



# Nourishing Recipes

Low Cost  
Low GI  
Gut Friendly  
Quick and Simple



**Cauliflower Rice Pullav**

**Courgette Noodles**

**Buckwheat Salad**

**Protein Stuffed Pancakes**

**Hearty Healthy Hummus**

**Blissful Balls**

**Avocado Tofu Pudding**

**Be creative with the ingredients and try different flavours every time you decide to make them.**

**Enjoy!**

*"The true joy of eating lies in the awareness that another life becomes part of yours. By paying attention to the subtle connection between food and the body, we can intuitively know what and how much we need to eat. With this awareness, a simple meal transforms into a beautiful process of nourishment and harmony."*

*-Sadhguru*



HOLISTIC  
HEALTH NUTRITION

# Cauliflower Rice Pullav



## RECIPE

2-3 servings

## INGREDIENTS

1 small cauliflower

1 cup mixed peppers (Red, Yellow, Orange, purple)

3-4 florets of broccoli

6-7 soya bean nuggets

1/2 cup green peas

1 small Leek (can use 1/2 onion)

1 small tomato

1 clove of garlic (optional)

A pinch of cumin seeds, salt, turmeric powder and chilli flakes to taste  
(can use any fresh or dried herbs and spices of your choice)

1 teaspoon Rapeseed Oil

Can pair with a tablespoon of kimchi, 4-5 olives or salad of choice

## INSTRUCTIONS TO PREPARE:

- Heat 1 teaspoon Rapeseed oil in a pan and add a pinch of cumin seeds.
- Soak soya bean nuggets in hot boiling water.
- Once cumin seeds have popped, sauté leek, tomato and garlic for 2mins.
- Add all vegetables and soya nuggets, cook for 5-10 mins on slow heat.
- Grate cauliflower to make rice (use a coarse blade for rice texture)
- Add cauliflower rice, herbs and spices into vegetables and mix it well. Garnish with chopped coriander or pomegranate.
- Can make it into a meal serving with yogurt, salad, chutney, olives or kimchi.

Enjoy!

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# Buckwheat Salad



## RECIPE

1 serving

## INGREDIENTS

1/4 cup Buckwheat

1 cup fresh or frozen seasonal mixed vegetables

1/2 cup soya chunks (can use tofu)

Handful of gem lettuce and sliced cucumber (can add cherry tomatoes)

4-5 Olives (can pair with kimchi or fermented pickle)

2 tablespoons home made hummus (recipe to follow below)

A pinch of Mixed dried Herbs, salt and chipotle chilli to taste  
(can use any fresh or dried herbs and spices of your choice)

1 teaspoon olive oil or apple cider vinegar to garnish

A tablespoon of mixed seeds to garnish

Can compliment with 2 tablespoons of pomegranate or crushed nuts

## INSTRUCTIONS TO PREPARE:

- Boil buckwheat for approximately 15 minutes until its soft in texture.
- Soak mixed frozen vegetables and soya chunks in hot boiling water for 5 minutes until they are soft and drain the water.
- Add all the vegetables and boiled buckwheat in a mixing bowl, drizzle olive oil or vinegar as preferred, add herbs and spices of your choice and mix well.
- Serve with leaves of gem lettuce, sliced cucumber and hummus. Can add fruits such as pomegranate for additional flavour (Hummus recipe is available on page 5)

Enjoy!

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# Protein Stuffed Pancakes



## RECIPE

2 servings

## INGREDIENTS

- 1 cup gram flour to make pancakes
  - 1 small red onion (can use 1 leek or 2 spring onions)
  - 1/2 cup soya granules (can use cottage cheese or soft tofu)
  - 2 tablespoons frozen peas or edamame beans
  - 1/2 cup frozen mixed peppers (red, yellow, green)
  - 1/2 cup chopped spinach or kale
  - 1 table spoon olive oil
  - 1 sliced or mashes avocado (can use boiled sweet potatoes)
  - Mixed herbs and spices of choice
- Can add 1 tablespoon of sunflower and flaxseeds in the filling

## INSTRUCTIONS TO PREPARE:

- Mix 1 cup gram flour with chopped onions and 1/2 cup water to make spreadable mixture (can add fine chopped green chilli and fresh coriander for flavour). Add a pinch of salt and mixed herbs as preferred for taste.
- Soak soya granules and frozen vegetables of your choice in boiling water for 5 minutes and drain the water.
- Drizzle olive oil on a hot pan and spread the mix to make pancakes of your preferred size, cook both sides.
- Add vegetables of choice, soya granules or cottage cheese in a mixing bowl and mix herbs and spices to taste (can drizzle olive oil)
- Once pancakes are cooked, fill with smashed or sliced avocado and vegetable mix. Can add salad to side.

Enjoy!

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# Hearty Healthy Hummus



## RECIPE

2-3 servings

## INGREDIENTS

1 cup leftover boiled chickpeas (can use tinned chickpeas)

1 medium sized avocado

1/4 cup edamame beans (can use frozen edamame beans)

2 tablespoons tahini

1 tablespoon chopped spring onion (optional)

1 clove of garlic (optional)

1 lemon, juice only

A pinch of Mixed dried Herbs, salt and smoked chilli flakes to taste  
(can use any fresh or dried herbs and spices of your choice)

1 teaspoon Olive Oil

## INSTRUCTIONS TO PREPARE:

- Boil the edamame beans until soft (if using fresh) or soak in hot water (if using frozen).
- Cut the avocado into half, take the seed out and scoop the flesh.
- Blend the leftover chickpea, edamame beans and avocado in a blender until smooth.
- Add the tahini, olive oil & lemon juice until smooth and creamy (add a dash of water if needed).
- Transfer to a dish and garnish with a drizzle of olive oil, smoked chilli flakes and herbs of your choice.
- Serve with warm pitta bread, crackers, oat cakes, carrots or cucumber sticks.

Enjoy!

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# Blissful Balls



## RECIPE

Makes 24 Balls

## INGREDIENTS

1 cup ground cashew nuts

1/2 cup ground almonds (can replace almonds with shredded coconut)

1/2 cup sunflower seeds

1/4 cup flaxseeds

2 tablespoon chia seeds

6 Medjool dates (can use any pitted dates)

1/4 cup raw cacao powder (can add Macha powder)

## INSTRUCTIONS TO PREPARE:

- Mill chia seeds, sunflower seeds and flax seeds.
- Blend dates and cacao powder in the blender on high speed, add a splash of water if needed.
- Add ground almond and cashew nuts and blend until they are mixed well.
- Once its blended well, add seeds mix.
- Take the mixture in a bowl and add any extra spices or fruits such as Christmas spices, cinnamon, ginger, nutmeg, lemon zest or dried berries.
- Mix everything well and roll them into small balls.

Enjoy!

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# Avocado Tofu Pudding



## RECIPE

2-3 servings

## INGREDIENTS

2 medium sized ripe avocados

1/2 cup silken tofu

5 teaspoons roughly chopped pistachios (can use walnuts)

2 tablespoons honey

1 tablespoon sweet lime juice (can use orange juice)

1/2 teaspoon rose water

1/2 cup mixed fresh or frozen berries or chopped pineapple to garnish

Can add a pinch of cinnamon for flavour

## INSTRUCTIONS TO PREPARE:

- Slice the avocados into half, take the seed out and scoop the flesh.
- Blend avocados with silken tofu until the flesh turns into cream.
- Add honey, sweet lime juice and rose water for flavour (can substitute sweet lime juice with orange juice, add any other flavours as desired)
- Blend until it turns into smooth and creamy texture. Adjust the flavours as desired.
- Transfer the pudding into a big bowl and mix roughly chopped pistachios (can substitute with walnuts)
- Spoon the mixture into serving cups/bowls.
- Garnish with your choice of nuts, seeds, mixed berries, edible rose petals, mint leaves or orange zest.

Enjoy!

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