



HARMONISE in BODY HEART & MIND

Teas – Juices & Healthy Meal Menus!

TEAS



- **Lemon, ginger optional honey** – for heating up the body, warming up the soul and as a natural antiseptic – great to prevent or cure coughs and colds!
- **Lemon, rosemary optional honey** – tone your organs and enhance your memory – a natural pick-me-up!
- **Small teaspoon of turmeric, lemon, honey** and add black pepper to bring out the nutritional qualities (aids absorption)
- **Rosemary & thyme** – great if you have a cold! – thyme is antibacterial and this is a soothing and uplifting combination.
- **Cinnamon, ginger & honey** - Cinnamon is a cooling spice that is nourishing and soothing, balanced with the ginger for a warming winter brew, add a dash of organic apple juice and a squeeze of lemon for extra zing

JUICES



IBIZA RETREATS - HARMONISE RETREATS!

With thanks to.....IBIZA SUPERFOODS – JUICE THERAPY

SPRUCE UP YOUR ENERGY WITH GREEN JUICES

We serve a variety of Juices on our retreats – using the most fresh local produce that we can purchase from organic producers. These juices change with the seasons and what is available from mother nature. Raw juices act as vitamin infusions. With most of the fibre removed from the food it only takes 20 minutes for important nutrients & minerals to reach your blood stream. **If you are using a nutri bullet, note that you receive also positive benefits from the fibre infusion, to clear and clear your system.** Green Juices are of particular benefit to your health as they contain Chlorophyll, the important green pigment which has a very similar chemical structure to Hemoglobin - making it an excellent blood builder & energy tonic. They help to neutralise toxins from your blood stream and, due to their low sugar content prevent blood spikes so you can stay calmer and feel more harmony in day to day life.

Have one green juice a day & harmonise your system!



JUICE RECIPES

These recipes can be adapted according to your tastebuds using your own variation of the amount of apple, citrus and fresh ginger. Also try swapping green apples for green pears. The malic acid in apples & pears assist in the absorption of nutrients. You can boost each juice with Organic Wheatgrass, Spirulina or Hemp to power up the juice with amino acids, enzymes & phytonutrients.

JUICE 1 - WAKE UP GREENS

1 Granny Smith Apple
4 Celery Sticks
2 Carrots
¼ Cucumber
Ginger & Lime to taste

This is a nourishing & awakening morning juice. The carrot provides carotenoids & antioxidants to clear the liver detoxification pathways Cucumbers provide much needed morning hydration. Celerys give the kidneys a nice morning flush and the ginger promotes digestive enzymes. Drink on an empty stomach before breakfast.

JUICE 2 DETOX SUPERGREENS

1 Small Cup of fresh Pineapple
1 Chard Leafs (or a big handful of spinach)
1 large handful of Parsley
1 large handful of Coriander
¼ Cucumber
¼ Lime

A Green Juice potent in detoxifying chlorophyll. Parsley acts as a wonderful multi-nutrient and Coriander is an excellent herb for drawing out heavy metals from our cells. Swiss Chard is rich in many nutrients and phytonutrients. Pineapple is a great source of bromelain which has powerful anti-inflammatory properties.

JUICE 3 – GREEN GLOW

½ Granny Smith Apple

2 Carrots

½ Cucumber

1 Handful of kale/spinach

½ Fennel

Add fresh Aloe Vera for a real GLOW boost!

Full of beta-carotene and chlorophyll this juice will help you glow from inside out. Cucumber skins are particularly rich in silica which is an important mineral for healthy skin. Carrots a rich source of Vitamin A that helps to promote collagen production. Fennel assists in cleansing the urinary tract which helps to support healthy elimination & detoxification and is a rich source of sulphur promoting healthy skin hair and nails!

JUICE 4 - Nature's Night Cap

1 Granny Smith Apple

6 Celery Sticks

1 handful of Mint

Lime to taste

This is a lovely soothing and calming night-cap. Celery juice aids melatonin production as it contains a large quantity of tryptophan which is the precursor to serotonin which converts to melatonin. Mint has a cooling effect on the nervous system promoting sleep and relaxation.



With thanks to VERITY – naturopathic nutritionist of....

BREAKFAST MENUS

Cinnamon Quinoa Breakfast

Yield: approx 4 cups

1 cup quinoa, rinsed

3 cups unsweetened almond milk

1/2 tsp vanilla

1 tsp cinnamon

1/4 tsp allspice

1/2 cup raisins

1 med apple chopped small (save some for garnish)

stevia or agave to taste

1/2 cup raw walnuts, chopped

4 tbsp raw sunflower seeds

1 cup fresh organic blueberries

optional – fresh raspberries, fresh strawberries, chopped pecans or almonds, hemp seeds

Method

Combine quinoa, almond milk, cinnamon, allspice, raisins in medium sauce pan.

Bring to a boil and then place lid on pan and reduce to low heat. After 5 mins stir in chopped apple and simmer for approx 57 mins longer. Stir and check for remaining liquid and if most is absorbed then remove from heat, leaving lid on pan and let rest for 5 mins to absorb rest of the milk. If when you peek, there is still lots of liquid, simmer for 35 mins longer but keeping a close eye over the pot as this mixture can easily burn if left to boil dry, then let it rest for 5 mins. Taste for sweetness and adjust to your liking with 35 stevia drops or a dribble of agave syrup. You may not need any additional sweetener as the raisins and apple do add a nice sweetness that may be just perfect for you. Be cautious as even these natural sugars will spike your blood sugar levels and you want to minimize this. Top each serving with walnuts, sunflower seeds, blueberries and remaining chopped apple. If I have raspberries or strawberries on hand I like to toss them on top instead or as well!

Chia Porridge w/Seeds, Nuts & Berries

Yield: 1 serving

3 tbsp chia seeds

1 cup organic almond milk

2 tbsp dried unsulphured organic cranberries

1/21

tsp cinnamon

1/4 tsp all spice

1/8 tsp cardamon

1/2 tsp vanilla

3 drops liquid stevia

diced strawberries, raspberries & blueberries raw almonds, cashews & sunflower seeds for toppings (preferably soaked over night), fresh mint as garnish or topping

Method

Place almond milk in a bowl and sprinkle chia seeds in and stir immediately for a minute or so to avoid clumping. Add cranberries & spices as you stir along with 3 drops of stevia and the vanilla. Allow to stand for 30-40 mins to thicken, or covered in the fridge over night.

Add berries, nuts and seeds as you may and a sprig of mint.

LUNCH

Coconut, Lime & Red Cabbage Coleslaw w/ Macadamia Nuts

Yield: 6 small servings

2 cups thinly shredded red cabbage

2 cups thinly shredded savoy cabbage

2 tbsp finely diced red onion

2 tbsp lime zest/ juice of one lime

1/2 cup coconut milk (not light)

34

drops stevia

pinch of himalayan salt

1/2 cup raw macadamia nuts, roughly chopped (optionally you could try cashews too)

Method

In a large bowl combine both cabbages, onion, and lime zest.

Whisk together lime juice, coconut milk, stevia and salt.

Coat cabbage mixture, tossing well, using part or all of the dressing as you may.

Top with chopped macadamia nuts.

Quinoa Tabbouleh

4 medium tomatoes, diced into eighths

1/2 cucumber, slice lengthways, remove seeds and slice

5 large handfuls of fresh, flatleaf

parsley, roughly chopped (save the stalks for smoothies, sauces and stews)

1 small handful of fresh mint, roughly chopped

1 small handful of fresh dill, roughly chopped

30g quinoa p/person ideally

soak overnight or for 8 hours then drain and rinse

1 large avocado

1/4 teaspoon of ground allspice

2 tablespoons of flaked almonds, toasted

The seeds of 1 pomegranate

2 large handfuls of leaves such as watercress, lambs lettuce, rocket

Dressing

6 tablespoons of extra virgin olive oil

2 tablespoons of fresh lemon juice, lime juice or try apple cider vinegar

2 teaspoons of raw honey (we like Raw Health)

1 garlic clove, crushed

Sea salt, to taste

Freshly ground black pepper, to taste

Method

1. Drain and rinse the quinoa well. Cook according to packet instructions, usually 15 minutes, then drain and set aside to cool (we steam in a little water rather than boil in plenty of water).
2. Meanwhile, dice the tomatoes and cucumber (remove the cucumber seeds by scraping down the middle with a spoon).
3. Whisk the dressing ingredients in a bowl with a fork or shake together in jam jar.
4. Make a bed of leaves on your serving plates or bowls.
5. Combine the warm quinoa, tomatoes, cucumber and herbs with the dressing (we like to use our hands here). Pile the tabbouleh onto the leaves and top with thick slices of avocado and radish slices.
6. Dry fry the flaked almonds and ground allspice together for a few minutes on a medium heat until toasted and scatter over the tabbouleh.

MAKE HUMMOUS

Roasted carrot hummous (cumin roasted carrots, yoghurt, seasoning)

DINNER

Almond lentil Stew

Ingredients

- 2 tbsp olive oil, plus extra for frying the almonds
- 1 carrot, chopped
- 1 stalk celery, chopped
- 1 onion, chopped
- 1 turnip, chopped
- 2 garlic cloves, chopped
- 150g/5½oz baby button mushrooms, halved
- 250g/9oz green lentils
- 1.2 litres/2 pints vegetable stock
- 1 bay leaf
- 1 sprig rosemary
- 4 sprigs thyme
- handful almonds
- 1 tbsp ground cinnamon
- 10 cherry tomatoes, quartered

Method

1. Heat the olive oil in a large pan and fry the carrot, celery, onion and turnip until softened – about five minutes.
2. Add the garlic and mushrooms. Fry for a further five minutes.

3. Add the lentils to the pan. Pour over the stock and add the herbs. Bring to the boil, then reduce the heat and simmer for 45 minutes.
4. Just before the end of the cooking time for the stew, in another pan, fry the almonds in a splash of olive oil with the cinnamon for two minutes.
5. Add the cherry tomatoes and warm through.
6. Serve the lentil stew with the almonds and tomatoes.

Chickpea & Broccoli Salad With Rocket Pesto

- 1 tin of cooked chickpeas we like Tarantella/Suma for tender chickpeas
- 1 medium broccoli approx 300g, chopped into florets (save the stalk for broccoli soup)
- 2 small handfuls of cherry tomatoes, leave whole
- Extra virgin olive oil
- Optional: large handful of salad leaves (watercress, lambs lettuce, sliced chicory leaves) and leeks/spring onions

Rocket Pesto

- 1 large bag of rocket, approximately 120g
- 1 large clove of garlic
- 25 whole almonds (soaked overnight in filtered water with a pinch of sea salt, rinsed and drained)
- or try 12 brazil nuts
- 1 tablespoon of fresh lemon juice
- 1 teaspoon of balsamic vinegar
- 6 tablespoons of extra virgin olive oil
- 1 pinch of sea salt, or to taste
- Black pepper to taste rocket is quite peppery
- 70g chopped/grated parmesan. or even goats' cheese
- Optional: ½ teaspoon raw honey, as rocket can be a little bitter

Method

1. Blend all the pesto ingredients together by pulsing - we like to keep it quite chunky. The wet almonds add some moisture and you can add a couple of teaspoons of water if you need to loosen up the pesto a little.
2. Chop the broccoli into florets and steam for 3-4 minutes until just tender, drain immediately and allow to cool, then toss with a little olive oil and sea salt.
3. Rinse and drain the chickpeas and stir through the rocket pesto to combine.
4. Arrange the chickpeas and broccoli on a large serving plate and decorate with the tomatoes and any extra ingredients you might like. Add parmesan shavings, a drizzle of olive oil and freshly ground black pepper to finish.
5. Enjoy straight away or pack up in good quality packaging and refrigerate, ready for the journey