

HEALTHY SWAPS RECIPE 2.

Sweet Potato Chips

- 2 large sweet potatoes
- Pinch of sea salt and black pepper
- ½ teaspoon of sweet smoked paprika
- 1 tbsp of olive oil

1. Preheat the oven to 200°C/400°F/gas 6. Wash 2 large sweet potatoes under cold running water, scrubbing well with a scrubber to get rid of any dirt (there's no need to peel them).

2. Cut each sweet potato in half lengthways, cut each half in half lengthways, then each piece in half again so you end up with 8 wedges.

3. Add to a large mixing bowl, then sprinkle over a tiny pinch of sea salt and black pepper, and ½ a teaspoon of sweet smoked paprika.

4. Drizzle with 1 tablespoon of olive oil, then toss everything together to coat.

5. Spread out into a single layer in a large baking tray, then bake for 35 to 40 minutes, or until golden and cooked through.



HEALTHY SWAPS RECIPE 3.

Poke Bowls



- 430g (2 cups) sushi rice, rinsed
- 2 tablespoons sushi seasoning
- 500g sashimi-grade tuna steaks, cut into 1cm pieces (salmon also an option)
- 1 green shallot, thinly sliced
- 2 tablespoons soy sauce
- 2 teaspoons sesame oil
- 1½ teaspoons rice wine vinegar
- 1½ teaspoons sesame seeds, lightly toasted
- ¼ teaspoon dried chilli flakes
- 1 large avocado, cut into 1cm pieces

1. Cook rice following the packet directions. Stir in the sushi seasoning.

2. Combine tuna, shallot, soy sauce, sesame oil, vinegar, sesame seeds and chilli in a glass or ceramic bowl. Set aside for 5 minutes to marinate.

3. Divide the rice among bowls. Top with tuna mixture and avocado, and serve.

FRESH X GIRLS ONLY
NIGHT ON:

FOOD & MOOD

FOOD & MOOD

Our cravings can be linked to our emotions and even some of our underlying nutritional deficiencies!

Craving/Food	Cause/Lack of	Emotion
Fatty Foods	Omega 3	Sadness, low self-esteem
Sugary Foods	Typtiophan, Sulphur, Phosphorus	Fatigue/tiredness, sadness
Caffeine	Iron, Salt	Stress
Fizzy Drinks	Calcium	Fatigue, low energy
Chocolate	Magnesium	Sadness
Crisps	Chloride	Stress

HEALTHY SWAPS GUIDE:

Craving/Food	Alternative
Fatty Foods	Fish & seafood
Sugary Foods	Spirulina & sweet potato
Caffeine	Garlic & tomato
Fizzy Drinks	Soy & almond milk
Chocolate	Raw cacao nibs & whole grains
Crisps	Fresh olives

HEALTHY SWAPS RECIPE 1.



Paleo Chocolate Pudding

- 1 tbsp powdered grass-fed gelatine
- 400ml coconut milk
- 50g raw cacao powder, plus extra for dusting
- 1/4 tsp ground cinnamon
- 3 tbsp Manuka honey
- 150g whipped coconut cream
- toasted coconut chips and crushed hazelnuts, to serve

1. Mix the gelatine with three tablespoons of water in a small bowl and set aside for five minutes to allow the gelatine granules to expand and soften

2. Place the coconut milk, cacao powder, cinnamon and honey or maple syrup in a saucepan over medium heat and whisk to combine. Bring to just below simmering point and remove from the heat.

3. Add the gelatine mixture to the warm coconut milk mixture and stir until the gelatine dissolves. Transfer to four 150ml ramekins and place in the fridge for one hour to set (or freezer for 20 minutes for faster setting).

4. To serve, spoon over some whipped coconut cream, sprinkle on toasted coconut chips and hazelnuts and finish with a dusting of extra cacao.

