

BUILD A BOWL (HOT OR COLD)

BASES:

Shredded romaine, cabbage, mixed greens, swiss chard, kale, arugula, veggie noodles, cauliflower rice, microgreens/sprouts

WHOLE FOOD CARBS:

Potato, sweet potato, ancient grain (farro, quinoa, millet, sorghum), brown rice, acorn/butternut squash, dried beans

CHOPPED VEGGIES:

Cucumber, marinated artichoke, broccoli, cauliflower, peppers, onions, tomato, sundried tomato, shaved brussel sprouts, beets, zucchini, squash, asparagus, radish, snap peas

LEAN PROTEINS:

Chicken, salmon, white fish, eggs, lean steak, ground turkey, pork, beans, lentils, tempeh



HEALTHY FATS:

Nuts, seeds, tahini, avocado, hemp seeds/hearts, olives, olive oil, avocado oil

ADD-ONS

Fruits, kimchi/sauerkraut, goat cheese, pesto sauce, hummus, salsa, lemon juice, homemade dressings (lemon basil, cilantro lime, etc.), quality store-bought dressing



DIRECTIONS:

Start with a base of greens, layer with plenty of veggies, protein, and a whole food card. Top with healthy fat and add-ons for additional flavor.

RASPBERRY SORBET

INGREDIENTS:

- 3 cups raspberries
- 2 tbsp. raw honey
- 1 tsp. lemon juice
- 1/4 cup warm water, as needed

DIRECTIONS:

1. Lay out the fresh raspberries over a rimmed baking sheet lined with parchment paper.
2. Freeze the raspberries until completely solid, which should take at least 3-4 hours, but I usually just leave them in the freezer overnight.
3. Place the frozen raspberries into the bowl of a food processor or heavy duty blender, along with a little raw honey, and freshly squeezed lemon juice. Blend until smooth. Add water, as needed.
4. Eat immediately for a softer texture, or transfer into a freezer-safe container and freeze for 3-4 hours or until firm.

NUTRITIONAL INFORMATION:

80 calories, 12.7 g sugar, 1.9 mg sodium, 0.6 g fat, 19.8 g carbohydrates, 6 g fiber, 1.1 g protein



MANGO SORBET

INGREDIENTS:

- 2 mangos, diced (approx. 3 1/2 cups)
- 1 tsp. lime juice
- 1/4 cup warm water, as needed

DIRECTIONS:

1. Dice the fresh mangos and then lay them out over a rimmed baking sheet lined with parchment paper.
2. Freeze the mango until completely solid, which should take at least 3-4 hours, or overnight.
3. Place the frozen diced mango into the bowl of a food processor or heavy duty blender, along with freshly squeezed lime juice. Blend until smooth. Add water, as needed.
4. Eat immediately for a softer texture, or transfer into a freezer-safe container and freeze for 3-4 hours or until firm.



WATERMELON SORBET

INGREDIENTS:

- 3 1/2 cups watermelon, diced
- 1 tsp. lime juice
- Raw honey to taste (if watermelon is not sweet enough)
- 1/4 cup warm water, as needed

DIRECTIONS:

1. Remove the rind from a seedless watermelon and dice into cubes.
2. Lay out the cubed watermelon over a rimmed baking sheet lined with parchment paper.
3. Freeze the watermelon until completely solid, which should take at least 3-4 hours, or overnight.
4. Place the frozen watermelon into the bowl of a food processor or heavy duty blender, along with freshly squeezed lime juice, and raw honey. (Letting the frozen watermelon sit at room temperature for 3-5 minutes before blending really helps make the process easier.) Blend until smooth. Add water, as needed.
5. Eat immediately for a softer texture, or transfer into a freezer-safe container and freeze for 3-4 hours or until firm.



PEACH SORBET

INGREDIENTS:

- 4 medium peaches, sliced (approx. 3 1/2 cups)
- 1 tbsp. raw honey
- 1 tsp. lemon juice
- 1/4 cup warm water, as needed

DIRECTIONS:

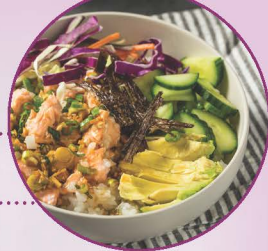
1. Slice the ripe peaches and remove the pit.
2. Lay out the fresh peach slices over a rimmed baking sheet lined with parchment paper.
3. Freeze the peach slices until completely solid, which should take at least 3-4 hours, or overnight.
4. Place the frozen peach slices into the bowl of a food processor or heavy duty blender, along with a little raw honey, and freshly squeezed lemon juice. Blend until smooth. Add warm water, as needed.
5. Eat immediately for a softer texture, or transfer into a freezer-safe container and freeze for 3-4 hours or until firm.





AULTCARE WELLNESS RECIPE

SALMON BOWL



Ingredients:

1 tsp olive oil

2 tsp finely chopped ginger

1 large garlic clove, finely chopped

1 pepper deseeded and finely chopped

2 frozen wild salmon fillets

1 cup cooked brown rice

2 Spring onions, finely sliced

1 small avocado, sliced

½ cucumber, halved lengthways and sliced

Chili sauce to serve (optional)

For the miso dressing:

4 Tbsp kefir

1 tsp white miso paste

1 tsp honey

Instructions:

Step 1:

Heat the oil in a large non-stick pan or deep frying pan with a lid over a medium heat and cook the ginger, garlic and pepper for 2 mins, covered. Stir, then put the salmon on top, cover again and cook for 5 mins until the fish is cooked through.

Step 2:

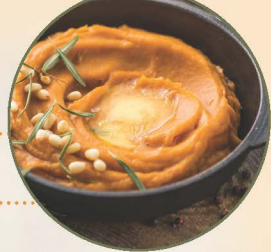
Meanwhile, mix the dressing ingredients together in a small bowl.

Step 3:

Stir the spring onions into the rice mixture along with half the dressing. Spoon into two bowls. Remove the skin from the salmon and flake the fish on top of the rice. Top with the pepper, avocado and cucumber, then drizzle over the remaining dressing and some chili sauce, if using.



AULTCARE WELLNESS RECIPE



SWEET POTATO AND MISO MASH

Ingredients:

1-2 large sweet potatoes

1 ½ Tbsp white or red miso paste

2 Tbsp butter, plus a knob more

¼ cup vegetable stock, hot

2 Tbsp shelled pumpkin seeds

Lime zest, to serve

2 Tbsp coriander leaves, picked

Instructions:

Step 1:

Heat the oven to 400°. Pierce the potatoes with a fork and bake for 50 minutes, depending on size, until they're really tender and a knife pokes in easily.

Step 2:

Halve the potatoes and spoon the flesh from the skins into a large pan. Add the miso paste and butter and mash until really smooth. Add the stock and mash again to get a spoonable consistency. Taste if it needs any salt, reheat gently, then keep warm.

Step 3:

Fry the pumpkin seeds in a pat of butter in a small frying pan until hot and starting to toast or split. Spoon the mash into a serving bowl, spoon the toasted seeds and butter over the top. Season with freshly ground black pepper and a grating of lime zest, and scatter the coriander over to serve.



AULTCARE WELLNESS RECIPE

BROCCOLI AND BLUE CHEESE SALAD



Ingredients:

2 cups purple sprouting broccoli, trimmed

1 Tbsp olive oil, plus extra to serve

½ lemon, juiced

¼ cup blanched almonds, toasted and roughly chopped

Dressing:

1 Tbsp olive oil

1 small clove garlic, sliced

¼ cup blue cheese, crumbled

½ lemon, zested and juiced

2 Tbsp natural yogurt

A small bunch chives, finely chopped

Instructions:

Step 1:

Bring a large pan of salted water to the boil. Cook the broccoli for 2 minutes until tender, drain well and add into a bowl with the olive oil and lemon juice. Cool completely.

Step 2:

To make the dressing, fry the garlic with the olive oil in a pan for 2 minutes. Put the rest of the dressing ingredients into a blender along with the fried garlic and oil, and season generously. Process until completely smooth, adding 1-2 Tbsp of water if too thick.

Step 3:

To finish, put the broccoli on a serving plate and drizzle generously with the dressing and a splash of olive oil followed by the chopped almonds.



AULTCARE WELLNESS RECIPE

CHIA PUDDING 3 WAYS



Ingredients: 2 cups unsweetened dairy-free milk & 1/2 cup chia seeds

Nutty Mocha:

3 Tbsp almond butter

2 tsp cacao powder

1 tsp instant coffee

1 Tbsp pure maple syrup (optional)

1 Tbsp chopped nuts for garnish

Raspberry Lemon:

1 cup frozen raspberries

1 Tbsp raw honey

(Raspberry Lemon Continued)

2 Tbsp lemon juice

1 tsp lemon zest

fresh raspberries for garnish

Apple Cinnamon Raisin:

2 tsp vanilla extract

1/3 cup diced apples

2 Tbsp raisins

1 Tbsp pure maple syrup (optional)

2 tsp cinnamon

Instructions:

Step 1:

Begin by stirring together chia seeds and unsweetened milk, and choose the flavor you want following one of the steps below.

Step 2:

For the nutty mocha, stir in almond butter, cacao powder, instant coffee, and maple syrup. Let sit for at least one hour in the fridge. When firm, serve with chopped nuts.

Step 3:

For the raspberry lemon, in a medium saucepan, cook raspberries, honey, lemon juice, and lemon zest over medium heat. Cook for 7-10 minutes, or until mixture is bubbly and well incorporated. Stir into the chia seed mixture. Let sit in the fridge for at least an hour or overnight. When firm, garnish with fresh raspberries (optional).

Step 4:

For the apple cinnamon raisin, stir in vanilla extract, apples, raisins, syrup, and cinnamon. Stir in the chia seed mixture. Let sit for at least one hour in the fridge. Once firm, serve and garnish with additional cinnamon.
