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Healthy Recipes

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A Letter From Mel

FOUNDER, PW PANTRY

Hello, I'm Mel. I live in London and by day spend my time working in the City but in my free time I have begun trying to create delicious meals to share with the people I love. There is nothing more enjoyable than sitting down with friends for a fresh, colorful dinner you've prepared and hearing the praise come flowing back!

After my friends and family got sick of my constant photo message barrage of my culinary creations, we realized I needed an outlet in another form, for all my attempted food creativity and passion, and so PW pantry instagram was born! <http://instagram.com/pwpantry>.

PW Pantry is a blog dedicated to the love of food and cooking. I don't have a specific cooking regime, but with a boyfriend who is Paleo and my own interest in gluten free/wheat free options, I often try to experiment with those. I am currently studying for a Nutritional Therapist Accreditation so hopefully some of what I learn can be included in some of the recipe idea, but as a real sugar and chocolate lover this isn't going to be a green-vegan-everything-healthy sort of blog. I don't really cook with recipes, but I'll try my best to measure or guesstimate the ingredients I use on here.

In summary, this is just a selection of feel good food that's semi good for you, I hope you like what you see, and I would love to hear any feedback from you!

- Mel



Contents

Breakfast

Banana and Oat Savory Breakfast Muffins.....	4
Phytonutrient Filled Morning Juice	5
Green Pea and Polenta Fritters	6

Main Dishes

Sesame Roasted Chicken & Fig Salad	7
Lemon-grass Baked Whole Salmon.....	8
Venison Meatballs & Squash Spaghetti	9

Snacks & Sides

Kale Chips	10
Raspberry & Chia Seed Pudding.....	11
Truffle Parsnip Fries with Rosemary & Honey	12

Desserts

Beetroot Brownies	13
Key Lime Paleo Cheesecakes.....	14
Peanut Butter & Poppy Seed Cookies	15



BREAKFAST

Banana & Oat Savory Breakfast Muffins

How To:

- Preheat the Oven to 180 degrees
- Set up your papers liners on your muffin tray. This recipe makes about 12
- Pop your oats into a blender (I used a nutribullet) to grind up the oats into a fine flour
- Do the same with your 2 bananas
- Mix together, then add the beaten eggs, yogurt, honey, peanut butter and all the other ingredients except the chocolate chips
- Mix well either with a machine or hand held until it is all very smooth
- Finally add your chocolate chips
- Divide the batter into each of the muffin holders and pop them in the oven for 15 minutes
- Let them cool on a wire rack and then enjoy!

Ingredients:

- 2 cups of oats**
- 2 ripe bananas**
- 2 large eggs**
- 1 cup plain greek yogurt**
- 2 tablespoons of peanut butter**
- 3 tablespoons honey**
- 1 bar of 72% dark chocolate**
(chopped into tiny chunks)
- 5 teaspoons of baking powder**
- 3 teaspoons of vanilla extract**
- walnuts** (chopped - optional)

HEALTH TIP

Tryptophan (found in bananas, oats, and peanuts) is an amino acid shown to have beneficial effects on feelings of stress. It's a precursor to serotonin which is involved in feelings happiness and the reduction of anxiety.



BREAKFAST

Phytonutrient Filled Morning Juice

How to:

- To make, just whiz up your frozen bananas in your blender or nutribullet
- Add in the matcha powder at the end
- Top with as many super-foods or berries as you can find!
- A delicious balanced morning smoothie!

Benefits:

- ✓ Helps lower blood pressure
- ✓ It's filled with powerful antioxidants
- ✓ Decreases risk for heart disease
- ✓ Good source of Vitamin C

Ingredients:

- | | |
|-----------------------------------|-------------------------|
| 1 lime (juiced) | 1 apple |
| big chunk of ginger | 2 beetroots |
| cold water / coconut water | 1 lemon (juiced) |
| 2 carrots | |



BREAKFAST

Green Pea & Polenta Fries

How To:

- First step, whiz up your peas, onions and chillies in a nutribullet / magimix. Next, stir in your flours (Polenta & Almond). The consistency should be soft but not too runny, like a very thick smoothie
- Heat up your frying pan with Olive Oil / Coconut Oil. Once piping hot, heap a few tablespoons of the mixture in to the middle of the pan and let them sizzle for a minute or two
- Once one side is crispy, flip them over to cook the other side
- Serve up with poached eggs and tomato for breakfast!
- Let them cool on a wire rack and then enjoy!



Ingredients:

1 cup of frozen peas

2 spring onions

1/2 of a fresh chili

2 tbsp ground polenta

1 tbsp almond flour

salt, pepper & chili flakes
to taste

HEALTH TIP

Green Peas are a fantastic source of Vitamin A, K + folate, fiber and are packed with protein as well as iron for energy metabolism!



MAIN DISHES

Sesame Roasted Chicken & Fig Salad

How To:

- Make your plates up with salad base items first and the two tomato types
- Pop your asparagus in the grill / heated frying pan with finely chopped garlic & olive oil and grill until softened
- Slice warm roast chicken slices on top with a little extra virgin olive oil
- Dressing is a creamy roasted Sesame Asian style dressing but any you make/buy will go with this
- Arrange asparagus and figs on top of salad and serve!

Ingredients:

roasted chicken pieces

10 fresh baby tomatoes

14 sliced sun dried tomatoes

mixed salad leaves

8 fresh figs

julienned salad extras

(such as cabbage and carrot)

12 asparagus stems

garlic (to grill with)

sesame dressing



MAIN DISHES

Lemon-grass Baked Whole Salmon

How To:

- First things first, heat the oven to about 200°C
- To marinate the Salmon, simply add the lemon-grass, soy sauce, fish sauce, sesame oil, fresh chillies, spring onion and lemon to the salmon which is placed in tin foil and leave it to rest for as long before cooking as possible
- Wrap up the tin foil into a parcel around the salmon, and Pop it in the oven, it should be done in about 25 minutes
- While that's in the oven, cook the Quinoa & Bulgur Wheat, and once ready mix together with lightly fried (in coconut oil) red onions and red peppers. blanch the broccoli, spinach and kale for a couple of minutes to soften
- In a separate pan fry the sun dried tomatoes and some more red chillies in coconut oil, and when soft add the greens and mix it all around
- Make a bed of the greens and grains ready to put your salmon on when it's ready from the oven
- Now for 2 minutes boil your edamame beans, and these can be added on last.
- Serve with a few more sprinkled spring onions or lemon to garnish

Ingredients:

whole salmon side	5 tbsp of soy sauce	coconut oil
edamame beans	big dash of fish sauce	spring onion
2 red onions	1 lemon	fresh chillies (chopped)
quinoa	greens	fresh lemon-grass (remove outer layer & finely chop)
sun dried tomatoes	red peppers	



MAIN DISHES

Venison Meatballs & Squash Spaghetti

How To:

- For the butternut squash just peel and spiralize (or Sainsburys does it for you!) and set to one side
- In a pan brown your venison meat balls in a dash of chili infused olive oil, then remove and pop to one side
- In a large hot pan add the chopped red onions. Once softened add the fresh baby tomatoes, mushrooms, peppers, tinned tomatoes, lots of wine and let it simmer with your seasoning
- Add the garlic five minutes later. A few minutes after this add the meatballs into the mix and let it all simmer together for a little longer
- In the meantime pop your butternut squash spaghetti strips into a pan of boiling water and blanch for a few minutes
- Serve it all up with fresh basil (add Parmesan if you like!) and enjoy!

Ingredients:

butternut squash
venison meatballs
1 tin of tomatoes
(chopped)
2 red onions
(chopped)
tomato puree

1 pack of fresh baby
plum tomatoes
5 garlic cloves
(chopped finely)
5 garlic cloves
(chopped finely)
1 red pepper

salt & pepper
chili flakes
mixed herbs
red wine
mushrooms
(chopped)

HEALTH TIP

Venison is a great alternative to beef mince because it's much lower in fat but still provides vitamin B and iron. It actually contains less fat than skinless chicken which I found surprising!



SNACKS & SIDES

Kale Chips

How to:

- Just pour a pack of organic curly kale into a baking tray, then pour on lots of olive oil / coconut oil, about three teaspoons of chili flakes (make them spicy!) and a big sprinkle of sea salt and pepper
- Pop the tray in the oven (mix them up every now and again) for 15 minutes until some are starting to slightly burn brown and some are still green
- Kale me crazy but I like them really burnt and crispy, but cook to your own taste and enjoy!

Benefits:

- ✓ Low in calorie, high in fiber
- ✓ It's filled with powerful antioxidants
- ✓ High in iron
- ✓ Great for cardiovascular support

Ingredients:

kale
olive oil/coconut oil

chili flakes
salt



SNACKS & SIDES

Raspberry & Chia Seed Pudding

How To:

- Simply mix yogurt and berries in your blender, add chia seeds to the mix, and let it set overnight. Enjoy!

Benefits:

- ✓ Gluten Free
- ✓ It's filled with powerful antioxidants
- ✓ Contains Plant-Based Protein
- ✓ Has Omega-3's

Ingredients:

greek yogurt
raspberries
chia seeds

strawberries (optional)
blueberries (optional)



SNACKS & SIDES



Truffle Parsnip Fries with Rosemary & Honey

How To:

- Simply peel the parsnips and cut them in to thin fries shape
- You can easily just pop them in the oven like that, but to make them even tastier, blanch them for 5 minutes in boiling water (or even milk!) first to give them the soft center
- Then put on a pre-heated oven tray, with a generous splash of olive oil, salt, pepper and rosemary
- Bake in an oven for around 45 minutes
- When they are ready put a dash of Truffle Oil on. It's a high quality essence or oil so is for tasting after not for cooking with. Then sprinkle with a sprig more of rosemary and drizzle a little honey on it
- Serve with rump steak or just enjoy as a good snack on their own as a perfect alternative to normal chips!



Ingredients:

6 parsnips (cut into thin fries shape)

4 teaspoons of white truffle oil

Large spring of rosemary

extra virgin olive oil

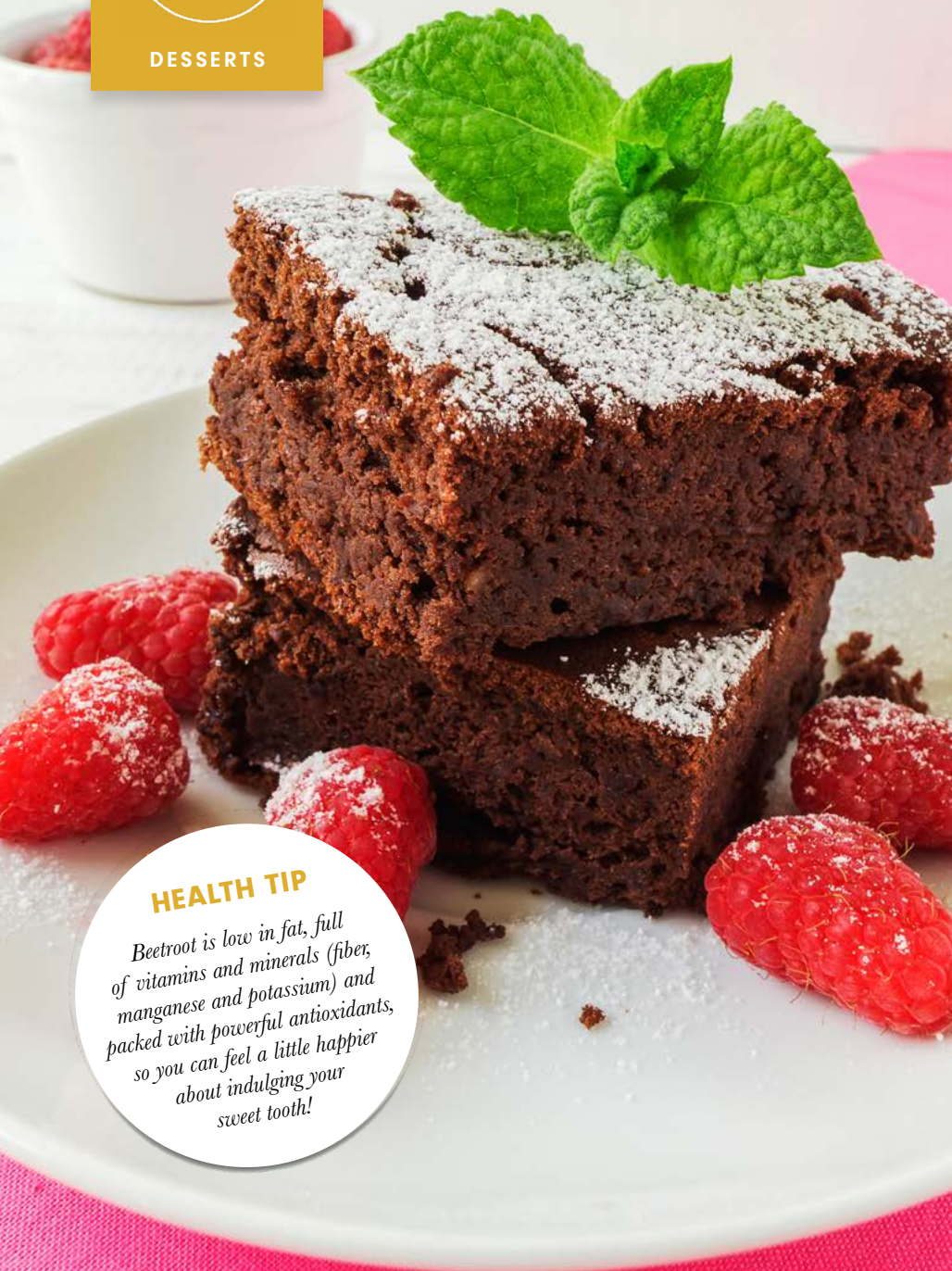
sea salt

pepper

honey



DESSERTS



HEALTH TIP

Beetroot is low in fat, full of vitamins and minerals (fiber, manganese and potassium) and packed with powerful antioxidants, so you can feel a little happier about indulging your sweet tooth!

Beetroot Brownies

How To:

- Mix your Honey & Eggs in a food processor for a few minutes until light and airy
- Meanwhile in your magimix whiz up your cooked beetroot until smooth
- Add your Beetroot to the mix. Then sift in your Flour, Salt, Cacao and Baking Powder
- Mix well but quite gently as you want to keep air in the mixture, then pour into a lined baking tray
- Cook for 25 minutes at 170°C
- Remove from the oven and place on a wire rack to cool before cutting up
- To serve, pop them in the microwave for 20 seconds to serve warm, with melted ice cream or raspberry coulis and fresh mint



Ingredients:

2 eggs

175G honey (runny)

large pinch of sea salt

100G flour

1 tsp baking powder

55G pure cacao powder

1/2 cup chopped walnuts

150G beetroot (cooked is easier)

raspberries & low-fat icecream
(to serve with)



DESSERTS

Key Lime Pie Paleo Cheesecakes

How to:

- Mix all the together ingredients in a MagiMix then press 2 tablespoons of the mixture into little pots/a large muffin tray
- Pop it in the freezer whilst you make the topping
- Blend up everything in your Nutribullet then pour on top of the nutty bases
- Put the tray back in to the freezer for 3 hours
- About 10 minutes before you want to eat them, take them out of the freezer
- Squeeze a bit more fresh lime over them and decorate with lime

Ingredients:

FOR THE "CHEESECAKE FILLING":

1 and a 1/2 cups of
macadamia nuts

1/2 cup of almond milk

1/2 cup of squeezed lime juice

grated rind of 1 lime

6 tbsp of honey

2 tsp vanilla extract

6 tbsp coconut oil

2 limes for decoration & zest

FOR THE "BISCUIT BASE":

1 cup of raw almonds

7 large medjool dates

1/3 cup of desiccated coconut

3 tbsp coconut oil

2 tsp of vanilla extract

big pinch of himalayan
pink salt

HEALTH TIP

This healthier cheesecake is raw, paleo friendly, vegan, gluten free, dairy free, and no bake required, so even better! It still has the same creamy feel but without all the refined sugars and fats.



DESSERTS



Peanut Butter & Poppy Seed Cookies

How to:

- Set oven at 175°C
- In a food processor mix together the peanut butter, vanilla essence, coconut sugar and coconut oil until smooth
- Scrape it all out into a big mixing bowl, then mix in the Ground Almonds, half the Sesame Seeds, Poppy Seeds, Sea Salt & Baking Soda
- Put small walnut sized balls out on some baking paper, squidge down with a fork to add the 'biscuity' decoration and pop in the oven
- 12 minutes later take out and put on a grill. Before they cool, sprinkle the remainder of the Sesame Seeds for more decoration. Let them cool then enjoy!
- In hindsight I wish I had put some cacao nibs in them to add a little chocolaty hint, so give it a try!



Ingredients:

250g of almond flour
100g coconut oil
125g coconut sugar
25g poppy seeds
1 tsp baking powder

1 pinch of sea salt
100g coconut oil
25g sesame seeds
100g of mani life peanut butter
few drops of vanilla essence
(25g cacao nibs optional!)



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Thank you!

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