



# *Soft Foods* for Sore Mouths

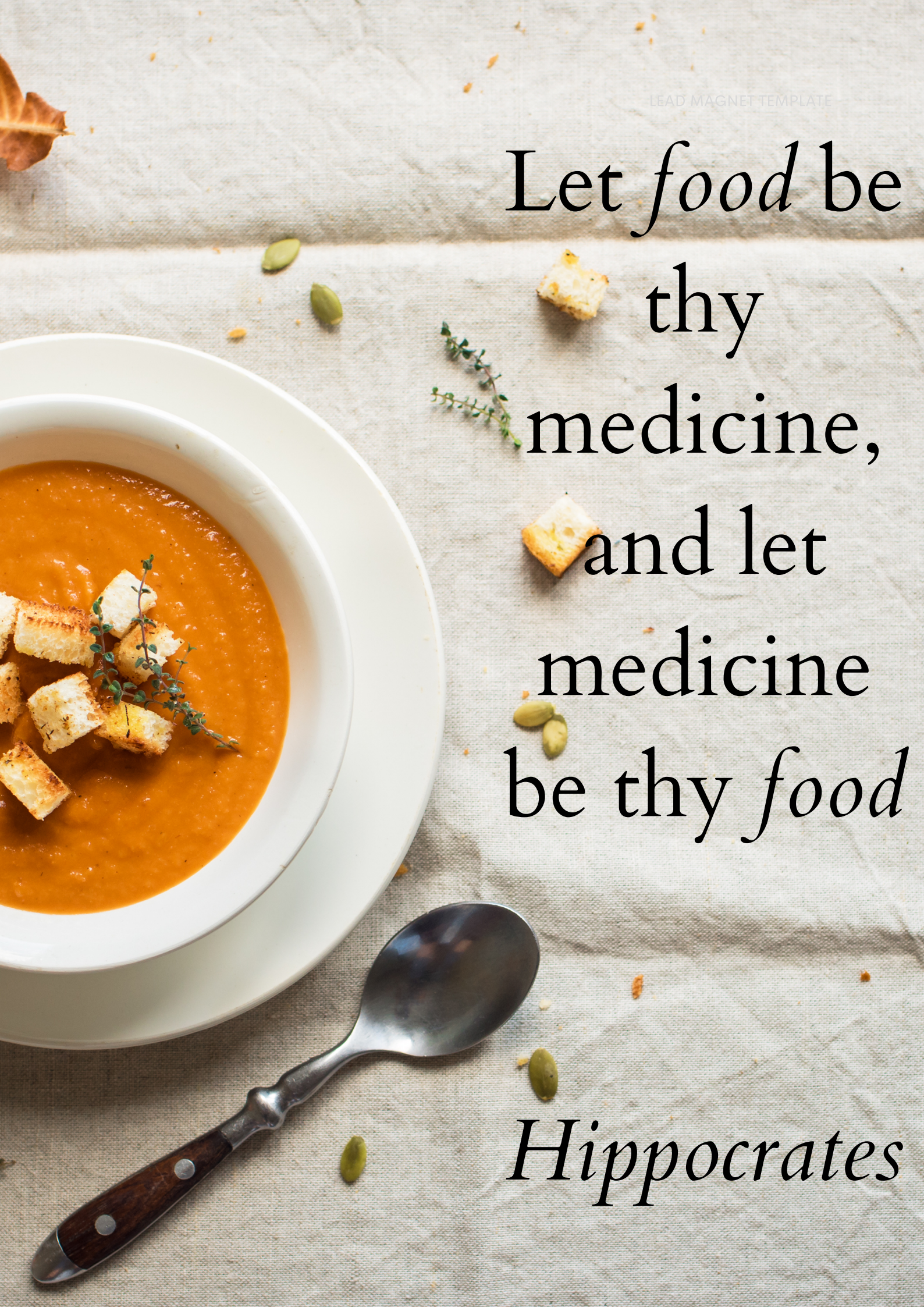
what to eat when you can't eat

bree jenner







A bowl of orange soup with croutons and a spoon on a textured background. The bowl is white and filled with a smooth, orange-colored soup. It is topped with several golden-brown croutons and a small sprig of fresh thyme. A silver spoon with a dark wooden handle lies on the surface next to the bowl. The background is a light-colored, textured fabric, possibly a tablecloth, with some scattered crumbs and small green seeds.

Let *food* be  
thy  
medicine,  
and let  
medicine  
be thy *food*

*Hippocrates*





*To you, from me...*

Are the tonsils in your household up and down like Melbourne weather (Firstly, why is that? Let's chat about that immune system!)?

Are you preparing to have mouth surgery? Maybe to remove uncooperative wisdom teeth or repair a sporting injury?

Sore gums? That might be a sign that you're brushing or flossing your teeth incorrectly, a medical condition or infection (best check in with your dentist – don't put it off!). It might be because of nutrient deficiencies, hormonal changes in pregnancy or throughout the menstrual cycle.

Do your teens count down the days with dread to the next appointment to get their braces tightened? If the soft foods they're reaching for look like jelly and ice cream each time... well, that's a lot of good stuff they're missing out on, especially if they're teenagers, there's a lot of changes and development going on in their bodies that needs some good nourishin'.

As a Naturopath, the most powerful, fascinating and deliciously fun tool in my toolbelt, is working with families using Food as Medicine. Whilst I also use evidence based nutritional and herbal medicine where needed, the use of food to nourish and support health is what I love to work with, so you can add to your own toolbelt using your own pantries, fridges and gardens.

I'm excited to share this ebook with you, to share some ideas that taste delicious, help support healing from surgery or strengthen your kids' immune system. These recipes make the most of the nutrients found in food that also helps build your kids and teens through important stages of their development and can be made again and again as part of your normal meal preparation.

I hope you love it! And if you'd like to chat some more about your families health, I hope you get in touch. I'd love to chat.

*Bree x*



# *the recipes*

This ebook is full to the brim with yummy, simple and squishy (in a good way) recipes to nourish your family.

Our eyes, ears and nose are the welcoming committee for our digestion...

Have you ever noticed your mouth start to water when someone starts describing an amazing meal they had at 'that' restaurant last night, or the smell of freshly baked bread, or scrolling through your instagram feed full of food (that one might just be me...). That saliva contains enzymes that help start breaking down carbohydrates, combined with the grinding of your teeth. Getting this preparation done at the start of the digestive process means a lighter load for your stomach to have to work on. If you need to take out the chewing process because of sore gums, missing or wobbly teeth, this can lead to a cranky tummy to add to a pretty rough time.

Give yourself and your kids a few minutes extra to savour the moment before they dig into their grub, to look at, smell and appreciate it. This type of mindful eating is a beautiful way to help support digestion!

Use our dietary indicators to glance each recipe for dietary specifications to take out the guesswork. Most of the recipes are adaptable to suit and I've added some notes where adjustments can be made to suit your needs (or even just to mix up the flavours to keep things fresh!).

Vg / VGO - Vegetarian / Option\*

V / VO - Vegan / Option\*

GF / GFO - Gluten Free / Option\*

NF / NFO - Nut Free / Option\*

DF / DFO - Dairy Free / Option\*

*\*If the recipe notes an optional dietary requirement, check for information in the recipe for adjustments you can make,*



# *the extras*

As I mentioned earlier, I love educating families about using Food as Medicine. And I especially love it when we can utilise foods and staples from your Pantry Pharmacy!

Towards the end of this ebook, you'll find a few extra recipes using things you have at home that may help to ease your symptoms, such as sore throat, dry mouth or painful cuts or ulcers, including:

- Gargles
- Mouth rinses
- Hydrating drink

And for when life gets in the way - those super busy weeknights when you're running kids between school, sports, music practice, cooking dinner, supervising homework (enough said, you get it...), I've included a list of grab-and-go suggestions that you can pop in your basket at the shop or local cafe, or whip into your handbag on the way out the door for quick snacks. They're low on effort, and high in nutrients!

# *the support*

It's so hard to see your family when they're feeling sick or struggling with pain. Tonsil tantrums or recurring mouth ulcers can be both heartbreaking and frustrating. Let's put our heads together and work out where it's all coming from – the root cause – and help bolster their immune system and stop dreading those winter months.

If you've ever felt at a loss as to what to cook through the highs and lows of the braces journey, I can help with meal plans or recipes suited to your family.

Got surgery coming up? I can also help to support your preparation and recovery. Did you know, that after tonsillectomy, pain can last up to two weeks, so soft, nourishing foods and hydration are essential! The types of nutrients are really important to support the body to heal and recover from the stress of surgery, and to support the immune system (tonsils are an important part of our immune system!).



# the nutrients

## Zinc

Strengthens immune function and helps to prevent recurring infections.

Maintains healthy connective tissue function and speeds up wound healing.

Find zinc in seafood, lean meats, poultry, dairy, legumes and pumpkin seeds.

## Iron

Used to make haemoglobin and myoglobin, which carries oxygen through the body + muscles.

Has antibacterial qualities. Required for the growth and function of immune cells.

Find iron in meat, seafood, legumes, nuts, seeds and leafy greens.

## Vitamin D

Boosts our own natural immune response.

Protects against infection. Perpetually low in Melbourne due to the angle of the sun and cloud cover.

Find vitamin D in sunshine, seafood, liver, mushrooms and eggs.

## Vitamin C

Supports gum health and prevents bleeding.

Increases the activity of white blood cells.

Inhibits viral growth.

Reduces the incidence of colds.

Promotes wound healing.

Find vitamin C in citrus, capsicum, strawberries, brussels sprouts, cauli, broccoli, tomatoes, kiwi fruit

## Vitamin A

Helps to maintain the health and function of the mucous membrane.

Supports normal function of innate immune cells.

Find vitamin A in beef liver, seafood and eggs, and retinoids in dark leafy greens, bright red, orange and yellow fruit and vegetables.



## Prebiotics + Probiotics

Helps balance the bacteria of the mouth and gut after antibiotics and to support the immune system.

Find probiotics in wholefoods - vegetables, fruit, legumes, wholegrains, nuts and seeds.

Find probiotics in fermented foods - yoghurt, sauerkraut, kombucha, kefir and kvass.

## Selenium

Enhances immune response. Lowers oxidative stress and inflammation.

Has antiviral properties, in particular, to influenza and coxsackie viruses,

Find selenium in lean meats, poultry, seafood, legumes, seeds and nuts, especially Brazil nuts.

## Protein

The building blocks of all cells, including those required for immunity.

Helps the body heal after surgery or injury.

Help build, repair and recover.

Find protein in animal products including seafood, eggs and dairy, nuts, seeds, legumes and beans.

## Healthy Fats

Required for absorption of fat-soluble vitamins including vitamins A, D, E and K.

Omega 3 fats in particular have anti-inflammatory properties.

Helps with the healing process after illness or injury.

Find omega 3 in oily fish including salmon, mackerel, sardines, nuts and seeds - chia, flax and walnut.

## Hydration

Improves circulation.

Helps to remove waste, avoiding constipation which can be a side effect of some pain medications.

Stay hydrated with filtered water, coconut water, herbal teas, broths and soups, fermented drinks, plant based milks, watery fruit + veg.

## Things to avoid

Sugar and artificial sweeteners, caffeine, processed foods, preservatives, alcohol, stress, poor sleep.







## Chocolate Porridge

*VGO, VO, DF*

5 tbsp rolled oats  
1 tbsp cacao powder  
1-2 tbsp collagen powder, optional  
350ml water

To serve:

1-2 tsp maple syrup, or to taste  
1 tbsp peanut butter  
½-¾ cup frozen raspberries

Place the porridge ingredients in a small saucepan and stir to combine. Bring to a low simmer over low-medium heat, stirring occasionally, until the porridge thickens, about 5 minutes.

To serve, stir through a little maple syrup, and top with peanut butter and raspberries.

*NOTE: For vegan and vegetarian options, simply omit the collagen powder or swap for a plant based protein powder. For a nut free option, omit the peanut butter, or swap for a seed based alternative such as tahini or sunflower seed butter.*

## Berry Chia Puds

*Vg, V, GF, NF, DF*

3 tbsp chia seeds  
1 cup plant based milk (almond, oat, coconut, rice, etc)  
1 tsp maple syrup, optional  
¼ cup frozen berries

Place all of the ingredients in a jar. Place the lid on tightly, and shake well to combine. Place in fridge for at least an hour, but overnight for best results, to allow the chia seeds to soak up all the liquid, and 'set' the puds.

*NOTE: Not advised after mouth surgery or tooth removal, as the seeds may become lodged in the incision site causing pain or infection. Chia seeds might be a bit annoying for braces too, particularly if you're out and about, at school, etc. A nice one for home when you can clean your teeth straight after.*



## Chicken Ginger + Lemongrass Brown Rice Congee

*GF, NF, DF*

2L water, chicken or vegetable stock

1 cup brown rice

500g chicken wings

2cm ginger, julienned

2-3 cloves garlic

2 stalks lemongrass (white part only), sliced in half lengthways

1 cup fresh shiitake mushrooms, sliced

½ cup goji berries

1 cup hot water

2 handfuls leafy greens (baby spinach or bok choy works well here)

*To Serve:*

3 spring onions, thinly sliced

½ cup coriander leaves

Soy sauce

Sesame oil

More goji berries

Place water or stock, rice, chicken, ginger, garlic, mushrooms and goji berries in a large pot or slow cooker.

Simmer over low heat until the chicken is cooked through and the rice resembles a soupy porridge (or to your liking – some prefer a more porridge-like consistency, whilst others prefer a thinner congee). This should take between 1.5-2 hours. Remove the chicken from the congee and shred with a fork before returning to the congee.

Stir through the leafy greens until just wilted.

Serve congee topped with sliced spring onion, coriander leaves, soy sauce, a drizzle of sesame oil and a sprinkle of goji berries.





## Green Scrambled Eggs

*Vg, GF, NFO, DFO*

2 eggs, preferably organic or higher welfare / free range  
¼ zucchini, grated  
1 tbsp pesto  
Olive oil for pan

In a small bowl, mix together the eggs, zucchini and pesto until the pesto is well combined, and the zucchini coated.

Heat a small pan over medium heat and add a little oil. Pour the egg mixture into the pan and gently move the egg around the pan occasionally until it is all just cooked through.

*NOTE: after your recovery, this recipe is also great with chopped broccoli (cook a little in the pan first to soften before adding the egg).*

*For a nut free and dairy free version, ensure the pesto you use does not use nuts or dairy based cheese.*



## Carrot Cake Overnight Oats

*Vg, V, NF, DF*

3 tbsp rolled oats  
1 cup plant based milk (almond, oat, coconut, rice, etc)  
2 tbsp grated carrot  
1 tsp maple syrup, optional  
1 pinch cinnamon powder

Place all of the ingredients in a jar. Place the lid on tightly, and shake well to combine. Place in fridge for at least an hour, but overnight for best results, to allow the oats to soak up all the liquid. You can eat straight from the fridge, or pour into a pan to heat through over low heat on the stove for a warm porridge.

*NOTE: after your recovery, add some chopped walnuts for some crunch and extra protein, fibre and essential fatty acids.*





## Tofu Scramble

*Vg, V, GF, NF, DF*

500g firm tofu

1 tbsp avocado or olive oil

2 tbsp nutritional yeast

¼ tsp turmeric

¼ tsp Dijon mustard

¼ tsp garlic powder (or half clove, minced)

2 tbsp plant based milk (soy, almond, oat, etc)

1 tbsp chopped fresh chives

Salt and black pepper to serve

In a bowl, gently mash the tofu into chunks to resemble the texture of scrambled eggs. Heat the oil in a frypan over medium heat. Add the tofu and cook, stirring gently until the tofu starts to just turn golden.

Add the nutritional yeast, turmeric, mustard, garlic and milk, and stir gently to mix through.

Cook for about 5 minutes.

Remove from the heat and serve sprinkled with chives, salt and pepper. Serve alongside some ripe avocado and save the crusty sourdough for when you're feeling better.





## Pumpkin + Lentil Soup

*VGO, VO, GF, NF, DF*

1 tbsp olive oil  
1 medium brown onion, finely chopped  
2 sticks celery, washed and diced  
1 tbsp grated fresh ginger  
1 small red chilli, finely chopped, optional  
2 cloves garlic, finely chopped  
1L chicken bone broth, vegetable stock or water  
1kg pumpkin (any kind, but look for the brightest coloured flesh), peeled, deseeded and cut into large chunks  
¾ cup red lentils  
400ml coconut milk

Heat oil on a large saucepan over low heat. Add onion and celery and cook, stirring until softened. Add garlic, ginger and chilli, and cook for a further minute.

Add broth (or stock / water), pumpkin and lentils, and bring to the boil. Reduce the heat, cover the pot and cook until the pumpkin is soft and the lentils cooked through (about 15 minutes).

Remove the soup from the heat. Using a stick blender or food processor, blend the soup until smooth. Stir through the coconut milk.

Serve immediately, or spoon into jars and freeze if required. Freezes well.





## All The Greens Soup

*VGO, VO, GF, NF, DF*

- 1 tbsp olive oil
- 1 medium brown onion, finely chopped
- 2 sticks celery, washed and diced
- 2 cloves garlic, finely chopped
- 1 head broccoli, roughly chopped
- 1 head cauliflower, roughly chopped
- 1L chicken bone broth or vegetable stock
- 1 cup frozen peas
- 1 bag baby spinach
- Salt and pepper
- Parmesan cheese to serve, optional

Heat oil on a large saucepan over low heat. Add onion and celery and cook, stirring until onion is translucent. Add garlic and cook for a further minute.

Add broccoli, cauliflower and stock, and bring to the boil. Reduce the heat, cover the pot and cook until the vegetables are soft (about 15 minutes, or so).

Add your peas and cook for 2-3 minutes to heat peas through.

Remove the soup from the heat. Stir through baby spinach. Using a stick blender or food processor, blend the soup until smooth. Freezes well.







## Minestrone Soup

*VGO, VO, GFO, NF, DF*

2 rashers bacon or pancetta, chopped, optional  
 2 tbsp extra-virgin olive oil, plus extra to serve  
 1 onion, finely chopped  
 1 carrot, finely diced (about 1cm cube for all veg)  
 2 celery stalks, finely diced  
 1 sprig fresh rosemary, leaves removed  
 2 cloves garlic, minced or finely chopped  
 2-3 ripe Roma tomatoes, peeled, seeded, and chopped (or 1 can chopped tomatoes)  
 1-1.5L chicken stock (or bone broth, vegetable stock or water)  
 400g cannellini beans, drained and rinsed  
 1 cup dried small pasta, optional (*GF if required*)  
 1 zucchini, diced  
 1 potato, diced  
 Handful green beans, cut into 1cm lengths  
 Big handfuls baby spinach  
 Chopped fresh herbs, such as basil, parsley, or rosemary, for serving  
 Freshly ground black pepper

In a large heavy based pot, add the bacon or pancetta and olive oil. Cook until the fat has rendered, but has not coloured. Add the onion, carrot, celery and rosemary, and stir. Cook, stirring occasionally, until the veggies have softened, but not coloured (about 10 minutes). Add the garlic and cook for another 30 seconds. Add the tomatoes and cook, stirring occasionally, until the moisture evaporates. Add the broth, stock or water, and simmer for about 10 minutes. Add beans, pasta, zucchini, potato and beans. Simmer until the pasta and veggies are tender (about 10 minutes, longer if you want them extra soft to make them easier to eat). Just before removing from the heat, add the baby spinach, stir through the soup and cover, allowing the spinach to wilt. Remove from the heat, stir through some mixed fresh herbs and season with black pepper. Serve with a drizzle of olive oil, and a sprinkle of grated parmesan cheese. Freezes well.





## Cashew and Cauliflower Soup

*VGO, VO, GF, DF*

¾ cup cashews

4 cups chicken bone broth or vegetable stock (1 cup for cashews + the rest for the soup)

2 tbsp olive oil

1 brown onion, chopped

1 leek, washed and sliced

1 large head cauliflower, roughly chopped

1 potato, peeled and roughly chopped (optional, adds creaminess without cream or milk)

400g cannellini beans, drained and rinsed

2 cloves garlic, finely chopped or minced

2 tbsp fresh thyme leaves

Salt and pepper to taste

In a small saucepan, cover the cashews with 2 cups water and bring to the boil over medium heat. Simmer for 5 minutes, and remove from the heat. Drain, and add the cashews to a blender with 1 cup of broth or stock, and blend until very smooth.

Meanwhile, heat the oil in a large pot over low heat. Add the leek and onion and cook slowly until soft but not coloured. Add the cauliflower, potato, beans and the remaining broth or stock and bring to the boil. Simmer for 10 minutes or until the cauliflower and potatoes are tender.

Add the pureed cashews, garlic, thyme, salt and pepper and stir through. Remove from the heat and allow to cool slightly. With a stick blender, food processor or blender, blend the soup until very smooth. Return to heat to warm up if serving immediately. Freezes well.

## Spiced Chicken Broth

*GF, NF, DF*

2L chicken bone broth  
2-3 inches fresh ginger, peeled and thinly sliced  
2 cloves garlic, peeled and smacked with the side of a knife  
1 small brown onion, roughly chopped  
1 tbsp black peppercorns  
3 star anise pods  
3 shiitake mushrooms, sliced  
2 cups chopped cooked chicken  
1 bunch pak choy, roughly chopped  
2 handfuls baby spinach  
Tamari (or salt reduced soy sauce)  
Sesame oil  
*To serve:*  
1 cup mixed herbs (e.g. coriander, mint, basil)  
2 spring onion, thinly sliced  
2 limes, halved  
Chili  
Soba, rice or zucchini noodles, optional  
Soft boiled egg

In a large saucepan, pour in the chicken style stock, ginger, garlic, onion, peppercorns, star anise and mushrooms. Allow to simmer gently for at least 30 minutes. The longer you leave it, the better the flavour (we usually aim for about 60 minutes).

About 10 minutes before serving, strain the soup and return the broth to the heat. Stir in the chicken and heat through for 5 minutes. Add in the pak choy and baby spinach.

Once the greens have wilted slightly, stir through tamari and sesame oil to taste. Remove from the heat and distribute between 4 bowls. Top with the mixed herbs, spring onion, lime and chili, and some extra tamari and sesame oil if you wish. You can also add some noodles and a soft boiled egg to make a more filling meal. Freezes well.





## Coconut, Sweet Potato + Lentil Soup

*Vg, V, GF, NF, DF*

1 tbsp coconut oil  
1 brown onion, finely chopped  
1 tbsp ground turmeric  
1 tsp ground cumin  
1 tsp ground coriander  
1 small red chilli, finely chopped, optional  
1 tbsp grated fresh ginger  
2 cloves garlic, crushed or finely chopped  
1L chicken or vegetable broth or water  
800g sweet potato, washed and chopped  
1 can lentils, rinsed  
240ml can coconut milk, optional

Heat oil in large saucepan over low heat. Add onion, and fry until starting to soften.

Add turmeric, cumin, coriander and chilli. Fry, stirring until fragrant.

Add ginger and garlic. Stir for 1 minute.

Add broth or water and sweet potato. Bring the broth to the boil, then reduce to a simmer until the sweet potato has softened.

Add the lentils and cook for a further 5 mins until heated through.

Remove from the heat and blend with a stick blender until smooth (or has reached the consistency you like). Stir through coconut milk. Serve immediately or allow to cool before freezing for grab-and-go lunches or an easy dinner option. Freezes well.









## Roast Vegetable Salad

*Vg, VO, GF, NF, DFO*

½ small butternut pumpkin, peeled  
1 sweet potato, peeled  
1 potato, peeled  
2 carrots, washed  
2 whole beetroot, washed  
1 eggplant  
Olive or coconut oil  
3 cloves garlic, minced  
1 sprig rosemary, leaves minced  
1 zucchini  
4 button squash  
150g feta, crumbled (dairy, or dairy free, whichever you prefer)

*Dressing:*

½ avocado  
2 tbsp hemp seeds  
½ bunch coriander (parsley, basil, chives are also great, or a combination)  
5 mint leaves  
1 clove garlic  
Juice 1 lime  
1 tbsp olive or avocado oil

Preheat oven to 180C. Chop all the vegetables into approximately 2cm chunks. Place the pumpkin, sweet potato, potato, carrots, beetroot and eggplant in a roasting tray. Combine the oil, garlic and rosemary, and drizzle over the vegetables. Toss to coat the veggies well. Place in the oven and cook for 30 minutes, removing halfway to add the zucchini and squash until all the veggies are soft and slightly golden, but not crispy.

Meanwhile, to make the dressing, place all the ingredients into a blender or food processor with a splash of water (1-2 tablespoons). Blend until smooth, adding more water or oil to thin if necessary. Taste the dressing and season with salt and pepper if you wish.

Remove the veggies from the oven and allow to cool slightly. Arrange on a plate or add to a lunchbox, top with crumbled feta and drizzle with dressing.

*NOTE: you can add your favourite salad greens to freshen up the salad if you're able to chew them. So delicious with baby spinach, rocket or shredded cavalo nero. This salad is also great with some chickpeas, lentils or quinoa tossed through for added protein and a more filling and complete meal.*



## Tuna Patties

*GFO, NF, DF*

3 large potatoes, peeled and chopped  
1 -2 cans tuna or salmon, drained (take the salmon bones out if you can't chew or have has surgery, but leave them in if you can – great source of calcium!)  
¼ red onion, finely diced  
Juice ½ lemon  
3 tbsp finely chopped parsley or chives  
1 tbsp baby capers, optional  
2 cups sourdough breadcrumbs or hemp seeds to coat (optional)

Steam the potatoes until tender, but not overcooked, about 10 minutes. Place in a bowl and mash with a fork. Add the tuna or salmon, onion, lemon juice, herbs and capers and mix well to combine. For a well structured and easily handles patty, shape the patties with your hands, coat with crumbs or seeds (if you're using), place on a plate, and refrigerate for an hour to hold their shape better when cooking (if you don't mind them looking a bit rustic, carry on).

Heat olive oil in a large pan over medium heat.

Gently place the patties in the pan and cook until just golden, before gently flipping to the other side. Remove from heat once the patties are just golden on both sides, and the potato warmed through. These patties also freeze well.

Serve with Super Green Avocado Dip (page 31).







## Simple Hummus

*Vg, V, GF, NF, DF*

¼ cup lemon juice (about 1 large lemon)

¼ cup hulled tahini

1 garlic clove, minced

2 tbsp extra virgin olive oil

Pinch ground cumin

Pinch ground paprika

Pinch salt

400g can chickpeas, drained and rinsed

2-3 tbsp water

Combine the tahini and lemon juice in a food processor for about 2 minutes, stopping to scrape the sides halfway. Add the garlic, olive oil, cumin, paprika and salt to the tahini mixture and blend for a further minute, stopping to scrape the sides halfway.

Add the chickpeas to the mixture and blend for a further 3 minutes, stopping to scrape the sides halfway. If the mixture is too thick or a little grainy, slowly add the water until your hummus reaches a smooth and creamy consistency.

*NOTE: Add in your favourite herbs (think basil, parsley or coriander) or spices (turmeric, sumac and smoked paprika are great) to the mix for the most simple of variations. Hummus is so adaptable – you can add in some leftover roast veggies such as pumpkin, carrot or beetroot, or a handful of baby spinach before blending.*





## Yoghurt + Berry Compote

*Vg, VO, GF, NF, DFO*

2 cups fresh or frozen berries (your favourite one, or a mixture)

1 tsp vanilla

Honey / maple / rice malt syrup if required (if your berries aren't in season, or not sweet enough)

1 cup natural yoghurt of choice (dairy, coconut, etc)

Place the berries, vanilla and sweetener (if you're using) in a small saucepan over low heat. Simmer down until the berries create a sauce like texture (add some water if the mixture becomes too dry), and allow to cool.

Spoon the yoghurt into a bowl or jar and top with the berry compote. Place a lid on the jar for a portable lunchbox snack.

*NOTE: Top with nuts and seeds or some granola once you've recovered!*



## Zucchini Pea + Halloumi Fritters

*Vg, GF, NF*

1 cup frozen peas, blanched and drained

2 zucchini, grated and squeezed of excess juice

½ cup chickpea flour (besan)

2 eggs, lightly beaten

200g halloumi, grated

3 spring onions, finely sliced

2 tbsp chopped coriander, mint or parsley (or a combination)

Olive oil to fry

Add the peas to a large mixing bowl and roughly mash with a fork. Add the zucchini, chickpea flour eggs, halloumi, spring onion and herbs and mix well.

Heat the oil in a large frypan over medium high heat. Place quarter-cup scoops of batter into the hot oil and fry until golden. Flip the fritters and fry on the other side until golden and cooked through. Serve with Super Green Avocado Dip<sup>23</sup> (see page 31) or Greek yoghurt. These are quite a soft fritter.







## Rainbow Mash

*Vg, VO, GF, NF, DFO*

5 Large potatoes, peeled and roughly chopped

1 large carrot, roughly chopped

1 small beetroot, quartered, or 1 tsp beetroot powder

1 cup frozen peas

60g butter or olive oil

Milk of choice

Salt and pepper

Steam the potatoes, carrot and beetroot in a steamer until very tender. Meanwhile, boil a kettle of water to pour over the peas to heat through.

Take the steamed veggies off the heat and divide the potatoes into 5 parts:

- 2 parts potato for the potato mash + 20g butter + 2 tbsp milk
- 1 part potato + steamed carrot + 20g butter
- 1 part potato + steamed beetroot or beetroot powder + 20g butter
- 1 part potato + warmed peas + drizzle olive oil

Mash each of the combinations together until smooth, then season with salt and pepper to taste. Serve a dollop of each of the mashes, gently swirled together and topped with a little extra butter or olive oil.

## Baked Sweet Potato

*Vg, GF, NF, DFO*

2 sweet potatoes (about the size of a large white potato), washed  
100ml Greek yoghurt (or natural coconut yoghurt)  
½ tsp cumin powder  
1 tsp honey

Preheat the oven to 180C, then bake the sweet potatoes for about 40 minutes or until very tender inside when pricked with a fork.

Meanwhile, combine the yoghurt, cumin and honey and stir until well combined.

Remove the sweet potato from the oven and place on serving plates. Cut a cross in the top of the sweet potato and give the insides a smooch. Dollop over the Greek yoghurt mixture to serve.

Scoop out the soft flesh to enjoy while your teeth are sore, but do give the skin a try when you've healed! Also delicious topped with Lentil Dahl, Super Green Avocado Dip (see page 31) or Simple Hummus (see page 22).



## Cauliflower Mash

*VGO, VO, GF, NF, DFO*

1 cup chicken bone broth or vegetable stock  
1 head cauliflower, roughly chopped  
3 tbsp butter or olive oil  
1 tbsp chopped chives  
Salt + Pepper

In a large saucepan, add the broth or stock and bring to the boil. Add the cauliflower and simmer, covered, over low heat for 20 minutes or until the cauliflower is very tender.

Transfer the cooked cauliflower plus about ¼ cup of the hot broth and the butter to a food processor. Blend until the cauliflower is very smooth. Stir through the chives and season with salt and pepper.





# Lentil Dahl

*VGO, VO, GF, NF, DF*

2 tbsp olive oil  
2 brown onions, finely diced  
3 cloves garlic, finely chopped or minced  
5cm sized piece ginger, peeled and grated  
1-2 chili (of your preference, or leave out if your mouth is too tender)  
3 tsp ground cumin  
3 tsp ground coriander  
2 tsp ground turmeric  
½ tsp ground cinnamon  
2L chicken bone broth or vegetable stock  
350g red lentils, rinsed  
400g can kidney beans, drained and rinsed  
1 can chopped tomatoes  
4 handfuls (approximately 120g) baby spinach  
*To serve:*  
Coriander  
Lemon juice  
Greek yoghurt  
Brown rice, quinoa or cauliflower rice, optional

In a large heavy based pot, heat the olive oil over low heat. Add the onions and cook slowly until they are soft, but not coloured. Add the garlic and ginger and cook for another minute. Add the chilli and ground spices, and cook, stirring for a further minute until fragrant. Add the broth or stock, lentils, beans and tomatoes. Increase the heat to medium and simmer for about 30 minutes until the lentils are tender (or longer if you want a thicker, less soupy dahl (if it's too thick, add more water).

Stir through the spinach and cook for a few minutes until completely wilted. Remove from the heat and serve immediately over rice, quinoa or cauliflower rice if you wish (or as it is), topped with coriander, lemon juice and Greek yoghurt. Season with salt and pepper to taste.



## Slow Cooker Stew

*GF, NF, DF*

1 tbsp olive oil  
1 onion, finely chopped  
1kg beef blade roast cut into 4cm chunks  
1 tsp smoked paprika  
1 carrot, grated  
1 zucchini, grated  
1 cup mushrooms, sliced  
400g can chopped tomatoes  
2 cups bone broth or vegetable stock  
1 bay leaf  
2 tbsp chopped fresh parsley  
To serve:  
Sour cream, Super Green Avocado Dip

Heat the olive oil in a large frypan over low heat. Add the onions and cook slowly until soft but not coloured. Transfer to the slow cooker. Sprinkle the chopped beef with the smoke paprika, then add to the frypan for a few minutes, tossing gently until just browned on all sides. Add the beef to the onions in the slow cooker. Turn on the slow cooker to low, and add the carrot, zucchini, mushrooms, canned tomatoes, broth or stock and bay leaf, and cover. Cook on low for 6 hours or until the beef falls away with a fork. Once the beef is cooked shred the beef using two forks, and stir through the sauce, along with the garlic. Stir through the parsley. Serve with a dollop of sour cream and Super Green Avocado Dip (see page 31). Also great served with Rainbow Mash (see page 25).







## Veggie Pasta Sauce

*VGO, VO, GF, NF, DF*

- 1 tbsp olive oil
- 1 onion, finely chopped
- 1 leek, washed well and thinly sliced
- 1 tsp rosemary, finely chopped
- 1 small eggplant, finely chopped
- 2 cans chopped tomatoes
- 1 stalk celery, roughly chopped
- 1 carrot, roughly chopped
- 1 zucchini, roughly chopped
- 1 handful mushrooms
- 1 red capsicum, deseeded, roughly chopped
- 2 cup bone broth or vegetable stock
- 1 clove garlic, finely chopped or minced

Heat the olive oil over low heat in a large heavy-based pot. Add the onion and leek and cook slowly until soft but not coloured. Add the rosemary and eggplant and cook, stirring, for a further minute. Increase the heat to medium and add the canned tomatoes and stir well.

Meanwhile, add the celery, carrot, zucchini, mushrooms and capsicum to a food processor with a chopping blade. Process until all the vegetables are finely chopped.

Once the tomatoes start to sound crackly as they start to fry slightly, add the remaining chopped vegetables and the bone broth or stock. Stir well and allow to simmer for 10-15 minutes or until the vegetables are cooked well. Stir through the garlic, and remove from the heat. Allow the sauce to cool slightly before blending with a stick blender until smooth.

Serve with well-cooked pasta (gluten free or zucchini noodles if required).



## Salmon Pie

*GF, NF, DFO*

500g potato, peeled and roughly chopped  
2 carrots, peeled and roughly chopped  
2 tbsp butter or olive oil  
2 leeks, well washed, thinly sliced  
1 large fennel bulb, thinly sliced  
1 medium zucchini, thinly sliced  
2 tbsp plain flour (or gluten free if required)  
1.5 cups chicken bone broth or vegetable stock  
500g skinless salmon or firm white fish fillets, cut into bite sized pieces (can also use canned salmon)  
1 tbsp finely chopped herbs such as chives, parsley or dill

Preheat oven to 220C or 200C fan-forced. Boil or steam potato and carrot 10 minutes or until very tender. Drain and transfer to a bowl with 1 tablespoon of oil. Mash until smooth and season. Cover and set aside.

Meanwhile, heat remaining butter or oil in a large frying pan over low heat. Cook leek and fennel slowly until soft but not coloured, around 10 minutes. Sprinkle over flour and cook, stirring, for 1 minute. Stir in broth or stock, then reduce heat and simmer for 2-3 minutes or until sauce thickens slightly. Stir in fish and herbs, and season with salt and pepper.

Transfer the mixture into a large ovenproof baking dish. Cover with the prepared potato and carrot mash, leaving a rough texture with a fork for extra golden bits if you wish. Bake for 20 minutes.



## Baked Fish Parcels

*GF, NF, DF*

4 firm white fish fillets  
2 cups cherry tomatoes, halved  
½ red onion, thinly sliced  
2 cloves garlic, crushed  
1 handful basil  
2 tbsp olive oil  
Sea salt  
Black pepper

Prepare 4 pieces of baking paper or a glass bowl with a lid.

In a bowl, combine the tomatoes, onion, garlic, basil, olive oil, salt and pepper. Mix well to combine.

Place a piece of fish on each sheet of baking paper or bowl and divide the tomato mix amongst each piece of fish. Create a parcel by crimping the paper along the top to ensure the juice cannot escape. Place parcels onto a baking tray or bowl, then place into the oven and bake at 180C for 15-20mins or until the fish has just cooked through. Great served alongside our Cauli Mash (see page 26).



## Super Green Avocado Dip

*VGO, VO, GF, NF, DFO*

2 ripe avocados, peeled and de-stoned  
Handful baby spinach  
Juice 1 lime  
1 tbsp coriander (or parsley), finely chopped  
100g feta, crumbled (dairy free if preferred)  
½ - 1 tsp spirulina powder, optional  
1 tbsp collagen powder, optional  
Salt and pepper

In a food processor, blend one avocado with the spinach and lime juice. If you prefer a very smooth dip, you can add the remaining ingredients and blend until smooth. Otherwise, scoop the blended avocado into a bowl, and stir through the herbs, feta, spirulina and collagen.

Mash the second avocado and stir through the dip. Season with salt and pepper.

*NOTE: Also delicious served with veggie sticks and seedy crackers, when you're up to it.*









## Autumn Smoothie

*Vg, VO, GF, NFO, DF*

- 1 cup frozen cauliflower 'rice'
- 1 cup almond milk
- ½ cup leftover roast pumpkin
- 1 tbsp almond butter or tahini
- 1 scoop vanilla protein powder or collagen powder
- 1 tbsp hemp seeds
- ½ tsp cinnamon (or mixed spices)
- ½ tsp vanilla

Place all the ingredients into a blender and blend until smooth. This recipe also works well with leftover roast sweet potato.



## Red Velvet Smoothie

*Vg, VO, GF, NF, DF*

- 1 cup frozen raspberries or cherries
- ½ cup leftover roasted beetroot
- 1 big handful baby spinach or other greens
- 1 cup coconut milk
- ¼ avocado
- 1 tbsp hemp seeds
- 1 scoop vanilla protein powder or collagen powder
- 1 tbsp cacao, optional

Place all the ingredients into a blender and blend until smooth.

## Piña Colada Immune Smoothie

*VGO, VO, GF, NF, DF*

- ½ cup fresh pineapple, chopped (inc. core)
- ¼ frozen banana
- 1 big handful baby spinach
- ¼ cup frozen cauliflower 'rice'
- 1 cup coconut milk
- 1 tsp grated fresh ginger
- 1 scoop collagen, optional
- 1 tbsp hemp seeds

Place all the ingredients into a blender and blend until smooth. Be sure to include the core in your smoothie as this is where the bromelain is found, responsible for pineapples extra strength immune support.



## Toblerone Smoothie

*Vg, VO, GF, NFO, DF*

- ½ frozen banana
- 1 tbsp cacao powder
- 2 tbsp chia seeds, optional
- 3 tbsp hemp seeds
- 1 tbsp cacao nibs, optional
- 1 tbsp natural peanut butter or tahini
- 1 tsp raw honey or maple syrup
- 1 ½ cups coconut milk
- ½ cup ice

Place all the ingredients into a blender and blend until smooth.

*Be aware that the cacao nibs are quite coarse and might get stuck in cavities or incision sites, unless you have a very powerful blender. The chia seeds may also become quite sticky as they absorb the moisture around them, and cause irritation, pain or infection risk soon after surgery, omit these if necessary.*







## Green Smoothie

*Vg, V, GF, NF, DF*

1 cup frozen mango

1 big handful baby spinach

¼ cup mint leaves

¼ cup cucumber

1/8 avocado

1.5 cups coconut water

1 tbsp pumpkin seeds

1 tbsp chia seeds, optional

Place all the ingredients into a blender and blend until smooth. The chia seeds may also become quite sticky as they absorb the moisture around them, and cause irritation, pain or infection risk soon after surgery, omit these if necessary. If your blender is not quite strong enough to blend down the pumpkin seeds, you can swap for some smooth nut butter or tahini instead.



## Sweet Potato Protein Hot Chocolate

*Vg, VO, GF, NF, DF*

½ cup steamed, cooled and mashed sweet potato  
1 cup plant based coconut milk (or whichever milk you prefer)  
1 heaped tbsp cacao powder  
2 tbsp collagen powder (or plant based protein)  
1-2 tsp maple syrup  
Pinch cinnamon  
¼ tsp vanilla  
Tiny pinch salt

Place all the ingredients in a blender or food processor and blend until smooth. If the mixture is too thick, add some extra milk or a little water. Pour the mixture into a small saucepan and heat gently over low heat until warmed through. Serve immediately.



## Broffee

*GF, NF, DF*

1 cup hot bone broth (chicken or beef)  
1cm piece ginger, sliced, julienned or grated  
1 shiitake mushroom, thinly sliced  
1 spring onion, finely sliced  
Splash soy sauce / tamari / coconut aminos  
Splash sesame oil

You can enjoy a cup of hot bone broth straight up, or add the following additions to jazz it up a little. A hearty alternative to a cup of tea or coffee.





## Spiced Stewed Apples

*Vg, V, GF, NF, DF*

1 kg apples, cored (peeled or unpeeled)

¼ cup water

1 tsp cinnamon

Pinch ground ginger

Pinch cardamom

Pinch nutmeg

Pinch salt

1 tsp coconut oil

Slice the apples and place in a saucepan over low heat, along with the water and spices. Cover and cook slowly until the apples are soft and collapsing.

Remove from heat and stir through salt and coconut oil.

Serve immediately or freeze in portions for later.



## Choc Avo Mousse

*Vg, V, GF, NF, DF*

1 avocado

2 tbsp raw cacao

2 tsp maple syrup

Pinch of salt

In a food processor, blend all of the ingredients together until very smooth. If the mix is too thick or not quite blending, you can add a splash of your favourite milk to loosen (coconut, almond, oat, etc).







## Chocolate Hummus

*Vg, V, GF, NF, DF*

400g can chickpeas, drained and rinsed

4 tbsp tahini

4 tbsp maple syrup (or to taste)\*

1/2 cup cacao powder

1 tsp vanilla

Pinch cinnamon

Pinch salt

Water

*To serve (optional):*

Sliced fruit

Sourdough toast

Place all of the ingredients into a food processor and process until combined. You may need to scrape the sides occasionally to make sure all of the mixture is incorporated.

The mixture will be quite dry, so slowly add some water, a tablespoon at a time, processing in between each addition until it reaches the consistency you're after.

### NOTES:

*The maple syrup can be adjusted to your taste, however there is a 'sweet-spot' where the maple changes it from very-chickpea, to delicious dip, so keep tasting as you go.*

*The dip can be stored in a sealed jar in the fridge for about a week.*



## Banana Mango Nice Cream

*Vg, V, GF, NF, DF*

2 frozen ripe mangos, peeled and seed removed, frozen

1 large banana, peeled, frozen

6 fresh mint leaves

2 tbsp coconut milk (or milk of choice)

Combine the frozen mango flesh, frozen banana, mint and coconut milk in a blender or food processor and blend until smooth.

The nice cream should be ready to eat immediately, but may be put in the freezer for a chance to firm up.

Once frozen, you can also add back into the blender for added creaminess.

### NOTE:

*Add a tablespoon of collagen or protein powder for a more filling and nourishing treat.*



## Brown Rice Pudding

*Vg, VO, GF, NF, DF*

1 ½ cups leftover cold brown rice

1 cup coconut milk (or whichever milk you prefer)

1 tbsp butter or coconut oil

Pinch cinnamon

Pinch turmeric

2 tbsp honey (or maple syrup / rice malt syrup / date paste)

1 ripe banana, mashed

In a small saucepan, combine the brown rice, coconut milk, butter (or coconut oil) and your chosen spices. Bring to a gentle simmer over low heat, stirring regularly.

Stir in the mashed banana and your chosen sweetener. Cook for an additional minute, allowing to thicken. This recipe makes two generous bowls.



## Silken Tofu Pudding

*Vg, V, GF, NF, DF*

150g silken tofu

Flesh of 1 mango

Pinch turmeric

Pinch salt

2 tsp maple syrup, optional and to taste

Juice ½ lime

Coconut yoghurt or whipped coconut cream to serve, optional

Blend all the ingredients together until very smooth. Spoon into 2 glasses or jars. Refrigerate for about 2 hours to chill before serving.

Top with coconut yoghurt or whipped coconut cream if you wish. You can also swap out the mango for sweet, ripe strawberries.







## Salt + Sage Mouth Rinse

*Vg, V, GF, NF, DF*

1 cup boiling water

½ cup Himalayan / Celtic Sea salt / Maldon rock salt

2-3 leaves fresh sage

Cover the salt and sage leaves with boiling water and stir until the salt has dissolved. Remove the sage leaves and allow the salt and sage solution to cool slightly. Use the mouth rinse after eating or if your mouth is feeling dry by swishing around your mouth for 30 seconds or more, then spitting out the solution.



## Manuka Gargle

*Vg, GF, NF, DF*

1 tsp Manuka honey (ideally 10+ or higher)

1-2 tsp warm water (or Salt + Sage Mouth Rinse)

Combine the honey and water. Use the mixture to gargle for up to a few minutes (as long as you can tolerate) to coat the throat, before swallowing.



## Hydration Drink

*Vg, GF, NF, DF*

2 cups water (filtered tap water, or coconut water)

Juice 1-2 lemons

2 tbsp raw or Manuka honey

Pinch Himalayan rock salt, Celtic Sea salt or Murray River salt

Place all ingredients in a blender and process until well combined and salt is dissolved.





## Bone Broth

*GF, NF, DF*

2-3kg organic beef bones or 3 chicken carcasses (e.g. beef, chicken, lamb, etc)

500g chicken feet (optional, for additional gelatin)

½ cup apple cider vinegar

1 onion, roughly chopped

2 carrots, roughly chopped

2 stalks celery, roughly chopped

2-3 pieces dried wakame (seaweed), optional

4 cloves garlic, smashed or halved

*To taste, optional:*

*2 inches chopped ginger; 1 bunch herbs such as parsley, thyme, oregano; 1 tsp peppercorns; 1 stalk lemongrass, bruised; 1 small chilli, halved lengthways; 2 bay leaves; 1 tbsp turmeric*

*Additional:*

*Plus leftover vegetable scraps if you have them (garlic and onion skin, celery tops, carrot skin, leek greens, mushroom stalks, unused herb stalks such as parsley and coriander)*

Place the chicken or beef bones in a large pot or slow cooker, along with the chicken feet, onions, carrots, celery, vegetable scraps, herbs, spices and wakame. Cover with cold water and apple cider vinegar.

Cook on a low simmer for 12 hours for chicken broth, and up to 48 hours if making beef bone broth

With 20 minutes left of cooking time, add the garlic to the broth. Skim regularly to remove the foam or any impurities that float to the surface to maintain a clear broth.

When ready, remove the bones from broth with tongs & strain. Allow the broth to cool, then refrigerate for an hour. Once chilled, remove fat layer from the surface and keep for cooking, or discard.

Reheat to drink as a broffee (see page 36), or freeze into portions for later use (different sized jars and vessels are handy for different uses – freeze in ice cube trays for adding flavour to grains and loosening baby purees, in mug sized jars for consuming as beverages, in larger jars for soups (see page 12) and casserole bases (see page 28).





## Convenient Foods

Sometimes we don't have the time or space or energy to create meals from scratch for ourselves or for our families, especially if we're feeling unwell or in pain, or caring for those who are.

This is a list of convenience foods that are available to purchase, or a combination of only a couple of simple ingredients that are quick to throw together.

- **Yoghurt** – Depending on your choice of dairy or plant based, yoghurt is a great source of protein, zinc, iron and probiotics. Be sure to choose a natural option, free from sugars, sweeteners and other additives.
- **Fruit packs** – these can be purchased, pre-prepared, from the fresh food section, frozen or canned. Choose options with no added sugar or sweeteners.
- **Soft fruits** – pre-prepared or as they are. Think bananas, mangos, papayas, melons, berries.
- **Smashed avocado** – mash an avo with canned fish, such as tuna, salmon, sardines or mackerel for a delicious and nutritious option. High in omega-3 and monounsaturated fats, protein and fibre.
- **Probiotic drinks** – try kombucha, kvass, kefir (dairy, coconut water or coconut milk based), or even a cup of miso soup to help support the oral and gut microbiomes.
- **Fluids** – coconut water, powdered or concentrated bone broths can help to keep you hydrated with fluids and electrolytes. Herbal teas may also help with other symptoms and side effects such as ginger or peppermint for nausea. If you're really dehydrated, use a prepared hydration drink such as hydralite and seek medical advice.
- **Dips + Dairy** – tubs of hummus, cottage cheese or ricotta can be used as a base for other ingredients for a boost of healing and energising protein and essential vitamins and minerals including zinc, iron and magnesium.
- **Soups** – swing past your local cafe, order in UberEats, or pick up a selection of fresh soup from most supermarkets. Be sure to check out the ingredients, as many packaged soups can be high in sodium or additives such as preservatives, flavours, colours, thickeners, etc.

# Ready to *get started?*

Are you fighting with tonsils that flare up with every dip in the weather or merely glance sideways at someone else who is not feeling their best...

Maybe your little ones end up with mouth ulcers when they're feeling stressed or experiencing change...

Or if your kids or teens (or yourself) are riding along the journey of braces or retainers, and are struggling to find foods that are specific to their dietary needs (allergies, intolerances, preferences and special health needs), that are also easy to eat on those tough tightening days...

I'm here to help work out what's going on and what we can work on together to make things super simple again.

Click below for a FREE 15 minute chat to explore what's going on, and where to next to a happier, healthier family.

**CLICK HERE**





# Need more *Greens*?

For our fussy little eaters, greens are most often the last thing we can expect to reach their plates and palates.

Did you know it can take up to 10-15 attempts for our little one to accept a new food? And sometimes a change of preparation or presentation might be just the ticket to get a new food across the line.

If you're running out of ideas (or patience!), check out our Inspo Ebook!

**CLICK HERE**







## The Simple Lunchbox

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