

The image shows two glass bowls filled with a breakfast meal. Each bowl contains a layer of white milk at the bottom, topped with golden-brown granola and several fresh blueberries. The bowls are placed on a light-colored wooden surface. A large, semi-transparent pink circle is overlaid in the center of the image, containing the text.

Nutritious & Delicious!

by

*Jayne Goddard*

A note from Jayney Goddard MSc, FCMA, FRSM  
President, The Complementary Medical Association

Welcome to this very special recipe e-book that I have created, as my gift to you to enjoy throughout the year.

As I'm sure many of you know, I am a huge proponent of Lifestyle Medicine – and great nutrition is a huge part of that. I always do my best to promote and educate about ways that we can all integrate healthy, compassionate options into our daily lives. Due to my advocacy of a healthy lifestyle as well as the positive feedback I have received in the past around my recipes I want to provide you with a collection of my favourite no-fuss, easy and nutritious recipes that genuinely contribute to a healthy lifestyle. I also hope that these recipes will also provide inspiration for delicious vegan, plant-based and raw meals long into the future.

This e-book is a collection of my most popular recipes (with some guest appearances from some of my dear friends' favourite dishes!). Uniquely, most of the recipes in this e-book are SOS-Free\*, and you can read below about the whys, wherefores and science supporting the elimination of added refined Salt, Oil and Sugar (SOS-Free). All the recipes are gluten-free and cruelty-free. The reason I share vegan recipes is that this sits within my ethos of supporting and promoting universal health, happiness, kindness and compassion – and I believe that this should extend to all sentient beings.

With warmest love to you and your family!

Jayneey xox



# About the author

Jayne Goddard MSc FCMA FRSM is President of the Complementary Medical Association (The CMA) – the world's leading professional membership body for complementary / integrative medical practitioners and elite training schools.

Acknowledged to be one of the most influential experts in the complementary and integrative medical and natural anti-ageing fields, she ensures that everything she covers is fully research-based, whether the topic is complementary medicine, natural health or holistic beauty. Her priority is to keep her audience safe and informed, by helping them to navigate the minefield of information out there, while ensuring that all of her health and wellness recommendations genuinely work and are truly effective.

Jayne is the recipient of multiple awards and significant recognition for her work, including the CAMexpo award for Outstanding Services to Complementary Medicine, International Honorary International Advisor, (Nepal) and the USA's Whitehouse Committee Advisor – Complementary and Integrative Medicine (USA).

A hugely popular keynote speaker and author, Jayne teaches worldwide, and has written several international bestsellers, most recently, the ground-breaking "Rewind Your Body Clock: The Complete Natural Guide to a Happier Healthier Younger You" for Watkins (UK) Penguin Random House (USA) which launched into the Amazon Charts at No 1 of all books on Amazon. She writes Natural Health magazine's monthly natural anti-ageing column and regularly contributes to mainstream print, broadcast and online media.

Through The Complementary Medical Association's website and e-newsletter, and her various social platforms, Jayne has a weekly reach of well over 1 million extremely health-aware individuals.

She is personally committed to helping others to discover the vast benefits of plant-exclusive eating and leading a compassionate vegan lifestyle - for the animals, for the planet and for our optimal health and happiness.

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### **Why Eat Whole Food Plant-Based, SOS-Free Foods?**

This way of eating is still relatively unknown but is, thankfully, becoming more popular. Many people are turned off by the idea of recipes contains no Salt, Oil or Sugar, as they believe that these ingredients are essential for making food tasty! In fact, adding these items to our foods is more of a traditional habit, rather than a necessity for making them more palatable – and, as you'll soon realise from the recipes in this book, the clever use of healthy seasoning makes all the difference – and you'll be producing delectable SOS-Free dishes in no time at all.

Furthermore, I have found among my patients that a whole food plant-based SOS-Free diet is the most effective way for them to shed unwanted body fat - and to move to an optimal body composition with a healthy fat to muscle ratio. I also see, time and again, patients returning to optimal health, with the cessation and dramatic improvement of a variety chronic illnesses.

### **The scientific rationale for a Whole Food Plant-Based, SOS-Free Diet**

This way of eating promotes health by eliminating animal foods and providing adequate quantities of nutrient-dense plant foods that are high in fibre, unsaturated fatty acids, phytochemicals, vitamins, and minerals.

Epidemiological studies and meta-analyses have highlighted correlations between plant-based diets and reduced risk (and, in many cases, reversal) of obesity, cardiovascular disease, type II diabetes, metabolic syndrome, some types of cancer, arthritis, and kidney dysfunction when compared to omnivorous diets. Although research has not yet conclusively proven exactly how plant-based diets prevent and reverse disease, the nutrients in plant foods are thought to improve health by lowering levels of cellular inflammation and oxidative stress, and positively affecting gut bacteria composition and metabolites.



The SOS-Free Diet also eliminates added salt, oil, and sugar, including refined carbohydrates. These substances increase the pleasurable qualities of food and contribute to a cycle of overconsumption, otherwise known as the “Pleasure Trap.” (This incidentally is the title of the excellent book by Dr Alan Goldhamer). Completely removing them from the diet can potentially reduce the desire to overeat, especially for people who are particularly susceptible to the addictive qualities of highly processed food.

There is little doubt that diets high in sodium, sugar, and fat – especially when combined – lead to chronic degenerative diseases. High-salt diets have been shown to cause spikes in blood pressure, as well as decrease arterial functioning and antioxidant activity. Additionally, previous studies have indicated that high salt diets negatively affect gut microbiota and immune cells and may well be implicated in the onset and worsening of autoimmune illnesses.

High-fat diets are associated with an increased risk of several diseases, including cardiovascular disease, Type 2 diabetes, and cancer. Studies also suggest that oil consumption impairs endothelial cell function, which is thought to contribute to cardiovascular disease. Diets high in processed sugars increase inflammation and have been associated with an increased risk of non-alcoholic fatty liver disease, cardiovascular disease, cancer, and all forms of diabetes.

\*Please note: There are a couple of recipes in this book that are not strictly SOS-free -these are clearly marked, and should be considered as rare treats, not part of one's daily diet. I have included them as these are ideal if you are entertaining friends who are 'plant-curious' so that they don't feel deprived - and may even be wondering whether your super-healthy lifestyle might just work for them! I lose track of the number of parties I have catered, fully plant-based, where my guests have been amazed to learn that everything they ate was vegan! This way of eating is so important for our wellbeing, the health of the planet and of course, it is the compassionate choice for our animal brothers and sisters. So, I lure people to "The Green Side" by feeding them magnificently - and I hope you will do so too - now that you have these recipes available to you.

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# Ultimate Detox Smoothie



## Ingredients

- 1 cup frozen berries - any berries of your choice
- 1 cup spinach, kale or other leafy greens - I always keep a stash of frozen organic spinach in the freezer
- ½ cup bananas
- 1 tbsp flaxseed - remember to keep your nuts and seeds in the fridge - they contain delicate oils that can go rancid, even at room temperature - and this rancid oil is highly toxic - so beware!
- 1 cup coconut water - feel free to also use just water or a different nut milk - your choice

## Method

Simply whizz up in your blender and enjoy! Top with berries, granola, mint, or whatever you fancy.

# Sweet Smoothie



This is my go-to smoothie recipe that keeps me comfortably full right up to lunchtime. Do feel free to be as creative as you wish - but remember to avoid adding refined fats/oils, sugars or salt.

## Ingredients

- ½ pint filtered water (more if needed)
- ¼ tsp cinnamon
- 1 heaped tbsp raw cacao powder
- 1 heaped tbsp raw hemp seeds (shelled)
- 1 handful of goji berries
- 1–2 handfuls of blueberries or blackberries (can be frozen)
- ½ tsp organic turmeric powder or 1 fresh turmeric root
- A large handful of leafy greens
- 2cm (0.5in) ginger root, peeled
- Few drops of organic stevia to sweeten, if required



## Sweet Smoothie (continued)



### Optional Ingredients

- 3 brazil nuts
- 1 heaped tbsp maca powder (can be an acquired taste – build up slowly)
- 1 grapefruit, chopped (to be avoided if on anti-hypertensive medication)
- 1 tbsp acerola cherry powder
- 1 tsp açai powder
- 1 tbsp baobab powder
- 1 tbsp chia seeds
- 500ml coconut water
- 1 scoop of protein powder (if desired)

### Method

Simply pop everything in a blender and whizz it up!

# Sweet Potato Breakfast Toast



This improbable recipe is exceptionally healthy, and, most importantly, is delicious, fast and easy to make. It's also a very versatile dish, so you can make it in your toaster or your standard oven.

## Ingredients

In this dish, a sweet potato is used instead of bread, and the other ingredients are completely customisable. The toppings you can use are endless – here are some suggestions:

- Vegan coconut yoghurt
- Spices, including nutmeg, cinnamon, ginger, cayenne
- Raspberries, gooseberries, blackberries, strawberries, and blueberries
- Bananas
- Ground flax seeds or hulled hemp seeds
- Sunflower, cashew, almond, walnut, or pecan butter
- Tapenade
- Nut cheeses
- Spinach—fresh or steamed
- Tomatoes, cucumber, carrot, or any other typical salad ingredient

# Sweet Potato Breakfast Toast (continued)



## Method

1. Slice your sweet potatoes, about 1 cm thick. If you're using a toaster, let it warm up a bit before popping the sweet potatoes in. The potatoes will get somewhat mushy, but not completely. Let them brown but don't burn them. It takes about 15 minutes to get to that sweet spot.
2. If you're using a standard oven, allow this to warm up too, by pre-heating it to 200°C/400°F/Gas mark 6. Place the sweet potato slices onto a baking sheet covered with non-stick parchment paper and allow them to brown gently – turn them over when sufficiently browned on one side to continue to cook on the other side.
3. Top with your choice of ingredients and enjoy!

# Scrambled Tofu



Please note that this recipe is not SOS-free. It is entirely possible to make really good scrambled tofu without the addition of black salt, but if you would like to try it, it can be used once in a while as a treat. .

Making the switch to a whole-food plant-based diet is one of the best things you can do for your own health – and that of the planet and our animal brothers and sisters too, of course.

One of the things I found I missed were scrambled eggs – such a great comfort food. And, let's face it - sometimes, you just want a hearty breakfast. I have tried dozens of recipes for vegan eggs and omelettes trying to recreate that unique flavour. None of them 'cut the mustard!'. I think this was because I was trying to recreate eggs instead of trying to have a tasty, hearty breakfast that works well – instead of eggs.

So, bear this in mind when making this recipe:

Remember, you are not re-creating eggs. Instead, this is an 'egg-like' scramble. It will taste 'eggy' nevertheless – due to the addition of black salt “Kala Namak” – which is used in Indian cooking quite a lot. It has a sulphurous smell that imparts a very eggy taste. I bought mine online – but you can get it easily in Asian stores.

Cut your tofu into thin sheets and let it crumble naturally as you stir. It gives the best texture.

Use this recipe as a base for other dishes. Think 'breakfast burritos!'

Adjust your seasonings to suit you. The spices and herbs add depth and the black salt and nutritional yeast help add an eggy flavour. This recipe serves 4 and takes no more than 5 minutes.



# Scrambled Tofu (continued)



## Ingredients

- 1 package extra firm or firm tofu
- 3 tbsp nutritional yeast
- 1 tsp onion powder
- 1 tsp garlic powder
- ¼ tsp ground cumin
- ¼ tsp turmeric
- ¼ - ½ tsp black salt (Kala Namak) optional
- ¼ cup water

## Method

1. Slice your tofu into thin sheets.
2. Mix the spices and nutritional yeast in a bowl.
3. Add enough water to the spices to make a smooth paste.
4. Heat a small non-stick frying pan on medium-high heat.
5. Add your tofu and the spice and nutritional yeast paste.
6. Stir and fry until heated through and very slightly browned. Make sure that any excess water has evaporated.
7. I often top my tofu scramble with sautéed mushrooms.

Top Tip: sauté your mushrooms in a small amount of tamari (gluten-free soy sauce). It dramatically brings out the most incredible umami flavour.

# Spiced Spinach and Sweet Potato Latkes



This is a really different breakfast dish – but my goodness – these are amazing! Perfect for those days you really crave savoury things – these latkes will really hit the spot. They can be made in advance and will keep well in the fridge for up to a week – and can also be frozen.

Makes 12–15 latkes | Ready in 45 minutes

## Ingredients

- 2 organic sweet potatoes (peeling optional—thoroughly wash first)
- 8oz organic baby spinach
- ½ cup ground organic flaxseed
- ¼ cup diced coriander leaf (cilantro)
- ½ tsp smoked paprika—go carefully as some brands can be hot
- ½ tsp onion powder or granules
- ½ tbsp curry or chilli powder
- 1 unwaxed lime, zested and juiced

## Method

1. Preheat oven to 200°C/400°F/Gas mark 6.
2. Line 2 baking sheets with parchment paper.
3. Grate the sweet potatoes.
4. Place a large frying pan (skillet) over medium heat and add the spinach. Sauté for 3 minutes, turning until wilted. Do not add any water and keep the pan uncovered.

## Spiced Spinach and Sweet Potato Latkes (continued)



### Method Continued...

5. Pour the wilted spinach into a large mixing bowl and add the grated sweet potato, ground flax, lime zest, lime juice, spices, and coriander (cilantro). Mix together with your hands and massage the sweet potato to soften it.
6. Pick up about a 1/4 cup of the mixture and shape it into a semi-tight ball. Flatten the latke a little so it's 2- 3 inches wide and 1/2-1 inch thick. Place it on the prepared pan and repeat with the remaining mix.
7. Bake for 20 minutes. Flip and bake for a further 10 minutes. Serve immediately.
8. Serve plain or top with hummus, guacamole, or another plant-based condiment. Can be served alongside steamed veggies sprinkled with lemon juice to really kick it up a notch. To freeze the latkes, first, freeze the patties (before or after baking) on a pan with parchment paper. Once frozen, transfer them to an air-tight container or bag to store.

# Jayne's American Breakfast Pancakes



These easy and fast-to-make pancakes are perfect for all occasions – they are warming, wholesome and have a lovely spice blend. You can prepare them in advance and even freeze them for quick-and-easy breakfasts.

## Ingredients

- 1 cup oat flour
- ½ cup unflavoured plant milk
- 2½ tsp baking powder
- ½ tsp ground cinnamon
- ¼ tsp ground cardamom
- 1 tsp pure vanilla extract
- 1½ tsp apple cider vinegar
- ½ apple chopped (≈½ cup)
- Optional: blueberries
- To serve: 1 banana, sliced; blueberries; strawberries; etc. Optional: 2 tablespoons pure maple syrup (leave out if you are eating SOS-free)

## Method

1. Make batter—in a bowl, combine oat flour, baking powder, cinnamon, and cardamom. Mix well. Add plant milk, vanilla, cider vinegar, and 1/2 cup water and whisk well until combined. Add apple and stir to incorporate. Add blueberries while cooking if you like to give the pancakes a delicious, jammy texture. Allow the batter to stand and thicken for a few minutes.



# Jayne's American Breakfast Pancakes



## Method (continued)

1. Cook pancakes—heat a non-stick frying pan (skillet) over medium-high heat for a few minutes until hot. Reduce heat to low, and let the pan rest for a few minutes more. For each pancake, spoon about 1/4 cup batter into the pan. Cook for a few minutes until bubbles start to form on the outer edge and then in the centre of each pancake. Flip, then cook the pancake for a few minutes more. The batter may thicken up considerably while you are working—add a bit more plant milk to thin it if necessary.

## Top tips for this recipe:

- Oat Flour: You can easily make your own oat flour by placing oats in the bowl of your food processor and pulsing the oats until they are ground into a powder-like consistency. 1 1/4 cups of oats make 1 cup oat flour.
- Unflavoured Plant Milk: Plant milk is the term I use to describe the plant-based milk of your choice. Rice, oat, hemp, almond, and soya (soy) milk are all varieties of plant milk. Look for unsweetened, unflavoured plant milks.

Important tips about Pure Maple Syrup – if you opt to use it: Maple syrup is boiled down sap from the maple tree.

Make sure you buy “pure maple syrup” (not “pancake syrup,” “table syrup,” or “maple-flavoured syrup,” or even just “maple syrup,” as they contain artificial maple flavour and cane sugar or corn syrup).

# Roberta's Sweet Potato Soup



This delicious recipe is one of CMA Vice President, Roberta MacMillan's creations. We love it as it is quick to make, and really tasty - it is free from added refined salt, oil and sugar - making it ideal for inclusion in a super-healthy whole food, plant-based SOS-Free diet.

What makes this recipe so great is that it can be adapted in so many ways - think about adding a dash of curry powder, perhaps throwing in some left over chick peas (garbanzos), adding some Bramley apple and autumnal spices - the options are endless.

## Ingredients

- 1 onion, roughly chopped
- 2 large carrots, peeled and chopped
- 1 ½ inches root ginger, peeled and finely chopped
- 1 large crushed garlic clove
- ½ tsp dried red chilli flakes
- 1 lb 10oz sweet potato, peeled and cubed
- 2 pints home-made or ultra low/no sodium vegetable stock
- Freshly ground black pepper
- Optional—natural coconut yoghurt

# Roberta's Sweet Potato Soup (continued)



## Method

1. Sauté the onions and carrot until soft in a little of the vegetable stock. Stir in the ginger, garlic and chilli flakes and simmer gently for 2–3 minutes.
2. Stir in the sweet potatoes and remaining stock. Turn up the heat and bring the pan to the boil. Reduce the heat to low and simmer with a lid on for 15 minutes, or until the sweet potato is tender.
3. Remove the pan from the heat and blend the soup, using a stick blender or food processor until smooth. Season to taste and serve with some chopped parsley or coriander as a garnish.
4. Optional: for extra creamy deliciousness, add a dollop of natural coconut yoghurt.

# Moroccan Inspired Chickpea (Garbanzo) Soup



This outstanding recipe is so warming and comforting in the colder months. We have included it in our 'soups' section, but if you make it slightly thicker, it works really well as a main dish, served with rice or warm pita bread for dipping and scooping.

If you decide to prep your chickpeas from scratch, there are three huge advantages:

- They are much tastier!
- This dish costs just pennies to make as dried chickpeas are so inexpensive—½ kilo/1 pound of dried chickpeas cooks up to 6–7 cups, the equivalent of 4-5 cans.
- You can use the resulting chick pea broth in this recipe – it's worth it!
- There is a handy recipe on page 47, if you decide to take the plunge.

## Ingredients

- 1 large ripe red bell pepper
- 1 onion, diced
- 1 2inch piece ginger, grated (about 2½ dessertspoons)
- 4 cloves garlic grated or crushed (about 1 tablespoon)
- 2 tsp ground cumin
- 2 tsp ground coriander
- 1 tsp turmeric
- ¼ tsp ground black pepper
- 1 tbsp paprika to taste • ¼ tsp cayenne to taste • 1 tsp cinnamon • 1 14oz can diced tomatoes
- 1 tbsp chickpea miso (optional)



# Moroccan Inspired Chickpea (Garbanzo) Soup (continued)



## Ingredients (continued)

- 2 cups chickpea stock, salt-free vegetable stock or bouillon
- 6 cups cooked chickpeas or 4 cans chickpeas, drained and rinsed
- 6 dried apricots, sliced (optional, but oh so Moroccan!)

## Method

1. Remove the stem and seeds from the red pepper and chop it roughly. Blend it until you get a smooth consistency and set aside.
2. Heat a pan to medium-high. Test the pan heat by adding a few pieces of onion—it is the correct heat if you hear a sizzle, the colour changes quickly, and the onions jump around the pan.
3. Put the onions in the pan and cook for a few minutes until they start to show colour and stick a little to the bottom. Sticking is a good thing—just watch, stir, and adjust the heat to make sure the onions don't burn. (3-5 minutes)
4. Make space in the centre of the pan and add the ginger. Push the ginger down to make a layer and cook until it picks up colour and begins to stick to the bottom of the pan. (1-2 minutes)
5. Do the same for the grated garlic; make space and push it down to form a layer, and then cook until it begins to stick and become fragrant. Ensure it does not burn. (1-2 minutes)
6. Clear an area in the pan and add the cumin and coriander. Let them cook until they smoke and become fragrant. (1 minute)

# Moroccan Inspired Chickpea (Garbanzo) Soup (continued)



## Method (continued)

7. Add the rest of the spices. These spices don't need to be toasted.
8. Pour in the blended red pepper and stir it into the onion mixture.
9. Add the can of diced tomatoes to the blender along with the miso, if using, and blend until smooth. Stir into the pan. Taste the sauce to see if you want to add more spices—it will taste concentrated and not quite blended but will give you an idea.
10. Slowly add the vegetable stock/bouillon, and then add in the drained beans, stir, and put the lid on. Simmer for 20-30 minutes, stirring occasionally.
11. If using apricots, add 10 minutes before cooking is finished.
12. Garnish with fresh herbs—parsley and mint are good choices.

### Top Tip:

Remember – if you are cooking your chickpeas from scratch, you'll need to soak them overnight or in the early morning of the day you want to make this dish.

# Smoky Black Bean and Pumpkin Soup



A perennial favourite of ours at Halloween, this hearty soup packs a nutritious punch. The smoky flavour is particularly wonderful, and the use of this recipe is welcome year-round! I'm willing to bet that you've probably got all the ingredients you'll need in your kitchen right now – if not, they are really easy to get – and it all comes together in a matter of minutes. If you don't have smoked spices, use ordinary black pepper and paprika. Get creative with your garnishes and decorations. Tip: if you prefer a very smooth soup, puree it again at the end.

## Ingredients

- 2 15-ounce tins organic black beans, rinsed and drained
- 1 15-ounce can diced organic tomatoes
- 3 cups low sodium vegetable organic broth of choice (use low salt bouillon or make your own)
  - 1 cup chopped onion
- 3-4 garlic cloves minced
- 2-3 teaspoons ground cumin
- 1-2 teaspoons smoked paprika or plain
- ½ teaspoon smoked black pepper or plain
- ¼ teaspoon ground chipotle pepper or more for more heat (taste test this and add gradually – it can get hot!)
- 1 15-ounce can organic pure pumpkin puree (make sure you don't inadvertently buy pumpkin pie puree – this is sweetened)
- 2-3 teaspoons balsamic or apple cider vinegar
- Optional garnishes: grated vegan cheddar cheese, crumbled vegan feta, diced fresh tomato, sliced green onions or chives, crushed no-salt tortilla chips, DIY vegan sour cream (recipe on page 37), diced avocado, and chopped coriander leaves (cilantro).



# Smoky Black Bean and Pumpkin Soup (Continued)



## Method

1. Puree the beans and tomatoes with half of the broth in a large-capacity high-speed blender. I happen to have a Vitamix, but there are plenty of other high-speed blenders that are just as good – for a fraction of the cost – I bought mine about 10 years ago – but would probably buy a different brand now – just from the cost perspective. If you have a smaller capacity ‘normal’ blender you may need to do it in two batches – just be patient.
2. In a large saucepan sauté the onion in a little broth and cook until soft, and fragrant, about 3-5 minutes. Add garlic and sauté for another minute.
3. Add spices, stir and cook for a minute or two, until you can smell them – this is called letting the spices ‘bloom’.
4. Stir in the black bean-tomato puree that you’ve just made, the pumpkin and the rest of the broth. Simmer uncovered until blended and thickened for about 15-20 minutes.
5. Stir in a dash of vinegar, taste test and add more if you think its needed and serve. Top with your chosen garnishes, as suggested above. We used shelled pumpkin seeds for ours and it worked really well.

To make the pretty ‘web’ shape:

Thin some sour cream – recipe below, and pop it into a small bag, snip the corner off so that you can squeeze out concentric circles – or a spiral. Then – easy-peasy: using a cocktail stick, drag from the centre outwards, and you’ll see the pattern forming – just repeat around the circle and voilà – a perfectly spooky spider’s web.



# Happy Soup



This delicious soup is profoundly healthy – I actually call it my “Magical Medicinal Mushroom Soup” as it really is powerful – but that’s not such an appetising name, so, “Happy Soup” it is. This soup contains a surprising ingredient, goji berries. These delicious berries have a long history in Traditional Chinese Medicine (TCM) and are often included in healing foods like this, in Chinese culture. Called ‘Gou Qi Zi’, goji berries are used to slow down ageing, improve eyesight and act as a general tonic.

## Ingredients

- Ingredients
- 1 lb/450g baby bok choy, washed and separated (cut any large leaves in half vertically)
- 4 oz/120g vermicelli rice noodles
- 3 oz/85g shiitake mushrooms, sliced
- 2oz/50g maitake mushrooms, sliced
- 1 red onion, chopped
- 1 medium garlic clove, finely chopped
- 1 tsp fresh ginger, finely chopped
- 4 slices sun-dried tomatoes, finely diced
- 4 cups vegetable broth (no-or low-salt, or make your own)
- Handful of goji berries
- Juice from ½ fresh lemon
- Pinch red pepper flakes
- Seasoning to taste

# Happy Soup (continued)



## Method

1. Place a large saucepan over medium/high heat.
2. Add a centimetre of water to the pan and toss in the onion and all the spices, and cook until the onion is soft.
3. Add mushrooms and cook for about 2 minutes, or just until they begin to colour.
4. Add the goji berries.
5. Add the broth, lemon, and sun-dried tomatoes and cook for a few minutes until fragrant and broth begins to bubble.
6. Add the rice noodles and cook until soft but still a bit firm.
7. Finally, add bok choy and cook just until they begin to wilt.

### Top Tips:

You can use bottled lemon as it is convenient – but be warned, it contains sulphite preservatives – many people react badly to these, myself included.

If using dried mushrooms, soak them in a little warm water for 20 minutes so that they rehydrate. Cut off any tough stalks (don't throw away – save them to add to a smoothie – for 'stealth nutrition!'). You can add the resulting mushroom broth to the soup as it is really flavourful – but make sure that you don't add any of the gritty bits that sometimes accompany dried mushrooms – so pour your broth in carefully – bar the last teaspoon or two.

# Ridiculously Easy Cream of Broccoli Soup



This wonderfully comforting soup is really quite versatile as you can make the plain version – which is scrummy – but if you want to ring the changes, you can make a curried version too.

Also, why not vary the flavour of the basic soup by adding a teaspoon of thyme, basil, or any herb during the first step?

## Ingredients

- 1 bunch broccoli (around 570g)
- 1 large onion, chopped
- 2-4 cloves garlic, peeled
- 4 cups vegetable broth or salt-free bouillon
- 1 large Yukon gold potato, cooked, peeled, and diced. This can be substituted with any thin-skinned potatoes, but avoid Russets as they are too starchy
- ¼-½ cup raw cashews
- Black pepper to taste
- Cayenne to taste



# Ridiculously Easy Cream of Broccoli Soup (continued)



## Method

1. Put the broccoli, onion, garlic, and vegetable broth in a saucepan. Bring to a boil, cover, and reduce heat. Simmer until broccoli is tender (around 8 minutes).
2. Put half of the broccoli and broth into a blender with half of the cooked potato and cashews. Blend at high power until smooth. Pour into another saucepan, and repeat with the rest of the broccoli, potato, and cashews.
3. Heat the soup, covered, on low for around 10 minutes. Check seasonings and freshly ground black pepper and a pinch of cayenne pepper to taste.

### Curried Cream of Broccoli Soup Variation

- Add 1 teaspoon of good, mild curry powder to the broth in the first step. Substitute a cooked, peeled medium sweet potato for the Yukon gold potato, and add a larger pinch of cayenne pepper to finish.



# Avocado Pesto Pasta



This is my 'go to' recipe for guests that enjoy tasty, simple food - or for when I fancy some healthy comfort food after working long hours - as it all comes together in a matter of minutes.

Note - this is one of my 'hippy cooking' recipes - in that you basically chuck the ingredients in until 'it tastes good - man!'. You don't have to be absolutely precise with the measurements - so let your freak flag fly, and do your thing, baby

## Ingredients

- 1 cup cashews soaked overnight - or for at least three hours
- ½ avocado
- ½ bunch basil
- 3 tbsp nutritional yeast
- ½ tsp garlic powder
- ½ tsp onion powder
- Cracked black pepper to taste
- Pasta

# Avocado Pesto Pasta

## (continued)



### Method

1. Cook pasta according to directions on the package. Note: If you want a very low carb version of this dish, consider using courgette (zucchini) noodles - buy them or use a spiralizer. You can also use konjac noodles - you can get these in most stores. Although they are made from a type of seaweed, don't let that put you off, they really are quite 'pasta-like' and provide little to no carbohydrate.
2. Blend all ingredients for the pesto in a blender and season with to your desired taste.
3. If using cooked pasta, when it is al dente, combine it with the sauce. If using, garnish with cherry tomatoes, fresh basil and dairy-free parmesan.

# Broccoli Salad with Apples and Blueberries



This refreshing salad is one that I always fall back on after the indulgences of Christmas (or Easter, or birthdays - you get the picture!) . It is packed with unbelievable nutrition – and is ready in just 15 minutes! Better yet, it is gluten-free, SOS-Free (no added refined salt, oil or sugar), and of course as a vegan dish, it is cruelty-free too.

## Ingredients

- ½ cup unsweetened non-dairy milk
- 1 tbsp ground flax OR chia seeds
- 2 tbsp nutritional yeast (I use the B12 fortified version)
- ½ tbsp apple cider vinegar (look for one that says it contains “The Mother” on the label)
- 1 tsp stoneground mustard or wholegrain mustard to taste
- 1 garlic clove
- ¼ tsp black pepper
- 2 apples (divided)
- 1 lb broccoli, chopped into bite-size pieces (2 large heads)
- ¼ red onion, thinly sliced
- 1 cup blueberries
- ¼ cup sliced or chopped almonds

# Broccoli Salad with Apples and Blueberries (continued)



## For the Dressing

- Add all of the ingredients to a high-speed blender and blitz until you get a smooth consistency.
- Taste and season accordingly if it needs more sea salt or pepper.
- Set aside while you make the salad

## Method

- Add all of the salad ingredients to a large bowl and toss gently to combine.
- Drizzle the prepared dressing over the salad and toss to thoroughly coat all of the ingredients.
- Serve and enjoy!

### Top Tip:

- This is also a great meal prep salad if you want to create two meals - one for now and one for tomorrow for example. The salad (undressed if pre-prepping, should last well for up to three days if refrigerated promptly.



# Lighter Spinach and Cherry Tomato Dhal



Again, here's another dish that packs a nutritional punch! This quick and easy recipe is fabulous because it all comes together really quickly – and most of us will have the ingredients in our kitchen cupboards already. You'll notice that I haven't included oil, as while it is traditional to use added refined oil to fry the onions and spices, you can get pretty much the same taste spectrum by braising them in a little water.

By the way - red lentils are a wonderful ingredient – they are incredibly inexpensive, they last in your store cupboard for months without going off, and finally, they don't need to be soaked before cooking, unlike other beans and pulses. They are also a very healthy source of fibre, which will help you feel fuller for longer.

Note, feel free to add anything you particularly like – or need to use up – I've added carrots in my version. Dhal is a very forgiving dish – there's very little you can do to make it go wrong - so go wild!

# Lighter Spinach and Cherry Tomato Dhal (continued)



## Ingredients

- 1 very small red onion (50g peeled weight), finely chopped
- 20g fresh ginger, peeled and finely chopped
- ½ small red chilli, seeds removed, finely chopped (or pinch chilli powder)
- 1 garlic clove, finely chopped
- 50g red lentils
- ½ tsp garam masala or curry powder (to taste)
- 8 cherry tomatoes, halved
- 200ml vegetable stock (use a low sodium bouillon, or make your own)
- 40g baby spinach
- Enough water to simmer your onions, garlic, chilli and ginger—keep an eye on it and add more boiling water as necessary
- Freshly ground black pepper
- 1 tbsp chopped fresh coriander, to garnish
- ¼ lemon or lime wedge to garnish and squeeze over—to taste

## Method

1. Heat the water in a small saucepan over a low heat. Add the onion, ginger, garlic and chilli and cook for 3 -4 minutes.
2. Add the lentils, curry powder and cherry tomatoes and cook for 1-2 minutes.
3. Pour in the stock, bring to the boil, then reduce heat and simmer for 15-20 minutes, or until the lentils are cooked, adding more stock if necessary.

## Lighter Spinach and Cherry Tomato Dhal (continued)



### Method Continued...

4. Stir in the spinach and season to taste.
5. Garnish with coriander, lemon or lime wedge and serve.
6. Traditionally served with rice, try other accompaniments such as sweet potato.

Top Tip: I love to serve this topped with a dollop of plain, vegan coconut yoghurt.



# Fresh Summer Rolls



These delicious fresh, crunchy summer rolls are such a quick and easy lunchtime fix. Although not associated in any way at all with Winter fare, I've included them as it is occasionally nice to eat a bit lighter, as so much winter food is quite heavy – so you can use this recipe to ring the changes – and to bring massive nutritional bang for your buck into your diet quickly and easily. I've included my peanut dipping sauce recipe for you too – you'll find this in the "Sundries" section.

## Ingredients

- ½ cup herbs e.g. coriander leaf (cilantro), mint, and/or basil leaves
- 1 grated carrot
- ¼ grated or finely sliced red cabbage
- 4oz extra firm tofu or tempeh
- 1-2 avocados, thinly sliced
- 2 cups sprouts of your choice e.g. broccoli, cress, sprouted pulses
- ½ cup unwaxed lime juice
- 16 rice paper wrappers (only 8 if you don't double wrap)



# Fresh Summer Rolls

## (continued)



### Method

1. Grate the carrot and cabbage. Slice the tofu or tempeh in thin strips. Half the avocado, remove the stone, slice each half into thin slices, and then scoop out the slices using a dessert spoon.
2. Fill a baking tray halfway with warm-hot water (hot, but not so much that it burns your fingers!) Immerse the rice paper wrappers in the water one by one to soften them. As soon as you put one in the water, watch for it to begin curling. Using both hands, lift it out and aim to keep it open as you lay it flat onto a clean surface. To double wrap the rolls (makes them hold better and easier to handle), wet a second rice paper and the layer directly on top of the first.
3. Add the filling to the centre of the rice paper. Begin by laying a few leaves of herbs down the middle. Add a little bit of carrot, cabbage, and a couple of tofu/tempeh strips. Add a couple of slices of avocado, a tablespoon or more of lime juice, and a small bunch of sprouts.
4. Roll by gently folding the sides of the wrapper towards the centre then fold the bottom of the wrapper over the filling, gently pulling the enclosed part of the roll towards you so it's tightly packed. Continue rolling until it's closed and snug.
5. Place each finished roll on a plate and cover with a damp tea towel. When all the rolls are made, slice each roll in half and serve with a dipping sauce, like my Peanut Dipping Sauce - see the "Sundries" section.

# Fresh Summer Rolls

## (continued)



### Top Tips

Don't be tempted to put too much filling into the rolls, they'll be difficult to roll and will fall apart more easily. If you want your rolls to look really pretty, try adding edible flowers to them and any other brightly coloured fillings.. This works best if you do a single wrapper – as it is more translucent. You'll get the hang of doing single wrappers very quickly – it is definitely worth trying.

If you'd like to keep the rolls to serve later, wrap them individually in parchment paper, which will help prevent them from sticking to each other or becoming soggy. They're best eaten within a day or two, due to the avocado. Without avocado added, they will easily last a week in the fridge.

# Lentil and Mushroom Shepherd's Pie



I've been making this dish for years – it is so easy and always turns out well. Originally, I used to include oil to sauté the onions etc. and lashings of vegan spread in the mashed potato topping, but since I discovered the outstanding benefits of an SOS-free diet, I've realised that we can make things equally as delicious without these extremely unhealthy ingredients. I promise you won't be disappointed!

By the way, this recipe is huge! Cut down the ingredients if you're not feeding the hungry hordes!

## Ingredients

- 8 large or 10 medium potatoes
- ½ cup unsweetened plant milk (soya and rice milk both work well)
- 1 large onion, finely chopped
- 2 cloves garlic, minced
- 6 oz cremini or chestnut mushrooms, thickly sliced
- 2 425g cans lentils or around 3½ cups cooked lentils with a little of their cooking liquid, lightly drained but not rinsed
- 2 tbsp dry red wine—optional (go for a sulphite free wine)
- 1-2 tbsp reduced-sodium soy sauce, tamari or liquid aminos
- 2 tbsp seasoning blend of your choice—I add mixed herbs
- ½ tsp dried thyme
- Freshly ground pepper to taste
- 3 tablespoons cornflour (corn-starch) or arrowroot
- 8-10 oz baby spinach or rocket (arugula) leaves



# Lentil and Mushroom Shepherd's Pie (continued)



## Method

1. Peel and dice the potatoes. Place in a large saucepan with enough water to cover. Bring to the boil, then reduce heat, cover, and simmer until tender (about 20 minutes).
2. Drain the potatoes and transfer to a small mixing bowl.
3. Add the plant milk and mash until fluffy. Cover and set aside.
4. Preheat oven to 200°C/400°F/Gas mark 6.
5. While the potatoes are cooking, sauté the onion in the broth over medium heat until translucent. Add the garlic and mushrooms and continue to sauté until the onion is soft.
6. Add the lentils and their liquid and bring to a gentle simmer. Stir in the optional wine, soy sauce, seasoning blend, thyme, and pepper. Cook gently for 5 minutes. Combine the cornflour with just enough water to dissolve in a small container. Stir into lentil mixture to thicken.
7. Add the spinach a little at a time, cooking until it's all wilted down. Remove from the heat, taste and adjust seasoning to your liking.
8. Pour the lentil mixture into a large cooking dish (I use a big round casserole dish) then spread the potatoes evenly over the top.
9. Bake for 30 to 35 minutes, or until the potatoes begin to turn golden and slightly crusty. Let stand for 5 to 10 minutes, then serve with steamed greens. You can really pep these up with a sprinkle of fresh lemon juice—sounds odd, I know, but believe in the process. It elevates plain old steamed veg to another level!



## Lentil and Mushroom Shepherd's Pie (continued)



### Top Tip

Mash the potatoes with the plant milk only, and use a non-stick pan to sauté the onion, adding a splash of low or no salt vegetable broth or bouillon, if needed, to prevent sticking.

Most soy sauce contains gluten. Look for a specially marked gluten-free version if you're cooking for someone who's gluten-sensitive and omit if soy is an issue. You can also use tamari – a type of soy sauce that is wheat-free. Another option is to use liquid aminos, or tamari.

Why not try topping the lentil mushroom base with mashed cauliflower for a very low-carb version of this recipe. - It works really well.

# Chili Sin Carne



This recipe serves four. Wherever you can, please use organic ingredients - and it is possible to get BPA-free tinned foods these days - so it's well worth looking out for these to further reduce your exposure to toxins and hormone-disrupting chemicals. It is also fine to make everything from scratch - but do be diligent about soaking and thoroughly cooking your kidney beans!

By the way - I have topped this bowl of chili with my home-made faux sour cream. Scroll right down for this recipe too if this floats your chili boat.

## Ingredients

- 1 cup of tinned tomatoes
- 2 cups of kidney beans
- 1 tin of sweetcorn
- 1 cup of dried soy mince (I often use frozen soy mince as a handy cheat)
- 1 cup of hemp seeds
- 1 courgette/zucchini
- 1 red bell/sweet pepper
- 1 red onion
- 2 tbsp mixed herbs
- 1 tsp paprika
- 1 tsp smoked paprika or chipotle peppers, finely ground
- 2 tsp ground chilli - depending upon the strength and your tolerance for heat!
- 1 tsp black pepper
- 1 tsp cumin
- 2 tbsp tomato puree
- Water or homemade broth (again, I sometimes cheat by using a no or ultra-low sodium bouillon powder to taste)

## Chili Sin Carne (continued)



### Method

1. Cover the dried soy mince with water or homemade broth and soak for 15 minutes. NOTE: if using the frozen variety, start at step two - then add the soy mince once the veggies have softened.
2. Cut the courgette, bell pepper and onion into pieces and add to 2 tbsp of water/broth in a large pot. "Stir fry" the veggies in the broth until they soften - add more water/broth if necessary.
3. Drain the soy mince if using the dried version and add to the vegetables.
4. Now add the hemp seeds and tomato puree, beans, corn, herbs and spices.
5. Mix thoroughly and bring to cook/boil; then reduce to a simmer until your preferred consistency is achieved.
6. Remember that the spice and herb measurements above are a guide only - do make sure you adjust to your own taste.

# The Best Pad Thai This Side of Bangkok



This easy and supremely tasty dish uses raw ingredients and therefore offers huge nutritional 'bang for your buck'. It is a raw vegan dish that is also free from added refined salt, oil and sugar. This also knocks it out of the park in the nutrition stakes. Get as creative as you want with this recipe – there really are no veggies that are off limits. If you like them – chuck them in!

## Ingredients

- 3 medium courgettes (zucchini)
- 3 large carrots (or butternut squash)
- 2 green onions, chopped
- 1 cup shredded purple cabbage
- 1 cup cauliflower florets
- 1 cup bean sprouts

## Optional:

- Other sprouts e.g. radish sprouts, broccoli
- ½ cup crushed peanuts
- ½ cup chopped fresh coriander leaf (cilantro)



# The Best Pad Thai This Side of Bangkok (continued)



## Sauce:

- ¼ cup tahini
- ¼ cup almond butter (or cashew butter, peanut butter)
- ¼ cup tamari • 2 tbsp lime or lemon juice
- 1 clove garlic, minced
- 1 tsp ginger root, grated

Optional—you can add a sweetener to taste if desired. If using, I prefer Medjool dates, which I chop and soak for about half an hour in a little hot water so they get really soft and gooey. If you don't have any to hand, maple syrup or coconut sugar will work well.

## Method

1. Use a spiralizer if you have one to make noodles from the carrot/butternut squash and courgette, or use a mandoline or vegetable peeler to create noodles. Put them in a large mixing bowl and top with other vegetables.
2. Whisk sauce ingredients in a bowl. The sauce will be thick but will thin out after mixing with the vegetables.
3. Pour the sauce over the vegetables and toss.
4. Serve with lime wedges to squeeze over the dish—it's traditional!

Top Tips: If you make the dressing first, and then toss the veggies on top, this is a one-pot meal. If you make the dish in advance and leave it in the fridge overnight, it will really enhance the flavours. If not, if you leave it at room temperature for around 15 minutes, it should also help to soften up the veggies and combine the flavours.

# Black Gooseberry Fool



Please note that this recipe is not SOS-free if you choose to add the pinch of Himalayan salt to the cheesecake base. If you omit this, the recipe becomes SOS-free.

## Ingredients

- Gooseberries—any will do—I enjoy black gooseberries from the local farmer's market.
- Greek style coconut yoghurt—I recommend Cocoyo as it is very thick and creamy, and not sour like some yoghurts. Ensure you use a creamy yoghurt to balance the sour flavour of the gooseberries.
- Optional: granulated coconut nectar, stevia, or sweetener of your choice to sweeten the gooseberries.
- Optional: walnuts, a date, and a teeny pinch of Himalayan salt for a “cheesecake base”.

## Method

1. Simmer down gooseberries in a tiny amount of water. To sweeten, you may add a little granulated coconut nectar, stevia or sweetener of your choice.
2. Layer the gooseberries in the glass with the Greek style coconut yoghurt.
3. Optional - you can use a cheesecake base in the bottom of the glass and sprinkle it over the top in order to add texture. Tip - I make my “cheesecake base” by crumbling walnuts, a date and a teeny pinch of Himalayan salt in a food processor.
4. Layer, decorate and eat!

# Super Quick, Cruelty Free Ice Cream



A delicious dessert that can be enjoyed year round!

## Ingredients

- Cashew nuts—a couple of handfuls is enough. Ideally, they should be soaked, but if not use unsoaked and blend longer
- Water
- Frozen fruits of your choice
- Optional: a sweetener of your choice

## Method

1. Put the cashew nuts in the blender.
2. Cover the cashews with water.
3. Blend together - a high-speed blender is ideal but a conventional one will work - just be patient. Blend until all lumps of nuts are gone.
4. Add frozen fruits of your choice - in our version, we added strawberries - but feel free to get creative.
5. Depending on what you've used, you may also want to add a sweetener of your choice. If so, have at it!
6. The frozen fruits should provide enough of a chill to create a lovely soft-serve ice cream - but if not, you can always pop it in the freezer.

Top Tip: Dates don't freeze - so, if you want to make this now, to serve later, use soaked dates as your sweetener and your ice cream will still be soft and scoop-able.

# Raw Cashew Dream Cake



Please be aware that this recipe won't be SOS-free, due to the addition of raw coconut oil for the cake filling - it can be omitted though without losing too much on the texture and flavour profiles.

You'll need a food processor and a pie tin or similar for this one. I use a high-speed blender for the topping - as it gives a slightly smoother finish, but you can just use the processor for it all if you wish.

Warning, this is seriously filling - so I advise small slices!

## Ingredients

### Crust:

- 1 cup raw almonds or walnuts
- 2 cups soft Medjool dates

### Filling:

- 1 ½ cups raw cashews
- 1 teaspoon raw coconut oil - can be omitted if desired
- 1 cup raspberries
- Juice of 1 lemon
- Agave nectar or other sweetener to your taste



# Raw Cashew Dream Cake

## (continued)



### Method

- Start by making the base in a food processor. Add the almonds/walnuts and dates and process until you get a breadcrumb-like texture. Press into the bottom of your pie tin or other suitable container. Pop this in the freezer while you do the next step.
- Add all the ingredients except the raspberries to your blender to make the filling. Pour only half of the mixture into your container. Add the raspberries to the remaining mixture in the blender, blend and pour on top of the other layer.
- Freeze for two hours, then remove from freezer and allow to soften for about 20 minutes before serving. Get as creative as you like with the decorations. I have topped it with fruit and flowers here, but I sometimes top with warm raw chocolate, and it cools to a perfectly flat, shiny surface.

# Jill's Black Bean Brownies



This is my Mum's recipe for super-healthy brownies. While you may think that the idea of a black-bean brownie is really bizarre, these really are the business! They are chewy, with a slightly crisp top, and are utterly delicious.

I have to say that when my Mum told me she'd made brownies from black beans - I thought that she's lost the plot - just goes to show that Mums always know best!

## Ingredients

- 1 can black beans (drained and rinsed well)
- 10 medjool dates, pitted (you can also use  $\frac{1}{4}$  cup organic coconut sugar if you don't have the dates to hand)
- $\frac{1}{2}$  cup cocoa powder (I prefer to use raw cacao powder, if I have it to hand)
- 1 tsp organic vanilla extract (more or less depending upon your taste - and the strength of your vanilla)
- $\frac{1}{4}$  cup water
- 1  $\frac{1}{2}$  tsp organic baking powder
- 1 flax egg (This is such a handy egg replacer. All you do is mix 1 tbsp ground flax with 3 tbsp water, let it thicken for a few minutes and you are good to go!)

# Jill's Black Bean Brownies

## (continued)



### Method

1. Preheat your oven to 175°C/350°F /Gas mark 4. Make the flax egg replacer by combining 1 tbsp ground flax with 3 tbsp water, mix and set aside.
2. Next take your drained beans, dates, cocoa powder/raw cacao, vanilla extract and water and blend until smooth. If you are having trouble blending, add in 1-2 tbsp more water until it is smooth.
3. Next add in your flax egg and baking powder and blend again. Pour batter into a non-stick brownie pan (you can use a muffin pan as well) and bake for 20 minutes. Check at 20 minutes to see if the top is brown and slightly firm. If it is still very soft, continue baking for 5 more minutes or until done.
4. Take brownies out of the oven and let rest for 20 minutes. Then cut, serve and enjoy!

# Double Chocolate Heaven Cupcakes



The creamy topping of these cakes is made with dates and is surprisingly rich and almost 'fudgy' in texture (the recipe for this is also below this one). I topped my cakes with sharp, dark berries to add in a surprising, tongue-tantalising twist. The sharpness of the berries also offsets the sweetness of the cakes. Don't get me wrong, these cupcakes are not overly sweet at all, but I'm more of a savoury lover – so the berries work for me as they 'cut' the sweetness. Of course, they're a rich source of additional healthy antioxidants too. As ever, you do your own thing – I did make an amazing batch that I topped with crystallised ginger – just sayin'!

## Ingredients

- 2 ounces unsweetened chocolate (non-dairy) or make your own
- 1 cup unsweetened plant-based milk – I used soya milk as that is what I had to hand at the time, but any will do.
- 1 teaspoon apple cider vinegar
- 2/3 cup dry sweetener (such as coconut, date or maple sugar)
- 1/4 cup unsweetened applesauce (easy to make by gently stewing some Bramley apples – or buy readymade)
- 1 teaspoon pure organic vanilla extract
- 1 cup gluten-free flour
- 1/3 cup raw cacao powder
- 3/4 teaspoon bicarbonate of soda / baking soda
- 1/2 teaspoon baking powder
- 1 batch Fudgy Chocolate Topping - see recipe on page 54



# Double Chocolate Heaven Cupcakes (continued)



## Method

1. Preheat your oven to 175°C/350°F/Gas mark 3.5.
2. Line a 12-cup cupcake tin with silicone liners or non-stick cupcake cases.
3. Melt the chocolate, use a bain marie or simply take a small sauce pan and fill half way with water. On top of that place a small glass bowl. Fill the bowl with chocolate and bring the water to a boil. Use a rubber spatula to mix the chocolate as it melts. Do not let any water get into the chocolate as it will get really clumpy. Once the chocolate has melted, remove from heat and let cool for 5 more minutes, stirring occasionally. Set aside.
4. In a larger bowl, whisk together the plant-based milk and vinegar. Let it sit for a few minutes, until curdled. Next, stir in the dry sweetener, applesauce, vanilla, and melted chocolate.
5. In a separate bowl, sift together the flour, raw cacao powder, bicarbonate of soda, and baking powder. Add the mixture to the wet ingredients, half at a time, and beat until no large lumps remain.
6. Scoop the batter into your cupcake tin, just filling each cup three-quarters full. Bake for 18 to 20 minutes, or until a toothpick inserted into the centre comes out clean.
7. Remove the pan from the oven and let the cupcakes cool for at least 20 minutes, then carefully run a knife around the edges of each cupcake to remove. Resist the urge to top the cupcakes with the topping until they are totally cool – otherwise it will melt and get very messy indeed.

# Double Chocolate Heaven Cupcakes

## Fudgy Chocolate Topping



### Ingredients

- 1 cup boiling water
- 1/3 cup unsweetened raw cacao powder
- 1 ½ cups dried, pitted dates, tough ends removed
- 1 tablespoon brown rice syrup or similar
- ½ teaspoon pure organic vanilla extract

### Method

1. Put the boiling water and raw cacao powder into a blender or food processor. Blend on high speed for about 30 seconds, or until the mixture is relatively smooth. Keep scraping down the sides of the blender. Be careful not to let the steam build-up, if you are using a high-speed blender like a Vitamix for example.
2. Add the dates and brown rice syrup. Blend until smooth, remember to stop occasionally to scrape down the sides of the container with a spatula to ensure that all your ingredients are incorporated. Add the vanilla and blend again until everything is smoothly combined.
3. Transfer the mixture to an airtight container. Refrigerate for at least 3 hours, until it becomes firm and spreadable.
4. Spread the topping onto the cooled cupcakes with the back of a spoon or an offset spatula. You can also pipe the topping with a pastry bag fitted with a wide metal tip.

# Jayne's Dark Chocolate Silk "Cheesecake"



This is my take on traditional cheesecake but I've substituted all the toxic animal products and sugar with nutrient-packed whole food goodness and luscious flavours! This super-fast recipe is vegan and SOS-free. I can make it in less than 10 minutes, as I've made it so many times. It's a real crowd pleaser and really is quite impressive and ideal to take as a party gift, especially if you bling it up with fruits, flowers, even edible gold leaf and more!

## Ingredients

### Crust:

- 1 cup dates
- ½ cup raisins or other soft fruit. I have recently discovered that dried sour cherries give an intense flavour kick in many dishes, including this cheesecake base.
- 1½ cup raw, unsalted almonds - or other nuts of your choice - but almonds work best if you're also adding the dried cherries

### Filling:

- 4 cups raw, unsalted cashews
- 2 cups dates
- 1 cup raw organic cacao powder
- 1½ cups water
- 1 cup unsweetened soy milk or other plant milk

# Jayney's Dark Chocolate Silk "Cheesecake" (continued)



## Method

1. Mix crust ingredients in a food processor until the mixture starts sticking together.
2. Press this into a cake tin or a cheesecake pan, if you have one. (I line mine with BPA-Free clingfilm - but will be looking for substitutes - plastic!!!)
3. Mix filling ingredients in a blender and then pour over the crust.
4. Place in the freezer for at least a couple of hours or until firm.



# Jayne's Sticky Toffee Pudding



This recipe is a firm favourite when I have guests round. I should point out that this dish is fairly heavy on the calorie count, so think of it as an occasional treat. Due to the addition of the vegan butter, this is not classified as SOS.

## Ingredients

- 250ml milk alternative (soya, oat, almond etc.)
- 100ml water
- 200g Medjool dates
- 1 level tsp bicarbonate of soda
- 115g vegan spread (butter alternative)
- 115g coconut sugar
- 200g white self-raising flour (can be gluten-free if desired)
- 1/8 tsp ground nutmeg
- 1/2 tsp ground ginger
- 1/2 tsp ground cinnamon

# Jayne's Sticky Toffee Pudding (continued)



## Method

1. Preheat your oven to 190°C/375°F/Gas mark 5.
2. Line a 20cm x 20cm (8" x 8") shallow cake tin with baking parchment.
3. Halve the dates and put them in a small saucepan and cover with the soya or oat milk and water. Simmer until the dates are softened.
4. Remove from the heat and stir in the bicarbonate of soda, it will froth as you add it to the date mixture.
5. Allow cooling.
6. Beat together the vegan spread and coconut sugar until pale and creamy.
7. Add the date mixture and stir in.
8. Mix the spices into the flour.
9. Sieve the flour and fold it into the sponge mixture. Spoon the sponge mixture into your cake tin.
10. Cook in the preheated oven for 30 minutes or until baked. The sponge should bounce back when you press it.

# Jayne's Sticky Toffee Pudding (continued)



## Top tips for this recipe:

Try to incorporate organic ingredients where possible – they taste better (in my opinion) and increasing amounts of research show that they do have superior nutritional bang for your buck, as compared to conventional foods. [See my website](#) for the current list of the “Clean 15 and the Dirty Dozen” – those foods which can safely be eaten, even if they aren't organic vs those that are highly contaminated, respectively.

You can make the sponge and sauce ahead of time – the sponge will keep in a tin, wrapped in foil for about 5 days (if kept in a cool place). Reheat by popping into the oven at 160C/320F. The sauce will also keep for about five days in the fridge. Reheat gently over low heat.

# Jayney's Sticky Toffee Pudding Sauce



## Ingredients

- 100g syrup (agave, date, coconut etc.)
- 200g coconut sugar
- 150g vegan spread (butter alternative)
- 100ml soya/oat cream
- 1 tsp vanilla essence (check for taste as all brands differ in strength)

## Method

1. Melt the syrup, vegan spread, coconut sugar and vanilla essence in a small saucepan.
2. Leave this to simmer for 5 minutes without stirring.
3. Allow to cool slightly and then fold in the soya/oat cream.
4. Prick the pudding all over and pour half the hot toffee sauce over the pudding.
5. Serve the rest of the sauce in a sauceboat so that your guests can help themselves to extra sauce if they need it.
6. Optional: If you feel really decadent, pop a side scoop of vegan vanilla ice cream on the plate too – the contrast of the hot and cold is wonderful.

Top tip: If by some strange chance you have any of the sauce left over, pop it in the fridge as it can be used to top all sort of other scrummy things – I love it on vegan crumpets!



# Jayne's Faux-Yet-Convincing Sour Cream



## Ingredients

- 1 cup raw cashews, soaked for at least 4 hours or overnight – so that they are extremely soft
- ¼ cup + 2 tbsp fresh lemon juice
- ¼ tsp garlic powder
- 1 tsp nutritional yeast
- ½ cup water

## Method

Blend on high for 5-7 minutes until very smooth and creamy.

This amazingly delicious, cruelty-free vegan sour cream can be stored in your fridge for 1-2 weeks in an airtight container – if you can make it last that long!

# Vegan Soy-Free Aioli



Please note that this recipe is not SOS-free, and so should only be used every once in a while in moderation or as a treat.

## Ingredients

- 3 tbsp aquafaba (water from a can of chickpeas/garbanzos)
- 1 tbsp fresh lemon juice - to taste
- 1 tsp apple cider vinegar
- ¼ tsp coconut nectar syrup - or similar sweetener
- ¼ tsp fine sea salt, to taste
- ¼ tsp dry mustard powder
- ¾ to 1 cup rice bran oil or other flavourless oil. Note: olive oil, lovely as it is, will make this mayo taste very bitter - so I wouldn't use it - go for something really bland.
- Roughly chopped garlic cloves to taste

## Method

1. Put the aquafaba, lemon, vinegar, nectar, salt, and dry mustard into a food processor or high speed blender. Blend on low to medium speed.
2. Next, while everything is blending, slowly stream in the oil. Drizzle it very slowly down the side of the blender if you can, until it thickens into a white, creamy mayo. You may need more or less oil - so allow for extra just in case.
3. Add in the garlic and keep blending - taste as you go along to make sure it does not get overpowering.

# Orange and Cranberry Sauce



This SOS-Free, gluten-free and vegan recipe is a real showstopper. It is the perfect accompaniment to your dinner on the big day – as it just smells and looks so Christmassy! (I eat it all year round though!)

## Ingredients

- 1½ cup water
- 340g package fresh cranberries—remove tiny stems
- 12-15 Medjool dates, pitted and diced
- 3 navel oranges (2 juiced)
- 2 cinnamon sticks
- 1 tsp cloves (whole, not ground, as they will be removed at the end)
- Pinch or two of allspice
- A couple of star anise
- 1-2 tablespoons fresh mint, minced

# Orange and Cranberry Sauce

## (continued)



### Method

1. Combine the water, cranberries, dates, juice of 2 oranges, cloves, and cinnamon sticks and other spices. Cover and bring to a boil in a medium saucepan.
2. Once boiling, reduce the heat and simmer for 25 to 30 minutes, stirring occasionally. If you feel that the sauce is becoming too thick, add a little more water. Continue cooking until the cranberries are broken down.
3. Remove from the heat when the sauce has your desired consistency. It will be semi-chunky—if you want a smooth sauce, use a blender to blend until creamy before transferring it back to the pot or serving bowl.
4. Cut the remaining orange into 1/2 inch/1cm segments and remove as much of the pith as you can.
5. Gently mix in orange segments and fresh mint.
6. Serve warm or chilled.

Top tip: Depending upon how 'rustic' you want to go - remove the cinnamon sticks, star anise and cloves before serving.



# Quick 'n' Easy Peanut Sauce



## Ingredients

- ½ cup organic peanut butter—ensure that it only contains peanuts—no added salt, oil, or sugar
- ½—¾ cup water
- 2 tbsp rice vinegar
- 2 tbsp lime juice
- 1 tbsp tamari (optional)
- 1 Medjool date, pitted
- 1 garlic clove (or ¼ teaspoon garlic granules)
- ¼—½ teaspoon red pepper flakes

## Method

1. Add all the ingredients into a blender and blend until creamy.
2. Serve immediately or store in an air-tight container for later.

## Top tips

- To begin, only add ½ cup of water. If you want a thinner sauce, add the last 1/4 cup.
- The date is added for a touch of sweetness and to balance the heat from the red pepper flakes. It can be left out, especially if you don't add the red pepper flakes.
- This sauce will keep for up to a week in the fridge, and the flavour actually improves if kept for a day or so.

# Jayne's Indispensable Hummus



Hummus is such a delicious option for anyone following a whole food plant-based diet – and for those who don't! The soft creamy texture of a well-made hummus is wonderful as a dip – and as a spread in wraps and – as I like to do – dolloped generously on salad. Importantly – if you are looking for the health benefits of maintaining a diet that is free from added Salt, Oil and Sugar (SOS-Free), it is vital that you make your own hummus as the shop bought versions are absolutely swimming in oil and salt – and even, occasionally, added sugar, would you believe! Most hummus recipes contain tahini – a paste made from sesame seeds. It is eye-wateringly high in oil content – so I leave it out, and I don't find that it makes much difference at all.

## Ingredients

- 2 cans chickpeas, rinsed and drained
- 3 cloves garlic
- Juice of 1 lemon
- 1+ tsp ground cumin—adjust to taste
- 2 tsp liquid aminos or tamari
- ¼ cup water or vegetable broth

# Jayne's Indispensable Hummus

## (continued)



### Method

1. Blend all ingredients into a thick paste, a food processor works well.
2. You can also modify this recipe by adding one or more of the following: 1 fresh jalapeño pepper, seeded and chopped; grated beetroot; 1 roasted and chopped red pepper; 1 cup olives – Kalamata work well; avocado; 1 bunch fresh mint; 1 cup fresh spinach; 1 cup cooked aubergine (eggplant). Sprinkle with paprika – smoked paprika works well too.

I used avocado and spinach in one of mine and beetroot in the other and left the third one plain – the colours together look fabulous. They make wonderful party dips and you can decorate the bowls in any way you choose – just don't be tempted to slosh on the olive oil before serving. I know it's traditional – but definitely NOT the healthiest option.

# Cooked Chickpeas (Garbanzos) From Scratch



I originally found this recipe over at The Noil Kitchen website – and as it has such fantastic reviews, I thought we couldn't go far wrong with it. You can also use this recipe for the chickpeas in our hummus recipe – it works brilliantly!

## Ingredients

- 1 lb dried chickpeas (garbanzo beans)
- 8 cups filtered water for soaking
- 10 cups filtered water for cooking (Add more water as needed. Add 1 cup every 20 minutes of time over 40 minutes)
- Spice bag (optional) - to make this yourself just add the following along with any other herbs or spices you love to a small muslin bag square and tie tightly:
  - 1 tbsp whole cumin seeds
  - 1 tbsp whole coriander seeds
  - 15 black peppercorns
  - 2 bay leaves



# Cooked Chickpeas (Garbanzos)



## Method

1. Check for non-bean particles like small pebbles that sometimes get in with the beans. Pour the chickpeas into a large bowl or pot.
2. Fill the bowl or pot with tap water and rinse the beans and drain the water. Repeat 2-3 times.
3. Add filtered water to the bowl or pot with the chickpeas, cover and let soak for 8-16 hours, changing the water after 8 hours.
4. Drain the beans and rinse.
5. Heat a large stock pot or Dutch oven and add the beans, plus 10-12 cups of filtered water. The water to chickpea ratio should look about 3:1. Bring to a boil. Fill the spice bag if using and set aside.
6. Skim off any foam that rises from the chickpeas and set aside. Continue to skim until no foam is left.
7. When the water is clear of foam and boiling, add the spice bag if using.
8. Cover the pot with the lid, but not all the way. Let the chickpeas simmer at a rolling boil until done. Check at least 3 beans. They can cook between 20 and 90 minutes—check at 20 minutes just in case. If more than 40 minutes is needed, add about 1 cup of water and check again in around 20 minutes.
9. Once the chickpeas are the tenderness you like, drain them and they are ready to use in your dishes. They will keep in the fridge for up to 4 days.
10. Let the remaining chickpea stock cool before storing in the fridge or freezer.

# BONUS RECIPE: Jayney's Healing Herbal Salve



Although this is not a food recipe, I wanted to share it with you as it is my favourite herbal recipe for a healing balm that I completely swear by! It will make your skin both look and feel younger and it is particularly useful if you ever find yourself with rough, chapped skin. This recipe makes 500ml (17oz) of salve, so you'll need a few small jars in which to store it.

## What you'll need

- 400g (14oz) unrefined organic coconut oil
- 150g (5oz) unrefined food-grade cocoa butter
- 60g (2oz) fresh herbs of your choice. I use approximately 40g (1.5oz) of plantain leaves—these are the little roundish leaves that commonly grow amongst grass, not to be confused with the banana-like plantain (same name but totally different plant) and 20g (0.7oz) of lavender flowers—pick these fresh in summer and hang them to dry so that you have a stash to use all year.
- Slow cooker, dehydrator or crock pot—ensure you can set this quite low
- Thermometer

# BONUS RECIPE: Jayney's Healing Herbal Salve



## Method

1. Put the coconut oil and cocoa butter into the slow cooker or other appliance, and allow to melt completely.
2. Add your plants (plantain and lavender, or see the next page for a list of other herb options) and ensure that they are totally covered by the oil by squashing them down if necessary. As the oil warms up, they will soften and sink in, but feel free to help them along at the beginning.
3. Using your thermometer to check the temperature, increase the heat so that the plants are cooking between 37.7 and 60°C (100 and 140°F) for 2-3 hours. Monitor the temperature periodically so that the plants don't get overcooked and go crispy.
4. Your liquid should end up a lovely green colour. Take it off the heat and strain the liquid into your jars.
5. Squeeze your plants once the oil has cooled down so that you get every last drop of healing essence.
6. Allow the jars to cool at room temperature. You might want to help this process by putting the jars in the fridge so the balm hardens up a bit.
7. Once the oil has hardened, bring the jars back out of the fridge for 30 minutes or so to allow the balm to come to the right temperature.
8. Store your balm in a cool place so that it doesn't become liquid. However, if this happens, don't worry, just pop it back into the fridge.

# BONUS RECIPE: Jayney's Healing Herbal Salve



Salves should last for about 2-3 months, if stored in the fridge.

Note: it's best to do a patch test of the salve by rubbing a little behind your ear and waiting 24 hours to check for any reactions before using elsewhere.

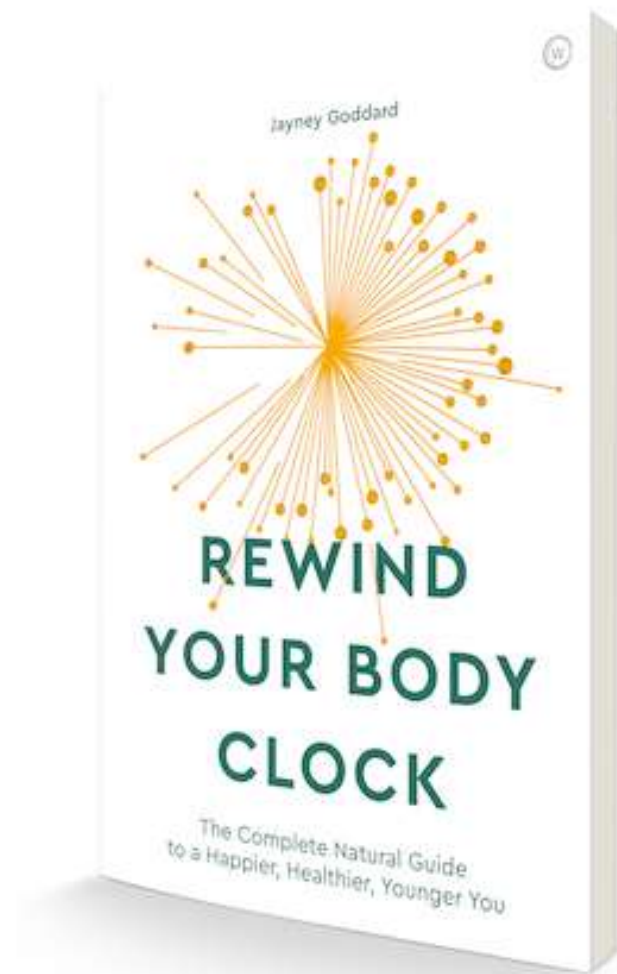
Other herbs that can be used to make this healing salve include:

- Meadowsweet: An anti-inflammatory herb, its gentle flowers were traditionally used in love potions as it was linked to peace and happiness.
- Calendula: Also an anti-inflammatory and a healing herb par excellence, it works wonders for sunburn, eczema, or heat rash.
- Chamomile: Wonderful in a beauty balm, it is also a potent stress reliever.
- Lavender: Fabulous for stress relief and a great sleep aid too.
- Rosemary: Perfect to use when studying, it enhances cognitive performance and memory.
- Sage: An effective herb for inflammatory conditions such as arthritis, gout, or anything affecting the cardiovascular system. Also a potent cognitive enhancer as it inhibits the enzyme that breaks down one of the brain's chemical messengers, acetylcholine. Use it with rosemary for an extra memory boost, as they work slightly differently so will support each other's effects.
- Mint: Refreshing and uplifting, this supports memory so could be used with rosemary and sage.
- Ginger: Excellent for aches and pains, but not on sensitive areas as it can feel hot and prickly.
- Capsicum: Again, not for use on sensitive areas, but ideal together with ginger for use on sore joints.



# Don't miss Jayney's No 1 Global Bestseller

Rewind Your Body Clock; The Complete Natural Guide  
to a Happier, Healthier and Younger You!



This incredible book entered the Amazon charts at No 1 of ALL books on Amazon and sold out within two hours! It has been serialised twice in the Daily Mail. It is now available in all formats - paperback, eBook and audio and is now in translation globally!

Available on all book sites including GoodReads and Amazon worldwide.



Stay in touch with Jayney here:

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I sincerely hope that you enjoy my favourite recipes - they are sent to you with love and my warmest wishes for your good health and happiness.

All my love,

Jayney xox



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