

DR MIKE'S FAMILY FAVOURITE RECIPES

The Total Health Osteo (03) 9521 1522

MORNING STARTER PORRIDGE

Ingredients:

- 1 cup rolled oats
- 1/2 tsp turmeric
- 2 tbsp mixed nuts
- 1 tbsp agave nectar
- 1 tsp cinnamon
- zest and the juice of one orange
- 1 sliced ripe banana
- 2 cups of soy milk

Method: Add fresh blueberries for a twist.

HOMEMADE BREAKY BAKED BEANS

Ingredients:

- 2 x tins of butter beans
- 1 tbsp crushed garlic
- 1 tsp onion powder
- 1 tsp garlic powder
- 4 heaped tbsp tomato paste
- 1.5 tsp salt
- cracked black pepper to taste
- 2 tbsp balsamic vinegar
- 1/4-1/2 cup brown sugar to taste
- 4 tbsp corn flour

Method: Drain tinned beans then add all of the ingredients. Simmer then add diluted corn flour to thicken up the beans and then put in fridge for 2 days.

HEAVENLY HUMMUS

Ingredients:

- 200g/7oz canned chickpeas
- 2 tbsp lemon juice or more.
- 2 garlic cloves, crushed
- 1 tsp ground cumin
- pinch salt
- 1 tbsp tahini (sesame seed paste)
- 4 tbsp water
- 2 tbsp extra virgin olive oil.

Method: Blend it all together. For a twist blend in coriander and sweet chilli sauce.

MIGHTY MINISTRONE

Ingredients:

- 2 onions
- 4 garlic cloves
- 400g veggies mixed colours
- 1 tin peeled tomatoes
- 2 tbsp tomato paste
- salt and pepper to taste
- 100g pasta, thick and chunky pieces
- 2 tins lentils/kidney beans
- 3 vegetable stock cubes
- olive oil

Method: Cut up onions and garlic and sauté in olive oil. Then add the rest of the ingredients and 600g water and simmer till cooked.

ANTOINETTA'S WARMING WINTER SOUP

Ingredients:

- 2 litres vegetable liquid stock
- 3 vegetable stock cubes
- 2 bunches Silverbeet (seems a lot but it shrinks when heated)
- 3 big onions
- 2 tbsp olive oil
- 5 garlic cloves
- 10 cubed potatoes
- Salt and Pepper

My Mother's neighbour Antonietta used to make this yummy traditional Italian soup.

Method: Caramelise the onion and garlic and add to the stock. Add chopped up Silverbeet and cubed potatoes then salt and pepper to taste and simmer for an hour.

POWER SMOOTHIE

Ingredients:

- 2 cups almond milk
- 1 cup frozen mixed organic berries or mixed fruit and veggies
- 1 tbsp flaxseed oil
- 1 tbsp chia seeds
- small hand-full of nuts and seeds
- 2 tbsp soy yoghurt
- 1 tbsp honey or agave nectar
- 1 tsp cinnamon

Method: Whip it up in the blender and power through your day! 2 servings

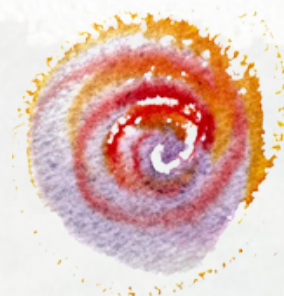
BAKED CARROT & OAT BREAKFAST

Ingredients:

- 2 medium ripe bananas
- 2 cups rolled oats
- 30g protein powder
- 1/2 tsp cinnamon
- 1 flat tsp baking powder
- 1 medium grated carrot
- 1/4 cup chopped walnuts
- 2 tbsp maple syrup/honey
- 2 cups almond milk
- 1 tsp vanilla essence.

Topping: Passionfruit yogurt, maple syrup and chopped walnuts.

Method: Mix together and put in spring form greased tin in oven 180C degrees celsius for 45 minutes. Prepare the day before and once cooked refrigerate add topping when cold.



DR MIKE

The Total Health Osteo

(03) 9521 1522