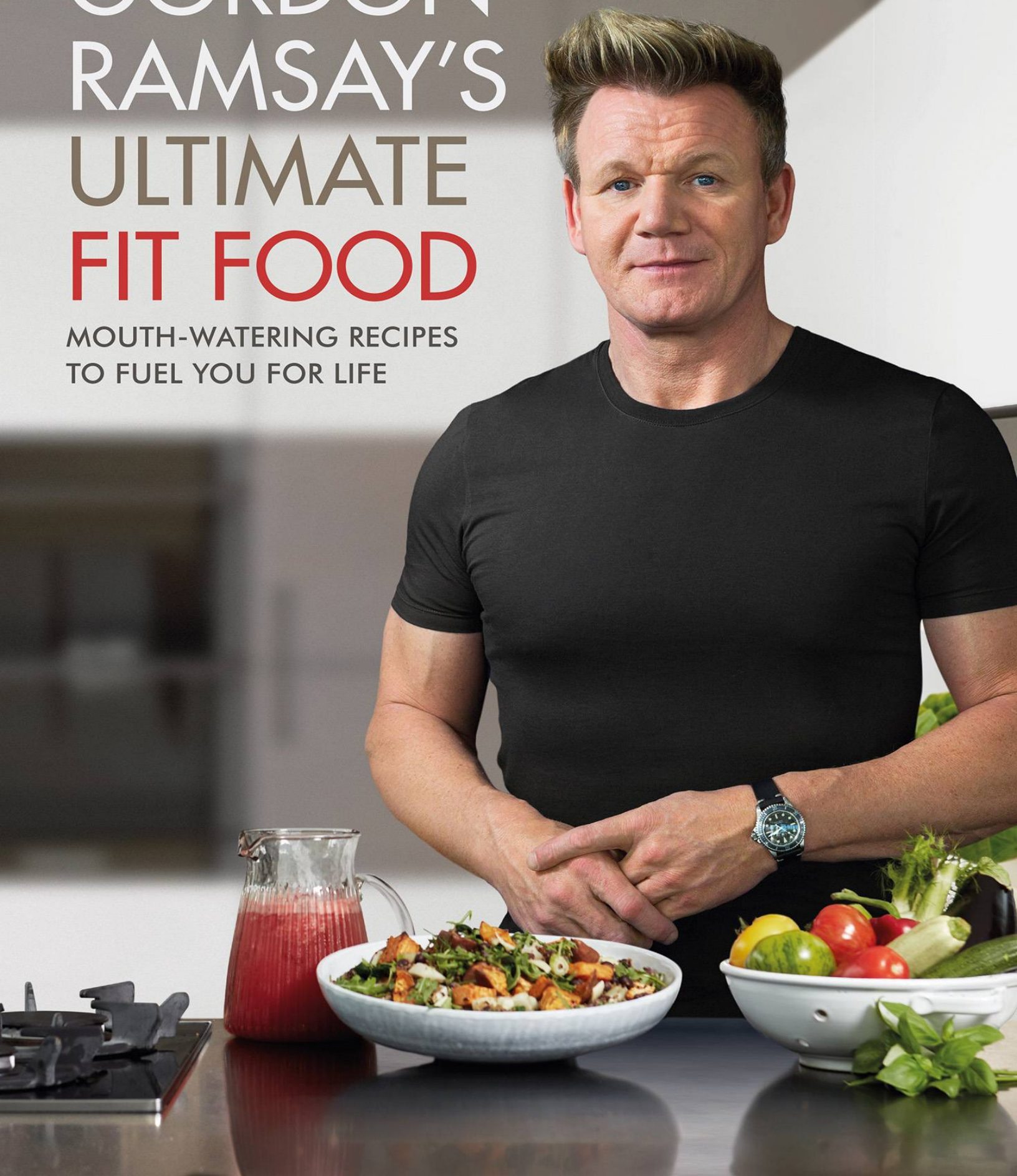


GORDON RAMSAY'S ULTIMATE FIT FOOD

MOUTH-WATERING RECIPES
TO FUEL YOU FOR LIFE



GORDON RAMSAY'S ULTIMATE FIT FOOD


HODDER &
STOUGHTON

www.hodder.co.uk

First published in Great Britain in 2018
by Hodder & Stoughton
An Hachette UK company

Copyright © Gordon Ramsay 2018
Photography copyright © Jamie Orlando Smith 2018

The right of Gordon Ramsay to be identified as the Author of the Work has been asserted by him in accordance with the Copyright, Designs and Patents Act 1988.

All rights reserved. No part of this publication may be reproduced, stored in a retrieval system, or transmitted, in any form or by any means without the prior written permission of the publisher, nor be otherwise circulated in any form of binding or cover other than that in which it is published and without a similar condition being imposed on the subsequent purchaser. A CIP catalogue record for this title is available from the British Library

ISBN 978 1 473 65228 6

Editorial Director: Nicky Ross
Project Editor: Natalie Bradley
Editor: Camilla Stoddart
Nutritionist: Kerry Torrens
Copy-editor: Annie Lee
Designer & Art Director: James Edgar
Photographer: Jamie Orlando Smith
Food Stylist: Phil Mundy
Props Stylist: Olivia Wardle
Shoot Producer: Ruth Ferrier
Art Director: Alasdair Oliver
Production Manager: Claudette Morris

Hodder & Stoughton Ltd
Carmelite House
50 Victoria Embankment
London EC4Y 0DZ
www.hodder.co.uk



CONTENTS

TITLE PAGE

COPYRIGHT

INTRODUCTION

HEALTHY

NOURISHING BREAKFASTS

Apple, Mint, Spinach, Lime and Cucumber Juice
Tropical Chia Seed Pudding
Raspberry Chia Seed Jam
Toasted Oat Soda Bread
Oat and Quinoa Porridge with Mixed Seeds
Apple-Pie-Spiced Porridge
Rainbow Vegetable Frittata

NUTRITIOUS LUNCHES AND SALADS

Chilled Pea and Coconut Soup
Coronation Chickpeas
Roasted Butternut Squash, Farro and Sumac Salad
Roasted Cauliflower, Quinoa and Pomegranate Salad
Aduki Bean, Sweet Potato and Fennel Salad
South-East-Asian-Inspired Noodle Salad
Prawn Waldorf Salad
Tuna and Avocado Tartare
Healthy Vegetable Samosas

SUPER SUPPERS AND SIDES

Grilled Salmon with Garlic Mushroom and Lentil Salad
Miso Cod en Papillote
Tuna Steak with Mango and Cucumber Salsa
Fillet Steak with Butter Bean and Fennel Purée
Butternut Squash Spaghetti with Sage and Walnut Pesto
Courgette Spaghetti with Meatballs
Lamb Steaks with Cauliflower Tabbouleh
Sea Bass Ceviche with Tomato, Lemon and Chilli
Courgette and Fennel Carpaccio
Edamame, Sugar Snap and Celery Salad
Whole Baked Tandoori-Spiced Cauliflower
Chargrilled Vegetables with Bagna Càuda Dressing
Shaved Asparagus and Hazelnut Salad

HEALTHY SNACKS AND NOT-TOO-SWEET TREATS

Cucumber and Mint Lemonade
Banana and Apple Crisps
Smoky Flageolet Bean Houmous
Minted Baba Ganoush
Crunchy Chickpeas
Chargrilled Peaches with Granola Crumble
Yoghurt and Berry Ice Lollies
Chocolate and Avocado Mousse

LEAN

START-AS-YOU-MEAN-TO-GO-ON BREAKFASTS

Berry and Oat Smoothie
Raspberry and Honey Overnight Oats
Spinach, Tomato and Feta Scrambled Eggs
Courgette Omelette
Quinoa-Stuffed Mushrooms with Baked Eggs
Tofu and Kale Scramble

LIGHT LUNCHES TO KEEP YOU ON TRACK

Chicken and Quinoa Satay Rice Paper Rolls
Lentil, Carrot and Coriander Soup

Harissa Houmous with Carrot on Rye
Egg 'Mayonnaise' and Spinach Sandwich
Brown Rice Sushi Hand Rolls
Chicken and Kale Caesar Salad
Spring Green Wraps

LEAN SUPPERS AND SIDES

Mexican Prawn Cocktail
Grilled Squid, Fennel and Apple Salad
Salmon Ceviche with Grapefruit, Avocado and Mint
Edamame, Broad Bean and Pea Soup
Tamarind Prawns
Seared Tuna and Vegetable Skewers with Wasabi Dipping Sauce
Asian Slaw
Tray-Baked Chicken with Butter Beans, Leeks and Spinach
Duck Breast with Braised Fennel and Orange Gremolata
Velveting Pork Loin with Ginger Sushi Rice and Pickled Vegetables
Venison Carpaccio with Celeriac Slaw
Marinated Tomato Salad

GUILT-FREE TREATS

Iced Green Tea
Maple Soy Kale Crisps
Smoky Spiced Popcorn
Caraway Beetroot Crisps
Spiced Apple Sorbet
Banana 'Ice Cream'
Coconut Ice Lollies
Carrot Cake Macaroons

FIT

BOOSTING BREAKFASTS

Banana and Date Breakfast Shake
Frozen Berry Breakfast Bowl
Yoghurt and Peach Bowl
Peanut Butter and Raspberry Jam Pancakes

Mexican Fruit Salad
Baked English Breakfast
Breakfast Burrito
Huevos Rancheros

LUNCHES FOR ACTIVE DAYS

Watermelon, Feta and Mint Salad
Wafer Vegetable, Candied Pecan and Blue Cheese Salad
Smoked Mackerel, Beetroot and Broccoli Salad
Sushi Salad Bowl
Vietnamese Crispy Tofu Wrap
Californian 'Fried' Chicken Sandwich

CARB-LOADING FOR THE NIGHT BEFORE

Sake-and-Miso-Steamed Mussels with Soba Noodles
Southern Indian Fish Curry
Coconut and Ginger Brown Rice
Spiced Fish Tacos
Chicken and Chickpea Tagine
Crispy Spiced Turkey with Egg and Potato Salad
Sweet Potato Chips with Chermoula

HIGH-PROTEIN RECOVERY MEALS FOR THE EVENING AFTER

Cauliflower Pizza
Barbecued Spatchcock Poussin with Roasted Corn Salad
Celebration Side of Salmon with Lemon and Wasabi
Panzanella with Poached Chicken
Garlic and Parsley Pot Roast Guinea Fowl
Spiced Koftas with Bulgur Wheat Salad
Bavette Steak with Rosemary Chimichurri

HIGH-ENERGY SNACKS AND WELL-DESERVED TREATS

Watermelon Cooler
Pitta Crisps with Red Pepper Dip
Seed and Nut 'Granola' Bars
Raw Chocolate Milkshake
Muesli Energy Bites

Raw Choco Treats
Fig Rolls
Peanut Butter and Chocolate Ice Cream
Cheesecake in a Jam Jar
Aztec Hot Chocolate

INDEX

ACKNOWLEDGEMENTS

METRIC/IMPERIAL CONVERSION CHART

INTRODUCTION



I HAVE ALWAYS SAID THAT CHEFS EAT THE BEST FOOD AND THE WORST IN EQUAL MEASURE.

They work with the freshest, most delicious ingredients available, cook them perfectly and are constantly trying little tasty mouthfuls as they work. But do they get home and make themselves a nutritious meal at the end of their 16-hour shift? I'm afraid they do not. The punishing working life of a chef means that they often rely on junk food and sugary snacks to get through the day, and finding time for exercise is really hard. When I was working in the restaurant at Royal Hospital Road, I never left the kitchen, sending everyone else out on their break rather than getting out myself, and I was snacking on the wrong things throughout the day. Over time, I let myself get out of shape. My chef's whites got tighter and tighter and I felt lethargic and sluggish a lot of the time.

It all changed when I started forcing myself to go to the gym for a run. I had to schedule it in like a trip to the dentist so I couldn't get out of it! I started with 5km, then 10km, then, before I knew it, I was running my first marathon! That was followed later the same year with an ultramarathon in South Africa ... I was hooked. Being fit made me feel great and it became my escape from my very busy life. My eating improved, the weight came off and I looked and felt so much better. My health improved dramatically, too. I turned 50 recently and, given that my father died of a heart attack at 53, Tana organized a complete health check-up for me. I was in training for the Ironman Triathlon World Championship in Hawaii at the time and when they checked my pulse, it was the lowest resting heart rate for a man of my age that they had ever seen! I must be doing something right ...

For me, being healthy involves eating well and taking exercise. This sounds obvious but I can't stress enough the importance of doing these things in combination (though not necessarily at the same time!). To improve your

diet without exercising can only get you so far when you are trying to lose weight or boost your health. Similarly, to take up exercising without considering what you eat will have only limited success. It is the combination of the two that brings better health.

But this is not a diet book telling you what (and what not) to eat, nor is it full of faddy ideas about eating cabbage soup or living off grapefruits or eating like a caveman. It works on the very simple premise that what you put into your body makes a difference to how it functions. It also acknowledges that the body has different requirements depending on what you are expecting it to do. If you are trying to lose a bit of weight you need to eat less than when you are maintaining a healthy weight, and when you are taking part in rigorous exercise you will need to fuel your body correctly to ensure it has the resources to deliver.

Finally, healthy eating doesn't have to be dull! As a chef, I want the food that I eat to be tasty and satisfying as well as good for me. When I'm in training, I don't want my taste buds to get bored by eating the same things over and over again. And I don't ever want to feel deprived. These are my go-to recipes when I want to eat well at home, and my great hope is that they will inspire you to get cooking to improve your own health whatever your personal goal. Here's to better health!

A handwritten signature in black ink, appearing to read 'Gordon', with a stylized flourish at the end.

WHAT IS HEALTHY EATING?

I am not going to get scientific here, but I do think an understanding of what the body needs and how it gets this from food can help us make better decisions when it comes to eating. I am lucky enough to have worked with personal trainers and nutritionists who have shared their knowledge with me and, once I learnt the basics, making healthy decisions has become second nature.

To keep itself properly fuelled and in optimum condition, the body needs a combination of macro- and micronutrients. Macronutrients are foods we need in relatively large amounts. The main three are:

PROTEIN – found in meat, fish, dairy produce, eggs, pulses, beans and nuts, and essential for building and repairing tissue in bones, muscles, cartilage, skin and blood as well as for the production of hormones and important enzymes. The recommended daily intake for protein is 50g for women and 55g for men.

CARBOHYDRATES – the starches, sugars and dietary fibre found in foods such as potatoes, grains (like wheat, rice, corn, etc.), pulses, fruit and vegetables which are the body's main source of energy. Fibre found in starchy carbohydrates is essential for digestive health; it helps with the elimination of waste and can prevent heart disease, some cancers and diabetes. The recommended daily intake for carbohydrates is 260g for women and 300g for men, and health experts recommend a daily intake of roughly 30g of fibre for both men and women.

FAT – an excellent source of energy and needed for the absorption of some vital micronutrients. Confusingly, all fats are not created equal, so while the body does need some fat to survive, it is healthy unsaturated fat and not saturated fat that is required (see [here](#) for more information). Fat is found in oils, animal products, fish, seeds and nuts. The recommended daily intake of

fat should be limited to 70g for women and 95g for men, of which no more than 20g and 30g respectively should be saturated fat.

Micronutrients are the vitamins and minerals that we need in much smaller amounts but that are no less vital for normal growth and healthy development. Micronutrients include vitamins A, B complex (including folic acid), C, D, E and K as well as minerals like iron, calcium, magnesium, potassium and zinc. Vitamins and minerals are found in lots of different foods, including vegetables, fruit, nuts, eggs and dairy produce, and they are important for the smooth running of our organs, eyes, skin, gut, immune system, etc. No one food or meal contains all the vitamins and minerals we need, which is why eating a varied diet is so important.

Everything the body needs is available from the food we eat so we should all be pretty healthy, right? Unfortunately it isn't quite as simple as that. The problem is that there are some things that we don't need a lot of, like refined carbohydrates, saturated fat and sugar (see [here](#)), but we eat lots of them because they taste good – think crisps, fizzy drinks, fast food, cakes and biscuits. Not only can these things be detrimental to our health when eaten in excess, if we regularly choose to fill ourselves up with the bad stuff, we are likely to be consuming too many calories and missing out on the vital nutrients and fibre present in healthier foods.

The body's requirements change if you are trying to lose weight (see [here](#)) and also if you lead a very active lifestyle (see [here](#)), but generally we should all be trying to eat as varied a diet as possible while keeping our intake of saturated fat, sugar and salt down (see [here](#)). The recipes in this book will make it easy to eat the right variety of foods depending on the challenges you face.



HEALTHY KIDS

It is especially important that children get all the macro- and micronutrients that they need while they are growing and developing. The exact nutritional requirements of children and teenagers are beyond the remit of this book, but I do think that introducing kids to a wide variety of foods including plenty of fruit and vegetables from a young age helps them to develop a taste for healthy foods, and by keeping fried, processed fatty, salty and overly sweet foods to a minimum, you can teach them that these are treats to be indulged in only once in a while. Making smoothies, soups and veg-packed stews and sauces is an excellent way to pack as many nutrients as possible into growing kids, even the most veg-avoiding ones, and eating together as a family can encourage your children to try new things when they see what the adults are eating.

But to me, it isn't just a case of what you feed children; it's about teaching them to make good choices and equipping them with the skills they need to look after themselves when they leave your care, skills like basic nutrition and cooking. Ever since our four children were tiny, it has been important to Tana and me that they have a good understanding of food – where it comes from, how to cook it and how it affects our health. They are now teenagers and it seems to have paid off. Sure they all like pizza, chocolate and fizzy drinks like everyone else, but most of the time they eat a healthy, varied diet that balances out the special treats. They also understand the important relationship between diet and exercise and are really active. I like to think we have given them a really healthy relationship with food for life.

There are lots of family-friendly recipes in this book but it should be noted that children should not follow a low-fat diet unless instructed to by a doctor. Healthy fats are particularly vital for children's development, so restricting fat is not recommended.



HOW TO USE THIS BOOK

Each of the dishes in this book has been analysed by a nutritionist and the figures are printed alongside each recipe to help you to become familiar with the nutritional content of everyday meals. These figures exclude optional items and garnishes. Based on these numbers, I have split the recipes into three sections – Healthy, Lean and Fit.

There are no rigid rules, though. You can mix and match recipes from the different sections depending on who you are cooking for. For example, you can add a Healthy side dish to a Lean main course if you are feeding children and non-dieters, or you can serve a carbohydrate-boosting side dish from the Fit section with a healthy supper if you are in training for a race or event. Just keep an eye on the figures over the course of a day to check you aren't taking in more calories than you actually need.

Here are the official Reference Intake (RI) guidelines for moderately active men and women. These indicate what you need in a day for a healthy, balanced diet. Keep these in mind when you are planning your meals to make sure you are adequately fuelling your day. You should aim not to exceed the figures listed for fat, saturated fat, sugar and salt. Individual needs may vary, so this should be used as a guide only.

	WOMEN	MEN
KCAL	2,000	2,500
FAT (G)	70	95
SATURATES (G)	20	30
CARBS (G)	260	300
SUGARS (G)	90	120
PROTEIN (G)	50	55
	6	6

HEALTHY

To be categorized as Healthy, one serving has to contain:

- no more than 5g of saturated fat
- no more than 15g of sugar
- no more than 1.5g of salt per serving

These recipes are ideal for maintaining a healthy weight, keeping blood sugar levels stable and boosting your intake of a wide variety of nutrients.

LEAN

The dishes in the Lean section come in at:

- under 300 calories per serving for breakfast
- under 600 calories per serving for lunch and dinner
- under 150 calories for a snack

Also, a limited number of the calories are derived from fat. Choosing recipes from this section will help you to consume fewer calories, which in turn will help you to lose weight over a period of time, especially when combined with raised activity levels.

FIT

The Fit section is full of meals and snacks that contain the right amounts, types and combinations of macronutrients (carbohydrate, protein and fat) for an active lifestyle. These recipes provide:

- fuel for training and endurance sports
- proteins for recovery and repairing tired muscles

There are more calories in some of these dishes to meet the needs of the body when exercising.

NOTES ABOUT THE INGREDIENTS

ANIMAL WELFARE

Try to buy meat, eggs and dairy products from reputable farms that value the welfare of their livestock. It isn't just better for the animals, it is better for you, as it is likely to be a more flavourful product.

LOW-FAT FOODS

At home, we try to eat ingredients in their most natural form so we can be sure of what we are putting into our bodies. Avoid low-fat versions of favourites because they often contain lots of sugar to make up for the lack of flavour. That said, low-fat dairy products like semi-skimmed milk, reduced fat coconut milk and 0% fat Greek yoghurt make it into this book when keeping fat levels down is important.

ORGANIC INGREDIENTS

Choose organic ingredients where you can as they contain lower levels of pesticides and heavy metals and more nutrients. They have less impact on the environment, too, so it's a win-win.

EGGS

All eggs in this book are medium-sized unless otherwise stated. Always buy free-range eggs if you can.

FISH

Choose fish from sustainable sources, caught or farmed using environmentally friendly methods.

OIL

In this book, I mostly use olive, rapeseed and groundnut oils for frying and extra virgin olive oil for dressing, drizzling and finishing. When choosing coconut oil, make sure it is the unrefined ‘virgin’ variety which is rich in a useful form of saturated fats (see [here](#) for more information about coconut oil).

HERBS

A small bunch of herbs weighs 25–30g and a large bunch weighs 50–60g.

SALT

I season my food with sea salt because it enhances the flavour but you can leave it out if you are trying to keep your salt levels down.

HEALTHY

NOURISHING BREAKFASTS

NUTRITIOUS LUNCHESES AND SALADS

SUPER SUPPERS AND SIDES

HEALTHY SNACKS AND NOT-TOO-SWEET
TREATS



THERE IS A LOT OF MISINFORMATION ABOUT HEALTHY EATING AROUND THESE DAYS.

It is widely agreed that consuming a diet of fried chicken, chips, cake and biscuits is not balanced or likely to be very beneficial for health! Our usual response is to try to cut down on the bad things like sugar, fat and salt to improve our wellbeing. But to me, healthy eating is not just about avoiding the foods that we know are bad for us but about actively seeking out the good things and trying to eat as varied a diet as possible. This chapter is all about making good choices and finding new ways to add healthy ingredients to your meals.

One of the best ways to increase the amount and variety of nutrients and fibre in your diet is to consume more fruit and vegetables. The UK government recommends aiming to eat at least five portions every day, but recent findings suggest this number should be even higher. Happily, I love most fruit and veg, but I still need inspiration when it comes to trying new ones or finding ways to increase my daily intake. The salads, side dishes, soups and even the snacks in this section will make hitting your five-a-day really easy.

Another way to eat your way towards better health is to ensure that you include lots of so-called superfoods in your diet. This term is controversial, because there is no official definition of a superfood, but it is generally considered to be an ingredient that punches above its weight in nutritional terms. The list includes nutrient-rich giants such as broccoli, avocado, kale, spinach, blueberries, quinoa, eggs, walnuts and oily fish. While none of these foods have any actual magic powers, a diet that features a variety of superfoods will be very nutritious and a really positive step in the right direction.



As well as eating more beneficial foods, a great way to instantly improve your health is to cook more yourself. Many people rely on the quick fix of ready meals without realizing that they are often very high in fat, salt and sugar, not to mention artificial colours, flavourings, emulsifiers and stabilizers, etc. In restaurant kitchens, almost everything is made from scratch, so the food, however fancy, is actually very simple. If you cook from scratch at home, you will always know exactly what goes into your meals (and into your mouth) and you can keep the all-important fat, salt and sugar levels down.

The great bonus of improving the quality of the food you eat is that over time you will crave the bad stuff less and less. Your tastes will start to change and you find healthy meals and snacks more satisfying than the greasy, sugary quick fixes you used to eat without thinking. It's a virtuous circle – the better the food you eat, the better you feel, and the better you feel, the

better food choices you make, the ultimate winner being your long-term health. You just have to get started ...

REFINED CARBOHYDRATES AND SUGAR

When you begin to learn about nutrition, you discover that it isn't always straightforward. Take carbohydrates, for example; all carbs provide the body with energy, but it turns out that there are good and bad sources. So-called 'good' carbs are also known as complex carbohydrates because they are relatively difficult for the body to digest, due to their chemical structure and their fibre content. They tend to be whole or unrefined and because they take longer to break down, the energy they provide is released slowly and steadily for the body to access over time. Good sources of complex carbs include wholemeal bread, brown pasta, jumbo oats, brown rice, peas, beans and starchy vegetables. These carbs also provide a wide range of vitamins and minerals and will make you feel fuller for longer, thanks to the dietary fibre.

'Bad' carbs, on the other hand, are known as simple carbs and are either naturally very easy to digest (e.g. sugar) or have been processed or cooked in a way that removes all the good stuff that usually slows down digestion. These refined carbs are found in white bread, white pasta, biscuits, cakes and baked goods made with white flour. The lack of dietary fibre in these foods means that the energy they provide hits the bloodstream really quickly, causing blood sugar levels to spike and crash and leaving you tired, irritable, light-headed and hungry for more. Over time, these fluctuating sugar levels may lead to weight gain, which can increase your risk of developing health problems like heart disease and possibly diabetes.



Because nutrition isn't straightforward, there are two types of sugar, too. Naturally occurring sugars are found in fruit, vegetables and dairy products and are not considered a problem for health as long as they are eaten in the form that nature intended; in fact, they can be an excellent source of accessible energy. But the other type, known as 'free' sugar, is definitely considered a problem. Free sugars include those that are added to our food, like regular sugar, white and brown, as well as other sweeteners such as honey, maple syrup, corn syrup, palm sugar, agave syrup and fruit juices. It is these sugars that we are advised to cut down on, because they provide lots of calories without much or any goodness and we tend to consume too much of them, not least because they are often hidden in ready meals, snacks and

fizzy drinks to make them taste better. Consuming too much sugar is one of the major causes of obesity and tooth decay around the world, and cutting back is a really positive way to improve your health. The recipes in this book do include free sugars such as honey, maple syrup and agave syrup, but in small quantities and combined with complex carbohydrates and sometimes protein to slow down their effect.

FAT

Fat has had a hard time over the years. It's been blamed for obesity, raised cholesterol levels and heart disease, and we have been told to keep our intake to a minimum. But like many pieces of nutritional advice, the reality is not so simple; it turns out we actually need some fat in our diet to stay healthy. It's a valuable source of energy and is essential for the absorption of various important vitamins like A, D, E and K and for the production of hormones.

Like sugar and carbs, there are two main types of fat and, historically, saturated fat found in animal products like lard, butter and cheese has been considered 'bad' fat, while unsaturated fats from plant sources like olive, sunflower and nut oils, as well as oily fish, is thought of as 'good' fat. But a number of recent studies are questioning these long-held beliefs and are suggesting that saturated fat isn't quite as bad for us as previously thought. While this may be good news for those of us who enjoy a nicely marbled steak and cooking with butter from time to time, the government guidelines haven't changed and we are still advised to keep our intake of saturated fat to below 20g a day for women and 30g for men.

Some of the recipes in this book use coconut oil, which is worth mentioning here because although it comes from a plant, it actually contains a lot of saturated fat – but it's a special type of saturated fat which is thought to be helpful for weight loss by both reducing appetite and boosting metabolism. When buying coconut oil, choose the unrefined virgin variety because it is rich in these special fats.

There are also other forms of fat which are critical to good health; these essential fats (known as omega-3) are good for your heart and important for learning and behaviour. Good sources include oily fish like salmon and trout and, to a lesser extent, nuts and seeds like walnuts, chia and flaxseeds, and we should actively try to consume more of them.

Whether the fat comes from saturated or unsaturated sources, the key thing to remember is that fat provides, gram for gram, over twice as much

energy as carbohydrates and protein. So if you are consuming too much fat without burning it off through exercise, the excess energy will be stored as body fat. Whatever recent findings about fat being good for you, it is no time to celebrate with a plate of fish and chips!

A WORD ABOUT HYDRATION

Almost more important than what you eat is how much you drink ... A human being can survive more than three weeks without eating but would die after three days without water. At least 60% of the body is water and it is vital to keep liquid levels topped up throughout the day, particularly if you are taking exercise (see [here](#) for more information about hydrating for sport). It is recommended that we drink 6–8 glasses of water a day to ward off dehydration, which can give you a headache and make you feel irritable and drowsy. Happily, other drinks such as coffee, tea, milk, fruit juice and smoothies all count towards your liquid intake over the day. On top of this, about 20% of the fluid we consume comes from the food that we eat, especially if we eat lots of fruit and vegetables – another reason to aim to beat our five-a-day target.

NOURISHING BREAKFASTS

APPLE, MINT, SPINACH, LIME AND CUCUMBER JUICE

TROPICAL CHIA SEED PUDDING

RASPBERRY CHIA SEED JAM

TOASTED OAT SODA BREAD

OAT AND QUINOA PORRIDGE WITH MIXED SEEDS

APPLE-PIE-SPICED PORRIDGE

RAINBOW VEGETABLE FRITTATA

APPLE, MINT, SPINACH, LIME AND CUCUMBER JUICE

SERVES 2

A freshly squeezed juice is a great, vitamin-packed way to start the day. It wakes up the taste buds and rehydrates the body after a long night's sleep. Juices count as one of your five-a-day so you'll be getting off to a racing start before you have even eaten your breakfast. This is particularly good for getting kids to eat spinach because they won't be able to taste it. You could also serve it on ice as a really refreshing mocktail for summer entertaining.

1 green apple, cored and quartered
4 mint sprigs, leaves only
2 big handfuls of spinach leaves, washed
Juice of 1 ½ limes
½ cucumber, roughly chopped

1. Put all the ingredients into a juicer or blender and blend until smooth. If the mixture needs a little help going through a juicer then add a little cold water as you juice.

2. Serve in a tall glass with ice.

PER SERVING	
KCAL	48
FAT (g)	1.0
SATURATES (g)	0.1
CARBS (g)	7.0
SUGARS (g)	7.0
FIBRE (g)	1.0
PROTEIN (g)	2.0



TROPICAL CHIA SEED PUDDING

SERVES 4

My wife Tana introduced me to this very fashionable, light breakfast. She's a really healthy eater and gets the rest of us to eat our greens and try new things like chia seeds, coconut water and goji berries. Chia seeds are full of good things like plant proteins, fibre, antioxidants, omega-3 fatty acids and minerals, but they're not just really good for you, they're also really clever – they can absorb approximately ten times their own weight in liquid, which is how they are magically turned into these delicious breakfast bowls.

320ml coconut milk drink
80g chia seeds
½ tsp vanilla extract
1 mango, diced
2 tbsp goji berries
2 tbsp toasted coconut flakes (optional)

1. Pour the coconut milk into a measuring jug.
2. Divide the chia seeds between four breakfast bowls and add approximately 80ml of the coconut liquid and a drop of vanilla extract to each bowl.
3. Cover and place in the fridge for at least 1 hour, or overnight.
4. Once ready to eat, put the diced mango and goji berries on top of the chia seeds and sprinkle over the toasted coconut, if using.

VARIATIONS

Chia seed pudding can also be made with other milks, such as almond, rice, soya, oat or cow's, and topped with different fruits, nuts and seeds, so experiment with flavours that you like – just remember the basic ratio of one part chia seeds to four parts liquid.

PER SERVING

KCAL	160
------	-----

FAT (g)	8.0
SATURATES (g)	2.0
CARBS (g)	13.0
SUGARS (g)	10.0
FIBRE (g)	9.0
PROTEIN (g)	5.0
SALT (g)	0.20



RASPBERRY CHIA SEED JAM

MAKES 1 X 340G JAR

This is the quickest, easiest and healthiest jam recipe around. It uses the gelling power of chia seeds to transform a couple of punnets of raspberries into jam without having to worry about special pans, thermometers, pectin, etc. And it's good for you too! The amount of honey will depend on the ripeness of the raspberries, so taste as you go.

250g fresh raspberries (see [Variation](#))

Juice of ½ lemon

2–3 tbsp runny honey, to taste

3 tbsp chia seeds

1. Put the raspberries and lemon juice into a blender with 2 tbsp of honey and blitz until smooth. Taste and add a little more honey if necessary.
2. Add the chia seeds and briefly blitz again to mix.
3. Transfer to a clean 340g jar with a lid and allow to set in the fridge for 1 hour. This will keep for a few days in the fridge.

VARIATION

You can also use frozen raspberries for this recipe which means you can make delicious jam all year round. Defrost the fruit slightly before blitzing.

PER TABLESPOON

KCAL	17
FAT (g)	1.0
SATURATES (g)	0.1
CARBS (g)	1.0
SUGARS (g)	1.0
FIBRE (g)	1.0

PROTEIN (g)	0.5
SALT (g)	0.0



TOASTED OAT SODA BREAD

MAKES 1 LARGE LOAF (ROUGHLY 12 SLICES)

If you have never baked bread before, a traditional Irish soda bread is a really good place to start. It is 'raised' with bicarbonate of soda rather than yeast, so there is no need to wait around for it to prove, and it's pretty difficult for it to go wrong. Toasting the oats before adding them gives them a darker colour and nutty flavour that works really well here. It is especially delicious toasted and served with the Raspberry Chia Seed Jam on [here](#).

Flavourless oil, e.g. groundnut, for greasing
125g rolled oats, plus extra for scattering over the surface
275ml boiling water
200ml buttermilk, plus a little extra for brushing (see [Variation](#))
150ml skimmed milk
2 tsp bicarbonate of soda
400g wholemeal flour
1 tsp fine salt

1. Preheat the oven to 200°C/gas 6. Grease a 23cm non-stick cake tin with a little oil.
2. Scatter the oats over a baking tray and place in the oven for 30 minutes, turning occasionally. The oats should become nutty and dark in colour.
3. Tip the browned oats straight into a large bowl and pour over the boiling water. Leave the oats to soak until the water has cooled completely.
4. Reduce the oven temperature to 180°C/gas 4.
5. Add the buttermilk and milk to the oats and water, then beat until thoroughly incorporated. Beat in the bicarbonate of soda, flour and salt until fully mixed.
6. Tip the mixture into the cake tin and bake in the preheated oven for 20 minutes. Quickly remove from the oven, brush with a little buttermilk, then scatter over a small handful of oats and return to the oven for a further 30