



MOST LOVED

Godless Recipes





Super Green Juice

- 1 Pineapple
- 1 Full bunch of celery stalks (usually around 5-6)
- 2 Whole cucumbers
- 2 Limes
- 1/2 inch Ginger Root

1. Remove skin from pineapple. You can do this using a large kitchen knife or a bread knife.

Optional - you may have to also remove the skin on your limes, depending on your juicer. You can do this with a small fruit knife or peeler.

The rest of the ingredients BAR the avocado can be juiced as they are.

2. Juice Pineapple, Cucumbers, Celery, Limes in your juicer.

Ta-dah!

Optional - then transfer your green juice to a blender, cut your avocado in half and remove the stone - then scoop your avocado into the blender, and whizz up.

And voila - your Green Goddess Super Green Juice



Gorgeous Granola

1 cup pecans	1/2 cup Linseed or Flaxseed
1 cup almonds	2-3 tbsp Cinnamon
½ cup walnuts	1 tbsp Vanilla essence
2 cups oats	3 tbsp Coconut Oil
2 cups pumpkin seeds	4 tbsp Honey
1/2 cup Linseed or Flaxseed	1 cup sultanas/raisins

1. Pulse pecans, walnuts and almonds in a food processor (Pulse, don't blend or they will become a flour – you still want to see chunks of pieces of nuts in there)

2. Transfer to a bowl, and add oats, pumpkin seeds and linseed or flaxseed. Stir well.

3. In a saucepan, melt the coconut oil, and then add the honey, vanilla essence and cinnamon to the pan. When it has all melted to form a liquid, remove from the heat and pour over your granola. Stir thoroughly.

4. On a baking tray, pour the granola mix and spread evenly. Cook in the oven at 200 degrees or Gas Mark 4 for around 30 minutes, and keep checking and stirring around so the top doesn't burn.

5. Remove granola from the oven, and then (optional) add sultanas or dates to the mix

6. Keep granola in an airtight container, and serve as and when you want it with a plant based milk of your choice. I also added strawberries and blueberries here!



Bowl o' Love

1 Cup of Quinoa
2 Avocado
1 Cup of Peas
Juice of 1 Lime
Handful of Spinach
1 1/4 Cups of Broccoli Florets

Handful of Fresh Mint
Handful of Basil
1 tbsp Extra Virgin Olive Oil
Sea Salt & Black Pepper

1. Pour Quinoa, Broccoli and Peas into a saucepan and bring to the boil for 10-15mins. Use pre-boiled water from the kettle to stop the veg from overcooking. Drain the water and remove from the heat.

2. Meanwhile, blend the Mint, Basil, the Lime juice and 1 Avocado in a food processor until smooth. Add the creamy sauce to the Quinoa mix.

3. Chop the remaining Avocado into chunks, and stir into the mix.

4. Tear up your spinach and coriander and add to the mix with a drizzle of olive oil.

5. Add salt and pepper to taste and then serve.



Mini Pizzas

FOR THE BASE

Half teaspoon of dry yeast
170ml Lukewarm water
300g Spelt Flour
Half teaspoon Pink Himalayan Salt

FOR THE SAUCE

2 red onions chopped
2 finely chopped garlic cloves
10 Sundried tomatoes
1/2 can Tinned Tomatoes
2 Tablespoons tomato puree
Salt and Black Pepper

TOPPINGS

Use your imagination!

Mushrooms, Peppers, Spinach, Olives, Goat's Cheese

YOU'LL ALSO NEED

Olive Oil
Coconut Oil

1. Preheat oven on gas 6 or 200 then whisk the yeast with the lukewarm water in a warm room and leave for 15 min.
2. Melt the coconut oil and fry the garlic and onions until soft and golden.
3. In a blender, pour the tinned tomatoes, the sundried tomatoes, and the tomato puree. THEN add the onions and garlic (yes, into the blender), season with a generous few grinds of black pepper, and whizz up into your tomato base sauce!
4. Now for the dough base - Place the flour and pink salt in a mixing bowl, then pour in the yeast mixture and mix for 10 minutes until smooth and silky. Leave it to stand for 15 -20 minutes.
5. Chop all your toppings up and separate them into bowls! I used mushrooms, peppers, and spinach. You can also use pineapple, goat's cheese, olives, jalapeño peppers, chilli peppers, meat, whatever takes your fancy!
6. Then turn the dough out onto a floured surface (I used more spelt flour out of the bag) and knead for 5 minutes. Divide the dough into 4 balls, and then press down flat into pizza shapes. Put a piece of greaseproof baking paper into a baking tray, and put your pizzas in the oven for 5 minutes only.
7. After 5 minutes, remove your pizzas. Now the creative bit! Spread the sauce over your pizza bases, and then decorate with the toppings of your choice!
8. Drizzle the pizzas with Olive Oil, and cook the pizzas on an oven rack for another 10 minutes, then serve.

NOTE - Although Spelt is technically NOT gluten free, many gluten free ladies eat it with absolutely no issues, as it is much kinder on the body than regular wheat tends to be. These pizzas won't make you feel bloated as regular wheat pizzas may do.



Thai Green Curry

100g Mange Tout
100g Baby Corn
100g Mushrooms, chopped
1 tin Coconut Milk
1 TBSP Thai Green Curry
Paste

For the Rice:

1 Cauliflower
3 TBSP Coconut Oil

1. In a saucepan, heat your coconut milk and green curry paste. Stir well, until it has blended into a sauce. Adjust heat to low.
2. Add your chopped vegetables (NOT your cauliflower) - I used mushrooms, mange tout and baby corn.
3. Cook on a medium heat for 10-15 minutes.
4. Meanwhile, break off all the florets of your cauliflower, and in a high speed blender or food processor, blend them up. You should have what looks like 'rice', in your blender. This may need a few goes, depending on how good your machine is. For fancy blenders like Blendtecs or Vitamix, I have found the best setting to use for this is 'Ice Crush' setting.
5. Once you have your raw cauliflower 'rice', start melting your coconut oil in a frying pan. When it is totally melted, add your rice to the pan and stir it in to the coconut oil for 5-10 minutes.

Serve your Thai Green Curry on a bed of Coconut 'Rice' and voila!



Sunday Pancakes

2 eggs
1 large mashed banana
2 tbsp Nut butter (we use
Almond or Cashew)
1 tsp Cinnamon
2 tbsp Coconut Flour
1/2 tsp Baking Soda

Extras
Coconut Oil
Almond Milk

1. Mix all your ingredients together in a food processor and mix until thick and smooth. Add a little almond milk to get the right consistency.
2. Melt a dollop of Coconut Oil in your frying pan, and make small, thick pancakes for best results.
3. The batter should be nice and thick. It should be really thick - so it JUST pours out. Think American style pancakes, not English crepes. Small thick pancakes rather than big and thin.
4. Decorate with your favourite toppings!
Try banana and pecans, peaches, raspberries, strawberries and maple syrup, lemon and agave nectar - go wild!



Raw Chocolate

2 cup grated Cocoa Butter

1 cup Cacao Powder

2/3 cup Maple Syrup

100g your chosen topping

I chose 100g shelled pistachios - you could also try orange zest, mint, lemon, ginger, coconut, cranberries, goji berries, the choices are endless!

1. Grate your Cocoa Butter into a glass bowl.
2. Pour boiling water into a saucepan, and keep on a very low heat. Place the glass bowl of cocoa butter over the glass bowl, and keep stirring it until it starts to melt. *(You can start to use a whisk once you have a more liquid substance)*
3. When the cocoa butter is all melted, turn the heat off and then add your cacao powder and maple syrup to the bowl. Use a whisk until you have beautiful smooth liquid chocolate.
4. Stir in your topping. Then, get yourself a baking tray, and line it with baking (parchment) paper. Spread your chocolate nice and evenly across the baking tray, (you don't want it spread too thinly here - this will be how thick your chocolate comes out.
5. Finally, put your baking tray in the freezer for 20 minutes. Then, take your chocolate out, cut it into slices/blocks and enjoy!



Chocolate Sundae

1 x Banana
1 x Avocado
2 tbsp Raw Cacao Powder
1 tbsp Maple Syrup
Almond Milk to desired
consistency
1 cup of Ice Cubes

1. Peel the banana, and peel and pit the avocado.
2. Blend all in a high-speed blender!

That's it! You're done. If you'd prefer not to use ice cubes, you can put some chopped banana into the freezer in advance to use instead.

