



Naturopaths &
Medical Herbalists
of New Zealand (Inc)



2021

NMHNZ Members *Recipes*

Sharing our favorite recipes



NMHNZ is delighted to share this first collection of **Recipe Favorites** from our members.

We hope this brings simple, tasty, and exciting ideas for your whanau, and to the tables all around Aotearoa New Zealand.

Please feel free to share with others in your community.

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<https://naturopath.org.nz>



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Bangin' Breakfast Burrito

Made by: **Buffy Ellen: Be Good Organics**

Ingredients:

EGGY TOFU SCRAMBLE

- 1 tbsp coconut oil (optional)
- 275 g tofu
- 1 tbsp nutritional yeast
- 1 tsp turmeric
- 3/4 tsp black volcanic salt
- dash plant-based milk
- 1 tbsp cashew butter (optional)

TO SERVE

- 2 wholemeal wraps
- 2 tbsp cashew aioli
- 2 tbsp tomato relish
- 1 tomato , sliced
- 1/2 avocado , sliced
- 1 spring onion , finely sliced
- handful baby spinach



Method:

Melt coconut oil in the pan (or use a good non-stick pan and skip the oil).

Crumble the tofu into the pan using your hands, add nutritional yeast, turmeric, and black salt, and fry until lightly golden.

Stir through the plant-based milk and cashew butter (if using) so it's creamy, then take off the heat.

TO SERVE

Spread the wraps with aioli and relish, then top with eggy tofu scramble, tomato, avocado, spring onion, and baby spinach.

Fold the sides in, squish the fillings down, then roll up into a burrito. Slice in half and enjoy!

Protein Powder Pancakes

Made by: **Liv: Liv's Apothecary**

Ingredients (serves 2):

- 2 scoops vanilla protein powder (collagen powder can also be added)
- 2 ripe, mashed bananas
- 2 eggs
- 1/4 teaspoon cinnamon
- Coconut oil or butter for cooking

Method:

Mix together protein powder, bananas, eggs and cinnamon in a bowl.

Heat a bit of coconut oil or butter in a pan and cook each pancake until golden brown on each side.

Serve with fresh strawberries, blueberries, cherries, coconut yoghurt, maple syrup, and a sneaky sprinkle of icing sugar if desired.



Brazil Turmeric & Ginger Granola

Made by: **Leisa Cournane: Leisa Naturopath**

Ingredients:

- 1 cup Brazil nuts
- 1 cup Cashews
- 1/2 cup Sunflower Seeds
- 1/4 cup Pumpkin Seeds
- 2 cups unsweetened Coconut Flakes
- 1 Egg white
- 2 tsps Ground ginger
- 1 tsp Turmeric and 1 tsp Cinnamon
- 1/4 tsp Sea salt
- 2 tbsps Maple Syrup or honey
- 2 tbsps Coconut Oil (melted)



Method:

Preheat oven to 130°C. Line baking tray with baking paper. Blend Brazil nuts and Cashews for a few seconds (in a blender, or crush lightly).

Add Sunflower seeds, Pumpkin seeds and coconut chips.

Blend until mixed but still chunky - set aside.

Mix or blend everything else (wet mixture).

Mix dry and wet mixtures and mix evenly.

Spread onto a single layer on baking tray and place in the oven for 50-60 minutes, mix half way.

Once baked, let cool for a couple of hours. Store in an air tight container. Serve with berries, coconut yoghurt or milk of choice.

Five Seed Sourdough

Made by: **Buffey Ellen: Be Good Organics**

Ingredients:

SOURDOUGH STARTER

- ½ c rye flour (or brown rice flour)
- ½ c warm water (or ⅔ c for brown rice version)

SOURDOUGH BREAD

- 3 c rye flour (or GF blend see notes)
- ¼ c pumpkin seeds
- ¼ c sunflower seeds
- 2 tbsp sesame seeds
- 2 tbsp chia seeds
- 2 tbsp hemp seeds
- 1 tsp sea salt
- 1 ½ c warm water
- 2 tbsp olive oil



Method:

SOURDOUGH STARTER

Mix ¼ cup of the flour with ¼ cup of the warm water in a glass jar, put the lid on, and leave in a warm place overnight.

If you're doing the gluten free brown rice version, use ⅓ cup water.

On day 2, "feed" the starter by stirring in the other ¼ cup flour and ¼ cup warm water (⅓ cup for GF brown rice version), put the lid on, and leave in a warm place overnight.

On day 3 – you should see bubbles. If so, you're ready to move to the pre-bake day steps below. If there are no bubbles (especially if you're in a cooler climate), feed again by adding another ¼ cup flour and ¼ cup warm water (or ⅓ c for brown rice) each day until it's bubbling.

Five Seed Sourdough cont.

SOURDOUGH BREAD (PRE-BAKE DAY)

Place all bread ingredients in a bowl along with your starter (you can keep 1/2 cup of your starter in the jar and save for another loaf if you want – see below). Mix to a thick dough. If it's too thick, add a little extra water, if too runny, add a little extra flour. If you're using your own starter, use 1 cup of your starter with the remaining bread ingredients.

Pour your dough into a lightly greased or lined tin, spread it out gently, sprinkle the middle with extra seeds, then cover with a damp tea towel and leave in warm place overnight for its final rise.

BAKE DAY

Preheat your oven to 170°C (335°F) fan bake, place your loaf in the middle of the oven and bake for 50-60 minutes.

LEFTOVER STARTER

If you want to make this loaf again, keep ½ cup of your starter in the jar.

If you want to make bread again in the next 1-2 days: Feed it with 1 tablespoon flour + 1 tablespoon warm water each day, leaving it in a warm place overnight with the lid on, until you're ready to make your next loaf. Then go to the pre-bake day step.

If you don't want to make bread for a few days: Put it in the fridge to "pause" it for up to 2 weeks. When you want to bake again, take it out of the fridge, feed it with 1 tablespoon flour + 1 tablespoon warm water, and leave it in a warm place overnight with the lid on to restart it. Then go to the pre-bake day step.

Winter Breakfast Ideas

Made by: **Jessica Sherwood: Jessica Sherwood Naturopathy**

Rice Congee

Ingredients:

- 1 cup rice
- herbs and spices (to taste)

Method:

Use 1 part rice to 7 parts water, set the crock-pot to low and leave over night. If using the stove, simmer on low for 2-7 hours or until rice is well cooked.

Oats in a jar

Ingredients:

- ½ Cup oats
- 100ml yoghurt/kefir/milk of your choice
- Fruit and herbs to taste

Method:

Place oats and liquid in a jar before you go to bed, leave to soak overnight.

In the morning heat gently and add fruit and herbs, put back into jar and take with you.



Winter Breakfast Ideas cont.

Made by: **Jessica Sherwood: Jessica Sherwood Naturopathy**

Warm Chia Pudding

Ingredients:

- 1 ½ C of milk
- ¼ Cup chia seeds
- 1 teaspoon golden flaxseeds (optional)

Method:

Combine seeds and 1 Cup of milk. Leave for at least 15 minutes or overnight. Heat the porridge over a medium heat with the rest of the milk, add herbs, spices and fruit to taste.

Warming Ingredient Ideas:

Try adding some warming herbs and spices to your morning meals

Cinnamon, Ginger, Chinese dates, Cooked apple, basil, black pepper, cayenne, garlic, hyssop, juniper, rosemary, white pepper, walnuts, green onions, chili peppers, nutmeg, squash, sunflower seeds, chestnut, clove, coconut, dates, chives, mustard green, turmeric.

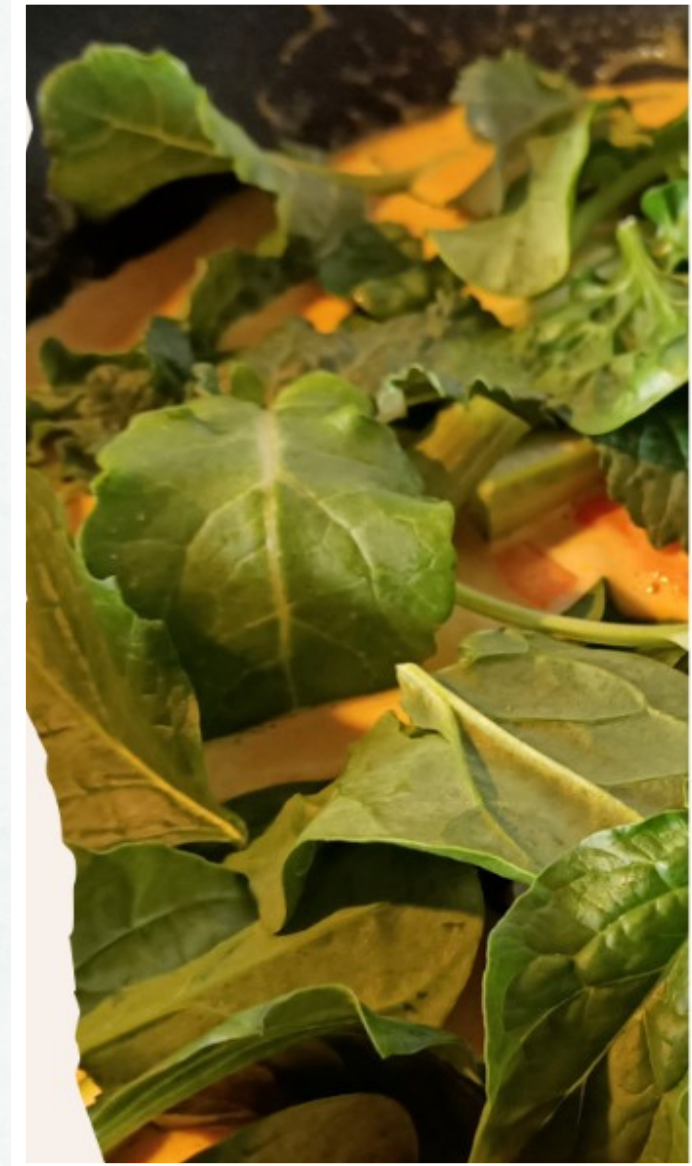


Healthy Takeaways: Yellow Fish Curry

Made by: **Megan Rodden: Megan Rodden Naturopath**

Ingredients:

- 4 fillets of Hoki
- 4 tbsp yellow curry paste
- 1 carrot thinly sliced
- 1 capsicum thinly sliced
- 2 cups of spinach
- 1 can coconut milk
- 1 tbsp almond butter
- 1 tsp coconut sugar
- 1 tsp ghee or coconut oil



Method:

Heat oil on medium in a deep pan, add paste and cook until fragrant.

Add coconut milk and stir until simmering.

Add vegetables, almond butter and sugar. Stir.

Add fish and pack in sauce for 10 minutes or until fish is almost cooked, then cover with spinach for 2 minutes.

Stir and serve with rice, coriander and chopped green onion (optional).

Lauren's Herbal Healing Broth(Vegan)

Made by: **Lauren Glucina: Ascension Kitchen**

Equipment:

- 6 litre/quart stock pot

Ingredients:

- 2 onions
- 1 head of garlic sliced in half
- 3 carrots
- 4 large celery sticks
- 1 tablespoon pink peppercorns
- small handful fresh parsley
- small handful fresh thyme
- small handful fresh sage
- 3 bay leaves
- 100 g shiitake mushrooms about 1 punnet
- 1/3 cup astragalus root, slices or chopped
- 1 small piece turmeric sliced in half
- 3 inch piece of ginger root sliced thin
- 2-3 pieces kombu seaweed 5 inches in length
- 4 litres/quarts water

Optional:

2 tablespoons extra virgin olive oil if following method 2

Method 1 (quicker):

Scrub vegetables clean, cut the carrots and celery into small chunks, halve the onions (skin on is ok), slice the garlic bulb in half, slice mushrooms thin.

Add all ingredients to stock pot and cover with 4 litres/quarts water. Cover, bring to a boil, slide lid half off, and simmer for 1 hour.

Lauren's Herbal Healing Broth(Vegan) cont.

Remove from stove top, let cool, strain through a sieve into a second large pot.

Pour into sterilized glass jars, cap and refrigerate. If freezing, fill glass jars 3/4 full to avoid the glass breaking.

Method 2 (more flavour):

Peel and dice onions, chop the carrots and celery into small pieces, peel and slice the garlic cloves, slice mushrooms thin.

Add a glug of extra virgin olive oil to the stock pot, then cook onions, carrots, celery, garlic, mushrooms until softened.

Add all other ingredients to stock pot and cover with 4 litres/quarts water. Cover, bring to a boil, slide lid half off, and simmer for 1 hour.

Remove from stove top, let cool, strain through a sieve into a second large pot.

Pour into sterilised glass jars, cap and refrigerate.

If freezing, fill glass jars 3/4 full to avoid the glass breaking.



Spiced Aubergines

Made by: **Alison Donley: The Matariki Practice.**

Ingredients:

- 2 large aubergines, sliced into 1cm strips
- 3 TB olive oil
- 2 teaspoons each ground cumin, coriander, turmeric and cardamom
- 1 tsp sea salt
- 1 tbsp lemon juice
- 150ml vegetable stock

Method:

Put aubergine slices into a wok or large pan with olive oil. Soften over medium heat for 5 minutes.

Sprinkle the spices and salt over aubergines and stir fry for another 2 minutes.

Then add lemon juice and stock. Cover with a lid. Turn heat to low and simmer, stirring occasionally, for 20-25 minutes.

Aubergines will be tender and soft to the point of breaking.

Serve hot, warm or cold with salad leaves or rice.



Gingerbread Bliss Balls

Made by: **Liv: Liv's Apothecary**

Ingredients:

- 1 cup almond meal
- 1 cup desiccated coconut
- 5 medjool dates, pitted
- 1/2 cup chopped crystallised ginger
- 3 tablespoons coconut oil, melted
- 1 teaspoon ground ginger
- 1/2 teaspoon ground cinnamon
- 1 teaspoon vanilla extract
- Pinch of salt
- Extra desiccated coconut for rolling

Method:

Blend all ingredients, except extra coconut, in a food processor until combined.

Roll into around 30 bite-sized balls and toss through coconut. Store in the fridge. Enjoy!



Stewed Apples

Made by: **Lauren Glucina: Ascension Kitchen**

Equipment:

- Saucepan with steamer attachment and lid
- Stick blender (if making applesauce)

Ingredients:

- 10 Granny Smith apples (can use pears)
- ½ - 1 teaspoon slippery elm powder per serve optional, please see notes re safety.

Method:

Peel the apples, core and slice into thick chunks.

Bring water to a boil in a saucepan, add apples to the steamer attachment, cover, cook for 5-10 minutes until softened.

Remove from heat and serve as is, or, to make applesauce, use a stick blender to make a puree.

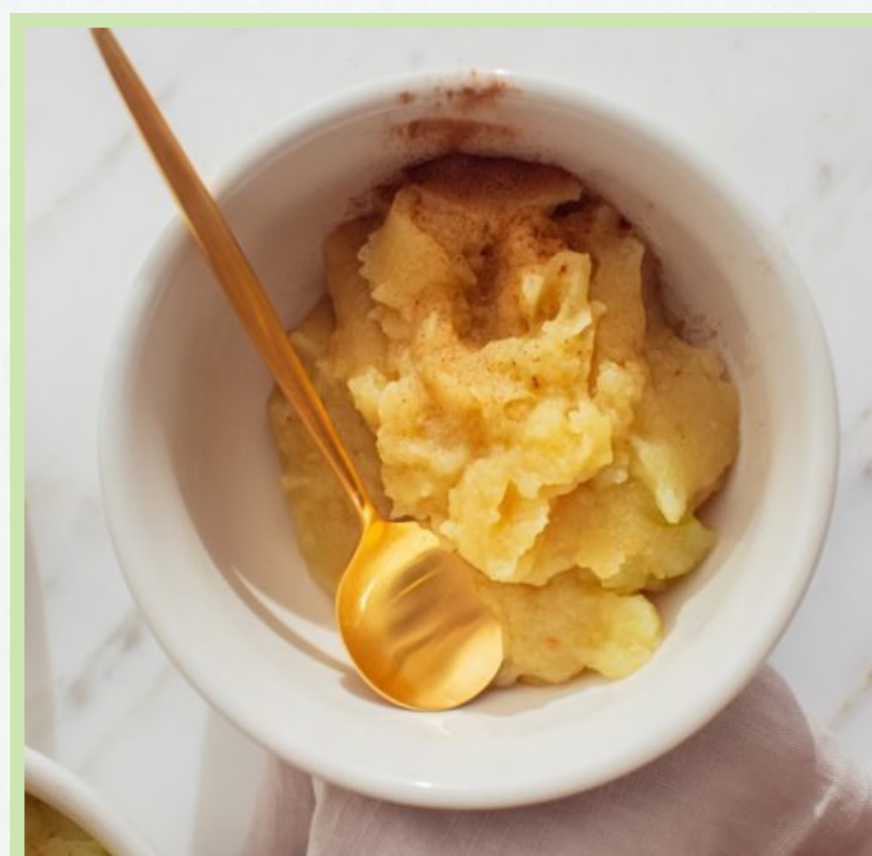
If you'd like to add slippery elm powder for further gut-soothing effects, stir in ½ - 1 teaspoon to individual portions.

Top with yoghurt, cinnamon, fruits and nuts as desired.

Safety:

If using slippery elm powder, take at least two hours away from prescribed medications.

If in doubt, please consult with your healthcare provider.



Ferrero Rawchers

Made by: **Liv: Liv's Apothecary**

Ingredients:

- 2 cups lightly roasted hazelnuts
- 6 medjool dates, pitted
- 1/4 cup cacao powder
- 3 tablespoons maple syrup
- Pinch of Celtic or pink Himalayan salt

Method:

Add 1.5 cups of hazelnuts and the cacao powder to a food processor. Blend until no chunks remain.

Add dates, maple syrup and salt. Process until mixture sticks together.

Roll into balls and add a hazelnut into the centre, forming a ball around it.

Add the leftover hazelnuts to the food processor and pulse a couple of times until the nuts turn into chunks.

Roll the balls in the hazelnut crumb to coat them. Enjoy!



Key Lime Tart

Made by: **Buffy Ellen: Be Good Organics**

Ingredients:

BASE

- 1 c almonds
- 1 c dates
- 3/4 c desiccated coconut
- 1 tbsp coconut oil
- 1/2 tsp vanilla extract
- Pinch sea salt
- 1/2 tsp grated/dried ginger or 5 drops of ginger essential oil

FILLING

- 2 large ripe avocados
- 4 limes zest of 1, flesh of 4
- 1/2 c liquid sweetener (coconut nectar or brown rice syrup)
- 1 tbsp vanilla extract
- 6 drops lime essential oil (optional)
- Pinch sea salt
- 3/4 c coconut oil melted but cool

TOPPING

- strawberries, freeze dried berries, and moringa/spirulina/greens powder



Key Lime Tart *cont.*

Made by: **Buffy Ellen: Be Good Organics**

Method:

Blend all the base ingredients in a food processor until chunky like a breadcrumb, so that it sticks together between your fingers but still has some nice texture to it.

Pour into your tart tin (a French fluted one with a removable base) that's lined with clear wrap (biodegradable if you can find it!). Press the base in and up the edges, moving around the sides with your palm, thumb and fingers to get a nice even thickness on all sides. Pop the base in the freezer while you prep your filling.

Blend all your filling ingredients, minus the coconut oil, in a high-speed blender until super creamy and smooth.

Pour in the coconut oil and blend again. Remove your tart shell from the freezer and pour in the filling. Then place in the fridge overnight to set.

Sprinkle over your toppings, slice and enjoy!



Banana Walnut Bread

Made by: **Buffy Ellen: Be Good Organics**

Ingredients:

DRY

- 3 c wholemeal flour (see blend ideas below)
- 2 tsp cinnamon
- 2 tsp baking powder
- 1 tsp baking soda
- 1/2 tsp sea salt

WET

- 5 over ripe bananas ~ 4c
- 1/2 c plant-based milk
- 1/3 c olive oil (or melted coconut oil)
- 1/2 c dates
- 1 tbsp apple cider vinegar
- 1 tbsp vanilla extract

FOLD IN

- 1 c walnuts



Method:

Pre-heat oven to 170°C on fan bake and line or lightly grease a loaf tin.

Sift all dry ingredients into a large bowl.

Blend wet ingredients in a blender until smooth, then pour into the dry. Lift and fold the mixture until almost combined, then add your walnuts and stir through – you want a few flour flecks to remain.

Pour the mixture into your loaf tin and spread gently to the corners.

Bake at the bottom of your oven for 45-55 minutes until a skewer comes out dry in the middle – keep the loaf covered for the first half hour so it doesn't become too brown, then uncover the top for the last 15 minutes.

Remove, slice and serve warm, or let cool on a rack.

Thank you!

We hope you enjoyed our recipe collection, and have had success with some or all of the recipes.

This collection is proudly written by

NMHNZ members, and collated by **Shelly Howard**.

NMHNZ would like to thank all who have contributed to this collection.

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NMHNZ only accepts members who meet our stringent educational standards and who continue professional education on a yearly basis. This means you are assured of a highly qualified health care professional for your safety and well-being.

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