



## Body Reset Wk 2

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### Recipe Notes!

- x All dinners recipes are to serve 4 people (2 serves for the meal at dinner with 2 serves leftover for lunch the next day)
- x Breakies are to serve 1 person so make sure you add more to those recipes if you are making it for another person too
- x Some recipes have chocolate protein powder in it! If you have the Bare Blends Vanilla protein that we sell, you can use this and add a little cacao powder to it to make it a bit more chocolatey!
- x There are plenty of dip options in the snack resources of the program to go with the seedy crackers in week 2 of the program! You can also have these dips with cut up carrots or celery if you'd prefer that for a snack or haven't had a chance to make the seedy crackers!
- x You will see 1 treat meal listed in the meal plans per week! You can take these at anytime you like during the week (if you have a party or event on)
- x If there is something you do not like on the menu, just swap it for another meal and make double of that!
- x We are aiming to just have breakfast, lunch and dinner plus coffee and tea each day. There is a daily snack option there if you do feel like you need a snack!

Let us know in the Facebook group if you have any questions!

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Breakfast	 Avocado Sweet Potato Toast with Poached Egg	 3 Ingredient Pancakes	 Avocado Sweet Potato Toast with Poached Egg	 Chocolate Cauliflower Shake	 Bacon, Egg + Spinach Pies	 Bacon, Egg + Spinach Pies	 Sweet Potato & Sausage Hash
Lunch	 Cobb Salad Jar	 Mexican Chicken	 Spicy Shrimp Fried Rice	 Chicken Shawarma Salad Bowls	 Kale, Lentil & Sweet Potato Salad	 One Pan Chicken, Golden Cauliflower & Carrot Fries	 Treat Meal!
Snack 1	 Apple Slices with Cinnamon	 Banana with Almond Butter	 Nori & Seed Crackers	 Nori & Seed Crackers	 Banana with Almond Butter	 Double Chocolate Mint Energy Balls	 Double Chocolate Mint Energy Balls
Dinner	 Mexican Chicken	 Spicy Shrimp Fried Rice	 Chicken Shawarma Salad Bowls	 Kale, Lentil & Sweet Potato Salad	 One Pan Chicken, Golden Cauliflower & Carrot Fries	 One Pan Ricotta & Spinach Stuffed Chicken with...	 Lemon Pesto Penne
Snack 2			 Fouad's BEST EVER Hummus				
Snack 3		 Dark Chocolate			 Dark Chocolate		

## Fruits

- 3 Apple
- 2 Avocado
- 6 Banana
- 75 grams Lemon
- 1 1/4 Lemon

## Breakfast

- 1/2 cup Almond Butter
- 1/3 cup Maple Syrup

## Seeds, Nuts & Spices

- 65 grams Almond Meal
- 1 cup Almonds
- 1/2 tsp Black Pepper
- 1/4 tsp Cayenne Pepper
- 2 tbsps Chia Seeds
- 1 1/2 tsps Chili Powder
- 1/3 tsp Chilli Flakes
- 2 2/3 tsps Cinnamon
- 1/3 tsp Coriander
- 2/3 bunch Coriander
- 1 1/4 tbsps Cumin
- 2/3 Dried Chipotle Chilli
- 1 tsp Dried Thyme
- 1 tsp Paprika
- 1/4 cup Pumpkin Seeds
- 2 tsps Red Pepper Flakes
- 2 2/3 tsps Sea Salt
- 1/4 cup Sesame Seeds
- 1/4 cup Sunflower Seeds
- 1 1/2 tsps Turmeric
- 2 tbsps Whole Flax Seeds

## Frozen

- 1 cup Frozen Cauliflower
- 1 cup Frozen Peas

## Vegetables

- 3 cups Baby Spinach
- 200 grams Baby Spinach
- 5 cups Broccoli
- 1 1/3 Brown Onion
- 2 Carrot
- 1/2 head Cauliflower
- 1 1/4 cups Cherry Tomatoes
- 1 Cucumber
- 2 Garlic
- 3 2/3 Garlic Clove
- 2/3 head Green Lettuce
- 5 stalks Green Onion
- 7 cups Kale Leaves
- 1/4 cup Parsley
- 8 leaves Romaine
- 2/3 Salad Items
- 4 Sweet Potato
- 1 tbsp Thyme
- 2 Tomato
- 1/2 Yellow Onion

## Boxed & Canned

- 2/3 cup Black Beans
- 533 grams Canned Chopped Tomatoes
- 250 grams Chickpeas
- 2 cups Green Lentils
- 1 cup Quinoa
- 2 cups Quinoa Penne

## Baking

- 2 tbsps Cacao Nibs
- 1/3 cup Cacao Powder
- 400 grams Dark Organic Chocolate
- 1 tsp Peppermint Extract
- 1 cup Pitted Dates
- 1 tsp Sodium Bicarbonate

## Bread, Fish, Meat & Cheese

- 1 kilogram Bacon
- 1.1 kilograms Chicken Breast
- 24 Eggs
- 1/2 cup Feta Cheese
- 170 grams Pork Sausage
- 1/2 cup Ricotta Cheese
- 454 grams Shrimp

## Condiments & Oils

- 3 tbsps Avocado Oil
- 2 tbsps Balsamic Vinegar
- 2 tbsps Dijon Mustard
- 2/3 cup Extra Virgin Olive Oil
- 2 2/3 tbsps Pesto
- 1/4 cup Tahini
- 150 grams Tahini
- 2 tbsps Tamari

## Cold

- 7 Egg
- 2 Eggs
- 1 cup Unsweetened Almond Milk

## Other

- 1/4 cup Chocolate Protein Powder
- 4 Ice Cubes
- 1 1/2 tsps Maca Powder
- 4 Nori Sheets
- 1 3/4 cups Water
- 1 Whatever Your Soul Desires!



## Avocado Sweet Potato Toast with Poached Egg

2 servings

15 minutes

### Ingredients

- 1 Sweet Potato (large)
- 4 Egg
- 1 Avocado
- Sea Salt & Black Pepper (to taste)

### Directions

- 1 Trim the pointy ends off the sweet potato then lay it on its side on a cutting board. Slice it lengthwise into 1/4 inch slices.
- 2 Pop the sweet potato slices into the toaster and toast twice. You may need to toast a third time depending on your toaster. If you do not have a toaster, set your oven to broil and bake on a sheet for 3 - 6 minutes per side, or until golden brown.
- 3 While the sweet potato toasts, carve the flesh of the avocado out into a bowl. Season with a pinch of sea salt and black pepper and mash with a fork until smooth and creamy.
- 4 Poach, fry or hardboil the eggs.
- 5 Spread the mashed avocado over the sweet potato toasts and top with cooked eggs. Season with sea salt, black pepper and/or red pepper flakes. Enjoy!

### Notes

**Add Greens,** Add a layer of baby spinach after you spread on the avocado.

**Guacamole Lover,** Add lemon juice, lime juice, minced garlic, tomato and/or chopped red onion to your mashed avocado.

**Egg-Free,** Skip the eggs and top with hemp seeds instead.



## 3 Ingredient Pancakes

2 servings

20 minutes

### Ingredients

- 1 Banana (ripe)
- 2 Eggs (whisked)
- 65 grams Almond Meal

### Directions

- 1 Put ingredients in a food processor and mix together, don't over process
- 2 Place a frypan on medium and melt some ghee, butter or coconut oil in the bottom
- 3 Add spoonfuls of the mixture, and cook for a few mins each side until they hold together and are brown.
- 4 Top with coconut yoghurt and berries. YUM



## Chocolate Cauliflower Shake

1 serving  
5 minutes

### Ingredients

- 1 cup Frozen Cauliflower
- 1 Banana (frozen)
- 1 tbsp Almond Butter
- 2 tbsps Cacao Powder
- 1/4 cup Chocolate Protein Powder
- 1 cup Unsweetened Almond Milk
- 1 1/2 tsps Maca Powder

### Directions

- 1 In your blender, combine all ingredients. Blend until smooth, pour into glasses and enjoy!

### Notes

**Make it Mocha,** Replace half of the almond milk with chilled coffee.

**Likes it Sweeter,** Add pitted medjool dates.

**No Maca Powder,** Leave it out or use cinnamon instead.



## Bacon, Egg + Spinach Pies

6 servings  
30 minutes

### Ingredients

- 500 grams Bacon (or ham)
- 100 grams Baby Spinach
- 12 Eggs (free range, organic)

### Directions

- 1 Preheat oven to 180 degrees celsius
- 2 Prepare a 12 hole muffin tray by lining with papers
- 3 Line the bottom and the sides of each muffin cup with bacon or ham, cut to fit
- 4 Add a few spinach leaves to the bottom of the cup and crack an egg in to each one.
- 5 Place muffin tray in to oven and cook for 25 mins or until eggs are set
- 6 Great for breakfast or make in the morning and take for lunch!



## Sweet Potato & Sausage Hash

2 servings

30 minutes

### Ingredients

- 170 grams Pork Sausage (casings removed)
- 1 Sweet Potato (medium, diced into cubes)
- 3 cups Kale Leaves (chopped)
- 1 Apple (medium, diced)
- 1/8 tsp Cinnamon
- 1/4 tsp Sea Salt

### Directions

- 1 Cook the sausage over medium heat, breaking it up into crumbles with the back of a spoon as it cooks. Once it is cooked, remove and set aside on a plate.
- 2 In the same skillet, add the diced sweet potato and cook over medium-high for 1 to 2 minutes or until brown on one side. Lower the heat to medium, stir and cook for 7 to 8 more minutes or until tender and cooked through.
- 3 Add the kale and the apple to the sweet potato with the cinnamon and cover with a lid. Cook over medium for 1 to 2 minutes, or until the kale is wilted. Then add the sausage back to the skillet and mix until warmed through. Add sea salt to taste. Divide into bowls and enjoy!

### Notes

**Prep Ahead,** Cook the sweet potato in advance to save time.

**No Kale,** Use another hearty green such as dandelion or shaved brussels sprouts.

**No Pork,** Use turkey sausage, chicken sausage or ground meat instead.

**Vegans & Vegetarians,** Use lentils instead of sausage.



## Cobb Salad Jar

2 servings

30 minutes

### Ingredients

- 1/4 Lemon (juiced)
- 1 tbsp Extra Virgin Olive Oil
- 1 tbsp Dijon Mustard
- 1 1/2 tsps Maple Syrup
- Sea Salt & Black Pepper (to taste)
- 1 cup Baby Spinach (chopped)
- 1/4 cup Cherry Tomatoes (halved)
- 1/4 Avocado (diced)
- 113 grams Chicken Breast (baked or grilled)
- 1 Egg (hardboiled and sliced)
- 1/4 cup Feta Cheese (crumbled)

### Directions

- 1 In a small bowl, mix together lemon juice, olive oil, mustard, maple syrup and a pinch of sea salt and pepper. Whisk well then pour into bottom of a large mason jar. (Note: Divide dressing between jars if making more than 1 serving.)
- 2 Layer your ingredients into the jar(s) in this order: spinach, cherry tomatoes, avocado, chicken, egg and feta. Seal jar and store in the fridge.
- 3 When ready to eat, give the jar a good shake to mix the dressing throughout. You can either transfer the salad to a bowl or enjoy straight from the jar.

# TREAT YOURSELF

Treat Meal!

1 serving

1 minute

## Ingredients

1 Whatever Your Soul Desires!

## Directions

1

We are not about to ask you to enter a difficult period of food restriction, like... 'No, I'm not eating anymore cookies.' 'No, I can't order pizza either.' 'NO. I'm not having anymore chocolate,' ...the food you think you \*want\* is likely to be all of those things. Not just because they're bloody delicious (they are) but because they're currently off-bounds. Like that pang of regret when your annoying ex gets a new girlfriend. Now imagine you put all of those foods back on the menu and gave yourself permission to enjoy everything without wanting to slap yourself around the face. Maybe your days will initially consist of cookies, pizza and chocolate. Maybe they won't. But what you'll likely find is after time, what you \*want\* dramatically shifts from being centred on food which you've cancelled from your life - towards food which make you feel good and allow you to have a nice day without feeling dizzy or doing a mini sick in your mouth etc etc. Chocolate for breakfast lunch and dinner might sounds delicious to someone who's diet is largely made up of kale. But the reality of this would mean; - Low energy - Low mood - And a shit load of deficiencies over time (Like when you actually get back with your ex and after a week you remember they're still annoying and still breathe too loudly.) 'Yeh but I actually would just eat cookies all day!!!' Sure - this may well be the case for some - in which case it might be time to enlist the help from a professional if you feel it's becoming detrimental to your health physically and mentally ♥ But yeah. Giving yourself permission to eat food without guilt doesn't mean donuts superset with pizza all day everyday. It just means giving yourself permission to eat food without guilt. Which is great.



## Apple Slices with Cinnamon

2 servings

5 minutes

### Ingredients

2 Apple  
1 tsp Cinnamon

### Directions

- 1 Slice apple and cut out the core.  
;
- 2 Sprinkle with cinnamon.  
;
- 3 Enjoy!



## Banana with Almond Butter

2 servings

2 minutes

### Ingredients

2 Banana  
1/4 cup Almond Butter

### Directions

- 1 Slice banana.  
;
- 2 Dip in almond butter.  
;
- 3 Bam.



## Nori & Seed Crackers

10 servings

1 hour

### Ingredients

- 4 Nori Sheets (raw or roasted, crushed)
- 1/4 cup Pumpkin Seeds (raw)
- 1/4 cup Sunflower Seeds (raw)
- 2 tbsps Whole Flax Seeds
- 2 tbsps Chia Seeds
- 1/4 cup Sesame Seeds
- 1/4 cup Maple Syrup

### Directions

- 1 Preheat oven to 250°F (121°C) and line a baking sheet with parchment paper.
- 2 Mix all ingredients in a bowl until well combined. Spread the mix onto the parchment paper and gently press down into an even layer. Bake for 45 minutes, rotating the pan about every 15 minutes.
- 3 Let the crackers cool completely before slicing them into 1" x 3" bars. Enjoy!

### Notes

**Storage,** Refrigerate in an airtight container up to 5 days, or freeze if longer.

**Serving Size,** One serving is equal to one 1" x 3" cracker.



## Double Chocolate Mint Energy Balls

6 servings  
15 minutes

### Ingredients

1/2 cup Pitted Dates  
1/2 cup Almonds (raw)  
2 tbsps Cacao Powder  
1 tbsp Cacao Nibs  
1/8 tsp Sea Salt  
1/2 tsp Peppermint Extract  
1 tbsp Water

### Directions

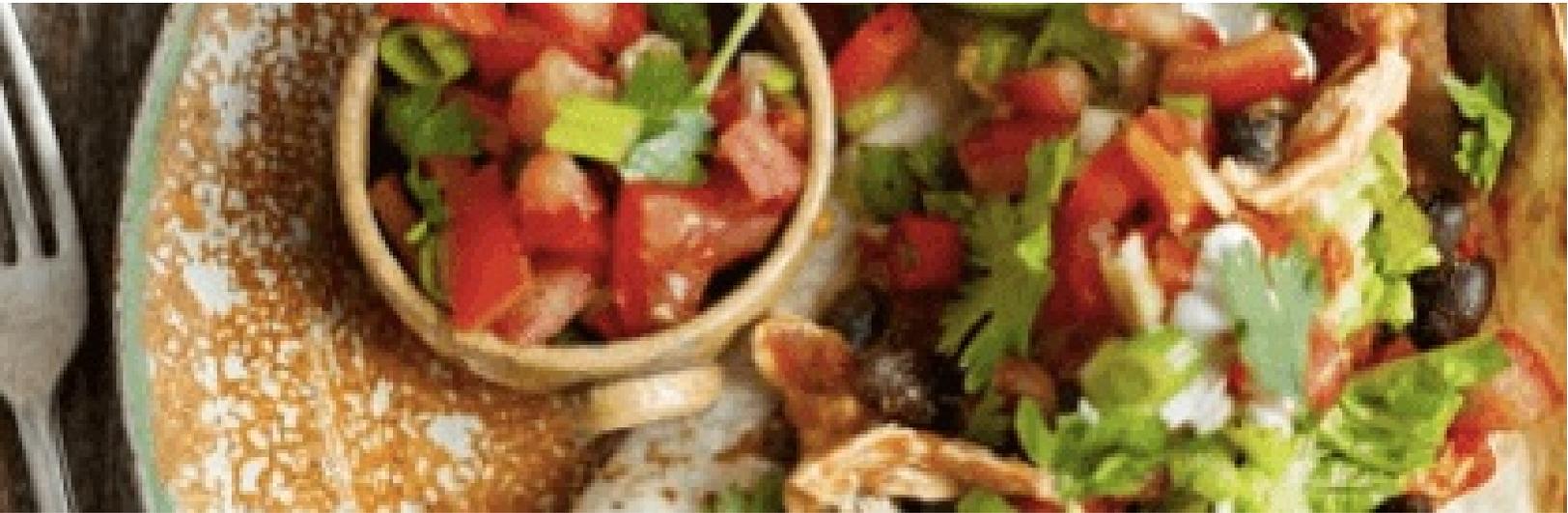
- 1 Add the dates, almonds, cacao powder, cacao nibs, sea salt and peppermint extract to the bowl of a food processor. While the food processor is running stream in the water. Run the food processor until the date mixture forms a ball.
- 2 Form the mixture into small balls with your hands and enjoy!

### Notes

**No Almonds,** Use raw cashews instead.

**Serving Size,** One serving is equal to two balls.

**Storage,** Store in the fridge up to five days, or in the freezer for up to three months.



## Mexican Chicken

4 servings

1 hour

### Ingredients

- 1 1/3 Brown Onion
- 2 2/3 Garlic Clove
- 2/3 bunch Coriander (fresh)
- 2 tsps Extra Virgin Olive Oil
- 2/3 tsp Cumin (ground)
- 1/3 tsp Coriander (ground)
- 2/3 Dried Chipotle Chilli (OPTIONAL)
- 1/3 tsp Chilli Flakes (OPTIONAL)
- 533 grams Canned Chopped Tomatoes (2 x tins)
- 2/3 cup Black Beans (OPTIONAL)
- 2/3 head Green Lettuce (To make the lettuce wraps)
- 2/3 Salad Items (whatever salad you want to include for the wraps)
- 2/3 Avocado (to top!)

### Directions

- 1 Peel and slice the onions, peel and finely chop the garlic, and pick the coriander leaves and finely chop the stalks. Slice the chicken into 1cm strips.
- 2 Heat the oil in a pan over a medium heat and, when hot, sauté the onions, garlic, coriander stalks, spices, and whole and flaked chilli (if using) for 5 minutes, until the onion is soft but not coloured.
- 3 Add the chicken strips and cook for a couple of minutes, then add the tinned tomatoes. Bring to the boil, then reduce the heat and simmer, partly covered, for 35 to 40 minutes, or until the chicken breaks apart when pressed with the back of a spoon. Add a splash of water if it looks too dry at any stage.
- 4 Shred the chicken using two forks, then drain and stir the black beans into the chilli. Continue cooking for a couple of minutes until the beans are heated through, then remove from the heat and stir in the coriander leaves.
- 5 Chop the salad, then serve the chicken in the lettuce cups, with avocado and lime wedges on the side.



## Spicy Shrimp Fried Rice

4 servings

30 minutes

### Ingredients

- 1 cup Quinoa (uncooked)
- 1 1/2 cups Water
- 454 grams Shrimp (cooked, peeled and patted dry)
- Sea Salt & Black Pepper (to taste)
- 1 tsp Paprika
- 1/4 tsp Cayenne Pepper
- 1 1/2 tsps Chili Powder
- 2 Egg
- 1/2 Yellow Onion (diced)
- 1 cup Frozen Peas
- 2 Garlic (cloves, minced)
- 5 stalks Green Onion (chopped)
- 2 tsbps Extra Virgin Olive Oil (divided)
- 2 tsps Red Pepper Flakes
- 2 tsbps Tamari

### Directions

- 1 Place quinoa and water in a medium sized pot and bring to a boil over high heat. Once boiling, cover with lid and reduce heat to low. Let simmer for 12 minutes or until all liquid is absorbed. Remove from heat, fluff with a fork and set aside.
- 2 In a large bowl, toss the cooked shrimp with cayenne, paprika and chili powder. Season with sea salt and pepper to taste. Toss until well coated
- 3 Heat half of your olive oil in a wok or large frying pan over medium heat. Whisk two eggs together in a bowl with a fork and scramble in frying pan until cooked through. Place in a bowl and set aside.
- 4 Place wok back over medium heat. Add remaining olive oil and saute onions, garlic and red pepper flakes until onion becomes translucent. Stir in peas and let warm through.
- 5 Add in shrimp, quinoa, scrambled eggs and tamari. Stir until tamari is fully absorbed. Spoon into a bowl and garnish with green onion. Enjoy with chopsticks!



## Chicken Shawarma Salad Bowls

4 servings  
30 minutes

### Ingredients

567 grams Chicken Breast (diced into cubes)  
1/2 tsp Sea Salt  
1/2 tsp Black Pepper  
1/2 tsp Cinnamon  
1/2 tsp Turmeric  
1 tbsp Cumin  
2 tbsps Extra Virgin Olive Oil  
1/4 cup Tahini  
2 tbsps Water  
1/2 Lemon (juiced)  
8 leaves Romaine (chopped)  
2 Tomato (diced)  
1 Cucumber (diced)  
1/4 cup Parsley (chopped)

### Directions

- 1 Combine the diced chicken breast, sea salt, black pepper, cinnamon, turmeric, cumin and olive oil in a bowl. Toss well to coat.
- 2 Transfer the chicken into a skillet over medium heat. Cook for about 10 minutes, or until chicken is cooked through.
- 3 Meanwhile, combine the tahini, water and lemon juice together in a jar. Mix well and set aside.
- 4 Divide the romaine, tomatoes and cucumber into bowls and top with the cooked chicken breast. Drizzle tahini dressing over top and sprinkle with chopped parsley. Enjoy!

### Notes

**Garlic Lover**, Serve with hummus or add minced garlic to the tahini dressing.  
**Leftovers**, Store in the fridge for up to three days.  
**Vegan & Vegetarian**, Omit the chicken and used cooked chickpeas instead.



## Kale, Lentil & Sweet Potato Salad

4 servings  
45 minutes

### Ingredients

2 cups Green Lentils (cooked, drained and rinsed)  
2 Sweet Potato (diced into 1 inch cubes)  
4 cups Kale Leaves  
2 tbsps Balsamic Vinegar  
1 tbsp Maple Syrup  
1 tbsp Thyme  
1 tsp Cinnamon  
1 tbsp Extra Virgin Olive Oil (divided)  
1 tbsp Dijon Mustard  
Sea Salt & Black Pepper (to taste)  
1/4 cup Feta Cheese (crumbled)

### Directions

- 1 Preheat oven to 410°F (210°C). Place chopped sweet potato in a mixing bowl and toss with half your extra virgin olive oil, cinnamon and season with a bit of salt and pepper. Place on a parchment-lined baking sheet and bake in the oven for 30 to 35 minutes or until golden.
- 2 In the meantime, drain lentils and rinse with cold water. Set aside.
- 3 Place remaining extra virgin olive oil in a frying pan and warm over medium heat. Add in kale leaves and saute just until wilted. Remove from heat immediately.
- 4 Prepare dressing by mixing balsamic vinegar, maple syrup, mustard and thyme. Mix well.
- 5 Combine sweet potatoes, lentils, wilted kale, feta cheese and dressing together in a large mixing bowl. Toss well and serve. Enjoy!



## One Pan Chicken, Golden Cauliflower & Carrot Fries

2 servings  
40 minutes

### Ingredients

2 Carrot (medium)  
1/2 head Cauliflower  
3 tbsps Extra Virgin Olive Oil (divided  
three ways)  
227 grams Chicken Breast  
1 tsp Dried Thyme  
1 tsp Turmeric (powder)  
Sea Salt & Black Pepper (to taste)

### Directions

- 1 Preheat oven to 375°F (191°C) and line a large baking sheet with parchment paper.
- 2 Peel and slice carrots into sticks. Wash and chop cauliflower into florets.
- 3 Brush chicken breast with 1/3 of the olive oil. Season with thyme and sea salt and black pepper to taste. Place on the baking sheet.
- 4 Toss carrot sticks in 1/3 of the olive oil and season with salt and pepper to taste. Place on the baking sheet next to chicken.
- 5 Toss cauliflower with the remaining olive oil, turmeric and salt and pepper to taste. Mix until cauliflower is evenly yellow then transfer to the baking sheet.
- 6 Place the baking sheet in the oven and bake for 30 minutes or until chicken breast is cooked through.
- 7 Remove baking sheet from the oven and divide onto plates. Enjoy!

### Notes

Low FODMAP, Use zucchini instead of cauliflower.



## One Pan Ricotta & Spinach Stuffed Chicken with Broccoli

2 servings  
35 minutes

### Ingredients

227 grams Chicken Breast (boneless)  
2 tbsps Avocado Oil (divided)  
1/2 cup Ricotta Cheese  
2 cups Baby Spinach (finely chopped)  
1/2 tsp Sea Salt (divided)  
4 cups Broccoli (chopped into florets)

### Directions

- 1 Preheat oven to 375°F (190°C).
- 2 Make a slice lengthwise in each chicken breast to create a deep pocket. Coat well with half the oil and set aside.
- 3 In a bowl, mix together the ricotta, spinach and half the sea salt until well combined. Stuff the ricotta mix into each chicken breast. Transfer chicken to the middle of a glass baking dish.
- 4 Add broccoli to the baking dish and coat with the remaining oil. Sprinkle the remaining salt over the broccoli and chicken. Bake for 30 minutes or until chicken is tender and cooked through.
- 5 Remove the chicken from the oven and serve. Enjoy!

### Notes

**No Ricotta Cheese,** Use goat cheese, cashew cheese or tofu ricotta cheese instead.

**No Avocado Oil,** Use olive oil or coconut oil instead.

**Leftovers,** Keep refrigerated in an airtight container up to 3 days.



## Lemon Pesto Penne

2 servings

20 minutes

### Ingredients

- 1 cup Cherry Tomatoes
- 1 tbsp Avocado Oil
- 2 cups Quinoa Penne (dry, uncooked)
- 1 cup Broccoli (chopped into florets)
- 2 2/3 tbsps Pesto
- 1/2 Lemon (juiced)
- 1/8 tsp Sea Salt

### Directions

- 1 Adjust oven rack to the top, closest to the broiler. Set oven to high broil. Place tomatoes on a foil-lined baking sheet and toss in oil. Broil for 10 to 15 minutes.
- 2 Meanwhile, bring a large saucepan of water to a boil. Add penne and cook according to instructions. Add broccoli during the last 2 to 3 minutes of cooking. Drain the pasta and broccoli, and return to the pan.
- 3 Add in the pesto, lemon juice, sea salt and broiled tomatoes, gently tossing until combined. Divide into bowls and enjoy!

### Notes

**Leftovers,** Best enjoyed immediately as quinoa pasta will get stiff and dry once refrigerated. Can be stored in the fridge up to 5 days and enjoyed hot or cold.

**More Protein,** Add cooked chicken breast or any ground meat.

**No Quinoa Penne,** Use any other type of pasta instead.

**No Broccoli,** Use broccolini or any other veggies on hand.

**No Avocado Oil,** Use ghee, coconut oil or olive oil instead.



## Fouad's BEST EVER Hummus

24 servings

24 hours

### Ingredients

250 grams Chickpeas (dried)  
1 tsp Sodium Bicarbonate  
1 Garlic Clove (peeled)  
75 grams Lemon (Juiced)  
150 grams Tahini (Hulled)  
1 tsp Sea Salt  
4 Ice Cubes (just trust...)

### Directions

- 1 Cover the chickpeas with water and soak overnight with the sodium bicarbonate.
- 2 Rinse the chickpeas under cold running water for 3-5 minutes.
- 3 Place Chickpeas in a large saucepan and cover with fresh water so they are covered by 4cm and bring to the boil.
- 4 Partially cover the pan with a lid and turn the heat down to simmer. If the heat is too high the chickpeas will foam and boil over. Simmer for 1-2 hours and skim any foam that surfaces. When cooked: the skin needs to be falling off and chickpeas extremely tender to touch. (you can also cook them in a pressure cooker on high for 20 mins)
- 5 Reserve 1 cup of the cooking liquid before draining the chickpeas.
- 6 Place chickpeas (while still hot) in food processor and blend on high until very smooth. Add liquid if needed to facilitate the blending. Set aside and allow to cool to room temperature.
- 7 Once cool, add the remaining ingredients (incl ice) and blend until completely smooth, add a little bit of water if mixture is a little thick.
- 8 Tastes amazing with the Seedy Crackers, or veggie sticks, in salad... everywhere!



## Dark Chocolate

4 servings

1 minute

### Ingredients

200 grams Dark Organic Chocolate (at least 70% cacao)

### Directions

- 1 Break apart chocolate into pieces and divide into bowls. Enjoy!

### Notes

Next Level Chocolate, Sprinkle with a bit of coarse sea salt or cayenne pepper for a kick.