



The Functional Freeze

RECIPE COMPANION

The Functional Freeze Recipe Companion

Copyright © 2025 The Jörn

All rights reserved. No part of this publication may be reproduced, distributed, or transmitted in any form or by any means, including photocopying, recording, or other electronic or mechanical methods, without the prior written permission of the author, except in the case of brief quotations embodied in critical reviews and certain other noncommercial uses permitted by copyright law.

The Jörn is a registered trademark of PJB Marketing International SAS.

For permission requests, please contact:

help@thejorn.com

<https://thejorn.com>

This recipe collection is presented solely for educational purposes. The author and publisher are not rendering professional medical, dietary, or therapy advice to the individual reader. The recipes and suggestions contained in this eBook are not intended as a substitute for consulting with your physician, registered dietitian, or mental health professional. Neither the author nor the publisher shall be liable or responsible for any loss or damage allegedly arising from any information or suggestion in this collection.



Welcome to the Functional Freeze Recipe Companion

Food is more than just fuel. It's a way to nourish our bodies, calm our mind, and support our healing journey. This recipe companion was designed with the principles of The Functional Freeze Formula in mind, offering you simple, wholesome meals and snacks to help regulate stress and support your nervous system.

Each recipe in this collection was thoughtfully developed in collaboration with an expert in Traditional Chinese Medicine to include ingredients and techniques known to support emotional balance, energy regulation, and overall wellbeing.

Whether you're starting your day with a grounding breakfast, preparing a meal that helps you feel balanced and energized, or reaching for a comforting snack, these recipes are here to meet you where you are. They're practical, delicious, and crafted to bring ease and connection back into your life.

Take your time, explore the recipes, and let them become a part of your routine. Remember, every small step toward nourishment is a step toward balance and resilience.

Welcome to the Jörni Family!



1

BREAKFAST RECIPES

2

LUNCH RECIPES

3

DINNER RECIPES

4

SNACKS & DESSERTS

Breakfast





Almond Butter Sweet Potato Toast

INGREDIENTS

- 2 medium sweet potatoes
- ½ cup (120g) almond butter
- 1 medium banana, sliced
- Cinnamon, for sprinkling

Serves 2

Prep Time: 10 minutes

Cook Time: 20 minutes

Total: 30 minutes

DIRECTIONS

1. Clean your sweet potatoes thoroughly.
2. On a large cutting board, trim both ends from the sweet potatoes using a knife. On the side of each potato, cut a small slice, lengthwise, so the potato can evenly lay on the surface.
3. Slice the sweet potato lengthwise into ¼-inch (0.6cm) slabs using a large knife.
4. Preheat your oven to 350°F (180°C).
5. Place the sweet potatoes on a lined baking sheet and bake until the potato slices are lightly browned and fork tender in the center. This will take about 15-20 minutes.
6. Once the toasts are ready, spread 1 tbsp of almond butter over each slice.
7. Top with banana slices and sprinkle with cinnamon.



Apple Couscous

INGREDIENTS

- 1 cup (240ml) almond or rice milk
- ½ cup (90g) couscous
- ¼ tsp cocoa powder
- 2 tbsp (14g) ground almonds
- ¼ tsp cinnamon
- 1 pinch of pure vanilla bean powder
- 1 pinch of ground cardamom
- 1 tbsp (16g) almond butter
- 2 apples, peeled, seeded, sliced

Serves 2

Prep Time: 5 minutes

Cook Time: 10 minutes

Total: 15 minutes

DIRECTIONS

1. Bring the almond milk to a boil in a medium saucepan. Remove from the heat and mix in the couscous. Cover, and let the couscous steam for 5 minutes. When you lift the lid, the grains will appear flat in an even layer.
2. Use a fork to fluff it up and break up the clumps for light and fluffy couscous.
3. Steam the apple slices in a bit of water until they are soft.
4. Mix the couscous with cocoa powder, almonds, cinnamon, vanilla, almond butter, and ground cardamom.
5. Top with the steamed apples and enjoy.



Coconut Flour Pancakes

INGREDIENTS

- 2 large eggs
- ½ cup (120ml) coconut milk
- ¼ tsp pure vanilla bean powder
- 4 tbsp (30g) coconut flour
- ½ tsp baking soda
- ¼ tsp salt
- Coconut oil, for cooking

Serves 2

Prep Time: 15 minutes

Cook Time: 10 minutes

Total: 25 minutes

DIRECTIONS

1. In a blender, combine the eggs, coconut milk, and vanilla. Blend until the mixture is thoroughly mixed.
2. Add the coconut flour, baking soda, and salt and blend. Let the batter sit for about 15 minutes so the coconut flour fully absorbs the liquid.
3. Grease a large, non-stick pan with the coconut oil, over medium to high heat. Pour 4 tablespoons of batter onto the heated pan.
4. With the back of a spoon, spread the batter about 4 inches (10cm) around. Cook for about 2 minutes, until golden brown on the first side, and flip. Cook the other side for an additional 1 to 2 minutes. Repeat with remaining batter.
5. Serve with seasonal fruit or stewed fruit.



Drop Biscuits

INGREDIENTS

- 4 tbsp (28g) ground almonds
- 2½ tbsp (21g) sunflower seeds (no shell)
- 1 cup (240ml) organic apple sauce (no added sugar)
- 2 tbsp (30ml) honey
- 2 tbsp (32g) almond butter
- ½ cup (45g) oats
- Pinch of ground cardamom
- Pinch of salt
- Dash of lemon juice
- 1 tbsp (8g) puffed amaranth
- Pinch of dried orange peel

6-8 Biscuits

Prep Time: 10 minutes

Cook Time: 15 minutes

Total: 25 minutes

DIRECTIONS

1. Preheat the oven to 350°F (180°C).
2. Mix all ingredients together into a loose dough.
3. Line a baking sheet and drop heaping tablespoons of dough onto the sheet.
4. Bake for about 15 minutes.
5. Let cool a little and enjoy.



Fried Eggs with Arugula

INGREDIENTS

- 4 eggs
- 4 tomatoes, diced
- 1 tbsp (14g) butter
- Olive oil
- Handful of Arugula
- 1 tsp (2g) caraway
- Parmesan to taste
- Pinch of salt
- Sprinkle of fresh lemon juice
- Pinch of turmeric

Serves 4

Prep Time: 2 minutes

Cook Time: 5 minutes

Total: 7 minutes

DIRECTIONS

1. Fry the eggs in a pan with a tbsp of butter.
2. When done, divide the 4 eggs onto 4 plates and top each egg with a little bit of arugula and the diced tomatoes.
3. Season with salt, pepper, caraway, lemon juice, and turmeric. Finish with a dash of olive oil. Add parmesan to taste and enjoy.

Perfect for breakfast and ready in under 10 minutes.



Pumpkin Spice Muffins

INGREDIENTS

- 2½ cups (600g) small, raw sugar pumpkin
- ½ cup (115g) butter
- 4 tbsp (60ml) honey
- 2 eggs
- 1 package (8g) of vanilla sugar
- ½ tsp pumpkin pie spice
- ¼ tsp ground ginger
- A pinch of salt
- 2 tsp cream of tartar
- 2½ cups (320g) whole spelt flour
- A pinch of cocoa

12 Muffins

Prep Time: 30 minutes

Cook Time: 25 minutes

Total: 55 minutes

DIRECTIONS

1. Cut the pumpkin in half and peel each half with a vegetable peeler. Remove the seeds and cut into small cubes. Measure out 2½ cups (600g) of cubes. Cook in a steamer basket until tender. Alternatively, place the cubes on a lined baking sheet and bake at 400°F (200°C) in an oven for about 30 minutes, or until tender.
2. When done, puree the cubes with an immersion blender or in a food processor and let cool slightly.
3. Preheat the oven to 350°F (180°C).
4. Cream together the butter, honey, and eggs. Add the spices and mix for about 5 more minutes.
5. Stir together the flour and cream of tartar in a separate bowl, then slowly add the dry mixture to the wet ingredients.
6. Add the cocoa powder and the pureed pumpkin and blend well.
7. Prepare a muffin tin with cooking spray or liners. Fill the muffin molds about 2/3 full, place on a baking sheet and bake for about 25 minutes.
8. Let cool and enjoy.



Rolled Oats with Seasonal Fruit

INGREDIENTS

- 1 apple or other seasonal fruit
- ½ cup (45g) rolled oats*
- 1 cup (240ml) almond milk
- 2 tbsp (30g) raisins
- ¼ tbsp cinnamon
- 1 pinch of salt (Himalayan if available)
- 2 tsp (10ml) honey

Serves 1

Prep Time: 5 minutes

Cook Time: 10 minutes

Total: 15 minutes

DIRECTIONS

1. Place the rolled oats in a coated saucepan and roast briefly (without fat), then pour the almond milk on the rolled oats and bring it to a boil.
2. Peel and grate the apple. Stir in with raisins or honey and season with salt and cinnamon.
3. Simmer on low heat for 10 minutes. Stir occasionally to prevent scorching. Serve with seasonal fruit.

*Pure oats are gluten-free. They are safe for most people with gluten-intolerance. The main problem with oats in gluten-free eating is contamination. Most commercial oats are processed in facilities that also process wheat, barley, and rye. Look out for certified gluten-free if necessary.



Scrambled Eggs with Seasonal Veggies

INGREDIENTS

Choose your organic veggies according to the current season. For example:

- Mushrooms
- Bell peppers
- Tomatoes
- Green onions
- Zucchini

For the scrambled eggs

- Eggs
- 1 tbsp (14g) butter
- A pinch of ground coriander
- A pinch of salt and pepper
- Finely chopped parsley
- A pinch of sweet paprika

DIRECTIONS

1. Wash and finely chop your veggies. Melt some butter in a pan and sauté the veggies until golden. Season with salt, pepper, and paprika.
2. Blend the eggs in a separate bowl with a fork. Add the parsley and pour the eggs into the pan over the veggies.
3. Lower the heat and let the eggs and the veggies cook, while gently scrambling the eggs with a cooking spoon.

Serves 2

Prep Time: 10 minutes

Cook Time: 10 minutes

Total: 20 minutes



Sunday Morning Waffles

INGREDIENTS

- 1½ cups (150g) oat flour*
- 2 tsp baking powder
- ½ tsp salt
- ¼ tsp cinnamon
- ¾ cup (180ml) room temperature milk of choice (coconut milk, almond milk)
- 5 tbsp (70g) unsalted butter, melted
- 1 tbsp (15ml) melted coconut oil
- 2 large eggs

4-6 Waffles

Prep Time: 15 minutes

Cook Time: 20 minutes

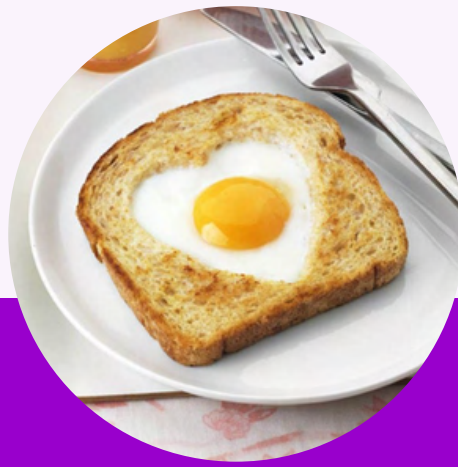
Total: 35 minutes

- 1 small grated apple
- 1 tbsp (8g) coconut flakes
- 1 pinch of cardamom
- 2 tbsp (30ml) maple syrup
- ¼ tsp pure vanilla bean powder
- Fresh fruit, seasonal
- Whipped cream, optional

DIRECTIONS

1. In a mixing bowl, whisk together the oat flour, baking powder, salt, and spices.
2. In another bowl, whisk together the milk, melted butter, eggs, maple syrup and vanilla extract.
3. Mix the wet and the dry ingredients together. With a big spoon, stir the mixture into a smooth batter and let it rest for 10 minutes so the oat flour has time to soak up some of the moisture.
4. Plug in your waffle iron to preheat now (if your waffle iron has a temperature/browning dial, set it to medium-high).
5. Once 10 minutes is up, mix in the grated apple and the coconut flakes.
6. Pour the batter onto the heated waffle iron, enough to cover the center and most of the central surface area and close the lid. Once the waffle is golden and crisp, transfer it to a cooling rack or baking sheet. Don't stack your waffles on top of each other, or they'll lose crispness. If desired, keep your waffles warm by placing them in a 200°F (90°C) oven until you're ready to serve.
7. Repeat with remaining batter. Serve waffles with maple syrup, fresh seasonal fruit, and a blob of whipped cream.

*Pure oats are gluten-free. They are safe for most people with gluten-intolerance. The main problem with oats in gluten-free eating is contamination. Most commercial oats are processed in facilities that also process wheat, barley, and rye. Look out for certified gluten-free if necessary.



Toad in the Hole

INGREDIENTS

- 2 slices of whole grain toast
- 1 pinch of salt
- 2 eggs
- 1 tsp parsley, minced
- Butter, for frying
- Some feta cheese

Serves 2

Prep Time: 5 minutes

Cook Time: 5 minutes

Total: 10 minutes

You will need a cookie cutter in any shape you like.

DIRECTIONS

1. Heat a non-stick pan and melt some butter in it.
2. In the meantime, cut out a shape (heart, star, car etc.) from the center of the toast with a cookie cutter. Then place the toast in the pan, break an egg and put it in the middle of the toast.
3. Make sure that no egg white leaks from the center because it will seep into the toast and remain raw.
4. When the egg is fried, put the toast on a plate, season with salt and sprinkle with parsley. Add feta over top and enjoy.

Lunch





Beetroot Risotto

INGREDIENTS

- 3 tbsp (42g) butter, divided
- 1 cup (200g) arborio rice (uncooked)
- 1 can (400g) of cooked, diced beetroots (drained)
- 2 cloves of garlic
- 2 medium shallots
- 1 pinch of ground turmeric
- 1 tbsp (15ml) vinegar
- 3-4 cups (720 - 960ml) vegetable stock or water
- Salt and pepper to taste
- Grated parmesan for garnish

Serves 2

Prep Time: 10 minutes

Cook Time: 25 minutes

Total: 35 minutes

DIRECTIONS

1. Thinly dice the shallots and mince the garlic.
2. In a saucepan, heat up 2 tbsp (28g) of butter. Sauté the shallots until tender and add the diced beets.
3. Add the garlic and sauté for another minute, then add in arborio rice. Stir to completely coat the rice in the butter (about 2 minutes). When the rice starts to turn a pale golden color, add the vinegar, and stir gently until it's absorbed.
4. Add the turmeric and stir gently.
5. Add ½ cup of stock or water to the rice and stir until absorbed.
6. Keep adding broth or water, ½ cup (120ml) at a time, stirring continuously, until the liquid is absorbed, and the rice is al dente (not yet mushy), about 15 to 20 minutes.
7. Stir in the remaining 1 tbsp (14g) of butter to melt.
8. Season with salt and pepper.
9. Garnish with grated parmesan.



Carrot Soup with Star Anise

INGREDIENTS

- 3 medium carrots
- 1 cup (150g) diced potato
- 3 tbsp (42g) butter, divided
- 2 tbsp (30ml) olive oil
- 12 cups (3 liters) or about 1 carton of vegetable stock
- 4 stars of star Anise (best in a cheesecloth or teabag so it can be easily removed again)
- Salt and pepper to taste
- Roasted pumpkin or sunflower seeds to garnish (optional)

Serves 4

Prep Time: 10 minutes

Cook Time: 35 minutes

Total: 45 minutes

DIRECTIONS

1. Peel the carrots and potatoes and dice into small cubes. In a large pot, sauté the carrots and potatoes in 2 tbsp (28g) of the butter and the olive oil for about 5 minutes.
2. Add the vegetable stock and bring to a boil. Cover and simmer on low heat for about 20 minutes.
3. Add the star anise and simmer for another 10 minutes. Remove the star anise and puree the soup with an immersion blender or in a food processor.
4. Stir in the remaining 1 tbsp (14g) of butter to melt and season with salt and pepper.
5. Garnish with roasted pumpkin or sunflower seeds if you wish.



Chicken Power Soup

INGREDIENTS

- 2 chicken breasts
- 3 large carrots
- 5 green onions
- 3 celery sticks
- 1 fennel bulb
- ½ bunch cilantro, minced
- 1 piece of ginger (about 1½" or 4cm), minced
- 1 can (400ml) coconut milk
- 6 cups (1.5 liters) of water
- Salt to taste

Serves 4

Prep Time: 10 minutes

Cook Time: 35 minutes

Total: 45 minutes

DIRECTIONS

1. Wash, clean, and cut vegetables into small pieces. Put them in a large pot, add 6 cups (1.5 liters) of water and bring everything to a boil.
2. Cut the chicken breasts into small pieces and put them in the pot with the vegetables, once the water is boiling. Then, add the cilantro. Bring everything to a boil again and season with salt.
3. Reduce the heat and simmer for 2 to 4 hours with the lid on. After the 1st hour or so, add the coconut milk. Add the minced ginger for the last 30 minutes of cooking only.
4. Once the soup has finished cooking, fill it into clean mason jars as long as it is hot. Once it has cooled down to room temperature, place it in the fridge and keep it there until ready to eat. That way the soup will stay fresh for at least 1 week.
5. Serve with rice or rice noodles for a hearty stew.



Hungarian Cabbage Soup with Meatballs

INGREDIENTS

Serves 4

Prep Time: 20 minutes

Cook Time: 30 minutes

Total: 50 minutes

For the soup

- 1 medium onion, diced
- 1 medium green cabbage or pointed cabbage (about 1 lb / 450 g), finely chopped
- 1 red bell pepper, diced
- 2 tbsp (30ml) olive oil or butter
- 6 cups (1.5 liters) water or vegetable stock
- 2 tbsp (30g) tomato paste
- 1 lb (450g) ground meat (beef, pork, or mixed)
- 1 tsp sweet paprika powder
- ½ tsp hot paprika powder (adjust to taste)
- Salt and pepper, to taste
- 3 tbsp (45g) sour cream or crème fraîche (optional)

For the meatballs

- 1 lb (450 g) ground meat (beef, pork, or a mix)
- 1 clove garlic, minced
- ½ tsp ground paprika
- Salt and pepper, to taste

DIRECTIONS

- 1.Heat olive oil or butter in a large pot over medium heat. Add the diced onion and sauté until translucent (about 3 minutes).
- 2.Add the chopped cabbage and diced red bell pepper to the pot. Sauté for another 5 minutes, stirring occasionally.
- 3.Add the water or vegetable stock to the pot, along with the tomato paste. Stir to combine.
- 4.Season the soup with sweet and hot paprika, salt, and pepper. Cover and let it simmer over medium heat for 20 minutes, stirring occasionally.
- 5.While the soup is simmering, combine the ground meat with minced garlic, paprika, salt, and pepper in a mixing bowl. Mix thoroughly.
- 6.Form small meatballs, about 1 inch (2.5 cm) in diameter.
- 7.Gently drop the meatballs into the simmering soup. Cover and cook for an additional 10 minutes, or until the meatballs are fully cooked and tender.
- 8.If desired, stir in the sour cream or crème fraîche just before serving to add richness.
- 9.Ladle the soup into bowls and serve hot. Garnish with a sprinkle of fresh parsley if desired.

For a vegetarian option, replace meatballs with firm tofu cubes or a handful of cooked chickpeas added at the end.



Meatballs with Pumpkin Fries

INGREDIENTS

- ½lb (225g) ground beef
- 1 tsp (5g) salt
- ¼ cup (30g) polenta
- 1 small pumpkin
- 1 egg
- 3 tbsp (45ml) olive oil
- 2 tbsp (30g) tomato paste
- Fresh rosemary, minced
- Fresh herbs, minced

Serves 2

Prep Time: 15 minutes

Cook Time: 25 minutes

Total: 40 minutes

DIRECTIONS

1. Preheat the oven to 350°F (180°C).
2. Combine the ground beef, polenta, egg, minced herbs, tomato paste and salt in a big bowl and mix into a dough.
3. Form balls the size of a golf ball.
4. Peel the pumpkin and cut it into ¾ inch (2cm) wide and 5 inch (12cm) long sticks.
5. Place the fries in a dish and marinate them with olive oil, minced rosemary, and salt.
6. Cover a cookie sheet with parchment paper, place the meatballs and the pumpkin fries on it. Bake for 20-25 minutes, or until the meatballs are cooked through and the fries are tender and slightly golden.



Oven-Roasted Pumpkin with Spiced Chicken

INGREDIENTS

- 1 Hokkaido pumpkin or any small pumpkin
- 2-3 boneless, skinless chicken breasts
- $\frac{3}{4}$ cup (180 ml) orange juice
- 3 tbsp (45 ml) olive oil
- 1 $\frac{1}{2}$ tbsp soy sauce
- 1 tbsp fresh rosemary, minced
- 1-2 tbsp turmeric (adjust to taste)
- 1 tsp ground cumin
- 1 tsp smoked paprika
- 1 tsp garlic powder
- Salt and pepper, to taste

Serves 2

Prep Time: 15 minutes

Cook Time: 35 minutes

Total: 50 minutes

DIRECTIONS

1. Preheat the oven to 350°F (180°C). Remove the stem of the pumpkin and cut it in half. Scoop out the seeds and fibers. Slice into 1-inch slices, then dice into small cubes.
2. In a large bowl, mix 2 tbsp olive oil, orange juice, soy sauce, turmeric, salt, and pepper. Add the diced pumpkin and toss to coat. Let it marinate at room temperature for 1-2 hours.
3. In a separate bowl, combine 1 tbsp olive oil, cumin, smoked paprika, garlic powder, and a pinch of salt and pepper. Rub this mixture all over the chicken breasts.
4. Line a large baking sheet with parchment paper. Spread the marinated pumpkin evenly on the tray. Place the seasoned chicken breasts on the tray, leaving space between them. Roast in the preheated oven for 25 minutes.
5. Remove the tray, sprinkle the pumpkin with minced rosemary, and return to the oven for an additional 10 minutes, or until the chicken reaches an internal temperature of 165°F (74°C) and the pumpkin is tender.
6. Slice the chicken and serve alongside the roasted pumpkin. Garnish with additional rosemary or a drizzle of the remaining marinade if desired.



Polenta Pizza

INGREDIENTS

- 1 cup (160g) ground polenta
- 2 cups (480ml) water
- ½ tsp salt
- 2 tbsp (30ml) olive oil
- Pizza sauce of your choice
- 1 cup (100g) grated parmesan or mozzarella cheese
- ¼ tsp dried oregano

Serves 2

Prep Time: 15 minutes

Cook Time: 60 minutes

Total: 1 hour 15 minutes

Some ideas for toppings (or come up with your own):

- Sliced mushrooms, red bell peppers, sliced tomatoes, shredded chicken, 1-2 cups (30-60g) fresh arugula to garnish

DIRECTIONS

1. Preheat oven to 250°F (120°C).
2. Pour the water into a saucepan and stir in the polenta and salt. Whisk while bringing the mixture to a boil over medium-high heat. Continue whisking for another 30 seconds and once boiling, remove from heat.
3. Stir in the olive oil, cover, and let sit for another 10 minutes.
4. Cover a cookie sheet with parchment paper, leaving a bit extra paper to come up the sides. Spoon the polenta mixture onto the parchment paper and level out into a ½ inch (1.25cm) thick pizza shape using the back of a spoon or a spatula.
5. Place in oven to dry out the dough for about 30 minutes.
6. In the meantime, clean and slice your desired toppings.
7. Remove the cookie sheet from oven, then turn the temperature up to 350°F.
8. Spread the tomato sauce over the dough. Top with sliced mushrooms, tomatoes, peppers, chicken, and the cheese. Sprinkle with oregano, then place back in the oven to bake for another 30 minutes.
9. Remove from oven and top with fresh arugula to garnish.



Red Lentil Dahl

INGREDIENTS

- 1 cup (200g) red lentils
- 2 medium potatoes
- 2 medium carrots
- 1 tbsp (15ml) coconut oil
- 1 tsp cumin
- 1 tsp ground coriander
- 1 pinch of marjoram
- 2 tsp mustard seeds
- 1 medium onion
- 1-inch (2.5cm) piece of fresh ginger
- 2 cups (480ml) strained tomato sauce
- 1 tsp balsamic vinegar
- 1 tsp ground turmeric
- 1 can (400ml) coconut milk (optional)
- Fresh parsley, to garnish
- Salt and pepper to taste

Serves 4

Prep Time: 15 minutes

Cook Time: 35 minutes

Total: 50 minutes

DIRECTIONS

1. Peel and chop the onion, carrots, and potatoes.
2. Peel and mince (or grate) the ginger.
3. In a fine mesh strainer, rinse the lentils thoroughly with cold water.
4. In a saucepan, dry roast the mustard seeds until fragrant, then set aside in a small dish.
5. In a pot, heat up the coconut oil with the coriander and turmeric until fragrant. Add the ginger and onions and sauté for 3 minutes while stirring.
6. Add the carrots, potatoes, and marjoram to the mix and continue to sauté for another 5 minutes.
7. Add the rinsed lentils and tomato sauce and stir gently. Add the balsamic vinegar and the turmeric. Add 1-3 cups (240 - 720ml) of hot water (depending on how thick you like your dahl). Simmer on medium heat for about 20 minutes.
8. If you like your dahl creamy, add a can of coconut milk and simmer for an additional 5-10 minutes.
9. Season with salt and pepper and serve garnished with parsley leaves.



Salmon Noodle Bowl

INGREDIENTS

Serves 2

Prep Time: 20 minutes

Cook Time: 30 minutes

Total: 50 minutes

- 4 dried shiitake mushrooms
- 1 medium onion
- 2 cloves of garlic
- ½" (1.25cm) piece of fresh lemongrass (the middle white portion of the stalk)
- 1 slice of ginger
- 2 tbsp (30ml) sesame or peanut oil
- 2 medium carrots
- 2 green onions
- 1 fennel bulb or zucchini
- 1 red pepper
- 2 salmon filets (or fish of your choice)
- ½ tsp ground coriander
- ½ tsp turmeric
- Salt and pepper to taste
- ½ package (100g) of rice noodles (or however much you prefer to have)
- Fresh coriander leaves for garnish

DIRECTIONS

1. Submerge the dried mushrooms in a small bowl with 2 cups (480ml) of water for 15 minutes.
2. Peel and mince the garlic, onion, ginger, and lemongrass. In a saucepan, sauté this mixture with sesame oil until fragrant.
3. Clean and slice carrots, green onions, pepper, fennel (or zucchini) and add to the pan.
4. Add 2 cups (480ml) of water to the pan and let simmer.
5. Pour the water from the reconstituted mushrooms into the pan and slice the mushrooms before also adding them to the pan.
6. Dry the fish filets with some paper towel and carefully cut off the skin. Cut filets into 2-inch (5cm) pieces and set aside.
7. Season the soup with salt, pepper, coriander, and turmeric.
8. Add the noodles to the mix and stir. Add additional water if needed and cook until noodles are tender (about 7 minutes depending on the size).
9. When noodles are tender, carefully shimmy fish fillets on top of the noodles in the pot. Let steam until fish flakes with a fork (about 5 minutes).
10. Serve with a garnish of fresh coriander leaves.



Vegetable Stew

Serves 4

Prep Time: 20 minutes

Cook Time: 60 minutes

Total: 1 hour 20 minutes

INGREDIENTS

- 3 tbsp (45g) ghee or butter
- 1 medium onion
- 4 carrots
- 4 potatoes
- About 10 button mushrooms
- A handful (about 20) green beans
- $\frac{3}{4}$ cup (110g) cashews
- 7 (1.75 liters) cups of water
- 1 cup (240ml) coconut milk
- $1\frac{1}{2}$ cups (270g) millet, rinsed
- 1 tbsp ground cumin
- 1 tbsp whole coriander seeds
- 1 leek
- 1 slice of ginger
- 1 bay leaf
- 4 tomatoes
- 1 tsp lemon juice
- 1 tsp ground turmeric
- Salt and pepper to taste

DIRECTIONS

1. Clean, and dice your onion, carrots, tomatoes, beans, and mushrooms into bite sized pieces.
2. Thoroughly wash and chop the leek into $\frac{1}{2}$ " (1.25cm) slices (include the green tops too).
3. In a large pot, heat up the ghee or butter and sauté the onions until tender.
4. Add the carrots, potatoes, mushrooms, and cashews and sauté for about 3 minutes.
5. Add all remaining ingredients EXCEPT the millet, coconut milk, and beans and bring to a boil. Cover and let simmer on medium heat for about 15 minutes.
6. Add the millet and simmer covered on low heat for another 30 minutes.
7. Add the beans and the coconut milk and continue to simmer on low, covered for 15 minutes.

Dinner





Beef and Vegetable Stir Fry

INGREDIENTS

- 1 handful of parsley, finely chopped
- 1 pinch of ground cumin
- 2 cups (300g) of sweet potato, peeled and cut into small cubes
- 1 medium zucchini, cut into small cubes
- 1 handful of fresh spinach leaves, finely chopped
- ½lb (225g) stir fry beef, cut into strips
- 1 tbsp (15ml) olive oil
- 2 tbsp (30ml) cream
- 1 small onion, peeled and finely chopped
- 2 green onions roughly chopped
- Salt and pepper to taste
- 2 cups cooked rice (white, brown, or basmati)

Serves 2

Prep Time: 10 minutes

Cook Time: 15 minutes

Total: 25 minutes

DIRECTIONS

1. In a wok, or large saucepan, heat up the oil.
2. Sauté the onions until tender, then add the beef and fry until it's starting to brown.
3. Add the sweet potato, zucchini, and spinach.
4. Cover and simmer for 10 minutes.
5. Add the cream, the green onion and 2 tbsp of water and season with salt and pepper.
6. Cook an additional 2 minutes.
7. Garnish with cumin and parsley to serve.



Bun-Less Hawaiian Stackers

INGREDIENTS

- 1 small pineapple (or organic pineapple slices)
- 1 large red onion
- ½lb (225g) ground beef
- ½ tsp chili powder
- Guacamole to garnish (optional)
- Salt and pepper to taste

Serves 2

Prep Time: 15 minutes

Cook Time: 15 minutes

Total: 30 minutes

DIRECTIONS

1. Take the top off the pineapple, peel it, and cut into ½" (1.25cm) slices. Cut out the middle stalk from each slice. Or use the organic pineapple slices.
2. Peel the onion and cut about 6 large slices off to create rings. Take the rest of the onion and chop finely.
3. Start up the BBQ to high heat or use a skillet or grill pan on high heat.
4. In a bowl, mix the ground beef, the onion, the chili powder and salt and pepper.
5. Shape the beef into burger patties and set aside.
6. Place the patties on the grill (or in the skillet) and BBQ until almost cooked through. Add the onion rings and pineapple slices to the BBQ as well and cook until both are golden. If you are using a skillet, cook the patties first, remove, and keep warm. Then cook the onion rings and the pineapple rings.
7. On each plate, stack a pineapple slice, a burger patty, and onion rings. Garnish with guacamole if desired.



Honey Mustard Chicken Drumsticks

INGREDIENTS

For the drumsticks

- 6-8 chicken drumsticks (skin on, bone in)
- 1 tbsp white wine vinegar
- 1 pinch of paprika powder
- $\frac{3}{4}$ cup (180ml) of honey
- $\frac{1}{2}$ cup (120ml) mustard
- Salt and pepper to taste

For the roasted vegetables

- 2 medium carrots, peeled and sliced into sticks
- 2 medium zucchinis, sliced into rounds
- 4 small potatoes, quartered
- 2 tbsp olive oil
- 1 tsp dried rosemary or thyme (optional)
- Salt and pepper, to taste

DIRECTIONS

1. Preheat the oven to 350 °F (175 °C).
2. In a Ziploc bag, combine the white wine vinegar, paprika, honey, mustard, salt, and pepper. Add the chicken drumsticks, ensuring they are evenly coated. Let sit for 10 minutes.
3. Toss the carrots, zucchini, and potatoes with olive oil, rosemary (if using), salt, and pepper.
4. Line a large baking sheet with parchment paper. Arrange the marinated chicken drumsticks on one half of the sheet, leaving space between them. Spread the vegetables on the other half of the tray in a single layer.
5. Place the tray in the oven and roast for 45–50 minutes, or until the chicken is golden brown and the juices run clear, and the vegetables are tender. Turn the vegetables halfway through cooking to ensure even roasting.
6. Plate 3–4 drumsticks per person with a generous serving of roasted vegetables.

Serves 2

Prep Time: 15 minutes

Cook Time: 50 minutes

Total: 1 hour 5 minutes



Minestrone Soup

INGREDIENTS

- 1 handful of fresh parsley, chopped finely
- 1½ cups (360ml) of strained tomato sauce
- 2 cups (180g) whole grain pasta (quinoa, chickpea, or lentil pasta would be best)
- 1 tsp lemon juice
- 1 tbsp (15g) tomato paste
- 7 cups (1.75 liters) of vegetable stock
- 2 medium carrots
- 2 medium potatoes
- 2 celery stalks
- 2 medium onions
- 1 cup (150g) of fresh or canned peas
- 1 cup (150g) of navy beans
- 1 tbsp (15ml) olive oil
- Salt and pepper to taste
- 1 piece of parmesan rind (optional)
- Parmesan cheese to garnish

Serves 4

Prep Time: 20 minutes

Cook Time: 40 minutes

Total: 60 minutes

DIRECTIONS

1. Heat the oil in a large pot.
2. Peel, clean and cut the vegetables into ½" (1.25cm) cubes.
3. Add the onions, carrots, potatoes, and celery to the pot and sauté for 8-10 minutes or until starting to get tender.
4. Add the navy beans, tomato sauce, tomato paste, vegetable stock, and lemon juice and bring to a boil.
5. Simmer on medium heat for 30 minutes.
6. Add in the peas, the pasta, and the parmesan rind and cook for an additional 10 minutes.
7. Season with salt and pepper and serve with grated parmesan.



Pasta Casserole

INGREDIENTS

- 3 cups (270g) whole grain pasta (quinoa, chickpea, or lentil pasta would be best)
- 2½ cups (600ml) tomato sauce
- 1 tbsp (15g) butter
- 1 pinch of paprika powder
- 1 small zucchini, grated
- 2 small carrots, peeled and grated
- 1 large onion
- ½ tsp dried thyme
- 1 cup (100g) of grated cheese of your choice
- Salt and pepper to taste

Serves 4

Prep Time: 15 minutes

Cook Time: 30 minutes

Total: 45 minutes

DIRECTIONS

1. Preheat oven to 350 ° F (175 ° C).
2. Cook the pasta to al dente in a pot as per the instructions on the box.
3. In a large pot, melt the butter and sauté the onions until translucent.
4. Add the vegetables and continue to sauté for 7 minutes.
5. Add in the paprika and thyme and season with salt and pepper.
6. Add in the tomato sauce and bring to a boil.
7. Fold the pasta gently into the mixture, then pour it into a large casserole dish.
8. Sprinkle the grated cheese to evenly coat the top, then bake for 30 minutes.



Quinoa Veggie Bowl with Halloumi and Turmeric Sauce

INGREDIENTS

Serves 2

Prep Time: 20 minutes

Cook Time: 25 minutes

Total: 45 minutes

For the bowl

- $\frac{3}{4}$ cup (150g) quinoa (millet or rice)
- $1\frac{1}{4}$ cups (300ml) water
- 1 tbsp herb salt
- 1 pack (225 g) Halloumi cheese, sliced
- 3 medium carrots, julienned
- 8–10 spears asparagus, trimmed and cut into thirds
- 2 green onions, sliced
- 1 tbsp (15ml) coconut oil
- 1 tsp dried rosemary
- 1 tsp dried thyme

For the turmeric sauce

- 1 tsp coconut oil
- 1 tsp fresh ginger, grated
- $\frac{1}{2}$ cup (100ml) water
- 1 tsp salt
- $1\frac{1}{2}$ tbsp white wine vinegar
- Juice of half a lemon
- 1 tsp ground turmeric
- 1 tsp honey

DIRECTIONS

1. Rinse the quinoa thoroughly in a fine mesh strainer under cold water.
2. Add the quinoa, water, and herb salt to a saucepan. Bring to a boil, then reduce the heat to low, cover, and simmer for 15 minutes. Let it sit for an additional 10 minutes to absorb the remaining water.
3. Wash and peel the carrots, then julienne or slice them into thin strips.
4. Wash and slice the green onions. Trim and cut the asparagus into thirds.
5. Heat 1 tbsp of coconut oil in a large pan over medium heat.
6. Add the green onions and carrots, followed by the rosemary and thyme. Sauté gently for 5 minutes.
7. Add the asparagus to the pan and cook for another 10 minutes, stirring occasionally.
8. Slice the Halloumi into even pieces. Heat a grill pan or non-stick skillet and grill the slices until golden brown on both sides (about 2 minutes per side).
9. In a small saucepan, melt 1 tsp of coconut oil over low heat. Add the grated ginger and sauté for 30 seconds until fragrant.
10. Remove from heat and mix in water, salt, white wine vinegar, lemon juice, turmeric, and honey. Blend until smooth with an immersion blender or in a high-speed blender. Adjust consistency with a bit more water if needed.
11. Divide the quinoa between two bowls. Top with the sautéed vegetables and grilled Halloumi slices. Drizzle generously with the turmeric sauce.



Roasted Veggies with Millet Dumplings

INGREDIENTS

For the roasted vegetables

- 1 large red bell pepper
- 1 medium zucchini
- A few florets of broccoli
- 1 medium onion
- 8 button mushrooms
- 2 cloves of garlic, peeled and cut into halves
- ½ tsp dried basil
- ½ tsp dried oregano
- ½ tsp dried rosemary

For the millet dumplings

- ½ cup (90g) millet
- 2 cups (480ml) vegetable stock
- 1 tbsp (15g) butter
- 1 medium carrot
- 1 celery stalk
- 1 egg
- 2 tbsp (15g) breadcrumbs
- 1 bunch of fresh parsley
- 1 pinch of paprika powder
- Salt and pepper to taste

Serves 4

Prep Time: 20 minutes

Cook Time: 40 minutes

Total: 60 minutes

DIRECTIONS

1. Preheat the oven to 400 °F (200 °C).
2. Clean and chop the vegetables into ½" (1.25cm) pieces. Place the garlic and the chopped vegetables in a bowl. Coat everything evenly with olive oil, and season with salt and pepper (leave off the herbs for now).
3. Place on a lined baking sheet and bake for 25 minutes while you work on the millet rolls.
4. Wash millet thoroughly with hot water in a fine strainer.
5. In a small pot, combine the vegetable broth and millet and bring to a boil.
6. Simmer until the liquid is absorbed, then set aside in a large bowl to cool.
7. Clean the carrots and celery and grate them. Finely chop the parsley. Add all of these to the millet.
8. Add the egg, the salt and pepper, the paprika powder, and breadcrumbs. Knead the mixture in the bowl to combine thoroughly. Continue to knead the mixture, then form into small buns.
9. Pull the vegetables out of the oven and add the dried herbs while stirring gently. Place back in the oven and continue to bake until everything is starting to brown.
10. In a saucepan, heat the butter. Fry the small buns in the pan until golden brown.
11. When buns are ready, serve with the roasted vegetables.



Salmon with Carrot Couscous

INGREDIENTS

- 1 cup (180g) couscous
- 1 dab of tomato paste
- 3 large carrots, peeled, cut into fine strips
- 2 tbsp flaxseed oil
- 2 cups (480ml) of vegetable stock
- 1 small onion, peeled, minced
- 2 boneless salmon fillets, boneless
- Handful of fresh parsley, minced to garnish
- Salt and pepper to taste

Serves 2

Prep Time: 10 minutes

Cook Time: 20 minutes

Total: 30 minutes

DIRECTIONS

1. Bring the vegetable stock to a boil in a medium pot, remove from heat and mix in the couscous. Cover, and let sit for 5 minutes, then fluff with a fork.
2. Peel and chop the carrots. Then, steam them until just tender.
3. Heat the flaxseed oil in a small pot and add the onions. Sauté until translucent, then add in the cooked couscous, the steamed carrots, and a bit of tomato paste. Season to taste and set aside to keep warm.
4. Place the salmon fillets in a saucepan, skin down, and season with salt.
5. Add just enough water to the pan to cover the bottom and bring to a boil. Cover and simmer for 8-10 minutes or until the fish can be flaked with a fork.
6. Serve with the carrot couscous and garnish with parsley.



Sweet Potato Skillet

INGREDIENTS

- 2 medium sweet potatoes
- 2 tbsp olive oil
- ½ red bell pepper
- Fresh thyme, minced
- 1 red onion, minced
- Salt to taste
- 1 tomato
- Handful of baby spinach
- 2 eggs

Serves 2

Prep Time: 10 minutes

Cook Time: 25 minutes

Total: 35 minutes

DIRECTIONS

1. Peel the sweet potatoes and cut them into approximately ½" (1.25cm) cubes.
2. Wash and chop the bell pepper and tomato.
3. Heat up the olive oil in a large frying pan on medium heat, then add the onion and cook, stirring fairly frequently until they are slightly translucent.
4. Add the sweet potato cubes, give it a good stir, then fry for about 5 minutes, stirring occasionally.
5. Add the peppers and tomatoes and fry for another 10 minutes.
6. Stir in the spinach and let it fry 5 more minutes.
7. Season with salt and thyme before serving.
8. In a separate pan, fry the eggs sunny side up to your preferred doneness.
9. Divide the sweet potato skillet onto two plates and top each with a fried egg. Serve immediately.



Zucchini Boats with Coriander Beef

INGREDIENTS

- 3 medium zucchinis
- 1 medium onion, peeled and finely diced
- 1 clove of garlic, peeled and minced
- 5 button mushrooms, cleaned and chopped
- ½lb (225g) of ground beef
- ¼ tsp curry powder
- ½ tsp chili powder
- 6 tbs (90ml) coconut milk
- 1 handful of fresh coriander leaves, cleaned and finely chopped
- Salt and pepper to taste

Serves 2

Prep Time: 15 minutes

Cook Time: 40 minutes

Total: 55 minutes

DIRECTIONS

1. Preheat oven to 350 °F (180 °C).
2. Clean the zucchini and cut in half lengthwise. Hollow them out a little using a spoon or melon baller and put the insides into a bowl. Keep the end and side walls intact, so you can stuff them.
3. Coat the zucchini with some olive oil and salt and lay on a lined baking sheet, face-down, to bake for 15 minutes while you prep the beef.
4. Take the zucchini insides you removed and chop them up finely.
5. In a large pan, melt the butter and then sauté the onions until translucent.
6. Add the garlic and sauté for another minute before adding the beef to the pan.
7. Separate the beef into small bits with the spatula while it cooks – about 5 minutes.
8. Add the mushrooms, curry, and chili powder and the coconut milk.
9. Cook down until the liquid is reduced in the pan – about 10 minutes.
10. Stir in the chopped coriander and season with salt and pepper.
11. Pull the zucchini out of the oven and flip them around so the hollow side is facing up.
12. Fill the beef mixture into the zucchini boats so there is a small mound on each zucchini.
13. Bake for an additional 10-15 minutes, or until the zucchini are tender.

Snacks + Desserts





Amazing Apple Waffles

INGREDIENTS

- 1 apple, washed, cored, and grated
- ½ cup (60g) millet flour
- ½ cup (60g) buckwheat flour
- 2 eggs
- 1 cup (240ml) plant-based milk of your choice (soy, almond, rice, etc.)
- ½ tsp baking soda
- ½ tsp cream of tartar
- Pinch of salt
- Pinch of grated lemon peel
- Pinch of cocoa powder
- 1 tsp cinnamon
- 2 tbsp (30ml) coconut oil

4-6 Waffles
Prep Time: 10 minutes
Cook Time: 5 minutes
Total: 25-30 minutes

DIRECTIONS

1. In a large bowl, whisk together the eggs, millet flour, buckwheat flour, baking soda, cream of tartar, salt, grated lemon peel, cocoa powder, and cinnamon. Gradually stir in the plant-based milk until the batter is smooth.
2. Fold in the grated apple and melted coconut oil. Mix until well combined.
3. Heat your waffle iron according to the manufacturer's instructions.
4. Grease the waffle iron with a little coconut oil if needed. Pour enough batter to cover the center and most of the surface area.
5. Close the lid and cook for about 5 minutes, or until the waffle is golden and cooked through.



Baked Pears

INGREDIENTS

- 2 firm pears (Bosc or Anjou are best)
- 2 tbsp (30g) butter, melted
- ½ tsp vanilla bean powder
- ¼ tsp cinnamon
- 1 cup (240ml) whipping cream

4 Pear Halves

Prep Time: 10 minutes

Cook Time: 30 minutes

Total: 40 minutes

DIRECTIONS

1. Preheat the oven to 350°F (175°C).
2. Combine the melted butter, vanilla bean powder, and cinnamon in a small bowl.
3. Peel the pears and cut them in half. Use a spoon or a melon baller to scoop out the seeds.
4. Brush the flat side of the pears with the butter mixture and place them flat-side down into an oven-proof dish.
5. Drizzle some of the butter mix over top (save some for basting).
6. Bake the pears for about 15 minutes, then flip them over, and bake for another 15 minutes. Keep basting them with the butter mixture while they bake.
7. Once they are done, leave the pears to cool slightly.
8. Use this time to make your whipping cream. Then, brush the pears with the last of the butter mixture and serve warm with the whipping cream.



Beet Brownies (sugar-free)

INGREDIENTS

- 2 small or 1 large cooked red beet(s), peeled and chopped
- 1 cup (90g) rolled oats
- $\frac{2}{3}$ cup (85g) buckwheat flour
- $\frac{1}{2}$ cup (50g) ground nuts or ground almonds
- 2 tsp baking powder
- $\frac{1}{3}$ cup (50g) dates, pitted and chopped
- 1 ripe banana
- 3 tbsp cocoa powder
- 2 tbsp Chia seeds and 6 tbsp water
- 4 tbsp (60ml) coconut oil, melted
- Pinch of cardamom, ground
- Pinch of salt
- Pinch of vanilla
- $\frac{1}{4}$ tsp cinnamon

12 Brownies
Prep Time: 20 minutes
Cook Time: 40 minutes
Total: 60 minutes

DIRECTIONS

1. Preheat your oven to 375°F (190°C). Line a 9x13-inch baking dish with parchment paper.
2. In a small bowl, mix the Chia seeds with 6 tbsp of water. Let them soak for about 10 minutes until they form a gel-like consistency.
3. In a food processor, combine the rolled oats, chopped dates, banana, melted coconut oil, and chopped beets. Blend until smooth.
4. In a large bowl, combine the buckwheat flour, ground nuts (or almonds), baking powder, cocoa powder, cardamom, salt, cinnamon, and vanilla powder.
5. Add the soaked Chia seed mixture and the beet mixture from the food processor to the bowl with the dry ingredients. Stir until everything is well combined.
6. Spread the brownie mixture evenly into the prepared baking dish. Bake for 30–40 minutes, or until a toothpick inserted in the center comes out with a few moist crumbs.
7. Allow the brownies to cool completely before removing them from the dish. Cut into 12 squares and serve.



Berry Muffins (sugar-free)

INGREDIENTS

- 2½ cups (280g) oat flour (use gluten-free oat flour for gluten-free muffins)
- 1 cup (150g) fresh berries of your choice
- ½ cup (120g) cashew or coconut yoghurt
- ½ cup (120ml) plant-based milk of your choice
- 2 eggs
- 4 tbsp (60ml) date syrup
- 1 tsp cream of tartar
- Pinch of cardamom, ground
- Pinch of salt
- Pinch of dried orange peel, ground
- Pinch of vanilla
- ½ tsp cinnamon

12 Muffins
Prep Time: 15 minutes
Cook Time: 25 minutes
Total: 40 minutes

DIRECTIONS

1. Preheat the oven to 375°F (190°C).
2. Beat the eggs in a bowl until creamy. Add the date syrup and yoghurt and mix until smooth. Stir in the plant-based milk.
3. In a separate bowl, combine the oat flour, cream of tartar, cardamom, salt, orange peel, vanilla, and cinnamon.
4. Add the dry ingredients to the wet ingredients and stir until just combined. Do not overmix or the batter will become dry.
5. Prepare a muffin tin (12 molds) with muffin liners or spray with cooking oil.
6. Use half of the batter to fill each mold halfway. Top with half of the berries.
7. Use the rest of the batter to fill the molds almost full and top with the remaining berries. Press the berries into the batter slightly.
8. Bake for about 20 to 25 minutes until golden brown.
9. Let the muffins cool on a wire rack and enjoy.



Cassava (Yuca) Chips

INGREDIENTS

- 1-2 fresh cassava (yuca) roots
- 2 tbsp (30ml) coconut oil
- 2 tsp nutmeg, ground
- 1 tsp paprika

2-3 Servings
Prep Time: 10 minutes
Cook Time: 25 minutes
Total: 35 minutes

DIRECTIONS

1. Preheat the oven to 350°F (175°C).
2. Wash and peel the cassava roots. Cut them into thin slices with a knife or use a mandolin slicer (about 1/8" / 3mm or less).
3. Melt the coconut oil.
4. Place the cassava slices, the melted coconut oil, and the spices in a bowl. Coat the slices well.
5. Line a baking sheet with parchment paper and spread out the chips. Do not overlap them.
6. Bake for about 15 minutes. Turn off the oven and let them rest in the heat for about 10 minutes. Keep checking, to make sure they do not burn.



Colorful Berry Cashew Cheesecake

INGREDIENTS

8 Servings

Prep Time: 20 minutes (plus soaking)

Freezing Time: 3-4 hours

Total: about 4 hours

For the bottom

- $\frac{2}{3}$ cup (75g) ground almonds
- $\frac{1}{2}$ cup (45g) shredded coconut (no sugar added)
- 3 pitted dates, chopped
- 1 tbsp (15ml) coconut oil

For the filling

- 1 cup (150g) fresh blueberries
- 1 cup (150g) cashews
- $\frac{1}{2}$ cup (120ml) coconut milk
- 2 tbsp (30ml) coconut cream
- Juice of half a lemon
- 3 tbsp (45ml) date syrup
- $\frac{1}{2}$ tsp grated tonka beans
- Pinch of vanilla
- $\frac{1}{4}$ tsp cardamom, ground
- Pinch of dried orange peel, ground

DIRECTIONS

1. Soak the cashews for at least 4 hours. It's even better if you can soak them over night.
2. Mix together the ground almonds, the shredded coconut, the dates, and the coconut oil with a hand mixer or in a stand mixer. Set aside for the bottom.
3. Set half the fresh blueberries aside.
4. For the filling, drain the cashews and rinse them. Blend the cashews, together with the other ingredients for the filling (including half of the blueberries) in a blender or with an immersion blender until they are evenly blended.
5. You can use a baking sheet lined with parchment paper, if you don't have a spring form. If you have a round spring form (6–8 inches / 15–20cm), it will give you a much nicer shape and you can remove the side easily after the cake is frozen.
6. Line the round spring form with parchment paper. Add the mix for the bottom and press slightly to even out.
7. Sprinkle the fresh blueberries you set aside over the bottom.
8. Add the blended filling and spread evenly.
9. Put in the freezer for at least 3–4 hours, so the cake can solidify.
10. Remove the cheesecake from freezer about 30 minutes before you would like to eat it.



Homemade Hummus

INGREDIENTS

- 1 cup (200g) dried chickpeas
or 1 can (15 oz / 400g) chickpeas
- 2 tsp salt
- 4 tbsp (60ml) tahini
- Juice of 1-2 lemons
- ½ – 1 tsp cumin
- 1 garlic clove, minced
- 1 bunch parsley, chopped
- 6-8 tbsp (90-120ml) olive oil

4-6 Servings

Prep Time: 10 minutes (plus soaking, if needed)
Cook Time: 90-120 minutes (for dried chickpeas)
Total: 10-120 minutes (depending on chickpeas)

DIRECTIONS

1. If you are using dried chickpeas, soak the chickpeas overnight in some water. Discard the water in the morning and rinse the chickpeas. Add them to a pot and cover them with plenty of water. Simmer them for about 1½ to 2 hours, until they are soft. Add 1 tsp of salt to the pot 20 minutes before the time is up. Put the chickpeas in a colander and save the cooking water.
2. If you have canned chickpeas, start here. Put the canned chickpeas in a colander and rinse them. Then put the chickpeas (cooked or canned) in a bowl and puree them with an immersion blender. Or puree them in a food processor. Keep adding enough water to get a creamy paste.
3. Let the paste cool for a few minutes. Then add the tahini, 1 tsp salt, and the lemon juice. Keep checking the consistency and only add enough lemon juice so it stays creamy, not completely runny. Add cumin and minced garlic.
4. Leave your hummus a little runnier than you want the end result because it will thicken up a bit as it cools. Put the hummus in a serving dish and sprinkle with parsley and olive oil. Serve slightly warm. Hummus keeps in the fridge for several days.
5. Serve with veggie sticks of your choice, pita bread, flatbread, naan, or rice crackers.



Rosemary Fig Crackers

INGREDIENTS

- 4 dried figs
- 1 tbsp rosemary
- 2 cups (200g) almonds, ground
- 1 egg
- 1 tbsp (15ml) olive oil
- 1 tsp salt

About 20 Crackers
Prep Time: 10 minutes
Cook Time: 15 minutes
Total: 25 minutes

DIRECTIONS

1. Preheat the oven to 350°F (175°C).
2. Finely chop the figs and the rosemary. Put all the ingredients in a bowl and combine until you get a dough.
3. Place the cracker dough on a piece of parchment paper (make sure the size fits your baking sheet) and cover with a second piece. Roll the dough out very thinly.
4. Remove the top parchment paper and cut the dough into roughly 20 squares.
5. Move the parchment paper with the cracker dough onto a baking sheet and bake the crackers for about 15 minutes, until they are golden.
6. Remove from oven and let cool before eating.



Savory Ham Muffins

INGREDIENTS

- 2 cups (200g) almond flour
- 2 tbsp grated Parmesan
- 1 tsp baking powder
- 1 tbsp fresh thyme, minced
- ½ tsp salt
- 3 tbsp (15ml) coconut oil, melted
- 3 large eggs
- ½ cup (120ml) almond milk
- ½ cups (75g) ham, chopped into ½" (1cm) cubes

8 Muffins

Prep Time: 10 minutes

Cook Time: 25 minutes

Total: 35 minutes

DIRECTIONS

1. Preheat the oven to 325°F (160°C) and grease 8 molds of a muffin tin and set aside.
2. In a large bowl, add the almond flour, baking powder, and salt and mix well.
3. In a separate bowl add the eggs, coconut oil, and almond milk and whisk to combine.
4. Transfer the wet ingredients into the dry ingredients and mix until incorporated. Then add the ham, Parmesan cheese and thyme, and mix thoroughly.
5. Distribute the batter into 8 muffin cups and bake for 25 minutes or until a toothpick comes out clean when inserted in the middle.
6. Serve hot or at room temperature.



Tuna Muffins

INGREDIENTS

- 3 medium sweet potatoes
- 1 pinch grated lemon zest
- 3 green onions
- 1 handful of fresh cilantro, minced
- 5oz (140g) canned tuna in water
- 2 tbsp (30g) butter or ghee
- 1 egg

6 Muffins

Prep Time: 10 minutes

Cook Time: 30 minutes

Total: 40 minutes

DIRECTIONS

1. Wash the green onions and slice them.
2. Peel the sweet potatoes and cut them into 1" (2.5cm) cubes, then boil them for about 10 minutes until they are soft. Drain the water, put them in a large bowl and mash them with a fork.
3. Preheat the oven to 350°F (175°C) and grease 6 muffin cups with butter.
4. Drain the water from the tuna.
5. Combine the green onions, sweet potatoes, cilantro, lemon zest, butter or ghee, egg and tuna in a large bowl and mix thoroughly. Evenly divide the mixture among the 6 muffin cups.
6. Bake the muffins for 25-30 minutes. When the muffins are ready, carefully remove them from the molds and enjoy.

Thank You

FOR EXPLORING THE FUNCTIONAL FREEZE RECIPE COMPANION

This recipe collection is just the beginning. A set of nourishing steps to support your body and mind as you reconnect with yourself, navigate stress, and move toward balance. If you've found these recipes helpful, we invite you to explore even more tools and resources.

Discover **The Functional Freeze Formula** book, where you'll gain a deeper understanding of Functional Freeze and how to create your personalized path toward healing and resilience.

If you wish to continue working with these tools in a more profound way, we offer free practice circles as well as guided programs that bring together live sessions, community, and advanced practices to help you grow beyond survival mode and create lasting change.

For the most up-to-date information on upcoming events and programs, please [visit our website and sign up for our newsletter.](#)

Wherever you are on your journey, give yourself permission to take things one step at a time. Progress happens in the small moments, and every step matters.

We're so glad you're here!