

## Eggcado with avocado and chives - recipe by Oliver McCabe

This is derived from a recipe my mum made us on Sunday Morning. It's tasty, filling and light. High in protein, dietary fibre and essential fats. Low GL.

*Serves 1*

Vegetarian, sugar & nut free, contains gluten and eggs

### Ingredients

- 2 Irish organic eggs
- 1 teaspoon extra virgin olive oil
- True Natural Goodness Himalayan fine rock salt and pepper
- 1 medium, ripe avocado, peeled and stoned
- 1 slice of toasted sourdough bread
- Pinch of minced fresh chives or finely chopped spring onion



### Method

Bring plenty of water to boil in a medium saucepan. Put the eggs into the hot water, reduce the heat to a simmer and cook for about 8 minutes, until they are hard-boiled. Place the boiled eggs in a sieve and rinse under cold running water, and then peel the eggs quickly.

Mash the peeled, boiled egg with the olive oil and some salt and pepper in a small bowl. Add the avocado and mash until it's quite smooth but still has a slightly chunky texture.

Toast the spelt bread and slice into soldiers. Serve the mashed egg in a small cup and sprinkle the chopped chives on top. Set the cup on a plate and serve the toast soldiers alongside.

## Fresh Bircher Muesli with Mixed Berries and Hempseed - recipe by Oliver McCabe

This recipe is a perfect example of food combining. In this meal you get essential fats from the flaxseed, complex carbohydrates and fibre from the oat flakes and protein from the natural yoghurt. This provides fuel for your body to give you more energy over a longer period of time until your next meal.

*Serves 5*

High in protein, dietary fibre, essential fats and vitamin C. Low GL. Vegetarian, sugar and nut free, contains milk and gluten.

### Ingredients

- 450g True Natural Goodness Irish oat flakes (use brown rice, quinoa or millet flakes or Gluten Free Oats if you prefer gluten-free grains)
- 300 mls freshly juiced apple juice
- 200 mls of organic oat milk or whatever plant-based milk you prefer



- 2 teaspoons ground True Natural Goodness Ceylon organic cinnamon
- 260g grated pear
- 260g grated apple
- 260g natural yoghurt
- Juice of 1½ lemons
- 300g mixed berries (strawberries, raspberries and blueberries)
- 3 tablespoons of True Natural Goodness Irish honey
- 3 tablespoons of True Natural Goodness shelled hemp seeds

### Method

Place the oat flakes in a large bowl or airtight container. Mix in the apple juice, milk and Cinnamon. Add the grated pear, apple, yoghurt and lemon juice and mix well, until all the oats are saturated and there is no dryness left. Cover the bowl with cling film or seal the airtight container. Soak overnight in the refrigerator.

The next morning, spoon into serving bowls. Top with mixed berries, drizzle with honey and add a scattering of ground hempseed on top. This will keep for three days in the refrigerator in an airtight container.

## Fast and Fabulous Green Smoothie – recipe by Oliver McCabe

*Serves 1*

High in vitamin C, essential fats, dietary fibre, plant protein, bromelain and magnesium. Low GL. Vegan, Sugar, gluten, dairy or nut free, contains celery.

### Ingredients

- 3 sticks of celery
- 2 small apples
- 1 cucumber, peeled
- Handful of fresh spinach
- ½ lime, peeled
- ½ avocado, peeled and stoned
- 2 tablespoons fresh pineapple, peeled and diced
- A pinch of True Natural Goodness organic spirulina powder



### Method

Juice the celery, apples, cucumber, spinach and lime. Add the juice to a blender with the avocado, pineapple and spirulina. Blend for 20 seconds and pour into a glass, bottle or flask. Keep refrigerated for up to three days and shake well before use.