

## Eggs in Blankets



Eggs are such a great and healthy way to start the day. Before I decided to change my diet, bread was a big part of my breakfast and I couldn't get my head around what you would have with your eggs or with your bacon, because everything should be sandwiched or on toast! Don't get me wrong I still eat bread from time to time and I'll have a nice sourdough loaf in the freezer for those occasions but I'll let you in on a secret you can make a tasty

breakfast without toast!!!

So here's the simple recipe for eggs in blankets. It's a quick and easy way to cook your eggs and up your protein intake. And you can try this with turkey rashers as well as bacon..

Ingredients:

- 6 rashers of bacon
  - 3 large eggs
  - a pinch of chilli flakes
  - a pinch of pepper
  - chopped coriander for garnish
1. First of all pre-heat the oven to 160C (fan-assisted).
  2. Then grease a muffin tin with some coconut oil or ghee. Line each part of the muffin tin with one rasher of bacon.
  3. Now you have 2 options here and it depends on how you like your bacon; I like mine well done so I put the bacon lined muffin tin in the oven for 5 minutes before adding the egg mixture. If you like your bacon just cooked skip straight to step 4
  4. Beat 3 eggs (1 egg will make 2 portions) and add in some pepper and chilli flakes for flavour
  5. Pour the egg mixture into your bacon parcels
  6. Pop in the oven and bake your eggs in blankets for 15 minutes
  7. Remove the egg and bacon nest from the muffin tin and scatter with coriander to taste.

And there you have it, an easy recipe to make eggs for breakfast without any bread and plenty of flavour! ☐

Enjoy!

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## 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!

Love Roo xx

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- » [Muscle Strength Imbalance](#)
- » [Parcel Chicken](#)
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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!

Love Roo xx

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- » [Leg Tabata Workout](#)
- » [10th Day of Fitmas](#)
- » [Nut Milk](#)
- » [Festival Style](#)

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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.

Love Roo xx

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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!

Love Roo xx

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- » [How To Be Your Own Coach](#)
- » [Eggs in Blankets](#)
- » [Halloumi Cheese Recipe](#)
- » [Core Tabata](#)

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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!

We'll 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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- » [Black Beans Burger](#)
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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

You might also like

- » [How To Make A Smoothie](#)
- » [Spot Reduction – It's A Myth](#)
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- » [Hummus](#)
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## Chilli



One of my favourite “stodge” recipes is a chilli, it makes me feel like I’m being naughty and eating something as treat but it’s actually super healthy and the chilli gives a nice fiery kick of heat to warm your cockles! This chilli recipe is quite simply a variation of my previous [chilli recipe](#) but with one amazing difference!! Whilst

you are cooking the chilli, bake a potato. For best results, pre-heat your oven to 200C, prick your potato all over drizzle with olive oil, himalayan salt and a twist of pepper, then pop in the microwave for 5 minutes, turn and cook for a further 5 minutes and then pop it in the oven to crisp up the skin for 20 minutes. (make it paleo by using a sweet potato)

Now, back to the chilli! Make sure you cook this exactly the same as my [chilli recipe](#) and let the sauce thicken. You can cook this quickly on the hob it doesn't have to be done in the crockpot. Then once the potato has cooked, split in half and scoop out the flesh and pop in a bowl and mash it up so it's really smooth. If you want to make it really creamy add a little bit of mashed avocado to it :). Then take your little potato boat and put it on a baking tray



lined with parchment paper, then scoop some chilli and put it inside the potato (careful not to overload it!) and then repeat this for the other half of the potato. Finally using a fork or spoon put your mashed potato back on top of the chilli mixture inside your potato. sprinkle a smidge of cheese on it you like and then pop it back in the oven or under a grill to crisp up the potato mixture on top of the chilli, serve garnished with fresh coriander.

So what's so great about this chilli recipe? Firstly you're getting a really good mix of fats, proteins and carbs, and secondly by putting your chilli mixture into your potato it's really helping you to manage your portion control! Double whammy!

Try it out for yourself! I promise you there is no other chilli recipe quite like it!

Love Roo xx

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- » [Victoria's Secret Show in London 2014](#)

## Caribbean Chicken



I love a bit of spice and eating clean, this Caribbean chicken recipe is the perfect meal for adding some flavour and as few calories as possible to your plate. Caribbean chicken is not only flavoursome but it's so colourful too! I like to try and get as much colour into my dish as possible.

### Caribbean Chicken Ingredients:



- 2 Chicken Breasts
- 2 sweet potatoes cubed
- 4 cloves garlic diced
- 1 tsp chilli powder
- 1 tbsp Dunns River Chicken Seasoning
- 1 tbsp coconut oil
- 1 spring onion thinly sliced
- 1 green chilli diced
- 1 red pepper diced
- 400ml chicken stock
- 1 tin chopped tomatoes
- 1 tin kidney beans (or substitute black beans if you prefer)

- 1 handful of fresh coriander finely chopped

#### Caribbean Chicken Recipe Method:

1. Firstly chop all of your veggies and mix in a bowl and put to one side
2. Dice the chicken into bite size chunks
3. Put 1 tbsp of coconut oil in the pan to heat up and melt, then add your chicken
4. Cook the chicken for 5 – 10 minutes
5. Add 1 tbsp of your Caribbean Chicken seasoning mix
6. Add 1 tsp of chilli powder
7. Cook for a couple of minutes and stir to ensure the chicken is evenly coated
8. Pop all of your veggies into the pan and mix well
9. Add the chopped tomatoes and chicken stock
10. Bring to a boil and then reduce to simmer
11. Cook for 30 minutes stirring occasionally to ensure it doesn't stick to the pan, add more water if necessary
12. Drain and stir in the kidney beans and cook for a further 5 – 8 minutes
13. Scatter chopped coriander over the top of your Caribbean chicken and then devour!

Who knew that a healthy, paleo, clean eating Caribbean Chicken dish could be so easy to make?! If you want something on the side try making some cauliflower rice to have with it.



Love Roo xx

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## Meaty Pizza



I love meat and that's a fact so when I get to make this meaty pizza recipe I am filled with all kinds of happiness! A meaty pizza isn't quite what you imagine, it's actually a meaty pizza base and it is THE BEST!

The great thing about this recipe is that it is totally paleo!

To make your meaty pizza you will need:

- 1 pack of minced beef
- 1tbsp paprika
- 1tsp garlic powder
- 1tsp cumin
- half red onion
- Greek yoghurt
- 1/2 cup parmesan cheese
- Chopped peppers
- Chopped coriander
- Rocket or Salad

Meaty Pizza Cooking Instructions:

1. Preheat your oven to 200C
2. Take a pizza tray and line it with parchment paper
3. In a mixing bowl mix together the minced beef, paprika, cumin and garlic powder
4. Spread the mixture onto the pizza tray and bake in the oven for 15 – 20 minutes until cooked
5. Remove from the oven and using a kitchen towel remove the excess juice from the meat
6. Spread some greek yoghurt over the meat, then sprinkle some of the parmesan cheese on top, then scatter the diced red onion and peppers and then put on some more parmesan cheese.
7. Cook for another 15 minutes.
8. Serve on a bed of rocket or salad with some chopped coriander on top.

Love Roo xx

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