsp chilli flakes
11. pinch of sea salt

Method: In a bowl massage the kale with the olive oil and vinegar. Then add the rest of the ingredients and mix well.

ANTI-INFLAMMATORY SHOT

1. 1 small carrot (or half big)
2. thumb size turmeric root
3. pinch freshly ground black pepper

Method: Juice the carrot and turmeric. Add the black pepper, stir and enjoy as a shot in the morning or after a meal.

SOUTH-AMERICAN GODDESS BOWL

This bowl consists of 5 elements that can be prepared together or separately.

1.Sweet potatoes/Turnips with spinach:

1. 2 medium purple sweet potatoes or turnips, cut into bite-size chunks
2. 5 dates
3. 2 garlic cloves
4. 1 tbsp of coconut oil
5. 100ml water
6. Salt & pepper to taste
7. A handful of spinach

Method: Blend the dates with coconut oil, garlic, water, salt & pepper, mix with the sweet potatoes or turnips and roast at 210°C for 25minutes or until golden. Once roasted, mix them with the spinach, allowing it to wilt. Serve hot or cold.

2.Spiced black beans:

1. ½ onion, finely chopped
2. 1 garlic clove, finely chopped
3. 2 large tomatoes, finely chopped
4. 400g tin of Black beans/pinto beans/red kidney beans, rinsed and drained
5. 10g coriander, finely chopped
6. ¼ tsp cumin, ground
7. ¼ tsp smoked paprika
8. Salt & pepper to taste

Method: Saute the onion, garlic and tomato for 5-8 minutes. Add the spices and beans, cook for 4 minutes. Then add the coriander and stir well.

3.Roasted corn:

1. 80g frozen corn, thawed
2. ¼ tsp chipotle peppers
3. Salt to taste

Method: Mix the corn with seasoning, roast at 210°C for 20 minutes or until golden.

4.Pesto quinoa:

1. 100g of tricolor quinoa
2. 30g basil
3. 2 tbsp extra virgin olive oil
4. 1 garlic clove
5. ½ lemon juice
6. 80 ml water
7. 2 tbsp nutritional yeast
8. Salt & pepper to taste

Method: Cook the quinoa in 200g of cold water for 15-20 minutes or according to instructions on your package. Meanwhile, blend the pesto ingredients. Once the quinoa is cooked, mix all. (Tip: This also makes a nice base for a warm or cold salad which you can boost by adding leaves, broccoli, tomatoes, seeds, scrambled tofu etc.)

5. Simple guacamole:

1. 1 avocado
2. Juice of 1 lime
3. 10g coriander
4. ¼ tsp of chilli (fresh & chopped or flakes)
5. Salt to taste

Method: Either blend all for a smooth guacamole or mix with your hands for a chunky one.

SCRAMBLED TURMERIC TOFU

with mushrooms and pinto beans

1. 1 box tofu (organic)
2. 1tbsp turmeric powder
3. 1tsp freshly ground black pepper
4. 1tsp black salt (or sea salt)
5. 2tbsp nutritional yeast flakes
6. 150g spinach
7. handful cherry tomatoes (halfen)
8. half brown onion (sliced)
9. 1 clove garlic (minced)
10. 1tsp coconut oil

Method: Break the tofu with hands and mix it with the turmeric, black salt, pepper and nutritional yeast and leave it for 10min. Heat the oil and add the onion with garlic. Cook until soft. Add the tomatoes and tofu mix to cook for a couple of minutes, and lastly add the spinach. Cook for further 5min.

Mushrooms with black pepper:

1. 2 handfuls mushrooms
2. freshly ground black pepper
3. 2tsp coconut oil

Method: Heat the oil and add the mushrooms with the pepper. Cook for 10min or less on medium heat.

Pinto beans in harissa:

1. 1 can pinto beans (drained and rinsed)
2. 1/2tsp harissa paste
3. 1tbsp tomato paste
4. 100ml water
5. sea salt
6. freshly ground black pepper

Method: Cook all ingredients on medium heat in a pan until the sauce thickens.

BAKED MISO & SESAME AUBERGINE:

3 tbsp miso paste
2 tsp sesame oil
2 tbsp tamari
2 tbsp water
2 tbsp sesame seeds (white or white + black)
Optional - ¼ tsp chilli flakes / minced garlic / grated ginger
1 aubergine, cut in 1/2 cm lengthway slices
2 tbsp olive oil / groundnut oil

Method

1. Preheat an oven to 180C. Line a baking tray with paper.
2. In a small bowl combine the miso, sesame oil, tamari and water, stirring to a paste. Add the sesame seeds and chilli/ginger/garlic if using.
3. Pour the oil into the baking tray. Place the aubergine slices on the oil. Then smother the paste on the upturned side. Place into the oven and bake for 20 minutes until softened and golden.
4. Serve with a sprinkle of sesame seeds. Goes well with salads, wild rice, grains etc.

SEED CRACKERS:

1 cup sunflower seeds
3/4 cup pumpkin seeds
1/2 cup chia seeds
1/2 cup sesame seeds (mix of black and white sesame seeds)
1/4 cup flaxseeds
1 tsp sea salt
1 1/2 cups water
1 tbsp dried herbs of your choice, (thyme, rosemary, dill)
1 tsp chilli flakes

Method: Preheat oven to 170C (340F) fan on. Mix all ingredients together and leave for 10-15 minutes for the seeds to soak up the water. Give everything a good stir, then split the mixture over two lined baking trays and spread thinly. The ideal thickness is about 3-4mm. Too thin and the crackers will be very fragile, too thick and they'll be more like a seed cookie than a cracker. Bake for one hour (switching the trays around halfway through), or until golden brown and crisp. If they don't feel crisp after an hour, return to the oven for another 5-10 minutes. Remove from the oven, allow to cool, then break into irregular shards. Store in an airtight container.

HUMMUS

1. ½ tbsp coriander seeds
2. 1tsp cumin seeds
3. 1 clove garlic (crushed)
4. 1 can chickpeas (drained and rinsed)
5. half bunch fresh coriander and parsley

6. 1tbsp tahini
7. juice of 2 lemons
8. sea salt
9. freshly ground black pepper
10. 5tbsp extra virgin olive oil (add more if needed)
11. 20ml warm water (or more if needed for blending better)

Method: Toast the cumin and coriander seeds. Add the garlic for 1min. Take off the pan and add it to a blender with the rest of the ingredients. Blend until smooth and season if needed.

RAW HERBED SUNFLOWER CHEESE

- 170g sunflower seeds
- 35ml warm water
- 1/2 tsp salt
- 2 tbsp coconut oil, melted
- 1 tbsp nutritional yeast
- Juice of 1/2 lemon
- 1 small garlic clove
- Small handful of parsley leaves, chopped finely
- Small handful of chives, chopped finely

Method: First grind up the sunflower seeds into a flour like texture in a blender/food processor. Add the rest of the ingredients, apart from herbs, blend, scraping down the sides of the blender to ensure everything is mixed well in a smooth consistency. Transfer to a bowl. Add the parsley and chives. Lay out a piece of baking paper or cling film, spoon the mixture into the middle, fold over the paper/film and roll up the cheese into a log. Refrigerate for at least 2 hours to set fully. Cut into slices or cut pieces to spread onto rings of cucumber, courgettes etc.

(Tip: you can sprinkle some herbs onto the cheese log before setting in the fridge)

