



Autumnal Pork Loin with mushrooms, peppers and onion

A tasty meal that warms you up and fills you up without the fattening you up!
(serves 4)

Ingredients:

2 tablespoons coconut or olive oil

1kg pork loin

2 tablespoons caraway seeds

1 teaspoon fresh sea salt (avoid table salt!)

1/2 teaspoon freshly ground black pepper

2 red onions, thinly sliced

2-3 porcini mushrooms, sliced (use other mushrooms if you can't find any of these)

4 peppers, sliced

6 cloves of garlic, crushed

300ml good quality chicken stock

Instructions

Wash and chop vegetables.

Slice pork loin thinly, and season with caraway seeds, sea salt and freshly ground black pepper.

Heat a large sauté pan over medium-high heat. Add coconut oil when hot.

Add pork loin and brown slightly.

Add onions and mushrooms, and continue to sauté until mushrooms are brown and onions are slightly translucent.

Add peppers, garlic and chicken broth. Simmer until vegetables are tender and pork is fully cooked.



Chicken Curry with Apple

A healthy twist on a classic recipe, try this without rice on the side and you'll be surprised how filling it is (serves 4)

Ingredients:

4 tablespoons coconut or olive oil

2 onions, diced

1 large apple, peeled, cored, and diced

2 cans chopped tomatoes

500ml good quality chicken stock

2 teaspoons lemon juice

2 tablespoons curry powder (or more, to taste)

1 kg boneless, skinless chicken breasts, cooked and chopped

optional garnishes: toasted coconut, mandarin oranges, raisins, mango chutney

Instructions

Heat oil in a large frying pan over medium-high heat.

Add onion and cook until slightly softened, about 3 minutes.

Add apple, tomatoes and their juice, broth, lemon juice, and curry powder.

Simmer uncovered 35 minutes.

Add chicken and heat through, about 5 minutes.

Serve with assorted garnishes on the side.



Pumpkin Muffins

These healthy, sugar-free halloween muffins are great for the whole family (makes 12 muffins)

Ingredients

150g almond flour

3/4 cup canned pumpkin (or cook and puree pumpkin yourself)

3 large eggs

1 tsp baking powder

1 tsp baking soda

½ tsp ground cinnamon

1½ tsp pumpkin pie spice

Pinch of sea salt

1/4 cup honey

2 tsp almond butter

1 tablespoons sliced almonds

Instructions

Preheat oven to 180°c

Coat muffin tins with coconut oil or butter

Mix all ingredients and pour evenly into tins.

Bake for 25 minutes on the middle rack.

Sprinkle almonds on top immediately after taking them out of the oven.