



ROASTED CABBAGE STEAKS

Delicious and Nutritious

SERVINGS: 4

PREPPING TIME: 10MIN

COOKING TIME: 30MIN

INGREDIENTS

- 1 small green cabbage
- 2 tbsp. avocado oil, coconut oil, ghee or butter
- 2 cloves of crushed garlic
- 1/4 tsp. salt
- 1/8 tsp. black pepper
- 2 tbsp chopped nuts
- 1 squeeze of lemon. lemon acid offsets the bitterness of the cabbage.

Avocado Mayo

- 1/4 cup of avocado oil
- 1 medium avocado
- 1 teaspoon apple cider vinegar
- 2 teaspoon fresh lemon juice
- 1 teaspoon Dijon mustard
- 1 teaspoon minced garlic
- salt to taste

DIRECTIONS

1. Pre-heat oven to 425. Line a rimmed baking sheet with parchment paper.
2. Slice the cabbage, vertically through the core, into 3/4-inch slices (you should end up with about 6 slices).
3. Brush each slice with the avocado oil mixture and pop in the oven for 25-35 minutes or until cabbage is golden brown with crispy edges. Rotate the pan 180 degrees halfway through the baking time for even cooking.
4. To make the mayo, blend together medium avocado, apple cider vinegar, fresh lemon juice, Dijon mustard, minced garlic, and salt in a small blender or bowl, add avocado oil, and blend until smooth, set aside.

NOTES

As well as tasting delicious when roasted, cabbage contains many healthy benefits. You get lots of Vitamin K, Vitamin C, Vitamin B6, folate, and fiber from it.



IRISH GREEN OMELETTE

SERVINGS: 2

PREPPING TIME: 5 MIN

COOKING TIME: 10 MIN

INGREDIENTS

- 4 medium pasture raised eggs
- 1 cup chopped kale leaves or baby kale, tightly packed
- pinch sea salt
- 1/4 cup unsweetened almond milk(optional)
- 2 tablespoon grass fed butter, ghee or avocado oil for the frying pan

DIRECTIONS

Step 1

- Place eggs, kale, almond milk, and salt in a blender
- Blend on high for a few seconds
- Don't over blend or allow to heat up

Step 2

- Heat butter in an 8-inch skillet over medium-high heat until the bubbling subsides
- Pour egg mixture in pan, reduce heat to medium.
- With a fork or spatula, whisk eggs around the skillet until the bottom begins to set. It only takes a few minutes
- Cook eggs to your preferred doneness

NOTES

Eggs are packed with valuable vitamins and minerals, making them incredibly healthy. In addition to being packed with high-quality protein and Omega 3 fatty acids, they are also rich in antioxidants, which all contribute to our health and wellness.



IRISH BOXTY WITH SALMON

SERVINGS: 10

PREPPING TIME: 20 MIN

COOKING TIME: 20 MIN

INGREDIENTS

- 2 tbsp gluten free all-purpose flour
- 1 tbsp arrowroot starch
- 1/2 tsp baking powder
- 1 tsp sea salt
- Black pepper to taste
- 1/2 tsp garlic powder
- 1 tbsp chia seeds
- 1/4 cup chopped green onions or parsley
- 2 tbsp unsweetened almond milk (or more if needed)
- 1 cup (8 oz) mashed potatoes, boiled in salted water
- 1 1/2 cups (8 oz) grated, raw potato
- 1 tbsp Ghee butter
- Avocado oil or ghee butter for the pan

DIRECTIONS

- In a small bowl, place the flour, baking powder, garlic, and salt; set aside.
- Mix 1 tbsp chia with 2 tbsp almond milk, set aside, it will become a gel.
- In a large mixing bowl, combine the mashed potatoes with the grated raw potato, then add the flour mixture and mix well. Add the chia gel, Ghee butter, and stir gently (do not over mix).
- The mixture should be a very firm thick batter; almost like a dough, so add more almond milk if needed.
- Heat a nonstick frying pan over medium-high heat, add a drizzle of avocado oil or ghee butter, just before scooping out some of the boxty batters onto the pan.
- Flatten and shape into a nice, round pancake shape and fry until golden brown on the bottom.
- Turn and continue to cook until golden brown on top too, turning the heat down if they are browning too quickly (remember there are raw potatoes which need to cook).

NOTES

WHAT IS AN IRISH BOXTY?

For those of you who have never eaten a Boxtty before, it's a traditional Irish potato pancake made from mashed potatoes and grated potatoes with binding ingredients and fried until crisp. And yes, it's as good as it sounds.



IRISH OATMEAL PUDDING

SERVINGS: 2

PREPPING TIME: 10 MIN

COOKING TIME: 15 MIN

INGREDIENTS

- 1/2 cup still cut Irish oats soaked overnight
- 2 cup almond milk
- 1/8 tsp cinnamon
- pinch of cardamon(optional but delicious)
- 1 1/2 cups pears sliced
- Cashew cream
- 2 tbsp honey or maple syrup
- 1 tbsp chocolate shavings (optional to garnish)

DIRECTIONS

- Bring almond milk to a boil in a small pan on medium heat. Add soaked Irish oats, cinnamon, and mix well. Simmer the mixture on low heat for 5-7 minutes until soft and creamy. Towards the end of cooking, add honey; combine well and turn off the heat.
- Meanwhile, in a separate pan add pears and cook on medium heat for about 3-4 min or until a sauce-like consistency
- Now, in a serving bowl add half of the cooked oatmeal pudding. Then add a layer of pear sauce. Finally, top with cashew cream and fresh pear slices. Optionally, garnish with chocolate shavings pinch of cardamon.

NOTES

As a whole grain, Irish oats are highly beneficial to the human body and contain numerous health benefits. The fiber content of steel-cut oats is higher, too, as it is one of the less processed kinds of oats.



CASHEW CREAM

SERVINGS: 1

SOAKING TIME: 30 MIN

BLENDING TIME: 1 MIN

INGREDIENTS

- 1 cup Raw Cashews (150g)
- 1/2 cup Water (120ml)
- 1/2 tsp Salt Optional
- 1 Tbsp Lemon Juice Optional

DIRECTIONS

- The best way to soak raw cashews is to place them in a bowl, cover them with water, then soak them overnight.
- If you don't have the time, add the cashews to a small jar, cover with warm water for 30 minutes. Rinse the cashews and add fresh water back to the cashews.
- Add the cashews and water into your blender and blend until smooth.
- Basically, cashew cream is just water and cashews. If you want a thinner cream then use up to a 1/4 cup more water.

NOTES

If you want to keep cashew cream for more than a week, store it in a glass jar in the fridge (sometimes it lasts a little longer!) Cashew cream can be frozen! You can store it up to six months in a freezer-safe container. Frozen items should be defrosted in the fridge until thawed (smaller items defrost faster).