

Nut Milk



Nut Milk

People mocked my nut milk bag purchase despite this being something I'd wanted to buy for AGES but had never quite gotten around to it. I have to say buying this was literally one of the single most exciting days of my life, only trumped by the fact that I actually made my own nut milk quickly a few days later!!

It's actually surprisingly easy to make your own nut milk but it's not an instant process. The processes themselves are really quick it's the hours of waiting in between that are time consuming! The first question people asked wasn't how but why. This was a shock, if you can make something yourself why wouldn't you?! Secondly, it is sadly assumed that all health products purchased in a store are actually healthy and good for you, and they generally are but if you look at the ingredients you may be shocked to find some nasties in there and other ingredients which you just don't need! My nut milk has 2 ingredients; nut and water. So how do you make nut milk? Here we go:

Buy 100g of your nut of choice, put them in a bowl and put in some cold water which is just enough to cover the nuts. Cover with cling film and leave them to soak for anywhere between 6 – 12 hours. Then drain the water off. Put your

nuts in a blender and add 300g of cold water. Blend blend blend until you've got milk and hardly any nut chunks. Strain the milk through your nut milk bag into a jug, once you've strained really squeeze and twist what's left in the nut milk bag to really get as much in the jug as possible.

This will last in the fridge for about 5 days (if you can wait that long to drink it!). I suppose the next question is what can you do with it, well anything! You can use it to cook with, you can drink it on it's own, you can heat it up and add some raw cacao and make some hot chocolate, you can add some cardomom and cinnamon and make a nice soothing milky drink before bed! The possibilities are pretty endless, if you can imagine it you can do it ☐

Enjoy!

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Parcel Chicken



Parcel chicken

Chicken is one of my most favourite things to cook because there are sooooo many variations and this parcel chicken recipe certainly proves it!! In this recipe I used red rice but you could easily use cauliflower rice or quinoa for an equally delicious dish!

So how do you make this delicious parcel chicken dish I hear you cry! Well here we go:

INGREDIENTS:

- Chicken breast
- 1/4 cup rice or quinoa or cauliflower rice
- fresh thyme
- vine tomatoes halved
- red onion
- Cheese of choice (I went with Saint Agur)

METHOD:

So the method for making the parcel chicken is really straight forward! I love a recipe where I can just set something to cook and then leave it whilst I go off and do something else! So all you need to do is boil your rice or quinoa until it's cooked (Or make your cauliflower rice). Meanwhile pre-heat the oven to 180C and make an incision into your chicken breast to make a pocket and stuff it with a smidgen of cheese.

Once your rice is cooked it's time to make your parcel chicken! So get some parchment paper and spoon your rice in to the middle of the paper, then cover with your diced red onion and halved tomatoes. Place your stuffed chicken on top and then cover with fresh thyme. Then wrap your mixture up in the parchment paper like you're wrapping a parcel and then pop it on a baking tray and put it in the oven. This should take around 30-35 minutes to cook through but definitely keep checking it just in case!

And then when your oven timer goes off you will have parcel chicken for dinner!

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Hummus



Homemade Hummus Recipe

Hummus is amazing! It's the one thing I cannot avoid when there are snacks out at a party! And the great thing is that if you make your hummus at home it's super duper healthy ☐

Hummus seemed like a really daunting thing for me to make but it's actually surprisingly easy. It takes a few minutes to make and a few minutes to eat!

The only ingredients you'll need to make this is:

- 1 tin of chickpeas (drained)
- 1 red pepper chopped roughly
- 1 clove of chopped garlic
- 2 tbsp tahini paste or almond butter.

To make your hummus simply pop all of the ingredient into a blender and blitz until it's smooth. Spoon into a jar and refrigerate until you want to devour it! I like having mine with slightly heated pitta bread, sticks of pepper or

carrot sticks ☐

Hope you enjoy!! Why not follow [my instagram account](#) for more delicious recipe inspiration! And share your own by tagging me @RooDeRennes.

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Healthy Snacks



Healthy Snacks – Rosemary Roasted Pecans

So the January resolutions of getting fit and healthy are in full swing but there is one thing getting in your way; healthy snacks! So many people fall at this hurdle, they're at work and suddenly the munchies take hold of you and you're suddenly starving and it's hours until lunch time! Noooooooo! Then you check your purse and trundle off to the vending machine and buy the "healthy" flapjack! Be prepared people! Making your own healthy snacks so you

can have a stash in your bag or in your desk drawer is a great way to make sure you don't fall off of the wagon! My latest healthy snack was inspired by Madeleine Shaw and is so quick and easy to make that you'll be kicking yourself for not having done it sooner!

Rosemary roasted pecans is the best of all the healthy snacks! Firstly in my opinion pecans always taste better when they're roasted and secondly nuts have all of the yummy good fats that you need in you want and not all of the bad sugary fats that you want to avoid.

So here's what you do. Preheat your oven to 160C. Take your pecans and scatter them on a baking tray. Drizzle some melted coconut oil over them or some rapeseed oil. Then take some fresh rosemary and fling across the nuts! Shake the tray so everything gets all mixed together. Then bake in the oven for 25 – 30 minutes. Once the nuts have cooled a little, take some kitchen paper and put it on the work surface, then sprinkle the nuts on top then get some more kitchen paper and put it on top and then dab the nuts just to get off any excess oil, pop the nuts in a little baggy or tupperware container, and now you have the ultimate, most delicious of all healthy snacks at your fingertips whilst you are on the go!

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Butter Chicken Curry

Butter Chicken Curry is the ultimate fakeaway! Dieting is hard right? Wrong! Living a clean eating life is actually really easy because you get to make your own version of your favourite butter chicken curry takeaway at home. For less. And with fewer calories. And with more nutrients. Yay! Imagine how good it feels to eat the naughty food which isn't actually all the naughty and you can leave the table without the horrible greasy bloated gut feeling!

Well imagine no more. Try out this butter chicken curry recipe with either wholegrain rice or quinoa (non-paleo option) or cauliflower rice (paleo option):



Butter Chicken Curry – Clean Eating Recipe

Marinade – mix together:

1/2 can coconut milk
1/4tsp coriander
1/4tsp cumin
1/4tsp garam masala
1/4tsp paprika
1/4tsp turmeric
4 chicken breasts diced

Then sauté 5 cloves garlic diced, and a small chunk of ginger diced, then add 1/4tsp each of coriander, garam masala and cumin.

Mix together

Then add the marinade chicken

Then add the remaining 1/2 can of coconut milk and 1 carton of pasata

Serve on whole grain rice (or cauliflower rice if paleo) with a spoonful of Greek yogurt and some chopped parsley or coriander sprinkled on top

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Chimichurri

This amazing chimichurri steak recipe is delicious! By making this chimichurri you can liven up the taste of steak and make it really flavoursome. If you've never tried chimichurri steak you are missing out. The one thing I love about living my paleo-ish life is that I can still eat what most people consider to be "naughty food" and it's actual 100% healthy, it's tasty and is a billion times nicer than eating anything out of a packet.

January is a really easy time to eat healthy because everyone wants to make a good head start! But going forwards into the year and maintaining it is when it starts to get a little bit more difficult. But with recipes like this and with food as delicious as this it is so easy to stick to eating and fuelling your body with the right food! By following this clean way of eating you are setting yourself up for instant success with a body that is ready to go, you don't feel sluggish, you will lose a few lbs or more if you decide to exercise alongside it. Everything you want to achieve starts with this simple first step and will help build a solid foundation for moving forwards into a happy and healthy 2016.



chimichurri steak

To make the chimichurri steak mix just mix together:

- 2tbsp red wine vinegar
- 2 spring onions
- 1tsp oregano
- Handful of fresh coriander
- Handful of fresh parsley
- Chopped chilli to taste
- Chopped garlic to taste
- 2tbsp olive oil

Drizzle over cooked steaks and enjoy.

Check out this chimichurri steak recipe as well as my other recipes on my [Instagram](#).

And remember you can mix it up a little bit you don't just have to put it on your steak why not drizzle it over a salad or on a baked sweet potato.

Love Roo xx

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Black Beans Burger



I have always had an obsession with black beans and now it's a full blown love affair with this spicy black bean burger recipe! I really suffer with acne and as a 31 year old it's pretty devastating that my skin is still behaving like a teenagers, so I was doing some research and a few things that came up was that it might be a good idea to cut back on red meat to improve hormonal acne. I am a huge fan of meat especially beef and was pretty worried

about giving up or cutting back on beef burgers, but with this spicy black bean burger recipe I can assure you that I certainly have nothing to worry about and I can hand on heart say that I would choose this every time! Black beans are sooooo nice! They have a whole load of health benefits too; black beans are high in protein and fibre so are a great option for vegetarians needing alternative sources of protein, they're loaded with iron, phosphorous, calcium, magnesium, manganese, copper and zinc which will help to build and maintain healthy bones. Black beans are also naturally low in sodium so they help to lower blood pressure. And finally black beans as a high fibre food will increase satiety and reduce appetite, which will help you to feel fuller for longer so you won't be reaching for the cookie jar!

So that's enough about why black beans are amazing! Let's look at this recipe!



- drain and mash can of black beans
- dice finely and add; 3 spring onions, 1 jalapeno, 1 bell pepper, 1 clove garlic
- add 1 large egg
- add 1/2 cup oats
- add 1tbsp paprika, 1 tbsp chilli
- add 2tbsp nandos peri peri sauce
- add 2tbsp water
- ensure all is well combined then spoon mixture on to a baking tray and cook at 190°C for 10 minutes each side

To keep it totally paleo serve in lettuce leaves instead of a bun, or just go totally bunless and leave-less and have it with some sweet potato or desiree potato fries ☐

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Poached Egg Hash



Some days I wake up and really crave something different for breakfast and that's where this poached egg hash recipe came from! I was craving breakfasty eggs and bacon but also really wanting sweet potato carb yumminess! Poached egg hash is a great meal to start the day with because it has your proteins, fats and carbs all rolled in to one dish. It's not a quick

dish as it takes about 20 minutes for the spuds to cook, but oh boy is it worth it!

So here's how to make your delicious treat breakfast of poached egg hash with bacon and coriander! Cube your spuds and fry with the bacon in coconut oil for 20 mins. Meanwhile poach your egg, scatter with coriander when your done

and BOOM! you've got yourself a treat! Poached Egg Hash for every meal please!!!

Love Roo xx

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Chinese stirfry



So the other day Roo Boy was craving Chinese food so I made him this delicious and healthy Chinese stirfry to keep us both happy!

So how do you go about making this scrumptious chinese stirfry I hear you ask, well let me tell you! Chinese stirfry is quick, easy, cheap to make and doesn't have to be greasy!

Chop 1 sirloin steak per person and cook in a wok until browned evenly
Meanwhile boil some water and add 1 nest of wholemeal noodles per person and cool for 4 minutes

Add 2tbsp of Worcestershire sauce, 2tbsp of Chinese wine and 3tbsp soy sauce to the beef and stir and simmer

Drain the noodles and add to the beef mixture

Then add frozen peas and simmer until the peas are cooked.

Serve in bowls and sprinkle some fresh coriander over the top for extra flavour

Make this chinese stirfry recipe completely paleo by using courgetti instead of noodles ☐

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Avocado Pancake



If you've not tried an avocado pancake you have no idea what you're missing out on! This avocado pancake recipe is quick, easy, healthy, clean eating, paleo, raw and delicious, if you ask me that ticks all of my boxes! If you need [more reasons to eat avocado](#) check out this post on all the health benefits.

So to make this avocado pancake breakfast all you need is half an avocado and 1 large egg. Ok so let's do this! Scoop out half of an avocado and whisk or

mash it up in a bowl until it is smooth. Then crack a large egg in to the avocado and mix in until it's well combined. Heat a small frying pan and pop a small amount of olive oil or coconut oil into the pan, once it's hot pour in your avocado mixture and roll in the pan to let it spread. As with normal pancakes use a spatula to test the edges and smooth out the mixture and wait for the avocado pancake to start bubbling holes in the top, then flip it and cook on the other side for another 30 seconds to 1 minute until your happy it's cooked through.

Once your avocado pancake is cooked, pop it on a plate, spoon on some greek yoghurt and sprinkle on some cinnamon and a dash of maple syrup and oh boy you've got yourself THE most delicious avocado pancake breakfast you will ever taste!

You can try this with other ingredients too: use 1 banana a 2 eggs, or 1 small sweet potato and 2 eggs. Whichever tingles your tastebuds and it's so healthy!!!

Love Roo xx

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