



Salmon & Cauliflower Rice Bowl

Ingredients

- 2 salmon fillets, sustainably-sourced or organic
- 10-12 Brussels sprouts, chopped in half
- 1 bunch kale, washed and shredded
- 1/2 head cauliflower, pulsed into cauliflower rice (you can use a whole cauliflower head if you wish)
- 3 tbsp olive or coconut oil
- 1 tsp curry powder/ground turmeric
- Himalayan salt

MARINADE

- 1/4 cup tamari sauce
- 1 tsp Dijon mustard
- 1 tsp sesame oil
- 1 tsp honey or maple syrup (optional)
- 1 tbsp sesame seeds

Method

1. Preheat oven to 180°C.
2. Line a baking tray and add chopped Brussels sprouts. Coat with 1 tbsp oil and season with salt. Add to oven and roast for 20 minutes.
3. Meanwhile, make marinade by combining all ingredients in a bowl and whisking until combined.
4. Remove Brussels sprouts after 20 minutes and add salmon fillets to the baking tray. Spoon marinade over salmon fillets and return to oven for a further 13-15 minutes, or until salmon is cooked to your liking.
5. Whilst salmon is cooking, heat a pan over medium-high heat and add 1 tbsp oil. Add kale and sauté until wilted (2-3 minutes). Remove from pan and set aside.
6. Heat remaining oil in pan and add cauliflower rice. Season with 1 tsp curry powder and salt and sauté until cooked (2-3 minutes).
7. Remove salmon and brussels sprouts from oven and serve into two bowls. Add sautéed kale and cauliflower rice to bowls.

Vegan Banana Chocolate Muffins

Ingredients

- 2 cups almond meal
- 3 tbsp chia seeds soaked in $\frac{1}{3}$ cup water for 10 minutes
- 2 ripe bananas, mashed
- 3 dates, pitted
- $\frac{1}{4}$ cup coconut oil, melted
- pinch of sea salt
- 2 tsp baking soda
- 1 tsp cinnamon
- 1 tbsp maple syrup (optional)
- $\frac{1}{2}$ block (50g) dark or raw chocolate, roughly chopped
- 1 tsp chia seeds

Method

1. Preheat the oven to 160°C or 320°F. Grease a muffin tin with olive oil or coconut spray.
2. In a blender, add all of the ingredients, except the chocolate and 1 tsp chia seeds. Blitz until you've reached a smooth consistency.
3. Spoon the mixture into the muffin tray, pressing pieces of chocolate into the middle of the muffins and also on top. Sprinkle with extra chia seeds and cinnamon.
4. Bake for 35–40 minutes or until the muffins are golden and cooked through.
5. Serve warm with a dollop of ricotta or almond butter. Enjoy!



JSH Health



Power Protein Smoothie

Ingredients

1 serving of protein powder (either 100% natural pea, sprouted brown rice or whey protein) or 2 tbsp LSA mix, or 2 tbsp Greek yoghurt
1 tbsp natural almond or peanut butter
1-2 tsp stevia granules/powder or 3-4 drops stevia liquid
1/2 tsp ground cinnamon

1 tsp vanilla extract/powder (if available)
1 tbsp chia seeds or psyllium husk
1/2 cup frozen berries (can omit)
1/4-1/2 frozen banana
1/2 cup spinach leaves (can omit)
1/2-1 cup almond or coconut milk
1/2 cup ice blocks
1/2 cup filtered water

Method

1. Add all ingredients to a food processor or blender.
2. Pour into a glass or bowl and top with desiccated coconut, sliced fruit or nuts, and seeds for the crunch factor!